

GRANDPAPPY'S RECIPES



FOR HARD TIMES

Introduction to Grandpappy's Recipes for Hard Times

Simple Recipes Using Ingredients Commonly Found in Many Kitchen Pantries.

My Recipes Would Be Useful During an Economic Depression
When Few Financial and/or Food Resources Are Available
or After a Natural or Manmade Disaster That Disrupts Commerce.

Simple Recipes Using Ingredients Commonly Found in Many Kitchen Pantries

Preface to all the Recipes: Don't be afraid to modify the following recipes and use slightly different amounts of the listed ingredients. Or you can experiment and substitute other ingredients. That is what good cooks do - they find the right combination of ingredients in the right quantities that are pleasing to the taste. A little change can produce exciting and delightful results. Too much change can ruin a recipe.



When I was born in 1949 I didn't know anything about cooking. Therefore, with only a few exceptions, most of my recipes were acquired by reading recipe books or by watching someone else prepare food. All I did was take notes. Frequently I made minor adjustments to the ingredients in a recipe to please my own taste requirements. Therefore, you may discover that some of my recipes are very similar to ones you are already familiar with. I make no apologies. Cooking is both an art and a science. And I practice both.

Abbreviations Used in All the Recipes

| | | |
|-----------------|---------------------|-------------|
| tsp. = teaspoon | tblsp. = tablespoon | oz. = ounce |
|-----------------|---------------------|-------------|

Conversion Table

| | | |
|---------------------|------------------|---------------------|
| 1 tsp. = 1/3 tbsp. | 1 cup = 8 ounces | 1 quart = 2 pints |
| 1 tbsp. = 1/2 ounce | 1 pint = 2 cups | 1 gallon = 4 quarts |

Useful Substitutions

1 tsp. baking powder = 1/4 tsp. baking soda + 1/2 tsp. cream tartar + 1/4 tsp. cornstarch
1 tsp. baking powder = 1/3 tsp. baking soda + 1/2 tsp. cream tartar
1 cup butter = 1 cup shortening + 1/2 tsp. salt
1 tbsp. oil = 1 tbsp. melted shortening (or lard)
1 cup corn syrup = 1 cup honey = 1 cup sugar + 1/2 cup of the liquid used in the recipe
1 cup buttermilk = 1 cup milk + 1 tbsp. vinegar (or lemon juice)
1 cup nonfat milk = 1/3 cup nonfat dry milk + 1 cup water
1 cup whole milk = 1/3 cup nonfat dry milk + 1 cup water + 2 tbsp. melted butter
1 cup whole milk = 1/2 cup evaporated milk + 1/2 cup water
1 cup sugar = 1 cup corn syrup (decrease recipe liquid by 1/4 cup)
1 cup sugar = 1 cup honey (decrease recipe liquid by 1/4 cup)
1 oz. unsweetened chocolate = 3 tbsp. cocoa + 1 tbsp. shortening

Baking Soda and Baking Powder

Baking soda is pure sodium bicarbonate.

Baking powder is baking soda plus cream of tartar plus a starch (such as corn starch).

If you need to, you may use baking powder in place of baking soda in a recipe but you should **not** use baking soda in place of baking powder in a recipe.

Recipe for Baking Powder

1 tsp. baking powder = 1/4 tsp. baking soda + 1/2 tsp. cream tartar + 1/4 tsp. cornstarch
1 tsp. baking powder = 1/3 tsp. baking soda + 1/2 tsp. cream tartar (no cornstarch)

When the cream of tartar is combined with the baking soda a chemical reaction takes place and the shelf life of the resulting baking powder is only a few months. Therefore it is best to make just enough baking powder when you need it so that it will always be fresh and very active.

Useful Cooking Tips

1. When available, use shortening to grease baking pans. If you use butter, margarine, or oils, they will be absorbed into the dough more quickly.
2. If a glass pan is used for baking, reduce the recommended oven temperature by 25 degrees.
3. Do **not** use aluminum pots when cooking foods that are high in acids, such as tomatoes. The high acidic foods will interact with the aluminum and introduce unacceptable unusual flavors.
4. Instant potatoes work well as a thickener for homemade stews.
5. Vegetables that grow above ground should be boiled with **no** cover on the cook pot.
6. If fresh vegetables need to be soaked, do so **before** slicing to retain as much of their nutritional value as possible.
7. Cut meat across the grain before cooking to make it easier to eat after cooking.

Instant Nonfat Dry Milk

The flavor and texture of instant nonfat dry milk can be improved by mixing it with the proper quantity of very hot water and then chilling it overnight in the refrigerator. This gives the powder a chance to completely dissolve and blend with the water.

The flavor of instant milk can be further enhanced by adding approximately 12 ounces of normal milk (whole milk or condensed milk or evaporated milk) to approximately one-gallon of the chilled powdered milk and then mixing it all together thoroughly. In other words, add about 10% real milk to 90% powdered milk to improve its flavor.

Instant nonfat dry powdered milk will retain most of its nutritional value for at least 20 years, if it is stored in a cool and dry environment. However, as it ages it gradually loses its flavor. The flavor of old powdered milk can be enhanced by mixing it with the proper quantity of hot water and then adding a little vanilla extract (or a little granulated sugar) and letting it chill for a few hours in the refrigerator before serving. (Note: Another obvious solution would be to add a little chocolate flavoring.)

The gradual decline in the flavor of old powdered milk will not be noticed by *most* people if it is used as a dry ingredient in a baking recipe instead of drinking it as a beverage.

Fresh Eggs

You can check the quality of eggs by placing them in a bowl of cold water. If they float, they are **not** fresh and should **not** be used.

Hard Boiled Eggs: Put fresh eggs in water and bring to a boil. After the water starts to boil, wait at least seven minutes. Turn off the heat and put a lid on the pot but leave the eggs in the hot water for another five minutes. Then pour off the hot water and cover the eggs with cool water. Wait two minutes. Crack the egg shell by gently hitting it against a counter top at several different places on the exterior of the egg. Peel off the egg shell using the thin inner membrane that has separated from the boiled egg and is now between the egg and the exterior shell.

Why Are Some of My Recipes Egg Free?

I love eggs and I use eggs in a variety of the recipes I prepare on a regular basis. However, I am aware that fresh eggs might not be available under hardship conditions. Therefore, I have been on the lookout for good recipes that don't require eggs for many years. Good "no egg recipes" are not easy to find.

Under hardship conditions you may have all the other necessary ingredients to prepare a recipe, but you don't have any fresh eggs. And a quick trip to the local store may not be an option.

If you just omit the eggs from the original recipe, you normally end up with a culinary disaster that your family will not eat. The basic recipe needs to be modified and other ingredients added to serve the original function of the eggs.

In you should find yourself in a situation where you don't have fresh eggs, then my "no egg recipes" can be used to produce delightful results to satisfy your family's desire for a tasty and nutritional meal.

My "no egg recipes" would also be useful for anyone who is allergic to eggs.

A Brief Summary of Several Shelf Life Food Studies on a Variety of Food Items
(The following information is being presented for fair use and educational purposes only.)

The following list of foods have an indefinite shelf life if the food is sealed, kept dry, stored in a dark place, and it is not exposed to high heat. In other words, the following foods will still be edible many, many decades from now if the above conditions are met:

| | |
|---------------------|------------------------|
| Salt | Baking Soda |
| Cream of Tartar | Corn Starch |
| Granulated Sugar | Extra Virgin Olive Oil |
| Brown Sugar | Vanilla Extract |
| Confectioners Sugar | Wheat Berries |

Honey (Note: If the honey begins to crystallize into sugar then put the jar of honey into some very warm or hot water, but not boiling water, and the honey will gradually melt back into a honey consistency.)

The following foods will still be edible for at least 30 years if all the above conditions are met:

| | |
|------------------------------------|-------------------|
| White Rice | Potato Flakes |
| Rolled Oats | Dried Corn |
| Dry Pasta (Spaghetti and Macaroni) | Canned Meats |
| Canned Jelly or Jam or Preserves | Canned Vegetables |

Instant Nonfat Powdered Milk will last at least 20 years in storage.

Reasonable Food Safety Precautions

Do not buy dented cans of food or canned foods that show any sign of aging such as rust on the outside of the can, or labels that show visible signs of aging.

If you do not protect the exterior of the cans from the natural moisture and humidity in the air then the cans will gradually rust and the food inside will be lost.

Some canned foods are packed in water and the moisture in those cans may find a weak spot on the inside coating of the can and gradually eat its way through the can. If this happens then you will need to discard the entire can of food.

High acidic foods, such as tomatoes, will gradually eat its way through the can. Some canning companies use a special coating inside their high acidic food cans to help minimize this problem.

When selecting moisture packed canned foods, purchase and open one of the cans and carefully examine the inside coating of the can to determine if the canning company is using a quality coating on the inside of their cans.

Before using any item that has been in storage for a long time carefully examine it. It should look okay and it should smell okay. If it doesn't look and smell okay then it is probably **not** safe to eat.

Boiling a food item before you eat it, or cooking it until its internal temperature reaches at least 200°F (93°C), will kill most of the harmful microorganism that might be present in the food item. Therefore all canned meats and vegetables should be cooked at a high temperature before eating them.

Chapter Two

Grandpappy's Useful Homemade Items When Store Bought Items Might Not Be Available

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Baking Powder (from McCormick's Cream of Tartar Label)

| | | |
|--------------------------|----------------------|---------------------|
| 1/2 tsp. Cream of Tartar | 1/4 tsp. Baking Soda | 1/4 tsp. Cornstarch |
|--------------------------|----------------------|---------------------|

(Note: If you don't have Cornstarch then increase the Baking Soda to 1/3 tsp.)

When the cream of tartar is combined with the baking soda a chemical reaction takes place and the shelf life of the resulting baking powder is only a few months. Therefore you should make just enough baking powder exactly when you need it so it will always be fresh and active.

Self-Rising Flour

| | | |
|-------------|---------------|-------------------------|
| 1 cup flour | 1/2 tsp. salt | 1/2 tbsp. baking powder |
|-------------|---------------|-------------------------|

May be used in any recipe that specifies self-rising flour.

Homemade Bisquick Mix

| | | |
|-------------------------|--------------------|-----------------------|
| 3 cups flour | 1/2 cup shortening | 1 tbsp. baking powder |
| 4 tsp. granulated sugar | 1 tsp. salt | |

Mix everything together and use in any recipe that requires Bisquick Ready Mix.

Homemade Sweetened Condensed Milk

| | |
|-------------------------------|-----------------------------------|
| 1 cup instant nonfat dry milk | 1/3 cup boiling water |
| 2/3 cup granulated sugar | 1/4 cup butter, melted (optional) |

If the optional butter is omitted, then increase the water to 1/2 cup and increase the sugar to 3/4 cup. Combine all ingredients and mix until smooth. Store this milk in the refrigerator for up to 5 days.

Homemade Sour Cream

| | | |
|-------------------------------|--------------------|--------------------------------|
| 1 cup instant nonfat dry milk | 1/2 cup warm water | 1 tbsp. vinegar or lemon juice |
|-------------------------------|--------------------|--------------------------------|

Add the dry milk to the warm water in a bowl and stir until completely dissolved. Add the vinegar a few drops at a time and continue stirring. Place in the refrigerator for six-hours and the mixture will thicken.

Mayonnaise (Recipe One)

| | | |
|--------------------|---------------------|------------------|
| 2 egg yolks | 2 cups salad oil | 1/8 tsp. cayenne |
| 1 tsp. dry mustard | 3 tbsp. lemon juice | |

Mix egg yolks with dry mustard and cayenne. Stir in lemon juice. Beat in 1/2 cup salad oil a few drops at a time. Then beat in another 1 1/2 cups of oil more rapidly.

Mayonnaise (Recipe Two)

| | | |
|------------------|-------------------|---------------|
| 3 eggs | 1 cup cream | 1/2 cup sugar |
| 1/2 tsp. mustard | 1/2 tbsp. vinegar | 1/2 tsp. salt |

Beat eggs. Add cream, sugar, and mustard. Mix well. Very gradually add the vinegar. Cook in a double boiler until thick (do **not** boil). Add salt after the mixture cools.

Baby Formula (8 ounce bottle)

| | |
|------------------------------|-------------------------------|
| 6 tbsp. nonfat dry milk | 2 tsp. olive or vegetable oil |
| 1 cup water (safe or boiled) | 1 tsp. sugar |

Mix well. Serve at room temperature or slightly warmed. Test a small drop on your wrist before feeding to the baby.

If there are no baby bottles available, feed baby using a spoon or a sterile eye-dropper or a sterile medicine-dropper.

Caution: Do **not** use corn syrup or honey instead of the sugar. They both contain potential bacteria which can kill a young baby who does not have a fully developed immune system.

Electrolyte Beverage (Gatorade, Pedialyte)

| | |
|------------------|-------------------------------|
| 1 quart water | 1/2 tsp. baking soda |
| 1 tsp. Lite salt | 6 to 10 tsp. granulated sugar |

Optional Ingredient: Package of Kool-Aid for color and flavoring.

Mix well. Replaces lost electrolytes due to dehydration (diarrhea, vomiting, excessive sweating, etc.).

Fruit Pectin (Used in jam and jelly recipes)

| |
|--|
| 10 or 12 green, hard, sour apples (not yet ripe) |
|--|

Do **not** use ripe apples. Do not peel the apples. Cut the apples into quarters. Do not remove the seeds. Place in a large pot and add just enough water to barely cover the apples. Cover the pot and simmer on very low heat until the apples are fully cooked. Stir every twenty-minutes. When the mixture looks like runny applesauce it is done. Place a strainer or colander over another clean pot. Place a clean cloth inside the strainer. Pour the hot applesauce mixture into the cloth covered strainer so it can drip through into the large pot underneath. It will take several hours for the mixture to drain through the clean cloth. The slimy thick liquid in the pot is the fruit pectin. Refrigerate or freeze it until it is needed in a recipe.

How to Use: Substitute the above apple pectin in any recipe that requires a box of fruit pectin (about 1.75 ounces) by using 3 tablespoons apple pectin with 4 tablespoons sugar.

Homemade Liquid Hop Yeast

| | | |
|--------------|--------------------|------------------------------|
| 1 ounce hops | 4 tsp. brown sugar | 1 cup smooth mashed potatoes |
| 2 cups flour | 4 tsp. salt | 2 quarts water |

Early in the day, boil one ounce of hops in two quarts of water for thirty minutes. Strain and let the liquid cool to the warmth of new milk. Put in an earthen crock or bowl. Add 4 teaspoons each of salt and brown sugar. Now beat up 2 cups of flour with part of the liquid and add to the remainder of liquid, mixing well. Set that mixture aside in a warm place for 3 days. Then add 1 cup smooth, mashed potatoes. Keep near the range in a warm place and stir frequently until it is well fermented. Place in a sterile, wide mouth jug or glass jar, and store in a cool place until ready to use. It will remain active for 2 months and improve with age. Use same quantity as regular yeast, but shake the jar well before using.

Hop Yeast

| | | |
|---------------|-----------------------|---------------------------------|
| 1 tsp. hops | 1 tbsp. sugar | 1 pint pure water (No Chlorine) |
| 1 tbsp. flour | 1 large potato, diced | 1 glass bottle |

Boil potato, add hops while boiling. Boil for 20 minutes. Strain and cool slightly, add flour and sugar. Bottle and cork tightly. The yeast should work in a few hours if you used a bottle that has been used for this same process (or an unwashed, but recently opened beer or wine bottle). A new or washed bottle will take about 24 hours. Adding a maximum of 1 or 2 raisins (or currants) will speed up the process.

This provides not only the base yeast for great sourdough starter, but also works in a pinch for a yeast substitute. You may use this yeast instead of commercial store bought yeast in your recipes for breads, cakes, or sourdough starters.

Smooth Peanut Butter

| | | |
|-------------------------------|--------------|---------------|
| 1 cup roasted shelled peanuts | 1.5 tsp. oil | 1/4 tsp. salt |
|-------------------------------|--------------|---------------|

Note: Omit the salt if you are using salted peanuts.

Note: The oil may be peanut oil, or olive oil, or vegetable oil. The flavor of the oil will be present in the finished peanut butter.

Note: If you have fresh unroasted peanuts, then remove the peanuts from their shells, rub off and discard the paper thin pink skins, place peanuts on a cookie sheet and roast in an oven at 300°F for 12 minutes. Allow the peanuts to cool before using.

Directions: Place the roasted peanuts, the oil, and the salt in a blender and secure the lid. Blend until the mixture becomes spreadable. If necessary, add a few more drops of oil. If necessary, stop the blender and scrape the mixture off the sides of the blender to the bottom of the blender, and then continue blending. Use the peanut butter immediately or store it in an air-tight container in the refrigerator. If the oil separates during storage and rises to the top of the mixture then stir it back into the peanut butter before using.

Option: For **crunchy** peanut butter, stir in 1/8 cup of chopped roasted peanuts after blending.

Grandpappy's Homemade Sugar Recipe

Sugar (or Sucrose):

Sugar cane and sugar beets both produce the same type of sugar which is called sucrose. Approximately 70% of the sugar (sucrose) consumed worldwide is produced from sugar cane and the remaining 30% is produced from sugar beets.

Historical Note:

In the late 1800's many American homesteads made their own sugar using sugar beets they grew on their own land. However, this practice was gradually abandoned when commercially produced cane sugar become widely available and affordable. Today only large commercial processing plants still make sugar from beets and that sugar is used in a variety of products, such as breakfast cereals. The commercial processing of sugar beets is more sophisticated than the simple home processing techniques that were used in the late 1800's. However, that traditional home processing procedure is the method that is described on the next page.

(Continued on next page.)

Grandpappy's Homemade Sugar Recipe (Continued from Previous Page)

Growing:

Sugar beet seeds should be planted in the early spring. The beets grow below ground like carrots. The sugar beet roots are harvested in the fall after the first hard frost. They contain between 14% to 21% sucrose sugar by weight. When harvested the beets should be knocked together to shake off most of the dirt that is still clinging to the beet roots. (Note: Regular beets only contain about 5% to 6% sucrose by weight so be sure to use the special sugar beets.)

Preparation:

Cut off the top of the beet with its leaves. (Note: The leaves contain protein, carbohydrates, and Vitamin A and they may be eaten like normal beet greens, or they may be used as a livestock feed when combined with other types of feed.)

Carefully wash and scrub the beet to remove any remaining dirt particles.

Then cut the beet into pieces using any one of the following three methods:

1. Slice the beet into extremely thin slices, or
2. Slice and dice the beet into very small tiny cubes, or
3. Shred the beet using a vegetable shredder.

Cooking:

1. Transfer the cut beets to a large pot and add just barely enough water to completely cover the beets.
2. Cook the beets over medium heat, stirring frequently, until they are soft and tender. This takes about one-hour.
3. Use a thin clean towel and strain the water off the beets and save the *beet sugar water*. You may eat the cooked beets immediately or you may preserve the cooked beets for later consumption by canning or freezing. (Note: Commercial beet processors press or squeeze the beets at this point to extract as much of the sugar as possible from the beets. You may add this step if you wish or you may simply eat the beets.)
4. Simmer the *beet sugar water* over low to medium heat, stirring frequently, until it becomes a sweet thick dark *beet sugar syrup* similar to honey or molasses. Then turn off the heat.

Crystallization:

1. Wait for the sweet dark *beet sugar syrup* to cool a little bit and then transfer the beet sugar syrup to a storage container. The *beet sugar syrup* will slowly and gradually crystallize the same way that honey crystallizes.
2. As the sugar gradually crystallizes you should periodically remove it from the container and then break, crush, or pound it into small *beet sugar crystals*.

Beet Sugar Crystals:

Homemade *beet sugar* is chemically the same type of sugar as regular cane sugar and therefore it may be stored and used in the same manner as cane sugar. However, since homemade beet sugar is produced using a different extraction process it will have slightly different baking characteristics. The most noticeable baking difference is that it does not have the caramelization characteristic of commercially processed cane sugar.

Sugar Crystallization Footnote 1: The normal crystallization process can take a long time and it is not unusual for a family to consume all their sweet dark *beet sugar syrup* before it has time to crystallize.

Sugar Crystallization Footnote 2: The normal crystallization process can be accelerated by cooking the *beet sugar syrup* down into sugar crystals.

Other Uses for the Beet Sugar Water and the Beet Sugar Syrup:

Alcoholic Beverage: The *beet sugar water* may be fermented to make a type of "rum" or a type of "vodka." These alcoholic drinks are very popular in Czechoslovakia and Germany.

Sweet Thick Beet Sugar Syrup: The sweet thick "honey like" *beet sugar syrup* may be spread on bread or pancakes and eaten. It may also be used as a substitute for honey in dessert recipes.

Grandpappy's Homemade Tomato Sauce, Spaghetti Sauce, Pizza Sauce Mexican Salsa, and Catsup Recipes Using Fresh Tomatoes

Introduction:

There is no universal recipe for making the “perfect” tomato sauce because different people have different taste preferences.



Sauce Thickness:

1. Tomato sauce can be made **thinner** by adding just a little water.
2. Tomato sauce can be made **thicker** by cooking it a little longer.

Sauce Cooking Time:

1. A shorter cooking time (one hour) will preserve more of the “fresh tomato” taste and yield a thinner sauce that still contains small pieces of tomato.
2. A medium cooking time (two hours) will gradually soften the tiny tomato pieces and create a smoother sauce.
3. A longer cooking time (3 to 4 hours) over very, very low heat will give all the ingredients in the sauce a chance to more thoroughly and completely blend together to create a fuller, richer taste. It will also result in a thicker sauce because more of the moisture will have been cooked off. If you prefer a thinner sauce you can always add a little water later to yield the sauce consistency you prefer.

Basic Tomato Sauce Ingredients (yields about 1.5 cups of pure tomato sauce):

- 2.5 pounds or about 5 ripe tomatoes of average size (or 2 pounds or 9 "Roma" plum size tomatoes) (Note: "Roma" tomatoes contain less water than other tomatoes).
- 2 tablespoons extra virgin olive oil (or 2 tablespoons of properly rendered melted bear fat).
- 1 teaspoon salt (you may use more or less salt depending on your salt preference).
- 1/3 teaspoon ground black pepper (you may omit the black pepper or use more or less pepper as you wish).

Optional Additional Ingredients To Make Spaghetti Sauce (yields 2 cups of spaghetti sauce):

- 1/3 cup green (or red or yellow) bell pepper, diced or grated, no seeds (you may omit the bell pepper if you wish).
- 1/3 cup onion, diced or grated (you may omit the onion if you don't like onions).
- 1 garlic clove, diced or grated (not a whole garlic) (or 1 teaspoon garlic salt or garlic powder).
- 1 teaspoon granulated sugar (or 2 teaspoons sugar beet water, or 1 grated carrot) (adds a sweet taste).
- 1/2 teaspoon basil (if you like the flavor of basil).
- 1/2 teaspoon thyme (if you like the flavor of thyme).
- 1/2 teaspoon parsley (if you like the flavor of parsley).
- 1/2 teaspoon oregano (if you like the flavor of oregano).

(Continued on next page)



Cooking Directions:

1. Do **not** use an aluminum pot when cooking tomatoes. Any high acidic food, such as tomatoes, will interact with the aluminum and produce off flavors.
2. Fill a pot with water and bring it to a boil. Fill a large bowl with very, very cold water or ice water. Put the whole tomatoes in the boiling water for one-minute. Then immediately transfer the whole tomatoes to the bowl of very cold water using a slotted spoon. Wait for the tomatoes to cool so they can be handled with your hands. Then remove the skins. Dispose of the hot and cold water.
2. Cut the tomatoes into quarters from end to end. Scrape out and discard the seeds and the top center hard piece of the tomato.
3. Dice the tomatoes into very, very small pieces. The smaller the diced tomato pieces the more closely your final tomato sauce will look like canned tomato sauce. Or process the tomatoes on very low speed in an electric blender or food processor. Tomatoes processed using a blender will yield a final sauce that is almost identical in appearance to a canned tomato sauce.
4. Heat the olive oil in a non-stick sauce pan. If you are making spaghetti sauce or salsa then add the grated green bell pepper and the grated onion and heat for three minutes to give these flavors a chance to mix with the olive oil.
5. Add the finely diced tomatoes, the salt, and the black pepper. If appropriate, stir in the optional sugar.
6. If you are using garlic, or basil, or thyme, or parsley, or oregano, or carrot, then add them at this time. (You should have already rinsed them with clean water and minced them into tiny pieces or processed them in a blender.)
7. Add heat until you can hear the olive oil sizzling and then immediately reduce the heat to a very, very, very low simmer. Cover the sauce pan and cook between one-hour to four-hours depending on how thick you like your tomato sauce. Stir often while cooking (at least once every five or ten minutes).

Pizza Sauce:

Add the garlic, sugar, basil, thyme, and oregano but omit the bell pepper, the onion, and the parsley. If available, add 2 teaspoons lemon juice.

Stir frequently and simmer until thick.

Follow the directions for making pizza dough in the bread section of these recipes.

Mexican Salsa:

Add the bell pepper, onion, and garlic but omit the sugar and omit the four herbs.

Add between 1/2 to 1 cup diced hot peppers with their seeds (jalapeno peppers or cayenne peppers).

Simmer for a total of 20 minutes, remove from the heat, allow the salsa to cool, and serve.

Catsup (or Ketchup):

Add the bell pepper, onion, and garlic but omit the sugar and omit the four herbs.

Add 3 tablespoons dark brown sugar (or granulated sugar).

Add 1/4 cup apple cider vinegar.

Add 1/2 teaspoon cinnamon.

Add 1/2 teaspoon paprika.

Simmer for two hours with a cover on the sauce pan stirring frequently. Then simmer for approximately one more hour without a cover on the sauce pan, stirring frequently, until the catsup thickens. Remove from heat and allow it to cool. As the catsup cools it will gradually get a little thicker but it will **not** be the same consistency as commercial catsup.

Chapter Three

Grandpappy's Meat Recipes

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Chicken Fried Steak

Cut the meat (steak) into pieces about 6 inches long and less than 1 inch thick. Pound flour into the steaks using a meat tenderizer mallet. Pound in as much flour as you can until the steaks are saturated and quite thin. Sprinkle generously with salt and pepper. Heat a little shortening, fat, or oil in a large skillet over high heat. Cook the steaks very quickly, about 2 to 3 minutes on each side, until golden brown. Make gravy by mixing a little flour in the pan grease. Serve immediately.

Southern Fried Chicken

| | |
|---------------------------------|-----------------|
| 3/8 cup flour | 1/8 tsp. pepper |
| 3 tbsp. shortening, fat, or oil | 1/2 tsp. salt |

Wash and dry chicken. Mix ingredients in plastic zipper bag. Shake each piece of chicken inside the bag until well coated. Brown chicken quickly in fat, shortening, or oil. Reduce heat and cover skillet. Cook slowly. Only turn once.

Variation: Use 1/4 cup flour and 1/4 cup corn meal. Apply a light coating to the chicken. Too much will make a dry, hard crust.

Northern Fried Chicken

Prepare as above. Add 1/2 cup water before covering skillet. Simmer slowly for 30 minutes until tender. Remove lid and let chicken fry slowly until done.

Chicken Miscellaneous

Simmer gizzard and heart in water until almost tender before frying. Liver requires only a few minutes of cooking. Thick pieces of chicken take longer to cook than the smaller, thin pieces.

Chicken and Dumplings

| | | |
|----------------------|-----------------|--------------------------------------|
| 2 cans of chicken | 1/2 tsp. salt | 1 cup butter |
| 2 cans chicken broth | 1/2 tsp. pepper | Enough biscuit dough for 12 biscuits |

Put everything **except** the biscuit dough in a pot and bring to a boil. Add the biscuit dough to the pot by spoonfuls and then immediately turn down the heat to a simmer. Continue to simmer gently until the biscuit dough is done (taste test).

Chicken Broth

| | |
|---|----------------------|
| 2 pounds chicken scraps (back, neck, wings, etc.) | 10 chicken feet |
| 1 tbsp. celery or sweet herbs | 2 quarts cold water |
| 1 tsp. salt and 2 peppercorns | 1 tbsp. onion powder |

Scald chicken feet, skin and remove nails. Clean chicken and remove fat. Cut chicken into small pieces and crack the bones. Cover chicken with cold water and add a pinch of salt. Let stand 20 minutes. Drain well and remove any blood clots and any remaining fat. Add all the above ingredients and simmer 3 hours. Strain through a clean cloth. Cool quickly and skim fat from surface. Cool again. Ladle broth into plastic containers (do NOT pour). Discard the cloudy broth in the bottom of the bowl. Reheat when ready to serve.

Beef Broth

Use beef soup bones and some lean, thin, diced pieces of beef. Let bones and beef stand in cold water one hour and then follow above recipe except simmer 6 hours.

