

# Woodstock Community Cookbook

*A collection of recipes  
submitted by Woodstock School staff members*

*2010*

# Recipe Index

(Section divisions are included here in BOLD font.)

3-Minute No-Bake Cookies, 59

Aloo Bharta, 43

Angie's Scones, 14

Appetizers, 7

Apple Cake, 60

Apple Tart, 68

Baby Ruth Bars, 56

Baked Beans (American-style), 46

Baked Zucchini with Tomato Sauce, 36

Banana Bread, 17

Banana Cream Pie, 71

Banana Oatmeal Cookies, 62

Banana Quick Bread, 12

Barbecued Chicken, 23

Bars, 54, 56, 67

Basic Dal, 34

Bathue Raita, 47

Batter, 33

BBQ Meatballs, 33

Best Chocolate Cake -eggless, 69

Breads, Muffins, Coffee-Cakes, 8

Brownies, 56, 61

Cake, 61

Cake Doughnuts, 19

Cappucino Muffins, 14

Cardinal Punch, 4

Carrot Cake, 71

Casserole, 35

Challah (Holla!) Break (aka Egg Bread), 13

Cheese and Rice Souffle, 22

Cheesecake, 62

Chewy Egg Noodles, 37

Chicken, 23

Chicken \$65 (Shadab's special), 28

Chicken Curry, 28

Chickoo Shake, 5

Chocolate Cake, 53, 70

Chocolate Cake -eggless, 69

Chocolate Chip Apricot Bars, 67

Chocolate Chip Cookies, 55

Chocolate Chip-Oatmeal Cookies, 57

Chocolate Cream Pie, 71

Chocolate Crinkles, 57

Chocolate Cupcakes, 55

Chocolate Icing, 53

Chocolate Shake, 6

Chocolate Snack Cake (easy!), 69

Chocolate Syrup, 47

Cocoa Apple Cake, 60

Coconut Cream Pie, 71

Coffee Cake, 20

Coffee Praline, 63

Cola Cake, 58

Cookies, 55, 57, 62, 64, 65

Cool Sea Breeze, 5

Corn Bread (yummy), 11

Cream of Potato and Onion Soup, 51

Cream of Potato Soup, 49

Crepes, 18

Crispy Batter for Fish "fish-n-chips", 33

Crust, 68

Cupcakes, 55

Dahl Soup, 48

Dal, 34

Dal Kitchirie, 50

Delicious Brownies, 56

Drinks, 4

Dumplings, 37

Easy French Bread, 16

Easy Fudge Frosting, 70

Egg Bake, 36

Egg Bread, 13

Egg Dumplings with Garlic Cream Sauce, 37

Egg Noodles, 37

Eggless American Pancakes, 9

Enchilada Casserole, 35

Enchiladas, 32

Exotic Coffee Praline, 63

Favorite Streusel Coffee Cake, 20

Favorite Sugar Cookies, 66

Filled Cookies, 67

Fish, 22

fish-n-chips, 33

French Apple Tart, 68

French Bread, 16

Frittata, 35

Frosting, 70

Fruity Parasait, 64

Fudge, 52, 66

Fudge Frosting, 70

Garlic Cream Sauce, 37  
 Gobi Parantha, 44  
Golden Shake, 6  
Golden Syrup (Karo syrup), 51  
Goulash, 32  
Hedgehogs, 56  
High Altitude Brownies, 61  
Himalayan Cheesecake, 62  
Hindustani Chai, 6  
Honey Whole Wheat Bread, 11  
Hungarian Goulash, 32  
Icing, 59  
Italian Salad Dressing, 48  
Jiffy Cake, 60  
Kababs, 39  
 Karo syrup, 51  
Lasagna, 27  
Lassi, 5  
Layered Bars, 54  
Lemon Poppy-Seed Muffins, 21  
Lemon Squares, 67  
Lemony Cucumber Coolers, 5  
Main NON-Vegetarian Dishes, 21  
Main Vegetarian Dishes, 33  
Mango Lassi, 5  
Mango or Strawberry Delight, 63  
Maple Icing, 59  
Maple Syrup, 48  
Meatballs, 33  
Miscellaneous, 46  
Mix Fruit Raita, 46  
Moist Chocolate Cake, 70  
Molasses Cookies, 65  
Momo, 7  
Never Fail Chocolate Cake, 53  
No Bake Cookies, 54  
No-Bake Chocolate Balls, 64  
No-Bake Cookies, 59  
No-gas "Grilled" Cheese Sandwiches, 34  
No-No Cake, 61  
Oatmeal Cookies, 62  
Oatmeal muffins, 8  
Orange Delight, 4  
Orange Sauce for Chicken, 30  
 Palk and Egg Sabzi, 44  
Pancakes, 8  
Paneer, 38  
 Paneer Curry, 42  
Paneer Tikka Masala, 38  
Peanut Brittle, 52  
Peanut Butter Cookies, 64  
Peanut Butter Cream Pie, 71  
Pie, 69, 70  
Pie Crust, 68  
Pineapple Upside Down Cake, 53  
Pizza Dough, 30  
Pizza Sauce (or Spaghetti Sauce), 31  
Pomegranate Apple Bread, 13  
Porcupine Balls, 26  
Pork Roast, 25  
Pork Roast in the pressure cooker, 25  
Potato-Vegetable-Egg Bake, 36  
Prize Coffee Cake, 10  
Pumpkin Bread, 18  
Pumpkin Pie, 69  
Pumpkin Raita, 47  
 Quesadillas, 40  
Raita, 46, 47  
Red Onion Soup / French Onion Soup, 50  
 Refried Beans, 41  
Roast Chicken, 23  
Russian Teacakes, 65  
Salad Dressing, 48  
Salads, 48  
Sausage, 31  
Scones, 14, 16  
Sesame Chicken, 29  
Shahi Paneer, 38  
Shirley Temple, 4  
 Simple Yellow dal, 42  
soup, 49  
Soups and Stews, 48  
Spaghetti, 26  
Spaghetti Sauce, 29, 31  
Spice Cake, 61  
Steamed Fish, 22  
Strawberry Delight, 63  
Strawberry Shake, 6  
Stroganoff, 24  
Sugar Cookies, 66  
Swanson's Spaghetti Sauce, 29  
Swedish Honokaka (round, flat honey-cakes), 17  
Swedish No-Bake Chocolate Balls, 64  
Swedish Tea Ring, 19  
Sweet Potato Cake, 58  
Sweet Potatoes, 45  
 Sweet Rice, 43

*Sweet Treats*, 51

Syrup, 47, 48

Syrup recipe (for pancakes), 9

Tamale Pie, 21

Tarte Aux Pommes (French Apple Tart), 68

Tea Ring, 19

The Chophels' Mutton Momo Recipe, 7

Thumbprint Cookies, 65

Tortillas, 15

Upside Down Cake, 53

Vanilla Cream Pie, 70

Veg Kababs, 39

Vegetable Side Dishes, 45

Vegetable soup, 49

Waffles, 10

Whipped cream, 63

Zucchini Bread, 15

Zucchini with Tomato Sauce, 36

## *Drinks*

### Shirley Temple

Ginger Ale

Grenadine

Lime Juice

Tin Cherry

Orange Slice

Pour ingredients over ice in a glass. Garnish with cherry and orange slice.

Submitted by Shadab Begum

### Cardinal Punch

½ Litre Real Orange Juice

Lemon Juice

Ginger Ale

Geradine

Add all the juices into a glass half filled with ice and ginger ale. Add slices of orange or lemon to decorate.

Submitted by Shadab Begum

### Orange Delight

Frozen orange juice concentrate

Orange slice

Ginger ale

Limca/ Sprite / Soda

Spoon orange juice concentrate into a glass. Fill with cold ginger ale. Add an ice cube or two, if you wish and garnish with orange slice, stir gently.

Submitted by Shadab Begum

### **Lemony Cucumber Coolers**

**4-5 medium cucumbers, divided**

**1-inch ginger piece**

**Juice of one lemon**

**Pinch of rock salt**

**2 tbsp sugar**

**Ice (optional)**

1. In a mixer add peeled cucumbers (keeping aside 1/4<sup>th</sup> unpeeled cucumber) and grind ginger very fine. Strain in a tumbler and chill.
2. At the time of serving add the lemon juice, rock salt and sugar.
3. Grate the unpeeled cucumber. Fill the glasses with the juice and top with the grated cucumber. Serve.

Submitted by Shadab Begum

### **Cool Sea Breeze**

**Sprite**

**Blue Color**

**Mint Oil**

Mix all (according to taste) and serve chilled. Decorate with mint leaves.

Submitted by Shadab Begum

### **Chickoo Shake**

**3 chickoo**

**1 cup cream**

**milk to fill two glasses**

**5 tsp sugar**

**Ice as required**

1. Peel chickoo and cut into small pieces and take out the seeds.
2. Blend milk, sugar and chickoo in a mixer until smooth. Add cream and blend again.
3. Put the shake in the glasses, add some crushed ice and serve chilled.

Submitted by Shadab Begum

### **Mango Lassi**

**1 cup Curd**

**1 cup peeled and chopped Ripe Mango**

**2 Tbsp Sugar (according to taste)**

**1/4 tsp Cardamom Powder (Elaichi Powder - Optional)**

**Ice Cubes**

1. Combine all ingredients and blend until smooth in a blender.
2. Strain through a sieve, pushing as much liquid as possible.

3. Pour in glasses and serve.

Submitted by Shadab Begum

### **Strawberry Shake**

**1 cup fresh Strawberries (Or strawberry essence)**

**4 cups Milk**

**Sugar Powder to taste**

**Ice -cubes**

1. Remove stems from strawberries and wash them.
2. Blend strawberries and little milk together in a blender until crushed properly into a smooth paste.
3. Add the remaining milk, sugar and crushed ice and blend again for another 30 seconds or so.
4. Serve chilled in glasses.

Submitted by Shadab Begum

### **Golden Shake**

**1 cup pineapple juice**

**1 cup orange juice**

**2 cup milk**

**1 cup fresh cream**

**6 tbsp sugar powder**

**Crushed Ice**

1. Mix sugar powder in pineapple and orange juice and mix well. Then add milk.
2. Put some crushed ice in glass. Pour shake into the glass and pour some cream on the top. Serve chilled.

Submitted by Shadab Begum

### **Chocolate Shake**

**4 cup Cold Milk**

**2 cup Chocolate Ice-Cream**

**5 tsp Cocoa Powder (sweetened)**

**Crushed Ice**

Blend milk and cocoa powder in a blender for few seconds. Add ice-cream and crushed ice and blend again for few more seconds. Serve chilled.

Submitted by Shadab Begum

### **Hindustani Chai**

**2 cups water**

**2 cups milk**

**8 tsp sugar**

**4 whole cloves**

**4-5 peppercorns**  
**cinnamon stick**  
**2 green elaichi**  
**1-2 Tbsp grated ginger**  
**4 pinches of tea dust**  
**2 pinches of leaf tea**

1. Put whole spices into 2 cups of water
2. Add sugar
3. Bring to a boil and allow to boil for a few minutes getting the spice tastes into the water
4. Add two cups of milk
5. Bring to a boil.
6. Add tea and allow to come to a good colour
7. Strain immediately or tea will become very black.

Submitted by Sue Rollins

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## *Appetizers*

### The Chophels' Mutton Momo Recipe

**Minced meat (mutton or other) - ½ kg**

**White flour (maida) - 1 kg. for the dough and keep about 1½ cup dry flour aside.**

**Onion - 5 to 6 of medium size**

**Garlic - several cloves**

**Ginger - a small piece**

**Green coriander (or spring onions or bokchoy) - a small bunch**

**Salt - approximately 2 teaspoons (or to taste)**

**Spices - black pepper, meat masala or powdered chili, to taste**

**Refined oil (traditionally we use animal fat) - 1 or 2 teaspoons (optional)**

1. Knead the white flour and make a dough (can mix approximately ½ to 1 tea spoon of baking power), then roll into palm-size balls. If the dough becomes too sticky knead again with adding more dry flour.
2. Fill ¾ of the bottom stack of the steamer with water and let it boil. It has to be kept boiling with a medium fire before the momos are ready to be cooked.
3. Mince the onions.
4. Crush the garlic and ginger together to form a ginger-garlic paste.
5. Chop the green coriander.
6. Mix the minced meat, chopped onions, ginger-garlic paste, coriander and salt well.
7. Apply a bit of oil to the stacks so that the momos do not stick.
8. Take the balls and roll into round and flat shape. If it is sticky, add some of the dry flour. Then place a spoonful of minced meat in the center and start making momos by carefully folding from all the sides of each of them (like a samosa shape or any simple shape that you can make).  
Then

place them all in the stacks of the steamer. Do not place the momos too close to each other as they will expand a little.

9. Before placing them on top of the bottom stack, check first whether more water needs to be added.

10. The momos will be cooked in 25 to 30 minutes time.

The above recipe will serve approximately 40 large / 50 small size momos. \*If you want juicy momos do not fry the meat in advance. If you want drier momos (i.e. for a picnic or travel) then fry the meat (no onions) with salt to taste before filling momos.

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## **Breads, Muffins, Coffee-Cakes**

### **Oatmeal muffins**

**1 cup rolled oats**

**1 cup soured milk**

**1/3 cup soft shortening**

**1/2 cup brown sugar**

**1 egg**

**1 cup sifted flour**

**1 tsp Baking powder**

**1/2 tsp baking soda**

**1 tsp salt**

**1 Tbsp vinegar to sour milk**

1. Bring milk to a boil. Turn off. Add rolled oats and vinegar, stir and leave sitting while you do the following.
2. Heat oven to 400F. Grease bottom of muffin cups or use paper baking cups.
3. Mix shortening, sugar and egg well.
4. Measure flour and other dry ingredients and put into sieve.
5. Stir into #3 alternately with rolled oats and milk.
6. Fill muffin tins 2/3 full. Bake 20 to 25 minutes. Serve hot.

Serving size: 12 medium muffins

Cook Time: 20-25 minutes

Oven Temperature: 400 F

Submitted by Sue Rollins from Betty Crocker Cookbook

### **Pancakes**

**1 egg**

**1 1/4 cup sour milk**

**2 Tbsp vegetable oil or melted shortening**

**1 1/4 cups flour**

**1 Tbsp sugar**

**1 tsp baking powder**

**1/2 tsp soda**

**1/2 tsp salt**

1. Blend egg, milk and oil.
2. Measure flour and other dry ingredients. Sift together.
3. Add liquids and beat with beater or whisk until all flour is moistened. (Batter should be slightly lumpy)
4. Grease heated griddle, if necessary. To test, sprinkle with drops of water. When water sizzles, griddle heat is just right. Pour batter from pitcher or tip of large spoon in pools slightly apart (perfectly round cakes).
5. Turn pancakes as soon as they are puffed and full of bubbles, but before the bubbles break. Turn and brown on other side.
6. Serve immediately with butter and syrup. If necessary, keep pancakes hot by placing between folds of warm towel in warm oven.

Submitted by Sue Rollins from Betty Crocker Cookbook

### Eggless American Pancakes

*Pancake Mix:*

**6 cups (white) flour (can use ½ whole wheat and ½ white flour if you like).**

**1 Tbsp salt**

**3 Tbsp baking powder**

**2/3 cup sugar**

**2 cups powdered milk (optional)**

Combine all ingredients and put in a dry, sealed container. You can store this mix for 2-3 months.

*To Make Pancakes:*

**2 cups Pancake Mix (above)**

**1 cup water**

**2-3 Tbsp oil**

**1 egg (optional)**

1. Mix all ingredients together. If batter is too thick, add more water, if it is too thin, add more mix.
2. Spoon or pour pancakes (each the size of about 1/8 cup batter) onto a flat frying pan and fry over medium flame until the bubbles start popping on the top side.
3. Flip over and fry for a couple more minutes until cooked through.
4. Remove from frying pan, serve with butter, syrup, jam, chocolate sauce, whipped cream, or strawberries or other fruit.

Serving Size: 3-4 people

Cook Time: 10-20 minutes (you can eat them as you cook them)

Options: This is a good, quick meal to have on hand. Americans eat pancakes especially for Breakfast or Supper, and since the mix lasts for a long time, it only takes a few minutes to get a meal going when you're really hungry. It's also a decent hiking meal if you plan to bring a stove and pan anyway.

