

INTRODUCTION

This book has many recipes and hints from the kitchen that I know you will enjoy making. If you are like me you love to try new recipes.

Many of these recipes have come from friends and family who recommend them highly.

Look for our Second Recipe Book

COMING SOON!

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COOKIES



Peanut Butter Cookies

Ingredients..

1 cup Peanut Butter ... smooth or crunchy

1 Egg

1 cup of sugar

Mix all ingredients and spoon onto a greased cookie sheet.

Press down with fork.

Bake at 375 degrees for approximately 15 minutes...

This is all you need for some great cookies...

Cranberry Smooch

Ingredients:

1/2 cup softened butter
1 egg
1 teaspoon vanilla
5/8 cup all-purpose flour
1/2 cup rolled oats
1/2 cup all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/3 cup brown sugar
1/3 cup white sugar
1/2 cup dried cranberries
1/2 cup white chocolate chips
1/2 cup chopped pecans

Directions:

1. Preheat oven to 350 F. Grease a cookie sheet or line it with parchment paper.
2. In a medium mixing bowl, beat together 1/2 cup softened butter, 1 egg and 1 teaspoon of vanilla until fluffy.
3. Add all other ingredients, and mix together by hand until well blended.
4. Drop by heaping spoonful onto the prepared baking sheet, about 2 inches apart.
5. Bake for 8 to 10 minutes, or until edges are lightly browned. Cool for 2 minutes on baking sheets, remove to wire racks to cool completely.

Cinnamon Footballs

Ingredients:

1/2 cup packed brown sugar
1/2 cup butter or margarine -- softened
1 teaspoon vanilla
1 1/2 cups all-purpose flour
1/2 teaspoon ground cinnamon
1/8 teaspoon salt
24 (about) whole blanched almonds
Decorating Glaze -- (recipe follows)

DECORATING GLAZE

1/2 cup powdered sugar
1 1/2 teaspoons water (1 1/2 to 3 teaspoons)

Directions:

1. Heat oven to 350°. Beat brown sugar, butter and vanilla in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour, cinnamon and salt until dough holds together. (If dough is dry, mix in 1 to 2 tablespoons milk.)
2. Shape dough by scant tablespoonful around almonds to form football shapes. Place about 1 inch apart on ungreased cookie sheet.
3. Bake 12 to 14 minutes or until set but not brown. Remove from cookie sheet to wire rack. Cool completely.
4. Place Decorating Glaze in decorating bag with #3 writing tip. Pipe glaze on cookies to resemble football laces.

DECORATING GLAZE:

Mix powdered sugar and water just enough to make a paste that can be piped from decorating bag.

Cinnamon Twists

Ingredients:

1 cup sugar
1/2 cup butter or margarine -- softened
2 teaspoons vanilla
1 egg
1 3/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon

Directions:

1. Heat oven to 375°. Beat sugar, butter, vanilla and egg in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, baking powder and salt. Divide dough in half. Stir cinnamon into one half.
3. Shape 1 level teaspoonful each, plain and cinnamon dough, into 3-inch rope. Place ropes side by side; twist gently. Repeat with remaining dough.
4. Place twists about 2 inches apart on ungreased cookie sheet.
5. Bake 8 to 10 minutes or until very light brown. Remove from cookie sheet to wire rack.

Cinnamon-Coffee Bars

Ingredients:

1 cup packed brown sugar
1/3 cup butter or margarine -- softened
1 egg
1 1/2 cups all-purpose flour
1/2 cup water
1 tablespoon instant coffee (dry)
1 teaspoon baking powder
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 teaspoon baking soda
1/2 cup raisins
1/4 cup chopped nuts
White Glaze -- (recipe follows)

WHITE GLAZE

1 cup powdered sugar
1/4 teaspoon vanilla
4 teaspoons milk (4 to 5 teaspoons)

Directions:

1. Heat oven to 350°. Grease and flour rectangular pan, 13 × 9 × 2 inches.
2. Beat brown sugar, butter and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except raisins, nuts and Glaze. Stir in raisins and nuts.
3. Spread batter in pan. Bake 20 to 22 minutes or until top springs back when touched in center.
4. Drizzle with White Glaze while warm. Let cool. Cut into 8 rows by 4 rows bars.

WHITE GLAZE:

Mix all ingredients until smooth and thin enough to drizzle.

Cinnamon-Nut Crisps

Ingredients:

2 cups all-purpose flour

1/2 cup sugar

3/4 cup shortening

2 tablespoons water (2 to 3 tablespoons)

3 tablespoons butter or margarine -- softened

2 tablespoons sugar

1 teaspoon ground cinnamon

2 tablespoons very finely chopped nuts

Sugar

Directions:

1. Heat oven to 375°. Mix flour and 1/2 cup sugar in large bowl. Cut in shortening, using pastry blender or crisscrossing 2 knives, until particles are size of small peas.

2. Add water, 1 tablespoon at a time, tossing with fork until mixture almost cleans side of bowl.

3. Roll dough into rectangle, 15 × 10 inches, on lightly floured cloth-covered surface. Spread butter over dough.

4. Mix 2 tablespoons sugar and the cinnamon; sprinkle evenly over butter. Sprinkle nuts evenly over sugar mixture. Roll up tightly, beginning at 15-inch side. Pinch edge of dough to seal.

5. Cut roll into 1/4-inch slices. Place about 2 inches apart on ungreased cookie sheet. Sprinkle with sugar.

6. Bake 10 to 12 minutes or until golden brown. Remove from cookie sheet to wire rack.

Cherry Pecan Drops

Ingredients:

1 cup granulated sugar

3/4 cup shortening

2 tablespoons milk

1 teaspoon vanilla

2 large eggs

2-1/4 cups all-purpose flour

1 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup chopped pecans

1 cup chopped dates

1/3 cup chopped maraschino cherries, well drained

1-1/2 cup coarsely crushed cornflakes cereal

15 maraschino cherries, quartered, drained

Directions:

1. Heat oven to 375 degrees.

2. Grease cookies sheets. In large bowl, combine sugar, shortening, milk, vanilla, and eggs; beat well.

3. Stir in flour, baking powder, baking soda, salt, pecans, dates, and 1/3 cup chopped cherries; mix well.

4. Cover dough with plastic wrap and refrigerate for easier handling.

5. Drop dough by rounded teaspoonful into cereal; thoroughly coat.

6. Form into balls; place 2-inches apart on greased cookie sheets. Press maraschino cherry piece into top of each ball.

7. Bake for 10-15 minutes until light golden brown.

Coconut Lime Squares

Ingredients:

For the crust:

1-1/2 cups sweetened coconut flakes

1 box white cake mix

1/2 cup unsalted butter, melted

For the filling:

2 cups granulated sugar

1/2 cup all-purpose flour

1 teaspoon baking powder

4 large eggs

1 tablespoon freshly grated lime peel

1/3 cup fresh lime juice

1/3 cup fresh lemon juice

confectioners' sugar

Directions:

1. Pre-heat oven to 350 F. Line a 9x13" baking pan with foil, letting ends extend above pan. Spray lightly with cooking spray.

2. To make the crust, spread coconut on a baking sheet. Bake 8 minutes, stirring once, until lightly toasted. Let cool.

3. In a food processor, pulse together cake mix and melted butter until evenly moistened and crumbs form. Stir in coconut.

4. Press mixture evenly into the bottom of the foil-lined baking pan. Bake 10-12 minutes until crust just begins to lightly brown at edges.

5. To make the filling, whisk sugar, flour and baking powder in a large bowl to combine.

6. Whisk in eggs, lime peel and juices until well blended. Pour over hot crust.

7. Bake 25 minutes or until topping is golden brown and set. Cool completely in pan on a wire rack.

8. Holding foil ends, lift the whole thing out of the baking pan and place on a cutting board. Allow to cool thoroughly. Dust with confectioners sugar and cut into squares.

Coconut Raspberry Ribbon Squares

Ingredients:

- 1-1/4 cup all-purpose flour
- 1/3 cup granulated sugar
- 1/2 cup butter
- 1 egg yolk
- 1/3 cup raspberry jam
- 1 (300 ml) can sweetened condensed milk
- 2 cups sweetened coconut flakes
- 5 ounces semi-sweet chocolate
- 1 tablespoon butter

Directions:

1. Preheat oven to 350 F. Stir together sugar and flour. Cut in 1/2 cup butter until mixture is crumbly. Stir in egg yolk.
2. Press mixture into the bottom of a 9x9-inch baking pan. Bake 18 to 20 minutes or until crust starts to turn golden.
3. Spread jam over the hot crust. In a bowl, mix condensed milk and coconut. Spread gently on top of jam.

4. Return to oven and bake another 25 minutes or until the surface is golden and firm. Remove from oven and set on a wire rack to cool completely.

5. In the top of a double boiler over hot (not boiling) water, melt semi-sweet chocolate and 1 tablespoon butter; stir.

6. Spread melted chocolate over coconut layer. Refrigerate to allow chocolate to harden. Remove from refrigerator 15 minutes before cutting into squares.



Colorado Cowboy Cookies

Ingredients:

2 cups all purpose flour

2 cups old-fashioned oats

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon salt

1 cup (2 sticks) unsalted butter, room temperature

3/4 cup sugar

3/4 cup plus 2 tablespoons packed dark brown sugar

2 large eggs

1 teaspoon vanilla extract

1 1/2 cups semisweet chocolate chips

1 cup chopped toasted walnuts (about 4 ounces)

Directions:

1. Whisk first 5 ingredients in medium bowl to blend, then set aside. Using an electric mixer, beat the butter and both sugars in a large bowl until light and fluffy. Add eggs and vanilla. Mix thoroughly.

2. Add dry ingredients and beat until just blended. Stir in chocolate chips and walnuts. Cover dough and chill 1 hour.

3. Preheat oven to 350°F. Form dough into balls, using 1/4 cup dough for each.

4. Place on greased baking sheets, spacing 2 inches apart. Flatten with hand to 3 1/2-inch rounds.

5. Bake 10-15 minutes or until cookies are golden brown around edges and firm in center. Transfer to cooling racks to cool completely.

Cherry Thumbprints

Ingredients:

2/3 cup unsalted butter, at room temperature

1/3 cup granulated sugar

2 large egg yolks

1 teaspoon vanilla extract

1/2 teaspoon salt

1-1/2 cups all-purpose flour

2 large egg whites

3/4 cup finely chopped walnuts

5 red glacé cherries, halved

5 green glacé cherries, halved

Directions:

1. Preheat oven to 350 F. Line baking sheets with parchment paper or a non-stick baking mat.
2. In a large bowl, beat together butter and sugar until light and fluffy. Beat in egg yolks, vanilla extract and salt. Gradually stir in flour.

3. Form dough into 20 1-inch diameter balls. Dip in lightly beaten egg whites, then roll in nuts. Place 1 inch apart on prepared cookie sheets.

4. Press down center of each with thumb to make a thumbprint. Place a cherry half in each indentation.

5. Bake for 16 to 18 minutes, or until golden brown. Cool on baking sheet for 5 minutes, then remove to a wire rack to cool completely.

Chewy Caramel Bars

Ingredients:

3/4 cup butter, melted

1 cup flour

1 cup oatmeal

3/4 cup packed brown sugar

1 teaspoon baking soda

32 caramels, unwrapped

1 tablespoon butter

3 tablespoons milk

1 package (6 oz) chocolate chips, about 1 cup

1/2 cup chopped nuts

Directions:

1. Preheat oven to 350 F. In a small mixing bowl, combine butter, flour, oatmeal, brown sugar, and baking soda; mix well.
2. Put 3/4 of butter-oatmeal mixture in an ungreased 9x13 pan, pressing evenly over the bottom of pan. Bake for 10 minutes.

3. In a saucepan, combine the caramels, butter, and milk and heat, stirring, until the caramels are melted.

4. Pour caramel mixture over the baked crust and sprinkle with chocolate chips and nuts.

5. Top with remaining butter-oatmeal mixture. Bake for 15 minutes more. Cool and cut into bars.

Chewy Chocolate Eatumm Bars

Ingredients:

3/4 cup honey

1 cup peanut butter

1 cup semi-sweet chocolate chips

1-1/2 cups mini marshmallows

3 cups rice krispies

1 cup salted peanuts

Directions:

1. In a large saucepan over medium heat, melt together the honey and peanut butter and bring to a boil.
2. Stir in chocolate chips and marshmallows, stirring until smooth. Add the cereal and peanuts. Blend well and remove from heat.
3. Pour into a lightly greased 9x13 inch pan and pat firmly with spatula. Let cool slightly and cut into bars before hardening.

Cream Squares

Ingredients:

2 eggs

1 cup sugar

1 cup whipping (heavy) cream

4 cups all-purpose flour

3 teaspoons baking powder

1 teaspoon salt

Directions:

1. Beat eggs in large bowl with electric mixer on medium speed until foamy. Gradually beat in sugar. Stir in whipping cream.
2. Stir in flour, baking powder and salt. Cover and refrigerate about 2 hours or until firm.
3. Heat oven to 375°. Grease cookie sheet. Roll half of dough at a time into rectangle, 12 × 8 inches, on lightly floured surface.
4. Cut into 2-inch squares. Place 2 inches apart on cookie sheet. Make two 1/2-inch cuts on all sides of each square.
5. Bake 10 to 13 minutes or until edges are light brown. Remove from cookie sheet to wire rack.

Bambary Tarts

Ingredients:

1/4 cup butter

1 cup brown sugar

1 egg, beaten

1/2 cup raisins

1 Tablespoon lemon juice

Directions:

1. Preheat oven to 375F. Put plump raisins in boiling water for 5 minutes. Drain on paper towels.

2. Cream room temperature butter and gradually add sugar. Beat until light. Add beaten egg. Stir in raisins and lemon juice.

3. Fill pastry-lined tart tins with a teaspoon of the mixture (about 1/3 full). Bake for 15 to 20 minutes.

Candy Corn Shortbread

Ingredients:

3/4 cup butter or margarine -- softened
1/4 cup sugar
2 cups all-purpose flour
Yellow food color
Red food color

Directions:

1. Beat butter and sugar in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour. Divide dough into 6 equal parts.
2. Combine 3 parts dough; mix with 10 drops yellow food color and 4 drops red food color to make orange dough. Combine 2 parts dough; mix with 7 drops yellow food color to make yellow dough. Leave remaining part dough plain.
3. Pat orange dough into 3/4-inch-thick rectangle, 9 × 2 inches, on plastic wrap. Pat yellow dough into 1/2-inch-thick rectangle, 9 × 1 3/4 inches. Place yellow rectangle centered on orange rectangle. Shape plain dough into 9-inch roll, 3/4 inch in diameter. Place roll on center of yellow rectangle.
4. Wrap plastic wrap around dough, pressing dough into triangle so that dough will resemble a kernel of corn when sliced. Refrigerate about 2 hours or until firm.
5. Heat oven to 350°. Cut dough into 1/4-inch slices. Place about 1 inch apart on ungreased cookie sheet. Bake 10 to 12 minutes or until set.
6. Remove from cookie sheet to wire rack. Stack dough so that the orange rectangle is on the bottom and the uncolored roll of dough is on top.

Caramel Apple Cookies

Ingredients:

1 cup sugar

1/2 cup butter or margarine -- softened

1/2 cup shortening

1 1/2 teaspoons vanilla

2 eggs

3 cups all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

Red paste food color, if desired

About 24 wooden sticks with rounded ends

Caramel Glaze -- (recipe follows)

CARAMEL GLAZE

1 (14 ounce) package vanilla caramels

1/4 cup water

Directions:

1. Heat oven to 400°. Beat sugar, butter and shortening in large bowl with electric mixer on medium speed, or mix with spoon. Stir in vanilla and eggs.
2. Stir in flour, baking soda and salt. Stir in food color to tint dough red.
3. Roll dough 1/4 inch thick on lightly floured cloth-covered surface. Cut with 3-inch round or apple-shaped cookie cutter. Place 2 inches apart on ungreased cookie sheet. Insert wooden stick into side of each cookie.
4. Bake 8 to 9 minutes or until edges are light brown. Cool 2 minutes; remove from cookie sheet to wire rack. Cool completely.
5. Spread top third of each cookie (opposite wooden stick) with Caramel Glaze. Hold cookie upright to allow glaze to drizzle down cookie.

CARAMEL GLAZE:

Heat caramels and water in 2-quart saucepan over low heat, stirring frequently, until melted and smooth. If glaze becomes too stiff, heat over low heat, stirring constantly, until softened.

Caramel Candy Bars

Ingredients:

- 1 (14 ounce) package vanilla caramels
- 1/3 cup milk
- 2 cups all-purpose flour
- 2 cups quick-cooking or old-fashioned oats
- 1 1/2 cups packed brown sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 1 cup butter or margarine -- softened
- 1 (6 ounce) package semisweet chocolate chips (1 cup)
- 1 cup chopped walnuts OR 1 cup dry-roasted peanuts

Directions:

1. Heat oven to 350°. Heat caramels and milk in 2-quart saucepan over low heat, stirring frequently, until smooth; remove from heat.

2. Mix flour, oats, brown sugar, baking soda and salt in large bowl with spoon. Stir in egg and butter until mixture is crumbly. Press half of the crumbly mixture in ungreased rectangular pan, 13 × 9 × 2 inches.

3. Bake 10 minutes.

4. Sprinkle chocolate chips and walnuts over baked layer. Drizzle with caramel mixture. Sprinkle with remaining crumbly mixture; press gently into caramel mixture.

5. Bake 20 to 25 minutes or until golden brown. Cool 30 minutes. Loosen edges from sides of pan. Cool completely. Cut into 8 rows by 4 rows.



Caramel Fudge Bars

Ingredients:

- 1 package Supreme brownie mix (with pouch of Chocolate Flavor Syrup)
- 1/4 cup milk
- 1 teaspoon vanilla
- 1 egg
- 1/2 (14 ounce) package vanilla caramels (25 caramels)
- 1 (14 ounce) can sweetened condensed milk

Directions:

1. Heat oven to 350°. Grease bottom only of rectangular pan, 13 × 9 × 2 inches. Mix brownie mix (dry; do not add chocolate syrup from pouch), milk, vanilla and egg with spoon; reserve 1 cup.
2. Press remaining brownie mixture in bottom of pan. Bake 10 minutes.
3. Heat caramels and chocolate syrup from pouch in 2-quart saucepan over medium-low heat, stirring occasionally, until caramels are melted. Stir in milk.
4. Pour over baked layer. Break up reserved brownie mixture; sprinkle over caramel.
5. Bake 25 to 30 minutes or until bubbly around edges. Cool completely; refrigerate for easier cutting. Cut into 4 rows by 6 rows. Store tightly covered.

Caramel-Pecan Cookies

Ingredients:

1/2 cup packed brown sugar
1/2 cup butter or margarine -- softened
2 tablespoons water
1 teaspoon vanilla
1 1/2 cups all-purpose flour
1/8 teaspoon salt
8 vanilla caramels
160 pecan halves (about 2 1/4 cups)
Chocolate Glaze -- (recipe follows)

CHOCOLATE GLAZE

1 ounce unsweetened baking chocolate
1 cup powdered sugar
1 teaspoon vanilla
2 teaspoons water (2 to 4 teaspoons)

Directions:

1. Heat oven to 350°. Beat brown sugar, butter, water and vanilla in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour and salt.
3. Cut each caramel into 4 pieces with sharp knife. For each cookie, group 5 pecan halves on ungreased cookie sheet.
4. Shape 1 teaspoon dough around each caramel piece to form a ball. Press ball firmly onto center of each group of pecans.
5. Bake 12 to 15 minutes or until set but not brown. Immediately remove from cookie sheet to wire rack. Cool completely. Spread tops of cookies with Chocolate Glaze.

CHOCOLATE GLAZE:

Melt chocolate in 1-quart saucepan over low heat, stirring occasionally. Stir in powdered sugar, vanilla and water until smooth and spreadable.

Caramel Filled Chocolate Cookies

Ingredients:

1 cup softened butter

1 cup white sugar

1 cup packed brown sugar

2 eggs

2 teaspoons vanilla extract

2 1/4 cups all-purpose flour

1 teaspoon baking soda

3/4 cup unsweetened cocoa powder

1 cup chopped walnuts

1 tablespoon white sugar

48 chocolate covered caramel candies

Directions:

1. Beat together butter or margarine til creamy. Gradually add sugars and beat well.

2. Add eggs and vanilla and beat well again.

3. Combine flour, baking soda and cocoa. Gradually add to the butter mixture, beating well.

4. Stir in 1/2 cup nuts. Cover and chill at least 2 hours.

5. Preheat oven to 375 degrees F. Combine remaining 1/2 cup nuts with the 1 tablespoon sugar.

6. Divide the dough into 4 parts. Work with one part at a time leaving the rest in the refrigerator. Divide each part into 12 pieces.

7. Quickly press each piece of dough around a chocolate covered caramel and roll into ball. Dip one side into sugar. Place sugar side up 2 inches apart on baking sheets.

8. Bake for 8 minutes. Let cool one minute. Remove to wire rack and cool completely.

Carrot-Molasses Cookies

Ingredients:

1 package carrot cake mix

1/4 cup butter or margarine -- softened

2 tablespoons light molasses

2 eggs

1/2 cup chopped nuts, if desired

1 tub Rich & Creamy cream cheese ready-to-spread frosting, if desired

Directions:

1. Beat half of the cake mix (dry), the butter, molasses and eggs in large bowl with electric mixer on medium speed until smooth, or mix with spoon. Stir in remaining cake mix and the nuts.
2. Refrigerate about 2 hours or until chilled.
3. Heat oven to 375°. Lightly grease cookie sheet. Drop dough by rounded teaspoonful about 2 inches apart onto cookie sheet. Bake 8 to 10 minutes or until edges are set (centers will be soft).
4. Remove from cookie sheet to wire rack. Cool completely. Frost

Carrot-Raisin Bars

Ingredients:

1 package carrot cake mix

1/2 cup vegetable oil

1/4 cup water

2 eggs

3/4 cup raisins

1/2 cup chopped nuts

1 tub Rich & Creamy cream cheese frosting

Directions:

1. Heat oven to 350°. Grease and flour jelly roll pan, 15 1/2 × 10 1/2 × 1 inch.
2. Mix cake mix (dry), oil, water and eggs in large bowl with spoon. Stir in raisins and nuts. Spread evenly in pan.
3. Bake 15 to 20 minutes or until bars spring back when touched lightly in center. Cool completely. Frost with frosting. Cut into 8 rows by 6 rows.

Banana-Cornmeal Cookies

Ingredients:

- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 1/2 cup butter or margarine -- softened
- 1/2 cup mashed very ripe banana (1 medium)
- 1 egg
- 2 1/2 cups all-purpose flour
- 1 cup yellow cornmeal
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 cup granulated sugar
- 1/2 teaspoon ground cinnamon

Directions:

1. Heat oven to 375°. Grease cookie sheet. Beat brown sugar, 1/2 cup granulated sugar, the butter, banana and egg in large bowl with electric mixer on medium speed, or mix with spoon.

2. Stir in flour, cornmeal, baking powder, salt and 1 teaspoon cinnamon. (If dough is too soft to shape, cover and refrigerate about 2 hours or until firm.)

3. Mix 1/4 cup granulated sugar and 1/2 teaspoon cinnamon. Shape dough into 1 1/4-inch balls. Place about 3 inches apart on cookie sheet. Flatten slightly in crisscross pattern with fork dipped into cinnamon-sugar mixture.

4. Bake 10 to 12 minutes or until light brown. Immediately remove from cookie sheet to wire rack.

Banana-Ginger Jumbles

Ingredients:

1 cup packed brown sugar
1/2 cup butter or margarine -- softened
1/2 cup shortening
1 teaspoon ground ginger
2 eggs
1 cup mashed very ripe bananas (2 medium)
1/4 cup milk
3 cups all-purpose flour
1 teaspoon baking powder
3/4 teaspoon salt
Powdered sugar, if desired

Directions:

1. Heat oven to 375°. Beat brown sugar, butter, shortening, ginger and eggs in large bowl with electric mixer on medium speed, or mix with spoon. Stir in bananas and milk.
2. Stir in flour, baking powder and salt.
3. Drop dough by rounded tablespoonful about 2 inches apart onto ungreased cookie sheet. Bake 9 to 11 minutes or until almost no indentation remains when touched in center.
4. Remove from cookie sheet to wire rack. Sprinkle with powdered sugar while warm.

Banana-Nut Bars

Ingredients:

1 cup sugar

1 cup mashed very ripe bananas (2 medium)

1/3 cup vegetable oil

2 eggs

1 cup all-purpose flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon ground cinnamon

1/4 teaspoon salt

1/2 cup chopped nuts

Cream Cheese Frosting -- (recipe follows)

CREAM CHEESE FROSTING

1 (3 ounce) package cream cheese -- softened

1/3 cup butter or margarine -- softened

1 teaspoon vanilla

2 cups powdered sugar

Directions:

1. Heat oven to 350°. Grease rectangular pan, 13 × 9 × 2 inches. Mix sugar, bananas, oil and eggs in large bowl with spoon.
2. Stir in flour, baking powder, baking soda, cinnamon and salt. Stir in nuts.
3. Spread batter in pan. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely.
4. Frost with Cream Cheese Frosting. Cut into 6 row by 4 rows. Store covered in refrigerator.

CREAM CHEESE FROSTING:

Directions:

1. Mix cream cheese, butter and vanilla in medium bowl. Gradually beat in powdered sugar with spoon until smooth and spreadable.

Basler Brunсли

Ingredients:

- 1 1/2 cups almonds
- 1 cup granulated sugar
- 1/2 cup powdered sugar
- 6 oz bittersweet chocolate, chopped
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 2 egg whites

Directions:

1. In a food processor, process the almonds and sugars until the almonds are powder-fine but not oily; stop the processor and scrape down the sides several times.
2. Add chocolate and mix until fine, being careful to not overmix and cause the chocolate to heat up and melt. Add spices and egg whites and mix until dough forms a mass.
3. Chill dough for about 1/2 hour.

4. Preheat oven to 350 F. Line a baking sheet with parchment paper. Generously dust a work surface with powdered sugar.

5. Roll dough to 1/2 inch thickness. Cut with a 2 inch heart-shaped cookie cutter (hearts are traditional, but you can cut them to any shape you want).

6. Place cookies on baking sheet. Put cookies into the oven and immediately reduce the temperature to 325 F. Bake for 15 minutes or until firm.

Bienenstich

Ingredients:

- 1 cup butter, firm
- 3/4 cup sugar
- 2 tablespoons honey
- 2 tablespoons milk
- 1 cup chopped or slivered almonds
- 1 teaspoon almond extract
- 1 3/4 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg

Directions:

1. Preheat oven to 350F. In a small pan, combine 1/2 cup of the butter, 1/4 cup of the sugar, honey, milk, almonds, and almond extract. Bring to a rolling boil over medium-high heat, stirring; set aside.
2. In a mixing bowl, stir together flour, remaining 1/2 cup sugar, baking powder, and salt.

3. Cut remaining 1/2 cup butter into pieces and, with a pastry blender or 2 knives, cut into flour mixture until mixture is very crumbly and no large particles remain.

4. Add egg and mix with a fork until dough holds together. Press dough evenly over bottom of an ungreased 10 by 15-inch rimmed baking pan. Pour almond mixture over dough, spreading evenly.

5. Bake 20 to 25 minutes or until topping is deep golden. Let cool in pan on a rack.

6. Cut into 2-inch squares; for smaller cookies, cut each square diagonally into 2 triangles. Store airtight.

Bisquick Butterscotch Brownies

Ingredients:

- 2 cups Bisquick baking mix
- 2-1/3 cups light brown sugar, firmly packed
- 4 large eggs
- 1/2 cup margarine, softened
- 1 (3.5 ounce) can coconut
- 1-1/2 cup chopped pecans
- 1 teaspoon vanilla extract

Directions:

1. Preheat oven to 350F. Mix all ingredients and bake in a 9x13-inch pan for 45 minutes.
2. Cool on rack, cut while warm.

Black-Eyed Susan

Ingredients:

- 3/4 cup butter or margarine -- softened
- 1/2 cup sugar
- 1 teaspoon vanilla
- 12 drops yellow food color
- 1 egg
- 1 (3 ounce) package cream cheese -- softened
- 2 cups all-purpose flour
- 3 dozen (about) large semisweet chocolate chips

Directions:

1. Beat butter, sugar, vanilla, food color, egg and cream cheese in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour. Cover and refrigerate about 2 hours or until firm.
3. Heat oven to 375°. Shape dough into 1 1/4-inch balls. Place about 2 inches apart on ungreased cookie sheet.

4. Make 3 cuts with scissors in top of each ball about three-fourths of the way through to make 6 wedges. Spread wedges apart slightly to form flower petals (cookies will flatten as they bake).

5. Bake 10 to 12 minutes or until set and edges begin to brown.

6. Immediately press 1 chocolate chip in center of each cookie. Remove from cookie sheet to wire rack. Cut balls from top into 6 wedges about 3/4 way through dough.

Cannoli

Ingredients:

For the pastry:

4 cups sifted all-purpose flour

1 tablespoon granulated sugar

1/4 teaspoon cinnamon

3/4 cup Marsala wine

1 large egg slightly beaten

For the filling:

3 pounds ricotta cheese

1-3/4 cups sifted confectioner sugar

1/2 teaspoon cinnamon

2 tablespoons chopped citron

1/4 cup semi-sweet chocolate morsels

Directions:

1. Sift flour, sugar and cinnamon together on to a bread board or table top. Make a well in the center of dry ingredients and pour wine into it. Knead dough until smooth and stiff, about 15 minutes. If dough feels wet and sticky add more flour, if too dry, add more wine.
2. Cover dough and let stand for 2 hours in cool place. Roll out very thin and cut into 5 inch circles and wrap around metal cannoli forms (5 inches long by 1 inch in diameter).
3. Fold dough around form loosely so that 1/4 of form sticks out on the ends. Seal dough on by brushing with egg yoke, and fry 2 cannoli at a time in deep hot fat until brown on both sides. Lift out gently with slotted spoon or tongs, drain on paper towels to cool.
4. Beat ricotta in a large bowl for 1 minute, add sugar and beat until very light and creamy, about 5 minutes.
5. Add cinnamon, citron, and chocolate bits, mix until blended. Keep filling in refrigerator until ready to use. Makes enough to fill 25 cannoli shells.

Candy Bar Cushions

Ingredients:

- 1 cup softened margarine
- 1 teaspoon vanilla extract
- 1 cup granulated sugar
- 1 large egg
- 2-1/2 cups all-purpose flour
- 8 Hershey bars

Directions:

1. Preheat oven to 375 F. Blend together margarine, sugar and vanilla. Beat in egg. Add flour. Beat until well blended.
2. Using a cookie press and the bar attachment, fill the cookie press with dough. Press half of the dough onto ungreased cookie sheets with the ridge side down.
3. Break candy into individual pieces. Place on dough spacing them evenly. Cover with strips of dough with the ridge side up. Score lightly between candy pieces.
4. Bake 12-13 minutes or until lightly brown on edges.

Cream Cheese Dainties

Ingredients:

1/2 cup butter, softened

3 ounces cream cheese, softened

1 teaspoon sugar

1 cup flour

1 cup preserves, any flavor

nuts of choice, optional

Directions:

1. Preheat oven to 375 F. Mix well first 4 ingredients. Divide dough in half and chill 1 hour.

2. On lightly floured surface, roll out 1/8 inch thick. Use a 2 inch diameter round cookie cutter to cut 3 dozen bases.

3. Place on ungreased cookie sheet. Put 1/4 teaspoon preserves in center of each base and sprinkle with nuts.

4. Use a 1 inch diameter round cookie cutter to cut out tops from remaining dough, rerolling scraps as necessary. Place a 1 inch top over the preserves on each 2 inch base.

5. Bake 8-10 minutes. Store in sealed container.

Cream Wafers

Ingredients:

2 cup all-purpose flour

1 cup margarine or butter

1/3 cup heavy cream

sugar

Creamy Filling (recipe below)

Directions:

1. Mix the ingredients to a dough and chill for an hour.
2. Roll out half at a time to 1/8" thick and cut in 1 1/2" rounds.
3. Carefully dip both sides of cookie in sugar and place on ungreased baking sheets lined with parchment paper.
4. Poke with a fork 4 times and bake 7-9 min. at 375. When cool fill with filling and sandwich together.

Creamy Filling:

3/4 cup powdered sugar

1 teaspoon vanilla (or other flavoring such as almond or peppermint)

1/4 cup margarine or butter

food color if desired

Directions:

1. Mix all filling ingredients until smooth, add a few drops of water if needed.

Creme de Menthe Balls

Ingredients:

- 1 cup vanilla wafer crumbs
- 3/4 cup finely chopped pecans
- 1 cup powdered sugar
- 2 tablespoon light corn syrup
- 1/3 cup green creme de menthe
- additional powdered sugar

Directions:

1. Combine wafer crumbs, pecans, 1 cup powdered sugar, corn syrup and creme de menthe, blending to make a stiff dough.
2. Roll into 1" balls, then roll in additional powdered sugar to coat.

Creme de Menthe Squares

Ingredients:

1 1/4 cups butter or margarine

1/2 cup unsweetened cocoa powder

3 1/2 cups powdered sugar -- sifted

1 egg -- beaten

1 teaspoon vanilla

2 cups graham cracker crumbs

1/3 cup creme de menthe

1 1/2 cups semi-sweet chocolate chips

For bottom layer:

In sauce pan combine 1/2 cup of the butter and the cocoa powder. Heat and stir until well blended.

Remove from heat; add 1/2 cup of the powdered sugar, the egg and vanilla. Stir in graham cracker crumbs. Mix well.

Press into bottom of an ungreased 13x9x2" baking pan.

For middle layer:

Melt another 1/2 cup of the butter. In small bowl combine the melted butter and creme de menthe.

At low speed of electric mixer beat in the remaining 3 cups powdered sugar until smooth. Spread over the chocolate layer. Chill 1 hour.

For top layer:

In small sauce pan combine the remaining 1/4 cup butter and chocolate pieces.

Cook and stir over low heat until melted. Spread over middle layer.

Chill 1 to 2 hours. Cut into small squares. Store in refrigerator.

Chocolate Linzer Hearts

Ingredients:

- 1 cup butter or margarine -- softened
- 1/2 cup sugar
- 1 teaspoon vanilla
- 2 eggs
- 1 cup hazelnuts -- toasted, skinned and ground
- 1/2 ounce semisweet baking chocolate -- finely chopped
- 2 1/2 cups all-purpose flour
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 cup raspberry jam
- 1 ounce semisweet baking chocolate -- melted

Directions:

1. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy, or mix with spoon. Beat in vanilla and eggs until smooth.
2. Add remaining ingredients except jam and melted chocolate. Beat until well blended. Cover and refrigerate 1 hour (dough will be sticky).

3. Heat oven to 375°. Roll one fourth of dough at a time between pieces of waxed paper until 1/8 inch thick. (Keep remaining dough refrigerated until ready to roll.)

4. Cut with 2-inch heart-shape cookie cutter. Cut small heart shape from center of half of the 2-inch hearts, if desired. Place on ungreased cookie sheet.

5. Bake 7 to 9 minutes or until light brown. Remove from cookie sheet to wire rack. Cool completely.

6. Spread about 1/2 teaspoon raspberry jam on bottom of whole heart cookies; top with cut-out heart cookie.

7. Drizzle with melted chocolate. Let stand until chocolate is firm.

Chocolate Mini-Chippers

Ingredients:

1/2 cup granulated sugar

1/4 cup packed brown sugar

1/4 cup butter or margarine -- softened

1 teaspoon vanilla

1 egg white or 2 tablespoons fat-free cholesterol-free egg product

1/2 cup all-purpose flour

1/2 cup whole wheat flour

1/2 teaspoon baking soda

1/4 teaspoon salt

1/2 cup miniature semisweet chocolate chips

Directions:

1. Heat oven to 375°. Beat sugars, butter, vanilla and egg white in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flours, baking soda and salt. Stir in chocolate chips.

3. Drop dough by rounded teaspoonful about 2 inches apart onto ungreased cookie sheet.

4. Bake 8 to 10 minutes or until golden brown. Cool 1 to 2 minutes; remove from cookie sheet to wire rack.

Chocolate Shortbread

Ingredients:

2 cups powdered sugar

1 1/2 cups butter or margarine -- softened

3 cups all-purpose flour

3/4 cup baking cocoa

2 teaspoons vanilla

4 ounces semisweet baking chocolate -- melted and cooled

1/2 teaspoon shortening

Creamy Frosting -- (recipe follows)

CREAMY FROSTING

3 cups powdered sugar

1/3 cup butter or margarine -- softened

1 1/2 teaspoons vanilla

2 to 3 tablespoons milk

Directions:

1. Heat oven to 325°. Beat powdered sugar and butter in large bowl with electric mixer on medium speed until light and fluffy, or mix with spoon. Stir in flour, cocoa and vanilla.
2. Roll half of dough at a time 1/2 inch thick on lightly floured surface. Cut into 3-inch rounds. Place 2 inches apart on ungreased cookie sheet.
3. Bake 9 to 11 minutes or until firm (cookies should not be dark brown). Remove from cookie sheet to wire rack. Cool completely.
4. Mix chocolate and shortening until smooth. Prepare Creamy Frosting.
5. Spread each cookie with about 1 teaspoon frosting. Immediately make three concentric circles on frosting with melted chocolate. Starting at center, draw a toothpick through chocolate circles to make spider web design. Let stand until chocolate is firm.

CREAMY FROSTING:

Mix powdered sugar and butter in medium bowl. Stir in vanilla and milk. Beat with spoon until smooth and spreadable.

Chocolate-Almond Tea Cakes

Ingredients:

3/4 cup butter or margarine -- softened
1/3 cup powdered sugar
1 1/4 cups all-purpose flour
1/2 cup hot cocoa mix (dry)
1/2 cup chopped slivered almonds -- toasted
Powdered sugar

Directions:

1. Heat oven to 325°. Beat butter and 1/3 cup powdered sugar in medium bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, cocoa mix and almonds. (If dough is soft, cover and refrigerate until firm enough to shape.)
3. Shape dough into 1-inch balls. Place about 2 inches apart on ungreased cookie sheet. Bake 12 to 15 minutes or until set.
4. Dip tops into powdered sugar while warm. Cool completely on wire rack. Dip tops into powdered sugar again.

Chocolate-Bourbon Balls

Ingredients:

1 (9 ounce) package chocolate wafer cookies -- finely crushed (2 1/3 cups)

2 cups finely chopped almonds

2 cups powdered sugar

1/4 cup bourbon

1/4 cup light corn syrup

Powdered sugar

Directions:

1. Mix crushed cookies, almonds and 2 cups powdered sugar in large bowl. Stir in bourbon and corn syrup.

2. Shape mixture into 1-inch balls. Roll in powdered sugar. Cover tightly and refrigerate at least 5 days to blend flavors.

Chocolate-Cherry Sand Tarts

Ingredients:

3/4 cup sugar

3/4 cup butter or margarine -- softened

1 egg white

1 3/4 cups all-purpose flour

1/4 cup baking cocoa

1 3/4 cups (about) cherry preserves

Chocolate Drizzle -- (recipe follows)

CHOCOLATE DRIZZLE

2/3 cup semisweet chocolate chips

1 tablespoon shortening

Directions:

1. Beat sugar, butter and egg white in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour and cocoa. Cover and refrigerate about 2 hours or until firm.

2. Heat oven to 350°. Shape dough into 1-inch balls. Press each ball in bottom and up side of each ungreased sandbakelse mold, about $1 \frac{3}{4} \times \frac{1}{2}$ inch. Spoon about $1 \frac{1}{2}$ teaspoons cherry preserves into each mold. Place on cookie sheet.

3. Bake 12 to 15 minutes or until crust is set. Cool 10 minutes; carefully remove from molds to wire rack. Cool completely.

4. Drizzle with Chocolate Drizzle.

CHOCOLATE DRIZZLE:

Melt ingredients over low heat, stirring occasionally, until smooth.

Chocolate-Covered Peanut-Chocolate Chip Cookies

Ingredients:

1 cup sugar

1/2 cup butter or margarine -- softened

1/2 cup shortening

1 teaspoon vanilla

1 egg

1 3/4 cups all-purpose flour

1/2 teaspoon baking soda

1/4 teaspoon salt

1 cup chocolate-covered peanuts

1 cup milk chocolate chips

Directions:

1. Heat oven to 375°. Beat sugar, butter, shortening, vanilla and egg in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, baking soda and salt. Stir in peanuts and chocolate chips.
3. Drop dough by rounded tablespoonful about 2 inches apart onto ungreased cookie sheet.
4. Bake 10 to 12 minutes or until edges are golden brown (centers will be soft). Cool 1 to 2 minutes; remove from cookie sheet to wire rack.

Chocolate-Glazed Graham Crackers

Ingredients:

- 1 cup shortening
- 1/2 cup packed brown sugar
- 1/4 cup honey
- 2 cups whole wheat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup semisweet chocolate chips
- 1 tablespoon shortening

Directions:

1. Heat oven to 375°. Beat 1 cup shortening, the brown sugar and honey in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, baking powder and salt.
3. Roll half of dough at a time 1/8 inch thick on lightly floured cloth-covered surface. Cut into 2 1/2-inch rounds. Place 1 inch apart on an ungreased cookie sheet.
4. Bake 7 to 9 minutes or until edges are firm. Cool 1 to 2 minutes; remove from cookie sheet to wire rack. Cool completely.
5. Melt chocolate chips and 1 tablespoon shortening over low heat, stirring occasionally, until smooth. Drizzle over cookies.

Chocolate-Mint Cookies

Ingredients:

1 cup sugar

1/2 cup butter or margarine -- softened

1 teaspoon vanilla

1 egg

2 (1 ounce) squares unsweetened chocolate -- melted and cooled

1 cup all-purpose flour

1/2 teaspoon salt

Peppermint Frosting -- (recipe follows)

1/4 cup butter or margarine

2 tablespoons corn syrup

1 (6 ounce) package semisweet chocolate chips

Crushed hard peppermint candies, if desired

PEPPERMINT FROSTING

2 1/2 cups powdered sugar

1/4 cup butter or margarine -- softened

3 tablespoons milk

1/2 teaspoon peppermint extract

Directions:

1. Heat oven to 375°. Beat sugar, 1/2 cup butter, the vanilla, egg and unsweetened chocolate in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour and salt.
2. Drop dough by rounded teaspoonful about 2 inches apart onto ungreased cookie sheet. Flatten cookies with greased bottom of glass dipped in sugar.
3. Bake until set, about 8 minutes. Cool 1 to 2 minutes; remove from cookie sheet to wire rack. Cool cookies completely.
4. Spread Peppermint Frosting over each cookie to within 1/4 inch of edge.
5. Melt 1/4 cup butter, the corn syrup and chocolate chips over low heat, stirring constantly, until smooth. Spoon or drizzle mixture over each cookie; sprinkle with crushed candies.

PEPPERMINT FROSTING:

Mix all ingredients until smooth and of spreading consistency.

Chocolate-Oatmeal Chewz

Ingredients:

1 1/2 cups sugar

1 cup butter or margarine -- softened

1/4 cup milk

1 egg

2 2/3 cups quick-cooking or old-fashioned oats

1 cup all-purpose flour

1/2 cup baking cocoa

1/2 teaspoon salt

1/2 teaspoon baking soda

Directions:

1. Heat oven to 350°. Beat sugar, butter, milk and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients.
2. Drop dough by rounded tablespoonful about 2 inches apart onto ungreased cookie sheet.
3. Bake 10 to 12 minutes or until almost no indentation remains when touched in center. Cool 1 to 2 minutes; remove from cookie sheet to wire rack.

Chocolate-Orange-Chocolate Chip Cookies

Ingredients:

1 cup sugar

2/3 cup butter or margarine -- softened

1 tablespoon grated orange peel

1 egg

1 1/2 cups all-purpose flour

1/3 cup baking cocoa

1/4 teaspoon salt

1/4 teaspoon baking powder

1/4 teaspoon baking soda

1 cup chopped pecans

1 (6 ounce) package semisweet chocolate morsels (1 cup)

1/3 cup sugar

1 teaspoon grated orange peel

Directions:

1. Heat oven to 350°. Beat 1 cup sugar, butter, 1 tablespoon grated orange peel and the egg in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, cocoa, salt, baking powder and baking soda. Stir in pecans and chocolate morsels.
3. Shape dough into 1 1/2-inch balls. Mix 1/3 cup sugar and 1 teaspoon grated orange peel. Roll balls in sugar mixture.
4. Place about 3 inches apart on ungreased cookie sheet. Flatten to about 1/2-inch thickness with bottom of glass.
5. Bake 9 to 11 minutes or until set. Cool slightly; remove from cookie sheet. Cool on wire rack.

Chocolate-Peanut Windmills

Ingredients:

1 cup sugar

1/4 cup butter or margarine -- softened

1/4 cup shortening

1/2 teaspoon vanilla

1 egg

2 ounces unsweetened baking chocolate -- melted and cooled

1 3/4 cups all-purpose flour

1 teaspoon baking powder

1/8 teaspoon salt

1/2 cup finely chopped peanuts

Directions:

1. Beat sugar, butter, shortening, vanilla and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in chocolate.

2. Stir in flour, baking powder and salt. Cover and refrigerate about 2 hours or until firm.

3. Heat oven to 400°. Divide dough in half. Roll each half into rectangle, 12 × 9 inches, on lightly floured cloth-covered surface. Sprinkle each rectangle with half of the peanuts; gently press into dough. Cut dough into 3-inch squares. Place about 2 inches apart on ungreased cookie sheet.

4. Cut squares diagonally from each corner almost to center. Fold every other point to center to resemble pinwheel.

5. Bake about 6 minutes or until set. Remove from cookie sheet to wire rack.

6. Cut squares diagonally from each corner almost to center. Fold every other point to center to resemble pinwheel.

Chocolate-Pecan Squares

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup packed brown sugar
- 3 tablespoons butter or margarine -- softened
- 1/2 cup packed brown sugar
- 1/2 cup butter or margarine
- 1 cup chopped pecans
- 1 teaspoon vanilla
- 1/2 cup semisweet chocolate chips

Directions:

1. Heat oven to 350°. Beat flour, 1/2 cup brown sugar and 3 tablespoons butter with electric mixer on low speed until blended. Beat on medium speed 1 to 2 minutes or until crumbly.
2. Press evenly in bottom of ungreased square pan, 9 × 9 × 2 or 8 × 8 × 2 inches.

3. Cook 1/2 cup brown sugar and 1/2 cup butter over medium heat, stirring constantly, until mixture begins to boil. Boil and stir 1 minute.

4. Stir in pecans and vanilla. Pour over layer in pan.

5. Bake 18 to 20 minutes or until topping is bubbly. Sprinkle evenly with chocolate chips. Bake 2 minutes longer to soften chocolate (do not spread).

6. Cool 10 minutes; loosen edges with knife. Cool completely. Cut into 6 rows by 6 rows. Store covered in the refrigerator.

Chocolate-Peppermint Refrigerator Cookies

Ingredients:

- 1 1/2 cups powdered sugar
- 1 cup butter or margarine -- softened
- 1 egg
- 2 2/3 cups all-purpose flour
- 1/4 teaspoon salt
- 1/4 cup baking cocoa
- 1 tablespoon milk
- 1/4 cup finely crushed hard peppermint candy

Directions:

1. Beat powdered sugar, butter and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour and salt. Divide dough in half. Stir cocoa and milk into one half and peppermint candy into other half.
2. Roll or pat chocolate dough into rectangle, 12 × 6 1/2 inches, on waxed paper. Shape peppermint dough into roll, 12 inches long; place on chocolate dough. Wrap chocolate dough around peppermint dough, using waxed paper to help lift. Press edges together. Wrap and refrigerate about 2 hours or until firm.

