

This table will convert pounds and ounces to grams. The column labels are pounds and the left-hand number is the ounces. Example under the second column and on the fourth row there is 1021. For 2 pounds and 4 ounces there are 1021 grams.

Ounce ↓	←-----Pounds-----→										
	↓ 0	↓ 1	↓ 2	↓ 3	↓ 4	↓ 5	↓ 6	↓ 7	↓ 8	↓ 9	↓ 10
0	0	454	907	1361	1814	2268	2722	3175	3629	4082	4536
1	28	482	936	1389	1843	2296	2750	3203	3657	4111	4564
2	57	510	964	1417	1871	2325	2778	3232	3685	4139	4593
3	85	539	992	1446	1899	2353	2807	3260	3714	4167	4621
4	113	567	1021	1474	1928	2381	2835	3289	3742	4196	4649
5	142	595	1049	1503	1956	2410	2863	3317	3770	4224	4678
6	170	624	1077	1531	1984	2438	2892	3345	3799	4252	4706
7	198	652	1106	1559	2013	2466	2920	3374	3827	4281	4734
8	227	680	1134	1588	2041	2495	2948	3402	3856	4309	4763
9	255	709	1162	1616	2070	2523	2977	3430	3884	4337	4791
10	283	737	1191	1644	2098	2551	3005	3459	3912	4366	4819
11	312	765	1219	1673	2126	2580	3033	3487	3941	4394	4848
12	340	794	1247	1701	2155	2608	3062	3515	3969	4423	4876
13	369	822	1276	1729	2183	2637	3090	3544	3997	4451	4904
14	397	850	1304	1758	2211	2665	3118	3572	4026	4479	4933
15	425	879	1332	1786	2240	2693	3147	3600	4054	4508	4961
	11	12	13	14	15	16	17	18	19	20	21
0	4990	5443	5897	6350	6804	7257	7711	8165	8618	9072	9525
1	5018	5471	5925	6379	6832	7286	7739	8193	8647	9100	9554
2	5046	5500	5953	6407	6861	7314	7768	8221	8675	9129	9582
3	5075	5528	5982	6435	6889	7343	7796	8250	8703	9157	9610
4	5103	5557	6010	6464	6917	7371	7824	8278	8732	9185	9639
5	5131	5585	6038	6492	6946	7399	7853	8306	8760	9214	9667
6	5160	5613	6067	6520	6974	7428	7881	8335	8788	9242	9696
7	5188	5642	6095	6549	7002	7456	7910	8363	8817	9270	9724
8	5216	5670	6123	6577	7031	7484	7938	8391	8845	9299	9752
9	5245	5698	6152	6605	7059	7513	7966	8420	8873	9327	9781
10	5273	5727	6180	6634	7087	7541	7995	8448	8902	9355	9809
11	5301	5755	6209	6662	7116	7569	8023	8477	8930	9384	9837
12	5330	5783	6237	6690	7144	7598	8051	8505	8958	9412	9866
13	5358	5812	6265	6719	7172	7626	8080	8533	8987	9440	9894
14	5386	5840	6294	6747	7201	7654	8108	8562	9015	9469	9922
15	5415	5868	6322	6776	7229	7683	8136	8590	9043	9497	9951

July 29, 2012

Pancakes

4 eggs
2 C milk
1/4 C oil
2 C flour
2 Tbs. sugar
2 tsp. baking powder
1 tsp. soda
1 tsp. salt

Sourdough Pancakes

3 C whole wheat flour
2 C warm water
starter-set over night
2 eggs
2 Tbs. oil
1/4 C dry milk
mix and add -
1 tsp. salt
1 tsp. baking soda
2 Tbs. sugar

Mom's Pancake

(Hildegard Engert)

2 C flour
1 Tbs. sugar
1/2 tsp. baking powder
1/2 tsp. salt
2 C milk
2 eggs
2 Tbs. butter

Waffles

4 eggs
2 C milk
1/3 C oil
2 C flour
2 tsp. baking powder
1 tsp. soda
1 tsp. salt

Chocolate Chip

4 C flour
2 tsp. baking soda
2 tsp. salt
4 eggs
2 C butter or Crisco 390g
2 C brown sugar 454g
1 C sugar
3 tsp. vanilla
2 pkg. chocolate chips 680g
8-10 min. @ 375

Banana Nut Bread

3 bananas 1 1/4 C
2 1/2 C flour
1/2 C granulated sugar
1/2 C brown sugar
3 1/2 tsp. baking powder
1 tsp. Salt
1 C chopped nuts
3 Tbs. oil
1/3 C milk
60 min. @ 350 9" loaf pan
20 min @ 400 Muffins

2 9" Pie Crust

2 C flour
3/4 C 150 g shortening
1 Tbs. salt
4 Tbs. water more if needed

Whipping cream

1 C Heavy cream
2 Tbs Sugar
1 Tbs powder milk
2 tps Vanilla

BBQ Chicken Sauce

2 1/2 chicken
5 oz A1
1 stick butter
1 1/2 tsp. rosemary
1 1/2 tsp. poultry seasoning
1 Tsp. Garlic

Coleslaw Dressing

1 C mayo 207g
2 Tbs. lemon juice
1 Tbs. sugar
1/2 tsp. dry mustard
1 tsp. dry minced onions
1/2 tsp. celery seed
1/4 tsp. pepper
2 Tbs. red wine vinegar

Wine Jelly

3 1/2* C sugar
2 C wine
1 packet "Certo"

* can use 3 C sugar

French toast for 1/4

2 / 6 eggs
1 1/2 / 4 1/2 Tbs. milk
1 / 3 tsp. cinnamon
3 / 12 slices bread

Sugar	203 g/cup
Brown sugar	227 g/cup
Confectionery sugar	103 g/cup
Confectionery sift	108 g/cup
Crisco	190 g/cup
White flour	134 g/cup
Sifted cake flour	108 g/cup
Sifted white flour	128 g/cup
Yeast 1 Tbs.	= 1 package

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Sirloin Steak Bassinet

2 1/2"	Sirloin Steak About 5 lbs.
2 Tbs.	Prepared Mustard (yellow)
2 Tbs.	Worcestershire Sauce
1/2 Cup	Chili Sauce
1/2 Cup	Brown Sugar
1/4 Cup	Butter
1/4 Cup	Brandy

Brown Steak on both sides in broiler. While steak is cooking put next five ingredients in a small sauce pan. Cook over low heat stirring till butter melts. Remove from heat, add the brandy. Score meat; pour half of the sauce over meat broil till sauce bubbles. Turn meat over, pour remaining sauce over meat, and broil till sauce bubbles. Place meat on platter. Put sauce from broiler pan in gravy boat.

An inexpensive brandy works well. The sauce works well on potatoes in addition to the meat. I have done this with both thicker and thinner cuts of meat. You must be careful not to over cook the steak. I hope you enjoy this as much as we have. Some times we make a double batch to have enough. Kathy Engert

Raisin Carrot Muffins

2 cups flour
1 cup sugar
2 tsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. ginger
1/2 cup shredded carrots
1/2 cup raisins
1/2 cup chopped walnuts
8 oz. can crushed pineapple
2 eggs
1/2 cup melted butter
1 tsp. vanilla extract

I prefer using Dole yellow raisins if using the regular raisins soak in pineapple juice over night do not use the juice, and Dole pineapple and real butter. Combine flour, sugar, baking powder, cinnamon and ginger, mix well with a sifter. Stir in carrots, raisins and nuts; separately combine un-drained pineapple, eggs, butter and vanilla. Stir into dry ingredients until just blended. Spoon or pipe into a greased muffin tins, or into cupcake papers. Bake in 375° F, oven 20 to 25 minutes. Turn out onto rack cool makes 18 muffins.