Submitted by Joie Burchell from The Wycliffe International Cookbook

### Syrup recipe (for pancakes)

**1 c. white sugar**

**1 c. brown sugar**  
**1 c. water**

Bring to a boil and cook until crystals are gone. Put into a pitcher and serve. Store in the refrigerator for next time.

Options: You can also add maple or vanilla flavoring after boiling for added flavor.

Submitted by Sue Rollins

### **Waffles**

**1 ¾ cups flour**  
**1 Tbsp baking powder**  
**¼ tsp salt**  
**2 egg yolks**  
**1 ¾ cups milk**  
**¼ cup cooking oil**  
**2 egg whites**

1. In a medium mixing bowl stir together flour, baking powder, and salt. Make a well in the center of dry mixture, set aside
2. In another medium mixing bowl beat egg yolks slightly. Stir in milk and oil. Add egg yolk mixture all at once to the dry mixture. Stir just till moistened (batter should be lumpy)
3. In a small mixing bowl beat egg whites till stiff peaks form (tips stand straight). Gently fold beaten egg whites into flour and egg yolk mixture, leaving a few fluffs of egg white. Do not over mix.
4. Pour 1-1 ½ cups batter onto grids of a preheated, lightly greased waffle baker. Close lid quickly do not open till done. Bake according to manufacturers directions. When done, use a fork to lift waffle off grid. Repeat with remaining batter. Serve warm.

Serving Size: Makes 12-16 (4 inch) waffles

Submitted by Sue Rollins from Better Homes and Gardens Cookbook

### **Prize Coffee Cake**

*Cake batter:*

**¾ c. Sugar**  
**¼ c. Soft shortening**  
**1 egg**  
**½ c. Milk**  
**1 ½ c. Flour**  
**2 tsp. Baking powder**  
**½ tsp Salt**

*Streusel:*

**½ c. Brown sugar**  
**2 Tbsp flour**  
**2 tsp. Cinnamon**  
**2Tbsp melted butter**  
**½ c. Chopped nuts**

### **Candied cherries if desired**

1. Mix together sugar, shortening, and egg; stir in milk.
2. Sift together dry ingredients and add to # 1.
3. Spread half of batter in greased and floured pan, sprinkle with half of streusel; add remaining batter and sprinkle with remaining streusel over the top.
4. Bake 375 F. For 25-35 minutes or until you can insert a toothpick and it comes out clean.

Submitted by Sue Rollins from the Landour Cookbook

### **Corn Bread (yummy)**

**¾ c. cornmeal**

**1 c. flour**

**1/3 cup sugar**

**1 Tbsp. Baking powder**

**¾ tsp salt**

**1 c. milk**

**1 beaten egg**

**2 Tbsp melted shortening**

- 1) Combine cornmeal, flour, sugar, baking powder and salt.
- 2) Add milk, egg, and shortening.
- 3) Pour into greased 9x9 inch pan. Bake at 400 F. for 20 minutes or cook in a skillet over flame spreader (low heat) for 10-15 minutes.

Submitted by Sue Rollins

### **Honey Whole Wheat Bread**

**4 c. whole wheat flour**

**4-4 ½ c. white flour**

**1 Tbsp salt**

**2 Tbsp dry yeast**

**½ c. water**

**2 ½ c. milk**

**½ c. honey**

**2 Tbsp. Oil**

**¼ c wheat germ (optional)**

(can replace one cup whole wheat flour with soy flour.)

1. Heat ½ c. water to baby bottle temperature. You should be able to touch it without feeling a sting to the skin.
2. Add 1 Tbsp. Sugar and 2 Tbsps yeast. Stir and set aside. Within 15 minutes it will start to fluff up as the yeast begins to grow. If it does not it may mean that your yeast is not good and you need a new batch. It may also mean that the water was too hot and you killed the yeast. Either way try again, but do not use it in the bread or it may not rise!
3. Scald the milk and put it in a larger bowl along with the honey and oil.
4. Cool milk mixture until you can put a finger in without it stinging.
5. Add yeast mixture to the milk and also add salt.
6. Add 3 c. Whole wheat flour. Beat for five minutes with an electric beater. This allows the gluten to

come out of the flour and work as a binder in the bread

7. Remove beaters and use a wooden spoon. Add the rest of the flour gradually mixing with the spoon after each addition. It will soon become too stiff to mix.
8. Put a bit of flour on the counter. Spread it out and put the dough on it. Pour a bit more flour on the top of the dough so that you can knead it without the dough sticking to your hands.
9. Knead pushing down with the palm of your hand. Then fold the dough in half and do the same thing. Knead the dough for 5 minutes again giving the gluten time to come out of the flour and work as the bonding agent in the bread. When the dough becomes sticky add a bit more flour. Never add too much at a time. You may not need to use all of the above flour.
10. Place in a clean oiled mixing bowl. Cover with plastic or foil so that the dough does not dry out. Allow to rise in a warm place until double in bulk. Usually takes a good hour depending on how warm a spot you have chosen. Remember that warm means you can touch it and it does not sting the skin. Yeast is a live thing and you will kill it if you make it too hot.
11. Punch dough down and split in half. Roll into two loaves being careful not to trap air bubbles in the dough as you roll.
12. Place in two well greased loaf pans and allow to rise again until double in bulk. Do not allow to rise more than this.
13. Place in a 375 F. oven for 40-45 minutes. It is done when you tap it and it has a hollow thump not a wet gooey sound.

Submitted by Sue Rollins

### **Banana Quick Bread**

**1 ¾ cups sifted flour**

**½ tsp. salt**

**2 ¾ tsp baking powder**

**2/3 cup castor sugar**

**1/3 cup shortening**

**2 slightly beaten eggs**

**1 cup mashed bananas (3-4)**

**½ cup chopped nuts**

**¼ cup raisins**

1. Sift together flour, baking powder and salt; add nuts and blend
2. Beat shortening until creamy, 300 strokes or 2 minutes at medium speed.
3. Gradually add sugar, beating until fluffy after each addition.
4. Add eggs and beat until thick and changes color.
5. Add flour mixture and bananas alternately, blending thoroughly after each addition.
6. Fold in fruits and raisins
7. Grease bottom only (not sides) of a loaf pan. Turn batter into pan. Bake at 350 F for 60-70 minutes.

Options:

- 1) If you don't have quite enough banana add some jam to make a cup. It is quite tasty.
- 2) If you have rotten bananas throw them in the freezer until you want to use them. Helps the banana bread come out sweeter.
- 3) For chocolate lovers add a cup of chocolate chips.

Submitted by Sue Rollins from the Landour Cookbook

### **Pomegranate Apple Bread**

**2 cups flour**  
**2 cups whole wheat flour**  
**¾ cup sugar**  
**¾ cup brown sugar (or more white sugar if not possible)**  
**5 tsp baking powder**  
**1 tsp salt**  
**1 tsp vanilla**  
**2 eggs, slightly beaten**  
**2/3 cup milk**  
**2/3 cup oil**  
**2 apples, finely chopped or chopped in food processor**  
**2 pomegranates**

1. Preheat oven to 350 F. Grease and flour two 9 x 5 x 3-inch loaf pans.
2. Take pomegranates and place in a bowl of water. Break open the pomegranates under water and free the arils (seed sacs). The arils will sink to the bottom of the bowl while most of the rest will float to the top. Sieve and put the arils in a separate bowl. (This method prevents blood-red juice from splattering on clothes and walls)
3. In a large bowl stir together flour, sugar, baking powder and salt.
4. In a small bowl stir together apples, oil, vanilla, milk and eggs; stir into flour mixture just until moistened. Fold in pomegranate arils.
5. Spoon batter into prepared pans.
6. Bake for 60 minutes or until wooden pick inserted in center comes out clean.
7. Cool in pan 10 minutes; remove loaf from pan and cool on wire rack.

Serving Size: Makes 2 loaves

Submitted by Greg Miller

### **Challah (Holla!) Break (aka Egg Bread)**

**approx. 6 cups flour**  
**2 Tbsp. fresh or dry yeast**  
**4 Tbsp. sugar**  
**2 eggs, beaten (plus one more for decoration, if you want)**  
**1/4 cup vegetable oil**  
**1 Tbsp. salt**  
**about 1 1/2 cups water**

1. Begin by "reviving" the yeast in 1 cup of the water with 1 Tbsp of the sugar (the mixture will get nice and bubbly when it's been revived)
2. Mix flour, remaining sugar, and yeast mixture in a large bowl
3. Add eggs and oil, mix. Add salt. Gradually add water. Make sure that the water isn't freezing cold or it could shock your yeast. Yeast is a very temperamental creature and needs to be treated nicely or it will get upset and refuse to rise.
4. Keep adding water until the dough is no longer sticky, but is "knead able" and elastic instead. Form into a ball.
5. Oil your ball of dough slightly on all sides, cover with clean moist cloth, and let rise for an hour and

a half to two hours, until size doubles.

6. Knead dough again, punching out all of the air. Cover and let rise again until size is doubled....again.

7. Pre-heat oven to 200 C or about 400 F.

8. Punch down dough and divide in half. Braid or shape as desired. Let it rise AGAIN (don't worry, this is the last time you need to let it rise) and brush with beaten egg if you want it to look extra pretty.

9. Bake until golden.

Submitted by Jennifer Gross

### **Cappuccino Muffins**

**2 cups white flour (maida)**

**½ cup sugar (castor sugar, not chinni)**

**2 ½ teaspoons baking powder**

**2 teaspoons instant coffee (espresso if you have it, regular if you don't)**

**½ teaspoon salt**

**½ teaspoon cinnamon**

**1 cup milk, scalded and cooled**

**½ cup butter, melted and cooled**

**1 egg, beaten**

**1 teaspoon vanilla extract**

**¾ cup chocolate chips or chopped milk chocolate candy bar**

1. Scald milk and melt butter.

2. Grease 12 muffin cups.

3. Combine dry ingredients and set aside.

4. Stir moist ingredients until blended, fold into dry ingredients just to combine. Do not over mix.

5. Spoon into muffin cups, filling about 2/3 full.

Bake at 190 degrees Celsius (375 F) for 15-20 minutes.

Serving size: Makes about 12 muffins, depending on size of cup.

Oven temperature: 190 Celsius (375 Fahrenheit)

Bake: 15-20 minutes.

This is from an old FMBS cook booklet and has been popular with students and staff alike.

Submitted by Sue Swanson.

### **Angie's Scones**

**3-3 1/2 Cups flour**

**1/2 Cup white sugar**

**5 tsp. baking powder**

**1/2 tsp. salt**

**3/4 Cup butter**

**1 egg lightly beaten**

**1 Cup milk**

Add any combination of goodies to jazz them up, such as raisins, currants, blueberries, gooseberries, choc. chips, etc. Our two favorite combinations are white chocolate chips & cranberries (but those have

to come from the US) and dried apricot (cut into small slices), white chocolate chips & walnuts.

Mix all ingredients and knead briefly on floured surface, adding flour as needed. You can make them into random shaped scones by just taking spoonfuls. I usually split the dough into two piles and then roll it into a circle and cut into eighths like a pizza. Bake at 400 F for about 12-15 minutes- until lightly brown.

Oven Temperature: 400 F

Cook Time: 12-15 minutes

Serving Size: Makes 16 medium-sized scones.

Submitted by Angie Endo

### **Zucchini Bread**

**3 eggs**

**1 cup vegetable oil (or replace half with applesauce)**

**2 cups white sugar**

**3 cups grated zucchini**

**2 teaspoons vanilla extract**

**3 cups all-purpose flour**

**3 teaspoons ground cinnamon**

**½ teaspoon nutmeg**

**1 teaspoon baking soda**

**¼ teaspoon baking powder**

**1 teaspoon salt**

**½ cup chopped walnuts**

1. Preheat oven to 325 F ( 165 C). Grease and flour two 8x4 inch loaf pans.
2. In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla.
3. Combine flour, cinnamon, soda, baking powder, salt and nuts; stir into the egg mixture. Divide batter into prepared pans.

*Optional Crunchy Crust Topping:*

**¾ cup brown sugar,**

**½ cup flour,**

**3 Tbsp of butter,**

**2 tsp cinnamon,**

**½ tsp nutmeg**

**½ cup walnuts.**

Mix it all together really well and crumble on top of the batter prior to baking.

4. Bake for 60 to 70 minutes, or until done (much less for my oven—about 40 min. Might have to cover with foil half-way through baking to prevent burning the topping.)

Servings size: 24 servings

Submitted by Angie Endo (modified from AllRecipes.com)

### **Tortillas**

**2 cups unsifted flour**  
**1 teaspoon salt**  
**1/4 cup butter**  
**1/2 cup lukewarm water**

1. Combine flour and salt in a mixing bowl. Cut butter in with a fork or a pastry blender.
2. When particles are fine, add ½ cup lukewarm water gradually
3. Toss with fork to make a stiff dough. Form into a ball and knead thoroughly on lightly floured board until smooth and flecked with air bubbles. To make dough easier to handle, grease surface, cover tightly, and refrigerate 4-24 hours before using. Let dough return to room temperature before rolling out.
4. Divide dough into 8 balls for large tortillas, or 11 balls for common 8-inch size. Roll as thin as possible on a lightly floured board, or between sheets of waxed paper. Drop onto a very hot un-greased griddle (or frying pan). Cook until freckled on one side. (Takes only about 20 seconds.) Lift edge, turn, and cook the second side.

Submitted by Joie Burchell

### Scones

**2 cups flour**  
**1 Tbsp baking powder**  
**pinch salt**  
**¼ cup butter**  
**¼ cup sugar**  
**2/3 cup milk**

1. Mix flour, baking powder, and salt into mixing bowl. Add butter, then work it into the flour.
2. Stir in sugar, then gradually add milk until a soft dough is formed.
3. Turn the dough out onto floured surface and knead until elastic.
4. Roll out (¾ inch thick) and cut into round circles.
5. Place the circles on a preheated, greased baking sheet and bake at 425 F. for 10 minutes or so.

Serving size: makes about 10 scones

Cook time: 10 minutes

Oven temperature: 425 F

Submitted by Joie Burchell

### Easy French Bread

**2 pkg. Dry yeast (about 2 Tbsp)**  
**½ cup warm water**  
**½ tsp sugar, 2 Tbsp sugar**  
**2 Tbsp oil**  
**2 tsp salt**  
**2 cups boiling water**  
**7 ½ -8 cups flour**  
**1 egg, beaten**  
**2 Tbsp milk**

1. Dissolve yeast in ½ cup warm water and ½ tsp sugar.

2. Combine 2 Tbsp sugar, oil, salt and boiling water.
3. Cool to lukewarm and add yeast mixture.
4. Stir in flour little by little, mixing well after each addition.
5. Knead for 10 minutes, or until smooth and elastic.
6. Place in greased bowl, turning once. Let rise until doubled (about 1 hr)
7. Punch down and divide dough in half.
8. On floured surface, roll each half to a 12X15 rectangle. Roll up, starting at 15 inch edge. Place loaves on greased cookie sheets and make 4 or 5 slashes diagonally across tops.
9. Mix egg and milk and brush onto loaves. Let loaves rise in a warm place until double (about 30 minutes).
10. Bake at 400 F for 20 minutes.

Submitted by Joie Burchell

### **Banana Bread**

**1/3 cup oil**

**1 cup sugar**

**1/3 cup water**

**1-2 beaten eggs (optional)**

**2-3 bananas mashed**

**1 tsp. Lemon juice, optional**

**1 tsp vanilla**

**2 cups flour**

**1/2 tsp salt**

**1 tsp baking soda**

**1 tsp cinnamon**

**1/2 tsp cloves**

**1/4 tsp nutmeg**

1. Mash bananas in a bowl, then add oil, sugar, water, eggs, lemon juice and vanilla and mix well.
2. In a separate bowl, combine flour, salt, soda, and spices and then add this mixture to the liquid mixture.
3. Mix all together and pour into one greased loaf pan or 9X9inch pan.
4. Bake at 375 F for 45-60 minutes.