Shish Kabobs (Kebabs)

| | |
|-----------------------------------|---------------------------|
| Long Metal Skewers | Green Pepper, Mushrooms |
| Meat (Beef, Vienna Sausage, Spam) | Potatoes, Tomatoes, Onion |

Preparation: Boil raw potatoes. Cook raw beef. (If using canned beef or canned potatoes, they are already pre-cooked.) Alternate available items on skewer, so each item touches the ones beside it.

Cook: Heat over fire until tasty.

Roast Beef Hash

| | |
|-----------------------|----------------------|
| 16 oz. can roast beef | 1 tbsp. onion powder |
| 32 oz. can potatoes | 1 tbsp. olive oil |

Preparation: Drain potatoes well. Grind the meat, potatoes, and onion together using a meat grinder.

Cook: Heat oil in large frying pan. Slide hash into pan without splattering. Spread hash over bottom of pan. Stir or turn with spatula until well heated. Hash makes a satisfying one-dish meal. May be served with salsa or catsup or with scrambled eggs.

Variation: Use 8 oz. of roast beef and 8 oz. of ham.

Variation: Add can of mushrooms, diced.

Pigs in a Blanket

| | | |
|----------------------|----------------------|--------------|
| 1 can Vienna Sausage | 1 tsp. baking powder | 1/2 cup lard |
| 2 cups wheat flour | 1 tsp. salt | warm water |

Preparation: Mix all (except sausage) to make a smooth dough. Roll dough into large flat rectangle and cut into 3" squares. Wrap each square around a Vienna Sausage. (Optional: pinch ends together.)

Cook: Preheat oven to 350°F. Place the wrapped sausages on a greased baking pan so they don't touch each other. Cover pan and bake for 20 minutes or until lightly browned.

Beans and Wieners

| | |
|--------------------|----------------------|
| 1 can Pork & Beans | 1 can Vienna Sausage |
|--------------------|----------------------|

Slice each Vienna Sausage into 6 or 7 pieces. Mix with beans and heat in cook pot until ready to eat.

Optional: Add 1/8 cup diced onions and/or 1 tbsp. catsup.

Tuna Casserole

| | |
|--------------------------|------------------------------------|
| 6.5 oz. can tuna | 14 oz. box macaroni and cheese mix |
| 3 tbsp. instant dry milk | 1/2 cup water |

Preparation: Mix macaroni and cheese according to the box directions, but also add the tuna, and use the instant milk and water in place of the fresh milk. (Or use fresh milk, if available.)

Cook: Bake at 350°F for 20 minutes.

Salmon (or Mackerel) Patties

| | |
|---------------------------------|------------------|
| 15 oz. can salmon (or mackerel) | 1/2 cup cornmeal |
| salt and pepper | 1 egg (optional) |

Preparation: Mix everything in a large bowl. Form patties 1/4 inch thick and 4 inches in diameter.

Cook: Fry in some oil or butter in a hot skillet until golden brown on both sides.

Grandpappy's Wild Game Recipes

A wise person will **not** form an opinion about the taste of a specific type of wild animal until **after** he or she has had an opportunity to actually eat some of it after the meat has been properly prepared following a traditional recipe. Each of us has different taste preferences and you may discover that some of the following wild game recipes are actually quite delightful.

General Instructions for Processing Wild Game

1. **Always** wear gloves (latex or rubber) when processing wild game. Wild animals may be carrying diseases such as trichinosis, or tularemia, or salmonella, and the gloves will protect you from these **potential** diseases while handling the dead animals. If the meat is thoroughly cooked, then it can be safely eaten even if these diseases **may** have been present in the raw meat.
2. Process the dead animal as soon as possible after it has been slain:
 - a. Drain off all the blood by cutting the left jugular neck vein, or cut off and remove the animal's head. Hang small animals upside down by their hind legs, or arrange larger animals so they are facing downhill on a slope.
 - b. Carefully remove all the internal organs without spilling their contents on the meat. Discard all the internal organs (except the ones you know are edible).
 - c. Most smaller animals (groundhog, opossum, porcupine, raccoon, squirrel) have glands that are located in their small of the back and under each foreleg. Locate, remove and discard those glands. (Note: Groundhogs have seven or eight of these small glands.)
 - d. Skin the animal and remove all the fat. The fat will turn rancid very quickly and it must be discarded (or it should be processed immediately).
 - e. Do not let the exterior hair or fur of the animal touch its inner meat as it may transmit an undesirable flavor to the meat. If any loose animal hair accidentally falls on the meat, remove and discard the hair immediately.
 - f. If the animal was shot, remove and discard any bullet damaged meat and dried blood from the bullet wound area.
3. Clean and cool the meat as quickly as you can. Plastic freezer bags may be filled with ice, snow, or cold creek water. The meat of small animals may be placed between the sealed bags. Or the sealed bags may be placed inside the body cavity of larger animals. If no cooling bags are available, prop open the body cavity of larger animals with some sticks.
4. The meat of wild animals should be **well cooked** to make it is safe for human consumption (similar to pork).
 - a. Small animals (such as rabbit or muskrat) may be processed in a manner similar to chicken.
 - b. Large animals (such as deer or bear) may be processed in a manner similar to beef.

Additional Processing Instructions for Small Game Animals

Armadillo - (The size of a large house cat.) - Break the outer shell of the armadillo and only remove the edible back meat. Remove and discard any fat clinging to the back meat. Wash in cool water. Then place the back meat in a pot of cool water and allow it to soak for 12 hours inside the refrigerator. Drain and dry. Cut into bite size pieces and dip in oil. Place the meat onto meat skewers and broil slowly over the heat of a campfire.

Beaver - (35 to 65 pounds, 3 to 4 feet long, flat tail) - Carefully remove the two musk glands that are located under the skin in front of the genital area. Hang the gutted beaver in a cool dry area for two days. Place the meat in a covered pot of salted cold water with a vented lid and simmer for 60 minutes. The steam should be allowed to escape through the vent in the pot lid. (If necessary, add more water during the simmering process.) Cut the meat into steak size slices and cook in a skillet containing 1/2 inch of water over low heat. Turn the steaks over frequently so each side cooks slowly. Continue to cook until they are well done.

Beaver Tail - Position the tail over the flames of a campfire until the skin blisters. Remove the tail from the heat and allow it to cool. Then peel off the tail skin. The beaver tail may now be roasted over campfire coals, or it may be simmered in a skillet containing 1/2 inch of water until it is tender.

Groundhog, also called a Woodchuck - (10 to 20 pounds, 2 feet long) - Hang the gutted groundhog in a cool dry area for two days. Then place it in a pot of salted water and allow to soak for 12 hours inside the refrigerator. Drain. The groundhog meat may now be used in a recipe in place of chicken. For example, cut-up groundhog pieces may be coated with salt, pepper, and flour, and then fried in a skillet like chicken.

Muskrat - (2 to 3 pounds, 10 inches long) - Only the hams and shoulders of the muskrat are edible. Remove and discard the musk glands located below the stomach and legs, along with the white stringy meat attached to the musk glands. Place the hams and shoulders in a covered pot of salted cold water with a vented lid and simmer for 45 minutes. The steam should be allowed to escape through the vent in the pot lid. (If necessary, add more water during the simmering process.) Drain. The muskrat meat may now be used in a recipe. For example, place the cut-up muskrat meat into a Dutch oven with 1 cup of water, 1 small chopped onion, 1/2 teaspoon salt, and 1/2 teaspoon thyme. Cover and simmer until the meat is tender and well done.

Opossum - (4 to 10 pounds, 3 feet long, long pointed nose, rat like tail) - Remove the internal organs of the opossum but do NOT skin it. Place the unskinned opossum in a pot of water and place the pot over the heat. Do NOT allow the water to boil. Periodically pull on the opossum's hair and when the hair comes out easily, remove the opossum from the water. Scrape the opossum and pour cool water over the opossum as you scrape. Remove the small red glands located in the small of the back and under each foreleg, between the shoulder and the ribs. Place the opossum meat in a large pot of cold water and bring slowly to a boil. Do NOT cover the pot. Allow it to simmer for 20 minutes. Drain. Place the opossum meat in a fresh pot of cold water and bring slowly to a boil. Do NOT cover the pot. Allow it to simmer for another 20 minutes. Drain off the hot water and then put the meat into some cold water to make it firm. The opossum meat may now be used in most recipes instead of pork or chicken.

Porcupine - (15 pounds, 3 feet long) - Hang the gutted porcupine in a cool dry area for two days. Then place it in a pot of salted water and allow the porcupine meat to soak for 12 hours inside the refrigerator. Remove the pot from the refrigerator. Place the pot over medium heat and bring to a boil. Drain and then put the meat into another pot of cold water and bring it to a boil. Drain. The porcupine meat may now be used in a recipe. For example, place the cut-up porcupine meat in a Dutch oven with 3 cups of water, 1/2 teaspoon pepper, 1 teaspoon salt, and some chopped onions and/or celery. Simmer for 2? hours.

Rabbit - (2 to 3 pounds) - Place the skinned cleaned rabbit in a pot of salted water for 12 hours inside the refrigerator. Rabbit may be used in place of chicken in almost any recipe. For example, cut-up rabbit pieces may be coated with salt, pepper, and flour, and then fried in a skillet like chicken.

Raccoon, also called a Coon - (15 pounds, 2 to 3 feet long, black mask around the eyes) - After removing all the fat on the outside and inside of the raccoon, place it in a pot of salted water and allow the meat to soak for 12 hours inside the refrigerator. Remove the pot from the refrigerator. Place the pot over medium heat and slowly bring the water to a boil. Then allow it to simmer for 45 minutes, without covering the pot. Add two tablespoons of baking soda to the water and continue to simmer for another five minutes. Drain off the hot water and then put the raccoon meat in a fresh pot of cold water and slowly bring to a boil. Allow it to simmer for 15 minutes. Drain off the hot water and then put the meat into some cold water to make it firm. The raccoon meat may now be used in most recipes instead of pork. For example, the raccoon may be roasted over a campfire so the fat will drip down into the fire.

Squirrel - Skin the squirrel (gray squirrels taste better than red squirrels), remove and discard the digestive organs (stomach and intestines), and cut the squirrel into sections (legs, etc.). Cut the heart and liver into bite size pieces.

Squirrel Stew

Simmer all the meat in some hot water with a teaspoon of salt. When tender, remove the meat from the bones, dice it, and cook it a little longer. Add salt, pepper, onions, potatoes, and/or other vegetables, if available. Enjoy the meaty soup and drink the soup broth when the meat is gone.

Fried Squirrel

Soak the cut up squirrel meat in some water with one teaspoon of salt overnight. Then put it in a skillet with some salted water and slowly boil the meat until it is tender when stuck with a fork. Be very careful and do **not** cook the meat until it falls off the bones. Rinse the squirrel in some cold water.

1/2 cup flour

1/2 tsp. Salt

1/2 tsp. Pepper

1/4 cup oil

Mix the flour, salt, and pepper inside a plastic baggie. Dip the pieces of squirrel meat in some milk (or water) and shake the meat inside the baggie to coat the meat. Brown the coated meat in some oil in a skillet. Lower the heat after browning and cover the skillet tightly. Cook over low heat for 30 to 60 minutes or until well done. Remove the cover during the last 10 minutes to crisp the outer surfaces.

Processing Instructions for Large Game Animals

Bear Meat - An adult black bear will weigh around 400 or 500 pounds. Bear should be hunted in the fall after it has had a chance to feed for an entire spring and summer. Do not hunt bear in the spring when it just becoming active after its winter hibernation because it will have lost a lot of weight and it may be somewhat parasitic.

Bear meat is relatively greasy and it may be used in place of pork or beef in recipes. After eating a properly prepared bear steak, some people have discovered they prefer the flavor of bear meat to beef.

Bear Fat - Properly rendered bear fat may be used in recipes in place of butter. Bear fat is richer than butter and therefore you should use a little less of it than the amount of butter specified in the recipe.

Remove the fat from the bear as soon as possible after the death of the bear. The fat will become rancid **very** quickly if it is not processed immediately. Cut the fat into small pieces and heat it slowly in a heavy large pot or pan that contains a small quantity of fresh water. If necessary, press down on the fat with a spoon to help it melt faster. After the fat has melted remove it from the heat and allow it to cool just a little. While it is still warm pour it through a cheesecloth and then store the melted fat in the refrigerator in a plastic storage container with a tight fitting lid.

The brown residue in the top of the cheesecloth is called "cracklings" and it may be saved and used as a flavoring in recipes.

Black Bear Roast - Slice bear meat into boneless one-pound steaks or into boneless roasts weighing between three to five pounds each. Allow the meat to soak overnight in the refrigerator in a marinade of four parts salted water to one part olive oil (or salad oil). Place the roast on a cooking rack that is one or two inches above the inside bottom of the roasting pan. Pour the marinade into the roasting pan on top of the roast. Add your favorite vegetables, such as sliced carrots, quartered potatoes, diced celery, or sliced onion. Add salt and pepper as desired. Bake in a 350°F oven for 90 minutes and then turn the roast over. Return to oven and bake an additional 90 minutes. Test to see if the meat is well done. In necessary, continue to cook for another 30 to 60 minutes. Remove roast and roasting rack from bottom of roasting pan. Set any vegetables aside. Pour remaining broth from roasting pan into a cook pot and bring to a boil on top of the stove. Add about 1/2 cup flour and stir to make gravy. Slice roast and cover with gravy and serve with vegetables.

Grandpappy's Instructions on How to Make Meat Jerky

1. Slice the meat into strips in the same direction as the muscle. Each strip should be about one-inch wide and 1/4 inch thick. The length isn't important. Trim off all the fat because the fat won't cure properly and it will spoil the meat.
2. Support the meat while drying by hanging it over a clean straight pole. Or push a thin wire through one end of each piece of meat and then hang the string of meat between two trees. The most important thing is that each piece of meat should not touch itself or another strip of meat.
3. Dry the raw meat using either one of the following two methods:
 - a. **First Method:** Dry the raw meat using the heat of the sun, but not in direct sunlight. Protect the meat strips with cheesecloth or screen wire so the birds can't eat them and the flies can't lay eggs on them. This is the method that was used by some Native American Indians. However, this method is **not** as effective as the next method.
 - b. **Second Method:** The preferred method is to dry the raw meat strips over a fire. Dig a hole in the ground and start a fire in the hole. Don't use soft wood such as pine because the pine pitch will taint the meat. When the fire has burned down to hot coals, hang the meat between two stakes about two feet above the hot coals. The air should feel hot to your hand but it should not burn your hand. You do **not** want to cook the meat. You only want to dry the meat. Add a few damp hardwood chips (or some decayed wood) to the coals to make smoke. The smoke will put a protective coating on the meat. The heat and the smoke will keep the birds and flies away. **The heat will also destroy any harmful microorganisms in the meat.**
4. Periodically bend the meat jerky strips to test for dryness. Properly dried meat jerky will crack or snap when bent. If it bends without cracking, it still contains too much moisture. If it crumbles, it is too dry. It will still be edible but it will have lost some of its nutritional value.
5. Store the dried meat jerky in a container to protect it from insects. Properly dried meat jerky is safe to eat for up to one year. It may be eaten dry but **it tastes better if it is dipped in water for a short time just before eating.** Or use the meat jerky in a stew.

How Much Time is Required to Dry the Meat?

It is not possible to predict the amount of time required by the smoking process because there are too many different variables that impact the actual time that will be needed.

For example,

1. The thickness of the meat strips.
2. The size of the original fire.
3. The type of wood used to build the original fire.
4. The distance the meat strips are placed above the coals of the fire.
5. The amount of heat generated by the red hot coals.
6. The air temperature about ten feet away from the fire (30° F, 70° F, 105° F, etc.).
7. The normal humidity in the air about ten feet away from the fire.

(Continued on next page.)

Meat Jerky (Continued from previous page)

Therefore, to determine if the meat is done you must bend each strip of meat. If it cracks or snaps it is done. If it bends easily it is not done.

The meat directly above the very center of the fire will usually dry faster than the meat near the outside edges of the fire.

The meat near the outside edges of the fire will usually take a little longer to dry properly.

The thinner meat strips will usually dry a little faster.

The thicker meat strips will usually take a little longer to dry properly.

Therefore, you will probably discover that you will not be removing all the meat strips from above the fire at the same time. Instead you will be selectively removing specific meat strips as they become dry enough while leaving some of the other meat strips above the fire for a slightly longer period of time.

Grandpappy's Pemmican Recipe

A Native American Indian Survival Food

Pemmican is a Native American Indian survival food that has a very long shelf life and it requires no refrigeration. It is similar to a Granola Bar except it contains no artificial preservatives. It is a compact energy source that contains protein, fiber, fat, carbohydrates, natural fruit sugars, vitamins, and minerals. It also tastes great because it is a simple combination of meat jerky and your favorite dried fruit.

To make pemmican you only need three basic ingredients:

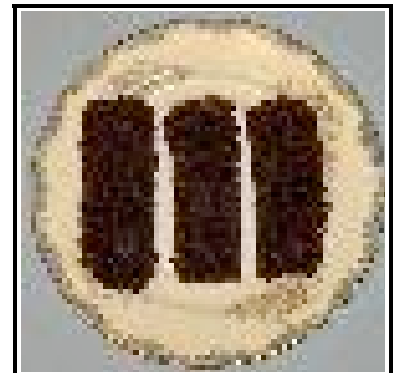
1. lean meat,
2. animal fat, and
3. fruit or berries.

Pemmican has several very important and desirable characteristics:

1. It uses both the lean meat and the fat from an animal.
2. It conveniently stores your summer food harvest for winter consumption.
3. It requires no refrigeration or canning jars for safe long-term food storage.
4. It does not weigh very much because it contains no significant moisture.
5. It is a complete meal all by itself.
6. It is very nutritious and very tasty.
7. It can easily be made in the wilderness without any special cookware or equipment.

The following recipe uses equal amounts of dried lean meat, dried fruit, and melted fat. However, pemmican is a very flexible food and you can vary the quantities of these three basic ingredients to more fully utilize almost all of whatever food you may have available. For example:

1. Most animals have a lot of lean meat but very little fat. In this situation you should only use just enough melted fat to hold your pemmican together.
2. Depending on the weather conditions the summer wild fruit and berry harvest may be excellent or very poor. Depending on what you actually have available each summer you could use more or less dried fruit or berries in the recipe.
3. During the summer when wild game and berries are widely available you can harvest as much as you can and then process it all into pemmican for winter consumption when little or no food will be available. This is the reason pemmican was such an important survival food for the Native American Indians.
4. If you have more lean meat than you can use, then you can simply convert the extra lean meat into meat jerky.
5. If you have more dried fruit than you can use, then you can simply save the extra dried fruit for winter consumption.
6. If you have very little animal fat, then it is possible to make a simple granola snack for winter consumption by mixing some dried meat and dried fruit together without using any melted animal fat. However, if you have animal fat then you should use it because animal fat is a necessary food for long-term survival.



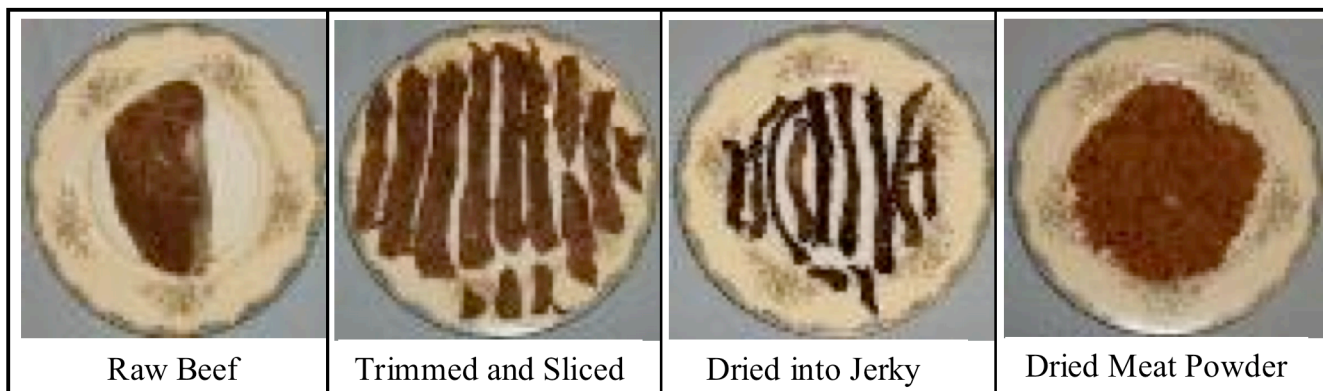
Sliced Pemmican
Food Bars

Instructions for Making Pemmican

Basic Ingredients:

- 1 Cup of Dried Meat
- 1 Cup of Dried Fruit or Berries
- 1 Cup of Melted Animal Fat

Meat: Use deer, moose, caribou, or beef, but not pork. It takes between one to two pounds of fresh meat to make one cup of dried meat. The meat should be as lean as possible. Trim off **all** the fat. Cut the fresh meat into wafer thin slices about 1/4 inch thick or a little thinner.



Do **not** add salt at this time. Do **not** soak the meat in a solution of salt and water. This is **not** the best time to add salt when you are making pemmican. Salt should be added later in this recipe.

Use either one of the following two methods to process the fresh meat:

1. If you have a meat grinder then grind the fresh meat twice. Spread the ground meat evenly on aluminum foil on a cookie sheet and dry inside an oven at 185 degrees Fahrenheit (85 degrees Celsius) for 3 to 5 hours, or until it is crisp and chewy. Stir the meat every hour. Don't cook the meat - just dry it.
2. If you don't have a meat grinder then spread the meat strips evenly and separately on aluminum foil on a cookie sheet and dry the sliced meat inside an oven at 185 degrees Fahrenheit (85 degrees Celsius) for 6 to 10 hours, or until it is crisp and chewy. Turn the meat strips over after two hours so they will dry evenly on both sides. You do not want to cook the meat. You only want to dry it. If the meat snaps or cracks when bent it is done. If it bends it still contains too much moisture. If it crumbles it is too dry but it can still be used.

Grind or crush the dried meat almost into a powder. If you have an electric blender then blend the meat into a fine pulp.

Fruit or Berries: Use one or two types of fruit or berries, such as blueberries, huckleberries, currants, raisins, apples, apricots, or cherries. Cut the fruit into thin slices or pieces and allow them to dry in the sun. Or dry them in the oven at the same time you dry your meat jerky. Or use an electric food dehydrator. Grind the dried fruit into a powder but leave some of it a little lumpy to provide for extra texture and taste.

Mix the dried meat powder and the dried fruit powder together in a bowl. If you have an electric blender then add the dried fruit to the dried meat in the blender and mix them together.



A Few Fresh Blueberries



A Few Dried Blueberries



Dried Blueberry Powder

Optional Salt: If you have salt, then you should stir some salt into the mixture to enhance its flavor. The addition of salt at this time will distribute the salt throughout the mixture which includes both the dried meat powder and the dried fruit powder so the salt can help to protect both ingredients. Salt will increase the shelf life of the pemmican and it will help to retard the future growth of harmful microorganisms that may try to attack the pemmican from the surrounding environment. The salt will **not** kill those microorganisms but it will help to keep them from multiplying. If you do not have any salt then you should keep your pemmican in a sealed glass jar, or a sealed food grade plastic storage container, or a sealed heavy-duty plastic freezer bag in order to help protect it from any harmful microorganisms that may be present in the surrounding air.

Optional Ingredients: Add a little honey. Or add some minced dried onion for flavor. Or add a few crushed nuts. However, nuts contain oil and the nuts will shorten the shelf life of your pemmican. When adding these optional ingredients you should begin with a very small batch of pemmican. This will permit you to experiment and determine if the results are agreeable to your family's taste requirements without ruining a huge batch of pemmican.

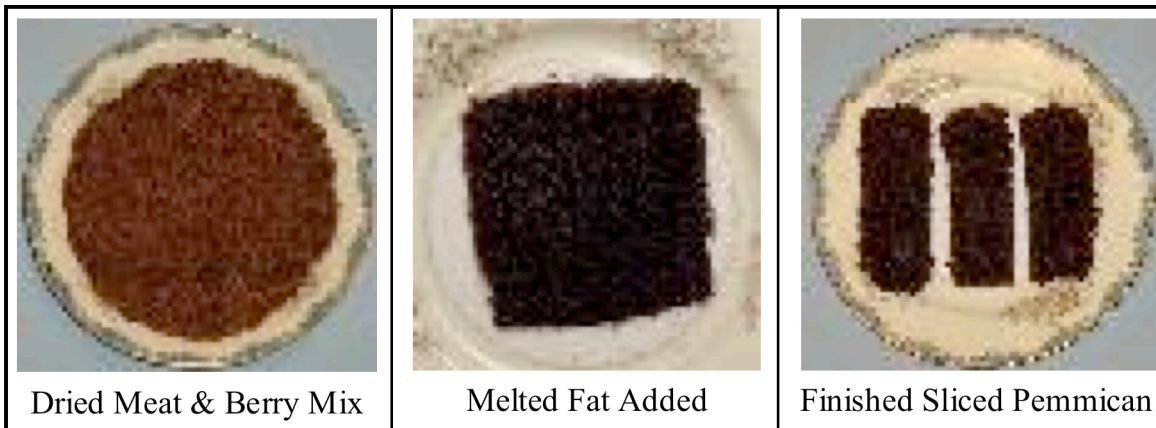
Optional Granola Snack: If you have nuts, such as acorns, then a better use for them would be to crush them and mix them with your extra left-over dried meat and dried fruit to make a granola type snack. Granola is *easy* to mix together if you have the ingredients and therefore it should **not** be prepared before you are ready to eat it. If you prepare it too soon and one of your ingredients goes bad then it will ruin all your granola. But if you wait until you are ready to eat it, then you can easily detect the bad ingredient and discard it and not put it into your granola mix.

Animal Fat: Use fresh beef fat or pork fat or bear fat. Animal fat will quickly become rancid and it should be melted (rendered) as soon as possible. Cut the fat into one-inch cubes and melt it over medium-low heat in a very small amount of clean rainwater in a clean cook pot. Do not allow it to smoke. If it starts to smoke then you are burning the fat.

When the fat is completely melted gradually pour it over the meat-fruit mixture in the bowl and stir until the mixture is well coated and sticks together. Then spread it out like dough and allow it to cool completely. When cool cut it into pieces about 1 inch wide and 4 inches long.



Melting Pork Fat (Lard)



If possible, wrap the pemmican in plastic wrap or store it in ziplock bags or in plastic storage containers with a tight fitting lid. Pemmican can be safely stored for 8 months. If you can keep the temperature between 40°F to 75°F (or 4°C to 24°C) then pemmican can be stored for several years.

Salt Footnote: Salt does **not** kill or neutralize the harmful microorganisms that may be present in the meat or the fruit. Salt only inhibits their future growth. Any harmful microorganisms that might be present will be killed by the heat during the meat drying process, and during the fruit drying process, and during the fat melting process.

Optional "Brine" Solution of Salt and Water for Meat Jerky: If you have more lean meat than dried fruit then you could convert the extra lean meat into meat jerky. After slicing the meat into thin strips you could soak the meat strips in one-quart of water that contains 1/8 cup salt. Soak the sliced meat in the salt solution for 30 to 60 minutes, depending on the thickness of the meat strips. Stir the meat strips inside the salt solution every 15 minutes to achieve a good distribution of the salt mixture onto all the surfaces of the meat. Several pounds of fresh thin meat strips can be processed in the salt water solution at the same time. If your only objective is to preserve the meat then a salt brine soak is a very good idea because the salt water solution will saturate into the meat and help to protect it.

Salt and Pemmican: However, if you are making pemmican then you should **not** soak the meat in a salt brine solution. If you saturate the meat with salt then the meat will have a very salty taste and you will **not** be able to add more salt later. The reason salt should be added later is because it is better to equally distribute the salt throughout the entire pemmican mixture, including the dried meat, the dried fruit, and the melted animal fat. Therefore, if you are making pemmican then you should dry the meat and grind it into tiny pieces or a powder. Then dry the fruit and grind it into tiny pieces or a powder. Mix the meat and fruit together and then add some salt. The salt will be able to make contact with all the surfaces of the meat, and with the fruit, and later with the hot melted animal fat. This is the **best** way to add salt when making pemmican because the salt will help to protect the entire pemmican wafer bar instead of just protecting the meat inside the bar.

Technical Footnote: Neither sodium nitrite, nor sodium chloride (table salt), nor a brine solution will neutralize all the harmful microorganisms that could be present in fresh meat. In fact, the scientific experiment summarized at <http://lib.bioinfo.pl/pmid:952> reported that **sodium nitrate only slowed down the growth** of *Salmonella* and *Staphylococcus* on hot dogs and the sodium nitrite did **not** slow the growth rate of these harmful microorganisms by a significant amount.

On the other hand, it has been repeatedly documented that **heat** will destroy almost every harmful microorganism that might be present in meat. For example, in beef, venison, and other red meats:

1. *Salmonella* is destroyed at a temperature of 165 degrees Fahrenheit (74° Celsius).
2. *Listeria monocytogenes* destroyed at a temperature of 160 degrees Fahrenheit (71° Celsius).
3. *Staphylococcus aureus* is destroyed at a temperature of 140 degrees Fahrenheit (60° Celsius).
4. *Escherichia coli* is destroyed at a temperature of 165 degrees Fahrenheit (74° Celsius).

