

NOTES



GOOD FOODS

FROM

THE TUNNELS

Many thanks to Carolyn Kleinsorge for allowing The Treasure Chambers to digitize her cookbook so that everyone can download and use it.

This cookbook has been reformatted to permit easy printing.

NOTES

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INTRODUCTION

Every man should eat and drink, and enjoy the good of all his labor
- *Ecclesiastes 3-13*

Food is more than just a way of providing your body with the nutrients necessary to sustain life and maintain good health. It is something to be savored. And it is something to be shared.

Think about the traditional gatherings with family and friends that occur throughout the year. What comes to mind? Thanksgiving dinners, eager children waiting for their slice of birthday cake, the smell of warm cinnamon rolls on Christmas morning. Every one of us has specific memories associated with food. If we're lucky, the memories are of good times, good friends, and good eating. And that's what this book is all about---sharing good food.

Cooking within the tunnel community would have its special problems and challenges. What is the availability of fresh fruits and vegetables? How about meat and chicken? Does William have access to a freezer for storing such things? And when times are lean, what stores can he fall back on?

All of us associated with *Beauty and the Beast* fandom have asked ourselves questions like these from time to time. And those of us who have written fanzines dealing with this special place and the people who inhabit it, have had to come up with answers.

In my re-creation of William's kitchen there is a wealth of variety; both in the kinds of foods he makes, and in the ingredients he uses. Canned foods would be a necessity, as would dried herbs and vegetables. The addition of fresh vegetables would depend upon what time of year it was, and what the Helpers had been able to donate. Bean, pasta and grains would account for a generous part of the diet, with fresh meats and seafood being added as they became available. The meals would have to be hearty and they would have to be healthy.

All in all, cooking for the tunnel world would not be easy. But then, very few things in life are.

10---CROATIAN POGATICA

DOUGH:

1 1/2 cups scalded non-fat milk
1/2 teaspoon salt ; 1/2 cup granulated sugar
1/4 cup margarine ; 1 package active dry yeast
2 eggs ; 6 cups all-purpose flour

FILLING:

4 cups apples, peeled and thinly sliced
1/2 cup granulated sugar ; 1 1/2 teaspoon cinnamon
1/2 cup raisins ; 4 tablespoons melted margarine

Place the salt, sugar and margarine in a large bowl and pour in the scalded milk. Stir to melt the margarine and allow to cool until lukewarm. Add the yeast. Blend well. Beat the eggs in a small bowl and then add them to the yeast mixture. Stir in the flour, one cup at a time, mixing well after each addition, until dough pulls away from the bowl.

Place onto a lightly floured board and knead until dough is no longer sticky. Put into a bowl that has been sprayed. Cover and allow to rise in a warm place until doubled. Put the dough onto the board and punch down. Divide the dough in half. Using a rolling pin, roll out each section of dough into a rectangle approximately 12 x 14 inches and 1/4 inch thick. Try for a thinly-rolled dough.

With a pastry brush, spread half of the melted margarine over each rectangle. Leave a 1/4 inch border around the edges. Arrange the apple slices over the margarine, using half per rectangle, then the raisins. Mix the sugar and cinnamon in a small bowl and sprinkle evenly over the apples and raisins.

Beginning at the short end of each rectangle, roll each into a jelly roll shape. Moisten your fingers with water and pinch each end of the roll to close it, then seal ends. Place each pogatica seam-side down on a non-stick cookie sheet.

Cover and allow to rise for 1 hour. Bake at 350F for 35-40 minutes until golden brown and cooked through.

Makes 2-12 slices each.

9---OUT-OF-THE-CAN COBBLER

6 tablespoon margarine, melted
2 cups all-purpose flour
1 1/2 cups sugar
1/4 teaspoon salt
2 tablespoons baking powder
1 1/2 cups non-fat milk
2 cans (16 ounce) sliced peaches in juice -- not syrup (reserve the juice from one can only)
1/4 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 teaspoon grated lemon peel
1/8 teaspoon cardamom

Pour the melted margarine into a non-stick 13 x 9 inch baking pan, tilting the pan until there is a small layer of margarine throughout.

Combine the dry ingredients in a bowl and mix well. Add the milk and stir until well blended. Pour this mixture onto the melted margarine. Do not stir.

Top evenly with peach slices and the reserved juice. Do not stir.

Bake at 350F for 40 minutes or until golden brown and pulling away from the sides of the pan.

Can be served warm or allowed to cool. This is a delicious easy cobbler that rarely lasts long enough to cool.

Makes 8 servings.

LOWERING DIETARY FAT

Low-fat cooking doesn't have to be difficult or expensive. It can be relatively easy and surprisingly affordable. It can also be delicious - actually, it should be delicious. After all, the idea is to want to eat food that is good for you. Very few people will force themselves to eat food they don't like over a long period of time. Learning to cook food that is not only healthier for you, but that you enjoy, is the key to lowering the fat content of your diet.

There is one fact to remember when changing your cooking to low fat; only foods of animal origin contain cholesterol. And that includes whole milk products and eggs. There is no cholesterol in most margarine (although some do contain lard) and oils. There is, however, between 11 and 14 grams of fat in a tablespoon of margarine or oil. Many foods can claim to have no cholesterol but still be very high in fat. Learn to read labels and learn to cook dishes that are lower overall in fat content.

The need for lowering the fat content of my own diet came out of necessity and illness. You don't have to be sick to benefit from a diet lower in fats, but it certainly does give you incentive to come up with delicious recipes that the entire family will eat. Cooking for myself and then again for my family, was something I neither had the time nor the energy to do. The recipes in this book were tested by 10 year olds, teenagers, friends on and off their diets, and by more than one 'meat and potatoes' kind of man. While I will heartily agree that everyone is an individual with specific likes and dislikes. I can honestly say that the recipes in this book were all given high marks in taste, texture and overall enjoyment. As my youngest son once told me; if it doesn't look like a cookie, or feel like a cookie, or taste like a cookie - it's not a cookie - no matter what you call it.

KINDS OF FAT

Most foods contain fat. And most foods contain a combination of the three basic kinds of fats. In learning to lower the overall fat content of your diet, you should also learn to distinguish between the various fats.

Saturated fat is fat that is solid at room temperature. It can also raise the cholesterol level in your blood and has been shown to be a contributing factor in many diseases. Foods that are high in saturated fat include: whole milk products, meats, chocolate, palm oil and coconut oil.

Polyunsaturated fats are liquid at room temperature. It was once thought that eating a diet high in polyunsaturated fat was good for you, but recent medical research has shown that too much of a good thing can still be detrimental. A high intake of polyunsaturated fats has been shown to decrease the effectiveness of the immune system and put you at greater risk for some forms of cancer. Foods high in polyunsaturated fats include: most vegetable oils, wheat germ, tuna and walnuts.

Monounsaturated fat stays liquid at room temperature and become partly solid when chilled in the refrigerator. Recent medical research has shown that these particular fats may actually help to lower the blood cholesterol. However, fat is still fat, and lowering your overall daily intake is the best way to help yourself stay healthy. Foods high in monounsaturated fats include: olive oil, canola oil, soybean oil, chicken fat and most nuts.

8---UNSTUFFED STUFFING

This recipe makes a moist, rich dressing that doesn't need to be stuffed into anything but a casserole dish.

1 package (7.5 ounce) regular bread croutons for stuffing
1 package(seven point five ounce) french bread croutons
3 cups celery, chopped
1/2 cup light margarine, melted
5 cups clear chicken broth(reduced sodium if canned)
1 large onion, chopped
1 1/2 teaspoon poultry seasoning
1 teaspoon ground sage
1/4 teaspoon coarse ground pepper

Place the croutons in a large bowl. Mix in the seasonings and vegetables.

Cover everything with the broth and melted margarine and mix well.

Place in a large casserole that has been sprayed or is non-stick.

Cover tightly and bake at 350F for at least 1 hour, until thoroughly cooked.

Makes 12 cups.

7--FRUIT BARS

3/4 cup raisins
1/2 cup chopped dates
2 tablespoons orange juice
6 tablespoons margarine (soft)
1/2 cup granulated sugar
1/2 cup packed brown sugar
1 teaspoon vanilla
1 teaspoon cinnamon
1/4 teaspoon ground nutmeg
2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon water
1 whole egg
1 egg, separated

Preheat oven to 375F.

Combine the raisins and dates in a small bowl. Add the orange juice and set aside.

In a large mixing bowl, beat together the margarine, sugars, the whole egg, the egg white and vanilla. Mix until light and fluffy. Beat in the cinnamon, nutmeg, flour and baking soda until well blended. Stir in the orange juice mixture. The dough will be sticky.

Divide the dough into 4 portions. Flour your hands and shape each portion into a roll approximately 11 inches long, 1 1/2 inch wide and 1/2 inch thick. Place two portions on each cookie sheet.

Mix the egg yolk with the 1/2 teaspoon of water. Using a pastry brush, brush the top of each log lightly with the mixture.

Bake in the preheated oven for 12-15 minutes or until logs are lightly browned. Do not overbake. Logs will feel soft but will firm during cooling.

Cool for 10 minutes on the baking sheet, then cut into one inch diagonal bars with a very sharp knife. Allow to cool on the cookie sheets then pack in air-tight containers.

Makes 44 cookies.

SPICES

A well-stocked spice cabinet can mean the differences between mediocre and great cooking. Spices add flavor without adding fat or calories and the correct combination of spices can do wonders for the most inconsequential dish. You will find that the recipes in this cookbook rely on the liberal use of a good variety of spices. And yet, I've been teased about my alphabetized spice cabinet.

Nice to have on hand ...

Allspice
Almond extract (used to enhance certain flavors)
Basil (fresh and dried)
Bay Leaf
Cardamom (great addition with certain fruits)
Chicken Broth seasoning or stock base, packaged
Chili Powder (usually a blend of cumin, coriander, fenugreek, ginger, turmeric, dill seed, black powder, red pepper, mace, cardamom, and cloves) varies from brand to brand
Garlic (granulated, powdered or minced fresh)
Ginger (ground and whole)
Herb Seasonings (the special ones I like to use are listed below)
Lemon and Orange peel (good substitute for the real thing)
Lemon and Orange extract (ditto, but the real thing is preferred)
Mace
Nutmeg
Onion (dried chopped or minced)
Oregano
Paprika
Pepper (I prefer the coarsely ground pepper for most recipes)
Poultry Seasoning (a blend of thyme, sage, marjoram, rosemary, black pepper and nutmeg) can vary from brand to brand
Pumpkin Pie Spice (a blend of cinnamon, ginger, nutmeg and allspice) can vary from brand to brand
Sage
Thyme
Vanilla Extract

SPECIAL SPICE COMBINATIONS USED IN THIS COOKBOOK

Spice Island (salt free) Original seasoning - A blend of onion spices, red bell peppers, sesame seed, garlic, mustard flour, lime juice solids, tomato, citric acid and carrot powder. A great all-purpose seasoner for main dishes and soups.

