

Totally addicting scones in 21 minutes

The key to perfect scones is using temperature controlled products and basting the scones before baking to create that lovely crunchy exterior and maintain a delicately soft crumb.

How it works:

- Heavy cream gives the scones a rich flavor and a soft cake like texture.
- Since butter melts at a relatively low temperature, using cold butter straight from the fridge will melt slower while baking, softening the crumb of the dough.
- The blend of white chocolate and dried cranberries gives a wonderful crunch and chew as well as balanced bursts of flavor throughout the scones.
- Baste the scones with whisked egg white and sprinkle on the sugar to turn the scones a beautiful golden brown color and caramelize the exterior.

Cranberry and White Chocolate Scones

INGREDIENTS:

- 2 cups all purpose flour
- 1/2 cup granulated sugar
- 1 tablespoon baking powder
- Pinch of salt
- 1/4 cup cold butter cubed
- 1/2 cup cold heavy whipping cream
- 1 egg + 1 egg yolk (reserve the egg white)
- 1 tsp vanilla extract
- 1/2 cup dried cranberries
- 1/2 cup white chocolate chips
- Granulated Sugar for sprinkling

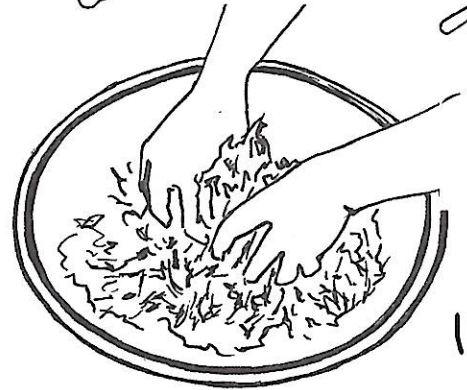
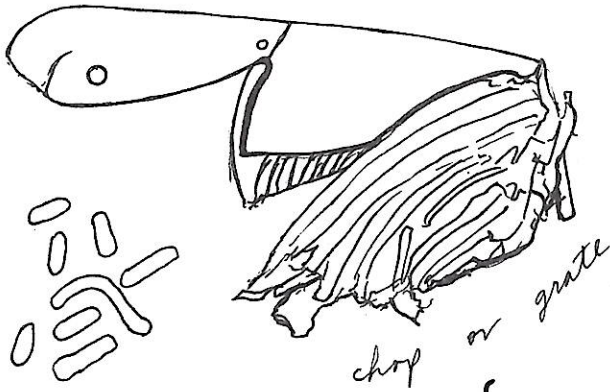
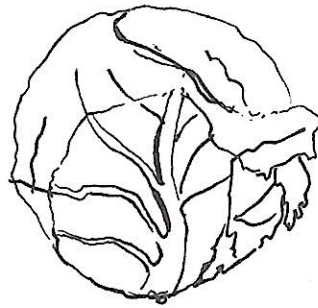
THE PROCESS:

1. Preheat the oven to 400°F.

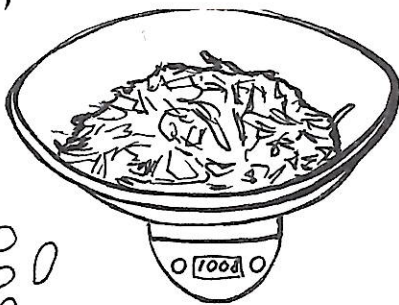
2. In a medium mixing bowl whisk together the flour, sugar, baking powder and salt. In a separate mixing bowl, whisk together the cold cream, egg, yolk (reserve the egg white for later), and vanilla.
3. Now cut your cold butter into the dry ingredients using a pastry cutter, or your fingers, until the butter is blended into the flour mixture and about the size of split peas. Work quickly so that the butter doesn't have time to melt before baking.
4. Pour your berries and chocolate chips into the flour mixture, pour in the cream mixture, and gently stir together with a fork. Stir until clumps of dough form, then form the dough into a ball with your hands by gently folding the dough together. There may be some random chunks of flour that don't want to stick to the main dough ball and that's alright; just toss the excess.
5. Place the dough on a floured work surface and gently press into a disk that's about 1" thick. Then use your bench scraper or a knife to cut the dough into 8 large triangles.
6. Place scones on a baking tray lined with a silicone mat or parchment paper. Baste the scones with your reserved egg white that's been whisked. Sprinkle the scones with granulated sugar.

