

Beach Family Recipes

Steve, Pete and Roland Beach

August 6, 2023

Contents

1	Side Dishes	1
1.1	Pickled Eggs	1
1.2	Hard Boiled Eggs	1
1.2.1	Instant Pot Hard Boiled Eggs	1
1.3	German Potato Salad	2
1.4	Deviled Eggs	2
1.5	Apple Butter	2
1.6	Roland’s Roasted Veggies	3
1.7	Instant Pot Rice	3
1.8	Comeback Sauce	3
2	Quick Breads	5
2.1	Betty Crocker Muffins	5
2.2	PB Muffins	6
2.3	Cornbread	6
2.4	Zucchini Bread	6
2.5	Banana Bread	7
2.6	Scones	7
2.6.1	Oatmeal Scones	7
2.7	Biscuits	7
2.8	Frying Pan Biscuits	8
2.8.1	Herb Cheddar Biscuits	8
2.9	Fry Bread	8
3	Breakfast	11
3.1	Waffles	11
3.2	Book Waffles	11

3.3	French Toast	11
3.4	Pancakes	12
3.5	Omelette	12
3.6	Eggs Benedict	12
3.6.1	Eggs Benjamin	12
3.6.2	Eggs Beuregard	13
3.7	Oatmeal	13
3.8	Baked Oatmeal	13
3.9	Cornmeal	14
3.10	Dutch Baby with Apple Topping	14
3.11	Andouille Sausage Corn Fritters	14
4	Desserts	15
4.1	Strawberry Shortcake	15
4.2	Great Depression Cake	15
4.3	Rice Pudding	16
4.4	Instant Pot Rice Pudding	16
4.4.1	Mini Version	16
4.5	Instant Pot Bread Pudding	17
4.6	Cherry 1-1-1	17
4.7	Apple 1-1-1	17
4.8	Blackberry Cobbler	18
4.9	Apple Tart	18
4.10	Rhubarb Cake	18
4.11	Chocolate Cake in a Cup	19
4.12	Chocolate Goo Cake, a.k.a., Hot Fudge Sundae Cake	19
4.13	Cake Frosting	19
4.14	Fluffy Frosting	19
4.15	Orange Chiffon Cake	20
4.16	Chocolate Cake	20
4.17	Fudge	21
4.18	Nanaimo Bars	21
4.19	Grape Cake	21

5	Pies	23
5.1	Apple Pie	23
5.2	Dutch Apple Pie	23
5.3	Cherry Pie	24
5.4	Chocolate Pie	24
5.5	Derby Pie	25
5.6	Gooseberry Pie	25
5.7	Pear Pie	25
5.8	Mincemeat Pie	26
5.9	Raisin Pie	27
5.10	Buttermilk Pie	27
5.11	Pineapple Pie	27
5.11.1	Pineapple Macadamia Pie	27
5.12	Steak and Kidney Pie	27
5.13	Quiche, a.k.a. “Egg Pie”	28
5.14	Pie Crust	28
6	Bread	31
6.1	Grandma Rolls	31
6.2	Gravy Rolls	31
6.3	Cinnamon Rolls	32
6.4	Cornish Splitters	32
6.5	Oatmeal Bread	32
6.6	Artisan Rye Bread	33
6.6.1	Artisan White Bread	33
6.6.2	Artisan Whole Wheat Bread	33
6.7	Peasant Loaf à la TheBiblioSphere	34
6.7.1	Whole Wheat Peasant Loaf	34
6.7.2	Dad’s Heresy	34
6.8	Bagels	34
7	Main Dishes	37
7.1	Beef and Noodles	37
7.2	Bulgogi	37
7.3	Mexican Night	38
7.4	Roast Chicken	38

7.5	Gamish	38
7.6	Instant Pot Gamish	38
7.7	Chicken Vesuvio	39
7.8	Frittata	39
7.9	Instant Pot Stew	40
7.10	Pea Soup	40
7.11	Bean Soup	40
7.12	Cincinnati Chili	40
7.13	Chicken Paprikash	41
7.14	Instant Pot Meat and Rice	42
8	Thanksgiving	43
8.1	Menus	43
8.2	Turkey and Stuffing	45
8.3	Gravy	46
8.4	Cranberry Sauce	46
8.5	Candied Sweet Potatoes	46
9	Cookies	49
9.1	Bette's Butter Cookies	49
9.1.1	Buttercream frosting	49
9.2	Gingerbread Boys	49
9.3	Bourbon Balls	50
9.4	Pete's Peanut Butter Cookies	50
9.5	Roland's Snickerdoodles	51
9.6	Date Bars	51
10	Fun Stuff	53
10.1	Flubber Gak	53
10.2	Playdough	53

Chapter 1

Side Dishes

1.1 Pickled Eggs

Mix together 1 cup vinegar, 3/4 cup sugar, 1 teaspoon salt, and the juice from a 1 pound can of sliced beets. Add in 6 peeled hard boiled eggs, and then cover with the beets so that the eggs are totally covered with the juice. Cover and keep in refrigerator for 2-3 days before eating.

1.2 Hard Boiled Eggs

To boil eggs, first use a small nail to drill a hole into the end of the egg with the air sac (see which end floats!). Cover 1" deep with cold water, and then bring quickly to a boil. Remove from heat, cover, and let sit for 18 minutes. Drain, cool in cold water, and then finish cooling in the refrigerator.

1.2.1 Instant Pot Hard Boiled Eggs

Take an instant pot, put in the rack, then just enough water to almost get to the bottom of the rack. Put in six eggs (or as many as will fit), then put on the lid and close the vent.¹ Pressure cook for 8 minutes, quick release, and cool in cold water immediately. They peel really well at this stage.

¹If not, you'll be the first person to burn hard boiled eggs.

1.3 German Potato Salad

This is the good stuff, with the vinegar dressing.

Start by browning 1/2 pound of bacon (cut up) and 1 large onion. (Leave the fat in.) Add about 1/3 cup of flour. Get that mixed up well, and then add 1/2 cup vinegar, 1 cup of water, and 1/2 cup sugar. Boil and thicken, and then pour over 3 to 5 pounds of potatoes that have been sliced, boiled gently until done, and cooled. Chill, maybe add a stalk of finely chopped celery, and serve.

1.4 Deviled Eggs

Take some hard boiled eggs, cut in half and scoop out the yolks.² Mix in some mayo and a touch of yellow mustard, and then some ground pepper. Put the mixture back into the egg whites, and then eat them up yum!

1.5 Apple Butter

This is one of the great long-term projects of all time. It will take you two days to make this.

Early in the morning of day 1, take a full size crock pot, turn it to high, and fill it with the following: about 100 ounces³ of unsweetened applesauce, 2 cups sugar, 2 tablespoons of ground cinnamon, 1 teaspoon of ground cloves, and 1/2 teaspoon of allspice. Mix well, and then wait. After it heats up and boils, take the lid off, and let it boil slowly all day. As the stuff boils, you'll see it turning darker, as well as reducing in volume. As space permits, add more applesauce (about 75 more ounces⁴) and two more cups sugar. In order to keep the process going, warm up the applesauce before you add it. Be sure to stir every so often, and be sure to top it up before you go to bed.

The next day, continue adding and monitoring until it looks done.⁵ When it's done, spoon into clean pint mason jars (wide mouth works best!), put lids on and process for 5 minutes in a boiling water canner. (It's a high acid food, it's already been cooked, and by

²Which of the following sentences is correct: "The yolk of an egg is white." or "The yolk of an egg are white."?

³I.e., two big jars.

⁴A big jar and a medium sized jar

⁵I.e., thick and rich, dark and nommy.

gosh it's hot. It doesn't need that long, but if you want, give it 15 minutes.) Remove, make sure everything seals, and then put on labels. Give them away, make people happy.

1.6 Roland's Roasted Veggies

Preheat oven to 400. Cut up vegetables (My favorites for this are broccoli, onions, and bell peppers. Tofu is also good). Toss them in a mixing bowl with olive oil and seasoning of choice. Yummy options include cajun seasoning, garlic/lemon/balsamic, Tuscan Sunset, teriyaki, or anything else that suits your fancy. Once your veggies are seasoned, just toss them on a baking sheet (spacing doesn't matter, and greasing the baking sheet is optional) and put them in the oven. Most vegetables do well with around 10 minutes of roasting, but there's a lot of wiggle room and I generally just eyeball it.

Roasted veggies are great on pasta or rice, as a side dish, or as their own main course (especially if you add tofu). Enjoy!

1.7 Instant Pot Rice

Use 2 parts water to 1 part rice (i.e., 1 cup water and 1/2 cup rice), put it on pressure cook for 9 minutes, and let it naturally depressurize for 10 minutes or so. Sushi rice works great, as does basic white.

1.8 Comeback Sauce

Great for falafel waffles. Mix 1/2 cup mayo, 2 tablespoons ketchup, 2 tablespoons hot sauce, 1 teaspoon worcestershire sauce, 1/2 teaspoon garlic powder, and a bit of black pepper. Let it chill in the fridge for a bit, then use as a dip or pour over sauce.

Chapter 2

Quick Breads

2.1 Betty Crocker Muffins

From the 1981 Betty Crocker Cookbook.

Ingredients:

- 1 egg
- 3/4 cup milk
- 1/2 cup oil
- 2 cups flour
- 1/3 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt

Heat oven to 400 degrees. Get 12 muffin cups or grease 12 muffin tin. Beat egg, stir in milk and oil. Stir in remaining ingredients until just barely mixed. Spoon into muffin cups, and bake for 20 minutes. Remove from pan and cool them as long as you have to to avoid burning your fingers and mouth as you gobble them down.

Apple-Nut Muffins Take the basic recipe, and mix in 1 good size eating apple and about 1/2 cup chopped nuts. Add in 1/2 teaspoon cinnamon. Substitute brown sugar for the white sugar.

