

APPLE TURNOVERS

Pastry Rounds

1. Combine..... 1 ½ cups flour, stirred
2. Cut in until grainy..... 2/3 cup Crisco
3. Combine..... 1/3 cup cold water
3 Tab. Flour
4. Sprinkle paste mixture into flour. Push back & forth with a fork. DO NOT STIR. Knead gently 3 times. Cut in half & roll each half out to 1/8 inch thick. Cut rounds.

Filling

1. Peel & slice thinly..... 1 large Golden Delicious apple
2. Cover & simmer 2 minutes
Until fork tender..... Sliced apple
½ cup water
1 tsp. fresh lemon juice
3. Mix & stir in..... 1 Tab. sugar
1 Tab. brown sugar
1 Tab. flour
1/8 tsp. salt
1/8 tsp. cinnamon
1/16 tsp. mace
4. Simmer, stirring gently, until thickened. Remove & cool.

Assemble

1. Spoon rounded teaspoon filling onto one side of pastry round.
Moisten edge half-way around & fold in half. Press edges together beginning at center & working to folded edge.
Press edge gently with fork tines.
Press fork tines into top one time for air vent.
2. Place on un-greased baking sheet & bake at 425 degrees for 20 minutes or until golden. Cool until just warm & brush with glaze.

Glaze

1. Mix & brush turnovers..... ½ cup powdered sugar
2 tsp. water
1/8 tsp. vanilla

Asian Lettuce Wraps

2 c water
1 c rice
½ T vegetable oil
2 chicken breast, medium dice
1 clove garlic, small dice
2 green onions, sliced on diagonal
2 carrots, julienned
5 cabbage leaves, chiffonade
2 Tablespoons hoisin sauce
2 Tablespoon soy sauce
1 teaspoon sesame oil
¼ teaspoon chile paste
6 to 8 lettuce leaves

1. In a saucepan, bring water to boil. Add rice, cover and reduce heat to low. Simmer for 20 minutes.
2. Heat vegetable oil in skillet over medium-high heat. Cook the chicken and garlic for 5 minutes, or until lightly brown. Add the carrot and stir for 3 minutes. Add cabbage, green onion, hoisin, and soy sauce; stirring frequently until heated through. Remove from heat and stir in the sesame oil and chili paste.
3. To serve: spoon a small amount of rice into each lettuce leaf, top with the chicken mixture, drizzle additional soy sauce if desired. Wrap the lettuce to enclose the filling.

Asian Salad (1/2) recipe

1 (3oz) packages of ramen noodles
½ C. blanched slivered almonds
1 t. sesame seeds
½ head napa cabbage shredded
½ bunch chopped green onions
¼ C + 2 T vegetable oil
2 T distilled white vinegar
¼ C sugar
1 T. soy sauce
1 T Butter

Directions:

In a medium skillet, brown ramen noodles, almonds, and sesame seeds with melted butter. Once brown, take off heat and cool. In small sauce pan bring vegetable oil, sugar, and vinegar to boil for a minute and let cool. Add soy sauce.

In a large bowl combine shredded cabbage and chopped green onions. Add noodle and soy sauce mix, toss to coat and serve.

Asian Salad (1/2) recipe

1 (3oz) packages of ramen noodles
½ C. blanched slivered almonds
1 t. sesame seeds
½ head napa cabbage shredded
½ bunch chopped green onions
¼ C + 2 T vegetable oil
2 T distilled white vinegar
¼ C sugar
1 T. soy sauce
1 T Butter

Directions:

In a medium skillet, brown ramen noodles, almonds, and sesame seeds with melted butter. Once brown, take off heat and cool. In small sauce pan bring vegetable oil, sugar, and vinegar to boil for a minute and let cool. Add soy sauce.

In a large bowl combine shredded cabbage and chopped green onions. Add noodle and soy sauce mix, toss to coat and serve.

Baklava



Rated: ★★★★★

Submitted By: NEONWILLIE

Photo By: Mtcross87

Servings: 9

"A Greek favorite that makes everyone think you are a master chef and is sooo easy to make!! I taught a Greek friend how to make apple pie and she taught me this fabulous recipe. The phyllo dough for this recipe is found in the freezer section of most grocery stores. Add a little lemon zest to the sugar sauce, if desired."

INGREDIENTS:

1/2 (16 ounce) package phyllo dough
1 C chopped nuts
1/2 cup butter
1/2 teaspoon ground cinnamon

1/2 cup water
1/2 cup white sugar
1/2 teaspoon vanilla extract
1/4 cup honey

DIRECTIONS:

You have scaled this recipe's ingredients to yield a new amount (9). Some directions below still refer to the original recipe yield (18).

1. Preheat oven to 350 degrees F(175 degrees C). Butter the bottoms and sides of a 8x8 inch pan.
2. Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough. Cut whole stack in half or fourth to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.
3. Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 40-50 minutes until baklava is golden and crisp.
4. Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.
5. Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

Baklava



Submitted by: Karsta
Rated: 4 out of 5 by 12 members

Prep Time: 30
Minutes
Cook Time: 30
Minutes

Ready In: 1 Hour
Yields: 24 servings

"This Near Eastern pastry is made of many layers of paper-thin dough with a filling usually of honey and ground nuts. If you like honey, you'll probably like Baklava."