7. Bake for 13-15 minutes or until they are golden brown and have a slight spring when pressed with the finger.
8. Serve them straight from the oven or at room temperature. Wrapped in plastic wrap or in a Ziploc bag, the scones will last for three days at room temperature, or up to a week in the fridge.

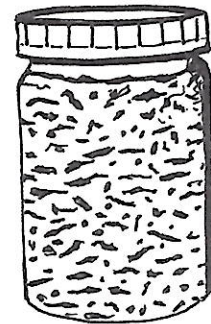
cabbage



add salt and
massage thoroughly



weigh

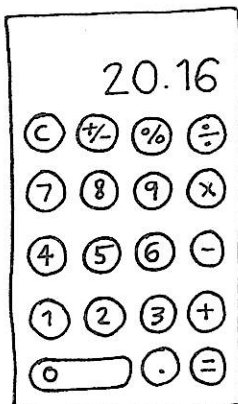


pack into jar
and weight,
then wait

note: if you don't have a scale, you
can add three + teaspoons of sea salt
(non-iodized) per pound of cabbage.
Add one at a time to taste - it
should not be overly salty!

microbe
magic
is happening

calculate 2%
for salt



set it on your counter and observe the
changes. try it at 5 days, 2 weeks, 1 month,
or longer. slow down the process by putting
it in your refrigerator.

© Sean Nash

Vietnamese Braised Pork and Eggs

Ingredients:

- 1 lb of pork belly
- 2 tbs of fish sauce
- 1 can of Rico Coconut Soda
- 4 tbs of brown sugar
- 4 to 8 hard-boiled eggs
- 2 tbs of soy sauce
- 1 tbs of dark soy sauce

Steps:

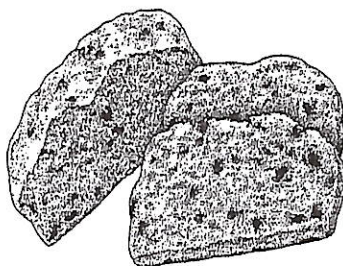
1. Add the pork into a pot of boiling water with enough to submerge the pork belly evenly. Cook for about 2 minutes just to remove any impurities in the pork. Drain and rinse the pork belly under running water until the water runs clear.
2. Add your can of coconut soda, fish sauce, brown sugar, soy sauce, and dark soy sauce along with your pork belly to a pot. Fill the rest of the pot with water so that the pork is submerged.
3. Turn the heat to high and let the pot boil before lowering the heat back to a simmer. Let the pork simmer only low for 1 to 2 hours with the lid on top. Occasionally check in to make sure it is not boiling too fast. (I personally like the sauce to reduce to a semi-sticky consistency, but it is all preference)
4. Taste and adjust the flavors to your liking before adding your hard-boiled eggs in the last 30 minutes.
5. Serve over some jasmine rice! (cucumbers also pair great with this dish)

Breads

Hutzelbrodt

From Dad and Grandma Rellergert

- 1 ½ c. warm water
- 2 teaspoons sugar
- 2 pkg. Yeast *4 1/2 tsp*
- 7 c. flour *1 c milk*
- 1 teaspoon salt
- ½ c. sugar
- ½ c. shortening, melted and cooled
- 1 egg, beaten
- 1 teaspoon ground allspice
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1 c raisins
- 1 c hutzels (dried fruit)
- 1 c chopped black walnuts

