

Watercolor - Beginners and Beyond

Recipe Book 2022



Avocado Salad with Fresh Herbs and Pepitas

I like to think of this salad as a sort of deconstructed guacamole. The freshness of the herbs and the cool, creamy avocado is the perfect side for rich chilaquiles or steak, and, if you like heat, feel free to include some thinly sliced jalapeños.

SERVES 2

- 1 large avocado
- 2 cups chopped assorted fresh herbs (basil, cilantro, mint, dill, save the cilantro stems for the salsa)
- ½ small red onion, finely diced
- ½ teaspoon cumin seeds, toasted (see technique on page 11)
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon flake salt or fleur de sel
- 2 tablespoons toasted pepitas
- ¼ a lime

Halve, pit, and peel the avocado. Place it flat-side down on a cutting board and slice thinly. Place 1 cup fresh herbs on a serving platter. Then top with half of the sliced avocado, half of the red onion, ¼ teaspoon cumin seeds, a bit of olive oil, a sprinkle of salt, half of the pepitas, and a squeeze of lime. Add another layer in the same way. Serve immediately.



Braise AND Pic

Classically, this is served for breakfast with tortilla chips as the base and love leftovers egg on top. I use my 12-ounce perfect. There are a you are welcome to onions. But, of course, just enjoy the leftovers.

SERVES 4 OR 2 WITH FOR BREAKFAST

- 2 tablespoons unsalted
- 1 yellow onion, thin-
- ½ recipe
- or 1 (8
- 1 cup / 240
- 18) or st
- 6 ounce



Grandma's Pound Cake



3 sticks butter
8 oz cream cheese
3 cups sugar
6 eggs
2 tsp vanilla
3 cups flour

Diann Zimmerman

6 EGGS

2 cups BUTTER

4 cups SUGAR

3 tsp LEMON EXTRACT

8 cups FLOUR

2 tsp BAKING POWDER

1 tsp BAKING SODA

2 CREAM BUTTER, SUGAR, EGGS, + LEMON EXTRACT.

3 ADD DRY INGREDIENTS TO CREAMED MIXTURE + MIX TOGETHER.

4 COVER BOWL + CHILL SEVERAL HOURS, TILL DOUGH IS FIRM ENOUGH TO ROLL.



6 BAKE COOKIES 350° 8-10 min. TILL LIGHT BROWN. COOL + DECORATE.

5 ROLL OUT CHELLED DOUGH 1/8 INCH THICK. CUT OUT COOKIES.


Rita Byrne's CHRISTMAS Cookies


How to Make Gravy

You just add

Flour  

Salt 

A little red wine 

& Don't forget a dollop of Tomato Sauce 

For Sweetness and that extra tang!



SALAD NICOISE INSPIRED

FRENCH DRESSING



CANNED TUNA, BOILED EGG, BABY NEW POTATOES, BUTTER LETTUCE, GREEN OLIVES, PERSIAN CUCUMBERS, SPRING ONIONS AND AVOCADO.

TWICE BAKED POTATOES

CLEAN POTATOES, POKE HOLES IN POTATOES, RUB IN OLIVE OIL AND ROLL IN SALT.



6 TBSP butter

1/4 c olive oil

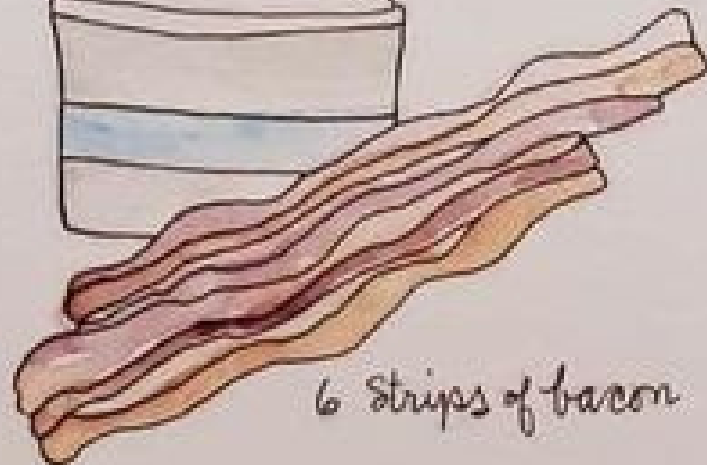
COOK FOR

45-60 MIN

SCOOP OUT INSIDE OF

POTATOES, ADD BUTTER, BACON, MILK, SALT + PEPPER, HALF OF CHEESE AND SOUR CREAM. MASH TILL SMOOTH. FILL SKINS WITH FILLING. TOP WITH CHEESE + BACON.

1 c sour cream



6 strips of bacon

BAKE AGAIN FOR 15 MIN



1/2 c milk



BUTTER

2 1/2 c Shredded Cheddar Cheese



1/4 c Chives

6 potatoes

PREHEAT OVEN TO 425°

Molasses Cookies

Cream together **WET INGREDIENTS**

- 3/4 cup Butter Flavor Crisco
- 1 cup brown sugar
- 1 egg
- 4 Tablespoon Molasses

Sift together and add **DRY INGREDIENTS**

- 2 1/4 cup All-Purpose Flour
- 2 teaspoons Baking Soda
- 1 teaspoon Cinnamon
- 1 teaspoon Ground Cloves
- 1 teaspoon Ginger
- 1/4 teaspoon Salt

Preheat oven to 350°. Form dough in 2" balls. Roll in white sugar and place on cookie sheet. Bake 12-14 minutes.



SUGAR ★ COOKIES





Honey Coffee



Add 1/2 teaspoon of coffee in to a cup.
Pour hot water and stir well.
Add preferred amount of honey and stir
until dissolved.

Miso Cabbage Soup - Yummy!

3 servings

2 C. chopped Cabbage

1/2 C. Chopped Carrot

1 1/2 T. butter

3 T. flour

1 T. Tamari

2 1/2 C. Water

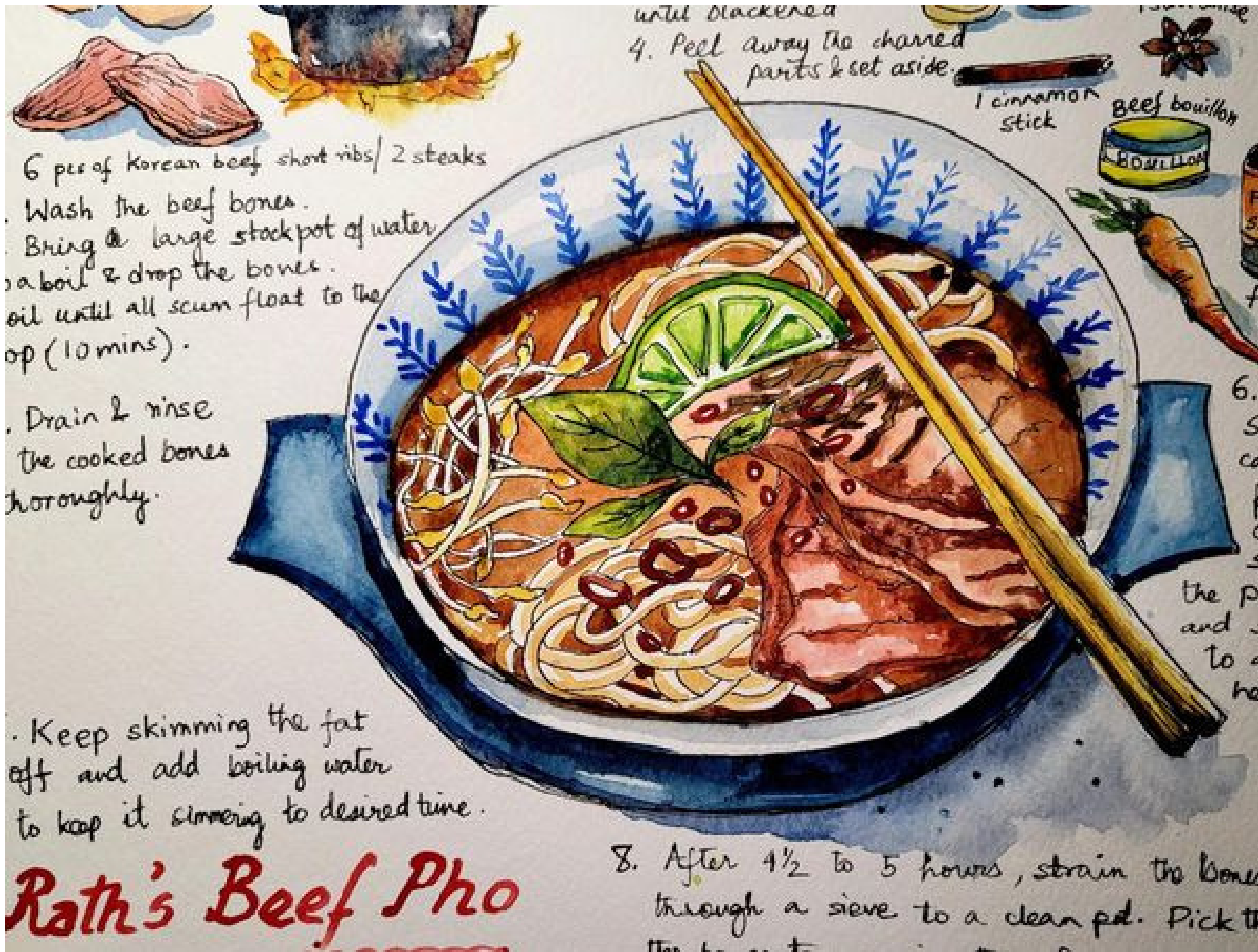
1/8 C. Miso



Steam Cabbage + Carrots.

In a separate pot, Melt butter, Add flour to make
a paste.

Add Tamari + Miso. Whisk in water. Stir constantly.
As mixture thickens, Add Veg.



6 pcs of Korean beef short ribs / 2 steaks

Wash the beef bones.
Bring a large stockpot of water
to a boil & drop the bones.
Fry in oil until all scum float to the
top (10 mins).

Drain & rinse
the cooked bones
thoroughly.

Keep skimming the fat
off and add boiling water
to keep it simmering to desired time.

Rath's Beef Pho

until blackened
4. Peel away the charred
parts & set aside.

1 cinnamon
stick

Beef bouillon

Bouillon

6.

