

ECONOMICAL RECIPES

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ECONOMICAL RECIPES

I'm using old imperial measurements in these recipes as I'm old and so are my recipes. These are my recipes I've used and modified over the years. I will be compiling and typing old recipes from old cook books dated around the 1940's, but will indicate those recipes later on as some I have not tested.

Measurements:

Tbl	tablespoon
tsp	teaspoon
lb	pound
c	cup

Imperial to Metric conversions:

<u>Imperial</u>		<u>Metric</u>
One Tbl	(tablespoon)	15 ml
One tsp	(teaspoon)	5 ml
¼ tsp		1 ml
½ tsp		2 ml
One c	(cup) (16 tablespoons)	250 ml
¼ c	(4 tablespoons)	50 ml
1/3 c	(5 1/3 tablespoons)	75 ml
½ c	(8 tablespoons)	125 ml
2/3 c	(10 2/3 tablespoons)	150 ml
¾ c	(12 tablespoons)	175 ml
½ inch		1.3 cm

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TIPS

If you want to stock up on milk, you can freeze 1% & 2% milk. The higher the fat/butter content in whole milk will separate into butter granules when defrosted and doesn't work well in drinking. All is not lost though when you unthaw frozen whole milk, you may be able to make it into buttermilk and butter as the butter molecules have already started to separate. See instructions below for "**butter**" for cream and whole milk.

If the recipe calls for eggs and cream and you just have eggs and milk, you can add another egg or two and margarine to thicken it up as in pumpkin pie filling. Amount of egg depends on whether you have small or large eggs. For one cup of cream called for in a recipe you can mix:

*For heavy cream - $\frac{3}{4}$ cup milk with $\frac{1}{3}$ cup melted butter/margarine--whisk until blended;

*For light cream - $\frac{3}{4}$ cup milk with $\frac{1}{4}$ cup melted butter/margarine and whisk;

*For Half and half – $\frac{7}{8}$ cup milk with 1.5 Tablespoons melted butter/margarine and whisk.

*I would use the whole beaten egg for the heavy cream and portions thereof for the light and half and half cream substitutes.

If you don't have any brown sugar, it is always helpful to have a small pint of molasses in your fridge. It will keep for up to a year in your fridge. White sugar is really brown sugar with the molasses removed. Molasses is inexpensive in the grocery store and you never know when you're going to need some brown sugar. Don't add too much molasses though – just add a little at a time tasting it as you go otherwise your baked goods will taste like molasses as it is quite strong tasting.

You can use whole kernel wheat that's been simmered to soften it instead of beans for chili and hamburger dishes that required beans. You can use your slow cooker to cook the wheat. It takes an hour or two to soften it plus it swells to about twice its original size when cooked. Just drain and freeze portions of it. To make your white flour from the store last longer, you can buy whole kernel wheat from the Hutterites or farmers and grind the wheat yourself and mix it with your white flour to extend it. Whole kernel wheat is so much more nutritious than white flour, but it is heavier and stronger in flavor.

You can also simmer the wheat in water on the stove until softened, drain and mix it with milk and brown or white sugar as porridge for a nutritious breakfast. This porridge is also a mild laxative and helps to get things moving if constipation is a problem.

If you don't have sugar, you can use honey or apple sauce. Add amounts according to taste where sugar is called for in a recipe.

You can use old softened apples to make apple sauce, apple juice, apple fruit leather or apple pies. Apple sauce can be made in your blender – remove skins first. If you have a juice extractor, you can save the pulp left over from making apple juice. Just dry the pulp in a low temperature setting (200° F) in your oven to make apple leather. The oven door has to be left open a bit to let the air circulate so it dries the fruit pulp not cook it. This takes a couple of hours. You can ask a grocery store for their old apples that they want to throw out for no cost. You can also ask them for their old bananas to make banana bread and their expired milk.

Used coffee grounds make excellent fertilizer for lawns. It works well for flowers in your yard too. I don't know about your garden though, you would have to try it first.

Now (Spring) is the time to think about planting some fresh strawberries, tomatoes and/or herbs in your own flower pots on your balcony. You can grow strawberries from hanging pots. You can start the seedlings inside. Another alternative is to have a community garden in a vacant lot with the land developer's permission of course.

Everyone could have their own scheduled time to work their individual plot to limit exposure to the coronavirus. People would have to take turns at night to watch so none of the produce is stolen.

If you want to get extra flavor out of canned vegetables, drain the liquid and boil it down to about ¼ cup and reinsert the vegetables with about 2 Tbl margarine and a little salt and pepper.

When you cook noodles, make three times the amount and freeze them in meal portion sizes so you don't have to wait for them to cook. Just plop them in your soup or microwave a portion with frozen veggies on top with a dab of butter, salt & pepper and a tsp of chicken soup powder for a quick nice tasting dish.

SOUPS

If you like homemade chicken soup, it might be a little cheaper to buy a whole chicken and roast it and freeze the leftover carcass to make soup in a slow cooker from it. It is also sometimes cheaper to cut up a whole chicken yourself. Prices vary so you'll have to compare them. You can also buy chicken backs that have little meat on them, but are perfect for making soup.

For any soup you need to have a basic broth which you can freeze in different portions in plastic bags. Only put enough broth in the bag so it fits into your soup pot. If you use too big a bag, the frozen broth runs down the sides of your pot while it's thawing or it won't fit in your pot and you have to break it in chunks to fit. From this basic broth you can make any soup you want. Save the bones from a roasted chicken, turkey or a roast to make this broth.

If you buy beef bones from the store they are usually expensive and have to be roasted in your oven first to bring out the flavor in your soups. When you use your own bones from a chicken, turkey or roast, you have already cooked them and they are ready to be made into soups.

