



GRANDMOTHER'S KITCHEN RECIPES





This book is dedicated to our grandparents. Thank you for your wisdom, love and a lifetime of yummy meals.

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"Many hands make light work."

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VEGETABLE DIP

1/3 cup Gouda or Cheddar cheese
1/2 cup sour cream
1/2 cup mayonnaise
1 teaspoon mixed herbs
1/2 teaspoon salt
1/4 teaspoon pepper

Makes 1 cup

Grate the cheese with a fine grater. In a mixing bowl stir together the sour cream, mayonnaise, mixed herbs, salt, pepper and grated cheese. Do a taste test and adjust the flavor to suit your taste. Keep refrigerated in an airtight container.

ROASTED RED PEPPER HUMMUS

1 can (540ml) chickpeas
1 cup roasted red pepper
2 Tablespoons lemon juice
1 Tablespoon peanut butter
salt and pepper to taste
1 garlic clove, chopped
1/4 cup olive oil
1/4 cup water

Makes about 2 cups

Drain and rinse the chickpeas. Pour into food processor. Add roasted red pepper, lemon juice, peanut butter, salt, pepper, garlic, olive oil and water. Blend until creamy. Taste and adjust according to your tastes.

Note: For the roasted red peppers, you can either use canned roasted red peppers or freshly roasted red peppers.



BAKED SPINACH AND ARTICHOKE DIP

1 cup sour cream
1 cup mayonnaise
2 cups of fresh spinach
or 1 package frozen spinach
thawed, drained and patted dry
with paper towel
1 can artichoke hearts, drained and
chopped
1 teaspoon lemon juice
fresh or dried parsley
1/2 cup freshly grated Asiago cheese
1 gloved garlic, minced (optional)

Preheat oven to 300°F. If using fresh spinach, put into a pot of water, bring to a boil and cook for 5 minutes. Drain and squeeze out the water. Chop into smaller pieces. In a mixing bowl stir together the sour cream, mayonnaise, spinach, artichokes, lemon juice, parsley, cheese and garlic. Put the mixture into a baking dish, cover with aluminum foil and place into the oven. Bake for 2 hours.



BAKED BREAD STICKS

2 1/4 teaspoons active dry yeast
3/4 cup warm water (110°F)
3/4 cup milk +
1 Tablespoon vinegar to sour
3/4 cup olive oil
1 1/2 teaspoons salt
2 Tablespoons sesame seeds
3 1/2 cups all purpose flour
+ 1/4 cup extra as needed
Extra olive oil for greasing

Garnish

1 egg beaten with
1 teaspoon water for egg wash

***Optional**

Sesame seeds, paprika, seasoning
salt, cinnamon

Makes 32 bread sticks

Place warm water into a glass measuring cup, add yeast and dissolve for 10 minutes. In a small bowl add the vinegar to the milk and let sit for 10 minutes. Stir in the oil, salt and sesame seeds. Stir in the dissolved yeast. Measure the flour into a large mixing bowl and make a well in the center. Pour in the wet ingredients and use a wooden spoon to mix and form a soft dough. Use your hands to knead. If it is sticky sprinkle extra flour to make a soft dough consistency. Form the dough into a ball. Clean and grease the large mixing bowl with the 2 teaspoons of olive oil. Place the dough ball into the bowl. Roll the ball in the bowl to coat with oil. Cover with a clean towel and set aside in a warm, non drafty spot to rise for one hour. Line a baking sheet with parchment paper and grease the paper with olive oil. Punch down dough and turn onto a floured surface. Divide the ball in half. Cover one half with plastic wrap to keep from drying out and set aside. Preheat oven to 325°F. Cut the remaining ball into 16 equal pieces by cutting in half, then half again and again. Roll each piece with your hands to form a log then place it onto the prepared baking sheet. Leave space between each piece. Beat egg and water together with a fork then brush a little over each bread stick. Sprinkle on optional garnishes. Place into the preheated oven and bake 25-30 minutes or until golden brown. Remove to a wire rack to cool. Repeat with second ball. **Baking Tip:** Prepare one batch at a time. While the first batch is baking, you can be making the second batch. You can also roll the dough into a long log and tie it into a knot.



BAKED FLATBREAD

2 1/4 teaspoons active dry yeast
1 cup warm water (110°F)
1 Tablespoon olive oil
2 teaspoons granulated sugar
1/4 cup plain yogurt
1 1/2 teaspoons salt
2 1/2 cups all purpose flour, plus
additional as needed
1/4 cup sesame seeds

Preheat oven to 325°F. Grease 2 cookie sheets with olive oil. Put the yeast into the warm water and let sit for 10 minutes. Add oil, sugar, and yogurt and mix with a wooden spoon until well combined. Add salt and flour, and mix until flour is incorporated. Turn dough out of mixing bowl onto a very lightly floured surface and knead until smooth and elastic, adding just enough flour until dough is not sticky but very soft. Allow dough to rise in warm place until doubled, 30 to 45 minutes. On a lightly floured work surface, cut dough into two equal portions. Shape each portion into a ball and let rest for 10 minutes. Using a rolling pin flatten each ball into an 8-inch rectangle and let rest for 10 minutes before rolling out large enough to fit into the bottom of the cookie sheet. Brush olive oil onto the flatbread with a pastry brush and sprinkle on half of the sesame seeds. Bake the first sheet of flatbread for 20-25 minutes or until done. Roll out and prepare the second batch of flatbread while the first one is baking. Once baked remove from the oven, and let cool for a few minutes then put onto a cutting board and cut into desired sizes. Repeat with the second pan.



BEET, POTATO AND EGG SALAD

4 medium beets
15-20 baby potatoes, washed
1/2 cup olive oil
salt and pepper
4 eggs
10 bite sized tomatoes, halved
or 4 medium tomatoes, cut into
wedges
4 cups greens (baby spinach,
lettuce, or any kind of greens)
2 Tablespoons capers
black olives
fresh basil, to garnish

Serve with Maple Balsamic salad
dressing (page 19)

Serves 2-3

Preheat oven to 400°F. Cut off the beet ends, and wrap each one in aluminum foil, so you will have 4 balls. Transfer beets to a baking dish. Bake beets for 50-60 minutes or until you can poke a fork into them easily. Midway through cooking the beets, prepare the potatoes. Line a casserole dish with parchment paper. Wash the potatoes and place them on the parchment paper. Drizzle with olive oil, salt and pepper, and mix the potatoes to coat. Place in oven with beets for 30-40 minutes until tender to poke. Remove beets and potatoes from oven and let cool. Remove aluminum foil from the beets and place them directly into a bowl of cold water. Once they are cool enough to handle, you should be able to easily rub the beet skins off. Discard skins and slice beets into rounds or quarters, and set aside to cool. While the beets cool, boil eggs in shells for 7-8 minutes. Once boiled, let eggs cool before peeling off shells and cutting into quarters.

To serve: arrange your plates with a bed of greens. Top with potatoes, beets, eggs, tomatoes, capers, olives and salad dressing. The ingredients in this salad are all meant to be served cold or at room temperature.



LIVE TO 100 SALAD

1 cup lettuce, torn
1 cup spinach, torn
1/2 cup broccoli, chopped
1/2 cup cauliflower, chopped
1/4 cup red pepper, chopped
1/2 cup carrot, chopped
1/4 cup celery, chopped
1/4 cup cucumber, chopped
1/4 avocado, chopped
1/2 cup cheese, chopped or grated
5 baby tomatoes or
1/2 regular tomato
6 grapes
1/4 cup sunflower seeds
8 almonds
8 walnut halves
2 radishes, chopped
1-2 green onions, chopped
Homemade salad dressing (page 19)

**Adjust these ingredients
to your liking*

Serves 2

Who said salad is boring? One of our favorite meals in Grandmother's Kitchen is salad. To make delicious salads we use a variety of fresh vegetables, nuts, cheese, eggs, fruit and always homemade salad dressing. There is not a right or wrong way to make a salad. There are 3 key things to make a delicious salad. First, use fresh produce. Second, mix textures by adding crunchy nuts and seeds. Finally, always make a tasty homemade dressing. Try the salad dressings in this book and adjust ingredients as desired to make your very own perfect flavor combination. You may find, like us, that you begin to crave that daily salad because it tastes so darn good!

A great way to save time and eat healthy is to pre-wash and prepare your vegetables as soon as you get them home from the grocery store. Line a large airtight container with a clean tea towel. Wash produce in clean sink full of water with a Tablespoon of white vinegar. Let the produce soak for a minute or two and then remove from water, shake off and let it air dry or dry fully with a clean towel. Store in an airtight container in the fridge. Now you will have salad at your fingertips. Eat daily!



4 HOMEMADE SALAD DRESSINGS

All of these recipes are meant to be blended together with a blender or a food processor. In a pinch just chop all your ingredients very small and mix vigorously by hand. Taste as you go, adding more or less of each ingredient to your liking.

Each recipe makes enough for about 1 week of salads for 2 people. Make this large batch and keep it in a glass jar on the counter so you are ready for a week of delicious salads.

Health Tip: Choose the highest quality olive oil that you can. Look for low acidity, first cold pressed and extra virgin.

