

# Herbs

Varieties	Mature Height	Perennial/ Annual	Cooking Uses
Basil, Pistou	8 inches	Annual	Pesto, casseroles, eggs, fish, cheese, sauces, salads, any recipe with tomatoes, fragrance
Basil, Lemon	28 inches	Annual	Casseroles, eggs, fish, sauces, salads, fragrance
Chives	12 inches	Perennial; Zone 4	Soups, salads, potato, eggs, cheese, sauces, fragrance
Cilantro/ Coriander, Delfino	12 inches	Annual	Mexican dishes and sauces, Thai curry, Asian soups. Coriander seeds work very well with poultry and fish.
Lavender	9 inches	Perennial; Zone 6	Fragrance
Mint	28 inches	Perennial; Zone 4	Jellies, hot or cold teas, summer drinks – put mint in the water when making ice cubes, lamb, eggs, fruit salad, green peas, fragrance
Oregano, Greek	12 inches	Perennial; Zone 4	Spanish, Mexican & Italian cooking: tomato sauce, pizza, fish, any recipe that takes garlic.
Rosemary	12 inches	Perennial; Zone 8	Meat (excellent with poultry, lamb, and pork), potato, beans, punches, jellies, fragrance
Sweet Marjoram	12 inches	Annual	Soups, meat stuffing, eggs, vegetables
Sage, Broadleaf	12 inches	Perennial; Zone 4	Cheese, poultry, fish, salads, breads, drinks, casseroles
Winter Thyme	10 inches	Perennial; Zone 5	Soups, meat (especially poultry), stuffing, beans

- 1) Salmon w- Rice + Broccoli
- 2) Split Pea Soup w- Rice
- 3) Chili w- corn bread
- 4) Beef barley stew
- 5) Chicken noodle soup
- 6) Baked potato bar
- 7) Curry
- 8) Pad Thai
- 9) Bean burrito
- 10) Scrambled Eggs w- Sausage + kraut
- 11) Chicken salad w- Corn bread muffins.
- 12) Corn beef + cabbage
- 13) Meat loaf w- Mashed Potatoes.
- 14) Pot roast
- 15) Cheese sandwich w- Tomato soup
- 16) Tuna fish melts.

- 
- 1) Overnight waffles
  - 2) Overnight crepes w- Kefir
  - 3) Grunts
  - 4) Melted mac
  - 5) Eggs w- toast
  - 6) Smoothies w- fruit
  - 7) Yogurt

{ carrots  
peppads  
cheese sticks  
apples  
oranges  
bananas  
ham

GENIUS KITCHEN

# MOM, CAN YOU MAKE YO FRESHLY MILLED FLOUR?

Recipe by Sweet Diva MJ

PREP TIME: 2 hrs

TOTAL TIME: 2 hrs 30 mins

YIELD: 2 loaves

## INGREDIENTS

1 cup water

1/3 cup oil

1 cup milk

1/3 cup honey

1 tablespoon salt

4 1/2 teaspoons instant yeast

6 -6 1/2 cups freshly milled flour

1 1/2 tablespoons dough enhancer or 1 1/2 tablespoons

1 1/2 tablespoons gluten

## DIRECT

Combine w

Microwave  
thermometer  
they heat.

Bread  
1.5 T Salt  
2 Cups hot water  
1 C Whole Milk  
 $\frac{1}{2}$  C Honey  
 $\frac{1}{3}$  Olive Oil  
4 C Flour  
2 T Yeast



"To Make the Best Better"

350g 350g  
Soak 600g R.+W Hard  
w - 2 C Hot Water  
(470 g)

Add (15g) 1 T Gluten (rounded)  
(15 g) 2 T Yeast (4g)  
(20 g) TE + 1 T Salt  
(15 g) 2 T Flax  
(50 g) 2 T Crushed Waln  
(150 g)  $\frac{1}{2}$  C Honey  
(70 g)  $\frac{1}{3}$  C Oil (Olive)  
(240 g) 1 C Milk

2 drops  $\rightarrow$  Iodine  
Add ALL Purpose flour until ball  
puls away  $\rightarrow$  8 min  
knead.

With cold oven,  
start to 350°  
40 min.

Take out of pan  
and cook 5 min

(water pan :))

Enjoy!

## Sourdough Bread

Grind 1C of Hard white  
1.5C water

Stir

Put entire starter into bowl w/ flour+water

Stir

Put 2 gloops back into jar

Let activate til bubbly (2-4 hrs)

- Feed jar/starter with 1/2 C hard white
- add 1/2 cup water + stir. You want pancake batter consistency
- Put lid back on + place into fridge.

- Add 1 tsp of yeast + 1 tsp of salt to bowl

stir

- Drizzle of honey

- Add 2 cups All Purpose to mix

- Have a 1/2 cup flour on side + start to knead

- Knead 15 min

- Wash out bowl + oil it up

- Put dough ball into bowl + oil the top + cover

- Rest for 45 min in warm area

- Make into loaf, slice, oil top

- Second proof for 45 min in oven 90°

- Start oven Convection bak 350° for 35 min

- Remove from pan + place on rack for an additional 5 min

(1)

# Super Crispy Thin Pizza Crust

By catalinacrawler

# FOOD

Prep Time: 10 mins

Total Time: 20 mins

Servings: 2-3

## INGREDIENTS

1/4 ounce active dry yeast - 1t  
1/4 teaspoon sugar  
3/4 cup hot water  
1 3/4 cups flour → 3.5 C  
1/2 teaspoon salt 1t  
2 teaspoons Italian seasoning  
1 Semolina

All Purpose  
300 g  
H. White



Photo by Diana Johnson || EatingRichly.com

## DIRECTIONS

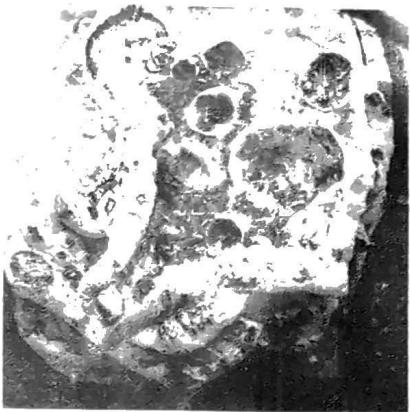
1. Preheat pizza stone in oven at 500°F.
2. Warm water for 20 seconds in microwave.
3. Dissolve yeast and sugar in water; allow to rest for 8 minutes.
4. In the meantime, combine flour, salt and Italian seasoning.
5. Pour yeast over flour mixture and mix well with a heavy spoon.
6. Add 1 tbsp flour if needed.
7. Turn dough on to a floured surface and knead for 2 minutes.
8. Dust more flour on surface if needed.
9. Using a rolling pin, roll dough into a 12" circle of even thickness (about 1/4") flipping over to roll each side (don't press too hard when rolling or dough may stick to surface).
10. Cut off any excess edges to make a neat circle.
11. Palm down, slide your hands under dough and lifting carefully place on to a hot pizza stone.
12. Bake at 500°F for 4 minutes.
13. Remove from oven and top with your favorite toppings (don't go too crazy with the toppings, a little goes a long way).
14. Return to oven for 6-8 minutes.
15. Helpful hint: Top pizza in this order to prevent the crust from getting soggy..
16. chopped basil.
17. minced garlic.
18. pepperoni.
19. cheese.
20. (6-8) 2 tbs dollops of pizza sauce evenly spaced.

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→ Rest covered overnight in frig.  
→ Break into ~~3 1/4 lbs~~ (9 balls)  
rest covered on counter until double  
→ Roll out gently w- Semolina.

1 C white  
3 C Rye  
2 1/2 C White S. H. Red  
1 ~~1/2~~ C Semolina?  
1 1/2 C Hot Water

2 T Salt  
1 dollop Honey  
2 T Italian Herbs  
.5 t Rub + Rub  
1 T Yeast



4.33 from 128 votes

## THE RECIPE

### herbed garlic naan

A slight variation on an HBH classic, this extra soft, doughy, chewy, naan is brushed generously with caramelized garlic herb butter. So easy make, and pretty difficult to mess up, you simply can't go wrong with this naan.

prep time 20 minutes

cook time 10 minutes

total time 30 minutes

servings X 12 80 g balls

calories 375 kcal

#### INGREDIENTS

- |                  |  |   |             |                                       |
|------------------|--|---|-------------|---------------------------------------|
| 35g              | 1/4 cup warm water   | → | 1/2 C       | X 2                                   |
| 290g             | 1 tablespoon honey   | → | 2 T         |                                       |
| 480g             | 1/4 teaspoon active dry yeast  | → | 2 t (7g)    |                                       |
| (1t)             | 3/4 cup warm whole milk  | → | (5C) 580g   | Add until wet dough (more like 1 Cup) |
|                  | 1 cup full fat plain greek yogurt  | → | 960g        |                                       |
|                  | 4 cups all-purpose flour   | → | 3 1/2 (12g) |                                       |
|                  | 1 1/2 teaspoons baking powder  | → | 2 t (10g)   |                                       |
|                  | 1 teaspoon baking soda   | → |             |                                       |
|                  | 1/4 teaspoon kosher salt (pinch)   | → | 1/2 t (4g)  |                                       |
| (1t)             | 8 tablespoons (1 stick) salted butter, melted and divided in half            |   |             |                                       |
| + Parsley + dill | 2-4 cloves garlic, grated → put in dough                                     |   |             | + 4 cloves in butter w-chives         |
| (1/2 t)          | 3/4 cup chopped mixed herbs (such as parsley, cilantro, chives, and/or dill) |   |             |                                       |

#### INSTRUCTIONS

1. In the bowl of a stand mixer, combine the water, honey, and yeast. Let sit for 5-10 minutes or until the mixture begins to bubble on top.
2. Add the milk, yogurt, flour, baking powder, baking soda, and salt. Using the dough hook, mix until the flour is completely incorporated, about 2-4 minutes. The dough should be sticky. Dust lightly with flour and knead the dough into a ball using your hands. Cover the bowl with plastic wrap and let sit in a warm place for 1 hour, until doubled in size, or if not using right away, overnight in the fridge.

PREPARED BY	
DATE	

## Pizza Crust

### Dry Ingredients

- All purpose flour - 480g 550g 600g 630g
- 1t baking soda
- 1.5t baking powder
- Pinch salt
- 1t parsley
- 1/2t dill
- 1t yeast

### Wet Ingredients

- 1/4 cup Hot Water {Combine before adding to yeast}
- 2/3 cup whole milk
- 1T honey → 30g
- 240g yogurt 300g
- 2-4 cloves garlic

Let rest before dividing up. Covered

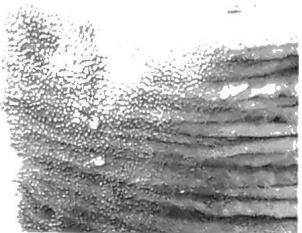
# FOUR TORTILLAS



5 reviews

prep time: 15 MINS cook time: 20 MINS

total time: 35 MINS yield: 12 TORTILLAS 1X



## DESCRIPTION

My favorite homemade flour tortillas are perfectly soft, chewy, thick, and flavorful — and easy to make with just 5 ingredients!

## INGREDIENTS

SCALE  1X  2X  3X

- 3 cups all-purpose flour
- 1 1/2 teaspoons fine sea salt
- 1 teaspoon baking powder
- 1 cup hot water
- 1/3 cup coconut oil (room temperature, not melted)

(72g)

3 c white flour  
3 c mesa  
2 1/2 t salt  
2 t baking powder  
2 1/2 c hot water  
 $\frac{1}{3}$  c oil (72g)  
2 1/2 t lard

## INSTRUCTIONS

- 1 **Mix the dough.** Briefly stir together the flour, sea salt and baking powder together in a large mixing bowl until combined. Add the hot water and coconut oil and stir until a shaggy dough begins to form.
- 2 **Knead the dough.** Turn the dough onto a floured surface, and use your hands to knead the dough for 1-2 minutes until it is fairly smooth.
- 3 **Rest the dough.** Form the dough into a round ball and pat it down slightly so that it forms an evenly-thick disk. Cover with a clean kitchen towel and let the dough rest for 10 minutes.

# Sticky Buns {with Supreme Baking Molasses}

Makes up to 18 rolls depending on cut size.

**Course** Breakfast, Dessert, Snack

## Servings

18 ROLLS

## Ingredients

### Dough

- 1/4 cup warm water
- 2 tsp active dry yeast  $\frac{6}{4} \text{ g}$
- .27 cup sugar  $\frac{1\text{ tsp}}{4} + \frac{1/4 \text{ cup}}{} \quad \frac{6}{4} \text{ g}$
- ~~3/4 cup~~ 1 c warm milk
- 4 tbsp butter melted
- 1 tsp salt  $(\frac{6}{4} \text{ g})$
- 3 large egg yolks
- 4 cups all-purpose flour  $(\frac{500 \text{ g}}{450 \text{ g}}) \rightarrow \text{mix } \frac{1}{2} \text{ C to clear bowl}$

~~mix well~~

### Filling

- 1/2 cup Golden Barrel Dark Brown Sugar
- 1 tbsp ground cinnamon  $\} \text{one bowl}$
- 2 tbsp butter melted  $\} \text{sep bowl}$

### Sticky Molasses Bottom

- 1 cup Golden Barrel Dark Brown Sugar
- 1/2 cup butter melted
- 1/4 cup Golden Barrel Supreme Baking Molasses  $\frac{80 \text{ g}}{}$
- ~~1/4 cup~~  $\frac{1}{2} \text{ c whole}$  pecan pieces optional  $\rightarrow \text{rough chop}$
- 1 tsp vanilla

cool  
micro  
smooth

## Instructions

1. In a saucepan on medium heat, add water, milk and 4 tablespoons of butter until the milk is warm but not hot, and the butter has melted completely. Set aside.

2. In a bowl with an electric mixer, add the slightly cooled milk and butter mixture, 1 tsp of sugar and 2 tsp of active dry yeast. Mix well and let yeast become foamy or bubbly at the top (about 5-10 minutes). Add 1 tsp salt, egg yolks and mix with a dough hook attachment. Slowly add about 3 and a half cups of all-purpose flour, leave the remaining 1/2 cup for kneading.
3. This dough doesn't require too much kneading, just enough to get it to a smooth round ball. Flour surface and knead for about 3-5 minutes. Grease bowl and set dough inside covered, let rise for 1 to 2 hours depending on humidity or warmth of your kitchen.
4. Once the dough has risen, roll out into a giant rectangle. Brush 2 tsp of melted butter and sprinkle with brown sugar and cinnamon. Slowly roll the dough and pinch edges together to seam shut. With a sharp knife, cut into the appropriate amount of pieces. I made 8 giant rolls, but you can make them as small as you like!
5. In a small saucepan, add all ingredients for the sticky bottom. Cook on medium heat for 5 minutes, until all ingredients are mixed well. In a large cast iron pan or baking pan, add molasses sticky mixture and place cut cinnamon rolls on top. Let rise for another hour until puffy and doubled in size.
6. Preheat oven to 350 degrees, and bake for ~~15~~ minutes. Take buns out and cover with foil and bake for another ~~15 to 20~~ minutes. Serve warm.

Related Posts:

# the kitchn

## Recipe: Overnight Yeasted Waffles

### Overnight Yeasted Waffles

Makes about 8 Belgian-style waffle squares or 16 standard waffle squares; recipe can be doubled (see Recipe Notes)  
Note: Use a very large mixing bowl to make this recipe as the batter will double in size as it rises.

#### Night Before:

1/2 cup warm water  
1 tablespoon active-dry yeast  
1/2 cup melted butter  
2 cups whole or 2% milk  
1 teaspoon salt  
2 tablespoons sugar (optional)  
3 cups all-purpose flour

#### The Next Day:

4 large eggs, beaten  
1/2 teaspoon baking soda

1 c warm water → 225 g  
1 t yeast  
1 c melted butter (2 sticks)  
1/2 c milk → 125 g  
1 t salt  
Honney → 20 g  
6 c → 720 g  
Splash Vanilla  
4 L Eggs  
Iodine (2 droppers)  
1 t baking soda

Combine the yeast and the water in a large mixing bowl and let stand for a few minutes. Stir to make sure the yeast dissolves in the water. Melt the butter over low heat or in the microwave. Combine the butter with the milk, salt, and sugar (if using). Test with your finger to make sure the mixture has cooled to lukewarm, then stir it into the dissolved yeast mixture. Add the flour and stir until a thick, shaggy dough is formed and there is no more visible flour.

Cover the bowl with plastic wrap and let it sit on the counter overnight. The batter will double or triple in bulk as it rises.

The next morning, beat the eggs together and add them to the batter along with the baking soda. Using a whisk or hand blender, beat the eggs and baking soda into the batter until completely combined.

Make the waffles according to your waffle maker's instructions, cooking until the waffles are golden-brown. Cooking time will vary with your waffle maker, but it is typically 4 to 6 minutes.

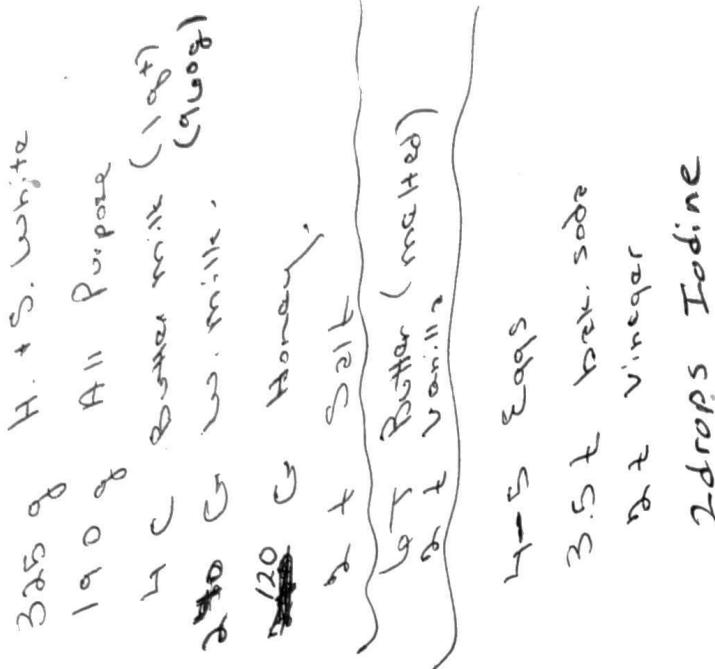
Waffles are best if served immediately, but re-heat well in the toaster. Leftovers can be kept refrigerated for up to a week. Leftover waffles can also be frozen for up to 3 months and toasted straight out of the freezer.

#### Recipe Notes

- **Double-Batch Waffle Recipe:** 1 tablespoon active dry yeast, 1 cup warm water, 1 cup (2 sticks) unsalted butter, 4 cups whole or 2% milk, 2 teaspoons salt, 1/4 cup sugar (optional), 6 cups all-purpose flour, 4 large eggs (added the next day), 1 teaspoon baking soda (added the next day). *Iodine - Old style*  
*Makes about 16 Belgian-style waffles or 32 standard waffles 2 droppers*

## Pancakes

## Buttermilk



## INGREDIENTS

2 t vanilla

## PREPARATION

2 cups all-purpose flour → 4 C

3 tablespoons sugar → 6 T

~~1 1/2~~ teaspoons baking powder —

1 1/2 teaspoons baking soda → 3 1/2 T

1 1/4 teaspoons kosher salt → 2 T

2 1/2 cups buttermilk → 5 C

2 large eggs 4 - 5 eggs

3 tablespoons unsalted butter,  
melted 6 T

Vegetable, canola or coconut oil  
for the pan 2 T V

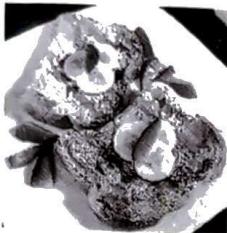
### Step 1

Heat the oven to 325 degrees. Whisk and kosher salt together in a bowl.

Pour the buttermilk into the well and melted butter into the mixture. Start together, moving towards the outside incorporated. Do not overbeat (lun for up to one hour).

### Step 2

Heat a large nonstick griddle or skillet about 5 minutes. Add 1 tablespoon oil and using a measuring cup, pour



## Fluffy French Toast



Prep 10 m Cook 20 m Ready In 30 m

Recipe By: Bonnie

"This French toast recipe is different because it uses flour. I have given it to some friends and they've all liked it better than the French toast they usually make!"

### Ingredients

1/4 cup all-purpose flour  
1 cup milk  
1 pinch salt  
3 eggs

1 ~~1~~ <sup>1</sup> teaspoon ground cinnamon  
2 ~~2~~ <sup>1</sup> teaspoon vanilla extract  
1 tablespoon ~~white sugar~~ <sup>jaggery</sup>  
12 thick slices bread

### Directions

- 1 Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth.
- 2 Heat a lightly oiled griddle or frying pan over medium heat.
- 3 Soak bread slices in mixture until saturated. Cook bread on each side until golden brown. Serve hot.