Always save your water after cooking your vegetables instead of draining it down the sink. This water is added to your soup stock to make lovely tasting and nutritious soups. Just pour it into a small zip-lock bag and freeze it until you want to make some soup. Labeling the contents of the bag always helps.

If you don't have any noodles just make your own with the below recipe – it is so much better than store bought noodles. You can add it to your soup and cook your soup for an additional 25 minutes.

Save and freeze your bacon grease to fry your homemade noodles in instead of butter and add some dry bread crumbs to it. You can also fry fresh green beans in the bacon drippings after they have been steamed a bit for an extra tasty flavor.

For the bread crumbs, you can buy day old bread for a reduced price in a grocery store and just lay it out to dry a couple of days or put it in the oven while you are roasting or cooking something else. You just have to stand and watch it get a little brown and then remove it. Once it is cool and dry, put it in a plastic bag and freeze it to make stuffing or use it in a recipe calling for bread crumbs. When you want bread crumbs, keep it in the plastic bag you stored it in and take your rolling pin and roll it over the plastic bag crushing the bread into crumbs.

Don't throw the ends of broccoli or asparagus away, they can be frozen and used in creamed broccoli or asparagus or other vegetable soups.

SOUP STOCK

You can use a pressure cooker, a slow cooker or stove top.

Use chicken or turkey leftover frozen carcasses for chicken stock or just beef bones or pieces of beef meat for beef stock. Don't cook beef and chicken bones together – these are two separate soup stocks. If using beef bones or meat, roast them first for added flavor and add a clove of garlic to beef stock.

Then add:

4 c *water (minimum)
 1 onion (diced)
 1 potato (diced)
 1 carrot (diced)
 Leaves from 3 stalks of celery
 Seasoning salt & pepper
 1 bay leaf
 1 tsp celery salt
 1 tsp onion powder
 1 Tbl chicken powder flavoring

Stove top method: Just cover bones with water (maybe more than 4 cups) and add remaining ingredients, bring to boil. Once boiling, turn heat down to low, cover with a lid and let simmer 3+ hours. Add a little more water as it evaporates – maybe ½ cup at a time. Too much water dilutes the flavor of the stock. Slow cooker will take about same amount of time as stove-top method – don't have to add more water. Pressure cooker maybe takes 25 minutes. Once cooking time is finished, strain and you now have your soup stock. All the nutrients have been cooked out of pulp so just throw in garbage.

*Now is the time to use your frozen vegetable water that you saved instead of letting it go down your drain when you strained your cooked your vegetables. If you have too much vegetable water just boil it down – don't throw it out.

CHICKEN VEGETABLE SOUP

Real chicken soup is good for a normal cold and fever. This isn't just a wives' tale or folk lore, but it has to be made from real chicken for it to work. I've tried this many times over the years for my family and myself when we were sick.

Left over turkey or chicken carcass or chicken backs

Water – If you have strained and frozen the water from your previous boiled vegetables, use this water instead. It adds such a nice flavor and nutrients to your soup.

Seasoning salt

Instructions:

Cover chicken bones with water or previous frozen vegetable water. Add a little salt. Cover and simmer 2-3 hours on stove top or use pressure cooker for quicker cooking. After cooking, strain to remove bones. Strip off any left over meat and put back into soup broth. Discard bones.

To soup broth add:

1 – 2 handfuls	of <u>ONE</u> of the following: rice, soup barley, homemade noodles or macaroni
1c	carrots (diced)
1 c	celery (diced)
½ c	onions (diced)
1 Tbl	chicken soup powder
1 tsp	seasoning salt
½ tsp	pepper
1 tsp	garlic (fresh) (or powdered if you don't have fresh)
2 Tbl	Worcestershire sauce
1	bay leaf
½ tsp	tarragon
½ tsp	chili pepper (optional)
½ tsp	curry (optional)

On stove top cook all ingredients together in broth for about 35 minutes and remove bay leaf. If you make chicken broth before hand and freeze it in small bags so the frozen broth fits into your soup pot, you can have your soup made in under an hour – this includes dicing your fresh veggies.

When I use my strained broth from my freezer, I just add frozen veggies to have immediate soup. Cooking the rice or noodles takes longer, so cook them first in the broth before adding your frozen veggies the last 7 minutes.

If this soup is for a sick person strain it before adding noodles, rice or soup barley so it's easier to digest. It will still have the chicken and vegetable nutrients in the broth.

POTATO SOUP

½ lb	potatoes (peeled and chopped) about 2 cups chopped or 3 potatoes
1	small onion (diced)
1	small carrot (grated) (optional)
2 c	water
2 ½ c	milk
*2	vegetable bouillon cubes (this can be chicken soup powder or ichiban soup flavoring)
¼ tsp	pepper
2 Tbl	margarine
2 Tbl	flour
¼ tsp	celery salt
1/8 tsp	pepper
1 Tbl	parsley
**2	slices of bacon strips (cut into chunks with scissors - easier than cutting with a knife) (optional)
¼ tsp	dried hot peppers or chili (optional)

*2 tsp salt can be used instead of vegetable bouillon cubes or soup powdered flavoring

**If you don't have any bacon, use some of the bacon drippings you saved and froze.

Cook potatoes, carrots, bacon and onions in 2 cups of boiling water with either salt or soup powdered flavoring until potatoes are just barley cooked (potatoes still firm but cooked throughout). Don't throw water out! Add milk – mix a little milk in a small jar with the flour and shake so the flour doesn't go lumpy when you add it to the hot potato water, then add the remaining ingredients and cook for about 7 – 10 minutes.

