

Christensen Family Cookbook

Introduction

This Christensen Family Cookbook is an updated collection of the Christensen family's favorite recipes. The original version of this book was compiled by Janet Christensen. Some recipes have been added, updated, and removed between the two versions. This current edition includes recipes from the original cookbook, Brian, Erin, Sue, and the kids. Many of the recipes I remember eating frequently in my childhood, and I'm sure the rest of the kids do as well.

This cookbook is designed to be durable and easy to modify and extend. It is assembled in a 3-ring binder with each page in a sheet protector. This ensures easy cleanup from spills and allows the reader to modify or re-print individual pages as changes become necessary or tastes evolve. For quick reference, every main recipe category is separated by a tab. We have included extra sheet protectors at the end of the binder. We encourage you to include your own written or printed recipes here, allowing this book to be a continuously growing document.

Brooklyn and I hope this cookbook will be a valuable resource for you and your families.

Noah

For the latest updates and an online version of this cookbook, scan the QR code below:



Table of Contents

Introduction	2
Table of Contents	3
Kitchen Conversions & Measurements	5
Common Abbreviations	5
Imperial and Metric Conversions	6
Common Ingredient Substitutions	7
Alcohol Substitutions	11
Alcohol Substitutions (continued)	12
Beverages	13
Orange Julius	14
Russian Punch	15
Brandy Alexander	16
Caribbean Splash	16
Daiquiri	17
Frosty Cider	17
Margarita	18
Pina Colada	18
Spicy Pirate	19
Strawberry Daiquiri	19
Sunburn	20
Tom Collins	20
Bread	21
50% Whole Wheat Nut Muffins	22
Artisan (Pioneer) Bread	23
Baking Powder Biscuits	24
Best White Dinner Rolls	25
Homemade Cinnamon Rolls	26
Lionhouse Dinner Rolls	28
Muffins	29
The Best Pizza Dough	30
White Bread (A favorite recipe)	31
Breakfast	32
Basic Buttermilk Waffles	33
Basic Crepe Recipe with Cheese Sauce	34
Breakfast Casserole	36
Breakfast Strata with Potatoes, Rosemary, and Fontina	37
Breakfast Strata with Sausage, Mushrooms, and Monterey Jack	39
Creamed Eggs	40
Creme Brulee French Toast	41
Hootenanny Pancakes	42
Norwegian Pancakes (Ellen Chadwick)	43
Potato Pancakes	44
Sausage Gravy for Biscuits	45
The Best Ever Pancakes	46
Waffles	47
Dessert	48
Blondies	49
Chewy Oatmeal Chocolate Chip Coconut Cookies	50
Chocolate Buttermilk Brownies (Texas style)	51
Chocolate Cream Cake	52
Classic Peach Cobbler	53
Crisco Chocolate Cake	54

Hidden-Veggie Carrot & Orange Popsicles	55
Vanilla Bean Sugar Cookies with Royal Icing	56
Entrees	58
Beef Stroganoff	59
Best Chicken Parmesan	61
Cast Iron Shepherd's Pie	63
Chile Verde	65
Chow Mein	66
Double-Crust Chicken Pot Pie	68
Penne Rustica - Romano's Macaroni Grill	70
Rempel Family Meatloaf	72
Spaghetti Carbonara	73
Steak Fajitas	74
Sushi	76
Salads and Sides	77
ATK Classic Egg Salad	78
Chicken Pasta Salad	79
Chicken Salad with Fresh Herbs	80
Chunky Guacamole	81
Garden Potato Salad	82
Hawaiian Macaroni Salad	83
Homemade Mac & Cheese	84
Lionhouse Coleslaw	85
Pot Stickers (Chinese Dumplings)	86
Seven-Layer Dip	87
Southern style sweet potato casserole	89
Spring Rolls	90
Sauces	92
Homemade Canned Spaghetti Sauce	93
Homemade Enchilada Sauce	95
Soup	97
Broccoli Cheese Soup	98
Carrabba's Spicy Sicilian Chicken Soup	99
Creamy Tortellini Soup	101
Creamy White Chicken Chili	102
Easy Tortellini Soup	104
Egg Drop Soup	105
Mimi's Cafe Corn Chowder	106
Texas Brisket Chili	107
Other	109
Kool-Aid Playdoh	110

Kitchen Conversions & Measurements

A quick reference for common measurements and substitutions you might need while cooking.

Common Abbreviations

gal.	Gallon
qt.	Quart
pt.	Pint
C.	Cup
fl. oz.	Fluid Ounce
T. or tbsp.	Tablespoon
t. or tsp.	Teaspoon
lb. or #	Pound
oz.	Ounce

Imperial and Metric Conversions

Cup	Tablespoon	Teaspoon	Fluid Ounce	Milliliter
1 cup	16 tbsp	48 tsp	8 fl oz	237 ml
$\frac{3}{4}$ cup	12 tbsp	36 tsp	6 fl oz	177 ml
$\frac{2}{3}$ cup	10 tbsp + 2 tsp	32 tsp	5 $\frac{1}{3}$ fl oz	158 ml
$\frac{1}{2}$ cup	8 tbsp	24 tsp	4 fl oz	118 ml
$\frac{1}{3}$ cup	5 tbsp + 1 tsp	16 tsp	2 $\frac{2}{3}$ fl oz	79 ml
$\frac{1}{4}$ cup	4 tbsp	12 tsp	2 fl oz	59 ml
$\frac{1}{6}$ cup	2 tbsp + 2 tsp	8 tsp	1 $\frac{1}{3}$ fl oz	40 ml
$\frac{1}{8}$ cup	2 tbsp	6 tsp	1 fl oz	30 ml
$\frac{1}{16}$ cup	1 tbsp	3 tsp	$\frac{1}{2}$ fl oz	15 ml

Common Ingredient Substitutions

Ingredient	Amount	Substitution
Allspice	1 teaspoon	½ teaspoon cinnamon, ¼ teaspoon ginger, and ¼ teaspoon cloves
Arrowroot starch	1 teaspoon	1 tablespoon flour OR 1 teaspoon cornstarch
Baking mix	1 cup	1 cup pancake mix
Baking powder	1 teaspoon	¼ teaspoon baking soda plus ½ teaspoon cream of tartar OR ¼ teaspoon baking soda plus ½ cup buttermilk (decrease liquid in recipe by ½ cup)
Baking soda	1 teaspoon	4 teaspoons baking powder OR 1 teaspoon potassium bicarbonate and ⅓ teaspoon salt. NOTE: If the recipe calls for an acidic liquid such as sour cream, yogurt, buttermilk, vinegar, molasses, or citrus juice, you should replace it with the same amount of whole milk
Beer	1 cup	1 cup nonalcoholic beer OR 1 cup chicken broth
Brandy	¼ cup	1 teaspoon imitation brandy extract plus enough water to make ¼ cup
Bread crumbs	1 cup	1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats
Broth: beef or chicken	1 cup	1 bouillon cube plus 1 cup boiling water OR 1 tablespoon soy sauce plus enough water to make 1 cup OR 1 cup vegetable broth
Brown sugar	1 cup, packed	1 cup white sugar plus ¼ cup molasses and decrease the liquid in recipe by ¼ cup OR 1 cup white sugar OR 1 ¼ cups confectioners' sugar
Butter (salted)	1 cup	1 cup margarine OR 1 cup shortening plus ½ teaspoon salt OR ⅞ cup vegetable oil plus ½ teaspoon salt OR ⅞ cup lard plus ½ teaspoon salt
Butter (unsalted)	1 cup	1 cup shortening OR ⅞ cup vegetable oil OR ⅞ cup lard
Buttermilk	1 cup	1 cup yogurt OR 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
Cheddar cheese	1 cup shredded	1 cup shredded Colby cheddar OR 1 cup shredded Monterey Jack cheese
Chervil	1 tablespoon chopped fresh	1 tablespoon chopped fresh parsley
Chicken base	1 tablespoon	1 cup canned or homemade chicken broth or stock. Reduce liquid in recipe by 1 cup
Chocolate (semisweet)	1 ounce	1 (1-ounce) square of unsweetened chocolate plus 4 teaspoons sugar OR 1 ounce semisweet chocolate chips plus 1 teaspoon shortening
Chocolate (unsweetened)	1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil
Cocoa	¼ cup	1 (1-ounce) square unsweetened chocolate
Condensed cream of mushroom soup	1 (10.75-ounce) can	1 (10.75-ounce) can condensed cream of celery, cream of chicken, or golden mushroom soup

Ingredient	Amount	Substitution
Corn syrup	1 cup	1 ¼ cup white sugar plus ⅓ cup water OR 1 cup honey OR 1 cup light treacle syrup
Cottage cheese	1 cup	1 cup farmer's cheese OR 1 cup ricotta cheese
Cracker crumbs	1 cup	1 cup bread crumbs OR 1 cup matzo meal OR 1 cup ground oats
Cream (half and half)	1 cup	⅞ cup milk plus 1 tablespoon butter
Cream (heavy)	1 cup	1 cup evaporated milk OR ¾ cup milk plus ⅓ cup butter
Cream (light)	1 cup	1 cup evaporated milk OR ¾ cup milk plus 3 tablespoons butter
Cream (whipped)	1 cup	1 cup frozen whipped topping, thawed
Cream of tartar	1 teaspoon	2 teaspoons lemon juice or vinegar
Crème fraiche	1 cup	Combine 1 cup of heavy cream and 1 tablespoon of plain yogurt. Let stand for 6 hours at room temperature
Egg	1 whole (3 tablespoons or 1.7 oz)	2 ½ tablespoons of powdered egg substitute plus 2 ½ tablespoons water OR ¼ cup liquid egg substitute OR ¼ cup silken tofu pureed OR 3 tablespoons mayonnaise OR half a banana mashed with ½ teaspoon baking powder OR 1 tablespoon powdered flax seed soaked in 3 tablespoons water
Evaporated milk	1 cup	1 cup light cream
Farmer's cheese	8 ounces	8 ounces dry cottage cheese OR 8 ounces creamed cottage cheese, drained
Fats for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Flour: bread	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten
Flour: cake	1 cup	1 cup all-purpose flour minus 2 tablespoons
Flour: self-Rising	1 cup	⅞ cup all-purpose flour plus 1 ½ teaspoons baking powder and ½ teaspoon of salt
Garlic	1 clove	⅛ teaspoon garlic powder OR ½ teaspoon granulated garlic OR ½ teaspoon garlic salt, reduce salt in recipe
Gelatin	1 tablespoon, granulated	2 teaspoons agar agar
Ginger (dry)	1 teaspoon	2 teaspoons chopped fresh ginger
Ginger (fresh)	1 teaspoon, minced	½ teaspoon ground dried ginger
Green onion	½ cup , chopped	½ cup chopped onion OR ½ cup chopped leek OR ½ cup chopped shallots
Hazelnuts	1 cup whole	1 cup macadamia nuts OR 1 cup almonds
Herbs (fresh)	1 tablespoon chopped fresh	1 teaspoon (chopped or whole leaf) dried herbs

Ingredient	Amount	Substitution
Herring	8 ounces	8 ounces of sardines
Honey	1 cup	1 ¼ cup white sugar plus ⅓ cup water OR 1 cup corn syrup OR 1 cup light treacle syrup
Hot pepper sauce	1 teaspoon	¾ teaspoon cayenne pepper plus 1 teaspoon vinegar
Lard	1 cup	1 cup shortening OR ⅞ cup vegetable oil OR 1 cup butter
Lemon grass	2 fresh stalks	1 tablespoon lemon zest
Lemon juice	1 teaspoon	½ teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice
Lemon zest	1 teaspoon	½ teaspoon lemon extract OR 2 tablespoons lemon juice
Lime juice	1 teaspoon	1 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lemon juice
Lime zest	1 teaspoon	1 teaspoon lemon zest
Macadamia nuts	1 cup	1 cup almonds OR 1 cup hazelnuts
Mace	1 teaspoon	1 teaspoon nutmeg
Margarine	1 cup	1 cup shortening plus ½ teaspoon salt OR 1 cup butter OR ⅞ cup vegetable oil plus ½ teaspoon salt OR ⅞ cup lard plus ½ teaspoon salt
Mayonnaise	1 cup	1 cup sour cream OR 1 cup plain yogurt
Milk (whole)	1 cup	1 cup soy milk OR 1 cup rice milk OR 1 cup water or juice OR ¼ cup dry milk powder plus 1 cup water OR ⅔ cup evaporated milk plus ⅓ cup water
Mint (fresh)	¼ cup chopped	1 tablespoon dried mint leaves
Molasses	1 cup	Mix ¾ cup brown sugar and 1 teaspoon cream of tartar
Mustard: prepared	1 tablespoon	Mix together 1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
Onion	1 cup, chopped	1 cup chopped green onions OR 1 cup chopped shallots OR 1 cup chopped leeks OR ¼ cup dried minced onion OR ¼ cup onion powder
Orange juice	1 tablespoon	1 tablespoon other citrus juice
Orange zest	1 tablespoon	½ teaspoon orange extract OR 1 teaspoon lemon juice
Parmesan cheese	½ cup, grated	½ cup grated Asiago cheese OR ½ cup grated Romano cheese
Parsley	1 tablespoon chopped fresh	1 tablespoon chopped fresh chervil OR 1 teaspoon dried parsley
Pepperoni	1 ounce	1 ounce salami

Ingredient	Amount	Substitution
Raisin	1 cup	1 cup dried currants OR 1 cup dried cranberries OR 1 cup chopped pitted prunes
Rice: white	1 cup, cooked	1 cup cooked barley OR 1 cup cooked bulgur OR 1 cup cooked brown or wild rice
Ricotta	1 cup	1 cup dry cottage cheese OR 1 cup silken tofu
Rum	1 tablespoon	½ teaspoon rum extract, plus enough water to make 1 tablespoon
Saffron	¼ teaspoon	¼ teaspoon turmeric
Salami	1 ounce	1 ounce pepperoni
Semisweet chocolate chips	1 cup	1 cup chocolate candies OR 1 cup peanut butter or other flavored chips OR 1 cup chopped nuts OR 1 cup chopped dried fruit
Shallots, chopped	½ cup	½ cup chopped onion OR ½ cup chopped leek OR ½ cup chopped green onion
Shortening	1 cup	1 cup butter OR 1 cup margarine minus ½ teaspoon salt from recipe
Sour cream	1 cup	1 cup plain yogurt OR 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup OR ¾ cup buttermilk mixed with ⅓ cup butter
Sour milk	1 cup	1 tablespoon vinegar or lemon juice mixed with enough milk to make 1 cup: Let stand 5 minutes to thicken
Soy sauce	½ cup	¼ cup Worcestershire sauce mixed with 1 tablespoon water
Stock: beef or chicken	1 cup	1 cube beef or chicken bouillon dissolved in 1 cup water
Sweetened condensed milk	1 (14-ounce) can	¾ cup white sugar mixed with ½ cup water and 1 ⅞ cups dry powdered milk: Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes
Vegetable oil (for baking)	1 cup	1 cup applesauce OR 1 cup fruit puree
Vegetable oil (for frying)	1 cup	1 cup lard OR 1 cup vegetable shortening
Vinegar	1 teaspoon	1 teaspoon lemon or lime juice OR 2 teaspoons white wine
White sugar	1 cup	1 cup brown sugar OR 1 ¼ cups confectioners' sugar OR ¾ cup honey OR ¾ cup corn syrup
Wine	1 cup	1 cup chicken or beef broth OR 1 cup fruit juice mixed with 2 teaspoons vinegar OR 1 cup water
Yeast: active dry	1 (.25-ounce) package	1 cake compressed yeast OR 2 ½ teaspoons active dry yeast OR 2 ½ teaspoons rapid rise yeast
Yogurt	1 cup	1 cup sour cream OR 1 cup buttermilk OR 1 cup sour milk

