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Chicken Infinite

Gregor Weichbrodt



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## Ingredients

164.98 teaspoons vegetable oil  
4 boneless chicken breast halves  
330.55 tablespoons water  
2 chicken breast (whole, skinless, boneless)  
1 can diced tomatoes (14 1/2 oz., with juice)  
1 cup chili sauce (low sodium)  
1 green pepper (chopped, large)  
7 celery stalk (chopped)  
1 onion (chopped, small)  
34 garlic clove (minced)  
5 teaspoons dried basil  
8 teaspoons parsley (dried)  
4.75 teaspoons cayenne pepper  
108.5 teaspoons salt  
1 can beans, low-sodium undrained (pinto, kidney, red, or black 15 ounces)  
1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)  
chili powder (to taste)  
15 onion (medium, chopped)  
15.5 cups broccoli (chopped)  
6.75 tablespoons carrot (shredded)  
1 green pepper (small, chopped, - may use red or yellow pepper)  
0.66 cup fresh parsley (chopped, or 2 Tablespoons dried)

20.75 teaspoons canola oil  
1.5 cup bulgur (dry)  
10 cups chicken broth (low-sodium)  
8 ounces chickpeas (canned, drained)  
6 cups spinach (fresh)  
4 cups romaine lettuce  
2 cups green pepper (chopped, or use red,  
yellow, or orange)  
7 cups cherry tomatoes  
1 cup cauliflower (chopped)  
4 cup yellow squash (sliced)  
3 cups cucumber (sliced)  
12 cups carrot (chopped)  
2 cup zucchini (sliced)  
4.5 cucumber  
6.5 orange  
1 lemon or lime (the juice)  
29 teaspoons chili powder  
1 can pineapple chunks (in juice, 20 oz.,  
drained)  
1 can mandarin orange (11 oz., drained)  
5 banana (peeled and sliced)  
1.5 cup grape (seedless)  
0.75 cups marshmallows (miniature)  
0.66 cup coconut (flaked)  
1 carton vanilla yogurt (8 oz., low-fat)  
25.75 cups egg whites  
1 teaspoon cream of tartar  
127.96 teaspoons sugar



16.75 teaspoons vanilla extract  
3 teaspoon flour (sifted)  
1 can crushed tomatoes, undrained  
4 tablespoons angel food cake mix  
20.25 tablespoons yogurt, low-fat vanilla  
3 raspberries  
5 cup strawberries, sliced  
1.5 tablespoon non-fat whipped topping (can use 1-2 Tablespoons)  
2 chicken breast (cooked, diced)  
17.5 tablespoons celery (chopped)  
64.91 tablespoons onion (chopped)  
4 teaspoons pickle relish  
0.5 cup mayonnaise (light)  
0.5 loaf Italian or French bread (split length-wise, or 2 split English muffins)  
2.25 tablespoon pizza sauce  
1 can cream of chicken soup (10 ounces, reduced sodium)  
0.5 cup mozzarella or cheddar cheese (low-fat, shredded)  
15.5 tablespoons green pepper (chopped)  
3 tablespoons mushrooms (fresh or canned, sliced)  
vegetable toppings (other, as desired, optional)  
Italian seasoning (optional)  
28 teaspoon butter  
80 egg  
66.75 teaspoons baking powder

1 tablespoon lemon rind (grated)  
2 apple (medium, pared, cored, sliced)  
0.5 cup apricot jam  
1 pound pork (lean, cut into chunks)  
4 apple (with skin, cored and quartered)  
4 carrot (large, peeled and cut into chunks)  
1 orange peel (dried, optional)  
9.75 teaspoon ginger  
81.75 teaspoons flour  
47.5 teaspoons cinnamon  
27.25 teaspoons baking soda  
4 cups apple (diced, chunks)  
1 cups applesauce (unsweetened)  
2 cups apple (sliced, to place on cake)  
8 apple (medium)  
32.57 teaspoon brown sugar  
1 cup oats (uncooked)  
2 cup shortening  
5 cups apple (tart, cored, peeled, and chopped)  
1.25 cup raisins (dark)  
0.5 cup pecans (chopped)  
25.5 teaspoons vanilla  
20 egg (beaten)  
2 all-purpose flour (sifted)  
12.5 teaspoons cinnamon (ground)  
2 cups cabbage  
1 carrot (medium, grated)  
2 cup apple (chopped)  
7 tablespoons yogurt, low-fat

4.07 tablespoon mayonnaise, low-fat  
64 teaspoons lemon juice  
1.5 teaspoon dill weed  
1 head of lettuce (about 10 cups)  
2 apple (medium, sliced)  
4.25 tablespoons walnuts (chopped)  
2.75 cup dried cranberries  
8.16 cup green onion (sliced)  
1.25 cups vinaigrette dressing  
0.75 cup oatmeal (quick cooking)  
35.57 teaspoons margarine  
15.41 cups milk, non-fat  
5.16 cup applesauce  
2 teaspoon flour, all-purpose  
2.5 cups quick-cooking oats (uncooked)  
2.25 teaspoon ground cinnamon  
1 apple (tart, cored & chopped)  
2 cups apple (diced)  
5.25 cups celery (diced)  
42.41 tablespoons raisins  
0.5 cup nuts  
2 tablespoons lite mayonnaise-type dressing  
(or mayonnaise)  
21.66 tablespoons orange juice  
1 cup diced apple  
3.5 cups diced celery  
0.5 cup grated carrot  
0.5 cup yogurt, low-fat vanilla (can use 1/2 to  
3/4 cup)

1 apple (Granny Smith)  
1 pancake mix (any type)  
11 cups milk, low-fat  
1 can tuna, packed in water (6.5 ounces,  
drained)  
11 apple  
13 teaspoons mustard  
35.16 teaspoons honey  
26 slices whole wheat bread  
9 lettuce leaves  
4 acorn squash (washed)  
8.5 teaspoon butter (or margarine)  
4 apples (chopped)  
7 apple (cut in quarters)  
0.5 cup margarine (or butter or shortening)  
41.66 tablespoons flour (all purpose)  
2.5 cup applesauce, unsweetened  
1 cup nuts (optional)  
35.16 teaspoons oil  
3 teaspoon nutmeg (ground)  
0.25 cup dry milk powder, non-fat instant  
22 eggs  
12 cups all-purpose flour  
4 chicken breasts, boneless & skinless (medium)  
7.5 teaspoon cumin  
0.66 cup apricot spread  
1 fresh lemon, juiced  
1 cup flat-leaf parsley (lightly packed and

chopped without the stalks)  
0.25 teaspoon peppercorn (freshly ground)  
0.5 teaspoon chili pepper flakes  
9.75 teaspoon oregano (dried)  
4 teaspoons green onion (minced)  
80.75 teaspoons olive oil  
30.32 teaspoons vinegar  
9 tablespoons lemon juice (fresh)  
1 chicken (whole, cut up, skin removed)  
18 cups tomatoes (chopped)  
7 bay leaf  
3.5 cup rice (uncooked)  
1.5 cup peas  
2 salt (to taste, optional)  
2 pepper (to taste, optional)  
1 pound shredded cabbage  
1 can mandarin oranges (11 ounces,  
drained)  
0.5 cup peanuts (optional)  
2.5 cup light Italian dressing  
2 tablespoons soy sauce (low-sodium)  
4.25 tablespoons peanut butter (creamy)  
2 tablespoons apple butter  
3.75 tablespoons milk (skim)  
4 teaspoons soy sauce (reduced sodium)  
18.75 teaspoons lime juice  
10 celery stalk (cut into fourths)  
6 tablespoons red vinegar  
9.5 teaspoons soy sauce, low-sodium

44 teaspoons garlic powder  
2 pounds asparagus (washed and trimmed)  
5.25 tablespoons margarine (or butter)  
3 teaspoons lemon peel (grated)  
3 garlic clove (large, minced)  
6 russet potatoes (medium, 3-4 inch, peeled  
and sliced into 1/4 inch slices)  
36.25 teaspoons black pepper  
1.5 cup cheddar cheese, mild shredded  
1 package cake mix, dark chocolate  
1 cup squash (shredded or finely chopped)  
1.25 cup chopped walnuts (optional)  
8 tablespoons onion (diced)  
22 garlic clove (finely chopped)  
2 cups bell pepper (red, diced)  
2 cups zucchini (diced)  
2 cups summer squash (yellow, diced)  
3 cups lima beans (frozen)  
5 cups corn kernels (frozen)  
2 tablespoons sage (fresh, coarsely chopped)  
4 cups oatmeal (uncooked)  
0.5 cup coconut (shredded or flaked)  
1 cup pecans (chopped, walnuts or peanuts)  
0.25 cup margarine (liquid)  
5 sweet potatoes (cooked)  
6.25 teaspoon nutmeg  
5.25 cups hot water  
1.5 cup navy, kidney or lima beans (dry, sorted  
and rinsed)

5.16 cups apple juice  
3.75 teaspoon molasses  
3 teaspoon ketchup  
1 teaspoon mustard (dried)  
1 pound chicken, boneless, skinless  
31.25 teaspoon pepper  
13.75 teaspoons salt (optional)  
1.5 pound chicken thighs, boneless, skinless  
1 cup cereal crumbs, cornflake type  
0.5 teaspoon Italian herb seasoning  
9.75 teaspoon onion powder  
5.5 teaspoon paprika  
5.5 cup potatoes (sliced)  
15.75 cups carrot (sliced)  
1 onion (large, quartered)  
1 chicken (raw, - cut into pieces, skin removed)  
5.75 teaspoon thyme  
4 white fish fillets (frozen, or cod or perch total  
of 16-20 oz)  
20 ounces mixed vegetables (frozen)  
3 onion (small, diced)  
1 teaspoon lemon juice (or fresh lemon, sliced  
thin)  
1 tablespoon parsley flakes (dried or fresh  
chopped)  
4 aluminum foil (10x12 inches square)  
1 pound fish fillets (fresh or frozen, unbreaded)  
6.5 cups onion (thinly sliced)  
0.5 green pepper (thinly sliced)

1 can tomato sauce (8 ounce)  
3 chicken (skinned and cut into 10 pieces)  
1.5 cloves of garlic (thinly sliced, or 1 tsp garlic powder)  
4 thyme sprigs (fresh, or 1 tsp dried thyme)  
1.5 cup chicken stock (or water)  
1 lemon (sliced into 10 slices, seeds removed)  
1 cup lentils (rinsed)  
3.5 teaspoon pepper (optional)  
2.25 teaspoon garlic powder (optional)  
1 can tomatoes (16 ounces)  
2.5 cup carrot (thinly sliced)  
2.5 tablespoon cheddar cheese (shredded)  
1 pound ground beef, 90% lean (or ground turkey)  
3 teaspoon dried parsley  
3.5 cup bread crumbs  
2.5 cups milk, 1% (or non-fat)  
0.66 cup parmesan cheese, non-fat (grated)  
3 thyme sprigs (leaves removed and crushed)  
4 fish fillets (white fish, 6 ounces each)  
1 medium onion (chopped)  
1 cup halved mushroom caps  
0.5 cup green onions (finely sliced)  
1 cloves garlic (crushed)  
6 pork chops (lean center-cut, 1/2-inch thick)  
2 onion (medium, thinly sliced)  
4.5 tablespoons red pepper (chopped)  
12 potatoes (medium)



4.25 cup sour cream, non-fat  
10 teaspoons basil (dried)  
1 black pepper (to taste)  
1 pumpkin (small, peeled and cut into cubes)  
17 teaspoons soy sauce  
1 clove garlic (minced, or 1/4 teaspoon garlic powder)  
1 teaspoon fresh ginger (minced, optional)  
1 package tofu (firm or extra firm, water packed, 16 ounces, drained)  
3 flour tortillas (10-inch, whole wheat)  
cooking oil spray  
2 pounds trout fillets (or other fish, cut into six pieces)  
3 tablespoons lime juice (or about 2 limes)  
3 tomato (medium, chopped)  
9.25 tablespoons cilantro (chopped)  
0.25 teaspoon red pepper (optional)  
3 banana (large, well-ripened)  
18.66 tablespoons milk  
0.5 cup shortening (solid vegetable)  
15 egg (large)  
2.5 cup banana (mashed)  
1 cup banana, mashed (use overripe banana)  
1 cup quick oats  
7.66 tablespoons yogurt, low-fat plain  
1.91 cup raisins (optional)  
0.5 cup sunflower seeds (optional)  
spices (to taste, optional)

1.25 cup dried red lentils  
1 cup old fashioned (large flake) oats  
0.75 cups plain yogurt, low-fat  
21.5 teaspoons milk, 1%  
0.25 cup canola oil (or melted butter)  
2 eggs, large  
2 bananas, over-ripe mashed  
maple syrup (to serve with pancakes, optional)  
5 tablespoon milk (1%)  
20.41 cups whole wheat flour  
6.5 banana  
0.66 cup oatmeal (dry, quick-cooking)  
0.75 cups water (very hot)  
7 cup banana (sliced)  
0.5 cup frozen yogurt (non-fat)  
1 apple (cored and sliced, with peel)  
4 cups yogurt (nonfat vanilla)  
2 tablespoons walnuts (ground)  
11.32 cup milk (non-fat, dry)  
2 cups oats (quick cooking)  
2 banana (very ripe, mashed)  
3 tablespoons maple syrup  
0.5 cup green or red bell pepper (chopped, optional)  
1 cup mushrooms (fresh sliced, or 1- 4 ounce can mushrooms, drained)  
1 cup pearl barley (uncooked)  
1 teaspoon vegetable bouillon (or beef or chicken, low sodium)

1 cup skim milk (or reconstituted non-fat dry milk)  
1.5 teaspoon vanilla (optional)  
0.5 cup carrots, raisins, and/or walnuts (optional)  
0.5 cup milk (optional, only if adding carrots, raisins or walnuts)  
1 pie crust (baked, 9-inch)  
1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)  
5 cup cheese (shredded)  
2.5 cup milk (non-fat)  
2 cups milk (non-fat powdered)  
14.75 teaspoons cornstarch  
0.25 cup chicken bouillon (instant)  
2 tablespoons onion flakes (dried)  
10 teaspoons Italian seasoning  
1 bunch collards, washed and cut  
salt and pepper (to taste, optional)  
10 English muffins  
1.75 cups barbecue sauce  
1.5 cup chicken (cooked, cut-up)  
0.75 cups cheddar cheese (shredded, smoked or regular)  
2.5 bell pepper (chopped)  
7 cups rice (cooked)  
13 onion (small, chopped)  
2 cups kidney beans (cooked, or one 15 ounce can, drained)

8 flour tortillas (10 inch)  
9.75 tablespoons salsa  
2 cups kidney beans (canned)  
5 teaspoon cumin (ground)  
13.25 teaspoons onion (finely chopped)  
1 cup cheddar cheese (grated)  
3 pinto beans (cooked, or 2-15 ounce low sodium cans)  
0.5 cup Monterey Jack cheese (reduced-fat)  
8 flour tortillas (6 inch)  
4 tablespoons salsa (optional)  
2.5 pounds ground beef, 85% lean  
1.5 cup water (can take up to 2 cups water)  
2 cups egg noodles, uncooked (or any shaped pasta)  
1.25 pounds ground beef (85% lean)  
5 medium potatoes, peeled and thinly sliced (5-6 potatoes)  
2.5 pound ground beef (90% lean)  
1 bell pepper, large (chopped)  
1 onion, large (chopped)  
6 garlic cloves (chopped)  
3 teaspoons ground cumin  
1 can diced tomatoes, low-sodium (12 ounces)  
1 jar green salsa (or enchilada sauce, 16 ounces)  
1 can pinto or kidney beans (rinsed and drained, 15 ounces)  
1 green cabbage head (washed and cut into

bite-sized pieces)  
2 onion, medium (chopped)  
1 pound ground beef, lean (15% fat)  
non-stick cooking spray  
red pepper flakes (to taste, optional)  
2 beef chuck roast (boneless)  
3.75 cups water (hot)  
1 beef bouillon (cube)  
2.5 teaspoons allspice  
1 pound beef (lean, top round)  
7.75 pounds mushroom (sliced)  
0.25 cup white wine  
12.25 ounces yogurt (plain, low-fat)  
6 cups macaroni (cooked in unsalted water)  
5.75 pounds ground beef  
2 cup macaroni, uncooked  
15 ounces diced tomatoes, canned, undrained  
(1 can)  
0.5 cup shredded cheese  
salt (optional, to taste)  
0.25 cup lemon juice (or vinegar)  
1 garlic clove, finely chopped  
salt and pepper, to taste (to taste, optional)  
2 cups sliced cooked beets (can use canned or fresh)  
1 head of lettuce (washed and torn into pieces)  
2 cups cooked beans, rinsed (any kind)  
3.5 banana (ripe)  
1 tablespoon fruit juice (orange works well)

4 cups sliced strawberries  
1 dash cinnamon  
1.5 cup berries (frozen blueberries, sliced strawberries, or raspberries, thawed)  
5 slices whole wheat bread (crusts removed)  
1.5 teaspoon sugar (optional)  
vanilla yogurt (optional, low-fat)  
1 envelope unflavored gelatin  
1 cup grape juice  
4 cups quick rolled oats (or whole wheat flour)  
3.5 cup non-fat dry milk  
0.5 cup bell pepper (green or red, chopped)  
1 cup brown rice (or white rice, cooked and cooled)  
3 can black beans (15 ounce, drained and rinsed)  
0.25 cup rice vinegar (or white wine vinegar or lemon juice)  
0.5 teaspoon mustard powder (optional, dry)  
1 clove garlic (chopped, or 1/2 teaspoon garlic powder)  
9.5 teaspoons garlic (chopped)  
1.5 cup beef broth (fat removed)  
2 cans black beans (15 oz. each, drained and rinsed)  
1 cup salsa (thick and chunky)  
2 cans black beans (15 ounce)  
7.5 onion (medium)  
20 garlic clove

0.25 teaspoon oregano (fresh or dried)  
1 pound beef (top round)  
16 teaspoon oregano  
5 red pepper  
1 mustard (dry)  
8 potatoes (red-skinned, halved)  
3 cups onion (finely chopped)  
2 cups beef broth  
2 carrot (large, peeled, cut into very thin 2 1/2 inch strips)  
2 kale (bunches)  
2 cups blue cornmeal (yellow may be used)  
1.25 cup cornmeal (yellow)  
0.5 cup sprouted wheat  
2 cups blueberries (fresh or frozen)  
6 slices bread (cubed, approximately 6 cups)  
1.5 cup broccoli (frozen, chopped and cooked)  
4.75 cups cheddar cheese, low-fat shredded  
1 tablespoon onion (minced, optional)  
1 cup chicken, skinless (diced, cooked)  
1 carton raisin bran (15 ounces, 8 cups)  
5 cups buttermilk  
vegetable oil spray (or oil)  
2.75 cups flour, whole wheat  
1 bran flake cereal with raisins  
1 vegetable oil spray (non-stick)  
2 cartons spinach (12 ounce, frozen, thawed)  
10 cups brown rice (cooked)  
1 cup egg-white substitute (liquid)

0.75 cups mozzarella cheese (shredded fat-free)  
5.5 cup milk (fat-free)  
0.5 teaspoon Worcestershire sauce (low-sodium)  
0.25 teaspoon marjoram (dried)  
6 teaspoons thyme (dried)  
0.25 teaspoon rosemary (dried)  
5.25 tablespoon flour (all-purpose)  
2 cup flour (whole wheat)  
3 tablespoons milk (powdered)  
1 tablespoon yeast (rapid rise)  
1 cup water (warm, 120 to 130 degrees F)  
1 flour (as needed, extra, for kneading)  
1 teaspoon cinnamon (and/or nutmeg)  
1 black beans (cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)  
4 tortillas, corn  
2.75 tablespoons red onion (chopped)  
0.5 cup salsa, low-sodium  
30.75 teaspoon yogurt, non-fat plain  
2 tablespoons corn (frozen)  
4 tablespoons green pepper (diced)  
5 tablespoons onion (minced)  
1 tablespoon tomatoes (diced fresh)  
0.25 teaspoon garlic (granulated)  
1.25 teaspoon hot pepper sauce (optional)  
14 flour tortillas (8 inch)



0.25 cup salsa (canned)  
2 cups pineapple, canned and chopped  
1 cup berries, frozen (thawed)  
1 pumpkin (pureed, cooked)  
3.25 teaspoons ground ginger  
4 cups broccoli, cooked  
4 cups cooked whole wheat pasta  
1 cup fat-free parmesan cheese  
7.5 teaspoons basil  
1 can cream-style corn (15 ounce)  
1 package broccoli (10 ounce frozen, cooked)  
0.5 cup cracker crumbs (crushed)  
6 saltine crackers (crushed)  
5 tablespoons margarine (melted)  
6 potatoes, medium  
5 broccoli stalks  
9 cups chicken or vegetable broth, low-sodium  
1.5 cup evaporated milk, non-fat  
1 cup mashed potatoes, instant (prepared in water)  
0.25 cup cheddar cheese, shredded (or American)  
4.5 cup rice  
1 can cream of mushroom, or chicken, or celery or cheese soup (10 3/4 ounce, condensed)  
20 ounces broccoli or cauliflower or mixed vegetables (frozen, chopped)  
0.5 pound cheese (grated or sliced)  
3 tablespoons margarine (or butter)

1 red onion (medium, peeled and diced)  
8 bacon slices (cooked and crumbled, optional)  
3 tomatoes (large, firm)  
10.75 ounces cottage cheese, low-fat  
0.25 cup bread crumbs (plain)  
cooking spray (or vegetable oil)  
5.91 cups brown rice  
0.25 cup almonds (chopped)  
1 canola cooking spray (as needed)  
1 celery (medium stalk, ends trimmed and chopped)  
2 cups rice (brown, uncooked)  
2 cups vegetable broth (fat-free, reduced sodium)  
0.25 cup apricots (dried, chopped)  
4.5 cups walnuts (chopped, optional)  
1 teaspoon sage (dried)  
2 tablespoons sage (fresh, chopped)  
12 cups chicken broth, low-sodium  
2 cups chicken or turkey (cooked, diced and boned)  
2 cups tomatoes, canned or cooked  
2 cups lima beans, canned or cooked  
2 cups whole kernel corn, canned or cooked  
0.5 pound brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)  
3 teaspoons brown mustard (spicy)  
raisins (regular or golden)  
whole grain cereal (unsweetened)

2 tablespoons peanuts (chopped)  
celery (cut in 3" pieces)  
apples (quartered and cored)  
carrot sticks (cut in 3" pieces)  
cream cheese (low-fat with pineapple)  
cheese (low-fat with pimienta)  
1 cup bulgur (coarse, available in bulk from natural foods stores)  
1.5 teaspoon minced onion  
0.5 cup scallions (chopped, green onions)  
0.75 cups canned chickpeas (garbanzo beans, drained and rinsed)  
3 celery (stalks)  
12 twist pretzels (large)  
7 tablespoons creamy peanut butter  
1 butternut squash (small)  
9.5 tablespoons red wine vinegar  
2 cans black beans (16 ounces each, rinsed and drained)  
5 cup onion (sliced)  
1 pound cabbage (sliced)  
1 teaspoon caraway seeds  
1 can diced tomatoes, low-sodium (16 ounces)  
1 cup tomato sauce (or tomato juice)  
0.25 cup minute rice  
1 cabbage head (small to medium, chopped in bite-sized pieces)  
4 cups cabbage (shredded or thinly sliced)  
0.25 cup carrot (grated or finely sliced)

0.75 cup celery (thinly sliced)  
0.5 teaspoon dill (or basil or parsley)  
0.5 cup mayonnaise, light or low-fat  
7.25 teaspoons chopped onion  
2 green peppers, medium (chopped)  
1 small head cabbage (chopped)  
2 cloves garlic (chopped)  
2 tablespoons soy sauce, low-sodium (to taste)  
1 cup coffee (brewed)  
4 tablespoons hot chocolate mix  
whipped topping (non-fat, optional)  
2 teaspoon cinnamon (optional)  
1.5 cup yams  
3.41 tablespoons brown sugar (packed)  
0.25 teaspoon orange peel  
1 teaspoon margarine, tub (soft, unsalted)  
1 cantaloupe (ripe)  
2 orange juice (cold)  
2.66 tablespoons sugar (granulated)  
1 cup ice (crushed)  
0.5 cup sugar (brown, packed)  
8 cups romaine lettuce (chopped)  
0.25 cup red onion  
1 cup black beans (canned, drained and rinsed)  
1 orange (peeled and diced)  
4.5 cups tomato (diced)  
1 can stewed tomatoes (14.5 ounces)  
1 teaspoon oregano leaves

1.5 cup brown rice (instant, uncooked)  
1 can black beans or beans of your choice (16 ounces)  
1 pound pink beans  
2 plantains (medium, finely chopped)  
1 tomato (large, finely chopped)  
1 red pepper (small, finely chopped)  
1 white onion (medium, finely chopped)  
2 cups red chile puree (or 12 tablespoons chile powder)  
3 pounds lean pork (fresh)  
2 garlic clove (mashed)  
0.5 cup margarine (soft)  
1 cup carrot (grated raw)  
2 egg whites (well beaten)  
2 cups oatmeal, quick cooking (raw)  
4 carrot (medium, peeled and grated)  
1 juice of one lemon  
4 plum tomatoes (chopped, from a can)  
0.5 cup tomato juice (from a can)  
6 carrot (large, peeled and sliced)  
2 tablespoons fresh parsley (chopped, or 1 teaspoon dried)  
1 cup elbow macaroni, cooked  
1 can tomatoes, cut up (14.5 oz)  
1 cup clam juice (8-oz bottle, or water)  
16 garlic (cloves, minced)  
0.5 head of cabbage (coarsely chopped)  
1 pound catfish fillets

green onion (sliced, as needed)  
2 cups rice, white (or brown, cooked)  
1 pound whole wheat pasta shells  
2 cups chopped cauliflower  
3.25 teaspoons garlic salt  
1.75 tablespoons cheese, low-fat  
6 cups water (warm)  
11 cups potatoes (diced)  
1 can cream-style corn  
0.5 cup cheddar or American cheese (shredded)  
4 potatoes (large, baking)  
1 jar spaghetti sauce, meatless, low-sodium (24-ounce jar)  
6 ounces cottage cheese, fat-free  
1 egg, slightly beaten  
1 cup macaroni, dry  
4 ounces mozzarella cheese, low-fat shredded  
12.5 garlic clove (chopped)  
1 can cream of mushroom soup (10.75 ounces, condensed, 98% fat-free)  
5.75 tablespoons cheddar cheese, low-fat (grated)  
2 cups chicken (shredded, cooked)  
2 cups broccoli (pieces)  
2 pounds beef round roast (1-inch thick)  
6.75 teaspoon Worcestershire sauce  
4 can tomato sauce (8 ounces)  
0.5 cup American cheese, shredded

5.5 cups water (boiling)  
1 package gelatin (8 serving size, cherry, sugar-free)  
1 can pineapple chunks (20 oz., in juice, not drained)  
1 can mandarin orange (22 oz., in juice, drained)  
16 ice cubes (large)  
1 can kidney beans (15 ounce)  
2 chicken thighs  
19.5 ounces tomato sauce  
3 cup rice, uncooked  
1 package broccoli, frozen (10 ounce)  
3 cups chicken, cooked  
9.75 cups chicken broth  
2.25 tablespoons Parmesan cheese (optional)  
12 ounces chicken, cooked and diced (1 1/2 cups)  
1 cup dried cranberries (or cherries)  
2 tablespoons almonds (sliced)  
1 head of lettuce (of, - chopped)  
4.75 cup green pepper  
1 can tomato sauce (8 oz, low-sodium)  
10 teaspoon parsley (chopped)  
24 teaspoons garlic (minced)  
5 cups brown rice (cooked in unsalted water)  
3 chicken breast (cooked, skin and bone removed, diced)  
0.25 pound cooked, shredded chicken

1 cup chopped celery (one stalk)  
0.5 cup chopped apple (one apple)  
2.91 tablespoons light mayonnaise  
1 lemon, juiced  
1 package raisins (small box, 1.5 ounces)  
8 ounces fettuccine noodles  
1 cup broccoli, fresh or frozen  
1 pound chicken breast, boneless  
32.25 teaspoons Parmesan cheese (grated)  
1 cup canned tomatoes  
4 chicken pieces, skin removed (thighs, breasts, or legs)  
1 cup pasta (uncooked whole wheat, small, such as macaroni or rotelle)  
6 cups romaine lettuce (well washed and torn, or spinach)  
2 cups vegetables (fresh, green pepper, celery, cauliflower florets, cucumber, carrots chopped)  
0.5 cup Italian dressing (lowfat)  
1 egg (hard cooked, optional)  
0.25 cup cheese (shredded, or cheese crumbles)  
1 chicken (fryer, cut into pieces, skin and fat removed)  
7 teaspoon cocoa  
3 pounds chicken pieces (skin removed)  
1 cup celery (washed and chopped)  
3 carrot (large, scrubbed, thinly sliced)  
4 cups noodles, dry



1 teaspoon thyme or sage (optional)  
2 cups cooked small pasta  
1.5 cup canned chicken (drained)  
1 cup diced bell pepper  
0.5 cup sliced green onion  
1 cup shredded yellow squash  
0.5 cup canned corn kernels (drained)  
0.5 cup frozen peas  
15 ounces black beans, low sodium (rinsed and drained)  
0.5 cup fat-free Italian dressing  
1 chicken (whole, skinned and cut into pieces)  
9 ounces tomato sauce (canned)  
2 cans hominy, white or yellow (15 ounce, rinsed and drained)  
3 cups iceberg lettuce (shredded)  
6 lime wedges  
4 chicken breasts halves (medium, skinned, fat removed, boned, and cut into 1-inch pieces)  
2 zucchini (7 inches long, unpeeled and thinly sliced)  
1 eggplant (small, peeled and cut into 1-inch cubes)  
1 green pepper (medium, cut into 1-inch pieces)  
1.5 pound mushroom (fresh, sliced)  
1 can tomatoes (16 oz, whole, cut up)  
1.5 teaspoon basil (dried, crushed)  
3 tablespoons parsley (fresh, minced)

4 cups lettuce  
2 cups chicken breast, skinless roasted  
1 tomato (cored and diced)  
1 green pepper (cored and diced)  
2 tablespoons vinegar (flavored)  
Italian herb mix and black pepper to taste (optional)  
1 cup chicken (cooked)  
1 vegetables (fresh chopped, such as potatoes, carrots, celery, or cabbage)  
vegetable oil spray  
4 ounces spaghetti, whole wheat uncooked  
1 red bell pepper, medium (thinly sliced)  
1 green bell pepper, medium (thinly sliced)  
2 cups cooked chicken breast, skinless and diced (cooked without salt, about 8 ounces)  
1 can tomatoes, unsalted diced undrained (14.5 ounces)  
1 can cream of chicken soup, condensed low-fat reduced sodium (10.75 ounces)  
0.5 cup cheddar cheese, reduced fat shredded  
0.25 cup Parmesan cheese (shredded or grated)  
1.66 cup celery (sliced)  
1 can tomatoes (16 oz)  
1.5 cup chicken (canned)  
8 chicken pieces (breasts or legs)  
2 garlic clove (small, minced)  
5 tomatoes (medium, chopped)

1.5 tablespoon celery (finely chopped)  
2 potatoes (medium, peeled and chopped)  
2 carrot (small, chopped)  
12 bay leaves  
10 ounces cream of mushroom soup (1 can)  
1.5 cup chicken, boneless (cut in pieces)  
4 ounces chopped green chiles, canned (1 can)  
6 corn tortillas (cut into strips)  
1 cup cheddar cheese, low-fat, shredded  
1.5 teaspoon thyme (ground)  
2 cups water (or chicken broth)  
2.75 cups tomatoes (diced)  
1 cup chicken, cooked, skinned and cubed  
3.5 cup brown rice, cooked (or white rice)  
1 cup kale (chopped, about one large leaf)  
1 cup brown or white rice, cooked  
2 teaspoons parsley, dried (or 2 Tablespoons fresh, finely chopped)  
3.5 teaspoon black pepper (ground)  
0.25 clove garlic (finely chopped)  
1.25 tablespoon Ranch dressing, fat-free  
2 tablespoons mayonnaise, fat-free  
1 cup apple or cantaloupe (cut into chunks)  
0.66 cup grape halves (red or purple, cut into chunks)  
1 chicken, cooked (cut into bite-size pieces)  
1 can chickpeas (19oz, drained garbanzo beans)  
2 tablespoons oregano (dried, crushed)

2 teaspoon pepper (black)  
0.5 teaspoon cayenne pepper (red)  
1.5 teaspoon dry mustard  
1 can pinto beans (16 ounce, or 2 cups cooked dried beans)  
4 cups popped corn  
1 can diced tomatoes, drained (15 ounces)  
2 teaspoons chili powder, mild  
1 cantaloupe (peeled, seeded, and cubed)  
6 tablespoons lime juice (fresh)  
1 Ramen noodles (oriental flavored)  
16 ounces cabbage (shredded or cabbage salad mix)  
0.25 cup scallions (minced)  
4.5 cup bell pepper (red or green)  
2 chicken breast (cooked, and chilled, cut into cubes)  
0.5 cup peanuts (dry roasted, unsalted)  
0.25 cup vinegar (rice or white wine)  
1 Ramen noodle flavor packet  
1.5 cups brown sugar (firmly packed)  
1.5 cup yogurt (non-fat, plain)  
0.5 cup chocolate chips (miniature, or carob chips)  
2 packages sugar-free chocolate pudding (1.3 oz each, instant or cook and serve type)  
7.41 tablespoons skim milk  
24.41 teaspoons peanut butter  
27 graham cracker squares (2-1/2")

1 can garbanzo beans (15 ounces)  
lemon pepper (to taste)  
salt (to taste)  
8 tablespoons sugar (divided)  
2 teaspoons cinnamon (divided)  
1 cup bran flakes  
1.75 cups canned pumpkin  
0.25 cup finely chopped pecans  
4 cups uncooked rolled oats (oatmeal)  
1 grapefruit (peeled)  
1 orange (peeled)  
10 cups fresh greens (lettuce)  
1 red onion (small, sliced thin)  
2.25 tablespoons cider vinegar  
0.5 teaspoon oregano (fresh, chopped)  
4 cups mixed vegetables, sliced and steamed  
(such as zucchini, corn, and tomatoes)  
1 egg (large, whole)  
1.75 cups egg substitute  
1.5 teaspoon lemon zest (grated)  
2 cups macaroni  
1 egg (medium, beaten)  
1 cheese, finely shredded sharp cheddar, low-fat  
0.5 cup low-fat vanilla frozen yogurt  
0.5 cup coffee (cooled to room temperature)  
9 ice cubes  
8 ounces cream cheese, fat-free  
8 flour tortillas (small)

1 cup sweet red pepper (chopped)  
1 cup low-fat cheese (shredded)  
2 cups spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)  
1 can black or red beans (15 ounce)  
1 can corn (12 ounce)  
2.5 cup brown rice, uncooked  
2 lemon (juiced)  
3 green onion (also called scallions)  
1.25 tablespoon parsley (minced)  
1.25 tablespoon olive oil (or other vegetable oil)  
1.5 cup vegetables (of your favorite, cut into small pieces)  
0.25 head of cabbage (green)  
4.5 pound carrot  
1 cup peanuts  
1 pound dried beans  
1 whole wheat tortilla  
6 tablespoons cream cheese, low-fat  
1 cup chopped vegetables (recommended: broccoli, carrots, red pepper, green onion)  
3 tablespoons corn (liquid drained from canned)  
1 cup corn (canned, whole-kernel, drained)  
0.75 cups kidney beans (dry, cooked)  
0.25 teaspoon pepper flakes (hot red, optional)  
2 cups corn (frozen and thawed)  
1 can diced tomatoes with green chilies (10 ounce)

3 tablespoons cilantro (fresh chopped)  
5 green peppers (cut in half, lengthwise)  
4.5 small onion, chopped  
1.5 garlic cloves, chopped  
6 cups cooked rice  
1 can diced tomatoes with chiles, undrained  
(10 1/2 ounces)  
1 can whole kernel corn, drained (8 1/2 ounces)  
0.5 cup cheddar cheese, shredded  
9.5 cups cornmeal  
2 cans cream-style corn (15 ounces)  
margarine or butter (to grease the muffin cups)  
2 cups whole kernel corn (fresh or frozen, -  
cooked and drained)  
4.75 cups tomato (chopped)  
6 ears of corn (about 3 cups)  
2 tablespoons chopped red onion  
pinch of sugar  
1 tablespoon chopped fresh basil (or 1 tsp  
dried basil)  
1 cup sifted (all-purpose flour)  
0.75 cups buttermilk (made from 2 teaspoons  
vinegar + 3/4 cup milk, made from non-fat dry  
milk powder)  
0.25 cup egg mix (dry, mixed with 1/4 cup wa-  
ter)  
2 cups masa harina (instant)  
2 tablespoons unsalted butter (at room tem-

perature)

4 green onions, medium (thinly sliced)

1 celery rib, small

1.5 cup chicken broth, fat-free low-sodium

2 teaspoon dried sage

4 cups crumbled cornbread

0.91 cup chopped pecans

16.75 tablespoons margarine or butter

1 cup evaporated milk

2 cup peas (frozen)

1 tablespoon mustard (prepared)

black pepper (fresh cracked, to taste)

lettuce and tomato

1.5 teaspoon sage (ground)

2 cup green peas (frozen)

1 cup couscous

1 can kidney beans, drained (15 ounces)

1 can black beans, drained (15 ounces)

1 can corn, drained (15 ounces)

1 can crushed tomatoes (15 ounces)

1 can chopped green chilies, drained (4 ounces)

3.25 tablespoons finely chopped onion

3 limes, juiced (optional)

4.5 apple (cored and thinly sliced)

1 can cranberry sauce (16 ounce, whole)

3.5 teaspoons margarine (soft melted)

1 cup brown sugar, firmly packed

1 pint cranberry juice cocktail



0.25 cup raisins, seedless  
2 ham slices, 1-inch thick  
2 cups flour  
2 teaspoons grated orange peel  
0.25 cup butter, melted (or margarine)  
1 egg (or 2 egg whites)  
1 cup chopped cranberries  
1.16 cup chopped walnuts  
0.66 cup powdered sugar (optional, for glaze)  
1 teaspoon water (optional, for glaze)  
2 egg, large (large)  
1.25 cups pumpkin (canned)  
2 cups cranberries (fresh or frozen chopped)  
3 packages strawberry gelatin (3 oz. packages,  
can also use raspberry)  
1 can cranberry sauce  
1 orange peel rind (grated)  
1 cup crushed pineapple (drained)  
1.25 cups walnuts  
2 tablespoons cornstarch (mixed with 3/4 cup  
water)  
2 cups broccoli (cut)  
2.5 teaspoons thyme (dried, crushed)  
2 bay leaves (small)  
15 tablespoons non-fat milk  
1 package frozen, chopped broccoli (10 ounces)  
1 can carrots or mixed vegetables, drained (8  
ounces)

1 can cream of mushroom soup (10 ounces)  
1 soup can of milk  
0.66 cup grated cheddar cheese, low-fat (can use 1/4 to 1/2 cup)  
1 russet potato (scrubbed, medium 6 ounce)  
2 tablespoons butter (or canola oil, divided)  
5 onion (small, finely chopped)  
0.25 cup green bell pepper (finely chopped)  
0.25 cup red bell pepper (finely chopped)  
1 garlic clove (small, finely chopped)  
canola cooking spray  
2 cups skinless cooked chicken breast (diced)  
2 tablespoons milk, 2%  
cayenne pepper (pinch of, or to taste)  
4 tablespoons barbecue sauce (prepared)  
salt (and freshly ground black pepper, to taste)  
2.75 teaspoon dill (dried)  
0.25 cup yogurt (plain)  
0.25 cup mayonnaise (non-fat)  
0.5 teaspoon Italian seasoning (dried)  
1.5 teaspoon garlic (fresh, minced)  
2 cups yogurt, low-fat plain (or small curd or creamed cottage cheese)  
2.75 tablespoons dried, minced onion  
3 tablespoons dried parsley flakes  
1.5 teaspoon dill weed (optional)  
2 beans (dry, cooked)  
1 can tomatoes (16 oz, with juice)  
0.5 cup milk, non-fat (or buttermilk)

2.75 teaspoons poultry seasoning  
1 cup cornflakes, crumbled  
2 teaspoons hot pepper (dried crushed)  
2.5 teaspoon ginger (ground)  
8 chicken pieces, skinless (4 breasts and 4 drumsticks)  
paprika (a few shakes of)  
1 teaspoon vegetable oil (to grease baking pan)  
0.5 cup chicken (cooked, finely chopped)  
0.5 cup corn (no salt added, canned or frozen, thawed)  
1.5 cup green onion (chopped)  
0.25 cup bell pepper (green, chopped)  
0.5 cup cheddar cheese (shredded, reduced fat, or Monterey jack or queso fresco)  
28 corn tortillas  
1 large onion, sliced  
3 cloves garlic, minced  
1 cup carrot, chopped  
2 cups kale, chopped  
2 cups chard, chopped  
2 cups dried lentils  
8 cups vegetable broth (or stock)  
1 can chopped tomatoes (16 ounces)  
4 cup yogurt, non-fat vanilla  
1 cup blueberries or strawberries (fresh or frozen thawed)  
0.5 cup low-fat granola (or crunchy cereal)

2 cups cooked chicken (chunked)  
0.5 cup celery  
1.5 cup onion  
1 cup grape  
1 apple (small, diced, leave the peel on)  
1.25 cup yogurt, plain  
4 tablespoons cream cheese, low-fat (whipped)  
14 flour tortillas  
0.5 teaspoon ranch seasoning mix  
0.25 cup broccoli (washed and chopped)  
1.25 cup carrot (peeled and grated)  
0.25 cup zucchini (washed and cut into small strips)  
0.25 cup summer squash (yellow, washed and cut into small strips)  
2 tablespoons green bell pepper (seeded and diced)  
2 tablespoons chives (chopped fine)  
2 garlic clove (minced, or 1/2 teaspoon garlic powder)  
4 ounces mozzarella  
2 cups spinach (chopped, fresh)  
1 can evaporated milk, nonfat (13 ounce)  
2 can pumpkin (16 ounces)  
7.5 teaspoon pumpkin pie spice  
1 cup green bell pepper (diced)  
3 cups black beans (cooked)  
7 cups chicken broth (low sodium)  
1 cucumber (large, peeled and thinly sliced)

2 cups cucumber (diced)  
1 cup tomato (seeded and diced)  
0.25 cup onion (chopped sweet)  
2 cups couscous or rice, cooked  
2 teaspoons dill weed (chopped dried or fresh)  
0.5 cup Italian salad dressing, low-fat  
2 cucumber (large, peeled, seeded, and grated)  
1 cup sour cream (non-fat)  
1 tablespoon dill (fresh)  
7 cups broccoli florets  
1 cup carrot (baby)  
1 cup yogurt, low-fat plain (softened)  
1 cup cucumber (seeded and diced)  
1 clove garlic (chopped small)  
salt and lemon pepper, to taste (optional)  
3 cups potatoes (cubed)  
1.75 teaspoon curry powder  
1 tablespoon butter (or more oil)  
2 garlic cloves, crushed (use 2-3 garlic cloves)  
1 sweet potato, medium peeled and cut into  
1/2-inch pieces (use a dark-fleshed potatoes)  
2 potatoes, yellow, cut into 1/2-inch pieces (use  
thin-skinned potatoes, such as Yukon Gold)  
1 tablespoon ginger, fresh grated  
1 tablespoon curry paste (or curry powder)  
0.5 cup chopped fresh cilantro, divided (optional)  
2 cups vegetable stock (or chicken stock)

1 cup coconut milk  
1 tablespoon salad dressing (mayonnaise-type)  
1 head of cabbage (chopped)  
2 carrot (small, grated)  
4 onion (small)  
0.5 teaspoon dried red pepper (optional)  
4 apple (large, peeled, cored, and sliced)  
2 cranberries (fresh or frozen)  
1 teaspoon apple pie spice  
1 pie crust (prepared)  
0.5 pound mustard or collard greens (rinsed, stems removed and coarsely shredded)  
6 cups cabbage (shredded)  
1 pound lentils (dry, washed, soaking not necessary)  
6 carrot (large, cut into 1/2-inch pieces)  
4 celery stalk (large)  
1 can whole tomatoes (16 ounce, cut into pieces or 3-4 fresh tomatoes cut in wedges)  
2 pounds potatoes (large)  
8 cups water (ice)  
1 teaspoon pepper (white)  
1 teaspoon pepper flakes (hot)  
6 egg (large, hard-boiled and peeled)  
4.16 tablespoons mayonnaise  
1 pound haddock or cod fillets (frozen)  
2 tablespoon dill weed (dried)  
2 dash black pepper (optional)  
1 tablespoon raisins (seedless)

1 tablespoon nuts (as topping or crunchy cereal)  
1 can green beans (15 ounces)  
1 onion (small, sliced)  
2 canned peach halves  
2 tablespoons cottage cheese, low-fat (1 ounce)  
2 bananas (can use 2-3 bananas)  
chocolate syrup (optional)  
1 cup chicken, cooked and diced  
1 frozen mixed vegetables (thawed)  
1 cup cooked chicken (cut-up)  
1 can cream of chicken soup, low-fat (10-3/4 ounce, condensed)  
1 cup baking mix, reduced-fat (example: Bisquick)  
2 eggplant (peeled and cubed)  
5 cups zucchini (thinly sliced)  
1 cup green bell pepper (cut into strips)  
3 tablespoons Italian salad dressing (low fat)  
1 can fruit cocktail (16 ounce, drained)  
2 orange (cut into bite-size pieces)  
2 apple (cut into bite-size pieces)  
8 ounces yogurt, low-fat piña colada  
6 romaine lettuces leaves (torn into 1 1/2 inch pieces)  
1 cucumber (medium, peeled and sliced)  
1 cup red onion (sliced)  
0.66 cup feta cheese (crumbled)

4 tablespoons olive oil (extra-virgin)  
1 mango (peeled and chopped)  
0.25 cup chopped green bell pepper  
1 green onion, chopped  
1 lime, juiced (1-2 Tablespoons)  
cooking oil spray, as needed (non-stick)  
1 onion (large, peeled and chopped)  
1 green bell pepper (medium, washed, seeded and chopped)  
2 cans diced tomatoes (14.5 ounces)  
1 can kidney beans (15.5 oz, drained and rinsed)  
19 cups cooked brown rice  
2 white rice, uncooked  
1 teaspoon butter or margarine (optional)  
2.66 cup dry milk, non-fat  
0.5 cup raisins (or other dried fruit)  
1 package frozen chopped spinach, thawed (10 ounces)  
1 package cottage cheese, low-fat (12 ounces)  
1.5 cup mozzarella, part skim shredded (save 1/2 cup for topping)  
5 teaspoons dried oregano  
1 jar light tomato basil pasta sauce, low-sodium (26 ounces)  
0.5 package pasta shells, uncooked (large)  
0.5 teaspoon oregano (or Italian herb mix)  
1 cup mozzarella cheese, part-skim grated  
2 cups dried milk, non-fat



4 hard boiled eggs (finely chopped)  
1 teaspoon mustard (wet)  
1 eggplant (large)  
1 cup bean sprouts, fresh  
0.5 cup chicken, cooked and diced (or beef)  
1 teaspoon dried minced onion  
1 can mushrooms, stems and pieces (drained)  
7.5 onion (large, chopped)  
1 can kernel corn (7 ounces, drained and rinsed)  
2 cups prepared salsa (divided)  
0.5 cup Monterey Jack cheese (shredded)  
1 pound lean ground beef (or other ground meat)  
0.5 cup onion (chopped, or 1 Tbsp onion powder)  
1 can whole corn (14 ounce, or any canned vegetable, drained)  
4 tablespoons taco seasoning mix (dry, or dry enchilada sauce)  
5 cups rice, cooked  
1.5 cup cheese (grated)  
0.5 cup mushrooms, olives or any favorite vegetable (sliced, optional)  
1 cup broccoli (cooked chopped)  
1 cup pizza sauce (or spaghetti sauce)  
0.5 cup mozzarella cheese, shredded, part skim  
1 cups buttermilk, low-fat

3 egg (slightly beaten)  
1 cup frozen strawberries (coarsely chopped,  
or other fruit, fresh or frozen)  
1 cup dry garbanzo beans (chick peas, sorted  
and rinsed)  
1 garlic (clove, crushed)  
1 parsley (sprig, chopped)  
5.91 teaspoon hot pepper sauce  
1 cup plain yogurt (low-fat)  
4 Pita bread (pockets)  
1 eggplant (medium)  
7 tomatoes  
syrup or other toppings (optional)  
2 cucumber (diced into 1/4 inch pieces)  
3 red bell pepper (seeded and diced into 1/4  
inch pieces)  
3 green pepper (seeded and diced into 1/4 inch  
pieces)  
4 celery stalk (diced into 1/4 inch pieces)  
2 tomatoes (diced into 1/4 inch pieces)  
1 onion (medium, diced into 1/4 inch pieces)  
4 lemon  
2 cups tomato juice, low-sodium  
3 garlic clove (fresh minced)  
0.5 cup corn (fresh cooked or frozen)  
1 cup tomatoes (fresh diced)  
0.5 cup picante sauce  
4 apple (medium, baking)  
0.5 cup oatmeal, quick cooking (uncooked)

0.25 cup brown sugar (light or dark)  
1 apple (medium, skinned and cored (not cut into pieces))  
1 tablespoon butter alternative spread (0 trans-fat, or butter)  
1 can garbanzo beans  
0.5 cup yogurt (plain, non-fat)  
1 tablespoon sesame oil  
1 jalapeno pepper (finely chopped)  
1 cup cereal with fruit  
1 cup bran cereal (chex type)  
1 cup cereal ("O" type)  
0.25 cup shredded coconut  
1 cup broccoli (chopped fine)  
2 red onion (small, chopped)  
1 bell pepper (sweet, green, red, yellow)  
1 can kidney beans (15oz, drained, rinsed)  
2 tablespoons cilantro (or other fresh herbs) (chopped fine)  
2 tablespoons red wine vinegar (or white or cider)  
1 red onion, chopped  
0.5 cup cilantro, chopped  
1 small bag coleslaw mix  
4 tilapia fillets (or any white fish)  
8 small corn tortillas  
1 teaspoon chili powder (more or less to taste)  
1 pound egg noodles  
1 tablespoon olive oil (or vegetable oil, divided)

3 cups bean sprout  
1 cup bamboo shoots (julienned sliced thinly in strips)  
0.5 cup shiitake mushrooms (dried, soaked, stems removed, and julienned)  
2 green onion (julienned)  
2 tablespoons cooking oil (or margarine)  
1 cup rice, regular, uncooked  
0.5 cup carrot (chopped or grated)  
11 egg whites (beaten)  
2 cups flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)  
2 tablespoons vegetable oil (or shortening)  
0.75 cups water (warm, 105-110 degrees F)  
1 graham cracker (large, or use whole grain or saltine crackers)  
2 peas (large green)  
1 grape (cut in half)  
5 pound potatoes  
1 package frozen mixed vegetables (or canned mixed vegetables)  
0.25 cup cheese, low-fat shredded (cheddar or colby jack)  
1 salt and pepper (optional, to taste)  
2 teaspoon onion (grated)  
1 cup vanilla yogurt  
6 jalapeno chiles (finely chopped, seeded if desired)  
2 lime (juiced)

8 tomatoes (ripe)  
0.25 cup carrot (thinly sliced, or shredded)  
1 teaspoon dried basil (dried)  
2 teaspoons garlic (minced or 1/2 teaspoon garlic powder)  
1 pepper (to taste)  
12 cups pasta (cooked)  
1 carrot (cut into 1/4-inch slices)  
0.5 cup chopped broccoli  
2 eggs, beaten  
0.75 cups cooked bite-size pieces of chicken  
2 cake flour  
6 tablespoons margarine (soft tub)  
1 tablespoon orange (peel)  
14 tablespoons milk (fat-free, 3/4 cup + 2 Tbsp)  
3 ounces cream cheese (low-fat)  
2 cups sugar (confectioners, sifted)  
0.5 teaspoon vanilla (extract)  
cooking spray  
2 bananas, ripe  
2 tablespoons orange juice (or lemon juice)  
Other Necessary Tools/Equipment  
4 craft sticks  
foil  
24 ounces yogurt, non-fat strawberry  
10 ounces strawberries, frozen (thawed and undrained)  
8 ounces crushed pineapple (undrained, canned)

8 ounces crushed pineapple  
1 cup yogurt, low-fat fruit (8 ounces)  
6 ounces orange juice, frozen concentrate  
(thawed)  
1 cup apple slices  
1 cup banana slices  
1 cup pear slices  
1 cup grapes  
3 cup strawberries  
1 cup melon slices  
1 banana (medium, very ripe, peeled)  
0.75 cups pineapple juice  
0.5 cup strawberries (remove stems and rinse)  
0.5 cabbage (head, shredded (2 quarts))  
1 can fruit cocktail (16 ounce, juice packed,  
drained)  
lemon (juice of 1)  
1 can pineapple chunks (8 ounces)  
1 banana (medium, peeled and sliced)  
1 pear (sliced in cubes)  
2 peaches (sliced in cubes)  
2 tablespoons orange juice, 100% juice, frozen  
concentrate (thawed)  
2 apple (red, cored and sliced)  
1 pear (cored and sliced)  
1 peach (pitted and sliced)  
2 cups fruit (grapes, banana slices, apple  
wedges, strawberries)  
1 can fruit juice concentrate (12 ounce, 100%)

3 cups ice  
1 cup watermelon (chunks)  
1 cup pineapple (chunks)  
1 cup grapes, red seedless  
1 cup strawberries (stemmed)  
2 kiwi (peeled and cut in quarters)  
8 bamboo skewers (6 inches long)  
1 cup yogurt, light strawberry  
1 cup milk (or water)  
2 banana (ripe, or 1/3 cup orange juice concentrate)  
10 large ice cubes  
1 teaspoon vanilla extract (or kiwi, bananas, pears, peaches, or blueberries)  
8 ounces cream cheese, non-fat or light  
1 English muffin  
2 tablespoons whipped fat-free strawberry cream cheese  
2 grapes, sliced  
2 slices canned mandarin oranges  
1 jicama (small)  
2 cups watermelon (cut into pieces)  
1 mango  
1 papaya (small)  
1 lime  
2 kiwi  
1 teaspoon lime or orange juice  
1 cup strawberries (diced)  
1 banana (diced)

1 kiwi (peeled and diced)  
3 apple (cored and diced)  
2 cantaloupe or watermelon (coarsely chopped,  
- seeded, peeled)  
1 kiwi (coarsely chopped, optional)  
1 banana (large)  
1 cup fresh peaches or strawberries  
1 carton vanilla yogurt (8 ounces, low-fat)  
1.25 cups fruit juice  
3 cups strawberries, frozen (or other frozen  
fruit)  
1 banana, large  
1 cup yogurt (plain or vanilla)  
2 bananas (small)  
0.5 cup yogurt, fruit-flavored  
1.5 banana (medium)  
0.25 cup dry crunchy cereal (Grape Nuts or  
granola cereals are good)  
8 ounces yogurt, pina colada  
20 ounces strawberries (sliced frozen, thawed)  
0.75 cups old-fashioned rolled oats  
2 tablespoons raisins or currants  
2 apple (cored and chopped)  
2 tablespoons chocolate chips (semi-sweet)  
2 banana (large, peeled and cut into quarters)  
8 strawberries (large)  
0.25 cup peanuts (chopped, unsalted)  
1.5 tablespoon catsup  
2 cups kidney beans (cooked, or 15 ounce can)



1 can pork and beans (15 ounce)  
2 cups great northern beans (cooked, or a 15 ounce can great northern beans, lima beans or butter beans)  
1 can tomato juice (46 ounce)  
1 can beef broth (10 1/2 ounce)  
0.66 cup barley (regular)  
1.5 teaspoon thyme leaves (crushed)  
2 cups zucchini (coarsely chopped)  
0.75 pounds ground beef (lean, 10% fat)  
2 kidney beans (canned, drained and rinsed)  
0.5 cup corn (sweet)  
1 cup tomatoes (chopped fresh)  
2 cup broccoli florets (coarsely chopped)  
4 cup carrot (grated)  
0.5 cup cauliflower (coarsely chopped)  
0.5 cup apple (chopped, cored and diced, not peeled)  
0.25 cup peanuts, unsalted, dry-roasted (chopped)  
2 carrots, sliced  
0.25 teaspoon garlic powder (or 1/2 garlic clove, minced)  
3 cups broth (beef, chicken, or vegetable)  
1 cup chopped green cabbage  
1 can green beans, undrained (14 ounces)  
1 can diced tomatoes, undrained (14 ounces)  
1 zucchini, chopped  
1.5 cup cauliflower (sliced)

8 garlic clove (unpeeled)  
6 tablespoons fresh parsley (chopped, divided)  
1 teaspoon sodium-free seasoning blend  
4 chicken breast (4 ounce, with skin)  
2.25 cups chicken broth (reduced sodium)  
1 tomato (large)  
8 cups flour (white)  
1.5 teaspoon cloves  
2 cups Gingerbread Mix  
1 cup bran cereal  
0.25 cup orange juice concentrate  
3 teaspoon orange peel (grated)  
2 cups potatoes (diced, with skin on)  
1.5 cup yellow split peas  
10 cups whole wheat bread cubes (or white bread or buns, dry)  
1 teaspoon parsley, dried (or 1 Tbsp fresh parsley chopped)  
9 egg (lightly beaten)  
2 apple (medium, pared, cored and chopped, or 1/4 cup raisins optional)  
11.5 cups rolled oats  
0.5 cup coconut  
10 ounces fresh spinach, washed and drained (about 4 1/2 cups)  
1 can sliced mushrooms, drained (4 ounces)  
1 can water chestnuts, diced (5 ounces)  
2 grapefruits, sectioned and diced  
2 tablespoons grapefruit juice

1.5 pound green beans (fresh, cut into 1-inch lengths)  
2 carrot (cut into thick strips)  
3 onion (large, sliced)  
1 teaspoon lemon pepper seasoning (Mrs. Dash)  
0.25 cup almonds (toasted, slivered)  
1 can green beans (16 ounce, drained, cut)  
16 ounces frozen green beans  
8 potatoes (small, washed, peeled, and halved)  
1 pound green beans (ends snipped)  
1 can tomatoes (14-oz can, drained and chopped)  
1 tablespoon basil (fresh or 1/2 teaspoon dried)  
1 tablespoon parsley (fresh or 1/2 teaspoon dried)  
1 cup pineapple chunks  
1 peach (cubed)  
4 zucchini, small (sliced)  
2 yellow squash, small (sliced)  
4 red potatoes, small (scrubbed well and sliced)  
0.5 bell pepper (red or green, seeded and sliced)  
0.25 cup Italian salad dressing, light  
3 sweet potatoes (cut into 1-inch slices)  
3 corn cobs (cut into 2-inch sections)  
1 eggplant (cut into 1/2-inch slices)  
18 green onion (trimmed)

0.5 pound ground beef, or ground turkey, or venison (lean)  
1 can tomato soup, condensed (10 3/4 ounce)  
water (one soup can full)  
6 carrot (medium, diced or sliced)  
2 potatoes (medium, diced or sliced)  
2 cups romaine lettuce (washed)  
1 cup cilantro leaves (washed)  
1 cup parsnips (peeled)  
1 cup carrot (peeled)  
1 cup turnips (peeled)  
0.5 teaspoon lime zest (grated)  
3 cups cauliflower florets (fresh or frozen thawed)  
2 cups broccoli florets (fresh or frozen thawed)  
1 can red kidney beans (15 1/2 ounce, drained)  
2 carrots, sliced diagonally (medium)  
1 cup olives, large pitted (sliced)  
2.25 tablespoons vegetable oil (or olive oil)  
1 tablespoon cilantro or parsley (chopped)  
1 clove garlic (minced)  
0.5 teaspoon dried basil (optional)  
1 teaspoon oil or margarine  
2 chicken, boneless skinless  
1 can pineapple juice, frozen concentrate (6 ounces)  
2 cans water (12 ounces)  
2 pounds potatoes (baking, peeled and cut in chunks)

1 can garbanzo beans (15 ounce, drained)  
0.75 cups milk, non-fat (or fortified soy milk)  
19.75 tablespoons Parmesan cheese  
1 can tomatoes, diced (12-oz can, low sodium, drained and rinsed)  
2 cans black beans (15-oz can, low sodium, drained and rinsed)  
2 potatoes (large, peeled and diced)  
0.5 cup cilantro (fresh, chopped)  
0.5 lime (squeezed)  
2.25 teaspoons cumin powder  
1 can chicken broth (unsalted, 10 1/2 oz)  
2 cups mixed vegetables (frozen, for soup)  
1 can tomatoes (16 oz, broken up)  
1 cup beef (cooked and diced)  
1 noodles (narrow-width, uncooked)  
6 eggs (in shell)  
3 tablespoons parsley  
9.5 teaspoons white vinegar  
4 teaspoon prepared mustard  
0.25 teaspoon basil, dried (or thyme), optional (analyzed using basil)  
1 pound boneless beef chuck shoulder steak, cut 1-inch thick  
0.5 cup radishes (sliced, optional)  
3 tablespoons mayonnaise, reduced calorie  
1 can spinach (15.5 ounces)  
3 tablespoons butter, soft (or margarine)  
0.5 teaspoon thyme, dried

