



Samantha
is Cooking
for One

Dear Samantha

First semester completed - congratulations! Here's something to help you through the second...and subsequent semesters. This is the handiwork of many people who love you - your grandparents, parents, cousins, and the occasional wannabes. As you prepare and eat them you can imagine all the people around the table.

This collection was inspired by your passing comment about needing a cookbook for one. Many of the recipes are adapted for one, but the amounts can easily be adjusted when friends and family arrive. You will even see a few from Lies' cookbook. Section 3 has space for you to develop your own menus and the notes pages at the end allow you to add some changes and recipes of your own. We look forward to including your suggestions in future editions.

We hope you find these recipes both useful and comforting. They are meant to feed both body and soul.

With much love,

First Edition, December 2015
Second Edition, November 2018

Contents

1: Snacks	1
Bagel Chips	2
Cinnamon Fruit Crisps	4
Garlic-Herb Oat Bites	6
Low-Cal Potato Chips	8
Nachos	10
Pita Pizza	12
2: Meals for One	13
Black Beans and Rice	14
Chicken Dinner for One	16
Chinese Beef and Greens Stir Fry	18
Creamy Black Bean Chicken Soup	20
Curry Chicken Soup with Hard-boiled Egg	22
Grilled Veggie Salad	24
Lunch Box Chili	26
Mushroom Soup	28
Pasta with Roasted Vegetables and Goat Cheese	30
Pizza with Homemade Dough	32
Rotisserie Chicken Rice	34
Sesame Beef and Broccoli Vermicelli Bowl	36
Shrimp or Chicken Fried Rice	38
Spiced Tahini Chicken with Cucumber Salad	40
Vol-aux-vents with Creamy Chicken	42
3: Menus for One	43

4: Breakfast	49
Apple-Cheese Omelette	50
Bill's Microwave Oatmeal Porridge	52
Breakfast Sandwich	54
Cinnamon Roll Pancakes	56
Reimer/Jones Pancake Mix	58
5: Salads	59
Asian Spinach and Grape Salad	60
Caesar Salad	62
Mandarin Chicken Salad	64
Three Bean Salad	66
6: Vegetables	67
Broccoli Peanut Ginger Noodles	68
Chow Broccoli	70
Foil Potatoes	72
Mediterranean Zucchini Salad	74
Oven-roasted Cauliflower with Garlic	76
Roast Potatoes	78
Sautéed Green Beans for one	80
Savory Peas and Carrots	82
Spicy Wok-Charred Snow Peas	84
7: Meats and Main Dishes	85
Chicken Peanut Satay	86
Chicken Tortilla Soup	88
Chili Con Carne	90
Fettucine Alfredo	92

Fried Rice	94
Parmesan Crusted Chicken	96
Peanut Chicken Stir-Fry	98
Roast Chicken with Lemon	100
Spicy Sausage Pasta	102
Spinach-Egg Pie	104
Tomato Basil Chicken with Pasta	106
Veggie Pasta	108
8: Desserts & Cookies	109
Brown Butter Snickerdoodles	110
Butter Tarts	112
Chocolate Brownie Squares	114
Chocolate Chip Cookies	116
Chocolate Peanut Butter Granola Bars	118
Cinnamon Pull-apart Bread	120
Microwave Apple Crumble	122
No Yeast Cinnamon Rolls	124
Praline Crunch for Ice Cream	126
Glossary	127
Definitions	129
Notes	131

1: Snacks



Bagel Chips

1 medium bagel

Option: Freshly ground black pepper

Water

Preheat oven to 325°F.

Cut bagel crosswise into 4 slices using a sharp serrated knife,

Brush cut surfaces lightly with water & sprinkle with pepper, if desired.

Place bagel slices on a cookie sheet and toast in oven until crisp and golden, about 15 min.

Store in a paper bag.

Serve with light cream cheese or low-fat ricotta cheese if desired.





Cinnamon Fruit Crisps

$\frac{1}{2}$ cup cereal squares with fruit centres

1 T water

$\frac{1}{2}$ t cinnamon

Put cereal squares in a small microwavable bowl. Sprinkle with water and toss. Sprinkle cinnamon over cereal and toss again.

Cook in microwave on medium-high power for 30 sec. Serve warm.

Store in a dry place to retain crispness.





Garlic-Herb Oat Bites

(Preheat oven to 300°F)

3 C cubed ($\frac{1}{2}$ ") oat bran bread

2 T butter or margarine

1 garlic clove, crushed

1 t fine herbes or Italian herb mix

$\frac{3}{4}$ t salt

$\frac{1}{8}$ t cayenne

Spread bread cubes on a 10" x 15" jelly-roll pan.

Melt butter or margarine in a small sauce pan. Add garlic, herbs, salt, and cayenne. Stir well and cook over low heat 2 min.

Drizzle seasoned butter over bread and toss.

Bake 20 min., stirring every 10 min. Store in an air-tight container.





Low-Cal Potato Chips

2 large baking potatoes

Salt or seasoned salt

Paprika

Preheat oven to 300°F.

Scrub and very thinly slice potatoes (easily done in a food processor or on a mandoline if you have one).

Spread out potato slices in a single layer on a large wire rack set over a baking pan. Season lightly with salt and paprika.

Place in oven and bake for 50 min., or until potato chips are crisp and brown. To speed crisping after chips begin to brown, place on paper plate and microwave on high 1 min.

Store in a bag or tin.





Nachos

4 corn tortilla chips
1 oz low-fat Monterey Jack cheese with jalapeño, cut into 4 thin slices
2 t prepared salsa, mild, medium, or hot to your taste.

Place tortilla chips on a paper plate. Put a slice of cheese on each chip.
Microwave on high for 20 sec., until cheese just begins to melt. Top each with $\frac{1}{2}$ t salsa.





Pita Pizza

2 - 4" whole wheat pita breads
¼ C tomato sauce
2 T chopped fresh chives or scallion green
1 t oregano
Dash of garlic powder
2 oz. low-fat mozzarella cheese, grated (about ½ C)

Split the pita breads in half to make 4 flat rounds & place in toaster until crisp.
Spread 1 T tomato sauce over each pita round. Top with chives & sprinkle with oregano and garlic powder, sprinkle, & mozzarella cheese.
Set pizzas under broiler about 4" from heat and broil until cheese bubbles, 3 min.



2: Meals for One



Black Beans and Rice

Serves two

1 can black beans
2 cloves garlic
1 bay leaf
1 onion chopped
Pepper to taste
1T grated unsweetened coconut
1 hot pepper (fresh or dried)
½ C apple juice or wine
1 C uncooked brown (or white) rice
(rinse the rice in cold water before adding to pan)

Chop and sauté onion in 1t oil in a frying pan
Add other ingredients
Simmer until liquid is gone
(½ hr or more)
Add more juice if needed

Serve as is or with a simple salad.

Easy and also comforting. I gave this to JP & Ben when they were living on their own. I got it from Concordia's Health News flyer.





Chicken Dinner for One

Buy ½ rotisserie chicken

Use the thigh and leg OR the breast and wing (keep what you don't eat for another meal)

Prepare a veggie side dish or two (e.g. a cup of frozen veggies OR sautéed green beans with red pepper OR green salad OR some raw carrots and red pepper

Roast potatoes* OR a ciabatta roll cut in half, drizzled with olive oil and sprinkled with parmesan. BROIL in toaster oven for 2 min. until bronzed

* see "Roast Potatoes" on page 78





Chinese Beef and Greens Stir Fry

Heat wok and add 1-2 T cooking oil

Add to wok and heat until partially cooked:

- ½ lb beef (or chicken) sliced thinly

- 1 C sliced mushrooms (shitake are the best!)