Spice Island (cajun quick) Spicy Chicken seasoning - A blend of salt, paprika, red peppers, garlic and onion that is very useful in adding quick flavor to the Cajun recipes in this book.

Pine's Herbs (Italian Seasoning) - A blend of marjoram, thyme, rosemary, savory, sage, oregano and basil. Sold under various generic and brand names.

NOTE: Schilling and Lawry's, as well as other companies, make combinations of spices that are similar to the ones listed above that I like to use. Which you choose will depend upon your location and the availability of certain brands.

OTHER INGREDIENTS

Non-fat dry milk powder - This is not the instant milk powder we generally think of, but a non-instant type that is available in most health-food stores. It adds protein and calcium to a recipe without adding additional fat.

Bulgur - This is a cracked wheat that has a nutty taste and can be used to add variety to your side dishes. It is precooked and reconstitutes very quickly.

Rice - White and brown rice cannot be used interchangeably in these recipes. Brown rice absorbs liquids differently and takes approximately twice as long to cook. In the recipes which call for rice, long grain, white rice was used. Although I enjoy the distinct flavor of brown rice, my family does not, so I let the majority rule.

Beef - My sons and I eat very little beef, and what we do eat tends

6---PINEAPPLE UPSIDE DOWN CAKE

1 cup flour
3/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 egg
1/2 cup non-fat milk
1 teaspoon vanilla
1/3 cup margarine
1/2 teaspoon cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon ground allspice
1/8 teaspoon ground nutmeg

TOPPING:

2 tablespoon melted margarine
1/4 cup brown sugar
1/2 teaspoon cinnamon
1/8 teaspoon allspice
1 can sliced pineapple (7 slices)

Make the topping:

In a heavy cast-iron skillet, melt the 2 tablespoon margarine, being certain the spread evenly over the bottom of the pan.

In a small bowl, combine brown sugar and spices. Sprinkle over the melted margarine. Arrange the pineapple slices over the mixture and set aside.

Make the cake:

Cream the margarine and sugar until well blended. Add the egg, vanilla and spices. Combine the flour, baking powder and salt in a small bowl. Add to the cream mixture alternately with the milk, blending well after each addition.

Spread cake mixture evenly over the pineapple topping.

Bake at 350F for 25-30. Turn immediately onto a serving plate.

Makes 8 servings.

5---JELLIED CUPCAKES

5 envelopes unflavored gelatin
4 cups cranberry juice cocktail
Approx. 50 large seedless grapes (green or red), sliced
2 medium bananas, thinly sliced
1 can mandarin orange slices, drained
Foil muffin cup liners

Put the juice into a small saucepan. Sprinkle the gelatin over the juice and allow to stand for 5 minutes. Cook slowly over low heat until gelatin is thoroughly dissolved. Remove from heat and allow to cool slightly.

While juice is cooling, place foil muffin liners into muffin pans and spray lightly with cooking spray. Into each muffin liner, place a slice or two of orange, a slice or two of banana and some of the sliced grapes.

When juice has cooled, pour evenly into all the liners, being careful not to drip too much behind the liners.

Chill until firm. Liners need to be carefully removed, but these can be eaten with the fingers.

Makes 24 cupcakes.

to be included in main dishes such as chili and chicana. You will note that the recipes calling for beef use only top round. This cut has more protein and less fat per pound than any other. It may seem extravagant to buy the more expensive cut of beef, until you realize that one, 5 pound roast can be cut into 5, one pound packages and frozen for later use. In this way the roast that might have made one meal, now becomes 5 meals. And each of these meals is relatively low in fat but great in taste.

Turkey ham - Many companies are now making this wonderful product. It contains approximately half the fat as true ham, and my family has noticed very little, if any, difference in the taste. Try different brands to see which you like best.

NOTE: In the recipes that follow, when all-purpose flour is called for, unbleached white flour has been used. If the recipe does not call for a specific oil, such as olive, then canola oil was used. The margarine used is a 100% vegetable oil product in both the regular and 'light' stick versions. Read labels and use what works for you.

EQUIVALENT MEASURES

Dash or pinch (used in spices and herbs) = less than 1/8 teaspoon
3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup
1 cup = 1/2-half pint
2 cups = 1 pint
2 pints (4 cups) = 1 quart

TABLESPOON MEASUREMENTS

1 tablespoon = 1/2 fluid ounce
2 tablespoons = 1 fluid ounce
4 tablespoons = 1/4 fourth cup
5 tablespoons plus 1 teaspoon = 1/3 cup
8 tablespoons = 1/2 cup
10 tablespoons plus 2 teaspoons = 2/3 cup
12 tablespoons = 3/4 cup
14 tablespoons = 7/8 cup
16 tablespoons = 1 cup

AMERICAN/BRITISH CONVERSION TABLES

<i>American</i>	<i>British</i>
1 tablespoon (1 tblsp)	1 scant tablespoon
1 teaspoon (1 tsp)	1 dessert spoon (brimming)
	1 scant teaspoon

DRY MEASUREMENTS

These may vary according to the density of the ingredient being measured.

Baking Powder - American: 1 teaspoon double acting ,

British: 1 1/2 teaspoon baking powder

Margarine - American: 1/4 cup or 4 tablespoons, British: 2 ounces ; American: 2 tablespoons , British: 1 ounce

Cocoa - American: 1 cup , British: 3 1/2 ounces

Dates, chopped - American: one cup , British: 7 ounces

Flour (all-purpose) - American: 4 cups sifted , British: 1 pound ;

4---CHICKEN AND DUMPLINGS

4 split chicken breasts, skinned and trimmed of fat
2 medium carrots, sliced
2 stalks celery, sliced
1 teaspoon dried vegetable flakes
1 tablespoon dried chopped onion
1 bay leaf
1 teaspoon Spice Island Original seasoning
1 package chicken broth seasoning
1/2 cup white or brown rice--uncooked
6 cups water

Place the chicken in a large kettle and cover with water. Add the carrots, celery and bay leaf. Cover and cook until chicken is tender and ready to fall off the bone (approx. 1 hour).

Remove the chicken and allow to cool. Remove the meat from the bone. Place the cooked chicken back into the pot and add the rest of the ingredients. Cover and cook for another hour at low heat.

Make the dumplings (recipe follows) and drop by the tablespoonful onto the boiling chicken and broth. Cover and cook for 10 minutes. Remove the cover and cook for an additional 10 minutes.

Makes 4 large servings.

SEASONED DROP DUMPLINGS:

1 1/2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon chives
1 teaspoon Spice Island Original seasoning
1/8 teaspoon coarse ground pepper
1 tablespoon margarine
3/4 cup non-fat milk

Combine the flour, spices and margarine. Using a pastry blender, cut the margarine into the flour mixture until it is the consistency of coarse cornmeal. Stir in the milk, mixing only until well-blended. Follow directions above for cooking.

3---HOLIDAY FRUIT BREAD

1/2 cup non-fat milk
1/2 cup sugar
1 teaspoon salt
5 tablespoons margarine
1 teaspoon grated lemon peel
1/2 teaspoon allspice
1/2 teaspoon ground ginger
1 package active dry yeast
1/4 cup lukewarm water
2 eggs, well beaten
4 cups all-purpose flour
1/4 cup finely chopped dates
1 cup mixed candied fruit, finely chopped
2 tablespoon flour

Scald the milk and pour into a large mixing bowl. Add the sugar, salt, margarine and spices. Stir to melt the margarine and cool until lukewarm.

Dissolve the yeast in the 1/4 cup water.

Stir the beaten eggs into the milk mixture, and then add the dissolved yeast. Add the 4 cups of flour, one cup at a time, mixing well between each addition.

Cover the bowl and set in a warm place until doubled in bulk, about 1 1/2 hours.

In a small bowl, blend the dates, fruit and two tablespoon of flour. Add the dredged fruit to the dough and beat by hand until well mixed.

Place the dough into a sprayed or non-stick 9 x 3 1/2 one-half inch tube pan. Set in a warm place and let rise again until doubled, about 1 hour.

Bake at 350F for 1 hour. Makes 1 loaf of 24 slices.

American: one cup , British: 4 1/4 plain ; American: 1 tablespoon (level), British: 1/4 ounce

Fruits (candied) - American: 1 cup , British: 7 ounces glace fruits

Gelatin - American: 1 envelope, British: 3/4 tablespoon

Molasses - American: 1 cup , British: 8 fluid ounces

Raisins - American: 1 cup , British: 6 ounces Sultanas

Rice (uncooked) - American: 1 cup , British: 6 1/4 ounces

Sugar (granulated white) - American: 1 cup , British: 8 ounces
caster sugar

Sugar (brown) - American: 1 cup (packed) , British: 7 ounces soft
brown sugar

Yeast (dried) - American: 1 package; British: 1/4 ounce dried

LIQUID MEASUREMENTS

American (A) - one pint = 16 fluid ounces ; British (B) - one pint = 20 fluid ounces

A - 2 cups ; B - 16 fluid ounces

A 1 1/2 cups ; B - 12 fluid ounces

A - 1 cup ; B - 8 fluid ounces

A- 3/4 cup ; B - 6 fluid ounces

A - 2/3 cup ; B - 5 1/2 fluid ounces

A - 1/2 cup ; B - 4 fluid ounces

A - 1/3 cup ; B - 2 3/4 fluid ounces

A - 1/4 cup ; B - 2 fluid ounces

A - 1/8 cup ; B - 1 fluid ounce

OVEN TEMPERATURES

300F - 325F (slow) = Gas mark 1, 2 (slow or cool)

350F - 375F (moderate) = Gas mark 3, 4, 5 (moderate to moderately hot)

400F - 425F (moderately hot) = Gas mark 6, 7 (hot)

300F = 149C

425F = 218C

325F = 169C

450F = 232C

350F = 177C

475F = 246C

375F = 190C

500F = 260C

400F = 204C

GLOSSARY OF COOKING TERMS

BEAT - to stir vigorously

BLEND - to mix thoroughly

CHOPPED - cut into small pieces with a sharp knife--not ground or minced

CRISP/TENDER --cooked until just tender, but not mushy or limp

DICE - cut into very small cubes

DUST - sprinkle lightly with sugar or flour

KNEAD - working a dough using the heel of the hand with a pressing motion while stretching and then folding the dough

MINCE - chop into very small bits

REDUCE - to boil liquid until part of the water has evaporated. also known as cooking down

SAUTE - to cook in a small amount of liquid or fat

SCALD - heating liquid until just under the boiling point. Used often in making breads

SEAR - to brown something quickly over high heat in a hot skillet or kettle

SIMMER - to cook slowly until just below the boiling point, tiny bubbles may form but it is not a rolling boil

THICKEN - making a thin, smooth paste by using either Arrowroot, cornstarch, or flour mixed with an equal amount of cold water. Stir into the hot liquid and cook, stirring constantly until thickened.