Alcohol Substitutions

Ingredient	Substitution
Amaretto	1/4 to 1/2 teaspoons Almond extract for 2 Tablespoons Amaretto
Anisette	Anise Italian Syrup or Fennel
Beer or Ale	Chicken Broth, Beef Broth, Mushroom Broth, White Grape Juice, Ginger Ale
Bourbon	1 1/2 to 2 teaspoons vanilla extract for 2 Tablespoons Bourbon
Brandy	1 1/2 to 2 teaspoons vanilla extract for 2 Tablespoons Brandy (For a particular flavor of brandy, use the corresponding extract)
Calvados	Apple juice concentrate or apple juice
Chambord	Raspberry juice, syrup, or extract
Champagne	Ginger ale, sparkling cider, sparkling cranberry juice, sparkling white grape juice
Claret	Diluted currant or grape juice, cherry cider syrup
Cointreau	Orange juice, frozen orange juice concentrate
Cognac	Peach, pear, or apricot juice
Creme de menthe	Spearmint extract mixed with water or grape juice
Coffee Liqueur	1/2 to 1 teaspoon chocolate extract plus, one teaspoon instant coffee, and 2 tablespoons water for 2 tablespoons Liqueur
Curacao	Orange juice concentrate
Framboise	Raspberry juice or syrup
Frangelico	Hazelnut or almond extract
Galliano	Licorice extract
Grand Marnier	2 Tablespoons orange juice concentrate, or 2 Tablespoons orange juice and 1/2 teaspoon orange extract for 2 Tablespoons Grand Marnier
Grenadine	Pomegranate syrup or juice
Hard Cider	Apple juice or apple cider
Kahlua	1/2 to 1 teaspoon chocolate extract or 1/2 to 1 teaspoon instant coffee and 2 Tablespoons water for 2 Tablespoons Kahlua

Alcohol Substitutions (continued)

Ingredient	Substitution
Kirsch	Cherry cider or black cherry, raspberry, boysenberry, currant, or grape juice or syrup
Mirin	White grape juice and lemon juice or zest
Muscat	White grape juice and powdered sugar
Peppermint Schnapps	Mint or peppermint extract, mint Italian soda, or mint leaves
Port Wine	Sweet sherry, orange juice, or apple juice
Red Burgundy	Red wine vinegar or grape juice
Red Wine	Non-alcoholic wine, beef or chicken broth, diluted red wine vinegar, tomato juice, grape juice, cranberry juice, water
Rum	White grape juice, pineapple juice, apple juice
Sake	Rice vinegar
Schnapps	1 teaspoon corresponding flavor extract for 2 Tablespoons Schnapps
Scotch	1/2 to 2 Tablespoons vanilla extract for 2 Tablespoons Scotch
Sherry	Apple juice, orange juice, or pineapple juice
Tequila	Cactus juice or nectar
Triple Sec	Orange juice concentrate, orange juice, orange zest, or orange marmalade
Vermouth, Dry	White grape juice, white wine vinegar, or non-alcoholic white wine
Vermouth, Sweet	Apple juice, grape juice, balsamic vinegar, non-alcoholic sweet wine, or water with lemon juice
Whiskey	If a small amount is called for, it may be eliminated
White Burgundy	Non-alcoholic wine, white grape juice diluted with white wine vinegar
White Wine	Non-alcoholic wine, chicken broth, water
Vodka	White grape juice, apple cider with lime juice, water

Beverages

Orange Julius

Erin Christensen

Ingredients

- 6 oz. orange juice (frozen concentrate)
- ½ c. sugar Substitute honey if desired
- ½ c. milk
- ½ tsp. vanilla
- 1 ½ c. water
- 12-14 ice cubes

Directions

1. Blend in blender until smooth.
2. Substitute pineapple juice and honey for sugar, if desired.

Russian Punch

Christensen Cookbook

YIELD

1 Gallon

Ingredients

- 2 $\frac{2}{3}$ C. Sugar
- 2 $\frac{2}{3}$ C. Orange Juice
- 2 qt. Water
- 1 $\frac{1}{3}$ t. Almond Extract
- 2 $\frac{2}{3}$ C. Water
- 1 C. Lemon Juice
- 2 $\frac{2}{3}$ t. Vanilla

Directions

1. Simmer together sugar and 2 c. Water of the 2 $\frac{2}{3}$ c. for 5 minutes.
2. Combine with remaining ingredients and either chill for a cold punch or heat to boiling and serve warm.

Brandy Alexander

Blendtec lifestyles recipe book

Ingredients

- 2 T. brandy
- 1 C. chocolate ice cream
- ¼ C. lowfat chocolate milk
- ¼ C. ice cubes

Directions

1. Combine all ingredients in a blender or mixing bowl and blend or whisk until smooth. Serve immediately.
-

Caribbean Splash

Blendtec lifestyles recipe book

Ingredients

- 1⅓ C. pineapple juice
- ½ C. light rum
- 1 banana
- 1 T. sugar or sugar substitute
- 1 ½ C. ice cubes

Directions

1. Combine all ingredients in a shaker or large jar with ice. Shake or stir vigorously until well chilled. Pour into glasses and serve immediately.

Daiquiri

Blendtec lifestyles recipe book

YIELD

3 C.

Ingredients

- ½ C. water
- 1 can frozen limeade concentrate 6 oz
- ⅓ C. light rum
- 1 C. ice

Directions

1. Add ingredients to a blender and mix until combined.
-

Frosty Cider

Blendtec lifestyles recipe book

Ingredients

- 1 ¾ C. apple cider
- ¼ C. apple Schnapps
- ½ large apple
- ½ large orange
- 1 ¼ C. vanilla ice cream
- ½ t. cinnamon
- ½ t. nutmeg

Directions

1. Combine all ingredients in a blender or mixing bowl and blend or whisk until smooth. Serve immediately.

Margarita

Blendtec lifestyles recipe book

Ingredients

- 3 T. Margarita mix
- 1 T. Triple Sec
- 1 T. sweetened lime juice
- ¼ C. lemonade
- 1 ½ C. ice cubes

Directions

1. Combine all ingredients in a shaker or large jar with ice. Shake or stir vigorously until well chilled. Pour into glasses and serve immediately.
-

Pina Colada

Blendtec lifestyles recipe book

Ingredients

- 1 C. cream of coconut
- ¾ C. pineapple juice
- ½ C. light rum
- 1 T. milk
- 1 8-oz. can pineapple
- 2 ½ C. ice

Directions

1. Combine all ingredients in a shaker or large jar with ice. Shake or stir vigorously until well chilled. Pour into glasses and serve immediately.

Spicy Pirate

Blendtec lifestyles recipe book

Ingredients

- $\frac{3}{4}$ C. orange juice
- 3 oz. light rum
- $\frac{1}{4}$ C. cream of coconut
- $\frac{1}{8}$ t. cinnamon
- 2 C. ice cubes

Directions

1. Combine all ingredients in a shaker or large jar with ice. Shake or stir vigorously until well chilled. Pour into glasses and serve immediately.
-

Strawberry Daiquiri

Blendtec lifestyles recipe book

Ingredients

- 6 oz. lemonade concentrate
- $\frac{1}{3}$ C. sugar or sugar substitute
- 3 C. strawberries
- $\frac{1}{2}$ C. light or dark rum
- 1 $\frac{1}{2}$ C. ice cubes

Directions

1. Combine all ingredients in a shaker or large jar with ice. Shake or stir vigorously until well chilled. Pour into glasses and serve immediately.

Sunburn

Blendtec lifestyles recipe book

Ingredients

- ½ C. pineapple juice
- ½ C. orange juice
- 1 C. rum
- 1 T. Amaretto liquor
- 3 T. grenadine syrup
- 3 C. ice

Directions

1. Combine all ingredients in a shaker or large jar with ice. Shake or stir vigorously until well chilled. Pour into glasses and serve immediately.

Tom Collins

Blendtec lifestyles recipe book

YIELD

1 3/4 C.

Ingredients

- 2 T. Gin
- ¼ C. Lemonade
- ⅓ C. sugar
- ½ C. water (chilled)
- ½ Lemon peeled and seeded
- ½ C. ice
- ½ C. club soda

Directions

1. Add ingredients to a blender and mix until combined.

Bread

50% Whole Wheat Nut Muffins

Christensen Cookbook

YIELD

12 good-sized muffins

Ingredients

- 1 C. white flour
- ½ t. salt
- ½ C. brown sugar
- 2 beaten eggs
- 1 C. whole wheat flour
- 4 t. baking powder
- 1 C. milk
- ⅓ C. oil (or melted shortening)
- ½ C. chopped nuts (optional)

Directions

1. Sift together in mixing bowl: white flour and salt.
2. Add brown sugar and blend well.
3. In a separate bowl, mix together: beaten eggs, whole wheat flour, baking powder, milk, and oil.
4. Add milk mixture to flour mixture and stir just until flour is dampened. Mix as little as possible.
5. Fold in chopped nuts (if using).
6. Bake in greased muffin pans at 425° F for 15 min.

Artisan (Pioneer) Bread

COOK TIME

40 minutes

Ingredients

- 3 C. flour
- 2 tsp salt
- ½ tsp yeast
- 1 ½ C. warm water

Directions

1. Mix together in a large bowl: flour, salt, yeast, and warm water.
2. Stir until very smooth. Cover and store in a warm place to rise.
3. Preheat oven to 450° F with dutch oven and lid inside.
4. When dough is ready, turn out onto a prepared surface. Knead, shape, and score the top of the loaf.
5. Place the dough in the preheated dutch oven with the lid in place. Place the dutch oven in the oven.
6. Bake covered for 20 minutes, and then uncovered for 20 minutes.
7. Cool on a cooling rack.

Baking Powder Biscuits

Christensen Cookbook

YIELD	PREP TIME	COOK TIME	TOTAL TIME
approx. 6 biscuits	10 minutes	12-15 minutes	25 minutes

Ingredients

- 2 C. Flour
- ½ t. Salt
- 3 t. Baking powder (1 T.)
- ⅓ C. Shortening
- ¾ C. Milk

Directions

1. Mix flour, baking powder and salt in a bowl.
2. Cut in shortening with 2 knives or pastry blender until mixture looks like a coarse meal.
3. Add milk and stir until blended.
4. Transfer dough to a bread board dusted with flour.
5. Knead lightly and roll ½" thick
6. Cut and bake on ungreased baking sheet 425° F 12-15 minutes.

Notes

- The original recipe called for 1 tsp. salt per recipe, but this was too salty.
- For thicker biscuits, adjust baking time to 15-18 minutes.

Best White Dinner Rolls

Christensen Cookbook

YIELD
50-60 rolls

Ingredients

- 1 C. sugar
- 1 C. oil
- 1 C. powdered milk
- 4 t. salt
- 4 beaten eggs
- 4 T. yeast
- 6 C. bread flour
- 4 C. very warm water
- 6-7 C. Additional bread flour as needed

For Cinnamon Rolls:

- 1 cube melted butter
- ½ - 1 C. brown sugar
- Nuts (optional)
- Raisins (optional)

Directions

1. In the bowl of a bread mixer, combine sugar, oil, powdered milk, salt, beaten eggs, and yeast.
2. Add 6 cups of bread flour. Start the machine on low and begin pouring in 4 cups of very warm water.
3. When incorporated, stop the machine and add another 6-7 cups of bread flour.
4. Put the lid on the machine and knead for about 5 minutes. The dough should come off the sides of the bowl. If not, add more flour and mix in.
5. Turn out the dough onto an oiled surface, cover with a cloth, and let rise for 1 hour.
6. Punch down the dough and let it rest for 10 minutes.
7. Roll out the dough for rolls. Bake at 350° F for 15-20 minutes.
8. For cinnamon rolls, roll out onto a large rectangle. Spread with a cube of melted butter, ½-1 c. brown sugar, nuts, and raisins. Roll up, seal the edge, and cut with dental floss or string into 1.5 in. strips. Let rise and bake.

Notes

- Rolls can be made ahead of time and frozen, then thawed like Rhodes.

Homemade Cinnamon Rolls

Christensen Cookbook, by Becky Low

YIELD	COOK TIME
24 rolls	20-25 minutes

Ingredients

Dough:

- 3 C. lukewarm water
- 1 T. salt
- ½ C. sugar
- 2 T. active dry yeast
- ¼ C. melted butter
- 7-9 C. flour
- ⅓ C. non-instant dry milk

Filling:

- ¼ C. butter
- ⅓ C. sugar
- cinnamon
- raisins (optional)

Frosting:

- 3-4 oz. very soft cream cheese
- 2 T. milk
- ½ t. vanilla
- about 2 C. powdered sugar

Directions

1. Place warm water in mixer, add salt, ½ cup sugar, and yeast. Stir.
2. Add ¼ cup melted butter and 5 cups flour. Place dry milk on top of flour and gently stir milk into flour.
3. Using dough hook attachment, begin kneading bread. Gradually add 2-3 cups more flour or until a soft dough forms. Knead for 10 minutes.
4. Remove dough from mixer. With lightly floured or buttered hands, divide dough in half. Roll each half on a buttered surface into a 13x17 rectangle.
5. Spread each rectangle with 2 tablespoons softened butter, sprinkle with 3 tablespoons sugar and approximately 1 tablespoon cinnamon. Sprinkle with raisins, if desired.
6. Roll dough into a log. Cut each log into 12 slices (approximately 1 inch thick), place on a buttered baking

sheet.

7. Cover and allow to rise until double in bulk (approximately 1 hour depending on warmth of room and dough).
8. Bake rolls in a preheated 350-degree F oven for 20-25 minutes or until lightly browned. Cool for 5-10 minutes then frost.
9. To make frosting: Combine 3-4 ounces very soft cream cheese with 2 tablespoons milk, ½ teaspoon vanilla, and about 2 cups powdered sugar. Beat until smooth and creamy.

Notes

- The easiest way to make this recipe is with a large heavy-duty mixer. If a mixer is unavailable, follow directions for hand mixing.
- For the hand method: Place warm water in a mixing bowl, add salt, ½ cup sugar, and yeast. Stir. Add ¼ cup melted butter and 4 cups flour. Place dry milk on top of flour and gently stir milk into flour, then beat dough by hand until spongy. Gradually stir in enough more flour to make soft dough that can be handled. Remove from bowl and place on a floured surface. Knead by hand until smooth and elastic, about 10-15 minutes. Continue to add flour to surface, as needed, to keep dough from sticking. Be careful not to add too much flour and make stiff dough.
- Substitute approximately ¾ cup instant dry milk if non-instant dry milk is unavailable.
- To frost cookie sheet rolls, increase frosting ingredients by 1.5x.

