

Cathi's Favorite Recipes

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Jewish Food

Gefilte Fish (for 6 lbs of Fish)

Ingredients:

| | |
|----------|-----------------------|
| 1 Egg | Per 2 lbs of fish |
| 3 | Large Onions |
| 2 cups | Matzo meal |
| 1 ½ cups | Water (just a little) |
| To taste | Kosher Salt |
| To taste | Pepper |
| | Fish Stock |



Directions:

Fish can be any firm white fish. Ex. Pike, Perch, Halibut, Bass.
Grind fish. If no grinder can skip this step
Mix all the ingredients.
Put in food processor to fluff up.
Refrigerate while cooking fish stock
Can cook a small ball with a little broth in the microwave to taste.

Fish Stock

Meanwhile, put all the bones and heads into a pot of water to make the fish stock.
Add Carrots, onion, salt and pepper for flavor.
Cook for 1 to 1 ½ hours.

Form the gefilte fish into palm size balls and drop into the broth.

Cook for 1 – 1 ½ hours.

Serve with a little broth and red horse radish.

Gefilte Fish (2)

(2) 322-4368

Subj: **Gefilte Fish Recipe**
Date: 10/13/2008 6:27:01 P.M. Pacific Daylight Time
From: mandmepstein@earthlink.net
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1 lb snapper
1 lb ling cod
1 lb carp

2+ lb true cod
2+ lb sole
2+ lb snapper

Gefilte Fish

- 4 lg. onions
- 3 lbs fish (red snapper, ling cod, black cod, halibut, sole, Carp. Bones and head of carp and other fish as available.)
- 2 to 3 carrots, slices
- 1 to 2 stalks celery
- 3 eggs (1 per pound of fish)
- 1/4 c. matzoh meal
- 1/2 to 1 c. ice water

salt and pepper and sugar to taste
Stock: Saute sliced onions. Put bones and 1/2 sauteed onions in pot add sliced carrots and celery, season to taste with salt, pepper and sugar. Simmer as for soup. 1-2 hours

Fish Mixture

Grind fish and sauteed onions and a few carrots.

In Mixer - ~~use~~ *not* food processor

Beat in small batches, onions fish, egg, matzoh meal, water and seasonings (salt, pepper and sugar to taste) until fluffy and mixed. Make small balls of fish and add to stock. Cook 1 hour covered and 30 minutes uncovered.
Enjoy and Good Luck

add salt, pepper + sugar while sauteing.

sea salt, about 1/4 cup sugar. Added a little more sugar to stock while cooking.

Dear Norene

Chinese Food

Hot and Sour Soup



The red color in this Hot and Sour Soup comes from the addition of hot chili oil.

Hot and sour soup is reputed to be good for colds. To increase the health benefits, feel free to add 2 or 3 teaspoons of finely chopped ginger.

For a vegetarian version of Hot and Sour Soup, leave out the pork.

Serves 4

Ingredients:

- 1 cake tofu (fresh, if possible)
- 2 ounces pork tenderloin
- Marinade:
 - 1 teaspoon soy sauce
 - 1/2 teaspoon sesame oil
 - 1 teaspoon tapioca starch (or cornstarch)
- Other:
 - 1/2 cup bamboo shoots
 - 2 tablespoons black fungus (Wood Ear) or Cloud Ear fungus (or 3 - 4 Chinese dried black mushrooms or fresh mushrooms)
 - 1 small handful dried lily buds
 - 6 cups water (or 6 cups water and 1 cup Campbell's chicken broth)*
 - 1 teaspoon salt, or to taste
 - 1 teaspoon granulated sugar
 - 2 tablespoons soy sauce
 - 2 tablespoons red rice vinegar, white rice vinegar, or red wine vinegar
 - 1 teaspoon sesame oil
 - 1 Tbsp cornstarch dissolved in 1/4 cup water
 - 1 egg, beaten
 - 1 green onion, finely chopped
 - White pepper to taste (no more than 1 tablespoon)
 - Hot chili oil, to taste, optional

Preparation:

Hot and Sour Soup Directions:

Shred pork. Mix marinade ingredients and marinate pork for 20 minutes.

Cut tofu into small squares. Cut bamboo shoots into thin strips and then into fine slices. To reconstitute the fungus, soak in warm water for 20 minutes. Rinse, and cut into thin pieces. (If substituting Chinese dried mushrooms, soak to soften, then cut off the stems and cut into thin strips. If using fresh mushrooms, wipe clean with a damp cloth and slice.)

To reconstitute the dried lily buds, soak in hot water for 20 minutes or until softened. Cut off the hard ends.

Bring the water to a boil. When it is boiling, add the bamboo shoots, fungus or mushrooms, and the lily buds. Stir. Add the tofu. Bring back to a boil and add the marinated pork. Stir in the salt, sugar, soy sauce and vinegar and sesame oil.

Test the broth and adjust the taste if desired. (If using chicken broth, you may want to add a bit more rice vinegar).

Mix the cornstarch and water. Slowly pour the cornstarch mixture into the soup, stirring while it is being added. Let the broth come back to a boil. As soon as it is boiling, remove the broth from the stove.

Slowly drop in the beaten egg, stirring in one direction at the same time. Add the green onion and the white pepper to taste. Drizzle with chili oil if desired. Serve hot.

(Hot and Sour Soup can be prepared ahead of time and frozen. When making the soup, leave out the tofu. When ready to serve, thaw, add the tofu and bring to boiling. When the soup is boiling, add the egg.)

*Adjust the ratio of water to chicken stock as desired.

Congee

Rice congee is a type of [rice porridge](#) that is eaten in many [Asian](#) countries. The word congee is possibly derived from the [Dravidian](#) word *kanji*.^[1] In some cultures, congee is eaten primarily as a breakfast food or late supper, while in others, it is eaten as a substitute for rice in other meals.

Congee can be made in a pot or in a [rice cooker](#). Some rice cookers even have a "congee" setting allowing the user to cook their breakfast congee overnight.



Makes 2 meal-sized portions, or 4 breakfast bowls

Ingredients:

3 tablespoons short or medium grain rice
1 litre/2 pints/4 cups water

Directions:

1. Put rice and water into a saucepan, bring quickly to the boil.
2. Stir, then reduce heat but allow rice to remain at a brisk simmer. Place lid on pan, leaving it slightly open so the congee doesn't bubble up and spill over. In 45 - 50 minutes the congee should be ready.
3. A popular addition is thin slices of fresh white fish, which are dropped into individual bowls just before the boiling congee is ladled in. Small bowls of sliced spring onions, fresh chillies and chopped fresh coriander are also offered.

Note: A quick way to make congee is to use leftover cooked white rice, add water or stock to cover and simmer about 15 minutes or until it is a gruel.

Salted Duck Eggs

Salted duck egg is a [Chinese](#) preserved food product made by soaking [duck eggs](#) in [brine](#), or packing each egg in damp salted [charcoal](#). In [Asian supermarkets](#), these eggs are sometimes sold covered in a thick layer of salted charcoal paste. The eggs may also be sold with the salted paste removed, wrapped in plastic, and vacuum packed. From the salt curing process, the salted duck eggs have a briny aroma, a very liquid egg white and a yolk that is bright orange-red in color, round, and firm in texture.