PLEASE NOTE: 'Sprayed' when used in these recipes, means that the pan has been sprayed with one of the non-stick cooking sprays available on the market. If you decide to use cooking spray instead of non-stick cookware, check the labels and try various sprays to find the one you like best. There are variances in taste and fat content, so be certain to read the labels carefully.

2---WINTERFEST CIDER

The following amount of spices, fruits and sugar are to be used for EACH GALLON of apple cider you need.

1 naval orange, sliced with peel

1 lemon, sliced with peel, seeds removed

1 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1 tablespoon whole cloves

1/2 cup dark brown sugar, firmly packed.

NOTE:

Dried lemon peel and orange peel may be substituted for the fresh fruit, in which case you should add 1 tablespoon lemon juice and 1/4 cup orange juice with the dried peel.

Place the cider into a heavy kettle and simmer over low heat with fruit and spices. Simmer gently for at least 2 hours, in order to give the flavors time to meld.

The scent of the cider will fill the house, and if your family is like mine, you will need to keep refilling the kettle.

1---CORNISH PASTIES

FILLING--- will make 35 pasties

5 pounds top round roast, trimmed of fat and cut into bite-sized pieces ; 3 onions, finely chopped
12 cups diced potatoes (approximately 10-12 medium potatoes)
1/4 teaspoon coarse ground pepper ; 1/2 teaspoon salt
1/4 teaspoon garlic powder

Combine all ingredients in a large bowl, mixing well until blended. Make pastry (recipe follows) Divide each recipe of pastry (you will need twice the recipe for 36 pasties) into 4 1/2 parts. On a lightly-floured board, roll out each part into a large rectangle. Use approximately 1/2 cup filling for each pasty, placing 4 mounds of filling onto each rectangle. Dampen the outside edge of the pastry and between mounds. Fold over pastry and press together against the moistened parts to seal. Cut into 4 even sections with a sharp, floured knife. With a moistened fork, seal the edges around each pasty. Prick tops of each pastry with a fork so that steam can escape. Carefully place pastries on a non-stick cookie sheet and bake at 375F for 1 hour, until pastry is browned.

PASTRY (make double recipe for 36 pasties)

7 cups all-purpose flour ; 2 teaspoons salt ; 1 1/2 cups margarine
Place flour and salt in a large bowl. Add margarine and blend using a pastry cutter until the mixture is the consistency of cornmeal. Stir in just enough cold water (approx. 2 cups) to blend. Do not overwork the dough. If you don't intend to use it right away, wrap the dough in wax paper and place in the refrigerator to keep cold until use. This dough rolls much easier when it is cold.

Traditionally, pasties are round, but rectangles are less time-consuming (unless a pastie form is used).

Originally, Cornish wives would fill dough with whatever leftover meat and vegetables were at hand, baking them in the early morning for their husbands to take for lunch in the mines.

SUBSTITUTIONS

In cooking, nothing always goes according to plan. Sometimes you have to substitute one thing for another. In certain cases this is not a large problem. Here are some substitutions you can make when using these recipes.

One cup non-fat milk = one cup reconstituted evaporated skim milk

One cup sugar = three-fourths cup honey, but you must omit three tablespoons plus one teaspoon of liquid. When baking, it's really best not to substitute more than one-third the sugar in a recipe, as it changes the consistency of the final product. Many of the recipes in the bread section of this book use a combination of sugars, molasses and honey for variances in taste and texture.

1 package active dry yeast = 1 tablespoon active yeast or 1 compressed cake

1 cup canned tomatoes = approximately 1 1/2 cups fresh, cut-up tomatoes simmered 10 minutes with 1/4 cup liquid

1/8 teaspoon garlic powder or instant minced garlic = 1 average clove of fresh garlic

1 tablespoon onion powder = 1 medium onion

1 tablespoon instant minced onion = 1/4 cup chopped raw onion

1 tablespoon onion flakes = 1/4 cup chopped raw onion

1/4 cup chopped instant onion = 1 cup chopped raw onion

Dried grated lemon or orange peel may be substituted for fresh, but use a little less

THINGS YOU WILL NEED

(for my friends who don't cook)

Just as a carpenter needs certain tools in order to build cabinets and furniture, a good cook needs good quality pots and pans. Badly made pots and lids that don't fit can ruin the simplest recipes. It is also a good idea to invest in the new non-stick baking pans that are available on the market today. They eliminate the need for extra work and extra fat. Non-stick sprays may work most of the time, but I have found that they tend to leave a residue that is hard to remove.

It helps to have at least one cookie sheet, one 9" x 13" baking pan, one muffin pan, two 9" by 5" x 3" loaf pans, and one 8" or 9" square or round cake pan to begin with.

One heavy-duty 4 quart kettle with a tight-fitting lid

Mine is stainless steel and indispensable. It was used to make all of the soups and most of the main dishes in this cookbook. Be certain you use one that is high-quality and will distribute heat evenly. I've had mine for eighteen years and would be lost without it.

One 18" cast-iron skillet

Besides its uses on top of the stove, it is particularly great for baking large, round loaves of bread, as it goes into the oven without any difficulty (be certain the handle is also cast-iron) and the deep sides help to keep the loaf from spreading out. Once the skillet has been 'seasoned' it is relatively non-stick.

5--CELEBRATION

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Celebration



Soups & Main Dishes



1--SOUPS AND MAIN DISHES

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12---MOUSE'S MUNCHIES

2 cups all-purpose flour
4 tablespoons oil
2 tablespoon brown sugar
1/2 teaspoon pineapple extract
2/3 cup pureed pineapple (drain juice first if canned)
1/2 cup cup non-fat dry milk powder (not instant)

Mix flour, sugar and milk powder in a large mixing bowl until blended. Add the oil. Mix until crumbly and thoroughly blended.

Add the fruit, using just enough to form a soft dough. Knead for a minute or two and divide dough in half.

Roll each section out onto a lightly-floured board until you have a rectangle approximately 8 x 10 inches and dough is 1/2 inch thick.

Cut each rectangle into 20 pieces (you can also use different cookie cutters if you wish).

Place the crackers onto non-stick or sprayed cookie sheets. Prick each cracker all over with a fork. This keeps them flat during baking.

Bake at 325F for 15 minutes or until lightly browned.

Cool on a wire rack.

Makes 40 crackers.

11---APPLE CRISP

8 cups peeled and sliced green apples (Pippins work best)
3 tablespoons lemon juice
1 teaspoon cinnamon
2 tablespoons all-purpose flour
3 tablespoons brown sugar
3/4 cup raisins
1/2 cup unsweetened apple juice

TOPPING---

1 cup rolled oats
1/3 cup toasted wheat germ
1/3 cup all-purpose flour
1/4 teaspoon salt
2 teaspoons cinnamon
1/2 cup brown sugar
1/3 cup canola oil

Combine the apples and the next six ingredients in a large mixing bowl. Stir until everything is well mixed.

Place apple mixture into a non-stick or sprayed 9 x 13 inch baking pan.

Combine all of the topping ingredients except the oil in a small bowl and stir well. Add the oil and mix until well blended. Press onto the top of the apples.

Bake at 375F for 25-30 minutes until apples are soft and topping is brown.

Makes 8 large servings.

1---MARINARA SAUCE

2 tablespoons olive oil
1 onion, finely chopped
1 large green pepper, finely chopped
18 large mushrooms, thinly sliced or chopped
1 carrot, finely chopped
2 teaspoons finely minced and crushed garlic
1 bay leaf
2 teaspoons dried basil leaves (crushed)
1/2 teaspoon dried oregano
1 teaspoon Fines or Italian herbs (crushed)
2 (28 ounce) cans crushed tomatoes
1 (18 ounce) can tomato puree
2 cups water

Heat the olive oil in large, heavy kettle. Sauté the onion and garlic until clear. Do not let it brown. Add all other ingredients and bring to boil. Cover and turn down heat to simmer for at least three to four hours. The longer the sauce simmers, the more the flavors combine and blend. A constant low temperature and tight-fitting lid are important. Salt and pepper to taste after cooking.

Makes 12 cups of sauce.

This is a mildly-spiced sauce that lends itself to all pastas. Cooked meat, such as ground beef, shredded roast beef or ground turkey may be added, but are not necessary

John's Variation

After the sauce is finished, divide in half (freeze the unused portion for later use) and add one can of cooked minced or chopped clams (with most of the liquid from the can).

This makes a great red clam sauce that adds very little in the way of fat (2 gm) but adds 24 gms of protein. If you use all the liquid, however, you're also adding approximately 1280 mg of sodium, so you might want to just add the clams.

2---PIZZA WITH TURKEY SAUSAGE

Yes, it is possible to have good tasting, low-fat pizza that everyone will love. This recipe makes two large pizzas, cut into either 6 or 8 slices each.

Sauce---Use the basic Marinara Sauce.

2 to 3 cups of the sauce add:

- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon Italian herbs
- 1 tablespoon chopped dried onion
- 1 tablespoon grated Parmesan cheese

Put all ingredients into small saucepan and simmer gently, partially covered until sauce cooks down to approximately 2 cups. It will be thick. Use one-half the sauce for each pizza.

