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Z

#1 Brownie Pudding Cake

1 c. flour

½ c. sugar

¼ c. + 3 TB cocoa, divided

2 tsp baking powder

¼ tsp salt

2/3 c. milk

1 tsp vanilla

½ c. brown sugar

1 c. boiling water

Heat oven to 350. Mix flour, sugar, ¼ c. cocoa, baking powder, and salt. Stir in milk and vanilla. Spread in an ungreased 8X8 pan. Sprinkle with brown sugar and remaining 3 TB cocoa. Pour boiling water on top but don't stir. Bake 40 minutes or until top looks dry. Serve warm. If you really like chocolate, add ½ c. semisweet chocolate chips in batter.

#2 Moist Chocolate Cake

3 c. flour

2 tsp baking soda

1 tsp salt

2 c. sugar

¼- ½ c. unsweetened cocoa powder

2/3 c. oil

2 eggs

1 c. sour milk (1 TB vinegar+ milk to equal 1 c)

2/3 c. boiling water

Sift together the dry ingredients. Add oil, eggs and sour milk. Stir until smooth. Gradually beat in boiling water. Pour in greased and floured 9 X 13 pan or two 9 in round pans. Bake at 350 degrees until toothpick inserted in center comes out clean, about 30-35 minutes.

#3 Chocolate Zucchini Cake: Use 2 c. pureed zucchini in place of milk.

#4 Upside Down German Chocolate Cake:

1 1/3 c. coconut	1 egg
1 c. chopped pecans	4 c. powdered sugar
8 oz. cream cheese softened	1 batch of chocolate cake as batter
¼ c. butter, softened	

Sprinkle the coconut and pecans on bottom of a greased and floured 9 X 13 pan. Pour cake batter over top. Beat together cream cheese and butter. When smooth, add in egg and sugar until well mixed. Drop mixture by tablespoonfuls over the chocolate batter. Carefully spread to within one inch of edges. Bake at 325 degrees for 55-60 minutes or until it passes the toothpick test. Cool for 10 minutes, then turn upside down onto a serving plate.

#5 Wacky Cake

1 ½ c. flour	5 TB oil
¾ c. sugar	1 TB white vinegar
¼ c. natural cocoa powder (not Dutch)	1 tsp vanilla
¾ tsp baking soda	1 c. water
½ tsp salt	

Heat oven to 350°. Grease an 8X8 pan. Combine flour, sugar, cocoa, baking soda, and salt in the PAN, stir and make 1 large and 2 small craters in it. Pour the oil in the large one, vinegar and vanilla each in a small crater. Pour water over top, and mix until just a few streaks of flour are visible. Immediately put in oven. Bake until toothpick inserted in center comes out almost clean, about 30 minutes. Cool in pan, dust with powdered sugar.

#6 Yellow Cake

½ c. butter	1 ¼ c. milk
1 ¾ c. sugar	2 ¾ c. flour (2 ½ c. if you scoop)
2 eggs	2 ½ tsp baking powder
1 ¼ c. milk	1 tsp salt

Beat butter until smooth, add sugar and vanilla and beat until combined. Add eggs, one at a time, beating 1 minute after each. Add dry ingredients alternately with milk, starting and ending with milk. Mix until smooth. Pour in greased and floured pans – makes two 8" rounds, or one 9X13 sheet cake. Bake at 375° for 30-35 minutes, or til edges pull away slightly from the pan. Cool in pan 10 minutes, then flip onto racks. For high elevation (above 3500 feet), reduce sugar by 2 TB and increase milk by 2TB. You might also need to decrease baking powder by ¼ tsp. If the cake rises, then falls while baking, you have too much leavening. (Or you forgot the flour....It happens!)

White Cake: use shortening instead of butter, use 3 egg whites instead of 2 whole eggs.

Banana Cake: add 2 mashed ripe bananas, reduce milk to ¾ c.

Citrus Cake: Stir in 1 TB orange zest, 2 tsp lemon zest, and use orange juice in place of milk. Melt ¼ c. butter with 1 c. brown sugar on bottom of 9 X 13, put pineapple rings and maraschino cherries on bottom, spread batter on top.

Any cake is more moist by brushing with syrup or thinned jam while cake is still hot. ¼ - ½ c. is a good amount.

#7 Stabilized Whipped Cream Frosting/Topping

½ pint heavy whipping cream (8 oz)
 2 TB sugar or ¼ c. powdered sugar
 ½ tsp vanilla
 1 tsp Ultra Gel OR 1 tsp unflavored gelatin (Knox)

If using Ultra Gel, stir it with the sugar, then add cream and vanilla and whip until stiff. Spread or pipe onto cake or pie.

If using gelatin, put it with 1 TB of water, let it sit a minute to soften, then microwave for 12 seconds to dissolve it. Whip the cream, sugar, and vanilla until they start to thicken a little, then slowly pour gelatin in while still beating. Whip until stiff. Keep in fridge.

#8 Dream Frosting

1 c. granulated sugar	1 c. milk
¼ c. flour or 2 TB cornstarch	1 c. butter at room temperature
1/8 tsp salt	1 tsp vanilla, lemon, maple, or mint

In a saucepan, mix sugar, flour, and salt. Stir in milk, then bring to a boil over medium heat, stirring constantly. When thickened, remove from heat, cover, and let cool completely. In a medium-size bowl, beat butter until smooth. Add to cooled milk mixture, beating constantly. Beat until fluffy, about 5 minutes. Add flavor and color. Good as a cupcake filling.

Caramel: use brown sugar instead of white

Chocolate: add 2-4 TB unsweetened cocoa powder and 2-4 TB more sugar

Cream Cheese Frosting: use ¾ c. butter and 4 oz. softened cream cheese.

#9 Ganache or Rich Chocolate Glaze

Melt together equal amounts *by weight* of chocolate and cream or evaporated milk

1 c. cream
 1 1/3 c. chocolate chips (8 oz)
 1 tsp vanilla if you want

Stir until smooth, then use right away as a chocolate glaze or let chill a bit to make firmer. You can also add a couple TB of corn syrup, milk, caramel sauce, or honey to make it more spreadable. When ganache sets up all the way, you can even whip it to make it creamier. It whips best at 70°. Colder is too stiff and will clump, warmer doesn't get as fluffy.

If you use *half* as much cream (*by weight again*), and add 1-2 TB butter, they will set up to be **truffles**.

#10 Simple Buttercream Frosting

1 ½ c. shortening, or butter, or mix of both	2 lb. powdered sugar
1 tsp salt (1/4 tsp if using salted butter)	½ - 2/3 c. water or milk
2 tsp flavoring – vanilla or other	

Beat shortening/butter until creamy, then add all else. Beat until smooth. Use ½ c. water if using all butter. If too thick, add a few drops of water or corn syrup. If too thin, add powdered sugar ¼ c. at a time.

Extra-creamy, use cream or evaporated milk instead of water.

Fruity frosting, use juice, jam, zest, crushed fruit in place of some/all of the water. Mashed banana is good.

Butterscotch Frosting: use butter, melt it until browned, cool before making the frosting.

Chocolate Frosting: add $\frac{1}{4}$ c. cocoa for milk chocolate, double that for darker. Or beat in 2-4 squares melted unsweetened chocolate. Also good with some peanut butter or caramel sauce stirred in.

Coconut Frosting: use coconut milk or coconut cream if you have it, or 1 tsp coconut extract. Make frosting, then stir in $1\frac{1}{2}$ c. coconut if you want.

Cream Cheese Frosting: use 8 oz cream cheese with 8 oz. butter. 1-2 TB lemon juice, $\frac{1}{4}$ - $\frac{1}{2}$ c. water or milk. Or make **strawberry cheesecake frosting** by using $\frac{1}{2}$ c. strawberry jam instead of water/milk.

Leftover Frosting? Spread on graham crackers; mix with an equal amount of peanut butter and make balls; add more powdered sugar and nuts if you like, press in a pan, cut in squares and call it fudge. Or save it airtight in the fridge or freezer.

#11 Marshmallow Frosting

1 c. sugar	2 egg whites
$\frac{1}{4}$ c. water	1 tsp vanilla
2 $\frac{1}{2}$ TB corn syrup or any jam OR a pinch of cream of tartar	

Combine sugar, corn syrup, water, and cream of tartar. Boil 1 minute until it spins a thread when dropped from a spoon. Pour slowly into beaten whites, still beating. Beat an extra minute, until fluffy, then beat in vanilla.

You can use $\frac{3}{4}$ c. honey instead of sugar and corn syrup.

Cocoa can be added to the sugar mixture for chocolate marshmallow.

Try chocolate using strawberry jam in place of corn syrup.

#12 Seven-Minute Frosting

1 $\frac{1}{2}$ c. granulated sugar	2 egg whites
$\frac{1}{3}$ c. cold water	1 tsp vanilla
2 TB corn syrup OR $\frac{1}{4}$ tsp cream of tartar	

In a double boiler, beat all except vanilla. Put over simmering water (don't let bowl touch water). Cook while beating on high for 7 minutes, until stiff peaks. Remove from heat, add vanilla, beat 2-3 minutes more until spreadable.

Peppermint Frosting: use $\frac{1}{4}$ tsp mint extract, not vanilla, sprinkle cake with crushed peppermint candies.

Seafoam Frosting: use 1 $\frac{1}{4}$ c. brown sugar instead of the white. Reduce water to $\frac{1}{4}$ c.

Strawberry Fluff: reduce sugar to 1 c. Use $\frac{2}{3}$ c. mashed berries instead of water.

Chocolate Fluff Frosting: after beating, add in 3 oz. melted unsweetened chocolate.

#13 Chewy Fudge Brownies

$\frac{1}{4}$ c. (1/2 stick) butter	$\frac{1}{2}$ tsp vanilla
1 c. sugar	$\frac{1}{2}$ tsp salt
2-6 TB cocoa (more=darker)	$\frac{3}{4}$ c. flour
2 eggs	$\frac{1}{2}$ c. chopped nuts, optional

Cream together the butter, sugar, and cocoa. Beat in eggs and vanilla. Stir in salt, flour, and nuts if using them. Spread in a greased 8X8 pan, bake at 350° for about 25-30 minutes. Underbake slightly. Cool. A double batch fills a 9X13 pan, quadruple for a 12X18 cookie sheet.

#14 Brownie Variations

Chocolate Banana Brownies: mash one banana, use it to replace half the butter.