Salted duck eggs are normally boiled or steamed before being peeled and eaten as a condiment to [congee](#) or cooked with other foods as a flavorant. The egg white has a sharp, salty taste. The orange red yolk is rich, fatty, and less salty. The yolk is prized and is used in [Chinese mooncakes](#) to symbolize the [moon](#).

Despite its name, salted duck eggs can also be made from [chicken](#) eggs though the taste and texture will be somewhat different, and the egg yolk will be less rich.



Chinese method

Preparation is as follows:

1. Prepare 5 cups of water and 1½ cups sea or kosher salt.
2. Boil the water and dissolve the salt in it. Allow the brine to cool to room temperature.
3. Wash the duck eggs to remove any impurities and to ensure a clean shell. The salt is absorbed through the shell so any off-flavor may be imported from impurities on the shell.
4. Place 12 duck eggs in a jar or container that can be covered.
5. Cover the eggs with at least one inch of brine.
6. The eggs tend to float so fill a plastic bag (zip lock or other sealable bag) with brine and place on top of the eggs as a lid.
7. Rotate the position of the eggs every four days - move the eggs on top to the bottom. If you do not move the eggs, the eggs on top may take a full 20 days before they are ready.
8. After 15 to 20 days, the eggs will be ready. Follow any recipe for uncooked salted eggs

Fish Balls

FISH BALLS WITH CHINESE CABBAGE

2 c. white fish
1/4 c. chopped onion
4 tbsp. cornstarch
1 tsp. salt
1/8 tsp. black pepper
1 egg, beaten
Fish stock (directions follow)
2 c. Chinese cabbage
1/4 c. green onions
2 tbsp. fish sauce

Remove scales and all internal organs of fish and fillet it. Put the fish meat in a mixing bowl.

FISH STOCK:

Cut cabbage into 1-inch slices.

Prepare the fish stock by cooking the head and bones in 3 cups of water; strain and discard bones. Return stock to boiling.

Add the chopped onion to the fish meat. Add cornstarch, salt, pepper, and egg. Mix well and form into balls. Drop one by one into boiling fish stock. When done, add cabbage and green onions. Cook for 2 minutes more. Season with fish sauce. Serve hot.

FISH BALLS

3 tbsp. all-purpose flour
1 tsp. salt
1/8 tsp. paprika
3 tbsp. vegetable oil
1/2 c. milk
1/2 tsp. Worcestershire sauce
2 tsp. grated onion
2 c. cooked, flaked whitefish, i.e. frozen haddock
1 egg
Dry seasoned bread crumbs, fine

Mix 3 tablespoons flour, salt and paprika in a small saucepan. Stir in oil. Add milk; mix well with wire whisk. Cook over low heat, stirring constantly until thick and smooth. Remove from heat. Stir in Worcestershire sauce, onion and fish. Refrigerate until well chilled (about 1 hour). Add 1/2 cup to 1 cup of bread crumbs until mixture holds together well. Shape into balls. Beat egg with 2 tablespoons water. Dip fish balls into egg then roll in bread crumbs. Cook in deep fat at 350 degrees until well browned. Drain on paper towels. Skewer with toothpicks. Serve with cocktail sauce.

Turnip Cake (Law Bock Gow)

Makes one 8-inch cake, about 48 slices

This is the delicious savory cake served in dim sum houses throughout the year and, most auspiciously, on New Year's Day as a symbol of prosperity and rising fortunes. Turnip cake is made with Chinese turnip, *law bock*, which is a type of daikon radish. There is also a daikon radish called Japanese daikon radish, which is similar to the Chinese turnip in appearance. To make matters more confusing, *law bock*, translated into English, means *turnip*. Some produce vendors do not realize there is a distinction, but the Chinese turnip is more blemished looking than the Japanese daikon, which has a creamier white color. Although Chinese turnip is best for this recipe, whichever one you use, choose a firm heavy vegetable. The turnip should ideally be 8 to 12 inches long and about 4 inches wide.



Some people remove only the rind of the Chinese bacon and finely chop the whole piece, using all the fat. But I find this too rich, so I discard the layer of fat under the rind. In recipes that call for Chinese bacon to be sliced, all that is required is a sturdy cook's knife or cleaver. However, when the bacon needs to be finely chopped, as in this recipe, the bacon should be steamed first to make it easier. Make sure to use rice flour and not glutinous rice flour.

I've never met anyone who served the entire cake at once. During the first ten days of the New Year's celebration a few slices of all the different New Year's cakes are fried every morning for breakfast or when friends or family stop by. The cake will keep nicely in the refrigerator for ten days if wrapped in plastic wrap.

Ingredients

- 6 ounces Chinese bacon (*lop yok*), store bought or homemade
- 1 large Chinese white turnip, about 2 pounds
- 8 Chinese dried mushrooms
- 1/2 cup Chinese dried shrimp, about 1 1/4 ounces
- 2 teaspoons Shao Hsing rice cooking wine
- 1 teaspoon sugar
- 2 cups rice flour

Preparation

Cut the bacon into 3 equal pieces and place in a 9-inch shallow heatproof bowl. Bring water to a boil over high heat in a covered steamer large enough to fit the bowl *without touching the sides of the steamer*. Carefully place the bowl into steamer, cover, reduce heat to medium, and steam 15 to 20 minutes, or just until the bacon is softened and there are juices in the dish. Check the water level from time to time and replenish, if necessary, with boiling water. Carefully remove the dish from the steamer and set aside to cool.

Peel the turnip and grate to make about 4 1/2 cups. In a 3-quart saucepan, combine grated turnip and about 1 quart cold water, and bring to a boil over high heat. Reduce heat to low, cover, and simmer 30 minutes, or until very tender. Drain, reserving the cooking liquid.

Meanwhile, in a medium bowl, soak the mushrooms in 1/2 cup cold water 30 minutes, or until softened. Drain and squeeze dry, reserving the soaking liquid. Cut off and discard stems and mince the caps. In a small bowl, soak the dried shrimp in 1/2 cup cold water for 30 minutes, or until softened. Drain, reserving soaking liquid. Finely chop shrimp and set aside.

Remove the bacon from its dish and reserve the juices. Cut off and discard the rind and the thick layer of fat. Cut the remaining meat into paper-thin slices and then finely chop. In a 14-inch flat-bottomed wok or skillet, stir-fry the chopped bacon over medium heat for 2 to 3 minutes, or until meat releases fat and just begins to brown. Add the minced mushrooms and shrimp, and stir-fry 2 to 3 minutes. Add the rice wine, sugar, and pan juices from the bacon, and stir to combine. Remove from heat.

