

Home Recipes

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General Recipes

Biscuits

- 2 cups all-purpose flour
- 2 Tablespoons white sugar
- 1 Tablespoon baking **powder**
- 1 teaspoon salt
- ½ cup (1 stick) butter, softened
- ¾ cup of milk
- 1 egg

Set the oven to 400°F. Mix the dry ingredients. Mix in the butter, cutting up the lumps that form. Mix in the milk and egg, and add more milk or flour if needed. Flour a clean surface and your hands.

Repeat the following two steps a few times:

- Flatten the dough out.
- Fold it over on itself.

Flatten the dough out and cut out rounds with a small cup or slice into squares with a knife. Put them on an ungreased baking sheet. Bake at 400°F for 15 minutes.

Notes:

- Makes about 16 biscuits.
- The amount of milk needed seems to vary. Add enough to make the dough stick together.
- Adding an egg makes the biscuits more cake-like and joins the layers back together somewhat.
- Based on a recipe by Paula Deen, y'all.

Chicken and Vegetable Stir-fry

Chicken

- 1 pound of uncooked chicken, cut bite sized
- ¼ teaspoon baking **soda** (optional)
- About 1 Tablespoon of water
- ¼ teaspoon **salt**

Noodles

- water for boiling the noodles
- 4 servings of uncooked spaghetti noodles
- 1 Tablespoon vegetable oil

Vegetable

- about 2 Tablespoons vegetable oil
- 16 ounces of a frozen vegetable such as broccoli, cauliflower, or green beans

Sauce

- 1 Tablespoon corn starch
- 2 Tablespoons soy sauce
- 1 cup chicken broth or water
- ½ teaspoon sesame seed oil (optional)
- 1 Tablespoon sugar
- 1 Tablespoon vinegar
- dash of red / cayenne pepper

Aromatics

- 2 green onions, chopped
- 2 teaspoons minced garlic
- ½ teaspoon powdered ginger root or about a Tablespoon grated ginger root

Mix the chicken ingredients except for the salt and refrigerate them until needed later.

Boil water for the spaghetti. Lower the heat to medium high. Add the noodles. Stir until the water is cloudy. Stir occasionally to keep from sticking, and drain when cooked. Add a Tablespoon of vegetable oil to the noodles and mix to coat them.

Heat a cast iron skillet on medium heat. Add the chicken pieces in a single layer. Stir occasionally until they are no longer pink and they are slightly browned. Add about ¼ teaspoon salt and stir. Taste it and add salt as needed. Remove the chicken.

For the sauce, mix the cornstarch and soy sauce in a bowl to avoid lumps, then mix in the chicken stock or water.

Put the heat on medium high. Add 2 Tablespoons of oil and frozen vegetables to the skillet. Stir to coat the vegetables with oil. Keep stirring every so often. When they are cooked, remove them from the pot.

Reduce the heat to medium. Add the aromatic vegetables to the skillet with a little more oil if needed, and stir until mostly cooked.

Stir the sauce to remix the cornstarch, then pour it into the skillet with the aromatic vegetables. Scrape any bits off the bottom of the skillet into the sauce. Stir occasionally until the sauce is thick, then turn the heat off. Mix in the noodles to coat them with the sauce, then mix in the vegetables and chicken.

Notes:

- Putting salt on the chicken makes it taste *much* better. Adding the salt later keeps the chicken softer.
- The baking soda tenderizes the chicken.
- Frozen vegetables are used for convenience.
- ½ teaspoon of *Better Than Bullion* dissolved in 1 cup of boiling water can be used instead of chicken broth.

- The zest and juice of a half lemon and sugar to taste can be added to the sauce for a variation.
- Leftover chicken works OK too. Just warm it instead of cooking it.

Chicken Soup from Scratch

- 3 onions
- 5 celery stalks
- 1 bell pepper
- 2 Tablespoons minced garlic
- 2 Tablespoons shredded ginger root
- About 5 pounds cut up chicken pieces: not bite sized
- about 2 Tablespoons vegetable oil
- 6 Tablespoons white flour
- 6 Tablespoons butter
- 6 Tablespoons soy sauce
- 16 cups water
- 2 cups uncooked rice*
- salt
- black pepper
- basil
- rosemary

Broth

Salt the chicken pieces. Brown the outside of the chicken in a skillet. Put the chicken in a large pot with 16 cups of water. Cut the following into large pieces and add to the pot: one onion, two celery stalks, and a bell pepper. (Don't add finely chopped or grated vegetables.) Heat the pot on medium heat, so the chicken doesn't overcook. Skim off any foam or fat that rises to the top.

When the chicken is cooked (at least an hour), discard the vegetables that are in the pot, since they have given up their flavor to the broth. Remove any fat and skin from the chicken, cut into bite sized pieces, then put back in the pot.

Rice

Start cooking the rice by the package directions.

Vegetables

Chop and stir-fry the remaining vegetables (2 onions, 3 celery, garlic, and ginger root) with vegetable oil in a skillet, until the water is cooked out, but the vegetables are still crisp. Put these vegetables in the pot.

Roux

Lower the heat on the skillet to medium. Melt the butter in it. Mix the flour with the butter until absorbed. Keep mixing until it turns light brown. Add a cup of broth, mix, and let it thicken. Put the roux into the pot and mix.

Finish up

Add the soy sauce. Add spices so it smells and tastes good. Serve the soup over the cooked rice. Refrigerate or freeze the leftovers. It will taste better after it has been refrigerated and reheated.

Notes:

- 6 cups of uncooked rice is needed for all of the soup.
- Chicken thighs are more convenient than chicken drumsticks, since the bones are smaller. Chicken breasts are good too.
- Use whatever vegetables you have. Vegetables past their prime can be used for the broth.
- The rice and roux can be substituted with mashed potatoes for a potato soup.
- Based on a chicken stew recipe from the Season 15 episode "Comfort Food Revisited" of *America's Test Kitchen* on American Public Television.
- And based on "Bulgarian Chicken Soup" in *Incredibly Delicious Cookbook Bundle: Easy Soup, Salad and Casserole Recipes from the Mediterranean Region*

(Healthy Cookbook Series 20) by Vasela Tabakova.