Oatmeal-Raisin Muffins Add 1 cup raisins with the milk, and substitute 1 cup quick oats for 1 cup of the flour. Add in 1/2 tsp cinnamon and 1/4 tsp nutmeg.

2.2 PB Muffins

Written by Pete Beach, when he was six years old.

Mix 1/2 cup peanut butter¹, 3/4 cup milk, 2 eggs, 1/2 cup oats, 1/3 cup sugar, JTRA² of cinnamon. Add in 3/4 cup flour and 2 teaspoons baking powder and mix. Put into 12 muffin cups and bake at 375 degrees for 20 minutes.

Chocolate Chip PB Muffins If desired, add about 1/2 cup of chocolate chips, but not if Pete is going to eat them, since he doesn't like chocolate chips in his PB muffins!

2.3 Cornbread

Heat oven to 400 degrees, and grease a 9x9 pan. Mix together 1 cup flour, 1 cup cornmeal, 1/4 cup sugar, and 2 teaspoons baking powder. Mix together and beat 1 egg, 1 cup milk, and 1/4 cup oil. Mix everything together just until moist, put into greased baking pan, and bake for 20-25 minutes until top is golden brown.

2.4 Zucchini Bread

(From the 1991 Betty Crocker Cookbook.)

Heat the oven to 350. Grate 3 cups of zucchini³, and mix in 1 2/3 cup sugar, 2/3 cup vegetable oil, 2 tsp vanilla, and 4 eggs. Mix in 3 cups flour, 2 tsp baking soda, 1 tsp salt, 1/2 tsp baking powder, 1 tsp cinnamon, 1/2 tsp ground cloves. If desired, mix in 1/2 cup nuts and/or 1/2 cup raisins. Pour into two greased bread pans, and bake for about 55 minutes, until done.

¹creamy

²Just The Right Amount

³Depending on your definition of "medium", that could be half of a medium zucchini, or 3 medium zucchinis.

2.5 Banana Bread

Heat oven to 375 degrees, and grease a large loaf pan. In the mixer, cream together well 1 stick of butter and 3/4 cup sugar. Add three bananas and mix until bananas are well mashed. Add 1 cup oatmeal, JTRA of cinnamon, nutmeg and vanilla extract. Mix. Add in 1 cup flour and 2 teaspoons baking powder, and mix until moist. Put into the pan and bake about an hour, until a wooden skewer comes out clean. Cool on rack.

Variations Add 1/2 cup raisins and/or 1/2 cup chopped nuts, but not if Roland and Pete are around, as they don't like either.

2.6 Scones

Pre-heat the oven to 400. Mix together 2 cups flour, 1/3 cup sugar, 1 tsp baking powder and 1/4 tsp baking soda, along with a dash of salt. Mix in 1/2 cup raisins, currants, or chocolate chips. In a separate bowl, mix together 1/2 cup sour cream and a large egg. Into the flour mixture, grate 1 stick of butter, frozen.⁴ Stir gently, to get the butter coated. Mix in the sour cream mixture. The batter will be sticky, hard to work with, and you will swear that it will not absorb all the flour, but keep trying anyway. Form into a rectangle about 3/4" thick and about three times as long as wide, then cut into 8 triangles (or 12 if you like your scones small). Bake for 15-17 minutes, until golden. Try to resist eating them for at least five minutes.

2.6.1 Oatmeal Scones

Replace a third of the flour with oatmeal (i.e., 2/3 cup of oatmeal, 1 1/3 cup of flour). This goes well with craisins (dried cranberries) and about 1/2 tsp of orange extract.

2.7 Biscuits

Into 2 cups flour⁵, 1 tablespoon baking powder and 1/2 tsp cream of tarter, cut 1/3 cup shortening. Mix in 3/4 cup milk, and knead just a bit. Pat into a 1/2 inch thick slab, cut

⁴Gosh, that's gotta be the niftiest direction I've ever written. 'Grate the butter' is just not something one is directed to do often. 'Toast the ice' comes to mind.

⁵Or 2/3 cup oats and 1 1/3 cup flour, if you're feeling non-traditional.

with a cutter and bake on an ungreased pan (touching, thank you very much!) at 400 F, for 10-12 minutes, until the tops are brown.

2.8 Frying Pan Biscuits

Mix together 2 parts self-rising flour⁶ and about 1/3 part or so of grated frozen butter.⁷ Mix in one part of milk or buttermilk, knead gently a couple of times, then pat out to the right thickness (about 3/4 of an inch) and cut out. If the last knead had a bit of flour on the inside, it will help the biscuits split.

Now for the hard part. Into a pre-heated skillet on low, without *any* grease, put the biscuits and cover with a skillet. Bake for five minutes, then flip. Bake another 5, then flip again. After another five minutes, everything should be perfect. If the biscuits are too brown, turn down the stove next time. If the biscuits aren't brown enough, turn it up a bit next time. This will take practice get right, but don't worry, they are still edible, and the rewards will be worth it.

Portions Figure about 3 biscuits per cup of flour. Using a 1/3 cup measuring cup (two scoops of flour, one scoop of milk) will make two good size biscuits, perfect for single person. Using a one cup measure will fill up a medium large frying pan.

2.8.1 Herb Cheddar Biscuits

Into the dry ingredients, mix about a teaspoon of dried thyme and ground sage, along with a bit of grated cheddar.

2.9 Fry Bread

This is what you make when you're hungry and have no dairy products. It's also pretty much the cheapest calories in the cookbook.

Mix together 2 cups flour, 2 tsps baking powder, a dash of salt and 3/4 cup water. Knead it together until smooth. Split into six balls, flatten, and fry three at a time in copious oil in a medium hot skillet (a little under what you'd fry eggs at). Serve hot.

⁶White Lily flour is best, as it is a soft flour, giving more tender biscuits.

⁷Just like scones.

Note: You may try 1/3 oats and a little sugar, if you have it.

Chapter 3

Breakfast

3.1 Waffles

Beat 2 eggs. Mix in 1 5/8 cups milk and 1/4 cup oil. Mix in 1 cup oats (either quick or old-fashioned). Add JTRA cinnamon, and a dash of vanilla, along with two tablespoons of sugar. Put in 1 cup flour and two teaspoons of baking powder and mix. Put in waffle iron and eat them up YUM! This makes 5-6 in a standard waffle iron, 3-4 in the rose waffle iron, and 7-8 in the hello kitty waffle iron.

Banana Waffles Mix in 1-2 bananas with the oatmeal, and mash up well.

3.2 Book Waffles

From the book “Everything on a Waffle” by Polly Horvath, about (in part) a restaurant where everything comes on top of a waffle, even the waffles!

Mix together 2 cups flour, 1 tbsp baking powder, 2 tablespoons sugar, 1/2 teaspoon salt. In another bowl beat well 3 eggs, then add 1 1/2 cups milk. Mix into the flour mixture, and then add 1/2 stick (1/4 cup) melted butter while stirring. Use in a waffle iron, eat them up, YUMM!

3.3 French Toast

Heat a cast iron skillet, and melt some butter in it. Take one egg, and beat well in a pie pan. Add about 1/4 cup or so milk, and mix well. Add cinammon if desired. Dip two pieces

of whole wheat bread in the egg mixture, both sides, and place in the hot skillet. Pour any remaining egg mixture over the bread. Fry until golden brown, and then flip and fry the other side until golden brown.

3.4 Pancakes

Beat an egg, and add in 3/4 cup milk. Mix in 1/2 cup cornmeal, 2 tbsp oil, 1 tbsp sugar, and bit of salt. Mix in 1/2 cup flour and 1 tablespoon baking powder. Fry up and eat. Serves two or three (if they aren't very hungry).

3.5 Omelette

Thoroughly heat a well seasoned cast iron skillet that isn't too big. Beat two eggs well and mix in about an eighth of a cup of milk. Pour into the skillet, covering bottom, and then add about a quarter of a cup of cheese in small bits and whatever other fillings you like (ham, green pepper, mushrooms, and salmon lox are nice). Cook gently until the bottom is set, and then lift the edges to allow the runny stuff to get to the bottom. Cook until there is a nice crust on the bottom, and most of the runny stuff is gone. Fold in half, and then flip onto a plate. Yum!!

3.6 Eggs Benedict

Make poached eggs, toasted english muffins, and hollandaise sauce, and procure cheese and sliced canadian bacon. Build with a half muffin on the bottom, topped with the canadian bacon, a poached egg, a dollop of the hollandaise sauce, and a sprinkle of the cheese. Serve with pepper and an assortment of drinks for possibly the best breakfast a guy can have.

3.6.1 Eggs Benjamin

Possibly the only breakfast that could beat Eggs Benedict. Same recipe, but replace the slices of canadian bacon with slices of smoked salmon (lox).

3.6.2 Eggs Beauregard

For the vegetarians out there (you know who you are Roland!). Replace the canadian bacon with fried slices of tofu or eggplant.

3.7 Oatmeal

The old standby, but by gosh it's good. Bring 1 1/2 cups of water to a boil, and then pour in 3/4 cup (or maybe just a touch less) of oatmeal. Simmer for 3-4 minutes, then mix in a handful of raisins, turn off the heat and let stand for five more minutes or so.

Another alternative is to use a double boiler, possibly with milk. Keep the same proportions, but just mix the oatmeal and liquid in the top and let cook for a half hour or so while taking a shower. This has two advantages: 1) no need to stir or fuss or fret, 2) you have some hot water all nice and boiled for your morning tea!

3.8 Baked Oatmeal

Taken from a recipe in the Wisconsin State Journal of April 20 2012 from Crema Cafe (next to Fired Up Pottery!)

Mix together 1/4 cup oil and 1 egg. Mix in 1/2 cup milk, 1/3 cup sugar, 1/4 tsp vanilla, 1/4 tsp salt, and 1/4 tsp orange extract¹. Mix in 1 1/2 cups oats, 1/4 tsp cinnamon, and 1/2 tablespoon baking powder. Finally, mix in 1/4 cup nuts (toasted pecans if you have them, walnuts if you don't) and 1/4 cup dried cranberries (or 1/4 cup leftover cranberry sauce²). Yep, it will be thick. Put it into a small greased Corningware. Let it sit for a while while you heat the oven to 350. Bake for an hour, uncovered. If it is browning too fast, reduce heat to 325.