- 1-2 T soya sauce (sometimes I also add 1 T Fish Sauce)

- 1 ½ T corn starch

- 1-2 crushed garlic cloves, chopped candied ginger & a pinch of red pepper flakes

Add in the following order cooking slightly and covering after each addition:

- Chopped Broccoli

- Red and yellow peppers in 1 inch chunks or diagonal slices

- Sliced green onions (the white parts)

- Zucchini sliced on the diagonal (or snow peas)

- The green part of the green onions & a handful of spinach (optional).

Stir fry until vegetables are tender and brightly coloured.

Serve over rice or chinese noodles.





Creamy Black Bean Chicken Soup

2 chicken breasts
1 C chicken broth
1 can black beans, drained, and rinsed
1 can corn, drained
1 C salsa
1 package taco seasoning
½ C sour cream (optional)
½ C cheddar cheese (optional)
Tortilla chips

Place chicken in a crock pot*
Cook on low for 6 hours (or high for 3 hours)
Remove chicken and shred. Re-add chicken
If desired, add sour cream and cheese to crock pot. Stir until smooth (or add desired amount to individual servings).
Serve with tortilla chips

* Can be cooked in a regular pot with a tight lid on the stove top if left on a very low heat.



If you make the whole recipe you'll have leftovers for another day. Be sure to freeze it in single servings.





Curry Chicken Soup with Hard-boiled Egg

Sauté in a soup pan until soft

1-2 T Patack's Curry Paste in 1T olive oil with
chopped onion and apple bits (optional)

Add

1 tin low fat cream of chicken soup

½ tin water

Boil

1 egg (hard boiled)

Place in bottom of a large soup bowl

Cover with hot curry soup

Serve with croutons, olives, and carrots on the side



This is one of my favorite
Comfort Foods. I like it when
I am sick or stressed.



Grilled Veggie Salad

Prepare the veggies (amounts depend upon salad size desired):

- Red pepper, yellow pepper cut in quarters or eights

- Zucchini sliced thickly on the diagonal

- Mushrooms (preferably shitake)

- (Shrimp or thinly sliced raw chicken: optional)

Heat 1-2 T olive oil in a wok or skillet

Add the veggies and sauté for 2-3 minutes

Add to the veggies and sauté 2-3 more minutes:

- 2 T lime juice

- 2 t tamari sauce

- 2 cloves garlic, peeled and crushed (optional)

- ½ T pesto

- Pinch of red-pepper flakes (optional)

Place the veggies on a bed of lettuce or spinach and thinly sliced red onion rings that have been lightly tossed with a salad dressing of your choice.

Serve with pita bread sprinkled with olive oil, parmesan cheese and herbs of your choice. Broil it until toasted.





Lunch Box Chili

- 1 C cooked rice
- $\frac{3}{4}$ C canned kidney beans (drained & rinsed)
- $\frac{1}{2}$ C frozen corn kernels
- 1 medium tomato chopped
- $\frac{1}{4}$ C diced green bell pepper
- 2 T finely chopped onion
- $\frac{1}{4}$ t chili powder (I use more)

Stir ingredients together until combined.

Store in plastic container and when ready for lunch heat in the microwave on high for 2-3 minutes.

Serve with a dollop of sour cream or yogurt



I found this in the Gazette (March 5, 2014) and tried it out. There was left over rice in the fridge and I since I didn't have time to stop and buy my regular salad on the way to school I gave it a try: a little bland but worth trying again. We also had it for supper the other night along with a spinach salad made with apple and feta cheese. The second time I added lemon zest to the chili, more chili powder (2 t), and salt. Since it is so easy to make we thought you might like it for lunch.



Mushroom Soup

Sauté in a soup pan until soft

1T olive oil

½ C 2-3 types of sliced mushrooms

some red onion, thinly sliced

seasonings to taste (I use red pepper flakes,

herbes de provence, lemon zest & black pepper)

Add

1 tin low fat mushroom soup

½ tin water

Heat to serving temperature

Serve with a roll or pita bread, olives, and carrots (some crudité) on the side.

I know you don't like mushrooms so save this for a friend who does.

This is another of my Comfort Foods. Also good when sick or stressed.

This is a photo of your Great-great grandmother Margaretha Penner. She was about 19 years old in this photo - before she and Greatpa were married. She died in 1919 of influenza. Who does she look like?





Pasta with Roasted Vegetables and Goat Cheese

Serves 4 (Pre-heat oven to 425°F)

4 C cubed zucchini
2 C cubed eggplant (since I didn't have any on hand I used broccoli)
2 C coarsely chopped red bell peppers
1 C coarsely chopped sweet white or red onions (I used red)
2 T olive oil
1½ t dried Italian seasoning or French herbs (I used herbs de province)
8 oz rotini, penne or other pasta
3½ - 4 oz crumbled goat cheese (I used feta)
Grated parmesan

We also enjoy this recipe but use feta instead of goat cheese. Since there are just two of us, I make half the recipe (Gazette March 5, 2014). Yummy!

In a large bowl combine the vegetables, add the oil and seasoning and toss together. Place in a single layer on a large rimmed baking sheet. Roast for 30–40 minutes until vegetables are golden.

Meanwhile, cook pasta until tender but firm. Toss vegetables & pasta together then sprinkle with cheeses.

Serve with french bread



Pizza with Homemade Dough

(Preheat oven to 400°F)

In a mixer bowl:

- 1 t white sugar

- $\frac{3}{4}$ C warm water (warmer than your hand, but not hot)

Sprinkle over it

- 1 T fast rising yeast

Let sit until foamy

Add:

- 1 $\frac{1}{2}$ C flour

- $\frac{1}{4}$ t salt

- 1 T olive oil

Knead 10 times. You may need to add a little flour.

Roll out onto floured surface

Sprinkle cornmeal on the baking sheet

Add your choice of pizza toppings

Cook at 400° F for 10-15 min.

Serve with a small salad





Rotisserie Chicken Rice

(Preheat oven to 375°F)

Use the chicken left over from your purchase of ½ chicken

[You will need a pot with a lid that can start on the stove top and be moved to the oven]

Heat (in the pot)

⅓ C butter (1-2T)

[Add to the butter; Cook and stir 'til soft]

1 onion chopped

1 carrot chopped

1 stalk of celery chopped (Optional)

1 garlic clove minced

Add and heat until it boils

½ C uncooked rice

1 C chicken broth (use cubes or powder)

Leftover chicken shredded to bite-sized pieces

¼ C frozen peas or green beans

½ t salt

½ t Thyme

freshly ground pepper

1 Bay leaf

Cover and transfer to preheated oven until tender (about 30 min.)

Can be reheated in the microwave. Can be frozen and reheated straight from the freezer.

See p. 45 in *Well Love Recipes* for two other ways to use leftover rotisserie chicken



Sesame Beef and Broccoli Vermicelli Bowl

Serves 4

200 g fine rice vermicelli noodles
2 t sesame oil
500 g sirloin steak, thinly sliced
2 T light soy sauce, divided
1 T rice vinegar
1 T canola oil
2 garlic cloved, minced
2 t minced ginger
1 large bunch of broccoli, cut into small florets
and pieces (about 6 cups)
½ C no-salt beef broth
2 T oyster sauce
Toasted sesame seeds, to garnish

Boil a kettle filled with water. Pour boiling water over vermicelli noodles in a large bowl until completely covered. Let stand, stirring fre-

quently, until tender, 5 to 7 min. Drain, then toss with sesame oil.

Toss sirloin steak with soy sauce and rice vinegar in a medium bowl.

Heat a large non-stick frying pan or wok over high. Add canola oil, then half of steak, reserving marinade in bowl. Do not crowd pan. Cook steak, stirring often, until just browned on the outside, about 30 sec. per side. Transfer to a plate, leaving any liquid in pan. Repeat with remaining beef.