Serving Size: Makes 1 loaf

Submitted by Joie Burchell

### **Swedish Honokaka (round, flat honey-cakes)**

**2 cups warm water**

**1/4 cup melted butter**

**2 Tbsp yeast**

**1/2- 3/4 Cup sugar**

**3 cups whole wheat flour**

**6 cups white flour**

1. Mix the ingredients as you would for any regular yeast dough (see Honey Whole Wheat Bread recipe)

2. Knead dough for about 10 minutes
3. Let rise approx. 45 min. Divide dough into 6 parts and roll each into a round, ¼”thick, flat, ‘cake’ with holes in it (use a rolling pin with points on it). Bake in VERY hot oven (450-500F), with grill on for 5-8 minutes. You do NOT need to grease the pans.

Submitted by Joie Burchell

### **Crepes**

**2 eggs**

**1/8 teaspoon salt**

**1 cup flour**

**1 cup milk**

**¼ cup melted butter**

Beat well for a couple of minutes (with a beater). Chill for at least an hour (but best after several hours of chilling). Then heat pan (so water will sizzle on it), and season pan with oil/butter so the first crepe will turn out, and pour on very thinly covering pan, heating for about 1 minute and then flipping it, heating the other side for about 30 seconds. Put sweet or salty things on it and roll up and eat! ☺

Submitted by Joie Burchell

### **Pumpkin Bread**

**1 ¼ cup sugar**

**½ cup oil**

**2 eggs**

**1 cup mashed pumpkin**

**1/3 cup water**

**1 ¾ cup flour**

**1 tsp baking soda**

**¼ tsp baking powder**

**½ tsp cloves**

**1 tsp salt**

**½ tsp cinnamon**

**½ tsp nutmeg**

**½ tsp allspice**

1. Grease one loaf pan and heat oven to 350 F.
2. Mix sugar, oil, eggs, pumpkin and water together.
3. In a separate bowl, mix the remaining (dry) ingredients together and then add the dry mixture to the wet mixture.
4. Mix well, then fill a greased loaf pan (8x4) ¾ full.
5. Bake at 350 F. for 1 hour.

Serving size: 1 loaf

Cook time: 1 hour

Oven temperature: 350 F

Options: I usually buy an entire orange pumpkin, take out the seeds, cut the pumpkin into large chunks that will fit in my pressure cooker, add water, and cook the pumpkin (it only takes about 30 minutes in

a pressure cooker). When the pressure cooker has cooled, I take the pieces out, take the skin off of them and mash the cooked pumpkin so that it is ready to use for baking. You can freeze it in 1-cup lumps or keep it in the fridge for a couple of weeks while you use it more slowly.

Submitted by Joie Burchell

### **Cake Doughnuts**

**4 egg yolks or 2 whole eggs, well beaten**

**1 cup sugar**

**2 Tbsp soft shortening or oil**

**¾ cups milk**

**3 ½ cups flour**

**4 tsp baking powder**

**½ tsp salt**

**¼ tsp nutmeg**

**¼ tsp cinnamon**

1. Combine eggs, sugar, oil and milk.
2. In a separate bowl, combine remaining ingredients (dry things). Add mixture to the wet ingredients and mix well.
3. Roll out flat, adding more flour if necessary (and to keep dough from sticking). Cut into doughnut shape (ring).
4. Deep fry in hot oil until brown.
5. Serve plain, sugared, glazed, with grated coconut or crumbs.

Submitted by Joie Burchell from The Wycliffe International Cookbook

### **Swedish Tea Ring**

**2 cups milk**

**1 cup warm water**

**¾ cups sugar**

**2 tsp salt**

**2/3 cup butter (or oil)**

**2 tsp ground cardamom**

**2 eggs, beaten (optional)**

**8+ cups flour**

**2 Tbsp yeast**

**softened butter to spread**

**1 beaten egg (can use water instead)**

**cinnamon-sugar (2 tsp cinnamon to 1 cup sugar)**

1. Heat milk, water, sugar, salt, butter (or oil) eggs, and cardamom on the stove until it reaches the "yeast-activating temperature"\* (see note below)
2. Stir in yeast thoroughly and add flour about ½ cup at a time, mixing well after each addition.
3. Knead dough for about 10 minutes, adding as much flour as needed so that the dough is not too sticky, but not too dry either.
4. Put dough in a greased bowl, cover with a cloth, and place it in a warm place to rise for 1 ½ hours.
5. Punch dough down, divide into 3 parts

6. Roll each part in to a rectangle about 12X18 inches.
7. Generously spread with butter and sprinkle cinnamon-sugar mixture on top.
8. Shape into a tea ring (by rolling up and putting both ends together to form a circle) or roll up and cut into slices like cinnamon buns or fold large 12X18 rectangle in half, cut 1-inch strip, and twist them into knots or other shapes.
9. Put on greased pans.
10. With a soft pastry brush or your clean finger, brush some beaten egg (or some water) on top of the tea ring. Then sprinkle it with large sugar grains for decoration.
11. Cut slits in the sides of the tea ring and pull the circle so that it is slightly larger and how you want it to look.
12. Let pastries rise for about 30 minutes, then bake for 20 minutes at 350 F.

\*You're at the "Yeast-activating temperature" when you can put your finger in the mixture and it feels quite warm, but not hot. It should be as warm as possible, but you feel like you could leave your finger in it forever without feeling like it's too hot and you need to take your finger out.

Serving size: Makes LOTS! - one tea ring will serve about 10 people and this recipe makes the equivalent of 3 tea rings.

Oven Temperature: 350 F

Cook Time: 3 hours

Options: I usually make the whole batch and freeze some for later, give some away, and eat the rest during the following few days. If you want to make a smaller batch, just halve the recipe.

Submitted by Joie Burchell

### **Favorite Streusel Coffee Cake**

**1 ½ cups sugar**

**½ cup butter (or margarine), ¼ cup melted butter (or margarine)**

**2 eggs**

**1 cup milk**

**3 cups flour, ¼ cup flour**

**1 teaspoon salt**

**4 teaspoons baking powder**

**1 cup brown sugar**

**1 ½ tsp cinnamon**

1. Mix sugar and ½ butter together well. Add eggs and milk.
2. Add 3 cups flour, salt, baking powder (in that order, and do not mix in between). Mix all together once everything has been added.
3. Pour into a 9X13 inch greased pan (a large cake-pan size)
4. In a small bowl, make topping by mixing brown sugar, cinnamon, ¼ cup melted butter and ¼ cup flour together until crumbly.
5. Sprinkle topping over batter and bake for 25-30 minutes until a knife inserted in the center comes out clean.

Serving Size: 6-8 people

Oven Temperature: 350F or 175 C

Cook Time: 25-30 minutes

Submitted by Joie Burchell

**Lemon Poppy-Seed Muffins**

**2 cups flour**  
**1 Tbsp Poppy Seeds**  
**¼ tsp salt**  
**½ tsp baking soda**  
**½ cup butter**  
**1 cup sugar**  
**2 eggs**  
**zest of 2-3 small lemons**  
**1 cup yogurt or sour cream**  
**1 tsp vanilla extract**

1. Combine flour, poppy seeds, salt, and soda.
2. Combine butter, sugar, eggs, lemon zest, yogurt and vanilla.
3. Mix dry and wet ingredients together just until moistened.
4. Pour batter into 12 greased muffin tins or a greased bread loaf pan.
5. Bake at 400 F for 18-20 minutes (muffins) or 45-60 minutes (loaf)

Serving Size: 6-8 people

Cook Time: 20 minutes (muffins) or 45-60 minutes (loaf)

Oven Temperature: 400 F

Submitted by Joie Burchell from [JoyOfBaking.com](http://JoyOfBaking.com)

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**Main NON-Vegetarian Dishes**

**Tamale Pie**

**¾ c. cornmeal**  
**¾ tsp. salt**  
**1 ½ c. cold water**  
**1 ¾ c. milk**  
**1 onion**  
**1 Green pepper**  
**1 Tbsp garlic**  
**½ kg. ground chicken**  
**2 Tbsp chili powder**  
**1 Tbsp ground cumin**  
**1 tsp. salt**  
**1 c. stewed tomatoes**  
**½ c. salsa**  
**1 can sweat corn**  
**½ c. ripe olives**  
**3 Tbsp olive juice**  
**1 c. cabbage chopped fine**

### **½ c. Cheese grated**

1. Cook together cornmeal, salt, water and milk. Cool with cover on.
2. Fry onions, garlic, meat and seasonings. Add tomatoes, salsa, drained corn (or you could use juice to thin mixture), ripe olives, olive juice, and cabbage. Boil for a few minutes.
3. Spread half the cornmeal mixture in large shallow greased baking pan. Spread on meat mixture and cover with remaining cornmeal mixture.
4. Bake in hot oven 400 F. for one hour.
- 5 Sprinkle ½ cup of cheese immediately after taking out of the oven.

Serving size: 4 servings

Submitted by Sue Rollins (Altered from Landour Cookbook)

### **Cheese and Rice Soufflé**

**3 T. margarine**

**3 Tbsp. flour**

**1 ½ c. Milk**

**2 cups sharp cheese shredded**

**4 egg yolks, slightly beaten (reserve whites)**

**½ tsp. salt**

**Dash pepper**

**1 c. cooked rice**

**4 egg whites**

1. Preheat oven to 350F
2. Make a white sauce. Melt 3 T. Margarine and add flour, salt and pepper. Brown. Add milk stirring constantly until mixture is smooth.
3. Add 2 cups sharp cheese grated. Cook over low heat stirring constantly until cheese melts.
4. Add egg yolks and left over rice to the mixture.
5. Remove sauce from heat and pour into a large bowl.
6. Beat the egg whites until stiff but not dry.
7. Gently fold whites into cheese mixture. Turn into greased soufflé dish. To form a crown, with spoon make shallow path about 1" in from edge all the way around. Bake 40 minutes and serve as soon as you take it out of the oven.

Cook time: 40 minutes

Oven temperature: 350 F

Submitted by Sue Rollins

### **Steamed Fish**

**4 fresh or frozen fish steaks (boneless)**

**3 Tbsp butter or margarine**

**1 Tbsp Basil**

**1 Tbsp tarragon**

**1 Tbsp parsley**

**2 tsp lemon juice**

**salt and pepper to taste**

**2 tbsp flour or cornstarch for thickening**

1. Place thawed fish steaks in a steamer.
2. Melt the butter and spices together.
3. Salt and pepper the fish and add lemon juice to the top.
4. Spread on the butter mixture.
5. Steam for 30 minutes or until the fish flakes or comes apart easily when poked with a fork.

(The fish here in Mussoorie is good but it is best to buy fresh fish only in colder months. You have to be careful of spoiled fish in the warmer months.)

Submitted by Sue Rollins

### **Roast Chicken**

**1 or more whole chickens**

**oil**

**1 Tbsp Sage**

**1 Tbsp Marjoram**

**1 Tbsp Thyme**

**Salt and pepper to taste**

1. Pre-heat oven to 350 F.
2. Thoroughly clean out the inside and wash outside of completely thawed chicken.
3. Grease a pan big enough to hold the chicken.
4. Put oil all over the outside of the chicken
5. Sprinkle with salt and pepper, Sage, Marjoram, and Thyme.
6. Put in the oven
7. Baste every 15 minutes with the juices that come off the chicken into the pan. If there isn't much juice you can use a bit more oil
8. Generally it takes 1 hour for the small chickens that you find here in Mussoorie, but may be longer if it seems to be larger. Check if done by cutting open the breast. If it is pink still it is not done. If you have it in the oven for more than one hour it may be wise to put foil on the top to keep it from drying out too much.
9. Cut and enjoy!
10. Make gravy by pouring the juice from the pan into a frying pan. Add a couple Tbsp of flour or cornstarch to the pan. Stir with a whisk immediately to keep it from lumping. When smooth add water to thin the mixture and salt and pepper to taste.

Submitted by Sue Rollins

### **Barbecued Chicken**

Flour mixture

**1 Chicken cut in four pieces**

**1 cup flour**

**2 tsp Salt**

**1 tsp pepper**

### **garlic paste**

**1 Tbsp paprika** (optional)

### Barbecue Sauce

**1 tsp Salt**

**1/2 tsp pepper**

**1 Tbsp paprika** (or fry up a green pepper)

**1/2 c. honey**

**1 medium onion**

**1 cup of tomato juice**

**1 Tbsp butter**

**1/2 c. hot water**

**1/4 cup lemon juice**

**1 Tbsp Worcestershire sauce**

**1 Tbsp mustard**

**1 tsp celery salt**

**1 Tbsp garlic paste**

**1/4 cup brown sugar** (if the sauce seems sour)

1. Preheat oven to 350 F.
2. Clean and cut chicken into 8 pieces. It is better to get the chicken quartered at the meat market otherwise they tend to chop it giving bone chips. It is easy to cut the quarters into eight at the joints.
3. Mix the flour mixture in a plastic bag.
4. Smear chicken with garlic paste as much as need to coat each piece
5. Grease a 9x9 inch baking pan.
6. Dunk each piece of chicken into the bag and shake so that the flour coats all sides.
7. Place each piece of chicken skin side or meat side down in the pan in a single layer.
8. Put in the oven for 45 minutes uncovered.
9. While you are waiting make the barbecue sauce
10. Melt the butter and fry the onion and green pepper.
11. Add all other ingredients and bring to a boil.
12. After the chicken has cooked for forty five minutes remove from oven and turn over each piece.
13. Pour barbecue sauce over the top. Cover the pan with foil and return it to the oven for another 45 minutes.
14. Remove and check for doneness by slitting open the largest piece of meat. If it is still pink return it to the oven and cook a little longer.
15. Enjoy over mashed potatoes or rice.

Submitted by Sue Rollins

### Stroganoff

**1/2 kg. Chicken mince**

**1 onion**

**2 Tbsp oil**

**3-4 whole cloves** (can use a dash of clove powder if you do not have whole cloves)

**1 -2 cups chopped mushrooms** (tinned or fresh)

**2 Tbsp flour or corn starch**

**2 cups milk**

**salt and pepper to taste**

**2 tsp sage**  
**2 tsp thyme**  
**1 tsp celery salt**  
**1 chicken bullion cube**  
**1 cup cream soured with 1 Tbsp vinegar**

1. Fry onion in oil.
2. Add chicken mince and fry it until the pink is gone.
3. Add salt, pepper, sage, thyme, and celery salt to meat.
4. Add mushrooms and continue to cook until the bottom of the pan becomes brown (not black). This gives your gravy a nice brown colour.
5. Add the flour. Mix into the meat mixture.
6. Add the milk and bouillon cube. Stir to mix. Simmer for ten minutes. Can add some juice from the mushroom tin or water if mixture seems to thicken.
7. Add 1 Tbsp. vinegar to cream and allow to stand 5 minutes.
8. Just before serving add sour cream and bring to a boil.
9. Serve on rice or egg noodles.

Submitted by Sue Rollins

### **Pork Roast in the pressure cooker**

#### Meat Marinade

**2-3 Tbsp soya sauce**  
**1 Tbsp vinegar or lemon juice**  
**1 Tbsp oil**  
**2-3 Tbsp honey**  
**1 Tbsp garlic paste**  
**1 onion grated**  
**dash of red pepper**  
**1 Tbsp Worcestershire sauce**  
**1-2 tsp marjoram**  
**1 Tbsp ginger powder**  
**dash of ground cloves**  
**dash of black pepper**

#### Cooking ingredients

**1/2 kg pork roast or pieces of pork**  
**bay leaf**  
**3-4 whole cloves**  
**3-4 peppercorns**

1. Marinate pork roast overnight in the fridge.
2. Put 2-3 tablespoons of oil in the pressure cooker
3. Add whole spices, bay leaf, cloves, and peppercorns.
4. Brown meat thoroughly being sure to brown the fat on the bottom of the pan for a nice gravy. Be sure not to burn as this can give a very bitter taste.
5. Add 2 cups of water.
6. Put lid on. When it hisses time 30 minutes to cook meat thoroughly. 45 minutes if a whole piece of meat. It is very important to pressure cook Pork as it can have cysts in it that will only be killed under

pressure.