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ho

8. After 4½ to 5 hours, strain the bones
through a sieve to a clean pot. Pick to
the best



Seriously Simple Meringue Cookies

Preheat oven to 225°F

Ingredients:
 1 cup egg whites
 3/4 cup sugar
 1/2 tsp vanilla, peppermint, etc flavor
 2 tsp cream of tartar
 optional: 1 tsp crushed peppermint or cocoa

- Whip egg whites into stiff peaks
- Add sugar 1/4c. at a time while whipping
- Add vanilla (or other flavors) and whip to stiff peaks
- drop spoonfulls (or pipe) onto baking sheet 1" apart
- Bake for 1 hour, then turn off heat but leave in oven with door open for 2 hours

Rustic Berry Tart

crust:

- 1 1/4 c. flour
- 2 Tbs sugar
- 1/2 c cold butter
- 3 Tbs cold milk

filling:

- 5 Tbs sugar
- 2 Tbs flour
- 1/4 tsp lemon zest
- 9 ounce fresh berries
- 2 Tbs butter

Egg Wash: 1 beaten egg
1/2 tsp milk

Directions: Preheat oven to 400° F

1. Mix flour + sugar
2. Cut in butter until it makes fine crumbs
3. Add milk + mix gently until mixture forms a ball
4. You may need more milk - add a tiny bit at a time
5. Shape into a ball and then roll out
6. Fit into a pie dish or lay out on baking sheet then refrigerate.
7. Mix filling then pile into crust. Drizzle with butter
8. Coat edges of crust with egg wash after roughly fluting it around filling
9. Bake 35-40 min until crust is golden brown





Cheesecake tarts

Diann
Zimmerman

Cream cheese and eggs must be at room temperature.

Mix together 24 ounces cream cheese with 1 cup sugar.

Add 5 eggs, one at a time.

Add 1-1/2 teaspoon vanilla.

Pour into foil cupcake liners and bake 30 minutes at 300 degrees F.

Topping:

Mix 8 ounces sour cream with 1/4 cup sugar and 1/4 teaspoon vanilla.

Spoon on top of tarts. Add fruit pie filling if you want. I always use cherry pie filling.

Bake 5 more minutes. Chill and eat!

Mishti Doi

(BENGALI STYLE SWEETENED CURD)

Originating from Bogura District in Bangladesh, Mishti Doi or Sweetened curd is one of the most popular desserts that Bengalis both in Bangladesh and India love after a hearty meal, absolutely love as well as all over the world.

Ingredients



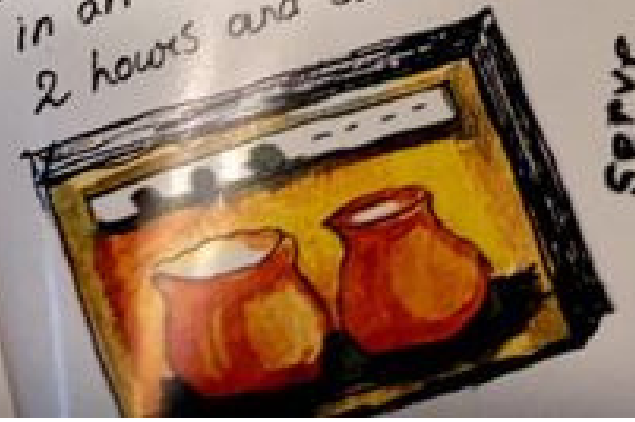
2 hours until the yogurt is out of the yogurt.

STEP 1: In a cheese cloth over a strainer, hang the yogurt for the excess water has drained

STEP 2: Caramelize the sugar on a heavy bottomed pan until it turns golden brown. Pour 1 cup of milk on it and let the bubbles recede, stirring constantly. The milk is reduced to half.

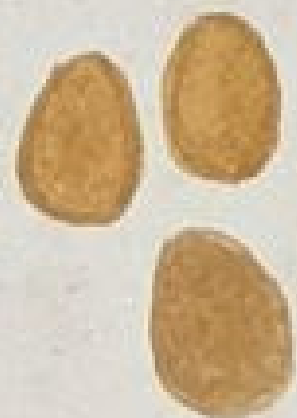


STEP 3: Whisk together the yogurt and milk when the milk has cooled in an oven, cover with 2 hours and switch off oven.



Serve

425°



1 1/2 c. flour

1/4 c. milk

3 eggs

1 Tbsp sugar

1 tsp vanilla

1/2 tsp salt

Combine, beat until smooth.

Pour into skillet, bake
for 30 minutes

Serve with lemon juice and
powdered sugar

Preheat oven
melt 1/4 c. butter in
large cast iron skillet
in oven - 5 minutes





Apple Pie

6-7 apples - pared
3/4-1 c. sugar
2 Tbs. flour
1/2-1 teas. cinnamon
Dash nutmeg
Dash salt

Pastry for 2-9" pie
2 Tbs. butter

Combine ingredients (except butter) Mix with apples. Line 9" pie pan with apple mixture; dot w/ butter. Put on top crust - crimp edge. Sprinkle w/ sugar for sparkle.




Bake in hot oven 400° for 50 minutes - or till done.

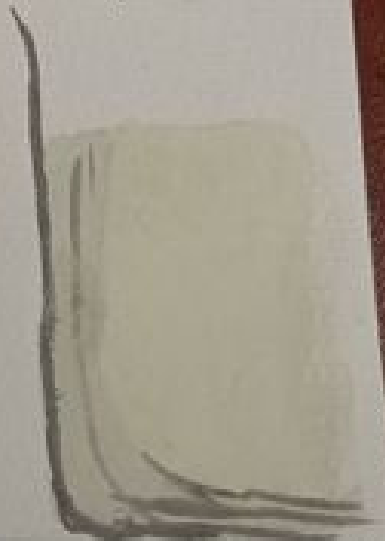
Cowboy Cookies

Ingredients

- 3 cups flour 
- 1 Tbs baking powder
- 1 Tbs baking soda
- 1 Tbs cinnamon
- 1 tsp salt 
- 1 1/2 cups butter 
- 1 1/2 cups sugar
- 1 1/2 cups packed brown sugar
- 3 eggs 
- 1 Tbs vanilla
- 3 cups chocolate chips 
- 3 cups oats
- 2 cups unsweetened coconut
- 2 cups chopped pecans 

Preparation

- Heat oven to 350° 
- Mix flour, bp, bs, cinnamon and salt
- In another large bowl beat butter until smooth + creamy. Gradually beat in sugars. 
- Add eggs one at a time. Add vanilla
- Stir in flour mixture until combined. Mix in chocolate chips, oats, coconut, and nuts. 
- Drop 1/4 cup of dough onto ungreased baking sheet. Space 3 inches apart
- Bake 15-17 min until edges are lightly brown. Remove cookies from rack to cool



Pan de Elote de Abuelita Fía

20 manos de
elotes recién
cortados

1 queso fresco

1 litro de
Crema

2 cucharaditas de
bicarbonato

al gusto
Azúcar

12 huevos

1. Precalentar el horno.
2. Rebanar y moler los elotes.
3. Se mezclan todos los ingredientes a excepción de los huevos que se batan por separado y después se agregan.
4. Enmantecar las cazuelejas y verter la mezcla.
5. Hornear por aproximadamente 20 minutos



Yasmin '21



vanilla ice cream
 2 tablespoon or to taste
 crème de menthe
 whipped cream
 cherry for top

6/4/20

Quesadilla de Papa



• Precalentar el horno a 350°F.

• Machacar finamente las papas previamente cocidas.

• Incorporar el resto de los ingredientes, batir hasta obtener una mezcla uniforme. Agregando de último la cucharada de manteca, para que salga suave.



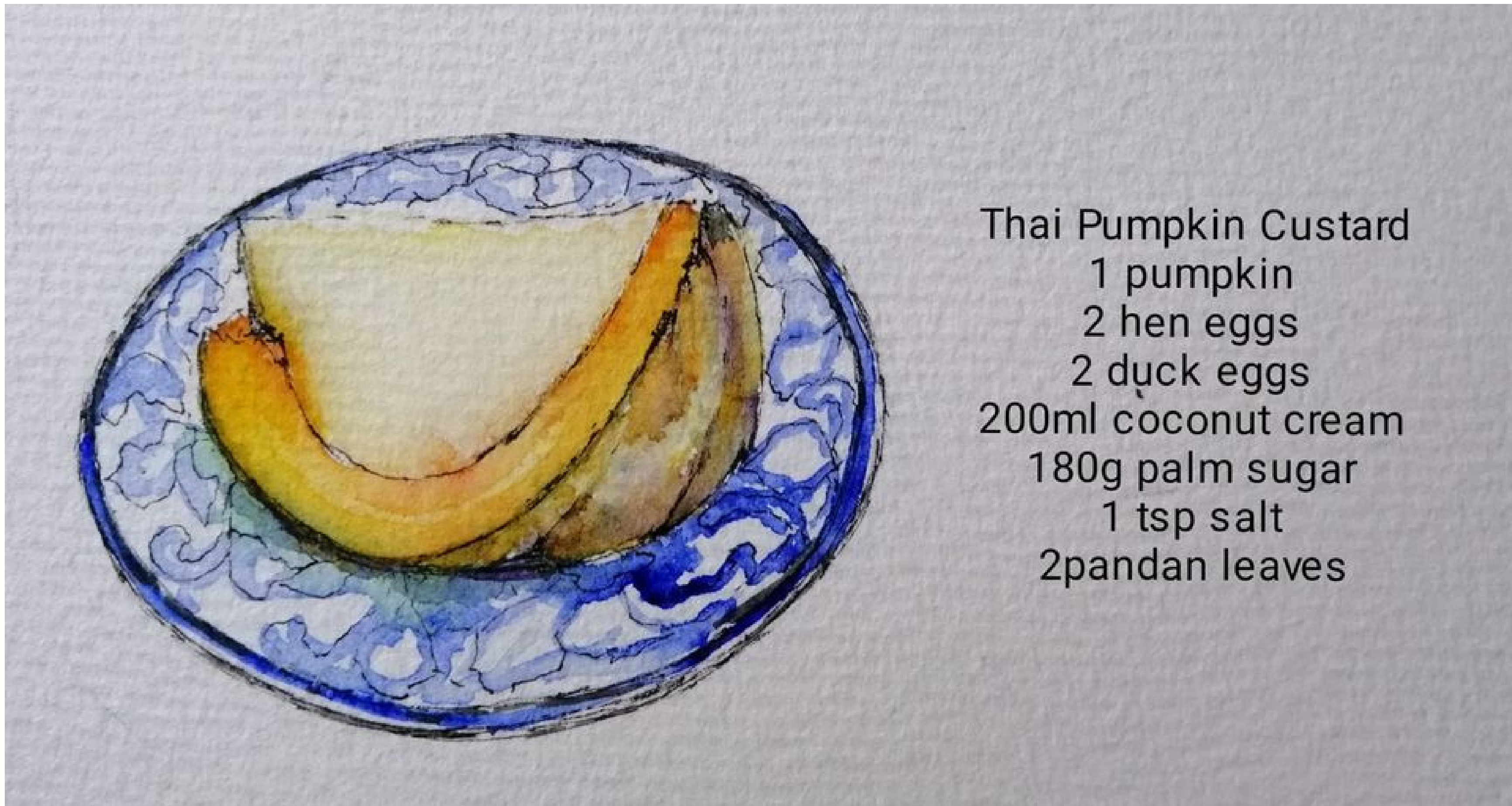
• Hornear por 2 horas.