Sopaipillas Pastry Puffs

These crisp feathery light "pillows" are yet another type of "bread" Mexicans enjoy. Dressed up with Cinnamon-Sugar or drizzled with honey or my favorite, filled with honey, they make a luscious dessert.

2 Cups all-purpose flour
1/4 Cup shortening
1 1/2 Tablespoon double-acting baking power
1/2 teaspoon salt
2/3 cup Warm Water
salad oil to cook in
1 tablespoon confectioners' sugar
1/3 teaspoon ground cinnamon

About 45 minutes before serving or early in day:

1. In large bowl with fork or pastry blender, mix flour, shortening, baking powder, and salt to resemble coarse crumbs. Add water stirring until dough holds together; turn dough onto lightly floured surface and knead until smooth, about 3 minutes.
2. On lightly floured surface, with lightly floured rolling pin, roll half of dough into 12" by 9" rectangle (set remaining dough aside). Cut rectangle into 12 3" by 3" squares. Repeat with remaining dough.
3. In 3-quart saucepan over medium heat, heat 1 1/2 inches salad oil to 375° F, on deep-fat fryer set at 375° F.). Fry 2 dough squares at a time in hot oil., turning with slotted spoon as they rise to the surface and turning often until both sides are golden brown, (dough will puff up with air pocket inside). Remove puffs to paper towels to drain. Serve Sopaipillas, warm or cold, as bread.
4. To serve Sopaipillas as dessert, in small bowl, mix confectioners' sugar mixture or drip honey inside.

Baked Apple Pancake

4 eggs
1 1/2 cups milk
1/2 teaspoon salt
2 tablespoons brown sugar
2 cups sifted white flour
3 tart apple, peeled, cored and sliced
6 tablespoons butter
1 cup sugar
3 teaspoons cinnamon

Beat the eggs until thick, then add the milk, salt and sugar. Sift in the flour, mixing it in well. Let the batter stand for 30 minutes. Meanwhile, pare the apples. Melt the butter, add cinnamon and sugar pour over and mix with apple slices. Place apple mix in two 8 or 9 inch cake or pie pans. Pour batter over apple mix. Bake 30 minutes at 375 till golden and set. Serve immediately turn upside down on a plate. Apple syrup goes well with this pancake.

Triple Chocolatey Chip Cake

This appealing cake combines a trio of chocolate cake mix, pudding, and chips for this extra fudge dessert that's easy on the baker. Mix it up, bake, and top with powder sugar.

1 package 2 layer size chocolate cake mix
1 4 serving size package instant chocolate pudding mix
1 8 ounce carton dairy our cream
1 cup water
3/4 cup cooking oil
3 eggs
1 6-ounce package semisweet chocolate pieces (1 cup)
Powdered sugar.

Turn on oven 350 degrees Fahrenheit. Grease and flour a 10-inch fluted tube pan. Set aside. In a large bowl combine the cake mix, pudding nix, sour cream, water, cooking oil, and eggs. Beat with an electric mixer on low speed for 30 seconds. Beat on medium to high speed for 2 minutes more (the cake batter will be thick). By hand, sir the semisweet chocolate pieces into the batter. Pour the cake batter into prepared pan. Bake about 1 hour or until a toothpick inserted near center of the cake comes out clean. Cool cake in an on a wire rack for 15 minutes. Remove cake from pan; cool completely on a wire rack. Sift powdered sugar over the cake. Makes 16 servings.

Glazed Chicken Wings

3 # Chicken wing
1/3 C soy sauce
2 Tbsp vegetable oil
2 Tbsp chili sauce
1/4 C honey
1 tps salt
1/2 ground ginger
1/4 tps garlic powder
1/4 tps cayenne pepper or some hot sauce
1/4 paprika

Mix the above ingredients except the chicken, in a large mixing bowl. Wash a let drain while cutting the chicken at joints throw away the tip of the wing. Stir every hour while marinating in refrigerator. Spray pizza pans and spread chicken one layer thick. Bake at 375° F for 30 to 35 minutes. Make a double recipe warmed up leftovers taste great the next day.

Paprika Oven Fries

1 1/2 pounds potatoes sliced or strips
1 /4 C olive oil
1 tsp. paprika
1 / 2 tsp. cayenne pepper

Peel and Cut potatoes lengthwise into 8 wedges. In a large bowl combine olive oil, salt, paprika and pepper. Spread on the potatoes and arrange on a baking sheet. Bake in a 425 degrees oven for 20 minutes. Loosed from the baking sheet, turn and continue baking for 10 minutes or until golden brown.

Sourdough Pancakes

http://www.sourdo.com/original_san_fran.htm where to buy starter

3 C whole wheat flour*
2 C warm water
Stir in starter, set over night in warm pace 85°F – 100°F *
Next day remove starter and refrigerate for next time
2 eggs
2 Tbs. oil
1/4 C dry milk
mix and add -
1 tsp. salt
1 tsp. baking soda
2 Tbs. sugar

The night before, mix flour, water, and starter together in a non metal container and place in a warm place over night at 100°F. Note, the starter will separate over time with the water on top and may have a thin dark film over the bulk of the flour, this is normal just mix up first. The mixture will be thick and double in size over night and may start falling. A plastic container could work if it can take the heat, glass or pottery work the best. If the oven has a pilot, that will keep the oven at the right temperature. If you oven does not have a pilot, warm over to 200 for 10 minutes and turn off and place mixture in preheated oven over night. The next morning, remove some the starter and refrigerate for the next time.

Add the eggs, milk, and oil together. Mix the salt, soda, and sugar sprinkle over mix and fold in let it stand for 1 minute; it should rise, before cooking on an oiled griddle. Make pancakes about 2 1/2 to 3 inches in diameter. Serve with butter and maple syrup.

* Using white flour will reduce the sour taste. Half of each will cut the sour taste a lot.

* The starter can be bought at some specialty food stores.

STARTING A NEW STARTER FROM THE LOCAL ATMOSPHERE

Starting a new starter from the local atmosphere (try it, you'll like it!): Combine in a GLASS bowl, 1 1/2 cups warm water (80-85 degrees) and 2 cups of white all-purpose flour. Use no sugars and especially, use no commercial yeasts! Mix well being sure to incorporate a lot of air into the mixture. Commercial yeasts merely result in the cultivation of commercial yeasts! It won't be sour (unless you're quite lucky) and it won't behave like normal sourdough so none of the above starter usage and maintenance instructions will apply! Some people have reported that their commercial-yeast started starters do get sour eventually, but that just means the starter has finally converted to the natural microorganisms (including the slower growing natural yeast).