Chicken-Broccoli Divan

- 1 pound frozen broccoli
- 1 pound cooked chicken
- 1 can Campbell's broccoli cheese soup
- ½ cup milk
- ½ cup shredded cheese
- about 4 slices worth of bread crumbs
- 4 Tablespoons melted butter

Stir fry the broccoli. Spread it in a baking dish. Top with the chicken.

Mix the soup and milk. Pour it over the chicken. Sprinkle the cheese over it. Mix the bread crumbs with the butter. Sprinkle them over the top.

Bake at 350°F until bubbly, about 20 minutes

Note:

Based on a recipe from a Campbell's soup can.

Cornbread

(like Jiffy® corn muffin mix)

- 1 ½ cup cornmeal
- 1 ½ cup all-purpose flour
- 1 ½ cup white sugar
- 1 ½ Tablespoons baking **powder**
- 1 pinch salt
- 3 eggs
- 1 ½ cup milk
- ¾ cup vegetable oil

Set the oven to 350°F.

Mix the dry ingredients well. Mix in the wet ingredients. Put 24 cupcake liners in 2 cupcake pans or spray nonstick spray into a 9x12" baking dish.

Pour about ¼ cup of batter into each liner in 2 cupcake pans, or pour the batter into a 9x12" baking dish.

Bake in cupcake pans for 25 minutes. Or bake in a baking dish for 35 minutes.

Note:

Just 1 Tablespoon of baking powder resulted in batter that took longer to cook and was thicker.

Egg Rolls

Total time: 1.5 hours

- 1 pound of raw chicken
- ½ head of cabbage (about 3 cups after shredding)
- 2 carrots (about 1 cup after shredding)
- 2 green onions
- 1 Tablespoon ginger root
- 2 teaspoons minced garlic
- 2 Tablespoons soy sauce
- 1 teaspoon vinegar
- 20 egg roll wraps (6 inches square)
- 1 cup vegetable oil for frying
- salt

Shred the cabbage and carrots. Stir-fry them with vegetable oil on medium-high heat until they soften. Add salt as needed. Put them in a large bowl.

Chop the green onions, shred the ginger. Stir-fry the green onions, ginger, and garlic on medium heat. Add salt as needed. Add them to the large bowl.

Add the soy sauce and vinegar to the large bowl. Mix the ingredients in the large bowl.

Cut the chicken into small bite-sized strips. Salt the chicken and cook on medium heat. Put the cooked chicken into the large bowl. Mix the ingredients in the large bowl. Taste the mixture and add salt or soy sauce if needed.

Lay an egg roll wrap flat like a diamond. Put a Tablespoon of the mixture in the bottom center of an egg roll wrapper. Wrap the bottom corner up over the mixture and tuck it under, starting

the roll. Roll the wrap tightly up until it gets up to the middle. Fold the left and right sides towards the center over the mixture hump. The wrap should look like an open envelope now. Wet the top corner of the wrapper with a little water and tightly roll the part holding the mixture up onto the top flap to seal it off. Fold the rest egg rolls.

Heat the oil in a saucepan on medium heat. When the oil is hot, about 315°F, fry the egg rolls in the oil until the wraps are golden brown, about one minute on each side. Drain them over paper towels with the rolls tilted up.

Notes:

- Based on a recipe in a package of Nasoya egg roll wraps.
- Shrimp or pork could be used instead of chicken.
- Chopped kimchi can replace some of the cabbage.

Eggs: Creamed

- 3 boiled eggs
- 1 Tablespoon butter
- 1 Tablespoon all-purpose flour
- ½ cup milk
- ¼ teaspoon salt

Peel the boiled eggs, then cut them up.

Add the butter and flour to a saucepan. Heat on medium and stir until smooth. Keep stirring until it turns foamy. While stirring, slowly add the milk. Keep heating the white sauce until it boils and thickens.

Mix in the cut eggs and salt. Remove from the heat.

Note:

Based on the recipe "Buttery Eggs" in *What's for Brunch?* by BookSomo Press.

Eggs: Hard Boiled

- eggs
- water to boil
- cold tap water for peeling the eggs

Put the eggs in a pot. Cover them with water. Bring the water to a boil.

Turn off the heat and let it sit on the stove for 12 minutes.

Drain most of the hot water. Add add cold tap water to the eggs, and let them sit until the water is warm. Drain the water and add cold tap water. Let them sit until they are cool enough to hold. Peel them.

Notes:

- Since the heat is turned off halfway through, it's harder to overcook the eggs.
- Based on a recipe by Martha Stewart

Eggs in Nests

- 1 Tablespoon butter
- 2 slices of bread
- 2 eggs
- Salt
- Pepper

Heat a skillet on medium heat. Melt and spread the butter in the skillet.

Cut out a hole from the middle of the bread slices with a small cup or cookie cutter. Put the bread slices and cut-out pieces in the skillet. Slide the bread around the skillet to butter both sides of the bread.

Crack an egg into the hole of each bread slice. (The bread keeps the egg in place.) Put two shakes of salt and a shake of pepper on each egg.

After about 2 minutes, flip the bread and eggs over. Cook on the other side for about 2 more minutes.

Eggs: Scrambled

For each egg you want to cook have:

- 1 egg
- 1 pat of butter
- 1 teaspoon of milk
- 2 shakes of salt

Heat a skillet on medium heat. (If water drops quickly sizzle on the pan, it's too hot and the eggs would be rubbery.)

Put a pat of butter in the pan for each egg you will cook.