Dulce de Papa



- Cocer las papas y machacarlas finamente.
- Agregar leche, canela y azúcar al gusto, dejar hervir unos minutos moviendo constantemente.
- La cantidad de leche depende si se quiere más o menos espeso.





Thai Pumpkin Custard

- 1 pumpkin
- 2 hen eggs
- 2 duck eggs
- 200ml coconut cream
- 180g palm sugar
- 1 tsp salt
- 2 pandan leaves



6 egg whites

Step 2: Beat the egg whites & cream of tartar with an electric whisk until soft peaks form. Gradually add sugar a little at a time, until you get stiff & glossy peaks.

cream of tartar

Preheat oven to 160°C, line a baking tray with parchment & draw a ring in the center of the parchment.

Step 4: Transfer the meringue to the oven & bake for 1 hour to 75 mins until the outside is hard & the inside is still white. Turn off the oven & leave the pavlova in the oven for an hour or overnight to dry.



Step 3: Spoon the meringue into the ring on the baking tray. Use a spoon to make a trench for the filling.

2 cups Heavy whipping cream
1 tsp vanilla extract

1 cup icing sugar

Step 5:

Whip the heavy cream with vanilla extract & icing sugar until stiff peaks form. Spoon into the trench of the meringue.

Garnish with strawberries, raspberries, blueberries, pomegranate & mint leaves. Dust with more icing sugar.



Berry Pavlova



Heretical Egg Cream

4 mounts to taste:

- Plant based milk
- Malted milk powder
- Chocolate syrup
- Club soda





1 med egg
 1 cup sugar (go easy)
 1 cup flour
 1 cup butter (a little less)
 some nuts & raisins
 1 tsp of baking powder
 vanilla essence - few drops
 mum's secret ingredient

- 1 sprinkling of mace (powdered)
- 1 spoonful of orange juice.

• Mix & whisk butter & sugar

• Add eggs & whisk

• Add every thing else & mix gently (fold)

• Grease a tin & pour the mix.

• Bake - oven 25 mins 😊
 - micro 3 mins (iii)

• Once cake has risen & clean fork test passed wait for it to cool, then flip it on a plate (flat plate makes life easier).

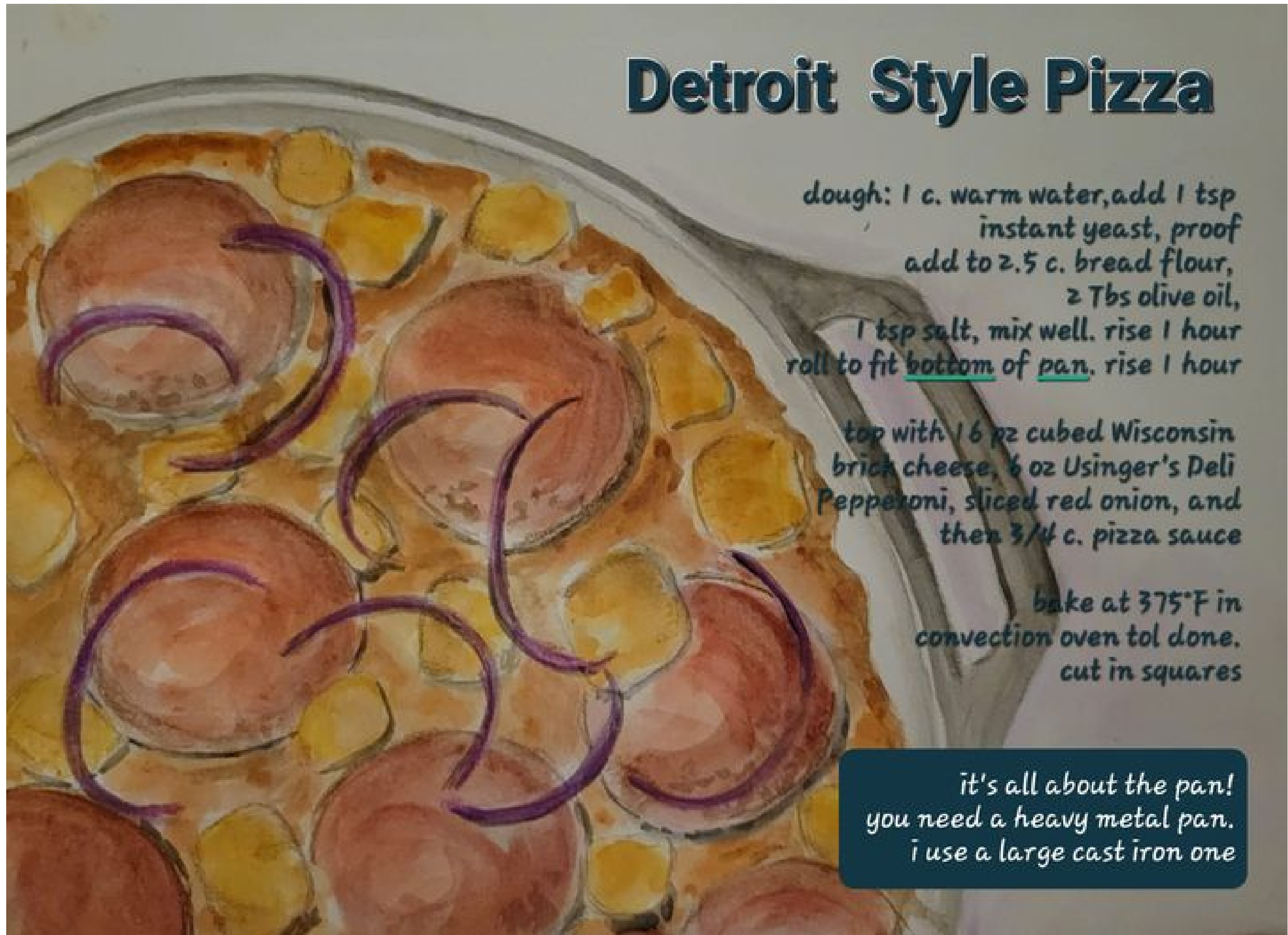
Detroit Style Pizza

dough: 1 c. warm water, add 1 tsp instant yeast, proof add to 2.5 c. bread flour, 2 Tbs olive oil, 1 tsp salt, mix well. rise 1 hour roll to fit bottom of pan. rise 1 hour

top with 1 1/2 c cubed Wisconsin brick cheese, 6 oz Usinger's Deli Pepperoni, sliced red onion, and then 3/4 c. pizza sauce

bake at 375°F in convection oven tol done. cut in squares

it's all about the pan!
you need a heavy metal pan.
i use a large cast iron one



Apple Butter



*8 pounds apples
3 cups apple cider
1 cup apple cider vinegar
3 cups white sugar
2 ¼ cups packed brown sugar
1 tablespoons ground
cinnamon
2 teaspoons ground cloves
2 teaspoons ground nutmeg*



*Wash; remove stems,
quarter and core apples. Cook
slowly in cider and vinegar
until fruit is soft. Press fruit
through a colander,
food mill, or strainer.
Cook fruit pulp with*

*sugars and spices for about
20 minutes stirring frequently.*

*To test whether it is done,
remove a spoonful and hold it
away from steam for 2
minutes. It is done if the
butter remains mounded on
the spoon.*



7-Layer Salad



- Layer in a clear, large bowl for beautiful presentation.
- in the following order, bottom to top.
 - 1 large, washed, drained and chopped head lettuce
 - 1 red onion, chopped
 - 1 (10 oz) thawed frozen peas
 - 10 oz Cheddar cheese, shredded
 - 2 c. chopped cauliflower
 - 1 lb. cooked, diced bacon
- drizzle dressing over top and chill

Dressing

- Beat together the following:
- 1 $\frac{1}{4}$ c. mayonnaise
 - $\frac{2}{3}$ c. Parmesan cheese, grated
 - 2 T. white sugar

Brazilian Cheese bread

Put all ingredients into blender:

1 egg

1/3 cup olive oil

1-1/2 cups tapioca flour

1/2 cup grated cheese

2/3 cup milk

1 tsp salt



Will be thin liquid. Pour into greased mini cupcake tins. Bake 15-20 minutes at 400 F. Makes 24.

Apple Pie



1. Crust

1 cup shortening
3 cups flour
2 teaspoons sugar
Dash of salt
1/2 cup cold milk

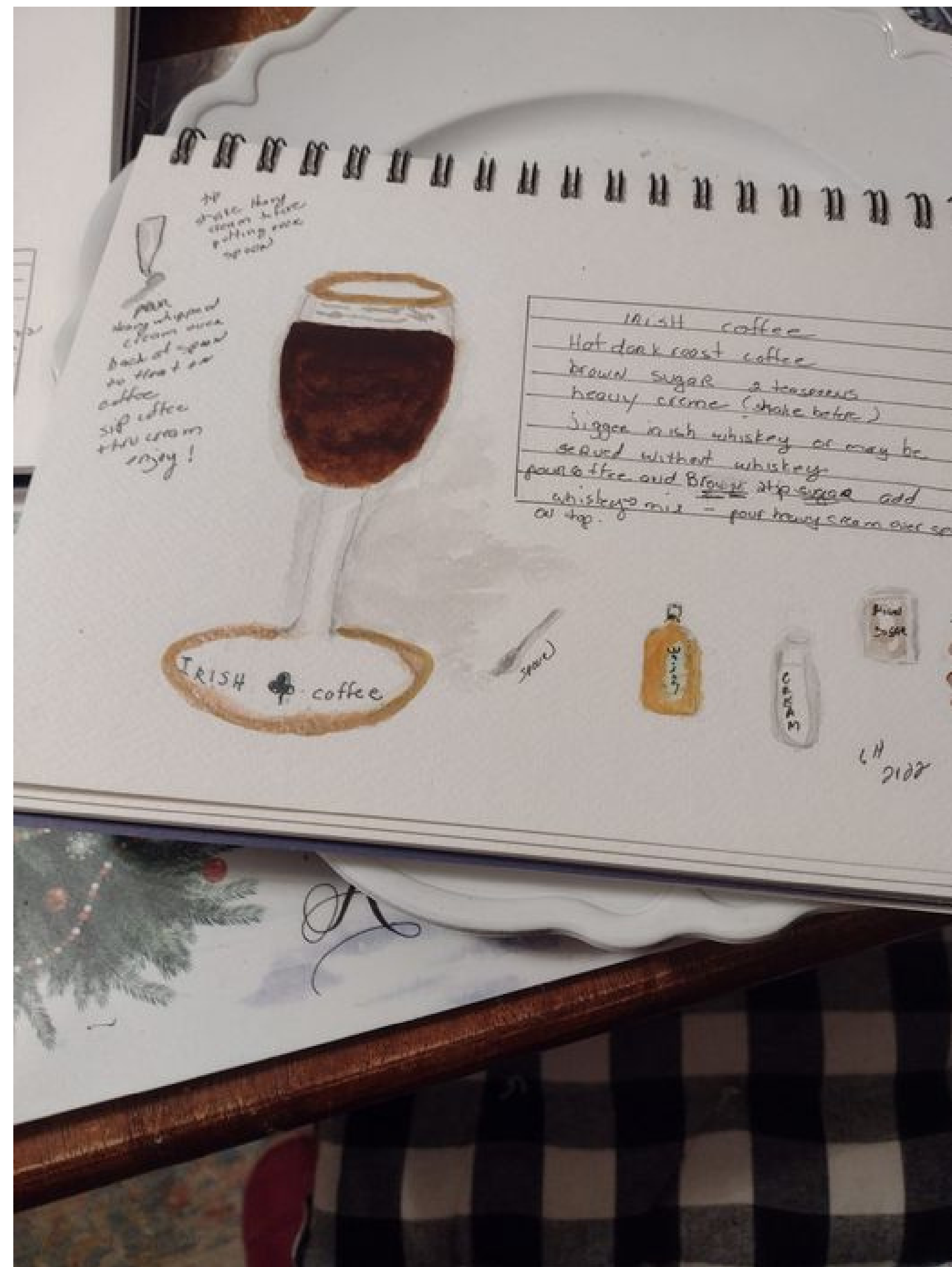
Stir to soften shortening.
Add flour, sugar & salt... mix in.
Add milk & stir just until combined.
Roll 2 crusts. Put 1 in pie pan.
Pierce crust randomly with fork.
Reserve other crust for top.