INGREDIENTS:

1 cup unsalted butter	1 1/2 cups water
1/2 (16 ounce) package phyllo dough	1/3 cup white sugar
2 cups chopped pecans	1 cinnamon stick
1 1/2 tablespoons whole cloves	1 cup honey

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Melt the butter over low heat. Pour 2 tablespoons of the butter into the bottom of a 9x13 inch baking pan. Layer 3 sheets of the phyllo dough in the pan. Trim dough to fit. Sprinkle 2 tablespoons of pecans over the phyllo dough. Layer 3 more sheets of dough, brush generously with the melted butter, and sprinkle with 2 tablespoons of pecans. Continue dough -butter- pecan layers until pan is 3/4 full.
3. With a sharp knife, score phyllo dough to form diamonds. Press a clove at each end of the diamonds. Pour remaining butter over the dough.
4. Bake 45 to 50 minutes in the preheated oven, until golden brown.
5. Meanwhile, combine the sugar, water and cinnamon stick in a medium saucepan, and bring to boil, stirring constantly. Simmer for 10 minutes.
6. Add the honey and simmer for 2 minutes longer. Remove from heat and discard cinnamon stick. Pour honey mixture over hot baklava. Let cool on wire racks. Cut into diamonds.
7. Pour honey mixture over hot baklava. Let cool on wire racks. Cut into diamonds.

Banana Foster French Toast

(Banana's on a Raft)

Syrup:

- 1 Tbs. butter
- 1 Tbs. chopped pecan
- 1 c. maple syrup
- 1/2 tsp. rum extract

French toast:

- 3 eggs
- 3/4 c. milk
- 1 grated orange, zest
- 1/4 c. orange juice (squeeze from orange)
- 1/4 tsp. vanilla or almond extract
- 1/3 to 2/3 c. pancake mix with pudding mix
- 2 Tbs. sugar
- 1/4 tsp. cinnamon

*8 slices of French bread or Texas Toast (about 1 inch thick cut in half and then half again)

*Margarine, butter or Pam spray for frying toasts

*1-2 bananas, peeled and sliced for top of toast

*Powdered sugar for dusting

~Syrup~

___ In a medium sauce pan, melt **1 T. of the butter.**

___ Add the pecans and **SAUTE** for 4-5 minutes, **STIRRING** constantly.

___ **STIR** in maple syrup and bring the liquid up to a **SIMMER.**

___ Remove the pan from the stove and **add** the rum extract. Set aside for later.

~French Toast~

___ In a mixing bowl, **WHISK** the eggs, milk orange **ZEST**, orange juice, sugar, pancake mix, cinnamon and vanilla. (Mix the cinnamon, pancake mix and sugar together first or the cinnamon will clump up)

___ Mix until the sugar is dissolved.

___ On a non-stick Frying Pan, Skillet or **Panini Press** heat some butter, margarine or spray pan with **Pam Spray.**

___ Dip 2 slices of bread into the egg-milk mixture, **COATING** evenly.

___ **FRY** in the butter until golden brown, about 2-3 minutes on each side.

___ Repeat until all of the bread used.

___ Lay the French toast on a plate or platter.

___ Add the bananas to the pecan mixture and warm slightly (or just garnish with bananas)

___ Spoon the warm sauce over the toast.

___ Dust with powdered sugar and cool whip if desired

Breakfast Wheat Cake

From the Make a Mix Cookbook

Cake batter:

1 egg, slightly beaten

$\frac{3}{4}$ cup water

2 cups wheat mix

1 cup chopped raisins

Topping:

$\frac{1}{2}$ cup brown sugar, firmly packed

2 tsp cinnamon

$\frac{1}{2}$ c chopped nuts

Preheat oven to 375°F. Butter an 8 inch square pan. Combine egg, water, and raisins in a medium bowl. Stir in wheat mix until moistened. Spread into prepared pan. In another bowl, combine brown sugar, cinnamon, and nuts in a small bowl. Sprinkle on top of cake. Bake 25-30 minutes, until a toothpick inserted in the center comes out clean. Makes 16 squares.

Caramelized-shallot Mashed Potatoes Bon Appétit | March 2008

Four ingredients yield amazing flavor in this clever side. The secret? Caramelizing the shallots, which adds an appealing sweetness to the mashed potatoes.

Makes 3 servings

ingredients

3 tablespoons (3/8 stick) butter, divided
1 cups sliced shallots
¼ + 2 T cup whole milk
1 pound large Yukon Gold potatoes, peeled, quartered

preparation

Melt 1 tablespoons butter in heavy medium skillet over medium heat. Add sliced shallots and cook until tender and brown, stirring often, about 20 minutes. Transfer shallots to small bowl. Add milk to skillet. Set aside.