Crack the eggs into a bowl. Add about a teaspoon of milk for each egg. Add about two shakes of salt for each egg. Scramble the egg mixture with a fork. Pour the mixture into the pan.

Drag a silicone bowl scraper through the mixture to pile up the cooked eggs. Continue until it's mostly cooked. Turn the stove off.

Flip the eggs over until it's all cooked.

French Toast

- 4 pats of butter, divided
- 6 eggs
- 3 Tablespoons white sugar
- 4 Tablespoons milk
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 8 slices of bread

Start heating a skillet on medium heat. Put 2 pats of butter in it. Scramble the eggs, sugar, milk, cinnamon, and vanilla extract. Dip both sides of a slice of bread in the egg mixture. Put the slice into the skillet. Prepare 3 more and add to the skillet. Cook both sides of the bread in the skillet, then remove. Add two more pats of butter, and prepare and cook the remaining 4 slices.

Grilled Cheese Sandwich

- 2 slices of bread
- 1 slice of American cheese
- about 4 pats of butter

Heat a skillet on medium heat. Melt 2 pats of butter in it. Put two slices of bread on top of the butter. Move them around so the bottoms are covered with butter. Cook until the bottoms are toasted, then flip one of the bread slices over, and place a slice of cheese on the toasted side. Cover the cheese with the other slice, toasted side down.

Melt a pat of butter in the skillet and put the sandwich on top of it. Carefully move the sandwich around to coat the bottom with butter. Melt another pat of butter in the skillet, and flip the sandwich over onto it, so the unbuttered side gets buttered. Move the sandwich around until it's toasted on both sides.

Pancakes: Thick and Fluffy

- 2 cups milk
- 1 Tablespoon vinegar
- 2 cups all-purpose flour
- 2 Tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 egg
- 3 Tablespoons butter, melted
- 1 teaspoon vegetable oil

Mix the milk and vinegar in a bowl. In a separate bowl, mix the dry ingredients. Mix the egg and butter into the milk bowl. Pour the wet ingredients into the dry ingredients and gently mix until just combined. (Over mixing toughens the pancakes.) Heat a skillet on medium low. Add the vegetable oil to it, then wipe most of it out with a paper towel. Pour ⅓ cup of the batter into the skillet for each pancake. Cook for 2 minutes on each side. Wipe the oily paper towel in the skillet to coat it with oil for the next pancake.

Notes:

- Based on “Pancakes and Bacon” in *100 Recipes* by the editors at America’s Test Kitchen.

Pancakes: Whole Wheat Cinnamon

- 1 ½ cups whole wheat flour
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 4 Tablespoons white sugar
- 1 teaspoon ground cinnamon
- 2 cups milk
- 2 eggs
- 3 Tablespoons oil

Preheat a cast iron skillet on medium heat. Mix the dry ingredients in a large bowl. Mix the wet ingredients in with the dry ingredients.

Pour about ½ cup of batter into the skillet. Cook for about 1 minute (the pancake should have bubbles on the top), then flip it over, and cook for another minute.

Note:

Makes about (10) 6-inch pancakes.

Pizza: Home Oven

Dough

- 1 cup warm water
- 1 packet or 2 teaspoons active dry yeast (Fleischmann's brand is good)
- 2 Tablespoons sugar
- 1 Tablespoon vegetable oil
- 2 teaspoons salt
- 1 Tablespoon vinegar (optional)
- 2 cups bread flour or all-purpose flour

Non-Stick Coating

- 1 Tablespoon flour
- 1 teaspoon cornmeal (optional)

Sauce

- 1 teaspoon olive oil or vegetable oil or melted butter
- $\frac{1}{4}$ teaspoon ground oregano
or $\frac{1}{2}$ teaspoon dried oregano leaves
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon paprika (optional)
- dash of cayenne paper (optional)
- 6 ounce can of tomato paste (Cento brand is good)
- 10 ounces water
- $\frac{1}{2}$ teaspoon sugar (to taste)
- $\frac{1}{2}$ teaspoon salt (to taste)

Toppings

- 1 Tablespoon Parmesan cheese
- 1 cup mozzarella cheese, shredded
- some pepperoni slices (optional)

- ¼ cup chopped vegetables like bell pepper, olives or mushrooms (optional)
- ¼ cup cooked meat (optional)

In a medium bowl, mix the warm water, yeast, sugar, and oil. Let it sit for a few minutes to give the yeast a head start. It should get foamy.

Mix in the salt and vinegar. Add the flour to the bowl.

For a deep dish pizza, mix until the flour is all mixed in. For a thinner crust, mix or knead for a few minutes so the dough is tough and elastic. (An electric hand mixer helps).

Cover the bowl loosely. Put it in a warm place to rise for at least 20 minutes, but 4 hours tastes better.

Sprinkle the cornmeal evenly in the pan.

To keep the dough from sticking, put a little flour on your hands and on the outside of the dough. Shape the dough into a ball, adding a little more flour to the outside of the dough if it's sticky. Flatten the dough out on the pizza pan.

Mix the sauce ingredients. Taste it and add salt or sugar as needed. Spread about ½ cup of the sauce thinly on top of the dough. Divide the rest of the sauce in ½ cup portions, put in bags, seal closed, and freeze.

Add a thin layer Parmesan cheese, mozzarella cheese, and toppings.

Slide an oven rack into the lowest slot and another into the middle slot. Put the pan on the lowest rack. Set the oven to 450°F. Cook, turning the pan occasionally, until the bottom of the dough is browned (lift it with a spatula to check): about 13 minutes.

If the top of the pizza has not started to brown, put the pan on the middle rack of the oven. Cook until the cheese starts to brown, checking often, about 2 minutes.

Let cool for 5 minutes, then cut.