Lionhouse Dinner Rolls

YIELD
About 3 dozen rolls

COOK TIME
15-20 minutes

Ingredients

- 2 T. dry yeast (2 packets)
- 2 C. warm water (110-115° F.)
- ⅓ C. sugar
- ⅓ C. shortening (butter, margarine, or vegetable shortening)
- 2½ t. salt
- ⅔ C. nonfat dry milk
- 5 to 6 C. flour
- 1 egg

Directions

1. In a large mixer bowl, combine yeast and water. Let stand for 5 minutes.
2. Add sugar, shortening, salt, dry milk, 2 cups flour, and egg. Beat until very smooth.
3. Gradually add 2-3 more cups of flour, mixing until a soft dough forms. Turn dough onto a lightly floured board and knead until smooth and satiny.
4. Place dough in a greased bowl, cover, and let rise in a warm place until about triple in bulk.
5. Punch down dough and let rest for 10 minutes to make it easier to manage.
6. Cut or mold into desired shapes and place on greased baking sheets. Brush surface of rolls with melted butter.
7. Let rise in a warm place until ready for the oven (about 1½ hours).
8. Bake at 400° F for 15 to 20 minutes, or until browned to your satisfaction.

Notes

- The mixing process may be done by hand, but it takes thorough kneading to develop the gluten.
- Soft dough makes lighter rolls and is easier to manage if refrigerated overnight.
- Always add flour gradually to keep the dough as soft as you can handle.

Muffins

Christensen Cookbook

YIELD	COOK TIME
Makes 1 pan of a dozen standard muffins	10 min

Ingredients

- 2 C. flour
- 3 t. baking powder
- 3 T. sugar
- ½ t. salt
- 1 egg
- 1 C. milk
- 3 T. oil

Directions

1. Mix dry ingredients together in a bowl.
2. Mix the wet ingredients together in another bowl.
3. Pour wet ingredients onto flour mixture.
4. Stir only until dry ingredients are dampened (about 15 times).
5. Fill greased muffin cups about ½ full.
6. Bake at 425° F for 10 min.

The Best Pizza Dough

ATK February/March 2020 Yay covid

YIELD	PREP TIME
2 crusts	30 minutes + chilling time

Ingredients

- 1 ¼ C. warm water (~110° F)
- 2 t. sugar, divided
- 1 pkg. active dry yeast (2 ¼ t.)
- 3 ½ - 4 C. all-purpose or 00 flour
- 1 t. sea salt
- 1 t. dried basil (optional)
- 1 t. dried oregano (optional)
- 1 t. dried marjoram (optional)
- ⅓ C. vegetable or olive oil

Directions

1. In a small bowl, mix water and 1 tsp sugar. Add yeast and whisk until dissolved. Let stand until bubbles form on the surface.
2. In a large bowl, whisk 3 cups flour, salt, remaining 1 tsp sugar, and dried herbs if desired.
3. Make a well in the center; add the yeast mixture and oil. Stir until smooth.
4. Add enough remaining flour to form a soft dough.
5. Turn the dough onto a floured surface and knead, adding flour to the surface as needed, until dough is no longer sticky and is smooth and elastic, 6-8 minutes.
6. Place dough in a large greased bowl and turn once to grease the top.
7. Cover and let rise in a warm place for 30 minutes.
8. Transfer the bowl to the refrigerator and chill for at least one hour, up to two or three days. Allow dough to come to room temperature before rolling, about 30 minutes.

White Bread (A favorite recipe)

Christensen Cookbook

YIELD

2 loaves

Ingredients

- 2 C. milk
- 2 $\frac{2}{3}$ T. shortening
- 2 $\frac{1}{2}$ t. salt
- 5 $\frac{1}{2}$ C. flour
- 1 T. yeast
- $\frac{1}{4}$ C. water
- 4 T. sugar

Directions

Standard Method:

1. Microwave milk for 2 min. 30 sec.
2. Dissolve yeast in water.
3. Add remaining ingredients to milk and beat for 1 min. in a mixer.
4. Add yeast and mix for 7 more minutes.
5. When dough has doubled in bulk, mix down and let rise again.
6. Divide into loaves and let rest for 10 min.
7. Put dough in loaf pans and let rise.
8. Bake for 30 min. at 375° F.

Janet's Variation (for Instant Yeast):

1. Put 2 c. flour in the mixer bowl.
2. Sprinkle yeast, salt, sugar, and mix together.
3. Add shortening.
4. When milk is warm, pour over flour mixture, continue mixing while adding remaining flour.
5. Mix for about 6-7 min. until dough is soft.
6. Continue with step 5 of the Standard Method to rise, shape, and bake the dough.

Breakfast

Basic Buttermilk Waffles

Christensen Cookbook

YIELD

5 generous servings

Ingredients

- 3 eggs, separated
- 3 C. buttermilk
- 1 ½ t. baking soda
- 3 C. flour
- 3 t. baking powder
- ¾ t. salt
- ½ C. + 1 T. oil
- 3 T. sugar

Directions

1. Beat egg whites until stiff. Set aside.
2. Beat egg yolks, then beat in remaining ingredients.
3. Fold in egg whites.
4. Bake in waffle iron.

Basic Crepe Recipe with Cheese Sauce

Christensen Cookbook

YIELD

1 recipe makes about 8 crepes.

Ingredients

Cheese Sauce:

- 2 T. butter or margarine (for each cup sauce)
- 2 T. flour
- $\frac{1}{8}$ t. pepper
- $\frac{1}{2}$ - 1 C. shredded cheddar cheese
- $\frac{1}{4}$ t. salt
- 1 C. milk

Crepes:

- $\frac{1}{2}$ C. water
- $\frac{3}{4}$ C. milk
- 1 C. flour
- $\frac{1}{4}$ t. salt
- 2 T. melted butter
- 2 eggs
- 1 T. sugar
- $\frac{1}{4}$ t. vanilla
- Butter or margarine (for cooking)

Directions

Crepes:

1. Combine all crepe ingredients in blender. Process until smooth.
2. Refrigerate at least 1 hr.
3. To cook, melt small amount of butter or margarine in frying pan.
4. Wait until pan gets hot then pour $\frac{1}{4}$ c. batter and rotate pan until covered with a thin layer of batter.
5. When first side is brown, flip and brown other side.

Cheese Sauce:

1. Melt butter or margarine in saucepan over low heat.
2. Blend in flour, salt and pepper.

3. Cook over low heat, stirring until mixture is smooth and bubbly.
4. Remove from heat.
5. Stir in milk, heat to boiling, stirring constantly.
6. Stir for one minute.
7. Add cheese and stir until melted.

Breakfast Casserole

Christensen Cookbook

Ingredients

- Bread slices (with crusts removed)
- 1 lb. Sausage
- 1 C. grated cheddar cheese
- 12 eggs
- 1 C. milk
- chopped green and red pepper (optional)
- ½ t. dry mustard
- 3 green onions with tops, cut fine (optional)
- Salt (to taste)
- Pepper (to taste)
- 1 can Cream of Mushroom soup
- ½ C. milk
- Sliced fresh mushrooms (optional)

Directions

1. Spray 9x13 in. pan. Lay bread slices in bottom to cover.
2. Brown 1 lb. Sausage. Layer on bread and top with 1 c. grated cheddar cheese.
3. Beat together: 12 eggs, 1 c. milk, green and red pepper, ½ tsp. dry mustard, 3 green onions, Salt and pepper to taste.
4. Pour over layered ingredients and refrigerate overnight.
5. Before baking, dilute 1 can Cream of Mushroom soup with ½ c. milk. Add sliced, fresh mushrooms, if desired.
6. Bake uncovered 1 ½ hr. at 300° F (until center is set).
7. Let stand a few minutes before serving.

Breakfast Strata with Potatoes, Rosemary, and Fontina

America's Test Kitchen

YIELD

Serves 6 (Makes one 8×8-inch strata)

PREP TIME

3 hours, plus 1 hour chilling and 20 minutes standing

Ingredients

- 8–10 slices supermarket French bread or Italian bread (½-inch thick slices) 6–7 ounces
- 5 T. unsalted butter, softened
- 2 t. salt
- 12 oz. new potatoes, cut into ½-inch cubes about 2 medium
- 3 medium shallots, minced about ⅓ cup
- 2 cloves garlic, minced or pressed
- 1½ t. fresh rosemary, minced
- ½ C. medium-dry white wine such as Sauvignon Blanc
- 6 oz. fontina cheese, grated about 1½ cups
- 6 large eggs
- 1¾ C. half-and-half
- 2 T. fresh parsley leaves, minced

Directions

1. Adjust oven rack to middle position and heat oven to 225° F. Arrange bread in a single layer on a large baking sheet and bake until dry and crisp, about 40 minutes, turning slices over halfway through drying time. (Alternatively, leave slices out overnight to dry.) When cooled, butter slices on one side with 2 tablespoons butter; set aside.
2. Bring 1 quart water to a boil in a medium saucepan over medium-high heat; add 1 teaspoon salt and boil potatoes until just tender when pierced with a paring knife, about 4 minutes. Drain potatoes.
3. Heat 2 tablespoons butter in a medium nonstick skillet over medium heat and cook potatoes until just beginning to brown, about 10 minutes. Add shallots and cook, stirring frequently, until softened and translucent, about 1 minute. Add garlic and rosemary and cook until fragrant, about 2 minutes longer. Transfer mixture to a medium bowl, season to taste with salt and pepper, and set aside. Add wine to skillet, increase heat to medium-high, and simmer until reduced to ¼ cup, 2–3 minutes; set aside.
4. Butter an 8-inch square baking dish with the remaining 1 tablespoon butter. Arrange half the buttered bread slices, buttered-side up, in a single layer in the dish. Sprinkle half of the potato mixture, then ½ cup grated cheese evenly over the bread slices. Arrange remaining bread slices in a single layer over the cheese; sprinkle remaining potato mixture and another ½ cup cheese evenly over the bread. Whisk eggs and parsley in a medium bowl until combined; whisk in reduced wine, half-and-half, 1 teaspoon salt, and pepper to taste. Pour egg mixture evenly over bread layers; cover surface flush with plastic wrap, weigh down, and refrigerate at least 1 hour or up to overnight.

5. Remove dish from refrigerator and let stand at room temperature for 20 minutes. Meanwhile, adjust oven rack to middle position and heat oven to 325° F. Uncover strata and sprinkle remaining 1/2 cup cheese evenly over the surface; bake until both edges and center are puffed and edges have pulled away slightly from sides of dish, 50–55 minutes (or about 70 minutes if doubled). Cool on wire rack for 5 minutes; serve.

Breakfast Strata with Sausage, Mushrooms, and Monterey Jack

America's Test Kitchen

YIELD

Serves 6 (Makes one 8×8-inch strata)

PREP TIME

2¾ hours, plus 1 hour chilling and 20 minutes standing

Ingredients

- 8–10 slices supermarket French bread or Italian bread (½-inch thick slices) 6–7 ounces
- 3 T. unsalted butter, softened
- 8 oz. bulk breakfast sausage, crumbled
- 3 medium shallots, minced about ⅓ cup
- 8 oz. white button mushrooms, cleaned and quartered
- 1 t. salt
- ½ C. medium-dry white wine such as Sauvignon Blanc
- 6 oz. Monterey Jack cheese, grated about 1½ cups
- 6 large eggs
- 1¾ C. half-and-half
- 2 T. fresh parsley leaves, minced

Directions

1. Adjust oven rack to the middle position and heat oven to 225°F. Arrange bread in a single layer on a baking sheet and bake until dry and crisp, about 40 minutes, flipping halfway. (Or leave slices out overnight to dry.) When cool, butter one side of each slice with 2 tablespoons butter; set aside.
2. In a medium nonstick skillet over medium heat, cook sausage, breaking it apart, until browned, about 4 minutes. Add shallots and cook until softened, about 1 minute. Add mushrooms and cook until they release no liquid, about 6 minutes. Transfer mixture to a bowl and season with salt and pepper. Add wine to the skillet, increase heat to medium-high, and simmer until reduced to ¼ cup, 2–3 minutes; set aside.
3. Butter 8-inch square baking dish with remaining 1 tablespoon butter; arrange half the buttered bread slices, buttered-side up, in single layer in dish. Sprinkle half of sausage mixture, then ½ cup grated cheese evenly over bread slices. Arrange remaining bread slices in single layer over cheese; sprinkle remaining sausage mixture and another ½ cup cheese evenly over bread. Whisk eggs and parsley in medium bowl until combined; whisk in reduced wine, half-and-half, 1 teaspoon salt, and pepper to taste. Pour egg mixture evenly over bread layers; cover surface flush with plastic wrap, weigh down (see note, above), and refrigerate at least 1 hour or up to overnight.
4. Remove dish from refrigerator and let stand at room temperature 20 minutes. Meanwhile, adjust oven rack to middle position and heat oven to 325° F Uncover strata and sprinkle remaining ½ cup cheese evenly over surface; bake until both edges and center are puffed and edges have pulled away slightly from sides of dish, 50 to 55 minutes (or about 80 minutes for doubled recipe). Cool on wire rack 5 minutes; serve.

Creamed Eggs

Christensen Cookbook

Ingredients

- White bread
- 6 eggs
- 2 C. white sauce
- Paprika

Directions

1. Hard boil the eggs. When cooked, place in pan of cold water.
2. Meanwhile, make approx. 2 c. white sauce.
3. Peel and chop eggs and add to white sauce.
4. Serve over toast and garnish with paprika.

Creme Brulee French Toast

YIELD	PREP TIME	COOK TIME	TOTAL TIME
1 recipe makes about 8 crepes.	15 minutes	35 - 40 minutes	50 - 55 minutes

Ingredients

- 1 stick butter
- 1 C. brown sugar
- 2 T. corn syrup
- 24 small croissants
- 5 large eggs
- 1 1/2 C. Half & Half
- 2 t. vanilla
- 1/4 t. salt

Directions

1. Preheat oven to 350° F
2. Melt the butter in a saucepan, and stir in the brown sugar and corn syrup until the mixture is smooth.
3. Pour the syrup into a 9×13-inch baking dish.
4. Cut the croissants into 1-inch pieces and spread them evenly in the dish, making sure they lie flat on top of the syrup.
5. In a bowl, whisk together the eggs, half-and-half, vanilla, and salt. Pour this mixture evenly over the croissant pieces.
6. Bake 350° F for 35-40 minutes.

Hootenanny Pancakes

Christensen Cookbook

Ingredients

- 6 eggs
- 1 ½ t. salt
- 1 cube margarine
- 1 C. flour
- 1 C. milk

Directions

1. Combine eggs, milk and salt in blender container, beat until fluffy.
2. Tap in flour a little at a time, beating until well blended.
3. Melt margarine in 9x13 baking dish in oven.
4. When butter is melted, pour in batter.
5. Bake 425° F for 20-25 min.

Norwegian Pancakes (Ellen Chadwick)

Christensen Cookbook

Ingredients

- 4 eggs
- ½ C. sugar
- Dash dash salt
- approx. ½ C. Flour (enough to make thin batter)
- Margarine

Directions

1. Beat eggs well with the sugar.
2. Add salt and enough flour to a smooth consistency.
3. Put margarine in bottom of small round frying pan.
4. Add ¼ c. batter and rotate pan until covered with a thin layer of batter.
5. When first side is brown, flip and brown other side.
6. Remove from pan and top with jam.
7. Roll up and enjoy.

Potato Pancakes

Christensen Cookbook

YIELD
6 servings

Ingredients

- 4 C. shredded peeled potatoes (about 4 large)
- 1 egg, slightly beaten
- 1 T. grated onion
- 1 t. pepper
- 3 T. flour
- 1 t. salt
- Cooking oil

Directions

1. Rinse potatoes in cold water; drain well. Place in a large bowl.
2. Add egg, flour, onion, salt, and pepper; mix well.
3. In a skillet, heat $\frac{1}{4}$ in. oil over medium heat.
4. Drop batter by $\frac{1}{3}$ cupfuls into hot oil. Flatten to form a pancake.
5. Fry until golden brown; turn and brown the other side.
6. Drain on paper towels. Serve immediately.

