

FAMILY

FAVOURITES

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This is our personal family recipe book and is not for sale.

We hope you enjoy the recipes.

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Breads & Muffins

BANANA BREAD

(from the Lioness Cookbook)

¾ Cup Butter
1 Cup White Sugar
2 Eggs
2 Cups Flour
1 tsp. Baking Soda
3 Bananas, mashed
Pinch of Salt

Cream together butter, sugar and eggs. Then add flour, baking soda, bananas, and salt. Pour into a greased and floured loaf pan. Bake at 350 F. for 1 hour.

Pizza Dough

Start with:

250g of strong white flour

5g of fast-acting yeast and 5g of salt. Mix

Then add:

160ml of water and 20ml of oil (olive, canola)

Blend all together then knead for 5 minutes.

Leave in bowl to rise for 12+ hours or overnight before you use it.

FAMOUS SUN-MAID SCONES

(Grandma Dwyne's recipe – delicious warm from the oven)

1 Cup Currants

2 Cups Flour

2 tsp. Baking Powder

1 tsp. Salt

1 Tbsp. Sugar

½ Cup Shortening

2 Eggs

½ Cup Milk

¾ Cup Thick Strawberry Jam (or any other jam you like)

Rinse and drain the currants. Mix together the flour, baking powder, salt and sugar. Cut in the shortening. Mix in the beaten eggs, milk and currants to make a moderately soft dough. Turn out on a floured surface and divide in quarters. Roll or pat each piece into a circle about 3/8 inch thick. Fit one circle into a greased round pan, spread with jam and cover with another circle. Pinch the edges together to seal the scone. Repeat with the remaining dough. Score the top of each scone with a sharp knife dividing it into 4 pieces. Bake at 425 F. for 20 – 25 minutes and serve hot.

LEMON BREAD

(Grandma Clarke's recipe – everyone fights over the ends)

1 Cup White Sugar

½ Cup Shortening

½ tsp. Salt

1 Tbsp. Baking Powder

1 ½ Cups All-purpose Flour

2 Eggs

½ Cup Milk

Grated Rind of 1 Lemon

Mix sugar, shortening, salt and eggs until fluffy. Mix flour and baking powder and mix in alternatively with milk. Stir in rind. Bake approximately 50 – 60 minutes in 325 F. greased and floured loaf pan. Brush with glaze.

Glaze – mix ½ cup sugar with the juice of the lemon and heat. Poke top of loaf with skewer and brush with glaze. Turn loaf out of pan after 15 minutes.

This is equally good baked as a cake in a 9” cake pan. Bake for the same amount of time as a loaf.

WHEAT GERM MUFFINS

(Grandma Clarke's recipe which she found when wheat germ was the new health food)

½ Cup Soya or Vegetable Oil

½ Cup Honey, melted

2 Eggs, beaten

2 Cups Wheat Germ

½ tsp. Cinnamon

½ tsp. Ginger

½ tsp. Nutmeg

½ tsp. Baking Powder

¼ tsp. Salt

1 tsp. Baking Soda

¾ Cup Milk

1 Cup Raisins

Mix oil with honey and the eggs. Add the wheat germ, cinnamon, ginger, nutmeg, baking powder, and salt and mix well. Dissolve the baking soda in the milk, add to the mixture along with the raisins.

Fill muffin cups ¾ full. Bake at 350 F. 15 – 20 minutes or until lightly browned.

BREAD

Ingredients for 2 pound loaf

1. 1 ¼ Cups warm water (110f 45 c)
2. 2 ½ Tablespoons white sugar
3. 2 Teaspoons bread machine yeast
4. ¼ Cup vegetable oil
5. 4 Cups white bread flour - for brown 3 cups white 1 cup red fife etc
6. 2 Teaspoon salt

to weight measure flour and salt
4 cups of flour = 20 oz + 2tsp salt = 20.5 oz

Directions

1. Place water, sugar and yeast in the pan of the bread machine
2. Let yeast dissolve and foam for 10 minutes
3. Add the oil
4. Add the flour & salt

Bread Machine

1. Program 3:05
2. Crust 1L

BRAN LOAF

(From my Aunt Connie (Thorton))

| | | Cal |
|-----|---|-----|
| 1 | CUP BRAN | 231 |
| 1 | CUP SULTANAS | 498 |
| | (or 1/2 Sultanas 1/2 Peel, or 1/2 sultanas 1/2 peel + cherries or prunes) | |
| 1 | CUP MILK | 130 |
| 1/2 | CUP BROWN SUGAR | 415 |

Mix all together and let stand overnight, then add

| | | |
|---|-----------------------------|------|
| 1 | CUP FLOUR | 455 |
| 2 | TEASP BAKING POWDER | 5 |
| | Total Calories | 1734 |
| | @ 12 slices = 144 per slice | |

Mix. Bake 350 for about 1 hour.

Cakes, Cookies, Squares & Tarts

BAKEWELL TARTS

(a favourite at the British Show)

Pastry Dough

2 Tbsp. Raspberry Jam

¼ Cup Butter/Margarine

¼ Cup Sugar

1 Egg

1 ½ Tbsp. Self Rising Flour

¼ Cup Ground Almonds

1 Tbsp. Milk

Few Drops of Almond Essence

Optional: Flaked Almonds to Decorate

Preheat oven to 375 degrees. Roll out pastry and cut 12 round bases to go into a tart pan (or line an 8" pie dish). Do not roll the pastry too thin, or the jam will seep through the bottom.

Put ½ tsp. jam into the bottom of each tart (or spread the jam over the pastry base in the pie pan).

Cream together the butter and sugar. Beat in egg, fold in flour, ground almonds, milk and almond essence.

Spread the mixture over the jam. Roll out the pastry trimmings and lay criss-cross across the tarts – sealing the edges with water or decorate with flaked almonds.

Bake until golden brown for 20 – 30 minutes. Ice with a vanilla frosting and decorate with a cherry if desired.

BANANA CAKE

2½ Cups all purpose flour

1½ Cups Mashed Bananas

1¼ Cups Sugar

½ Cup Butter softened

½ Cup Buttermilk (or 2 teaspoons lemon juice + regular milk)

1½ teaspoons Baking Soda

1 teaspoon Baking Powder

1 teaspoon salt

2 Large Eggs

Beat all ingredients together, low for 30 sec, high for 3 min.

Place in 13x9x2 greased pan and bake at 350F for 45 to 50 min.

Cool and Ice. Icing - use Vanilla Butter Frosting in Belgium Cookie Recipe

BELGIUM COOKIES

(Grandma Clarke's recipe – a favourite with most people)

1 Cup Butter
1/2 Cup Icing Sugar
2 Cups All-purpose Flour
1/2 Cup Cornstarch
2 Tbsp. Milk (or more if dough will not hold together)

Cream butter and icing sugar together. Add flour, cornstarch and milk and mix to make a soft dough. Roll out small portions at a time between 2 pieces of wax paper (may have to dust with a bit of flour). Roll to approximately 1/8 - 1/4" thick. Cut with whatever size cookie cutter you wish. Bake at 325 F. on an ungreased cookie sheet approximately 8 - 10 minutes until lightly browned. Remove and cool completely. Put 2 cookies together with some raspberry jam, ice with Vanilla Butter Frosting and decorate with candied cherries.