Notes:

- Inspired by the YouTube videos:
 - “Cast Iron Pan Pizza” by Adam Ragusea:
<https://youtu.be/uYxB4QBlrx4>
 - “How to Make Great Homemade Pizza in One Hour” by America’s Test Kitchen:
<https://youtu.be/aQ-k1YMx3Ik>
 - "DELIVERY STYLE PIZZA (Most Nostalgic Pizza I've Ever Made)" by Brian Lagerstrom:
<https://youtu.be/OOeCLN9VHGY>
- The sugar in the dough helps it brown.
- The vinegar in the dough makes it tougher and crispier.
- If the dough will rise for just 20 minutes, 3 teaspoons of yeast can be used.
- Yogurt can be used in place of some of the water.
- If the dough rises 20 minutes, the crust tastes more like bread. If it rises longer, it tastes more like pizza crust.
- The dough can rise in the refrigerator overnight, but it should warm to room temperature for 2 hours before baking.
- Using vegetable oil on the pizza pan to keep the dough from sticking will probably cause the oil to smoke while cooking, making an unpleasant smell on the pizza.

Red Beans and Rice

- (1) 27 ounce can Blue Runner brand Red Beans
- 2 cups cooked rice
- 14 ounce sausage

Slice the sausage into bite-sized pieces. Cook them in a skillet on medium heat until lightly browned. Lower the heat, add the beans to the skillet, and warm them. Serve the sausage and beans over the rice.

Rice

- 2 cups uncooked white rice
- 2 + 1 $\frac{3}{4}$ cups water
- 2 Tablespoons butter
- 1 teaspoon salt

Combine the ingredients in a saucepan that has a cover. Bring to a boil. Turn the heat to low and cover the saucepan. Simmer until all the water is absorbed: about 15 minutes.

Makes 8 servings.

Note:

The amount of water needed depends on how much escapes as steam from the saucepan. At least as much water as rice is needed: 2 cups rice, 2 cups water.

Spaghetti

- water to boil (enough to cover the spaghetti noodles)
- 1 pound of ground turkey
- ¼ teaspoon salt
- 4 servings of spaghetti noodles
- (1) 24 ounce can of pasta sauce
- 1 Tablespoon vegetable oil

Add the water to a pot. Cover it and heat it on high until boiling. Then uncover it, add the spaghetti noodles, lower the heat to medium high, and stir occasionally to keep them from sticking together. When the spaghetti noodles are cooked, turn off the heat, drain them, and mix in a tablespoon of vegetable oil.

Add the ground turkey and salt to a different pot and cook the turkey, breaking it up into small pieces. When the ground turkey is cooked, drain the fat and brown the meat until it sticks to the pot. Add water to just cover the bottom of the pot, and scrape the browned bits off.

Add the pasta sauce. Simmer it. Mix in the noodles.

Taco Soup

- 1 pound ground turkey
- 15 ounce can whole kernel corn
- 15 ounce can black beans
- 15 ounce can chili beans
- 10 ounce can Ro-Tel
- 8 ounce can tomato sauce
- 10 ounce can cream of mushroom soup
- 1 packet taco seasoning

Toppings

- Fritos corn chips
- Sour cream
- Shredded cheese

Brown the ground meat in a large pot. Pour out any grease. Add the contents of the cans. Add the taco seasoning and stir. Add a few cans of water if needed. Heat the soup. Serve with the toppings you like.

Note:

Ground beef can be used instead of ground turkey.

Turkey Burger Patties

Makes (12) ¼ pound patties.

- 3 pounds ground turkey (85% lean 15% fat)
- 2 eggs
- 1 slice of bread
- 1 onion
- 3 celery hearts
- 3 Tablespoons vegetable oil
- ¼ teaspoon baking soda
- 2 teaspoons salt
- ½ teaspoon basil
- a shake of oregano

Prepare the ingredients and put them into a big bowl:

- ground turkey
- Crack open the eggs
- Tear up the bread slice into crumbs
- Chop the onion and celery
- Mix the baking soda and spices with the oil

Mix well.

Heat a seasoned cast iron skillet on medium high, and put a little oil in it.

Spoon the patties onto a cookie sheet, making each patty ½ cup, and forming 12 patties. Put 4 patties in the cast iron skillet for 5 minutes. Don't move them until the time is up, then flip the patties over. Grill on the other side for 5 minutes.

Remove the cooked patties from the skillet.

Grill the rest of the patties the same way.

Serve on hamburger buns with your favorite condiments.

Notes:

- The cooked patties may be frozen for later.
- Finely textured ground turkey is not recommended.
- Based on a recipe included with a George Foreman Grill.

Dessert Recipes

Banana Bread

Total time: 1 hour

- 2 ¼ cups all-purpose flour
- 1 ½ cup white sugar
- ¾ teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon ground cinnamon
- 1 teaspoon cocoa powder (optional)
- ¼ teaspoon salt
- 4 yellow bananas with brown spots, fresh or frozen (about 2 ¼ cups mashed)
- 3 eggs
- ½ cup vegetable oil
- ½ cup water
- 1 teaspoon vanilla extract

Set the oven to 375°F.

Mix the dry ingredients in a big bowl.

If using frozen peeled bananas, thaw them in the microwave on high power for 2 minutes.

Peel and mash fresh bananas, or mash thawed bananas. Add them to the mix. Add the eggs, oil, water, and vanilla extract.

Mix everything.

Pour into a greased and floured 11x8 inch baking dish or into cupcake liners in cupcake pans, ¾ filled, less than ¼ cup each.

Bake until a fork stuck in the middle comes out clean: if using a baking dish, about 40 minutes, if using cupcake pans, about 20 minutes.

Let cool for 15 minutes.