Meanwhile, place quartered potatoes in large saucepan. Add enough cold water to pan to cover potatoes by 1 1/2 inches. Bring to boil, reduce heat to medium, and simmer until potatoes are tender, about 15 minutes. Drain. Return potatoes to pan and stir over medium heat until dry, about 1 minute. Add remaining 2 tablespoons butter. Bring milk in skillet to simmer, scraping up any browned bits. Add hot milk to potatoes. Mash potatoes. Stir in caramelized shallots and season to taste with salt and pepper.

Ingredient Tip: Yukon Gold potatoes are used in place of the more traditional russets because they mash up nutty, creamy, and almost buttery. In a pinch, though, you can certainly use russets.

Chicken Supreme Modified – half recipe

Chicken

1. Cook in frying pan until done.....
2 chicken breasts
Salt and pepper
2. Cool chicken. Cut into
nice size pieces.

Rice

1. Cover and simmer 20 min.....
1 cup chicken broth
½ cup rice
2. Remove from heat and let sit 5 minutes
before removing lid.

White Sauce (Béchamel)

1. Melt on low heat.....
¼ C butter
2. Add and blend over low heat for
3-5 minutes.....
3-4 Tbs. Flour
3. Slowly stir in.....
1 cups evaporated milk
1 cups chicken broth
4. Cook and stir with a wire whisk or a
Spoon until smooth and thickened.

Assemble – 8x8 square pan

1. Layer ½ of each ingredient in the following
Order.....
Steamed rice
Roasted chicken
½ small can red pimientos
½ cup slivered almonds
½ small can mushrooms
Béchamel white sauce
2. Repeat layers using rest of ingredients.
3. Bake at 350* for 20-30 minutes or until heated (Pyrex-325*)

Chinese Chicken with Cashew Nuts (1/2 recipe)

From: 30 Minute Cookbook by Jenni Fleetwood

2 skinless, boneless chicken breasts, sliced into strips
1 ½ garlic cloves, crushed
2 Tbsp soy sauce
1 Tbsp corn flour
4 oz dried egg noodles (Take 8 oz of the spiral noodles)
1 ½ Tbsp sunflower oil (Substitute with Peanut Oil)
½ Tbsp sesame oil
½ C roasted cashew nuts
3 spring onions, cut into 2 inch pieces and halved lengthwise
Spring onion curls and a little chopped red chili to garnish

1. Place the chicken in a bowl with the garlic, soy sauce and corn flour. Stir to coat. Cover and chill for 15-18 minutes.
2. Meanwhile, bring the pan of water to the boil and add the egg noodles. Turn off the heat and leave to stand for 5 minutes. Drain and reserve.
3. Heat the oils in a large frying pan or wok and add the chilled chicken and marinade juices. Stir-fry on a high heat for about 3-4 minutes, or until golden brown.
4. Add the cashew nuts and spring onions to the pan or wok and stir-fry for 2-3 minutes.
5. Add the drained noodles and stir-fry for a further 2 minutes. Toss the mixture well and serve immediately, garnish with the spring onion curls and chopped red chili.

Preparation time: 20 minutes. Cooking time: 10 minutes.
Serves 2.

CHOCOLATE FIBER CUPCAKES

1 1/2 cups all purpose flour
1 cup sugar
1/3 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup cold water
1/3 cup pureed black beans
1 tablespoon distilled white vinegar
1 teaspoon vanilla extract

Preheat oven to 350°F. Combine first 5 ingredients in mixing bowl. Shape the dry ingredients into a sort of “volcano” with an empty well in the middle. Combine 1 cup cold water, pureed beans, vinegar, and vanilla in large glass measuring cup or medium bowl. Pour liquid ingredients into the hole in the dry ingredients (there will be some overflow). Using a whisk, stir until batter is smooth. Line cupcake pan with paper or foil liners. Fill cups 2/3 to 3/4 full. Bake until tester inserted into center comes out clean, about 15 minutes. Cool completely in pan on rack. (Can be made 1 day ahead. Cover and store at room temperature.)

Frost with chocolate or vanilla frosting.

Makes 12 cupcakes.

* You can use pureed canned beans to replace the fat in many baked recipes, but you might want to use a different color. For instance, you would probably want to use white beans if you were making white or yellow cupcakes. This method works great to reduce the fat and increase the fiber in the recipe. It does make the texture slightly chewier, more like a muffin, but if done well, you can hardly tell the difference.

Chocolate Pudding

Taken from *Basic Cooking*

Use really good chocolate here, as it will affect the outcome of your pudding.

