

Ken's Recipes

Contents

Introduction	3
Main Courses	3
Alfredo Sauce	3
Chicken Cacciatore	3
Chicken Souvlaki Marinade	4
Chili	4
Fish Bowls.....	5
Fish Cakes.....	5
Keto Pizza	6
Meatballs	6
Meatloaf.....	6
Pizza Dough.....	7
Quiche	7
Roast Beef with all the Trimmings	8
Roast Pork	9
Spaghetti Sauce.....	9
Stews with Dumplings.....	9
Tacos and Burritos	10
Tourtiere	11
Turkey Dinner.....	12
Vegetable Soup	13
Appetizers	13
Hummus.....	13
Pumpernickel Spinach Dip	13
Tzatziki	13
Baking.....	14
Banana Bread	14
Biscuits	14

Buns.....	14
Butter Tarts	15
Carrot Cake	15
Chocolate Cheesecake	15
Chocolate, Chocolate Chip Cake	16
Chocolate Peanut Butter Pudding Cake.....	16
Chocolate Spiral Cookies.....	16
Corn Bread	17
Crepes	17
Fast White Cake (or Chocolate)	17
Lemon Meringue Pie	18
Muffins.....	18
Rhubarb Muffins	18
Chocolate Chip Muffins.....	19
Bran Muffins.....	19
Pastry Pies	19
Peanut Butter Energy Bars.....	20
Pecan Pie Bars	20
Rice Krispy Squares	20
Shortbread	20
Vanilla Scones	21

Introduction

Recipes are everywhere these days. It's easy to google a meal and get 10,000 recipe results. I have found, however, that these results are often excessive in their ingredients list (explain to me why it needs to be "kosher Himalayan salt") or they demand a device that isn't in my kitchen (you don't need a food processor if you have a blender and a quick hand on the pulse button), or they omit a practice that just makes things easier. So, I keep my own notes, generally paring the recipe down to the ingredients I typically have on hand and the information that is important to me.

My recipes are meals/dishes/desserts that can be created on relatively short notice with the normal contents of my pantry. This book started as a birthday present from my mother, filled with her standards. It gets updated whenever I find a recipe that I want to repeat (typically with a few substitutions to accommodate my personal taste or contents of my pantry and spice drawer), or a modification that improves the recipe. Like my mother, I mostly recreate meals from memory but, if I ever find my food has strayed too far from what I intend, I check back here. That is the extent of the quality control in this book.

Main Courses

Alfredo Sauce

Simple pasta sauce.

- ½ Cup Butter
- 1 ½ Cups Heavy Whipping Cream
- 2 Tsp Garlic Minced
- ½ Tsp Italian Seasoning
- ½ Tsp Salt
- ¼ Tsp Pepper
- 2 Cups Freshly Grated Parmesan

Add the butter and cream to a large skillet. Simmer over low heat for 2 minutes. Whisk in the garlic, Italian seasoning, salt, and pepper for one minute. Whisk in the parmesan cheese until melted. Serve immediately.

Chicken Cacciatore

- Chicken Legs
- Onion, sliced
- Mushrooms
- Carrots
- Olives
- Olive oil

Remove skin from chicken. Brown chicken and onion in 1 tbsp olive oil. Add chopped veggies and tomato sauce diluted with 50% water to just cover chicken. Heat mixture then cover and place in oven at 325 F. After 1 hour remove cover and cook for another 30 mins.

Chicken Souvlaki Marinade

- 10 garlic cloves, peeled
- 2 tbsp dried oregano
- 1 tsp dried rosemary
- 1 tsp sweet paprika
- 1 tsp salt
- 1 tsp black pepper
- ¼ cup extra virgin olive oil
- ¼ cup dry white wine
- Juice of 1 lemon
- 2 bay leaves

Combine ingredients in blender. Pulse until mixed. Cut chicken into cubes and cover with marinade. Let sit 3 hours. Pat chicken dry and put on to skewers.