2. Filling

3/4 cup sugar
2 Tablespoons flour
3/4 teaspoon cinnamon
1 Tablespoon squeezed lemon juice
6 cups peeled and sliced/cubed apples
2 Tablespoons butter

Preheat oven to 425°
Combine sugar, flour & cinnamon.
Add lemon juice & stir.
When ready to bake,
Cut apples and combine with sugar mixture.
Pour immediately into crust.
At this point, add slices of butter on apples.
Add top crust and secure edges.
Pierce top crust randomly with fork.

Bake at 425° for 15 minutes.
Lower oven to 350°.
Add foil around top edge of crust
to keep from over-darkening.
Bake another 20 minutes
or until crust starts to golden.



GINGER COOKIES



1 1/2 cup



2/3 cup



3 tbs

1 tsp



2 tsp



SUGAR

1 egg



1/2 cup

 375°F  15min

FRS
12/22

Gingerbread



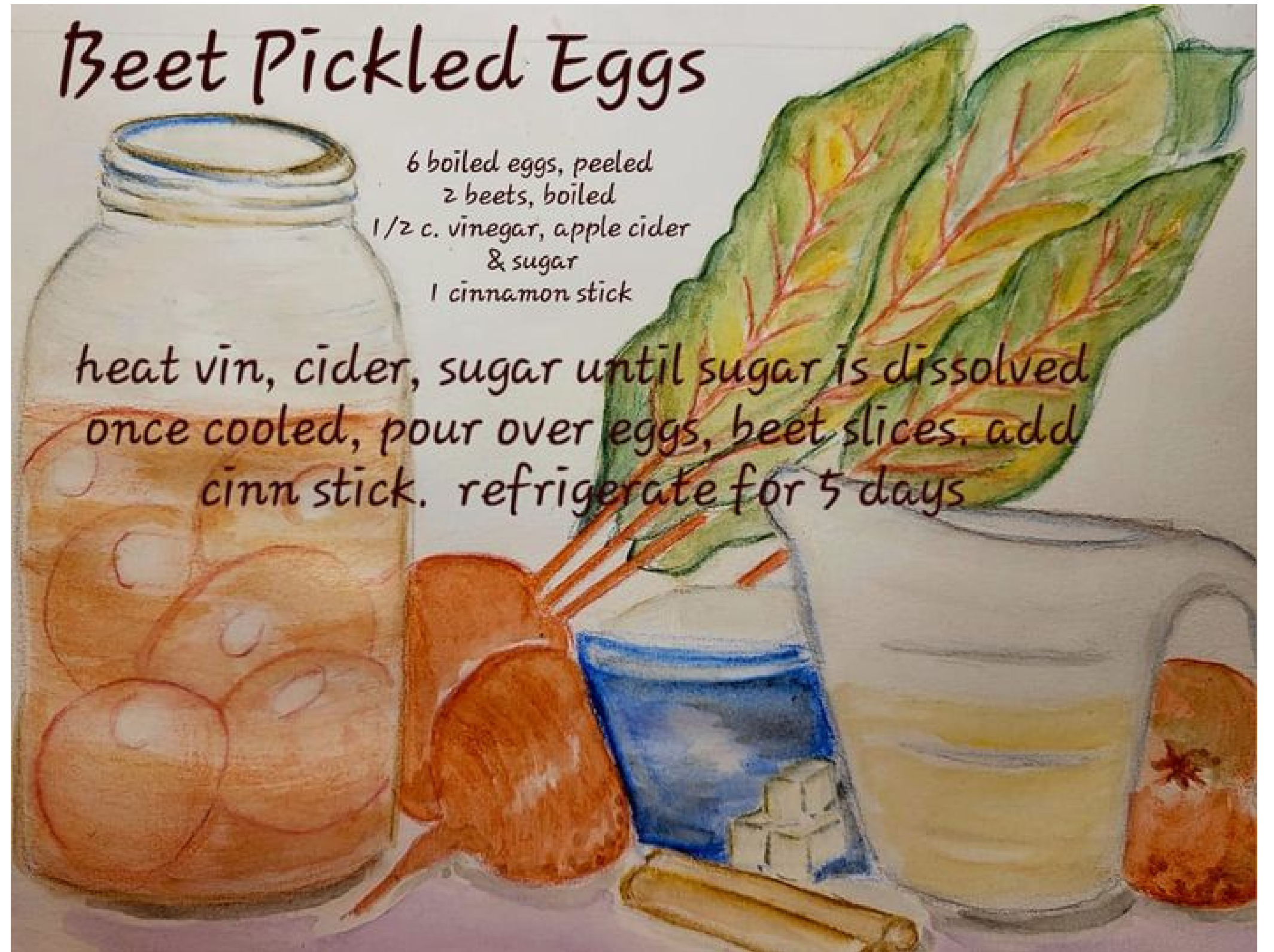
12 T. butter
3/4 C. dark brown Sugar
3/4 C. Molasses
1 egg + 3 3/4 C flour
1t salt + 1t baking Powder
1/2t baking Soda + 2t ginger
1/4t allspice + 2t Cinnamon



Beet Pickled Eggs

6 boiled eggs, peeled
2 beets, boiled
1/2 c. vinegar, apple cider
& sugar
1 cinnamon stick

heat vin, cider, sugar until sugar is dissolved
once cooled, pour over eggs, beet slices, add
cinn stick. refrigerate for 5 days





Kraut Salad



32 oz sauerkraut
1 cup celery, diced
 $\frac{1}{2}$ cup green onion, chopped
 $\frac{1}{2}$ cup green pepper, chopped
1 cup sugar
 $\frac{1}{4}$ c vinegar

heat vinegar and sugar
until sugar is dissolved

Pour over ingredients
and mix.

(Had this at The Amana
Colonies in Amana, Iowa,
USA. Behold, it was the
same recipe in my mom's
recipe box!)

Teresa Roos

Ingredients

- 1 cup of love
- 2 cups of loyalty
- 3 cups of forgiveness
- 5 tsp of hope
- 2 tsp of tenderness
- 4 cups of faith
- 1 barrel of laughter

Procedure

Take love and loyalty
Mix it thoroughly with faith
Blend it with tenderness,
Forgiveness and hope.
Sprinkle abundantly with
laughter.
Bake it with Sunshine
Serve daily with generous
helpings.

MANHATTAN

2oz. bourbon
2 oz.
Sweet vermouth
1 dash
Angostura
bitters
maraschino
cherry

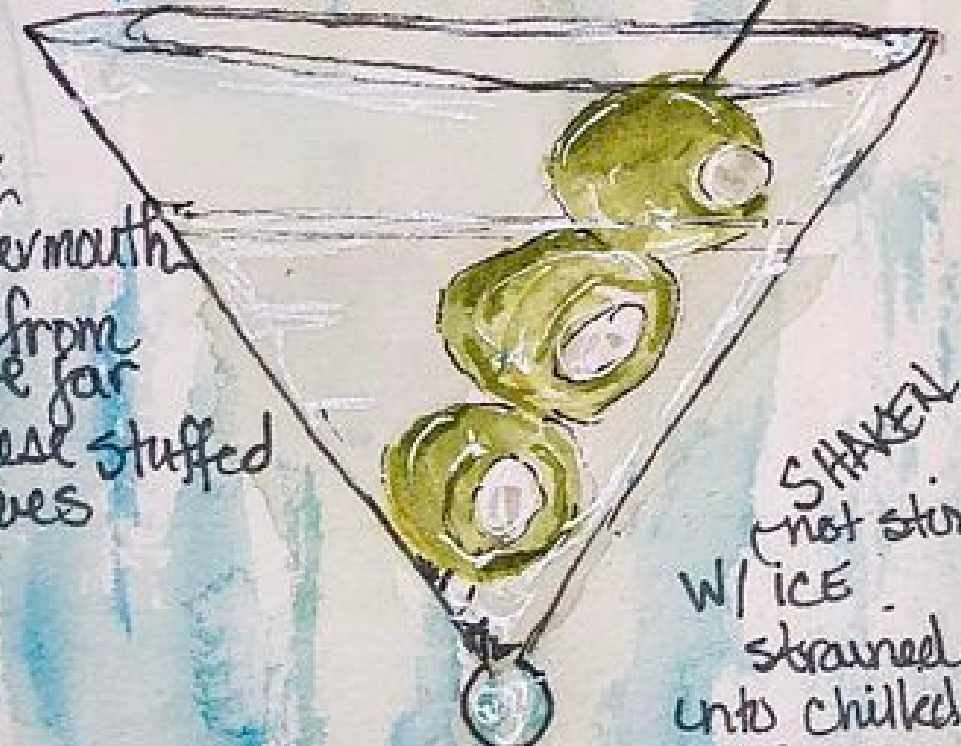
combine
mix
stir
strain, pour
into
chilled glass