3. Heat oven to 375°. Cut roll into 1/4-inch slices. Place about 1 inch apart on ungreased cookie sheet.

4. Bake 8 to 10 minutes or until set. Remove from cookie sheet to wire rack.

Chocolate-Raspberry Cheesecake Bars

Ingredients:

- 1 package chocolate fudge cake mix
- 1/2 cup butter or margarine -- softened
- 2 (8 ounce) packages cream cheese -- softened
- 1 (6 ounce) container red raspberry yogurt (2/3 cup)
- 1 tub Rich & Creamy chocolate ready-to-spread frosting
- 3 eggs
- 1 1/2 cups raspberry pie filling or topping

Directions:

1. Heat oven to 325°. Lightly grease bottom only of rectangular pan, 13 × 9 × 2 inches.
2. Beat cake mix (dry) and butter in large bowl with electric mixer on low speed until crumbly; reserve 1 cup.
3. Press remaining crumbly mixture, using floured fingers, in bottom of pan.

4. Beat cream cheese, yogurt and frosting in same bowl on medium speed until smooth. Beat in eggs until blended. Pour into pan. Sprinkle with reserved crumbly mixture.

5. Bake about 45 minutes or until center is set. Refrigerate uncovered at least 2 hours before serving. Cut into 6 rows by 4 rows; serve with a dollop of pie filling. Store leftovers covered in refrigerator.

Chocolate Meringue Stars

Ingredients:

3 egg whites

1/2 teaspoon cream of tartar

2/3 cup sugar

2 tablespoons plus 1 teaspoon baking cocoa

1/3 cup (about) ground walnuts

Directions:

1. Heat oven to 275°. Cover cookie sheet with aluminum foil or baking parchment paper. Beat egg whites and cream of tartar in medium bowl with electric mixer on medium speed until foamy.
2. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not under beat. Fold in cocoa. (Batter will not be mixed completely; there will be some streaks of cocoa.)
3. Place meringue in decorating bag fitted with large star tip (#4). Pipe 1 1/4-inch stars onto cookie sheet. Sprinkle lightly with walnuts; brush excess nuts from cookie sheet.
4. Bake 33 to 35 minutes or until outside is crisp and dry (meringues will be soft inside). Cool 5 minutes; remove from cookie sheet to wire rack. Store in airtight container.

Chocolate Coconut Bars

Ingredients:

4 cups crushed graham crackers
1 cup butter, softened
1/2 cup powdered sugar
2 cups shredded coconut
1 (13-ounce) can evaporated milk
1 teaspoon vanilla extract
1 cup slivered almonds
12 oz. chocolate chips

Directions:

1. Preheat oven to 350F. Mix graham crackers, butter, and powdered sugar.
2. Pat into the bottom of a 9"x13" pan. Bake 10 minutes.
3. Mix coconut, milk, vanilla, and almonds. Pour over crust and bake 10 minutes at 350 F.
4. In a double boiler over low heat melt chocolate chips and spread on top of bars. Cool. Cut into squares.

Choco-Mint Snaps

Ingredients:

4 (1-ounce) squares unsweetened chocolate

4 cups all-purpose flour

2 teaspoons baking soda

1/2 teaspoon salt

1 1/4 cups vegetable shortening

2 cups sugar

2 large eggs

1/3 cup light corn syrup

2 1/2 tablespoons water

2 teaspoons peppermint extract

1 teaspoon vanilla extract

Additional sugar for rolling

Directions:

1. Melt chocolate squares in the top of a double boiler over simmering water; set aside to cool.

2. Preheat oven to 350 F. In a small bowl whisk together the flour, baking soda and salt; set aside.

3. In a large mixing bowl, using an electric mixer at medium speed, cream the shortening and 2 cups sugar until light and fluffy.

4. Add eggs and blend well. Add reserved chocolate, corn syrup, water, and extracts and blend well.

5. Stir in flour mixture until just blended. Shape dough into 1-inch balls; roll in additional sugar and place about 2-inches apart onto greased baking sheets.

6. Bake for 9 to 11 minutes. Cool a few minutes on baking sheet and transfer to wire racks to cool completely.

Chocolate Cherry Biscotti

Ingredients:

2 1/2 cups flour

1/4 cup unsweetened cocoa powder

1 tablespoon baking powder

1 cup sugar

3 beaten

1 teaspoon vanilla

1 tablespoon Kirsch

1/8 teaspoon salt

1 cup chocolate chips

1/4 cup butter

1 cup almonds, coarsely chopped

1 cup dried cherries or cranberries

Directions:

1. Preheat oven to 350F. Melt chocolate chips and butter together in the microwave or in a double boiler over low heat.

2. Line two baking sheets with parchment paper or a baking liner. In a bowl, combine flour, cocoa, and baking powder. Stir well.

3. In another large bowl, combine sugar, eggs, vanilla, Kirsch, and salt; stir in chocolate and butter until well blended. With a wooden spoon, mix in almonds and cherries or cranberries.

4. Fold in flour mixture and mix well. Dough will be stiff. Divide dough in half. Working directly on prepared cookie sheets, shape each half into a log shape measuring about 2 1/2" wide by 15" long. Place a log on each baking sheet.

5. Bake for 35 minutes, or until a toothpick inserted in center comes out clean. Alternate position of baking sheets after half the time.

6. Cool logs and baking sheets on wire racks, then transfer them to a cutting board.

7. Cut each log into diagonal 1/3" to 1/2" thick slices with a serrated knife. Lay slices on baking sheets and bake 10 minutes. Turn slices over and bake 10 minutes more, until crisp and dry. Cool on baking sheets.

Chocolate Chews

Ingredients:

1/2 cup shortening

1 2/3 cup sugar

2 eggs

2 teaspoons vanilla

1/3 cup milk

2 ounces unsweetened chocolate, melted

2 cups sifted flour

2 teaspoons baking powder

1/2 teaspoon salt

1/2 cup chopped nuts

1/2 cup powdered sugar

Directions:

1. Cream together shortening and sugar. Add eggs, vanilla, and milk. Stir in melted chocolate.

2. Stir together flour, baking powder and salt. Gradually stir into creamed mixture. Stir in nuts.

3. Chill 2-3 hours.

4. Preheat oven to 350 F. Form into 1" balls. Roll in powdered sugar.

5. Place on greased cookie sheet 2-3" apart. Bake 15 minutes. Remove to wire rack to cool.

Chocolate Peanut Butter Bars

Ingredients:

- 1 cup creamy peanut butter
- 6 tablespoons butter, softened
- 1 1/4 cups sugar
- 3 eggs
- 1 teaspoons vanilla extract
- 1 cup flour
- 1/4 teaspoon salt
- 2 cups chocolate chips

Directions:

1. Preheat oven to 350° F. In large mixing bowl, beat peanut butter and butter until smooth, about 1 minute. Add sugar, eggs and vanilla, and beat until creamy.
2. Blend in flour and salt. Stir in 1 cup of the chocolate chips. Spread into ungreased 13x9 inch baking pan.
3. Bake 25-30 minutes, or until edges begin to brown. Immediately sprinkle remaining morsels over cookie layer. Let stand 5 minutes until morsels become shiny and soft.
4. Spread the rest of the chocolate chips evenly over top. Cool completely.

Chocolate-Apricot Filled Flakies

Ingredients:

For the filling:

6 ounces semi-sweet chocolate

1/2 cup apricot preserves

For the dough:

1/2 cup milk

3 cups flour

1 tablespoon sugar

1/2 teaspoon salt

1 cup shortening, cold

1 package active dry yeast

1 egg, beaten

1 teaspoon grated lemon zest

powdered sugar

Directions:

1. Preheat oven to 350 F. Place chocolate in the top of a double boiler over hot water and melt. Stir in apricot preserves. Remove from heat and allow to cool.
2. Scald the milk and allow to cool until lukewarm.
3. Combine flour, sugar, and salt. Cut in the shortening until the mixture resembles coarse crumbs.
4. Add the yeast to the warm milk. Stir milk, egg, and lemon zest into the flour mixture. Divide into four parts.
5. Sprinkle powdered sugar lightly onto work surface. Turn out one portion of dough onto work surface, sprinkle dough lightly with powdered sugar and roll to 1/8" thickness.
6. Cut into rounds with 2 1/2" diameter round cutter. Place 1/2 teaspoon filling in the center of each round and fold over. Seal edges.
7. Bake 12-15 minutes. Dust with powdered sugar.

Chocolate Raspberry Linzer Cookies

Ingredients:

2 1/3 cups flour

1 teaspoon baking powder

1/2 teaspoon salt

1 cup granulated sugar

3/4 cup butter, softened

2 eggs

1/2 teaspoon almond extract

2 cups chocolate chips

3/4 cup raspberry jam

Confectioners' sugar

Directions:

1. In medium bowl, combine flour, baking powder and salt. Set aside.
2. In large bowl, combine sugar and butter; beat until creamy. Beat in eggs and almond extract.

3. Gradually beat in flour mixture. Divide dough in half. Wrap each half in plastic wrap and chill until firm.

4. Preheat oven to 350 degrees F.

5. On lightly floured board roll half of dough to 1/8-inch thickness. Cut with 2 1/2-inch round cookie cutter. Repeat with remaining dough.

6. Place on ungreased cookie sheet and bake for 8 to 10 minutes. Cool completely.

7. Melt chocolate chips over hot water, stir until smooth. Spread 1 teaspoon chocolate on flat side of cookie, top with 1 teaspoon of raspberry jam.

8. Put cookies together to form a sandwich and sprinkle with confectioners' sugar.

Chocolate Rum Balls

Ingredients:

3 1/4 cups crushed vanilla wafers

3/4 cup confectioners' sugar

1/4 cup unsweetened cocoa

1 1/2 cups chopped nuts

3 tablespoons light corn syrup

1/2 cup rum

Directions:

1. Combine crushed vanilla wafers, 3/4 cup confectioners' sugar, cocoa and nuts.
2. Blend in corn syrup and rum. Shape into 1-inch balls; roll in additional confectioners' sugar.
3. Store in an airtight container several days to develop flavor. Roll again in confectioners' sugar before serving.

Chocolate Sugar Cookies

Ingredients:

3 ounces unsweetened chocolate

1 cup butter

1 cup granulated sugar

1 large egg

1 teaspoon vanilla extract

2 cups all-purpose flour

1 teaspoon baking soda

1/4 teaspoon salt

additional sugar

Directions:

1. Microwave chocolate and margarine in large microwavable bowl on high 2 minutes or until margarine is melted. Stir until chocolate is completely melted.
2. Stir 1 cup sugar into melted chocolate mixture until well blended. Stir in egg and vanilla until completely blended. Mix in flour, baking soda and salt.

3. Refrigerate 30 minutes.

4. Heat oven to 375 F. Shape dough into 1" balls; roll in additional sugar. Alternately, roll out to 1/4" thick and cut with cookie cutters.

5. Place, 2" apart, on ungreased cookie sheets. (If flatter, crisper cookies are desired, flatten balls with bottom of drinking glass.) Bake 8-10 minutes or until set.

6. Remove from cookie sheets to cool on wire racks. Decorate with icing and sprinkles, if desired.

Chocolate-Dipped Almond Crescents

Ingredients:

2 cups all-purpose flour

1/8 teaspoon salt

1/2 cup sifted Dutch-process cocoa powder

1-1/4 cups butter, softened

2/3 cups granulated sugar

1-1/2 teaspoons pure vanilla extract

2 cups very finely chopped almonds

1-1/4 cups semi-sweet chocolate chips, or equivalent amount of chopped bittersweet baking chocolate

1/2 cup confectioners' sugar

Directions:

1. In a medium mixing bowl, combine flour, salt and cocoa and set aside.
2. Beat together butter and sugar until light and fluffy. Beat in vanilla and almonds. Gradually stir in flour mixture, blending well after each addition.

3. Chill dough for 2 hours or until firm enough to handle.

4. Pre-heat oven to 350 F. Form dough into crescents using a tablespoon of dough for each crescent.

5. Bake for 15 to 18 minutes or until set but not brown. Allow to cool on the baking sheet for 3 minutes, then remove to a wire rack to cool completely.

6. Melt chocolate chips in the top of a double boiler over hot (not boiling) water. Dip one half of each crescent into the melted chocolate and allow to cool and set on a sheet of waxed paper.

7. When chocolate is set, cover the chocolate-dipped end of each cookie with a small bit of waxed paper and sprinkle the other end with confectioners' sugar.

Makes about 5 dozen crescents. Store at room temperature in airtight containers in layers separated by sheets of waxed paper. Keeps about 2 weeks. Freezes well.

Easy Decorated Gingerbread Cookies

Ingredients:

1 package gingerbread cake and cookie mix

1/4 cup hot water

2 tablespoons all-purpose flour

2 tablespoons butter or margarine -- melted

Sugar

1 tub Rich & Creamy vanilla ready-to-spread frosting

Miniature chocolate chips, raisins, cut-up gumdrops, colored sugar, miniature marshmallows, red cinnamon candies,

shredded coconut, chocolate shot or shoestring licorice -- if desired

Directions:

1. Heat oven to 375°. Mix gingerbread mix, hot water, flour and butter in medium bowl with spoon until dough forms.

2. Shape dough into 1-inch balls. Place about 2 inches apart on ungreased cookie sheet. Press bottom of glass into dough to grease, then dip into sugar; press on shaped dough to flatten to 2 1/2 inches in diameter.

3. Bake 8 to 10 minutes or until edges are firm (do not overbake). Cool 1 minute; remove from cookie sheet to wire rack. Cool completely.

4. Frost with frosting. (Cover and refrigerate any remaining frosting.) Decorate as desired with chocolate chips and candies.

German Chocolate Bars

Ingredients:

2/3 cup butter or margarine -- softened

1 package German chocolate

cake mix

1 (6 ounce) package semisweet chocolate chips (1 cup)

1 tub Rich & Creamy coconut pecan

ready-to-spread frosting

1/4 cup milk

Directions:

1. Heat oven to 350°. Lightly grease rectangular pan, 13 × 9 × 2 inches.
2. Cut butter into cake mix (dry) in medium bowl, using pastry blender or crisscrossing 2 knives, until crumbly. Press half of the mixture (2 1/2 cups) in bottom of pan. Bake 10 minutes.
3. Sprinkle chocolate chips over baked layer; drop frosting by tablespoonful over chocolate chips. Stir milk into remaining cake mixture. Drop by teaspoonful onto frosting layer.
4. Bake 25 to 30 minutes or until cake portion is slightly dry to touch.
5. Cool completely. Cover and refrigerate until firm. Cut into 8 rows by 6 rows. Store covered in refrigerator.

German Chocolate Brownies

Ingredients:

2 (4 ounce) packages sweet baking chocolate

1/2 cup butter or margarine

1 1/2 cups all-purpose flour

1 cup sugar

1/2 teaspoon baking powder

1/2 teaspoon vanilla

1/4 teaspoon salt

2 eggs

Coconut-Pecan Frosting -- (recipe follows)

COCONUT-PECAN FROSTING

1/2 cup sugar

1/4 cup butter or margarine

1/3 cup evaporated milk

1/2 teaspoon vanilla

2 egg yolks

1 cup flaked coconut

2/3 cup chopped pecans

Directions:

1. Heat oven to 350°. Grease rectangular pan, 13 × 9 × 2 inches. Melt chocolate and butter in 3-quart saucepan over low heat, stirring frequently, until smooth; remove from heat.
2. Stir in remaining ingredients except Coconut-Pecan Frosting.
3. Spread batter in pan. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool completely.
4. Frost with Coconut-Pecan Frosting. Cut into 8 rows by 4 rows.

COCONUT-PECAN FROSTING:

Directions:

1. Cook sugar, butter, milk, vanilla and egg yolks in 1 1/2-quart saucepan over medium heat about 12 minutes, stirring frequently, until thickened.
2. Stir in coconut and pecans. Refrigerate about 1 hour or until spreadable.

Giant Colorful Candy Cookies

Ingredients:

- 1 cup packed brown sugar
- 3/4 cup granulated sugar
- 1 cup butter or margarine -- softened
- 1 teaspoon vanilla
- 2 eggs
- 2 1/2 cups all-purpose flour
- 3/4 teaspoon salt
- 3/4 teaspoon baking soda
- 2 cups candy-coated chocolate candies

Directions:

1. Heat oven to 375°. Beat sugars, butter, vanilla and eggs in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour, salt and baking soda. Stir in candies.
2. Drop dough by level 1/4 cupfuls or #16 cookie/ice-cream scoop about 2 inches apart onto ungreased cookie sheet. Flatten dough slightly with fork.
3. Bake 11 to 14 minutes or until edges are light brown. Cool 3 to 4 minutes; carefully remove from cookie sheet to wire rack.

Giant Honey and Oat Cookies

Ingredients:

1 1/2 cups sugar

3/4 cup butter or margarine -- softened

2/3 cup honey

3 egg whites

4 cups quick-cooking or old-fashioned oats

2 cups all-purpose flour

1 teaspoon baking soda

1/2 teaspoon salt

Directions:

1. Heat oven to 350°. Grease cookie sheet. Beat sugar, butter, honey and egg whites in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients.
2. Drop dough by level 1/4 cupful or #16 cookie/ice-cream scoop about 3 inches apart onto cookie sheet.
3. Bake 11 to 14 minutes or until edges are light brown (centers will be soft). Cool 3 to 4 minutes; remove from cookie sheet to wire rack.

Giant Toffee-Chocolate Chip Cookies

Ingredients:

1 cup packed brown sugar

1/2 cup butter or margarine -- softened

1/2 cup shortening

1/4 cup honey

1 egg

2 cups all-purpose flour

1 teaspoon baking soda

1/2 teaspoon baking powder

1/4 teaspoon salt

1 (12 ounce) package miniature semisweet chocolate chips (2 cups)

1 (7 1/2 ounce) package almond brickle chips (1 cup)

Directions:

1. Heat oven to 350°. Beat brown sugar, butter, shortening, honey and egg in large bowl with electric mixer on medium speed, or mix with spoon.

2. Stir in flour, baking soda, baking powder and salt. Stir in chocolate chips and brickle chips.

3. Drop dough by level 1/4 cupfuls or #16 cookie/ice-cream scoop about 2 inches apart onto ungreased cookie sheet.

4. Bake 12 to 14 minutes or until edges are golden brown (centers will be soft). Cool 3 to 4 minutes; remove from cookie sheet to wire rack.

Ginger Cookie Clock

Ingredients:

1 cup sugar

1/2 cup butter or margarine -- softened

1/4 cup molasses

1 egg

2 cups all-purpose flour

1 1/2 teaspoons baking soda

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground cloves

Sugar

Directions:

1. Heat oven to 375°. Grease 12-inch pizza pan or large cookie sheet.

2. Mix 1 cup sugar, the butter, molasses and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except sugar.

3. Reserve 1/3 cup dough. Press remaining dough in pan or into 12-inch circle on cookie sheet.

4. Shape reserved dough into numbers and arrows; place on dough in pan to resemble the face of a clock. Sprinkle with sugar.

5. Bake about 10 minutes or until golden brown. Cool completely. Cut or break into pieces.

Ginger Shortbread Wedges

Ingredients:

- 2/3 cup butter or margarine -- softened
- 1/3 cup powdered sugar
- 3 tablespoons finely chopped crystallized ginger
- 1 1/3 cups all-purpose flour
- 2 teaspoons granulated sugar

Directions:

1. Heat oven to 350°. Mix butter, powdered sugar and ginger in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour.
2. Pat dough into a 9-inch circle on an ungreased cookie sheet. Sprinkle with granulated sugar.
3. Bake about 20 minutes or until golden brown. Cool 10 minutes. Cut into wedges.

Ginger-Almond Cookies

Ingredients:

- 1 1/2 cups sugar
- 1 1/2 cups shortening
- 3/4 cup molasses
- 4 cups all-purpose flour
- 1 tablespoon plus 1 teaspoon ground ginger
- 1 tablespoon ground cinnamon
- 1 tablespoon ground cloves
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 1/2 cups finely chopped almonds

Directions:

1. Beat sugar, shortening and molasses in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except almonds. Stir in almonds.

2. Divide dough in half. Shape each half into roll, about 2 inches in diameter. Wrap and refrigerate at least 3 hours.

3. Heat oven to 350°. Cut dough into 1/4-inch slices. Place 2 inches apart on ungreased cookie sheet.

4. Bake about 9 minutes or until almost no indentation remains when touched lightly in center. Cool 2 minutes; remove from cookie sheet to wire rack.

NOTES:

Ginger Oatmeal Crisps

Ingredients:

2 eggs

3/4 cup sugar

1/4 tsp. ground ginger

1/2 tsp. vanilla

1/4 tsp. salt

1 Tbsp. butter, melted

2 tsp. baking powder

1 3/4 cup quick cooking oats

Directions:

1. Preheat oven to 350F then cover a large cookie sheet with ungreased foil. In a large bowl, beat eggs until frothy. Add sugar, ginger, vanilla and salt. Mix until sugar is dissolved, about 2 minutes.
2. Blend in butter and baking powder, then fold in the oats. Drop the batter onto cookie sheet in rounded teaspoonfuls spaced 2" apart.
3. Bake 10 to 12 minutes or until the edges are golden brown. Gently lift from the cookie sheet while hot and cool on a rack.

Ginger-Pecan Chews

Ingredients:

1/2 cup sugar

1/2 cup butter or margarine -- softened

1/2 cup molasses

1 egg

1 (2 ounce) jar crystallized ginger -- chopped (about 1/3 cup)

2 cups all-purpose flour

1 teaspoon ground ginger

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 cup chopped pecans

Pecan halves, if desired

Directions:

1. Heat oven to 375°. Beat sugar, butter, molasses, egg and crystallized ginger in large bowl with electric mixer on medium speed, or mix with spoon.

2. Stir in flour, ground ginger, baking soda and salt. Stir in chopped pecans.

3. Drop dough by rounded tablespoonful about 2 inches apart onto ungreased cookie sheet. Press pecan half onto each cookie.

4. Bake 12 to 14 minutes or until almost no indentation remains when touched near center. Immediately remove from cookie sheet to wire rack.

NOTES:

Gingerbread Cookies

Ingredients:

1 cup packed brown sugar

1/3 cup shortening

1 1/2 cups dark molasses

2/3 cup cold water

7 cups all-purpose flour

2 teaspoons baking soda

2 teaspoons ground ginger

1 teaspoon salt

1 teaspoon ground allspice

1 teaspoon ground cloves

1 teaspoon ground cinnamon

Creamy White Frosting -- (recipe follows)

CREAMY WHITE FROSTING

4 cups powdered sugar

1 teaspoon vanilla

5 tablespoons half-and-half

Food color, if desired

Directions:

1. Beat brown sugar, shortening, molasses and water in very large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except Creamy White Frosting. Cover and refrigerate about 2 hours or until firm.
2. Heat oven to 350°. Lightly grease cookie sheet. Roll one-fourth of dough at a time 1/4 inch thick on lightly floured surface.
3. Cut with floured gingerbread cookie cutter or other favorite shaped cutter. Place about 2 inches apart on cookie sheet.
4. Bake 10 to 12 minutes or until almost no indentation remains when touched in center. Remove from cookie sheet to wire rack. Cool completely.
5. Frost with Creamy White Frosting.

CREAMY WHITE FROSTING:

Mix all ingredients until smooth and spreadable.

Chocolate Chip Bar Cookies

Ingredients:

2 cups flour

1/2 cup wheat germ

1/2 teaspoon baking soda

1/2 teaspoon salt (optional)

1 cup butter, softened

3/4 cup firmly packed brown sugar

3/4 cup sugar

2 eggs

1 teaspoon vanilla

6 ounces chocolate chips (1 cup)

Directions:

1. Preheat oven to 375 degrees.
2. Combine flour, wheat germ, baking soda and salt. Mix well.
3. Beat butter and sugars together until light and fluffy.

4. Add the eggs and vanilla. Mix until well blended.

5. Gradually add the flour mixture. Mix well.

6. Stir in the chocolate chips.

7. Spread into a 15x10 inch jellyroll pan.

8. Bake 20-25 minutes until golden brown.

NOTES:

Chocolate Chunk Snowballs

Ingredients:

2 cups butter, softened

1 cup powdered sugar

3-1/2 cups all-purpose flour

1/2 cup cornstarch

6 (1-ounce) squares bittersweet chocolate, chopped

1 cup pecans, toasted and coarsely chopped

additional powdered sugar

Directions:

1. Preheat oven to 350 F. Beat butter and powdered sugar until light and fluffy.
2. Stir in flour and cornstarch, then chocolate and pecans.
3. Roll dough into 1-inch balls and place on ungreased baking sheets.
4. Bake 20 minutes or until lightly browned; cool on wire racks. Dust lightly with powdered sugar.

Chocolate Drizzlers

Ingredients:

2 1/4 cups flour

1/3 cup cocoa powder

1/2 teaspoon baking soda

1/2 teaspoon baking powder

1/4 teaspoon salt

3/4 cup unsalted butter, softened

1 cup sugar

1 egg

4 ounces semi-sweet chocolate, melted and cooled

3 ounces semi-sweet chocolate, finely chopped

1 teaspoon vanilla extract

3 ounces white chocolate, finely chopped

Directions:

1. In a medium bowl, whisk together flour, cocoa, baking soda, baking powder, and salt. In another bowl, beat butter and sugar until creamy, about 2 minutes with an electric mixer.

2. Beat in egg, 4 ounces of melted chocolate, and vanilla. Gradually beat in flour mixture until blended. Divide dough in half. Shape each half into a roll 2" in diameter. Wrap rolls in waxed paper and freeze for 4 hours or until very firm.

3. Preheat oven to 350F. Line two baking sheets with foil and coat them with cooking spray.

4. Cut dough into 1/4" slices. Arrange 1" apart on prepared baking sheets.

5. Bake cookies 10 to 11 minutes. Cool on sheets for 1 minute then transfer to wire racks to cool completely. Repeat process until all cookies are baked.

6. To decorate the cookies, place the chopped milk chocolate in one small zip-lock baggie and the white chocolate in another. Microwave on high 1 minute or until chocolate is melted. Knead until smooth.

7. Snip off a tiny corner of each bag and drizzle chocolate over cookie. Let cookies stand until chocolate is firm, about an hour.

Chocolate Drop Cookies

Ingredients:

- 1/2 cup shortening
- 1 3/4 cup flour
- 1 cup sugar
- 1/2 teaspoon baking soda
- 1 egg
- 1/2 teaspoon salt
- 3/4 cup buttermilk
- 1/2 cup unsweetened cocoa powder
- 2 teaspoons vanilla
- 1 cup chopped walnuts or pecans

Directions:

1. Preheat oven to 300° F.
2. Lightly grease a cookie sheet or line it with parchment paper.

3. Mix the dry ingredients together. Cream sugar and shortening together, beat in eggs, buttermilk and vanilla. Mix in nuts, if desired.

4. Place rounded tablespoonful of dough onto prepared baking sheets.

5. Bake for 8-10 minutes. Cool on baking sheet for 5 minutes. Move to a wire rack then cool completely.

NOTES:

Chocolate Florentines

Ingredients:

2/3 cup butter

2 cup quick-cooking rolled oats

1 cup granulated sugar

2/3 cup all-purpose flour

1/4 cup corn syrup

1/4 cup milk

1 teaspoon vanilla extract

1/4 teaspoon salt

1 (11.5 ounce) package of milk chocolate morsels

Directions:

1. Preheat oven to 375°F. Melt butter in a medium saucepan over low heat. Remove from heat. Stir in oats, sugar, flour, corn syrup, milk, vanilla extract and salt; mix well.

2. Drop by teaspoonful, about 3" apart, onto foil-lined cookie sheets. Spread into thin circles with a rubber spatula. Bake 5-7 minutes. Allow to cool on cookie sheets. Peel foil away from cookies.

3. In the top of a double boiler over hot (not boiling) water, melt chocolate morsels; stir until smooth. Spread chocolate on flat side of half of the cookies. Top with remaining cookies while chocolate is still warm. Allow chocolate to cool and harden before serving. Makes 3-4 dozen sandwiched cookies.

Chocolate Ginger Shortbread

Ingredients:

2 ounces bittersweet chocolates, chopped

1 cup butter, softened

1/2 cup instant dissolving sugar (also known as fruit/berry sugar or superfine sugar)

1 teaspoon vanilla

2 cups all-purpose flour

1 pinch salt

1 cup chopped crystallized ginger

Directions:

1. Preheat oven to 300 F. In heatproof bowl over saucepan of hot (not boiling) water, melt chocolate, stirring occasionally. Remove from heat and let cool.
2. Meanwhile, in bowl, beat butter with sugar until fluffy. Stir in chocolate and vanilla. Add flour and salt; stir until blended. Mix in chopped crystallized ginger.
3. Divide into 4 equal parts and chill 2 hours or until firm. Turn onto lightly floured work surface and roll out to 1/4" thickness. Cut with cookie cutters and place cookies on baking sheets lined with parchment paper.
4. Bake 30 minutes or until firm to the touch. Remove from oven and let cool for 2 minutes, then remove to wire racks to cool completely. Store in an airtight container at room temperature.

Chocolate Kiss Surprises

Ingredients:

1 cup butter, softened
1/2 cup granulated sugar
1 teaspoon vanilla extract
1-3/4 cup all-purpose flour
1 cup chopped pecans
1 (9 oz) package chocolate kisses
powdered sugar

Directions:

1. Beat together butter, sugar and vanilla until creamy. Add flour gradually until well blended. Stir in pecans. Chill dough about 1 hour.
2. Preheat oven to 375 F. Mold about 1 tablespoon of dough around each chocolate kiss, covering candy completely. Bake on ungreased cookie sheet until they just turn golden around the edges, about 10-15 minutes. Let cool slightly before removing from cookie sheet. Cool on wire racks.
3. When completely cool, dust with powdered sugar. Store in airtight container.

Chocolate Lemon Shortbread

Ingredients:

1-1/2 cups butter

1/4 cup granulated sugar

1/4 cup confectioner's sugar (icing sugar or powdered sugar)

1 large egg

zest of 1 lemon

2 tablespoons fresh lemon juice

2-1/4 cups all-purpose flour

6 ounces bittersweet chocolate

Directions:

1. Beat butter with sugars and egg until light and fluffy. Beat in lemon zest and juice.
2. Gently stir in flour until combined. Wrap dough in plastic wrap and chill in the refrigerator for about 2 hours.
3. Lightly grease baking sheets or line them with parchment paper. Pre-heat oven to 350 F.

4. On a lightly floured board, roll out dough to 1/4-inch thickness. Cut into 2-1/2" x 1" rectangles.

5. Bake 10 to 12 minutes or until edges just start to turn golden. Allow to cool 2 minutes on baking sheet then remove to wire racks to cool completely.

6. Chop chocolate into small chunks and place in the top of a double boiler over hot (not boiling) water.

7. Dip one end of the cookies in the melted chocolate. Scrape the excess chocolate off the bottom of the cookies by scraping it along the rim of a bowl.

8. Place cookies on waxed paper to cool until chocolate sets.

Chocolate Macaroons

Ingredients:

Macaroons:

1 cup almonds

3 1/2 ounces bittersweet chocolate

1 teaspoon vanilla extract

2 large egg whites

3/4 cup sugar

1 tablespoon unsalted butter

Filling:

1 3/4 ounces bittersweet chocolate

9 tablespoons crème fraiche or heavy cream

Directions:

1. Preheat the oven to 275°F (135°C). Toast the almonds on a baking sheet until browned, about 5 minutes. Remove, but leave the oven on.

2. When cool, grind the almonds to a fine powder in a food processor. In a small saucepan over very low heat, melt the 3 1/2 ounces chocolate with the vanilla.

3. In the bowl of an electric mixer on slow speed, mix the egg white, almonds, and sugar until well blended. With the machine still running, add the melted chocolate mixture, and continue beating until thoroughly blended.

4. Butter a baking sheet (or line with cooking parchment paper, then butter the paper). Spoon the batter onto the baking sheet, allowing 1 heaping tablespoon of batter for each macaroon.

5. Bake just until the macaroons are set, 15 to 18 minutes. They should be slightly firm but not dry. Transfer the macaroons to a rack to cool.

6. Meanwhile, prepare the filling. In a small saucepan over very low heat, melt the 1 3/4 ounces chocolate. Add the crème fraiche or heavy cream and stir until well blended. Set aside to cool.

7. When the macaroons and the filling have cooled, spread a heaping tablespoon of the filling on half the macaroons, and cover each with a second macaroon making a sort of sandwich. The macaroons may be served immediately, though they are best if they sit for a few hours.

Chocolate Nuggets

Ingredients:

3/4 cup butter

1 cup granulated sugar

1/2 teaspoon vanilla extract

2 tablespoons milk

1 large egg

1/4 teaspoon salt

2 ounces (2 squares) semi-sweet chocolate, melted

2-1/2 cups sifted all-purpose flour

jimmies or chopped nuts

Directions:

1. Beat butter and sugar together until fluffy. Add vanilla, milk, egg, salt and chocolate and mix well. Add flour gradually.
2. Chill dough for about 1 hour.
3. Pre-heat oven to 375 F. Using approximately 1 tablespoon of dough, roll into 1-inch balls, then roll in jimmies or chopped nuts.
4. Bake on ungreased baking sheet for 10-12 minutes. Allow to cool on wire racks.

Chocolate Nut Crinkles

Ingredients:

2 cups all-purpose flour
1-1/3 teaspoon baking powder
1/3 tea spoon salt
1/3 cup unsweetened cocoa powder
1 cup solid vegetable shortening
1 cup sugar
3 large eggs
2 teaspoons vanilla
1-1/2 cups finely chopped walnuts or pecans
1-1/2 cups powdered sugar

Directions:

1. In a mixing bowl, stir together flour, baking powder, salt and cocoa powder.
2. In a large mixing bowl, beat together shortening and sugar until creamy. Beat in eggs and vanilla.

3. Stir flour mixture into shortening mixture. Cover and chill dough 2 hours or until easy to handle.

4. Pre-heat oven to 375 and grease 2 baking sheets. Shape dough into 1" balls. Roll in nuts and then in powdered sugar.

5. Place 2" apart on prepared baking sheets and bake for 8 to 10 minutes or until edges are set and tops are cracked.

6. Allow to cool 1 minute on baking sheets, then remove to wire racks to cool completely. Store in an airtight container at room temperature for about 2 weeks.

Chocolate Orange Balls

Ingredients:

- 1 9-ounce box of vanilla wafer cookies
- 2 1/4 cups confectioner's sugar
- 1/4 cup unsweetened cocoa powder
- 1/3 cup orange juice concentrate
- 1/4 cup light corn syrup
- 1 1/2 cups pecan pieces

Directions:

1. In a food processor, combine the vanilla wafers, 2 cups of the confectioner's sugar, cocoa powder, orange juice concentrate, and corn syrup. Process until the cookies are ground to crumbs and mixture is evenly blended.
2. Add the pecan pieces and pulse process until the nuts are finely chopped.
3. Transfer the mixture to a bowl and form into 1" balls. Roll balls in 1/4 cup confectioner's sugar to coat. Store in an airtight container in refrigerator for up to 1 month.

Chocolate Peanut Butter Crispy Balls

Ingredients:

- 1 (18 ounce size) jar of peanut butter
- 2 cups Rice Krispies cereal
- 1 1/2 cups powdered sugar
- 1/4 teaspoon vanilla extract
- 1 cup chocolate chips

Directions:

1. In a double boiler over low heat, melt chocolate and set aside.
2. In a medium sized bowl, combine all other ingredients. Blend well until mixture forms a dough.
3. Roll into 1-inch balls. Using a toothpick or fork, dip the balls into the chocolate until well coated.
4. Place onto a cookie sheet lined with wax paper. Refrigerate for 30 minutes.

Chocolate Peanut Butter Cup Cookies

Ingredients:

For the cookies:

- 1 cup semi-sweet chocolate chips
- 2 squares (2 oz.) unsweetened chocolate
- 1 cup sugar
- 1/2 cup butter or shortening
- 2 eggs
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 1/2 cups plus 2 tablespoons all-purpose flour
- 1/2 teaspoon baking soda

For the garnish:

- 3/4 cup finely chopped peanuts
- 36 miniature Peanut Butter Cups, frozen and unwrapped
- 1 cup peanut butter baking chips
- 1/2 cup semi-sweet chocolate chips

Directions:

1. Preheat oven to 350 F. Combine chocolate in bowl and microwave at 50% for about 2 minutes, stir and repeat until smooth and melted. Cool slightly.
2. Combine sugar and butter or shortening in large bowl. Beat at medium speed with electric mixer until blended and crumbly.
3. Beat in eggs, one at a time, then salt and vanilla. Reduce speed to low. Add chocolate slowly. Mix until well blended.
4. Stir in flour and soda with spoon until well blended. Shape dough into 1-1/4 inch balls. Roll in chopped peanuts.
5. Place 2 inches apart on ungreased baking sheets. Bake for 8-10 minutes or until set.
6. Press a frozen peanut butter cup into the center of each cookie immediately upon removing them from the oven. Press cookies up against peanut butter cup if desired for appearance, but do not touch the peanut butter cup again since it is now melted, it must remain intact. Cool completely.
7. Melt the peanut butter chips and drizzle back and forth over the cookies using a parchment pouch or plastic bag with a little snip off the corner. Repeat with the chocolate, only drizzling at another angle from the peanut drizzle.

Butter Crunch Clusters

Ingredients:

- 1/2 cup butter or margarine
- 2/3 cup packed brown sugar
- 1 tablespoon corn syrup
- 2 cups Cheerios® cereal
- 1 cup salted cocktail peanuts or Spanish peanuts

Directions:

1. Heat butter in 3-quart saucepan over low heat until melted. Stir in brown sugar and corn syrup. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute; remove from heat.
2. Stir in cereal and peanuts until well coated. Drop mixture by tablespoonfuls onto waxed paper; cool.

Chocolate Chip Blondies

Ingredients:

2 1/4 cups flour

2 1/2 teaspoons baking powder

1/2 teaspoon salt

2/3 cup butter

2 1/4 cups firmly packed light brown sugar

3 eggs

1/2 teaspoon vanilla

1 cup semisweet chocolate chips

1 cup walnuts, chopped

Directions:

1. Preheat oven to 350F. Grease a 9x13" baking pan and set aside.
2. In the microwave, melt the butter. In a medium bowl, combine flour, baking powder and salt; set aside.

3. In a large bowl using an electric mixer, beat butter and brown sugar. Slowly beat in the eggs, mixing until batter is smooth.

4. On low speed, gradually mix in the flour mixture. Batter will be very stiff. Stir in the chocolate chips and nuts.

5. Spread the batter in the baking pan, smoothing it into the corners.

6. Bake 25 minutes or until the blondies begin pulling away from the sides of the pan. Let cool to room temperature in the pan on a wire rack, then cut into bars.

Chocolate Chip Brickle Bars

Ingredients:

- 1/2 cup margarine or butter
- 1 1/2 cups graham cracker crumbs
- 14 ounces sweetened condensed milk
- 6 ounces almond brickle chips
- 6 ounces semisweet chocolate morsels
- 1 cup chopped nuts

Directions:

1. Melt margarine in 13-by-9-inch pan in a preheated 350-degree oven (325 degrees for glass pan). Sprinkle crumbs over margarine; pour sweetened condensed milk evenly over crumbs.
2. Top with almond brickle chips, chocolate morsels and chopped nuts; press down firmly.
3. Bake until lightly browned, 20 to 25 minutes. Let cool; chill if desired. Cut into bars. Store, covered, at room temperature.

Chocolate Chip Cookies

Ingredients:

1 package butter pecan, chocolate chip, chocolate fudge, devil's food, German, chocolate or yellow cake mix

1/2 cup butter or margarine -- softened

1 teaspoon vanilla

2 eggs

1/2 cup chopped nuts

1 (6 ounce) package semisweet chocolate chips (1 cup)

Directions:

1. Heat oven to 350°. Beat half of the cake mix (dry), the butter, vanilla and eggs in large bowl with electric mixer on medium speed until smooth, or mix with spoon.
2. Stir in remaining cake mix, the nuts and chocolate chips.
3. Drop dough by rounded teaspoonful about 2 inches apart onto ungreased cookie sheet.
4. Bake 10 to 12 minutes or until edges are set (centers will be soft). Cool 1 minute; remove from cookie sheet to wire rack.

Chocolate Chip Spritz

Ingredients:

2/3 cup sugar

1 cup butter, softened

1 egg

1/2 teaspoon salt

2 teaspoons vanilla

1/4 cup coarsely grated semi-sweet chocolate

2 1/4 cups all-purpose flour

Directions:

1. Heat oven to 400F. In large mixer bowl combine sugar, butter, egg, salt, and vanilla. Beat at medium speed, scraping bowl often, until mixture is light and fluffy, 2 to 3 minutes.
2. Add flour and coarsely grated semi-sweet chocolate. Beat at low speed, scraping bowl often, until well mixed, 2 to 3 minutes. If dough is too soft, cover and refrigerate until firm enough to form cookies, 30 to 45 minutes.
3. Place dough in cookie press. Form desired shapes 1 inch apart on cookie sheets.
4. Bake for 6 to 8 minutes or until edges are lightly browned.

Chocolate Chip Cookies Deluxe

Ingredients:

1 cup packed brown sugar

3/4 cup granulated sugar

1 cup butter or margarine -- softened

1 teaspoon vanilla

2 eggs

2 1/2 cups all-purpose flour

3/4 teaspoon baking soda

3/4 teaspoon salt

1 cup chopped walnuts

1 (12 ounce) package semisweet chocolate chips (2 cups)

Directions:

1. Heat oven to 375°. Beat sugars and butter in large bowl with electric mixer on medium speed about 3 minutes or until fluffy, or mix with spoon. Beat in vanilla and eggs.
2. Stir in flour, baking soda and salt. Stir in walnuts and chocolate.
3. Drop dough by level 1/4 cupfuls or #16 cookie/ice-cream scoop about 2 inches apart onto ungreased cookie sheet. Flatten slightly with fork.
4. Bake 11 to 14 minutes or until edges are light brown (centers will be soft). Cool 3 to 4 minutes; remove from cookie sheet to wire rack.

Chocolate Chip Bars

Ingredients:

2 cup flour

1/2 cup wheat germ

1/2 teaspoon baking soda

1/2 teaspoon salt (optional)

1 cup softened butter

3/4 cup firmly packed brown sugar

3/4 cup sugar

2 eggs

1 teaspoon vanilla

6 ounces chocolate chips

Directions:

1. Preheat oven to 375 degrees. In a mixing bowl add flour, wheat germ, baking soda and salt and mix well.
2. In another bowl blend together butter and sugars until light and fluffy.
3. Add eggs and vanilla, mixing well
4. Gradually add the flour mixture. Mix well. Stir in the chocolate chips.
5. Spread into 15x10 inch jelly roll pan. Bake 20-25 minutes, until golden brown. Cool on wire rack. Cut into bars.

Chocolate Chip Sandwich Cookies

Ingredients:

1 1/4 cups packed brown sugar
1/2 cup butter or margarine -- softened
1 egg
1 1/4 cups all-purpose flour
1/4 teaspoon baking soda
1/8 teaspoon salt
1 cup miniature semisweet chocolate chips
Chocolate Frosting -- (recipe follows)

CHOCOLATE FROSTING

2 ounces unsweetened baking chocolate
2 tablespoons butter or margarine
2 cups powdered sugar
3 tablespoons hot water

Directions:

1. Heat oven to 350°. Lightly grease cookie sheet. Beat brown sugar, butter and egg in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, baking soda and salt. Stir in chocolate chips.
3. Drop dough by level teaspoonfuls about 2 inches apart onto cookie sheet (dough will flatten and spread).
4. Bake 8 to 10 minutes or until golden brown. Cool 1 to 2 minutes; remove from cookie sheet to wire rack. Cool completely.
5. Spread 1 teaspoon Chocolate Frosting between bottoms of pairs of cookies.

CHOCOLATE FROSTING:

Melt chocolate and butter in 2-quart saucepan over low heat, stirring occasionally; remove from heat. Stir in powdered sugar and hot water until smooth and spreadable. (If frosting is too thick, add more water. If frosting is too thin, add more powdered sugar.)

Chocolate Chip-Pecan Bars

Ingredients:

1 package French vanilla

cake mix

1/2 cup butter or margarine -- softened

2 cups pecan halves

2/3 cup butter or margarine

1/2 cup packed brown sugar

1 (6 ounce) package semisweet chocolate chips (1 cup)

Directions:

1. Heat oven to 350°. Mix cake mix (dry) and 1/2 cup butter in medium bowl, using pastry blender or crisscrossing 2 knives, until crumbly.
2. Press firmly in bottom of ungreased rectangular pan, 13 × 9 × 2 inches. Bake 8 to 10 minutes or until light brown.
3. Sprinkle pecan halves evenly over baked layer. Heat 2/3 cup butter and the brown sugar to boiling in 2-quart saucepan over medium heat, stirring occasionally; boil and stir 1 minute. Spoon mixture evenly over pecans.
4. Bake about 20 minutes or until bubbly and light brown. Sprinkle chocolate chips over warm bars; cool. Cut into 8 rows by 4 rows.

Chocolate Cookies

Ingredients:

1 package devil's food

cake mix

1/3 cup vegetable oil

2 eggs

Sugar

Directions:

1. Heat oven to 350°. Mix cake mix (dry), oil and eggs in large bowl with spoon until dough forms.
2. Shape dough into 1-inch balls; roll in sugar. Place about 2 inches apart on ungreased cookie sheet.
3. Bake 8 to 10 minutes or until set. Remove from cookie sheet to wire rack.

Chocolate Drop Cookies

Ingredients:

1 cup sugar

1/2 cup butter or margarine -- softened

1/3 cup buttermilk

1 teaspoon vanilla

2 ounces unsweetened baking chocolate -- melted and cooled

1 egg

1 3/4 cups all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup chopped nuts

Chocolate Frosting -- (recipe follows)

CHOCOLATE FROSTING

2 ounces unsweetened baking chocolate

2 tablespoons butter or margarine

2 cups powdered sugar

3 tablespoons hot water

Directions:

1. Heat oven to 375°. Grease cookie sheet. Beat sugar, butter, buttermilk, vanilla, chocolate and egg in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, baking soda and salt. Stir in nuts.
3. Drop dough by rounded tablespoonfuls about 2 inches apart onto cookie sheet. Bake 8 to 10 minutes or until almost no indentation remains when touched in center.
4. Immediately remove from cookie sheet to wire rack. Cool completely. Frost with Chocolate Frosting.

CHOCOLATE FROSTING:

Melt chocolate and butter in 2-quart saucepan over low heat, stirring occasionally; remove from heat. Stir in powdered sugar and hot water until smooth and spreadable. (If frosting is too thick, add more water. If frosting is too thin, add more powdered sugar.)

Buttergebäck

Ingredients:

3 eggs

1-1/8 cup butter, softened

1-1/8 cup sugar

2-1/2 tablespoons vanilla sugar

2-1/4 cups flour

2 tablespoons condensed milk

1 egg yolk

Directions:

1. Hard boil the 3 eggs in boiling water (about 10 minutes) and let cool. Peel the eggs and reserve the yolks. Discard egg whites. Pass the egg yolks through a chinoise or strainer.
2. Beat the yolks with the butter, sugar, and vanilla sugar until creamy. Sift the flour and add to the butter mixture. Mix well.
3. Wrap in plastic wrap and let chill in the refrigerator for 1 hour.
4. Preheat oven to 350 F. Lightly grease a cookie sheet. Roll out dough on a floured board to 1/8" thick. Cut into desired shapes with cookie cutters and place cookies on cookie sheet.
5. Mix the raw egg yolk with the condensed milk and brush the top of each cookie with this mixture. Bake for about 18 minutes or until lightly golden.

Gingerbread Men

Ingredients:

- 1/2 cup plus 1 tablespoon shortening
- 1/2 cup brown sugar
- 2 eggs
- 1 small box butterscotch instant pudding mix
- 1 1/2 cups flour
- 1 1/2 teaspoons ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon baking soda

Directions:

1. Cream the shortening and sugar, add eggs and mix well. Add dry pudding mix and flour and spices.
2. Mix well. Roll the dough to about 1/4 inch thick and cut with a gingerbread man cookie cutter.
3. Bake on greased cookie sheet for 10 to 12 minutes at 350 degrees F.