A small cookie cutter will make 60 - 70 single cookies.
These cookies do not spread so you can put many on 1 cookie sheet.
Use within 2 - 3 days as the jam tends to soften the cookies or freeze in an airtight container.

VANILLA BUTTER FROSTING

1/3 Cup Butter or Margarine, softened
3 Cups Icing Sugar
1 1/2 tsps. Vanilla
2 - 3 Tbsps. Milk

Blend butter and icing sugar. Stir in vanilla and milk and beat with electric mixer until frosting is smooth and of spreading consistency.

This makes more than enough frosting for all the Belgium cookies and also fills and frosts two 8" or 9" layer cakes or one 9 X 13" cake.

BUTTERSCOTCH OAT SQUARES

(these squares are very quick to prepare)

1 Cup Brown Sugar
1 tsp. Baking Powder
2 Cups Quick Oats
½ Cup Melted Butter
½ tsp. Vanilla

Mix all ingredients together and pat into a 8 inch square pan. Bake at 375 F. for 8 – 10 minutes until lightly browned. Cut into squares while still warm so the pieces come out easier.

LEMON CHEESE

(from Grandma Dwyne's cook book)

2 Oz. Butter (1/4 Cup)
½ Pound White Sugar (1 Cup)
3 Eggs
Grated Rind and Juice of 2 Lemons

Beat the eggs and stir in the rest of the ingredients in a double boiler. Cook, stirring gently until thick. Wonderful served in baked miniature tart shells or spread on white bread or pound cake.

CHOCOLATE CHIP COOKIES

(recipe from Betty Crocker Cookbook – the best chocolate chip cookies, it makes about 5 dozen cookies)

2/3 Cup Shortening

2/3 Cup Butter or Margarine, softened

1 Cup White Sugar

1 Cup Brown Sugar, packed

2 Eggs

2 tsp. Vanilla

3 Cups All-purpose Flour (1/2 Cup more for a softer, rounder cookie)

1 tsp. Baking Soda

1 tsp. Salt

2 Packages (6 oz each) Semisweet Chocolate Chips or 1 Large Bag

1 Cup Chopped Nuts (optional)

Thoroughly cream shortening, butter, sugars, eggs and vanilla. Stir in remaining ingredients. Drop dough by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheets. Bake at 375 F. for 8 – 10 minutes until they look slightly under baked. The cookies will continue to cook when removed from the oven and will be soft and chewy in the middle. For really big cookies, Erin used to make small hockey pucks of the dough.

CHOCOLATE ZUCCHINI CAKE

(a good recipe for using up some of the zucchini that over run the garden and its chocolate)

- ½ Cup Margarine
- ½ Cup Vegetable Oil
- 1 ¾ Cups White Sugar
- 2 Eggs, beaten
- 2 tsp. Vanilla
- ½ Cup Milk, soured with ½ Tbsp. lemon juice
- 2 ½ Cups Flour
- ½ tsp. Baking Powder
- 2 tsp. Baking Soda
- 4 Tbsp. Cocoa
- 2 Cups Grated Zucchini, peeled or unpeeled
- ½ Cup Chocolate Chips

Cream together the margarine, oil, sugar, eggs, and vanilla. Add the soured milk and mix well. Mix together the flour, baking powder, baking soda and cocoa and add to the creamed mixture. Add the grated zucchini and chocolate chips and mix well. Pour into a 9 X 13 inch pan and bake at 350 F. for 40 – 45 minutes. Cool completely and ice with Fudgy Cocoa Frosting if desired.

FUDGY COCOA FROSTING

- 3 Tbsp. Butter, melted
- ¼ Cup Cocoa
- ¼ Cup Milk
- ½ tsp. Vanilla
- 2 Cups Icing Sugar

Beat all ingredients together well.

CHRISTMAS CAKE

(this recipe is from Grandma Ball and should be made at least a month ahead)

½ Pound Butter

½ Pound Brown Sugar

4 Eggs

½ tsp. Salt

1 tsp. Baking Powder

½ tsp. Allspice

1 Pound Sultana Raisins

8 Oz. Currants

6 Oz. Citrus Peel

4 Oz. Ground Almonds

4 Oz. Candied Cherries, halved

1 ½ Cups Flour

Whole, Slivered or Flaked Almonds

Cream the butter and brown sugar, add the eggs, salt, allspice and baking powder and mix well. In a separate bowl, combine the sultanas, currants, peel, ground almonds, and cherries. Add a couple of tablespoons from the 1 ½ cups of flour and mix well to coat all the fruit (this ensures the fruit is mixed well throughout the cake). Add the rest of the flour to the creamed mixture, then the fruit and mix well. Put mixture into a parchment lined square midsized Christmas cake tin and sprinkle with almonds if not icing. Place on a cookie sheet which has been liberally sprinkled with salt (this keeps the tin off the sheet). Bake at 300 F. 2 – 3 hours or until browned and cake tester in center comes out clean. Internal temp 199f. Cool completely in pan. Remove from pan keeping parchment paper on and wrap in foil. Store in fridge or a cool place until ready to use.

DATE SQUARES

(recipe from Sue Macaulay)

Filling:

½ Pound Dates, cut up

1/3 Cup Sugar

2/3 Cup Water

1 tsp. Vanilla

Crumb Layers:

1 ¼ Cups All Purpose Flour

1 ½ Cups Rolled Oats

1 Cup Brown Sugar, packed

1 tsp. Baking Soda

½ tsp. Salt

1 Cup Butter or Margarine

Filling: In a saucepan, combine dates, sugar and water. Bring to a boil and allow to simmer until dates are soft. Add vanilla and mix well. If mixture becomes too dry before dates are soft, add more water. If you have too much water, keep simmering until it becomes a date spread. You can add a Tbsp. of Orange Juice or Orange Zest for a different flavor if desired. Let cool.

Crumb Layers: Measure flour, oats, sugar, baking soda, salt and butter into a large bowl. Cut butter into ingredients until crumbly. Press about 2/3 of the mixture into a greased 9 X 9 inch pan. Spread with date filling. Press remaining crumbs on top and press down with your hand. Bake at 350 F. for 30 minutes until a golden brown.

GINGER CRINKLES

(Erin's famous ginger cookies)

¾ Cup Butter, softened

1 Cup White Sugar

1 tsp. Baking Powder

1 tsp. Baking Soda

2 tsp. Grated Fresh Ginger (use 1 Tbsp. if omitting crystallized ginger)

½ tsp. Ground Cinnamon

½ tsp. Ground Cloves

¼ tsp. Salt

1 Egg

¼ Cup Molasses

2 2/3 Cups All-purpose Flour

½ Cup Coarse Sugar

In a large mixing bowl, beat butter with an electric mixer on medium for 30 seconds. Add sugar, baking powder, baking soda, fresh ginger, cinnamon, cloves and salt. Beat until combined, scraping sides of bowl occasionally. Beat in eggs and molasses. Beat in as much of the flour as you can with the mixer, then using a wooden spoon, stir in any remaining flour.

Shape dough into 1 inch balls. Put the coarse sugar in a small bowl. Roll balls in sugar to coat. Place balls 2 inches apart on an ungreased cookie sheet.