Chili

- 1 tbsp oil
- 1 medium yellow onion, diced
- 1 ½ tsp salt
- ½ tsp ground black pepper
- 1 green pepper
- 1 chipotle, diced
- Pickled jalapenos, raw jalapenos, or banana peppers (all optional) to taste (try ½ cup), diced
- 1 lb lean ground beef
- 2 cups of diced mushrooms
- 2 ½ tbsp chili powder
- 2 tbsp ground cumin
- 2 tbsp granulated sugar
- 1 tsp smoked paprika or liquid smoke
- 2 tbsp tomato paste
- 1 tbsp garlic powder
- ¼ tsp ground cayenne pepper* -optional
- 1 ½ cups beef broth
- 1 large can crushed tomatoes in pure
- 1 can black beans (optional use red kidney beans), drained and rinsed
- 1 can beans in tomato sauce
- ½ cup of salsa – optional

Sauté onions, chipotle and hot peppers (optional) in oil. Add green pepper, beef, salt and pepper, and brown. Add mushrooms and simmer until mushrooms have absorbed juices. Drain mix. Add sugar and spices, beans, beef broth, and crushed tomatoes. Simmer. If you are using raw jalapenos you should let simmer for at least 10 minutes to disperse heat.

Fish Bowls

- 1 tbsp vegetable oil
- ½ medium yellow onion, cut into thin strips
- ½ lb of some white fish
- 1 tsp salt
- 1 tsp ground black pepper
- 2 tsp chili powder
- 2 tsp cumin
- Rice
- Shredded cabbage
- Fresh cilantro, chopped
- Grated cheese
- Other vegetables (e.g. mushrooms, bell peppers) (optional)
- Pico de Gallo (optional)
- BBQ sauce type dressing (this can be made with a mixture of ranch dressing, Greek yogurt and bbq sauce)

Make rice ahead of time. Sauté onion, half of salt and pepper in pan until onions are translucent. Remove onion from oil. Turn up heat and add fish and remainder of spices. Fry 3 minutes each side. Try to keep pan at temperature where there is a good frying, but oil does not smoke. While fish is frying, prepare bowls with bed of rice. Remove fish from pan. Turn down heat and re-sauté onions with remaining vegetables (optional). Cut fish into chunks. Place chunks on bed of rice. Add onions, shredded cabbage, vegetables (optional), and Pico (optional). I like to present it in sections on top of rice. Sprinkle on cilantro and grated cheese. Drizzle dressing over top.

Fish Cakes

- 2 large potatoes (about 2 cups mashed), diced, boiled and drained
- 1 pound white-fleshed fish, COOKED (cod, haddock, pollock, halibut, flounder)
- 1 large egg
- 3 tbsp sour cream
- 2 tbsp butter, softened
- 2 green onions, sliced
- 3 tbsp chopped fresh parsley
- 1 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1/2 tsp dry ground mustard

- panko breadcrumbs, for coating
- oil, for frying

Place all ingredients, except for the breadcrumbs, in a large bowl and mash until thoroughly combined. Form the mixture into 8 equal patties and roll them in the panko breadcrumbs. (You can make smaller patties if you prefer.) Refrigerate the patties for at least 30 minutes or until they've firmed up. Heat some oil in a non-stick pan and fry the patties on each side for 3-4 minutes until lightly browned, being careful not to overcrowd the pan. Serve immediately

Keto Pizza

- 1 ½ cup mozzarella cheese
- 2 tbsp cream cheese
- 2 large eggs
- 1/3 cup coconut flour

Preheat oven to 425. Melt cheese together (microwave 90 secs). Add egg and flour, stirring with mixer on low. Knead dough. Spread on parchment lined cookie sheet. Bake by itself for 6 minutes (425). Poke holes in any bubbles that develop. Bake for another 3 – 7 minutes. This creates your keto crust. Add sauce and toppings and return to oven to bake like a regular pizza.

Meatballs

- ½ cup fine, dry breadcrumbs
- ½ cup milk
- 1 large egg
- ½ cup grated Parmesan cheese
- ¼ cup finely chopped fresh parsley leaves
- 2 tsp kosher salt
- Freshly ground black pepper
- 1 lb. ground meat, such as beef, pork, turkey, chicken, or veal, or a mix
- ½ cup finely chopped onion (or grated on the large holes of a coarse grater)
- 1 clove garlic, minced
- 1 small onion diced
- 1 ½ tbsp Worcestershire sauce or balsamic vinegar

Cook at 375, 20 – 25 min.

Meatloaf

This is the classic, low-carb meatloaf with the bright red sauce on top.