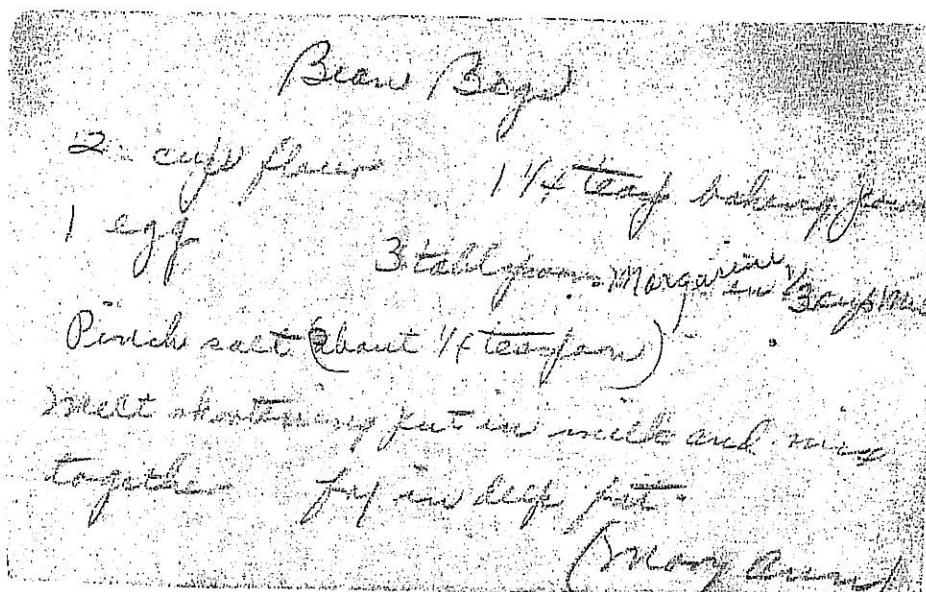


Sprinkle yeast on warm water; add sugar. Let sit until foamy.

Combine flour, salt, sugar, and spices. Stir in shortening, ^{milk}egg and yeast mixture. Knead for several minutes until dough is smooth and no longer sticky, adding more flour if necessary. Knead in raisins, hutzels and nuts. Cover and let rise in warm place until doubled in bulk.

Shape into 3 loaves and place in greased loaf pans. Cover and let rise until double. Bake at 350°F for 45 minutes or until done.

Bean Bags



Bean Bags recipe transcribed:

2 cups flour

1 egg

Pinch salt (about ¼ teaspoon

1 ¼ teasp. baking powder

3 tablespoons margarine in 1/3 cup milk

Melt shortening put in milk and mix together. fry in deep fat.

(Mary Ann)

(who is Mary Ann? I have no idea)

These are really fun, but according to my mom, really hard to make. I think the recipe could use more notes, but my grandma didn't need 'em!

LEMON
POUND
CAKE

INGREDIENTS FOR CAKE:

- 1 1/2 cups Flour
- 1 1/2 tsp baking powder
- 1 tbsp lemon zest
- 1/2 tsp salt
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla extract
- 2 tbsp lemon juice
- 1/2 cup butter
- 1/2 cup buttermilk

ICING:

- 1 cup powdered sugar
- 1.5 tbsp lemon juice
- 1 tbsp. milk

BAKING

- 350° for 45-60 minutes

PICADILLO

- 2 lbs. ground beef
- 2 green peppers
- 5 bay leaves
- 1 cup olives, green
- 1 cup vno seco

- 1 onion
- 1 tbs. garlic
- 1 lg. can tomato sauce
- 1 cup raisins
- salt/pepper to taste

- ① Brown beef while sautéing peppers, onion, & garlic. Drain Fat. add vno seco, bay leaves, olives, raisins, and tomato sauce.
- ② Simmer 1 hour, occasionally stirring, serve over rice.

Cherry Cookies:

Cream together 1 cup brown sugar, 1 cup white sugar, 1 cup shortening (or butter), 2 large eggs beaten, one teaspoon Vanilla.

Sift together 1 cup flour, $\frac{1}{2}$ tsp salt, 1 tsp baking soda. Add to creamed mixture. Blend well. Add 4 cups oatmeal - blend. Grind 1 cup raisins, 1 cup dates, add to rest with 1 cup nuts (pecans or walnuts work well) and 1 cup coconut. Drop on greased cookie sheet. Bake 10 minutes at 325-350°. Will fall some when taken from oven. I roll in sugar. Flatten with bottom of glass (drinking glass).