Feeds 4:

4 ounces semisweet chocolate

2 egg yolks (2T)

½ cup sugar

2 cups milk

3 tablespoons cornstarch

1 vanilla bean (substitute 2 T vanilla extract)

1. Break or coarsely chop the chocolate into small pieces. Put the egg yolks and sugar in a small bowl and, using a whisk, beat for a few minutes until mixture is nice and cream.
2. Stir ½ cup of the milk together with the cornstarch and pour the remaining 1 ½ cups milk into a saucepan. Add the chocolate to the pan. With a small sharp knife, slit the vanilla bean lengthwise, scrape out the seeds, and add them to the saucepan along with the empty vanilla bean. Bring the chocolate-milk mixture to a boil over medium heat, stirring constantly.
3. Pour the cornstarch-milk mixture into the pan, and simmer over medium heat, stirring, until the mixture thickens. Remove the vanilla bean. Mix in the egg yolk-sugar mixture, but that's it for the heat – the hot pudding mixture will gently cook the eggs.
4. Remove the pan from the heat, stir just a little more, and let the mixture cool slightly. Stir occasionally to prevent a “skin” from forming on the surface.
5. Now, rinse 4 small molds or one 1-quart mold with cold water. Fill the mold(s) with the pudding and chill well in the refrigerator (at least 1-2 hours)
6. To serve, briefly submerge the bottom part of the mold(s) in hot water. Heat a thin knife under hot water and run the tip around the edges of the puddings to detach them. Invert the pudding onto serving plates.

Prep time: 45 minutes, plus chilling time.

Good with: vanilla sauce or sweetened whipped cream

Calories per serving: 340

Creamy Potato Soup

15 Minutes prep. Cook for: 25 minutes
Ready in: approx. 40 Minutes.



4 tablespoons margarine
1/2 large onion
3 potatoes, peeled and diced
1 carrot, diced
1 stalk celery diced
1-1/2 cups water
1 tablespoon (or 1 cube) chicken bouillon powder
Ground black pepper to taste
2 tablespoons all-purpose flour
1-1/2 cups milk

Directions

- 1** In a small skillet melt 2 T butter. Add the onions and cook over medium heat until the onions are translucent.
- 2** While the onions are cooking, place the diced potatoes, carrots, water and chicken soup base in large stock pot and bring to a boil. Cook until tender, about 10 minutes. Do not over cook. Season with ground black pepper to taste.
- 3** In another small sauce pan, make a roux. Melt the rest of the butter (2T) Add the flour to make a paste.
- 4** Gradually add the milk and stir well. Cook over low heat stirring constantly until warmed through.
- 5** Add the potato and carrot mixture and onions. Serve warm. Should be thick.

EGGS A LA GOLDENROD

6 hard boiled eggs

2 c. milk

4 tbsp. butter

4 tbsp. flour

3/4 tsp. salt

1/4 tsp. pepper

8 slices bread, toasted

Melt butter, add flour and stir until smooth. Add milk very slowly, stirring constantly. Cook over low heat until thickened. Add salt and pepper. Set aside.

Carefully remove egg yolks from the whites. Force through a sieve, foly food mill or potato ricer. Set aside.

Chop the egg whites and add to the milk mixture.

Toast bread.

Place 1 or two slices of toast on a plate, spoon on some of the milk mixture and sprinkle some of the egg yolks over top. Serve hot.

For lighter eaters:

4 hard boiled eggs

1 cup milk

2 Tbsp butter

2 Tbsp. flour

1/2 tsp Salt

1/8 tsp pepper

4 slices bread, toasted

For HUNGRY big eaters:

8-10 hard boiled eggs

3 C milk

6 Tbsp butter

6 Tbsp flour

1 tsp Salt

1/2 tsp pepper

8-10 slices of toast.

The basic formula is:

2 T butter,

2 T flour

1 C milk

Salt and pepper to taste

Enough toast.

German Soft Pretzels

2 t. yeast
2 t. sugar
3/4 cup warm water
2 cups flour
1 t. salt

In mixing bowl, dissolve yeast and sugar in warm water. Wait for 2 minutes, add salt. Using the dough hook, blend in the flour and mix until the dough is smooth. Divide the dough into 4 pieces and roll pieces into ropes. Twist into pretzel shapes and place on greased cookie sheet. Bake for 12-15 minutes at 425. Brush with melted margarine and add toppings, if desired.

German Soft Pretzels

2 t. yeast
2 t. sugar
3/4 cup warm water
2 cups flour
1 t. salt

In mixing bowl, dissolve yeast and sugar in warm water. Wait for 2 minutes, add salt. Using the dough hook, blend in the flour and mix until the dough is smooth. Divide the dough into 4 pieces and roll pieces into ropes. Twist into pretzel shapes and place on greased cookie sheet. Bake for 12-15 minutes at 425. Brush with melted margarine and add toppings, if desired.