Meatloaf

- 2 lbs ground beef, 85% or 90% lean
- 1 med. onion, finely chopped

- 2 large eggs
- 3 garlic cloves, minced
- 3 Tbsp ketchup
- 3 Tbsp fresh parsley, finely chopped
- 3/4 cup Panko breadcrumbs
- 1/3 cup milk
- 1 ½ tsp salt, or to taste
- 1 ½ tsp Italian seasoning
- ¼ tsp ground black pepper
- ½ tsp ground paprika

Sauce

- 3/4 cup ketchup
- 1 ½ tsp white vinegar
- 2 ½ Tbsp brown sugar
- 1 tsp garlic powder
- ½ tsp onion powder
- ¼ tsp ground black pepper
- ¼ tsp salt

Line a 9"x5" loaf pan with parchment paper and preheat oven to 375°F. In a large bowl, add all of the ingredients for the meatloaf. Mix well to combine. Add meat to the loaf pan, gently press meat down and shape evenly. Bake meatloaf at 375°F for 40 minutes.

In a small bowl, mix all the ingredients together for the sauce. Spread the sauce over meatloaf then return to oven and bake additional 15-20 minutes. Rest meatloaf 10 minutes before pulling from pan and slicing.

Pizza Dough

- 1 cup warm water
- 1 tsp sugar
- ¾ tsp salt
- 1 heaped tsp yeast
- 1 heaped tsp margarine
- Flour

Combine sugar, salt and yeast in warm water. Let stand. Add flour until smooth and firm enough to roll out. Makes 1 large pizza.

Quiche

- ½ lb. thin strip bacon chopped into ½ in. pieces
- ½ onion diced
- 1 cup shredded cheese (old cheddar)

- ¼ cup grated parmesan
- 1 ¾ cup cream
- 4 eggs
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp smoked paprika

Make one pie shell. Prebake shell at 350 for 20 minutes (weigh pastry down with pie chain, ceramic balls or second pie plate on top of parchment).

Sauté onions and bacon. Beat eggs. Add cream, parmesan, and shredded cheese. Mix in onions and bacon, and spices. Pour into pie plate. Bake at 350 for 30-45 minutes (until knife inserted comes out dry).

Roast Beef with all the Trimmings

Roast

Good cuts: inside round, sirloin, rib

Season outside with salt, pepper, and oregano. Sear outside in oil coated frying pan over high heat. Place roast on slightly greased roasting pan place in oven. Cook at 325 F for 40 min per lb. Ideally, the pan should be good for heating on stove for making gravy.

Gravy

Some roast will give you lots of juice. Some won't. If not enough add a couple tsp of margarine, a small, diced onion, and a small amount of beef stock or wine or both. Cook until brown. Add 2 tbsp flour and stir for 2 min over low heat until it absorbs fat and is smooth. Gradually add 1 cup of beef stock until you get desired consistency. If you can't heat the pan on the stove top, you can transfer the contents to a pan. If the sauce is baked on, add a small amount of boiling water to aid in the transfer.

Yorkshire Pudding

- 1 cup flour
- ½ tsp salt
- 2 eggs
- 1 cup milk
- Oil

This makes ~12 puddings. Better to double up for your family. Preheat oven to 425 F. Place 1 tsp oil in each of 12 muffin cups. Spread around with a brush. Put tray in oven until very hot. Give mix a quick stir and then pour into cups. It should sizzle when it hits the oil. Bake about 245 mins.

Added Advice

This is tricky because roast cooks at low temp and puds cook at high temp. Cook roast until done and place on warmed platter (warmed in oven for last 20 minutes) and tent with foil. Do the preheat for puds right away and get them in the oven. Cook puddings and make gravy at same time.

Roast Pork

Nicest roasts are the loins – either bone-in or boneless. Cheapest roasts are shoulders – good flavour but a lot of fat.

Roasting times: at 325 F bone in 40 min per lb.; boneless 45 min per lb.

Pork should be well done with internal temp of 170 F. No pink juices. Just pat some salt, pepper and ground sage on to outer surface and place fat side up in pan.