Gingerbread Spritz

Ingredients:

1 cup butter, at room temperature

1/2 cup molasses

1/4 cup packed light brown sugar

1 large egg

1 teaspoon vanilla extract

2-3/4 cups all-purpose flour

1/2 teaspoon baking powder

1/4 teaspoon salt

1/2 teaspoon ground nutmeg

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/4 teaspoon ground ginger

Directions:

1. Preheat oven to 400 F. In a large mixing bowl beat together butter, molasses and brown sugar until light and fluffy. Beat in egg and vanilla until well blended. Set aside.

2. In another bowl, stir together flour, baking powder, salt, nutmeg, cinnamon, cloves and ginger. Stir into creamed mixture until well blended.

3. Divide dough into fourths. Place 1/4 of dough in a cookie press and press out cookies onto ungreased baking sheet (for best results, use a shiny silver baking sheet and not the kind with a non-stick coating).

4. Bake for 7 to 10 minutes or until set, but not brown.

5. Allow to cool for 2 minutes on baking sheet, then remove to wire racks to cool. If desired, decorate with Royal Icing.

Gingerbread Village

Ingredients:

1/2 cup packed brown sugar
1/4 cup shortening
3/4 cup dark molasses
1/3 cup cold water
3 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground ginger
1/2 teaspoon salt
1/2 teaspoon ground allspice
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
Gingerbread Frosting -- (recipe follows)
Assorted candies and nuts

GINGERBREAD FROSTING

2 cups powdered sugar
1/3 cup shortening
2 tablespoons light corn syrup
5 teaspoons milk (5 to 6 teaspoons)

Directions:

1. Heat oven to 350°. Grease square pan, 9 × 9 × 2 inches, and jelly roll pan, 15 1/2 × 10 1/2 × 1 inch. Beat brown sugar, shortening and molasses in large bowl with electric mixer on medium speed, or mix with spoon. Stir in water. Stir in remaining ingredients except Frosting and assorted candies.
2. Press one third of dough into square pan. Press remaining dough into jelly roll pan. Bake 1 pan at a time about 15 minutes or until no indentation remains when touched in center. Cool 5 minutes.
3. Invert onto large cutting surface. Immediately cut jelly roll into fourths and then into buildings. Cut square into braces. Cool completely.
4. Cover piece of cardboard, about 28 × 10 inches, with aluminum foil. Decorate front of buildings as desired with Frosting and assorted candies and nuts. Use frosting to attach supports to backs of buildings, buildings to cardboard and sidewalk to cardboard. Complete by decorating as desired.

GINGERBREAD FROSTING:

Mix all ingredients until smooth and spreadable.

Gingerpop Cookies

Ingredients:

1 (14 1/2 ounce) package gingerbread cake and cookie mix

1/3 cup lukewarm water

About 18 wooden sticks with rounded ends

Sugar

Easy Pink Frosting -- (recipe follows)

Candy-coated chocolate candies, candy corn, licorice or gumdrops, if desired

EASY PINK FROSTING

1 cup vanilla ready-to-spread frosting

2 drops red food color

Directions:

1. Mix gingerbread mix (dry) and water in large bowl with spoon. Cover dough with plastic wrap and refrigerate about 15 minutes or until slightly firm.
2. Heat oven to 375°. Shape dough into 1 1/4-inch balls. Insert wooden stick into side of each ball until tip of stick is in center of ball. Place balls about 2 inches apart on ungreased cookie sheet.
3. Press bottom of glass into dough to grease, then dip into sugar; press on balls to flatten slightly. Bake 8 to 10 minutes or until edges are firm. Cool 1 minute; remove from cookie sheet with spatula to wire rack. Cool completely.
4. Spread Easy Pink Frosting over each cookie with knife, then immediately top with candies to make a face design or decorate as desired.

EASY PINK FROSTING:

Mix ingredients until pink and smooth.

Glazed Chocolate Pockets

Ingredients:

- 1/4 cup powdered sugar
- 1 (3 ounce) package cream cheese -- softened
- 1/2 teaspoon vanilla
- 1/3 cup flaked coconut
- 3/4 cup butter or margarine -- softened
- 2/3 cup granulated sugar
- 1 egg
- 2 cups all-purpose flour
- 1/3 cup baking cocoa
- 1/4 teaspoon salt
- Two-Way Glaze -- (recipe follows)

TWO-WAY GLAZE

- 1 cup powdered sugar
- 4 teaspoons milk (4 to 6 teaspoons)
- 1 tablespoon baking cocoa
- 1 teaspoon milk (1 to 2 teaspoons)

Directions:

1. Heat oven to 375°. Mix powdered sugar and cream cheese with spoon until thoroughly blended. Stir in vanilla and coconut; reserve.
2. Beat butter, granulated sugar and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour, cocoa and salt.
3. Roll dough into rectangle, 16 × 12 inches, on lightly floured cloth-covered surface. Cut into 4-inch squares.
4. Cut squares diagonally in half to form triangles. Place 1 level teaspoon coconut mixture in center of each triangle; flatten slightly. Fold points of triangle to corner, and press edges to seal. Place on ungreased cookie sheet.
5. Bake 10 to 12 minutes or until set. Remove from cookie sheet to wire rack. Cool completely.
6. Drizzle with Two-Way Glaze.

TWO-WAY GLAZE:

Directions:

1. Mix powdered sugar and 4 to 6 teaspoons milk in 2-cup liquid measuring cup until thin enough to drizzle.
2. Drizzle about half of the glaze over cookies by pouring from measuring cup. (About 3 tablespoons will remain.)
3. Stir cocoa and 1 to 2 teaspoons milk into remaining glaze in cup. Drizzle chocolate glaze over vanilla glaze on cookies.

Golden Cereal-Nut Clusters

Ingredients:

1/2 pound vanilla-flavored candy coating

3 cups Golden Grahams® cereal

1/2 cup salted peanuts

1/2 cup miniature marshmallows

Directions:

1. Chop candy coating into small pieces; place in heavy 10-inch skillet.
2. Cover and heat over low heat about 5 minutes or until coating is soft; remove from heat. Stir until smooth and creamy.
3. Stir in cereal until well coated. Stir in peanuts and marshmallows. Drop mixture by rounded tablespoonfuls onto waxed paper, or spread mixture evenly on waxed paper or aluminum foil. Let stand 1 to 2 hours or until completely set.

Goldfish Drops

Ingredients:

1 cup butterscotch-flavored chips

1 tablespoon shortening

1 (6 ounce) package original flavor tiny fish-shaped crackers (about 3 1/2 cups)

1 cup broken pretzel sticks

Directions:

1. Grease cookie sheet. Melt butterscotch chips and shortening in 3-quart saucepan over low heat, stirring constantly, until smooth; remove from heat.
2. Stir in crackers and pretzels until well coated.
3. Drop mixture by rounded tablespoonfuls onto cookie sheet. Let stand about 1 hour or until firm. Carefully remove from cookie sheet.

Goosey Butter Cookies

Ingredients:

8 ounces cream cheese (1 package)

1/2 cup butter, softened

1 egg

1/4 teaspoon vanilla extract

1 18.5-ounce package yellow cake mix

1/4 cup powdered sugar

Directions:

1. Preheat oven to 350 F (175 degrees C). In a medium bowl, cream together the cream cheese and butter. Stir in the egg and vanilla. Add cake mix, and stir until well blended.
2. Roll into 1" balls and then roll the balls in the powdered sugar. Place 1 inch apart onto an ungreased cookie sheet. Bake for 10 to 13 minutes.
3. Remove from baking sheets to cool on wire racks.

Granola Cookies

Ingredients:

1 package yellow cake mix

3/4 cup shortening

1/2 cup packed brown sugar

2 eggs

1 1/2 cups Nature Valley® low-fat fruit granola

1/2 cup chopped nuts, if desired

Directions:

1. Heat oven to 375°. Beat half of the cake mix (dry), the shortening, brown sugar and eggs in large bowl with electric mixer on medium speed until smooth, or mix with spoon.
2. Stir in remaining cake mix, the granola and nuts.
3. Drop dough by teaspoonfuls about 2 inches apart onto ungreased cookie sheet.
4. Bake 10 to 12 minutes or until light brown. Cool 1 minute; remove from cookie sheet to wire rack.

Gumdrop Drop Cookies

Ingredients:

1 cup shortening
1 cup brown sugar
1 cup white sugar
2 eggs
2 cups chopped gum drops, spiced
2 teaspoons vanilla
1/2 cup milk
3 cups flour
1 teaspoon baking soda
1 teaspoon salt
2 teaspoon cinnamon
1/4 teaspoon ginger
1/4 teaspoon cloves

Directions:

1. Cream together shortening with sugars.

2. Add eggs then blend.
3. Add dry ingredients with milk.
4. Add the cut spiced gum drops and vanilla.
5. Drop onto greased cookie sheet approximately 2 inches apart.
6. Bake in a 350 degree oven until golden brown.
5. Remove from pan, using foil to lift; fold back foil. Cut into 6 rows by 6 rows. Refrigerate about 2 hours or until firm. Store covered in refrigerator.

No-Roll Coconut-Sugar Cookies

Ingredients:

2 cups sugar

2 cups butter or margarine -- softened

1 cup flaked coconut

1 teaspoon vanilla

3 cups all-purpose flour

1 teaspoon baking soda

1/2 teaspoon salt

Sugar

Directions:

1. Heat oven to 350°. Beat 2 cups sugar, the butter, coconut and vanilla in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, baking soda and salt.
3. Shape dough by rounded teaspoonfuls into balls. Place about 3 inches apart on ungreased cookie sheet.
4. Press bottom of glass into dough to grease, then dip into sugar; press on shaped dough to flatten slightly.
5. Bake 8 to 10 minutes or until edges are golden brown. Remove from cookie sheet to wire rack.

No-Roll Sugar Cookies

Ingredients:

- 1 cup granulated sugar
- 1 cup powdered sugar
- 1 cup butter or margarine -- softened
- 1 cup vegetable oil
- 2 teaspoons vanilla
- 3 1/2 cups all-purpose flour
- 3/4 cup cornstarch
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1/2 teaspoon salt
- Granulated sugar

Directions:

1. Beat sugars, butter, oil and vanilla in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except granulated sugar.

2. Cover and refrigerate about 2 hours or until firm.

3. Heat oven to 375°. Shape dough into 1-inch balls. Place about 2 inches apart on ungreased cookie sheet.

4. Press bottom of glass into dough to grease, then dip into granulated sugar; press on shaped dough until about 1/4 inch thick. Bake 6 to 8 minutes or until set but not brown.

5. Immediately remove from cookie sheet to wire rack.

Black Walnut Cookies

Ingredients:

- 1 cup butter or margarine
- 1 cup dark brown sugar
- 1 large egg
- 1/2 teaspoon baking soda
- 1 teaspoon maple flavoring
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 1/2 cups chopped black walnuts

Directions:

1. Beat together butter and sugar until creamy. Beat in egg and add maple flavoring. Add in flour and baking soda, then add baking powder dissolved in a couple drops of water.
2. Add nuts and mix well. Divide dough into thirds and roll into logs. Refrigerate until firm (about 1 hour.)
3. Preheat oven to 400 degrees F (205 degrees C). Slice logs into thin cookies.
4. Bake for 9 minutes or until light brown in color.

Bourbon Balls

Ingredients:

3 cups finely crushed vanilla wafers (about 75)

2 cups powdered sugar

1 cup finely chopped pecans or walnuts (about 4 ounces)

1/4 cup cocoa

1/2 cup bourbon

1/4 cup light corn syrup

Powdered or granulated sugar

Directions:

1. Mix crushed wafers, powdered sugar, pecans and cocoa.
2. Stir in bourbon and corn syrup.
3. Shape mixture into 1-inch balls. Roll in powdered sugar.
4. Refrigerate in tightly covered container several days before serving.

Brandied Fruit Drops

Ingredients:

3/4 cup packed brown sugar
1/2 cup butter or margarine -- softened
1/3 cup brandy
2 eggs
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1 cup chopped pecans
1 cup dried apricots -- chopped
1/2 cup currants
1/2 cup golden raisins

Directions:

1. Heat oven to 350°. Grease cookie sheet. Beat brown sugar, butter, brandy and eggs in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, baking powder, cardamom, cinnamon and nutmeg. Stir in remaining ingredients.
3. Drop dough by rounded teaspoonfuls about 2 inches apart onto cookie sheet.
4. Bake 9 to 11 minutes or until light brown. Remove from cookie sheet to wire rack.

Brandy Snap Cups

Ingredients:

- 1/4 cup butter or margarine
- 1/4 cup dark corn syrup
- 2 tablespoons plus 2 teaspoons brown sugar
- 1 teaspoon brandy
- 6 tablespoons all-purpose flour
- 1/4 teaspoon ground ginger
- 4 cups mixed fresh strawberries and raspberries
- 2/3 cup raspberry jam -- melted

Directions:

1. Heat oven to 350°. Heat butter, corn syrup and brown sugar to boiling in 1 1/2-quart saucepan, stirring frequently; remove from heat. Stir in brandy.
2. Mix flour and ginger; gradually stir into syrup mixture.
3. Drop dough by heaping teaspoonfuls at least 5 inches apart onto lightly greased cookie sheets or line sheets with baking parchment paper.

4. Bake until cookies have spread into 4- or 5-inch rounds and are golden brown, 3 to 4 minutes (watch carefully as these cookies brown quickly).

5. Cool cookies 1 to 3 minutes before removing from cookie sheets.

6. Working quickly, shape over inverted drinking glass about 2 to 2 1/2 inches in diameter. Allow cookies to harden; remove gently and place on wire racks. Cool completely.

If cookies become too crisp to shape, return to oven to soften about 1 minute. Fill each cookie cup with 1/4 cup berries. Drizzle with jam.

Brownie Crinkles

Ingredients:

1 package fudge brownie mix

1/4 cup water

1 egg

1/2 cup powdered sugar

Directions:

1. Heat oven to 350°. Grease cookie sheet. Mix brownie mix (dry), water and egg product with spoon about 50 strokes or until well blended.
2. Shape dough by rounded teaspoonfuls into balls. Roll in powdered sugar.
3. Place about 2 inches apart on cookie sheet. Bake 10 to 12 minutes or until almost no indentation remains when touched lightly in center. Immediately remove from cookie sheet to wire rack.

Brownie Drop Cookies

Ingredients:

1 (15 ounce) package fudge brownie mix

1/4 cup water

1 egg

1/2 cup chopped nuts

Directions:

1. Heat oven to 375°. Lightly grease cookie sheet. Mix brownie mix, water and egg in large bowl with spoon. Stir in nuts (dough will be stiff).
2. Drop dough by rounded teaspoonfuls onto cookie sheet. Bake 6 to 8 minutes or until set.
3. Cool slightly; remove from cookie sheet to wire rack.

Brown Sugar Cookies

Ingredients:

2 cups sifted flour, less if possible

1 1/2 teaspoons baking powder

1/2 teaspoon salt

1/2 cup butter

1/2 cup brown sugar, packed

1 egg

1 tablespoon light cream

1 1/2 teaspoons vanilla

granulated sugar, for decorating

Directions:

1. Blend 1 cup flour, baking powder, and salt. Beat together butter and sugar until light and fluffy. Beat in egg, vanilla, and cream.
2. Stir the flour mixture into the butter mixture, then add enough of the remaining 1 cup flour to make the dough stiff enough to roll. Wrap in plastic wrap and chill several hours.
3. Preheat oven to 375 F. Place on a lightly floured cutting board and roll to 1/8" thickness. Use floured cookie cutters to cut into shapes.
4. Place on an ungreased baking sheet, sprinkle with granulated sugar. Bake 8 minutes.

Brown Sugar Drops

Ingredients:

2 cups packed brown sugar
1/2 cup butter or margarine -- softened
1/2 cup shortening
1/2 cup milk
2 eggs
3 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
Light Brown Glaze -- (recipe follows)

LIGHT BROWN GLAZE

4 cups powdered sugar
1/2 cup butter or margarine -- melted
2 teaspoons vanilla
2 tablespoons milk (2 to 4 tablespoons)

Directions:

1. Heat oven to 400°. Beat brown sugar, butter, shortening, milk and eggs in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and salt.
2. Drop dough by rounded tablespoonful about 2 inches apart onto ungreased cookie sheet. Bake 9 to 11 minutes or until almost no indentation remains when touched in center.
3. Cool 1 to 2 minutes; remove from cookie sheet to wire rack. Cool completely. Spread with Light Brown Glaze.

LIGHT BROWN GLAZE:

Mix all ingredients until smooth and spreadable.

Brown Sugar Spritz

Ingredients:

1 cup butter, softened
1/2 cup packed brown sugar
1 egg
1 teaspoon vanilla
2 2/3 cups all-purpose flour
1 teaspoon baking powder

For pineapple filling:

29 1/2 ounces crushed pineapple, drained
1 cup sugar
red and green food coloring

Directions:

1. Make pineapple filling. In a saucepan stir together pineapple and sugar, bring to boiling.

2. Reduce heat and simmer until mixture is very thick, 30 to 35 minutes, stirring often.

3. Divide fruit filling in half. Using a few drops of food coloring, tint half of the filling red and the other half green. Cool thoroughly.

4. Preheat oven to 400F. Cream together butter and brown sugar; beat in egg and vanilla. Stir together flour and baking powder; add gradually to creamed mixture, mixing until smooth. Do not chill.

5. Place half of the dough in the cookie press. Using the ribbon plate, press dough in ten 10-inch strips on ungreased cookie sheets.

6. Using star plate and remaining dough, press lengthwise rows of dough on top of each strip, making a rim along both edges.

7. Spoon red or green pineapple filling between rims on top of ribbon strips.

8. Bake cookies for 8 to 10 minutes. While hot, cut strips into 1 1/4 inch diagonals. Cool. Makes 78.

Buckeyes

Ingredients:

2 lbs. Peanut butter

1 pound butter

3 pounds powdered sugar

two 12-ounce packages of semi-sweet chocolate chips

1/2 of one bar of paraffin wax

toothpicks for dipping

waxed paper

Directions:

1. Place wax paper onto cookie sheets and set aside.
2. Cream peanut butter and butter until combined. Add sugar a little at a time. Make sure it is mixed well.
3. Roll peanut butter mixture into approximately 400 1-inch diameter balls. Insert one tooth pick into each small peanut butter ball. Set all of them aside.

4. Melt chocolate and paraffin (paraffin helps the chocolate become shiny when it cools) in a double boiler. Be careful not to over-heat the chocolate.

5. Dip the ball into the chocolate so as to almost cover the entire ball. Leave small portion of ball uncoated. Let cool on waxed paper. Store in a cool place.

Note: This recipe makes 400 cookies. Halve or quarter the recipe if you can't eat that many!

Bumblebees

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup shortening
- 1/3 cup packed brown sugar
- 1/3 cup honey
- 1 egg
- 1 3/4 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 8 dozen pretzel twists
- 8 dozen pretzel sticks

Directions:

1. Beat peanut butter, shortening, brown sugar, honey and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and baking powder.
2. Cover dough with plastic wrap and refrigerate about 2 hours or until firm.

3. Heat oven to 350°. Shape dough into 1-inch balls (dough will be slightly sticky).

4. For each cookie, place 2 pretzel twists side by side with the bottoms (the bottom comes to a rounded point, similar to the bottom of a heart shape) touching on ungreased cookie sheet.

5. Place 1 ball of dough on center, and flatten slightly. Break 2 pretzel sticks in half. Gently press 3 pretzel stick halves into dough for stripes on bee. Break fourth pretzel piece in half. Poke pieces into 1 end of dough for antennae.

6. Bake 11 to 13 minutes or until light golden brown. Immediately remove from cookie sheet to wire rack.

Butterscotch Gingerbread People

Ingredients:

1 small box butterscotch pudding mix (cook & serve)

1/2 cup butter, softened

1/2 cup brown sugar

1 egg

1 1/2 cup flour

1 teaspoon ginger

1/2 teaspoon cinnamon

1/2 teaspoon baking soda

decorations or icing

Directions:

1. Preheat oven to 350°. Cream pudding mix, butter and brown sugar in a mixing bowl. Beat egg in. Add dry ingredients and mix until blended.

2. Roll out on floured board and cut with cookie cutters. Add candy buttons, cinnamon candy hearts or other decorations as desired.

3. Bake for approximately 10 minutes and cool on baking sheet 5 minutes before removing to a cooling rack. Cookies may then be decorated with icing as desired.

Butterscotch Haystacks

Ingredients:

1 cup peanut butter

1/2 package or 6 oz butterscotch morsels

1 large can chow mein noodles

Directions:

1. Melt peanut butter and butterscotch together. Can be done on the stove top or in a microwave. Pour over noodles; mix well.
2. Drop by tablespoon on wax paper; freeze for a couple of hours. May be stored in a loose fitting topped cookie jar.

Butterscotch Oatmeal Bars

Ingredients:

- 1 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 cup butter, softened
- 3/4 cup white sugar
- 3/4 cup packed brown sugar
- 2 eggs
- 1 teaspoon vanilla or grated peel of one orange
- 3 cups quick cooking oats
- 2 cups butterscotch chips

Directions:

1. Preheat oven to 375 degrees F. Combine flour, baking soda, and cinnamon in small bowl.
2. Beat butter, sugar, brown sugar, eggs and vanilla in large bowl.
3. Gradually beat in flour mixture. Stir in oats and butterscotch chips. Spread dough into greased 15 x 10 inch pan.
4. Bake for 18-20 minutes or until very lightly browned.

Butterscotch Shortbread

Ingredients:

1/2 cup butter or margarine -- softened

1/2 cup shortening

1/2 cup packed brown sugar

1/4 cup granulated sugar

2 1/4 cups all-purpose flour

1 teaspoon salt

Directions:

1. Heat oven to 300°. Beat butter, shortening and sugars in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour and salt. (Dough will be dry and crumbly; use hands to mix completely.)
2. Roll dough into rectangle, 15 × 7 1/2 inches, on lightly floured surface. Cut into 1 1/2-inch squares. Place about 1 inch apart on ungreased cookie sheet.
3. Bake about 25 minutes or until set. (These cookies brown very little, and the shape does not change.) Remove from cookie sheet to wire rack.

Butterscotch-Oatmeal Crinkles

Ingredients:

- 2 cups packed brown sugar
- 1/2 cup butter or margarine -- softened
- 1/2 cup shortening
- 1 teaspoon vanilla
- 2 eggs
- 2 1/4 cups all-purpose flour
- 2 cups old-fashioned or quick-cooking oats
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup granulated or powdered sugar

Directions:

1. Heat oven to 350°. Grease cookie sheet. Beat brown sugar, butter, shortening, vanilla and eggs in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, oats, baking powder and salt.

3. Shape dough into 1-inch balls; roll in granulated sugar. Place about 2 inches apart on cookie sheet.

4. Bake 10 to 12 minutes or until almost no indentation remains when touched lightly in center. Immediately remove from cookie sheet to wire rack.

RICE KRISPIE TREATS

3 tablespoons butter or margarine

1 package (10 oz., about 40) marshmallows

or 4 cups miniature marshmallows

6 cups Cocoa Rice Krispies

Creamy peanut butter

Kellogg's Cocoa Krispies cereal

Pretzel twists

Pretzel sticks

Canned frosting or decorating gel

Assorted candies

Directions

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add 6 cups KELLOGG'S COCOA KRISPIES cereal. Stir until well coated. Cool slightly. Cut warm cereal mixture into two different sized circles using two sizes of circle cookie cutters for the turkey bodies (depending on size of cutters). Cool.

3. Spread peanut butter on bottom of the smaller circular pieces; attach this to a larger circular piece to form the turkey body. Insert pretzel twists into body for tail feathers. Insert pretzel sticks for legs. Use frosting to attach candies for eyes and beak. Best if served the same day.

microwave directions: In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

Regular Peanut Butter Cookies

3/4 cup Creamy Peanut Butter

1/2 cup Crisco Shortening

1-1/4 cup firmly packed brown sugar

3 tablespoons milk

1 teaspoon vanilla

1 egg

1-3/4 cup all purpose flour

3/4 teaspoon salt

3/4 teaspoon baking soda

Combine peanut butter, shortening, sugar, milk and vanilla in a large bowl and mix at medium speed until well blended. Add egg and mix well. In a separate bowl combine flour, salt and baking soda, mix well. Add flour mixture to peanut butter and mix until just blended. Drop by heaping teaspoons onto ungreased cookie sheet and flatten slightly in a crisscross pattern with the tines of a fork. Bake at 375 degrees for 7 to 8 minutes until set. Makes 3 dozen cookies.

Chewy Oatmeal Cookies



3/4 cup butter flavor Crisco

1-1/4¹/₄ cup firmly packed brown sugar

1 egg

1/3 cup milk

1-1/2 teaspoon vanilla

3 cups quick cooking oats

1 cup all purpose flour

1/2 teaspoon salt

1/2 teaspoon baking soda

1/2 teaspoon cinnamon

Combine Crisco, brown sugar, egg, milk and vanilla in a large bowl. Mix at medium speed until well blended. Combine oats, flour, salt, baking soda and cinnamon in a separate bowl, mix well. Add to Crisco/sugar mixture until just blended. Drop rounded tablespoons of dough onto cookie sheet. Bake at 375 degrees for 10 to 12 minutes or until lightly browned. Makes 2-1/2 dozen cookies.

Chocolate Chip Cookies

3/4 cup Crisco shortening
1-1/4 cup firmly packed brown sugar
2 tablespoons milk
1 teaspoon vanilla
1 egg
1-3/4 cup all purpose flour
1 teaspoon salt
3/4 teaspoon baking soda
1 cup semi-sweet chocolate chips

Combine shortening, sugar, milk and vanilla in a large bowl, mix until well blended. Add egg and mix well. In a separate bowl combine flour, salt and baking soda, mix well. Add to shortening/sugar mixture until well blended. Stir in chocolate chips. Drop by rounded tablespoon onto ungreased cookie sheet. Bake at 375 degrees for 8 to 10 minutes for chewy cookies or 11 to 13 minutes for crisp cookies. Makes 3 dozen cookies.

Molasses Cookies

3/4 cup margarine or shortening

1 cup granulated sugar

1 egg

4 tablespoons molasses

1 teaspoon cinnamon

1 teaspoon ginger

2 cups flour

2 teaspoons baking soda

In a large bowl, cream margarine or shortening with sugar. Add egg and blend. Add molasses and spices; mix well. Add flour and baking soda and blend. Chill dough 30 minutes or overnight (covered tightly). Shape dough into small balls and place 2-inches apart on ungreased cookie sheet. Bake at 325 degrees for 10-12 minutes. Remove from oven and cool on wire racks. Makes 2 1/2 dozen.

Sugar Cookies



Everyone loves Sugar Cookies,

These are easy to make and will bring smiles to a lot of faces coming in from the cold.

1 cup margarine (or butter); (2 sticks) at-room temperature

1 cup vegetable oil

1 cup granulated sugar

1 cup powdered sugar

2 eggs

1 teaspoon vanilla

4 cups all-purpose flour

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon cream of tartar

Beat together margarine, oil, granulated sugar, powdered sugar, eggs and vanilla. Sift together flour, salt, baking soda and cream of tartar. Add dry ingredients to margarine mixture. Drop from a teaspoon onto greased cookie sheet. Bake at 350 degrees until cookies are light brown around the edges, about 8 to 10 minutes (watch closely; cookies will be dry if they get too brown). Makes approximately 5 dozen.

NO BAKE

Chocolate-Peanut Butter No-Bakes

Ingredients:

1 (6 ounce) package semisweet chocolate chips (1 cup)

1/4 cup light corn syrup

1/4 cup peanut butter

2 tablespoons milk

1 teaspoon vanilla

2 cups quick-cooking oats

1 cup peanuts

Directions:

1. Cover cookie sheet with waxed paper. Heat chocolate chips, corn syrup, peanut butter, milk and vanilla in 3-quart saucepan over medium heat, stirring constantly, until chocolate is melted and mixture is smooth; remove from heat.
2. Stir in oats and peanuts until well coated.
3. Drop mixture by rounded tablespoonful onto waxed paper. Refrigerate uncovered about 1 hour or until firm. Store covered in refrigerator.

No-Bake Apricot Balls

Ingredients:

- 1 (6 ounce) package dried apricots
- 1 cup hazelnuts
- 2 1/2 cups graham cracker crumbs
- 1 (14 ounce) can sweetened condensed milk

Directions:

1. Place apricots and hazelnuts in food processor. Cover and process, using quick on-and-off motions, until finely chopped.
2. Place mixture in large bowl. Stir in cracker crumbs and milk.
3. Shape mixture into 1-inch balls. Cover tightly and store in refrigerator up to 2 weeks or freeze up to 2 months.

No-Bake Honey-Oat Bars

Ingredients:

1/4 cup sugar

1/4 cup butter or margarine

1/3 cup honey

1/2 teaspoon ground cinnamon

1 cup diced dried fruit and raisin mixture

1 1/2 cups Wheaties® cereal

1 cup quick-cooking oats

1/2 cup sliced almonds

Directions:

1. Butter square pan, 9 × 9 × 2 inches. Heat sugar, butter, honey and cinnamon to boiling in 3-quart saucepan over medium heat, stirring constantly. Boil 1 minute, stirring constantly; remove from heat.
2. Stir in dried fruit. Stir in remaining ingredients.
3. Press mixture in pan with back of wooden spoon. Cool completely. Cut into 6 rows by 4 rows.

No-Bake Peanut Butter Squares

Ingredients:

2 cups powdered sugar

1 cup butter or margarine -- softened

1 cup peanut butter

1 teaspoon vanilla

2 3/4 cups graham cracker crumbs

1 cup chopped peanuts

1 (12 ounce) package semisweet chocolate chips (2 cups)

1/4 cup peanut butter

Directions:

1. Line square pan, 9 × 9 × 2 inches, with aluminum foil. Beat powdered sugar, butter, 1 cup peanut butter and the vanilla in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in graham cracker crumbs and peanuts (mixture will be stiff). Press in pan.
3. Melt chocolate chips and 1/4 cup peanut butter over low heat, stirring frequently, until smooth. Spread over bars.
4. Refrigerate about 1 hour or until chocolate is firm.

No Bake Chocolate Macaroons

Ingredients:

2 c. white sugar,

1/2 c. milk,

1/2 c. butter/margarine,

6 tbsp. cocoa..

Bring to just boil or sugar has dissolved

.Do Not over Boil.

Then stir in 1 c. coconut, 3 c. oatmeal, 1 tsp. vanilla. drop mixture by spoon onto waxed paper.....Few tips....I usually put all dry ingredients in a bowl first...2) you can use hot chocolate powder in place of cocoa ,put about 12 tbsp. ,and add it to dry ingredients, put vanilla in pot with other ingredients

Pour the liquid into the dry and stir, spoon onto greased baking sheet

Wait till cool then eat..

No Bake Chocolate Oatmeal Cookies

Perhaps the most famous recipe for no bake cookies is chocolate oatmeal cookies. This recipe makes between four and five dozen.

Ingredients

1/2 cup milk

2 cups white sugar

1/3 cup unsweetened cocoa

3 tablespoons crunchy peanut butter

1 stick of butter (1/2 cup)

3 cups rolled oats

1 teaspoon vanilla extract

Instructions

Pour milk into a medium sauce pan.

Add butter, sugar, and cocoa.

Boil for five minutes without stirring (the key is to make sure the sugar dissolves well or else the cookies will taste grainy).

Remove from heat.

Add peanut butter and vanilla extract.

Stir in oats a little at a time and mix well.

Drop by teaspoons onto waxed paper.

Marshmallow Rice Treats



Megan can't wait to get in the house and help her mom make these delicious treats

These have been around for ages and are usually made with Kellogg's Rice Krispies cereal, but any crispy cereal will do.

Ingredients

6 cups of crisp rice cereal

10 ounces of marshmallows

3 tablespoons of butter

1 teaspoon of vanilla extract

Salt to taste

Instructions

In a microwave bowl, add marshmallows and butter.

Melt on high for a minute or two.

Add cereal, salt, and vanilla to the mixture.

Press the mixture into a greased 9x13-inch pan.

Let cool.

Variations

Easy no bake cookies are delightful. Any of the following variations can make your rice cereal treat an even bigger hit:

Add 8 ounces of miniature Reese's peanut butter cups to the mixture just before melting in the microwave.

Add 1/3 cup of chunky peanut butter.

Add a cup of peanuts.

Drizzle a melted chocolate bar (melt in the microwave first) over the top after the mixture has been pressed into the pan.



Snow Ball Cookies

Ingredients

- 1 package of shortbread cookies, crushed
- 1 cup of flaked coconut
- 2/3 cup of sifted powdered sugar
- 1/2 cup of thawed, frozen orange or lemonade
- About 1/2 cup of powdered sugar for coating cookies

Instructions

- Mix cookie crumbs, coconut, and 2/3 cup powdered sugar in a large bowl.
- Stir in orange or lemon juice concentrate; mix well.
- Roll cookie dough into balls about the size of teaspoons.
- Pour some powdered sugar onto a baking sheet.
- Roll each ball in powdered sugar to make them into snowballs.

Ingredients for Yogurt Pie

- 1 graham cracker pie shell

8 ounces of whipped topping, like Cool Whip

16 ounces of yogurt, any flavor

Instructions

In a bowl, pour the yogurt.

Fold the whipped topping into the yogurt.

Pour into the pie shell.

Let chill for three hours in the refrigerator before serving
taste of coconut, they'll enjoy cookies

CAKES



No Bake Strawberry IceBox Cake

2 pounds fresh strawberries, washed

3 1/2 cups whipping cream, divided

1/3 cup confectioner's sugar

1 teaspoon vanilla

1/2 teaspoon almond extract (optional)

4 sleeves (about 19 ounces, or 24 to 28 whole crackers) graham crackers

4 ounces dark chocolate, finely chopped

Take out a few of the best-looking strawberries and set them aside for the garnish. Hull the remainder of the strawberries and slice each berry into thin slices.

With a hand mixer or in the bowl of a stand mixer, whip 3 cups of cream until it just holds stiff peaks.

Add the confectioner's sugar, vanilla, and almond extract (if using) and whip to combine.

Spread a small spoonful of whipped cream on the bottom of a 9x13 inch baking pan, or a similarly-sized platter. Lay down six graham crackers. Lightly cover the top of the graham crackers with a thin layer of whipped cream, and then a single layer of strawberries. Repeat three more times, until you have four layers of graham crackers. Spread the last of the whipped cream over the top and swirl it lightly with a spoon. Add a few more strawberries.

To make the ganache, heat the remaining cream until bubbles form around the edges, then pour over the chopped chocolate. Let it stand for a few minutes, then whisk until the mixture is thick and glossy.

Drizzle this over the layered dessert with a spoon, or transfer to a squeeze bottle and use that to drizzle.

Refrigerate for at least four hours, or until the crackers have softened completely. Garnish with additional berries.

Angel & Pineapple Cake

Take a box of Angel Food Cake mix (just the contents of the box, no need to follow the directions on the box), & combine it with a 20 ounce can of crushed pineapple in its own juice. (No need to use a mixer, just stir it by hand) When you do this, something magical happens. The mixture starts to froth & it turns into an amazingly airy, fluffy bowl of deliciousness right before your eyes. Once it's all mixed up, simply pour it into a 9 x 13 cake pan & bake 350 for 30 minutes.

Home Made Cake Batter

Ingredients

2 1/3 cups all-purpose flour

1 tablespoon baking powder

3/4 teaspoon salt

1 1/2 cups white sugar

1/2 cup shortening (you can use vegetable oil instead)

2 eggs

1 cup milk

1 teaspoon vanilla extract

..DIRECTIONS

1.For a Yellow Cake: Sift together flour, baking powder, salt, and sugar. Cut in shortening until fine crumbs are formed. Add eggs, milk, and vanilla. Beat at low speed for 1 minute, then high for 2 minutes, scraping the bowl frequently.

2.Pour batter into greased and floured 9x13 inch pan. Bake in preheated 350 degree F oven (175 degrees C) for 25 to 30 minutes.

3.For a White Cake: Prepare as for the basic cake except use 3 egg whites for the 2 whole eggs. Whites may be beaten separately and added for a lighter cake.

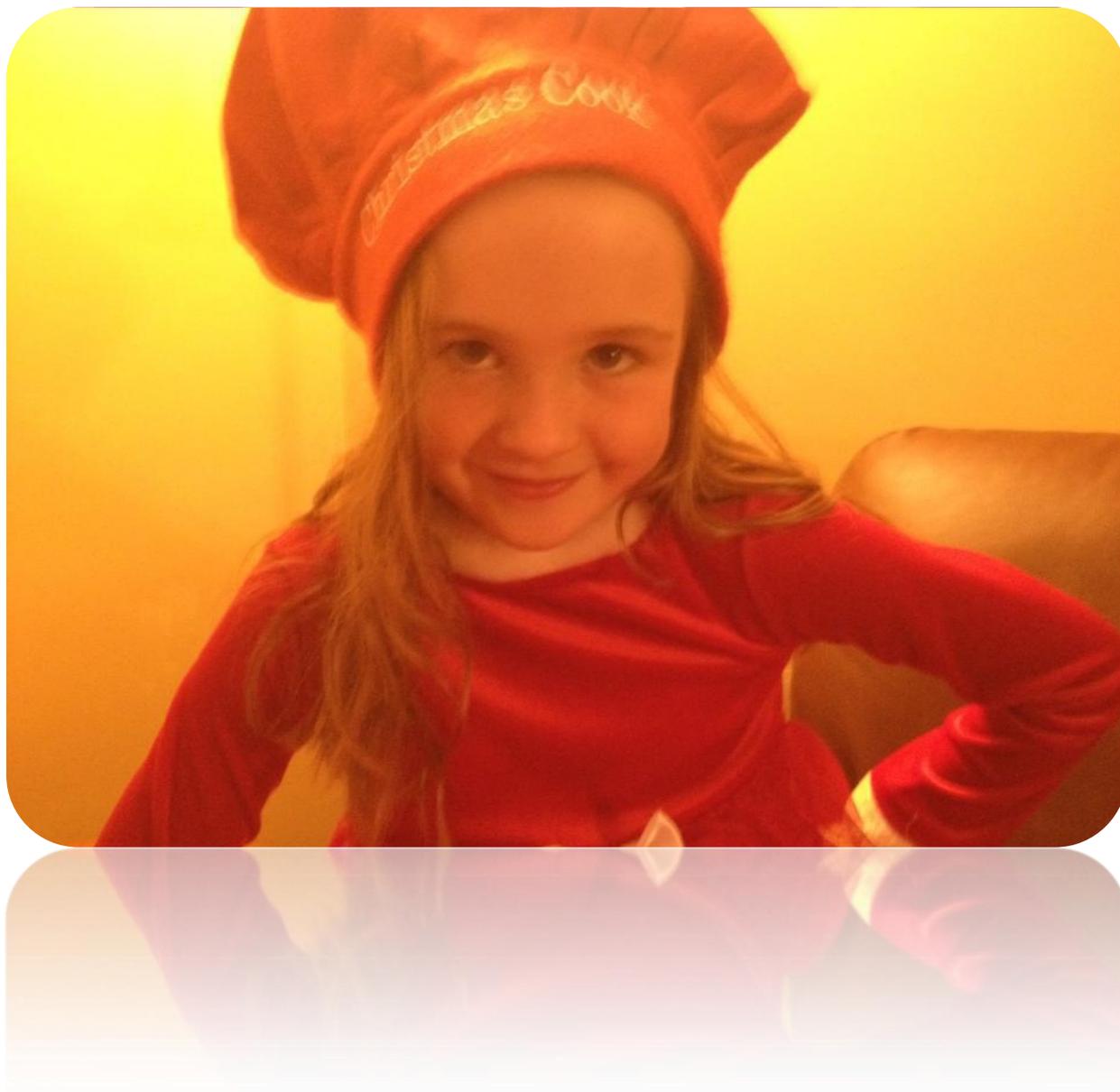
4. For a Chocolate Cake: Add $\frac{1}{4}$ cup cocoa powder to the basic cake mix prior to adding the milk.

5. For a Spice Cake: Add 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon ground cloves, and $\frac{1}{4}$ teaspoon ground allspice to the basic cake mix.

6. For a Pineapple Upside Down Cake: Melt $\frac{1}{2}$ cup butter in the bottom of a 9x13 pan. Add $\frac{2}{3}$ cup brown sugar, stirring into the butter. Arrange pineapple slices in the pan. Top with the basic (yellow cake) mix recipe. Bake 30 to 35 minutes, cool 5 minutes, and invert to serve.

7. I have often added a can of fruit cocktail into a mix, this makes a nice moist cake. I cut back a little on the milk.. check consistency as you go along.

CHRISTMAS RECIPES



Christmas Cake (British Recipe)

Prep Time: 1 hour

Cook Time: 4 hours, 30 minutes

Total Time: 5 hours, 30 minutes

Ingredients:

- 1lb 2oz/525g currants
- 8oz/ 225g golden raisins/sultanas*
- 8oz / 225g raisins
- 4oz / 110g mixed candied peel, finely chopped
- 6oz / 165 glace cherries, halved
- 10oz/ 300g all purpose or plain flour
- Pinch salt
- 1/2 level tsp mixed spice **
- 1/2 level tsp ground cinnamon
- 1/2 level tsp freshly ground nutmeg
- 2 1/2 sticks / 300g butter, slightly softened
- 10 oz / 300g soft brown sugar
- Zest of 1/2 lemon
- 6 large eggs, lightly beaten
- 3 tbsp brandy, plus extra for feeding

Preparation:

Heat the oven to 300°F/150°C/Gas 2

The temperature is low as the cake needs a long slow bake. It is packed with sugars, fruits and brandy and if the temperature is any higher the outside of the cake will burn and the inside be undercooked.

- Line a 9 inch cake tin with 2 thicknesses of parchment or greaseproof paper. Tie a double band of brown or newspaper paper around the outside. This acts as an insulator and to prevent the cake from burning on the outside read more about why here.
- In a large roomy baking bowl mix the currants, sultanas, raisins, peel and cherries with the flour, salt and spices.
- In another large bowl cream the butter with the sugar until light and fluffy. Stir in the lemon zest. Add the beaten egg to the butter mixture a little bit at a time, beating well after each addition - do not try to rush this process as the mixture could curdle. If it does curdle simply add a tbsp of flour and mix again, this should bring the mixture back together. If it doesn't come back together, don't fret, the cake will still be delicious.
- Carefully fold in half the flour and fruit into the egg and butter mixture, once incorporated repeat with the remaining flour and fruit. Finally add the brandy.
- Spoon the cake mixture into the prepared cake tin making sure there are no air pockets. Once filled smooth the surface with the back of a spoon and make a slight dip in the center (this will rise back up again during cooking and create a smooth surface for icing the cake).
- Finally, using a piece of paper towel clean up any smears of cake batter on the greaseproof wrapping, if left on they will burn, and though it won't affect the cake, it doesn't smell too good.

- Stand the tin on a double layer of newspaper in the lower part of the oven, if you have a gas oven ensure the paper is well away from the any flame, and bake for 4½ hours. If the cake is browning too rapidly, cover the tin with a double layer of greaseproof or parchment paper after 2½ hours. During the cooking time avoid opening the oven door too often as this may cause the cake to collapse.

- After 4½ hours check the cake is cooked. The cake should be nicely risen and a deep brown all over. Insert a skewer or fine knife into the centre of the cake. If there is sticky dough on the skewer when you pull it out it needs cooking longer, if it is clean, the cake's done and remove from the oven.

- Leave the cake to cool in the tin on a wire rack for an hour, then remove from the tin and leave to cool completely. Once cooled prick the surface of the cake with a fine metal skewer and slowly pour over 2 - 3 tbsp brandy. This feeding should be repeated every two weeks up until Christmas.

The cake should be stored wrapped in greaseproof or parchment paper in an airtight tin.



Christmas Cake (Original)

Ingredients

1 lb (450 g) currants

6 oz (175 g) sultanas

6 oz (175 g) raisins

2 oz (50 g) glacé cherries, rinsed, dried and finely chopped

2 oz (50 g) mixed candied peel, finely chopped
3 tablespoons brandy, plus extra for 'feeding'
8 oz (225 g) plain flour
½ level teaspoon salt
¼ level teaspoon freshly grated nutmeg
½ level teaspoon ground mixed spice
8 oz (225 g) unsalted butter
8 oz (225 g) soft brown sugar
4 large eggs
2 oz (50 g) almonds, chopped (the skins can be left on)
1 level dessertspoon black treacle
grated zest 1 lemon
grated zest 1 orange
4 oz (110 g) whole blanched almonds (only if you don't intend to ice the cake)

You will also need an 8 inch (20 cm) round cake tin or a 7 inch (18 cm) square tin, greased and lined with silicone paper (baking parchment). Tie a band of brown paper round the outside of the tin for extra protection.

Method

You need to begin this cake the night before you want to bake it. All you do is weigh out the dried fruit and mixed peel, place it in a mixing bowl and mix in the brandy as evenly and thoroughly as possible. Cover the bowl with a clean tea cloth and leave the fruit aside to absorb the brandy for 12 hours.

Next day pre-heat the oven to gas mark 1, 275°F (140°C). Then measure out all the rest of the ingredients, ticking them off to make quite sure they're all

there. The treacle will be easier to measure if you remove the lid and place the tin in a small pan of barely simmering water. Now begin the cake by sifting the flour, salt and spices into a large mixing bowl, lifting the sieve up high to give the flour a good airing. Next, in a separate large mixing bowl, whisk the butter and sugar together until it's light, pale and fluffy. Now beat the eggs in a separate bowl and add them to the creamed mixture a tablespoonful at a time; keep the whisk running until all the egg is incorporated. If you add the eggs slowly by degrees like this the mixture won't curdle. If it does, don't worry, any cake full of such beautiful things can't fail to taste good!

When all the egg has been added, fold in the flour and spices, using gentle, folding movements and not beating at all (this is to keep all that precious air in). Now fold in the fruit, peel, chopped nuts and treacle and finally the grated lemon and orange zests. Next, using a large kitchen spoon, transfer the cake mixture into the prepared tin, spread it out evenly with the back of a spoon and, if you don't intend to ice the cake, lightly drop the whole blanched almonds in circles or squares all over the surface. Finally cover the top of the cake with a double square of silicone paper with a 50p-size hole in the centre (this gives extra protection during the long slow cooking).

Bake the cake on the lowest shelf of the oven for $4\frac{1}{2}$ - $4\frac{3}{4}$ hours. Sometimes it can take up to $\frac{1}{2}$ - $\frac{3}{4}$ hour longer than this, but in any case don't look till at least 4 hours have passed. Cool the cake for 30 minutes in the tin, then remove it to a wire rack to finish cooling. When it's cold 'feed' it – make small holes in the top and base of the cake with a cocktail stick or small skewer, then spoon over a few teaspoons of brandy, wrap it in double silicone paper secured with an elastic band and either wrap again in foil or store in an airtight container. You can now feed it at odd intervals until you need to ice or eat it.

Christmas Bar Cookies

Ingredients:

1 1/2 cups graham cracker crumbs

1/2 cup (1 stick) butter, melted

1 (14-ounce) can sweetened condensed milk (NOT evaporated milk)

1 cup (6 ounces) butterscotch-flavored chips

1 cup (6 ounces) semi-sweet chocolate chips

1 1/3 cups flaked coconut

1 cup chopped nuts

Directions:

1. Preheat oven to 350 degrees F (325 degrees F for glass baking pan). Line a 13x9-inch baking pan (including sides) with a sheet of aluminum foil. Coat foil lightly with no-stick cooking spray.
2. In small bowl, combine graham cracker crumbs and butter; mix well. Press crumb mixture firmly on bottom of 13x9-inch baking pan.
3. Layer chips, coconut and nuts evenly over crust.
4. Pour condensed milk evenly over top of everything.
5. Bake 25 minutes or until lightly browned. Cool.
6. Lift up edges of foil to remove from pan. Cut into individual squares. Lift off of foil.

Chocolate Cherry Kris Kringles

Ingredients:

1/2 cup margarine

1/2 cup brown sugar

1 teaspoon vanilla

1 1/2 cups flour

1/8 teaspoon salt

20 to 25 maraschino cherries

20 to 25 chocolate chips , plus 1 cup chocolate chips

Directions:

1. Preheat oven to 350° F. Cream sugar and margarine well. Add vanilla, flour and salt. Mix well.
2. Stuff each cherry with a chocolate chip, then wrap in 1 teaspoon dough.
3. Bake on ungreased cookie sheet for 12 to 15 minutes. Cool.
4. Melt 1 cup chocolate chips in the top of a double boiler over low heat or in the microwave, and dip top of cookies in melted chocolate.