Mint Brownies: make ½ batch basic buttercream frosting, stir ½ tsp mint flavor into half, ¼ c. cocoa in the other half. Spread mint frosting over, chill, then spread chocolate. OR stir in 2 oz. chopped Andes or peppermint patties. OR put a layer of thin mints on top after baking, while still warm. Let sit until melted, then spread.

Blondies: Melt the butter in a pan until golden brown, stir in sugar. Omit cocoa, and mix everything in the saucepan. Bake. Good with nuts and/or coconut (1/2 c. each)

Cream Cheese Brownies: mix 1 eggs with 4 oz. cream cheese, 1 c. powdered sugar, and ½ tsp vanilla. Dollop on top of brownie batter. Spread or swirl it, then bake.

Peanut Butter Swirl: mix 1 egg, ½ c. PB ½ tsp vanilla, and 2 TB each sugar, butter and flour. Drop and swirl on top of batter.

Rocky Road: top with 1 c. mini marshmallows for last 5 minutes of baking.

#15 Chocolate Chip Cookie (2 dozen)

¼ c. butter, melted and cooled a little

2 tsp vanilla

1 large egg

1 c. brown sugar

1 ¼ c. flour (spoon to measure)

¼ tsp baking soda

¼ - ½ tsp salt

1 c. chocolate chips

Heat oven to 375° Whisk butter, vanilla, and egg together. Stir in brown sugar. Add flour, baking soda, and salt; stir well by hand. Stir in chocolate chips. Form 1" balls, or drop by tablespoonfuls onto a greased cookie sheet (or parchment). Bake 9-11 minutes, till edges are light golden and centers are almost set. Underbake slightly for chewy cookies. Cool on rack.

#16 Oatmeal Cookies

Use the recipe for chocolate chip cookies. Replace ½ c. of the flour with 1 c. oats. Add ¼ tsp cinnamon and ½ c. raisins or nuts instead of chocolate chips. For extra flavor, melt the butter until browned, then add the oats and cook until toasted. Then mix as usual.

Use any dried fruit or nuts. My favorite is chopped almonds, snipped-up dried apricots, using almond extract instead of vanilla, then drizzling with powdered-sugar water glaze with a touch of almond extract in it.

Tricks to know: sugar acts as a liquid in baking. If you want cookies flatter, add sugar. If too thin, reduce sugar or add flour. Adding milk, water, or sour cream makes a cookie softer and puffier, more cakelike.

#17 No-Flour Peanut Butter Cookies (1 dozen)

1 c. peanut butter

1 egg

1 c. sugar

Heat over to 350° Mix all together, drop by spoonfuls on cookie sheet. Bake for 8 minutes, til bottoms are brown. Cool on rack.

Peanut Butter Kiss Cookies: Chill dough and shape into 1" balls. Bake, then put a chocolate kiss on top of each cookie while warm.

Fudge-Filled Cookies: Chill and roll into 1" balls, put in greased mini muffin pan. Bake, make an indentation in center, cool 5 minutes and remove from pan. Melt: 11 oz. chocolate chips, 1 can sweetened condensed milk, 1 ½ tsp vanilla. Fill cookies.

#18 Chewy Peanut Butter Oatmeal Cookies (3 dozen)

½ c. butter	2 TB milk
¾ c. peanut butter	½ tsp salt
¾ c. white sugar	1 tsp baking soda
¾ c. brown sugar	2 ½ c. flour (whole wheat is okay)
2 eggs	1 c. quick oats

Heat oven to 375°. Cream together butter, peanut butter and sugars. Beat in eggs and milk. Stir in all else. Shape into balls, put on cookie sheet, and flatten with a fork. Bake for 8-10 minutes.

Raisin-Filled Cookies: flatten balls with your thumb to make a dent, fill with raisin filling, bake 10-12 minutes. Filling: stir and cook until thick: ½ c. sugar, 2 TB cornstarch, 2 TB lemon juice, ¾ c. water, 1 ½ c. raisins.

#19 Soft Sugar Cookies (5 dozen)

2 c. sugar	5 ½ - 6 c. flour
1 c. sour cream (plain yogurt works)	2 tsp baking powder
½ c. butter, softened	1 tsp vanilla
½ c. shortening or coconut oil	1 tsp almond or lemon extract
3 eggs	¼ - 1 tsp salt

Heat oven to 350°. Cream together sugar through shortening. Beat in eggs, then mix in all else. On floured surface, roll ¼" thick. Cut out with cookie cutters, bake 7-10 minutes, 'til edges are lightly browned. Frost with buttercream frosting.

Lemon Cookies: do one or more of these: use lemon extract and/or 2 tsp lemon zest in dough, or brush with lemon syrup (basic syrup, made using lemon juice). Lime or orange are good too.

You can also roll 1" balls of dough, then coat in sugar, or sugar with cinnamon or cardamom. My great-aunt used to make these rolled in sugar and then brushed with lemon syrup. Yum.

#19 Soft Frosted Molasses Cookies

½ c. shortening or coconut oil	1 ½ tsp cocoa powder (optional but good)
1 c. sugar	1 ½ - 3 tsp ground ginger
1 egg yolk	1 ½ tsp baking soda
1 tsp vanilla	½ c. hot water
½ c. molasses	dash of salt
4 c. flour, whole wheat is great	

Heat oven to 375°. Combine shortening and sugar, beat until fluffy. Beat in yolk and vanilla, then molasses, cocoa powder, and ginger. Dissolve baking soda in hot water. Combine with sugar mixture. This will be very runny. Mix in flour to form a dough that can be handled but is slightly sticky. On floured surface, roll 1/4 " thick, cut with canning jar rings, or 2-3" biscuit cutters. Bake on greased pan or parchment for 8-10 minutes, until browned on bottom. Cool, then spread with a thin layer of glaze. Let dry and enjoy!

Smooth and Shiny Glaze: 1 raw egg white*, 1 TB lemon juice, dash salt, 1 ¼ c. powdered sugar. Beat egg white and lemon juice until foamy, stir in salt and powdered sugar. *Afraid of salmonella? Here's what you need to know: the inside of an egg cannot have any bacteria in it unless the egg has cracks in it. Only the outside. So choose a perfect egg, wash and dry it, and relax.

#20 Apple Crisp for One

½ TB butter, softened

2 TB flour OR ¼ c. quick oats

1 TB brown sugar

1 apple, quartered, cored, and sliced

Slice the fruit and put it in a microwaveable bowl. In a separate bowl, mash together the butter and brown sugar, then stir in the flour or oats. Put this on top of the fruit, then add a sprinkle of cinnamon, nutmeg, or ginger if you like. Microwave for 1 – 1 ½ minutes. If you like your top crunchy, put it under the oven broiler for 1 minute. (NO PLASTIC in oven!)

Peeling apples is optional, and is completely unnecessary with Golden Delicious. Other fresh, frozen, or canned fruits are good, too. Peaches, strawberries, rhubarb, or pears. If you use these though, stir 1 TB flour with the fruit to coat it. This will thicken the juices as the crisp cooks.

For an 8X8 pan full, use 4-6 apples and multiply the topping by 4 to 8 times. Four times would be 2 TB butter, 2 TB brown sugar, ¼ c. flour, ¼ tsp cinnamon or nutmeg. If you don't have a microwave, bake at 350° for 40-60 minutes.

#21 Cheesecake, no bake

8 oz. cream cheese, softened

1/3 c. lemon or lime juice

14 oz. can sweetened condensed milk

1 tsp vanilla or lemon extract

Beat cream cheese until smooth. Beat in condensed milk, then juice and flavor. Pour into a graham cracker crust. Chill 3 hours or more.

Great with any fruit filling. Make your own by stirring together ½ cup jam and 1-2 cups fruit.

If you make your own sweetened condensed milk out of powdered milk, mix it with everything in the blender, and the cheesecake will end up a little fluffier.

#22 Cheesecake, lowfat New York style

1 lb. lowfat cottage cheese, drained 30 minutes

¼ tsp salt

1 lb. light cream cheese, room temperature

½ - 1 tsp lemon zest

8 oz. Greek yogurt (or plain yogurt, drained overnight in cheesecloth or fine sieve)

1 ½ c. sugar

1 TB vanilla

3 large eggs

Press a half-batch graham cracker crust into a 9" springform pan, bake at 325° for 10-15 minutes, until it smells good. Increase oven temperature to 500°.

Using a blender or food processor, add cottage cheese and yogurt, run until smooth. Add sugar, salt, zest, and vanilla. Blend. Then add eggs one at a time, until all creamy. Pour on top of crust, bake at 500° for 10 minutes, then reduce heat to 250°. Bake until center is 150° about 1 ½ hours. Chill

#23 Pudding

¼ - ½ c. sugar

1 egg or 2 yolks, beaten

2 TB cornstarch or ¼ c. flour

2 TB butter, optional

Pinch of salt

1 tsp vanilla

2 c. milk (whole milk is nice)

Mix sugar, cornstarch, and salt in a saucepan. Stir in milk. Cook and stir until thickened, then cook 2 minutes. Remove from heat, gradually stir half of it into the egg. Pour this back in the pan, cook and stir 2 minutes more. Take off heat, stir in butter and vanilla. Cover and cool. You can omit the egg, but it will not be as rich.

Banana Pudding: stir 2 sliced bananas into cooled pudding.

Butterscotch Pudding: melt the butter until it brown, and use brown sugar

Chocolate Pudding: use $\frac{3}{4}$ c. sugar and $\frac{1}{4}$ - $\frac{1}{3}$ c. cocoa powder, OR melt $\frac{1}{2}$ -1 c. chocolate chips into it.

Coconut Pudding – use coconut milk or 1 tsp coconut extract, stir in 1 c. fine coconut

Peanut Butter Pudding: stir in $\frac{1}{2}$ c. peanut butter

Strawberries and Cream Pudding: use strawberry juice or crushed strawberries in place of half the milk, use evaporated milk or cream, or half-and-half for rest of the milk.

Fluffy Pudding: fold in 1 c. whipped cream

Cream Pie Filling is any flavor pudding with 1-2 TB more cornstarch to thicken it.