Submitted by Sue Rollins

### **Porcupine Balls**

**1 lb ground mutton**  
**1 lb ground pork**  
**1 cup un-cooked rice**  
**1 chopped onion**  
**garlic and ginger a little**  
**3 bay leaves**  
**2 tsp salt**  
**1 tsp pepper**  
**½ cup cream**  
**3 kg. tomatoes**  
**½ cup celery**  
**1 tsp celery salt**  
**1 Tbsp parsley**

1. Mix mutton, pork, rice, onion, seasonings and cream and form into small balls. Place in baking dish with tight cover.
2. Pour scalding water over ½ kg tomatoes. Wait ten minutes. Take the skins off the tomatoes and put them in a blender. Blend them.
3. Add the tomatoes, bay leaf, celery, parsley and salt and pepper.
4. Bake slowly 1 ½ hours without uncovering. It will come out looking like little porcupines when the rice cooks in the meat balls.

Submitted by Sue Rollins

### **Spaghetti**

**½ kg. ground chicken**  
**2 cups stewed tomatoes**  
**2 packets tomato puree**  
**1 onion**  
**3 cups grated zucchini**  
**1 cup grated carrots**  
**1 Tbsp garlic paste**  
**1 tsp Worcestershire sauce**  
**2-3 Tbsp olive juice**  
**2-3 Tbsp juice from mushroom tin**  
**(Can also use fresh mushrooms)**  
**2 Tbsp oregano**  
**1 Tbsp sage, thyme, basil, parsley, marjoram**  
**½ Tbsp celery salt**  
**½ Tbsp rosemary**  
**1 cinnamon stick**  
**4 whole cloves**  
**Salt and pepper to taste**  
**2 chicken bouillon**

## **1 Tbsp sugar**

1. Cut onion and fry in 2 Tbsp oil. (If you use fresh mushrooms fry them up here) Add whole cloves and cinnamon stick.
2. Add ground chicken and brown completely.
3. Add seasonings, garlic paste and Worcestershire sauce.
4. Pour boiling water over tomatoes (1/2 kg). Allow sitting 5-10 minutes then peeling skin off and put into a blender.
5. Grate zucchini and carrots.
6. Pour tomatoes over cooked meat.
7. Add tomato puree packets. Mix.
8. Add zucchini and carrots, olive juice, mushroom juice (unless you are using fresh mushrooms then this is not necessary), bouillon cubes and sugar.
9. Simmer for 15-20 minutes. Taste. If flavor is not quite strong enough add more seasonings slowly adding more olive juice and mushroom juice also can help---it is easy to add but you can't take it out again.
10. Serve over spaghetti and top with grated cheese.

Submitted by Sue Rollins

## **Lasagna**

**2-3 cups spaghetti sauce**

**½ cup cream**

**1 Tbsp vinegar**

**3 cups grated mozzarella cheese**

**9 Lasagna noodles**

**2 cups cooked spinach (palak is good)**

**1 small onion**

**2 Tbsp butter**

1. Preheat oven to 350 F.
2. Grease a 10x9" baking pan.
3. Add vinegar to cream and allow to stand 5-10 minutes.
4. Cut onions and fry in 2 tablespoons of butter.
5. Wash and chop spinach into bite size pieces.
6. Add to onions and cook 15-20 minutes or until soft. Add salt and pepper to taste. Do not add water.
7. Cook lasagna noodles as packet suggests.
8. Drain and rinse noodles with clean water.
9. In baking pan put one layer of noodles (probably 3 will cover it)
10. Then add one cup of spaghetti sauce. Spread over noodles.
11. Sprinkle 2-3 teaspoons of sour cream on top of the sauce.
12. Add 1/3 of the cooked spinach and 1/3 of grated cheese.
13. Top with another layer of noodles.
14. Repeat steps 10-12 ending with a layer of cheese.
15. Bake 30 minutes in a 350 F oven.

Options: This is very nice served with garlic bread. Make garlic butter with a few Tbsps butter and 1 Tbsp garlic. Spread this on a piece of toast.

Submitted by Sue Rollins

### **Chicken Curry**

**1 large chicken, cut into pieces**

**½ of a lime**

**½ tsp haldi (turmeric)**

**4-5 Green chilies (grind to paste)**

For curry

**½ cup oil**

**4-5 tomatoes (chopped fine)**

**4-6 garlic cloves**

**8-10 green chilies**

**coriander (a handful)**

**mint leaves (a handful)**

**spinach (a handful, finely chopped)**

**cinnamon sticks (a few)**

**coconut milk**

**cashew paste (optional)**

1. Marinate the chicken with lime, haldi and green chili paste.
2. For curry, heat oil in a dish and add chopped tomatoes and let pulp up.
3. Grind the garlic, green chilies coriander mint leaves spinach and cinnamon sticks to a fine paste and add to the oil-tomato mixture.
4. Drop in the marinated chicken and let boil and cook till tender
5. Add coconut milk and cook for 3 to 4 minutes until it thickens up.  
(you can add 100 grams of cashew paste to thicken if necessary )
6. Garnish with finely chopped coriander. And serve with hot rice & dosas/ Iddlies and Indian breads.

Submitted by Esther Arthur

### **Chicken \$65 (Shadab's special)**

**500 gm boneless chicken pieces**

**2 tbsp oil**

**1 tsp cumin powder**

**Red chili to taste**

**1/2 cup flour of gram pulse**

**1 1/2 tsp salt**

**1 chopped onion**

**1 tsp ginger-garlic paste**

**1 cup curd**

**1 tsp lemon juice**

1. Steam chicken for ½ an hour and let it cool for 15 min.
2. Prepare batter by mixing all ingredients – flour of gram pulse, cumin powder, salt, curd, lemon juice, ginger garlic paste
3. Marinate the chicken pieces with the resulting mixture
4. Keep the marinated chicken in the fridge for at least 1 to 2 hour.
5. Deep fry it until its color changes to golden brown
6. Garnish it with coriander or chopped onion

7. Serve the chicken \$65 with coriander or mint chutney or tomato ketchup

Serving size : 2 or 3 persons

Cook : 2 hrs

Submitted by Shadab Begum

### **Swanson's Spaghetti Sauce**

**1 kg. minced chicken (or mutton)**

**3 medium sized onions, chopped small**

**minced fresh garlic to taste (or garlic powder)**

**1 large tin peeled Italian tomatoes (850 gm size)**

**(tomato puree can be used if necessary)**

**1 small packet of tomato puree (if whole tomatoes are used)**

**1 fresh green capsicum bell pepper, seeded and chopped**

**1 packet fresh mushrooms, cleaned and chopped**

**2 teaspoons cinnamon powder**

**2 teaspoons salt, or to taste**

**2 teaspoons oregano (dried leaves or chopped fresh)**

**2 teaspoons parsley (dried or chopped fresh)**

**Chilies or hot sauce to taste (totally optional—I rarely add any)**

1. Brown garlic and onions in small amount of oil until translucent, add herbs and spices, stirring briefly, then set aside.
2. Brown the meat in a small amount of oil for 15-20 minutes or until thoroughly cooked. Drain thoroughly
3. Add garlic and onions to meat, then add tomatoes, puree and capsicum.
4. Simmer on low heat for at least 30 minutes, more if convenient.
5. Serve with hot spaghetti pasta, garlic bread and a vegetable salad.

Servings size: Makes 4-6 servings. Freezes well.

I originally found this recipe in the Minneapolis Star newspaper in the early 1970's. I have altered it over the years, but the cinnamon has remained, giving an Italian classic a uniquely Scandinavian flavor!

Submitted by Sue Swanson.

### **Sesame Chicken**

**3 whole chicken breasts**

**Marinade:**

**2 Tbsp light soy sauce**

**1 Tbsp cooking wine**

**few drops sesame oil**

**2 Tbsp flour**

**2 Tbsp water**

**¼ tsp baking powder**

**¼ tsp baking soda**

**1 tsp vegetable oil**  
**2 Tbsp cornstarch**  
sauce:  
**½ cup water**  
**1 cup chicken broth**  
**1/8 cup vinegar (less for sweeter)**  
**¼ cup cornstarch**  
**1 cup sugar**  
**2 Tbsp dark soy sauce**  
**2 Tbsp sesame oil**  
**1 tsp (or more) chili paste**  
**1 clove garlic, minced**

**3 ½ -4 cups peanut oil (deep fry)**  
**2 Tbsp toasted sesame seeds**

1. Make the marinade by mixing all of the marinade ingredients together.
2. Cut chicken into pieces and mix into the marinade. Marinate for 20 minutes.
3. Mix all sauce ingredients and bring to a boil while stirring.
4. Deep fry chicken in oil.
5. Pour sauce over chicken on a platter. Sprinkle sesame seeds over it and serve with rice.

Submitted by Nate Burchell

**Orange Sauce for Chicken** (to be used instead of Sesame Sauce when making Sesame Chicken)

**1 Cup sugar**  
**1 ¼ cup water**  
**1/8 cup vinegar**  
**1 orange (juice and peel grated)**  
**2 Tbsp olive oil**  
**2 Tbsp soy sauce**  
**¼ cup corn starch**

1. Stir together and boil.
2. Reduce heat and simmer.
3. Use this sauce in place of the Sesame Sauce, but marinate the chicken as in the Sesame Chicken recipe, and serve similarly.

Submitted by Nate Burchell

**Pizza Dough**

**1 cup warm water (warm, but not hot- to activate the yeast)**  
**1 Tbsp yeast**  
**2 Tbsp vegetable oil**  
**3 ¼ cup flour**  
**1 ½ tsp salt**

1. Mix all ingredients thoroughly like any yeast bread. Knead until elastic.
2. Place in greased bowl and let rise until double (about 45 min.)

3. Form into 2 balls. Pat and stretch or roll out with a rolling pin to fill 2 greased pizza pans (or double the recipe and fill 3 pizza pans with thicker crusts).
4. Let rise 10-20 minutes until nearly as thick as you want the final crust to be.
5. Bake for 20 minutes at 350 F before putting sauce and toppings on.
6. You can let the pre-baked crusts cool and then put toppings on them later or even freeze them.
7. Put toppings on crusts and bake the whole pizza for about 10-15 minutes at 350F until pizza is hot and cheese is bubbly.

Submitted by Joie Burchell

**Pizza Sauce (or Spaghetti Sauce)**

- 1 onion chopped**
- 2 ½ cups canned tomatoes/tomato sauce**
- 1 bay leaf**
- 1 tsp salt**
- ¼ tsp sugar**
- 1 tsp oregano**
- ½ tsp basil**
- dash pepper**
- 1 clove garlic, minced**

1. Mix all ingredients in a sauce pan. Bring to a boil, then simmer for about 30 minutes.
2. Use on spaghetti noodles as is.
3. For Pizza sauce, let it cool and then spoon it over the top of pre-baked crusts.
4. Add toppings for pizza: sausage, pepperoni, chicken, green peppers, olives, mushrooms, cheese, pineapple, onions, minced garlic etc. Then bake the whole pizza at 350 F. for about 10-15 minutes until pizza is hot and cheese is bubbly.

Submitted by Joie Burchell

**Sausage**

- 2 cups ground pork, beef, turkey or chicken**
- 1 tsp salt**
- 1 tsp ground sage or basil**
- ¼ tsp pepper**
- 1/8 tsp cloves**
- 2 cloves garlic minced**
- ¼ tsp sugar**
- ¼ tsp chili powder**
- ½ cup water (optional)**
- Add: 2 cups finely chopped bacon (optional)**

1. Combine all ingredients and mix thoroughly.
2. Fry in oil and use crumbly as sausage for pizzas or in eggs or quiches.
3. Otherwise, you can shape into patties, coat with flour and brown in oil. Cover and continue to cook over low heat until well done.
4. Eat immediately, or refrigerate sausage overnight or freeze.

Submitted by Joie Burchell

### **Enchiladas**

**3/4 pound ground meat**

**1 medium onion, chopped**

**2 cups refried beans**

**1 teaspoon salt**

**1/8 teaspoon garlic powder or 1 clove garlic, mashed**

**12 tortillas**

**tomato sauce (spaghetti sauce or pizza sauce)**

**2 cups (1/2 lb) shredded cheddar cheese**

1. Brown ground meat and onion in a skillet.
2. Stir in beans, salt and garlic.
3. Heat until bubbly, cover, and keep warm.
4. Prepare 12 tortillas
5. Dip tortillas, one at a time, in shallow hot oil to soften; drain quickly. \
6. Heat a tomato sauce (like spaghetti or pizza sauce) and pour about half of it into an un-greased, shallow baking dish.
7. Place about 1/3 cup meat-bean filling on each tortilla, and roll to enclose filling. Place, flap side down, in the sauce in the bottom of the baking dish.
8. Pour remaining sauce evenly over tortillas and cover with 2 cups (1/2 pound) shredded cheddar cheese.
9. Bake uncovered at 350 F for 15-20 minutes, or until thoroughly heated.

Submitted by Joie Burchell adapted from [More With Less Cookbook](#)

### **Hungarian Goulash**

**2 pounds chicken or beef for stew, cut in inch cubes**

**1 medium onion, sliced**

**1 small clove garlic, finely chopped, or 1/8 teaspoon instant minced garlic**

**1/4 cup shortening**

**1 1/2 cups water**

**3/4 cup Ketchup**

**2 tablespoons Worcestershire sauce**

**1 tablespoon packed brown sugar**

**2 teaspoons salt**

**2 teaspoons paprika (optional)**

**1/2 teaspoon dry mustard (optional)**

**dash of cayenne red pepper**

**1/4 cup cold water**

**2 tablespoons flour**

**Noodles**

1. Cook and stir meat, onion and garlic in shortening until meat is cooked; drain.
2. Stir in 1 1/2 cups water, the ketchup, Worcestershire sauce, brown sugar, salt, paprika, mustard and red pepper.
3. Heat to boiling; reduce heat. Cover and simmer until meat is tender.
4. Shake 1/4 cup cold water and the flour in tightly covered container; stir gradually into meat mixture.
5. Heat to boiling, stirring constantly. Boil and stir 1 minute.

6. Serve over hot Noodles.

Serving size: 6 to 8 servings.

Submitted by Joie Burchell

### **BBQ Meatballs**

meatball mixture:

**½ kg (2 cups) ground chicken or mutton**

**1/2 cup bread crumbs, crushed**

**2 eggs**

**1 tsp salt**

**¼ tsp pepper**

**1 onion, finely chopped**

**1/2 cup milk**

**1 cup grated cheese (optional)**

Sauce:

**1 cup ketchup**

**½ cup brown sugar**

**3 Tbsp vinegar**

**2 Tbsp Worcestershire sauce**

1. Mix meat-ball ingredients together and form into balls or clumps.
2. Place meat 'balls' on a frying pan and fry in oil until well-cooked.
3. Mix sauce ingredients in a saucepan. Bring to a boil and boil for about 5 minutes as mixture thickens.
4. Combine sauce and meat and serve on rice or mashed potatoes.

Submitted by Joie Burchell

### **Crispy Batter for Fish “fish-n-chips”**

**1/2 cup all-purpose flour**

**1/2 tablespoon baking powder**

**1/2 teaspoon salt**

**1/2 cup water**

**400 g cod fish fillets – cut into smaller pieces if desired**

1. Mix ingredients together.
2. Dip fish into batter.
3. Deep fry at 425F until cooked.
4. Serve warm with “chips” - (French Fries)

Submitted by Joie Burchell

### **Basic Dahl**

**1 cup Dahl**

**1 litre water**

**2.5 tsp salt**

**1 tsp turmeric (haldi)**

**1 ½ tsp coriander powder (daniya)**

**1 tsp garam masala (perhaps this is like curry powder?)**

**½ tsp chicken masala**

**1 onion chopped fine**

**6 cloves garlic chopped**

**3 Tbsp oil**

1. Put dahl in a pressure cooker and wash dirt off well by running it through fingers, pouring off dirty water and rinsing again with fresh water. Do this several times until the water is pretty clean. Then pour off the water and put 1 litre of clean water into the pressure cooker.
2. Add salt, turmeric, coriander, garam masala and chicken masala to the dahl and water.
3. Put lid on pressure cooker making sure seal is tight and cook over a high stove flame. Note the first time that it whistles and then let it continue cooking for about 15 more minutes.
4. Turn off flame and let pressure cooker sit for at least 5 minutes before letting out the steam.
5. Let all the steam out of the pressure cooker so that you can add the last ingredients as soon as they're ready.
6. Heat oil in a pan and fry garlic and onion until well-browned. Add them immediately to the dahl in the pressure cooker and mix well.
7. Serve with rice and roti as desired.

Serving size: 4-6 servings

Cook time: ~20 minutes

Options: This recipe is not at all spicy, so you can add ¼ tsp red chili powder along with the other spices if you wish. Otherwise, we enjoy this dahl with a spoon of lime pickle on the side.