Candy Cane Cookies

Ingredients:

1 cup butter or margarine

1 cup sifted confectioners sugar

1 egg

1-1/2 teaspoon almond flavoring OR 3/4 teaspoon peppermint flavoring

1 teaspoon vanilla extract

2 1/2 cups all purpose flour

1 teaspoon salt

1/2 cup crushed peppermint candy

1/2 cup white sugar

Directions:

1. Preheat oven to 375 F. Mix butter sugar, egg, and flavorings thoroughly. Add flour and salt, Mix well.

2. Shape dough into a disk and wrap with plastic wrap; chill for at least 2 hours or until easy to handle.

3. Roll into 4 inch strips; place on baking sheet. Curve top down to form handle or cane.

4. Bake 9 minutes. While still warm, remove from pan and sprinkle with candy and sugar mixture.

Dough may be divided in half and colored with 1/2 teaspoon red food coloring if desired. Roll each color into strips, place side by side, press together lightly and twist like a rope.

Candy Cane Cookies 2

Ingredients:

2 cups all-purpose flour
1 cup butter, softened
1/3 cup granulated sugar
1 teaspoon vanilla extract
3/4 cup decorator sugar

Directions:

1. Heat oven to 375 degrees F.
2. Mix all ingredients together in large bowl. Divide dough into fourths. Divide each fourth into fourths, for a total of 16 pieces. Shape each piece into thin 15-inch rope.
3. Cut each into 5 (3-inch) lengths. Place 1 inch apart onto ungreased cookie sheets. Shape into candy cane shape.

4. Bake for 9 to 10 minutes or until lightly browned on edges. Cool 1 minute; remove from cookie sheets. While cookies are still warm, dip into decorator sugar.

Candy Cane Puffs

Ingredients:

- 2 1/2 cups all-purpose flour
- 1/4 teaspoon salt
- 1/2 cup unsalted butter (at room temperature)
- 1 cup confectioners' sugar
- 1 egg
- 1/2 teaspoon peppermint extract
- 1/2 teaspoon vanilla extract
- 8 (1 ounce) squares white chocolate, melted
- 1/2 cup finely crushed candy canes

Directions:

1. Stir together flour and salt in a medium-size bowl. Beat butter and confectioners' sugar in a large bowl until smooth and creamy. Beat in egg. Mix in peppermint extract and vanilla extract. Beat in flour mixture.
2. Cover dough with plastic wrap; refrigerate 1 hour.

3. Preheat oven to 375 degrees F.
4. Shape dough into 1-inch balls; place on lightly greased baking sheets.
5. Bake for 10 to 12 minutes or until bottoms are lightly browned. Remove cookies to wire racks to cool completely.
6. To coat, brush each cookie with melted white chocolate; dip lightly in crushed candy canes. Place on wax paper to harden.

Cathedral Windows

Ingredients:

- 1/4 pound butter or margarine
- 12 ounces semi-sweet chocolate chips
- 1 cup chopped walnuts
- 12 ounces colored mini marshmallows
- 7 ounces sweetened grated coconut

Directions:

1. Heat butter and chocolate chips in the top of a double boiler over low heat, stirring occasionally, until melted and smooth. Cool slightly.
2. Toss marshmallows and nuts in a large bowl; stir in chocolate.
3. Tear five 9-inch sheets of waxed paper and sprinkle each generously with coconut.
4. Divide dough into fifths and place each fifth on a sheet of waxed paper. Roll tightly into 2-inch diameter logs and refrigerate overnight or until firm.
5. Before serving, unwrap from waxed paper and cut into 1/2" slices.

Chocolate Mint Christmas Trees

Ingredients:

- 1 cup confectioners' sugar
- 1 cup butter, softened
- 2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract

Topping

- 1 (10 ounce) package white vanilla chips
- 2 tablespoons solid shortening (not butter or margarine)
- 1/2 cup chopped peppermint candies

Directions:

1. In large mixer bowl, combine confectioners' sugar and butter; beat until light and fluffy. Add flour, cocoa and vanilla extract; mix well.
2. On lightly floured surface, roll dough to 3/8-inch thickness. Cut with sharp knife into 1 1/4-inch strips.

3. Cut each strip into 1 1/4-inch squares; cut each square diagonally into triangles. Place 1/2 inch apart on parchment-lined baking sheets.

4. Bake at 350 degrees F for 10 to 13 minutes or until firm to the touch. Immediately place on wire racks to cool.

5. Cool baking sheets; line with parchment paper or wax paper.

6. In 2-cup glass measure, combine vanilla chips and shortening. Microwave on HIGH for 1 minute; stir. Continue to microwave in 30-second increments, stirring after each time, until mixture is melted and smooth.

7. To make each tree:

Dip long edge of 1 cookie triangle into melted chip mixture; place on prepared baking sheet.

Dip long edge of second triangle into chip mixture; place uncoated corner over coated edge of first triangle.

Dip long edge of third triangle into chip mixture; place uncoated corner over coated edge of second triangle to form tree.

Repeat with remaining cookie triangles. Drizzle remaining coating over completed trees; sprinkle chopped candy over tops.

Let stand until firm.

Chocolate Cherry Kris Kringles

Ingredients:

1/2 cup margarine

1/2 cup brown sugar

1 teaspoon vanilla

1 1/2 cups flour

1/8 teaspoon salt

20 to 25 maraschino cherries

20 to 25 chocolate chips , plus 1 cup chocolate chips

Directions:

1. Preheat oven to 350° F. Cream sugar and margarine well. Add vanilla, flour and salt. Mix well.
2. Stuff each cherry with a chocolate chip, then wrap in 1 teaspoon dough.
3. Bake on ungreased cookie sheet for 12 to 15 minutes. Cool.
4. Melt 1 cup chocolate chips in the top of a double boiler over low heat or in the microwave, and dip top of cookies in melted chocolate.



Mincemeat

Vegetarians can make this mincemeat happily, using vegetarian suet.

Makes 3 lb (1.35 kg)

Ingredients

8oz (225g) Bramley apples, cored and chopped small (no need to peel them)

4 oz (110 g) shredded suet

6oz (175 g) raisins

4oz (110 g) sultanas
4oz (110 g) currants
4oz (110 g) whole mixed candied peel, finely chopped
6oz (175 g) soft dark brown sugar
grated zest and juice 1 orange
grated zest and juice 1 lemon
1 oz (25 g) whole almonds, cut into slivers
2 level teaspoons mixed ground spice
¼ level teaspoon ground cinnamon
good pinch freshly grated nutmeg
3 tablespoons brandy

You will also need 3 x 1lb (350ml) preserving jars and 3 waxed discs.

Method

All you do is combine all the ingredients, except for the brandy, in a large mixing bowl, stirring them and mixing them together very thoroughly indeed. Then cover the bowl with a clean cloth and leave the mixture in a cool place overnight or for 12 hours, so the flavours have a chance to mingle and develop. After that pre-heat the oven to gas mark ¼, 225°F (120°C). Cover the bowl loosely with foil and place it in the oven for 3 hours, then remove the bowl from the oven. Don't worry about the appearance of the mincemeat, which will look positively swimming in fat. This is how it should look. As it cools, stir it from time to time; the fat will coagulate and, instead of it being in tiny shreds, it will encase all the other ingredients.

When the mincemeat is quite cold, stir well again, adding the brandy. Pack in jars that have been sterilised (see below). When filled, cover with waxed discs and seal. The mincemeat will keep for ages in a cool, dark cupboard but I think it is best eaten within a year of making.

Christmas Cheesecake Cookies

Ingredients:

- 1/3 cup firmly packed dark brown sugar
- 1/2 cup granulated sugar, divided
- 1 cup all-purpose flour
- 1/2 cup chopped walnuts
- 1/3 cup butter
- 8 ounces cream cheese, room temperature
- 1 egg
- 1 tablespoon lemon juice
- 3 tablespoons milk, divided
- 1 teaspoon vanilla extract
- 1 1/2 tablespoons green candied cherries, divided
- 1 1/2 tablespoons red candied cherries, divided
- 2/3 cup sifted confectioners' sugar

Directions:

1. Coat an 8-inch square baking pan with nonstick cooking spray.

2. Mix brown sugar with 1/4 cup granulated sugar, flour and walnuts. Stir in butter, using a fork or pastry blender, until crumbly. Remove and set aside 1 cup of the mixture. Place the remainder in the baking pan and press down evenly.

3. Bake in preheated 350 degrees F oven for 12 to 15 minutes, until just starting to brown. Remove from oven and allow to cool slightly.

4. Meanwhile, using an electric mixer, beat cream cheese and 1/4 cup sugar. Add egg, lemon juice, 2 tablespoons milk and vanilla. Combine well. Add half the red and green cherries and stir until well distributed.

5. Pour mixture into baked crust. Top with reserved crumbs. Bake for 25 minutes until set and beginning to brown. Remove from oven and allow to cool completely.

6. Meanwhile, stir together the confectioners' sugar and 1 tablespoon milk. Spread over the top of the cooled cheesecake, and then sprinkle with remaining red and green cherries.

7. Refrigerate for at least 30 minutes and cut into pieces.

Cherry-Almond Bars

Ingredients:

- 1 (10 ounce) jar maraschino cherries
- 1 cup all-purpose flour
- 1/2 cup butter or margarine -- softened
- 1/4 cup powdered sugar
- 2 eggs
- 1 cup sliced almonds
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- Pink Glaze -- (recipe follows)

PINK GLAZE

- 1/2 cup powdered sugar
- 1/4 teaspoon almond extract
- 2 teaspoons reserved maraschino cherry juice (2 to 3 teaspoons)

Directions:

1. Heat oven to 350°. Drain cherries, reserving juice for Pink Glaze. Chop cherries; set aside.
2. Mix 1 cup flour, the butter and powdered sugar with spoon. Press in ungreased square pan, 9 × 9 × 2 inches. Bake about 10 minutes or until set.
3. Beat eggs in medium bowl with fork. Stir in cherries and remaining ingredients except Pink Glaze. Spread over baked layer.
4. Bake 20 to 25 minutes or until golden brown. Cool completely. Drizzle with Pink Glaze. Cut into 6 rows by 4 rows.

PINK GLAZE:

Mix all ingredients until smooth and thin enough to drizzle.

Cherry Nut Balls

Ingredients:

1 cup butter, softened

1 cup powdered sugar

1 teaspoon vanilla

1/2 cup maraschino cherries (chopped and drained)

3/4 cup flaked sweetened coconut

2 cups quick cooking oats

Nuts ground fine to roll balls in

Directions:

1. Beat sugar, butter, vanilla, cherries and coconut.
2. Mix in rolled oats. Refrigerate for 3 hours.
3. Shape the mixture into 1" balls, then roll the balls in the chopped nuts. Store airtight in the refrigerator.

Chewy Noëls

Ingredients:

2 tablespoons butter or margarine

1 cup packed brown sugar

1 cup chopped nuts

1/3 cup flour

1/8 teaspoon baking soda

1/8 teaspoon salt

2 beaten eggs

1 teaspoon vanilla

powdered sugar

1 tube of green decorator icing with a writing tip

Directions:

1. In a 9x9" baking pan melt butter or margarine. Stir together brown sugar, nuts, flour and salt; then stir in eggs and vanilla.

2. Pour over butter in pan; do not stir.

3. Bake at 350 F for 20 to 25 minutes.

4. Sift the powdered sugar over top. Placed waxed paper under wire rack, immediately invert pan onto rack. Cool.

5. Dust again with powdered sugar. Cut into bars.



Christmas Cheer Cookies

Ingredients:

1 cup butter, softened

1 1/2 cup brown sugar

3 eggs

3 cup unsifted flour

1 teaspoon baking soda

1 pound dates, chopped

1 pound walnuts, chopped

1/2 pound golden raisins

1/2 cup whiskey

1 (10 ounce) jar maraschino cherries, drained and cut in halves

Directions:

1. Preheat oven to 350 F.

2. Cream butter and sugar until light and fluffy. Add eggs. Beat until ingredients are combined.

3. Mix flour and soda. Stir in dates, walnuts, raisins and whiskey. Batter will be stiff.

4. Drop from teaspoon onto ungreased cookie sheet. Top each with cherry halves.

5. Bake 10-12 minutes. Store in airtight container.

Christmas Cookie Slices

Ingredients:

1 cup sugar

1 cup butter or margarine -- softened

1 1/2 teaspoons vanilla

2 eggs

3 cups all-purpose flour

1 teaspoon salt

1/2 teaspoon baking soda

Directions:

1. Beat sugar, butter, vanilla and eggs in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, salt and baking soda. Divide into 3 equal parts. Shape each part into roll, about 1 1/2 inches in diameter. Wrap and refrigerate at least 4 hours.
3. Heat oven to 400°. Cut rolls into 1/8-inch slices. Place about 1 inch apart on ungreased cookie sheet.

4. Bake 8 to 10 minutes or just until golden brown around edges.
Immediately remove from cookie sheet to wire rack.

Christmas Tree Sandwiches

Ingredients:

For the dough:

1 cup unsalted butter, softened

2 cups flour

1/4 teaspoon salt

1/3 cup milk

3/4 cup sugar

For the filling:

1/4 cup Crisco shortening

1/4 cup unsalted butter, softened

1/2 teaspoon vanilla extract

2 cups powdered sugar

1 1/2 tablespoons milk

green food coloring

1 tube brown decorating icing, with writing tip

Directions:

1. In large bowl with electric mixer, beat butter until creamy, about 1 minute.
2. With mixer on low, alternately add flour, salt, and milk and beat until well blended. Wrap dough in plastic wrap and refrigerate until firm, about 1 1/2 hours.
3. Preheat oven to 375F. Spread sugar on a plate. On a floured surface, roll one third of the dough to 1/8" thick. Cut out tree shapes with a 2" cookie cutter.
4. Press cookies into sugar to coat on both sides then place on ungreased cookie sheets. Prick each cookie all over with a fork, for decoration.
5. Bake cookies 9 to 11 minutes until very lightly browned. Cool on sheets 2 minutes then transfer to wire racks to cool completely.
6. While cookies are baking, prepare the filling. In a large bowl, beat shortening and butter until creamy with an electric mixer. Beat in vanilla. Gradually add powdered sugar and milk. Add food coloring to tint the filling pale green. Beat on high until the filling is light and fluffy; approx. 3 minutes.
7. Spread filling on half of the cookies and sandwich with the remaining halves. Outline cookies with the decorating icing.

Cinnamon Balls

Ingredients:

1 cup butter, softened

1/5 cup granulated sugar

2 teaspoons vanilla extract

1 teaspoon cinnamon

2 cups cake flour

2 cups corn flakes, finely crushed (measure first, then crush)

1 cup chopped nuts

Confectioners' sugar or cinnamon sugar

Directions:

1. Preheat oven to 350 degrees F.
2. Beat butter and sugar. Add vanilla extract and cinnamon. Mix in flour and corn flakes, blending thoroughly. Stir in nuts.
3. Roll into 1-inch balls and place on lightly greased cookie sheets. Bake for 20 to 25 minutes, until firm and golden.
4. Roll in confectioners' sugar while still hot.

Cinnamon Espresso Cookies

Ingredients:

1 1/2 tablespoons instant espresso coffee (dry)

1 tablespoon hot water

1/2 cup butter or margarine -- softened

1/4 cup shortening

1 cup granulated sugar

1/2 cup packed brown sugar

1 egg

2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon instant espresso coffee (dry)

1 teaspoon ground cinnamon

1/4 teaspoon salt

Espresso Coating -- (recipe follows)

ESPRESSO COATING

1/2 cup granulated sugar

2 teaspoons instant espresso coffee (dry)

Directions:

1. Dissolve 1 1/2 tablespoons espresso in hot water in large bowl. Add butter, shortening, sugars and egg. Beat with electric mixer on medium speed until fluffy.
2. Beat in flour, baking powder, 1 teaspoon espresso, cinnamon and salt on low speed.
3. Divide dough in half. Shape each half into roll, 10 inches long. Wrap each roll with plastic wrap and refrigerate 30 minutes.
4. Prepare Espresso Coating. Roll each roll of dough in coating (reserve any remaining coating). Rewrap in plastic wrap and refrigerate at least 30 minutes longer.
5. Heat oven to 375°. Cut each roll into 3/8-inch slices. Place about 2 inches apart on ungreased cookie sheet. Sprinkle with remaining coating.
6. Bake 8 to 10 minutes or until edges are light brown. Cool slightly; remove from cookie sheet to wire rack.

ESPRESSO COATING:

Mix ingredients on a large plate or piece of waxed paper.

Cinnamon Dough Ornaments

Ingredients:

*Not to be eaten

1 cup ground cinnamon

4 tablespoons white glue

3/4 to 1 cup water

Directions:

1. Mix cinnamon and glue. Gradually add the water. Stir until a ball of dough forms.
2. Roll out with rolling pin 1/4 inch thick and cut with cookie cutters.
3. Poke a hole and let dry at room temperature for 1 to 2 days, turning over every 6-8 hours.

If desired, decorate with white Royal Icing. Hang with ribbon and enjoy the fragrance!

Coconut Balls

Ingredients:

1 cup butter, at room temperature
1/2 cup granulated sugar
2 teaspoons vanilla extract
1/4 teaspoon salt
2 cups sifted all-purpose flour
1/2 pound pecan halves, or whole almonds
shredded coconut

Directions:

1. Pre-heat oven to 325 F. Beat together butter, sugar and vanilla until fluffy.
2. Sift flour with salt and add to butter mixture; blend.
3. Shape dough around each nut to form a 1-inch diameter ball. Roll in coconut. Place on an ungreased cookie sheet.
4. Bake for 20 minutes. Cool and store in loosely covered can.

Colored Snowballs

Ingredients:

1 cup (2 sticks) butter, softened (no substitutions)

1/2 cup confectioners' sugar

2 teaspoons almond extract

2 1/4 cups all-purpose flour

1/4 teaspoon salt

1/2 cup chopped pecans (optional)

Colored sugar (red, green, blue, yellow, pink, etc.)

Directions:

1. Preheat oven to 400 degrees F.
2. Mix butter, confectioners' sugar and almond extract in bowl. Mix until light. Add flour and salt. Mix well. Chill the dough until you are ready to bake or bake immediately.
3. When ready to bake, roll dough into small balls, then roll in colored sugar.
4. Place on ungreased cookie sheet and bake for about 10 to 12 minutes.

Cookie-Mold Cookies

Ingredients:

3/4 cup packed brown sugar
1/2 cup butter or margarine -- softened
1/4 cup molasses
1/2 teaspoon vanilla
1 egg
2 1/4 cups all-purpose flour
1/2 teaspoon ground allspice
1/4 teaspoon salt
1/4 teaspoon baking soda
3/4 cup coarsely chopped sliced almonds

Directions:

1. Beat brown sugar, butter, molasses, vanilla and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except almonds. Stir in almonds. Cover and refrigerate about 2 hours or until firm.

2. Heat oven to 350°. Lightly grease cookie sheet. Flour wooden or ceramic cookie mold(s). Tap mold to remove excess flour. Firmly press small amounts of dough into mold, adding more dough until mold is full and making sure dough is a uniform thickness across mold.

3. Hold mold upright and tap edge firmly several times on hard surface (such as a counter or cutting board). If cookie does not come out, turn mold and tap another edge until cookie comes out of mold. Place cookies on cookie sheet.

4. Bake 8 to 10 minutes for 2-inch cookies, 10 to 12 minutes for 5-inch cookies, or until edges are light brown. (Time depends on thickness of cookies; watch carefully.) Remove from cookie sheet to wire rack.

Cornmeal Krispies

Ingredients:

3/4 cup sugar

1 cup butter or margarine -- softened

1 egg

1 1/4 cups all-purpose flour

1 cup yellow cornmeal

1 teaspoon baking powder

1 teaspoon grated lemon peel

1/2 teaspoon salt

Directions:

1. Heat oven to 350°. Beat sugar, butter and egg in large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients.
2. Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet.
3. Bake 10 to 12 minutes or until edges are light brown. Cool 1 to 2 minutes; remove from cookie sheet to wire rack.

Cranberry-Orange Cookies

Ingredients:

1 cup granulated sugar
1/2 cup packed brown sugar
1 cup butter or margarine -- softened
1 teaspoon grated orange peel
2 tablespoons orange juice
1 egg
2 1/2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
2 cups coarsely chopped fresh or frozen cranberries
1/2 cup chopped nuts, if desired
Orange Frosting -- (recipe follows)

ORANGE FROSTING

1 1/2 cups powdered sugar
1/2 teaspoon grated orange peel
3 tablespoons orange juice

Directions:

1. Heat oven to 375°. Beat sugars, butter, orange peel, orange juice and egg in large bowl with electric mixer on medium speed, or mix with spoon.
2. Stir in flour, baking soda and salt. Stir in cranberries and nuts.
3. Drop dough by rounded tablespoonful about 2 inches apart onto ungreased cookie sheet.
4. Bake 12 to 14 minutes or until light brown.
5. Remove from cookie sheet to wire rack. Cool completely. Spread with Orange Frosting.

ORANGE FROSTING:

Mix all ingredients until smooth and spreadable.

FUDGE

Christmas Fudge

Ingredients:

1 - c. butter (2 sticks)

1 - 12 oz. can of evaporated milk

4 - c. sugar

2 - tsp. vanilla

3-4 of your favorite high quality chocolate candy bars

1 - 12 oz. package of semi-sweet chocolate chips

1 - jar of Marshmallow Crème

1 - c. chopped walnuts

What will make this recipe a success for you is the candy bar ingredient. The higher quality chocolate you use, the more it will melt in your mouth. I almost always use Dove bars when I make this Christmas fudge recipe.

To begin, line your 9 x 13 pan with foil. Next, cut up your candy bars into little pieces.

Combine the butter, evaporated milk, and sugar in a medium sized saucepan. Continue mixing these ingredients while you bring them to a boil. Once it begins to boil, drop down the temperature to low and add the remaining ingredients. Just throw them all in there, you don't have to add them in any specific order, just be sure not to forget any! Once all of the

ingredients have been added, remove from heat and continue stirring until everything has been combined well.

Pour the fudge onto into your pan and refrigerate for 2-3 hours or until almost completely chilled. I have found that this fudge is much easier to cut just before it is completely chilled through. As long as it has fully solidified, then it is chilled enough to cut. Flip the pan upside down and carefully remove the foil before **cutting. Set on a large cutting board and cut your homemade Christmas fudge into small pieces.**

A word of advice: Don't skimp on the nuts in this fudge recipe! The fudge itself is so rich, creamy, and smooth, that the walnuts give it that perfect crunchy balance it needs.

Coconut Oil Fudge

Coconut Oil Fudge recipes....I love this stuff...and you can do a ton of different combinations!!

Chocolate Pecan Fudge

4 T melted C Oil

3 squares of premium baking chocolate, melted

3 T of ground flax seeds

2 T of shredded coconut

Chopped pecans

Scoop of PP

2 packets splenda

line an 8x8 pan w/ foil, spread in pan and refrigerate, cut into 8 bars

Vanilla Walnut fudge

4 T melted c oil

3 T of ground flax seeds

2 T of shredded coconut

scoop of PP

1 tsp vanilla

2 packets splenda

1 T. Davinci french vanilla SF syrup

chopped walnuts

pour into an 8x8 pan like above

Five Pound Fudge #1

Cook time: 45 Min

Prep time: 30 Min

Ingredients

4 c sugar

1 can(s) evaporated milk

2 stick butter

1 tsp vanilla

12 oz chocolate chips

1 pkg large marshmallows

2 lb pecans or black walnuts (optional)

Try Diamond of California Nuts

Directions

1. 1. Before beginning, take a large dish (at least 9 x 12 or larger) and butter it, getting it ready for the fudge to be poured into, when the fudge is finished. 2. In a heavy pan, add the sugar, evaporated milk, and 2 sticks of butter. Start heating this over medium heat to medium high heat. Heat to a boil and let it boil on low heat until it comes to a soft ball stage. At this point, add the vanilla and do not let it go any longer. Do not continue cooking. It is very important to take it off at this point so it doesn't overcook or get sugary. Add the chocolate chips and marshmallows and start stirring quickly into the hot mixture. 3. If you want nuts, add the nuts at this point and pour it into the

greased pan. 4. This will have to set for several hours before cutting because it is a very deep fudge and makes 5 pounds. PATIENCE is worth the wait.

Five Pound Fudge #2

INGREDIENTS:

24 ounces semisweet chocolate chips

1 cup butter

7 ounces marshmallow creme

4 1/2 cups sugar

12 ounces evaporated milk

Butter (for greasing)

2 tablespoons vanilla extract

1 1/2 cup chopped pecans, toasted

DIRECTIONS:

Combine first 3 ingredients in a large mixing bowl; set aside. Combine sugar and evaporated milk in a buttered Dutch oven. Cook over medium heat, stirring constantly, until mixture reaches soft ball stage or candy thermometer registers 234F degrees; pour over chocolate morsels mixture.

Beat at high speed with an electric mixer or wooden spoon until mixture thickens and begins to lose its gloss. Stir in vanilla and pecans. Spread into

a buttered 15 x 10 x 1-inch jellyroll pan. Cover and chill until firm. Store in an airtight container at room temperature.

2 Minute Fudge

INGREDIENTS:

1 pound powdered sugar

1/2 cup cocoa powder

1/4 teaspoon salt

1/4 cup milk

1 tablespoon vanilla extract

1/2 cup butter

1 cup nuts, chopped

DIRECTIONS:

In a 1 1/2 qt. casserole, stir sugar, cocoa, salt, milk and vanilla together until partially blended (it will be too stiff to blend thoroughly).

Put butter over top in center of dish. Microwave at high for 2 minutes, or until smooth. If all butter has not melted in cooking, it will as mixture is stirred. Blend in nuts.

Pour into a lightly-buttered 8x4x3" dish. Chill 1 hour in refrigerator or 20 to 30 minutes in freezer. Cut into squares.

Maple Walnut Fudge

1½ cups White sugar

⅔ cup Evaporated milk

2 tbs Butter

¼ tsp Salt

2 cups Mini marshmallows

1⅔ cups White chocolate chips, [use chocolate chips for chocolate fudge]

½ cup Chopped nuts, [optional]

1 tsp Maple extract

Line 8-inch-square baking pan with foil and cooking spray.

Combine evaporated milk, sugar, butter and salt in a medium, heavy-duty saucepan. Bring to a full rolling boil over medium heat, stirring constantly for 4 to 5 minutes. Remove from heat.

Stir in marshmallows, chip morsels, nuts [if desired] and maple extract. Stir vigorously for 1 minute or until marshmallows are melted. Pour into prepared baking pan; refrigerate for 2 hours or until firm. Lift from pan; remove foil. Cut into 48 pieces. Makes 24 servings [2 pieces each]

Note: You can use maple flavoring as a substitute for extract, but the taste will not be the same

Coconut Potato Fudge has a strong coconut flavor, a dark chocolate topping, and a creaminess that comes from...mashed potatoes?! This fudge recipe is a great way to use up leftover mashed potatoes, as long as they aren't seasoned with savory ingredients.

Prep Time: 15 minutes

Total Time: 15 minutes

Yield: 1 8x8 pan

Coconut Potato Fudge

Ingredients:

- 1/2 cup hot cooked mashed potatoes
- 2 tsp butter, softened
- 6 cups sifted powdered sugar
- 2-2/3 cups flaked coconut
- dash of salt
- 1 tsp vanilla
- 4 ounces dark chocolate
- 1 tbsp vegetable oil

Preparation:

1. Line an 8x8 inch baking pan with foil and spray the foil with nonstick cooking spray.
2. Mix mashed potatoes and butter in a large mixing bowl. Gradually add the sifted powdered sugar in batches, beating until well combined.
3. Stir in the coconut, vanilla and salt. Press firmly and evenly into the baking pan.
4. Melt the chocolate and the vegetable oil together in the microwave or over a double boiler. Spread the melted chocolate over the top of the fudge, and chill until the chocolate is firm. Cut into one-inch squares to serve. Store Coconut Potato Fudge in an airtight container in the refrigerator for up to a week.

Sour Cream Fudge

tangy and sweet, with a smooth texture enlivened by walnuts.

Prep Time: 30 minutes

Cook Time: 30 minutes

Total Time: 1 hour

Ingredients:

- 3/4 cup sour cream
- 2 tbsp butter
- 2 tbsp corn syrup
- 1/4 cup milk
- 2 cups granulated sugar
- 1.5 tsp vanilla extract
- 2/3 cup chopped walnuts

Preparation:

1. Prepare an 8x8 inch baking pan by lining it with aluminum foil and spraying it with nonstick cooking spray.
2. Combine sour cream, sugar, corn syrup, milk, and butter in a large saucepan over medium-high heat. Stir until sugar dissolves.
3. Boil the mixture, stirring occasionally, until it reaches 240 degrees (soft-ball stage). Remove from the heat and allow to cool to lukewarm without stirring, about 30-45 minutes.

4. Once the mixture is room temperature, add the vanilla and beat continuously until it becomes very thick and opaque. This can be done by hand or with an electric mixer fitted with a paddle attachment. Stir in the walnuts and pour into the prepared pan, spreading evenly.

5. Allow the mixture to set completely at room temperature before cutting it into 1-inch squares to serve.

Peanut Butter Fudge

2 cups sugar

3/4 cup canned cream

2 tbsp. butter

1/2 tsp. salt

1 tsp. vanilla flavoring

4 tbsp. peanut butter, smooth or crunchy

Measure the sugar, canned cream and butter into a large sauce pan. Bring to a full, rolling boil over medium heat. Cook about 7 minutes over medium heat to the soft-ball stage. (This means when mixture is dripped from a spoon into a cup of cold water, it will easily form a soft ball when water is poured off.)

Remove from heat. Add salt, vanilla flavoring, and peanut butter. Beat with an electric mixer until candy is very stiff and ridges form easily while beating.

Butter the bottom and sides of a square baking dish and pour candy into prepared dish. Cool and cut into 1 1/2 inch squares.

HINTS: NEVER use milk, which makes the candy crumbly. I always double the recipe and pour into a 9 X 13 inch prepared baking dish. One batch is never enough for us.

BREADS



Banana Bread

Prep Time: 10 minutes

Total Time: 1 Hour

This is a very simple banana bread recipe, quick and easy to make...I try to make this banana bread at least once a week if we have banana's in the deep freeze...My husband prefers his banana bread on the darker side, so I usually leave it in the oven a few minutes longer, this doesn't change the texture of the inside it still comes out moist on the inside...

Ingredients

2 Cups Flour

3/4 Cup Sugar

1 Teaspoon Baking Powder

1 Teaspoon Salt

2 Eggs

3 Medium Banana's

Instructions

Mash banana's in large bowl, then add the eggs

Mix dry ingredients and add to mashed banana mixture, mix well

Pour into greased loaf pan

Bake at 350 degrees for 1 hour

Zucchini Bread

3 CUPS ALL PURPOSE FLOUR
1 TSP. BAKING POWDER
1 TSP. BAKING SODA
1 TBLSP. GROUND CINNAMON
3 EGGS
1 ½ CUPS GRANULATED SUGAR
2 TSP. VANILLA EXTRACT
1 CUP VEGETABLE OIL
3 CUPS GRATED ZUCCHINI
1 CUP CRUSHED PINEAPPLE – DRAINED
1 CUP CHOPPED WALNUTS

- (1) Preheat oven to 350' F. Grease a 9 x 5 x 3 “ loaf pan.
- (2) In a large bowl, stir together flour, baking powder, baking soda, salt and cinnamon.
- (3) In another large bowl, beat together eggs, sugar, vanilla, and oil. Add zucchini and mix well. Add flour mixture and stir. Stir in pineapple and walnuts. Pour batter into prepared pan.
- (4) Bake for 50 to 60 minutes, or until loaf springs back when lightly touched.

Pineapple and Zucchini Bread

Yield 1 loaf

3 c. flour

2 tsp. baking soda

1 tsp. salt

1/2 tsp. baking powder

3/4 c. chopped pecans

3 eggs

2 c. sugar

1 c. vegetable oil

2 tsp. vanilla extract

2 c. shredded zucchini

8 oz. crushed pineapple (well drained)

Combine first 5 ingredients; set aside. Beat eggs lightly in a large bowl; add next 3 ingredients. Beat until creamy. Stir in next two ingredients. Add to dry ingredients, stirring until moist. Put batter in two well-greased and floured loaf pans. Bake at 350 degrees for 1 hour. Cool 10 minutes in pan; turn out on rack and cool. Or, makes 2 dozen muffins (cook muffins only for 25-30 minutes).

TARTS



Butter Tarts

Ingredients

- 1 1/2 cups packed brown sugar
- 2 eggs
- 1/2 cup butter
- 2 cups raisins
- 2 tablespoons heavy cream
- 1 cup chopped walnuts
- 30 (2 inch) unbaked tart shells

Directions

1. Preheat oven to 325 degrees F (170 degrees C).
2. Cream the butter, sugar and eggs well. Add remaining ingredients and mix thoroughly.
3. Pour batter into tart shells, no more than half full. Bake for 20 - 25 minutes. Watch carefully!--they'll burn quickly. Filling will keep in the refrigerator for 2 weeks or so. Liquid coffee creamer can be used for cream. Use any good pie pastry for shells.

Dandelion & Spinach Tart

Tart Dough:

1/3 c plus 1 T all purpose flour

1/3 c plus 2 T whole wheat pastry flour

4 1/2 T unsalted butter, cut into pieces

Dash salt

3 T plus 1 t ice water

additional all purpose flour for work table

Preheat oven to 425 degrees Fahrenheit. Add flours, salt, and butter to the bowl of a food processor. (Alternatively cut butter into flours and salt with two forks in a mixing bowl.) When mixture resembles coarse meal, add water. Stop mixing when dough begins to ball up. Remove dough from machine or bowl. Working gently, press dough into a smooth ball, and then into a 5-inch disk. Dust disk with flour and flour work table and rolling pin. Roll dough 1/4 inch thick. Fit into an eight-inch tart or pie pan. Prick dough with fork. Line shell with parchment paper or foil. Fill with pie weights or beans. Bake for 15 minutes. Remove parchment and pie weights. Add filling.

Tart Filling:

2 tbsp olive oil

1/2 large onion chopped

1 clove garlic, thinly sliced

2 1/2 c baby dandelion greens

10 oz frozen organic spinach, thawed and squeezed (save water for a smoothie)

3 eggs, beaten

3 ounces of feta cheese, crumbled, or use aged goat cheese

1/4 t fresh ground pepper

1/2 to 1 t dried oregano

Dash nutmeg

1/2 t salt if desired (note: feta is more salty than goat cheese)

SNACKS



Pineapple Chunks

Ingredients:

1 can of coconut milk,

1 banana pineapple

1/2 tsp vanilla extract

Blend all the ingredients. Freeze and enjoy!

Juicy Snacks

INGREDIENTS

2 1/2 cups Apple NESTLÉ® JUICY JUICE® All Natural 100% Juice

2 packages (6 ounces each) gelatin dessert, any flavor

DIRECTIONS

BRING Juicy Juice to a boil in medium saucepan. Remove from heat. Stir in gelatin until completely dissolved. Pour into 13 x 9-inch baking dish.

REFRIGERATE for 2 hours or until firm. Dip bottom of baking dish in warm water for about 10 seconds. Cut into decorative shapes using cookie cutters. Lift shapes from dish.

On The Go Snacks

Start with this recipe and mix and match to suit your taste using a combination of healthy ingredients in the chart below.

Servings: 18

2 c cereal, coarsely chopped

3/4 c roasted unsalted nuts, coarsely chopped

3/4 c dried fruit, coarsely chopped

2 Tbsp whole wheat flour

1/2 c second nut or fruit or an extra (see chart below for quantities), optional

1/3 c sugar, honey, or brown sugar

1/2 tsp salt

2 lg egg whites

1/2 tsp vanilla or almond extract, optional

1. Heat oven to 300°F. Line 9" x 9" baking pan with foil. Oil and flour the foil. (An 8" x 8" pan can be used. Just bake 5 to 10 additional minutes.)
2. Mix cereal, nuts, fruit, flour, and an extra, if using, in large bowl.
3. Combine sugar and salt in small bowl. Whisk in egg whites and extract, if using. Pour mixture into dry ingredients and stir to combine.
4. Pat into the prepared pan with moist hands or plastic wrap.
5. Bake until bars are dry to the touch, 45 minutes to 1 hour, depending on ingredients used. Cool completely.

MEATS

DEER MEAT (Preparation)

The main thing about cooking wild meat,,, is getting out all the musk glands when preparing. These run from the ankles through the inner hips, and, shoulders. They look almost like fat, and hold a VERY strong smell when cooked. When these are thoroughly taken out,,,, then you can cook the meat like you do beef, but, the secret of having good wild meat on your plate is Rosemary (and a lot of it). Back Strap can be sliced against the grain of the muscle, about 1/4 to 1/2 inch thick, seasoned with black pepper and salt, floured, and quick fried. This can also be done with the largest muscle in the hams (tender enough...). Absoulty ALL the sinew and tendons MUST be removed. Rule of thumb : If it is white,,,, remove it. If you have a pressure cooker, even the toughest of the muscles can be comfortably ate. But, if not, in a large pot, put a bed of Onion in the bottom along with peppers and Rosemary (the only real herb for wild meat), add enough water to barely cover the meat, and cook for about an hour. Then, put in more water and add whole potatoes, cooking for about another hour. Let rest till cooled enough to eat. Better if stored in the frig over night, then brought back to boil.

Meat Marinaide (dehydrator)

1/4 cup Liquid smoke-

1/2 tsp. pepper

1/4 cup Soy sauce-lite

2/3 cup Worchester

1/4 cup Brown Sugar

2 Bay leaves

3/4 teaspoon cayenne pepper

1 1/2 # deer meat

Boil mixture, let cool. Add thinly sliced meat Refrigerate overnight at least 24 soak time and use dehydrator.

From Paul Davey

Niagara Falls...

MAKING CONDIMENTS

Homemade Chili Sauce

20 lg. tomatoes (about 9 1/2 lbs.)

6 lg. onions, chopped

3 or 4 green peppers, chopped

1 or 2 sm. peppers, unseeded

4 1/2 c. sugar

4 c. vinegar (5% acidity)

1 tbsp. ground cinnamon

2 tsp. ground ginger

1 tsp. salt

1/2 tsp. ground cloves

1/2 tsp. ground allspice

Hot Pepper if you desire....

Cut up and mix all together and boil slowly until it thickens (3 1/2 hours).

Put in hot jars and seal.

Homemade Hot Dog Relish

- 2 lb. hamburger meat
- 1 pkg. mild chili seasoning mix
- 1 can Homemade Spaghetti sauce
- 2 c. water
- 1 c. brown sugar
- 3 tbsp. chili powder
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 2 lg. onions, cut into chunks
- 1 c. ketchup

Brown hamburger meat. After browning meat put into a large cooking kettle and add mild chili seasoning mix, Spaghetti sauce, water, brown sugar, chili powder, salt, black pepper, onions, and ketchup. Simmer on low heat for 1 hour and let cool to room temperature before storing in refrigerator.

Homemade Ketchup

Here's a homemade tomato ketchup recipe that uses roasted tomatoes for extra depth of flavor, as well as three kinds of vinegar.

This ketchup recipe calls for 6 lbs of fresh ripe tomatoes. You could also use a combination of fresh and canned tomatoes for this ketchup recipe. (See note below)

Prep Time: 30 minutes

Cook Time: 1 hour

Total Time: 1 hour, 30 minutes

Ingredients:

- 6 lbs ripe tomatoes (about 12 large tomatoes, but see note)
- 1/2 cup brown sugar
- 3/4 cup finely chopped onion
- 2 cloves garlic, finely chopped
- 1/2 cup red wine vinegar
- 1/2 cup cider vinegar
- 1/2 cup balsamic vinegar
- Cayenne pepper, to taste

Preparation:

1. Preheat oven to 450°F.
 2. Halve the tomatoes, drizzle some olive oil over them and roast them on a baking pan (or two) for 20 minutes or until they're soft and wrinkled looking but not burnt.
 3. Let the tomatoes cool for a few minutes, and then transfer them to a blender or food processor and puree until they're smooth. You'll likely have to work in small batches.
- Tip: Use care when processing hot items in a blender as the hot steam can sometimes blow the blender lid off. Start on a slow speed with the lid slightly ajar to vent any steam, then seal the lid and increase the blending speed.
4. In a heavy-bottomed pot over a medium heat, warm the sugar, keeping it moving with a wooden spoon, for about a minute.
 5. Add the onion and garlic, the pureed roasted tomatoes (and the canned crushed tomatoes, if you're using them). Reduce the heat to medium-low and cook for 10 minutes.
 6. Add the three vinegars and continue to cook for another 20 minutes or until reduced by two-thirds. The ketchup should be well thickened by now. Remove from heat and season to taste with the cayenne pepper.
 7. Strain the ketchup through a mesh strainer lined with cheesecloth and into a plastic container.

How to Make Mustard

Making this super-simple mustard couldn't be easier, but plan ahead. It won't be ready for at least two weeks, and likely three. It takes at least that long for your homemade mustard to work its magic, and for the flavors to properly meld and settle down. If you taste it right after you mix it up, you're not going to like what happens to your mouth and, ultimately, your face; the fresh mixture is very, very bitter and unpleasant. In fact, don't even bother tasting it until you've let it mellow for two weeks.

Powdered mustard is expensive, but don't bother buying whole seed and grinding it up. The flavor just isn't as strong as it is when you buy it pre-ground. Buying it at the supermarket doesn't make blending your own mustard any more cost-effective than buying bottled, prepared mustard (try bulk food or Indian specialty markets for inexpensive ground mustard), but it does give you a base from which you can spin off several different mustard variations; we'll outline a few after the recipe.

Mustard

(Makes about a cup)

Ingredients:

1/2 cup ground mustard

1/4 cup white vinegar

1/4 cup sugar

1 teaspoon kosher salt

Method:

Combine all ingredients and stir until combined. Cover and store in a cool, dark place for two weeks. If it's still too bitter, let it sit another week. Scrape into a clean glass jar, and store in the refrigerator, up to three months.

Variations:

Chinese Hot Mustard:

Add the following to the above base recipe: 1 tablespoon minced ginger, 1 clove minced garlic, 1/2 teaspoon wasabi powder, 1/2 teaspoon cayenne pepper

Honey Lime Mustard:

Substitute 1/2 cup honey for the sugar in the above base recipe, and use 1/2 cup fresh lime juice instead of vinegar

White Wine Mustard:

Substitute 1/2 cup white wine, in place of vinegar in the above base recipe

Cucumber Relish

4 cups ground, unpeeled cucumber (about 4)

1 cup ground green pepper- seeded of course (about 2)

1/2 cup ground sweet red pepper (about 1)

3 cups ground onion

3 cups finely diced celery

1/4 cup salt(use canning salt)

3 1/2 cups sugar

2 Cups Heinz white vinegar

1 tbsp. celery seed

1 tbsp mustard seed

Use the coarse blade of a grinder. Combine all veggies in a large bowl, sprinkle with salt, cover with cold water and let stand for 4 hours.

Drain thoroughly in a colander and press out all excess liquid.

Combine the sugar, vinegar, celery seed and mustard seed. Bring to boil, stirring until the sugar dissolves. Stir in drained veggies, simmer for 10 minutes.

Pack into pint canning jars to within 1/2 inch of the top. Put on canning lid and band.

Process in a boiling water bath for 10 minutes. This makes 5-6 pints.

HOME MADE BUTTERS

Making butter is... like moving a hot knife through butter: simple, smooth, and very, very easy. If you haven't done this yet, go out today and buy a pint of heavy cream, and then spend 10 minutes to make your own butter. It's incredibly simple to do, and it tastes wonderful!

Quick Butter

Equipment.

Mixer (or jar to shake)

Strainer

Bowl

Spatula

Ingredients.

Heavy cream (preferably fresh, organic & local!)

1. Leave the cream out for a bit so that it warms to 50F or so
2. Pour the cream into the mixer with a whisk attachment. Put a cover over the mixer, so you don't splatter cream all over your kitchen: Alternatively, you can pour the cream into a jar you can shake. (This will take longer, but your arms will get a good workout, and you can make it a family project.)
3. Mix on medium-high for 5-7 minutes. For once in your life, you get to over- whip cream! Here's what you'll see:

When the butter has separated from the liquid, you're done mixing.

4. Strain the butter into a bowl, making sure all the liquid runs out. Then set aside the liquid. (That liquid is homemade, uberfresh buttermilk!)
5. Rinse the butter with water to remove any excess liquid.
6. Knead the butter with a spatula to bring together the curds. This doesn't take long – a minute or two. If you want to salt your butter, now is a good time. (We prefer to have unsalted butter, which gives us more salt control when cooking.)

Save the butter in a sealed container in the fridge, and use the fresh buttermilk for pancakes or homemade biscuits.

Vegan Butter

This is regular 'ol Vegan Butter that's designed to mimic your favorite commercial variant. Use it wherever you use butter or vegan butter. Vegan Butter is designed to mimic real butter in vegan baking applications. Like real butter, Vegan Butter is more solid than tub margarine and not as spreadable. This is so it can perform optimally in vegan baking applications. If your goal is to have a conveniently softer, spreadable Vegan Butter, swap out 1 Tablespoon of the coconut oil with 1 additional Tablespoon canola, safflower or sunflower oil.

1/4 cup + 2 teaspoons soy milk

1 teaspoon apple cider vinegar

1/4 + 1/8 teaspoon salt

1/2 cup + 2 Tablespoons + 1 teaspoon refined coconut oil, melted

1 Tablespoon canola oil, safflower oil or sunflower oil

1 teaspoon liquid soy lecithin -or- liquid sunflower lecithin -or- 2 1/4 teaspoons soy lecithin granules

1/4 teaspoon xanthan gum

1)

Place the soy milk, apple cider vinegar and salt in a small cup and whisk together with a fork. Let it sit for about 10 minutes so the mixture curdles.

2)

Melt the coconut oil in a microwave so it's barely melted and as close to room temperature as possible. Measure it and add it and the canola oil to a food processor. Making smooth vegan butter is dependent on the mixture solidifying as quickly as possible after it's mixed. This is why it's important to make sure your coconut oil is as close to room temperature as possible before you mix it with the rest of the ingredients.

3)

Add the soy milk mixture, soy lecithin and xanthan gum to the food processor. Process for 2 minutes, scraping down the sides halfway through the duration. Pour the mixture into a mold and place it in the freezer to solidify. An ice cube mold works well. The vegan butter should be ready to use in about an hour. Store it in an airtight container in the refrigerator for up to 1 month or wrapped in plastic wrap in the freezer for up to 1 year. Makes 1 cup (215 grams), or the equivalent of 2 sticks vegan butter.

Shake your way to fresh Butter and Buttermilk.

Prep Time: 10 minutes

Total Time: 10 minutes

Ingredients:

- Heavy cream
- A Jar with a lid

Preparation:

1. Fill a jar halfway with heavy cream (baby food jars work great for small batches), and screw the lid on tight.
2. Shake the jar up and down until the cream thickens and begins to stick together.
3. Then, open the jar, and pour any remaining liquid into another container; this is the buttermilk. Everything else is butter.
4. Knead the butter under cold running water for several minutes to work out any remaining buttermilk (otherwise the butter will spoil quickly).
5. Knead in salt, if desired.
6. Refrigerate.

Coconut Butter

Coconut Butter this will make one small jar

Ingredients

2 cups dried, shredded, unsweetened coconut

salt to taste (optional — I used Tahitian vanilla salt from The Meadow [<http://www.thekitchn.com/store-profile-the-meadow-portl-141306>] to sprinkle on top of my coconut butter toast)

Equipment

Food processor or Vita mix blender

Instructions

1. Process the Coconut - Put the dried coconut in the food processor or blender. Mix on high speed, scraping down the sides often for approximately 18 or 19 minutes, until a thick paste is formed.