1.25 cup onion, diced  
1 tablespoon onion (chopped, or chives)  
1.5 pound red potatoes (quartered)  
5.5 tablespoons Italian dressing, light  
0.5 tablespoon mustard, spicy brown  
1 tablespoon parsley (chopped, fresh)  
0.75 cup green bell pepper (chopped)  
0.5 cup red bell pepper (chopped)  
1 can vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.) (16 ounce)  
0.5 teaspoon Italian herbs, basil or rosemary (dried, crushed)  
2 celery stalks  
2 small cauliflower florets  
1 package fresh cranberries (12 ounces, can also use frozen)  
2 pounds potatoes (6 medium)  
0.5 teaspoon pepper (ground)  
1 teaspoon rapid rise yeast  
0.5 cup lukewarm water  
1 cup bread flour (approximately)  
2 buttermilk (low-fat)  
1 pound lentils (uncooked, 2 1/3 cups)  
1 bay leaf (small, optional)  
1 pound ground beef (15% fat)  
4 pounds chicken (cut into 8 pieces)  
0.5 cup cereal (crushed)  
4 top loin pork chops

2 tablespoons honey mustard  
1 cup pumpkin (mashed)  
1 honeydew melon  
1 package gelatin, lemon flavored (3 ounce)  
0.5 cup water (iced)  
1 cup whole strawberries (hulled)  
1 can pink salmon (14.75 ounces, drained)  
0.5 cup saltine crackers (crushed, about 16  
crackers)  
0.5 cup brown rice, instant uncooked (or white  
rice)  
1 teaspoon canola oil (or corn oil)  
3 ounces low-fat smoked turkey sausage ring,  
quartered lengthwise and cut into 1/4-inch piec-  
es (lowest fat and sodium available)  
0.5 red bell pepper, medium chopped  
1 jalapeño pepper, medium (seeded and finely  
chopped)  
1 can black eyed peas, no salt added (rinsed  
and drained)  
1 cup white rice, long-grain uncooked  
1.5 teaspoon white pepper  
3 cup cold water  
4.5 cups boiling water  
2 tablespoons hot pepper sauce (or to taste)  
1 tablespoon lemon juice, fresh  
4 chicken breast halves, boneless and skinless,  
all visible fat discarded (about 4 ounces each)  
1 cup cornflake crumbs (about 2 cups flakes)

0.25 cup sour cream, light (or fat-free)  
0.25 teaspoon dried dillweed (crumbled)  
12 corn tortillas (6 inch)  
4 egg whites (medium)  
4 egg (medium)  
4 tablespoons cheese, shredded cheddar or monterey jack  
3 cups fresh salsa  
2 cups garbanzo beans ((chickpeas) cooked)  
1 tablespoon sesame tahini ((sesame paste) or substitute peanut butter for a sweet taste)  
0.5 cup non-fat milk (cold)  
1 teaspoon turmeric  
2 cups mixed vegetables (chopped cauliflower, peppers, carrots, or peas)  
1 baking potato (large)  
1 cup white rice (uncooked)  
1 can kidney beans (15 ounces, drained, rinsed)  
1 carton instant chocolate pudding mix  
1 soy milk (cold)  
1 package silken tofu (10.5 ounce)  
2 cups beans (cooked)  
1 cup bread crumbs (dry, or cracker crumbs)  
2 tablespoons cornmeal (or all purpose flour)  
1 can great northern beans (15 ounce)  
1 can red kidney beans (15 ounce)  
2 cans pinto beans (15 ounce)  
1 can tomato juice (46 ounce, or V-8 juice)



1 can Italian style or stewed tomatoes (15 ounce)  
1 can vegetable broth, low-sodium (15 ounce)  
1 can green beans (15 ounce, drained)  
2 garlic clove (fresh)  
2 cups fettucini noodles, uncooked  
3 tablespoons green onion (chopped, also called scallions)  
1 can stewed tomatoes (14.5 ounce)  
4 cups pasta, cooked  
2 cups broccoli (blanched, pieces)  
1 cup carrot (cooked, slices)  
0.5 cup red pepper (strips)  
0.5 cup Italian salad dressing, light or reduced fat (can use 1/2 to 3/4 cup)  
2 zucchini (small, cut into 1/2 inch pieces)  
0.5 pound green beans (snapped into pieces)  
0.5 cabbage (small, sliced thin or shredded)  
2 cups corn kernels (or combination of favorite vegetables)  
1 onion (medium, sliced)  
1 garlic clove (minced, optional)  
1 cup fresh or canned tomatoes (chopped)  
0.5 teaspoon oregano (dry)  
1 cup cauliflower florets  
1 onion, small (diced)  
3 celery stalks (chopped)  
1 pound package of pasta, any shape (cooked)  
6 bananas (large)

0.5 cup evaporated milk, skim  
2 teaspoons cornstarch, dissolved in 2 teaspoons water  
1.75 teaspoon allspice (ground)  
1 teaspoon hot pepper (crushed, dried)  
2 teaspoons oregano (crushed)  
1 tablespoon hot pepper (chopped)  
2 teaspoons thyme (chopped)  
1 cup onion (pureed or finely chopped)  
8 chicken (pieces, skinless 4 drumsicks, 4 breasts)  
2 cups quick oats (uncooked)  
2 pounds cooked meat, cut into 1-inch cubes (use chicken, bacon, shrimp, or smoked pork)  
0.5 cup onion, yellow (finely chopped)  
0.5 cup green peppers (finely chopped)  
0.5 teaspoon ground ginger (optional)  
1 can whole tomatoes (16 ounces)  
2 cans tomato paste (6 ounces)  
2 teaspoon crushed red pepper  
2 cups white rice  
2 chicken broth, reduced sodium  
1 bunch kale (or chard, spinach, or collards)  
0.25 cup nuts, chopped  
5 cloves garlic, chopped  
1 bunch kale, stems removed and chopped  
0.75 cups lentils (sorted and rinsed)  
0.5 cup brown rice (raw)  
0.5 cup mozzarella cheese (divided)

1 pound ground beef, 85% lean (coarsely ground, if available)  
1 tablespoon salad oil  
4 cups matzo meal  
1.5 cup semolina  
6 cloves garlic, chopped (use 6-7 cloves)  
10 scallions, chopped  
2 bunches Swiss chard  
lemon juice (optional)  
0.5 cup sour cream (light)  
2 ounces cheddar cheese, reduced fat (grated)  
4 iceberg lettuce leaves (large)  
1 beet (shredded)  
1 carrot, medium (shredded)  
6.5 teaspoons sunflower seeds  
2 teaspoons balsamic vinegar  
2 package tofu (20 ounces)  
1 teaspoon sesame seeds (toasted)  
8 slices bread, whole wheat  
2 cups cubed turkey  
4.25 tablespoon onion, chopped  
1.75 cup celery, chopped  
4 eggs, lightly beaten  
1 can cream of mushroom soup, low-sodium (10.75 ounces)  
0.5 cup cheddar cheese, low-fat shredded (or jack cheese)  
1 cup yellow corn meal  
6 ounces yogurt, low-fat lemon

2 teaspoons lemon peel (finely grated)  
1 egg yolk  
0.5 cup powdered sugar  
1 bunch spinach (1 pound, fresh)  
2 cups yogurt (vanilla, fat-free)  
3 tablespoons pudding mix (instant, lemon)  
8 graham crackers (squares, crushed)  
1 can mandarin orange (4 ounce, slices,  
drained or your favorite fruit)  
1 clove garlic (crushed)  
3.5 cups lentils (cooked, drained)  
1 can tomatoes, diced or crushed (29 ounce or  
2 cans 14 1/2 ounce)  
0.5 teaspoon cumin, ground (optional)  
1 garlic clove (crushed, or 1/2 teaspoon garlic  
powder)  
28 ounces spaghetti sauce, low-sodium (1 jar,  
can use 28-32 ounces)  
11 teaspoons olive oil (or canola oil)  
1 package frozen sliced carrots (16 ounces)  
1 package dry lentils (16 ounces, rinsed and  
drained)  
5 cans diced tomatoes (14.5 ounces each)  
1.5 cup dry lentils (sorted and rinsed)  
0.5 teaspoon hot pepper flakes (optional)  
9 tablespoons tomato paste  
0.5 cup lentils (washed)  
1 can potatoes (15 ounces, sliced)  
2 carrot (large, shredded)

2.5 cup lentils (dry)  
0.5 teaspoon garlic powder (or 1 garlic clove)  
2 egg, large  
1 buttermilk, 1%  
1 carton instant pudding mix, banana or vanilla  
(3.5 ounce)  
3 cups milk, non-fat or low-fat  
8 ounces yogurt, fat-free (or non-dairy whipped  
topping)  
2 banana (sliced, or other sliced fruit)  
2 cups okra (fresh, sliced)  
cooking spray (nonstick, as needed)  
0.5 teaspoon garlic powder (or 1 fresh clove,  
minced)  
1 teaspoon Italian herb mix  
1 teaspoon celery salt  
2 teaspoons lemon peel (grated, yellow only)  
1.5 cup fresh (or frozen unsweetened) blueber-  
ries  
2.25 tablespoons walnuts (coarsely chopped)  
2 cans green beans (16 ounces each, drained)  
2 can tomatoes (15 ounces)  
0.5 cup mayonaise, reduced fat  
2 tablespoons cucumber (chopped, optional)  
1 can great northern beans (15 ounce, rinsed  
and drained)  
1 tablespoon chives (fresh, chopped)  
1 tablespoon parsley (fresh, chopped)  
0.25 teaspoon tarragon (dried)

1 bell pepper (green, red, yellow, or orange)  
1 can tomatoes (14-15 ounces, diced)  
1 can beans (14-15 ounces, black, kidney, pin-to or other, drained and rinsed)  
1 teaspoon red pepper flakes (crushed)  
2 cups macaroni (cooked, without salt or fat added or other pasta)  
2 cups uncooked elbow macaroni  
2 cups broccoli (cooked and chopped)  
3 chicken broth, fat-free, low sodium  
1 macaroni (dry)  
0.5 teaspoon celery flakes (or onion powder)  
1 cup stewed tomatoes, no-salt  
2.5 cup green beans  
1 can chick-peas (garbanzo beans)  
2 cups vegetables (can use frozen, fresh or leftovers)  
1 cup cheddar cheese, low-fat (shredded)  
0.75 cups baking mix (like Bisquick)  
4 cups dry milk, nonfat  
1 can pineapple chunks (20 ounce)  
0.5 pound grapes, seedless, red or green  
4 bananas  
1 package pudding mix, instant, lemon or vanilla (3 1/2 ounce)  
0.5 head of red cabbage  
0.5 head of romaine lettuce  
3 carrot (medium)  
8 tomatoes (medium)

32 ounces kidney beans or garbanzo beans (cans)  
6 ounces cheese, grated low-fat cheddar  
0.25 cup salad dressing, non-fat  
1 mango (peeled, pitted and diced (or 1 cup thawed frozen chunks))  
1 tablespoon onion, red (diced)  
1 tablespoon cilantro (optional, fresh or dried)  
2 tablespoons lime juice (bottled or fresh)  
2.25 cups milk (low-fat 1%)  
4 tablespoons mango juice (or 1 fresh pitted mango) (frozen)  
1 banana (small)  
3 celery (stalks, medium - washed & sliced)  
0.5 cup tomato puree (no salt added)  
1.5 cup carrot (washed and sliced)  
2 cans clams (6 1/2 ounces each, chopped, drained)  
2 black peppercorns  
2 cups tomato juice (no salt added)  
3 tablespoons parsley flakes (dried)  
0.75 cups oats  
2.75 pound lean ground beef  
0.5 cup cheese (any variety) (grated)  
2 sweet potatoes (large)  
2.5 tablespoons yogurt, non-fat  
12 ounces beef round steak  
1 can lima beans (8.5 ounce)  
1 can cut green beans (8 ounce)

1 can red kidney beans (8 ounce)  
1 onion (medium, thinly sliced and seperated into two rings)  
0.5 cup bell pepper (chopped sweet green)  
8 ounces Italian salad dressing (fat-free)  
4 sweet potatoes (small to medium)  
0.5 teaspoon turmeric powder  
2 chili peppers  
0.5 onion, large chopped  
8.25 tablespoons butter, melted  
3 bouillon cubes (low-sodium chicken or beef flavored, or 1 tablespoon low-sodium bouillon powder)  
1 tablespoon oregano (fresh, finely chopped)  
8 ounces ground beef (lean, turkey or chicken)  
1 tomato (finely chopped)  
0.5 onion (peeled and finely chopped)  
2 cups vegetable mix (chopped, fresh, carrots, celery, and broccoli)  
0.25 pound ground beef, 85% lean (or leaner)  
3 tablespoons oatmeal  
1 teaspoon dry onion mix  
1 cup turkey, chicken, beef, or pork, diced and cooked  
1 cup broccoli (coarsely chopped)  
0.5 cup cheese, shredded low-fat  
2 eggplant (small)  
1 cup pizza sauce (low-sodium, or spaghetti sauce)



0.25 cup yogurt (low-fat plain)  
vegetable oil spray (as needed)  
2 cups melon, honeydew, cantaloupe or watermelon (seeded and chopped fresh, use one kind or a combination)  
1 cup cucumber (peeled, seeded and chopped)  
0.25 cup onion, red or white (chopped)  
2 tablespoons cilantro or mint (optional) (fresh, chopped)  
1 jalapeño (seeded and finely chopped, or hot sauce to taste)  
0.25 cup lime juice or lemon juice  
1.66 tablespoon sugar, white or brown  
7 pounds chicken pieces, skin removed  
0.25 cup mild chiles (canned and diced)  
2 cups pinto or garbanzo beans, canned, drained or cooked and drained  
2 ounces cream cheese, softened  
2 tablespoons canned corn, drained  
2 tablespoons chopped green chilies, drained  
3 large flour tortillas (10 inch)  
2 pounds lean beef (cubed)  
2 onion (large)  
0.5 cup cilantro  
1 can stewed tomatoes (15 ounces)  
1 can hominy (1 lb. 13 ounce)  
2 cups rice, long-grain white, uncooked  
1.5 cup onion (white, finely chopped)  
1 can Mexican or Italian style tomatoes (14 1/2

ounce)

- 1 green bell pepper (seeded and chopped)
- 1 yellow onion (medium, chopped)
- 2 chicken bouillon cubes, low sodium
- 3 vegetables (frozen, peas and carrots)
- 2.25 tablespoons cilantro (chopped fresh)
- 1 cup cucumber (chopped, with peel)
- 1 can corn (8 3/4 ounce, drained)
- 1 can stewed tomatoes (16 ounces)
- 0.25 teaspoon cilantro or coriander (dried)
- 4 apple (large, baking)
- 1 potato
- 1 tablespoon pimienta (chopped, optional)
- 2.5 teaspoons parsley flakes
- 0.5 teaspoon bouillon granules (instant chicken)
- 2 cups cauliflower
- 1 cup peas (fresh or frozen)
- 2 potatoes (peeled and diced)
- 1 can corn (16 ounce, drained)
- 4 tortillas (large)
- 0.25 cup bell pepper
- 16 ounces frozen vegetables, any type
- 30 ounces stewed tomatoes, canned, low-sodium
- 28 ounces broth, any flavor, canned, low sodium
- 15 ounces beans, canned, any type
- 1 cup pasta, dry, any type

1 cup lima beans (frozen, cooked and drained)  
1 can corn (15 1/2 ounce, drained)  
1 can tomatoes (15 1/2 ounce, broken up)  
2 can mandarin oranges, drained  
1 can fruit cocktail, drained  
2 can pineapple chunks, drained  
2 package dry yeast (active)  
0.25 cup water (warm 105 - 115 degrees)  
0.25 cup rye flour  
1 cup cottage cheese, low-fat or non-fat  
0.25 cup sugar (white)  
3 egg (large, beaten)  
0.25 cup evaporated milk, non-fat (canned)  
3 cups sweet potatoes, cooked, skin removed  
and mashed  
2 tablespoons milk (low-fat, 1%)  
1 banana (medium, cut into quarters)  
8 banana slices (1/4 inch)  
2 pounds fish fillets (see notes)  
0.25 cup buttermilk (fat-free or low-fat, see  
notes)  
2 dash hot sauce  
0.5 teaspoon white pepper (ground)  
0.5 cup corn flakes (crumbled or regular bread  
crumbs)  
1 lemon (fresh, cut in wedges)  
12 ounces mozzarella string cheese (fat-free)  
0.5 cup milk (1% low fat)  
0.5 cup marinara sauce (prepared, warmed)

cooking spray (non-stick)  
8 chicken breast halves (small, skin and bone removed)  
0.5 cup bread crumbs (Italian seasoned, crushed)  
8 ounces mozzarella cheese, part skim (shredded)  
18 ounces spinach leaves (two 9-oz packages)  
2 celery stalk (sliced thin)  
2 carrot (peeled and sliced thin)  
0.5 cup barley, quick cooking  
1 tablespoon parsley (chopped fresh)  
1 package yeast, active dry (.25 ounce)  
2.5 cup warm water  
3 egg, beaten  
4 bread flour  
2 teaspoons garlic, minced (optional)  
1.5 cup yellow cornmeal  
1.5 cup skim or reconstituted non-fat dry milk  
vegetable oil (or spray)  
1 pound red beans (dry)  
8 cups water (2 quarts)  
0.5 cup honey (or light corn syrup)  
0.5 cup non-fat dry milk (instant)  
0.5 cup raisins (or chopped dates)  
2 flaked cereal (coarsely crushed)  
3 tablespoons cocoa powder (unsweetened)  
2 oat bran  
2 tablespoons raisins, dates, or other dried fruit

6 cups oatmeal (raw)  
1.75 tablespoon margarine (softened)  
2 teaspoons vanilla flavoring  
0.25 cup warm water (105 - 115 degrees)  
0.25 cup light molasses  
2 tablespoons corn oil  
1 pound greens (shredded)  
16 okra  
4 chili peppers (finely chopped and crushed)  
5 slices bread, white or wheat  
3 egg (or 1 egg + 2 egg whites)  
8 cups bread cubes, dried from whole wheat bread  
2.5 tablespoons parsley (chopped fresh or dried)  
3 cups broth, chicken or turkey  
4 potatoes (medium, cut into 3/4 in cubes, microwaved 8-10 minutes until tender, or cooked on the top of the stove about 15 minutes until tender)  
1 pound chicken breasts, boned and skinned (cut into 3/4 inch cubes)  
1 can whole kernel corn (15 ounce, drained)  
1 pound ground beef (lean)  
1 can tomato sauce (15 ounces)  
2 teaspoon rosemary  
2 cups spaghetti noodles (broken)  
1 cup Parmesan cheese (shredded)  
2 cups salad greens (of your choice)

1 cup vegetables (tomatoes, cucumbers, carrots, green beans) (chopped)  
1 cup pineapple chunks, drained (canned in juice, or fresh orange segments)  
0.25 cup Dynamite Dressing  
2 tablespoons raisins (or dried cranberries)  
2 tablespoons nuts, any kind (chopped)  
0.25 cup yogurt, non-fat, fruit-flavored  
1 banana (frozen)  
0.5 cup low-fat yogurt (plain)  
0.5 cup orange juice (prepared)  
orange juice (frozen, 1 6 oz. can)  
4 cups water (cold)  
2 cup ice (or more)  
10 chicken wings (skin removed)  
1 teaspoon seasoned salt  
0.5 cup orange marmalade  
3 acorn squash (small)  
2 tablespoons butter or margarine  
3.5 teaspoon nutmeg (optional)  
2 pork chops  
1 sweet potato (peeled)  
0.5 orange (sliced)  
1 cup chicken breast, ham or pork, cooked (and chopped)  
1 cup mixed vegetables, cooked (and chopped)  
soy sauce or hot sauce to taste (optional)  
1 teaspoon soy sauce (low sodium)  
1 cup pineapple or orange juice

1 tablespoon cornstarch (for thickness)  
1 pound frozen stir-fry vegetables (bag)  
6 sweet potatoes  
1 pound tilapia fillets, fresh or thawed (4 fillets)  
1 fresh lime or lemon, sliced (optional)  
1 chicken, broiler/fryer (thawed, if frozen)  
2 tablespoons Italian dressing, low-fat (or olive oil)  
1 lemon, quartered (or orange)  
3 tablespoons whole wheat flour (or all-purpose flour)  
2 russet potatoes, large (or 1 pound Yukon Gold potatoes)  
1 onion, small peeled  
applesauce and yogurt (plain low-fat or Greek) (optional)  
1 pound yucca (cassava) (fresh, cut into 3-inch sections and peeled)  
2 cooking spray (as needed, non-stick)  
0.5 teaspoon dried herbs  
3 cups fresh vegetables (cut up, such as potatoes, broccoli, carrots, cauliflower, or red peppers)  
1 cup dry oatmeal  
0.5 cup dried fruit (raisins, cranberries or apricots)  
0.25 cup walnuts, lightly chopped (or pecans)  
2 eggs (beaten)  
4 cups cabbage (finely shredded)

3 cups biscuit mix  
2 milk (2% or fat-free)  
0.25 cup butter (melted)  
0.75 cups Parmesan cheese (freshly grated)  
0.5 cup chives (finely chopped, fresh)  
0.5 cup vermicelli (uncooked and finely broken)  
1 cup white or brown rice (long-grain, uncooked)  
1 chicken stock (hot)  
0.5 pound turkey, lean ground  
1 can tomatoes, crushed (14 1/2 ounces)  
1 can chicken broth, reduced sodium (14 1/2 ounces)  
2 cups pasta, bow-tie, uncooked  
3 cups frozen vegetables such as carrots, broccoli and cauliflower, thawed  
0.25 cup bread crumbs, seasoned, dry  
1 sugar, divided  
0.25 cup tapioca, quick-cooking  
4 cups rhubarb pieces, 1/2-inch  
1 cup raspberries, unsweetened  
1.25 teaspoon ground nutmeg  
lemon sorbet or whipped cream (optional)  
4 ounces spaghetti (whole grain, regular or thin)  
1 salt (optional, can omit salt and pass at the table)  
1 cup peas (frozen, thawed, or 1 cup chopped tomatoes)



1 cup noodles, uncooked  
2 cups mixed vegetables (chopped)  
3 cups uncooked rotini (corkscrew pasta)  
1 package frozen mixed vegetables (16 ounces)  
1 jar spaghetti sauce, low-sodium (26 ounces)  
4.5 tablespoons grated Parmesan cheese  
12 ounces pasta (any shape)  
1 package frozen mixed vegetables  
1 package dry vegetable soup mix  
1 cup low-fat salad dressing, unsalted  
0.5 cup cheese, reduced-fat (shredded)  
3 hard boiled eggs (sliced)  
4 pound pasta, uncooked  
1 bell pepper (medium, chopped)  
1 cup carrot (diced)  
2 cups cooked pasta (any shape)  
1 cup diced cucumber  
1 large tomato, chopped  
0.5 green pepper, medium (diced)  
0.25 onion, medium (diced)  
0.5 cup frozen peas (thawed)  
0.25 cup Italian salad dressing  
1 package pasta, whole wheat (16 ounces)  
2 cups cooked chicken cubes (or 3 chicken sausages, chopped)  
6 cups spinach, chopped (or 1 bunch Swiss chard)  
1 can cannellini beans, rinsed and drained

(15.5 ounces, can also use great northern or navy beans)  
2 cups chicken broth, low-sodium (or vegetable broth)  
0.5 cup parmesan cheese, grated (optional)  
1 cup frozen peas (can also use fresh or canned)  
1 cup basil leaves  
3 cloves garlic  
1.25 tablespoon extra virgin olive oil  
1 can peaches, in light syrup, drained, sliced (20 ounce)  
2 apples, tart, peeled, sliced (medium)  
flour (3/4 cup plus 3 Tablespoons)  
3 tablespoons margarine (chilled)  
1 cup canned peaches (drained, or 1 cup of sliced fresh peaches)  
1 dash nutmeg (if desired)  
4 peaches (4 cups sliced)  
0.75 cups quick-cooking oats  
2 pita pockets (medium, whole wheat)  
0.25 cup peanut butter (reduced fat, chunky)  
0.5 banana (thinly sliced)  
0.5 peach (fresh, thinly sliced)  
2 peaches  
6 paper cups  
0.25 apple or banana (thinly sliced)  
2 tablespoons carrot (sliced or grated, optional)  
1 whole wheat tortilla (8 inch)

0.25 cup peanut butter, reduced-fat  
2 tablespoons granola cereal  
0.5 apple, sliced (suggest Red Delicious apple)  
1 cup milk (fat free or 1%)  
0.5 cup banana (frozen, slices)  
1 cocoa powder (as needed, sweet, optional)  
0.25 cup crushed nuts  
0.75 cups peanut butter (chunky)  
1 cup brown rice (instant)  
1 teaspoon dehydrated onion (minced)  
1 red pepper (optional)  
2 cups sweet potato (peeled and diced)  
1 can tomatoes (diced, 14.5 ounces, with liquid)  
0.5 cup peanut butter (creamy, reduced-fat)  
3 cups baby spinach (coarsely chopped)  
0.25 cup peanuts (roasted, chopped)  
green onion (optional, thinly sliced for garnish)  
4 pear (small)  
0.75 cups orange juice (100%)  
8 teaspoons strawberry preserves  
2 pears (cored and cut into 1-inch cubes)  
2 cups strawberries (stems removed)  
2 bananas (cut into 1-inch slices)  
1 pear, cored and finely chopped  
1 apple, cored and finely chopped  
2 kiwifruit, cored and finely chopped  
1 orange, peeled and finely chopped  
cinnamon graham crackers (optional)

1 pear  
8 slices whole grain wheat bread  
3 canned pear halves  
1 raisin  
4 celery stalks (cleaned and cut into 3-inch long pieces)  
2 pears (cored and cut into chunks)  
0.75 cups oil (cooking)  
margarine or butter (to grease the pan)  
3 pound turkey, ground  
5 carrot (small, diced)  
2 zucchini (medium, or other squash)  
2 potatoes (medium, diced)  
1 can Mexican style tomato sauce (10 1/2 ounces)  
1 pound tomatoes (chopped ripe)  
0.66 cup cilantro (chopped, fresh)  
3 jalapeno pepper (seeded and chopped)  
1 package angel food cake mix (1-step mix)  
1 can crushed pineapple in 100% juice (15 ounces, do not drain)  
whipped topping (optional)  
1 cup pineapple chunks, fresh or canned  
1 green pepper (medium)  
4 pork chops (boneless, about 1 pound)  
1 can pineapple chunks (8-ounce, undrained)  
1 can pineapple, crushed, undrained (8 ounce)  
2 cups zucchini (peeled, grated)  
1 cup pineapple, crushed, drained

1 cup pecans (optional, chopped)  
4 potatoes (washed and cut in half)  
3 cups beets, cooked (peeled and diced)  
1 cup peas, green, fresh or frozen  
3 eggs, hard boiled  
1 hamburger bun  
1 tablespoon mozzarella cheese (part skim)  
3 slices pepperoni (optional)  
2 pound ground turkey  
1.75 cups spaghetti sauce  
2.25 slices mozzarella cheese, part-skim  
2 peaches, pears, or apples (medium)  
1.5 cup corn meal (or polenta, uncooked)  
1 can whole kernel corn mixed with green and red peppers (11 ounces, drained)  
1 can green chiles (7 ounces)  
6 ounces cheese, cheddar, reduced fat, shredded  
1 can black or pinto beans (15 ounces, rinsed)  
1 red bell pepper (cut into rings)  
cilantro sprigs  
2 tablespoons margarine (melted, or butter)  
5 cups popcorn (popped)  
1 cup shredded wheat (bite-size)  
1 tablespoon sugar (brown or white)  
2 cups onions, cut in wedges (about 1/2 pound or 2 medium )  
2 cups potatoes, diced (about 12 ounces or medium)

2 cups baby carrots (or 3/4 pound regular carrots, sliced)  
2 tablespoons vegetable oil (divided)  
1 pork loin  
5 potatoes (or 1 package hash browns)  
1 can mushroom soup (10 ounces)  
2 cups potatoes (cold, mashed, made from instant potato flakes)  
0.5 cup flour (all-purpose, unsifted)  
1 pound potatoes (4 medium potatoes)  
2.25 tablespoons sweet pickle relish  
12 ounces frozen hash browns, country style (thawed)  
0.5 cup green pepper (finely chopped, divided)  
0.5 cup onion (finely chopped, divided)  
1 can evaporated milk, nonfat (12 ounces)  
0.5 cup cheese, reduced-fat sharp cheddar, shredded  
0.5 cup cheese, reduced fat Monterey Jack, shredded  
1 cup spinach (washed and chopped, fresh)  
2.5 cup tomatoes (chopped, fresh)  
1 package dry yeast  
1 can white beans  
2 can pumpkin (15 ounce)  
1 nutmeg, allspice, or ginger  
8 ounces cream cheese, reduced fat  
8 ounces cream cheese, non-fat  
1 can pumpkin (29 ounces)

2 graham cracker pie crusts (9 inch)  
0.5 cup cocoa powder  
2 can pumpkin  
0.5 cup chocolate chips  
0.75 cups cooked pasta (in any shape)  
1.5 tablespoon cheddar cheese soup (from can)  
2 tablespoons pumpkin puree  
1 teaspoon deli mustard  
1 can pumpkin (15 oz, or 2 cups cooked mashed squash such as Hubbard)  
2 teaspoons pumpkin pie spice (or 1 teaspoon cinmamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)  
1.5 cup milk (low-fat)  
1 package vanilla pudding (instant, 3.5 oz)  
1 can white beans (15 ounce, rinsed and drained)  
1 onion (small, or 2 tsp. onion powder)  
1 can pumpkin (15 ounces, plain)  
1 can chicken or vegetable broth, low-salt (14.5 ounces)  
0.5 teaspoon thyme (or tarragon)  
1 pound chicken breast, ground  
0.5 pound cheese, low-fat mozzarella, grated  
0.5 onion (small, finely diced)  
1 green pepper (medium, seeded and minced)  
1 tomato (small, finely chopped)  
5 cups masa harina (corn flour, instant)

1 can grape juice (6 oz., frozen)  
0.66 cup milk (nonfat, dry)  
0.5 cup cheddar or cojack cheese (grated)  
2 egg (scrambled)  
4 flour tortillas (6 - 8 inch)  
4 slices turkey bacon (chopped)  
2 pounds black-eyed peas, frozen  
1 can black beans (15 ounces)  
1 package frozen corn (15 ounces)  
1 can tomatoes (16 ounce, broken up)  
1 can chicken broth, low-sodium (13.75 ounce)  
0.5 cup chicken, cooked and chopped  
1 package mixed vegetables (10 ounce frozen)  
1 can kidney beans (15 1/2 ounces, with liquid)  
4.5 tablespoons tomato sauce, unsalted  
1 tablespoon onion, instant minced  
1 can sliced peaches, packed in juice (16 ounce)  
1 can tomatoes (16 ounce)  
1 can tomato paste (6 ounce)  
1 tablespoon parsley (fresh, optional)  
2 cups egg noodles (cooked)  
5 ounces egg noodles (wide)  
10 ounces cream of mushroom soup (low-sodium)  
1 can tuna (6.5 ounces, packed in water, drained)  
4 cups bread crumbs (fresh)  
1 package elbow macaroni (14 ounce)



1 can green beans (16 ounce, drained, or other vegetable)  
1 can tuna packed in water (7 ounces, drained and flaked)  
1 cup cheese (diced)  
0.5 cup sweet pickles (diced)  
1.5 tablespoon mayonnaise, light  
0.25 teaspoon seasoned pepper  
0.5 cup quinoa (dry)  
0.25 teaspoon coriander (ground, dried cilantro seeds)  
2 scallions (medium, minced)  
15 ounces black beans (can, rinsed and drained)  
1 red bell pepper (medium, chopped)  
1 green bell pepper (medium, chopped)  
2 green chiles (fresh, minced, to taste)  
1 can red kidney beans (15.5 ounces, drained and rinsed)  
1 can black beans (15.5 ounces, drained and rinsed)  
3 carrot (scrubbed and sliced)  
3 yellow squash (small, washed and sliced)  
3 zucchini (small, washed and sliced)  
1 yellow onion, sliced  
5 garlic cloves, minced  
2 bell peppers (green, red, or yellow)  
1 eggplant (peeled and cut into 1 inch cubes)  
1 can diced tomatoes, undrained (15 ounces)

0.5 cup chopped parsley  
1 pound red beans, dry  
2 teaspoons thyme (crushed, dried)  
2 pounds pork (cut into small pieces save some fat)  
5 dried red chiles  
0.25 cup parsley (fresh minced)  
4 cups ripe tomatoes (chopped)  
1 tablespoon fresh basil (chopped or 1 tsp dried basil)  
1 tablespoon oregano leaves (crushed or 1 tsp dried oregano)  
ground red pepper (or cayenne to taste)  
8 ounces fusilli pasta (uncooked, 4 cups cooked)  
0.5 pound cooked chicken breast, optional (diced into 1/2-inch pieces)  
0.5 cup dry red lentils  
1 potato, medium grated (about 1/2 pound, peeling is optional)  
1 large egg  
1 garlic clove, finely sliced  
2 tablespoons Parmesan cheese, grated or other cheese (optional)  
1 dash hot sauce (1-2 dashes, optional)  
black pepper (to taste, optional)  
2 tablespoons canola oil (or olive oil, for cooking)  
1.5 cup dry pinto beans (sorted and rinsed)

1 cup cooked brown rice (chilled)  
1 cup low-fat yogurt (plain or vanilla)  
1 can crushed pineapple in juice (8 ounces)  
3 cups milk, whole  
1 cup milk, evaporated  
0.5 cup frozen green peas, cooked  
0.5 cup diced bell peppers  
2 tablespoons French dressing  
20 tablespoons mozzarella cheese, part skim  
2 cups tomato puree  
1 cup peaches (canned, drained and sliced)  
1 cup pear halves (canned, drained and sliced)  
6 prunes (pitted, each cut in half)  
1 cup granola, low-fat  
1 chicken, whole  
3 pounds turkey breast half (with skin and bones)  
1 onion, large quartered  
1 carrot, large quartered  
1 teaspoon dried thyme  
chicken broth (or margarine, for basting, optional)  
1 cauliflower head  
0.5 cup shredded Parmesan cheese  
vegetable cooking spray  
1 pound potatoes (3 medium or 3 cups cubed)  
2 cups crispy rice or wheat cereal squares  
0.5 cup roasted whole pumpkin seeds  
0.66 cup slivered almonds

4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)  
6 tomatoes (washed)  
2 pounds round steak (cut 1/2 inch thick)  
garlic salt, salt, pepper  
4 potatoes (peeled and quartered, optional)  
1 can French-style green beans (drained)  
1 can tomato soup (10 ounce)  
1 can tomatoes (16 ounces, peeled and whole)  
1 cup onions, cut into slivers or thin slices  
1 cup cabbage, cut into slivers or thin slices  
0.5 cup carrots, cut into very thin slices  
1 cup tomatoes, diced  
1 clove garlic, minced  
0.25 cup parmesan cheese, grated  
2 can salmon (15 1/2 ounce)  
2 cups bread crumbs, soft  
1 can salmon (15 1/2 ounce, drained)  
1 cup cereal or crackers (whole grain, crushed)  
2 egg (large, lightly beaten)  
1 tablespoon horseradish  
8 ounces yogurt, fat-free plain  
4 green onion (chopped, or 1/4 cup onion, or onion powder to taste)  
parsley (for garnish)  
2 jalapeño  
0.25 red onion (medium)  
1 tablespoon cilantro (fresh, leaves)

1 garlic clove (minced, or 1/8 t of garlic powder)  
2 cans pinto beans (15 ounces each, drained and rinsed)  
2 tablespoons onion (dried)  
0.5 pound chunk light tuna (in water)  
1 cup Roma tomatoes (diced)  
0.25 cup red onions (diced)  
1 large avocado (diced)  
0.5 large mango (firm)  
4 rice (brown, cooked in unsalted water)  
1.5 tablespoon bouillon granules (low sodium)  
0.25 cup scallions (chopped)  
2 pounds potatoes (sliced thin)  
6 russet potatoes (medium, 3-4 inch, - peeled and sliced into 1/4 inch slices)  
1 cup onion (chopped raw)  
bean sprouts or chop suey mix, garlic, water-cress, mushrooms, cheese, bell pepper, green onions (optional)  
1.5 pound kale or collard greens  
2 tablespoons vinegar, cider  
2 potatoes (medium, sliced)  
1 pound ground beef (browned and drained)  
1 can tomato soup  
2 cups milk (skim or low-fat 1%)  
1 carton pudding mix (3 1/2 ounces, instant vanilla)  
2 banana (peeled, sliced or other sliced fruit)  
2 potatoes, large with skin, diced

0.66 cup milk, skim  
0.5 pound ground turkey, 85% lean  
1 package frozen mixed vegetables (10 ounces)  
1 can vegetable stock, low sodium  
shredded cheese (optional)  
3 pounds lamb bones (or lean beef ribs)  
0.5 pound onions, slightly chopped  
0.5 pound carrots, peeled and cut into chunks  
1 pound cabbage, cut into small wedges  
0.5 pound string beans, trimmed  
3 cloves garlic, chopped finely  
1 lemon, juiced (approximately 3 Tablespoons)  
0.5 cup cooked rice (optional)  
1 jar spaghetti sauce (low sodium, 28 ounces)  
7 dry lasagna noodles (can use 6-8)  
1 package ricotta cheese, part-skim, 15 ounces  
(or cottage cheese)  
2 cups mozzarella cheese, part-skim, shredded  
2 cups beans, dried pinto, black, or pink  
(rinsed)  
0.25 cup mayonnaise (fat-free)  
1 cup fresh cilantro (chopped)  
0.5 package taco seasoning (package low-sodium, divided)  
1 pound cod or white fish fillets (cut into 1 inch pieces)  
2 cups red and green cabbage (shredded)  
12 corn tortillas (6-inch, warmed)

lime wedges (for serving)  
1 can black beans, unsalted (15 ounces)  
4 bell peppers (any color)  
1 cup cheddar cheese, shredded (reduced fat)  
1 tomato, sliced  
8 lasagna noodles (or 4 cups of any other type of pasta, uncooked)  
1 carton ricotta cheese, part-skim 15 ounces (or cottage cheese)  
1 package spaghetti sauce, low-sodium (24 ounces)  
10 ounces frozen spinach, thawed & squeezed dry (or chopped broccoli)  
2.5 cups mozzarella cheese, part-skim shredded  
1 package mustard greens, or collard greens, spinach, or broccoli (10 ounce, frozen)  
1 can stewed tomatoes, no salt added (32 ounces)  
1 can white beans (15 ounces, rinsed and drained)  
oregano, basil, or hot pepper (other spices to taste, optional)  
1 can tomato sauce (15 ounce)  
3 cups noodles, uncooked, 1/2 inch wide  
1 package spinach, frozen, chopped (10 ounce)  
1 cup cottage cheese, non-fat  
0.5 cup cheese, part-skim mozzarella, shred-

ded

0.5 pound ground turkey, 85% lean (or ground sausage or beef)

1 medium onion, chopped

2 garlic cloves, minced (approximately 1 tea-spoon)

1 can tomato sauce (8 ounce)

8 ounces uncooked tube pasta (ziti, penne, macaroni)

2 cups fresh or frozen vegetables (try zucchini and carrots)

4 potatoes (medium, cut into strips great with sweet potatoes!)

1 yellow onion (chopped)

1 carrot (chopped or shredded)

1 pound ground turkey (or chicken)

1 can tomato sauce (8 ounces, unsalted)

1 can whole tomatoes (15 ounces, crushed)

1 can mushroom (8 ounces, drained)

6 whole wheat buns (split in half to make 12)

1 pound pinto beans (dried, rinsed)

2 drops hot sauce (to taste)

2 pounds stew meat (cut into 1 inch cubes)

2 teaspoons beef bouillon (2 cubes)

3 celery stalk (sliced)

Add herbs as desired: bay leaf, basil, oregano, etc

4 cups potatoes (chopped)

1 can tomatoes (15 ounce)



0.5 teaspoon oregano, basil or other herb (optional)

0.25 cup parsley (chopped fresh, or 2 Tablespoons dried parsley optional)

2 teaspoons beef bouillon (or 2 cubes beef bouillon)

2 carrot (medium, sliced)

1.5 pound chuck steak (boneless, 1 1/2 inches thick)

2 garlic clove (peeled and minced)

0.75 cup wine vinegar

1 teaspoon dry or prepared mustard

0.25 pound turkey breast, smoked, skinless

1 tablespoon hot pepper (freshly chopped)

0.25 teaspoon cloves (ground)

2 garlic clove (crushed)

1 scallion stalk (chopped)

2 pounds mustard greens, or turnip, collard, kale, or mixture

1 cup vegetables, frozen or fresh (cut into bite size pieces)

0.5 cup chicken broth, reduced sodium (or use water)

1 cup brown rice, cooked, or any other rice

0.5 can kidney beans (about 7 oz) or chick peas, pink beans, kidney beans

dill weed (fresh snipped or dry, to taste)

1 package yeast (or one Tablespoon)

warm water (100-110 degrees F)

2 tablespoons sesame seeds (optional)  
3 apples  
4 green peppers  
2 cucumbers  
salt and pepper (optional)  
1 cup low-fat buttermilk  
2 cans corn (15.2 ounces each, drained and rinsed)  
2 cans black beans (15.5 ounces each, drained and rinsed)  
1 can diced tomatoes with green chilies (14.5 ounces)  
0.66 cup lemon or lime juice  
1 teaspoon ground cumin (optional)  
2 instant vanilla pudding and pie-filling mix (small packages 4 serving size, fat-free, sugar free)  
32 vanilla wafers (reduced-fat)  
2 banana (medium, sliced)  
2 cups frozen whipped topping (fat-free, thawed)  
5 green bell pepper (medium, halved and seeded, or use red or yellow peppers)  
1 can tomatoes with chiles (10 1/2 ounce, diced and undrained)  
1 can whole kernel corn (8 1/2 ounce, drained)  
0.66 cup cheese, cheddar, shredded  
4 chicken breasts, boneless & skinless  
1 large orange

1 spaghetti squash (about 1 1/2 pounds)  
2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)  
1 cup cherry tomatoes (thinly sliced)  
1 pound perch fillets, fresh or frozen  
1 head of cauliflower (of)  
5 tomatoes (large)  
5 potatoes (small, peeled and sliced)  
1 tablespoon olive oil (or vegetable cooking spray)  
0.5 onion (medium, minced)  
1 zucchini (small, sliced)  
1.5 cup green/red peppers (sliced thin)  
5 mushroom (medium, sliced)  
3 egg (whole, beaten)  
Pepper and garlic salt with herbs (to taste)  
3 ounces part skim mozzarella cheese (shredded)  
1 teaspoon ground red pepper  
1 can canned chopped tomatoes (15.5 ounces, undrained)  
1 pound ground turkey, 85% lean (or ground beef)  
1 package taco seasoning mix  
1 can tomatoes and green chiles (15 ounces)  
0.5 cup shredded cheese, low-fat  
4 cups potatoes (finely chopped)  
1 bell pepper (red or green, chopped)  
3 garlic clove (pressed or finely chopped)

0.5 cup cheese (grated, optional)  
1 hot sauce (as needed, or salsa)  
1 package tortillas (flour or corn)  
1 pound salmon (fresh or frozen, or any white fish)  
1 pound cod fillets, fresh or frozen, skinless and thawed (or other white fleshed fish)  
1 can tomatoes, diced (8 ounce)  
3 acorn squash  
2 cups carrots, cut into 2 inch sticks  
1.5 cup squash, cut into 2 inch sticks  
2 tablespoons vegetable broth, fat free  
1.5 teaspoon Dijon or spicy mustard  
2 cups strawberries (fresh)  
1 can mandarin orange sections (16 ounce)  
1 can pear (16 ounce)  
1 can pineapple chunks, in its own juice (16 ounce)  
1 cup juice, orange  
20 ounces frozen cut okra  
1 onion (medium, coarsely chopped)  
1 can tomatoes (14.5 ounces, diced, unsalted)  
1 jalapeno pepper (fresh, or habanero chile, pierced 3 times with fork)  
1 ginger (grated)  
1.5 pound chicken (skinless breasts, drumsticks)  
1 pound ground beef, or turkey, 7% fat (93% lean)

2 bunches spinach (washed and cut into pieces may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)  
3 yellow banana chile peppers (seeded, deveined and minced)  
1 can enchilada sauce (14 ounce, preferably green)  
8 corn tortillas (6 inch, cut in half)  
0.5 teaspoon oregano leaves (dried)  
2 packages frozen chopped spinach (10 ounce, thawed)  
6 reduced fat Monterey jack cheese (grated)  
1 tablespoon mustard (Dijon or other)  
2 cups spinach (washed)  
1.5 cup black beans (unsalted, fat free)  
2 cups zucchini, shredded  
1 potato, medium (peeled and shredded)  
0.25 cup onion, finely chopped  
1.5 cup spinach, chopped and steamed  
applesauce (optional)  
0.5 cup Italian dressing (reduced fat, unsalted)  
2 fresh spinach (washed and cut into thin strips)  
2 sliced celery  
0.5 cup thinly sliced green onion (including tops)  
bacon bits (optional)  
1 package baby spinach (6 ounces, washed)  
1.5 apples (chopped, can use 1-2 apples)

0.25 cup apple cider vinegar  
6 potatoes (baking)  
0.5 cup sour cream, light  
0.25 cup tofu, silken soft  
1 package spinach (10-ounce frozen, thawed and drained)  
0.25 cup green onion  
1 garlic and herb seasoning (example: Mrs. Dash)  
1 can canned spinach (15.5 ounces, unsalted)  
1 can canned diced tomatoes (15.5 ounces, unsalted)  
1 can canned corn (15.5 ounces, drained)  
2 apples, medium (chopped)  
1 banana (chopped)  
1 package yogurt, low-fat vanilla (6 ounces)  
1.5 cup split peas, dry  
0.5 cup sweet onion (sliced)  
3 new potatoes (tiny, quartered)  
0.75 cups asparagus pieces  
0.75 cups sugar snap peas, or green beans  
0.5 cup radishes (quartered)  
0.25 red cabbage (medium head, about 2 cups, finely shredded)  
2 ripe tomatoes (medium, seeded and chopped)  
0.5 cup canned artichoke hearts (drained and chopped)  
1 cup green peas (frozen or fresh)

2 vegetable juice (low-sodium tomato)  
salt and pepper (freshly ground black pepper,  
optional, to taste)  
0.75 cups wheat and barley nugget cereal  
0.25 cup bran cereal (100%)  
2 teaspoons sunflower seeds (toasted)  
2 teaspoons almonds (toasted, sliced)  
1 cup strawberries (sliced)  
1 cup yogurt (raspberry or strawberry, low-fat)  
1 Italian pizza shell (large)  
0.5 cup bell pepper (red or green, sliced)  
5 ounces mozzarella cheese (lowfat, shredded)  
1 can black beans (rinsed)  
6 tomatoes, seeded and diced  
0.5 green pepper, seeded and diced  
1 medium red onion (minced)  
1 summer squash, large (peeled, seeds re-  
moved, diced)  
1 teaspoon Adobo seasoning (combination or  
garlic, coriander, salt, and cumin)  
2 tablespoons lemon or lime juice (optional)  
fresh cilantro or dried parsely (optional)  
2 carrot (medium, chopped)  
2 cup tomato puree (canned)  
4 cups winter squash (cooked)  
4 eggs (beaten lightly)  
3 cups thinly sliced squash (use zucchini or  
yellow squash)  
1 teaspoon dried parsley (or 2 T chopped fresh

parsley)  
0.66 cup grated cheddar cheese  
1 cup grated carrots  
2 winter squash (such as acorn, butternut or hubbard)  
1.5 cup apples (cooking, such as Macintosh, Granny Smith or Rome)  
1.5 pound steak (sirloin)  
1 tomato (large, sliced)  
3 cups potatoes (boiled, diced)  
2 cups broccoli  
1 package fresh mushrooms (sliced)  
8 ounces sliced beef  
1 onion (small, coarsely chopped)  
4 potatoes (medium, peeled and sliced 1/4 inch thick)  
1.5 cup chicken stock  
2 cups green cabbage (shredded)  
1 cup Swiss cheese, shredded  
0.25 cup nuts (chopped)  
2 diced green chilies  
2 cups cooked, shredded chicken breast  
1.5 cup extra-sharp cheddar cheese, finely shredded  
0.5 pound ground beef, lean  
1 can kidney beans (15 1/2 ounce, drain and save liquid)  
0.66 cup bean liquid  
8 ounces whole kernel corn (canned, not



drained)

1 graham cracker (broken in half)

5 bell peppers (red, orange, yellow, or green)

1 pound ground beef, 90% lean

0.5 can diced tomatoes, low-sodium

4 green pepper (large, washed)

0.5 cup onion (peeled and chopped)

2 summer squash

2 cup diced tomatoes

1 cup squash pulp (from summer squash listed above)

1 cup white beans, drained and rinsed

1 tablespoon fresh basil

1 cup bread crumbs (unseasoned)

0.25 cup water (or more as needed)

0.5 cup brown sugar, packed (or white sugar)

6 strawberries (medium)

1 cup pineapple (crushed, canned in juice)

1 cup strawberries (diced, fresh or frozen)

1 cup watermelon (cubed)

1 cup pineapple chunks, fresh or canned  
packed in natural juice (and do not drain)

1 squash, diced (yellow or zucchini)

1 tomato, diced

3 tablespoons green pepper, chopped

10 cups salad greens

6 green onion (thinly sliced, with tops)

6 mushroom (large, fresh, thinly sliced)

0.75 cups parsley (fresh, finely chopped)

1.5 yellow summer squash, small and sliced  
(can use 1-2 squash)  
1.5 zucchini, small and sliced (can use 1-2  
zucchini)  
1 can diced Italian tomatoes (14.5 ounces)  
2 cups summer squash (washed and cut into  
chunks)  
1 cup carrots, thinly sliced  
seasonings, to taste (optional)  
1 summer squash (large, thinly sliced)  
1 teaspoon sweet basil, fresh  
6 tablespoons Parmesan cheese or Romano  
cheese (grated)  
2 cups onion (small, yellow, cut into eighths)  
2 cups tomatoes (chopped, peeled, fresh, ripe,  
about 1 lb)  
2 cups squash (thinly sliced yellow and green,  
about 1 lb)  
1.5 cup green beans (cut fresh, about 1/2 lb)  
2 can tomato paste (6 oz)  
1 pound spaghetti (uncooked)  
1 celery (finely chopped, with leaves)  
1 cup white rice (long-grain, uncooked)  
0.25 cup almonds (slivered)  
5 cups spinach leaves (packed, washed, and  
dried well)  
0.5 red onion (sliced thin)  
0.5 red pepper (sliced)  
1 cucumber (whole, sliced)

2 orange (peeled and chopped into bite-size pieces)  
0.66 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)  
0.5 cup low-fat cheese (grated)  
0.5 head of cabbage (about 4 cups when chopped)  
0.5 teaspoon celery seed  
2 cans sweet potatoes, drained (save 2 Tablespoons of the liquid)  
2 cups apples (peeled, cored and cut into bite-sized pieces )  
1 pound sweet potatoes (about 4 medium )  
12 ounces evaporated milk, nonfat  
1 cup gingersnaps (finely crumbed, or graham crackers)  
3 tablespoons butter (unsalted, melted)  
2 packages cream cheese (8 oz, light, softened)  
1 cup sweet potatoes (mashed, peeled and cooked)  
1 teaspoon orange peel (finely shredded)  
1 cup milk (evaporated)  
1 cup sweet potato (cooked, mashed)  
1 cup evaporated milk (fat-free)  
2 egg yolk (beaten, or 1/3 cup egg substitute)  
1 cup complete pancake & waffle mix (or 1 8-ounce package)  
0.5 cup mashed sweet potatoes, winter

squash, or pumpkin (baked or canned)  
0.25 cup chopped nuts (optional)  
1 cup bread crumbs (crushed)  
0.25 cup orange juice (fresh)  
0.5 teaspoon orange rind  
2 tablespoons unsalted margarine (melted)  
2 cups sweet potatoes (mashed)  
1 pie crust (9 inch, unbaked)  
3 cups grated sweet potatoes  
1 cup molasses (or dark cane syrup)  
4 cups dry milk powder, nonfat  
4 new potatoes (medium, rose or white)  
2 tablespoons taco seasoning (1/2 package)  
3 tablespoons corn meal  
1 butter lettuce (head, or any other small lettuce, torn into small pieces)  
1 pound ground turkey or ground beef  
1 can pinto beans (15 1/2 ounce, drained)  
0.75 cups salsa (or taco sauce)  
1.5 teaspoon cumin seed (ground, optional)  
1 cup kidney or pinto beans (cooked)  
0.5 head of lettuce (torn)  
2 tomatoes (large, cut up)  
2 cups light tortilla chips (broken)  
0.5 cup salsa, chunky  
2 cans corn (15.5 ounces each, rinsed and drained)  
2 cans red kidney beans (15.5 ounces each, rinsed and drained)

0.5 cup pasta, uncooked (such as shells, macaroni, etc)  
0.5 cucumber (medium, peeled, seeded, and coarsely chopped)  
0.5 carrot (medium, thinly sliced)  
0.5 tomato (medium, coarsely chopped)  
0.25 green pepper (coarsely chopped)  
1 cup radishes (thinly sliced)  
2 tablespoons onion, green or red (coarsely chopped)  
0.5 cup milk (evaporated skim)  
1 can juice concentrate (6 oz., frozen orange/pineapple, thawed)  
2 cups jicama, peeled and chopped  
1 can mandarin oranges, canned in light syrup (11 ounces)  
1.5 tablespoon lime juice (juice of one lime)  
cilantro (optional)  
1 lentils  
0.5 teaspoon oregano (crumbled leaf)  
4 ounces cheddar cheese (sliced)  
4 chicken breast (boneless and skinless)  
0.25 red onion (julienned)  
1 carrot (julienned)  
1 red pepper (julienned)  
1 celery stalk (julienned)  
0.5 zucchini (julienned)  
2 tablespoons basil (fresh, chopped)  
thyme (fresh springs, optional)

parsley (chopped, optional)  
ginger (minced, optional)  
4 teaspoons lemon juice (freshly squeezed)  
4 cod fillets (4 ounce each, can also use tilapia, sole, hake, flounder, or other white fish)  
0.25 red onion (or scallions)  
1 celery stalk  
0.5 zucchini (optional)  
2 Roma tomatoes (optional)  
0.5 fennel (1/2 bulb)  
basil (chopped, optional)  
2.5 cup non-fat dry milk powder  
2 tablespoons taco seasoning, reduced sodium  
4 tablespoons cheddar cheese, shredded reduced fat  
0.5 cup teriyaki sauce, reduced sodium  
1 pound ground turkey, 85% lean (or thinly sliced)  
1 can water chestnuts, chopped  
1.5 tablespoon cooking oil  
6 iceberg lettuce leaves  
2 cups refried beans  
8 taco shells (or flour tortillas, wheat or white)  
0.25 head of lettuce (chopped)  
taco sauce (optional)  
2 beef, cubed  
1 head cabbage  
2 carrots (can use 2-3)  
3 tomatoes, large (can use 3-4)

3 potatoes, large  
2 onions (can use 3-4)  
2 garlic cloves, sliced (or more)  
salt and pepper, to taste (optional)  
0.5 cup mayonnaise, reduced-fat  
0.25 cup chili sauce  
1 teaspoon lemon (or lime) juice  
1 cup green beans (cut, canned or cooked)  
2 cups yellow wax beans (canned or cooked)  
2 garlic (cloves, whole)  
1.75 pounds tofu (firm)  
0.5 cup scallions (diced)  
2 tablespoons yellow mustard  
0.5 cup mayonnaise (low-fat)  
3 teaspoons brown mustard  
1 green pepper (seeded and diced)  
6 cups water (or chicken broth or 4 teaspoons  
or cubes chicken bouillon)  
1 package tofu, silken, firm or extra firm (10. 5  
ounce, - patted dry and cut into ½ inch cubes)  
3 green onions (chopped, optional)  
4 cups spinach leaves (fresh, - washed and  
dried, torn or cut if large or 1- 10 ounce box  
frozen chopped spinach, thawed and squeezed  
dry)  
0.25 cup cilantro leaves (optional)  
0.5 slice bread (whole wheat)  
1 cooking spray (as needed, nonstick)  
2 tablespoons mozzarella cheese (part skim,

grated)

1 tomato (large, chopped)

1 pound ziti pasta (or bow tie pasta)

4 teaspoons Dijon mustard

1 cup fresh basil leaves (chopped)

3 tomatoes (large, coarsely chopped)

1 cup kidney beans (cooked or canned drained,  
or try garbanzo beans or black beans)

1 cup mozzarella (or provolone cheese, cubed  
or shredded, optional)

8 tomatoes (ripe, Roma plum, chopped)

7 cup basil leaves (fresh)

1 loaf French bread (Italian or, cut into 1/2 inch  
diagonal slices)

pepper (optional, to taste)

2 garlic clove (crushed, or 1/4 teaspoon garlic  
powder)

1 can tomatoes (15 1/2 ounce, drained and  
chopped)

1 pinch red pepper (ground)

2 non-fat dry milk (NDM) (+ 2 cups water or  
substitute 2 cups nonfat milk for the reconstitut-  
ed NDM)

1 cup pasta, small whole grain (shell, penne, or  
ziti)

1 can diced tomatoes, unsalted (14.5 ounces)

0.25 cup mozzarella, part-skim shredded

1 cup beans, Great Northern (dried)

0.25 cup lentils (brown)



0.25 cup split peas (green)  
1 tablespoon chicken broth granules  
2 tablespoons sun-dried tomatoes (chopped)  
0.5 teaspoon minced garlic (instant)  
0.75 cups tortellini (dried)  
1 cup carrot (coarsely chopped, optional)  
1 cup celery (coarsely chopped, optional)  
1 can kidney beans (16 ounce)  
3.5 cups lettuce (shredded)  
12 corn tortillas, small (or flour tortillas)  
vegetable oil (or margarine)  
1 can refried beans (16 ounce)  
2 ounces fresh or canned green chili peppers  
(diced)  
3 tablespoons red taco sauce  
3 cups vegetables, such as broccoli, mushrooms, spinach, and red bell pepper (chopped)  
0.5 cup cheese, shredded part-skim mozzarella  
0.5 cup cilantro (chopped, fresh, optional)  
2 cups refried beans (fat-free)  
3 cups crispy rice cereal  
3 cups toasted oat cereal  
1 jar chunky peanut butter (16 ounces)  
1 cup pretzels  
1 cup square corn, rice or wheat cereal  
1 cup round oat cereal  
1 cup popcorn  
1 cup goldfish crackers  
0.25 cup dried banana chips

0.25 cup dried pineapple  
0.25 cup soy nuts  
1 can tuna, packed in water (12 ounces)  
2 tablespoons red onion (minced)  
1 cup golden raisins  
2 Pita bread (cut in half)  
1 can tuna (6 ounce)  
2 celery (medium stalks, chopped)  
0.5 cup processed American cheese (low sodium, diced)  
1 tablespoon instant minced onion  
12 whole wheat bread (slices)  
8 ounces uncooked spaghetti (or other pasta)  
1 tablespoon vegetable oil (or canola oil)  
0.5 cup chopped broccoli (or zucchini)  
1.5 cup tomato-based pasta sauce  
1 can tuna, drained (5 ounces)  
salt & pepper (to taste, optional)  
1 package pasta shells, or other pasta (12 ounces)  
0.5 cup chopped green pepper  
1 can cream of mushroom soup, reduced sodium (10 ounces, or cream of celery, chicken or cheddar)  
2 cans tuna (6 ounces each)  
1 can tuna fish, packed in water (drained)  
2 cans tuna, drained (5 ounces each)  
1 cup grapes, seedless (cut in half)  
7 lettuce leaves, washed and separated

4 whole grain crackers  
3 tablespoons vinegar (red wine)  
black pepper (fresh cracked)  
6 ounces tuna, low sodium, canned in water  
(drained)  
2 cups carrot (raw, chopped or any of your  
favorite raw veggies)  
2 celery (raw, chopped or any of your favorite  
raw veggies)  
6 ounces tuna, in water (light, drained and  
flaked)  
1 can white beans (15 ounces, or your favorite  
beans)  
0.25 cup vinegar (or juice of 2 lemons)  
0.5 teaspoon dried dill (or 1 tablespoon fresh  
dill)  
3 tablespoons lemon juice (or 1 lemon juiced)  
0.25 teaspoon parsley (dried or fresh)  
2 tablespoons margarine (or butter or turkey  
drippings)  
1.5 cup chicken or turkey broth  
0.5 cup giblets (cooked and chopped)  
1 pound ground turkey (lean 7% fat)  
0.5 cup oats (regular, dry)  
1 tablespoon onion (dehydrated, or one small  
onion, minced)  
nonstick cooking spray  
1 package cream cheese, low-fat (8 oz, garlic  
and herb)

6 slices turkey  
3 Roma tomatoes (small, chopped)  
3 cups baby spinach leaves (fresh)  
0.75 cups turkey, cooked and diced  
1 cup potato (cooked, peeled, and diced)  
2 tablespoons salad dressing, mayon-  
naise-type  
2 tablespoons vinegar, white wine  
4 cups salad greens (torn)  
2 cups cooked turkey breast (cut into julienne  
strips)  
1 can mandarin orange sections (11 ounce,  
drained)  
1 garlic clove (finely chopped, or 1/2 teaspoon  
garlic powder)  
1 can tomatoes, diced (15 ounce)  
2 cups turkey (cooked, chopped)  
Italian seasoning or oregano, basil or thyme to  
taste  
2 cups cooked turkey (cut into bite-size pieces,  
or 2 cups ground turkey, browned in a skillet  
and drained)  
2 tablespoons taco seasoning (chili)  
0.25 cup refried beans (low-fat or fat-free)  
0.25 cup Cheddar or Monterey Jack cheese  
(shredded, low-fat)  
0.5 cup taco sauce  
plain yogurt (low-fat or fat-free optional)  
guacamole (or mashed avocado optional)

