



Mizz Tizzy's Recipe Collection

Salads . . .

Freezer Dill Slices ~ Joanne Roth

2 1/2 Lbs. Pickling cucumbers, thinly (1/2") sliced - we are using the "Little Leaf" cucumbers here.

2 teasp. Pickling salt

4 Cloves of Garlic - chopped.

1/3 C. of torn Dill leaves (I think that mincing them makes the dish look too busy).

1 teasp. Whole dill seeds (I couldn't find these so we just went with the leaves)

1 C. Chopped pepper - we used the "Cubano" pepper. You could add a sweet red pepper for more color but our "Pimento" peppers are not red yet.

1 1/2 C. Sugar

1 Tbls. Jalapeño pepper minced if you care for a bit of heat but we did it without.

1 1/2 C. Cider vinegar



In a large bowl, toss the cucumber slices with the salt. Let the cucumbers stand at room temperature for 2 to 3 hours, and then drain off the moisture that has weeped from them.

In another bowl, stir together the remaining ingredients. Pour the mixture over the cucumbers and storm well. Refrigerate the mixture for 8 to 10 hours.

Pack the cucumber slices and liquid into freezer bags (we use a little over serving size) and freeze the containers. We use Seal-a-Meal bags so that all of the air is removed from the bags, and will therefore, last many more months without freezer burn.

Thaw the pickles you will need for about 8 hours in the refrigerator before serving.

Freezer Zucchini Pickles with Carrots _ Joanne Roth

2 1/2 Lbs. Of 1/2" Zucchini or Cucumbers slices. We used the Costata Romanesco that I raise for the seeds. A very ancient variety. See the fluted edges of the zucchini - nutty and great.

3 Tbls. Pickling salt.

2 Medium Carrots (we used three for the amount of zucchini we had, and they were all different colored carrots). Jen sliced them very, very thin though the recipe called for shredded carrots. We thought it would look better this way.

2 Large Cloves of garlic, minced or sliced.

1 1/2 C. Sugar

1 1/2 C. Vinegar - Cider is fine

1 Tbls. Torn dill leaves.

In a large bowl, toss the zucchini (or cucumber) slices with the salt. Let the zucchini stand at room temperature for 2 to 3 hours and then drain them.

Mix the remaining ingredients in another bowl. Pour the mixture over the cucumbers and mix well. Refrigerate the mixture for 8 to 10 hours.

Pack the zucchini and liquid in to freezer bags or rigid containers (we made serving size bags) and freeze. Thaw for about 8 hours in refrigerator.



Salsa Verde - Joanne Roth

About 1 pound tomatillos, husks removed and rinsed

1 small bunch of cilantro (about a cup, roughly chopped)

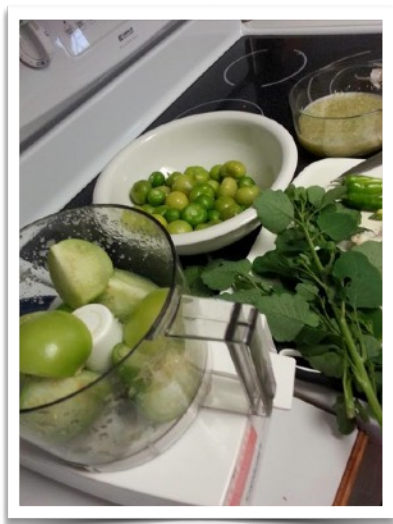
2 to 3 hot green chili peppers (serranos or jalapeños work well - the quantity you use is entirely up to you, start with less and add more depending on how hot you like your salsa) We used the Mizz Tizzy's "Fish Pepper"

1/2 small lime, freshly squeezed - We used a whole lime

1/2 small onion (about 1/4 cup, chopped)

1 to 2 cloves of garlic
1 Tbls. Sugar if you are not roasting your tomatillos.
Sprigs of Cilantro - or better yet - of Papalo to taste
Salt, to taste

To make raw salsa (salsa verde cruda): Roughly chop all the ingredients (except the lime and salt) and place in a food processor. Start with one chili and add more as needed, depending on how spicy you like it. Blend until your salsa has reached a smooth consistency (small chunks are ok). Add the lime juice and salt, tasting and adding as needed, and give one final whirl. If your salsa has too much liquid simply spoon it off. But a little liquid is fine. Keep your salsa in the fridge for up to a week or pack into serving sized in freezer bags and if using Seal-a-Meals you can keep them for up to a year in the freezer or put them into jars.



To make cooked salsa (salsa verde cocida): Place the tomatillos (chopped in half and cut side down) and half the onion on an oiled roasting pan. Roast for 15 to 20 minutes at 450F until soft. (If you wish, you can switch to broil for the last few minute to lightly char your tomatillos for a grilled smoky flavor). Place everything in the food processor, as you did for the raw salsa and puree. Makes about 2 1/2 cups - Great for dipping for chips, or for in hispanic dishes.

Baked Parmesan Zucchini Rounds - 5 Heart and Home

2 medium-sized zucchini
1/2 cup freshly grated Parmesan cheese
Garlic salt & freshly ground black pepper, optional

Place oven rack in center position of oven. Preheat to 425°F. Line a baking sheet with foil (lightly misted with cooking spray) OR parchment paper.

Wash and dry zucchini, and cut into 1/4-inch thick slices. Arrange zucchini rounds on prepared pan, with little to no space between them. If desired, lightly sprinkle zucchini with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of zucchini. Bake for 15 to 20 minutes, or until



Parmesan turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes!) Serve immediately.

Zucchini Garlic Bites - Don't Lose This

1 cup zucchini grated and drained well
1 egg
1/3 cup breadcrumbs
1/4 cup Parmesan cheese grated fine
1 clove garlic grated fine
2 tablespoons fresh chives chopped
1 tablespoon fresh parsley chopped
1 teaspoon fresh basil chopped
1 teaspoon fresh oregano chopped
Pinch of salt and pepper
Tomato sauce for dipping



Preheat oven to 400° F. Lightly coat a baking sheet with olive oil or non-stick spray. Set aside.
Use a box grater to grate the zucchini into a clean towel. Roll up the towel and twist to wring out the moisture. Grate the garlic using the small holes on the box grater.
In a medium bowl, combine all of the ingredients and mix well.
Shape a tablespoon of the mixture into your hands, pat into small balls, and place on the baking sheet.
Bake for 15-18 minutes in the preheated oven until golden. Serve warm with marinara sauce.
Recipe makes about 16 bites.

SALAD . . .

Freezer Coleslaw - Joanne Roth

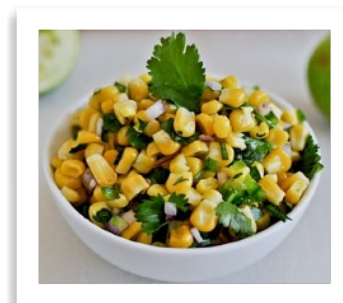
- 2 medium Head of cabbage (about 16 cups) thickly shredded
- 2 or 4 Carrots can be variety of colors
- 1 Bell pepper (Optional) - I prefer the "Cubano" pepper or the "Tequila Sunrise" as they are less upsetting and I do not like their flavor.
- 1 teaspoon Salt
- 1 Yellow Onion
- 2 Cup Cider Vinegar
- 1/2 Cup Water
- 2 teaspoon Mustard seeds
- 2 teaspoon Celery seed
- 2 cups sugar



Shave or thickly grate the cabbage and onion (I find that making almost paper thin slices works best for flavor of the onion and the slaw). Mix with salt and let stand one hour. Mix the vinegar, water, mustard seed, celery seed, and sugar. Bring all this to a boil and boil one minute. Let cool until lukewarm. Cut up carrot and pepper then mix with the cabbage. Pour the vinegar mixture over the cabbage, place in containers (Seal-a-Meal bags are great) and freeze.

Chipotle Mexican Grill Jalapeño and Corn Salsa - Joanne Roth

- 2 cups frozen corn - fresh would be ideal
- 1/4 cup chopped cilantro (if freezing add the Cilantro after the salsa has been thawed).
- 2 teaspoons finely chopped jalapeño
- 1 Tablespoon very finely diced onion
- 1/2 teaspoon kosher salt (to taste)
- 2 Tablespoons of lime juice I also add about 1/2 teaspoon of grated lime peel.
- 1 Tablespoon sugar
- Pepper to taste



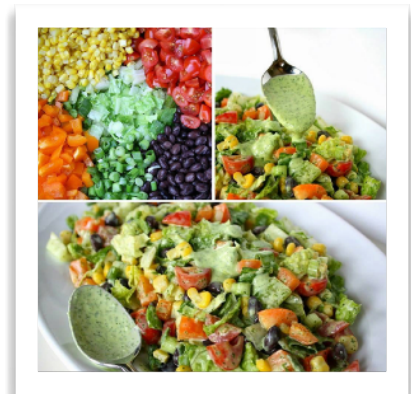
If using frozen corn, or fresh corn you have just cooked (Blanched) on the cob and cut off, allow to thaw before preparing salsa. Chop the jalapeño very finely (using latex gloves is advised). If you do not like heat, remove seeds, before chopping. You may also want to start with 1 teaspoon of jalapeño before adding the second teaspoon. Add chopped cilantro (if you are not going to be freezing it - otherwise, add the cilantro {or Papalo} after it has been defrosted), salt, sugar, and onion. Stir in lime juice. Stir well to mix the salsa together. Refrigerate for a couple of hours before serving. This will allow the flavors blend together.

Southwestern Chopped Salad ~ TheGardenGrazer.com

- Large head of romaine 15 oz.
- 1 can of black beans, rinsed and drained
- 1 large orange bell pepper
- 1 pint cherry tomatoes
- 2 cups corn (fresh or frozen, thawed)
- 5 green onions
- Optional: avocado

Dressing

- 1 cup loosely packed cilantro, stems removed and roughly chopped
- 1 small avocado (or 1/2 cup plain vegan yogurt or Greek yogurt)
- 2 Tbsp. fresh lime juice (about 1/2 lime), more to taste or Lemon Juice for more zing.
- 1-2 garlic cloves
- 1/4 cup olive oil
- 1 1/2 tsp. any type of vinegar
- 1/8 tsp. salt



Making the dressing: puree all ingredients in a food processor/blender until smooth. Taste and adjust seasonings if necessary. Making the salad: Finely chop romaine, good pepper, tomatoes, and green onions. Place all ingredients in a large bowl and stir to combine. Toss with desired dressing.

Grilled Eggplant Salad with Cilantro-Chili Vinaigrette -

AnotherMarvelousMeal.com

For the dressing:

- 1/4 C Fresh lime juice
- 2 Tbls. Chopped fresh cilantro
- 1 Tbls. Brown sugar
- 1 Tbls. Thai fish sauce - Optional
- 1 Tbls. Minced seeded serrano chile
- 1 Tbls. Minced garlic

For the salad:

- 12 cherry tomatoes, quartered
- 1 medium eggplant, cut into 1/2 - inch-thick slices
- 1/2 tsp. salt, divided
- Olive
- 1 small red onion, sliced into 1/2-inch thick slices
- 1/4 C torn mint leaves
- 1/4 C torn basil leaves

(Optional: You can also add browned Pine Nuts, some Feta if you like)

Combine first 6 ingredients in a bowl; stir well with a whisk. Preheat the grill.

Combine tomatoes, mint and basil in a salad bowl. Set aside. Sprinkle eggplant with 1/8 teaspoon salt.

Place eggplant on a grill rack coated with cooking spray (or oil applied with brush); cook 5 minutes on each side or until eggplant is done. Remove eggplant from grill rack and set aside. Sprinkle onion with 1/8 teaspoon salt. Place onion on grill rack coated with cooking spray; cook for 5 minutes on each side or until onion is tender.

Cut eggplant into bite-sized pieces.

Add eggplant and onion to tomato mixture. Add dressing and toss to coat.



Creamy Italian Garlic Dressing - Joanne Roth

- 1/2 C Homemade or purchased Real Mayonnaise (Hellmans)
- 1 Cloves of Garlic - finely grated
- 3 T. Freshly grated Parmigiano - Reggiano (or packaged)
- 2 T. Milk
- 1-1/2 T. Fresh lemon juice
- 1/4 tsp. Salt
- 1/4 tsp. Pepper - or pepper to taste.
- 3 T. Olive Oil

Prepare in a food processor to emulsify the ingredients.



Carrot and Beet Slaw with Pistachios and Raisins - Bon Appetit

At Ava Gene's, chef Joshua McFadden always dresses his salads with the acidic components first so the produce can absorb some of those flavors before being coated with oil.

- 2 garlic cloves, crushed
- 3/4 cup golden raisins
- 1/4 cup white wine vinegar
- 6 medium carrots (about 1 lb.), peeled, julienned
- 2 medium beets (any color; about 1 lb.),
peeled, julienned
- 1/2 cup (packed) fresh flat-leaf parsley leaves
- 1/4 cup (packed) fresh mint leaves
- 3 Tbsp. fresh lemon juice
- 1/2 tsp. crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 1/3 cup extra-virgin olive oil
- 3/4 cup unsalted, shelled raw pistachios



Preheat oven to 350°. Spread out pistachios on a small rimmed baking sheet; toast, stirring occasionally until golden brown, 6–8 minutes. Let cool; coarsely chop.

Combine garlic, raisins, and vinegar in a large bowl; let sit 1 hour.

Remove garlic from raisin mixture and discard. Add carrots, beets, pistachios, parsley, mint, lemon juice, and red pepper flakes; season with salt and pepper and toss to combine. Add oil; toss gently.

Greek Salad Dressing ~ Joanne Roth

2 large garlic cloves, crushed through a garlic press to get a fine paste

1 tablespoon chopped fresh basil, or two teaspoons dried basil

1 teaspoon salt

1 teaspoon freshly ground black pepper

¼ teaspoon onion powder

1 tablespoon dried Mediterranean or Greek oregano leaves

1 teaspoon white sugar

1 teaspoon chopped fresh mint

Juice of one lemon (about 1/8 cup)

2 tablespoons red wine vinegar

2 tablespoons water

1 teaspoon Dijon mustard

1 cup good quality Greek extra virgin olive oil (use Italian olive oil if you can't find Greek)

Bali Bliss Papaya Salad ~ Hotrecipe.com

Serves 2-4

1 large papaya (mine was approx. 2lbs / 1kg)

1/2 cup freshly grated or unsweetened desiccated coconut

1-2 organic limes

2-3 tsp. finely minced ginger, to taste

pinch sea salt

2 tsp. honey, to taste (or any liquid sweetener)

1 Tbsp. virgin coconut oil, melted (optional)



Rinse the papaya well. Slice through the entire fruit lengthwise, then scoop out the seeds. Cut off both ends from each half. Stand one of the halves on its flat end and slice off the skin starting at the top and running down to the base. Repeat with other half. Next slice the papaya across into 1-inch sections, and then into 1-inch cubes. Place in a large bowl.

Rinse the lime and zest it with a microplane or box grater on the finest setting. Whisk together the ginger, lime zest, lime juice, honey, and salt. Add the coconut oil, if desired. Pour dressing over the papaya just before serving, add desiccated coconut, and fold gently to combine. Enjoy immediately. I served the salad with some sliced bananas on the side, and garnished with lime halves.

Sriracha Lime Chicken Chopped Salad - Lexi's Clean Kitchen

Sriracha Lime Chicken

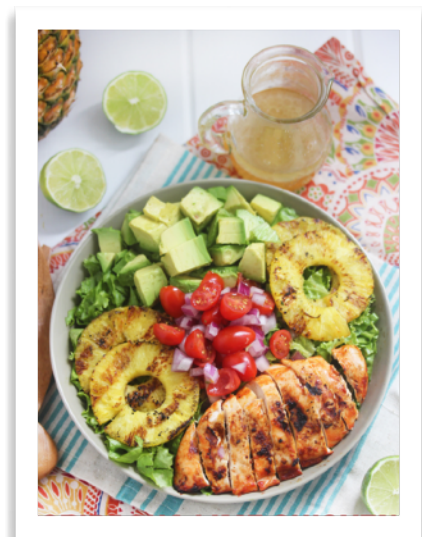
- 2 organic chicken breasts
- 3 tbsp sriracha
- 1 lime, juiced
- 1/4 tsp Himalayan sea salt and pepper

Salad

- 4 cups lettuce, chopped
- 8 pineapple slices, using pineapple corer
- 1 cup organic grape tomatoes
- 1/3 cup red onion, finely chopped
- 1 avocado, cubed

Lime Vinaigrette

- 1/3 cup light olive oil
- 1/4 cup apple cider vinegar
- 2 limes, juiced
- 2 tsp raw honey
- Dash Himalayan sea salt



Heat the grill. Season chicken with salt and pepper.

In a bowl or marinade dish, combine sriracha and lime. Add chicken and let marinate in the fridge for at least 20 minutes, the longer the better. Once marinated, add chicken to grill.

Cut pineapple using pineapple corer and add to grill, grill for 3-4 minutes on each side.

While they are grilling, chop lettuce, then chop avocado, tomato, and red onion and add to serving dish. Whisk together dressing, taste, and adjust seasoning as desired (i.e. more lime, additional sea salt, additional vinegar)- place in fridge until ready to use

Once chicken is done cooking, assemble the salad, toss with dressing and enjoy!

Honey Lime Avocado Dressing Recipe ~ Joanne Roth

Creamy honey lime avocado dressing perfect for salads or roasted veggies.

1/2 large avocado (or 1 whole if it's small)

juice from 1 lime (about 2 Tbls)

1 Tbls. rice vinegar or Lemon juice

1 Tbls. olive oil

1 garlic clove, minced

1/2 Tbls. honey

1/2 teaspoon cumin

1/4 cup water / orange juice

salt, to taste



Combine all ingredients in a blender, food processor or immersion blender, or whisk until your hearts desire. Pour over salad, veggies, rice or grains.

Creamy Buckwheat and Fava Bean Salad ~ Healthy Foodie

Yield: Serves 2

1 cup buckwheat groats

2 cups water

1/2 tsp salt

1 C. Fava beans (about 200g once shelled) or
Lima Beans

2 celery rib, sliced thinly

1/4 C. sundried tomatoes, chopped

1/4 C. toasted almonds, coarsely chopped



2 green onions, chopped

Vinaigrette

1 tsp Dijon mustard

1 Tbs. Tahini

2 Tbs. White wine vinegar

½ tsp salt

½ tsp black pepper

2 Tbs. warm water

The juice of one lime or 1/2 lemon To taste

In a small saucepan, bring water and salt to a boil. Add buckwheat groats, reduce heat, cover and cook until all water has absorbed, about 10 minutes.

Remove lid, delicately separate the grains with a fork and allow to cool for at least 30 minutes. You can also cook your buckwheat groats the previous day and let them cool overnight.

While buckwheat is cooling, shell the fava beans and cook them in a steamer for 3-4 minutes, or until fava beans are tender but still somewhat firm. Remove from heat and set aside. You COULD peel them if you wanted to, but that is completely optional.

Add all the ingredients of the vinaigrette to a small blender or food processor and process until smooth and creamy. Set aside.

Add all ingredients, including vinaigrette to a large mixing bowl and mix until well combined.

You can serve this immediately or refrigerate overnight.

Soups & Sauces . . .

Mediterranean Style Tomato Sauce ~ Joanne Roth

6 Lbs. Tomatoes, firm and ripe the Plum Dandy or the Japanese Black tomato would be great. But even the Golden Medal or Yellow Wapsinicon Peach tomatoes would be wonderful.

2 tsp. Salt

8 Garlic Cloves (or more) Grated or pressed.

2 Tbls. Minced oregano or 1 Tbls. dried oregano

1 Tbls. Minced Basil - 2 tsp. dried

1/4 C Lemon juice

1/2 - 3/4 C. Sugar (more if you prefer a sweeter tomato sauce)



Cut a small 'X' in the bottom of the tomatoes and then drop them a few at a time into boiling water (use wire basket or just use tongs) for about 30-60 seconds. Pull them out of the hot water and tip them at once into ice water. Then drain them while you are finishing the rest. Then take each tomato and pull the skins off completely. and set aside. Discard the skins. Remove the stem scar, and cut into small chunks and put into a large Dutch oven or soup pot. Stir in salt, cinnamon sticks, and garlic. Bring to a boil over medium heat, uncovered. Cook about 20 minutes, then cool to room temp.

Add the oregano and any other seasoning you would like. Discard the cinnamon sticks, and stir in lemon juice. Fill you freezer proof container or bag to about 3/4 full and place in freezer after labeling date and what it is.

Roasted Carrots (or Sweet Potatoes) and Rice with Zingy Turmeric Broth ~ The First Mess

Any roasted root or tuber would be excellent in place of the carrots. This dish is mostly about the interaction of the caramelized, lightly sweet vegetables and the sharp broth.

2 medium carrots, scrubbed cut into 1 inch pieces, or one medium sweet potato

Oil

Fresh/dried thyme leaves (+ extra for the broth)

Salt + pepper

Large knob of coconut oil/ghee/butter

1/2 shallot, fine dice

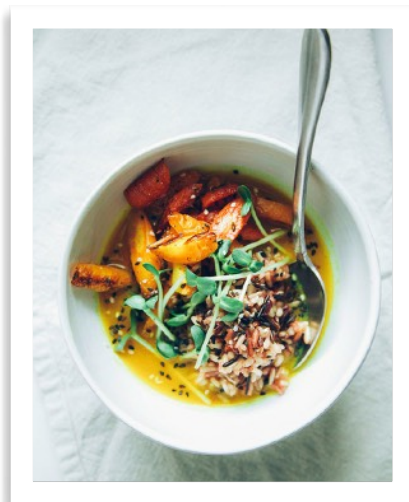
1 clove of garlic, minced

1 thumb-sized piece of ginger, peeled + minced

1-2 tsp ground turmeric

1 cup filtered water

Juice from 1/2 a lemon



Cooked brown/wild/whatever rice for serving (or another grain you like) sprouts/shoots/small greens of some kind (I like sunflower shoots)

Preheat your oven to 400 degrees F. Line a small baking sheet with parchment.