- 3 Minutes - The coconut breaks down into clumps
- 5-8 Minutes - The coconut starts to look more sandy and paste-like. Scrape down the sides of the processor as often as necessary to continue processing the coconut.
- 11-15 Minutes - The coconut starts to pull together into a buttery paste. Continue to scrape down the sides of the processor regularly.
- Finished - The coconut has been ground to the consistency of peanut butter, thick and spreadable. Add salt to taste if desired, or leave plain and add salt when serving.

2. Store the Coconut Butter Store in a small jar in the fridge, scraping up spoonfuls and microwaving for 10-15 seconds to soften and serve.

DINNER MENU



Chickpea=Sweet Potato Burgers

With Dilly Cucumbers

INGREDIENTS

- 1 1/4 cups dried chickpeas
- Olive oil cooking spray
- 3 tablespoons tahini
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon baking powder
- 1 teaspoon kosher salt, divided
- 1 small sweet potato, peeled and grated
- 1 medium cucumber, peeled and thinly sliced
- 1/2 small red onion, thinly sliced
- 1/4 cup chopped fresh dill
- 2 tablespoons rice vinegar

PREPARATION

In a bowl, soak chickpeas in 4 cups water for at least 12 hours and up to 24; drain well. Heat oven to 375°. Coat a baking sheet with cooking spray. In a food processor, process chickpeas, tahini, black pepper, baking powder and

3/4 tsp salt, scraping down sides as necessary, until mixture holds together when pinched, 2 minutes; transfer to a bowl. Stir in sweet potato. In a second bowl, combine cucumber, onion, dill, vinegar and remaining 1/4 tsp salt; set aside. Form chickpea–sweet potato mixture into 4 burgers; place on baking sheet; cover tightly with foil; bake 20 minutes. Remove foil; coat burgers with spray; bake until crisp and golden underneath, 20 to 25 minutes. Flip burgers; coat with cooking spray; bake until crisp on other side, 10 to 15 minutes. Serve burgers with dilly cucumbers.

338 calories per serving, 10 g fat (1 g saturated), 50 g carbs, 13 g fiber, 15 g protein

Chicken Chili

- 3 tablespoons vegetable oil
- 2 celery stalks, diced
- 1 medium onion, diced
- 1 green bell pepper, seeded and diced
- 2 large garlic cloves, minced
- 1 pound ground chicken or turkey
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 1/2 teaspoons salt
- 1 (28-ounce) can fire-roasted diced tomatoes
- 1/2 cup water
- 1/4 cup tabasco sauce
- 1 (15.5-ounce) can pinto beans, rinsed and drained
- 3 tablespoons crumbled blue cheese

Preparation

Heat oil in 4-quart saucepan over medium heat. Add celery, onion, green pepper and garlic; cook about 5 minutes or until vegetables are tender-crisp. Remove vegetables to bowl with slotted spoon.

Add remaining tablespoon of oil to same saucepan. Cook ground chicken over medium high heat until well browned on all sides, stirring constantly. Stir in chili powder, cumin and salt; cook 1 minute.

Add tomatoes with their liquid, water and tabasco. Heat to boiling over high heat. Reduce heat to low; cover and simmer 15 minutes, stirring occasionally. Add beans; cook 5 minutes longer.

To serve, top each serving with some crumbled blue cheese.

Makes 6 servings.

Zucchini Oven Chips

These breaded, oven-fried zucchini chips taste like they're fried, yet they are baked and amazingly crispy. These chips make a healthy substitute for French fries or potato chips.

Ingredients:

1/4 cup dry breadcrumbs

1/4 cup (1 ounce) grated fresh Parmesan cheese

1/4 teaspoon seasoned salt

1/4 teaspoon garlic powder

1/8 teaspoon freshly ground black pepper

2 tablespoons fat-free milk

2 1/2 cups (1/4-inch-thick) slices zucchini (about 2 small)

Cooking spray

Directions:

1. Preheat oven to 425°.
2. Combine first 5 ingredients in a medium bowl, stirring with a whisk.
3. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture.
4. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.
5. Bake at 425° for 30 minutes or until browned and crisp. Serve immediately.

Homemade Spaghetti Sauce

Original recipe makes 8 Servings

1 28-oz can Stewed tomatoes or Fresh Tomatoes sliced

1 28-oz can Crushed tomatoes

1 pound Lean ground beef

2 Yellow onions; chopped

2 Green bell peppers; chopped

5 cloves Garlic; chopped

2 tablespoons Sugar

1 tablespoon Dried basil

1/2 teaspoon Dried Oregano

1/4 cup Fresh parsley

2 Bay Leaves

Salt and pepper; to taste

To can this recipe leave out the meat until you are ready to make the spaghetti.

Spaghetti Sauce Preparation

Blend the stewed tomatoes and crushed tomatoes in a blender. In a stock pot or large kettle, brown the ground beef with the onions, peppers, and garlic. Pour in tomatoes, and reduce heat. Add sugar, basil, bay leaves and oregano, and simmer about 40 minutes.

Remove bay leaves and season with salt and pepper before serving.

Deep Dish Ham Quiche

...1- Tenderflake Pie Shell, 2-tbsp. Olive Oil, 2tbsp. unsalted butter, 1 Sweet onion, thinly sliced, 3/4 lb. smoked ham, cubed into 1/4-1/2 pieces, 4 eggs beaten, 1/2 cup milk, 1/2 cup table cream, 2 tbsp. fresh parsley, finely chopped, salt & pepper to taste.....Directions: Prepare pie shell, cook according to directions. In fry pan melt olive oil & butter. Cook onions over low-medium heat until soften. (approx. 15 minutes). Add ham to pan and cook for 5 minutes more. Remove from heat. Preheat oven to 375F... In a bowl whisk together the eggs, milk, cream and parsley & season with salt & pepper. Spread the onion, ham mixture in cooled pie shell. Pour egg mixture over ham. Place on cookie sheet in preheated oven and cook 50-55 minutes.....

Dawn Goulden-Ducharme

Macaroni & Cheese

This is a quick throw together Macaroni & Cheese... can be cooked in oven or in slow cooker.... I put in slow cooker and leave it... was given to me to try and it is tasty..... so it's a short quick recipe the way I got it with the basics..... Macaroni & Cheese..... 1 cup of Macaroni, 1 can of Diced Tomatoes, 1 lb Hamburger (optional), 1 green pepper, 1 onion, 1 cup of Garden Cocktail Juice, Cheese for topping, Salt & Pepper..... Chop green pepper & onion finely and fry till cooked. Cook macaroni. Cook hamburger. Combine all ingredients and cook at 350f for 30 minutes in oven or put in slow cooker to cook. When cooked top with cheese.... optional... celery salt, garlic powder, onion powder, do to your taste...

Dawn Goulden-Ducharme

Chicken Dressing

Boil 1 small chicken or 4 leg quarters and 2 fresh eggs in shell in 3 quarts of water until meat is tender. While this is cooking make your cornbread. Remove chicken and eggs and let cool. Save the broth. Remove skin & bones and chop the meat.

Make your favorite cornbread, bake and set aside to cool.

in a large bowl dice up: 1 large sweet bell pepper (preferably red but green is fine) 1 large sweet onion 2 stalks of celery with leaves 2 boiled eggs add 1 tablespoon rubbed sage 1 teaspoon black pepper 1 tablespoon salt add chopped cooked chicken and crumble up entire pan of cornbread into bowl.

Stir well.

Start adding broth that chicken was cooked in, a little at a time, until all ingredients are soaking wet- like a mud pie. (Estimates about 1 quart or more of broth.) Stir well.

Pour into large 13 x 9 inch baking dish. This should fill the dish to a half inch from the top. Any remaining dressing can be put into quart freezer bags and frozen up to 3 months.

Bake at 350 degrees until firm (about 45 -55 minutes).

Serve with giblet gravy.

Giblet gravy Use 1 quart of above chicken broth and pour into 2 quart saucepan. Add turkey giblets and 2 whole eggs in the shell. Boil on medium until giblets are tender. Remove eggs and place in cold water. Let cool. Remove giblets and chop fine. Return to saucepan. Peel eggs and chop fine. Return eggs to saucepan. Add 1 teaspoon salt and 1/2 teaspoon black pepper. Heat to low simmer. From original chicken broth (which should be cold by now) pour 1 cup into small bowl and add 2 heaping tablespoons of self rising flour. Stir until dissolved and add to saucepan. Stir constantly until gravy is thick. Remove from heat. Strain over chicken dressing.

Cornbread

Pour 1/2 cup vegetable oil in large cast iron skillet to grease skillet.

Pour the oil out of skillet into a mixing bowl.

Heat oven to 375F and place empty skillet in oven to get hot.

In mixing bowl add 1 egg

2 1/2 cups self rising YELLOW cornmeal

a light sprinkle of salt

Stir in enough warm water a little at a time to get a good consistency.

Take skillet out of oven and pour mix into hot skillet.

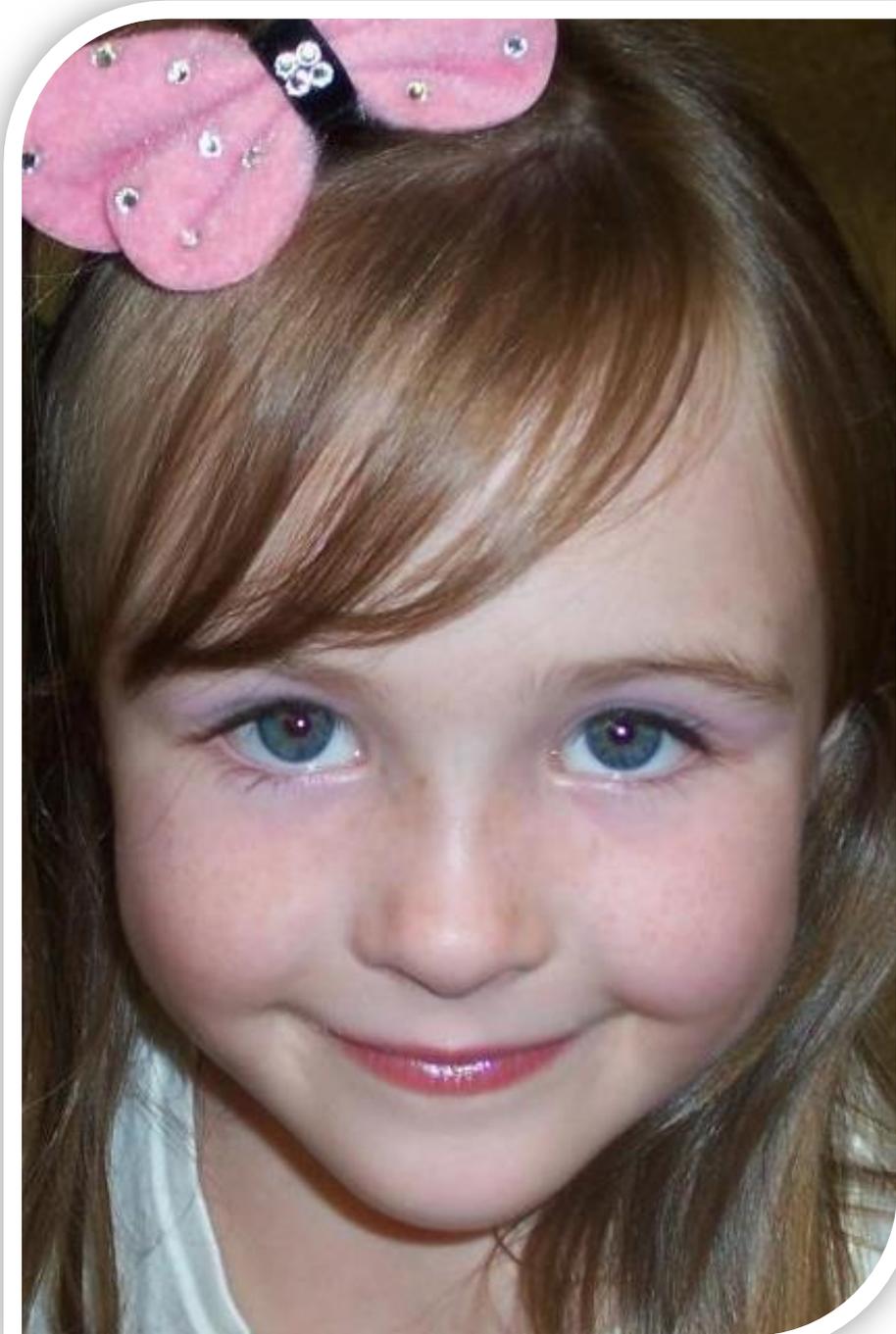
Bake for 30 minutes.

You can cook your green beans and onions in remaining chicken broth.

From: Eagle Feathers...FB..

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PUDDINGS



Chocolate Pudding

-1 oz/30grams ground cacao mix

-1 large very ripe avocado (you can get them off of the discount rack because your just going to blend them anyway)

-1 very ripe banana (also great when on discount rack and starting to brown)

-3 dates

- 1 tbsp raw honey

- 1tbsp coconut oil

-1oz/30 grams carob powder

Grind cacao in a coffee grinder (or you can buy it ground)...make sure it's the real stuff. You can get it in a package at the bulk barn for \$10. Slice avocado put in blender. Peel the banana, slice and add to blender. Add date and remaining ingredients. You can add a little coconut milk/rice milk/almond milk if it's too thick.

Very yummy and your kids will never know there eating avocado! this only makes one serving. I tripled the recipe and it was more than enough for all of us. You can use this as a chocolate icing on a healthy cake (like carob cake) too.

Thank you - Julie Lafontaine-Laroche

Banana Pudding

Yield: About 12 servings

Ingredients

- 3 large eggs, separated
- 3/4 cup granulated sugar, divided to 1/2 and 1/4 cups
- 1/3 cup all-purpose flour
- Dash salt
- 3 cups whole milk
- 1 overflowing teaspoon of pure vanilla extract
- 1 box of Nilla Vanilla Wafers, you won't use every one them
- 4 to 6 ripe bananas, sliced (as many as you want)
- Pinch cream of tartar

Instructions

Separate the eggs and set aside the whites to come to room temperature for meringue.

In the top of a double boiler, whisk together 1/2 cup of the sugar with the flour, salt, and milk. Whisk in the yolks and cook over medium heat, stirring constantly, until thickened and mixture reaches 170 degrees. Remove from heat, stir in the vanilla and set aside, to cool slightly.

In a 1-1/2 quart baking dish begin layering. Spoon a small amount of the custard on the bottom of your dish; add a layer of the wafers on top of the custard and also around the outside of bowl with the rounded tops facing out, if desired. Continue to layer wafers, bananas and custard for a total of 2 to 3 layers, ending with custard on top. Set aside.

Prepare meringue by whipping the egg whites with the remaining 1/4 cup of sugar and a pinch of cream of tartar and add to top of the pudding, spreading to the edges. Place into a preheated 350 degrees F oven for 15 to 20 minutes or until the peaks of the meringue brown. Remove and let sit for about at least 1 hour, or refrigerate for up to 4 hours before serving. Garnish with a sprinkling of crushed wafers just before serving, if desired.

Shortcut "Custard"

- 3 cups of milk
- 1 teaspoon of Watkins vanilla extract
- 2 (3.4 ounce) packages of Jello vanilla instant pudding mix
- 1 (8 ounce) container of sour cream

To a mixer bowl combine the milk and vanilla extract. Add the vanilla instant pudding mix and beat at medium speed for about 2 minutes, or until thickened. Let stand for 5 minutes and then stir in the sour cream. Use this mixture in place of the homemade custard, eliminating the 1/2 cup sugar, flour, salt, milk and egg yolks. Layer the shortcut custard with the wafers and bananas, and prepare the meringue as directed above to top it off. Can also substitute whipped cream or Cool Whip for the meringue, if desired.



SCOTTISH RECIPES

- Apple Scone

There are many different varieties of scone - this one uses finely chopped apple to supply its flavour.

Main Ingredients:

One medium cooking apple

8 oz (250g or two cups) self raising flour (all-purpose flour with baking powder)

1/2 teaspoon salt

Level teaspoon baking powder

2 oz (60g or 1/2 stick) butter

2 oz (60g or 1/4 cup) castor (fine granulated) sugar

Up to 1/4 pint (150ml or half cup) milk

Ingredients for glaze:

A little milk

1oz demerara (light brown) sugar

Method:

Pre-heat the oven to 200C (400F or Gas Mark 6).

Peel and core the apple and then finely chop. Sift together the flour, salt and baking powder. Then rub in the butter followed by the sugar and chopped apple and mix. Add milk until you have a soft but not sticky dough.

Roll out on a floured surface to about ¼" thick and 8" round and mark into 8 wedges. Place on a greased baking sheet, brush the top with milk and sprinkle with the demerara (light brown) sugar. Bake in the pre-heated oven at 200C (400F or Gas Mark 6) for 20-25 minutes. Serve warm with butter.

- Arran Potato Salad

Although Ayrshire is traditionally the county where the best potatoes are grown, Arran Chief is a particularly good, waxy variety, ideal for salads. Of course, you can use any available variety which produces a firm, waxy texture when cooked.

Ingredients:

10 waxy potatoes, diced

4 ounces (100g) shelled fresh peas (or frozen peas)

4 ounces cooked beetroot (red beets) diced

Salt and freshly ground black pepper

Two teaspoons chopped onion

One teaspoon chopped fresh parsley

Four tablespoons (60ml) salad dressing or salad cream

Fresh parsley to garnish

Method:

Boil the potatoes in salted water for ten minutes or until tender. Drain and pat dry. Cook the peas separately for about five minutes or until tender and then drain.

While the vegetables are still warm, mix together and stir in the chopped parsley and onion and season with salt and pepper to taste.

Fold in the salad dressing (or salad cream) to moisten, and garnish with sprigs of fresh parsley.

"Auld Reekie" Cock-a-Leekie Soup

The "Auld Reekie" does not refer to the soup being "smokey" but to the origins of the recipe in Edinburgh which used to be called Auld Reekie in the days of coal fires. Cock-a-Leekie soup makes a regular appearance in Scottish kitchens but this variation has a special ingredient - Scotch whisky! It will, as the say, "stick to your ribs".

Ingredients:

3lb boiling chicken (giblets removed)

3 slices of streaky bacon

1lb shin of beef

2 lb leeks

1 large onion

5 fluid ounces Scotch whisky

4 pints water

1 level tablespoon dried tarragon

Salt and pepper

8 pre-soaked prunes (optional but traditional!)

Method:

Mix the whisky, tarragon and sugar in the water. Chop up the bacon and place the chicken, bacon and beef in a large bowl and pour over the whisky

marinade. Leave to soak overnight. Place the chicken etc in a large soup pot. Chop up the leeks (reserve one) and onion and add to the pot. Salt and pepper to taste. Bring to the boil, cover and simmer for two hours, removing any scum as required. Remove the chicken from the pot, remove skin and bones. Chop the meat into small pieces and return to the pot. Cut up the shin of beef, if required. Add the prunes and the last chopped leek and simmer for 10 to 15 minutes. It will serve up to eight people.

- Oatcakes/Bannocks

Oatcakes are a very traditional part of the Scottish diet. They were cooked on a griddle (a flat iron pot placed over the fire) but nowadays a heavy frying pan is used.

Ingredients

4 oz (125g) medium oatmeal

2 teaspoons melted fat (bacon fat, if available)

2 pinches of bicarbonate of soda

Pinch of salt

3/4 tablespoons hot water

Additional oatmeal for kneading

Method

Mix the oatmeal, salt and bicarbonate and pour in the melted fat into the centre of the mixture. Stir well, using a porridge stick if you have one and add enough water to make into a stiff paste. Cover a surface in oatmeal and turn the mixture onto this. Work quickly as the paste is difficult to work if it cools. Divide into two and roll one half into a ball and knead with hands covered in oatmeal to stop it sticking. Roll out to around quarter inch thick. Put a plate which is slightly smaller than the size of your pan over the flattened mixture and cut round to leave a circular oatcake. Cut into quarters (also called farls) and place in a heated pan which has been lightly greased. Cook for about 3 minutes until the edges curl slightly, turn, and cook the other side. Get ready with another oatcake while the first is being cooked.

An alternative method of cooking is to bake them in an oven at Gas5/375F/190C for about 30 minutes or until brown at the edges. The quantities above will be enough for two bannocks about the size of a dessert plate. If you want more, do them in batches rather than making larger quantities of mixture. Store in a tin and reheat in a moderate oven when required.

Barley Pudding

Barley crops up in a number of Scottish traditional recipes - from barley bannocks to malt whisky. Barley provides a distinctive flavour which comes through in this simple recipe.

Ingredients:

8 ounces (225g or a generous US cupfull) barley

3 ounces (75g or one-third cup) currants

3 ounces (75g or one-third cup) raisins

1³/₄ pints (1 litre or 4¹/₄ cups) water

Pinch of salt

Caster (superfine) sugar and single (light) cream to serve

Method:

Mix the barley and water in a heavy-based saucepan and bring slowly to the boil. Simmer for one-and-a-half hours, stirring occasionally.

Add the currants, raisins and salt and simmer for another 15 minutes.

Serve sprinkled with caster (superfine) sugar and the cream.

Black Bun

This is a traditional recipe for a treat which is often eaten at the end of the year at Hogmanay. But it needs to be made several weeks in advance so that it can mature. Indeed, it can be kept for up to six months if kept in an airtight container. Don't be put off by the formidable list of ingredients. It is relatively easy to make and every cook has his or her own variations on the ingredients.

Ingredients for Pastry Case:

12 oz plain flour (3 cups)

3 oz lard (6 tablespoons)

3 oz butter or margarine (6 tablespoons)

(Note that if you don't want to use lard, increase the butter/margarine by an equivalent amount)

Pinch of salt

Half teaspoon baking powder

Cold water

Ingredients for Filling:

1 lb seedless raisins (2³/₄ cups)

1 lb cleaned currants (2³/₄ cups)

2 oz chopped, blanched almonds (Third of a cup)

2 oz chopped mixed peel (1/4 cup)

6 oz plain flour (1¹/₂ cups)

3 oz soft brown sugar (Third of a cup)

One level teaspoon ground allspice

Half level teaspoon each of ground ginger, ground cinnamon, baking powder

Generous pinch of black pepper

One tablespoon brandy

One large, beaten egg

Milk to moisten

Method:

Grease an 8-inch loaf tin. Rub the fats into the flour and salt and then mix in enough cold water to make a stiff dough (remember, it is going to line the tin). Roll out the pastry and cut into six pieces, using the bottom, top and four sides of the tin as a rough guide. Press the bottom and four side pieces into the tin, pressing the overlaps to seal the pastry shell.

Mix the raisins, currants, almonds, peel and sugar together. Sift in the flour, all the spices and baking powder and bind them together using the brandy and almost all the egg and add enough milk to moisten.

Pack the filling into the lined tin and add the pastry lid, pinching the edges and using milk or egg to seal really well. Lightly prick the surface with a fork and make four holes to the bottom of the tin with a skewer. Depress the centre slightly (it will rise as it cooks).

Brush the top with milk or the rest of the egg to create a glaze.

Bake in a pre-heated oven at 325F/160C/Gas Mark 3 for 2½ to 3 hours. Test with a skewer which should come out clean; if not, continue cooking. An uncooked cake sizzles if you listen closely!

Cool in the tin and then turn onto a wire rack. Cool thoroughly before storing until Hogmanay.

Broken Biscuit Cake

In the old days, when biscuits were sold loose, grocers sold mixed, broken biscuits at a lower price. This recipe was a good way of using them up and as a cake which requires no cooking, it can be easily made by the kids as well as experienced cooks.

Ingredients:

One pound plain chocolate

One pound of butter or firm margarine

One pound broken mixed biscuits

Half pound chopped mixed roasted nuts

One teaspoon vanilla essence (extract)

Method:

Melt the butter and chocolate together and stir. Mix in the well broken biscuits, nuts and essence/extract and pour into a 10" by 15" baking tin, lined with greaseproof paper (vegetable parchment). Smooth to a level top and leave it to set. Cut into fingers (literally a finger thick).

Dark Fruit Cake

serves/makes: 4 loaves

INGREDIENTS:

1 pound chopped candied pineapple
1/2 pound candied cherries
1/4 pound chopped candied citron
1/4 pound chopped candied citrus peel
1 pound golden raisins
1/2 pound dark raisins
1/2 pound currants
1/2 cup dark rum or brandy
1/4 pound slivered almonds
1/4 pound chopped walnuts
2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon grated nutmeg
1/2 cup butter
1 cup granulated sugar
1 cup brown sugar, packed
5 eggs
1 tablespoon milk

1 teaspoon almond extract

DIRECTIONS:

In a very large bowl (or roasting pan) combine dried fruits; stir in rum or brandy. Let stand overnight.

The next day, preheat oven to 275F.

Grease four 4 x 9-inch loaf pans. Line with parchment paper. Add nuts to fruit mixture; toss thoroughly with 1/2 c. flour until well-coated.

In a medium bowl, sift together remaining flour with soda and spices. In a large bowl, cream butter and sugars. Beat in eggs, one at a time. Beat in milk and almond extract. Stir flour mixture into creamed mixture. Blend well. Turn batter into floured fruit and nuts. Mix well. Spoon into loaf pans.

Bake at 275F for 2 1/2 hours, or until tester inserted in center comes out clean. When cool, wrap airtight and store for at least 2 weeks before slicing. Brush periodically with additional brandy or rum if desired.

This can also be made up into two 9-inch square, 4-inch tall baking pans with removable bottoms. Increase the baking time to 3 1/2 hours.

- Butterscotch

That sweet tooth for which Scots have a reputation means that there are many traditional confectionary recipes. But quite why a brittle sweet (candy) made from butter and sugar should be named "Scotch" is lost in the mists of time.

The ingredients below will make about one pound (450g) of butterscotch.

Ingredients:

One pound (500g or 2¹/₂ cups) granulated sugar

Quarter pint (150ml or two-thirds of a cup) water

3 ounces (90g or ³/₄ stick) unsalted (sweet) butter

One teaspoon (5ml) lemon juice

Quarter teaspoon (1.5ml) cream of tartar

Quarter teaspoon (1.5ml) vanilla essence (extract)

Oil for greasing a baking tin (pan)

Method:

Well oil an 11" x 7" (28cm x 18cm) shallow baking tin (pan). Put the water and lemon juice in a heavy-based saucepan and heat until slightly warm. Stir in the sugar and continue to heat gently, stirring with a wooden spoon, until all the sugar has been thoroughly dissolved. Don't allow it to boil.

Stir in the cream of tartar and bring to the boil to 115C/242F on a sugar thermometer (or until a teaspoon ful of the mixture forms a soft ball when it is dropped into a cup of cold water.

Remove from the heat and beat in the butter. Return to the heat and boil to 138C/280F or when a teaspoon of the mixture forms a thin thread when dropped into a cup of cold water. (The thread will bend and break when pressed between the fingers)

Remove from the heat and beat in the vanilla essence (extract). Pour into the oiled tin and leave until it is almost set. Then mark into small rectangles with a knife. When it is completely set, break into pieces and store in an airtight container.

- Caledonian Cream

Here is a refreshing dessert which uses marmalade, a popular ingredient in Scottish cooking since its invention in Dundee in 1797.

Ingredients for the cream:

4oz cream cheese (about half a cup)

4 fluid ounces double cream (about half a cup)

1 tablespoon marmalade (thick, bitter marmalade is suggested but use what you have)

2 tablespoons brandy or rum

2 teaspoons lemon juice

Sugar to taste

Ingredients for base:

4 oranges, segmented and the pith removed

Method:

Blend all the ingredients for the cream in a liquidiser till smooth. Place the oranges in four long-stemmed glasses and, if you want, add a teaspoon of brandy (or rum) to these. Add the cream on top. Garnish with some orange zest (boil for a few minutes in water to reduce the bitterness). Serve chilled.

- Caramel Shortbread

Caramel Shortcake is often called "Millionaires' Shortbread" - presumably because it is so rich. I have to confess this is one of my favourites when eating out anywhere which has "home baking" on the menu.

Ingredients (Biscuit Base):

8oz (200g or two US cups) plain flour

6oz (150g or 1½ US sticks) margarine

3oz (75g or half US cup) caster (fine white) sugar

Ingredients (Filling):

2oz (25g or ½ US stick) margarine

2oz (25g or between a ¼ and a ½ US cup) soft brown sugar

A large tin of condensed milk

Ingredients (Topping):

8oz (200g or one US cup) light brown chocolate

Method:

Rub the margarine and flour together in a bowl until you have a mix which is similar to breadcrumbs. Stir in the sugar. Spread the mixture evenly into a 9" (23cm) square tin which has been lined with baking parchment. Bake in a pre-heated oven at 170C/340F (160C/320F if fan assisted) for approximately 35 minutes until it is golden brown. Allow the base to cool.

Heat the filling ingredients together in a pot, making sure that you stir it constantly (otherwise it will stick!) until it begins to simmer. Continue stirring until it thickens (which it should do in a few minutes). Spread the filling evenly over the base and again allow to cool.

Melt the chocolate so that you can spread it over the filling.

When it has cooled and you are ready to eat it, cut up into squares or rectangles with a sharp knife.

- Carrot Cake

Carrot cake is often found wherever "home baking" is advertised and there are many variations on the recipe. The ingredients below will make two, one pound cakes.

Ingredients:

8 oz (2 cups) wholemeal flour

8 oz (2 cups) brown sugar

4 teaspoons baking powder

2 teaspoons cinnamon

1 teaspoon salt

Half a cup melted butter or oil

4 eggs

Half cup chopped walnuts

14 ounces (3 cups) finely grated carrot

Zest of an orange

Ingredients for Icing:

Half pound (two cups) icing sugar

3 oz cream cheese (under half a cup)

One teaspoon vanilla essence (extract)

3 oz butter (Three quarters of a cup)

Method:

Mix the dry ingredients together and then add the walnuts and carrots, mixing well. Beat the eggs and them and the butter (or oil) and mix well. Pour the mixture into two, one pound rectangular loaf tins or one, two pound loaf tin. A nine inch round cake tin can also be used.

Bake for an hour in a pre-heated oven at 350F/180C/Gas Mark 4

Make the icing by beating the ingredients together and, once the cake has cooled, decorate the top and the side with the icing.

- **Catriona's Chicken**

Catriona must have picked up this recipe while travelling abroad as it adds chilli and curry powder as well as mustard and rosemary to give chicken a really full flavour! The quantities are sufficient to serve 4.

Ingredients:

Four chicken breasts cut into bite-sized pieces

Olive oil

Selection of pre-cooked vegetables such as potatoes, carrots, turnip root, courgette, parsnip

1 crushed garlic clove

1 teaspoon chilli powder

1 teaspoon curry powder

1 sprig rosemary

1 teaspoon grainy mustard

4 tablespoons crème fraîche

Method:

Pre-heat the oven to 200C / 400F / Gas Mark 6. Fry the chicken pieces in the olive oil. Put all the vegetables in a large roasting tin and put the fried chicken on top. Sprinkle with the chilli and curry powder, adding a sprig of rosemary. Drizzle olive oil all over and put in the pre-heated oven and cook for 30 minutes. Remove the chicken and keep hot. Put the vegetables in a serving dish and keep hot. Put the roasting dish on a hob and add mustard and crème fraîche, mixing to make a sauce. Return the chicken to the roasting dish and heat through. Serve the vegetables with chicken pieces and sauce on top.

- Cauliflower and Bacon Soup

Bacon can add a great flavour to bland cauliflower in the recipe below. Ingredients below are sufficient for around four people.

Ingredients:

One pint (600ml / Two and a half cups) vegetable stock

Half pint (300ml / One and a quarter cups) milk

1 large onion (chopped)

8 rashers bacon (chopped)

2 tablespoons (2½ US tablespoons) vegetable oil

2 medium potatoes, (chopped)

1 small cauliflower, cut into florets

Salt and pepper to taste

Method:

Fry the onion and bacon in oil for 2/3 minutes. Stir in the potatoes, cauliflower and stock and bring to the boil. Cover and simmer for fifteen minutes or until tender. Liquidize the soup and then add milk. Reheat gently and season to taste. As an added touch, you can grill a couple of rashers of bacon until crisp; crush and sprinkle on top of the soup in the plate before serving.

- Chicken in the Heather

Here is a simple recipe using clear heather honey and other flavours to create a tasty roast chicken dish. While heather honey is the best, other clear honey will suffice.

Ingredients:

One whole chicken, minus giblets

3 fluid ounces (90ml or under half a cup) light cooking oil

4 fluid ounces (125g or half cup) clear heather honey

Salt and pepper (freshly ground black pepper if you have it)

3 ounces (100g) French mustard

Half teaspoon curry powder (yes, curry powder)

One clove chopped garlic

Method:

Place the chicken in an oven-proof casserole dish. Mix all the other ingredients together and pour over the chicken. Cover the dish and cook in a pre-heated oven at 375F/190C/Gas Mark 4 for an hour. Baste the chicken thoroughly with the juices and sauce and return to the oven for another half hour uncovered. The chicken will brown as a result. Serve with boiled or creamed/mashed potatoes and fresh vegetables.

Chocolate Fudge

Fudge (and tablet) is a popular form of sweet confection in Scotland - and it sells particularly well in tourist shops. It can have many flavours added to it, from various fruit essences to whisky. The one here uses vanilla but feel free to experiment! Unlike a number of fudge recipes, it does not involve boiling the ingredients.

Ingredients:

3 ounces (90g or $\frac{3}{4}$ stick) full fat cream cheese

2 ounces (60g) chocolate, chopped into pieces

10 ounces (275g) sieved icing sugar (frosting)

Salt to taste

Vanilla essence to taste

Method:

Beat the cream cheese until it is smooth and then beat in the sieved sugar. Melt the chocolate in a basin over hot water. Allow the chocolate to cool but while still liquid, beat in the cheese and sugar mixture, together with the vanilla essence and salt. Press the mixture into a greased tin (measuring about 6x4) and smooth the top. Chill until smooth enough to cut into rough squares.

Citrus Cake

Here is a tasty, tangy cake which is best made with pure juices of the citrus fruit.

Cake Ingredients:

8oz (250g or one stick) margarine

8oz (250g or one and a quarter cups) caster sugar (or fine granulated sugar)

12oz (350g or three cups) self-raising flour (all-purpose flour with baking powder)

4 eggs

1 cup orange and lemon (or orange and lime) juice mixed

Butter Cream Ingredients:

12oz (350g or 2½ cups) icing sugar (frosting)

6oz (175g or 1½ sticks) margarine

2 tablespoons orange juice

2 tablespoons lemon juice (or lime juice)

Method:

Preheat the oven to 160C (320F or Gas Mark 3) or 10C less if a fan assisted oven.

Mix the margarine and sugar together and cream until light and fluffy. Then beat in the eggs, one at a time. Stir in the fruit juices and the flour and mix well. Pour the mixture into a cake tin measuring 8"x12"x1½" (20cmx30cmx3.5cm) which has been lined with baking parchment and spread evenly. Bake in the pre-heated oven for roughly 35 minutes. Allow the cake to cool in the tin before removal and storage in an air-tight container.

Shepherd's Pie

In a land where sheep were a main food supply, it is not surprising that mutton and lamb form the basis of many Scottish dishes. Here is the traditional "Shepherd's Pie" - the variant based on beef is usually called "Cottage Pie".

Ingredients:

Minced lamb - 450g (1 lb)

Potatoes - 700g (1½ lb)

Large onion

Mushrooms - 50g (2 oz)

Bay leaf

2 Carrots

Plain flour - 25g (1 oz)

Tomato puree - 1 tbsp

Butter - 25g (1 oz)

Milk - 4 tbsp

Lamb or beef stock - 300ml (½ pint)

Cheese - 50g (2 oz)

Method:

Dry fry the lamb with the chopped onion, bay leaf, sliced mushrooms and diced carrots for 8-10 minutes. Add the flour and stir for a minute. Slowly blend in the stock and tomato puree. Cook, stirring, until the mixture thickens and boils. Cover and simmer gently for 25 minutes. Remove the bayleaf and place in a 1.7 litre (3 pint) ovenproof serving dish.

At the same time, cook the potatoes in boiling water for 20 minutes until tender. Drain well, mash with the butter and milk and mix well. Spread on top of the mince mixture and sprinkle over with the grated cheese.

Bake for 15-20 minutes in a pre-heated oven at 200C/400F (Gas Mark 6).
Serve hot with green vegetables

Cranachan

This is a popular Scottish dessert and there are many variations and names such as Cream Crowdie.

Ingredients:

3 oz (half cup) pinhead or coarse oatmeal

Half pint double cream

1 tablespoon Drambuie (optional)

Method:

Toast the oatmeal in a frying pan on a high heat until lightly brown. Whisk the cream into a soft consistency and mix in the oatmeal and Drambuie (alternatively, use a few drops vanilla essence or other flavouring of your choice). Serve in tall glasses. A popular variation is to mix in 6oz (one and a half cups) of fresh raspberries. Or use vanilla ice cream instead of cream.

Diet Loaf

Here is a very light sponge which was known in the days of Sir Walter Scott (he mentions it in his novel "St Ronan's Well").

Ingredients:

One pound caster sugar (granulated sugar)

8 ounces soft butter

6 eggs (size 3)

12 ounces (350g - nearly 4 cups) sifted plain flour (all purpose in the US)

Half teaspoon ground cinnamon

Finely grated lemon peel

Method:

Whisk the eggs thoroughly. Cream the butter and sugar to make it light and frothy and slowly beat in the whisked eggs. Add the lemon rind and cinnamon and then gradually beat in the flour, beating continually to ensure the mixture is kept light.

Line a large cake tin with well greased paper (vegetable parchment in the US) and pour in the mixture. Bake in a pre-heated oven at 375F/190C/Gas Mark 5 for 35 minutes until golden brown and well risen. You can sprinkle icing sugar (frosting) on top five minutes before removing it from the oven. Allow to cool for ten minutes before removing from the tin and cool on a wire rack. Some people add a layer of icing (frosting) to the top once it is cold - but that is rather at variance with the title of "Diet Loaf".

Drop Scones/Scotch Pancakes

There are many traditional Scottish recipes which are well worth trying out. Here is one which even children can make!

Ingredients: 8 oz plain flour, salt, level teaspoon of cream of tartar, level teaspoon of bicarbonate of soda, 5 teaspoons of caster sugar, standard egg and a quarter pint of milk.

Method: Heat a girdle or heavy based frying pan and lightly grease. Sift flour, salt, cream of tartar and bicarbonate of soda together and mix in the caster sugar. Create a well in the centre and add the egg and some of the milk. Slowly mix the flour into the egg and milk, adding more milk as you go, until you have a mixture which has the consistency of thick batter.

Drop a small amount of batter onto the greased girdle or pan - bubbles should rise to the top in a few seconds, if it is the right temperature. Drop in enough mixture to make individual small scones. When the underside is brown (and bubbles are bursting on the top) turn over and cook the other side. You may need to regrease the pan after each batch.

Serve warm with butter and honey or jam/jelly. Or try buttering them and sprinkling with light brown sugar!

Scots Crumpets

These are soft pancake-like fare but made larger and more thinly than pancakes. They can be spread with butter and/or jam and they are traditionally rolled up before eating. The quantities below will make about 16 crumpets

Ingredients:

8 oz plain flour (2 cups all purpose flour)

2 tablespoons caster sugar/fine granulated sugar

Pinch of salt

2 large eggs, separated into whites and yolks

2 tablespoons melted butter

15 oz milk- a pint in the US is 16 fluid oz; a UK pint is 20 fluid oz.

Note: American tablespoons hold 14.2ml compared to UK 17.7ml

Method:

Beat the egg yolks and blend in the sifted flour, sugar, salt. Then add in the melted butter and milk to make a thin batter about the consistency of thin cream. Beat the egg whites to the soft peak stage and quickly add to the batter, folding with a knife or metal spoon.

Heat a lightly greased griddle or a frying pan and pour in large spoonfuls of the batter. Each crumpet should spread thinly to about 4/5" in diameter and you may have to roll the pan to achieve this. When the batter is brown underneath and slightly bubbly on top, turn and cook on the other side. Keep them warm by stacking on a clean tea towel and eat soon after.

Crispie Mars Bars

Mars bars, with their nougat centre with toffee on top and covered with milk chocolate, are a favourite the world over. And the snap, crackle, pop of rice crispies are found everywhere, including Scotland. Put the two together and you get a treat that's enjoyed by children (big and small) everywhere. And not a deep fried Mars bar in sight!

The conventional way to melt chocolate is to put it in a bowl above a pan of warm water but the recipe below suggests using a microwave - not very traditional, but effective!

Ingredients:

Three 65g (large) Mars bars, chopped up

3 ounces (90g or $\frac{3}{4}$ stick) margarine

Three to four cups of rice crispies

8 ounces (250g) chocolate

1 ounce (30g or $\frac{1}{4}$ stick) margarine

Method: Combine the 3 ounces of margarine and the chopped Mars bar pieces in a microwaveable bowl and melt on a medium heat. Do not overheat. Stir in the rice crispies until they are well covered by the mixture. If the mixture becomes too hard when you stir in the rice crispies, put back in the microwave for a few seconds.

Line a 9" (23cm) square tin with greaseproof paper (vegetable parchment or waxed paper) and spread the mixture evenly into the tin.

Melt the one ounce of margarine and all the chocolate in a microwaveable bowl on a medium heat and spread over the mixture in the tin. Do not overheat the chocolate. If you do, add two or three drops of cooking oil and beat with a spoon until it has smoothed out again. Allow the mixture and chocolate to cool and cut into squares.

- Dundee Cake

Here is a rich, fruity cake topped with almonds. It became popular at the end of the 19th century. It is often served at Christmas. You can omit the whisky or use another spirit if you wish!

Ingredients

8oz Flour

6 oz Butter

5oz Caster/granulated sugar

4 Eggs

1oz Blanched almonds

1.5oz mixed peel

6oz each of currants, raisins, sultanas (seedless white raisins)

Grated rind and juice of lemon

1 level teaspoon baking powder

2 tablespoons whisky

2 tablespoons boiled milk and 1 tablespoon sugar

Method

Cream the butter and sugar in a bowl. When it is white and creamy, slowly add the four eggs (one at a time), plus a spoonful of flour with each beating well all the time. Stir in the nuts and fruits. Add the rest of the flour, (sifted

with the baking powder) and the whisky. Make sure the mixture is stirred well - right to the foot of the bowl. If it is too stiff, add a little milk.

Place mixture in an 8-inch greased and lined cake tin. Flatten the top with hands which are slightly wet. Cover with foil or greaseproof paper and bake at 325F (170C) or gas mark 3 for two hours. Halfway through, take off the foil and arrange the split almonds in concentric circles on the top of the cake. Check the cake with a skewer towards the end of cooking - if it is still wet in the middle, put it back for more cooking! 5/10 minutes before cooking is finished, brush the top with the sweetened milk to create a dry glaze. Keep in the tin for 15 minutes before turning out on a wired tray. Store in an airtight container.

Dunesslin Pudding

This is another recipe published by that venerable organisation, the Scottish Women's Rural Institute using jam (conserve) or stewed fruit.

Ingredients:

4 tablespoons jam (preserve) or stewed fruit

2 medium eggs, well beaten

2 ounces (50g or half a cup) flour

1 ounce (25g or 2 tablespoons) white sugar

1 ounce (25g or quarter stick) butter

Half pint (300ml or slightly under one and a quarter cups) milk

A squeeze of lemon juice or vanilla

Method:

Slightly butter the inside of a 2-pint (1 litre) pudding dish and place the jam/preserve or fruit in the foot.

Mix the flour and sugar in a thick saucepan over heat and gradually add the milk, stirring well. Cut the butter into small pieces, add to the mixture and stir until it boils and becomes thick.

Allow to cool slightly, add the lemon or vanilla and the well-beaten eggs. Beat until smooth and then pour evenly over the jam/preserve or fruit. Brown in a pre-heated moderate oven at 350F/180C/Gas Mark 4, for about 20 minutes. Serve hot.

Ecclefechan Butter Tart

When travel writer Bruce Stannard from Scots Heritage Magazine was staying at Coul House Hotel he was so impressed by the Ecclefechan Butter Tart that he asked for the recipe. Here it is. As for Ecclefechan, that's a small town in Dunfries and Galloway where the influential philosopher and historian Thomas Carlyle was born.

Ingredients:

2 Beaten eggs

6oz (200 gms or just under one US cup) soft brown sugar

1 tbsp vinegar

8oz (250 gms or One and a quarter US cups) mixed dried fruit

2oz (50 gms) chopped walnuts

Prepared shortcrust pastry

4oz (125 gms or one stick) melted butter

Method:

Mix the sugar, butter and beaten eggs together. Stir in the vinegar, then add mixed fruit and nuts. Line patty tins with pastry and put a spoonful of the mixture into each. Bake in a fairly hot oven (190C/375F/Gas Mark 5) for 20-25 minutes.

- Edinburgh Fog

Edinburgh used to be known as "Auld Reekie" (Old Smokie) in the days of coal fires - Robert Louis Stevenson, who was a sickly child, used to complain about it in the 19th century. Here is a recipe for a rich, sweet dessert which recalls those days. The original recipe used almond flavoured "ratafia" biscuits/cookies but as these are not easily available, almond flavoured cookies or macaroon biscuits or similar can be used.

Ingredients:

Half pint double cream

One ounce castor (fine granulated) sugar

Two ounces small macaroon biscuits

Almond essence

Drambuie liqueur to taste

One ounce flaked almonds

Method:

The cream should be whipped until it is stiff and the sugar added to your own preference. Crush the macaroon biscuits and mix well with the cream. Add a few drops of almond essence and Drambuie liqueur (or rum, whisky or brandy) to taste. Serve well chilled as a luxury dessert.

- Edinburgh Rock

The rock on which Edinburgh Castle stands is volcanic and very hard. But the confection "Edinburgh Rock" is (or should be) very soft and crumbly. Many millions of boxes of Edinburgh Rock are sold to sweet-toothed tourists (and locals) every year.

Ingredients:

One pound (450g or 2 cups) sugar lumps (loaf sugar)

Quarter pint (150ml or two-thirds cup) water

Quarter teaspoon (1.5ml) cream of tartar

Green and yellow food colouring and peppermint and lemonflavouring

Some oil for greasing

Method:

Using a heavy-base saucepan, heat the water and sugar gently until all the sugar has dissolved. Bring this almost to the boil and then stir in the cream of tartar. Boil until the mixture has reached 120C or 250F (use a sugar thermometer or boil until a teaspoon of the mixture can form a hard ball when it is dropped into a cup of cold water).

Using two separate heatproof bowls, pour half the mixture into each bowl. Stir in the green food colouring into one and the yellow colouring into the other to create a delicate shade of each colour. Add a few drops of

peppermint flavouring to the green one and lemon flavouring to the yellow one, mixing well.

Oil two shallow baking tins (pan) and pour each of the mixtures into the separate tins. Using an oiled knife, turn the edges towards the centre as they begin to cool. When the mixture is cool enough to handle, pull and fold the mixture. Finally, pull into a long log shape, about 1/2 inch (1 cm) in diameter. Cut into shorter sticks with scissors. Spread on a sheet of non-stick baking parchment and leave for over 24 hours. Store in an airtight container.

- Gingerbread

One of my Dad's favorite recipes. I will never forget him telling us as kids that he mixed it with his feet so it should really taste good.. ☺ He was a real joker.

This is another popular cake which is found in tearooms across Scotland. This particular version makes a very moist version.

Ingredients:

4oz (100g or 1 stick) margarine
4 oz (100g or half cup) soft brown sugar
1 tablespoon treacle (molasses)
6oz (150g or 1½ cups) plain flour
2oz (50g or half cup) oatmeal
1oz (25g or quarter cup) bran
3 level teaspoons of ground ginger
1 level teaspoon mixed spice (allspice)
1 level teaspoon bicarbonate of soda (baking soda)
2 eggs
2 fluid ounces (50ml or quarter cup) milk
4 fluid ounces (100ml or half cup) orange juice

Method:

Preheat the oven to 160C/320F/Gas Mark 3 (reduce the temperature by 10C or equivalent if a fan assisted oven).

Mix the flour, bran, spices and soda together in a bowl. Put the milk and orange juice in another container and lightly beat in the eggs. Put the margarine, sugar and treacle/molasses in a saucepan on a low heat and stir until the sugar has dissolved. Remove from the heat and stir in the dry ingredients and then add the eggs/milk/juice mixture.

