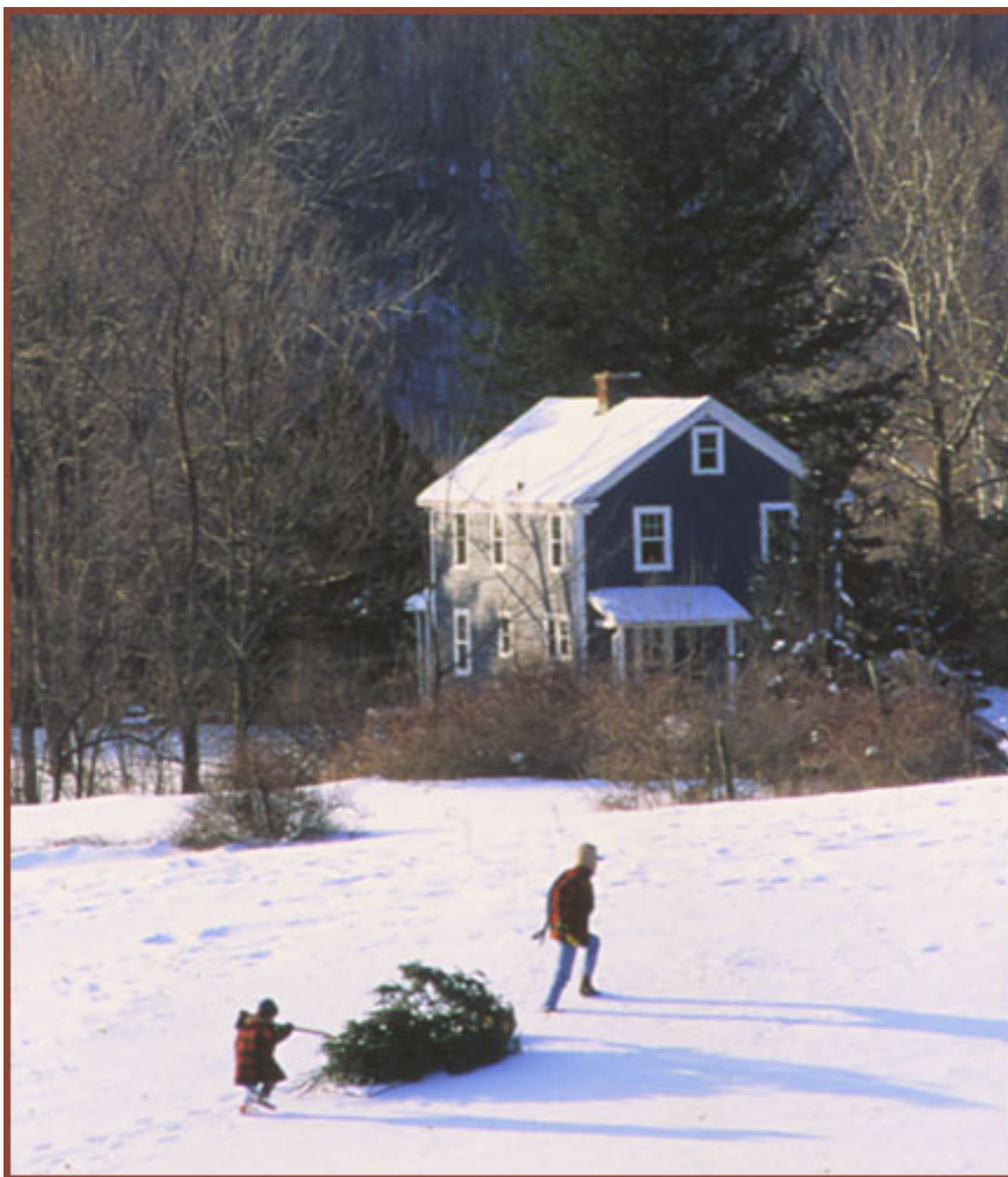
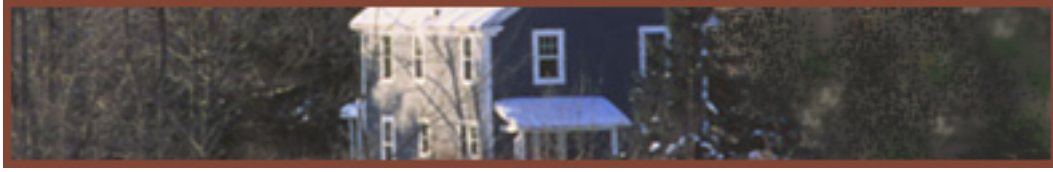


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The Best from Scratch



Bug
Feb 28 2005



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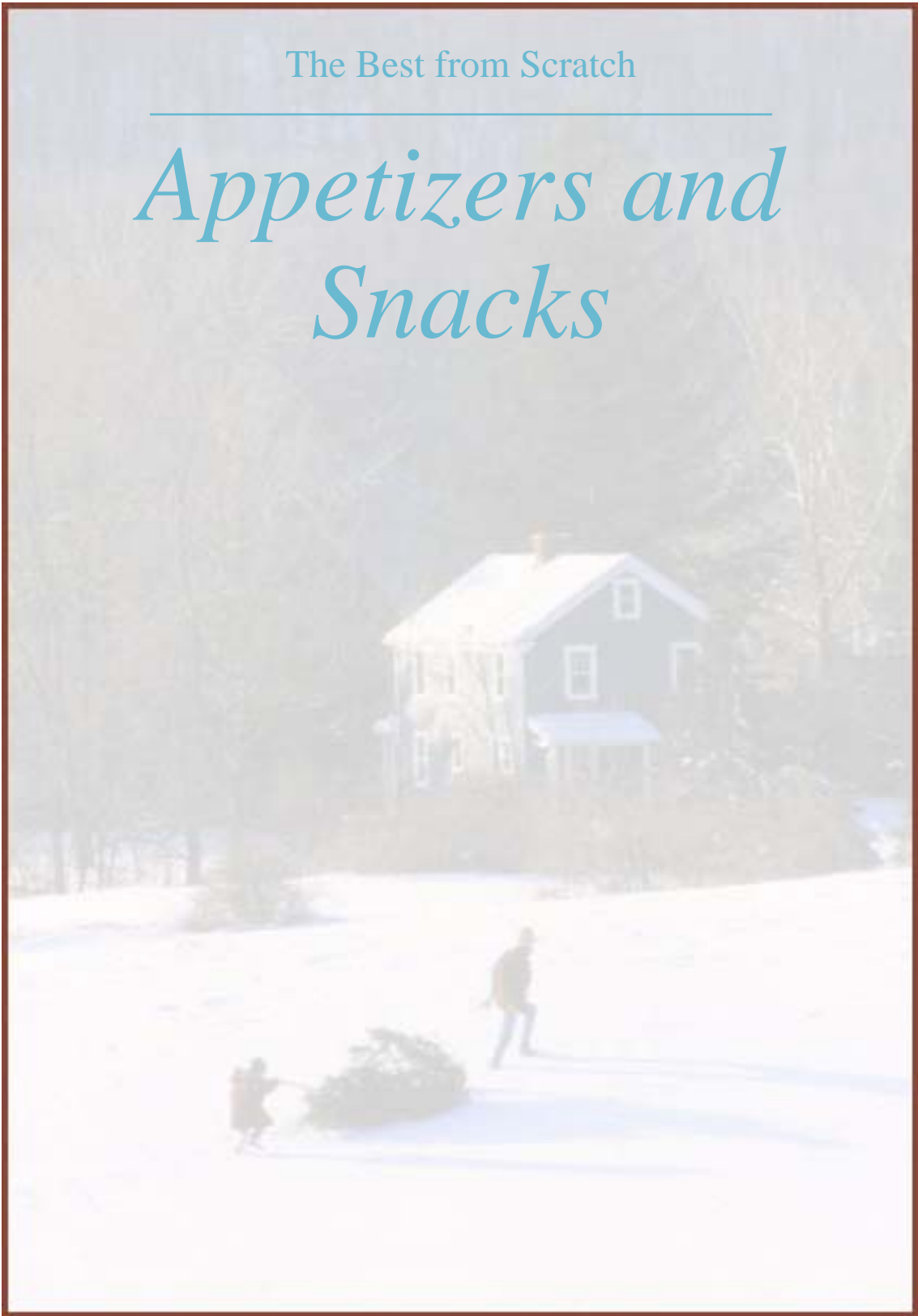
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The Best from Scratch

Appetizers and Snacks



Vegetable Dip

Ingredients:

2/3 C Real Mayonnaise

2/3 C Sour Cream

2 Tb Dry Onion Flakes

1 Tb Dry Parsley Flakes

1 Tsp Dill Weed

1 Tsp Bon Appetite

Directions:

Mix and refrigerate several hours or overnight.