Toss the carrots with some thyme, oil, salt + pepper. Scatter them in a single layer on the baking sheet and slide them into the oven. Roast for about 20 minutes or until the carrots are browned in spots and soft.

Meanwhile, heat the coconut oil in a small saucepan over medium-low heat. Add the shallots. Stir them about and sauté them until translucent and soft, about 4 minutes. Add the garlic, ginger, and a sprig of thyme if you like (or a sprinkle of dried thyme leaves). Stir this mix about until it's very fragrant, about 1 minute. Add the turmeric to the pot and stir to incorporate. Keep stirring until the mix seems paste-like. You're cooking the raw-ness out of the spice at this point, ideally for about 3 minutes (add more coconut oil if necessary). Slowly add the water and stir.

Gently simmer the broth for 10 minutes or so. Add the lemon juice and stir at the end. Season the broth with salt and pepper.

Place the roasted carrots and rice in a bowl. Strain the turmeric broth if you like, then ladle it on top. Garnish the bowl with sprouts and sesame seeds if you like.

Tex-Mex Chicken Chili with Lime- My Recipes

Yields Three Quarts

- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 large white onion, diced
- 1 medium-size red onion, diced
- 1 poblano or bell pepper, seeded and diced
- 1 jalapeño pepper, seeded and diced - or dried flakes (Optional- add what you like)
- 1 large sweet potato, peeled and chopped
- 2 teaspoons ground cumin
- 2 teaspoons chipotle powder (or chili powder)
- 2 teaspoons kosher salt
- 3 garlic cloves, minced
- 2 (16-oz.) cans navy beans, drained
- 1 (12-oz.) bottle white ale
- 4 cups shredded deli-roasted chicken
- 4 cups chicken broth



Toppings:

Sour Cream, fresh cilantro, green onions, lime wedges

Melt butter with oil in a Dutch oven over medium heat. Add white onion and next 7 ingredients, and sauté 8 minutes or until translucent. Add garlic, and cook 30 seconds - do not burn or it will become bitter. You can use any peppers you prefer, and adjust anything above and it will still be wonderful but it has to have the sweet potatoes - YUM.

Stir in the beans and beer, and cook 5 minutes or until liquid is reduced by half. Add chicken and broth; bring to a boil over high heat. Reduce heat to medium-low, and simmer 30 minutes. Serve with desired toppings.

Chicken and White Bean Chile Verde with Cilantro-Lime

Pesto ~ Good Life Eats

This Is Unbelievably WONDERFUL !

- 1/2 C. tomatillo dip/sauce
- 1/2 pound banana pepper, or other (or other more mild pepper) I used smaller amounts of my Tequila Sunrise Pepper.
- 2 teaspoons olive oil, plus extra for tomatillos and chiles
- 1 large yellow onion, diced
- 6 cloves garlic, minced
- 1-1/4 teaspoons oregano
- 1-1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- 1/2 teaspoon chili pepper flakes
- 3 C chicken broth
- 2 Small Sweet Potatoes
- 1 - 15.5 ounce cans cannellini beans, with liquid
- 1 Can Garbanzo beans 15.5 Oz.
- 2 cups cooked, shredded chicken
- 4 cups swiss chard, chopped (about 1 bunch), stems removed - I used Dinosaur Kale
- 1/2 - 1 teaspoons salt, according to taste
- 1/4 teaspoon black pepper
- 1/4 lime for each bowl to use.

Sour Cream, Diced Avocado, Tortilla chips, are also great additions as sides.



Cilantro-Lime Pesto

- 1 bunch fresh cilantro
- 1/3 of a jalapeno, seeds and ribbing removed
- 1 handful walnuts (around 1/4 cup+) I added a bit extra
- 2 cloves garlic
- 2 ounces olive oil
- 2 limes, juiced
- salt and pepper, to taste

For the White Bean Chicken Chile Verde:

Preheat oven to 425 degrees F. Line a large baking or cookie sheet with foil. Set aside.

Remove skins from tomatillos. Wash, dry, and cut in half. Place cut side down on foil lined baking sheet. Wash and cut poblanos in half, remove ribbing, seeds and stems. Place cut side down (skins facing up) on the baking sheet. Drizzle the tomatillos and poblanos with olive oil. Roast at 425 degrees F until tomatillos are soft and the chiles are blistered.

Add cooked tomatillos and poblanos (you can skin them if you want, but I opted not to) in a food processor and puree until smooth. Set aside.

Heat the 2 teaspoons of olive oil in a large dutch oven or stock pot. Add the onion and saute until golden and tender, about 5 minutes. Add the garlic, oregano, cumin and chili powder. Saute for an additional 3 minutes.

Stir the tomatillo mixture, cook over medium-low heat (lowering heat if sputtering occurs) for 10 minutes, until thickened. Stir in the broth, beans (with liquid) and shredded chicken. Continue to simmer for an additional 20 minutes.

Stir in the chopped chard, season to taste with salt and pepper, and simmer for 5-10 more minutes, until chard is tender. Do not over cook.

Serve topped with cilantro lime pesto, sour cream, tortilla chips and diced avocado on the side for people to add as they like. Queso cheese cubed is nice also.

For the Cilantro-Lime Pesto

Add all ingredients to a food processor and blend until smooth. Season to taste with salt and pepper, if desired. Serve in a small pretty bowl for people to add as they like.

Greek Lemon Chicken Soup with Orzo - Allrecipes.com

For the Stock

3-4 pounds chicken parts (legs, thighs, wings, backs, necks, etc)

2 large celery stalks with leaves, cut into quarters

1 large or two medium yellow Onions

1 whole lemon quartered

1 knob of ginger (about one ounce)

½ large bunch fresh flat leaf parsley including stems



4 each medium scallions
1 teaspoon kosher salt
4 black peppercorns
1 bay leaf
Large garlic cloves peeled and smashed
gallon water

For the Soup

2 quarts stock from above
1 additional quart chicken stock (carton or canned)
1 cup dry orzo
4 eggs beaten
1 pound cooked chicken (picked from stock)
Juice from two lemons
Zest from two lemons
12 ounces fresh spinach
Salt and pepper, to taste

Instructions

Place all stock ingredients into a large pot, bring to a boil and simmer uncovered for four hours.

Strain stock and hold. You should have about 2 quarts. Separate meat from solids. Set meat aside and discard solids.

In a large pot, add stock and additional quart of purchased stock for a total of three quarts. Bring to a boil. Add orzo and boil on medium for ten minutes.

Use a wire whip and slowly add beaten eggs while stirring liquid so eggs form shreds in the stock. Cook for 30 seconds then add cooked chicken, lemon juice, lemon zest and fresh spinach. Bring to a boil and then remove from heat.

Adjust seasoning if needed and serve.

Pho (Vietnamese Noodle Soup) Joanne's Recipe

- 1.5 Tbs. - Pickled ginger with a little Juice
- 1 Small Onion - very thinly sliced, sautéed in oil + 1 Tbs. Sugar and 1/2 tsp. Salt to caramelize (lightly brown) the onions
- 1 Small bunch Cilantro spring and all
- 5. Cloves of Garlic - finely grated
- 1.5 tsp. Ground Coriander
- 1 tsp. Chinese Five Spice powder
- 1 tsp. Fennel seeds
- 2 tsp. Cardamon powder
- 1 tsp. Star of Anise liquid or three Star of Anise seeds
- 2. Whole Cloves - better to use 1.5 tsp. Clove powder
- 1 Large box of Chicken Broth + 1 or 2 Cans - Swansons is by far the best quality
- 1 Box Pho Beef Broth
- 6 or 9 ounces of shredded courtly - Chicken
- 5 oz. Thin Rice Noodles - and pre cook them.
- 2 Tbs Fish Sauce - Little more if you like.
- 1 Tbls. Brown Sugar
- 1 Can of Bean Sprouts or thinly sliced cabbage if you cannot get the Bean Sprouts
- 3/4 Cup or more of thinly sliced carrots - I like more
- 1 Japaleno Peppe thinly sliced. - I use the "Tame" Japaleno peppers and add more
- Hot Sauce if you like



Garnish

- 1 Tbls. - Chopped Mint to put on top when serving as well as chopped Cilantro (Garnish)
- 2 - 3 Medium Large Green Onions thinly sliced to also add as Garish
- Lime wedges for everyone to use if they like.

Saute onion, and add cooked chicken which has been shredded, pickled ginger, the carrots, cilantro, and garlic, and all of the spices, then start adding the liquid. Have the noodles cooked first and then add them when the soup is simmering for about 30 minutes - the serve

30-MINUTE COCONUT CHICKEN CURRY

2 tablespoons coconut oil
½ medium onion, finely minced
1 head garlic, chopped (10–12 cloves)
2 tablespoons ginger, minced
1 tablespoon EACH: ground cumin, coriander, and turmeric
1 teaspoon cayenne powder, optional
3 chicken breasts, chopped into bite-sized pieces
28 ounce can of crushed tomatoes
2 teaspoons sea salt
15 ounce can coconut milk
3 ounces baby spinach
A few handfuls of cherry tomatoes, cut in half
1 cup chopped cilantro



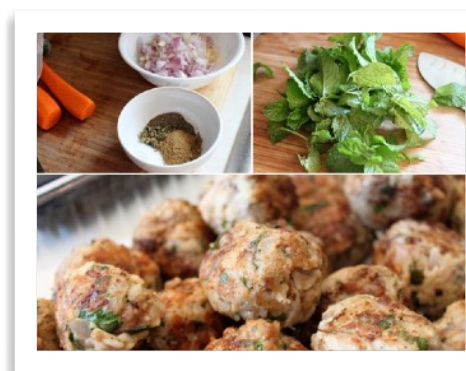
Heat the coconut oil in a large skillet over medium-high heat. Add the onion and cook until it softens, about 5 minutes. Add the garlic and ginger to the pan and cook for 1 minute. Add the cumin, coriander, turmeric, and, if using, the cayenne and cook for 1 minute.

Add the chicken, crushed tomatoes, and sea salt to the pan and stir well. Bring to a simmer then cover and reduce the heat to medium-low. Simmer, covered, for 15 minutes, carefully removing the lid (the curry will splatter!) to stir a few times.

Once the chicken pieces are cooked, stir in the coconut milk, spinach, cherry tomatoes, and cilantro. Season to taste with more salt, as needed.

Albondigas Soup – Mexican Meatball Soup – Simple Comfort

- 1 cup of red onion, diced
- 3 cloves of garlic, chopped
- 2 tbsp canola oil
- 1/2 tsp cumin powder
- 1/2 tsp Mexican oregano
- 1/2 tsp salt
- 1/2 tsp cracked black pepper
- 4 tomatoes, cooked
- 2 whole carrots, peeled and chopped into bite-sized pieces
- 1 zucchini, chopped into bite-sized pieces
- 1 chipotle pepper, chopped
- 1 cup of regular cabbage
- 1 lb of ground beef
- 1 lb of ground pork
- 1 egg, beaten
- 3 tbsp fresh mint, chopped
- 3 tbsp fresh cilantro, chopped, plus more for garnish
- 6 cups of beef stock
- 1 avocado, cut into bite-sized pieces
- 1/2 cup of long grained rice
- 1 cup of boiling water



Begin by scoring the tops of each tomato, then add them to a large pot of water. Bring to a boil, then remove from the heat. Add the 1/2 cup of rice to 1 cup of the boiling water, cover, and set aside for 20 minutes. After 20 minutes, drain, and place the rice into a large bowl. Remove the tomatoes from the pot, and let cool for about 10 minutes, then remove the skins, and place into a blender or food processor.

Next, heat a skillet on medium heat, add one tablespoon of the oil, then toss in the onion and garlic. Saute for about 5-7 minutes, or until the onions are nice and tender. Toss this mixture into the blender along with the chipotle pepper. Puree the mixture until everything is nice and smooth.

Get your dutch oven or soup pot out, and bring it to a medium-low heat. During this time, add the beaten egg, ground meats, and the cumin, oregano, mint, cilantro, and salt and pepper into the bowl.

Mix everything really well. Yes, you're going to get a bit messy, but don't worry, it's all worth it! Make sure everything is incorporated. Wet your hands, and make them into meatballs, about the size of a golf ball.

Add the tomato mixture to the soup pot, then add in the beef stock. Toss in the carrots and cabbage.

Get a large skillet out and heat the additional tablespoon of oil. Add the meatballs to the pan, realizing you will cook these in batches, and cook until you get a nice crust around the entire meatball. This will take several minutes per batch. Remove and place on a plate until you are ready to cook them with the soup.

Place the meatballs into the boiling stock, cover, and reduce heat to low, cooking for another 25 minutes.

When you are ready, ladle a bunch of the broth and a couple of meatballs into your soup bowl. Top with the diced zucchini, fresh cilantro, and cut up avocado.

P. S. I make these ahead and then can must make little dishes of anything for myself. Be creative and see what you can think up. I will also just prepare the meatballs and freeze them for use in other recipes.

Veggies . . .

Eggplant Caponata - WONDERFUL

- 1/2 cup virgin olive oil
- 1 Lg. Spanish onion, chopped in 1/2-inch dice
- 3 Tablespoons pine nuts
- 3 Tablespoons currants
- 1 Teaspoon hot chili flakes, plus extra for garnish (This depends on your likes)
- 2 Medium eggplant, cut into 1/2-inch cubes (to yield 4 cups)
- 2 Tablespoons sugar
- 1 Teaspoon cinnamon
- 1 Teaspoon unsweetened cocoa powder
- 2 Teaspoon fresh thyme leaves or 1/2 teaspoon
- 1 14.6 Oz. can of diced tomatoes
- 3 Cloves Garlic - sliced
- 1/3 C. Black Olives - sliced - or more if you love them.
- 2 Tablespoons of Capers
- 1/3 Cup balsamic vinegar
- Salt and freshly ground pepper



5 Sprigs mint, chopped

1 Baguette, sliced into 3/4-inch rounds and toasted on grill or in oven when serving.

In a large 12 to 14-inch sauté pan, over medium heat, heat the olive oil until hot but not smoking. Add the onions, pine nuts, currants and chili flakes and sauté for 4 to 5 minutes until softened.

Add the eggplant, sugar, cinnamon, and cocoa and continue to cook for 5 more minutes. Add the thyme, tomato sauce, and balsamic vinegar. Bring the mixture to a boil.

Lower the heat and simmer the mixture for 5 minutes. Remove from the heat and allow to cool to room temperature, garnish with mint and chili flakes. Place into serving sized freezer Seal-a-Meal bags or air tight containers and freeze until needed. Thaw in the fridge.

Serve the caponata spooned on crostini or in middle of table with crostini on side to allow guests to help themselves

Frozen Eggplant or Zucchini to have on hand. ~ Joanne Roth

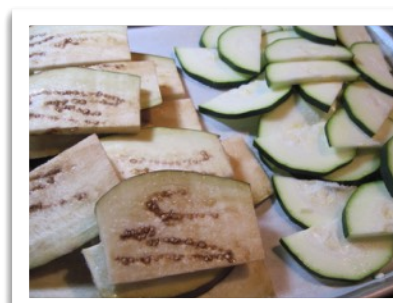
2 Large Eggplants

4 Large cloves of garlic grated

1/4 Olive oil - to start

1/4 C. Vinegar

Salt and Pepper to Taste



I like to have Eggplant (and Zucchini) on hand to use when needed and being single it goes bad too quickly so I decided to prepare it for the freezer so that all I had to do is take out what I needed to prepare different dishes.

You can either make cubes (which is what I do), or you can make 3/4" slices. Place in a skillet with olive oil, that is hot but not smoking and toss all around, until it starts to brown a bit on most sides. Then add the garlic fry only a bit more so the garlic does not become bitter and then add the vinegar, salt and pepper. Turn into a bowl and let cool.

Once at room temperature then place into plastic bags, either in individual serving size or larger gallon bags (Seal-a-Meal where all air is removed is best for longer keeping) and lay flat in the freezer. You can drop the bag on the floor to make them come apart if you need to, before removing what you need.

Fresh Frozen Tomatoes to Cook With ~ Joanne Roth

I think that the best way to have fresh tomatoes to cook with is to remove the skins, as explained above, and then place the skinned, whole tomatoes into freezer bags. Using freezer bags that will vacuum seal is the best. The all you have to do all winter long is take out enough tomatoes to make what you would like to. They taste fresh and wonderful.

Spicy Sausage Pasta ~ Joanne Roth

1 tbsp olive oil
1 lb smoked sausage
1- 1/2 cups diced onion
2 cloves garlic, minced
2 cups low-sodium chicken broth
1 (10 oz) can Ro-Tel tomatoes and
green chiles, Mild
1/2 cup heavy cream or milk
8 oz penne pasta
1/2 teaspoon salt and pepper, each
2 - sliced banana peppers -
Chopped black Kalamarta Olives
1 cup Monterey Jack cheese, shredded
1/3 cup thinly sliced scallions



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

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

Remove skillet from heat and stir in 1/2 cup cheese. Top with remaining cheese and sprinkle with scallions. Broil until cheese is melted, spotty brown, and bubbly.

Makes 4 servings.

Fried Egg Over Polenta with Olive Herb Pesto - the kitchen.com

For the pesto:

1/3 cup olive oil

1/2 cup green olives, coarsely chopped

1 cup fresh Italian parsley or basil, coarsely chopped

1/2 cup fresh oregano, coarsely chopped

1/2 cup fresh thyme, coarsely chopped

Mix olives and fresh herbs in a medium-sized bowl. Stir in olive oil and season with salt and pepper. Mix until homogenous. Set aside.

For the polenta:

2 cups polenta

8 cups water (depending on how thick you like your polenta)

1/2 cup hard cheese, shredded (Parmesan or Gruyere are both great for this)

3/4 teaspoon salt

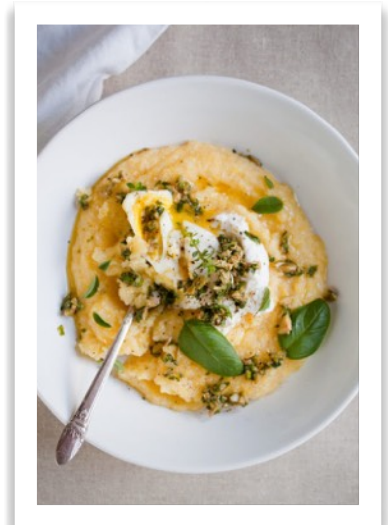
Heat water in a large pot, when boiling, slowly pour in polenta. Lower the temperature to simmer and cook for about 20-25 minutes, until polenta has absorbed the water. Take pot off flame and stir in shredded cheese and salt. Season with salt and pepper. Cover and set aside until plating.

For the poached eggs:

4 eggs

Salt to taste

Ladle about 1 1/2 cups of the polenta into a large bowl, add an egg to each bowl, garnish with the olive-herb pesto. Serve with extra olive oil and lots of salt and pepper.



Polenta Cakes with Eggs, Black Beans and Salsa - eMeals

2 (18-oz) tubes refrigerated polenta

3 Tbsp olive oil, divided

6 large eggs

1/4 tsp salt, 1/4 tsp pepper

1 (16-oz) container refrigerated fresh salsa

2 avocados, pitted and thinly sliced



1 (15.5-oz) can BPA-free black beans drained and rinsed

Cut polenta into ¼-inch-thick slices; heat 2 Tbsp oil in a large nonstick skillet. Add half of polenta slices to skillet; cook 2 minutes per side or until browned. Repeat with remaining polenta slices; divide polenta slices evenly among serving plates.

Add remaining oil to skillet; carefully break eggs into skillet. Sprinkle eggs with salt and pepper; cook 2 minutes per side or to desired doneness.

Top polenta slices with salsa, sliced avocado and black beans; top with fried eggs.

Mexican Street Corn Salad ~ Live Eat Learn

2 Tbsp Olive oil

3½ cups fresh or frozen corn kernels

3 Tbsp Mayonnaise

1 (3.5-oz) pkg crumbled feta cheese

Juice and grated rind of 1 lime

1 jalapeño pepper, minced - remove seeds

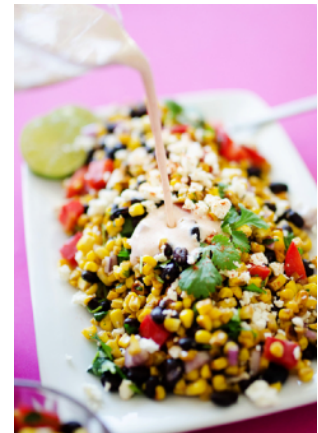
¼ cup chopped fresh Cilantro (or flat-leaf parsley)

½ tsp salt, ½ tsp pepper

Chopped Avocado

Chopped Tomato

1 sm. Can Black Beans



Heat oil in a large skillet over medium-high heat; add corn. Sauté 6 to 8 minutes or until browned. Transfer to a serving bowl. Stir in remaining ingredients.