Bake at 375 F. for 8 – 10 minutes or until edges are set and tops are crackled. Makes approximately 4 dozen cookies.

LEMON SQUARES

(Erin's recipe)

4 Eggs

1 ½ Cups White Sugar

3 Tbsp. Finely Grated Lemon Rind

½ Cup Lemon Juice

3Tbsp. All-purpose Flour

1 tsp. Baking Powder

¼ tsp. Salt

1 Tbsp. Icing Sugar (for dusting bars)

Base:

¾ Cup Butter, softened

1/2 Cup Icing Sugar

¼ tsp. Salt

2 Cups All-purpose Flour

Note: Erin halves the base recipe so there is more lemon filling.

Line 13X9 inch pan with parchment paper or grease.

Base:

In a bowl, beat together butter, icing sugar and salt until fluffy. Stir in flour. Press into prepared pan, prick with a fork. Bake in the centre of a 325 F. oven about 20 minutes or until golden.

Topping:

In a bowl, beat eggs with white sugar until thickened. Add lemon rind and juice, flour, baking powder and salt and beat until smooth. Pour over the cooked base. Bake for 30 minutes or until edges are set and golden. Cool completely. Remove from pan and refrigerate for up to 1 week or wrap in foil and freeze for up to 1 month. Dust with icing sugar and cut into bars.

MARZIPAN BARS

(recipe from Mrs. Winwood – a lady I worked with at Glaeser's Pharmacy as a teenager and who made our wedding cake)

Base:

1 Cup Flour
1/3 Cup Butter, softened
1/8 tsp. Salt
1 Tbsp. Sugar
1 Egg Yolk

Raspberry Jam

Cream sugar, salt and butter, add egg yoke, then flour. Pat this mixture into a greased 9" pan. Spread raspberry jam on this bottom pastry.

Cake Mixture:

1/2 Cup Butter
3/4 Cup Sugar
2 Eggs
1 tsp. Almond Flavouring
1/4 tsp. Salt
2/3 Cup Rice Flour

Mix together butter, sugar and eggs. Add almond flavouring, salt and rice flour. Colour half the mixture green and half pink. Drop by large tablespoons on jam in checkerboard fashion. Bake at 325 F. for 30 - 40 minutes until lightly browned. When cool, ice with Vanilla Butter Frosting with almond flavouring (substitute 1/2 tsp. almond flavouring for vanilla in above recipe).

MIRACLE SQUARES

(officially call Nanaimo Bars, but Grandma Clarke always called them Miracle Squares and made them at Christmas)

1/2 cup butter
1/2 cup sugar
5 tbsp. cocoa
1 tsp. vanilla
2 eggs (1 large, 1 small)
2 cups graham cracker crumbs
1 cup cocoanut
1 cup chopped walnuts

Place softened butter, sugar, cocoa, vanilla and eggs in double boiler or heavy saucepan. Set over heat and stir well until butter is melted and mixture resembles custard. Combine graham crumbs, cocoanut and nuts blending well. Add to cooked mixture. Pack evenly into a 9 inch square pan. Spread with Special Icing.

Special Icing :

Cream 1/4 cup butter. Combine 3 tbsp. milk and 2 tbsp. custard powder. Add to butter and blend in 2 cups icing sugar. Spread over chocolate base. Let stand 15 minutes to harden. Melt 4 squares of semi-sweet chocolate with 2 tbsp. butter and spread over custard icing. Score top into squares as chocolate sets. Store in refrigerator if using within a few days or freeze. To cut, allow squares to come to room temperature and cut with a hot knife.

SHORTBREAD

(for Cookie Press – from Grandma Dwyne’s cookbook)

1 Pound Butter, softened
1 Cup Brown Sugar, packed
1 Egg Yolk
4 Cups All-purpose Flour

Cream the butter, brown sugar and egg yolk thoroughly. Add the flour gradually until a soft dough is formed. Put in the cookie press and form cookies. Bake at 350 F. 8 – 10 minutes until lightly browned Mix with hands.

WILLIAMSBURG ORANGE CAKE

(made for Erin's birthday cake – it never turns out the same way twice. This recipe is much better made into 24 cupcakes which stay moist)

2 ½ Cups All-purpose Flour or 2 ¾ Cups Cake Flour

1 ½ Cups White Sugar

1 ½ tsp. Baking Soda

¾ tsp. Salt

1 ½ Cups Buttermilk

½ Cup Butter or Margarine, softened

¼ Cup Shortening

3 Eggs

1 ½ tsp Vanilla

1 Cup Golden Raisins, cut up

1 Tbsp. Grated Orange Peel

Heat oven to 350 F. Grease and flour a 13 X 9 X 2 baking pan, two 9 inch or three 8 inch round cake pans, or make 24 cupcakes. Measure all ingredients into a large bowl. Blend ½ minute on low speed of mixer, scraping bowl constantly. Beat 3 minutes on high speed. Pour into pans. Bake oblong pan 45 – 50 minutes, layers 30 – 35 minutes and cupcakes 20 – 25 minutes or until cake tester inserted in centre comes out clean. Cool completely. Ice with Williamsburg Butter Frosting.

Williamsburg Butter Frosting

For oblong cake or two 9 inch layers –

1/3 Cup Butter or Margarine, softened

3 Cups Icing Sugar

3 – 4 Tbsp. Orange Juice or

Orange-flavoured Liqueur

2 tsp. Grated Orange Peel

For three 8 inch layers –

½ Cup Butter or Margarine, softened

4 ½ Cups Icing Sugar

4 – 5 Tbsp. Orange Juice or

Orange-flavoured Liqueur

1 Tbsp. Grated Orange Peel

Blend butter and sugar with electric mixer, then beat in juice and orange peel until smooth

YORKSHIRE SPICE CAKE

(from Grandma Dwyne's cook book and taken from The Star Weekly Kitchen)

(A most excellent cake, which I have enjoyed numerous times. W.T.D)

- ¾ Cup Butter
- 1 ½ Cups Brown Sugar, packed
- 3 Eggs
- 3 ½ Cups All-purpose Flour or 4 Cups Cake Flour
- ½ Nutmeg, grated (1 tsp. nutmeg)
- 4 Level tsp. Baking Powder
- ½ tsp. Salt
- 3 Cups Currants
- 1 Cup Raisins
- ¾ Cup Mixed Citrus Peel
- 1 tsp. Vanilla
- 1 Cup Milk (scant measure)

Cream butter and brown sugar and beat in eggs. Add nutmeg, baking powder, salt and vanilla. Mix fruit together and add some of the flour to coat fruit. Add fruit to creamed mixture, the rest of the flour and the milk and mix well. Line a medium sized Christmas cake pan with parchment paper and put in mixture. Bake at 300 – 325 F. for 1 ½ - 2 hours until browned and cake tester inserted in centre comes out clean. Cool completely.

From The Star Weekly Kitchen “A cake of fairly large size (baked in the medium-sized Christmas cake tin) costs in the neighbourhood of 35 cents. Nice for all the year.” “This cake is less of a Christmas cake than it is an all-the-year-round fruit cake. It is a favorite with men – particularly with Yorkshiremen. We serve it with crumbly Cheshire cheese.”