Filling for Lemon Meringue Pie – increase cornstarch to 5TB, sugar to 1 $\frac{1}{2}$ c., $\frac{1}{2}$ c. of the liquid is lemon juice, the other 1 $\frac{1}{2}$ c. is water

Vanilla Sauce: reduce cornstarch to 1 TB

#24 Dressed Up Green Beans

To one can (14 oz.) of drained green beans, add one or two of these:

$\frac{1}{4}$ - $\frac{1}{2}$ c. salsa	$\frac{1}{2}$ - 1 TB bacon fat or butter
1 TB onion soup mix	$\frac{1}{2}$ onion cooked until soft in bacon fat or oil
1 TB crumbled cooked bacon	$\frac{1}{4}$ c. sliced or slivered almonds
$\frac{1}{2}$ tsp lemon juice	2 TB vinaigrette dressing
Tomato wedges	$\frac{1}{2}$ tsp Dijon or regular mustard
$\frac{1}{2}$ tsp onion powder	

These are also good additions to asparagus, cooked corn, cubed lightly cooked zucchini, diced potatoes, cooked shredded cabbage.

#25 Coleslaw

$\frac{1}{4}$ c. mayonnaise or plain yogurt	1-2 TB sugar or honey
$\frac{1}{2}$ a small head of cabbage shredded	1-2 shredded carrots

Mix together the mayo and sugar, then mix in the carrots and cabbage.

$\frac{1}{2}$ tsp celery seed or poppy seed is nice if you have it. Flavor is best after the coleslaw sits 30 minutes or overnight.

Carrot Salad:

Use 3-4 cups shredded carrots and 2-3 shredded apples for the cabbage and honey. Extra-good with 2 TB orange juice concentrate, a handful of raisins, or a cup of coconut. A 20-oz. can crushed pineapple is good instead of the apple here.

Waldorf Salad: use the mayo and honey or 4 chopped apples, $\frac{1}{2}$ c. chopped celery, $\frac{1}{2}$ c. walnuts or pecans, and $\frac{1}{4}$ c. raisins.

#26 Cooking Vegetables

Ways to Cook: steam, boil, cover and bake, saute (chopped, shredded, or sliced), dredge in seasoned flour or crumbs and pan-fry (med, med-high) or deep-fry (375°), roast (425-450, use oil), stir-fry until crisp-tender.

Flavor additions: herbs or spices, butter, herbed butter, white sauce or gravy (scaloped or creamed) with white sauce and cheese (Au Gratin), mustard, red sauces, vinaigrette, other salad dressing, splash with lemon or orange juice, handful of dried fruit or nuts, stir into pasta or rice, mix with other vegetables (esp. garlic or onion), chopped ham/bacon or other meat.

Cooking Greens – rinse off dirt/sand. Remove stems if thick, chop those. Add a bit of boiling salted water OR one tablespoon hot butter/oil, cook a few minutes, then add the sliced leaves, boil until just tender. Cover to steam for 2-3 minutes.

Steam/Sauteed Vegetables: good method for cut asparagus, broccoli florets and peeled stems, cauliflower florets, Brussel Sprouts, shredded cabbage, sliced carrots and parsnips, cut celery, thin-sliced fennel, winter squash (like acorn squash, pumpkin), green beans, pea pods, turnips. If a veggie has high moisture (like mushrooms, onions, bell peppers, summer squash), skip the steaming step.

Combine in a deep skillet or Dutch oven: 1/3 c. water, 1 TB butter, oil, or bacon fat, ½ tsp salt and 1 pound vegetables. Bring to a boil, cover and steam on med-hi heat until just barely tender, 5-10 minutes. Take off the lid, add herbs if you want, and cook until the water is all gone, 1-2 minutes. Stir and cook 1-2 minutes more to caramelize and intensify flavors. Season to taste.

#27 Green Salads: mixing ideas

Salad Base: Use any edible leaf-spinach, lettuce, watercress, shredded cabbage or Swiss chard, mache, arugula, dandelion, maple leaves, and more. Wash or make sure they don't have pesticides on them.

Vegetables: Add sliced, shredded, chopped or cooked. Ideas: tomato, broccoli, cauliflower, carrot, peas, peeled and chopped broccoli stems, jicama, artichokes, onion, celery, mushrooms, beets, water chestnuts, etc.

Protein: any nut, cubed or shredded cheese, cottage cheese, any sliced sautéed, baked, or fried meat, bacon

Fruit: apples, pears, orange or grapefruit sections, berries

Dressing and/or Croutons

#28 Fruit Salads

Use sliced bananas, chopped, shredded or sliced apples or pears, orange sections, canned mandarin orange, cut-up watermelon, cantaloupe, honeydew, mango, strawberries, blueberries, raspberries....

Toss 3-4 c. chopped or canned fruit with 2 TB vanilla or lemon pudding powder

Stir: 3-4 c. fruit into 1 c. sweetened whipped cream. Add 1 c. mini marshmallows, optional

Mix: 6-oz box gelatin, 20 oz can pineapple, 1 ½ c. cottage cheese, and 2-4 c. other fruit

Mix: gelatin, let set until consistency of egg whites, beat until it whips up fluffy. Fold in drained or chopped fruit, nuts and whipped cream/yogurt/sour cream if you like.

Combine: 1 can crushed/cubed pineapple, 2 c. sliced oranges, 1 c. shredded coconut

#29 Roasted Winter Squash

1 TB olive oil

Salt and pepper

2 pounds winter squash – butternut, buttercup, Hubbard, acorn, pumpkin

Heat oven to 400°. Cut squash in half and scoop out the seeds. (You can rinse, salt, and roast them to eat, or save a few to plant next spring.) Brush cut sides with oil, sprinkle with salt and pepper. Put cut-side down on a cookie sheet. Bake for 40-50 minutes, until you can easily poke a fork into the center. Take out of the oven, turn it over, and sprinkle with salt and pepper to taste. Cut into smaller pieces to serve, if you want. Yummy with butter, maple syrup, cinnamon, cumin, curry powder, and/or honey.

Simple Squash Soup (Bisque) – Cook ½ c. sautéed onion and ¾ c. diced carrot (or apple!) in 3 cups chicken broth. When tender, puree with 4 c. cubed cooked squash; add salt, pepper, and nutmeg or ginger to taste. Stir in ½ c. cream, sour cream, or evaporated milk. You could also cook the squash with the onion and carrot. You can use any winter squash in place of pumpkin in pie or other pumpkin recipes. If it's salted, reduce salt in recipe. If you chop, then microwave or steam the squash, you won't need to peel it if it's thin skinned like pumpkin. Just puree it with the skin. This gives you extra minerals and fiber.

#30 Chili

½ - 1 pound ground beef, optional
 3 TB dried onion, or 1 med chopped onion
 4 c. cooked beans
 1 (8 oz) can tomato sauce
 1 (14 oz) can diced tomatoes

2-4 tsp chili powder
 ¼ - ½ tsp cumin
 ½ tsp garlic powder or 2-3 cloves
 1 tsp salt, optional

Cook beef with onion . Add all else and simmer, at least 20 minutes, but the longer the better. This is actually best the next day. You can add 1 c. pumpkin puree, too.

Great by itself, on baked potatoes, or as Navajo Tacos: scones with lettuce, cheese, sour cream, and tomatoes.

Cooking Beans

1 c. dry beans yields about 3 c. when cooked. To cook beans, first sort through them to pull out any bits of dirt or rocks. Rinse well, then soak or cook. Add ½ tsp salt per pound. Older beans take longer to cook. Adding ½ tsp baking soda per cut dry beans helps soften them. Cooking with 1-3 TB millet seems to reduce gassiness.

Slowest method: sprouting or fermenting has been shown to give you less gas. Cover beans with water, let soak overnight, drain, rinse daily till it *starts* to sprout. Add water, bring to a boil, simmer 1 hour or til tender.

Faster method: put in a pan with 3 times as much water as beans. Bring to a boil, then simmer for 3-4 hours or until tender.

Fastest method: put in a pressure cooker with 3X the water. Bring up to pressure, cook for 1 hour, 20-30 minutes if presoaked.

#31 Quick Gravy (thin white sauce)

1 c. milk, water, or broth
 2 TB flour OR 1 TB cornstarch

Combine the two in a jar with a tight-fitting lid. Shake like mad to mix them smoothly. Heat to boiling, either in a saucepan or in the microwave.

Add salt and pepper to taste, along with any spice or chicken/beef bouillon you want. For a good meaty flavor, cook this in a pan you've cooked meat in – the bits stuck to the bottom will make the gravy brown and yummy.

Cheese Sauce: stir in ½ c. shredded cheese until smooth. Also good with a little mustard or hot sauce. If it's too thick, stir in a little more milk. Serve over rice, pasta, spaghetti, potatoes, or toast, or over chips for nachos. Pour over sliced potatoes with a little sliced/shopped onion, and bake 1 hour at 350° to make scalloped potatoes. Ham or bacon is good in that, too.

Cream of Chicken Soup: double the amount of flour or cornstarch, add 1 chicken bouillon cube or 1 tsp granules, and add a pinch of thyme and garlic powder. Stir in ¼ c. chopped chicken if you have it.

Cream of Mushroom Soup – use liquid from a can of mushrooms for part of the water. Double amount of flour, use 1 beef bouillon cube or 1 tsp granules, add a pinch of thyme and garlic powder. Stir in the mushrooms, chopped.

#32 Meatballs or Meatloaf

2 slices bread, cut in ¼ inch cubes	1 egg
3 TB buttermilk, thinned yogurt or sour cream—milk works but is less creamy	
1 ½ lbs. lean burger (may use pork sausage as part of this)	
¾ tsp salt	¼ tsp pepper
¼ - ½ c. Parmesan cheese, optional	¼ c. minced fresh parsley, optional
2 cloves garlic, minced	

ketchup. You can also stir in herbs, spices, a little Ranch dressing, cooked or dried onion, about anything that goes with baked potatoes.

#35 Potatoes, Mashed

2 lb potatoes (6 medium)

¼ - ¾ c. milk or buttermilk

¼ tsp salt

2-8 TB melted butter

These amounts are a good guideline; I never measure. At least two ways to cook these: peeled and cubed, or unpeeled and cut in big chunks. I save my potato water for making bread, and it has more vitamins/minerals when cooked with peels on. They slip off easily after cooking, or mash with them still on. I cut potatoes in golf-ball sized chunks, and boil until tender, about 20-30 minutes. Mash with some of the cooking water and milk, using a fork, or in a standing mixer, or use a potato ricer. Add salt and pepper, and butter, sour cream or cream cheese to taste.

