

Christian Women's Retreat 2025

Bermuda Banana Bread

Restaurants & Institutions Magazine Servings: 1

Preparation Time: 1 hour 30 minutes

1/2 pound sugar

4 ounces butter

2 each eggs

Or

2 tablespoons Egg Replacer - If Not Using Eggs

1/4 cup Additional Water With Egg Replacer

1 pound banana, peeled, very ripe mashed

1/2 cup walnuts, chopped

1 teaspoon baking soda

1/4 teaspoon salt

1/2 pound bread flour

1. Cream together sugar and butter. Add eggs one at a time, mixing to blend after each addition. Or
2. Add bananas and walnuts, mix to combine.
3. Combine flour, salt, and baking soda. Mix moist ingredients into dry ingredients.
4. Pour batter into prepared loaf pans and bake at 300 degrees for 2 hours or until bread test done with toothpick. If top gets too brown, cover with foil to reduce browning.

Big Frank Recipe

Servings: 12

2 cans Big Franks (15 oz)

3/8 cup Dill relish

7/8 cup Vegan Mayo

3/8 teaspoon garlic granulated

Drain big franks, mix until small pieces add

all other ingredients

use #12 scoop and scoop into 4 oz containers

Yield: 1 2/3 ounces

Cornbread for iron skillets

Bill Fields - Leoni Meadows Servings:
10

Preparation Time: 1 hour

6 ounces cornmeal
6 ounces bread flour
2 ounces sugar
1 1/2 tablespoons baking powder
1. 1/2 teaspoons salt
2. ounces oil
3. each eggs
Or
1/4 cup Egg Replacer
3/8 cup More Water If Using Egg Replacer
1/2 cup water
1/2 cup water

1. Place first 6 ingredients in mixer and mix well with paddle for 1 minute.
2. Add oil and eggs to dry ingredients while mixing on low speed.
3. Slowly add first water. Mix on medium speed for 2 minutes. Scrape bowl and paddle. Mix smooth.
4. Add second water and mix on medium speed until smooth.
5. Spray iron skillet or baking pan.
6. Bake at 375 degrees for 20 - 25 minutes.

Yield: 1 Pan

Indian Lentil-Vegetable Soup

Vegetarian Times Oct. 1997 Servings: 12

Preparation Time: 1 hour

1 medium onion, chopped
3/4 teaspoon crushed garlic
1 1/2 teaspoons cumin powder
1 teaspoon coriander, ground
1/4 teaspoon turmeric
1/8 teaspoon cayenne pepper
1 cup red lentils, picked over & rinsed
1 1/2 quarts water
1 1/16 pounds tomatoes, canned, diced
3/4 cup potato, diced
1/2 cup carrot, chopped
1 1/2 teaspoons salt
1/2 to taste fresh ground pepper

1. Combine all ingredients in steam kettle, simmer about one hour, or until lentils are done, and vegetables are tender. Check seasonings. Serve.

Lemon Blueberry Bread

Ed Elsner - Leoni Meadows Servings: 1

Lemon Blueberry Cake Batter:

1 1/2 cups All Purpose Flour
1 teaspoon Baking Powder
1/8 teaspoon Baking Soda
1/4 teaspoon Salt
1/4 cup Unsalted Butter, Room Temperature
1/4 cup Vegetable Oil
1 cup Sugar
1/2 teaspoon Vanilla Extract
3 1/3 tablespoons Sour Cream
2 1/4 each Eggs
1/4 cup Lemon Juice
1. 1/8 tablespoons Lemon Zest
2. 1/4 tablespoons Buttermilk
1 cup Blueberries
7/8 teaspoon All Purpose Flour

To Make the Cake:

Combine The Flour, Baking Powder, Baking Soda and Salt in a medium sized bowl and set aside.

Add the butter, oil, and sugar to a large mixer bowl and beat together until light in color and fluffy, about 1 1/2 to 2 minutes. Do not skimp on the creaming time.

Add the vanilla extract and sour cream and mix until well combined.

Add the eggs one at a time, mixing until mostly combined after each. Scrape down the sides of the bowl as needed to be sure all ingredients are well incorporated.

Add Half of the dry ingredients to the batter and mix until mostly combined.

Combine the lemon juice, lemon zest and buttermilk then slowly add the mixture to the batter and mix until well combined.