Return the cooked, drained turnip to the saucepan, add the bacon and mushroom mixture, and stir to combine. In a large bowl, combine the rice flour and the reserved mushroom and shrimp soaking liquids, stirring until smooth. Stir in 1 cup of the hot turnip broth. Pour this batter into the saucepan, add the salt, and stir until combined. The consistency will resemble that of rice pudding. Pour mixture into a heatproof 8-inch round, 3- to 4-inch-deep, straight-sided bowl, such as a soufflé dish.

Bring water to a boil over high heat in a covered steamer large enough to fit the dish *without touching the sides of the steamer*. Carefully place the dish into the steamer, cover, reduce heat to medium-low, and steam 1 hour, or just until cake is set and is firm to the touch. Check the water level and replenish, if necessary, with boiling water. Carefully remove the bowl from the steamer and allow to cool on a rack for about 1 hour. Cover and refrigerate at least 3 to 4 hours.

Run a knife along the edge of the cake to loosen sides. Place a cake rack over the bowl and invert to unmold. Flip the cake right-side up onto a cutting board. Wrap the cake in plastic and refrigerate until ready to use.

When ready to eat, cut cake into quarters. Cut each quarter crosswise, not into wedges, but into two 2-inch-wide strips. Cut each strip crosswise into scant 1/2-inch-thick slices. This is the typical way of slicing a cake Chinese style.

Heat a 14-inch flat-bottomed wok or skillet, over medium heat until hot but not smoking. Add just enough oil to barely coat the wok. Add the turnip cake slices in batches and cook 2 to 3 minutes per side, until golden brown. Serve immediately, with oyster sauce.

Pickled Cucumbers

Cut up the cucumbers into spears or whatever shape you like.

Remove the seeds

Put them in a colander and sprinkle them with salt.

After about a half an hour, squeeze them to get the excess water out.

Create a mixture of vinegar and sugar. Rice vinegar is best, but can use white vinegar.

Taste the mixture to see if you like it. Add more sugar or vinegar based on your own taste.

Put cucumbers in a jar, then add the vinegar/sugar mixture.

In about 2 hours they will be ready to eat.

Preserving

Pickled Fish

Notes: Pickling preserves fish for shorter periods than freezing, salting or canning.



While vinegar will slow or halt the growth of spoilage bacteria, gives flavor and softens bones it use as a preservatives somewhat limited because enzymes continue to act, softening and spoiling the pickled fish.

The percentage of acetic acid of the vinegar is very important. You need at least five percent acetic acid. The final pickling solution should contain at least 2.5 percent acetic acid, no less than one part vinegar for each part water. If the pickling solution tastes too strong, you might add more sugar or some herbs and spices rather than dilute it with water.

Pickled fish must be refrigerated. When properly preserved, they should keep for 4 to 6 weeks at 40 degrees Fahrenheit.

Basic Brining Procedure

1. Clean fish thoroughly and cut into serving size pieces.
2. Soak fish in weak brine made of 1 cup salt to each gallon cold water for 1 hour. Drain.
3. Make saturated brine with 4 cups salt to each gallon cold water. Soak fish in saturated brine for 12 hours in a refrigerator. Soak small fish like smelt for four hours.
4. Rinse fish in fresh water.

Dry salted fish are also suitable for pickling. Freshen salted fish for several hours in cold water in a refrigerator. Then follow the recipes for cooking and packing.

PICKLED FISH

Prepare fish as in the Basic Brining Procedure. Continue with the following directions.

- 10 lb. fish (brined and cut)
- 5 cups water
- 2 qt. distilled vinegar
- 1/2 lb. sliced onions
- 2 oz. mixed pickling spices
- Crushed red pepper (optional and to taste)
- 1 clove garlic, crushed (optional)
- 1 oz. white pepper (optional)

1. In large kettle, bring to a boil water, vinegar, onions and spices.
2. Add fish and simmer for 10 minutes or until fish is easily pierced with a fork.
3. Remove fish from liquid and spread in a single layer in a shallow pan. Refrigerate for rapid cooling.
4. Pack cold fish loosely in clean glass jars.
5. Add onion slices, lemon and bay leaves if desired.
6. Strain the vinegar solution, bring to a boil, and pour into jars to cover the fish.
7. Seal immediately.
8. Store in the refrigerator. Use within 6 weeks.

This recipe makes 6 to 8 quarts of pickled fish. It is suitable for all kinds of freshwater fish, especially carp, herring, smelt and mullet (sucker).

Pickled Northern Pike

Recipe Information

Rating: **5.83** with 40 votes [Rate This Recipe](#)

Prep Time:: over an hour

Cook Time: 15 to 30

Cooking Method: Boiled

Meal Type: Entree

Main Fish: Pike

Ingredients

- 4 1/2 pounds of pike fillets cut into bite-sized pieces
- 7 cups water
- 1 cup coarse salt
- 1 bottle white vinegar
- 2 1/2 cups sugar
- 1 cup white Silver Satin wine
- 1 onion
- thinly sliced

Directions

Fill gallon jar with 7 cups water and 1 cup coarse salt. Stir until dissolved. Add cut-up pike fillets to jar. Refrigerate 48 hours. Drain and empty jar and rinse well. Return fish to empty jar and cover with white vinegar. Refrigerate 24 hours. Remove fish from jar, but save vinegar. Boil 4 cups vinegar for 2 minutes. Remove from heat and add 2 1/2 cups sugar. Stir until dissolved and let cool. Add 1/4 cup pickling spices and 1 cup white Silver Satin wine. Layer fish in jar, alternating with thin slices of onion. Completely cover with liquid. Let stand in refrigerator for 3 weeks.

Alternative Cooking

Cheesy Vegetable Quiche with Cauliflower Crust

Prep time: 1 hour Cook time: 40 minutes Total time: 1 hour 40 minutes

Yield: 8 slices

A cheesy quiche loaded with veggies, baked in a low-carb, gluten free, and deliciously seasoned cauliflower crust.

Ingredients:



FOR THE CAULIFLOWER CRUST

1 medium head of cauliflower, stems removed
½ cup grated Parmesan cheese
1 large egg
½ teaspoon dried oregano
¼ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon freshly ground black pepper

FOR THE FILLING

half of one medium sized yellow onion, chopped (about ⅓ cup)
1 large bell pepper, chopped (I used orange)
1-10 ounce package of frozen chopped spinach, thawed and drained
2 cloves garlic, chopped
4 large eggs
2 large egg whites
1 cup milk (I used skim)
½ teaspoon salt
¼ teaspoon freshly ground black pepper
4 ounces (1 cup) shredded cheese
grated Parmesan cheese as needed (approximately 2 Tablespoons)

Instructions:

FOR THE CAULIFLOWER CRUST

Spray an 8" or 9" pie dish with non-stick spray and set aside. Cut cauliflower into pieces, removing as much stem as possible and keeping the florets. Rinse the florets in a strainer or collander.

Pulse florets in a food processor until they resemble corn meal. Place in microwave safe bowl and cook for 5 minutes.

When fully cooked, set aside and allow to cool for 10 minutes. After cauliflower is completely cooled, use a strong kitchen towel to wring out all of the moisture. Transfer dry cauliflower back to bowl.