MAPLE BALSAMIC	GINGER PEANUT	ROSEMARY OREGANO	CAESAR INSPIRED
1 cup olive oil 1 cup balsamic vinegar 4 Tablespoon maple syrup 2 teaspoon mustard 4 teaspoon dried thyme 1 teaspoon salt 1 teaspoon pepper 2 teaspoons plain yogurt *keep in fridge if you add yogurt	6 inches ginger, diced 2 garlic clove 1/2 cup cilantro, chopped 1 cup water 3 teaspoons soy sauce 4 1/2 Tablespoons of peanut butter 1 cup sweet chili sauce 3 Tablespoons olive oil	1 1/2 cups olive oil 1 cup apple cider vinegar * or more to taste 3 Tablespoons dried oregano 1 long sprig fresh rosemary leaves 4 Tablespoons Parmesan 4 Tablespoons honey	1 1/2 cups olive oil 3 Tablespoons Parmesan 3 Tablespoons honey 3 teaspoons mustard powder 1/2 cup white vinegar 2 Tablespoons lemon juice 2 garlic cloves, minced 2 teaspoons salt 2 teaspoons pepper



SWEET PICKLED BEETS PART 1

2 cups water
2 cups granulated sugar
2 cups pickling vinegar
1 Tablespoon pickling spice
5 lbs fresh beets (8 cups chopped)
cheesecloth and kitchen twine
tongs

Makes approximately 6 pints

Wash your canning jars in hot soapy water or in the dishwasher and set aside. Place the lids and rings into a small heat proof bowl and pour enough boiling water into the bowl to cover everything. Set aside while you prepare the beets. Boil the beets until tender. Drain water and let the beets cool. Speed this up by running them under cold water. Peel the skins off. Cut the beets into bite sized pieces and measure out 8 cups. Place chopped beets into a deep pot. Add water, sugar and vinegar. Cut cheesecloth (about 6x6 inches) and put the pickling spices onto the cheesecloth. Pull up the sides around the spices to form a ball and tie it closed at the top with kitchen twine. Place the ball of spice into the pot. Bring brine and beets to a boil. Cook for 10 minutes. Stir occasionally. Meanwhile boil a large pot of water and sterilize the jars by placing each WARM jar into the boiling water and use tongs to rotate the jar so it all gets sterilized. Set up a station with a clean thick towel. Place a small empty bowl on the counter. This will catch any drips and be less messy.



SWEET PICKLED BEETS PART 2



When the beets have cooked for 10 minutes, reduce the heat to low, remove the spices and use a ladle to fill each jar with beets and juice. Remove air bubbles with a fork. Leave 1/2 inch space at the top. Wipe the rim of the jar with a clean damp towel. Use tongs to place the lid on top of the jar and screw on the ring. Tighten the ring but do not over-tighten. Place filled jars onto the towel and leave to sit. You will hear a popping sound whenever a jar seals. The popping is the sound of the seals being formed and the center of the lids will become concave as the vacuum seal takes hold. After the jars have cooled to room temperature, remove the bands and check the seals. Grasp the jar by the edge of the lid and gently lifting it an inch or two off the counter-top. The lid should hold fast. If the seals are good, store the jars in a cool, dark for up to a year. Jars that don't seal can be refrigerated and used first. Jars can be stored with or without rings.

Canning Tips - Jars must always be sterilized when you are canning. If you wash them in a dishwasher; to save time, plan it so the jars will still be warm at canning time. If washing by hand, after rinsed, fill a sink with hot water and leave the jars in the hot water until you are ready to sterilize each one in the boiling water. NEVER put a COLD jar into boiling water as it could crack and break.



BORSCHT

4 cups water
4 medium beets, julienned
4 medium russet potatoes, diced
2 carrots, diced
1 cup fresh green beans, cut into
1/2 inch pieces or you can use
canned red or white kidney beans,
rinsed
1 cup shredded cabbage
1 medium onion, diced
2 Tablespoons butter
2 Tablespoons fresh dill, chopped
salt and pepper to taste
1 cup frozen peas
1 - 28oz. can stewed/diced tomatoes
- chopped into smaller sections if
they are large pieces
sour cream to add to soup once it is
cooked.

Serves 8

Add 4 cups of water to a large soup pot and bring to a boil. Add beets to boiling water followed by potatoes, carrots, cabbage and beans. The water should cover all the vegetables. Add more water if needed. As vegetables are cooking prepare your onions. In a skillet fry diced onions in the butter over medium heat. Watch carefully so that your onions cook to a golden brown. Add onions to the pot. Test vegetables for doneness. When ready, add diced tomatoes, chopped dill and peas. Bring to a boil and turn off heat. Be sure to taste, adding more salt and pepper if needed.

To serve: ladle into a warmed soup bowl. Add a spoonful of sour cream and freshly chopped dill to garnish.



VEGETABLE BARLEY SOUP

1/3 cup pearl barley
4 cups water
6 medium potatoes, peeled and chopped into 1/2 inch cubes
1 can (796ml) diced tomatoes
1 can (796ml) crushed tomatoes
2 carrots, peeled and chopped into 1/2 inch cubes
1 celery stick (use the leafy parts for more flavor)
1 cup chopped green beans
1 cup frozen peas
1 cup chopped spinach, Swiss chard, or kale
1 onion, peeled and diced
2 Tablespoons ghee or butter
salt and pepper to taste

In a large pot, bring the barley and water to a boil. Once it boils, turn down to a simmer. Add potatoes, carrots and celery and continue to simmer. Golden fried onions are the secret to this soup. In a medium saucepan over medium-high heat, fry the onions in ghee or butter until golden brown. Add onions to the soup pot and stir in. Continue to cook until the potatoes are tender. Add in the diced and crushed tomatoes, green beans, peas and chopped greens. Cook for another 10 minutes on low heat. Add salt and pepper to taste.

Grandmother's Tip: You can refrigerate small servings in small glass jars with lids for quick and easy lunches.

Serves 8



POTATO AND DUMPLING SOUP

4 large potatoes, peeled and rinsed

1 large onion, diced

1 Tablespoon butter

4 celery sticks, diced

1 carrot, peeled and diced

4 cups chicken stock

1 Tablespoon parsley, chopped fine

1 teaspoon dill, chopped fine

2 Tablespoons all purpose flour

1 teaspoon salt

1 cup milk

salt and pepper to taste

Dumplings:

1/2 cup all purpose flour

1 egg

1 teaspoon salt

1/4 cup milk

Serves 6-8

Cut potatoes into small bite sized pieces. Heat a large soup pot to medium heat, melt butter and fry the onions, celery and carrots for 3-5 minutes. Add in potatoes and chicken stock with enough water to cover potatoes by one inch. Bring to a boil then reduce heat to simmer. Stir in the freshly chopped dill and parsley. Cook for 20 minutes or until potatoes are tender.

To cream the soup, in a small bowl, use a fork to mix 2 tablespoons of flour and salt with cold milk until no lumps are left. Stir milk mixture into the soup and bring to a boil to thicken soup. Season with salt and pepper to taste.

Make the dumplings: In a bowl combine the flour, egg, salt and 1/4 cup milk. Drop the dough mixture, a teaspoonful at a time into simmering soup. Do not stir until dumplings begin to float.

Optional: Serve with bacon bits and chopped green onions.



BEEF CHILI TWO WAYS

**2 lbs lean ground meat
(beef or turkey)
1 celery stalk, diced
1 red bell pepper, diced
3 medium tomatoes, chopped
1 (960ml) can tomato sauce
1 (540ml) can kidney beans
1 (540ml) can pinto beans
1 (398ml) can corn niblets
2 -3 teaspoons cumin powder
1 Tablespoon chili powder
1 1/2 teaspoons black pepper
2 teaspoons salt
1 cup water
1 Tablespoon butter
1 medium onion
1-2 diced green or red chili peppers**

Serves 8-10

Slow Cooker: To your slow cooker, add the ground meat, celery, red bell pepper, tomatoes, tomato sauce, cumin, chili powder, salt, pepper and water. Drain and rinse the beans and the corn and add to the slow cooker. To save time you can add the final ingredients (onion, chili pepper and butter) into the slow cooker, but if you have an extra 5 minutes, you can enhance the flavor of your chili with the next step. In a large pan, fry the onions and chili pepper in butter. Once golden remove from pan and add to the slow cooker. Turn slow cooker on your desired setting.

Stove Top: In a large pot, brown the ground meat, stirring often until cooked through. Add the celery, red bell pepper, cumin, chili powder, salt and pepper. Cook for another 2-3 minutes. Add tomatoes, tomato sauce, and water and simmer for 10 minutes. Drain and rinse beans and corn and add them to the pot. In the meanwhile, fry the onions and chili pepper in butter until the onions are golden brown. Add the fried onion mixture to the chili. Let cook for another 30 minutes on very low heat.