Large Size Mix together 3/4 cup oil and 3 eggs. Mix in 1 1/2 cup milk, 1 cup sugar, 1 tsp vanilla, 1 tsp salt, and 1 tsp orange extract. Mix in 4 1/2 cups oats, 1 tsp cinnamon, and 1 1/2 tablespoon baking powder. Finally, mix in 3/4 cup nuts and 3/4 cup dried cranberries.

¹Or orange peel, if you don't have any extract.

²Yes, you do have some from last thanksgiving, and yes, it is still good. Look in the bottom rear of the fridge!

3.9 Cornmeal

The best way to make this, by far, is to use a double boiler. If one uses a regular saucepan, one is apt to get lumps (from not stirring enough) or splattered with boiling cornmeal (from daring to stir). Best to cook it slowly and avoid both. It's dead easy as well. Mix together 1/2 cup cornmeal and 2 cups cold water in the top of the double boiler. Get the steam going, and then wait. Give it a stir every 15 minutes or so, and after 45 minutes, it will be ready to go. For non-breakfast meals, go ahead and mix in some garlic or other spices.

3.10 Dutch Baby with Apple Topping

Preheat oven to 425, with the big 10 inch skillet in it. Mix up 3 eggs, 1/2 cup flour, 1/2 cup milk, 1 tbsp sugar, and a pinch of nutmeg. When the oven is warm, put 1/2 stick (4 tbsp) of butter into the skillet and return to the oven just until it melts. Pour the batter into the pan, and bake for 22 minutes or so.

While the pancake is baking, make an apple topping. In a saucepan, melt 2 tbsp of butter, and then fry up gently 1 apple, peeled, cored and sliced. When the apple is a bit soft, mix in about two tbsp of brown sugar, JTRA of cinnamon, and mix well. In a measuring cup, mix up one teaspoon of instant tapioca and about 1/2 cup cold water. Mix in with the apples, and cook until thick, then let simmer until the pancake is done.

Serve while hot, just slice in wedges with apples and evaporated milk.

3.11 Andouille Sausage Corn Fritters

In a large bowl, beat two eggs. Mix in 2 cups flour, 1 TBSP baking powder, pince of cayenne pepper, 1 tsp smoked paprika, 1 tsp salt, pinch of black pepper, 1/4 cup sugar, 1/2 cup finely diced andouille sausage, 1 1/2 cup frozen corn kernals, 1 cup milk, 1 tsp thyme. After that's all mixed, mix in 1/2 cup (one stick) melted butter. If it's too thin, add a bit more flour. If it's too thick, more milk.

Fry in oil in a skillet like pancakes.³ Serves a bunch of people, or will happily sit in the fridge to feed multiple people on multiple days.

³Make sure they are done in the middle!

Chapter 4

Desserts

4.1 Strawberry Shortcake

First, prepare the strawberries. Take a quart of strawberries, cut off the tops and cut into pieces. Sprinkle with about 3/4 cup sugar, and refrigerate for at least an hour. (Overnight is too much.)

Next, make the shortcake. Into 2 cups flour¹, 2 tablespoons sugar, 1 tablespoon baking powder and 1/2 tsp cream of tarter, cut 1/3 cup shortening. Mix in 3/4 cup cold milk, and knead just a bit. Pat out into about a 1/2 inch thick slab and cut with a biscuit cutter. Bake at 400 F for about 10-12 minutes, until the tops are brown.

To serve, split a cake, put some strawberries on, put the top on, some more strawberries, and then a bit of whipped cream. Ah heck, who am I kidding – a lot of whipped cream!

4.2 Great Depression Cake

From a Sun-Maid raisin box, circa 1988.

In a large saucepan, simmer 2 cups sugar, 2 cups strong coffee, 1/2 cup shortening, 2 cups raisins, and 1 apple (peeled, cored and grated) for 10 minutes, stirring occasionally. Remove from heat and cool in the refrigerator *at least 15 minutes*.² Blend together 2 cups flour, 1 teaspoon baking soda, 2 teaspoons baking powder, 1 cup chopped walnuts, and 1 teaspoon of each of the following: cinamon, allspice, cloves and nutmeg. Mix the flour mixture and cooled raisin mixture together, and pour into a greased and floured 13 by 9

¹If you desire to be untraditional, use 2/3 cups oats and 1 1/3 cup flour

²If you don't cool it long enough, the baking powder will go fizz in the next step, making a big mess!

pan. Bake at 350 degrees for 25 to 30 minutes, or until a toothpick comes out clean.

4.3 Rice Pudding

In a 3 quart baking dish (a Corningware, perhaps) beat 4 eggs. Mix in two cups milk, and about 2/3 cup sugar. Add a dash of vanilla or almond extract, if desired, along with a shake of cinnamon or nutmeg, if desired. Mix in 3 cups of cooked rice (long grain brown rice works well). Pour in raisins, but do not mix, or they will all end up on the bottom – just gently poke under the surface. Put the baking dish in a larger pan with about 1 inch of hot water.³ Bake in a 325 degree oven for about an hour, or until set. If you overbake, no big problem, it will just have cracks in it.

As an alternative, this can be made on the stovetop in a double boiler. Less energy, just as tasty, a bit faster, a cooler kitchen, and a chance to whip out that nice underutilized kitchen gadget.

4.4 Instant Pot Rice Pudding

Faster than the baked version, and that includes cooking the rice!

In a 3 quart instant pot, mix together 1 cup arborio⁴ rice, 1 1/2 cups water and a dash of salt. Close and lock the lid, then pressure cook for 3 minutes. When the beep sounds, turn off the cooker and wait 10 minutes for the pressure to release naturally. Mix in 1 can of condensed milk (12 oz), 1/2 cup sugar, and handful of raisins and a bit of orange peel. Turn the instant pot onto saute. In a mixer, beat thoroughly 2 eggs and 1/2 cup milk. then mix into the rice mixture. Stir continuously and cook until it just starts boiling. Remove and let cool (either in the pot or in individual serving cups). The mixture *will* thicken upon cooling.

4.4.1 Mini Version

In a 3 quart instant pot with the pot in pots, mix together 1/2 cup arborio rice, 3/4 cups water and a dash of salt in the big inner pot. Close and lock the lid, then pressure cook for 3 minutes. When the beep sounds, turn off the cooker and wait 10 minutes for the pressure to release naturally. Mix in 1/2 can of condensed milk (half of 12 oz is 6 oz), 1/4 cup sugar,

³This prevents the bottom from getting too hot and browning.

⁴Yeah, the good stuff you use for risotto and sushi.

and handful of raisins. Turn the instant pot onto saute. In a separate bowl, beat thoroughly 1 egg and 1/4 cup milk. then mix into the rice mixture. Stir continuously and cook until it just starts boiling. Remove and let cool (either in the pot or in individual serving cups). The mixture *will* thicken upon cooling.

4.5 Instant Pot Bread Pudding

Heat up 2 cups milk and 1/2 stick of butter slowly over the stove until the butter is melted. Cut up 6 slices of bread (doesn't really matter which kind) into cubes. In a large bowl, beat two eggs, and add a dash of vanilla, a pinch of salt, 1/2 cup sugar, 1/2 teaspoon cinnamon and 1/2 teaspoon nutmeg. Mix in the bread cubes thoroughly, and then mix in the milk / butter.

To cook in the instant pot, use the "pot in pot" method. This will prevent burning, and with that nifty double pot, allow for half with raisins, half without. 28 minutes of pressure should work fine, but feel free to experiment.

4.6 Cherry 1-1-1

For a 9 by 9 inch pan: For the topping, mix 1 cup oats, 1 cup flour, 1 cup sugar, 1 teaspoon cinnamon, and 1 stick of melted butter. For the filling take the juice from one can of pie cherries, mix with 3 tablespoons of cornstarch and 1/2 cup sugar. Heat until thick over the stove, then mix in 1 cup sugar, a dash of almond extract, and two cans of drained cherries. Pour into a pan, pour on the topping, and bake at 375 degrees for about 45 minutes, until the filling is bubbling and the topping is slightly browned. Serve warm with evaporated milk.

For a large bread pan, just cut the above recipe in half.

4.7 Apple 1-1-1

For a 9 by 9 inch pan: For the topping, mix 1 cup oats, 1 cup flour, 1 cup sugar, 1 teaspoon cinnamon, and 1 stick of melted butter. For the filling, peel, core and slice 4-5 medium apples, until you've got a good 1.5 inch layer. Mix in a generous dash of cinnamon and some nutmeg, and about 3/4 cup of sugar. Pour on the topping, and bake for about 45 minutes, until the filling is bubbly and the top is lightly browned. Serve warm with evaporated milk.

Oh, the apple variety is important – Jonathons work best, but Macintoshes and Golden Delicious work also.

4.8 Blackberry Cobbler

Mix together 1 cup of sugar and 2+ tbsps of cornstarch. Mix in a pound of blackberries (frozen works great), and toss into a large corningware. Mix with a pastry cutter 2 cups flour, 1 tbsp baking powder, 2 tbsp sugar, and 1/3 cup shortening. Add enough milk to make it the right texture (a thick batter, not a dough), and spoon onto the blackberries. Bake at 375 until the berries are bubbling and the biscuit topping is brown, about 30 minutes or so. (If using frozen berries, bake about 10 minutes before putting the biscuits on.)

4.9 Apple Tart

This is what you do when you want an apple pie, but don't have enough apples! The key is to make it pretty, and let the eye emphasize the taste of the apple. Start with a basic bottom crust, on the smallest, lowest pie pan you have.⁵ Carefully peel, core and slice the apples, arranging in one layer on the crust in pretty circles. Sprinkle with a cinammon sugar mix, and then bake at 375 until the crust is brown and the apples are done.