Turkey Sausage---

- 1 pound ground turkey
- 1 teaspoon garlic powder
- 1 tablespoon dried chopped onion
- 3 teaspoons Italian (Fine's) herbs (crushed)
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon ground pepper

10---PUMPKIN MUFFINS

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon pumpkin pie spice
- 3 tablespoons dark brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1 cup cooked pumpkin
- 1/2 cup non-fat milk
- 1/4 cup vegetable oil
- 1 tablespoon honey
- 1 egg, beaten

Combine flours, spices, baking soda, baking powder, salt and sugar in a large mixing bowl. Stir well. combine the pumpkin, milk, honey and egg in a small bowl. Blend well.

Add the pumpkin mixture to the flour, stirring gently until everything is moistened. Batter may contain some lumps.

Spoon the batter into non-stick muffin cups, filling each 2/3 full.

Bake at 400F for 20 minutes, or until they are lightly browned. Remove from pans immediately.

Makes 18 muffins.

9---MOLASSES OATMEAL BARS

1/3 cup light margarine
1/2 cup Grape Nuts cereal
1/3 cup dark brown sugar
2 tablespoons dark molasses
1 egg, beaten
1 teaspoon vanilla extract
1/2 cup unbleached white flour
1/4 cup whole wheat or graham flour
1/3 cup rolled oats
1/2 teaspoon baking powder
1/8 teaspoon baking soda

Melt the margarine in a small saucepan and add the cereal. Cook for 2 minutes, stirring constantly. Remove from heat and add the sugar, molasses, egg and vanilla extract. Stir until well blended.

Combine the flours, oats, baking soda and baking powder in a small bowl, mixing well. Add to the cereal mixture, and stir till well mixed.

Spread the batter in an 8 inch square baking pan that has been sprayed or is non-stick.

Bake at 350F for 18 minutes.

Let cool and cut into 20 bars.

Store in a tightly-covered container.

3---CHICKEN NOODLE SOUP

Three chicken breasts, skinned and trimmed of fat
1 small carrot finely chopped
1 bay leaf
1 tablespoon dried chopped onion
1 stalk celery, finely chopped
1 tablespoon dried vegetable flakes
1 package chicken broth/seasoning
1 cup dry yolkless egg noodles (two ounces) either large or thin, depending on your own taste

Place skinned and trimmed chicken in large pot and cover with 6 cups of water. Add the bay leaf, onion, carrot and celery. Cover tightly and cook over medium heat until chicken is thoroughly cooked --approximately 1 hour. Remove the chicken breasts from pot and allow to cool. When chicken is cool, remove from the bones and return meat to stock. Cover and allow to simmer another hour. Add the noodles and cook for another 30 minutes.

This makes a good light soup that is my teenage son's favorite request on days when he's not feeling well.

Makes 6 servings.

4---FIVE BEAN MEDLEY SOUP

1/2 cup dry black beans
1/2 cup dry kidney beans
1/2 cup dry small red or pink beans
1/2 cup dry pinto beans
1/2 cup dry chick peas (garbanzos)
1/4 cup pearl barley
1 medium red onion, finely chopped
1 medium green pepper, finely chopped
2 tablespoon dried chopped yellow onion
2 teaspoons garlic powder
2 teaspoons Spice Island Original Seasoning
1 tablespoon dried sweet pepper flakes
1 bay leaf

Soak the beans overnight in large bowl. In the morning, drain and place in heavy kettle. Cover with nine cups of water and add seasonings, onion and green pepper.

NOTE: Do not add salt to the water or to the beans. Adding salt before the beans are fully cooked, prevents them from becoming soft and easily digestible. Bring the beans to a boil, then cover and simmer over medium low heat for at least 6 hours until flavors are blended and beans are well cooked.

Makes 10 cups of soup.

Salt and pepper to taste.

8---FUDGIE DROPS

1 1/2 teaspoons cream of tartar
1 cup sugar
2 eggs
1/4 teaspoon almond extract
2 1/2 cups flour
1/3 cup margarine
1 teaspoon baking soda
1/4 teaspoon salt
1/3 cup unsweetened cocoa
1/4 teaspoon vanilla

Cream the margarine and sugar until well blended. Add one egg and cocoa, blending well. Add the other egg and extracts. Combine the flour, salt, baking soda and cream of tartar. Add slowly to the creamed mixture, blending well after each addition.

This makes a heavy dough. Blend with a wooden spoon to be certain all flour is blended in.

Form into 36 balls of dough (approximately 1 1/2 inches in diameter) and press gently onto lightly sprayed or non-stick cookie sheets.

Bake at 350F for 10-12. Do not overbake.

Makes 36 brownie-like cookies.

7---LEMON SUGAR SPRINKLES

1/2 cup margarine
1 cup white sugar
2 eggs
1 teaspoon lemon extract
3 tablespoons toasted wheat germ (plain)
3 cups flour
2 teaspoons grated lemon rind
1 1/2 teaspoons cream of tartar
1 teaspoon baking powder
1/4 teaspoon salt
(colored sugar crystals - optional)

In a large mixing bowl, combine the flour, cream of tartar, baking soda and salt. Set aside.

Cream margarine and sugar, beating well. Add the eggs and the lemon extract, beating until smooth. Add the lemon rind and the wheat germ and blend well. Add the flour mixture, a cup or so at a time until completely blended. This is a very stiff dough, so you may want to add the last cup by hand, beating well until all flour is blended.

Shape the dough into balls, approximately 1 1/2 inches in diameter. Press one side of each onto a plate that has been sprinkled with colored sugar crystals and place the dough, sugar side up, on a sprayed or non-stick cookie sheet.

Bake at 350F for 10-12 minutes. Cookies will be lightly browned only on the bottom.

Cool on cookie sheet for a minute or two before removing to rack for cooling.

Makes 3 dozen cookies.

Great for Christmas when red and green colored sugars are used.

5---JAMBALAYA

3 large chicken breasts, skinned and trimmed of visible fat
1 bay leaf
1/4 teaspoon ground black pepper
1 large onion, chopped
2 large cloves garlic, crushed or one teaspoon garlic powder
6 ounces turkey ham, cut into small cubes
1 (15 ounce) can stewed or cut tomatoes
1 large green pepper, chopped
1/8 teaspoon thyme
1 cup uncooked white rice
1/4 teaspoon Schilling Cajun Quick Spicy Chicken seasoning
1/2 teaspoon Spice Island Original seasoning
2 cups water

Place chicken in large kettle with water, pepper and bay leaf. Cover and simmer at least 45 minutes until chicken is tender and cooked through.

Remove chicken from the pot and put aside to cool. When cool, cut into small chunks. Pour broth from pot into measuring cup to equal two and one-fourth cups. Reserve this. Remove bay leaf and pour one-fourth cup broth back into kettle.

Saute onion and green pepper in broth until just clear. Add spices and tomatoes (with juice) the turkey ham and the cut up chicken and the reserved broth.

Cover and simmer for 30 minutes. Add the uncooked rice and cook covered for 30 minutes more.

Makes 6 hearty servings.

6---SPLIT PEA SOUP

1 (14 ounce) package dry green split peas
1 medium onion, finely chopped
2 medium carrots, finely chopped
1 bay leaf
6 ounces turkey ham, finely chopped.
2 tablespoon dried vegetable flakes
1/2 teaspoon garlic powder
1 package chicken broth seasoning
12 cups of water

Rinse peas thoroughly, although you do not need to soak them.

Put everything into a large, heavy kettle and bring to boil. Cover and simmer at least 3-4 hours so that all flavors blend thoroughly. Soup will look thin.

Stir well before serving. For added thickening, simmer gently uncovered for 30 minutes or so before serving.

Makes 6 very generous servings. Salt and pepper to your own taste.

Great served with the Shepherd's Bread recipe in this book.

6---HERMITDOODLES

This recipe is a snickerdoodle hermit cookie that isn't fat-filled.

1/2 cup margarine ; 1 teaspoon cinnamon
2 tablespoons molasses ; 1/2 cup steel cut (Irish) oats
2 cups flour ; 3/4 cup whole wheat flour
2 eggs
1 tablespoon fresh grated lemon peel
1 teaspoon dried orange peel
1/4 teaspoon vanilla extract
1 1/2 teaspoon cream of tartar ; 1 teaspoon baking soda
1 teaspoon baking powder ; 1 teaspoon allspice
2/3 cup brown sugar ; 1/2 teaspoon ground cloves
1/2 teaspoon nutmeg ; 1/2 cup unsweetened apple juice
2 ounces (1/4 cup) finely chopped dried apricots
1/2-Half cup finely chopped raisins

NOTE--- To make chopping these easier, coat with 2-3 tablespoons of flour, mixing thoroughly before chopping. Dust off before adding to batter.

Cream margarine, sugar and molasses until well blended. Add eggs, vanilla and lemon peel. Mix well until thoroughly blended and smooth.

In a bowl, stir together the rest of the dry ingredients. Add alternately to the batter, a little at a time, with the apple juice until well blended. Stir in dried fruits.

Using a teaspoon, form small balls of dough and roll gently in the cinnamon sugar mixture, just enough to lightly coat.

Place on sprayed or non-stick cookie sheet 2 inches apart and bake at 350F for 12 minutes.

Allow to cool for a few minutes on cookie sheet before removing to rack to cool.

Makes approximately 40 cookies.

5---OLD FASHIONED GINGERBREAD

1 cup boiling water
3/4 cup margarine
1 cup brown sugar
1 cup molasses
3 eggs
2 cups flour
1 teaspoon salt
1 1/2 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon ginger
1 teaspoon allspice

Pour the boiling water over the margarine, sugar and molasses. Stir until margarine is melted. Cool slightly then add the eggs and beat well. Sift the dry ingredients together in a small bowl then stir into the first mixture. Beat until smooth.

Pour into a 13 x 9 inch pan that has been sprayed or is non-stick.

Bake in a 325F oven for 40-45 minutes or until bread tests done.

Serve warm, or wrap well when cool, to keep in the wonderful moistness.

Makes 24 slices.