Submitted by Joie Burchell – learned from ayah Saroj

### **No-gas "Grilled" Cheese Sandwiches**

**Bread**

**Cheese (the decent stuff, not Amul slices)**

**Onion**

**Tomato**

**Olive Oil**

**Salt and Pepper, to taste**

1. As well as possible, cover one slice of bread with cheese (some exposed bread is fine)
2. Slice tomato and put 3-4 slices on top of the cheese
3. Slice onion into rings and put on top of the tomato. For the tomato and onion, try to make sure there is a bit of each ingredient in each bite.
4. Drizzle the sandwich with olive oil
5. Season with salt and pepper, to taste

6. Put in a 350 degree oven for approximately 10 minutes, or until the onions have softened slightly and the cheese melted
7. Serve open-faced

Submitted by Greg Miller

### **Frittata**

**6 eggs**

**3 Tablespoons water**

**1/2 tsp salt**

**1/4tsp pepper**

**Olive oil**

**Spices to taste: thyme, rosemary, oregano, basil, etc**

**Vegetables (onions, garlic, tomatoes, capsicum, etc)**

**Optional: smoked chicken**

**Shredded cheese**

1. Sautee vegetables in olive oil
2. beat eggs, water, and spices
3. add vegetables to mixture
4. Pour into bread pan or small cake pan
5. bake at 175 for about 15 minutes
6. sprinkle cheese on top
7. Bake for 5 minutes

Serving Size: 6

Submitted by Nan Onkka

### **Enchilada Casserole (4 servings)**

Sauce:

**2T vegetable oil**

**2T flour**

**1/2tsp chili powder**

**1/2tsp cumin**

**1/2 tsp salt**

**1 cup water**

**1 cup tomato puree**

Casserole:

**Sauce**

**4-6 tortillas (or chapattis)**

**2 cups cooked pinto beans**

**2 cups cut vegetables (capsicum, onions, tomatoes)**

**Shredded cheese**

**Optional: Senior Pepitos chips**

1. Heat oil, flour, and chili powder. Cook 1-2 minutes
2. Add remaining ingredients. Bring to a slow simmer.
3. When sauce is cooked, put half of the sauce mixture into a casserole dish (large baking pan)

4. Layer 2-3 tortillas on top
5. Add pinto beans
6. Add vegetables
7. Add 1/2 of the remaining sauce
8. Layer 2-3 tortillas
9. Add remaining sauce
10. Sprinkle shredded cheese
11. Cover with foil and bake for 25min at 170
12. Add crumbled chips
13. Bake an additional 15min

Submitted by Nan Onkka

### **Baked Zucchini with Tomato Sauce**

- 1 large unpeeled zucchini, sliced.**
- 1 small sliced onion**
- 3 sliced tomatoes, 1 tsp oregano**
- 1/2 teaspoon basil,**
- 1/2 teaspoon oregano**
- 1/2 teaspoon salt**
- 1/2 teaspoon pepper**
- 2 c tomato sauce (or about 1.5 yellow tomato sauce boxes)**
- 1 cup cubed bread, or cracker crumbs.**
- 1/2 cup grated cheese.**

1. Layer zucchini in bottom of dish, with onion and tomato on top. Sprinkle with spices.
2. Pour tomato sauce over the top, so that it covers all. Do not add any water, as the veg will add a lot of water to the sauce as it bakes.
3. Cover with aluminum foil and bake 45 minutes.
4. Uncover and add cubed bread (or cracker crumbs) and cheese.
5. Bake uncovered for 10 minutes.

Serving size: 6 servings

Oven temperature: 325 F

Bake: 55 minutes.

Submitted by Kate Johnson

### **Potato-Vegetable-Egg Bake**

- 2 cups shredded potatoes with peppers and onions**
- 2 cups mixed vegetables (zucchini, green beans, carrots, etc.)**
- 1/4 cup flour**
- 8 eggs, beaten**
- 1/2 cup milk**
- 1/2 teaspoon salt**
- 1 cup shredded cheese**

1. Grease a 9-inch square pan. Spread potatoes over bottom of pan.
2. Combine vegetables and flour in small bowl; spoon over potatoes.

3. Combine beaten eggs, milk and salt in same small bowl. Pour egg mixture over vegetables. Sprinkle with 1/2 cup cheese. Cover with aluminum foil. Bake for 45 to 50 minutes, stirring twice, until eggs are set and center is hot. Remove foil, top with remaining cheese; let stand 5 minutes before serving.

Serving Size: 8 servings.

Oven temperature: 325 F

Bake time: 50 minutes

Submitted by Kate Johnson from [www.landolakes.com](http://www.landolakes.com)

### **Chewy Egg Noodles**

**2 eggs, beaten.**

**1/4 teaspoon salt**

**2 tablespoons water**

**1 cup flour**

1. Mix the eggs, salt, and water in a bowl.
2. Add the flour, a little at a time, stirring at first, and then kneading until smooth. Do not stir too long, or the mixture will be too sticky.
3. Roll out onto a floured surface, until 1/8 inch thick. Cut into strips.

Options: These noodles can be cooked immediately in boiling water, or in simmering soup stock, or can be frozen for later use.

Serving size: 6 servings

Submitted by Kate Johnson, from [Whole Foods for the Whole Family](#)

### **Egg Dumplings with Garlic Cream Sauce**

Dumplings:

**2 eggs, beaten**

**1/4 teaspoon salt**

**2 tablespoons water**

**1 cup flour.**

Sauce:

**3 garlic cloves, minced**

**1/2 small onion, minced**

**2 tablespoons butter**

**2 tablespoons flour**

**1/4 teaspoon salt**

**1 cup milk**

1. Bring a pot of water to boil.
2. Mix the eggs, salt, and water in a bowl. Add the flour, a little at a time, stirring at first, and then kneading until smooth. Do not stir too long, or the mixture will be too sticky.
3. Roll onto floured surface, until 1/2 inch thick. Pinch off pieces and roll into small balls, about 1/2 inch thick. Carefully drop dumplings into boiling water. Let cook about 8 minutes, until dumpling is firm in the middle.
4. To make the sauce, melt 1 Tablespoon butter in a frying pan, add garlic and onions, and slowly

brown. Add 2nd tablespoon of butter, flour, salt, and milk. Whisk constantly over low heat, until creamy.

5. Strain dumplings out of boiling water and add to cream sauce. Mix together and serve immediately.

Serving size: 4 servings

Submitted by Kate Johnson

### **Paneer Tikka Masala**

**250 gm cottage cheese**

**100 gm curd**

**2 onion**

**2 tomato**

**1 tsp ginger garlic paste**

**2 green chilly paste**

**50 gm cashew nut and almonds paste**

**1 tsp tandoori masala**

**1 tsp chat masala**

**1 tsp chana masala**

**salt to taste**

1. Cut round slices of tomato and onion and keep them aside.
2. Cut cheese in cubes.
3. Mix tandoori, chat and chana masala along with half of the ginger garlic paste with dahi.
4. Now add cheese cubes and mix well.
5. Fix paneer cubes in a toothpick and put tomato and onion slices around paneer.
6. Then cook them in a preheated oven and keep aside.
7. Heat oil in a pan and put ginger garlic paste and green chilly in it.
8. Cook for 5 minutes. Thereafter, add finely chopped onion and fry.
9. Add finely chopped tomato and cook until oil floats on the surface.
10. Then add kaju and almonds paste and cook for 5-10 minutes.
11. Then add all the spices and cook for 2 minutes.
12. Lastly add paneer cooked in oven and cook for 5 minutes.
13. Garnish with coriander and serve hot.

Serving size : 2 or 3 persons

Cook time : 1 hr

Submitted by Shadab Begum

### **Shahi Paneer**

**200 gms Paneer**

**2 Medium Onions**

**1 tbsp Ginger-Garlic Paste**

**2 Green chilies**

**1 tsp Red Chili Powder**

**3/4 tsp Turmeric Powder**

**1 tsp Garam Masala Powder**

**3-4 tbsp Cream**

**1/4 cup Dry fruits (Cashew Nuts, Raisins, Makhane)**

**1/2 cup Milk**

**8-10 tbsp Vegetable oil**

**Salt to taste**

1. Heat oil in a kadhai.
2. Cut paneer into small pieces. Fry over medium heat until light brown.
3. Keep the paneer pieces aside.
4. Sauté the dry fruits in one tablespoon of oil.
5. Grind onion, ginger, garlic, green chili in a blender and make a fine paste.
6. Fry the mixture in the remaining oil until golden brown and oil starts separating.
7. Add salt, red chili powder, turmeric powder, garam masala. Sauté for 1-2 minutes.
8. Add milk to make the gravy. Bring the gravy to boil. Reduce the heat and cook until the gravy becomes thick.
9. Put a portion of the dry fruits in the gravy while it is being cooked. Keep the rest of dry fruits for decorating.
10. Finally add paneer cubes and 1 tbsp cream. Heat for 5 minutes.
11. Garnish shahi paneer with cream and dry fruits and coriander leaves.

Serving size : 3 or 4 persons

Cook : 2 hrs

Submitted by Shadab Begum

### **Veg Kababs**

**4 potato**

**1 cup cottage cheese**

**1 cup cauliflower**

**1 cup cabbage**

**2 green chilly**

**1 tbsp coriander**

**1/4 tsp azinomotto powder**

**1 cup flour of gram pulse**

**1/2 tsp red chilly powder**

**Oil for frying**

**1 tbsp clarified butter**

**1 tsp salt**

1. Boil, peel and grate potato.
2. Grate cottage cheese also.
3. Finely chop chilly and coriander
4. Grate both the cauliflower and cabbage
5. Heat oil in a pan and fry both cauliflower and cabbage with azinomotto powder.
6. After frying for few minutes, add grated potato and cheese with chilly and 1/2 tsp salt. Cook it until the water dries up.
7. Remove it from the flame and let it cool.
8. Make small balls of the mixture and keep aside.
9. Make a batter by mixing flour of gram pulse, 1/2 tsp salt, red chilly powder and 1 cup water.
10. Heat oil in a pan.

11. Dip all the balls in flour of gram pulse batter and deep fry them until they turn golden brown.
12. Serve them hot.

Serving size : 2 or 3 persons

Cook time : 1 hr

Submitted by Shadab Begum

### **Quesadillas**

(vegetarian)

**10 chapattis or flour tortillas**

**1 cup of grated cheese**

**½ cup of salsa**

**1 tsp cilantro (finely chopped)**

**butter**

1. Have all the ingredients prepare ahead of time.
2. Put a ½ tsp of butter into a frying pan. Place your chapatti in the pan. On one side place the grated cheese, salsa and sprinkle with cilantro, fold the other side of the chapatti over. Brown on the one-side and flip. Check and make sure that the cheese is melted inside.
3. Keep warm until all your chapattis are used up. Cut in half and serve with more salsa and sour cream.

Variations:

### **Vegetable Quesadillas**

**1 cup grated cheese**

**½ cup of salsa**

**1 green pepper chopped**

**1 onion chopped**

**1 package or 5-6 medium mushrooms**

### **Refried Bean Quesadillas**

**\*1 cup of Refried beans**

**1 cup of grated cheese**

**½ cup of salsa**

### **Sour Cream**

**1 carton of fresh cream**

**1 small lemon squeezed or 1 TBSP of lemon juice**

Put cream into a bowl. Add the lemon juice and stir. Refrigerate until needed.

### **Salsa**

**4 medium sized ripe tomatoes chopped**

**1 small onion**

**1 capsicum**  
**1 tsp basil (fresh or dried)**  
**1 tsp salt**  
**½ tsp pepper**  
**¼ tsp red chili pepper**

Chop tomatoes, onion and capsicum, place in bowl. Mix basil, salt, pepper and chili pepper with tomato mixture.

Submitted by Christina Guenther

### **Refried Beans**

(vegetarian)

**1 cup of kidney beans (rajmah)**  
**1 small onion chopped**  
**2 cloves of garlic minced**  
**½ tsp red chili powder**  
**1 tsp salt**  
**1 TBSP butter or oil**

1. Rinse beans with water and soak overnight or at least 6-8 hours
2. Put beans in pressure cooker, along with 2 cups of water. Let the pressure cooker give 5 whistles, turn on low for 20 minutes. Turn the gas off and let sit until the pressure drops and the lid can be opened. (if beans are not soft, repeat the process)
3. Mash the beans with a fork or a potatoe masher into a paste
4. In a frying pan heat oil or butter. Add the chopped onion and garlic, fry until soft.
5. Add the mashed beans and fry, add the salt and red chili powder. Bring the bean mixture to a boil, and cook for about 10 minutes. The texture should be a thick bean paste, add more water as required.

### **Things to do with Refried Beans**

-use as a filling along with cheese and salsa in a Quesadilla

-make Taco Salad by adding nacho chips, cheese, lettuce or finely chopped cabbage, tomatoes, capsicum, onion and garnish with sour cream and salsa

- use as a cold or hot filling for a tortilla or chapatti wrap, add tomatoe, grated cheese, onions, capsicum, lettuce or chopped cabbage, black olives, salsa, sour cream

Submitted by Christina Guenther

This was a favorite meal for advisor dinners and students can help out by cutting up vegetables. The refried beans are easy to make ahead of time and kept in the fridge and reheated when you want to use

them.

### **Simple Yellow dal (Masoor dal)**

#### **Ingredients:**

**1/2 cup Masoor Dal**  
**1 Tomato**  
**1/2 tsp Jeera (Cumin seeds)**  
**1/4 tsp Turmeric (Haldi) Powder**  
**¼ tsp Red chilly powder**  
**2 tsp Oil**  
**1 level tsp Salt**  
**1 tsp Ginger Garlic paste**

#### **Method:**

-Pressure cook the dal for 4 mins in 1 cup water with salt, turmeric powder and red chilly powder.

-In another pan, heat oil, add jeera, tomatoes. Sauté on a high flame till the tomatoes are soft and pulpy.

-Add the boiled dal into this with little water, boil well for 15 minutes to incorporate the masala into the dal, garnish with coriander.

### **Paneer Curry**

**Serves 4**

#### **Ingredients:**

**250 gms Paneer (Cottage Cheese)**  
**2 Tomatoes**  
**2 Onions**  
**1 tbl spn Ginger Garlic paste**  
**1/2 tsp Red chilli (Lal Mirchi) Powder**  
**1/2 tsp Haldi powder (Turmeric Powder)**  
**Salt as per taste.**  
**2 tbl sp cooking oil**

#### **Method:**

-Heat oil , add chopped onions and tomatoes.

-Let it cook (TILL THEY ARE COOKED WELL AND START LEAVING OIL). Add 1/2 tsp Red chilli (Lal Mirchi) Powder ,1/2 tsp Haldi powder ,Salt as per taste plus 1 tbl spn Ginger Garlic paste. Cook for another 10 mins.

-Add the **Paneer (cottage cheese cut into small cubes)** and cook for a minute.

-Serve hot garnished with **fresh chopped coriander**.

## **Sweet Rice (Zarda)**

### **Serves 6**

### **Ingredients**

**Rice 2 cups (soaked)**

**Sugar ½ cup**

**Ghee ¼ cup**

**Cloves 3-4**

**Green cardamoms 3**

**Coconut grated ½ cup**

**Raisins 1 tbsp**

**Almonds (chopped) 5-6**

**Cashew nuts (chopped) 5-6**

**Turmeric powder 1tsp**

### **Method**

1. Boil four cups of water. Cook the rice along with turmeric powder till three-fourth done drain it and keep aside.
2. Melt ghee in a pan, sauté cloves, cinnamon and green cardamoms and add rice to it.
3. Add sugar and mix it slowly. Cook on low flame **till** sugar leaves water. Stir in the raisins and chopped **nuts**. Just to avoid the rice from sticking to the bottom of the vessel. Place a tawa underneath the vessel and cook over low heat till all the water is absorbed.
4. Serve hot or cold. Garnish it with coconut.