Grandpappy's Fish and Aquatic Creature Recipes **(Including Various Other Wild Critters)**

Fish: Cut a gash in the underside of the fish from the anal opening to the head. Cut the throat where attached and remove and bury all the entails. Rinse fish to get rid of any blood clots. Wipe inside with a clean cloth. Cook approximately 10 minutes per inch measured at the thickest part. Firm flesh fish can be grilled but soft flesh fish should be baked or fried. If fried, skin and bone the fish first.

Trout: Rub the outside with fat or oil. Salt and pepper the inside to taste. Grill 4 to 6 inches over hot coals for 10 to 12 minutes turning carefully 3 or 4 times with a spatula. The fish will darken and blister in spots but it will stay moist on the inside.

Fried Fish: Cut large fish into 1 inch slices or fillets. Dip in water and then coat in flour. Add salt and pepper. Place in hot frying pan containing 1/8 inch melted fat, oil, or shortening. Brown one side, then turn and brown the other side, allowing 4 to 6 minutes cooking time per side depending on thickness of fish.

Frogs: Cut off and keep only the hind legs. Wash in cold water. Turn skin down and strip off skin like a glove. Boil and eat the legs. (Or cover the legs with boiling water and then drain quickly. Shake legs in flour, salt, and pepper in a plastic baggie. Let stand 15 minutes. Fry in hot oil for 3 minutes until brown.) (The leg glands of some frogs cause diarrhea.)

Turtles: Boil until the shell comes off. The meat is then cut up and used to make a soup using any edible plants available. (Note: Older turtles have tougher meat and they should be boiled longer to tenderize the meat for eating.)

Crayfish: Drop live crayfish into boiling water as soon as possible after catching. They spoil very quickly.

Garden Snails: Look for snails after a rain. Rinse and cook them in hot water until they leave their shells. Put them in cold water, extract the meat, and cut into tiny pieces. Heat some oil, add a tsp. of onion powder and a little salt and pepper. Add 2 tsp. of water, a tsp. of vinegar, a tsp. of flour, and a tbsp. ketchup (if available). Simmer for 5 minutes. Add snail meat and simmer 20 minutes over low heat. Can be served with white rice.

Snakes: Very few snakes are poisonous but all snakes should be treated with respect. A head shot with a 22-bullet or snake-shot is usually adequate. Or hit the snake on the head with a rock or a 6-foot pole to stun and kill it. Cautiously cut off and bury the head of all snakes. If the poison of a dead snake gets into a cut or scrape it can make you sick. Cut the belly of the snake from where its head was towards its tail. Use your finger to strip out the entails as a single piece. Strip off the outer skin by pulling from the top towards the tail. Wash the remaining meat in clean water. Snake may be broiled or grilled whole (or diced and boiled). Or cut into 3" pieces, dip in milk or water, roll in flour and/or corn meal, add salt and pepper, and deep fry in hot oil.

Bugs (Emergency Survival Situation ONLY): The following bugs are edible: ants, grubs, slugs, and earthworms. They may be eaten raw (but not alive) or cooked. Nobody I know likes them raw, so the best solution is to dice them into small pieces and cook them in a soup with some other type of wild food. Grasshoppers can also be eaten if you first remove the legs. The legs contain tiny barbs that can get caught in your throat. Don't eat grasshoppers raw because they occasionally contain tiny parasites (which will be killed if you boil the grasshoppers in water). **Never** eat flies, ticks, mosquitoes, centipedes, or spiders.

Chapter Four

Grandpappy's Vegetable Recipes

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Simple Bean Recipes

Dry Beans Recipes

| One-Cup Dry Beans | Water | Simmer | Yield |
|----------------------|--------|-------------|----------|
| Black Beans | 8 Cups | 90 Minutes | 4 Cups |
| Black-Eyed Peas | 6 Cups | 60 Minutes | 4 Cups |
| Great Northern White | 7 Cups | 60 Minutes | 4 Cups |
| Kidney Beans Pink | 6 Cups | 50 Minutes | 4 Cups |
| Lentils Tiny Green | 6 Cups | 35 Minutes | 4.5 Cups |
| Lima Beans Green | 6 Cups | 90 Minutes | 2.5 Cups |
| Navy Beans White | 6 Cups | 50 Minutes | 4 Cups |
| Pinto Beans Spotted | 6 Cups | 90 Minutes | 4 Cups |
| Pink Beans | 6 Cups | 60 Minutes | 4 Cups |
| Red Beans | 6 Cups | 120 Minutes | 4 Cups |

Preparation: Sort beans. Remove twigs and defective beans. Rinse beans. Discard rinse water. (Do not soak Lentils.) Soak beans overnight in water using above table.

Cook: Do NOT discard the soak water. After soaking, add just enough water to cover the beans. Cover the pot and simmer without salt using above table. Add salt to taste at table.

Refried Beans

| | | |
|-------------|-------------|---------------------|
| 1 can beans | 2 tbsp. Oil | 1 tsp. onion powder |
|-------------|-------------|---------------------|

Heat oil and add the onion powder. Add the cooked beans (pinto or kidney). Mash the beans with the back of a wooden spoon or potato masher. Simmer for 6 minutes over low heat. May be eaten as a side dish or mixed half-and-half with ground meat as a filling for tacos or burritos or stuffed peppers.

Simple Potato Recipes

Potato Cakes

| | |
|--------------------------|-------------------------|
| Leftover mashed potatoes | Flour and Oil (or Lard) |
|--------------------------|-------------------------|

Form the leftover cooked mashed potatoes into flat small 4" circles about 3/8" thick. Coat each side with a thin layer of flour. Fry in a little oil in a pan over medium heat, turning once, until brown on both sides.

Hash Brown Potatoes

| | |
|------------------------------|---------------|
| 2 cups cooked diced potatoes | 1 tsp. pepper |
| 2 tsp. onion powder | 1 tsp. salt |

Heat a little oil or shortening in a large skillet. Spread the potatoes evenly over the bottom of the skillet and sprinkle the onion, pepper, and salt on top. Cook over LOW heat and press down on the potatoes several times with a flat spatula. When the bottom side is golden brown, cut the potatoes in half with the spatula and flip both halves over and brown the other side, pressing down with the spatula several times.

Potato Chips

Preparation: Peel raw potatoes and slice extremely thin. Soak in cold water for 1 hour and then pat dry, removing as much water as possible.

Cook: Fry in oil preheated to 390°F. Remove and drain on paper towel. Sprinkle with salt. Allow to cool (optional).

White Rice Recipes

1 cup **uncooked** dry rice = 3 cups **cooked** rice.

Measure the white rice. Do **not** rinse the rice. Boil the rice in twice the volume of water with a pinch of salt. Trickle the white rice into the water so the water doesn't stop boiling. Cover the pot and let it simmer 15 to 18 minutes over very low heat until all the water is absorbed. Do not stir while simmering. Stirring causes the grains to stick together. Do not lift the lid until the rice is almost done or you will release essential steam and moisture. When done, remove the pot from the heat and fluff the rice with a fork. Cover and let stand another 5 minutes. The rice will continue to steam and absorb flavors.

Rice Substitutions

White rice can be substituted for bread crumbs in meatloaf, in meatball, and in poultry stuffing recipes. Rice can also be used to add body and texture to any soup.

Rice Flour

Uncooked white rice can be ground into a fine powder. It can then be used as a thickener or binder instead of flour. It is particularly useful for sauces. It can be cooked with milk and flavorings for a smooth dessert (see the Rice Sundae dessert recipe below). Since rice does not contain gluten it can't be used to make a yeast bread loaf. However, it can be added to biscuits to improve their texture, and to cake, pancake, and pizza dough. It can be used in equal amounts with wheat flour or cornmeal. However, most people prefer a 1/4 to 1/3 ratio of white rice flour to wheat flour.

The Basic Burrito (or Stuffed Tortilla)

A little cooked white rice can be added to the other ingredients in a Burrito, such as refried beans and meat (ground or sliced).

Rice and Beans

The meal of choice for balanced nutrition and energy. Any kind of beans may be used. Any ratio of white rice to beans may be used. However, most people prefer a ratio of half rice and half beans. The addition of some diced onion to the mixture is a flavor enhancement preferred by many people.

Feathered Rice (Serves Four)

| | | |
|----------------------------------|-------------|------------------------|
| 1 cup uncooked white rice | 1 tsp. salt | 2.5 cups boiling water |
|----------------------------------|-------------|------------------------|

Unlike ordinary cooked white rice, this recipe causes the rice to puff up and become light and fluffy. Preheat oven to 400°F. Spread the **uncooked** white rice evenly on a shallow baking pan. Place in the oven and bake at 400°F, stirring occasionally, until the rice is a golden brown. Put the rice into a 1-quart casserole dish, add the salt and the boiling water. Cover with a tight-fitting lid and bake at 400°F for 20 minutes. (Note: A pound of white rice may be browned and then stored in an airtight container until it is ready to be baked.)

Baked Rice (Serves Four)

| | | |
|----------------------------------|----------------------|------------------------------------|
| 1 cup uncooked white rice | 2 tbsp. butter | 2 chicken (or beef) bouillon cubes |
| 2 cups water | 1 tbsp. onion powder | |

Preheat oven to 375°F. In a saucepan, melt the butter and add the onion powder and simmer over low heat for two minutes. Add the white rice and stir continually for 3 minutes until all the rice is coated. Add the water and bring to a boil. Add the bouillon cubes and allow them to dissolve and mix well. Pour into a 1-quart casserole, cover, and bake at 375°F for 30 minutes.

Optional: Dice a green pepper and add it with the bouillon cubes.

Optional: Add up to 1 cup of diced Spam when pouring into the casserole dish.

Mexican or Spanish Rice (Serves Four)

| | | |
|----------------------------------|----------------------|-----------------------------|
| 1 cup uncooked white rice | 2 tbsp. oil | 1 tsp. onion powder |
| 1/4 cup diced tomatoes | 2 cups chicken broth | 1 tbsp. butter |
| 1 tsp. garlic powder | | 1/8 cup diced green peppers |

Heat the oil and butter in a 2 quart pan over medium heat. When the butter is melted, add the white rice and simmer, stirring constantly, for about 3 minutes until lightly browned. Add the onion and garlic and continue to simmer and stir for 5 more minutes. Add the broth and bring to a boil without stirring. Reduce heat. Gently stir in the tomatoes and peppers. Cover and simmer until all the liquid is absorbed (about 15 to 18 minutes). When done, remove the pot from the heat and fluff the rice with a fork. Cover and let stand another 5 minutes. The rice will continue to steam and absorb flavors.

Indian Rice (Serves Four)

| | | |
|----------------------------------|-----------------|--------------------------------------|
| 1 cup uncooked white rice | 1/2 tsp. salt | 1/4 tsp. ground turmeric or rosemary |
| 2 cups water | 1/4 tsp. pepper | 1/2 tsp. ground cinnamon |
| 1 tbsp. onion powder | | 2/3 cup raisins (optional) |

Heat 2 tbsp. water to boiling in a 2-quart saucepan over medium heat. Add the onion powder, cinnamon, salt, pepper, and turmeric (or rosemary) and stir. Add the remaining water and heat to boiling. Add the white rice and reduce heat. Cover and simmer for 15 to 20 minutes without stirring until all the liquid is absorbed. Fluff the rice with a fork and then stir in the raisins (optional), cover, and let stand 5 minutes.

Herb Flavored Rice (Serves Four)

| | | |
|----------------------------------|------------------|----------------------|
| 1 cup uncooked white rice | 1/4 tsp. salt | 1 tbsp. butter |
| 2.5 cups water | 1/4 tsp. oregano | 1 tbsp. onion powder |
| 1/2 tsp. ground sage | 1/4 tsp. thyme | |

Melt the butter in 2.5-quart saucepan over medium heat. Add 2 tbsp. water and bring to a boil. Add the salt, onion, sage, oregano, thyme, and stir. Add the remaining water and heat to boiling. Add the white rice and reduce heat. Cover and simmer for 30 to 45 minutes without stirring until all the liquid is absorbed.

Rice Pilaf (Serves Four)

| | | |
|----------------------------------|-----------------|----------------------|
| 1 cup uncooked white rice | 1/2 tsp. salt | 3 tbsp. olive oil |
| 2 cups beef broth | 1/4 tsp. pepper | 1 tbsp. onion powder |

Heat the oil and the onion powder in a saucepan. Add the white rice and simmer over low heat for 3 minutes. Add the salt, pepper, and beef broth. Cover saucepan and cook for 20 minutes (or transfer to a covered casserole and bake at 350°F for 1 hour).

Optional: Sauté 1 cup chopped mushrooms in 2 tbsp. butter and add with the broth.

Optional: Replace beef with chicken broth and add 1/2 tsp. tarragon.

Optional: Add 1 cup cooked diced beef or chicken with the broth.

Rice-A-Roni (Serves Four)

Follow the above recipe for Rice Pilaf but add 1 cup of Spaghetti noodles broken into small pieces one-inch or shorter. Brown the broken spaghetti in the oil with the onion powder at the beginning of the above Rice Pilaf recipe.

Stuffed Grape (or Cabbage) Leaves (Serves Six)

| | | |
|----------------------------------|------------------------|-----------------------------------|
| 30 young grape leaves | 1/2 cup oil | 1 tbsp. dried mint |
| 1 cup uncooked white rice | 1/2 tbsp. onion powder | 1 tbsp. parsley or dill or both |
| 3 cups cooked ground meat | 1 tbsp. garlic powder | 1/2 tsp. salt and 1/4 tsp. pepper |

Drop the leaves (about 4-inch diameters) in boiling water for 30 seconds and remove with a slotted spoon, drain, and set aside. Heat 4 tbsp. of oil in a saucepan and add the onion powder. Add the garlic, mint, parsley, salt, and pepper. Simmer for 5 minutes. Mix in the uncooked white rice and the cooked ground meat. Remove from heat. Place a leaf shiny side down and put 1 to 2 tbsp. of the mixture in the center of the leaf. Fold like an envelope and roll up but not too tightly. Put the rest of the oil in the bottom of a pot or Dutch oven and arrange the leaf rolls in rows and layers with the seam side down. Cover the rolls with water. Put a lid on the pot and simmer on low heat for 35 minutes.

Variation: Instead of grape leaves, use cabbage, spinach, etc.

Variation: Instead of ground meat, cover the leaf rolls with beef broth instead of water and simmer for 35 minutes.

Fried Rice (Leftover White Rice) (Serves One)

| | | |
|----------------------------------|-----------------|------------------------|
| 1/2 cup cooked white rice | 1/2 tsp. salt | 2 tbsp. oil |
| 1/2 tsp. garlic powder | 1/4 tsp. pepper | 1 tbsp. soy sauce |
| 1 tbsp. onion powder | 1 tbsp. ketchup | green onion (optional) |

Heat the oil in a frying pan or wok. Add the garlic and onion powders and stir-fry for 30 seconds. Add the cooked white rice and stir-fry until coated with oil. Stir in the soy sauce and ketchup. Add salt and pepper to taste. Heat for a few minutes until very hot. Serve immediately. If available, garnish with diced or shredded wild green onion.

Sweet Rice (Leftover White Rice) (Serves One)

| | |
|-------------------------------------|-------------------|
| 1/2 cup cooked white rice | 2 tbsp. butter |
| 1 tbsp. sugar (granulated or brown) | 1/2 tsp. cinnamon |

Combine all and heat in the oven or in a microwave until warm. Serve as a sweet breakfast treat, or as an afternoon snack, or as a dessert.

Pot Luck Pie (Leftover White Rice) (Serves Six)

| | |
|-------------|--|
| 1 Pie Crust | Assorted leftover vegetables, cooked white rice, and/or cooked meat |
|-------------|--|

Mix ANY combination of different, assorted leftovers together (at least 3 or 4 different items) and put them all inside a pie crust. Put a top on the pie and bake in a 350°F oven for 30 minutes. The pie is absolutely delicious. The flavor and versatility of this pot luck pie recipe is rarely appreciated until after it has been tried at least once.

Warm Tuna and Rice (Serves Four)

| | | |
|---------------------------------|----------------------|------------------------|
| 2 cups cooked white rice | 3 tbsp. Butter | 1 tbsp. celery powder |
| 6 oz. can tuna, drained | 1 tbsp. onion powder | 1 tbsp. parsley flakes |

Melt the butter in a saucepan. Add the onion, celery, and parsley and simmer for 2 minutes. Add the tuna and the cooked white rice. Stir while heating thoroughly. Add salt and pepper as desired.

Variation: Substitute one cup of diced Spam for the tuna.

Chilled Tuna and Rice Salad (Serves Four)

| | | |
|--|--|-----------------------------|
| 2 cups cooked white rice | 1 pickle, minced | 1 or 2 green onions, minced |
| 6 oz. can tuna in oil | 1 or 2 tomatoes, cut into small wedges | |
| 1/2 cup mushrooms or olives (optional) | | |

Mix all ingredients and serve cold.

Variation: Substitute one cup of diced Spam for the tuna.

Chilled Tuna, Fruit, and Rice Salad (Serves Four)

| | | |
|-----------------------------------|-------------------------|------------------------------------|
| 1.5 cups cooked white rice | 6 oz. can tuna, drained | 16 oz. can fruit cocktail, drained |
|-----------------------------------|-------------------------|------------------------------------|

Combine the cooked white rice and fruit cocktail. Mix well. Refrigerate for 1 hour to blend the flavors. Stir in the tuna and serve.

Variation: Substitute one cup of diced Spam for the tuna.

Chilled Blueberry and Mint Rice Pudding (Serves Four)

| | | |
|-----------------------------------|-------------------|---------------------------|
| 1.5 cups cooked white rice | 1 cup blueberries | 1 tbsp. chopped mint |
| 1 cup low fat milk | 3 tbsp. Sugar | nutmeg (optional garnish) |

Combine all (except mint and nutmeg) in a saucepan and cook for 15 to 20 minutes over low heat, stirring frequently. Transfer the pudding to a large bowl and stir in the mint. Chill for a least 1 hour before serving. Spoon into serving bowls and sprinkle nutmeg garnish over pudding.

Warm Rice Pudding (Serves Four)

| | | |
|------------------------------------|-------------------|-------------------------------------|
| 1/2 cup uncooked white rice | 1/2 tsp. salt | 1/2 cup sugar (granulated or brown) |
| 1 quart milk | 1/2 tsp. cinnamon | 1/2 cup raisins (optional) |

Mix all ingredients and pour into a greased baking dish. Bake at 275°F for 3 hours. Stir frequently during the first hour. Add 1/2 cup raisins during the final 30 minutes.

Chilled Rice Sundae (Serves Four)

| | |
|---|--------------------------------------|
| 1/4 cup GROUND uncooked white rice | 1 tsp. vanilla extract |
| 3 tbsp. granulated sugar | 2.5 cups milk |
| 1/2 tsp. ground cinnamon | Berries, or Nuts, or Chocolate Syrup |

Combine **ground** white rice, milk, vanilla extract, cinnamon, and sugar in a saucepan. Bring to a boil stirring constantly. Reduce heat and simmer for 30 to 40 minutes, stirring occasionally. (Add a little milk if it begins to dry out.) Allow to cool. When cool, spoon into dessert dishes and chill in the refrigerator. Serve with fresh berries (and/or chopped nuts) (or chocolate syrup) on top.

Chilled Rice Beverage or Milkshake

| | |
|---------------------------------|--------------------------|
| 2 cups cooked white rice | 2 tbsp. honey |
| 2 cups low fat milk | 1/4 tsp. ground cinnamon |

Combine all ingredients in a jar and shake vigorously. Refrigerate for 4 hours or over overnight.

For a **beverage**, strain the rice and reserve the liquid. Fill two glasses with ice and pour the liquid over the ice. Serve chilled. (If you wish, you may use the rice in the pot luck pie recipe described above.)

For a rice **milkshake**, do not strain but pour the rice and liquid mixture into a blender and blend until creamy. Serve cold.

Chapter Five

Grandpappy's Bread Recipes

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Grandpappy's Yeast Bread Recipes

Most bread recipes require yeast and eggs. Yeast causes the bread to rise and become light. Eggs add protein, color, and bulk to the bread. Under hardship conditions you may have limited amounts of both yeast and fresh eggs.

The good news is that yeast multiplies and a little yeast can last a very, very, long time if you follow the simple directions below.

The bad news is that eggs don't multiply. Once they have been used, they are gone. And if you only have a few eggs during hard times, then you may wish to use them for something other than baking.

If you have store-bought eggs, don't try to hatch them because they were laid by hens on an egg farm without roosters. Hens can lay eggs without a rooster but the eggs won't be fertile without a rooster.

The following bread recipes require yeast but they are all Egg Free. However, some of the recipes do permit the use of an optional egg.

Yeast Preparation

Freeze store bought yeast until it is needed. Stir a little crumbled yeast into some warm water (105°F to 115°F). Test the water on your wrist. It should feel warm but not hot. If the water is too hot it will kill the yeast. If the water is too cold it will slow down the process. Adding a little sugar to the water will speed up the process. Adding salt or fat will slow it down. Good yeast will become foamy and creamy after about 10 to 12 minutes.

All Yeast Breads

Pinch off one handful of the dough after the first rise and save it in an airtight container in a cool dark place. The next day, add the old dough to a new batch of dough. The yeast will multiply and spread throughout the new batch. After the first rise, pinch off a handful and save it. Continue this process each time you make yeast bread. Don't waste your package yeast.

Optional Crust Variations for All Breads

Just before putting the bread dough into the oven, use a pastry brush to carefully and very gently paint the top of the dough.

1. Cold water brushed or sprayed on the bread dough will yield a crisp, chewy crust.
2. Oil or melted butter will yield a soft crust.
3. 1 tbsp. honey with 2 tbsp. water yields a sweet, glossy finish.
4. 1 tbsp. lemon juice with 2 tbsp. sugar gives a fruity, sweet flavor.
5. 1 egg white beaten with 1 tbsp. water gives a shiny, crisp crust.
6. 1 egg white beaten with 1 tbsp. milk gives a shiny, softer crust.
7. 1 whole egg with 2 tbsp. water gives a shiny, rich, dark crust.

Liquid Substitutions

Water: Chewy texture with more of the original flour flavor.

Milk: Bread will rise higher and have a finer texture and it will keep longer. Heat fresh milk until it almost boils to kill the enzymes that interfere with the yeast action in the bread. Do not heat canned milk or instant milk. Milk also adds nutritional value to the finished bread.

Buttermilk: Bread will be more tender. Heat the buttermilk until it almost boils. Do not use too much or it will make the bread too tender and it will fall apart.

Potato Water: The water left over after boiling potatoes. Causes the bread to rise higher and adds a coarser texture and moistness. Do not substitute more than 1/2 potato water for the normal water required in the recipe.

Oils or Butter: Adds tenderness and improves the elasticity of the bread. Increases bulk and helps the bread to brown more evenly. However, too much oil will make the bread crumbly. Use a maximum of 1 tbsp. oil or shortening or butter per 1 cup of flour.

Wheat Berry Sprouting Water: Adds nutrition, texture, and flavor enhancement to the bread.

Miscellaneous Optional Ingredients

Eggs: Adds protein, color, and bulk. Eggs help to extend the shelf life of the bread. For each egg used, deduct 1/4 cup of the other liquid in the recipe. Use no more than 2 eggs per loaf of bread.

Honey: Maximum of 1 tbsp. per 1 cup of flour. Adds flavor and moistness and helps to feed the yeast and increases the shelf life of the bread.

Salt: Maximum of 1/2 tsp. per 1 cup of flour. Controls the yeast process. Improves flavor and increases the shelf life of the bread. A bread made with no salt will taste flat. Do NOT add the salt to the yeast water or it will inhibit the initial yeast process.

100% Whole Wheat Loaf Bread (Recipe One)
(Must be eaten in two days or sliced and frozen)

| | | | |
|----------------------------|------------------|---------------------------------|-------------|
| 3 cups wheat flour | 2 tbsp. oil | 2 tbsp. honey | 1 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 1 cup warm water | 1/3 cup instant nonfat dry milk | |

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Add oil, honey, dry milk, salt, and enough wheat flour to make a stiff dough. Allow to rest under an inverted bowl for 10 minutes. Then knead for 10 minutes. Place in greased bowl, cover, and let rise until double in bulk or about 90 minutes. Punch down and form into ball. Cover and let rest for 10 minutes. Shape into loaf and place in greased loaf pan. Cover and let rise until double in bulk, about 45 to 60 minutes.

Cook: Bake at 375°F for 40 minutes. Brush hot loaf with milk.

100% Whole Wheat Loaf Bread (Recipe Two)
(Must be eaten in two days or sliced and frozen)

| | | | |
|----------------------------|-----------------------|---------------------------------|-------------|
| 2.25 cups wheat flour | 1 tbsp. melted butter | 2.5 tbsp. honey | 1 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 3/4 cup warm water | 1 tbsp. instant nonfat dry milk | |

Follow the Recipe One preparation and cooking instructions but substitute the butter for the oil.

100% Whole Wheat French Bread

| | | |
|----------------------------|--------------------|---------------|
| 3 cups wheat flour | 3/4 cup cold water | 1.5 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 1/4 cup warm water | |

Preparation: Dissolve yeast in warm water for 12 minutes. Sift wheat flour and salt together. Add yeast and cold water. Knead for 20 minutes and add at least 1/2 cup more cold water by wetting your hands as you knead. Dough should be soft and silky. Cover and let rise in cool place for 3 hours. Punch down gently with wet hands being careful not to tear dough. Cover and let rise again in a cool place for 2 hours. Punch down and form into a ball. Cover and let rest while you dust a baking sheet with corn meal. Shape dough into a long slim loaf. Place on baking sheet. Let rise uncovered for 1 hour. Cut slashes in top of loaf.

Cook: Spray the loaf with warm water and quickly place in 450°F oven. Place a shallow pan with boiling water on the oven rack below the bread. After 10 minutes reduce the heat to 350°F. Bake until done, another 25 to 30 minutes.

Optional: Add 2 tbsp. oil, or 1.5 tbsp. sugar, or both to the above recipe with the flour and salt.

Sandwich Buns (12 Buns)

| | | | |
|----------------------------|------------------|-----------------------------------|---------------|
| 3 cups wheat flour | 2.5 tbsp. oil | 1/2 cup sugar | 1/2 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 1 cup warm water | 2.5 tbsp. instant nonfat dry milk | |

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Then add sugar, salt, oil, dry milk, and 3/4 cup flour. Beat vigorously by hand. Stir in additional flour to make a stiff dough. Knead on a floured board until smooth and elastic (10 minutes). Place in greased bowl, cover, and let rise in warm place for 45 minutes. Punch dough down. Let rise again about 20 minutes. Divide dough and form into 12 balls. Place on greased baking sheet 2" apart. Let rest for 5 minutes. Press down with palm to flatten. Cover and let rise in warm place for 1 hour.

Cook: Bake at 375°F for 15 to 20 minutes. Remove from baking sheet and let cool on wire racks.

Hard Rolls (9 Rolls)

| | | |
|----------------------------|------------------|-------------------|
| 2.25 cups wheat flour | 1 tsp. sugar | 1/2 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 1 cup warm water | 2 tbsp. corn meal |

Preparation: Dissolve yeast in warm water and let stand for 12 minutes. Add sugar and salt. Stir well. Add 1.5 cups flour. Mix well. Cover and let rise for 20 minutes. Add the remaining flour and mix well. Knead for 5 minutes on a floured board. Cover and let rise 1 hour. Punch down and let rise again. Shape into 9 rolls. Place on lightly oiled baking sheet. Sprinkle with cornmeal. Slash tops with knife. Cover and let rise until doubled.

Cook: Bake at 400°F on top oven rack with a pan of hot water on bottom oven rack for 20 to 25 minutes until golden brown.

Whole Wheat Crescent Rolls (16 Rolls)

| | | | |
|----------------------------|---------------------|---------------|----------------|
| 2.5 cups wheat flour | 1 tbsp. brown sugar | 1.5 tbsp. oil | 1 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 7/8 cup warm water | 2 tbsp. honey | 3 tbsp. butter |

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Add brown sugar, oil, honey, salt, and 3/4 cup wheat flour. Mix well. Stir in enough of the remaining flour to make a stiff dough. Knead on a lightly floured surface for 10 minutes. Place in a greased bowl, cover, and let rise 90 minutes. Divide dough in half and shape into 2 balls. Cover and let rest 10 minutes. Roll each ball into an 8" to 10" circle. Spread with 1/3 of the butter. Cut each circle into 8 wedges. To make crescents, roll wide end of wedge toward point. Place on greased baking sheet. Cover and let rise 30 minutes.

Cook: Bake at 375°F for 12 to 15 minutes. Brush with milk or butter while still warm.