Desserts

BUTTER BRICKLE ICE CREAM DESSERT

(St. Mary's choir favourite made by organist Peter Harding)

2 Cups Flour

½ Cup Oatmeal

½ Cup Brown Sugar

1 Cup Margarine

1 Cup Chopped Pecan Pieces

1 Jar Kraft Caramel Sauce

1 (2 L) Container Vanilla Ice Cream

Melt margarine, add flour, oatmeal, brown sugar and pecans. Pat out thinly on a large cookie sheet. Bake at 400 F. for 15 minutes. Crumble while hot and spread half the crumbs on the bottom of a 9 X 13 pan. Drizzle half the jar of caramel over the crumbs. Spread the softened ice cream over top, then put the remaining crumbs on the ice cream and drizzle the rest of the caramel sauce on top. Freeze. Remove from the freezer 20 minutes before serving.

CARAMEL PUDDING CAKE

(also called Half Hour Pudding and one of Annie's favourite desserts)

½ Cup Butter or Margarine, softened

½ Cup White Sugar

1 ½ Cups All-purpose Flour

1 tsp. Baking Powder

½ tsp. Salt

½ Cup Milk

½ Cup Raisins

1 Cup Brown Sugar, packed

2 Cups Cold Water

Cream the butter and sugar. Combine the flour, baking powder and salt; add to the creamed mixture with the milk. Stir until smooth and stir in raisins. Spread in a greased 8 inch square baking pan. Combine the brown sugar and cold water; pour over the batter. Bake at 350 F. for 45 – 50 minutes or until golden brown. Serve warm.

LIGHT BERRY FOOL

Serves 4

1 Cup Balkan-style Plain Yogurt

¾ Cup Whipping Cream

2 Tbsps. Granulated Sugar

Dash of Vanilla

1 Cup Drained, thawed mixed frozen berries

Mint Leaves (optional)

Line sieve with cheesecloth, set over a bowl. Add yogurt, refrigerate until slightly thickened, about 1 hour. Transfer drained yogurt to a large bowl.

In a separate bowl, whip together cream, sugar and vanilla, and fold into yogurt.

Fold in mixed berries, leaving streaks. Spoon into stemmed glasses and garnish with mint leaves if desired. Refrigerate until ready to serve.

JAM SPONGE

(a steamed pudding from Mrs. Bridges Cookbook)

½ Cup Butter

¼ Cup Sugar

1 Cup Flour

2 Eggs

1 ½ Tbsp. Milk

½ Tsp. Baking Powder

Pinch of Salt

3 Heaped Tbsp. of Blackcurrant Jam or any flavor jam

Place a large pan with lid and sufficient water to come $\frac{3}{4}$ the way up the pudding basin on to boil. Place a trivet in bottom of the pan.

Cream the butter and sugar and beat in the eggs. Combine the flour with the baking powder and pinch of salt, and fold into the batter. Grease a 2 ½ pint pudding basin, and spread the jam on the bottom. Pour the batter over the jam. Cover with foil, thinly buttered, then with a damp cloth. Tie securely, taking the string over the top of the basin to serve as a handle. Place in the pan of boiling water, reduce to low simmering, cover and steam for 1 ½ hours. Turn the pudding out on a serving dish and serve with custard sauce (optional). Serves 4 – 6. This pudding will be fine if left longer than the 1 ½ hours.

NO BAKE CHEESECAKE

(John's favourite birthday dessert)

- 1 ¼ Cups Graham Wafer Crumbs
- ¼ Cup White Sugar
- ¼ Cup Butter, melted
- 2 Pkg (250 g each) Light Philadelphia Brand Cream Cheese, softened
- 1 Cup White Sugar
- 1 tsp. Lemon Juice
- 2 tsp. Vanilla
- 2 Envelopes Dream Whip Dessert Topping Mix

Combine the graham crumbs, ¼ cup sugar and melted butter. Press firmly on the bottom of an 8 inch springform pan. Beat the cream cheese and 1 cup sugar until smooth and fluffy. Beat in the lemon juice and vanilla. Prepare the Dream Whip as directed on the package and beat into the cream cheese mixture. Pour into the crust and chill at least 3 hours or overnight. Serve with cherry pie filling for a topping (mix ½ tsp. almond flavouring into the cherries).

NORMA BIDWELL'S LEMON MERINGUE PIE

(the best scratch lemon meringue pie)

Filling:

5 Tbsp. Cornstarch
½ tsp. Salt
1 ¼ Cups White Sugar
2 Cups Boiling Water
2 Tbsp. Butter
6 Tbsp. Lemon Juice from Lemons
Grated Rind of 1 Lemon
4 Egg Yolks, slightly beaten with fork
1 Baked 9 inch Pie Shell

Meringue:

4 Egg Whites
¼ tsp. Cream of Tartar
6 Tbsp. Granulated Sugar
½ tsp. Vanilla

Combine cornstarch, salt and sugar in top of double boiler or heavy saucepan. Add boiling water, stirring continuously and cook over medium heat until mixture boils (just until bubbles break surface).

Beat in butter, lemon juice and rind. Stir hot mixture into beaten eggs, then put mixture back into saucepan and cook until thick. Cool. Fill baked pie shell and cover with meringue.

Meringue:

Whip egg whites until frothy. Add cream of tartar and whip until stiff peaks form. Do not beat until dry. Beat in sugar, 1/2 tsp. at a time (this usually takes a few minutes and is well worth the time to keep the meringue light and fluffy). Beat in vanilla. Do not overbeat. Pile meringue onto cool pie filling lifting spoon all over surface to make attractive peaks. Be sure to seal meringue right to edges of pie crust. Put in 425 F. oven until meringue is golden brown. When cooled, put in refrigerator.

ORANGE-HONEY YOGURT SAUCE

(good on fruit salad)

1 Cup Low-fat Plain Yogurt

1 tsp. Grated Orange Rind

1 Tbsp. Orange Juice

2 Tbsp. Liquid Honey

½ tsp. Vanilla

Combine all ingredients and refrigerate.

PIE CRUST

(this recipe consistently makes good pastry)

2 Cups All-purpose Flour

¾ tsp. Salt

1 Cup Crisco Shortening

1 Egg

1 Tbsp. White Vinegar

2 Tbsp. Cold Water

Mix the flour with the salt and cut in the shortening until crumbly. Mix the egg, vinegar and cold water together and mix into the flour mixture. Use a light hand when rolling out the pastry.

PINEAPPLE ANGEL FOOD TORTE

(Annie's favourite birthday cake, Marj Patterson's recipe made for Les' birthdays)

- 1 Angel Food Cake (either store bought or made from a mix)
- 1 Can of Crushed Pineapple (19 oz.), undrained
- 1 Pkg. of Instant Vanilla Pudding Mix (42 g)
- 1 Carton of Whipping Cream (500 ml)
- 1 Can of Mandarin Oranges for decorating or Strawberries (optional)

In a large bowl, stir together the pineapple with juice and pudding mix. Allow to stand about 5 minutes or until slightly thickened. Whip the cream until stiff and fold into the pineapple mixture. Cut the angel food cake into 3 equal layers, fill and frost with the pineapple- whip cream mixture. You can put some mandarin oranges between each layer and use to decorate the top or garnish with cut strawberries. Chill for a few hours.