CREAM OF CELERY SOUP

c	chicken stock*	2 Tbl	flour
3 c	celery (sliced)	2 c	milk
2 c	boiling water	1 c	cream
1 slice	onion	Salt & pepper	
2 Tbl	2 butter	½ tsp	celery salt
		½ tsp	paprika

Cook celery in chicken stock and water until soft, scald (low heat) onion in milk, then remove onion and add above mixture. Mix flour into a paste with a little milk, add cream and seasoning. Heat in double boiler. You can put this soup in a blender if you want a smooth soup.

*See instructions above for soup stock.

HOMEMADE NOODLES

2 c flour
 2 eggs (beaten)
 1 tsp oil
 ½ tsp salt
 ½ c water (enough to make dough stiffer than bread dough)

Have your pot of soup or water on the stove to boil as you are making your noodles to drop into. Knead the above together into a stiff ball. Sprinkle flour on counter top and roll dough out flat and thin. Then sprinkle flour on top of flat dough and roll into a loose roll. If you don't sprinkle flour on top when you roll it onto itself, it will stick together. Cut off ½ inch sections of the tube of dough and unwind your noodle. Don't lay your succeeding noodles on top of each other or they will stick together. Drop one at a time into your boiling soup or water. Boil for about 20 – 25 minutes until they rise to the top of the water or soup in your pot and are cooked inside.

HOMEMADE NOODLE DISH

If you want to make a separate tasty homemade noodle dish, drain the cooked noodles from your boiling water and sprinkle oil over them to coat them so they don't stick together. Make some dry bread crumbs. You can microwave fresh bread, let it cool - making sure it is dry enough and put it into a plastic bag and roll a rolling pin or a bottle over it to crush it into crumbs. Drop your noodles into the plastic bag of crumbs and shake to coat. Pour all the crumbs and noodles in the bag into a large frying pan and fry until a little brown with butter, salt and pepper or with chunks of bacon and drippings and a few chopped onions. This is a nice dish with sour cream or cottage cheese on top.

ASPARAGUS SOUP

4 c Chicken broth (you can use chicken oxo cubes or chicken Ichiban soup pouch flavoring)
 Better tasting to use your chicken bones left over from your roasted chicken and cook in a slow cooker for four hours. After cooking, strain to remove bones.
 2 c milk
 Salt & pepper to taste
 1 c asparagus stems (cut in very small pieces)
 1 Tbl flour (stirred into a little milk)
 1 Tbl margarine
 1 Tbl celery (finely diced) or 1 tsp celery salt
 ½ c cream (optional)

Cook asparagus stems until tender in chicken broth, remove and set aside. Cook celery in chicken/asparagus broth until soft, strain and discard celery - keeping broth. To broth, add milk, asparagus, thickening (flour & milk), cream (optional) and cook until heated (about 10 minutes) add margarine.

ZUCCHNI SOUP

(I have not tried this recipe)

2 Tbl oil
 1 c onions (diced)
 1 – 2 potatoes (diced)
 1 ½ carrots (thinly sliced)
 2 c zucchini (diced)
 1 ½ tsp tarragon
 1 Tbl dill (chopped or powdered)(optional)
 2 c chicken stock (can be powdered chicken flavoring)
 1 ½ c heavy cream

Heat oil, add onions and stir. Add remaining vegetables stirring occasionally. Add tarragon and dill. Cover with chicken stock. Bring to boil, add salt and pepper. Cover and reduce heat and simmer until vegetables are tender, stirring occasionally. Cool and puree in blender and heat again before serving.

CORN CHOWDER SOUP

2 c corn (canned is better)
 1 onion (small, chopped fine)
 2 c potatoes (diced)
 2 Tbls margarine
 4 c milk
 1 c boiling water
 ½ c celery leaves or 2 tsp celery salt
 Salt & pepper to taste

Cook onion in 1 Tbl margarine to light brown. Boil potatoes until tender saving 1 cup of the water. Blend all ingredients, add seasoning to taste. If a thicker soup is desire, blend 2 Tbls of flour with a little cold milk and stir into soup.

TOMATO SOUP

4 c tomatoes (canned, frozen or fresh)
 1 onion (diced)
 1 bay leaf
 ½ c celery or 2 tsp celery salt
 2 c soup stock (powdered chicken or beef flavoring – 3 Tbl or a pouch of Ichiban soup flavoring)
 1 Tbl margarine
 Salt & pepper to taste (watch the salt if you use the powdered flavoring above as it is salty)
 1 c cream or milk (if desired)

Cook tomatoes, onion, bay leaf and celery in soup stock about 15 – 20 minutes. Remove bay leaf and put in blender. Add margarine, salt & pepper and cream or milk.

MEAT DISHES

Cheaper cuts of meats can be just as nice as more expensive cuts; you just have to brown it first to seal in the flavor and then cook it slower over a low heat with maybe $\frac{3}{4}$ cup of water in a pot with a lid. If you have a slow cooker, use it. When the water has evaporated, if you're cooking it on your stove top, you can remove the meat and fry it or make stew, etc. with it, but the water has to be absorbed into the meat to give it flavor.