Roasted Red Pepper Shrimp

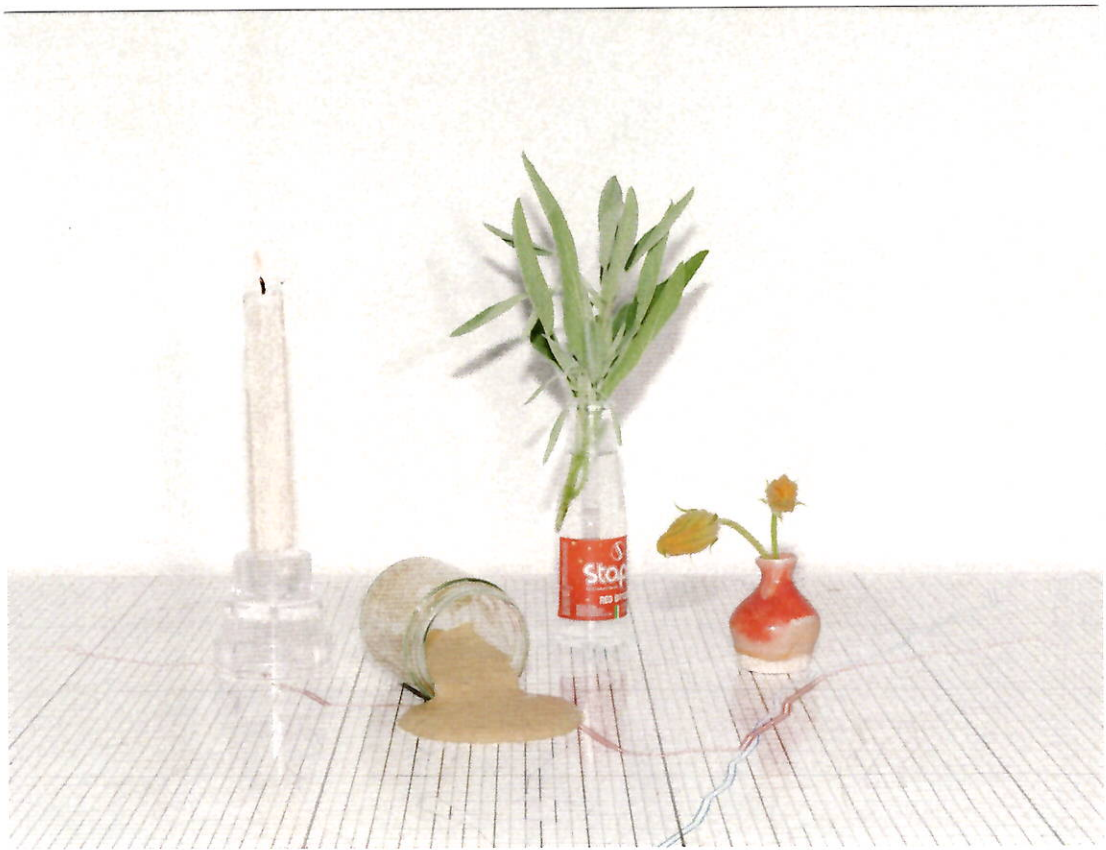
12oz jar roasted red pepper ~~shrimp~~
1 bunch scallions
1 head garlic (2 cloves)
1½ lbs shrimp - peeled + deveined
Olive Oil
Kosher salt + pepper
8oz feta

Prep: drain peppers, cut into 1" pieces. Slice
scallions + 2 cloves garlic. Combine
all in bowl with shrimp, 2T oil, ½ tsp
salt + pepper.



To Cook:

Top w/ feta (or goat cheese) in individual
baking dishes or large casserole. Bake
until shrimp is cooked through + cheese
is brown, about 20 minutes.



SQUASH BLOSSOM SOUP

my childhood favorite, this soup recipe was passed down to me by my tia laura. i use vegan ingredients but any can be replaced to your liking.

INGREDIENTS

5 cloves of garlic
1 large onion
2 tbsp of vegan butter
8 cups of squash blossoms
2 cups of unsweetened almond milk
2 cups vegetable broth
1 tbsp of potato starch

INSTRUCTIONS

- melt the butter using low heat
- once melted, add in onion and butter and lightly fry
- add the squash blossom petals and lightly fry for an additional minute. the pistil and stem of the blossom add a bitter flavor. i prefer to use the petals alone.
- in a blender, mix the almond milk, onions, garlic, and blossoms. you can keep some blossoms on the side to use as garnish. additionally, you can add heavy cream
- in a pot, warm the vegetable broth and, once warm, slowly stir in the potato starch.
- once the potato starch has been stirred in, the contents of the blender can be added to the pot.
- the soup will be ready to serve right away. for garnish, add the cooked squash blossoms. i also like to use whole flax seeds.
- enjoy :-)