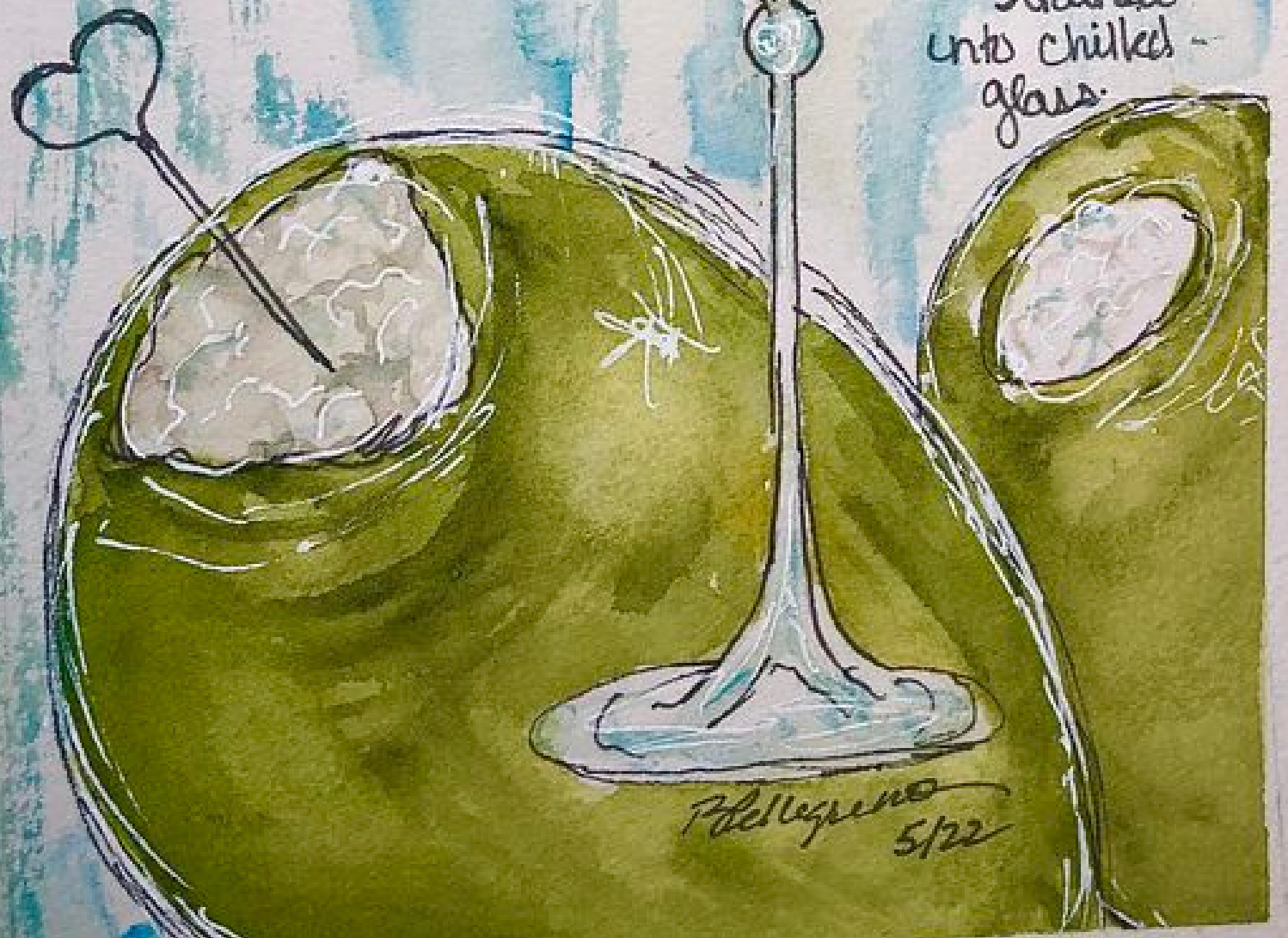
Phellegino
8/22

DIRTY MARTINI

6 oz. Vodka
1 dash dry Vermouth
1 oz brine from
olive jar
3 blue cheese stuffed
olives



SHAKEN
(not stirred)
w/ ICE
strained
into chilled
glass.



Phellegino
5/22

Mum's Boiled Fruit Cake



HOW TO MAKE:

Guacamole



CILANTRO



ONION



GARLIC



AVOCADO



TOMATO



LIME



PINCH OF SALT



JALAPEÑO

RECIPE

1. Slice (3) avocados in 1/2, remove the pit, and scoop into a mixing bowl
2. Mash the avocado with a fork and make it as chunky/smooth as you like
3. Dice the remaining ingredients and stir together. Add more salt/lime juice as needed and taste-test along the way
4. Serve with tortilla chips and enjoy!



When I was in 8th grade, my best friend, Belva Estes, taught me this recipe. I usually made them after school, then aired out the house so no one could smell them when they got home, and I could hide them in my room and eat them all myself. I've always used this recipe!

Ingredients:

- 1 cup sugar
- 3/4 cup flour
- 1/2 cup melted butter
- 1/3 cup cocoa powder (unsweetened)
- 2 eggs
- 2 tsp. Vanilla extract
- Dash (1/8 tsp) salt

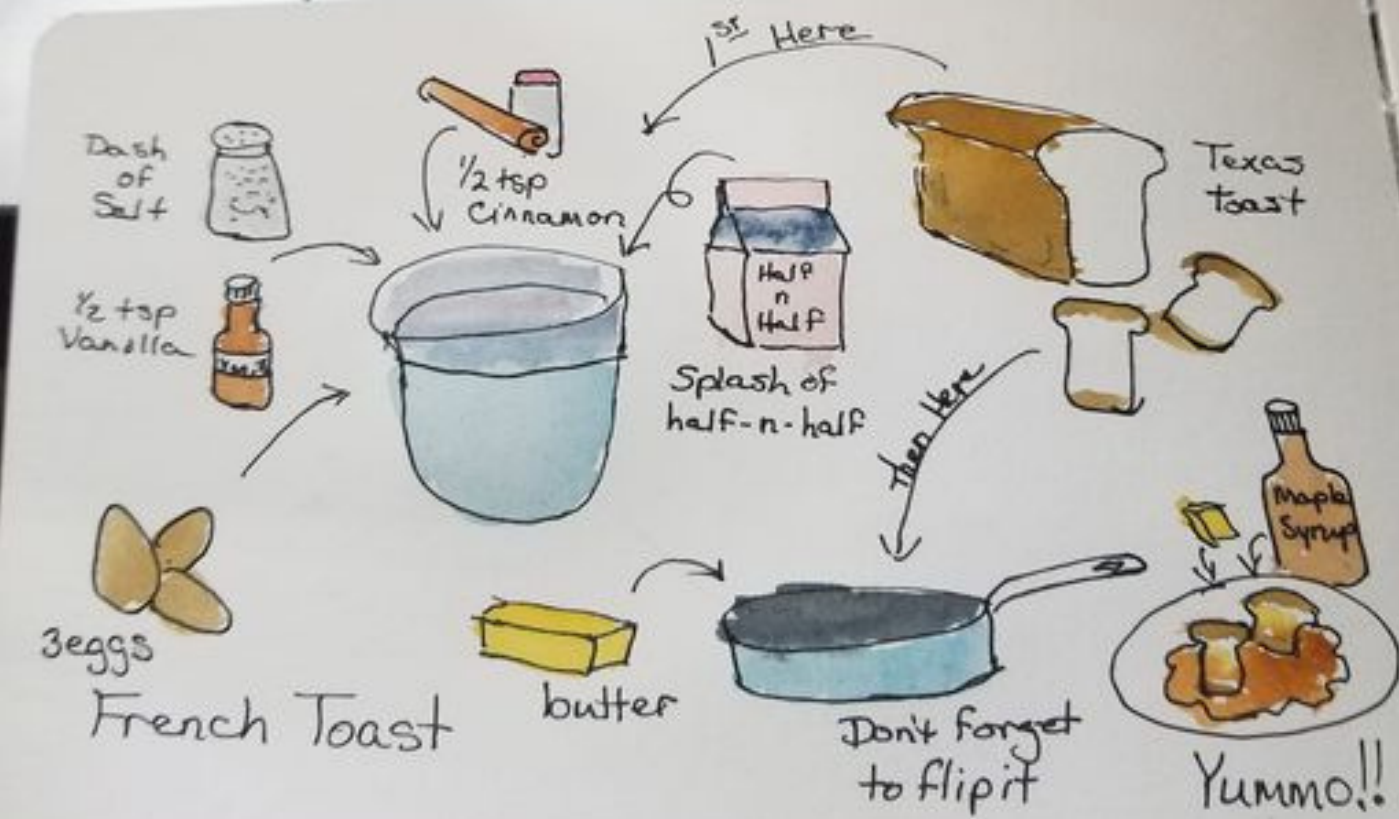


Brownies

Instructions:

- Preheat oven to 350° F
- Spray 8" x 8" pan w/ cooking spray
- In a large mixing bowl, melt butter. Stir in sugar and cocoa powder, making sure there are no lumps.
- Mix in eggs, then mix in vanilla and salt.
- Stir in flour, mixing only until well-moistened.
- Pour into pan and bake for 25-30 minutes. Do NOT overbake! Brownies should be set, but only just. Clean toothpick test doesn't work here!
- Cool for a few minutes before cutting into 9 squares and enjoying warm with a glass of cold milk!

~Marey Blackwelder



14

ANZAC Biscuits

- 1 cup flour
- 1 cup brown sugar
- 1 cup rolled oats
- 1/2 cup desiccated coconut
- 125g butter
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarb
- 1 tablespoon water



mix dry ingredients
 on low heat, melt butter, syrup + water then add bicarb
 add wet mix to dry ingredients, mix, roll into balls
 bake in a moderate oven 15 minutes

My Quick and Easy Supper for when
I've been too busy splashing paint around.

Instructions

Remove Sleeve
pierce cello-lid
and bung in
the Microwave.