1 apple, small or medium  
1.5 cup bread crumbs (or crushed cereal)  
6 tomatoes (large, cut into chunks)  
0.5 onion, medium (finely chopped)  
1.5 tablespoon green pepper (finely chopped)  
3 tablespoons fresh basil (chopped)  
2 ginger root (thin slices, minced)  
2 cups turkey (cooked, cut into 1/2 inch cubes)  
1 pound vegetables, fresh or frozen (chopped)  
water (optional)  
3 cups mixed vegetables, fresh or frozen  
(chopped)  
0.5 teaspoon curry powder (optional)  
0.5 cup Swiss cheese (cut into small pieces)  
2 cups white rice, cooked  
1 package frozen vegetables (10 ounce)  
1 dash pepper (of)  
2 carrot (cut into 3-inch sticks)  
2 celery stalk (cut into 3-inch sticks)  
0.5 jicama (peeled and cut into 3-inch sticks)  
1 bunch radishes (trimmed)  
1 cup sour cream, fat free  
1 can whole kernel corn (12 ounce, drained)  
1 can carrot (14 1/2 ounce, drained)  
1 can green beans (14 1/2 ounces, drained)  
1 can tomatoes (14 1/2 ounces, - chopped)  
0.66 cup tomato juice from canned tomatoes  
2 tablespoons corn syrup  
1 cucumber, small

1 tomato, small (or 2 grape tomatoes)  
1 vegetable bouillon (low sodium, cube)  
2 cups white potatoes (cut into 2-inch strips)  
4 cups summer squash (cut into 1-inch chunks)  
1 cup summer squash (cut into 4 chunks)  
1 can sweet corn (15 ounces, rinsed and drained)  
1 green onion (stalk, chopped)  
0.5 green chile pepper (small, chopped)  
1 cup onion (coarsely chopped)  
4 potatoes (small, scrubbed and sliced)  
1.5 onion (peeled and sliced)  
0.5 bell pepper (green or red, washed, seeded and sliced)  
0.25 cup Italian salad dressing (light)  
2 onion (large, cut into 1/4 inch pieces)  
1 green bell pepper (cut into 1/4 inch pieces)  
2 jalapeno chilis (fresh, diced)  
1 can whole tomatoes (28 ounce - cut into 1/4 inch pieces or 8 medium fresh tomatoes)  
2 zucchini (medium - cut into 1/4 inch pieces)  
2 summer squash (medium - cut in to 1/4 inch pieces)  
1 can kidney beans (16 ounce, rinsed)  
1 cup cilantro (or coriander) (chopped, fresh)  
2 tablespoons vegetable broth  
0.5 cup unsalted matzo meal  
4 tablespoons fresh dill  
6 cups vegetable broth, low-sodium

4 carrots (cut into 1/4 inch slices)  
2 onions, coarsely chopped  
2 parsnips, coarsely chopped  
1 can tomato sauce (8 oz)  
2 green or red bell pepper (seeded and chopped)  
1 can black beans, 50% less salt (15 ounce, drained and rinsed)  
2 mango (chopped)  
1 lime, juiced  
1 avocado (peeled and diced)  
4 flour tortillas, fat free (10 inch)  
6 ounces rice noodles (or thin flat egg noodles)  
1 onion (medium, finely chopped)  
2 teaspoons chicken bouillon  
1 cup broccoli (cut into small pieces)  
1 cup bell pepper (green or red, finely chopped)  
1 cup cottage cheese  
1 tablespoon onion (chopped very fine)  
2 cups vegetables (drained, canned)  
1 pita, whole wheat (cut around the sides, into flats)  
green & red peppers, sliced  
mushrooms, chopped  
1.5 cup broccoli, chopped  
spinach, shredded  
1 small zucchini (small, washed and chopped)  
0.5 broccoli head (washed and chopped)  
1 green bell pepper (washed, seeded and

chopped)

1 onion (small, peeled and chopped)

1 carrot (scrubbed and shredded)

4 whole wheat tortillas (10-inch)

1 cup cheddar cheese (shredded low-fat)

4 tortillas, whole wheat (10 inch)

1 baby zucchini, small (diced)

1 red bell pepper, seeded and diced

1 yellow onion, small

0.5 cup carrots, shredded (chopped)

1 cup cheddar cheese, low-fat (shredded or  
grated)

0.5 cup mozzarella cheese, part skim (shred-  
ded or grated)

2 ears of corn (or cut from cob)

10 okra (sliced)

2 zucchini (medium, 2 1/2 cups chopped)

4 carrot (medium, 1 1/4 cups grated)

12 ounces cheddar cheese, low-fat

12 mini pitas (6 inch)

0.25 cup plain yogurt (non-fat)

1 chopped green chili (can adjust to taste)

0.75 pounds chicken (cooked and cubed)

6 corn tortillas (toasted and cut into 1 inch  
squares)

1 cup milk, non-fat (or 1/3 cup powdered milk  
and water to equal 1 cup)

6 slices bread (100% whole wheat)

1 Italian seasoning (as needed, to sprinkle on)



0.25 cup brown sugar (firmly packed, or white sugar)  
1 cup milk, low-fat (1%)  
0.25 cup margarine or butter (melted, or 1/4 cup vegetable oil)  
5 cups apple (unpeeled, sliced)  
1 cup cranberries (fresh)  
12 ounces gelatin (flavored - choose your favorite)  
1 package vanilla instant pudding (3.5 ounce package)  
4 potatoes (medium, baking)  
0.75 cups cottage cheese (low-fat 1%)  
0.75 teaspoons herb seasoning  
2 cups yogurt (low-fat or fat-free, plain or vanilla)  
0.5 cup blueberries (fresh)  
0.5 cup strawberries (fresh, sliced)  
other optional fruit (raspberries, peaches, pineapple and/or mangos)  
1 cup granola  
6 ounces yogurt, fat-free, flavored or plain  
6 ounces frozen orange juice concentrate, thawed  
12 paper cups (3-ounce)  
12 wooden sticks  
aluminum foil  
0.25 cup yogurt, low-fat vanilla (or plain)  
2 teaspoons frozen fruit juice concentrated

(thawed)  
1 tablespoon yeast  
1 flour, white  
cinnamon/sugar or salt  
0.66 cup beans, canned or cooked (pinto work great)  
0.5 cup juice, tomato  
2 tablespoons juice, lemon (or vinegar)  
0.66 cup tomato or orange juice  
0.5 pound fish fillets (whitefish, cod or halibut)  
0.5 onion, small (sliced)  
0.75 teaspoons lemon pepper  
dried paprika (optional)  
16 ounces carrots, peeled  
1 tablespoon butter alternative spread (0 g trans fat)  
1 tablespoon parsley, fresh (for appearance, optional)  
0.5 cup tomato juice, low-sodium (low sodium V8)  
1 tomato (medium)  
1 cup mushroom (canned)  
3 zucchini (medium)  
1 pound zucchini (chopped)  
2 tomatoes (peeled and diced, or a 16 ounce can of diced tomatoes, drained)  
2 cups zucchini (grated)  
1 pound sausage (ground)  
3 zucchini (small, diced)

3 squash (small, yellow, diced)  
3 potatoes (medium, peeled and diced)  
1 can tomatoes (Italian stewed, cut up)  
2 cups zucchini (coarsely shredded)  
1 carrot (medium, shredded)  
0.66 cup mild salsa  
2 cups grated zucchini  
0.25 teaspoon minced parsley  
1 tablespoon olive oil (or cooking spray)  
2 cups zucchini, sliced  
0.5 cup diced onion  
1 tablespoon garlic and herb seasoning mix (no salt added)  
0.25 cup cheese, low-fat shredded (use your favorite)  
1 yellow squash



## Instructions

Brown each patty on both sides in the oil. Pour into baking dish and put in the oven. Now, we add flour. Close the pot and cook for 14 min. In a small saucepan, combine sugar and corn-starch. Slice the leeks into quarter-inch ribbons. Get your skillet, put it on a nice high flame, and when it's hot put in some olive oil. Stir it all up once or twice and then cover your pot and turn up the heat to high for 15-20 minutes. Empty peas into pan. Wash and peel the spuds then dice into about 2cm square cubes, the trick here is to get them sized right so they cook just right in time with the meat. Mine came out a little on the soft side. Cook at 350°F for 50 minutes or until the center is done. Use within 1-2 days. Chicken salad does not freeze well. Heat oven to 400 degrees. Spray muffin tin with non--stick cooking spray. Run a knife around the edge of the molten chocolate bourbon cake to loosen. Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 10 minutes; remove and cool completely on wire rack. Heat a large non-stick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes. Mash the garbanzo beans

until smooth (if you have a blender, put the beans and lemon juice into it and process). When spaghetti is tender, top with grated cheese. Drain potatoes and mash. Stir in milk and set aside. Stuff the split with raw onions. Chill until firm. Pour warm milk over all ingredients in casserole dish. When the internal temperature of the meat approaches 130 degrees, crank up the heat to between 300 and 350. Cook to 175-180 degrees Fahrenheit internal temp, then open the lid and remove. Add the onion, tomato, and mushrooms. Pasta is just about done. Bake 25 minutes, or until bubbly and brown, in a 350°F oven. Add potatoes and chicken stock. Cover tightly, reduce heat to low and simmer until potatoes are almost tender. Bake the sweet potatoes in a microwave until they are soft. Now, add four cups of blackberries. Peel and chop the onion. Cool slightly before removing from muffin cups. Wash and slice vegetables. Place zucchini, onion, water, margarine, and pepper in a frying pan. Cover and cook over medium heat for one minute. Grate the sausage and tomato. Using a spatula, transfer the packets to a baking sheet. Bake until the fish is cooked to an internal temperature of 145 degrees F, about 10-12 minutes, depending the thickness of the fish. Heat the broth up. Set aside. Spread with

orange marmalade, continuing to sauté while basting frequently for another 20 minutes. Cut squash into halves and remove seeds. Place in a glass dish, cover with plastic wrap and microwave on high for 5 minutes. Drain tofu. Mince the chives finely. Combine all ingredients and stir just until large lumps disappear. Over-stirring will cause tough pancakes. Bake, uncovered at 350°F for 20-30 minutes. Place cups in the freezer for at least 4 hours. Refrigerate leftovers within two hours. Place chicken on a pan or plate while thawing in the refrigerator. Rub inside of bowl with oil. Place dough in bowl and flip to coat with oil. Let rise 30 minutes. Then throw on the provolone. Use a spoon to press the crumb mixture into the tomato halves. Add in the 150ml (5 ounces) of double cream, heat through thoroughly and set aside. While mixing with the electric mixer, very slowly pour in the egg mixture into the thick paste. Once everything is fully incorporated, you should have a smooth and runny fortune cookie batter. Mix them with about 1 tbsp of olive oil and set them aside. Also while the cake is cooking, sprinkle powdered sugar on a thin cotton kitchen towel. The towel we used wasn't ideal, but it's all we had. Heat oil in a large saute pan. Use the large holes on your grater to grate the potato, then grate the onion

too. Melt margarine in large skillet. Drop lentil mixture by rounded 1/2 cupfuls into hot margarine. Flatten mounds into patties and cook until firm and golden brown on both sides. Once onions have reduced, stir in white wine and cognac and raise heat enough to bring to a boil. Add the bay leaf and thyme and reduce to a simmer. Put all of the semolina into a large bowl. Make a well in the center of the flour and pour in the buttermilk. Grind pepper over the top until it looks right. Put all the vegetables on top of the beans. Add the rest of the ingredients. Pour the whole thing over your sheet of crackers, and spread it around with a spoon so that it covers the entire tray. Add 2 cups of flour (one of each whole wheat and white flour) and salt. It should be thicker than a batter but not really dough. Add 2 Eggs. In a kettle, combine the yucca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yucca for 20 to 30 minutes, or until it is tender. Let cool, then tear apart the bread into small pieces. Mix popped corn, raisins, and cereal in a large bowl. Bring to a boil. Cook until thick and clear, stirring constantly. It will be a little more harder to whisk, so use a spatula. Prepare the spaghetti using the package directions, omitting the salt and oil. Drain well in a colander. Take the bowl out and stir in the



ginger and walnuts. Add applesauce, raisins, and nuts (if using). Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing. And mix until it's a dough ball. If you're using your hands, you'll have to pull the ball out and knead it for several minutes. You want it nice and solid, and smooth. Wipe some vegetable oil around the interior of a bowl, and throw your dough ball in, rolling it around so it's all covered in oil. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda. Roll the ball into a 12-inch log and cut into 6 chunks. Mix together sugar and cinnamon for topping and set aside. Heat a large non-stick skillet over medium-high heat. Add the oil and saute the onion and garlic until golden, about 2 minutes. Cook pork and ginger until no longer pink. Cut the cucumber in half crosswise. On a sheet pan, cut puff pastry into squares (1 sheet should give you 4 squares) and with a spoon, fill the middle of 1/2 of the squares you have. When it starts to boil add in d egg. Swirl the pan a bit to cook the egg without breaking it. Now just play it by ear. Cut fun shapes with cookie cutters or knife. Store in refrigerator. Add the egg yolk and cream and mix until a dough forms. Wash apples and remove core. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then,

cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir. All wrapped up. Meanwhile, put the onion in a small bowl and add the vinegar just to cover. set aside for 15 minutes; the vinegar will reduce the harshness of the onion. Drain well and add to the bowl with the chicken, along with the cabbage, carrot and cilantro. Mix ingredients in a bowl. Wash vegetables. Next scald the milk with the vanilla. Just put it on low heat on the back burner or something out of the way for now. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened. Add more liquid if you want the drink thinner. Carefully flip quesadilla. Cook for 4 minutes until cheese is warm and bubbles and tortilla browns. If you do not want to flip it, put a cover on the pan and cook until the cheese melts. Cook the noodles as per package direction. Add the remaining mushrooms and herbs; cook for another 10-15 minutes until mushrooms have released their liquid and everything has cooked down a bit. Mix until fully combined. Since the cream is still hot, the butter should melt pretty quickly. In a separate bowl combine flour, baking powder, and salt. Mix thoroughly. Let the juice mix cool to room temperature. Remove from heat and make certain that the squash is tender. And now the

pulled pork part, wherein you “pull” the pork apart into shredded, sandwich-ready yumminess. Melt butter in a shallow 9x13 inch baking pan. Cool on wire rack for 45 minutes. Cover and chill thoroughly. Brush potatoes with oil. Add margarine and vanilla, stirring until margarine melts. Form the mixture into patties 3-4 inches in diameter. Stir in onions, carrot and garlic. Place meat, bell pepper, tomatoes, and onion in large sauce pan, . Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat. In another bowl, beat the egg, buttermilk, and oil together. Scrub potatoes and cut into 1/2 inch strips. Then add the sausage meat and mush it into the sauce. Beat eggs in bowl. Stir in milk, peas, and soy sauce. Pour over hot rice mixture in fry pan. Peel the carrots. Cut in half lengthwise, then cut into 1 inch pieces. Bloom the gelatin in a bit of the Marsala and drain. Puree the grapefruit and honey mixture until smooth. Bring a quarter of the mixture to a boil and add the gelatin and whisk until dissolved. Stir to combine. Fold in bean sprouts, chicken or beef, mushrooms, and onion. Place the pear chunks on top of the peanut butter. Sprinkle the cereal on top. Using tongs or a fork, dredge both sides of a chicken breast in the flour mixture. Shake the chicken breast over the dish containing the flour to

remove any excess flour from the chicken. Shaking the chicken breasts is very important. You don't want excess salt on the chicken breasts. You only want a very thin amount of the flour mixture on the chicken. Keep stirring, breaking up chunks of sugar, and keeping everything moving. Cool and then store in a covered container. And cream until fluffy. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups. Turn the fold into the start of a roll, and roll up all the leaves into one handy bundle of herbage. Throw it in a pot, it should be done in 5 min. Spray the large skillet with canola cooking spray. Heat skillet over medium heat. Beat the eggs and sour cream together until combined. Rub inside of bowl with oil. Place dough in bowl and flip to coat with oil. Let rise 30 minutes. Take each disk and roll it out until you get a thin wrapper. Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat just until the vegetables are hot. Slice into 1/4 to 1/2 inch slices. While the potatoes are cooling, peel and chop some onions until you have 1 cup of chopped onions. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender. Add stewed tomatoes, green beans, chick-peas (drained), and

garlic powder. Simmer 5 minutes, or until macaroni and beans are tender. Bake in loaf pan for 25 minutes or until it reaches an internal temperature of 165 degrees. Check the temperature with a meat thermometer. Cover the chicken breast with a piece of waxed paper and beat it with the flat side of your mallet / hammer until it is an even 1/2" thick. Wash hands; get out ingredients and utensils. Deglaze with the sherry. Add the stock and reduce. After the chicken is thoroughly cooked take the pieces out of the pot and remove most of the bones from the chicken and the pot. Place dough in lightly oiled bowl, turning oil top. Cover with clean towel; let rise in warm place until double, about 1 hour. Mix tuna with mayonnaise. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl. Put each fish fillet in a large square of parchment paper and season with salt and pepper. Cook for 2-3 minutes per side until eggs are cooked. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl. Chop up 3/4 cup of onion. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix. Add the onions, garlic, and leeks. Continue to cook and stir until the onions are translucent. Add garlic, chili powder and cumin, cook until fragrant (15

seconds). Allow the pumpkin seed snaps to cool COMPLETELY before cutting into bars and removing from the pan. Add the chicken to the sauce pan. Mix everything. Spread cauliflower on a large rimmed baking sheet. Peel and thinly slice the peppers and garlic and mix together with the shallots. Add the juice from 1/2 a lemon, the avocado and onion. In a bowl, put together the flour, Butter, Yeast, Egg, sugar, salt and Milk. Pour mixture in an 8 inch square baking pan. Bake until casserole is firm in the center, about 40 minutes. Chop up 1/4-1/2 a cantaloupe and puree in a food processor. 1/2 a smallish cantaloupe will make around 1.5-2 cups. You want a nice ripe one. In a medium saucepan over medium-low heat, melt butter in buttermilk. Whisk in flour and spices, and cook until thickened, about 5 minutes. Turn off heat and add the cheeses, stirring until melted. Brown ground beef and turkey and minced onion in skillet. Drain fat. Pour on the dressing. Turn heat to low. Add corn, minced onion, sugar, black pepper and half the bread crumbs. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible. Mix all ingredients in a small bowl, using a spoon. Lay chicken pieces into a 11x13 baking pan. Sprinkle seasonings over chicken. Finally, we're going to add the

nutmeg and vanilla extract. Mix all ingredients, shape into balls (about 24 meatballs). Chop the beef into tiny pieces. If you freeze the beef first, it's much easier to cut without having it go all over the place. In a large skillet or pot, cook onion and pepper in oil. Combine all ingredients in a small bowl. Wash and dry greens. Tear into bite-sized pieces and place in large salad bowl. Cook pasta according to package directions but do not add salt to cooking water. Drain, rinse with cool water, and drain again. If not using leftover or "planned over" rice - cook rice according to package directions without adding salt. Chill. Keep stirring until it turns brown. Shape dough on greased baking sheet or put into a 4 inch x 8 inch greased loaf pan. Cover with a clean cloth or plastic wrap and let rise until doubled in bulk. Add 2 Tablespoons boiled lentils (mixed with spices) into the fried onion and stir well for one minute. Add the rest of the boiled lentil mix and stir. Add about 1 1/2 tsp of the pumpkin pie spice to the batch and give it another mix. Spread each slice of bread with one teaspoon oil. Add in the rice. Flip over and cook about 3 minutes or until golden brown. Add the meat back into the pressure cooker along with the vegetables and herbs. Once all the milk has been poured in, increase the speed to medium-low and mix for 1 minute.

Peel onion and dice into 1/4-inch pieces. Cool and cut into 16 slices. Layer basil leaves on top of shrimp, face down. Cook onion in liquid until soft, about 2 minutes. Cover and bring to a boil over high heat. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes. Add the carrots to one of the pans. Keep mixing the dry stuff with the wet stuff until you're left with nothing but wet stuff. It'll get thick and hard to mix toward the end, but just muscle through it. When the chicken is done, the pasta should be about done. Drain the pasta and pull the chicken off. Turn the heat on the pan to low and dump the pasta in. It may not be the prettiest and most cohesive-looking pie out there, but one bite will make you forget those thoughts. By now, your chicken should be fully glazed. Sprinkle the chocolate chips over the tray. When they start to melt from the heat, spread them around with a spoon so they cover the entire thing. Add the other ingredients. Stir together. Add dry ingredients slowly and combine until smooth (it kind of looks like frosting). And cream together very well. Drain spinach by placing in a sieve or collander over the sink, or in a bowl and pressing with a spoon to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in



medium bowl. Saute onion and garlic with oil in frying pan for 1 minute over medium/high heat. Heat oil in a skillet or heavy saucepan and add meat mixture; stir until cooked through. 10. Add the tomatoes and pepper. Quarter the carrot lengthwise and slice thinly. Add the chili powder, chipotle peppers, adobo sauce, tomato paste, salsa, and cumin. Stir well. Return pureed mixture to pot and let cook for 10 minutes more. In a 5-quart pot, mix beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat. Mix all ingredients together in slow cooker. Drizzle olive oil over kale and then sprinkle with seasonings of choice. Put everything in a medium sized saucepan. Bring to a boil, then reduce to a simmer. Grilling is complete. Chicken is juicy and the bacon is semi-crispy. Pour into medium sized bowl and allow to cool. Cook potatoes in boiling water over high heat until tender, about 10 minutes. Add the Chicken Consomme and cook for 10 minutes. Sprinkle over the top of the sweet potato/apple mix. And whip up some mashed potatoes. Cook the peas for 3 minutes in another saucepan. Then remove from heat. Once the soy milk is hot, take a smallish ladle and scoop some up. Add the flour, cornmeal, sugar, baking powder, and salt. Stir just until they are moistened. Don't stir them too much. Place

chicken pieces on cooking sheet so they are not touching. Grease each cup in the muffin pans with some margarine or butter. Slightly roast the chicken legs in a pot and cover with the water. Now you can turn off the stove and add your Smorz cereal. Just go ahead and dump the whole box in, and start stirring pronto while your goo is still hot. Remove chicken from pan and set aside. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes. Now, cut across the fruit. Don't cut it in half; leave the bottom portion larger, like a bowl, and the top smaller like a lid. Saute the portabellas in a bit of oil, until tender. Combine dry ingredients in a large bowl. Add peanut butter and vanilla, stir until peanut butter melts. Melt the butter in a small saucepan and mix in the brown sugar and vanilla until you get a brown liquidly goo. Whisk together the flour and baking powder in a large bowl; set aside. Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated. After 10 minutes, flip your carrot cake out onto the rack. You might need to run a thin knife around the edge of the pan to loosen it, but for the most part it should plop right out. Let cool complete-

ly. Bake for 15-20 minutes, until the crumbs are browned and the tomatoes are soft. Boil fresh pasta for a few minutes. Really, use fresh pasta. Not to say that Buitoni or whatever is fresh, but try your best. Fresh is tastier. Dip fruit into the yogurt peanut mixture. Saute until lightly browned, then add the butter. Rub some salt and pepper into the ribs. Coat them in the curry paste. Layer the bottom of your roasting pan with the bacon. Chop the tomato. Now punch down the dough a few times. Combine sugar, flour, and lemon peel in a medium bowl and mix well. Bake at 350 degrees for 40 minutes. Stick them in a bowl and rub with the marinade we just made, the leave to marinade for 30mins or so in a cool place. Toss everything into a wok in which a dab of peanut oil has been heated until it just starts to smoke. Lightly beat two eggs and pour that in as well. Remove from heat, and stir in butterscotch chips. Combine vanilla yogurt and pudding mix; gently stir together. Add on the mango. Beat it all together. Prepare greens by washing thoroughly and removing stems. Bake at 350°F for 45min to an hour until crust is browned. In another, whisk together your eggs, milk and vanilla. Place chicken in pan and cook until golden brown and cooked through. (Make sure you wash your hand after handling the chicken.

It can be tempting to lick the sugar off your fingers.). Chop up your butter and put it in a large bowl (make sure the bowl is microwave safe and actually fits inside your microwave). Add the raisins and oats to the cookie batter. Bring it over to your Rice Krispie rectangle, and spread it evenly across the top. Mix the cooled onions with the creme fraiche and spread as a thin, even layer onto the crepe. Add carrots, raisins, and/or walnuts if desired. If any of these items are added, also add milk and mix. After 30 minutes, add in spring onion and water chestnut. Mix well. Blend until frothy and lemon has been destroyed, add dash of milk and mix again, for 3 seconds or so. Brown meat and onion in fry pan. Drain off fat and liquid. Brown 1lb. hamburger beef with half an onion chopped. Peel the garlic and onion and destem the basil. Then steam the buns. Add the sliced ham. Wash hands. Add rice and stir for 5 minutes. Wash hands and any cooking surface. Combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed but not foamy. Meanwhile, cut circles out of the bread, tracing around an ovenproof bowl or dish that you will bake the soup in. Add in the pumpkin and stir briefly, then add the green tops of the spring onion. Place cooked and

drained meat mixture, bread crumbs, water, and pepper into mixing bowl. Put the undrained pineapple, orange juice, cinnamon, and nutmeg in a mixing bowl. Stir together. Put 2 table-spoons water in the skillet. Heat on medium. Add Onion. Cook on the stove top over medium heat, being mindfull of the syrup that forms, if too much forms empty a little out ultimately you will want a little caramelization of the sugar. Now dump it into the pan. Add the olive oil and vinegar and mix together thoroughly. Stuff each pepper with the mixture and place in casserole dish. Bake 15-20 minutes or until lightly browned. Cool, then store in an airtight container. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed. Store in covered containers in the refrigerator. Put aside 1/4 cup of drained pineapple. Combine first eight ingredients (pasta through black beans) in a large bowl. Store tightly, sealed in refrigerator. Chill. Add some sugar, salt, and tiny pieces of margarine to the apple layer. Once the ground meet has browned and cooked through, you can drain off any excess fat. Then add the tomato sauce and stir. Add the roast to the skillet. Brown it on all sides. Freeze for four hours. Refrigerate left-overs within two hours. Prepare the jelly as

stated on the packet. For mine you just add water and a little bit of sugar and heat until it gets thicker. Now, just pour it over the strawberries. Put the dip the blender. Blend until smooth. Refrigerate leftover bread pudding and vanilla sauce within two hours. Cook spaghetti in unsalted water according to package directions. Cook pasta according to package directions and drain. Add the flour mixture to the butter mixture with a wooden spoon. So, with our salsa done, I'll start on the Rice Pilaf. Add a dollop of guacamole. Set that to one side, then in a pan put 1 and half glasses of white wine and a couple of tablespoons of peppercorns. Strain the burger. Trim the dragonfruit. We want to use the body of the dragonfruit as our bowl, so cut off a small portion of the bottom to make it stand up nicely. Then trim off the top to make it pretty and remove any mold - it tends to grow in the recessed end of the fruit. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender. Refrigerate leftovers. Put each sandwich on a square of aluminum foil, then wrap the foil around sandwiches, folding edges securely. Add the rest of the ingredients and bring to a boil. Blend in flour mixture to the peanut butter mixture. Place yolks in a one quart zip lock style bag along with the remain-

ing ingredients (except the egg whites). Press out air. Place the butter, chives and garlic in the center of each piece of chicken make sure you get an even amount of everything on each piece. Beat in egg and vanilla. Grate orange peel into sugar and add to cranberry sauce with rest of ingredients. Cut the remaining orange half into wedges and place on chicken. Chop the green pepper into small pieces. Then, drizzle in the melted butter, about 1 tbsp at a time, and mix it with a fork at first, then your hands. Cook the beans until they are soft. Add more water as needed while the beans are cooking. Add the eggs, vanilla, and orange zest, and beat until light and fluffy again. Spray tops of tortilla sections with cooking spray and lightly salt, if desired. Prepare pasta according to box directions (8 minutes for medium shells by Barilla). Leave one baseball-sized portion of dough behind. Take a long sheet of saran wrap (cling film) and place the extra dough on one end, folding the saran wrap over it. Stir the flour mixture into the soup over medium heat until the soup thickens. Combine gelatin and grape juice in a small pan and warm over low heat until the gelatin dissolves (about 5 minutes). Stir vegetables and dressing in large bowl. Peel the potatoes, and cut them into chunks. In a medium bowl, combine the diced tofu, celery,

onion, pepper, and parley; stir in the mayonnaise mixture and toss gently to coat. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes. Cover and cook slowly, turning now and then, for 50 minutes or until the chicken is fork tender. Add the tomatoes, zucchini, squash, and bring mixture to a simmer. Wash hands. Add all the egg yolks into a medium-sized bowl. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder. Clean and seed the squash and sweet potato. Slice them into 1.5-inch chunks, coat lightly with peanut oil and bake at 350 for 1 hour or more, until soft and lightly browned. Dip each piece of meat into the mix of flour and salt. Coat it on all sides with the mix. Tear spinach coarsely and place in large salad bowl. Roll tortillas to enclose mixture. Peel the bananas and cut into bite-sized pieces. Add to the bowl. Add garlic and kale to frying pan and cook for 4 minutes. Place cups together on a baking sheet. When the pasta is finished, drain and immediately add into the bacon. Turn off the heat, add in the beaten eggs, and stir very well. As you stir, the grease from the bacon will coat the pasta and



the egg will mix in and cook from the heat of the pan and pasta, leaving each strand coated in a thin amount of egg and bacon grease. Heat until butter and chocolate start to melt. Prep the leeks by splitting them lengthwise (leave them connected at the roots for easiest handling) and soaking them for 15-30 minutes. Agitate several times to assist the removal of dirt from between layers. In a large bowl, cream together margarine and honey. Stir in carrots and egg whites. Combine onions, stock, and lemon juice in a sauce pan. Heat to a boil. Sprinkle it with balsamic vinegar. Once it turns a caramel color, remove from heat and pour into the apple shell. Tilt the apple around to cover the sides. And then firmly squeeze out the pits. If you're lazy you could just throw the olives in as they are. Either way, throw the olives in with the rest of the salad. Meanwhile, in a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until tender, stirring occasionally. In a mixing bowl, add milk and applesauce. Stir until blended. Place it on your silpat or parchment paper lined cookie sheet and place the rest about two inches apart. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until

steaming hot, but not boiling. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally. Place the oven-safe plate into the oven. Remove from the oven with an oven mitt once the cheese has fully melted. Heat oil in a large saucepan and saute onion, garlic, bell peppers and eggplant until tender, about 15 minutes. Bake, uncovered at 350°F for 20-30 minutes. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls. Bake until lightly browned around edges, 20-25 minutes. Cook over medium heat until slightly thickened and clear. Insert stick for each popsicle by making a slit in foil over the center of each cup. Cook for 30 minutes on LOW heat covered. Cover and let stand for 5 minutes. Bake at 350°F for 20 minutes, or until fish flakes easily with fork. Slowly add the butter and continue mixing until you have a batter. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts. Cut the slab into individual ribs. Trim the excess fat off, but leave the silver skin. Sprinkle with salt and pepper and refrigerate overnight. Once the water starts to simmer, add the bourbon and wait until it starts to bubble. Ignite and flambe until the flame goes out. Then cut off the other end. Stand it up on

its new, stable footing. Add peppers and onion; sauté until soft. In a salad bowl, combine onions, cabbage, carrots, and tomatoes. Add in the meat and mix. Now slowly combine these two mixtures. Lightly coat the bottom of the pan with your oil so your Sausage doesn't stick. Mix the Beaten eggs mix with the coconut milk. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter. Here is the finished double chocolate cookie dough. Cover and simmer for about 15 minutes until tender. Add eggs one at a time, mix until just combined. Put the yogurt and juice in a bowl. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla. Stir in sugar, 1/2 teaspoon salt and 2 1/2 to 3 cups flour to make a soft, sticky dough. Turn dough onto well-floured surface. Drizzle tomatoes with 1/2 of the oil and season with pepper. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares. Now add most of the stock, salt to taste, and leave to simmer. Add more stock if it starts to dry out too much. Cut your pumpkin in half, and marvel at his guts. Also, peel and de-seed 1/2 a cucumber. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Set your mixer to low speed and add your eggs one at a time. Fully incorporate each egg before you drop in

another. Don't forget to add the one extra egg white. You may need to increase the mixer speed as the dough will get thicker and harder to mix. You may also need to stop the mixer a few times to scrape the sides of the bowl. Once the eggs are all incorporated, keep mixing for another minute or two. Fluff cooked rice with a fork. Add in the thyme and grated carrot. Sprinkle some of the gravy stock over the meat and add a few drops of the Worcestershire Sauce. Add in the milk, egg, 6 tbsp melted butter, vanilla, and salt. Put the dough into a medium sized bowl and beat with a mixer on low until the dough cools down. When you don't see any steam and the bottom of the bowl just feels slightly warm, then you can proceed to the next step. Chop the tomato. Mix together ingredients. Hard boil eggs by placing eggs in a saucepan and covering them with water. Bring to a boil. Put water and bouillon in large pot and bring to a boil. Mix all the ingredients in a pot and cook on low for an hour. Bake at 475°F for 8-12 minutes. Wash and cut your lettuce and tomatoes. Bake for 20-30 minutes, until the top is golden brown and bubbly. Wash hands and any cooking surface. Bake the fudgy brownies for 20 minutes or until a toothpick inserted into the center comes out almost clean. Add tomatoes and simmer 5 minutes.

Mix together all other ingredients in a separate bowl. Wash and cut potatoes. Pat dry on towels. Cook off the rice according to the package directions and saute the onion and garlic off in the butter until soft. Mix the rice and onions into the ground beef along with the tarragon, thyme, egg, soy sauce, worcester sauce, and some pepper. Add tomatoes, garlic, onion, and chiles. Reduce turkey temperature to 350°F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F. Continue until you have an amorphous blob of watermelon. Turn out onto a floured board. Roll to a 1-inch thick square. In a nonstick pan, add oil or vegetable spray and warm at medium heat. Spread the cream cheese mixture onto each cut out shape and decorate with mixed vegetables. Spread pizza crust with tomato sauce. Leave about 1/2 inch around edge with no sauce. Sprinkle grated cheese at top for hair. Melt the chocolate in a microwave or Ban-Marie until completely melted. When the pancetta is looking cooked, add in your parmesan. How much is up to your personal tastes. Cut the beef roast into 4 pieces. Roll your lumpia up to seal. Add the cream and bring to the boil and let it sim-

mer for a while, again keep stirring so it doesn't stick. Spread cornmeal mixture over hot chili to form a crust. Sprinkle with chili powder. Whisk with a fork to thoroughly incorporate everything. Bake the sweet potatoes in a microwave until they are soft. Mix brown sugar, pecans, flour, and melted butter together in a small bowl. Mix the butter and flour together to form a very loose and crumbly dough. In a separate bowl, combine baking soda, flour, salt, and cinnamon. Mix well. Trim fat from steak and cut steak into small, thin pieces. Put it in the tart pan, fold in the edges and then pour in the filling (might want to give it a stir if it's been sitting for a while). Bake 15 minutes or until lightly browned and toothpick comes out clean. Slice each zucchini in half length-wise. Slice them such that the halves lay flat; in other words, look along the length of the zucchini and find a place to slice where the squash is pretty straight. Stir the onion, tomato sauce and spices together in a small bowl. In a large saucepan, bring broth and water to a boil. Reduce heat to low. Add macaroni, celery flakes, and oregano. Simmer 4 minutes, stirring occasionally. Squash out all the juice into another bowl. Use pot holders to carefully remove the casserole dish from the stove. Mix the cornmeal, salt and cold water. Turn your

oven off, crack the door, and set your timer for another 45 minutes, and let the cake gradually cool off in the turned-off oven. Bring large pot of water to a boil; add a dash of salt. Using olive oiled hands, form dough into 12 1-inch balls. Stick the softened apple chunks into the filling so that the top 1/3 of the apples chunks still show on the top. Start from the outside and work your way inwards in circles. Put cheese on bread in an even layer. Knead it with your hands to release the air. Remove bay leaf. While the steaming is going on, chop your tomatoes in half. Once the mushrooms are softly sauteed, add the chicken broth. Top fish with your choice of vegetables and seasonings. Fresh ginger. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy. Combine spinach with remaining ingredients in a large bowl. In a separate bowl, combine peanut butter, brown sugar, sugar, and butter. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel. Put zucchini in large bowl; add cabbage, carrot, onions and radishes. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes. Finely chop the onion and garlic. When the chicken mixture has cooled, mix in the cheese. Form your dough into a thin or thick crust as desired.

Lay it on a greased baking sheet to rise while you prepare toppings for pizza. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes. Then, cover the pot, remove from heat and let stand for 10 minutes. Mix cheeses and drop by spoonfuls into the frying pan. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender. Remove from heat and add 1/2 cup grated cheese. Place the yogurt pops in the freezer until they turn solid. Combine tomatoes, garlic, onion, basil and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste (optional). Set aside. Drain the beans, and save the liquid from the can in small bowl. Open the can of mandarin oranges. Drain off the syrup. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired. In a medium bowl, mix tomatoes, onions, jalapeño chiles, cilantro, and salt. Use a small cookie scoop or tablespoon to measure the mixture into walnut-sized balls. Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn. Wash and prepare vegetables. Wash hands with warm water and soap. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball. Once the butter has



melted completely, add the flour and whisk, mash, or otherwise incorporate. Cook for several more minutes, stirring frequently. Cut long, curvy strips from the outside of the melon. Try to get all of the rind without chunking out any of its sweet, juicy flesh. Use extra pretzel pieces for antenna and raisins for decoration. Slice through the tendons between the ribcage and the backbone. Using a heavy knife cut the backbone free from the ribcage. Here is the finished cinnamon roll cake topping. Wash, and then cook green peppers in boiling water for five minutes. Drain well. Stir the egg and milk together and set aside. Put all the ingredients in a large bowl. Stir together. Add one small package of instant vanilla pudding mix to the jar; screw lid on jar. Add meat/sauce mix, cheese, and toppings of choice. Dip both sides of the chicken breast into the egg mixture and hold it up over the plate for a couple seconds to allow any excess egg mixture drain off the chicken breast. After the sweet potatoes cool, peel and slice them. Cream together cream cheese and milk until smooth. Add cocoa. Blend well. The skins you left on for cooking will be removed by the food mill. Stir only until combined. Let stand for 15 minutes. Whisk in the buttermilk. Broil for about 5 minutes for each side, or until the shrimp and bacon is

cooked. Once the rice is soft, stir in the mushrooms and rosemary and stir until the mushrooms are cooked. Bring to a boil, and let simmer for about 1 1/2 hours or until the majority of the liquid is gone, while stirring occasionally. Finish it by adding the basil and seasonings. In a separate bowl, beat together margarine and sugar until soft and creamy. Put the margarine in a small saucepan. Melt it on low heat. As you continue stirring, you should be able to easily form a ball out of the dough. Continue stirring for a few more minutes. Put the pot down on a cool burner and VERY SLOWLY pour the tempered egg mixture into the pot while VIGOROUSLY WHISKING. Once everything has been whisked together, put the pot back on the burner on a medium-low heat. Continue whisking for 5-6 minutes non-stop. Fry the farls on each side for about 2 minutes, until they are nice and golden brown. Next step is to take your salt, ground peppercorns, and bay leaves. In they go.. Lightly oil the bottoms of the paper cups in the muffin pan (or use muffin cups). Fill the muffin cups to 3/4 full. Place the ribs bone-side down and add the remaining ingredients, bringing the liquid up to just under an inch. Press the mix firmly into the bottom of the pan. Prepare pasta according to package directions. Add frozen vegetagbles during the

last 5 minutes of cooking time. Knead dough - add more flour if necessary. After that rinse very well. The way a leak grows it leaves sand and dirt between the layers. In the medium size bowl, beat the eggs with a fork until whites and yolk are evenly blended. Then add pandan juice and mix together with the eggs and coconut milk. Shred the mozzarella cheese to make  $\frac{1}{2}$  cup of shredded cheese. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt. Spoon into a 6-cup baking dish. Brown  $\frac{3}{4}$  pound beef in a large skillet, drain the fat. Fill prepared muffin cups about  $\frac{2}{3}$  full with batter. Sprinkle about  $\frac{1}{4}$  teaspoon of cinnamon/sugar topping over each muffin. Add the tomato paste and seasoning. Amount depends on your taste. Pour into ramekins set in a deep baking dish. Sprinkle on some sugar. I'm using plain sugar, but you can use brown sugar instead. Place the tower on the plate and top with a dollop of whipped cream and add the butterfly. Pour the chocolate, peanut butter, and butter mixture over the Chex cereal. By now the beef should be fully browned and ready to drain. Spray four ovenproof custard cups with vegetable oil spray. Cut the green pepper into strips. Knead the dough until the surface turns smooth and bright. Add enough milk so that the mixture is

moist but not runny. Puree the mixture til smooth. Set aside to cool slightly before pouring over brownies. Garnish with a tiny sprinkling of cayenne. Spoon rice mixture into pepper halves. Places on baking sheets coated with cooking spray. Reduce the heat to medium-high. Cover and cook for 5 minutes. Whisk until combined. Do no overmix your fudgy brownie batter. Stir in sugar, nutmeg and cinnamon. Mix well. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer. Place in a large saucepan with a tablespoon of high quality olive oil. Pour slightly less than 1/4 cup batter for each pancake onto skillet or electric griddle at 350°F-375°F. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes. Combine onion with olive oil, vinegar, mayo, and spices. Take a big cucumber and skin it, then grate it. Using a paper towel, drain as much water as you can. We don't want water ruining our creamy texture. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours. Pour a good couple of tablespoons of olive oil into the saucepan and heat it up. Add the onion and garlic. Place in the microwave and cook for 3 minutes on HIGH. Here is

the smooth chocolate glaze for your donuts. Dip either one side of the donut into the glaze or cover both sides. Bake at 325°F for 30 minutes, stirring every five minutes for the first 20 minutes. Cook fettuccine according to package directions. Add broccoli for the last 4 minutes of cooking time. Drain. Simmer gently for 20 minutes. As the strawberries soften, use a spoon to mash them up. Put the cornflake crumbs on a plate. Turn the chicken to coat both sides. Transfer to the baking pan. Finely chop the white portions of the spring onions, chopping more coarsely the greener it gets. In a large saucepan, brown beef over medium-high heat, breaking it into bite sized pieces. Drain fat. Add the potatoes, salt and pepper. Lower the heat. Cook for 20 minutes or until the potatoes get some golden color to them and they are heated through. Brown ground beef in a large skillet, drain the fat. Add the all-purpose flour to an empty, medium-sized bowl. Combine onion, squash, tomato and green pepper in a baking dish. Place saucepan with water on stove over medium-high heat and allow to come to a boil. Mix the dressing ingredients in a small bowl. Add yogurt and salsa. Seal bag and mix with fingers. Chop your garlic. Mmm. Garlic. Cook over low heat, stirring constantly, until thickened. Now, crack the three eggs.

Combine all ingredients except cheese. Let sit for 30 minutes. With lightly floured hands, shape each portion into a flat rectangle about 5-inches wide and 12-inches long. Space the "loaves" at least 2-inches apart. Combine all ingredients in a blender and blend until smooth and creamy. Whisk the egg whites in a stockpot until frothy. Rinse beans. Put into a 4-5 quart heavy pot with 8 cups of water. Bring to a boil, reduce heat to medium, cover and simmer until the beans are tender (1 1/4 to 1 1/2 hours). The fish is done when it flakes easily with a fork. Place 6 cupcake holders in baking tin. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown. Spoon pizza sauce on pizza shell. Put the cheese, milk, and onion in another small bowl. Add the insides of the potatoes. Mix with a fork until light and fluffy. Once that is melted add your 2 tablespoons of flour. Bake at 425 degrees for 15-20 minutes. After baking the muffins can be frozen for future use. Wash hands well with soap and warm water. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork. Line 18 muffin-tin cups with paper baking cups. Cook for 10 minutes over low heat until vegetables are tender. Put the chopped onion and celery in a medium

mixing bowl. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown. Wash the sweet potatoes. Chop and sweat 1 shallot in a little olive oil in a medium pan until soft. Spray the bottom and sides of a 9" square baking dish with nonstick cooking spray. Squeeze half of that lime into the molcajete (grinder/blender/etc). Pour the mixture into a fine-mesh sieve over a medium-sized bowl. Use a spoon or spatula to push down the mixture into the sieve. The sieve will catch any curdled / scrambled egg chunks should you have done a poor job at tempering. If there are any chunks, dispose of them. Add two tablespoons of hot (almost boiling) water to your instant coffee and stir until it's totally dissolved. Combine all ingredients, except raisins in a large microwave safe bowl; mix well. Gather your beans into bunches and trim off both ends. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed. Remove cookies from baking sheet while still warm. Add onion and carrots. Cook 15 minutes more or until lentils are tender. Using a large bowl, whisk together eggs, brown sugar and vanilla until combined. While carrots are cooking, wash an orange and cut in half. Dry fry the chopped onions, then add the sliced green

peppers and the contents of the blender. Add beef after the green peppers are the consistency you like. Drain zucchini by pressing between layers of paper towels. Finely dice your shallots. Add the onions to the remaining fat in the skillet. dust some flour, cover with kitchen towel, put it on a dry place for an hour and let it grow. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth. Slowly add sugar until icing is smooth. Mix in vanilla. Add the marinade to the baggie, and slosh it around so it covers the bottom of the cap evenly. Put the peppercorn sauce powder into bowl and add soya milk. Measure out 1/2 cup of oil. You're only going to use a 1/4 cup or so to start. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly. To cook in 2-quart crock pot, reduce ingredients slightly. Due to the small size, they should be soft in about 5-6 minutes, and need no further liquid added to them. Once soft and tender, combine with the Andouille. Meanwhile, in a small saucepan, combine vinegar, sugar, salt, garlic powder and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool. Refrigerate leftovers. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork. Add the yogurt and



strawberries to 1/2 of graham cracker. Wash and scrub the potatoes. Cut each tomato in half. Remove the part with the stem. Refrigerate any leftovers within 2 hours. Cook brown rice according to package directions. Pour the orange juice into a small bowl. Spread an even layer on a baking sheet. Add garlic and cook 1 minute longer. Add chopped tomatoes. Sprinkle paprika over the potatoes. Combine oil, vanilla, egg whites, and water. Stir into dry ingredients and rasins, mixing only until it holds together. Fry slowly in vegetable oil over medium heat until crusty and golden brown. Gently tuck the bottom side of the wrapper up pulling in the filling to tighten then roll up. Wipe a little bit of water to the top edge. Baked in a 375°F oven until cobbler is bubbling in center and top is golden brown, about 1 hour. Let cool 15 minutes. In a large bowl, stir together the oats, flour, brown sugar, cinnamon, baking powder, baking soda, and salt. In a smaller bowl, whisk together the yogurt, milk, oil, eggs, and vanilla. Add to the dry ingredients along with the banana and lentils, and stir until just combined. Dump a bunch of cornstarch in something and roll the meat in it. You don't have to do it until you can't see any pink, but just try to make sure you get every side fairly well coated. Wash, peel, and shred the carrots. Remove

your pot from heat and then slowly stir in another 1/2 cup of heavy cream. Now you simply grab one of the loose edges and take the rest of that thing off. Put the grilling baste ingredients (2 teaspoons butter, 1 teaspoon brown sugar, 1/4 teaspoon crushed red chiles) into a small saucepan and melt/stir to combine. Cook for 1 more minute, until the carrots are glazed but not brown. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half way during baking. Gently fold in all but a small handful of your fresh organic blueberries with a spoon or spatula. You don't want to crush the blueberries and stain the batter blue. We will use the small handful of blueberries to put into the tops of the muffins once the batter is in their cups. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes. Place one pita round, on plate. Fill the tins 2/3 full. Add all ingredients to a large stock pot and cover with water. Gently transfer the loaves to a cutting board and use a serrated knife to slice them into 1/2-inch slices. These little shrimp cook fast. 4 minutes is all it takes. Don't overcook these or they'll turn out chewy. Top each sandwich with a washed lettuce leaf and a slice of bread. Saute onion over medium heat, until

light brown, about 5 to 6 minutes. Working in small batches, puree the soup with either an immersion blender or a food processor. A potato masher and some patience works as well if you don't have the right appliances. Spread the peanut butter into the center of the celery pieces. Stack bread and cut each slice into 3 equal parts. Now take a look at your pie shells. These both look to be in good shape. Use the best one for the bottom, the other for the top. Put the cornbread in a large bowl. Stir in the vegetable mixture, egg substitute, and pecans (the mixture will be moist). Transfer to the baking pan. Take a dumpling wrapper and put a tsp of filling in the middle. Pour the mix into paper cups. Beat the eggs. Cook the noodles as directed on the package. Drain and set aside. Use an electric mixer to beat the eggs and sugar in another bowl on medium speed. Add 1 1/2 cups water slowly, stirring as you add it. Place potatoes in large mixing bowl, toss with the olive oil until potatoes are well coated. Place fish in heated fry pan. Sprinkle with lemon juice and seasonings. Grill the bbq over charcoal for a few minutes. Probably would take about 5 minutes on each side. Brush both sides with the glaze to give it some shine and color. Peel the onion, and chop it into small pieces. Heat oil in frying pan over moder-

ate heat. Blend white beans, onion, and water with a potato masher or blender till smooth. Fill the dragonfruit body with fruit and cheese. Drizzle ginger glaze over everything. Bake for 12 minutes or until golden brown. Put a plate on top of flan pan, and then invert quickly. Once it's sat in the fridge, take your remaining cream cheese mixture out, and let warm to room temperature. Cover with aluminum foil. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes. Bring 3 quarts of salted water to a boil in the largest (widest) pot you can find. Refrigerate covered until the flavors are blended - at least one hour. Smooth down the top and allow to brown. Fill 12 muffin cups (well-greased pans or paper liners) 2/3 full. Add the defrosted pineapple juice to the pan. Bake at 475°F for 8-12 minutes. Fluff with fork. Cover potatoes with onions. Sprinkle half of flour and pepper over potato mixture. Top with your toppings. Mix flour and cocoa powder, sieve. Place chicken in a large pot with the 1/4 cup of water. Cover and simmer until tender, about 45 minutes. In a separate saucepan, heat the cream. Stir frequently. Add cumin seeds, fennel seeds, bay leaf, clove, cinnamon and asafoetida to the pan and stir well. Next roll a few pieces of salami. Add the pieces of frozen fruit to the milk in the blender. Here are

the bananas mashed. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into ¼-inch thickness. Chicken should be off the bone. Heat a couple tablespoons of oil over med-high heat in a skillet or saute pan. Add onions and a pinch of salt, stirring until the onions begin to turn translucent. Add garlic and continue to saute for another minute or so, until the garlic is turning golden. Cut open the sac and drain out the ink. Add a drop of water and mix. Remove the actual sacs. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes. Place the sliced beets in a small bowl. Toss 1 Tablespoon of the dressing with the beets to coat. Bring eggs to a simmer (small bubbles) and cook for 12 minutes. Fill up a 1 cup measure of the sifted flour. Use the flat edge of a butter knife to level off the flour. Beat eggs. Beat in milk, honey and oil. Add the oil, eggs and vanilla. Lightly toast the peanut bread rounds. Top with bacon, egg, and hollandaise. Plate with asparagus also topped with hollandaise. Use a fork to pierce the tomatoes and break them up into pieces. Add a little water and heat and the cooking and mashing begins. Grate the beetroot. Remove 4 chunks of squash and puree in blender. Place the other tortilla on top. Cook for 4-6 minutes or

until the cheese starts to melt and the bottom tortilla starts to brown. In large, pot, cook chicken until half done. Coat each whole chicken cutlet with the flour mixture. Dice the boiled potatoes. Mix the remaining oil, parsley, garlic, and cheese in a small bowl. Wash ingredients. Bring mixture to a boil. Remove the spinach from ice water and squeeze out as much water as you can without pressing too hard on the spinach. You'll end up with a ball about the size of your hand. Boil down the juices until they are slightly thickened (about 5 minutes). Heat a pan on medium-high heat and add two teaspoons of canola oil. Place the chopped onion and the ground beef or ground turkey into the pan. Dip each piece of cheese in milk and then into toasted bread crumbs, coating completely. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl. Blend white beans, onion, and water. Cut the core out of the apple. Chop the apple into small pieces. Add salt and pepper to taste. Stir together well. Add peas, cook until hot. Melt butter in a pan and saute the carrots for about 5 minutes. Dissolve the brown sugar in the butter and add enough water to just cover bottom of pan. Add the remaining ingredients and simmer until the liquid is reduced to a glaze. Cook rice following

directions on the package; set aside. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half way during baking. You will need about 2.5 cups of semolina flour, make a well in the center and add your egg mixture. Stir in the tomatoes and their juice, the rest of the chicken broth, salt and bell pepper. Bring to a boil. Place the chives on top of a potato slice, and lay another potato slice on top - letting the edges seal with the starch. Microwave 35-45 seconds, or until cheese melts. Place some zucchini slices, kalamata olives pieces, a bit of feta cheese and a touch of sun dried tomato spread in the middle and on top of the phyllo dough layers. Sprinkle a generous amount of salt. Spoon into loaf pan. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through. Combine all ingredients. Cut fish into four pieces and place in baking dish. Peel the longan, cut around the seed and remove the tasty flesh. Deglaze with the Chicken Stock and add the Rice. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes. Freeze popsicles until firm. Drain corn, carrots, and green beans. Throw away liquid. Rinse vegetables and drain again. Whisk in the cream mixture. Next, put the shortening and the softened butter into the large mixing bowl. Add the garlic

and cauliflower. Take your chicken breasts, turn them over and cut a small pocket into the bottom of the chicken breasts. Whisking constantly, temper the eggs by slowly adding in about 1/3 of the cream mixture. Measure salsa and spread over beans. Getting there;. Take a piece of cardboard and bend it to create a “V.” Place the wings on either side of the vertex of the “V.” Pipe the body between the wings and let cool. Place the cooked chicken in a large saucepan. Shallow-fry until golden brown, then flip and press down to flatten. Bake 20 to 25 minutes or until golden brown. Allow the Cream Caramel to cool to room temperature and chill in the fridge for 4 to 5 hours. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Add the flour and salt and beat in until combined. Peel orange and break into sections. Cut sections into small pieces. Bake at 350°F for 45 minutes until potatoes are tender and casserole is bubbly and browned. Return to oven for another 10 minutes, or until spices begin to brown. Cut the other half of the onion into slices, and saute with a little oil. It is important that you caramelize these with some sugar, the taste makes all the difference. Add noodles. Cook until noodles are tender, about 10 minutes. Brown sausage and onion together in a skillet;



drain. Mix all ingredients together and place in a casserole dish. Bake for 15 to 20 minutes or until golden brown. Put each filled tortilla (burrito) in the baking pan. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer. Cook over medium heat till the soup thickens. Cut a slice or two of tomato to put on the bun. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high. Open bag or cut off corner of bag and squeeze out dip. Uncover and cook for an additional 3 minutes or until thick. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Here is the fun part. Lay a piece of wax paper on your chicken and strike each chicken breast out so they are about a quarter to half an inch thick. Add beans and salt and pepper to taste. Simmer for about 15 minutes. Spread the ketchup out onto the wraps. Cut the carrots in to 1.5" julienne pieces. Cover and refrigerate leftovers within 2 hours. Toss the sausages in a big fry pan or skillet over medium heat, nonstick comes in handy if you have it. Add enough beer to come about 1/3 of an inch up the side of the pan. Mix ingredients using stirring spoon and divide evenly into 4 storage bags. Stir that all together

until you get a nice preamble paste. Smooth down the top and allow to brown. Bake for 10 to 12 minutes or until lightly browned. Cool. Add about half of the chicken into the pan or as many as you can while still giving each piece of chicken some room. You don't want to overcrowd them or having any laying on top of each other. Add the rest of oil (2 teaspoons) to pan. Stir fry rice, breaking up lumps by pressing rice against pan. Drain the water from the can of mushrooms. Here is what a donut looks like with the chocolate glaze and sprinkles. Stuff peppers with cheese sticks. Peel the onion. Chop it into small pieces. Add mushrooms, water chestnuts, and grapefruit. After about 30 to 40 minutes, the babka will sound hollow when tapped. Wash and thoroughly dry your strawberries. If you do not dry them well enough, the chocolate may have trouble sticking. Mix spices, soy sauce and water; set aside. Insert craft stick into bottom of each banana half. Dip each banana half into juice. Cut the beef on a diagonal, across the grain into slices 1 inch wide and place in a slow cooker. Add the all-purpose flour, sugar, cinnamon, baking powder, and salt to a large mixing bowl. Whisk everything together until evenly mixed. Beat the egg with a fork. Combine all ingredients except cheese. Let sit for 30 min-

utes. Bring back to a simmer and puree in a blender. Adjust the seasonings and finish with the juice of the last Satsuma. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes. Add the chives. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour. Chop tomatoes into small pieces. Put the broccoli in a saucepan with water. Cook on medium until tender. Take a chunk of butter and grease the heck out of your bundt pan. Really make it thick. Add a layer of apple slices. Peel the potatoes, and cut them into small cubes. Place one egg on each tortilla shell and top each with 1 Tablespoon cheese. Fold the parchment paper or foil in half and then crimp around the edges tightly in 1/4-inch folds to create a half moon shape. Mince the garlic. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil. Stir fry chopped onion in vegetable oil. Combine dry ingredients in a large bowl. Add noodles and boil uncovered for about 6-7 minutes, stirring occasionally to break up any noodles that might stick together. (One cup of

dry noodles (1.5 ounce) makes one cup of cooked noodles). Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften. Spoon a thin layer of sauce over that, and gently smooth it out - you want to spread the top layer of the sauce, not the bottom of it with the spices, otherwise they'll clump up. Add the onion and celery. Cook for a few minutes. Toast the bread or English muffin until slightly brown. Add your carrots, green pepper, and onion. Cook until tender. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl. Combine 2 tbsp of the Dijon mustard with the sweet vermouth and a few pinches of nutmeg. Remove the cores from the apples. Slice the apples. Place a toothpick in the center of each fruit. Set aside to cool to lukewarm for about 15 minutes. Add in the garlic, green pepper and celery. Mix well and cook until soft. Combine with the meat and seasonings in a large pot. Chop 9 Ounces chocolate. Mix all ingredients together. Mix all other ingredients in the mixing bowl. Combine the first eight ingredients in a bowl. Blend the shallots and chilies into a paste. Coat a large fry pan with cooking spray. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit. Spoon on meat and bean mixture and top with broken

tortilla chips. Pull the right side of the wrapper over. Stir the yogurt and garlic together. First wash and slice the zucchini and measure out about 2 cups. Dice up the onion and green pepper and set aside along with the zucchini. Add remaining oil to pan; saute mushrooms. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray. Add the garlic, lemon juice, tahini and oil. Mix well. After dicing them and removing the seeds, toss them into the molcajete or a grinder/chopper. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce. Get your can of peeled tomatoes and cut them into small pieces. Cook the chicken for 5-10 minutes, turning occasionally, until golden brown. Spoon about 1/4 cup of yogurt into each glass. Spread one teaspoon margarine on side of each slice of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole. Gently stir in the yogurt and divide between two bowls. Mix in the milk. Heat the oil in a frying pan on medium heat. Slowly mix in the vanilla and water until you have a smooth glaze. Cover all with chicken broth, adding more or less for desired consistency. Heat mixture thoroughly. Begin by attacking the watermelon. It's pretty

unstable, so carefully cut off one end. Add the egg and other ingredients to the gingerbread and cereal mixture. Toss gently with salad dressing. In a separate pan, add rest of the oil and allow it to heat. Wash and chop the fruit and add to the yogurt mixture. Bake in pre-heated 325°F oven for 40-45 minutes or until a knife inserted near center comes clean. Combine all ingredients and stir just until large lumps disappear. Over-stirring will cause tough pancakes. Put all the ingredients in a mixing bowl. Mix really well. Pour onto the greased cookie sheet to cool. Crumble the half a stock cube into a measuring jug and add the saffron (or turmeric). In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth. And whisk them in. Create a well in the center of the bowl. Rinse, drain, and chop remaining ingredients. Combine in a shallow container, such as an 8x8 inch pan. Put lettuce in large bowl. Add tomatoes and green pepper. Add onion and garlic and cook until softened. Remove from pan and set aside on a plate. Top bread or muffin with pizza sauce, vegetables and low-fat cheese. Cut the spinach. Top with grated Parmesan cheese. Poach the shell in the syrup until it just starts getting tender. Remove and let

cool. Add zucchini, tomatoes and seasonings. Close bag securely, place in a bowl and marinate in refrigerator six to eight hours or overnight, turning at least once. Crack the egg in a medium bowl and beat it lightly. Add the potato, cooked lentils, garlic, green onion, and cheese and hot sauce if you're using them in a medium bowl. Add the salt and a good grinding of black pepper, and stir until combined. Sprinkle over the top of the sweet potato/apple mix. Combine dry ingredients in bowl and mix well. Fill about 1.5cm (1 inch) of water into the bigger pot and put on oven. Put small pot in big pot. Put butter and chocolate in small pot. Combine all ingredients in a large bowl. Bake 1 hour, turning chicken pieces after first 30 minutes or when chicken browns. Spoon into prepared pie crust. Top evenly with banana slices. Spread whipped topping evenly over bananas. Press the wafer cookies around the edge of the pie. Garnish with sliced bananas. Cover, and chill for 1 hour. To form the spaetzle, hold a large colander or slotted spoon over the water and push the dough through the holes with a wooden spoon. Pour your remaining chocolate on top, pressing it in and leaving about 1/2 inch around the edge. Add a layer of noodles over the sauce. Chop your garlic and cilantro. We're also making guacamole, where we'll also use garlic

and cilantro, so chop extra. Return the sauce to high heat and boil until thickened again. return the chicken to the pan and heat thoroughly. Pour 2 Tablespoons of the sweet potato liquid over the mixture. Heat oven to 450°F. Add green pepper, onion, and celery. Cook until softened. Drain tuna and break the meat apart with a fork. Place cupcake cups / liners into a cupcake baking pan. Pour off marinade and discard. Place meat on rack in broiler. Here is the finished liquid batter ready to add to the flour mixture. Bake for 25 to 30 minutes, or until lightly browned. Add soy sauce, tonkatsu sauce, black pepper and salt, and mix well. Push the rice to one side and break the eggs on the clear side. Gently squeeze each tomato half over the sink to remove the seeds. Use a small glass to cut circles in the dough. Add eggs; stir until the eggs are cooked. Then beat with a whisk until smooth. Using real deal cheeses is a must. Grate your own parmesan, and get FRESH mozzarella. You can tell the difference. It's wet and sweet like ricotta. Roast in a moderately hot oven (375 degrees) for about an hour. When done, there may be burned sugars around the squash; don't worry. Add vegetables and saute until tender; stir constantly. Take the pastry out the fridge and roll out to the right size. Stir in the ginger and



cinnamon. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes. Peel the yams and squash and chop into chunks. Roughly chop the garlic and onion. Once the Panko bread-crumbs have cooled, add the freshly grated parmesan cheese. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture. Pull up the sides around the filling and pinch them together, give the pinched flaps a twist to hold them closed and put them onto a piece of parchment paper in your steamer. Allow dough to double in size. Heat oil in medium saucepan. Add celery and onions and saute until tender, about 10 minutes. Now, here's the tricky part. Place the loaf pan in a bigger roasting pan, and fill with hot water until it is about halfway up the loaf pan. Cover with foil, and take a fork and poke holes all over the foil. Take them off and put them into a large bowl. Then put the cutlets on the griddle. Mince your garlic. Swish the water in the can, and add it to the pan. Put a slice of cheese and a slice of red pepper on each chicken breast. Add cooked rice (optional). Combine fruit, yogurt, and juice in food processor or blender and blend until smooth. Slice the bacon in half lengthwise and chop into

cubes. Scrape the vanilla bean seeds. Wash hands and cooking area. Add the sifted flour/baking soda mixture in small doses, alternating with the buttermilk and vanilla. In the mean time, add the lemon juice and parsley flakes. Add flour. Place the bread circles on a baking sheet and toast them directly under the oven broiler. Cook the potatoes on medium heat for 15 minutes or until tender. Sprinkle with pepper. Remove potatoes and dry strips thoroughly. Defrost spinach in the microwave. Stir spinach into skillet mixture. Cover and simmer for 5 minutes. Press it out into a rectangle shape until you have an even thickness of about 1/4' inch. Just make sure there are no holes or any overly thin parts. In a large bowl, beat eggs, sugar, vanilla, and oil. Add zucchini. Here is the cookie dough ready for chocolate chips or whatever additions you want to add in. Mix 1 cup flour, 3/4 cup brown sugar, 1 tsp. baking powder, 1/2 tsp. baking soda, and 1/2 tsp. salt together in a large mixing bowl. Refrigerate leftovers. Bake for 20 minutes on middle rack without turning. Cover and cook over very low heat for 20 minutes. Use a large spoon to scrape the fruit out of the shell. Heat the oil, and then saute the onion. Remove from pan and plate, garnishing with chocolate whipped cream and raspberries as appropriate. The