Add minced garlic and ginger to pan, and cook for 30 sec. Add broccoli. Cook, stirring often, until it just starts to turn bright green, about 1 min. Add remaining 1 T light soy sauce, beef broth, oyster sauce and reserved marinade. Boil for 2 min. Stir in reserved beef.

Divide rice noodles among 4 bowls. Top with beef and broccoli mixture. Sprinkle with toasted sesame seeds, if desired.



Shrimp or Chicken Fried Rice

Serves 2

1-2 T sesame seeds (or peanuts)

2 or 3 eggs

2 t sesame oil

½ t salt

2 T vegetable oil

2-3 green onions

2 cloves of garlic, minced

1 carrot, diced

½ C diced sweet red pepper

2-4 C cold cooked rice

¼ C water

6-8 frozen small cooked shrimp, thawed (or ½ C cooked chicken)

½ to 1 C frozen peas, thawed

In wok or large nonstick skillet, toast sesame seeds over medium heat, stirring, until golden, about 2 min. Transfer to small bowl. Set aside.

In separate bowl, whisk eggs, sesame oil, and ¼ tsp (1 ml) of the salt. In wok, heat 1 tbsp (15 ml) of the vegetable oil over medium heat, swirling to coat. Pour in egg mixture; cook until beginning to set. Scrape spatula across pan to form large soft curds; cook, scraping with spatula, until thickened and moist but no liquid remains, 2 minutes. Transfer to plate; set aside.

Chop onions, keeping white and green parts separate. Chop other vegetables.

In wok, heat remaining oil over medium-high heat; stir-fry white parts of onions, remaining salt, garlic, carrot and red pepper until tender, about 5 minutes. Add rice and water; stir-fry until rice is hot and liquid is evaporated, 3 minutes.

Return eggs to pan.

Add shrimp, peas, and green parts of green onions; stir-fry until heated through, about 3 minutes. Sprinkle with sesame seeds and serve.



Spiced Tahini Chicken with Cucumber Salad

Serves 4

1 English cucumber, finely chopped
¼ C finely chopped parsley
3 T lemon juice, divided
1 T + 3 t olive oil, divided
1¼ t salt, divided
¼ C tahini
3 T water
4 skinless, boneless chicken breasts, thinly sliced
1 t cumin
1 t coriander
½ t cinnamon
fresh pepper, to season
2 thinly sliced onions

Stir chopped cucumber with chopped parsley, 1 T each lemon juice and olive oil and ⅛ t salt in a medium bowl until combined.

Whisk tahini with water, 2 T lemon juice and ⅛ t salt in a small bowl until smooth

Toss chicken breasts with cumin, coriander, cinnamon and ¼ t salt in a large bowl until coated. Season with fresh ground pepper.

Heat an extra-large non-stick frying pan over medium-high. Add 2 t olive oil, then chicken. Cook, stirring often, until no pink remains, 4 to 5 min. Transfer to a plate. Add remaining teaspoon of olive oil to same pan, then sliced onions and remaining ¼ t salt. Cook, stirring often, until onion is brown, 4 to 5 min.

Divide cucumber salad and chicken among 4 plates.

Serve with warm pita bread.





Vol-aux-vents with Creamy Chicken

Serves 6-8

1 can cream of celery soup
1 can cream of chicken soup
2-3 carrots sliced into rounds
2-3 ribs celery sliced
2-3 chicken breasts
8 vol-aux-vent shells

Place carrots and celery in pot with 1-2 inches of water

Steam until tender. Drain off the water.

Add soups

Add milk (about ½ soup can)

Add shredded or chopped chicken (already cooked)

Heat and serve over vol-aux-vents shells

The sauce can be frozen and reheated for another meal.



3: Menus for One



Menu 1: Breakfast with a friend

“Apple-Cheese Omelette” on page 50

Your choice of bread from the German Bakery (toasted)

Orange juice, tea, or coffee

Menu 2: A light lunch

“Caesar Salad” on page 62

“Grilled Ciabatta bread” (page 16) or stinky cheese
pita pizza

Carrot and red pepper sticks

Menu 3: A light supper

“Parmesan Crusted Chicken” on page 96

“Sautéed Green Beans for one” on page 80

Carrot sticks and a small green salad





Notes for Menus





Notes for Menus



4: Breakfast



Apple-Cheese Omelette

1 t (5 mL) butter
½ apple, peeled and thinly sliced
2 t (10 mL) sugar, divided
Cinnamon to taste
2 eggs
1 (5 mL) water
2 T (30 mL) shredded cheddar or Swiss cheese
Cinnamon sugar or granulated sugar (optional)

In an 8-inch (20 cm) nonstick skillet with sloping sides, melt butter over medium heat. Add apple slices in one layer. Cook for 2 minutes. Sprinkle with 1 tsp (5 mL) sugar and cinnamon to taste. Cook until tender, 3 to 5 minutes longer.

In a small bowl, combine eggs, 1 tsp (5 mL) sugar and water. Beat with a fork until eggs are just blended. Pour over apples in skillet. Stir with spatula to allow egg mixture to cover bottom of pan. Use spatula to gently push

cooked portions to the centre, tilting the skillet to allow the uncooked egg to flow into empty spaces.

When egg is almost set on surface, sprinkle cheese over half of omelette. Slip spatula under unfilled side, fold over filling and slide onto serving plate. Sprinkle with cinnamon sugar and serve immediately. Slice and use the other half of the apple to decorate the plate.

Makes a great breakfast or brunch dish. For a decadent version drizzle with maple syrup.

Bill and I tried it and loved it. I don't think we bothered to peel the apple.

<http://www.readersdigest.ca/food/recipes/breakfasts-brunches/apple-cheese-omelette>



Bill's Microwave Oatmeal Porridge

Serves one

1 C water
¾ C quick rolled oats
4 dried apricots
½ C all-bran
Milk

You can substitute raisins or dried cranberries for the apricots - or add fresh fruit or berries on top after the microwaving is finished.

Sprinkle the oats on the water in a bowl and place in the microwave on high for 2 min.

Cut the dried apricots into 3 pieces each and add to the hot mixture (I press the pieces into the oats)

Microwave the mixture for 1 more min.

Sprinkle the all-bran on top and serve with milk

Thomas likes to use the porridge as an excuse to eat brown sugar, so I cut back on the water so the result is thick porridge with a flat top. He then adds a layer of brown sugar - sometimes with no milk (yyucchh).





Breakfast Sandwich

Serves 1

1 whole wheat bagel

1 egg

$\frac{1}{4}$ t (1 mL) pepper

1 slice smoked turkey or Black Forest ham

2 T (25 mL) grated light cheddar or smoked mozzarella cheese

Hot red pepper sauce, to taste

Slice bagel in half crosswise.

Break egg into a lightly oiled nonstick skillet on medium heat. Cook for about 2 minutes per side, or until white is opaque but yolk is barely cooked through. Sprinkle with pepper. Cover with a lid, if necessary, while cooking so that egg white firms up but yolk stays just a little runny.

Place egg on bottom half of bagel. Top with

smoked turkey and sprinkle with cheese and hot pepper sauce. Top with remaining bagel half.

Grill sandwich in a sandwich maker, grill pan or nonstick skillet, pressing sandwich flat with a heavy spatula to allow cheese to melt. Turn sandwich and press again. Cook for 1 to 2 minutes per side, or until cheese melts and sandwich browns.

Serve with tomatoes, carrot sticks, and olives.