Add the remaining dry ingredients and mix until well combined and smooth. Scrape down the sides of the bowl as needed to be sure all ingredients are well incorporated. Do not over mix the batter.

Toss the blueberries with flour and gently toss to combine, then add the blueberries to cake batter and fold to combine.

Place batter in bread pan and bake for 25 to 30 minutes, or until a tooth pick comes out with a just few crumbs. Yield: 1 Bread Pans

Poppyseed Bread

Restaurants & Institutions 1995 show supplement. Servings: 1

Preparation Time: 1 hour 30 minutes

1/2 pound yellow cake mix
1/2 pound Basic Muffin Mix
1/2 cup vanilla pudding mix, instant
3 eggs
1/4 cup vegetable oil
3/4 cup hot water
1 5/8 tablespoons poppy seeds
1 1/4 tablespoons lemon extract
-----Altitude Adjustment-----4 3/4
teaspoons flour

1. Combine all ingredients in a large mixing bowl.
 2. Blend for 4 minutes.
 3. Pour into greased and floured pan. (8-9 #8 Scoops of batter per loaf.)
 4. Bake at 325 degrees F. for 1 hour or until center bounces back when lightly touched.
 5. Remove from pans and cool on racks.
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Potato Soup--Ed's

Servings: 12

2/3 ounce Margarine
2/3 cup Carrot, diced
1 1/3 pints Potato, diced
1/3 cup Onion, diced fine
2/3 cup Celery, chopped
1 pint Water
1 tablespoon Chicken Base Light
1 quart Milk
1/4 cup flour
2/3 teaspoon salt

Sauté all Vegetables in Margarine. Add Water and simmer until potatoes are tender.

Add Chicken base and salt

Mix flour with milk and add to soup. Cook until thickened.

Pumpkin Bread with Walnuts & Raisins

Bill Fields - Leoni Meadows

Servings: 1

Preparation Time: 1 hour 30 minutes

1/2 pound sugar
1/3 cup oil
2 each eggs
1/2 pound pumpkin, #10 can/6.5 lb.
1/3 cup water
1/2 pound bread flour
1/4 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon cloves
1. 1/2 ounces walnuts (optional), chopped
2. ounces raisins, seedless or cranberries, soaked and drained

1. Combine sugar, oil, eggs, pumpkin, and water.
2. Combine dry ingredients and add to pumpkin mixture.
3. Add nuts and raisins. Mix to blend.
4. Place 8 - No# 8 Scoops into each bread pan.
5. Bake at 350 degrees F. in a conventional oven for 1 1/4 hours or until done.

Yield: 1/3 Bread Pans

Cinnamon Rolls, New

<https://www.williams-sonoma.com> Servings:
12

1 cup whole milk Or Almond Milk
1/2 cup granulated sugar
1/3 cup butter or margarine
3 each eggs or Egg Replacer
2 3/8 teaspoons yeast, quick rise
5 cups unbleached all-purpose flour, more as needed
1 1/4 teaspoons salt, fine sea salt
Topping
1 cup dark brown sugar
6 ounces butter or margarine
1 1/3 tablespoons cinnamon
Cream Cheese Frosting
1. 1/2 cups confectioners' sugar
2. ounces cream cheese, room temperature
2 tablespoons butter, room temperature
1/2 teaspoon pure vanilla extract
1 each orange, finely zested
1/4 cup whole milk as needed

Cream sugar, butter together. Add eggs, then add milk and yeast.

Add 1/2 of the flour and mix for 8 minutes.

Add the rest of the flour and mix about 4 minutes. Add more flour if needed (Dough should still be soft). Mix for 10 minutes. Dough although still soft, should pull away from the bowl.

Roll out about 1/2 inch thick.

Spread topping on dough and then roll up, cut in 1.5" slices. place cut side up on cake pan. Put immediately in fridge overnight.

Take out 1 hour before baking.

Bake 350 degrees about 30 minutes.

Topping: Mix until smooth.

Spread on rolled out dough. Dividing according to how many pans.

Saturday Brunch

Cream Cheese Frosting: Frost while warm.