Notes:

- Makes an 11x7 inch baking dish about 2 inches high or about 24 muffins.
- Instead of throwing away yellow bananas with brown spots, peel them, put them in a zippered plastic bag, and freeze them until you are ready to make banana bread.
- The baking soda makes it turn darker and be softer.
- After baking, the banana bread can be frozen.
- Based on [a Yammie's Noshery recipe](http://www.yammiesnoshery.com/2013/10/the-best-banana-bread-muffins-ever.html?m=1).
<http://www.yammiesnoshery.com/2013/10/the-best-banana-bread-muffins-ever.html?m=1>

Carrot Cake

- 1 ½ cups white sugar
- 1 cup vegetable oil
- 3 eggs
- 2 cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 pound of carrots, shredded (about 2 ½ cups)

Set the oven to 350°F. Grease and flour an 11x7 inch baking dish.

In a large bowl, mix the sugar, oil, water, and eggs until smooth. Add the flour, baking soda, baking powder, cinnamon, vanilla, and salt. Mix.

Mix in the shredded carrots.

Pour the batter into the baking dish. Bake for 40 to 45 minutes: until a fork stuck in the middle comes out clean. Cool for 20 minutes. The cake will darken as it cools.

Notes:

- Based on a [Betty Crocker recipe](http://www.bettycrocker.com/recipes/carrot-cake/).
<http://www.bettycrocker.com/recipes/carrot-cake/>
- The carrots have acid to react with the baking soda and make the cake rise.
- Mixing the flour and carrots with an electric mixer can be messy.
- Too much baking soda will turn the carrots green.

Muffins: Blueberry

Total time: 1 hour

Dry ingredients

- 2 cups all-purpose flour
- $\frac{3}{4}$ teaspoon salt
- 1 Tablespoon baking powder
- $\frac{1}{2}$ teaspoon baking soda

Wet ingredients

- $1\frac{1}{2}$ cup white sugar
- 2 eggs
- $1\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup vegetable oil
- grated zest from a lemon
- $\frac{1}{4}$ teaspoon vanilla extract

Blueberries

- $1\frac{1}{2}$ cups blueberries (frozen or fresh)

Set the oven to 375°F. Mix the dry ingredients in a medium bowl. In a separate large bowl, mix the wet ingredients. Mix in half of the dry ingredients into the wet ingredients. Mix the blueberries in the rest of the dry ingredients and fold them into the wet ingredients. Pour into cupcake liners in cupcake pans. Bake at 375°F for about 25 minutes.

Note:

- Based on a recipe by Chef John from foodwishes.com: <https://foodwishes.blogspot.com/2010/01/too-many-blueberry-muffins.html?m=1>.
- Makes about 24 muffins.

- The original recipe had 3 cups of flour.

Shortbread

- ½ cup (1 stick) butter, softened
- ⅓ cup powdered sugar
- ½ teaspoon vanilla extract
- 1 ¼ cups all purpose flour

Set the oven to 350°F. Mix the ingredients. Form the dough into 1 Tablespoon balls. Press them into a cookie sheet. Bake for 15 minutes.

Note:

- Based on a recipe from [Tablespoon.com](https://www.tablespoon.com/recipes/easy-shortbread-cookies/).
<https://www.tablespoon.com/recipes/easy-shortbread-cookies/>
- Try just 1 cup of flour.

Sugar Cookies

- ½ cup (1 stick) butter, softened
- ¾ cup sugar
- 1 egg
- ½ teaspoon vanilla extract
- 1 ½ cups all purpose flour

Set the oven to 400°F. Cream the butter and sugar together. Mix in the egg and vanilla extract. Mix in the flour a little at a time. Flour a surface and then roll the dough out to ¼ inch thick. Cut out cookies with cookie cutters. Put them on an ungreased cookie sheet. Bake until the bottoms are lightly browned: about 10 minutes. If the edges are browned, it's overcooked.

Notes:

- Makes about 18 large cookies.
- Based on a recipe on a Wilton 101 Cookie Cutter set box.

Sweet Potato Pie

- 2 sweet potatoes (1 pound raw, 1 cup cooked)
- 9 inch deep dish pie shell
- ¼ cup + 1 cup light brown sugar
- ½ teaspoon salt
- 4 Tablespoons butter
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup sour cream
- 5 eggs
- 1 teaspoon vanilla extract

Stab the sweet potatoes with a fork in several places.

Microwave them 15-20 minutes. Stab them again with a fork to verify the insides are soft. Slice them in half the long way, and let them cool.

Spread ¼ cup light brown sugar in the bottom of the pie shell. Scoop the best meat of the sweet potatoes out into a measuring cup. Put 1 cup of it into a big bowl. Add a cup of light brown sugar. Add ½ teaspoon salt. Mix with an electric mixer or food processor to break down the potatoes.

Set the oven to 350°F.

In a separate bowl put 4 Tablespoons unsalted butter, ½ teaspoons cinnamon, and ¼ teaspoons nutmeg. Microwave 15-30 seconds. Add to the big bowl.

Add 1 cup sour cream, 5 eggs, 1 teaspoon vanilla extract. Mix. Pour the filling into the pie shell.

Put into the 350°F oven for 35 to 40 minutes. The edges of the pie filling should be set, but the center should still jiggle a little bit. (If it's set in the middle, it will probably crack as it cools.)

Take out and let rest for 2 hours.

Serve with whipped cream.

Note:

Based on a recipe from the episode "Break Out the Bourbon" of *Cook's Country* on American Public Television.

Whipped Cream

- ½ cup heavy cream / whipping cream
- 3 Tablespoons white sugar
- only 1 drop vanilla extract

Put the sugar, cream, and vanilla in a large bowl. Whip the mixture with a whisk until it forms stiff peaks.

Experimental Recipes

These recipes are imperfect.

Banana Bread (Whole Wheat)

- 1 ¼ cups whole wheat flour
- 1 cup white sugar
- ½ teaspoon baking soda
- ¾ teaspoon baking powder
- ¼ teaspoon ground cinnamon
- 1 teaspoon cocoa powder (optional)
- ¼ teaspoon salt
- 3 yellow bananas with brown spots (about 1 ½ cups mashed)
- 3 eggs
- 5 Tablespoons vegetable oil
- ½ teaspoon vanilla extract
- 3 Tablespoons water

Mix the dry ingredients in a big bowl. Peel and mash the bananas. Add them to the mix. Add the eggs, oil, vanilla extract, and water. Mix everything. Pour into a greased and floured 11x7 inch baking dish or into cupcake liners in cupcake pans, filled halfway. Set the oven to 300°F. Let the batter sit for 10 minutes for the flour to absorb the liquid.