Preheat oven to 450°F. In a small bowl, blend together Parmesan cheese, egg, and spices. Add to cooled cauliflower and mix together with your hands.

Transfer dough to pie dish, smoothing it out with your hands, making sure to spread it evenly to cover the bottom and the sides of the dish.

Bake for 15-20 minutes until edges are brown and overall crust starts browning. Allow to cool on wire rack while you prepare the rest of your quiche filling.

FOR THE FILLING

Preheat oven to 350°F. Blot or squeeze out as much moisture as you can from your thawed spinach. If you heated your spinach to thaw it, make sure it is cool enough to handle. Put dry spinach in a large bowl.

Spray a large skillet with non-stick spray and heat over medium-high heat. Add chopped onion, garlic, and pepper (and a pinch of salt and black pepper) and cook for 5-6 minutes, stirring frequently, or until tender. Spoon cooked vegetables into the same bowl with your spinach, stir to combine, and allow to cool.

In a medium bowl, preferably with a spout, whisk the eggs, egg whites, milk, salt, and pepper until thoroughly combined. Spoon spinach and vegetable mixture into cauliflower crust, top with shredded cheese, and pour the egg mixture evenly on top of cheese layer. Sprinkle with grated Parmesan cheese and freshly ground black pepper.

Bake for 40 minutes or until filling is set. Cool for 10 minutes on a wire rack before serving. Cover tightly and store in the refrigerator up to 4 days, or in the freezer up to 2 months.

Ketchup

Ingredients:

- 1 6 oz can organic tomato paste (make sure the can is BPA Free)
- ¼-½ cup apple cider vinegar (see Note)
- ½ teaspoon sea salt or Himalayan salt
- ½ teaspoon dried oregano
- ½ teaspoon cumin
- ⅛ teaspoon pepper
- 1 teaspoon mustard powder

Note: If you want less vinegar than the full ½ cup of apple cider vinegar, just add water to a total of ½ cup of liquid.

Method:

1. Combine all ingredients in a small bowl and mix well.
2. That's it!

This recipe will keep well in the fridge for a couple of weeks. Just store it in a sealed contain and you're good to go.



Breads

Paleo Irish Soda Bread

2 3/4 C almond meal flour
1/4 tsp sea salt
1 1/2 tsp baking soda
1 tsp caraway seed
2 eggs, organic
2 T honey or agave
2 T apple cider vinegar, or coconut vinegar

Preheat oven to 350 degrees.

Mix dry ingredients in med. bowl. Set aside.

Mix wet ingredients together in smaller bowl, and then mix wet with dry.

Place dough onto parchment paper laid atop on cookie sheet.

Form dough into 8" round, approx. 1 1/2 " high.

Score top with serrated knife forming a large X about a 1/2" deep.

Sprinkle with a little extra caraway seed if desired.

Bake at 350 for 20 minutes, then turn off oven and leave loaf in oven for another 10 minutes.

Remove from oven and cool for 30 minutes before slicing.

Crunchy Cornmeal Waffles

Ingredients:

1 3/4 cups buttermilk
2 eggs
5 tablespoons butter, melted and cooled OR 1/3 cup vegetable oil
1 1/2 cups King Arthur Unbleached All-Purpose Flour
1 cup yellow cornmeal
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2 tablespoons minced fresh chives; if using dry, use 3 tablespoons (optional)
2 to 3 teaspoons ground cumin (optional)
1 teaspoon ground chipotle pepper, or 1/4 teaspoon hot pepper sauce (optional)
3 tablespoons dried tomato or bell pepper flakes (optional)



Directions:

Waffles: In a medium-sized mixing bowl, whisk together the buttermilk, eggs and melted butter or oil. In a separate bowl, blend together the dry ingredients, then quickly and gently combine the wet and dry ingredients. Let the batter sit for 10 minutes, to allow the cornmeal to soften. Drop the batter by 1/3-cupfuls onto a hot waffle iron, and bake until the waffle iron stops steaming. *Yield: about ten 8-inch round waffles.* .

Raw Foods

Famous Onion Bread

Adapted from Rawvolution's Matt Amsden :

(9 servings)

Ingredients:

3 large yellow onions

$\frac{3}{4}$ cup raw sunflower seeds, ground in a hand grinder or food processor

$\frac{1}{2}$ cup Nama Shoyu (similar to soy sauce), or $\frac{1}{4}$ c. Bragg's liquid aminos and $\frac{1}{4}$ c. water

$\frac{1}{3}$ cup olive oil

$\frac{3}{4}$ cup flax seeds (golden makes a nice color), ground fine in a hand grinder

*add the flax seed last or it will be hard to spread, especially if you

double or triple the recipe as we often do for our 9-tray dehydrator

optional: $\frac{1}{2}$ avocado, 2 T. powdered kelp, lentil, pea or chickpea sprouts, or 1 T. each rosemary, sage and thyme or other fresh herbs.

Directions:

1. Peel and half the onions.
2. With a slicing side of a hand grater, cut the onions and transfer to a large mixing bowl. (If we triple the recipe, it has to be a HUGE bowl!)
3. Add the remaining ingredients and mix by hand until thoroughly combined.
4. Spread 2 cups of the mixture evenly on a dehydrator tray lined with a Teflex sheet. (If you have no dehydrator, you could spread onto parchment baking paper on a cookie sheet and bake at the lowest temp. possible in your oven – or find a way to make a solar dehydrator!) Repeat until all of the mixture is spread onto sheets.
5. Dehydrate at 100 degrees F for 24 hours, or until firm enough to flip.
6. Flip each tray onto a work surface (or another tray – easier) and gently peel off the Teflex sheet, leaving the bread with the uncooked side up on the tray. Return to dehydrator for another 12 hours, depending on your preference – this bread can be made soft enough for tortillas, medium firm for pizza crust or crisp enough for crackers. The tortillas must be refrigerated and used within the week, or frozen. The crackers keep for months when well dehydrated. For pieces of bread, cut each square into 9 equal pieces.

Deserts

Chocolate Crinkle Cookies

Ingredients:

- ½ c. Marzola Oil
- 4 oz. Melted unsweetened chocolate
- 2 c. Sugar
- 4 eggs
- 2 tsp. Vanilla
- ½ tsp. Salt
- 2 c. Flour
- 2 tsp. Baking Powder
- 1 c. Confectioners Sugar



Directions:

Mix oil, chocolate & sugar. Blend 1 egg at a time. Mix well. Add Vanilla. Stir in salt, flour, & baking powder. Chill several hours. Heat the oven to 350 degrees. Drop tsp. of dough into confectioners' sugar. Roll around and shape into a ball. Place about 2" apart on greased baking sheet. Bake 10 to 12 minutes.

I use a small ice cream scoop to get the dough ball. My cookies are larger than a tsp worth of dough. I like them chewy, not crunchy.

Makes approximately 50 small cookies or 30 large cookies.