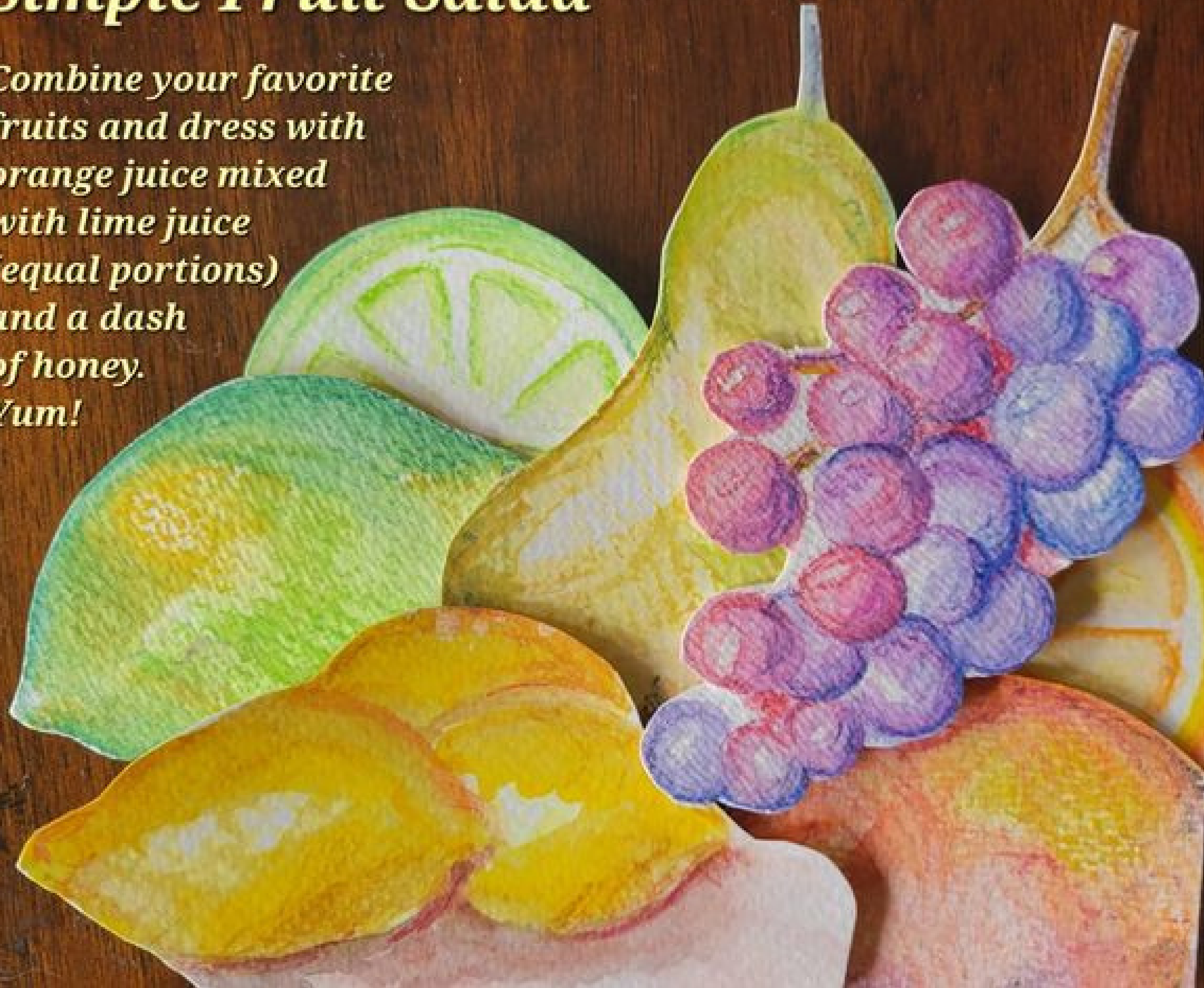
Warning

This does not go
well with hungry
family.

Serve with a smile - oh and Alcohol, you deserve it.

Simple Fruit Salad

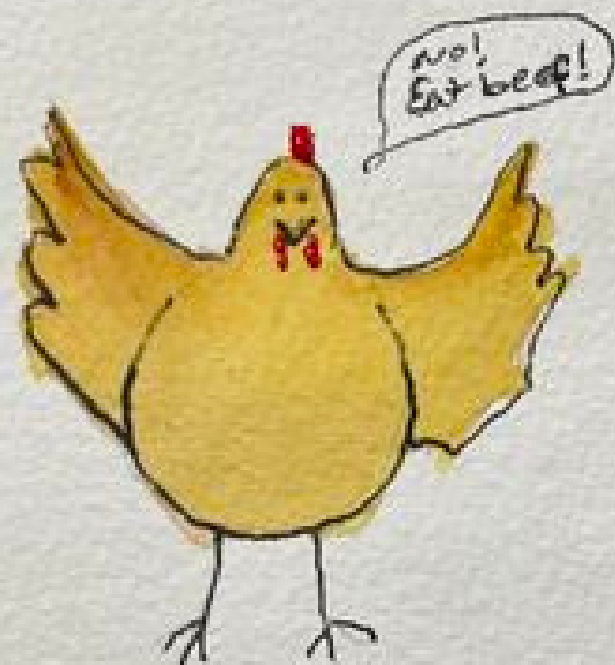
*Combine your favorite
fruits and dress with
orange juice mixed
with lime juice
(equal portions)
and a dash
of honey.
Yum!*



Farm Style Roast Chicken in the Instant Pot

Ingredients:

- 1 whole chicken
- 1 apple
- 1 onion
- 2-3 garlic cloves
- 1 sprig of rosemary
- Salt + pepper
- Olive oil

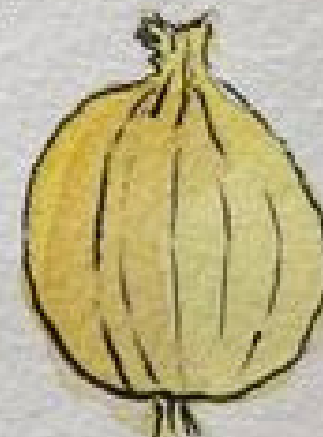


Directions:

- ① Slice onion into rounds + line the pot bottom
- ② stuff 1-2 garlic cloves AND 1 Apple into chicken
- ③ Rub olive oil all over the chicken
- ④ crush rosemary + sprinkle leaves on top
- ⑤ crush remaining garlic + put on
- ⑥ sprinkle with salt + pepper
- ⑦ pour 1/2 c water into Instant pot
- ⑧ place chicken into pot + close lid
- ⑨ select "poultry"
- ⑩ when done, release steam + plate
- ⑪ optional: Broil chicken in oven to brown - discard apple



of chicken
chicken top



BEST CUSTARD PIE EVER

1 lb. cream cheese
2/3 c. sugar
3 eggs

5 large eggs
2/3 c. sugar
1/4 tsp. salt
1 tsp. vanilla



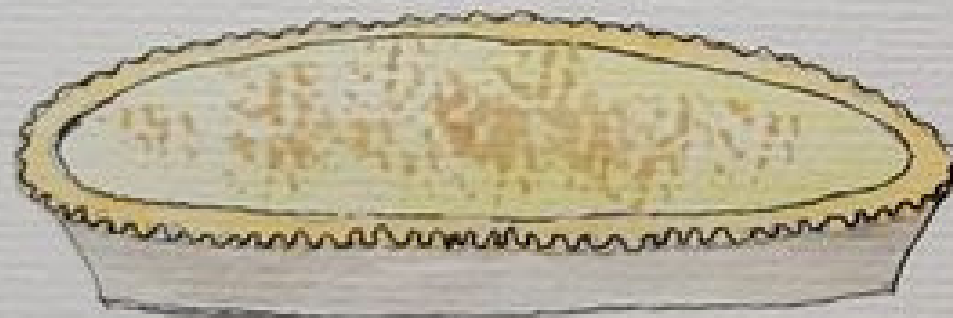
1/2 pt. sour cream
3 Tbsp. sugar
1 tsp. vanilla

2 3/4 c. warm milk
1 unbaked 9 in. shell
sprinkle cinnamon



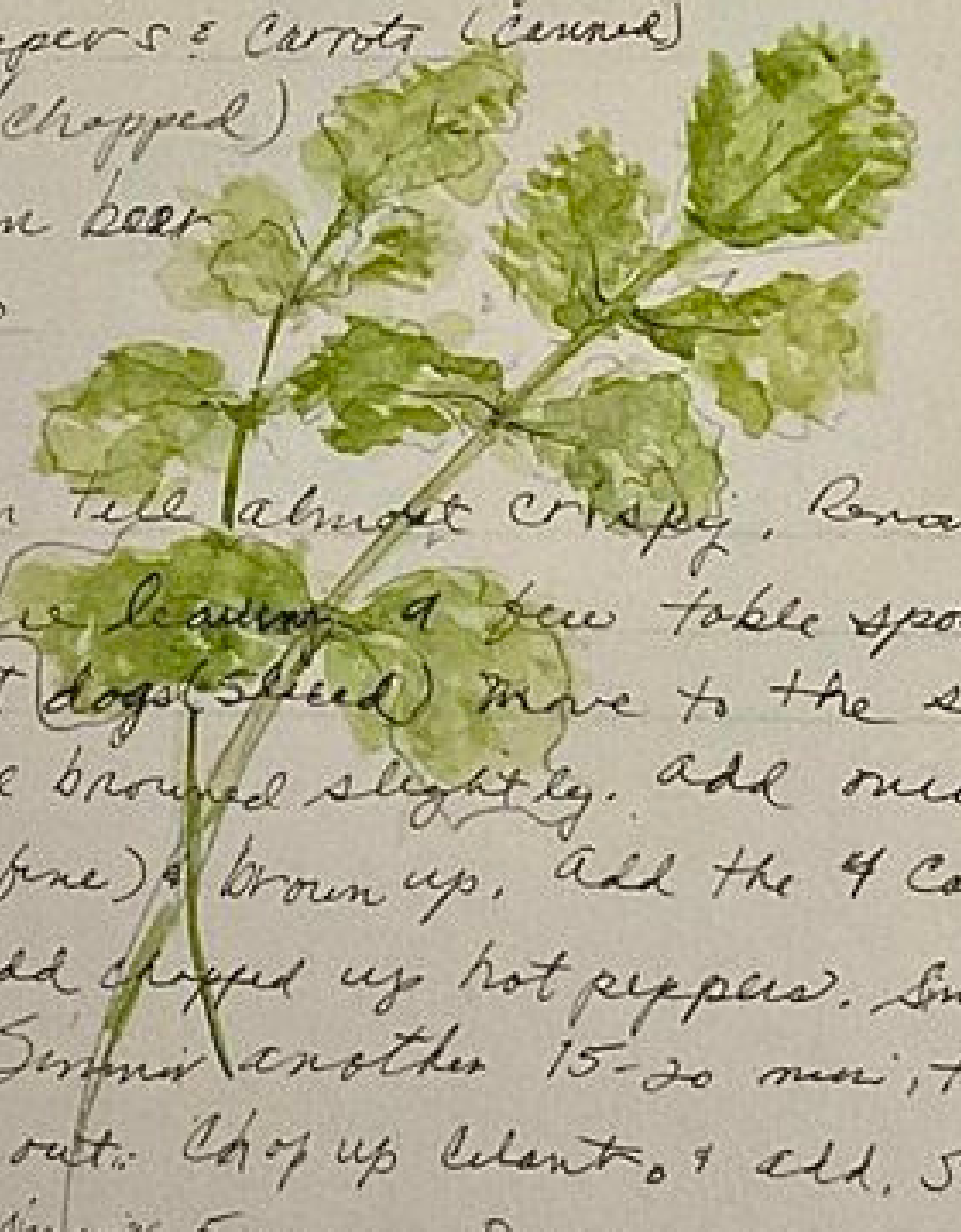
Mix cream cheese, sugar, and eggs (beat well). Bake at 350° for 25 minutes in buttered glass pan. Let sit for 20 min. (to cool), then top with sour cream, sugar, and vanilla mixed together. Spread on top and bake 10 more minutes. Cool, and add berries (if desired).

Beat eggs, salt, and sugar together. Blend in vanilla and milk. Pour into unbaked pie shell. Have edges crimped high. Sprinkle with cinnamon. Bake at 400° for 35 minutes or until knife inserted halfway between edge and center comes out clean.



