**The Staff of Life**

**Wheat Bread** $1.25/loaf or 8¢/slice loaf using wheat and milk from Home Storage Center. Recipe can easily be cut in half.

5 cups warm water

2 – 2½ cups dry milk

7 Tbsp. oil or shortening

¾ cup honey

2½ Tbsp. salt

2 Tbsp. dry yeast

2/3 cup warm water

15 – 16 cups wheat & white flour (I usually use about 2 – 3 cups white & the rest wheat.)

In a small bowl, dissolve yeast in 2/3 cup warm water. In a large bowl, mix dry milk with 5 cups warm water. Add shortening, salt, and honey. Add about 5 cups flour (wheat & white combined) to milk mixture. Beat with an electric mixer about 2 minutes. Add yeast mixture and beat. Add remaining flour a cup or two at a time and mix with spoon. Turn out onto floured surface and knead until smooth, adding more flour as necessary (try not to get it too stiff). Place in greased bowl. Turn greased side to top. Cover with plastic wrap or clean damp dish towel. Let rise in warm place for 1 – 1½ hours until doubled in bulk. Punch down, cover, and let rise again – 45 minutes to 1 hour until doubled. Turn out and cut into 4 parts. Shape into loaves. Place shaped dough into greased bread pans. Let rise until dough is nearly to top of pans. Bake at 350° 50 – 55 minutes until done.

**Breakfast**

**Breakfast Cookies – *Dianna Bell – Wendy’s Niece*** $5/batch or 20¢ - 30¢/ each

2 C quick oats *(not whole oats)*

3/4 tsp salt

1 tsp vanilla

1 tsp ground cinnamon

1 C freshly ground almond or peanut butter

1/4 cup pure maple syrup *(or honey)*

1/4 C apple butter

1 large banana, mashed *(about 1/2 cup)*

1/2 C dried cranberries

1/2 C shelled pumpkin seeds

1/2 C raisins

1/4 C ground flaxseed *(optional)*

*Preheat oven to 325°F.*

Mix banana with apple butter, peanut butter, syrup/honey, vanilla, cinnamon, salt, and flaxseed. Stir in oats and the cranberries, pumpkin seeds, and raisins.

Take a large spoonful of dough and drop onto prepared cookie sheet. Slightly flatten the tops into desired thickness. The cookies will not spread in the oven.

Bake for 15-16 minutes or until edges are slightly brown. Allow to cool on the cookie sheets completely. Cookies stay fresh at room temperature for one week or can be frozen up to three months. Makes about 18 – 24 depending on size.

**Wheat Cakes** -- ***Linda Murphy –University Heights Ward*** $1.35/batch or 35¢/serving (3 pancakes)

1 1/3 cups whole wheat flour

2 tsp. baking powder

3 Tbsp. sugar

¾ tsp. salt

3 egg yolks, beaten

3 egg whites, stiffly beaten

1 ¼ cups milk

3 Tbsp. oil

Stir together dry ingredients. Combine egg yolks, milk, & oil. Stir into dry ingredients. Fold in egg whites. Cook on medium griddle. Makes about 12 4” pancakes. Top with syrup of your choice or Braised Apples.

**Braised Apples (allow 1 apple per adult serving)** 50¢/serving

For each apple:

½ Tbsp. butter

1 Tbsp. brown sugar

small squeeze of lemon juice

pinch of cinnamon (optional)

small sprinkle of nutmeg (optional)

Peel, core and slice apples. Melt butter in skillet. Stir in remaining ingredients. Sauté for a couple of minutes until apples start giving off juice. Cover and simmer on very low about 5 minutes or until apples are as soft as you like.

**Float ‘em Syrup** (Not exactly healthy, but sometimes we need something sweet! It’s very similar to store-bought syrup but better and cheaper. $1.30/batch – 5 cups)

4 cups sugar

1 cup light corn syrup

1 cup water

2 cups boiling water

1/2 tsp. maple flavoring

1/2 tsp. vanilla

Combine the sugar and the 1 cup of water.  Mix well.  Cook without stirring until the syrup is a light caramel color (338 degrees on candy thermometer).  Remove from heat.  VERY GRADUALLY stir in boiling water (Scrape down the crystalized sugar on the sides.  Don't worry.  It all ends up blending together in the end.)  Add corn syrup.  Boil 2 to 3 minutes, stirring.  Add flavorings.  Yield:  5 cups syrup.  Store in jar or bottle.  Does not need to be refrigerated.