Pour the mixture into a 2lb loaf tin lined with baking parchment and bake for around 40 minutes. Alternatively, if you want to make iced gingerbread squares, put the mixture in a 9" (23cm) square, lined tin and bake for 35 minutes. When it's cold, use 8oz (250g or one and a quarter cups) icing sugar (frosting) and enough water to make a thick, spreadable icing.

Helensburgh Toffee

There are many different varieties of toffee, tablet and fudge catering for the sweet tooth of many Scots. This "toffee" named after Helensburgh (a town overlooking the lower reaches of the river Clyde) has the consistency of thick fudge, rather than chewy toffee.

Ingredients:

2 ounces (50g or half stick) unsalted (sweet) butter

1 pound (450g or two cups) caster (superfine) sugar

Two teaspoons (10ml) golden syrup (light corn syrup)

7 fluid ounces (200ml or small can) condensed milk

4 tablespoons (60ml) milk

Half teaspoon (2.5ml) vanilla essence (extract)

Method:

Melt the butter in a heavy-based saucepan, then add the sugar, syrup, condensed milk and milk. Heat very gently until all the ingredients have dissolved. Then bring to the boil, stirring constantly. Continue to heat, stirring gently until the mixture has reached 115C/240F on a sugar thermometer (or until a teaspoonful of the mixture forms a soft ball when dropped into cold water).

Remove from the heat and add the vanilla essence. Beat well until thick and creamy. Pour into shallow greased tins (pans) and mark into squares with a knife. Leave to cool and set. Cut into pieces and store in an airtight container.

Iced Cherry Cake

Cherry cake, with icing on top, is one of the mainstays of Scottish home baking tearooms.

Ingredients:

8 ounces (250g/One and a quarter cups in North America) self-raising flour (all-purpose flour with baking powder)

8 ounces (250g/one cup) margarine

8 ounces (250g/one and a quarter cups) caster sugar (fine granulated sugar)

4 eggs (medium)

8 ounces (250g/one cup) glacé cherries

8 ounces (250g/one and a quarter cups) icing sugar (frosting)

Method:

Preheat the oven to 160C/325F/Gas Mark 3 (or slightly higher if not an electric fan assisted oven) and line a baking tray (8" x 12" x 1½" or 20cm x 30cm x 3.5cm) with vegetable parchment or waxed paper.

Wash, dry and chop up the cherries to remove the glacé coating (but retaining some as quarter cherries to decorate the top later). If you coat them in some flour it will stop them sinking to the bottom of the cake. Cream the margarine and sugar together thoroughly until light and fluffy (to help the cake rise with the trapped air). Beat in the eggs, one at a time, until smooth. Stir in the flour and then add the cherries.

Spread evenly into the tin and bake in the middle of the oven for about 40 minutes. Allow to cool in the tin.

Add a little water at a time to the icing sugar (frosting) until it has a consistency which coats the back of a metal spoon without running off. Remove the cake from the tin and spread the icing sugar evenly on top. Decorate with quartered cherries.

Leek and Potato Soup

Here's a simple recipe for a tasty, hearty soup which is popular in Scotland.

Ingredients:

Six potatoes, diced

3 leeks, chopped

1¼ pints (750ml or 3 cups) chicken stock

Salt and freshly ground black pepper to taste

1 ounce (25g or ¼ stick) butter or margarine

2 ounces (50g or half cup) grated cheddar cheese

Method:

Boil the potatoes and leeks in water for about 15 minutes until the potatoes start to disintegrate. Season to taste with salt and pepper. Work in the butter or margarine and serve with a sprinkling of grated cheese.

Marzipan Dates

This is another recipe which originated in Dundee where almonds (the basis of marzipan) were imported. These sweeties (candies) are simple to make and do not involve any cooking at all!

Ingredients:

8oz whole dates from which the stones have been removed.

8oz marzipan

4oz caster (fine granulated) sugar

Method:

Knead the marzipan until it is warm and soft. Take a small piece of marzipan (the amount will vary on your liking for marzipan!) and shape it into a roll slightly shorter than the length of the dates. Open the date with a knife, insert the marzipan and close over again. Roll the filled date in the caster sugar and lay it on a separate plate. Repeat until the marzipan is finished. Place the Marzipan Dates in small paper cases and store in an airtight container.

- Melting Moments

Here is a fancy cake which would have been eaten at many an afternoon tea.

Ingredients:

4oz cornflour

3oz butter

2oz caster sugar

One egg

Level teaspoon baking powder

Teaspoon grated lemon rind

Icing sugar

Method

Cream the butter (margarine will do) and sugar until light and fluffy and add the lemon rind. Sieve the cornflour and baking powder together. Break the egg into a bowl and beat with a fork. Add a small amount (about a tablespoon) of egg and a similar amount of cornflour alternately to the creamed butter and sugar, beating well between each addition. Place about a dozen paper cake cases in a baking tin and add a teaspoonful of mixture to each case (use the back of another spoon to push it off). Place in a pre-heated oven at 375F/180C/Gas mark 4 and bake 10 minutes until firm and golden (don't let them get beyond a golden colour). Allow the cakes to cool on a rack and then add a dusting of the icing sugar.

Oatmeal Cakes

Oatmeal was a staple of the Scottish diet and has been described as "the backbone of many a sturdy Scotsman." It was used in many ways - porridge, oatcakes, brose (oatmeal and peasemeal) and scones. Here is a recipe for a sweet oatcake which is more like a biscuit than a conventional oatcake. I was always told as a kid that Oatmeal always sticks to your ribs.

Ingredients:

Teacup of medium oatmeal

Teacup of plain flour

Half teacup of milk

Tablespoon of soft brown sugar

3 oz butter or margarine

Level teaspoon salt

Level teaspoon bicarbonate of soda (baking soda)

Method:

Sieve the flour, salt and bicarbonate of soda into a bowl, add the oatmeal and mix. Cut the butter or margarine into small portions and rub into the mixture with your fingers. Add the sugar and mix well. Pour in the milk and mix until you have a stiff but workable dough.

Shake some flour on a worktop, turn the dough onto it and shake a little flour on the top. Roll out thinly (about half an inch thick) and prick over with a fork. Cut into rounds with a scone cutter and place on an oiled baking tray. Bake in a pre-heated oven for 15/20 minutes at 350F/180C/Gas Mark 4. Use a palette knife to lift the biscuits onto a wire coming rack. Store in an airtight tin.

Oatmeal Gingerbread

Here is a recipe which uses one of the staples of traditional Scottish diet, oatmeal.

Ingredients:

6 ounces flour

2 ounces oatmeal

2 ounces soft brown sugar (light brown sugar)

2 ounces butter

2 tablespoons black treacle (molasses)

1 teaspoon of ground ginger

1 teaspoon mixed spices

1 large egg

1 level teaspoon bicarbonate of soda

3 tablespoons milk

Note: In Britain a tablespoon holds 17.7 ml while the American tablespoon holds 14.2 ml so you may have to make some adjustments to the above (British) quantities.

Method:

Line a seven inch square baking tin with greaseproof paper which has been well buttered. Melt the butter, sugar and treacle in a saucepan over a gentle

heat. Sieve the flour and bicarbonate of soda into a bowl. Add the oatmeal and spices. Add the melted butter and treacle mixture, a well beaten egg and the milk to the bowl, stirring well until completely blended. Pour into the baking tin and bake in a pre-heated oven at 350F/190C/Gas Mark 4 for about 45 minutes. Allow the cake to cool for ten minutes before turning out onto a wire rack.

- Oatmeal Potatoes

Here is a good but simple way to liven up the serving of potatoes - using one of Scotland's traditional ingredients - oatmeal. While pin-head oatmeal (the kernel has been cut in half and the floury meal taken out) any rough oatmeal (such as that used for real porridge) will do.

Ingredients:

Potatoes (new ones are best)

2 tablespoons pinhead oatmeal

1 tablespoon butter

Method:

Boil your normal quantity of potatoes in the usual way. While they are cooking, toast the oatmeal slowly on a tray in the oven using a low/medium heat. Drain the potatoes and add the tablespoon of butter. Stir to allow the butter to coat the potatoes. Then add the toasted oatmeal and stir again. Serve the potatoes with a sprinkling of finely chopped parsley or chives.

Oats and Apple Topping

This topping, made from layers of toasted oats and apple, is useful as a topping or "crumble" for cooked fruits. It can also be mixed with cream and soft fruit and served as a kind of "Cranachan".

Ingredients:

1½ oz (40g or third of a stick) butter

2 oz (50g or 2 tablespoons) brown sugar

4 oz (125g or one cup) rolled oats

4/5 medium cooking apples

Juice of half a lemon

Method:

Melt the butter in a pan and add the oats and sugar. Mix well. Spread out in a shallow tin and toast in a moderate oven until they are golden brown.

Peel, core and slice the apples. Toss them in the lemon juice and put in a casserole with a tight-fitting lid. Bake in a moderate oven until the apples are soft and fluffy (takes about 30 minutes). Beat in the sugar to taste and allow to cool.

Using a straight-sided pie-dish, arrange a layer of oats, then apples and repeat until all are used up - finish with a layer of oats. Leave at room temperature for about an hour to allow the flavours to blend.

- Paradise Cake

This is an easy to prepare recipe as it is based on shortcrust pastry which you can obtain from the supermarket (unless you want to make your own).

Ingredients:

8 oz shortcrust pastry

Raspberry jam

4 oz margarine

4 oz caster sugar (4 rounded tablespoons granulated sugar)

1 beaten egg

2 tablespoons chopped glacé cherries

2 tablespoons chopped walnuts

2 tablespoons ground almonds

Vanilla essence (extract)

Caster sugar (granulated sugar) for dusting

Method:

Roll out the pastry on a floured surface and use it to line a greased 11 inch by 7 inch baking tin. Bake this initially on its own in a pre-heated oven for ten minutes at 350F/175C/Gas Mark 4. Cream the margarine and sugar together and stir in a beaten egg, cherries, walnuts and almonds. Add the vanilla essence/extract and mix well. Spread a layer of raspberry jam on the bottom of the pastry case (after the ten minute baking) and spoon in the mixture on top of the jam. Bake for 30/35 minutes. On removing it from the oven, sprinkle with sugar and leave to cool in the tin. When it is cold, remove from the tin and cut into squares.

- Pickled Onions

For many people in Scotland a dish of fried fish and chips (French fries) would not be complete without a pickled onion. Since they are stored in glass jars they are not easily obtained by mail order. So here is a simple way of making pickled onions for yourself.

Ingredients:

4 pounds small onions

4 ounces salt

Vary the quantities as required but keep the same ratio of onions and salt.

Method:

Clean a quantity of small onions and soak overnight in salted water.

Rinse thoroughly and pat dry. Place tightly in a sterilised jar with vinegar totally covering the onions.

Store in a cool, dry, dark location for one month. Use within six months.

- Porridge

Oatmeal was once described as "the backbone of many a sturdy Scotsman". Porridge was one of the main ways of eating oats, in days gone by. There is a lot of mystique about making porridge and lots of traditions associated with cooking and eating it (most of which can be ignored). The important thing is to obtain good quality medium-ground oats (rather than rolled oats) and to keep stirring it to avoid solid lumps.

Ingredients (sufficient for two people):

One pint (half litre) water; some people use half water and half milk

2.5 ounces (2.5 rounded tablespoons) medium-ground oats

Pinch of salt

Method:

Bring the water (or water and milk) to a good rolling boil, preferably in a non-stick pan. Slowly pour the oatmeal into the boiling liquid, stirring vigorously with a wooden spoon all the time. Keep stirring until it has returned to the boil again, reduce the heat, cover the pan and simmer very gently for 15 minutes, stirring frequently. Add the salt at this point and simmer and stir for a further 5/10 minutes (time depends on the quality of the oats). It should be a thick but pourable consistency. Serve hot in wooden bowls if you have them.

Traditions:

Stirring the porridge should always be clockwise (though going in different directions probably mixes more efficiently).

Porridge used to be served with separate bowls of double cream. A spoonful of porridge (in a horn spoon) was dipped into a communal bowl of cream before eating.

Porridge is eaten standing up. While some people have suggested that this is out of respect for the noble dish, it probably arose from busy farmers doing other things while eating their morning porridge - or as an aid to digestion.

While some people frown at the idea of sugar on porridge others not only approve but suggest a tot of whisky. Each to their own!

Porridge used to be poured into a "porridge drawer" and, once it had cooled, it could be cut up into slices. These were easier to carry than brittle oatcakes.

Potato Scones

Like many traditional Scottish recipes this uses basic ingredients which were always ready to hand.

Ingredients:

Half pound (225g) boiled and mashed potatoes

2.5oz (65g) flour

3 tablespoons melted butter

Half teaspoon salt

Method:

Mash the potatoes while they are still warm and add the butter and salt. Add in enough flour to make it a pliable dough but without making it too dry. The type of potato will affect this. Turn out onto a floured surface and roll until about quarter of an inch thick. Cut into six inch circles and then into quarters. Prick all over with a fork and cook in a heavy pan which has been lightly greased. Cook each side for about three minutes or until golden brown. If you want to really add the calories, put cheese between two scones and cook until the cheese has melted.

- Potato Cheese Cakes

This is a variation on the recipe for Potato Scones.

Ingredients:

Half pound (225g) boiled and mashed potatoes

2.5oz (65g) flour

3 tablespoons melted butter

Half teaspoon salt

4oz grated cheese

2 well beaten eggs

Method:

Mash the potatoes while they are still warm and add the butter and salt. Add in enough flour to make it a pliable dough but without making it too dry. The type of potato will affect this.

Add four ounces of grated cheese and two well beaten eggs to the potato and flour. Make into small round cakes, dip in breadcrumbs or flour and fry until golden brown on each side.

- Potato Soup

As in Ireland, potatoes became a staple of the diet of Scotland and was used in many recipes. Here is a recipe for a thick and hearty soup made from this ubiquitous vegetable.

Ingredients:

1 medium onion or leek, finely chopped

3 stalks celery, finely chopped

3 medium-sized potatoes peeled and diced

Cup of milk

2 oz/50 g butter (1/2 stick)

A further one or two tablespoons of butter

Salt and pepper

Fresh parsley (or chives or dill) for garnish

Method:

Chop the vegetables into roughly even sized pieces. Melt the butter and sauté the onion until they are yellow and soft. Add the other vegetables and continue sautéing with the lid on, over a low heat, for 5-10 minutes.

Add 3 cups water or stock and season with salt and pepper and add the bay leaf. Cook until the vegetables are tender. When vegetables are ready, remove the bay leaf and add 1 cup of milk and 1-2 tablespoons butter. Reheat (but don't boil). Once the soup is on the soup plate, garnish with parsley (or chives or dill). Serve with crusty bread and butter.

- Raspberry and Whisky Cheesecake

Here's a simple cheesecake which uses two ingredients for which Scotland is well known - whisky (of course) and raspberries. Two thirds of the raspberries grown in Britain come from Scotland, many of them from Blairgowrie. Instead of raspberries, you can use other soft fruit such as blackcurrants or loganberries. The quantities below should provide six portions of cheesecake.

Ingredients for the Base:

4 ounces butter

8 ounces digestive biscuits (also known as Graham crackers in some parts of the world)

1 tablespoon Scotch whisky

Ingredients for the Filling:

8 ounces cream cheese

2 ounces caster sugar (granulated sugar in North America)

10 fluid ounces double cream (Note that 8 fluid ounces = One cup or half a US pint)

1 tablespoon Scotch whisky

Ingredients for the Topping:

8 ounces raspberries

2 tablespoons honey

3 fluid ounces (6 tablespoons) Scotch whisky

3 level teaspoons arrowroot

1 level teaspoon caster sugar (granulated sugar in North America)

5 fluid ounces whipping cream

1 tablespoon Scotch whisky

Method:

Melt the butter in a non-stick pan, add the tablespoon of whisky, crush the digestive biscuits (Graham crackers) and add to the pan. Mix well and then press into a greased, loose-bottomed 8-inch cake tin and chill for about half an hour in the refrigerator.

Beat the cream cheese and sugar together. Whip the double cream and whisky until softly stiff and fold into the cream mixture. Spread over the biscuit base and chill.

Soak the raspberries in the honey and whisky for about 30 minutes. Strain the raspberries. You will need about 4 fluid ounces of juice and you may have to top it up with whisky if necessary. Take two ounces of juice and the arrowroot and mix to form a paste. Heat the rest of the juice with the sugar until almost boiling and then stir in the arrowroot paste and continue stirring over a low heat until the glaze is thick. Then stir the raspberries into the glaze and leave until cool.

Spread the raspberries and glaze over the base. Whip the cream mixed with a tablespoon of whisky until softly stiff and then decorate the cheesecake. Finally, sprinkle a tablespoon of malt whisky over the top just before serving.

- Scones

Scones (from the Gaelic word "sgoon" and rhymed with "gone" not "bones") are a favorite in Scotland (and elsewhere). The recipe below is for what are known as rich white scones. These can form the basis of many varieties including sultana scones, treacle scones and jam scones.

Ingredients:

8oz/250g or two cups of self raising flower (Or "all-purpose" flour with 3 teaspoons baking powder in North America)

1 oz/25g (1/4 stick) of butter or margarine.

1/4 pint (140ml or half to 3/4 cup) sour cream

One beaten egg

Pinch of salt

Method:

Preheat the oven to 400F/200C/Gas Mark 6.

Sift the dry ingredients together and then rub in the butter. Pour in the sour cream and then the beaten egg in the centre of the mixture and mix to obtain a soft elastic dough. Turn out onto a floured surface and roll out to about 1/2 inch (1.2cm) thick. Prick over with a fork and cut into small rounds with a cutter about 1 1/2 inches (3.8cm) in diameter. Bake in the preheated oven for 10-15 minutes.

Scones are delicious if served warm. Cut in two and spread with butter and/or jam (preserves) to add even more flavour and moisture.

Scotch Eggs

Here is a simple recipe for making a traditional Scottish dish which is still popular served either hot, or cold at picnics.

Ingredients:

1lb sausage meat

5 hard boiled eggs, with shells removed

1 large raw egg

3oz approx of dry breadcrumbs

Pinch of mace, salt, freshly ground pepper

Small quantity of flour

1 tablespoon water

Method:

Dust the hard boiled eggs in a little flour. Mix the mace, salt and pepper with the sausage meat and divide into five equal portions. Place on a floured surface. Wrap/mould the sausage meat round the egg, making sure there are no gaps. Beat the egg and water together and coat the meat-covered egg with this and then breadcrumbs (you may have to press the crumbs onto the meat). Deep fry in hot oil (360F/185C) taking care as you put the eggs into the oil. Cook for about 5/6 minutes. If you don't have a deep fat fryer, they can be cooked in oil in a frying pan, turning frequently to ensure the meat is fully cooked.

Drain and serve hot or allow to cool and keep in a refrigerator for a cold snack later.

- Selkirk Bannock

This is unlike the traditional oatcake bannock, more of a fruit cake. It was first made by a baker in Selkirk and was initially only made for festive occasions such as Christmas.

Ingredients:

1 lb flour

8 oz sultanas (seedless white raisins)

4 oz sugar

2 oz butter and 2 oz lard

2 oz chopped mixed peel

Quarter pint milk

Quarter ounce dried yeast

A tablespoon of milk and sugar for the glaze

Method:

Sieve the flour and sugar into a bowl, add the yeast and mix well. Melt the butter and lard in a saucepan on a low heat. Remove as soon as it is melted. Warm the milk in another saucepan and then pour it into the melted fats.

Create a hole in the middle of the flour, sugar and yeast and mix well into a smooth dough. Cover the bowl with a warm, damp towel (or plastic clingfilm) and leave in a warm location for 45 minutes. The dough will rise, doubling in size.

Knead the dough (with flour on your hands to stop it sticking) for five minutes. Add the sultanas and mixed peel and knead well again for another five minutes. Place the dough in a loaf tin and cover with a plastic polythene bag (tied at the top) and leave in a warm place for 20 minutes to allow it to rise again.

Remove the tin from the bag and bake in a preheated oven at 350F/180C/Gas Mark 4 for an hour. Mix the tablespoon of milk and sugar. Remove the cake tin from the oven and place on a heat-resistant surface. Brush the top with the milk and sugar, using a pastry brush. Return the cake tin to the oven (using oven gloves - it's still hot) and bake for another twenty minutes. Test with a skewer - if it is wet, continue baking for another ten minutes. Remove from the oven and allow to cool before removing. Store in an airtight container.

- Shortbread

There are as many recipes for shortbread. While it is particularly associated with bringing in the New Year it is certainly popular in Scotland throughout the year.

Ingredients:

6oz Plain flour

4oz Soft butter

2oz caster (granulated) sugar

1 oz cornflour (cornstarch)

Method:

Mix the butter and sugar together (preferably with a wooden spoon) until it is pale and creamy. Sieve both the flour and the cornflour into the bowl and mix well. Put a small amount of flour on your working surface and place the dough on this. Shake a little flour on top and roll out about quarter inch thick. Prick with a fork and cut into rounds with a cutter or, if you want one large shortbread round, pinch the edges with thumb and finger all round.

Use a palette knife to lift the shortbread onto an oiled baking tray and bake for 25 minutes in a pre-heated oven at 325F/170C/Gas Mark 3. If the biscuits are ready, they will be pale brown and crisp; if not, return to the oven for 5 or 10 minutes. Shake a small amount of caster/granulated sugar on the top of the shortbread immediately after they have been removed from the oven. Use a palette knife to move them to a cooling rack and store in an airtight tin once they are cold.

Spicy Meat Loaf

Ingredients:

1.125 kg (2.5 lbs) specially selected Scotch beef, minced (ground)

1 tbsp olive oil for frying

1 finely chopped onion

2 cloves garlic chopped

1 red pepper, de-seeded, skin removed, chopped

1 tsp aromatic cumin

1 tsp mixed herbs

Half cup tomato sauce (canned sauce or passata)

Half cup fresh breadcrumbs

Half cup beef stock

Salt and pepper to taste

Method:

Put oil in pan and heat. Add onions, garlic and mixed herbs. Sweat over heat until onions are soft without browning. Transfer to large bowl and allow to cool.

Add tomato sauce, breadcrumbs and beef stock to the cooked mixture. Stir together. Break up the ground beef and add to mixture. Season to taste and mix together gently.

Pack this mixture into a 28 x 12 x 8 cm (11 x 5 x 3 inches) deep loaf tin and bake in a pre heated oven (gas mark 4, 180C/350F) for 50 - 60 minutes.

- Stovies

The French create the classic "Gratin Dauphinoise" by slicing potatoes thinly and cooking them slowly, which is the basis of the Scottish dish stovies. The name probably comes from the Scottish and north of England word for stewing. There are many variations on the versatile recipe for stovies but the basic ingredients are usually potato and onions and some form of meat with good fat content. The quantities below are sufficient for four people.

Ingredients:

4 oz cold, diced lamb (two-thirds of a cup)

1½ lb potatoes, peeled and sliced. Some people use alternate thin and thicker slices - the thin ones then turn to mush.

1 (or two if you prefer) large onion, very thinly sliced.

1 level tablespoon good quality dripping (from meat or bacon). If dripping is not available, cooking oil will do (though not as good a flavour).

Stock or water

Salt and pepper, nutmeg or all-spice for seasoning

Chopped parsley or chives

Method:

Melt the dripping in a large pan (preferably with a tight fitting lid), add a layer of sliced potatoes, then a layer of onion and next a layer of meat. Add enough stock or water to cover (though some prefer their stovies dry, in which case add only 2-3 tablespoons). Then repeat the layers once again and season the dish thoroughly - in addition to salt and plenty pepper, add some nutmeg or all-spice).

Cover and cook over a low to moderate heat (shaking the pan occasionally) for about 30 minutes or until the potatoes are tender and the liquid is absorbed. Serve with a sprinkling of chopped parsley or chives (or chervil).

- Sticky Toffee Pudding

This is a popular dessert in Scotland amongst people who have a sweet tooth and don't mind a few extra calories.

Ingredients:

2 oz (60g or 1/2 stick) soft margarine

1 1/2 oz (50g or generous one third stick) butter

7 oz (200g or one cup) white sugar

8 oz (250g or two cups) plain flour

1 teaspoon baking powder

1 teaspoon bicarbonate of soda (baking soda)

1 egg whisked

6 oz (185g or 1 1/2 cups) stoned dates

1 teaspoon vanilla essence

2 1/2 oz (65g or one third cup) light brown sugar

2 tablespoons double cream

1/2 pint (250ml) boiling water

Method:

Cream together the margarine and sugar. Sift together the flour and baking powder. Beat the whisked egg into a creamed mixture with a little of the

flour and baking powder and continue beating for about a minute before adding the rest of the flour/baking powder.

Chop the dates and flour lightly. Pour the boiling water over the dates and mix in the bicarbonate of soda (baking soda in US) and add the date mixture to the batter and mix well.

Place in a buttered tin (or one lined with baking parchment) and bake for 40 minutes at 350F (175C or Gas Mark 4).

When the pudding is cooked, heat the brown sugar, butter and cream and simmer gently for 3 minutes. Pour over the pudding and place under a grill until it starts to bubble. Then serve.

Oatmeal Stuffing for Turkey

Here is a traditional stuffing suitable for the festive turkey using rolled oats and suet.

Ingredients:

Suet or Lard (50g / 2oz / 1/2 stick)

Chicken Livers, finely chopped (50g / 2oz / 1/4 cup)

One Onion, finely chopped

Rolled Oats, toasted (125g / 4oz / one cup (scant))

One tablespoon Freshly chopped Parsley

Two teaspoons freshly chopped thyme

Salt and pepper top taste

Method:

Heat the butter or lard in a saucepan until hot, add the the chicken livers and onions and sauté for 5 minutes, stirring from time to time. Transfer the mixture to a food processor or blender and process until smooth. Add the remaining ingredients, mix well then allow to cool before using to stuff chicken, turkey, duck or goose.

- Sultana Cake

Although they are known as sultanas in Scotland, these are really just seedless white raisins. This recipe makes a moist cake which keeps well in a tin.

Ingredients:

8 ounces sultanas (seedless white raisins)

4 ounces butter or firm margarine (cut up into small pieces)

6 ounces sugar

6 ounces self raising flour (known also as all-purpose flour with baking powder)

2 small eggs (beaten)

2 ounces chopped nuts (optional)

A few drops of almond essence

Pinch of salt

Method:

Cover the sultanas in water and let them soak over-night. Bring the water and sultanas to the boil and then strain off the water. Mix in the butter or margarine while the sultanas are still hot.

Mix in the sugar, beaten eggs and almond essence. Sift in the flour and salt and then add in the chopped nuts (if desired). Mix well.

Grease an 8" round baking tin and line the bottom with greased, greaseproof paper (vegetable parchment or waxed paper). Pour in the cake mixture and smooth the top.

Bake in a moderate oven at 180C/350F/Gas Mark 4 for 30 minutes. Reduce the heat to 150C/300F/Gas Mark 2 until the centre is firm to the touch. Empty cake from the baking tin and store in an air-tight container.

Tablet

Tablet is a traditional sweet confection which, if you like sugary things, is irresistible! You can add some flavouring from essence/extract as well, if you wish. This was a favorite at our house. Dad was the one who could whip up a good batch of this.

Ingredients (for 4 pounds/1.8kg tablet):

Butter or margarine - half pound (225g)

Sweetened condensed milk - one pound (450g)

Castor sugar - 4 pounds (1.8kg)

Water - 1 pint (half litre)

Method

Using a non-stick pan, put the water on a low heat and melt in the butter. Add the sugar and bring to the boil. It is important to keep stirring all the time. Once it is boiling, stir in the condensed milk and simmer for 20 minutes. Again, keep stirring to avoid it sticking/burning. Take off the heat and beat vigorously for five minutes, adding the flavouring of your choice. Pour into a rectangular greased tin and once it is partly cooled, cut into bars (roughly 5 inches long by 1/2 inches wide). Once the tablet is cold, wrap the bars in waxed paper and store in an airtight jar or tin.

- Toad-in-the-Hole

Ingredients:

1/2 pound (250g) pork link sausages

3 ounces (90g or 3/4 cup) flour

10 fluid ounces (300ml or One and a quarter cups) milk

Two large eggs

4 ounces (125g or one stick or half cup) grated strong Cheddar cheese

2 tablespoons chopped parsley

Pinch of salt and freshly ground pepper, to taste

Cooking oil

Method:

Preheat oven to 220C (425F or Gas Mark 7).

Using a 9-inch ovenproof skillet (or a deep-dish pie pan), heat the cooking oil. Add the sausages, rolling them in the oil and brown on all sides in oven (for about 20 minutes) or on top of stove, turning every 5 minutes.

Sift flour and a pinch of salt into a mixing bowl and stir in the grated cheese. In a smaller bowl, beat milk, eggs, and parsley, and season generously with salt and pepper. Stir a small amount of milk mixture into the flour to make a smooth, very heavy batter and let stand 5 minutes before stirring in remaining milk mixture.

There are different ways of arranging the sausages in the deep-dish pie pan. Some people cut up the sausages and arrange them at random. Others arrange the sausages like spokes of a wheel evenly spaced in pan. Whatever method is used, pour the batter over them. Lower oven heat to 200C (400 degrees or Gas Mark 6) and bake until batter is puffed and browned (about 30 minutes).

Treacle Toffee

Treacle is known as molasses in some parts of the world.

Ingredients:

1 pound (500g or Two and a half cups) castor (super fine) sugar

¼ pound (125g or one stick) butter

1 dessert spoon treacle (molasses)

3 dessert spoons golden syrup (alternatively, light corn syrup)

1 teaspoon vanilla

Large tin condensed milk

5 or 6 dessert spoons water

Method:

Place the butter, sugar, treacle, syrup and water into a pan and heat, stirring constantly. Once all the ingredients are well mixed and melted, add the condensed milk slowly, stirring occasionally until it boils. Continue on a slow boil for 15-20 minutes, again stirring occasionally. Test that the toffee is ready by dropping a spoonful into cold water - if it turns solid, it is ready. Pour into a tray, mark out cut into pieces. Wrap in greaseproof paper (vegetable parchment or waxed paper). Store in an air-tight container.

- Viennese Whirls

Viennese Whirls are melt in the mouth biscuits (cookies) which are mass produced for sale in bakers and supermarkets in Scotland (and elsewhere in the world). But there is nothing to beat some which have been freshly baked in your own kitchen.

Ingredients:

3 ounces (75g or $\frac{3}{4}$ stick) butter

1 ounce (25g) icing sugar (frosting)

3 ounces (75g or $\frac{3}{4}$ cup) plain flour

Few drops vanilla essence

Strawberry jam (for filling)

Pinch of salt

Method:

Cream the butter and sugar and vanilla essence together until it is light and fluffy.

Sieve (sift) flour and salt and then add to the butter and sugar mixture gradually. Beat well after each addition until the mixture is smooth.

Using a one inch (2.5cm) star pipe, pipe stars of approximately $1\frac{1}{4}$ inch (3cm) diameter and no more than $\frac{1}{8}$ th inch (6mm) high onto a baking/cookie sheet on a baking tray.

Bake for 8 to 10 minutes in the middle shelf of a preheated oven at 375F (190C or Gas Mark 5).

Spread a small amount of strawberry jam between the flat sides of two "whirls" to make them stick together. Dust with icing sugar (frosting).

As an alternative to dusting with icing sugar (frosting), you can dip about a third of each Viennese Whirls (with jam between them) in chocolate which has been melted slowly in a bowl heated in hot water.

- Wholemeal Scones

Ingredients:

6 ounces (175g or 1½ US cups) wholemeal flour

6 ounces (175g or 1½ US cups) white flour

2 teaspoons baking powder

2 ounces (60g or half stick) butter or margarine

2 teaspoons of syrup, warmed

Approximately quarter pint (5 fluid ounces or 150ml or generous US half cup) milk

Pinch of salt

Method:

Mix the dry ingredients in a mixing bowl and then rub in the fat until it becomes like coarse breadcrumbs. Stir in the melted syrup and then add enough milk to make a soft dough. Turn out onto a floured surface and roll until quite thin. Using a cutter, cut into rounds of about 1½ inches (3.8cm) in diameter.

Place the rounds on a floured baking sheet and cook in a pre-heated oven at 190C/375F/Gas Mark 5 for 10-15 minutes. Serve hot, spread with butter.

Bread

Ingredients are:- 1lb 2oz of plain white flower, two tea spoons of salt, one teaspoon of sugar, one teaspoon of white fat, nine ounces of water and an ounce and a half of compressed yeast.

Mix yeast with water and add all ingredients into a mixing bowl. Mix up into a smooth dough and kneed by hand for 15 mins. Cover dough with cling film and let rise for one hour. Mould into shape and transfer to a warm oven (420-450F, Gas Mark 6) for 50 minutes.

"Never let the yeast come in contact with the salt as salt will stop it from acting properly. Bread is best eaten one day after it has been baked."

Cloutie Dumplin

Serves 8-10

Ingredients

4 oz wholemeal flour

6 oz fine brown breadcrumbs

4 oz beef suet, finely chopped (butter may be substituted)

1 teaspoon baking powder

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1 teaspoon ground nutmeg

1 teaspoon ground cumin

4 oz sultanas

4 oz currants

2 tablespoons black treacle

2 eggs

1 large cooking apple

Juice and zest of one lemon

Fresh orange juice to mix

A square of cotton or linen cloth, about 22 inches square,

Directions

Boil the cloth for a few minutes and then spread it out on a table (use tongs etc. to prevent burning yourself). quickly sprinkle with about a tablespoonful of wholemeal flour and toss the flour to coat the main centre of the cloth quite thickly. Stir the treacle into the eggs and then place into a bowl with all the other ingredients and mix to a stiff consistency with a little water. Place in the centre of the cloth. Bring up the edges and tie with a string, leaving a little space for expansion due to the inclusion of the baking powder. Hold the tied ends and pat the cloth into a round shape. Place the pudding into a pot of boiling water, which should come halfway up the side. Cover and simmer gently for 4 hours. Occasionally check and top up the water if necessary. Once the pudding is cooked plunge it into cold water for about one minute to release it from the cloth. Remove the pudding to a bowl and untie, cover with a plate and reverse it. Peel off the cloth and place the pudding into a hot oven to dry off the skin. Serve hot with any accompaniment to like (custard, brandy butter etc.). Any left-over Cloutie dumpling may be sliced and fried, alternatively wrap in foil and re-heat in an oven (if re-heating in a microwave oven do not wrap in foil).

Mince and Tatties



Serves 4

Mince and tatties is a common dish in Scottish households.

Ingredients

1 tablespoon oil.

1 large onion, finely chopped.

1 lb beef mince.

2 medium carrots, sliced.

1 tablespoon toasted pinhead oatmeal.

Water to cover.

1 or 2 beef stock cubes.

Salt and pepper.

Gravy powder.

4 mealie puddings. (optional)

1 lb boiled potatoes, peeled.

Directions

Heat the oil in a pan and saute the onion until it is dark brown. Add in the mince and cook until well browned. Add the carrots and oatmeal, mix well and pour in enough water to just cover. Crumble in the stock cubes, season and stir. Lay the mealie puddings on top, cover the pan and simmer the mince for about 20 minutes. Once the mince is cooked remove the mealie puddings and thicken the mince with about 3 teaspoons of gravy powder or corn starch mixed with a little cold water. Serve the mince with a mealie pudding and boiled potatoes.

Easy Sandwich Bread

- 1 1/2 cup lukewarm water
- 1 tbsp sugar
- 3 cups all-purpose unbleached flour
- 2 tsp instant yeast
- 1 tsp salt

Directions:

1. Butter a 10 x 20-cm (4 x 8-inch) loaf pan. In a bowl, combine the water and sugar. Set aside. In another bowl, combine the flour, yeast and salt. Add the sugar mixture. Stir until a soft ball forms, adding more flour if necessary.

2. On a floured surface, knead the dough until smooth, about 10 minutes. Shape it into a cylinder and place it in the loaf pan. Let rise in a warm, humid place until double in volume and the top is higher than the lip of the pan, about 1 hour. [You can fill a jug with boiling water and place it in the microwave along with the loaf tin.. you don't turn on the microwave!.. just a good way to get it to rise.]

3. With the rack in the middle position, preheat the oven to 180°C (350°F).

4. Bake until golden brown, about 1 hour. Unmold and let cool on a rack.

5. Note: You can also make bread dough in a stand mixer fitted with a dough hook.

Measurements (British, metric and US)

1 ounce flour = 25g = quarter cup

4 ounces flour = 125g = One cup

8 ounces flour = 250g = Two cups

2 ounces breadcrumbs (fresh) = 60g = One cup

4 ounces breadcrumbs (dry) = 125g = One cup

4 ounces oatmeal = 125g = One cup (scant)

5 ounces currants = 150g = One cup

4 ounces shredded suet = 125g = One cup (scant)

4 ounces butter and other fats, including cheese = 125g = One stick

8 ounces butter and other fats, including grated cheese = 250g = One cup

7 ounces caster/granulated sugar = 200g = One cup

8 ounces caster/granulated sugar = 250g = One and a quarter cups

8 ounces meat (chopped/minced/ground) = 250g = One cup

8 ounces cooked, mashed potatoes = 250g = One cup

One ounce (1oz) = One rounded tablespoon

One tablespoon of liquid = 3 teaspoons

One teaspoon liquid = 5ml

One British teaspoon is the same as an American teaspoon

One British tablespoon liquid = 17.7ml

One US tablespoon liquid = 14.2ml

8 tablespoons = 4 fluid ounces = 125ml = Half cup

8 fluid ounces = 250ml = One cup (Half a US pint)

Half pint/10 fluid ounces = 300ml = One and a quarter cups (scant)

Three quarters of a pint/15 fluid ounces = 450 ml =Two cups (scant) or one US pint

One British pint/20 fluid ounces = 600ml = Two and a half cups

Ingredients

Bacon rashers = Bacon slices

Bannock = Flat round cake

Bicarbonate of soda = Baking soda

Biscuits = Crackers/cookies

Boiling fowl = Stewing fowl

Broad beans = Lima beans

Cake mixture = Cake batter

Castor sugar = Granulated sugar

Celery stick = Celery stalk

Chipolata sausages = Cocktail sausages

Cornflour = Cornstarch

Chips = French fried potatoes

Creamed potatoes = Mashed potatoes

Crisps = Potato chips

Demerara sugar = Light brown sugar

Dessicated coconut = Flaked coconut

Digestive biscuits = Graham crackers

Double cream = Whipping cream

Essence = Extract

Farls = Quarters

Fats = Shortening

Flaked almonds = Slivered almonds

Frosting sugar = Powdered sugar

Glacé = Candied

Golden syrup = Light corn syrup

Hough = Shank of beef

Icing = Frosting

Jam = Preserves

Mince/minced beef = Ground beef

Mixed spices = Allspice

Nut of butter = Pat of butter

Pinhead oatmeal = Irish oatmeal

Rasher = Slice

Ratafia biscuits = Almond flavoured cookies/dried macaroons

Roast Potatoes = Oven browned potatoes

Salt beef = Corned beef brisket

Scone = Shortcake, biscuit

Self raising flour = All-purpose flour with baking powder

Single cream = Light cream

Soft brown sugar = Light brown sugar

Spring onion = Scallion/green onion

Stewing steak = Braising beef

Stoned raisins = Seedless raisins

Strong plain flour = Unbleached white flour

Sultanas = Seedless white raisins

Treacle = Molasses

Unsalted butter = Sweet butter

Wholemeal = Wholewheat

Utensils and Methods

Ashet = Meat dish

Baking sheet or tray = Cookie sheet

Case = pie shell

Fry = Pan Fry (with fat)

Frying pan = Skillet

Girdle = Griddle

Grate = Shred

Greaseproof paper = Vegetable parchment or waxed paper

Grill = Broil

Gut = Clean

Jelly bag = Layers of cheesecloth

Knead = Punch down

Knock Back = Punch down

Large pot = Dutch oven or a deep cooking utensil with a tight fitting lid

Liquidizer = Electric blender

Mince = Grind

Polythene = Plastic wrap

Prove = Rise

Pudding cloth = Cheesecloth

Roasting tin = Roasting pan with rack

Sandwich tins = Round-layer pans

Sieve = Sift

Stewpan or pan = Kettle

Tartlet tin = Muffin pan

Vegetable mill = Food mill

Whisk = Beat/whip

Oven Temperatures

Gas Mark 1 = 275F = 140C

Gas Mark 2 = 300F = 150C

Gas Mark 3 = 325F = 170C

Gas Mark 4 = 355F = 180C

Gas Mark 5 = 375F = 190C

Gas Mark 6 = 400F = 200C

Gas Mark 7 = 425F = 220C

Gas Mark 8 = 455F = 230C

PASTRY RECIPE

Shortcrust pastry is the easiest pastry to make. It is a versatile pastry as it can be used for both savory and sweet dishes. Shortcrust pastry is a mixture of flour - usually all purpose/plain flour and a fat, either butter, lard or a mixture of both. These are bound together with either cold water or with egg for a richer pastry.

Prep Time: 15 minutes

Total Time: 15 minutes

Ingredients:

- 7 oz/200g all purpose/plain flour (see tip below)
- pinch of salt
- 4 oz/ 110g butter, cubed or an equal mix of butter and lard
- 2-3 tbsp cold water

Preparation:

This quantity makes 10 oz/300g pastry.

- Place the flour, butter and salt into a large clean bowl.
- Rub the butter into the flour with your fingertips until the mixture resembles fine breadcrumbs, working as quickly as possible to prevent the dough becoming warm.
- Add the water to the mixture and using a cold knife stir until the dough binds together, add more cold water a teaspoon at a time if the mixture is too dry.
- Wrap the dough in Saran wrap/Clingfilm and chill for a minimum of 15 minutes, up to 30 minutes.

JEWISH RECIPES



Whole Wheat Flatbread

(Jewish or unleavened bread)

Ingredients 4c whole wheat flour

1 1/2t salt

3T butter

2 egg yolks

2T vegetable oil

1c milk

Preparation Preheat oven to 400F. In a bowl, combine flour and salt. Using a stand electric mixer with a dough hook, beat the butter, egg yolks, and vegetable oil until combined (not smooth). Slowly alternate adding flour mixture and milk to mixer bowl while mixer is on a medium/low speed. Dough should be crumbly but moist.

Lightly knead dough by hand to form smooth ball.

Lightly flour a bread board and pinch off a quarter of the dough. Pat the dough into a flat disk, then using a rolling pin, thin the disk to approximately 1/8" keeping the board floured and flipping disk as necessary to avoid sticking. Carefully transfer to an ungreased baking sheet. (Optional: Lightly pierce surface of bread with a fork to help avoid bubbling, and mark squares onto surface with a knife to aid in separating servings). Bake for 10 - 12 minutes, or until lightly browned on edges.

Braised Brisket With Pomegranate Juice, Chestnuts and Turnips

Time: 5 hours, plus 2 days' dry brining and overnight refrigeration

1 brisket, about 4 to 5 pounds, with thin layer of fat

2 1/2 tablespoons coarse salt, plus more as needed

3 tablespoons finely ground coffee

1 teaspoon ground cardamom

1 to 2 tablespoons vegetable oil, if needed

2 onions, peeled and diced

2 large carrots, peeled and diced

1 bulb garlic, peeled and halved

1 pound (3 to 4 medium) turnips, peeled and quartered

1 tablespoon ground cumin

1 tablespoon black pepper

1 tablespoon ground turmeric

1 fresh licorice root (available in Middle Eastern markets) or 1 licorice tea bag (available at health food stores and some supermarkets)

4 cups pomegranate juice

1 cup peeled chestnuts (roasted, frozen or vacuum-packed)

1/2 cup chopped dill

1 cup chopped flat-leaf parsley.

1. Place the brisket in a shallow roasting pan fat side up; add 2 1/2 tablespoons salt, the coffee and cardamom; and rub all over the brisket. Cover lightly with foil and refrigerate for two days.
2. Preheat a broiler. Place the pan with the brisket under it until the meat is evenly browned and much of the fat rendered, about 15 minutes. Remove, transfer brisket to a platter and turn oven to 300 degrees.
3. Pour the fat into a Dutch oven or other heavy covered pan large enough to hold the brisket. There should be about 1/4 cup fat; if needed, add vegetable oil. Place the pan over medium-high heat, and add onions, carrots, garlic and a pinch salt. Sauté until lightly browned, about 10 minutes. Add turnips, cumin, black pepper and turmeric. Cover and cook, stirring once or twice, for 5 minutes.
4. Add licorice or licorice tea bag, and pomegranate juice. Stir, scraping the bottom of the pan. Add brisket, bring to a simmer, and baste with the juice.
5. Cover the pan tightly and place on the middle rack in the oven. Cook until very tender, about 4 hours, basting every 45 minutes. Remove from the oven and discard licorice or tea bag and garlic halves. If desired, at this point, cool the brisket and vegetables, cover, and refrigerate overnight.
6. Just before serving, skim the fat and place the pan over medium-low heat. Add chestnuts and reheat just until steaming. Stir in dill and parsley. Transfer brisket to a cutting board and slice against the grain. Serve with vegetables and sauce.

RECIPES FOR HIGH BLOOD PRESSURE

Turkey Meatloaf

Ingredients:

- 1 pound lean ground turkey
- 1/2 cup regular oats, dry
- 1 large egg, whole
- 1 Tbsp onion, dehydrated flakes
- 1/4 cup ketchup*

Combine all ingredients and mix well. Bake in a loaf pan at 350 °F for 25 minutes or to an internal temperature of 165 °F. Cut into five slices and serve. Makes 5 three-ounce servings.

* To reduce sodium, use low-sodium ketchup. New sodium content for each serving is 74 mg.

Per Serving: 191 calories; 7g total fat; 2g saturated fat; 103mg cholesterol; 205mg sodium; 23g protein; 9g carbohydrate; 24mg calcium; 33mg magnesium; 268mg potassium; 1g fiber

Zucchini Lasagna

Ingredients:

1/2 pound lasagna noodles cooked in unsalted water

3/4 cup part-skim mozzarella cheese, grated

1 1/2 cups fat-free cottage cheese*

1/4 cup Parmesan cheese, grated

1 1/2 cups raw zucchini, sliced

2 1/2 cups low-sodium tomato sauce

2 tsp basil, dried

2 tsp oregano, dried

1/4 cup onion, chopped

1 clove garlic

1/8 tsp black pepper

Preheat oven to 350 °F. Lightly spray a 9- by 13-inch baking dish with vegetable oil spray. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all the cottage cheese. Mix well and set aside. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil. 6. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

* To reduce sodium, use low-sodium cottage cheese. New sodium content for each serving is 165 mg.

Per Serving: 200 calories; 5g total fat; 12mg cholesterol; 368mg sodium; 15g protein; 24g carbohydrate; 310mg calcium; 46mg magnesium; 593 mg potassium; 3g fiber

Chicken Salad

Ingredients:

3 1/4 cups chicken breast, cooked, cubed, and skinless

1/4 cup celery, chopped

1 Tbsp lemon juice

1/2 tsp onion powder

1/8 tsp salt*

3 Tbsp mayonnaise, low-fat

Bake chicken, cut into cubes, and refrigerate. In a large bowl combine rest of ingredients, add chilled chicken and mix well. Makes 5 servings

* To reduce sodium, omit the 1/8 tsp of added salt. New sodium content for each serving is 120 mg.

Per Serving: 176 calories; 6g total fat; 2g saturated fat; 77mg cholesterol; 179mg sodium; 27g protein; 2g carbohydrate; 16mg calcium; 25mg magnesium; 236mg potassium; 0g fiber

RECIPES FOR HIGH CHOLESTEROL

Cherry Almond Muffins

Ingredients:

2 cups whole-wheat flour

1/3 cup sugar

3 teaspoons baking powder

1 teaspoon cinnamon

1/2 teaspoon salt

1/4 cup egg substitute

1 cup vanilla soy milk

1/4 cup almond oil

1/2 teaspoon almond extract

2/3 cup dried cherries, chopped

1 cup sliced almonds, roasted

Preheat oven to 400°F. Blend flour with sugar, baking powder, cinnamon and salt. In a separate bowl, stir together egg substitute, vanilla soy milk, almond oil and almond extract; blend with dry ingredients just until well-incorporated. Fold in dried cherries and almonds. Spoon into paper-lined 2 1/2-inch muffin pans. Bake on top rack of oven, 20 to 25 minutes. Serves 12.