Pizzelle's (Italian Cookie)



YIELD - Makes 30 pizzelle cookies

Ingredients:

- * 3 eggs
- * 1 3/4 c. flour
- * 1/2 tsp. anise seed or extract (optional see substitution ideas below)
- * 1/2 c. UNSALTED butter (1/4 lb.)
- * 2 tsp. baking powder
- * 3/4 c. sugar
- * 1 tsp. vanilla extract

Procedure

- * Beat eggs and sugar.
- * Add cooled melted butter and vanilla and anise.
- * Sift flour and baking powder and add to egg mixture.
- * Drop the stiff batter by spoon.
(Batter can be refrigerated and used at a later time)

Can I leave out the anise?

Yes! Even though I grew up with anise flavoring in many of [Italian dessert recipes](#) that my auntis and grandma served, I'm still not a fan myself. You can **leave it out** or substitute:

- almond extract
- vanilla extract
- lemon zest
- orange zest

There are a couple of ways to serve them:

- **dusted with powdered sugar**
(traditional)
- **with jam on top** (traditional)
- **with nutella** (pushing the traditional envelope - but kids LOVE this!)

Chocolate Pizzelles (Makes about 30)

- 2 cups flour
- 1 teaspoon baking powder
- 1/2 cup unsweetened cocoa powder
- 1/2 cup unsalted butter, melted and cooled
- 1 cup sugar
- 3 eggs, room temperature
- 1/2 cup milk
- 1/2 teaspoon vanilla

Sift the flour, baking powder, and cocoa together in a bowl.

In another bowl, whisk together the butter and sugar. Add the eggs, milk, and vanilla. Whisk until combined.

Add the flour mixture and blend until smooth.

Heat the pizzelle baker and follow the directions for How to Make a Pizzelle.

HOW TO MAKE A PIZZELLE (with an electric pizzelle baker)

Preheat baker according to manufacturer's directions. Place about 1 heaping tablespoon of the batter on each grid pattern.

You may want to use 2 spoons to place the batter on the grid, using the second spoon to push the batter off of the other spoon.

You will find that by placing the batter slightly behind the center of the pattern, your pizzelles will come out closer to a round shape.

This is because, as you close the baker, the batter squeezes forward slightly.

Close the baker and clamp the handles together. Baking will take 30-40 seconds, depending on how brown you like them and the consistency of the batter. Remove the pizzelles from the grid with a fork or spatula.

Place on a paper towel to cool.

If you wish to shape your pizzelles, do so by removing one from the grid and immediately shaping it while still warm.

The other pizzelle will remain warm and pliable until you are ready to remove it for shaping.

PIZZELLE (made with vegetable oil)

Makes 2-3 dozen depending on the size of the pizzelle maker

The vegetable oil will make them thin and crisp.

1 cup sugar
1/2 cup vegetable oil
3 eggs, room temperature
1/2 teaspoon salt
1 tablespoon grated orange zest
1-1/2 teaspoons extract (lemon, rum, almond, vanilla, or anise)
3-1/4 cups all-purpose flour

In a large bowl, beat together the sugar and oil. Add the eggs, salt, zest, and extract. Beat well. Gradually stir in the flour until the mixture is smooth. It will be very soft and sticky.

Heat the pizzelle maker according to the manufacturer's instructions.

Wet your hands.

Take a scoop of dough the size of a walnut and roll between your hands to form a ball.

Or you can use a spoon to place the dough on the pizzelle baker.

Place the dough on the pizzelle surface..

Close and clamp the lid and cook until golden brown, about 30 seconds.

Transfer pizzelles to paper towels to cool. Repeat with remaining dough.

Cannoli Filling

2 c. ricotta cheese

1/4 c. bitter sweet chocolate chips

1/2 c. confectioners' sugar

1/4 tsp. vanilla

Dash cinnamon

Pass ricotta cheese through strainer. Add remaining ingredients and hand mix gently. Chill until ready to stuff cannoli shells. (Fills 6 shells.)

Pear Cheese Cake

Crust

1/2 cup butter

1/2 cup sugar

1 teaspoon vanilla

3/4 cup flour

3/4 cup chopped walnuts (I chop these in my processor) Mix Butter and flour the pan 8x8 or 9x9 Pat in pan and bake at 350 for 10 to 12 minutes.

Recipe say to cool. If I have time I do let it cool.

Filling

8 oz cream cheese

1/2 cup sugar

2 eggs

1 teaspoon vanilla

Put in blender

Pour over crust.

Topping

1 can pears, drained - or 2 fresh pears.

Slice thin and lay on cheese

Sprinkle with 1 teaspoon cinnamon and 1 or 2 Tablespoons of sugar mixed

I usually use a large can of pears, but a small one will do too.

Bake at 350 - 25 to 35 minutes. You will have to check on this.

Serve warm or cool.

Rhubarb Crunch Cake

Crust

1 cup flour
5 T powdered sugar
1/2 cup butter
A pinch of cinnamon

Mix and pat in a 9x9 pan

Bake 12 to 15 minutes at 350 degrees

You don't have to let it cool before putting the filling in. But you can, if you want to fill it later.

Filling

2 beaten eggs
3/4 t baking powder
1 cup sugar
pinch salt
1/3 c flour
2 cups rhubarb - cut up
Pinch cinnamon

Mix put in crust and bake at 350 for 35 minutes

I shake the pan after 35 minutes and if it isn't jiggly in the middle - it is done.

Lemon Coconut Bars

A gluten-free & vegan take on tart & sweet lemon bars.

Crust

- 1 1/4 Cup Almond Meal
- 1/2 Cup Unsweetened Shredded Coconut
- Zest of 1/2 Lemon
- 2 Tablespoons Olive Oil
- 2 Tablespoons Maple Syrup
- 3 Tablespoons Olive Oil

Filling

- 6 ounces Dates, pitted
- 1/2 Cup Water
- 1/3 Cup Lemon Juice
- Zest of 1/2 Lemon
- 1/4 Cup Unsweetened Shredded Coconut
- 1 teaspoon Cornstarch

Preheat Oven to 350 degrees. Grease an 8" round cake pan.

Mix together the crust ingredients and stir until everything is moistened. Press into the bottom of the prepared cake pan. Bake for 15 minutes or until edges are golden.

While crust bakes make the filling. In a small saucepan, combine the dates and water, simmer until the dates are soft. In a blender, combine the lemon juice, lemon zest, dates, and water. Puree. Stir in the shredded coconut and cornstarch.

Pour the filling onto the hot crust and return the pan to the oven. Bake for 7 to 10 minutes until the filling is thick. Allow to cool on a wire rack before serving.



Apple Pie

Ingredients:

| | |
|-----------|---|
| 6-7 | Cups Sliced Apples (2 lbs juicy) |
| 2/3-3/4 | Cup Sugar (granulated or ½ and ½ with brown sugar) |
| ¼ t. | nutmeg |
| ½ t | cinnamon |
| 1/8 t | Salt |
| ½ t | Grated lemon rind |
| 1-2 boxes | Pie crusts (1 for large pie, 2 for mini apple pies) |



Directions:

Preheat oven to 425 degrees.