Sausage Gravy for Biscuits

Christensen Cookbook

YIELD

Gravy for about 24 biscuits.

Ingredients

- 1 lb. Sausage
- 4 C. Milk
- ½ - 1 C. Flour
- Water (to make a smooth consistency)
- Salt (to taste)
- Pepper (to taste)

Directions

1. Make biscuits: See the baking powder biscuits recipe in the Bread section.
2. Brown sausage: While biscuits are baking, brown 1 lb sausage in a saucepan. Drain excess grease.
3. Make gravy: Add about 4 C. milk to the sausage-filled pan and heat.
4. Thicken gravy: In a separate bowl, whisk together ½ - 1 C. flour with water until smooth. Gradually stir this mixture into the hot sausage and milk, stirring constantly until the gravy thickens.
5. Season: Taste and adjust gravy with salt and pepper.
6. Serve: Pour gravy over warm biscuits and enjoy.

The Best Ever Pancakes

ATK February/March 2019 magazine

YIELD	PREP TIME	COOK TIME
12 pancakes	15 min.	5 min./batch

Ingredients

- 1 ½ C. all-purpose flour
- 2 T. sugar
- 1 t. baking powder
- ½ t. baking soda
- ½ t. salt
- 1 C. buttermilk
- 2 large eggs
- ¼ C. butter, melted
- 1 t. vanilla extract
- Oil or butter for greasing

Directions

1. In a large bowl, whisk together the first five ingredients.
2. In another bowl, whisk remaining ingredients; stir into dry ingredients just until moistened.
3. Preheat griddle over medium heat. Lightly grease griddle.
4. Pour batter by ¼ cupfuls onto griddle; cook until bottoms are golden brown. Turn; cook until second side is golden brown, about 90 seconds.

Notes

- If you want the most tender pancakes ever, let the batter rest about 15 minutes (30 minutes maximum) before cooking.
- While butter adds flavor, it also burns easily. If you want to cook pancakes in butter, be sure to wipe off any burnt butter between batches.
- Once you flip a pancake, do not move it. If it doesn't land exactly where you want, leave it alone. Otherwise, the bubbles may deflate, and the pancake will be flat.

Waffles

Christensen Cookbook, Claon Adams

YIELD

5 generous servings

Ingredients

- 3 eggs, separated
- 1 ½ C. milk
- 2 T. butter
- 2 C. flour
- 1 ½ t. salt
- 2 T. sugar
- 3 t. baking powder

Directions

1. Beat egg whites until stiff. Set aside.
2. Melt butter and combine with remaining wet ingredients.
3. Add dry ingredients and mix until combined.
4. Fold in egg whites.
5. Bake in waffle iron.

Dessert

Blondies

<https://www.americanastestkitchen.com/recipes/2025-blondies>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
36 blondies	20 minutes	22-25 minutes	1¼ hours

Ingredients

- 1 C. pecans or walnuts (4 oz./113 g)
- 1 ½ C. unbleached all-purpose flour (7 ½ oz./213 g)
- 1 t. baking powder
- ½ t. table salt
- 12 T. unsalted butter (1 ½ sticks), melted and cooled
- 1 ½ C. packed light brown sugar (10 ½ oz./298 g)
- 2 large eggs, lightly beaten
- 4 t. vanilla extract
- 6 oz. white chocolate chips (1 C.) or chopped bar, or 3 oz. (85 g) each white chocolate and semisweet chocolate chips (170 g)

Directions

1. Adjust oven rack to middle position; heat oven to 350° F. Spread nuts on large rimmed baking sheet and bake until deep golden brown, 10 to 15 minutes. Transfer nuts to cutting board to cool; chop coarsely and set aside.
2. While nuts toast, cut 18-inch length foil and fold lengthwise to 8-inch width. Fit foil into length of 13 by 9-inch baking pan, pushing it into corners and up sides of pan; allow excess to overhang pan edges. Cut 14-inch length foil and fit into width of baking pan in same manner, perpendicular to first sheet (if using extra-wide foil, fold second sheet lengthwise to 12-inch width). Spray foil-lined pan with nonstick cooking spray.
3. Whisk flour, baking powder, and salt together in medium bowl; set aside.
4. Whisk melted butter and brown sugar together in medium bowl until combined. Add eggs and vanilla and mix well. Using rubber spatula, fold dry ingredients into egg mixture until just combined; do not overmix. Fold in chocolate and nuts and turn batter into prepared pan, smoothing top with rubber spatula.
5. Bake until top is shiny, cracked, and light golden brown, 22 to 25 minutes; do not overbake. Cool on wire rack to room temperature. Remove bars from pan by lifting foil overhang and transfer to cutting board. Cut into 2-inch squares and serve.

Chewy Oatmeal Chocolate Chip Coconut Cookies

<https://www.melskitchencafe.com/my-favorite-cookie/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
36 cookies	25 minutes	10 minutes	30 minutes

Ingredients

- 1 C. old-fashioned rolled oats (100 g)
- 2 ½ C. all-purpose flour (unbleached) (320 g)
- 1 t. baking soda
- ¾ t. salt
- 1 C. salted butter, softened (227 g)
- 1 ¼ C. packed light brown sugar (265 g)
- ½ C. packed dark brown sugar (106 g)
- 2 large eggs
- 1 T. vanilla
- 1 C. sweetened or unsweetened coconut flakes (85 g)
- 2 C. semisweet or bittersweet chocolate chips (340 g)

Directions

1. Preheat oven to 350° F. Add the oats, flour, baking soda, and salt to a food processor or blender and process for about 30 seconds until coarsely blended. Set aside.
2. In the bowl of a stand mixer fitted with the paddle attachment or in a large bowl with a handheld electric mixer, add the butter and brown sugars and mix until light in color, 1-2 minutes. Add the eggs and vanilla and mix for another 1-2 minutes until light and fluffy, scraping down the sides of the bowl as needed.
3. Add the blended dry ingredients and mix once or twice (not all the flour will be fully combined). Add the coconut and chocolate chips and mix until no dry streaks remain.
4. Shape the cookie dough into balls (I use a #40 cookie scoop) and place several inches apart on parchment lined cookie sheets. Bake for 10-12 minutes. Let the cookies cool slightly before removing them from the pan to a wire rack.

Notes

- Cookies: if your cookies are flattening more than you like, increase the oven temperature to 375° F or use convection setting if your oven has it (325° F).

Chocolate Buttermilk Brownies (Texas style)

Erin Christensen

COOK TIME

20 mins

Ingredients

- 1 c. butter or margarine
- $\frac{1}{3}$ tsp. cocoa
- 1 c. water
- 2 c. flour
- 2 c. sugar
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 1 tsp. vanilla, divided
- 2 eggs, beaten
- $\frac{1}{2}$ c. buttermilk

Frosting:

- $\frac{1}{4}$ c. butter
- 3 T. cocoa
- 3 T. buttermilk
- 2 $\frac{1}{4}$ c. powdered sugar
- $\frac{1}{2}$ tsp. vanilla

Directions

1. Place butter, cocoa, and 1 c water in a saucepan. Bring to a boil. Stir constantly. Remove from heat.
2. In a large bowl, combine flour, sugar, soda, and salt.
3. Stir in eggs, vanilla, and buttermilk.
4. Add warm cocoa mix and stir until blended.
5. Grease a cookie sheet. Bake at 375° F for 20 mins.
6. Immediately pour on buttermilk frosting.

Frosting:

1. In a saucepan, mix $\frac{1}{4}$ c. butter, 3 Tbl. cocoa, and 3 Tbl. buttermilk.
2. Cook and stir until boiling. Remove from heat.
3. With a hand mixer, beat in 2 $\frac{1}{4}$ c. powdered sugar and $\frac{1}{2}$ tsp. vanilla.
4. Pour over hot brownies.

Chocolate Cream Cake

Christensen Cookbook

Ingredients

Cake:

- 1 $\frac{3}{4}$ C. + 2 T. flour
- 1 $\frac{1}{2}$ C. sugar (1 C. for batter, $\frac{1}{2}$ C. for egg whites)
- 1 $\frac{1}{4}$ C. buttermilk
- 3 eggs, separated
- 2 square melted unsweetened chocolate or 6 T. cocoa
- 1 t. vanilla
- $\frac{1}{3}$ C. oil
- 1 t. baking soda
- 1 t. salt

Icing:

- 3 C. whipping cream
- $\frac{1}{2}$ t. salt
- 1 t. vanilla
- 1 $\frac{1}{2}$ C. powdered sugar
- $\frac{3}{4}$ C. hot chocolate/chocolate milk powder mix (Nestle)

Directions

Cake:

1. Sift flour, 1 cup sugar, baking soda, and salt into a mixing bowl.
2. Add oil and $\frac{3}{4}$ cup buttermilk. Beat for 2 minutes.
3. Add remaining buttermilk, egg yolks, chocolate, and beat for 2 minutes.
4. Beat egg whites until foamy, then add remaining sugar slowly. Beat until very stiff.
5. Fold egg whites into the previous mixture with vanilla.
6. Bake at 350° F. Check at 27 minutes; bake until a toothpick comes out clean. If using cake insulated rings, cook for 30 minutes and check edges as well as the center.
7. Split layers and use icing for Chocolate Cream Cake.

Icing:

1. Beat whipping cream until mostly stiff.
2. Add powdered sugar and salt. Stir only until blended.
3. Add hot chocolate powder and vanilla. Beat until stiff.
4. Spread on split layers of cool cake.

Classic Peach Cobbler

<https://www.melskitchencafe.com/classic-and-delicious-peach-cobbler/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
6 servings	20 minutes	45 minutes	1 hour 5 minutes

Ingredients

- 3 - 4 C. peeled and sliced peaches (about 1.5 - 2 lb.)
- ⅓ C. lightly packed brown sugar (71 g)
- 1 T. flour
- ½ C. water
- 1 T. fresh lemon juice
- 1 T. salted butter
- 1 C. all-purpose flour (142 g)
- ⅓ C. granulated sugar (71 g)
- 1 ½ t. baking powder
- ¼ t. salt
- ½ C. milk
- ¼ C. salted butter or coconut oil, melted (57 g)

Directions

1. Preheat the oven to 325° F. Lightly grease a glass 8X8-inch baking pan with cooking spray and set aside.
2. In a medium bowl, combine the peaches, brown sugar, and flour and mix. Add the water and lemon juice and stir to combine. Pour the mixture into the prepared pan. Dot with the tablespoon of butter.
3. In the same bowl (make sure it's scraped clean, no need to wash) or in another medium bowl, combine the flour, sugar, baking powder, and salt for the topping.
4. Make a well in the dry ingredients and pour in the milk and melted butter. Stir just until combined. Don't overmix; it's ok if it's a little lumpy.
5. Dollop the topping by spoonfuls over the peaches.
6. Bake for 40-45 minutes until the topping is set and baked through and the filling is bubbly. Let rest for a few minutes before serving warm with vanilla ice cream.

Notes

- If using an aluminum baking pan, bake at 350° F
- This is delicious served at room temperature, too.

Crisco Chocolate Cake

Christensen Cookbook

YIELD

Makes 2 9" layers or 1 9"x13" pan.

Ingredients

- 2 C. + 2 T. flour
- ½ t. baking powder
- 1 ⅔ C. sugar
- ½ C. shortening (Crisco)
- 1 ½ t. baking soda
- 1 t. salt
- 1 C. milk
- 3 square unsweetened chocolate (9 T. cocoa)
- 3 eggs, unbeaten
- 1 ½ t. vanilla
- ⅔ C. milk
- ½ t. red food color

Directions

1. Mix thoroughly 2 minutes at medium speed on mixer.
2. Add eggs, vanilla, ⅔ cup milk, and red food color. Beat 2 minutes more.
3. Bake at 350° F for 40 minutes.

Hidden-Veggie Carrot & Orange Popsicles

<https://babyfoode.com/blog/hidden-veggie-carrot-orange-popsicles-baby-toddler/>

YIELD	PREP TIME
9 small popsicles	5 minutes

Ingredients

- 4 baby carrots, roughly chopped
- 1 orange, peeled
- ½ C. pineapple (fresh or frozen)
- 2 T. plain Greek yogurt (optional)

Directions

1. Place the carrots, orange, and pineapple in a blender and blend on low for 20 seconds or until all ingredients are incorporated.
2. Once incorporated, blend on medium-high until completely smooth, scraping down sides as needed.
3. If using yogurt, spoon 1 teaspoon of yogurt into the bottom of each popsicle mold.
4. Pour the liquid into popsicle molds.
5. If using yogurt, gently swirl the yogurt and popsicle liquid around with a small spoon.
6. Freeze for at least 4 hours.

Notes

- This recipe makes roughly 6 oz of liquid, so you may need to double it depending on the size of your popsicle mold.

Vanilla Bean Sugar Cookies with Royal Icing

YIELD

About 12 large cookies

Ingredients

Cookies:

- 1 C. salted butter (227 g)
- 1 C. granulated sugar (200 g)
- 1 large egg
- 1 t. Nielsen-Massey Vanilla Paste (4.2 g)
- ½ t. Cookie Nip (2.1 g)
- 3-3.5 C. flour (420 g)
- 2 ½ t. baking powder (10 g)

Icing:

- ½ C. warm water
- ⅓ C. meringue powder
- 2 T. lemon juice
- 1 t. vanilla
- 1 t. butter emulsion (or butter vanilla emulsion)
- 2 lb. powdered sugar
- 2 T. light corn syrup
- 1 T. food-safe vegetable glycerin
- ½ t. cream of tartar

Directions

Cookies:

1. Cream chilled butter and sugar together until mixed well and fluffy. Be careful not to over-mix. The colder the butter, the better—use whatever your mixer can handle.
2. Add egg and flavorings, and mix. You can substitute your own flavoring, but the Cookie Nip and vanilla bean paste make this recipe extra yummy!
3. Add flour and baking powder, and mix just until incorporated. The dough may seem dry at first, but keep mixing and it will come together. It's a good idea to start with a smaller amount of flour and add a little at a time until the dough isn't sticking to the bowl anymore. The dough should have a 'play dough' texture.
4. Immediately roll out the dough between parchment paper or plastic wrap to your desired thickness. No extra flour is needed.
5. Place the rolled dough in a sheet pan covered with a lid or saran wrap, or in a large Ziploc bag, and chill in the fridge for 3 hours or more.

6. Cut out shapes and bake immediately, or chill again in an airtight container for best results. Bake straight from the fridge.
7. Bake on parchment paper or a silpat at 375° F for 8-10 minutes, depending on thickness and the number of cookies on the pan, as well as your oven. Do not overcrowd the pan. For a soft cookie, take it out just as the middle of the cookie puffs up and no longer looks raw/wet, before the middle of the cookie collapses. For a little browning and crisp edges, bake a little longer.
8. Keep the cookies on the pan outside of the oven to finish cooking until cool. Use a spatula, round handle, or a larger metal cookie cutter to tidy up the edges of the cookie while it's still warm.