4.10 Rhubarb Cake

Mix together 1/2 cup margarine (NOT BUTTER!), 1 1/2 cups sugar, 1 egg and 1 tsp vanilla. In a separate bowl, mix together 2 cups flour, 1 tsp soda. Alternately mix together 1 cup sour milk (i.e., milk treated with lemon juice or vinegar), the flour, and the egg mixture. Fold in 2 cups rhubarb, cut into pieces about the size of the end of your pinkie. Pour into a greased 9 x 13 pan. Sprinkle the top with a mixture of 1/2 cup sugar (either white or brown) and 1 tsp cinnamon. Bake at 350 for 40-45 minutes or until a wooden skewer comes out clean.

Note: There may be another ingredient – my source isn't clear. You may want to drizzle a bit of melted butter on the cake before topping with the sugar & cinnamon.

⁵A small pizza pan would also work.

4.11 Chocolate Cake in a Cup

No, this isn't a cup cake, it's a cake made in a cup! It takes only about 5 minutes or so to make in a microwave. Be sure to use a really big cup!

In the cup, mix together 1/4 cup cake flour, 1/4 cup sugar, and 2 tablespoons cocoa. Crack in an egg, whisk it up, and then take about half of it and put it in the cup, along with 3 tablespoons milk and 3 tablespoons oil. Mix well, then microwave for 3 minutes or so on high, until it is set and stops rising. Let it cool a bit, and then dig in!

Variations: Mix in some chocolate chips, or some extracts, like a splash of vanilla or peppermint. Cinnamon could work too, if you feel adventurous.

4.12 Chocolate Goo Cake, a.k.a., Hot Fudge Sundae Cake

In an ungreased 9x9 pan, mix together well 1 cup flour, 3/4 cup white sugar, 2 tablespoons cocoa, 2 teaspoons baking powder and 1/4 teaspoon salt. Mix in 1/2 cup milk, 1/8 cup oil, 1 teaspoon vanilla, and some nuts (if desired). Keep stirring until it is *thoroughly* mixed, with no powder left. It will be thick. Put on top 1 cup packed brown sugar and 1/4 cup cocoa. Pour over 1 3/4 cup of hot water, and then bake in a 350 oven until done (i.e., lots of bubbling everywhere). The cake will be on the top, and the goo will be on the bottom – magic how that happens!

4.13 Cake Frosting

No, don't just buy a can from the store. It's too soft, and too obviously not home made! For a basic two layer cake, take a stick and a half of butter (3/4 cup), and cream with powdered sugar until all the lumps are gone. Mix in 3/8 cup of milk, and then keep adding and mixing in powdered sugar until it's the right consistency.

4.14 Fluffy Frosting

This is for when you want a fluffy frosting that's kinda like whipped cream, and not all that sugary. This is literally whipped cream with a bit of extra cream cheese to stabilize it.

Mix together 3 ounces of room temperature cream cheese and 1/3 cup powdered sugar. Add 1 cup of heavy whipping cream, and beat until soft peaks. Add some flavoring (1/2 tsp

vanilla works well), and then beat until stiff peaks form. This should be enough to cover a full size cake. It should last for a day or so – so eat quick!!!

4.15 Orange Chiffon Cake

This makes a half size cake – that darling little angel food cake pan is perfect for making a cake for family.

Pre-heat the oven to 325. Mix together 1 1/8 cup cake flour, 3/4 cup sugar, 1 1/2 tsp baking powder and a dash of salt. Mix in 1/2 tbsp dried orange peel⁶. Mix in 1/2 tsp orange extract, 1/4 cup vegetable oil, 3/8 cup of cold water, and three egg yolks. In a mixer, mix three egg whites (ideally, 1/2 cup, which it will just about be with extra large eggs, but you may need 4 egg whites if you are using medium or large eggs) and 1/4 tsp cream of tartar. Beat until stiff peaks form. Gently pour in the first mixture into the egg whites, and mix just enough. Bake in a tube pan for about an hour, or until done. Cool upside down, and then glaze.

Orange Glaze: Mix powdered sugar and 1/6 cup softened butter. Mix in 3/4 tbsp of grated orange peel and 1/2 tsp orange extract. Mix in enough powdered sugar to make in creamy, and then mix in enough milk to make in the right glaze consistency. Yep, you'll be winging it.

4.16 Chocolate Cake

This is from the original Fannie Farmer cookbook (1896!), with changes suggested by David Beach. This will make a single layer, or just enough for that really cute 6" cake pan.

Cream 1/2 cup butter with 1 cup of sugar. Add two eggs, and beat the snot out of it. Add 1/2 cup milk, then 1 cup flour, 1/3 cup cocoa, 2 1/2 tsp baking powder. Mix well, then add 1 ounce melted unsweetened baking chocolate and 1/2 teaspoon vanilla. Beat the snot out of it, then put in a pan and bake at 350 until done, about 45 minutes or so.

⁶Yes, it will make purists blanch. Deal with it.

4.17 Fudge

This is really easy, because you've let Borden do all the work! First, line a 8 or 9 inch square pan with foil, leaving some around the edges to pick up. Next, melt 3 cups of chocolate (or peanut butter, or mint, or . . .) chips mixed with 1 14 oz can of sweetened condensed milk and a dash of salt in the top of a double boiler. Mix in some nuts (if you want) and 1 1/2 tsp of vanilla extract. Pour into the foil lined pan, cool in the fridge for a couple of hours, and then eat.

4.18 Nanaimo Bars

From the great pacific northwest, and really really rich!

This has three layers.

For the first layer, melt 1/2 cup unsalted european cultured butter in a double boiler, and mix in 1/4 cup sugar and 5 tbsp of cocoa. Add egg, beat well, and cook until thick. Remove from heat, and mix in 1 and 1/4 cups graham cracker crumbs, 1/2 finely chopped almonds and 1 cup coconut. Press firmly into an 8" by 8" ungreased pan.

For the second layer, cream together 1/2 cup unsalted butter, 2 tablespoons custard powder⁷, 2 cups powdered sugar⁸ and 2 and 2/3 tablespoons of whipping cream. Beat until light. Spread over the bottom layer. Refrigerate while doing the third layer.

For the third layer, melt together 4 ounces of semi-sweet chocolate and 2 tablespoons of unsalted butter. Cool a bit, but while still liquid, pour over the second layer. Refrigerate until you can't stand it anymore, then eat it all up.

4.19 Grape Cake

This is a great way to use up seedless grapes, and tastes delicious.

Butter and flour a nine inch cake pan. Mix together 2 large eggs and 2/3 cup sugar until thick and pale. Add 1/3 cup milk, 1/4 cup olive oil, 1/4 cup melted butter, 2 tsp lemon peel, 1 tsp orange peel, and 1 tsp vanilla extract. Mix well. Add 1 1/2 cups flour, 1/2 tsp salt, and 1 tsp baking powder. Stir in 1 1/2 cups grapes⁹. Pour into the cake pan, and smooth out the top. Scatter 1/2 cup of grapes over the top (for the pretty!) and then sprinkle 1 tbsp of

⁷A canadian thing, you wouldn't understand, but look for the "Birds" brand.

⁸That's a translation from the canadian "icing sugar".

⁹Not with a mixer – you want these to be whole! A spatula works fine!

sugar over the top. Bake at 350 for 50 minutes. Cool for 15 minutes then depan and cool thoroughly.

Chapter 5

Pies

5.1 Apple Pie

The key to good apple pie is good apples. I like Jonathon apples. Becky likes Macintosh apples. Granny Smith apples are disfavored – the one apple pie I couldn't eat was a Granny Smith apple pie, and I'm not going to go to the work of peeling the apples if I don't like to eat the result!

Anyway, make two pie crusts. Peel and slice apples until you've got about 6 cups of apple slices. Mix 1 1/2 cups sugar (or so), 3 tablespoons of minute tapioca,¹ and spices (cinnamon, allspice, nutmeg) to taste. Mix with the apples, and put into the biggest pie plate you've got. Bake at 375 or 400 F until it's done, about an hour or so. (Yes, there is a lot of "whatever" in this recipe. Just do what works.)

Variations: Mix in about half a cup of raisins. You may also want to make about 1/3 of the sugar brown sugar, but not more.

5.2 Dutch Apple Pie

Make one crust, for the bottom. Peel, core and slice 4 granny smith apples.² In a separate bowl, mix together about 7/8 cup sugar, 1/4 cup Wondra flour,³ cinnamon, allspice, mace, lemon peel, etc. Dump over the apples, mix together, and put in the bottom crust. In the

¹If out of tapioca, use about 1/3 cup cornstarch, and mix extra well to avoid lumps.

²Medium, like you get from kwik trip.

³Regular flour leads to lumps. Trust me here.

mixer, make the strusel. Mix 1/3 cup margarine, 2/3 cup flour, and about a half cup of brown sugar until you've got fine crumbs. Hence, the mixer. Pour over the apples, and bake at 375 for an hour and a quarter. Careful to cook fully, as you won't be able to see bubbles in the center.

Variations: Mix in about half a cup of raisins. You may also want to make about 1/3 of the sugar brown sugar, but not more. Nuts are also nice, and perhaps bourbon.

5.3 Cherry Pie

Get two cans of pie cherries, and open and drain them, saving the juice. Prepare two pie crusts and heat the oven to 400 degrees. In a medium saucepan, mix together 3 tablespoons cornstarch, 1/2 cup sugar, 3/4 cup juice from the cherries (about one can's worth). Heat until thickened, stirring constantly with a wire whisk. When thickened, mix in 1 cup sugar, 1/4 teaspoon almond extract, 1 tbsp butter, and some red food coloring (if desired). Mix in the drained cherries, and put into pie crust. Top with a lattice crust, and bake for 50-60 minutes, until the crust is nicely brown and the filling is bubbling throughout.