SUPER FOOD BOWLS ~ THE VINTAGE MIXER

WITH HONEY LIME AVOCADO DRESSING RECIPE

1 Sweet potato

2 Large beets

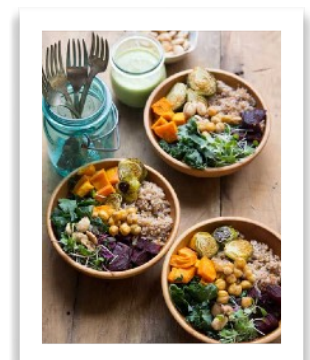
1 Cup Brussels sprouts

1 Can chickpeas, drained and rinsed and roasted

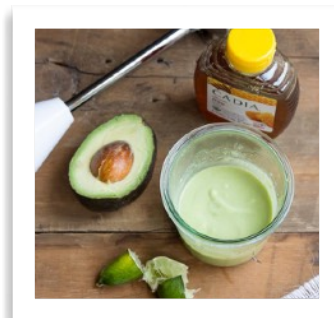
2 Tablespoons of olive oil or coconut oil

1 Teaspoon cumin

1 Teaspoon salt



1 Bundle of kale
1 Cup bulgar wheat
Almonds, pecans or walnuts
Micro greens or sprouts
honey lime avocado dressing



Turn oven to 425 degrees. Peel then chop sweet potatoes and beets into similar sized squares, then cut Brussels in half. Toss the vegetables in olive oil (use coconut oil if you're really going for the super foods here), salt, and cumin (being generous with the salt). Line a rimmed baking sheet with olive oil or foil and lay out the vegetables. Roast for 30-40 minutes or until tender and brown on the edges (the Brussels and Beets may need to be removed sooner than the sweet potato).

Meanwhile, cook the bulgar wheat. Rinse the grain a few times pouring off the cloudy water. Then combine the 1 cup bulgar with 2 cups of cold water in a pot on the stove. Bring to a boil then simmer for 15-20 minutes or until water is absorbed.

Next Roast the Chickpeas.

Chop or tear the kale into bite sized pieces and throw into a bowl. Once the vegetables and chickpeas are done, place them also in individual bowls. Same with micro greens, bulgar, and almonds. What you're going for is a whole lot of bowls with a whole lot of ingredients.

Whisk up the avocado dressing and pour into a jar.

Spread out all the ingredients along your table and stack up a few bowls. Let your guests fill their bowls to their liking.

Honey Lime Avocado Dressing Recipe

1/2 large avocado (or 1 whole if it's small)
juice from 1 lime (about 2 tablespoons)
1 tablespoon rice vinegar*
1 tablespoon olive oil
1 garlic clove, minced
1/2 tablespoon honey
1/4 teaspoon cumin
1/4 cup water
salt, to taste

Combine all ingredients in a blender, food processor or immersion blender, or whisk until your hearts desire. Pour over salad, veggies, rice or grains.

Buffalo Chicken Jalapeno Popper Casserole - food.allwomenstalk.com

6 small Chicken Thighs
6 slices Bacon
3 medium Jalapenos (De-seed if you aren't a fan of spicy)
12 oz. Cream Cheese
1/4 cup Mayonnaise
4 oz. Shredded Cheddar
2 oz. Shredded Mozzarella Cheese
1/4 cup Frank's Red Hot
Salt and Pepper to Taste



De-bone all chicken thighs and pre-heat oven to 400F. Season chicken thighs well with salt and pepper, then lay on a cooling rack over a cookie sheet wrapped in foil. Bake chicken thighs for 40 minutes at 400F.

At 20 minutes, start on the filling. Chop 6 slices of bacon into pieces and put into a pan over medium heat. When bacon is mostly crisped, add jalapenos into the pan.

When the jalapenos are soft and cooked, add cream cheese, mayo, and frank's red hot (or even just salsa of your choice including Green Salsa) to the pan. Mix together and season to taste.

Remove chicken from the oven and let cool slightly. Once they are cool enough, remove the skins from the chicken. Lay chicken into a casserole dish, then spread cream cheese mixture over it, then top with cheddar and mozzarella cheese.

Bake for 10-15 minutes at 400F. Broil for 3-5 minutes to finish. Optional: Top with extra jalapenos before you broil.

Spatchcock Chicken - Nathchas Kitchen

<https://natashaskitchen.com/spatchcock-chicken-recipe-video/>

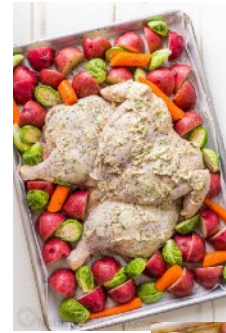
4 1/4 lb whole chicken, *

1/2 tsp salt, (we used sea salt)

1/8 tsp black pepper

Ingredients for Flavored Butter:

6 Tbsp unsalted butter, softened
1 Tbsp olive oil, plus more to drizzle
1 Tbsp parsley, finely chopped
3 large garlic cloves, minced or finely grated
1 tsp lemon zest
1 Tbsp lemon juice
1 tsp salt, plus more for vegetables
1/8 tsp black pepper



Ingredients for 1-Pan Chicken Dinner:

2 lbs medium red potatoes, scrubbed and quartered
3 medium carrots, peeled and quartered
8 oz Brussels sprouts, trimmed and halved

Any Veggie would do well here - even cubed eggplant tossed in olive oil first

I let the Chicken which has been totally prepared and stuffed with butter mixture first, wrapped in plastic or placed in large plastic bag, and stored in the refrigerator for at least 24 hours. This will make the lemon and garlic meld with the chicken flesh and make it so very tender. This is important. The link in the title is very helpful if you have never spatchcocked a chicken. These are wonderful. I do the chicken a day or so ahead and I also prepare the veggies and then store them in ziplock bags so it makes preparing for a dinner party such easier and you are not so frazzled.

Before cooking (Preheat oven to 425°F after step 4).

Place chicken breast-side down with the wings/ neck facing towards you. To remove the spine, use kitchen shears to cut through the ribs right next to the spine along both sides. Open rib cage and use a heavy knife to score down the sternum. This will help pop out the breast bone and flatten chicken. Season inside the chicken with 1/2 tsp salt and a pinch of black pepper.

Flip the chicken over breast side up and set on parchment-lined, rimmed baking half sheet. Using the palm of your hand, push firmly over the breast bone forcing the chicken to lay completely flat. Use your thumbs to separate the skin from the meat over breast, thigh and drumstick areas. I do not use the parchment paper but cook directly on the roasting pan.

In a small mixing bowl, combine the flavored butter ingredients. Mash with fork for a couple of minutes until lemon juice is mostly incorporated into butter.

Spread 2/3 of mixture under the chicken skin and dot/spread remaining butter all over chicken.

Place prepared vegetables all around the chicken and drizzle everything with olive oil. Sprinkle chicken and vegetables generously with salt and some black pepper to taste.

Bake uncovered at 425° F for 45 min or until instant read thermometer reads 160° F when inserted into thickest part of chicken breast**. Remove from oven and rest uncovered 10 minutes on a cutting board before serving.

Chicken And Onion Tagine (DJEJ BESLA)

- 1 tbsp. kosher salt, plus more to taste
- 6 cloves garlic, roughly chopped
- 2 tsp. cumin seeds, crushed
- 1 tsp. paprika
- 1 tsp. ground turmeric
- 5 tbsp. olive oil
- 4 skinless bone-in chicken thighs
- 4 skinless bone-in chicken drumsticks
- 1 tsp. crushed saffron threads
- 4 medium yellow onions, cut into 12 wedges each
- Freshly ground black pepper, to taste
- 1 lemon, thinly sliced crosswise, seeds removed
- 1 ¼ cups pitted green olives
- ⅓ cup finely chopped cilantro
- Cooked white rice, for serving



Make a spice paste: Using the flat side of your knife, chop and mash salt and garlic together on a cutting board into a smooth paste; transfer paste to a large bowl and stir in cumin, paprika, and turmeric. Stir in 3 tbsp. oil, and then add chicken thighs and drumsticks; toss until evenly coated. Cover bowl with plastic wrap, and marinate in the refrigerator for 4 hours.

Heat remaining oil in an 8-qt. Dutch oven or large tagine over medium-high heat. Working in batches, add chicken pieces, and cook, turning once, until golden brown on both sides, about 10 minutes; transfer to a plate and set aside. Add saffron and onions to

pot, season with salt and pepper, and cook, stirring occasionally, until soft, about 15 minutes. Return chicken to pot along with lemon slices and 1 cup water, and bring to a boil; reduce heat to medium-low, and cook, covered, until chicken is cooked through, about 40 minutes. Remove from heat, and scatter olives and cilantro over chicken; serve with rice.

Garden Lasagna ~ The Curvy Carrow

For the basil puree:

- 1 cup packed fresh basil leaves
- 1/2 cup spinach leaves
- 2 teaspoons minced garlic
- 1/2 cup, plus 1 tablespoon extra-virgin olive oil
- 1/4 cup Parmigiano-Reggiano cheese (or Parmesan),
grated
- Salt and pepper, to taste
- 32 ounces ricotta cheese (One 2-pound container)
- 1 large egg

For the vegetables:

- 4 tablespoons (1/2 stick) unsalted butter
- 1/2 cup shallots, finely chopped
- 1/4 cup all-purpose flour
- 3 cups milk
- 8 ounces cremini mushrooms, sliced
- 1 8-ounce jar of roasted red bell peppers - or Pimentos, drained
- 1 pound baby spinach
- 9 ounces of no-boil lasagna noodles
- 4 and 1/2 cups mozzarella cheese, shredded

For Garnish:

- 1/4 cup fresh basil leaves, thinly sliced

For the basil puree: In your food processor or blender, combine the basil, 1/2 cup spinach leaves, 1/2 teaspoon of the garlic and 1/2 cup of the olive oil, processing until a thick paste forms, a few seconds.

Add the Parmigiano-Reggiano and salt and pepper (to taste). Set aside.

In a separate medium bowl, combine the ricotta cheese, the egg, and more salt and pepper (to taste). Set aside.



To blanch the spinach: In a large pot over high heat, bring about 8 cups of water to a boil. Add the 1-pound of spinach to the water, and stir, until the spinach turns bright green, about 30 seconds. Immediately plunge the spinach into another bowl full of cold water to stop the spinach from cooking. Drain the spinach and pat dry with paper towels. Set aside.

For the sauce: In a sauté pan over medium heat, melt the butter. Add the shallots and cook, stirring occasionally, until softened, about 3-4 minutes.

Add the remaining minced garlic and the flour and toss to coat, stirring constantly, for about 1 minute.

Slowly add the milk to the pan, and stir to remove any browned bits from the bottom of the pan. Increase the heat to medium-high and cook, stirring occasionally, until thickened, about 7-10 minutes.

Transfer the roux to a separate bowl, and let cool for about 15 minutes.

Once cooled, add the basil puree to the sauce and set aside.

For the vegetables: Return the sauté pan to the heat and heat 1 tablespoon of the olive oil until shimmering.

Add the sliced mushrooms and cook until the excess moisture has evaporated and the mushrooms are lightly browned, stirring occasionally, about 8-10 minutes.

Transfer the mushrooms to a medium bowl.

Add the bell peppers, blanched spinach, and salt and pepper to taste to the mushrooms, mixing well.

For the lasagna: Preheat the oven to 375 degrees. Lightly spray your baking pan with cooking spray. Assemble the lasagna by placing about 1/2 cup of the sauce on the bottom of the pan. Layer the noodles on top of this, followed by 1/2 cup of the ricotta, 1 cup of the vegetables, 1/2 cup of the sauce, and about 1 cup of the mozzarella. Repeat this two more times.

Pour the remaining sauce over the lasagna and sprinkle with the rest of the mozzarella cheese. Cover the pan with foil and bake until bubbling, about 45 minutes.

Uncover the pan, and bake for another 15-20 minutes or so, or until the cheese is lightly browned.

Remove from the oven and let rest for about 15 minutes.

Garnish with the fresh basil and serve immediately.

Sweet Potato Gnocchi with Kale, Sage, and Balsamic Brown Butter - Fine Cooking

This dish was inspired solely by the straightforward combination of earthy sweet potato with the natural richness of nuts and root vegetables. Aged balsamic vinegar is used to showcase the flavor of that intense, marvelously aged Italian product. The sauce of balsamic and brown butter works really well with this rustic dish. This is wonderful.

- 2 Sweet potatoes (about 1 lb.)
- 1 to 1-1/2 C All-purpose flour,
- 1 Large egg, beaten
- 1 tsp. Kosher salt, plus more as needed
- Freshly ground black pepper to taste
- 1 Tbs. Olive oil
- 2 oz. Pancetta, finely diced (or four or five slices of meaty bacon)
- 1/2 Small white onion, finely diced
- 1/2 stick Unsalted butter
- 3 Tbs. Aged balsamic vinegar
- 2 oz. Kale, stemmed and cut into thin ribbons
- 1 tsp. Chopped fresh sage, plus whole leaves for garnish
- A Parmesan cheese wedge for shaving



Preheat the oven to 400°F. Prick the sweet potatoes all over with a fork and put them on a baking sheet. Roast until completely soft, 1 to 1-1/4 hours. Let stand until cool enough to handle. Halve the sweet potatoes and scrape the flesh into a large bowl. Refrigerate until cool.

Add 1 cup of the flour, the egg, salt, and pepper to taste to the sweet potatoes and mix until a soft dough forms. Turn out onto a well-floured work surface and knead gently until the dough is smooth and no longer sticky. (If it is still sticky, add a bit more flour and continue kneading.) Use a bench scraper to keep the dough from sticking and to release it from the work surface. Cut the dough into 6 portions and roll each portion into a long cylinder about 1/2 inch thick. Cut each one into 1/2-inch pieces and transfer to a baking sheet lined with a floured towel.

Bring a large pot of water to a boil and salt it generously.

Meanwhile, heat the oil in a large skillet over medium heat. Add the pancetta and cook until beginning to brown, about 5 minutes. Stir in the onions and cook until softened, 6 to 8 minutes. Transfer the mixture to a small bowl and set aside.

Melt the butter in the same skillet over medium-low heat and cook until the milk solids begin to turn brown and the butter gives off a nutty aroma. Immediately add the vinegar and swirl the pan to combine. Add the kale, stir, and add 1 to 2 Tbs. water to help the leaves wilt. Reduce the heat to low and keep warm.

Reduce the heat under the boiling water to maintain a simmer. Drop the gnocchi into the water and cook until they all float, 8 to 10 minutes. Drain the gnocchi and add to the balsamic brown butter, along with the reserved pancetta and onions. Sprinkle in the chopped sage, season with salt and pepper, and toss well to coat.

Divide the gnocchi among warm shallow bowls and, using a vegetable peeler, shave Parmesan strips over the top. Garnish with sage leaves and serve immediately.

Pulled Pork Griddle Cakes ~My Recipes.com

Fresh Cherry Salsa, spiked with pepper jelly, puts these pork-rich griddle cakes over the top. Self-rising cornmeal mix, which includes both leavening and salt, adds just the right amount of lift and tenderness. You may use pulled chicken or beef if you prefer.

- 1-1/2 C Self-rising cornmeal mix
- 1/2 C All-purpose flour
- 1 Tbls. Sugar
- 1-2/3 C Buttermilk
- 3 Tbls. Butter, melted
- 2 Eggs (Large), lightly beaten
- 2 C Chopped pulled barbecued pork
(without sauce)

Whisk together cornmeal mix and next 5 ingredients just until moistened; stir in pulled pork.

Pour about 1/4 cup batter for each griddle cake onto a hot, lightly greased griddle or large nonstick skillet. Cook 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side 2 to 3 minutes or until done. Serve immediately with salsa.



Fresh Cherry Salsa

Zippy red pepper jelly sends Fresh Cherry Salsa over the top. Serve Fresh Cherry Salsa over chicken, pork, with chips, or with our Pulled Pork Griddle Cakes.

- 1/2 C Red pepper jelly
- 1 Tbls. Lime zest
- 1/4 C Fresh lime juice
- 2 C. Pitted, coarsely chopped fresh cherries
- 3/4 C. Diced fresh nectarines
- 1/3 C. Chopped fresh cilantro
- 1/3 C. Chopped fresh chives

Whisk together red pepper jelly, lime zest, lime juice, and dried crushed red pepper in a small bowl. Stir in cherries, nectarines, cilantro, and chives.

Fried Farro with Pickled Carrots and Runny Eggs - Bon Appetite

Browning the farro imbues it with a nutty flavor a step you can add any time you prepare the grain.

- 2 medium carrots, peeled, chopped
- 1/2 C white wine vinegar
- 1 tsp. sugar
- 1 tsp. kosher salt plus more
- 5 Tbsp. olive oil, divided
- 1 1/2 C semi-pearled farro
- 2 garlic cloves, chopped, divided
- 6 oz. maitake mushrooms, torn into 1" pieces
- 1/2 bunch Tuscan kale, center ribs and stems removed, torn into 1" pieces
- 1 Tbsp. colatura (anchovy sauce) or fish sauce (nam pla or nuoc nam)
- Freshly ground black pepper
- 1/2 C fresh flat-leaf parsley leaves
- 2 large eggs or 1 duck egg
- 1 red chile (such as jalapeño or Fresno), seeded, coarsely chopped
- 2 scallions, thinly sliced
- Crushed red pepper flakes



Place carrots and chile in a small heatproof bowl. Bring vinegar, sugar, 1 tsp. salt, and ½ cup water to a boil in a small saucepan, stirring to dissolve sugar and salt. Pour over carrots and chiles; let sit at least 30 minutes. Drain, reserving ¼ cup pickling liquid.

Meanwhile, heat 1 Tbsp. oil in a medium saucepan over medium-high heat. Add farro and half of garlic and cook, stirring constantly, until farro is dark brown, 8–10 minutes. Add 6 cups water and bring to a boil. Boil farro until tender but still firm to the bite, 25–30 minutes. Drain; let cool.

Heat 1 Tbsp. oil in a large skillet over medium-high heat. Add mushrooms and cook, tossing often, until soft and just starting to brown, 5–7 minutes. Using a slotted spoon, transfer to a plate. Add 2 Tbsp. oil, then kale and remaining garlic to skillet. Cook, tossing often, until kale is wilted, about 4 minutes. Add colatura, farro, mushrooms, and pickled carrots. Cook, tossing often, until warmed through, 5–7 minutes; season with salt and pepper and reserved pickling liquid. Mix in parsley; divide among bowls.

Heat remaining 1 Tbsp. oil in a small nonstick skillet over medium-high heat. Crack eggs into skillet and fry until egg whites are set but yolks are still soft and runny, about 3 minutes (slightly longer for duck egg). Top farro with eggs and scallions; season with red pepper flakes. Just before serving, break up eggs and mix into farro.

Balsamic - Beer Braised Pork Roast

Shewearsmanyhats.com

Serves: 6

3 tablespoons of vegetable oil
4 pound boneless pork butt roast*
12 ounces beer
3 tablespoons balsamic vinegar
2 teaspoons salt
2 teaspoons black pepper
2 teaspoon garlic powder
1 teaspoon - Cardomom
1 teaspoon
2 teaspoons oregano
¼ cup brown sugar



Preheat oven to 450-degrees F.

In a dutch oven or oven safe pan with lid, heat oil over medium-medium high heat. When oil is rippling, brown pork roast a couple of minutes on each side.

Whisk together beer, balsamic vinegar, salt, pepper, garlic powder, oregano, and brown sugar; pour over pork roast.

www.mizztizzysweedsandseeds.com

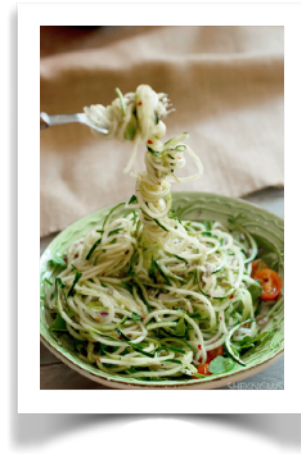
Cover and bake in 450-degree F oven for 15 minutes, then lower oven temperature to 300 degrees F and continue to bake for another 2 hours and 45 minutes.

NOTES: *A bone-in pork butt roast may be used, adjust weight accordingly to compensate for weight of bone.

Sweet-and-spicy Cucumber Noodles ~ inspiralized.com

Spiralizer ([found online](#)) or julienne the cuke.

4 large English cucumbers
1/2 cup cherry tomatoes, halved
2 large handfuls organic arugula
2 tablespoons Champagne or red wine vinegar
4 tablespoons extra-virgin olive oil
1 teaspoon crushed red pepper flakes
1 tablespoon honey or agave
1 orange, juiced
1/2 teaspoon garlic powder
Salt and pepper, to taste



Place a cucumber into the spiralizer, and follow the directions listed on the package until you have cucumber noodles. Repeat with the remaining cucumbers.

To a large bowl, add all the cucumber noodles along with the tomatoes and arugula.

In a separate bowl, combine the remaining ingredients to make the dressing.

Using a wire whisk, mix the dressing until all the ingredients are incorporated, and pour over the top of the cucumber noodles.

Toss the cucumber noodles very well, making sure they are all coated with the dressing. Transfer to a serving plate, and serve immediately.

Ancient Egyptian Fava Beans- Joanne Roth

1 Can of Progression Fava Beans (Brown)
3 Tbls. Olive Oil
3 Cloves Garlic - crush and chopped
1 Med. Onion - thinly sliced
1 Large Tomato chopped.
2 tsp. Cumin Powder
2 tsp. Coriander Powder

- 2 tsp. Cardamom Powder
- 1/8 tsp. Pepper flakes or more to taste
- 1 Juice of one large lemon
- 1 C Red Wine
- 3 Tbls. Brown Sugar
- 1/2 tsp. Salt
- 1 Small Jar of Marinated Artichoke hearts or more - drained
- 1/2 C Black olive, or Kalamarta Olives, cut in half.
- 1 Large Sweet Potato - cut into bite sized pieces.