If you are short on time, just roughly crush potatoes with a fork, with a little cooking water or milk. This is especially simple with the peels left on. Sprinkle with salt and pepper. Top with chopped parsley or other herbs, or stir in crumbled bacon.

Good add-ins: 1/2 tsp garlic powder, 2-4 crushed garlic cloves; 1 c. shredded cheese – Romano or any cheddar; ½ c. chopped cooked onions; 2 sliced and sautéed shallots; ¼ c. horseradish sauce; ¼ c. chopped fresh chives; ½-1 package onion soup mix (leave out the salt)

#36 Potatoes, Roasted

3 lb small red potatoes, not peeled

½ tsp salt

3 TB vegetable oil

sprinkle of black pepper

Heat oven to 450°. Scrub potatoes. Cut in half, or in quarters if medium sized. Add oil, salt and pepper, toss to coat. Place cut-side down on a cookie sheet or casserole dish. Roast about 30 minutes, until crisp, golden and tender. For soft ones, cover and bake. Delicious roasted with halved onions or other root vegetables, or with a sprinkle of dried thyme, rosemary, basil, oregano, cumin, curry, etc. Even better if you use a small handful of fresh herbs, chopped. Add a dash of lemon juice or vinegar.

#37 Potatoes, Oven Fries

3 med. Russet potatoes or sweet potatoes

¼ c. vegetable oil

1 tsp salt, ¼ tsp black pepper

Scrub potatoes, leave peel on, and cut lengthwise into 10-12 even wedges. Heat oven to 475°. Put in a bowl and cover with hot water. Soak 10 minutes. Meanwhile, put all oil except 1 tsp on a 12 X 18 cookie sheet. Sprinkle with the salt and pepper. Drain potatoes, pat dry, and toss with the last bit of oil. Place, single layer on cookie sheet, cover with foil, and bake on the lowest rack possible for 5 minutes. Take foil off and bake 15-20 minutes until bottoms are spotty golden. Flip over, bake 7-10 minutes or until golden and crisp. Add more salt and pepper if you like. The covered-bake makes them tender, the soak gives a thin crisp crust. You can take shortcuts in the recipe; they'll still be tasty, just not "perfect".

#38 Potatoes, Baked

To cook a potato, wash it, cut off any green or black bits, then bake (wrapped in foil for tender skin, or unwrapped and rubbed with a little cooking oil for a crisp skin) at 350° for 1 ½ hours or at 400° for 1 hour. You can freeze extras if you wrap them well.

You can microwave it instead of baking—poke a couple holes in it so it won't explode—then microwave for 5 minutes if it's big. Let it rest a couple minutes to finish cooking inside.

Good toppings for potatoes include: bacon, cooked hamburger, cubed ham, chicken or turkey, tuna, bits of any leftover meat, cottage cheese, chili, sour cream, cream cheese, butter, Alfredo sauce, BBQ sauce, gravy, peas, broccoli, diced tomatoes, chilies mixed cooked veggies, onion, green onions, herbs including oregano, thyme, mustard, rosemary...use whatever combination sounds good. Broccoli and cheese sauce: Pizza potato—cheese, pepperoni or sausage, tomato, and a sprinkle of oregano and basil.

#39 Super-Stuffed Baked Potatoes

Bake potatoes, cool 5 minutes, scoop out, leaving a ¼" layer on inside. Brush inside and out with melted butter, sprinkle with salt, bake at 475 for 15 minutes or until starting to crisp. For 6 potatoes, mix 4 oz. cream cheese, OR sour cream, OR cheddar, ½ c. half and half or evaporated milk, 3 TB chives, ½ tsp salt and ½ tsp pepper. Add back in, sprinkle with cheese, bake 15 minutes.

#40 Pureed Vegetable Soup

2 c. chicken broth	1 c. milk, evaporated milk, or half and half
1 med onion	½ tsp herbs or spice
3 garlic cloves smashed	salt and pepper to taste

1 lb vegetables, chopped or diced

Heat broth and herbs to a simmer, add onion and/or garlic, and vegetables. Simmer, covered about 10 minutes, until veggies are tender. Pour into a blender, add milk, and puree. Add salt and pepper to taste. If too thick, add a little water or milk. Serve hot or chilled with salad and/or grilled cheese sandwiches, to make a quick meal. Good choices include potatoes, carrots, winter squash, turnips, parsnips, cauliflower and broccoli. You can use the broccoli stems if you peel them first.

You can also use mushrooms, peppers, zucchini, spinach, or onions, but you'll need to thicken it a bit by cooking 2-4 TB flour or cornstarch with the soup.

Some combinations to try:

Cauliflower with 1 tsp curry powder; butternut squash with ½ tsp ginger; potato with parsley and chives or thyme; broccoli with ½ tsp red pepper; broccoli/cauliflower with cheese added; carrot with ½ tsp cumin.

#41 Red Sauce:

Start with 8 oz. of tomato sauce

Easy Pasta or Pizza Sauce:

Add whatever Italian spices you like. Good ones include rosemary, oregano, thyme, fennel seed, onion powder, garlic powder, black pepper.

BBQ Sauce: simmer and add 1 TB dried onion, ½ tsp garlic powder, a sprinkle of pepper or Tabasco, 2 TB vinegar, ¼ c. honey OR sugar OR molasses.

Ketchup Substitute: add ¼ c. sugar, 1 TB vinegar, a dash of cinnamon or ground cloves

Taco Meat: add to 1 lb. browned hamburger, 2 TB dried onion, 1 tsp oregano, ½ tsp chili powder, ½ tsp garlic powder, ¼ tsp cumin (optional)

Burrito Sauce: add 1 lb browned hamburger, onion, can of green chilies, salt, pepper, basil, oregano

Sloppy Joes: Add 1 lb. cooked burger, ½ c. water, 2 TB dried onion, ½ tsp garlic powder, 1 TB Worcestershire sauce, ¼ c. green peppers

Lasagna: Cook 1 lb. burger or sausage in a double batch of Pasta Sauce. Cook lasagna noodles til barely tender. Mix Cheese Filling: 1 lb. cottage cheese or ricotta, 1 egg, 1 TB dried parsley, ½-1 tsp garlic powder, ½ c.

Parmesan (optional). Make layers of each, starting and ending with meat sauce. Top with shredded mozzarella, bake 45 min at 375°. Let stand 10 minutes to set up.

Lasagna Roll-Ups: put 3 TB cheese filling on each noodle, roll up jelly-roll style. Put seam side down in a 9 X 13 baking dish, top with meat/pasta sauce, and mozzarella cheese. Bake 20 minutes at 450°.

#42 Red Sauce: Simple Pasta Sauce

1 14oz can diced or stewed tomatoes, or 2 8 oz cans tomato sauce

Spices – whatever you have

1/8 – ½ tsp of garlic powder, basil, onion powder, oregano, thyme, fennel seed, pepper or whatever seems good using the “sniff test”.

Dump the can into a pan, mash the tomatoes up, and simmer with the spices until it’s as thick as you want. If you want to have sauce with meatballs, you can add the browned or frozen meatballs right in the sauce. Simmer 20 minutes if they were raw; serve over spaghetti.

If you have more time, dice a small onion and sauté it in some olive oil or butter, add crushed garlic clove or two if you have them, then add tomato and spices.

This sauce is also good with mushrooms and garlic, chopped or sliced olives and basil, chopped or shredded carrots, zucchini, and/or celery with garlic, onion, and fennel seed. Shrimp, or chunks of tuna, or clams with basil or oregano. Crumbled hamburger or sausage (can add it raw and simmer until done) with onion. Crumbled bacon with olives and garlic; chopped bell peppers and sausage.

#43 Rice

1 ¾ - 2 c. water

1 c. rice

1 tsp salt

Bring to a boil, put on a lid and cook on low heat for 20 minutes. Fluff with a fork.

Fried Rice: Saute 1 chopped small onion in 1 TB oil, add ¼ c. chopped ham or other meat and carrot (optional). Stir in 1 clove garlic, minced. Set aside. Heat 1 TB oil and heat 2 cups cooked rice in it. Stir in 1 beaten egg and cook until scrambled. Stir in meat/veggie mixture and 2 TB soy sauce.

Rice Pudding: cover 1 c. cooked rice with milk, heat to boiling. Stir in 1 beaten egg, 1 TB sugar, ½ tsp cinnamon or nutmeg, and 2 TB raisins.

Rice Pilaf: Saute a small onion and/or a handful of mushrooms in oil or butter, stir in 1 c. raw rice, 2 c. chicken broth or other liquid. Cover and simmer until tender. Rich and creamy with a stick of butter. Nice with ½ c. Parmesan, pepper to taste, OR ¼ c. lemon juice with 1 tsp lemon zest, OR coconut milk as half the liquid and 1 sliced scallion OR 1 crushed garlic clove, ½ diced bell pepper, and 1 TB minced parsley.

Spanish Rice: Heat 1 TB oil, add 1 c. raw rice and cook until browned. Add 1 tsp chili powder, some minced onion and garlic. Stir in 2 beef bouillon cubes, a 28-oz can of tomatoes, and 1 c. boiling water. Simmer, covered, until tender. Salt and pepper to taste. Or add 1 can tomato sauce and all but tomatoes to 2 c. cooked rice.

#44 Roasting Meat

Use a meat thermometer to check for doneness. 140° is rare, 160° is medium, and 170+ is well done.

Salt: a good guideline is to use ½-1 tsp salt per pound of meat. I like 2/3 tsp. Alternatively, brine the meat overnight. Use 1 c. salt to 1 gallon water, plus flavorings; herbs, spices, sugar. Great for any meat, especially poultry. Rinse or dry before cooking.

Spice Rubs: combine salt, the herbs or spices you want, a little sugar if you want, then rub it onto the meat. To get the flavor to permeate, make slits in the meat and poke some rub inside. If poultry, insert the rub between the skin and the meat.

If you have a tough piece of meat, braise it; add some water or other liquid, then cover and cook slowly. When the meat itself gets to 200° all the tough collagen starts to dissolve into rich, flavorful gelatin. If you're cutting your own meat (not the butcher), know that the most used muscles are the toughest cuts of meat. Approximate roasting times at 325°: 4 lb bone-in-roast – 2 hours for rare, 2 ¾ hours for well done, 3-7 hours for tenderized. 4 lb boneless roast: 1 ¼ hours for rare, 1 ¾ hours for well-done Bigger roasts will take longer, small ones, shorter.