Wheat Rolls (12 Rolls)

| | | |
|----------------------------|--------------------|-------------------|
| 2 cups flour | 1/8 cup sugar | 1/4 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 1/4 cup warm water | 1/4 cup warm milk |

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Stir in the warm milk, sugar, salt, and 1 cup of the flour. Mix until smooth. Cover the batter with a handful of flour and let rise in a warm place for about 2 hours or until the top has cracked. Add enough of the remaining flour to make a smooth dough and kneed it for about 10 minutes. Cover and let rise 20 minutes. Shape into rolls and place on a baking sheet.

Cook: Bake at 400°F for about 15 to 20 minutes.

English Muffins (10 Muffins)

| | | | |
|----------------------------|--------------------|-----------------------|------------------|
| 2 cups wheat flour | 1/4 cup milk | 1 tsp. sugar | 1/2 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 2 tbsp. warm water | 1.5 tbsp. soft butter | 1 tbsp. cornmeal |

Preparation: Dissolve yeast in 2 tbsp. warm water and let stand 12 minutes. In another bowl, combine milk, sugar and salt with one cup hot water. Add the yeast solution. Stir in 1 cup of flour. Cover bowl with a towel and let rise 90 minutes in a warm place. Stir in butter and remaining flour. Roll dough to 3/4 inch thickness. Cut 2" inch circles from dough and place on a piece of wax paper sprinkled with cornmeal. Sprinkle tops with more cornmeal. Let rise again.

Cook: Cook on a griddle, turning once.

English Muffin Loaf

| | | | |
|----------------------------|--------------------------|----------------------|------------------|
| 3 cups wheat flour | 1/3 cup instant dry milk | 1/2 tbsp. sugar | 1 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 1.25 cups warm water | 1/8 tsp. baking soda | 2 tbsp. cornmeal |

Preparation: Combine yeast, 1.5 cups flour, dry milk, sugar, salt, and baking soda. Mix well. Add the warm water. Beat well. Add remaining flour. Grease an 8" x 4" loaf pan. Sprinkle with cornmeal. Spoon the batter into the pan. Sprinkle top of loaf with cornmeal. Cover. Let rest 45 minutes.

Cook: Bake at 400°F for 25 minutes.

Pita Bread (2 Pieces)

| | | |
|--------------------|--------------------|--------------------|
| 2 cups wheat flour | 1 tsp. sugar | 1/2 tsp. salt |
| 1 tsp. yeast | 2 tbsp. warm water | 2/3 cup warm water |

Preparation: Dissolve yeast in 2 tbsp. warm water and let stand 12 minutes. Mix flour, sugar, and salt with 2/3 cup warm water. Add the yeast solution. Knead for 10 minutes. Put in greased bowl, cover, let rise for one-hour. Punch down, knead, reshape. Cover and let rise for 30 minutes. Divide into 2 parts. Roll each into an 8-inch diameter round. Place on greased cookie sheet.

Cook: Bake at 450°F for 5 minutes.

Pizza (One 14-inch Pizza)

| | | |
|-----------------------------------|--------------------------------|----------------|
| 1.75 cups flour | 2 tsp. + 1 tbsp. olive oil | 2/3 tsp. salt |
| 1 tsp. yeast | 2/3 cup warm water | 1 tsp. sugar |
| 1 cup tomato (or spaghetti) sauce | 1 cup grated mozzarella cheese | 1 tsp. oregano |

Preparation: Dissolve yeast and sugar in 2/3 cup warm water. Let stand for 12 minutes. Add 1 cup flour, 2 tsp. oil, and salt and mix well. Continue to add flour to make a soft dough. Knead the dough on a floured board for 7 minutes until it is smooth and elastic. Put dough in an oiled bowl, cover with a cloth, and allow to rise in a warm place for 2 hours. Punch it down and let it rest 5 minutes. Roll the dough into a 14" circle using a rolling pin (or pat and stretch with your hands). Place on pizza pan (or cookie sheet) and prick all over with a fork. Cover with a cloth and let rest for 20 minutes.

Cook: Bake in 425°F oven for 3 minutes. Remove from oven. Spread tomato sauce evenly over crust. Sprinkle grated cheese and oregano evenly over sauce. (Optional: Add meat, mushrooms, or vegetables as desired.) Drizzle 1 tbsp. olive oil over everything. Bake 14 to 16 minutes until underside of crust is golden brown.

Bread on the Grill

| | | | |
|----------------------------|--------------------|------------------|-------------------|
| 2 cups wheat flour | 1/2 tsp. sugar | 1/2 tsp. salt | 1 tbsp. olive oil |
| 1/2 pkg. yeast (1/2 tbsp.) | 3/4 cup warm water | 2 tbsp. cornmeal | |

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Then add sugar, salt, oil, and flour. Beat vigorously by hand. Knead on a floured board until smooth and elastic (10 minutes). Place in greased bowl, cover, and let rise in warm place for 90 minutes. On a floured surface roll out half the dough into a 10" round circle. Rub both sides with cornmeal.

Cook: Brush grill rack with oil and fry 5 minutes on each side.

Cinnamon Rolls or Sweet Sticky Buns

| | | | |
|----------------------------|------------------|-----------------------------------|---------------|
| 3 cups wheat flour | 1/2 cup sugar | 1/2 tsp. cinnamon | 1/2 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 1 cup warm water | 2.5 tbsp. instant nonfat dry milk | 2.5 tbsp. oil |

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Then add sugar, salt, oil, dry milk, and 3/4 cup flour. Beat vigorously by hand. Stir in additional flour to make a stiff dough. Knead on a floured board until smooth and elastic (10 minutes). Place in greased bowl, cover, and let rise in warm place for 45 minutes. Punch dough down. Let rise again about 20 minutes. Roll dough to 1/2 inch thickness. Cover and let rise 1 hour. Butter the top of the dough. Sprinkle with cinnamon and a little more sugar. Roll up the dough and slice into 1/2 widths. Place in individual greased muffin tins or onto a greased cookie pan.

Cook: Bake at 375°F for 15 minutes or until done.

Optional: Add raisins and/or nuts with the cinnamon.

Optional Icing for Above Cinnamon Rolls

| | |
|----------------------------|--|
| 2 tbsp. butter | 1 cup sugar (brown or powdered) |
| 1 or 2 tbsp. boiling water | 2 tbsp. corn syrup OR 1/2 tsp. vanilla extract |

Cook butter until it stops bubbling and it is brown and foamy. Remove from heat. Add either the corn syrup or the vanilla extract but not both. Stir in the sugar. Gradually add the hot water to achieve the desired consistency for spreading.

Bread Recipes (No Yeast Required and No Eggs Required)

Yeast causes the bread to rise and become light. Eggs add protein, color, and bulk to the bread. Eggs also increase the shelf life of the bread. Therefore, most bread recipes require both yeast and eggs. It is relatively difficult to find good bread recipes that don't require yeast and/or eggs. And if you just omit the yeast or eggs from the original recipe, you normally end up with a culinary disaster that your family will not eat. To produce good bread without yeast or eggs, the recipe needs to be modified and other ingredients added to give the bread flavor and texture.

The following recipes don't require yeast or eggs. The reason is simple. Sometimes you will be completely out of yeast and fresh eggs but your family will still need to eat. You may have the other necessary ingredients to make bread but you don't have any yeast or fresh eggs. And a quick trip to the local store may not be an option. In a situation such as this, the following recipes can be used to produce delightful results to satisfy your family's desire for bread.

Pancakes (No Eggs)

| | | |
|--------------|-----------------------|---------------|
| 2 cups flour | 2 tbsp. baking powder | 1/2 tsp. salt |
| 1 cup milk | 1 tbsp. vinegar | 1 tbsp. honey |

Mix all ingredients together well, and then fry the pancakes on medium heat in a skillet, turning once.

Flour Tortillas (14 six-inch Tortillas)

| | | |
|--------------------|----------------------|--------------------------------------|
| 2 cups flour | 1/2 to 1 tsp. salt | 1/2 tsp. granulated sugar (optional) |
| 1 tbsp. shortening | 1/2 to 3/4 cup water | 1/2 tbsp. baking powder (optional) |

Preparation: Sift flour and salt together. (If desired, add optional sugar and/or baking powder.) Add shortening and mix well. Slowly add just enough water to form a soft dough. Cover and let stand for 30 minutes. Make about 14 two-inch balls. Press (or roll) each ball into a flat six-inch circle.

Cook: Fry over medium heat on ungreased flat griddle until golden brown on both sides (about 1.5 to 2 minutes per side).

Salt-Rising Bread (Recipe One)

| | | | |
|--------------------|----------------------|------------------------------------|---------------|
| 3 cups wheat flour | 1/2 cup milk | 2 tbsp. brown sugar | 1/2 tsp. salt |
| 3.5 tbsp. cornmeal | 1 cup lukewarm water | 1.5 tbsp. oil or melted shortening | |

Preparation: Bring milk almost to a boil. Remove from heat. Add the cornmeal, 1/2 tbsp. brown sugar, and salt. Put in a covered jar and place in a dish of hot water as hot as the hand can bear. Keep in a warm place overnight. By morning the mixture should show fermentation and gas can be heard to escape.

Then add 1 cup sifted wheat flour, 1.5 tbsp. oil, 1.5 tbsp. brown sugar, and 1 cup lukewarm water. Beat mixture thoroughly. Place in a dish of warm water again and let rise until light and full of bubbles.

Then add 2 cups sifted wheat flour or enough to make a stiff dough. Knead for 10 or 15 minutes. Place into greased loaf pan and let rise again.

Cook: Bake 15 minutes at 425°F, then lower temperature to 375°F and bake about 30 minutes longer.

Salt-Rising Bread (Recipe Two)

| | | | |
|--------------------|------------------|----------------------------------|----------------------|
| 8 cups wheat flour | 2 cups milk | 2 tsp. granulated sugar | 1/2 tsp. salt |
| 2 cups cornmeal | 1 cup warm water | 2 tbsp. oil or melted shortening | 1/2 tsp. baking soda |

Preparation: Bring milk almost to a boil. Remove from heat. Add the cornmeal, sugar, and salt. Stir until smooth. Cover with a towel and keep in a warm place overnight. In the morning, add one cup warm water, the baking soda, and 2.5 cups flour. Place the bowl in a pan of warm water and cover. Wait between 2 to 6 hours until the mixture starts to foam. As the original water cools, transfer the bowl to a new pan of warm water. Keep transferring the bowl to a new pan of warm water as the old water cools down. If the odor becomes very sour during this fermentation process, you will end up with a very sweet bread.

After the batter has risen, add the oil and more flour until you have a stiff dough. Knead for 10 or 15 minutes. Shape into two loaves and place into two greased loaf pans and let rise again.

Cook: Bake about one hour at 350°F or until lightly brown.

Irish Soda Bread

| | | |
|--------------------|--------------------|--------------------------|
| 2 cups wheat flour | 1 tsp. baking soda | 1/2 tsp. cream of tartar |
| 1/2 tsp. salt | 1 tbsp. butter | 3/4 cup buttermilk |

Substitution: 2 tsp. baking powder can be used to replace both the baking soda and the cream of tartar.

Preparation: Mix flour, baking soda, tartar, and salt in a bowl. Mix in the butter. Pour in the buttermilk and mix quickly and lightly to a soft dough. Put on a floured baking sheet. Shape into a round loaf (do NOT knead the dough). Cut an “X” one-half inch deep across the entire top of the loaf with a sharp knife. Sprinkle lightly with flour.

Cook: Bake in preheated 450°F oven 10 minutes. Then reduce to 400°F and bake another 10 minutes. Cool on a wire rack.

Choctaw Indian Fry Bread (Requires no sugar) (14 Pieces) or Navaho Indian Fry Bread (Add 1 tsp. sugar to the following recipe) or Indian Tortillas or Indian Fried Scones

| | | |
|-----------------------|------------------------------|-------------------------------|
| 2.25 cups wheat flour | 2 tsp. baking powder or soda | 1 tsp. salt |
| 1/4 cup milk | 3/4 cup water | 2 tbsp. shortening (optional) |

Preparation: Sift flour, salt, and baking powder into a bowl (with the optional sugar). Stir in the water and milk (and the optional shortening). Knead with hands. Divide into 14 balls about two-inches in diameter. Cover and let rest for 20 minutes. Pat each ball into a five-inch diameter flat circle. Make a small hole in the center with your finger.

Cook: Fry in several inches of hot oil (390°F) for about 1 minute on each side or until puffed and golden. Drain on paper towel. Serve hot with honey.

Variation - Indian Tortillas: Use above Fry Bread Recipe but press the dough very thin.

Variation - Indian Fried Scones: Omit the milk. Increase water to 1 cup. Add 1 tbsp. sugar. Shape as scones and fry until golden brown. Serve with butter, honey, or jam.

Variation - Cornmeal Option: Add 1/3 cup cornmeal to the above recipe and increase the water to a total of 1 cup (instead of 3/4 cup).

Baking Powder Biscuits

| | | |
|------------------------|-----------------------|--------------------------|
| 2 cups wheat flour | 1 tbsp. baking powder | 1 tsp. salt |
| 6 tbsp. butter or lard | 1 cup milk or cream | 1 tbsp. sugar (optional) |

Preparation: Combine all dry ingredients and mix well. Blend in the warm butter. Slowly add the milk to the mixture until the dough holds together. Knead well and mold into small biscuits with your hands. Put on ungreased baking sheet.

Cook: Bake at 425°F for 15 to 20 minutes until lightly browned. Yields a sweet biscuit that will keep for days in a dry place.

Camp Biscuits or Biscuit Twists

| | | |
|---|------------------------|---------------|
| 1/2 cup flour | 1/4 tsp. baking powder | 1/4 tsp. salt |
| 2 tbsp. oil or melted shortening or melted lard | warm water | |

Preparation: Mix flour, baking powder, and salt. Mix in oil or shortening. Add just enough warm water to make a stiff dough.

Camp Biscuits Cook: Drop by spoonfuls onto greased tin. Bake until brown.

Biscuit Twists Cook: Mold dough into a ribbon about two-inches wide and thick as your little finger. Twist around a clean stick in a spiral fashion, and bake over hot coals near a campfire until done (similar to a roasted marshmallow).

Sourdough Bread Recipes (No Eggs Required)

Sourdough Starter using a Fresh Potato

| | | |
|------------------------|--------------------------|--------------|
| 1 medium potato | 1 pkg. yeast | 4 cups water |
| 2 cups + 2 tbsp. flour | 2 tbsp. granulated sugar | |

Peel medium potato, cut into cubes and boil cubed potato in about 3 cups water. Let stand in liquid until cool. Drain and reserve the potato water. Mash the potato and set aside 1/4 cup.

In a large bowl or crock, mix flour, sugar, and yeast.

In a saucepan, combine 1 cup potato water and 1 cup water. Warm to about 100 degrees. Pour over flour mix and add the 1/4 cup mashed potato, mixing well. Cover with waxed paper and then with foil. Crimp foil around edges, but not too tightly - the starter has to breathe. Set aside at warm room temperature for 2 days. Uncover and stir in 2 tablespoons flour. Cover it back up and let sit 1 more day before using.

To feed: Every 2-3 days, stir in 2 tablespoons to 1/2 cup flour (depending on how often you use it). When you add the flour also add a pinch of sugar and just enough warm water to keep it about like thick pancake batter. You may refrigerate it to make it go dormant. When ready to use again, bring to room temperature and feed as before.

Sourdough Starter using Instant Potatoes

| | |
|--------------------------------------|-------------------------|
| 6 tbsp. instant mashed potato flakes | 1 pkg. rapid rise yeast |
| 2/3 cup granulated sugar | 2 cups warm water |

Mix all ingredients in a glass jar and cover loosely with foil. The yeast will feed on the potato flakes and sugar, and the starter will give off gas as the yeast breeds. If the container is tightly sealed, the yeast will die off. Keep at room temperature for 24 hours then refrigerate. The starter must be feed at least every 10 days with 1 cup warm water, 1/3 cup sugar, and 3 tablespoons instant mashed potato flakes. You can freeze the starter in a plastic container until you are ready to bake.

Sourdough Starter using Honey

| | |
|---------------|-------------------|
| 2 cups flour | 1 pkg. yeast |
| 2 tbsp. honey | 2 cups warm water |

Mix water, yeast, and honey. Stir to dissolve the yeast. Let stand 10 minutes. Stir in the flour and make a smooth dough. Cover and let stand at room temperature for two days, stirring twice a day. If a sour smelling liquid appears on the top, then pour it off. Starter may be stored in a glass jar in the refrigerator until it is needed.

Sourdough Starter Water Base

| | | |
|--------------|------------------|-------------------|
| 2 cups flour | 1 pkg. dry yeast | 2 cups warm water |
|--------------|------------------|-------------------|

Make this starter only when you have forgotten to save a starter. Combine ingredients and mix well. Place in warm place or closed cupboard overnight. In morning put 1/2 of the starter in a pint jar with a tight lid and store in refrigerator or cool place for future use. The remaining batter can be used for pancakes, waffles, bread, cake, etc. To use starter again place in mixing bowl. Add 2 cups water (or milk, if available) and 2 cups flour and starter. Beat well and set in warm place to develop over night. In the morning remove 1/2 of sponge for whatever you need it for, and put the rest back into a jar and refrigerate.

Sourdough Starter Buttermilk Base

| | |
|-------------|------------------|
| 1 cup flour | 1 cup buttermilk |
|-------------|------------------|

Mix flour and buttermilk and let stand 48 hours until fermented. Then follow above recipe for water base starter.

Sourdough Starter Milk Base

| | |
|--------------|-------------|
| 2 cups flour | 2 cups milk |
|--------------|-------------|

Put 2 cups of milk in a quart jar or pot. Cover with a double thickness of cheesecloth and secure with a rubber band. Let it stand at room temperature for 24 hours. Add the flour and mix well. Replace the cheesecloth and let it stand for 12 hours, preferably outdoors in a protected place. Bring indoors and keep in a warm place until the mixture is very bubbly. Put the mixture into a container that allows for adequate expansion (2 quarts). Keep covered in the refrigerator. When some of the starter is used, it should be replaced with equal amounts of milk and flour. The mixture should be used and replenished at least once per week. If you do not bake that often, then pour out half the starter and replenish it with milk and flour once a week.

Variation: Water can be substituted for the milk, and the first 24 hours of the above process can be eliminated. However, the milk gives the starter a unique desirable flavor.

Sourdough Loaf Bread

| | | |
|-------------------------|---------------------|-------------------------|
| 1 cup sourdough starter | 1 tbsp. oil | 1 tsp. salt |
| 3 cups flour | 2/3 cups warm water | 1 pkg. yeast (optional) |

Preparation: If available, dissolve yeast in water in a large mixing bowl and let stand 10 minutes. Add the oil and the sourdough starter and mix well. Add the salt and 2 cups of flour. Beat until smooth. Gradually add 1 more cup of flour and continue mixing. Cover and let the dough rise until double in bulk (about 2 hours with yeast or about 6 hours without yeast). Then knead the dough on a floured board for 5 minutes. As necessary, add 1 tbsp. of flour until the dough is smooth and satiny. Place the dough in a greased bowl. Then rotate the dough inside the bowl so the top of the dough is also greased. Cover and let rise for 30 minutes. Punch down and knead for 2 minutes. Cover and let rise for 10 minutes. Grease two 9" loaf pans. Divide the dough in half and shape into a bread loaf. Put one loaf in each pan. Cover with a damp towel and let rise in a warm area for 45 minutes.

Cook: Preheat oven to 375°F. Bake for 40 to 45 minutes until brown and the loaves sound hollow when tapped. Transfer the loaves from the bread pans onto wire racks and allow to cool.

Sourdough French Bread

| | | |
|-----------------------------|----------------------|-------------------------|
| 1 cup sourdough starter | 2 tsp. sugar | 1.5 cups warm water |
| 4 cups flour | 2 tsp. salt | 1 pkg. yeast (optional) |
| 2 cups flour (for kneading) | 1/2 tsp. baking soda | |

Preparation: If you are going to start this bread the evening before or early in the morning, you won't need the yeast. If you start it 3 hours before dinner, you will need the yeast. Mix the starter, water, and 4 cups flour in a bowl. Put this in a warm place and ignore it for the rest of the day. By evening, it should have doubled and smell like your starter again. Mix the sugar, salt, baking soda and 1 cup of flour together. Sprinkle them over the dough, and mix well. Turn the dough out onto your bread board and knead it, using the remaining flour. Shape loaves and place them on lightly greased cookie sheets. Let rise until doubled in bulk.

Cook: Slash tops of loaves, brush them with water or a well-beaten egg, and place in 400°F oven. (A pan of water on lower shelf of the oven can help make a crispy crust.) Bake until medium dark brown.

Sourdough Biscuits

| | | |
|-------------------------|---------------|----------------------|
| 1 cup sourdough starter | 1/3 cup sugar | 1 pkg. dry yeast |
| 5 cups flour, sifted | 1.5 tsp. salt | 1 cup lukewarm water |

Preparation: Pour the yeast into a deep pan, then add water and dissolve. Stir and add sugar, salt, and starter and mix. Add flour and stir into batter dough. Cover dough with cloth and set in warm place to rise. When dough is double in volume you are ready. Turn the dough out on a floured surface and roll out 3/4 inch thick and cut into biscuits. Place in a baking pan which has about 1/8 inch melted shortening in it (or use bacon grease for a unique delicious flavor.) Dip both sides of each biscuit in melted shortening or bacon grease. Set aside and let rise in a warm place until doubled in volume.

Cook: Bake at 425°F for 15 to 20 minutes.

Variation: The recipe also makes delicious scones.

Sourdough Pancakes

| | | |
|--------------|----------------------------|------------------------|
| 2 cups flour | 1 tbsp. warm butter or oil | 1/2 cup lukewarm water |
| 1 pkg. yeast | 1 tbsp. honey | 1/2 cup water |

Preparation: Prepare the pancake batter the evening before. Dissolve yeast in 1/2 cup lukewarm water. Add the honey and let stand until bubbly (about 10 minutes). Add the butter, flour, and the rest of the water. Blend well. Cover. Let rise overnight in a warm spot.

Cook: In the morning, stir the batter. Drop 1/3 cup of batter on a hot oiled grill or pan. Fry each side until golden brown.

Bagel, Pretzel, Cracker, and Chip Recipes (No Eggs Required)

Whole Wheat Bagels (12 Bagels)

| | | |
|----------------------------|---------------------|--------------|
| 4 cups wheat flour | 3 tbsp. sugar | 1 tbsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 1.5 cups warm water | |

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Mix the flour, sugar, and salt together and then add the yeast water. Stir to make a moderately stiff dough. Turn onto a floured surface and knead until smooth. Cover and let rest for 15 minutes. Cut into 12 portions. Shape into small balls. Punch a hole in each ball with your finger. Pull gently to enlarge hole. Work into a **uniform bagel shape. Cover and let rise 20 minutes.**

Cook: In a large kettle combine 1 gallon of water and 1 tbsp. sugar and bring to a boil. Reduce heat to a simmer. Cook 4 or 5 bagels at a time for 7 minutes turning only once. Drain and place on a greased baking sheet. Bake at 375°F for 30 to 35 minutes. Remove from oven and allow to cool.

Whole Wheat Pretzels (12 Pretzels)

| | | |
|----------------------------|--------------------|--------------------|
| 1.75 cups wheat flour | 2 tsp. baking soda | 1/4 tsp. salt |
| 1/2 pkg. yeast (1/2 tbsp.) | 3/4 cup warm water | 1/4 cup cold water |

Preparation: Dissolve yeast in warm water and let stand 12 minutes. Mix in flour. Knead dough for 10 minutes. Cover and let rise for 15 minutes. Divide dough into 12 pieces. On a floured surface, roll each piece into a rope 12" to 15" long. Lay one rope in a U-shape. Cross the two ends and press them into the bottom of the U-shape at the 5 and 7 o'clock positions. Repeat with the other ropes. Dip pretzels into a solution of 1/4 cup cold water and 2 tsp. baking soda. Place dipped pretzel onto a greased cookie sheet. Sprinkle with a small amount of salt.

Cook: Bake at 400°F to 425°F for 15 minutes.

Whole Wheat Crackers

| | | |
|----------------------|------------------|---------------|
| 1 cup wheat flour | 1/4 cup cornmeal | 1/4 tsp. salt |
| 1 tsp. baking powder | 1/2 cup butter | 4 tbsp. milk |

Preparation: Sift wheat flour and cornmeal. Mix in other dry ingredients. Cut in butter. Add milk to make a stiff dough. Roll until flat about 1/8" thick. Cut into squares, triangles, diamonds, etc. Prick with small fork.

Cook: Bake on buttered cookie sheet 5 minutes at 375°F or until brown on the bottom. Turn crackers over with a spatula and bake 3 to 5 minutes longer until again brown on the bottom.

Graham Crackers

| | | | |
|-----------------------|---------------------|--------------------------|------------------------------|
| 1.75 cups wheat flour | 1/4 cup brown sugar | 3/4 tsp. baking powder | 1/8 tsp. salt |
| 1/8 cup oil | 3/8 cup water | 1/6 cup instant dry milk | 1/4 tsp. cinnamon (optional) |

Preparation: Combine flour, salt, brown sugar, dry milk, and baking powder. If desired, add the optional cinnamon. Mix well. Mix oil and water together and then add to dry ingredients and mix well. Chill dough in refrigerator for 1-hour. Then transfer to a floured board. Divide dough into halves. On waxed paper roll each half to about 1/8" thick. Cut into 2" squares. Peel crackers off waxed paper and place on lightly oiled cookie sheet. Prick with a fork.

Cook: Bake at 375°F for 15 minutes or until golden brown.

Cheddar Cheese Crackers

| | | |
|---------------------------|----------------------|---------------------------|
| 1.5 cups wheat flour | 1/4 tsp. baking soda | 1/4 tsp. cream of tartar |
| 1/8 tsp. cayenne pepper | 1/4 tsp. salt | 1.5 ounces cheddar cheese |
| 1/2 tsp. light corn syrup | 1/3 cup warm water | 2 tbsp. shortening |

Preparation: Mix one cup flour and all dry ingredients and the cheese (powder or grated). Stir to mix well. In a separate bowl mix the corn syrup and water and add the shortening and stir. The mixture will be quite heavy. Gradually add the flour mixture to form a dough that can be kneaded. On a floured surface, knead the dough 4 minutes by hand. Add more flour as necessary. Place dough in bowl, cover, and refrigerate at least one hour.

Preheat: Preheat oven to 400°F for 20 minutes before baking.

Shaping: Divide dough in half, keeping one-half covered in the refrigerator (until other half is removed from oven). Press and roll dough with your hands and a rolling pin to the length of your baking sheet. Roll to a thickness of 1/16 inch. Fold the dough from each end to the center to make 3 layers. Turn the dough over and roll it again to 1/16 inch thick. Lift the dough and place on the greased baking sheet. Prick the entire surface with a fork. Use a knife and score the dough into crackers of the desired size. Sprinkle lightly with salt.

Cook: Bake at 400°F for 8 to 15 minutes in center of oven until lightly brown and crisp. Remove and brush with melted butter (if available). Cool on wire racks. Break into crackers. Will stay fresh 3 to 4 weeks if stored in airtight container.

Cheese Wafers

| | | |
|-------------|-----------------------------|---------------------------------|
| 1 cup flour | 2 cups grated cheese | 1/4 cup warm butter |
| 1 tsp. salt | 1/8 tsp. paprika (optional) | 1/2 cup chopped nuts (optional) |

Preparation: Combine all the above ingredients. Divide dough in half and form two long rolls. Place in the refrigerator for four-hours. Remove from the refrigerator and cut each roll into thin wafer slices.

Cook: Bake at 350°F for about 15 minutes in center of oven until lightly brown and crisp.

Whole Wheat Chips

| | | |
|-------------------|--------------|-------------|
| 1 cup wheat flour | 2 cups water | 1 tsp. salt |
|-------------------|--------------|-------------|

Preparation: Sift the wheat flour. Add the salt and water. Stir well. The thinner the batter mixture, the thinner the chips, and the more evenly they will cook. Put the mixture into a used, empty, clean plastic ketchup (or mustard) squirt bottle. Squirt the mixture onto a non-stick cookie sheet in a thin potato chip shape.

Cook: Bake at 350°F for 10 to 15 minutes or until crisp. Check the chips after about 8 minutes and turn the chips over IF the middle of the chip is not cooking as fast as the outside edges.

Variation: Use 1 tsp. Onion Salt instead of the regular salt.

Variation: Use 1 tsp. Garlic Salt instead of the regular salt.

Optional: Add 3 tbsp. grated Parmesan cheese.

Oat Flour, Rice Flour, and Rye Flour (No Eggs Required)

Oat Flour

Put 1 cup of Quaker Oats (Quick or Old-Fashioned) through a grinder. Or blend for about one minute in a blender. Store in a tightly covered container in a cool dry place for up to six months. It has a sweet aroma and a nutty fresh flavor. Do **not** sift oat flour or you will lose some of its nutrients. May be used for baking, thickening, coating, or browning. If used in baking, substitute up to 1/3 oat flour for regular flour. Baked items will be heartier, more tender, and a little more crumbly.