GRILLED Corn Salsa

Ingredients:

1 C Roasted Corn Kernels

1 Tomato, chopped

1 or 2 Roasted Green Chilies

1 Tb Chopped onion

1 Tb Minced cilantro

1 Tb Lime Juice

1 Tb Olive Oil

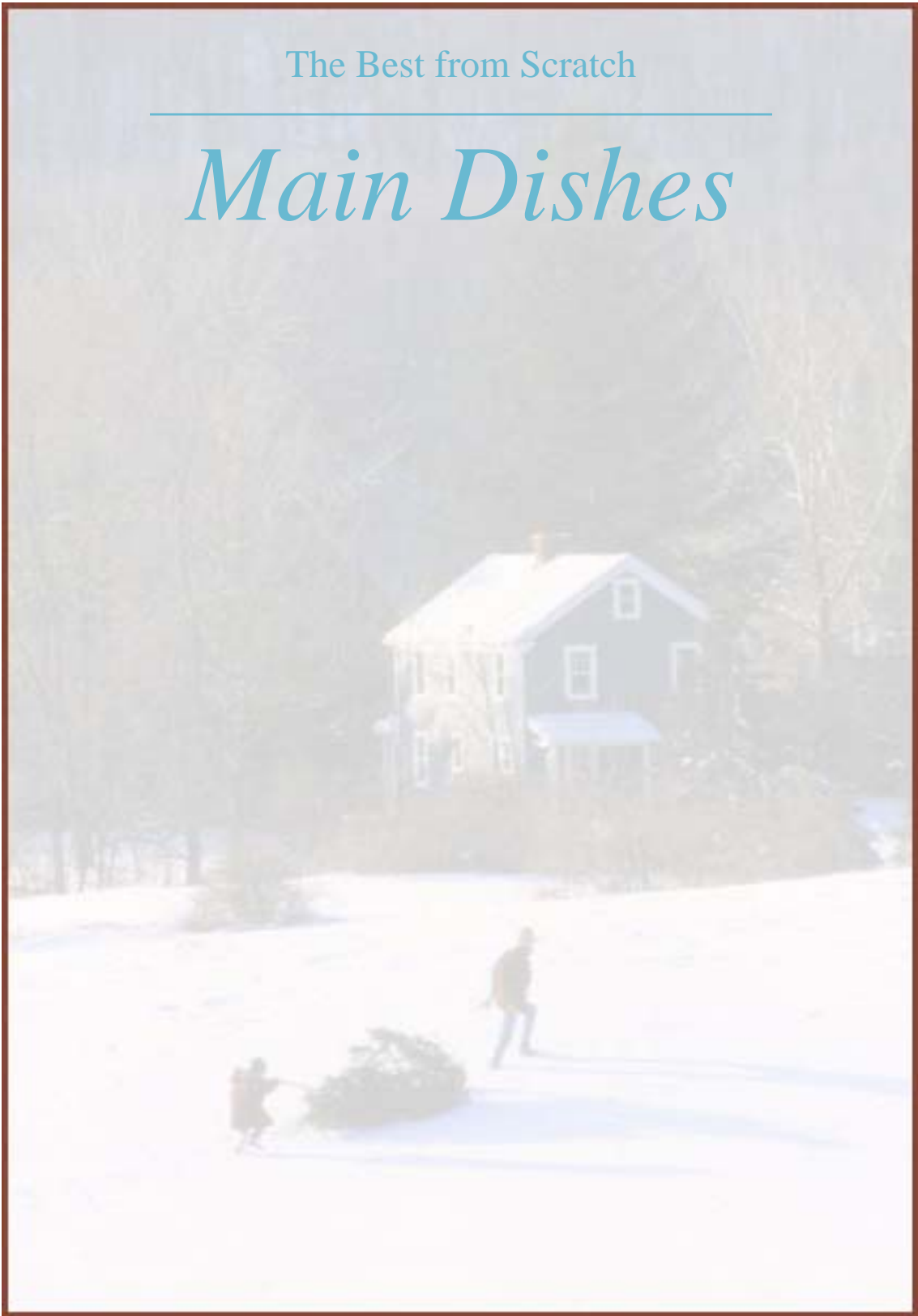
1 Clove Garlic, minced

Directions:

Combine all ingredients into a medium bowl and mix. Cover and chill 1½ hours to blend flavors. Serve with grilled meats, or as a dip with tortilla chips.

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Main Dishes



Noodles and Peanut Sauce Salad Bowl

Ingredients:

- 8 oz Uncooked linguine, broken in half**
(or pasta of your choice or spag. squash)
- 2 C Fresh broccoli florets**
- 1 C Julienne-cut carrots**
- 1 Medium bell pepper, cut into bite-size pieces**
- 2 Tb Water**
- 2 Tb Canola or Olive oil**
- ? C Peanut butter**
- 2 Tb Vinegar (opt: rice or white)**
- 2 Tb Soy sauce (opt: reduced-sodium)**
- ? Tsp Ground ginger**
- 1/8 Tsp Cayenne (red pepper)**
- 3 Tb Green onions (3 medium green onions chopped)**
- 3 Tb Fresh cilantro chopped**

Directions:

1. Cook linguine (or pasta or squash of your choice) as directed on package, adding broccoli, carrots and bell pepper during last minute of cooking; drain pasta and vegetables. Rinse with cold water until pasta and vegetables are cool; drain.
2. In small bowl, gradually beat water and oil into peanut butter, using wire whisk, until smooth. Beat in vinegar, soy sauce, ginger and red pepper.
3. In large serving bowl, stir together pasta mixture, peanut sauce, onions and cilantro until well mixed.

My Notes:

From: ?Simple Healthy Recipes? by Better Crocker. Feb 2006. No 55. Dish up this Pan-Asian salad in a lettuce-lined salad bowl. Serve with fresh pineapple chunks and rice crackers.

Robbie's Recipes: Fettuccini Alfredo

Ingredients:

1/2 C Real Butter

1 Pint Heavy Whipping Cream

1 T Garlic Powder

Salt and Pepper to taste

1 Dash Cayenne Pepper

**2/3 C Fresh Grated Parmesan OR Romano
Cheese**

1 lb. box Fettuccine - prepared as directed

Chopped Fresh Parsley - for garnish, optional

Directions:

In a saucepan over medium-low heat, melt butter; add cream, garlic powder, and salt and peppers; simmer for 20-30 minutes, stirring constantly, until thick.

Remove sauce from heat and stir in cheese. Serve sauce over hot fettuccine noodles and sprinkle with parsley.

My Notes:

Though you can't rush this sauce, if it seems to be taking too long to thicken, stir in up to 1/4 cup cream cheese. Make sure your Parmesan or Romano is grated and not shredded; it won't melt properly if shredded.