Spaghetti Sauce

- 1 lb. ground beef
- ½ to 1 onion (depending on size)
- 1 clove of garlic, crushed
- 1 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp dried oregano
- 1 tbsp dried basil
- 2 tbsp balsamic vinegar
- 1 tsp sugar
- 1 can of crushed tomatoes in puree

In large pan, heat oil. Add onions and garlic, simmer for 30 seconds. Add ground beef. Separate ground beef with fingers as you add it so that you don't get large clumps. Add salt, pepper, oregano and basil. If there is excessive oil/juice, drain meat (optional) and return to pan. Add crushed tomatoes, balsamic vinegar, and sugar. Simmer for 2 minutes. Add additional herbs and spices, and sugar to taste. If sauce lacks tomato flavour, you can add a can of tomato paste. A can of tomato paste, and some water can also be used to thin out the sauce if it is a bit meat heavy. Just add additional spices to maintain flavour. With the exception of salt, a heavy hand with the herbs and spices is good in spaghetti sauce.

Stews with Dumplings

Basic Stew

I don't have any specific stew recipe. I typically throw together what's on hand, often starting with some diced onion sautéed in oil, adding meat and vegetables, herbs, spices, and liquids and simmering for an hour. The liquid is typically a strong stock with some Worcestershire and maybe some Guinness and a dash of ketchup. It will get diluted by the juices from the meat and vegetables so it should start slightly overpowered.

Dumplings

Dumplings go on top of stews.

- 1 cup flour
- 2 tsp baking powder

- ½ tsp salt
- ½ cup mil
- 2 tbsp oil

Mix dry ingredients. Add wet. Drop in dollops on top of stew. Cover and simmer 15 min. The simmering stew will steam cook the dumplings.

Instant Pot Tips

Nowadays I use the Instant Pot for stews. The approach is basically the same, except instead of covering and cooking you are using a pressure cooker. When you factor in the time to depressure, it doesn't save that much time, but you can walk away from the Instant Pot and not worry about boiling over, evaporating away all the liquid or other problems. Here's my approach. Turn pot on sauté mode. Place oil in Instant Pot. Add onion and sauté for 30 seconds. Press cancel on Instant Pot. Add meat, vegetables, herbs, spices and liquid. I typically use a strong meat stock as a liquid (it will be diluted by the juices coming out of meat and vegetable). Press manual button on Instant Pot. Set time to 7 minutes. Cover with lid. Make sure that the vent is set to off. Leave it. The pot will beep when the timer is done. That doesn't mean you need to do anything. You should let it naturally depressure as much as possible, leaving it for at least 12 minutes. After at least 12 minutes, when ready to open, set the vent to depressure. Once steam venting stops and open the pot.

If you want to make dumplings, do it before thickening the stew. If you thicken the stew first, you will probably get some burnt sauce on the bottom of the pot because the thickened sauce doesn't move heat around as well. Make dumpling recipe above, add them to top of pot. Cover and cook on manual for 3 minutes with 7 minutes of rest before depressuring. Remove lid and set pot to sauté.

The stew will probably need thickening. Open pot and remove dumplings to a second bowl. Place 2 heaping tbsp of flour in a separate cup. Slowly add cold water, stirring flour into even paste and eventually a thick liquid. With the Instant Pot on sauté, add liquid, stirring thoroughly. Mixture will begin to boil and thicken. Once thickened, turn off pot and serve.

Tacos and Burritos

Meat

- 1 lb. of ground beef (or 1 lb. of chicken cubed ½ inch or smaller)
- ½ to 1 onion (depending on size)
- 1 clove of garlic, crushed
- 1 tbsp oil
- 2 tbsp chili powder
- 1 tbsp of cumin
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp of ketchup

Taco meat is a quick and easy recipe. The instructions are written for ground beef but you can use cubed chicken or any other meat.

In large pan, heat oil. Add onions and garlic, simmer for 30 seconds. Add ground beef. Separate ground beef with fingers as you add it so that you don't get large clumps. Add salt, pepper, chili powder and cumin. Sauté until browned. Drain mixture and add back to pan. Stir in ketchup. Add more chili powder or cumin, or ketchup to taste.

Toppings

While the beef is cooking prepare your toppings in individual serving bowls. Good toppings: finely diced cucumber, finely diced tomatoes, shredded cilantro, grated cheese, shredded cabbage, shredded lettuce, salsa, guacamole, ranch dressing, sautéed mushrooms, rice and beans (for burritos).