<http://www.readersdigest.ca/food/recipes/breakfasts-brunches/breakfast-sandwich/>



Cinnamon Roll Pancakes

Cinnamon Filling

- 4 T unsalted butter, just melted (not boiling)
- $\frac{1}{4}$ C + 2 T packed light brown sugar
- $\frac{1}{2}$ T ground cinnamon

Cream Cheese Glaze

- 4 T unsalted butter
- 2 oz. cream cheese at room temperature
- $\frac{3}{4}$ C powdered sugar
- $\frac{1}{2}$ t vanilla extract

Pancakes

- 1 C all-purpose flour
- 2 t baking powder
- $\frac{1}{2}$ t salt
- 1 C milk
- 1 large egg, lightly beaten
- 1 T canola or vegetable oil

Prepare the cinnamon filling: In a medium bowl, stir together the butter, brown sugar, and cinnamon. Scoop the filling into a quart-sized heavy zip baggie and set it aside.

Prepare the glaze: In a small pan, heat the butter over low heat until melted. Turn off the heat and whisk in the cream cheese until it is almost smooth. Sift the powdered sugar into the pan,

stir, and add the vanilla extract. Set the pan aside while you make the pancakes.

Prepare the pancake batter: In a medium bowl, whisk together the flour, baking powder, and salt. Whisk in the milk, egg, and oil, just until the batter is moistened (a few small lumps are fine).

Cook the pancakes: Heat a large nonstick skillet over medium heat and spray with non-stick spray. Use an ice-cream scoop to spread the batter into a circle (about 4 inches in diameter). Reduce the heat to medium low. Open up the cinnamon-filling baggie and give it a good stir to re-incorporate any butter that may have separated from the sugar. You want the mixture to thicken a bit. Don't try to use the filling for the pancake swirl unless it has thickened since it will be too runny to make a solid swirl.

When the pancake begins to form bubbles, snip the corner of the baggie, squeeze the filling into the open corner, then squeeze the filling on top of the pancake batter in a swirl. Cook the pancake 2-3 min. or until the bubbles begin popping on the top of the pancake and it's golden brown on the bottom. Using a wide thin metal spatula flip it over. Cook an additional 2-3 min. until the other side is golden. Serve the pancakes topped with a drizzle of glaze.

<http://www.recipegirl.com/2011/03/01/cinnamon-roll-pancakes>



Reimer/Jones Pancake Mix

- 1 C all-purpose flour
- 1 T sugar
- 2 t baking powder
- $\frac{1}{4}$ t salt
- 1 beaten egg
- 1 C milk
- 2 T cooking oil or 2-3 T apple sauce or a mashed banana

In a mixing bowl stir together flour, sugar, baking powder, and salt. In another mixing bowl, combine egg, milk, and cooking oil. Add to flour mixture all at once. Stir mixture just 'til blended but still slightly lumpy. For each standard-size pancake, pour about $\frac{1}{4}$ C batter onto a hot, lightly greased griddle or heavy skillet (for dollar-size pancakes use about 1 T batter).

Cook 'til pancakes are golden brown, turning to cook second sides when pancakes have bubbly surfaces and slightly rounded edges. Makes 8-10 standard-size or 36 dollar-size pancakes. Left over ones can be toasted the next day.

Serve with maple syrup and yogurt.



5: Salads



Asian Spinach and Grape Salad

Serves 4

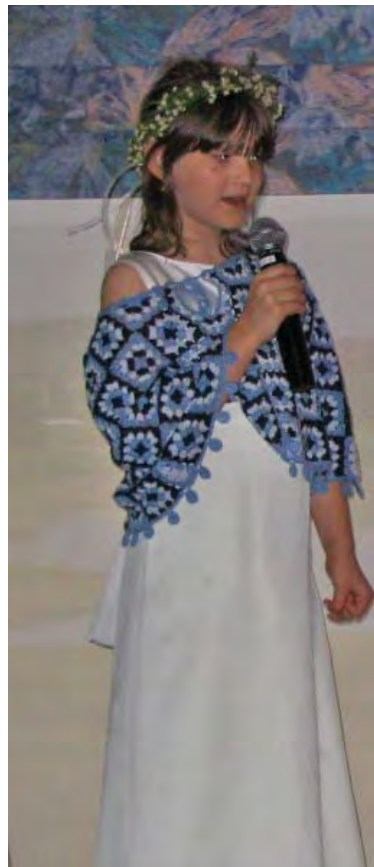
- 4 C washed fresh or packaged spinach
- 2 skinless, boneless chicken breasts, grilled or boiled, then diced (optional)
- 1 C cucumber cut in ½" chunks (we use zucchini)
- 1 C green seedless grapes, halved
- ½ C frozen shelled soybeans (edamame), thawed

Sweet Ginger Dressing

- ½ C seasoned rice vinegar
- 1 clove fresh garlic, minced
- 1 t minced candied ginger
- 4 T vegetable oil
- ½ t toasted sesame oil

Combine vinegar, garlic, ginger, vegetable oil, and sesame oil in a blender and mix until smooth. For a more textured dressing, whisk ingredients together in a bowl.

In a large bowl, combine spinach, chicken, cucumber, grapes, and soybeans. Toss with dressing and season with salt and pepper if desired. Serve immediately.





Caesar Salad

Serves 4-6

Mix together the dressing (Store in a jar. It will keep for a week)

1 crushed clove garlic

$\frac{1}{2}$ C olive oil

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

$\frac{1}{4}$ t mustard

3 T vinegar

1 egg

Juice 1 lemon (2-3 T)

Black pepper to taste

Toss with:

2 heads of romaine lettuce

Add:

2-3 T parmesan cheese

1 C croutons

Since the dressing keeps, you can easily make a small salad for one. Other types of lettuce can also work.





Mandarin Chicken Salad

Serves 6

Dressing:

- 1 T soya sauce
- 2 T vegetable oil
- 3 T select seasoned rice vinegar
- $\frac{1}{2}$ t sesame oil

Salad fixings:

- 1 lb chicken breast (sliced and stir fried)
- $\frac{1}{3}$ C silvered almonds
- 1 11-oz tin mandarin oranges (drained)
- 1 1-lb package of cole slaw mix

Toss together with the dressing.

Add 2 C chow mien noodles (the ready to snack kind).





Three Bean Salad

Serves 4-6

Place in strainer:

$\frac{2}{3}$ tin red kidney beans (I use the whole tin)

Pour over the beans:

1 19-oz tin green beans

1 19-oz tin yellow beans

Combine the following and mix with the beans:

$\frac{1}{4}$ C white vinegar

$\frac{1}{4}$ C salad oil

2 T sugar

$\frac{1}{8}$ t salt

$\frac{1}{8}$ t pepper

$\frac{1}{2}$ onion, chopped fine

$\frac{1}{2}$ small green pepper, chopped fine

Makes about 1 quart, keeps for a long time in the refrigerator.



6: Vegetables



Broccoli Peanut Ginger Noodles

Serves 4-5

- 2½ t grated lime peel
- ¼ C lime juice
- 2 T reduced sodium soy sauce
- 2 t water
- 1 t sesame oil
- ⅓ C creamy peanut butter
- 2½ t fresh ginger root, minced
- 2 garlic cloves, minced
- ¼ t salt
- ¼ t pepper
- 8 oz whole wheat linguine, uncooked
- 2 C fresh broccoli florets
- ½ C shredded carrots
- 1 sweet red pepper, julienned
- 2 green onions, chopped for garnish

Place lime peel, lime juice, soy sauce, water, sesame oil, peanut butter, ginger, garlic, salt and pepper into a food processor and process



until blended.

Cook linguine according to package directions.

Add broccoli the last 5 min. to cook. Drain.

Put the linguine and broccoli in a large bowl.

Add carrots, red pepper, and peanut butter sauce.