Egg Puff

Bill Fields - Leoni Meadows Servings:

9

Preparation Time: 1 hour

First Step

5 whole Eggs, Cracked

Or

1 cup Liquid Eggs

Second Step

1/2 pound Monterey Jack Cheese, shredded

1 cup Cottage Cheese, 1 carton/10 cups

4 ounces Green Chiles, diced

Third Step

2 ounces Butter or Margarine, Melted

1/4 cup All-Purpose Flour

1/3 teaspoon Baking Powder 1/4

teaspoon Salt

Crack Eggs Or Use Liquid Eggs & Add to mixing Bowl and beat for 5 minutes with whip.

Add Cottage Cheese, Jack Cheese, Diced Green Chili's and mix with eggs until blended.

Mix flour, baking powder, and salt in small metal bowl. Melt butter in microwave until liquid then add to flour mixture and mix with hand wire whip until blended, then add to egg mixture and blend until incorporated. Mix well.

Pan into 2" stainless steel deck pans 16 serving to 1/2 pan, 32 serving into full size pan.

Bake in 275 degree convection oven for 40 minutes or until eggs are set. or 325 degrees conventional for 60 minutes

until eggs are set. Yield: 1/4 200 Full Pans

Roasted Sweet Potatoes

Servings: 12

3 pounds Sweet Potatoes, Fresh, Wedged

1/2 ounce Garlic, fresh, Minced

1/4 cup Dijon Mustard (Optional)

2 tablespoons Olive Oil

1 1/2 teaspoons Seasoning Salt (To Taste) 1/4 cup

Parsley, fresh, Minced

Quarter Potatoes, If Prepared the day before, Cover with water.

In large bowl place garlic, Mustard(Optional), olive oil and parsley and mix.

Add Potatoes and toss to coat. (You can steam the potatoes part way, cool and then toss to coat.)

Place on greased sheet pans and bake uncovered in 350 degree oven for and 45 minutes or until done or are fork tender.

Can use any potato you prefer. Yield: 3
pounds

Scrambled Tofu with Fresh Vegetables

Bill Fields - Leoni Meadows Servings:
12

Preparation Time: 30 minutes

1. tablespoon Canola Oil
1/4 cup Onions, Diced
2. pounds tofu block, (firm or hard tofu is best), drained, cubed or crumbled
1/8 teaspoon Turmeric, for color
3/4 teaspoon Basil, Leaves dried
1 tablespoon Garlic Salt
1 tablespoon Consomme - flavor glow (options: soy sauce; liquid aminos for gluten free)
1/4 cup Zucchini Squash, julienned 1/4 cup
Tomatoes, Fresh, Diced handful Spinach,
Fresh

1. Drain water off tofu and rinse in clear water. Drain well.
 2. Saute onions in small amount of oil in pan until onions are tender.
 3. Crumble or cube tofu blocks and add into pan. Add Zucchini. Add seasonings and stir tofu frequently to distribute seasonings and brown tofu slightly. Add tomatoes and spinach at the end just before panning up.
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Arroz Rojo With Sun-Dried Tomato

Ed Elsner

Servings: 12

2 2/3 cups Chicken Broth
1 1/4 tablespoons Vegetable salad oil
5/8 pound Rice, Converted white, raw
3/4 ounce Peppers, red, , Diced
5/8 ounce Corn, frozen
3/4 ounce Onions, yellow, Diced
7/8 teaspoon Garlic, fresh, minced
1 1/4 tablespoons Tomato paste, canned
3/4 ounce Sun-dried tomato julienne
1/4 ounce Green peppers, fresh, Diced
1/2 tablespoon Paprika
7/8 teaspoon Salt
1 1/4 tablespoons Cilantro Leaves, fresh, Chopped Broth:
1/2 ounce Chicken seasonings 2 2/3
cups Water

In a sauce pan, heat oil.

Add rice. Stir for 5 to 8 minutes or until browned.

Add red pepper, corn onion, garlic and tomato paste. Cook for 5 minutes more.

Stir in broth, sun-dried tomato, chiles, paprika, salt and cilantro. Bring to a boil. Simmer until rice is tender and liquid is absorbed, hold hot for service.

Enchiladas, Green

Ed Elsner- Leoni Meadows

Servings: 12

8 ounces jack cheese, shredded
3/4 cup green onions, chopped fine
8 ounces sour cream
4 ounces margarine
2. ounces flour, all-purpose
3. cups water
1 tablespoon chicken seasoning
1 teaspoon seasoning salt
3 ounces sour cream
7 3/4 ounces green chilis, canned, diced
12 each corn tortillas, 6 inch

Soften Tortillas by using a fryer: using a tongs, dipping 4 or 6 tortillas at once in a fryer for about 10 seconds or a grill, putting a little bit extra oil on the grill and grilling the tortilla on each side about 2 or 3 seconds, then stacking the tortillas on each other to drain in a strainer.