MEATLOAF

3 – 4 lbs	ground beef (hamburger)
$\frac{1}{2}$ c	celery (finely chopped)
$\frac{1}{2}$ c	carrots (grated)
$\frac{1}{2}$ c	onions (chopped)
3 Tbls	parsley
3 tsp	seasoning salt
1 – 2 tsp	powdered garlic
$\frac{1}{2}$ tsp	chili pepper
$\frac{1}{2}$ tsp	pepper
1 tsp	oregano
4 tsp	Worcester shire sauce
4	eggs (<u>slightly</u> beaten)
3 c.	bread crumbs

Top Sauce:

$\frac{1}{2}$ c	tomato sauce
2 Tbl	prepared mustard
2 Tbl	brown sugar
2 Tbl	vinegar
$\frac{1}{3}$ c	water
$\frac{1}{3}$ c	ketchup

Lightly fry onions and celery. Cool a bit and add to beaten eggs, Worcestershire sauce, oregano, pepper, chili pepper, garlic, seasoning salt and parsley. Then mix in carrots and ground beef. Lastly, mix in bread crumbs. The batter will be thick at this point and needs to be mixed with your hands. Before you press into two loaf pans and pour the top sauce over the top, you may want to line the loaf pan with tin foil. When finished baking you just have to grab the corners and lift the foil with the meatloaf out of the pan. This prevents not having to try to work the meatloaf out of the pan in one piece and then scrubbing the pan. Bake at 350° F for 1 – 1 $\frac{1}{4}$ hrs.

OATMEAL MEAT LOAF

1 lb	ground beef
½ c	rolled oats (oatmeal)
½ tsp	garlic powder (1 clove fresh garlic)
1 tsp	salt
1/8 tsp	pepper
2/3 c	milk
2 Tbl	onions (chopped)
2 Tbl	parsley
1 tsp	mustard
1/8 tsp	tobasco sauce (some other hot sauce)(optional)
1 tsp	Worcester sauce
3 Tbl	Ketchup

Combine: beef, oats, garlic salt, pepper, milk, onions and parsley. You'll have to mix with your hands. Line pan with tin foil as in above meat loaf recipe or grease a cake pan and insert mixture. Combine: dry mustard, hot sauce, Worcester sauce and ketchup. Spread over top of meat mixture. Bake at 375 F° for 30 minutes.

You can have canned corn as a separate dish by draining the liquid and boiling it down to about ¼ cup. This puts the flavor back into the liquid. Put the corn back in the liquid in the pot and add about 2 Tbl margarine. Heat a bit if necessary.

1	can whole kernel corn
2 Tbl	butter

To make this interesting for the children, you can put the corn or other vegetable in the middle of a platter and cut the meat loaf into 8 wedges around the vegetable which makes it look like a wagon wheel.

WIENERS

This recipe is good for left over wieners.

1 lb	wieners (diced)
1 Tbl	fat, oil or margarine
2 Tbl	flour
1 c	milk
1	Oxo cube or 1 Tbl beef flavor (you can use your Ichiban soup favor packet)
1 tsp	parsley

Melt fat, stir in flour, gradually add cold milk and Oxo cube or beef flavor and stir until it thickens. Add parsley and wieners and cook for another 5 minutes.

BARB-E-CUE SAUCE (Chinese)

This sauce is especially good over fried pork chops, spare ribs or sausages

½ c	sugar
½ c	vinegar
½ c	water
½ tsp	ginger
2 Tbl	soya sauce
2 – 3 Tbl	flour or cornstarch

Put all ingredients together in a sauce pan (except flour) and bring to boil and then lower heat and thicken with the flour and a little water mixed together. You can add canned pineapple cubes if desired or if sauce is too thick, thin with pineapple juice.

Goes well with a side dish of rice.

MISCELLANEOUS

PANCAKES

1 ½ c	flour)	
3 tsp	baking powder)	Mix these 4 ingredients in a bowl
½ tsp	salt)	
2 Tbl	sugar)	

In another separate bowl add:

1	egg)	
1 ½ c	milk)	Whisk or beat together with a fork.
3 Tbl	melted margarine or oil)	

Variations: add an old, soft chopped apple or blueberries for an extra flavor treat. If you add frozen blueberries, coat them in flour first and then add to the batter. Due to the frozen blueberry juice melting around the blueberry while cooking, the pancake batter does not cook as quickly as the rest of the batter – the flour coating helps absorb the moisture.

Mix the dry and wet ingredients together (gently) with a large spoon. Don't try to stir until the lumps are absorbed. Once it's cooked the lumps will disappear. Heat frying pan until water drops break into small beads and evaporate (a little lower than medium heat). Lightly grease or oil pan and drop two large spoonfuls for each pancake. Fry until topside is full of air bubbles and underside is golden brown then flip and brown other side.

Syrup:

If you don't have any syrup, you can make your own syrup substitute by adding a little hot water to sugar and stir until sugar is clear and dissolved. Be careful to add just a little hot water at a time until you get the right syrupy consistency. You can add a couple of drops of maple syrup flavoring to make your own homemade maple syrup for pancakes. The above pancake recipe and syrup make a delicious low-cost breakfast for your family.

MAPLE SYRUP

3 ½ c	brown sugar
2 c	boiling water
1 tsp	maple flavoring

Pour brown sugar into boiling water. Add maple flavoring. Stir well and allow to stand 24 hours to blend before using. This makes 1 quart (1 liter) of delicious maple syrup.

POTATO PANCAKES

Single serving.

2 potatoes (grated)
1 egg (beaten
syrup

Grate potatoes and mix in beaten egg and fry with lid on. Flip. Add syrup when on plate. This is nice as a different potato dish too - just add salt and pepper instead of syrup.

DUMPLINGS

This is great on top of stews or with oven dishes such as chicken and gravy and canned mushrooms or mushroom soup with pork chops cooked in the oven plus it also extends the dish.

1 c flour
2 tsp baking powder
½ tsp salt
¼ c parsley (optional)
½ c milk
2 Tb melted butter or oil

Sift dry ingredients together (without parsley) then combine with wet ingredients and parsley and drop onto top of stew, etc. Cook covered about 25 minutes or more.