Note: You will want to use one of your larger pie pans for this one, as well as having something underneath to catch the drips. Nothing says "Cherry Pie" like smoking glops on the bottom of the oven!

Tapioca Cherry Pie This is another good cherry pie recipe, that's maybe a little less work than the above. Mix two cans of drained pie cherries with 1 1/2 cups sugar, 1/4 tsp almond extract, and 3 tablespoons of Minute Tapioca. Let stand for 15 minutes (now would be a good time to heat the oven and make the crust!). Put into the crust, top with a lattice crust, and bake as above.

5.4 Chocolate Pie

Melt 2 tablespoons of butter and 2 ounces of unsweetened chocolate. Mix in 1/2 cup sugar, 3/4 cup dark corn syrup, and 3 eggs. Beat well. Pour into unbaked 9 inch pie shell (with walnuts or pecans, if desired) and bake at 325 degrees for about 50 minutes, until the crust is light brown and the filling is puffed up and cracked. Let cool, and eat it all up.

Pete's Paw Print An idea from Pete, when he was only six. Take the excess dough and shape it into one big ball and three small balls. Put it into the chocolate pie so that it looks like a cat stepped into the pie. Eat it up, YUMM!

5.5 Derby Pie

Pre-bake a pie crust. While it's baking, mix up a half stick of melted butter, 2 large eggs and 1 tsp vanilla extract. Add 1 cup brown sugar, and 1/2 cup flour, and mix thoroughly. Fold in 3/4 cup chopped walnuts and 3/4 cup chocolate chips. Pour into the crust, and bake until puffed and golden brown, about 30 minutes.

5.6 Gooseberry Pie

This is a wonderful pie, but not for everybody. If you're going to make this, make another pie for the unenlightened.

First, get a bottom pie crust ready (in a small pie pan). Mix together 1/2 cup sugar, 1 tablespoon flour, and 1/4 teaspoon cinnamon. Open up a can of gooseberries, and drain the syrup into the sugar mixture, and gently heat up until it's thick. Gently mix in the gooseberries, and pour into the pie crust. For the topping, cream together 6 tbsps butter and 6 tbsps brown sugar. Mix in 3/4 cup flour until it looks like coarse meal. Sprinkle over the top of the pie, and then bake at 375 until the crust is done.

5.7 Pear Pie

This is actually quite tasty! It is visually beautiful as well, with the lumps under the crust. Start by mixing 1/2 cup white wine, 2 tablespoons of sugar, 1/8 tsp cloves, and 1/4 tsp cinnamon. Bring to a boil. Take three large Anjou pears, peel, then quarter and core. Cover and simmer for about 15 minutes, until the fruit is firm but easily pierced by a fork. Take out the pears, and add 1-2 tablespoons rose water, and then boil until the liquid is a syrup. Toss the pears in, and coat. Place the pears into the bottom crust artfully. Notice how the neck of the pears makes this easy. Pour any leftover syrup over the top. Put the top crust on (with slits artfully cut in, of course). If desired, top with melted butter, rose water, and brown sugar, but that hasn't really worked out yet. Bake at 375 until the crust is done.

5.8 Mincemeat Pie

To me, nothing says “thanksgiving” as much as mincemeat pie and coffee. Nope, not even the turkey. After a real meal, nothing hits the spot like the magical combination of hot coffee, flakey pastry and the subtle, nuanced flavor of well aged mincemeat. If whoever is reading this invites me to thanksgiving dinner some day, be sure to make a mincemeat pie!

The pie itself is easy to make. Take a quart jar of aged mincemeat, put it inside a set of 9 inch pie crusts, bake for 45 minutes at 375, or until the center is bubbling and the crust is nicely brown.

The hard part is the mincemeat. Start by roasting 4.5 to 5 pounds of chuck until medium well done. Grind everything (yes, including the fat and the gristle) up in a sausage grinder, and put into a big kettle (12 quarts, if you’ve got one). Add three quarts of winesap / macintosh apples (cored and chopped, no need to peel), along with three pounds of raisins, two pounds of canned pie cherries, 2 pounds of cranberries (or the same amount of gooseberries), one brick (11 ounces) of dates (chopped up), and one pound of mixed candied fruit. Mix in 2 cups of brown sugar, 4 teaspoons of cinnamon, 2 teaspoons of ginger, 2 teaspoons grated lemon peel, 1 teaspoon *each* of cloves, mace, allspice and nutmeg. Add 1 or 2 cups of chopped walnuts, if desired (I do). Now for the liquid: 1/2 cup *each* lemon juice and orange juice. If you need extra liquid, add 1 cup grape juice. Stew in the pot for about 1/2 hour, until the consistency is nice and the apples look gently cooked. You will notice the change as it stews. After stewing, pressure can in quart jars according to FDA or Ball Blue Book recommendations. This is not the stuff to screw around with – if you don’t do it right, canned meat and meat products can kill people! (I’m pretty sure that is 75 minutes boiling under 10 pounds pressure, but check for yourself.)

The mincemeat is best aged at least 3 months to a year, and it lasts for at least three years. But, no matter how old it is, make sure the seal is still good as is the aroma when you open it. Be sure to label and enjoy.

Note: This recipe makes about 10 quarts, and the canner fits 7 quarts or 6 pints and 2 quarts. If you make 4 quarts, you can fit the rest into 12 pints and two cycles through the canner. Also note that three quarts of apples is about 4 1/2 pounds.

5.9 Raisin Pie

Take 1 pound raisins and 1/2 cup lemon juice. Add water just to cover, and bring to a boil gently. Boil three minutes, then let cool at least 20 minutes. Drain. Mix together 1 tablespoon corn starch and 1/2 cup sugar, then mix into the raisins. Put into an unbaked 9 inch pie crust, top with another crust, and bake for about 45 minutes at 375 degrees.

5.10 Buttermilk Pie

Heat oven to 325 F. Beat until frothy 3 eggs, 1 stick butter (melted). Add 1 1/2 cups sugar mixed with 1 tablespoon flour. Add 2/3 cup buttermilk, 1/4 tsp salt, 1 1/2 tsp vanilla, 1 tsp lemon extract, and 1 tsp minced lemon peel. Pour into a pie crust. Bake at 325 F for 10 minutes, then raise the heat to 350 F and bake for 50 minutes.

5.11 Pineapple Pie

Pre-heat the oven to 350, then make and have ready a single crust with about a half cup of coconut sprinkled on it. The rest of this doesn't take long, so do the crust first.

Melt a half stick of butter, and mix in 1 cup light Karo and 2/3 cup sugar. Mix in 3 eggs, and beat well (like for chocolate pie). Mix in 1 teaspoon vanilla and 1 small can (8 ounces) pineapple tidbits, drained.⁴ Pour into the crust, then bake for about an hour, until set.

5.11.1 Pineapple Macadamia Pie

Same as above, but mix in 3/4 cup chopped macadamias.

5.12 Steak and Kidney Pie

Taken from "The Frugal Gourmet Cooks American" by Jeff Smith.

This is an old fashioned savory pie, the perfect main dish. Your biggest problem will be to get kidneys. Lodi Meats in Lodi is a good source, and better grocery stores will be able to order them for you. You may have to search, and search hard. Good luck.

Start by chopping three strips of bacon, then browning in a big skillet. Add 1 to 1 1/2 pounds of medium finely diced chuck. Brown thoroughly, and then add 1 1/2 cups of beef

⁴Crushed will work, in a pinch.

broth or bouillion. Stew for about 30 minutes. Add one medium finely diced beef kidney,⁵ 1/2 cup maderia wine and spices: 2 cloves garlic, crushed, 2 tbsp diced yellow onions, 3 tbsp chopped parsley, 1 tsp thyme, 1 tsp sage, salt and pepper. Stew for 15 minutes. Make a roux of 1/4 cup butter and 1/4 cup flour, and mix in just enough to make it a decently thick gravy. Pour into a pie crust, put on a top crust, and then bake at 375 or so until the crust is nicely brown and the filling is bubbling.

Note well: This will probably overflow your pie pan. Don't do that. Just have another pan nearby and make a cobbler too.

5.13 Quiche, a.k.a. "Egg Pie"

Mostly from the Moosewood Cookbook.

Make a 10" pie crust (seriously, use your biggest pie pan). Preheat the oven to 375. Grate about 1 pound of swiss cheese into the crust. Set aside for a bit.

In a skillet, brown 1 1/2 cups chopped onion in a bit of butter.⁶ Add 1/4 pound mushrooms, 1/2 tsp salt, a pinch of thyme, 1/2 tsp dry mustard⁷, and black pepper to taste.

In the mixer, beat 4 large eggs. Mix together 2 tbsps of flour and a small bit of milk until smooth, add to the eggs and mix in. Add the rest of 1 1/2 cups of milk.

Throw the skillet ingredients over the cheese, then throw the egg mixture over the everything (do not mix – the layers work). Bake 40-45 minutes, until thoroughly set.

Feel free to improvise. You can actually skip the skillet parts, and just throw in the bits raw. Try adding some spinach, or using other cheeses.

5.14 Pie Crust

For each crust, use 1 cup flour, 1 tablespoon of sugar, 1/16 teaspoon of baking powder, and a bit more than 1/4 cup shortening.⁸ For each crust, mix a splash of vinegar and enough water to make 1/4 cup. Cut the fat into the other ingredients thoroughly, and then mix with

⁵Make sure to exclude all of the renal pelvis – it may look like fat, but it's just connective tissue and will not soften, just stick in teeth.

⁶Add a couple strips of diced bacon here, if you aren't veggie.

⁷The secret ingredient.

⁸Crisco works fine, and butter doesn't work. Lard and chicken fat have been rumored to work, but I haven't tried them.

just enough water/vinegar mixture to make the dough hang together. Roll out between wax paper, fill, eat, and go “aaahhhhhh.”