Libby's Pumpkin Pie

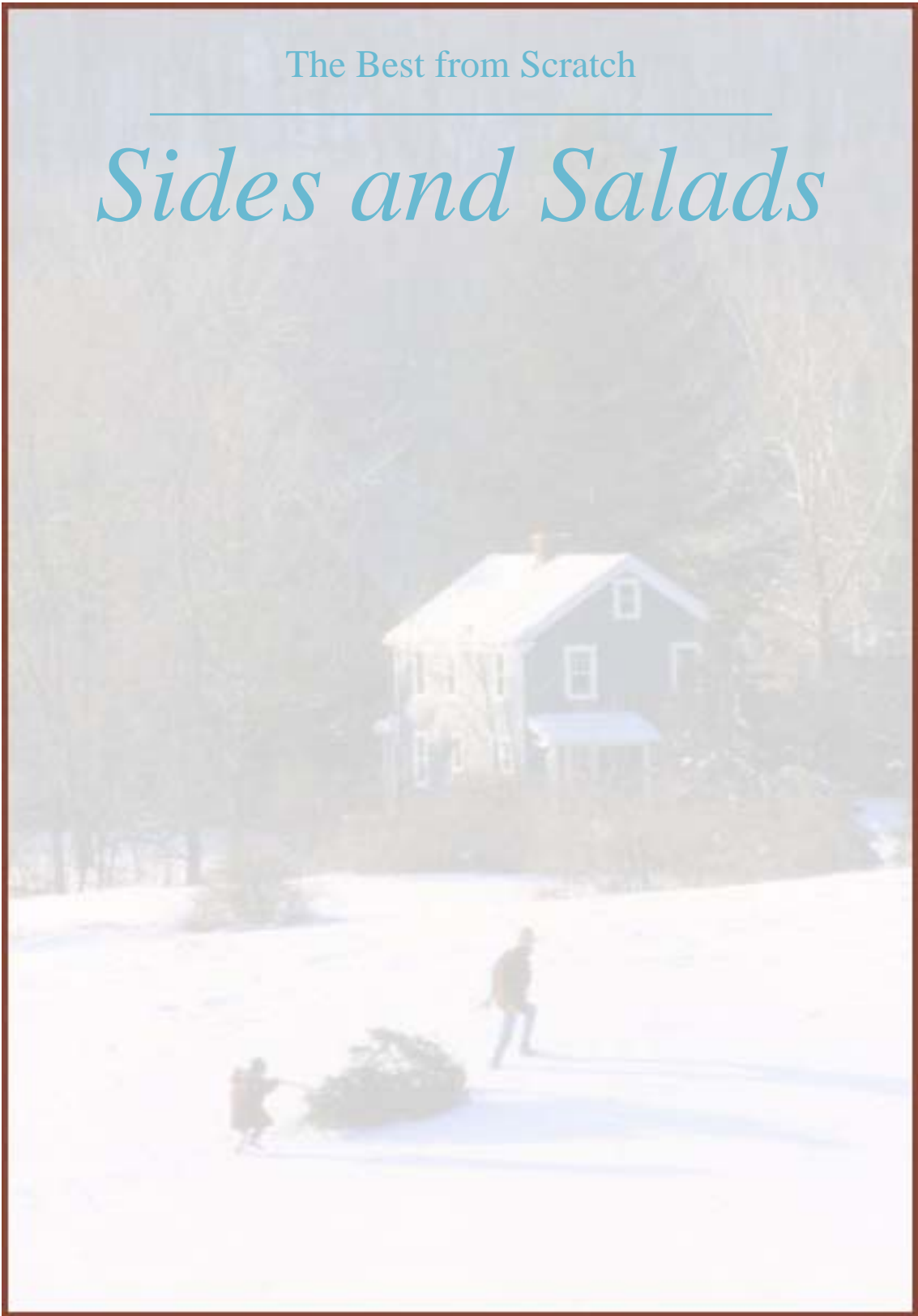
**4 eggs 3 cups pumpkin 1 1/2 cups Sugar 1
Tsp Salt 2 Tsp cinnamon 1 Tsp Ginger 1/2
Tsp Clove 2 13 oz can Evaporated Milk 425
15 minutes 350 45 minutes**

Ingredients:

Directions:

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Sides and Salads



GRILLED Corn

Ingredients:

Directions:

Leave husks on but clean off any hanging leaves and extra silk. Some people open the husks and take out the silk. I don't. I like the convenience of just throwing it on the grill and I think the silk adds a dimension of flavor. (If you wish to butter and preseason the corn with something like Cajun seasoning you will need to take out the silk.)

Place the corn directly on the grill. Cook over direct medium heat. Turn corn occasionally. Don't worry that the husks blacken. There should be enough layers to roast the kernels without burning them. Cook about 20 minutes.

My Notes:

If the corn husks are especially dry you may want to soak the ears in water for about 30 minutes, but usually they are moist enough.

GRILLED Summer Veggies

Ingredients:

3 or 4 Summer Squash sliced thin

1 Onion sliced

1 Green Bell Pepper sliced thin

1 Red Bell Pepper sliced thin

Salt and pepper to taste

Olive oil or any oil and vinegar salad dressing

Directions:

Put all cut up veggies into a plastic sealable bag. Pour just enough olive oil or dressing in the bag to lightly coat vegetables. Seal and shake bag. Grill to preferred doneness. Great as a side dish or wrap in a tortilla with some salsa for a veggie fajita.

Aunt Sharon's Dutch Oven Baked Beans

"Tried and true recipe," says mom Carolyn Walker. She says it's really good and keeps going back for more.

Ingredients:

1/2 LB Bacon

1/2 LB Ground Beef

1 Onion

1 Can Pork & Beans

1 Can Kidney Beans

1 Can Lima Beans

1 Can Garbanzo Beans

1/2 Cup Ketchup

3/4 Cup Brown Sugar

2 Tsp Vinager

1 Tsp Salt

1 Tsp Mustard

Directions:

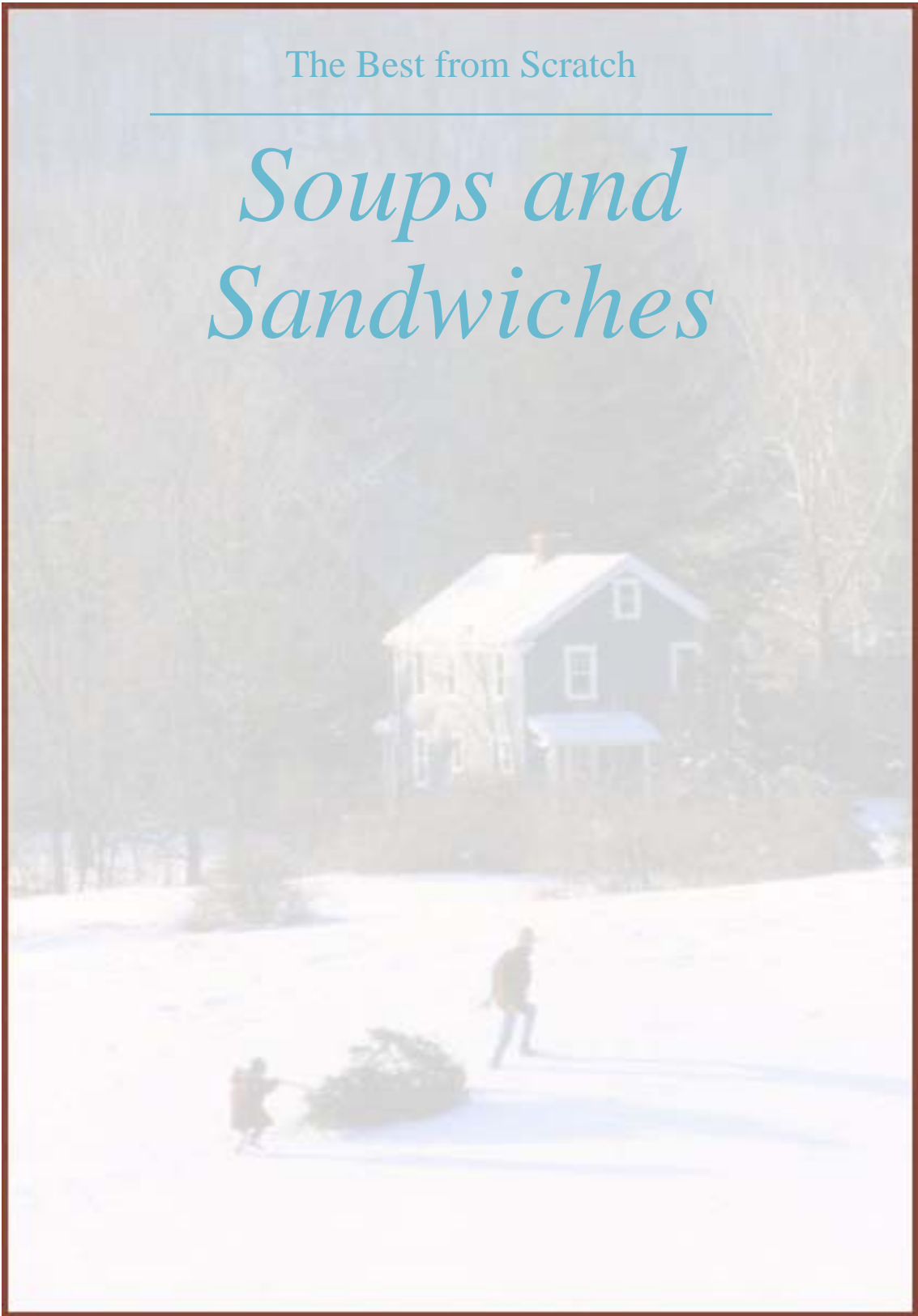
Drain beans, brown meat with onions & drain, add all other ingredients. Cook in a dutch oven at 350 degrees for 40-45 minutes.

My Notes:

For a 12 or 11 inch dutch oven, you can double the ingredients.

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Soups and Sandwiches



Chicken Enchilada Soup

Ingredients:

? C Chicken Broth (I usually use at least double, depends on tortilla strips)

10 6-inch corn tortillas cut into ? inch strips (I usually use half)

1 C Green Enchilada Sauce

1 10 oz Can Red Enchilada Sauce Medium

1 Tsp Ground Cumin

1 C Half and Half (I usually use double, depends on taste)

1 Tomato Chopped

1 C Shredded Cheddar Cheese

Directions:

Combine hot chicken stock and tortilla strips in a large blender or cook tortilla strips in stock in a large pot over medium heat until strips soften and create thick sauce (will need to stir and adjust broth to tortillas).

Stir in enchilada sauces, cumin, chicken, and half and half. Heat. Garnish with diced tomato, pepper, & cheese.

Mom's Chilli

Ingredients:

4 C Dry Pinto Beans

12 C Water

4 Tsp Salt

1 Tbsp Sugar

1 Large Onion Chopped

1 Clove of Garlic (or 1/4 tsp garlic powder)

1 Bay Leaf

2 - 2 1/2 Lbs of browned ground beef

1 Cup Tomato Sauce (or Juice)

1 Tb Chilli Powder

1 Tb Cumin

Directions:

Put Dry Pinto Beans into a pan with 12 Cups Water. Chose out of the 2 following steps. Bring to boil for 2 minutes. Turn off and put on lid. 1) Let it stand overnight. or 2)Let sit for 1 hour.

Bring to a boil and add Salt, Sugar, Onion, Garlic, & Bay leaf. Simmer for 2 hours. Remove the Bay Leaf.

Add browned ground beef and Tomato Sauce.

Mix Chilli Powder and Cumin into a small amount of cold water. Stir until smooth. Then add into Chilli.

Simmer abt. 1 1/2 hour, depending on the tenderness of your beans. If you soaked your beans overnight, you might need less time.

Mom's Manti Soup

Ingredients:

1 lb ground beef

1 Med Onion chopped

1 Cup Celery chopped

2 Cans of Minestrone soup

1 Large Can of Pork & Beans (or 3 small soup cans)

1 Qt stewed tomatoes Italian(or 3 small soup cans)& blend in blender

1 Small Can of Drained Corn

Any other left-over veggies.

Worcester Sauce Add until top is covered.

Directions:

Simmer on stop for 30 min. Top with Parm. Cheese.

Or (Walker way) stick in crock pot and let it simmer all day.

My Notes:

In crockpot. (or stove) There was a pageant at the Manti Temple. Lola went. There was a family that was at the pageant. Every year, more and more people wanted the recipe so they finally gave it out. It's just known as Manti Soup. Don't know who the family was.

Jodie's Wedding Soup from Safeway

Ingredients:

12 Cups of Hot Water

6 Bouillon Cubes Chicken

1 Tsp Onion Powder

1 Tsp Garlic Powder

1 Tsp Celery Salt

3/4 Cups Orzo Pasta (looks like mini balls or pinheads)(made o

2 Cups of Escarole (leafy vegetable, cut long and thin)

2 Stalks of Celery (2 sticks)

7-8 Small carrots, thinly sliced

2 Tbsp Parmesan Cheese

Salt & Pepper to taste

1 Cup Cubed Cooked Chicken (or more)

Out of

2 Cups

Directions:

Bring water to slow boil. Add chicken, onion powder, garlic powder, celery salt, celery, & carrots. Bring to boil. Cook for ??? minutes. 5 -10 min???

Add Pasta, Escarole and cheese about 10 minutes before serving.

Whole Wheat Honey Pocket/Pita Bread

Ingredients:

2 C Warm Water

1 Tb Honey

1 Tsp Salt

1 Tb Dough Enhancer

2 Tb Dough Relaxer

2 C High Gluten Flour

2 Tb Saf Instant Yeast

2 C Fresh Ground Whole Wheat Flour

Directions:

Mix gently. Continue to add enough whole-wheat flour to gather the dough into a soft ball. Keep dough very soft (sides of bowl will not be clean). Knead until gluten develops, 6-8 minutes.

Place dough on a floured surface. Cut and weigh dough into 4 oz. Pieces; roll each into a ball. With a rolling pin, roll each piece into a 6 to 8 inch circle, careful not to roll off the edges of the dough. This will not allow the dough to pocket.

Place on a parchment liner to rest. Cover with a dry towel.

Place 3 to 4 pita breads on the stone and bake 3 to 4 minutes. Remove from the oven and place in a plastic bag (5 minutes). Remove from bag and allow to cool before packaging or freezing, makes approx. 9 pockets.

Preheat the pizza stone to 500?. (Center on rack of oven.)

Chicken-Rice Pocket Salad/Filling

The savory filling for this top-notch sandwich can be made several hours ahead and stored in the refrigerator till serving time.

Ingredients:

1 C Rice or any other grain
1 ? C Water
1/8 C Chicken Broth Powder
3 C Cubed Raw Seasoned Chicken
2-3 Small Tomatoes, seeded and chopped
1 Avocado, peeled, pitted, and chopped
2 C Steamed Broccoli Florets
2-3 Eggs, hard-cooked and chopped
1 C Cheddar Cheese, Shredded
? C Pitted ripe Black Olives, sliced
3 Ribs Chopped Celery
1 Medium Red Onion chopped
1 C Mayonnaise or Salad Dressing
2 Tb Dijon-Style Mustard
1 Tb Honey
? Tsp Celery Seed
1/8 T Fresh Ground Pepper

Directions:

In a Pressure Cooker, add water, raw chicken, rice, and chicken broth powder. Bring to boil. Cover with lid and bring up to second red ring of pressure. Reduce heat to maintain pressure for 5 minutes. Let pressure drop on it's own.