Toss to combine. Garnish with the green onions.



Chow Broccoli

Serves 2-3

Prepare:

3 C chopped fresh broccoli (peel and use the stems too)

Fresh ginger (1" or so) cut into slivers

2 T cooking oil

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

$\frac{1}{2}$ t sugar

Dash of pepper

Procedure: Heat wok; add oil, salt and ginger. Add broccoli and stir. Cook, stirring over high heat until tender crisp.

Stir in sugar and pepper.





Foil Potatoes

Small to medium potato, diced bite-sized pieces

(peel if you want, but we usually don't)

¼ cup onion, diced large (or to taste)

Butter

Salt and pepper

Take a large piece of tin foil.

Layer potato and onion.

Dot with butter, salt and pepper

Close foil by matching top and folding over. Fold
over ends.

Take another large piece of foil, and put the
package folded end down.

Close that piece of foil

We usually BBQ on low for about 30-45 min-
utes, turning once.

You can put it in the oven at 375°F for about 45
minutes





Mediterranean Zucchini Salad

Serves 2

1 t olive oil

2 medium zucchini, cut into $\frac{3}{4}$ inch pieces

$\frac{1}{4}$ C chopped dill (dried dill works as well but you don't need to use as much)

$\frac{1}{4}$ t salt

$\frac{1}{4}$ C crumbled or grated goat cheese (I like the goat cheese but crumbled feta works as well)

Heat medium frying pan over medium heat.

Add oil, then zucchini.

Cook, stirring occasionally until zucchini is tender-crisp (3-5 min).

Sprinkle with dill and salt. Cook for 1 min.

Stir in goat cheese just before serving.





Oven-roasted Cauliflower with Garlic

5 to 6 C cauliflower florets, about 1 ½" in diameter (from medium cauliflower)

¼ C extra-virgin olive oil

1 T sliced garlic

2 T lemon juice

1 t salt

½ t black pepper

Garnish

2 T grated parmesan

Chopped chives, for garnish

Preheat the oven to 500°F (450°F is okay if doing potatoes as well)

Place the cauliflower florets in a large bowl and drizzle the olive oil over the cauliflower and season with the garlic, lemon juice, salt, and pepper. Toss together and place on roasting pan.

Place the sauté/roasting pan in the oven and cook for 15 min., stirring occasionally to en-

sure even roasting.

After 10 min., remove from the oven and sprinkle with the parmesan. Put back in the oven for the remaining time.

Garnish with chopped chives and serve immediately while still warm.





Roast Potatoes

Serves 3-4

Preheat oven to 400°F (up to 450°F is ok especially if cooking with roasted cauliflower)

Wash 3-4 potatoes, pat dry

Cut each potato lengthwise and each half into 4 or more wedges

Place in a large bowl and toss with 1 T olive oil.

Toss potatoes with 1-2 T roasted potato seasoning mix* (see package to the right).

Place on cookie sheet and bake 20-30 minutes or until crisp and golden, turning after 15 minutes.



*You can also create your own seasoning mix, with salt, pepper, paprika, oregano, and various other spices you like.





Sautéed Green Beans for one

Blanche a handful of green beans (tips and
tailed removed)

½ red pepper cut in thin strips

1 T soy sauce

1 T toasted sesame seeds

Heat Wok

Toast sesame seeds in wok until golden

Remove and set aside

Add 1 T olive oil (heat)

Add the beans and red pepper
sauté

Add soy sauce, STIR 'til done, adding splashes
of water if it looks dry

For a variation use chopped peanuts instead of
sesame seeds





Savory Peas and Carrots

Serves 4

1¼ C fresh baby carrots, cut in half lengthwise
2 C frozen peas
2 T butter
2 t dried minced onions
¼ t dried marjoram
¼ t dried thyme
⅛ t sugar
⅛ t pepper
dash celery seed

Place carrots in a small saucepan with enough water to cover.
Bring to a boil. Cover and cook for 4-5 min. or until crisp-tender adding the peas during the last 3 min. of cooking.
Stir in the remaining ingredients until butter is melted.





Spicy Wok-Charred Snow Peas

Serves 4-5

3 T crushed roasted peanuts

2 T vegetable oil

6-8 small dried red chillies (or red pepper flakes to taste)

1 lb snow peas, trimmed (sautéed green beans can be substituted)

1 bunch scallions, trimmed, chopped in 1" lengths (I use green onions)

Salt and pepper

4 garlic cloves, minced

½ t grated ginger

½ t sesame oil

2 T roughly chopped cilantro

Heat wok and roast peanuts (2-3 min. or until slightly blackened)

Put vegetable oil in a wok over high heat. When oil looks wavy, add chillies and let sizzle for a few seconds.

Add snow peas and scallions and season well with salt and pepper. Cook vegetables over high heat, stirring constantly until cooked through and lightly charred, 2-3 min. Peas should be bright green and crisp-tender.

Add garlic, ginger, and sesame oil, toss well and cook 1 min. more. Transfer to a serving platter and sparkle with peanuts and cilantro.

7: Meats and Main Dishes



Chicken Peanut Satay

Serves 4-6*

[2 oz] 8 oz. fettuccine or Pad Thai noodles
[½ C] 2 C chopped cooked skinless, boneless chicken breasts (about 2 breasts)
[½ C] 2 C thinly sliced red bell pepper
[½ t] 1 t dark sesame oil
[1] 2 garlic cloves, minced
[½ t] 1 T minced fresh ginger
[⅓ C] ⅔ C water
[3 T] ⅓ C peanut butter
[3 T] ⅓ C Hoisin sauce
[1 t] 1 T seasoned rice wine vinegar
[⅛ t] ½ t Asian chile sauce
[2 T] ½ C chopped green onions
[2 T] ½ C chopped fresh cilantro

***Use amounts in [] for 1 person**

Cook pasta according to package directions.
Omit salt and fat. Combine chicken and peppers in a colander. Drain pasta over chicken

mixture. Let stand 5 min.

Heat oil in a small saucepan over medium-high heat. Add garlic and ginger. Cook 1 min., stirring frequently.

Add water and next 4 ingredients (through to chili sauce). Cook 1 min. or until thoroughly heated, stirring with a whisk.

Combine pasta mixture and sauce in a large bowl. Toss to coat. Stir in onions and cilantro.

Serve with side salad or a veggie stir fry (page 80, page 70, or page 68)





Chicken Tortilla Soup

Serves 4

Heat 1 T olive oil in pot

Add and sauté until soft:

½ to 1 onion, chopped

3 cloves garlic, minced

½ jalapeno, diced small (add seeds if you want to make it a little spicier)

Stir in, then bring to a boil and simmer for 5-10 minutes

2 t chili powder

2 t cumin, ground

1 t dried oregano

Salt and pepper

½ - ¾ C crushed tomatoes

3-4 C chicken broth

(I taste it at this point, and add more spices. Sometimes the chili isn't very strong. When Daegan made this for you, she probably



used closer to 2 T each for the chili and cumin.)

Stir in:

1 C frozen or fresh corn kernels

1 (15 oz) can black beans, rinsed and drained

2 cooked chicken breasts, shredded

Chopped cilantro

Top with tortilla chips, avocado, cheese or sour cream, and green onions



Chili Con Carne

Serves 6-8

Brown:

2 T fat

2 lb ground beef

Add:

2 c sliced onions

1½ C celery

clove of garlic

½ green pepper

2 tins of tomato sauce (I often substitute 1 tin crushed tomatoes)

Mix together and add:

2 T chili powder

2 T cold water

2 t salt

Worcestershire sauce

1 t sugar

Simmer about 2 or 3 hours.

Add 4-6 C kidney beans (4 tins) at last.