Rice Flour

Grind uncooked white rice into a fine powder. It can be used as a thickener or binder instead of flour. It is particularly useful for sauces. It can be cooked with milk and flavorings for a smooth dessert or added to biscuits to improve their texture. It can be used in equal amounts with wheat flour or cornmeal. Most people prefer a 1/4 to 1/3 ratio of rice flour to wheat flour.

Oatmeal Bread

| | | | |
|---------------------|-----------------------|----------------------------|--------------|
| 3/4 cup rolled oats | 3/4 cup boiling water | 1 cup buttermilk | 1 tbsp. salt |
| 1/3 cup oil | 1/2 cup honey | 1/2 pkg. yeast (1/2 tbsp.) | |
| 1/2 cup warm water | 5 cups flour | 1/2 tsp. baking soda | |

Preparation: Dissolve yeast in 1/2 cup warm water and let stand 12 minutes. In separate saucepan add the rolled oats to 3/4 cup boiling water. Cook for the time required for the type of oats you are using (quick or old-fashioned). Remove from heat. Add the buttermilk, oil, and honey. In a separate bowl, combine the flour, baking soda, and salt and mix well. Add the yeast solution to the flour mixture and stir well. Add the oat mixture and stir well. Knead on a board for about 10 minutes. Put in mixing bowl, cover, and let rise for 90 minutes. Punch down, divide in half, and form two loaves. Put one loaf in each bread pan. Let rise until double in bulk.

Cook: Bake at 375°F for 45 minutes.

Three-Grain Bread

| | | |
|--------------------|----------------------------|--------------|
| 2 cups cornmeal | 4 cups boiling water | 2 tsp. salt |
| 2 cups wheat flour | 1/2 cup warm water | 1 tsp. sugar |
| 2 cups rye flour | 1/2 pkg. yeast (1/2 tbsp.) | |

Variation: You may substitute either oat flour or rice flour for the rye flour.

Preparation: Dissolve yeast in 1/2 cup warm water with 1 tsp. sugar and let stand 12 minutes. To make a sponge, pour boiling water over cornmeal and salt in a large mixing bowl. Let it sit until the water is absorbed. Then stir in the yeast solution and 1 cup of rye flour. To set the sponge, cover the bowl and let it rest overnight in the refrigerator. The sponge will probably look flat, but the yeast will have worked. To the sponge, add the wheat flour and 1 cup rye flour. Knead for 10 minutes. Divide dough in half. Grease two 8-9 inch pie plates or 2 5"x9" loaf pans. Shape round loaves so that the dough covers the bottom of the pan. For rectangular loaves, roll out or flatten the divided dough into two 9-in. long cylinders, and fit them from end to end in each loaf pan. Set in a warm place to rise until double in bulk, about 2 hours.

Cook: Preheat the oven. Bake bread at 425°F for 45-50 minutes.

Simple Cornmeal Recipes
All Recipes Use Regular Cornmeal and Not Self-Rising Cornmeal
(No Eggs Required)

Corn Bread

| | | | |
|----------------|------------------------|--------------------|---------------|
| 1 cup cornmeal | 1/4 tsp. baking powder | 1 tbsp. shortening | 1/2 tsp. salt |
| 2 tbsp. flour | 1/4 tsp. baking soda | 3/4 cup buttermilk | 2 tsp. sugar |

Optional: You may add 1 egg to the above recipe if you wish.

Preparation: Combine cornmeal, flour, baking powder, baking soda, sugar, and salt. Mix dry ingredients well. Add the shortening and the buttermilk. Stir until batter is smooth. Pour into a greased baking pan.

Cook: Bake 20 minutes at 450°F.

Corn Tortillas or Corn Chips or Taco Shells (7 six-inch Tortillas)

| | | |
|----------------|-----------------------|---------------|
| 1 cup cornmeal | 1/2 to 3/4 cups water | 1/2 tsp. salt |
|----------------|-----------------------|---------------|

Preparation: Combine cornmeal, salt, and 1/2 cup of water. Make a soft dough. If it is too dry, add a little more water. Cover with a cloth and let stand for 30 minutes. Shape the dough into 7 two-inch balls. Press (or roll) balls into flat 6" circles.

Tortillas Cook: Fry on hot griddle for about 1 minute until the edges start to curl. Flip over and fry another minute.

Tortilla Corn Chips Cook: Deep fry small corn tortilla pieces for about 20 seconds in hot oil and remove with a slotted spoon and place on paper towel. Sprinkle with salt.

Taco Shells Cook: Heat 1/3 inch of oil in a skillet to 360°F. Slip an uncooked tortilla into the hot oil. After one second, use a spatula and fold the tortilla in half. Insert the spatula between the folds and press down and fry for 30 to 60 seconds until golden brown, then turn it over and repeat. Remove and drain curved side down so the oil will drip off. Fill with ground meat, refried beans, lettuce, tomato, cheese, etc.

Hush Puppies

| | | |
|--|-----------------------|---------------|
| 1 cup cornmeal | 1/2 cup milk or water | 1/2 tsp. salt |
| 1/2 tsp. onion powder, onion flakes, or onion salt | 1 tsp. baking powder | |

Mix above and shape into 1 inch balls. Deep fry in oil until well browned. Or make into cakes and pan fry.

Corn Pone

| | |
|-------------------|-----------------------------|
| 1 cup cornmeal | 1/2 tsp. salt |
| 3/4 cup hot water | 1 tbsp. sugar, if available |

Preparation: Mix everything and stir hard. Press into cakes about 1/2 inch thick.

Cook: Bake in Dutch oven 30 minutes. Or pan fry about 5 minutes on each side using a little hot fat or oil.

Pioneer Hoe Cakes

| | | |
|----------------|------------------------|-----------|
| 1 cup cornmeal | 1/2 tsp. salt | hot water |
| 2 tbsp. flour | 1/4 tsp. baking powder | oil |

Combine the salt, flour, and cornmeal in a bowl. Add enough hot water to make a batter. Pour a little oil on the griddle. When it sizzles, add half the batter. Allow the cake to brown on one side. then flip to the other side (first add a little more oil to the griddle). An easy way to flip the cake is to put a plate on top of it, then lift the griddle and turn it upside down, holding the plate with the other hand. Slide the hoe cake, uncooked side down, back onto the re-oiled griddle. When done, repeat with the other half of the batter.

Cornmeal Mush and Polenta

| | | |
|----------------|-----------------|---------------|
| 1 cup cornmeal | 3.25 cups water | 1/2 tsp. salt |
|----------------|-----------------|---------------|

Boil 2.25 cups water in heavy saucepan. In a separate bowl, mix the cornmeal, salt, and 1 cup cold water. Gradually add the cornmeal mixture to the boiling water, stirring well. Reduce heat, cover, and let simmer for 10-minutes, stirring occasionally to prevent scorching. (Or prepare in double boiler to prevent scorching.)

Cornmeal Mush Option: Continue simmering for an additional 20-minutes, stirring occasionally (or 30-minutes total simmering time). Serve hot with butter, or honey, or milk, or sugar, if available.

Polenta Bake Option: Pour hot cornmeal mixture into a greased 9-inch pie pan or cake pan and spread evenly. Bake at 450°F for 20-minutes. Allow to cool. Cut into wedges and serve with any type of sauce (pizza, spaghetti, taco, etc.), or cheese, or butter, or honey.

Polenta Fry Option: Pour hot cornmeal mixture into a bread loaf pan. Allow to cool. Chill in the refrigerator until firm. Remove from the bread pan and cut into half-inch thick slices. Fry each slice in melted butter for 5-minutes on first side, flip, and fry 5-minutes of other side, or until brown and crisp. Serve with butter, honey, or milk, if available.

Corn Dogs

| | | | |
|------------------|--------------------|----------------------|-----------------------|
| 1/2 cup cornmeal | 1/2 cup flour | 1 tsp. baking powder | 1/4 tsp. salt |
| 1 tbsp. sugar | 1 tbsp. shortening | 1/2 cup milk | 2 cans Vienna Sausage |

Preparation: Combine the cornmeal, flour, baking powder, salt, and sugar and mix well. Add the shortening and the milk. Stir into a smooth batter. Dip Vienna Sausages into the batter and coat each sausage generously.

Cook: Deep fry until golden brown.

Chapter Six

Grandpappy's Dessert Recipes

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Grandpappy's Delicious Ice Cream Recipes Using Instant Powdered Dry Milk

(An Ice Cream Churn is **Not** Required)

(One Large Serving for One Person)

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Vanilla Ice Cream:

1/3 cup instant nonfat dry milk

1 cup water

1 teaspoon vanilla extract

3 tablespoon sugar (granulated or powdered)

1/4 teaspoon salt

Mix the dry milk with the water and put it in the refrigerator overnight. The next day add the other ingredients and mix well. Put it in the freezer and allow it to chill. Stir the mixture every 30 minutes. Do **not** let the ice cream freeze solid. It is ready to eat when it is the consistency of soft-serve ice cream. Depending on the temperature of your freezer and how full your freezer is, the freezing process normally takes between 2 to 3 hours.

Variations:

Chocolate Ice Cream: Add 1 tablespoon cocoa powder **or** 1 tablespoon chocolate syrup at the same time the vanilla extract is added. Mix well so the chocolate is blended consistently throughout the mixture.

Fruit or Berry Ice Cream: After putting the ice cream mixture in the freezer, wait 90 minutes. Then add finely chopped/diced fresh peaches or strawberries or whole fresh blueberries to the freezer mixture just **before** it begins to harden. Stir well and then return the mixture to the freezer. This will help keep the fruit crisp tasting and prevent the fruit from becoming soggy.

Walnut or Pecan Ice Cream: After putting the ice cream mixture in the freezer, wait 90 minutes. Then add chopped/crushed walnuts or pecans to the freezer mixture just **before** it begins to harden. Stir well and then return the mixture to the freezer. This will help keep the nuts chewy and prevent them from becoming soggy.

Optional Ice Cream Churn: If you have an Ice Cream Churn, crushed ice, and rock salt, then follow the directions for making ice cream that accompany your churn. You will need to increase the above quantities in order to more fully utilize the capacity of your ice cream churn.

**A Collection of
Easy Cake and Frosting Recipes
(No Eggs Required)**

Decorative Icing Suggestions

Gently push cookie cutter shapes into the top icing on a cake or cupcake, and remove to leave a small depression in the icing. Fill the depression with a contrasting color icing, or chocolate syrup, or colored confections.

Apple Cake

| | | |
|--------------------------|----------------------|----------------------------|
| 2 cups bread crumbs | 1 tbsp. sugar | 1/2 cup butter |
| 2.5 cups tart applesauce | 1 cup whipping cream | 2 tbsp. jam for decoration |

Brown crumbs with sugar and butter. Alternate layers of crumbs and applesauce in serving dish. Refrigerate. Top with whipped cream and dabs of jelly. For a crunchy cake, serve immediately. The crumbs will get moist the longer they sit.

Shortcake

| | | | |
|------------------------------|---------------|----------------------|-------------|
| 2 cups wheat flour | 3 tbsp. sugar | 3 tsp. baking powder | 1 tsp. salt |
| 4 tbsp. shortening or butter | 1/2 cup milk | 1/2 cup water | |

Preparation: Sift wheat flour, add sugar, baking powder, and salt, and sift again. Work shortening into dry mixture. Add liquid all at once and mix quickly just enough to dampen the dry mixture thoroughly. Spread into a round or square pan.

Cook: Bake at 400°F for 15 minutes. When done, cut into squares, split open, and spread with butter, honey, jam, or fruit.

Hard Cake

| | | |
|------------------------------|--------------|------------------------|
| 2 cups wheat flour | 1 cup sugar | 2.5 tsp. baking powder |
| 1/3 cup shortening or butter | 1/2 cup milk | 1 tsp. salt |

Preparation: Mix flour, sugar, baking powder, and salt. Cut in shortening to make fine crumbs. Remove about 1/2 cup crumbs and reserve them for the top of the cake. Add milk to the remaining crumbs. Mix briefly. Pat into a greased 9" pie pan. Top with the reserved crumbs.

Cook: Bake at 350°F for 30 minutes. Served topped with honey or diced fresh fruit.

Variation: Decrease sugar to 2 tbsp. and increase milk to 1 cup. Do not remove 1/2 cup crumbs for topping.

Easy Chocolate Cake

| | | |
|--------------|-------------|--------------------|
| 2 cups flour | 1 cup sugar | 1 tsp. baking soda |
| 1 cup oil | 1 cup water | 3 tbsp. cocoa |

Preparation: Mix all above ingredients. Pour batter into a rectangular cake pan.

Cook: Bake at 350°F for 25 to 30 minutes.

Optional Icing: Mix one cup granulated sugar with one cup water. Add nuts or anything else you can find to the Icing.

Basic Chocolate Cake

| | | |
|-----------------|---------------|-------------------------|
| 3 cups flour | 2 cups sugar | 2 tsp. baking soda |
| 6 tbsp. cocoa | 1/4 tsp. salt | 1 tbsp. vanilla extract |
| 2 tbsp. vinegar | 3/4 cup oil | 2 cups cold water |

Preparation: Mix the flour, sugar, soda, cocoa, and salt in a large bowl. Add the vanilla extract, vinegar, and oil. Mix well. Gradually add the cold water. Pour cake batter into a two round cake pans or one rectangular cake pan.

Cook: Bake at 350°F for 25 to 30 minutes. Allow to cool. Add creamy chocolate frosting, if desired (see recipe below).

Confectioners Frosting I (Two-layer 8" Diameter Cake)

| | | |
|------------------------------|-------------------|----------------------------------|
| 2.5 cups confectioners sugar | 3 tbsp. hot water | 2 drops food coloring (optional) |
|------------------------------|-------------------|----------------------------------|

Put the hot water and food coloring in a small bowl and beat in the confectioners' sugar until the frosting is thick enough to spread. Continue to beat for several minutes until very creamy.

Confectioners Frosting II (Two-layer 8" Diameter Cake)

| | | |
|----------------------------|--------------------|----------------------------------|
| 2 cups confectioners sugar | 1/3 cup shortening | 2 drops food coloring (optional) |
| 2 tbsp. milk | 1/8 tsp. salt | |

Cream the shortening and the salt together. Add the sugar and stir briskly. Stir in the milk and food coloring and beat well, adding more sugar or milk if necessary to get an easily spreadable consistency.

Confectioners Frosting III (Two-layer 8" Diameter Cake)

| | | |
|----------------------------|------------------------|----------------------------------|
| 2 cups confectioners sugar | 1/3 cup butter | 2 drops food coloring (optional) |
| 2 tbsp. milk | 1 tsp. vanilla extract | |

Add the sugar, butter, and vanilla extract. Stir in the milk and food coloring and beat well, adding more sugar or milk if necessary to get an easily spreadable consistency.

Confectioners Butter Frosting

| | | |
|------------------------------|------------------------|----------------------------------|
| 1.5 cups confectioners sugar | 1/3 cup butter | 2 drops food coloring (optional) |
| 1.5 tbsp. hot water | 1 tsp. vanilla extract | |

Melt butter over low heat until golden brown. Add optional food coloring, if desired. Add confectioners sugar and vanilla. Slowly add between 1 to 2 tbsp. of hot water until the frosting is of spreading consistency.

Creamy Chocolate Frosting

| | | |
|------------------------------|---------------|--|
| 2.5 cups confectioners sugar | 1/4 cup cocoa | 1 tsp. vanilla extract |
| 6 tbsp. softened butter | 6 tbsp. milk | 1 tbsp. light corn syrup or honey (optional) |

In medium bowl, stir together confectioners sugar and cocoa and set aside. In large bowl, beat butter until creamy. Add 1/2 cup powdered sugar mixture, corn syrup, and vanilla, beating until well blended. Add remaining powdered sugar mixture alternately with milk until of spreading consistency.

Variation: Add 1/2 cup chopped nuts.

Peanut Butter Chocolate Frosting

Add 1/4 cup peanut butter to Creamy Chocolate Frosting Recipe on the previous page.

Caramel Icing I

| | | | |
|-------------------|------------------|--------------|---------------------------|
| 1 cup brown sugar | 1/3 stick butter | 1/3 cup milk | 1 box confectioners sugar |
|-------------------|------------------|--------------|---------------------------|

Put the brown sugar, butter, and milk in a saucepan. Stir. Bring to a hard boil. Remove from the heat and allow to cool. Add 1 box of confectioners sugar and stir until smooth.

Carmel Icing II

| | | | |
|--------------------------|----------------|-----------------------|--------------|
| 3/4 cup dark brown sugar | 1/2 cup butter | 3/4 cup milk or cream | 2 cups sugar |
|--------------------------|----------------|-----------------------|--------------|

Combine all ingredients in a large saucepan and bring to a hard boil. Remove from heat. Continue to stir until smooth.

Granulated Sugar Icing

| | | |
|------------------------|------------------------|--------------|
| 2 tbsp. flour | 1 cup milk | 1 cup butter |
| 1 cup granulated sugar | 1 tsp. vanilla extract | |

In a saucepan, combine the flour and the milk. Heat until the mixture thickens. Allow to cool. In another bowl, cream the butter, sugar, and vanilla extract and beat until fluffy. Add the cool milk mixture and continue beating until all the sugar is dissolved (this takes some time).

Granulated Sugar Topping

White granulated sugar can be colored with food coloring and added as a sprinkle topping to any cake, cookie, or pie.

Cinnamon Sugar Sprinkle

| | |
|--------------------------|-------------------|
| 1 tbsp. granulated sugar | 1/4 tsp. cinnamon |
|--------------------------|-------------------|

Mix together and use as a sprinkle on cakes or cookies or muffins or biscuits.

**A Collection of
Simple Cookie Recipes
(No Eggs Required)**

Fresh eggs aren't always available and it is extremely difficult to find a good cookie recipe that doesn't include one or more eggs in the recipe. The recipes in this collection don't require eggs to make delicious cookies. However, if you have fresh eggs you may add one to any of the following recipes.

Basic Cookie Recipe and Sugar Cookies (42 Cookies)

| | | |
|------------------------|----------------------|-----------------------------------|
| 2 cups flour | 1/2 cup shortening | 1 tsp. salt |
| 1 cup granulated sugar | 1 tsp. baking powder | 1 tsp. vanilla extract (optional) |

Preparation: Combine the flour, baking powder, and salt. In a large bowl, cream the shortening and the sugar. Beat in the vanilla extract. Gradually blend in the dry ingredients. Pinch off walnut sized pieces of dough and roll into balls. Roll balls in some granulated sugar and place 1.5" apart on a lightly greased baking sheet. Flatten each ball with the bottom of a glass dipped in water and then in granulated sugar.

Cook: Bake at 350°F for 10 to 12 minutes or until lightly colored. Transfer to a wire rack to cool.

Variations: Don't coat outside with granulated sugar. Substitute almond extract or any flavoring for the vanilla extract. Or use nuts or raisins. The dough can be rolled into balls and baked as is or it can be flattened. Or you can roll pieces of the dough into ropes and make rings, twists, or braids.

Shortbread Cookies (54 Small Cookies)

| | |
|-----------------------------|------------------------|
| 2.25 cups flour | 1 cup shortening |
| 1.25 cups light brown sugar | 1 tsp. vanilla extract |

Optional Ingredient: 1/2 cup ground walnuts, pecans, or almonds.

Preparation: In a large bowl, cream the shortening and brown sugar. Beat in the vanilla extract. Gradually blend in the flour. (Mix in the nuts if available.) Pinch off walnut sized pieces of dough and roll into balls. Place 1.5" apart on ungreased baking sheet. Flatten with the back of a spoon dipped in flour.

Cook: Bake at 350°F for 10 to 15 minutes or until lightly colored. Transfer to a wire rack to cool.

Fruit Preserves Cookies (60 Small Cookies)

| | |
|------------------------|-------------------------|
| 2 cups flour | 1 cup butter |
| 1/2 cup powdered sugar | 1/2 cup fruit preserves |

Preparation: In a medium bowl, cream the butter and powdered sugar. Gradually blend in the flour. Pinch off large olive size pieces of dough and roll into balls. Place 1" apart on ungreased baking sheet and make an indentation in the center of each cookie with your finger. Fill the hollow indentation with fruit preserves.

Cook: Bake at 375°F for 15 to 18 minutes, or until lightly colored. Transfer to a wire rack to cool.

Welsh Scones (36 Cookies)

| | | | |
|--------------------------|--------------------|------------------------|--------------|
| 1.5 cups flour | 6 tbsp. shortening | 1/4 tsp. salt | 1/3 cup milk |
| 3 tbsp. granulated sugar | 1 tsp. baking soda | 1 tsp. cream of tartar | |

Preparation: Combine the flour, baking soda, cream of tartar, and salt. In a large bowl, cream the shortening and the sugar. Beat in the milk. Gradually blend in the dry ingredients. On a floured surface, roll out the dough until 1/2" thick. Cut into 3" or 4" round circles. Cut each circle into 6 wedges and place 1" apart on 2 lightly greased baking sheets.

Cook: Bake at 375°F for 15 to 20 minutes or until lightly colored. Transfer to a wire rack to cool.

Dutch Cookies (48 Small Cookies)

| | |
|--------------------------|-----------------------------------|
| 1.5 cups flour | 1/2 tsp. baking soda |
| 1/2 cup powdered sugar | 1/4 tsp. salt |
| 1/8 cup granulated sugar | 1/2 cup butter (room temperature) |

Preparation: Cream butter and powdered sugar until smooth. Add flour, baking soda, and salt and beat until smooth. Roll the dough into a 12-inch long roll that looks like a long sausage. Wrap in some wax paper and refrigerate for one-hour.

Cook: Preheat oven to 350°F. Slice cookies from the roll about 1/4 inch thick on a diagonal and place on an ungreased cookie sheet. Bake for 15 minutes or until cookies are golden brown. Allow cookies to cool about 3 minutes before removing them from the cookie sheet.

Swedish Butter Cookies (42 Cookies)

| | | |
|--------------------------|----------------------------------|------------------------|
| 2 cups flour | 3/4 cup butter, room temperature | 1/2 tsp. salt |
| 3/4 cup granulated sugar | 1 tsp. baking powder | 1 tsp. vanilla extract |
| 3/4 cup powdered sugar | 1/2 cup ground nuts (optional) | |

Preparation: Combine the flour, baking powder, and salt. In a large bowl, cream butter with the two sugars. Beat in the vanilla extract. Gradually blend in the dry ingredients. (Fold in the nuts.) Drop dough by spoonfuls 1.5" apart on a lightly greased baking sheet.

Cook: Bake at 350°F for 12 to 14 minutes or until lightly colored. Transfer to wire racks to cool.

Scottish Butter Cookies (30 Cookies)

| | |
|--|-------------------------------------|
| 1.5 cups flour | 1/2 cup butter, room temperature |
| 1/2 cup sugar (granulated, powdered, or brown) | 1/4 tsp. salt (optional) |
| 1/4 cup corn starch (optional) | 1/2 tsp. vanilla extract (optional) |

Preparation: Stir the sugar into the flour. Gradually add the soft butter. (If available, add any or all of the optional ingredients: salt, corn starch, and vanilla extract.) Chill the dough in the refrigerator. Roll the dough down flat to a thickness of 1/2 inch, or a little less. Cut into shapes using cookie cutters (or form into shapes using your fingers, such as ovals, squares, triangles, or any other shape that pleases you). If desired, you may flute the edges like a pie crust. Place on an ungreased cookie sheet.

Cook: Bake at 325°F for about 20 minutes. Transfer to wire racks to cool.

Optional: Sprinkle tops of cookies with a little sugar while they still hot.

Crescent Cookies (36 Cookies)

| | | |
|------------------------|--------------------------------|------------------------------|
| 2 cups flour | 1 cup butter, room temperature | 1 cup ground nuts (optional) |
| 2 tsp. vanilla extract | 1/2 cup powdered sugar | |

Preparation: Combine all ingredients in a large bowl. (Fold in the nuts.) Shape into crescents (or balls) and place 1.5" apart on a lightly greased baking sheet.

Cook: Bake at 350°F for 20 minutes or until lightly colored. Transfer to wire racks to cool.

Honey Cookies (42 Cookies)

| | | |
|----------------|--------------------|----------------|
| 2.5 cups flour | 1/2 cup shortening | 1/2 tsp. salt |
| 1 cup honey | 1 tsp. baking soda | 1 tbsp. ginger |

Preparation: Combine the flour, baking soda, ginger, and salt. In a large saucepan, melt the shortening with honey, stirring until smooth. Remove from heat and gradually blend in the dry ingredients, stirring until the dough is smooth and no longer sticky. On a well floured surface, roll out the dough until 1/4" thick. Using cooking cutter(s), cut out cookies and place 1" apart on a lightly greased baking sheet.

Cook: Bake at 350°F for 12 to 15 minutes, or until lightly colored. Transfer to a wire rack to cool.

Honey Wheat Cookies (36 Cookies)

| | | |
|-----------------------|----------------------|--------------------------|
| 1.25 cups wheat flour | 1/2 cup oil | 1/4 tsp. cinnamon |
| 1/2 cup honey | 2 tsp. baking powder | 1/4 tsp. vanilla extract |
| 1/4 cup milk | 1/2 tsp. baking soda | |

Preparation: Mix all ingredients. Drop onto a greased cookie sheet by teaspoonfuls.

Cook: Bake at 350°F for 10 minutes, or until lightly colored. Transfer to a wire rack to cool.

Pecan Sandies

| | | |
|----------------------|--------------------------|---------------------|
| 1 cup butter | 1.5 tbsp. powdered sugar | 2 cups sifted flour |
| 1 cup chopped pecans | 2 tsp. vanilla extract | 1 tsp. water |

Preparation: Cream butter and sugar together. Add the flour and stir well. Add the chopped pecan, vanilla extract, and water and stir well. Roll mixture into balls. Flatten or shape as desired. Place on a greased cookie sheet.

Cook: Bake in preheated 350°F oven for 10 to 12 minutes. Sprinkle each cookie with a little powdered sugar. Allow to cool.

Snowball Cookies I

| | | |
|------------------------|------------------------------|------------------------|
| 2.25 cups flour | 1 cup butter | 1/4 tsp. salt |
| 1/2 cup powdered sugar | 3/4 cup nuts, finely chopped | 1 tsp. vanilla extract |

Preparation: Cream butter, powdered sugar, and vanilla. Stir in remaining ingredients. Chill dough. Roll dough into 1-inch balls and put on ungreased cookie sheet.

Cook: Bake at 400°F for 10-12 minutes. (Don't brown them.) While still warm, roll in powdered sugar. Cool on rack, and roll in powdered sugar again.

Snowball Cookies II

| | | |
|--------------------------|-------------------|------------------------|
| 1 cup flour | 1/2 cup butter | 1 tsp. vanilla |
| 2 tbsp. granulated sugar | 1 cup ground nuts | 1/4 cup powdered sugar |

Preparation: Cream the butter, granulated sugar, and vanilla. Add the flour, and nuts. Mix well. Chill dough. Roll dough into 1-inch balls and put on ungreased cookie sheet.

Cook: Bake at 300°F for 30 minutes. While still warm, roll in powdered sugar. Cool on rack, and roll in powdered sugar again.

Oatmeal Cookies (54 Cookies)

| | | |
|-------------------------|--------------------|-----------------|
| 2 cups flour | 1 cup shortening | 1 tsp. salt |
| 1 cup light brown sugar | 1 tsp. baking soda | 1/2 tsp. nutmeg |
| 1 cup rolled oats | 3/4 cup milk | |

Preparation: Combine the flour, oats, baking soda, nutmeg, and salt. In a large bowl, cream the shortening and brown sugar. Beat in the milk. Gradually blend in the dry ingredients. Cover and chill for 2 hours. On a floured surface, roll out the dough until 1/4" thick. Use cookie cutter(s) and cut out cookies and place 1" apart on a lightly greased baking sheet.

Cook: Bake at 350°F for 10 to 12 minutes or until golden. Transfer to wire racks to cool.

Boiled Oatmeal Cookies

| | | |
|------------------------|--------------------------|---------------|
| 1 cup granulated sugar | 4 tbsp. butter | 1/4 cup milk |
| 1.5 cup quick oats | 1/4 tsp. vanilla extract | 1/8 tsp. salt |

Variation: Peanut Butter Oatmeal Cookies: Add 1/4 cup peanut butter when you add the quick oats.

Variation: Chocolate Oatmeal Cookies: Add 2 tbsp. cocoa when you add the quick oats.

Variation: Chocolate Peanut Butter Oatmeal Cookies: Add 2 tbsp. cocoa **and** 1/4 cup peanut butter when you add the quick oats.

Variation: Raisins or Nuts: Add either 1/4 cup raisins or 1/4 cup nuts after removing the mixture from the heat. Stir well.

Preparation: Combine the sugar, butter, milk, and salt in a medium size saucepan.