Poultry – meat juices will run clear when done, 160° Approximate cooking time at 375°: bone in chicken, but up 50 minutes; 2-4 lb whole chicken, 1 ¼ - 2 hours; Turkey (cook at 325 degrees), unstuffed 18-25 minutes per pound. If stuffed, add 3 minutes extra per pound.

#45 Simple Soup 4 quarts

1 TB oil	1 quart chicken broth
1 onion	1 lb. boneless meat (any)
1 lb. vegetables	1 lb. potatoes or 4 oz. rice or pasta
1 14-oz can of tomatoes	herbs and spices

Heat oil, saute onion in it while you chop or slice the veggies. Add all else and simmer 20 minutes or until tender. You can use an 8-oz can of tomato sauce instead of tomatoes.

Good combinations include: cabbage with sausage; shredded chicken, carrots and peas; cubed beef, carrots, potatoes; Kielbasa, beans and chard or spinach; canned beans in place of potatoes. You can use 1 qt water and 4 bouillon cubes instead of the broth.

To find what herbs and spices go well with you soup, try the “sniff test”. Smell the soup, then smell an open bottle of herbs or spices. If they smell good together, they taste good together. Start with a small amount. You can always add more. Salt and pepper are a given. I like any soup better if it has some thyme in it, and parsley's great with almost anything.

Use up lonely vegetables in soup! Keep a container or baggie in the freezer for future soups. Add any leftovers (except fruit and bread). Meat, vegetables raw or cooked, shriveled veggies, celery tops, cooked grains or cereal. Add them to some broth and cook to make some very cheap soup.

#46 Tenderizing meat

Physical tenderizing: pounding with a meat mallet tears the fibers inside it, making them shorter and easier to chew. This can also help an irregular piece of meat become an every thickness and cook evenly. You can also make slices across the surface of the mat. Cooking long and slow with liquid, called “braising.” This melts connective tissue (collagen, a very strong and tough protein) forming gelatin. A crockpot or Dutch Oven works great for this, or any other heavy covered pot.

Chemical Tenderizing: acidic ingredients also break down collagen, including vinegar, any citrus, yogurt, tomatoes, buttermilk, soda pop. Some foods contain enzymes that break down collagen. You can use the whole fruit or just the juice mixed in a marinade. Some that work are pineapple (enzyme is bromelin), papaya (papain), kiwi (actinidin), figs, ginger. Meat tenderizer at the grocery store usually contains papain.

Marinades help tenderize, moisten, and add flavor. Include soy sauce/salt (to make the meat moist), something acidic or with enzymes, a little oil (more moisture), and flavorings. How long to marinate depends on the type of meat, size of the meat pieces, and how deeply flavored you want it. There IS such a thing as too long, the meat will end up with a liver-like texture. Try these times:

Seafood: 30 minutes at room temperature

Buckwheat + 2 c. water. Cook 15 min = 2 ½ c.
 Cornmeal + 4 c. water. Cook 8-10 min (fine) = 4 c.
 Cornmeal + 4 c. water. Cook 20-25 min (coarse) = 4 c.
 Millet + 3-4 c. water. Cook 20-25 min. = 3 1/2 c.
 Oats, whole + 3 c. water. Cook 30-40 min = 3 ½ c.
 Oats, rolled + 2 c. water. Cook 5 min = 2 ½ c.
 Quinoa + 2 c. water. Cook 15-20 min = 2 ¾ c.
 Rice, brown + 2 ½ c. water. Cook 45 min = 3 c.
 Rye, whole + 3-4 c. water. Cook 60 min = 3 c.
 Spelt + 3-4 c. water. Cook 40-50 min = 2 ½ c.
 Teff + 3-4 c. water. Cook 5 – 20 min. = 3 ½
 Triticale + 3 c. water. Cook 1 hr 45 min. = 2 ½ c.
 Wheat + 3 c. water. Cook 2 hours = 2 ½ c.
 Wheat, cracked + 2 c. water. Cook 20-25 min = 2 ¼ c.
 Wheat, bulgar + 2 c. water. Cook 15 min. = 2 ½ c.

Suggested flavoring grains:

- * Add ½ tsp salt for each 2 c. of water
- * Cook in juice, coconut milk, or broth (omit salt)
- * Add 1 – 8 TB butter for each 2 c. water
- * Cook with, or stir in, herbs or spices, onions, celery, other veggies, ham, bacon, cubed turkey or chicken, sliced beef.
- * If using as hot cereal, cook and stir in butter, dried fruit, chopped or canned fruit, nuts, spices. Two favorites: oatmeal cooked in orange juice, with raisins and diced apple; Cornmeal cooked with pumpkin, with ginger, brown sugar, and butter.
- * Mix sweet with savory for a nice pilaf

#50 Easy Jam

5-6 c. chopped fresh rhubarb, strawberries, peaches, or whatever

1-3 c. white sugar (to taste)

1 (3 oz.) box flavored gelatin

Stir together sugar and fruit, let stand at least 30 minutes, overnight is better. Bring to a boil, simmer and stir for 5 minutes on high heat. Remove from heat, stir in gelatin until dissolved. Pour into sterile jars, seal if you want, or store in fridge or freezer. Makes about 6 cups.

Flavor ideas –

- * Rhubarb with strawberry gelatin. 4 c. rhubarb with 1 c. each strawberries and blueberries.
- * Raspberry with peach or orange jello
- * Peach with orange or peach gelatin

#51 Easy Strawberry Jam

2 lb. fresh strawberries, hulled

4 c. sugar

¼ c. lemon juice

Crush or puree berries, mix together with sugar and lemon juice. Stir over low heat until sugar dissolves. Bring to a full rolling boil over high heat, stirring often. Cook to 220 degrees, about 10-15 minutes. Pour into sterile jars. Seal, or freeze, or refrigerate.

If you don't have a candy thermometer, test it using a cold plate or stone countertop. Put a teaspoon of the hot jam on it, let it sit (or put in freezer 1 min) until cool. If you can make a line through it with your finger, and it doesn't run back together, it's done.

#52 Five-Minute Marmalade

1 orange, washed well

Sugar or honey

Cut the orange into quarters, put it peel and all, in a blender or food processor. Chop as fine or coarse as you want. Measure your puree, then add the same amount of sugar. Put in a pan, bring to a boil, and simmer 5 minutes until everything is translucent. That's it! Pour into jars, seal if you like. Unsealed jars will stay good in the fridge for at least 8-9 months if the jars were truly clean.

Lemons, limes, and grapefruit make delicious marmalade, too. Lemon is my favorite, especially with a touch of salt and vanilla: 1/8 tsp salt, 1/4 tsp vanilla per cup of puree.

For variety, you can combine citrus fruits, or add some fresh or candied ginger to it.

Use marmalade:

- * on toast or on sandwiches
- * spread on top of or between layers of cake
- * stir 1/4 - 3/4 c. into muffin batter, reduce sugar by that much.
- * stir 1/4 c. into cheesecake batter, or on top
- * roll up inside bread dough to make orange rolls. Top with orange icing, made with it.
- * Use as a glaze over pork, chicken, salmon, or ham: 1/2 c. with 1/2 c. soy sauce, OR 1/2 c. with 1 TB water and 1 1/2 tsp ginger or curry powder. OR 1/4 c. with 1/4 c. mustard and 1/4 tsp ginger, or what else sounds good.
- * Stir 1/4 c. into any frosting. Especially cream cheese frosting! Or chocolate.
- * Stir 1 c. into 2 c. fresh cranberry sauce.
- * on ice cream or banana splits

#53 Granola 10-12 cups

10 cups quick oats

1 (7 oz.) bag of coconut, optional

1-2 c. chopped nuts, optional

1 c. honey, corn syrup, or maple syrup (pancake syrup)

1 c. brown sugar

1/4 c. water

In a really big bowl, stir together oats, coconut, and nuts. Combine honey, brown sugar, and water in a small saucepan. Bring to a boil, stirring just until the sugar is all dissolved. Pour over the stuff in the big bowl, stirring well to coat. Spread about 1/2" deep onto ungreased cookie sheets, then bake at 300 degrees until lightly browned, about 30 minutes. You can put 2 trays in at once, on different racks. When cool, you can stir in 1-2 c. raisins, dried cranberries, or any other dried fruit bits if you want. Store in an airtight container (like an empty #10 can, or an ice cream bucket). It will keep for several months, especially if in a cool and dark area.

Homemade "Honey Bunches of Oats"

Add one 18-oz box of cornflakes to the oats, before pouring the hot syrup over top.

Granola Bars:

Melt together

¼ c. butter (or peanut butter)

½ c. brown sugar

½ c. honey

1 tsp vanilla

Pour over 5 c. granola mixed with

2/3 c. total nuts, seeds, chocolate chips, and/or dried minced fruit.

Press in a greased 9 X 13 or 10 X 15 pan. Bake at 400 degrees for 15-20 minutes.

Cool and cut into bars.

#54 Home Remedies

Coughs

--Swallow a teaspoon of honey

--Put a thick layer of Vicks on the bottoms of your feet, cover with socks. Sounds weird but works great.

--Take tea or syrup made from mullein, elderberry or elder flower, use plaintain if it's a dry cough.

All-purpose illness remedies

--At least 10-20 minutes of sunshine on your face and arms per day. This makes Vitamin D, which boosts your immune system.

--Increase Vitamin C intake, using foods or teas made from: Citrus fruits their peels, kiwi, rose hips, tomato, peppers, potatoes, papaya, mango, cruciferous vegetables including broccoli, cabbage, kohl rabi

--drink tea made from Echinacea, elderberry, yarrow

Insect stings

--Soothe with a paste made of baking soda and water, or dirt and water. This works best if your dirt is alkaline; many stings contain acid.

--Rub with a cut onion

Lowering Fever

--fever is your body's way of fighting off infection, so let it run its course unless it is longer than 2 days or higher than 103.

--take a bath (or sponge-bathe) in tepid water (not hot, not cold)

--a tea from willow bark (2 tsp dried bark in 1 c. water) works. Don't give to children under 15 (danger of Reye's Syndrome) or anyone allergic to aspirin.

--elderflower, 2-3 tsp a day, steeped in hot water

--teas or foods made with ginger, red pepper, cinnamon, cranberry, peppermint, other plants in the mint family, including oregano or catnip.