DOLLAR GENERAL

Dollar General  
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Gold Medal Flour  
All-Purpose  
\$2.00 - Expires in 7 days

X2

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## Cornbread

3 eggs

~~4 Tbsp sugar~~

Buttermilk - 1 1/4 cup

1 stick butter

7 Tbsls melted (cut 1T off)

2 box mix

## Cast Iron skillet

### Cornbread - Cast Iron Skillet

2 box jiffy mix

3 eggs

Buttermilk - 1 1/4 cup (whole milk can be substituted)

1 stick butter

- Wisk lumps out of mix
- Wisk eggs in a separate bowl
- Add buttermilk to eggs + wisk
- Add milk/eggs to mix + fold in
- Cut 1 Tbsp butter from stick + save for later
- Melt remaining 7 Tbsp in skillet + add most to mixture. Leave a bit in skillet for greasing
- Preheat Oven to 350° + cook for ~~x~~ 25 min
- Melt 1 Tbsp butter + add 1 Tbsp honey for glazing when out of oven - Broil for  $\approx$  2 min until browned
- Let rest for  $\approx$  10 min.
- Cut + serve

## Bosch Basic 100% Whole Wheat Bread Recipes / Pleasant Hill Grain

Bosch Basic Bread Recipes: Ingredient Quantities For Four Batch Sizes										
BATCH SIZE*	Hot tap water (115° F)	Step A portion of flour	Oil	Honey	Gluten	Dough Enhancer	SAF Yeast	Step B portion of flour	Salt (Heaping measure.)	Maximum total fresh whole wheat flour req'd
<b>8 Loaf</b>	8-1/2 c.	12 c.	1 c.	3/4 c.	½ c.	3 T.	6 T.	5 c.	3 T.	19-24 c.
<b>6 Loaf</b>	6 c.	8 c.	3/4 c.	1/2 c.	1/3 c.	2 T.	4 T.	4 c.	2 T.	15 to 17 c.
<b>4 Loaf</b>	4 c.	6 c.	2/3 c.	1/3 c.	1/4 c.	2 T.	3 T.	2 c.	1 T.	8 to 11 c.
<b>2 Loaf</b>	2-1/2 c.	4 c.	1/4 c.	1/4 c.	2 T.	1 T.	2 T.	1 c.	1 T.	6 to 8 c.

\*Batch size given in number of loaves is based on use of 3 x 4-1/2 x 8" loaf pans. Important: Read "Helps and Tips" on previous page before starting. The 8-loaf batch will weigh about 13 lbs. and will mound up far above the open bowl-top when kneading. Up to 15 lbs. of dough can be mixed by scaling-up the recipe.

With dough hook in Bosch bowl, pour in hot water. Add the "Step A" quantity of freshly ground whole wheat flour, then the oil, honey, gluten, dough enhancer and yeast. With splash ring installed, jog switch to "Pulse" a few times to prevent splashing, then mix well on Speed 2. Stop and add the "Step B" quantity of flour, & add salt on top. Turn on to Speed 2 and *within about 1 minute*, gradually sprinkle in more flour until the sides of the bowl come mostly clean. This final amount of flour required depends on the humidity of the air and the protein content of the wheat. (Don't take too long to sprinkle in this final flour, because mixing too long at this stage will cause gluten breakdown which produces very sticky dough, and dense bread.)

Notes: It's better to add slightly too little flour than too much; your bread will be lighter. The sound of the Bosch motor will become deeper and the tone will rise and fall somewhat after you've added most of the flour. This is normal. If you use flour from the fridge or freezer, let it warm to room temperature before using for bread dough.

After bowl sides come clean, remove splash ring and knead on Speed 2 until gluten is developed, *generally* 7-10 minutes. (If using white flour, kneading time for gluten development may be much shorter.) Gluten development is checked by pulling off a golf-ball sized piece of dough with oiled hands and slowly stretching 2-3 inches between fingers. Gluten is fully developed when you can stretch dough to translucent thinness without tearing. If it tears very easily, knead longer. Gluten will develop faster if your wheat has exceptionally good protein content. Finished dough will have a soft sheen. If over-kneaded, it becomes stringy and bread texture will suffer.

When gluten is developed, pour dough out on a greased surface. Shape dough into a circle and divide, by cross-cutting, into equal pieces (a dough divider is perfect for this.) Two loaves' worth makes a 9 x 13 pan of cinnamon rolls. Loaf pans 8 x 4-1/2 give a nice rounded top.

Shape the loaves by hand or by rolling out. To roll out, use a greased pin on a greased surface and roll to 8" x 16". Then, starting at the far end, roll up tightly in a spiral like you would cinnamon rolls. Tuck each end under, and SLAM dough down (*really hard!*) on the counter a few times to eliminate air bubbles between layers of dough. Put in greased pans. Cover and let rise in warm, draft-free place until volume doubles (about 20 minutes.) Bake in preheated oven at 350° F. After 25-30 minutes (depending on your oven), test by inserting probe of an instant-read thermometer into *center* of loaf. Remove when temperature at center of loaf reads a full 200° F. If temperature is lower, return to oven a few minutes until 200° at center. Cool on racks. Don't store in plastic bags until fully cooled. Freeze the extra loaves in bags.

### Basic Sweet Rolls — A Favorite!

Use whole grain white wheat rather than red, or use unbleached or all purpose flour. (This recipe can be doubled in the Bosch Universal mixer.)

1/2 c. water	2 tsp. salt
1-1/2 c. milk	2 T. SAF yeast
1/4 lb. butter or margarine	Sugar
6-7 c. flour	Butter or margarine
2 eggs	Cinnamon
1/2 c. sugar	(Plus frosting)

In small saucepan melt 1/2 c. water and 1-1/2 c. milk and 1 stick of butter or margarine over low heat. Pour into Bosch bowl. With dough hook in Bosch bowl, mix 4 c. flour, 2 slightly beaten eggs, 1/2 c. sugar and 2 tsp. salt with the milk mixture. Add 2 c. flour with 2 T. (heaping) yeast on top. Mix. Scrape down sides of bowl with spatula. Add flour until sides of bowl come clean. Knead for 3-4 min. Place dough in greased bowl, cover and let raise until double. Punch down and place dough on greased counter top. Roll out 3/4" thick (about 12" x 24"), spread with butter, sprinkle with white sugar, cinnamon, and raisins to preference. Roll from long edge, cut into 24 rolls, and place in two 9x13 pans. Raise 30 min. and bake for 20-25 min. at 400°. Delicious. Frosting: mix 4 c. powdered sugar, 4 T. butter/margarine, 1 tsp vanilla or almond or maple extract and enough milk until smooth.

### Whole Wheat Waffles (With dessert variation)

3 eggs, separated	1 c. whole wheat flour
1 c. milk	1/2 tsp. salt
1/2 c. oil	2 tsp. baking powder

In blender, mix together the egg yolks, milk, oil and dry ingredients. Whip egg whites until stiff in mixer bowl. Pour liquid from blender into bowl of stiff egg whites and using the Bosch's pulse switch (turning speed knob to left) barely fold in. Bake in preheated waffle iron. Light and flavorful! For dessert waffles, sift powdered sugar over waffle and top with sliced fruit and whipped cream, add another layer of each.

### Melt-In-Your-Mouth Waffles (With dessert variation)

2c. unbleached flour	2 eggs, separated
3 tsp baking powder	1-2/3 c. milk
2 T. sugar	1/2 c. margarine
3/4 tsp salt	

Sift together flour, baking powder, sugar and salt. Blend egg yolks, milk and softened (not hot) margarine in blender and pour over dry ingredients. Beat egg whites until stiff, fold into batter, and fry. Leftovers keep well in fridge. For a great dessert, sprinkle batter with chocolate chips after pouring into waffle iron, and serve topped with vanilla ice cream and chocolate syrup!

# Taste of Home



## Swirled Cinnamon Raisin Bread Recipe

★★★★★

Slices of warm cinnamon bread and a cup of hot tea work wonders for holiday visitors to our home. My mother received this recipe from a friend in West Virginia.

1 c milk  
1 c H. water + 1 T Yeast  
1/4 c butter

**TOTAL TIME:** Prep: 25 min. + rising Bake: 45 min. + cooling

**YIELD:** 32 servings

### Ingredients

2 packages (1/4 ounce each) active dry yeast

1 package = 2 1/4 t

2 cups warm water (110° to 115°)

1 cup sugar, divided

1/4 cup canola oil      Butter 1/4 c melt

2 teaspoons salt

2 eggs

6 to 6-1/2 cups all-purpose flour

1 cup raisins

Additional canola oil

3 teaspoons ground cinnamon

### Directions

1. In a large bowl, dissolve yeast in warm water. Add 1/2 cup sugar, oil, salt, eggs and 4 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place or until doubled, about 1 hour.

3. Punch dough down. Turn onto a lightly floured surface; divide in half. Knead 1/2 cup raisins into each; roll each portion into a 15x9-in. rectangle. Brush with additional oil. Combine cinnamon and remaining sugar; sprinkle to within 1/2 in. of edges.
4. Tightly roll up, jelly-roll style, starting with a short side; pinch seam to seal. Place, seam side down, in two greased 9x5-in. loaf pans. Cover and let rise until doubled, about 30 minutes.
5. Preheat oven to 375°. Brush with oil. Bake 45-50 minutes or until golden brown. Remove from pans to wire racks to cool.  
**Yield:** 2 loaves (16 slices each).

#### Nutritional Facts

1 slice: 145 calories, 2g fat (0 saturated fat), 13mg cholesterol, 153mg sodium, 28g carbohydrate (9g sugars, 1g fiber), 3g protein.

**Diabetic Exchanges:** 2 starch.

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## Egg drop soup

### Chicken Broth

- Red Pepper
- White Pepper
- Vinegar (Rice Vin)
- Soy sauce
- Ground Coriander
- Parsley
- Turmeric
- Garlic Clove
- Dribble egg

## Chili

- 1 Pot
- Chopped Celery (4 stalks)
  - Brown 2.5 lb meat (black pepper + Salt) - ~~onion~~ (2 lbs)  
- Pork ( $\frac{1}{2}$  lb)
  - 3 onions chopped
  - 2-3 cloves garlic
  - 2 can chili beans (2 lb. 8 oz) (750g Block)  
- 1500 g Pinto  
- 750
  - 2 qt. Tomato Puree
  - Rub dub 1.5 Tsp
  - 1.5 Tsp Cumin
  - dash oregano (2 pinches)
  - 2 Tbs. Jpg. or Brown Sugar (molasses + honey)
  - Tabasco - ~~10~~ shakes
  - Ketchup = 3 circles (slowish)
  - ~~Parsley~~
  - Basil 2 pinch
  - Marjoram 2 pinches
  - ~~Red Pepper~~
  - Beef Stock - 2 qt.
  - Black pepper 2 t
- \* iodine

## Chili

- head of celery
- 3 Large onions (5 in)
- 6-8 cloves garlic
- 1 red/orange pepper
- 1 beet (optional)
- 4-6 carrots
- 4 lbs Venison (ground)
- 1 lb Rock (lamb)
- 3 qt Tomato Puree
- 2-4 qt. Beef Stock (Top-pot)
- 500g Black Beans
- 8 C Chili Beans (homemade)
- 2 T Chili Powder (homemade)
- 2/3 C Apple C. Vinegar
- 2 T Cumin
- 1 T Paprika
- 1 T Salt
- 6 T Brown Sugar
- 10 droppers' Iodine
- 3 Pinches - Basil + Thyme + Oregano
- Bundle of Parsley
- 2 T Black Pepper
- 4 1/2 C Ketchup or 1 Paste
- 1/2 Smoke Tabasco

# Split Pea Soup

(  
LARGE Pot  
→ makes 5 freezer  
containers)

8 lbs on Split Peas  
4 L onions (6 med)  
8 clove garlic  
5 carrots chopped  
5 stalks celery (chopped)

(soak \* to sprout)

1st thing  
clarify in ~~3T~~  
butter (butter)  
lemon

ham pieces & hock

4-8 gts of Chicken Stock (depending on richness)

3-5 potatoes for thickening

4 gts canned

1/2 vinegar

8 gts "fresh"

4 droppers full iodine

(chopped)

Fill pot with water until 1-2" below top

1 T Thyme

1 T Black Pepper

Bay Leaves

1 T oregano

~~Moraprin~~

1 t Rosemary

1 T salt (may need more - depends on ham)

bunch of fresh parsley (or 1 T dried)

Rapid boil & skim before adding

spices. ~~Stir~~ Stir to keep from  
scorching.

Simmer for 60+ min - be sure

to ~~stir~~ stir periodically.

Always Boil the next day ("  
Enjoy  $\beta$ .

# Beef + Barley Soup

Barley - 2 cups

Red Lentils + French Lentils - 1 cup each } Soak + Sprout  
Mung Beans - 1 cup } 1-2 days

Celery - 1 head

Onion - 2 lb. or 3 large

Red + Orange Pepper - 1 each

Carrots - 2 lb

Mushrooms - 8 oz

Bundle of Beets - ≈ 3 med

Russet Potatoes - 6 lb. cubed ≈  $\frac{3}{4}$ "

Green Beans - 1 lb. fresh or frozen

Corn - 1 lb. frozen

5 lb Chuck Roast - cut into chunks

- brown w/salt + pepper and throw into veggies

Puree - 2 qt.

Apple Cider Vinegar -  $\frac{1}{4}$  cup

Red Wine - 2 cups

Beef Stock - 4-6 Qts or (Water + Broth)

Salt - 4 T

Iodine - 6 droppers (optional)

Bay Leaves - 6-8

Thyme / Basil / Marjoram / Black Pepper - 1 T each

Coriander - 1 ±

Paprika - 2 ±

Parsley - 1 Bundle @ the end (after skimming foam)



"To Make the Best Better"

2 pots chicken stock  
3 whole chickens  
2 big stalk Celery  
4 large onions  
12 cloves garlic  
5 lbs carrot (bag)  
2 head parsley.

8 t Salt  
3 t Tyme  
~~16 g Pepper.~~  
2 t Marjoram  
2 t Rosemary  
~~1/2 t Coriander.~~  
3 t Sage  
16 sq. inch.  
2 Big bay leaves.  
~~8 t pepper.~~  
3 t B Pepprs.  
3 bags Noddles

Mom's Famous  
Chicken Noodle Soup

# Ukrainian Borscht Recipe (Beet Soup)

Sharing my grandma's Borscht Recipe I grew up on in Ukraine. This iconic beet soup is served with a dollop of sour cream and rye bread.



4.99 from 186 votes

Course: Soup   Cuisine: Ukrainian   Servings: 8 servings   Calories: 174kcal  
Author: Olena Osipov

Prep Time	Cook Time	Total Time
20 mins	1 hr 5 mins	1 hr 25 mins

## Ingredients

- 12 cups beef or vegetable broth or stock low sodium
- 5 cups green or red cabbage thinly sliced (small cabbage)
- 1 large onion chopped (2 med) + 4 ribs celery + 1 red pepper
- 3 medium carrots chopped or thinly sliced
- 2 tbsp olive oil (butter for clarifying)
- 3 large beets peeled and cut into matchsticks chopped (5 medium + leaves)
- 4 large potatoes peeled and cubed (6 med)
- 6 oz can tomato paste low sodium (or 4 Tbsp ketchup)
- 2 tsp salt Black Beans + 2-3 C white Cannellini Beans + juice
- 3 bay leaves
- 2 tbsp white vinegar
- Pinch of sugar or maple syrup
- 3 large garlic cloves grated
- Ground black pepper to taste ( $\frac{1}{4}$  t)
- 1/4 cup dill or parsley finely chopped - Fresh @ eating or during cooking
- Yogurt sour cream and rye bread, for serving

Food processes  
all veggies  
except  
potatoes

Served

## Instructions

1. In a large pot (I use 6 quart Dutch oven), add broth, bay leaves and bring to a boil. In the meanwhile, wash, peel and cut vegetables.
2. Once broth is boiling, add cabbage, cover and bring to a boil. Then reduce heat to low and cook for 20 minutes.
3. In the meanwhile, preheat large skillet on medium heat and swirl 1 tbsp of oil to coat. Add onion, carrots and saute for 5 minutes, stirring occasionally.

- Add beets, remaining 1 tbsp of oil and cook for another 3-4 minutes.
- Transfer sauteed veggies to a pot along with potatoes, tomato paste and salt. Cover, bring to a boil and cook on low heat for 20 minutes.
- Turn off heat. Add vinegar, sugar, garlic and pepper. Stir and let borscht sit for 10 minutes to allow flavours to marry each other. Add dill, stir and adjust any seasonings to taste.
7. Serve hot with a dollop of yogurt or sour cream, bread and garlic clove on the side (this is not for everyone).

## Notes

- **Store:** Refrigerate borscht in a large pot you cooked it in for up to 5 days. Reheat by simmering on low in small pot only amount you are planning to consume.
- **Freeze:** Freeze in an airtight glass container for up to 3 months. Then thaw on a counter overnight and reheat.
- **Store bought stock:** You can use regular stock from a carton. Preferably organic and low sodium, if you can.
- **Beef bones:** If you choose to add meat, cook broth with ribs, soup bones or any cut with a bit of fat first. Cover with cold water, bring to a boil and simmer for about an hour, skimming foam occasionally. After borscht is ready, remove meat, separate from bones and discard bones, finely chop and return meat to the pot.
- **Bone broth:** This time I made Instant pot bone broth and used half of it diluted with water as a soup base.
- **Vegetarian:** I make water based borscht more often than not because it's easy. In this case, I make sure to add a can of low sodium beans to up the protein, a bit more olive oil and maybe an organic bouillon cube, if I have it.
- **Beans:** If not using meat, you can add a can of drained beans. Any large white, red kidney or pinto beans.
- **Sauerkraut:** If you replace 2 cups of cabbage with 2 cups of sauerkraut, borscht will have even more umph.

## Nutrition

Serving: 2cups | Calories: 174kcal | Carbohydrates: 32g | Protein: 4g | Fat: 4g | Saturated Fat: 1g | Sodium: 647mg | Fiber: 6g | Sugar: 8g

Ukrainian Borscht Recipe (Beet Soup) - <https://ifoodreal.com/ukrainian-borscht/>

Sign up here to **save** your favourite recipes!

# once upon a chef

WITH JENN SEGAL

## Classic Tomato Soup

By Jennifer Segal, adapted from Fine Cooking

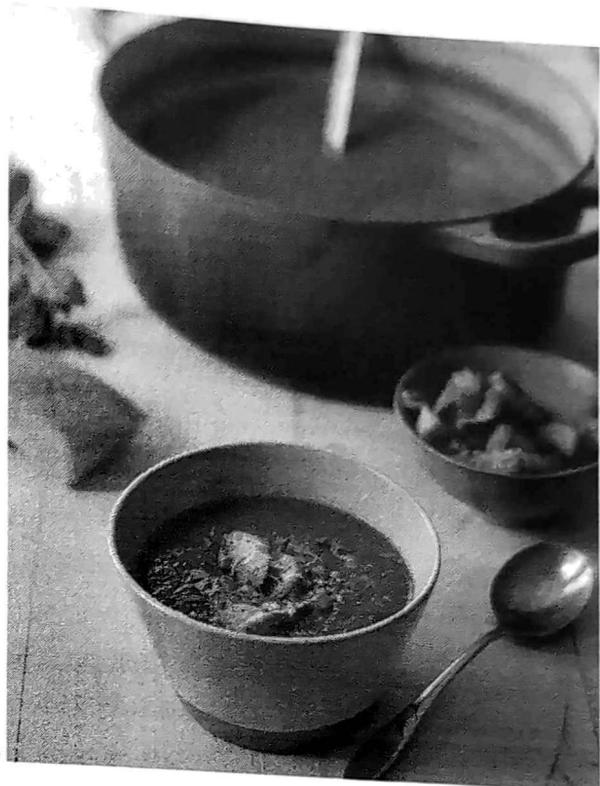
Made from pantry staples, this tomato soup is delicious topped with croutons or paired with grilled cheese sandwiches.

Servings: 10

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Total Time: 60 Minutes



### INGREDIENTS

#### FOR THE SOUP

- 4 tablespoons extra-virgin olive oil
- 4 tablespoons unsalted butter, divided
- 3-1/2 cups chopped yellow onion  $\times 2 \rightarrow 800\text{ g (3 L onions)}$
- 3 large garlic cloves, minced  $\times 2 \rightarrow$
- 1/4 cup all purpose flour
- 6 cups chicken broth
- 2 (26-ounce) boxes Pomi chopped tomatoes (or canned diced tomatoes; see note)
- 2 tablespoons sugar
- 1/2 teaspoon dried thyme
- Salt
- Freshly ground black pepper

$\rightarrow$  Celery  $\rightarrow 330\text{ g (3 stalks)}$

#### FOR GARNISH

- Fresh chopped basil
- Seasoned croutons
- Freshly grated Parmigiano-Reggiano

### INSTRUCTIONS

In a large nonreactive pot (see note), heat the olive oil and 2 tablespoons of butter over medium-low heat. When the butter is melted, add the onions and cook over medium heat, stirring occasionally, until soft and translucent. Do not brown; reduce heat if necessary. Add the garlic and cook for a few minutes more, stirring to be sure garlic does not burn. Add the flour and continue cooking and stirring for 1 to 2 minutes more.