7---FRENCH ROAST CHICKEN

1 tablespoon olive oil
8 split chicken breasts(skinned and trimmed of fat)
8 medium potatoes, peeled
3 medium onions, quartered
2 pounds whole mushrooms, with or without stems
8 medium carrots, quartered or halved
2 packages chicken broth seasoning
1 cup hot water
3 cloves garlic, minced or one teaspoon garlic powder
1/8 teaspoon coarse ground black pepper
2 teaspoons Spice Island Original seasoning
1/4 cup dry white wine

Mix water, chicken broth seasoning, garlic, pepper, Original seasoning and wine. Set aside. Heat the oil in a heavy kettle over medium heat. Place the chicken pieces in the pot and cover, cooking at low heat for about 10 minutes. Turn chicken, re-cover, and cook for ten minutes longer.

Place quartered onion between chicken pieces, tucking them well down into the pot, Arrange the carrots, mushrooms and potatoes over the chicken and onions. Pour the broth mixture over everything and bring to a boil.

Cover tightly and cook on medium-low heat for 1 1/2 hours, until carrots and potatoes are cooked through. Pour a little of the broth over everything when serving.

Makes 8 servings.

Please note: we use chicken breasts because there is less fat and more protein per serving than in the darker cuts of the chicken. Please remember, though, that ALL the chicken, no matter what parts you use, are to be skinned and trimmed of fat BEFORE cooking.

8---LENTIL SOUP

2 cups dried lentils(rinsed thoroughly)
1 carrot, finely chopped
3 stalks of celery, finely chopped
1 medium onion, chopped
1 (15 ounce) can stewed or sliced tomatoes
3 ounces turkey ham, finely chopped
1 bay leaf
1 tablespoon dried sweet pepper flakes
2 teaspoons Spice Island Original Seasoning
1/4 teaspoon garlic powder
6 cups water
1 cube or packet of vegetable broth (optional)

Rinse the lentils thoroughly and place in heavy kettle. Add all other ingredients and bring to boil.

Cover and simmer at least 3 hours to blend the flavors. Lentils cook quickly, but the soup thickens and gets better as it cooks.

Makes 10 cups of soup.

4---APPLE CAKE

3 large Granny Smith or Pippin apples, peeled and coarsely grated
1 1/2 cups sugar
2 1/2 cups flour
2 eggs
1/2 cup non-fat buttermilk
1 1/2 teaspoon baking soda
1 tablespoon baking powder
2 teaspoons cinnamon
1/4 cup oil
2 teaspoons vanilla

Combine the grated apple and sugar in a small bowl and let set for 15 minutes.

Combine the flour, baking soda, baking powder and cinnamon in a small bowl. In a large mixing bowl, combine the eggs oil, buttermilk and vanilla and mix well. Stir in the sugar mixture. Add the flour mixture slowly, mixing well.

Pour into a 9 x 13 inch pan that has been lightly sprayed or is non-stick.

Bake at 350F for approximately 40 minutes, until cake pulls away from the side of the pan and springs back when lightly touched.

Makes 15 servings.

3---OATMEAL APPLESAUCE MUFFINS

1/4 cup very hot water
1/4 cup uncooked, regular oatmeal
1 cup unsweetened applesauce
1/3 cup margarine
2/3 cup sugar
1 egg, beaten
2 cups flour
1 teaspoon baking soda
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground allspice
1/4 teaspoon ground cloves
1/2f teaspoon salt
1/2 cup raisins

Pour the water over the oatmeal to soften for a few minutes.

Cream margarine and sugar, beating until fluffy. Add the egg and beat well. Combine the dry ingredients in a small bowl. Add this, a little at a time, alternately to the creamed mixture with the applesauce. Be certain mixture is well blended. Fold in the raisins.

Fill muffin cups (either sprayed or lined with paper liners) 3/4 full.

Bake at 400F for 15-18 minutes. Test with toothpick to be certain muffins are thoroughly cooked. These are very moist.

Makes 18 muffins.

9---SHRIMP AND SHELLS PASTA SALAD

1 pound steamed and shelled baby shrimp meat
1 (14 ounce) package small pasta shells
4 teaspoons olive oil
1 cup green bell pepper, finely chopped.
1 cup red bell pepper, finely chopped (for color variation, if you can get them, use 1/2 cup yellow bell pepper and 1/2f cup red bell pepper)
1/2 cup finely chopped red or purple onion
2 stalks celery, finely diced
4 tablespoons rice vinegar
2 teaspoon Dijon mustard
2 tablespoons white wine Worstershire
1/2 teaspoon coarse ground pepper

Cook macaroni according to package directions, being certain not to let it overcook. Rinse with cold water, drain, and set in large bowl.

In small bowl, mix the vinegar, oil, Dijon mustard, Worstershire and pepper. Add the chopped vegetables to the pasta and mix well. Pour in the vinegar mixture, stirring until well blended. Add the shrimp and mix well.

Cover and refrigerate at least three hours until salad is cold and flavors have blended.

Makes 12 servings.

NOTE---this salad can also be made with steamed bay scallops instead of the shrimp.

10---MANHATTAN CLAM CHOWDER

2 ounces turkey ham, finely diced
1 medium onion, finely chopped
2 stalks celery, finely chopped
1/2 green pepper, finely chopped
1 can (15 ounces) sliced tomatoes
3/4 cup crushed tomatoes
1 cups diced potatoes
2 cans (6.5 ounce) minced or chopped clams (drain and reserve liquid from ONLY 1 can)
2 medium carrots, finely chopped
2 tablespoons dried vegetable flakes
1 bay leaf
1/4 teaspoon garlic powder
1 tablespoon Spice Island Original seasoning
1/4 teaspoon ground thyme
1/4 teaspoon coarse ground pepper
5 cups water

Placed diced turkey ham and onions, clams and liquid from ONLY one can of the clams into heavy kettle.

Saute over low heat until onions and clams are tender. Add all other ingredients and bring to a boil.

Cover and simmer over low heat for at least 2 hours. This soup seems to get better the longer it cooks.

Makes 10 cups.

2---APPLE TEA MUFFINS

3 tablespoons margarine
1/4 cup sugar
1 tablespoon brown sugar
1 egg
1/4 teaspoon salt
1/2 teaspoon vanilla
4 teaspoons baking powder
1 cup non-fat milk
1 cup peeled and diced apple (preferable Pippin or Granny Smith)
2 1/2 cups flour
1 1/2 teaspoon cinnamon mixed with 2 tablespoons sugar

Cream the margarine and sugars until light and fluffy. Add the egg and vanilla. Sift the dry ingredients and add alternately to the creamed mixture with the milk.

Fold in the apples and fill either sprayed or lined muffin cups 2/3 full.

Sprinkle the tops lightly with the sugar/cinnamon mixture.

Bake at 400F for 18-20 minutes. Do not let them overbake.

Makes 18 muffins.

1---SPICED BREAD PUDDING

2 cups dry bread cubes(Shepherd's Bread used in this recipe)
2 cups non-fat milk, scalded.
1/2 cup sugar
1 tablespoon margarine
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/8 teaspoon ground cloves or allspice
1/8 teaspoon ground ginger
2 eggs, lightly beaten
2 teaspoons vanilla extract
1/4 cup raisins

Soak bread in the hot milk for five minutes. Add sugar, margarine and spices and stir until margarine melts. Lightly stir in beaten eggs. Add vanilla and raisins and mix well.

Pour into a sprayed one and one-half quart casserole or baking dish.

Set the dish in a pan of hot water and bake at 350F for at least 1 hour. Check with knife inserted inot the center of the pudding. When knife comes out clean, pudding is finished.

Serve warm or cold. Makes 6 servings

11---CHICANA BEEF

1 pound top round roast, trimmed of all fat and thinly sliced
1 tablespoon olive oil
2 large green peppers, coarsely chopped
2 large onions, coarsely chopped
3 cans (15 ounce) peeled and sliced tomatoes
2 cans (4 ounce) Ortega green chiles, diced
2 teaspoons minced garlic
Flour tortillas(check the labels to see that vegetable oil, not lard is used)

Cut the sliced meat into strips approximately one and one-half to two inches.

Place the olive oil in a heavy kettle and heat, adding the meat and searing until almost cooked through. Add the onion and cook over medium heat, stirring constantly for another five minutes until onion is cooked. Add the green pepper and chiles. Mix well.

Add the tomatoes and stir, breaking them into small pieces.

Bring mixture to a boil then cover tightly, cooking at low heat for at least 2 hours. Uncover and allow to cook down another hour or so. use a slotted spoon when filling the tortillas.

Roll each tortilla around the filling, as for burritos. Chicana is also excellent over cooked rice.

Makes 14 half cup servings.

12---BABY GEE'S LIMA BEANS AND HAM

1 package dry large lima beans
3 ounces turkey ham, diced
5 cups water
2 tablespoons dried chopped onion
1 bay leaf
1 tablespoon dried vegetable flakes
1/4 teaspoon garlic powder

Wash the beans thoroughly. Place everything except the ham into a large kettle and cook, covered, at medium heat for 1 1/2 hours, until beans are tender. Add the ham and cook one hour longer.

Makes 8 large servings.

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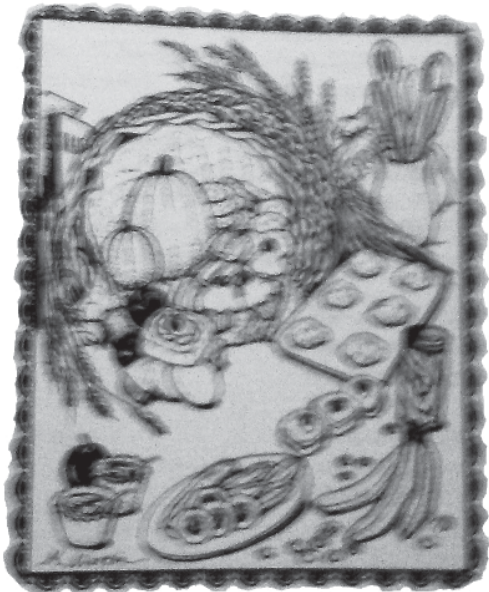
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Desserts



13---VEGETABLE BEEF SOUP

1 pound top round roast, trimmed of fat and cut into one inch cubes
 1 tablespoon olive oil
 1 large onion, chopped
 2 cups celery, sliced
 2 cups carrots, sliced
 4 cups potatoes, peeled and cubed
 1 tablespoon dried sweet pepper flakes
 1 bay leaf
 1 teaspoon Spice Island Original seasoning
 1/4 teaspoon garlic powder
 1/8 teaspoon coarse ground pepper
 1 tablespoon dried vegetable flakes
 1 packet or cube of vegetable broth seasoning
 1 teaspoon Kitchen Bouquet browning and seasoning sauce (optional)
 8 cups water

Heat the oil in a large kettle. Sear the meat until well-browned and cooked through. Add the onion and cook for another two minutes over medium heat. Add water and other ingredients. Bring to a boil. Cover and lower to medium heat, simmering 2 1/2 hours until all vegetables are thoroughly cooked. If you want a thicker soup, mix one tablespoon of arrowroot with two tablespoon water and add to the soup, stirring constantly until well incorporated. Simmer 15 minutes until thicker.