BEEF STEW

1/2 cup butter, oil or ghee
3 1/2 lbs boneless beef chuck roast, trimmed, cut into 2 1/2 inch pieces
1 cup all purpose flour
1 teaspoon salt
1/2 teaspoon cracked pepper
1 Tablespoon dried oregano
1 medium onion, diced
4 garlic cloves, minced
1 box (946ml) beef stock
6 medium russet potatoes, peeled and cut into chunks
14 large (2 inch) mushrooms
1 celery stick, chopped into 1 inch pieces
1/2 green or red bell pepper, chopped
4 medium tomatoes, chopped
salt and pepper to taste

Serves 10

Preheat the oven to 400°F. Prepare the vegetables and set aside. In a large bowl, mix flour, salt, pepper and oregano. Add cut beef and coat with flour mixture. Do not throw away the leftover bits of flour. Heat 2 tablespoons oil/butter or ghee into a heavy bottom large frying pan over high heat. Add meat to oil and saute until brown on all sides, about 10 minutes. Do not over crowd the pan. Work in batches if needed. Do not over cook. Transfer the browned meat to a large roasting pan set beside your stove. Do not wash the frying pan you used. Reduce the frying pan heat to medium and add the onions and garlic cooking them in the beef fat until golden. Use tongs to transfer golden onions into the roasting pan on top of the beef. Prepare the gravy, by adding left over flour to the frying pan and browning it slightly being careful not to burn. Add the beef broth to flour and heat, stirring well to thicken over medium heat to make a gravy. Pour gravy over the beef. Add all the vegetables to the pot. Season with salt and pepper. Put into oven and bake for 20 minutes, before giving it a stir and returning it to the oven to cook for another 40 minutes or until the potatoes are tender, but the vegetables still hold together. Season stew with salt and pepper.

Optional: To remove the tomato skins, place tomatoes in a heat proof bowl. Pour boiling water to cover and let sit for 1 minute. The skins can now easily be peeled off and discarded before chopping.



CHICKEN STEW WITH BISCUITS AND GRAVY

6 medium russet potatoes
14 large mushrooms (2 inch)
1 celery stick
1 acorn squash (5 inches)
1 medium onion
4 chicken breasts, cubed
1 cup all purpose flour
1 teaspoon salt
1/2 teaspoon cracked pepper
1 Tablespoon rosemary, chopped
1/2 cup ghee, butter or oil
1 box (946ml) chicken stock
2 cups frozen peas

Dumplings:

2 cups all purpose flour
1 Tablespoon baking powder
1 teaspoon baking soda
4 Tablespoons fresh parsley, chopped
1/4 teaspoon pepper
1/2 teaspoon salt
1 cup buttermilk or 1 cup milk + 1
Tablespoon vinegar to sour
2 Tablespoon olive oil

Serves 10

Preheat oven to 400°F. Prepare the vegetables. Peel and cut each potato into 6-8 long wedges. Peel, remove the seeds and cut squash into 1 inch cubes. Quarter the mushrooms if they are large, but only cut them in half if you are using small mushrooms. Peel and cut onions into long thin wedges. Dice the celery. Set vegetables aside. In a large bowl, stir together flour, salt, pepper and rosemary. Wash and cut the chicken into pieces. Add cut chicken to flour mixture and coat. Heat a large heavy bottom pan with ghee or butter over high heat. Brown the chicken on both sides. Do not crowd the pan. If needed, cook in batches. Transfer chicken to a large roasting pan. Do not wash the frying pan you used. Place any leftover flour mixture into the frying pan and brown slightly being careful not to burn. Add chicken broth to the flour; stirring well over medium heat to make a gravy. Pour gravy over the chicken. Add all the vegetables to the pot. Season with salt and pepper. Put the lid on and place into oven. Bake for 20 minutes. Open the oven, remove the pot, give it a stir then return to the oven to cook until potatoes are tender (about 20 minutes more). **Dumplings:** While your stew cooks; in a medium bowl, combine flour, baking powder, baking soda, parsley, salt and pepper. Add buttermilk and oil and stir with a fork until mixture comes together. Set aside. Once the potatoes are tender, use a large spoon or a small ice cream scoop to drop 12 biscuit balls onto the simmering liquid. Also add the frozen peas at this time. Reduce oven to 350°F. Cover pan and cook 15-20 minutes (no peeking!) until dumplings are puffed and cooked through.



STUFFED CAMEMBERT AND SPINACH CHICKEN

2 chicken breasts, deboned and skinned
4 teaspoons soy sauce
2 cups raw spinach leaves packed fairly tight
2 oz Camembert cheese cut into 1/4 inch cubes
2 oz freshly grated Parmesan
1/8 cup mayonnaise
1 teaspoon Dijon mustard
1/4 cup Panko style breading
salt and pepper to taste
Tools: Meat pounder and kitchen string

Serves 2

Cut each of the chicken breasts in half lengthwise to get 4 pieces. Gently pound each piece to 1/4 inch thick. Place the pounded chicken onto a flat plate. Sprinkle one teaspoon soy sauce on each breast. Place the chicken into the refrigerator and marinate for 30 minutes. In the meanwhile, cook the spinach in boiling water for 5 minutes. Drain and squeeze out the moisture. Transfer the cooked spinach to a cutting board. Cut the spinach into small pieces. In a mixing bowl, stir together spinach, Camembert and Parmesan. In a small bowl, mix together the mayonnaise and mustard and set aside. Measure the Panko onto a shallow plate and set aside. Preheat the oven to 450°F. Line the bottom of a baking dish with parchment paper. Remove the chicken breasts from the refrigerator. Divide the stuffing into 4 equal portions. Place one flattened chicken breast on a plate. Spoon a portion of the spinach stuffing onto the breast. Roll up the breast containing the stuffing. Wrap and tie a piece of kitchen string around the chicken breast roll so it does not come apart. Repeat process. When all are ready, use a pastry brush to paint the mayonnaise mixture on the outside. Sprinkle panko onto the chicken roll-up, pat down with your fingers and rotate until all sides are coated. Place into the baking dish. Repeat the process until done. Bake for 15 minute and then flip the chicken rolls over so they brown on all sides. Bake for another 15-20 minutes until the chicken is cooked through.



MOM'S LASAGNA

2 Tablespoons butter
2 cloves garlic cloves, minced
1 medium white onion, diced
10 medium to large
white mushrooms, sliced
1 pound lean ground beef
1 (960 ml) can tomato sauce
2 Tablespoons dried oregano flakes
1/2 teaspoon salt
1/2 teaspoon pepper
1 (500 gram) container of
dry cottage cheese
1 (425 gram) container of
ricotta cheese
4 cups fresh spinach leaves,
chopped into small pieces
2 cups grated mozzarella cheese
9 strips of lasagna noodles

Makes one 9x13 inch pan

In a large frying pan, melt 2 tablespoons of butter on low and add the garlic and onions, cooking until golden. Add mushrooms, cover and cook for 10 minutes. Transfer this mixture into a large cooking pot. Next, place the ground beef into the frying pan, breaking it up into smaller pieces as it cooks. When all the meat is brown, drain off any fat and transfer into the large cooking pot. Add the tomato sauce, oregano flakes, salt and pepper to taste. Stir together and simmer for 20 minutes. In the meanwhile, in a mixing bowl, stir together the cottage cheese, ricotta cheese and chopped spinach. Grate the mozzarella cheese into another bowl and set aside. Bring a large pot of water to a boil. Add the lasagna noodles and boil for 8-10 minutes until al dente. Drain the water. Run cold water over the noodles to cool them and leave them to sit in the cold water for easier handling and to keep from sticking. **Assembly:** Preheat oven to 375°F. There will be a total of 3 layers of sauce, with the thickest layer on the bottom, so divide accordingly. Ladle a generous layer of sauce onto the bottom of a 9x13 inch pan. Place 3 lasagna noodles. Spread the spinach mixture over top. Place 3 more noodles. Add the 2nd layer of meat, reserving some sauce for the top. Place the final 3 noodles on top. Spoon on the remaining sauce. Sprinkle the grated mozzarella evenly on top. Cover the baking dish with aluminum foil. Bake for 30 minutes. Remove the foil and bake another 10 minutes or until the cheese is golden brown. Remove from oven. Let sit for 15-20 minutes before slicing.



GRANDPA'S SLOW COOKER RIBS

10 lbs pork ribs

2 cans tomato paste (156ml/5.5oz)

2 cans diced tomatoes (398ml/14oz)

1/4 cup mustard

2/3 cup brown sugar

2 Tablespoons tamari (or soy sauce)

1/2 cup ketchup

2 Tablespoons apple cider vinegar

Rub:

6 cloves garlic, crushed and diced

2 Tablespoons dried oregano

1 teaspoon chili flakes

1 teaspoon salt

1 teaspoon pepper

Prepare the spice rub: In a medium bowl, mix together the garlic, oregano, chili flakes, salt and pepper and set aside. Use a sharp knife to peel the membrane off the meat of the ribs. Trim away extra fat and place ribs into a large bowl. Use your hands to rub the spice mixture onto the ribs and let them sit while you prepare the sauce. In a large bowl stir together the tomato paste, diced tomatoes, mustard, brown sugar, tamari, ketchup and apple cider vinegar. Place the ribs into the slow cooker and pour the sauce on top. Use a large wooden spoon or a pair of tongs to coat the ribs with the sauce. Cook ribs on high if you plan to eat them within 4-6 hours. Cook on low if you have a longer time frame before serving.