Add the chicken broth, tomatoes, sugar, thyme, 1 teaspoon salt and 1/2 teaspoon pepper. Bring to a simmer over medium-high heat while stirring to make sure that the flour is not sticking to the bottom or sides of the pan. Reduce the heat to low, cover the pan, and simmer for about 30 minutes.

Using a hand-held immersion blender, purée the soup until very smooth. (Alternatively, let the soup cool slightly and purée in batches in a blender. Be sure to crack the lid or remove the center cap to allow steam to escape.) Taste and adjust seasoning with salt and pepper. Stir in the remaining 2 tablespoons of butter. Ladle the soup into bowls and garnish with fresh basil, croutons, and Parmigiano-Reggiano, if desired. (Nutritional information below does not include optional garnishes.)

Note: If you can't find Pomi boxed tomatoes, use canned. Just be sure to cook the soup a little longer, about 40 minutes.

Note: A nonreactive pot is made of a material that will not negatively react with acids. Glass, stainless steel or enameled pots are all safe to use. Nonstick pots are also okay but be sure there are no scratches in the non-stick coating.

**Freezer-Friendly Instructions:** The soup can be frozen for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot.

#### PAIR WITH



Rosemary Focaccia

#### NUTRITION INFORMATION

Powered by 

Per serving (10 servings)

Calories: 203

# Black Bean Soup



Recipe courtesy of Dave Lieberman

Show: Good Deal with Dave Lieberman | Episode:  
First Night In New Apartment

*Back in college, a great local cafe stayed opened into the wee hours ladling up their version of this stuff. The first time I slurped some of it down after midnight, I decided to make black bean soup my own tradition. Mine is hearty and smoky, and if it's lying around, I'll also throw in a can of beer for good taste and in keeping with the spirit of a good night on the town. Like the onion soup, you'll want to make this ahead of time so you're not faced with the prep-work when you and your friends just want to kick back and chow down after a long night. Using smoked bacon makes all the difference in the world because those beans are just begging for that rich, smoky flavor.*



Total:	40 min
Prep:	15 min
Cook:	25 min
Yield:	8 to 10 servings
Level:	Easy

## Ingredients:

- 10 slices bacon, finely chopped
  - 2 medium onions, chopped (about 2 1/2 cups)
  - 6 garlic cloves, pressed
  - 1 (14 1/2-ounce) can reduced-sodium chicken broth
  - 1 1/2 cups canned chopped tomatoes
- (Total 1 1/2 lbs tomatoes)*

## Directions:

**1** Put the bacon into a large heavy pot and place it over medium heat. Cook until it starts to give up its fat, about 4 minutes. Stir in the onions and cook, stirring, until they start to turn translucent, about 4 minutes. Stir in the garlic and cook until you can smell it, about 1 minute. Add the broth, tomatoes, ketchup, Worcestershire, and chili powder. Stir in the beans, turn the heat to high and bring to a boil. Adjust the heat so the soup is bubbling gently and cook 10 minutes. Season with salt and pepper.

**2** Meanwhile, pick off all the thick stems from the cilantro. Wash it and shake dry. Chop the cilantro coarsely and stir it into the soup when it has been simmering 10 minutes. cook until the soup is thickened, about 5



- 2 tablespoons ketchup
- 2 ~~teaspoons~~ Worcestershire sauce 1 Tbsp
- 1 tablespoon chili powder
- 4 (15 1/2-ounce) cans black beans,  
drained but not rinsed
- Kosher salt and freshly ground black  
pepper
- 1 bunch cilantro
- juice of 1/2 lime
- Thinly sliced scallions, for garnish
- Sour cream, for garnish
- Grated cheddar, for garnish

1 Heaping Tbsp Br. Sugar

1 Tsp Salt

# White Chicken Chili

## 2004 Chili Challenge Winner

This recipe is adapted from one I got from Mary Carlson (Plover PD)

2 tablespoons olive oil  
2 chopped onions + celery + carrot  
6+ cloves chopped garlic  
1 4oz can diced jalapeno peppers - mild  
2 4oz cans roasted chopped green chiles - hung. pepper  
3 1/2 teaspoons ground cumin  
2 teaspoons dried oregano  
1/2 teaspoon ground cayenne pepper  
4 14.5oz cans of chicken broth  
6 cups chopped cooked chicken breast  
6 15oz cans of white great northern beans (do not drain)  
2 cups shredded Monterey Jack cheese

2 T C. Vinegar

Salt Pepper

Heat oil in a large pot over medium-low heat. Slowly cook and stir the onion and garlic until tender. Mix in jalapenos, green chiles, cumin, oregano, and cayenne. Cook and stir about 3 minutes. Add chicken, broth, and beans. Simmer  $\frac{1}{2}$  hour. Stir in cheese. Cook until cheese is melted and serve.

basil

Rosemary

Marijuana

Thyme

Sage

Luci's  
Creamy Potato Soup

✓ 2 cups of potatoes (cubed)

✓ 1/4 cup of onion (diced)

X 1/2 celery (really tiny)

1 tsp Salt

1/4 tsp celery salt

quart water

1/3 cup butter

1/4 cup flour

3 cups milk

1/2 bottle of (beer)

1 T spoon parsley (diced)

2 bouillon cubes

5 cups cheese (shredded)

(salt - pepper)



**2**      **cups cheddar cheese, shredded**

## **DIRECTIONS**

---

Combine potatoes, celery, carrots, onion, ham, and water/broth in stockpot and bring to boil.

Then cook over medium heat until potatoes are tender.

Stir in the chicken bouillon, salt (if using), and pepper.

In separate saucepan, melt butter over medium-low heat. Whisk in flour and cook stirring constantly until thick.

Slowly stir in milk as not to allow lumps to form and all milk is added. Turn up to medium heat. Continue to stir until thick (4-5 minutes).

Add in cheese and stir until melted.

Stir the cheese mixture into the stockpot and cook until heated through. (I also will break up some of the potatoes for thickness. It gets thicker as it cools and next day).

# Canned Chicken + Wild Rice Soup

30 C Chicken Stock

2 L garlic (cloves)

1 T thyme

2 t sage -

1 T rosemary

2 t S. marjoram

1 T bay leaves

1 t red & juh.

+ parsley (bundle)

1 T + 2 t salt

2 t pepper (black)

1/2 canon mushroom

2 onion (large)

1 ~~canon~~ celery (stalk) - large

1 1/2 packages carrots

(2300 g)  $\rightarrow$  115 g / gr jar.

1.5 - chicken

(2000 g)  $\rightarrow$  100 grams / gr jar.

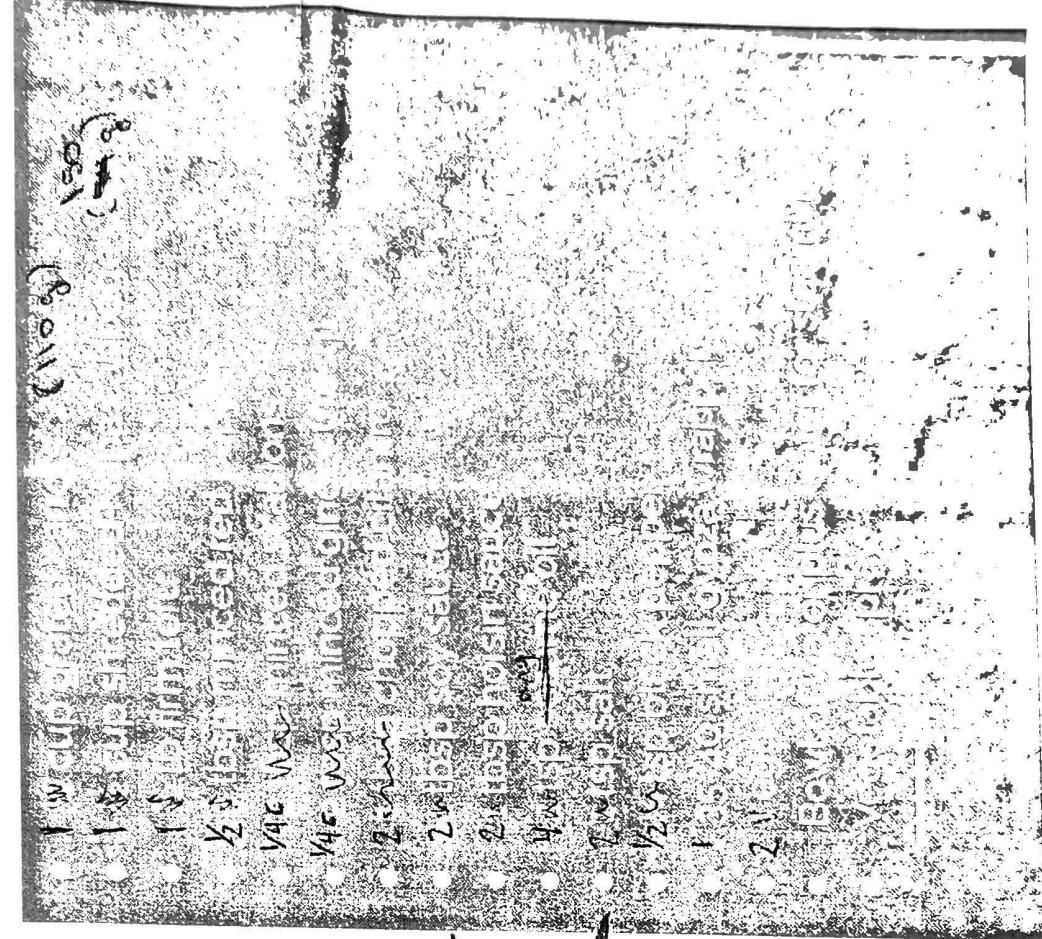
2 C rice.

### **Asian Salad**

- Half a napa cabbage
- 3 carrots
- 1 pack of green onions
- $\frac{1}{2}$  cup of sauerkraut
- Shake of black pepper
- 4 pinches of rub a dub rub
  
- 1 cup of Almonds
- 2 packages of ramen noodles
- $\frac{1}{4}$  cup of Sesame seeds
- 2 tablespoons of butter
- Cover bottom of pan with peanut oil
  
- $\frac{1}{4}$  cup of apple cider vinegar (replace malt if needed)
- $\frac{1}{4}$  cup of malt vinegar
- $\frac{1}{4}$  cup of white vinegar
- 4 dollops of honey
- $\frac{1}{4}$  cup of olive oil
- 2 tablespoons of soy sauce

Pinch of thyme  
 $\frac{1}{4}$  tsp margarine  
 $\frac{1}{8}$  coriander  
 $\frac{1}{4}$  paprika  
 $\frac{1}{4}$  dried parsley  
garlic (measure oil w)  
 $\frac{1}{8}$  white pepper

Steam for 10 min



## Ingredients

\*Source  
1 part soy sauce  
1 part rice  
drizzle hoisin sauce  
green onions  
ginger  
garlic

## Chili Garlic Sauce

### Ingredients:

5 jalapenos (295g)  
1 Anaheim (110g)  
1 Serrano (21g)  
1 Poblano (160g)  
8 cloves garlic (45g)  
1/2 C Rice Vinegar  
1 T Honey  
3 Pinches Salt  
3 Pinches Pepper  
Splash Fish Sauce

### Directions:

- 1) Food process all ingredients
- 2) Cook on medium in fry pan & reduce ~~fire~~  
~~heat~~ until most liquid gone
- 3) Fire perfectly in ~~a~~ pint jar
- 4) Refrigerator - lasts at least 2 months

Use: Pad Thai  
Scrambled Chicken  
Satay Fry  
Steak Satay  
Dumplings & Sauce.

# Sprouted Bean, Lentil + Sausage



BY

• 7 YEARS AGO

Rice is a grain, lentils a legume. Combine the two and you have a perfect source of vegetarian protein. Of course, you don't have to be a vegetarian to enjoy the wholesome, tasty richness of this healthy duo.

YIELD: 4 SERVINGS

## Ingredients

- a splash olive oil  
1 large onion, minced  
4 cloves garlic, minced  
1 cup brown rice  
1 cup dried lentils - Sprouted  
4 cups chicken broth or water  
a bay leaf or two  
a sprinkle or two sea salt and freshly ground pepper

Celery +  
carrot

## Procedure

Splash the olive oil into a small pot with a tight-fitting lid over medium-high heat. Add the onion and garlic and sauté for a few minutes until they just start to turn golden brown.

Add the rice, lentils, chicken broth (or water), bay leaves and salt and pepper. Bring everything to a simmer. Cover and reduce the heat to low, just enough to maintain the simmer. Continue cooking until the rice and lentils are tender and the liquid absorbed, about 45 minutes.

Turn off the heat and let stand for a few minutes before serving.

## Variation

You may add any fresh or dried herbs you like to this dish. Rosemary, thyme and tarragon all work well. At the last second, you may also add 1/2 cup (125 mL) or so of raisins or some sliced green onions.

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1 C Mung  
2 C Lentils.  
(1/2 Red  
1/2 Orange)  
1/2 Green

1 t Black Pepper  
2 t Salt  
1 t Marjoram  
1 t Thyme  
1 t Parsley  
1 T Vinegar  
3 Pinches rub + dust

## Shrimp Stir-Fry

Oil in pan M-H.

Shrimp or meat

2 small cloves garlic

Seasoning Salt

Lemon Juice

- Remove Shrimp + Sauce

More Olive Oil

- add veggies (Broccoli/Carrots/Onions  
Mush)

- Soy Sauce

- Add Juice from Shrimp

- Continue to Cook

- Cover veg. to steam

- Tsp corn starch w/ water, mix  
+ add to veggies

Mix shrimp to veggies + heat

3 TBSP  
1 TBSP  
3 TBSP  
2-3 TBSP  
1 TBSP  
1/2 TSP  
1/3 TSP  
1/3 TSP  
1/3 TSP  
1/3 TSP

"The beautiful thing about learning is nobody  
can take it away from you." B.B. King

Sauce

2T Fish Sauce  
< 2T Soy Sauce  
< 2T Tamarind  
< 2T Rice Vinegar  
2 Large Drops Honey  
1T Chili Garlic Sauce

Beginner

- ① -Pnt Oil
- ③ Whole Garlic
- ④ Green Onion (whites) ~~Scrambled~~ 3 Eggs
- ⑤ Napa 1/2
- ⑥ Shrimp Beef (doesn't matter)
- ⑦ When cabbage is wilted add pre-cooked noodles

-Add Sauce

Waiting for noodles to cook

-Green Onions 1 pack  
-Pnuts (chopped) 1-1.5 cups

Time

Bean Sprouts (dictate size of meal)

-Cilantro 1.5 cups

If gets dry, add water or beef broth

From: Marcia Egle walkfast6@gmail.com  
Subject: Marinara recipe  
Date: Sep 1, 2017, 2:43:18 PM  
To: Lance lance.bakken@gmail.com

### Maria's Marinara Sauce

1/4 cup olive oil  
1 small onion (I do not like this "measurement" as it is not exact; I use about 1/4 of an onion the size of my palm)  
2 garlic cloves  
2 Tblsp sugar  
4 tsp basil  
2 tsp salt  
30 oz canned tomatoes (I used petite diced)  
12 oz tomato paste

Heat oil in saucepan, cook onion and garlic until tender. Stir in remaining ingredients. Bring to boil. Cover and simmer 20 minutes.

Enjoy!

On Aug 23, 2017, at 9:11 PM, Lance <[lance.bakken@gmail.com](mailto:lance.bakken@gmail.com)> wrote:

Perfect. Looking forward to it! See you at 4:15 on Friday.

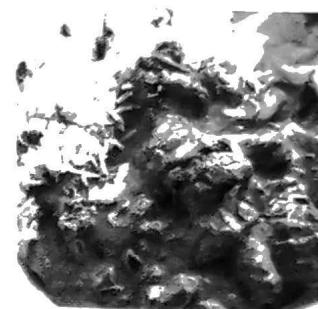
Sent from my iPad

On Aug 23, 2017, at 8:43 PM, Marcia Egle <[walkfast6@gmail.com](mailto:walkfast6@gmail.com)> wrote:

Thank you, Laura...I think kids are scheduled to start arriving at 5, so if you (and Luci, if she is riding with you) want to come around 4:15-4:30 that

# Chicken Tikka Masala

Chicken Tikka Masala is creamy and easy to make right at home in one pan with simple ingredients! Full of incredible flavours, it rivals any Indian restaurant! Aromatic golden chicken pieces in an incredible creamy curry sauce, this Chicken Tikka Masala recipe is one of the best you will try!



5 from 213 votes

Course: Dinner Cuisine: Indian Servings: 5 - 6 people  
Calories: 580kcal Author: Karina

## Ingredients

### For the chicken marinade:

- 28 oz (800g) boneless and skinless chicken thighs cut into bite-sized pieces
- 1 cup plain yogurt
- 1 1/2 tablespoons minced garlic
- 1 tablespoon ginger
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon Kashmiri chili (or 1/2 teaspoon ground red chili powder)
- 1 teaspoon of salt

Add  $\frac{1}{2}$  Tsp. to both  
- Coriander  
- Cardimum

### For the sauce:

- 2 tablespoons of vegetable/canola oil
- 2 tablespoons butter
- 2 small onions (or 1 large onion) finely diced + sweat red pepper
- 1 1/2 tablespoons garlic finely grated
- 1 tablespoon ginger finely grated
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons ground cumin
- 1 teaspoon turmeric powder
- 1 teaspoon ground coriander
- 14 oz (400g) tomato puree (tomato sauce/Passata)
- 1 teaspoon Kashmiri chili (optional for colour and flavour)
- 1 teaspoon ground red chili powder (adjust to your taste preference)
- 1 teaspoon salt
- ~~1 1/4 cups of heavy or thickened cream~~ (use evaporated milk for lower calories)

$\frac{1}{2}$  Tsp Coriander  
 $\frac{1}{2}$  Tsp Cardimum

1 cup Heavy Cream  
 $\frac{1}{2}$  cup Half + Half

- 1 teaspoon brown sugar
- 1/4 cup water if needed
- 4 tablespoons Fresh cilantro or coriander to garnish

## Instructions

1. In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 10 minutes to an hour (or overnight if time allows).
2. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
3. Melt the butter in the same pan. Fry the onions until soft (about 3 minutes) while scraping up any browned bits stuck on the bottom of the pan.
4. Add garlic and ginger and sauté for 1 minute until fragrant, then add garam masala, cumin, turmeric and coriander. Fry for about 20 seconds until fragrant, while stirring occasionally.
5. Pour in the tomato puree, chili powders and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
6. Stir the cream and sugar through the sauce. Add the chicken and its juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling. Pour in the water to thin out the sauce, if needed.
7. Garnish with cilantro (coriander) and serve with hot garlic butter rice and fresh homemade Naan bread!

## Nutrition

Calories: 580kcal | Carbohydrates: 17g | Protein: 36g | Fat: 41g | Saturated Fat: 19g | Cholesterol: 250mg | Sodium: 1601mg | Potassium: 973mg | Fiber: 3g | Sugar: 8g | Vitamin A: 1895iu | Vitamin C: 19.5mg | Calcium: 171mg | Iron: 4.1mg

am  
plec

## Pies

### Crust

- 205 g Lard (1 cup)  
227 g butter (1 cup) }  
350 g soft wheat  
1100 g All Purpose  
1 3 t salt (15g)  
4 eggs  
1 3 T Vinegar }  
1.25 C water  
(1C if no soft wheat) } beat together and  
drizzle in flour  
mixture

Dough will make 20 balls @  
(10 grams each. (8-9" rolled)  
Cool while making filling

### Filling

- 1 lb onions (2 med)  
1.5 lbs rutabagas (2 med)  
150 g celery (" )  
250 g carrots  
2 large garlic cloves  
3 t salt  
2 t pepper - black  
1 t thyme  
1 t marjoram  
1 t parsley  
1 t Uncle Mike's Spices  
4 droppers iodine } chop in  
food processor  
& clarify  
w-  
dollop  
of  
butter

- 3 lbs potato (6 med) - chop  
1 lb ground pork  
1 lb ground venison

170 g filling per 110 g dough  
\*Stir w- egg or cream Bake 1 hr @ 350°

# Sloppy Joe's

Ground Beef - 2 lbs (Lean!)