Ben's Beans

- 4 strips Bacon
- 4 cans pinto beans @ 16 oz cans
- 1/2 PK Hot dogs Oscar Meyer
- 4 hot peppers & Carrots (canned)
- Onion (chopped)
- 1 16 oz can beer
- Cilantro



Cook bacon till almost crispy. Remove & drain grease leaving a few table spoons to brown hot dogs (steak) move to the side when they are browned slightly. Add onion & bacon (chopped red fine) & brown up. Add the 4 cans of beans, add chopped up hot peppers. Simmer, add beer. Simmer another 15-20 min, till beer cooked out. Chop up cilantro & add, stir it in cover & simmer 5 min. DONE

Sausage Tortellini Soup

- 2 tsp olive oil 
- chopped onion, celery, carrots 
- (I buy the pre-chopped container)
- 2 lb Italian sausage (sweet or spicy)
- 6 cups chicken broth 
- 28 oz. crushed tomatoes 
- 2 pkg. tortellini
- 3 cups spinach 
- Salt & pepper to taste 

Saute vegetables in oil for 4-5 minutes. Add sausage and brown. Drain grease. Add chicken broth and crushed tomatoes. Bring to a simmer. Add tortellini and spinach. Cook for 5 minutes. Enjoy!



Faiola ♡

Farmer's No Waste Chicken Broth

Ingredients:

All the juice + drippings from roast chicken
All the bones + little bits of uneaten meat
crushed garlic (lots)
1-2 halved onions
A couple sprigs of rosemary + thyme
Salt and pepper to taste
Water to fill instant pot
left over veggies + stuff from refrigerator
Taste the broth before cooking

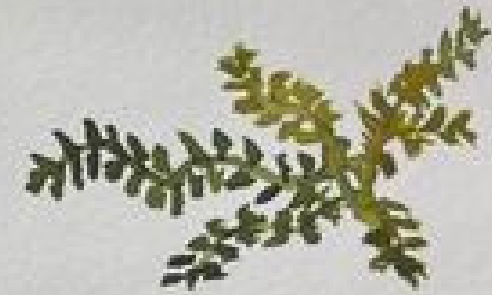
Directions:

Dump ingredients into instant pot
Close pot + select poultry or soup
once finished allow natural steam
release and let the broth
simmer until you like it.

Adjust ingredients to taste
Strain out all solids + retain liquid

Storage: Process in pressure cooker
for 75 minutes at 10lb for canning
OR: freeze

Your chickens will love the strained solids (or compost!)

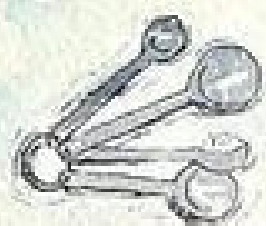


Grandma's DINNER ROLLS

- ADD 1 PKG YEAST TO 1 CUP LUKEWARM WATER.
- ADD 1 TBSP SUGAR, STIR AND LET SIT 5 MINUTES.
- POUR INTO LARGE BOWL AND ADD 1 CUP LUKEWARM WATER OR SCALDED, COOLED MILK
- ADD 3 CUPS FLOUR AND BEAT UNTIL SMOOTH

ADD:

- 1 EGG, WELL BEATEN
- 5-6 TBSP SHORTENING
- 3 TBSP SUGAR
- 1 TSP SALT
- 3 CUPS FLOUR



- KNEAD INTO A MEDIUM-FIRM DOUGH ADDING MORE FLOUR IF NEEDED.
- LET RISE UNTIL DOUBLED IN BULK, ABOUT 1 1/2 HOURS.
- FOLD DOWN AND LET RISE 1 HOUR.

- FOLD DOWN AND SHAPE INTO 24 ROLLS.
- PLACE IN 9x13" PAN.
- LET RISE UNTIL DOUBLED IN BULK.
- BAKE ABOUT 15 MINUTES AT 350°.



Enjoy



blueberry muffins

- 8 tbsp unsalted butter
- 1 cup granulated sugar
- 2 Large Eggs
- 2 tsp baking powder
- 1/2 tsp salt
- 1 tsp vanilla extract

- 2 cups flour
- 1/2 cup Milk
- 2 1/2 cups blueberries
- 1/4 cup granulated sugar (topping)



- preheat oven to 375°
- grease and/or line 12-cup muffin tin
- beat sugar & butter
- add eggs 1 at a time
- beat in baking powder, salt, & vanilla
- alternate adding flour w/ milk
- Mash 1/2 cup blueberries & fold in all blueberries
- fill cups w/ 1/4 (heaping) cup batter then

Bake
@375F
for
30min



Four Ewe Ranch Quiche

filling

2 cup eggs (duck or chicken)

1 cup milk

1 cup cream

1 cup shredded cheese

1/2 c shredded spinach/kale

1/2 c ham or chopped bacon

1 Tbs garlic

1 Tbs herbs (chive, rosemary, thyme, basil...)

2 clove garlic crushed
salt + pepper

crust

1 1/2 c. flour

pinch salt

1/2 c. lard

3-4 Tbs ice water

Directions: Preheat oven to 350°F

cut lard into flour + salt until fine crumbs

slowly add water + toss until mixture forms a ball

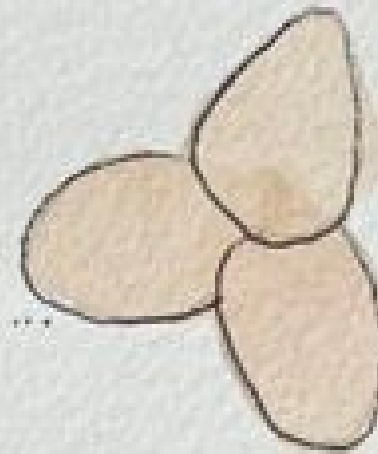
Roll out to fit pie plate OR cast iron skillet

filling: Beat eggs + milk + cream

add all other ingredients

Pour into crust

Bake for 45-50 min until knife comes clean in the middle of pie
check + cover crust with foil to prevent over-browning
Remove from oven + allow to rest 20 min then serve ♡



Bloody Mary

- 2oz Vodka
- 8oz Tomato juice
- 1/4 tsp black pepper
- 1/4 tsp worcestershire sauce
- 1/4 tsp Tabasco Sauce



DIRTY MARTINI

- 6 oz. Vodka
- 1 dash dry Vermouth
- 1 oz brine from olive jar
- 3 blue cheese stuffed olives



SHAKEN
(not stirred)
w/ ICE
strained
into chilled
glass.



Phellegeno
5/22



SALAD

***fresh yummy raw veggies served
on a bed of lettuce.***

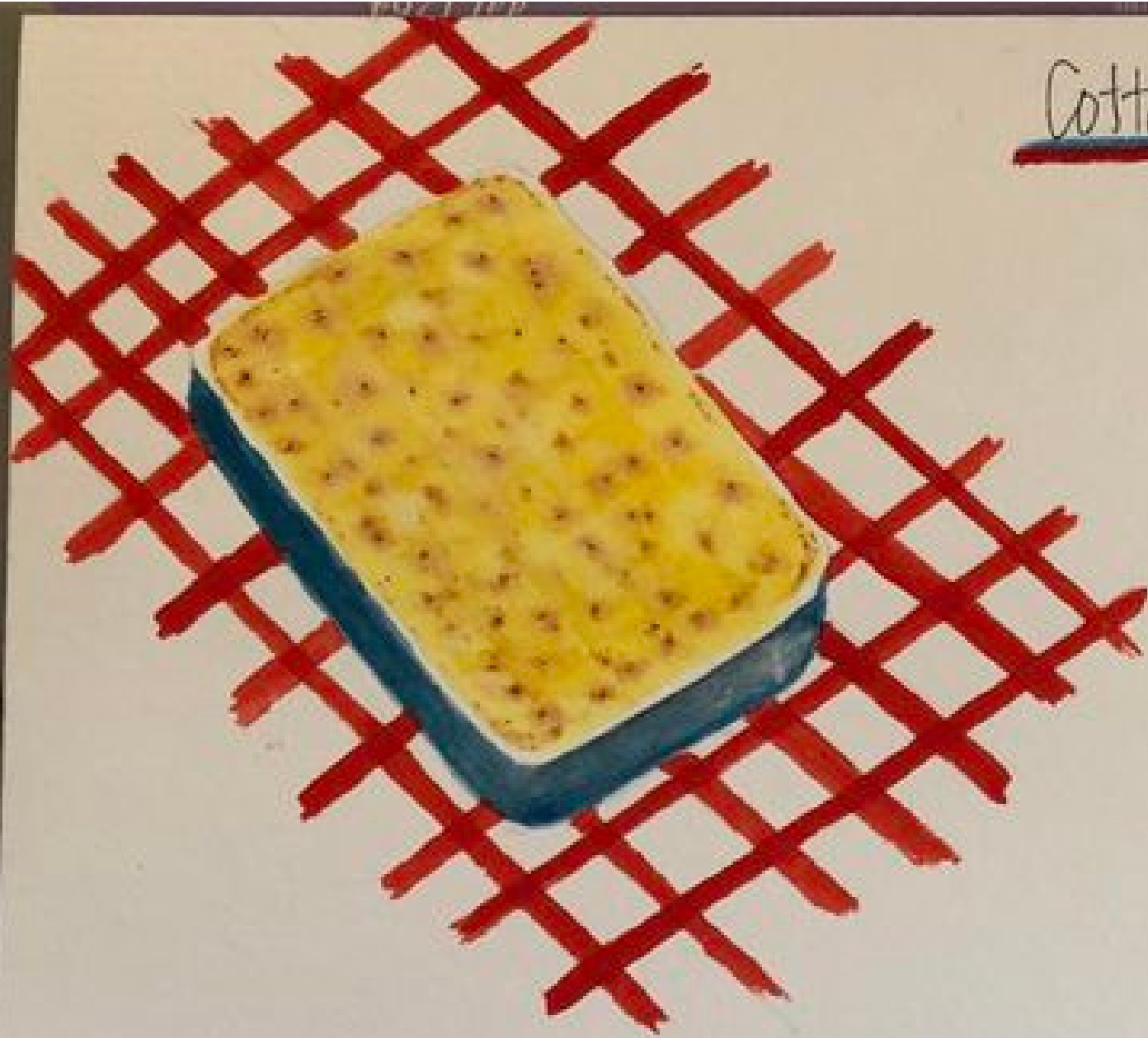
add cheese if you like.

***maybe add a boiled egg or
-something.***

some people like dressing.

just eat a beautiful salad.

Cottage Pie



- 1 lb ground beef (If making Shepherd's Pie: use 1 lb ground lamb.)
- 2 Tablespoons oil
- 1 onion, chopped
- 2 carrots, chopped
- 1½ Cups frozen peas
- 2 boullion cubes
- 2 Tablespoons Cornstarch
- Water (I use boiled spuds water)
- 2-3 Russet Potatoes, cut up for mashing
- 4 Tablespoons butter
- 4 Tablespoons grated Cheddar
- ¼ Cup milk

Heat Oven to 375°

Saute ground beef, mixing constantly until browned. Drain and set aside. Boil potatoes. Add oil to pan and saute onions - 5 minutes, on medium heat. Add meat and carrots. Dissolve boullion in water (1 cup) and add to pan. Cook until carrots are cooked then add peas. Mix cornstarch in water and add to pan, stirring constantly, until thickened. Season with salt and pepper to taste. Put into small casserole and make mashed potatoes, with butter and milk^{SOP}. Spread potatoes onto meat mixture. Sprinkle with cheese. Bake, uncovered for 30 minutes.