At serving time :

- 2 Tbls. Parsley
- 3 Tbls. Peppermint leaves
- 1/2 C Cilantro
- 8 Oz. Feta - Soft whole brick is best

Saute the onion and later the garlic, in the olive oil, then add all the ingredients, except for the topping and bake at 350 degrees about 1 hour. Add the Topping right after it has been baked and serve.

Topping:

Good *soft* room temperature Feta Cheese (whole block) chunks - break into Medium pieces, place on top at serving and press into hot mix, and they will melt into the beans

- 1/4 C. Chopped Cilantro
- 1/4 C. Chopped Mint & Cilantro

Chermoula Eggplant with Bulgur Wheat and Yogurt

cooking.nytimes.com

You will not believe how wonderful this dish is.

Chermoula sauce :

- 2 Cloves garlic
- 2 tsp.
- Ground cumin
- 1 tsp.
- Ground coriander

1/4 tsp. Chili pepper flakes

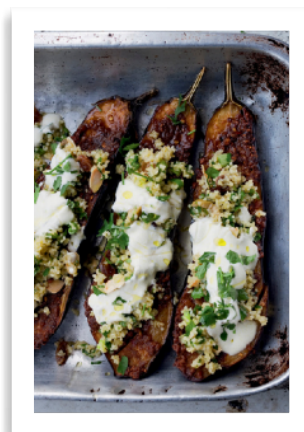
Drizzled with a little lemon

1 tsp. Sweet paprika

2 Tbls. Finely chopped preserved lemon peel or grated
lemon rind from large lemon.

2/3 C Olive Oil + to finish dish

Chermoula is a powerful North African paste that is
brushed over fish and vegetables and give them the
perfumed aroma of preserved lemon, mixed with heat
and spice.



Bulgur :

2 Medium eggplants

1 C Bulgur wheat (I did 3/4 C. Bulgur and 1-1/2 C of Water so it is just 2 to 1, I
just put the wheat in cold water in the pan and the brought it to boil, and
turned it down to cook for a little bit on very low with lid on - Check
frequently to make sure it is not burning and stir frequently also.) Check
bag is comes in.

2/3 C Boiling water (Or you can use this recipe for the Bulgur)

1/3 C Golden raisins - or more

3-1/2 TBS. Warm water

1/3 C Cilantro - fresh and shopped roughly - plus extra for finished dish

1/3 C Mint - “

1/3 C Green pitted olives - or more - sliced

1/3 C Sliced almonds - toasted - or more

3 Green Onions - chopped

1-1/2 TBS Freshly Squeezed lemon juice - or more

Yogurt Sauce :

1 C yogurt - 1/2 or more a lemon juiced - hand full of cilantro chopped,

1/2 teaspoon of salt - to taste - 1 finely shreaded or pressed garlic clove. - Let sit
and thin with milk so it can be able to pour from a serving spoon of small pitcher.

Preheat the oven to 400 degrees. To make the chermoula, mix together in a small
bowl the garlic, cumin, coriander, chili flakes, paprika, and chopped preserved lemons or
grated lemon rind, and 1/2 C of olive oil (it says 2/3's of the olive oil but that does not
make sense), and 1/2 teaspoon salt.

Cut the eggplants in half lengthwise. Score the flesh of each half with deep,
diagonal crisscross scores, making sure NOT to pierce the skin on at all. Divide the
chermoula between the four halves, and spread over each half, as evenly as you can, and

place on a baking sheet - cut side up. (I put on tinfoil so I could keep the oil from running off of the cookie sheet). Put in the oven and roast for about 40 minutes or until each half is cooked and soft all the way through.

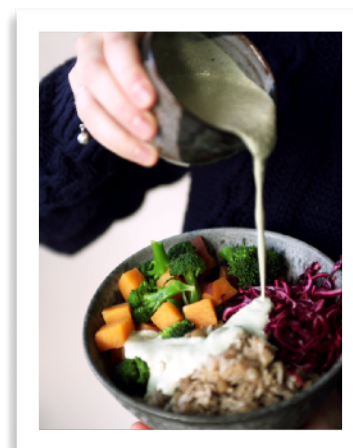
Meanwhile, place the bulgur in a large bowl and cover with boiling water. Soak the raisins in the warm water. After 10 minutes, drain the raisins and add them

to the bulgur, along with the remaining oil (1/4 C, about). Add the herbs, olives, almonds, green onions and lemon juice, and a pinch of salt to taste and stir to combine. Taste and add more salt if needed. I add the chopped cilantro and mint (about 1/2 C) right before serving so it will stay fresh looking and the bulgar is at room temp)

Serve the eggplants warm or at room temperature. Place 1/2 eggplant, cut side up, on each individual plate. Spoon the bulgur on top, and allow some to fall from both sides. Spoon some of the lemon yogurt sauce over all, and dress with sprinkles of cilantro and mint, and a finished drizzle of olive oil if you like.

Winter Abundance Bowl - mynewroots.org

2/3 cup brown rice
1/3 cup green lentils
1/4 – 1/2 tsp. sea salt
1 head broccoli
1 medium sweet potato (leave the skin on if it's organic!)
2 cups shredded red cabbage
juice of 1/2 lemon or lime
drizzle of cold-pressed olive oil



Combine rice and lentils in a medium bowl, cover with water and wash well, rubbing grains and legumes together. Drain and repeat until water is clear. Cover with water again and soak overnight / for up to 8 hours, if possible. Drain and rinse.

In a medium saucepan place the rice and lentils, plus 1 1/2 cups water (if soaked – add 2 cups water if un-soaked), and sea salt. Bring to a boil, reduce to simmer and cook covered until water has been absorbed and rice and lentils are cooked through (about 30-45 minutes depending on if you soaked the grain or not).

While the rice and lentils are cooking, chop the broccoli into florets and the sweet potato into bite-sized cubes. About ten minutes before the grains have cooked (check the water level before adding veggies – if it's dry, add a little more liquid), add the sweet potato. After five minutes, add the broccoli on top of the sweet potato.

While the rice and lentils are cooking you can also blend together the sauce (see below) and prepare the cabbage: Shred cabbage using a mandoline or sharp knife. Toss with a squeeze of lemon or lime juice, a drizzle of olive oil and some salt. Toss to combine.

To assemble the bowl, simply spoon in the cooked rice and lentils with the steamed veggies, add the cabbage on the side and pour sauce over.

Garlic-Ginger Pumpkin Seed Sauce - mynewroots.org

Makes 2 cups

1 cup/150g pumpkin seeds
3 cloves garlic
knob of fresh ginger
1 Tbsp. maple syrup
3 Tbsp. olive oil
1 Tbsp. apple cider vinegar
3 Tbsp. lemon juice
3/4 - 1 cup /175- 250 ml water
3/4 tsp. fine grain sea salt
1/4 tsp. cracked black pepper
cayenne pepper to taste



In a dry skillet over medium heat, toast pumpkin seeds, stirring every so often, until they begin to pop. Remove from heat and set aside to cool.

In a food processor, pulse to mince garlic and ginger. Add cooled pumpkin seeds and blend on high until sand-textured. Add remaining ingredients (start with 3/4 cup water) and blend, scraping down the sides periodically. Add remaining water as needed to suit your desired consistency. Season to taste. Store in an airtight glass container in the refrigerator for up to five days.

This recipe makes quite a lot of sauce, but as it keeps for five days it's a wonderful thing to have on hand to dress salads, roast veggies and cooked whole grains. You can easily make half the amount if you know you won't eat it all in before it spoils. You can also make a raw version of this sauce. To do so, soak the pumpkin seeds for 8 hours, or overnight. Drain and rinse well. Skip step 1 in the instructions and carry on with the others

Fluffy Cuban Rice - Joanne Roth

- 1 C long grain white rice. if possible use jasmine rice
- 2 1/2 C water
- 1/4 C olive oil, light
- 1 clove, smashed fresh garlic or 1/2 teaspoonful powdered garlic. garlic is optional but gives it a nice flavor.
- 1 1/2 tsp salt

In a heavy pot rinse the rice in cool water twice. Drain all the water. Place the pot on the burner add the two and a half cups water to the rice along with the oil, garlic, and salt. Stir well. Turn on the flame onto medium to high. Just as soon as the rice starts to boil cover with a tight fitting lid and reduce heat to medium to low. cook this way for about 20/25 minutes. Uncover after twenty five minutes stir with a fork and cover again and continue to cook until 35 minutes have passed. Taste to see if you have enough salt. Grains should be fluffy and soft but not mushy. Serve with your favorite meat or chicken dish. Enjoy

Cooking time varies with a gas or electric stove. The cooking time above is approximately correct as I have made rice on both gas and electric stoves.

Spinach Potato Nest Bites -

mayihavethatrecipe.com

- 4 large Yukon Gold Potatoes
- 1 tsp salt
- 1/4 - 1/2 tsp pepper
- 2 1/2 tsp garlic powder
- 2 1/2 tsp onion powder
- 4 tsp vegetable oil
- Cooking Spray
- 4 cups of frozen spinach thawed (yields 2 cups cooked)
- 4 tbs extra virgin olive oil
- 4 large eggs



Preheat oven at 400F

Grate the potatoes, add 1/2 tsp of salt, mix well and let them sit in a colander with a bowl under it for 20 minutes.

In a large skillet, sauté spinach in olive oil. Season with 2 tsp garlic powder, 2 tsp onion powder and ½ tsp salt. Cook until most of the water had evaporated, 6-8 minutes. Set aside.

Squeeze as much water out of the grated potatoes as you can. Season with ½ tsp garlic powder, ½ tsp onion powder, ½ tsp pepper. Add 4 tsp vegetable oil and mix well.

Generously spray a 12 muffin tin pan with cooking spray.

Arrange grated potatoes into each muffin cup, pressing against the bottom and up the sides. Bake in the oven for 15 minutes or until they start to brown slightly. Remove from the oven and set aside.

In a medium size bowl, beat eggs, add a pinch of salt and spinach and mix until well combined. Evenly spoon spinach in each potato nest.

Bake for 10 minutes or until egg is cooked. Remove from the oven and let them cool slightly.

Carefully unmold each potato nest using a butter knife around the edges of the nest.

Makes 12 potato nests

Notes: It is important to use Yukon Gold Potatoes, to get the best crispy nests. They are the best when made and eaten fresh but if you need to make them ahead, freeze, and reheat at 350 degrees in oven for about 8 to 12 minutes.

Badhınjan Mishwī Bīl Furn (Baked Eggplant Stakes)

Serve this dish with mashed potatoes or cooked rice.

Butter

1 large eggplant (approximately 2 pounds),
peeled and cut into 1/2-inch slices

1/2 teaspoon salt

BASTING

1/2 cup chopped fresh basil

1/2 cup chopped fresh coriander leaves

1/2 cup finely chopped fresh dill

1/2 small jalapeño pepper, chopped

1 medium onion, chopped

4 garlic cloves, crushed

2 Tablespoons lemon juice

2 Tablespoons olive oil

2 teaspoons sugar (Use your favorite vegan variety.)

1/2 teaspoon black pepper

1/2 teaspoon salt

Grease baking pan or casserole dish with margarine. Set aside.

Lightly sprinkle eggplant with the salt and place in the pan. Set aside.



Preheat oven to 350 degrees.

Make the basting by placing the remaining ingredients into a blender and making a soft paste, adding a little water, if necessary.

Brush the eggplant slices with a quarter of the basting and bake for 20 minutes. Turn slices over, brush with another quarter of the basting, and bake for another 25 minutes or until done. Top with remaining basting and serve hot. Baked Aubergine Stuffed with Sweet Potato,

Feta & Walnut with Minted Courgettes

7oz Pumpkin or squash (try kabocha or butternut squash)

1 sm. Red onions, thinly sliced or three green onions

1 tsp Cumin seeds (or use slightly less ground cumin)

2 Garlic cloves, thinly sliced

4 tbsp Virgin rapeseed or olive oil

2 tsp Fresh herbs (thyme, oregano, sage or rosemary

work well)

100g Feta cheese, diced

large handful Walnuts, lightly toasted and halved

For the courgette salad

4 Eggplants

1 Lemon

2 tsp Extra-virgin olive oil

Small handful mint leaves, chopped

Small handful flat-leaf parsley, chopped



Heat oven to 200C/180C fan/gas 6. Cut the in half lengthways, leaving the stem in place (this can be removed when eating). Using a small sharp knife, scoop out the inner flesh leaving a shell about 1cm thick. Chop the flesh and put into a bowl.

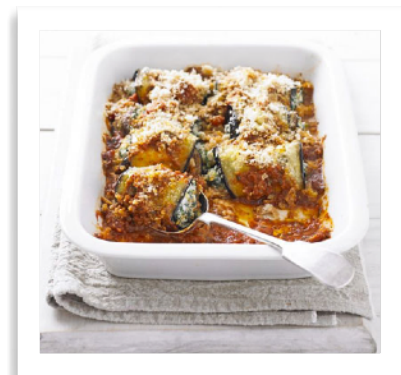
Peel the pumpkin or squash, remove the seeds, then cut into 1-2cm dice and mix with the chopped aubergine and red onion. Mix in the cumin, garlic and 2 tbsp oil and toss together with some salt and black pepper. Lay on a baking tray lined with parchment paper. Rub 1 tbsp oil over the aubergine halves and season. Place, cut-side down, on another tray lined with parchment paper. Bake for 15-20 mins, until the pumpkin and aubergine shells are almost cooked through.

Tip the pumpkin mixture back into the bowl and stir through the mixed herbs, feta and walnuts. Turn over the aubergine halves, then pile up the mixture inside. Drizzle with the remaining 1 tbsp oil and bake for 20 mins, at which point the pumpkin will be fully

cooked. If it starts to colour too much, cover loosely with foil. Meanwhile, make the courgette salad. Top and tail the courgettes, then slice very thinly into wide ribbons. Toss with the zest, juice of half the lemon and the oil. Leave for 10 mins to let the courgettes soften a little. To serve, toss the herbs through the courgettes and cut the remaining lemon half into wedges. Place an aubergine half on each plate, pile up the salad beside it and serve with a lemon wedge.

Aubergine Rolls with Spinach & Ricotta

- 2 aubergines, cut into thin slices lengthways
- 2 tbsp olive oil
- 500g spinach
- 250g tub ricotta
- grating of nutmeg
- 350g jar tomato sauce
- 4 tbsp fresh breadcrumbs
- 4 tbsp parmesan (or vegetarian alternative)



Heat oven to 220C/200C fan/gas 7. Brush both sides of the aubergine slices with oil, then lay on a large baking sheet. Bake for 15-20 mins until tender, turning once.

Meanwhile, put the spinach in a large colander and pour over a kettle of boiling water to wilt. Cool, then squeeze out the excess water, so that it is dry. Mix with the ricotta, nutmeg and plenty of seasoning.

Dollop a spoonful of the cheesy spinach mix in the centre of each aubergine slice, fold over to make a parcel and lay, sealed-side down, in an ovenproof dish. Pour over tomato sauce, sprinkle with breadcrumbs and cheese, and bake for 20-25 mins until golden and piping hot.

Grilled Eggplant with Spicy Chickpeas & Walnut Sauce

bbcgoodfood.com

- 4 tbsp olive oil
- 1 onion, finely chopped
- 1 tsp. or less red pepper flakes
- 1 tsp. ginger

1/2 tsp each ground cumin,
coriander and cinnamon
1 Can chickpeas, rinsed and drained
2 tomatoes, seeded and chopped
Juice 1/2 lemon
1 Eggplant, sliced lengthways

For the walnut sauce

1 Small tub Greek-style yogurt
1 garlic clove, crushed
1/2 C walnuts, chopped
handful coriander leaves, roughly chopped



Heat 2 tbsp oil in a pan, add the onion and fry until soft and lightly browned, about 10 mins. Add the chili, ginger and spices and mix well. Stir in the chickpeas, tomatoes and 5 tbsp water, bring to the boil, then simmer for 10 mins. Add a little salt and pepper and the lemon juice.

Arrange the aubergines over a grill pan. Brush lightly with oil, sprinkle with salt and pepper, then grill until golden. Flip them over, brush again with oil, season and grill again until tender and golden.

Mix the yogurt with the garlic, most of the walnuts and coriander and a little salt and pepper. Arrange the aubergine slices over a warm platter and spoon over the chickpea mix. Drizzle with the walnut sauce and scatter with the remaining walnuts and coriander.

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Grilled Eggplant with Garlic-Cumin Vinaigrette, Feta & Herbs - finecooking.com

*Grilling eggplant is a fantastic way to add a smoky note to its sweet
flavor. For the vinaigrette:*

1 small clove garlic
Kosher salt
1-1/2 Tbs. fresh lemon juice
1 small shallot, very finely diced
3 Tbs. extra-virgin olive oil



1/2 tsp. cumin seed, lightly toasted and pounded in a mortar or ground in a spice grinder

Pinch cayenne; more to taste

For the eggplant:

1 large globe eggplant (about 1 lb.), trimmed and cut into 1/2-inch-thick rounds

3 Tbs. extra-virgin olive oil; more as needed

Kosher salt.

1/4 cup crumbled feta

2 Tbs. coarsely chopped fresh mint

2 Tbs. coarsely chopped fresh cilantro

Make the vinaigrette:

With a mortar and pestle, pound the garlic and a pinch of salt to a paste, or mince the garlic, sprinkle with salt, and mash into a paste with the side of a chef's knife.

Combine the garlic paste and 1 Tbs. of the lemon juice in a small bowl and let sit for 10 minutes. Combine the shallot with the remaining 1/2 Tbs. lemon juice and a pinch of salt in another small bowl and let sit for 10 minutes. Whisk the olive oil, cumin, and cayenne into the garlic mixture. Season to taste with salt or cayenne, if necessary.

Grill the eggplant:

Prepare a medium-high charcoal or gas grill fire. Brush both sides of the eggplant slices with olive oil and season with salt. Grill (covered on a gas grill; uncovered on a charcoal grill) until golden-brown grill marks form, 3 to 4 minutes. Turn the eggplant and grill until tender and well marked on the second sides, 3 to 4 minutes more. The interior should be grayish and soft rather than white and hard.

Top grilled eggplant slices with the shallots, feta, and herbs. Whisk the vinaigrette and drizzle it on top. Serve immediately

Aubergine and Bean Casserole ~ bbc.co.uk/food

Very much like American Baked Beans, with a twist.

For the casserole

1 tbsp vegetable oil

1 onions, quartered

1 garlic clove, crushed

1 eggplant, cut into large chunks

14 oz can butter beans
3 Tbls. brown sugar
1 tsp smoked paprika
1/2 C vegetable stock
3 Tbls. molasses
4 oz tomato sauce
1 tbsp Dijon mustard
2 Tbsp. sherry vinegar
1 Tbsp. chopped fresh parsley

To serve

Natural yoghurt
flatbread



Heat the oil in a heavy-based frying pan. Fry the onions and garlic on a medium heat for five minutes or until golden-brown and softened. Add the mushrooms and aubergines and cook for 10 minutes.

Stir in the borlotti beans, muscovado sugar, paprika, vegetable stock, molasses, tomato ketchup, mustard, sherry vinegar and parsley and bring to the boil. Cover and simmer for 45 minutes. Serve with yoghurt and flatbread.

Tunisian Eggplant

It keeps beautifully, so go ahead and make it two or three days ahead of time, if that is most convenient for you.

1/4 cup olive oil (or more, as needed)
1 medium-sized onion, finely chopped
2 to 3 medium-sized cloves garlic, minced
1/2 teaspoon salt (or more, to taste)
1 large eggplant (peeling optional), cut into 1-inch cubes
3 tablespoons tomato paste
1/4 cup red wine vinegar
1 cup small pitted green olives
1 small jar (6 ounce) marinated artichoke hearts (drained, each piece cut into 2 or 3 smaller pieces)
Pinches of dried tarragon, basil and/or oregano (optional)



Heat the olive oil in a large skillet. Add the onion, garlic and salt, and sauté over medium heat until the onion is soft and translucent (5 to 8 minutes).

Add the eggplant cubes, stir and cover. Cook until the eggplant is very well done (15 to 20 minutes), stirring occasionally. Add small amounts of additional oil, 1 tablespoon at a time, if needed to prevent sticking.

Stir in tomato paste and vinegar, and heat to the boiling point. Add the olives and remove from heat. Stir in the artichoke hearts, then cool to room temperature. Taste to adjust the seasonings, adding the optional herbs, if desired.

Cover tightly and chill. Serve cold or at room temperature

Sweet Potato Nachos with Smoked Cheddar and Black Beans

You can top with browned and crumbled chorizo, sliced jalapeños, or shredded chicken would all be delicious tucked in between the sweet potatoes. Or you could leave them as is and serve them with a plethora of toppings like guacamole, salsa, pickled jalapeños, or sour cream.

4 large sweet potatoes

2 tablespoons olive oil

1 (15.5 ounce can) black beans, drained and rinsed

8 ounces smoked cheddar cheese, shredded

1/4 cup chopped cilantro

Arrange racks in the upper and lower third of the oven and heat the oven to 425°F. Peel and cut the sweet potatoes into 1/2-inch thick sticks.

Divide sweet potatoes evenly between two sheet pans and drizzle each pan with 1 tablespoon of the oil. Season generously with salt and pepper and toss to combine. Spread out the sweet potato sticks into a single layer and roast in the oven until tender, about 25 minutes, rotating the pans halfway through.

Remove sweet potatoes from the oven and move the upper rack to the middle of the oven. Heat the broiler to high.

Transfer one tray of sweet potatoes to an oven-safe platter and top with half the black beans and half the cheddar. Top with the other tray of sweet potatoes and layer the remaining black beans and cheddar over the top.