## **Aloo Bharta**

### **Serves 4**

### **Ingredients:**

**250 gm boiled and mashed potatoes**

**1/4 cup chopped onions**

**2 tbsp chopped coriander leaves**

**1 tsp salt or to taste**  
**1 tsp mustard seeds**  
**1 tsp Jeera (Cumin seeds)**  
**1tbl sp cooking oil**

**Method:**

1. Mash boiled potatoes. Add little water (1/2 cup) and keep it aside.
2. Heat oil in a vessel. Now add mustard seed and jeera. Wait till they start popping.
3. Add chopped onions and fry until it turns golden brown.
4. Add mashed potatoes and cook for 5 mins. Garnish it with coriander leaves.

**Palak and Egg Sabzi (Spinach and Egg)**

**Serves 4**

**Ingredients for Palak Egg sabzi :**

**Spinach 1 bunch**  
**Eggs 2 boiled**  
**1 Onion chopped**  
**1 Tomato chopped**  
**1 tsp red chilly powder**  
**1 tbl sp Ginger garlic paste**  
**1 tsp jeera (Cumin seeds)**  
**Salt To Taste**  
**1 tbl sp cooking oil**

**Method:**

- Wash spinach and boil it until it's tender and soft. Drain and keep it aside.
- Heat the oil in a pan and fry the eggs until golden brown and keep them aside.
- Fry jeera and onion until golden brown add tomato, red chilly, G and G paste and salt.
- Cover and cook over a moderate heat for about 10 minutes. Stir several times.
- Mash the boiled spinach and add it to the masala. Cover, lowering the heat and cook for another 10 minutes.
- Cut boiled egg into small pieces and add it to the spinach.

**Gobi Parantha (Stuffed Bread)**

**Serves 7 to 8**

**Ingredients :**

4 cups Whole Wheat Flour (Atta)  
2 cups Grated Cauliflower (Gobi)  
Coriander leaves (finely chopped)  
1-2 Chopped Green chilies  
1 Onion chopped  
1" Ginger Chopped  
Salt as per taste.  
Red chili powder  
1/2 tsp Ajwain (**Thyme**)  
Oil for frying

**Method:**

- Make dough out of whole-wheat flour (atta).
- Mix grated cauliflower, green chilies, ginger, coriander leaves, ajwain (**Thyme**), chili powder and salt, as a filling in parantha.
- Make a small ball of dough roll it half with the rolling pin .Fill little mixture and close it from top now roll it slowly.
- Cook on a pre-heated Tawa (flat griddle plate). Turn it and pour half tablespoon oil.
- Spread it on the parantha and shallow fry over low heat.
- Turn it and again pour oil on the other side of the parantha.
- Cook on a low heat till golden brown.
- Serve parantha with yogurt (curd) or pickle.
- You can make other filling like Aloo (Potatoes), Muli (Raddish)

Submitted by Meenu Khan

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## *Vegetable Side Dishes*

**Sweet Potatoes**  
sweet potatoes  
butter  
salt  
pepper

**brown sugar**  
**maple syrup (optional)**

1. Boil, then peel sweet potatoes.
2. Mash, adding butter, salt and pepper.
3. Place in baking dish; place some butter on top, then sprinkle with brown sugar.
4. Bake until heated through and butter and sugar are melted.

Options: If you have maple syrup, some of that is good when mashing the potatoes.

Submitted by Maureen Fromme

### **Baked Beans (American-style)**

**3 cups cooked beans, white navy or small brown beans**  
**1-2 medium onions, browned**  
**1 cup tomato sauce or catsup**  
**3 Tbsp brown sugar or ¼ cup molasses**  
**2 Tbsp prepared mustard or 1 Tbsp dry mustard (optional)**  
**½ cup cooked port, bacon or other cooked meat (optional)**  
**2 tsp salt**  
**Pepper to taste**

1. Combine all ingredients in a saucepan or baking pan.
2. Heat by boiling or baking.
3. Serve immediately when hot, or bake 3 hours at 325F (165C) to improve flavor.

Submitted by Joie Burchell

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## **Miscellaneous**

### **Mix Fruit Raita**

**2 cups Curd (yogurt)**  
**3 Bananas**  
**1 small Pineapple**  
**2 Apples**  
**1 Ripe Mango**  
**1 cup Pomegranate seeds**  
**Chopped coriander leaves**  
**Sugar powder to taste**  
**Salt to taste**  
**Black pepper powder to taste**

1. Stir the curd with hand mixer properly and mix salt, sugar, and if curd is thick then add little milk or water.
2. Cut all fruits in small pieces and add to the curd.
3. Add sugar powder, salt and black pepper (to taste) and mix it properly.
4. Garnish the fruit raita with chopped coriander and pomegranate.

Serving size : 2 or 3 people  
Cook time: 30 minutes

Submitted by Shadab Begum

### **Bathua Raita**

**1 Cup Curd (Yogurt)**  
**1/2 cup Bathua (boiled and mashed)**  
**1tsp roasted cumin powder**  
**Salt to taste**  
**Red chili powder to taste**

1. Stir the curd with hand mixer.
2. Add bathua paste and mix well. If it becomes thick add little milk.
3. Now add salt, cumin powder and chili powder, mix properly
4. Keep in refrigerator for an hour or so.
5. Serve chilled bathua raita with Chapatis, Paratha, Pullao etc.

Serving size : 2 or 3 people  
Cook time : 30 minutes

Submitted by Shadab Begum

### **Pumpkin Raita**

**1/2 cup pumpkin**  
**2 cup curd**  
**1/4 tsp salt**  
**1/4 tsp rock salt**  
**1/2 tsp mustard powder**  
**1/2 tsp cumin powder**

1. Grate pumpkin and boil in 1/4 cup water at low flame.
2. When water dries remove it from the gas and let it cool.
3. Beat curd and mix all the ingredients along with pumpkin.
4. Serve it chilled.

Serving size : 2 or 3 people  
Cook time : 30 minutes

Submitted by Shadab Begum

### **Chocolate Syrup**

**1 1/2 cups sugar**  
**1/2-1 cup cocoa**  
**1/8 tsp salt**  
**1 cup hot water**  
**2 tsp vanilla**

1. Combine sugar, cocoa and salt in a sauce pan.
2. Gradually add hot water and mix it to make a smooth paste.
3. Boil for 4 minutes.
4. Cool and add vanilla
5. Serve warm as a syrup on ice cream or pancakes.

Options: To make **Chocolate Milk**: Add 1-2 Tbsp chocolate syrup to 1 cup of milk.

### **Maple Syrup**

**1 cup sugar**

**½ cup boiling water**

**1 Tsp maple or vanilla flavoring**

1. Combine ONLY sugar and water in a sauce pan and boil about 10-15 min.
2. Remove from heat and add maple or vanilla flavoring.

**Submitted by Joie Burchell**

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## **Salads**

### **Italian Salad Dressing**

**½ cup oil**

**2 Tbsp vinegar**

**1 Tbsp finely chopped onion**

**1 tsp sugar**

**1 tsp salt**

**1 tsp dry mustard (optional)**

**1 tsp dried basil leaves**

**1 tsp oregano**

**¼ tsp pepper**

**1-2 cloves garlic, crushed or finely chopped**

**1-2 Tbsp lemon juice**

**1 tsp dried bell peppers (optional)**

1. Combine all ingredients in a jar with a lid and shake the covered jar to mix well.
2. Adjust the amounts of any of the spices so that the recipe suits your taste.
3. Serve over fresh lettuce-vegetable salad.
4. This can be refrigerate for as long as 2-3 weeks.

Submitted by Joie Burchell

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## **Soups and Stews**

### **Dahl Soup**

**1 cup yellow dahl**  
**4 cups water**  
**1 onion finely chopped**  
**bacon to taste chopped into small pieces**  
**4 cloves**  
**garlic paste 1 tsp**  
**salt**  
**pepper**  
**1 tsp cumin**  
**1tsp turmeric**  
**celery salt dash or two**  
**chicken stock cube**

1. Soak dahl in water 3 minutes. Throw out water.
2. Fry onions, cloves and bacon. Add soaked dahl and water.
3. Add garlic and spices. If it still tastes like it needs something continue to add spices. Doing this slowly is wise----easy to put in but not so easy to take out.
4. Boil 30 minutes or until dahl is no longer hard.

Submitted by Sue Rollins

### **Vegetable soup**

**3\4 cup cabbage finely chopped.**  
**3\4 cup carrots grated**  
**2 cups milk**  
**2 Tbsp flour (or corn starch)**  
**2 Tbsp oil or butter**  
**1 onion chopped finely**  
**4 cloves**  
**salt and pepper to taste**  
**celery salt**  
**chicken stock cube**  
**1 tsp garlic paste**

1. Fry onions and cloves in oil or butter.
2. Add vegetables and fry slightly beginning to cook.
3. Add flour and brown slightly.
4. Add milk, garlic, stock cube and spicing.
5. Allow to thicken. If too thick add a bit of water to thin to good soup consistency.
6. Serve with bread, muffins, baking powder biscuits, or pancakes.

Submitted by Sue Rollins

### **Cream of Potato Soup**

**2-3 medium potatoes**  
**1 onion**  
**2 Tbsp flour**  
**2 cups milk**  
**2 -3 whole cloves**

**salt and pepper to taste**  
**1 Tbsp parsley**  
**1 tsp celery salt**  
**1 chicken bouillon cube**  
**1 tin sweat corn**  
**1 Tbsp garlic paste**

1. Cook the potatoes in a pressure cooker. Cut up, put 2 cups of water in the pan. Add some salt. Put the lid on. When it begins to hiss time 5 minutes. Turn stove off and let it cool on its own or release pressure by lifting the weight on the lid. You can also use left over potatoes from another meal.
2. Cut up onion and fry in a couple Tbsp of oil. Add whole cloves.
3. Add flour. Mix and brown slightly
4. Add the milk.
5. Bring to a boil.
6. Add salt, pepper, bouillon cube, garlic and other seasonings and potatoes. Mash with a potato masher.
7. Add corn with the water that is in the tin.
8. Mix again. If it is too thick still, add some water to bring it to a soup consistency.

Submitted by Sue Rollins

### **Dahl Kitchirie**

**1\2 cup rice**  
**1\2 cup Dahl**  
**1 Tbsp fat**  
**1 onion, chopped small**  
**6 cloves**  
**2 cinnamon sticks**  
**3 cardamom**  
**10 peppercorn**  
**1 tsp salt**  
**2 cups water**

1. Clean rice and dahl. Let them soak in water for 30 minutes.
2. Heat fat, add chopped onion and whole spices. Fry until there is an aroma. Reduce the fire.
3. Add the rice and dahl after draining them. Stir until they are thoroughly heated. Add the water and salt.
4. Cover pan and simmer on low heat till water is absorbed and the grains are tender.
5. Place in oven to dry or if charcoal fire, place live coals and embers on the lid.
6. If desired, serve with fried sliced onion strewn on top.

Options: Very nice with yogurt on top and mango pickle.

Submitted by Sue Rollins from the Landour Cookbook

### **Red Onion Soup / French Onion Soup**

**400g red onions**  
**1ltr chicken/veg stock)**  
**25g butter**

**10g / 1/2 oz flour**  
**Salt (to taste)**  
**Pepper (to taste)**

- 1 tbsp of Thyme(dried is fine)
- 1-2 cloves of Garlic (depending on your taste)
- 1 chop and dice onions and garlic
- 2 add butter to pot and melt, once butter is melted add onions and garlic and stir till well browned
- 3 add flour to the pot and stir until browned
- 4 add boiling water to stock cubes, stir and add to pot slowly
- 5 bring to a boil
- 6 when boiling, add thyme, salt and pepper (you can also add a bay leaf but remember to take out before serving)
- 7 leave soup to simmer at a low heat for 20min
- 8 Serve as is or add crouton and cheese and broil in oven until cheese is browned for the classic French onion style.

Submitted by Greg Miller

### **Cream of Potato and Onion Soup**

**12 potatoes peeled and chopped**  
**12 onions chopped**  
**6 Tbsp butter**  
**6 Tbsp flour**  
**9 cups milk**  
**Salt and pepper**

1. Boil potatoes and onions 30-45 minutes until tender.
2. Drain and reserve 3 cups of water.
3. Puree the potatoes and onions until smooth.
4. In a soup pot, combine flour and butter- stirring over heat until bubbly.
5. Slowly add milk, stirring constantly until well blended. Reduce heat to low and add pureed potato mixture. Let simmer 5-10 minutes and add salt and pepper to taste.
6. Top with cheese and bacon if desired.

Submitted by Joie Burchell

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## **Sweet Treats**

**Golden Syrup** (Karo syrup) (Used for fudge and other candy making)

**6 cup white sugar**  
**7 cup boiling water**  
**1 heaped tsp salt**  
**Pinch of cream of tartar**  
**1 Tbsp vinegar**

1. Put sugar into thick dry saucepan over a high heat.
2. Stir with wooden spoon. It will start to melt.
3. When the sugar has turned into yellow lumps add boiling water by the Tablespoonful. Then in gradually increasing amounts until all water is added.
4. Add salt and cream of tartar dissolved in vinegar.
5. Boil without stirring about 30 minutes. Test for setting as for jam. When put in cold water forms a ball, but quickly loses its shape. Be careful that it doesn't boil too long and turn into toffee.
6. Pour into hot clean jars and seal.

Submitted by Sue Rollins

### **Fudge**

**2/3 cup cocoa**

**3 cups sugar**

**1 1/2 Tbsp golden syrup**

**1 1/2 cup milk**

**4 1/2 Tbsp butter**

**3/4 tsp vanilla.**

**1/2 cup Nuts**

1. Grease a 9x9 inch pan. Also grease a thick bottom saucepan to boil the candy in.
2. Pour the milk in the greased saucepan. Bring to a boil.
3. Add the sugar and stir until dissolved.
4. Add Golden syrup and cocoa powder.
5. After sugar is completely dissolved put a lid on the boiling mixture for a few minutes allowing condensation to wash away any crystals left on the side of the pan. If this is not done the crystals may cause your candy to crystallize before you can get it into the 9x9 pan. Then remove the lid.
6. Boil until soft ball stage 226-231 F (in Landour) or 234 F (at sea level) or mixture forms a soft ball in cold water but quickly loses its shape.
7. Immediately remove from the heat add butter and vanilla .
8. Cool for 15 minutes or so.
9. Beat with an electric mixer until mixture thickens and loses its shiny appearance. Add nuts. Quickly pour into the greased 9x9 pan. This thickening may happen very quickly so be ready to move fast or you will not get it out of the pan.

Submitted by Sue Rollins from the Landour Cookbook

### **Peanut Brittle**

**2 cups sugar**

**1 cup white corn syrup or golden syrup**

**1/2 cup water**

**3 cups peanuts**

**1 tsp butter melted**

**1 tsp soda**

**1 tsp vanilla**

1. Combine sugar, syrup and water in a saucepan. Stir while dissolving sugar.
2. Put the lid on for 2-3 minutes allowing condensation to wash off any crystals that might have ended up on the sides of the pan. This will ensure that you candy will not crystallize before you can pour it

onto the cookie sheet. Then remove the lid.

3. Boil until soft ball stage 226-231 F (in Landour) or 234 F (at sea level) or mixture forms a soft ball in cold water but quickly loses its shape.
4. Add butter. Continue cooking until syrup is golden brown (290F – after hard crack, mixture begins to brown and forms hard brittle ball in cold water).
5. Stir during last few minutes of cooking.
6. Remove from heat. Add peanuts, soda and vanilla. Stir until mixture thickens.
7. Pour into butter cookie sheets with edges.
8. Use hands to flatten or pull candy out; it will be as thin as possible. Break into pieces.

Submitted by Sue Rollins

### **Never Fail Chocolate Cake**

- 1 cup sugar**
- ½ cup cocoa**
- ½ cup butter**
- ½ cup warm water**
- ½ tsp vanilla**
- ½ cup sour milk**
- 1 ½ cups flour**
- 1 tsp baking soda**
- 1 egg**
- ½ tsp salt**

1. Cream together sugar, egg and butter until fluffy
2. Add cocoa and vanilla.
3. Sift together dry ingredients (flour, baking soda and salt)
4. Add warm water, sour milk and flour mixture alternately to sugar, egg and butter mixture and beat a couple minutes with an electric beater or a whisk.
5. Pour into greased 9x9 pan
6. Bake at 350 F for 30 minutes or until you can put a toothpick in and it comes out clean.