This recipe has been in the family for years, It is a great party dish.

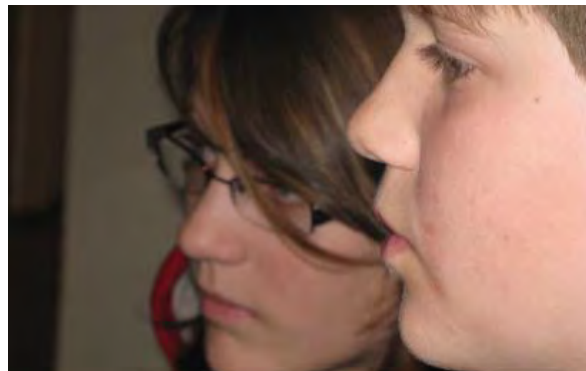




Fettucine Alfredo

Serves 4-6

1 lb dried fettucine
6 T unsalted butter
1 shallot, minced (you can substitute 4-5 minced garlic)
1 C heavy cream
1 C finely grated Parmigiano-Reggiano
 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ t freshly ground black pepper
Fresh parsley, for garnish, optional



Cook the fettucine in a pot of rapidly boiling salted water until al dente. Drain in a colander, reserving $\frac{1}{4}$ cup of the pasta cooking liquid.

While the pasta is cooking, melt the butter in a medium saucepan over medium-high heat. Add shallots and saute until tender. Add heavy cream and bring to a boil. Cook until sauce has reduced slightly, about 5 minutes. Remove from the heat.

Return the pasta to the pot it was cooked in, set over medium-high heat along with the reserved $\frac{1}{4}$ C of cooking liquid.

Add the butter-cream mixture and half of the Parmesan and toss to combine thoroughly. Season with salt and pepper, to taste.

Sprinkle with remaining Parmesan and garnish with parsley, if desired. Serve immediately.



Fried Rice

Heat in a heavy skillet: 2 T. cooking oil
Toss in 3 C. rice and sauté until hot and golden

Add:

4 minced green onions

$\frac{3}{4}$ t. salt

$\frac{1}{2}$ C. cooked julienned roast pork, or ham, or shrimp

Once these ingredients are well mixed, hollow a centre in the rice.

Break 3 eggs into the hollow and scramble until semi-cooked—then stir into the rest of the rice mixture. Sprinkle with $1\frac{1}{2}$ T. soy sauce and serve with snow peas.

Zach likes fried rice so I showed him how to make it during one of his summer visits with us. This recipe is from the Joy of Cooking. The rice for this dish must be cooked, fluffy, and at least one day old.





Parmesan Crusted Chicken

Serves 4*

Preheat oven to 425°F

Mix together

[2 T] ½ C mayonnaise

[1 T] ¼ C grated parmesan cheese

[1] 4 boneless, skinless chicken breast halves
about 1-¼ lbs

[2 t] 4 t Italian seasoned dry bread crumbs (use
crushed croutons; put some in a baggie and
crush them)

Arrange chicken on baking sheet

Evenly top with mayonnaise mixture, then sprinkle
with bread crumbs

Bake 20 min. at 425°F in the toaster oven.

*Use amounts in [] for 1 person



I often buy 2 or more chicken breasts and freeze them individually. Before freezing, if the pieces are large, I often cut off the "TENDERS" from the underside of the breast. I freeze these to use in STIR FRY recipes.



Peanut Chicken Stir-Fry

¼ C coarsely ground peanuts
3 T peanut oil
1 lb chicken in strips
1 garlic clove, chopped
1 T minced ginger root
¾ C broccoli florets
¾ C red pepper strips
2 T soy sauce
2 T rice vinegar
2 T water
4 t chopped fresh coriander
salt and pepper to taste

Roast peanuts until slightly blackened, Set aside.

In a wok, HEAT 2 T oil and cook chicken 4-5 min. Set aside.

Brown garlic, ginger, broccoli, red pepper in remaining oil.

Add remaining ingredients and cook 3-4 min. more or until vegetables are tender-crisp.

Stir in cooked chicken.





Roast Chicken with Lemon

3 lb. chicken
2 lemons, washed
6 cloves garlic
1½ t coarse salt
3 T butter, softened or olive oil
1½ C chicken broth

Preheat oven to 400°F. Remove the giblets and any fat from the chicken cavity. Roll the lemons on the counter with your hand to soften, then prick with a fork, going all the way through the rind to the flesh. Cut one of the lemons in half.

In a small bowl, mash the garlic with the salt until a paste forms. Rub half this paste inside the chicken and then stuff 1½ of the lemons into the cavity.

Add the butter to the rest of the garlic paste and rub the mixture on the outside of the chicken. Place in a shallow roasting pan, on a rack (you can use sliced onions for a rack for even more flavour) and pour the broth into the bottom of the pan. Squeeze the juice from the lemon half into the broth. Roast for 60-65 min., basting with the pan juices halfway through the cooking time, until a meat thermometer inserted into the thickest part of the thigh registers 180°F, juices run clear when pricked with a fork, and the drumstick moves easily in its socket. Cover the chicken and let rest for 10 min. before carving. Serve with the pan juices and your choice of vegetables.



Spicy Sausage Pasta

Serves 4

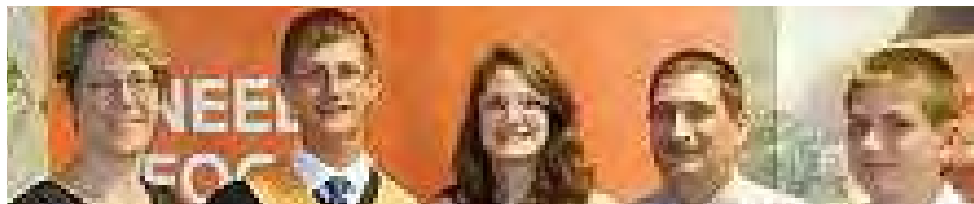
1 T olive oil
1 lb smoked sausage
1.5 C diced onion
2 cloves garlic, minced
2 C low-sodium chicken broth
1 (10 oz) can tomatoes and green chiles, Mild
½ cup heavy cream
8 oz penne pasta
½ teaspoon salt and pepper, each
1 C Monterey Jack cheese, shredded
⅓ C thinly sliced scallions