You may add a can of drained, sliced green beans or whole kernel corn to add color and texture. Since these vegetables are already cooked, they need only be added during the last fifteen minutes or so of cooking to heat through.

Makes 12 cups (without the added corn or green beans)

14---CAJUN RED BEANS AND RICE

1 pound pink beans (soaked overnight or in hot water for at least three hours)
1 green pepper, finely chopped
1 onion, finely chopped
2 stalks celery, diced
1/2 teaspoon garlic, minced
8 cups water
4 ounces turkey ham, diced
1 teaspoon Spice Island Original seasoning
1 teaspoon Spice Island Spicy Pepper or Cajun Quick seasoning

Bring the drained beans, green pepper, onion, celery and garlic to boil with the water in a heavy kettle. Cover and cook for 3 hours until the beans are tender. Add the turkey ham, and the rest of the spices.

Cover and cook for at least 2 hours more so that the flavors can blend.

Makes 12 cups.

Serve 1 cup of beans and liquid over 1/2-half cup plain cooked white or brown rice.

16---HOMEMADE GRANOLA

5 cups rolled oats
1 1/2 cups toasted wheat germ
1/2 cup oat bran
1/2 cup wheat bran
1 teaspoon ground cinnamon
1 cup raisins
1 cup dried apricots, chopped
1 cup non-fat dry milk powder (not instant)
1/2 cup canola oil
1/2 cup honey
1/3 cup unsweetened apple juice

Mix the first 8 ingredients together in a large bowl, using your hands to be certain everything is well blended.

Combine the oil, honey and apple juice in a large measuring cup. Pour over the oat mixture and stir well with a wooden spoon. Use your hands again to blend the ingredients until you are certain everything is moistened and mixed.

Spread the mixture onto two non-stic cookie sheets and put into a 250F oven for approximately one hour, until lightly browned. Stir occasionally to break up the lumps.

Cool and store in the refrigerator in containers with tight lids.

Makes 3 quarts. One serving= 1/2 cup

15---PUMPKIN ROLLS

2/3cup non-fat milk, scalded and cooled to lukewarm
1 cup cooked pumpkin or squash
1/3 cup brown sugar
1/2 teaspoon salt
5 tablespoons margarine
1 package active dry yeast (dissolved in 1/4 cup warm water)
1teaspoon grate lemon rind
4 to 5 cups flour

Combine the milk, pumpkin, sugar, salt, lemon rind and margarine in a large bowl. Mix well. Add the dissolved yeast and 2 cups of flour. Beat well. Gradually add enough flour to make a stiff dough.

Turn out onto a lightly floured board and knead well, adding the remaining flour as you need it.

Place in a well-sprayed bowl, cover, and let rise till doubled. Punch down and turn out onto the floured board again.

Shape into 12 rolls, kneading the dough over your fingers and forming large ovals.

Place on non-stick cookie sheet. Cover and let rise until doubled again.

Bake at 400F for 20 minutes until golden brown.

Makes 12 rolls.

15---MINESTRONE

1 cup dried white beans (soaked overnight or at least 3 hours in very hot water)
7 cups water
1/4 cup chopped instant onion
1 stalk celery, diced
1/4 teaspoon ground sage
1 1/2 teaspoon Italian seasoning
1/4 teaspoon garlic powder
1/8 teaspoon coarse ground black pepper
1/2 pound fresh spinach, washed and torn into bite-sized pieces
1 cup peeled and diced potatoes
2 cups tomatoes, sliced(one sixteen ounce can)
2 small zucchini, thinly sliced
2 tablespoons dried vegetable flakes
2 tablespoons dried sweet pepper flakes
1 cup elbow macaroni, uncooked
1 tablespoon grated parmesan cheese

Combine drained beans, water, onion, celery, sage, Italian seasoning, garlic and pepper in a large kettle.

Cover and cook for at least 3 hours over medium-low heat until beans are tender. Add the spinach, potatoes, tomatoes, zucchini and dried vegetable flakes and dried sweet pepper flakes.

Cook for 30 minutes, covered, at medium heat until potatoes are cooked through. Add the macaroni and Parmesan cheese and cook for another 15 minutes.

Makes 10 cups of very thick and hearty soup

NOTE: Do not add the dried vegetables, sweet peppers, tomatoes, or any seasoning which might contain salt, before the beans are thoroughly cooked. The addition of any salt before cooking prevents beans from becoming tender and easily digested.

16---SHRIMP CREOLE

- 1 pound baby shrimp cooked and peeled
- 2 cans (15 ounce) stewed tomatoes (plus one can water)
- 2 stalks of celery, diced
- 1 green pepper, finely diced
- 2 tablespoons dried chopped onion
- 1 teaspoon garlic powder
- 1 packet chicken broth seasoning
- 1/4 teaspoon ground thyme
- 1 tablespoon dried sweet pepper flakes
- 1/2 teaspoon Spice Island Spicy Pepper or Cajun Quick seasoning

Cook everything except the shrimp in a large covered kettle over medium-low heat for approximately 1 hour.

Add the shrimp. Cover and cook over low heat until shrimp are heated through (approximately 30 minutes).

Serve over cooked white or brown rice.

Makes 8 servings

14---FRENCH BREAD

To get a real French bread crust, place a small baking pan of boiling water on the floor of the oven before putting the dough in to bake.

Brush the loaves before baking with a mixture made from 1 egg white beaten with 1 tablespoon water. Brush loaves again 10 minutes before baking is complete.

- 1 package active dry yeast
- 1 1/3 cups lukewarm water
- 4 cups all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons salt

Dissolve the yeast and the water in a large bowl. Combine the dry ingredients and stir them into the yeast mixture. Work the dough with your hands until it will absorb no more flour. Knead the dough on a lightly floured board until it is no longer sticky.

Place the dough in a sprayed bowl, cover, and let rise until doubled. Punch it down and turn it out onto a floured board. Divide into two parts and shape each into a long narrow loaf.

Place the loaves on a non-stick cookie sheet. Cover, and let rise again until doubled.

Bake at 400F for 35-40. Makes two loaves of 12 slices each.

13---PUMPKIN OAT BRAN BREAD

- 1 1/3 cup white sugar
- 1/3 cup melted margarine
- 1 3/4 cups cooked pumpkin
- 3 eggs, well beaten
- 1 teaspoon salt
- 3 cups flour
- 1 cup oat bran
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon grated lemon peel
- 1/2 teaspoon pumpkin pie spice

Combine the sugar, margarine, milk and eggs in a large bowl. Stir until well blended. Mix together the flour, salt, oat bran, spices and baking powder in a small bowl. Stir the dry ingredients into the milk and egg mixture until well blended.

Pour the batter into 2 loaf pans that have been sprayed or are non-stick. Let stand for 20 minutes at room temperature.

Bake at 350F for 50 minutes to 1 hour. Test the loaves before removing from oven. A toothpick or metal knife will come out clean when pushed into the center of the bread.

Makes two loaves, 16 slices per loaf.

17---FIREHOUSE CHILI

- 2 cups dried pinto beans (soaked overnight or at least 3 hours in very hot water)
- 8 cups water
- 1 pound top round roast, sliced thin and cut into bite-sized pieces
- 1 tablespoon olive oil
- 1/8 teaspoon coarse ground black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 3 tablespoons dried chopped onion
- 1 can (15 ounce) cooked kidney beans
- 2 teaspoons garlic powder
- 3 tablespoons chili powder
- 1 (8 ounce) can tomato sauce
- 1 (16 ounce) can peeled and sliced tomatoes

Place the drained pinto beans and water into a large heavy kettle and cook covered, over medium heat for at least 3 hours until beans are tender.

In a heavy skillet, heat the oil until hot. Add the sliced meat and sear until almost cooked thorough. Add the pepper, garlic powder and chili powder.

Cook, stirring constantly, until meat is thoroughly cooked. Drain any fat and add to bean pot. Add the rest of the ingredients and cook, covered, over medium heat for another 2 to 3 hours.

Serve with warm cornbread or Shepherd's bread.

Makes 10 cups

Sides & Vegetables



BATTER---

3 tablespoons light margarine
3 teaspoons baking powder
1 egg
1 teaspoon grated lemon peel
1 1/2 cups all-purpose flour
1/3 cup sugar
1/4 teaspoon salt
2/3 cup non-fat milk

Cream the margarine and the sugar until light. Add the egg and the lemon peel and mix well. Combine the flour, salt and baking powder. Add to the creamed mixture alternately with milk and beat well between additions.

Spread in a non-stick or sprayed 8 inch square baking pan.

Sprinkle with topping and bake at 400F for 25-30 minutes until toothpick tests done.

Makes 9 servings

TOPPING---

3 tablespoons light margarine
2 tablespoons flour
2 teaspoons pumpkin pie spice
1/3 cup brown sugar
1/8 teaspoon salt
1 teaspoon grated lemon peel

Using a pastry blender or fork, blend the ingredients together in a small bowl until well mixed. Sprinkle over the top of the cake batter and bake as directed above.

11---BLUEBERRY PANCAKES

1 egg, well beaten
1 1/2 cups non-fat buttermilk
1 teaspoon Vanilla extract
1 1/4 cups flour
2 teaspoons sugar
1/2 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon allspice
2 tablespoons melted margarine
1 cup blueberries (fresh, or frozen that have been thawed and well-drained or canned and drained)

Mix the flour, sugar, soda, baking powder, salt and allspice together in a small bowl. In a large mixing bowl, combine the egg, buttermilk and vanilla and mix until well blended. Add the flour mixture and the melted margarine. Beat until very smooth. Stir in the blueberries.

Pour batter onto a heated non-stick griddle. Pan is the correct temperature when a drop of water sizzles when sprinkled onto the griddle.

Cook until full of bubbles and brown. Turn and brown other side.

Makes 10 pancakes.