Maillard reaction causes proteins (cream) to brown when they come in contact with carbohydrates (sugar) and heat. The same reaction also causes the inverted sugars to react with the protein and create even more new flavors and textures. Place bowl containing dip on a large plate and surround with fruit. When it's brown take the beef out and set to the side. In the same pan you did the beef in add the wedges of onion and stir-fry for about 3 minutes over a medium heat. you may need to add a bit more oil. Layer ingredients in order given. Cover. Stir in oats; mix well. Stir in walnuts if desired, sage, salt and pepper. Gently stir in the margarine, cheese and beans. Fry the chopped onions in a tablespoon or so of the olive oil until translucent, and add the crumbled ground beef and plenty of salt and pepper. Cover and bake in 350° degree oven for 15 to 20 minutes. Now, either toss it back into your mixer with 1/2 cup flour, or onto your work surface with the flour, and knead it into a nice ball, about 5 minutes by hand, or a minute in the mixer. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside. Cut the tops off the peppers and spoon out the seeds. Chill thoroughly. It really needs to be cold. Makes it taste really fresh. Roll into 1 - 2 inch balls and roll in powdered sugar. If it boils,

the raft that is forming will break apart and your consomme ruined. Keep it simmering for about an hour. Cut up your onion and garlic, and add it to the meat. In saucepan, prepare broccoli according to directions. Drain off water. Heat 3 tablespoons of liquid from canned corn in saucepan. Place all ingredients in blender and puree until smooth. If using frozen fish, thaw in refrigerator according to package directions. Immediately rinse under cold water to stop cooking and to make it easy to peel off shells. Refrigerate peeled eggs (without shells) until ready for use. Remove the skin from the eggplant. Cut the eggplant into cubes. In a separate bowl, measure dry ingredients and stir to combine. Add raisins. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes. Add flour and onion. Mix well. Sprinkle in some salt and pepper. You don't need much salt as the sauce usually contains quite a bit. Then drizzle in the stir-fry sauce and the oyster sauce evenly over the food. Mix well. Add the pumpkin mix to the flour mix. Stir well. Bake for 25 minutes. Put them all in a bowl and set aside. Break the dark chocolate up into chunks. Beat eggs and stir in sugar, salt, warmed milk and vanilla. Sprinkle raisins over bread and pour egg mixture over all. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake

springs back when lightly touched. Cook greens 10 to 20 minutes, until they are as soft as you like them. Stir gently. Next, pour your delicious goo into your pie crust. Smells good, huh. Simmer for 15 minutes, stirring occasionally. Add diced tomatoes and continue cooking for 3 minutes. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half. Followed by the olive oil. Simmer on low heat for 3 minutes. Give the salmon a 10-15 minute head start, then come back and put spaghetti on to boil. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach. Cook pasta according to package directions; drain. Mix together til the graham crackers are moist. In a bowl, combine the washed lentils, 1 teaspoon oil, and 1/2 teaspoon salt. Add your marshmallows first to the pan. 1/2 bowl of Coconut Milk. Open bun, spread with pizza sauce and top with cooked egg. Cut up a couple of baby portobello mushrooms in to whatever size you want. Put the margarine in a small saucepan. Melt it on low heat. Add water and bring to the boil. Lower heat and simmer for 15 minutes. Put the egg, milk, and oil in a small mixing bowl. Slowly stir them together. Using a cutting board and sharp knife, cut round steak across the grain into thin strips about 1/2 inch wide and 2 to 3 inches

long. Add sesame oil and eggplant and cook for 5 to 7 minutes, until the strips are soft and cooked through. In the meantime, bring a small pot of water to a boil and add a bit a cinnamon, nutmeg, salt, and the walnuts. Let boil for about 15 minutes. Then fold in the eggs. Combine tomatoes, garlic, onion, basil and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste (optional). Set aside. Sprinkle with bread crumbs and spray with cooking spray. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper. Spread one side of bread with margarine or butter. Sprinkle with cinnamon. Add the other ingredients. Stir together. Pour flour in bowl and add oregano, salt and pepper. Blend together with dry fork. Add remaining ingredients. Bring to a boil, cover, and reduce heat. Then to the bread crumbs. Make sure they are covered really well. Roughly chop some garlic and 1/2 an onion. Saute them in 1/2 stick of butter until the onions just start to caramelize and brown the butter. Use a fork or potato masher to mash the potatoes. Stir in tomatoes, basil, oregano, sugar, and pepper. Get your grill going. Lastly, sprinkle the cheese on top. Now take it out and put it on the counter or a wire cooling rack for another hour or so. Then put it in the fridge as long as you can stand (4 - 24 hours), covering

gently with saran wrap. Saute until the onions start to become translucent. Make sure there is a lot of butter, otherwise the glaze will stick and burn to the pan. Chop the tomatoes into small pieces. Shape into little sausages or patties. Roll in cornmeal or flour. Heat some oil in a pan and add the beef and stir fry until the beef is brown. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract. Cover and leave at room temperature for at least 30 minutes. When you are ready to work with the dough again, divide into four pieces. Keep the ones you aren't working covered with plastic wrap or a moist towel. Smash the cookies until ground into a fine powder. Pour the chocolate mixture into the bowl containing the dry ingredients. Once the catfish has finished marinating, dredge each catfish fillet into the cornmeal mixture. Flip each fillet around to evenly coat it and then gently shake off any excess. If any areas of the fish don't seem to be picking up any coating, use a spoon to spoon some of the cornmeal mixture over those parts of the catfish. Place the coated catfish onto a dish. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side. Add eggs one at a time, whisking constantly until blended. Turn off heat, and

continue whisking until cohesive and a little bit of a sheen develops. Use a fork or clean fingers to flake salmon until very fine. Wash and prepare vegetables for chopping. Spread eat and soup mixture over potatoes. Add in Milk and grated cheddar cheese. Mix well. When it reaches a smooth consistency, add in a pinch of salt and pepper to season. While mac is baking, heavily salt the pork belly pieces, and cook until crispy in the same skillet you used earlier. Peel and slice the banana. Spray baking sheets with non-stick cooking spray and place chicken pieces on them. Toast bread cubes and set aside for later use. Roll the dough into long shape. The skin should come right off. Cut off that hard end of them as well. Now, let's leave the tomatoes for a bit and do the base for the soup. Add the beetroot and as much salt as you like. Pour over vegetables and toss well. Peel the onion, and cut it into slices. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape. Add the beef, and brown it. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30–40 minutes or until the meat can easily be pulled away from the bone with a fork. Bring to a boil, reduce heat to low and simmer covered for 20-30 minutes or until potatoes are tender. Mix



all the ingredients to make your marinade. Start hacking away at your tomato, onion and mushrooms. Grate some cheese too. Cut half inch grooves all around the roast, which will allow the flavors of the seasoning to penetrate, and the fat on the back to render. Now for the dressing. To start, squeeze your fresh lemons. Next up is the chicken. Grease the bottom and sides of the square pan. Combine all ingredients except raisins in a large microwave safe bowl; mix well. Cover and cook over low heat about 15 to 20 minutes until warmed through. Use a slotted spoon to get the pears out, and mix your sour cream and salt in sauce left in the pan, until it's nice and creamy. Throw your pears back in, tossing them around so they're coated in sauce. Tear tortillas into small pieces. Bake for 20-25 minutes until eggs are set and thoroughly cooked. Bake for about 45mins - 1hr or until golden brown, on a moderate temperature setting, about 180C or 356 degrees Fahrenheit. And here's the olive oil. Puree the soup in a blender, adding the cream slowly, and return to a pot. Simmer until hot. Here they are after 5 minutes, golden delicious. While waiting for the milk and sugar to come up to a slow simmer, weigh out 1 ounce of cornstarch in a small bowl. Weigh out an additional 2 ounces of sugar and place in another small bowl. Sift

the 1 ounce cornstarch, 2 ounces sugar, and a pinch of kosher salt into small bowl to remove any clumps. Push any clumps through the sieve. In a large bowl, combine cornmeal, flour, sugar, baking powder, salt, and baking soda. Coat the baking sheet with vegetable cooking spray. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally. Brown 3/4 pound ground beef in a large skillet, drain the fat. Wash hands and cooking area. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture. Place dollops of heaping teaspoons of dough, about 2 inches apart, onto a parchment-lined or greased cookie sheet. Mix cornmeal, brown sugar, salt and oil with boiling water, cool to lukewarm (105 - 115 degrees). Pop it open with the wingtip and pull down, just like with the first part. Next classic "meatloaf sauce" pretty much 3 parts ketchup 1 part coarse mustard and 1 part brown sugar. Use a flower-shaped cookie cutter to cut each slide of bread. If bread sticks to cutter, gently push the petals out with your fingers. In a large pan, heat the oil, and add the onion. Add 1+1/2 cups of heavy cream. Mix all the ingredients together. Chorizo and diced bacon. Blend dry ingredients and add to pumpkin mixture. Use the remaining time before your

water boils to start heating up a pan of olive oil and to start your sauce. Just put the pan on medium heat and add some oil to cover the bottom. Put the smaller pot on medium-low heat and add the cup of cream and butter to it. Keep the cream sauce in mind and stir it every once in a while. Add the cream - reduce. Add the buttermilk and bring back up to a simmer. Stir in melted margarine. Add jalapenos and asparagus, cook for a minute, add soy and mirin, cook for a minute. Spoon onto tortillas. Sprinkle with oregano. Once it has some nice color on it, pull out your beer. Pour some of your chosen oil into the frying pan. Heat the pan up until the oil has just started to smoke. Mash tofu well with fork. Stir in spices and mayonnaise. Then gently stir in vegetables. Sprinkle the top layer with nutmeg. Thaw fish in refrigerator overnight. Add beans, and continue to simmer for another 5 minutes. Slice the onions semi-finely. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar. Pour the dressing over the lentil vegetable salad. Immediately pour pudding mixture over cracker crumbs. Saute garlic and onions. Add the pork and cook until no longer pink. Place balls on baking pan (sprayed with non-stick cooking spray) and press out slightly to about 1/4 inch in thickness.

Cut meat into cubes and brown in small amounts in oil. Add chile sauce and simmer one hour more. Add in the eggs one at a time, beating in on a low speed until fully incorporated before adding the next. Place cups together on a baking sheet. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour. Bring soup to a simmer and cook, covered, for 30 minutes. Spread cornmeal mixture over hot chili to form a crust. Sprinkle with chili powder. In a bowl, mix together the other 1/2 cup cold milk with cornmeal. Put the crushed bread crumbs in a small bowl. Braised;. Clean and chop onion, cilantro and cabbage. Mix in a bowl and set aside. Ah, yes. Hard as it may be to do, set it out and let it cool for a good half hour. You don't want to cut into a pie that has not congealed all the way yet. And you certainly don't wanna burn your tongue on hot sugar. Bake in loaf pan for 25 minutes or until it reaches an internal temperature of 165 degrees. Check the temperature with a meat thermometer. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight. Stir fry the dried shrimp until they turn golden in color. Next sprinkle with 2 tablespoons of granola. Add in 1/2 cup of flour with the mixer turned off. Mix for 30 seconds. Pour over vegetables and toss well.

Wash hands well with soap and warm water. Season the meat on both sides with salt and pepper and dredge into flour. Gradually add and beat in gelatin mixture. Pour into a 9x13 inch baking pan. Chill in fridge for several hours. Stir gently, coating all vegetables. When you have your dough snake, cut it in 1/2 to 3/4 inch segments. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean. Cut your unfrozen caveman tofu lengthwise to expose more of its spongy texture. Cook for 10 minutes. Grate the onion. Remove from heat and let sit for 10 minutes to allow stew to thicken. Next, scramble the egg mixture until cooked thoroughly. Drizzle each packet with 1/2 teaspoon oil and 1 teaspoon lemon juice. Add the broth. Stir and put into a greased 8x8 baking dish. Wrap the cooked chapati in a cloth napkin while cooking the rest. Cover and chill. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil. Pour into an ungreased 10-inch angel food cake pan. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended. Next, prepare the celery by chopping off the white part at the base of the stalk, and everything after the joint at the top. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese. Grate the

cheese and put into a separate bowl. On a floured surface, or on a non-stick baking mat, use a pizza cutter wheel or a bench scraper to section off the dough into 8 parts. Then gently pull on the ends to lengthen each section. Peel and chop the onion. And fry in olive oil. Add vegetables and cook for 5 minutes. Wet hands and shape into walnut-sized pieces. Wash, peel, and cut the fresh vegetables to get 3 cups cut-up vegetables. Heat a non-stick wok or pan over high heat. Add 1/2 tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok. Drain the wings completely, tipping the basket to allow oil to run off the edges of the wire. Wiggle the basket to get them loose if they're stuck. Put the basket on its rest for a second. In a small bowl make dressing with sugar, vinegar, olive oil and flavor packet. Stir well. Slice the skin between the thigh and breast. Pull back on the thigh and you should be able to see the ball and socket joint. Slice the tendons and then cut up between the spine and thigh. Finally pull the thigh away, and it should come off clean. Save the thighs. Sprinkle spices over top layer. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain. Heat the oil with 50G / 3.8 tbsp of butter,

then add in the minced meat. Chop the cucumber into small pieces. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes. Put chicken meat, seasonings and vegetables into stock. Add the chicken base and all the vegetables to the roux. Measure sour cream and spread over beans. Remove pizza from oven. Cut into 12 slices. Place lettuce, vegetables, oil, vinegar and herbs in a large salad bowl. Toss together. Cut squash in half. Remove seeds and place halves in shallow baking pan. Here is a closeup of the donuts ready for rising. Using biscuit cutters in concentric sizes, slice off a cheek of apple, cut a round with the biscuit cutter, trim so both sides are flat, and set in a shallow bowl of buttermilk. Put them in a pan with 2 Tablespoons peanut oil and caramelize them. Bake for 20-25 minutes, or until the loaves are golden brown. Allow them to cool on the pan for 5 minutes. And continue to reduce syrup by half. Add remaining ingredients and reduce until syrup-thickness. Heat a large skillet over medium heat, then add a generous drizzle of oil (1-2 Tablespoons). Working in batches, so as not to crowd the pan, add clumps of the potato-lentil mixture (about the size of a golf ball or slightly larger works well), and flatten each as soon as it's in the pan, making them about a half inch

thick. Add peppers and cook for a minute. Then reduce heat to medium, move everything over to the side, and add the egg. Bake for 15-20 minutes, until the crumbs are browned and the tomatoes are soft. Chop 1/2 cup of celery and 1/4 cup of onion. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown. In a mixing bowl, stir together onion, red or green pepper, rice and beans. Cover and refrigerate overnight to allow flavors to blend. Mix yogurt, salad dressing, lemon juice, salt and seasoned pepper. When your sugar-cream mix is done in the microwave, stir it a bit to make sure the sugar dissolves. Stir in the eggs and whisk it well. Add a dash of salt and a teaspoon of vanilla. Place 1/4 of the fruit on half of each tortilla. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese. Bring the Water to a boil, and reduce to a simmer – skim off the floating stuff. Add your Mirepoix, Fennel, Garlic, Thyme, Bay Leaves, and Peppercorns. Chill for 1 to 2 hours. Wisk together until very smooth. Chop the onions. Add the eggs and mix those in. Fry the bottoms of the gyoza in some olive oil until browned. On a large plate, arrange the fruit. Sprinkle the lime or orange juice over the fruit. Remove from heat. Add oats, dry milk, and raisins and vanilla to boiled mixture. Bring the



water to a boil on medium heat. Sautee curry powder until curry becomes pasty and aroma is at maximum. Take the paper off of the can. Add to a large pot of boiling water (Do Not Open The Can), making sure they are submerged the entire time. Let the water come down to a simmer and leave for 2.5 hours. After 2.5 hours put in the fridge (after they've cooled down a bit) for at least over night and no longer than a week. Refrigerate overnight and strain the fat off the top. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well. Add the chill beans. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips. For the Con-casse, core the Roma, and score an X into the skin. Place in boiling water for about 15 secs. Mix thoroughly. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands. Ok, now we need to puree the garlic and ginger with some cider vinegar. Roughly chop the garlic and ginger and blend with about 2 tablespoons of cider vinegar until you have a smooth paste like the one below. In a large shallow bowl, stir together the hot pepper sauce, lemon juice, and olive oil. Remove from the oven and let cool until warm.

Remove from the cups, invert (so the nuts are on top) and cool in the refrigerator. Wash and cut your lettuce and tomatoes. Add the light golden raisins, cornstarch, and flour. Mix. Place lentils in a colander, rinse in cold water and drain. Fry in olive oil, turning until meat is golden on both sides. Keep stirring your other two pans. Your butter, milk and flour should now be forming a cream. Heat oil in large skillet or Dutch oven. Add onions and stir over medium heat until golden. Put a layer of sweet potatoes on the bottom of the dish. Peel and chop the onion. Bake 30 minutes or until golden brown. Mix all the ingredients together. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl. Drain the water from the potatoes, and add them to the frying pan. Stir and cook until they absorb the butter. Separate the egg yolks into a large bowl. Bake in a 350 degree oven for 35 minutes. Stir. In a small saucepan over low heat, combine the remaining garam masala, soy sauce, peanut butter, brown sugar, and enough coffee to thin to make a dipping sauce. Set aside. Cook your favorite egg noodles according to package directions and set aside to wait for the chicken to finish. Peel, seed, and

grate one cucumber. Slice other cucumber and set aside. On a floured surface, knead dough until smooth and elastic, about 10 minutes, adding more flour as needed to prevent sticking. Store in a plastic bag in the freezer. Spread it out into your cookware. Cook until thickened, stirring often. Add garlic, parsley, thyme, salt, black pepper, and green pepper. Bake in the oven for about 20 minutes. After you've washed your hands, peel your potatoes and remove any greenish bits or eyes they've grown. Then dice them up as well. Cover and chill at least one hour. Remove the peels from the sweet potatoes. Put the meat in the crock pot. When your sausages have browned up from a combination of heat and beer glaze, remove them to a foil-lined pan or baking sheet (it's MUCH easier to throw away a piece of foil than to scrub your baking sheet later). Stick the pan in the 200 degree oven to keep the sausage warm. Put the mixer on fairly high and let it whip up those egg whites. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside. Cover dish and bake until fish flakes easily with a fork (20-30 minutes). Add the tuna, lemon juice and the zest. Combine all ingredients in a saucepan. Cover tightly with lid or foil. Add the can of cream of mushroom soup and bring to boil.

Pour the oil mix over the potatoes. Stir to coat the potatoes evenly. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese. Add water, egg noodles or pasta, and seasoning mix. Stir. Add onion to the oil and stir until it starts to turn light brown. Add chopped onion to chicken broth saucepan. Keep heat on low. Place potato strips into ice water, cover, and chill for 1 hour or longer. Pour the salsa over the baked burritos. Add cheese. In a large pan over medium/high heat, add remaining oil and cook the chicken for 5 minutes. Add shishito peppers, carrots, remaining soy and mirin, and cook for 5 minutes. Turn the cooled puree onto a cutting board. Add enough water to completely cover the mixture and add the oil and vinegar. Mix and let it simmer for about 10 minutes until it gets thick and red. While the catfish is marinating, put the cornmeal, flour, and salt into a dish and mix until combined. Add corn, taco seasoning, and rice. Pour into an ungreased 13x9-inch pan. Thickly slice red cabbage, tear lettuce into pieces, peel and grate (or slice) carrots and cucumber, cut broccoli into florets and tomato into wedges. Then put them into the bowl on top of the mushrooms, add some roughly torn flat leaf parsley and the juice of half a lemon and some seasoning. Leave these

for a few minutes so the mushrooms absorb all the juices off the meat. Add the brown sugar, cinnamon, nutmeg, and ginger to the saucepan. Combine pumpkin, 1 cup flour, egg, and nutmeg until uniform. Cook slowly until the surface is covered with bubbles. Turn and cook until second side is lightly browned. Add potatoes and carrots and simmer for 5 minutes. Baked at 350°F for 30-60 minutes, until soft, depending on size. Put a lid on your casserole and wait for about five minutes, your couscous should now be ready to put in the salad. Add the cheese and pepper. Chop 1/3 a jar of sun-dried tomatoes. Drain vegetables, saving 2 Tablespoons liquid. Add the chocolate, mixing until well blended. Now add your bag of diced potatoes and stir everything up really well, you want to coat the potatoes as much as possible. Add the celery and onion. Stir fry for 2 minutes. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. Drop the gnocchi into a pot of boiling water, a few at a time. Pull them a few seconds after they start to float. When 10 minutes is up add the fish sauce and rice noodles and simmer for another couple of minutes until the noodles are soft. Reduce heat, cover, and simmer 10 minutes. Now lets start to fill the wallet. Spread rice mixture in prepared pan, pressing firmly and making outer

edge slightly raised. Refrigerate leftovers. Freeze about 30 minutes; then stick a wooden popsicle/craft stick in the center of each cup. Cut dough in half. On a lightly floured surface roll out a piece and line a greased pie plate with it. Pour 1/2 cup batter onto skillet. Halve the orange, squeeze the juice from one half and mix it with the soy sauce. Pour it over the chicken. Combine milk, hot sauce, and garlic. After water boils, reduce to low heat and steam for about 3-5 minutes. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla. Place all brining ingredients in a large plastic bag and shake to combine. Add pork once fully mixed. Seal and leave at room temp for 20-30 minutes. In a non-stick pot bring the broth to a boil. Add peanut butter and vanilla, stir until peanut butter melts. Add the sugar and softened butter to a large mixing bowl. Spray a 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom. In a large saucepan, combine ingredients and bring to a boil. Reduce heat and simmer until mixture is thickened and cranberries are plumed. When the cheese has melted somewhat, add in some of the single cream. Again how much is up to you, you may want to lower the heat under the pan so the cream doesn't spurt and bubble like a

witch's brew. Use a spatula to lift bread. When chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds. While the macaroni is still warm, sprinkle in the flour and stir thoroughly. Bake for 20 minutes. Stir after the first 10 minutes of baking. Bake until almost ready, add crushed peanuts and green onions, and then bake a few minutes longer. Cream together sugars and butter, either by hand or with a mixer or some sort. Use a spoon to scoop out the inside of each potato. Leave about ½ inch of potato next to the skin. Save the inside part of each potato in a small bowl. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes. Saute the Zest, Garlic, Tien Tsin and Shallot in a bit of Oil until tender. Stir in the sour cream and salt. Place the coated shrimp in the hot corn oil to fry. Melt margarine in glass bowl on HIGH for 30 to 50 seconds. Mix turkey, celery, potato, onion, and green pepper. Pour tomato sauce mixture over fish and vegetables. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well. Wash vegetables. Place all ingredients in a blender and blend until mixed well. Reduce oven temperature to

350 degrees. Cut in to cubes, 1 cup of Velveeta processed cheese. Gradually add the cocoa mixture to the eggs, constantly mixing so that you don't scramble the eggs. Peel broccoli stems. Steam broccoli just until tender and chop into small pieces. Add herbs to taste. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well. Whisk together. Over medium heat, break egg into pan; break yolk. Remove pan from oven sprinkle pizza with remaining cheese. Bake 5 minutes longer or until cheese melts. Add in the wet ingredients and mix until just incorporated. Refrigerate leftovers. Shape sweet potato into 6 small patties. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. If you cannot find set beef dripping, use the fat poured off your original roast, or the drippings from grilled bacon, chilled and left to set in the fridge. Bake at 350 degrees for 45-60 minutes, until squash is tender. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan. Combine egg, oregano and garlic powder in a bowl. On two separate plates combine bread crumbs and parmesan cheese and flour seasoned with salt and pepper. Immediately put them in the oven and leave them there until



they are Golden Brown and Delicious. Saute the onion, shallots, and garlic in olive oil. Once soft, add the celery, carrot and pepper. Saute for about 10 minutes. You do need at least half of it to be crushed pretty much to dust though. Coat bowl with oil, roll dough around for a quick coat, and let set to rise. (Notice the dough on the left is made with whole wheat flour). Once the toasted breadcrumbs have taken on a golden brown color, turn off the heat and empty the breadcrumbs into a shallow bowl to cool. Now cut and curl up the dough to make a seal. Turn the oven on to bake and set it to 425°F. Lightly oil the baking sheet (or sheets) by spreading the oil around with your clean hand or a paper towel. Rub the whole chicken with butter evenly. In a heavy saucepan melt butter. Add sugar, milk, pumpkin and pie spice. Stir. Bring mixture to a boil and keep it boiling for 10 minutes. Stir, stir, stir. Stir the soup and water together in the skillet and heat it to a boil. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and saute about 5 minutes. When the vegetables are slightly tender, remove from heat. Refrigerate leftovers. Place cooked and drained meat mixture, bread crumbs, water, and pepper into mixing bowl. Add the water, lobster base,

seafood and remaining seasonings and simmer for another 6 minutes. In a large sauce pan brown meat. Drain. Over medium heat, carefully brown both the sides until patty is thoroughly cooked. Then crumple them up with your hands until they resemble minced meat. Cool 1 minute, remove from cookie sheets. First, cook the maple syrup, (the real stuff, not Aunt Jemimah, and yes, it will be a bit pricey), in a medium saucepan over low heat for about 7 minutes, until it's reduced to 3/4 cup. Add the cooked giblets. Heat a few minutes to blend flavors. Fold in chopped cranberries. Pour dressing over vegetables and stir to coat vegetables. Cover; refrigerate 1 to 4 hours to marinate, tossing occasionally. Boil the pearl onions for 5 minutes and then peel. If you squeeze from the top in a pinching motion they tend to pop right out. Then pinch off the root. Pour the pecan mixture over the baked crust. Drain and rinse the black beans. In large skillet, heat oil. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing. Saute onion and garlic with oil in frying pan for 1 minute over medium/high heat. Wash hands thoroughly with warm water and soap. Add one whole egg, and two egg yolks, the vanilla extract, and milk. If your bowl is too small to mix everything in without making a

mess, pour it all into a larger one before mixing. Stir until combined. Put mashed potatoes into a bowl. Cover and simmer for 10 minutes. When their browned outside pour in the taco seasoning mix and let it simmer until the meatballs are done and the liquid absorbed well by the meat. Skim off any fat and bring to a full boil and reduce down to 3 cups or so. Add tomatoes (including juice) and chile, and boil. Stir the mixture for 8 minutes. Slice the chicken up into strips and bite-size chunks then heat some oil in the pan and then cook the chicken until done. Placed the cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth. Add tomatoes, liquid, chicken, water, chili powder, and pepper to rice mixture. While the cake is in the oven, take 1/4 cup of powdered sugar and spin it in a food processor while adding red food coloring drop by drop. Aim for a nice medium pink. Return the yolk mixture to the saucepan, beating constantly. Dice all the vegetables. In a dish that's a bit bigger than your 12 ounce salmon fillet, pour the blended sauce over the top, completely covering the fillet and leaving 1/8th to 1/4th inch of sauce at the bottom. Bake at 350 degrees for about 15 minutes, or until the salmon is done. Add half the spinach and cook 1 minute. Place second piece of celery on top,

forming a log. Place the 10 tablespoons of butter along with the baker's chocolate in a bowl. In a small saucepan, cook onion and garlic in oil until tender. Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook. Use a butter knife to mix everything up until you have a soft dough. Using a spatula, add 1/4 of the meringue into the chocolate and mix together until the chocolate lightens in color. Stir in the spices, rice, tomatoes with juice, and water. Place on microwave safe plate. In lightly sprayed casserole dish, combine bread, sugar, and raisins. Then follow microwave or oven method below. Jalapenos, diced for Discada and Pico de Gallo, roasted and peeled for salsa. Grease the muffin cups with some margarine or butter. Once the sausage has finished browning, add the onion and cook for 5 minutes. Bake for 30 minutes. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges. Spoon over tortilla chips, cooked rice, or noodles. Remove cover and sprinkle cheese on top. Tear spinach into bite-sized pieces. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over

fruit. Place dough on parchment paper lined baking sheets. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet. Split eggs in half, lengthwise and remove yolks. Stir in oil and onion along with lemon pepper and salt to taste. The mixture will be chunky, not smooth. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown. Mix in by hand remaining ingredients except Parmesan cheese. Spoon mixture into potato shells. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes. Drain salmon and flake with a fork into a bowl. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls. Cook over medium heat until cooked on both sides. Add the bay leaf and pour the tomato sauce. Add water and let boil. Add the egg, milk, and oil to the cornmeal mix. Stir just until blended. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly. Remove from heat. The brownies will take about 35min until nice and done. Cook, covered, for two to three hours on low heat until everything is well done. Mix in your cocoa. Shape mixture into four patties. Fry till golden brown. Set aside. Add carrots and stir until carrots are tender and crisp. Add squash and cook for about 2 minutes. Lower

heat. There will be a bit of smoke, so make sure your smoke alarms are switched off. Here is a shot of the hamburger / beef stuffed peppers with rice and covered with mozzarella cheese. Start by washing and preparing your ingredients. Mince your garlic and dice your onions up. Ditto for your ginger. Turn mixture onto a lightly floured board and knead only 10 times. Heat oil in a large skillet. Gradually add and beat in gelatin mixture. Pour into a 9x13 inch baking pan. Chill in fridge for several hours. Combine all ingredients and mix/knead until it becomes a slightly sticky ball. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400°F oven for 12 to 15 minutes. Place the mozzarella in bowl and cover with approx 1/4 cup red wine vinegar and 1/2 cup balsamic vinegar. Put on the lid. Shake well. Pour the milk and egg mixture over the first layer to saturate - you do not want the milk level higher than the raisins and sultanas though. Cover the bowl. Blend for 2 minutes to make it silky smooth. In a large bowl, combine ingredients and mix well. Combine fruit mixture and water in a large pitcher. Add the garlic, cayenne, sugar and salt. Stir it up. Finely chop the onions. Cook for 5 to 7 minutes until caramelized. With a spoon make a "well" in the center of the dry ingredients. Add the chopped toma-

toes to the mix. Bring to the boil and simmer for about 15 minutes (or until the sweet potatoes are soft). Cover and continue cooking at “medium” power for 3 minutes or until fish flakes with a fork. Shred some carrot and radish. Then slice the onion thinly and mince the garlic. Add in the shallots and chile paste. Wash the spinach. Trim off the stems. Now evenly spread the pesto inside the scored lines, place the mozzarella slices on top. Remove the breasts from the hen and peel the skin off. De-bone the breasts and set them aside. Take the remainder of the hen, including the giblets and breast bones, and tear them apart into several pieces. In a large skillet, heat oil and sauté garlic until garlic is golden. Meanwhile, in a chopper or food processor finely chop 1/2 cup of pecans, and set aside in bowl. Lightly brown the meat first in the 2 tbsp of oil. Rinse the grapes and drain. Add the grapes to the bowl. Add water, macaroni, tomatoes, chili powder, and seasoning mix. Stir. Add the pasta to the pan. Uncover and bake 15 minutes longer. Pour the onion-spice mix evenly over the fish pieces. Add the butter to your stand mixer’s bowl. Install the paddle attachment and beat the butter for a couple minutes on medium high speed. Take one segment (put the others under a damp towel) and roll it out into a thin sheet about 3

inches wide. Put a spoonful of the filling on it, and wet 1/2 half of the outer rim. Measure cottage cheese and put in bowl or blender. Pour the egg mix over the cheese and vegetables. While the juice mix is cooling, peel and slice the banana. Wash the pear and peaches and cut them into cubes. Using two knives, cut the margarine into the mixture until it looks like small crumbs. Remove from heat and let stand for 5 minutes. Bake at 350 degrees until the tip of a knife inserted in the center of the custard comes out clean (50-60 minutes). Do not overcook. Eat warm or refrigerate for later. Here is the well mixed cinnamon roll cake batter. Bake 5-6 minutes or until heated through. (cheese may melt slightly and lose shape. Simply press it back into place). Saute the garlic and shallots in some vegetable oil for a few minutes. Add the mushrooms and broccoli, saute for 6 minutes, adding a few tbsp of water to steam up the broccoli. Rinse okra in a colander under hot water. In a large pot, heat a small amount of oil and fry garlic until golden. The sugar and lemon juice. Throw the sliced potatoes into hot vegetable oil. Add the egg yolks, vanilla, salt, and sugar. Cool slightly and keep refrigerated. Add the tomatoes, tomato sauce, garlic powder, oregano, and pepper. Add 1/4 cup Dijon mustard. Remove sides of



pan. Add beef and saute for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot. Microwave on high for 15 seconds. On medium heat, add vegetable oil and onion to a large pan. Mix them together until smooth. Cover with foil and bake at 350 degrees for 45 minutes. Cook celery, onion, and green pepper in vegetable oil in a large saucepan until soft, about 5 minutes. Add the now chilled shrimp to the veggies. In a medium bowl, mix all ingredients. Fold yogurt into apple mixture. Chop bacon into roughly 1-cm strips and fry over medium heat in a deep frying pan or medium saucepan. Cover and let stand for 5 minutes. Bake at 350°F for 20 minutes, or until fish flakes easily with fork. Firstly, punch the dough down into the bowl to remove the air and peel it out. Next, get your ingredients together. Cut your bread into sandwich-sized chunks, and slice it in half, lengthwise. Rinse and pick through the beans. Put the beans in a large pot and add 10 cups of water. Place the pot in the refrigerator and allow the beans to soak overnight. In small bowl, mix egg and 1 Tablespoon water together. Brush on pretzels. Sprinkle with sesame seeds. Cover the bowl. Top each patty with a thin slice of cheese. Sauté onion and garlic with olive oil. Cut-up bell pepper. Roll each ball out on a floured bench. Saute and

then remove from the burner. Bake at 350 degree for 45 minutes or until tender and thoroughly heated. Now cut the rest of the wing off, through what remains of the elbow joint, and set it aside. Cook on a warm ungreased griddle or frying pan for about 10 minutes on each side. At T-minus 30 minutes, get your rice ready. 200g of rice to 300ml of water in a steamer. Set it for 25 minutes and you're good to go. Open up your pickled ginger and pull out the longest and widest pieces. In order listed, put ingredients into a blender and blend until smooth. Get your rice boiling. Lower the temp on the soup and cover, now you're just wanting to simmer. Drain the water. Put the potatoes in a medium bowl. Freeze overnight until firm. Chop your onion. Add carrots and stir until carrots are tender and crisp. Add squash and cook for about 2 minutes. Lower heat. Now, let that simmer on low heat while we take on the garlic bread. Slice up the un-scooped loaf half and put your oven on 392 degrees Fahrenheit. Mix ingredients for the dressing right before use. Spread two large tablespoons of refried beans on each tortilla. Pour into the greased baking pan. Cover and cook over low heat until flavors are blended and liquid is cooked away, about 30 minutes. Stir once and a while to prevent sticking. Cover and cook until no longer

pink in center, about 10 to 12 minutes. Transfer chicken to a plate. Wipe any fat away from the skillet. Transfer to a 9x9 pan. When done steeping, remove pod and pour into ramekins. Refrigerate for minimum 4 to 24 hours. Stir in salsa and bring to a boil. Pour the "pulverized" Oreo cookies into mixing bowl and add cream cheese. Here is our batch of kale leaves covered in olive oil and sea salt. Now if you wanted, you could add some other flavors such as red pepper flakes if you wanted spicy kale chips. Get your mini chocolate chips measured out and your broken candy canes ready. Throw those monstas on the grill and let them cook for maybe 5-7 minutes on each side. Our grill was really hot, so we only left these on for about 5 minutes total. Cook at 374°F for 25-30 mins, if you stick it with a skewer it should come out sticky but not wet. Add garlic to the remains of butter and oil in the hot pan. Mix ingredients together. Add the butter and egg to the dry ingredients. Then, the oven was pre-heated to its lowest setting, about 150f. Fill peppers with the mixture. Mix well. When ten minutes remains on the sauce timer, plunge your celeriac cubes into the boiling water and sit back for ten minutes. Crush garlic. and 1/3 cup granulated sugar. Cover and chill salad. Gradually add the cocoa mixture to the eggs, constantly mixing so

that you don't scramble the eggs. Now, the first step is to pour the 1 cup of sugar over your cream cheese, and mix it in with your hand mixer. You'll get the most even distribution if you mix together the cream cheese a bit first, then add the sugar about 1/4 cup at a time. Don't forget to scrape down your mixer and the sides of the bowl occasionally. Wrap the seasoned chicken with thin-cut bacon and secure with toothpicks that have been soaked in water for at least 10 minutes. Add your sauce. Stir the ingredients in the dish to combine. Top with cheese and bake another 4-5 minutes until cheese is melted. Add the milk, and mix well. Remove the chicken from the brine and rinse with water. Pat with some paper towel to remove extra moisture then dredge in coating mix. Next, add the rest of your tub of Cool Whip to the big bowl. Also pour your coffee mixture into the big bowl. Combine lentils, water, seasonings, onion, and tomatoes. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix. Cook until the soup is heated and slightly thickened. Mix thoroughly. In a small bowl, mix the mayonnaise, mustard and soy sauce. Sprinkle a little olive oil on top, depending on how much you like olive oil. Baked at 350°F for 1 hour. Add spices, to taste (optional). Cut off a 1 inch

section of the fruit roll up. Put the pan in a pre-heated oven at 350 degrees for 30 minutes. Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together. Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapati in the skillet and cook for 30 seconds. Cook your sugar with 1/4 cup water in a small saucepan over medium heat, until it boils. Stop stirring, and let it boil until it becomes light brown, about 4 or 5 minutes. Combine all ingredients except brown rice in a large mixing bowl. Mix well. Mix all ingredients together. Buttermilk Corn Bread. Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk. Sprinkle topping over filling. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes. In a large bowl, combine flour, baking powder, and salt. Add sweet potatoes and mix well. Slice vegetables and steam in a small amount of water. In the

meantime, julienne some orange zest and blanch them in boiling water until soft. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste. Mix together oil, vinegar, grapefruit juice, soy sauce, hot pepper sauce, salt, and dry mustard. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. Measure oregano, pepper, garlic powder, onion powder and mix together. Whisk 3/8 cup of cream, sugar and egg yolks in a medium saucepan until blended. In a small bowl, mix the flour and salt. Finally, add your caramel bits and apple chunks, and blend until uniformly distributed through the dough. Cook these ingredients on low heat. Let the broth simmer for 2-3 minutes. In a blender, puree fruit with sugar and lime juice until smooth. Peel the jicama using a small sharp knife. Mix meat, beans and salsa. Add to salad mixture. Place lemon half on juicer. Push and twist to squeeze out the juice. Add the oatmeal, flour, brown sugar and cinnamon. Now, pour the egg yolks on top of the whipped whites. Add garlic powder, tomatoes, and kidney beans. Measure evaporated milk, and pour into a small bowl. Measure vinegar, and stir into evaporated milk. Stir milk and vinegar mixture into cornmeal mixture. Beat to mix well. Beat in egg. Makes batter for 20 medium-size pancakes. Remove

after about 1 minute. The skins should be ready to come off. Add chicken, salt and pepper. Place cut out tortilla shapes onto cookie sheet. Add oil and water to the dry mix. Stir just until all ingredients are wet. After the ten minutes throw in the coriander and chili and stir until fragrant. Bring to a boil. Reduce heat. Simmer uncovered for 15 minutes. Add pasta to sauce. Let the bread cool for 5 minutes before removing it from the pan. Spray pan with cooking oil spray. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix.. Boil lentils in 1 1/2 cups water until they turn yellow and soft. Add turmeric powder, cumin powder, and sugar to the boiled lentils and mix them well. In a large bowl, beat the eggs, sugar, vanilla, and salt. Divide into 10 balls. Roll each piece into an 8 inch circle. Stir in bread crumbs. If mixture seems too wet add more breadcrumbs, 1 Tablespoon at a time until mixture resembles meatloaf. Now, make a single layer of bread on the bottom of your tin. If you are making a Norfolk variation then you would want to stack it from one end to the other instead of bottom up, however its your choice. In a slow cooker, combine all ingredients; stir. Scrape squash out

with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese. Combine honey and sugar in pan and bring to a boil. Run a knife along the edge of the pan, as best you can - at least pierce the top layer, as it is the only part that will be really crusted to the pan. Drain corn, carrots, and green beans. Throw away liquid. Rinse vegetables and drain again. Stir in vinegar. Spread the margarine mix on the squash. Throw it in the bowl with the peppers. Detach the mixing bowl from the stand mixer and cover with plastic wrap. Refrigerate for up to 12 hours. Cover pan with aluminium foil to keep steam in and speed cooking. Mix well. Add all of your remaining seasoning. Cilantro, salt, Mrs Dash, Black Pepper and Buillon Cube. After putting your chicken into your pan set a timer for about 4 to 5 minutes. Make a white sauce by melting margarine in a small pan. Stir in flour. Gradually add milk, stirring constantly. Return the chicken to the pan. Reheat it for a few minutes. In a medium sized bowl, add the 3/4 of a cup of the warm milk and 2 tablespoons of the yeast. Mix with a spoon to dissolve the yeast. Add 4 Tablespoons peanut butter thinned with lemon juice. Beat in the pumpkin, then stir in the flour mixture. On a hot griddle (with no oil) add the mushrooms



and cook them slightly, nothing too insane just a few minutes. In a large bowl, beat all ingredients with an electric mixer on low speed for 30 seconds. Beat on medium speed for 1 minute. Add the water to a large pot and bring to a boil. Combine all ingredients and mix well. Put the spinach, black pepper, and lemon juice in a pan. Peel potatoes and cut into quarters. Add the cilantro and chicken stock, bring to boil, reduce heat and let simmer for 15 minutes. Remove from heat and strain. Add coconut milk and heat over very low heat until just warmed through. Add fish sauce and lime juice to taste. Place fruit chunks on a skewer to make kabobs. Drop dumpling dough from a Tablespoon onto gently boiling chicken mixture, making 4 dumplings. Bake for 10 minutes. Dust each chili with flour, dip them into the egg mixture and then press into the bread crumbs. Spread the apple slices evenly over the bottom of the baking dish. Add lime juice, oil, salt, and pepper; toss gently to combine. Stir. Trim and wash beets, encase in foil, and roast for 1 hour in a 400 degree oven. While waiting for the cheese to melt, toast some of your bread in a separate pan if you desire. Meanwhile, in a food processor or a bowl, whirl or rub together with your fingers the matzo meal, the remaining 1/2 cup sugar, margarine, and nutmeg to create fine

crumbs. Set electric skillet at 300°F and stir mixture constantly until lightly browned. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender. Take off the lid and put it aside because you won't need it anymore. Add the chopped garlic and chili powder to the onions and stir for no more than a minute. Add the chicken base and a tablespoon of water and mix well. Back at 350 degree in oven for 8-12 minutes or until lightly brown. Simmer for 1 1/2 hours, and season with salt/pepper. Strain through a fine mesh and let reduce by 1/2. Beat 1 large egg lightly, and melt 1/4 cup of margarine or butter. Add the butter and egg to the milk + lemon juice + oats mixture. Top each patty with a thin slice of cheese. Lather the chicken with the brown sugar and let sit for 10 minutes for ultimate sweetness. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside. Cut the tip off. You can save them if you like to make your own chicken broth. Now you want to take out the extra bone, which will be the smaller one. Push the meat down (not inside out, yet). Hold the wing by the larger bone and gently rotate the smaller one down so that it's inline, kind of like winding a clock hand from noon to 6 o'clock.

Push the smaller bone up through the meat now, you should see the tip of it. Push the bone until it sticks out, then just pull that end all the way through. Sometimes you get the little ligament cap, sometimes you don't, it doesn't really matter. You should be left with a slightly smaller version of what you had with the first part. With the ribs facing up, slice down both sides of the keel. You should be able to bend the ribs back to push the breastbone out. With your heavy knife, cut the keel from the ribs, so that you get two halves and a keel bone. Slice the breast meat away from the ribs. Cut up to the wing joint, but be careful not to cut it off of the supreme. Trim the breast and french the wings by shaving the muscle and tissue off of the bone. Pour milk into large mixing bowl and add pudding mix. Using an electric mixer, beat 1 minute. Shape sweet potato into 6 small patties. Add 1/2 teaspoon of Garlic Powder to the Chicken Broth Saucepan. Stir. Heat still on low. Add another 1/2 cup flour and stir until combined. Get you leeks and use all the white part and 2 inches of the green. Chop. Cook and stir until heated through. Add the Polish sausage and cook until lightly browned. Cook ground beef and onions in a skillet until the meat is browned. Drain of fat. Caramelize the onions and shallots. Add some more oil and

saute the garlic and onions. Add in the meat and stir fry for a few minutes until the chicken changes color. Season with salt and pepper and a dash of soy sauce. Set aside. Chop the onion in a similar manner and add it to the bowl. Rub the steaks down with olive oil on both sides, including the skin side. Add a pinch of salt and a pinch of pepper to the flesh side and rub it in. Roughly slice it widthwise 3 or 4 times, to get thinner steaks. Heat oil in large soup pot over high heat. Sauté onion, celery, carrots and mushrooms until golden, about 4 minutes. Wash hands with soap and warm water. Cook until bread becomes brown; flip sandwich over. Place the squash on the baking sheet. Sprinkle with salt. Now, over medium high heat, stir the taco seasoning and remaining taco sauce into the beef. Sautee the shrimp off in some Olive Oil. As they near doneness, add the juice from the other lemon and wine. Put the celery and onion in a saucepan. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs. Combine all ingredients. Wash hands and cooking area. Let stand just until cheese is melted, about 2 minutes. Toss the greens and beans with the remaining dressing in the large bowl. Chop up the onions. Put all the ingredients in a large glass or plastic bowl. Add green

pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy (about 30 minutes). Remove bay leaves. In a large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside. Peel and grate the carrots. Pour the mixed mixture into the quiche. Salt, garlic, thyme. Lots of all three. Keep layering until you get to 3/4 of a full jar. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin. Peel and finely chop the onions and garlic, and de-seed and chop the bell pepper into roughly 1 inch squares. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces. Pour into well-greased 9-inch baking pan. Add in salt, soy sauce, oyster sauce, pepper, sesame oil, five spice powder, Chinese Rice wine, egg and corn starch. Cut the bacon in half lengthwise, making it the perfect width for wrapping. To make the bittersweet chocolate sauce, simply chop up 2 oz of bittersweet chocolate. Cook the pasta according to directions on box, and drain. Dice your peppers, onion and garlic, sweat over medium heat. Drain juice and fat from cooked meat and onions. Add the cooked rice. Now we have a chocolate chip and walnut cookie dough. Heat oil in frying pan on medium

heat. Mix and let it boil. Cover and simmer over low medium heat until beef is tender. Combine oats, sugar, cocoa, water, vanilla, and butter. Toss. Refrigerate until chilled to blend flavors. Put the chocolate and butter in a double boiler and melt. Mix sugar and orange juice and cook over low flame for 5 minutes. Cool for 5 minutes. Here is the finished banana bread batter. Pour half of the lemon butter sauce into the chicken mixture and stir. Be sure to taste and add seasonings if needed. Feel free to add in more of the lemon butter sauce as desired. Lightly grease the baking dish with butter or margarine. Roast 1 1/4 - 1 1/2 hours or until meat thermometer inserted into chicken thigh registers 165°F. Cook on high for 15 minutes or until hot through. Cut the margarine into small pieces and put in a medium-sized bowl. Place in 11x7 in glass baking dish. Add cooked pasta, and vinegar mixture. Mix gently. Drain, and place in a bowl to cool. Combine the beans, rice, salsa and salt (optional). I'm about to pat off some oil and then chop it up into fine pieces. Next up, add the onions, garlic and ginger while you continue stirring. Cook for another 3 - 4 minutes. While the milk, cream, and sugar are having their fun, go ahead and cook up the bacon if you'd like. Yum. Remove fat from broth by skimming with spoon, adding and removing

ice cubes, or blotting top of broth with paper towels. Add your corn, beans and tomatoes. Don't bother to drain first, just dump it all in. Allow to cool, then cut into 12 squares. Squish the bag until all ingredients are mixed, then stick a straw in a bag to drink the smoothie. Spray skillet with cooking oil spray. Stir until mixture has only small lumps. Place the custard in your stand mixer's bowl. Then add in the 3 cups of mascarpone cheese. Add some flour into each of the loaf pans. Shake the flour around the bottom and sides to coat the pan evenly. Once the pans look like the image at the left, shake out any excess flour. Once the onion has softened add your 3 tablespoons of butter, go ahead and add some pepper too, if you don't like black flecks use white pepper. Add brown sugar, egg yolks, and salt, mixing thoroughly. Add in 50g (3 tbsp) of butter and salt then stir and heat for another 20 minutes. Then dump HALF of your tub of Cool Whip into the bowl and mix it up. Give it a good stir. Using two knives, cut peanut butter into dry ingredients until it appears coarse and crumbly. Bake for 20 to 25 minutes, or until tender. For the candied curls, use a vegetable peeler and peel off some different sized carrot peels. Place one pita round, on plate. Mix onion, parsley, vinegar, mustard, garlic powder and basil or thyme.

Cook 20 minutes over low-medium heat. Stir often to prevent scorching. Cook until thickened. Add the cooked giblets. Heat a few minutes to blend flavors. Transfer dough onto baking sheet. Sprinkle with flour. Dip fingers in flour and pat dough into a circle about 11-12 inches across. Pour the batter into the pan, smoothing the top. Bake for 35-40 minutes, and let cool for a few hours. When cool, cut into personal sized squares, and glaze with chocolate glaze. Unwrap your 8 oz. chocolate, and melt them together with the 2 T. whipping cream. Wash and peel the apple. Chop it into small pieces. 1 cup of sugar (can add more if you like) and 2 eggs (beat). Drizzle lemon juice and oil evenly over fish. Now add the eggs one at a time. Stop and scrape after the second egg. Stir in fruit and nuts. The batter should be thick and easily spoonable. Sprinkle spices over top layer. Fry @ 350 degrees until golden brown. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean. Add the tomato sauce, vinegar and sherry. Stir it up. Place the Shallots, Peppers and Garlic on a broiling pan and broil for 5 minutes, or until the skin is starting to peel and getting burnt. Once the sugar starts to get light brownish, BUT NOT BURNT (be careful, it



happens quick), take the sugar off and QUICKLY pour it into your bake-ware along the bottom. Rinse greens, remove stems, and tear in small pieces. Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes. Now drizzle the butter over the bread. Stir it well and leave to cook for 2hrs on a low heat. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender. Place thawed spinach in a colander and press to remove excess water. Remove outer leaves of cauliflower. Cut florets off the stem. Wash and drain. Cook beef in hot skillet until lightly browned. Drain off fat. With greased hands, form into small balls. Layer two slices of cheese on top of sauce. Bake at 425°F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness (it should read 160°F for ground beef and 165°F for ground turkey). Divide bean mixture between the tortillas. Rub chicken with oil, then rub with spice mixture. Add onion and garlic. Once you've got your crumbs well-crushed, combine them with the sugar and butter in a small bowl, and mix well. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil. In the other bowl, mix flour, corn-

meal, baking powder and salt together. And make it roll. Measure cottage cheese and put in bowl or blender. Cut lemon in half crosswise. Reduce heat to low and simmer for 5 minutes. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder. Now get out your handy dandy stick blender and puree the heck out of it. Here is our mint flavored buttermilk. Let the mix stand for about 5 minutes, until the oats are wet. Boil the potatoes in salted water until it soft. Add peas. Peas are good in the sauce. They're a little sweet without being, well, really sweet. As they are frozen, they will cool your sauce down significantly. Crank up the heat to compensate and to boil off that pesky water. Boil stock and soy sauce in the pan. Top with mandarin orange slices or your favorite fruit. Stir all ingredients together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan. Add the zucchini. Cover and cook for another 5 to 7 minutes. Add the pumpkin, and whisk until blended. Add the sugar and salt to a pot with 1 cup of water. Stir well to combine. Add the butter. Bring to a boil. Mix all ingredients together. Store in airtight container. Add the butter and brown sugar and cook over medium heat, stirring constantly with a wire whisk until mixture thickens and comes to a

boil. Continue to boil 1 minute. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle on half the vegetables and half of the cheese (layer cheese, vegetables, and cheese). Add kidney beans and simmer for 5-10 more minutes. Mix brown sugar, pecans, flour, and melted butter together in a small bowl. Heat the oil. Cook pancakes for 3-4 minutes per side. Remove and drain on paper towels. Add in the blanched noodles. Let simmer until the noodles absorb the liquid. Take the paper off the fruit tape. Then take each of the 3 strips and wrap each around the marshmallow keeping the untidy ends that don't meet up in the back where no one can see them. Continue wrapping each till you get to the last marshmallow. Cover and bake for 30 minutes at 350 degrees. Add cheese and stir. Drain and place in bowl or pan. Beat them in a small bowl until smooth. Line up 4 parfait or other tall glasses. Top with 1 cup macaroni, 1/2 cottage cheese, 1/2 mozzarella cheese and 1/3 of the spaghetti sauce. Chop up the chicken into 3cm pieces and put into a non metallic bowl. Uncover and bake 10 more minutes until the topping is crisp and brown. Combine onion, squash, tomato and green pepper in a baking dish. Sprinkle toasted sesame seeds. Reduce heat, cover pan and cook for two more minutes. Spread about 2

Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach. Add the browned beef and pork. If you used chorizo, add it in as all the fat should now have strained off. Using a slotted spoon, gently place each bagel into a rapidly boiling water for 1 minute on each side. Remove and dry on a towel. Place back on baking sheet. If desired, sprinkle bagels with cinnamon/sugar or salt. While that is doing its thing, add 120 grams (8 tbsp.) of butter and 320g (2 1/2 cups) of caster sugar to a bowl. Stir in dressing. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup. While the bread-crumbs are cooling, add the flour, salt, pepper, and garlic powder into a separate shallow bowl. 2. Mix spices with olive oil. Rub turkey with olive oil. Mix yogurt, cinnamon, and orange juice in a medium bowl. Every half hour or so, the wood chips will smolder out and stop smoking. Melt the margarine in a heavy saucepan on low heat. Bake about 10 to 20 minutes, until the fish flakes easily with a fork. Mix the butter by itself for about a minute to get it spread around the bowl, then add the sugars and cream together at medium speed until the mixture lightens. Pour the mixture into the pan. Bake

for 40-45 minutes or until done. Let cake cool for 5-10 minutes before removing from the pan. Let cool completely before icing. Slowly stir in broth. Fried. Sorry for the bad quality image. Rinse the strawberries in water. Reduce heat to a simmer, then cover and simmer for 30 minutes. Add the orange juice. In the meantime roast the Andouille in the oven at 400°F to bring out the flavor (about 10 minutes). Heat up a bit of Oil in a pan and add the diced Squash and a few Thyme and Oregano leaves. Reduce heat, cover, and simmer 10 minutes. Add two pretzels to form the butterfly's wings. Crush the cookies into small crumbs. As the milk heats, consider a suitable platform for your bowl of egg yolks. It will be considerably agitated and you may not have a hand free to hold it, so you might want to put a towel down as a sort of "foot" for the bowl. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat. Shred the cheese with a grater. Put it in a small bowl for now. Add seasonings and tomatoes. Bring to a gentle boil. You want to end up with about a cup of fresh lemon juice. First, peel and cut the potatoes into 3 or 4 pieces and boil them in water for about 20 minutes. Combine broccoli, onion, and broth in large sauce pan. Drain the carrots that were simmering, and throw in a

food processor or blender, and puree them. Cook pasta according to package directions; drain. Place your tofu in the wok along with the garlic. Add 1 teaspoon of rice wine and 2 teaspoons of rice vinegar. Spoon sliced bananas on top of the yogurt. Heat oven to 425 degrees. Grease 8- or 9-inch square pan. Toss lettuce, tomatoes, onion and cheese in large bowl. Combine Italian seasoning, garlic powder, salt and pepper (optional). Add the cream of tartar and beat until stiff, but not dry. Gradually beat in the sugar. Grease your baking dish with little butter and dust with flour. remove excess flour. Wash, and then cook green peppers in boiling water for five minutes. Drain well. Put it in a 350°F oven to bake the crust. Pour on the dressing and combine. Sprinkle noodles on top. Use a spatula or throw some gloves on and mix until all the Chex are covered in the mixture. Toss like a salad to coat entirely. Spoon cobbler into bowls and top with sorbet or whipped cream (optional). Lightly coat a griddle or skillet with cooking spray and heat on medium. Now add the cubed roast beef leftovers. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes. Scoop out his guts, and cut off the skin, so you have large, hard chunks of pumpkin. Blend until it is

pastelike. Add the curry paste and mix together. Top with remaining cheese and bake another 2 or 3 minutes until all the cheese is melted. While that's going on, open up your cans of beans and drain them in a collander. Rinse them well as they're often packed in salted water. Then hold both ends and tie it into a knot. Shake or stir until all ingredients are evenly distributed. Stick a popsicle stick in the center of the mix in the cup. Mix it with your remaining 5 tablespoons of whipping cream, and use a whisk to mix. Pour it over your cheesecake, and spread to the edges with a spatula. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly. Add a dash of white wine. Saute the garlic and onions for 8 minutes. The onions should begin turning a golden brown color. Cool and top the paupiettes with them. In a medium-sized bowl, combine drained tuna, celery, mayonnaise and yogurt and stir. Add about half of a tablespoon of oil to the pan. Once the oil is hot, add in the minced garlic and onions. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Peel the carrot. Grate it with a grater. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