Wine Jelly

3 1/2* C sugar
2 C wine
1 packet "Certo"

* can use 3 C sugar it will not be as firm

For less sugar cut back to 3 cups. Place sugar and wine in a double boiler heat for 2 1/2 minutes. Add the Certo and heat for another 30 seconds. Remove from heat and let it stand for 2 minutes. Skim off the foam more noticeable with red wine. White wine can also be used just red look better on bread. It can be made on the same day it is used it will set up in 2 hours. I have made some on Thanksgiving day.

Mexican Pie

Amount	Measure	Ingredient -- Preparation Method
1	cup	chicken -- cooked and chopped
1	pound	mushrooms or eggplant -- Sliced or chopped
3	each	green bell peppers -- chopped
1	each	onion -- chopped
2	each	jalapeno -- chopped
1	can	refried beans -- heated
3	each	tortillas
1	cup	salsa
1	cup	jalapeno cheese -- shredded
1	clove	garlic

Brown vegetables, add chicken, set aside. Heat the beans. Coat oven-proof skillet with oil. Layer tortilla, 1/2 beans, 1/2 vegetables & meat, 1/3 cup salsa, tortilla, beans, vegetables, salsa, tortilla, cheese, and salsa. Bake @ 350 for 1 hour

BBQ Chicken Sauce

2 1/2 chicken
5 oz A1 steak sauce
1 stick butter
1 1/2 tsp. rosemary
1 1/2 tsp. poultry seasoning
1 Tsp. Garlic

Melt butter and add other ingredients. Spread over chicken and grill.

Sauerbraten

4 lbs. beef rump or sirloin tip 2 to 3 inches thick
2 cups white vinegar *
2 cups water *
2 onions peeled and sliced
6 bay leaves
10 cloves
4 whole peppers
10 to 15 crushed ginger snaps

Put meat in a deep bowl or the pan for cooking meat in. Combine other ingredients and pour over the meat. The water and vinegar must cover meat. Cover and refrigerate 24 to 36 hours. Turning meat twice a day. Before cooking brown the meat. Place meat back into vinegar mixture and bake at 325 for 2 to 3 hours about 1 hour each inch thickness.

Making gravy take some liquid and onions then add crushed ginger snaps add to more liquid in a sauce pan to make as much gravy that you want.

- Equal parts water and vinegar mix may be still be to strong, add more water.
- Use only white vinegar not apple vinegar.
- Cook meat with all the liquid, spices and onions.

Crab Ball

8 oz cream cheese, room tempitiure
8 oz imitation crab meat
1/2 Tbs. Garlic salt
1 Tbs. Lemon juice
5 drops or less Tabasco sauce

Place cream cheese in mixing bowl add finely chopped crabmeat. Sprinkle lemon juice, Tabasco sauce and garlic salt over mixture. Using a fork blend crabmeat into cream cheese, then form a ball and refrigerate.

Pineapple chicken stir-fry

1/4 cup soy sauce
2 Tbs. sugar
1 Tbs. cider vinegar
1 Tbs. ketchup
1/2 tsp. ground ginger
2 garlic clovers, minced
1 lb. cut up chicken breasts
2 Tbs. vegetable oil
1 lb. frozen stir-fry vegetables
1 8 oz can pineapple chunks drained

In a small bowl, combine first six ingredients, set aside, In a large skillet or wok, stir-fry chicken in oil for 5-6 minutes, or till juices run clear. Add the vegetables, stir-fry for 3-4 minutes, or until crisptender. Stir in pineapple and reserved soy sauyce mixture, heat through. Serve over rice. 5 servings.

Bouquet Garni

Basil
Dill Weed
Marjoram
Oregano
Rosemary
Sage
Savory
Tarragon
Thyme

Venison sauerbraten

3 to 3 ½ pounds venison chuck roast
2 onions
2 bay leaves
12 peppercorns
12 juniper berries (optional)
6 whole cloves
2 teaspoons salt
1 ½ cups red wine vinegar
1 cup boiling water
2 tablespoons shorting
12 gingersnaps, crushed (about ¾ cups)
2 teaspoons sugar

Place venison roaster in glass bowl or baking dish with onions, bay leaves, peppercorns, berries, cloves, salt, vinegar and water. Cover tightly and refrigerate, turning venison twice a day, at last 3 days. Never pierce when turning .

Drain venison, reserving marinade. Cook venison in shortening in heavy until brown on all sides. Add marinade mixture. Heat to boiling; reduce heat. Cover and simmer until venison is tender, 3 to 3 ½ hours. Remove venison and onions from skillet; keep warm.

Strain and measure liquid in skillet. Add enough water, if necessary to measure 2 ½ cups. Pour liquid into skillet. Cover and simmer 10 minutes. Stir gingersnaps and sugar into liquid. Cover and simmer 3 minutes, serve venison and onions with gravy. 10 to 12 servings.

Pork and Sauerkraut

Grandma High passed on from Aunt Francis

2 Lbs pork shoulder or chops cut up cubes
1/2 head shredded cabbage
2 Lbs Sauerkraut
1/2 C barley
1 C water

Brown the cut-up meat in a 10-inch skillet. Add remaining ingredient and simmer for 1 hour.

Greek Chicken and Orzo (4 servings)

2 cans chicken broth or (4 cups water and bullion)
1 cup finely chopped onion
3/4 teaspoon dried oregano leaves
2 cups orzo (rice-shaped pasta) (1 pound box)
3/4 pound cubed chicken breast
3 cups packed torn spinach leaves (6-8 loose)
1/2 cup crumbled feta cheese

In a large skillet, heat broth, onions and oregano to a boil. Add orzo; reduce heat. Cover and simmer for 6 minutes, stirring occasionally. Add chicken; cook 6 minutes, longer until chicken and pasta is cooked. Stir in spinach; heat just until spinach wilts. Remove from heat and top with cheese, let each person add their own.

Baked beans

1 # 10 can bush beans
1/2 cup brown sugar
2 tps. Ground mustard
1/2 tps. ground cloves
1 tps. Allspice
1 tbs yellowmustard
Bake 350 45 minutes

Gazpacho

6 tomatoes skinned and chopped
1 1/4 cups tomato juice
1 cucumber, peeled and chopped
1 medium onion finely chopped
1 green pepper finely chopped
1 clove garlic minced
1/4 cup olive oil
2 tbs. vinegar
1 tsp. salt
1/4 tsp. pepper
Some hot sauce to taste

Combine the entire above, chill and serve with croutons on top.

Chocolate Angel Food Cake

1 cup sifted cake flour
1 1/4 cups granulated sugar
1/3 cup unsweetened cocoa powder
3/4 teaspoon ground cinnamon
1/2 teaspoon salt
1 1/2 cups egg whites (about 12 large eggs)
1 1/2 teaspoons cream of tartar
2 teaspoons vanilla extract
2 tablespoons sifted confectioners' sugar (optional)

1. Preheat the oven to 325°F. In a medium bowl, sift together the flour, 3/4 cup of the granulated sugar, the cocoa, cinnamon, and salt.
2. In a perfectly clean large bowl, beat the egg whites with an electric mixer set on high speed until foamy. Add the cream of tartar and beat until soft peaks form. Gradually add 1/4 cup of the remaining sugar in a steady stream and continue beating until the whites are stiff and glossy but not dry. Beat in the vanilla. Sprinkle the remaining 1/4 cup of sugar over the top of the whites and fold in gently. Gently fold in the flour mixture.
3. Spoon the batter into an ungreased 10-inch tube pan and bake for 45 minutes or until a toothpick inserted in the center comes out clean. Invert the pan and let cool. Transfer the cake to a serving platter and dust with the confectioners' sugar (if using).