Peel apples and slice into chunks, not too small or they will get mushy.

Sprinkle 2 t. lemon juice or more if apple is flat. This prevents browning of apples.

Mix dry ingredients in a measuring cup.

Put ½ the apples in pie. Sprinkle with ½ the sugar mixture.

Add the 2nd half of the apples in pie.

Sprinkle with the remaining sugar mixture.

Cut 1 tbs butter over top of apples.

Sprinkle instant minute tapioca on top of apples. This prevents the pie from getting too runny.

After top crust is on, paint with milk and sprinkle sugar on top.

Put pie on baking sheet and cook for 40-50 minutes.

Take pie out and put on cooling rack so crust doesn't get soggy.

Crust

| | |
|-------------|---|
| 2 ¼ c | flour |
| 1 t | salt |
| ¾ c + 2 TBS | Shortening (not butter, margarine or oil) |
| 5-6 tbs | Cold water |

Mix all dry ingredients, sift.

Cut 2/3 shortening into flour until like cornmeal.

Sprinkle water, 1 Tbs at a time while tossing with fork. Continue till all stick together when pressed gently and form a dough that clings to fork.

Form pastry into smooth ball in hands. Roll out two if very warm. Chill 20 minutes.

Banana Bread

INGREDIENTS

- 3 or 4 ripe bananas, smashed
- 1/3 cup melted butter
- 1 cup sugar (can easily reduce to 3/4 cup)
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- Pinch of salt
- 1 1/2 cup of all-purpose flour



METHOD

No need for a mixer for this recipe. Preheat the oven to 350°F (175°C). With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl. Mix in the sugar, egg, and vanilla. Sprinkle the baking soda and salt over the mixture and mix in. Add the flour last, mix. Pour mixture into a buttered 4x8 inch loaf pan. Bake for 1 hour. Cool on a rack. Remove from pan and slice to serve.

EASY BANANA BREAD

- 3 old bananas
- 1/4 c. butter
- 1 c. sugar
- 2 eggs
- 1 1/2 c. flour
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. salt

- 1/2 c. walnuts, chopped (optional)

Mash bananas, then beat butter with sugar. Add eggs and flour, soda, powder and salt. Alternate with mashed bananas. Add nuts and put in greased loaf pan at 350 degrees for 55 to 60 minutes. Preparation time: 15 minutes. Serves: 6.

NEVER FAIL EASY BANANA BREAD

- 1 c. crushed bananas
- 1 c. sugar
- 2 eggs, beaten
- 1/2 tsp. baking powder
- 1/2 tsp. soda
- 1/2 tsp. vanilla
- 2 c. flour
- 3 tbsp. milk
- 1/2 c. melted butter
- 1/2 c. chopped pecans
- 1/2 tsp. salt

Mix all ingredients together, adding bananas, melted butter and pecans last. Put in greased loaf pan, which has been sprinkled with sugar. Bake at 350 degrees for one hour.

Date Bars

DATE BARS

4 C dates - chopped

1 C water

2 C quick oats

2 C flour

3 C brown sugar

1 1/4 C butter

1 t. baking powder

1t. baking soda

1 C nuts

combine and cook until spreadable. Then cool.

mix in processor until crumbly. Then press 2/3 in a 9x13 "pammed" pan.

Spread dates onto crust then sprinkle last 1/3 of crust on top and bake for 45 minutes.

@ 325 IN ~~CONV~~-CONVECTION oven

Easy Homemade Almond Roca

Ingredients:

- 1 lb [real butter](#)
- 2 cups [sugar](#)
- 2 tablespoons [light corn syrup](#)
- 6 tablespoons [water](#)
- 1 cup finely chopped [almonds](#)
- 1 (11 1/2 ounce) bag milk chocolate chips



Directions

1. Over Medium heat, melt butter in a large pot.
2. Add corn syrup, water and sugar to pot and cook until temp reaches 290 degrees OR until the mixture becomes the color of a brown paper bag (about 15-20 minutes) stirring constantly with a wooden spoon (mixture will rise and bubble quite a bit).
3. Remove from heat and Stir in 1/2 of the Almonds.
4. Turn mixture onto a greased cookie sheet WITH EDGES!
5. While the mixture is cooling, melt the chocolate over low flame until all the chips are gone, and chocolate is smooth.
6. Score the Almond butter mixture into the shape you desire (I just scored into rectangle shapes).
7. Pour the hot chocolate over the almond mixture and spread evenly.
8. Sprinkle with remaining almonds and allow candy to cool completely and chocolate to harden before breaking apart and serving.
9. Note: I let mine refrigerate over night after breaking them into squares, and they had a better texture this way, we thought.

Banana Ginger Fritters

A lightly sweet, fried treat to pick up the spirits.

- 2 Bananas, Mashed
- 2/3 Cup Rice Flour
- 1/2 teaspoon Baking Powder
- 1/2 teaspoon Ground Ginger

In a saucepan, heat about an inch of oil to 350 degrees.

Mix all the ingredients together thoroughly. It will be thick. Drop tablespoons full of the batter into the hot oil. Only do a few at a time. Turn the fritters when one side gets brown. Remove from oil and drain on paper towels. Serve warm.

You might want to serve with maple syrup or powdered sugar, but I do think they're sweet enough on their own.

Lemon Shortbread

LEMON SHORTBREAD

The secret to tender shortbread—a classic Scottish treat—is not overworking the dough.

MAKES 24 WEDGES

- 1½ cups all purpose flour
- ⅔ cup sugar
- ¼ cup cornstarch
- 2½ teaspoons grated lemon peel
- ½ teaspoon salt
- ¾ cup (1½ sticks) chilled unsalted butter, cut into ½-inch cubes

Preheat oven to 300°F. Blend first 5 ingredients in processor. Add butter; cut in using on/off turns until moist clumps form. Gather dough into ball; divide in half. Press 1 dough half onto bottom of each of two 8-inch-diameter cake pans. Pierce dough all over with fork.

Bake until cooked through and pale golden, about 40 minutes. Cool shortbread in pans on racks 5 minutes. Cut each warm shortbread in pan into 12 wedges. Cool completely. Using spatula, carefully transfer

to platter. (Can be made up to 4 days ahead. Store in airtight container at room temperature.)



Panna Cotta

Eight servings

I love this dessert and the great thing about Panna Cotta is that it demands to be made in advance. You can make them up to two days ahead and keep them well-covered and chilled.