Per serving: 206 calories; 27g carbohydrate; 6g protein, 9g total fat, 0.8g saturated fat; 5.8g monounsaturated fat; 2.1g polyunsaturated fat; 0mg cholesterol; 4g fiber; 109mg calcium; 57mg magnesium; 234mg potassium; 240mg sodium; 4.2mg vitamin E

Barley and Almond Salad

Ingredients:

2 cups low-sodium vegetable broth

1 cup quick-cooking pearl barley

1/4 teaspoon salt

1 (15-ounce) can kidney beans, drained and rinsed

1 large red bell pepper, diced

3/4 cup diced zucchini

1/2 cup slivered almonds, roasted

1/3 cup diced scallions

2 tablespoons extra-virgin olive oil

1 tablespoon balsamic vinegar

Salt and pepper to taste

Bring vegetable broth to a boil in a medium pot. Stir in barley and salt. Cover and reduce heat; simmer 10 to 12 minutes or until tender. Meanwhile, place kidney beans, bell pepper, zucchini, almonds and scallions in a large salad bowl.

Transfer cooked barley to colander and rinse with cold water (both to cool it down and keep it from getting sticky). Transfer cooled, drained barley to salad bowl. Add oil, vinegar, and salt and pepper to taste; toss and serve. Serves 4.

Per serving: 464 calories; 15g fat; 10g monounsaturated fat; 0mg cholesterol; 17g fiber; 176mg sodium; 18g protein; 2g saturated fat; 3g polyunsaturated fat; 68g carbohydrate; 5g vitamin E; 92mg calcium

Stir-Fried Barley with Almonds and Vegetables

Ingredients:

- 1 tablespoon almond oil
- 3/4 cup julienne-style sliced carrot
- 3/4 cup chopped broccoli
- 1 tablespoon grated ginger
- 1 cup diced firm tofu*
- 2 cups cooked barley
- 2 tablespoons teriyaki sauce
- 1/3 cup slivered almonds, roasted

Heat oil in a large skillet or wok. Add carrot, broccoli and ginger, and sauté on medium heat until carrot is soft and broccoli is bright green. Remove and set aside. Add tofu, barley and teriyaki sauce and cook until warm throughout. Return carrots and broccoli to pan, and add almonds. Stir well and serve. Serves 4.

*Before slicing the block of firm tofu, remove some of the water from it by wrapping it in paper towels or a clean tea towel and placing a plate on top it for 15 to 20 minutes. This step may be done up to 24 hours in advance.

Per serving: 406 calories; 2g saturated fat; 0mg cholesterol; 9mg vitamin E; 23g fat; 9g fiber; 19g protein; 12g monounsaturated fat; 37g carbohydrate; 373 mg sodium; 7g polyunsaturated fat; 528mg calcium

DIABETES RECIPES

Portabello Burger

Ingredients:

2 1/2 lb. portabello mushrooms, stems removed & washed

1 cup red peppers, de-seeded and diced

1/2 c yellow pepper, de-seeded and diced

3 tablespoons basil leaves, chiffonaide

3 tablespoons fresh thyme, picked & chopped

1 teaspoon oregano, dry

1/2 cup garlic, chopped

1/2 cup red onion, peeled and diced

1 teaspoon black peppercorns, ground

1 cup eggplant, peeled and diced

1/2 cup whole wheat flour

6 egg whites

1 teaspoon low-sodium soy sauce

Mix all vegetables and seasonings in a large bowl. In a separate bowl whip

the egg whites, soy sauce and flour until well combined. Fold in the vegetables. Make into patties and place on a baking sheet lined with parchment paper. Bake at 400 degrees for 14 minutes. Let cool for 2 minutes before removing from sheet.

Per serving: 56 calories; <1g total fat; <1g saturated fat; 2g fiber; 61mg sodium; 0mg cholesterol; 3g carbohydrate

Roasted Jumbo Prawns

Ingredients:

8 white shrimp, peeled and de-veined

1/4 teaspoon cumin seeds

1 tablespoon paprika

1 tablespoon coriander

1/4 teaspoon chili powder

1 teaspoon garlic powder

1 teaspoon oregano

1/4 teaspoon black peppercorns, ground

2 teaspoons low-sodium soy sauce

Toast and grind all spices. Mix spices and soy with prawns. Let sit for a half hour. Lay out on pans. Bake at 450 degrees for 6 minutes.

Per serving: 82 calories; <1g fiber; <1g carbohydrate; 1g fat; 0g saturated fat; 0mg cholesterol; 2mg sodium

Blueberry Cheesecake

Ingredients:

4 ounces Grainfield's Corn Flakes

1 tablespoon apple juice concentrate

1.25 pounds cream cheese, fat-free

1/4 cup 1% no-salt-added cottage cheese

1/4 cup fat-free yogurt

3 tablespoons Splenda

2 teaspoon vanilla

1/2 cup egg whites

3/4 cup blue berries

Grind corn flakes in food processor until fine. Mix with apple juice and layer in bottom of baking sheet. Bake at 375 degrees for 3 minutes to set crust. Mix cream cheese with yogurt and cottage cheese in food processor until very smooth. In large bowl mix egg whites, Splenda, blueberries and vanilla with spoon (not whisk). Add cream cheese mixture and mix fully.

Bake at 375 degrees for 30 minutes.

Per serving: 91 calories; 1g fiber; 2g carbohydrate; <2g total fat; 0.5g saturated fat; 3mg cholesterol; 223mg sodium

AMISH RECIPES



Amish Sugar Cookies

Ingredients:

1 cup sugar

1 cup powdered sugar

1 cup butter

1 cup oil

2 eggs

Preparation

Mix well.

Part Two Ingredients:

1 tsp vanilla

1 tsp salt

1 tsp cream of tartar

1 tsp baking soda

4 1/2 cups flour

Part Two Preparation:

Mix part two well.

Blend ingredients together, then chill. Flour hands, then shape into balls and place on cookie sheet. Flatten with bottom of chilled glass dipped in sugar. Sprinkle with colored sugar. Bake at 350 fahrenheit until edges are golden.

Amish Friendship Bread

First bowl:

1 cup live yeast starter

1 cup flour

1 cup sugar

1 cup milk

1 cup oil

1/2 cup milk

3 eggs

1 tsp vanilla

1. To the live yeast starter add 1 cup flour, 1 cup sugar and 1 cup milk. Stir. Take out 3 cups and place 1 cup each into three separate plastic containers. Give one cup and a copy of this recipe to three friends. To the balance (a little over one cup) of the batter.

2. Then add 1 cup oil, 1/2 cup milk, 3 eggs and then 1 teaspoon of vanilla mix all together then place to the side.

Second Bowl:

2 cups flour

1 cup sugar

1-1/2 tsp baking powder

2 tsp cinnamon

1/2 tsp baking soda

1 - (5.1 oz) box instant vanilla pudding

1/2 tsp salt

1 cup nuts

3. Add dry ingredients to wet ingredients. Mix and pour into two well greased and sugared bread pans. Bake at 325 degrees for 1 hour.

Amish Friendship Bread #2

Ingredients:

1 pkg. active dry yeast

1/2 c. warm water

1 1/2 c. lukewarm water

2 c. sifted flour

1 tsp. salt

Directions:

Dissolve yeast in 1/2 cup warm water. Stir in 1 1/2 cups water, flour, salt, and sugar. Beat until smooth. Let stand uncovered at room temperature three to five days stirring 2 or 3 times a day. Use a wooden spoon. Cover at night.

When the mixture is ready it should have a yeasty smell. Then pour out one cup of this to use in the friendship mixture. The rest should stand one day and then be refrigerated covered. Use within 10 days. Now, with the 1 cup you took out, add 1/2 cup water, 1/2 cup flour and 1 teaspoon sugar. Consider this day one and follow Amish Bread Recipe.

Do not use metal spoon. Do not refrigerate. The day you receive the started mixture - do nothing. Days 2, 3, and 4 stir with a wooden spoon. Day five add 1 cup flour, 1 cup sugar and 1 cup milk. STIR. Days 6, 7, 8, and 9 only stir the mixture. Day 10 add 1 cup flour, 1 cup sugar, one cup milk and stir. Pour 1 cup mixture into each of the three separate containers and give to three friends.

The remaining mixture add 2/3 cup oil, 3 eggs, 2 cups flour, 1 cup sugar, 1 teaspoon cinnamon, 1 1/2 teaspoon baking powder, 1/2 teaspoon baking soda and 1/2 teaspoon salt. Add fruits, nuts, raisins or chopped apple. Before baking, pour into 2 well greased and sugared loaf pans. Bake 45 to 50 minutes at 350 degrees. Cool 10 minutes.

Amish Cinnamon Bread

Ingredients:

1 cup sourdough starter

1 cup vegetable oil

1 cup white sugar

4 eggs

2 teaspoons vanilla extract

2 teaspoons baking soda

1 teaspoon baking powder

1 (3 ounce) package instant vanilla pudding mix

2 cups all-purpose flour

2 teaspoons ground cinnamon

1 cup chopped pecans

1 cup peeled, cored and chopped apple 1 cup raisins

Directions:

Preheat oven to 325 degrees F (165 degrees C). Grease three 9x5 inch loaf pans. Place the starter in a bowl, stir in the oil, sugar, eggs and vanilla and mix well. Combine the flour, baking soda, baking powder, instant pudding, and cinnamon. Add the flour mixture to the starter mixture and beat by hand. Add the pecans, raisins and apples and mix well. Pour batter into the prepared pans. Bake at 325 degrees F (165 degrees C) for 1 hour.

Amish Friendship Fruit Cake

Ingredients:

1 (18.25 ounce) box yellow cake mix with pudding in the mix 1/3 cup vegetable oil 4 eggs 1 3/4 cup Amish Friendship Fruit Starter 1 cup chopped pecans Confectioners' sugar (if desired) Cream cheese frosting (if desired)

Directions:

Line the bottom of a springform angel food cake pan with wax paper; grease well, then flour.

In large mixing bowl of electric mixer, combine dry cake mix and oil. Beat in eggs, one at a time, beating well. Add fruit; mix well. Fold in nuts. Pour batter into prepared pan. Bake in a preheated 350 degree F oven for 40 minutes, then reduce heat to 300 degrees F and bake 35 to 40 minutes more, or until cake tests done.

Shake pan to loosen cake from sides and let sit 10 minutes.

Lift the center of the pan out and turn cake onto cake plate. Turn cake right-side up before serving. Sprinkle with confectioners' sugar if desired, or top with cream cheese frosting. This cake tastes better when cold.

NOTE: You will use from 1 1/2 to 2 cups drained fruit per cake.

Amish Friendship Muffins

Ingredients:

1 cup Amish Friendship Bread Starter

2 cups all-purpose flour

3/4 cup oil

1 teaspoon baking soda

2 teaspoons baking powder

1 cup granulated sugar

3 eggs

1 1/2 teaspoons cinnamon

2 teaspoons vanilla extract

1 cup nuts, chopped

1 cup apples, chopped (optional)

1 cup raisins or 1 cup blueberries (optional)

Directions:

Preheat oven to 350 degrees F. Liberally grease muffin tins if not using liners.

Combine starter, flour, oil, baking soda, baking powder, sugar, eggs, cinnamon and vanilla extract; stir well. Add nuts. Stir in optional ingredients, if desired. Mix well. Put into

Mix Well. Put into muffin tins. Sprinkle each muffin with Topping and bake for 15 to 20 minutes or until done.

Topping

1 cup brown sugar

1/2 cup all-purpose flour

1/4 cup margarine

Mix well and sprinkle over tops of muffins before baking.

Amish No Knead Bread

Ingredients:

1 1/2 cups scalded milk

1/2 cups margarine

1/2 cups granulated sugar

2 tablespoon salt

1 1/2 cups lukewarm water

3 cakes yeast

3 eggs, beaten

9 cups sifted all-purpose flour

Directions:

Dissolve yeast in water. Add the margarine, sugar and salt to the milk. Add eggs and yeast to milk mixture. Blend in flour with a spoon and then with hands. Let rise until double. .

Form loaves and let rise again. Bake at 350 degrees F for 40 minutes.

Butter the top with Crisco.

Amish Oatmeal Date Bread

Ingredients:

1 1/2 cups milk

1 cup rolled oats (not instant)

1 cup chopped pitted dates

2 cups all-purpose flour

4 teaspoons baking powder

1 1/2 teaspoons salt

3/4 cup granulated sugar

1 egg

Directions:

Bring milk almost to simmer. Place oats and dates in large mixing bowl and add milk. Set aside to cool to room temperature. Preheat oven to 325 degrees F.

In another bowl, whisk together flour, baking powder, salt and sugar. When oat mixture is cool, beat in egg. Stir in dry ingredients, mixing well.

Pour batter into a buttered 9 x 5-inch loaf pan. Bake for 45 to 50 minutes, until top is crusty and golden. Cool before slicing.

Yields 1 loaf.

Amish Zucchini Bread

Ingredients:

3 eggs

2 cups of sugar

2 cups of zucchini, shredded

1 cup of cooking oil

2 teaspoon of vanilla

3 cups of flour

1 teaspoon of salt

1 teaspoon of baking soda

1 teaspoon of baking powder

2 teaspoon of cinnamon

1/2 teaspoon of nutmeg

1/4 teaspoon of cloves

1/2 cup of chopped nuts

1/2 cup of raisins

Directions:

Beat eggs until foamy. Stir in sugar, zucchini, oil and vanilla. Gradually add dry ingredients and spices. Stir in nuts. Pour into bread pans which have been greased only on the bottoms. Bake at 325 degrees for 60 to 80 minutes. Cool 10 minutes. Remove from pans and cool completely. Makes 2 loaves

Amish Muffins

Ingredients:

5 c. flour

5 tsp. soda

2 tsp. salt

2 tsp. allspice

15 oz. raisin bran

3 c. sugar

Directions:

Mix above ingredients. Add: 1 c. oil 1 qt. buttermilk 2 tsp. vanilla Mix well. Butter muffin tins well and fill 3/4 full. Bake at 375 degrees for 20 minutes.

Amish Baked Beans

Ingredients:

1 lb. navy beans 1/2 lb. bacon ends 1 med. onion (quartered) 1/4 c. brown sugar 1/3 c. molasses 2 tsp. dry mustard 2 tsp. salt 1/4 tsp. pepper 2 tbsp. vinegar 2 c. hot water

Directions:

Long cooking develops the wonderful old-fashioned flavor. Soak beans overnight in 6 cups water; add 1/4 teaspoon baking soda if water is hard. Parboil beans for 20 minutes. Drain beans after parboiling; rinse with cold water. Dice bacon ends to 1 inch square, placing half in the bottom of a 2 quart bean pot or casserole along with the quartered onion. Add beans. Mix remaining ingredients with hot water. Pour over top of beans. Top with remaining bacon ends. Cover and bake in a slow (300 degree) oven for about 6 hours adding hot water as needed to keep beans moist. Serves 8 to 10.

Amish Cabbage Dinner

Ingredients:

1 1/2 pounds hamburger, drained 1/4 cup catsup 1/2 head cabbage,
shredded 6 to 8 cups raw potatoes, diced Velveeta cheese 1 1/2 cups milk

Directions:

Brown the hamburger; drain and add the catsup and set aside. Layer in a baking dish 1/2 of the cabbage, 1/2 of the potatoes, 4 or 5 slices Velveeta cheese, and all of the meat mixture. Add another layer of the cabbage and potatoes. Pour 1 1/2 cups milk over casserole. Bake, covered, for 1 1/2 to 2 hours at 350 degrees F.

Amish Meatloaf

Ingredients:

1 1/2 lbs. lean ground beef

1 beaten egg

1/2 tsp. sage

1/2 c. Pet milk

About 2 cups Ritz crackers (crushed)

1/4 cup onion

1/2 cup Swiss cheese (shredded) plus some extra

Salt and pepper

Directions:

Mix all above together; pat into an oval loaf in a baking dish. Put the extra shredded Swiss cheese over top of loaf. Bake at 350 degrees for 1 hour. Will freeze well.

Amish Pot Pie

Ingredients:

2 cups all-purpose flour

1/2 teaspoon salt

2 teaspoons baking powder

2 tablespoons shortening

1 egg

Milk

Ham, beef or chicken

Meat broth

Potatoes

Directions:

Mix together flour, salt, baking powder and shortening until crumbly.

Put egg in cup; fill cup to 1/2 cup with milk. Add to dry ingredients. Mix as for pie dough and roll out thin. Cut dough into small squares and add to ham, beef or chicken broth. Bring broth to boil; reduce heat and cook over low heat until done. Add cubed potatoes and meat which was cooked to obtain broth.

Amish Pot Roast

Ingredients:

3-4 lb. beef roast (sirloin tip, rump, English cut)

1 tbsp. oil

1/4 c. soy sauce

1 c. coffee

2 bay leaves

1 garlic clove, minced

1/2 tsp. oregano

2 onions, sliced

Directions:

Sear roast in 1 tablespoon oil on all sides in heavy Dutch oven. Pour sauce over meat. Put half of onions on meat, the other half in sauce. Cover and roast 4-5 hours at 325 degrees.

Amish Poor Man's Steak

Ingredients:

1-1/2 lb. lean hamburger

1 tsp. salt

Pepper

1/4 tsp. garlic powder

1 c. bread crumbs, dry

2 eggs

1 sm. onion, chopped

Directions:

Mix with hands. 2 cans mushroom soup 1 can mushrooms, drained Milk

Grease a square baking dish, form meat mixture into baking dish. Cut into 9 pieces. In large skillet, fry all pieces together in some oil, keeping pieces intact. Drain on paper towels. Return fried pieces to baking dish. Mix mushroom soup with 1/2 can water and 1/2 can milk or evaporated milk. Pour soup over meat in baking dish. Add drained mushrooms, spread around. Bake, uncovered, in 350 degree oven for 30-40 minutes. Alternate cooking method: Make meat mixture into spoon size balls and fry. Remove grease. Put meat into baking dish, add soup and mushrooms. Bake 1/2 hour in 350 degree oven.

Amish Sweet & Sour Ham

Ingredients:

- 1 cup thinly sliced carrots
- 1 cup chicken broth
- 1 cup red wine vinegar
- 1 tablespoon soy sauce
- 1 cup fresh or frozen pea pods, thawed
- 1 beaten egg
- 1 cup bran flakes cereal
- 1/3 cup skim milk
- 1 teaspoon ground ginger
- 1 pound ground veal or lean ground beef
- 1 pound ground fully cooked ham
- 1 15-ounce can pineapple chunks(juice pack)
- 2 tablespoons cornstarch
- 2 tablespoons honey

Directions:

In a large mixing bowl combine egg, bran flakes, milk, and ginger. Let stand 5 minutes. Add meat and mix well. Shape into 24 meatballs.

Arrange meatballs in a 12x7x2-inch baking dish. Bake, uncovered, in a 350 degrees oven for 30 minutes. Spoon off fat. Meanwhile, for sauce, drain pineapple, reserving juice. Set both aside. In a large saucepan cook carrots in chicken broth, covered, for 5 minutes or just till tender. Do not drain.

Combine vinegar, cornstarch, honey, and soy sauce. Stir into carrot mixture. Stir in reserved pineapple juice. Cook and stir till thickened and bubbly. Stir in pea pods and cook 2 minutes more. Stir in pineapple; heat through. Gently stir in meatballs to coat with sauce.

Microwave directions: Place meatballs in a microwave-safe 12x7x2-inch baking dish. Micro-cook, loosely covered with waxed paper, on 100% power (high) for 5 to 7 minutes, rearranging once. Drain. Prepare sauce as directed above. Makes 6 servings.

Amish Tuna Casserole

Ingredients:

1-8 ounce package noodles

3 1/2 tablespoons butter

3 tablespoons flour

2 - 2 1/2 cups milk

1/2 cup grated cheese

salt

pepper

1-7 ounce can tuna

Directions:

Cook noodles until tender. Drain and put in baking dish. Add tuna and mix slightly. Use remainder of ingredients to make a white sauce. Melt butter, then mix in flour. Add milk and cheese (optional) and seasonings. Stir until sauce thickens. Pour over noodles and tuna. Bake in oven at 350 for 30-40 minutes.

Amish Turkey Loaf

Ingredients:

3 cups diced turkey

8 slices bread

1/2 cup diced celery

1 onion, chopped

1 egg, beaten

1/4 teaspoon poultry seasoning

Directions:

Mix all the ingredients together and place in greased loaf pan . Bake at 350 degrees F for 55 minutes.

Serve with gravy.

Amish Cheese Casserole

Ingredients:

8 ounces wide noodles, cooked and drained 1 1/2 pounds ground beef 1/2 cup diced celery 2 tablespoons butter 1/4 teaspoon pepper Salt to taste 1 (10 1/2 ounce) can cream of chicken soup 1 (10 ounce) can tomato paste 1/2 pound Cheddar cheese, grated

Directions:

Brown meat in butter, and season with salt and pepper.

Place a layer of noodles in a 2-quart casserole, then one layer each of meat, celery, soup, tomato paste and cheese. Repeat until all the ingredients are used, ending with layer of cheese and bake, uncovered, at 350 degrees F for 1 hour.

Amish Apple Cake

Ingredients:

1/2 c. chopped pecans

2-1/2 c. finely chopped apples, such as Granny Smith

1/2 c. butter, softened

1 c. sugar

1 egg

1 tsp. baking soda

1/4 tsp. salt

1 tsp. cinnamon

1/2 tsp. nutmeg

1/2 tsp. vanilla

1 c. all purpose flour

HOT CARAMEL SAUCE

1/2 c. butter

1 c. brown sugar

1/2 tsp. salt

1 tsp. vanilla

1/2 c. evaporated milk

Directions:

In a large bowl, cream the butter. Add the sugar and beat until fluffy. Add the egg and beat until well blended. Mix in the soda, salt, cinnamon and nutmeg. Add the flour and stir just until blended. Stir in the apples and nuts. Pour into an oiled 9" round cake pan and bake in a preheated 350 degree oven for 30 minutes until the top springs back when touched lightly with your finger. Serve with Hot Caramel Sauce. In a saucepan, melt the butter, brown sugar and salt. Bring to a boil. Remove from heat and whisk in vanilla and milk. Serve warm sauce over cake. Serves 8.

Amish Apple Dumplings

Ingredients:

- 2 C. self-rising flour
- 1/2 C. apple juice
- 1/2 tsp. ground cinnamon
- 1 C. diced apples
- 2 (46 fluid oz.) cans apple juice
- 1 T. cornstarch

Directions:

In a medium bowl, combine flour, 1/2 cup apple juice and cinnamon, stirring until smooth. Stir in diced apple. Pour all the apple juice into a 4-quart pot with a tight fitting lid. Bring to a boil over medium heat. Drop diced apple mixture by soup-spoonfuls into boiling juice. Cover and let boil 20 minutes. Do not remove lid during cooking. After 20 minutes, remove dumplings from pan; set aside. Stir cornstarch into remaining apple juice in pot and cook until thickened. Serve over dumplings. Makes 8 dumplings.

Amish Banana Cake

Ingredients:

1/2 cup butter 2 cups all-purpose flour, sifted 1 cup sour milk 1 teaspoon vanilla extract 1 1/2 cups granulated sugar 1 teaspoon baking powder 1 teaspoon baking soda 2 bananas, creamed 2 eggs, beaten

Directions:

Cream butter and sugar together. Add well beaten eggs. To this mixture, add the sour milk alternately with the sifted flour, baking powder and the baking soda. Add creamed bananas and vanilla extract. Beat with an egg beater. Grease and flour a pan and bake cake at 350 degrees F for about 40 minutes. Cool before removing from pan.

Amish Blueberry Cobbler

Ingredients:

1 stick oleo

2 eggs

1/2 tsp. salt

4 Tbsp. vinegar

1 tsp. cloves

2 cups sugar

3 cups flour

2 tsp. soda

1 tsp. cinnamon

1 1/2 cups blueberries

1/2 cup blueberry juice

Directions:

Cream butter and sugar together. Add eggs and beat until fluffy. Sift flour and measure. Sift dry ingredients and add juice and vinegar. Beat thoroughly after each addition. Add berries and stir just enough to blend into dough. Bake for about 40 minutes in 350 degrees oven

Amish Coffee Cake

Ingredients:

2 c. light brown sugar

2 c. flour

3/4 c. shortening

1 egg

2 tsp. vanilla

1 c. hot coffee

1 tsp. soda

Directions:

Mix sugar, flour and shortening until lumpy. Do not mix until creamy. Take out 1 cup for topping. Dissolve soda in hot coffee and add to the flour mixture. Also add egg and vanilla. Spread on sheet pan 9x12x2 inch and sprinkle on topping. This is a thin batter. Bake at 325-350 degrees approximately 30 minutes. Sprinkle with powdered sugar after baked.

Amish Custard

Ingredients:

1 cup flour 1/2 cup (1 stick) butter 1 cup chopped pecans 8 ounces cream cheese 1 cup confectioners' sugar 1 cup Cool Whip Instant chocolate pudding (or flavor desired)

Directions:

Crust: Melt butter, add flour and pecans. Spread mixture in bottom of 8 1/2 x 14 inch cake pan. Prepare pudding according to directions on box. Mix cream cheese, confectioners' sugar and Cool Whip until blended well. Bake crust at 350 degrees F for 20 minutes. Let cool. Layer mixtures on crust. First cream cheese mixture, then chocolate pudding. Top with Cool Whip, and sprinkle chopped pecans over Cool Whip.

Amish Drop Cookies

Ingredients:

2 c. sugar

1 1/2 c. lard

2 eggs

2 tsp. vanilla

1 1/2 tsp. nutmeg

6 c. flour

1 1/2 c. milk

3 tsp. baking powder

1 tsp. soda

Directions:

Cream sugar and lard. Add eggs, nutmeg, vanilla, and baking powder. Mix soda with milk and add alternately flour and drop with soup spoon on ungreased cookie sheet. Bake plain or sprinkle with sugar and cinnamon or sugar. Bake at 350 degrees for 10 to 12 minutes or until lightly browned. Make 5 dozen. Only 122 calories per cookies.

Amish Maple Cream Pie Recipe

Ingredients:

1 can condensed milk

2/3 c. maple syrup

Pinch salt

TOPPING

2 c. whipping cream

1/2 c. powdered sugar

2 tsp. vanilla

Pinch salt

Directions:

Cook on low heat, very slow, stirring constantly until it bubbles in the middle. Pour into a baked pie shell. Chill for 1 hour. Whip ingredients until thick. Pour on top of pie filling and sprinkle with chopped pecans.

Amish Oatmeal Cookies

Ingredients:

3 c. sugar

1 1/2 c. lard

1 1/2 c. raisins

2 1/2 c. oatmeal

1/2 c. molasses (dark)

3 eggs, beaten

1 c. peanuts

1 c. sour milk

2 tbsp. soda

2 tbsp. baking powder

6 c. flour

1 tsp. each of nutmeg, cinnamon and salt

Directions:

Grind raisins and peanuts. Sift together flour, baking powder, nutmeg, cinnamon, salt. Cut in lard, add sugar, oatmeal, raisins and peanuts and mix well again. Dissolve soda in sour milk and add molasses and beaten eggs. Chill one hour. Using your hand, roll the dough into balls the size of a walnut and press slightly flat. Beat two eggs and paint the top of the cookie with egg. Bake at 375 degrees until golden brown.

Amish Peach Cobbler

Ingredients:

1 cup ll-purpose flour

1 1/4 teaspoons baking powder

1 teaspoon nutmeg

1/2 teaspoon salt

2 tablespoons (1/4 stick) butter, softened

1 cup granulated sugar

6 to 8 peaches, peeled and sliced

1/2 cup brown sugar

1 teaspoon almond extract

1 cup boiling water

Ground nutmeg

Directions:

Preheat oven to 350 degrees F.

In a small bowl, combine the flour, baking powder, nutmeg and salt; set aside.

In a large mixer bowl, cream the butter. Add 1/2 cup of the granulated sugar, and blend well. Beat in the flour mixture. (Recipe can be prepared to this point up to a day ahead and refrigerated.)

Oil a 9-inch square baking pan (using a metal pan gives a better texture to this dessert) and place half the peaches on the bottom. Sprinkle half the flour mixture over the fruit. Add the rest of the peaches and then the rest of the flour mixture. In a small bowl, combine the remaining 1/2 cup of granulated sugar and brown sugar; sprinkle over all. Put the almond extract in a 1-cup measure and fill with boiling water. Pour over the top of the cobbler, but do not mix. Sprinkle with additional nutmeg and bake for 1 hour.

Serve warm.

Amish Snickerdoodles

Ingredients:

1/2 c. margarine

1/2 c. Crisco solid shortening

2 eggs

1 1/2 c. sugar

2 3/4 c. flour

2 tsp. cream of tartar

1 tsp. baking soda

1/4 tsp. salt

2 tbsp. sugar

2 tsp. cinnamon

Directions:

Mix first four ingredients thoroughly. Presift the next 4 ingredients together. Add to the first mixture. Form balls (walnut size). Roll into mixture of sugar and cinnamon. Place about 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes at 375 degrees. Cookies will flatten into circles as they cook. May top with red hots or leave unadorned. Store well in Tupperware and can be frozen.

Amish Whoopie Pie

Ingredients:

Cookies:

1 cup shortening

2 cups sugar

1 cup hot water with 2 tsp baking soda

4 1/2 cups flour

4 eggs

3/4 cup cocoa

1 cup sour milk

2 tsp vanilla

1 or 2 shakes of salt

Filling:

1 cup milk

1 cup shortening

4 Tbls flour

1 tsp vanilla

1 cup sugar

Directions:

Mix cookie ingredients together. Batter is slightly thick so it can be dropped from a teaspoon. Drop onto cookie sheets into small rounds, trying to keep them roughly the same size. Bake at 375 degrees for 8-10 minutes on an ungreased cookie sheet. For the filling: cook together the milk and flour until thick. Place in a small bowl and add sugar, shortening and vanilla. Beat until spread-able. Choose two cookies about the same size, spread some filling on one and place the other one on top, bottoms together

Amish Baked Pretzels

Ingredients:

1/2 pkg. or 1/4 tsp. dry yeast

1- 1/2 tsp. Sugar

2 c. flour

Coarse salt

3/4 c. warm water

1/2 tsp. Salt

1 beaten egg with 1 teaspoon water

Directions:

Dissolve yeast in warm water. Add salt. Blend in flour with fork on floured board. Knead dough until smooth. Pull off pieces of dough about size of golf balls. Roll into 14 inch ropes and twist into pretzel shapes (alphabet shapes are fun for young children.) Brush with beaten egg and water; sprinkle with salt. Bake on greased cookie sheets at 350 degrees for 15-18 minutes.

Amish Cashew Crunch Recipe

Ingredients:

1 cup butter

1 cup granulated sugar

1 tablespoon light corn syrup

2 cups cashews

Lightly butter a cookie sheet.

Directions:

In a heavy pan cook and stir the butter, sugar and corn syrup over low heat until the butter is melted and the mixture comes to a boil. Cook until it starts to turn golden brown (290 degrees F on a candy thermometer) like peanut brittle. Remove from heat. Quickly stir in cashews. Pour out onto prepared cookie sheet. Cool completely. Break up into pieces. Store in airtight container.

Amish Chocolate Fudge Recipe

Ingredients:

1 1/4 cups margarine or butter

3 (1 ounce) squares unsweetened chocolate

1/2 cup Karo light or dark corn syrup 1 tablespoon water

1 teaspoon vanilla extract

1 pound confectioners' sugar

1 cup chopped nuts

Directions:

Melt margarine or butter and chocolate over low heat. Stir in corn syrup, water and vanilla extract. Remove from heat. Stir in remaining ingredients until smooth. Turn into pan. Cool and cut into squares. Makes 1 3/4 pounds.

Amish Walnut Kisses Recipe

Ingredients:

1 pound walnuts

2 cups granulated sugar

5 tablespoons all-purpose flour

6 egg whites

1 teaspoon vanilla extract

Directions:

Beat egg whites until stiff but not dry. Gradually add sugar and continue to beat until blended. Sift flour lightly over beaten whites and fold in with a wire whisk. Blend in vanilla extract and nuts. Drop by teaspoon onto greased cookie sheet about 2 inches apart. Bake at 325 degrees F for 10 minutes.

Yields 6 dozen small cookies.

Amish Bean Soup

Ingredients:

1 Lb (2 cups) navy beans -- : dried

2 1/2 qt water

1 meaty ham bone -- 1 1/2 Lbs

1 clove garlic -- minced

1 sm bay leaf

1 c cubed potatoes

1 c celery -- thinly sliced

1 c onion -- finely chopped

1 c carrots -- cubed

: salt and pepper -- to taste

Directions:

Boil the beans in the water for 2 minutes before removing them from the heat to let stand for 1 hour. Then add the ham bone, garlic and bay leaf to the beans, and cover and simmer them for 2 hours or until the ingredients are almost tender. Add the vegetables and salt and pepper to taste, and simmer them for 1 hour longer. Remove the ham bone, cut off the meat and dice it to add to the beans. Reheat the soup almost to boiling, then remove the bay leaf.

Amish Chicken Soup

Ingredients:

3 lb. chicken

2 qts. water

2 tsp. salt

1 1/2 c. chicken stock

2 c. celery, chopped

2 c. carrots, chopped

1 tart apple, chopped

1 c. onions, chopped

Dash pepper

4 c. egg noodles

Directions:

Place chicken in kettle with 2 quarts water. Cover until tender (about 2 1/2 hours). Remove chicken from kettle and strain broth. Debone chicken and return to kettle with strained broth. Add chicken stock, celery, carrots, apple, onions, and pepper and cook until vegetables are tender. Add noodles and cook 8-10 minutes.

Amish Vegetable Soup

Ingredients:

- 1 1/2 pounds beef
- 1 soup bone
- 1 large can tomatoes
- 3 stalks celery, cut up
- 1/2 cup rice
- 1 teaspoon granulated sugar
- 1 large onion, cut up
- 8 carrots, cut up
- 5 potatoes, cut up
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon celery seed

Directions:

Cover beef and bone with water. Simmer for 1 1/2 to 2 hours.

Remove bone. Add vegetables in order given: tomatoes, celery, onion, carrots and potatoes. Add spices. Continue to cook until vegetables are done.



CHILDREN'S FAVORITE RECIPES

By Megan Gichard

No Bake Recipes for Children..

COOKIES & BARS...

NO Bake Hay Stacks #1

2 cups (12 oz) semisweet chocolate chips

2 cups butterscotch chips (or peanut butter if no allergies)

1/2 tsp. vanilla

3 cups chow mien noodles

Optional: May add 1 cup chopped walnuts or peanuts.

1. Melt chips; mix in noodles until coated well.
2. Drop By teaspoon onto was paper.
3. Put in refrigerator to set.

Hay Stacks #2

1 cup peanut butter

1 cup salted peanuts

4 cup's chow mein noodles

1. Melt chips and peanut butter in microwave. Blend together.
2. Stir in peanuts and noodles gently in the peanut butter mixture.
3. Drop dough by forkfuls onto wax paper. Cool until set. Yummy!

Makes 24 cookies

Frogs

Makes about 36

1/2 cup cocoa

2 cups granulated sugar

1/2 cup milk

1/2 cup butter

1 teaspoons vanilla extract

1 cup flaked coconut

3 cups quick-cooking rolled oats

1. Line two baking sheets with waxed paper.
2. In a large saucepan, stir together cocoa, sugar, milk and butter.
3. Boil for 5 minutes, then remove from heat.
4. Stir in vanilla extract, coconut and oats. Combine well.
5. Drop by tablespoonful onto prepared cookie sheets. Refrigerate 1 hour or until set. Keep refrigerated.

Peanut Butter Balls (24 balls)

1/2 cup honey

1/2 cup peanut butter

1 cup nonfat dry milk

1 cup quick cooking oats

Wax paper

Mix all ingredients and then roll the mixture into 1" balls.

Lay the balls on waxed paper. Refrigerate until set.

No Bake M&M Cookies

1 cup granulated sugar

1/4 cup margarine

1/3 cup evaporated milk

1/4 cup peanut butter

1 cup rolled oats

1/2 cup chopped peanuts (salted)

1/2 pound M&M's candies

1/2 teaspoons vanilla extract

1. In a heavy duty saucepan, stir over medium-high heat the sugar, margarine and milk.
2. Bring to a boil, stirring continuously, and boil for 1 minute.
3. Remove from heat, stir in remaining ingredients.

4. Drop onto wax paper with teaspoon or tablespoon for larger cookies. Let cool.

Butterscotch Chocolate Rice Krispie Surprise

1/2 cup corn syrup

1 pkg. butterscotch chips

4 cups Rice Krispies

1 cup marshmallows

1. Melt corn syrup, butterscotch chips, and marshmallows.
2. Mix in Rice Krispie Cereal.

Place in 9x13 pan

Chill in freezer for 20 min.



SAUCE (The surprise!)

1 cup of chocolate chips

1 tbsp cinnamon

1/4 butter

1 1/2 coconut

Rice Krispy Treats

Makes 2 dozen

1/4 cup margarine

10 ounces marshmallows (4 cups mini marshmallows)

6 cups Rice Krispies

1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add cereal and stir until well coated.
3. Using buttered spatula or waxed paper, press mixture evenly into 9 x 13 inch pan coated with cooking spray.
4. Cut into squares when cooled.

Variation: Add 1/4 cup peanut butter to melted marshmallow mixture just before adding cereal. Stir until smooth. Then continue with above steps.

Oreo Balls

Ingredients

1 pkg. Oreo cookies

1 8-oz. pkg. cream cheese

1/2 bag almond bark

Mix together Oreo cookies and cream cheese in a food processor.

Roll dough into small bite size pieces or large balls.

Place in refrigerator for at least an hour.

Melt almond bark in microwave until smooth (takes a few times at 2-3 minutes), stirring in between each time.

Dip Oreo balls in almond bark and let harden in the refrigerator until chilled.

Cookie Pops

Ingredients:

20 popsicle or lollipop sticks

20 Round Double Stuff cookies

1 12-ounce package of semi-sweet chocolate chips

1 T. vegetable oil

Chopped nuts, colored sprinkles or miniature candies

Directions: To form Cookie Pops, insert popsicle sticks into the cream center of each cookie. Set aside.

In a small saucepan over low heat, combine chocolate and oil until melted and smooth, stirring constantly.

Dip each cookie into the melted chocolate, coating evenly.

Place dipped cookies on waxed paper and decorate with chopped nuts, sprinkles or candies.

Leave cookies on waxed paper until completely set.

Wrap in plastic wrap and tie with a bow if giving for a gift.

Makes 20 Cookie Pops

Energy Bars

1/2 cup peanut butter

1/4 cup margarine

1 bag miniature marshmallows

2 1/2 cups Cheerios

1 1/2 cups Rice Krispies

1/2 cup raisins

1/2 cup peanuts

1/2 cup chocolate chips

Melt peanut butter, margarine and marshmallows over double boiler. (Or microwave)

Place cereals, raisins, peanuts in large bowl. Stir in peanut butter mixture and mix all together. Press into a buttered 13 x 9-inch red pan. Cut into bar. Cool...

Honey Fruit Nuggets

Makes 20 nuggets

1/4 cup dried pitted prunes

1/4 cup dried apricots

1/4 cup dried figs

1/4 cup pitted dates

1/3 cup wheat-flake cereal; (1 cup uncrushed)

1/4 cup honey

1/2 square unsweetened chocolate; melted

Non-stick cooking spray

Coconut or chopped nuts for rolling...

Let prunes and apricots stand in boiling water for 5 minutes. Drain.

Put all fruit through food chopper and blend with crushed cereal.

Blend in honey and melted chocolate.

Spray hands with non-stick cooking spray and shape mixture into 1-inch balls.

Roll in coconut or chopped nuts.

Chill or set aside to "ripen."

Can be made ahead of time.



Almost S'mores #1

Ingredients: Graham cracker; 1 tbsp. chocolate frosting

Break each cracker into four sections and spread frosting on two.

Place the other two crackers on top to make sandwiches.

Eat on the spot or allow to soften overnight in an airtight container, if desired. Makes 2

Almost S'mores #2

For ease, you can also use chocolate-covered grahams as a base.

Spread them with Marshmallow Fluff for easy, no-bake S'Mores!

Source: Kerri E FamilyFun.com

Turtle S'mores

Nestle Signature Turtle Candies

4 graham cracker squares

1 large marshmallow, cut in half

PLACE 1 Turtle on 1 graham cracker square.

Top with 1 marshmallow half.

MICROWAVE on HIGH (100%) power for 10 to 15 seconds or until marshmallow expands.

Immediately top with 1 graham cracker square.

Repeat with remaining Turtle, graham cracker squares and marshmallow half.

NO Bake Cracker Bars

Club Crackers

1/2 cup butter

1 cup graham cracker crumbs

1 cup brown sugar

1/3 cup milk

1 teaspoon vanilla

3 tablespoons peanut butter

1 cup chocolate chips

1/2 cup butterscotch chips

Line jelly roll pan with Club crackers.

In saucepan combine butter, crumbs, sugar and milk.

Heat to boiling, stirring constantly; boil 7 minutes, stirring frequently.

Remove from heat; blend in vanilla. Cool slightly.

Pour over crackers; smooth almost to edge.

Cover with another layer of Club crackers.

In top of double boiler, melt together peanut butter and both chips, stirring constantly.

Spread over top layer of crackers

MUD PIE COOKIES #1

2 cups sugar

2 tablespoons cocoa

1/2 cup milk

1/2 cup butter

1/2 cup peanut butter

2 cups oatmeal

1 teaspoon vanilla flavoring

Mix sugar and cocoa together... Stir in milk. Put mixture in a pot; add butter. Heat until it comes to a full boil. STIR and cook for about two minutes. Do not let it burn.

Turn off heat and MIX IN the remaining ingredients.

Take spoonfuls of cookie dough and drop onto the waxed paper to cool.

MUD PIES #2

2 cups granulated sugar

6 tablespoons cocoa

1/2 cup butter

1/2 milk

1/2 teaspoon vanilla extract

1 cup shredded coconut

3 cups instant oats

1. Combine sugar, cocoa, butter and milk in saucepan.
2. Bring to a boil.
3. Add vanilla extract.
4. Remove from heat and stir in coconut and oats.
5. Drop by teaspoonfuls onto wax paper; chill

Makes 4 1/2 dozen.

THE BEST HAMBURGER COOKIES



Makes 12 cookies

24 vanilla wafer cookies

12 chocolate covered round mint chocolate wafer cookies

1/4 cup green tinted shredded coconut

light corn syrup

sesame seeds

1 tub prepared white frosting mix

To tint coconut, place coconut and 2 to 4 drops of green food color in a jar or re-sealable plastic bag. Screw on lid, or seal bag, and shake until coconut is colored evenly.

For each hamburger cookie, spread about 1/2 teaspoon of white frosting (for mayonnaise) on flat side of 1 vanilla wafer.

Place 1 teaspoon coconut and 1 mint cookie on frosting.

Spread flat side of second vanilla wafer with about 1/2 teaspoon frosting; place frosting side down on mint cookie.

Brush top of "hamburger" with corn syrup; sprinkle with sesame seed.

Repeat to make 11 more cookies

***This is a "Hamburger Cookie"
using Oreo Cookies.**

Use vanilla wafers for the buns.

Split an Oreo to use as the hamburger.

Tint frosting red for ketchup and yellow for mustard and use to hold the burgers together.

Tint some coconut green for lettuce and sprinkle on the frosting.

Dust the "buns" with powdered sugar

No Bake Kit Kat Bars

Waverly Crackers

1 cup melted butter

1/3 cup sugar

1 cup brown sugar

2 cups graham cracker crumbs

1/2 cup milk

1/2 cup chocolate chips

1/2 cup butterscotch chips

2/3 cup peanut butter

Line a 9 x 13 pan with crackers.

Combine butter, sugars, crumbs and milk in a saucepan. Bring to a boil, turn heat down and stir constantly for 5 minutes or until it starts to thicken.

Spread half of mixture over layer of crackers.

Add another layer of crackers. Spread other half of mixture over.

Put another layer of crackers over all.

Melt chips and peanut butter together. Stir until smooth. Spread over crackers.

Refrigerate for 1 hour and mark with a knife through the chocolate.

Return to refrigerator for several hours and cut through bars.

Cheerios Marshmallow Bars

Ingredients:

3 tbsp butter

4 1/2 cups (about 1 package) mini marshmallows

5 cups plain Cheerios

1. Grease or butter a 9x13-inch pan and one side of a large sheet of wax or parchment paper.
2. In a large, microwave-safe bowl, combine the butter and the marshmallows.
3. Microwave on high at 30-second intervals, stirring each time, until smooth.
4. Quickly fold in Cheerios and pour into prepared pan.
5. Press into place using the greased wax or parchment paper, making an even layer. Allow to cool. (You can also add chocolate chips, peanuts butter chips or nuts!)

Easy Five in One No Bake Cookies

These no-bake cookies are tasty and nutritious. The basic recipe makes several different yummy cookies. Add your favorite ingredients to make your own unique cookie. The orange juice concentrate gives the cookies an orange flavor.

INGREDIENTS: 1/2 cup peanut butter, 1/2 cup honey or corn syrup, 1/4 cup orange juice, concentrate, 1 1/2 cup nonfat dry milk solids Mix thoroughly. Now choose one of the following 5 steps...

#1 COOKIE: CRISPY BALLS

4 cups crispy cereal Mix. Shape into small balls. Makes 4 dozen small balls.

#2 COOKIE: OR's

2 c. rolled oats

1 1/2 c. raisins

Mix; shape into balls then flatten. Makes 3 dozen medium cookies.

#3 COOKIE: RAISIN CLUSTERS

1/4 c. cocoa

4 c. raisins... Mix; Cluster into small balls. Makes about 4 dozen small clusters.

#4 COOKIE: COCO BALLS

1/4 cup cocoa

2 c rolled oats

1/4 cup chopped peanuts

1 tsp. vanilla... Mix; shape into balls.

Makes 2 1/2 dozen cookie balls.

#5 COOKIE: GRAHAMIES

Add 1/4 cup raisins. Spread between graham crackers. Makes about 3 dozen.

NO Bake Pumpkin Pie (Individual Servings)

Give each child a cup. Into their cup they get to put a big scoop of canned pumpkin, marshmallow creme, cool whip, and pumpkin pie spices. They mix and then spread on graham crackers and eat. Idea of Dare-to-Disturb

NO Bake Pumpkin Pie

Individual recipe:

Small custard-sized ready to eat--pie crusts

2 tablespoons canned pumpkin

1 tablespoon marshmallow creme

1 tablespoon prepared whipped topping

Sprinkle of cinnamon

- Mix all ingredients together and pour into the crust. The recipe is then ready to eat; it may be refrigerated or frozen.



A GENERAL GUIDE TO TRAIL MIX...

1. In a large bowl, add any type of cereals (Cheerios, Kix, Rice Krispies, etc.)
2. Mix in pretzel sticks, fish crackers, small snack crackers, raisins, oyster crackers, M&M's, etc. Almost anything that is left-over in the pantry.
3. Mix well, and place in individual sandwich baggies or paper cups.

This is a great "take-along field trip snack" or "take it outdoors snack"... It will also help you clean out those "little leftovers" in your food storage.

Fruit Loop Trail Mix

1 (15 ounce) box Fruit Loops cereal

1 (15 ounce) bag mini pretzel twists

1 (1 pound) bag M&M's

1 box raisins

1 can salted peanuts

Mix all together and store in airtight container.

Crockpot Party Mix

7 cups assorted cereal (oat, rice, wheat in various shapes)

1 cup peanuts, pecans, cashews, or mixed nuts

1 cup mini pretzel sticks

1/2 cup butter, melted

1/4 cup Worcestershire sauce

dash hot pepper sauce, or more to taste

1/2 teaspoon seasoned salt

1/2 teaspoon garlic salt

1/2 teaspoon onion salt

Combine cereals, nuts and pretzels in slow cooker. Mix melted butter with remaining ingredients and seasonings; pour over the cereal mixture,

tossing to coat. Cook, uncovered on HIGH for 2 hours, stirring about every 30 minutes.