Cook: Bring to a rolling boil. Reduce heat and boil for an additional 3-minutes, stirring constantly. Add the quick oats and the vanilla extract (and the optional peanut butter and/or cocoa). Continue to boil and stir until thick (about 1.5 minutes). Remove from heat. (Add the optional raisins or nuts and stir well.) Drop with a tablespoon onto wax paper and make a round cookie about 1.5 inches in diameter. Allow to cool.

A Collection of Easy Pie and Cobbler Recipes

Decorative Pie Crust Patterns

To make decorative pie crust edges, you may do any of the following:

1. Use a spoon to produce a scalloped edge.
2. Use a fork to produce a crosshatch or herringbone pattern.
3. Use an old-fashioned can opener to produce a series of sharp points around the outside edge.
4. Instead of a solid top crust, you can place strips of dough $\frac{3}{4}$ inch wide and about 1 inch apart across the top of the pie in a criss-cross pattern.

9-Inch Pie Crust

| | |
|---|--|
| 2 cups flour | $\frac{3}{4}$ tsp. salt |
| $\frac{2}{3}$ cup shortening or oil or lard | 4 to 6 tbsp. ice cold water (or cold milk) |

Sift flour and salt together and cut in shortening. Add water gradually until mixture will hold together. Divide dough in half. Roll both pieces on a floured board to the desired size. Line a 9" (or 10") pie pan with one piece of dough being careful **not** to stretch the dough.

After filling the lower pie crust with the desired filling according to the pie recipe you are using, dampen the edges of the lower crust with a little cold water. Cut slits in the remaining piece of dough with a sharp knife to allow steam to escape during baking. Place the remaining piece of dough over the filled pie. Press the edges of the two pieces of dough together using a fork or your fingers. Flute the edges if desired. Bake the pie according to the directions in your pie recipe.

Optional: Instead of rolling the dough into two circles, gather one-half the dough for the bottom crust and put it into a pie pan. Then press the dough evenly to the sides of pie pan first and then to the bottom of the pan.

Optional: You may add two tablespoons of granulated sugar at the same time you add the salt in the above recipe.

Note: Some pie recipes require the lower pie crust to be lightly browned for about 10 minutes in a 450°F oven before adding the pie filling.

Note: Using lard instead of shortening or oil will yield a superior quality pie crust.

Rich Southern Pastry

Increase shortening in above recipe to 1 cup. If you chill the dough before rolling, it will make the pastry easier to handle.

Easy Pie Crust

| | | |
|-----------------------|-----------------------------------|-------------------------|
| 1.5 cups flour | 1 tbsp. sugar | $\frac{3}{4}$ tsp. salt |
| $\frac{1}{2}$ cup oil | 2 tbsp. cold milk (or cold water) | |

Put the flour, sugar, and salt into a pie pan and mix well.

In a separate cup, mix the oil and milk together until creamy. Then pour the liquid into the flour mixture inside the pie pan. Mix together until crumbly. Press mixture evenly to the sides of pie pan first and then to the bottom of the pan. Fill and bake according to pie recipe instructions.

Graham Cracker Pie Crust

| | | | |
|-------------------|---------------------|----------------|---------------|
| 1 cup wheat flour | 1 tbsp. brown sugar | 1/2 cup butter | 1/2 tsp. salt |
|-------------------|---------------------|----------------|---------------|

Preparation: Mix all the above ingredients to form a soft dough. Press dough mixture into the bottom of a pie pan.

Cook: Bake at 350°F for 15 minutes. Remove from oven and allow to cool. Then follow the appropriate pie recipe instructions.

Fruit Preserves Pie (Using One 10-inch Pizza Pan)

| | |
|---|--------------------------|
| 1 Rich Southern Pastry (Recipe Page 6-10) | 1 cup of fruit preserves |
|---|--------------------------|

Fruit Preserves Options: Apple, Pear, Peach, Cherry, Strawberry, Blueberry, Raspberry, or Blackberry Preserves (or Jelly).

Preparation: Follow the above "Rich Southern Pastry" recipe. Roll all of the pastry dough into one 10-inch round flat circle and place it on a 10-inch pizza pan. The outer edges of the circle should be a little thicker than the rest of the dough.

Cook: Bake in 375°F oven for 6 minutes. Remove from oven. Spread the contents of one cup of fruit preserves evenly over the flat pie crust. Bake an additional 4 to 6 minutes until underside of crust is golden brown.

Berry or Fruit Pie

| | | |
|----------------|-----------------------|---------------|
| 4 cups berries | 1.5 tbsp. lemon juice | 1 pie crust |
| 1 cup sugar | 2 tbsp. flour | 1/8 tsp. salt |

Preparation: Mix sugar, flour, and salt. Add lemon juice. Add berries. Pour mixture into pie crust. Cover with top crust.

Cook: Bake at 450°F for 10 minutes. Reduce heat to 350°F and bake 20 to 30 minutes longer.

Blueberry, Huckleberry: Follow above recipe.

Blackberry: 3 cups berries. Follow above recipe.

Peach: 8 sliced peaches. No lemon juice. Follow above but bake 35 minutes at end.

Apple: 6 peeled, sliced apples. No lemon juice. Follow above but bake 45 minutes at end.

Shoo Fly Pie

| | | | |
|------------------|--------------------|------------------------------|--------------------|
| 2 cups flour | 1/2 cup sugar | 1/3 cup shortening or butter | 1 pie crust bottom |
| 1 cup corn syrup | 1 tsp. baking soda | 1 cup warm water | |

Preparation: Sift flour and sugar together. Add shortening to make fine crumbs. In a separate bowl, combine corn syrup and baking soda with 1 cup warm water. Fill pie crust with alternating layers of corn syrup and crumb mixture, ending with crumbs on top.

Cook: Bake at 425°F for 10 minutes. Then reduce heat to 350°F and bake until filling is firm.

Fruit Cobbler (Fresh Fruit)

| | | | |
|-----------------|-----------------------|--------------------|----------------|
| 1.75 cups flour | 1 tbsp. baking powder | 1/2 tsp. salt | 6 tbsp. butter |
| 1/2 cup sugar | 3/4 cup cream or milk | 6 cups fresh fruit | |

Preparation: Mix flour, baking powder, and salt in a large bowl. Add the butter. Add the sugar and mix well. Stir in the cream with a fork. Gather the dough and knead inside the bowl. Set aside. Preheat oven to 375°F. Grease a 9" x 13" baking pan. Sweeten the fruit to taste and put in the

greased pan. Roll the dough on a lightly floured surface to fit the top of the baking pan. Place on top of fruit.

Cook: Bake at 375°F for 40-50 minutes until lightly browned and a toothpick comes out clean when inserted in the crust.

Fruit Cobbler (Canned Fruit)

| | | |
|-------------|----------------|-----------------------------------|
| 1 cup flour | 6 tbsp. butter | 1 tsp. vanilla extract (optional) |
| 1 cup sugar | 1 cup milk | 1 large 25 oz. can fruit |

OPTION ONE: Crust on Bottom:

Preparation: Melt butter in medium baking dish. Then mix in flour, sugar, milk, and optional vanilla extract. Pour the can of fruit over this mixture and do NOT stir.

Cook: Bake at 350°F for 50 to 60 minutes.

OPTION TWO: Crust on Top:

Preparation: Pour fruit into bottom of 9 x 12 baking pan. Mix the flour, sugar, milk, and optional vanilla extract in a separate bowl and then pour over the fruit. Do NOT stir. Cut butter into slices and place on top of the mixture.

Cook: Bake at 350°F for 45 minutes. When done, you may sprinkle the top with sugar (optional).

Blueberry (or Huckleberry) Crisp

| | | | |
|--------------------|---------------|---------------------|--------------------------|
| 4 cups blueberries | 1/3 cup water | 2 tsp. lemon juice | 3/4 cup uncooked oatmeal |
| 4 tbsp. butter | 1/3 cup sugar | 1/3 cup wheat flour | |

Preparation: Wash the berries. Remove stems and any unripe berries. Place the berries in an 8" square baking pan. Pour in the water and the lemon juice and stir well. In a mixing bowl, cream the butter and sugar together. Combine the flour and the uncooked oatmeal. Mix until crumbly. Sprinkle the mixture over the blueberries.

Cook: Bake at 375°F for 40 to 45 minutes or until well browned.

Fried Pies (Using Canned Pie Filling)

| | |
|---|--|
| 1 Rich Southern Pastry (Recipe Page 6-10) | 1 can of pie filling (20 to 26 ounces) |
| 1 cup sugar (granulated or powdered) | 2 tsp. cinnamon |

Pie Filling Options: Apple, Cherry, Peach, Pear, or Berry Pie Filling, or use some Chocolate Pudding as a filling.

Preparation: Follow the above "Rich Southern Pastry" recipe. Roll the pastry dough to a thickness of about one-quarter inch. Use an empty Crisco can (or any other empty 1-gallon food can) to cut circles from the dough. Place about 3 tablespoons of pie filling evenly onto one-half of one of the dough circles and fold the other half of the dough over the top of the pie filling. Use a fork to pinch the outer edges of the pie closed so the pie filling will not leak out. Continue filling each of the dough circles with pie filling until all the small pies are ready to be fried.

Cook: Heat some shortening, lard, or oil in a deep frying pan. You will need about 3/4 inch of melted shortening in the pan so the shortening will completely cover the pies when they are added.

Depending on the size of your frying pan, use a spatula to place one, two, or three small pies carefully into the hot oil one at a time until the frying pan is almost full (only one layer of pies on the bottom of the pan). Fry until the pie crust turns a golden brown and then carefully transfer the fried pies to a cooling rack. While they are still hot, sprinkle the top of each pie with a light coating of sugar and then sprinkle with just a little cinnamon. Allow the pies to cool before eating.

Collection of Easy Candy and Fudge Recipes

Peanut Butter Candy Roll

| | |
|-------------------------------------|----------------------------------|
| 2 tbsp. milk | 3/4 cup smooth peanut butter |
| 4 tbsp. (or 1/2 stick) soft butter | 2 cups confectioners sugar |
| 1/2 tsp. vanilla extract (optional) | 4 drops food coloring (optional) |

Put the milk, food coloring, and vanilla extract in a medium bowl. Add the soft butter and stir. Add the powdered sugar and mix to the consistency of pie dough. Divide dough into 2 portions. Chill the dough if necessary to make it easier to spread. Roll each portion separately between sheets of wax paper. Spread each portion with smooth peanut butter and roll up like a jelly roll. Chill in the refrigerator for 2 to 3 hours. Then cut into 1/2" to 3/4" slices. Store uneaten candy in the refrigerator in an airtight plastic bowl with a lid.

Peanut Butter Candy I

| | | |
|---------------------------------|---------------------|-------------------------|
| 1/2 pound butter | 1 cup peanut butter | 2 tbsp. vanilla extract |
| 1 pound box confectioners sugar | | 3 tbsp. cocoa |

In large saucepan, melt the butter and the peanut butter. Add the vanilla extract and the sugar and mix well. Add the cocoa. Stir until well blended. Pour mixture into a buttered pan (8-inch or 9-inch square). Chill until firm. Cut into pieces.

Peanut Butter Candy II

| | |
|-----------------------------|-----------------------------|
| 1/2 cup corn syrup or honey | 1/2 cup peanut butter |
| 1/2 cup powdered dry milk | 1/2 cup confectioners sugar |

In a large bowl, stir the corn syrup and peanut butter together until smooth. Add the dry milk and stir. Add the sugar and stir until well mixed. Pinch of some of the candy mixture and roll into 1-inch diameter balls. Chill in the refrigerator.

Peanut Butter Candy III

| | |
|------------------------|-------------------------|
| 1 tsp. vanilla extract | 1/2 cup peanut butter |
| 3/4 cup milk | 2 cups granulated sugar |

Butter 8-inch square pan and set aside. Stir the sugar into the milk and bring to a boil. Continue to cook until the mixture forms a soft ball when a small amount is added to a cup of cold water. Stir in the vanilla extract and the peanut butter. Mix well and pour into the buttered pan. Cool until firm. Cut into squares.

Whole Wheat Peanut Butter Candy

| | | |
|---------------------------|---------------------------------|---------------------|
| 1 cup butter | 1 cup honey | 1 cup peanut butter |
| 1.5 cup whole wheat flour | 1/2 cup chopped nuts (optional) | |

Melt the butter, honey, and peanut butter in a saucepan. Stir in the flour and cook for five minutes. Remove from heat. Add nuts if desired. Allow to cool before eating.

Easy Peanut Butter Fudge (36 Pieces)

| | | |
|-------------------------|---------------|---------------------|
| 2 cups granulated sugar | 1/2 cup water | 1 cup peanut butter |
|-------------------------|---------------|---------------------|

Butter 8-inch square pan and set aside. In heavy 3-quart saucepan, stir together sugar and water. Cook over medium heat, stirring constantly, until mixture boils. Add the peanut butter. Stir to prevent burning. Continue to cook on medium heat until the mixture pulls away from the pan. Pour into prepared buttered pan. Cool until firm. Cut into squares.

Peanut Butter Fudge (36 Pieces)

| | | |
|-------------------------|------------------------|--------------------------|
| 2 cups granulated sugar | 2/3 cup milk | 2 tbsp. light corn syrup |
| 1 tbsp. butter | 1 tsp. vanilla extract | 1/2 cup peanut butter |

Butter 8-inch square pan and set aside. In heavy 3-quart saucepan, stir together sugar, milk, and corn syrup. Cook over medium heat, stirring constantly, until mixture boils. Continue boiling, with stirring, to 234°F (about 30 minutes) or until syrup, when dropped in ice water, forms a soft ball which flattens when removed from the water and is slightly chewy. (Bulb of thermometer should not rest on bottom of saucepan.) Add vanilla extract and peanut butter. Beat until mixture thickens, about 30 seconds. Quickly pour into prepared pan. Score into squares with a knife. Cool until firm. Cut into squares.

Chocolate Fudge (36 pieces)

Omit peanut butter in above recipe. Add 1/3 to 1/2 cup cocoa powder at first step with sugar, milk, and corn syrup. Increase milk from 2/3 to 1 cup.

Creamy Butter Fudge (36 pieces)

Omit peanut butter in above recipe. Increase milk from 2/3 to 1 cup and increase butter from 1 tbsp. to 8 tbsp. (or 1 stick butter).

Extra Creamy Fudge

| | | | |
|--------------------|---------------|------------------------|---------------|
| 2 cups brown sugar | 1/2 cup milk | 1.5 tsp. baking powder | 3 tbsp. flour |
| 2 tbsp. butter | 1/4 tsp. salt | 1 tsp. vanilla extract | |

Combine everything except vanilla extract and follow Peanut Butter Fudge recipe above. Add vanilla extract at the point specified in the above recipe.

Cocoa Fudge (1.5 pounds or 36 pieces)

| | | |
|-------------------------|-------------------------------|------------------------|
| 3 cups granulated sugar | 2/3 cup cocoa powder | 1/8 tsp. salt |
| 1.5 cups milk | 1/2 stick (or 1/4 cup) butter | 1 tsp. vanilla extract |

Stir sugar, cocoa, and salt together in a large saucepan. Stir in the milk. Cook over medium heat until mixture boils stirring constantly. When mixture reaches a rolling boil, stop stirring but continue heating to 234°F (or until a drop of the mixture forms a soft ball when dropped into very cold water and then flattens when removed from the water). Remove from heat. Add the butter and the vanilla extract but do NOT stir. Allow to cool to 110°F or until lukewarm. Beat with a spoon until the fudge begins to thicken and lose some of its gloss. Quickly spread the fudge into a buttered 9-inch cake or pie pan. Allow to cool and then cut into squares.

Optional: Add chopped nuts after fudge cools to 110°F.

Fantastic Fudge (36 pieces)
(A Fast Simple Recipe That Makes Perfect Fudge Every Time)

| | | |
|---------------------------------------|------------------------|---------------|
| 1 box (or 16 oz.) confectioners sugar | 1/2 cup cocoa powder | 1/8 tsp. salt |
| 1 stick (or 1/2 cup) butter | 2 tsp. vanilla extract | 1/4 cup milk |

Melt the butter in a large non-stick saucepan over medium-low heat. Then stir in the milk. Add the vanilla extract, confectioners sugar, cocoa, and salt and stir well. Continue to cook over medium-low heat for six-minutes stirring continuously. Remove from heat and allow to cool for two-minutes. Then pour into a buttered 8 or 9-inch cake or pie pan and spread the fudge evenly to the edges of the pan. Chill in the refrigerator for two hours. Slice the fudge into pieces approximately 1.5 inches square and transfer to a serving dish.

Optional: Add 1/2 cup chopped nuts after the fudge cools for two-minutes, stir, and then pour into the 8 or 9-inch pan and chill in the refrigerator.

Caramels

| | | |
|------------------------|---------------|-------------------------------|
| 1 can evaporated milk | 2 cups honey | 3 tbsp. butter |
| 1 tsp. vanilla extract | 1/4 tsp. salt | 1 cup chopped nuts (optional) |

Cook the milk and the honey until it forms a firm ball (about 255°F). Stir in the butter, vanilla extract, salt, and optional nuts. Pour into a buttered pan. Allow to cool and cut into pieces.

Butterscotch Candy

| | |
|--------------------|----------------|
| 2 cups brown sugar | 2 tsp. vinegar |
| 4 tsp. cold water | 1/2 cup butter |

Combine all ingredients and bring to a boil. Continue to boil until a hard ball is formed when a teaspoon of the mixture forms a hard ball when dropped in cold water. Pour mixture into an oiled pan.

A Collection of Easy Recipes for Assorted Sweet Treats

Peanut Butter Cookies With ONE EGG (42 Small Cookies)

| | | |
|-----------------------|--------------------------|---------------------------|
| 1 1/3 cups flour | 1 tsp. baking soda | 1/2 tsp. salt |
| 1/2 cup shortening | 1/2 cup granulated sugar | 1/2 cup light brown sugar |
| 1/2 cup peanut butter | 1 tsp. vanilla extract | 1 egg |

Preparation: Combine the flour, baking soda, and salt. In a large bowl, cream the vegetable shortening and the two sugars. Beat in the peanut butter. Beat in the vanilla extract and the egg. Gradually blend in the dry ingredients. Pinch off walnut sized pieces of the dough and roll into balls. Roll the balls in granulated sugar and place 1" apart on an ungreased baking sheet. If desired, use a **wet fork to press the balls flat.**

Cook: Bake at 350°F for 11 to 13 minutes. Transfer to a wire rack to cool.

Optional: Press between one to three small chocolate chips into the top of each cookie immediately after they are removed from the oven.

Peanut Butter Balls

| | | |
|-----------------------|---------------------------------|---------------|
| 1/3 cup peanut butter | 1/2 cup instant nonfat dry milk | 1/4 cup honey |
|-----------------------|---------------------------------|---------------|

Combine all ingredients and shape into small balls about one-inch in diameter.

Homemade Marshmallows

| | | |
|-------------------------|------------------------|--------------------|
| 2 tbsp. gelatin | 8 tbsp. cold water | 1/2 cup cold water |
| 2 cups granulated sugar | 2 tsp. vanilla extract | 1/4 tsp. salt |

Plus a little confectioners' sugar for coating the outside of the marshmallows.

Preparation: Dust a 8-inch square pan with confectioners' sugar. Set aside. In a small bowl, soak gelatin in 8 tbsp. of cold water. Set aside. Combine granulated sugar and 1/2 cup cold water in a large heavy saucepan.

Cook: Cook and stir over medium heat until dissolved. Add gelatin and bring to a boil. Remove from heat, pour into a large bowl and let stand until partially cool. Add vanilla extract and salt. Beat until soft and doubled in volume. Pour into the prepared pan to about 1/2" thick. Allow to cool until it will not stick to the finger. Cut into 1.5" pieces and roll in confectioners' sugar. Or cut into 3/4" pieces for miniature marshmallows.

Caramel Syrup

| | | |
|---------------------------|-------------------------|--------------------|
| 1.5 cups granulated sugar | 1/4 cup lemon juice | 1/4 cup cold water |
| 1/2 cup boiling water | 2 tbsp. unsalted butter | |

Combine the sugar, lemon juice, and cold water in a saucepan. Heat to boiling and stir until the sugar dissolves. Cook over medium-low heat, stirring occasionally, until the syrup turns a golden brown. Remove the pan from the heat. Protect your hand with a mitt and use a long-handled spoon, and stir in the boiling water and butter until well blended. Serve warm or at room temperature. The syrup will thicken as it cools but it can be thinned with a little more boiling water if necessary.

Caramel Popcorn

| | |
|---------------------|---------------|
| 8 cups popped corn | 1/8 tsp. salt |
| 30 vanilla caramels | 2 tbsp. water |

Melt caramels and water in double boiler (or in glass jar in microwave for 1 minute). Stir until smooth. Put the hot popped corn in a large buttered bowl and sprinkle with the salt. Then pour the melted caramel over the popcorn and toss until well coated. Butter your hands and shape the mixture into 2 inch balls or press into shapes (tree, snowman).

Variation: Use the Caramel Syrup from the above recipe in place of the 30 vanilla caramels.

Basic Pudding

| | |
|-----------------------|--------------------------|
| 1.5 tbsp. corn starch | 2 tbsp. granulated sugar |
| 1 cup cold milk | 1/2 tsp. vanilla extract |

Add the corn starch and the sugar to 1/4 cup cold milk. Scald the rest of the milk in the top of a double boiler. Gradually add the corn starch and sugar mixture while stirring constantly. Continue to cook over low heat for 2 minutes. When the pudding starts to boil, cover the boiler with a lid, and cook on low heat for another 5 minutes. Add the vanilla extract. Chill in the refrigerator.

Variation - Chocolate Pudding: Increase sugar to 3 tbsp. and add 1 tsp. butter and 1.5 tsp. cocoa to the corn starch mixture.

Chocolate Pudding

| | | |
|--------------------------|----------------------|--------------------------|
| 2/3 cup granulated sugar | 1/3 cup cocoa powder | 1/3 cup corn starch |
| 1/4 tsp. salt | 3 cups milk | 1.5 tsp. vanilla extract |

Preparation: Combine the sugar, cocoa powder, corn starch, and salt in a bowl and mix well.

Cook: Heat 3 cups of milk over medium heat until bubbles appear around the inside edges of the pot and then remove the pot from the heat. Pour 1/2 cup of the warm milk into the bowl with the dry ingredients and stir to make a smooth paste. Then put the paste into the pot with the rest of the milk. Add the vanilla extract (if available), and stir until well blended. Heat the mixture in the pot over medium heat for about 3 or 4 minutes, stirring constantly, until the mixture thickens to the consistency of pudding. If the pudding starts to bubble, reduce the heat. Pour the pudding into serving bowls and chill.

Kool Aid Pudding (or Pie Glaze)

| | |
|---|------------------------|
| 1 or 2 packages of Kool Aid (any flavor) | 2 quarts water |
| 8 tbsp. corn starch | 1 cup granulated sugar |
| (Note: Use 1 tablespoon of corn starch per cup of water.) | |

Mix dry ingredients in a large sauce pan. Add water and bring to boil. Stir until thick and clear. Let cool and serve.

Variation - Pie Glaze: Increase corn starch to 10 tbsp. and it makes a good glaze for strawberry or raspberry pie or other fruit.

Pioneer Pudding

| | | |
|------------------|---|---------------|
| 1/3 cup cornmeal | 5 cups milk | 1 tsp. ginger |
| 1 tsp. salt | 1/2 cup honey, or molasses, or corn syrup | |

Add the cornmeal to the milk and cook in a double boiler for 20 minutes. Add the ginger, salt, and honey. Stir well. Pour into a buttered pan and bake for 2-hours at 250°F.

Homemade Granola

| | | |
|------------------------|----------------------------|------------------------------|
| 3 cups rolled oats | 1/2 cup toasted wheat germ | 1 cup chopped almonds |
| 1 cup shredded coconut | 1/2 cup sesame seeds | 1/3 cup honey or maple syrup |
| 1/3 cup melted butter | 1 tsp. salt | 1/2 cup raisins |

Preparation: Stir everything, except raisins, together. Spread in a 15x10x1 inch baking pan.

Cook: Bake at 375°F for 15 to 20 minutes stirring once. Remove from oven and stir in the raisins. Cool. Store in an air tight container in a cool, dry place or in the refrigerator. Makes about 7 cups.

Chewy Granola Bars (24 Bars)

| | | |
|-------------------------|---------------------|---------------|
| 1/2 cup brown sugar | 1/2 cup butter | 1/3 cup honey |
| 5 cups homemade granola | 1/2 cup wheat flour | |

Combine brown sugar, butter, and honey in a saucepan and bring to a boil stirring constantly. In a large bowl stir together the granola and the flour. Then pour the brown sugar mixture over the granola mixture and stir until well coated. Press into a 9x13 inch pan. Cool. Cut into bars.

Corn Cob Jelly

| | |
|------------------------|-------------------------|
| 12 sweet corn cobs | 4 cups water |
| 3.5 tbsp. fruit pectin | 4 cups granulated sugar |

Bring water with cobs to a boil and boil for 10 minutes. Measure 3 cups liquid and strain through a cheesecloth. Put strained fluid into a large saucepan. Add pectin. Bring to rolling boil. Add sugar. Bring mixture back to a boil. Simmer for 3 minutes. Then skim. Add food coloring, if desired. Pour into scalded jars & seal. Jelly will be clear & taste like apple-honey.

Pear Preserves

| | |
|------------------------------|---------------------|
| 16 cups peeled, sliced pears | 1 tbsp. lemon juice |
| 4 cups granulated sugar | 2 cups water |

Simmer all in a large pot over medium heat, until the pears are tender and the syrup is thick. The pears will be slightly translucent. Pour into hot sterilized jars to about 1/4 inch from the top of the jar. Finish by processing jars in a hot water bath.

Hot Chocolate or Chocolate Milk

| | | |
|---------------------------------|---------------------------------|---------------|
| 1 tbsp. cocoa powder | 2 tbsp. sugar | pinch of salt |
| 1/3 cup instant nonfat dry milk | 1 cup water, either hot or cold | |

Combine everything in water, either hot or cold, and stir well.

Chocolate Milk Shake

| | |
|---------------------------------|------------------|
| 4 tsp. chocolate syrup | 2 tbsp. sugar |
| 1/3 cup instant nonfat dry milk | 1 cup cold water |

Combine all and chill.

Peanut Butter Milk Shake

| | |
|---------------------------------|------------------|
| 3 tbsp. peanut butter | 2 tbsp. sugar |
| 1/3 cup instant nonfat dry milk | 1 cup cold water |

Blend all using blender. Chill and serve.

Russian Tea

| | | | |
|-------------------|-------------|--------------|-----------------|
| 1 cup instant tea | 2 cups Tang | 3 cups sugar | 1 tsp. cinnamon |
|-------------------|-------------|--------------|-----------------|

Preparation: Mix all the above dry ingredients and store in an air-tight plastic container.

Cook: Add 2 tsp. of the above mixture to one cup of hot water and stir.

Clover Tea

| |
|----------------------------------|
| Dried clover leaves and blossoms |
|----------------------------------|

Preparation: Collect clover leaves and blossoms when mature. Dry at room temperature. When thoroughly dry, crush or rub into very small particles. Store in an airtight jar or plastic container.

Cook: Add 1 tsp. to one cup of boiling water and stir.

Option: May be sweetened with honey.

Chapter Seven

Grandpappy's Wild Food Recipes

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How to Identify Edible Wild Plants

The best method of identifying edible wild plants is by consulting someone where you live who knows which plants are edible and which ones are not.

Plants eaten by rodents, squirrels, raccoons, and rabbits are **usually** safe for humans. However, birds frequently eat foods that are poisonous to humans. Therefore, proceed with caution when experimenting with any wild plant.

Don't experiment with any wild plant unless there is enough of it to provide a steady reliable food source.

Do **not** eat any wild plant unless you can positively identify it and you know it is safe. Plants sometimes look the same as a different plant but they are not the same. Some are safe but most plants are **not** safe to eat. Some wild plants are poisonous. Do **not** eat any wild plant unless you can positively identify it and you know it is safe.

Even if a wild plant can be eaten by other people in your group, you may have an adverse reaction to it. The following five-step procedure could help you avoid this problem. The following procedure is appropriately used in an unexpected survival situation when starvation is the alternative.

If you have an adverse reaction to any wild plant you should seek professional medical attention immediately.

Five-Step Safety Procedure to Identify Potentially Edible Wild Plants

1. Rub a little of the plant on the inside of your upper left arm. This is a sensitive area but one that should not incapacitate you. Wait 8 hours to see if your skin breaks out in a rash.
2. Rub a little of the plant on the outside of your lips. Wait 8 hours to see if your lips break out.
3. Put a very small quantity of the plant in your mouth, chew it up really good, and then spit it all out. Wait one day to see if you get sick.
4. Try swallowing a little bit of it the next day. Wait one day to see if you get sick.
5. **Never, never** eat too much of a known or unknown wild plant in a short period of time.

Cattails

Stalks: In the spring the young 2 foot stalks can be peeled and the white inner core eaten raw or boiled.