Burritos Sauce

- 2 tbsp mayonnaise
- 1 tbsp sweet onion dressing
- 1 tbsp finely shredded cilantro
- 2 tsp lime juice
- ½ tsp black pepper

Sauce is to drizzle over smothered burrito or can be served as a taco topping. Just mix all the ingredients together ingredients in a bowl.

For Tacos

Make meat and toppings. Serve with hard and/or soft taco shells. The hard/soft taco with a soft shell stuck to a hard shell by a thick layer of guacamole is a perennial favourite.

For Burritos

Make meat and toppings. Heat 1 tsp of oil in a pan. Prepare selection of ingredients to individual taste in a large soft tortilla. Wrap burrito tightly, transfer to pan and cover until side is brown, typically 30 seconds to 1 minute, depending on pan temperature. Flip and brown other side. You can sprinkle some grated cheese on top when browning the second side. Optionally, you can add grated cheese and transfer to over on broil to melt cheese. Add burrito sauce (for smothered burrito) and serve.

Tourtiere

- 1 lb. lean ground pork
- 1 lb. lean ground beef
- 1 onion, diced
- 1 small clove garlic, minced
- 3 medium potatoes, boiled and mashed
- 1 tbsp Worcestershire sauce
- ½ cup water (if required)

- 1 ½ tsp salt
- 1 tsp dried thyme, crushed
- ½ tsp ground sage
- ½ tsp ground black pepper
- ¼ tsp ground cloves
- Pie crust (pastry)

Sautee onions, ground beef and pork with salt, pepper, and garlic. Add herbs, cloves, and Worcestershire sauce. Stir in mashed potatoes. Add a little water if required to get correct consistency. Pour into pie shell. Cover with pastry and bake at 350 F for 45 minutes.

Turkey Dinner

Stuffing

- ½ loaf of bread
- 1 onion chopped
- 1 ½ cups chopped celery
- 1 tbsp parsley
- 1 tbsp oregano
- Salt and pepper
- ½ tsp oil

Sauté onion and celery in oil. Mix in remaining ingredients.

Turkey

Wash and stuff the bird. Tuck wings underneath and tie drumsticks. Place on greased roasting pan, cover with foil and roast at 325. Remove giblets and simmer for an hour.

Times:

- 8 lbs – 4 ½ hrs
- 12 lbs – 5 hrs
- 14 lbs – 5 ¾ hrs
- 22 lbs 6 ¾ hrs

Baste 3 times during roasting. Use giblet water if you don't have enough liquid. Remove foil 1 hour before completion.

Gravy

Over low heat, add giblet juice to pan juice and dissolve any burnt on juices. Transfer to pot and on low heat add extra stock, if needed, and thickener.

Cranberry Sauce

Simmer fresh cranberries in just enough orange juice to prevent it from sticking to pan. When berries "explode" add sugar to taste.

Vegetable Soup

- Chopped veggies
- 1 tbsp olive oil
- Tomato sauce
- Chicken bouillon cube dissolved in water

Sauté veggies in oil. Add bouillon, tomato sauce and water. Simmer for at least 30 min. Add additional spices to taste. 10 min before service add some pasta.

Appetizers

Hummus

- 125 g chickpeas soaked for 3 hours or 1 large can, drained but keep liquid.
- 3 tbsp tahini
- 3 garlic cloves
- Juice of 2 lemons or 4 tbsp lemon juice.

Drain and simmer chickpeas until tender. Process everything with hand blender. Serve with pita.

Pumpnickel Spinach Dip

- 12 oz. frozen spinach
- ½ cup finely chopped onion
- ½ cup chopped fresh parsley (or 2 tsp. dried)
- 2 cups mayo
- Sal and pepper to taste
- 1 dark pumpnickel loaf (maybe 2)

You can substitute a ½ pack of dried vegetable soup mix for onion and parsley. Allow some time for the dehydrated veggies to soften.

Chop spinach as finely as possible or use blender. Mix ingredients. Season to taste.

Scoop out loaf. Fill with mixture. Cut scooped out bread into cubes. Cut 2nd loaf into cubes.