Nutrition per Serving: Calories 133, saturated fat 0 g, total fat 1 g, protein 5 g, carbohydrate 29 g, fiber 0 g, sodium 147 mg, cholesterol 0 mg, calcium 0 mg

Bread Machine Digest White Bread, 1-1/2 Pound

1-1/8 cups water
1-1/2 tablespoons butter
2 cups bread flour
1 cup white flour (reduces rising)
2 tablespoons sugar
1 teaspoon salt
1-1/2 tablespoons dry milk
2-1/2 teaspoons yeast (1 of the packets I had you get at the store)
Place all of the ingredients in your machines fully assembled pan. Select the Basic or White cycle and press start.

Cinnamon Raisin Bread

1 1/4 cups water
1 1/2 tablespoons oil
1 1/2 tablespoons brown sugar -- packed
1/2 teaspoon salt
2 cups whole wheat flour
3/4 cup bread flour
3 tablespoons vital wheat gluten
3/4 teaspoon ground cinnamon
1/2 cup raisins
1 1/2 tablespoons powdered whey
2 teaspoons instant yeast

Sourdough Bread

2 cups sourdough starter
1/2 cup warm water (110 degrees F/45 degrees C)
1 1/2 tablespoons margarine
1 1/2 tablespoons white sugar
3/4 teaspoon salt
3 cups all-purpose flour
1 1/2 teaspoons active dry yeast

Tuna Twist Casserole

1/2 cup purchased Alfredo pasta sauce
2 eggs
1 garlic clove, finely chopped
4 cups cooked tricolor rotelle pasta
1 package (10 ounces) frozen chopped broccoli, thawed and drained
1 can (6 ounces) tuna, drained
1 cup seasoned croutons

1. Heat oven to 350°F.
2. Mix Alfredo sauce, eggs and garlic in ungreased square baking dish, 8x8x2 inches. Stir in pasta, broccoli and tuna. Press lightly in baking dish.
3. Cover and bake about 20 minutes or until set. Sprinkle with croutons.

Chili

1 lb hamburger
1 large onion chopped
2 cloves chopped garlic
1 16 oz can chopped tomatoes
1 stalks celery
2 to 3 tablespoon chili powder
2 teaspoons salt
1 teaspoon sugar
1 teaspoon Worcestershire sauce
1/2 teaspoon red pepper sauce
1 15 oz can kidney beans drained

Brown hamburger, onion and garlic until brown. Add tomatoes with liquid, celery chilli power, salt, sugar, Worcestershire and pepper sauce. Heat to boiling reduce heat cover and simmer 1 hour. Stir in beans until hot about 15 minutes

Spinach & Chicken

Saute' a chopped onion and some minced garlic in a bit of olive oil until tender. Add a bag of frozen spinach and cook until tender. Add a drained can of chick peas, some crumbled feta and salt and pepper. Serve over rice.

Mock Guacamole

2 (10-1/2 ounce) cans cut asparagus, drained
1 cup finely chopped tomato
1/4 cup finely chopped onion
2 tablespoons lemon juice
1 tablespoon reduced-calorie mayonnaise
1/2 teaspoon garlic salt
1/2 teaspoon chili powder
1/4 teaspoon hot sauce

Process asparagus until smooth; transfer to a mixing bowl. Stir in tomato and remaining ingredients. Place mixture in a paper towel-lined wire-mesh strainer or colander, and let drain 1 hour. Cover and chill at least 3 hours. Yield: 2 cups

LIBBY'S Famous pumpkin Pie (Two Pies)

1 1/2 cups sugar
2 tps. Ground cinnamon
1 tps. Ground ginger
1/2 tps. Ground cloves
4 large eggs
1 can (29 oz) LIBBY'S 100% pure pumpkin
2 can (12 fl. Oz.) Evaporated Milk
2 unbaked 9-inch deep-dish pie shells
425° F for 15 minutes. Reduce to 350° and bake for 40-50 minutes.

Mix sugar salt cinnamon ginger and clove in small bowl. Beat eggs in large bowl, stir in pumpkin and sugar spice mixture gradually stir in evaporated milk. Pour into pie shells, and bake.

Karo Pecan Pie (One Pie)

1 cup Light KARO corn syrup
3 eggs
1 cup sugar
2 Tbsp. melted butter
1 tsp. Vanilla extract
1-1/2 cups (6 ounces) pecans
1 unbaked 9-inch deep dish pie crust

Stir in the first five ingredients thoroughly using a spoon. Mix in pecans, pour into pie crust. Bake on center rack of oven for 55 to 60 minutes cool for 2 hours. Pie is done when the center reaches 200° F.

Polenta Pudding

3 cups frozen fruit
1 Tbls Lemon juice
1 Tbls grated apple
2 Tbls. Sugar

3 cups milk
2 cup water
1 pinch baking power
1 cup corn meal
½ cup sugar
1 tsp. vanilla
2 oz. cream cheese

Warm fruit in lemon juice till juices release. Add sugar.

Heat milk to boiling, reduce heat, add cornmeal and water mixture. Whisk constantly for 2 min. Reduce heat, stir frequently for 15 min. Add sugar. Continue to stir occasionally for 10 minutes. Add vanilla and cream cheese.

Pineapple Casserole

1 roll of Ritz crackers
2 cups cheddar cheese –1 bag shredded
2 – 16 oz. cans chunk pineapple
1 cup sugar
1 cup flour

Mix together and bake in oven @ 375 for approx. ½ hr.

Lime-Soy Chicken

Mix ¼ cups each lime juice, soy sauce and olive oil
1 tsp crushed red pepper
½ tsp. ground cumin

Add 4 skinless boneless chicken breasts and marinate at least 30 min. to all day. Grill or broil about 10 min., turning once until cooked through.

Favorite Coffee Cake

1 1/2 cup all purpose flour
3/4 cup sugar
2 1/2 teaspoons baking powder
3/4 tps salt
1/4 cup shorting
3/4 cup milk
1 egg

topping mix, mix first three until crumbling then mix in nuts
1/3 cup all purpose flour
1 tps. Cinnamon
3 Tbsp butter
3/4 cup chopped walnuts

Heat oven to 375. grease 8X8X2 pan mix first 7 ingredients together spread into pan. Sprinkle topping over batter. Bake 25 to 30 minutes or until wood pick comes out clean,

Raspberry Tiramisu

3 Tbsp. seedless raspberry preserves
1 Tbsp. orange liquor
1 (3 oz) pkg. cream cheese softened
1/4 cup sugar
1/2 cup heavy cream
8 lady fingers halved crosswise
8 fresh raspberries
garnish fresh mint

Microwave preserves on high 20 seconds. Stir in liquor

Beat cream cheese and sugar @ med. Speed until creamy (about 1 min.)

Beat heavy cream until soft peaks. Fold into cream cheese mixture. Spoon into plastic bag (do not seal) Snit 1 corner of bag to make hole about 1/2 inch in diameter.