Icing:

1. Mix water and meringue powder until dissolved and frothy (beer foam texture).
2. Add lemon juice, vanilla, and butter emulsion and mix for just a few seconds.
3. Add the rest of the ingredients and mix for only a minute or two, depending on your mixer. Watch for the icing to become smooth and whiten a bit. Do not over-mix, or the icing will change texture and never dry completely after decorating.
4. Icing will be somewhat thick. Thin with water or thicken with powdered sugar to desired consistencies. Store in an airtight container or cover with plastic wrap against the surface of the icing. Wait 10 minutes for bubbles to rise and pop them. Do that a few times to get most of the bubbles out before bagging.

Notes

- Makes about 12 large (4" wide, 3/8" thick) cookies.
- Icing recipe yields about 6 cups.
- Different ingredient brands can bring slightly different results. If you feel the need to experiment, try to only change one thing at a time so you can keep track of what works for you.
- If you follow all the steps and still experience spreading, try using less sugar and/or more flour. Ingredient brands and climate can be factors.
- Some say omitting the baking powder helps prevent spread, but I haven't had that experience. It puffs the cookie and gives it a lighter, softer texture.

Entrees

Beef Stroganoff

<https://www.recipetineats.com/beef-stroganoff/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
Beef stroganoff for 4 - 5 people	15 minutes	15 minutes	30 minutes

Ingredients

- 1.2 lb. scotch fillet steak / boneless rib eye (600 g)
- 2 T. vegetable oil, divided
- 1 large onion (or 2 small onions), sliced
- 10 oz. mushrooms, sliced (300 g)
- 3 T. butter (40 g)
- 2 T. flour
- 2 C. beef broth, preferably salt reduced (500 ml)
- 1 T. Dijon mustard
- $\frac{2}{3}$ C. sour cream (150 ml)
- Salt and pepper
- 8 - 10 oz. pasta or egg noodles of choice (250 - 300 g)
- Chopped chives, for garnish (optional)

Directions

1. Use your fist (or rolling pin or mallet) to flatten the steaks to about $\frac{3}{4}$ cm / $\frac{1}{3}$ " thick. Slice into 5mm / $\frac{1}{5}$ " strips (cut long ones in half), discarding excess fat.
2. Sprinkle with a pinch of salt and pepper.
3. Heat 1 T. oil in a large skillet over high heat. Scatter half the beef in the skillet, QUICKLY spread it with tongs. Leave untouched for 30 seconds until browned. Turn beef quickly (as best you can!). Leave untouched for 30 seconds to brown. Immediately remove onto a plate. Don't worry about pink bits and that it will be raw inside.
4. Add remaining 1 T. oil and repeat with remaining beef.
5. Turn heat down to medium high. Add butter, melt. Then add onions, cook for 1 minute, then add mushrooms.
6. Cook mushrooms until golden. Scrape bottom of fry pan to get all the golden bits off (this is flavour!).
7. Add flour, cook, stirring, for 1 minute.
8. Add half the broth while stirring. Once incorporated, add remaining broth.
9. Stir, then add sour cream and mustard. Stir until incorporated (don't worry if it looks split, sour cream will 'melt' as it heats).
10. Bring to simmer, then reduce heat to medium low. Once it thickens to the consistency of pouring cream (3 - 5 minutes), adjust salt and pepper to taste.
11. Add beef back in (including plate juices). Simmer for 1 minute, then remove from stove immediately.

12. Serve over pasta or egg noodles, sprinkled with chives if desired.

Notes

- Best cut of beef for stroganoff - use decent to good quality quick cooking cut of beef such as boneless rib eye (aka scotch fillet), boneless sirloin, sirloin steak tips, beef tenderloin. Pork can also be used.
- Tenderise ECONOMICAL BEEF - if you do not have a good quality steak, highly recommend tenderising it using the easy Chinese method called 'velveting'.
- Flour - any is fine here, or use 1 T. cornstarch / cornflour (for Gluten free stroganoff sauce).
- Serving - I like serving this with short pastas, rather than long pastas. It's also great with mashed potato, rice, polenta.
- Sauce thickness: You can make sauce thinner with a touch of water if you want, but do not keep simmering to thicken once the beef is added, it will overcook the beef.
- Storage - 3 to 4 days in the fridge, also freezes fine. Thaw fully then reheat carefully, being sure not to overcook the beef!

Best Chicken Parmesan

ATK - Andrea Geary

YIELD

Serves 4

COOK TIME

1½ hours, plus 20 minutes resting

Ingredients

Chicken:

- 2 6- to 8-oz. boneless, skinless chicken breasts trimmed, halved horizontally, and pounded ½ inch thick
- 1 t. kosher salt
- 2 oz. whole-milk mozzarella cheese shredded (½ cup)
- 2 oz. fontina cheese shredded (½ cup)
- 1 large egg
- 1 T. all-purpose flour
- 1½ oz. Parmesan cheese grated (¾ cup)
- ½ C. panko bread crumbs
- ½ t. garlic powder
- ¼ t. dried oregano
- ¼ t. pepper
- ⅓ C. vegetable oil
- ¼ C. fresh basil torn

Sauce:

- 2 T. extra-virgin olive oil
- 2 garlic cloves minced
- kosher salt
- pepper
- ¼ t. dried oregano
- pinch red pepper flakes
- 1 28-oz. can crushed tomatoes
- ¼ t. sugar
- 2 T. fresh basil coarsely chopped

Directions

Sauce:

1. Heat 1 tablespoon oil in a medium saucepan over medium heat until shimmering.
2. Add garlic, ¾ teaspoon salt, oregano, and red pepper flakes; cook, stirring occasionally, until fragrant, about 30 seconds.

3. Stir in crushed tomatoes and sugar; increase heat to high and bring to a simmer.
4. Reduce heat to medium-low and simmer until thickened, about 20 minutes.
5. Off heat, stir in basil and remaining 1 tablespoon oil; season with salt and pepper to taste. Cover and keep warm.

Chicken:

1. Sprinkle each side of each cutlet with $\frac{1}{8}$ teaspoon salt and let stand at room temperature for 20 minutes.
2. Combine mozzarella and fontina in a bowl; set aside.
3. Adjust oven rack 4 inches from broiler element and heat broiler.
4. Whisk egg and flour together in a shallow dish until smooth.
5. Combine Parmesan, panko, garlic powder, oregano, and pepper in a second shallow dish.
6. Pat chicken dry with paper towels. Working with one cutlet at a time, dredge in egg mixture, allowing excess to drip off, then coat in Parmesan mixture, pressing gently so crumbs adhere. Transfer to a large plate.
7. Heat oil in a 10-inch nonstick skillet over medium-high heat until shimmering.
8. Carefully place 2 cutlets in skillet and cook without moving until bottoms are deep golden brown, $1\frac{1}{2}$ to 2 minutes.
9. Flip and cook second side until deep golden brown, $1\frac{1}{2}$ to 2 minutes. Transfer to paper towel-lined plate and repeat with remaining cutlets.
10. Place cutlets on a rimmed baking sheet and sprinkle cheese mixture evenly over each cutlet.
11. Broil until cheese is melted and beginning to brown, 2 to 4 minutes.
12. Transfer to serving platter, top each cutlet with 2 tablespoons sauce, sprinkle with basil, and serve immediately, passing remaining sauce separately.

Notes

- Use Tuttorosso or Muir Glen crushed tomatoes for best flavor.
- This recipe makes enough sauce for the chicken plus four servings of pasta.
- Serve with pasta and a simple green salad.
- Why This Recipe Works: Salting the chicken keeps it moist, replacing some breadcrumbs with Parmesan ensures a crisp crust, and mixing mozzarella with fontina prevents rubbery cheese. The sauce is simple but flavorful.

Cast Iron Shepherd's Pie

ATK - Sara Mayer

YIELD
Serves 4 to 6

COOK TIME
about 45 minutes

Ingredients

Filling:

- 2 T. unsalted butter
- 2 carrots peeled and chopped
- 1 onion chopped fine
- 1½ lb. lean ground beef (93%)
- 2 T. tomato paste
- 2 garlic cloves minced
- 2 t. fresh or ½ t. dried minced fresh thyme or dried thyme
- 2 T. all-purpose flour
- 1½ C. chicken broth
- 2 t. Worcestershire sauce
- 1 C. frozen peas

Potato Topping:

- 2 lb. russet potatoes peeled and cut into 1-inch pieces
- salt
- pepper
- ½ C. milk
- 1 large egg
- 4 T. unsalted butter melted

Directions

Potato Topping:

1. Cover potatoes with water in large saucepan and add 1 tablespoon salt.
2. Bring to simmer over medium-high heat and cook until potatoes are tender, 8 to 10 minutes.
3. Drain and return potatoes to saucepan.
4. Mash until smooth.
5. Whisk milk and egg together, then stir into potatoes with 4 tablespoons melted butter, 1 teaspoon salt, and ½ teaspoon pepper.
6. Cover and set aside.

Filling:

1. Heat 10-inch cast-iron skillet over medium heat for 3 minutes.
2. Melt 2 tablespoons butter in skillet.
3. Add carrots, onion, and $\frac{3}{4}$ teaspoon salt; cook until softened, about 5 minutes.
4. Add ground beef and cook, breaking up meat, until no longer pink, 8 to 10 minutes.
5. Stir in tomato paste, garlic, and thyme; cook until fragrant, about 1 minute.
6. Stir in flour and cook for 1 minute.
7. Slowly stir in chicken broth and Worcestershire sauce, scraping up browned bits and smoothing lumps.
8. Bring to simmer and cook until slightly thickened, about 10 minutes.
9. Off heat, stir in peas and season with salt and pepper to taste.

Assembly:

1. Spread beef mixture evenly in skillet.
2. Spoon or pipe mashed potatoes evenly over filling.
3. Broil until potatoes are golden brown, about 5 minutes (watch carefully).
4. Let cool slightly before serving.

Notes

- **Why This Recipe Works:** Using the cast-iron skillet as the sautéing, baking, and serving dish streamlines cleanup and preparation. Tomato paste, garlic, and thyme enhance the flavor of lean ground beef, while flour, broth, and Worcestershire sauce create a rich gravy. Adding peas provides freshness, and the egg, milk, and butter in the mashed potatoes give structure and richness. Piping the potatoes and broiling briefly creates a crisp golden crust.
- Use ground beef that is at least 93% lean to avoid greasy texture.
- A zipper-lock bag can be used to pipe the potato topping neatly over the filling.
- Broil just until golden brown — watch closely to prevent burning.

Chile Verde

Erin Christensen

COOK TIME

4-6 hours

Ingredients

- 5-6 pork chops Salt and cut into bite-sized pieces
- 1 16-oz can green enchilada sauce
- 1 ½ tsp cumin
- ½ tsp oregano
- 1 green pepper, chopped
- 2 tomatillos, chopped
- 1 16-oz can salsa verde sauce
- 1 7-oz can green chili peppers
- ½ tsp chili powder
- 1 onion, chopped
- 1 jalapeño

Directions

1. Salt and cut meat into bite-sized pieces.
2. Place ingredients in a crock pot.
3. Cook on High 4-6 hours.
4. Thicken with cornstarch or your chosen thickener.

Chow Mein

<https://www.recipetineats.com/chicken-chow-mein/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
2-3 servings	10 minutes	5 minutes	15 minutes

Ingredients

Chicken & Noodles:

- 200 g chicken breast or thigh fillets, thinly sliced / 6 oz
- 4 C. green cabbage, finely shredded
- 1 ½ tbsp peanut oil (or other cooking oil)
- 2 cloves garlic, finely chopped
- 200 g chow mein noodles / 6 oz
- 1 carrot, julienned
- 1 ½ C. bean sprouts
- 3 green onions, cut into 5cm/2" pieces
- ¼ C. water (65 ml)

Sauce:

- 2 tsp cornflour / cornstarch
- 1 ½ tbsp soy sauce, all purpose or light
- 1 ½ tbsp oyster sauce (sub Hoisin)
- 1 ½ tbsp Chinese cooking wine OR Mirin
- 2 tsp sugar (reduce to 1 tsp if using Mirin)
- ½ tsp sesame oil
- White pepper (sub black)

Directions

Sauce:

1. Mix together cornflour and soy sauce, then mix in remaining ingredients. Alternative: Use 1/3 cup Chinese All Purpose Stir Fry Sauce, if you have some in stock.

Chicken & Noodles:

1. Marinate Chicken: Pour 1 tbsp of Sauce over the chicken, mix to coat, set aside to marinate for 10 minutes.
2. Noodles: Prepare the noodles according to the packet instructions (my pack says soak in boiled water for 1 minute), then drain.
3. Cooking: Heat oil in wok or large fry pan over high heat.

4. Add garlic and stir fry for 10 seconds or until it starts to turn golden - don't let it burn!
5. Add chicken and stir fry until the surface gets a tinge of browning but inside is still raw - about 1 minute.
6. Add the cabbage, carrot, and the white pieces of shallots (i.e. from the base of the stalk). Stir fry for 1 ½ minutes until the cabbage is mostly wilted.
7. Add the noodles, Sauce and water. Stir fry for 1 minute, tossing constantly.
8. Add bean sprouts and remaining shallots/scallions. Toss through for 30 seconds or until the bean sprouts just start to wilt.
9. Remove from heat and serve immediately.

Notes

- Chicken - I prefer making this with thigh because it's juicier, but it can be made with breast or tenderloin. If using breast, option to tenderise using the Chinese method.
- Other proteins: Sub with sliced pork, beef or turkey, whole prawns/shrimp or even ground meat.
- Chow Mein noodles are sold at Asian grocery stores and also at Woolworths in Australia.
- Cabbage - Any type of green cabbage, Chinese cabbage or savoy etc. can be used.
- Soy Sauce - Use ordinary all purpose soy sauce OR light soy sauce. Do not use dark or sweet soy sauce.
- Chinese cooking wine - Essential for Chinese cooking. Substitutes include Mirin or dry sherry. Use chicken stock/broth if alcohol is not an option.
- GENERAL TIPS: Use finely chopped garlic instead of minced or jarred garlic to avoid burning. A large skillet or wok is preferred for cooking.

Double-Crust Chicken Pot Pie

ATK - Katie Leaird

YIELD	PREP TIME	COOK TIME	TOTAL TIME
Serves 6 to 8	2 hours	35-40 minutes	about 4¼ hours (including chilling and cooling)

Ingredients

Crust:

- ½ C. sour cream chilled
- 1 large egg lightly beaten
- 2½ C. (12½ oz. / 354 grams) all-purpose flour
- 1½ t. table salt
- 12 T. unsalted butter cut into ½-inch pieces and chilled

Filling:

- 4 T. unsalted butter
- 1 onion chopped fine
- 2 carrots peeled and cut into ¼-inch pieces (¾ cup)
- 2 celery ribs cut into ¼-inch pieces (½ cup)
- ½ t. table salt
- ½ t. pepper
- 6 T. all-purpose flour
- 2¼ C. chicken broth
- ½ C. half-and-half
- 1 small russet potato 6 ounces (170 grams), peeled and cut into ¼-inch pieces (1 cup)
- 1 t. minced fresh thyme
- 1 (2½-lb.) rotisserie chicken skin and bones discarded, meat shredded (3 cups)
- ¾ C. frozen peas
- 1 large egg lightly beaten, for brushing crust

Directions

Crust:

1. Combine sour cream and egg in bowl.
2. Process flour and salt in food processor until combined, about 3 seconds.
3. Add butter and pulse until only pea-size pieces remain, about 10 pulses.
4. Add half of sour cream mixture and pulse 5 times; add remaining and pulse about 10 more times until dough

begins to form.