Submitted by Sue Rollins

### **Chocolate Icing**

- 2-3 Tbsp butter**
- ½ cup milk**
- 5 Tbsp cocoa powder**
- enough icing sugar to make a spreadable icing**

1. Melt butter and milk together
2. Add cocoa to the mixture.
3. Add enough icing sugar to make a nice spreadable icing.
4. Spread on cooled cake. Never try to ice a hot cake or it may fall apart.

Submitted by Sue Rollins

### **Pineapple Upside Down Cake**

**1/3 cup soft butter**  
**1/2 cup brown sugar**  
**1 can pineapple drained**  
**1 1/2 cups flour**  
**2 tsp baking powder**  
**1/2 tsp salt**  
**1 cup white sugar**  
**1/3 cup butter**  
**1 egg**  
**2/3 cup milk**  
**1 tsp vanilla**  
**1/2 tsp lemon flavoring**

1. Heat oven to 350F.
2. Melt butter in heavy 10" skillet or square pan.
3. Sprinkle brown sugar evenly over butter. Arrange pineapple in attractive pattern on the butter-sugar coating. Decorate with pecan halves and cherries if desired.
4. Beat 1/3 cup butter and sugar together. Add eggs and beat until color lightens.
5. Add flavorings.
6. Sift flour, baking powder and salt into the above mixture alternately with the milk.
7. Beat 2 minutes
8. Pour batter over the fruit
9. Bake 40-45 minutes.
10. Immediately turn upside down on serving plate.
11. Leave pan over cake a few minutes.
12. Serve warm with whipped cream.

Submitted by Sue Rollins

### **No Bake Cookies**

**1/2 cup cocoa powder**  
**1/2 cup butter or margarine**  
**2 cups sugar**  
**1/2 cup milk**  
**1/2 cup peanut butter**  
**3 cups quick oats**  
**1 tsp vanilla**

1. Mix and bring to a boil butter, sugar, milk, peanut butter, and cocoa powder.
2. Add vanilla
3. Measure out quick oats
4. Add butter mixture to oats and stir completely until all oats are coated.
5. Spoon out onto a buttered cookie sheet.
6. Place in fridge to harden.
7. Eat and enjoy.

Submitted by Sue Rollins

### **Layered Bars**

**1/2 cup butter**  
**1 cup digestive biscuit crumbs**  
**1 cup each chocolate chips, coconut, chopped nuts**  
**1 3/4 cups sweetened condensed milk**

1. Melt butter in bottom of 9x9" pan.
2. Crumble biscuits in the bottom
3. Mix together in another bowl all the other ingredients.
4. Pour over graham crackers
5. Bake at 350 F. for 25-30 minutes. Cool and cut into bars.

Submitted by Sue Rollins

### **Chocolate Chip Cookies**

**2 1/4 cups flour**  
**1 tsp salt**  
**1 tsp baking soda**  
**1 cup butter**  
**3/4 cup brown sugar**  
**3/4 cup white sugar**  
**2 eggs**  
**1 tsp vanilla**  
**2 cup chocolate chips**  
**1 cup chopped nuts**

1. Combine flour, baking soda, and salt in a sieve
2. Beat butter, sugars and vanilla in a large mixing bowl. Add eggs one at a time, beating well after each addition. Mixture should turn lighter in colour.
3. Gradually add flour mixture and mix in.
4. Add chips and nuts.
5. Scoop out by the spoonful onto greased cookie sheet leaving a couple inches between scoops so cookie can expand.
6. Bake at 375 F. for 9-11 minutes. Place on rack to cool.

Submitted by Sue Rollins

### **Chocolate Cupcakes**

**1/2 cup cocoa**  
**1 cup hot water**  
**1 2/3 cups flour**  
**1/2 tsp baking powder**  
**1 tsp baking soda**  
**1/2 tsp salt**  
**1 1/2 cups sugar**  
**1/2 cup soft butter**  
**2 eggs**

1. Heat oven to 400 F. Line 24 medium muffin cups with paper baking cups.
2. Beat butter and sugar together.

3. Add eggs and beat until they become lighter in color.
4. Add cocoa powder and mix thoroughly
5. Put flour, soda, and salt in sieve.
6. Add hot water and flour alternately to egg mixture. Beat 2 minutes scraping bowl frequently. Pour into baking cups (1/2 full).
7. Bake 15-20 minutes at 350F. Makes 24 cupcakes.

Submitted by Sue Rollins

### **Baby Ruth Bars**

- 1 cup white corn syrup (golden syrup)**
- 1/2 cup white sugar**
- 1/3 cup brown sugar**
- 1 cup peanut butter**
- 6 cup corn flakes**
- 1 cup salted peanuts**
- 6 oz. chocolate chips**
- 6 oz. butterscotch** (or add more chocolate if you don't have this)

1. Boil sugars and syrup until sugar is all melted.
2. Add peanut butter.
3. Measure cornflakes and nuts into a larger mixing bowl.
4. Pour sugar mixture over top of cornflakes and mix thoroughly.
5. Spread into a 9x13 cake buttered pan. Melt chocolate and spread on the top.

Submitted by Sue Rollins

### **Hedgehogs**

- 1/2 cup butter**
- 1/2 cup castor sugar**
- 1 egg**
- 2 Tbsp cocoa**
- 1/2 cup walnuts (coarsely chopped)**
- 1 large package of digestive biscuits**
- 1/2 tsp vanilla**

1. Cream the butter and sugar in the saucepan.
2. Add the cocoa and egg (well beaten) to the butter and sugar mixture. Bring to a boil stirring constantly. Boil 1 minute. If you add the egg to hot butter be sure you pour it in slowly stirring constantly or you will end up with scrambled egg.
3. In a separate bowl crumble the digestive biscuits and add chopped nuts.
4. Add vanilla to butter and cocoa mixture and pour over biscuits. Mix so that all the biscuits have chocolate on them.
5. Press into a buttered 9x9 cake pan.
6. Refrigerate for a few hours and then cut into cubes and enjoy.

Submitted by Sue Rollins

### **Delicious Brownies**

**9 Tbsp Cocoa + 3 Tbsp melted butter**  
**2/3 cup butter softened**  
**2 cups sugar**  
**4 eggs**  
**1 1/2 cup flour**  
**1 tsp baking powder**  
**1 tsp salt**  
**1 cup nuts or chocolate chips**

1. Heat oven to 350F, grease 9X13" pan.
2. Mix cocoa and melted butter. Cream together butter and sugar.
3. Add eggs and cocoa mixture to the butter-sugar mixture.
4. Sift flour, salt and baking powder together and add to above mixture.
5. Bake for 30-35 minutes.

Submitted by Sue Rollins

### **Chocolate Chip-Oatmeal Cookies**

**1/2 cup butter**  
**3/8 cup oil**  
**1 1/3 cup sugar**  
**1 tsp. vanilla essence**  
**1/3 cup water**  
**1 cup white flour**  
**1 cup whole wheat flour**  
**1 cup oats**  
**1 tsp. baking powder**  
**1/2 tsp. baking soda**  
**1/2 cup choc. chips**

1. Mix wet ingredients
2. Add dry ingredients.
3. Mix.
4. Drop by spoonful onto un-greased cookie sheets.
5. Bake at 400 F (200 C) 8-10 min.

Submitted by Joie Burchell

### **Chocolate Crinkles**

**1/2 cup shortening**  
**1 2/3 cups sugar**  
**2 tsp vanilla**  
**2 eggs**  
**2 cups flour**  
**2 tsp baking powder**  
**1/2 tsp salt**  
**1/3 cup milk**  
**1/2 cup cocoa**  
**chopped walnuts (optional)**

## **powdered sugar**

1. Cream together shortening, sugar, vanilla.
2. Add eggs and chocolate.
3. Mix in dry ingredients alternately with milk.
4. Add nuts
5. Chill 3 hours.
6. Form into 1 inch balls. Roll in powdered sugar.
7. Place on greased cookie sheet 2 to 3 inches apart. Bake at 350 F for 15 min.
8. Cool slightly, remove from pan.

Submitted by Joie Burchell

## **Cola Cake**

**2 cups all-purpose flour**

**1 1/2 teaspoons baking powder**

**1/4 teaspoon salt**

**2 cups granulated sugar**

**1 cup butter or margarine**

**3 Tablespoons unsweetened cocoa powder**

**8 ounces cola (1 cup)**

**1 1/2 cups marshmallows (optional)**

**2 teaspoons vanilla**

**1/2 cup buttermilk (substitute- add a small amount of vinegar to a measuring cup, then pour milk to measuring line. Let sit for about 5 minutes)**

**2 eggs, beaten**

**2 teaspoons baking soda**

**1 cup chopped pecans, optional**

1. Combine the flour, baking powder, salt, and sugar in a large mixing bowl.
2. Combine 1 cup butter, 3 tablespoons cocoa powder, and 1 cup cola in a saucepan; bring to a boil.
3. Remove from heat and add marshmallows (if desired) and vanilla, stirring until marshmallows are melted.
4. Pour mixture over dry ingredients and blend in well.
5. Add the buttermilk, beaten eggs, baking soda, and pecans, if using.
6. Beat well.
7. Bake in a greased and floured 13x9-inch baking pan at 350° for 30 to 35 minutes, until the cake bounces back when lightly touched near the center.
8. Use cocoa whipped cream as frosting (optional).
9. If desired, sprinkle finely chopped pecans over the top.

Submitted by Greg Miller

## **Sweet Potato Cake**

**1 cup butter, softened**

**2/3 cup white sugar**

**2/3 cup brown sugar**

**3 eggs**

**1 teaspoon vanilla extract**

**2 cups all purpose flour**  
**1 cup cake flour (use 2 tablespoons cornstarch, then fill with flour)**  
**1 Tablespoon baking powder**  
**1 teaspoon salt**  
**1 1/3 cups milk**  
**1 medium sweet potato, peeled, cubed, boiled, and mashed.**  
**1/3 cup maple pancake syrup**

1. Cream the butter and sugars in an electric mixer until light and fully combined.
2. Add vanilla and eggs, one at a time, incorporating completely after each addition.
3. Let egg and butter mixture blend until very light in color, about 4 minutes on medium/high speed.
4. In a separate bowl add the flours, baking powder, and salt and whisk to combine.
5. In a large measuring cup, measure the milk, add the mashed sweet potato and maple syrup and stir to combine.
6. When the butter mixture is light and fluffy, add 1/3 of the flour mixture and mix well.
7. Add 1/2 of the liquid ingredients and stir.
8. Repeat with remaining flour mixture and liquid mixture, making sure to end with the dry ingredients. Make sure to scrape down the sides of the bowl when giving it a final mix.
10. Pour the batter into one 9x13 cake pan or two 9-inch round cake pans that you've buttered and floured. Tap the pan lightly on the counter to remove any air bubbles and bake in a 350 degree oven for 40 to 50 minutes, or until a toothpick inserted in the center comes out clean.
11. Cool cake in their pans for 15 minutes, then turn out on to wire racks to cool completely.
12. When cake are completely cool, frost with maple icing

**Maple Icing:**

**1 cup powdered sugar**  
**Milk**  
**1 tsp vanilla**  
**Pancake syrup**

1. Add vanilla to sugar.
2. Slowly add milk and pancake syrup until proper consistency.

Submitted by Greg Miller

**3-Minute No-Bake Cookies**

**(Vegetarian)**

**2 cups granulated sugar**  
**1/2 cup butter (about the size of one small Amul package)**  
**1/2 cup milk**  
**1/3 cup unsweetened cocoa powder**  
**Pinch of salt**  
**1 teaspoon vanilla extract**  
**3 Tablespoons peanut butter**  
**3 cups quick oats**

1. In large saucepan, combine sugar, butter, milk, cocoa and salt. Bring to boil over medium heat, stirring frequently. Continue boiling 3 minutes, stirring frequently.

2. Remove from heat. Stir in vanilla and peanut butter; stirring until peanut butter is melted. Add oats and mix well.
3. Drop by tablespoonfuls onto waxed paper. Let stand until firm. Store tightly covered.

Serving Size: Makes about 3 dozen.

This has been a tried-and-true cookie recipe—quick and easy to make, and no oven required. Just be sure not to put twice the amount of butter in, or you'll end up with chocolate goo, rather than cookies.

Submitted by Kate Johnson, from

[http://www.cooksrecipes.com/cookie/3-minute\\_no-bake\\_cookies\\_recipe.html](http://www.cooksrecipes.com/cookie/3-minute_no-bake_cookies_recipe.html)

### **Cocoa Apple Cake**

**3 eggs**

**2 cups sugar**

**1 cup butter**

**2 cups grated apple**

**½ cup water**

**2 ½ cups flour**

**2 Tablespoons cocoa powder**

**1 teaspoon baking soda**

**1 teaspoon cinnamon**

**1 teaspoon nutmeg**

**1 cup chopped nuts (optional)**

**1 cup chocolate chips or chocolate chunks**

**1 Tablespoon vanilla**

**1 Tbsp vanilla**

1. Beat eggs, sugar, butter, and water until fluffy.
2. Combine rest
3. Bake in oven at 325 F for 60 minutes

Serving size: 1 large cake or 2 loaf pans.

This recipe comes from a family who owns a large apple orchard in Oregon. The apples give the cake a lot of moisture, and you can even think that it is somewhat healthy for you! It works really nicely in a bundt pan, if one is available, but also works well as fruit bread in two loaf pans.

Submitted by Kate Johnson, from the Zielinski family.

### **Jiffy Cake**

*(my all time favorite!)*

**1-1/2 cup flour sifted**

**¾ cup sugar**

**½ tsp. salt**

**1 tsp. baking powder**

**1 egg**

**1-1/2 tsp. vanilla**

**1/3 cup vegetable oil**

**½ - ¾ cup milk**

1. Mix together flour, sugar, salt, and baking powder in a medium sized bowl
2. Put a well in the middle and add egg, vanilla, vegetable oil, and milk
3. Stir together for 120 strokes.
4. Bake in greased pan (8"x8") at 350°F (175C) for 20 minutes, or until toothpick inserted in center comes out clean. (Can be micro waved 10 minutes on high.)

**Options:**

**For chocolate:**

Remove ½ c. flour, add ½ c. cocoa powder

**For marble:**

Make half recipe vanilla, half recipe chocolate. Swirl together lightly.

Submitted by Kathy Swanson from The Encyclopedia of Cooking

**High Altitude Brownies**

**1 cup margarine or butter (can use half-half with ghee)**

**½ cup sugar**

**2 tsp. vanilla**

**4 eggs**

**¾ cup cocoa powder**

**1-1/2 cup sifted flour**

1. Cream together margarine or butter with sugar
2. Add vanilla, eggs, cocoa powder, and flour
3. Mix well and bake in greased pan (9"x13") at 350F (175C) for 30 minutes. Cut when cool.

Submitted by Kathy Swanson from Cooking at the Center of the World, Quito, Ecuador

**No-No Cake**

*(for all your vegetarian friends)*

**2-1/4 cup sifted flour**

**1-1/2 cup sugar**

**½ cup cocoa powder**

**1-1/2 tsp. baking powder**

**½ tsp. salt**

**1-1/2 tsp. vinegar**

**½ cup cooking oil**

**1-1/2 tsp. vanilla essence**

1. Mix together in an ungreased pan (9"x13") flour, sugar, cocoa powder, baking powder, and salt.
2. In dry mix, place in three holes vinegar, cooking oil, and vanilla.
3. Pour 1-1/2 c. cold water over all. Mix enough to moisten the dry ingredients.
4. Bake at 350F (175C) for 30 minutes.

Options: For **Spice Cake**: (yummy with fresh-ground spices)

To above recipe, add: ½ c. **sifted flour**

Omit cocoa powder and add:

**1 tsp. cinnamon**

**½ tsp. cloves**  
**½ tsp. nutmeg**  
**(or any other combination of sweet spices. For an Indian flavor add ½ tsp. Cardamom)**

Submitted by Kathy Swanson from Cooking at the Center of the World

### **Himalayan Cheesecake**

**1-1/3 cup glucose (Tiger) biscuit crumbs**  
**2 Tbsp sugar or honey**  
**¼ cup melted butter**  
**¼ tsp. nutmeg**  
**2 eggs**  
**8 oz. (1/2 kg.) crumbled paneer or mixture with part cheese spread**  
**¼ cup honey or sugar**  
**2 tsp vanilla**  
**1-2 Tbsp lemon juice**

1. Prepare Graham Cracker Crust by combining biscuit crumbs, sugar or honey, butter, and nutmeg. Press into 9" pan
2. Combine eggs, cheese, honey or sugar, milk powder, vanilla, and lemon juice in bowl or blender
3. Mix thoroughly. Pour into crust and bake 30 minutes at 375F (190C). Cool 1 hour before serving.