Place under the broiler until the cheese is melted and bubbly, 3-5 minutes. Sprinkle with cilantro and serve.

Baked Spaghetti

Sauce:

6 cups cooked thin spaghetti noodles
Alfredo sauce (recipe below)
1 cup shredded mozzarella cheese
Italian Meatballs (small bag)
Marinara Sauce (I used a 25 oz jar)
Optional: grated Parmesan and oregano for garnish

Alfredo Sauce:

1 pint heavy cream
2 tsp minced garlic
½ tsp pepper
½ tsp salt
4 Tbsp butter
4 oz cream cheese
3 cups freshly shredded Parmesan

Preheat oven to 350 degrees and grease mini loaf pan. Mix cooked spaghetti with Alfredo sauce.

Fill each of the mini loaves with the pasta and press down on the top to pack in it, adding more as necessary. Sprinkle the tops with about 2 tablespoons shredded mozzarella cheese.

Bake for about 25 minutes at 350 degrees.

While the spaghetti is baking, heat Italian meatballs and marinara sauce. Put a little sauce in each bowl, add one of the baked spaghetti loaves, top with Italian meatballs and more marinara sauce. Freeze for use later.

Optional: Sprinkle with freshly grated Parmesan and oregano.

Alfredo Sauce Preparation:

Bring heavy cream, minced garlic, pepper and salt to a boil over medium heat. Add butter and cream cheese, stir until smooth. Heat until it starts to boil. Using a whisk (or a fork), stir in freshly shredded Parmesan, one cup at a time, until smooth.



Smothered Chicken Casserole - heatherlikesfood.com

½ C prepared caesar salad dressing
4 boneless, skinless chicken breasts
4 slices bacon
8 oz. sliced mushrooms
Green Beans
1 C onion, diced
3 tbsp all-purpose flour
3 tbsp butter
1 tsp kosher salt
¼ tsp pepper
2 tbsp fresh lemon juice
3 C chicken broth
1½ C heavy cream
1 C Gruyere cheese, grated
2 C fresh tomatoes, diced
¼ C fresh parsley, minced
1 lb angel hair pasta



Marinate chicken breasts in caesar dressing for at least 3 hours, up to overnight.

Cook bacon until crisp, remove from pan and drain off all but about 2 tbsp of the fat.

Heat pan to medium-high heat.

Remove chicken from marinade and cook in bacon fat until well browned. You don't have to cook the chicken through, just get some color on it. Remove chicken from pan and place in casserole dish.

Drain off all the bacon fat from the pan and add 3 tbsp of butter. Once melted stir in the onion and mushrooms. Cook until soft and starting to caramelize- 5-7 minutes.

Stir 3 tbsp of flour into the onions and mushrooms and cook for 1 minute.

Stir broth and cream into the flour mixture, bring to boil -constantly stirring- for 2 minutes. Remove from heat. Stir in salt, pepper, lemon juice, cheese, and parsley and pour over the chicken in the casserole dish. Top with fresh tomatoes and bake, uncovered for 20-25 minutes or until the sauce is bubbly and chicken is cooked through.

While the chicken is baking, cook 1 lb angel hair pasta on the stove-top and drain.

Remove chicken from the oven, stir pasta into the sauce and serve topped with crumbled bacon and more fresh parsley.

Buddha bowl - www.thebuddhistchef.com

Ingredients for 1 bowl

- 1 clove garlic, minced
- 1 tablespoon chopped ginger
- 1 pinch of salt
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon vegetable oil
- 1 tablespoon maple syrup
- 2 tablespoons sesame tahini
- 1 diced sweet potato
- 2 dried figs, sliced
- 1 tablespoon vegetable oil
- salt
- 1/2 avocado
- 1 1/2 cup cooked brown rice
- 1 carrot, grated
- 1 green onion, minced
- Preheat oven to 350°F (175°C).



In a mortar place garlic and ginger, add a pinch of salt and ground. (you can use either a mortar and pestle or a blender to grind)

Add the soy sauce, lemon juice, vegetable oil, maple syrup and sesame tahini. Blend. In a baking dish place the sweet potato, dried figs, oil and salt, stir and bake for 30 minutes. Serve in a bowl with brown rice and garnish with vinaigrette, avocado, green onion and grated carrot.

Parmesan Chicken Casserole

- 6 Chicken breasts, diced
- 1 C mayonnaise OR plain Greek yogurt
- 1 C shredded Parmesan cheese, or Gruyere
- 1 tsp salt
- 1-1/2 C. Green Beans or
- 1 C Frozen Spinach
- 1/2 tsp ground black pepper
- 1 tsp Garlic



Place diced chicken into a greased 9 x 13 baking dish. In a small bowl, combine the mayo/yogurt, 3/4 cup Parmesan cheese, salt, pepper, and garlic powder.

Spread mixture evenly on top of chicken. Sprinkle remaining 1/4 cup Parmesan cheese on top of mayo mixture. Place dish in preheated oven, 375, and bake for about 30-35 minutes.

Remove from oven and serve chicken over rice, pasta, or by itself! Enjoy!!

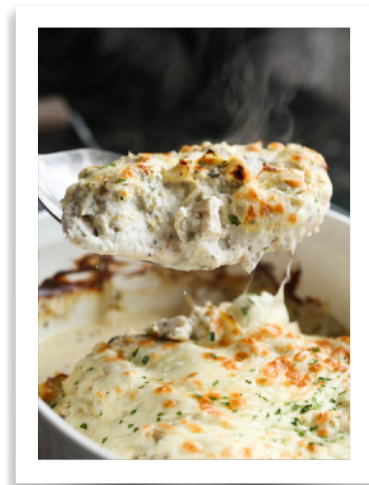
Artichoke - Yogurt Chicken - Joanne Roth

1st Baking Liquid

- 3 Chicken skinless breasts - thick - 4 if small
- 1/2 C White Wine
- 1/4 C Olive Oil
- 1 Tbls. diced Garlic #1
- 1/2 C Water
- 1/4 + C Marinade from jar of artichokes.
- 1/2 Teaspoon each - Oregano, Thyme, Parsley

Baking Artichoke layer

- 1/2 C Mayonnaise - More to taste
- 1 T. Dijon Mustard
- 1 Tbls. diced Garlic #2
- 1 C Plain Greek yogurt
- 1 C Shredded Parmesan, or Gruyère cheese
- 1 tsp. Salt
- 1 Small Jar Artichokes cut to size you like I cut each in thirds
- 1/2 tsp Ground black pepper - I prefer less



Place diced chicken into a small baking dish to just hold chicken. Place olive oil, wine, water, diced garlic, and artichoke juice from jar into the dish with the chicken and tightly cover - Bake at 350 for about 30 minutes.

In a small bowl, combine the seasoning, mayo, mustard, garlic, yogurt, cheese, salt, artichokes, pepper, and garlic powder. Take baked chicken out of oven, remove all but about 1/2 cup of liquid, and spoon the artichoke mixture on the tops of the chicken

breasts, and have them all touching. Place dish back into the oven at 350, and bake for about 30-35 minutes. Remove from oven and serve chicken while hot. I serve with halved cored pears with Gorgonzola cheese, drizzled with lemon and then honey.

Potato & Spinach, Cheddar Fritters, with Horseradish Dipping Sauce - theword.net

For the Fritters:

- 5-6 cups mashed potatoes
- 1 Tbs. extra-virgin olive oil
- 1 small onion, diced
- 1 large bunch fresh spinach, chopped
- 3 garlic cloves, mined
- Kosher salt and black pepper
- A pinch of nutmeg
- 2 tsp. egg replacer + 1/4 cup water
- 1 ½ cups vegan cheddar shreds
- ¼ cup chickpea flour
- Vegetable oil, for frying



For the Dipping Sauce:

- ¼ cup vegan mayo
- 2 Tbs. ketchup
- 2 Tbs. vegan, gluten-free Worcestershire sauce
- 1 Tbs. Dijon mustard
- 2 tsp. prepared horseradish
- ½ tsp. dried oregano
- Salt and pepper to taste

For the fritters:

Put the mashed potatoes in a large mixing bowl. Heat the olive oil in a skillet over medium-high heat. Saute the onion until softened, about 3 minutes. Add the spinach by the handful, tossing it to coat in the oil. As it wilts, add more spinach. Add the garlic and

season with salt, pepper and nutmeg. Transfer to a bowl and let cool. Then add it to the mixing bowl with the potatoes and mix well.

In a mug, combine the egg replacer and water and mix well. Add it to the potatoes and spinach. Add the cheese and mix everything together. Taste for seasoning adjustments. Add in the flour and mix to combine. You want the mix to feel like it will hold together. Scoop up about 3 Tbs. of the mix and form it into a patty. Continue until you have used all the mix.

Heat the vegetable oil in a skillet over medium-high heat. Add four patties at a time and cook until golden brown, about 3-4 minutes. Gently flip and cook the other side until golden brown, another 2-3 minutes. Transfer to a paper towel-lined plate and sprinkle a bit of kosher salt on top. Continue to cook all the patties, adding more oil as necessary. Serve with dipping sauce.

To make the dipping sauce:

Combine all ingredients in a bowl and mix well. Taste for seasoning adjustments.

Savoy Cabbage with Green Chilli and Cumin -

deliciousmagazine.co.uk

- 2 tbsp vegetable oil
- 1 tsp black mustard seeds
- 1 medium onion, chopped
- 1 tsp cumin seeds
- 3 garlic cloves, chopped
- 3cm fresh ginger, chopped
- 1 green chilli, sliced
- ½ tsp ground turmeric
- 1 tsp salt
- 1 savoy cabbage, shredded



Heat the oil in a pan with a lid, add the mustard seeds and stir for about 30 seconds (they will pop). Add the onion and fry over a medium heat for 10 minutes. Add the cumin seeds, garlic, ginger and chilli, then fry for 3 minutes more. Add the turmeric and salt, then stir in the cabbage. Add 100ml water, stir, then cook, covered, for 10 minutes. Serve in a warmed dish.

Unstuffed Cabbage Casserole ~ giverecipe.com

2 pounds cabbage
2 tablespoons olive oil
1 pound lean ground beef
1 large onion, chopped
4 cloves garlic
1 teaspoon tomato paste
½ cup tomatoes, diced
¼ cup chopped parsley
½ teaspoon black pepper
1 teaspoon dried mint
Salt to taste
1 and ¾ cup cooked rice
2 tablespoons lemon juice



Divide the cabbage into layers and blanch them in boiling water until tender. Drain well and chop them roughly.

Heat a pan on medium heat and add ground beef. Cook until it releases and then absorbs its juice. Add onions, garlic and olive oil and cook stirring for 5-10 minutes.

Add in tomatoes and tomato paste and stir well. Season with salt, black pepper and dried mint. Finally add cooked rice, lemon juice and chopped cabbage. Cook over medium low heat for 5-10 minutes.

Preheat oven to 350F (175C). Spray a casserole dish with olive oil. Pour the mixture into it and bake for 45 minutes.

Greek Style Oven Roasted Lemon Butter Parmesan Potatoes ~ quickneasyrecipes.net

3 Lbs potatoes...
1 C chicken broth
2 Tbls. fresh lemon juice
1/4 C butter, melted (no substitutes)
1 teaspoon oregano
1 tablespoon fresh minced garlic

Salt and pepper
1/2 or 3/4 cup grated parmesan cheese
Chopped fresh parsley

Set oven to 375 degrees. Butter a shallow baking dish large enough to hold the potatoes. Peel and cut the potatoes into large wedges and place into the prepared baking dish.

In a bowl combine the broth, lemon juice, butter, oregano, salt, pepper and minced garlic (if using); mix well to combine. Pour over potatoes in the dish and stir to coat well.

Cover the dish tightly with foil. Bake for about 40 minutes.

Uncover and turn potatoes. Sprinkle with Parmesan cheese, and return to oven (uncovered). Bake for another 20-30 minutes, or until potatoes are done to desired tenderness. Sprinkle with chopped fresh parsley and serve.

NOTE the Parmesan may be sprinkled on just after baking if desired.

Lentil Rolls – Jean Latham Robinson, Wroxall, United Kingdom -Friend *Vegetarian sausage rolls!*

2 cups cooked split red lentils
2 large red peppers, roasted and skinned
3 cloves garlic
2 teasp chopped fresh parsley
1 1/2 teasp smoked paprika
Pinch cayenne pepper
1/4 teasp ground fennel seeds
Salt and ground pepper
1 cup grated mild cheddar
3/4 cup breadcrumbs
300g puff pastry (little over 1/2 LB)
1 egg
1- 2 tablesp water



Preheat oven to 425°F.

In food processor blend together lentils, peppers, seasoning, herbs and spices until smooth. Transfer to mixing bowl. Add cheese and breadcrumbs and combine evenly with wooden spoon.

Divide mixture into three equal parts. Roll into 'sausage' shapes that are the same length as the width of your puff pastry sheet. Wrap each roll in cling film and refrigerate for a minimum of 2 hours - overnight is better.

Unroll pastry. Slice into three. Wrap around lentil filling, ensuring seam is on the underside.

Arrange on baking trays with baking parchment. Slice each big till into equal smaller rolls of about 10 cm long. Cut vents in upper side of rolls. Brush with egg/water glaze.

Bake for 20 - 25 minutes until golden brown

Misc . . .

Freezer Jams - Joanne Roth

- 1 quart (4 cups) strawberries, cut in half
- 4 cups sugar
- 3/4 cup water
- 1 package (1 3/4 ounces) powdered fruit pectin

Mash strawberries with potato masher or in food processor until slightly chunky (not pureed) to make 2 cups crushed strawberries. Mix strawberries and sugar in large bowl. Let stand at room temperature 10 minutes, stirring occasionally.

Mix water and pectin in 1-quart saucepan. Heat to boiling, stirring constantly. Boil and stir 1 minute. Pour hot pectin mixture

Immediately spoon mixture into freezer containers, leaving 1/2-inch headspace. Wipe rims of containers; seal. Let stand at room temperature about 24 hours or until set. Store in freezer up to 6 months or in refrigerator up to 3 weeks. Thaw frozen jam and stir before serving.

Raspberry Freezer Jam: Substitute 3 pints (6 cups) raspberries (3 cups crushed) for the strawberries. Increase sugar to 5 1/4 cups use same amount of Pectin.



Orange Pepper Jelly justapinchrecipes

- 2 6 Oz. Cans Orange Juice Concentrate
- 2-1/2 C Water

4 - 6 Jalapeno or cayenne peppers
(depends on your taste)
1/2 C Jalapeno or cayenne - seeded and minced
4 - 1/3 C Sugar
2 pkgs. Powdered pectin or 3 pouches of liquid
pectin



Wearing vinyl gloves, remove seeds and ribs from 6-8 jalapeno or cayenne peppers and mince them. Store in covered container in refrigerator until needed. Separately reserve seeds for later.

Combine orange juice concentrate with water. Add reserved seeds and coarsley chopped jalapeno or cayenne peppers to the orange juice and store in refrigerator overnight.

Strain seeds and peppers from orange juice and discard. If you desire a very clear jelly, strain juice and seeds through a fine mesh strainer, then again through a layer of white paper towels and discard peppers, seeds and residue.

Add reserved minced peppers to strained OJ. In large sauce pan combine orange juice and powdered pectin; cook on high heat, stirring constantly, until bubbles form around edges.

Add sugar, stirring well, and bring back to a full rolling boil. Cook for 1 minute stirring constantly. Remove from heat and skim foam from top. If you want a richer orange color add 2 drops of yellow to 1 drop of red food coloring. Stir and repeat until it reaches desired color.

Pour into sterile jelly jars to within 1/2 inch of top. Seal tightly and process in a hot water bath for 10 minutes, remove from hot water and allow to set. I've found that orange jelly is sometimes finicky and won't always set up firm, so the hot water bath should do the trick.

I always keep the fire on low under the jelly when putting it into the jars and the last several jars always set up better.

- Note: Orange jelly could take up to 2 weeks to completely set, yet sometimes it only reaches a soft set, depending on temperature, humidity and who knows what else!

- Tip: Place clean jars on a baking sheet and place in a 225 degree F oven for 20 minutes. Reduce temperature to 170 degrees F to keep jars hot until ready to use.

Olive Garden Zuppa Toscana Copycat Recipe

4 slices bacon, diced
1 pound spicy Italian sausage, casing removed
1 tablespoon olive oil
2 cloves garlic, minced
1 onion, diced
4 cups chicken broth
3 russet potatoes, peeled and thinly sliced
3 cups baby spinach
1 1/2 cups heavy cream

Kosher salt and freshly ground black pepper,
to taste

Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside. Add Italian sausage to the skillet and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat and set aside. Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in chicken broth and bring to a boil. Add potatoes and cook until tender, about 10 minutes. Stir in sausage and spinach until spinach begins to wilt, about 1-2 minutes. Stir in heavy cream until heated through, about 1 minute; season with salt and pepper, to taste. Serve immediately, garnished with bacon.



Fromage Facile - hobbyfarms.com and me - WONDERFUL

Fromage Facile is a mild, creamy, multiuse cheese that is simply great to have on hand. Its name means “easy cheese” in French, and it is easy to make, easy to use and easily one of my all-time favorite cheeses. The buttermilk gives it a slight tang, and the result is something between cream cheese and ricotta.

Coagulation is swift and visually dramatic for this cheese, making it impressive to make with kids or for dinner guests (double the recipe for a crowd). The process is low stress and gratifying.

I love dipping garden-grown veggies in a dish of Fromage Facile, but you can also use it for baking—or spreading on breakfast pastries. Alternatively, shape the cheese into a log and cover it with dry herbs; it makes a lovely and delicious hostess gift to bring to a party!

Ready to Eat In: 30 minutes

Biggest Pain: Squeezing and straining fresh lemon juice.

Uses: Great cream cheese, herbed dip, dessert cheese.

Recommended Milk: 1 quart whole cow's milk and 1 cup cultured buttermilk

Worth Mentioning: Finding cultured buttermilk (acidic) is important for coagulation

Yield: 6 ounces

1 quart (4 cups) whole cow's milk (not ultra-pasteurized)

1 cup cultured buttermilk

2 tablespoons fresh lemon juice

1/4 teaspoon flake salt (or to taste)

herbs (to taste; optional)



Line the colander with wet or dry cheesecloth wet or dry. Place a bowl underneath if you want to collect the whey; otherwise, place the lined colander in your clean sink.

Pour the quart of cow's milk into the pot. Then heat the milk at medium to 175 degrees F. Stay close and monitor the heat, stirring every few minutes to prevent a skin from forming on the surface of the milk. Check, too, for sticking milk at the bottom of the pot. (Reduce the heat if you feel any milk sticking.)

When the milk temperature hits 175 degrees F, add the buttermilk and lemon juice and stir thoroughly. You should start seeing some coagulation! Once you've completely stirred in the buttermilk and lemon juice, take the pot off the heat. Leave it undisturbed for 5 minutes.

Return to the cooling pot. You will clearly see a separation between curds and whey now. Stir the curds gently for a few seconds just to check out the change in texture. Then pour the curds and whey into the cloth-lined colander.

Allow the curds to drain until they resemble thick oatmeal; it should take just 1 to 2 minutes. Stir in the salt.

Pack the cheese into a paper-lined dish to form it into a wheel. Flip the dish onto the serving platter and peel away the paper. Your Fromage Facile is ready to eat!

Variations and Substitutions

Mix in fresh herbs, sun-dried tomatoes (no oil), or pickled jalapeños to make a nice bagel spread. Add currants, diced dried apricots, or any other dried fruit you enjoy. Cool the cheese in a jar and gift it!

Desserts . . .

Homemade Fruit Ice Cream ~ Slimming

2 bananas, cut into 1-inch slices(frozen)
½ cup frozen strawberries, sliced
2 Tbsp Almond Milk or 1/2 & 1/2
½ tsp vanilla

Place banana slices on a plate, separating each slice. Place slices in freezer for 2 hours (overnight is best!).

Remove strawberries and bananas from freezer and place in food processor, blend until they are the consistency of soft serve ice cream.

Add almond milk(more or less for desired texture)and vanilla and blend until smooth and well-mixed.

Transfer ice cream to a freezer container and freeze until solid.(dont have to wait if fruit is frozen, it is like soft serve ice cream)



Lemony Lemon Brownies ~ daydreamkitchen.com

1/2 C. Salted butter, softened
3/4 C. Flour
2 Eggs - large
2 Tbsp Lemon zest, grated
2 Tbsp Lemon juice, fresh
3/4 C. Granulated sugar
1/4 tsp Salt



Tart Lemon Glaze:

- 4 Tbsp Lemon juice, fresh
- 8 tsp Lemon zest, grated
- 1 C Powdered sugar (rounded cup)

Preheat the oven to 350 degrees.

Grease an 8 × 8 inch baking dish with butter and set aside.

Zest and juice two lemons and set aside. In the bowl of an electric mixture fitted with the paddle attachment, beat the flour, sugar, salt, and softened butter until combined.

In a separate bowl, whisk together the eggs, lemon zest, and lemon juice until combined. Pour it into the flour mixture and beat for 2 mins at medium speed until smooth and creamy.

Pour into baking dish and bake for 23-25 mins, should turn golden around the edges. Allow to cool completely before glazing. Do not overbake, or the bars will dry.

Filter the powdered sugar and whisk with lemon zest and juice, and mix this glaze until smooth. While the cake is hot . . .

Important process: Spread ONLY 1/2 the glaze over the brownies with a rubber spatula and let glaze set cool with cake (cover 2nd half and hold). When cake and glass is a little cooler then spread the other 1/2 of the glaze over again, and let it set.

Cut into bars and serve.

These are unbelievably refreshing and delicious. You are going to want them ALL the time.