Variations: The main thing you can change is the fat. I don’t reccomend butter, as every time I’ve tried it, it came out hard as a rock. The water in the butter, when worked with the flour, will bring out the gluten, making the crust hard. If you do use butter, work gently.

Chapter 6

Bread

6.1 Grandma Rolls

Mix together 2 tablespoons dry yeast, 1 1/2 cups bread flour, about a tablespoon of sugar, and 1 1/2 cups warm milk. Let sit, covered with a wet towel, for 6-18 hours to ferment. Mix in 3/4 cup sugar, a dash of salt¹, 3 eggs (room temperature) and 1 1/2 stick of butter (room temperature). Mix with enough flour to give a good solid consistency (about 2-4 cups), and knead until done. Let rise in a warm place covered with a wet towel until double, about 1 hour. Punch down and form into rolls of the proper size², and let rise in a warm place covered with a towel until double, about 45 minutes. Meanwhile, pre-heat the oven to 375 degrees. Bake until golden brown, about 15-20 minutes, cool on racks, and then give them away to the neighbors, who will absolutely adore them.

6.2 Gravy Rolls

This is very similar to all my other rolls, but inspired by a bit of chemistry. The idea is that “going stale” is actually the starch particles in the flour reverting to their pre-cooking form. However, if the starch is cooked to a high heat with more water, they break up, and will not revert to form, keeping the bread tasting fresher. It’s a theory, anyway.

Start with a sponge of 1 cup milk, 3/4 cup whole wheat flour, 1/2 cups oatmeal and a tablespoon of dry yeast. Let sit overnight.

Make the gravy: melt 1/4 cup butter, mix in 1/4 cup flour, and then add just enough

¹Up to a teaspoon, if you must.

²About 12 ounces each if Uncle John is around, about 6 ounces each otherwise.

milk to get a thick gravy without lumps. If you've got lumps, add more milk and whisk. Cool, then add to the sponge. Mix in 1 egg and 1/2 stick of butter and enough white flour to knead up nicely. Let rise, make rolls, let rise, bake at 375 for 20 minutes or until done.

6.3 Cinnamon Rolls

Mix together 1 1/2 tablespoons dry yeast, 1/2 cup dry milk, 1 tablespoon sugar, 1 tsp salt, and 2 1/2 cups flour. Mix in 2 1/4 cups warm milk, and set aside to rise under a damp towel for 3-4 hours. Mix in 1/2 cup sugar, 1/2 cup warm butter, two warm eggs, 1 tsp vanilla. Mix in enough flour (about 3 1/2 cups more), and knead. Cover with a damp towel, and let rise until double, about an hour.

Divide dough into two balls. On a floured board, roll out one ball of dough to about 12 inches square. Sprinkle with mixture of 1/2 cup sugar and 4 tablespoons of cinnamon. Dot with butter. Roll up, cut with dental floss (unwaxed), and place on a pan to rise before putting into oven. Bake at 350 for about 10 minutes.

Makes two dozen cinnamon rolls.

6.4 Cornish Splitters

Cut together 2-3 Tbsp of butter with 2 cups of flour³ and 2 Tbsp of sugar. Then mix in 1 1/2 Tbsp of dry yeast. Then mix in 1 cup of hot milk (a minute in the microwave works well), and stir until smooth (you'll know it when you see it). Let rise uncovered while you are heating the oven to 400 degrees. After 45 minutes of rising time, drop six spoonfuls onto an ungreased pan, and bake for 15 minutes or so until brown on top.

Note: I find that preheating a cast iron griddle in the oven works well. You get a nice bottom crust, it never sticks, there's no cleanup, and it just adds to the flavor.

6.5 Oatmeal Bread

Mix together about 1 1/4 cup of oats, 1 cup bread flour, a tablespoon of yeast, and a touch of sugar. Mix in 1 1/2 cup of warm milk.⁴ Leave that to rise for a while (at least an hour,

³Maybe one of those cups should be whole wheat.

⁴The microwave is a wonderful thing!

and up to a day – the longer the tastier!), and while you're at it, get a stick of butter and an egg out of the fridge and let them warm up. When ready, mix in the butter, the egg, and a half cup of sugar, as well as any spices you feel like (cinnamon and allspice work well, as does nutmeg). Add enough flour while kneading to get it to a proper dough, and knead until done. Let rise for an hour or so, punch down and put into two greased bread pans. Let rise about 40 minutes or so, and then bake at 375 for 45-50 minutes or so.

Note: You can use whole wheat flour instead of the oats (increase to 2 cups or so), as well as put raisins and/or nuts in.

6.6 Artisan Rye Bread

Mix together 1 1/2 Tbsp of yeast, 2 tsp salt, 1 1/2 cup rye flour, 5 cups bread flour, and 1 1/2 Tbsp of caraway seeds. Mix in 3 cups of lukewarm water, just until mixed (no need to knead). Let set and rise for two hours or so, and then cover and put into the fridge. When you want a loaf, take 1/3 of the original batch out, massage into shape, and let it sit and rise on a bread peel for 40 minutes (with some cornmeal to keep it from sticking!). Slash if you want to. Pre-heat the oven to 450, along with a cast iron griddle or pizza stone. For a glaze, take a teaspoon of corn starch, mix it with 3/4 cup of cold water, and microwave for a minute. It will be nice and thick, perfect for getting caraway seeds to stick to the top, as well as making it look golden. Bake with steam (spilling water onto the stone / griddle works well) for 30-35 minutes, until crisp, golden and hollow sounding.⁵

6.6.1 Artisan White Bread

Much like the rye bread above, just without the glaze and the caraway seeds, but with 6 1/2 cups of bread flour. Doesn't get much easier than that!

6.6.2 Artisan Whole Wheat Bread

Much like the rye bread above, just with whole wheat flour instead of rye. Forget the glaze and the caraway seeds.

⁵From the book "Artisan Bread in Five Minutes a Day"

6.7 Peasant Loaf à la TheBiblioSphere

This is simple – really simple. In a big bowl, mix together two and a half mugs⁶ of flour, 1 tablespoon of yeast, a pinch of salt, then add one mug of warm water. Stir until well mixed, but don't knead. Let sit under a damp towel to rise, for at least an hour (overnight works well too). Knead a bit, until it feels right, then form into a loaf (either round or elongated, your choice) and place on a floured pan to rise under a damp towel. Pre-heat the oven to 400 degrees, and let rise for an hour. Slash the top appropriately, then bake for 45 to 55 minutes. It should sound hollow when done.

6.7.1 Whole Wheat Peasant Loaf

Replace up to a mug of flour with whole wheat flour. Be careful when baking, as it is easy to underbake, since it looks brown quickly.

6.7.2 Dad's Heresy

Add a tablespoon of sugar to the initial mix to aid the yeast.

6.8 Bagels

Mix together 1 tablespoon yeast, 1 tablespoon sugar, a teaspoon of salt, 1 1/2 cup of flour and 1 1/4 cup of warm water. Stir together and let the sponge sit for a while. Mix in 2 tablespoons of sugar, 2 tablespoons vegetable oil, and enough flour to make a good stiff dough.⁷ Knead. Let rise until well over double.

Form the bagels – divide into 8 pieces, and roll each piece out by hand, then form into a doughnut. Connect the ends well so they don't fall apart. Let rest 15 minutes.

Pre-heat the oven to 475, and prepare some baking sheets with parchment paper and/or silicone. Bring some water to a boil in your widest pan (depth isn't really important). Drop as many bagels as fit into the boiling water, cook for about 1 1/2 minutes per side. (If you want, now is the time to dip into sesame seeds or poppy seeds to make the top more interesting.) Put on the baking sheets, put in the oven for about 8 minutes, until browned. Cool on a rack, and eat quickly, as there is no difference between old bagels and doorstops.

⁶Yes, coffee mug.

⁷You'll be handling it extensively, and you don't want it to stick to your hands!

One thing you may wish to experiment with is the liquid the bagels boil in. Some recipes call for some form of sugar (honey, brown, or malt syrup) and/or baking soda. I would suggest a couple of tablespoons of light karo and a teaspoon of baking soda per liter of water. The sugar gives a tang, and the baking soda gives a nice brown crust.

Chapter 7

Main Dishes

7.1 Beef and Noodles

Take about 3/4 of a pound of chuck roast, and cut into about 3/4 inch pieces. Brown well, with two medium diced onions, then cover with 3 cups water. Add Worcestershire sauce, garlic, salt and pepper to taste. Bring to a boil, and then reduce heat and simmer for at least 45 minutes. Add one package (16 ounces) extra wide egg noodles. Cook until noodles are done, stirring gently as needed.

Home-made noodles If you really, really want to work hard, you can make home made noodles. For each half pound of meat, knead together 1 egg, 1 cup flour, 1 eggshell of water and a pinch of baking powder. Roll out very thin, cut, and let dry for about 30 minutes before cooking.

7.2 Bulgogi

Take a medium round steak (about 1 to 1 1/2 pounds) and cut into 3/4 inch cubes. Marinate for at least 1/2 hour in a mixture of 1/2 cup soy sauce¹ 1/4 cup honey, 2 teaspoons powdered ginger, 1 tablespoon sugar, a handful of chopped chives (or garlic or whatever) and 1/2 cup water. After marinating, fry up two large onions, and add the drained meat. After that is nicely browned, add the marinade and cook until done. Thicken with cornstarch and water. Serve piping hot with freshly cooked brown rice.

¹Note that Kikkoman is the good stuff. Do not use La Choy, as that is imitation soy sauce, made without the benefit of real bacterial fermentation.

7.3 Mexican Night

Disclaimer: This is about as authentically mexican as Al Gore. Possibly less. But I've got to include it here since we do it so often to such acclaim.