Also, after you've poured the syrup out of the pan, don't be alarmed by or waste time trying to scrub off the hard bits that remain. Just put it to soak and all remnants will dissolve with no problem.

**Soups and Other Main Dishes**

In my experience, most soups are better the second day. I figure about 1 ½ cups per serving.

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| **Andersen's Split Pea Soup** ($1.35/batch or 25¢/serving. Equivalent in cans = $8.34. There may well be typos in this handout, but this is not one of them.) | | |
| 1 lb. (2 cups) green split peas  1 large carrot, peeled & chopped  bay leaf | 2 quarts water  1 stalk celery, chopped  pinch of cayenne | 1 onion, chopped  1/4 tsp. thyme  salt & pepper to taste (at least 1 tsp. salt) |
| Combine all ingredients & boil 20 minutes, partly covered. Reduce heat, cover, & simmer 45 minutes or until peas are tender. Discard bay leaf & strain soup through sieve or put through blender. (An immersion blender is great for this.) Adjust seasonings to taste & reheat to serve. Serves 6. Freezes well. | | |

**Lentil Soup** $3.70/batch or 45¢/serving

1/3 cup olive oil

1 onion, chopped

2 carrots, diced

2 stalks celery, diced

2 cloves garlic, minced

1 tsp. dried oregano

1 bay leaf

1 tsp. dried basil

14 oz. can tomatoes

2 cups dry lentils

8 cups water

½ cup spinach, thinly sliced

3 Tbsp. vinegar

salt to taste – about 1 Tbsp. is my taste

½ tsp. ground pepper – or to taste

Sauté vegetables in oil until onion is tender. Add spices and cook for 2 minutes. Stir in lentils, water, and tomatoes. Bring to boil. Reduce heat and simmer about an hour. When ready to serve, stir in spinach and cook until it wilts. Stir in vinegar and season to taste with salt, pepper, and more vinegar if desired. Remove bay leaf before serving. Serves 8. Freezes well.

**West African Peanut Sauce (Tigadègèna) — *Dianna Bell – Wendy’s Niece***  $3.65/batch

*Here's one of the top recipes I [Dianna] learned during my time in West Africa. I ate this dish for lunch almost every day while living there. My sweet hostess knew that I love spicy food and always gave me a whole, cooked habanero pepper on the side for me to break up and add to each bite.*

2 Tbsp. vegetable oil

1 onion, minced

3 – 6 cloves garlic, minced

1 Tbsp. minced jalapeno or habanero pepper, or to taste

2 Tbsp. tomato paste

2 cups tomatoes, peeled, seeded, and chopped

handful of chopped carrots

handful of chopped potatoes

3 -4 cups chicken stock

1 cup natural, unsalted peanut butter. (*The quality of peanut butter makes all the difference, so please don’t use Skippy! Make a trip to the health food store or Winco and find something freshly ground*.)

salt and pepper to taste

Heat the oil in a large pot over medium-high flame. Add the onion to the oil in the pot and sauté until translucent, 3-4 minutes. Stir in the garlic and sauté another 1-2 minutes.

Stir in the tomato paste and cook for about 1 minute. Add the chopped tomatoes and bring to a boil. Reduce heat to medium-low and simmer for 8-10 minutes.

Add enough stock to loosen the dish to a thick sauce consistency. Simmer for another 10 minutes.

Stir in the peanut butter, salt and pepper, carrots, and simmer for another 40 minutes. Add potatoes and whole habanero peppers (optional) during the last twenty minutes. Add water as necessary. Adjust seasoning and serve over rice. Serves at least six.