PINEAPPLE UPSIDE-DOWN CAKE

(Dad remembers Grandma Dwyne making it often)

- ¼ Cup Butter
- ½ Cup Brown Sugar, packed
- 1 Can Pineapple Slices (14 oz.) – drain and reserve juice
- Maraschino Cherries
- 1 Golden Cake Mix

Preheat oven to 350 F. Melt butter in a 9 inch pie plate in microwave. Spread the brown sugar evenly on top of the butter. Arrange the pineapple slices over the brown sugar and place a cherry in the middle of each pineapple slice. Make up the cake mix using the reserved pineapple juice as some of the required liquid. Pour on top of the pineapple slices and bake approximately 50 – 60 minutes or until cake is done when tested. Remove from oven, wait 5 minutes, invert onto a plate, wait a few minutes more and carefully remove the pie plate. Serve warm with maple syrup and whipped cream.

STRAWBERRY GLAZE PIE

(from Grandma Clarke's recipes)

1 9" Cooked Pie Shell

Filling:

1 ½ quarts (6 Cups) Strawberries (hulled)

1 Cup Sugar

2 Tbsp. Cornstarch

½ Cup Water

Red Food Colouring (optional)

In a small bowl, mash enough strawberries to measure 1 cup. In a 2 quart saucepan, mix sugar and cornstarch. Gradually stir in ½ cup water and mashed strawberries (add 1 – 2 drops food colour if deeper red colour is desired). Cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir 1 minute; cool.

Cut up remaining strawberries and cover bottom of pie shell. Pour cooked strawberry mixture over top. Refrigerate until set, about 3 hours. Store in refrigerator.

Dips

VEGETABLE DIP

(this is still the family favourite)

- 1 Cup Sour Cream
- 1 Cup Real Mayonnaise
- 1 Clove Garlic (minced or ½ tsp. garlic powder)
- 2 tsp. Worcestershire Sauce
- ½ tsp. oregano
- ½ tsp. thyme

Mix all ingredients together and refrigerate at least 2 hours.

CURRY DIP

(Dad's favourite)

- 1 Cup Real Mayonnaise
- 1 tsp. Curry Powder
- 1 Tbsp. Lemon Juice
- 2 Tbsp. Onion, finely chopped
- 5 – 6 Dashes of Tabasco Sauce

Mix all ingredients together and add tabasco sauce to make it as hot as you like. Refrigerate for a few hours before serving.

KELSEY'S 4 CHEESE SPINACH DIP

8 oz. Cream Cheese

$\frac{3}{4}$ tsp. garlic powder

$\frac{1}{4}$ Cup (scant – not packed) Freshly Grated Parmesan Cheese

1 Tbsp. (not packed) Freshly Grated Romano Cheese

1 Tbsp. (rounded) Very Finely Chopped Sweet Red Pepper

1 Green Onion (Scallion) White and Green Finely Chopped

$\frac{1}{2}$ Package Frozen Chopped Spinach, Thawed and Squeezed Dry

$\frac{1}{2}$ Cup Grated Medium Cheddar

Pinch of Cayenne Pepper

Preheat oven to 400 F.

Mix first 4 ingredients by hand or mixer on medium until softened and well mixed. Add chopped red pepper and green onion and mix until just incorporated. Add spinach and mix on low until incorporated. Transfer mixture to a small ovenproof dish and sprinkle cayenne pepper on top to taste. Top with cheddar. Bake for 15 – 18 minutes or until bubbling around the edges. Remove from oven and allow to set for 5 – 7 minutes before serving. Serve with fried or baked Greek style pita wedges and tortilla chips.

Main Course

CHICKEN, SNOW PEAS AND CASHEW STIR-FRY

(one of John's favourites)

- 3 Tbsp. Soy Sauce
- 4 tsp. Cornstarch
- 1 Tbsp. Granulated Sugar
- 1 Tbsp. Sherry or Chicken Stock
- 1 tsp. Sesame Oil
- Dash of Hot Pepper Sauce
- 1 Lb. Boneless, Skinless Chicken Breasts or Thighs
- 1 Cup Snow Peas
- 1 Sweet Red Pepper
- 1 Tbsp. Vegetable Oil
- 1/3 Cup Roasted Cashews
- 1 Clove Garlic, Sliced
- 1 Piece (2") Gingerroot, Sliced

In a small bowl, whisk together soy sauce, cornstarch, sugar, sherry, sesame oil and hot pepper sauce; set aside.

Remove strings from snow peas; cut diagonally in half. Seed, core and cut red pepper into bite-size chunks. Set aside.

Cut up chicken into bite-size pieces. In a wok or large skillet, heat vegetable oil over high heat; stir-fry the chicken until browned, about 3 minutes. Transfer to a plate.

Add snow peas, red pepper, cashews, garlic and ginger to wok; cover and steam until red pepper is tender crisp, about 2 minutes.

Return chicken and any accumulated juices to pan; toss to combine. Remove pan from heat and stir in soy sauce mixture. Return to heat and simmer until glossy, about 1 minute.

Brenda & Bills Baked Beans

ingredients per 1lb of navy beans

Basic Ingredients

1. One pound of white navy beans
2. 4-5 onions chopped (sometimes fried, sometimes not)
3. Can of tomatoes 500ml (drained, retain liquid and add later as req'd)
4. Can of tomatoe paste
5. ¼ cup molasses (Black Strap makes the beans darker)
6. ½ cup ketchup (or a mix with BBQ sauce etc)
7. ½ tbsp salt
8. 2 tsp cider vinegar
9. ½ tsp mustard powder
10. Cumin 1 tsp

Optional Ingredients

11. Other dry beans e.g. chick peas, kidney, broad, mung, black eyed etc (replace upto ½ of the navy beans). Carrots(baby) or other hard vegetables.
12. BBQ sauce, smoke flavouring, Worcestershire sauce, Pepper, Curry Powder etc to taste.
13. Brown sugar if you want to add sweetness

Directions

14. Rinse then soak beans in a large pot overnight. Drain add fresh water and boil about 30-60 minutes. When slightly tender but still firm drain and place in crock pot. Do not add salt as it prevents beans from becoming soft.
15. Add the above ingredients.
16. Slow cook for 4-5+ hours.

PUMPKIN CURRY

Serves 4

- 1 Small Onion, chopped
- 2 Cloves Garlic, peeled and minced
- 2 Tbsps. Canola Oil
- 2 Tbsps. Freshly Grated Ginger
- 6 Cups peeled, diced Pumpkin
- 4 tsps. Curry Powder
- ¼ tsp. each salt and pepper
- 3 Tbsps. Tomato Paste
- 1 ½ Cups Chicken Broth
- ¼ Cup Thompson Raisins
- ¼ Cup Slivered Almonds
- 1 Cup Canned Chick Peas, drained and rinsed
- 2 Tbsps. Chopped Fresh Cilantro (for garnish)

Heat the oil in a large saucepan over medium-high heat. Cook the chopped onion, minced garlic and grated ginger. Stir in the diced pumpkin, curry powder, salt and pepper and cook for 1 minute. Mix in the tomato paste and cook another 2 – 3 minutes.