Press ladyfinger half into bottom of glass

Then spoon in some of the raspberry mixture

Then put in some of the cream cheese and whipped cream mixture

Top each glass with a raspberry or 3 and mint leaves if desired.

This is to be 8 servings, however I doubled the recipe. I would also just make a pound cake or something similar. Angel food cake would also work well.

Creamy molded vegetable salad

2 envelopes (2 Tbls. Unflavored gelatin)
2 cups cold water
1/2 cup sugar
1/2 tps. Salt
1/3 cup vinegar
2 Tbls. Lemon juice
1 1/2 cups salad dressing or mayonnaise yellow or green food coloring if desired
1 cup shredded cabbage
2 medium carrots coarsely shredded
1 stalk celery sliced
1 green pepper chopped

In medium saucepan, sprinkle gelatin over 1/2 cup cold water. Place over low heat, stirring constantly until gelatin is dissolved. Add sugar, salt, remaining 1 1/2 cups water, vinegar and lemon juice. Stir until sugar is dissolved. Using a wire whisk, slotted spoon or a fork, briskly mix in salad dressing. Stir in food coloring. Chill, stirring occasionally until thickened but not set, about 1 hour. Stir in vegetables. Pour into oiled 1 1/2 – quart mold. Chill until firm, about 4 hours. Unmold onto lettuce leaves and garnish with reserved green pepper rings. Cut with serrated knife to serve. 6 to 8 Servings.

Pork Chop Apple Casserole Submitted by: CM

6 rib or loin pork chops, bone-in 3/4-1" thick
3 tablespoons flour
1/4 teaspoon each onion and garlic powder
1/4 teaspoon paprika
1 tablespoon olive oil
1 teaspoon butter (optional)
1/2 cup chopped onions
2 cups thinly sliced cored apples (peel on)
3 tablespoons Kraft's Honey Barbecue Sauce
3 cloves garlic
1 teaspoon salt
few dashes pepper

Place flour in a shallow dish, sprinkle with onion powder, garlic powder and paprika. Stir in the seasonings with a fork until well mixed. Season pork chops liberally with salt and pepper. Dredge in the flour until well coated. In a skillet, brown the pork chops on both sides in olive oil and butter. Add onions, apples, and Kraft's Honey Barbecue Sauce and minced garlic. Cover and simmer 45 minutes or until chops are tender.

Grilled Salmon with Avocado Dip

2 avocados - peeled, pitted and diced
2 cloves garlic, peeled and minced
3 tablespoons Greek-style yogurt
1 tablespoon fresh lemon juice
salt and pepper to taste
2 pounds salmon steaks
2 teaspoons dried dill weed
2 teaspoons lemon pepper
salt to taste

Preheat an outdoor grill for high heat, and lightly oil grate.

In a medium bowl, mash together avocados, garlic, yogurt, and lemon juice. Season with salt and pepper.

Rub salmon with dill, lemon pepper, and salt. Place on the prepared grill, and cook 15 minutes, turning once, until easily flaked with a fork. Serve with the avocado mixture.

Bran Flax Muffins

1 ½ cups flour
¾ cup flaxseedmeal
¾ cup oat bran
1 cup brown sugar
2 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
2 tsp. cinnamon
1-1/2 cups finely shredded carrots
2 peeled and shredded apples
½ cup raisins
1 cup chopped nuts
¾ cup milk
2 beaten eggs
1 tsp. vanilla

MIX together flour, flaxseed meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl. STIR in carrots, apples, raisins (if desired) and nuts. COMBINE milk, beaten eggs and vanilla. POUR liquid ingredients into dry ingredients, STIR until ingredients are moistened. DO NOT OVER MIX. FILL muffin cups ¾ full.

BAKE at 350°F for 15-20 minutes. YIELD: 15 medium muffins

Cranberry Dream Bars

Crust:

2 cups flour

¾ cup powder sugar

1 cup butter

Combine flour, powder sugar, cut in butter until crumbs form. Press into bottom of 9X13" pan

Bake at 350° F for 15 minutes.

Filling:

4 eggs

2 cups sugar

½ cup flour

¼ tsp salt

4 cups chopped cranberries

Blend eggs, sugar, flour and salt until smooth. Fold in cranberries. Spread mixture over hot crust.

Bake 25 minutes until filling is lightly browned. Cool. Cut into bars.

Lag Of Lamb Grilled

1 4lb leg of lamb, bone removed and butter flied

1 sprig fresh rosemary, chopped

3 tbsp fresh oregano, chopped

1 lemon, juiced

1/3 cup extra virgin olive oil

3 cloves of garlic, crushed (may want to double)

Salt and pepper (may want to not use the salt)

1 lb asparagus spears, trimmed

1. Place herbs, garlic, lemon juice and salt and pepper in a pestle and mortar or food processor and blend until smooth paste. Add olive oil and mix well. 2. Place butterflied leg of lamb in casserole dish and pour marinade on top. Rub marinade into lamb, making sure it is fully coated. Cover and refrigerate for at least 3 hours or overnight. 3. Remove lamb from refrigerator one hour before cooking. Preheat grill to medium high heat. 4. Remove lamb from marinade and place on hot grill. Grill for 20 minutes on either side or until a meat thermometer reaches 150 °F for medium. 5. Ten minutes before the lamb is cooked, drizzle asparagus with olive oil and season with salt and pepper. Place on grill next to the lamb. 6. Remove lamb from grill and let rest for 15-20 minutes. Remove asparagus from grill and cover to keep warm. 7. To serve carve rested meat into slices and transfer to serving platter, serve with grilled asparagus and Greek roasted potatoes (recipe to follow).

Roasted Potatoes With Blue Cheese & Walnut Butter

1 lb thin-skinned baby potatoes, halved
1 1/2 tsp olive oil
1/4 tsp freshly ground black pepper
1/8 tsp salt
1/2 c coarsely chopped walnuts
2 oz crumbled blue cheese
2 scallions, thinly sliced

1. Preheat the oven to 425 degrees. Coat a 9-inch by 9-inch baking dish with cooking spray or lined with parchment paper. Place the potatoes in the prepared dish and toss with the oil, pepper and salt. Turn cut side down in the pan. Roast for 30 to 35 minutes or until very tender and lightly golden on the underside.
2. Meanwhile, put the walnuts in a small baking pan or skillet and place in the oven to toast for 6 to 8 minutes. Tip into a bowl and let cool. Add the blue cheese and scallions, and crumble with your fingers.
3. When the potatoes are done, turn them over and sprinkle evenly with the walnut mixture. Bake for 5 minutes longer or until the cheese is melted.

One hour potato salad

5 potatoes
6 eggs
1 medium onion
3 stalks of celery
1/2 cup relish
3 Tbs. yellow mustard
3/4 cup mayonnaise

In a 3 quart sauce pan with water peel and cube potatoes add eggs and cook about 25 minutes. In the mean time chop onion and celery. In a bowl mix the last five items. When the potatoes and eggs are done drain and cool with cold water several times by adding new cold water as it warms up, peel eggs and place back into the cold water. When cooled off mix with other items in bowl, refrigerate.