*K’a suma i kònò! (May it cool inside of you!)*

**Pumpkin Chowder – *Kelly Blunck Niederhauser – Wendy’s Niece*** about $1/serving if you get chicken on sale

*Sauté in 1 T olive oil until cooked:*

1 whole chicken breast or 2 – 3 boneless thighs – diced

Remove chicken and set aside.

*Add to the drippings and sauté for a few minutes:*

1 C chopped onion

1 C chopped red bell pepper

1 clove garlic, minced

*Stir in:*

3½ C chicken broth

1 lb can pumpkin

1/4 C white rice (uncooked)

1/2 tsp dried basil

1/4 tsp salt (or to taste)

1/8 tsp pepper

Add cooked chicken

Simmer 20 to 30 minutes until rice is tender. Stir occasionally so that rice doesn’t stick to bottom. (If you prefer, add a half cup or so of cooked brown rice instead.)

Add ½ cup frozen corn and simmer another few minutes until corn is hot. Serves about 5.

**Pasta With Garlic Sauce** - ***Sunset 60***¢/serving

8 oz. fettuccine or linguine

1 can Italian style stewed tomatoes

1 teaspoon dried basil

¾ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon crushed red pepper

1/3 cup olive oil

6 large cloves garlic, minced or pressed

grated Parmesan cheese (optional)

Break tomatoes up with a spoon if not already chopped. Add basil, salt, and peppers. Place olive oil & garlic in a saucepan. Cook, stirring occasionally, over medium-low heat until garlic is a very light gold. Do not brown. Add tomato mixture and simmer, uncovered, stirring occasionally for 5 minutes. Meanwhile, cook pasta in boiling water until done. Mix sauce and drained pasta together. (It’s best to let it simmer together on very low for a few minutes to let the pasta absorb some of the sauce and let the starch from the pasta thicken the sauce a bit. Sprinkle with Parmesan if desired. Serves about 4.

Notes:

1. There's a lot of garlic in this, but it mellows as it cooks.

2. This is very good as is, but even more delicious with a can of clams and/or a handful of shrimp. Add the shrimp to the sauce at the very end and simmer until it turns pink. If you use clams, drain and add the clam juice in with the tomatoes. Add the clams at the very end as they will toughen if you cook them too long.

**Roasted Tomatoes --** 30¢ per tomato

Slice desired amount of Roma tomatoes in half lengthwise. Salt and pepper liberally. Brush each half with olive oil. Sprinkle with garlic powder if desired. Arrange in single layer in shallow pan. Roast in 400° oven 45 – 60 minutes or until soft (but not mushy) and slightly brown on edges.

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| **Potato-Egg Frittata** 65¢/serving | | |
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| 4 large potatoes  1/4 c. chopped green onions  1/4 c. chopped parsley | 4-6 eggs  salt & pepper to taste | 1/2 cup milk  optional: diced ham, cooked bacon, chopped mushroom, chopped spinach |
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| Cook potatoes in salted boiling water just barely done. (Or use leftover baked potatoes.) Peel & dice. Sauté potatoes in butter or a mixture of oil/butter until nicely browned. Remove from pan. Beat eggs with milk, salt & pepper. Stir in green onions & parsley & any of the optional ingredients you wish. Melt a couple of tablespoons of butter to cover bottom of frying pan – preferably a non-stick one. Return potatoes to pan & pour egg mixture over this. Cover pan & cook over very lowest heat until set - top will still be moist. Put under broiler for just a minute to set the top. Or, if using a non-stick pan, put a plate over the top and turn the pan over to remove the frittata. Slide it back in the pan to cook the bottom part. Serve with catsup or hot tomato sauce seasoned with a little Worcestershire, dry basil, green onions, & parsley. Good warm or at room temperature. | | |

**Potatoes With Cabbage, Carrots, Onions, and Sausage** 80¢ - $1/serving for the vegetables

For each serving, allow 1 -2 potatoes, 2 -3 carrots, ¼ onion, a good wedge of cabbage, and however much smoked meat (Polish or Kielbasa sausage or ham) you want.

Peel and slice potatoes about ¼” to ½” thick. Peel and slice carrots on the diagonal about ¼” thick. Slice onion and cabbage.