2--SIDES AND VEGGIES

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10---ORANGE AND HONEY GLAZED CARROTS

1---PASTA WITH FRESH TOMATOES AND BASIL

1 package(12 ounces) fancy pasta(bow-ties, large shells, gocchi)
1 tablespoon olive oil
1 1/2 tablespoon finely chopped red onion
2 cloves garlic, finely minced
1/4 cup fresh basil, cleaned and torn into small pieces
1 pound Roma (Italian) tomatoes, coarsely chopped

Cook pasta according to package directions. In the meantime, heat olive oil over medium heat in large skillet. Add garlic and onion and cook for about one minute, stirring constantly. Do not let it brown. Add the tomatoes and cook slowly only until the tomatoes begin to soften. Remove from heat and keep warm while you drain the pasta. In a large bowl, combine pasta, tomato mixture and basil. Salt and pepper to taste.

This makes a fine dish when warm, and is equally good cold as a pasta salad.

Makes 6 servings.

10---PIONEER CORNBREAD

1 egg
1 cup non-fat milk
2 tablespoons honey
1/2 teaspoon salt
3/4 cup all-purpose flour
1 tablespoon baking powder
2/3 cup cornmeal
3 tablespoons melted margarine (light)

Beat the egg until light. Add the milk and honey, stirring well. Mix the dry ingredients together and add slowly to the milk mixture. Add the melted margarine, stirring well to blend.

Pour into a 9 inch pie pan which has been sprayed or is non-stick.

Bake at 425F for 20minutes. Serve hot or cold.

Makes 8 slices.

9---BANANA-ORANGE BREAKFAST MUFFINS

1/4 cup margarine or butter
1/3 cup sugar
2 eggs
1/3 cup oat bran
1/2 cup orange juice
1/3 cup toasted wheat germ
1 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 cup mashed bananas
1/2 cup non-fat milk
3 teaspoons grated orange peel
1/2 teaspoon grated lemon rind.

Cream margarine until well blended. Add the eggs and beat well. Add the orange juice and bananas slowly, mixing well after each addition.

Combine the flour, oat bran, wheat germ, baking soda, baking powder, salt and spices in a small bowl. Add to the creamed mixture alternately with the milk, blending well.

Pour into muffin liners that have been lightly sprayed with cooking spray.

Bake at 350F for 25-30 minutes.

Makes 12 muffins.

2---GREEN BEANS AND TOMATOES ITALIAN

2 1/2 pounds Italian snap or green beans, broken into two inch pieces
1 tablespoon cooking oil(canola or olive)
1 large onion, chopped
3 cloves garlic, minced
1/2 pound mushrooms, thinly sliced
2 pounds Italian Roma tomatoes, coarsely chopped
1 teaspoon dried basil leaves, crushed
1 teaspoon Italian or Fine's herbs, crushed
1 tablespoon margarine
1/2 cup French or Italian bread crumbs
2 tablespoon grated parmesan cheese

Steam the green beans until tender-crisp. Approximately 10 minutes. Do not let them overcook. Rinse with cold water to cool. Drain, and set aside.

Heat the oil in heavy skillet over medium heat. Add onion, garlic and mushrooms. Cook, stirring thoroughly, for about 10 minutes. Remove from heat and stir in beans, tomatoes and the spices. Stir thoroughly to blend.

Place into a 9" x 13" baking pan that is sprayed with non-stick and set aside. Place margarine in the skillet and let melt. Add crumbs and cheese. Cook, stirring constantly until golden brown. Scatter the crumb mixture over the vegetables and cover.

Bake at 400F for 30 minutes. Uncover during last 10 minutes.

Makes 10 servings.

3---CONFETTI RICE

2 packages chicken broth seasoning reconstituted with 2 cups water (or 2 cups low-sodium chicken broth)
1 cup white rice
2 teaspoons grated lemon peel(fresh preferable)
1 tablespoon lemon juice
2 tablespoons red onion, minced
1 small carrot, finely chopped
1/4 green bell pepper, finely chopped
1 small stalk celery, finely chopped
2 green onions, finely chopped
1 tablespoon margarine, melted

Mix all ingredients in a one and 1 1/2 quart baking dish.

Cover and bake at 350F in oven for about 50 minutes, until rice is tender.

Stir thoroughly before serving to mix vegetables.

This is a lightly flavored side dish that complements many foods.

Makes 4-5 servings.

8---APPLESAUCE RAISIN BREAD

1 egg
1 cup unsweetened applesauce
2 tablespoons oil
2 teaspoons baking powder
1/4 cup brown sugar
1 cup flour
1/2 cup whole wheat flour
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/3 cup sugar
1/4 teaspoon ground cloves or allspice
1/2 teaspoon ground nutmeg
1/2 cup raisins

In a large mixing bowl, beat egg, applesauce and oil until well blended. Add sugars gradually and mix until smooth. Add flours, baking powder, baking soda and spices. Mix well. Stir in raisins.

Pour into a sprayed or non-stick 5 x 9 inch loaf pan and bake at 350F for 35-40 minutes.

Let cool for 10 minutes in the pan before turning out onto a wire rack to cool.

Slice into 18 slices

7---PEANUT BUTTER AND JELLY BREAD

3 cups flour ; 1 package yeast ; 1/2 teaspoon salt
1/2 teaspoon ground ginger ; 1/2 cup non-fat milk ; 1/2 cup water
3 tablespoons brown sugar ;
3 tablespoons peanut butter (no added sugar or oil)
1 tablespoon margarine ; 1 egg ; 1/2 cup fruit only spread

Combine milk, water, sugar, peanut butter and margarine in small saucepan and cook over medium heat until peanut butter is melted and mixture is very warm (120F-139F). Remove from heat.

Combine 2 cups of the flour with ginger, yeast and salt in a large mixing bowl. Gradually add milk mixture to flour mixture, beating until very smooth. Add the egg and beat for an additional few minutes. Stir in enough of the final cup of flour to make a soft dough.

Turn dough onto a floured board, using no more than 2 tablespoons of flour at a time while working it. Knead until dough is smooth and elastic. Form it into a ball and place in a large, sprayed bowl, turning once to coat the top of dough. Cover and let rise in a warm place until doubled in bulk, approx 1 1/2 hours. When dough has risen, punch down and let stand for 10 minutes or so.

Divide the dough into two parts. Sprinkle board with a tablespoon or so of flour and roll each out into 12 x 16 inch rectangle.

Spread 1/4 cup of fruit spread onto each rectangle, leaving an inch around the edges uncovered. Roll up each rectangle, jellyroll style, starting at the short end. Wet your fingers and pinch edges closed to form a seam, and the ends.

Place each rectangle, seam side down, into a 9 inch pan that has been sprayed or is non-stick. Cover and let rise in a warm place until doubled again in bulk - approx. 30-45 minutes.

Bake at 350F for 35 minutes. This bread browns quickly, so cover loosely with aluminum foil during the final 15 minutes to prevent over-browning.

Cool in the pan for 15 minutes before turning onto a wire rack to cool. Slice each loaf into 12 slices.

4---GERMAN STYLE POTATO SALAD

1 tablespoon olive oil
6 medium red potatoes, unpeeled (four cups cooked)
1/2 cup chopped red onion
1/2 teaspoon sugar
1 teaspoon salt
2 stalks celery, chopped
1 teaspoon Spice Island Original seasoning
3 tablespoons red wine or rice vinegar (rice vinegar give milder flavor)
1/4 cup water
1/8 teaspoon coarse ground pepper
1 teaspoon flour

Wash potatoes and remove any eyes. Cook in large saucepan over medium heat until fork tender. Do not overcook. Drain, cool and cut into bite-size chunks.

Heat the oil in a medium skillet. Add the onion and cook until tender. Add the celery and cook for another minute or so. Celery should remain crisp. Stir in the seasonings and flour until well blended. Slowly stir in the water and vinegar and cook until the mixture thickens. Add the potatoes and heat through.

This version is equally good cold.

Makes 6 servings.

5---PASTA WITH ZUCCHINI, SPINACH AND GARLIC

- 1 package large shell or wagon wheel pasta
- 1 tablespoon olive oil
- 3 teaspoons minced garlic
- 2 tablespoons minced red onion
- 1 tablespoon grated parmesan cheese
- 1 teaspoon Italian herbs(Fine's) crushed
- 1/2 cup chicken broth(can be made from chicken broth seasoning packets)
- 2 cups small zucchini squash, cut into one-fourth inch slices
- 1 cup fresh spinach leaves, chopped

Cook the pasta according to package directions.

While pasta is cooking, heat the oil in a large skillet over medium heat. Add the garlic and onion and cook until onion is tender. Add the broth and herbs and mix well. Add the zucchini and cover, cooking over low heat until zucchini is tender but not mushy, approximately 10 minutes. Remove from heat and add the spinach.

Cover and let sit while you drain the pasta into a large bowl. Pour the vegetables and sauce over the pasta. Sprinkle with the parmesan cheese and mix well, blending the flavors.

Makes 8 servings.

6---BUTTERMILK HERB ROLLS

- 2 cups non-fat buttermilk
- 1/4 cup margarine or butter
- 1 package yeast
- 1/2 teaspoon baking soda
- 1 tablespoon brown sugar
- 1 teaspoon dried basil, crushed
- 1 teaspoon Spice Islands Original seasoning
- 1/2-Half teaspoon salt
- 5-6 cups flour

Scald the buttermilk and pour it over the margarine. When cooled to lukewarm, add the yeast and stir until thoroughly dissolved. Add the soda, sugar, spices, salt and stir to blend. Add 3 cups of the flour and mix well. Add the rest of the flour, a cup at a time, until you have a soft dough.

Turn the dough out onto a lightly-floured board and knead until elastic, approximately 5-8 minutes. Do not add too much flour.

Work dough into a rounded shape and place in a bowl that has been lightly sprayed with non-fat cooking spray. Cover and allow to rise until doubled.

After dough has risen, punch down and place on floured board. Break dough into 24 equal pieces. Fold and knead each piece between your fingers to form an oval shape.

Place in lightly-sprayed or non-stick pans (9 inch round works very well) - 6 to a pan, without the edges of the rolls touching one another.

Cover pans and allow to rise again until almost doubled. Bake at 400F for 15 minutes.

These brown well and have a very subtle flavor.

Makes 24 rolls.