Fish and Vegetables

Per person adjust quantity to your requirements

1 potato cubed (white or Sweet)
1 small onion half sliced (white, yellow or red)
1/2 bell pepper course chopped (red, yellow or green)
2 mushrooms sliced (white brown or Portobello)
1 cups Vegetables bite size (broccoli asparagus frozen mixed vegetables)
1 fish filet (flounder or others)
1 oz olive oil
1/4 tps. Fresh ground pepper

topping add last 10 minuets
1 oz blue cheese broken, crumbled
1/4 cup chopped walnuts, toasted

Combine first eight ingredients; place some of the olive oil in the bottom of 9 X 12 baking dish with the fish mushrooms and veggies and potatoes on top drizzle rest of olive oil on top. Bake 375 for 30 minuets, for the last 10 minuets toast nuts. Place nuts and blue cheese on top bake 10 minuets longer.

Mexican street corn

1/4 cup mayonnaise
3 Tbs sour cream
3 Tbs Cilantro minced
1 clove garlic
3/4 tsp chill power
1/4 tsp pepper
1/4 tsp cayenne
4 tsp lime juice
1 oz shredded cheese
4 tsp oil
1/2 tsp salt
6 large ears corn grilled

Combine oil salt and 1/2 tsp of chili powder. Toss to coat cooked ears of corn

Sweet Potato Pie

Ingredients

1 (1 pound) sweet potato
1/2 cup butter, softened
1 cup white sugar
1/2 cup milk
2 eggs
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1 teaspoon vanilla extract
1 (9 inch) unbaked pie crust

Directions

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin.

Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.

Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, and then will sink down as it cools.

Pecan Pumpkin Dessert (by Sue Williams) Recipe 16 servings

Ingredients

- 2 (15 ounce) cans solid pack pumpkin
- 1 (12 ounce) can evaporated milk
- 1 cup sugar
- I will add spices next time 2 tps. Ground cinnamon, 1 tps. Ground ginger, 1/2 tps. Ground cloves
- 3 eggs
- 1 teaspoon vanilla extract
- 1 (18.25 ounce) package yellow cake mix
- 1 cup butter, melted
- 1 1/2 cups chopped pecans
- FROSTING:
- 1 (8 ounce) package cream cheese, softened
- 1 1/2 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1 (12 ounce) container frozen whipped topping, thawed (I made Whipping cream)

Directions

1. Line a 13-in. x 9-in. x 2-in. baking pan with waxed paper and coat the paper with nonstick cooking spray; set aside.
2. In a large mixing bowl, combine the pumpkin, milk and sugar. Beat in eggs and vanilla. Pour into prepared pan. Sprinkle with dry cake mix and drizzle with butter. Sprinkle with pecans.
3. Bake at 350 degrees F for 1 hour or until golden brown. Cool completely in pan on a wire rack. Invert onto a large serving platter; carefully remove waxed paper.
4. In a large mixing bowl, beat the cream cheese, confectioners' sugar and vanilla until smooth. Fold in whipped topping. Frost dessert. Store in the refrigerator.

Kitchenaid Sixty-Minute Rolls

timer

Prep Time: 1 hrs

Total Time: 1 hrs

Servings: 24

About This Recipe

"You really can make these rolls in an hour. I have used this dough to make quick cinnamon rolls. These directions are for a Kitchen-Aid mixer."

Ingredients

4 -5 cups flour

3 tablespoons sugar

1 teaspoon salt

2 (1/4 ounce) package yeast

1 cup milk

1/2 cup water

1/4 cup butter or 1/4 cup margarine

Directions

Combine 3 1/2 cups flour, sugar, salt and undissolved yeast in bowl.

Attach bowl and dough hook. Turn to speed 2 and mix for 1 minute.

Combine milk, water and margarine in a saucepan. Heat over low heat, until liquids are very warm (120 to 130). Margarine does not need to melt.

Turn to speed 2 and gradually add liquid to flour mixture, about 30 seconds. Mix 1 minute longer.

Continue on speed 2, adding remaining flour, 1/2 cup at a time, as needed. Mix until dough clings to hook, about 5 minutes.

Knead dough on speed 2 for 7-10 minutes longer, or until dough is smooth and elastic. Stop.

Place in greased bowl, turning to grease top. Cover, let rise in a warm place 15 minutes.

Turn dough out onto floured board. Divide in half and shape as desired. Cover; let rise in slightly warm oven (about 90 degrees) for 15 minutes or until doubled in bulk [usually 15 minutes works just fine!].

Bake at 425, for 12 minutes, or until nice and brown. Remove from baking sheets and cool on wire racks.

I usually make balls. But for something fancy you can make one of the following:

Curlicues: Divide dough in half and roll each half to 12x9 inch rectangle. Cut 12 equal strips about 1 inch wide. Hold one end of strip firmly and wind tightly to form a coil, tucking ends underneath. Place on greased baking sheets about 2 inches apart.

Cloverleaves: Divide dough into 24 equal pieces. Form each piece into a ball and place in greased muffin pan. With scissors, cut each ball in half, then quarters, cutting through to almost bottom of rolls.

White Fruit Cake (Hildegard Engert)

½ pound Golden raisins
¼ pound candied citron, cut into small pieces
¼ pound candied lemon peel, cut into small pieces
½ pound candied pineapple, finely slivered
¼ pound candied cherries, cut into small pieces
1 cup pineapple juice
1 cup brandy, or other juices for all or part of brandy
2 cups butter, (1 pound)
2 cups sugar
9 eggs
4 cups sifted all- purpose flour
1 teaspoon salt
1 pound blanched slivered almonds

Combine fruits, add fruit juice and brandy. Cover and let stand overnight. Prepare batter the following day.

Cream butter and sugar together until light and fluffy. Beat eggs until thick and lemon-colored and add to creamed mixture alternately with 3 cups of the flour. Sift remaining flour over fruit which has soaked in fruit juice and brandy overnight. Add the salt and floured fruit, stirring until fruit is thoroughly mixed with the batter. Any liquid not absorbed by fruit should be added too.

Stir in the nuts and mix. Turn batter into a large size greased paper lined angel food cake pan or into several smaller pans (3, 9 inch bread pans works).

Bake in a slow oven ((325 degrees F.) 2 ½ to 3 hours. Bake smaller cakes for a shorter period of time depending upon the size. Test with a cake tester or a wooden pick. If no batter clings to tester cake is done.

Yield about 7 pounds of cake.

Boneless Garlic and Rosemary Rubbed Prime Rib with Red Wine Mushroom Sauce

By: USA WEEKEND columnist Pam Anderson

"Anchor dinner with a festive rib roast. For great color and flavor, sear it first in a skillet, then rub the meat all over with minced garlic and rosemary before popping it in the oven."