Celery - 2 Stalks

Onion - 1 Medium

Carrot (optional) - 1 Finely chopped

Red Pepper -  $\frac{1}{2}$  -  $\frac{3}{4}$  Pepper

Clarify Veggies in butter (low heat)

Brown meat Separately (high heat)

Salt - 2 tsp

Black Pepper -  $\frac{1}{2}$  tsp

Italian Seasoning -  $\frac{1}{2}$  tsp

Pepper Flakes -  $\frac{1}{4}$  tsp

Cumin -  $\frac{1}{4}$  tsp

Chili Powder -  $\frac{1}{2}$  tsp

Coriander -  $\frac{1}{4}$  tsp

Parsley - 1 tsp

Brown Sugar - 2 Tbsp

Apple Cider Vinegar - 2.5 Tbsp

Tabasco - 4 strong dashes

Yellow Mustard -  $\frac{1}{3}$  cup

Ketchup -  $1\frac{1}{4}$  cup

Add 1-2 cups water + boil for 45 minutes  
to reduce.

Taste for Seasoning!

Best served with chips/pickles + cheese slices

# Beef Pot Pie

This recipe does take a few hours to finish, but it's not hands-on the entire time. The filling is pre-baked to ensure the chuck roast pieces are super tender. A nice option here is to just cook half the beef in a skillet until browned and juicy. Then add it in with the rest of the beef before putting into dish and oven-baking.

Prep Time	Cook Time	Total Time
15 mins	2 hrs 30 mins	2 hrs 45 mins



4.93 from 57 votes

Course: Main Dish Servings: 6 Calories: 503kcal Author: Good Dinner Mom

## Ingredients

- 2 pounds boneless beef chuck-eye roast, trimmed and cut into 3/4-inch pieces Sirloin steak may be substituted
- Salt and pepper
- 3 Tablespoons olive oil or avocado oil, divided
- 4 ounces mushrooms, baby bellas also called creminis or white button if unavailable, trimmed and quartered
- 1 onion, finely chopped-pearl onions are also good + 2 rib celery (chopped)
- 3 carrots, peeled and cut into 1/2-inch pieces + 2-3 cubed potato
- 2 Tablespoons tomato paste
- 4 garlic cloves, minced
- 1/2 cup dry red wine, or 1/2 cup water
- 3 Tablespoons all-purpose flour
- 2 cups beef broth
- 1 Tablespoon soy sauce
- 1 Tablespoon Worcestershire sauce
- 1 bay leaf
- 1 cup frozen peas
- 1 1/2 teaspoons chopped fresh thyme, divided
- 1 large egg, lightly beaten
- 1 9-inch store-bought pie dough round or your own made-from-scratch pie crust

## Instructions

1. Adjust oven rack to lower-middle position and heat oven to 350F degrees. Pat beef cubes dry with a paper towel and season with salt and pepper. Heat 1 1/2 tablespoons of the oil in a Dutch oven over medium-high heat. Add half the beef and cook until well

- browned all over, about 7 minutes. Using slotted spoon, transfer the beef to bowl or plate with the remaining uncooked beef. Note: you will not cook the remaining beef before placing in the pot pie. Cooking half the beef imparts some good flavor from braising but saves time not requiring all the beef to be browned before placing in the pie. It works, I promise.
2. Reduce heat to medium and add remaining 1 ½ tablespoons oil to now-empty pot. Add mushrooms, onion, and carrots and cook until vegetables are lightly browned, about 5 minutes, scraping up any browned bits. Stir in tomato paste and garlic and cook until fragrant, about 30 seconds.
  3. Stir in wine (or water) and cook until evaporated, about 2 minutes. Stir in flour until the vegetables are well coated and cook for 1 minute. Add broth, soy sauce, Worcestershire, and bay leaf, stirring until combined. Scrape any bits that have stuck to bottom of pan to incorporate into liquids. Add all of the beef and bring to a simmer. Cover and transfer to oven. Cook until beef is tender, about 1 ¼ hours.
  4. Remove filling from oven and taste the beef to make sure it's tender to your liking. If it tastes chewy, add 1/4 cup water, stir and return to oven for another 20-30 minutes. Once meat is tender, remove and then increase oven temperature to 400F degrees. If the meat mixture looks to need more "juice", then remove mixture from pot to a plate and add ¼ to ½ cup water back to the Dutch oven and kind of tilt the pan to scrape off some of the crusty fond that's accumulated in the pot. This should create a thick meaty sauce to add into the meat mixture and thin it out a bit, plus it only adds to the flavor of the beef.
  5. Discard the bay leaf and stir in the fresh thyme and add the peas. Taste the filling and add salt and pepper to taste at this time (up to 1 teaspoon salt and ½ teaspoon pepper).
  6. Spray the bottom of a 9-inch deep-dish pie plate and add meat mixture to the dish.
  7. Brush the rim and interior lip of the pie plate with egg (this will prevent the shell from sticking to the dish and cracking or breaking). Top the filling with pie dough so dough overhangs edges of pie plate only slightly. Fold overhanging pie down inward so folded edge is flush with inner edge of pie plate. Crimp dough evenly around edge of pie using your fingers.
  8. Using a paring knife, cut a ½-inch hole in center of pie. Cut six ½-inch slits around the hole, halfway between center and edge of pie. Brush dough with remaining egg. Season the top of the dough with salt, pepper and remaining ½ teaspoon chopped thyme. Transfer pie to rimmed baking sheet and bake until crust is golden brown, 20-30 minutes.
  9. Transfer pie to cooling rack and let cool for 15 minutes. Serve.

# once upon a chef

WITH JENN SEGAL

## Buttermilk Fried Chicken Tenders

*One of my most popular recipes, these chicken tenders are marinated in seasoned buttermilk and pan-fried to crispy, crunchy perfection.*

Servings: 4

Total Time: 40 Minutes

### INGREDIENTS

#### FOR THE MARINADE

2 pounds chicken tenderloins

1 cup buttermilk

~~2~~ ~~1/2~~ teaspoons salt ~~garlic salt~~

1/4 teaspoon cayenne pepper

~~1/4 teaspoon garlic powder~~

~~1/4 teaspoon paprika~~



#### FOR THE BREADING

1-1/2 cups all purpose flour

1-1/2 teaspoons baking powder

~~1~~ ~~1 heaping teaspoon salt~~ ~~garlic salt~~

3/4 teaspoon black pepper

~~3/4 teaspoon garlic powder~~

3/4 teaspoon paprika

3 tablespoons buttermilk

#### FOR COOKING

3-4 cups vegetable oil, for cooking

### INSTRUCTIONS

To marinate the chicken: In a large sealable, combine the chicken tenders with the remaining marinade ingredients. Seal the bag tightly and massage the chicken until it is evenly coated with buttermilk and seasoning. Place in a bowl (in case of leakage) and refrigerate for at least 4 hours or up to 24 hours.

## Sesame Chicken Sauce

2 T SOY sauce  
3 T fish sauce  
1/2 cup chicken stock/water  
60g Ketchup (1/4 cup)  
2 "Dollop" of honey  
3 T Brown Sugar  
3 T Chili Garlic sauce  
3 T Rice Vinegar  
2 T Avocado Oil (or ~~Peanut~~)  
3-4 cloves garlic

---

## Buttermilk Chicken

- Green Onions
- Sesame Seeds
- Carrots
- Broccoli

# Pan-Seared Tuna with Avocado and Lime

Pan Seared Tuna

2 Tbsp Oil

2 Tbsp Soy Sauce

1 Garlic clove — Sautéed w/ green onion

2 Tbsp Ginger Syrup

1 tsp Chili garlic Sauce

2 Limes juiced

- 1 ripe avocado, halved, peeled, pitted, and sliced

Sauté sesame seeds & sliced almonds.

→ Serve w- Asparagus (or green beans) & garlic toast

## Related Pages

Ahi Tuna Recipe

Seared Tuna, Yellowtail and  
Salmon with Three...

Seared Tuna Recipe

Seared Tuna with Tempura  
Avocado and Wasabi Sauce...

Miso Noodles with Seared Ahi  
Tuna Recipe

Edamame Crusted Ahi Tuna  
with Daikon Salad Recipe

Chicken

Stir Fry Sauce

Sauce

3T Soy Sauce.

3T Fish Sauce.

3T Rice Vinegar

3T Avocado Oil

1T Garlic Pepper Sauce.

1t White Pepper

2T Ginger Syrup

Drizzle Honey (opt)

3T Hoisin Sauce.

\* + water from noodles +

Directions 1T + cold water to  
thicken @ end

1) Mix sauce

2) Soak noodle in hot (1/2 pack)  
water 5 min

{ 3) 1 lb chicken thighs cut  
fragon high in bite chunks (fry in oil  
on high)

{ 4) 3 cloves garlic minced +  
3 green onion white - add  
to chicken

5) add 1 Large sliced carrot,  
1 large head broccoli, 1/4-1/2  
green onions & mushrooms

6) Add sauce + noodle

**GENIUS KITCHEN****CATFISH PARMESAN**

Recipe by ratherbeswimmin

PREP TIME: 15 mins

TOTAL TIME: 55 mins

SERVES: 6

**INGREDIENTS**

3/4 cup fresh grated parmesan cheese	1/4 Tsp CAYANNE
3/4 cup all-purpose flour	2 Tsp Parsley
3/4 teaspoon salt	2 Tsp Oregano
1/2 teaspoon pepper	1/2 Tsp Thyme
2 teaspoon paprika	1/2 Tsp marjoram
2 egg, beaten	
1/4 cup milk	
5 -6 catfish fillets ( 2 lb.)	
1/4 cup butter or 1/4 cup margarine, melted	

**DIRECTIONS**

Mix together cheese, flour, salt, pepper, and paprika in large bowl ~~or plastic bag~~. In another bowl, combine egg and milk; stir well.

Dip fillets in egg mixture; dredge in flour mixture.

~~On parchment paper on baking sheet~~  
Place fillets in a lightly greased oblong baking dish; drizzle with butter.

Bake at 350 degrees for 35-40 minutes or until fish flakes easily.

CONVECTION 25  
② 375

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# Ginger-Garlic Pan Roasted Swordfish

4.92 from 12 votes



## Prep Time

10 mins

## Cook Time

20 mins

## Total Time

30 mins

You'll love my easy Ginger Garlic Pan Roasted Swordfish. It's the perfect restaurant style meal for your next date night dinner!

Course: Entree

Cuisine: American

Servings: 2

Calories: 410 kcal

Author: Chef Dennis Littley

## Ingredients

- 2 tablespoons butter room temperature
- 2 teaspoons chopped fresh parsley
- 1 clove garlic minced
- 1/2 teaspoon ginger grated
- 1/8 teaspoon crushed red pepper
- 1/2 teaspoon lemon peel grated
- 1 tablespoon olive oil
- 12 ounces swordfish fillets should be 6-7 ounces each

## Instructions

1. Preheat oven to 400°F.
2. In a small bowl blend together the butter, parsley, garlic, ginger, red pepper and lemon peel.
3. Season the swordfish to taste with sea salt.
4. In an ovenproof skillet heat oil over medium-high heat.
5. place the swordfish in the skillet and cook until browned, 2- 3 minutes.
6. Turn the swordfish over and transfer the pan to the oven. Roast until just cooked through, about 8-10 minutes or until desired doneness.
7. Add seasoned butter mixture to the same skillet. Allow it to cook slightly over medium-high heat until melted and bubbling.
8. Transfer swordfish to a serving dish
9. Pour butter sauce over swordfish and serve with your favorite side dishes

# Blackened Mahi Mahi Fish Tacos with Avocado Lime Sauce

Prep time	Cook time	Total time
20 mins	10 mins	30 mins

A super simple and flavorful recipe for blackened mahi mahi fish tacos that you won't need to head to Mexico to enjoy!

Author: Jessica Gavin

Recipe type: Entree

Cuisine: Mexican

Serves: 8 tacos



## Ingredients

### Avocado Lime Sauce-

- ½ cup sour cream
- 1 ripe avocado
- 2 tablespoons fresh cilantro
- 1 tablespoon fresh lime juice
- Zest of 1 lime
- ½ teaspoon serrano pepper seeded and chopped

### Blackened Mahi Mahi Tacos-

- 1½ teaspoons smoked paprika
- 1½ teaspoons dark brown sugar
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¾ teaspoon ground cumin
- ¼ teaspoon ground chili pepper
- 1½ pounds Mahi Mahi filets, cut lengthwise into smaller pieces if needed
- 1 tablespoon vegetable oil
- 8 (6-inch) corn tortillas
- 8 lime wedges
- 1 cup diced tomatoes
- 1 cup red cabbage, sliced thin
- 1 cup green cabbage, sliced thin
- Cilantro, for garnish

## Directions

1. Combine sour cream, avocado, cilantro, lime juice, lime zest and Serrano pepper in a blender; process until smooth. Transfer to a small bowl and refrigerate.
2. Combine paprika, brown sugar, garlic powder, onion powder, salt, cumin and chili pepper in a small bowl. Sprinkle seasoning evenly over both sides of the fish filets.
3. Heat oil in a large cast-iron skillet or sauté pan over medium-high heat. Add fish to pan; cook 2-3 minutes on each side or until desired degree of doneness.
4. Warm tortillas according to package directions. Divide fish evenly among tortillas. Serve with lime wedges, tomatoes, cabbage, and cilantro.

Recipe by Jessica Gavin at <http://www.jessicagavin.com/blackened-mahi-mahi-fish-tacos-with-avocado-lime-sauce/>

## MOM'S BRISKET

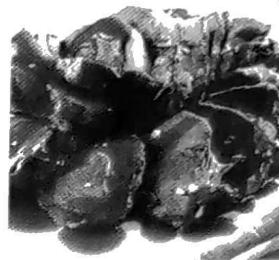
### Mom's Brisket

Serves: 4-6

Pressure Cooking Time: 45 min

#### INGREDIENTS

- 2 cups ~~thinly sliced Spanish onion~~ *diced* ~~and onions~~
- 1 cup peeled, coarsely chopped carrots
- 1 cup chopped celery
- 1 cup grain mustard — or *Dijon*
- 2 envelopes Lipton's onion soup mix
- 1 brisket, preferably "first cut" 5 to 6 pounds, with a good amount of marbling
- 1/3 cup Worcestershire sauce
- 1/3 cup red or white wine *or beer*
- 1/3 cup ~~canola oil~~ *Peanut*
- 1/4 cup minced flat-leaf parsley leaves
- 5 cloves garlic, minced
- 2 bay leaves
- Kosher salt
- Freshly ground black pepper



*1T 2T  
2T 2T  
Lima, basil, oregano*

#### DIRECTIONS

1. Heat the oil.
2. Season the brisket with salt and pepper; sear the brisket on all sides until brown.
3. Remove the brisket and add the onion, carrots, celery, garlic and bay leaves in the cooker.
4. Spread the mustard all over the brisket. Sprinkle 1 envelope of soup mix on each side. Place the brisket, fat-side up, on top of the vegetables, then top the meat with the remaining vegetables. Pour the wine and Worcestershire sauce over the meat and vegetables. Close and lock. Bring to pressure over medium low heat. Cook for 45 minutes at high pressure.
5. Release pressure using natural release method. Remove the brisket and let it cool to room temperature.
6. Slice the meat against the grain, as thinly as possible. De-fat the sauce and place the sliced meat back into the sauce and vegetables. To serve, sprinkle with the parsley and cover the pan with aluminum foil. Heat the brisket in a 325°F oven until hot.

## **Mexican Rice**

3 tablespoons vegetable oil  
1 tablespoon cumin  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 tablespoon (brand - Goya) Adobo All purpose seasoning (lemon-pepper)  
1/2 - 1 teaspoon chili powder (optional)  
pinch of salt  
1-14.5 oz. Whole peeled tomatoes  
Long grain white rice  
3 cups water

Empty tomatoes in a bowl and squeeze with hands until tomatoes are in small pieces.  
Heat vegetable oil in a 10" pan. Add rice and cook, stirring often, just until rice is a golden brown.  
Remove pan from heat and add water, spices and tomatoes. Bring rice to a boil. Turn heat to low, cover and let simmer, stirring occasionally add water if needed. When rice is done remove from heat and let sit for about 15 minutes, enjoy.

## **Mole**

boneless skinned chicken breast  
salt

In a large sauce pan add water and salt. Place chicken in water and boil until done.

4 tablespoons vegetable oil  
1/3 cup all purpose flour  
4 cups water  
3/4 cup of peanut butter (with or without peanuts)  
salt to taste  
1 tablespoon (brand - Goya) Adobo all purpose seasoning (lemon-pepper)  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 tablespoon cumin  
Chili powder (2.5 oz bottle, use only half a bottle)

In separate 10" pan add oil and heat(medium). Turn heat to low, add a serving spoon of flour and stir until well mixed. Add water while stirring, do not let the flour mixture ball up. Turn heat up to medium low, add serving spoon of peanut butter and stir until well mixed. Add 1/2 of bottle of chili powder and other seasonings, sauce will start thickening. Remove from heat, sauce will thicken as it cools. When chicken is done add to sauce and cook on low for about 15 minutes, stirring occasionally, enjoy.

### Polish Noodle Casserole

1 lb kielbasa  
 1/2 c Sour cream  
 2 Tbsp. minced onion  
 1/2 tsp. pepper  
 1/2 c chicken broth  
 1/2 c dry mustard  
 1/2 lb cooked drained egg  
 noodles  
 broccoli  
 parmesan cheese

- 1) Combine kielbasa, S.C., onion, salt, pepper, broth, mustard & fold in noodles + broccoli.
- 2) Place in buttered dish.
- 3) Bake 350° for 25m.
- 4) Remove & Sprinkle with par. cheese

### Ham Wild Rice Quiche

1) Ham, 8 oz cheese,  
 cooked wild rice, mushrooms  
 (3 eggs + 1/2 c.)  
 mix { half + half cream

50-60 min @ 350°

### Italian Beef

6-8 lb roast  
 2 c. water  
 1/2 t. each garlic salt, onion salt,  
 bay leaves, accents, Italian dressing  
 oregano, basil

Cook or fit in crock pot 2-3 hr  
 then on low. If you fit it to taste it  
 will be ready tomorrow. Serve w/  
 hard rolls, & provolone cheese.  
 Dip in juice.

### Tater Tot Hot Dish

1 lb hamburger

1 onion

1 can cream chicken soup

1 can French-style green beans

1 bag tater tots

heat oven 350°. Brown hamburger +  
 onions. Add cream of chicken soup +  
 pour in 2 qt. casserole. Spread beans over  
 top & spread tater tots on top of beans.  
 Bake 30 min. 4 to 6 servings.

7 TIPS 94% WOULD MAKE AGAIN

# Green Mac 'n' Cheese

by Pierce Abernathy • from the video **Spinach Pasta Vs. Zucchini Pasta**

## Ingredients

for 12 servings

**TASTY**

½ cup fresh parsley  
2 ½ cups milk, divided  
5 qt water  
1 tablespoon salt  
1 lb elbow macaroni  
¼ cup butter  
¼ cup flour  
2 teaspoons garlic powder  
2 teaspoons onion powder  
1 teaspoon paprika  
1 teaspoon pepper  
1 teaspoon salt  
1 lb white cheddar cheese

## Preparation

Recipes

Shop



Search Tasty

- and evenly mixed.
- 2 In a large pot, bring water and 1 tbsp salt to a boil over high heat. Add the elbows and cook until al dente, roughly 6-7 minutes. Rinse with cold water and drain.
  - 3 In a large pot, combine the butter and flour on medium-high heat, and stir until the mixture has become golden brown.
  - 4 Add 2 cups (470 ml) milk, garlic powder, onion powder, paprika, pepper, and salt to the pot and stir until well incorporated.
  - 5 Add in the cheddar cheese and mix until well incorporated.
  - 6 Add in the spinach mixture and stir until fully incorporated and the green color is consistent.

$\frac{1}{2}$  cup mozzarella cheese

- 7 Mix in the pasta and pour into a casserole dish.
- 8 Top the macaroni with mozzarella and broil for 5 minutes.
- 9 Enjoy!

# CREAMY ITALIAN QUINOA SOUP★★★★★

COURSE: SOUP CUISINE: ITALIAN



KEYWORD: CHICKPEA SOUP, CREAMY SOUP, ITALIAN SOUP, QUINOA SOUP, SOUP PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES TOTAL TIME: 40 MINUTES SERVINGS: 6 PEOPLE CALORIES: 387KCAL

AUTHOR: PLATINGS AND PAIRINGS

This Creamy Italian Quinoa Soup is not only amazingly delicious, but it's also packed with protein, fiber and essential vitamins and antioxidants.