#54 Seasoned Salt

1 c. salt

2 tsp paprika

½ tsp cayenne pepper

1 TB celery seed, ground up

1 tsp dried parsley

1 TB onion powder

1 tsp chili powder

Mix all together, keep in a jar with a tight-fitting lid

Seasoned Flour

#57 Pie Crusts: Shortbread

Shortbread is also great as a cookie, or as a bottom layer for lemon bars and other bar cookies

¼ c. sugar or ½ c. powdered sugar

1/3 c. butter

1 c. flour (or BEST 2/3 c. flour and 1/3 c. cornstarch or oat flour)

Pinch of salt, dash vanilla or lemon

1/3 c. finely chopped nuts, optional

Mix together dry ingredients, then beat butter until smooth. Press in pie pan or 8X8 pan. Bake 375 about 15 minutes.

Chocolate shortbread:

Melt together an extra

2 TB butter

2 TB more sugar

2 TB cocoa powder

Stir in with everything else

Pie Topping: Meringue

3-4 egg whites

¼ tsp cream of tartar (makes meringue fluffier)

1 tsp vanilla

6-8 TB sugar (6 TB if 3 egg whites, etc.)

Combine egg whites, cream of tartar, and vanilla. Whip to soft peaks, then add sugar 1 TB at a time while beating. Swirl on top of a pie, bake at 450 degrees for 5-7 minutes until golden.

For stabilized whipped cream (won't go runny), see Frostings

#58 Pie Crusts: Crumb Crust

1 ½ c. graham cracker crumbs

¼ c. sugar

5-6 TB melted butter

Stir together crumbs and sugar, mix in butter.

Press firmly into a 9" pie pan. Chill 1 hour OR bake at 375° 6-9 minutes, until it smells wonderful and the edges are brown.

Also good with 1/3 c. finely chopped nuts added in, or 1 tsp cinnamon. In place of graham cracker crumbs, you may use crushed chocolate cookies, gingersnaps, vanilla wafers. Or use ½ coconut to replace that many crumbs. If using dry breadcrumbs, cracker crumbs, or crushed pretzels, increase sugar to 1/3 c.

This is great as a cheesecake crust.

No Fear Pie Crust (pat in pan)

1 stick butter (1/2 c.) softened but cool

2 oz. cream cheese, softened but cool

1 ¼ c. flour

2 TB sugar

¼ tsp salt

Coat a 9" pie pan with cooking spray. Beat together butter and cream cheese until very smooth. Add all else, beat 20-40 seconds more until it looks like coarse cornmeal. Scrape sides of bowl, beat until large clumps form. Set aside 3 TB of dough for top edge. Evenly press remaining dough onto bottom and up sides of the

pie pan. On a floured surface, roll each TB reserved dough into an 8" rope, put around top edge of pan, flute edge. Wrap and chill 1 hour, prick with a fork and bake at 325 degrees until golden, 35-40 minutes. Cool on rack.

#59 Pie Crust

1 ¼ c. flour, spooned into measuring cup and leveled

¼ tsp salt

1/3 c. shortening or coconut oil, OR 6 TB cold butter sliced

¼ c. cold water

Combine ¼ c. of the flour with salt and shortening. Mix with an electric mixer for 30 seconds, until it is a paste and just starts to clump. Add remaining flour, mix in a couple short bursts just till evenly mixed. Sprinkle with water, a fourth at a time, lightly mix until it holds together when you grab a handful. Form into a ball, wrap, and chill 30 minutes (You can freeze it at this point, too) Chilling helps gluten relax, re-firm the fat, reduce sticking, and keep from shrinking. Roll out on floured surface, shape, fill bake. Less handling = more tender.

Tips for making pie crust

- Use all-purpose flour or pastry flour not bread flour. It shrinks. You can substitute whole wheat or nut flour for some regular flour.
- Butter gives the best flavor but doesn't hold shape as well, shortening gives more tender flakiness & dough is easier to handle, lard is the flakiest. Try a combination.
- Everything has a pro and con—decide what's most important to you—flakiness, shrinkage, flavor, speed, whatever. It doesn't have to be perfect unless you're trying to prove something...
- Measuring water—bottom of meniscus (the curves skin of the water) is what should be at the measuring line
- If you get big bubbles in the crust when it bakes, afterwards press down gently with a kitchen towel; the bubbles will settle.
- To make ahead: The baked crust can be stored at room temperature, wrapped tightly in aluminum foil, for up to 2 days, or wrap well and freeze. Thaw before using.

#60 Best Drop Biscuits makes 12

1 cube butter, melted and cooled a few minutes

1 c. cold buttermilk or sour milk

2 c. flour

2 tsp baking powder

½ tsp baking soda

½ tsp salt

1 tsp sugar

Heat oven to 475 degrees. Set aside 1 TB butter, then mix the rest with buttermilk; stir until the butter forms clumps. (This is a faster way of "cutting in" the butter.) Mix all the dry ingredients together, then pour in the buttermilk mixture. Stir until just mixed in and dough pulls from side of bowl. Drop onto greased cookie sheet. A greased ¼ c. measuring cup makes a perfect scoop. Brush with reserved butter. Bake until tops are crisp and golden, about 12-14 minutes. Serve warm. These also freeze well or reheat well the next day (10 minutes at 300 degrees). To use powdered milk in this: mix in 3 TB dry milk with the dry ingredients. Use ice water and 1-2 TB vinegar to make 1 cup stir with the melted butter.

Fruit Cobbler- drop biscuit dough on top of fruit filling, bake until golden.

Dumplings – drop biscuit dough in soup, cover and simmer until done

English Scones

Increase sugar to $\frac{1}{4}$ - $\frac{1}{3}$ c. mix in $\frac{1}{2}$ c. chopped nuts and/or fruit (dried or fresh), and any spice you want. Drop on cookie sheet or pat in a circle, then cut in wedges. Brush with butter or cream, sprinkle with sugar, bake. Also good substituting $\frac{1}{3}$ c. of maple syrup/molasses for equal part milk.

#61 Biscuit Mix (Bisquick)

9 c. flour $\frac{1}{4}$ c. sugar
 1 $\frac{1}{2}$ TB salt 1 $\frac{1}{2}$ c. shortening or coconut oil
 $\frac{1}{4}$ c. baking powder

Mix everything together, using your hands or an electric mixer. Store in an airtight can, doesn't need refrigerated. Makes about 10 cups of mix. Use in any bisquick recipe. You can use whole wheat flour for half of the flour called for.

Soft Breadsticks

1 $\frac{1}{4}$ c. flour $\frac{1}{2}$ tsp salt
 2 tsp sugar $\frac{2}{3}$ c. milk
 1 $\frac{1}{2}$ tsp baking powder 3 TB butter, melted
 2 tsp sesame seeds optional

Heat oven to 450 degrees. Mix flour, sugar, baking powder, and salt. Stir in milk to make a soft dough. Turn onto a floured surface, and knead gently 3-4 times. Roll to a 10X5" rectangle, $\frac{1}{2}$ " thick. Cut 12 breadsticks. (This is easiest with a pizza cutter.) Put the butter in a 9X13 pan, put the breadsticks in and turn them to coat in butter. Sprinkle with sesame seeds, bake 14-18 minutes, until golden. Serve warm.

#62 Biscuits rolled makes 12

2 c. flour $\frac{1}{2}$ tsp salt
 2 tsp baking powder $\frac{1}{4}$ c. shortening
 $\frac{1}{2}$ tsp baking soda $\frac{3}{4}$ c. buttermilk or sour milk
 1-3 tsp sugar (1 TB vinegar in 1 c. regular milk)

Stir together dry ingredients, then cut in shortening until it looks like coarse crumbs. Make a well in center, add milk at once. Stir just until it sticks together. Knead gently 10-12 times. Roll or pat to $\frac{1}{2}$ " thick and cut into squares or circles. Bake at 450 degrees for 10-12 minutes, till golden.

Cornmeal Biscuits: use 1 $\frac{1}{2}$ c. flour and $\frac{1}{2}$ c. cornmeal, all else same.

Garden Biscuits: add 2 TB finely chopped carrot, 1 TB finely snipped parsley, 1 tsp finely chopped green onion.

Cheese and Bacon Biscuits: add $\frac{1}{2}$ c. shredded cheese and 2 slices cooked crumbled bacon.

Shortcake: Use 2 TB sugar, butter instead of shortening ($\frac{1}{2}$ c.), 1 beaten egg, and reduce milk to $\frac{1}{2}$ c. (since the egg is partly liquid). Roll or pat, cut out in 2 $\frac{1}{2}$ " circles and bake. Split and fill with fresh fruit and whipped cream. Makes 9 this size.

Quick Fry Bread (scones): Make biscuit dough, pat about $\frac{1}{4}$ " thick, fry in hot oil until browned.

#63 Biscuit Dough Ideas

Roast Rolls: roll dough to a $\frac{1}{4}$ " thick rectangle. Spread with something for moisture and flavor: mustard, mayo, horseradish, shredded cheese, pasta sauce, taco sauce, or BBQ sauce. Sprinkle with $\frac{1}{2}$ - 1 c. chopped or shredded roast (or other meat). Roll up jelly-roll style, slice, put on a cookie sheet, and bake 20 minutes. Top with gravy or cheese.

Apricot Coffeecake: roll dough to a 1/4" thick circle. Chop ½ c. dried apricots, mix with ¼ c. jam or marmalade. Spread to within 2" of edge. Fold edges in, leaving center uncovered. Bake about 30 minutes. At 375. Drizzle with melted jam or glaze (1/2 c. powdered sugar, 1 TB water/milk, ½ tsp almond extract)

Chicken Bundles: Roll out ¼ " thick, cut in squares. Put 2-3 TB chicken filling in the middle (2 c. chopped chicken, ¼ c. mayo or softened cream cheese, ¼ c. each chopped celery and onion, ½ tsp salt, ½ tsp curry or any spice you like). Bring edges together, pinch to seal, set seam-side down on cookie sheet, bake about 20 minutes at 400. Serve with gravy or other sauce.

Mini Pizzas. Take a golf-ball sized piece of dough, roll into a thin circle, top with pizza sauce, toppings, cheese. Bake at 400 about 15-20 minutes.

Turnovers: Roll out as above, put any meat filling (or fruit filling) on half, fold in half, crimp edges to seal, bake 20 min. @ 400 degrees.

Chicken Pot Pie: Use this dough to top it.