- 4 cups (1l) heavy cream (or half-and-half)
 - 1/2 cup (100g) sugar
 - 2 teaspoons of vanilla extract, or 1 vanilla bean, split lengthwise
 - 2 packets powdered gelatin (about 4 1/2 teaspoons)
 - 6 tablespoons (90ml) cold water
1. Heat the heavy cream and sugar in a saucepan or microwave. Once the sugar is dissolved, remove from heat and stir in the vanilla extract. (If using a vanilla bean, scrape the seeds from the bean into the cream and add the bean pod. Cover, and let infuse for 30 minutes. Remove the bean then rewarm the mixture before continuing.)
 2. Lightly oil eight custard cups with a neutral-tasting oil.
 3. Sprinkle the gelatin over the cold water in a medium-sized bowl and let stand 5 to 10 minutes.
 4. Pour the very warm Panna Cotta mixture over the gelatin and stir until the gelatin is completely dissolved.
 5. Divide the Panna Cotta mixture into the prepared cups, then chill them until firm, which will take at least two hours but I let them stand at least four hours. (Judy told me American refrigerators are colder than European ones.) If you're pressed for time, pour the Panna Cotta mixture into wine goblets so you can serve them in the glasses, without unmolding.
 6. Run a sharp knife around the edge of each Panna Cotta and unmold each onto a serving plate, and garnish as desired.



Ingredients for Coconut Panna Cotta

For the panna cotta:

- 4 cups full fat coconut milk, divided (I prefer [Native Forest](#) or [Natural Value](#))
- 1 tablespoon [unflavored gelatin](#)
- 1/3 cup raw honey
- 2 teaspoons [vanilla extract](#)
- 1 cup seasonal berries

Instructions

Pour 1 cup coconut milk into a medium saucepan and sprinkle evenly with the gelatin. Let the milk sit for 5-10 minutes to allow the gelatin to soften.

Heat the milk and gelatin over medium heat, stirring constantly, until gelatin is dissolved and milk begins to steam. Stir the remaining coconut milk and honey into the warm milk and whisk until all the ingredients are dissolved. Remove the pan from the heat and stir in the vanilla. Let the mixture cool for 10 minutes.

Divide the coconut milk mixture evenly among 6 glasses or small bowls. Cover panna cottas tightly with plastic wrap, making sure the plastic wrap does not touch the cream's surface. Refrigerate for about 5 hours, until cold and set. When you are ready to serve, top with seasonal berries.

Healthy living

Chocolate panna cottas

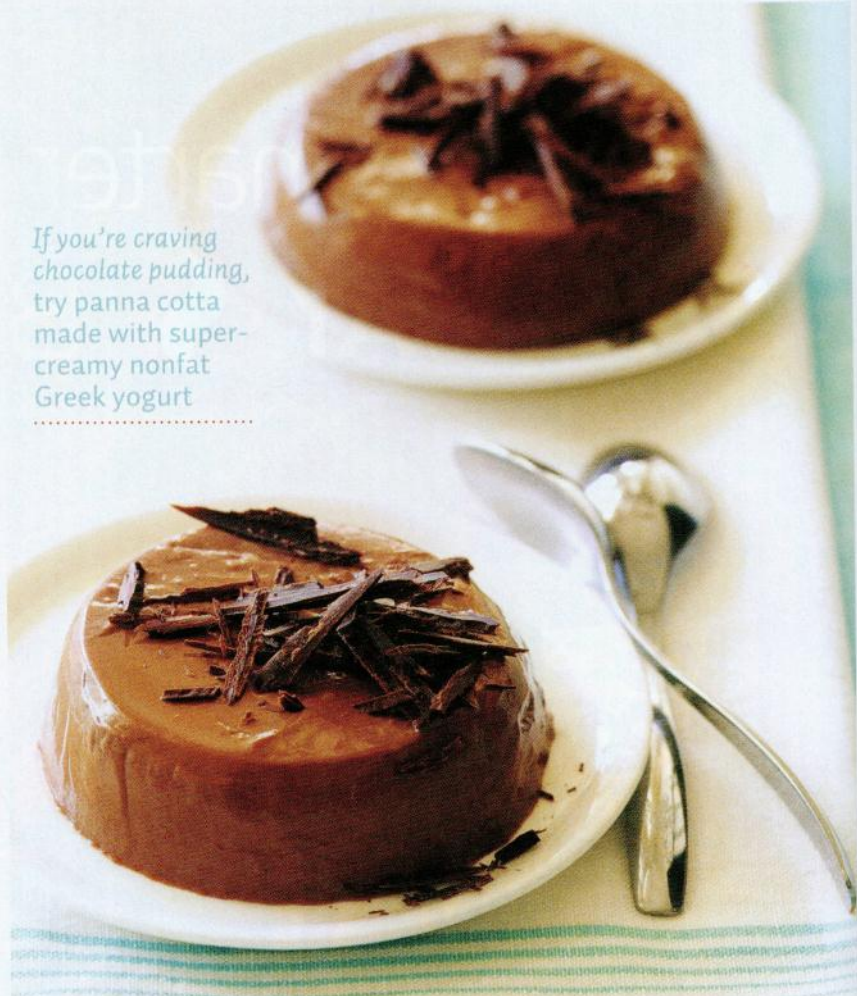
SERVES 8 TIME 35 minutes, plus at least 4½ hours to chill

Panna cotta means “cooked cream,” and true to its name, our classic vanilla version of this recipe weighed in with nearly 20 grams of fat per serving. “Very rich, so smaller portions are better,” noted one reader. This svelte chocolate variation has a grown-up tang and tastes indulgent—yet has only 4 grams of fat.

- 2 tsp. unflavored gelatin (1¼-oz. envelope)
- 2 cups low-fat (1%) milk, divided
- ¾ cup sugar
- 3 oz. semisweet chocolate, finely chopped
- ¼ cup unsweetened cocoa
- 1⅔ cups plain nonfat Greek yogurt
- 1 tsp. vanilla extract
- Chocolate shavings (optional)

1. In a small bowl, sprinkle gelatin over ½ cup milk. Let stand 1 minute, then stir and let stand about 10 more minutes for gelatin to soften.
2. In a medium saucepan, whisk remaining 1½ cups milk, the sugar, semisweet chocolate, and cocoa over medium-high heat until steaming, about 3 minutes. Add gelatin mixture and whisk gently until it dissolves, 2 to 3 minutes. Let cool 15 minutes.
3. In a large bowl, whisk yogurt with vanilla until smooth. Pour and stir chocolate mixture through a fine strainer into yogurt, then whisk mixtures together.
4. Oil 8 ramekins (⅔ cup size). Divide yogurt mixture among ramekins. Chill, covered, until set, 4½ hours and up to 2 days.
5. Run a small metal spatula between panna cottas and sides of ramekins to loosen. Immerse ramekins 1 at a time to just below rim in hot water until edges of dessert soften, 20 to 30 seconds; lift out and dry bottom of ramekin. Invert a small plate over each. Hold plate and ramekin together and give a firm shake to release panna cotta, easing it out gently with the spatula if needed.

If you're craving chocolate pudding, try panna cotta made with super-creamy nonfat Greek yogurt



6. Scatter chocolate shavings over desserts if you like.

PER SERVING 197 CAL., 19% (38 CAL.) FROM FAT; 11 G PROTEIN; 4.2 G FAT (2.5 G SAT.); 32 G CARBO (1.4 G FIBER); 58 MG SODIUM; 2.4 MG CHOL.