BUTTER

Expired “**best before dates**” for cream (and maybe whole milk) is good for making butter. You need a blender to blend it until it separates the buttermilk from the butter. If you add cold water at intervals it will separate quicker, but will dilute the buttermilk. If you don’t have a blender you can shake the milk or cream in a jar for an hour or more to change the consistency until it separates. When you see clumps of butter forming together keep beating until all the butter sticks together.

My job as a child living on a farm was to churn and make the butter, but at this point after removing the chunks of butter it’s a bit hazy – I can’t remember. I know I would have strained the buttermilk from the remaining butter through a cloth, but I also know no one in my family liked buttermilk, so I think I just fed it to the pigs once I had hand removed the butter from it. Once you have removed all the butter, then immerse and knead it in cold water to remove the remaining buttermilk – you have to do this a couple of times. Squish/knead the water out and add a bit of salt to taste – maybe a ½ teaspoon of salt to a pound of butter. Wrap it in wax paper and freeze it as it will spoil if kept in the fridge as with any real butter you buy from the store.

COTTAGE CHEESE

Get some expired “best before date” skim milk from your grocery store. Let the skim milk sour until thick. Simmer on low heat until curds separate – about ½ hour. Drain overnight in muslin bag.

CROUTONS

You can also make your own croutons from old bread. Cut into ½ inch chunks. Over moderate heat, pour olive oil or regular oil and garlic in a large frying pan and insert bread chunks stirring constantly until bread chunks are light brown and crisp. Remove the bread chunks and place on paper towels to drain oil. If you like, you can add herbs and spices and cook in the oil to obtain the flavor. Remove fresh herbs. Garlic and onions before frying bread chunks.

CREAM CHEESE

(I have not tried this old recipe)

1 gallon	skim milk
¼ tsp	soda
1 tsp	salt
¼ c	butter
1/3 c	sour cream

Let milk sour until thick. Heat until curd separates. Simmer for a half hour. Drain overnight in muslin bag. Add butter and soda. Mix thoroughly and let stand for two hours. Put in double boiler. When it begins to heat, add sour cream and salt and beat until smooth. Pour in moulds and leave overnight.

CONDENSED MILK

(I have not tried this old recipe)

1 c	powdered milk
1/3 c	boiling water
2/3 c	granulated sugar
3 Tbl	butter

Mix all ingredients together in a blender and blend on low for one or two minutes. Increase the speed until smooth. You shouldn't be able to feel any sugar granules when done and the amount will be equal to one can of sweetened condensed milk.

CHOCOLATE SYRUP

½ c cocoa
1 ¼ c sugar
Few grains salt
1 c boiling water
1 tsp vanilla

Blend cocoa, sugar and salt in a pot. Slowly stir in boiling water stirring constantly. Boil mixture 3 minutes. Cool and add vanilla. Keep covered in fridge for use in milk or drizzled over ice cream.

COCOA COFFEE

2 c strong black coffee (cold)
¼ c maple syrup*
¼ c cocoa syrup (use above recipe)
1 c whole milk

*Use previous recipe for making homemade maple syrup.

Combine all ingredients, add a few pieces of crushed ice and shake well in a glass jar until mixture is cold. Shake well again before serving – serves 6.

CHILDREN'S RECIPES

PLAY DOUGH FOR CHILDREN

Children can eat this play dough without getting sick, but it's not very tasty.

1c salt
 ½ c cornstarch
 ¾ c water
 (food coloring optional)

Cook over medium heat stirring constantly until it forms a ball. When it's cooled, divide into sections and add different food colorings. Don't add too much food coloring as it will come off on the children's hands and has to be washed off with soap and water. Keep in a plastic bag in the fridge when the children are not playing with it as it will dry out.

ANOTHER PLAY DOUGH

This recipe is also edible, but not tasty.

1.5 c flour
 2 Tbl oil
 ½ c salt
 ½ c water
 (food coloring optional – Kool-aid can also be used for coloring)

Cook over medium heat stirring constantly until it forms a ball. When it's cooled, divide into sections and add different food colorings. Don't add too much food coloring or Kool Aid as it will come off on the children's hands and has to be washed off with soap and water. Keep in a plastic bag in the fridge when the children are not playing with it as it will dry out.

POP SICKLES

1 small package Jello (85 g.)
 1 envelope Kool-Aid (same flavor as Jello or one that tastes good with the Jello flavor)
 1 c sugar
 2 c boiling water
 1 c cold water

Dissolve Jello, Kool-aid and sugar in boiling water. Add cold water. Pour into small plastic molds with small pop sickle sticks and freeze. Small plastic cups or a plastic ice tray with plastic spoons in them for the children to hold while eating the pop sickle will work too.

POPCORN BALLS

2 ½ litres	popcorn
1 c	sugar
½ c	water
¼ c	corn syrup
½ tsp	salt
1 tsp	vinegar
½ tsp	vanilla

Measure popcorn into buttered bowl. Combine sugar, water, syrup, salt and vinegar. Stir over heat until sugar dissolves. Cover and bring to boil – don't stir - let boil briskly for 3 minutes. If you stir it will turn into sugar and won't stick together. Uncover. Cook (don't stir) until mixture comes to hard boil stage. Hard boil stage is when a spoonful is dropped into some cold water and it is firm, but don't let any water from the spoon get into mixture. Remove from heat. Stir in vanilla. Pour slowly over popcorn stirring with large buttered spoon. Immediately form into balls. Handle gently to avoid cracking. Use buttered hands if necessary.