#64 Foolproof Pancakes

1 c. flour (white or whole wheat)	½ tsp salt
1 c. buttermilk	1 large egg, beaten
1-2 TB sugar	2 TB butter, melted (or oil)
½ tsp baking soda	

Whisk everything together until just a little lumpy. Cook on medium-high heat, using ¼ c. batter per pancake. Flip when edges set up. Makes 10

Blueberry Pancakes: Use ¾ c. berries, sprinkle a few on each pancake after it's been poured on the griddle.

Banana: slice 1 banana into batter

Waffles-See Quick Breads Formula

Blender Pancakes

1 c. wheat kernels
 1 – 1 ½ c. water or milk
 1 TB sugar honey, or molasses
 ½ tsp salt
 1 egg
 1 tsp baking powder
 1-2 TB butter or oil

Combine wheat and water/milk in blender, run about a minute or until as smooth as you like it. Add all else and blend. Cook as usual

Onion Rings: Use any pancake batter. Slice onions into rings, soak in cold water, pat dry, drip in batter and fry in hot oil

#65 Crepes (Swedish Pancakes)

2 eggs	1 tsp sugar, optional
1 c. milk	½ tsp salt, optional
1 c. flour	2 TB melted butter, optional

Heat 1 or 2 nonstick or lightly greased skillets on high heat. Beat eggs until very light, add half the milk, then fold in flour, sugar, and salt. Stir in butter and remaining milk. (OR mix all in blender.) Pour about 3 TB batter in the hot pan, tipping pan so batter evenly covers the bottom. Flip over when bottom is golden. Takes about 1-2 minutes total to cook both sides. Serve warm. Leftovers can be frozen. Spread with a little jam, applesauce fruit; roll up and serve. Other filling ideas:

- 2 c. sliced strawberries mixed with 2 TB jam
- Sliced bananas drizzled with a little caramel
- Cream cheese, jam and/or fruit
- Blueberries and with lemon whipped cream
- Lemon sauce, lemon curd or marmalade

Manicotti Crepes- Mix lasagna filling: 1 lb. cottage cheese, 1 egg, ½ tsp garlic powder, 1 TB parsley, ½ c. Parmesan (opt). Put ¼ c. filling on each crepe, roll up, and top with a can of tomato sauce mixed with 1 – ½ tsp Italian spices (oregano, basil, thyme, garlic, onion). Add 8 oz. burger or sausage to it if you like. Treat crepes like tortillas or pasta in recipes.

#66 Flour Tortillas makes 12

3 c. all-purpose flour ¾ tsp salt
2 tsp baking powder About 1 c. warm water

Mix dry ingredients, add water and knead till smooth. Form 12 balls, cover and let rest 10-15 minutes to let the gluten relax. Flatten with hands, roll very thin, and cook in an ungreased pan over high heat. When it puffs and bubbles, flip it, cooking until that side has golden brown spots too. Each side should take a minutes or less. Cover with a kitchen towel to keep warm.

If you're saving them for the next day, they stay soft but not soggy in a plastic bag with a paper napkin inside to absorb the excess moisture.

Tortilla Chips – Cut into triangles and deep fry, or spray with Pam (or brush with oil) and bake at 375 degrees for about 7-10 minutes, until crisp. Sprinkle with salt.

Tortilla Bowls – either baked or fried.

Baking—drape over an upside down over safe bowl, spray or brush lightly with oil, bake until golden.

Frying – make a few holes around the bottom of an empty 10-oz. soup can, heat oil 2" deep to 375 degrees, put a tortilla on the hot oil, and immediately press down on it with the soup can. Cook about 30 seconds or until crisp. Lift out, draining off extra oil. Set on paper towels.

Tortilla Soup – slice tortillas and use like noodles in a soup, especially one with Southwest flavors – cilantro, lime, cumin, chilies, black beans.

#67 German Pancakes

3 eggs ½ tsp salt, optional
1 c. milk 3 TB butter, melted
1 c. flour

Heat oven to 450 degrees. Put butter in an 8X8 pie plate, tipping to coat. Whisk eggs until light, mix in milk. Stir 1/3 of this into the flour and salt, then slowly mix in the remaining flour. Pour into pan and bake about 20 minutes, until edges are deep golden brown and puffed clear up.

Popovers: Butter six 6-oz custard cups, use salt and divide batter evenly between them. Bake at 450 degrees for 20 minutes. Reduce oven to 350, bake 15-20 minutes more or until very firm. During last 5 minutes, prick each with a fork to let steam escape. For easier mixing, put all ingredients in blender, mix until smooth.

Serving Ideas:

- Add 1 tsp vanilla and 2 tsp lemon zest to batter, serve with powdered sugar.
- Stir into batter: 1 c. pitted cherries, ½ tsp almond extract. Serve with powdered sugar and sour cream.
- Top batter with drained peaches from a 16 oz can, 2 TB chopped pecans, 1/8 tsp cinnamon. After baking, serve with this sauce: ¼ c. sour cream, 2 TB powdered sugar, 3 TB syrup from peaches, 1/8 tsp almond extract
- Serve with lemon juice and powdered sugar

--Sauté 2 lbs sliced apples in 1 tsp butter and $\frac{1}{4}$ c. apple cider, 3 TB brown sugar, and 1 tsp cinnamon. Serve on top.

--Bake on chicken filling for Chicken Pot Pie.

--Serve with syrup – maple, apple cider syrup, buttermilk syrup, caramel sauce

#68 Muffins – makes 12

2 c. flour

$\frac{1}{4}$ - $\frac{1}{2}$ c. oil or melted butter

1 TB baking powder

1 beaten egg

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

$\frac{3}{4}$ - 1 c. milk

2 TB- $\frac{3}{4}$ c. sugar (to taste)

Mix together dry ingredients, make a well in the center, and add wet ingredients all at once. Stir just until barely combined, overstirring forms gluten and makes lumpy-topped muffins. Bake at 400 degrees for 15-18 minutes until golden.

Substitute mashed banana or other pureed fruit, zucchini, or pumpkin for part or all of the milk.

A cup of puree replaces a half cup of milk

Can also cook in a loaf pan or 8X8.

For more variety, stir in 1 c. berries, chopped, canned, shredded, or dried fruit, chopped nuts, or $\frac{1}{2}$ - 2 tsp favorite spices.

Yummy muffin tops: After baking, dip in melted butter, then roll in sugar or cinnamon sugar. Or sprinkle each muffin with $\frac{1}{2}$ - 1 tsp sugar before baking. Or add a crumble topping: stir together 2 TB softened butter, 4 TB ($\frac{1}{4}$ c.) sugar/brown sugar, and $\frac{1}{2}$ c. flour, oats, or coconut. Put on top of muffins before baking.

Cheese and Bacon Muffins: use only 2 TB sugar, stir in $\frac{1}{2}$ c. shredded or cubed cheese, and 2 slices crumbled bacon. Especially good with $\frac{1}{4}$ - $\frac{1}{2}$ tsp garlic or onion powder. Muffins are adaptable—add whatever sounds good!

#69 Pasta, Homemade

1 c. flour

1 egg

2-3 TB water

Put flour and salt in a bowl or on the counter, stir, and make a deep well in the middle of it. Put the egg in the well, beat the egg lightly with a fork, add water, and stir to make a stiff dough. Turn out onto floured counter and knead until smooth, about 3-4 minutes. Let rest 10 minutes. (You don't have to do this, but it rolls out more easily if you do.) Roll out into a rectangle, very thin, about $\frac{1}{8}$ " thick or less, on a floured counter. To make noodles, cut into long strips $\frac{1}{4}$ - $\frac{1}{2}$ inch wide, using a pizza cutter or knife. Cut crosswise so each noodle is only 2-3 inches long. Lift off the counter using a pancake turner, dump into boiling broth or salted water. They'll be done when they float, about three minutes.

Cut wider to make lasagna noodles, or cut, fill, and crimp for tortellini. For ravioli, roll out two sheets of pasta, the same size. Put 1-3 tsp of filling in a pattern on the first sheet, leaving $\frac{1}{2}$ " space between. Dampen those spaces with water or beaten egg, then put top sheet on. Press down on the spaces to seal, then cut apart and boil.

#70 Egg roll or won ton skins:

2 c. flour

$\frac{1}{2}$ c. ice water

1 egg beaten

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

Mix the same way as pasta. Let rest 30 minutes, roll paper thin. Egg roll wrappers are 7" square, 3 ½" square for won tons. Flour each one before stacking to use later.

#71 Quick Breads Formula

The basic formula for any quick bread (baking powder/soda raised):

2 c. flour	2 tsp sugar or more (up to 1 c.)
1 TB baking powder OR 1 tsp baking soda	¼ c. butter, shortening, or oil
½ - 1 tsp salt	

This is basically what Bisquick is, and why it's so handy. To make biscuits, cut in the butter, and use ¾ c. milk or buttermilk. For drop biscuits, use 1 c. milk and an egg if you like.

Fruit cobbler is just fruit or fruit filling baked with spoonfuls of drop biscuit dough on top, use the amount of sugar in the dough that you like.

Dumplings are also drop biscuits put on top of simmering soup and covered until cooked.

To make pancakes, use as much milk as flour, and add 1 egg for each cup of flour.

For waffles, mix like pancakes but separate the eggs, use twice the oil, and beat the whites to stiff peaks before folding in.

For muffins, use about half as much milk as flour, ¾ c-1 c for 2 c. of flour, 1 egg, and use ¼-3/4 c. sugar.

Banana bread or other quick bread loaves are just muffin batter cooked in a pan.

Cornbread has the same quantities as muffins, except you use 1 c. cornmeal and 1 c. flour instead of 2 c. flour. Use baking powder if there is nothing acidic in your batch, use baking soda if there is.

Acidic ingredients include buttermilk, brown sugar, honey, cream cheese, sour cream, yogurt, fruit puree, mashed bananas, shredded zucchini, or pumpkin. If there's a lot of acidity, use the full tsp baking soda. If there's only a little, split it (1 ½ tsp baking powder and ½ tsp baking soda). Baking soda has 3X the power of baking powder.

#72 Basic Bread

Six Loaves:

2 TB salt	½ c. – 1 c. sugar
2 TB yeast	½ c. oil
About 16 cups flour	6 c. hot water (100-130 degrees)

Two Loaves:

2 tsp salt	3 TB oil
2 tsp yeast	2 c. hot water
¼ - 1/3 c. sugar	5-6 c. flour

The yeast can be doubled to rise faster, but bread will taste yeastier.