Combine the cheese, green onions and sour cream in a mixing bowl and mix, then for each tortilla use a #30 scoop of filling, then roll up.

For sauce melt margarine in steam kettle, stir in flour, mix.

Add water to above and mix thoroughly.

Once it is thickened, add seasoning salt, chicken seasoning. sour cream and diced green chilis.

Place sauce on the bottom of pan place enchiladas on top of sauce.

Place sauce over each row of rolled enchiladas.

Cover with saran on inside of pan and bake for 10 to 15 minutes.

Take out of oven, take saran wrap off and garnish with green onions, and serve.

Lemon Cake, Vegan

foodsharingvegan.com/easy-vegan-lemon-cake/ Servings: 16

3 cups all purpose flour
1. 1/2 cups Sugar
2. teaspoons baking soda
1 teaspoon Salt
3 teaspoons Vanilla Extract
2 teaspoons White vinegar
1/2 cup Canola oil
1. Tablespoon Canola Oil
2. cups water
3. tablespoons Lemon Juice
4. tablespoons lemon zest 1 1/2 tablespoons lemon powder

Mix all dry ingredients together. Add

in wet ingredients, mix well. pour into

an 9x13 baking pan

Bake at 350 for 30 to 35 minutes or until toothpick comes out clean. can put a

glaze or frosting on top.

Vegan Black Bean Enchiladas Filling

Servings: 12

2 tablespoons Olive Oil
1 cup Red Onions, Diced
6 each Garlic Cloves
1 cup Red Bell Pepper, Diced
1. 7/8 pounds Black Beans, Canned, Drained, Rinsed
2.cups Corn, Frozen
8 ounces Tofu, Crumbled
1.pound Rice , Cooked
2.teaspoons Cumin
1.teaspoon Paprika
2.tablespoons Chili Powder
1 teaspoon Salt
1/2 teaspoon Black Pepper

Soften Tortillas by using a fryer: using a tongs, dipping 4 or 6 tortillas at once in a fryer for about 10 seconds or a grill, putting a little bit extra oil on the grill and grilling the tortilla on each side about 2 or 3 seconds, then stacking the tortillas on each other to drain in a strainer.

Sauté onions, garlic, pepper, black bean, and tofu, add other ingredients, mix well. divide into 12 servings place on tortilla and roll.

Place sauce on the bottom of pan place enchiladas on top of sauce.

Place sauce over each row of rolled enchiladas.

Cover with saran on inside of pan and bake for 10 to 15 minutes.

Take out of oven, take saran wrap off and garnish with green onions, and serve.

Zucchini, Mushrooms, Onions

Servings: 12

1/4 cup Olive Oil

5/8 pound Onions, Fresh, 1/2 Inch

1 3/4 pounds Zucchini, Fresh Or Yellow Squash, Sliced

6 7/8 ounces Mushrooms, Fresh, Sliced

Thyme Leaves, Whole, To Taste Seasoning salt,
To Taste

Heat Pan over medium heat, Add onions and cook for 2 to 3 minutes.

Add Mushrooms and cook for 2 to 3 minutes

Add zucchini and cook for 4 to 5 minutes. Add Thyme and seasoning salt to taste

Pineapple Upside Down Cake

Servings: 16

Filling

4 ounces Margarine
8 ounces Brown Sugar
1 pound Crushed Pineapple

Batter

6 1/8 ounces Margarine
3/4 pound sugar
9 1/4 ounces All Purpose Flour
2.1/3 teaspoons Baking Powder
1/4 teaspoon Salt
3.1/16 each Eggs
3/8 cup Milk
3/4 teaspoon Vanilla
3/8 teaspoon Lemon Flavoring

Mix Margarine & Brown Sugar. Add Crushed Pineapple, mix. Spread evenly on bottom of buttered sheet pan.

Mix Margarine and Sugar, add Flour, Baking Powder, Salt, mix well. Add other ingredients, mix.

Pour evenly over filling mix and bake at 340 for 45 minutes or until done