Flower Heads: In late spring the green flower heads can be husked and roasted or boiled.

Pollen: In early summer the yellow pollen heads can be eaten raw or made into flour. Use a stick to knock the pollen powder into a container. Mix with a little water and stir into a thick batter. Form into 3 inch round flat cakes and bake or fry.

Root: The root is always edible and contains starch. It may be peeled and eaten raw, roasted or boiled. If eaten raw, chew and spit out the fibrous part of the root. They can be crushed, dissolved in cold water, drained, dried and made into flour.

Berries

Aggregate berries (raspberries, blackberries) are 99% edible. Purple, blue, and black berries are 90% edible. Only 50% of red berries are edible. Avoid green, yellow, and white berries.

Grass

All long bladed grasses are edible. Chew the grass in your mouth and swallow only the juice. Spit out the grass fibers because they are hard for humans to digest.

Birch Juice (Maple Syrup Same Principle)

A young birch tree should be drilled 2 inches deep about 2 feet off the ground with a 7/16" drill bit pointed slightly upwards. Put a tube (plastic pipe) in the hole pointing slightly downwards. Place a pot below the end of the tube. Leave it for 48 hours and wait for the juice to slowly drip into the pot. During April and May you can usually get 8 quarts of juice during 48 hours.

Birch Wine: The juice can be mixed with some sugar and yeast and left to ferment. The fermentation process takes 2 weeks.

Inner Tree Bark

When the sap is rising in the spring, the soft thin white layer of inner tree bark is edible and nutritious (pine, spruce, birch, elm, poplar, maple, willow). Strip off some of the outer bark near the base of the tree (or an exposed root) to get to the inner bark. May be eaten raw but it is more digestible if roasted or boiled into a jelly-like mass. Or dry it and grind it into flour.

Grandpappy's Acorn Recipes

Acorn Information, Identification, Processing, and Recipes

History of the Common Ordinary Acorn

The common, ordinary acorn is one of the ancient foods of mankind. The first mention of acorns for human consumption was by the Greeks over 2,000 years ago. Over the course of human history it has been estimated that people have eaten more acorns than both wheat and rice combined. The acorn has served as an important famine food for many centuries. Acorns may be eaten alone or in a wide variety of acorn recipes.



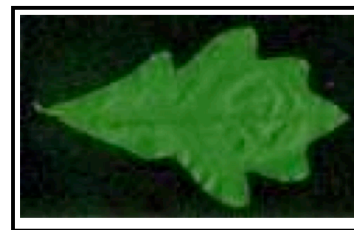
Native American Indian tribes all across North America, such as the Cherokee, Pima, and Apache, used acorns as one of their primary staple foods in the same way they used corn. American Indians understood the food value of the acorn and how to prepare it for human consumption. Some Indian tribes would bury their acorns in the mud for many days and then dig them up and dry them in the sun. Other Indian tribes would put their acorns inside a reed basket with a few heavy rocks and then put the basket in a fast moving stream for several days. Both of these methods removed the tannin in the acorns and made them fit for people to eat. There is now an easier, more scientific method and it will be described in detail as you continue to read.

Acorn Facts

One tall mature oak tree can produce almost one-thousand pounds of acorns in one growing season during normal weather conditions. Acorns have a low sugar content and therefore help control blood sugar levels. They have a sweet nutty aftertaste. Acorn meal may be used in bread and stew recipes, substituting acorn meal for approximately one-fourth of the flour. Since acorns contain natural sweetness, reduce any other sweeteners in the recipe by one-fourth. Acorn grits can be used in place of nuts in cookie, brownie, and bread recipes. Acorns are a reliable source of carbohydrates, protein, 6 vitamins, 8 minerals, and 18 amino acids, and they are lower in fat than most other nuts. One handful of acorns is equivalent in nutrition to a pound of fresh hamburger.

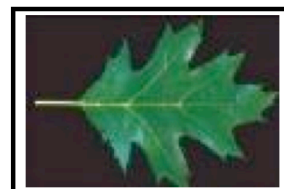
Oak Trees

White Oak: White oak trees live between 450 to 650 years (and longer). They can exceed 4 feet in diameter and 100 feet tall. The white oak is the most common species of oak tree. The leaf has a dark green glossy top side and a light green under side. The leaf lobe ends (edges) are rounded. White oak acorns mature in one growing season. Acorn production is heaviest approximately every third year. The inner shell of white oak acorns is smooth and the inner nutmeat is whitish in color.



Split one of the inner nutmeats in half and you will see the whitish color. This is why the tree is called a white oak. White oak acorns are low in tannic acid and are naturally sweet and may be eaten with minimal processing. They are the best acorns for use in acorn recipes.

Red Oak: A red oak tree leaf has a glossy green top side and a fuzzy under side. The leaf lobe ends are very pointed. Red oak acorns require two years to mature. Red oak acorns have a hairy lining inside the shell and the nutmeat is yellowish in color. They are very high in tannic acid and therefore taste very



bitter. Red oak acorns **must** be processed before eating. Generally red oak acorns are not harvested for human consumption except during serious famine conditions. (Caution: Excessive amounts of tannic acid can lead to kidney failure. Therefore, if you must consume red oak acorns, you should process them for the maximum amount of time.)

There are several other varieties of oak trees, but the white oak is the most common oak tree throughout the United States, followed by the red oak.

If all the oak trees in your area are exactly the same, then they will all produce acorns that taste the same. But if you have different varieties of oaks, you will have different varieties of acorns which will taste different. Therefore, when you harvest your acorns, keep the ones you collect under each oak tree in a separate bag or container by themselves until you do a taste test to determine if any have a more agreeable taste than the others. If so, note which tree(s) they came from, and focus your next year's collection efforts there. You **must** harvest your acorns **very soon** after they fall to the ground or the squirrels, deer, and other wildlife will eat them. If the acorns stay on the ground very long, they will become infested with insect larva, and they will also absorb ground moisture and begin to mold.

Acorn Collection

Collect your acorns every day from September through October as soon as possible after they have fallen off the oak tree onto the ground. They may be green, or green and tan, or brown. The green ones aren't fully ripe yet, but collect them also because they will ripen to a dark brown in a few more days. In my opinion, the green ones are better because they have just fallen off the tree and therefore they have had less time to absorb ground moisture or be attacked by insects. If you happen to notice that an acorn is defective when you pick it up, then toss it into the woods where there are no oak trees. Otherwise, there is a good chance you will be picking up that same acorn every day for many weeks to come.



After collecting all the acorns you can find each day, sit down and go through your new batch of acorns. Remove and discard the cap or crown of the acorn. Inspect the acorns (first inspection) and discard any that have an obvious defect, or signs of mold, or a tiny hole because it probably contains a worm. The acorns should feel firm between your fingers. Discard any that are soft.

Acorn Drying Methods

Spread the good acorns you collect each day onto a tray, board, or screen. You can then dry the acorns using any one of following three methods:

1. house drying at normal room temperatures, or
2. the sun, or
3. a conventional oven.

House Drying at Normal Room Temperatures: Allow the acorns to dry gradually inside your home at normal room



temperatures. The acorns should only be one layer thick on the drying trays. If the acorns are relatively green, this drying method normally takes between two to four weeks.

The advantages of room temperature drying are:

1. The inner acorn nutmeat retains most of its original moisture which adds to its flavor and chewability.
2. If your home is free of flying insects, then you will not lose any more acorns to insect larva.

The disadvantages of room temperature drying are:

1. It can take as long as four weeks to properly dry the acorns.
2. Each day you will need **more** house space to dry additional acorns.
3. Periodically you will have to inspect your acorns for tiny worms.
4. Future acorn nutmeat mold problems are more likely to occur.

Sun Drying: Place the tray of acorns in direct sunlight for two to five consecutive days, depending on how "green" your acorns are when you collect them. Bring all your acorns inside each night. Drying in the sun is the traditional method. If the sky is partly cloudy or overcast, then you may need to dry your acorns for more than five days in the sun. (Note: If your acorns are not completely dry, they will soon be covered with mold and you will have to throw them away. Any acorns that are still partially green after a few days of drying should be separated from the rest of the acorns. Continue drying any partially green acorns until they turn completely brown.)

The advantages of sun drying are:

1. It helps to kill insect larva, and
2. It helps to reduce future mold problems.

The disadvantages of sun drying are:

1. Flying insects will lay eggs in some of the acorns and they will have to be thrown away.
2. The inner nutmeat loses some of its moisture and flavor.
3. The shelf life of the nutmeat is between four to six months.

If you have windows facing the sun, then you can place your tray of acorns in the sun inside your house and eliminate the flying insect problem above.

Oven Drying: Place the tray of acorns in a warm oven (175°F) for about 20 minutes with the oven door slightly cracked to let the moisture escape.

The advantages of oven drying are:

1. Drying can be done very quickly.
2. It effectively kills all insect larva.
3. It eliminates future mold problems.

The disadvantages of oven drying are:

1. The inner nutmeat loses most of its moisture and flavor and it becomes very hard to chew.
2. The shelf life of the nutmeat is only two or three months.

Of the above three different drying methods, I now prefer sun drying inside my home in front of a window that faces the sun.

Acorn Storage

After drying your acorns, inspect them again (second inspection). The drying process helps to reveal cracks or insect holes you couldn't see when the acorns were still damp. Discard any acorns that don't have a good exterior shell, or process and use those acorns immediately. Acorns with a cracked outer shell will dry out quickly on the inside, and the nutmeat will be lost.

It is also possible that small flying insects may have laid eggs inside some of your acorns while they

were drying in the sun, if they could find a convenient entrance to the nutmeat area, such as a crack or hole or other imperfection. Those eggs will hatch in a short time and you will be able to identify the bad acorns when they do (they will have a small hole in them).

If you discover tiny holes in your acorns after they have dried, then discard the bad acorns and place the acorns without any holes on a cookie sheet and dry them in a warm oven at 175°F for 15 minutes with the oven door slightly cracked to let the moisture escape. The heat will kill any remaining insect larva inside the acorns.

Approximately one-week later, inspect your dried acorns for the third time and look for mold or worms or other major problems. Discard any acorns with mold (or process and use them immediately), or the mold will soon spread throughout your entire batch.

Approximately one-week later, inspect your dried acorns for the fourth time. Remove and discard any defective or moldy acorns (or process and use them immediately).

If you discover mold on your acorns at this point, then they were not thoroughly dry at the beginning. If the mold is not severe, then place the batch of acorns on a cookie sheet and dry them in a warm oven at 175°F for 15 minutes with the oven door slightly cracked to let the moisture escape and to kill the mold.

You may now store your thoroughly inspected, dried acorns in a cool, dry place until you need them. Store your acorns in several different containers. (Note: Ziplock freezer bags work extremely well for storing acorns.) If the acorns in one container become unusable, your other acorns should still be okay. Properly dried and stored, acorns still in their original shell will remain edible for several months.

As time passes, the inner acorn nutmeat gradually dries out and loses most of its flavor and it becomes too hard to chew. Therefore you should process and eat your acorns as soon as practical after collecting them. The longer they are stored, the more they will continue to dry out and become unfit for human consumption. **Even under the best storage conditions at room temperature, most acorns will not be edible after six-months of storage.**

If you have freezer storage space available, then you may remove the acorn nutmeats from their exterior shell and freeze only the nutmeats inside a ziplock freezer bag. This will help to preserve the moisture content of the nutmeats and significantly extend their shelf life and flavor.

Acorn Preparation

Acorns must be processed before they can be used in acorn recipes.

Do **not** remove your acorn nutmeats from their protective outer shell until you are ready to process and eat them. The inner acorn nutmeat kernels will dry up and shrivel after a few days of exposure to the air.

At the top of the picture on the right there are several acorn nutmeat kernels after they have been removed from their shell.

At the bottom of the picture on the right there are several



acorn nutmeats which have been split in half. The inner white nutmeat gradually darkens and begins to dry out the longer it is exposed to the air.

First crack the thin outer shell of the acorn. It will crack easily with an ordinary nut cracker, or pliers, or by squeezing firmly with your thumb and forefinger. Only crack the shell. Peel off the shell and save the inner nutmeat kernel for future processing. Sometimes you will split the inner acorn nutmeat in half as you crack the outer shell. That is okay. You may taste one acorn nutmeat kernel from each batch of acorns to determine if one of your local trees produces sweeter acorns than the other trees. After chewing and tasting, you should spit it out.

Our bodies are all different and we can not all eat the same foods as everyone else. For example, some people are allergic to milk and milk products. It is always a good idea to eat a very small amount of any new food that you have never eaten before to determine whether or not your body will have an adverse reaction to it. Therefore, if you have never eaten acorn nutmeats before, then you should only eat **one** and see how your body reacts. If you are allergic to other nuts, then you will probably not be able to eat acorn nutmeats. And you should **not** eat and swallow an acorn nutmeat until **after** you have removed the tannic acid from the acorn nutmeats.

Tannic Acid

All acorns contain tannic acid (or tannin). White Oak acorns contain very little but Red Oak acorns contain a lot. The good news is that tannic acid is water soluble and it can be easily leached out of the acorns using either:

1. boiling, or
2. cold water flushing.

Too much boiling will result in a loss of nut flavor and it will change the consistency of the nutmeats into a gooey mess.

There are also two ways to process the acorn nutmeats:

1. as whole nutmeat kernels, or
2. as ground nutmeats.

Whole Nutmeat Kernels

If your original taste test of the raw unprocessed acorn nutmeats revealed little or no noticeable bitterness, then you may process your nutmeats as whole kernels. This preserves the appearance of the nut and it is useful because some recipes specify whole nuts. It also makes eating the nuts as a snack much easier.

Ground Nutmeats

If your original taste test of the raw unprocessed acorn nutmeats revealed an unpleasant degree of bitterness, then grinding the nutmeats is necessary because it allows the tannic acid to be removed with minimum boiling or flushing. Begin with whole acorn nutmeat kernels (without the cap and without the shell). Crush or grind the acorn nutmeats into smaller pieces or into a coarse meal using a hand grinder, or a flat rock, or a blender. If you use a blender, then add a little water to make a liquid mush.

Boiling Method (Removes Tannic Acid)

(May be used with whole nutmeat kernels or ground nutmeats.)

Fill two pots with clean fresh water. Each pot should contain enough water to completely cover the acorn nutmeats (but don't add the nutmeats yet). Turn on the heat to the first pot of water. Taste one of the unprocessed nutmeats to determine the degree of bitterness it contains before boiling.

Note: Add pickling or canning salt to the final pot of boiling water before adding the nutmeats. The salt enhances the flavor of the nutmeats and it also increases their storage life.

Note: It is **not** uncommon for many white oak acorns to contain little or no noticeable bitterness. However, we are not all gifted with the same degree of sensitivity in our taste buds. What may taste pleasant to you may taste slightly bitter to someone else. And regardless of how they taste, all acorns contain some tannic acid. Therefore, you should boil all acorn nutmeats at least **one** time. But you may stop after one boiling if your original taste test revealed little or no bitterness in the original unprocessed acorn nutmeats. If you are only going to boil one time you will not need the second pot and you should add the salt to the first pot of boiling water **before** you add the nutmeats.

First Boil: When the first pot starts to boil, add the acorn nutmeats to the first pot of boiling water and immediately turn off the heat to the first pot. Turn on the heat to the second pot to start the water in the second pot boiling. Wait 30 minutes and the water in the first pot will be brown. Pour the acorns and the brown water through a strainer or coffee filter to separate the nutmeats from the brown water. (Note: Save the brown water from the first boiling for one of the uses suggested elsewhere in this summary.) (Note: If there was no noticeable bitterness to begin with and you are only using one boil, then skip down to the drying instructions below.) Taste one of the nutmeats. If the bitterness is almost gone then you will not need a third boiling and you should add the salt to the second pot of boiling water.

Second Boil: Put the nutmeats into the second pot of boiling water and immediately turn off the heat. Rinse the first pot and fill with fresh water for the third boiling. Wait 30 minutes. Strain the nutmeats from the brown water in the second pot. (Discard the brown water unless you want to keep it for another purpose.) Taste one nutmeat. If the bitterness is gone, then skip down to the drying instructions below. If the bitterness is almost gone, then add the salt to the third boiling. However, if the bitterness is still unpleasant, then wait until the fourth boiling to add the salt.

Third Boil: Follow instructions for second boil. Then taste one nutmeat. The original bitterness should be gone and it should have a sweet, nutlike flavor. (If the nutmeats should fail your taste test at this point, then boil a fourth time.)

Dry the nutmeats following the drying instructions below.

Note 1: If you switch the nutmeats from boiling water into cool water and then bring the water to a boil, you will lock in the bitterness and you won't be able to get it out.

Note 2: Do **not** let wet nutmeats sit for hours between boilings. The nutmeats will mold if you do.

Cold Water Flushing Method (Removes Tannic Acid)

(May be used with whole nutmeat kernels or ground nutmeats.)

Put the acorn nutmeats inside a clean pillowcase and leech in cold running water (faucet or stream) for several hours until the bitter taste is gone. Periodically squeeze as much water out of the pillowcase and acorn nutmeats as you can without damaging the nutmeats. Then continue rinsing. When the nutmeats no longer taste bitter, you can stop rinsing. Then dry the nutmeats following the drying instructions below.

Uses for the Brown Acorn Water

Save the brown water from the first boiling (discussed above). The brown water should be stored in the refrigerator. With the passage of time a mold will form on top of the water and you will need to boil the water again to kill the mold. Then refrigerate the water again until needed. The brown water

may be used in any of the following ways:

Laundry Detergent: Two cups of the brown water can be used as laundry detergent for one load of clothes. Your clothes will smell very good but lighter colors (and whites) will take on a tan tint.

Traditional Herbal Home Remedies: The brown water has both antiseptic and antiviral properties.

1. It can be used to wash the skin to ease the discomfort of skin rashes, burns, and small cuts.
2. It can be used externally to help treat hemorrhoids.
3. Pour some of the water into ice cube trays and freeze it. Then rub it on poison ivy blisters. It soothes and heals the blisters and helps reduce the itching. It is very effective on about 95% of the people who try it and the poison ivy is cured in three days. The cold ice helps to soothe the inflamed tissues.

Hide Tanning: The brown water can be used in the process of animal hide tanning. Just soak the clean, scraped animal hides in the water. The reason the bitter ingredient in acorns is called "tannic acid" is because it was originally used to tan animal hides.

Drying

If you need the damp acorn nutmeats in a bread recipe you may use them immediately without drying. However, if you are not going to use the nutmeats until later, you **must** dry them.

After removing the tannin using either boiling or flushing, spread the damp nutmeats in a thin layer on a baking tray and dry slowly in a warm oven (175°F to 200°F) with the door slightly cracked to let the moisture escape. Or place the tray of damp nutmeats in the sun near a window. (If you dry them outside in the sun, cover them with a clean screen or the wildlife will steal them.)

If you are drying ground nutmeats, the dried meal will be caked and it will need to be ground again.

If you are drying whole nutmeat kernels, you may eat them like nuts. Or use them in recipes that use whole nuts. Or you may process some of them into grits or meal on an as-needed basis.

Acorn Grits

Follow the tannin removal and drying instructions for acorn nutmeats above. Then pound or grind into coarse meal or grits. Acorn grits may be used in acorn recipes in place of chopped nuts.

Acorn Meal (or Acorn Flour)

Follow above Grits recipe but grind the acorns into a fine meal.

Storage of Acorn Grits or Acorn Meal

Store in a sealed, glass jar in a cool, dark place. They will keep for several weeks in the refrigerator or for several months in the freezer. Frozen nutmeats will retain their original flavor for about 10 months (or until the next crop of acorns is ready to be harvested). Because they contain nut oil, they will go rancid if left in a warm environment after they have been processed.

Caution: If stored for a very long time, smell them before using. If a musty smell is present, throw them away.

Grandpappy's Acorn Recipes

Acorn grits may be deep fried and eaten as a side dish.

Acorn grits may be added to soups or salads.

Acorn grits may be fried briefly in a skillet and then used as one of the ingredients in a granola snack recipe.

Acorn meal may be used in most recipes to replace 1/4 of the flour or 1/4 the corn meal. However, since acorn meal contains natural sweetness, reduce any other sweeteners in the recipe by 1/4.

100% Acorn Bread will be hard if baked too long and crumbly if not baked long enough.

Ground acorn nutmeats may be roasted and then used as a weak coffee substitute.

Indian Acorn Griddlecakes

| | | |
|-------------------|---------------|---------------|
| 2 cups acorn meal | 3/4 cup water | 1/2 tsp. salt |
|-------------------|---------------|---------------|

Preparation: Combine everything and beat to a stiff batter. Let stand for one hour.

Cook: Heat 1 tbsp. of fat or oil in frying pan. Drop batter into pan to form cakes about 3 to 4 inches across. Brown cakes slowly on both sides. These cakes will keep for several days.

Mexican Acorn Tortillas

| | | |
|-------------------|---------------|-------------|
| 2 cups acorn meal | 3/4 cup flour | 2 tsp. salt |
|-------------------|---------------|-------------|

Preparation: Mix ingredients. Add just enough water to make a stiff dough. Let stand for 30 minutes.

Cook: Squeeze into small balls and then press each ball into a very thin flat cake. Fry in a lightly greased skillet until brown on both sides. Use just enough fat or oil to prevent sticking.

Acorn Pemmican Tortilla

| | | |
|--------------------|---------------------------------------|-------------------|
| 1/2 cup acorn meal | 1 pound lean meat, cut in thin strips | Several tortillas |
|--------------------|---------------------------------------|-------------------|

Cook: Boil the lean meat in salted water until tender. Drain and allow to dry. Grind the meat and the acorn meal together using a fine grinding blade. Mix well and then grind a second time. Heat and serve wrapped in a tortilla, or on any flat bread.

Variation: Add cooked white rice, or cooked beans, or hot sauce, or grated cheese as part of the tortilla stuffing.

Pioneer Acorn Bread and Acorn Muffins

| | | |
|-----------------------|-------------|-----------------------|
| 1 cup acorn meal | 1 cup flour | 1 tsp. salt |
| 3 tbsp. baking powder | 3 tbsp. oil | 1 cup milk (or water) |

Optional: You may add 1 egg to the above ingredients.

Preparation: Combine milk, egg (if available), and oil and beat until smooth. Mix in the acorn meal, flour, salt, and baking powder and stir into a smooth dough. Place in a greased bread pan.

Cook: Bake at 400°F for 30 minutes. Cool and serve.

Variation: Acorn Muffins: Fill greased muffin tins about 2/3 full with above mixture and bake at 400°F for 20 minutes.

Pioneer Acorn Pancakes

Preparation: Use the above recipe for Pioneer Acorn Bread, but use 2 eggs and 1 1/4 cups milk.

Cook: Drop batter from a ladle onto a hot greased grill. When bottom is brown, turn once and brown other side. Serve with butter, or syrup, or honey, or jelly, or fresh fruit.

Breakfast Acornmeal (Similar to Oatmeal)

| | | |
|------------------|-----------------------|--|
| 1 cup acorn meal | 2.5 cups water | 1/8 cup hickory nuts or black walnuts, crushed |
| 1 tsp. salt | 1 tsp. honey or sugar | |

Boil the water with the salt. Add the acorn meal and continue boiling for 15 minutes. Turn off heat. Allow to cool for about five minutes. Stir in the honey and nuts.

Acorn and Corn Meal Mush

| | | | |
|--------------------|--------------|-----------------|-------------|
| 1/2 cup acorn meal | 4 cups water | 1 cup corn meal | 1 tsp. salt |
|--------------------|--------------|-----------------|-------------|

Cook: Bring 4 cups of water to a boil in the top half of a double boiler. Add the salt. Sprinkle the acorn meal slowly into the boiling water and stir continuously. Then add the corn meal. When the mixture starts to bubble, it should be able to support a plastic or wooden stirring spoon in the center without the spoon falling over. If too thick, add a little water. If too thin, add a little more cornmeal. Then put the mixture which is in the top half of the double boiler into the bottom half of the double boiler which contains boiling water. Simmer about 45 minutes, stirring occasionally to break up any lumps, until the mush becomes thick. Serve hot for breakfast, lunch, or supper.

Variation: May be served with a topping of milk, or butter, or grated cheese, or bacon bits, or honey, or sugar, or fruit, or jam.

Variation: Pour above finished, cooked mush into a greased loaf pan and put in the refrigerator for about 8 hours. It will become solid and then it can be sliced with a knife into 1/2 inch thick slices. Coat each slice with flour and fry in a very thin layer of oil, one side at a time. Serve with butter, or syrup, or jam (similar to French toast).

Acorn Bread

| | | |
|--------------------|-----------------------------|-----------------------|
| 2 cups acorn meal | 1/2 cup milk (or water) | 1 tbsp. baking powder |
| 2 cups wheat flour | 3 tbsp. butter or olive oil | 1 egg (optional) |

Optional Sweeteners: Add 1/3 cup honey or maple syrup or sugar, if available.

Preparation: Combine all the above ingredients and pour into a loaf pan.

Cook : Bake at 400°F for 30 minutes or until done. Yields a moist bread with a sweet nutty flavor.

Glazed Acorn Treats

| | | |
|--------------------------------|--------------|---------------|
| Boiled dry whole acorn kernels | 2 cups sugar | 1/2 tsp. salt |
| 1/8 tsp. cream of tartar | 1 cup water | |

Preparation: Mix and dissolve the sugar, salt, and cream of tartar in 1 cup of water.

Cook: Bring above mixture to a boil in a small pot. Continue to boil until the mixture first begins to show signs of browning. Then immediately put the small pot into a larger pot of boiling water to keep the mixture in a liquid state. (Or use a double boiler.) Use a pair of tweezers to dip individual whole acorn kernels (previously shelled, boiled and dried), one at a time into the mixture and then put each acorn onto a sheet of wax paper to dry and harden. Serve as a candied covered nut.

Acorn Cookies

| | | |
|--------------------|------------------------------|---------------------------------------|
| 2 cups wheat flour | 1 cup white (or brown) sugar | 1 tsp. baking powder (or baking soda) |
| 1 cup acorn grits | 1/2 cup shortening | 1 tsp. salt |

Preparation: Combine the flour, baking powder, and salt. In a large bowl, cream the shortening and the sugar. Gradually blend in the dry ingredients. Then blend in the acorn grits. Pinch off walnut sized pieces of dough and roll into balls. Place 1.5" apart on a lightly greased baking sheet.

Cook: Bake at 350°F for 10 to 12 minutes or until lightly colored. Transfer to a wire rack to cool.

Variation: Add 1 egg and/or 1 tsp. vanilla extract.

Acorns, Shelled, Dried
Actual Lab Analysis Results Vary for Different Acorn Varieties and
from One Growing Season to the Next

Nutrition Facts
Serving Size: 1 ounce (28.4 g)
Minimum and Maximum values shown below

| Category | Amount | % RDV |
|----------------------|---------------------|----------|
| Calories | 109.7 to 144.5 | 7 % |
| Calories from Fat | 60.9 to 80.3 | |
| Total Fat | 6.8 to 8.9 g | 14 % |
| Saturated Fat | 0.9 to 1.2 g | 45 % |
| Polyunsaturated Fat | 1.3 to 1.7 g | |
| Monounsaturated Fat | 4.3 to 5.7 g | |
| Cholesterol | 0.0 mg | 0 % |
| Total Carbohydrate | 11.55to 15.2 g | 5 % |
| Protein | 1.74 to 2.3 g | 5 % |
| Vitamins | | |
| Vitamin A | 11.06 to 11.14 IU | Less 1 % |
| B1, Thiamin | 0.03 to 0.042 mg | 3 % |
| B2, Riboflavin | 0.03 to 0.044 mg | 3 % |
| B3, Niacin | 0.52 to 0.683 mg | 3 % |
| B5, Pantothenic Acid | 0.20 to 0.267 mg | 3 % |
| Vitamin B6 | 0.15 to 0.197 mg | 10 % |
| Vitamin B12 | 0.0 mcg | 0 % |
| Vitamin C | 0.0 mcg | 0 % |
| Vitamin D | 0.0 mcg | 0 % |
| Vitamin E | 0.0 mcg | 0 % |
| Minerals | | |
| Calcium, Ca | 11.62 to 15.34 mg | 2 % |
| Copper, Cu | 0.18 to 0.23 mg | 12 % |
| Iron, Fe | 0.22 to 0.29 mg | 2 % |
| Magnesium, Mg | 17.58 to 23.29 mg | 6 % |
| Manganese, Mn | 0.38 to 0.39 mg | 10 % |
| Phosphorus, P | 22.40 to 29.25 mg | 3 % |
| Potassium, K | 152.81 to 201.36 mg | 10 % |
| Sodium, Na | 0.0 mg | 0 % |
| Zinc, Zn | 0.15 to 0.19 mg | 1 % |

| Amino Acids | |
|--------------------|--------------------|
| Alanine | 0.100 to 0.131 g |
| Arginine | 0.135 to 0.177 g |
| Aspartic Acid | 0.181 to 0.238 g |
| Cystine | 0.031 to 0.041 g |
| Glutamic Acid | 0.282 to 0.369 g |
| Glycine | 0.081 to 0.107 g |
| Histidine | 0.049 to 0.064 g |
| Isoleucine | 0.081 to 0.107 g |
| Leucine | 0.140 to 0.183 g |
| Lysine | 0.110 to 0.143 g |
| Methionine | 0.029 to 0.039 g |
| Phenylalanine | 0.077 to 0.101 g |
| Proline | 0.070 to 0.092 g |
| Serine | 0.075 to 0.098 g |
| Thyptophan | 0.021 to 0.028 g |
| Threonine | 0.067 to 0.089 g |
| Tyrosine | 0.053 to 0.070 g |
| Valine | 0.099 to 0.129 g |
| Other | |
| Ash | 0.386 to 0.506 mg |
| Folate, DFE | 24.66 to 32.66 mcg |

A Collection of Hickory Nut Recipes

Hickory Nuts (Same Tree Family as Pecans)

Hickory nuts are very hard to crack but they are extraordinarily delicious. They may be substituted in any recipe in place of pecans.