Allow cooked mixture to cool. Mean while in a large bowl, combine onion, celery, tomatoes, avocado, broccoli, eggs, cheddar cheese, and olives. Stir in cooled chicken and rice. In a smaller bowl, stir together mayonnaise, mustard, honey, celery seed, and pepper. Pour dressing over rice mixture; toss to coat. Cover and chill. Spoon into pocket breads or enjoy as a salad on lettuce leaf.

GRILLED Summer Veggie Fajita or Wrap

Ingredients:

3 or 4 Summer Squash sliced thin

1 Onion sliced

1 Green Bell Pepper sliced thin

1 Red Bell Pepper sliced thin

Salt and pepper to taste

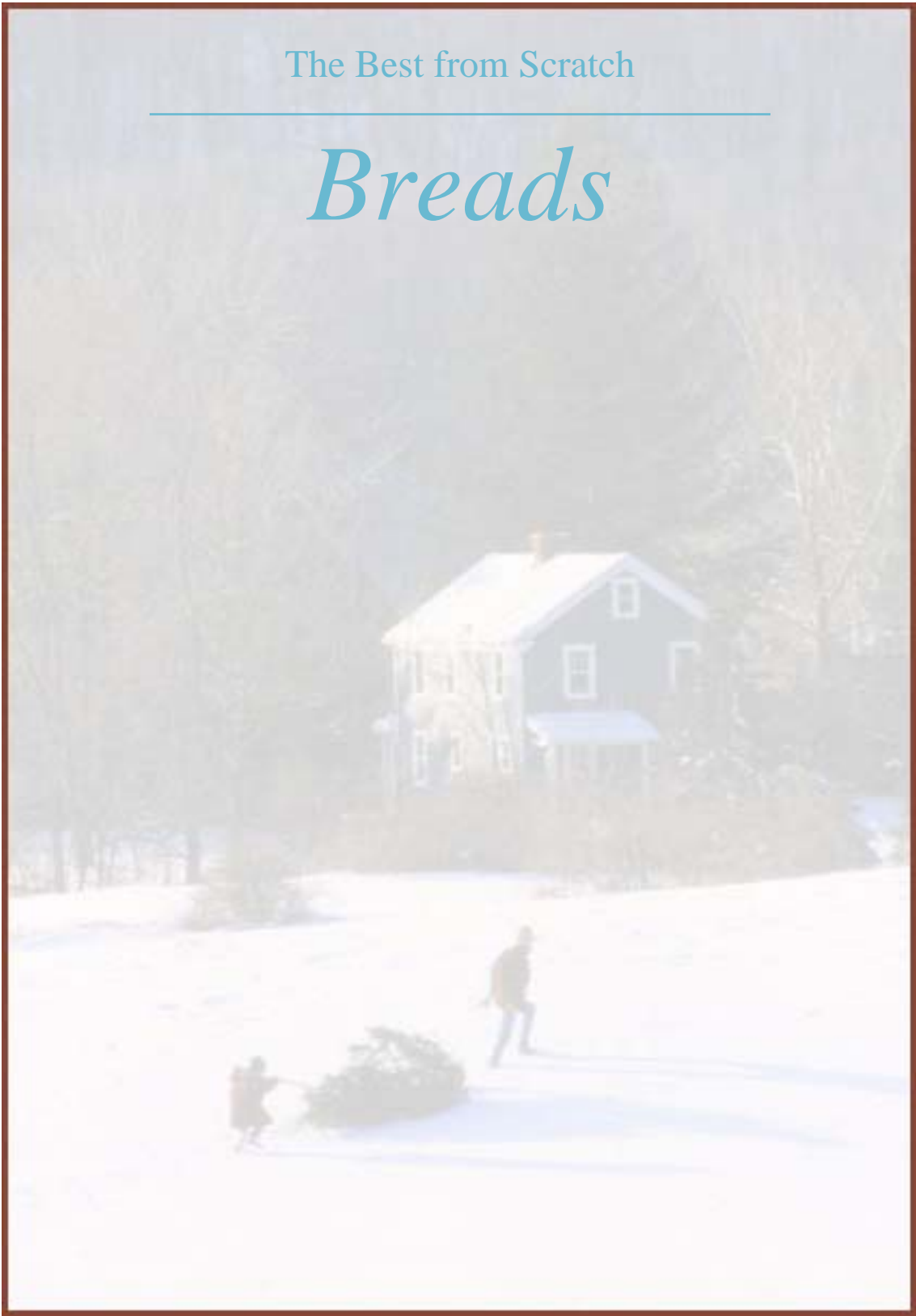
Olive oil or any oil and vinegar salad dressing

Directions:

Put all cut up veggies into a plastic sealable bag. Pour just enough olive oil or dressing in the bag to lightly coat vegetables. Seal and shake bag. Grill to preferred doneness. Great as a side dish or wrap in a tortilla with some salsa for a veggie fajita.

The Best from Scratch

Breads



Mom's Whole Wheat Bread

Ingredients:

2 1/2 C Hot Tap Water (100?)

1/3 C & 3 Tb Oil

1/3 C & 3 Tb Honey (I use twice amount of honey)

1 Tb salt

1 1/2 Tb yeast (I use twice amount of yeast)

1 1/2 Tb dough enhancer

abt. 7 C whole wheat flour

Directions:

Combine yeast, water, and a little sugar to proof yeast. Combine mixture with oil, honey, salt, dough enhancer, and 4 cups of flour.

By Mixer: Mix on low for about 3-4 minutes. Add remaining flour slowly until desired bread dough texture is achieved. Knead, mix for 10 minutes.

By Hand: Mix remaining flour in until dough is consistent enough to knead. Knead in flour until desired bread dough texture is achieved. Knead for another 10 minutes.

Allow bread to rise in a warm place (80?) until double in bulk. Takes about 90 minutes. Punch down and cut dough into separate loaves. Grease bread pans. Take each flattened piece of dough and fold the north and south sides over towards center of dough. Rotate 90? and again fold north and south sides in. Place the folded side of dough down into a greased bread pan.

Allow bread to rise. Bread needs to be approx. what you want it to look like BEFORE you place it into the oven. What you put in will usually be what you bring out.

Bake at 350? for 30 minutes. Remove from pans and place on rack to cool. Optional: Shortly after, place bread into thick plastic bag to sweat. (Replaces moisture in bread.)

Navajo Fry Bread

Ingredients:

4 C Flour

1 Tb Baking Powder

? Tsp Salt

2 Tb Powdered Milk

? C Sugar (I use twice as much sugar for a sweat bread)

1 ? C Water (more or less)

Directions:

Mix until soft. Take a ball of dough and roll or pat until flat and round.

Fry in shortening until light brown on both sides (flip during cooking.) Drain on paper towel.

Country Whole Wheat Bread Bowls

Ingredients:

4 ? C Hot (115?) Water

1/3 C Canola Oil

? C Honey or Molasses

1 Tb Sea Salt

2 Tb Dough Enhancer

2 C High Gluten Bread Flour

2 Tb Saf Instant Yeast

6 C Fresh Ground Whole Wheat

**? C Lora Broady Sour Dough Enhancer
(OPTIONAL)**

Directions:

Mix thoroughly on speed one. Continue to add enough whole-wheat flour until the dough cleans the sides of the bowl. Knead on speed one for 7 to 8 minutes or until the gluten is developed. Leave the dough in the bowl and cover with the splatter ring and lid. Let the dough rest for 15 minutes. Knead again for a few seconds and let it rest again for another 15 minutes. This is called pestering. This procedure changes the texture of the bread into a tight dough.