Sauté smoked meat with onions in a little butter for 3 or 4 minutes. Add carrots and cabbage and sauté for another 3 or 4 minutes. Add potatoes. Salt generously and add pepper to taste. Mix everything together, cover and simmer on low until vegetables are tender, stirring occasionally, about 10 to 15 minutes.

**Macaroni and Tuna Salad** $5/batch 50¢/serving

Note: All additions to the macaroni are approximate. Adjust to suit your own preferences.

1 lb. macaroni

½ cup oil & vinegar dressing *(See “Provident Homemaker” handout)*

1 carrot, peeled and grated

½ cup sliced green onion tops

1 cup frozen peas

½ cup sliced olives

½ cup capers or chopped pepperoncini

½ cup mayonnaise

Cook pasta in salted water until tender. Drain. Douse with oil and vinegar dressing. Grate a carrot into the bowl and mix in. Mix in tuna. Mix in peas, olives and capers/pepperoncini. Stir in mayonnaise. Refrigerate several hours before serving. (At that point, you may want to add in more dressing r mayonnaise.) Serves about 10.

**How to Cook Pasta - (from an interview on *The Splendid Table*)**

Forget bringing big vats of water to a boil first. Simply put desired amount of pasta in a pan. Add enough water to cover the pasta by about 2” – 3.” Add salt so that it tastes about like ocean water. Bring to a boil. Stir occasionally. Cook until the pasta is to your desired tenderness. Trust me – this works. I heard the interview with a guy who was debunking cooking myths while I was running errands one afternoon and went right home and tried it. So much easier. Saves time and energy. If you want, you can let the pasta soak for awhile to soften somewhat until you bring it to a boil. It will cook faster at that point – sort of like cooking fresh pasta (which dried pasta used to be, after all).

To download “Provident Homemaker in the Kitchen” handout, go to wardoffice.com and click on “News” tab and then “Wendy’s Handouts LDS.” Thanks to Gaylan Ward for facilitating this!

**Sample Menus**

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|  | **Breakfast**  Include an orange and a cup of milk with each meal\* | **Lunch**  Include a banana, apple or piece of fruit in season with each meal.  Include bread/rolls where desired. | **Dinner**  Include a cup of milk with each meal.  Include bread/rolls where desired |
| **Sunday** | Breakfast cookies with honey sweetened yogurt | Grilled cheese on wheat bread with roasted tomatoes  Carrot and celery sticks | Roasted chicken  Baked potatoes or yams  Green vegetable  Parsleyed carrots |
| **Monday** | Oatmeal and toast | Brown rice bowl: Cook brown rice in chicken broth with some sautéed chopped onion. Stir in a serving of mixed vegetables to cooked rice. Top with a fried egg | Pasta with garlic sauce  Green vegetable or salad |
| **Tuesday** | Eggs and toast | Split pea soup with cornbread | Potatoes with cabbage, carrots, onions and smoked meat |
| **Wednesday** | Oatmeal and toast | Bean and cheese burrito  Carrot and celery sticks | Peanut stew over brown rice |
| **Thursday** | Yogurt parfait (banana, berries, nuts, yogurt, honey) and toast  \*You don’t need the orange and milk with this one. | Macaroni and tuna salad | Egg & potato frittata  Green vegetable or salad |
| **Friday** | Oatmeal and toast | Lentil soup | Stuffed baked potato (broccoli, sautéed mushrooms, cheese, diced ham or crumbled bacon) |
| **Saturday** | Wheat cakes with braised apples | Avocado and fried (or boiled) egg sandwich on wheat bread with carrot and celery sticks | Pumpkin chowder |

**Yogurt and Quark**

**Regular Yogurt**

For a quart of milk (any kind – skim to whole):

* Heat milk to warm but not hot. Or: heat to scalding and then cool down to warm.
* Stir a little of the milk into about ¼ cup plain yogurt with live cultures.
* Stir thinned yogurt into remaining milk.
* Put in a glass jar or non-reactive bowl or pan of some kind and cover.
* Keep warm until thickened – anywhere from four to 10 hours.