Greek Salad with Kalamata Olives and French Feta (half recipe)
Suzanne Goin, Executive Chef and Owner, Lucques Restaurant, Los Angeles, CA

Yield: 3 servings

Ingredients:

Fennel seeds	¼ teaspoon (overflowing)
Oregano, dried	½ teaspoon
Lemon juice, fresh	½ lemon
Red wine vinegar	1 tablespoons
Sea salt	½ teaspoon (little more)
Olive oil, extra virgin	¼ cup + 2 T
Romaine or Red Head lettuce	½ head
Red onion, julienne	¼ each
Cucumber, European	½ each
Tomatoes, Heirloom or Local	¾ pound
Black pepper, cracked	1/8 teaspoon
Kalamata olives	¼ cup
Parsley leaves, Italian, flat leaf, washed	2 T
Feta Cheese, French	1/8 pound

Method of Preparation:

1. Vinaigrette: Toast the fennel seeds and grind them in a spice grinder or mortar and pestle. Grind ¼ teaspoon of oregano and place both spices in a medium sized bowl. Add the lemon juice, red wine vinegar, and ½ teaspoon of salt. Slowly whisk in the olive oil and set aside.
2. Wash and spin the lettuce and hold for service.
3. Slice the onion lengthwise into nice juliennes, soak them for 5 minutes in ice water and then drain and set aside. Cut the cucumber lengthwise and slice the halves on the bias into ¼ inch thick pieces. Cut the tomatoes into wedges and season them with 1/8 teaspoon of salt and a pinch of cracked black pepper.
4. For service, line a platter with the lettuce or tear the lettuce for individual service. Place the onion, cucumber, olives, and tomatoes in a bowl and toss with ¾ of the dressing. Taste for seasoning. Gently toss in the parsley leaves and plate on a large platter. Crumble the feta cheese over the salad and garnish with the cracked black pepper and the remaining ¼ teaspoon oregano. Serve immediately.

Nutritional Analysis per Serving:

Calories: 342

33 g

Protein: 4 g

Carbohydrates: 11 g

Fiber: 3 g

Cholesterol: 17 mg

Calcium: 186 mg **Total Fat:**

Iron: 2.57 mg

Sodium: 807 mg

Homemade Chicken Noodle Soup

Betty Jo Hartley – Price, Utah

From my Grandma Johnson

Noodles:

Mix:

1 egg

½ tsp salt

2 T milk

Add ½ C flour

Continue adding and stirring until stiff. Up to 1 Cup.

Knead several times. (flour counter top and hands)

Roll out paper thin. (flour rolling pin)

Cut with a knife or pizza cutter

(Dry for at least 2 hours)

Let dry for at least 15 minutes (on wire cooling rack)

Boil 15 minutes to serve.

Vegetables:

1-2 carrots

1-2 celery stalks

½ onion

Peel carrots. Dice celery and carrots and onion.

Soup:

Boil 2 chicken breasts in 3 Cups of water

Take cooked chicken out and cut chicken into pieces.

Remove 1 cup water with the scummy stuff.

Add 2 boullion cubes to remaining 2 cups water.

Add chopped up vegetables boil until tender.

Add chicken back into water.

Add noodles after they are cooked.

Enjoy. ☺

Lasagna Roll Ups

½ lbs. Ground beef, cooked to 155 degrees and drain
1 ¾ cups Spaghetti sauce
½ cup Cottage cheese or Ricotta cheese
½ cup mozzarella, grated
½ parmesan cheese
5 lasagna noodles, cooked, al dente

Combine cooked ground beef and spaghetti sauce and set aside.
Combine cottage cheese, parmesan cheese, and ¼ cup mozzarella in a bowl
Spread each noodle with ¼ cup sauce. Top with cheese mixture. Start at the narrow end and roll up being careful to keep filling inside. Place in deep pan.
Top noodles with remaining sauce and cheese. Bake at 350 for 15-20 minutes until heated through.

Lasagna Roll Ups

½ lbs. Ground beef, cooked to 155 degrees and drain
1 ¾ cups Spaghetti sauce
½ cup Cottage cheese or Ricotta cheese
½ cup mozzarella, grated
½ parmesan cheese
5 lasagna noodles, cooked, al dente

Combine cooked ground beef and spaghetti sauce and set aside.
Combine cottage cheese, parmesan cheese, and ¼ cup mozzarella in a bowl
Spread each noodle with ¼ cup sauce. Top with cheese mixture. Start at the narrow end and roll up being careful to keep filling inside. Place in deep pan.
Top noodles with remaining sauce and cheese. Bake at 350 for 15-20 minutes until heated through.

MIMIS CAFÉ CORN CHOWDER

1 tablespoons 1 teaspoon butter or margarine	1 cup corn
2 tablespoons onion, chopped	2 teaspoons sugar
1/4 cup celery, large dice	1/4 teaspoons salt
1 cup hot water	1 pinch pepper
2/3 cups raw potato, peeled and cut in 1/2" cubes	1 tablespoon flour
1 1/3 cup Whole milk	
(use 1/3 cup whipping cream and 1 cup whole milk)	

Method

On medium heat, melt butter, then simmer onion and celery for 5 minutes until soft, but not brown.

Add water, potatoes, corn and seasonings. Cover and simmer for 30 minutes or until potatoes are barely tender.

Whisk the flour into 1/3 cup of the whole milk, and stir into the soup. Add the remaining cup of milk. Simmer for about 15 minutes until the soup has thickened to a creamy consistency.

Correct the seasoning with additional salt and pepper if needed.. To make the soup thicker, simmer another 5-10 minutes.