The basic idea is that burritos are fun. Start by making a fresh pot of rice (1 cup brown rice (well rinsed), three cups water in the top of a double boiler until done), a microwaved can of refried beans, some shredded cheese, maybe some sour cream, and the meat topping. For the topping, cut up maybe a pork steak or leftover chicken / turkey, or maybe 3/4 of a pound of beef. Throw in the small skillet, and pour over some salsa. Heat gently while the rice is cooking, and you'll have a yummy mix of salsa and meat that's perfect. I would stay away from ground beef – it's way too stereotypical. Serve on flour tortillas that have been nuked, alongside canned fruit salad or fresh cantaloupe, and life is pretty darn good.

7.4 Roast Chicken

I put this in here mostly because we do it so often. There's no real need, since it's so darn easy. Just roast the darn bird at 375 until crispy on the outside and done on the inside (maybe an hour and a third). Serve with giblet gravy and potatoes, and everybody is happy.

7.5 Gamish

This recipe and name were invented by Becky. Take about 5 potatoes, peel, cube, and boil. While the potatoes are boiling, take a medium onion, cube, and brown it in a skillet. Add in about a half pound of cut up keilbasa or smoked sausage cut into small pieces. Fry that up for a bit, and then add in the potatoes when they are done boiling. Fry for a bit to get the tastes mixed up and brown the potatoes a bit. Put some colby or cheddar on top, cover, and give the cheese a chance to melt. Enjoy!

7.6 Instant Pot Gamish

In an instant pot mini, put in 1/2 cup rice², 1 cup of water, a quarter pound of smoked sausage, keilbasa or the like, along with some olives and frozen corn. Pressure cook for 9 minutes, depressurize slowly, and then serve with sour cream and salsa.

²Sushi rice works best!

7.7 Chicken Vesuvio

Take a frying chicken, cut it up into serving pieces, and dredge in 3/4 cup flour seasoned with 1/2 tsp garlic salt and pepper. Let dry of at least 10 minutes. Also, dredge 2 pounds of red potatoes (peeled and quartered) in the same mixture. Brown in hot olive oil that is at least 1.5 inches deep (this takes a while!). As the pieces brown, take them out and arrange them in a roasting pan. Sprinkle with oregano, garlic salt and Parmesan cheese. Add a can of chicken broth to the olive oil, and then pour over the chicken and potatoes. Swoosh it all around to that the spices are distributed, and then bake in a 350 oven for one hour, basting a few times with the juices. It will be yummy and crispy, if not lava encrusted.

7.8 Frittata

The keys to frittata are just a few:

- The egg mixture is standard. Don't overmix, or you'll wind up with a falling souffle.
- The mix-ins are innumerable. But whatever they are, keep in mind that they need to cook first (the eggs cook faster!) and they need to be dry (the eggs won't like lots of extra moisture – if the mix-ins are wet [i.e., sauteed greens], squeeze out the excess liquid first).
- Stir and bake is easier, but if you insist, you can flip it. Good luck. You'll need it.

Start by mixing together 8 large eggs, 1/2 cup milk, 3/4 tsp salt, and 1/4 tsp pepper. In a 10" skillet, heat up 3 tbsp olive oil (or other, if need be), then brown 1/2 cup diced onions. That will take about five minutes. Mix the eggs with some sort of filling combination (suggestions below), then pour into the skillet. Stir, then cook on med / med high until edges start to pull away from the pan, about 5 minutes.³ Then bake in a preheated 350 oven until set, about 16 minutes. Can be served hot, warm or cold.

So, some suggested mix-ins:⁴

- Italian: 1/2 pound italian sausage, broken up and ground, 1/2 cup cooked cut up broccoli, 1/4 cup grated parmesan.
- Greek: 1 pound baby spinach, wilted and squeezed dry, 1/2 cup crumbled fet, 2 tbsp chopped fresh dill, 2 tbsp sliced scallions.

³Roland – is this covered or un covered? Did I get the heat right?

⁴Roland, any additions would be appreciated!

7.9 Instant Pot Stew

Gets that meat really well cooked in less time. Sized for the small (3 quart) instant pot.

Take about a pound of beef or pork, and dice. Brown in an instant pot on saute, along with a small chopped onion. Add in a can of diced tomatoes, along with a half can of water. Seal up the lid, and pressure cook for 35 minutes. When times up, break the seal safely, and put in 1 large potato (diced) and two carrots (in pieces of appropriate size). Add salt, peper, basil, orregano and rosemary to taste, seal up again, and pressure cook for another five minutes. When that is done, mix up a spoonful of flour and a bit of cold water to make a paste (stir well, or you'll have lumps!), mix into the stew, then saute until thickened.

7.10 Pea Soup

This really works best in the instant pot – a heck of lot faster!

Start with 1/2 pound of peas and 3 cups water. Add in a couple three stalks of chopped celery, about half an onion (chopped), a generous dash of savory leaves⁵, maybe some MSG. garlic powder and rosemary, about a teaspoon of salt, and a quarter pound of polish sausage. Pressure cook for 22 minutes, slowly depressurize, cut up the sausage, stir, and serve with cornbread or cornish splitters.

7.11 Bean Soup

Again, way faster in the instant pot.

Start with 1/2 pound of beans (great northern, navy, black – all work) and 3 cups water. Add a bit of ham, along with garlic, salt, rosemary, and a good amount of salt. MSG works well too. Pressure cook for 35 minutes, de-pressurize, stir, and then pressure cook for another 10 minutes (otherwise, you'll have some hard beans). Serve with cornbread or cornish splitters.

7.12 Cincinnati Chili

This is the real recipe. Key points are that there is chocolate (not cocoa) and the beef is boiled, not browned. Also note the use of whole cloves and allspice berries.

⁵ABSOLUTELY REQUIRED!

Start with 1 quart of water in a stockpot, and put in 2 lbs of ground beef. Bring to a boil while stirring to break up the meat, and simmer for 30 minutes. Refrigerate overnight, and skim the fat off the top.

Put to simmer, and add the following:

- 2 onions, finely chopped
- 1 (15 ounce) can of tomato sauce or crushed tomatos
- 2 tablespoons vinegar (apple cider vinegar works well)
- 2 teaspoons worcestershire sauce
- 4 cloves garlic, minced
- 1 ounce unsweetened chocolate
- 1/4 cup chili powder
- 1.5 teaspoons salt
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper
- 5 whole cloves
- 5 whole alspice berries
- 1 bay leaf

Simmer for 3 hours, remove the cloves, berries and bay leaf, and serve as you would for cincy chili.

7.13 Chicken Paprikash

From the internet, heartily endorsed by Roland.

Heat up a large skillet with a couple tablespoons of fat (oil, butter, lard, whatever). Put in 2 1/2 to 3 pounds of chicken thighs, deboned, with the skin side down. Fry until the skin is crisp, maybe seven minutes. Remove the chicken and cut into bite sized pieces.

Remove any excess oil leaving about 2 tablespoons and add the 2 medium (or 3 small) onions, sliced. Saute the onions until wilted and beginning to brown. Stir in 1/4 cup Hungarian sweet paprika, 2 teaspoons Korean chili flakes and 2 tablespoons flour and cook for 1 to 2 minutes.

Whisk in 1 1/2 cup unsalted chicken stock, in portions, breaking up any lumps. Add the browned chicken pieces, 2 diced red bell peppers. and salt and pepper to taste. Bring to a boil, then reduce heat to low, cover and simmer for 25 to 30 minutes, or until the chicken is cooked through and tender.

Stir in 1 cup sour cream and 1 tablespoon lemon juice if desired. Adjust seasoning and reheat over low flame. Serve hot with noodles or gnocchi.

Should work well with seitan or tofu. You can also add mushrooms with the stock.

7.14 Instant Pot Meat and Rice

This is just a nice way to cook meat and rice at the same time in the instant pot, and wind up with a nice sauce for the rice. Serves one.

Get out the double pot in pot pots. In smaller one, set up the rice (1/4 cup rice, 1/2 cup water). In the bigger pot, put in a random amount of a random meat (2 country style ribs, a couple of chicken thighs work well), and spice to taste (BBQ sauce, or celery salt and stuff, or curry power or . . .). Pressure cook for 25-30 minutes, and let pressure relieve naturally.⁶ Take the pots out, put the rice into a bowl, and put the meat on top. Put the instant pot on saute, put the meat pot back in, and mix into the drippings a spoon of flour. Mix well, and wait for the gravy to thicken. Yeah, you'll have a few lumps, but it will be worth it. Once thick, pour over the meat and rice and serve.

⁶Otherwise, the rice will explode out of the pot and make a mess.

Chapter 8

Thanksgiving

Thanksgiving is my favorite holiday. I just loving having the whole family around, cooking for all of them, and then eating it up! I have cooked thanksgiving dinner with all of the trimmings every year since 1984. That includes at least two years of cooking at the Blaisdells, two years cooking at my Mom's house, and even the year I took Thanksgiving dinner to Becky while she was on call at Lutheran General. I realize that someday I won't be cooking thanksgiving dinner, but I hope that's a long, long, long way away, and that my beloved offspring will have mastered it by then.

8.1 Menus

What makes thanksgiving special isn't any one dish, but the assemblage, all at once, of the good basic food that we are comfortable with. That and the pie and the Meier's Sparkling Pink Catawba.

Given that, you have to think of the menu first, and work from there. Make sure you get the goodies, and don't worry to much if it's too much.

The key to the menu is to break everything into genera, and then choose the appropriate number of items from each.

- Turkey
 - Turkey
 - Stuffing
 - Gravy

- Bread
 - Grandma Rolls (Note: There is no other choice. Anything else was, is, and always will be an abomination.)
- Starches
 - Mashed potatoes
 - Candied sweet potatoes
 - Baked potatoes (Note: This isn't as good for thanksgiving as the individual baked potatoes are not fungible. With so much stuff, it's important to be able to take "just a little bit" of each.)
- Vegetables
 - Broccoli
 - Asparagus
 - Green bean casserole (Note: never been one of my favorites, but some people demand it.)
 - Salad
- Color
 - Cranberry sauce. (Note: under "color" since hardly anybody eats it.)
- Desserts
 - Chocolate Pie
 - Cherry Pie
 - Apple Pie
 - Mincemeat Pie
 - Raisin Pie
 - Pumpkin Pie
 - Cherpumple
 - Trifle

- Black Forest Pake¹
- Beverages
 - Meier’s Sparkling Pink Catawba
 - Beer – something like a Sam Adams or a Capital Brewery Dark
 - Coffee

8.2 Turkey and Stuffing

This is the centerpiece, so it’s got to be good, but it really isn’t that hard. One key is to start with a fresh, minimally processed bird. Don’t use frozen, and don’t use a pre-basted bird. You really don’t need salt and fat injected in it, and freezing makes the white meat drier. Oh, and that way you don’t have to worry about whether it’s thawed or not. Yep, it will cost significantly more, but it’s worth it.