5. Transfer to lightly floured counter and knead briefly until dough comes together.
6. Divide dough in half, form each into 4-inch disks, wrap tightly, and refrigerate for 1 hour.
7. Let dough sit at room temperature for 10 minutes before rolling.
8. Roll one disk into a 12-inch circle, fit into 9-inch pie plate, and chill for 30 minutes.
9. Roll second disk into 12-inch circle on parchment, cover, and refrigerate for 30 minutes.

Filling:

1. Adjust oven rack to lowest position and heat oven to 450° F.
2. Melt butter in large saucepan over medium heat.
3. Add onion, carrots, celery, salt, and pepper; cook until softened, about 6 minutes.
4. Add flour and cook, stirring, until golden, 1–2 minutes.
5. Slowly stir in broth and half-and-half; bring to boil.
6. Add potato and thyme; simmer until thickened and potato is tender, about 8 minutes.
7. Off heat, stir in chicken and peas.

Assembly & Baking:

1. Transfer filling to dough-lined pie plate.
2. Unroll top crust over filling and trim overhang to ½ inch beyond plate.
3. Pinch edges of crusts together, tuck under, and crimp evenly.
4. Cut four 2-inch slits in top crust.
5. Brush with beaten egg and place pie on rimmed baking sheet.
6. Bake at 450° F until top is light golden, 18–20 minutes.
7. Reduce oven to 375° F, rotate sheet, and bake until deep golden brown, 12–15 minutes more.
8. Cool on wire rack for 45 minutes before serving.

Make Ahead:

1. At end of step 6 (filling prep), transfer filling to bowl and chill until cold, about 1½ hours.
2. Assemble pie, wrap tightly, and freeze up to 1 month.
3. To bake from frozen: unwrap, cover with foil, and bake on rimmed sheet in cold oven at 375° F for 1¼ hours.
4. Uncover, brush with egg, and bake 55–75 minutes longer, until golden and bubbling (at least 150° F).
5. Cool for 45 minutes before serving.

Notes

- Let pie cool at least 45 minutes before slicing to allow filling to set.
- You may substitute 3 cups cooked turkey for the chicken.
- Crust can be refrigerated up to 2 days or frozen up to 2 months.
- Allow frozen crust to thaw completely before rolling.

Penne Rustica - Romano's Macaroni Grill

<https://topsecretrecipes.com/romanos-macaroni-grill-penne-rustica-copycat-recipe.html>

YIELD

4 servings

Ingredients

Garnish:

- 12 slice pimentos
- 4 sprig rosemary

Gratinata Sauce:

- 3 T. butter
- 2 T. minced garlic
- 3 T. marsala wine
- 2 C. heavy cream
- 1 C. grated Parmesan cheese
- ½ C. milk
- ½ C. chicken broth
- 1 T. cornstarch
- 1 T. Grey Poupon Dijon mustard
- 2 t. minced fresh rosemary
- ½ t. salt
- ½ t. minced fresh thyme
- ¼ t. ground cayenne pepper

Penne Rustica:

- 1 lb. penne rigate pasta, cooked
- 2 skinless chicken breast fillets
- 12 medium shrimp, peeled and deveined
- Olive oil
- Salt
- Pepper
- ½ C. thick-sliced smoked prosciutto, chopped (about 2 oz.)

Topping:

- 3 T. grated Parmesan cheese
- 1 ½ t. paprika

Directions

1. Preheat your barbecue grill to high.

Gratinata Sauce:

1. Prepare the gratinata sauce by melting 3 tablespoons of butter in a medium saucepan over medium/low heat. Add the garlic and sweat it for about 5 minutes, being careful not to brown the garlic.
2. Add the marsala wine and cook for another 5 minutes. Add the remaining ingredients for the sauce and whisk well until smooth. Bring the mixture to a simmer and keep it there for 10 minutes or until it's thick. Cover the sauce and remove it from the heat.

Penne Rustica:

1. Cook the pasta following directions on the package (7 to 9 minutes in boiling water). You want the pasta tender, but not mushy (al dente). Strain the pasta and set it aside when it's done.
2. Pound the thick end of your chicken breasts with a kitchen mallet to make the breasts a uniform thickness. Rub the chicken with olive oil, then sprinkle on a bit of salt and pepper. Spear the shrimp on skewers (6 per skewer should work fine), then rub them with oil and sprinkle with salt and pepper.
3. Grill the chicken for 5 to 6 minutes per side. Grill the shrimp for 2 minutes per side. When the chicken is done, slice each breast into strips.

Assembly:

1. Preheat your oven to 500° F.
2. Build each dish in a large, shallow baking dish, or you can use a 9-inch glass or ceramic pie plate. Load 3 cups of pasta into each baking dish. Add one-quarter of the chicken strips, 3 shrimp, and 2 tablespoons of prosciutto onto each serving.
3. Spoon $\frac{3}{4}$ of a cup of gratinata sauce on each serving and toss to coat. Combine 3 tablespoons of grated Parmesan cheese with 1 $\frac{1}{2}$ teaspoons paprika, then sprinkle about 1 tablespoon of this mixture over the top of each serving.
4. Bake the dishes for 10 to 12 minutes, or until the tops begin to brown. Arrange three pimentos on the top of each serving, then jab a sprig of rosemary into the center and serve.

Notes

- Be sure to get the sliced pimentos, not diced. You want long pieces just like those they use at the restaurant.
- For a great presentation, serve hot right to the table, garnished with a sprig of rosemary and a few sliced pimentos on top.
- The chain serves up the entrée in a wide, shallow baking dish that comes to you straight from the restaurant's salamander overhead oven/broiler. If you don't have any baking dishes like that, try using 9-inch glass pie dishes.

Rempel Family Meatloaf

<https://www.allrecipes.com/recipe/20675/rempel-family-meatloaf/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
6 servings	10 minutes	45 minutes	55 minutes

Ingredients

- 1 ½ lb. lean ground beef
- ½ C. crushed buttery round crackers
- ¾ C. shredded Cheddar cheese
- 1 1 oz. package dry onion soup mix
- 2 eggs
- ¼ C. ketchup
- 2 T. steak sauce

Directions

1. Preheat oven to 350° F (175° C).
2. Stir the ground beef, crushed crackers, Cheddar cheese, and onion soup mix in a large bowl until well combined. Whisk the eggs, ketchup, and steak sauce in a separate bowl until smooth. Mix the eggs into the meat until evenly combined, if the mixture seems too dry, add a little water. Press into a 9x5 inch loaf pan.
3. Bake in preheated oven until the meatloaf reaches 160° F (71° C) and is no longer pink in the center, 45 to 60 minutes.

Spaghetti Carbonara

<https://www.recipetineats.com/carbonara/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
4 servings	5 minutes	15 minutes	20 minutes

Ingredients

- 6 oz. guanciale (pancetta or block bacon), weight after skin removed (175 g)
- 2 large eggs
- 2 egg yolks Use large eggs (55-60g / 2oz each).
- 3.5 oz. parmigiano reggiano, finely shredded (or pecorino romano, sub parmesan) (100 g)
- ¼ t. black pepper
- 14 oz. spaghetti (400 g)
- 1 T. cooking/kosher salt (for cooking pasta)
- ½ C. pasta cooking water
- 1 clove garlic clove, finely minced (optional)
- Parsley, finely chopped (optional, for garnish)
- Parmigiano reggiano (optional, for garnish)

Directions

1. Cut guanciale into 0.5cm / 1/5" thick slices, then into batons.
2. Place eggs and yolks in a large bowl. Whisk to combine, then stir in the parmesan and pepper.
3. Bring 4 quarts (4 litres) of water to the boil with the salt. Add pasta and cook per the packet directions.
4. Just before draining, scoop out 1 cup of pasta cooking water, then drain the pasta.
5. While the pasta is cooking, place guanciale in a non-stick pan over medium-high heat. Cook for 4 to 5 minutes until golden. No oil needed - the guanciale fries in its own fat. If using garlic, add it in the last minute.
6. Tip the hot pasta into the pan and toss to coat in guanciale fat.
7. Transfer the pasta and any residual fat in the pan into the bowl with the egg. Add ½ cup (125 ml) pasta cooking water. Stir vigorously using the handle of a wooden spoon for 1 minute until the sauce transforms from watery to creamy and clings to the pasta strands.
8. Transfer into warm bowls. Serve immediately, garnished with a little extra parmigiano reggiano if desired, and a pinch of black pepper and finely chopped parsley.

Notes

- Guanciale is the cured pork traditionally used in carbonara. Substitute with block bacon or pancetta.
- Parmigiano reggiano is a premium aged type of parmesan. Pecorino is also commonly used.
- Garlic is not traditional but adds extra flavor.
- Leftovers will keep for 3 days but pasta is best eaten freshly made.

Steak Fajitas

ATK - Sara Mayer

YIELD
Serves 4 to 6

COOK TIME
55 minutes

Ingredients

- 3 red bell peppers stemmed, seeded, and cut into ½-inch-wide strips
- 1 large red onion cut into ½-inch-thick rounds
- 3 garlic cloves sliced thin
- 1 T. vegetable oil
- salt
- pepper
- 1½ lb. flank steaks trimmed
- 8 6-inch flour tortillas
- 1 T. lime juice
- 2 T. fresh cilantro chopped

Spice Rub:

- 1½ T. chili powder
- 1 t. packed brown sugar

Directions

1. Adjust oven rack to lower-middle position and heat oven to 475° F.
2. Toss bell peppers, onion, garlic, oil, 1 teaspoon salt, and 1 teaspoon pepper together on a rimmed baking sheet and spread into an even layer.
3. Roast until vegetables are lightly browned around the edges, about 10 minutes.
4. Meanwhile, combine chili powder, sugar, 2 teaspoons salt, and 1 teaspoon pepper in a bowl.
5. Cut steak lengthwise with the grain into 3 equal pieces. Pat steaks dry with paper towels, then sprinkle all over with spice mixture.
6. Wrap tortillas in aluminum foil; set aside.
7. Remove sheet from oven. Using a rubber spatula, push vegetables to one half of the sheet. Place steaks on the other half, leaving space between them.
8. Roast until vegetables are spotty brown and meat registers 135° F (for medium), about 8 minutes.
9. Remove sheet from oven, transfer steaks to cutting board, and let rest, uncovered, for 5 minutes.
10. Place tortilla packet in oven until warm, about 5 minutes.
11. Transfer vegetables to serving platter and toss with lime juice.
12. Slice steaks thin against the grain and transfer to platter with vegetables. Sprinkle with cilantro.
13. Serve steak and vegetables with warm tortillas.

Notes

- Serve with pico de gallo, avocado or guacamole, sour cream, hot sauce, and lime wedges.
- Cooking the flank steak to medium makes it less chewy and easier to eat.
- For a more colorful presentation, use a mix of red, yellow, orange, and green bell peppers.
- Why This Recipe Works: A dark spice rub provides flavor and color to oven-roasted flank steak, while staggered cooking ensures tender vegetables and evenly cooked meat. Finishing with lime and cilantro brightens the dish.

Sushi

YIELD

1 roll

Ingredients

- ½ sheet seaweed paper (4" x 8")
- Sushi rice
- 2-3 slices avocado
- Sliced cucumber
- Crab salad
- Fish (yellowtail or salmon)
- Thinly sliced lemon

Directions

1. Prepare sushi mat by covering with plastic wrap on both sides.
2. Take ½ seaweed paper (4" x 8") and cover the rough side with rice fairly thin, all the way to the edges.
3. Flip the paper over and lay 2-3 slices of avocado or other toppings across the center, end to end.
4. Lay sliced cucumber on top of the avocados.
5. Add a small amount of crab salad to the top of the cucumber.
6. Take the paper and roll it over the crab all the way across the roll.
7. Once rolled, use the sushi mat to squeeze the roll together. Tuck one edge of the rice/nori under the other edge, and roll and squeeze together.
8. Once squeezed, uncover the roll and add fish (yellowtail or salmon) to the top.
9. Add thinly sliced lemon to the top of the fish.
10. Use the sushi mat again to squeeze the fish and lemon into the rice. This time, make the roll "tall" for a more pleasing appearance.
11. Using plastic wrap over sushi roll, cut into 0.5"-1" slices.

Notes

- Spicy Mayo: ⅓ cup Sriracha + ⅔ cup Mayo
- Get rice from an Asian market.
- Get fish from the market downtown.
- Authentic wasabi dissolves instantly in soy sauce and is used to kill any bacteria in the fish.
- Do not use fish from Costco or other grocery stores.
- Seaweed mat should be placed rough side up.
- Make sure rice is warm when putting it on the seaweed. It turns the mat soft and makes it easy to roll.
- Use eel sauce from a sushi restaurant.
- Use red claw crab meat (canned). Combine with real mayo to make crab salad.

Salads and Sides

ATK Classic Egg Salad

<https://www.americanstestkitchen.com/recipes/627-classic-egg-salad>

YIELD
4 servings

PREP TIME
25 minutes

Ingredients

- 6 large eggs
- ¼ C. mayonnaise
- 2 T. red onions, minced
- 1 T. fresh parsley leaves, minced
- ½ stalk celery, medium and chopped fine (about 3 tablespoons)
- 2 t. Dijon mustard
- 2 t. lemon juice
- ¼ t. table salt
- Ground black pepper

Directions

1. Place eggs in a medium saucepan and cover with 1 inch of water. Bring to a boil over high heat.
2. Remove pan from high heat. Cover and let sit for 10 minutes.
3. Fill a medium bowl with 1 quart water and 1 tray of ice cubes.
4. Transfer eggs to ice water bath with slotted spoon and let sit 5 minutes.
5. Peel eggs and dice medium.
6. Mix all ingredients together in a medium bowl, including pepper to taste. Serve or refrigerate overnight.

Notes

- For foolproof egg peeling, tap the egg all over against the counter, then roll it gently back and forth a few times. Begin peeling from the air pocket end. The shell should come off in spiral strips attached to the thin membrane.
- You can use fresh squeezed lime juice in place of lemon juice.

Chicken Pasta Salad

Ingredients

- 2 8-oz pkgs shell pasta or shell roni or 1 pkg shell roni
- 1 c. Kraft Coleslaw dressing
- 1 c. mayonnaise
- ¼ c. onion, grated
- 4-6 chicken breasts, boiled and cut or pulled into bite-sized pieces
- 1 16-oz can pineapple tidbits, drained
- 2 c. green or red grapes
- 2 c. green or red apples, diced
- 2 c. celery, diced
- 1 ½ c. cashews Add just before serving

Directions

1. Mix mayo, Coleslaw dressing and onion.
2. Boil pasta. Drain well and refrigerate to absorb excess water.
3. Combine all ingredients and refrigerate for at least 1 hour, then serve.

Chicken Salad with Fresh Herbs

<https://www.americanstestkitchen.com/recipes/11441-chicken-salad-with-fresh-herbs>

YIELD
6 servings

PREP TIME
55 minutes

Ingredients

- 2 lb. boneless, skinless chicken breasts, trimmed
- 1 T. extra-virgin olive oil
- ¾ t. table salt, divided
- ½ t. pepper, divided
- ⅔ C. mayonnaise
- ¼ C. finely chopped celery
- 3 T. chopped fresh chives
- 4 t. chopped fresh tarragon
- 1 T. chopped fresh dill
- 1 T. lemon juice

Directions

1. Adjust oven rack to middle position and heat oven to 350° F. Cover chicken with plastic wrap. Using meat pounder, gently pound thickest part of each breast to ¾-inch thickness.
2. Toss chicken, oil, ¼ teaspoon salt, and ¼ teaspoon pepper together in 13 by 9-inch baking dish. Arrange chicken in a single layer in dish and cover tightly with aluminum foil. Bake until chicken registers 160° F, 28 to 32 minutes. (When checking temperature, carefully open foil so that steam escapes away from you.) Transfer chicken to large plate and let cool for 15 minutes; discard any accumulated juices. Refrigerate chicken until completely cooled, about 30 minutes.
3. Cut chicken into ½-inch pieces. Combine chicken, mayonnaise, celery, chives, tarragon, dill, lemon juice, remaining ½ teaspoon salt, and remaining ¼ teaspoon pepper in a bowl. Cover with plastic and refrigerate for at least 2 hours to allow flavors to meld. Serve. (Salad can be refrigerated for up to 2 days.)