Start on one end of the curd. Wrap the bacon around itself on the first end to hold it in place; continue to encircle the cake until it is surrounded by pig; put the loose end over the end of the bean cake. Now that the butter is starting to melt, start stirring the mixture. The more you stir, the less likely the sugar is to burn to the bottom of the pan. Combine all ingredients in a medium bowl. Cover, microwave on HIGH for 5 minutes. Turn dish 1/4 turn. Microwave on HIGH for 3-5 minutes longer (pudding is done when edges are firm and center is almost set). In a small bowl, mix the dry milk, flour, and pepper. Add them into the 1 cup of chicken broth that hasn't been cooked yet. Beat till smooth. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar. Cover and refrigerate leftovers within 2 hours. Add onions and mushrooms, then saute over medium heat until onions are soft and clear. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half. Once the oil is hot, add the garlic and onions to the oil. Bake, uncovered at 375°F for 10-15 minutes or until cheese is melted. Roll out the dough making sure you have a well floured board and rolling pin to avoid sticking. Your crust is ready to use by now. In a jar with tight-fitting lid, combine all vinaigrette ingredients; shake well. If you don't



have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk. Then add a little of The Mentaiko (spicy cod roe). Add cream soup, diced tomatoes and tuna to onion and pepper. Spray muffin tin with a non-stick coating. Pour batter into muffin tins. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator over night. In a small saucepan, cook onion and garlic in oil until tender. Heat oil in a large skillet or pan over medium heat. Add onion and broccoli (or zucchini). Cook until softened. The finished curry. Line a cookie sheet with parchment paper (optional). Fry meat and vegetables a little bit and sprinkle with marjoram. Beat egg whites well. Simmer for 15 minutes. Sift flour and cocoa powder. Mix the Baking Mix and sugar in a bowl. Torch it. Mix ingredients together. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash. Heat a heavy frying pan over medium-high heat. Cook vegetables (or use leftovers). Drain well. Layer half the dry noodles, ricotta and Parmesan. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parley; stir in the mayonnaise

mixture and toss gently to coat. Melt butter in a medium saucepan over medium heat. Stir in the milk and sugar, bring to boil, and boil for 2 minutes, stirring often. Roll up the tortillas, starting at the end with the fruit. Remove from heat and add in the flour mixing vigorously to avoid lumps. Mix until it has a paste consistency and holds in one piece. Meanwhile you should melt your chocolate in the now warmed beer, make sure you continue to stir so it doesn't melt onto the bottom of that pan. Add the vinegar, olive oil and sugar. Uncover and bake an additional 5 minutes or until set. Heat oven to 350 degrees. Grease a 12 inch pizza pan or baking sheet. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm. Drizzle each packet with ½ teaspoon oil and 1 teaspoon lemon juice. Microwave 35-45 seconds, or until cheese melts. Place in a bowl and stir in raisins. Cool thoroughly. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat. Refrigerate leftovers. Cook until tender, about 5 to 7 minutes. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes. Now that

the Sausage and Onions are ready to go, it's time to add the rest of the ingredients. Drizzle each leaf with olive oil and balsamic vinegar. Measure out your graham cracker crumbs into a bowl. Slice up the bacon. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside. Olive oil is the next ingredient. About 50ml was added to our vessel, but again it all depends on the size of bottle or bowl you're using to dictate the amount you'll use. Next, drop the mixer speed down to its slowest setting and slowly add in the whole milk to prevent splashing. Carefully peel the squash with a vegetable peeler or small knife. In a large saucepan, warm oil over medium heat. With luck, your ice cream base will have cooled by now. If so, fire up your ice cream machine and start it churning. Add the food coloring now if you choose to use it. Brown your pig in a big pot. Beat with mixer. Spread in a single layer on a baking sheet. Add cream soup, diced tomatoes and tuna to onion and pepper. Add 1 pint of heavy cream. Brown ground beef in a medium fry pan. Drain fat. But whatever floats your boat, so long as you get eight equally sized little balls of dough out of it. Spread more flour out onto your surface - no, more. Lefse loves getting stuck when you roll it

out, it's infuriating. The best way to avoid it is to flip the dough over every time you take a roll on the rolling pin, flick a little more flour under it, and then roll the other side. Always keep your rolling pin well floured, too. You want really thin pieces here, absolutely no thicker than your average flour tortilla, otherwise they won't cook all the way through and will taste a little doughy. They should work out to be about nine inches diameter. Add the flour in a few batches, mixing well between each addition. Thaw frozen chicken in refrigerator (about 24 hours), or thaw in microwave just before cooking soup. Place mix into a container that allows you to shake to dispense. Wash and peel sweet potatoes. Cut into 1/4 inch slices. Place the strips of beef, the minced garlic, the grated ginger, the chopped chillies and curry paste into a bowl and give it a good mix around. In a large bowl, dissolve yeast in warm water and let stand about 10 minutes or until frothy. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally. Microwave on HIGH (100%) for 3 minutes or until done. Cover with plastic wrap and marinate in refrigerator for 1 hour. Pour your berries into the pie, and use a spoon to distribute them evenly. Microwave 2 ancho

chilies in just enough water to cover for about 45 seconds, or until hot. Set aside and let soak. In a large dutch oven over medium-high heat, brown the beef short ribs in small batches until brown on both sides. Do not crowd in the pan. Brown ground beef in a large skillet, drain the fat. Combine cornstarch and sugar in a small saucepan. Gradually add water, stirring well. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan, and cover with boiling water. Simmer 5 minutes. Remove and drain cooked cabbage leaves on paper towels. Refrigerate leftovers. Add the zucchini to the pan, cook 3-4 minutes. Then add the potatoes to the pan and cook for about 2 minutes. Add meat; cook, stirring for 5 minutes. Place lentils in deep pot with water. Bring to a boil and add all ingredients except vinegar. Fill half of a small pan with water and a little salt. Bring it to boil and add the asparagus. The jelly jars and lids have to be sterile so they get boiled while the grape juice cooks. Pour the tomato sauce over the vegetables. Beat egg whites well. After all of your fillings are inside, the onigiri is ready to be wrapped. Sprinkle layer with 1/4 cup chopped raw onion, 1/4 of the cheese, 1/2 tablespoon margarine, 1 tablespoon flour, 1/4 teaspoon salt, and sprinkling of black pepper. Measure mix into a bowl. Add oil and water. Stir

to form soft dough. Put all the ingredients in a large bowl. Stir together. Now add the re-fried beans to the sausage and stir to combine. Put a lid over the pan and stick it on a back burner over no heat. It'll stay warm from the ambient heat. Pour the cinnamon roll cake batter into the baking pan. Use a spatula to scrape out all the batter. Smooth out the batter in the pan so it is even and smooth. Smash those things up. They shouldn't put up much resistance, but make sure there are no fibrous bits. If there are you may want to consider finishing in the microwave or baking for a bit longer. Chop the onion in to 1/4-inch pieces. Set it aside. Peel the garlic cloves and mince them finely. Set the garlic aside. Cut up the potato and fry it like you are making thin french fries. Add the walnut streusel topping, and bake. 50-65 minutes at 350F. Cook pasta according to package directions and drain. Bake for 30 minutes. Crack eggs under cold water and allow to cool. Remove shells. Then add in the banana smash. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Stir the bananas and egg yolks together until well mixed. Using a large spoon, gently stir ingredients just until moist (do not over-mix). Add fruit and stir gently (do not over-mix). Stack bread and cut each slice into 3

equal parts. Next add the sliced onion and smashed/diced garlic to the butter and cook until the vegetables are good and soft, 8 to 10 minutes. Mash the potatoes with fork. Spray a large baking sheet with cooking oil spray. Use the spoon to shape your ghost. Put the crushed bread crumbs in a small bowl. Blend all the ingredients thoroughly. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed. Throw in 1/2 cup cilantro and simmer over low heat for about 10 minutes. Strain and add the syrup back to the pan without the leaves, and reduce until mixture is as thick as maple syrup. Refrigerate until ready to use. Saute onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes. OK, that's going, now it's time to brown the meat. A little Extra virgin olive oil in a hot pan, and in goes the meat. Cook onion and garlic in oil in medium skillet over medium-high heat for 3 minutes. Mix in the last 1 1/2 cups of flour just until combined. Wash hands; get out ingredients and utensils. Cook over medium heat for 15 minutes, until the celery is tender and the food is hot. Add the chopped portobello mushrooms when the hamburger beef has about 3 minutes left. Add the flour to a shallow baking dish that

is long and wide enough to hold a chicken breast. Remove 1 tablespoon of the flour from the shallow dish and set that aside as we will be using it later to thicken the sauce. To the baking dish add the minced onions, salt, pepper, garlic, and marjoram. Mix water and rock salt to make brine. Soak the chicken in it for about an hour in the fridge. Sprinkle with oregano. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through. Once the potatoes have been boiled soft, pour them into a colander. In a medium skillet, brown pork chops in a small amount of oil. Place under the broiler for about 2 minutes until cheese is melted. Spoon into the prepared muffin pan. Sprinkle with Italian seasonings as desired. Wash and chop the green onion until you get  $\frac{1}{4}$  cup onion. Sprinkle various chopped vegetable over sauce. Using a melon baller or very tiny ice cream scoop, dig from the bottom of the pear up through the core. Remove the core and excavate a bit of flesh from around it as well. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder. In a medium bowl over (but not touching) simmering water, melt the unsweetened chocolate and butter. When melted, set aside to cool slightly for a few minutes. Stir in enough milk to make the



potatoes smooth and creamy. Place a pot over medium high heat and cook bacon for 3-4 minutes. Boil for 1-2 hours stirring every 20-30 minutes or so. Beat in the eggs and vanilla. Trim the yellowfin tuna to a uniform size. Pat dry and dip the top and bottom in the teriyaki sauce, and then the peas and carrots. Add remaining ingredients except cheese and mix together. Add the spices to the vegetables and stir them in. Open the can of pears. Drain off the juice. Slice the pears. Cover the pot with tin foil. Add the vanilla and salt and then gently fold in the flour. Add cleaned roasted duck into pot and add black soy sauce. Add 2 tablespoon of curry powder. Cut 4 English muffins in half. Toast the 8 muffin halves. Sprinkle with remaining 1/2 cup mozzarella cheese evenly over sauce. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges. With the stand mixer still on low, beat together the oats and raisins until they mix into the batter until just combined. Don't over mix as you don't want the cookies to become tough. In a small bowl, mix the peanut butter and orange juice until smooth. Pan fry till golden brown. Refrigerate leftovers within 2 hours. Mix sugar with beaten eggs in small mixing bowl. Sprinkle on half the cheese. Bake for 45 minutes. Lower

heat and cook for another 20 minutes, until onions are golden brown and caramelized (add more olive oil if the pan looks dry). Set aside. Add in some pepper. Mince your cloves of garlic, and cut your tofu into small cubes. Grease a 15"x10" jelly roll pan. Line it with wax paper or parchment paper, then grease and flour the paper. Taste; then add a small amount of salt, if needed. Bake at 350 degrees Fahrenheit for 20-25 minutes (or until done). Slice. Add them to the pint of water in a pan on the stove, turn on the heat (obviously) and bring to the boil, let them simmer very very gently as you don't want a lot of the water to boil off. The idea is to soften up the dates. Lightly grease a baking sheet with the cooking spray. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat. Reduce the heat slightly. Cook, stirring often, until the onions just begin to color (about 10 minutes). Sprinkle the paprika and flour over the onions. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash. Cut corn from the cob. Add onion. Add a third of the stock and stir until all the liquid is absorbed. Add another 1/3 and, again, stir until liquid is absorbed. If needed, add the final third and allow the rice to absorb it. Add the Parmesan cheese. Finish with the basil. Use a small

bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl. In a small bowl, whisk together lemon juice and sugar. Add oil and combine. Add lemon juice, to taste (optional). Combine tuna and peas with the mixture and pour into a 1-quart casserole dish. In a large pot, pour 10 cups of water and bring to boil. Boil the eggs in water in another small pot. Brush on the marinade and let the duck sit for about 30 minutes (inside a cooler). Melt butter in a saucepan over medium heat. Add onion, tomato sauce, water, and spices. Cover and bring to a boil. Add mashed sweet potatoes and mix thoroughly. Refrigerate or freeze leftovers within 2 hours of cooking. If refrigerated, use within 2 days. When reheating, bring to a boil. Add 1 cup cooked rice and one 15oz. can of tomato sauce. Mix well. Lastly, sprinkle the whole chicken with dried basil. Add sugar, stirring to mix ingredients. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity. Put oil, egg, and vanilla in a small bowl. Beat with a fork to mix. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally. Pour onto parchment paper and allow it to cool. Add salt and pepper to taste (optional). Add cooked spaghetti-

ti to the sauce. Stir the pasta and sauce mixture until mixed together uniformly. Add flour, salt, and pepper to mixture. Sift the flour and baking powder into a bowl, add the sugar and mix. Add the lard and rub it in with your fingertips until evenly distributed. Peel and chop fruit into pieces. Perforate the dough with a fork to eliminate bubbles. Place onto plates and top with beets. Put cubes in a large bowl. Set aside. Place a layer of potatoes in pan, using approximately 1/4 of potatoes. Bring the vegetables back up to a boil and add the noodles. Boil the noodles for 5 minutes. Place beans, water, onion and bay leaf in a large pot. Combine sauté mix with the rest of the ingredients in a crock pot. Wash vegetables. Slice carrots, broccoli and mushrooms. Chop onions and bell peppers. Toss with olive oil, lemon juice, vinegar, salt, and pepper. Cover and refrigerate leftovers within 2 hours. Add cornstarch mixture, cook until thickened, about 30 seconds. Refrigerate leftovers. Dice or mash bananas and place in a large mixing bowl. Spoon soup over top of casserole. When you're done you'll have a nice, creamy smooth sauce. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight. After the pork sausage is no

longer pink, drain the fat out of the pan if there is any. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes. Add the rice and salt and stir. Cool for 10 minutes and remove from pan. Without allowing rice to cool, remove cover and quickly stir milk-water-raisin mixture into hot rice. Cover loosely again and continue cooking on defrost (50% power) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes. Add remaining ingredients and about  $\frac{1}{4}$  cup of water. Simmer over low heat, covered, until greens are tender. Put the mix in the baking pan. Beat one egg. Mix some of the squid and chips in with the mesclun. Add the dressing and mix well. Scoop salad into parmesan bowl and top with chives. Place 1 Tablespoon of cottage cheese in center of nest. Lightly grease the cookie sheet. Combine yogurt, lemon peel, oil, egg yolk and milk together and stir into dry ingredients just until blended. Place pumpkin cubes in a baking dish and sprinkle with sugar and salt. Add salsa and corn. Cook until heated through. Mix everything together. In a 2-quart saucepan, cook rice in 5 cups of chicken stock and water until tender. It helps if you wet down the back edge of the seaweed, to make the roll stay shut. Pour about  $\frac{3}{4}$  of the banana mixture into the well

you created in the bowl containing the dry ingredients. Wash and quarter the taters. Wash the spinach until clean. Place one peach half, cut side up, in center of plate for nest. Add 2 tablespoons of soy sauce, increase the heat to maximum, then let sautee for a minute. In a 6-quart saucepan, simmer lamb bones in 2 quarts of water and 2 teaspoons of salt (optional) for one hour. Mix salad dressing, mustard and salt. Stir lightly into turkey mixture. Remove cooked eggs and set aside. Dip in egg. A shot of cooking the burger, rice and boiling some water. Rinse, drain, and chop remaining ingredients. Combine in a shallow container, such as an 8x8 inch pan. Place lentils in a colander, rinse in cold water and drain. Boil 1/4 cup water, and add butter, one pat at a time, whisking it all together. Keep your heat low, so it doesn't bubble up really quick and boil over. Pour honey over lentil mixture. Cover tightly and bake it for one hour at 350 degrees. Bake at 400 degrees for one hour or more until browned and tender. In large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture. Cook spaghetti according to package, drain. Cut vegetables into large chunks. While the chicken is frying,

mix in the flour with the cream, making sure to mix out any lumps of flour. After 12 hours in the refrigerator, empty the dough out onto a lightly floured surface. Minced. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking. Bake at 425°F until tender and golden brown (about 20 minutes), turning occasionally to brown evenly. Bring the spaghetti sauce to a boil over medium heat. Scoop 1/2 of the remaining meringue into the bowl with the chocolate and FOLD it in gently. The whole point is to lose the least amount of air as possible. Fold from the outside towards the center, rotating the bowl a quarter turn as you do it. Dot the top with thin butter shavings. Stir in green onions (optional), spinach, ground pepper and cilantro. Cook just until spinach is wilted. Add eggs, milk and vanilla. Mix until blended. Juice the oranges, and let it simmer until the juice reduces by 1/2. Bring to a boil. Add beans and return to a boil. Add the lentils to a medium saucepan and add water to cover by about an inch. Bring to a boil, then lower heat to a simmer and cook until tender, about 15 minutes. Drain and set aside. Mix evenly. Bake, covered, for 20 minutes. Bake, uncovered for 10 minutes, or until the mixture is warmed through and light golden brown on top. Melt butter in a large skillet. Drain tomatoes and save the liquid. Gently fold

the omelette. Bake the crust for about 20 minutes or until the crust is just starting to turn golden brown at 350F. Remove the foil and rice, and pierce the crust everywhere with a fork. Bake for another 20 minutes or until golden brown. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in a small bowl. Bake uncovered at 325 degrees for 1 to 1 1/4 hours, or until center is firm and lightly browned. Add 1/2 cup of olive oil. Bake, uncovered, until internal temperature reaches at least 165°F. Take the meat out and add the cabbage. Place on piece of celery in center of place with the center facing up. Now sprinkle the pecans all over the filling, making sure it covers it all. Sometimes you can “fill in the gaps” with diced pecans, if you like. Pour yogurt into melted juice concentrated and stir until smooth. Mix first five ingredients together in mixing bowl. Cover the pan and lower the heat. Chill. In a mixer, mix butter and sugar until combined. Saute the mushrooms for five to 10 minutes in the butter, oil and garlic remains of the pan. If necessary, add another teaspoon of olive oil. Seal the dough. Continue until all the dough and meat is used. Vienna sausages, diced. Combine the ground beef, egg, salt, pepper, garlic powder, mustard powder, A1, Worcestershire, and bread crumbs.



The nacho cheese looking stuff is optional, it's something called 'Zesty Burger Sauce' and is pretty much Thousand Island with pickle relish. Stir the chocolate with a long spoon until fully melted. Steam may escape from around the bowl and burn you so you want to use a long spoon so your hand isn't above the bowl. Add in salt and marinate for 30 minutes. Gently fold in the chopped peaches. Although it looks like too many peaches, they cook down a bit in the muffin. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat, cover for last 10 minutes to thicken. 1 teaspoon honey. Add meatballs to broth mixture and simmer 30 minutes. Wash green peppers and cabbage before chopping. 1 sink full (~1.5 pounds) spinach. After the mint is done steeping, stir the mint and buttermilk well. Place a fine mesh strainer over a bowl. Pour the buttermilk and mint leaves into the strainer. Using a spoon, press the curdled buttermilk over the strainer until the curdled bits are pretty much gone and only the mint leaves remain. Carefully pour in the vinegar and let it dissolve into the caramel. Sear the beef on all sides in olive oil. Cut the broccoli to make 1 cup of chopped broccoli. Cut the bananas in one inch slices. Peel and devein the shrimp. Peel and clean the tails off the crawfish, saving the

bodies. Cut the chicken breasts in bite-sized pieces. Get a frying pan searing hot, and 2 tbsp of butter in it and add the crawfish bodies, let cook about 10 minutes or so, so the juices mix with the butter. Spoon the batter into the cups in each muffin pan, until each cup is half-full with batter. Next you add a layer of re-fried beans. Once it's all melted, it will have a foam on top. These are whey proteins. Pour the broth mix over the meat in the skillet. Place a heavy object on top of tofu (like a skillet) and let it sit while you prepare other ingredients. Wash and scrub potatoes well. Cut the potatoes in half, lengthwise and then into quarters and again into eight pieces. To prevent spillage, do not pass the top line of the blender. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes and season lightly with salt and pepper to taste. Cook over low heat for about 10 minutes. Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low; cook for 10 minutes. Pour pasta and water into colander to drain. Put the sweet potatoes in a medium bowl. Mash them with a fork. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble. Place a layer of potatoes in pan, using approximately 1/4 of potatoes. A shot of the rest of the peppers which were the wrong size, or too good for

stuffed peppers. Combine butter and egg yolk in a separate bowl and fold in the egg white. Chill to blend flavors. Topped off with cheese, lots of cheese. Rotel is a great substitute here. Add potatoes and carrots and simmer for 5 minutes. Add zucchini, tomatoes and seasonings. Beat the egg whites until stiff peaks are formed then fold into the batter. Set a heavy skillet over medium-high heat, add a drizzle of oil and wipe it around with a paper towel to coat the bottom of the pan. Break up noodles. Set aside. In another bowl, combine buttermilk, egg mix, and vegetable oil. Beat until well blended. Stir and cook until firm. Add okra and cook, gently stirring, until okra is tender, about 5 minutes. In a mixing bowl add the ground beef or turkey, whole egg, Italian seasoning, black pepper, and breadcrumbs. Add the rice, canned beans and seasonings. Steam fry until heated through. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees. Take out of microwave and let cool for 1 minute. Wash hands with warm water and soap. Slowly pour and stir the orange juice into the yogurt. Mix well. Render off the bacon with the thyme – add the garlic, leeks, and criminis and saute until colored. In the meantime, cook off the bacon, and add to the beans. Bake for 15 minutes. Once the Rice is cooked, add the

Roasted Squash, complete with the Oil and Herbs, and add the Chili Paste, Coconut Milk, Curry Powder, Paprika, Saffron, Cinnamon and Nuoc Mam. Mix the two mixtures together, until smooth. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack. Slice to about 1/4 inch thick, and place on un-greased cookie sheet. Bake until just browned and watch the bottoms. Combine the ginger with the minced scallion (green onion) in bowl #2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage. Cook until cabbage is almost tender. In a large bowl, stir together flour, salt, baking powder and sugar. In a glass or plastic liquid measuring cup, measure milk, then add eggs, vanilla (if using), and melted shortening or oil. Mix with a fork until egg is well combined with other ingredients. In a large pan, heat oil and saute tofu cubes for a few minutes. Move tofu to the center of the pan. Mix together the coleslaw mix, nuts and mandarin oranges in a large bowl. Add wine and water to the scallions, then throw in your mussels. Boil the pork in water. Season with a little bit of salt and cook until tender. Bake 7 to 12 minutes or until cheese is melted. Cook in the rice cooker for 1.5 hours. Chop the celery into small pieces. Spread a little filling onto the backside of a

no-nut cookie and put a cookie with nuts on top. Place in 2 quart casserole dish. Fold the bottom third of the dough up and over the butter, and the top third to the back of the dough. Re-roll it out into the rectangle and fold it the same way. Cover pan and cook until spinach is wilted. In large mixing bowl, place oil, sugar, eggs, vanilla and apples. Next we cut off the tails of the shrimp. Roll out, place a tbsp of filling and cover with another sheet of dough, sealing the edges with egg wash. Cut out the desired shape and apply a very light egg wash - roll in graham cracker crumbs. Spoon into loaf pan. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters. In bowl, combine vegetables. Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water. Honey. Pour the batter into the bread pan. Cook pasta according to package directions. Wash and chop the celery and dice the cheese. Spread a thin layer of pesto on your crust. Move the cookies to wire racks or a towel. Let them cool completely. Cut the butter up into dice-sized pieces and dump it into the bowl along with the lemon juice and 100ml of iced water. Add oil to heated skillet. Sauté onions and mushrooms until almost tender.

Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, Lemon pepper, and garlic salt. Cover, and cook for 5 minutes over medium heat. Pick through beans to remove bad beans. Rinse beans thoroughly. Cover; simmer 15-20 minutes or until vegetables and barley are tender. After an hour, the dough should look like so. It should be double the size of the original. Flip quesadilla. Cook for 4 minutes or until tortilla browns. Peel and slice banana into 1/4 inch circles. Bring it up to a simmer to thicken and remove from the heat to start adding your cheese a bit at a time letting the previous handful melt before adding another. Mix well and keep stirring until it's thick. Evenly pour or spoon the mint flavored rum onto each of the cupcakes. Roll the remainder of the dough out and top the pot pie with it. Fold the edges under and crimp them. Cut a few slits in the center to let the steam out. Press over the bottom and up sides of pan to form a "crust.". Pour over vegetables. Throw it all in the fry pan with some oil (sesame is good) to keep it all well-lubed. Cook until either heated through or in the case of raw meat or veges, for a few minutes until it's getting close to being cooked. Add the honey. Now, in a large bowl, mix together your eggs, milk, vanilla and rum. Whisk it up. Remove from heat and

stir in remaining ingredients. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet). Drain fat. Place in the roasted squash and cover in the bechamel sauce. Add the Worcestershire sauce and tomato sauce. Cook the green beans on low heat until tender. Then drain off the water. Roll the dough out into a 1/2 inch thick rope and cut it into 1/2 inch sections. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties. Add flour, baking powder, and lemon rind, beat 4 minutes. Roll in crushed cereal flakes. Stir the cucumber, chopped garlic and seasonings into the yogurt mixture. In a small saucepan of boiling water, cook the lentils for 15-20 minutes, until soft. Drain well and set aside. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese. Whisk together the cornstarch, red wine vinegar, dry sherry, dark soy sauce, toasted sesame oil, and sugar. Heat the pan and fry the washed dried squid. Cover and set aside for at least 3 hours in the refrigerator. Let the cookies cool on the cookie sheet for about 1 minute. Combine the peanut butter and remaining 1.5 cups water and bring to a boil, whisking to combine. Coat chicken with yogurt. Roll in

bread crumbs or crushed cereal. Drop spoonfuls 4 inches apart on baking sheet. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing. Spoon the pineapple mixture over cooked pork. Take three eggs, four Tbsp of milk, a little bit of salt, pepper, oregano, basil, and sugar and whisk together until just starting to froth. Heat up a pan until a drop of water will slowly sizzle, and add a Tbsp of butter. As for your pan, you should have a non-stick, shallow-sided pan. Once the butter has frothed over, add the egg mixture. Add oil and mix until crumbly. Lower the heat until it makes the eggs firm up. You can also scramble them, which is quicker if you are really in a hurry. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces. Bake for 50 minutes - 1 hour at 350°F or until a toothpick inserted into the center of the blueberry cake comes out clean. Allow the blueberry cake to cool for 10 minutes before removing the cake from the springform pan. Dust the blueberry cake with powdered sugar. Top with tomato soup and tomatoes. Add the remaining half of the meringue and again, fold it in gently. It's ok if some white streaks remain. With the pan on nice low heat, get the



shallots sweating (they should get nice and translucent, not brown). Remove the skin from the chicken and any extra fat. In a large skillet combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes. Add your two ounces of bourbon (about four tablespoons). Add on the vermicelli. Reduce heat and simmer for 20 minutes. Cover and heat over low heat about 5 minutes. Refrigerate leftovers. Spread 2 Tablespoons peanut butter on bread. Add 1/2 cup chicken broth (save the other cup of chicken broth for later.). Add grapes to mixture and stir gently. Wash the vegetables. Stir lightly to combine and cook over low heat until tender. Once you see that the Philadelphia cream cheese has melted. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together. And 1/3 of the buttermilk. Reduce until the peach is soft. Dice all the fruits and vegetables and then add to the bowl. Combine beans, corn, and salsa in a medium-size bowl. Mix. Now chop your 1/2 red onion by slicing as thin as you can manage, the quartering the slices like so. Lightly grease 9 inch pie plate with vegetable oil. Pat turkey into pie plate. When the honey has softened and the sauce mixes well together, remove from heat and place the chicken in the mari-

nade. Add the olive oil to a separate pan and cook your onion until it's just about brown. Start out by dicing the tomatoes. Remove the seeds, as to not make the guacamole into green water. Add your chocolate chips to the cookie dough and stir on low speed. Grease with small amount of cooking oil or use non-stick cooking oil spray on a 10-inch round pan (at least 2 1/2 inches high). Powder pan with flour. Tap out excess flour. Add remaining ingredients and stir to mix. Take a dish and line the bottom with pasta and allow some sheets to drape over the sides. Wash and remove the stem end, and slice the eggplants into 1/2-inch slices. First, mix the water, yeast, and sugar in a large mixing bowl. Allow to stand for 5 minutes until the yeast blooms and floats to the surface. Add the final half of the dry mixture and slowly beat together until it just comes together and you don't see anymore dry mixture. Do NOT over-mix. In a large bowl, mix sugar, oil and eggs together. Beat well. Dice tomatoes, cucumber and onion and place in a large bowl. Place beans in a small, resealable plastic bag. Squeeze out extra air and seal. Mash beans with fingers. Fry gently for five minutes. Place the 4 slices of smoked bacon on chopping board or other surface and spread the mustard on top of them. Add the vegetables to the pan. Keep

stirring the vegetables until they are tender-crisp. In another bowl combine cottage cheese, egg and oregano. Add celery and onion; cook until tender, about 10 minutes. Add the bacon to the bowl and mix in. Add your chopped bacon to the pan and fry until it begins to crisp up. Toss in your chopped onion and fry in the bacon fat until it begins to soften and turn translucent. Toss in your minced garlic and saute for just a minute until it smells really good. Lay your wrapper in a plate. Take about a tablespoon of the filling and lay on top near the bottom end of the wrapper. Form into a log shape as big as your finger. Peel and slice potatoes into rounds, and add to pot. With your mixer on low speed, continue beating and add 1 cup of flour, baking powder, baking soda, salt, cinnamon, and nutmeg and beat just until combined. Whilst waiting for the spicy tomato sauce to finish cooking, peel the celeriac (make sure that none of the skin remains, it tastes pretty unpleasant) and dice it. Boil up some water. Combine dry milk, flour, and salt in a large bowl. When 15 minutes are up, add the beans and warm for a couple more minutes. Add the cheese and mix it through. Not too much - it's meant to be a light dish. Melt butter in a saucepan over medium heat. Sift the flour, sugar, baking soda and cinnamon into a large bowl.

Sifting helps the flour absorb more of the liquid, and makes for a moister, softer cake. Pour liquid over meat, add potatoes and garlic. Bring to a boil, cover, simmer for 45 minutes. Blend on high until smooth. Blend with the anchovy base and add the balsamic vinegar and honey. Slowly add the oil while whisking constantly. Finish with the rosemary, lemon juice and pepper. In a large bowl, cream the butter until smooth. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost (50% power), and cook an additional 10 minutes. Put all ingredients in a cooking pot and cover. Let sit overnight in refrigerator. Add cocoa flour to beaten eggs, mix well. Then put them in the freezer for about 30 min or so, to stiffen. Spoon some salsa over the eggs. Add the cooled potatoes. Stir again. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours. Now place two poached eggs on top. In a microwave safe bowl, whisk together the sugar, cocoa, & cornstarch. Whisk in milk a little at a time so the mixture does not have any dry lumps. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes. Boil up some water either in a kettle or in a separate pot of water. Empty your soup stock into a heat safe vessel (a measuring cup will do just fine)

and add water to it once your water's boiling. Prepare the banana, smash it using a fork. Pour hot lemon mixtue around chicken. Top each chicken piece with a lemon slice. And then beat it until it's nice and smooth and creamy looking. Mmmmm. Store covered in refrigerator and use within 1 week. When the 20 minutes is up, stir up your potatoes and shallots and add your fresh thyme, and pop your roast in the oven. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight. Once the cheesecake has been in the fridge overnight, carefully unlock and remove the springform pan. If the crust is higher than the cheesecake, you can easily remove it by breaking it off away from the cake. Spray your pan with some Pam or other food release spray of choice. Then pour the graham crackers in the pan. Whilst you're waiting, chop the mango into big chunks. and apple cider vinegars. Combine sugar, flour, and lemon peel in a medium bowl and mix well. Bake until golden brown, about 12-14 minutes. Dice your potatoes. Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a rack to cool. Halve the celery length-wise then coarsely chop. Cook meat and onion until onion juices are clear. And blend (low speeds seem to circulate it better). You may

have to stop it and stir it to get it all blended. Wash and shred the cabbage with a knife or grater. Put in a mixing bowl. Peel the pears and steam in a double boiler for 15 minutes. In a small bowl, stir together the dry milk and flour. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry. Add lemon peel and garlic and stir for 30 seconds. Light, and flambe until the fire goes out. Add corn starch and pepper into the minced pork meat. In a large pot over high heat, combine all ingredients, bring to a boil. Add cucumber slices and stir until coated. Gorgeous. All chopped in half. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally. Remove sides of pan. Add 4 cups water, seasonings, tortellini and, if desired, 1 cup each coarsely chopped carrots and celery. Return to boil. Reduce heat to low, cover and simmer 1/2 hour, until tortellini and vegetables are tender. Add the sour cream and mix thoroughly. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water. Cut the garlic and lemon

into half. Mince the 5 cloves of garlic and cut the onion into cubes. Pancake is done when bottoms are golden brown. You may have to get fancy and move the sheet around to get everybody to the same level of perfection. Now the pasta should be about done (do a taste test if necessary). Drain the pasta. Once you are happy with the dough, cut it into four pieces and throw down some bench flour. Thaw and drain the vegetables and then spread over the rice mixture. Mix the garlic, cumin, paprika, and salt in with the tomatoes. Mix well and let it marinate for 30 minutes. Add the other ingredients. Refrigerate leftovers within 2 hours. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in a small bowl. Blend well. Add to vegetables. Wash, peel, and cut the rest of the fruit into slices or medium sized pieces. Add beans and simmer for 2 1/2 hours until beans are tender. Top with broccoli, cheese, onion and meat. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking. Refrigerate leftovers within two hours. Saute the mushrooms. Set aside with the other veggies. Remove seeds from peppers. Cook in boiling water 2 to 3 minutes. Drain. Set aside. Turn the dough onto the prepared cookie sheet. Divide the dough into two equal portions. Crimp the edges for a pretty presentation when they

cook. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick. Slice and plate the tuna in a shallow bowl. Pour the nage on the side of the bowl until it comes up about a 1/4 of the way up the tuna. Top with the wok-fried vegetables. Add the cooked rice. Add the eggs and mix. In a separate bowl, measure dry ingredients and stir to combine. Add raisins. Put your cut up peppers into a large salad bowl. Mix all the wet ingredients and spices in a bowl. Blanch for 3 minutes. Strain and leave in cold water (to stop the cooking process). In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes. Add mushrooms and broccoli. Cook until they are tender. Now find the flap of skin behind the wing joint that connects it to the body. Make a slice straight down the side through the skin. Start peel the skin off while slicing through the membrane. Beat your eggs, oil, sugar, vanilla together in a large bowl. Cook meat in a pot over medium heat until brown. Drain and rinse beans. Mix fruit in a large bowl. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time, just enough to moisten dry ingredients. Cut the onion. To heated oil, add squash and onion. Cook on medium heat until tender, about



10 minutes, stirring often. Sprinkle the top with bread crumbs. Add in the cooked chicken and mix together well. Slice and cut cabbage into thin strips. Place pieces in large mixing bowl. Bake at 350 degrees for 60-70 minutes until center appears set. Over medium heat, slowly stir the milk into the macaroni. Add 2 slices of tomatoes for eyes. Puree in blender with the buttermilk, shallot, and garlic and let cool. Add the cornichons, yolks, tarragon, mustard, and capers. Slowly drizzle in the olive oil until it becomes the consistency of an aioli. Season and finish with a squeeze of the lemon. Bake at 350 degrees for one hour. Use a spoon to press the crumb mixture into the tomato halves. Wash your hands and work area. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about 1/2 inch thick. Prepare fruit by washing and slicing if necessary. Slowly roll the leaf with all ingredients. While it's heating, dice up your tomato and lettuce so they're on standby. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza. Carefully stir in bell peppers and green onions. In a large saucepan sprayed with non-stick

cooking spray, saute the carrots, onion, and garlic over low heat about 5 minutes. Add in the beaten eggs and stir again. Sift the flour, salt, cinnamon, and baking powder into a large bowl. Reduce the heat to medium-high. Cover and cook for 5 minutes. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad. Mix the salad. Peel and grate carrots. Add to mixing bowl. Put the ginger and habaneros in the saucepan with the OJ mixture. Simmer while we prep the carrots. Carefully drain the noodles and separate them with tongs so they don't stick together while you get ready to construct the lasagna. Stir well with a wooden or plastic spoon. Make a flour and cornstarch slurry and slowly add it to desired thickness. Add the cabbage and carrots. Make sure not to overcook them. Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese. Bake for 20-30 minutes. Dip into the batter and deep fry until

golden brown. Pour into a large bowl, and add pumpkin, vanilla and spices. Refrigerate until cold, about 30-40 minutes. Mince your pepper and garlic. Slice banana into thin circles. Assemble salad by placing greens on a large plate. Top with a scoop of tuna salad. Use a cheese grater or slice all vegetables thinly with a sharp knife. Put meat in a strainer to drain fat. Rinse with hot water. In a pan put just about a tablespoon of oil and start browning the meatballs. Flip them around to get an even coloration. Stir the white chocolate until fully melted. Turn off the burner. Beat in the eggs, adding one egg at a time before mixing in the next. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil. Divide into two equal-ish portions on your cookie sheet. Allow these to cook a bit, watch the cheese and check the underside of your tortillas. Heat the oil in a frying pan on medium heat. Add grated cheese to top; cover and let set for 5 minutes. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned. Remove it from heat and let it stop bubbling and rolling around before you get out your trusty hand blender. Coat chicken with yogurt. Roll in bread crumbs or crushed cereal. Put them in a roasting dish big enough that there aren't pieces of asparagus on top of one

another. In a small bowl, mix the ricotta cheese, 1/4 cup Parmesan cheese, and Italian seasoning. Now make the icing to top the carrot cake. You'll need mascarpone cheese, heavy cream, vanilla extract, an orange, cinnamon, and sugar. Finely dice the jalapeno(s). Add a few drops of water to the sugar and caramelize it. Add liquid mixture and cook until bubbly. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter. Cut your rested pasta dough into thirds and roll one section flat so you can feed it into your pasta machine. Mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds. Remove from oven and set aside. Stirring constantly, add the rest of the dijon mustard, mushrooms, seafood and hen. Simmer for 5 minutes then add the stock and the heavy cream. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture. Mix vinegar, black beans and soy cake together then mash. In a medium bowl, combine graham cracker crumbs and brown sugar. Add melted butter, stirring until combined. Pour half of the batter into each greased pan. Bake for 45-55 minutes. Wash hands; get out ingredients and utensils. Cover and refrigerate until chilled. Cook spaghetti according to package, drain. Add garlic and cook 1 minute longer. Add chopped tomatoes.

In a 3-quart saucepan, combine sweet potatoes, molasses, ginger, baking powder, salt, and vegetable oil. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl. Add to yeast mixture along with 2 1/2 c of flour. Season milkfish with a little bit of salt. Dredge in flour. Cook the roux for a few minutes until it starts smelling nutty. Add your chicken base (or salt) and slowly pour in the milk whisking constantly. Cook off the flour in the bechamel sauce, and finish it with 1 cup of cream. Let reduce to 3/4, then add the remainder of the cream. Squeeze 1/2 a lemon in it. Here you can see that the dough pulled away from the sides of the bowl and formed a ball. To know when it is done, touch the dough. If the dough is incredibly sticky, then add a little extra flour. You want the dough to be smooth and not too sticky. Add more olive oil, salt and black pepper. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender. Take out of the oil when done and set aside. Wash out (get off all the salt) and cover both sides with flour. Grease 12-cup muffin pan. Bake at 350°F for 10 minutes or until hot. Sprinkle with cheese. Now lets get to that green stuff. First cut your broccoli up. Place greens in a pot with about 1 inch of water, cover with a lid, and bring to a boil. Keep your heat low, it will want to boil

over. When it's finished, reduce the heat, and slowly stir in your whipping cream, and bring it back up to a boil. After frying the chicken for a little while, until it's a little more white and a little less pink, add your cup of chicken stock. Bake. It's good to see some bubbles. Add Madras curry powder and mix well. In a pan over medium/high heat, add butter. Add potatoes and fry for 3 to 4 minutes (test with a knife. The center should be soft). Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes. Butter, brown sugar, and granulated sugar. Bake at 350 degrees for 30 minutes. Butter your bread on both sides. Pour some oil in a pan and fry the onions. Mix those pulverized Oreo cookies and cream cheese together until it resembles mud. Pour the banana pudding into your baking dish and spread it out evenly. Set these edge bars aside to cool, and sprinkle with powdered sugar. Return the pans with the centers to the oven for approximately 20 more minutes, or until the base is firm but not hard. Cut into bars as before and sprinkle with powdered sugar. Sprinkle a small amount of flour on top of each ball and press the tines of a fork into each one to make the distinctive indentation. Once the sugar is thoroughly mixed in, add in the vanilla

extract. Mix. Cut into 1-inch cubes. Saute at medium-high heat until the chiles start to sweat. Stir frequently to avoid sticking/scorching. Add broth/stock to cover, then add the peanut butter. Mix in vanilla extract. Measure 3 and 1/2 cups of flour into small bowl. Stir in salt. Add flour mixture 1/2 a cup at a time, mixing thoroughly to form, a stiff dough (you may need to add a little more flour if dough still looks oily). Slice English muffins in half and place on ungreased, large cookie sheet. Add the vegetable oil to a pan over medium-high heat. Add the chopped onion and salt and stir around the pan. Reduce the heat down to medium and cover the pan with a lid. Cook for 5 to 10 minutes, or until the onions become soft. Mix the dry ingredients together in a bowl. Flour, sugar, baking powder, ground ginger, and ground nutmeg. Prepare dressing in mixing yogurt and salsa, then set aside. Stuff lemon or orange into chicken cavity. Cut into 24 bars. Stretch/press to make a little bit bigger and make the edges thinner, and spoon a scant tablespoon or so of filling into the well. Hold bao in one hand, and with the other, pinch two sides shut. When your sauce has about five minutes to go, add the arugula. Sieve the flour and salt into a large bowl. Mix them with 2 eggs and a tablespoon of water. In a Dutch oven or

stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat. First, make the crab cakes. Shred your crab in a bowl. Mince a stalk of lemongrass - remove the tough outer leaves until you get to the tender innards- and add to crab. Add about 1/4 cup mayo, about 2 tsp lime juice, salt and pepper, and a few TB of panko. Drain your beans and put half with the corn and mash up the other half in a bowl. Place in a small but heavy saucepan and add 2 TB of heavy cream and 2 TB whole milk. Melt slowly over low heat and whisk to combine. Put the semisweet chocolate chips, peanut butter, and butter into a 1 quart microwavable safe bowl. Combine cream, milk, and sugar in saucepan and cook over medium-high heat until hot and the sugar is completely dissolved, stirring occasionally. Add yeast mixture to flour mixture and stir until it forms a smooth ball. Add a little more flour if the dough is sticky. The Flour and Sugar. Place balls on a cookie sheet lined with wax or parchment paper. Refrigerate for at least 15 minutes. Let's cook the chicken. Olive oil in a non stick pan, eyeballing again. Rinse chicken wings and dry on paper toweling. Tuck the wing tip under the larger joint to form a triangle. Put the breadcrumbs into medium bowl. Add the spices and oil. Bake for 45 minutes until a



toothpick inserted near the middle comes out clean. When the eggplant is lightly browned and soft, take the dip out of the oven. Wrap the beef up tightly in plastic wrap and freeze until solid. Add salt and pepper. Once the meat is almost fully cooked and only has a very slight pinkish color you can add the brown sugar, tomato puree, ground pepper, ketchup, yellow mustard, Sriracha, and water. Spray a 2-quart baking dish with vegetable oil spray. Flip the pancake when bubbles appear on surface; turn only once. Carefully open pita breads and fill with equal amounts of greens and tuna salad. Divide mixture into 8 balls and shaped into sticks about 4 inches long. Let's get the Ahi marinated in some Olive Oil and squeeze that Lemon over the top. Put eggs into a saucepan. Cover with cold water. Put the potatoes and the butter into the bowl of an electric mixer. Cook for 5 minutes on medium heat. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute. Let cool, and mix into the bread crumbs. Add the bacon and fold in two eggs. Stir in the lime juice, salt and pepper. Chop the cilantro and stir only until combined. Immediately place under cold running water. Slip the peel off, cut in half, and remove the seeds. Roughly chop the remaining tomato. Spread 1/3 of the soup mixture on top of the

tortillas. Bake until a little bit firm, about 25 minutes. Do NOT turn on stove top until all layers have been added. Prick potatoes with fork. Bake at 425°F for 60 minutes or until fork is easily inserted. Add the pepper. Peel and chop the onion. Transfer mixture into casserole dish. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low. Spread cooked vegetables in pan. Spread cheese on top of vegetables. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes. Combine all ingredients and mix well. Spoon on meat and bean mixture and top with broken tortilla chips. Reheat until pliable by sticking in a 500°F oven for a few minutes. Roll over greased cannoli mold and allow to cool. Remove mold. When the beans are done, remove them from the heat. They'll be bright emerald green and delicious. Cheese starting to melt. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator. Pour the batter into the sprayed pan and shake to make it level. Add the 1 cup of sifted flour, cocoa powder and salt to a medium-sized bowl. Refrigerate leftovers. Garnish the pumpkin fudge as desired with melted chocolate and finely chopped or whole pumpkin seeds- or just leave it plain. Add the sliced scallions (spring/green onions)

and lime juice, throw in a handful of coriander(cilantro) leaves and stir. Turn it over once lightly browned. Pour some of the juice and yogurt mix into each cup to cover the peaches. Add the chopped lamb or beef. Carefully flip quesadilla. Cook for 4 minutes until cheese is warm and bubbles and tortilla browns. If you do not want to flip it, put a cover on the pan and cook until the cheese melts. Measure out the brown suagr. Put sweet potatoes in baking dish. Add the broth, curry powder, and lemon juice. Sprinkle with cheese; toss lightly. Mix together milk, vinegar and molasses. Add in the ham. Pour into a small baking pan to approx. 1cm depth and chill. Sprinkle lemon pepper, parsley, and dust with paprika (optional). Put the sour cream, yogurt, and dill in a medium bowl. Stir together. In large skillet, melt butter and brown sugar. Stir briskly with a wooden spoon until dough comes together. Sprinkle with garlic powder and Italian seasoning. Turn on oven to 350°F. Prepare the carrots by chopping off both ends. Blend at high speed in blender until frothy. Pour gelatin and grape juice over berries and refrigerate until firm (about 1 hour). Take out before it gets too brown. Drain the syrup from the oranges into the mixture. Add the soy sauce, orange extract, rice vinegar, and sugar (these are just esti-

mates, you may need to play around with the measurements). Wash and prepare squash and apples (for extra fiber, keep peel on apples). Once you flip, the other side will only take about a minute, so put your toppings on half of the crepe, like an omelet. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste. Put the pieces of duck into the pan and commence to fry both sides. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers. Stir in tomato-based pasta sauce. Bring to a boil. Turn heat to low and simmer for 3 minutes. Cut dough into 12 even pieces (about golf-ball size). When they have reached appropriate doneness, open the cans of beans. Cook pasta according to package directions but do not add salt to cooking water. Drain, rinse with cool water, and drain again. Just combine everything in a bowl. Adjust seasoning according to your taste. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft. Add in the dried shrimp. Wash hands. Fry the bacon and set it aside. Wash hands; get out utensils. Combine all ingredients and stir to mix. Toss the corn into a bowl, and throw the rest of your butter in the skillet. Toss those vegetables in the pan and let them cook for 3-4 minutes. Make sure you don't let the garlic

burn. Add the pasta, your sauce, the mozzarela and half the parmesan in a baking dish. Add some salt and pepper to taste. Add a pinch of the pepper flakes. Cook the other side for about 1 minute or until golden brown. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired. Add your tomato puree. Close-up. Pour the butter all over the brown sugar. Measure oregano, pepper, garlic powder, onion powder and mix together. Bake 5-20 more minutes, until granola is golden brown. And there is your chocolate almond sandwich cookie. Drain marinade from beef. Put beef in skillet, stir and cook for 5 to 7 minutes or until meat is thoroughly browned. Once it's mixed, fold in the cinnamon swirl. Don't mix it, fold it; you want it to swirl. Also add the swirl in thirds. After that put it in the freezer for maybe a half hour. Soak and wash the dried whitebait / silverfish. Combine cauliflower, peas and water in a 1-quart casserole. Cover. Microwave at High 6 to 8 minutes, or until fork tender, stirring after half the time. Let stand, covered. Cook 5 minutes, stirring often. Add the garam masala, onion juice and the shallots and mix. Transfer to an oven dish (we cooked in an oven dish from the start) and cook in the oven for about 30-45 minutes, depending on how long it takes

to get the potatoes cooked through. If it dries out too much than just add a bit of boiling water. Cook potatoes in boiling water until tender. Add in the hot dogs last. Mix well, slowly adding water to moisten the crumbs. If you have a toaster oven, you can just ready the bread with the steps given below and pop the slices in easy-peasy but we didn't have one to use, so we readied a handy Silpat and flat baking pan instead. Drain pasta, add to cheese mixture. Place dough in lightly oiled bowl, turning to oil top. Cover with clean towel; let rise in warm place until double, about 1 hour. Add cubed Philadelphia cream cheese into Chicken Broth Saucepan. Stir. Keep heat low. You want cheese to melt but do not want mixture to boil. Put the water in the saucepan. In a saucepan, combine the milk and cheese together with a whisk and slowly bring to a boil, but do not let it boil for longer than 30 seconds. Slice the hot dogs in bite size pieces almost the same size as your mallows. Peel and chop the onion. Grill for about 15-20 minutes or until meat is done. Make a well in the center of mixture and set aside. Spread your garlic spread on them. Add the remaining ingredients, except for the paste. Cook asparagus in a large pot of boiling water until tender, about 4 minutes. Heat oil in large non-stick skillet. Add

chicken and sauté about 3 minutes, or until lightly browned. Add carrot, chicken bouillon, and pepper sauce. Stir. In a large bowl, combine ingredients and mix well. Combine dressing ingredients; stir well. Pour over bulgur mixture and mix well. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes. Mix the Gelatin in with a small bit of boiling water until well dissolved. Fill a cookie sheet with the sugary balls. Bake at 375 degrees for 30 minutes. Stir in the tomato puree, chicken broth, cooked squash, and herbs. Chop the Salami Felino roughly, or skip the salami if you want to make the dish vegetarian. Add stuffed dough to soup and cook 15 more minutes. Prepare the dough by mixing matzo meal, semolina, water, and salt. Dissolve yeast in 1/4 cup warm water; stir into cornmeal mixture. Add whole wheat and rye flours and mix well. Stir in enough all purpose flour to make dough stiff enough to knead. The sauce needs to simmer for a while, so start that first. Pour the OJ, wine, and honey into a small saucepan. Cut each zucchini into thin slices. Brown the quarters off at 400°F for about 30 minutes. Flip them after about 20 minutes. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended. Place the following foods together in a blender. Blend for 30

seconds to 1 minute. Stir until the dry ingredients are barely moistened. Do not over-mix (the batter should be lumpy). In a mixing bowl, mix the flour, baking soda, and salt. Set aside. Whirl the herbs by themselves in the processor, then add the Romano and the broken-up blue cheese. In a medium skillet, heat oil. Saute onions, garlic and zucchini in oil for 5 minutes on medium heat. Put chicken pieces on top of the vegetables. Add milk gradually. Coat a baking sheet with vegetable cooking spray. Place fish in a glass-baking dish. Cover with wax paper. Mix the meat and sauce together. Mix ingredients for tuna salad in another medium sized mixing bowl. Start cooking the bacon. Bring broth to a boil, cover, reduce heat and cook about 15-20 minutes on medium heat until sliced carrots are crispy-tender. Pour the mix into an angel food tubular pan and bake for 1 hour and 15 minutes, or until the top is nicely browned. Arrange the potatoes on a nonstick baking sheet and bake for approximately 30 minutes until potatoes are golden brown. Break the salmon into flakes. Drizzle bread with melted butter and 2 TB sugar, toss to coat, and put into the pan. Set Aside. Put your lukewarm water in a large bowl, sprinkle your yeast over it, and then stir in 1 tablespoon of sugar. After sitting for a few minutes, it will start to thicken



up and emit a smell not unlike beer. Add cabbage and return to boil. Reduce heat. Cook covered over medium-low heat for 5 minutes, stirring occasionally. Eat it dry or with milk. After you add that to the saucepan, you'll want to mince a serrano. Take another baking sheet and place on top with a weight to compress for an hour. Spread 2 Tablespoons of tomato sauce on pizza. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top. Grease round pie pan or 8 x 8 inch baking dish. Cook onion and pepper over medium heat for 5 minutes or until tender. Make pockets out of cross slits, leaving about ½ inch on end and make 4 slits. (Don't cut them all the way through). Wash hands and cooking area. Wash your hands and work area. Strain. Return to heat. Crush the bread crumbs on a cutting board with a rolling pin or jar. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top. In a new saucepan, place 4 cups of water along with 4 Chicken Bullion Cubes. Turn heat to low and let bullion cubes melt. Stick a popsicle stick in the center of the mix in the cup. Add your garlic, onions and shallots, and cook for a few minutes or until they begin to turn translucent. Now cut it lengthwise into 2 cm chunks. Place chili in a 10-inch skillet. Stir in corn. Heat thoroughly.

Over an egg roll wrapper, lay a couple of lettuce leaves. Combine 2 Tablespoons sugar and 1/2 teaspoon cinnamon in a small bowl; set aside. In a separate bowl, mix tomato sauce, chili powder, salt, and pepper. Cut the papaya open and scoop out the seeds and strings. Halve, pit, and peel your avocado. Make several vertical cuts in it, leaving it connected at the top. Spread it out into a fan and put that on top. Chop up tomatoes, potatoes, onions, feta, bread and lamb into half-inch cubes. You can't make carrots into cubes, so cut them normally. Don't use a feta with a strong taste - cheap cow milk feta will do. Then half the sauce. Combine all ingredients in small container. Bake on a pizza stone (or cookie sheet) for 30 minutes, or until the top is golden brown and the inside oozes with yum. Look for avocados that are large, heavy for their size, free of blemishes and ever-so-slightly soft to the touch. To cut, slice in half around the pit, then WHACK a large heavy knife into the pit. Twist the pit and it will pop out on the knife. Add the banana and yogurt. Add the chocolate and slowly mix into the caramel. ..and whisk the eggs. Add the eggs and the vanilla sugar to the chocolate. Cover, and refrigerate for at least one hour. Cook on medium-high for 6 minutes on each side, or until cooked through. Remove

from pan and keep warm. Cover and refrigerate at least 8 hours. Fry until golden. Heat the oil in a frying pan or stir-fry pan. Add the onion slices. Slice each potato in half lengthwise. Mix turkey, celery, potato, onion, and green pepper. Heat oil in a large skillet over medium heat. Wash and slice berries. Top with cheese and bake another 4-5 minutes until cheese is melted. Top with remaining spaghetti sauce. Combine all ingredients and mix well. Mix corn, broccoli, egg, cracker crumbs and margarine together in greased 1 1/2 quart casserole. Spray down some pans and add teaspoon sized drops of batter about 2 inches apart. Bake the cookies for 15 to 20 minutes. Put on medium heat and bring to a boil. Stick in in a bowl and add a bunch of olive oil to make a simple marinade. Combine flour, whole wheat flour, yeast, sugar, salt and powdered milk in a one gallon resealable freezer bag. Squeeze upper part of bag to force out air and seal bag. Shake and work bag with fingers to blend ingredients. Bake for about 25 minutes or until a cake tester or toothpick inserted into the center of the cupcakes comes out clean. To ensure that the cupcakes bake evenly, rotate the pan in the oven after about 13 minutes. Once the cupcakes are done, remove the pan from the oven and place it on your stove or a

wire rack to cool. Peel and chop the onion, to make 1 tablespoon of chopped onion. Cut into cubes 1 - 8 oz. package of Philadelphia Cream Cheese. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder. Melt the chocolate over a baine marie. Whip the cream with the other 2/3s of the buttermilk to soft peaks - refrigerate. Stir from time to time and add the sugar, not all of it at once, though, and keep stirring. Brown meat and onion in fry pan. Drain off fat and liquid. Warm a 9-10 inch skillet over medium-high heat. Spray with cooking spray and add the butter. Melt the butter and tilt the pan to coat. Add the egg mixture and smooth it out as much as possible. It's important to mention that the egg mixture is so light it will actually float on top of the butter and never touch the pan, giving a very gentle cooking. If your egg mixture sinks to the bottom of the pan and doesn't float, you have over-beaten or under-beaten your egg whites. Add your broth to the pumpkin, and cook over high heat for 20-30 minutes or until pumpkin is very soft and the broth is thicker. Reduce heat and taste the broth. Season to taste with salt and pepper and curry. Next measure out all of your ingredients and put the Milk, white sugar, cinnamon, nutmeg, and vanilla into a mixing bowl and blend it together. Add the ginger and curry

paste and cook for another minute. Drain tofu. Wrap in layers of paper towels to dry. After the 5 minutes, beat in the eggs one at a time. Make sure egg is incorporated and dough is smooth before adding the next egg. After the 4 eggs, beat vigorously until dough is smooth and shiny. Lower the heat and add noodles, water, soy sauce, sake, rice vinegar, sugar and nori. Mix well and cook for a couple of minutes. Cover and simmer for 30 minutes. Beat eggs and add to tofu mixture. Cook until firm. Wash potatoes, leave skin on and cut in bite-size chunks. Place all ingredients except greens into large saucepan and bring to a boil. In a large bowl, combine pudding mix and powdered sugar; add cream and sour cream. Beat at medium high speed with an electric or stand mixer until stiff peaks form. Peel the potatoes, and chop them into 1 inch cubes. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool in the refrigerator. Spoon 2 tablespoons pizza sauce over each English muffin half. And then turn up the heat on your stove to high for about 5 or 6 minutes. Let the jambalaya cook and thicken for about 15 minutes, stirring constantly. Bring to a slow boil and add the rice. Stir for three minutes, then lower heat and cover. Cook the

jambalaya over low heat for about 30 minutes, stirring occasionally to keep the rice from burning to the bottom. Cover and let it sit for 30 minutes. Mix in the marinade with the chicken, cover and put in the fridge for 3 hours. In a jar with tight-fitting lid, combine all vinaigrette ingredients; shake well. If you don't have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk. Add the sauce from the pan to the pot. Then add the potatoes to the pot. The starch from the potatoes was supposed to thicken it in to stew, but it didn't work. Sadness. Add the squash, yams and stock. Simmer for about 40 minutes or until soft. Let cool for 30 minutes. Sprinkle lemon pepper, parsley, and dust with paprika (optional). In a small bowl, beat the egg lightly. Add the milk and oil. Carefully stir in the mandarin oranges, pears, and strawberries. Cover, lower heat. Simmer about 15 minutes or until carrots are tender. Chop the eggplant into 1 inch cubes. Chop your ginger very fine. Place chicken in a single layer in a shallow, ovenproof dish. Add oil, egg mixture and milk to the flour mixture. Mix. Pour into a lightly oiled baking dish. Roll it into a ball. Add the chicken and cook it for about 4 minutes on each side. Drizzle the juice of 1/2 lemon over the chicken for each side. Add the 1 tsp of Baking Soda, 1

1/2 cups of flour, 1 cup of Golden Raisins, 2 1/2 cups of oatmeal, and the whole 10 oz package of Cinammon chips and mix by hand. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl. Store the dip in the fridge for 1 to 2 hours to let the flavors blend. In a medium saucepan, add the milk, cream, and coffee, and 7 TB of the sugar. Stirring occasionally, scald the milk (tiny bubbles will start to appear around the edges; do not boil). Remove pan from heat, cover, and let steep 30 minutes. Mix the parmesan cheese and breadcrumbs together. Fold in dry mixture; being careful not to over mix. Spoon into prepared pan and sprinkle with pecans and sugar-cinnamon mixture. And divide it into quarters or sixths. Take each portion, and roll it out into a long cylinder around 3/4 to 1" in diameter. Add quick (not instant) oats. Mix well. Cook vegetables until just tender. Drain and cool. Place potatoes in nonstick shallow baking pan. Cook over low heat for about 1 hour until the chicken is tender. Spread half of the cheese mixture over the noodles. Top with half the spinach or broccoli. Do your prep first, have all of your vegetables ready. Combine all ingredients in a bowl. Flip with a thin spatula and cook until they are golden on the other side, and springy to the touch. Keep the pancakes warm on a rack set

on a baking sheet in a 250°F oven while you finish cooking the rest. And your yolks go in a different bowl, where they get beaten to a thick, lemon-colored pulp. Heat to boiling, stir constantly until mixture is smooth and bubbly. (The consistency should be like thin cream.). Pour the tomato sauce over the vegetables. Pick up a piece of dough and roll it around in your hands until it's round to oblong. Then place a fork on the gnocchi and roll the fork over it, leaving an impression of the tines. Cut the jicama in half so you have a flat side for stability. Cover the pot with a lid and reduce the heat down to low to just simmer. Set your timer for 15 minutes. Every 5 minutes, lift the lid and stir the rice and put the lid back on. Do the same with the strawberries. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan. Add some cheese. Cook, stirring constantly, until slightly thickened. Remove from heat. Add the onion and sauté until golden, about 2-3 minutes. Heat butter in skillet (200°F on temperature controlled gas burner). In a small saucepan, combine sugar and cornstarch. Soak the chiles in hot water for 20-30 minutes or until pliable. Open the can of pineapple, but don't drain off the juice. Divide into four bowls and top each



with 1 Tablespoon of shredded cheese. In a large bowl, thoroughly mix oil, honey, juice, peel, eggs and pumpkin. Cover and refrigerate for up to a week. Bake till cheese is golden brown. Take the meat out of the pan and save it in a bowl. Add 2 tbsp olive oil and add the sage to the pan. Cook for a minute, add the leeks & cayenne pepper. Cook for 2 to 3 minutes and put the meat back in the pan. When the leek is cooked, turn off the heat and keep in the mixture in the pan. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl. Pour batter onto griddle or fry pan. Use about 3 Tablespoons batter for each pancake. A 1/4 cup measure is handy to use for pouring. Stir the batter up from the bottom now and then to keep it well mixed. Cook until top is covered with bubbles and the bottom is brown. Loosen edges of each pancake all around. Turn pancakes over and brown other side. First, get rid of the oil you used to fry the meat, and be careful about it. Add one tablespoon of oil to the wok and swish it around a bit. Dump in your peppers and stir-fry them on high heat, shouldn't take more than a minute or two. Place apple half in center of small plate. Shake the pan back and forth on the burner for 1 minute. Add the drained pasta to the pan with the sauce. Stir the pasta around to thoroughly

mix the two. Cook the two together for about 5 minutes to let the pasta absorb some of the flavor from the sauce. Beat eggs with electric mixer (or by hand) until very thick and light, about 5 minutes. Slice your apple down the middle so you have nice round slices, and core. If you are not plating your salad immediately, rub with a slice of lemon to help retard oxidation (browning). Smash the garlic with the flat side of your knife and take the skin off. Then chop the garlic until very fine. Finally add the flour and stir in. Use a sharp paring knife to carefully remove the orange 'zest' from the peel. Try not to get any of the white part as it will taste bitter. Cut the zest into small slices. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more. Taste your sauce, season as needed, and pour it over the noodles and mix it up. Slice bananas and add to mixture. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes. In a large bowl, mix nuts, coconut, powdered sugar and salt. Stir pasta, cream mixture, and cheese until cheese melts into the pasta. Slice up some Kalamata Olives and Goats Milk Feta Cheese. Cover with foil and bake at 350 degrees for 45 minutes. Shake on bacon bits if desired. Here is the finished glaze.