Ways to keep it warm:

* Wrap in towel.
* Put in warm garage.
* Put in ice chest or thermos with some warm water.
* Heat oven to 200. Turn off. Put yogurt inside. Leave light on.

Refrigerate after it has thickened. (The lower the fat content of the milk, the thinner the yogurt will be.)

Save some of the yogurt to use as a starter for your next batch.

Yields the same amount of yogurt as the quantity of milk you used.

**Greek-style Yogurt:**

* Line strainer or colander with a piece of clean white cloth – cotton or nylon works best. (You can use cheesecloth if you like, but it can’t be re-used).
* Place over a bowl. Pour yogurt into strainer. Cover with some plastic wrap and let sit in the refrigerator several hours. The whey that drains off is very nutritious. You can use it as a substitute for milk in cooking, use in smoothies, or drink it if you like it. If the yogurt is thicker than you like, stir in some of the whey to thin it back down.

Yields about half the amount of yogurt as the quantity of milk you used. If you buy a gallon of milk for $4.00, two quarts of homemade Greek-style yogurt will cost you $2.00 – at least half of what it would cost ready made.

**Quark**

* Heat two cups of milk (any kind) until just below simmering.
* Let cool to room temperature.
* Stir in ½ cup buttermilk.
* Place in glass or ceramic bowl and cover with a paper towel or cloth to keep debris from falling in.
* Let sit at room temperature eight to twelve hours or until about the consistency of yogurt.
* Strain as per Greek-style yogurt (above).

Note: You can make this with reconstituted powdered milk and a buttermilk substitute of ½ cup reconstituted powdered milk + 1 ½ tsp. vinegar. It comes out with a nice tang that masks the powdered milk flavor. Could be used sort of as sour cream if you had to live off your food storage.

**Beans About Beans**

**The Case for Dry Beans**

* Canned beans cost about four times as much as the equivalent cooked from dry beans and take up about four times as much storage space.
* Dry beans are better for the environment – less packaging
* Dry beans are generally better for you as you control the additives
* Your own cooked beans will taste better
* There are various types of beans you can find dry that you can’t find canned.

**Basic Cooking**

Rinse beans and pick out any debris.

Cover beans with about 2” of water. Soak overnight or all day.

Drain off soaking water and add more cold water to cover by 2”.

Bring to boil, then reduce heat to low, cover (partially if necessary) and simmer gently, stirring occasionally, until beans are to desired tenderness – usually 1 to 2 hours. Don’t bother skimming off the foam. Just stir it in.

You can cook beans without soaking them. Just use more water and allow an extra hour or so for cooking.

* **Myth** – Beans will not soften if cooked with salt. I think they taste better to cook them with salt to taste from the beginning.
* **Fact** – Beans will not soften once acidic foods are added. Be sure beans are to your preferred softness before adding tomatoes, vinegar, molasses or other acidic foods.

1 cup dry beans yields about 3 cups cooked beans.

**Bean Flour**

You can grind beans in a wheat grinder or coffee grinder (cheaper than a wheat grinder). Recipes on the Internet abound, but here are two basic uses:

**“Cream of \_\_\_Soup” Substitute**

2 cups stock or broth (chicken, vegetable, beef)

1/3 cup white bean flour

Place stock in saucepan and add in bean flour, mixing with a whisk. Simmer on low until thickened. Makes the equivalent of 2 cans of cream soup. Add mushrooms, celery, etc. as desired.

**Quick “Refried” Beans**

1 cup water

3/4 cup pinto bean flour

Bring water to a boil and whisk in bean flour. Cover and cook 5 minutes, stirring. Season as desired.

**Giving New Life to Old Beans** - *Ensign* Jan. 1990 “Random Sampler”

Should you throw out those dry beans that have hardened after years in storage? No! To salvage old beans, wash and sort them, removing any discolored beans or foreign material. To each cup of dry beans, add two and one-half cups of hot tap water and two teaspoons of baking soda. Soak the beans overnight. The next day, drain them and rinse them twice. Put them in a large pot, cover them with water, and cook them until they become tender—about two hours. As the beans cook, add more water as needed. Then use the beans in any recipe.—**Relief Society General Board**