Original Recipe Yield 8 servings

Ingredients

- 1 (5 pound) boneless rib-eye roast, left at room temperature for 2 hours before cooking
- 2 tablespoons olive oil
- 1 tablespoon salt
- 2 tablespoons ground black pepper (you can grind whole peppercorns in a blender)
- 8 large garlic cloves, minced
- 2 tablespoons minced fresh rosemary
- 1/2 teaspoon minced fresh rosemary for the sauce
- 2 (8 ounce) packages baby bella or domestic white mushrooms, sliced
- 1 cup chicken broth
- 3/4 cup red wine
- 1 tablespoon Dijon mustard
- 1 teaspoon cornstarch dissolved in
- 2 teaspoons water

Directions

1. Adjust oven rack to center position and heat oven to 250 degrees F.
2. Heat a large (12-inch) skillet over medium-high heat. Rub roast on all sides with oil, salt and pepper. Turn on exhaust fan, add roast to hot skillet and brown on all sides, about 10 minutes total. Transfer roast to a plate. When cool enough to handle, rub garlic and rosemary all over.
3. Meanwhile, pour off all but 2 Tbs. of the beef drippings. Add mushrooms to hot skillet and saute until well browned, about 8 minutes. Mix broth, wine and mustard; add to mushrooms and simmer to blend flavors and reduce slightly, about 3 minutes. Pour mushroom sauce into a bowl; set aside.
4. Set a wire rack over the skillet and set roast on rack. Slow-roast in oven until roast reaches an internal temperature of 135 degrees F for medium-rare and 140 degrees F for medium, 2 1/2 to 3 hours.
5. Transfer roast to a cutting board; remove rack from skillet. Pour off excess fat, if any. Set skillet over medium-high heat; return mushroom sauce to pan heat to a simmer. Add cornstarch and continue to simmer until sauce thickens slightly, about a minute. Carve meat and serve with the sauce.

Spaghetti

1½ Lb Ground Beef
1 Onion Chopped
1 Clove Garlic
2 28oz Can Crushed Tomatoes
1 28oz Can Chopped Tomatoes

2 tsp. Basil
1 Tbs Oregano
2 tsp. Crushed Red Pepper

6 lb Ground Beef
4 Onion Chopped
6 Clove Garlic
2 #10 cans Crushed Tomatoes
1 #10 can Chopped Tomatoes
1 #10 can Tomatoe Sauce
2 Tbs Basil
4 Tbs Oregano
2 Tbs Crushed Red Pepper

Brown Onions, Garlic and meat, add spices and tomatoes simmer about 1 hour

Pancakes

4 eggs
2 C milk
1/4 C oil
2 C flour
2 Tbs. sugar
2 tsp. baking powder
1 tsp. soda
1 tsp. salt

Separate the egg whites and beat them till stiff. In a separate bowl mix Egg yokes, milk, oil, flour, and sugar. You may have to add extra milk if too thick. Egg whites will make the dough thicker. Add baking powder, soda, and salt.

Mom's Pancake (Hildegard Engert)

2 C flour
1 Tbs. sugar
1/2 tsp. baking powder
1/2 tsp. salt
2 C milk
2 eggs
2 Tbs. butter

Mix all ingredients together on a bowl. The dough is fairly runny. Pour about 1/2 cup into an oiled 10 frying pan tilt the pan to distribute for a thin even layer. They cook fast be ready to flip in 2 - 3 minutes. Besides having with syrup, pear jam tastes great.

Waffles

4 eggs
2 C milk
1/3 C oil
2 C flour
2 tsp. baking powder
1 tsp. soda
1 tsp. salt

Separate the egg whites and beat them till stiff. In a separate bowl mix Egg yolks, milk, oil, and flour. You may have to add extra milk if too thick. Egg whites will make the dough thicker. Add baking powder, soda, and salt.

Chocolate Chip

4 C flour
2 tsp. baking soda
2 tsp. salt
4 eggs
2 C butter or Crisco 390g
2 C brown sugar 454g
1 C sugar
3 tsp. vanilla
2 pkg. chocolate chips
8-10 min. @ 375

In a bowl mix flour, baking soda and salt. In a mixing bowl mix Crisco, sugars and vanilla. Beat at high speed for at least 3 minutes till fluffy. At slow speed add the flour mix beat again for 2 minutes at high speed. Add

Banana Muffins

3 bananas 1 1/4 C
2 1/2 C flour
1/2 C granulated sugar
1/2 C brown sugar
3 1/2 tsp. baking powder
1 tsp. Salt
1 C chopped nuts
3 Tbs. oil
1/3 C milk
60 min. @ 350 9" loaf pan
20 min @ 400 Muffins

Mix bananas at a medium speed until mashed. Add remaining ingredients continue mixing until smooth. Place in cupcake pans use papers or well oil.

Banana Nut Bread

2 1/2 C flour
1/2 C granulated sugar
1/2 C brown sugar
3 1/2 tsp. baking powder
1 tsp. Salt
3 Tbs. oil
1/3 C milk
1 C chopped nuts
1 1/4 C 3 bananas
60 min. @ 350 9" loaf pan or 20 min @ 400 for muffins

Mix bananas at a medium speed until mashed. Add remaining ingredients except for nuts continue mixing until smooth. Fold in nut. Place in bread pans well oil.

Cream Cheese Frosting *Jody Prival*

1 8 oz. pkg. cream cheese, softened
1/2 cup butter, melted
1 teaspoon vanilla
3 cups powdered sugar
1 tablespoon milk

Combine all ingredients, mix until smooth.

2 9" Pie Crust

2 C flour
150 g shortening
1 Tbs. salt
4 Tbs. water more if needed

Cut together flour, shortening, and salt. Mix until only small clumps of shortening can be seen. Over working the dough makes it hard. Add the water and continue to mix. More shortening will make the crust stay soft. Adding more water will make the crust flaky but still easy to roll it out. The dough must be moist enough to stay together when rolling and not wet enough to stick to the rolling board. Take half of the dough work into a ball working out any major cracks. If it tends to crack it is too dry. Place dough on rolling board and roll from the center to outer edges. When it is still about 3/8-inch thick turn over and spread more flour over board before continue rolling. When finished rolling spread a fine coating on top of dough run a thin blade or spatula under roll the dough around the rolling pin and place over the pie pan shape to pie pan. Fill the pie and roll the other piecrust if needed.

Coleslaw Dressing

1 C mayo
2 Tbs. lemon juice
1 Tbs. sugar
1/2 tsp. dry mustard
1 tsp. dry minced onions
1/2 tsp. celery seed
1/4 tsp. pepper
2 Tbs. red wine vinegar

Mix in a bowl pour over coleslaw 1 hour before using.

French toast for 1 / 4 persons

2 / 6 eggs
1 1/2 / 4 1/2 Tbs. milk
1 / 3 tsp. cinnamon
3 / 12 slices bread

This is for making for one or for four servings of three slices for each person. Beat the milk and eggs then add cinnamon and fold in. Dip the bread in covering both sides, let it soak up the rest of the liquid while the griddle is warming up. If the bread is dry it may take longer. Cinnamon resin bread works very well also.