My goal every thanksgiving is to get the turkey into the oven at noon. Depending on the size, it will be ready any time from 2:30 to 4:00 (especially if you miss your goal in-the-oven time). So, at about 11:00, clean out the sink. Everything out, and then scrub with bleach. Why? Tradition. And, the next step is to put the turkey into the sink and let it drip there while you are preparing the giblets and stuffing. So, after the sink is scrubbed, open up the turkey, rinse it, remove the giblets, and boil them in plenty of water. You’ll use the water to make the stuffing and the gravy, so have at least a quart. You also want to remove the big piece of fat by the tail and boil that too. It doesn’t add anything roasted, but boiled it makes a better gravy. Boil about 15-20 minutes, until everything is done. When done, put the giblets to cool, and save the water.

While the giblets are boiling, make the stuffing. For a medium sized 15 pound bird, take a whole medium loaf of potato bread, and cut into medium sized cubes. Mix in two medium sized onions, chopped into medium cubes, and 2-3 medium large stalks of celery (with leaves), chopped into medium pieces. Core and chop (no need to peel) two medium sized apples into medium pieces, and mix in a cup or so of walnuts in medium sized pieces. Mix in sage (a couple of tablespoons, as it is really not that strong), thyme (about a teaspoon), basil, garlic, and salt/pepper (to taste, and don’t be shy). Pour in some of the giblet water, and mix (first with a fork while it’s hot, and then by hand to get it well mixed). Stuff into the neck cavity first and use a skewer to close the flap of skin over it. Then stuff into the

¹No, that’s not a typo. Google it.

butt cavity, and don't bother to close that. (A: It's pointless, as it won't work. B: No need, as it won't fall out. C: I like making points.)

If you like, you can remove the last segment of the wings before roasting. They aren't edible, they get in the way, and they tend to burn.

Now for the key: you're going to roast it upside down. It won't look as pretty, as the rack will leave impressions in the meat, but it will taste way better, and you don't need to use bacon, or basting, or butter, or anything. The key is to have a good rack. Good luck finding one. Put the rack in the pan, put the turkey in the rack, cover and roast. The oven should be about 375, and it should take 2.5 to three hours for a 15 pound bird. You'll know it's done by a bunch of things: First, the aroma. A done bird will have more a caramel / crispy smell. Second, the skin will be dark brown. Third, there will be well cooked pan drippings. Fourth, the leg meat looks well cooked, loose and kind of falling off. Fifth, the leg moves easily. You do not want to poke the bird and see if it bleeds: that will give a false reading, as "not bleeding" is a long way from "done". I've never relied on a thermometer, and you probably removed the pop-up thermometer long ago.

Before you take out the bird from the oven, make sure everything else is ready. There's nothing more disheartening on thanksgiving than wrangling the table while the bird is cooling off.

8.3 Gravy

I don't really know how to make the gravy: Roland does it. I know it starts with melted butter and flour (1/2 cup each), and uses giblet water, boullion, worcestershire sauce, hot sauce, and love, but beyond that, I'm clueless.

8.4 Cranberry Sauce

Just use the recipe on the bag. It's always the same, and it always works. Just be sure to do it early in the day so it has time to cool. Traditionally, you put the pan outside in the snow.

8.5 Candied Sweet Potatoes

I've always just boiled the peeled and cubed potatoes, and then mixed them into melted butter and brown sugar. I know there are fancier recipes out there, but I see no need for

marshmallow fluff.

Chapter 9

Cookies

9.1 Bette's Butter Cookies

Cut together as for pie crust 4 1/2 cups flour, 1 cup butter¹, and 1/2 teaspoon salt.

In a separate bowl, beat 2 eggs and 1 cup sugar together until light yellow and foamy, and then beat into first mixture.

Mix together 4 tablespoons (1/4 cup) milk, 1 teaspoon of baking soda, and 1 teaspoon almond or lemon extract, and then mix into dough.

Chill overnight, and keep extra dough refrigerated as you roll out the cookies.

Roll between waxed paper to 1/8 inch thick, and cut. Bake at 350 for 6 to 8 minutes, or until lightly brown. Cool, then ice with frosting and decorate to your heart's content.

9.1.1 Buttercream frosting

Mix together with a mixer 1 stick butter and about 1 cup powdered sugar. Add in 1/4 cup milk, food coloring, and enough powdered sugar to achieve the desired consistency.

9.2 Gingerbread Boys

Mix together 1/3 cup shortening, 1 cup brown sugar, and 1 1/2 cups dark molasses². Add 1/2 cup water.

¹Not margerine, unless you wish the cookies to taste like garbage.

²The darker the molasses, the stronger the flavor, so I reccomend against blackstrap molasses.

In a different bowl, mix together well 7 cups flour, 1 teaspoon salt, 1 teaspoon allspice, 1 teaspoon ginger, 1 teaspoon ground cloves, and 1 teaspoon cinnamon. Mix in the gooey sweet stuff. Warning – it will be stiff and sticky.

After that is all mixed together, separately mix together 2 teaspoons baking soda and 3 tablespoons water, and then mix in to dough.

Chill overnight, and keep the extra dough chilled while rolling out.

Roll out between waxed paper about 1/2 inch thick, cut with cookie cutter and decorate with raisins for the eyes and buttons and sliced candied cherries for the mouth. Bake at 350 for 15 minutes on lightly greased cookie sheet or until lightly browned.

Makes a metric ton of cookies.

9.3 Bourbon Balls

Mix together 3 cups crushed vanilla wafers³ (i.e., a whole box!), 1 cup powdered sugar, and 1 1/2 cups chopped nuts (either walnuts or pecans). Mix together and then mix in 3 tbsps light corn syrup and 1/4 cup bourbon. You'll need to squeeze it together by hand, so don't be afraid of getting messy. If you have to mix in a bit more liquid, don't be afraid. Squeeze into balls, and then coat with powdered sugar. Let sit and dry out for a while, and then pack in a tin and let age for a while.

9.4 Pete's Peanut Butter Cookies

Gluten free! Dairy free! *Not* taste free!

Preheat oven to 375. Mix together 1 cup of sugar and 1 cup of peanut butter (smooth, of course). Mix in one egg. Plop by spoonfuls on a cookie sheet, then press flat with a fork dipped in sugar, making a nice cross hatch pattern. Bake for 9 to 12 minutes. "Perfectly done" is difficult to judge, but don't make the cookies too brown. Take out after 12 minutes even if they don't look brown. Cool on newspaper.

³Crushing in a big zip-lock bag with a rolling pin works well.

9.5 Roland's Snickerdoodles

Cream together 3/4 cup sugar and 1/2 cup butter⁴. Add in 1 egg and 1/2 tsp of vanilla extract. In a separate bowl, mix together 1 3/8 cup flour, 1 tsp cream of tartar, 1/2 tsp baking soda, a dash of salt. Mix the dry ingredients with the butter mixture. Chill in the fridge, along with an ungreased cookie sheet.

Preheat the oven to 350.

Mix together 2 tbsp of sugar and 2 tsp of cinnamon. Take the dough and roll it into 1 inch balls. Roll the balls in the cinnamon / sugar mixture, and then place on the cooled cookie sheet. Bake for 10 minutes, cool on newspaper.

9.6 Date Bars

Preheat the oven to 350. Take 1 cup of chopped dates, mix in a saucepan with 1/2 cup water and 1/4 cup sugar. Bring to a boil and simmer five minutes, and it should be nice and thick at that point.

In a separate bowl, mix together 1/3 cup melted butter, 1 egg, 1 1/2 cups oatmeal, 1 cup packed brown sugar, 1 cup flour, 1/2 tsp baking soda and a pinch of salt.⁵ Press half the mixture into the bottom of a greased 8x8 pan, then pour on the date sauce, then spread the rest of the oat mixture on top. Bake until lightly browned on top, about 20-25 minutes. Let cool, then cut into bars. Or, don't let it cool, and serve in bowls with condensed milk.

⁴1 stick

⁵Looks like 1-1-1 topping, doesn't it?

Chapter 10

Fun Stuff

10.1 Flubber Gak

You will need: 5 TBS Borax, 2 cups Elmers Glue, 2 1/2 cups water, liquid water color if color is desired. Mix 1 1/2 cups of the water, and 2 cups of the glue in a big bowl. Add color. Stir it up. In a separate cup or bowl, mix together the remaining 1-cup of water and the 5 TBS of Borax. After it is dissolved, pour the Borax mixture slowly and a little at a time into the glue and water mixture. Watch it coagulate! Mix with your hands or a sturdy wooden spoon. At first it appears slimy, but keep kneading until it becomes one big flubber gak ball! It will keep in an airtight container or ziploc for a few weeks. When it begins to flick apart or when it gets too hard, it is time to make a new batch! Play with it, explore it, try to get it to blow a bubble with a straw! Watch it stretch as you hold it!!

10.2 Playdough

Combine in a saucepan and mix thoroughly: 1/2 cup salt, 1 cup flour, 1 tablespoon cream of tartar, 1 tablespoon oil, 1 cup water, and food coloring (if desired). Heat gently, stirring constantly, until it thickens. When all thickened, turn out onto a cutting board and knead until smooth and cool. Turn over to your young one for hours of contentment and joy.