Form dough into bread bowls or French rolls: 6, 8, or 12 oz. For bread bowls, 1 ? lbs for French bread, and 1 lb for baguettes. Place on a parchment lined cookie sheet. Slash tops with a baker?s blade. Cover and allow them to rise until double in size, aprx. 45 minutes ? 1 hour. Brush with beaten egg wash. Bake in a preheated oven at 350? for 20 to 30 minutes.

They can also rise on parchment paper that is covering a pizza peel. Preheat pizza stone at 400?, then turn oven down to 350? and bake for 20 to 30 minutes or until the internal temp is 200? and the bread is golden and crusty.

When completely cool, cut off top of bowl and clean out center with a fork. Serve soup or salad in bread bowl.

Ellen's Bread Dough Enhancer

BREADBUILDER

Ingredients:

- * 2 C Vital Wheat Gluten**
- 1 C Potato Starch or Potato Flakes**
- 1 Package Jelly Pectin Powder (Sure-Jell)**
- 1 C Lecithin Granules**
- * 3 Tb Powdered Ascorbic Acid**
- 2 Tb Ginger Powder**
- 1 C Non-Instant powdered milk or whey powder (optional)**
- * 1/2 C Diastatic Malt Powder**
- 1 Envelope Unflavored Gelatin (optional)**

Directions:

My Notes:

You have to store it in an air tight jar or ziplock to protect the ascorbic acid. Ascorbic acid is sold as "powdered vitamin C" in the vitamin department. Use 1 Tb of doughbuilder per loaf, or a little more for low gluten breads. The ingredients with a * are essential. Place all ingredients in a DRY blender, cover and blend until completely mixed. Package airtight in a ziplock or jar that you can measure from. Use 1-2 TB per loaf, or a bit more if the recipe is low gluten (rye, corn, etc).

Ellen's Bread Dough RELAXER

powder helps to rise the bread by reacting with the acids. Commercial relaxers also have powdered L-cysteine to tenderized even further.

Ingredients:

3 Tb Powdered Ascorbic Acid

2 Tb Double-Acting Baking Powder

2 Tb Cream of Tartar

1 C Non-Instant Powdered Buttermilk

1/2 C Diastatic Malt Powder

Directions:

Place all ingredients in a DRY blender, cover and blend until completely mixed. Package in an airtight jar or ziplock that you can measure from. Use 1-2 Tb per loaf, or a bit more if the recipe is made with bread flour.

My Notes:

Dough relaxer is popular for pizza crust, foccacia, etc. It acts by slightly disabling the gluten protein in the wheat. It is not recommended for yeast doughs made completely with whole wheat or other whole grain flours, or breads baked in a bread machine. If you are using a bread machine, you will get the best results by programming for Manual or Dough cycle, removing the dough after the final rise, shaping and baking it out of the machine. Dough with the Relaxer tends to overrise and then sink when baked in the machine's tall pan. The result is a sunken loaf. Yeasted doughs will rise at a slower rate when made with Relaxer. They will have a big "oven spring" (the amount of rise the bread has just as it begins to bake). Take the oven spring into consideration and don't be tempted to allow the dough to overrise before baking. The homemade dough relaxer is made from four all natural ingredients. High heat process non-fat dry milk tenderizes the dough, gives it a rich, soft crumb, makes it easy to roll and adds a calcium boost. Diastatic malt (made by slowly roasting barley over low heat) is a natural amylase - an enzyme that helps convert some of the starch in the flour into sugar, which is the food yeast likes the best. These enzymes become inactive as soon as the bread goes into the oven. The acid ingredients make the dough slightly acidic to activate the yeast, and the very small amount of baking

GRILLED - EZ Dough (Garlic Breadsticks or Cinnamon Twists)

Twist around a skewer or shape into desired form and then grill.

Ingredients:

1 1/2 C Warm Water

2 Tb Sugar

1 Pkg Yeast (or 1 Tb)

1 1/2 Tsp Salt

4 C Flour or more

Directions:

Mix water, yeast and sugar. Add flour until dough is sticky yet pliable. Remove dough to a floured surface. Roll out to a half-inch thick. Cut into 1" by 3-4 inch thick. Then?

Garlic breadsticks: roll in garlic seasoned butter, twist, and put on pan. Sprinkle with garlic-seasoned Mrs. Dash.

Cinnamon Twists: Dip in melted butter, and then roll in cinnamon and sugar. Tie in knot.

350° for aprx. 15 minutes.

Whole Wheat Honey Pocket/Pita Bread

Ingredients:

2 C Warm Water

1 Tb Honey

1 Tsp Salt

1 Tb Dough Enhancer

2 Tb Dough Relaxer

2 C High Gluten Flour

2 Tb Saf Instant Yeast

2 C Fresh Ground Whole Wheat Flour

Directions:

Mix gently. Continue to add enough whole-wheat flour to gather the dough into a soft ball. Keep dough very soft (sides of bowl will not be clean). Knead until gluten develops, 6-8 minutes.

Place dough on a floured surface. Cut and weigh dough into 4 oz. Pieces; roll each into a ball. With a rolling pin, roll each piece into a 6 to 8 inch circle, careful not to roll off the edges of the dough. This will not allow the dough to pocket.

Place on a parchment liner to rest. Cover with a dry towel.

Place 3 to 4 pita breads on the stone and bake 3 to 4 minutes. Remove from the oven and place in a plastic bag (5 minutes). Remove from bag and allow to cool before packaging or freezing, makes approx. 9 pockets.

Preheat the pizza stone to 500?. (Center on rack of oven.)

Country Biscuits

Ingredients:

2 C All-Purpose Flour

1 Tb Sugar

4 T Baking Powder

½ T Salt

½ C Solid Vegetable Shortening

1 Egg

½ C Milk

Directions:

Preheat oven to 400° F. In a large bowl, combine flour, sugar, baking powder and salt. Using a pastry blender, cut in shortening until mixture resembles coarse crumbs. In a small bowl, whisk egg and milk. Add to dry ingredients; mix well. Turn dough out onto lightly floured surface; knead 10-12 times. Roll out dough to ½ inch thickness. Using 2 ½ -inch biscuit cutter, cut into circles. Place on greased baking sheet. Bake 10-14 minutes or until golden brown.

Soft-Touch Pretzels

the pretzels out of the oven about 5-6 minutes in, to coat with a second layer of egg wash for extra shine.

Ingredients:

1 Tb Yeast

1 Tb Sugar

1 Tsp Table Salt

2 Tb Softened Butter or margarine

2 ½ C Flour

1 C Warm Water

Coarse Salt

Directions:

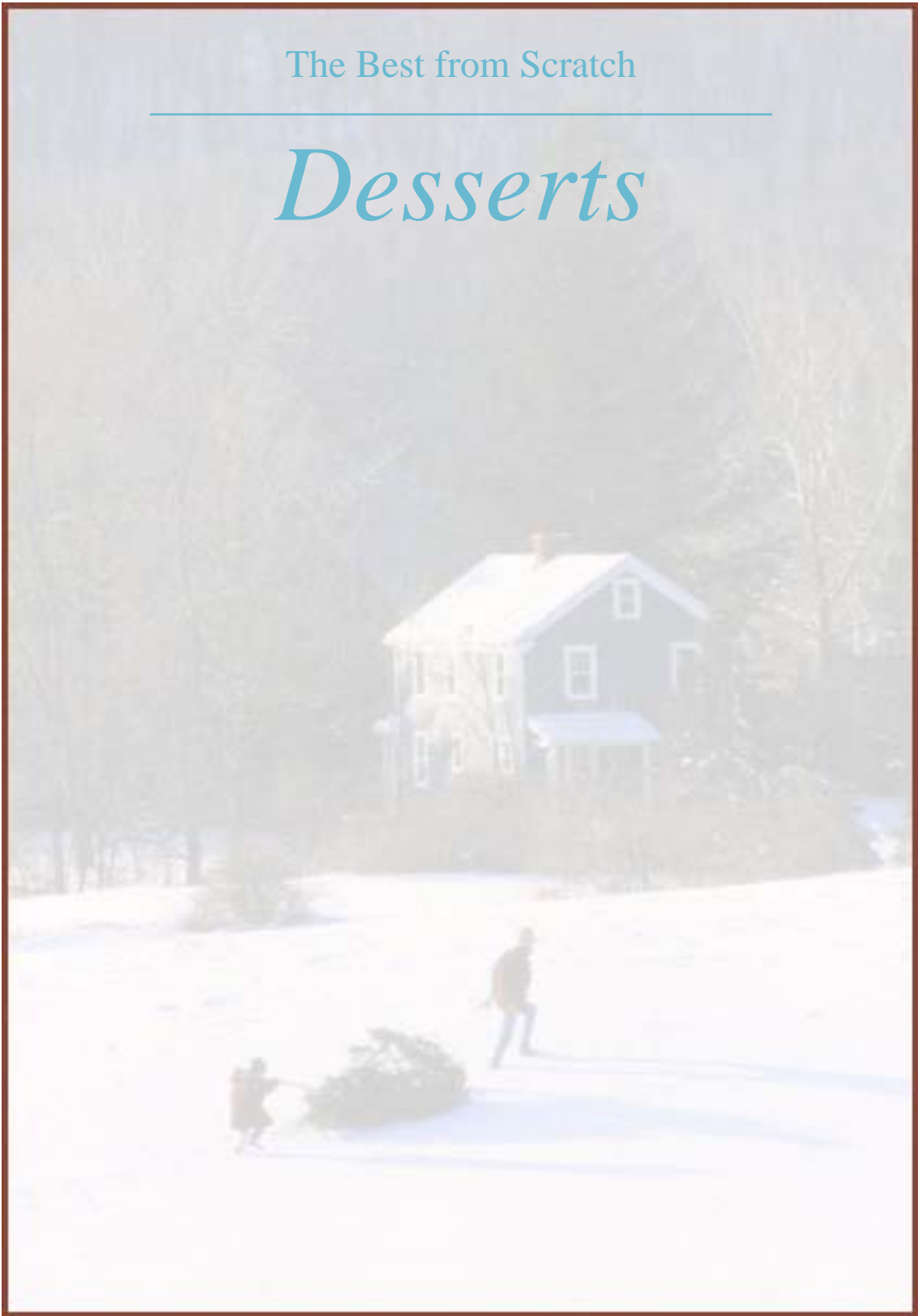
1. Use a pizza cutter to cut dough into 12 strings about 1 inch wide.
2. Spray a clean surface with cooking oil to prevent dough from sticking. Use the palms of your hands to gently and quickly roll the dough into strings ½ inch wide and 2 feet long. Be careful not to roll the dough for too long, which leads to tough pretzels. (If dough fails to split in a few places while baking, the dough was too tough. Splitting is a sure sign the pretzels are tender.)
3. Hold the ends of a pretzel dough string, one in each hand, keeping hands about 6 inches apart at eye level. The string forms a U-shape. Keep one hand stationary and in one smooth motion with the other hand, swing the string around the pole, or stationary portion of the string. Then quickly place the dough on a flat, clean surface. This might take some practice.
4. Gently press the two ends into the bottom dough strip. Then, in a large mixing bowl, mix 5 teaspoons of baking soda and 4 cups of water. Dip the pretzels into the mixture, then place on a greased cookie sheet. Using a pastry brush, coat pretzels with an egg wash (1 egg yolk + 2 Tb water). Sprinkle with coarse salt if desired. Bake 12 to 15 minutes, or until golden brown.

My Notes:

Instead of step 3, I lay the dough down on the table in a U-shape, take the tops, or the poles, twist twice, and then bring the ends down forming a pretzel. I also double the batch in order to get large pretzels. I measure small pretzels out to 2.1 ounces and large pretzels to 4.2 ounces. I also take

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Desserts



Apple Pie

Ingredients:

3 1/2 C blanched, fresh apples sliced 1/4" thick

3/4 C sugar

1/2 tsp cinnamon

1/8 tsp nutmeg (opt.)

1/2 C cold water

1/2 C apple juice

2 Tb bottled lemon juice

7 Tb Ultra Gel

2 unbaked 9" pie crust

Directions:

Peel, core and slice apples. Blanch for 1 minute in boiling water (may blanch in covered casserole in microwave).

Combine next 6 ingredients and stir until sugar is dissolved. Gradually add Ultra Gel, stirring constantly with wire whisk. Fold in drained apple slices.

Turn into unbaked pie crust. Cover with top crust and seal edges well. Prick and decorate as desired. Brush lightly with milk, avoiding crimped edges, and sprinkle lightly with sugar.

Bake at 400° for 20 minutes. Reduce heat to 350° and bake 30-40 minutes until crust is golden brown.

Mom's Pie Crust

Ingredients:

3 C flour

1 tsp salt

1 tb sugar

1 1/2 C shortening

1 egg

1/3 C water

1 Tb vinegar

Directions:

Mix all dry ingredients together. Using a pastry blender, mix in shortening until pea size or smaller. Beat eggs, water, and vinegar together. Pour over dry ingredients and blend.

My Notes:

Dough can be stored in refrigerator or freezer. Keep the counter clean by rolling between two pieces of plastic wrap. Wet counter and place one sheet of plastic wrap down. Place another sheet of plastic wrap over dough and roll. Use bottom sheet to lift dough off counter.

Cream Puffs

Ingredients:

1/2 C Butter or Margarine

1 C Sifted All-Purpose Flour

1/2 T Salt

4 Eggs

Directions:

Melt butter in 1 cup boiling water. Add flour and salt all at once; stir vigorously. Cook and stir till mixture forms a ball that doesn't separate. Remove from heat; cool slightly. Add eggs, one at a time, beating after each till smooth.

Drop by heaping tablespoons 3 inches apart on greased cookie sheet. Bake at 450° for 15 minutes, then at 325° for 25 minutes. Remove from oven; split. Turn oven off; put cream puffs back in to dry, about 20 minutes. Cool on rack. Makes 10.

Spudnuts - Great

These are best eaten the day that they are made. Yucky the day after. Unless you are making spudnuts for neighbors or for a social function, consider making a 1/4 or 1/2 batch. It makes more doughnuts than what I care to eat.

Ingredients:

*Take 1 Pealed Potato, slice thin, and boil in water until cooked. Use in recipe where indicated.

2 C Milk

? C Shortening

? C Sugar

Boil the above 3 ingredients together, then cool to lukewarm.

*1/2 C Mashed Potatoes

*1/2 C Potato Water

1 Tsp Soda

1 Tsp Baking Powder

1 Tsp Vanilla

1 Tb Yeast

Add above ingredients to the cooled milk and stir well. Then add the following:

2 beaten eggs

1 ? Tsp Salt

6 C Flour, sifted (more or less)

Directions:

Let dough rise until double in bulk, punch down and turn out on a floured board. Roll out dough to about ? inch in thickness and cut with a doughnut cutter. Let rise until double in bulk. Fry in hot oil. Frying is easier in an electric skillet.