DESSERTS

BANANA BREAD

Use ripe bananas and sour milk. You can ask your grocery store for their over-ripe bananas and old milk that they just throw out. Vary the recipe according to how much smashed bananas you have. Peel the bananas and mash with your potato masher. You can let the peels dry out in your garage for fertilizer for your flowers or garden – they love them.

For **2 cups of mashed bananas** use these following quantities:

3 ¾ cups	flour (sifted)
2 ½ cups	brown sugar*
2 tsp	baking powder
2 tsp	baking soda
2 tsp	salt
2/3 cup	oil
1 ¼ cup	sour milk**
2 cups	bananas (mashed)
4	eggs (beaten)
1 ¼ cup	nuts (optional)
2 ½ tsp	vanilla

Sift the dry ingredients together (flour, baking powder, baking soda and salt). Using a large mixing bowl, mix the wet ingredients (oil, sour milk, bananas, eggs and vanilla) together with the brown sugar and nuts. Hand stir the dry ingredients into the wet ingredients. Only stir until they are mixed – you will still have lumps – but the less you stir it the better the baking powder and baking soda can raise the batter as it is cooking. All the batter fits nicely into a bundt pan or angel-food pan otherwise, you will have to use two small bread loaf pans. Just remember to grease and flour the pan before adding the batter. Bake at 350° F for about ¾ - 1 ¼ hour. You will have to watch it. When the cracks on top cook or when you insert a toothpick into the centre and it comes out dry – it is done. Note: if you freeze it solid after it's cooled, it is sweeter and moister when you cut off a slice and place it in the microwave to thaw. It's like what happens to a banana when you freeze it.

*Substitute: if you don't have any brown sugar, use the same amount of white sugar called for in the recipe and add about one tablespoon molasses (1 cup white sugar & 1 Tbl molasses = 1 cup brown sugar). If you don't like the taste of molasses you can just use plain white sugar or honey.

**Substitute: If you don't have sour milk, use 1 cup of milk and ¼ cup of vinegar to make 1 ¼ cups sour milk.

CHOCOLATE WAR-TIME CAKE

This is an actual war-time recipe and requires no eggs nor milk. It shouldn't work, but it does and tastes beautiful and moist

3 cups	flour
2 cups	sugar
½ cup	cocoa
2 tsp	baking soda
2 tsp	baking powder
1 tsp	salt
1 1/2 tsp	vanilla
1 1/2 Tbl	vinegar
½ cup	margarine
2 cup	water

Mix sugar, cocoa and butter together and then add warm water, vinegar and vanilla. Add dry ingredients and gently stir just until mixed so as not to destroy the raising power of the baking soda and baking powder. Pour into two greased and floured round or square baking pans. Bake at 350° F for 30 – 40 minutes. Check if toothpick comes out dry in the middle. Don't open oven while cooking as the cake will drop or cave-in. The batter usually shrinks from the sides of the pan when it's done if you check from the oven window to prevent opening the oven prematurely.

Homemade Icing without icing sugar

5 tbl	flour)	Whisk and cook in a saucepan until it forms a thick ball.
1 c	milk)	
¾ c	sugar)	
Cool completely then add;			
¾ c	butter/margarine		
1 tsp	vanilla		
½ tsp	almond flavoring*		

With a mix master beat everything together for about 15 minutes; until it resembles whip cream. If you don't cook it enough or beat it enough it'll be too runny and drip down off your cake.

*If you're icing a chocolate cake add about 2 - 3 tablespoons cocoa instead of almond flavoring.

Chocolate Icing made with icing sugar:

Mix together about 3 cups icing sugar to about 3 tablespoons cocoa and ¼ cup margarine and maybe ¼ cup milk and one teaspoon vanilla. The icing has to be really thick to stop it from running down and off the cake so add milk gradually until it is just thick enough to stir all ingredients together.

Tip:

If you don't have icing sugar and have a coffee bean grinder you can grind plain sugar into a fine powder and add cornstarch. To one cup finely ground white sugar add ½ cup cornstarch.

PUMPKIN PIE FILLING

¾ c	homemade pumpkin (see tips))	If you haven't made any
¾ c	canned pumpkin)	homemade pumpkin just
1 c	white sugar		add 1 ½ cups canned
½ tsp	salt		pumpkin.
1 ½ tsp	cinnamon		
½ tsp	cloves		
½ tsp	nutmeg		
½ tsp	ginger		
½ tsp	allspice		
1 ¾ c	cream*		
2	eggs		
9 inch single crust, unbaked pie shell			

Mix all ingredients together and pour in unbaked pie shell. Bake at 425° F for 15 minutes then lower temperature to 350° F for 45 minutes. If you use the homemade pumpkin, it has more moisture in it and requires more cooking time. If you insert a knife in the centre and it comes out clean, it's done.

*If you don't have cream, use milk and one or two more eggs.

After Halloween, you can usually buy cheap pumpkins so you can make pumpkin pie filling. Clean out the pumpkin (save the seeds) and cut off the tough outer shell (not so fun). Cut the remaining soft pumpkin into chunks and place in a roaster with a lid. Bake it in the oven for about an hour at 350° F, then mash with a potato masher. When cooled, put into small plastic bags and freeze. I find that if I mix half canned pumpkin from the store with the other half of my homemade pumpkin, it tastes wonderful! My pumpkin pie recipe in this book calls for 1.5 cups pumpkin, so put ¾ cup homemade pumpkin in each plastic bag with ¾ c canned pumpkin before freezing it. Just pull it out of the freezer when you want to make a pumpkin pie. One fresh pumpkin will yield enough pumpkin for about a dozen pies. If you don't have any store-bought canned pumpkin, you can cook more of the moisture out of the fresh pumpkin, but it requires more heat. You need the moisture to be reabsorbed back into the pumpkin sauce for the extra flavor.