Tzatziki

- ¾ English, partially peeled (striped)
- 1 tsp kosher salt, divided
- 4 to 5 garlic cloves, peeled, finely grated or minced (you can use less if you prefer)
- 1 tsp white vinegar
- 1 tbsp extra virgin olive oil
- 2 cups Greek yogurt (I used organic fat free Greek yogurt, but you can use 2% or whole milk Greek yogurt, if you like)
- ¼ tsp ground white pepper

Grate cucumber. Toss with ½ tsp salt. Transfer to a mesh strainer to drain. Squeeze dry. Mix garlic, ½ tsp salt, white vinegar and olive oil. Pulse in blender. Pour into bowl. Add cucumber. Stir in yogurt and add white pepper. Cover and refrigerate for 2 hours. Stir before transferring to serving bowl.

Baking

Banana Bread

- 1 ½ cup flour
- ¾ cup brown sugar
- ½ tsp salt
- 2 tsp baking powder
- ½ tsp baking soda
- 3 or 4 ripe bananas, mashed
- ¼ cup oil
- 1 egg

Mix dry ingredients. Add wet and stir. Bake in loaf pan at 350 F for 50 mins.

Biscuits

- 2 cups flour
- 4 tsp baking powder
- ½ tsp salt
- 2 tsp sugar
- ½ cup margarine
- ¾ cup milk

Sift dry ingredients. Cut in margarine till mixture resembles breadcrumbs. Add milk all at once and stir until dough just holds together. Turn onto a lightly floured surface and mat to ½ inch thick. But into rounds. Bake on ungreased cookie sheet at 400 F for 10-12 mins.

Buns

- 2 cups warm water
- 1 tsp salt
- 1 tbsp sugar
- 2 tsp dried yeast (1 envelope)
- 4 ½ cups flour

Add salt sugar and yeast to warm water and allow it to stand. Stir in flour a little at a time. Knead thoroughly. The mixture should be as moist as possible and still be possible to knead. Cover with a damp cloth and let stand until double in size. Punch down and roll into balls. Makes 20 – 25 buns. Can be cooked on greased cookie sheet but better in circular pan. Bake at 400 F until slightly brown and reduce heat to 350 until cooked.

Butter Tarts

Grease muffin tray and line each cup with pastry.

- 2 eggs
- 1 cup corn syrup
- 1 tbsp melted butter
- 1 tsp vanilla
- $\frac{3}{4}$ cup pecans (if desired)

Beat the eggs. Add syrup, melted margarine and vanilla. Stir until smooth. Add nuts. Pour into pastry lined muffin tray. Bake at 400 F until filling is just set. Remove from muffin tray right away.

Carrot Cake

- 4 eggs
- 1 cup white sugar
- 1 cup packed brown sugar
- 1 cup oil
- 2 cups flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- 1 tsp salt
- 1 $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp allspice
- 3 cups grated carrot

Beat eggs. Add sugar and oil gradually. Mix dry ingredients and stir into egg mixture. Add carrot. Pour into greased and floured pan (two 9" x 9" or one 13" x 9"). Bake at 350 F for 35 – 50 mins depending on pan size.

Chocolate Cheesecake

Make a graham crust per instructions for [lemon meringue pie](#). Consider using Oreo cookie crumbs instead.

Filling

- 8 oz. cream cheese softened
- $\frac{2}{3}$ cup sugar
- 1 egg
- 1 tsp vanilla
- 1 cup sour cream
- 1 oz unsweetened chocolate (can substitute 3 heaping tbsp cocoa)

Soften cream cheese in glass bowl in microwave. Cream in sugar, egg and vanilla. Mix till smooth. Soften chocolate in microwave. Blend into cream cheese mixture. Stir in sour cream. Pour mixture into crust

and cook in microwave at medium low for 3 ½ - 5 minutes or cook in oven at 350 F until center is almost set. Chill for 3 hours.

Chocolate, Chocolate Chip Cake

- 1 ¾ cups boiling water
- 1 cup quick rolled oats
- ½ cup margarine
- 1 cup lightly packed brown sugar
- 1 cup white sugar
- 2 eggs
- 1 tsp baking soda
- 4 heaped tbsp cocoa
- ½ tsp salt
- 1 12 oz. pkg choc chips

Combine first three ingredients in bowl and let stand 10 mins. Stir until margarine melts and blends. Add sugar and eggs. Mix dry ingredients and add to wet. Stir in 1.2 of choc chips. Pour into greased 9" x 13" pan. Sprinkle with remaining choc chips. Bake at 350 F for 40 mins. Cake will crack on surface when it is cooked through.