Notes

- Pound the chicken breasts to an even thickness to ensure they cook at the same rate.
- This salad can be served in a sandwich or over lettuce.

Chunky Guacamole

<https://www.americanastestkitchen.com/recipes/687-chunky-guacamole>

YIELD	PREP TIME
Serves 10 to 12 (Makes 2½ to 3 cups)	15 minutes

Ingredients

- 3 medium avocados, ripe (preferably Hass)
- 2 T. onion, minced
- 1 medium clove garlic, minced
- 1 small jalapeño chile, minced (1 to 1½ tsp.)
- ¼ c. fresh cilantro leaves, minced
- ¼ tsp. table salt
- ½ tsp. ground cumin (optional)
- 2 T. lime juice

Directions

1. Halve one avocado, remove pit, and scoop flesh into medium bowl.
2. Mash flesh lightly with onion, garlic, jalapeño, cilantro, salt, and cumin (if using) with tines of a fork until just combined.
3. Halve and pit remaining two avocados, and prepare. Gently scoop out avocado into bowl with mashed avocado mixture.
4. Sprinkle lime juice over diced avocado and mix entire contents of bowl lightly with fork until combined but still chunky.
5. Adjust seasoning with salt, if necessary, and serve.
6. (Can be covered with plastic wrap, pressed directly onto surface of mixture, and refrigerated up to one day. Return guacamole to room temperature, removing plastic wrap at the last moment, before serving.)

Notes

- To minimize discoloration, prepare minced ingredients first so they're ready to mix as soon as avocados are cut.
- Use ripe Hass avocados that yield slightly to gentle pressure for best texture and flavor.

Garden Potato Salad

Celebrate the seasons with traditions and recipes

YIELD
12-15 servings

Ingredients

- 3 lbs red potatoes
- 1 ½ C. finely sliced green onions (including tops)
- ⅓ C. dill pickle juice, or ¼ C. Italian dressing, optional
- 1 ¼ C. diced dill pickle
- 1 C. diced celery
- 1 C. sliced radishes (1 bunch)
- 1 C. (packed) finely chopped fresh parsley (less if preferred)
- ¾ to 1 C. chopped English cucumber
- ⅔ C. chopped green pepper (1 medium)
- 4 hard-cooked eggs
- 1 T. salt (Add 1 t. and taste)
- 1 ½ C. mayonnaise approx
- sliced eggs, radishes, and cherry tomatoes for garnish

Directions

1. Boil potatoes in skins in salted water.
2. Remove skins when still slightly warm. Dice potatoes, but not too fine (about a half-inch dice). If potatoes are rather dry, you may want to add pickle juice. Or, to make it more tangy, you may add Italian dressing, if desired.
3. Add pickle, celery, radishes, parsley (the parsley makes it!), cucumber and green pepper. Reserve 4 slices hard-cooked egg for garnish. Dice rest into salad.
4. Add salt and mayonnaise to taste, mixing well. (After it stands, you may want to add a little more mayonnaise or Italian dressing.)
5. Garnish salad with reserved egg slices and radishes or cherry tomatoes, if desired.

Hawaiian Macaroni Salad

COOK TIME

8-10 minutes

Ingredients

- 3 tbsp apple cider vinegar
- 1 tsp salt
- ½ C. milk
- 3 tbsp sugar
- ½ C. mayo
- 2 C. elbow macaroni
- ¼ C. grated onion
- 1 C. shredded carrot
- Salt and pepper to taste

Directions

1. Cook elbow macaroni for 8-10 minutes.
2. Meanwhile, combine apple cider vinegar, salt, milk, sugar, and mayo in a mixing bowl.
3. Drain and rinse macaroni with cold water, then add to the mixing bowl containing dressing.
4. Add grated onion, shredded carrot, and salt and pepper to taste. Mix and serve.

Homemade Mac & Cheese

Erin Christensen

Ingredients

- 16 oz. pasta
- ¼ c. butter
- 1 tsp. garlic, minced
- ½ tsp. garlic salt
- 1 tsp. chicken bouillon (1 cube) or 1 cube
- ½ c. flour
- milk enough to desired consistency
- ½ c. Parmesan cheese, grated
- 2 c. Cheddar cheese, grated
- 1 c. heavy cream add up to 1 cup

Directions

1. Prepare and drain pasta according to package directions. Set aside.
2. Melt 1/4 c. butter in saucepan over Medium heat.
3. Add diced garlic. Saute until slightly browned.
4. Add 1/2 tsp. garlic salt and 1 cube chicken bouillon.
5. Add 1/2 c. flour and whisk until combined and thickened.
6. Whisk in enough milk to make the sauce consistency you want.
7. Add 1/2 c grated Parmesan cheese and 2 c. shredded Cheddar cheese. Stir until melted and combined.
8. Add up to 1 c. cream and stir until warm. Do not boil.
9. Pour cheese sauce over pasta and gently fold in until combined. Serve warm.

Lionhouse Coleslaw

YIELD
4 servings

PREP TIME
15 minutes

Ingredients

- 1 head cabbage
- 1 small green pepper
- 3 green onions
- 1 ripe tomato, diced
- ½ carrot, grated
- 1 C. mayo
- 2 T. apple cider vinegar
- ¼ C. sugar
- 1 t. celery seed
- 1 t. salt
- ½ t. pepper

Directions

1. Mix apple cider vinegar, sugar, celery seed, salt, and pepper in a bowl to make the dressing.
2. Add remaining ingredients to a large mixing bowl and toss with dressing.

Pot Stickers (Chinese Dumplings)

<https://www.food.com/recipe/pot-stickers-chinese-dumplings-98345>

YIELD	PREP TIME	COOK TIME
25-30 pot stickers	15 minutes	15 minutes

Ingredients

- 1 lb ground pork
- 2 chopped green onions
- 1 T. soy sauce
- 2 t. rice wine
- 1 t. sesame oil
- 1 garlic clove, minced
- 1 egg, beaten
- 1 T. cornstarch
- ¼ t. salt
- ¼ t. pepper
- Peanut oil
- 1 C. chicken broth, divided
- 25-30 wonton skins

Directions

1. Mix first 10 ingredients in a bowl.
2. Take a wonton wrapper and place 1 heaping teaspoon of filling in center.
3. Moisten edges with water, fold over and press to seal edges.
4. Add 3 tablespoons of peanut oil to a large skillet and sauté until the bottoms are golden brown.
5. When golden brown, add ½ cup chicken broth, cover pan, and simmer 8 minutes.
6. Remove from pan.
7. Reserve broth in a separate bowl and repeat process until all pot stickers are cooked.
8. Keep warm on a plate covered.

Seven-Layer Dip

<https://www.americastestkitchen.com/recipes/3699-ultimate-seven-layer-dip>

YIELD	PREP TIME	TOTAL TIME
Serves 8 to 10	35 minutes	35 minutes, plus 30 minutes softening

Ingredients

- 4 large tomatoes, cored, seeded, and chopped fine
- 2 jalapeño chiles, seeded and minced
- 3 tbsp minced fresh cilantro
- 6 scallions (2 minced and 4 with green parts sliced thin, white parts discarded)
- 2 tbsp + 2 tsp fresh lime juice from 2 limes
- ¼ tsp salt
- 1 16-oz can black beans, drained but not rinsed
- 2 cloves minced garlic
- ¾ tsp chili powder
- 1 ½ C. sour cream
- 4 C. shredded pepper Jack cheese
- 3 C. guacamole or mash 3 avocados with 3 tbsp lime juice and 1/2 tsp salt
- tortilla chips for serving

Smoky Version:

- 1–3 tsp minced chipotle chiles in adobo
- 4 slices cooked bacon, crumbled for topping

Directions

1. Combine tomatoes, jalapeños, cilantro, minced scallions, and 2 tablespoons lime juice in a medium bowl.
2. Stir in 1/8 teaspoon salt and let stand until tomatoes begin to soften, about 30 minutes.
3. Strain tomato mixture and return to bowl, discarding liquid.
4. Pulse black beans, garlic, remaining lime juice, chili powder, and remaining salt in a food processor until it resembles a chunky paste.
5. Transfer to bowl and wipe out food processor.
6. Pulse sour cream and 2 1/2 cups cheese until smooth. and transfer to separate bowl.
7. Spread bean mixture evenly over bottom of 8-inch square glass baking dish or 1-quart glass bowl.
8. Spread sour cream mixture evenly over bean layer, and sprinkle evenly with remaining cheese.
9. Spread guacamole over cheese and top with tomato mixture.
10. Sprinkle with sliced scallions and serve with tortilla chips.
11. Dip can be refrigerated for up to 24 hours. Let stand at room temperature 1 hour before serving.

Notes

- This dip is typically served in a clear dish so the layers are visible.
- For a crowd, double the recipe and use a 13x9-inch glass baking dish.
- Smoky Version: Add 1–3 teaspoons minced chipotle chiles in adobo to the bean mixture. Top finished dip with 4 slices cooked bacon, crumbled

Southern style sweet potato casserole

Sue

Ingredients

Potato Mash:

- 4 C. mashed sweet potatoes
- ½ C. white sugar
- 2 eggs, beaten
- ½ t. salt
- 4 T. softened butter
- ½ C. milk
- ½ t. vanilla extract

Topping:

- ½ C. brown sugar, packed
- ⅓ C. all-purpose flour
- 3 T. softened butter
- ½ C. chopped pecans

Directions

Potato Mash:

1. Cook sweet potatoes at 425° F for 90 minutes.
2. Peel and mash potatoes.
3. Mix potatoes, sugar, eggs, salt, butter, milk, and vanilla.
4. Place into 9x13 baking dish.

Topping:

1. Mix sugar and flour. Cut in butter until mixture is coarse.
2. Stir in pecans. Sprinkle over Potato Mash.

Spring Rolls

<https://www.recipetineats.com/spring-rolls/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
15-20 spring rolls	20 minutes	10 minutes	30 minutes

Ingredients

Filling:

- 1 tbsp oil
- 2 garlic cloves, finely chopped or minced
- 400 g pork mince (ground pork), or chicken or turkey / 13 oz
- 6 dried shiitake mushrooms soaked in boiling water OR 8 fresh
- 1 ½ C. shredded carrot (1 large or 2 small)
- 1 ½ C. (heaped) bean sprouts
- 1 ½ C. (packed) shredded green cabbage (any type is fine)
- 1 tsp cornflour / cornstarch
- 1 ½ tbsp Oyster Sauce
- 2 tsp soy sauce (light or all purpose is best, dark is also ok)

Spring Roll:

- 15-20 spring roll wrappers, defrosted (21.5 cm / 8" squares) OR 35 – 40 small spring roll wrappers OR Egg Roll wrappers to make Egg Rolls
- 2 tsp cornflour (for sealing rolls)
- 1 tbsp water (for sealing rolls)
- Oil for frying (I use vegetable) OR oil spray for baking (I use canola)

Sweet and sour sauce:

- 2 tsp cornflour/ cornstarch
- 2 tbsp water
- ½ C. apple cider vinegar
- ⅓ C. brown sugar (adjust to taste)
- 2 tbsp tomato ketchup
- 2 tsp soy sauce

Directions

Filling:

1. Heat oil in a skillet or wok over high heat. Add garlic, stir quickly, then add pork. Cook, breaking it up as you

- go, until it turns white.
2. Add carrot, bean sprouts, cabbage and mushrooms. Cook for 3 minutes or until vegetables are wilted. Add cornflour, soy sauce and Oyster sauce, cook for 1 minute until the liquid is gone. The filling should not be watery, it should be kind of sticky.
 3. Cool filling (super speedy: spread on tray, refrigerate 5 minutes).

Spring Roll:

1. Mix cornflour and water in a small bowl (for sealing the rolls).
2. Carefully peel off one spring roll wrapper, keep the others covered under a damp tea towel.
3. Place the wrapper with the SMOOTH SIDE DOWN in a diamond position. Place a very heaped dessert spoon of filling on the bottom. Roll up halfway, fold sides in, then finish rolling. Use cornflour sludge to seal.
4. Pour enough oil in a wok or large saucepan so it is double the height of the spring rolls. Heat on medium high until hot – stick a bamboo chopstick or wooden spoon handle in, if rapid bubbles appear, then it's hot enough.
5. Carefully place spring rolls in the oil (about 4 – 5 at a time) and cook, turning occasionally, until deep golden – around 1 ½ – 2 minutes. Transfer to paper towels to drain. Repeat with remaining spring rolls. Serve while hot with Sweet and Sour Sauce!

Baking option:

1. Place spring rolls on a rack and place the rack on a tray. Spray very generously with oil all over. Bake at 200°C/400° F (standard) or 180°C/350° F (fan / convection) for 20 to 25 minutes until golden and crispy – no need to turn.

Sweet and sour sauce:

1. Combine ingredients in a small saucepan over medium heat. Bring to simmer, stirring regularly, then simmer until it thickens to taste (about 3 – 5 minutes).

Sauces

Homemade Canned Spaghetti Sauce

<https://www.favfamilyrecipes.com/canned-spaghetti-sauce/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
9-10 quart-sized jars	20 minutes	4 hours	5 hours 40 minutes

Ingredients

- 25 lb. tomatoes
- 5 medium onions (about 7-8 cups chopped)
- 4 red bell peppers
- 1 green bell pepper
- 4 (6oz) cans tomato paste
- ¼ C. soy sauce
- 3 T. Worcestershire sauce
- ⅔ C. brown sugar, packed
- ¼ C. salt
- 10 cloves garlic, chopped or minced
- 3 T. oregano, dried
- 3 T. basil, dried
- 2 t. red pepper flakes
- 2 bay leaves
- 1 ¼ C. lemon juice for jars

Directions

1. Fill a large pot or Dutch oven half-way with water, bring to a boil. Using a slotted spoon, add tomatoes one at a time until you can't fit any more (about 8-10 tomatoes).
2. Boil for 1-2 minutes. Remove tomatoes one at a time with slotted spoon and plunge in an icewater bath. Peel and quarter tomatoes.
3. In a food processor, cover and process green peppers and onions in batches until finely chopped (if you want to add extra flavor, saute the peppers and onions in a little oil and a pinch of salt before processing).
4. In a large stockpot, combine the tomatoes (do not discard excess juices from the tomatoes), onion/pepper mixture, tomato paste, soy sauce, Worcestershire sauce, brown sugar, salt, garlic, oregano, basil, pepper flakes, and bay leaves.
5. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 hours, stirring every 15 minutes or so (tomatoes burn easily so keep an eye on it). Discard bay leaves.
6. If you want to make your sauce thick and smooth, use an immersion blender to blend the tomatoes until smooth with no large chunks (you can also blend it in batches in a blender).
7. Add 2 tablespoons lemon juice to 9 or 10 hot 1-quart jars (depending on how much sauce you have). Ladle hot mixture into jars, leaving ½-in. headspace at the top. Remove air bubbles; wipe rims and adjust lids.
8. For Water Bath Canning: Process for 40 minutes in a boiling-water canner for altitudes of 1,000 feet or

less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.