Mix salt, yeast, sugar, oil, water, and 1/3 of the flour in a bowl. Beat about two minutes with a wooden spoon. Stir in half of what's left, then mix in more until too stiff to stir. Dump out onto a floured counter and knead for 8-10 minutes, adding only enough flour to keep the dough from sticking to the counter. The dough should be smooth and elastic after kneading. (Yes, you could use a stand mixer for this)

Cover with a kitchen towel or plastic grocery bag and let rise 1 – 1 ½ hours, or until doubled. Punch down and shape into loaves. Place in greased 8X4 loaf pans and let rise about 45 minutes or until nearly doubled. Bake at 350 degrees for about 30 minutes or until the sides of the bread are brown. (Tip a loaf out of the pan to check.) Remove from pans and cool on a rack.

#73 Basic Bread Ideas

Use orange juice or tomato juice in place of water.

Save water from cooking pasta or potatoes; use this as your water.

Adds vitamins and moisture.

Save the liquid when draining canned fruits and vegetables, then reduce the sugar or salt a bit in the bread recipe.

Loaves:

White-wheat swirl

Oatmeal-Molasses bread

Pizza bread (roll toppings up inside)

Cinnamon Swirl or Raisin Bread

Raspberry Swirl (jam or filling)

Rye

Candy Cane loaf

Southwestern Bread (puree or chop corn, olives, chilies)

Other:

Pizza crust

Scones

Pigs in a Blanket

Breadsticks

Rolls – round, butterhorns, Parkerhouse, Cloverleaf

Hamburger or hot dog buns

Cinnamon Rolls, Caramel Nut Rolls

Orange Rolls

Daisy Ring

Braid (can use multiple colors)

Ladder Loaf, (fruit filling)

“Hot Pockets”

Chicken Rolls (with or without gravy)

Raised Doughnuts (glaze with thin mixture of water and powdered sugar), Maple Bars (make caramel icing with maple flavor)

#74 Whole Wheat Bread

100% WHOLE WHEAT BREAD

Follow the 6 loaf recipe, using all whole wheat flour, and also add one of the following:

¼ c. lecithin, ¼ c. dough enhancer, or 1000 mg Vitamin C, crushed or dissolved in water. These improve texture and reduce coarseness.

For sweet breads and dinner rolls, use the higher amount of sugar, plus egg and milk to replace water. The egg helps make the bread more moist, springy, higher-rising, and tender. The white helps add strength and leavening. The yolk adds a tiny bit of color, plus some richness and tenderness from the natural fats in it, including lecithin.

Milk helps a little bit with browning, as well as making the internal structure (“the crumb”) softer and smoother. If you have powdered milk, just mix the milk powder in with the other dry ingredients, and use water.

Sugar makes a big difference in the crust browning, or “caramelizing”, as well as in the flavor of the bread. Sugar can also help the yeasts grow, but it only helps to a certain point; too much sugar slows yeast growth. No-sugar-used bread will still rise, but will take twice as long. You can get it to brown too, because of the natural sugars in the flour, but you have to use a higher temperature. When making bread with no sugar,

bake it between 400 and 450 degrees to get a nice brown crust. When baking sweetened breads, keep the temperature between 350-400 degrees; the bigger the loaf, the lower the temperature.

#75 French Bread

1 tsp instant yeast or 1-2 tsp dry yeast, dissolved in 2 ¼ c. warm water (100-125 degrees)

6- 6 ½ c. unbleached white flour

1 TB salt

- 1) Mix and knead; 2) let rise 12 hours; 3) shape and let rise 2-3 hours; 4) slice tops, bake at 425 degrees with steam during first 10 minutes.

More detailed instructions:

Combine all ingredients in a large bowl and mix with your hands, or use an upright mixer with a dough hook. Knead for 5-10 minutes (less with a machine, more with your hands) until smooth and elastic. This dough is a little tougher than most, but softens with time. Put dough back in the bowl, cover it with a plastic sheet or bag, and let it rise overnight in a still and cool place, about 68 degrees. After this first rise, which should be about 12 hours, the surface should be shiny, with sinkholes or craters the size of coins made by the fallen bubbles. (If not, oh well, your dough just won't have quite the mild sour flavor, but will still be good.) If the dough is still really tough, add water a tablespoon at a time. Oil a cookie sheet or sprinkle it with cornmeal or Germade. Divide the dough into two pieces and shape into two smooth loaves the length of your cookie sheet. Cover with a plastic bag and let them rise for 2-3 hours, depending on room temperature. Preheat your oven to 425 degrees. Just before baking, slice across the tops of the loaves with a sharp knife. This prevents the loaf from bulging out on the sides. Mist the sides of the oven with water, or toss in a few ice cubes to generate steam. This makes the crust more resilient and crackly. Bake about 20-25 minutes for a French-shaped loaf, or 30-35 for round loaves.

#76 French Bread Variations

Variations are nearly endless!

When adding grains, they must be moist or they'll absorb water out of your bread, making it tough. Also, add any chopped herbs, dried fruits, nuts, seeds, or cooked vegetables.

Asiago or Pepper Cheddar – Add 1 c. grated or cubed Asiago. Pepper Cheddar – add 1 c. grated or cubed cheddar and 1-2 tsp black pepper; shape into 2 loaves, rise, bake.

Black Olive and Sweet Red Pepper – After first rising, knead in one sweet red pepper, roasted and thinly sliced, and 1 c. coarsely chopped black (or other) olives. Shape into 3 round loaves and place on cookie sheets sprinkled with cornmeal. Let rise and bake.

Fresh Rosemary Bread with Olive Oil

Substitute 1 c. of whole wheat flour for white, and add in ¼ c. olive oil to dough. After kneading, mix in 1/3 c. fresh rosemary leaves, chopped. Let rise overnight, shape into 2 or 3 boules (round loaves), let rise and bake, brush warm loaves with olive oil. Try it toasted with orange marmalade! Also good with 1 c. sunflower seeds.

Pizza Crust – enough said.

Multigrain – Make the basic French bread recipe and let rise overnight. Soak together 2 c. oatmeal, ¼ c. wheat kernels, ¼ c. rolled barley or wheat, ¼ c. sunflower seeds, 1 TB millet, 2 TB molasses, 2 c. more water.

Combine with 4 ¾ c. whole wheat flour, 1-2 c. water, and 2 tsp yeast, knead into the French bread dough.

Makes 3-4 loaves.

#77 Simple Sourdough

Sponge method sourdough bread

Per loaf –

Mix ¼-1/2 sourdough starter or 2 tsp yeast,

1 c. water

1 c. flour or enough to make a pancake batter consistency.

Cover and let rise overnight. Add 1 tsp salt and enough flour to make a workable dough. Knead, shape, let rise till nearly doubled (2-4 hours). Bake at 400-450 degrees until done. Err on the side of darker, not lighter.

No Knead Bread

Mix flour and water in a bowl, 7 ½ - 8 ½ oz. water for each 10 oz. flour

(Flour, spooned into a cup, weighs about 5 oz. per cup.)

You want 75-85% hydration level for gluten to form by itself. Use 1 tsp yeast for each cup of water. Let rise 12-18 hours, then stir in salt, also 1 tsp per cup of water you used. Press into a greased pan, and bake at around 400-450 degrees.

You can reduce the resting time by half each time you fold the dough in on itself, but a rest of 6 hours is needed to inactivate phytic acid. If you don't want the sourdough glavor, add ½ tsp baking soda per cup of water used.

#78 Croutons

Bread, stale bread is great

Oil

Seasonings

Cut bread into cubes and turn it into croutons: either sauté in, or drizzle with olive oil or melted butter (1 TB for each 1-4 slices), sprinkle with garlic powder, onion powder, dill, oregano, parsley, Parmesan cheese, ranch dressing mix (1/2 pkgs per loaf of bread), or anything that sounds like a good idea. Bake at 350 degrees for 15-20 minutes, or until dry and crispy. Spread on a paper towel to cool, store when cool in a zip top bag. They'll keep for a good couple of weeks, if you don't eat them first.

#79 French Toast

3 beaten eggs

1/8 tsp cinnamon, optional

¾ c. milk, buttermilk, or half-and-half

10 slices stale/dried bread, or bake until dry

1 TB sugar

Beat together all but bread in a bowl wide enough to dip a slice of bread. Dunk bread to coat both sides.

Cook in a buttered pan on med-hi heat till golden, flip to cook other side.

Baked French Toast

Heat oven to 475 degrees. Soak bread, drain on wire rack while dipping the others. Spread ¼ c. vegetable oil on a cookie sheet, heat in oven till just smoking. Put bread on hot cookie sheet, bake 10 min or until bottom is golden. Flip (optional, now sprinkle with a mix of 1/3 c. brown sugar, 1 TB maple syrup, ½ tsp cinnamon); bake 6 min till brown (sugar mix will be bubbling.)

#80 Bread Pudding

12 slices dried-out bread, cubed

¼ c. butter, melted

½ - 1 c. raisins, soaked (optional)

2 tsp vanilla

1 TB cinnamon, pinch of nutmeg

½ tsp salt

3-6 eggs (less = drier, more = custardy)

3 c. hot milk – ideally half and half

¾ - 1 ½ c. sugar, to taste, white or brown

Mix together bread, raisins, and cinnamon. Dump into a 9X13 pan. Using the same bowl as before, beat the eggs, then stir in sugar, butter, vanilla, and salt. Mix until sugar dissolves. Slowly mix in the hot milk. Pour all of this over the bread, sprinkle with nutmeg, and let sit for 5-20 minutes to soak.

Bake at 375 degrees for 25-30 minutes until center is set. Baked in a hot water bath, it will come out more custardy. Serve warm, with whipped cream, ice cream, or a drizzle of some kind of sweet sauce (vanilla sauce, caramel sauce, rum sauce, maple syrup, etc.)

Variations: Use any dried or chopped fruit in this, (this is a great way to use those two lonely, shriveled apples sitting on your countertop!), shredded coconut, cocoa, or melted chocolate (2-4 squares), chocolate chips, pecans or other nuts, rum extract, orange extract or zest. For the liquid, you can substitute eggnog, hot chocolate, coconut milk, and about anything that sounds good. One great combination is shredded coconut with chocolate milk...

Breakfast Casserole: leave out the sugar, add 1-2 c. shredded cheese, and 1 c. cooked bacon, sausage, or ham