Add mashed sweet potatoes and mix thoroughly. Place the choux pastry dough into a gallon ziplock bag (one without an expandable bottom) and cut off the tip. You want to cut off the least amount (say about 1/8") to start with for testing. (You can just put what you used for your test back into the bag). If you have a professional pastry bag with a coupler, use that instead. Mix the filling ingredients in a bowl. Squeeze the spinach gently to get the water out. Add onion and stir fry until onion is clear and begins to brown. Cut the cabbage in half and rinse it with water. In large bowl, combine hash browns, green pepper, 1/4 cup onion, salt, and 1/4 teaspoon pepper. Trim the piece of watermelon into a perfect rectangle shape. Cover the cups with a sheet of aluminum foil. Meanwhile, beat the powdered sugar into the ganache until creamy and smooth. If you tilt the bowl and the filling stays put, it's done. Remove from heat and allow to cool; fluff with fork. Scrub potatoes well to remove any eyes or blemishes. Add honey. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat. Note the purple color to the pan and the way it's near solid at the edges. The deglazing is now finished. Stir in the vanilla yogurt. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated

cheese. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown. Put the top half of your bread on your sandwich, and balance the brick on top, pressing down a little. Don't press too hard, though. Chill. Start a pot of boiling water for the beans, and heat up a 2 large skillets over "saute" heat. Throw the beans in the water with some salt once it starts boiling. In each skillet add 1 tbsp butter and 1 tbsp oil. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper. Cook while stirring for 3 minutes, until lightly browned. Beat 4 eggs until frothy, add sugar. Beat again until those sugar felt dissolved. You will notice that the eggs will look pale. In a small bowl, mix everything but the peaches. Stir until the mix is well blended. Gradually add flour mixture to pumpkin mixture, stirring until smooth. Blanch the cabbage with boiling water for 1 minute. Discard the water. Put onion rings, hash browns and potato wedges onto oven tray and bake 220 degrees Celsius, gas mark 6 for 30 minutes turning once. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings. Cut all the other ingredients and mix them together in a large bowl. Lots of flour on the

counter is the key here. Rolling pins are a pain. Prepare mushrooms. Bring beer to a rapid simmer. Heat oil in medium saucepan. Add celery and onions and saute until tender, about 10 minutes. Let that sit for about 10 minutes, and then pour your maple/cream mix from the fridge in it. The hard sugar coating should be higher than the level of custard in the pan. Add raisins and nuts. Put slice of bread with cheese into pan, butter side down. Top with second slice, butter side up. Bake the cookies for 15 to 20 minutes. Take a ramekin or bottom of a mug or pint glass and smoosh it down until evenly distributed upon the bottom. Drain the liquid from the green beans. Rinse with water. Pour Chex cereal into a large bowl. Use a large Pyrex measuring container to measure if you have one. It's quicker. Fold the parchment paper or foil in half and then crimp around the edges tightly in 1/4-inch folds to create a half moon shape. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan, and cover with boiling water. Simmer 5 minutes. Remove and drain cooked cabbage leaves on paper towels. Wash and dry greens. Tear into bite-sized pieces and place in large salad bowl. Make your bouquet garni by putting the herbs in a cheesecloth and wrapping it up. Add it to the mix. Cook, stirring constantly, until

slightly thickened. Remove from heat. Stir in cheese until melted and smooth. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well. Wash and chop vegetables. Place lettuce wedge on cutting board. Slice into thin strips; set aside. Slice button mushrooms. They are also available at the supermarket pre-sliced. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes. Separate the 2 cookie ends and scrape out the frosting in the middle. Roughly chop onion and add to pot. Add the stock, thyme, shredded beef and white wine, and simmer ~30 minutes on low heat. Cut the squash into 1/2 inch cubes. Add salt and pepper to taste. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally. Put the eggs in a pan of cold water. Simmer for 20 minutes. Add the lightly beaten egg, buttermilk, and 1/3 of a cup of vegetable oil to the dry ingredients. Whisk together until incorporated. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender. Cut in shortening with pastry blender or two knives until mixture looks like coarse cornmeal. Sprinkle with soy

sauce and pepper. Bake at 400 degrees for 45 minutes. While the dip is baking, stir it a few times. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough. Top with the remaining crushed pineapple. Next, place the tomatoes on the pizza and use a paper towel to soak up any remaining water. Have everything prepped and ready to make your Japanese fried rice. Dry in the oven for 2 to 3 hours at 180F. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended. Cook uncovered over medium heat for 10 minutes. Cream together the butter and sugar until nicely blended. Nice and gooey. Bake at 400 degrees for 30 to 45 minutes, until tender. Pour the cream into a bowl. Add the creme de cacao and vanilla extract, then sift the powdered sugar and cocoa powder over it. Butter an 8 inch by 8 inch baking pan. Shape into 9 patties. In a large mixing bowl, cream the butter, peanut butter and powdered sugar. Uncover and bake 15 more minutes. Also take a moment to add mustard, soy, a few shakes of pepper and a few pinches of salt to your chicken broth and mix it up. Ahh yes, the beer we'll be using. Rogue Brewery's Dead Guy Ale. Happiness in a liquid form. Once baked, put them in a rack

and let them cool down. Add salt and pepper to taste (optional). Toss all ingredients together in a large salad bowl. Stir the in pineapple chunks with their juice. Mix sauce ingredients in small saucepan until smooth. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours. Place each chicken breast in a large square of foil or parchment paper and season with salt and pepper. Add the onions, garlic, and bell pepper (again, not shown because I'm a moron and forgot to use it) to the pan. Lightly coat a 9x9x2-inch baking dish with vegetable spray. Cut 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender. Drain pineapple and oranges. Use juice as beverage. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top. Spoon the mixture evenly in each pie crust and place both in the oven for approximately 50 minutes until pies look firm in the middle. Put the potato mixture in the large bowl, add the egg, and stir well. Add the flour mixture and stir it very well. Pour the crumb mixture into a 9" springform pan. Distribute the crumbs around the bottom of the pan, but place a bit more crumbs along



the edges. Using the bottom of a ramekin or cup, push down lightly on the crumbs to pack them down. As you push them down evenly around the pan, you should have enough crumbs to start pressing along the sides of the pan. Keep working at it until the sides have an even thickness with a height of about 2 inches. Place cauliflower florets on ends of log, securing with remaining peanut butter. Dredge in panko breading. Add remaining vegetables and cook for 3 to 5 minutes until vegetables are just tender. Throw those bad boys in the freezer and let chill for well over 3 hours. Remember to leave an inch or so for expansion. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray. Set it on a cooling rack, and allow to cool. Arrange on baking sheets that have been sprayed with non-stick cooking spray. Slice the yellow squash into thin round pieces. Add the Chili spice mix and stir around good. Cream these until smooth. Dole 1 Tablespoon of whipped topping on top of the cake. Once your roux is ready, add the buttermilk and stir to combine. Bake 20 more minutes and stir as before. Use leftover cooked chicken, or cook enough chicken to make 1 cup of chicken pieces. Make 2 cups of cooked white rice. Use the package directions to make the rice. Top

chicken with your choice of vegetables and seasonings. Bake for 15 to 20 minutes or until fork-tender. Cut each log into little pieces and place on a lightly floured baking sheet. These can keep in the fridge for several hours until you're ready to use, or you may freeze them on a baking sheet, and once frozen, put them into a freezer baggie for up to a month. They can be cooked frozen, they'll just take an extra minute or two. Julienne the onion and chop the other ingredients coarsely. Chop the tomatoes into small pieces. Mix cereals together in a large bowl. While the beans simmer, remove the casings from the chorizo. If you use real chorizo you can just crumble it into the pan. If you use chicken or turkey sausage you'll need to roughly chop the sausage. Toss the sausage in a large pan over med-high heat and brown. Spray skillet with non-stick cooking spray. Place chicken, breast side down, in roasting pan or Dutch oven. When carrots are done, drain well. Top with shredded lettuce, diced tomatoes, and grated cheese. Wash and cut 5 large collard leaves, removing the thick stems. Add in tomato puree and mushrooms. Season with black pepper. By now the water should be boiling so get the pasta cooking as well. Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes

per potato. Put them in the microwave for two minutes to melt. Cook Bacon. Don't drain off the fat. Bacon fat is great for cooking. It has a high smoke point. Cooks will appreciate its ability to cook at high temperatures. Chemists will appreciate its non-combustibility due its highly stable saturated hydrocarbons. Bacon-enthusiasts will appreciate its bacon-goodness. Pour the batter into the greased baking pan. Line muffin tin with paper baking cups or grease bottom of tin with cooking spray. Mix 2 tablespoons flour and water in a pan until smooth. Sprinkle the seasonings and corn meal over potatoes, toss again until coated. Add parsley, mushrooms, seasoning and broth. Cook for 5 minutes. Cover with aluminum foil and bake for 40 minutes. While they are cooking, cut your asparagus into 2-inch pieces, and toss them in a bowl with your olive oil-anise mixture, coating every piece. Roll or pat dough to  $\frac{3}{4}$ -inch thickness. Add vegetables, tuna, onions, cheese, and pickles. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula. Heat the oil in a large pot over medium heat. Deglaze the pan by adding the pinot. Now put the cover back on it and throw your shrimp into the pan with the garlic. And add some cajun while you're at it. In a small pot, melt butter over low heat. Mix with

a fork until the dough starts to clump into similarly-sized pieces. Continue whisking until stiff peaks are formed. To check for stiff peaks run the whisk over the cream and then hold it up. The peaks should stay straight up without flopping over. Do not over-beat the cream. You do not want to create butter. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower. Reduce heat and cover. Mix the yogurt and cinnamon in a small bowl. Put 3 spoonfuls of yogurt on top of the grapes. Season with garlic powder to taste. Add salt and pepper (optional), if desired. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds. Start by slicing the chicken into smaller pieces, size does not really matter. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend. Stir the hamburger beef, rice, and tomato sauce together. Heat if needed. Some apple wood twigs or chips. Put those in water right away so they have time to soak before smoking. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough

flat in the press. Rub chilies with vegetable oil and place on the grill. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot. Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan. Wash and peel the apples. Cut them into thin slices. Return chicken to the pot. Ladle into soup bowls. Next put a little water and salt into a small sauce pan. Toss your broccoli in there and cover it. Heat it on medium for about 10 min until the broccoli is done. Stir in green onions (optional), spinach, ground pepper and cilantro. Cook just until spinach is wilted. Scoop the cooked squash flesh into a large pot with a spoon. Add the onion and squeeze the garlic out of the bulb. Line a muffin tin with liners and spoon the mojito batter evenly into each of the 12 cupcake cups. Reduce heat, cover pan and cook for two more minutes. Lay veggies around the edge of a 9"x13" pan and put in oven. Puree the avocado and add it to the eggs. Add mushroom soup and 1/2 can water. Bake at 400°F for 30 min. You need a bowl, a pot, a heat source, and a spoon. That's it. Spread mixture into a greased loaf pan. Bake at 325 degrees for 1 hour and 10 minutes. Add chopped onion. But when you get to the bot-

tom, don't cut through the other side of the peel, just hold your knife there and peel the clove away to get you started. There we go - it sticks to your wooden spoon, it's smooth, white and thick. Gently mix yogurt (or whipped topping) with pudding mixture. Refrigerate for 30 minutes. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper. In a bowl, mix sliced okra, oil, salt and pepper. Add asparagus and toss to coat. Add the chopped chipped beef to the bowl. Make a slurry with the corn-starch and a little bit of water. While stirring, slowly add the slurry until the sauce starts to thicken. Now we have a finished banana nut muffin batter. Add the venison to the empty pan with the bacon fat and brown the venison. Simmer for about 15 minutes or until the meat are cooked and sauce slightly thickened. Lightly oil a 13- by 9- by 2-inch pan. Refrigerate leftovers. Continue cooking and stirring the roux for about 10 minutes. (The flash killed the color, it's actually a bit more darker in color). Thread the fruits by alternating the pears, strawberries, bananas, and pineapple onto the skewers. Using a spatula, transfer the packets to a baking sheet. Bake until the fish is cooked to an internal temperature of 145 degrees F, about 10-12 minutes, depending the thickness of the fish. Mix vegetables, chicken and soup in

ungreased, 9-inch pie plate. Put the milk into a container. Heat skillet over medium-high heat. Add onion, mushrooms, green onions, and garlic. Cook, stirring frequently, until onions are tender. Season with ground black pepper. In a large skillet, heat oil on medium-high setting. Fill a small muffin tray with 12 muffin cups. Fill each muffin cup  $\frac{3}{4}$  full with the peach muffin batter. Keep an eye on the tenderloins, poking em with a meat thermometer occasionally. The target temperature is 160f. Heat oil in a medium-sized pan. Peel the jicama using a small sharp knife. Cover pan and steam for 4 minutes. Spread 1 teaspoon of peanut butter in a circle in the center of each of the flowers. Place 3 pieces of pear on the peanut butter on each flower. Arrange the pears so the skin is facing out and the white centers are touching in the middle. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender. Cook potatoes as directed. And add some cheese. And wait one hour. Add asparagus, add sugar and pepper to taste. Slowly add the granulated sugar while mixing. Mix until well combined. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined. Sprinkle with cheese. Continue to roast for 5-10

minutes. Slice the plum. Mix everything up with a spoon. Brown the ground meat, onion, and garlic in a skillet or heavy saucepan. Drain off any grease. Spoon in 1/3 sauce. Cover the pastry cream with plastic wrap. Be sure that the plastic wrap is pushed right up against the pastry cream otherwise a film will develop on top. Refrigerate the pastry cream. Spoon into pepper halves, place on baking sheet coated with cooking spray. Then sweat some of the minced onion in a tablespoon of olive oil. Add orange juice and eggs and combine. Chill for several hours to blend flavors. Drain the kidney beans, but save the liquid in a small bowl. When egg is done turn over sprinkle with cheese and top with pepperoni (optional). Cook until cheese is melted. Mix the peanut butter and chile-garlic sauce to taste. Add a bit of salt, and if necessary some peanut oil to make it more spreadable. Bake 10-12 minutes until edges are brown and cheese is melted and starting to brown. Place the stuffed bell peppers in large stock pot on stove, with the tops facing up. Add 1-inch water to bottom of pot and cover. In a medium bowl, stir together sweet potato and banana. Continue stirring over medium low heat until very thick, taking caution not to boil, about 10 minutes. Sprinkle the remaining cheddar cheese onto the chili.



Add the soy cake mix in the pan. Add water and soy sauce and let boil for a few minutes. Season with MSG then add in the fish and boil for a few minutes. Cut each squash in half. Remove the seeds and loosen fibers in the middle. Sprinkle the chicken with olive oil and rub evenly. Brown ground turkey in a non-stick frying pan. Cream butter and sugar until fluffy. Drain in colander and sprinkle lightly with cold water. Then your chocolate chips. Mash sweet potatoes together with coconut milk, cilantro leaves, curry powder, flour, and salt and pepper. Place chicken, breast side up, in a roasting pan. Mix topping ingredients together in small bowl. Sprinkle over corn mixture. Bake for 25 to 30 minutes. When broccoli is done, drain them from their saucepan. Whisk in the pecans, allow to cool slightly. Whisk in the chocolate. Add in the flour and mix until the dough is crumbly. Then put the dough onto a clean surface and knead it until you can form a smooth ball. Next, divide the dough in half, flatten each half into discs, wrap in plastic and chill in the fridge for 15 minutes. Baked ham, sliced thinly and then diced. Chop the red pepper into small pieces. Put the peanut butter and honey in a mixing bowl. Beat until well blended. Divide the dough into 10 small pieces. Use broth from chicken you cooked or use

canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken. Spread the ingredients on a baking tray. Next, take the onion and garlic cloves and peel them. Some of the dumplings done. Using a regular blender, mini food processor, or hand blender, blend with some of the soaking water until mixture is thin paste. Set aside. Add in the shitake mushrooms. Stir. Then cook at 1 minute intervals, stirring between cooking times for 2 - 4 minutes, or until shiny and thick. Stir in vanilla. Add ground beef and season with a bit of salt & pepper. When the meat is cooked, add to-ban-jan and stir. Spread 1/2 of the mixture onto the ladyfingers in the baking dish. Season the loins with salt and pepper and spoon the stuffing in the center of one half. Scoop some dough balls out a cookie tray and stick them in the oven for around 14 minutes. Simmer in low heat the mirin, soy sauce, onions, leeks and brown sugar. Grease and flour a bread pan (or muffin tin). It will make the pan very hot, so be careful. Also, it hardens rather quickly, so you'll have to be fast. When it's hard, there's no going back, and it get rock hard. Top chicken with cheese; bake 4-5 minutes until cheese is melted and chicken reaches an internal temperature of 165 degrees F. Place the flour in a large mixing bowl. Add water, oil, and salt. Mix

with fork and then with hands. Keep mixing until you can make a ball. Combine onions, turkey, lemon juice, worchestershire sauce and parsley. Mix well. Wash hands; get out ingredients and utensils. Beat the egg slightly in another bowl. Spoon over the mashed potatoes and tease the surface with a fork to make some texture. Set the left half of the grill to High heat, and the right half to Low. Put a pizza stone on the right side and the wood on the left. Now, wait for the smoke to start. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil. While carrots are cooking, wash an orange and cut in half. Gently stir in the chopped apples. Stick the potatoes in a pot and boil them for around 15-20 minutes or until soft. Slowly whisk in the coco powder. Slowly add the powdered sugar until it starts to liquefy. Mix in 1 1/2 tsp Vanilla Extract. Once it starts to boil, make a small cornstarch slurry and add until the sauce becomes thick. Add the stir fried meats and vegetables and mix well. Add in the winged beans and the stem of the water spinach. Cook till done for a few minutes. The moment the color turns to bright green it should be done. Holding the split together, wrap the entire tenderloin with bacon, and place on the pan. Bake in oven for 12-15 minutes or until golden brown. Melt the 1/4 cup

of butter and peanut butter, and melt the other 1/2 cup of butter in a separate pan. Fry the bacon at the same time. Put the wallet in the mixture (eggs and flour). Cover the dish and bake for 20 to 30 minutes until apples are just starting to soften. Add in 2 of the flour tortillas. Allow them to overlap. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened. Measure raisins and peanuts. Add to mixing bowl. Spray a 1-quart casserole with non-stick cooking spray. Transfer sweet potato mixture to casserole dish. Cook until tender, about 5 to 7 minutes. Cut and wash the celery, now cut in to about 1/4" chunks. Microwave on HIGH for 2 1/2 - 3 minutes. Add beans, corn, cumin and 1/2 cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon. Add the flour mixture slowly while mixing. Once the flour is all incorporated, stop mixing. Add it to the vegetables. Stir in the bell pepper and jalapeño pepper. Cook for 1 minute. Then rinse the spinach in cold water 3 times. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife. Pour over flour mixture and stir until well mixed. Add the voodoo sauce base, tomatoes, sausage, asparagus, and mushrooms. Reduce. Rotate chicken every 2 to 3 minutes. Cook until

tender, about 6-8 minutes. Mix the yolks with the sugar until it dissolves. Add the vanilla and mix well. Closeup of the Inside Out Peanut Butter and Jelly Sandwich. Cook for 3-4 minutes, or until they float to the surface. Combine the remaining ingredients and pour over the meat. Mix well. Measure level tablespoons of dough. Drop on cookie sheet about 2 inches apart. Dough with spread into cookies 2 1/2 to 3 inches wide as it bakes. Add the carrots and onions and brown them off. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Grate zucchini and mix with the other ingredients, except the oil. Blend well. Rinse coleslaw and drain, set aside. Wait until it is boiling and all the jelly melts. When the eggs turn golden brown around the edges, sprinkle on the cherries. The mixture should be thick enough so that they fall about halfway into the foam. Then, sprinkle on the remainder of the cherry juice/Grand Marnier liquid that remains. Sprinkle the remainder of the sugar (2T) on top, and put the entire thing in the oven. Chop up the onion. Add tomato sauce and spices. Heat through. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender.

Add turkey and cook another five minutes or until heated. Stuffed manicotti tubes. Heat the oil in a skillet or large frying pan. Layer half the tortilla strips. Take the extra rolled dough and cut into 1 cm wide strips with a pizza cutter. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom. Sift together flour and baking powder. Line a baking sheet with foil and spray lightly with cooking spray. Cut the onion. When the onions are soft and translucent, put in the tomatoes and the juice that leaked onto the pan. Mash them until it looks like a chunky puree. Remove cookies from baking sheet while still warm. Add the chopped scallions and saute for a minute. Chill for easier handling. Stir yogurt and cream cheese until smooth. Cook pasta according to package directions; drain and cool. Make gelatin and refrigerate until partially set. Drain in colander when cooking is complete. Rinse with cold water until all noddles are cool. Remove the bay leaves and rind, and using a stick blender, blend until smooth. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper. Add sherry and stir and cook until sherry has evaporated. Add broth and let simmer for 15-30 minutes. Add another 2 TB sherry and mix to combine. Pour pudding over fruit and chill. Once the dry mixture has be-

come evenly distributed, slowly add in the milk while continually stirring. Add flour, salt, and pepper to mixture. Lightly spray a large saucepan with non-stick cooking spray. Bake at 350°F for 20 min. Remove the foil and bake for 10 more minutes. Add the eggs, and vanilla extract. Bake 1 hour, turning chicken pieces after first 30 minutes or when chicken browns. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender. Blend milk into flour-margarine mixture. Cream the butter until light and fluffy, then add sugar and beat together. Next, stir in the vanilla extract, salt and cocoa powder. Now hustle back to your pan and dump about half cup of beer in there. Use a plastic or wooden spoon to scrape the bottom of the pan, releasing all the flavor-packed brown bits into the beer. Return to the heat and bring to a boil, stirring constantly. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about 1/2 inch thick. Line up 4 parfait or other tall glasses. Add tomato and saute 2 more minutes. Add liquid mixture and cook until bubbly. Place tortillas on a cookie sheet and put in oven for 10 minutes or until crispy. Brown the onion and garlic. Once the cream is barely boiling, add the roux. Heat until

thickened, then add the onion/garlic mixture. You now have great garlic cream sauce. Make sure you get shortbread pressed into the sun's rays on the edge of the mold. Whisk the chocolate mixture into the eggs. Sprinkle the flour over the top of the egg and chocolate mixture, and whisk until almost combined. Add the chopped chocolate, switch from the whisk to a wooden spoon, and mix until just combined. Add the vinegar and brown sugar. Place in casserole dish. While browning the meat, put some water on to boil. Add flours and baking powder. Well now that's done, so add the pan contents to the pasta. Wash and chop vegetables. Place a layer of potatoes and onion in a prepared casserole pan, using approximately 1/4 of the potatoes and 1/4 cup onion. Grate and measure cheese; sprinkle over bean mixture. Stir until everything is melted. If stirring doesn't melt everything, place in the microwave on high for 15-30 seconds. Be sure to stir until it's well mixed and smooth. Arrange vegetables on a platter. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened. Beat oil, eggs, and pumpkin together until well blended. Place on a well-greased baking sheet and cover with a towel to rise again for 15-20 minutes. Put 2 inches of water in a pot and heat to boiling. Bring the water to a



boil on medium heat. Mix milk, eggs and baking mix. Pour over vegetables and cheese. Drain the water from the can of tuna. Heat the oil in a frying pan or stir-fry pan. Add the onion slices. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit. once garlic and onion is translucent be ready to add more ingredients. Heat oil in a skillet or heavy saucepan and add meat mixture; stir until cooked through. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender. Finely chop your chocolate with a large heavy knife, and put in a medium bowl. Pour the marinade over the beef. Let sit for about 30 minutes. Using a spatula, transfer the packets to a baking sheet. Bake until the chicken is cooked to an internal temperature of 165 degrees F, about 20 minutes, depending the thickness of the chicken breast. Place raisins on cracker for mouth. Sprinkle with garlic powder and pepper to taste. In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture. Remove from the heat and drain. Butter the bottom and sides of a large ramekin. Place a layer of artichoke on the bottom and around the side. Place a layer of mushrooms on top, followed by a thin layer of

anchovies. Bake for 30 minutes at 400 degrees until golden brown and juices are clear colored. Beat eggs in a bowl. Spoon juices over chicken once or twice during cooking. Add the bloomed yeast and honey,. Powder some salt on each side and let it sit for 10 min. Bake for 20-30 minutes, until the top is golden brown and bubbly. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar. Stuff the chicken with the lemon half. Add the yogurt and strawberries to 1/2 of graham cracker. Cut the beef into thin strips. Start by removing the log of goat cheese from its packaging and placing it in a stainless steel bowl. Squeeze over the juice of 1/2 lemon. Chop up the peanuts while sauteing. Snip the fruit tape with scissors at the point where both ends would meet. Having segments makes it easier to position each strip onto the mummy. In a large saucepan, warm oil over medium heat. Pour yogurt/juice mixture into paper cups. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally. In a large pot saute onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often. Heat oil in medium

saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes. Fold the parchment paper or foil in half and then crimp around the edges tightly in 1/4-inch folds to create a half moon shape. Add in the buttermilk. Slowly beat together until the buttermilk has just combined. Make a spice paste with the remaining spice powders and a little cold water. Add the dill weed and stir it into the sauce. Blend flour, sugar and salt in a large bowl. With a pastry cutter, cut in the butter until the mixture resembles coarse meal. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total). For the pesto, add peas, Parmesan cheese, basil, spinach, walnuts and garlic into a food processor or blender. Spread refried bean mixture in taco shell or on tortilla. Combine all ingredients. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan. While that's cooking down, start on the tomatoes. Stir in the chopped onion over a medium flame for about 2 minutes, until the onion has soaked up a lot of the oil and started to turn translucent. Brush with olive oil, then top with cheese. Have your lovely husband slide into the oven for you because he is more coordinated than you with these kinds of things. Let stand just until cheese is melted, about 2 minutes. Mix orange juice with salad

dressing or mayonnaise. Now cut your cherry tomatoes. Cut them at their equator as shown (the stem being the “North pole”). Then your sweetened condensed milk. Make sure you spread it evenly. Flip the pieces on their side. Bake in a 325 degree oven for about another 15 minutes or until lightly crisped. Turn off the oven, crack open the door, and let cool in the oven for another 15 minutes or so. Cook the baby squash for about 2 or 3 minutes, and drain. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning. Once the fire is ready, throw on a handful of the wood chips. Dump the crabs onto your grill pan and put on the grill. Once the smoke has died down (about 10 mins), throw on the other handful. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes. First cover your piece of chicken in the eggs and make it nice and sticky. In a small saucepan, combine the cream, milk, and coffee grounds. Scald until small bubbles appear around the edges; do not boil. Remove from heat, cover, and let steep for 30 minutes. Brown pork lightly. Add the chile paste and mix well, adding water if mixture is too thick. Add oregano and garlic. Cover pan and simmer slowly for one hour. Mix it all up. Mix all ingredients in a medium-sized bowl.

Refrigerate leftovers within two hours. Mix honey and peanut butter. Heat oil in large frying pan and add meat when oil is hot; stir until brown. Cut sweet potato into 1/2-inch slices. Spray a casserole dish with nonstick cooking oil spray. In a pan, melt butter. Add tofu. Add optional ingredients. Saute over medium heat until lightly browned. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired. Move the cookies to wire racks or a towel. Let them cool completely. Returning to our sauce, we'll find it nicely reduced and ready for the addition of a little lemon juice for acidity and brightness. Stir it in and leave simmer until your pasta is done, on low heat. Mix beans, vegetables and garlic cloves in a large bowl. Add a bit of water to create steam and cover the lid tightly. Allow to steam for 7 minutes. Once the chicken is cooked (check inside to see if the juices are clear, if so the chicken is done). Add the bananas into a separate bowl and mash them with the same fork. Spread mixture on a cookie sheet, making a thin layer. Place all ingredients in blender or food processor. Drain tuna. Transfer to a mixing bowl and mix well with avocado for texture. Add chicken. Add salt and pepper to taste (optional). Add cooked spaghetti to the sauce. Stir the pasta and sauce mix-

ture until mixed together uniformly. Add cooked meat, simmer 20 minutes longer. Combine marinade ingredients. Marinate lamb for 4-5 hours in a 9x13 baking dish, turning once. Heat gelatin along with 2 cups of water. Add the rice, canned beans, and seasonings. Heat 1 tbsp. butter or oil in a medium/large non-stick skillet. Add onion, bell peppers, celery and garlic. Sauté until lightly browned, 5 minutes. Push vegetables to one side of pan. Add remaining butter or oil. Add potatoes and mix with oil to coat them. Mix and combine well with the vegetables. Cook 3 minutes. If potatoes stick, scrape pan vigorously and move contents around pan to spray the bottom with cooking spray. Bring the vinegar and water to a boil in the saucepan. Remove from heat and add other ingredients except cabbage to the saucepan. Add the lentils, cilantro (optional), vegetable stock, and coconut milk. Stir to combine well and reduce the heat to a simmer. Cook over medium heat till the soup thickens. After 10-15 minutes start brushing on the leftover marinade and turn a few more times. In a saucepan combine chicken broth, chopped onion, broccoli, thyme, bay leaf and garlic powder. Bring mixture to boiling. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Remove bay leaf. Roll

them together, lengthwise, until you have a big green cigar. Then cut across every 1/4 inch or so. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Add the chicken and turn to coat. Cover and refrigerate for 30 minutes to 8 hours, turning occasionally if longer than 30 minutes. Discard the marinade. Rub cumin over chicken and place in skillet. Ditto for the serrano chiles. And as a reminder, make as LITTLE CONTACT with them as possible. You don't want to accidentally get oil in your eye. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork. Stir in sugar and heat until sugar is dissolved. Heat enough oil over medium to shallow pan fry the chilis. Place the chilis in the pan. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown. Mix it with the sour cream and yogurt, and then add garlic, salt, olive oil and the spices to taste. Stick it in your fridge for an hour or so. Pour the beans and their liquid into the pan with the coffee/vegetable mixture. Put the green pepper slices in the skillet. Combine the vanilla wafers and toasted almonds in the food processor, pulsing until

chopped. Add the sugar. Pulse again. Now, add melted butter in a few steps. Pulse for a few. If its too dry, throw a little more melted butter in there, like a half TBS. It should now resemble wet sand. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil. Divide into four bowls and top each with 1 Tablespoon of shredded cheese. Fry the nuts and pumpkin seeds individually until light to medium brown. Be careful with the pumpkin seeds, they have a tendency to pop when dropped into hot oil. Place cornflakes in plastic bag and crush by using a rolling pin. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft. Cook over medium heat. Let the spinach boil for about 3 minutes, until just tender. Then roll out each piece and put a spoonful of bean paste onto the "circle" of dough. Cut up the celery. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries occasionally to brown on all sides. Add the rest of the ingredients and mix well by hand. Melt butter or margarine in an 8 inch baking pan. Pour into a large bowl. Stir in the remaining ingredients, except the spaghetti. Pour into a baking dish. Stir in refried beans. Heat thoroughly. Stir to combine. Dough will be thick.



Chop the bell pepper and add it to the pan. Bake again at 350 degrees for 5 to 10 minutes or until hot and cheese melts. Use a knife to remove the skin from the peaches, and to chop the peaches. Lower heat and cover pan. Simmer about 2 hours, until thickened. Put the cauliflower in a pan. Add 1 inch of water. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat. Stop only when you've got a beautiful, pasty smooth consistency. Slice the onion thinly and spread the rings over the pork chops. Drain the canned beans. Bake for 50 to 60 minutes or until a knife inserted in center of pudding comes out clean. Bake for 10 minutes. Melt margarine or butter in medium size fry pan. Peel orange and break into sections. Cut sections into small pieces. Add cabbage to the onions and cook until cabbage starts to brown. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed. Refrigerate leftovers within 2 hours. With the stand mixer on low speed, add the flour mixture you set aside in step 1 into the mixing bowl in batches. Add the teaspoon of vanilla essence and stir. Combine with the pine nuts, olive oil and some balsamic vinegar to make a groovy side sauce for the lamb. Also add some sea-

soning to it. Want it to be nice and zesty so plenty of vinegar. Cook at 350°F or for 25 minutes until bubbly. Put the pork chops in the large non-stick skillet. Drain the juice from the canned pineapple into a small saucepan. Just dump in both cans liquid and all. The liquid is what's going to make our sauce. Here are all the chicken breasts coated in the spiced flour mixture. Put the chicken in a baking pan or casserole dish. Stir in the tomato puree, chicken broth, cooked squash, and herbs. Chop the yams. Mix in your blended pineapple and carrots. Then add taco mix and crumble in the bacon. Fry the bacon in a wide-bottomed pan, allowing as much grease to melt off the bacon as possible. Pre-heat the oven to 350 degrees. Grease 2 (8x4x2 inch) loaf pans. Add soy sauce and stir until sauce boils. Mix salad dressing, mustard and salt. Stir lightly into turkey mixture. Gradually beat in 1 cup of sugar. In the same pan saute the remaining garlic. add in the marinated beef and stir fry till brown. Here is the chocolate soufflé base. Now we just need to whip up the egg whites to create a meringue to add to the chocolate soufflé base. Sprinkle with the rest of the Parmesan cheese. Cover. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.

When folded place the burrito in a nice big oven proof dish (we use a lasagne dish). Chop the onion and garlic. Mix everything together. Whack in your lamb and sauté for five minutes. Add the yogurt and sauté for a further five minutes. Wash hands. Dissolve yeast in 1/4 cup warm water in small bowl. Add the rest of the ingredients except for the parsley and bring to a boil. Put the potato mixture into the potato skins and sprinkle with remaining 1/4 cup of cheese. Microwave to heat through. Chop the cauliflower into 2 inch pieces. Measure fat (butter or margarine), and add to cornmeal mixture. Bring water to a boil. Measure 1 3/4 cups boiling water, and add to cornmeal mixture. Beat until well mixed. Stir in melted margarine. While you've got the water hot, blanch 8 whole green onions and drain them. Add tomatoes, onion, pepper, lime juice, salt, mango. Bring soup to a simmer and cook, covered, for 30 minutes. Put sauce and butter in a metal bowl with the wings and toss to coat. See below for ratio. Combine the egg white and buttermilk. Shuck and soak the oysters in the buttermilk for an hour. Cover the pan and let cheese melt. Divide the batter between the two 9-inch round cake pans. Spread the batter to the sides of each pan. To remove any air pockets, bang each pan on the counter 5 to 6

times. Bake at 350°F for 40 to 35 minutes or until the centers seem set when lightly tapped. Place the cake pans on a baking rack to cool. After about 15 minutes, turn cakes out of the pans and cool completely on racks. It's best to leave the Hawaiian carrot cakes out overnight to cool at room temperature and then ice them the next day. Add potatoes and chicken stock. Cover tightly, reduce heat to low and simmer until potatoes are almost tender. Then whisk your chocolate mix in. Stack the buttered bread up. Pour off corn oil until all you have left is 2 tbs or so. Chop onions. Add sugar, orange juice, orange rind, spices, margarine and salt. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes. Give the onion a medium-fine chop and the garlic a crush/fine chop. Put mandarin oranges next to apple for arms, legs, and head. Grate the carrot. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese. Drain and rinse the black beans. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened. Place the Cornish Hens and giblets in a pot and fill with enough cold Water to cover them. Blend until

smooth. Tear or slice leaves into bite-size pieces. Cut fun shapes with cookie cutters or knife. Store in refrigerator. Top with sliced eggs and cheese. Seeded vs seedless tomato. Bake the potatoes in for 1 hour till they're tender and you can pierce them with a fork. Brown ground beef in pan. Drain excess liquid. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned. Stir and cook for 30 minutes. Simmer for one hour until vegetables are thoroughly cooked. Stir in cooked rice. Pour into prepared casserole dish. After the watermelon is done, apply similar treatment to the honeydew and tuscan. In a small bowl, combine remaining ingredients. Fill each muffin cup 2/3 full with batter. Fill warm tortillas with fish mixture. Add the sprigs of thyme, rosemary and basil to the sauce. Turn on your elements and lube up your frying pans. Add a tablespoon of butter to your saucepan for your mushroom sauce mix. Your large frying pan only needs to be warm so that your omelet won't burn. Add salmon and soy-ginger marinade to a ziplock bag and refrigerate for at least an hour. Heat fry pan. Add oil and heat on high temperature. Drain pasta and fill the same pot with 2 cups of water, bring to a boil. Top

completely with pasta, then smear over some ricotta cheese and then add some torn mozzarella. Garnish with red bell pepper rings and cilantro. Press mixture into the bottom and up the sides of a 9 inch pie plate; chill for 15 minutes. Let that cook for a bit to cook the flour and add your 2 cups of milk. You'll need to chop the flesh of the raw pumpkin into small cubes (about 1cm across). Now, get your springform pan out, and pour half of the cheesecake mixture into the pan. Yes, half. Smooth it all out with a spatula, and get out the food coloring. Add three drops of red and five drops of yellow to the remaining mixture, and use the hand mixer to mix it all in. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon. Place the fish into the pan and cover. Reduce heat and allow to simmer. Pour the filling in the pie crust and bake at 325F for 30 to 40 minutes. You want the center to be set (take a toothpick and stick it, if it comes out clean, its done). Place tortillas on a cookie sheet and put in oven for 10 minutes or until crispy. Saute onions in margarine (or butter) until tender. Remove from oven and allow to cool. Slice the fudgy brownies into equal parts. Store leftovers in refrigerator within 2 hours. Turn with large spoon to cook evenly.

Cook for about 45 mins, until crispy (these are a little bit overdone). Until they turn brown. Heat oven to 350°F. Finely and uniformly chop your mushrooms and shallots. Saute in butter or olive oil over low heat for about 20 minutes, stirring only occasionally. Cook according to table below. Turn over halfway through cooking. Peel and chop the onion. Reduce heat to medium. Cook for 10-15 minutes. Drop butter alternative spread onto apple and cover with plastic wrap or wax paper. Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth. Remove beef from pot, let cool slightly. Bake until a knife inserted in the center comes out clean, about 50-55 minutes. Add the sugar and stir. Bake uncovered for 20 minutes. Add the ingredients to a bowl with mozz and vinegar. Add black pepper. Stir until everything is covered, making sure not to tear up the mozzarella. Add water, split peas and salt to onion. Bring to boiling. Peel the turnips. Cube the Turnips. Add onions and garlic to now-browned sausage. Cook for a few more minutes until transparent. Cook over medium-high heat to brown one side of the pork chops. Mash the potatoes with a fork or potato masher. In another bowl, toss together salad greens with remaining dressing. Saute some onion, garlic, and chopped rosemary in

butter, until the onions become clear. Remove from heat.(flipping your veggies and trying to take a pic of it at the same time is harder than it looks). Put them in a saucepan with enough water to cover the potatoes. Bake for 20 minutes. Remove from oven, stir mixture well and return to oven. Pat potato mixture on a lightly floured board until 1/2 inch thick. Stuff the seasoning paste into each slotted cucumber until full. Blend until smooth, about 30-45 seconds. If your oil is ready, grab a nice-sized spoonful of the mixture. While that's going, whisk those yolks a bit. Just enough to break the yolks up and smooth it out some. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool. Add the turnips, onion, leeks, carrots, and sugar to the pan. Cook med-hi for 8 min. Set aside. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes. Place beans in a small, resealable plastic bag. Squeeze out extra air and seal. Mash beans with fingers. First, start off by browning the ground beef. Drop into 1/4 inch or so of hot peanut oil and get that chicken brown going. Divide the dough into 12 pieces and roll



each piece into a ball. Reduce the heat to medium-low, add the onion, cover, and stir occasionally until tender, translucent and it has picked up some brown color, about 10 minutes. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 to 10 minutes. First chop up the onion and fry it in a pan. Top chicken with your choice of vegetables and seasonings. Mmm, lookin' good. Combine butter, salt and water in a small pot and bring to boil over low heat. Cook for about 5 minutes, covered. Once the timer goes off again, remove your cheesecake, and remove the foil from the bottom of the pan. Run a knife around the outside edge to loosen it, cover it loosely, and stick it in the fridge for 12 hours. If so, you're almost there. Toss the rest of your cheese onto the chicken. Give it a moment or two to start melting. While the noodles are boiling, use your hands to shred up the chicken in your bowl. Discard the chicken bones. Add a can of tomato paste to your sauce to thicken it up and give it a lively red color and more intense flavor. The dough will be really crumbly and dry-looking. Wash and cut squash in half, lengthwise. Remove the large seeds. Spoon about 1/4 cup of yogurt into each glass. Cover and cook on LOW for 7 hours or until tender. Drain. Refrigerate leftovers. Add it to the mix.

Heat cream until just starting to boil. Pour cream over chocolate; cover and let sit for 3-5 minutes. Heat 1/4 cup of oil and saute 1 onions and 6 cloves garlic. Pinch off small handfuls of dough about the size of a golf ball. Mix meat, beans and salsa. Add to salad mixture. Cut up your peppers and onion. Slice a couple of your tomatoes for your insalata caprese. Add the scallions and Swiss chard. Mix well. Bake, covered in 350°F oven for 45 minutes. Mix well and put aside. Brown green pepper and onion in oil until tender. Fold the wet ingredients into the dry ingredients until just combined. Fold in chocolate chips. Simmer for 45 minutes to an hour. Cut each tomato in half. Place tomatoes on the sheet, cut side up. Cut off the very top of one of the cake layers to make it as flat as possible. Scoop about one third of the coconut cream cheese frosting onto the newly cut cake and spread it evenly to the edges. Bake for 25 minutes or until golden brown. Cover with cling film (saran wrap) and let prove somewhere warm (like an airing cupboard) for 40-70 minutes. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches). Top fish with your choice of vegetables and seasonings. Remove lamb bones and puree the mixture. Reduce heat to

low. Cover and simmer for about 20-25 minutes, or until the broth is absorbed. And so it goes. For three hours. Place a layer of potatoes and onion in a prepared casserole pan, using approximately 1/4 of the potatoes and 1/4 cup onion. Fry in a pan on medium heat or grill until internal temperature reaches 165 degrees F. Remove the chicken to a new clean plate and pick out the bay leaf and toss it away. Thaw for 15 seconds in the microwave or overnight in the refrigerator. Add remaining 1/4 cup evaporated milk to rice mixture. Mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds. Turn off the heat, and skim those off the top with a spoon, and discard. Poach the Carrots, Parsnips, Sweet Potatoes, and some julienned orange zest in the broth until tender. When pork is cooked, pat meat dry on paper towels. Bake the crust it at 325 for 15 minutes, until golden brown. Set it on a cutting board and let it cool. Add the remaining ingredients and mix well. Once your chicken is fried up just right, pour the broth mixture over the chicken and bring it to a boil. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted. Spread 1/2 Tbsp. butter on one side of each slice of bread. Roll out to a thickness of 1/4 inch and cut with a 3/4-inch-round cutter.

Baked at 350°F for 30 minutes. Remove from heat and sprinkle on the grated cheese. Mix the sugar and eggs for 5 minutes. Bring about 2 cups of water to a gentle boil in saucepan. When the butter is all melted, and with the heat at high, toss in your corn, salt and pepper. Sprinkle 2 Tablespoons granola over peanut butter. Put all ingredients in a blender and mix well. Cover. Refrigerate overnight or at least 1 hour. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken and broccoli, mix well. Add all of your flour in and mix slowly so your kitchen doesn't end up white. Mix it all up and form it into a loaf. Removing the thyme leaves from the stem is easy. All you need to do is hold the tip where the younger leaves are and drag your thumb and forefinger down the stem. The thyme leaves will pop right off the stem. The leaves at the top can be quickly plucked off. Getting the leaves off the smaller side shoots that branch off the main stem is a bit more difficult as those little stems break easily. You can either pluck the leaves off those or pinch off a bunch of thyme while taking off as little of the little stem as possible. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in non-stick skillet. Saute onion for 2 minutes. Add the remaining banana mixture and stir just

until you no longer see any white flour and the mixture is smooth. You do not want to over-mix because it will make the banana bread tough. Peel and shred the carrots to make 3 table-spoons shredded carrots. Remove wrapping from the candy canes and place them in a Ziploc bag or two. Crush the candy canes up. Add the softened butter and sugar to a large mixing bowl and beat together until well blended. Bake in a 350°F oven for 45 minutes. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper. Fill each muffin cup 1/2 full with the batter. Now put everything into the bowl with the goat cheese,. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes. Push meat to the side and in the middle of the pan add carrots, onions and peppers. Cook them for one minute. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted. Peel the orange and break it into sections. Place the stuffed bell peppers in large stock pot on stove, with the tops facing up. Add 1-inch water to bottom of pot and cover. Put the lid on and boil the tomatoes vigorously for about one minute, then put them in a colander and wash them with cold water. Spoon 3/4 of mixture into food processor or

blender container; puree until smooth. Return to saucepan. While the butter is melting, get you shallot nice and finely diced. Boil a pot of water and cook the pasta for 8 to 10 minutes; drain when finished and let cool to room temperature. In a large 4-5 quart pot add the water, broth, bay leaf, salt and pepper. If you are using dried thyme instead of fresh, rub the dried thyme between your fingers and add it to the pot. For those using fresh thyme, we will be adding it to the chicken and noodle soup later. Cut brinjal (eggplant) into long strips and fry them in hot oil until they turn brown in color. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside. Stir in raisins. Cool thoroughly. Store in tightly covered container. Bake for 25-35 minutes, until golden brown or an inserted toothpick comes out clean. Place in pan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 mintes. Stir in 1-16 ounce can of corn. Cook 2 to 3 minutes or until steaming hot. Add onion, ginger, turmeric, and cumin, and stir while cooking for 1 minute. Fill 1 pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes. Gather the carrots and onions. After

browning pour in about 1/2 cup of water. Lower the heat, cover and let steam. You can add more water in case it dried out fast and dumpling still not done. Steaming would take about 10 minutes. Mix the wet ingredients together in a different bowl. Eggs, milk, yogurt, and oil. Cut the cleaned squid into bite-sized pieces and saute in ink oil for 2 minutes. Lay these strips over one pan of dough in a trellis pattern. Freeze popsicles until firm. Crack the eggs and capture the yolks. Add in additional oregano, black pepper, and ginger along with sesame seeds, and stir. Sprinkle with cheese; toss lightly. Strain mixture, reheat slowly until fairly warm but not hot. Heat over medium heat, and add okra mixture, turning often with a wooden spoon or spatula. Cheesy Corn Bread. Add 1/2 cup shredded cheddar cheese with the milk. Add lemon, sugar and water in a blender. Toss in your mushrooms and cook until most of the mushroom juices have evaporated, about 8-10 minutes. Now for the tricky part; you must roll up each piece of chicken concealing the butter, chives, and garlic. Roll them up real nice and tight, and then secure them with really big toothpicks. We used about eight toothpicks per piece. Combine all ingredients except salt, pepper and lemons in a bowl. Bake at 400°F until golden brown and fluffy. Cook Thick cut

country ham approximately 10-12 minutes per side on medium heat. turn your slices and continue turning until all the slices are brown. Remove country ham to platter. Add in water, oil, salt and pepper. Blend until the ingredients are combined to form a thick sauce. Put the shrimp and pineapple on the side, and heat up some more oil. Add the garlic, shallots, chili, and ginger. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning. Roll each patty in the crushed crumbs. Add tomatoes and cook for another 5 minutes. Assemble salad by placing greens on a large plate. Top with a scoop of tuna salad. Do the same with 1/2 cup of raisins. Mix well. Scoop 3 Tablespoons of angel food cake mix into a microwave-safe cup or mug. Combine dry ingredients in bowl. Cut the strawberries in half. Spoon into a 6-cup baking dish. Now grab the pan using potholders (it's still really hot, really.) and quickly but carefully flip the bundt pan over onto the cooling rack. You need to do it quickly or the pound cake might fall out and break. Peel the onion. Cut it into thin slices. Beat egg and sugar together in a saucepan. Pour 1/3 of the soup mixture into the bottom of a 2-quart baking dish that has been coated with oil or cooking spray. Cook spaghetti in unsalted water according to



package directions. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together. Add the wine. Now to prepare the crust. First, take your 6 tbsp of butter (cut into 1 tbsp chunks) and melt it in the microwave. Should only take about 30 seconds, stir it up to dissolve any solid bits. Then place 10 graham crackers in a thick ziplock bag. Add milk, blending well. Top with instant mashed potatoes. Put the celery and onion in a saucepan. In a medium bowl, mix tomatoes, onions, jalapeño chiles, cilantro, and salt. In the mean time, put the rest of the ingredients in a large mixing bowl. Drain potatoes well and add to the bowl. Place 2 cloves of minced garlic, 1 chopped green onion, 1.5 tbs of soy sauce and 1 tbs sesame oil in a large bowl. Add cooled rice, apple, grapes, celery, and chicken. Stir gently. Remove cheese from package and cut into bite size pieces. Warm oil in a frying pan. Season thawed wings with the dry seasonings (everything except the sugar). Spread the puree out on a parchment sheet. Mix together all the batter ingredients except the egg whites. Refrigerate for one hour. Heat oil in a pan and deep fry your lumpia for about 10 to 15 minutes until golden brown. and put it in the oil. Spread it out a little so it cooks evenly and all the way through. Stir it up. Work out as

many of the brown sugar clumps as you can. Use the underside of a spoon to press the clumps against the side of the bowl. Mine still has some small clumps, but that's okay. In a small bowl, combine dressing, mustard, parsley, and seasonings. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes. Slowly add the water and stir just enough so that the water is mixed in. The mixture should be able to stay together if squeezed, if not, add a little bit more water. Roll into a ball, and flatten it a bit. Add the plantains, tomato, pepper, onion, garlic, and salt. Continue cooking at low heat until the plantains are soft. Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through. Add dry ingredients (flour mixture) and bananas to creamed mixture (the egg mixture). Mix well until combined. Uncover and cook until excess water is evaporated. Scoop up bites of fruit salsa using bites of cinnamon graham crackers (optional). Add water chestnuts, shallot, cilantro, corn, pepper and egg yolk to a food processor. Add carrots, celery, and salt. Slice the garlic up. Slice the cucumber in half the long way and run a spoon down the middle to remove the seeds. Add shredded gouda cheese to the pot and Puree.

Add the coconut milk, chicken stock, fish sauce, sugar and salt, and bring it to a boil. Put the oil, rosemary, and salt in a small bowl. Stir together. Spoon batter into a VERY well greased and floured 8 inch cake pan (you may also line the bottom with parchment paper if you wish) - the cake will stick if you don't get every little spot. Pat beef mixture into mug. Make a small hold in center, all the way to the bottom. And fry the cubes with the chopped onion. Sprinkle with soy sauce and pepper. Mix the zest, salt, flour, and baking powder together. Whisk the egg with the lemon juice. Add about 1/2 of the egg to the dry ingredients and form a ball - add a little bit of egg if dough is too dry. Let the dough rest for about 10 minutes, and knead for 4 minutes. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate. Spread vegetable on pan. Cut apple slices into small chunks and place them on top of the granola. Turn the crank on the mill, which will force pure chile goodness out the bottom. Spoon 1/3 cup filling onto each tortilla; roll up. Place potatoes in large mixing bowl, toss with the olive oil until potatoes are well coated. Place the bacon along the center, trimming and folding where necessary. Meanwhile, in a small saucepan, combine vinegar, sugar, salt, garlic

powder and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl. Shape into small balls and press thumb into center. Combine all of the ingredients in a food processor (or if you haven't got one, a stick blender will do) until the coriander leaves are pulpy, but some chunks of almond remain (you don't want it too soupy, but you don't want it too chunky, either). Pour milk mixture over flour mixture and stir with a spoon, about 20 strokes, until flour is just moistened. Batter will be lumpy and thick. Combine the flour and baking soda. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired. Stir. Heat still on low. Cook until green beans and potatoes are tender. Grate the carrot. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish as desired. Add the toasted walnut pieces into the bowl. Now we add the garlic, chili peppers, red pepper, and whatever other vegetables you want to toss in. Stir over a medium flame for about 2 minutes. Add the chicken. About mid-way through

cooking the chicken mix the Soy Sauce, mirin, and sugar, and slowly add 1/2 of it too the chicken. BTW, if you want a more yellowy-oya-kodon, use a light soy sauce instead and water down the stock a tad (otherwise it'd be too salty). I'm using standard dark soy here. Add raisins and nuts and cook for 1 minute more. And combine the meat with everything else in the bowl. Heat the oil in a skillet or large frying pan. It's time to make the dressing. Combine the various oils as you like in one bowl. Put the vinegar, soy sauce, and optional sugar in another. Pour the almost clarified butter over the cheesecloth or towel. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack. Clean and rinse fish. Wipe fillets with lemon juice and pat dry. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon 1/2 table-spoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup. Fold it together. Put it back in the fridge to stay cool. Stir in onions, carrot and garlic. In a large pan over high heat, add 2 tbsp oil, garlic and onions, and cook for 2 minutes. Add the rest of the vegetables and cook until they are almost soft (about 8 minutes). Bring the potatoes to a boil on medium heat. Now, whirl the everliving heck out of those ingredi-

ents. Let it spin for longer than you think it needs, as long as you can stand the noise. The result will be a somewhat-smooth, very thick paste. And stir into the sugar mixture. Pour the mint and rum into a small saucepan and heat the rum up until you start to see a bit of steam coming out. Remove the pan from the heat and cover for 15-30 minutes to allow the mint flavor to infuse with the rum. Mix beans, water, onion and chili powder in slow cooker. Sift together dry ingredients (flour through allspice) and set aside. In a pan over medium/high heat, add 2 tbsp oil, garlic, ginger, onions and half of the spring onions. Cook for 3 to 4 minutes, until onions are translucent. Add in the minced garlic, chives, green onions, carrot, radish and onion. Add in the flour mixture, about 1/4 of the mixture at a time. By the end, you'll have a thick dough. In a large pan over medium/high heat, cook the sausages until they are a nice golden brown. While cooking, break apart the mixture until it looks like ground meat. Place on microwave-safe dish and spoon salsa over each burrito. Cover and cook over low heat for 20 minutes or until rice is done. Drop the cookies in one at a time and cover with a thin coating of chocolate. Tap whatever utensil you're using to dip with against your bowl to let the excess chocolate drip off. Allow your thin

mint cookies to dry on a lined baking sheet. If you want the chocolate to harden faster, just stick them in the fridge for 10 minutes. Put flour in a large bowl. Add salt, baking soda, and sugar. Mix well. Minced the water chestnuts and spring onion coarsely. Put Aside. Sprinkle the fruit with chopped nuts. Peel off top paper and invert crust into pie plate. Peel and slice the onion and separate into rings. Roast in the oven at 450 degrees 15-20 minutes until the cauliflower starts to soften and begins to brown. Place carefully in fryer. Mix together sugar and cinnamon for topping and set aside. Separate (or cut) fish into 4 pieces. Place fish in a 9x13x2 inch baking pan. Cook ground beef in frying pan until brown. Rinse in warm water and drain to remove excess fat. Stuff each pepper with the mixture and place in casserole dish. Place the de-frosted cookies in a sealed bag. Bake for 15 to 20 minutes or until lightly browned. Spray a small non-stick skillet with non-stick cooking spray. Put everything in a saucepan and heat to boil while whisking. Then let it cook for 3 or 4 minutes so it reduces a little. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant. Go back to your dates, they should be nice and soft now so take them

off the heat. Place yogurt and fruit in large plastic bag, flatten, and freeze overnight. Spoon into two 9 inch graham cracker pie shells. Add green pepper, onion, and garlic and cook for about 5 minutes. In another large bowl, with dry and clean beaters, whip the egg whites with cream of tartar until stiff peaks form but eggs are not dry. Season round steak lightly with garlic salt, salt and pepper. In another bowl (or with a mixer) beat the 2 sticks of softened butter (one at a time, or ) and both sugars together until light and fluffy. Mix corn-starch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened. Simmer the diced pumpkin for ten minutes or until soft, and drain. If you're lucky enough to live in a country that has tinned black beans, then open up your can, and drain. Otherwise, add 100g (3.5 ounces) black beans to a saucepan with about 4-5 cups of boiling water and simmer for 60-90 minutes, or until soft. Drain any remaining water. Ah, that's a nice amount. Add the de-fatted stock and mix well to dissolve the egg whites. Mix in the Onion Brule, mirepoix, Chicken, and tomato. In a mixing bowl, combine baking mix, sugar, cinnamon, and raisins (optional). Stir to mix. Remove cover, sprinkle with cheese and nuts. In a large kettle, sauté yellow onion, green pepper, and ginger in vegetable oil until



onions are soft. Thinly slice your tangerines however you like. The rounds are hard to keep their shape once they simmer - the slices keep their shape better. Add lentils, tomatoes, chili powder, and cumin. Cook for about 1 hour until flavors are blended. Peel the potatoes. Later the venison will be browned in the bacon fat. Once it is finished, the pan will be deglaced with a cup of the pinot and a splash of brandy. Wash ingredients. Punch down dough and divide into 16 portions. Shape into a ball and poke a hole through the middle with your fingers. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet. When thoroughly cool, dice potatoes and place in a big bowl. Combine dressing, soy sauce, and sugar. Stir into chilled rice. Put mixed salad greens on a large platter or in a salad bowl. In a small saucepan, mix 1/2 cup sugar with 1/2 cup water and bring to a simmer. Dump in your carrot peels and simmer until they darken and become translucent, about 15 minutes. Chop cabbage and onions, set aside. Put the pico aside for now. Next, cut your avocados in half and scoop them out with a spoon in to a bowl. Never mind the mess in the back — just keeping it real. Add the flour and about a decent amount of salt, about 1/4 teaspoon. Boil your noodles just short of al

dente (you will finish them in the pan), rinse in cold water and set aside. Apply 2 or so teaspoons of brown sugar evenly (or ruffly so) to top of maypo wheat. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Split the melted chocolate into three cups, one for red, one for green and one for white. Add a bit of green to one cup and a bit of red to the other sup until you find a shade that you like. Mix well with a spoon. Wash apples, celery, and carrots before dicing/grating. Add the mushrooms to the vegetable and bacon pan after the flour is cooked so they don't steal all the precious fat for themselves. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes. Fine diced onion, garlic and green pepper. Meanwhile heat milk over low heat. Mix the water, cornstarch, and teriyaki sauce. Add the fresh or frozen vegetables, stir and continue cooking until the pasta and vegetables are tender (about 10 more minutes). In a separate pot, bring the coconut milk, cream, and vanilla extract to a boil. Remove from heat, cover and let set for 5 minutes. Rinse the lentils in a strainer under running water two to three times. Refrigerate leftovers within two hours. Measure, place in a bowl and mix cornmeal, baking powder, salt,

and sugar. In a medium bowl, stir together sweet potato and banana. Place a large plate on top of the pan. Toss apples with lemon juice. Add tomatoes and simmer 5 minutes. In a very hot, iron skillet, cook the pupusas on each side until golden brown. Open can of peas. Spread 1/2 the sauce on the bottom of a 2-quart baking dish or pan. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes. Sun-Dried tomatoes add a little color and some “zing”. That’s a technical term meaning acidity. Pour into buttered 11x13” pan. Bake at 350°F for 1 hour (don’t over bake). While the broccoli is doing it’s thing combine your 1/3 cup milk and you cheese in another sauce pan. Heat that on medium as well. Cool to room temperature. Store in refrigerator. Mash beans in a bowl. In a large mixing bowl, mix the flour, oatmeal, sugar, baking powder, salt and raisins. Stir until they are mixed. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Then, separate into 4 fillets or pieces. Combine apples with the sugar, cinnamon, and water. Melt the margarine in a saucepan. Proof the yeast. (Drop it in some water and make sure it’s alive.). Hopefully your omelette is nicely cooked now. Chuck your tomato and cheese on one side and fold the other side over

them so it can all heat up. In a large skillet or pot, brown ground turkey and cook onion. When done, use paper towel to soak up any grease. Add in the Rice Krispie cereal about 3/4 cup at a time and mix it together until all the krispies are evenly coated with the sugary butter goodness. Pour the pudding mixture over sliced fruit. Place 2 pear halves, flat side down, on a small plate to make the body. Bake at 350 degrees for one hour. Poach the eggs. For those unfamiliar with the process, you want the water just shy of boiling. Give the saucepan a stir right before dropping the egg in so the current helps keep it together as it sets up. Slop above in to a small sauce pan. Heat it up until it looks really gross. Add water so it looks even worse, then gently heat it until the water incorporates in to the sauce. Continue heating (and stirring) until it's as thick as you want. Saute the vegetables. Melt the butter in a saucepan and add in onion. Saute for few minutes. Add the apple cider and cook for 10 to 18 hours on low or 6 to 8 hours on high. Add cabbage and sprinkle with salt and pepper. Add water. Spoon into cupcake holders. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour. Now chop the onions and garlic and get a pan warmed with just a bit of olive oil in the bottom.