## INGREDIENTS

- 2 Tablespoons olive oil
- ½ medium onion diced
- 3 medium carrots peeled and diced
- 2 stalks celery diced
- 4 garlic cloves minced
- 4 cups bone broth chicken broth or vegetable stock (use more for a more brothy soup)
- 1 15- ounce can chickpeas drained & rinsed
- 1 1/4 cup quinoa uncooked, rinsed well in a fine mesh colander
- 1 14.5- ounce can diced tomatoes undrained
- 1 8- ounce can tomato sauce
- 1 Tablespoon Italian seasoning
- Pinch red pepper flakes
- 2 cups fresh spinach coarsely chopped
- 1 ½ cups half and half or heavy cream
- Salt and pepper to taste
- Parmesan cheese for topping

## INSTRUCTIONS

1. Heat oil in a large saucepan or dutch oven over medium-high heat. Add onion, carrots, celery and garlic and season with salt and pepper. Saute, stirring occasionally, for 5-7 minutes or until the vegetables are soft.
2. Add stock, chickpeas, quinoa, tomatoes, tomato sauce, and Italian seasoning to the pot and stir to combine. Season with salt and pepper. Bring to a boil, reduce heat and simmer, partially covered, for 20-25 minutes.
3. When ready to serve, stir in spinach and cream. Taste and adjust seasonings as necessary.
4. Divide into bowls and top with grated Parmesan.

Recipe by Platings and Pairings

# Homemade Italian Seasoning



Alyssa Rivers

Super easy and better than store bought. Italian Seasoning is a MUST have in your pantry! One of the best seasonings there is, this Italian Seasoning is used on most everything!



PREP TIME  
5 mins

TOTAL TIME  
5 mins



COURSE  
Seasoning



CUISINE  
American

CALORIES  
38 kcal

## INGREDIENTS

- 2 tablespoons Basil
- 2 tablespoons Oregano
- 1 tablespoon Rosemary
- 1/2 tablespoon Marjoram
- 1/2 tablespoon Thyme

Double recipe  
to fill the jar

## INSTRUCTIONS

1. In a small bowl combine basil, oregano, rosemary, marjoram, and thyme. Use as needed.

## NUTRITION

Calories: 38kcal

Fat: 1g

Potassium: 178mg

Vitamin A: 610IU

Iron: 5mg

Carbohydrates: 9g

Saturated Fat: 1g

Fiber: 6g

Vitamin C: 8mg

Protein: 1g

Sodium: 4mg

Sugar: 1g

Calcium: 207mg

Homemade Italian Seasoning <https://therecipecritic.com/italian-seasoning/>

# CountryLiving

## Spring Pasta with Salmon, Peas, and Dill

BY CHARLYNE MATTOX

FEB 11, 2020

YIELDS: 6 - 8 servings

TOTAL TIME: 0 hours 30mins

### INGREDIENTS

Cooking spray

12 oz. salmon fillets, skin removed → 18 oz

1 tsp. whole coriander, crushed → 1.5 tsp (in sauce)

Kosher salt and freshly ground black pepper → in sauce + f. taste at end.

1 lb. cavatappi or other short pasta → 1.5 lbs pasta. \*reserve 2 c liquid

8 oz. fresh or frozen English peas → 12 oz

4 tbsp. unsalted butter, cut into pieces → 6 tbs → 3 sauce  
→ 3 after

1/2 yellow onion, chopped →  $\frac{1}{2}$  onion 1-2 ribs celery

1/2 c. dry white wine → 3/4 c dry white wine

3 tbsp. fresh dill, torn → 4.5 T d.l

### DIRECTIONS

3 T wine vinegar  
3 T balsamic  
drizzle honey  
celery salt  
lemon juice

- 1 Preheat oven to 350°F. Lightly grease a small baking sheet. Season salmon with coriander, salt, and pepper. Roast on prepared baking sheet until cooked through, 13 to 15 minutes. Transfer to a plate. Cool completely, then flake into large pieces.
- 2 Meanwhile, cook pasta according to package directions, adding peas during last 1 (if using frozen) to 4 (if using fresh) minutes. Reserve 1 cup cooking water; drain. Return pasta to pot.
- 3 Melt 2 tablespoons butter in a large skillet over medium heat. Add onion and season with salt and pepper. Cook, stirring occasionally, until tender, 6 to 8 minutes. Add wine and cook until syrupy, 3 to 4 minutes. Add pasta and 1/2 cup reserve cooking water. Bring to a simmer. Remove from heat and stir in remaining 2 tablespoons butter (adding additional cooking water if needed to create a sauce). Gently fold in dill and salmon.

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# Mushroom and Beef Stroganoff

**NOURISH MAR 1, 2018**

This comfort food classic uses the same basic ingredients as a typical Stroganoff but re-proportions them, so the dish is better for you with a balanced richness that satisfies in a lighter way.

**Where to Buy:** We found No Yolks brand whole-grain egg noodles at Giant stores and online via Amazon.com.

---

## SERVINGS:

When you scale a recipe, keep in mind that cooking times and temperatures, pan sizes and seasonings may be affected, so adjust accordingly. Also, amounts listed in the directions will not reflect the changes made to ingredient amounts.

Tested size: 4 servings

## INGREDIENTS

- 12 ounces boneless sirloin steak, trimmed and thinly sliced across the grain
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 1 or 2 large shallots, chopped (about 1/2 cup)
- 20 ounces white button mushrooms, cleaned, stemmed and sliced (about 6 cups)
- 1 clove garlic, minced
- 1 tablespoon flour
- 1 1/4 cups low-sodium beef broth
- 2 teaspoons Dijon mustard
- 1/2 cup sour cream
- 2 tablespoons chopped fresh parsley
- Cooked whole-grain egg noodles, for serving (see headnote)

---

## DIRECTIONS

Season the meat with 1/4 teaspoon each salt and pepper. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Once the oil shimmers, add the beef and cook for 1 to 2 minutes, until seared but still pink inside. Transfer the meat with its juices to a plate.

Heat the remaining 2 tablespoons of oil to the skillet (medium heat). Add the shallot and cook for about a minute, stirring, until softened. Add the mushrooms, and then the garlic, and cook for 8 to 10 minutes, stirring occasionally, until the mushrooms have released their water and it has evaporated.

Sprinkle the mushrooms with the flour and stir until well combined. Add the beef broth and, stirring, bring to a boil. Reduce the heat to low; add the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook for about 5 minutes, until the mixture thickens and reduces slightly, then stir in the mustard until well incorporated. Add the sour cream, stirring until well blended.

Return the meat and any accumulated juices to the pan; cook for 1 to 2 minutes, until the meat is just warmed through, but still medium-rare.

Serve warm, garnished with the parsley, over the noodles.

---

#### **RECIPE SOURCE**

From nutritionist and cookbook author Ellie Krieger.

*Tested by Matt Arnold and Nilar Andrea Chit Tun.*

# Chili Beans



Recipe courtesy of Ree Drummond

Show: The Pioneer Woman | Episode: Fence Work



Total: 12 hr 25 min  
(includes soaking time)  
Active: 10 min  
Yield: 12 servings  
Level: Easy

## Ingredients:

- 4 cups dried pinto beans → 8c
- 1 ham hock
- One 15-ounce can tomato sauce → 2c
- 1/4 cup chili powder → 1/2 c
- 1/4 cup brown sugar → 1/2 c
- 2 to 3 tablespoons white vinegar → 1/4 - 1/3 c
- 5 cloves garlic, minced → 10 cloves
- 1 onion, diced → 2 onions
- Salt and freshly ground black pepper

1 t Rub + S

1 T Pepper

2 T Salt

15 psi (second)

## Directions:

1 Rinse the beans under cold water, sorting out any rocks/particles. Cover in cold water and soak for 6 to 8 hours.

2 Drain the beans and place in a stockpot with the ham hock; cover with fresh water by 2 inches.

Add the tomato sauce, chili powder, brown sugar, white vinegar, garlic, onions, 1 tablespoon salt and 2 teaspoons pepper.

3 Bring to a boil, lower the heat and simmer, adding a little more liquid if the level gets too low, until the beans are tender, 3 to 4 hours. Taste, and season with additional salt and pepper if needed.



## Chili Beans (double batch)

Pinto Beans - 4 lbs or 8cups (drybeans)  
1 Ham Hock  
Tomato Sauce - 2 cups (Tomato Puree)  
Chili Powder - 1/2 cup  
Brown Sugar - 1/2 cup  
White Vinegar - 1/3 cup  
Garlic - 50 grams  
Onions - 2 (diced)  
Rub Dub - 1 tsp  
Black Pepper - 1 Tblsp  
Salt - 2 Tblsp

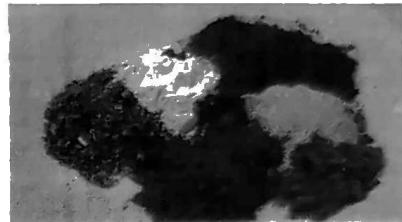
15psi (second bar) for 8 minutes

# Food.

## CHILI POWDER

Recipe by Millereg

Yes, it's copycat, but it's dirt cheap  
and has only 4 mg. sodium per  
tablespoon



Paprika - 24 T (1.5c) Triple Batch

Oregano - 4 T  
Cumin - 5 T  
Corriander - 1 T  
Garlic Powder - 5 T  
W. Pepper - 1 T  
Korean Pepper - 2 T

grind all ingredients  
together

### Chili Powder

Paprika - 8 T  
Oregano - 4 t  
Cumin - 5 t  
Corriander - 1 t  
Garlic Powder - 5 t  
Cayenne Pepper - 1 t  
White Pepper - 1 t  
Korean Pepper - 2 t or 8ish peppers ground up

## Pieroge

← Great Grandma Sophie  
Picnick recipe

1-2 cups of flour  
1 egg or 2 eggs of water  
1/2 cup of salt

2 tablespoons of sugar make dough  
like the bread and knead until  
it has more flour than roll out. take  
round edge and slice.

Whine spirit in sugar and add  
varied sugar. (You can also use coned yeast  
sovereign for a filling)

Matthews' cheese or other cheese  
2 tablespoons of sugar and  
3 tablespoons of cinnamon.

Pierogies  
2 cups of flour  
1 egg

1 cup of water if not soft enough  
add more water until the dough  
is softer than for pancakes  
use butter or shortening or some oil  
fill with canned chouriote cottage  
cheese with cinnamon

Pieroge - Kind of a dessert  
I must of lost the rest  
of this recipe. Once you  
make the pierogies, then you  
need to boil some water in a  
pan, drop pierogies into boiling  
water (like dumplings, scoop out  
when done a few minutes)

Once pieroge are  
cooked you can  
fry them with  
some butter, take  
out of pan, sprinkle  
some sugar & cinnamon.

(This is a copy of an old recipe  
Great Grandma Sophie wrote for me  
when we lived in Iron Mountain, MT  
in the 1970's)

I thought I would send you  
this copy too! It's a little less  
written on + the book is the  
same things.

1. Collection of old  
books
2. Up as to who made  
them
3. Information of common  
or collection of older and  
more recent books as well as  
with others.
4. Books from them self, the  
would like and also.
5. Books from other  
like for field and found and  
information of other marks during  
the collection of old
6. To get some of them  
from myself
7. Books to be used as  
information of common
8. Books to buy and sell
9. Books to be used as  
information of common
10. Books to be used as  
information of common

JOE V

for your  
collection

will still sound strange as well  
as odd this as it is now in  
in coffee than for instance if  
odd more would make the change  
up of water if not off sound

AUGUST/SEPTEMBER 2008

## Sweet Corn Spoonbread

We remember our grandmother's tall, creamy custard packed with corn. We couldn't find a recipe that created our own.

Poly Vu

AVERY™

### INGREDIENTS

- 1 cup cornmeal
- 2 3/4 cups whole milk
- 4 tablespoons unsalted butter
- 2 cups corn kernels (see note)
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 3 large eggs, separated
- 1/4 teaspoon cream of tartar

## Cook's Country

### (new) Golden Corn bread

1/2 tsp salt  
1/2 tsp baking soda  
1 c milk  
3 eggs  
1/4 c oil

mix together  
so salt  
baking soda with liquids  
to desolve

1 c corn meal  
1 c flour  
2 Tbs honey

425° preheat oven - Add cornmeal,  
flour & honey  
Bake 15-18 min. To liquid mixture

1. Adjust oven rack to middle position and heat oven to 400 degrees. Grease 1 1/2-quart soufflé dish or 8-inch-square baking dish. Whisk cornmeal and 3/4 cup milk in bowl until combined; set aside.

2. Melt butter in Dutch oven over medium-high heat. Cook corn until beginning to brown, about 3 minutes. Stir in remaining milk, sugar, salt, and cayenne and bring to boil. Remove from heat, cover, and let mixture steep 15 minutes.

3. Transfer warm corn mixture to blender or food processor and puree until smooth. Return corn mixture to pot and bring to boil. Reduce heat to low and add cornmeal mixture, whisking constantly, until thickened, 2 to 3 minutes; transfer to large bowl and cool to room temperature, about 20 minutes. Once mixture is cool, whisk in egg yolks until combined.

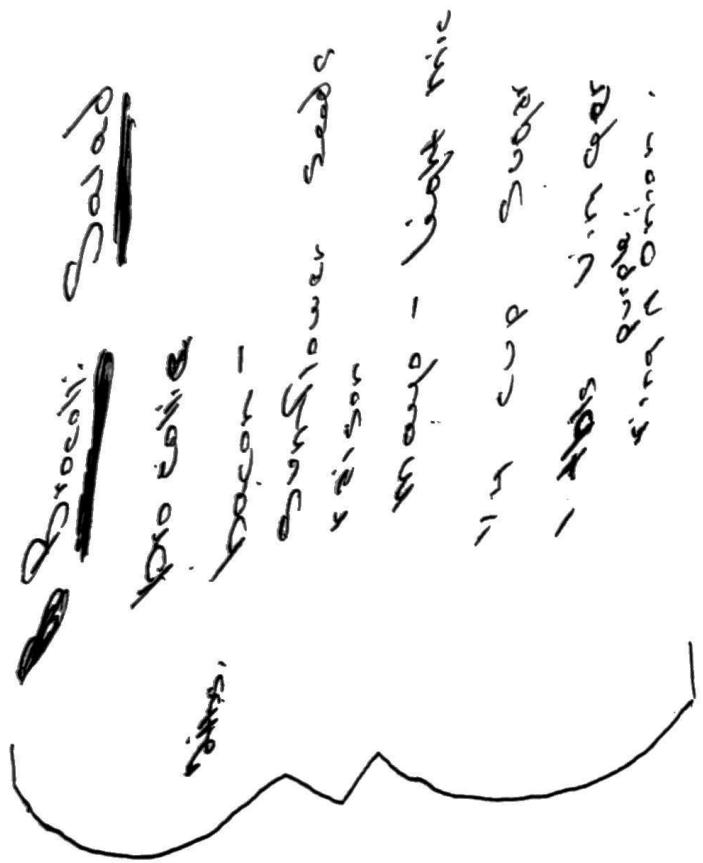
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Page 1 of 2

Cheese with cinnamon

4. With electric mixer on medium-low speed, beat egg whites and cream of tartar until frothy, about 1 minute. Increase speed to medium-high and beat until stiff peaks form, about 3 minutes. Whisk one-third of whites into corn mixture, then gently fold in remaining whites until combined. Scrape mixture into prepared dish and transfer to oven. Reduce oven temperature to 350 degrees and bake until spoonbread is golden brown and risen above rim of dish, about 45 minutes. Serve immediately.

**Individual Spoonbreads:** To make individual spoonbreads, prepare recipe as directed and divide batter among 6 greased 7-ounce ramekins. Arrange ramekins on rimmed baking sheet and bake as directed, reducing cooking time to 30 to 35 minutes.



1560 - 1550 (SIL) 28/3  
2000 - 2000 (SIL) 28/3  
2000 - 2000 (SIL) 28/3

# Peanut Butter

## Peanut Butter

2.5 lbs peanuts - cooked  
 2 t salt  
 2 dollops of honey  
 3 t peanut oil.

4 cups peanuts }  
 1/2 Tsp. salt } first  
 1 Tsp oil }

## Banana Bread

1/2 C Butter      1/4 Tsp Salt  
 1 C Sugar      2 eggs  
 1/2 tsp Baking soda      1/2 C Chopped Nuts  
 2 C Flour      3 mashed Bananas

Cream butter & sugar. Add eggs, bananas, & nut - mix well. Add flour & rest of ingredients. Mix well - pour into 2 pr. pan or one 9x5 - greased pan. Bake at 350° for 1 hour. Enjoy!

## Chunky Guacamole

Serve with tortilla chips or as side with tacos, enchiladas, burritos, or fajitas.  
 Serves 4. (Adapted from foodnetwork.com)

### Ingredients:

4 ripe avocados  
 2 limes, juiced 1/2 - 1  
 1/2 red onion, chopped  
 1 garlic clove, minced  
 2 serrano or jalapeno chiles, sliced thinly  
 1 big handful fresh cilantro, finely chopped  
 A drizzle of Brennan's Cellars Extra Virgin Olive Oil  
 Kosher Salt and freshly ground black pepper, to taste

### Directions:

Halve and pit avocados. Scoop out the flesh with a tablespoon into a mixing bowl. Mash the avocados with a fork, leaving them somewhat chunky. Add the remaining ingredients, and fold everything together to gently mix. Lay a piece of plastic wrap right on the surface of the guacamole so it doesn't brown and refrigerate 1 hour before serving.

Note: If you like less heat, seed the peppers before chopping.

Authentic Thai Red Curry Paste Recipe (วิธีทำ พริกแกงเผ็ด)

# Thai Red Curry Paste

วิธีทำ พริก

(If you can't see the video, watch it here: <http://www.youtube.com/watch?v=...>)

2 T Time

4 Cloves garlic  
2 T ketchup  
2 T fish sauce  
3 T coconut milk  
1 t shrimp paste  
<sup>1/2</sup> green onions (shallots)  
1 t honey  
2 T fresh ginger  
2 T chili powder

## Thai Red Curry Paste Recipe (พริกแกงเผ็ด Prik Gaeng Ped)

**Time:** About 45 minutes (unless you use a blender or food processor, then 10 minutes)

**Recipe size:** This recipe will make about 8 – 10 tablespoons of Thai red curry paste

**Cooking utensils:** mortar and pestle – a big stone one works the best

**Flavors:** Spicy, salty, fragrant (not meant to be eaten straight, but as the base of other dishes)

**Eat it with:** Use in a variety of Thai curries and stir fry dishes.

Things used in this recipe



Stone (Granite) Mortar and Pestle,  
8 In, 3+ Cup Capacity

\$69.99

★★★★★ (833)



Yankee Traders Brand, Whole  
White Peppercorns ~ 1/2 Lb Bag

\$6.05

★★★★★ (49)



Fresh Kaffir Lime Fruit

★★★★★ (6)

Ads by Amazon ▶



thaifood.com

RED CURRY PASTE



eatingthaifood.com

BEST TO COOK AND EAT FRESH

You could go out and buy Thai red curry paste (prik gaeng ped ພົມກັງເປີດ) from the store, but I'm here to tell you, the flavor is 10 times better when you make it fresh (ok maybe not 10 times, but anyway, it's way better and fresher).

If you're serious about making Thai food, getting a good handle on Thai curry pastes is a must.

**With Thai red curry paste here are some dishes you can make:**

- Chicken with red curry paste – A stir fry of chicken with red curry
- More recipe coming soon

~~1575~~  
~~- 275~~  

---

~~800~~

~~Twyla's Biscotti~~

## Twyla's Biscotti

~~800~~

~~g~~

~~butter +~~  
~~flour~~

~~water~~

- 1 cup Butter  
1 ½ cups Sugar → (.75... ac Honey) → 275 g  
2 Eggs  
1 tsp Flavoring - Almond, Lemon or Vanilla  
4 cups Flour - (original recipe was 3 ¾ cups)  
1 tsp soda  
Almond bark preferred flavor or use chocolate chips, any flavor  
Toasted sliced almonds to taste, either in the biscotti or on top or both

Mix all ingredients in large bowl.

Shape into 8-10 small loaves.

Convection 325°

Bake 30 minutes in electric oven or 20-25 minutes in gas oven at 350°.

Cut each loaf into 4-5 pieces and re-bake for 5 minutes or as dry as you want them.

5 minutes

If you want to frost them, melt the almond bark or chips and dip the tops of the individual pieces.

If you want almonds on top: after dipping in almond bark or chips, dip in toasted sliced almonds.

# Pavlova

## Ingredients:

- 4 large egg whites at room temperature
- 1 cup of Castor sugar, also known as "Berry sugar"
- 1 tsp of white vinegar
- 1/2 Tbsp of cornstarch
- 1/2 tsp of pure vanilla extract
- 1/2 cups of whipping cream
- Fresh fruit such as strawberries, raspberries, kiwi fruit, passionfruit, bananas, blueberries
- 1 Tbsp fresh lemon juice

## Preparation:

Preheat the oven to 275F (140C) and place the rack in middle of the oven. Line a baking tray with foil and draw a 7 inch circle on the foil with the blunt edge of a knife (don't tear the foil). Set aside.