MIMIS CAFÉ CORN CHOWDER

1 tablespoons 1 teaspoon butter or margarine	1 cup corn
2 tablespoons onion, chopped	2 teaspoons sugar
1/4 cup celery, large dice	1/4 teaspoons salt
1 cup hot water	1 pinch pepper
2/3 cups raw potato, peeled and cut in 1/2" cubes	1 tablespoon flour
1 1/3 cup Whole milk	
(use 1/3 cup whipping cream and 1 cup whole milk)	

Method

On medium heat, melt butter, then simmer onion and celery for 5 minutes until soft, but not brown.

Add water, potatoes, corn and seasonings. Cover and simmer for 30 minutes or until potatoes are barely tender.

Whisk the flour into 1/3 cup of the whole milk, and stir into the soup. Add the remaining cup of milk. Simmer for about 15 minutes until the soup has thickened to a creamy consistency.

Correct the seasoning with additional salt and pepper if needed.. To make the soup thicker, simmer another 5-10 minutes.

MONTEREY CHICKEN

1. Place in casserole dish 3 cups rice, cooked
3 C cooked chicken, sliced or cubed
2. Mix together & pour over top ½ cup cottage cheese
3 oz. pkg. cream cheese
½ cup sour cream
1 can Cream of Chicken Soup
1 (4 oz.) can diced green chilies
1 tsp. salt
½ tsp. garlic powder
3. Cover top with 1 cup Jack cheese, shredded
4. Bake at 350° for 30 minutes or until bubbly.

MONTEREY CHICKEN

5. Place in casserole dish 3 cups rice, cooked
3 C cooked chicken, sliced or cubed
6. Mix together & pour over top ½ cup cottage cheese
3 oz. pkg. cream cheese
½ cup sour cream
1 can Cream of Chicken Soup
1 (4 oz.) can diced green chilies
1 tsp. salt
½ tsp. garlic powder
7. Cover top with 1 cup Jack cheese, shredded
8. Bake at 350° for 30 minutes or until bubbly.

Mystery Lab:

- 8 Vanilla Wafers
- 1 (8 ounces) packages cream cheese
- $\frac{1}{4}$ cup + 2 T white sugar
- 1 Egg
- $\frac{1}{2}$ teaspoon vanilla extract
- Cherry Topping
- 8 Muffin Liners
- Chocolate topping
- Caramel Topping

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 Degrees C). Line large muffin tin with 8 paper liners.
2. Place one vanilla wafer at the bottom of each muffin paper liner.
3. In the electric mixer, beat cream cheese, sugar, eggs, and vanilla until light and fluffy. Fill each miniature muffin liner with this mixture, almost to the top.
4. Bake at 350 for 15 minutes. Cool. Top with a teaspoonful of your choice topping.

Makes about 8.

What is the recipe that you made? _____

Evaluation will be made on the finished product. When the lab is completely cleaned, and unit job done, have the teacher come over and check you off.

Points Graded:

Followed Instructions	10 _____
Finished Product	15 _____
Clean up/ Table Set	10 _____
Unit Job Complete	5 _____

Total /40

One Hour Rolls

1 cup and 2 Tbsp warm water
1 tsp. Salt
6 Tbls. Margarine
2 Tbls. Dry yeast
1 egg beaten
 $\frac{1}{4}$ cup sugar
3 $\frac{1}{2}$ cups flour or more as needed.



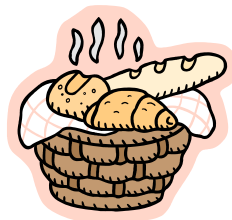
Combine warm water, yeast, and $\frac{1}{2}$ tsp of the sugar. Let sit for 5 minutes. Combine salt, margarine, egg, and the rest of sugar in a separate bowl. Add the warm yeast mixture slowly allowing butter to soften. Beat until well mixed. Add one cup of flour at a time. After flour has been added, knead to a soft dough (Adding more flour if needed).

Roll out and shape into rolls.

Place on greased cookie sheet and allow to rise until double in size or put in a 200° oven to rise. Bake at 375° for 10-12 minutes.

One Hour Rolls

1 cup and 2 Tbsp warm water
1 tsp. Salt
6 Tbls. Margarine
2 Tbls. Dry yeast
1 egg beaten
 $\frac{1}{4}$ cup sugar
3 $\frac{1}{2}$ cups flour or more as needed.



Combine warm water, yeast, and $\frac{1}{2}$ tsp of the sugar. Let sit for 5 minutes. Combine salt, margarine, and the rest of sugar in a separate bowl. Add egg, the yeast mixture, and 1 cup flour. Beat until well mixed. Add the rest of the flour and knead to a soft dough. Roll out and shape into rolls.

Place on greased cookie sheet and allow to rise until double in size or put in a 200° oven to rise. Bake at 375° for 10-12 minutes.

Oven-Baked "Fried" Chicken

Modified by Ms. Johnson's ProStart Class

Copyright, 2005, Robin Miller, All rights reserved

See this recipe on air Thursday May. 17 at 3:30 PM

ET/PT.

