

Bread

From: Edna Staebler's *Food That Really Schmecks*

- Put **1 cup of lukewarm water** into a warm large bowl.
- In the water, dissolve **1 teaspoon of white sugar**.
- Over the water, sprinkle **2 packets of yeast**.
- Let it stand for about 10 minutes. The yeast will rise to the surface. Stir until the yeast is dissolved into the water.
- Into the yeast mixture, stir **2 cups of lukewarm water, ½ cup (or less) of white sugar, 3 or 4 teaspoons of salt, ½ cup of oil**.
- Stir in, one cup at a time **4 ½ cups each of white wheat flour and whole wheat flour**.
- Mix until it is very stiff. You may need to add another **½ cup of water** to work in the last of the flour. Mix until the dough hangs together and is easy to handle but floppy and a little moist.
- Flour the board or counter top where you will be kneading the dough.
- Scrape the dough onto it. Sprinkle a little flour on top. You might use a whole cupful of flour while you knead. Knead for several minutes (or as long as you want – you can't knead it too much!). When you are finished kneading, the dough should feel smooth and elastic, with a few sticky spots.
- Plop the dough back into the bowl. Sprinkle a little flour on top. Loosely cover the bowl with a tea towel (or clean cloth that you do not mind getting a little doughy). Next, cover it with a piece of plastic wrap. Finally, put a warm bath towel on top of the plastic wrap and place the bowl where there are no draughts.
- Let the dough rise for about 2 hours. It should double its size, and puff up smoothly over the top of the bowl.
- Punch the dough down with your hands to get rid of the air bubbles. Divide the dough into 4 parts. Take one part at a time, cover with flour and shape it into a loaf. Put each part into its own loaf pan.
- Cover the loaf pans the same way you covered the dough bowl. Let the dough rise again until it is smooth and round over the tops of the pans, about an hour or a little more.
- Bake in a 400°F degree oven for about 20 minutes. When the loaves are brown, top and bottom, take them from the oven and remove them at once from the pans to a rack. Let them cool.



This is also a great recipe for making buns. Just shape buns instead of loaves and use a greased cookie sheet. Cooking time may be a little less.

Macaroni and Cheese

- 1 ½ cups of white pasta**
- 1 ½ cups of whole wheat pasta**
- 3 tablespoons margarine**
- ½ teaspoon garlic – puree**
- 3 tablespoons white flour**
- 2 ½ cups old cheddar cheese, grated**
- 1 ½ cups milk**



- In a large pot, bring to boil about 4 cups of water. Cook the pasta for 7 minutes or until it is tender. Drain and rinse.
- Cheese Sauce: Combine the margarine and garlic in a large, heavy frying pan. Melt on the stovetop, over medium heat. Add the flour, stirring the mixture until the flour is mixed in with the margarine. Keep the pan on low heat. Slowly add the milk and keep stirring. Add the grated cheese. Take from the stove when the cheese has melted and the mixture has thickened.
- Keep in mind that cheeses contain different amounts of salt, so taste the sauce before adding salt.
- Add the cheese sauce to the cooked macaroni and serve.

Parmesan, Oil and Vinegar Salad Dressing

- ¼ cup olive oil**
- 2 tablespoons sugar**
- 1 teaspoon oregano**
- ½ teaspoon garlic salt**
- 2 to 3 tablespoons parmesan cheese**

Combine all ingredients in a jar and shake well. Refrigerate. Makes a delicious light dressing.



Tea Biscuits

- 1 ½ cups white wheat flour**
- 1 ½ cups whole wheat flour**
- ½ cup margarine**
- ¾ cup buttermilk**
- 2 tablespoons sugar – white or brown**
- ½ teaspoon salt**
- 1 ½ teaspoons baking soda**



In a large bowl combine the baking powder and salt. Cut in the margarine until the mixture is crumbly. Stir in enough buttermilk to hold everything together. Drop the dough on a floured board. Knead it a little. Roll it about 1 inch thick. Use the top of a small juice glass to cut into rounds. Bake in the oven at 450°F. Bake for 12 minutes.

Legume Soup

- 4 ½ cups water**
- 1 cup dried legumes and rice.**
 - Mixture of: green split peas, yellow split peas, red split peas, green lentils, black turtle beans, rice**
- 1 onion**
- ½ teaspoon minced garlic**
- ¼ teaspoon thyme**
- 4 cups vegetable stock**



Boil the water in a large pot. Add the legumes and rice. Peel an onion, cut it in half and add it to the pot. Add the garlic and thyme. Turn the burner to low heat and let the soup simmer for about 45 minutes or until the legumes are soft. Add water if the soup thickens before it is cooked. Remove the onion pieces. Finally, add the broth. Salt and pepper to taste.

Hummus

1 19-oz can of chick peas

2 garlic cloves - minced (or about a teaspoon of garlic puree)

¼ cup olive oil

3 tablespoons lemon juice (or juice of one whole lemon)

½ teaspoon black or cayenne pepper

salt – to taste



Drain the chick peas. Put all the ingredients into a blender or food processor. Blend until the mixture is smooth, or the way you like it.

Salsa

1 19-oz can black beans – drained

1 19-oz can whole tomatoes

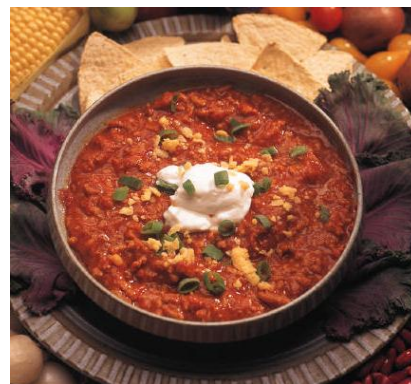
1 green onion – chopped

1 or 2 garlic cloves – minced

1 tablespoon of cilantro – minced

1 tablespoon of vegetable oil

hot pepper sauce or jalapeño peppers to taste



Put all the ingredients into a blender or food processor. Blend until the mixture is still slightly chunky. Serve with corn chips or wraps.

Veggie Fried Rice

1 cup white rice

¾ cup vegetable stock

1 ¼ cups water

2 large chopped carrots

1 cup frozen peas

a splash of cooking oil

to taste: garlic, salt and pepper



In a medium-size pan, combine the rice, stock and water. Bring to a boil on the stove, then immediately turn the heat down to very low so the rice simmers. Put a snug lid on the pot. Let the rice simmer for about 15 minutes or until it is no longer crunchy. Fluff once or twice with a fork. If the rice gets dry before it is cooked, add a little more water and continue simmering.

Heat a little oil in a frying pan. Add the garlic. Add the rice and veggies and stir until the carrots are cooked a little, but not mushy. Add salt and pepper.