9. For Pressure Canning: Using a weighted-gauge pressure canner, process 20 minutes for pint jars and 25 minutes for quart jars. Process at 10 lb for altitudes between 0-1,000 feet. Process at 15 lb for altitudes above 1,000 feet.

Homemade Enchilada Sauce

<https://cookieandkate.com/enchilada-sauce-recipe/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
2 cups	3 mins	7 mins	10 mins

Ingredients

- 3 T. olive oil
- 3 T. flour (whole wheat, all-purpose, or gluten-free flour blends)
- 1 T. ground chili powder
- 1 t. ground cumin
- ½ t. garlic powder
- ¼ t. dried oregano
- ¼ t. salt, to taste
- Pinch Pinch cinnamon (optional but recommended)
- 2 T. tomato paste
- 2 C. vegetable broth
- 1 t. apple cider vinegar or distilled white vinegar
- Freshly ground black pepper, to taste

Directions

1. Measure the dry ingredients (flour, chili powder, cumin, garlic powder, oregano, salt, and optional cinnamon) into a small bowl and place it near the stove.
2. Place the tomato paste and broth near the stove as well.
3. In a medium-sized pot over medium heat, warm the oil until hot enough that a light sprinkle of the flour/spice mixture sizzles on contact.
4. Pour in the flour and spice mixture. While whisking constantly, cook until fragrant and slightly deepened in color, about 1 minute.
5. Whisk the tomato paste into the mixture, then slowly pour in the broth while whisking constantly to remove any lumps.
6. Raise heat to medium-high and bring the mixture to a simmer. Reduce heat as necessary to maintain a gentle simmer.
7. Cook, whisking often, for about 5 to 7 minutes, until the sauce has thickened a bit and a spoon encounters some resistance as you stir it.
8. Remove from heat and whisk in the vinegar. Season to taste with freshly ground black pepper. Add more salt if necessary.
9. Let the sauce cool before using or storing.

Notes

- Extra enchilada sauce will keep well in the refrigerator for up to 5 days. Or, freeze it for up to 3 months. Let it cool to room temperature before transferring to a wide-mouth mason jar or freezer bag.
- To make it gluten-free, use a gluten-free all-purpose flour blend.
- To make it tomato-free, omit the tomato paste and adjust the spices to taste.
- Feel free to adjust the spices to suit your preferences.

Soup

Broccoli Cheese Soup

COOK TIME

15-20 minutes

Ingredients

- ½ stick butter
- 1 onion, diced
- Hand full baby carrots, cut into small sticks
- 2 stalks celery, diced
- 3 C. chicken broth
- 1 C. half and half
- 2 heads fresh broccoli, chopped
- 1 C. milk
- ⅓ C. cornstarch
- ¼ t. black pepper
- ¼ t. garlic powder
- ¼ t. thyme
- ½ t. sea salt
- 8 oz Velveeta cheese, cubed
- 1 ½ C. sharp cheddar cheese, shredded

Directions

1. Melt butter over medium heat. Saute onions and celery 3-4 minutes.
2. Stir in chicken broth, half and half, broccoli, and baby carrots. Bring to a boil, then reduce heat and simmer for 10-15 minutes, until broccoli is soft and tender.
3. In a small bowl, whisk together milk and cornstarch. Pour into the soup pot and stir until it starts to thicken.
4. Stir in pepper, garlic powder, thyme, and sea salt. Drop the heat to low and stir in Velveeta and shredded cheddar.
5. Top each bowl with a little extra grated cheese and serve.

Carrabba's Spicy Sicilian Chicken Soup

<https://www.food.com/recipe/carrabbas-spicy-sicilian-chicken-soup-465655>

YIELD
12-16 servings

PREP TIME
3 hours 15 minutes

Ingredients

- Olive oil
- 3 medium sweet onions
- 2 ½ medium green peppers
- 8-10 hearts celery
- 8-10 medium carrots (6 large recommended)
- 8 medium sized potatoes, roughly diced (4-5 larger Idaho baking potatoes)
- 10-12 garlic cloves
- 4 qt. chicken stock (2 from boxed broth, 2 from concentrate)
- 5 boneless skinless chicken breasts
- 2 (28 oz.) cans tomatoes (28 oz can and 'Generic' Safeway Diced Petite)
- 1 C. chopped parsley
- White pepper to taste
- Black pepper to taste
- Salt to taste
- 2 lbs ditalini (or stubby pasta of choice)

Directions

1. In a large stockpot (16 quart minimum / 20 quart recommended) heat olive oil under fairly low to medium heat.
2. Sweat onion, celery, green pepper, and some salt (to draw off moisture) for perhaps 30 minutes -- this is lower than browning, and makes the veggies somewhat translucent. Cover and mix every few minutes to prevent browning.
3. Add carrots, garlic, some white pepper, and some black pepper, and continue to heat under 'sweat' conditions while mixing now and then.
4. Add chicken stock, chicken breasts, tomatoes, and potatoes -- and of course, some more white pepper and black pepper.
5. Cover and simmer on low heat for 1.5 to 2 hours (or use a crock pot).
6. Remove chicken and let cool and stand to shred.
7. Add chopped parsley and return the shredded chicken to the soup.
8. Salt to taste at this point, and add more white and black pepper if needed.
9. Simmer while cooking ditalini (or other stubby pasta).
10. Serve soup over cooked pasta to taste.

Notes

- Like many soups, this may be better made the day before and then served when needed. It can be frozen for ready-made meals and should work out well.
- This can be frozen and microwaved to serve over ditalini

Creamy Tortellini Soup

<https://damndelicious.net/2019/01/30/creamy-tortellini-soup/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
6 servings	15 minutes	15 minutes	30 minutes

Ingredients

- 1 T. olive oil
- 1 lb. Italian sausage
- 3 cloves garlic
- 1 medium sweet onion
- 2 t. Italian seasoning
- Kosher salt and freshly ground black pepper
- 2 T. all-purpose flour
- 4 C. chicken stock
- 1 8-oz. can tomato sauce
- 1 3-inch Parmesan rind
- 1 9-oz. package refrigerated three cheese tortellini
- ½ bunch kale
- ⅓ C. heavy cream
- 3 T. chopped fresh basil

Directions

1. Heat olive oil in a large stockpot or Dutch oven over medium heat.
2. Add Italian sausage and cook until browned, about 3–5 minutes, crumbling the sausage as it cooks. Drain excess fat.
3. Stir in garlic, onion, and Italian seasoning. Cook, stirring frequently, until onions are translucent, about 2–3 minutes. Season with salt and pepper to taste.
4. Whisk in flour until lightly browned, about 1 minute.
5. Stir in chicken stock, tomato sauce, and Parmesan rind (if using). Bring to a boil, then reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 10 minutes.
6. Stir in tortellini, cover, and cook until tender, about 5–7 minutes.
7. Stir in kale until wilted, about 1–2 minutes. Stir in heavy cream and basil until heated through, about 1 minute. Season with salt and pepper to taste.
8. Serve immediately.

Creamy White Chicken Chili

<https://www.melskitchencafe.com/creamy-white-chili/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
6 servings	20 minutes	25 minutes	45 minutes

Ingredients

- 1 T. oil
- 1 lb. boneless skinless chicken breasts
- ½ C. chopped onion
- 1 ½ t. garlic powder
- 2 cans (15.5 oz. each) Great Northern or cannellini beans
- 1 ¾ C. chicken broth
- 2 cans (4 oz. each) chopped green chiles
- 1 t. salt
- 1 t. ground cumin
- 1 t. dried oregano
- ½ t. pepper
- ¼ t. cayenne pepper
- 1 C. sour cream
- ½ C. heavy cream
- fresh cilantro
- shredded cheese, tortilla chips, other toppings

Directions

Stovetop Directions:

1. In a 4- or 5-quart pot, heat the oil over medium heat.
2. Add the chicken, onion, and garlic powder (or fresh garlic, if using). Cook, stirring occasionally, for 1-2 minutes, until the onion starts to soften. It's okay if the chicken isn't fully cooked yet.
3. Add the beans, broth, chiles, salt, cumin, oregano, pepper, and cayenne.
4. Bring to a simmer and cook uncovered for 15-30 minutes.
5. Remove from heat and stir in the sour cream and heavy cream.
6. Garnish with fresh cilantro if desired. Serve with shredded cheese, tortilla chips, or other toppings. The chili will thicken slightly as it cools.

Slow Cooker Directions:

1. In a 5- or 6-quart slow cooker, place 1 pound boneless, skinless chicken breasts whole.
2. Add the chopped onion, garlic powder, beans, green chiles, and all of the spices. Do not add the sour cream or whipping cream yet.

3. Reduce the chicken broth to 1 1/2 cups and add to the slow cooker. Stir to incorporate the dry spices.
4. Cook on low for 5-7 hours.
5. Remove the chicken and shred into bite-size pieces. Return the shredded chicken to the slow cooker.
6. In a small bowl, whisk together the sour cream and heavy cream until smooth, then stir into the slow cooker.
7. Cover and heat through on low or high until warmed.
8. Garnish with fresh cilantro if desired. Serve with shredded cheese, tortilla chips, or other toppings. The chili will thicken slightly as it cools.

Notes

- You can substitute the green chiles completely with a 12-ounce jar of green salsa (salsa verde or tomatillo salsa).
- To substitute the heavy cream, add extra sour cream or milk. For a thicker chili, blend 1/2 cup milk with 1 tablespoon flour and use in place of the cream.
- To use already cooked chicken (such as rotisserie or simple stovetop shredded chicken), omit it from the initial cooking step and stir the cooked, cubed, or shredded chicken in at the end with the sour cream. Heat through before serving.

Easy Tortellini Soup

<https://www.allrecipes.com/recipe/25670/easy-tortellini-soup/>

YIELD	PREP TIME	COOK TIME	TOTAL TIME
8 servings	15 minutes	45 minutes	1 hour

Ingredients

- 1 T. olive oil
- 1 small red onion, chopped
- 1 zucchini, chopped
- 1 T. minced garlic
- 1 (28 oz.) can crushed tomatoes
- 2 (14.5 oz.) cans chicken broth
- 1 T. white sugar
- 1 T. Italian seasoning
- ¼ C. red wine
- 1 dash hot pepper sauce
- 1 (11 oz.) can white corn, undrained
- ½ C. freshly grated Parmesan cheese
- 8 oz. cheese tortellini

Directions

1. In a large pot over medium heat, cook onion, zucchini, and garlic in oil three minutes, until onion is translucent.
2. Stir in crushed tomatoes, broth, sugar, Italian seasoning, wine, and pepper sauce and bring to a boil.
3. Reduce heat and stir in corn and Parmesan. Simmer 30 minutes.
4. Stir in tortellini and simmer 10 minutes more, until pasta is tender.

Egg Drop Soup

<https://www.food.com/recipe/egg-drop-soup-22330>

YIELD	PREP TIME	COOK TIME
2 servings	5 minutes	10 minutes

Ingredients

- 3 C. chicken broth
- ½ t. salt
- 2 T. cold water
- 1 T. cornstarch
- 1 egg (slightly beaten)
- 1 scallion, with tops, finely chopped

Directions

1. Bring chicken broth to a boil in soup pot.
2. Add ½ teaspoon salt & mix.
3. Combine water and cornstarch; stir into boiling broth.
4. Stir a small amount of hot broth into slightly beaten egg.
5. Add egg mixture into hot broth slowly, stirring all the time.
6. Cook until clear and slightly thickened, stirring constantly.
7. Garnish with scallion.

Mimi's Cafe Corn Chowder

Erin Christensen

Ingredients

- ¼ c. butter
- 6 T. onion, chopped
- ¾ c. celery, diced
- 2 ½ c. hot water
- 2 c. potatoes, peeled and cut into ½-inch cubes
- 3 c. frozen corn kernels, thawed
- 2 T. sugar
- 2 tsp. salt
- pepper Dash
- 3 T. flour
- 1 qt. Half and Half

Directions

1. Melt butter in saucepan over medium heat. Add onions and celery and saute 5 mins until soft and not brown.
2. Add water, potatoes, corn, sugar, salt and pepper.
3. Cover and simmer until potatoes are barely tender; about 30 mins.
4. Whisk flour into 1 c. Half and Half. Stir into soup.
5. Add remaining 3 c Half and Half and simmer until soup has thickened to creamy consistency. Do not boil.
6. Season to taste with additional salt and pepper, if needed.
7. If too thick, add milk; if too thin, simmer 5 to 10 more mins.

Texas Brisket Chili

<https://urbancowgirllife.com/texas-brisket-chili/>

PREP TIME	COOK TIME	TOTAL TIME
30 minutes	4 hours	4 hours 30 minutes

Ingredients

- 4 slices thick cut bacon
- 3–4 lb. beef brisket
- Kosher salt, pepper, and onion powder
- 2 C. white onion
- 5 cloves garlic
- 1 T. paprika
- 1 T. cumin powder
- 3 ½ T. Texas chili powder
- ½ t. dried thyme
- ½ t. chipotle chile powder
- ½ t. salt
- 1 qt. beef broth
- ½ C. strong black coffee
- 28 oz. whole tomatoes in juice
- sharp cheddar cheese, freshly grated
- white onion, fritos, tabasco sauce, and jalapeños

Directions

1. Trim and clean the brisket, reserving 3–4 pounds of the flat cut. Cube into small ¼-inch pieces and set aside.
2. In a large stockpot, cook the bacon until crispy. Remove from the pan and set aside.
3. Increase heat to medium-high. In the bacon fat, brown the brisket cubes in three batches to ensure proper browning. Season each batch liberally with salt, pepper, and onion powder. Add oil as needed between batches. Transfer browned meat to a bowl and reserve.
4. Add diced onion to the same pot with a pinch of salt. Cook, scraping the bottom to release brown bits, until onions are soft and lightly caramelized.
5. Stir in paprika, cumin, chili powder, thyme, chipotle chile powder, and salt. Cook for 2 minutes.
6. Add pressed garlic and cook for 1 more minute.
7. Return the browned brisket to the pot. Add coffee and 2 cups of the beef broth, stirring to combine.
8. Break up the canned whole tomatoes by hand as you add them, along with their juice. Stir in the crumbled bacon.
9. Cover and simmer gently over low-medium heat for 2½ to 3 hours, adding the remaining 2 cups of beef broth as needed to maintain consistency.

10. Finish with Tabasco sauce if desired. Serve topped with sharp cheddar cheese, minced white onion, Fritos, and jalapeños.

Notes

- This chili can be made in the Instant Pot. Follow all steps up to the simmering stage, then transfer to the Instant Pot and cook for 1½ hours. For a thicker texture, use an immersion blender to blend the meat slightly.
- This recipe has won many chili cookoffs, including one by Brian for the Horrocks chili cookoff.

Other

Kool-Aid Playdoh

Erin Christensen

Ingredients

- 2 c. water
- 3 T. oil
- 2 pkg Kool-Aid
- 2 ½ c. flour stir in after removing from heat
- ½ c. salt stir in after removing from heat

Directions

1. In a large sauce pot, bring to a boil: water, oil, and Kool-Aid.
2. Remove from heat.
3. With a wooden spoon, stir in flour and salt.