Bake until a fork stuck in the middle comes out clean: if using a baking dish, about 45 minutes, if using cupcakes, about 27 minutes.

Let cool for 15 minutes.

Notes:

- Makes an 11x7 inch baking dish about 1 inch high or about 16 muffins.
- Instead of throwing away yellow bananas with brown spots, peel them, put them in a zippered plastic bag, and

freeze them until you are ready to make banana bread. Then thaw them in the microwave for about 2 minutes on high power, and use them in the recipe.

- The baking soda makes it turn a darker color when cooking.
- After baking, the banana bread can be frozen.
- Based on [a Yammie's Noshery recipe](http://www.yammiesnoshery.com/2013/10/the-best-banana-bread-muffins-ever.html?m=1).

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Buttermilk Pie / Lemon Pie

- Pie crust, 9 inches

Filling

- 1½ cups white sugar
- ½ cup (1 stick) unsalted butter, softened
- 3 Tablespoons all-purpose flour
- ¼ teaspoon salt
- 3 eggs
- 1 teaspoon vanilla extract
- ⅛ teaspoon ground nutmeg
- zest from one lemon
- juice from one lemon
- 1 cup buttermilk

Set the oven to 350°F.

Cream the butter and sugar.

Cream in the flour and salt.

Mix in the remaining filling ingredients.

Pour the filling into the pie crust, and bake for 45 to 55 minutes or until the filling is golden and set.

Notes:

- Based on Chef John's recipe and video from <https://foodwishes.blogspot.com/2017/10/buttermilk-pie-best-pie-youve-never.html?m=1>
- A substitute for buttermilk is ¼ cup of yogurt and ¾ cup milk.

Chicken *Sous Vide*

- about a pound of raw chicken
- salt
- a freezer bag for the chicken
- water to heat the chicken in

Fill a large pot most of the way with water. (The chicken will need to be covered by the water.)

Salt the chicken. Put it in the freezer bag, and seal it most of the way. With the opening at the top, slowly put the bag in the water, letting the water push out excess air from the bag. Seal the bag.

Heat the pot on medium high until the water is 170°F: small bubbles start to rise. Reduce the heat to medium low to keep the temperature near 170°F. Cook for four hours, checking the temperature and turning the bag over periodically. Verify the chicken is over 165°F.

Notes:

- *Sous vide* is French for “under vacuum”, though this recipe does not vacuum seal the bag.
- The chicken is very tender when done because of the lower temperature cooking.

Chicken: Sweet and Sour

- 20 ounce can of pineapple chunks in juice
- ¼ cup apple cider vinegar
- ½ cup sugar
- ¼ teaspoon ground ginger
- ¼ cup water
- 2 Tablespoons low-sodium soy sauce
- 1 Tablespoon corn starch
- 1 cup diced green bell pepper
- ½ cup diced onion
- 12 ounce fully-cooked breaded chicken nuggets

Drain the pineapple juice into a sauce pan. Set it to medium-low heat. Keep the pineapple for later.

Add the vinegar, sugar, ground ginger, and water. Continue stirring until sugar has dissolved.

In a small bowl, mix the soy sauce and corn starch to dissolve it. Add to the sauce pan and stir it together.

Add the diced bell pepper, onion, pineapple, and nuggets.

Continue cooking, stirring occasionally, until the sauce has thickened, about 10 minutes.

Notes

Based on "Sweet & Sour Chick-fil-A® Nuggets" by St.

Vinnys® Bistro in San Antonio, Texas

<https://extrahelpings.com/sweet-and-sour-chick-fil-a-nuggets/>

The original recipe has too much vinegar.

Cookies: Blondies

- 1 stick of butter
- 1 cup flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract

Set oven to 350°F. Heat the butter in a saucepan on medium heat until it foams and browns. Remove from the stove to cool. Mix the brown sugar in the butter. In a separate bowl, mix the flour, baking powder, and salt. In the butter saucepan, mix in the egg and vanilla extract. Gently mix in the butter mixture into the dry ingredients. Dump into a baking pan and spread it out evenly. Bake until a toothpick comes out clean: about 20 minutes. Let cool for 15 minutes, then cut.

Note:

- Based on a *Serious Eats* recipe: <https://www.serious-eats.com/recipes/2013/07/brown-butter-blondies-recipe.html>
- Chocolate chips can be added if the butter mixture is cooled first.

Cookies: Chocolate Chip

- 2 ¼ cup flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter
- ¾ cup sugar
- ¾ cup brown sugar, packed
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups milk chocolate chips

Set the oven to 375°F.

Cream the butter, sugar, and brown sugar. Mix in the eggs. Mix the flour, baking soda, and salt, then add them slowly to the butter mixture. Mix in the chocolate chips. Scoop out teaspoonfuls of mix onto a cookie sheet. Bake until slightly browned: about 8 minutes. Let them cool.

Note:

Based on a recipe from [Hersey's](#).

<https://www.hersheyland.com/recipes/hersheys-classic-milk-chocolate-chip-cookies.html>

Cookies: Peanut Butter Chocolate Chip

- 1 cup brown sugar
- 1 cup peanut butter
- 1 large egg
- 1 teaspoon baking soda
- 1/2 cup chocolate chips

Set the oven to 350°F. Mix all the ingredients together. Divide into 12 scoops. Place them on parchment paper on a baking sheet. Bake for 15 minutes. Put in freezer for 5 minutes.

Note:

A recipe by Abbie. Based on a recipe by the TikTok user tiffanynorthup.