Add the chicken broth, raisins and almonds, cover and keep to a low simmer. Cook until the pumpkin is tender and the sauce has thickened slightly, 10 – 12 minutes. Stir in the chick peas and cook until heated through, 2 – 3 minutes. Garnish with cilantro and serve with basmati rice.

THAI CHICKEN BURGER

Makes 4 Burgers

1 Lime

1 Egg

1/2 tsp. Salt

2 Tbsps. Dry Bread Crumbs

1 Tbsp. each Hot Sauce and Fish Sauce

1 Lb. Ground Chicken or Turkey

¼ Cup Finely Chopped Fresh Mint or Cilantro

Finely grate peel from the lime into a medium bowl. Add the egg and salt and whisk together. Stir in the bread crumbs, hot sauce and fish sauce. Crumble in the meat and add the mint or cilantro. Gently mix and shape into 4 burgers about ½ inch thick.

Lightly coat a frying pan with oil and set over medium heat. Add the burgers. Cook until light golden, 3 to 4 minutes per side. They brown quickly. Reduce heat to medium-low. Cover and cook until firm when pressed, about 2 – 3 more minutes per side. Serve on buns with sliced cucumber and tomato.

CORONATION CHICKEN

A rich and creamy curried chicken salad, this dish is ideal for parties or to use up left-over cooked meat. Also good cold with salad.

Preparation time: 10 mins

Serves: 4

Ingredients

1 Can of Condensed Cream of Chicken Soup (284 ml.) and 1 soup can of water or milk

2 Tbsps. Mango Chutney

2 tsps. Curry Paste or Curry Powder (or to taste)

½ tsp. Ground Ginger

1 Clove Garlic, minced

1 Medium Onion, diced

1 Small Apple, peeled and diced

¼ Cup Sultana Raisins

2 Cups Cooked Chicken, diced

Method

In a skillet over medium heat, cook the garlic and onion until translucent. Add the curry paste or powder and ginger and cook another 2 minutes. Mix in the chicken soup plus the can of water/milk, mango chutney, raisins and apple and lastly the chicken. Heat through and simmer for 10 – 15 minutes. You may need to add more water or milk to make the desired consistency. Serve on a bed of basmati rice with Naan bread on the side.

Variation

Also great made with cooked turkey or cooked new potatoes for a deliciously different potato salad.

Roasted Vegetable Strudel

Ingredients

- ½ Lb Asparagus Trimmed
- 1 Red Bell Pepper
- ½ Yellow Bell Pepper
- 1 Zucchini Cut Lengthwise in 3 Strips
- 1 Large Portobello Mushroom Sliced in 1 inch pieces
- ½ Small Red Onion, Sliced
- 2 Cloves of Garlic, Peeled
- ¼ Lb Feta Cheese Coarsely Crumbled (2/3 Cup)
- 1.4 Cup chopped Basil
- ½ Tsb of Salt
 - Freshly Ground Pepper to Taste
- 1 Tbsp Balsamic Vinegar
- 12 Sheets Phylo Dough, Thawed
 - About ½ Cup of Clarified or Melted Butter
- 2 Tsp Sesame Seeds

Preperation

Place Asparagus, Peppers, Zucchini, Mushrooms, Onion & Garlic in single layer on a lightly greased baking sheet. Roast 20-25 min in a pre-heated 450F oven,

Discard Skins from peppers. Dice or coarsely chop vegetables & garlic. Place in large bowl, add Feta, Basil, Salt, Pepper & Vinegar. Gently stir together.

Layout 1 Philo sheet horizontal, brush with butter. Repeat with 5 more sheets. Spread ½ the vegetable mixture across bottom of phylo sheets, leave 1 inch at sides, roll once tuck in ends, finish rolling.

Lay on non-stick baking sheet. Brush top with butter and sprinkle with sesame seeds. Score top with 4 diagonal cuts.

Repeat with remaining Philo sheets.

Bake 15-20 min in 400F oven or until golden. Cut each strudel into 5 Pieces.

MEAT AND POTATO PIE

(Grandma Ball's recipe, and Dads favourite)

1 Roast Beef, 2 – 3 pounds or larger if making a larger pie

Flour for dredging pieces of meat

1 Large Onion

2 – 3 Garlic Cloves

Potatoes – enough to make a good layer on top of the cooked meat mixture

Pastry

Cut up beef into bite sized pieces, dredge with flour and brown in a frying pan (the flour makes the gravy). Season with salt and pepper while browning. Place all beef and cut up garlic cloves in a pressure cooker. Add enough water to cover the meat. Bring pressure up and cook for 15 minutes. In the meantime, cut up and fry onion in frying pan, seasoning with salt and pepper. When the pressure has dropped, open the pressure cooker and add onions to meat mixture. Let meat cool and then pour into baking pan. Cut up sufficient potatoes (enough to make a good layer on top of the meat mixture) into bite sized pieces and boil on top of stove about 5 minutes or just until tender. Drain, keeping some of the potato water in case you need more liquid for the meat. Let potatoes cool and then add on top of the meat. Top with pastry and make slits in the pastry and a small hole in the middle to let the gravy bubble up. Place on a cookie sheet and bake at 425 F. for 30 minutes until pastry is brown and gravy bubbles up through hole in the middle.

Note: I (Bill) use very little or no flour as I like the gravy clear and meaty.

NAPPA CABBAGE NOODLE SALAD

Ingredients:

- 1 large head (or 2 small heads) Nappa Cabbage, finely chopped (may be called Chinese Cabbage)
- 5 green onions with tops, finely chopped
- 2 pkgs. Mr. Noodles – use noodles only (do not use the flavour packet)
- ½ cup sesame seeds
- 1 small pkg. slivered almonds (approx. ¾ cup)
- 1/3 cup butter

Dressing:

- 1 cup salad oil
- 2 teaspoons Soya sauce
- ¾ cup white sugar
- ½ cup white vinegar

Directions:

Mix chopped cabbage and onions and chill.

Mix dressing ingredients in a separate container or jar and chill.

Melt butter in frying pan and brown noodles (after you have broken them up in the package), almonds and sesame seeds until light brown and let cool. NOTE: add sesame seeds last as they toast quickly. Also watch this mixture closely and stir it often as it browns fast.

Put dressing on greens about 30 minutes before serving.

Add noodle mixture and toss just before you are ready to serve.

Serves 10 to 12 people.

BEAN SALAD

- 1 Tin (14oz) Green Beans (drained)
- 1 Tin (14oz) Yellow Beans (drained)
- 1 Tin(14oz) Green Peas (drained)
- 1 Tin(small) Corn baby or niblets (drained)
- 1 Tin (10oz) Kidney Beans (drained and rinsed)
- 1 Medium Size Onions
- 1 Large Red Pepper, cut into stripes

Will easily take another can of whatever you want to try

DRESSING

- 1 Cup of White Sugar (try 2/3 or less)
- 1 Cup Vinegar
- ½ Cup of Salad Oil
- 1 ½ Teaspoons of Salt
- 1 1/2 Teaspoons of Pepper

Put into a jar – shake well – pour over the Beans. Put in a cool place for a few days before using

SCALLOPED POTATOES

(I make 'em but don't like to eat 'em)

6 Medium Potatoes

3 Tbsp. Butter or Margarine

3 Tbsp. Flour

Salt and Pepper

2 ½ Cups Milk

1/2 Cup Finely Chopped Onion, fried

1 Tbsp. Butter or Margarine

2 Cups Shredded Cheddar Cheese

Heat oven to 350 F. Peel potatoes and cut into thin slices.