### **Options:**

Top with mixture of:

**1 cup yogurt**  
**2 Tablespoon sugar**  
**1 tsp. vanilla**  
**1 tsp. cinnamon or ¼ tsp. nutmeg**  
**Chopped or fresh fruit (optional)**

Submitted by Kathy Swanson adapted from More-With-Less Cookbook

### **Banana Oatmeal Cookies**

**¾ cup butter (180 ml.)**  
**1 cup sugar (150 ml.) (castor sugar or chinni)**  
**1-2 eggs, beaten**  
**3 ripe bananas, mashed (1 cup/250 ml)**  
**3 ½ cups rolled oats (875 ml)**  
**½ cup walnut meats, chopped (125 ml)**  
**1 ¼ cup maida (white flour), sifted (310 ml)**  
**½ teaspoon baking soda**  
**½ teaspoon salt**  
**¼ teaspoon ground nutmeg**  
**¾ teaspoon ground cinnamon (more if nutmeg is not available)**

1. Preheat oven to 190 Celsius (375 Fahrenheit)
2. Sift dry ingredients together and set aside.
3. Cream butter and sugar until mixture is light and fluffy.

4. Beat in eggs, one at a time.
5. Add bananas, oats and nuts.
6. Gradually add dry ingredients to mixture. Dough will be stiff.
7. Drop by teaspoons full onto UNGREASED baking sheets.
8. Bake 12-15 minutes at 375 F(about 190 Celsius), until golden brown.
9. Remove from sheet and cool.

Serving Size: Makes about 5 dozen

Options: Stores well in refrigerator. May be frozen.

This is adapted from the Mennonite cookbook, Extending the Table. It is a great way to use up over-ripe bananas!

Submitted by Sue Swanson.

### **Exotic Coffee Praline**

**1 cup milk**

**½ Tbsp vanilla custard**

**1 Tbsp coffee**

**2 Tbsp sugar**

**1 Tbsp yellow butter**

1. Mix half cup milk coffee and custard. Boil the rest half with sugar.
2. Add coffee custard with praline.
3. Bring to boil.
4. Remove from flame and add butter.

**Options:** For praline:

1. Caramelize sugar with butter (1/2 tbsp) and almonds (2 or 3 pieces) on flame and stir it till it becomes light brown after that remove it from flame.
2. Put in a greased plate. Crush and mix in the coffee pudding.
3. Put in another bowl. Garnish with praline and refrigerator for one hour.

Serving size : 2 persons

Cook Time : 5 min

Submitted by Shadab Begum

### **Mango or Strawberry Delight**

**1/4th cup chopped mangoes**

**1 cup milk**

**2 tbsp sugar**

**½ tbsp vanilla or strawberry custard powder**

**1 tbsp yellow butter**

**Whipped cream** (for decoration)

1. Mix half cup milk with vanilla custard and mango or strawberry puree.
2. Boil the rest half with sugar and add the dissolved custard milk. Bring it to a boil.
3. Remove from flame and add yellow butter.

4. Put in a serving dish.
5. Garnish with chopped mangoes and whipped cream.

Serving size : 2 persons

Cook : 10 min

Submitted by Shadab Begum

### **Fruity Parasait**

**Chopped mix fruit**

**Vanilla ice cream**

**Strawberry Sauce**

**Caramel sauce**

**Whipped Cream for decoration**

1. Arrange a layer of mix fruit in a goblet.
2. Add vanilla ice cream, pour strawberry sauce
3. Add fruits again then ice cream and then caramel sauce.
4. Garnish with fruits and praline or whipped cream.

Serving size : 1 goblet/ person

Cook Time: 3 to 5 min

Submitted by Shadab Begum

### **Swedish No-Bake Chocolate Balls**

**1 ½ cup butter**

**2 cups sugar**

**3 Tbsp dark coffee (liquid)**

**3 Tbsp cocoa powder**

**3 tsp vanilla**

**5 cups quick oats**

**coconut/ colored sprinkles**

1. Mix all ingredients in a bowl and form into ¼ inch balls.
2. Dip in coconut and colored sprinkles.
3. Refrigerate. (NOTE: This recipe makes A LOT of cookies... it is a good idea to only make half a batch or less).

Submitted by Joie Burchell

### **Peanut Butter Cookies**

**1 ¼ cup flour**

**½ tsp salt**

**1 tsp baking powder**

**1/2 cup shortening**

**½ cup peanut butter**

**½ cup sugar**

**½ cup brown sugar**

**½ tsp vanilla**  
**1 egg**

1. Cream together wet ingredients, add dry ingredients, and roll into balls.
2. Put on un-greased cookie sheet.
3. Dip fork in sugar to make criss-cross pattern, pressing down balls so cookies are flat.
4. Bake at 375 F 10-12 min.

Submitted by Joie Burchell

### **Russian Teacakes**

**1 cup butter (soft)**  
**½ Cup powdered sugar**  
**1 tsp vanilla**  
**2 ¼ cups flour**  
**¼ tsp salt**

1. Mix butter and powdered sugar together.
2. Add other ingredients.
3. Roll into 1 inch balls. Set on un-greased cookie sheet.
4. Bake at 400 F for 10-12 min until set, not brown.
5. Roll in powdered sugar.

Cook Time and Temperature: Bake at 400 F for 10-12 min.

Submitted by Joie Burchell

### **Thumbprint Cookies**

**½ cup shortening**  
**¼ cup brown sugar**  
**1 egg yolk**  
**½ tsp vanilla**  
**1 cup flour**  
**¼ tsp salt**

1. Roll into balls, dip into egg whites, Push thumb in, bake for 5 minutes at 375 F.
2. Put a piece of chocolate or drop jam into thumbprint and bake 8 more minutes.

Cook Time and Temperature: 375 F (5 minutes, then 8 minutes)

Submitted by Joie Burchell

### **Molasses Cookies** – India version

**½ cup butter**  
**1/3 cup canola/soy oil**  
**\*1 1/3 cup (brown) sugar**  
**\*1/3 cup molasses**  
**3 cups flour**  
**½ tsp ground cloves**

**1 ½ tsp ground cinnamon**  
**1 ½ tsp ground ginger**  
fake egg:  
**1 tsp baking powder**  
**1 tsp baking soda**  
**2 Tbsp flour**  
**3 Tbsp water**

1. Mix.
2. Chill.
3. Form into 1 inch balls. Roll in sugar.
4. Put on un-greased cookie sheets. Bake at 400 F (200 C) for 9 minutes.

**Options:**

\*Instead of these two ingredients, melt 1 cup 'gur' block, with ½ cup sugar and 1/8 cup water

Submitted by Joie Burchell

**Fudge**

**2 Cups sugar**  
**½ cup milk**  
**½ cup margarine**  
**3 Tbsp cocoa**

1. Boil 6 minutes.
2. Add 1 tsp vanilla.
3. Cool and beat and put in greased pan to harden.

Submitted by Joie Burchell

**Favorite Sugar Cookies**

**2/3 cup shortening**  
**¾ cup sugar**  
**½ tsp grated orange peel (optional)**  
**½ tsp vanilla**  
**1 egg**  
**4 tsp milk**  
**2 cups flour**  
**1 ½ tsp baking powder**  
**¼ tsp salt**

1. Heat oven to 375 F.
2. Cream the shortening, sugar, orange peel, and vanilla.
3. Add egg. Beat till light and fluffy.
4. Stir in milk.
5. Sift together dry ingredients, blend in creamed mixture.
6. Divide dough in half. Chill 1 hour.
7. On lightly floured surface, roll to 1/8 inch.
8. Cut in desired shapes with cutters.

9. Bake on greased cookie sheet at 375 F about 6 to 8 minutes.
10. Cool slightly, remove from pan.
11. Cool on rack.
12. Decorate.

Serving Size: Makes 2 dozen cookies.

Submitted by Joie Burchell

### **Lemon Squares**

**1 cup flour**  
**½ cup margarine**  
**¼ cup powdered sugar**  
**2 eggs**  
**1 cup granulated sugar**  
**½ tsp baking powder**  
**¼ tsp salt**  
**2 tsp lemon juice**

1. Heat oven to 350 F.
2. Mix flour, margarine and powdered sugar.
3. Press in un-greased 8x8x2 pan, building up ½ inch edges. Bake 20 minutes.
4. Beat remaining ingredients until light and fluffy (about 3 minutes). Pour over hot crust.
5. Bake until no indentation remains when touched lightly in center (about 25 min).
6. Cool.
7. Cut into squares.

Submitted by Joie Burchell

### **Filled Cookies**

**½ cup shortening**  
**1 cup sugar**  
**2 eggs**  
**2 Tbsp thick cream**  
**1 tsp vanilla**  
**2 ½ cups flour**  
**¼ tsp baking soda**  
**½ tsp salt**

1. Chill dough until it is easy to handle.
2. Roll out thin.
3. Cut into squares, put filling in center, fold over
4. Place on greased cookie sheet.
5. Bake at 400 F for 8-10 minutes.

Submitted by Joie Burchell

### **Chocolate Chip Apricot Bars**

**½ cup butter**

**1 ½ cups sugar**  
**2 eggs**  
**1 ½ cup flour**  
**½ tsp baking soda**  
**½ tsp salt**  
**2 tsp vanilla**  
**½ tsp baking powder**  
**½ tsp ground cinnamon**  
**¼ tsp nutmeg**  
**3 cups oats**  
**¾ cup chocolate chips**  
**¾ cups chopped dried apricots**

1. Heat oven to 350 F.
2. Mix all ingredients together and press into a greased 9x13 pan.
3. Bake for 25-30 min.

Submitted by Joie Burchell

### **Tarte Aux Pommes (French Apple Tart)**

**1 cup flour**  
**½ cup butter/ margarine**  
**½ Tbsp sugar**  
**¼ tsp salt**  
**1/8-1/4 cup water (a bit of water to make right consistency)**

1. Preheat oven to 200 C
2. Mix all ingredients together adding water at the end to make a good consistency.
3. Butter the cookie sheet (8x8 or 9x9).
4. Roll out dough on lightly floured surface so it will fit in the pan with slight edges.
5. Bake crust 10-15 minutes at 200 C.
6. Sprinkle some sugar over crust and put apple slices on it.
7. Bake until the apples turn yellow (about 40-45 min).

Submitted by Joie Burchell

### **Pie Crust**

*for a 2 crust pie:*

**2/3 cup Butter**  
**2 cups flour**  
**1 tsp salt**  
**4-5 Tbsp Cold water**

1. Combine all ingredients.
2. Roll out in a circle and fit to pan, crimp edges. Sometimes need to poke holes in crust (to avoid bubbles) and bake for a few minutes before adding filling.

Submitted by Joie Burchell

### **Pumpkin Pie**

**3 eggs –beaten well**  
**2 cups pumpkin (cooked and mashed)**  
**1 ¾ cup sugar**  
**2 tsp cinnamon**  
**½ tsp salt**  
**1 tsp ginger**  
**¼ tsp cloves, nutmeg**  
**1 1/2 cups milk**

1. Mix all together and pour into pie crust that has been baked for a few minutes already (to avoid getting soggy).
2. Bake at 400 F. for the first 10-15 minutes, then 350 F. for about 45 more minutes. It won't stick to a knife in the center when it is done.

Submitted by Joie Burchell

### **Best Chocolate Cake -eggless**

**2 ½ cups white flour**  
**1 ½ cups sugar**  
**½ cup cocoa**  
**1 ½ tsp baking soda**  
**¾ tsp salt**  
**1 ½ cups warm water**  
**½ cup vegetable oil**  
**1 ½ teaspoons vanilla extract**  
**1 ½ tsp white vinegar**

1. Heat oven to 350F.
2. Butter and flour two 8-inch layer pans and set aside.
3. Mix flour, sugar, cocoa, baking soda and salt in a bowl.
4. Pour in water, oil, vanilla, and vinegar and stir until well combined. Pour into pans.
5. Bake 30 minutes or until done and cool for 10 minutes before removing from pans.
6. Ice the cake when it is completely cool.

Submitted by Joie Burchell

### **Chocolate Snack Cake (easy!)**

**1 ½ cups flour**  
**1 cup sugar**  
**¼ cup baking cocoa**  
**1 tsp baking soda**  
**½ tsp salt**  
**1/3 cup vegetable oil**  
**1 tsp white vinegar**  
**½ tsp vanilla**  
**1 cup cold water**  
**Ice cream or whipped cream if desired.**

1. Heat oven to 350F.

2. Grease bottom and sides of a round pan (9X1 ½ inches) or square pan (8X8X2) with shortening, lightly flour.
3. Mix flour, sugar, cocoa, baking soda and salt in medium bowl.
4. Mix oil, vinegar and vanilla.
5. Vigorously stir oil mixture and water into flour mixture about 1 minute or until well blended. Immediately pour into pan.
6. Bake 30-35 minutes or until toothpick inserted in center comes out clean.
7. Cool 15 minutes. Serve warm or cool with ice cream.

Submitted by Joie Burchell

### **Moist Chocolate Cake**

**1 ½ cups sugar**

**½ cup margarine**

**1 egg**

**1 cup sour milk**

**1 tsp salt**

**2 cups flour**

**2 Tbsp cocoa**

**1 tsp baking soda dissolved in ½ cup boiling water**

1. Mix all together.
2. Pour into 9X13 greased pan.
3. Bake at 350 F for 20-25 minutes.

Submitted by Joie Burchell

### **Easy Fudge Frosting**

**1 cup brown sugar**

**3 Tbsp butter**

**¼ cup milk**

**1 square unsweetened chocolate**

**½ tsp vanilla**

1. Boil all together except vanilla for 2 minutes over moderate heat, stirring constantly.
2. Take from heat, add vanilla.
3. Beat while cooling until thick enough to spread.
4. Spread quickly over cake.

Submitted by Joie Burchell

### **Vanilla Cream Pie**

**2/3 cup sugar**

**¼ - 1/2 tsp salt**

**5 Tbsp cornstarch**

**3 cups milk**

**1 Tbsp oil or margarine**

**1 ½ tsp vanilla**

1. Combine sugar, salt, and cornstarch
2. gradually stir in milk, and oil or margarine.
3. Cook over moderate heat, stirring constantly until mixture thickens.
4. Remove from heat and add vanilla.
5. Pour into a baked pie shell. Cool.
6. Add crumb topping, meringue, nuts, or fruits. Otherwise, just use this as pudding instead of making it into a pie.

**Options:**

**Banana Cream Pie:** Arrange sliced bananas on the top of the crust before pouring in the cream filling.

**Chocolate Cream Pie:** Add 6 Tbsp cocoa with dry ingredients and increase sugar to 1 ¼ cups. Increase oil to 2 Tbsp.

**Coconut Cream Pie:** Add 1-2 cups grated coconut to filling.

**Peanut Butter Cream Pie:** Combine 1 cup peanut butter and 1 ½-2 cups powdered sugar until crumbly. Spread in baked pie shell. Spread cream filling on top. May sprinkle a few peanut butter crumbles on top. Use Chocolate cream filling if desired.

Submitted by Joie Burchell

**Carrot Cake**

**1 ½ cups sugar**

**1 cup vegetable oil**

**3 large eggs**

**2 cups flour**

**2 tsp ground cinnamon**

**1 tsp baking soda**

**1 tsp vanilla**

**½ tsp salt**

**3 cups shredded carrots (5 medium)**

**1 cup coarsely chopped nuts (optional)**

1. Heat oven to 350 F.
2. Grease bottom and sides of rectangular pan, 13 X 9 X 2 in or 2 round pans (8 or 9 in). Lightly flour.
3. Beat sugar, oil and eggs in large bowl until well blended.
4. Add remaining ingredients except carrots and nuts.
5. When all is mixed, add carrots and nuts. Pour into pans.
6. Bake rectangle 40-45 min, rounds 30-35 min or until toothpick inserted in center comes out clean.
7. Cool on wire rack completely.
8. Frost with cream cheese frosting.

Submitted by Joie Burchell