Then fold the cookie like a taco. Combine fruits in a medium mixing bowl and add lemon juice. Mix ingredients for tuna salad in another medium sized mixing bowl. Brush the tops with sesame oil. In a mixing bowl, combine baking mix, sugar, cinnamon, and raisins (optional). Stir to mix. Spread with 1/2 cup of the sauce prepared in steps 2 and 3. Put the cooked lentils, sliced potatoes, peas, and shredded carrots in a bowl. In a separate large mixing bowl, add the sugar, salt and softened butter. Pudding is done when custard is set in the middle. Mix the water, cornstarch, and teriyaki sauce. Add the eggs 2 at a time, beating well after each addition. When your apples are finished cooking, they will need to be put through a food mill. When the pea-onion-sausage mixture had cooled down enough, we added ricotta and mozzarella to it and stuffed the manicotti tubes. Place chicken pieces in a large saucepan and add enough water to cover. Crumble your goat cheese over the eggs. You could also stick it under the broiler for a minute here to soften/brown the cheese, just make sure you don't overcook the egg. In large bowl, sprinkle yeast over warm water (if water is too hot, it will kill the yeast). Stir until well blended. Parbake the custard in a water bath at 350°F for 30 minutes until it begins to

set. Bring to a boil, reduce heat to low and simmer covered for 15-20 minutes or until noodles are tender and beat until smooth. Remove from heat and cool slightly. In a pot over medium heat, add oil, ginger, garlic and shallot. Cook for 2 minutes and add onions. Cook for about 5 minutes, until onions are translucent. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil. Use butter knife to spread peanut butter on top edges. Beat together egg and sugar in a baking dish. Add the beef back to the pot with any accumulated juices. Place in the oven for about 2.5 hours, checking and turning about every 40 minutes. Slice the steaks into strips and after getting a wok extremely hot, stir fry them. Add a small bit of marinade and let it caramelize to give the beef some color. Cover and cook over low heat about 15 minutes. Brush chicken skin with Italian dressing and sprinkle with garlic salt. Put meat in a strainer to drain fat. Rinse with hot water. Add dry ingredients to wet ingredients. Mix only enough to moisten all ingredients. Pour slightly less than 1/4 cup batter for each pancake onto skillet or electric griddle at 350°F-375°F. Cook noodles according to package directions. Yea, that's right, keep stirring. Saute the chopped onion in the oil. Add the flour and cook for 1 minute. In a

small bowl, mix the dry milk, flour, and pepper. Add them into the 1 cup of chicken broth that hasn't been cooked yet. Beat till smooth. On very low heat, melt half of the chocolate. Remove from the stove and add the remaining chocolate. Mix until all the chocolate is melted. Pour mixture in an 8 inch square baking pan. Bake until casserole is firm in the center, about 40 minutes. Turn heat up a bit and add to the drippings 1/4 cup of perked coffee per slice of ham and let simmer a couple of minutes. Sprinkle top with 1/4 teaspoon of Parmesan cheese. Slice the zucchini into thin round pieces. Get your almond extract brown and white sugars measured out. In a separate bowl, beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened; batter should be slightly lumpy. Adjust the seasonings. Now take one of the buns and roll it into a long strip. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated. Heat to boiling, stir constantly until mixture is smooth and bubbly. (The consistency should be like thin cream.). Place pesto in an airtight container. Refrigerate until needed. Combine all ingredients in a medium bowl. Lower heat to a

simmer and cook until the barley is tender, about 20 minutes. Cook on LOW 8 to 10 hours or on HIGH for 4 to 6 hours. Combine oil and onions in heavy skillet. Mix pudding according to package directions, except use 3-1/2 cups milk. Beat in peanut butter. In the meantime saute the pecans in a bit of olive oil until golden brown. Measure sour cream and spread over beans. In a large skillet, brown chicken in oil on high for 5 minutes. Cook over medium heat until slightly thickened and clear. In a stock pot or large sauce pan bring the vinegar, water, salt and dried dill seed to a boil. Simmer for 10 minutes covered. When it starts boiling, turn off the plate and remove the pot from it. Pour the couscous into the chicken bullion. You want a bit more bullion than couscous because it absorbs the liquid like a sponge, so be careful not to pour too much of the stuff into the bullion. Put the lid on and let it stand and absorb the bullion for about 3-5 minutes. Don't bother putting any salt in it, there's enough of that in the bullion already. Now, julienne your red bell pepper, wash and separate your basil, and slice several mango strips. Eat the rest of the mango greedily over a sink. Slice your shrimp in half down the center. Stir in half the flour (1.5 cups) and beat with a wooden spoon until smooth. Now ready to get a couple of dishes



oiled up and soak the pasta sheets in boiling water for 5 minutes. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan. Start by cutting your sweet potatoes in half lengthwise. You're looking for mostly-same-size pieces so they cook evenly. Use a vegetable peeler to remove the peel from the eggplant. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender. Remove from heat. Mix cottage cheese, basil and pepper. Refrigerate or freeze leftovers within 2 hours of cooking. Use refrigerated leftovers within 4 days. Place the cheddar on top of the bacon. Fry in oil for 5 minutes until soft. Turn with large spoon to cook evenly. Spoon pizza sauce on pizza shell. Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half. Stir and bring to a boil, cover. Reduce heat and simmer. Set the timer for 45 minutes. Cut the wingtip off at the other end of the wing section, also through the joint. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy. Spread peanut butter on a cracker in the shape of a face. And add the red bell pepper on top. Cover the pan. Brown ground beef in a skillet with onion and

garlic. Drain off any fat. In a medium bowl, stir together the broth, orange juice, allspice, and pepper. Return to the oven for 5 minutes to reheat. Cook over low heat until cabbage is tender (6 to 8 minutes), stirring occasionally to prevent sticking. Prepare the rice using the package directions, omitting the salt and butter/margarine. Stir in the vegetables and liquid. Place beef, chopped vegetables, tomatoes and water in slow cooker. Pour egg mixture over bread in pan. Now return the beef to the pan, stir in the fish sauce, the stock and the sugar (that's what that brown dollop is) give it a good stir and simmer for 10-15 minutes, stirring occasionally. Keep an eye on the level of the stock, you want to reduce it but not too much. Cut the Swiss into small slices. Whisk the egg yolks together. Pour eggs into pan and scramble. Zest. Cut four large rectangles of parchment paper or aluminum foil and fold in half; unfold. Peel and clean the shrimp. Beat your eggs and milk and pour the mixture into a large frying pan. Then get a lid on top of it. Individually coat fish by gently shaking in bag; discard coating ingredients. Remove chicken pieces from the broth. Peel the onion. Chop it into small pieces. Sauté the apples and dates in the same skillet for about one minute. Chop up your chile-chocolate bar, and set aside. When

the previous is done, put in the 1/2 teaspoon of chili paste, the cumin and the turmeric and continue to stir. Cut the steak in to cubes and add to the spicy chili with 30 minutes left. Continue to stir the spicy chili occasionally and simmer. The crumb cake batter should become light and fluffy. Pour in the spaghetti sauce, ketchup, sugar and water. Boil potatoes until tender (for me, it took about 10 minutes). Add the pork liver. Season with salt and pepper. Saute for about 15 minutes or until liver is cooked (turns gray in color). Cut four large rectangles of parchment paper or aluminum foil and fold in half; unfold. Sprinkle the mixture over the top of the apples. Cover and refrigerate leftovers within 2 hours. In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture. Mix in the thyme, salt, and pepper. In a small bowl, mix together the melted butter, egg, and milk. Add potatoes and green beans. Sprinkle the potatoes with the garlic and herb seasoning. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes. Soak your wrapper in hot water for 15 seconds or so, until soft and pliable. Pat dry gently on a smooth tea towel if necessary. In a separate dish, mix remaining ingredients together and pour over

fish. Pour the mixture into a clean container. Combine rice, tomatoes with chiles, corn and onion mixture. Mix well. In a big bowl, add hot pepper flakes, fish source, and sugar. Mix well. Your first step is to add mustard to your vessel. A tablespoon was what was used here but depending on how things taste, you may want to add more if things are too oily or vinegary for you. Trim fat from steak and cut steak into small, thin pieces. Put sirloin steak in frying pan with some olive oil and heat up on a medium setting. Sprinkle herb mixture (step 4 mixture) and lemon juice evenly over the fish. Then drizzle melted margarine on top. Melt the margarine on low heat in a small saucepan. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese). Peel the pear and slice the bottom off of it so it will stand up relatively straight. Peel the onion. Chop it into small pieces. Dab the donuts on some paper towels and then place the donuts on a wire rack over paper towels to cool. Add cooked lentils and spaghetti sauce and bring to a boil. Lower heat and cook gently for 15 minutes. Combine sauce mix and water in saucepan. Bring to a boil and cook until thick. Add milk, cheese, pepper and fettuccine mixture and heat through. Start by ladling a thin layer of

sauce on the bottom of your pan. Add, mix well. Use as a sandwich filling or on top of whole grain crackers. Transfer dough to prepared baking sheet; form into a slightly flattened log, about 12 by 4 inches. Sprinkle topping over filling. Add meat and water chestnuts. An easy trick is to test with a toothpick to see if it is ready or not. Stick the toothpick in and pull it out. If no dough stays on the pick, the cake is done. Combine the milk, cornstarch slurry to the caramel mixture. Stir to dissolve. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly. Prep your vegetables. By now, the reduction should be very thick, clinging to the bottom of the saucepan and foaming as it simmers. Next, spread out the sour cream. Fry until the squid is dry and fragrant. Gently toss or mix potatoes with mayo mixture. Wash chiles, removing stems and seeds. Place in blender with 1 cup water and blend into paste. Put your neatly chopped bell pepper into the bowl. Place the cast iron skillet or baking pan into the oven until it becomes hot. Heating up the pan and oil will help develop a cornbread with a crispy crust. Peel and half the onions, then slice. Chop the loaf of bread in half. Place a basil leaf on top of each tomato slice. If the basil leaf is too large, use your hands to tear off a piece to place on the

tomato slice. Lightly drizzle some extra virgin olive oil over everything. Add a light sprinkle of fine sea salt and freshly ground black pepper over everything. You may also add a drizzle of balsamic vinegar if you so choose to do so. Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into 1/2 inch slices. Heat until cheese melts. Dust with flour. Add yogurt and salsa. Seal bag and mix with fingers. Mix the cornstarch into about 1/4 cup of cold water until all the lumps are gone. Add to the chile and chicken mixture. Cook for 2 more minutes. Chop the celery into small pieces. Quickly place a fortune in the center of the cookie. Put the pot lid away as you no longer need it. Add the half-and-half, milk, and sugar and stir well. Bring up the heat to medium-high until simmering. Then reduce the heat as needed to maintain a simmer. Peel each banana and cut in half (width-wise). Continue cooking until little liquid remains. Add 1/4ts peppercorns (crushed), 1/4ts salt and 2 bay leaves to the pot. Put on a wire rack. Add the mushrooms to the pan. Cook and stir them for 5 minutes or so until they become tender. Brush the inside of some small ramekins with the butter and lay a basil leaf at the bottom. Form little nests in the bottom of the ramekins with the vermicelli. Add the silken tofu and blend

again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth. Cut the pepper and onion into small pieces. Drain zucchini by pressing between layers of paper towels. In a shallow 2-quart baking dish, combine 1 1/4 cups sugar and tapioca. Add rhubarb, raspberries, and lemon juice - mixing gently but thoroughly. Let stand from 15 minutes to one hour to soften tapioca, mixing several times. You've got a few more minutes here too. About 3-4 to be precise. If you're not wearing pants, you really should put some on. Spattering oil can really sting. Flip the chicken once it is browned on that side. 3-4 minutes left while the chicken finishes up. Mix oil and garlic in a large bowl. Add vegetables and toss. Add the cognac and ignite. Flambe until the flame goes out. Add broccoli, celery, and bell pepper and continue to stir. Sprinkle wings with seasoned salt and place in heated butter. Sauté on temperature controlled gas burner (325°F) until evenly brown on both sides, about 20 minutes. Add chicken and cook for ten minutes. Closer shot. Stir in refried beans. Heat thoroughly. Cook for 3 minutes, or until tender. Open your potatoes, and add them to a pot. Put a large pot of water on to start boiling. Grate up about 1 cup of the hard cheese, plus some strips for garnish if you

like. Set aside. Crush the corn with a fork and add the heavy cream and blend well. Let cool. Rinse and drain the peas. The sauce ingredients. Heat oil in a skillet at a medium-high setting. Deep Fry those tofu until forming golden skin. Put aside. Now I'm ready to put a lid on the pot (if you have a fancy pot lid with a sliding air vent, I'd leave it open to cook off some of the water). Cook over a low-medium flame for about 15-17 minutes, enough that the beans are soft but not soggy. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt. Put each sandwich on a square of aluminum foil, then wrap the foil around sandwiches, folding edges securely. You need to take the chicken, trim off as much of the fat as you can, then rinse it under running water and pat it dry with a paper towel. Place the breasts into the baking dish once they're dried. Also, wash anything that comes into contact with the raw chicken very well. In a large mixing bowl, beat the butter and sugars together until light and fluffy. Cook rice according to directions on the package. Finely mince a few pieces of candied ginger. Add 1/2 teaspoon of poultry seasoning to milk. Form the mixture into patties 3-4 inches in diameter. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.



Drop by heaping spoonfuls onto baking sheet, or if you have a handy dandy cookie scoop, use that. Simmer the strawberries, stirring frequently. Chop your steak into thin slices (putting it in the freezer for about 20 minutes will make it easier to slice, once the steak is harder). Wash your hands and work area. Sift together all dry ingredients. You will also need a mixing jug or bowl, two large tins for the oven and a whisk (or fork). Pour all ingredients inside the boiling jelly. Put all the ingredients in a jar or bottle with a lid. Measure level tablespoons of dough. Drop on cookie sheet about 2 inches apart. Dough will spread into cookies 2 1/2 to 3 inches wide as it bakes. After putting on the pie crust, weigh the pie down. Place foil shiny-side down on your pie in 2 layers, and place inside pie weights, dry rice, or dried beans. Shake vigorously to blend ingredients. Add milk mixture to creamed mixture, then slowly add sifted ingredients and mix. Heat a large non-stick skillet over medium-high heat. Add the oil and saute the onion and garlic until golden, about 2 minutes. Add the flour and salt to a medium sized bowl and whisk together. Roll into balls and place on a tray. Cover with a towel and allow to rise until doubled in size, about 30 minutes. Add the ground meat and fry. Make sure it cooks through. Here is a delicious

shot of the outside crust and streusel and walnut topping. Thinly slice three cloves of garlic. When all ingredients have come together, briefly hit it with a stick blender. You don't want to make it completely smooth or eliminate any sign of the leeks, but breaking them down a fair bit won't hurt. Cream the shortening and sugar. Put in a large bowl. While the pumpkin cooks, add olive oil into a thick-bottomed saucepan and add the white parts of the spring onion on medium heat. Saute until translucent, then add the rice and stir for a minute or two until the grains are nicely coated. Refrigerate for 1 hour. Combine all ingredients in a 1 quart or larger jar. Mix thoroughly, put in a warm part of your kitchen and ignore. Scoop the last cup of chili onto the cheddar cheese. Bake 37-47 minutes or until golden brown and cracks are dry. Punch down dough and knead in garlic. Once your rice is steamed, fluff it with a fork and add dried parsley to taste/preferred appearance. Grate orange peeling, then squeeze juice from orange. Add additional orange juice to make 3/4 cup. Bake 10-12 minutes until golden brown. Spoon mixture and divide evenly into 12 greased muffin cups. In small bowl, stir together buttermilk and oil. Both dishes require onion, so mince one onion up pretty small. Set aside. Now, add about 2 TB oil in a skillet on

medium-high heat. When hot, add the crab cakes. Cook until golden brown, and flip. Add yeast water, molasses, and oil to cooled oat-meal mixture. Stir in whole wheat flour and 1 cup all purpose flour. Add additional all purpose flour to make a dough stiff enough to knead. Stir in the beef stock and flamed cognac. Combine spinach, apples and raisins. In a double boiler bring cream, butter and 9 Oz chocolate together until just melted. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl. Pour the mixture into the prepared pan. (round, square, rectangle, whatever). And level the mixture evenly. Remove cover, sprinkle with cheese and nuts. Add spinach (or chard), beans, chicken or vegetable stock, and spices. Add the jicama and mix. Season with fish sauce. Pour in the water. Cover and cook over medium low heat for about 10 minutes or until the jicama gets a little bit wilted and tender. Put pork fat into deep skillet until there is enough on the bottom of the skillet to prevent meat from sticking. Discard remaining fat. Take em out of the oven. Add in your vegetable broth, and wait for it to boil. Cut holes in the bread bowls. Chop the cabbage into very thin bit-sized slices. Place a layer of stuffing over the asparagus. Cut the onion. Melt margarine in medium size skillet. Add carrots

and cinnamon. Cook for about 10 minutes, until just tender. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in plastic bag. Cook for 5 minutes, add garlic and cook for 1 minute more. Pour the filling into the crust. Put the steaks in SKIN SIDE UP on an oiled backing tray. Cook for 10 minutes per inch of thickness at 425 degrees. The meat will turn opaque pink when done. Combine 6 Tablespoons sugar, 1 1/2 teaspoons cinnamon, flour, baking powder and baking soda in a bowl. Whisk pumpkin, egg and vanilla into cereal. Beat them well with your mixer. Combine rinsed lentils, bay leaf, and 5 cups water in a large saucepan. Bring to a boil. Cover tightly and reduce heat. Simmer 30 minutes. Do not drain. After cooking, discard bay leaf. Put the beef on the side, and do the same for the shrimp. Next, stir fry the garlic and ginger until they start to darken and add in the fruit and vegetables. Let them cook for about 3 minutes, then add a little bit more of the marinade. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy "skin." (Do not turn chicken during baking.). Stir in the pasta and vegetables. Add the brandy and mix into the

yolk mixture. In a double broiler slowly heat the mixture up until it starts to thicken. Remove the shells from eggs, and chop the eggs finely. Refrigerate leftovers within 2 hours. Place the formed balls on a cookie sheet lined with wax or parchment paper. Chill the cookie tray in the refrigerator for at least 30 minutes before chocolate coating. Place meat in plastic bag and pour in marinade. Saute the chopped onion in the oil. Add the flour and cook for 1 minute. Allow to cool in the skillet. Add sliced cabbage, salt, black pepper, and caraway seeds. Cook over medium heat until thickened. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes. Mix in the lemon juice, mustard, and thyme. Add the mushrooms. Chop chocolate with your largest, heaviest knife and place in a medium to large heatproof bowl. In a small bowl, dissolve yeast in warm water, add honey and let set for a few minutes. Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about one minute. Let rice and water stand at room temperature for about three hours. Mix the sour cream with the herbs and pepper. Stir in flour, salt and pepper until smooth. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in

baking pan and lightly oil cut edges of stems. Stir and simmer for 15 minutes. Next throw in the onion and shallots. Split it into four balls, wrap, and refrigerate for at least 2 hours. Brown ground beef (if using). Drain and discard fat. Add the meat to the lentil mixture and mix. Cover the pan, and turn the heat to low. Refrigerate leftovers. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions, celery, and carrot for 4 to 5 minutes, or until tender, stirring occasionally. Stir in the broth, sage, and pepper. If you didn't have espresso and only used strong coffee, add in the instant espresso powder. Now take out the baked dough, cover it with the remaining peanut sauce, chicken, carrots, optional bean sprouts (ick), and cheese. Or cheese on the bottom, if you like. Pour 2 Tablespoons of the sweet potato liquid over the mixture. Dump the bacon on some paper towels to drain. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes. Combine until all the ingredients finely mix together. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other

side. Cook until golden brown outside and white inside, about 10 minutes. Remove. Scrub potatoes. Prick the skin with a fork in several places. Mix well, return to heat and allow to simmer gently on low heat for another half an hour. Add onions and garlic and saute for a minute or two. Arrange the apples on the batter, sprinkle with 2 teaspoons sugar. In the oven they go. Boil until the broth is reduced by half, about 5 to 8 minutes. Measure out the peanut butter and Nutella. Add the onion and garlic and cook until tender. Beat with a fork or mixer, or in a blender, until cottage cheese is smooth. Cover pan tightly and cook slowly for 15 minutes without lifting the lid. Put water and bouillon in large pot and bring to a boil. Toss the chicken in and cook it. Add in the crushed tomatoes and their juice. Stir well. Add the chilies, chicken broth, chicken and garlic powder. Simmer uncovered for 5 minutes. Cook onion, green pepper, celery, and rice in vegetable oil at medium heat in a large saucepan until soft, about 5 minutes. To begin peel you onions and garlic and pour the beer into a big ol pot and get it warming up. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan. Chill the Oreo cookie and cream cheese batter in the fridge for about 30 minutes (or until a little firm) and then roll

into small balls. Don't worry if it doesn't seem thick. Trust me, it will thicken as it cools. Now add the sauce to the pasta. Add oil and egg mix to the dry ingredients. Mix water, thyme and pepper. Pour over chicken and vegetables. Add in the tomato sauce and stir and heat for 5 minutes. Gradually add dry milk and mix well. Dump the sauce over the potatoes. Divide the dough into 3 portions and roll into ~1 1/2 inch-diameter logs using parchment paper. Chop your chives. Refrigerate leftovers within two hours. Add the sugar. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted. Sauce & Habaneros mixed with Butter. Next, butter a 9 or 10 inch spring form pan. Cookies are ready to move to the top shelf when they've started to crack slightly. Scoop out 3/4 cup and refrigerate, covered tightly. Stir until combined. If chocolate is not fully melted, microwave at medium heat for 30 second intervals, stirring after each interval. Add brandy and crystallized ginger; stir to combine. Refrigerate for 3 hours to overnight to let chocolate harden. Boil the sugar and water until it forms a thick syrup. Place the spinach in a large mixing bowl and add remaining ingredients. Mix until combined. Drain and rinse the beans. Drain the corn. And immediately beat together using the hand mixer. Cover and cook



over low heat, with lid slightly ajar, until topping is set, about 10 minutes. Add the butter. Put all the other ingredients with the garlic and peanuts in a bowl. Drain tomatoes. Save 1/3 cup of the liquid. Mix thoroughly by hand. Melt butter in a separate bowl in the microwave. Mix in apples, sugar, and cinnamon. Microwave for 1½ minutes. Sprinkle garlic and Parmesan over salad. Spoon 3/4 of mixture into food processor or blender container; puree until smooth. Return to saucepan. Now, in a medium sized bowl, mix up your flour, baking powder and salt. Season with salt, pepper (optional) and the juice from the lemons. In a bowl, mix eggs and milk. Combine all ingredients in a large bowl. Mix 3-4 tbs of flour with the rest of the eggs. Bake in 13x9 inch baking pan at 350°F for 25- 30 minutes or until golden brown. Stir every 5 minutes. Cream margarine and sugar with an electric mixer, or by hand. Drizzle some sauce over each, and top with cheese. Add a dollop of sour cream. Heat thoroughly, about 10 minutes. Add seasonings to taste. Set aside when they turn brown. Pour batter into prepared pan. Heat the the oil and 2 tablespoons of the butter in a pan on medium-high. Once the noodles have boiled for 5 minutes, stir in 1 1/2 cups of milk. Cover the pan. Add pasta to sauce, and add in tomatoes and diced pork belly. Put into greased

8x8 or 9x9 pan, and top with panko. Bake at 400°F for 15 minutes, or until golden brown on top (broil if necessary). Corny Corn Bread. Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk. Place a handful your favorite brand of nacho chips or tortilla chips onto an oven-safe plate. Set your oven to 400° Fahrenheit. Add the eggs, one at a time, beating the mixture after each one has been added. Now for the olives, Kalamata olives have pits in them so you have to cut around the olive,. Roughly chop it, squeeze out a bit more water and gently separate the leaves. Combine all ingredients except espresso beans in a medium saucepan. You may want to consider a large one, for reasons that will become clear soon. Sort lentils. Then take a potato masher and squish the beans. You don't want a smooth puree but rather something halfway between whole beans and baby food. There, that looks about right. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes. Stir in the Italian dressing and soy sauce. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or

twice. Transfer to a plate to cool. Combine everything in your blender. Meanwhile, whisk together egg, cinnamon and 1 packet of Splenda. You could also add ground cloves or nutmeg. Transfer the yucca with a slotted spoon to a cutting board. Let it cool and cut it lengthwise into 3/4-inch wide wedges, discarding the thin woody core. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy). Prepare noodles according to package directions. Drain and set aside. Cook uncovered over medium heat for 10 minutes. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed. Cut the garlic into tiny pieces. Cook the vegetables until they are cooked, but still crisp. Combine rice, water, and butter or margarine in large microwave safe dish. Cover loosely, so steam will escape. Pour into the pie plate. Fold in the carrot puree, grated carrot, walnuts, coconut and pineapple. After discarding the bay leaf pour the spicy tomato sauce over the celeryiac, then on top of that, your grated cheese and breadcrumbs. Put a little bit of oil in the pan. Rinse beans. Put into a 4-5 quart heavy pot with 8 cups of water. Bring to a boil, reduce heat to medium, cover and simmer until the beans are tender (1 1/4 to 1 1/2 hours). Then

the artichoke hearts and peppers. Dip fish fillets in the egg mixture, then coat with bread crumbs. Spray a large skillet with non-stick cooking spray over medium heat. Combine salt, pepper, garlic, and thyme. In a medium size bowl, stir together all ingredients. Whisk sauce ingredients together. Set aside. Put the potatoes in the oven. Bake 30 to 40 minutes until tender. Now we have a basic cookie dough. Stir in the peas, water, and salt. Cook for 2 minutes, or until the mixture is thickened slightly but some liquid remains. Remove from the heat. Bring a small/medium pot of water to boil. Dice the potatoes and boil for about 7 minutes (until potatoes are almost tender). Drain and put in a bowl. Fry the wallets. In small bowl, dice or mash tofu. For optional ingredients, crush garlic and/or slice water-cress, mushrooms, cheese, bell peppers, and green onions. Place fruit slices on top. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil. In a small bowl, beat together egg white and milk. Add to dry ingredients and mix well. Then fill them up with the ganache filling. You can pipe it in (if you don't have a piping bag, you can use a plastic sandwich bag with a corner cut off) or just spoon the filling in. Then frost the cupcakes with either a spatula, a

pipng bag or a sandwich bag. Pour mixture over potatoes and toss well. Place back under the broiler for an additional 5-7 minutes, until the bacon is crispy and the chicken is cooked through. Remove and set aside while you tend to your rice. Cook uncovered over low heat until thick, about 1-2 hours. Stir it occasionally. That's it. Makes about 2-2.5 cups. Brown the ribs on the three meaty sides in a bit of olive oil in a French oven. Drain the hot water, and let the potatoes cool. Wash your hands and work area. Add oil and egg mix to the dry ingredients. Carefully remove mixture to a blender and blend until smooth. Place back into pot and add curry powder and chipotle powder. Pick through beans to remove bad beans; rinse thoroughly. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Let it sit in a bowl to cool down for about 5 minutes. Place the peeled bananas in a separate bowl and mash them with a fork. Then add the mashed bananas to your large mixing bowl along with the lemon juice and vanilla. In a small pot, melt butter over low heat. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan. In the morning, put on a stove burner and cook on medium heat until simmer-

ing, then turn on low and heat for 10-15 minutes more or less depending on type of oats, quick (5 mins), regular, or steel cut. Add in the beaten eggs. Here is the cookie batter base ready for the oats and raisins. Set aside the "nut" fragments for later use. Turn off the mixing machine when all the ingredients have been mixed thoroughly. Cover and cook over medium heat for 5 minutes, or until tender crisp. Let that simmer on low heat for about 15 minutes. Place the buttermilk and bruised mint leaves into a small saucepan over medium heat. Meanwhile, sear your lamb loin over medium heat in canola oil, about 4-5 minutes per side. Keep the middle rare to medium-rare. Cover and refrigerate leftovers within 2 hours. Reduce the sauce to low heat once you get it the way you want. Oh, and add a little salt to it. The bacon will add some, but not enough. Keep stirring it too and adding water as necessary to keep it at the thickness you want. In a large skillet or pot, cook onion and pepper in oil. Cook linguine according to package directions. To save time, cook linguine while chopping vegetables. Trim brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes. Cook the pork for 5 minutes on low heat on each side. Add the fried onion and carrot.

Sprinkle various chopped vegetable over sauce. Add salt to taste (optional). Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes. When it's all mixed, add the chocolate butter to the mixture. Mix well. Combine cold pasta, vegetables, envelope of soup mix and salad dressing. Add liquid to dry ingredients. Stir until dry ingredients are moistened (mixture will be lumpy). Put on the lid. Shake well. Add the shrimp and pineapple and heat until hot. Mix in the oranges and remove from heat. After about 5 minutes of cooking your orzo, sprinkle your shrimp liberally with kosher or sea salt and pepper. Squeeze a lime over (both halves), stir well and let sit for 10 minutes. It will thicken up and boil. When it looks as though it is pulling away from the pan, turn off the burner and place the pot on a cool burner. Open bag or cut off corner of bag and squeeze out dip. Lay the tied zucchini over the sauce. Return to a hot oven (400 degrees F). Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick. Combine honey and sugar in pan and bring to a boil. Chill. At that level of doneness, the skin of the sweet potato will generally just slough off as single piece. Add the onion. Turn the heat to

low, and simmer for 5 minutes. Add the flour, cocoa, salt, baking soda to a separate bowl. Heat milk and buttermilk in a 6 quart saucepan over medium heat, stirring/scraping occasionally. Ready your bowl - place the colander in/over the large bowl, and place the cheesecloth in the colander, folded several times over to make multiple layers. When the mixture hits around 180 degrees, it will start to separate into curds and whey. Stop stirring. To easily remove the casings, lightly slice each sausage lengthwise. Peel off with your fingers. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese. Add the Japanese curry mix and cook for another 10 minutes. Sprinkle raisins on and around apple. Bring large pot of water to a boil; add a dash of salt. Using olive oiled hands, form dough into 12 1-inch balls. Add beans, and continue to simmer for another 5 minutes. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla. When the sausage is half-way browned, add the garlic. In a separate bowl, blend orange juice, butter, egg, and grated orange peel; add to flour mixture, stirring until just blended. Mix in cranberries and walnuts. When the onions are softening (5-10 minutes) add the spice paste and fry over a medium-low flame for 5 minutes.



Frying the spices takes the bitter edge off them and prevents indigestion later on. Also, lightly coat your largest pan/skillet with the olive oil, heat it over medium-high and toss in the shrimp. If you have uncooked shrimp, wait until it's opaque and orange here. Don't overcook them because they'll be in the pan a long time. Stir to mix. Pat with your hands into a long rectangular log (dough will not be sticky, so you don't need to flour or wet your hands). Prepare your chicken for its impending doom by cutting them open a bit to let the flavor pour throughout. In a small jar with a tight fitting lid, combine all dressing ingredients and shake well. Add chili powder to taste. Add in 1.5 Liters (or 6 and 1/3 cups) of boiled water and soak the rice for 30 minutes. Sauté onion until tender. Using a spatula, transfer the packets to a baking sheet. Bake until the chicken is cooked to an internal temperature of 165 degrees F, about 20 minutes, depending the thickness of the chicken breast. Scrub the potatoes. Place all the ingredients in a blender. You will know when your dough is ready when it is no longer sticky and instead feels like velvet. Toss with a TB of lemon juice (to prevent browning), and using a tea towel or cheesecloth, wring out until most of the water is gone. Wipe out your bowl and add the potato back in. Grate in your parsnips, and

add salt and pepper to taste, 2 eggs, 1/4 cup of flour, TB or so of fresh chopped parsley, and mix to combine. Ingredients cont.. In large bowl, beat eggs. Add milk, sugar and peanut butter. Mix well. Bake at 350 degrees for one hour. Arrange on a plate. Mix those up in a bowl and grind on some black pepper. Brown the beef. It needn't be fully cooked inside, that's what the chili's for. So once it's all good and brown, dump 'er in the pot. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick. Cook on HIGH for 6 to 8 minutes, until thickened, stirring well each minute. Set aside. After the 8 minutes, add the corn-starch mixture and stir until the curry thickens. Add the lemon juice and basil and stir. Prepare the chicken by making a series of tunnels for the marinate to permeate. Stab the chicken with a steak knife, and twist as though you're a vengeful mafioso. First step is the most time consuming, chop up all of the vegetables. In a medium saucepan over low heat, melt the butter in the buttermilk. When melted, dump in the flour all at once. Cook over low heat for 15-20 minutes, until warmed through. Add noodles. Cover and simmer for 5 minutes.

Chop up your scallions. In large bowl, combine all salad ingredients; toss gently. Put each tortilla on a flat surface. Rinse sweet potatoes in cold running water and pierce with a fork. Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist. Do not over mix. Take the dried lemon and make some holes with a fork and add it to the broth. Let it cook for 30 minutes. Shuck your corn and remove husks and silk. Stand an ear up on your cutting board and cut off the kernels, but don't go too fast or you'll make an even bigger mess of the kitchen than if you were to go slowly. Alternatively, if you're using canned corn, drain it and rinse it well as again it may be packed in salted water. Remove the pan from the heat. Turn off the burner. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl. Add peanut butter and 5 cups of water to chicken in pot; mix well. Start by slicing the ginger into 1/4 inch rounds. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned. You then saute the mushrooms. Squeeze out the majority of the water from the grated zucchini. And here's an example of how to twist avocados apart after you slice them in half. In a small non-stick skillet mix oregano and basil with bread crumbs. Spread vegetables in the center

sheet of aluminum foil. Bring together and seal to make packet. And carefully tilt the pan to coat all sides, as close to the top as you can get. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan. Add the cheese to the soup. Bake 60 minutes at 350°F. Remove and let is set for 20 minutes. Top with Parmesan cheese. Beat together until the mixture is light and fluffy. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 10 minutes. Combine all ingredients in a medium bowl. Add the blended bean mix to the pot. Cut the jicama in small strips or grate it using a large hand grater. Toss with macaroni mixture. Roll the pastry into a ball (if the surface cracks you might need a touch more water) and wrap in some kitchen wrap, place in the fridge for about 20 minutes. Break off and peel a clove of garlic, and chop it into small pieces. A standard ladle is approximately how much batter you need for a perfect pancake. Add in the tamarind soup base, onions and tomatoes. Drop the taro root as it takes quite some time to cook. Let it boil for about 10 minutes. Chop onions. Wash and dice vegetables, if desired. In a medium skillet over medium-high heat, heat 2 Table-

spoons of the oil for 1-2 minutes until hot. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes. Add pine nuts and garlic. Brown. Combine all in the blender and blend until smooth. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated cheese. Remove the brine from heat and allow to cool before pouring on your pickles. Add alum to the jar. Rinse fish and pat dry. Place in baking dish. Add tomatoes, tomato paste, parsley, water, and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes. Wash and slice vegetables. Place zucchini, onion, water, margarine, and pepper in a frying pan. Cover and cook over medium heat for one minute. Put in the mushrooms and mix them till they slightly turn brown. Simmer slowly, stirring constantly, for 10 minutes. Let it reduce until it is a syrup-like consistency. Slice the zucchini into thin round pieces. Add 1 TB amaretto. Add flour, baking soda and salt mixture; mix til just combined. Combine the ingredients. Place the minced pork and chicken into a large bowl, add in ketchup, chili sauce, eggs, cream, bread-crumbs, the paprika, salt and pepper, the

cooled vegetables and the cheese. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly. Cook over medium heat, stirring quickly for 1 minute. Finished for tonight. Tomorrow the actual canning begins. Combine all ingredients. Cut each zucchini into thin slices. Refrigerate leftovers. Top cooked turkey with vegetables, spaghetti sauce and cheese. Heat up alfredo sauce and put in the can of diced tomatoes and stir. The end result should be a orange/pink color. Split the chili peppers in half and add to the heated oil. Spread vegetables in the center sheet of aluminum foil. Bring together and seal to make packet. Cut in half, seed, skin and julienne papaya. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth. Put the fish pieces in the baking dish. Add the corn, beans, and the can of green chilies. Stir. Lightly grease the cookie sheet. Chill the shortbread for one hour. Cool the vegetables for few minutes. Once all the kale leaves are coated in olive oil, slowly sprinkle in the sea salt in batches as you mix. You want to make sure that you evenly distribute the salt and don't just get it all stuck to a couple pieces of kale. Stir in milk and egg. Gently stir in apples, and raisins, if desired. Slice eggs into halves lengthwise. Remove yellow yolks and save whites. Micro-

wave for 30 minutes on low until they are dry. Slowly add water. Reduce heat, cover and simmer until liquid is absorbed and rice is tender, about 20 minutes. Peel the carrots and using a peeler, slice carrot into thin strips lengthwise - just dig in with the peeler's blade. Add diced beets and mix with the potatoes. Add the shallots and chives and season to taste. Refrigerate leftovers with in 2-3 hours. Mix everything together until well combined. Place your pasta in salted, lightly oiled boiling water, and cook until al dente. Stir in tomato-based pasta sauce. Bring to a boil. Turn heat to low and simmer for 3 minutes. Boil 5 sweet potatoes in water until they are almost tender. Spoon yogurt into glass, then top with fruit and granola. Wash your hands and work area. As chili heats, mix cornmeal and salt with water in a sauce pan. Cook over medium heat, stirring constantly until thickened, about 2 minutes. Add salt and pepper. Separate the fish into 4 fillets or pieces. Pour egg mixture by half cupfuls into the pan. Brown on one side; turn and brown the other side. Keep warm while preparing the sauce. Add the zucchini. Cover and cook for another 5 to 7 minutes. Stir flour mixture into meat mixture until well blended. Then add 1 tablespoon of tomato paste and then stir. Cook over medium heat, stirring

quickly for 1 minute. Add the peas, sage, water, couscous, and salt if desired. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened. Spoon 1/2 cup salsa into 11 x 7 x 2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce. Mix up your sauce ingredients and set aside. Add carrots and daikon, and cook for 2 minutes. Top with shredded lettuce, diced tomatoes, and grated cheese. Put all the ingredients in a bowl. Whisk together. Turn the chicken over and bake 15 more minutes (total of 35 minutes). Offer dressing on the side. Cover and bake for 1 hour until meat is tender. Let a pan get hot, and toss the almonds, scallions, and coconut in. Once it starts to brown, continue sauteing off the heat so the coconut doesn't burn. Add your shrimp and stir to coat. Saute the garlic and onions. Then add in the beef. Saute until it changes color. Season with some salt and pepper. Remove cover during last half-hour if there is too much liquid. Fold up the bottom of the wrapper over the filling. Beat an egg. In a large skillet, heat oil and sauté garlic until garlic is golden. Rinse the strawberries in water. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).



Put all the ingredients in a jar or bottle with a lid. Cover pan and cook 30 minutes. Once the meat is at a manageable temperature using your hands remove the bits of meat from the fat and shred. It should be extremely tender and pull away from the fat effortlessly. Add other ingredients. Stir together flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Gradually stir flour-oatmeal mixture into creamed mixture, just until all flour is mixed. Do not over mix. In a bowl, mix together the flour, baking powder, baking soda, and salt. Chop the green pepper and celery. Chop onion. Cook in margarine in a large pan until tender. Mash the anchovies with a fork. Mix in the asiago until paste-like. Add salt and pepper, to taste. Discard marinade. Bake chicken uncovered for 20 minutes. Knead dough on countertop or dough board until it forms a smooth ball. Add a little flour if the dough is sticky. Place all ingredients in blender or food processor. Cut the loaf of bread in half. Take the first half and cut it into slices. Soak one side of each slice in butter. Put mandarin oranges next to apple for arms, legs, and head. Cook the first 8 ingredients in a large skillet until tender. While that's boiling, open both cans of beans. Pour them into a colander and rinse thoroughly. Next, you'll want to core, peel and slice the apples. Alternate

layers of squash and apples in 8x8 inch pan; end with apples. Bake for 1 hour. Place fillets in baking pan on rack. Bake for 20 minutes or until fish flakes easily when tested with fork. Slice the fennel in half moons and set aside. Sauté peppers and onion in olive oil. Pick up with tongs, sear sides by holding to the pan for 10-15 seconds, then flip skin-side-up, and finish cooking for about 3 minutes. Take duck off the heat and let it rest, like a steak, for a few minutes. It will be medium in the middle. Take your remaining crushed graham crackers, and press them into the sides of the cake. You won't get a huge amount of them to stick, just a thin layer, but it's enough to pretty it up. Once that's done, it's time to start making the topping. With a large spoon or rubber spatula, stir the cream into the chocolate, starting with circles in the center and expanding into widening concentric circles. Make sure to stir as not to beat bubbles into the chocolate. Let the chocolate cream cool for a minute or two, and then stir the butter into the chocolate in two stages, in the same fashion with widening circles. Your chocolate should be smooth and glossy. Once the sugar is dissolved, pour into a mold and refrigerate for 3 - 4 hours. Cook pasta according to package directions. Rinse in cold water to stop cooking and prevent sticking.

Drain. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute. In your stand mixer bowl, add the butter and sugars. Add frozen vegetables. Cover and simmer for an additional 10 minutes or until all moisture is absorbed. Add the chicken to the pot. Then add them to your sauce and herbs, along with another two tablespoons of olive oil and salt and fresh ground pepper to taste. Make 2 cups of cooked white rice. Use the package directions to make the rice. Bake for 20-25 minutes or until corn cake tests done. The chocolate and butter mixture is now melted and smooth. Allow to cool for a few minutes. Prep each ingredient so that later steps are a snap. On top of each layer put a handful of raisins and a handful of sultanas. Take one tablespoon of brown sugar and crumble over the top. Cut up your bread loaf into 1 inch pieces. Grease a 8"x8" pan baking pan. Throw the bread pieces in. Spoon low-sodium pizza or spaghetti sauce on each slice. Put all the ingredients in a jar or bottle with a lid. Add the chanterelles to the pan and fry them up too. Mix well. Keep in refrigerator until ready to eat. That looks just about done. Use a rubber spatula or mixing spoon to gently stir in the toasted almonds. The dough should be stiff enough to hold in your hands

without being too sticky. If it is too sticky, add a small amount of extra flour until it is workable. Cut the mozzarella half of it into 1/2 inch cubes, the other half in as thin of slices as you can manage. Pour the dressing over the salad. Toss to mix. Make a vertical incision along the widest muscle of the breast, being sure to leave the underlying muscle intact. That lower muscle will hold our wonderful, melty brie in place during the cooking process. After about five minutes have passed, add the sweet potato. In a large bowl, add peppers, scallions, unsalted peanuts and other vegetables if you like. Add cooked chicken and coleslaw. Put the green beans in a saucepan. Add enough water to cover them. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands. Beat them well and add them to the mixture. In a mixing bowl, put in the sugar and eggs. Pour mixture over cereal and mix well. Divide your sausage and re-fried bean mixture between the tortillas. Add the beef and pork and give it a good cook, for at least 5-10 mins. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through. Cook, covered, for two to three hours on low heat until everything is well done. Continue simmering and stirring the sauce until

the sauce is able to coat the back of the spoon. Once it can do that, go ahead and remove it from the heat. Allow the strawberry sauce to cool for 10 minutes. Set aside. Place potatoes in a medium bowl and set aside. Place potatoes in a large baking or casserole dish. Top with vegetables, ground beef, and cheese. Add the melted butter and vanilla. Mix on medium speed until combined. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese). Bake for 55 to 60 minutes. When a knife is inserted and comes out clean, the pudding is done. Cover; simmer 1 hour. Add the lemon juice and parsley flakes to the remaining liquid in the frying pan and bring to a boil. Add the eggs 1 at a time, beating well after each egg. Seal the chicken with the tooth pick. Combine all ingredients except for bread together in a bowl. Cover with a lid or foil. Bake at 350°F for 1 hour or microwave in non-metal baking or casserole dish for 19-23 minutes on high. Stir in bread crumbs, egg, garlic powder, oregano and salt. And serranos, removing as much or as little of the chiles' hearts as you like to control heat. Cut the pork shoulder into julienne style and dice the prawns. Spread the sliced apples on the bottom of the pan. Top with cabbage, tomato, sour cream mixture, lime

wedges, and taco sauce. Sprinkle your toppings over the sauce. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes. Core and de-seed the chillies, chop them up fine. When pancakes bubble around edges and towards center, sprinkle with chopped nuts (if you choose) and flip pancakes. Mix other ingredients together while rice is cooking. Mix sugar and cinnamon in small dish. Slice the yellow squash into thin round pieces. Wash hands and any cooking surface. Take one of your sharpened rosemary sticks and poke cleanly through both bacon and soybean, pinning them together for the rest of their (probably brief) existence. In a pan put about 1/4 cup of water and 1 tbsp of oil. Let it boil and add in the hot dogs. Cook them for about 3 minutes. Then pull them out and set aside. Add chicken skin-side down; cook until golden, about 4 minutes. Turn chicken; reduce heat to medium. Stir just enough to moisten dry ingredients. Top with salsa, sour cream, green onions and grated cheese. Now add add a few cloves of garlic, a few tablespoons of cilantro, a splash of olive oil, the juice from half a lime, salt and pepper, and your Mexican beer to the meat. Rub it all into the

meat (don't poke) and let it marinate in the fridge for about 6 hours. Place 2 cups of milk in a quart jar with tight-fitting lid. Transfer the soup to a food processor, blender, or immersion blender. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally. Roll Up. "Wet Knead" the dough for 10 minutes, it may not look like much is going on, but gluten is being developed without putting a lot of strain on your mixer or walking it off of your counter. Cook until the chicken begins to brown. Breaking up the chorizo. Now slice the bread carefully using a sharp knife. Once the flour has incorporated into the mixture, you can increase the speed of the mixer. Be sure to use a spatula to scrape down the sides of the mixing bowl (with the mixer off) if you need to. For spread, mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust. Pour mixture into pie shell. Get your hands in there and work that dough until it comes together. If you started light on the buttermilk you'll probably need to add a bit more to bring everything together. After you've stirred in the first half of the cool whip tub, set aside your big bowl and get a smaller bowl or cup and put a teaspoon of instant coffee into it. If you like a little more

coffee flavor, then add more. Plated with some salad. Add the broth and uncooked rice. Cover the pan. Mix all the ingredients together and bring to a simmer. Put the pasta-water to boil in a pot while you merrily chop away at the chicken, producing pieces the size of approximately 2x2 cm. Small enough to fry quickly, big enough to be noticed. Mix with pasta. Put in baking dish. Drizzle lemon juice and oil evenly over fish. Add the mussels to your broth. Gradually whisk the chocolate into the soufflé base. Add the other half to the corn after mashing. Wash hands; get out ingredients and utensils. Add sugar. Stir. Put all ingredients together in a resealable container. Stir all the ingredients well. Don't stop. After a few minutes and all the ingredients are boiling, switch off the heat. Sift the flour, sugar, baking soda and salt together in a large bowl and set aside. Pour the Italian dressing over the vegetables and toss lightly. Heat remaining butter in a hot skillet over medium heat until sizzling. Close up. Wash hands; get out ingredients and utensils. Wash the peppers under running water. In a separate pot add the tablespoon of vegetable oil. Let the potatoes simmer for 15 minutes until they're soft. Cook until okra is browned, about 10 minutes. Top with granola. Blend the beans and garlic in a blender, adding enough water



for the desired consistency. Mix ingredients using stirring spoon and divide evenly into 4 storage bags. You will want to flip them over then baste the meat every 10 minutes with a little of the marinade. Prepare dressing in mixing yogurt and salsa, then set aside. Reconstitute non-fat dried milk with water. Combine reconstituted milk and cornstarch in a small saucepan and mix until cornstarch is thoroughly dissolved. After 45 minutes, remove the foil and top the hamburger stuffed peppers with mozzarella cheese. Cook for 15 more minutes. Fill each muffin cup 2/3 full. Slice cheese into 8 individual pieces. About halfway from the top of the jar, put another head of fresh dill and another sliced clove of garlic, then continue with cucumbers to the top. Pour into the boiling water, stirring occasionally. Add the Olive Oil to the salsa bowl. Toast in the pan until GBD (Golden Brown and Delicious). Attach a beater / paddle attachment and mix until it becomes smooth. Remove bay leaf and stir in salt. Cook 15 minutes longer. Toss potatoes in spice mixture. Cover and simmer for 20-25 minutes or until vegetables are tender. Gradually add the flour mixture alternating with milk, beginning and ending with flour. Dump in super hippidippy, grain fed, farm raised, cute chicken juice and bring JUST to a boil. When the

bubbles start, stop the cooking. Toss everything together to coat evenly. Grease and “flour” your baking device with cocoa powder. Crush the bread crumbs on a cutting board with a rolling pin or jar. Cool promptly in cold water, then in refrigerator, so the eggs will be easy to shell. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry. Chop the vegetables until you have 1 cup of chopped vegetables. In a large bowl combine all-purpose flour, whole wheat flour, dry milk, baking powder, and salt. Blend in cinnamon, baking soda, salt, and flour. In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla, mixing well. Wash your hands and work area. Combine sugar and butter. Cream until fluffy. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional). Slice the strawberries. In a saucepan, heat 2 1/2 cups of milk to a simmer. Peel and slice banana into 1/4 inch circles. Put on the lid. Shake well. Now for an ancient frying trick. To test the heat of your oil in your pan throw a piece of bread into the oil and if it browns too quickly then it's too hot. When it browns nicely and looks like a color you like then it is time for your chicken. Bake for 15-17 minutes. Remove muffins from

pan after 10 minutes. Cool on a rack. Freeze muffins for later use. Now then, let them cool slightly and make the glaze. Just dump the water in the sugar and stir. Use a spoon to drizzle the glaze over the cookies. Wash the cucumbers, oranges and lemon or lime under cold running water. Put the yogurt and juice in a bowl. Then, crush the tomatoes by squishing them through your fingers or if you are fortunate to have one, a tomato mill. Alternatively, you can dice them on a cutting board. Once completed, put them back into your pot along with 250ml of chicken stock. Brush cooked side with butter and cook until browned, another two to four minutes. Once most of the flour is no longer sitting on the top, you can increase the speed of your mixer. Stop once the flour has become fully incorporated. Scrape down the side of the bowl as needed. Uncover and bake for another 15 to 20 minutes until apples are soft. Turn the bao a 1/4 turn, and pinch the opposite two sides shut. Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour. And toss in some of your onion not 1/2 or more a cup or so, make sure you save some for your cheese sauce later, a single onion is well over what you need for both. Pour into round 9-inch cake pan coated with nonstick cooking spray. Add onion;

cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn. Cook the beans for 2 to 3 hours in the ham stock until almost ready to break up. Chop your onion and green pepper. Grate your carrots. Combine pepper, salt, and onion powder with crumbs and place on plate. Spray cookie sheet with the nonstick cooking oil spray. Spread yucca wedges on cookie sheet and spray wedges with cooking oil spray. Cover with foil paper and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes. In the meantime, start boiling some water in a pot for the ziti. Throw in some salt and oil. Add vinegar. Top with the other 1/2 of graham cracker. After compressing, it should hold its shape. Wash and prepare vegetables. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers. Place well-greased souffle cups on the baking sheet. Next, strip the best Basil Leaves from the stem. In a separate cup, stir the "wet" ingredients (soup, pumpkin puree, milk, and mustard), and heat in microwave for 45-60 seconds; stir again until creamy. Add the softened butter, sugars, and vanilla into your empty stand mixer's bowl. Put lettuce in large bowl. Add tomatoes and green pepper. Wrap each shrimp in a slice of bacon, using a tooth-

pick to hold it together. Mix lime juice, soy sauce, sugar, pepper and half of the minced garlic to make the marinade. Mix honey, water, vegetable oil, vanilla extract, cinnamon, and salt in a large bowl. Watch that shrimp - it cooks quite fast, be careful to take it out of the boil as soon as you notice no more transparency. Top with honey and cinnamon. To make the glaze, chop the four blocks of chocolate with a serrated knife or a chocolate fork if you have one. Taste; then add a small amount of salt if needed. Beat in the egg. Let the fried chicken pieces drain on some paper towels. Warm tortillas in microwave or oven to make them easier to handle. Line a large roasting pan with foil. Mix up all ingredients except the pork and set aside. Place enchiladas, seam side down, into baking dish. Remove the bacon and dispose of some of the grease leaving a few tablespoons for the onions. Once the onions start browning add your garlic and saute a bit more. Add the chilies, chicken broth, chicken and garlic powder. Simmer uncovered for 5 minutes. Chop half a green pepper into small pieces. Chop the celery. Add your sugar and spices to the pureed apples, stir in completely, and continue cooking. Add onion and carrots. Cook 15 minutes more or until lentils are tender. Cut up the onions, celery, carrots and

bacon. Wrap tortillas around the filling and top with salsa and cheese. Add remaining ingredients and mix. Add corn and pepper. Cook 5 more minutes or until vegetables are cooked. Remove the peels from the sweet potatoes. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender. Squish the bag until all ingredients are mixed, then stick a straw in a bag to drink the smoothie. The potatoes are ready. Bake for 45 to 50 minutes, or until cake springs back when lightly pressed with your finger. Start by stripping the basil leaves from the stem. Stack them all together, stems facing the same way, and fold one edge over sharply. Fold the parchment paper or foil in half and then crimp around the edges tightly in 1/4-inch folds to create a half moon shape. Heat the oil in a medium saucepan. Combine onions, turkey, lemon juice, worchestershire sauce and parsley. Mix well. We are going to blanch the spinach. Boil the spinach for 30 seconds. First set the water for the pasta boiling. Then chop the garlic up, and heat it with some oil in a pan. Add the frozen beans so they have a chance to thaw a bit, and then spoon in the tuna. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil. Get the dough and spread on a pizza pan, pizza stone, whatever you have. Poke

holes all in the center with a fork, and then pre-bake for a few minutes, until it just slightly starts to brown. Or just before that, if you don't like crispy crust. As the small pot can't get hotter than 210 degrees F there shouldn't be a problem with scorching. Add undrained crushed pineapple, cinnamon, nutmeg and vanilla. Add remaining potato slices, flour and pepper. Cut 1 Tablespoon of margarine into small pieces and place on top of potato mixture. Microwave on high for 5 minutes. Let stand for 2 minutes. Add onion and garlic to drained meat. Cook until onions are soft but not brown. Then you steam it. Hot mustard and soy sauce mixed together. Wash hands and cooking area. When they're done, take them out and drain the water. We'll be using milk and butter for these potatoes, not the potato water. You can tell when they're done when the middle isn't hard and raw-potatoey anymore. Go ahead and cut one in half if you can't tell by looking. Add the egg and molasses. Cook pasta firm in unsalted water. Drain pasta and vegetables and set aside. Heat some cooking oil in a pan. Mix a dash of sesame oil in it and start to brown the bottom of your dumplings. In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes. Stir in raisins. Mix lime juice with oil. Add oregano and

combine. Season to taste and add the previous ingredients to the quiche. In a small bowl beat the egg. Add in the vinegar and cold water. Pour flour mixture into applesauce mixture. Immediately after make everything to the sides and throw your beef on the pit. Put your fattier beef first, then the leaner beef on top. Stir in apples and cranberries. Add the onion and garlic and let it fry with the meat for a short while (a minute or 2). Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown. And toast them until golden brown and smelling like sesame. Slice the peaches. After 15 minutes you can start testing to see if it is done. To test, insert a spoon in the middle of the mixture. If the spoon stays up on its own, or almost stays up on its own, go ahead and take it off the heat. However, if you like thick rice pudding, cook the rice pudding until the spoon can stay up without falling over. Put the breadcrumbs into medium bowl. Add the spices and oil. Stir together to mix well. Do not over mix. Shred 1/2 cup of raw cabbage and set aside. Saute the onion, garlic, beans, and shallot, and ginger in the dashi for about 5 minutes. Chop it up some more.. Combine peanut butter, apple butter, milk and soy sauce in a small bowl. Store leftovers in refrigerator within 2 hours. Mix sugar, yeast,



water, and flours together. Add the celery and a can of chicken broth. Pour into prepared pan. (Pan will be half full). Bake for 1 hour. Do not peel the plantains. Cut them in half lengthwise, and into pieces of appropriate size for your bread. Brush with basting solution. Add onions, carrots, squash, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes. Chop the tomato, cucumber, peppers, and onion into very small pieces. Heat ghee (butter) in a frying pan and add mustard seeds. Heat until the mustard seeds crackle. Here's the fun bit, add two teaspoons of baking powder to the hot water and watch it foam up like mad as you stir it in. Remove the lid and continue simmering, letting the water in the beer cook off as steam. Turn sausages as necessary. Check out the pork fat floating on top of the beer, it looks good. Heat the Butter in pan and squeeze in a quarter of the orange for juice. Melt and stir together. Add spinach, and soy sauce. Mix. Place on a well-greased baking sheet and cover with a towel to rise again for 15-20 minutes. Put 2 inches of water in a pot and heat to boiling. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon. Stir in raisins and cooled toasted nuts. Wash the pumpkin, peel it, remove the seeds, cut into pieces and cook in

the syrup until it is very thick and almost all absorbed. Put shredded cheese onto the half of the bread that was split lengthwise. Throw the bread into the oven at 375-400°F for about 5 minutes, or until the bread is slightly crispy and the cheese is melted. Add the carrots. Stir to coat them with the margarine. Stir in chopped chicken and cook until heated through. Dice the carrot, onion and button mushrooms. When the bacon starts dripping all the fat, move it to the sides and let it drip a little more fat in to the pit that is forming in the wok. Then throw a handful of onions. Lower your heat to medium. Pour the mix into paper cups. Now open the cooled milk cans. Behold the sweet sweet caramel. Once they begin to sweat, after maybe three or four minutes, add in about a 1/2 cup of your chardonnay. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally. Let the mix stand for about 5 minutes, until the oats are wet. Add your flour and sugar. Fry the beetroot in vegetable oil and add 2 tablespoons of vinegar. Fry the onion and the carrot in butter. Pat into a round disk, wrap in plastic wrap, and refrigerate for 1 hour. Drain tofu. Cook slowly for 1 hour, adding more water if necessary. Saute garlic, onions and tomatoes. Add in the ground pork and let it cook till brown. Season with a little bit of salt and pepper. There, almost

ready. Just one more step. Bring to a simmer (i.e. barely boiling),. In another bowl, toss together salad greens with remaining dressing. Cut the chicken breasts into 4 slices. Then tenderize the chicken breasts by pounding thin. Add salt and pepper, and then spread mayonnaise over them. Mix it for about 30 seconds on slow so you don't totally crush everything, finish it off with a wooden spoon if you need to and beat until creamy. Make a pasta salad by mixing with 2 cups cooked pasta. Cut each squash in half. Remove the seeds and loosen fibers in the middle. Put the cornmeal, flour, baking powder, salt and sugar in a large bowl. Stir together well. Set aside. Break up large pieces of tomatoes. Add tomatoes and seasonings to vegetable mixture. Mix the breading ingredients. Sift to remove any lumps. In a medium bowl, combine milk and pudding. Beat with wooden spoon, wire whisk, or electric mixer on lowest speed for 2 minutes. Pour the remaining tomato sauce over the green peppers. Add carrot, chicken bouillon, and pepper sauce. Stir. Add egg, milk, and applesauce, mixing well. While it's cooling, beat the remaining whipping cream with sugar, vanilla, and schnapps until peaks form. Set aside. When pancakes bubble around edges and towards center, sprinkle with chopped nuts (if you

choose) and flip pancakes. Top with about 1/4 cup of fruit. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Brown sausage and onion together in a skillet; drain. Mix all ingredients together and place in a casserole dish. Mix with pasta. Put in baking dish. Flake the tuna into small chunks using a fork or your clean hands. You want the tuna to have a relatively uniform texture throughout. Once thickened, strain the sauce, and finish off with a monter au beurre - slowly stir in the butter - and the orange zests. Sauté onions, mushrooms, and garlic. Chop onion. Combine onions, and 1 cup water. Add to lentils and mix. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix. Let it sit about 8 minutes, until it has firmed up a bit. Reduce speed to low and add the oil and peanut butter next and mix for another two minutes on medium to get everything well combined. Reduce speed to low once again and add the egg/vanilla extract mixture, scraping down the side of the bowl as necessary. Finally add the flour mixture in increments, again scraping down the sides of the bowl as necessary. Place one slice of ham in greased baking dish. Pour one half of the

sauce over the ham slice. Top with second slice. Add remaining sauce. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant. Fill prepared muffin cups about 2/3 full with batter. Sprinkle about 1/4 teaspoon of cinnamon/sugar topping over each muffin. Whisk all the dressing ingredients together and refrigerate for an hour. Mix up the noodles and zucchini, and then add the garlic and pancetta, along with the egg-milk mixture. Stir in over very low heat, and add the cup of grated cheese. Now take the chicken and place it on your baking sheet and place it on the grill over the side of the grill that is turned off. After about an hour rotate the chicken so that each side get done evenly. Mix well. Shake out the walnuts evenly. Prepare noodles according to package directions. Drain and set aside. Once the soufflé base has thickened, transfer it from the saucepan into a large bowl. Put all the ingredients in a jar or bottle with a lid. Once the chocolate is melted toss in all of your canned goods and spices, stir that around and dump in your onions/garlic as soon as it is ready. Melt margarine in skillet over low heat. Mix in flour and salt. Stir and heat until bubbly. Place the baking dish on the rack in the middle of the

oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until the knife blade comes out clean when inserted. Spoon 1/2 cup fresh salsa around the edge of each shell. Cover with aluminum foil and place in 475°F oven for 15 minutes. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage. In a large stockpot, sweat the garlic and onions (add a couple drops of oil to the pan and spread it; then over low heat and covered, let the onions and garlic cook in their own juices until soft. Now add the mushrooms. Carefully open pita breads and fill with equal amounts of greens and tuna salad. Pour warm milk over all ingredients in casserole dish. Bake in pre-heated 325°F oven for 40-45 minutes or until a knife inserted near center comes clean. Allow chilies to cool, then carefully remove the skin. Cut off the stem of the chili and scoop out all of the seeds. Add the milk, cheese and seasonings. Let simmer until the Rice is cooked. Start cooking the rice as instructed on the package, and heat your wok, or deep pan. In with the chicken and just fry it for a while, does not have to be completely cooked, since it will cook in the sauce later. Cool for 10 minutes

and remove from pan. The leftover trash rinds etc, dispose of them. In a large, heavy skillet, heat the oil and butter over medium-high heat. When the butter melts and foam subsides, sauté the onion for 3-4 minutes, until soft and starting to turn golden. Line a 9"x13" pan with half the graham cracker squares. Three squares will have to be cut in half to line the pan. Stir in remaining ingredients. Bring to a boil. Chop up your onion. Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes. Add the evaporated milk and bring back to a boil. Make a cornstarch slurry and slowly add it to the filling until it becomes thick. Bake at 400°F with desired toppings until crust is browned and top is bubbly. Cut four large rectangles of parchment paper or aluminum foil and fold in half; unfold. Mix dry ingredients in an medium-sized mixing bowl. Add the spices and stir a few times. Add mushrooms. Spray baking sheets with non-stick cooking spray and place chicken pieces on them. Knead for six to eight minutes on a lightly floured surface or until smooth. Toast walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool. In large skillet, heat oil. In a large mixing bowl, stir

the oil and sugar until creamy. Cover and bake for 15 minutes. Spread tomato puree evenly over rice mixture. When your sauce is done cooking, remove the sprigs of herbs. Place lettuce, vegetables, oil, vinegar and herbs in a large salad bowl. Toss together. Toss vegetables with noodles and margarine. Remove from heat. Stir in dry milk. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors. In a skillet (the larger the better), heat oil on medium-high heat. Heat fry pan. Add oil and heat on high temperature. Put your butter in the mixer and it'll warm up faster if its cut into little peices, giving it more surface area. After it starts to melt, use a spoon and keep sugar moving. In a small bowl, add egg, salt (if desired), and pepper and beat together. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth,if necessary, to keep from burning. Combine butter, onion, bell pepper, and garlic. You may also want to add some salt and pepper. Saute until tender, then add Cajun spices, lemon juice, cayenne pepper, parsley, and garlic. Add water and flour then bring to a simmer. Return half of the beans to the saucepan over high heat with 1 1/2 cups of sugar. Scrub potatoes and cut into slices without peeling. Add the beer and bring to a roiling boil. Lightly oil or



spray baking dish with cooking spray. Bake for 60 minutes or until crust is golden brown. Grease the muffin pans. To make dip, combine yogurt, vanilla and peanut butter in a small bowl. In a non-stick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking. Cut the lamb racks along the bone to get some nice cutlets. Slowly fold in all the cookie crumbs. Now, begin with the lettuce and basil, put them in a bowl and rinse under water. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly. Mix your ingredients gently in the bowl. Try not to smash the berries, just make sure everything's evenly distributed. Don't worry if it looks too dry, the berry juice will liquefy everything when it cooks. Blend, blend, blend until your heart's content and everything's nice and smooth. Start by concocting your sauce. Brown your ground meat in a bit of oil if it's packaged as being lean, but don't use any if your meat's got a bit of fat in it. You should be able to tell just by looking at it. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl. Scoop out the seedy part such that there's a nice furrow in each half. Reduce heat to simmer for 5 minutes. Top with cheese if desired and return to

oven for 5 minutes to melt. Mix in the white chocolate chips & cranberries. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes. Use a fork or a whisk to evenly mix the ingredients together. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth. Pour milk into large mixing bowl and add pudding mix. Using an electric mixer, beat 1 minute. Add yogurt and mix well. Then stir in a pint or so of milk, use a whisk to it doesn't get lumpy. In a large pan over medium heat, add olive oil, garlic and chili pepper flakes. Let cook for a minute then add bacon. Cook for 3 minutes. The chilli pasta right out of the oven. Put dough into a pastry bag with a 1/2 round tip - or put in a Ziploc bag and snip off the corner to open about a 1/2" hole. Pipe out onto a silpat on a cookie sheet, and pipe out 2.5" rounds, 1" high, about 2 inches apart. Use a damp finger to smooth out any high points. Once your mushrooms and onions have cooked, chuck them into your sauce. Pancake is done when bottoms are golden brown. Chop the celery into small pieces. Cook until second side is brown. Quickly move around the dish (DON'T TOUCH IT WITH A SPOON OR YOUR HANDS/etc) until you have coated as much of

the pan as possible. Let broccoli thaw. Continue to stuff the onion cubes into the chicken. It will be HOT. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs. Throw (or pour) the water, butter, and salt and herbs in a pot and bring everything to a boil. Bake for 20-30 minutes. Immediately place the mini muffin pan into the freezer on a flat shelf with a trivet or hot pad between the hot pan and the plastic shelf. Allow the pan to sit for 5-10 minutes or until the peanut butter cups harden. You can check to see if they are ready by gently shaking the pan and looking to see if the tops of the peanut butter cups jiggle at all. When the chocolate no longer jiggles, remove the pan from the freezer. Put them under the broiler on high. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender. Mince and/or thinly slice the shallots. Peel the Pearl Onions, and wash and pit the Dates. Save the carrot peelings for mirepoix later. Mix the vegetables with the tomato base and season with salt/pepper. Mix in the avocado at the very end. Stir in milk. Carefully pour into prepared pan. That little bowl in the middle has some sugar in it. Spoon up some dough, roll it in your hands until round, then dip a third of it in sugar. Divide dough into 12 pieces about the size of a walnut. Roll each

ball into a snake and then twist to make a pretzel, letter or other fun shape. Cut celery in half cross wise. Add in the milk, vanilla, and egg. Stir everything together until thoroughly mixed. Be sure to break up and clumps of brown sugar with your fork. Taste; add a small amount of salt, if needed. Meanwhile, take the cherry tomatoes and cut them in half. Set aside in a bowl. Take your olives, cut them in half and set aside (if they are not pitted, grab a cup and smash each olive with it. They should easily split in half). Stuff half a banana into the pocket you made and close it over. Place each chicken breast in a large square of foil or parchment paper and season with salt and pepper. Remove mixture from pan. Refrigerate leftovers promptly. Add more coarse ground pepper. Coarse ground pepper just makes everything better. Add the water, salt and pepper. Over moderate heat, cook the butter, water and sugar to a medium brown color (it will look like caramel). Remove from heat. The toppings. Sharp cheddar is the only way to go. Once cool, you can cover with aluminum foil, and place in the refrigerator to chill. Turn the chicken periodically. Add vegetables and oregano. Top with cheese if desired and return to oven for 5 minutes to melt. Chop onion. Cook beef and onion, in the frying pan until beef is brown and

onion is tender. Drain off excess fat. Next prepare your battle stations. Pour some of your breadcrumbs into a bowl or Tupperware big enough for your chicken to fit into. Do the same with your flour but into a separate bowl. Set shrimp halves slightly below center, face down. Beat cranberry sauce. Spread the peach slices on the bottom of the baking pan. Place the other half over the top and wrap the bacon strips around the loin. Tie the bundle together with kitchen twine. Finally crack some fresh pepper over the top. Stir until the sugar is dissolved and starts boiling. Take a sheet of tinfoil, and wrap the brick like a present. Add your cheeses. Next add in the long beans and your chili. Mix and let simmer for another 5 minutes. Continue to keep an eye on your broccoli. stir occasionally until its fully cooked. Then finish it off by putting on the rest of the pasta, the rest of the sauce, the mozzarella, and the parmesan, in that order. Put as much cheese on top as you like. Press the wallet well. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza. Cut your