Custard

- 2 Tablespoons sugar
- 1 teaspoon cornstarch
- 1 egg
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ teaspoon vanilla extract

In a small microwave safe bowl, mix the sugar and cornstarch. Add the egg and mix until smooth. Add the milk and vanilla extract and mix.

Put the bowl in a larger microwave-safe container and fill the larger container with water up to the level of the custard mixture.

Microwave on medium power in 3 minute intervals and mix afterwards. Repeat until the mixture starts to thicken.

Refrigerate the small bowl until cooled: about 20 minutes.

Note The water bath slows down the heating.

Donuts

- 1 cup all-purpose flour
- $\frac{1}{3}$ cup white sugar
- $\frac{1}{2}$ Tablespoon baking powder
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup butter (melted)
- about $\frac{1}{4}$ cup of milk
- 1 egg
- $\frac{1}{4}$ teaspoon vanilla extract
- about 1 cup vegetable oil for frying

Mix the dry ingredients. Mix in the butter, cutting up the lumps that form. Mix in the milk, egg, and vanilla extract. Add more milk or flour if needed to make the dough stick together but not be sticky.

Flour a clean surface and your hands. Knead the dough together on the surface. Flatten it out into a sheet. Cut out small chunks. Heat the vegetable oil in a saucepan on medium heat. Fry the donuts for about a 1 minute on each side.

Notes:

- Traditionally, donuts are made with yeast instead of baking powder.
- Donuts are fried biscuits.

Easy Ice Cream

- 2 cups (or 1 pint) heavy cream / whipping cream
- ½ cup white sugar
- ¼ teaspoon vanilla extract
- ½ cup milk

Put the sugar, cream, and vanilla in a large bowl. Whip the mixture with a whisk until it forms stiff peaks. Add the milk. Whisk again until it forms stiff peaks. Freeze it.

Note:

Ice cream traditionally has egg yolks in it.

Egg Drop Soup

- 2 cups chicken stock
- 2 eggs
- 1 Tablespoon corn starch
- ½ teaspoon powdered ginger root
- 2 green onions, chopped

Start heating the stock to a boil in a saucepan. Mix the corn starch with 2 tablespoons of stock until it is smooth. Mix the corn starch mixture into the chicken stock. When the stock thickens, lower the heat to simmer. Scramble the eggs. Stir the stock and slowly pour in the scrambled eggs. Stir in the ginger and chopped green onion. Serve.

Note:

To make stock: simmer leftover chicken bones in water for about an hour

Or

Dissolve two teaspoons of Better than Bullion in two cups of hot water.

Eggs: Scrambled, Microwaved

- About 1 teaspoon vegetable oil
- 1 egg
- 2 Tablespoons milk
- 3 dashes of salt
- A slice of cheese
- 2 slices of toast

Coat a microwave-safe bowl with vegetable oil. Crack an egg into it. Add the milk and salt. Beat it with a fork to make tiny air bubbles. Microwave on high for 30 seconds, then stir. Do that three times total or until cooked.

Put the egg and cheese on the toast.

Notes:

- The shortening should keep the egg from sticking to the bowl, so it can be cleaned easier.
- The milk slows down the cooking of the egg.

Flan

Caramel

- 1 cup sugar
- 2 Tablespoons water

Custard

- 4 eggs
- 12 ounce can sweetened condensed milk
- 12 ounce can evaporated milk
- 1 Tablespoon vanilla extract
- ¼ teaspoon salt

Get a 9 inch circular cake pan. Get a larger baking dish that will hold the cake pan inside. Fill the larger baking dish with enough water to go halfway up the outside of cake pan when it's put inside.

In a saucepan, add the sugar and water. Do not stir. Heat it on medium heat until light brown. Remove from the heat and gently swirl the caramel by tilting the saucepan. Return to the heat until brown enough. Turn off the heat.

Pour the caramel into the cake pan. Tilt the cake pan to get caramel onto the sides of it.

In a large bowl, beat the eggs. Mix in the rest of the ingredients. Pour the egg mixture into the cake pan.

Put the larger baking dish with the water in it into the oven. Put the cake pan into the larger baking dish. Set the oven to 300°F. Bake until it's just slightly jiggly in the center: about an hour. Remove from the oven. Let cool to room temperature. Flip the baking dish into a large plate to serve.

Note:

Based on YouTube channel Chef Zee Cooks video [“How To Make Flan”](#)

<https://youtu.be/oCq8l3vt0M4>

French Toast: Baked

- 3 large eggs
- 2 teaspoons brown sugar
- 1 Tablespoon vanilla extract
- 2 Tablespoons salted butter, melted
- 1 cup milk
- 8 slices of bread

Start heating the oven to 425°F. Oil a 18 x 13 inch rimmed baking sheet. Mix the ingredients except for the bread. Pour the mixture into the baking sheet. Lay the slices of bread in the sheet the mixture. Turn the slices over to soak the other side. Put the baking sheet in the 425°F oven on the bottom rack until the bottoms are browned: 10-15 minutes. Put the baking sheet on the top oven rack and switch the oven to broil. Broil until the tops are browned: 1-4 minutes.

Note:

Based on the YouTube video “How to Make the Best (and Easiest) French Toast” by America’s Test Kitchen.

Fried Rice

- 2 Tablespoons vegetable oil
- 1 onion, chopped
- 1 egg
- 2 cups cooked rice, partly dried
- 2 Tablespoons soy sauce
- 1 teaspoon sesame oil

Put about 1 Tablespoon of vegetable oil in a large skillet. Heat it on medium heat until the oil is hot. Scramble the egg, add salt, put it in the skillet. Stir occasionally until mostly cooked. Remove from the skillet.

Add about 1 Tablespoon of oil to the skillet. Add the rice and onion to the skillet. Stir them to coat them in oil. Stir fry them until the rice starts to get toasted.