Peanut Butter Blossom Cookies

- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1/2 cup creamy peanut butter
- 1/2 cup butter, softened
- 1 egg
- 1 1/2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- Additional granulated sugar
- About 36 Hershey's Kisses Brand milk chocolates, unwrapped

Heat oven to 375°F. In large bowl, beat 1/2 cup granulated sugar, the brown sugar, peanut butter, butter and egg with electric mixer on medium speed, or mix with spoon, until well blended. Stir in flour, baking soda and baking powder until dough forms.

Shape dough into 1-inch balls; roll in additional granulated sugar. On ungreased cookie sheets, place about 2 inches apart.

Bake 8 to 10 minutes or until edges are light golden brown. Immediately press 1 milk chocolate candy in center of each cookie. Remove from cookie sheets to cooling rack.

TIPS:

Trade the chocolate kiss candies for mini peanut butter cups or a chunk of caramel-filled chocolate bar for a delicious twist.

Use a cookie scoop to keep your dough balls all the same size. Cookies bake best when they are uniform in size and shape.



J.A. Dawson

Beer Bread

3 c all purpose flour

3 T sugar

1 t salt

1 T baking powder

1 can 12 oz Coors Beer (room temp)

optional: sesame seeds for the top
butter

Pre heat oven 350°

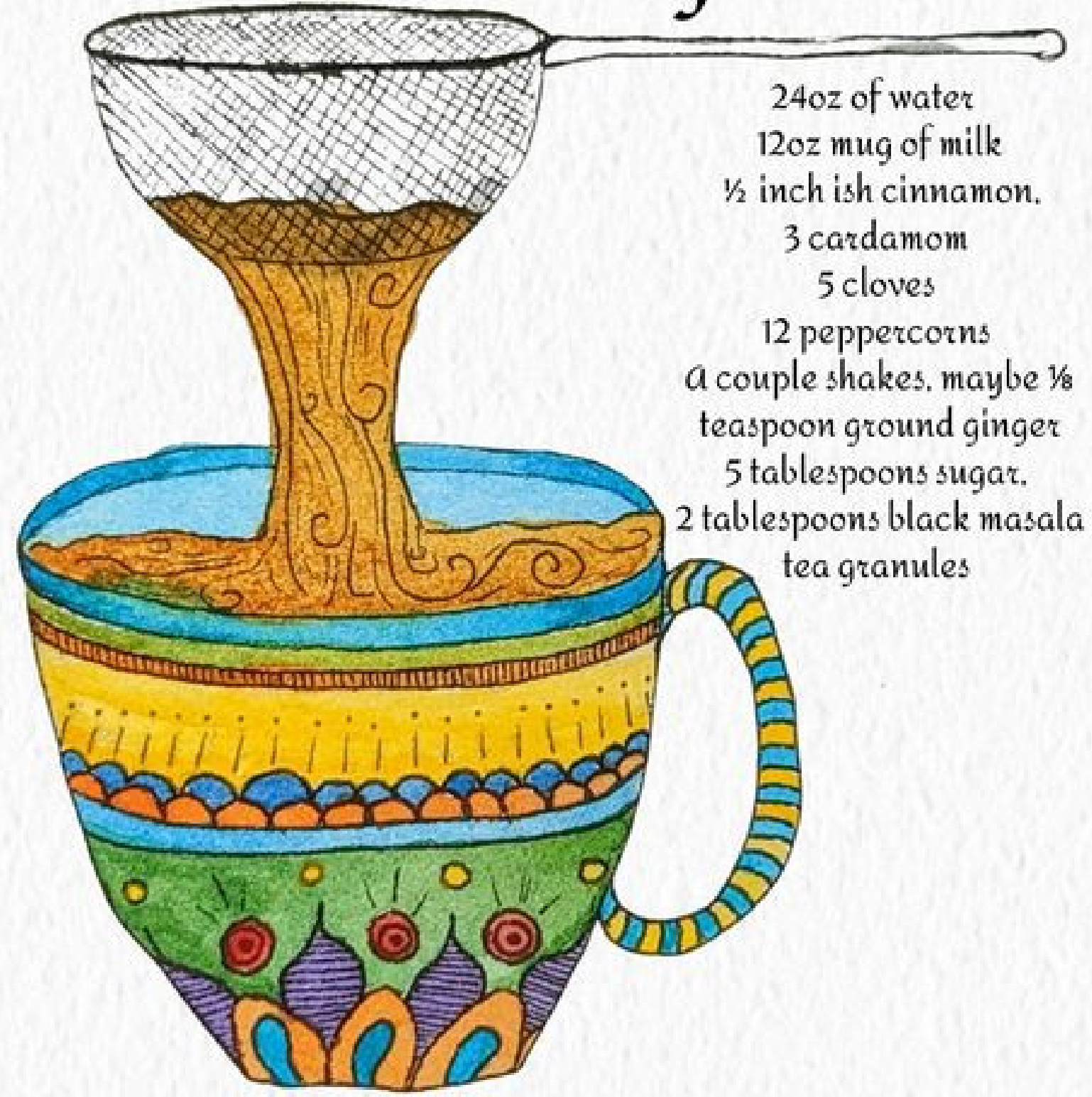
Grease loaf pan. Mix all ingredients in a bowl. Put in to loaf pan.

Bake for approximately 50 minutes or until golden. Put butter on top of hot bread. Cool a bit before cutting.



Chai

Ingredients



- 24oz of water
- 12oz mug of milk
- ½ inch ish cinnamon.
- 3 cardamom
- 5 cloves
- 12 peppercorns
- A couple shakes, maybe ⅛ teaspoon ground ginger
- 5 tablespoons sugar.
- 2 tablespoons black masala tea granules

@AjagarArt

Chai

Instructions




@AjagarArt

- 1) Lightly toast spices in the pot
- 2) Bring 24oz of water & all spices to a boil
- 3) Add 2 tablespoons tea to water & spices
- 4) Boil 1 minute.
- 5) Add 12oz of milk.
- 6) Bring back to a boil. (it boils very fast keep watch)
- 7) Reduce to a simmer for 4 minutes
- 8) Strain into mugs


Makes two 16oz mugs approximately




Cranberry-Orange Salad

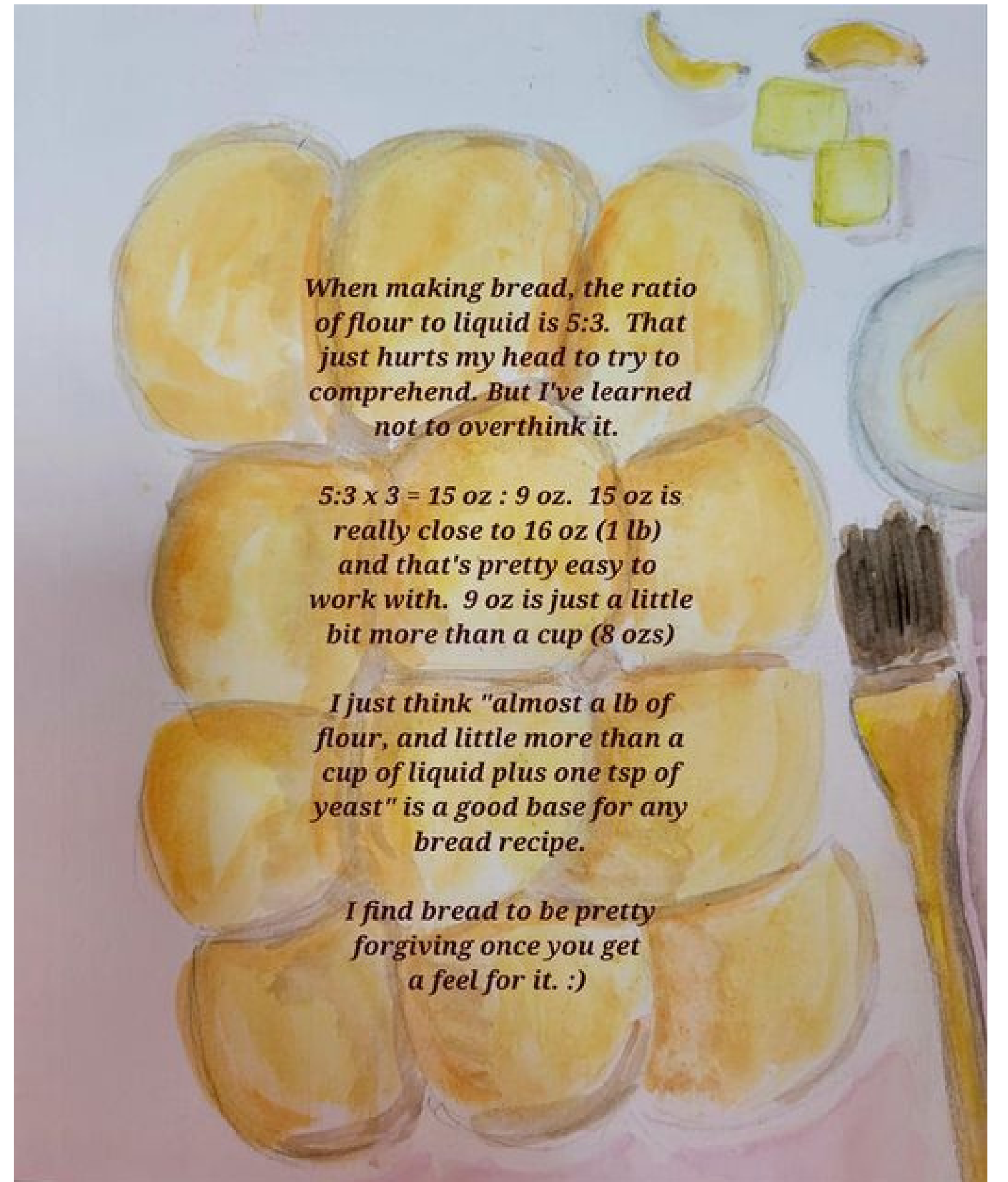


1 3oz pkg cherry jello 1 C. hot water
1 C. sugar 1 T. lemon juice 1 C pineapple syrup
1 C. ground cranberries 1 orange - ground
1 can drained pineapple 1 C. chopped celery
1 C. chopped nuts.



Combine ingredients in
order. Chill.





FROZEN
.....

Strawberry Margarita



6oz. Tequila
2oz. Triple Sec
8oz. frozen
Sliced strawberries
4oz. frozen
limeade concentrate
2 cups ice

Crush ice in blender
add all other
ingredients
blend until smooth.



Ultimate low-carb, fat-free recipe

1. Add 1 cup of water to sauce pan
2. Boil 1 minute
3. Add to heat safe cup
4. Sip carefully

*optional seasonings:

- tea leaves
- lemon slice
- Cinnamon stick
- rosemary sprig
- chamomile flowers