Cranberry Orange Cookies - allrecipes.com

- 1 cup butter, softened
- 1 cup white sugar
- 1/2 cup packed brown sugar
- 1 egg
- 1 teaspoon grated orange zest
- 2 tablespoons orange juice
- 2 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups chopped cranberries
- 1/2 cup chopped walnuts (optional)
- 1/2 teaspoon grated orange zest
- 3 tablespoons orange juice
- 1 1/2 cups confectioners' sugar



Makes 50 cookies

Preheat the oven to 375 degrees F (190 degrees C).

In a large bowl, cream together the butter, white sugar and brown sugar until smooth. Beat in the egg until well blended. Mix in 1 teaspoon orange zest and 2 tablespoons orange juice. Combine the flour, baking soda and salt; stir into the orange mixture. Mix in cranberries and if using, walnuts, until evenly distributed. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets. Cookies should be spaced at least 2 inches apart.

Bake for 12 to 14 minutes in the preheated oven, until the edges are golden. Remove from cookie sheets to cool on wire racks.

In a small bowl, mix together 1/2 teaspoon orange zest, 3 tablespoons orange juice and confectioners' sugar until smooth. Spread over the tops of cooled cookies. Let stand until set.



Pumpkin and Cream Cheese Bread - justapinch.com

2 cups canned pumpkin
3 eggs
1 egg whites
1 1/2 cups flour
1/2 cup white sugar
3/4 cup brown sugar
1 t baking soda
2 t pumpkin pie spice

Cream Cheese filling

8 oz reduced fat cream cheese (room temperature or softened slightly)
4 tbsp sugar
1 egg
2 tsp flour
1 tsp vanilla

Instructions

Preheat oven to 350 Prepare one mini loaf pan (it should hold 8 loaves) or 2 - 9 x 5" loaf pans with nonstick spray

Bread Layers

In the bowl of your stand mixer or hand mixer combine pumpkin, eggs and egg white until smooth. In a separate medium bowl whisk together flour, sugars, baking soda & pumpkin pie spice. Slowly add the dry ingredients into the wet mixing until just smooth, set aside

Cream Cheese Layer

In another bowl either for your stand mixer or hand mixer combine all ingredients until smooth

Bread Assembly

Pour or spoon half of the pumpkin bread mixture into the bottom of the mini loaf pan or the large loaf pan. Evenly divide the cream cheese mixture over the pumpkin bread mixture and smooth out using the back of a spoon. Pour the remaining pumpkin bread mixture over the cream cheese mixture, covering as much as you can.

Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean

Let cool for about 10-15 minutes and then remove from the pans

Vanilla Cake - Small - with Vanilla Bean Browned Butter Glaze - averiecooks.com

*YIELD: one 8x8 pan, 9 to 12 generous squares PREP TIME: 15 minutes COOK TIME:
about 29 - 32 minutes TOTAL TIME: about 2 1/2 hours, for cooling*

Cake

- 1 cup all-purpose flour
- 3/4 cup granulated sugar
- 2 teaspoons baking powder
- pinch salt, optional and to taste
- 1 large egg
- 1/2 cup buttermilk
- 1/3 cup sour cream, lite is okay (plain Greek yogurt may be substituted)
- 3 tablespoons vegetable oil
- 2 teaspoons McCormick Extra Rich Pure Vanilla Extract

Glaze

- 1/4 cup unsalted butter, browned (how to brown butter tutorial)



1 heaping cup confectioners' sugar

1 teaspoon vanilla bean paste (or seeds from 1 large vanilla bean; 1 tablespoon Pure Vanilla Extract extract may be substituted)

pinch salt, optional and to taste

about 1/4 cup cream or milk, or as necessary for consistency

Preheat oven to 350F. Line an 8-by-8-inch baking pan with aluminum foil, spray with cooking spray; set aside.

Cake

In a large bowl, whisk together flour, granulated sugar, baking powder, optional salt; set aside. In a separate small bowl, whisk together the egg, buttermilk, sour cream, oil, and vanilla.

Add the wet mixture to the dry, mixing lightly with a spoon or folding with a spatula until just combined. Small lumps will be present, don't overmix or try to stir them smooth.

Turn batter out into prepared pan and bake for about 29 to 32 minutes, or until center is set and not jiggly, and a toothpick inserted in the center comes out clean or with a few moist crumbs, but no batter.

Place pan on a wire rack and allow cake to cool. While cake cools, make the glaze.

Glaze

Brown the butter (click for tutorial). Cook butter over medium-high heat in a small saucepan until it's amber to brown in color, about 5 minutes depending on pan size, but watch it closely so you don't burn it. I swirl the pan in the last minute or so to make sure I can really see the color changes. Butter will go through stages of hissing, sputtering, and making noise until the water cooks off at which point the browning occurs. Butter will smell nutty and aromatic.

Transfer butter, including brown bits at the bottom of the pan (they're flavor powerhouses, keep them) from pan to large mixing bowl which stops any carryover cooking.

Add the confectioners' sugar, vanilla bean paste, optional salt, and slowly add the milk, whisking until smooth or beat with a handheld electric mixer. As necessary, add additional cream (or confectioners' sugar) to reach desired glaze consistency. Glaze should be of medium thickness and easily pourable.

Evenly pour glaze over cake (doesn't have to be fully cooled), smoothing it lightly with a spatula if necessary, but glaze will likely just slide into place.

Allow cake to cool in pan uncovered for at least 2 hours (or overnight and cover with a sheet of foil) before slicing and serving so glaze can set up. Cake will keep airtight at room temperature for up to 5 days, or in the freezer for up to 6 months.

Cake base adapted from Blueberry Muffin and Buttermilk Pancakes Cake, Glaze adapted from Fudgy Banana Bars with Vanilla Bean Browned Butter Glaze

German Crumb Cake, Cake Boss Style

Part cake, part crumbs, this German crumb cake is a bit of a departure from your traditional coffee cake and will keep you coming back for seconds!

3 1/3 cups All-purpose flour
1/4 cup + 2 tbsp sugar
6 tablespoon cold butter cut into small pieces
1/2 teaspoon kosher salt
3/4 cup whole milk warm
3 large eggs room temperature
3 1/2 teaspoons instant or active dry yeast
zest of 1 lemon
1 cup packed brown sugar
1/4 cup granulated sugar
2 tablespoons ground cinnamon
1 teaspoon kosher salt
1/2 cup butter softened
3/4 cup vegetable shortening
3 2/3 cups All-purpose flour
1 1/2 tablespoons corn starch
Powdered sugar for topping



Combine flour sugar, butter, in the bowl of a mixer and beat with the paddle until the butter is distributed well and the mixture looks mealy.

In a separate bowl combine warm (bath water temp.) milk with the eggs (room temperature so that they don't cool down the milk), and yeast. Whisk to combine and let rest for about 10 minutes to let the yeast activate and then add in the lemon zest and salt.

Remove the bowl from the mixer stand, add the yeast mixture and stir with a rubber spatula to make a moist, thick dough. Switch to the dough hook and beat on low speed for 1 minute. Increase the speed to medium and beat for 5 minutes, or until the dough becomes sticky and elastic and begins to pull away from the sides of the bowl. Scrape the bowl and the dough hook. The dough is very sticky, so don't let that fool you into adding more flour-- don't do it!

To mix crumb cake dough by hand: cut the butter into the flour and sugar using two forks or a pastry cutter. Continue to follow directions above, mixing by hand until it's sticky, smooth, and stretchy.

Coat a mixing bowl with non-stick cooking spray and transfer the dough into it. Cover with plastic wrap and allow to rise for about an hour or until it's doubled in size.

Combine all of the crumb ingredients in the bowl of a mixer or large mixing bowl.

Beat with a paddle attachment or use a pastry cutter to incorporate the butter and shortening into the dry ingredients. The mixture should be crumbly, yet pliable when it's held.

Turn the risen dough into an un-greased 9x13" pan and press into an even layer. Top with handfuls of the crumb mixture, pressing them into the dough and sprinkle the loose crumbs around the larger clumps. Let rest for 20 mins.

Bake @350 degrees for about 30 minutes. The dough will rise to the top of the pan and a toothpick inserted into the center of the cake will come out clean when done.

Dust generously with powdered sugar and serve.

Bircher Muesli

Serves 1

2/3 cup oats or any other whole, rolled grain

1 cup milk of your choice (I like Brazil nut, almond, or hemp) or water a dash of freshly squeezed lemon juice (1/2 tsp.)

2 Tbsp. chia seeds

Directions:

Fold all ingredients together in a jar or bowl, place in the fridge overnight.

In the morning, remove muesli from the fridge and let stand at room temperature for 10 minutes if desired. Layer in more milk, yogurt, and the Spiced Strawberry Sauce with more fresh fruit. Enjoy.ing for my Almond Butter and Jam Sandwich Cookies. Get creative or remain lazy – anyway you eat it will be delicious.

Spiced Strawberry Sauce

Makes 6-8 servings

1kg/2 pounds organic strawberries
zest of 1/2 organic orange
1/2 vanilla bean, scraped
2 cardamom pods
1 star anise
1 black peppercorn (optional)
1 teeny pinch sea salt
1/4 tsp. ground ginger
1/4 tsp. ground cinnamon
1 Tbsp. raw honey or agave



Wash and cut the strawberries in half, or into quarters depending on their size. Place in a large jar or container. Add all other ingredients and using a muddler or a large spoon, smash the berries extracting their juices, but leaving some of the whole. Be sure to crush the whole spices too (you may want to use a mortar and pestle before placing them in the jar).

Cover with an airtight lid and place in the fridge to marinate (at least an hour). Keeps for a week. Serve with Bircher muesli, or on pancakes, yogurt, ice cream etc. Seeing as there are so many versions of Bircher muesli out there, I would love to hear your suggestions on toppings and add-ins! What do you like to put in/on your overnight oats? Leave your suggestions in the comments section

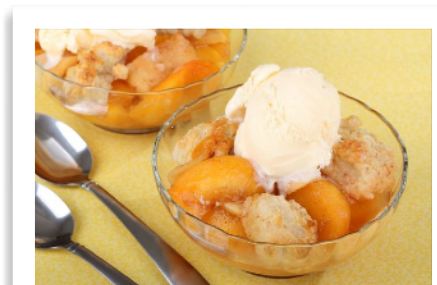
Peach Cobbler

For the filling:

8 fresh peaches (peeled, pitted, and
sliced into chunks)
3 tablespoons white sugar
3 tablespoons brown sugar
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 teaspoon fresh lemon juice
1 tablespoon cornstarch

For the topping:

1.5 cup all-purpose flour



3 tablespoon white sugar
1/4 cup brown sugar
1/2 teaspoon baking powder
1/2 teaspoon salt
6 tablespoons unsalted butter, chilled and cut into small pieces
1/4 cup boiling water

To sprinkle on top:

1 tablespoon white sugar
1/2 teaspoon ground cinnamon

Preheat the oven to 425 degrees F. Peel the peaches with a knife or peeler, or drop the peaches one-by-one in boiling water for about a minute. Then, take each one out and put it into a bowl of ice water for about a minute. The skins should slide off pretty easily if the peaches are ripe.

In a large bowl, combine the first list of ingredients (peaches, white sugar, brown sugar, cinnamon, nutmeg, lemon juice, cornstarch). Toss everything together so the peaches are coated evenly, then put the mixture into a greased two-quart (8x8) baking dish and bake in the oven for ten minutes.

In another large bowl, combine some of the ingredients from the second list – flour, white sugar, brown sugar, baking powder, and salt. Use your fingertips to blend the butter into the mixture – or use a pastry blender – until the mixture looks like coarse meal. Then, stir in the water until just combined.

Take the peaches out of the oven and drop spoonfuls of the topping over them. Sprinkle the entire cobbler with the sugar and cinnamon. Bake the cobbler for about 30 minutes, or until the topping is golden.

German Pancake

4 eggs
1 tablespoon sugar
1/2 teaspoon salt
2/3 cup flour, sifted
2/3 cup milk
2 tablespoons soft butter

Heat oven to 400°F. Butter two 9-inch cake pans well. Put eggs in blender container, cover and process at “stir” until light yellow in color. Push “mix” button, remove cover and add remaining ingredients; process until smooth. Pour into prepared pans and bake 20 minutes; then reduce heat to 350°F and bake 10 minutes. Slide onto hot plates. Serve with lemon slices, powdered sugar and butter if you follow recipes to the letter, raspberry syrup if you’re my mom or maple syrup and fresh berries if you’re us. Yield 2 9-inch pancakes.



Magic Cake - jocooks.com

4 eggs (separate yolks from whites) at room temperature

1 tsp vanilla extract

3/4 cup sugar

1 stick or 1/2 cup butter, melted

3/4 cup of all purpose flour

2 cups milk lukewarm

powdered sugar for dusting cake



Preheat oven to 325 F degrees. Grease a 8 inch x 8 inch baking dish. Separate eggs and add the egg whites to a mixer and mix until egg whites are stiff. Place egg whites in a bowl and set aside.

Beat the egg yolks with the sugar until light. Add butter and vanilla extract and continue beating for another minute or two after which you can add the flour and mix it in until fully incorporated.

Slowly start adding the milk and beat until everything is well mixed together. Add the egg whites, a third at a time and gently fold them in using a spatula, repeat until all egg whites are folded in. Another variation to folding in the egg whites would be to add a third of the egg whites and gently whisk them in to the cake batter, then reverse the process and add a bit of the cake mixture to the egg whites and gently whisk in, repeat until all cake batter has been whisked in.

Pour batter into baking dish and bake for 40 to 70 minutes or until the top is lightly golden. The baking time could vary greatly depending on the oven, so take a peek at around 40 minutes and see how it looks.

Sprinkle some powdered sugar after cake has cooled.

Berries and Cream Cake ~ kingarthurfLOUR.com

This impressive-looking cake can be made with blueberries, raspberries, black raspberries, wild strawberries -- just about any kind of berry you go out and pick on a sunny summer afternoon.

1 1/2 cups (6-3/8 ounces) Unbleached
All-Purpose Flour
1/2 cup (3 1/2 ounces) granulated sugar
1/2 cup (1 stick, 4 ounces) unsalted butter
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1 large egg
2 teaspoons vanilla
1 quart berries
2 cups (16 ounces, 1 pint) sour cream
1 large egg
1/2 cup (3 1/2 ounces) granulated sugar
2 teaspoons vanilla



In a medium-sized mixing bowl, combine the flour, sugar, butter or margarine, salt, baking powder, egg, and vanilla. Beat till combined; the mixture will be very stiff, and you may need to knead it together by hand at the very end.

Lightly grease a 10-inch springform or removable-bottom pan. Pat the dough into the bottom of the pan, and spread the berries over the dough.

In a small bowl, beat together the sour cream, egg, sugar and vanilla. Spread this mixture atop the berries.

Place the pan in a preheated 350°F oven and bake the cake for 1 hour, or until the edges are lightly browned. Remove the cake from the oven and cool to room temperature. Serve immediately, or refrigerate until ready to serve. *Yield: 16 servings.*

Nutrition information per serving (1 piece, 1/16 of cake, 99g): 221 cal, 12g fat

Peach and Blueberry Greek Yogurt Cake - getdailyrecipes.com

1 and 1/2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 stick butter, softened
1 cup sugar
2 eggs
1/2 teaspoon vanilla
1/2 cup Greek yogurt or Ricotta Cheese
2 peaches, sliced into wedges
6 oz blueberries
1 teaspoon granulated sugar



Preheat oven to 350°F with rack in middle. Grease the side and the bottom of the pan with butter or cooking spray. Line the bottom of a 9x3-inch springform pan (or 9 inch round cake pan) with parchment paper. Grease the parchment paper too.

Sift flour, baking powder, baking soda, together into a medium bowl.

In a separate bowl, beat butter, sugar, and 2 eggs until very light in color and fluffy, 2-3 minutes on high speed. Add vanilla and Greek yogurt and continue beating until very creamy and light in color, for about 1 more minute.

Keeping the mixer speed low, mix in the flour mix until combined. Do not overmix.

Transfer the cake batter to the springform pan. Top with sliced peaches, and scatter blueberries evenly on top in the spaces between the peach slices. Sprinkle the fruit with 1 teaspoon granulated sugar.

Bake until cake turns golden, and the tester comes out clean in the center, about 1 hour, depending on your oven. Midway through baking, I like to put some extra peach slices and extra blueberries on top of the cake for prettiness, and return cake to baking.

When the cake is done baking, let it cool (still in the baking pan) on a wire rack. After cake has cooled for about 40 minutes, release the cake from the springform pan. At this point, if the cake is cool enough, you can slide your hand under the cake, between the parchment paper and the bottom portion of the springform pan and move the cake with the parchment paper attached to its bottom onto a cake plate easily. If using a 9 inch

round cake pan, cook in pan for about 40 minutes or more (up to 1 hour, depending on your oven), then invert onto a plate.

Lemon Pudding Cake - cooking.nytimes.com

4 large eggs, separated
1 teaspoon finely grated lemon zest
1/3 cup lemon juice
1 tablespoon unsalted butter, melted
1 cup sugar
1/2 cup all-purpose flour
1/2 teaspoon kosher salt
1 1/2 cups whole milk

6 servings 271 calories



Place a large roasting pan on a rack in the center of the oven. Fill the pan halfway with water. With the pan inside, heat the oven to 350 degrees. Butter an 8-inch square or round baking dish.

In a large bowl, whisk together the egg yolks, lemon zest, lemon juice and butter. In another bowl, stir together the sugar, flour and salt. Whisk half the flour mixture into the egg yolks, then half the milk. Whisk in remaining flour mixture, then remaining milk.

Whip the egg whites until soft peaks form, then gently fold them into the batter.

Pour batter into the buttered dish. Place the dish in the pan of water in the oven. Bake until the cake is set, about 45 minutes. Adapted from "The Farm," by Ian Knauer (Houghton Mifflin Harcourt)

Self Crust Egg Custard

4 eggs
1 C. sugar
1/2 stick butter
1 tsp. vanilla
1/2 C. self-rising flour
1 3/4 C. milk

This is great if you are recovering from an illness. It will help settle stomachs, and give you some energy.

Soften butter. Mix butter, sugar and flour. Add eggs. Gradually add milk and flavoring. Pour into large ungreased pie plate. Sprinkle with nutmeg or cinnamon, if desired. Bake at 350°F for about 45 minutes or until firm in the middle.

UPDATE

One lady said that she put everything in the blender to mix it up.

You can make this with 1/2 cup baking mix (such as Bisquick) in place of self-rising flour and add / or a cup of coconut to make a coconut custard pie. Also, try adding a pinch of cinnamon & nutmeg.



Chocolate Whiskey Cake - cooking.nytimes.com

12 Tbls. Butter, cut into 1-inch pieces, more for pan
3/4 C plus 2 tablespoons unsweetened cocoa powder
1 ½ C Brewed strong coffee
½ C Irish whiskey
1 C Granulated Sugar
1 C Light brown sugar
2 C flour
1-1/2 tsp Baking soda
3-3/4 tsp Salt
¼ tsp Black pepper
⅛ tsp Ground cloves
3 Lg. Eggs
2 tsp Vanilla
1 C Mini semisweet chocolate chips
Powdered sugar, for serving (optional)



Heat oven to 325 degrees. Butter a 10-inch springform pan. Dust with 2 tablespoons cocoa powder.

In a medium saucepan over low heat, warm coffee, Irish whiskey, 12 tablespoons butter and remaining cocoa powder, whisking occasionally, until butter is melted. Whisk in sugars until dissolved. Remove from heat and cool completely.

In a bowl, whisk together flour, baking soda, salt, pepper and cloves. In another bowl, whisk together eggs and vanilla. Slowly whisk egg mixture into chocolate mixture. Add dry ingredients and whisk to combine. Fold in chocolate chips.

Pour batter into prepared pan. Transfer to oven and bake until a toothpick inserted in the center emerges clean, 55 to 65 minutes. Let cool on a wire rack, then remove sides of pan. Dust with powdered sugar before serving, if you like.

Lemon-Almond Butter Cake - cooking.nytimes.com

For Lemon Curd:

- Grated zest and juice of 2 lemons
- $\frac{3}{4}$ cup plus 2 tablespoons sugar
- 4 extra-large eggs
- 6 tablespoons unsalted butter, cubed

For Cake:

- 9 tablespoons unsalted butter, softened
- 1 cup plus 1 tablespoon flour
- 1 cup plus 1 to 2 tablespoons sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon kosher salt
- 2 extra-large eggs
- $\frac{1}{2}$ cup ground toasted almonds
- 2 tablespoons toasted sliced almonds
- About $\frac{1}{2}$ cup heavy cream for garnish
- 1 tablespoon almond liqueur (optional)



For the curd, combine zest, juice, sugar and eggs in a heatproof bowl, and beat well. Add butter, and place over a saucepan full of simmering water. Cook, stirring constantly with a rubber spatula or wooden spoon, until mixture thickens into curd, about 5 minutes. Strain into a bowl, and press plastic wrap onto surface to keep skin from forming. Refrigerate until cool, at least 1 1/2 hours.

Heat oven to 350 degrees. Grease 9-inch spring-form pan with 1 tablespoon butter, and dust with 1 tablespoon flour, shaking out excess.

With an electric mixer, cream the remaining butter and 1 cup sugar together until light and fluffy. Sift together the remaining flour, baking powder and salt, and stir in. In a separate bowl, whisk eggs until they start to foam. Do not overbeat or the cake will be tough. Add eggs and ground almonds to batter, and mix well.