Make an opening in the rice in the middle of the skillet and pour the soy sauce and sesame oil in the space. Let the oil cook a bit, then stir into the rice.

Stir in the egg.

Mac and Cheese

- 1 cup dry macaroni noodles
- 2 cups milk
- 3 Tablespoons butter
- 1 teaspoon salt
- 4 ounces sharp cheddar cheese, shredded

Add the noodles, milk, butter, and salt to a sauce pan, and simmer. Stir occasionally to break up the noodles.

When the noodles are soft enough, turn the heat to low. Add the cheese, and stir to melt it.

Turn off the heat. Cover the pot. Let it rest for 3 minutes to thicken.

Notes:

Based on the YouTube video “*Instant*” *Mac & Cheese - One-Pan, No-Bake Mac & Cheese - Food Wishes* by Chef John.

<https://youtu.be/6c4t3bkGeDY>

Otherwise known as the video where Chef John says “You are after all the Janis Joplin of your mac 'n cheese toppin”.

Mozzarella Cheese: Homemade

- 2 cups milk
- ¼ teaspoon citric acid powder
- 2 teaspoons salt

Heat the milk until it's hot, but not boiling: microwave on 50% power for about 3 minutes.

Stir in the citric acid. The milk should soon separate into white curds and mostly clear whey.

Drain off the whey, kneed the curds together, and salt them.

Heat the curds in the microwave until they melt together.

Refrigerate until needed.

Notes:

Makes about ½ cup of homemade mozzarella cheese.

Mozzarella cheese is traditionally made with water, buffalo milk, citric acid, and rennet.

The leftover whey can be used instead of water when making pizza dough.

Muffins: Chocolate Chip

Dry

- 2 cups all-purpose flour
- 1½ cup sugar
- 1 Tablespoon baking powder
- ½ teaspoon salt

Wet

- 1½ cups milk
- 1 egg (2?)
- ½ cup vegetable oil
- 1 teaspoon vanilla extract

Chips

- ½ cup of chocolate chips

Set the oven to 350°F. Put cup cake liners into cup cake pans. Mix the dry ingredients, except for the chocolate chips. Mix the wet ingredients into the dry ingredients and gently mix until just combined to avoid tough muffins.

Pour the batter into cup cake cups filling about half way. Mix in the chocolate chips now to keep them from sinking. Bake until a toothpick inserted in the middle of a muffin comes out clean, about 20 minutes.

Notes:

- Makes about 24 muffins.

Pizza: Quick

Dry

- 2 cups flour
- 1 Tablespoon baking **powder**
- 2 Tablespoons sugar
- 2 teaspoons salt

Wet

- $\frac{3}{4}$ cup Greek yogurt or plain yogurt
- $\frac{1}{4}$ cup water
- 1 Tablespoon vegetable oil

Nonstick coating

- Cornmeal
- flour

Sauce

- See "Pizza: Home Oven", or use canned pizza sauce.

Toppings

- 1 Tablespoon parmesan cheese
- 1 cup mozzarella cheese
- chopped bell pepper
- chopped onion

Mix the dry ingredients, then mix in the wet ingredients until smooth. An electric hand mixer with dough hooks helps.

Sprinkle cornmeal on the pizza pan. Cover the outside of the dough and your hands with flour. Form the dough into a ball. Press the dough out into a flat disk on top of the cornmeal on the pizza pan.

Spread on about 1/2 cup of pizza sauce. Sprinkle on Parmesan cheese and mozzarella cheese. Sprinkle on the vegetable toppings.

Bake at 425°F for about 15 minutes.

Waffles

- 2 cups all-purpose flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups milk
- 1 egg
- 3 Tablespoons butter, melted
- 2 teaspoons vanilla extract
- 3 Tablespoons vegetable oil

Oil the cooking surfaces of the waffle maker. Start heating it. In a bowl, mix the dry ingredients. Add the milk, egg, butter, vanilla, and oil. Gently mix until just combined. (Over mixing would toughen the waffles.) Pour some batter into the waffle maker for each waffle. Cook for about 2 minutes 30 seconds.

Notes:

- Inspired by “Pancakes and Bacon” in *100 Recipes* by the editors at America’s Test Kitchen.
- The waffles can be refrigerated and then toasted in a toaster to reheat.
- The recipe should probably be halved.

Craft Recipe

Don't eat these.

Salt Dough Ornaments

- 1 cup water
- ¼ cup salt
- 1 cup + ½ cup all purpose flour
- plastic drinking straw
- cookie sheet
- cookie cutters
- small paint brushes
- acrylic paints
- acrylic sealer or Mod Podge
- permanent marker
- ornament hooks or string

Mix the water, salt, and just 1 cup of the flour in a microwave-safe bowl. Heat it in the microwave until it turns gooey: about a minute. Stir the wet dough together. Mix in flour until it's no longer sticky. Flour a clean surface and your hands with the remaining flour and knead the dough together into a smooth ball.

Flatten the dough out to ¼ inches thick. Cut out shapes with cookie cutters. Poke out a hole for hanging each ornament using the straw.

Bake at 200°F until the ornaments are stiff, about 6 hours, flipping the ornaments over every hour.

Paint the ornaments with acrylic paints. Write the year on the back with a permanent marker.

Go outside and spray two coats of acrylic sealer on them. Let them dry 24 hours.

Or

Paint the back and sides with Mod Podge, then paint the front

and sides with Mod Podge.

Put hooks or loops of string through the ornament holes for hanging.

Notes:

- If the dough is thicker than $\frac{1}{4}$ inch, the ornaments will take longer to harden and will be more likely to develop bubbles inside.
- Heating at temperatures higher than 200°F increases the chance of bubbles inside.
- If using Mod Podge for sealing, store the ornaments in individual sandwich bags to keep them from sticking together.
- Heating flour and water makes water roux.

Web Site

<https://home-recipes.info>