Mother Marsh's Hickory Nut Cake
From "Merry Christmas Cakes," by Marilyn Kluger,
The Courier-Journal, 11/17/1993, Louisville, KY, Pp. E1, E4
This cake was sent to Margaret Mitchell (Gone With the Wind)
every Christmas since 1936 by her Mother-in-Law

| | | |
|----------------|----------------------------|------------------------------------|
| 1/2 lb. butter | 1 tbsp. baking powder | 1.5 lbs. seedless raisins |
| 2 cups sugar | 1 tbsp. ground cinnamon | 1 lb. currants |
| 4 cups flour | 2.5 tsp. ground nutmeg | 1/2 cup milk |
| 6 eggs | 2 cups hickory nut kernels | Optional: 1/2 cup Kentucky Bourbon |

Preparation: Grease and flour one large bundt cake pan or two large loaf pans (10"x5"x3") and line with wax paper. Preheat oven to 300°F. Cream the butter and sugar together until fluffy. Beat in the eggs, one at a time, and continue beating until well blended. Stir in the flour, baking powder, nutmeg, and cinnamon. (Reserve a small amount of flour mixture to toss with nuts and fruits before adding them to the batter.) Add the flour mixture and milk alternately to the creamed mixture, in about 3 additions. Then gently stir in the floured fruits and nuts. Scrape batter into prepared pans.

Cook: Bake at 300°F for 3.5 hours if using the bundt pan, or 2 to 2.5 hours in the two loaf pans. Insert a toothpick into the center of the cake to verify doneness (it should be dry when removed). Cook cake on a wire rack. Wrap cake in aluminum foil and store in the refrigerator.

Optional: If desired, wrap cake in a cheesecloth that has been soaked in bourbon. This option was added by Mother Marsh's brother, Bob, one Christmas when he baked the cakes instead of Mother Marsh, his sister.

Hickory Nut Pie

| | | |
|-----------------------------|--------------------------|------------------------|
| 1 cup chopped hickory nuts | 3 eggs, slightly beaten | 2 tbsp. soft butter |
| 1 cup white Karo corn syrup | 3/4 cup granulated sugar | 1 tsp. vanilla extract |

You will also need One unbaked pie shell.

Preparation: Mix the eggs, sugar, syrup, vanilla, and butter. Then add the nuts. Pour into a pie shell.

Cook: Bake at 400°F for 10 minutes and then reduce heat to 350°F and bake for another 40 minutes.

Variation: Substitute 1 cup of dark brown sugar for white sugar and increase butter to 6 tbsp. Bake at 350°F for 40-45 minutes.

Hickory Nuts Nutritional Information

Nutrition Facts

Hickory Nuts, Shelled, Meat Only

Serving Size: 1 ounce (28.4 g) or 9 Nuts

| Category | Amount | % RDV |
|----------------------|----------|---------|
| Calories | 187.7 | 9 % |
| Total Fat | 18.2 g | 29 % |
| Monounsaturated | 9.32 g | |
| Polyunsaturated | 6.25 g | |
| Total Carbohydrate | 5.2 g | 2 % |
| Dietary Fiber | 1.8 g | 8 % |
| Protein | 3.6 g | 8 % |
| Vitamins | | |
| Vitamin A | 37.43 IU | Less 1% |
| B1, Thiamin | 0.25 mg | 17 % |
| B2, Riboflavin | 0.04 mg | 3 % |
| B3, Niacin | 0.26 mg | 3 % |
| B5, Pantothenic Acid | 0.49 mg | 5 % |
| Vitamin B | 60.05 mg | 2 % |
| Vitamin B12 | 0 mcg | 0 % |
| Vitamin C | 0.57 mcg | 1 % |
| Vitamin D | 0 mcg | 0 % |
| Vitamin E | 0 mcg | 0 % |
| Minerals | | |
| Calcium, Ca | 17.3 mg | 2 % |
| Copper, Cu | 0.2 mg | 11 % |
| Iron, Fe | 0.6 mg | 3 % |
| Magnesium, Mg | 48.9 mg | 13 % |
| Manganese, Mn | 1.3 mg | 35 % |
| Phosphorus, P | 95.1 mg | 10 % |
| Potassium, K | 123.4 mg | 6 % |
| Selenium, Se | 2.3 mg | 4 % |
| Sodium, Na | 0.3 mg | Less 1% |
| Zinc, Zn | 1.2 mg | 11 % |

| Amino Acids | |
|--------------------|-----------|
| Alanine | 0.189 g |
| Arginine | 0.596 g |
| Cystine | 0.077 g |
| Glutamic Acid | 0.824 g |
| Glycine | 0.202 g |
| Histidine | 0.111 g |
| Isoleucine | 0.165 g |
| Leucine | 0.293 g |
| Lysine | 0.142 g |
| Methionine | 0.086 g |
| Phenylalanine | 0.204 g |
| Proline | 0.163 g |
| Serine | 0.230 g |
| Tryptophan | 0.040 g |
| Threonine | 0.121 g |
| Tyrosine | 0.130 g |
| Valine | 0.209 g |
| Other | |
| Ash | 0.57 g |
| Folate, DFE | 11.43 mcg |

Dandelions (Spring to Autumn)

The French grow **dandelions** the same way Americans grow lettuce in their gardens.

According to the U.S. Department of Agriculture, **dandelions** are more nutritious than broccoli or spinach, contain more cancer-fighting beta-carotene than carrots, and are a rich source of calcium, iron, magnesium, potassium, thiamin, riboflavin, and dietary fiber.

The **stems and flowers** may be eaten raw or cooked. The flowers can be made into wine. The flowers mature into a puff ball of tufted seeds. Dandelion flowers, from which the bitter stem and green parts need to be removed before using, can be dipped in batter and fried to make fritters or boiled for jellies or used in muffins and wines.

The young, tender **leaves** of dandelions may be eaten raw in salads, or as cooked greens, in gravies, or in a variety of baked dishes. Pick the tender leaves before the flowers bud or they will become bitter.

Remove the tough center vein from the leaves before eating. Older leaves taste bitter and should be boiled or steamed to improve their taste.

The **roots** are mildly bitter. Wash the roots, add a pinch of baking soda to remove the bitterness, and boil them like a potato. Or you can dry the roots in the sun, crush or grind them, and use them as a substitute for coffee. The root grows very deep and if broken off, it will grow a new plant. Therefore, never harvest the entire root, or replant the lower half of the root near your home. Harvest dandelion roots during the fall and winter months. Cleaned, roasted and ground up, dandelion roots make a coffee-flavor, caffeine-free base for hot or cold beverages.

Grandpappy's Dandelion Wine

- 2 quarts of dandelion flower petals (no base or stems)
- 1/4 cup lemon juice (if available)
- 1 pound white sugar
- 1 pkg. champagne or wine yeast (or bread yeast)
- 1/4 cup orange juice (if available)
- 1 pound light or dark brown sugar
- 5 raisins per gallon (if available)
- 1/4 cup lime or grape juice (if available)
- 1 gallon well or spring water

Comment: Use a total of about 1/2 to 3/4 cup of any combination of juices, if available.

Comment: Use a total of 2 pounds of sugar, either white or brown or a combination of both.

Variation: Instead of the raisin use a small piece of fresh fig, apricot, apple, peach, or pear,

Pick dandelion flowers in the morning just before noon. The flowers should be fully open at that time. Pull the flower petals off the green part of the flower and only save the petals. Rinse the dandelion petals well. Boil three quarts of well or spring water. Pour the boiling water over the dandelion flower petals and cover the pot. Let stand for four days. Stir twice a day. Strain to remove the flower petals (a coffee filter does a good job). Add the white and dark sugars, and the juices if available. Bring to a boil and boil for twenty minutes. Allow to cool gradually. Add the wine yeast when the water temperature is about 100°F (38°C), or when it feels comfortably warm to the back of your wrist. Cover and let it stand five days. Pour into large glass bottles or jugs and attach a balloon to the top of each jug. Periodically gently loosen the bottom of the balloon and let the balloon deflate. After about two months, when the wine "falls clear", all the yeast and other particles will fall to the bottom of the bottle, and the wine will appear clear. This happens during a 30 to 60 minute time period and you probably won't be watching when it happens. Be patient and wait for your wine to clear by itself. Slowly and carefully transfer the clear wine to another bottle. Drop five raisins into each one-gallon bottle and cork tightly. Let stand for another six to twelve months in a cool, dark place. Enjoy with any meal, or before or after dinner.

Dandelion Greens, Raw, Chopped

Nutrition Facts

Serving Size 1 cup (2 ounces or 55.0 g)

| | Amount | % RDV |
|---------------------|--------|-------|
| Calories | 24.75 | 1 % |
| Calories from Fat | 3.5 | |
| Total Fat | 0.4 g | 1 % |
| Saturated Fat | 0.1 g | 2 % |
| Polyunsaturated Fat | 0.17 g | |
| Monounsaturated Fat | 0.01 g | |
| Cholesterol | 0.0 mg | 0 % |
| Total Carbohydrate | 5.1 g | 2 % |
| Dietary Fiber | 1.9 g | 8 % |
| Sugars | 2.1 g | |
| Protein | 1.5 g | 3 % |

Vitamins

| | | |
|----------------------|-------------|-------|
| Vitamin A | 2712.1 IU | 54 % |
| B1, Thiamin | 0.105 mg | 7 % |
| B2, Riboflavin | 0.143 mg | 8 % |
| B5, Pantothenic Acid | 0.046 mg | <1 % |
| Vitamin B6 | 0.138 mg | 7 % |
| Vitamin B12 | 0.0 mcg | 0 % |
| Vitamin C | 19.25 mg | 32 % |
| Vitamin D | 0.0 mcg | 0 % |
| Vitamin E | 2.635 mg | 9 % |
| Vitamin K | 150.5 mcg | 214 % |
| Niacin | 0.443 mg | 2 % |
| Lutein | 3656.4 mcg | |
| Carotene, beta | 1627.95 mcg | |
| Carotene, alpha | 0.0 mcg | |

Minerals

| | | |
|---------------|-----------|------|
| Calcium, Ca | 102.85 mg | 10 % |
| Copper | 0.094 mg | 5 % |
| Iron, Fe | 1.705 mg | 9 % |
| Magnesium, Mg | 19.8 mg | 5 % |
| Manganese, Mn | 0.188 mg | 5 % |
| Phosphorus, P | 36.3 mg | 4 % |
| Potassium, K | 218.35 mg | 11 % |
| Sodium, Na | 41.8 mg | 2 % |
| Selenium, Se | 0.275 mg | <1 % |
| Zinc | 0.226 mg | 2 % |

Other

| | |
|-------------|-----------|
| Ash | 0.99 g |
| Folate, DFE | 14.85 mcg |

Introduction to Kudzu

The three parts of the kudzu plant that are edible are:

1. Young leaves and vine tips.
2. Flower blossoms, and
3. Roots.

Look for a kudzu plant that is **not** near a highway where it will be contaminated by dust and automobile exhaust fumes. Also avoid kudzu that has been sprayed with deadly chemicals to control the growth of the evasive plant.

Beware of insects, birds, spiders, and wild animals that frequently live in kudzu patches. Talk loudly when approaching a kudzu patch to give the critters a chance to depart before you arrive. Bees also love the flower blossoms so do not provoke them.

Wear long pants, a long sleeve shirt, shoes, gloves, and a hat when harvesting kudzu.

Avoid poison ivy and poison oak, which resembles kudzu.



Kudzu Leaves and Vine Tips

In the early spring and throughout the growing season, harvest the very end of an established kudzu vine where the new growth is forming small shoots and young leaves (called runners). Only the young leaves and vine tips are tender enough for human consumption. The older leaves and vines are too tough for the human digestive system.

Wash the kudzu thoroughly in cool water. Then soak the kudzu for 20 minutes in some clean cool water with a little salt added. Rinse and drain. Process immediately or store in the refrigerator for 3 to 4 days in an airtight container.

Kudzu leaves have a soft fuzz on them. The fuzz is offensive to most people when eaten raw. The fuzz wilts quickly when cooked. Therefore, briefly dip the fresh leaves in some boiling water and then immediately dip in cold water. The fuzz will wilt, the appearance of the leaves will change, but the taste will remain the same.

Kudzu Leaf Recipes

Kudzu leaves and tender vine tips may be boiled like spinach. Boiled kudzu leaves mix well with other cooked greens including spinach and young poke salet leaves.

Boiled kudzu leaves blend well with cooked rice and many cooked wild meats.

Fresh kudzu leaves may be processed in a pressure cooker following a spinach canning recipe, and stored in canning jars for future consumption.

Kudzu Flower Blossoms

Kudzu blooms from late July through September, depending on the climate and location. The most common species in the United States has magenta and reddish purple flowers that resemble a wisteria. A less common variety has white blossoms.

Kudzu flowers smell like ripe grapes. However, the blossoms do NOT taste like grapes. They have a unique flavor that is just a little bit sweet.

The flowers are sometimes hidden behind the green leaves. Pick the flowers when they are dry (not covered with the morning dew or rain). You may just pick the flowers, but it is usually easier to cut the entire flower raceme of blossoms and then remove the individual flowers later.

Wash the flowers gently but thoroughly in cool water and then drain. They will remain fresh for one day. Or freeze them for future consumption. Kudzu flowers may be eaten plain or as part of a salad or other dish.

Kudzu Flower Tea

Pour a cup of boiling water over 1/4 cup fresh flowers and let it steep for 4 or 5 minutes. Strain and drink.

Kudzu Flower Wine

| | | |
|---------------------|-------------------------------|--------------|
| 4 quarts well water | 6 quarts fresh kudzu blossoms | 1 gallon jug |
| 4 cups sugar | yeast | 1 balloon |

Pick kudzu blossoms when they are dry (mid-day). Rinse in running water to remove any foreign particles, dirt, or dust. Pour three quarts of boiling well water over the blossoms and stir. Put a lid on the container and stir twice a day for four days.

Strain the liquid through a clean cloth. Press the blossoms to get all the liquid from them. Add four cups sugar. Dissolve yeast in lukewarm water. Pour the dissolved yeast into the liquid. Stir well. Cover and let stand for five days. Transfer to a one-gallon jug. Add enough well water to bring the liquid within two inches below the neck of the jug. Attach the balloon to the top of the jug. Place jug in a cool dark place that is between 65°F to 75°F (or 18°C to 24°C). Periodically gently loosen the bottom of the balloon and allow the gas to escape. Then replace the balloon firmly on the top of the jug. In approximately six weeks the balloon will stop expanding and the wine is done. Strain the wine through a clean cloth and transfer it to airtight bottles. Allow it to sit for an additional six to twelve months before drinking.

Kudzu Roots

Kudzu roots are normally harvested in the winter months. Only a kudzu root that was started from a seedling will produce a root that contains a good quantity and quality of starch. Good kudzu starch roots may weigh up to 200 pounds and be as long as 8 feet. The vast majority of kudzu roots are formed when an established vine touches the ground. Most of the roots growing near the surface are NOT high quality. Most kudzu roots look like tree roots and are NOT edible.

Kudzu Root Sucker

In a survival situation, any kudzu root between 1/2 to 3/4 inches in diameter can be washed, cut at both ends to a length of about 6 inches, and then all the exterior bark should be scrapped off. The raw root can then be sucked on to gradually remove all its internal nutrients. Only suck the nutrients out of the root. The root is wood. Wood is **not** digestible. Do **not** eat the wood.

Kudzu Root Tea

The thin, tender young roots can be dug up, washed, diced, boiled, and strained to make a tea.

| Nutritional Information (8 Ounces of Fresh Kudzu Leaves) | | | |
|---|-------|---------------------------------|---------|
| Calories | 258 | Calcium | 34.3 mg |
| Protein | 4.8% | Phosphorous | 41.1 mg |
| Fiber | 45.7% | Iron | 1.4 mg |
| Fat | 0.2% | Other Vitamins Are Also Present | |

Poke Sallet Weed (Harvest in the Early Spring to Mid-Summer)

Do **not** confuse the word “sallet” for “salad.”

1. Sallet means **cooked** greens.
2. Salad means **uncooked** greens.

Uncooked raw poke leaves are mildly poisonous and may cause vomiting and diarrhea, both of which can be easily avoided by boiling the leaves before eating them. Also, poke leaves should be picked in the spring or early summer when they are no more than 6 to 8 inches long. After mid-July, the veins in the leaves turn red and the leaves are too mature and contain toxin levels that can be unsafe.



In the early spring, poke sallet reaches a height of about two feet.

By late summer, the plant can be between six to seven feet tall. The picture on the right is a mature poke weed. The plant in the above picture is **too mature** to be used as food.

Poke weed is recognized by its magenta or purple main stalk. The leaves are between 6” to 10” long and about 2” to 3” wide.

The summer **flowers** are small and white or pinkish and they are followed by green berries which turn dark purple when they ripen (see picture). Do not eat the flowers, berries, or the main purple stalk that supports the plant.

Never eat the poke berries. However, the **berries** may be crushed and their juice used to make a red dye or a red ink. Inside each berry there are between 8 to 13 black seeds. The **seeds** are also poisonous and the seeds should **never** be eaten.

Young Poke Leaves

During the Great Depression of the 1930’s young poke sallet leaves were widely eaten by many southern families on a regular basis. In my opinion boiled young poke leaves have a consistency and taste similar to a mixture of boiled spinach, collard, and turnip greens.

Young poke leaves are rich in vitamins and minerals. They are very nutritious if you first boil the leaves three times in clean water. Change the water between each boiling. Boil for a minimum of 10 minutes during each of the three boilings. Drain all the water from the leaves after each boiling by using a colander or a strainer.

1. Do **not** eat mature poke leaves that have visible red veins in the leaf itself. Only pick young poke sallet leaves.
2. Do **not** eat poke leaves until after you have boiled them three times.
3. Do **not** eat poke leaves if you are pregnant or nursing.

You should use the same degree of caution with poke sallet leaves as you would with raw pork meat. Raw pork should never be eaten until after it has been thoroughly cooked. After the pork has been cooked well done it can be safely consumed. The same exact principle applies to raw poke sallet leaves. Never eat the leaves until after they have been boiled in clean water three times. After three boilings **young poke sallet leaves** may be safely consumed.



A Collection of Wheat Berry Recipes

During serious famine conditions when food was extremely scarce people would **not** make bread. Instead they would sprout whatever wheat berries they had in order to increase both the volume and vitamins of their meals. Sprouted wheat weighs twice as much as wheat berries and it has three times the volume of wheat berries.

The sprouting directions below will work for wheat berries, beans, or seeds with the following adjustments to the sprouting times:

- wheat berries - Allow 2 days.
- sunflower seeds - Allow 2 to 3 days.
- flax, lentil, mung, or soy beans - Allow 3 days.
- alfalfa - Allow 4 or 5 days.

Wheat Sprouts

In the evening, put four ounces of wheat berries in the first jar (or plastic bag or container). Cover the wheat with water. Put the top on the container but don't tighten it. The wheat must have fresh air. Let it soak overnight. Drink the soak water the following morning (it is full of vitamins). Turn the container upside down and let it drain. Cover with a small towel to put the wheat in the dark. Four hours later, half fill the container with water, wait two minutes, drain and cover with a towel. (Note: If water is scarce, then you can save the soak water and reuse it again each time you soak the berries.) Every 4 hours, half fill with water, wait 2 minutes, drain, and cover with a towel. The purpose is to keep the wheat moist but not water logged.

If all the extra water is **not** drained off the wheat berries, they will begin to ferment instead of sprouting.

Just before going to bed at the end of the day, start the second container (4 ounces wheat covered with water). You now have a system that will keep you in healthy, nutritious food every day. The following day, fill the first jar with water every 4 hours, wait 2 minutes, drain and cover. At the end of the day, the wheat in the first jar will have small white sprouts extending from the ends of the kernels. It is part grain and part fresh vegetable. It has a high protein and vitamin content and it is a more complete food. Remove the sprouted wheat from the first jar, and refill it with fresh grain and start the process over again.

Prepare the sprouted wheat using one of the cooking methods for wheat berry cereal (below).

Wheat Berry and Wheat Berry Sprout Recipes

Wheat Berry or Cracked Wheat Cereal (Pot Method) (Two Servings)

| | | |
|---------------------|-------------|--------------|
| 1 cup wheat berries | 1 tsp. salt | 4 cups water |
|---------------------|-------------|--------------|

Combine the wheat berries and the water in a cook pot. Bring to a boil and cook for 2 minutes. Remove from heat, cover, and let stand for one hour. Return to heat and simmer for one hour. Eat it plain, or serve with milk, sugar, honey, or melted butter. If desired, add salt to taste.

Wheat Berry Cereal (Thermos Method) (One Serving)

| | | |
|-----------------------|---------------|-------------|
| 1/2 cup wheat berries | 1/2 tsp. salt | 1 cup water |
|-----------------------|---------------|-------------|

Put wheat berries, salt, and water into a pot or saucepan and bring to a rolling boil, stirring the entire time. Quickly but carefully pour the contents from the pot through a wide mouth funnel into your thermos. Put the cap on the thermos firmly, but not too tightly, and lay the thermos on its side to evenly distribute the contents in the boiling hot water. Wait 8 hours or overnight. Pour the contents of the thermos into a bowl. Four ounces of dry wheat berries will yield about 12 ounces of cooked wheat and several ounces of vitamin and mineral enriched water. Be sure to drink the water. It has a pleasant taste and many valuable nutrients.

Wheat Berry Cereal (Microwave) (Two Servings)

| | | |
|---------------------|-------------|--------------|
| 1 cup wheat berries | 1 tsp. salt | 3 cups water |
|---------------------|-------------|--------------|

Soak the wheat berries overnight. Then blend all of it on high for 20-30 seconds in a blender. Then cook it in the microwave for 3-5 minutes, stirring occasionally. Add milk and sugar to taste.

Chilled Wheat Berry Salad (Four Servings)

| | |
|------------------------------|-----------------------------|
| 1 cup uncooked wheat berries | 15 oz. can beans |
| 2.5 cups water | 15 oz. can mixed vegetables |

Heat wheat berries in water until boiling in 2-quart saucepan, stirring occasionally. Reduce heat and simmer 50 to 60 minutes or until wheat berries are tender but still chewy. Drain the berries. Mix with the beans and vegetables. Refrigerate for 2 hours to blend flavors and then serve.

Option: Drip 2 tbsp. olive oil over salad before serving.

Popped Wheat

Soak wheat berries overnight in water and then spread them out on paper towels to dry. Then fry them in hot oil. It is easier if you use some sort of wire basket or strainer to dip into the hot oil instead of trying to remove them with a spoon. Season with either plain salt or with garlic salt.

Sautéed Sprouts

| | | | |
|---------------|----------------|--------------------------------|------------------|
| 1 cup sprouts | 1 tbsp. butter | 1 tbsp. onion powder or flakes | 1 tsp. soy sauce |
|---------------|----------------|--------------------------------|------------------|

Melt the butter in a saucepan. Add the onion powder and stir. Add the sprouts and stir gently. Stir in the soy sauce.

Simmered Sprouts

| | | | |
|---------------|----------------|---------------|---------------|
| 1 cup sprouts | 1 tbsp. butter | 1/2 cup water | 1/4 tsp. salt |
|---------------|----------------|---------------|---------------|

Add the salt to the water and heat. Add the sprouts and simmer for 5 minutes. Remove from heat and drain off the water. Add the butter and stir.

Nutritional Information for Wheat Berries and Sprouted Wheat

Note: One ounce of wheat berries by weight is approximately equal to
One ounce of wheat berries by volume.

Serving Size:

Wheat Berries: Weight 1 ounce (28.4 grams)

Sprouted Wheat: Weight 2 ounces (56.8 grams)

(Weight Note: 1 ounce of Wheat Berries will yield 2 ounces of Sprouted Wheat by weight)

(Volume Note: 1 ounce of Wheat Berries will yield 3 ounces of Sprouted Wheat by volume)

(Average Analysis based on Several Samples)

| Category | Berry Amount | Berry % RDV | Sprout Amount | Sprout % RDV |
|----------------------|--------------|-------------|---------------|--------------|
| Weight | 1 Ounce | 1 Ounce | 2 Ounces | 2 Ounces |
| Calories | 97.1 | 5 % | 113.3 | 6 % |
| Total Fat | 0.6 g | 1 % | 0.7 g | 1 % |
| Total Carbohydrate | 21.5 g | 8 % | 24.3 g | 9 % |
| Dietary Fiber | 3.6 g | 18 % | 0.6 g | 3 % |
| Protein | 3.1 g | 6 % | 4.3 g | 9 % |
| Cholesterol | 0 mg | 0 % | 0 mg | 0 % |
| Vitamins | | | | |
| Vitamin | Berry Amount | Berry % RDV | Sprout Amount | Sprout % RDV |
| Vitamin A | 0 IU | 0 % | 0 IU | 0 % |
| B1, Thiamin | 0.117 mg | 7 % | 0.125 mg | 8 % |
| B2, Riboflavin | 0.031 mg | 2 % | 0.088 mg | 5 % |
| B3, Niacin | 1.362 mg | 7 % | 1.78 mg | 9 % |
| B5, Pantothenic Acid | 0.243 mg | 2 % | 0.55 mg | 5.5 % |
| Vitamin B6 | 0.108 mg | 5 % | 0.15 mg | 7.5 % |
| Vitamin B12 | 0 mcg | 0 % | 0 mcg | 0 % |
| Vitamin C | 0 mcg | 0 % | 0 mcg | 0 % |
| Vitamin D | ? | ? % | ? | ? % |
| Vitamin E | 0.411 mg | ? % | 0.028 mg | ? % |
| Minerals | | | | |
| Mineral | Berry Amount | Berry % RDV | Sprout Amount | Sprout % RDV |
| Calcium, Ca | 9.7 mg | 0.9 % | 16.0 mg | 1.5 % |
| Copper, Cu | 1.00 mg | 50 % | 0.15 mg | 7.5 % |
| Iron, Fe | 1.53 mg | 7.5 % | 1.23 mg | 6 % |
| Magnesium, Mg | 25.7 mg | 6.5% | 46.88 mg | 11.8 % |
| Manganese, Mn | 0.97 mg | 48.5% | 1.05 mg | 52.5 % |
| Phosphorus, P | 111.9 mg | 12 %1 | 14.3 mg | 12 % |
| Potassium, K | 124.3 mg | 3.2 % | 96.58 mg | 2.5 % |
| Selenium, Se | ? Mg | ? % | 24.3 mg | 34.8 % |
| Sodium, Na | 0.57 mg | 0.8 % | 9.15 mg1 | 3.0 % |
| Zinc, Zn | 1.00 mg | 6.6 % | 0.95 mg | 6.3 % |

Continued on next page.

Nutritional Information for Wheat Berries and Sprouted Wheat

Note: One ounce of wheat berries by weight is approximately equal to
One ounce of wheat berries by volume.

(Continued from previous page.)

| Amino Acids | | |
|--------------------|--------------------|---------------------|
| Amino Acid | Berry Grams | Sprout Grams |
| Alanine | ? | 0.168 g |
| Arginine | ? | 0.388 g |
| Aspartic Acid | ? | 0.258 g |
| Cystine | ? | 0.078 g |
| Glutamic Acid | ? | 1.070 g |
| Glycine | ? | 0.175 g |
| Histidine | ? | 0.113 g |
| Isoleucine | ? | 0.165 g |
| Leucine | ? | 0.290 g |
| Lysine | ? | 0.140 g |
| Methionine | ? | 0.068 g |
| Phenylalanine | ? | 0.20 g |
| Proline | ? | 0.385 g |
| Serine | ? | 0.195 g |
| Tryptophan | ? | 0.065 g |
| Threonine | ? | 0.145 g |
| Tyrosine | ? | 0.158 g |
| Valine | ? | 0.208 g |
| Other | | |
| Other | Berry | Sprout |
| Ash | 0.4 g | 0.55 g |
| Folate | 11.7 mcg | 21.7 mcg |