Melt 3 Tbsp. butter in a saucepan over low heat. Blend in flour and salt and pepper. Stir until mixture is smooth and bubbly. Remove from heat and stir in milk stirring constantly so that sauce doesn't become lumpy. Bring back to a boil and stir constantly for 1 minute until sauce has slightly thickened. Remove from heat. Fry the chopped onion until brown.

In a well greased 2 quart casserole, lay slices of potato in dish, top with half the onions, 1/3 the cheese and a thin layer, approximately 1/3 of the white sauce. Arrange another layer of potatoes, the remaining onions, 1/3 cheese and another thin layer of white sauce. Potatoes can be slightly overlapped on each layer. Top with remaining potatoes and sauce. Dot with 1 Tbsp. butter. Cover and bake 30 minutes on the middle rack of oven. Uncover and bake 60 – 70 minutes longer or until potatoes are tender. Remove from oven when done. Sprinkle remaining shredded cheese on top to melt. Let stand 5 – 10 minutes before serving.

Recipe can easily be doubled depending on how big a casserole you are making. Just keep to 3 layers of potato so it cooks easily.

TURKEY STUFFING

(for Annie's birthday one year, all she requested was stuffing and Yorkshire Pudding)

- ¾ Cup Butter
- 2 Cups Chopped Onions
- 2 Cups Chopped Celery
- 1 tsp. Sage
- 1 tsp. each Salt, Savory, Marjoram, and Pepper
- ½ tsp. Thyme
- 14 Cups Cubed White Bread
- 1 Cup Chopped Parsley

Saute onions, celery, and spices in melted butter until soft. Add to bread cubes and then add parsley. Use to stuff turkey or bake in 325 F. oven about 20 – 30 minutes. If baking in oven, moisten stuffing with some chicken broth before baking.

YORKSHIRE PUDDING

(from Betty Crocker and another of Annie's favourites)

(Dad used to like to eat these sprinkled with a little sugar)

- 1 Cup All-purpose Flour
- ½ tsp. Salt
- 1 Cup Milk
- 2 Eggs

About 1 hour before baking, mix all ingredients thoroughly and let stand at room temperature. Warm the oven to 425 F. Put either a small amount of beef dripping or shortening into each cup of a muffin tin. Place muffin tin in oven just until oil is hot - about 3 or 4 minutes (watch so it doesn't start to smoke). Remove from oven and add pudding mixture to each of the muffin cups. Bake for 20 – 25 minutes or until the puddings are puffy and golden brown.

GREEK SALAD DRESSING

Lemon Dressing

- ¼ Cup Vegetable Oil
- 2 Tablespoons Lemon Juice
- ½ Teaspoon Sugar
- 1 ½ Teaspoons Dijon Mustard
- ¼ Teaspoon Salt
- 1/8 Teaspoon Pepper

COLESLAW DRESSING

- 1/4 Cup Sugar
- 1 Teaspoon Celery Salt
- 1 Teaspoon Dry Mustard
- ¾ Cup Mayonnaise
- 2 ½ Tablespoons White Vinegar

Process until smooth.

HAMBURGER PATTIES

- 500 g Lean Ground Minced Beef or a LB
- ½ Onion, finely chopped
- 1 Beef stock cube, crumbled
- 2 Tablespoons Tomato Sauce
- 2 Tablespoons BBQ Sauce
- 1 Teaspoon granulated garlic
- ¼ Cup bread crumbs
- 1 Teaspoon mixed herbs (herbs&garlic)
- 1 ½ Teaspoons Worcestershire Sauce

Method Make 4 ounce patties, cook on BBQ at about 400+ for 4minutes per side.

Best Burger & Chips

Best Hamburgers

Combine

- 1 lb Lean Ground Beef
- 1 tsp Salt
- 1 tsp Worcestershire Sauce
- 2 tsp Garlic (optional)
- Mix then divide into 4 4oz balls (use a scale).
- Form balls into Hamburger Patties

Cooking

- 400f Preheat BBQ
- 4 min for first side then flip
- 4 min for second side
- If toasting buns - top rack for final 2 minutes.

Other than flip and buns, do not open BBQ cover. You will have to experiment with the temperature for your BBQ. Ours works best a little under 400f

Easy to remember 4oz 4 min/side 400f

Best Chips

- Cut your potatoes then:
- Soak in cold salty water (about as salty as the sea) for about an hour (optional)
- Drain chips and dry with tea towel
- Warm grease to 180-190f
- Add chips and cook for 10-15 min
- Turn temp up to 350f (leave chips on the burner)
- Cook 'till done, probably before you reach 350f
- When done shake well, if desired sprinkle with salt
- Tip chips into bowl lined with paper towel.

Best BBQ tip

- Get a hand held digital meat thermometer. Most will find that they have been over cooking.

PARMESAN CRUSTED FISH

- 2 Tablespoons Balkan Style plain Yogurt
- ½ Teaspoon Dijon Mustard
- 4 Green Onions (green parts only, finely chopped
- 1 Cup Panko Bread Crumbs
- ¼ grated Parmesan Cheese
- 3 Tablespoons Butter melted
- 4 Skinless Halibut fillets 1 1/4lb total (Cod or Tilapia)
- Pinch Salt and Pepper

Stir together yogurt, mustard and onions. In a separate bowl, stir together bread crumbs, Parmesan cheese and butter. Set bowls aside.

On parchment paper lined baking sheet, pat fish dry with paper towels. Sprinkle with salt and pepper. Spread green onion mixture evenly over fish; lightly press bread crumb mixture over the top.

Bake in top third of 425F (220C) oven until crust is golden and fish flakes easily when tested, 10 to 12 minute

Miscellaneous

MINCEMEAT

(Grandma Ball's recipe and should be made at the end of November)

(We have made this and enjoyed the tarts for as long as I can remember. - Dad)

- 1 Pound Raisins (Thompson or Muscat)
- 1 Pound Currants
- 1 Pound Sultanas
- ½ Pound Citrus Peel
- 2 Pounds Apples (before peeling)
- 1 Pound White Sugar
- 2 Oranges (grated and juiced)
- 2 Lemons (grated and juiced)
- 1 Pound Suet (buy already ground up in frozen meat section)
- 1 tsp. Nutmeg
- 2 tsp. Cinnamon
- ½ - 1 Cup Rum, Port or Brandy

Put all ingredients through the meat grinder using the medium cutter. Put the mixture in a large pot with lid. Add liquor and mix well. Stir every couple of days to break up any lumps and mix fruit well. Keep in a cool place until ready to use.

MUESLI

(Grandma Dwyne's recipe)

3 Tbsp. Quick Cooking Oats

½ - ¾ Cup Water

1 tsp. Lemon Juice

1 Tbsp. Honey

2 Apples, peeled or skin on (Gala apples don't brown too quickly)

Raisins, Walnuts, Cocoanut

Half & Half Cream

Mix the oats, water, lemon juice and honey in a large bowl. Let soak for ½ hour or overnight. Grate the apples and mix well and serve immediately. Add raisins, walnuts, cocoanut and cream to individual taste.