Turn to low and cook another 2 to 6 hours. Store in an airtight container. Makes about 10 cups.

Pidgeon Poop

5 cups of peanut butter crunch cereal

3 cups of Rice Krispies

2 cups of skinny pretzels/broken in half

2 lbs. of white chocolate chips

2 1/2 cups mini marshmallows

Preparation:

Mix all dry ingredients in large bowl. Melt white chocolate in double boiler or microwave oven. Pour melted chocolate over the dry ingredients and spread out on wax paper to cool. Break into chunks

Taco Munch

This delicious snack can be addictive!

Ingredients:

6 cups popped, unsalted popcorn

3 cups toasted corn cereal squares

1 cup mini-pretzels

2 tbsp. butter, melted

2 to 3 tsp. dry taco seasoning

2 tbsp. grated Parmesan cheese

4 oz. cheddar cheese, cut into 1/2 inch cubes

Combine popcorn, cereal and pretzels in a large bowl.

Combine butter and taco seasoning and drizzle this over popcorn mixture.

Sprinkle with Parmesan cheese and toss to coat.

Store in an airtight container.

Toss with cheddar cheese just before serving. Makes 10 servings.

Animal Food (for people)

Ingredients:

2 cups animal shaped graham crackers

1 cup salted peanuts

1/2 cup M&M's

1/2 cup raisins

Mix together. Store in sandwich bags or covered container.

Puppy Chow (for people)

1 cup peanut butter

1/2 cup (1 stick) margarine

12 ounces chocolate chips

1 large box Crispix

2 1/2 cups confectioners sugar

1. Melt peanut butter, margarine and chocolate chips.
2. Pour mixture over large box Crispix; coat well.
3. In a paper bag put 2 1/2 cups confectioners' sugar.
4. Add coated cereal. Shake well and pour onto wax paper.

Dipped Banana Chunks

Peel bananas and slice them into several pieces.

Place 8 oz. chocolate chips in a microwave safe bowl and cook on high until melted for about 1 minute, stirring every 30 seconds until smooth.

Dip the banana slices in the chocolate; roll them in other ingredients as desired:

Colored sugars, cinnamon sugar, peanut butter, chopped nuts, coconut, ice cream sprinkles, crushed cookies...

Banana Pops

Need:

Popsicle sticks, Bananas (cut in half), Creamy Peanut Butter or chocolate-ready to dip, Crushed cookies, granola, or graham crackers.

1. Cut bananas in half and stick a Popsicle stick into the banana (So it looks like a Popsicle.)
2. Freeze for about 10 minutes.
3. Coat the bananas with peanut butter or dip it in chocolate; next dip into the crushed cereal mixture. (Crushed fruit loops works.)

Mummy Bones

(Raisin Banana Roll Up's-Good all year long!))

Ingredients

1 - 8-inch whole wheat or flour tortilla

1 tablespoon - peanut butter

1 tablespoon - strawberry fruit spread or strawberry jelly

3 tablespoons - DOLE Seedless Raisins

1 - large Banana

Spread peanut butter on one side of tortilla; spread on jelly. Sprinkle raisins over jelly.

Peel banana and place at one end of tortilla

Wrap tortilla around the banana.

Use a sharp knife to cut in half.

Fruit Burritos

What you need to make 4 fruit burritos:

4 6-inch tortillas

4 TBS peanut butter

1 banana, sliced

4 strawberries, sliced

1 peach, peeled & sliced (remove pit)

1/4 cup blueberries

4 TBS vanilla yogurt

1. Spread about 1 TBS peanut butter over each tortilla.
2. Place fruit slices down center of each burrito.
3. Drizzle about 1 TBS vanilla yogurt over fruit.
4. Kids love to design & roll their own burrito. Roll up the tortilla, burrito-style (Fold up one side, tuck under fruit, fold up bottom, then roll the other side).

Bird in a Nest

(The 'Egg' is a Peach Half)

Ingredients for one serving...

1 slice pound cake

1/2 peach

Reddi-whip topping

Directions:

Put slice of pound cake on plate.

Place peach half on top-- round side up.

Add whip cream around peach and serve.

It looks like a raw egg on toast!

Jello Pizza

Ingredients:

4 pkgs. (4 serving size) or 2 pkgs. (8 serving size) jello -powder, any flavor

2 1/2 c Boiling water

Non-stick cooking spray

1 cup Cool-whip

2 cup Cut-up fruit

1. Pour gelatin into bowl.
2. Add 2 1/2 cups boiling water to gelatin. Stir, until gelatin is completely dissolved, about 2 minutes.
3. Spray pizza pan with non-stick cooking spray.
4. Pour gelatin mixture into pizza pan.
5. Put pan into refrigerator to chill until firm, about 3 hours.

Remove pan from refrigerator when ready to serve.

Put about 1 inch of warm water in sink. Carefully dip just bottom of pan into warm water for 15 seconds.

Spread whipped topping over gelatin just before serving, leaving about 1 inch of space around outside edge of gelatin for pizza "crust".

Top pizza with fruit, arranging fruit in whatever design you like. Cut pizza into wedges.

Fruit On A Stick

Cut up a variety of fruit such as:

Apples, bananas, kiwis, mango and whole grapes.

Thread them onto a skewer for a delicious summer time treat.

Add a few pieces of marshmallows between the fruit.

Serve with Creamy Fruit Dip

Creamy Fruit Dip

Ingredients:

- 1 jar marshmallow cream and 8 ounce bar of cream cheese (softened)
- Sliced fruit (Strawberries, melons, cantaloupe, etc.)

Mix the marshmallow cream and cream cheese well.

Take favorite fruit and dip into the cream mixtu--or serve with fruit on a stick.

Chocolate Dipped Strawberries

Ingredients

12 large - strawberries

6 ounces - bittersweet or semisweet chocolate, chopped

1. LINE baking sheet with waxed paper.
2. MELT chocolate in top of double boiler over simmering water; stir until smooth; remove from over hot water.
3. DIP strawberries halfway into melted chocolate. Gently shake off excess chocolate; place on prepared baking sheet.
4. CHILL until chocolate is set, about 30 minutes and up to 6 hours.

Baked Apples in Microwave

2 Granny smith apples

2 Tablespoons butter, Cinnamon, 2 Tablespoons brown sugar

Have adult core apples or show child how to core apples with an apple corer. Child can place apples in microwave safe dish. In each apple add 1 tablespoon of butter, 1 Tablespoon of brown sugar and sprinkle with cinnamon. Add a little water to the bottom of the dish. Microwave 4-5 minutes. Don't forget to use pot holders to remove dish from microwave. Let apples sit for a few minutes before eating.

Candy Bar Snack

4 cups toasted oat cereal

1 (6 1/2 ounce) can salted peanuts

1 cup golden raisins

1/4 cup butter or margarine

1 (6 ounce) package semisweet chocolate chips

Mix cereal, peanuts and raisins in bowl.

Melt butter in saucepan over low heat.

Pour the melted butter over cereal mixture, using a fork to toss lightly until coated thoroughly.

Sprinkle chocolate chips over the mixture and toss again.

Easy Peanut Butter Chocolate Fudge

Ingredients

12 oz. semi-sweet chocolate chips

1 can sweetened condensed milk

2 heaping tbsp.. peanut butter

Put chocolate chips and sweetened-condensed milk in microwave safe bowl.

Cook on high for 5 minutes.

Remove from microwave, stir in peanut butter.

Spread in pan.

Cool and cut. Enjoy

Easy Frozen Treats

Need a fun treat to make with the kids that involves absolutely NO cooking or baking?

Ingredients:

1/2 cup mini-chocolate chips

2/3 cup mini-marshmallows

2 cups whipped topping

1 box of graham crackers, any flavor

In a large bowl with a wooden spoon, stir together first three ingredients. Mix well.

Scoop mixture onto a graham cracker square, sandwich with another square. Continue making sandwiches until all of the mixture has been used up.

Put sandwiches into the freezer for approximately 1 1/2 hours, or until frozen. Serve frozen.



Are you enjoying these recipes ?

Ice Cream Sandwiches

Graham crackers any flavor, ice cream and plastic wrap.

Let the ice cream get to a soft consistency. Take the graham crackers and spread one half with about half cup ice cream. Put another graham cracker on top and wrap with plastic wrap. Freeze for about 3 hours. Good in the summer time but fun all year round!

Homemade Bagged Ice Cream

Need: Large resealable bags, Small resealable bags 1 Clean Gallon Milk Jug
Measuring Cups and Spoons

Ingredients:

1/2 tsp. salt,

2 cups sugar

Milk

2 tsp. vanilla

4 cups half & half (dairy cream)

Crushed ice

Optional:

Crushed fruit - strawberries, peaches or raspberries

1. In one clean milk jug add the salt, vanilla, sugar, and half & half...
2. Fill the rest of the milk jug with milk so that it's almost full.

3. You'll need some space at the top so that you can shake up the mixture. Place the cap on the top and carefully shake the mixture until all the ingredients are well mixed.

4. If you have a pull-off cap always keep your hand over the cap.

Once the mixture is completely mixed, pour one cup of mixture into a small resealable bag.

The mixture will give you about 16 cups - so you can give each participant one bag - or assign two participants per bag to share one cup of mixture. At that time kids can decide if they would like to add fresh fruit. Add 1 to 2 tablespoons for fresh fruit.

Place the small bag of mixture into one large resealable bag filled half way with crushed ice.

Have the participants add about $\frac{1}{2}$ cup of salt over the ice and seal the large bag.

They will take turns shaking and moving the mixture around in the crushed ice. You can add additional salt if needed.

Once mixture has become frozen ice cream, divide it up and enjoy your rewards.

Makes about 16 cups or 32 ($\frac{1}{2}$ cups) of ice cream.

Microwave Peanut Butter Cookies

For the love of all things cookie dough! Cookies in the microwave? It makes baking cookies quick and easy for people who do not have a lot of time. Also works great for a single person who doesn't want to fix a full batch of cookies.

Flourless Peanut Butter Cookies

Ingredients:

1 cup creamy peanut butter

1 large egg, lightly beaten

1 teaspoon vanilla extract

1 cup sugar

Toppings, Coarse sea salt, or table salt (optional)

Mix peanut butter, egg, vanilla extract, and sugar together. Can be mixed by hand or with a mixer. Normally at this point you would place the cookie dough on a cookie sheet or in a pan to go in the oven at 350 degrees for around 10 minutes. Instead, place 3 or 4 spoonfuls on a microwave safe plate.

The extra cookie dough can be refrigerated for a day or two if you are going to want more cookies soon. You can also freeze part of the cookie dough in little plastic baggies.

Optional Toppings

Use a fork to make a crisscross pattern, use your thumb to make an indent in the center of the cookie dough, or leave as is. At this point, you can sprinkle the salt on top of the cookies. I like to sprinkle the top with more sugar. You can also top with nuts, chocolate chips, mini peanut butter cups, shredded coconut, sprinkle with cinnamon, etc. Basically any topping that you want to add.

Cooking

Place the plate in the microwave for 1 to 3 minutes. Microwave time will vary due to wattage (power) and how doughy you like your cookies. Keep in mind that the cookies will be soft but hot when you remove the plate from the microwave. Let the cookies cool for a minute or two before eating.

Other Option: Toaster Oven

If you are not keen on the thought of microwaving your cookies, another quick option is the toaster oven. Instead of placing the cookie dough on a microwave safe plate, drop on to sheet of foil and place in toaster oven at 350 for 3 to 5 minutes. Once again, will vary due to wattage and how soft you want your cookies.

Even Quicker and Easier Tip

For the people who are in a hurry and don't have time to mix up a batch of cookie dough, a simple solution is to buy pre-made cookie dough from the grocery store. You can buy cookie dough that comes in little squares, a roll, or in a tub. Store bought cookie dough doesn't always taste as good as homemade but it does save on time.

Another option is to buy a cookie or cake mix from the baking section to use. Always check for the additional ingredients that you will need. Most mixes require oil and an egg.

Cookie in a Cup!

Here is a fun change to the microwave recipe . . . instead of placing the cookie dough on a microwave safe plate, put 2 or 3 spoonfuls in the bottom of a coffee mug and microwave for 1 to 3 minutes. (Mug will be hot when you take it out!) Grab a spoon or fork and enjoy!!!

On A Diet ?

Here are some good recipes

Garden Vegetable Frittata

Nutritional Info

- Fat: 9.0g
- Carbohydrates: 7.6g
- Calories: 148.8
- Protein: 10.5g

Ingredients

1 pound asparagus or green beans can be a substitute..

6 ounces button mushrooms

1 tbsp olive oil

1 clove garlic

1 shallot

1 small or 1/2 large zucchini

6 large eggs

1/3 cup 1% milk

1 tsp salt

1/4 tsp freshly ground black pepper

dash nutmeg

1 tbsp chopped chives

1/4 cup freshly grated parmesan cheese

2 medium or 1 large tomato

Directions

1. Preheat the oven to 350 degrees.
2. Wash and trim asparagus and cut into 1-inch long pieces. Blanch asparagus in boiling water for 1-2 minutes and immediately shock in ice water. Drain and dry asparagus, set aside.
3. Clean and slice mushrooms. In a skillet, heat olive oil and saute the mushrooms over medium heat for about ten minutes. While they cook, grate or finely mince the garlic and shallots. Add the garlic and shallots to the mushrooms and continue to cook for about two minutes more. Remove the mushroom mixture from the heat and set aside.
4. Cut the zucchini in half lengthwise and slice into thin, half-moon shapes.
5. In a large bowl, beat together eggs, milk, salt, pepper, nutmeg, and chives. Add asparagus, mushroom mixture, and zucchini.
6. Lightly spray a 2-quart baking dish (11 x 7 x 1.5) with cooking spray. Pour the egg and vegetable mixture into the dish.

7. Thinly slice tomatoes and arrange on top of the egg mixture. Sprinkle parmesan cheese over the top and bake in the oven until set, about 30-35 minutes. If desired, place under the broiler for 2-3 minutes to brown the top.

8. Allow the frittata to cool before serving. Frittata can be made ahead and chilled, covered, overnight -- allow to come to room temperature before serving.

Number of Servings: 6

Celery Soup Recipe



The picture shows the soup as it cooks, before blending - it's very pretty and colourful. Blend it lightly in a food processor when cooked, so that it retains a good, chunky texture. Add a little more chopped flat leaf parsley to serve, if you wish.

You will need:

1 head of celery

2 onions

2 eating apples

1-2 cloves garlic

few sprigs flat leaf parsley

600-700 ml (2.5 - 3 cups) chicken or vegetable stock

225ml (1 cup) milk

2 tbsp olive oil

Method:

1. Cut the root and leaves off the celery and remove any coarse strings. Wash well and chop.
2. Peel and slice the onions, peel and crush the garlic. Heat the oil in a large saucepan and soften the onion and garlic for a few minutes.
3. Core the apple and cut into chunks. You can peel it if you wish. Add to the pan with the celery and chopped parsley.
4. Pour in enough stock to almost cover the vegetables, bring to the boil, and simmer for 15-20 minutes until the celery is tender.
5. Allow to cool a little, and add the milk.
6. Pour into a food processor and pulse-chop so that the vegetables are coarsely chopped, not pureed. The soup should be quite chunky.
7. Return to the pan to heat through and thin with a little more stock or milk if you wish.

Diet Cheese Cake

FILLING:

2 softened 8 oz. fat-free cream cheese

1 c. sugar

1 pt. fat-free sour cream

CRUST:

14 graham crackers

1 tsp. cinnamon

1/2 stick diet butter

CRUST: Use 10-inch springform pan. Spray sides and bottom with Pam. Crush crackers until fine and add cinnamon and melted butter, blend with fork. Pour into pan and press firmly. Bake 5 minutes.

FILLING: Blend all ingredients in blender. Pour into crust. Bake 1/2 hour. Shut oven off without opening. Leave for 2 hours. Leave out 1/2 hour before refrigerating.

Pineapple Upside Down Cake

Ingredients:

- 8 pineapple rings packed in their own juice
- 2 tablespoon molasses
- 1/3 cup reduced-fat margarine
- 1/2 cup honey
- 2 egg whites
- 1 1/2 cups flour
- 1/2 teaspoon baking soda
- 3/4 cup pineapple juice (use the juice from the pineapple rings, and add water if necessary)

Instructions:

Heat the oven to 350 degrees. Spray a 9-inch baking pan with nonstick cooking spray. Arrange the pineapple rings on the bottom of the pan. Pour the molasses over the pineapple.

In a separate bowl, beat the margarine, honey, and egg whites. Add the remaining ingredients and stir until smooth. Pour the batter over the pineapple.

Bake for 30 to 35 minutes. Cool before serving.

This recipe yields 8 servings. Serving size: 1 piece.

Family Meatloaf

Nutritional Info

- Fat: 16.2g
- Carbohydrates: 6.4g
- Calories: 254.1
- Protein: 19.7g

Ingredients

- 1.25 lbs. Ground Beef
- 1 cup Parmesan Cheese, grated
- 1 cup Bread Crumbs - Italian Style
- 1 pkg. Lipton Onion Soup(Dry Mix)
- 1 tbsp. Parsley, dried
- 1 tbsp. Garlic powder (or to taste)
- 1 tbsp. Italian Seasoning (or to taste)
- 1 tbsp. Onions, dehydrated flakes
- 1/3 cup Tomato Sauce or Ketchup
- 2 tsp Pepper, black (or to taste)

Directions

1. Combine all ingredients in a large bowl. Mix well.
2. Form into a loaf or place into loaf pan.
3. Bake at 350 for 1 hour. Drain excess grease, cut and serve.

Number of Servings: 8

Diet Protein-Packed Poultry Soup

This is a tasty soup you can make ahead and put in a thermos to take to work with you.

- 1 Can Low-Sodium Chicken Broth
- 1/2 C Cubed Chicken, cooked
- 1/2 C Egg or Rice Noodles
- 1/4 C Frozen Mixed Vegetables
- 2 Scoops Unflavored Protein Powder
- Garlic Powder, Onion Powder, Salt and Pepper to taste

Combine all ingredients with seasonings, and heat until noodles are soft and vegetables are heated through.

LIGHT LOW FAT CHICKEN Ingredients

1.5 tsp olive oil

1 TBSP whole wheat flour

1tsp chopped garlic

2.5 C skim milk

2 oz fat free cream cheese

2 C frozen broccoli

dash of salt

dash of nutmeg

dash of garlic salt

.5 C Kraft 2% Italian Cheese Blend

2 packages Tyson fajita chicken strips (6 oz each)

Optional: 1 tsp Xanthan Gum Powder (Thickens sauce without adding calories. Substitute 2 tsp Xanthan Gum for the flour and olive oil to decrease calories and fat in this recipe.)

Directions

1. Place flour, olive oil and garlic in saucepan over medium heat. Stir until a thick paste forms.

2. Gradually stir in milk, whisking to combine with flour paste.

Heat until all lumps are gone.

3. Add Italian cheese and fat free cream cheese. Stir constantly and heat until cheese is completely melted. Add a dash of salt, nutmeg and garlic salt to taste. To make the sauce really smooth, blend with an immersible hand mixer.

4. Heat chicken strips and broccoli in microwave, then add to sauce. Stir to combine.

5. Serve over whole wheat pasta (not included in nutritional information.

Add a dash of parmesan cheese and/or pesto sauce for added flavor

Number of Servings: 7

Breakfast Drink

Breakfast is the most important meal of the day. It gives you energy to start your day off right, and when you feel fuller, you get more accomplished. Unfortunately, many people don't have time in the mornings and tend to skip breakfast frequently. Here is a recipe for a high protein meal replacement shake that you can take on the road with you, and it only takes a couple of minutes to make.

High Protein Banana/Strawberry/Pineapple Breakfast Shake

- 1 Banana, sliced
- 1/2 C Frozen Strawberries
- 1/2 C Fresh or Canned Pineapple
- 1 C Skimmed Milk
- 2 Scoops Fruit Flavored Protein Powder
- Ice

Mix ingredients in blender and pour into a take-along cup with a built-in straw.

Healthy Snacks for your Heart



Everybody likes a snack. And it's not just that you're hungry between meals and you need a bite to eat, but also because snacks can be a treat for yourself. Treats help make you feel better and raise your spirits. So here's a list of snacks that can get your heart pumping, both literally and figuratively. They're delicious alternatives to the traditional bag of chips or candy bar that are not part of a healthy diet. So instead of dropping by the drive-through or heading straight for the candy aisle, you can and load up on some heart-healthy snacks.

1. Vegetables Dipped in Hummus - Fresh vegetables are low in calories and have many antioxidants. Many of them have no fat whatsoever and instead give you plenty of fiber to make your stomach feel full. Hummus, made from chick peas, is a great alternative protein without saturated fat.

2. Fruit Skewered on a Stick with a Little Dark Chocolate for Dipping - Fruit has a variety of antioxidants to fight cancer and heart disease. Dark chocolate has a high concentration of flavinols, which is a type of antioxidant that helps fight heart disease, and is in fact recommended by doctors for this very purpose.

3. Half of a Cantaloupe Filled with Fat Free Cottage Cheese, a Dash of Cinnamon and Some Berries - The cantaloupe and berries are rich in antioxidants, and the fat-free cottage cheese counts as a serving of dairy, while avoiding the saturated fat.

4. Fat-free Yogurt with Fruit and a Sprinkle of Nuts - Here's a chance of getting another serving of dairy that contains no saturated fat, but plenty of antioxidants from fruit and, on top of that, a bit of healthy, unsaturated fat from the nuts.

5. Smoothies with Silken Tofu and Berries plus a Dash of Grape Juice or Pomegranate Juice As most dieters know, tofu is an excellent alternative protein source without saturated fat. Berries, grape juice and pomegranate juice have a high concentration of antioxidants and are very good for you.

6. Homemade Soup - Start with a vegetable base in order to load up on antioxidants and fiber. Make sure you don't buy something that's rich in sodium because that's something you definitely don't want for your heart. Add a bag of frozen vegetables and mix in a couple of cups of beans. Canned

beans are rich in sodium, so make sure to rinse them thoroughly before use. Season it with fresh herbs.

7. Pureed Prunes — Sneak Them into your Brownies - Pureed fruit is an excellent addition to chocolate brownies because it helps strengthen the taste of chocolate. Another good thing is that you've put in something that use less oil or less butter and you've also added antioxidants because of the pureed fruit. Also fruit has fiber to lower your cholesterol.

8. Silken Tofu or Soy Milk — Substitute for Regular Milk in Recipes - Using tofu or soy milk instead of regular milk is a good way of adding heart healthy protein, while at the same time cutting down on the heart-clogging calories of the other oils you might have used.

9. Applesauce or Apple Butter — Use in Place of Oil for Muffins - Apple butter is one of best ingredients you can add to moisture the mix and to give it that pleasant fruit flavor that won't combat your other ingredients.

10. Nuts and Small Chunks of Fruit — Sprinkle on Top of Muffins - If you substitute applesauce for the oil, you'll be making a muffin low in fat, chock-full of antioxidants from fruit, fiber from nuts, and heart-healthy protein from the nuts.

11. Meatloaf — Use Tofu and Chopped White Chicken Meat Instead of Red Meat - This combination is absolutely great. The result will feel and taste just like meatloaf, but without the downside of eating red meat.

BASIC BIBLE EATING

From the book of Genesis to Revelations, the Bible makes several references to food. Genesis 1:29 reads, "I have given you every plant yielding seed, which is upon the face of the Earth and every tree with seed in its fruit; you shall have them for food" - God's instruction to Adam. In Deuteronomy 8:8, the Israelites are promised "a good land ... , a land of wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey".

Beliefnet.com provides insights on seven healthy foods from the Bible. This provides the basis for eating healthy. According to Beliefnet.com, the ancients might not have known the word 'antioxidant', but they were into eating 'super-foods'.

Apples

Song of Solomon 2:5 - Strengthen me with raisins, refresh me with apples, for I am faint with love.

Apples contain insoluble fibre which is helpful for constipation and protection against colon cancer. Rich in pectin, a fibre that controls cholesterol, apples are rich in vitamin C for the immune system and healing wounds. Apples are also rich in boron, a mineral that boosts alertness.

Wheat

Ezekiel 4:9 - Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. You are to eat it during the 390 days you lie on your side - (healingscripture.com). As a grain, wheat is used in the production of almost anything - from bread to

pasta to cakes. It is healthiest when unrefined. Wholewheat products are high in fibre, contributing 30 per cent of the recommended daily intake. Wheat also provides high levels of manganese and magnesium. A wheat-rich diet increases energy levels and reduces the risk of type-2 diabetes, gallstones and other diseases.

Barley

Deuteronomy 8:8 - For the Lord your God is bringing you into a good land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey.

Barley is another wholesome grain that is used in the preparation of breads and cereals and hearty soups. The high fibre content in barley makes it good for maintaining intestinal health, lowering cholesterol and reducing the risk of colon cancer and type-2 diabetes. Symptoms of arthritis can be reduced through the trace amounts of copper in barley.

Grapes

Numbers 13:23 - When they reached the Valley of Eshcol, they cut off a branch bearing a single cluster of grapes. Two of them carried it on a pole between them, along with some pomegranates and figs.

Grapes produce grape juice, red wine and raisins, all of which are healthy because grapes are rich in flavonoids, which are believed to reduce your risk of blood clots and protect your body from damage by the 'free radicals' found in LDL, or 'bad', cholesterol. Antioxidants are abundant in grapes, providing protection against cardiovascular disease, particularly in women.

Figs

1 Samuel 30:11-12 - They found an Egyptian in a field and brought him to David They gave him water to drink and food to eat ... part of a cake of pressed figs and two cakes of raisins. He ate and was revived, for he had not eaten any food or drunk any water for three days and three nights.

Figs are eaten either dried or fresh and are high in potassium, which is important to blood-pressure control. A rich source of dietary fibre, figs also contain calcium, which can help preserve bone density, and B vitamins for a healthy skin. The extract from fig leaves helps to lower insulin levels in diabetics. Interestingly, early olympians wore figs as a sign of honour. Figs are now part of the Olympic symbols.

Pomegranates

Deuteronomy 8:8 - a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey.

These sweet fruits, eaten either dried or fresh, are rich in potassium, a mineral that helps control blood pressure, reducing the risk of stroke and circulatory disease. They are also high in dietary fibre, which may help you lose weight, and they are a fruit source of calcium, which can help preserve bone density. Fig leaves, which are not typically eaten but can be made into an extract, are thought to help lower insulin levels in diabetics.

Pomegranates are suitable for edible garnishes, soups, salad, meats and desserts.

Olive oil

Numbers 18:12 - all the best of the fresh oil and all the best of the fresh wine and of the grain, the first fruits of those which they give to the Lord, I give them to you.

Olive oil, made from pressing olives, particularly the extra-virgin product which is the finest product, contains an abundance of the antioxidants that control high cholesterol. Of importance too, are the high amounts of monounsaturated fatty acids which have been shown to reduce total cholesterol but raising 'good' cholesterol levels, keeping the arteries free from plaque. High in vitamin E, olive oil can protect against colon cancer and will reduce the conditions associated with gastritis and other stomach ailments.

Seasonings, Spices and Herbs

- Anise (Matthew 23:23 KJV)
- Coriander (Exodus 16:31; Numbers 11:7)
- Cinnamon (Exodus 30:23; Revelation 18:13)
- Cumin (Isaiah 28:25; Matthew 23:23)
- Dill (Matthew 23:23)
- Garlic (Numbers 11:5)
- Mint (Matthew 23:23; Luke 11:42)
- Mustard (Matthew 13:31)
- Rue (Luke 11:42)
- Salt (Ezra 6:9; Job 6:6)

Fruits and Nuts

- Apples (Song of Solomon 2:5)
- Almonds (Genesis 43:11; Numbers 17:8)
- Dates (2 Samuel 6:19; 1 Chronicles 16:3)
- Figs (Nehemiah 13:15; Jeremiah 24:1-3)
- Grapes (Leviticus 19:10; Deuteronomy 23:24)
- Melons (Numbers 11:5; Isaiah 1:8)
- Olives (Isaiah 17:6; Micah 6:15)
- Pistachio Nuts (Genesis 43:11)
- Pomegranates (Numbers 20:5; Deuteronomy 8:8)
- Raisins (Numbers 6:3; 2 Samuel 6:19)
- Sycamore Fruit (Psalm 78:47; Amos 7:14)

Vegetables and Legumes

- Beans (2 Samuel 17:28; Ezekiel 4:9)
- Cucumbers (Numbers 11:5)
- Gourds (2 Kings 4:39)
- Leeks (Numbers 11:5)
- Lentils (Genesis 25:34; 2 Samuel 17:28; Ezekiel 4:9)
- Onions (Numbers 11:5)

Grains

- Barley (Deuteronomy 8:8; Ezekiel 4:9)

- Bread (Genesis 25:34; 2 Samuel 6:19; 16:1; Mark 8:14)
- Corn (Matthew 12:1; KJV - refers to "grain" such as wheat or barley)
- Flour (2 Samuel 17:28; 1 Kings 17:12)
- Millet (Ezekiel 4:9)
- Spelt (Ezekiel 4:9)
- Unleavened Bread (Genesis 19:3; Exodus 12:20)
- Wheat (Ezra 6:9; Deuteronomy 8:8)

Fish

- Matthew 15:36
- John 21:11-13

Fowl

- Partridge (1 Samuel 26:20; Jeremiah 17:11)
- Pigeon (Genesis 15:9; Leviticus 12:8)
- Quail (Psalm 105:40)
- Dove (Leviticus 12:8)

Animal Meats

- Calf (Proverbs 15:17; Luke 15:23)
- Goat (Genesis 27:9)
- Lamb (2 Samuel 12:4)
- Oxen (1 Kings 19:21)

- Sheep (Deuteronomy 14:4)
- Venison (Genesis 27:7 KJV)

Dairy

- Butter (Proverbs 30:33)
- Cheese (2 Samuel 17:29; Job 10:10)
- Curds (Isaiah 7:15)
- Milk (Exodus 33:3; Job 10:10; Judges 5:25)

Miscellaneous

- Eggs (Job 6:6; Luke 11:12)
- Grape Juice (Numbers 6:3)
- Honey (Exodus 33:3; Deuteronomy 8:8; Judges 14:8-9)
- Locust (Mark 1:6)
- Olive Oil (Ezra 6:9; Deuteronomy 8:8)
- Vinegar (Ruth 2:14; John 19:29)



•Wine (Ezra 6:9; John 2:1-10)

BIBLE INFORMATION REGARDING OUR DIET...

7 Food Rainbow Colors

Bible Dieting is simple.

The foods are color coded.

Rainbow Foods

Our food was created to be appealing to all of our senses - especially our senses

of taste, smell and sight. Within the skin pigments and edible portion of these

living foods lies a vast array of phytonutrients most of which have yet to be fully

understood or documented by science. Be joyful and eat for abundant life.

Red Foods:

Trees: cherries, apples, cranberries, papaya, pomegranate

Plants: tomatoes, strawberries, watermelon, raspberries

Herbs: beets, rhubarb, radishes

Nutrient:

Lycopene

Orange Foods:

Trees: oranges, grapefruit, peaches

Plants: pumpkin, squash

Herbs: carrots, sweet potatoes, yams

Nutrient:

beta-carotene

Yellow Foods:

Trees: lemons, pears, apricots, grapefruit

Plants: corn, Squash, wheat, cantaloupe

Herbs: rutabagas

Nutrient:

vitamin C

Green Foods:

Trees: avocados, olives, pears, lime

Plants: cucumbers, peas, green beans, zucchini

Herbs: broccoli, asparagus, greens, spinach, brussels sprouts, kale, celery, green onions.

Nutrient:

lutein

Blue Foods:

Plants: blueberries, blackberries, mulberries

Nutrient:

Anthocyanin

White Foods:

Trees: coconut, dates, pears, nuts

Plants: white beans, oats

Herbs: onions, cauliflower, garlic, horseradish, potatoes, turnips, mushrooms, parsnips, shallots, ginger

Nutrient:

Allicin

Purple Foods:

Trees: plums, prunes, figs

Plants: grapes, blackberries, elderberries

Herbs: beets, eggplants, cabbage

Bible Foods and the Pyramid

The Bible diet pyramid displays the relevant merit of the four Bible food groups. Although we should eat more vegetables and herbs by volume, the nobler tree foods nearer the base are more highly esteemed and hold the greater priority when planning meals.

These three plant food groups follow the order of mention in the creation account as well as the subsequent order in which they were given to mankind for food.

The biblical diet plan may seem similar to vegetarian, kosher, halal or vegan diets. However, not all fruit and vegetables are equal. A hierarchy of food relevance is established based on how seeds are propagated within the tree, plant or herb. Each of the three groups of plant food are distinctly individual and satisfy differing nutritional and health needs. We sometimes use the terms fruit and vegetable loosely to describe plant foods, but the Bible makes a clear distinction.

The Bible health plan indicates that fruit, vegetables, nuts, whole grains and legumes are the foundation of a healthy diet. Herbs, exercise, water and sunshine are also essential for happiness. Safe, clean meat; meat by-products and vegetable oils are optional.

Original Diet - Biblical Diet Foods

The Bible Diet Solution

We want to eat right, but who is the authority on eating right? Dietary experts often disagree. Fad diets come and go, and the science of nutrition can be overwhelming. So who can we trust?

The Bible holds the solution. Before Man was formed, The Lord had already provided for his diet. God created our foods to empower us to bring our noblest ambitions to fruition. His foods are an exact match to our needs. They were made specifically with mankind in mind. If we know God's simple, trustworthy guidelines, the science of diet will fall into place naturally.

Presented here are simple, biblical principles granted by The Creator through scripture. If our diet is bible based, years of careless living and abuse to our bodies can be reversed in great measure. Damage to our cells can be repaired. Even our healthy appearance can be restored day by day.

In The Beginning

If we review the first couple chapters of Genesis, we see that each day of creation was a provision for what would be created in succeeding days.

On the third day of creation, the variety of vegetation that covers the earth was spoken into existence. The benefits that plants provide to our planet are countless. For example, the roots of vegetation hold together the soil. With the help of sunshine and rain, plants absorb carbon dioxide and supply fresh oxygen for breathing and natural sugars for the birds and bees. The foliage and flora provide us with both calming and exhilarating spectacles of raw beauty. Yet I say to you that not even Solomon in all his glory clothed himself like one of these. Matthew 6:29.

A principal reason that God created plant life was to provide a replenishable source of food for man and beast. Although it became

permissible to eat meat after the great flood, it can be truly stated that plants and plant yield are the purest biblical foods.

You May Freely Eat

And God said, Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food. Genesis 1:29

And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. Genesis 1:30

There are two classes contained within this group for mankind:

1. every tree yielding seed

Examples: apples, avocados, grapefruit, pecans, papaya, cherries, olives, walnuts

2. every plant yielding seed

Examples: tomatoes, beans, lentils, wheat, berries, squash, corn, rye

Generally, this diet consists of nuts, grains, legumes, fruits and vegetables. These foods are still the most beneficial to us. Everyday, discoveries in science point to these foods as superior to others for human health and well-being. Seldom does one ever hear a negative report on any of these. If we do, perhaps the report is questionable and not the foods from these groups.

Actually, whenever the results of a new study regarding nutrition is released, it is wise to be skeptical and examine the source and funding for the study. Often, there may be tremendous economic or even political pressures for such studies to have a predetermined outcome.

Take, for example, the changes in the USDA recommendations regarding nutrition over the years. Many of us remember the "four basic food groups" chart developed in 1956. The poster depicting these groups was often prominently displayed in school cafeterias, health classes, clinics etc. The four groups were the meat group, the dairy group, the grain group and the fruits and vegetables group. The image suggested that each group merited equal consideration. This chart was a product of concessions to powerful special interest groups of the time. The meat, dairy and sugar industries were largely instrumental in developing these recommendations. It is obvious to us now. We may not eat freely of all these. Obesity, diabetes, cancer and other diseases are common maladies in our society as a result. The four food groups standard has been replaced by the food pyramid chart. Although many of the pyramid recommendations are a step in the right direction, they fall far short of the biblical diet plan for the same reasons.

Dietary Restrictions

When God created our dietary system, He had clear lesson plans in mind. As the wind rustles through the leaves of the trees, and the morning dew settles on the tender blades of grass, the science of spiritual edification is whispered to the recesses of our minds. In the second chapter of Genesis, we see God's health plan for man. God placed Adam in a natural setting with nutritional foods, crystal clear waters and responsible work to stimulate his mind and exercise his body. However, man does not live by bread alone. Daily, God walked, talked and communed with Adam and his wife. These simple principles are the foundation on which human happiness is based. God gave Adam access to the tree of life which was in the center of the garden of Eden. He also placed the tree of the knowledge of good and evil in the garden for a special purpose.

The LORD God planted a garden toward the east, in Eden; and there He placed the man whom He had formed. Out of the ground the LORD God

caused to grow every tree that is pleasing to the sight and good for food; the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. Now a river flowed out of Eden to water the garden; and from there it divided and became four rivers. Genesis 2:8-10

Then the LORD God took the man and put him into the garden of Eden to cultivate it and keep it. Genesis 2:15

Every intelligent creature has always possessed the power of choice. Serving God and making right choices has never been compulsory. God does not make robots. On the contrary, by exercising this freedom of choice, our foreheads are broadened and our characters developed. For Adam, obedience to God's law was not a sorrowful duty. It was his natural impulse prompted by reason. These were the days "when the morning stars sang together And all the sons of God shouted for joy" Job 38:7. His dietary boundaries were not confining at all. However, a firm restriction was given to Adam concerning his diet.

The LORD God commanded the man, saying, "From any tree of the garden you may eat freely; but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die". Genesis 2:17

Controlling our diet is one of the great challenges we encounter in life. There are many accounts in scripture where failure to control appetite has brought about ruin. For example, Adam, Esau, Belshazzar and others have failed in this area with tragic results. Today, those who would be disciplined in diet face tremendous obstacles. The food industry has thrived by producing addictive albeit unhealthy products. Grocery store shelves are filled with delicacies that are a delight to the eyes. Through indulgence, many of us have become subject to our inherited and conditioned unnatural cravings. Thankfully, we can turn things around. Not everyone likes every fruit or vegetable, but there are many varieties of fruits and vegetables available.

Although we eat what we like, it goes beforehand that we like what we eat. We develop tastes for the foods that are familiar. Chinese people love

Chinese foods because they have become accustomed to them. People who live near the Mediterranean Sea love the Mediterranean diet. The same can be said of indigenous diets throughout the world. Humans are highly adaptable creatures. Here is our great advantage when considering biblical dietary reform. We can train our pallets to desire the foods we reasonably choose. Wholesome dieting may take some time and effort to accomplish. Changing old habits always requires an exercise of our will for awhile. We can take comfort. With perseverance, making healthy dietary choices will become desirable and natural to us in a reasonably short time. This is how sanctification works. We are restored by a renewing of the mind.

The Bible and Herbs

Plants of the field

After Adam's fall, he no longer was privileged to the tree of life. Although his diet had been created to satisfy his nutritional needs, apparently, there were restorative and healing properties associated with the tree of life. Without the fruit and leaves from this tree, Adam and his offspring would eventually die. In vision, on the island of Patmos, the disciple John saw this tree in the new earth to come. Here is his description:

In the middle of its street. On either side of the river was the tree of life, bearing twelve kinds of fruit, yielding its fruit every month; and the leaves of the tree were for the healing of the nations. Revelation 22:2 (see Ezekiel 47:12)

Then to Adam He said, "Because you have listened to the voice of your wife, and have eaten from the tree about which I commanded you, saying, 'You shall not eat from it'; Cursed is the ground because of you; In toil you will eat of it All the days of your life. "Both thorns and thistles it shall grow for you; And you will eat the plants of the field; By the sweat of your face You will eat bread, Till you return to the ground, Because from it you were taken; For you are dust, And to dust you shall return." Genesis 3:17-19

therefore the LORD God sent him out from the garden of Eden, to cultivate the ground from which he was taken. So He drove the man out; and at the east of the garden of Eden He stationed the Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life. Genesis 3:23-24

Man's diet has been modified to include leafy vegetables and herbs whose seed is not contained inside or the actual edible yield. Here is the modified food groups:

1. every tree yielding seed

Examples: apples, avocados, grapefruit, pecans, papaya

2. every plant yielding seed

Examples: tomatoes, beans, lentils, wheat, berries, squash

3. plants of the field

Examples: greens, onions, parsley, cabbage, celery

Now, man would responsible for planting and cultivating his own food. The ground had been cursed on his behalf making his existence more arduous. Also, he would have to contend with thorns and thistles. These changes weren't intended to be a punishment for sin. Make no mistake. "The wages of sin is death." Rom. 6:23. This curse was yoked to another man who immediately stepped into Adam's place. God's motive for this sacrifice is expressed in the words of The Redeemer. I am come that they might have life, and that they might have life more abundantly". John 10:10. Rather, instead of a curse, these changes were made for man's preservation. For the first time, mankind was exposed to disease and death. The herbs of the field and other vegetables were added to his diet as supplements for health purposes.

Throughout history and throughout the world, herbs have been recognized for their nutritional and medicinal value. Every continent has developed an herbology. In biblical times, herbs were considered so valuable that they were often used as currency. Everyone should become familiar with basic medicinal herbs.

He causes the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth. Psalm 104:14

Bible Clean Animals List

Buffalo Cattle Deer

Reindeer Antelope Gazelles

Goats Rams Sheep

Elks Moose Caribou

Giraffes

Birds

Chickens Turkeys Partridges

Sparrows Doves Pheasants Quail

Fish

Trout Tuna fish Salmon

Halibut Bluegills Sunfish

Cod fish Flounder Perch

Herring Sardines Bass

Smelt Mackerels

“You shall not eat any abomination.

These are the animals you may eat: the ox, the sheep, the goat, the deer, the gazelle, the roebuck, the wild goat, the ibex, the antelope, and the mountain sheep. Every animal that parts the hoof and has the hoof cloven in two and chews the cud, among the animals, you may eat. Yet of those that chew the cud or have the hoof cloven you shall not eat these: the camel, the hare, and the rock badger, because they chew the cud but do not part the hoof, are unclean for you. And the pig, because it parts the hoof but does not chew the cud, is unclean for you. Their flesh you shall not eat, and their carcasses you shall not touch.

“Of all that are in the waters you may eat these: whatever has fins and scales you may eat. And whatever does not have fins and scales you shall not eat; it is unclean for you.

“You may eat all clean birds. But these are the ones that you shall not eat: the eagle, the bearded vulture, the black vulture, the kite, the falcon of any kind; every raven of any kind; the ostrich, the nighthawk, the sea gull, the hawk of any kind; the little owl and the short-eared owl, the barn owl and the tawny owl, the carrion vulture and the cormorant, the stork, the heron of any kind; the hoopoe and the bat. And all winged insects are unclean for you; they shall not be eaten. All clean winged things you may eat.

Deuteronomy 14:3-20

The Bible meat guidelines are easy to understand. For land animals to be considered clean, they must both chew the cud and have a divided or cloven hoof. Some animals chew the cud but do not have a cloven hoof. Others have a cloven hoof but do not chew the cud. These are considered unclean. Sea life must have both scales and fins. In the Bible, fish often represent individual men and the sea represents entire populations Rev 17:15. Scales are analogous to protective armor or defensive devices. Generally, birds that forage are clean whereas birds of prey and scavengers like vultures are not. Birds are often used to represent the spiritual realm and unclean birds, sometimes, represent unclean spirits.

Chew the Cud and Cloven Hoof

An animal that "chews the cud" simply re-chews plant foods that it has already partially digested in some way. This method of nutrient absorption extracts the ultimate benefit from nutrient-poor vegetation like grass and leaves.

The principle method of chewing the cud is a process called rumination. Some animals have multiple stomachs and digest their food in stages. In the primary stages, the easily digested food and liquids are separated from the more fibrous portion and passed along the digestive tract. The courser portion, called the cud, is regurgitated and further masticated. This mixes the cud with saliva and continues to break it down into more readily absorbed nutrients.

If you have ever seen a cow or other animal casually chewing and slobbering profusely, then you have likely seen an animal chewing the cud. Animals that chew the cud in this way are called ruminants.

Not all ruminants are clean, but all clean mammals are ruminants. To be considered clean, a ruminant must also divide the hoof into two segments or toes. Each segment must terminate with a tough hoof substance. This is called a cloven hoof. Cloven hoofed mammals are quite agile on rugged or

uneven terrains. This is extremely helpful to mountain goats and rams for example.

Bible Meat - Clean Animal Varieties

Most of the clean meat we consume is from the bovidae family of mammals. Cattle, goats and antelope are all bovids. They are distinguished in that the males (and sometimes females) have horns that are not branched. Some examples of bovids are cows, sheep, buffalo, mountain goats, antelope, bison and the like. Cervidae, the deer family, is distinguished by branched horns or antlers. Some examples are deer, caribou, elk, moose, mule deer, reindeer and the like. A pronghorn is also considered to be a clean animal.

In Bible symbolism and prophecy, horns represent authority and are tokens of power. Anyone who has witnessed two rams battling for supremacy can understand the metaphor.

Scavengers and Predators

It may not require much willpower to resist eating bats or vultures, but we may have trouble to resist eating pork, lobster, shellfish, catfish and other unclean meat. It is easy to reason that so many others eat these foods seemingly with no adverse effect. So what is the problem? We do not always see the rationale behind God's restrictions immediately. Similarly, we do not always justify the restrictions we place on our children. They simply trust our knowledge and experience because they understand we are interested in their welfare, and they will understand with maturity.

God does not restrict these unclean animals arbitrarily. The matter is related directly to our sanctification. As Our Creator, God is infinitely acquainted with every detriment to the most minute cell in our body. "Are not two sparrows sold for a cent? And yet not one of them will fall to the ground apart from your Father. But the very hairs of your head are all numbered. So do not fear; you are more valuable than many sparrows." Matthew 10:29-31. Our bodies are the temple of the Holy Spirit and the Spirit searches all things, yes, the deep things of God.

1 Corinthians 2:10

Many unclean animals are predators, whereas a clean animal is an herbivore. The Bible has established that every green herb was the diet originally intended for animals. When the Bible says green herb, it does not mean grain. Green herbs provide the nutrients to form muscle and flesh in these species. If we choose to eat meat, it makes sense that we eat meat formed directly from plant life and not many times removed.

Other unclean animals are scavengers. Their function is to remove putrefying carcasses and filth from our lands and waters. These animals are often parasite ridden. In the case of pork and swine, the parasites can be killed by thoroughly cooking the meat, but that is not a consolation. The problem is more than parasites. The problem lies within the very constitution of the meat. If we are what we eat, then so are scavengers. Not only should we not eat them, we should not even touch the dead carcass. They shall be an abomination to you; you shall not eat their flesh, but you shall regard their carcasses as an abomination. Leviticus 11:11

De facto Unclean Meat

Many beef producers add growth hormones to cattle feed. Those hormones are passed along directly to the consumer's body. Some have even mingled manure and unusable carcass portions of cattle back into the feed to reduce costs and increase profits. These acts against nature make unclean animals from clean. Imagine a cow thoroughly ruminating on itself or its kind. Such detestable practices are generally considered to be the cause of Bovine Spongiform Encephalopathy, or BSE (mad cow's disease). Here are some references on the subject:

There is strong evidence and general agreement that the outbreak was amplified by feeding rendered bovine meat-and-bone meal to young calves.
USDHW

Addendum: This resource was removed, but the conclusion may be found here in the first paragraph: Mad Cow

Epidemiological studies conducted in the UK suggest that the source of BSE was cattle feed prepared from bovine tissues, such as brain and spinal cord, that was contaminated by the BSE agent. WHO

The point is that only eating meat deemed to be clean in Leviticus is not enough. God gave us the power of discernment. We are to make a distinction between the clean and unclean. This cannot be overstated. We see a rising trend in unsafe meat production these days. As a society, we are secreting away our elderly who are unceremoniously diagnosed with dementia or Alzheimer's disease at alarming rates. Bible health and common sense dictates, to the best of our abilities, we should know the source and quality of the meat we eat. This includes fish and poultry. If chickens are raised in over-populated coups or fish drawn from mercury-polluted waters, they should not be eaten.



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