Recipe Summary

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 30 minutes

Yield: 4 servings

User Rating: ★★★★★

Cooking spray

2/3 cup Crushed Corn Flakes (the modification)

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon mustard powder

1 teaspoon paprika

1 teaspoon dried oregano

1/2 teaspoon dried thyme

1/2 teaspoon salt

1/2 teaspoon ground black pepper

4 (4-ounce) boneless skinless chicken breast halves

2 tablespoons Dijon mustard

Preheat oven to 400 degrees F.

Coat a large baking sheet with cooking spray.

In a resealable plastic bag or shallow dish, combine corn flakes, garlic powder, onion powder, mustard powder, paprika, oregano, thyme, salt, and pepper. Mix well and set aside.

Brush each chicken breast with Dijon mustard. Add chicken to corn flake mixture with tongs and turn to coat both sides. Transfer chicken to prepared baking sheet and spray with cooking spray.

Bake 30 minutes, until golden brown and cooked through.

Episode#: RM0112

Copyright © 2006 Television Food Network, G.P., All Rights Reserved

Peach Cobbler

1 ½ C Sliced Peaches-Drained

¾C Sugar

1C Flour

¾t Baking Powder

¼t Salt

1 Egg

⅓C Milk

⅓c Melted Margarine

1. Spray glass baking dish with Pam
2. Drain fruit and spread evenly in pan
3. Mix all other ingredients together in medium bowl with a spoon.
4. Spread dough over fruit (gently.)
5. Bake in microwave for 10 minutes (turn after 5 minutes if your microwave doesn't have a turntable.)
6. Let sit 3 minutes. Serve warm.

PEANUT BUTTER COOKIES

Preheat oven to 400 degrees

¼ c Margarine

¼ c Peanut Butter

1 Egg

¼ t Vanilla

Beat together until soft
and smooth
(Use an electric mixer)

¼ c white sugar

¼ c brown sugar

Add and mix well.

¾ c + 2 T flour

¼ t baking powder

¼ t baking soda

Gradually add to
sugar mixture

Roll dough into small balls about the size of a small walnut.

Cover cookie sheet with foil. Spray lightly with Pam.

Place cookies on cookie sheet. Flatten with a fork.

Bake at 400 degrees for 8 – 10 minutes.

Potato Salad (6 servings)

3 white potatoes
5 hard boiled eggs (slice and cut, but save 1-2 eggs for decoration on top)
½ small red onion, diced
½ pound of mild cheddar cheese, diced
2 whole dill pickles, diced
½ pound bacon, cut while semi-frozen into little pieces, then cook it.
½ can olives, sliced

Combine:

¾ C Miracle Whip
mixed with ¼ - 1/3 Cup evaporated milk
and 1 ½ T mustard (to desired consistency),
and ¼ tsp salt and 1/8 tsp pepper to taste.

Peel and cut potatoes into ½ - ¾ inch squares. Bring a large pot of water to a boil. Add the potatoes and boil until tender but still firm, about 10 minutes.

Mix all ingredients together. Chill until ready to serve.

On top you garnish with 1-2 slices of eggs, sprinkle with paprika and parsley if you want.

Potato Salad (6 servings)

3 white potatoes
5 hard boiled eggs (slice and cut, but save 1-2 eggs for decoration on top)
½ small red onion, diced
½ pound of mild cheddar cheese, diced
2 whole dill pickles, diced
½ pound bacon, cut while semi-frozen into little pieces, then cook it.
½ can olives, sliced

Combine:

¾ C Miracle Whip
mixed with ¼ - 1/3 Cup evaporated milk
and 1 ½ T mustard (to desired consistency),
and ¼ tsp salt and 1/8 tsp pepper to taste.

Peel and cut potatoes into ½ - ¾ inch squares. Bring a large pot of water to a boil. Add the potatoes and boil until tender but still firm, about 10 minutes.

Mix all ingredients together. Chill until ready to serve.

On top you garnish with 1-2 slices of eggs, sprinkle with paprika and parsley if you want.

Skillet Stroganoff

Bring water to a boil in large Pot

2 ½ c raw noodles

1 lb. Ground beef

1 can mushroom soup

½ c sour cream

1. Add noodles to boiling water. Reduce heat, and simmer until tender. Drain with colander.

2. Brown hamburger in frying pan. Cook until no longer pink.

3. Combine hamburger, soup, and sour cream with noodles in large pot.

4. Heat until warm. Do not boil.

Skirt Steak with Cilantro Garlic Sauce Gourmet | April 2004 – Half recipe

Active time: 20 min Start to finish: 20 min

Makes 3 servings.

ingredients

For sauce

1 small garlic clove
¼ teaspoon salt
½ cup coarsely chopped fresh cilantro
2 T olive oil
1 tablespoons fresh lemon juice
dash of cayenne

For steak

½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon black pepper
1 lb skirt steak, cut crosswise into 3- to 4-inch pieces

preparation

Make sauce:

Mince garlic and mash to a paste with salt. Transfer to a blender and add remaining sauce ingredients, then blend until smooth.

Grill steak:

Stir together cumin, salt, and pepper in a small bowl.