Volume to Weight Conversions

ONE CUP OF	ENGLISH	METRIC
All-purpose flour	4-1/4 ounces	121 grams
Cake flour	4 ounces	114 grams
Bread flour	4-1/2 ounces	130 grams
Whole wheat flour	4-2/3 ounces	140 grams
Corn starch	4-1/4 ounces	120 grams
processed cocoa	3-1/4 ounces	92 grams
Non-alkalized cocoa	3 ounces	89 grams
Almonds, whole	6 ounces	168 grams
Almonds, chopped	3 ounces	85 grams
Almonds, sliced	3 ounces	85 grams
Almonds, slivered	4-1/4 ounces	119 grams
Almonds, ground	3-3/4 ounces	107 grams
Walnuts & pecans, halves	3-1/2 ounces	100 grams
Walnuts & pecans, chopped	4 ounces	115 grams
Hazelnuts, whole	5 ounces	140 grams
Sugar, granulated or superfine	7 ounces	197 grams
Sugar, powdered	4 ounces	115 grams
Sugar, light brown, packed	7-2/3 ounces	213 grams
Sugar, dark brown, packed	8-1/2 ounces	240 grams
Butter, unsalted (2 sticks)	8 ounces	227 grams
Cocoa butter	9 ounces	256 grams
Vegetable shortening	6-3/4 ounces	191 grams
Water	8-1/3 ounces	236 grams
Cream, heavy or whipping	8 ounces	232 grams
Milk, buttermilk	8-1/2 ounces	242 grams
Sour cream, half-&-half	8-1/2 ounces	242 grams
Honey	12 ounces	340 grams
Corn Syrup	11-1/2 ounces	328 grams
1 Egg, AA Large	2 ounces	57 grams

Sour Dough Bread

1 cup Sourdough Starter http://www.sourdo.com/original_san_fran.htm where to buy
2 1/2 cups unbleached or all purpose flour*
2 cups warm water (105 to 115 deg)

4 to 4 1/2 cups unbleached flour*
1 teaspoon salt
3 tablespoons sugar
1/4 teaspoon baking soda
3 tablespoons salad oil
water

Mix Sourdough Starter, 2 1/2 cups flour and 2 cups warm water in large glass mixing bowl with wooden spoon until smooth. Cover; let stand in warm, draft-free place over night 100 deg is ideal. You could add 3 more cups flour and enough water to make pancakes for breakfast. See sour dough pancakes recipe on other page.

The next day remove 1 cup of the mixture, your starter for next time; store in refrigerator or add to any starter you may already have. If making pancakes also remove the pancake half and follow each recipe.

Add 4 cups of the flour, the salt, sugar, soda and oil to remaining mixture in bowl. Stir with wooden spoon until smooth and flour is completely absorbed. (Dough should be just firm enough to gather into a ball.) If necessary, gradually add remaining 1/2 cup flour, stirring until all flour is absorbed. Turn dough onto heavily floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 2 1/2 hours. (dough is ready if indentation remains when touched.) Punch down dough; divide in half. Shape each half into a round, slightly flat loaf. Do not tear dough by pulling. Place loaves in opposite corners of greased baking sheet. Make three 1/4 -inch slashes in each loaf. Let rise in warm place until double, about 1 hr.

Heat oven to 375deg. Brush loaves with cold water. Place in middle of oven. Bake until loaves sound hollow when tapped, about 50 minutes, brushing occasionally with water. Remove from baking sheet; cool on wire racks.

2 loaves

*Do not use self-rising flour in this recipe. Mixing half white with half whole wheat makes for more sour tasting bread.

Check out this site for some ideas on how to make the bread.

<http://www.joejaworski.com/bread2.htm>

<http://www.joejaworski.com/breadfaq.htm>

What am I doing wrong? With my sour dough bread

My bread rises, but it does so horizontally, resulting in a very flat loaf. Other than this, the bread is tasty.

You've got everything right except the water content of the dough. Simply add more flour. If you're using a KitchenAid stand mixer, after a while you should not have any dough sticking to the bowl, especially at the bottom center of the bowl. If you see a small glob of dough at the bottom, your dough is too wet. If this is not the problem, try kneading the dough longer. When you think you kneaded enough, knead it 5 minutes more.

As a last resort, add 1/8 tsp. per 3 cups of flour of ascorbic acid (Vitamin C in its raw form). You can purchase this at any larger health food store. This ingredient is used by commercial bread bakeries and stabilizes the dough, preventing it from flattening.

My bread rises, but then it falls during baking.

You have left out the salt or have not added enough of it. Salt actually retards rising slightly, but also prevents a risen loaf from falling. I routinely use 3/4 to 1 tsp. of salt for every 3 cups of flour.

My bread just doesn't seem to rise properly. It turns brown and gets a crust before its time. It just doesn't look like a store bought loaf.

Several things can cause this. Make sure you catch your sponge at its peak, which will help to rise the bread more. Set the oven to 325 degrees for the first 15 minutes, which will give the yeast a little more time to produce carbon dioxide (bubbles in the bread) before it dies. Get some ascorbic acid and add a hefty pinch (about 1/8 tsp.) to the dough. This is very helpful, especially if the starter yeast is not that active.

My bread is not chewy enough.

Just like the amount of sourness, the chewy texture is a function of time. The longer the dough has before baking, the more chewy the bread. Try this. After the initial rise in the bowl, punch it down then refrigerate the dough overnight in a plastic baggie. The next day, remove the dough, form the loaves, and let it rise all afternoon before baking.

My bread is not crispy enough.

This is easy to fix. After the bread is done baking, turn the oven off and leave the bread in the oven for 30 to 60 minutes. However, if you see the crust start to crack, you should remove it sooner since this is a good indication of an extremely crispy crust.

I slash the top of the bread, but my knife tears and stretches the loaf.

Use a very sharp serrated knife. Run it under the tap (so the knife is wet) before each slash. Some people have good success using a wet razor blade (in France, this is mounted to a holder and called a *Lame*, pronounced lam). Also, try spraying the loaf with water. But be careful- too much water will flatten out the loaf.

Okay, I tried everything, but my bread just doesn't rise enough.

Try adding 1 teaspoon of diastatic malt to your recipe. Diastatic malt breaks down the starch in dough to yield sugars on which the yeast can feed more efficiently. Commercial sourdough bakers use this ingredient all the time. You can get this stuff on the web from the [King Arthur Flour Company](#). As a last resort, you could substitute refined sugar (honey is better), though this will probably ruin the sour taste and chewy texture. Also, ascorbic acid (included as part of many commercial yeast recipes) does wonders for activating yeast. If you add vital wheat gluten (1-2 tsp. per 3 cups of flour) your bread will rise a lot, again at the cost of flavor. Again, The best solution is a drier dough and a longer rise time, but you should also experiment with these added ingredients.

My bread is not sour enough.

The sour taste is usually function of time. The longer you let the bread rise, the more sour the taste. If the yeast culture is very active and you simply can't let it rise any longer, increase the amount of Rye flour in the sponge. Rye flour will dramatically increase the sour character of any dough. Dark rye flours work best. Another trick is to let the sponge go past its peak before using it. If the yeast is active enough, you should still be able to get a good rise. The sponge gets very, very sour after it peaks.

From my experience the whole wheat flour makes it sour, white flour is missing some parts. I have found that the wheat germ is part of the required part. I use 2/3 whole wheat to 1/3 white flour to cut back on the level of sourness, also the time brewing using the sour dough starter has an effect. Experiment to your liking.

My bread doesn't brown properly or is not very crispy.

Not enough steam during baking. During the first 20 minutes of baking, keeping the bread in a humid environment is very critical. European french ovens have large steam tubes that humidify the oven during the initial stages of baking. You need to duplicate this using a spray bottle and a small bowl or plate of water set on the bottom of the oven.