In a clean, medium-sized metal bowl, beat the egg whites with a clean electric mixer on medium speed. Beat until the whites form soft peaks.

Gently sprinkle the sugar into the egg whites, one teaspoon at a time. Don't just lump the sugar in the bowl and never stop beating the eggs until you finish the sugar. Your egg whites should now be glossy stiff peaks.

Sprinkle the cornstarch and vinegar on the meringue and fold in gently with a plastic spatula. Add the vanilla and gently fold the mixture again.

Now gently spread the meringue in the circle on the foil to make a circular base. Make sure the edges of the meringue are slightly higher than the center so you have a very slight well in the middle.

Bake the meringue for about 1 hour and 15 minutes or until it goes a very pale, pinkish egg shell color.

Turn the oven off and leave the door slightly ajar to let the meringue cool completely. As the meringue cools, it will crack slightly.

Just before serving, take the meringue out of the oven and remove it gently from the foil and place on a plate.

Whip the cream with the vanilla extract until it forms peaks. Prepare the fruit by washing and slicing.

Gently spread the cream to the top of the meringue with a spatula and arrange the fruit on top.

# Pie Crust (makes 1 crust)

All Purpose Flour - 225g

- Salt -  $\frac{1}{2}$ t

- Sugar - 13g

Mix dry ingredients (food processor) → don't over mix

- Butter - 1 stick cut into pieces

- Lard - 50g

} Cold! ☺

Add butter + lard to dry ingredients + mix (just enough)

- Cold water - 45g

- Apple Cider Vinegar - 15g

combine

Slowly add liquid to mixture in food processor until it balls up. (Don't over mix)

Wrap dough in parchment and place in fridge.

Roll out dough. Pie pan. - Blind bake @ 350° for 20 min. Parchment + Pennies

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enjoy

## Key Lime Pie

- 3 egg yolks

- 170g Nellie + Joe's Key West Lime Juice

- 14oz can of sweetened condensed milk

Mix in blender good and proper

- 8oz package of cream cheese

Blend well + pour into crust

Bake @ 350° for 15 minutes

Let stand for 15 min before refrigerating.

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ced

## Fresh Strawberry Pie

Cook together until clear 1 cup sugar, 1 cup water and 4 tablespoons of corn starch. Then add while hot 4 tbsp strawberry gelatin. Cool and add 2 cups sliced strawberries. Pour mixture into 9" baked pie shell and chill. Top with whipped cream.

## Raspberry Pie

4 cups raspberries divided

1 cup sugar

3 Tbsp corn starch

1/2 cup water

### Filling:

8 oz cream cheese (softened)

1 cup powdered sugar

1 cup whip topping (Koolwhip)  
(over)

## Quiche

4oz cheese

6 eggs

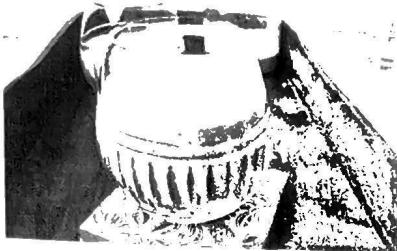
6oz of half/half or whole milk

Veggies: onion, garlic, potatoe, celery  
carrot

Microwave potatoe first + clarify veggies

Add all to pie crust + bake

360° for 38 min



## Jamaican Rum Cream

Recipe by Kerri-Ann / Recipe rating: 4.5 from 13 votes

Course: **Cocktail** / Cuisine: **Jamaican** / Difficulty: **Easy**

Servings	Prep time	Cooking time	Calories	Resting Time
8 servings	5 minutes		344.48 kcal	
		2 minutes		1 hour

Total time  
1 hour 7 minutes

Fills 750ml bottle

GLUTEN FREE

Savor the rich, tropical flavors of Jamaica with this delicious **Jamaican rum cream**. Made with real Jamaican rum and a blend of creamy, sweet ingredients, this spirit is the perfect addition to your next cocktail or dessert. Whether you're relaxing on the beach or enjoying a night in, this Jamaican rum cream is sure to transport you to the Caribbean with every sip.

### Gather Your Ingredients

14 oz can sweetened condensed milk (store-bought or homemade)

1 cup spiced rum (I used Appleton Special Rum)

3 tablespoons chocolate syrup

2 tablespoons fresh-brewed black coffee (cooled)

1 teaspoon vanilla extract

1 teaspoon coconut extract

1 cup heavy cream (chilled) or half & half

### Instructions

- 1 First, brew some black coffee and set it aside to cool down. You can use any type of coffee you like, but I recommend using a strong, black variety (no sugar or creamer)

- 2** Next, mix all of the ingredients except the heavy cream in a high-speed blender on a high setting for 15-30 seconds, or until the mixture is smooth and well-blended.
- 3** Add the heavy cream to the rum cream mixture in the blender and blend for an additional 10-15 seconds, until everything is well-combined and smooth. Be careful not to over-blend, as this can cause the cream to whip and result in a lumpy rum cream.
- 4** Pour the rum cream into a clean container with an airtight lid (you can even write the current date on the bottle to keep track of when you made it). Refrigerate the rum cream for at least an hour to allow the flavors to develop before serving.
- 5** When you're ready to serve the rum cream, shake it vigorously (the chocolate syrup tends to settle at the bottom) and serve chilled or over ice.

### Kerri's Recipe Tips

- This recipe is super versatile and yields about 1 liter, or just over a quart. That's perfect for a party, but if you need more (or less), no problem! You can easily scale the recipe up or down to fit your needs. Just keep the proportions the same and you'll be good to go. So don't be afraid to make as much (or as little) as you need. This recipe is totally flexible!
- **Add the heavy cream last to prevent lumps** - to prevent this separation, be sure to thoroughly mix all of the ingredients together before adding the heavy cream (or half and half). You can use a blender or a hand mixer to blend the ingredients together until smooth. Avoid over-agitating (blending) the mixture, as this can cause the heavy cream to separate and form peaks.
- **This recipe calls for 1 cup of rum**, which might be a little strong for some people's taste. No worries though, you can easily adjust the rum to your liking. Just add it gradually and taste as you go. I usually start with about 1/4 cup and build from there. That way, you can find the perfect balance of rum flavor for you. **Don't be afraid to customize the recipe to your taste. It's all about finding the perfect balance of flavors!**
- **If you want to really let the flavors of this rum cream shine, make sure to refrigerate it for at least an hour before serving.** This allows all the flavors to meld together and really develop. And the longer it sits, the better it gets! So if you can, try to make the rum cream ahead of time. That way, it'll be ready to go when you need it, and the flavors will be even more amazing. Trust me, it's worth the wait!
- **Amber rum** - I personally love using Jamaica's very own Appleton Special Rum, also known as Kingston 62 Jamaica Gold Rum, the amber rum will add a deeper, more complex flavor to the



# Old Fashioned Ginger Snaps

**PREP TIME:** 20 minutes **COOK TIME:** 40 minutes

5 from 1 review



**TOTAL TIME:** 1 hour **YIELD:** 3 dozen  1x

## Ingredients

SCALE  1x  2x  3x

- 3/4 cup butter, softened
- 1 cup granulated sugar
- 1 egg
- 1/4 cup molasses
- 2 cups all-purpose flour (280 g)
- 1/4 teaspoon salt (pinch)
- 2 teaspoons baking soda (1 - 1/2 t)
- 1 teaspoon ground cinnamon (1 - 1/2 t)
- 1 teaspoon ground cloves (sprinkle)
- 1 teaspoon ground ginger
- additional 1/2 cup sugar for rolling (I used half coarse sparkling sugar, and half granulated sugar)

## Instructions

- ① Preheat oven to 350 degrees. Prepare a baking sheet with parchment paper, Silpat, or by greasing it.
- ② In the bowl of an electric mixer with the paddle attachment, cream butter and sugar together on medium speed. Add egg and molasses and mix.
- ③ In a separate bowl, mix flour, salt, baking soda, cinnamon, cloves, and ginger together.
- ④ Gradually add the dry ingredients to the mixing bowl on low speed until everything is incorporated and a dough forms.
- ⑤ Scoop dough into balls. I used a scoop that measures about 1 1/2 tablespoons. Roll the dough ball in the sugar and place on the baking sheet (12 per sheet). No need to flatten the dough balls. They will spread out as they bake.
- ⑥ Bake for 11-13 minutes. Allow them to cool on a cookie sheet for a few minutes, then transfer to a cooling rack to cool completely. Store in an airtight container.

# david lebovitz

Quick Ref.

1000 g or more " ginger  
6 C sugar  
3C + 700 g Honey  
1 pepper  
1 tsp  
5 pinches salt  
2 droppers iodine

## Fresh Ginger Syrup

About 2 cups (.5L)

I don't automatically peel ginger; if you choose not to, it will give the syrup a slightly darker color, which I don't mind. If you wish to peel it, you can. The leftover ginger can be added to a batch of marmalade, or patted dry and chopped further, then added to just-churned ice cream or gingersnap cookie dough. If you plan to reuse it, you should peel it before making the syrup with it. This syrup is quite spicy and if you find it a bit too zippy and want to tone it down, the next time you make it (or the first time) you can blanch the chopped ginger first in boiling water, let it simmer for a couple of minutes, then drain it and proceed with the recipe.

~~8 ounces (225g)~~ fresh ginger, unpeeled → 2+ lbs (1000g)

4 cups (1L) water → fill pot 3/4 way up

~~2 cups (400g)~~ sugar → 3C g. sugar + 700 g honey

pinch salt → 5 pinches salt

1. Cut the ginger into thin slices. Run a knife over it to chop it into rough, smaller pieces. (As shown in the post.) → use food processor to mush

2. Place the ginger along with the water, sugar, and salt in a nonreactive saucepan. Heat to a boil, then reduce the heat to a steady simmer, and cook for 45 minutes to one hour. → 2+ hrs

3. Let cool, then strain the syrup through a fine-mesh strainer. Store the strained syrup in the refrigerator, covered, until ready to use. The syrup should keep for at least two weeks under refrigeration.

**To make ginger soda:** Fill glasses 1/3rd full with syrup and add a generous squeeze of fresh lemon or lime juice. Fill the glasses with ice then top with sparkling water or tonic water (or a not-too-sweet citrus soda). Stir gently to mix the ingredients and garnish with a round of citrus or fresh mint.

**Other Uses:** You could also make a terrific cocktail with this as a base, using bourbon, whiskey, or rum. Another possibility is to use a few spoonfuls of this syrup to sweeten iced tea or drizzle over a fruit salad.

to mix +  
 whisk w/  
 spoon } } Mom's Frosting  
 1 C Milk } } Cook until thick +  
 5 T flour } then cool  
 2 Sticks Butter (1 C) }  
 1 C sugar }  
 1 T Vanilla }  


thick = falling in chunks  
 when you hold spoon  
 sideways →  
 Beat until  
 fluffy

Serves:  
 From the Kitchen of: Malone Wagman  
**The Pie**  
 1/2 c. Cocoa... I used Ghiradelli  
 1 c. sugar  
 1/2 c. flour  
 3 c. milk  
 2 tbs butter  
 1 tsp. vanilla extract  
 Mix cocoa, sugar and flour in a small bowl. Heat  
 milk in a saucepan. Using a whisk, add dry  
 ingredients while cooking over medium heat.  
 Stir until thick and smooth. Remove from  
 heat and add in butter and vanilla. Cool  
 and put into the cooled pie crust and  
 add whipped topping and shavings (over)



Serves:  
 From the Kitchen of: Malone Wagman  
**The Crust**  
 2 c. flour  
 1 c. Crisco  
 1/2 c. cold water  
 enough salt in hand to scatter.  
 Using your fingers, mix flour,  
 shortening and salt together until  
 it gets crumbly. Add cold water but do not over-mix.  
 Roll out dough on a floured surface a few times then spank it (haha!)  
 Roll out dough on a floured surface to about 1/2 inch  
 thick. Figure out somehow to transport it to the  
 pie dish. Peel off extra dough and bake in  
 the oven for 10-15 min at 350° or until  
 the crust is nicely browned. Let cool + pour  
 in filling



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is sugar

it's vanilla

## Rhubarb Crunch

4 cups rhubarb, chopped

Crust:

1 cup flour  
3/4 cups oatmeal  
1 cup brown sugar  
1/2 cups melted butter  
1 tsp. cinnamon

Mix together and press 1/2 of crumbs in an 8 x 8 inch baking pan. Sprinkle rhubarb over crust.

Filling:

1 cup sugar  
2 Tbsp. cornstarch  
1 cup water

Cook until thickened and clear. Pour over rhubarb. Top with remaining crumbs. Bake at 350° for 1 hour. (325° if using glass pan).

*Terri Hazelton*



## The Pioneer Woman

by Ree / The Pioneer Woman  
Cakes, Desserts

Webpage  
<http://thepioneerwoman.com>

# Tres Leches Cake

Prep: 45 Minutes

Level: Easy

Cook: 1 Hours

Serves: 12

### Ingredients

- 1 cup All-purpose Flour
- 1-1/2 teaspoon Baking Powder
- 1/4 teaspoon Salt
- 5 whole Eggs
- 1 cup Sugar, Divided
- 1 teaspoon Vanilla
- 1/3 cup Milk
- 1 can Evaporated Milk
- 1 can Sweetened, Condensed Milk
- 1/4 cup Heavy Cream
- -----
- FOR THE ICING:
- 1 pint Heavy Cream, For Whipping
- 3 Tablespoons Sugar

### Preparation

Preheat oven to 350 degrees. Spray a 9 x 13 inch pan liberally until coated.

Combine flour, baking powder, and salt in a large bowl. Separate eggs.

Beat egg yolks with 3/4 cup sugar on high speed until yolks are pale yellow. Stir in milk and vanilla. Pour egg yolk mixture over the flour mixture and stir very gently until combined.

Beat egg whites on high speed until soft peaks form. With the mixer on, pour in remaining 1/4 cup sugar and beat until egg whites are stiff but not dry.

Fold egg white mixture into the batter very gently until just combined. Pour into prepared pan and spread to even out the surface.

Bake for 35 to 45 minutes or until a toothpick comes out clean. Turn cake out onto a rimmed platter and allow to cool.

Combine condensed milk, evaporated milk, and heavy cream in a small pitcher. When cake is cool, pierce the surface with a fork several times. Slowly drizzle all but about 1 cup of the milk mixture—try to get as much around the edges of the cake as you can.

Allow the cake to absorb the milk mixture for 30 minutes. To ice the cake, whip 1 pint heavy cream with 3 tablespoons of sugar until thick

# Thimbleberry Inn's Rhubarb Muffins

(-800-881-5903)

1 1/2 c. brown sugar

2/3 c. oil (canola)

1 egg

1 c. buttermilk

1 tsp. vanilla

2 1/2 c. flour

1 tsp. salt

1 tsp. baking soda

1 1/2 c. cut up rhubarb

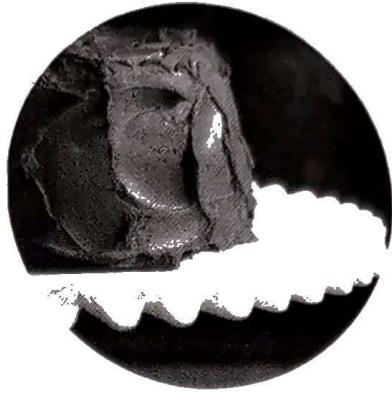
Beat all together  
with spoon.

whisk together  
+ add  
to above  
mixture.  
— add last

Scoop batter into 18 muffin tin sprayed  
with cooking spray. Sprinkle tops with  
cinnamon sugar. Bake at 350° for  
22 minutes. Makes 18.

Enjoy!

Sharon



Yield: 12

Course Dessert

## The Best Chocolate Cake Recipe (Ever)

Total Time 45 minutes

Prep Time 15 minutes

Cook Time 30 minutes  
25

*The Best Chocolate Cake Recipe - A one bowl chocolate cake recipe that is quick, easy, and delicious! Updated with gluten-free, dairy-free, and egg-free options!*

### Ingredients

- 2 cups all-purpose flour 235
- 2 cups sugar 400 g
- 3/4 cup unsweetened cocoa powder 105
- 2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 teaspoons espresso powder
- 1 cup milk buttermilk, almond, or coconut milk 240 g
- 1/2 cup vegetable canola oil, or melted coconut oil 108 g
- 2 large eggs
- 3 teaspoons vanilla extract
- 1 cup boiling water 237 g
- Chocolate Buttercream Frosting Recipe



4.81 from 2108 votes

Did you make this recipe?

[Leave a review »](#)

### Directions

1. Preheat oven to 350° F. Prepare two 9-inch cake pans by spraying with baking spray or buttering and lightly flouring.

For the chocolate cake:

1. Add flour, sugar, cocoa, baking powder, baking soda, salt and espresso powder to a large bowl or the bowl of a stand mixer. Whisk through to combine or, using your paddle attachment, stir through flour mixture until combined well.

2. Add milk, vegetable oil, eggs, and vanilla to flour mixture and mix together on medium speed until well combined. Reduce speed and carefully add boiling water to the cake batter until well combined.
3. Distribute cake batter evenly between the two prepared cake pans. Bake for 30-35 minutes, until a toothpick or cake tester inserted in the center of the chocolate cake comes out clean.
4. Remove from the oven and allow to cool for about 10 minutes, remove from the pan and cool completely.
5. Frost cake with Chocolate Buttercream Frosting.

## Notes

The cake batter will be very thin after adding the boiling water. This is correct and results in the most delicious and moist chocolate cake I've ever tasted! xo

## Freezer Friendly

Let the baked cake layers cool completely. Wrap them well with plastic wrap and then with foil. Put each layer into a freezer bag and freeze up to 2 months. To serve, thaw in the refrigerator overnight. The next day, the layers are ready to fill and frost.

*All images and text © Robyn Stone for Add a Pinch*

The Best Chocolate Cake Recipe {Ever} <https://addapinch.com/the-best-chocolate-cake-recipe-ever/>



*The Pioneer Woman*

by Ree / *The Pioneer Woman*  
Desserts, Ice Cream

Webpage  
<http://thepioneerwoman.com>

# Hot Fudge Sauce

Prep: 5 Minutes

Cook: 10 Minutes

Level: Easy

Serves: 8

## Ingredients

- 1 cup Unsweetened Cocoa Powder
- 1 cup Sugar
- 1 cup Heavy Cream
- 1 stick Salted Butter, Cut Into Pieces
- 3 teaspoons Vanilla

## Preparation

In a medium saucepan, gently whisk together the cocoa powder and sugar. Whisk in the cream, then turn the heat to medium and whisk it as it warms up. When the mixture starts to heat up, add the butter and stir it in to melt. Then when the mixture is nice and hot, add the vanilla and stir it to combine. Let the sauce cool in the pan for 5 minutes, then transfer it to a mason jar. Store it in the fridge (it will become solid as it cools).

To serve, scoop out the amount you need and place it in a microwave-safe bowl. Heat it for 20 seconds, then stir and heat for another 10 or until the sauce is warm.



## The Pioneer Woman

by PW Food & Friends  
Condiments, Sauces

Webpage  
<http://thepioneerwoman.com>

# Salted Caramel Sauce

Prep: 5 Minutes

Level: Easy

Cook: 20 Minutes

Serves: 8

### Ingredients

- ~~1 lb Powdered sugar~~  
~~1 lb Granulated Sugar~~
- ✓ • 1/4 cup Water
  - 1 stick Unsalted Butter, Cubed, Room Temperature
  - 3/4 cups Heavy Cream, Room Temperature
  - 1/4 teaspoon Pure Vanilla Extract
  - 1 Tablespoon To 1 1/2 Tablespoons Sea Salt

### Preparation

Add sugar and water to a stainless steel pot (one that has a heavy bottom or you can use a nonstick pot; I use one with a ceramic coating). Stir to combine. Turn heat to medium high.

Be sure not to stir or mix the sugar mixture, only swirl the pot. Cook until sugar turns to a caramel color, about 13-14 minutes. (Be sure to watch it carefully so it doesn't burn.) If any sugar crystals start to form around the sides of the pot, use a brush coated with water to dissolve the crystals.

Turn heat down to low. Add butter (be careful because it's really hot) and whisk until thoroughly combined. Add heavy cream and whisk thoroughly and vigorously, again being careful.

Remove from heat and add vanilla extract and salt (to your preference), whisking again to ensure it's evenly mixed. Allow caramel to cool before placing in sealed containers and storing it in the refrigerator.

Homemade caramel can be reheated and topped over ice cream, used to make buttercream, or whatever you would like. It keeps in the refrigerator for up to 2 weeks.