Serves 10



DOUBLE DECKER BAKED POTATOES

4 medium russet potatoes
1/2 cup milk or cream
1 Tablespoon butter
salt and pepper to taste
3/4 cup cheddar cheese, grated
1 package of lean bacon

Garnish ideas:
sour cream
green onions

Serves 4

Preheat the oven to 400°F. Scrub the potatoes with a vegetable brush, cut away any black bits. Spear the potatoes with a knife. Bake for 45 minutes or until done. To test, poke a small sharp knife into the potato. If it goes in easy, it is done. Remove the potatoes from the oven and let them cool for 5 to 10 minutes. To assemble, slice the potato down the middle lengthwise. Use a spoon to scoop out the potato leaving 1/4 inch of potato still in the skin. Put the potato flesh into a small mixing bowl. Add butter and milk and use an electric mixer to beat until the potato stuffing is a creamy texture. Season with salt and pepper to taste. Turn oven down to 375°F. Place the prepared potato halves onto a baking sheet lined with parchment paper and sprinkle with remaining cheese. Bake for 10-15 minutes or until heated through. Serve with your choice of bacon bits, sour cream and green onions.

Bacon bits: While the potatoes are baking, prepare the bacon bits. Slice the bacon strips into 1/4 inch pieces and in a large frying pan, cook until the bacon is crispy. Remove the bacon from the frying pan onto a plate lined with paper towels that will absorb the bacon fat. Set aside.



BAKED HONEY MUSTARD DRUMSTICKS

10 drumsticks
1/4 cup honey
1/4 cup lemon juice
1/4 cup mustard
1/2 medium white onion, diced
1 teaspoon salt
1 teaspoon pepper
2 Tablespoons vegetable oil
1 teaspoon paprika

Serves 6-8

ROASTED BABY POTATOES

2 1/2 pounds baby yellow potatoes
1/4 cup melted butter (or olive oil)
1/4 cup white wine
2-3 Tablespoons fresh minced garlic
salt and pepper, to taste
2 Tablespoons chopped herbs
(rosemary, oregano, or thyme)
1 Tablespoon water

Serves 6-8

Wash the drumsticks and pat dry well with a paper towel. Trim away extra skin and any loose bone pieces. In a large bowl mix together honey, lemon juice, mustard, onion, salt, pepper, oil and paprika. Place drumsticks in the bowl and coat well with marinade. Transfer the mixture (with all the sauce) to 1 or 2 large ziploc bags and refrigerate for at least 1 hour, turn once or twice to coat the chicken. Preheat oven to 425°F and line a baking sheet with aluminum foil. Place a grilling rack on the sheet. Grease the grill rack with some oil using a silicone pastry brush. The rack helps the chicken to cook evenly, but you can cook without one as well. Cook for 35 minutes or until the internal meat temperature reaches 185°F.

Preheat oven to 425°F. For easier clean up, line a baking dish with foil or parchment paper. In a large bowl mix together melted butter, white wine, garlic, salt, pepper, herbs and water. Wash potatoes, cut off any black pieces and dry with a towel. Cut potatoes into halves. Place potatoes in seasoning and mix to coat. Pour potatoes and seasoning into the prepared baking dish. Bake for 35-40 minutes or until potatoes are tender when poked with a fork. Bake an extra 5 or more minutes until golden.



CRISPY BAKED FISH OR CHICKEN STRIPS

**2 white fish fillets or
2 chicken breasts, sliced into 1 inch
wide strips
1/3 cup mayonnaise
2 Tablespoon Dijon mustard
1 cup Panko
1/2 teaspoon salt
1 Tablespoon olive oil, for greasing**

Serves 2

Preheat oven to 475°F. Line a baking sheet with aluminum foil or parchment paper. Place a metal grilling rack on top of the lined baking sheet and grease the rack with oil. In a small bowl combine the mayonnaise with the Dijon mustard. In a shallow bowl, combine the panko and salt. Use tongs, grab a fish or chicken strip and dip it into the mustard/mayo bowl to coat. Now roll this into the panko mixture and coat all sides. Place each prepared strip onto the metal rack on the baking sheet. Bake for 20-25 minutes turning the strips over once at the halfway mark in time. Note, some kinds of fish are very flaky, so you might not be able to turn them, which is okay. If the fish/chicken is not baked through, continue to bake until done and browned. Serve with lemon slices.



HOMEMADE UKRAINIAN PIEROGIES - PART 1

Cottage Cheese Filling:

2 cups dry cottage cheese

1 egg lightly beaten

salt to taste

Potato Cheddar Filling:

2 cups mashed potatoes, save the potato water for the dough

1 small onion, finely chopped

2 Tablespoons butter

2 cups grated cheddar cheese

salt and pepper to taste

Sauerkraut Filling:

2 cups sauerkraut

1 medium onion, diced

4 Tablespoons butter

***optional, a few thin slices of ham**

Each filling above makes enough for one dough batch of 40 pierogies

When preparing pierogies, make the fillings first since they need time to cool before filling. In our family, we make all 3 kinds of fillings to satisfy a household of different taste-buds. You can choose your favorite filling and make extra if you like instead.

Cottage Cheese Filling: Combine cottage cheese and egg and season to taste with salt. Use a masher to break up the big curds and make a nice fine filling. If too dry you can mix in an extra egg or a spoonful of sour cream.

Potato Cheddar Filling: Boil the potatoes and save the water for the dough. Fry the chopped onion in butter until tender and golden. Combine the cheddar cheese into the mashed potatoes while they are warm so the cheese will melt. Stir in the fried onions and salt and pepper to taste. Let cool before using. This filling can be pre-roll into one inch balls for filling.

Sauerkraut Filling: Rinse the sauerkraut in warm water and squeeze dry. Fry the onion in the butter until onion is golden. Remove and stir into the sauerkraut. If using ham, chop into small pieces and stir into the sauerkraut. Place mixture into an oven proof container and bake at 400°F for 20 minutes or until the sauerkraut is tender and the flavors are blended. Let cool and chop very fine.



HOMEMADE UKRAINIAN PIEROGIES - PART 2

1/3 cup butter

1 onion, diced

Dough:

2 cups all purpose flour

1/2 teaspoon salt

2 eggs, beaten

1/2 - 3/4 cup water

*** If you have water from boiled potatoes use that**

Serving ideas:

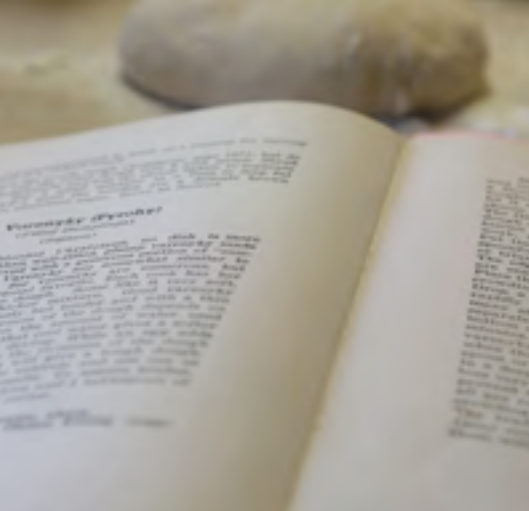
Sour cream

Raspberry jam

Bacon bits

Makes 40-45 pierogies

Fry onions in butter until golden. Spread a spoonful of fried onions onto a large baking sheet and set aside. **To make the dough:** Mix flour and salt in a deep bowl. Add eggs and 1/2 cup of potato water and mix into a soft dough. If needed, add water a tablespoon at a time. If the dough is sticky, add more flour. Knead the dough on a floured surface until smooth and elastic. Let stand for 10 minutes. Roll dough quite thin (about 1/8 inch). Cut into 2 1/2 inch squares. Fill the squares one at a time. **To fill:** Place a square of dough in your hand with the stickier side facing up. Add a teaspoon of filling in the center. Fold the dough into a triangle. Pinch the edges together tightly. Be patient as it takes a few times to master the technique. Place each pierogi onto a floured surface and repeat until filled. While you work, boil a large pot of water. Preheat oven to 200°F where you will keep the tray of finished pierogies warm. Gently drop 8 pierogies, one at time, into the water cooking until they float to the top and the dough puffs up slightly. Remove each one carefully with a slotted spoon and place on the prepared baking sheet. Use a rubber spatula to gently coat the pierogies with the fried onions and butter. Repeat until all pierogies are cooked, adding more fried onions and butter as you place them into a single layer onto the sheet. Cover the baking sheet with aluminum foil and place into the oven. You may need an extra baking sheet. Make extra onions fried in butter if you are making a large batch. **Tip:** To double the dough, make a new batch of dough each time rather than doubling the ingredients.