To shape: roll into logs, flatten slightly, cut into pieces

BISCOTTAS

2 CUPS FLOUR - $\frac{1}{2}$ TSP SALT

4 TSP BAKING POWDER

1 CUP SUGAR

1 CUP BUTTER

4 EGGS

2 TSP VANILLA

SIFT TOGETHER - FLOUR, SALT,

BAKING POWDER

CREAM, BUTTER, SUGAR,

+ VANILLA - ADD EGGS

WORK FLOUR MIXTURE

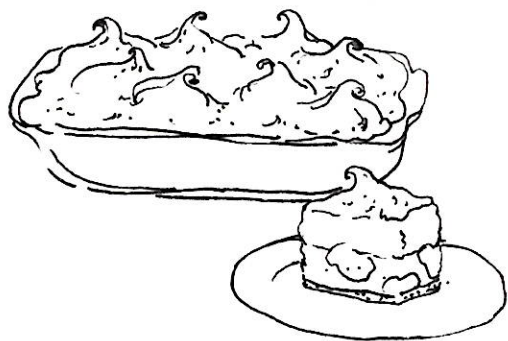
INTO CREAM MIXTURE

BAKE AT 375 DEGREES

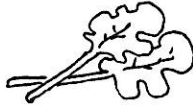
ON TOP SHUT TILL BROWN

THIS IS CORRECT RECIPE

Icing: 3 cups powdered sugar, 6 T butter, 1 t vanilla, cream as needed



Rhubarb Dessert



* From: Rachel Greger * Servs: 12

BASE: $\frac{3}{4}$ c BUTTER, $1\frac{1}{2}$ c FLOUR, 3T SUGAR

CRUMBLE TOGETHER & PRESS ON BOTTOM OF 9 x 13 PAN

BAKE @ 350° 10-12 MIN - UNTIL BARELY GOLDEN

CUT 4-6 STALKS RHUBARB INTO 1 IN PIECES, COVER BAKED CRUST.

CUSTARD: CREAM TOGETHER 6 EGG YOLKS & 2 c SUGAR. ADD

4T FLOUR, DASH SALT, 1 C MILK. WHISK SMOOTH. POUR OVER

RHUBARB - BAKE 40 MIN @ 350° -

MERINGUE: BEAT 6 EGG WHITES, $\frac{1}{2}$ t CREAM OF TARTAR, $\frac{3}{4}$ c SUGAR,

HIGH SPEED UNTIL STIFF, GLOSSY PEAKS. COVER HOT RHUBARB

& BAKE @ 375° UNTIL MERINGUE IS GOLDEN - ABOUT 10 MIN.

ENJOY @ ROOM TEMP. REFRIGERATE TO KEEP.



GREAT GRANDMA HIBBELEER'S WHITE BREAD

• MAKES 2 LOAVES

DISSOLVE 2 PKG. YEAST IN $\frac{1}{4}$ C. WARM WATER

ADD 1 EGG, 2 TSP SALT, 2 TBSP SUGAR, 2 C. WARM MILK

STIR IN 3 CUPS FLOUR. KNEAD IN $2\frac{1}{2}$ -3 CUPS

ADDITIONAL FLOUR $\frac{1}{2}$ CUP AT A TIME UNTIL THE DOUGH

IS NO LONGER STICKY. LET RISE 1 HR. UNTIL DOUBLED

IN SIZE. PUNCH DOWN AND FORM INTO TWO LOAVES.

PLACE IN GREASED WAFF PANES AND LET RISE UNTIL DOUBLED

(45-60 MIN) BAKE AT 350° FOR 20-25 MIN.

Chickpea Cauliflower Pita →

Ingredients:

(Avocado dip)

2 avocados

1-2 garlic cloves

2 Tbs olive oil

2 Tbs water

handful cilantro

1/2 tsp salt

Juice 1 lime

8 pitas

2 cauliflowers cut
into small florets

2 14oz cans chickpeas
(drained + rinsed)

chili powder

garam masala

cayenne pepper

Paprika

Salt + pepper

Olive oil

- greek yogurt (Plain)

1. Oven 425°F. Pat dry cauliflower + chickpeas. Put on baking sheet or roasting pan. Drizzle with oil, sprinkle spices, + mix. Roast 15-20 min, stir, roast another 15-20 min until golden brown + chickpeas are a little crunchy.
2. Purée dip ingredients in food processor.
3. Spread dip on pitas, top w/ cauliflower + chickpeas. Top with yogurt.