# Hot chocolate for 4

- 6 cups of whole milk
- 3 spoon scoops of cocoa powder (big spoon)
- 2 scoops of hot cocoa mix
- 2 scoops sugar
- Half a scoop of espresso powder
- A dash of salt
- Whisk it

380g Flour  
5g Baking Soda  
5g salt  
2 stick butter  
170g <sup>white</sup> sugar  
140g B. sugar  
5g Vanilla  
2 eggs

Lemon  
Bars

5:14

the pioneerwoman.com

TOTAL TIME: 55 mins

## Ingredients

FOR THE CRUST → 20 min (or brown)

2 c. flour

1/2 c. sugar

1/4 tsp. salt

2 sticks (1 cup) salted butter, cut into  
small cubes

FOR THE FILLING → start w/ 15 min.

1 1/2 c. sugar

1/4 c. flour

4 whole large eggs

Zest and juice of 4 medium-sized  
lemons  
45

Powdered sugar, for sifting

Get ingredients with  instacart

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food COVER RECIPE



## doughnuts come full circle

Doughnuts have long been a star of the Better Homes and Gardens New Cook Book. This recipe—from the 1953 edition—has become a favorite of today's food editors. We've updated it to use butter (and more of it!) instead of shortening, but kept its classic cinnamon-nutmeg spiciness.

### cover recipe

#### BEST DOUGHNUTS

To avoid splashing hot oil and burning your fingers, lower doughnuts into the pan with a large metal slotted spoon.

PREP: 30 MIN. COOK: 2 MIN. PER BATCH  
CHILL: 2 HRS.

3½ cups all-purpose flour  
1 Tbsp. baking powder  
1 tsp. ground cinnamon  
¾ tsp. salt  
½ tsp. ground nutmeg  
½ cup milk  
½ cup butter, melted  
4 eggs, beaten  
½ cup sugar  
Vegetable oil for deep-fat frying  
Cinnamon-Sugar or sifted powdered sugar

1. In a bowl combine flour, baking powder, cinnamon, salt, and nutmeg; set aside. In another bowl combine milk and melted butter. In a large mixing bowl combine eggs and sugar; beat with electric mixer until thick (about 5 minutes). Add milk mixture;

stir with wooden spoon to combine. Add flour mixture and stir with wooden spoon until smooth. Cover dough; chill 2 hours (dough will remain slightly sticky).

2. Turn dough out onto a lightly floured surface. Roll dough to ½-inch thickness. Cut dough with a floured 2½-inch round cutter. Use a 1¼-inch cutter to cut the hole for the doughnut. (You can also use a standard doughnut cutter.)

3. Fry 2 or 3 doughnuts at a time in deep hot fat (375°F) for 2 to 2½ minutes or until brown, turning halfway through with a slotted spoon. Drain on paper towels. Repeat with remaining doughnuts and doughnut holes.

4. Shake warm doughnuts in a bag with Cinnamon-Sugar or powdered sugar. Serve warm (or reheat each doughnut 8 to 10 seconds in microwave on high). MAKES ABOUT 15 DOUGHNUTS • DOUGHNUT HOLES.

CINNAMON-SUGAR Stir together ½ cup granulated sugar and 1 tsp. ground cinnamon.  
EACH DOUGHNUT 382 cal, 20 g fat, 290 mg chol,  
326 mg sodium, 39 g carbo, 1 g fiber, 11 g pro. ☺

## Death Bar Cheesecake

### Crust:

1 3/4 c vanilla wafer crumbs  
2 T sugar  
1/3 c butter melted

### Filling:

3 (8 oz) pkg. cream cheese, softened  
1 c sugar  
3 eggs  
1 c sour cream  
1 1/2 t vanilla  
5 death bars, crushed (chopped)

Preheat oven 350°. Combine crust ingredients + press into bottom + about 1 1/2" up side of a 9" springform pan + refrigerate.

In large mixer beat cream cheese w/ sugar at medium speed 'till fluffy. Add eggs one at a time, beat well after each one.

Beat in sour cream + vanilla + blend until smooth. Spoon 1/2 of filling over crust.

Sprinkle half of the bars over filling + cover w/ the rest of filling. Bake 1 hr. or until

cheesecake is just firm when pan is tapped gently. Cool completely in pan on a wire rack. Sprinkle with remaining bars on the top. Refrig. until chilled.

**YIELD: 24 BROWNIES**

# How to Make Brownies with Cocoa Powder

Brownie made with just cocoa powder can be rich and fudgy. This post will teach you how to make brownies with cocoa powder. They're quick, easy and only one-bowl.

**PREP TIME**

10 minutes

**COOK TIME**

30 minutes

**ADDITIONAL TIME**

20 minutes

**TOTAL TIME**

1 hour



## Ingredients

- 1 cup butter, melted
- 2 cups white sugar
- 4 large eggs, room temperature
- 1 teaspoon vanilla
- 1 cup cocoa powder\* (see note)
- 1 cup all purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt

## Instructions

1. Preheat the oven to 350° F. In a large bowl, whisk together the melted butter and sugar. Make sure the butter mixture is almost room temperature and then add the eggs and vanilla.
2. Beat until well incorporated. Beating in the eggs well is what forms that signature brownie crust on top.
3. Add the flour, cocoa, baking powder and salt. Whisk until incorporated. Pour the batter into a greased or parchment paper lined 9 x 13 inch baking pan. Bake at 350° F for 28-32 minutes or until center is set. Let cool at least slightly before cutting into bars.

## Notes

\*I like to use dutch process cocoa powder in my brownies. It has a richer, deeper chocolate flavor and is much darker. I use regular cocoa powder all the time too and they turn out great. So use whichever you feel like.

**Nutrition Information:** YIELD: 24 SERVING SIZE: 1 brownie

**Amount Per Serving:** CALORIES: 178 TOTAL FAT: 9g SATURATED FAT: 5g TRANS FAT: 0g UNSATURATED FAT: 3g CHOLESTEROL: 51mg SODIUM: 147mg CARBOHYDRATES: 23g FIBER: 1g SUGAR: 17g PROTEIN: 2g

*Nutrition information may vary significantly based on ingredients used and portion sizes. We are not responsible for the reliability of this data or your reliance on it. We are not responsible for the results of any recipe you try from this blog/website, Chocolatewithgrace.com. Your results may vary due to differences in ingredients, humidity, altitude, cooking temperatures, errors, or individual cooking abilities.*

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<http://chocolatewithgrace.com/how-to-make-brownies-with-cocoa-powder/>

**CUISINE:** American / **CATEGORY:** Bars and Brownies

Exclusive Member of Mediavine Food

## How to Make a Ginger Bug

How to create a ginger bug to use as the beneficial culture to make healthy fermented homemade sodas like old fashioned ginger ale or root beer.

Author: Wellness Mama

Recipe type: Cultured - Beverage



### Ingredients

- 1-2 fresh ginger roots
- 1/2 cup white sugar (important for starting the culture. Honey, stevia or other sweeteners will not work)
- 2 cups of water
- Quart size mason jar

### Instructions

1. Cut a piece of ginger root about 1.5 inches long to make 2-3 tablespoons of grated ginger. You can also finely chop instead of grating. There is some debate about if it is better to peel the root or not. My general rule is that non-organic ginger gets peeled and organic just gets rinsed before grating.
2. Place the ginger in a quart size mason jar and add an equal amount of white sugar (2-3 tablespoons). Nourishing Traditions insists that white sugar is needed to create the bug and I've had the best success with this, but a local friend claims that unrefined sugar or sugar with 1 tsp of molasses added works better. Try what you have and adapt as needed.
3. Add 2 cups of filtered water to the mason jar. Make sure that the water has been filtered so that it does not contain chlorine which can affect the culturing process.
4. Stir with a non-metal spoon and lightly cover. I cover with a coffee filter and rubber band.
5. Each day for the next five days, stir the mixture at least once and add 1 tablespoon of grated ginger root and 1 tablespoon of sugar. (note: depending on temperature, it may take up to eight days of adding sugar and ginger to create the desired culture).
6. You can tell if culture is active if there are bubbles forming around the top of the mixture, it "fizzes" when stirred and it takes on a sweet and mildly yeasty smell. It will also become somewhat cloudy and opaque. If mold appears on the top, scrape it off if it can be removed. If this happens more than once, you will need to start again. If the mixture hasn't taken on these characteristics by the 7-8th day, you need to discard it and start again.
7. Keep the culture away from other cultures like sauerkraut and kombucha or it can cross culture.
8. Once the ginger bug has cultured, it can be used to create fermented sodas and drinks at the ratio of 1/4 cup ginger bug starter per quart of sweetened herbal mixtures (for ginger ale or root beer) or diluted fruit juice (for fruit flavored sodas).

### Notes

To keep the bug alive and continue growing it, you will need to feed it regularly. Add 1 teaspoon of minced ginger and 1 teaspoon sugar per day if kept at room temperature. You can also "rest" it in the fridge and feed it 1 tablespoon each of ginger and sugar once a week. To reactivate it, remove and let it reach room temperature and begin feeding it again.

Recipe by Wellness Mama at <http://wellnessmama.com/8942/ginger-bug/>

## Natural Ginger Ale

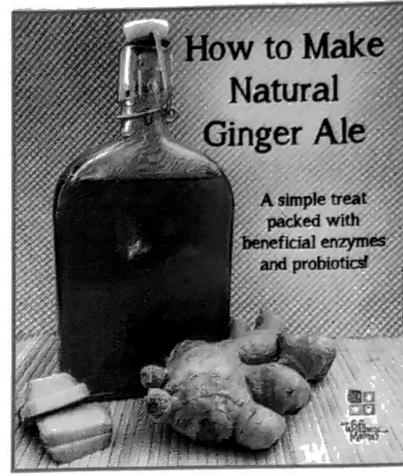
A naturally fermented old-fashioned ginger ale (also once called Ginger Beer) that contains beneficial probiotics and enzymes.

Author: Wellness Mama

Recipe type: Cultured - Beverage

### Ingredients

- A 1-2 inch piece of fresh ginger root, minced. Adjust this to taste. I use 2 inches as I prefer a stronger ginger taste.
- ½ cup of organic sugar or rapadura sugar. If using plain sugar, add 1 tablespoon molasses for flavor and minerals.
- ½ cup fresh lemon or lime juice
- ½ tsp sea salt or himalayan salt
- 8 cups of filtered (chlorine free) water ([Here is the water filter we use](#))
- ½ cup [homemade ginger bug](#) (or can use ¼ cup whey for a faster recipe though the flavor won't be quite as good. [Here is a tutorial for how to make whey](#))



### How to Make Natural Ginger Ale

A simple treat packed with beneficial enzymes and probiotics!

### Instructions

1. Make a "wort" for your ginger ale by placing 3 cups of the water, minced ginger root, sugar (and molasses if needed), and salt in a saucepan and bringing to a boil.
2. Simmer the mixture for about five minutes until sugar is dissolved and mixture starts to smell like ginger.
3. Remove from heat and add additional water. This should cool it but if not, allow to cool to room temperature before moving to the next step.
4. Add fresh lemon or lime juice and ginger bug (or whey).
5. Transfer to a 2 quart glass mason jar with a tight fitting (air-tight) lid. Stir well and put lid on.
6. Leave on the counter for 2-3 days until carbonated and transfer to the fridge where it will last indefinitely.
7. Watch this step carefully. Using whey will cause it to ferment more quickly and it will take less time. It should be bubbly and should "hiss" like a soda when the lid is removed. This is very temperature dependent and the mixture may need to be burped or stirred during this fermentation time on the counter.
8. As with any traditional fermented drink, it is more of an art than a science as it depends on the strength of your culture, the temperature of your house and the sugar used. The final mixture should smell of ginger and slightly of yeast/fermentation and should be fizzy. Watch carefully that it doesn't become too carbonated as this will cause too much pressure and may result in an exploding jar!
9. The mixture can be strained and transferred to Grolsch style bottles before putting in the fridge ([we like these bottles](#)).
10. Strain before drinking.
11. Enjoy!

Recipe by Wellness Mama at <http://wellnessmama.com/8945/ginger-ale/>

## Fresh Ginger Syrup

About 2 cups (.5L)

I don't automatically peel ginger; if you choose not to, it will give the syrup a slightly darker color, which I don't mind. If you wish to peel it, you can. The leftover ginger can be added to a batch of marmalade, or patted dry and chopped further, then added to just-churned ice cream or gingersnap cookie dough. If you plan to reuse it, you should peel it before making the syrup with it. This syrup is quite spicy and if you find it a bit too zippy and want to tone it down, the next time you make it (or the first time) you can blanch the chopped ginger first in boiling water, let it simmer for a couple of minutes, then drain it and proceed with the recipe.

8 ounces (225g) fresh ginger, unpeeled  
4 cups (1L) water  
2 cups (400g) sugar  
pinch salt

→ 1lb → Food processor  
→ 8C → 3C Jaqqury

1. Cut the ginger into thin slices. Run a knife over it to chop it into rough, smaller pieces. (As shown in the post.)
2. Place the ginger along with the water, sugar, and salt in a nonreactive saucepan. Heat to a boil, then reduce the heat to a steady simmer, and cook for 45 minutes to one hour. (covered)
3. Let cool, then strain the syrup through a fine-mesh strainer. Store the strained syrup in the refrigerator, covered, until ready to use. The syrup should keep for at least two weeks under refrigeration.

**To make ginger soda:** Fill glasses 1/3rd full with syrup and add a generous squeeze of fresh lemon or lime juice. Fill the glasses with ice then top with sparkling water or tonic water (or a not-too-sweet citrus soda). Stir gently to mix the ingredients and garnish with a round of citrus or fresh mint.

**Other Uses:** You could also make a terrific cocktail with this as a base, using bourbon, whiskey, or rum. Another possibility is to use a few spoonfuls of this syrup to sweeten iced tea or drizzle over a fruit salad.

1.5 lbs ginger  
10 C water  
3 Pinch Salt  
1 C Honey  
1 Squeezed Lemon

- use a wooden spoon for kefir grains, kefir grains hate metal
- \*How to grow or get kefir grains
- If you have a friend that makes Kefir you could get kefir grains from them
  - You can also buy kefir grains online. A great place to get one would be Culture For Health.
- 

## The Ultimate Homemade Kombucha Guide



### Ingredients and Supplies

- black tea
- sugar
- Kombucha starter tea
- SCOBY (symbiotic colony of bacteria and yeast)

What is Kombucha? Kombucha is a fermented black tea drink that has probiotics in it. It is a little bit fizzy and sweet, and can be flavored in many ways.

### Directions

- brew half a gallon or one gallon of black tea, then remove tea bags
- add 1 cup of sugar for one gallon and mix well, cool completely, put in glass jar
- add  $\frac{1}{2}$  cup of old kombucha from your last brew, then add the \*SCOBY (symbiotic colony of bacteria and yeast)-make sure that your hands are clean with vinegar before you do this step, or you can use a wooden spoon
- put a coffee filter or something breathable on top of jar and secure with a rubber band
- put the jar in a dark place- wait for about 7 days and try it, it goes from sweet to sour to vinegar, stop when you like that taste
- when the kombucha is done brewing remove the SCOBY and put in a non lead glaze ceramic bowl, or a glass bowl - remember with clean hands, or you can use a wooden spoon
- then you get glass jars, or bottles, make sure they are cleaned really well
- to flavor it you can put juice or fruit in before you put the kombucha in the bottles
- next you put kombucha in the bottle, cap them and let sit on counter for about two days, that is what makes them fizzy, then stick them in the fridge and you are ready to drink
- you can either start a new batch right away or store your SCOBY in a glass or non lead glaze bowl or jar, and with something breathable.

### Things to remember

- use a wooden spoon for SCOBY, SCOBY's hate metal
- if you think your SCOBY has gone bad, do a little research on the signs of a bad scoby, because you don't want to get sick

### \*How to grow or get a SCOBY

- If you have a friend that makes kombucha you could get a SCOBY from them
- Put 1 bottle of unflavored kombucha in a jar add a coffee filter to the top and let sit for 16 days in a dark warm place. A thin SCOBY will grow on the top of the kombucha
- You can also buy a SCOBY online. A great place to get one would be Culture For Health.

## Ingredients

Bloody Mary Recipe

1 48 ounce can of tomato juice, or about 6 cups  
3 tablespoons prepared creamy hot horseradish  
3 tablespoons worcestershire sauce  
2 1/4 teaspoons celery salt  
3 teaspoons garlic salt  
Tabasco sauce  
Freshly ground black pepper  
tablespoon celery salt  
1 tablespoon kosher salt  
Pickle-infused vodka, or regular vodka if you prefer

→ Cheese (stringy)

## Instructions

1. Mix the tomato juice, horseradish, worcestershire sauce, celery salt, garlic salt and black pepper in a large pitcher. Season with 10-15 shakes of Tabasco sauce, or to taste. Refrigerate until ready to serve.
2. To assemble drinks, mix the celery salt and kosher salt on a small plate. Dip the rim of your glass in a shallow amount of water, then dip into the salt mix and twist. Fill an 8 ounce glass to the top with ice. Add 2 ounces of pickle-infused vodka or regular vodka then top with bloody mary tomato mixture.
3. Garnish with limes, lemons, celery ribs, blue cheese stuffed olives, bacon strips, pepperocinis, cooked shrimp, hot sauce, pickles, pickled asparagus or green beans, pickled beets, chunks of cheese and anything your heart desires.

# Natural Ginger Ale

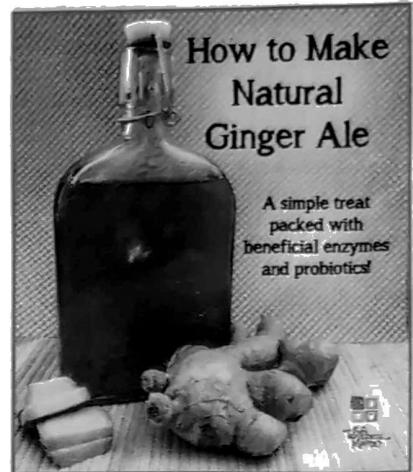
A naturally fermented old-fashioned ginger ale (also once called Ginger Beer) that contains beneficial probiotics and enzymes.

Author: Wellness Mama

Recipe type: Cultured - Beverage

## Ingredients

- A 1-2 inch piece of fresh ginger root, minced. Adjust this to taste. I use 2 inches as I prefer a stronger ginger taste.
- ½ cup of organic sugar or rapadura sugar. If using plain sugar, add 1 tablespoon molasses for flavor and minerals.
- ½ cup fresh lemon or lime juice
- ½ tsp sea salt or himalayan salt
- 8 cups of filtered (chlorine free) water ([Here is the water filter we use](#))
- ½ cup [homemade ginger bug](#) (or can use ¼ cup whey for a faster recipe though the flavor won't be quite as good. [Here is a tutorial for how to make whey](#))



## Instructions

1. Make a "wort" for your ginger ale by placing 3 cups of the water, minced ginger root, sugar (and molasses if needed), and salt in a saucepan and bringing to a boil.
2. Simmer the mixture for about five minutes until sugar is dissolved and mixture starts to smell like ginger.
3. Remove from heat and add additional water. This should cool it but if not, allow to cool to room temperature before moving to the next step.
4. Add fresh lemon or lime juice and ginger bug (or whey).
5. Transfer to a 2 quart glass mason jar with a tight fitting (air-tight) lid. Stir well and put lid on.
6. Leave on the counter for 2-3 days until carbonated and transfer to the fridge where it will last indefinitely.
7. Watch this step carefully. Using whey will cause it to ferment more quickly and it will take less time. It should be bubbly and should "hiss" like a soda when the lid is removed. This is very temperature dependent and the mixture may need to be burped or stirred during this fermentation time on the counter.
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9. The mixture can be strained and transferred to Grolsch style bottles before putting in the fridge ([we like these bottles](#)).
10. Strain before drinking.
11. Enjoy!

Recipe by Wellness Mama at <http://wellnessmama.com/8945/ginger-ale/>

Highly Acidic  
Moderately Acidic  
Mildly Acidic  
Neutral/Mildly Alkaline  
Highly Acidic  
Acidic

# drinks can liven up a summer meal, party



MARTHA STEWART

for concentrated juice, use it; substituting fresh juice will make your drink watery. Fresh fruit chunks should be frozen for best results: Place the fruit in a plastic bag in the freezer for between 30 minutes and an hour before blending.

Use the following recipes as a guide, adjusting the quantities to taste. Some blender drinks can be delicious without alcohol, if you prefer.

You may need to experiment a little with ingredients — substituting juice, perhaps, for liquor — to get the desired result. Or you can simply freeze berries and fruit chunks (first removing any seeds or pits from the fruit), then blend with a little water and sugar to taste, for a quick, delicious, nonalcoholic drink.