Scrape batter into the prepared pan. Drop 8 individual tablespoons lemon curd around perimeter of batter, leaving a 1-inch border, and taking care to space drops evenly. Drop 3 to 4 tablespoons curd into center of batter. Refrigerate remaining curd for another use. Sprinkle cake with toasted almonds and 1 to 2 tablespoons sugar, depending on taste.

Bake until cake is toasty brown on top and a toothpick inserted into cake (not curd) comes out clean, about 40 minutes. Let cool on rack 10 minutes, then remove sides of pan, and cool completely. Whip cream with almond liqueur. Present cake at table, and offer whipped cream on the side.

The Blind Lady Cafe

2 1/2 cups, all-purpose flour
1 tbsp cornstarch
1/2 teaspoon salt
1/4 teaspoon baking soda
2/3 cup milk, room temperature
2/3 cup heavy cream, room temperature
2 teaspoons vanilla extract
2 3/4 cups caster sugar (superfine sugar)
1 3/4 sticks unsalted butter, room temperature
5 eggs, room temperature
1 1/2 cups fresh blueberries



Glaze: Juice from 2 lemons powdered sugar - enough added to juice to make thick syrupy glaze .. it varies depending on how thick or runny you like your glaze

Preheat oven to 325F

In a large bowl, stir together the flour, cornstarch, salt and baking soda; set aside. In another bowl, combine the milk, cream and vanilla. Set aside.

In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl with your electric mixer, cream together the sugar and butter.

Add the eggs, one at a time, scraping down the sides and bottom of the bowl as needed.

On low-speed, add the flour in three additions, alternating with the milk mixture, beginning and ending with the flour.

Scrape down the bowl between additions. Once everything has been added, run the mixer/ beater for an additional 20 seconds on low.

Generously coat a Bundt pan with baking spray then dust lightly with flour, shaking off excess. Pour the batter evenly into the pan.

Use a spatula to fold in the blueberries once the batter is in the pan.

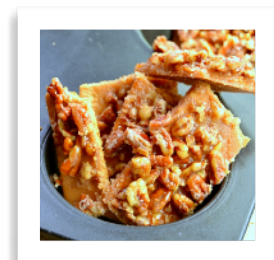
Bake for 50-60 minutes, or until golden and a toothpick inserted in the center comes out clean.

Place on a wire cooling rack and let cool in the pan for 5 minutes. After 5 minutes, place the wire rack face down on the cake. Invert and flip the rack; place on the counter. Give the cake a few seconds to let gravity do its thing, then, lift the pan off of the cake. Cool completely (or serve warm).

Before serving, dust with sifted powdered sugar and then drizzle with the Lemon Glaze

Pecan Pie Bark - wishesndishes.com

- 2 sticks butter
- 1 cup white sugar
- 1 & ¼ cups pecan halves
- About 2 packages (approx. 12 sheets)
honey graham crackers



Preheat your oven to 325 degrees F.

Lay your graham crackers tightly across the area of a lightly greased rimmed baking sheet. Trim any crackers to fit the sides of the pan if needed. Set aside.

In a large saucepan, bring the butter, sugar and pecans to a boil over medium heat for 3 minutes, stirring constantly. Carefully (and evenly) pour boiled mixture over the entire plane of graham crackers, spreading pecans around evenly.

Immediately pop graham crackers into the oven and bake for 8 minutes. Allow graham cracker bark to cool completely before breaking into pieces and storing in an airtight container

Impossible Lemon Pie

2 C Milk
1 C Flaked Coconut
4 Eggs
1 tsp. Vanilla
1/2 C Flour
8 Tbls. Butter Melted
3/4 C Sugar
Juice and Zest of 1/2 Lemon



Mix all ingredients in a bowl using a spoon or hand whisk. Pour into a greased and floured pie plate (about 8 – 9 inches size) and bake 350 F oven for 45 minutes.

When done, the pie will be slightly wobbly in the center. Remove from the oven and allow to cool, then refrigerate overnight if possible.

Serve on its own or with a blob of vanilla ice cream!

Irish Apple Cake

1/2 cup (1 stick) unsalted butter at room temperature
1/2 cup sugar
2 large eggs
3 Tbsp milk or cream
1 1/4 cups all purpose flour
1 tsp baking powder
1 tsp cinnamon
1/8 tsp salt
3 Granny Smith apples,
peeled and thinly sliced

confectioner's sugar for dusting

Streusel Topping

- 3/4 cup flour
- 1/4 cup old fashioned rolled oats
- 6 Tbsp unsalted cold butter, cut in small pieces
- 1/2 cup sugar

Custard Sauce

- 6 large egg yolks
- 6 Tbsp sugar
- 1 1/2 C. whole milk
- 1 1/2 tsp vanilla

Set the oven to 350

Make the custard sauce ahead of time. Bring the milk to a simmer over medium heat. Meanwhile whisk the yolks and sugar until pale. Drizzle a little of the hot milk into the egg mixture, whisking all the time. Drizzle a little more, then transfer that back into the pan of hot milk and continue cooking, stirring constantly, until the mixture coats the back of a spoon. Don't overcook or it can curdle. Stir in the vanilla. Refrigerate the custard sauce until needed.

To make the streusel topping, blend the bits of butter into the flour, sugar, and oats until the butter is incorporated and the mixture has a coarse crumbly texture. Put in the refrigerator.

To make the cake, grease a 9 inch round spring form pan. Cream together the butter and sugar until light and fluffy. Beat in the eggs, one at a time.

Whisk together the flour, baking powder, cinnamon, and salt. Fold the dry ingredients into the butter/sugar mixture, along with the milk or cream.

Spoon the batter in to the pan, and smooth out evenly. Top with the sliced apples, and then the streusel topping. Bake for about 50 minutes to an hour, until the top is lightly browned and a toothpick comes out without wet batter clinging to it.

Let cool 10 minutes in the pan before removing. Dust with confectioner's sugar before serving.



German Apple Cake

- 3 C. all-purpose flour
- 1 C. granulated sugar
- 1 1/4 C. light brown sugar, packed
- 2 1/2 teaspoons baking powder
- 1/2 tsp. nutmeg

- 1/4 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1 tsp. salt
- 1 C. oil (vegetable or melted coconut)
- 1 tsp. vanilla extract
- 4 large eggs, at room temperature
- 1/2 C. apple cider

For the apples:

- 4 large apples, peeled, and thinly sliced (use a few different varieties if possible)
- 1 tsp. cinnamon
- 1/4 C. granulated sugar, separated



For the cake:

Preheat oven to 350 degrees (F). Generously grease a tube pan or a 9" springform pan (a regular 9" baking pan will NOT work here); set aside.

In a large bowl combine the flour, sugars, baking, spices, and salt; whisk well to combine and set aside. In a separate bowl combine the oil, vanilla, eggs, and apple cider; whisk well to combine. Gently pour the wet mixture into the dry and using a rubber spatula fold the batter together until just combined. Set aside.

For the apples:

In a large bowl combine the apples, cinnamon, and sugar, mixing (I like to use my hands here) until apples are well coated in the cinnamon sugar.

Pour half of the batter into the prepared pan, the layer half of the apples, then add remaining batter, topping it with the remaining apples. Bake for 1 and 1/2 hours, or until a tester inserted in the center of the cake comes out clean. Cool cake in pan for 20 minutes, then gently run a knife around the edge of the pan, loosening any edges that may be stuck. Remove cake from pan, slice, and serve. This cake goes great with ice cream or salted caramel sauce.

Apple Lattice Pie Baked in an Apple

- 4 large Granny Smith apples
- 1 (21 ounce) can apple pie filling
Or make your own filling
- 1 tsp. ground cinnamon
- 1 (14.1 ounce) package Pillsbury™

Refrigerated Pie Crust (use just 1 of the 2 crusts in the box)

Preheat oven to 350 degrees.

Slice the top off each of your apples and scoop out the inside of the apple. I used a knife and a spoon to hollow out the apple.

In a small bowl, mix the apple pie filling with the cinnamon. Spoon the filling into the well of each apple.

Unroll one pie crust and cut it into fourths; one for each apple. Then cut each quarter into 1/4-inch strips.

Lay strips of the dough on top of the apple. Then take one new strip at a time and alternate weaving it over and under the pie strips already in place. Repeat until the top of the apple has been covered. Trim excess pie crust around the edges with a knife.

Place apples in a baking dish and fill with 1/4-inch of water. Bake for 40-45 minutes or until crust is golden brown. Remove from baking.



Norwegian Apricot Bars ~ Pat Elliot for Penzey Spice

1 Cup dried apricots

Crust -

1/2 Cup Butter (1 stick)

1/4 Cup Sugar

1 Cup Flour

Topping -

2 Eggs

1 Cup Brown Sugar, Well Packed

1/2 Cup Flour

1/4 tsp. Salt

1/2 tsp. Baking Powder



1 tsp. Vanilla
1/2 Cup Chopped Pecans or Walnuts
1/3 - 1/2 Cup Powdered Sugar (10X Sugar)

Preheat oven to 350°. Rinse the apricots. Place in a saucepan and cover with water. Bring to a boil and cook for 10 minutes or until tender. Drain well. Cool and cut into small pieces. In a mixing bowl, combine the butter, sugar, and flour. Blend together until crumbly. Press into the bottom of the greased 9" square pan. (Pat uses a 9 x 13" pan to make a thinner bar and the crust still holds up will.

Bake at 350° for 15 minutes. While the crust is baking, prepare the topping. Beat the eggs, and add the brown sugar gradually. Add the flour, salt and baking powder and vanilla and mix well. Fold in the nuts and apricots. Remove the crust from the oven and spread topping over the crust and return to the oven. Bake for approximately 30 minutes more. Cool, then cut the bars or squares and sprinkle with powdered sugar.

Jiggly Fluffy Japanese Cheesecake - BuzzFeed

2/3 cup (130 milliliters) milk
4 ounces (100 grams) cream cheese
7 tablespoons (100 grams) butter
8 egg yolks
1/2 cup (60 grams) flour
1/2 cup (60 grams) cornstarch
13 large egg whites
2/3 cup (130 grams) granulated sugar
Parchment paper
Strawberries, to serve
Powdered sugar, to serve



Preheat oven to 320°F/160°C.

In a small pot over medium heat, whisk the milk, cream cheese, and butter until smooth. Remove from heat and cool.

In a large bowl, whisk the egg yolks until smooth, then slowly drizzle in the cream mixture, stirring until evenly combined. Sift in the flour and the cornstarch, whisking to make sure there are no lumps.

In another large bowl, beat the egg whites with a hand mixer until you see soft peaks when lifting the mixer up from the egg whites.

Gradually add the sugar while continuing to beat until you see hard peaks when lifting the mixer up.

Take about ¼ of the egg whites and fold them into the egg yolk mixture, then repeat with the remaining egg whites until the batter is evenly combined.

Place a 4-inch parchment paper strip around the edge of a 9×3-inch cake pan that is already lined with parchment at the bottom. If you are using a springform pan, make sure to wrap the bottom and sides completely in foil, twice, to prevent any leakage.

Pour the batter into the parchment-lined pan and shake to release any large air bubbles.

Place the filled pan into a larger baking pan or dish lined with 2 paper towels at the bottom. The paper towels ensure that the heat is distributed evenly along the bottom of the pan. Fill the larger pan with about 1 inch of hot water.

Bake for 25 minutes, then reduce the heat to 280°F/135°C and bake for another 55 minutes, until the cake has risen to almost double its height.

Remove from oven, and carefully invert the cake onto your dominant hand and peel off the paper. Be extremely careful, as the cake will be hot. You can also invert the cake onto a plate, but this will cause the cake to deflate more.

Sprinkle the top of the cake with powdered sugar, slice, and serve with strawberries while still warm!

Old School Coconut Cake

This is a cake that I don't make that often because it requires a little more time than most of my cakes but its absolutely worth every minute after you finish but its absolutely worth every minute after you finished

RECIPE FOR CAKE

(3 sticks) unsalted butter, at room temperature

2 cups sugar

5 extra-large eggs, at room temperature
1 1/2 teaspoons pure vanilla extract
3 cups all-purpose flour,
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
1 cup milk
4 ounces sweetened shredded coconut

FROSTING

1 pound cream cheese, at room temperature
1/2 pound (2 sticks) unsalted butter, at room temperature
3/4 teaspoon pure vanilla extract
1 pound confectioners' sugar, sifted
6 ounces sweetened shredded coconut



Set the oven to 350 degrees F. Grease or spray 2 (9-inch) round cake pans,
In the bowl of an electric mixer fitted with a paddle attachment, cream the butter and sugar on medium-high speed for 3 to 5 minutes, until light yellow and fluffy.
Crack the eggs into a small bowl. With the mixer on medium speed, add the eggs 1 at a time, scraping down the bowl once during mixing. Add the vanilla and mix well.
In a separate bowl, sift together the flour, baking powder, baking soda and salt. With the mixer on low speed, alternately add the dry ingredients and the milk to the batter in 3 parts, beginning and ending with dry ingredients. Mix until just combined. Fold in the 4 ounces of coconut with a rubber spatula.
Pour the batter evenly into the 2 pans and smooth the top with a knife. Bake in the center of the oven for 45 to 55 minutes, until the tops are browned and a cake tester comes out clean. Cool on a baking rack for 30 minutes, then turn the cakes out onto a baking rack to finish cooling.
For the frosting, in the bowl of an electric mixer fitted with a paddle attachment, combine the cream cheese, butter, vanilla on low speed. Add the confectioners' sugar and mix until just smooth (don't whip!).
To assemble, place 1 layer on a flat serving plate, top side down, and spread with frosting. Place the second layer on top, top side up, and frost the top and sides. To

decorate the cake, sprinkle the top with coconut and lightly press more coconut onto the sides. Serve at room temperature.

NEWFOUNDLAND DARK FRUIT CAKE

2 cups brown sugar
2 cups hot water
1/2 cup butter
3/4 cup dates, chopped
1 box raisins or 2 cups
1/2 tsp cinnamon
1/2 tsp allspice
1/2 tsp cloves
1/2 tsp mace
1/4 tsp nutmeg
1 beaten egg
2 tsp baking soda
2 1/2 cups flour
1 cup chopped cherries
1 cup dried mixed fruit
2-3 tbsp rum or brandy
1 capful almond extract
1 capful vanilla



In a large saucepan, combine brown sugar, hot water, butter, chopped dates, raisins, cinnamon, allspice, cloves, mace, nutmeg. Bring to boil for 5 minutes. Remove from heat; let cool. Add egg, baking soda, flour, cherries, mixed fruit, rum, almond extract and vanilla. Combine together. Place in 9 or 10 inch greased tube pan at 300F for 2 hours. Sprinkle with rum when cool, wrap in parchment paper and foil and place in container or freezer bag. Place in a cool room or freeze.

CHOCOLATE SOUR CREAM BUNDT CAKE

Cake :

1 C. (8 ounces) unsalted butter, plus more for the pan
1/3 C. best-quality cocoa powder or 1T. more for darker Chocolate

1 teaspoon kosher salt
1 cup cold water - or 1/2 C. water and 1/2 C. Rum
2 cups (9 ounces) all-purpose flour
1 3/4 cups granulated sugar
1 1/2 teaspoons baking soda
2 large eggs
1/2 cup sour cream
1 teaspoon vanilla extract



Glaze :

1 cup heavy cream
1 2/3 to 2 2/3 cups semisweet chocolate chips - best brand
Italian Black cherries - see how to order them

The more chocolate you use, the thicker the ganache will be.

Make the chocolate sour cream Bundt cake : Adjust the oven rack to the center of the oven and preheat it to 350°F (180°C). Butter & Chocolate Powder a 10 or 12 cup Bundt pan.

In a small saucepan over medium heat, combine the butter, cocoa powder, salt, and water. Cook, stirring, just until the butter is melted and everything is thoroughly combined. Remove from the heat and let cool slightly.

Place the flour, sugar, and baking soda in a large bowl and whisk until blended. Add half the melted butter mixture and whisk until completely blended. The mixture will be quite thick. Add the remaining melted butter mixture and whisk until combined. Add the eggs, 1 at a time, whisking until completely blended before adding the next egg. Then whisk in the sour cream and vanilla until smooth. ***Butter Bunt pan and then sprinkle coco powder instead of flour into the pan.***

Scrape the batter into the prepared pan and bake until a toothpick inserted in the center of the cake comes out clean, 40 to 45 minutes. Let the cake cool in the pan for 15 minutes and then invert it onto a wire rack. Let cool completely before glazing.

Make the glaze

Heat the cream in a saucepan or in the microwave, until the mixture begins to steam. Don't over heat or it will separate . . . Pour over the chopped chocolate in a bowl. Let sit for 5 minutes. Use ganache while the chocolate is still warm, but has begun to thicken. Reheat if it thickens too much as you work.

Amarena Black Cherry Sauce - https://www.amazon.com/gp/search/ref=sr_pg_1?rh=i%3Aaps%2Ck%3Aamarena+italian+cherries&keywords=amarena+italian+cherries&ie=UTF8&qid=1514311104 - Trader Joe's they are about \$4.00 a jar. <https://www.traderjoes.com/fearless-flyer/article/3938>

Amish-Style “Baked” Oatmeal with Apples, Raisins and Walnuts . . . By Jennifer Segal

- 2 cups old-fashioned rolled oats (not instant)
- 3/4 cup light brown sugar
- 1 cup walnuts or pecans, divided
- 1/2 cup raisins
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 2 large eggs
- 2 cups milk
- 1 teaspoon vanilla extract
- 4 tablespoons unsalted butter, melted, plus more for greasing the dish
- 2 tart yet sweet baking apples, such as Honey Crisp, peeled and cut into 1/2-inch chunks (about 2 cups)



Servings: 6

Preheat the oven to 325°F. Grease an 8 or 9-inch baking dish with butter.

In a medium bowl, combine the oats, brown sugar, 1/2 cup of the nuts, raisins, baking powder, cinnamon and salt. Mix well.

In another bowl, break up the eggs with a whisk; then whisk in the milk and vanilla until well combined.

Add the milk mixture to the oat mixture, along with the melted butter.

Scatter the apples evenly on the bottom of the prepared baking dish. Pour the oatmeal mixture over top and spread evenly. Sprinkle remaining 1/2 cup nuts on top. Bake for

40-45 minutes, until the top is golden and the oats are set. Serve warm or at room temperature.

Breads:

Apple Cinnamon Loaf - allrecipes.com

1/3 C Brown sugar
1 tsp Ground cinnamon
2/3 C Sugar...
1/2 C Butter, softened
2 Eggs
1-1/2 tsp Vanilla extract
1-1/2 C Flour
1 3/4 tsp Baking powder
1/2 C Milk
1 Apple, peeled and chopped finely



Preheat oven to 350 degrees. Grease and flour a 9 x 5-inch loaf pan. Mix brown sugar and cinnamon together in a bowl and set aside. Beat white sugar and butter together in a bowl using an electric mixer until smooth and creamy. Beat in eggs, 1 at a time, until incorporated; add vanilla extract.

Combine flour and baking powder together in another bowl; stir into creamed butter mixture. Mix milk into batter until smooth. Pour half the batter into the prepared loaf pan. Next add half the apples and half the brown sugar cinnamon mixture. Lightly pat apple mixture into batter.

Pour the remaining batter over apple layer; top with remaining apples and add more brown sugar/cinnamon mixture. Lightly pat apples into batter; swirl brown sugar mixture through apples using a finger or spoon.

Bake in the preheated oven until a toothpick inserted in the center of the loaf comes out clean, 30 to 40 minutes.

CLASSIC 100% WHOLE WHEAT BREAD

1 to 1 1/8 cups lukewarm water*
1/4 cup vegetable oil

1/4 cup honey, molasses, or maple syrup
3 1/2 cups 100% Whole Wheat Flour
2 1/2 teaspoons instant yeast, or 1 packet
active dry yeast dissolved in 2 tsp. of the
water in the recipe
1/4 cup Baker's Special Dry Milk or nonfat
dried milk
1 1/4 teaspoons salt



*Use the greater amount in winter or in a dry climate; the lesser amount in summer or a humid climate.

In a large bowl, combine all of the ingredients and stir until the dough starts to leave the sides of the bowl. For easiest, most effective kneading, let the dough rest for 20 to 30 minutes in the bowl; this gives the flour a chance to absorb some of the liquid, and the bran to soften. Transfer the dough to a lightly greased surface, oil your hands, and knead it for 6 to 8 minutes, or until it begins to become smooth and supple. (You may also knead this dough in an electric mixer or food processor, or in a bread machine programmed for "dough" or "manual.")

Note: This dough should be soft, yet still firm enough to knead. Adjust its consistency with additional water or flour, if necessary.

Transfer the dough to a lightly greased bowl or large measuring cup, cover it, and allow the dough to rise till puffy though not necessarily doubled in bulk, about 1 to 2 hours, depending on the warmth of your kitchen.

Transfer the dough to a lightly oiled work surface, and shape it into an 8" log. Place the log in a lightly greased 8 1/2" x 4 1/2" loaf pan, cover the pan loosely with lightly greased plastic wrap, and allow the bread to rise for about 1 to 2 hours, or till the center has crowned about 1" above the rim of the pan. Towards the end of the rising time, preheat the oven to 350°F.

Bake the bread for 35 to 40 minutes, tenting it lightly with aluminum foil after 20 minutes to prevent over-browning. The finished loaf will register 190°F on an instant-read thermometer inserted into the center.

Remove the bread from the oven, and turn it out of the pan onto a rack to cool. If desired, rub the crust with a stick of butter; this will yield a soft, flavorful crust. Cool completely before slicing. Store the bread in a plastic bag at room temperature.