OATCAKES

(traditional to the Stoke-On-Trent area)

(Excellent with bacon & eggs or rolled up with cheese or bacon)

Warm the oven and put light on. When oven is warm, turn off but keep light on. This is the ideal spot as it keeps the oatcake mixture warm and the yeast alive so it can keep working.

In 1 Cup of warm water (115 degrees F.) dissolve 1 tsp. sugar and 3 tsp. yeast (equivalent to 1 envelope of Traditional Yeast). Let stand for 10 minutes until mixture is foamy, then stir.

Measure 3 Cups ground oatmeal (oats can be ground in the blender), 1 1/2 Cups flour and 1tsp. salt in a large bowl. Add 2 Cups of warmed milk, then the yeast mixture, then more warmed milk until the mixture resembles a thick soup. The trick is to keep everything warm to keep the yeast working. Cover with wax paper and keep warm in the oven for a few hours (or overnight) stirring occasionally.

Warm a griddle or frying pan on the burner to medium heat and grease with shortening. Pour about 1/3 of a cup on the griddle and spread out thinly. Cook until the top of the oatcake is dry then flip and cook the other side. Let cool completely on racks before stacking and storing in the fridge. Makes approximately 24 oatcakes.

Milk. Use whole full fat milk for best results. To store in fridge – wrap in slightly damp tea towel, place in ziplock bag.

PUNCH

(Grandma Clarke's recipe)

1 Can Pink Lemonade (undiluted)

1 Can White Lemonade (undiluted)

1 1.89 L. Bottle Cranberry Juice

1 2 L. Bottle Gingerale

Mix all ingredients above and add enough gingerale to taste. Add lemon, lime and orange slices and maschino cherries. Do not add too much ice to punch as it will water it down.

Yogurt

(Dad's recipe - can be doubled)

Ingredients

17. 1 quart or litre milk, skim ok, powdered ok. (our bags of milk are 1.3 litres)
18. ¼ - ½ cup dry milk powder, optional, increases calcium and firmness
19. 2 tablespoons commercial yogurt, ingredients must list active culture. We like Astro Balkan Style & Oikos Greek plain. (Don't be cheap, a little more is better than a little less.)

Directions

1. Put cold milk and powdered milk in a double boiler and stir well. If you are adding sugar or honey add it now 2-4 tablespoons.
2. Heat milk mixture carefully to 185f, do not boil
3. Place top portion of double boiler in cold water and cool to 110f
4. Add the commercial yogurt
5. Place in oven at 100f
6. Leave for about 7 hours, longer time = thicker
7 hours thickness is about the same as store bought. 10 hours it's more like sour cream.
7. Place in containers in fridge

Milk - - Powdered milk = a dryer yogurt. 100% powder works well, add the extra ¼ - ½ of powder. Any amount of powdered milk should be left in frig overnight to avoid slight grainy texture.

Thermometer - - we use a digital meat thermometer. Move the probe around and stir the liquid to ensure that you are not getting a false reading from the bottom of the pot. Wine cork on probe will keep it suspended. In the oven put probe under pot.

Oven – before starting, experiment with your oven by pre-heating it to about 100f, then with the oven light on, leave the thermometer in it for 5-6 hours, it needs to maintain about 100f. If not, try changing the bulb to a higher or lower wattage. You could also make a box with a heating pad.

You can use 2 tablespoons for the next batch, in time it may get weaker. Frozen does not work.

For our double boiler - 2l+2c: 4 cups Powder Milk + 10 cups of water + ½ cup yogurt starter

Soups

BEEF AND BARLEY SOUP

- 1 Meaty Beef Shank
- 1 Carrot, coarsely chopped
- 1 Small Onion, quartered
- 1 Stalk of Celery, coarsely chopped
- 2 Cloves Garlic, chopped
- Enough Water to cover meat
- 1/3 Cup Pearl Barley, rinsed

In a pressure cooker, brown meat on both sides, salt and pepper to taste. Add the rest of the ingredients and cover with enough water. Bring up to pressure and cook for ½ hour. Strain into a large bowl, discard vegetables and take meat off the bone to cut up for the soup. Place in fridge overnight so fat rises to the top and can be removed.

To make soup: Add whatever vegetables you like (I usually add sliced carrots, potatoes, onion, garlic, celery) to the beef broth and either use the pressure cooker (5 minutes once up to pressure) or on top of the stove (about 20 minutes) to cook the vegetables. In a separate pot, boil the barley with enough water until soft (about ½ hour). The barley will absorb the water so watch it doesn't boil dry. Add the barley and any liquid to the broth and vegetables and the cut up meat from the bone. Season to taste.

CARROT AND GINGER SOUP

2 Tbsps. Olive Oil or Butter

1 Onion, diced

3 Cloves Garlic, minced

4 Cups Water and 2 Knorr Chicken Bouillon Cubes

½ Medium Butternut Squash, diced

1 Lb. Carrots, peeled and diced (approximately 6 carrots)

1 Tbsp. grated Fresh Ginger

Salt and Pepper to taste

Dash of Cinnamon

1 tsp. Orange Zest

Juice of half an Orange

Heat oil or butter in a large soup pot over medium heat. Add diced onion and garlic and cook, stirring until onion is translucent. Pour in the water and chicken bouillon cubes and add diced carrots, squash and ginger. Bring to a boil and cook for at least 20 – 30 minutes or until carrots and squash are tender.

Puree the mixture with a hand blender. Season with salt and pepper and cinnamon. Add the orange zest and orange juice to the soup. Gently heat through before serving.

Pour a thin swirl of cream over the top as a garnish if desired.

HOMEMADE CHICKEN OR TURKEY STOCK

(to use left over bones)

- Bones from a Chicken or Turkey
- 2 Carrots, cleaned and coarsely chopped
- 1 Onion, cut in pieces
- 2 Stalks of Celery, coarsely chopped
- 3 Cloves Garlic, coarsely chopped
- Water to cover bones

Pressure Cooker: Place all ingredients in cooker, bring to pressure and cook on medium for ½ hour.

Stock Pot on Stove: Place all ingredients in pot. Bring to boil and simmer for 3 hours.

Strain broth into a large bowl, discard bones and vegetables, place in fridge overnight so fat rises to the top and can be removed.

PEA SOUP WITH HAM

- 1 Smoked Ham Hock, remove as much fat as you can
- 1 Tbsp. Vegetable Oil
- 1 Large Onion, chopped
- 2 Each Carrots and Celery Stalks, chopped
- 1 Small Potato, chopped
- 2 Cloves Garlic, minced
- 2 Bay Leaves
- ½ tsp. Each Salt and Pepper
- 4 Cups Chicken Stock
- 2 Cups Water
- 2 Cups Dry Green Split Peas

In pot, heat oil over medium-low heat and fry onion, carrots, celery, potato, garlic, bay leaves, salt, and pepper until vegetables are soft (about 5 minutes). Add ham hock, stock, peas and 2 cups of water. Bring to a boil, cover and simmer about 1 ¾ hours. Remove ham hock and bay leaves. Pull off meat, cut into small pieces and add to soup.

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