5---CRANBERRY-ORANGE TEA BREAD

1 can (1 pound) whole berry cranberry sauce or 1 1/2 cups home-made cranberry sauce
5 cups flour
2 tablespoons baking powder
1/2 teaspoon salt
1/3 cup margarine
1/2 cup sugar
2 eggs
2 teaspoons grated orange rind (fresh or dried)

Sift the dry ingredients together and set aside. Cream the margarine, sugar, eggs and orange rind until well-blended. Add the cranberry sauce alternately with the dry ingredients and blend well.

This is a very thick batter. Turn batter into 2 well-sprayed or non-stick loaf pans and bake at 350F for about an hour.

Cool in pans for 10 minutes before turning out onto a rack to cool.

Cool completely before cutting, as the crust for this bread is rather fragile.

Cut each loaf into 18 slices and be sure to keep well-wrapped.

This is a not-too-sweet bread that is wonderful with all sorts of teas.

6---SPICY HOMINY

2 cans (15 ounce) yellow hominy (dried corn kernals/maize)reserve liquid from one can
4 tablespoons chopped purple onion
4 tablespoon diced green chilis
2 cloves garlic, minced
2 teaspoons chili powder

Combine all ingredients in a saucepan. Bring to a boil then cover and reduce heat. Simmer for 5 minutes to mix flavors.

Makes 8 servings.

7---PASTA WITH BEANS

This is a colorful and protein-rich dish that can be used as a main dish as well. Serve with parmesan cheese, if desired.

1 tablespoon olive oil
1 large carrot, finely chopped
1/2 pound snap green beans, cut into one inch pieces
1 medium onion, finely chopped
1 teaspoon finely minced garlic
2 teaspoon Italian herbs, crushed
1 can (28 ounce) sliced tomatoes with liquid
1 can (approx. 15 ounce) garbanzo beans, drained and rinsed (preferably low-salt)
1 can (approx. 15 ounce) kidney beans, drained and rinsed (preferably low-salt)
1 cup water
12 ounces rainbow rotele pasta, uncooked

Heat the oil in a large saucepan over medium heat. Add carrot, green beans, onion and garlic. Cook, stirring often, until green beans are tender-crisp (approximately 18-20 minutes). Add the Italian herbs, tomatoes (with liquid) kidney beans, garbanzo beans and water.

Bring to a boil, reduce heat and simmer, covered, for about 10 minutes until slightly thickened.

When sauce is almost finished, cook the pasta according to package directions, in a large heavy kettle, but cook only for 2/3 of the time called for. It needs to be slightly underdone. Drain.

Return the pasta to the kettle and add the vegetable mixture. Bring to a boil again and then reduce heat. Simmer the mixture, stirring often, until most of the liquid is absorbed, approximately 5 minutes.

Makes 12 cups

4---BANANA BREAD

1/3 cup margarine
1 cup brown sugar
1 egg
2 cups flour
1/4 teaspoon cardamom (use sparingly--strong flavor but great with bananas)
1/2f teaspoon salt
1/2 teaspoon baking soda
1 tablespoon molasses
1 1/4 cup mashed bananas

Cream the margarine, sugar and molasses. Add the egg and beat well. Combine the dry ingredients and stir into the creamed mixture alternating with the mashed bananas.

Pour into a standard loaf pan that is non-stick or has been sprayed and let stand at room temperature for 20 minutes.

Bake at 350F for 45 minutes to 1 hour until bread tests done.

Makes one 16 slice loaf.

Even better the next day if it lasts that long.

3---WONDERFUL WHEAT BREAD

1 1/2 cups non-fat milk, scalded
2 eggs
1 1/2 teaspoons salt
1/2 cup sugar
2 packages yeast
1/2 cup lukewarm water
1/3 cup margarine or butter
3 tablespoons wheat germ (toasted or plain)
2 cups whole wheat flour
5 - 6 cups flour

Pour the scalded milk over the butter, salt and sugar. Cool. dissolve the yeast in the lukewarm water and let stand for five minutes. Add the yeast and the beaten eggs to the milk and mix well. Stir in the wheat germ and blend thoroughly. Beat in the whole wheat flour until smooth. Add the rest of the flour, one cup at a time, beating thoroughly after each addition. Do not add more flour than you need to make a light and easily handled dough.

Turn out onto a floured board and knead until smooth and elastic. Use only a tablespoon or two of flour at a time while kneading it on the board.

Place in a sprayed bowl, cover, and let rise until doubled in bulk, approximately 1 1/2 hours.

When risen, punch down and turn out onto board again. Shape into 3 loaves and place in sprayed or non-stick eight or nine inch loaf pans.

Cover and let rise until dough is just to the top of the pans.

Bake at 350F for 30-40 minutes.

Makes 3 loaves (approximately 18 slices per loaf)

8---QUICK CURRIED RICE AND BEANS

1 cup white rice
1 can (16 ounce) peeled tomatoes
1 can cooked kidney beans, drained (low-salt preferred)
2 tablespoons dried chopped onion
1/4 teaspoon garlic powder
2 teaspoons curry powder
Salt to taste

Pour the can of tomatoes into a two cup measure. Remove the tomatoes. Chop into small pieces. Fill the measuring cup with water to make 2 cups.

Place the rice in a large saucepan and add all other ingredients. Stir well and bring to a boil over medium-high heat. When rice begins to boil, reduce heat to medium-low, cover, and simmer for approximately 20 minutes or until all liquid is absorbed.

Remove from heat and allow to sit, covered for 10 minutes.

Serves 4.

9---VEGETABLE STIR-FRY

1/2 pound bok choy, cut into one inch pieces
1/2 pound snap green beans, quartered
1/2 pound Napa / curly-leaf cabbage, cut into one inch pieces
2 green onions (with tops) cut into one inch pieces
3 ounces sliced whole mushrooms
1 tablespoon cornstarch
1 tablespoon water
1 teaspoon sugar
1 teaspoon sesame oil
2 tablespoons olive oil
1 teaspoon finely chopped garlic
1/2 cup chicken broth
1/2 teaspoon salt
1 teaspoon finely chopped or grated ginger root(one-half teaspoon ground ginger may be used)

Combine the cornstarch, water, sugar and sesame oil in a small bowl and set aside.

Heat a wok or 12 inch skillett over medium-high heat until hot. Add the olive oil and rotate the pan until all sides are coated. Add the ginger and garlic. Stir-fry for approximately 30 seconds. Add the green beans and mushrooms. Stir-fry for 2 minutes.

Cover and allow to cook for 10 minutes or until the green beans start to get tender. Stir every 2 minutes or so, making certain that nothing is allowed to burn. Add the cabbage, salt and bok choy.

The pan will look overfull, but cooking will make the bok choy and cabbage very limp.

Stir-fry for approximately 2 minutes, being certain to coat the vegetables as much as possible, with the ginger-oil mixture. Add the broth. Cover and cook for another 2 minutes or so. Stir in the onions and the cornstarch mixture and continue cooking and stirring until thickened. Cooking time can be cut drastically if the green beans are cooked to a tender-crisp state beforehand.

Serves 6

2---SHEPHERD'S BREAD

This is a simple, but filling and tasty bread baked in a 12-14 inch cast-iron skillet and takes very little kneading. Because there is no fat in this bread, it should be stored in the refrigerator if not eaten the same day.

SPONGE---

1 package yeast
2 cups lukewarm water
4 cups flour
2 tablespoons honey

Dissolve the yeast in the water slowly. Add the honey until melted then slowly blend in the flour until well mixed. Cover with a towel and let rise in a warm place for about 2 hours. The mixture will be very bubbly.

DOUGH---

1 package yeast
1 cup lukewarm water
2 teaspoons salt
2 tablespoons honey
3-4 cups flour

Dissolve the yeast in the water. Blend in the salt, honey and flour. Mix well and incorporate into the sponge. The dough will continue to be very soft. Stir until the dough pulls away from the bowl. Turn out onto a very lightly floured board and knead for 3-5 minutes. The dough should remain very soft. Let the dough sit for approximately 10 minutes. Shape into a round ball and place in the center of a seasoned or sprayed cast-iron skillet. Cover and let rise until almost doubled.

Bake at 400F for 45 minutes or until the bread is golden brown and sounds hollow when you tap it.

NOTE---The taste of this loaf depends highly on the length of time the sponge is allowed to grow. Two hours is the taste our family prefers, but 3 -4 hours is also good. Using different flours (up to 2 cups) will also make this bread a little different every time.

Approximately 24 slices per round loaf. Cut loaf in half, then slice.

1---OATMEAL BREAD

1 package yeast
1/4-Fourth cup lukewarm water
4 cups boiling skim milk
2 cups rolled oats
1/4 cup margarine or butter
1/2 cup molasses
2 teaspoons salt
2 cups whole wheat flour
6 - 7 1/2 cups flour

Dissolve the yeast in the warm water. Add the skim milk to the rolled oats and margarine and let stand for 30 minutes. Add molasses, salt and dissolved yeast. Add the wheat flour and stir well. Add the rest of the flour, two cups at the time, stirring well between additions. Add only enough of the flour to make a soft dough.

Put dough into a large bowl that has been sprayed with cooking spray. Cover with a clean dish towel and let rise until doubled.

When dough has risen, turn out onto a lightly floured board and knead until elastic, about 10 minutes. Remember not to add too much flour. Dough should remain soft.

Divide into three parts and knead each part a little more, forming into loaf-shaped roll. Place each into a sprayed or non-stick 9 inch loaf pan.

Cover and let rise again until doubled.

Bake at 400F for 40-45 minutes. Cover the top of the bread lightly with aluminum foil during the last 15 minutes of baking so that it doesn't overbrown.

Bread will make a hollow sound when tapped when it is finished.
Makes 3 loaves (approximately 16 generous slices per loaf)

10---ORANGE AND HONEY GLAZED CARROTS

1 tablespoon canola oil
6 tablespoons orange juice
1 1/2 teaspoon lemon juice
1/2 teaspoon ground ginger
2 tablespoon honey
4 cups baby carrots (or carrots cut into three inch pieces)

Combine the oil and honey in a large skillet. Heat over medium heat until warm. Add the orange juice and ginger. Mix well. Add the carrots.

Cover and cook over low heat for approximately 25 minutes, until carrots are tender. Stir once or twice during cooking.

Serves 6

Bread & Breakfast



3---BREAD AND BREAKFAST

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