Chocolate Peanut Butter Pudding Cake

- ¾ cup flour
- 1/3 cup sugar
- 1 tsp baking powder
- 1/3 cup milk
- ½ tsp salt
- 1 egg, beaten
- 3 tbsp peanut butter
- ¾ cup packed brown sugar
- ¼ cup cocoa
- 1 cup boiling water

Mix flour, sugar and baking powder. Whisk together milk, egg and peanut butter; stir into flour mixture. Scrape into 8-inch square baking dish. In heatproof bowl, whisk brown sugar and cocoa powder; whisk in boiling water until smooth. Pour over cake; do not stir. Bake at 350 F until cake firm to touch (~30 minutes). Let cool for 10 minutes.

Chocolate Spiral Cookies

- Leftover pastry
- ½ cup margarine
- 1 cup white sugar
- ½ tsp salt

- 1 tsp vanilla
- 6 tbsp cocoa
- 1 egg
- 1 cup flour

Cream sugar and margarine. Add wet ingredients. Add flour and cocoa. Mix until smooth.

Roll out pastry (see [Pastry Pies](#)) to make 12" x 14" rectangle. Spread mixture over pastry, leaving a ½ inch at one end. Dampen ½ inch end of pastry and roll up, sealing dampened end to roll. Wrap log in wax paper and place in freezer for one hour to firm it up. Remove from freezer, slice into rounds, and bake at 350 F until chocolate has puffed up and pastry is slightly golden.

Corn Bread

- 1 ¼ cups flour
- ¾ cup yellow corn meal
- 2 tbsp sugar
- 1 tsp salt
- 4 tsp baking powder
- 1 egg
- 2/3 cup milk
- 1/3 cup melted margarine or oil

Mix dry ingredients. Mix egg, fat and milk and pour all at once into dry mixture. Stir until just mixed. Spread into greased pan, 8" x 8", and bake at 425 F for 25 mins.

Crepes

- 1 cup flour
- 1 ½ cup milk
- 2 eggs
- 1 tsp vegetable oil
- ¼ tsp salt
- 1 tsp sugar

Mix ingredients. Beat on low to avoid bubbles until smooth. Refrigerate for 2 hours (or more) if possible. Cook on hot pan. 1 ladle per crepe. Spread with spatula to get batter to cover pan.

Fast White Cake (or Chocolate)

- ½ cup oil
- ¾ cup white sugar or ¾ cup brown
- 1 ½ cup flour
- 3 tsp baking powder
- ¼ tsp salt
- 1 ½ tsp vanilla

- 3 eggs
- 6 tbsp cocoa (if chocolate)
- ¾ cup milk

Mix dry. Add wet. Bake at 350 F for 30 min.

Lemon Meringue Pie

Graham Crust

- 1 ¼ cups graham cracker crumbs
- 1/3 cups margarine
- ¼ cup sugar

Melt butter and mix with sugar. Stir in crumbs. Pat into 9" pie plate. Cook in microwave on medium for 2 – 2 ½ minutes.

Pie Filling

- 1 cup sugar
- 1/3 cup corn starch
- ¼ tsp salt
- 1 ¼ cup cold water
- 3 eggs separated (yolks)
- ½ cup lemon juice
- 3 tbsp margarine
- Grated rind 1 lemon

In glass bowl, mix sugar and corn starch. Gradually add cold water, stirring consistently to avoid lumps. Cook in microwave, 3 minutes on high. Remove, stir and add lemon juice. Cook for another 3 min in microwave on high. Stir in egg yolks, margarine and lemon rind. Cook for another 3 minutes. Stir and pour into crust. Let cool.

Meringue

- 3 eggs separated (whites)
- 2 tbsp sugar

Beat egg whites until small peaks begin to form. Add sugar and beat further until stiffer peaks form. Spoon onto the lemon pie, forming peaks with edge of spoon. Bake at 350 F until peaks begin to brown.

Muffins

Eggs are the glue that hold muffins together. Sugar can be reduced to taste. The oil should not be increased. The consistency should be moist; not enough to pour but moist enough that it doesn't hold peaks. Muffin cups are a small price to pay to avoid digging. Recipe makes 12 large muffins.