My Notes:

CHOCOLATE GLAZE: 1 Lb Powdered Sugar 3

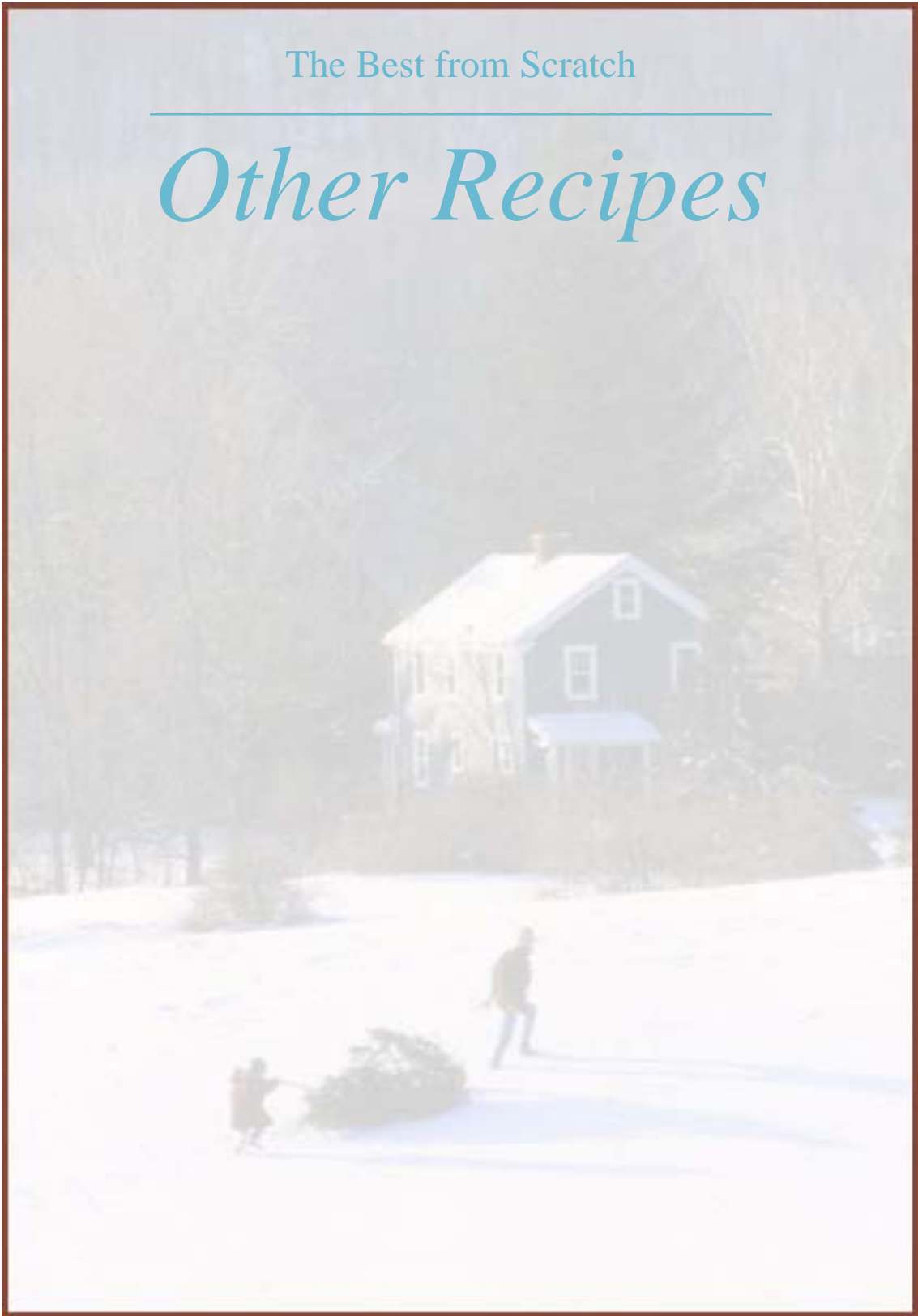
Tb Cocoa ? C Hot Water CARMEL GLAZE:

Melt together: 2 Tb Butter ? C Brown Sugar

Gradually add powdered sugar to desired consistency.

The Best from Scratch

Other Recipes



Mom's Pie Crust

Ingredients:

3 C flour

1 tsp salt

1 tb sugar

1 1/2 C shortening

1 egg

1/3 C water

1 Tb vinegar

Directions:

Mix all dry ingredients together. Using a pastry blender, mix in shortening until pea size or smaller. Beat eggs, water, and vinegar together. Pour over dry ingredients and blend.

My Notes:

Dough can be stored in refrigerator or freezer. Keep the counter clean by rolling between two pieces of plastic wrap. Wet counter and place one sheet of plastic wrap down. Place another sheet of plastic wrap over dough and roll. Use bottom sheet to lift dough off counter.

GRILLED Corn

Ingredients:

Directions:

Leave husks on but clean off any hanging leaves and extra silk. Some people open the husks and take out the silk. I don't. I like the convenience of just throwing it on the grill and I think the silk adds a dimension of flavor. (If you wish to butter and preseason the corn with something like Cajun seasoning you will need to take out the silk.)

Place the corn directly on the grill. Cook over direct medium heat. Turn corn occasionally. Don't worry that the husks blacken. There should be enough layers to roast the kernels without burning them. Cook about 20 minutes.

My Notes:

If the corn husks are especially dry you may want to soak the ears in water for about 30 minutes, but usually they are moist enough.

Apple Pie

Ingredients:

3 1/2 C blanched, fresh apples sliced 1/4" thick

3/4 C sugar

1/2 tsp cinnamon

1/8 tsp nutmeg (opt.)

1/2 C cold water

1/2 C apple juice

2 Tb bottled lemon juice

7 Tb Ultra Gel

2 unbaked 9" pie crust

Directions:

Peel, core and slice apples. Blanch for 1 minute in boiling water (may blanch in covered casserole in microwave).

Combine next 6 ingredients and stir until sugar is dissolved. Gradually add Ultra Gel, stirring constantly with wire whisk. Fold in drained apple slices.

Turn into unbaked pie crust. Cover with top crust and seal edges well. Prick and decorate as desired. Brush lightly with milk, avoiding crimped edges, and sprinkle lightly with sugar.

Bake at 400° for 20 minutes. Reduce heat to 350° and bake 30-40 minutes until crust is golden brown.

GRILLED Summer Veggies

Ingredients:

3 or 4 Summer Squash sliced thin

1 Onion sliced

1 Green Bell Pepper sliced thin

1 Red Bell Pepper sliced thin

Salt and pepper to taste

Olive oil or any oil and vinegar salad dressing

Directions:

Put all cut up veggies into a plastic sealable bag. Pour just enough olive oil or dressing in the bag to lightly coat vegetables. Seal and shake bag. Grill to preferred doneness. Great as a side dish or wrap in a tortilla with some salsa for a veggie fajita.

Noodles and Peanut Sauce Salad Bowl

Ingredients:

- 8 oz Uncooked linguine, broken in half**
(or pasta of your choice or spag. squash)
- 2 C Fresh broccoli florets**
- 1 C Julienne-cut carrots**
- 1 Medium bell pepper, cut into bite-size pieces**
- 2 Tb Water**
- 2 Tb Canola or Olive oil**
- ? C Peanut butter**
- 2 Tb Vinegar (opt: rice or white)**
- 2 Tb Soy sauce (opt: reduced-sodium)**
- ? Tsp Ground ginger**
- 1/8 Tsp Cayenne (red pepper)**
- 3 Tb Green onions (3 medium green onions chopped)**
- 3 Tb Fresh cilantro chopped**

Directions:

1. Cook linguine (or pasta or squash of your choice) as directed on package, adding broccoli, carrots and bell pepper during last minute of cooking; drain pasta and vegetables. Rinse with cold water until pasta and vegetables are cool; drain.

2. In small bowl, gradually beat water and oil into peanut butter, using wire whisk, until smooth. Beat in vinegar, soy sauce, ginger and red pepper.

3. In large serving bowl, stir together pasta mixture, peanut sauce, onions and cilantro until well mixed.

My Notes:

From: ?Simple Healthy Recipes? by Better Crocker. Feb 2006. No 55. Dish up this Pan-Asian salad in a lettuce-lined salad bowl. Serve with fresh pineapple chunks and rice crackers.



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