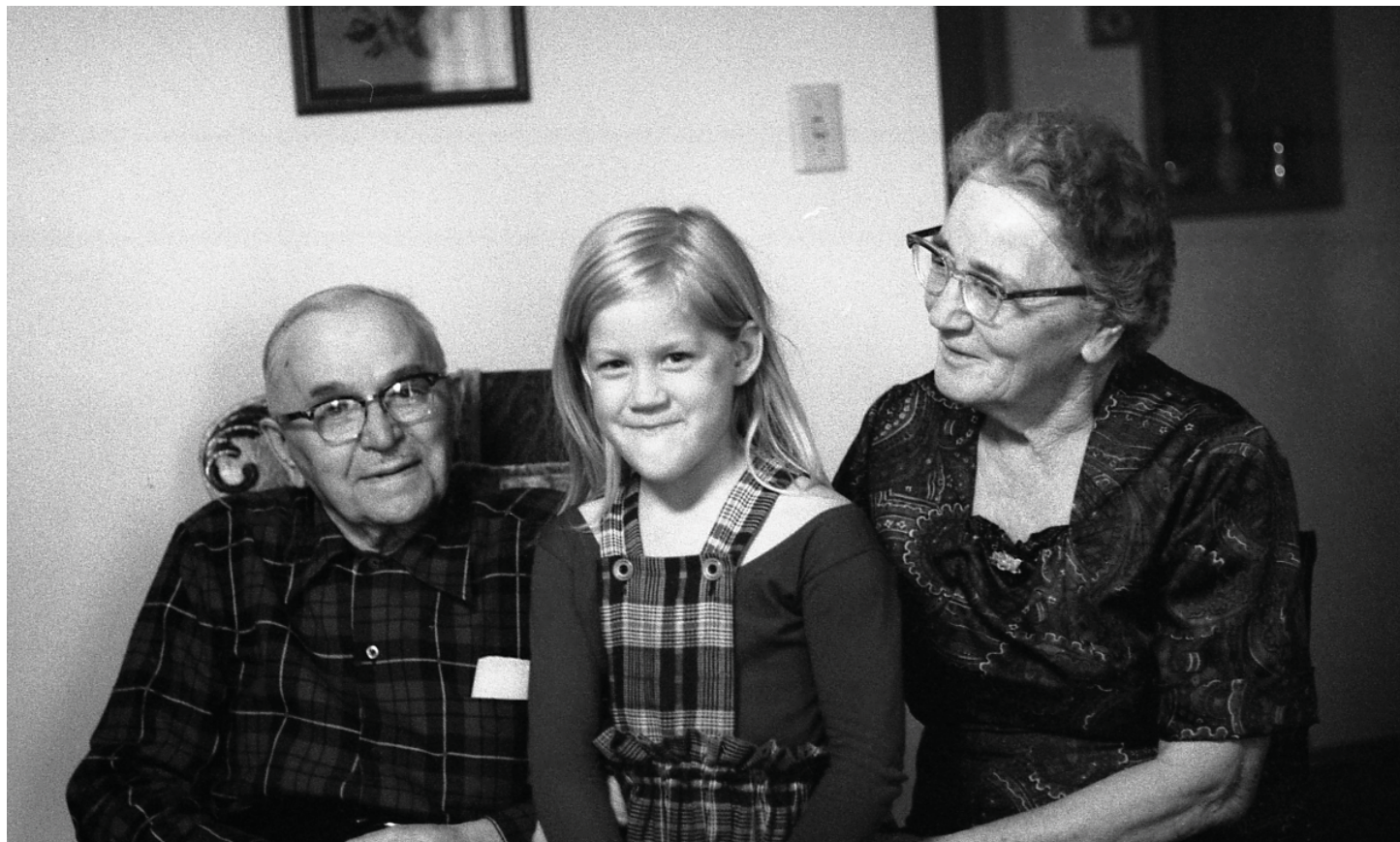
Add olive oil to an oven-safe skillet over medium high heat until just smoking. Add sausage and onions and cook until lightly browned, about 4 minutes. Add garlic and cook until fragrant, about 30 seconds.

Add broth, tomatoes, cream, pasta, salt and pepper and stir. Bring to a boil, cover skillet, and reduce heat to medium-low. Simmer until pasta is tender, about 15 minutes.

Remove skillet from heat and stir in ½ cup cheese. Top with remaining cheese and sprinkle with scallions. Broil until cheese is melted, spotty brown, and bubbly.

<http://www.kevinandamanda.com/recipes/dinner/spicy-sausage-pasta.html>





Spinach-Egg Pie

Serves 4

Place in the bottom of a lightly greased 9" pie plate:

6-8 oz spinach steamed just until limp (just use sprinkles of water when steaming)

Cover the spinach with:

1 C (or more) grated cheddar cheese

½ C (or more) sliced mushrooms

4 slightly beaten eggs thinned with a little milk

Sprinkle with parmesan cheese

Bake in 400°F oven until set (30-40 minutes).

Serve with lettuce-tomato salad and pita bread that has been brushed with olive oil, sprinkled with oregano and/or parmesan cheese, and broiled just until browned.





Tomato Basil Chicken with Pasta

Serves 4

2 chicken breasts seasoned with kosher salt & black pepper

Start the hot water for 8 oz of pasta (your choice, Daegan uses penne)

Heat 2 T olive oil in a skillet

Add the chicken, cook breasts each side for about 4-5 minutes

Add to the chicken and stir until the flavours marry together:

2 C chopped fresh tomatoes (Daegan prefers cherry tomatoes cut in half since it is easier for the kids who don't like tomatoes to pick them out.)

2 t minced fresh garlic

4 T cold butter

½ C fresh basil, rolled & cut in strips

Add more salt & pepper to taste

Freshly grated Parmigiano reggiano (parmesan) cheese, for garnish.

When chicken is done, turn the sauce down to the lowest setting to keep it warm until the pasta is cooked and drained.

Remove the chicken; let rest for 1-2 minutes; cut into slices on the bias.

Divide the pasta in individual bowls; top each with half a chicken breast & equal portions of the sauce; top with freshly grated parmesan cheese & more fresh basil.





Veggie Pasta

Serves 2

Boil water for the pasta of your choice (we use 4 oz spaghetti). While spaghetti is cooking...

Prepare the vegetables for the Grilled Veggie Salad (page 24)

Mix 2 eggs with 2-3 T parmesan cheese. When pasta is drained toss with egg mixture.

Divide pasta in two bowls and top with the grilled vegetables.

I often start by sautéing 3-4 slices of chopped bacon and mushrooms (optional) and add this to the spaghetti with the egg mixture. I use the left over bacon fat to with the rest of the vegetables.



8: Desserts & Cookies



Brown Butter Snickerdoodles

Whisk dry ingredients together

2½ C all purpose flour

1 t baking soda

2 t cream of tartar

½ t cinnamon

¼ t of salt

Brown 1 C butter

Melt butter in a saucepan over medium heat. The butter will begin to foam. Whisk consistently during this process. After a couple of minutes, the butter will begin to brown on the bottom of the saucepan; continue to whisk and remove from heat as soon as the butter begins to brown and give off a nutty aroma. Immediately transfer the butter to a bowl to prevent burning. Set aside to cool for a few minutes.

Beat the following into the butter

1¼ C packed dark brown sugar

½ C granulated sugar

Beat with an electric mixer

1 large egg plus 1 egg yolk

1 t vanilla extract

1 T plain greek yogurt

Add the dry ingredients slowly until combined

Chill dough for 3 hours or as long as possible in the refrigerator (important!), or place in freezer for 30 minutes if you are super eager. You want the dough VERY cold. If you desire a 'puffy' cookie, place them in the fridge overnight.

Preheat the oven to 350°F.

Make balls using about 2 tablespoons of dough rolled into a ball. Roll dough balls in ¼ cup sugar and 2 teaspoons cinnamon.

Place dough balls on cookie sheet, 2 inches apart.

Bake the cookies 8-11 minutes or until the edges of the cookies begin to turn golden brown. They will look a bit underdone in the middle, but will continue to cook once out of the oven. Bake longer if you like crispier cookies.

Cool the cookies on the sheets at least 2 minutes. Remove after a few minutes and transfer to a wire rack to cool completely.



Butter Tarts

½ C brown sugar
¼ C corn syrup
3 T soft butter
1 egg beaten
1 t vanilla
1 t vinegar
⅛ t salt
½ C seedless raisins

Combine ingredients. Fill in shell of uncooked pastry, ⅔ full. Bake at 400°F for about 8 min., then lower heat to 350°F until filling is set and pastry baked (18 min. or longer)

The pastry recipe is in *Well Loved Recipes* at p. 19.

This is your Great Grandma Reimer's recipe.





Chocolate Brownie Squares

(Preheat oven to 350°F)

$\frac{1}{3}$ C butter

1 C white sugar

2 eggs

$\frac{1}{2}$ C cocoa or 2 oz chocolate

$\frac{2}{3}$ C pastry flour

$\frac{1}{2}$ t baking powder

$\frac{1}{4}$ t salt

$\frac{1}{2}$ C chopped walnuts

1 t vanilla

Melt butter in a bowl with 2 oz chocolate. [If using cocoa add it to the flour mixture.]