Rhubarb Muffins

- 2 ½ cups flour

- 1 cup quick oats
- 1 cup brown sugar
- 4 tsp baking powder
- ½ tsp salt
- 1 ½ cups finely chopped rhubarb
- 2 eggs
- 1/3 cup of oil
- 1 ¾ cup milk

Mix dry ingredients. Stir in fruit. Mix wet ingredients and add to dry. Spoon into tray. Bake at 500 F for 10 minutes then reduce to 350. Cooking time: 20 – 25 mins.

Chocolate Chip Muffins

Sub in ¾ cup of chocolate chips and leave out oats. Makeup up with flour.

Bran Muffins

- 2 ½ cups flour
- 1 cup bran
- 2/3 cup sugar
- 4 tsp baking powder
- ¾ tsp salt
- 2 eggs
- 1/3 cup molasses
- 1/3 cup of oil
- 1 ¾ cup milk

Steps same as above.

Pastry Pies

Pastry

- 1 cup shortening
- 1 tsp salt
- 2 ¾ cups flour
- 1 egg
- 1 tsp vinegar
- Water (combined with egg and vinegar to make 1 cup)

Combine flour, salt and shortening until breadcrumb consistency. Add liquid and mix with fork until blended. Grease pie plate and line with pastry. Prepare filling and cover. Cut air vents. Bake at 245 f for 15 minutes. Reduce heat to 350 F and bake for another 35 – 40 minutes.

Fillings

- Apple – 5 cups – 1 tsp cornstarch – 2 tbsp sugar

- Rhubarb – 4 ½ cups – 3 tbsp cornstarch – 1 cup sugar
- Blueberry – 4 cups – 3 tsp cornstarch – ½ cup sugar
- Peach – 5 cups – 2 tbsp cornstarch – ½ cup sugar

Peanut Butter Energy Bars

- 1 cup corn syrup
- 1 cup brown sugar
- ¼ cup butter
- 1 cup peanut butter
- 8 cups corn flakes

Heat corn syrup, brown sugar, and butter until just bubbling. Stir in peanut butter. Stir in corn flakes. Press into 9 x 13" pan. Cover with wax paper and press down. Cut into bars when cold.

Pecan Pie Bars

- 1 ½ cups flour
- 2 tbsp packed brown sugar
- ½ cup butter
- 2 eggs
- 1 cup corn syrup
- 1 cup chopped pecans
- 2 tbsp butter
- 1 tsp vanilla
- ¼ tsp salt

Mix flour and brown sugar. Cut in butter. Pat into ungreased 11 x 7.5" baking pan. Bake at 350 F for 15 minutes. Beat eggs slightly; stir in remaining ingredients. Pour over baked layer. Bake at 350 F for 25 minutes. Cool until pecan layer is slightly firm before cutting.

Rice Krispy Squares

- 8 Tbsp. Salted Sweet Cream Butter
- 8 Cups Mini Marshmallows
- 8 Cups Rice Krispy Cereal

Melt the butter in medium bowl. Add mini marshmallows and stir until they are completely melted. Add rice krispies and stir until completely coated. Grease 9 x 13 shallow pan. Spoon krispies into pan and press into shape. Allow to cool.

Shortbread

- 1 cup butter
- 2 cups flour
- ½ cup icing sugar

No instructions. Mix and bake at 350 F I guess.

Vanilla Scones

- 2 cups flour
- ¼ cup of sugar
- 2 tbsp baking powder
- ½ tsp salt
- 1/3 cup butter (1/6 of a 1 lb. stick)
- 1 egg
- 1 tbsp vanilla
- ½ cup milk

Mix flour, sugar, baking powder, and salt. Soften butter (30 sec in microwave) and add to dry mix. Break butter into fine pieces until mixture resembles breadcrumbs (I use fingers). Combine egg, vanilla, and milk and stir into dry mixture. Spread out on floured surface, press into ¾ thick slab, and cut into triangles. Place on parchment lined cookie tray and put into oven at 400 F convection for 12 minutes (15 minutes for non-convection) or until edges are lightly browned. This recipe makes a lightly sweet scone. For dessert scone double sugar to ½ cup.