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MOM'S PASTRY RECIPE

2 1/4 cup all purpose flour
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon baking powder
1 cup shortening
1 egg
1/4 cup milk

Makes two 9 inch pie crusts

In a large bowl, stir together flour, salt, sugar and baking powder. Cut in the shortening with a pastry cutter. In a small bowl mix together the egg and milk. Pour liquids into the flour mixture. Use a fork to mix together. When the ingredients come together into a dough, divide the dough into two, and use clean hands to form the dough into two balls. Dust your counter top with flour and press the ball of dough flat with your hand into a circle. Dust the dough and rolling pin with flour and roll out the dough so it is slightly bigger than your pie plate. To transfer your dough, carefully fold in half, and then in half again. Carefully lift the dough into your pie plate and unfold. Press the dough gently into the pie plate. Use a sharp knife to trim away any hanging edges. Use clean fingers to gently press the edges down onto the pie plate. The second ball can be rolled out to make your top crust. If you prefer a single crust, simply wrap the extra dough in plastic wrap or store it in an airtight container in the freezer.

Baked Pie Shells: Flute pastry as desired. Poke the bottom with a fork at 1 inch spacings. Bake in preheated 450°F oven for 10 to 12 minutes or until golden brown. Cool before filling.

Unbaked Pie Shells: Flute pastry as desired, but do not prick the bottom. Add uncooked filling and bake as directed in the recipe.



DOUBLE CRUST APPLE PIE

1 batch of Mom's Pastry (page 55)

Apple Filling:

5-6 apples medium apples

2/3 cup brown sugar

1 teaspoon cinnamon

1/4 teaspoon salt

1 Tablespoon all purpose flour

1 Tablespoon butter (cold)

Makes enough to fill one deep 9 inch pie or 12 tarts.

Prepare the unbaked pie crust according to the recipe for Mom's Pie Pastry, rolling out both balls of dough. Wash, peel, core and slice the apples evenly into 1/2 inch thin pieces. Place the apple slices into a large bowl. In a small mixing bowl stir together the sugar, cinnamon, salt, and flour. Stir the mixture into the sliced apples. Cut the butter into small pieces and mix into the apples. The butter will melt when baking and add flavor.

Fill the pie crust with the apple pie filler. Roll out the second piece of dough large enough to fit over the filled pie. Carefully transfer the dough and cover the filling, being careful not to stretch it. Cut away extra dough, and roll again to create decorative shapes of your choosing. Seal the top by pressing the edges down with a fork. To help prevent the filling from boiling over, poke the top crust in several spots with a fork. This will allow the steam to escape. Sometimes fruit pies will run over and make a mess in the oven. To avoid this place a sheet of aluminum foil on the rack just below the rack that the pie is baking on. Never place the foil on the very bottom of the oven. Place the pie onto the middle rack of a preheated 400°F oven. Bake for 15 minutes at 400°F then turn the heat down to 350°F and bake for another 30-40 minutes or until golden brown. If the top crust is browning too quickly, tent with a piece of aluminum foil. Let the pie cool before slicing.



APPLE TARTS WITH BUTTER PIE PASTRY

Apple Filling (see page 57)

Butter Pastry:

1 1/2 cups all purpose flour

3/4 teaspoon salt

3/4 cup butter

4-5 tablespoons cold water

Tools

(1) regular 12 hole muffin tray

(1) 4 inch round cookie cutter

*Makes 12 regular double crust tarts or
two 9 inch pie crusts*

Prepare the apple filling and set aside. Preheat oven to 350°F and grease a 12 hole muffin pan with butter. In a large bowl, sift flour and mix with the salt. Cut in butter with a pastry cutter until it resembles the texture of coarse cornmeal. Use a fork to mix in the cold water until it is just incorporated. It is okay if you see little specks of butter, and flour and the dough is not smooth. Use clean hands to form the dough into a ball. Cut the ball into two pieces and cover one with a cloth to keep from drying out. Sprinkle a clean surface with flour. Flatten your ball into a disc. Use your rolling pin to form a circle-like shape, pushing from the center towards the edges. If it is not perfect, it will not matter. Don't overwork the crust. Use the cookie cutter to cut out the circles. Note, on your first cut, you will probably get about 6-7 circles, and then you will need to re-roll the dough and repeat. Place a circle of dough at the bottom of each muffin hole and press down so it comes up the sides.

Fill each tart with apple pie filling. Roll out the second ball of dough and cut circles for your tops. Transfer to the tarts and press edges down with a fork to seal. Poke holes into the tops of each tart to let the steam escape. Bake for 30-40 minutes or until golden brown. If the crusts are cooking too quickly, tent with aluminum foil. Cool pan on a wire rack. Use a small knife to loosen the edges and leave them to cool.



CLASSIC CRUMBLE TOPPING

1/2 cup packed light brown sugar
1/2 cup uncooked rolled oats
1/3 cup all purpose flour
1/8 teaspoon salt
1/4 cup cold butter, cut into cubes

Makes enough to top one 9 inch pie

Mix the brown sugar, oats, flour, and salt until evenly combined. With your fingertips, blend in the butter pieces until small clumps form and the butter is well incorporated, about 2 minutes. Sprinkle the topping evenly over the pie filling before baking.

NUT CRUMBLE TOPPING

1 cup walnuts
1/2 pecans
1/8 teaspoon ground ginger
1/8 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1/2 cup brown sugar
1/4 cup cold butter, cut into cubes

Makes enough to top one 9 inch pie

Chop the walnuts and pecans into a medium-fine texture. Add the spices and brown sugar to the nuts and stir together. Add the butter cubes and stir together, then using your fingertips rub the butter into the nut mixture and make a pea type consistency. Sprinkle the topping evenly over the pie filling before baking.

HOMEMADE WHIPPED CREAM

1 cup heavy cream or whipping cream

1 Tablespoon sugar (optional)

1 teaspoon vanilla (optional)

Makes 1 1/2 cups of whipped cream

Chill a glass or metal bowl in the freezer for 10 minutes. Pour the cream into the bowl. Mix on high speed with an electric mixer until you reach the desired consistency. Optional: mid way through mixing, add the sugar and vanilla. Serve immediately or keep covered in the fridge until you are ready to use.

Baking Tip: *When a recipe calls for an 8 oz container of cool whip, use fresh whipping cream for a healthier choice.*



LEMON MERINGUE PIE

one 9 inch baked pie crust
(Page 55 or 59)

Lemon Filling:

1 1/4 cups granulated sugar

1/4 cup all purpose flour

3 Tablespoons cornstarch

1/4 teaspoon salt

3 cups boiling water

3 egg yolks, slightly beaten

1 Tablespoon butter

1 Tablespoon grated lemon rind

*** *Avoid the bitter white part of the peel***

1/2 cup strained lemon juice

Meringue:

3 egg whites

1/4 teaspoon cream of tartar

6 Tablespoons extra fine granulated sugar

Prepare pie crust pastry for one 9-inch baked pie crust. Let the crust cool before filling.

To make the filling: In a saucepan, using a whisk, combine the sugar, flour, cornstarch and salt. Gradually stir in the boiling water and cook over medium heat until the mixture has thickened, stirring constantly so as not to scorch the bottom. Once thickened, cook for 2 minutes longer, stirring. Remove from heat and stir a spoonful of the hot mixture into the beaten eggs to temper. Add egg mixture back into hot mixture, stirring well. Cook one minute, stir constantly. Remove from heat and stir in butter, grated lemon rind and lemon juice. Cool to lukewarm and pour into the baked pie shell.

To make the meringue: Preheat oven to 375°F. Use an electric mixer to beat the egg whites and cream of tartar to form stiff but moist peaks. The consistency should be so you could flip the bowl without the eggs sliding out. Very gradually beat in the sugar. Use a spatula to dollop the meringue onto the lukewarm pie filling covering the entire top. Be sure the meringue touches the pastry crust rim all the way around the pie to form a seal. Swirl the points with the spatula. Bake in the preheated oven until the tips become golden (about 5-7 minutes), watching very carefully so you do not burn the meringue. Cool at room temperature before slicing. To serve your pie, dip a clean, large, sharp knife into warm water before slicing each piece.



CREAMY CHOCOLATE PIE WITH A NUT CRUST

Nutty Crust:

**3 cups mixed nuts (walnuts,
hazelnuts, almonds)**

1/2 cup butter, melted

1/4 cup all purpose flour

Chocolate Pie Filling:

8 ounces dark chocolate, chopped

1 1/2 cups whole milk (3.5%)

3/4 cup granulated sugar

1/2 cup cornstarch

1 cup water

Garnish:

12 whole hazelnuts

1 cup heavy cream, whipped

Makes one 10 inch pie

Preheat oven to 350°F. Grease a 12 x 10 inch tart pan (with removable base) or a 10 inch spring form pan with butter or coconut oil. Finely chop the nuts. Mix nuts, butter and flour and press into the base of the pan. Bake for 15-20 minutes or until golden brown and fragrant. Be careful not to burn. Remove crust from oven and set on counter to cool.

Baking Tip: This yummy nut crust can be used as a delicious substitute for a graham cracker crust in many recipes.