Pat steak dry, then rub both sides of pieces with cumin mixture.

Sour Cream Lemon Pie
Grandma/Mom
Yield-1 pie

1 C sugar
¼ C butter
3 T cornstarch
1 T lemon rind
¼ C lemon juice
1 C milk
1 C sour cream
3 egg yolks, slightly beaten
1 9-inch baked pie shell
1 C whipping cream, whipped

Combine sugar and cornstarch in pan (1 ½ qt saucepan). Add butter, lemon rind, lemon juice, milk, and egg yolks. Cook and stir over medium heat until it comes to a boil and is thickened. Remove from heat and fold in the sour cream. Pour into a 9-inch baked and cooled pie shell. Top with whipped cream. Refrigerate. Makes 6 servings.

Crisco Classic Pie Crust
Single Crust Recipe

1 1/3 cup Flour
1/2 teaspoon Salt
1/2 cup Crisco
3-4 Tablespoons **cold** water (I use ice water)

Combine flour and salt, cut in Crisco until it is in pea size chunks. Sprinkle water 1 Tablespoon at a time. Toss with fork until dough will form a ball. Press and form a 5-6 inch pancake. Roll out on floured surface. Trim 1" larger than pie plate. Fold into quarters. Place in pie plate and then unfold. Trim edges. **Or you can roll them and put them in the individual pies so you each get a pie.**

Strawberry Lassi



Submitted by: RADHIKA GHATAGE

Rated: 4 out of 5 by 1 members

Prep Time: 10
Minutes

Ready In: 10 Minutes

Yields: 3 servings

"First popular in Punjab, India, and originally sometimes flavored with ground cumin, today's version of lassi is a sweet, frothy blend of yogurt, milk, and fruit served well chilled."

INGREDIENTS:

9 ripe strawberries, rinsed
2 tablespoons white sugar
1/4 cup whole milk

1 cup low-fat yogurt
3 ice cubes

DIRECTIONS:

1. Cut 3 strawberries into small pieces and set aside. In a blender, place the remaining strawberries and sugar; blend on high speed for 30 seconds. Pour in the milk and blend another 30 seconds. Add the yogurt and blend on high speed for 1 minute.
2. To serve, place 1 ice cube in each of 3 glasses and pour in the lassi. Top with the strawberry pieces and serve.

ALL RIGHTS RESERVED © 2007 Allrecipes.com

Printed from Allrecipes.com 5/16/2007

Strawberry Lassi



Submitted by: RADHIKA GHATAGE

Rated: 4 out of 5 by 1 members

Prep Time: 10
Minutes

Ready In: 10 Minutes

Yields: 3 servings

"First popular in Punjab, India, and originally sometimes flavored with ground cumin, today's version of lassi is a sweet, frothy blend of yogurt, milk, and fruit served well chilled."

INGREDIENTS:

9 ripe strawberries, rinsed
2 tablespoons white sugar
1/4 cup whole milk

1 cup low-fat yogurt
3 ice cubes

DIRECTIONS:

1. Cut 3 strawberries into small pieces and set aside. In a blender, place the remaining strawberries and sugar; blend on high speed for 30 seconds. Pour in the milk and blend another 30 seconds. Add the yogurt and blend on high speed for 1 minute.
2. To serve, place 1 ice cube in each of 3 glasses and pour in the lassi. Top with the strawberry pieces and serve.

ALL RIGHTS RESERVED © 2007 Allrecipes.com

Printed from Allrecipes.com 5/16/2007

Sweet and Sour Meatballs

Rice

Start your rice first!!!

1 C rice 1/2t Salt 2 C Water

1. Bring all items to a boil
 2. Stir.
 3. Cover and TURN HEAT TO LOW.
 4. Let sit for 15-20 minutes. (or until all water has absorbed)
 5. Fluff with fork (don't touch non-stick coating with metal)
 6. Serve warm with meatballs.
-

Meatballs

1 lb. Ground Beef 1 egg

1 T dry onions 1/2t Salt

1/4c Dry bread crumbs

1. Combine all ingredients.
 2. Shape into meatballs
 3. Spray square baking dish with Pam. Add meatballs.
 4. Microwave 4 minutes, turn and cook 4 more minutes.
-

Sauce

1 c Pineapple juice 2T Cornstarch

1T Soy Sauce 1/3c Vinegar

1/2c Brown Sugar

1. Combine sugar, vinegar, and soy sauce in small bowl.
2. Measure pineapple juice in saucepan.
3. Add sugar mixture and mix.
4. Bring to a boil, and cook until thickened.
5. Add meatballs and heat through. Serve over rice.

Wheat Mix

From the Make a Mix Cookbook

6 C whole wheat flour
3 C all-purpose flour
1 ½ C instant non-fat dry milk
1 T Salt
1 C sugar
½ C wheat germ
½ C baking powder
2 C vegetable shortening

In a large bowl combine all dry ingredients. With a pastry blender cut in shortening until evenly distributed. Put in a large air-tight container. Label. Good for 10-12 weeks.

Makes 14 cups.