Roasted pumpkin seeds:

1 c	pumpkin seeds	1 Tbl	oil
½ tsp	onion salt	1 tsp	Worcestershire sauce

Wash the stringy insides of the pumpkin off the seeds. Sprinkle a bit of *onion salt, Worcestershire sauce and oil over the seeds. Mix and place on cookie sheet. Bake it in the oven while baking your fresh pumpkin chunks. Only bake the seeds until they turn a golden brown and are crunchy (maybe 30 minutes at 350° F) Stir occasionally. The seeds are a nice snack food.

*If you don't have any onion powder, put 1/4 of a fresh onion in a blender. Use about 1 tsp of the onion juice and save the rest for another recipe.

PIE CRUST

I receive a lot of compliments on my flaky pie crust so follow the instructions precisely.

This recipe is for a single pie crust.

1 c	flour
½ c	lard or shortening
1	egg (beaten)
¼ tsp	salt
1 tsp	vinegar
⅛ c	water

For a flakier crust cut back a bit on the flour (maybe ¼ c). You will have to double the amounts for a top and bottom pie crust. Blend flour and lard with a pastry cutter or fork – just until blended. Into the beaten egg bowl add and mix the remaining ingredients (salt, vinegar and water). Add this to the flour and lard. Another secret of a flaky crust is not stirring or kneading it too much. You will have to knead it in the bowl at this point but just until blended. **It will be soft and sticky, but do not add more flour.**

Sprinkle about ½ cup flour onto counter top and rolling pin. Sprinkle a little flour on top of the dough before rolling it flat so it doesn't stick to rolling pin. Roll into a circle about ½ inch thick and gently flip it over the rolling pin to transfer it over the pie pan. Gently lift the edges until it drops fully into the pan and trim to about 1 inch overhang. Fold the remaining overhang under the dough so the fold is even with the edge of the pie pan and using the length of your finger make a finger impression all around the edge. You should have about 20+ finger impressions along the edge. This edging is decorative. When you don't have a top pie crust you need a raised edging to stop the filling from running over the edge of the dough while it's cooking because the edging shrinks. If you go online it will show you different methods on how to edge your pie crust. This is too difficult to try to explain here.

CRUMBLY CRUST

Fruit of any kind (maybe canned fruit too)

½ c	butter
½ - 1 c	brown sugar
¾ c	flour

Spices if desired (½ tsp almond flavoring is good for peaches, Saskatoons or blueberries)

Cover pie plate with 1 inch layer of fruit. Cream butter and sugar, add flour and rub with your fingers until it's crumbly. Drop by hand over fruit – don't flatten out the crumbs. Bake at 350° F until crumbs are slightly more brown – you have to watch it through the oven window. You can try using canned fruit i.e., peaches – just drain and add optional almond flavoring. Put the drained juice in with your drinking juice.

APPLE PIE FILLING

This recipe makes one big apple pie or two 8 inch diameter smaller ones.

11	small apples (about 3 inches in diameter)
1 ½ c	sugar
¾ c	flour
1 Tbl	pineapple (crushed) (optional)
1 tsp	nutmeg
1 ½ tsp	cinnamon
¼ tsp	salt
2 ½ tsp	lemon juice
1 ½ tsp	butter or margarine

Peel, remove core and slice and dice apples. In separate bowl mix sugar, flour, nutmeg, cinnamon, salt, lemon juice and pineapple. Add to apples and mix. Place apple filling in an unbaked pie shell. Dot (5 dots) with ½ tsp butter for each dot around top of apple filling. Put top pie crust on and seal edges. Cut slits in top crust for venting. Cover edge with 2 – 3 inch wide strip of tin foil to prevent edges from burning before centre of pie is cooked. Remove tin foil about 15 – 20 minutes before pie is done. Bake at 350° F for about one hour or until crust is a little brown and juice begins to bubble through the vents.

APPLE CRISP

6	large apples
1/8 tsp	salt
½ c	flour
½ c	brown sugar
¼ c	margarine
½ tsp	cinnamon

Thinly slice apples in an oiled 8 inch by 8 inch pan. Blend till crumbly flour, sugar, salt and margarine and cinnamon. Sprinkle over apples – don't smooth out crumbs. Bake till apples are tender at 375° F for 30 – 35 minutes.

BERRY & FRUIT PIE FILLINGS

3 c	berries (includes all berries) (Saskatoon and peaches add ½ tsp almond flavoring)
¾ c	sugar
3 Tbl	flour (rounded TBls)
1 Tbl	lemon juice
¼ tsp	salt

Mash a few berries in the filling so the juice permeates the filling. Dot with butter before putting on top pie crust and bake the same as the above apple pie baking instructions.

APPLE/FRUIT LEATHER

Soft apples or apple peel
Honey or dissolved sugar in a little boiling water
Lemon juice
Cinnamon

You can use the apple peels from the above apple pie recipe to make this fruit leather. Puree the peels in a blender and add lemon juice, honey and cinnamon to taste. Spread evenly (1/4 inch thick) over a cookie sheet lined with plastic wrap and held on the edges with masking tape. Place on top rack in low-oven temperature (maybe 150° F - 200° F) with oven door open about one inch to allow air to circulate and let dry for about 12 hours or until leather lifts cleanly off plastic or you can tear it like leather. In order for the plastic not to melt, the temperature has to be pretty low – we want to dry not bake. Oven temps vary so don't leave it to dry overnight because you have to watch it so it doesn't get too hot and melts the plastic. To store, simply roll up plastic on which it was dried and store in tightly capped jar.