Chocolate Pie Filling: Melt the chocolate over low heat in the top of a double boiler. Stir often and be careful not to get any water into the chocolate. In a medium saucepan, whisk milk and sugar and bring to a boil. While it is coming to a boil, whisk the cornstarch and water together in a separate bowl. Reduce milk mixture to a simmer and pour in cornstarch mixture. Continue whisking until mixture is thick, then stir with a spatula so you do not scorch the bottom. Pour the melted chocolate into the warm milk mixture and stir in well. You should have a nice thick creamy textured pie filling. Once stirred together, pour the filling into the pre-cooked pie crust. Place pie in refrigerator for at least one hour to cool. Remove the outside of the tart pan and garnish with whip cream and nuts.



HOMEMADE VANILLA AND CHOCOLATE PUDDING

1/2 cup granulated sugar
1/4 teaspoon salt
3 Tablespoons cornstarch
2 cups whole milk
1 teaspoon pure vanilla extract
1 Tablespoon butter, at room temperature

****For Chocolate Pudding add 2 ounces good quality bittersweet chocolate, finely chopped***

Makes about 2 cups

Measure the sugar, salt and cornstarch into a medium size saucepan and stir to combine. Stir in the milk. Turn the heat onto medium and heat the mixture, stirring to dissolve and combine all the ingredients. Continue to cook and stir with a rubber spatula until mixture thickens enough to coat the back of a metal spoon. Do not boil. Remove saucepan from heat as soon as the mixture is ready so the bottom does not scorch. If it does scorch strain through a metal sieve. Remove from heat, stir in vanilla and butter. *If you are making chocolate pudding add the chopped chocolate to the hot mixture and stir in to combine. Pour into four 1/2 cup serving dishes or one large dish. Cover with plastic wrap and chill in the refrigerator for at least 4 hours before serving.



CHOCOLATE CAKE

1 3/4 cups all purpose flour
1 teaspoon salt
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
3/4 cup cocoa powder
2 cups granulated sugar
2 eggs
1/2 cup vegetable oil
1 cup milk
2 teaspoons pure vanilla extract
1 cup boiling water

Frosting Ideas:

Chocolate Cream Cheese Frosting
(page 79)

Buttercream Frosting (page 81)

Makes two 9 inch cakes or 24 cupcakes

Preheat oven to 350°F and grease two 9 inch cake pans with butter and dust with flour. Set aside. Sift flour into a large bowl. Add salt, baking powder, baking soda, cocoa powder and sugar. Use a fork to mix together, breaking up any lumps that you find. Set this mixture aside. In a medium bowl, beat eggs until creamy. Add the vegetable oil, milk, and vanilla. Continue to beat with a fork until creamy and well incorporated. Use an electric mixer on medium speed and mix the wet ingredients into the large bowl of dry ingredients. Add boiling water to the mixture and continue to beat until well incorporated. Pour batter into your prepared cake pans. Bake for 30-35 minutes or until a toothpick inserted into the center comes out clean. Transfer your cakes onto a cooling rack and loosen the edges with a butter knife. Let cakes cool for 10 minutes before flipping onto the cooling rack and removing the pan. Cool cakes completely before frosting.

Grandmother's Tip:

To test if an egg is okay to use, dissolve 2 tablespoons of salt in 2 cups cold water. Put the egg in the water. If it sinks, it's good; if it floats, it's too old.



HOT MILK CAKE

4 eggs, at room temperature
2 cups granulated sugar
2 1/4 teaspoons baking powder
1 teaspoon salt
2 cups cake flour
(or 1 3/4 cups all purpose flour)
1 teaspoon pure vanilla extract
1 1/4 cups whole milk
2/3 cup + 1 teaspoon butter, cut into small pieces

Frosting Ideas:

Cream Cheese Frosting (page 81)

Simple Lemon Glaze (page 82)

Strawberry Sauce (page 83)

Makes one 9x13 inch cake

Preheat oven to 350°F. Grease a 9 x 13 inch baking pan with butter and set aside. In a large bowl, beat the eggs for a full five minutes or until they are lemon yellow in color and very thick.

Mixing Tip: Be sure to mix the eggs for the full five minutes.

Gradually add the sugar to the eggs one cup at a time and beat until the mixture is light and fluffy. In a separate bowl, stir the baking powder and salt into the flour to combine. Slowly add to the egg/sugar mixture on low speed and until just smooth. Do not over mix. In a small saucepan, heat the milk and butter just until the butter is melted. Stir in the vanilla. Gradually, mix into the batter. Beat until just combined. Do not over-mix. Pour batter into the prepared pan. Place into the preheated oven and bake for 30 to 35 minutes or until a toothpick inserted in the center of the cake comes out clean. Place the pan to cool on a wire cooling rack. Wait until cooled completely before frosting.



CARROT CAKE

**2 cups grated carrots
(about 4 medium carrots)
1/2 cup vegetable oil
1 Tablespoon maple syrup
2 eggs
1/2 cup granulated sugar
1 1/4 cups all purpose flour
1 teaspoons baking soda
1 1/4 Tablespoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
1/4 cup raisins or walnuts
(optional)**

Frosting Ideas:

**Chocolate Cream Cheese Frosting
(page 79)**

Cream Cheese Frosting (page 81)

*Makes 12 regular muffins or
one 8 inch round cake*

Preheat the oven to 350°F. Grease a 12 hole muffin tray or one 8 inch round cake pan with vegetable oil. In a large bowl, mix together the grated carrots, vegetable oil, maple syrup and eggs. In another large bowl mix together the sugar, flour, baking soda, baking powder, salt, cinnamon and nutmeg. Mix the wet and dry ingredients together until just incorporated. Gently stir in the raisins or chopped nuts if using. Do not over-mix. Pour the batter into your cake pan or muffin tray. Bake for 28 - 30 minutes or until a toothpick inserted in the center comes out clean. Let cool entirely before frosting.



BANANA BREAD

2 large bananas, mashed
1/2 cup buttermilk *
1 1/2 teaspoon baking soda
2 1/4 cups all purpose flour
1 1/2 teaspoon baking powder
1/4 teaspoon salt
3/4 cup butter, at room temperature
1 cup packed brown sugar
1 egg
1 teaspoon pure vanilla extract
1 cup chocolate chips, divided

*Makes one 9 x 5 inch loaf or
one 9x9 inch pan*

Preheat oven to 350°F and grease a 9x5 inch loaf pan or 9x9 inch cake pan with butter. In a mixing bowl, stir together bananas, buttermilk and baking soda. Let sit for 5 minutes. In another bowl, stir flour, baking powder and salt and set aside. In a large bowl, use an electric mixer to beat butter with brown sugar until creamy. Beat in the egg, vanilla and banana mixture. Stir in flour mixture until combined. Stir in 1/2 cup chocolate chips. Transfer to prepared pan. Sprinkle remaining chocolate chips on top. Bake for 35-40 minutes in a 9x9 inch pan, or if using a loaf pan, around 50-60 minutes. A toothpick inserted in the center that comes out clean indicates that it is done. Let cool in pan on rack for 15 minutes. Turn out onto rack and let cool completely before cutting.

★ **Buttermilk Substitution:** Add 1/2 Tablespoon lemon juice or white vinegar to 1/2 cup milk and let stand for 5 minutes, then stir.



CHOCOLATE CHIP COOKIES

1 cup all purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup butter
1/4 cup + 2 Tablespoons granulated sugar
1/4 cup lightly packed brown sugar
1 egg
1 teaspoon pure vanilla extract
1 cup chocolate chips

Makes about 2 dozen cookies

Preheat oven to 350°F. Line a baking sheet with parchment paper or grease with butter. Stir together the flour, baking soda and salt. In a mixing bowl, using an electric mixer, cream together the butter, granulated sugar and brown sugar. Beat in the eggs. Add vanilla and beat until light and fluffy. Stir in the dry ingredients. Fold in the chocolate chips. Drop batter using a teaspoon about 2 inches apart onto the prepared baking sheet. Optional: Press cookies down with the back of your spoon if you like a very flat cookie. Bake in the preheated oven for 10 to 12 minutes or until golden brown. Transfer cookies onto a wire baking rack to cool.

Baking Tip: The raw cookie dough batter can be kept in an airtight container in the fridge for a week before using, or else in the freezer for 3 months.



CHOCOLATE CREAM CHEESE FROSTING

9 ounces dark chocolate, chopped
2 1/4 cups confectioners' sugar
1/4 cup unsweetened cocoa powder
1/8 teaspoon salt
6 ounces cream cheese, at room temperature
3/4 cup butter, at room temperature
3/4 cup sour cream (optional)

Makes enough to frost two 9 inch cakes

Place the chopped chocolate into the top of a double boiler and melt over low heat stirring occasionally with a spatula. Be careful not to splash any water in or you will ruin the chocolate. In a large bowl, sift the confectioners' sugar, cocoa powder, and salt and stir together. In a medium bowl, beat the cream cheese and butter with a an electric mixer on medium-high speed until smooth. Reduce speed to low and add sugar-cocoa powder mixture a little at a time. Beat until fully combined. Pour in melted chocolate and beat in. For an even creamier frosting, add the sour cream and beat until creamy. If you do not plan to use right away, store in airtight container in the fridge.

Grandmother's Tip: For the best flavor use high quality dark chocolate that is 70% or higher.