## DAYBREAK

Sunday, August 18, 2002 • G7

### Frozen Tequila Sunrise

1½ ounces gold tequila  
5 tablespoons frozen orange juice concentrate  
1½ cups small ice cubes  
2 tablespoons grenadine syrup  
1 orange, sliced and cut into fans, for garnish (optional)

Combine tequila, orange juice and ice in a blender; process until smooth. Divide and pour mixture into two glasses. Carefully drizzle 1 tablespoon of grenadine around inside rim of each glass. Garnish with orange fans if using, and serve.

The grenadine will sink to the bottom of the glass and create the lovely sunrise effect. You can also pour it on the bottom and drizzle some on top of each drink. Serves 2.

### White Sangria

½ peach, cut up, frozen  
½ plum, cut up, frozen  
3 strawberries, cut up, frozen  
1 tablespoon frozen orange juice concentrate  
3 tablespoons superfine sugar  
½ cup dry white wine  
1 ounce brandy or cognac  
1½ cups small ice cubes

Combine the ingredients in a blender, process until smooth, and serve. Serves 2.

### Banana Daiquiri

1 tablespoon freshly squeezed lemon juice  
3 tablespoons superfine sugar  
2 ounces white rum  
2 ripe bananas, cut into pieces  
· 1½ cups small ice cubes  
Banana chips, for garnish (optional)

Combine all the ingredients (except banana chips, if using) in a blender, and process until fully blended and smooth. Divide between two glasses. Serve with banana-chip garnish, if desired. Serves 2.

### Arctic Mint Julep

6 teaspoons Mint Syrup (recipe follows)  
2 ounces bourbon  
1½ cups small ice cubes  
Mint sprigs for garnish

Pour 2 teaspoons mint syrup into each glass. Combine bourbon and ice in a blender; process until smooth.

Spoon bourbon mixture into each glass. Drizzle another tea-

spoon of mint syrup on top of each drink, garnish with a mint sprig, and serve. Serves 2.

### Mint Syrup

1 bunch fresh mint, leaves only (2 cups packed)  
¾ cup Simple Syrup (recipe follows)

Fill a large bowl with ice and water; set aside. Bring a saucepan of water to a boil. Add mint; cook just until bright and wilted, 3 to 5 seconds. Using a slotted spoon, transfer to ice bath briefly. Drain.

Combine syrup and mint leaves in a blender; process until pureed. Let stand for 10 minutes. Pass through a fine sieve, pressing down firmly to extract as much syrup as possible, and discard the solids. Makes about ¾ cup.

Store in an airtight container in the refrigerator until ready to use. The syrup can be stored up to five days.

### Simple Syrup

3 cups sugar  
1½ cups water

Fill a large bowl with ice and water; set aside. Combine sugar and water in a small saucepan; place over medium-high heat. Cook, stirring frequently, until

sugar is completely dissolved, about 4 minutes.

Transfer syrup to a medium bowl, and place bowl in the ice bath until chilled. Store in an airtight container, refrigerated, for up to two months. (Makes about 3 cups)

### Pina Colada

2 ounces white rum  
2 tablespoons coconut cream  
1½ cups ripe golden pine-apple chunks, frozen  
1½ heaping cups small ice cubes  
Toasted fresh coconut curls (optional)

Combine all ingredients except coconut curls, if using) in a blender; process until smooth. Divide between two glasses. Garnish with curls, if using, and serve. Serves 2.

Note: You can buy shaved coconut in health-food stores. Toast coconut curls in a 375-degree Fahrenheit oven until slightly golden on the edges. Shredded coconut can also be used.

*Write to Martha Stewart, c/o the New York Times Syndication Sales Corp., 122 E. 42nd St., New York, N.Y. 10168 or e-mail to marthastewart.com.*

To become  
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To

G8 • Sunday, August 18, 2002

## DAYBREAK

Wisconsin State Journal

## ANNIVERSARIES



Arlene and Marvin Heiman, 1952



Eleanor and Dale Doering, 1937



Eleanor and Wilbur Scheiding, 1942



Marvin and Arlene Heiman

### Heimans mark 50th

Marvin and Arlene Heiman, Sun Prairie, will celebrate their 50th wedding anniversary with an open house from 6:30 to 10 p.m. at their home.



Eleanor and Dale Doering

### Doerings celebrate 65 years

Dale and Eleanor Doering, Stoughton, celebrated their 65th wedding anniversary with a family gathering and pool party at the home of their daughter.

Doerings were married 1937, in Freeport, Ill. Children, Dale



Wilbur and Eleanor Scheiding

### Scheidings mark 60 years with gathering

Wilbur and Eleanor Scheiding, Columbus, will celebrate their 60th wedding anniversary with a family gathering today at the house of their son, William.

Wilbur and the former Eleanor Joseph wed on Sept. 1, 1942.

Tom and Rick, all of Sun Prairie, Jim of Poynette, and Mark of Houston. The Jan also have seven grandchildren.

Ray began his career as technician and eventually went into laboratory sales for An Company (now Bayer). Pat worked as a nurse at Colur Community Hospital until retirement in 1987. Ray retired in 1997. They are members of Sacred Hearts Parish, Sun Prairie.



Leonard and Elaine Nelson, 1952



# Blender

Did you know that the common household blender was invented by a 1930s bandleader, Fred Waring? In addition to making music, Waring enjoyed making what he called "tropical cocktails," the slushy, fruity drinks that we often call "blender drinks" today.

Blender drinks can be a fun alternative to traditional cocktails at a summer meal or party, and they are easy to make if you prepare ahead. A blender powerful enough to crush ice quickly and smoothly is essential, as are good-quality liquors.

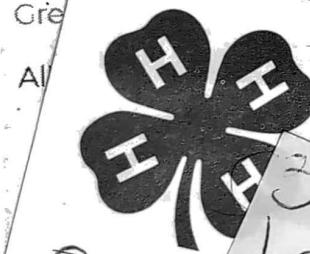
Since ice is the primary ingredient in these frozen concoctions, be sure it's straight from the freezer. Each ice cube should be no bigger than  $\frac{3}{4}$  inch. Larger pieces can be broken up: Place them in a cloth towel and break with a hammer.

When making a drink, start the blender on low until the ice begins to incorporate and crush — then switch to high speed.

Where juice is required, follow the recipe exactly. If it cal-

Highly Alkaline	Moderately Alkaline	Mildly Alkaline	Neutral/Mildly Acidic	Moderately Acidic	Highly Acidic
-----------------	---------------------	-----------------	-----------------------	-------------------	---------------

pH 9.5 alkaline water	Avocado Beetroot Grasses Cucumber Himalayan salt Kale Kelp Spinach (baby and grown) Parsley Broccoli Sea Vegetables (Kelp)	Artichokes Asparagus Basil Capsicum/Pepper Cabbage Celery Chives Collard/Spring Greens Coriander Endive Garlic Ginger Green Beans Lettuce Summer etc)	Black Beans Chickpeas/Garbanzos Brussels Sprouts Cauliflower Carrot Courgette/Zucchini Leeks New Baby Potatoes Peas Pumpkin Swede Squash (Butternut, Summer etc)	Fresh, Natural Juice Kidney Beans & Other Beans Seitan Fresh Dates Nectarine Plum Sweet Cherry Watermelon Millet Oats/Oatmeal Spelt Soybeans wheat asta. us Cous own Rice +10 dates Soy/Hemp water ater Fish e & Soy Milk Brazil Nuts Pecan Nuts Hazel Nuts er, etc.) lo Oil Sunflower Oil Grapeseed Oil Oil	Alcohol Coffee & Black Tea Fruit Juice (Sweetened) Cocoa Honey Jam Jelly Mustard Miso Rice Syrup Soy Sauce Vinegar Yeast Dried Fruit Beef Chicken Eggs Farmed Fish Pork Shellfish Cheese Dairy Artificial Sweeteners Syrup Mushroom
Gre	All	H	H	H	H
2 cups	3 cups	1 cup	1/3 cup	1/3 cup	2 cups
.25 c	Oats	Cats	Cranberries	honey	oats
.25	raisens	cranberries	+10 dates	honey	raisens
240	1/3 cup	1/3 cup	water	water	water
	mini dark choc chips	honey	Fish	Fish	Fish
			Milk	Milk	Milk
			Rye Bread	Rye Bread	Rye Bread
			Wheat	Wheat	Wheat
			Wholemeal Bread	Wholemeal Bread	Wholemeal Bread
			Wild Rice	Wild Rice	Wild Rice
			Wholemeal Pasta	Wholemeal Pasta	Wholemeal Pasta



3 CUPS "Best Better"  
 1 cup Oats  
 1/3 cup cranberries  
 1/3 cup honey  
 8 cups oats  
 1 cup raisens  
 1/3 cup mini dark choc chips  
 1/3 cup honey

# Food Groups



Stick to no more than 30% of your diet

## Fruit

- |             |                |                 |
|-------------|----------------|-----------------|
| Apple       | Grapes         | Plum            |
| Apricot     | Honeydew Melon | Prunes          |
| Cantaloupe  | Mango          | Raisins         |
| Cranberries | Orange         | Raspberries     |
| Currants    | Peach          | Strawberries    |
|             | Pear           | Tropical Fruits |
| Dates       | Pineapple      |                 |

## Nuts & Seeds

- |                |            |
|----------------|------------|
| Brazil Nuts    | Peanuts    |
| Cashews,       | Pecans     |
| Chestnuts      | Pistachios |
| Hazelnuts      | Walnuts    |
| Macadamia Nuts |            |

## Drinks

- Black Tea
- Carbonated Water
- Cocoa
- Coffee
- Decaffeinated Drinks
- Flavoured Water
- Green Tea
- Pasteurized Juice

## Other

- Fish
- Pastas,
- Rice & Noodles
- White Breads,
- Chocolate



AVOID

## Dairy & Eggs

- Butter
- Cheese
- Cottage Cheese
- Eggs
- Ice Cream
- Milk
- Sour Cream
- Soy Cheese
- Whey
- Yogurt

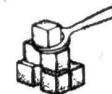


## Drinks

- Alcohol
- Colas
- Energy Drinks
- Milk
- Pasteurized Juice
- Sports Drinks
- Tap Water

## Oils

- Cooked Oil
- Solid Oil (Margarine)
- Oil Exposed to Heat,  
Light or Air



## Sweetners

- Carob, Corn Syrup
- Fructose, Honey, Maple Syrup
- Saccharine, Sucratose
- Sucrose, Processed Sugar
- Artificial Sweeteners

## Other

- All Meat
- Biscuits
- Candy/Sweets
- Chips
- Cigarettes
- Drugs
- Miso



## Sauces

- Ketchup
- Mayonnaise, Mustard
- Pickles
- Soy Sauce
- Tabasco, Tamari
- Vinegar, Wasabi



TOTAL TIME: 55 mins → ≈ 20 x2

## Ingredients

### FOR THE CRUST

2 c. flour

1/2 c. sugar

1/4 tsp. salt

2 sticks (1 cup) salted butter, cut into  
small cubes

### FOR THE FILLING

1 1/2 c. sugar

1/4 c. flour

4 whole large eggs

Zest and juice of 4 medium-sized  
lemons  
large or 5 med

Powdered sugar, for sifting

Get ingredients with  instacart

## Uncle Mike's Piggly Wiggly Smoked Brisket



8 lb + - brisket

Marinate overnight with Dale's Steak Seasoning 16 oz (Dale's Sauces, Inc, Birmingham, AL) and Zesty Italian 16 oz (Kraft).  $\frac{1}{2}$  bottle of each for marinating one brisket. Can buy Dale's at most grocery stores. Trim fat to about 1/8 to 1/4" thick.

Coarse pepper on top, dry off surface (sit on rack to drain 2 hr after marinating.) The marinade may be saved and cooked on the stove for dipping or ladling over the cooked, sliced brisket.

Put on grill, fat side up, at 250 3 to 4 hours charcoal and cherry wood or other hardwood. Weber grill or smoker will work. If using Weber arrange a row of briquettes in a semi-circle and light at one end. Get charcoal and smoker wood going before putting brisket on grate. Occasionally stand downwind and breathe in the fragrant smoke.

Remove brisket after 3-4 hr. Double wrap in 2 layers of alum foil (add  $\frac{1}{2}$  cup juice, apple, cherry, etc.) and put in oven 4 hr at 250. Internal temperature 205°. Be sure to enjoy the yummy smell of smoked brisket that fills the kitchen.

Let rest 30 min, slice perpendicular to the grain 1/8" to  $\frac{1}{4}$ " thick. The point of the brisket should be separated and sliced separately since the grain runs at a different angle. Be sure to sample the meat to make sure it is okay for consumption. Put sliced meat in any pan and pour on juice from cooking.

Eat, refrigerate overnight, or freeze for later consumption.

If you use water in the smoker pan, plan on 2 additional hr in the smoker or oven.

# Easy Quiche Recipe

PREP TIME 15 minutes

COOK TIME 35 minutes

TOTAL TIME 50 minutes

SERVINGS 6 servings

AUTHOR Ashley Fehr



4.95 from 623 votes ↑ Click stars to rate now!

Or to leave a comment, [click here!](#)

This Easy Quiche Recipe starts with a premade pie crust but no one has to know!

It's loaded with ham, cheese and green onions and is the perfect easy breakfast or dinner! You can really add anything you want to this easy quiche recipe -- other vegetables, different cheeses or seasonings.

## Ingredients

- 1 refrigerated pie crust
- 6 large eggs
- ¾ cup milk or cream
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup cooked ham chopped
- 1 ½ cups shredded cheese divided
- 3 tablespoons green onions

## Instructions

1. Preheat oven to 375°F.
2. Unroll pie crust and press into a 9" pie plate, crimping the top edges if desired.
3. In a large bowl, whisk together eggs, milk, salt and pepper.
4. Sprinkle ham, 1 cup of cheese, and green onions into the pie crust and pour the egg mixture over top. Sprinkle remaining ½ cup cheese on top of egg mixture.
5. Bake for 35-40 minutes until the center is completely set. Let cool for 5-10 minutes before slicing and serving.

## Nutrition Information

Calories: 299, Carbohydrates: 16g, Protein: 15g, Fat: 18g, Saturated Fat: 7g, Cholesterol: 190mg, Sodium: 705mg, Potassium: 167mg, Sugar: 2g, Vitamin A: 505IU, Vitamin C: 0.6mg, Calcium: 208mg, Iron: 1.7mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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# Sweet Sticky Spicy Chicken



This outrageously delicious SWEET SPICY STICKY CHICKEN is everything you want sticky wings to be. It's full of flavors, a little spicy, sweet, and super easy to make either on a grill or in the oven. Just a great balance of sweet, salty, and spice. You won't mind licking your fingers!

**Course**                      Appetizers

**Cuisine**                      Caribbean

**Prep Time**                      20 minutes

**Cook Time**                      35 minutes

**Total Time**                      55 minutes

**Servings**                      12 - 16 pieces

**Calories**                      195kcal

**Author**                      [Imma](#)

## Equipment

- Small skillet or pan
- Small mixing bowl
- Grill

## Ingredients

- 2 tablespoons (28g) butter
- 1 teaspoon (5g) minced garlic
- 2 green onions , chopped
- ½ Cup (142.5g) ketchup
- ⅛ -¼ cup (42.5g-85g) honey
- 1-2 tablespoons (12.5g-25g) brown sugar
- juice of 1 Lemon
- 3 tablespoons (57g) or more Caribbean Pepper Sauce , adjust to taste
- 2-3 tablespoon (30ml-45ml) Maggi Sauce (or Soy Sauce)
- 1 teaspoon (2.71g) cornstarch
- ½ cup (118.5ml) pineapple juice or water

## Grilled Chicken Wings

- 2 ½ - 3 pounds (1133.98g-1360.77g) chicken wings
- salt to taste
- 1 teaspoons (2g) ground black pepper

- 2-3 tablespoons (24g-36g) Homemade Jerk Spice Blend

## Instructions

1. Add butter to a medium or small skillet and melt. Then add garlic and chopped green onions then sauté for about 1 minute or more.
2. Then add ketchup, honey, brown sugar, lemon juice, hot sauce, and Maggi Sauce. Simmer for about 2 minutes.
3. In a separate small bowl, thoroughly mix the cornstarch with some of the juice or water.
4. Stir in the cornstarch mixture into the saucepan. Bring to a boil.
5. Adjust heat to low and simmer for about 10 mins. You will then have a thick and sticky sauce. Adjust seasonings to taste.
6. Let it cool.

## Grilled Chicken Wings

1. Wash chicken wings, if time permits let it dry out in the fridge for a couple of hours (about 3 or more). Do not cover.
2. If short on time, dry wings with paper towel or kitchen towel, then proceed with the next step.
3. Place the chicken in a large plate or bowl, lightly season with salt and black pepper, then mix with Jerk Spice and drizzle with oil (to prevent chicken from sticking to the grill).
4. When you are ready to grill, wipe down the grill and lightly oil. Preheat for medium heat. Or if using charcoal, fill it half full. Let it light up for about 25 or more minutes.
5. Place chicken wings on the grill.
6. Let them grill for approximately about 20-30 minutes, flipping every 3-4 minutes until they are golden brown.
7. Remove and mix with sauce or serve on the side.

## Notes

1. If you are baking these instead of grilling, bake the chicken 425 degrees F for about 40 minutes. About 20 minutes on each side.
2. Use any hot sauce you have as a substitute for the homemade Caribbean Pepper Sauce.
3. You can also use drumsticks instead of wings.
4. Adjust the heat level to mild or heat seekers adjust to suit taste buds.
5. I use my 18-inch charcoal grill. Low to moderate heat works best when grilling these wings. You can easily get control over the flames that way. And it helps render out the fat from the skin making it crispy.
6. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.



## SHRIMP TACOS



from 28 reviews

author: ALI prep time: 35 MINS

cook time: 5 MINS total time: 40 MINS

yield: 8 TO 10 TACOS

### DESCRIPTION

This easy shrimp tacos recipe is made with zesty shrimp, cilantro lime coleslaw, sliced avocado and a spicy chipotle crema. See notes above for possible recipe variations and shortcuts too.

### INGREDIENTS

SCALE

1x

2x

3x

#### SHRIMP TACO INGREDIENTS:

- 1 batch cilantro lime slaw
- 1 pound large shrimp, peeled and deveined
- 2 to 3 tablespoons taco seasoning
- fine sea salt and freshly-cracked black pepper
- 2 tablespoons avocado oil (or olive oil)
- 8-10 flour tortillas (or corn tortillas)
- 2 avocados, peeled, pitted and thinly-sliced
- optional toppings: chopped fresh cilantro, chopped red or white onion, sliced jalapeño or serrano peppers, crumbled cotija cheese, and/or lime wedges

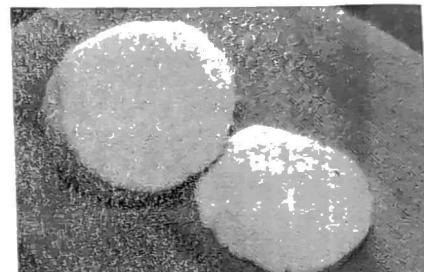
#### CHIPOTLE CREMA INGREDIENTS:

- 1/2 cup plain Greek yogurt (or mayo)
- 1 chipotle chile in adobo sauce (or 1/2 teaspoon chipotle powder)
- 1 tablespoon lime juice

# How To Make Mozzarella Cheese

## Ingredients

- 1 gallon of low-pasteurized, or farm fresh milk
- 1 Rennet Tablet
- 2 teaspoons Citric Acid
- 1/2 cup of non-chlorinated water, most bottled waters are sufficient
- 1 teaspoon salt, optional



## Instructions

1. Place 1/4 cup of water into a small bowl. Crush the Rennet tablet and dissolve in the water.
2. Place 1/4 cup of water in another small bowl. Add 1 teaspoon of citric acid and stir.
3. Place 1 gallon of milk into a non-reactive pot. Heat on Medium-Low until it reaches 50-55 degrees F.
4. Add mixture of water/citric acid and stir for one minute.
5. Add the remaining 1 teaspoon of citric acid (that is not mixed with water) and stir for an additional minute.
6. Heat Milk to 88 degrees F.
7. Turn off the heat, remove the pot from the heat source, and stir in the rennet mixture for approximately 20 seconds.
8. Cover the pot, and let sit for 20-30 minutes -- DO NOT disturb the mixture at this time.
9. The mixture should be set and not look like liquid. Cut a one inch checkerboard pattern into the cheese - making vertical cuts and then horizontal cuts.
10. Let the curds sit for 10 minutes.

- Steak Fajitas
- Duck Curry
- Tikka Masala
- Frozen Soup
- Pasty Pie
- Bacon Carbonara
- Chicken Salad
- Meatloaf
- Fish / Brocc / Rice
- Tuna Melts
- Burgers / Brats
- Pizza
- Quiche
- Crepes
- Sesame Chicken
- Stir fry Veggies
- Kielbasa + Eggs
- Skillet
- Pad Thai
- Dumplings
- Caesar Salad
- Buttermilk Pancakes
- Chili / Cornbread
- Pasta