Apple Praline Bread - www.justapinch.com

- 1 cup sour cream
- 1 cup brown sugar
- 2 eggs
- 2 tsp vanilla
- 2 cups flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 1/2 cups Granny Smith apples, peeled
and finely chopped
- 1 cup nuts (walnut or pecan or a combo),
divided



For the praline sauce:

- 1/4 cup brown sugar
- 1/4 cup butter

Preheat the oven to 350 degrees. Lightly grease a 9 x 5 x 3 inch loaf pan. Set aside. (I used stoneware loaf pan for perfect cooking)

Using an electric mixer, beat together the sour cream, sugar, eggs and vanilla on low speed for a couple of minutes until well blended. Stop the mixer and then add in the flour, leavening agents and salt. Continue to beat on low until well combined.

Fold in the apples and half the nuts into the batter. Transfer the batter into the greased loaf pan.

Sprinkle the rest of the nuts on top and then press them lightly into the batter. Bake for about 60 minutes or until a toothpick inserted into the center comes out clean.

Cool in the loaf pan for about 20-30 minutes and then transfer to a wire rack to cool completely. So it doesn't get too dark, I suggest using a light colored loaf pan.

For the praline sauce:

In a small sauce pan, place the butter and brown sugar. Using medium heat, bring to a boil. Lower the heat and then simmer lightly for about one minute, stirring constantly until the sauce thickens. Remove from heat and then drizzle over the bread. Cool completely.

Apple Cake with Butterscotch Sauce

Servings: 12 servings

Apple Cake:

- 1/2 cup butter, softened
- 1-1/2 cups sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 2 cups all-purpose flour
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/3 cup light sour cream
- 3 medium crisp apples (gala, envy, etc.), peeled and coarsely chopped
(approximately 3-1/2 to 4 cups)



Butterscotch Sauce:

- 1/2 cup packed brown sugar
- 1/4 cup butter, sliced
- 1/4 teaspoon sea salt
- 1/2 cup heavy whipping cream
- 1/2 teaspoon vanilla

Preheat oven to 350 degrees. Spray a 13" x 9" baking dish with non-stick cooking spray. In a large bowl, use an electric hand mixer or stand mixer to cream the butter, sugar and vanilla. Add eggs, one at a time, beating well after each addition.

In a separate bowl combine the flour, cinnamon, nutmeg, cloves, salt and baking soda; gradually add to creamed mixture in small amounts, alternating with the light sour cream, and mix well (batter will be stiff). Use a spoon to stir in apples until well combined.

Spread into prepared baking dish, smoothing surface with the back of a spoon. Bake for 35-40 minutes or until top is lightly browned and toothpick inserted into center of cake comes out clean.

Meanwhile, in a small saucepan, combine brown sugar and butter. Cook over medium heat until butter is melted. Add salt and gradually add cream. Bring to a slow boil over medium heat, stirring constantly. Reduce heat to low and simmer for about 3 minutes. Remove from the heat and stir in vanilla. Serve drizzled over cake.

Adapted from Taste of Home

Notes

Butterscotch Sauce can be made a day ahead. Store in an airtight container in the fridge and reheat in the microwave, just till warmed.

Since this is such a moist cake, I like to store leftovers in the fridge covered in foil. It's not necessary but the cake will stay fresh and tasty longer if refrigerated.

Japanese Pancakes

Fluffier and a bit sweeter

2 large eggs
3/4 C. plus
1 - 1/2 Tbsp milk
1 tsp vanilla
1-2/3 C. flour
1-3/4 tsp baking powder
3 Tbsp plus
1 tsp sugar



Beat eggs until fluffy, add milk and vanilla whip more until foamy. Whisk dry ingredients then add to wet. Let sit 15 min.

Cinnamon - Streusel Coffeecake - King Arthur

Streusel Topping

1 1/4 cups granulated sugar
1/4 teaspoon salt
1 1/2 cups All purpose unbleached flour
1 tablespoon ground cinnamon
6 tablespoons butter, melted

Filling

- 1 cup brown sugar, light or dark
- 1 1/2 tablespoons ground cinnamon
- 1 teaspoon unsweetened cocoa powder

Cake

- 3/4 cup butter
- 1 teaspoon salt (1 1/4 teaspoons if you use unsalted butter)
- 1 1/2 cups granulated sugar
- 1/3 cup brown sugar
- 2 1/2 teaspoons baking powder
- 2 teaspoons vanilla extract
- 3 large eggs
- 3/4 cup sour cream or plain yogurt
- 1 1/4 cups milk (anything from skim to whole)
- 3 3/4 cups All purpose unbleached flour



Preheat the oven to 350°F. Lightly grease a 9" x 13" pan, or two 9" round cake pans. Make the topping by whisking together the sugar, salt, flour, and cinnamon. Add the melted butter, stirring till well combined. Set the topping aside.

Make the filling by mixing together the brown sugar, cinnamon, and cocoa powder. Note that the cocoa powder is used strictly for color, not flavor; leave it out if you like. Set it aside.

To make the cake: In a large bowl, beat together the butter, salt, sugars, baking powder, and vanilla until well combined and smooth. Add the eggs one at a time, beating well after each addition.

In a separate bowl, whisk together the sour cream or yogurt and milk till well combined. You don't need to whisk out all the lumps.

Add the flour to the butter mixture alternately with the milk/sour cream mixture, beating gently to combine. Pour/spread half the batter (a scant 3 cups) into the prepared pan(s), spreading all the way to the edges. If you're using two 9" round pans, spread 1 1/3 cups batter in each pan.

Sprinkle the filling evenly atop the batter. Spread the remaining batter atop the filling. Use a table knife to gently swirl the filling into the batter, as though you were making a marble cake. Don't combine filling and batter thoroughly; just swirl the filling through the batter.

Sprinkle the topping over the batter in the pan. Bake the cake until it's a dark golden brown around the edges; medium-golden with no light patches showing on top, and a toothpick or cake tester inserted into the center comes out clean, about 55 to 60 minutes for the 9" x 13" pan, 50 to 55 minutes for the 9" round pans. When pressed gently in the middle, the cake should spring back.

Remove the cake from the oven and allow it to cool for 20 minutes before cutting and serving. Serve cake right from the pan.

Roasted Pumpkin Herb Focaccia

For the Starter

6.5 oz bread flour
5.5 oz filtered water at room temperature
teaspoon active dry yeast

For the Focaccia

8 oz pumpkin puree
all the starter
½ teaspoon active dry yeast
23 oz bread flour
1 Tablespoon poultry seasoning
several grindings of black pepper, to taste
12 oz filtered water at room temperature
½ oz kosher salt
1.75 oz extra virgin olive oil

To Finish and Bake

extra virgin olive oil
Fleur de Sel or other coarse finishing salt
1-2 Tablespoons fresh rosemary, coarsely chopped



For the Starter

In a large bowl, whisk the yeast into the flour and then pour in the water. Stir until you have a shaggy dough and all the flour is moistened. Cover and set aside for several hours so the yeast can multiply. You can make this the day before you bake and not even worry about refrigerating it. If you do want to refrigerate it, make sure it comes up to room temperature before baking.

For the Pumpkin

Preheat oven to 400F. Wash the pumpkin, cut it in half and scoop out all the seeds (reserve them if you'd like to make roasted pumpkin seeds later)

Cut the halves in half so you have 4 quarters. Brush the cut sides and empty cavities of the pumpkin with a bit of oil and place them, cut side up, on a parchment-lined baking sheet.

Roast until easily pierced with a fork, between 30 and 45 minutes. They should also have some nice color on them and a lot of the liquid should have run out.

Scoop out the meat of your pumpkin and pass it through a food mill fitted with the medium die. It should be about the consistency of canned pumpkin. If it seems loose and pourable, let it drain through a coffee filter until the consistency is spoonable. Cool to at least room temperature. You won't use all your puree in this recipe, so plan on making a pie or maybe some risotto or soup with the rest.

For the Focaccia

Add all your ingredients to the bowl of your stand mixer in the order listed. Fit the mixer with the dough hook and allow all the ingredients to get incorporated on low speed.

Once the dough is fairly uniform in color and appearance, 2-3 minutes, increase the speed to medium low and knead for about 12 minutes. This is a wet dough and will stick in the bottom of the bowl a very lot. It will clear the sides of the bowl mostly, and the dough hook will eventually start pulling the dough in from the sides so it looks stringy. That's a good thing.

After the dough is nice and supple, pour some oil into a large bowl and swirl it around to coat. Then dump all the dough into the bowl--no need to worry about forming it into a ball. It will be fine.

Oil the top of the dough and cover. Let rise in a warm, cozy part of your kitchen until about doubled, 2 hours or so. If you have time, let it rise at room temperature. It will take a lot longer, but you will get a bit better flavor. Either way is fine.

Once the dough is nicely risen, glug about ¼ cup or so of olive oil on a parchment-lined sheet pan and brush it around.

Dump the risen dough--without punching it down--onto the pan and let it sort of ooze out. Oil your hands and help it along. It will just about fill one ½ sheet pan. Once the dough is all fitted into the pan and about ½" thick, use your fingertips to dimple the dough all over. Liberally drizzle on more olive oil, allowing it to pool in the dimples. You can also brush it out so you use less oil. I drizzle with abandon, myself.

Cover and let rise until the dough rises above the edge of the pan by about ¼". This will take an hour or so, so go ahead and preheat the oven about 30 minutes in to 375F.

Uncover and sprinkle on the rosemary evenly followed by the coarse salt.

Bake on the center rack for about 20 minutes. If it is not browning evenly, rotate the pan and continue baking for another 10-15 minutes or until the bread is a lovely golden brown and the internal temperature in the center is 200F.

Let cool to below 150F before slicing

Amazing Jamaican Banana Bread

2 cups all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon salt
1 cup granulated sugar
1/4 cup butter, softened
2 large eggs
1 1/2 cups mashed ripe banana (about 3 bananas)
1/4 cup plain low-fat yogurt (or pina colada flavored!!)
3 tablespoons dark rum OR apple cider
1/2 teaspoon vanilla extract
1/2 cup flaked sweetened coconut
1 tablespoon flaked sweetened coconut
1/2 cup powdered sugar
1 1/2 tablespoons fresh lime or lemon juice



Preheat oven to 350.

Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, baking soda, and salt, stirring with a whisk.

Place granulated sugar and butter in large bowl; beat with mixer and medium speed until well blended. Add eggs, one at a time, beating well after each addition. Add banana, yogurt, rum, and vanilla, and beat until blended. Add flour mixture, beat at low speed just until moist. Stir in 1/2 cup of Coconut. Spoon batter into a 9 x 5 inch buttered (bottom) loaf pan, and sprinkle with 1 Tablespoon of remaining coconut. Bake at 350, for one hour until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack, then turn out on to a wire rack, and set upright, until cool. Combine powdered sugar and juice, by stirring with a whisk, and drizzle over warm bread.

Irish Kerrygold Butter Scones

- 1 3/4 cups (about 8 ounces) all-purpose flour
- 1/4 cup sugar, plus additional for sprinkling over tops
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 4 tablespoons (2 ounces) cold Kerrygold Salted Butter, cut into pieces
- 1/3 cup raisins
- 1/2 cup whole milk
- 1 large egg, plus additional beaten egg for brushing over tops



Heat oven to 425° F. Sift together flour, 1/4 cup sugar, baking powder and salt into large bowl. Using fingertips or pastry blender, rub or cut the Kerrygold Butter into flour mixture to form coarse crumbs. Add raisins. Whisk together milk and 1 egg. Make a well in the flour mixture; pour in milk mixture. Using a fork, stir just until soft, moist dough is formed

Turn dough out onto lightly floured surface; gently knead 1 or 2 times to incorporate loose pieces of dough. (Do not over knead.) Pat dough to 1 1/2-inch thickness. Using well-floured 2 1/2-inch biscuit cutter or bottom of a glass, cut out about 6 rounds, recombining scraps as necessary. Place rounds on a lightly buttered baking sheet. Brush tops with additional beaten egg; sprinkle with additional sugar.

Bake until golden brown, about 14 to 17 minutes, rotating the pan halfway through baking for more even browning. Serve warm with Kerrygold Irish Butter and jam.

Note: These scones are more muffin-like in texture; dough will be moist and wet, which ensures a tender texture.

Ham and Cheddar Muffins

- 1/4 cup butter
- 1/2 cup onion, Minced
- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 eggs
- 1 cup milk
- 1 teaspoon Dijon mustard
- 1 cup ham, Diced
- 1 Cup sharp cheddar cheese (shredded or diced)



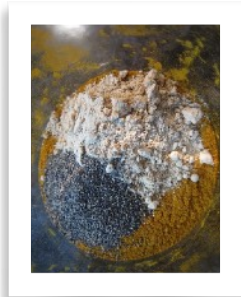
- DIRECTIONS
- Preheat oven to 375° and lightly grease 12 muffin cups.
- Sauté onion in butter until soft.
- In a bowl, combine flour, baking powder, salt, pepper and garlic powder.
- In another bowl, combine eggs, milk and mustard. Add the sautéed onion, ham and cheese.
- Stir the wet mixture into the dry mixture just until moistened, don't over stir!
- Spoon batter into prepared muffin pans and bake in preheated oven for 25-30 minutes. Enjoy!

Medicinals:

Amazing Anti-Inflammatory, Gut Healing, Blood Purifying Sleepy Time Drink

Turmeric milk is a traditional Indian and Ayurvedic beverage that is typically drunk before bed. Similar to what we do here in the States with warm milk before bed. Although, I never really enjoyed warm milk before bed as a kid, I sure do enjoy this delicious beverage. The warming effect it has on the body puts you right to sleep!

Add ginger to my recipe to further enhance the anti-inflammatory properties. Honey is optional as a sweetener...but it does also add more medicinal properties! Use coconut milk because it is full of healthy fats and contains lauric acid, antimicrobial lipids and capric acid, which have anti-bacterial, anti-fungal and anti-viral properties.



Turmeric has many beneficial healing properties and have been shown to:

Ease arthritis pain, due to its anti-inflammatory properties. Help the liver detoxify by enhancing liver function, and also enhances the flow of bile (aka gallstone prevention!)

Boost blood circulation, and also thins the blood (CAUTION to those already on a blood-thinning medication). Heal and soothe the digestive tract, and even help prevent ulcers due to the antiseptic properties reduce the pain and fever associated with illness.



Make Ahead to Have on Hand:

- 3 Tbsp turmeric
- 2 tsp black pepper
- 1 Tbsp powdered ginger
- Cover the jar and shake to combine

To use:

Mix 1 teaspoon of the powdered mix with 1 cup of milk

In a saucepan add all ingredients (except honey, if using) and whisk to combine. Heat over medium heat until it starts to bubble. Then turn heat down to low and simmer for about 5 minutes so the flavors meld. Strain out the ginger. Add honey and stir. Makes 2 servings, so you can share the love.



Sekanjabin - BBC History Magazine - by Samantha Nott

This is a wonderful and ancient recipe from France. It is also known as Persian Mint & Cucumber Syrup and it is Ohhhh so healing as well, according to it's long history. It is a Honey and Vinegar concentrate that is used to make a very refreshing drink. The recipe dates back to the 10th Century when physician Avicenna (aka Ibn Sina) listed its medicinal benefits in "The Cannon of Medicine." And it was stated in the cookbook from the 13th Century, that the recipe for "syrup of simple sikanjabin" states that "Its benefit is to relax the bowels, and cut the thirst and vomiting, and it is beneficial in bilious fevers."

You can make ahead and keep it for about four weeks in the refrigerator. I have also split it up into smaller bottles and frozen them.

Yields enough syrup to serve 4-6.

- 2 C. sugar or 1-1/2 C Honey (or use sugar instead, but that's not the Avicenna way, and it'll be far less healthy for you)
- 2 C. filtered water
- 2/3 C. white wine or apple cider vinegar (I used and prefer apple cider vinegar). Sugar can be used but the original was always done with honey
- 1 C. fresh mint sprigs
- 1 Lime - rind -
Persian Cucumbers

In a heavy bottom pot combine sugar and water, place on medium heat and stir till sugar is dissolved. Reduce heat and gently boil for 10-15 minutes.



Add 1/2 cup of vinegar and simmer for 25-30 minutes or until it thickens. Taste and adjust the level of sweetness or sourness of the syrup. (I usually add an additional 2 tablespoons of vinegar since I like it a bit more sour).

In the last minute or two add a small bunch of fresh mint to the syrup. Remove from heat and let cool completely. Remove the mint leaves. Serve with lots of crisp and fresh lettuce on the side. Just to remind you, sekanjabin is quite sticky!

Pour syrup into a sterilized, airtight, dry bottle. Store syrup in a cool dark place (it will be shelf-stable for a good year) until ready to serve.

To drink:

Pour 3-4 tablespoons of sharbat syrup in a drinking glass (ideally a tall, frosted one) Add a few ice cubes, dilute with 1 cup (or more, to taste) of cold water. You can substitute flat water with sparkling water for a modern twist.

You can adjust the amount of sweetness, adding more or less water as desired. You can experiment with adding a bit more vinegar or lemon juice if you prefer a more tangy taste.

Stir till syrup has entirely dissolved. Garnish with a lemon slice, thinly sliced cucumbers, or more mint leaf and serve!

As a Dip:

To enjoy as a dip with lettuce – the classic “kahoo Sekanjebin”:

Pour sekanjebin into a dipping bowl placed in the center of a big serving tray. Arrange clean and dry lettuce leaves, petal by petal, around the dipping bowl. To eat, dip the lettuce into the bowl of sharbat – just as you would dunk a cookie in coffee. Crunch and munch!

TheGypsyHomestead

Fire Cider Time



It's a necessity that makes a great staple in everyone's Autumn & Winter medicine cabinet. Traditionally fire cider consists of 5 ingredients - fresh ginger, onion, garlic, horse radish and hot peppers - suspended in apple cider vinegar.



You can get creative by adding other ingredients such as citrus, rosemary, cinnamon, and star anise! Combine all the ingredients in an air tight container. Allow to sit at least a month (and up to 6 weeks) in a dark cool space. Shake daily. After a month strain out the solids and reserve the liquid. Add honey to taste (traditionally 1 part honey to 4 parts vinegar). Store in the fridge for up to a year and take a shot anytime you feel a cold/flu coming on.

Elderberry Cordial

Every spring we make a huge batch of this elderflower cordial to last us the whole year. The ritual of picking elderflowers and filling the house (or our campervan) with their blossomy scent is a tradition that celebrates spring.

PICKING ELDERFLOWERS

• Elderflowers are the edible blossoms of the Elder tree, *Sambucus nigra*. This small tree is native to Europe and North America. It blossoms in late spring, and produces dark berries in late summer. Elderberries are also edible, but must be cooked before eating to get rid of toxins.



- STEP 1 - Add water, elderflowers, sliced lemons and citric acid to a pan and bring to boiling point.
- STEP 2 - Remove from heat and leave to infuse for a few hours or overnight.
- STEP 3 - Strain the liquid through a muslin cloth or fine sieve.
- STEP 4 - Return the liquid to the pan and add the sugar.
- STEP 5 - Bring to boil, stirring frequently to dissolve the sugar. Simmer for 5 minutes.
- STEP 6 - Fill the cordial into clean, sterilised bottles while still hot.



Here's our top tips for picking your own elderflowers:

- Avoid picking from roadsides and polluted areas
- Individual flower heads are at their prime for picking when the little flowers have fully opened and have not started to wilt or turn brown.
- The best time to pick elderflowers is late morning on a dry day.
- The flowers should smell blossomy and sweet - watch out for a slightly unpleasant aroma the flowers might develop in the afternoon, or when they are past their best.
- Always use them as soon as possible after picking.

Preserving and Storing Tips

Here's our advice for how to make sure your elderflower cordial will keep well:

- The final boiling step sterilises the cordial by killing off any wild yeasts, bacteria or spores that will cause it to spoil.
- Clean all your glass bottles, lids and other equipment in soapy water or in the dishwasher, then fill with boiling water. Leave for 5 minutes before draining.
- Alternatively, place the washed bottles and lids in an oven at 140°C until dry.
- Fill your bottles and put on the lids as soon as you finish simmering and the cordial is still hot. (Wear oven gloves as the bottles and lids will get hot!)
- Bottling whilst hot ensures that the lid seals as the liquid cools.
- Store unopened bottles of cordial in a cool and dark place. After opening, keep in the fridge.
- Our homemade elderflower cordial makes a perfect summer drink when mixed with cold sparkling mineral water. It also adds a fresh and fruity note to a glass of wine, champagne or a cocktail.

Citric acids is a preservative and is naturally found in lemons and other fruits. It brings a lot of tang to the cordial and has a role in extracting the flavor from the elderflower. It's also what helps the cordial to preserve for so long.

RECIPE:

15 Elderflower heads - large (Use Double if small)

2 Lemons - thinly sliced
1/4 C. Citric Acid
2-1/2 (10/5 Cups) Water
5 Cups Sugar

Check elderflowers for dirt and little insects - don't wash!

Add elderflowers, lemon slices and citric acid to the water in a big pan. (The only ingredient not yet going in is the sugar)

Heat up to boiling point, stirring occasionally, remove from heat, cover and let infuse overnight, or for at least four hours.

Strain the liquid through a muslin cloth, to catch all the flowers. Squeeze all that yummy flavor out of the pulp in the muslin!

Return liquid to the pan and add the sugar.

Bring to boil again, stirring frequently to dissolve all the sugar, and simmer for 5 minutes.

In the meantime, clean and sterilize all your glass bottles, lids, a funnel and any other equipment in soapy water. Rinse the bottles and fill them with boiling water and leave for 5 minutes before draining. Alternatively, place the washed bottles and lids in an oven at 140°C until dry.

Bottle up the finished cordial while it's still hot, pouring carefully into your warm bottles and closing the lids.