CREAM CHEESE FROSTING

8 ounces cream cheese, at room temperature
1/2 cup butter, at room temperature
1 cup confectioners' sugar
1 teaspoon pure vanilla extract

Makes enough to frost one 9x13 inch cake or 24 cupcakes

Using an electric mixer beat the cream cheese until smooth. Beat in butter. Use a rubber spatula to scrape down the sides as needed. Add confectioners' sugar and vanilla. Beat until creamy.



BUTTERCREAM FROSTING

6 Tablespoons butter, at room temperature
2 cups confectioners' sugar
1/3 cup whole milk
1/2 teaspoon pure vanilla extract
3/4 cup unsweetened cocoa powder
(for chocolate frosting)

Makes enough to frost one 9x13 inch cake or 24 cupcakes

Using an electric mixer beat the butter until smooth. Beat in one cup of confectioners' sugar. Add milk a little at a time. Add vanilla and mix in. Mix in the cocoa powder (if using) and remaining confectioners' sugar and beat until well combined and smooth. Adjust consistency by adding either a bit more milk or confectioners' sugar.

SEVEN MINUTE FROSTING

1 1/2 cups granulated sugar
1/8 teaspoon cream of tartar
1/8 teaspoon salt
6 Tablespoons cold water
3 egg whites
1 teaspoon pure vanilla extract

Makes enough to frost two 9 inch cakes

SIMPLE LEMON GLAZE

2 cups confectioners' sugar
1/2 cup lemon juice

Makes enough to glaze one 9 inch cake

Either use a double boiler or a heat proof dish that you can place over a saucepan of boiling water. Combine all the ingredients except the vanilla into the oven proof bowl. Place the bowl over the boiling water. Beat constantly on medium speed, using an electric mixer, until the frosting forms stiff but moist peaks. This will take about 7 minutes. Once you have reached the desired consistency, remove from the heat and fold in the vanilla. Frost your cake right away while the frosting is fluffy. This type of frosting stiffens as it sits and is best used the day it is made.

In a measuring cup, stir confectioners' sugar with lemon juice until smooth. You can substitute the lemon juice for orange juice, liquor or milk for different flavors. Adjust sugar or juice to achieve desired consistency.

PANCAKES

1 1/2 cups all purpose flour
1 Tablespoons granulated sugar
1 Tablespoon baking powder
1/2 teaspoon salt
1 egg, beaten
1 3/4 cups milk
2 Tablespoons melted butter or oil
+ extra oil for frying

Makes 12 4-inch pancakes

STRAWBERRY SAUCE

1 cup chopped fresh strawberries
(or other fruit)
4 Tablespoons water
2 Tablespoons granulated sugar (or
to taste)
1 Tablespoon water
1/2 Tablespoon cornstarch
1 teaspoon vanilla extract

Makes about 1 cup

In a medium bowl, stir flour, sugar, baking powder and salt. In a medium bowl, beat together the egg, milk and melted butter (or vegetable oil). Blend the liquid ingredients into the dry ingredients. Beat only until combined. Add a teaspoon of vegetable oil to a large frying pan. Heat to medium. Use a 1/4 cup measuring cup for each pancake. Pour the batter onto the heated surface. Cook the pancakes until the surface is covered with bubbles and the edges lose their gloss (about 4-5 minutes). Flip and cook second side until golden brown. Repeat with remaining batter (As needed, add more oil to the pan). To keep the finished pancakes warm, you can heat an oven to 200°F and place cooked pancakes onto a pan until ready to serve.

Use clean berries. Remove the stem and cut the berries into pieces. Put the berries and sugar into a small saucepan. Add the water and stir together. Heat the berries on the stove-top, bringing them to a boil. Reduce the heat, stir occasionally and cook for 5 minutes. In a small bowl mix together cornstarch and water. Now spoon a little of the hot mixture into the wet cornstarch mixture and stir with a fork. Add back to the strawberries. Bring to a boil and cook for 2 minutes, stirring occasionally. Remove from the heat and stir in the vanilla. Pour into a container. Keep refrigerated if you are not using right away.



PAVLOVA

Meringue:

4 egg whites

1 1/4 cups caster sugar

1 teaspoon white wine vinegar

1 teaspoon cornflour

1 teaspoon vanilla extract

Topping:

1 cup heavy cream, whipped

2-3 cups fresh chopped or whole berries

3 Tablespoons confectioners' sugar

Makes one 9 inch dessert

Meringue: Preheat oven to 300°F. Cut out a piece of round parchment paper the size of a dinner plate and place onto a baking sheet. In a glass bowl, beat egg whites until they form stiff peaks. Add sugar one tablespoon at a time until glossy. With a large spatula, stir in vinegar, cornflour and vanilla. Spread the meringue on the parchment paper circle. Make the sides a little bit higher than the center, like a well. Bake for 1 hour or until a toothpick inserted in the center comes out clean from center. Leave in oven and turn off heat. Let it cool entirely inside the oven. Once cool, remove and place on your serving tray.

Topping: Whip the cream until soft peaks form. Spread whipping cream over meringue. Arrange berries creatively on the top. Dust with confectioners' sugar.



DONUT HOLES

**1/2 cup +
1 1/2 Tablespoons all purpose flour
2 Tablespoons granulated sugar
1 teaspoon baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
1 egg
1/4 cup milk
1 Tablespoon melted butter
Vegetable oil for frying**

**Topping:
1/4 cup confectioners' sugar**

**Tools:
Deep fry thermometer**

Makes 20 donuts

Line a plate with paper towels and set near your cooking area. Measure out the confectioners' sugar into a small bowl and have a sifter ready to dust the donut holes. In a bowl, combine the flour, sugar, baking powder, cinnamon and salt. In a new small bowl stir together the egg, milk and melted butter with a fork. With an electric mixer, add the wet mixture to the dry, beating on low to medium until well combined.

Add 2 inches of oil to a small pot and heat to 350°F. Before you begin, have a pair of tongs ready to turn the donuts over. The oil is very hot so be careful. Use a teaspoon to drop 4 scoops into the hot oil. Cook the donut holes for about 1 minute on the first side, then use your tongs to roll them over to cook the other side. If the first side does not seem brown enough, turn once more. The entire cooking time is only about 2 minutes. Use your tongs to remove the donut holes one at a time and place them on the paper towel lined plate to absorb the additional oil. Move them to a clean plate and sprinkle the confectioners' sugar on. Continue the process until all the batter is used. Be sure that your oil stay at 350°F before cooking a new batch.

These are the tastiest when eaten fresh and warm!



OLD FASHIONED FUDGE

2 cups granulated white sugar

1/2 cup cocoa

1 cup whole milk

4 Tablespoons butter

1 teaspoon pure vanilla extract

Tools: A candy thermometer

Makes one 6 inch spring-form pan

Prepare a 6 inch spring-form pan: cut a circle piece of parchment paper to fit the bottom of the pan. Grease the bottom and sides of the spring-form pan with butter. Grease the bottom and sides of a deep sauce pan with butter. In your greased sauce pan use a whisk to combine the sugar, cocoa powder and milk. Place the pan on the stove-top over medium-high heat and continue to whisk.

Cautious! Please note that when you are cooking the fudge it gets extremely hot so be careful not to splash any on your skin. Once the ingredients start to boil, the mixture will rise up the sides of the pan and could boil over if the pot is too small, so we suggest a deep pot. Bring to a boil stirring constantly. Once it has come to the boiling point, reduce the heat to simmer, carefully place the candy thermometer into the mixture and do not stir again. When the mixture hits 238°F (114°C) the mixture is ready to pour out of the pot into a mixing bowl. Add the butter and vanilla and mix with an electric mixer on medium to high speed until the fudge loses its shine. Pour the mixture into the prepared spring-form pan. Scrape the bowl clean with a spatula. Put the fudge into the refrigerator to cool. Once cooled, remove the spring-form pan, transfer it to a cutting board and cut the fudge into small bite sized pieces. Stores well in an airtight container in the refrigerator.



HOMEMADE PEANUT BUTTER CUPS

Filling:

1 cup creamy peanut butter
4 1/2 teaspoons butter, softened
1/2 cup confectioners sugar
1/2 teaspoon salt

Chocolate Cups:

20 ounces dark chocolate, grated

Tools: 12 hole muffin tray

12 muffin liners
silicon pastry brush

Makes 12 cups

In a small bowl, combine peanut butter, butter, confectioners' sugar and salt until smooth; set aside. Line muffin tray with paper or silicone liners. Grate the chocolate into small shavings, and place 1/4 of the shavings into the top of a double boiler. Over very low heat, begin to melt your chocolate, stirring slowly and frequently. Tip: never melt chocolate over high heat, as you run the risk of ruining the consistency. Be very careful not to get any water into your melting chocolate, as this will ruin it as well. Add the remaining chocolate bit by bit, stirring occasionally for 15-20 minutes. Once the chocolate has melted, keep the double boiler on the stove-top, but turn off the heat. If the chocolate begins to harden, simply turn on the heat to very low again. Spoon 1 tablespoon of chocolate into the bottom of the muffin liners. Use your pastry brush to gently paint the chocolate half way up the muffin liners. If the chocolate is too thin (meaning you can see through it and into the liner), just add a bit more. Repeat for all 12 liners and then place in the freezer for 5-10 minutes. Remove from freezer and spoon a heaping teaspoon of the peanut butter mixture on top, pressing it down gently with the back of a spoon. Top with 1 tablespoon of melted chocolate, tapping on counter to smooth out and using the back of a spoon to smooth the rest of the chocolate so there are no gaps. Repeat the process to fill all the holes in the tray. Transfer entire muffin tray to freezer for 5-10 minutes to harden. Store in airtight container in fridge or freezer.