Fruit leather can be made from fresh, canned or frozen fruit or combined, such as apple-raisin, pineapple-apricot or strawberry-rhubarb. You can vary flavors by adding spices, seeds, nuts and honey.

OATMEAL COOKIES

1 c	raisins	1 tsp	baking soda
1 c	water	1 tsp	salt
¾ c	margarine	1 tsp	cinnamon
1 ½ c	sugar	½ tsp	cloves
2	eggs	½ tsp	baking powder
1 tsp	vanilla	2 c	oatmeal
2 ½ c	flour	½ c	chopped nuts

Simmer raisins and water over medium heat until raisins are plump (about 15 minutes). Drain raisins, reserving the liquid. Add enough water to reserved liquid to measure ½ cup. Heat oven to 400° F. Mix margarine, sugar, eggs and vanilla thoroughly. Stir in reserved liquid. Blend in remaining ingredients. Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased baking sheet. Bake 8 – 10 minutes or until light brown. Makes about 5 ½ dozen cookies.

CORNFLAKE COOKIES

½ lb	sweet chocolate
2 squares	bitter chocolate
2 ½ c	cornflakes
1 c	walnuts (chopped)
1 c	raisins

Melt chocolate and add remaining ingredients. Drop on wax paper.

OATMEAL CAKE

1 ¼ c	boiling water
1 c	oats
1 ½ c	flour
1 tsp	baking soda
½ tsp	baking powder
½ tsp	salt
1 tsp	cinnamon
½ c	margarine
1 c	sugar
1 c	brown sugar
2	eggs

Pour boiling water over oats and set aside. Combine flour, baking soda and baking powder, salt and cinnamon. Cream margarine, gradually add sugars, blending until mixture is crumbly. Add eggs, beat until light and fluffy. Stir in oats and flour mixture, blend thoroughly. Spread batter into a greased 9 inch cake pan. Bake 55 – 60 minutes at 350° F. DO NOT REMOVE FROM PAN.

Topping:

¼ c	margarine
½ c	brown sugar
2 Tbl	cream or milk
¾ c	flaked coconut
½ c	nuts (chopped)

Melt butter in a small saucepan, stir in remaining ingredients. Spread on hot cake. Broil 2 – 3 minutes.

VEGETABLES

SQUASH DISH

For acorn squash just cut in half, remove stringy insides and put some brown sugar and butter in the dip in the acorn where you removed the insides and microwave the whole half of the acorn. The hard shell becomes your bowl.

ONION RINGS

1 c	flour	2/3 c	milk
	Pinch of salt	1 Tbl	melted butter
2	eggs		

Peel onions and slice into rings. Put sliced onions in some milk and let stand 15 minutes, drain, dry with towel. Beat eggs, add salt, butter, milk and flour to make a smooth batter. Fold in onion rings, drop coated onions in deep hot fat or oil or dip coated onions in flour and fry.

SCALLOPED POTATOES

6	medium potatoes (peeled and thinly sliced)
1/2	medium onion (chopped)
2-3 Tbl	flour
2-3 Tbl	margarine
	Salt & pepper
2 c	milk

In a greased casserole dish place a one inch thick layer of sliced potatoes. Sprinkle with some of the flour, onion, salt & pepper and dot with margarine. Make two more layers the same, using all ingredients. Pour the milk over all. Bake covered at 350° F for 1 1/4 hours. Sprinkle with shredded cheese, if you like and bake the last 15 minutes uncovered.

Variation: Cubes of wieners, luncheon meat or canned tuna/salmon can be added between the layers before baking

SAUCE FOR FRIED RICE

2 Tb	vinegar
3/4 c	water
2 Tb	ketchup
2 Tb	soya sauce
1/2 c	brown sugar
1/2 tp	mustard
1 1/2 Tb	cornstarch

Place in pan and bring to boil until thick then put on top of fried rice.

HARVARD BEETS

1 can sliced or whole beets (fresh beets have to be boiled and peeled)
 ¼ c vinegar
 ¼ c sugar
 4 tsp flour or cornstarch
 ½ tsp orange peel
 1/8 tsp cloves
 1 Tbl butter

Drain beets – reserving the juice. Combine beet juice, vinegar, sugar, flour, orange peel and cloves in small saucepan. Cook over medium heat, stirring constantly until sauce thickens. Stir in beets and butter; simmer 5 minutes or until beets are thoroughly heated.

GREEN BEANS AND BACON

1 c green beans
 2 Tbl onion
 ¼ - ½ c either flavored bacon bits or couple strips crisp bacon (copped)
 2 – 4 Tbl margarine
 Season as desired

Steam green beans or microwave a few minutes until just starting to get soft. Fry onions a few minutes until just starting to brown (sauté) add steamed beans and bacon and simmer a few minutes and add garlic powder and seasoning salt and pepper.

VEGETABLES WITH WHITE SAUCE

1 c carrots (chopped)
 1 c peas
 1 c potatoes (peeled & chopped)
 ¼ c onion (optional)
 ¾ c water
 1 ½ Tbl flour
 2 Tbl margarine
 Salt & pepper

Put carrots in about ¾ cup water, cover and put in microwave until just about soft, add potatoes onions (optional) and microwave another couple minutes until potatoes are just about soft – drain and reserve water. In saucepan over low heat, melt margarine and mix in flour. Slowly add reserve water from microwaving stirring constantly until thick. Add carrots, potatoes and peas and stir until peas are hot then add salt and pepper to taste.

VEGETABLE DIP

1 c	mayonnaise
1 Tbl	ketchup
1 Tbl	Worcestershire sauce
¼ tsp	garlic salt
¼ tsp	pepper
1 tsp	curry powder

Add spices according to taste. Mix all together and dip your vegetables.