VARIATION

Blueberry cardamom panna cottas

SERVES 8 TIME 40 minutes, plus at least 4½ hours to chill

Almond and cardamom are two of our favorite flavors with blueberries. Follow directions for Chocolate Panna Cottas, but omit semisweet chocolate, cocoa, and chocolate shavings. In step 2, use only ½ cup sugar. In step 3, add ½ tsp. almond extract. Ten minutes before serving, rinse and drain 1½ cups blueberries. In a bowl, stir berries with 1 tbsp. sugar and ⅛ to ¼ tsp. ground cardamom. Stir occasionally until sugar dissolves; spoon over panna cottas.

PER SERVING 138 CAL., 5% (6.3 CAL.) FROM FAT; 10 G PROTEIN; 0.7 G FAT (0.4 G SAT.); 23 G CARBO (0.6 G FIBER); 58 MG SODIUM; 2.4 MG CHOL. ■

Dessert as health food?

When you make smart choices, dessert can actually be good for you

Load up on calcium Most of us don't get enough. Steer toward low-fat options like the milk and yogurt used in our panna cottas (at left). Or try our homemade frozen yogurt—get the recipe at sunset.com/frozenyogurt
Focus on fruit You can't go wrong in summer with so many delicious, good-for-you choices; berries, in particular, are loaded with antioxidants, fiber, and vitamin C.
Think protein Desserts made with eggs and dairy products—the recipes here, plus soufflés, custards, and puddings—satisfy your hunger even after their sweetness fades, reducing your desire to keep on eating.

Healthy living

If you're craving pie, bring on the fruit and try low-fat cake instead of a crust

Light, but luscious

You asked us for decadent-tasting yet low-fat desserts. Here are two creamy options. You won't miss what's missing

BY ELAINE JOHNSON | PHOTOGRAPHS BY ANNABELLE BREAKEY

Raspberry lemon pudding cakes

SERVES 6 TIME 50 minutes, plus 30 minutes to cool

"This light and tangy lemon dessert satisfies my longing for lemon pie," said reader Jeanette Hennings about her original version of this recipe. We added loads of berries for a more summery take. The tender berry cake rises to the top, and the creamy lemon cake sinks to the bottom.

2 large eggs, separated
½ cup granulated sugar
3 tbsp. flour
2 tbsp. melted butter
Finely shredded zest of 1 lemon
3 tbsp. fresh lemon juice
1 cup low-fat (1%) milk
¼ tsp. cream of tartar
2⅔ cups (12 oz.) raspberries, divided
Powdered sugar

1. Preheat oven to 350°. Set 6 ramekins (⅔ cup size) in a 9- by 13-in. baking pan.
 2. In a medium bowl, whisk together egg yolks and granulated sugar until thick and creamy. Whisk in flour, butter, lemon zest and juice, and milk until blended.
 3. In a deep bowl with a mixer on high speed, beat egg whites and cream of tartar until whites hold stiff, moist peaks when beater is lifted. Stir one-quarter of whites into yolk mixture until blended, then gently fold in remaining whites. Gently fold in half of raspberries.
 4. Spoon batter into ramekins. Pour enough hot tap water into baking pan to come 1 in. up sides of ramekins.
 5. Bake until cake layers are set and tops are golden, 30 to 35 minutes. Remove ramekins from water; let cool at least 30 minutes. Serve with more berries on top and a dusting of powdered sugar.
- Make ahead: Chill airtight up to 1 day; pudding layer will become more distinct.*

PER SERVING 189 CAL., 30% (57 CAL.) FROM FAT; 4.4 G PROTEIN; 6.3 G FAT (3.2 G SAT.); 30 G CARBO (2.9 G FIBER); 83 MG SODIUM; 82 MG CHOL. >94

Breakfast Foods

Banana Pancakes – 2 ingredients (gluten, grain and dairy free, no added sugar)

Basic Batter:

1 large banana, mashed (should be around 1/3 to 1/2 cup when mashed)

2 eggs

optional add ins:

1/8 tsp baking powder (see notes)

2 tbsp nut butter, pb2/peanut flour, almond flour or dessicated coconut

(see notes)

1/4 tsp ground cinnamon

1/4 cup blueberries/ raspberries/ chopped nuts

2 tbsp mini chocolate chips



Peel and mash the banana, stir in the egg. Mix in any non-chunky add ins that you want (e.g. nut flours or butters, baking powder...).

Heat a non stick skillet and lightly spray with oil. Turn the heat down to medium-low.

Pour a circle of batter into the pan (I used about 1 or 2 tbsp of batter per pancake).

Cook until golden brown on the underside (around 1 minute) sprinkle on any chunky ingredients (e.g. chocolate chips, fruit, nuts, if using), then use a metal spatula to flip and cook until golden brown on the other side (30 seconds to 1 minute).

Notes

- the basis of the pancake is extremely simple, just roughly **1 egg per 3 or 4 tbsp of mashed banana**, but I like to add a few things to it to make it more awesome:

- **I really recommend adding the baking powder**; it makes them fluffier, but if you enjoy a denser pancake leave it out

- I've made them with 2 tbsp peanut flour (aka pb2) and they're SO AMAZING, and even more filling – even if you don't like peanut butter, you can't actually taste it that much.

- Add flavour extract, spices and things like chopped nuts, chocolate chips fruit etc... for a personalised flavour

- Yep, that **whole stack of pancakes** was the whole recipe (using a slightly heaped 1/3 cup of mashed banana)

- You can use **frozen bananas** for this, just let them defrost and then peel and use as per usual in the recipe.

- To make a smoother batter, blend the ingredients in a food processor, blender or with a stick blender

NON-FOOD RECIPES

DIY Laundry Detergent

Homemade Laundry Soap (recipe from Jennifer)

This recipe makes 5 gallons of concentrate which equals 10 gallons of ready-to-use laundry detergent.

1 five gallon bucket

a long handled spoon

an empty (used) laundry detergent container (or juice or vinegar container, clean)

hot tap water

1 Fels-Naptha Laundry Soap Bar

1 cup washing soda

1/2 cup borax

Grate the laundry soap bar (I used my cheese grater) and add it to a medium sauce pot along with 4 cups of water. Heat over medium high heat while stirring occasionally until the soap has melted completely. While it's melting, fill your five gallon bucket half full with hot tap water. Once the bar soap has melted, add it to the bucket along with the baking soda and borax. Stir it well until everything has dissolved. Add hot tap water to fill the bucket and stir again. Cover tightly with the lid and let sit overnight to thicken. Stir well (it will gel and separate a bit). You just made concentrate.

When you're ready to use it, stir the detergent well, then fill your empty detergent container half full with the concentrate. Fill the rest of the container with water. Shake before each use. Use 1/4 cup per load for a front loading machine and 5/8 cup per load for a top loading machine.

Skunk Recipe – Deodorize

- 1 (16 ounce) bottle hydrogen peroxide
- 1/4 cup [baking soda](#) (up to)
- 1 dash shampoo or 1 dash liquid dish soap (Dawn)

Directions:

Mix and apply!