APPLE FRITTERS

Apple Fritters:

1 fresh apple

1 cup all purpose flour

1 1/2 teaspoons baking powder

3 Tablespoons granulated sugar

1/4 teaspoon salt

1 egg (beaten)

1/3 cup milk

Glaze:

1/2 cup confectioners' sugar

1/2 teaspoon pure vanilla extract

2-3 Tablespoons milk

Tools:

Vegetable oil (for frying)

Deep frying thermometer

Tongs & paper towels

Makes 12 fritters

Apple Fritters: Peel and grate the apple into a small bowl. Measure and stir all the dry ingredients together in a medium sized bowl. Beat the egg and milk together. Pour into the dry ingredients and mix with a fork, add the grated apple and stir with a fork until combined. In a medium sized pot on the stove-top, heat about 1 inch of oil. Bring the temperature up to 350°F. This is very hot so be careful not to have it splash on your skin when cooking the fritters. Once the oil reaches temperature, drop the batter into the oil with a tablespoon a few at a time. You can shape the fritters as you are dropping them in the oil. Cook the fritters until brown on the first side then using your tongs, flip over and cook the other sides. It will take about 3-4 minutes to cook through and it is fine to flip them more than once. Have a plate lined with paper towels ready and use your tongs to lift each fritter out and put onto the paper towel to drain. Continue until all the fritters are cooked.

Glaze: Mix together the confectioners' sugar, vanilla and add the milk in increments. Stir with a fork and add enough milk to give you a glazing consistency. Using a pastry brush, paint the glaze onto each fritter.



HOMEMADE MARSHMALLOWS

1/2 cup cold water
2 1/2 Tablespoons gelatin
1/2 cup water
1/3 cup plain corn syrup
2 cups granulated sugar
1/4 teaspoon salt
2 teaspoons of vanilla extract

Coating:

1/2 cup corn starch
1/2 cup confectioners' sugar

Tools:

baking thermometer

Makes one 9x13 inch pan

Line a 9 x13 inch baking sheet with aluminum foil leaving plenty overhanging. Grease with oil. Pour 1/2 cup of cold water into a bowl, and sprinkle gelatin, letting it sit for 15 minutes. While waiting, in a medium pot bring remaining water, corn syrup, sugar and salt to a simmer. Do not let the sugar touch the sides of the pan. Boil over medium high, gently incorporating, but not stirring. Heat to 240°F (7-8 minutes). In a large bowl on low speed mix the gelatin and water. Slowly add the sugar mixture. The sides of the bowl should feel warm to touch. Now mix on high speed, until the mixture turns opaque white and expands. Mix for 12 minutes. Do not let the bowl cool down. Add vanilla and mix in. Rub oil onto a large metal spoon and, **working very quickly**, use the greased spoon to spread the mixture evenly into the pan. In small bowl, mix together corn starch and confectioners' sugar. Sift 3 Tablespoons over the marshmallows. Save the rest for tomorrow. Cover marshmallows with plastic wrap and leave overnight at room temperature. Wash the sticky bowl by soaking in warm water for a few minutes so it becomes easy to clean up. The next day, sprinkle half of the coating onto a clean cutting board. Flip marshmallows onto the board and peel away the foil. Sprinkle a spoonful of coating onto the marshmallows. Grease a sharp knife and cut your marshmallows into squares. Add more oil if the knife sticks. Work with 2-3 marshmallows at a time, first roll them in the coating and then place them in a sieve to let any loose coating shake off. Repeat and store in an airtight container at room temperature.



CONVERSION CHARTS

** All conversions are approximate.*

Temperature		
Fahrenheit	Celsius	Gas
225°F	110°C	Gas Mark ¼
250°F	120°C	Gas Mark ½
275°F	135°C	Gas Mark 1
300°F	150°C	Gas Mark 2
325°F	160°C	Gas Mark 3
350°F	180°C	Gas Mark 4
375°F	190°C	Gas Mark 5
400°F	200°C	Gas Mark 6
425°F	220°C	Gas Mark 7
450°F	230°C	Gas Mark 8
475°F	240°C	Gas Mark 9
500°F	260°C	Gas Mark 10
550°F	290°C	Gas Mark 11

General Liquid		
.17 fl oz	5 ml	1 tsp
1/2 fl oz	15 ml	1 Tbsp
2 fl oz	60 ml	1/4 cup
3 fl oz	80 ml	1/3 cup
4 fl oz	125 ml	1/2 cup
5 fl oz	160 ml	2/3 cup
6 fl oz	180 ml	3/4 cup
8 fl oz	250 ml	1 cup
32 fl oz	1 l	4 cups/1 quart

General Weight	
1 oz	28 g
16 oz (1 lb)	454 g
24 oz (1 1/2 lbs)	680 g
32 oz (2 lbs)	910 g



1 Tablespoon = 3 teaspoons

Tablespoons	Cups
1	1/16
2	1/8
4	1/4
5	1/3
8	1/2
11	2/3
12	3/4
16	1

Grated Chocolate		
.88 oz	25 g	1/4 cup
1.2 oz	34 g	1/3 cup
1.8 oz	50 g	1/2 cup
2.3 oz	67 g	2/3 cup
2.6 oz	75 g	3/4 cup
3.5 oz	99 g	1 cup

All Purpose Flour (Unsifted)		
1.1 oz	31 g	1/4 cup
1.5 oz	42 g	1/3 cup
2.2 oz	62 g	1/2 cup
3.0 oz	83 g	2/3 cup
3.3 oz	94 g	3/4 cup
4.4 oz	120 g	1 cup
Cake Flour (Unsifted)		
.79 oz	22 g	1/4 cup
1.1 oz	30 g	1/3 cup
1.6 oz	45 g	1/2 cup
2.1 oz	60 g	2/3 cup
2.4 oz	67 g	3/4 cup
3.2 oz	90 g	1 cup

Granulated Sugar		
1.7 oz	48 g	1/4 cup
2.3 oz	64 g	1/3 cup
3.4 oz	96 g	1/2 cup
4.5 oz	130 g	2/3 cup
5.1 oz	140 g	3/4 cup
6.8 oz	190 g	1 cup

Brown Sugar		
1.8 oz	50 g	1/4 cup
2.4 oz	67 g	1/3 cup
3.5 oz	100 g	1/2 cup
4.7 oz	130 g	2/3 cup
5.3 oz	150 g	3/4 cup
7.1 oz	200 g	1 cup

Confectioners' Sugar		
1.1 oz	33 g	1/4 cup
1.5 oz	43 g	1/3 cup
2.3 oz	65 g	1/2 cup
3.1 oz	87 g	2/3 cup
3.4 oz	98 g	3/4 cup
4.6 oz	130 g	1 cup

Butter			
1/2 stick	2 oz	57 g	1/4 cup
2/3 stick	2.7 oz	76 g	1/3 cup
1 stick	4 oz	113 g	1/2 cup
1 1/3 sticks	5.4 oz	150 g	2/3 cup
1 1/2 sticks	6.1 oz	170 g	3/4 cup
2 sticks	8.1 oz	230 g	1 cup



“Everything in moderation . . . even moderation.”

CONVERSION CHARTS

** All conversions are approximate.*

Almonds, ground	.75 oz	21 g	1/4 cup
Almond flour	.85 oz	24 g	1/4 cup
Baking powder	.13 oz	3.7 g	1 tsp
Baking soda	.15 oz	4.3 g	1 tsp
Cinnamon	.09 oz	2.5 g	1 tsp
Cheese, parmesan (grated)	1.6 oz	45 g	1/4 cup
Cheese, cheddar (grated)	1.1 oz	30 g	1/4 cup
Cornstarch	.33 oz	9.5 g	1 Tbsp
Cocoa powder	.25 oz	7 g	1 Tbsp
Cream of tartar	.11 oz	3.2 g	1 tsp

Gelatin Packet (US)	.24 oz	7 g	1 1/2 tsp
Gelatin Packet (Europe)	.38 oz	11 g	2 1/3 tsp
Graham cracker crumbs	.79 oz	22 g	1/4 cup
Lemon rind, grated	.33 oz	9.5 g	1 Tbsp
Milk, powdered	1 oz	29 g	1/4 cup
Raisins	1.3 oz	38 g	1/4 cup
Rolled oats	.71 oz	20 g	1/4 cup
Salt	.18 oz	5 g	1 tsp
Walnuts, chopped	1 oz	29 g	1/4 cup
Yeast, active dry	.28 oz	8 g	2 1/2 tsp

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*Made with a pinch of love
and a dash of sweetness.*



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