Beat sugar and eggs thoroughly until mixture is creamy white.

Stir together flour, baking powder, and salt [and cocoa]..

Blend into butter-chocolate mixture.

Stir in nuts and vanilla.

Bake 25 min in a greased 8" or 9" square pan. Cut into squares when cool.





Chocolate Chip Cookies

Makes about 48 cookies

(Preheat oven to 375°F)

Beat together until fluffy:

- 1 C butter or marg.

- $\frac{3}{4}$ C white sugar

- $\frac{3}{4}$ C brown sugar (packed)

Beat in:

- 1 egg

Gradually stir in:

- 2 C flour

- 1 t baking soda

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

Add 2 C chocolate chips (12 oz)

1 C chopped nuts

Drop from a spoon onto a cookie sheet

Bake 10 min.





Chocolate Peanut Butter Granola Bars

1½ C puffed rice cereal (I use puffed wheat because that's what I could easily find. Pen)

1½ C rolled oats

3 T unsalted butter

½ C honey (creamed honey is better than crystallized honey since it melts without lumps. Pen)

¾ C peanut butter (I use smooth)

½ C mini chocolate chips (or 100 grams chopped dark chocolate)

Lightly grease an 8x8" baking dish. Combine the puffed wheat cereal and rolled oats in a large mixing bowl.

In saucepan over medium heat, combine the butter, honey, and peanut butter. Heat the mixture, stirring constantly, until it is smooth and pourable, 3-5 minutes. Remove the pan from heat and allow to cool for a few minutes.

Pour the peanut butter mixture over the puffed wheat and oats and stir until evenly combined

(if cool enough to handle, it helps to use your hands). With slightly damp hands, firmly press the mixture into the prepared pan. Gently press the chocolate chips into the top of the bars (I sprinkle the chips over the top and use the back of a flipper to push them into the mixture. Pen)

Chill the bars in the refrigerator for at least 30 minutes or until firm. Cut into 16 squares or rectangles. Store in the refrigerator for up to a week.

A recipe from Jess Smith that was passed on by Penny Shaver. She said that you might want to make a double batch since they go fast.



Cinnamon Pull-apart Bread

24 servings

5 to 5½ C all-purpose flour

½ C granulated sugar, divided

2 packets rapid-rise yeast

1½ t salt

1¾ C milk

10 T (150 mL) margarine or butter

1 large egg, at room temperature

¼ C firmly packed light brown sugar

1 t cinnamon

Mix 1¼ c flour, ¼ c granulated sugar, yeast, and salt with a wooden spoon in large bowl.

Heat milk and 4 T margarine in small saucepan over medium heat until very warm.

Add to flour mixture. Stir in egg. Add enough remaining flour (at least 3½ C) to form soft dough.

Dust work surface lightly with flour. Turn dough onto lightly floured surface and knead until

smooth and elastic, about 10 minutes, adding remaining flour to keep dough from sticking.

Coat 9-inch (25 cm) tube pan with nonstick cooking spray. Melt remaining margarine (I've been using butter at this point).

Combine brown and remaining granulated sugars and cinnamon in a small bowl.

Pull off 12 golfball-sized pieces of dough and arrange in single layer in pan. Brush dough with half of melted butter and sprinkle with half of sugar mixture. Repeat to make second layer of 12 balls. Cover with damp tea towel. Let rise in a warm place until doubled, about 30 minutes.

Preheat oven to 375°F.

Bake bread until browned on top, about 35 minutes.

Cool in pan on wire rack 10 minutes. Unmould and serve warm.



Microwave Apple Crumble

Serves one

Bakes in a cup

If you use a whole apple you can make one in a second cup for a friend

Mix together then put in a microwave safe mug

- ½ medium apple in bite-sized pieces

- 1 t brown sugar

- ½ t corn starch

- ⅛ t cinnamon

- pinch of ground cloves; pinch of salt

Crumble together and sprinkle over the apples

- ½ T butter

- 1 T flour

- 1½ T rolled oats

- ½ T brown sugar

Microwave on high for 1½ to 2 min.





No Yeast Cinnamon Rolls

For the cinnamon filling

¾ C packed brown sugar

½ C granulated sugar

1 T cinnamon

½ t salt

2 T butter, melted

For the cinnamon roll dough

1 ½ C all-purpose flour, plus more
for rolling out dough

¼ C granulated sugar

1 ½ t baking powder

½ t baking soda

½ t salt

1 C buttermilk

Icing

3 oz. cream cheese, softened

4 T buttermilk

1 C powdered sugar

Preheat oven to 425°F Combine filling ingredients in a small bowl, then mix with fork until well blended.

In another, larger bowl, combine flour, ugar, baking powder, baking soda, and salt. Whisk together buttermilk and 4 T melted butter in a separate bowl, then pour in the middle of the fry ingredients. Stir together until dough just comes together (do not overmix). Knead slightly with your hands until the dough forms into a ball, then slice it in half.

On a lightly floured surface, roll each half into a 12x8" rectangle (think larger than a sheet of letter-sized paper). Press half the filling mixture into the center, leaving ¼" of the dough clear on all 4 sides, then roll like a sausage. Pinch together seam, trim ends and cut into 8 slices. Repeat with the other dough half, then place rolls in a non-stick sprayed 11x8" pan, or an 8x8" and 6x4" pan. Brush cinnamon rolls with remaining T of melted butter and bake for 15 min., or until tops are golden brown.

Meanwhile, to make the icing, mash together softened cream cheese and powdered sugar with a fork until smooth. Whisk in buttermilk, 1 T at a time, until creamy. Drizzle onto hot cinnamon rolls and spread evenly.

Buttermilk substitute: Combine 1 T vinegar and 1 C milk (add milk to vinegar until reach 1 C mark). Let stand 5 min. then mix and use as buttermilk.



Praline Crunch for Ice Cream

½ C butter

1 C brown sugar packed

½ C broken pecans or walnuts

2¼ C corn, bran, or wheat flakes

Bring butter and sugar to a boil in a large pot and watch carefully 1-2 min.

Add remaining ingredients and toss with a fork until coated.

Let cool, then crumble and store in a covered jar.

Makes 3½ cups.

I forget where I found this but your Great grandpa Shaver made it a lot. We also made it often when your mother was a child.



Glossary



" = inch
C = cup
doz = dozen
F = fahrenheit
g = grams
gr = ground
lb = pound
min = minutes
oz = ounce
pkg = package
t = teaspoon
T = Tablespoon
wh = white
~ = about

3t = 1T
4T = $\frac{1}{4}$ C



Definitions



Blanche: To place in boiling water until tender or crisp (1-2 minutes).

Fold: To blend a light ingredient into a heavier mixture with a series of gentle turns (e.g. fold the beaten egg whites into the batter).

Sauté: To brown or cook a food quickly over fairly high heat using a small amount of fat in an open, shallow pan.

Sauté comes from the French word since the food jumps in the pan as a result of the hot fat and constant stirring and/or shaking of the pan.

Scald: To heat a liquid (usually a dairy product) in a saucepan until it almost boils. It used to be an essential step in breadmaking, since heating would disable or denature some proteins in milk that interfered with yeast fermentation.



Pasta Amounts

1 serving = 2 oz. dry pasta or $\frac{1}{2}$ C cooked
2 servings = a bunch of long dry pasta about the diameter of a quarter

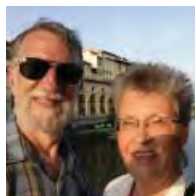
Notes

Notes

Notes

Notes





F 'n B Productions
November 2018