Berkshire pork sausages into strips lengthwise. Place the chicken in a 1-gal freezer bag, stabbed side up. Mix the marinade together and pour it into the bag. Seal the bag, leaving as little air as possible. Drain tofu. Wrap in layers of paper towels to dry. Let chicken set for 15 minutes after removing from the oven before carving. Open the pomegranate and remove some seeds. Add the flour and milk. Mix. Take the sausage out and use a couple of spatulas to place it on the pastry. Bake for about 30 minutes until apples are tender. Stir the carrots into the egg mixture, then with a rubber spatula, fold in the flour mixture until almost combined. Stir in the nuts. After mixing well, press firmly into the plate. Let potato rest for 1-3 minutes. In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over bread crumbs. Wash the sweet potatoes. Combine 1/3 cup flour, baking powder, and salt in a small bowl. Stir in milk until dough forms. In a separate bowl, hand stir the baking soda, salt, and flour together until well mixed. Sauté peppers and onion in olive oil. Wash rice and put into a 2-quart pot with water. Bring to boil, then lower heat to simmer, and cook uncovered until all the water is absorbed. (approximately 45 minutes). Chop the cilantro and add it in. Run warm water on the outside of

each cup to loosen each popsicle from the cup. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes. Wash the rice 2-3 times. Saute the pepper, garlic, and shallot in some olive oil until tender. Add the rice and stir continuously for 3 minutes. Also one fresh pork picnic (or other suitable portion). Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling. Scrub potato. Prick several times with a fork or knife. Add the beans and oregano. Cook until the beans are heated through. Cut the jicama in small strips or grate it using a large hand grater. Stir in orange juice and cornstarch. Blend until smooth. Now chop up that rhubarb, cut those poisonous green leaves (don't eat them ) off and then cut stalks in half lengthwise and then dice. First you throw a splash of oil in a large pot and cook the onions and garlic for around 10 minutes. Add the water 1 TB at a time, until the dough starts to clump and stick to itself. Slice the strawberries. Pour your crumb cake batter of your parchment or tinfoil so it is evenly spread out. The pork should lose its pink color when it's cooked enough. Store in refrigerator. Dice the Celery, Onion, Garlic, Shallot, and Apple. Wash

hands well with soap and warm water. In a large bowl, combine oil and lemon juice. Put them in the oven and set the timer for 14 minutes. To make dressing, combine lemon juice, garlic, mustard, oil, salt and pepper (optional) in a large bowl. Cover and bake at 250° for 3 to 4 hours. Cover with aluminum foil. And cook for 45 min @ 350F. Puree until very smooth. Wash and dice vegetables, if desired. Add the eggs to the mixing bowl and beat until combined. Pour in 300ml/half a pint/10 ounces of boiling water and leave to one side. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight. The sausage we used was very lean so there wasn't much to drain off, but if you use a fattier sausage make sure you drain it. Add the pasta in the boiling water. (If the chicken is raw, add the chicken first and let it cook for few minutes before the pasta.) Cook the pasta for 2 to 3 minutes. Then dice the potato into small cubes. Cover with aluminum foil. Carve the flesh off of the remaining bones and dice. Pour milk mixture over flour mixture and stir with a spoon, about 20 strokes, until flour is just moistened. Batter will be lumpy and thick. On lightly floured surface, knead dough gently for 10–12 strokes. Combine oats, brown sugar, flour, and cinnamon in a small bowl. Grate zucchini and mix



with the other ingredients, except the oil. Blend well. On a baking sheet, toast nuts for 5 minutes. Roll each patty in the crushed crumbs. Pour the remaining tomato sauce over the green peppers. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes. Continue to stir over medium heat until heated thoroughly. Peel the onion. Cut it into thin slices. Whisk all the dry ingredients together. Add pumpkin and water. De-case and brown your sausage. Knead dough on lightly floured surface until smooth and elastic, about 5 minutes. Cover with water and continue to cook until boiling. Arrange fruit on a plate around a small bowl. Add your eggs, one at a time, and mix each until just blended. Add tortillas and stir until pieces begin to brown. Transfer the meat into the baking dish. Spread it out to make an even layer. Dissolve the taco seasoning mix in some water. Set aside. Punch down dough and divide into 16 portions. Shape into a ball and poke a hole through the middle with your fingers. Cut up your ginger into pieces about 1 cm thick. Melt the butter on medium heat in a frying pan or skillet. Cook for about 5 minutes, covered. Store in the refrigerator for up to one week. Wash and trim vegetables. Slice zucchini into

1/2 inch pieces; snap beans into pieces; thinly slice or shred cabbage. Once the poaching liquid is barely simmering, put the pear into it, laying on one side. In a pot over medium-low heat, add the whole milk and 2 ounces of sugar and bring to a slow simmer. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon. Add the last 1/2 cup of flour until dough is consistency of cookie dough. Add the egg yolks to a separate medium sized bowl. Beat the eggs with a fork. Put oil, egg, and vanilla in a small bowl. Beat with a fork to mix. Top fish with onions, green peppers, tomatoes and seasoning. Bake about 20 minutes or until fish flakes. Microwave uncovered on high for 1 minute. Add grapes to mixture and stir gently. Place ingredients in a heavy duty snack sized plastic bag. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes". Add in the onion. Mix well. Cut the hydrated chiles into thin strips using your shears or a knife. Place them in the mill. Stir with fork until well mixed and then form pastry into a smooth ball with your hands. Place in the center of the microwave oven and microwave for 1 minute. In a blender, combine all ingredients, puree until

smooth. Remove the bacon to the pot. Wash potatoes; peel and cut into thin slices. Combine all ingredients except chicken in saucepan. Thin back out with heavy cream until a thick, pourable consistency. Combine all ingredients in a pint sized jar with tight fitting lid. Bring to a boil, reduce heat to low and simmer covered on low heat for 20 minutes or until macaroni is tender. Cook mixture over low heat for 20 minutes. Let the sauce settle, then skim the fat off the surface with a spoon. Boil the sauce over high heat until very thick and almost pasty. Remove the pan from the heat and stir in the creme fraiche. Simmer for about 30-40 minutes or until chicken is tender. When the juice is nice and reduced and the apples are mostly cooked, cover the pan immediately with full thickness pepperridge farms puff dough and tuck in the edges. Then put some sugar on top of the dough. Add meat and water chestnuts. Paint the beaten egg around the outside of each square. Beat an egg with a fork until scrambled well, and brush on the dough. Add water to a pot. Add in the salt. Once the water is boiling, add in the green bananas. It is ok if the banana peels' color turns darker. Let the green bananas boil for at least 20-25 minutes. They should be fork tender — a fork should be able to go right thru. Don surgical gloves and, if neces-

sary, bio-hazard suit. Cut habaneros into 1 cm chunks as well. Combine all ingredients in large bowl. Drizzle each packet with  $\frac{1}{2}$  teaspoon oil and 1 teaspoon lemon juice. Add chicken and cook until hot. Get out your soy sauce and vinegar. Mix everything well and turn the heat down to simmer. You want the sauce to thicken up. Arrange the pumpkin on a plate and decorate with walnuts and cinnamon (optional). In a separate bowl, combine baking powder salt, baking soda and flour. Add dry ingredients to creamed mixture. Heat oil in a skillet. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly. Then add in the mushrooms. The meat is very tender so over cooking it really ruins it, not to mention makes them greasy. Properly fried food isn't very greasy at all, thanks Alton Brown for that episode. Set them on a rack to cool. Drain the water from the can of mushrooms. While that is doing get the spices ready. Use peas for eyes and  $\frac{1}{2}$  grape for nose. Stir in sugar, milk, egg, salt and enough flour to make a soft dough. Stir in the beans and salsa. As that's sauteing up, get out your cheese and cut it into 2 cm thick squares suitable for breading and frying. Remove skin and bone; cut thighs into bite-sized pieces. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes.

Do not drain. Pour over bread cubes. Return turkey to either the microwave or oven and heat until cheese is melted, about 1-2 minutes. Cook on low for 8 hours or high for 4 hours. In a skillet (the larger the better), heat oil on medium-high heat. While tortillas are baking, mix low-fat cream cheese with garlic powder. Set aside. Fry the bacon on a high heat with some olive oil and a big pinch of cinnamon. Beat in eggs, vanilla, and orange peel. Add water, macaroni, tomatoes, and seasoning mix, Stir. Top the berries with the yogurt banana mixture. Drop by Tablespoons onto waxed paper and let stand until cool, about 15-20 minutes. Pour oil into a frying pan, and place a piece of dough in it. The easiest way to section of slices of the cheesecake is to use unflavored dental floss. Be sure to press all the way down when making the sections. Add cabbage, cover and simmer for another 5 minutes. Cover and bake for 20 minutes. Cover and simmer for 2 hours. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove. Cook the pork sausage on medium high heat until no longer pink. When the onions are golden add the bell peppers, corn, bamboo shoots and the water chestnuts and stir-fry for

5 minutes or until the vegetables are tender. Wash and drain all vegetables well. Set aside 1/4 cup (about 1 ounce) of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining 1/4 cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center. Cover and set aside for at least 3 hours in the refrigerator. Bring to a boil over medium heat, stirring constantly. Blend tofu, coconut milk, sugar and cornstarch in a food processor or blender until smooth. Add egg, oil, and water to dry ingredients. Stir just until all ingredients are wet. Mix sugar and egg yolks in separate bowl. In a large bowl, mix the previous with your ricotta and basil. Put the cooked vegetables and shredded cheese into a pie shell. Refrigerate leftovers within 2 hours. Cook, stirring constantly, until bubbly and thickened. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes). Transfer the meat into the loaf tin, press them down and form a loaf shape. Wash, peel, and cut the jicama into thin slices. Bake for 20-25 minutes or until a toothpick comes out clean. On a

floured surface, knead dough 5 minutes or until smooth and elastic, adding flour as needed. Put dough back into bag and let it rest 10 minutes. In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables. Flip quesadilla. Cook for 4 minutes or until tortilla browns. Very gradually add the flour to the wet mixture, making sure the last bit is fully smooth before adding any more flour, until all the flour has been added. The dough should be smooth and thick (a bit thicker than American pancake batter - a LOT thicker than British pancake batter). Feel free to use a hand mixer to help it along. Mix the sour cream with salt and the spice. Stir in the bran flake cereal. Mix well. Drain the water. Uncover, and add your can of tomato sauce, sugar, basil and oregano. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a 1/2 inch thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is 1/2 inch thick. Pour milk over potato mixture; bring to boil over high heat. Reduce heat to medium low, cover, and cook until potatoes are tender, about 15 minutes. Bring to a boil and stir. Cover

and cook on low heat. Cook until rice is tender (about 25 minutes). Stir in the broccoli; heat thoroughly. While all the Chex are in the bag, clean out the original bowl so no chocolate residue is left inside. Dry the bowl. Add mixture from bag and place into the bowl. If the Chex are not fully coated with powdered sugar, add more powdered sugar to bowl and cover with cling wrap. Shake until well coated. Knead the flour into the butter while slowly adding the water. Form the pastry into a ball and refrigerate for 20 minutes. Cut out multiple shapes from 1 whole wheat tortilla using cookie cutters. Heat oil in medium-size saucepan over medium heat. Saute the rice until just golden, about 5 minutes. Add 1/2 cup of chicken broth if moisture is needed. In a large bowl, stir together flour, salt, baking powder and sugar. In a glass or plastic liquid measuring cup, measure milk, then add eggs, vanilla (if using), and melted shortening or oil. Mix with a fork until egg is well combined with other ingredients. Stir in milk. Carefully pour into prepared pan. Mix the stock with an equal amount of water (i.e. 1.5 cups). Add the rice to the onions and let it cook over a medium heat for about 5 minutes so that the oil coats the rice nicely. Add diced tomatoes and continue cooking for 3 minutes. Stir in egg and mix well. Add your measured out Guinness



to your cheesecake, creating an unholy matrimony of two of the greatest things on earth. Don't forget all of the head. Place the other tortilla on top. Cook for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat. Mix the first four dry ingredients. Set aside. Mix the egg with orange juice, milk and oil. Mix fruit and blend with dry ingredients. So, after the three ingredients are chopped up real well, add some coarse black pepper. Drain the water from the saucepan. Let the broccoli cool. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist. Combine dry ingredients in bowl. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread. Add carrots, cream of mushroom soup, and one soup can full of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stirring until melted. Add 3 tablespoons of oil to either a 10" cast iron skillet or a 10" baking pan. Swirl the oil around the bottom and sides of the skillet or pan until coated. If you find that you have excess oil, you can let some drip out into

your waste basket or back into the oil bottle. Seal the edges with beaten egg. Return the dish to the microwave and continue cooking for an additional 10 minutes, or everything softens up and the juices start to mingle nicely. Add the onions and garlic and stir them around until they smell yummy and get soft. Add the onion, ginger and garlic to the butter once it's melted and cook it until it smells delicious and your onions are clear. Saute the veggies until tender on medium heat with the oil. Remove from the pan. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce. Stir in the veggie mixture and fold together. Simmer until temperature reaches 145°F. Wash, peel and cut carrots. Wash and cut up squash. And deglaze the pan with it. Add some salt to the pot. Remove chicken meat from the bones and return meat to broth. Add milk and flavorings. Mix thoroughly. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture. Mix spices, soy sauce and water; set aside. Store in the refrigerator for up to one week. In a large bowl over (but

not touching) simmering water, slowly melt your 6oz white chocolate with 1/4 cup cream, stirring occasionally. Top fish with onion and pepper slices. Toss it in the oven for 10 minutes. If you didn't leave the caramel on the element for long enough, then it will still foam when you put it in the oven. The result is a sticky goopy mess all over the inside of the oven, which is very bad when it burns later and sets off the fire alarms. Combine oats, brown sugar, flour, and cinnamon in a small bowl. Finely chop the onion, and slice the tomatoes into quarters. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat. Slice the potatoes in half. Scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese, salt and pepper. Mash together until the mixture is pale green with dark green flecks. Add rice and peas and mix well. Place the contents of all 3 cans into a pan. Bake, uncovered 5 minutes, until cheese melts. Peel and chop the mango, be sure to remove the seed. Shrimp will fry VERY fast, turn your shrimp after only a couple of minutes at most. While that is mixing take a handful of raisins and spread them evenly about your bread. Then take about half of the brown sugar you measured out and do the same with it. Once it starts becoming a bit frothy, add in the lemon zest and rum. In place

of the rum you could also use banana liqueur. Remove from heat and cool slightly. Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken. Add in plain flour and stir and let heat up, but don't burn. You want it to be reasonably sticky and dry though. Beat butter with sugar until creamy. Combine all ingredients except vegetables into bowl, mix and set aside. Remove the core, and chop the apple. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white). Crush the peanuts. Mortar and pestle works well, or you could just use a coffee grinder or food processor. Now go find the bowl of flour mix that you stashed away earlier, and grab the cup of milk. What we're going to do is add a bit of flour and a bit of milk, then mix well. Add 3/4 cup of flour and mix with a spoon until a paste develops. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional). While stirring constantly, slowly add the chicken broth - add a small bit at the time and allow the roux to slowly dissolve. Add the canned tomatoes, tomato paste, cajun seasonings, worchestershire sauce, shrimp/chicken mix, and sausage. Spoon 1/4 cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size). Use

a brush to scrub potatoes under cold running water. Slice potatoes into 1/2-inch thick pieces and places in the bottom of a casserole dish. Pour batter into a 9- by 5-inch loaf pan, greased on bottom only. Add two large table-spoons of heavy cream. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper. The result should be dark brown and crispy, but not blackened. I'll be using three small potatoes, which should yield about 6 medium-sized pancakes. Since I've had them for a while, I'm going to peel them. You don't have to. It's up to you. Reduce heat to simmer; cook for 15 minutes. Simmer for about 3-5 minutes. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir. Add enough red wine to de-glaze the pan and dissolve the sucs. Add enough water to just cover the vegetables. Stir in tomatoes, basil, oregano, sugar, and pepper. Pour honey and lemon juice over fruit and gently toss. Spray a 9"x13" baking dish with non-stick cooking spray. Mix in your sweetriot 'peaces' (chocolate covered cacao nibs). Add tomato sauce and just enough water to cover. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are tender. Stir in water, tomato sauce, and spices; bring to a boil. Add 1/2 cup chicken

broth (save the other cup of chicken broth for later.). Place lettuce wedge on cutting board. Slice into thin strips; set aside. Peel and chop half of a cucumber. Spray pan with cooking oil spray. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is thoroughly wet. Heat olive oil (or other “good fat” oil of your choice) in a pan until translucent. Add pumpkin, black beans, and spices and cook on medium heat, stirring constantly for 2-3 minutes. If it starts to stick, add a tablespoon or two of water to the pan to keep everything moving. Prepare elbow macaroni according to package directions and drain. Fold the sides toward the middle. Then you can add the cheddar cheese at the top for an omelet, or for the scramble just mix them in at low heat. Season the chicken with salt & pepper. Remove shrimp from oil and drain on a fresh paper towel. Cook for a few minutes over medium heat until most of the liquid cooks off. Brown ground beef and drain any fat; add beans, cumin and chili powder and heat through. Fry and let it drain on a paper towel. Place raisins on cottage cheese to make eggs. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl. Store leftover soup covered in refrigerator for up to 3 days. Sprinkle raspberries around the angel cake and add

sliced strawberries to top. Refrigerate leftovers within two hours. Pour dressing over corn mixture and mix well. Cover pan with foil and bake until soft. Add wine and yogurt; gently stir in. Heat, but do not boil. Store in a closed, covered can or rigid plastic container, or sealed heavy plastic bag. Prepare some of the smaller cherry, plum, and/or pear tomatoes by washing and cutting them. Bake at 350 degrees for 60-70 minutes until center appears set. Using an electric mixer, beat it all together until it has a light and fluffy consistency. Place on baking sheet about 1 1/2 inches apart. Add the flour mix to the oil and sugar in the large bowl. Stir together. Chop up all the vegetables. Use a spatula to scrape the mixture into a medium bowl. Add whole tomatoes and simmer for five minutes. Cook about 1/2 a cup of batter at a time, spreading it out with the back of a spoon if needed (it will be thick). Cook for a couple of minutes, until bubbles begin to break through the surface and the bottom is golden. Keep the heat to medium, as these will take longer to cook through than most pancakes, and you do not want to burn the bottoms. When the pork chops are browned, dissolve the chicken bouillon cube in about a cup of boiling water and add it to the skillet. Drain the cooked macaroni and return to the pan. Mix other

ingredients, add to pork strips, and let stand in refrigerator for 24 hours. Add milk, blending well. Spoon the blueberries over the cake batter evenly. Start preparing your bun. Microwave a small chunk of Gorgonzola for about 2 seconds. It will melt partially and become very easy to mix around as a single mass. Stir in the minced ginger to create your pear's creamy filling. Bake 10-12 minutes until lightly browned. And roll it on bread crumbs. Add some regular table salt to taste. Add oil and warm water to dry ingredients. Reseal bag. Mix by working bag with fingers until dough is completely mixed and pulls away from bag. Start rolling up. Brush the top end of your wrapper with a little bit of water to seal the lumpia. In a large heavy pan sauté onions in oil until golden brown. Blend the remaining sugar into the eggs until the sugar dissolves. Stir in the milk/cream mixture. Strain through a sieve to get rid of the chalazae to make a smoother Cream Caramel. Brush the breasts with the mixture and top with paprika, seasoning salt, and freshly ground pepper. Let refrigerate. Add tomato, chicken broth, bay leaf, salt pepper to taste. First open the stilton and slice the crusty sides off and mash it in a bowl with 25g butter. Cook for 15 minutes on a medium heat. In the same saucepan melt the margarine. Stir in flour, salt, and



pepper. Add the milk all at once, stirring rapidly with a wire whisk. Cook and stir until mixture is thickened and bubbly. Stir in the blended broccoli mixture. Cook and stir until soup is heated through. Season to taste with additional salt and pepper. Add sugar, orange juice, orange rind, spices, margarine and salt. In a large bowl, combine cereal and milk and set aside for 5 minutes. Stuff the mixture into your salmon steaks. Cover pan with a tight-fitting lid to hold in steam. Place chicken between 2 sheets of plastic wrap; pound chicken to 1/4 inch thick. Add the rest of the ingredients and mix well. Arrange the potatoes on a nonstick baking sheet and bake for approximately 30 minutes until potatoes are golden brown. Stir everything together very well. Add celery, carrot, and raisins. Chop the chives 1 inch (about 2 cm) in length and cut the green onions diagonally the same size as the chives. Prosciutto Style. Add the butter and cream, and shake it all about. If the the cream goes crazy boiling, take the pan off the heat because you can burn it. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes. To heated oil, add squash and onion. Cook on medium heat until tender, about 10 minutes, stirring often. Place bag of frozen broccoli into a double broiler to steam vegetables. Cover,

cook on low stirring occasionally, until Broccoli is tender and done. Use as a sandwich filling or on top of whole grain crackers. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently. If desired, pour through a strainer to eliminate pulp. Cut a few thin slits in the top with a knife, to allow steam to escape. Dice your garlic and onion. Spend a minute or so cooking the fettuccine in the oil (stir it up a bit) before mixing it with the other stuff in the pan. Cook them for about 4-5mins per side, should give a nice medium. Heat butter in skillet. Add chicken and cook until browned, stirring often. Add 1/3 tsp of salt. Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop. Whisk the eggs and egg yolk together in a medium sized bowl. Then add the cornstarch mixture and whisk until combined and smooth. Cook at 350°F or for 25 minutes until bubbly. Stuff the chicken with the half head of garlic. Top with onion slices. Now get the rest of the filling ready. Peel and slice the kiwifruit. Dice some up for the filling, leave the larger rounds for decoration. Once the onions are ready, add some cheese to the mix. Place the yogurt in a medium mixing bowl. Put the butter in a large bowl, add 4 cups of the sugar, then the milk and vanilla and beat

until smooth and creamy. Finished rolling, you will get approximately 20 rolls of meat rolls. Arrange on lightly oiled shallow baking dish. Melt margarine in skillet over low heat. Mix in flour and salt. Stir and heat until bubbly. Defrost the pineapple juice. Now we turn our attention to the chocolate filling (everything is better with chocolate filling). Put the 1/3 cup butter into a clean pot with just a splash of milk. After 3 minutes has passed, wash and drain the cucumbers. Carefully drain the juice from one can of black beans. Pour the drained black beans into a bowl. Use a potato masher to mash the beans until they are no longer whole. Set the mashed beans aside. Cook and stir on stove top or in microwave until thickened. Cover and cook, stirring occasionally, for 30 minutes, or until the potatoes are tender. Add a little water, stock, or coconut milk if it gets too thick. Place all ingredients in blender and puree until smooth. Grate cheese; set aside. Prepare vanilla sauce while pudding cools. Place batter into 24 prepared muffin tins and bake at 350°F for 10-12 minutes. Season the scallops and shrimp. Pour milk over the casserole. Add salt and pepper as desired. Mix it all up until it is a big lump then shape into a sausage and place on a baking tray and cover with the remaining mushrooms. Fill a small sauce pan half full with

water, add 1 tsp salt and bring to boil. Add the thinly sliced chicken breasts. Bring the water back to boil, remove the pan from the heat and cover tightly. Let stand for 20 minutes. The chicken should be firm yet still yield a bit to the touch. Any juices should be clear. Be sure the chicken is fully cooked. Remove the chicken from the pan and discard the water. When cool enough to handle, shred with your fingers into thin pieces, pulling the meat along its natural grain. Put the chicken in a large bowl and let it cool to room temperature. In a separate bowl or the food processor, combine the cold butter (cut in small pieces) with the flour until it resembles a coarse meal. Wash vegetables. Slice carrots, broccoli and mushrooms. Chop onions and bell peppers. Pomegranate seeds, black plum, kiwifruit, longan, and gorgonzola dolce. Longan are closely related to lychee and rambutan, and have similar flavor. They have a tough brown skin and a large, dark seed. between these two inedible bits is a thin, tasty layer of pale white flesh. Sauté cooked meat in oil until slightly brown. Refrigerate at least 30 minutes. Cook for 5 minutes, until pasta is heated through. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat. Add green chili, garlic, spices and chicken broth. Simmer for 20

minutes. First get out a large pot and put your ground turkey in it and brown the turkey. Place in a lightly oiled 9x5 inch loaf pan. Stir in carrots, lay greens over top and cook, covered, until carrots are tender, about 15 minutes. Wash and chop the celery and dice the cheese. Mix together ingredients. Continually stirring the sauce and spaghetti, add in the egg. Keep stirring for a bit longer. Then add some of the herbs. Reduce the sauce by 1/2 (let it simmer on low heat, stirring more-than occasionally for about an hour). Add the heavy cream. Let it reduce by 1/2 again. Don't forget the easiest way to peel the garlic is to place your knife flat on the clove and smack it (not too hard) with the base of your palm. Add in the milk. Place remaining bread on top. Add the garlic (7 cloves) and more flour. Pour the egg-milk-oil mix into the large bowl with the dry ingredients. Spread barbecue sauce on English muffins to within 1/4 inch of edges. Top with chicken, cheese and bell pepper. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more. Add the onion, tomato, and mushrooms. Mix cream cheese, corn, green chilies, onions and salsa together. Cook meat in a pot over medium heat until brown. When the onion turns brown, set aside. Now cook your sausage - be

sure to poke a few holes in it first or they might spontaneously explode and send a geyser of grease covering your stove, as you can see here. When it's cooked and sticking together, cut it into pieces and throw the ground beef in with it. Cook and drain. Add the vegetables to the pan. Keep stirring the vegetables until they are tender-crisp. Then add the tinned tomatoes and 2 glasses of red wine, bring to the boil and let simmer for 2 hours stirring occasionally. Place 2 banana halves on small plate end to end, in an "s" shape. First, break the chocolate up into little pieces and put them in your large, microwaveable bowl. Cook the potatoes for 20 to 25 minutes until they're soft. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Wash your hands and work area. Wash hands and cooking area. Cool on a wire rack for 10 minutes; remove from pan and cool completely. Add vegetables and broth. Bring to a slow boil. Put on the lid. Shake well. Cut the potatoes into 1-inch cubes. Turn the flame up to high and throw some vegetable oil, if you want you can use olive oil, but a canola or corn oil is better. Then throw the chorizo in the wok and cook it until it comes apart in little pieces. Make sure your oven rack is set as high up as it will go. Scoop out the innards of it into the

soup. Save the other half though, we'll make use of it later. Sprinkle cider vinegar on mixture. Cover. Add the chicken, hotdogs, onion and salt and pepper to taste. Let it simmer for 3 minutes. Uncover, turn chops and re-cover with onions and peppers, and continue cooking for an additional 15 minutes or until internal temperature reaches 145 degrees. Garnish with fresh parsley.

**Whole Wheat Corn Bread.** Use 1/2 cup all purpose flour and 1/2 cup whole wheat flour. Taste; then add a small amount of salt, if needed. Pour juice into glass. Add about 3/4 cup water. Using a large, ovenproof frying pan, heat 1 Tablespoon of oil to medium high. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency. You have two options here - a double-boiler, or 2 to 3 minutes in the microwave. You choose. Either way, stir it until smooth. While you're at it, put a big pot of water on to boil; you'll need it in a bit. Wash hands; get out ingredients and utensils. Make sure you soaked your skewers to prevent them from burning when on the grill. Bring the broth and rice to a boil. Crack egg into a small bowl and beat with a fork to combine white and yolk. Season to taste. Place the dough onto a well floured surface. Stir the butter and chocolate until melted to a runny

consistency and take off the heat. Pour into glasses filled with crushed ice. Cut the cabbage in half and rinse it with water. Simmer uncovered for 20 minutes until heated through. Knead the dough until it is very elastic (will stretch and not make a hole). Heat up your chili in the microwave or in a small saucepan on the stove. Scoop one cup of hot chili evenly over your nacho chips. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean. Combine flour, salt, & baking powder. Sift. Cover and cook over low heat for about 1-1/2 hours or until beans are tender. Stir and mash beans against side of pan. Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside. Fold the leaf around the filling and give a good squeeze to drain the excess water out. Add the tomatoes, tomato sauce, water, and uncooked pasta. Cut biscotti diagonally using a serrated knife. Cut into 1-inch-thick slices. If you cut them too thick, they may dry up and end up too hard. Careful when you cut since the biscotti may break. Combine rice, tomatoes, corn and onion mixture. Mix well. Peel the onion. Chop it into small pieces. Stir constantly. Be aware the mixture will have a tendency to foam at lower temps. Turn the heat to low. Drain excess fat off the browned mince and add everything else



including a handful of chopped jalapeno peppers. Mix in by hand remaining ingredients except Parmesan cheese. Spoon mixture into potato shells. Stir in lime juice, cinnamon, and remaining orange juice. Add the zucchini and some flour to provide some thickening. Crank up the heat a bit to facilitate cooking the flour. Meanwhile, transfer the cooked bacon pieces from the bacon slices pan into the pan with the vegetables and bacon. Mix beans, vegetables and garlic cloves in a large bowl. Cover and simmer 30 minutes more or until the vegetables are tender. Put the potatoes into a saucepan. Cover with water. Wash hands and clean food preparation area. Stir over medium heat until the milk and cheese thicken into a creamy sauce, approximately 7-10 minutes. Chop the red peppers. Add the peanut butter solution to the bloomed gelatin and stir vigorously until the gelatin is completely dissolved. Add the water until it comes together into a nice doughy mass. Place parsnips, carrots and turnips into 1 quart of boiling water. Return water to a simmer, cook vegetables for 2 minutes. Strain into a colander. Pour the milk into the blender. Put the onion in the skillet. Simmer it until tender. Add vanilla, whole egg, and an egg white. As you mix, add flour mixture slowly in batches until just combined. Wash and chop mixed

vegetables. Meanwhile, heat oil in a large skillet on medium heat. Add garlic and stir 1 minute. Add sugar and cinnamon mixture. Place half the bread in a well greased 9x9 inch pan. Add optional add-ins if you wish. Keep them minimal. Add apricot spread, lemon juice, and water to skillet. On medium heat, stir until smooth. Slice a thin piece of goat cheese for each piece of tomato. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish. Put your Oreo cookies in a blender. Add rice to saucepan. Cook over medium heat, stirring occasionally, until lightly browned. Stir in onion and garlic. Cook for 2 to 3 minutes. Add hot water, bouillon cubes and tomato sauce, stirring until bouillon cubes are dissolved. Reduce heat to low. Cover and simmer for 20 minutes. Beef is done when tender, and sauce has mellowed. Make chicken salad sandwiches. Dice chicken thighs. Press into a 13x9" pan and cool. Finally, slowly sieve in the self rising flour, the baking powder and the baking soda. Mix for 3 minutes. Bring to a boil. Reduce heat. Simmer uncov-

ered for 15 minutes. Add pasta to sauce. Drain well, then drop in panko bread crumbs and roll to cover thoroughly. Refrigerate leftovers.

Finished Eggplant wallets. Grill those beautiful ribs on a low to medium-low grill to prevent overly-enthusiastic carbonization. Notice how nicely the buttermilk sticks to the meat, providing extra flavor and contributing to proper crust formation. Start with 1 cup of squash puree and 1 cup of flour. Your results will very depending on how wet your squash was. Char on all sides until skin is completely blackened and blistered. Heat some oil. Saute garlic and onions. Then add in the meat. Cook till brown. Season with some salt and pepper. Now fill that cavity with the Gorgonzola mixture. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine). Once tortilla cut outs are finished baking, let cool. In the meantime, mix the soup and milk together in a bowl. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes. Spread 2 Tablespoons of tomato sauce on pizza. Dump the chili mix onto the egg noodles in the casserole bowl and mix it up. Stir vegetables and dressing in large bowl. Cover and cook over moderate heat until fish flakes when tested with a fork, about 5 minutes. Then, beat in 3T of sugar and the orange zest. The mixture will

turn slightly orange. Stir one spoonful of the whites into the yolks to incorporate. Then, carefully fold in the remaining whites, stirring as little as possible. Grease 1 quart casserole. Bake at 350°F for an hour or so. In a small bowl, mix the mayonnaise, mustard and soy sauce. Use a sharp paring knife to carefully remove the orange 'zest' from the peel. Try not to get any of the white part as it will taste bitter. Cut the zest into small slices. Turn pancake when bubbles form on top of batter. Add seasonings; sprinkle with Parmesan cheese. Sprinkle half of the shredded cheddar cheese onto the chili. Place the rack of cookies over a cookie sheet because its going to get a little messy. Put a separate fork into each chocolate color then start flinging the different colors all over the cookies, one at a time. Dice the celery, onion, fennel, and garlic. Get out your knives and cutting board. Combine chopped vegetables with the black beans in a large bowl, and set aside. In a small bowl, combine remaining ingredients. Spread each slice of bread with one teaspoon oil. Add the mayo and dijon mustard to the tuna mixture. Beat with a fork or mixer, or in a blender, until cottage cheese is smooth. Puree until smooth. Add a tbsp of water if necessary. Fry, flip fry, dry, keep warm. Add in the eggs one at a time making sure to

beat after every addition. You can do by hand but i prefer an electric mixer for a smoother consistency. Mix until the mixture becomes creamy and light. Next, add the tomatoes and mix them in well. Season to taste with salt and pepper, turn the heat down to medium and let simmer for about 20 minutes, with the lid off. In a double boiler, stir the cream, cognac, and chocolate over medium heat until it's dark and smooth. Add to a glass or metal bowl over a pot of simmering water and put in the 4 tbsp pf butter. Refrigerate leftovers within 2 hours. Simmer, uncovered, for about 20 minutes or until lentils are tender. Mix rice, vegetables, and raisins in a medium sized bowl. Heat oven to 375° F. Cover and bake for 30 minutes at 350 degrees. Spoon vegetable mixture over noodles and top with Parmesan cheese. Bring to a simmer and juice 5 of the Satsumas. The easiest way is just to squeeze and mash the heck out of them over a colander. Squeeze crushed pineapple rigorously through a sieve to remove as much moisture as possible. Pack drained crushed pineapple into a 1/2 cup to measure. Add 1/3 of the flour mixture and mix on low until incorporated. Add 1/2 of the mint flavored buttermilk and another 1/3 of the flour mixture. Mix until incorporated. Place the yogurt pops in the freezer until they turn solid.

That's one side finished. Now, take the other part of the chicken wing that you set aside, and you're going to do the same thing to it, but it's a tad trickier since there are two bones in there. Feel out the 'knuckle' bit at the joint, and cut into it, but not through it. Wash hands and cooking area. Add beans and cook until heated. By hand, mix in the cranberries and walnuts. Don't do it in the mixer because it will break the cranberries. We want them to stay whole. Strain and refrigerate the stock. Combine white and wheat flour in a separate bowl. Place on a baking sheet, cover and refrigerate until just before cooking. Grab a nice big handful of flour and dump it in. Either microwave or reduce your berries in a small saucepan with lemon juice and a packet of Splenda to form a sauce. Sprinkle with nutmeg if you like. Melt butter in the same pan. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares. Start whisking at high speed. Add in 1/4 cup of sugar. Pour into greased 9-inch spring-form pan. Bring to a boil. Add broccoli, celery, and bell pepper and continue to stir. In a small bowl, sift together the flour and baking soda and set aside. Mash bananas, mix with yogurt and water. Measure out your white chocolate, and melt the rest in the microwave in a bowl, 20 seconds at a time. Dip in the leaves. Place

apple on plate with opening facing up (cored apples should have bottom intact). Add milk. Then, put the pot back on the stove and heat it back up to 245 degrees Fahrenheit while stirring still. Then, pour the mixture into a buttered Pyrex dish or deep cookie sheet. Cook about 10 minutes. If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze immediately. Add raisins to the top of banana as eyes. Add bell pepper (if using), mushrooms and pearl barley. Stir well. Place a heavy object on top of tofu (like a skillet) and let it sit while you prepare other ingredients. Bring to a boil, reduce heat to low and simmer, covered for 15-20 minutes or until macaroni is tender. Put on the lid. Shake well. Cook until the potatoes have absorbed the broth. In a mixing bowl, mix the egg, sugar, flour, baking powder, salt, and margarine. Roll out the dough starting from the center, going outwards in each direction until the dough is 1/2" thick. Cover and refrigerate leftovers within 2 hours. Spread half of the jar of sauce in an ungreased deep-dish skillet. Top with half the cooked noodles (4 lasagna noodles). Gradually add the flour in two batches. Beating well after each addition to combine. With soap and water, carefully wash your hands and any counter surfaces and equipment that came in contact

with raw chicken. Over a double boiler (or a heatproof bowl over a pot of simmering water, making sure the bottom of the bowl doesn't touch the water) melt the chocolate chips, heavy cream and corn starch together. Once mixture is smooth, take it off the heat and stir in the whiskey until combined. Set aside and allow to cool so that it can thicken up before filling the cupcakes, stirring every few minutes. So let's prep your hazelnuts. Pour out about a cup, and toast them in a 350 degree oven until fragrant and brown, and they start to pop. Anyway, pop the tails off, make sure the shrimp poop is gone, and wash them. Pat them dry. Dice these to a fine dice so you have no pieces larger than about 7 millimeters. It feels really gross, and looks a little more gross, but what the heck, it's top notch stuff. Butter a 9x13" baking pan. Allow it to boil until you have about a quarter cup left. Spread mixture into a greased loaf pan. Bake at 325 degrees for 1 hour and 10 minutes. Mince the chicken thighs (thighs) by using a big knife on the chopper board. Cook these ingredients on low heat. Let the broth simmer for 2-3 minutes. Cut pork into strips. Spread refried bean mixture in taco shell or on tortilla. Add the chopped garlic and saute for 2 minutes. Spread with 1/2 cup of the sauce prepared in steps 2 and 3. Mix all the ingredi-



ents together using a hand held electric mixer or a stick blender until smooth and uniform. If you have a stand mixer, attach the paddle attachment, and beat everything together until it is all creamed and fluffy. Start by boiling a pot of salted water. Cook the edamame for 3-5 minutes. Cut each tomato in half. Remove the part with the stem. Add in the bread flour. Mix seasonings thoroughly and sprinkle over popcorn. Mix well. Knead the dough and make it between 1/2 and 1/4 inch thick. Then, cut it into fourths. Store in a tightly covered container and place in the fridge. Spray a baking pan with vegetable oil spray and lay the eggplant in the pan in a single layer. Put the chicken on a warm platter. Mix the flour, salt, corn meal, baking powder and cayenne pepper. Mix the milk, cheese, and eggs to the bacon/corn mixture and add to the corn meal mixture. Mix until blended. Get your mozzarella cheese. Here is what the homemade glazed donut looks like. From here you could add additional toppings like toasted coconut. Add the chillies, fine chopped garlic, cumin and garam masala to a small bowl. Add the garlic and cook 1 minute. Push aside the onions and garlic, add the tomato paste and let cook for a few minutes. Add the spices and let cook a few more minutes, until spices are aromatic. Add coffee,

chile paste, and 2 TB of the maple syrup. Taste and adjust seasoning as necessary with salt, pepper, and maple syrup. Ok let's get the corn syrup and the granulated sugar into a pot on medium heat. Add the butternut squash. If the vegetable mixture is too dry, add a bit more olive oil and keep stirring. Add the tomato paste and slowly add the chicken broth and keep stirring. Add the crushed tomatoes and the cold water. Add the dried herbs and Kosher salt to taste. Using a pastry bag, spread across the top of the pie, and top with the coconut. Spoon the grapes into a tall plastic cup. In a 3-quart saucepan, combine sweet potatoes, molasses, ginger, baking powder, salt, and vegetable oil. Stir the oil/lemon mixture, basil, and salt & pepper to taste (optional). Roll each chunk into a very thin pancake, about 7-inches in diameter. Don't worry about making the dough into a perfect circle-just try to get it as thin as you can. Then add the mango and warm for another minute or so. Top with onion slices. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples. Here is the golden tart shell out of the oven and ready for the filling. Then add the garlic and thyme and cook it all together until it becomes fragrant. Mix all the ingredients in a pot and cook on low for an hour. Spray a medium pan with

nonstick cooking spray and heat over medium-high heat. Pour in egg substitute. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl. Cover and refrigerate leftovers within 2 hours. Put on top of a container and let sit in the refrigerator for at least 30 minutes, preferably overnight. Remove all the skin from the chicken and cut into medium size pieces. Rub the marinade onto the beef. Place the cream cheese, eggs, and sugar in a large mixing bowl. Mix at medium speed until creamed. Add the remaining ingredients and mix at medium speed until ingredients are well mixed. Add the raisins, the bananas, and halve the strawberries. Fill a large pot with salted water and bring to the boil. Add spaghetti to the pot. In a large pan over high heat, add oil, 1 tbsp butter and garlic. Cook for 2 minutes and add mushrooms and cook for 3 minutes. Add shallots and cook for 2 minutes. Add the chicken and peppers and cook until no longer pink. Hopefully you were able to make thin slices, so when it's no longer pink, it's almost cooked. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts. Put the ingredients in a blender. Blend well. Remove from broiler and add remaining sauce to chicken. Cover with aluminum foil and bake at

350 degrees for 30 minutes. In large bowl, combine all salad ingredients; toss gently. Gently squeeze each tomato half over the sink to remove the seeds. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired. Add beef and onions to pan with seasonings. Melt margarine in a heavy large skillet over medium-high heat. After the ten minutes is up, add 150ml (5 ounces) water, your tomatoes (roughly chopped), 1tsp cinnamon, 4tsp parsley, the bay leaf, a bit of tomato puree and a generous dash of red wine (or red wine vinegar). If using canned tuna, use a colander to strain the tuna. Try to remove as much water from the tuna as possible. It's best to get the vacuum-packed packed pouches of tuna as they contain much less water and make clean up easier. Thoroughly cook ground beef in skillet until browned (internal temperature of 160 degrees). Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat. Place large skillet on medium-high heat. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan. Crumble cereal or crackers into crumbs. Add the creme cheese filling and smooth the top out so everything is even. While the burritos are baking, grate 1/2 cup cheese. Use butter knife

to cut one raisin in half and place on small end for eyes. In a large pan over medium/high heat, add oil, ginger and garlic. Fry for a minute or until you can smell the garlic. Add beef slices and fry until the meat is cooked through (couple of minutes). Now take a break from your chicken whacking and cut up some chives and some fresh garlic cloves and place those where ever you like. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix). In a food processor, blend all the peppers and coriander seed together until powdery. Brown ground beef and turkey and minced onion in skillet. Drain fat. Put beans and other ingredients in greased baking dish. Heat a little oil in a saucepan over low heat. Let the onions cook, stirring only occasionally, until a lovely golden brown. Cook over medium heat, stirring occasionally until crumbs are lightly browned, about 5 minutes. Smooth icing over top and sides of cooled cake. Cut your bread on diagonal to make little crostinis. Store refrigerated. Layer two slices of cheese on top of sauce. Peel and chop the onion. In the grease, saute the onion, garlic and shallots. Lay the chicken on the bottom of a baking pan, and spoon the sauce on top. Stir it all together. Melt butter or margarine in a heavy saucepan or skillet. Retrieve your meat. Grease a 9" x 13"

baking pan with butter or margarine. Add the Blood Orange Juice and Ginger. Reduce by a quarter. Season with Salt. Flame off and finish with the Cognac. Slightly beat 1 egg. Combine all salad ingredients in a bowl. Stir vinegar, brown sugar and mustard into vegetables.

Lean round beef, ask your butcher to slice it at medium, and then dice it. Add drained tuna into the sauce mixture. Stir just enough to heat the tuns. Finely slice your shallots. Actually, you should probably do a small dice right now. You can either chop them now, or chop them later.

Loosen skin from each chicken breast to form a pocket. Place about 1 teaspoon of garlic mixture under skin of each breast. Heat a large nonstick skillet over medium-high heat. Start a roux with the butter and flour. Just melt the butter, whisk in the flour until smooth, and let brown slightly. Choose the ingredients you want to use. Blind bake (it means to pre-bake) for 20 minutes. Remove from oven, and brush a beaten egg yolk onto the bottom of the crust. Add tomatoes and tomato paste. Continue cooking for about 20 minutes. By now, the sauce that the chicken is simmering should be semi-thick, and your tagliatelle should be done. Let the chicken simmer a while longer for those two minutes it takes to drain the pasta and put it on plates in generous helpings. In a pan over

medium heat, add oil, garlic and cook for a minute. Add chopped carrots and cook for 2 minutes. Add chicken and cook for 2-3 minutes, until the chicken is cooked through. Pour mixture over cereal and mix well. Place pumpkin into a saucepan and add boiling water so that all pumpkin is only just covered. Simmer on medium heat until soft, but not falling apart (test with a fork periodically). When cooked, drain and place aside until needed. Season with garlic powder to taste. Add salt and pepper (optional), if desired. Separate the 4 eggs. Put the yolks into the small bowl. Set aside for a minute. Remove your logs from the icebox and cut it into ~3/4 inch pieces. Remove from pan, brush apples with jam, cool. Add cooked pasta, and vinegar mixture. Mix gently. Add onions to saucepan and sauté for about 3 minutes. Cover, and let rise for 45 minutes. Combine. Add cooked rice and chicken. Heat through. Floured, egged, and panko crusted. Broil 15 to 20 minutes or until desired doneness, turning once. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil. Pour half of the enchilada sauce into a 13x9-inch baking dish. Heat oil in a very large non-stick skillet. Add onion, garlic and peppers and stir. Add mushrooms and cook about 15 to 20 minutes, until liquid evaporates. (If pan is not

large enough, cook mushrooms in batches.). Remove from heat and let sit for 10 minutes to allow stew to thicken. Combine all other spices with cornflake crumbs and place in a plastic bag. Add the chocolate mixture to the cream cheese mixture. Say goodbye to your perfect buttery-yellow batter. Add the sugars, butter, and vanilla to a mixing bowl. Let the cookies cool on the cookie sheet for about 1 minute. Cut in margarine until mixture resembles coarse meal. In a large mixing bowl, beat the butter and sugar together until creamy. (about 3 minutes). Individually fry each chile very briefly. The flesh will lighten slightly and the whole thing will curl up. And add in the Vanilla. Put the flour, baking powder, and salt, in a small bowl and mix well. Chop 1/2 cup of celery and 1/4 cup of onion. Label and date the container. Use within 6 months. Put the meat into water and cook for ~1 hour. Carefully fill your bundt pan (greased if you don't absolutely trust the non-stickiness of your pan) with the batter. Use the spatula to scoop every bit out of the bowl. If you don't have a griddle a pan works just fine. You'll want to spray some cooking spray down, and cook them at about 300 degrees Fahrenheit. Put down your tortillas, and put a good layer of cheese, and then your chicken and onions. When the cheese starts to melt, check



the underside and it should be turning a nice golden brown. When the cheese is melted, add another layer on top of your chicken, and place another tortilla on top, then flip. Transfer to a greased 1-quart baking dish. Top with cheeses. Peel and chop the onion, to make 1/2 cup chopped onion. Pour them out of the bag. When the dough is done, pull it out give it a little tweek side to side and make certain the dough is not stuck to the top. Heat the oil in a skillet over medium heat. Add onions, carrots, cabbage, string beans, and garlic. Bake for 15-20 minutes or until an inserted toothpick comes out clean. Add brown sugar, egg yolks, and salt, mixing thoroughly. Now that the eggs have been tempered, go ahead and slowly add it all to the rest of the milk mixture in the saucepan while stirring. After a few minutes, the consistency should be close to that of mayonnaise. Spread the potatoes on the baking sheet. Combine the liquid ingredients, sugar, onions and garlic and touch of salt to make your marinade. Make sure the pork stays submerged and put it in the fridge overnight. Add the butter and vanilla to the sieved cream. In a medium-sized bowl, combine yogurt (or cottage cheese), pepper, garlic powder, dried onion, dried parsley, salt, and dill (if used). Beat until smooth. Add raisins, peanuts, and coco-

nut; mix well. Fold the pastry over and then brush it with a beaten egg. Cut the green pepper in half. Remove the seeds and cut it into small pieces. Peel the yams. Chili Cheese Corn Bread. Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk. Wash and prepare squash and apples (for extra fiber, keep peel on apples). Add carrots and cinnamon. Cook for about 10 minutes, until just tender. Heat medium skillet to medium high and spray with cooking spray. Saute vegetables for 4-5 minutes, stirring frequently. Remove from pan. JUST after it starts to bubble kill the heat and add the peanut butter and 2tlbs of unsalted butter. Stir together until all the Peanut butter and butter has melted and your mixture is nice and smooth. You may have to move the pot back to the cooling stove burner for a second or two just to get it nice and smooth. Cut into squares and remove from pan. Add milk to soup. Slowly stir in potatoes. Drop scant teaspoons onto a lightly greased cookie sheet (you want them to flatten and spread). Mix in chicken, milk, cayenne, salt and pepper. Spread and flatten out the mixture into a thick cake. Use the edge of a pancake turner to cut it into 4 sections. (Or, hash can be

broken into rough pieces while cooking.) Cover the pan. Cook until potatoes are tender and hash is lightly browned, 3 to 5 minutes, turning so bottom sides can also brown. (Spray pan with oil spray if necessary while turning hash.). Dice tofu into 1-inch cubes. Add half of the vanilla flavored milk. Toss chicken, cranberries, and almonds with dressing. Pour a little bit of the marinade diluted in some water and simmer to make sauce. When beef is tender add in the potatoes and onion rings. Coat the vegetables with the oil mixture. Bake in a "slow oven" - about 300F/150C - for about an hour. After an hour, trim about two inches from around the edges of the pans and cut into square bars. Wash hands; get out ingredients and utensils. Bake for 20 to 25 minutes, or until the muffins are golden brown. Cook noodles in the sauce-pan according to package directions. Drain. Now take and cover the onions and mushrooms and Brie with the remaining egg mixture. Mix the sour cream, yogurt, and salsa. Sprinkle with cinnamon. Wash the pear and dry it with a paper towel. Cut the pear in half, and remove the core. Cut each pear half into four slices, then cut each slice into five pieces. Add it to the chicken. Close the pot and cook for another 14 min. Put about 1 1/2 cup of red wine vinegar and heat to a simmer, and cook down for about

6-10 minutes. A simmer should look like a small, rapid boil. At that point you should add the diced vegetables and a few generous grinds of black pepper. Immediately remove from heat and place pan in an ice bath to cool it down. Bake cookies for 9 - 11 minutes at around 375-400°F (watch carefully so that they do not brown other than a bit on the under-sides). Transfer to cooling rack. Cool thoroughly. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften. Arrange squash in pan, add water and season lightly with salt, pepper and basil. Spoon batter evenly into 9 muffin cups. In a zip lock bag, place the ribs and pour over the marinade. Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide. In a bowl, add the baking powder, salt, and one cup of flour. Whisk to combine. Wash hands thoroughly, then dip in cornmeal or flour. Pinch off pieces of dough and form into balls about 1 inch in diameter. Finely chop and saute the mushrooms and leeks in a pot for 5 minutes in a bit of olive oil. Add the coconut and saute for another few minutes. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until

cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together. Coat the duck with the pecans. Put enough marinated meat texture in the center of each beancurd wrapper. Start rolling the duck breast, pulling the parchment paper away so it doesn't get caught in the roll. Make sure it is tight. Once rolled, twist the ends of the parchment paper and seal with cooking twine. Bake, uncovered at 375°F for 10-15 minutes or until cheese is melted. Put the casserole dish in the oven. Bake for about 30-40 minutes. Spray a cookie sheet with non-stick cooking spray. Bake until they are a deep golden brown and bottoms sound hollow when tapped, approx 5 - 10 minutes more. If necessary, cover with aluminum foil to prevent over browning. Let chicken rest for 10 minutes before cutting. Bake 10-12 minutes or until edges start to turn brown. Be careful not to overbake. Roll it up, and pinch the edges shut. Pop popcorn. Quickly pour the caramel into the mold, and coat all sides before it hardens. Add the rest of the ingredients and stir. Bake 15-20 minutes or until done in the center. Place the sliced almond biscotti cookies back on the cookie sheet; placing them cut-side down. Be careful, they will be fragile and could break in half. Bake the almond biscotti cookies for 10 minutes or until golden brown. Bake at

350 degrees for one hour. 11. Cook for 5 more minutes. Halve the dough and roll out two thin sheets. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning. Melt chocolate chips in small bowl over hot water. Spoon into paper lined muffin cups. Measure salsa and spread over beans. Place the extra-virgin olive oil into a 3-quart saucepan over medium heat. Add milk and vanilla. Stir. Bake the potatoes for 20-25 minutes until they're a little brown. Heat oil in a frying pan or griddle. Pour 1/2 cup bean liquid into the saucepan. Store in tightly covered container. Spread the entire outside of each banana with peanut butter. Sprinkle top with 1/4 teaspoon of Parmesan cheese. Cover and cook over medium heat for 5 minutes, or until tender crisp. Time to build the pancit. Cover and put in the fridge until chilled. Add the salt, and simmer on low for 20 minutes. Remove from grill and continue the process until all the naan has been prepared. Pretty soon you won't have to open the skin to know where to cut it easily. Cover with lid and blend until smooth. Transfer to large bowl. Cook for 15 minutes until the potatoes are tender. Cover and refrigerate leftovers within 2 hours. In a skillet over medi-

um-high heat, add oil. Place the walnuts on a sheet of aluminum foil and place them in the oven. Bake for 8-10 minutes to toast them. Once toasted, remove from the oven and allow to cool on the aluminum foil. Once it comes back to a full boil, take him out after 15 minutes. If you have a larger lobster, the general rule of thumb is add an extra 5 minutes for each pound over 1 1/2. After you take the lobster out wash it off. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes. Puree, strain. Turn the other shell over on top of the pie, and gently work it free. Here are the chopped tomatoes. Now, spread fairly generously on the buns. Make sure you get all the way to the edges. Beat an egg up, and brush it on all 4 edges. Take one side and fold it over, pressing the edges every inch or so to seal. Using a large, ovenproof frying pan, heat 1 Tablespoon of oil to medium high. Get a frying pan going with some margarine in it and start chopping those onions. Peel the garlic and mince. Peel the onion and cut into 1/4-inch pieces. Add the onion and garlic to the tomato mixture. Pour some frying oil in pan and then fry the Sambu-sac ( both sides). When you return, you should have a lovely boiling mass of what will become a delicious soup. Melt your butter (or marga-

rine) in your pot over medium to high heat. Trim fat from pork chops. Place chops in a 13x9-inch baking pan. Okay, that's enough butter. Pour raw sugar onto the pumpkin creme brulee until covered, then pour off excess. Using kitchen torch, brown the sugar. If you lack a torch, throw the ramekin under a broiler for about 2 minutes. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender. Drain the noodles well and combine with the tuna mixture. Add the garlic, basil, salt, tomatoes, and tomato paste to the meat. Add the cinnamon, chili powder, chicken stock, and honey. In a small bowl, mix 1/2 tsp garam masala with 1 TB dark soy, and 1 TB peanut butter. Rub into pork and marinate 1 hour in the fridge. Add in cooked pasta and stir to combine. Grate about 1.5 cups of Romano cheese. Be careful with your Microplane grater. Sprinkle the oat mix on top of the peaches. Add butter. Slice the spring onions and mushrooms and cube the pumpkin into 1cm square pieces. Start layering the wrap with your desired toppings. Grate the orange and add the zest to the mix. Put the soy milk and salt in a medium saucepan and heat until steaming hot (but not quite boiling). Drain tuna and break the meat apart with a fork. Add the mince and continue to fry until the meat loses its un-



cooked color. Put 1 cup of hot water in a saucepan. Set baking dish in a shallow pan of hot water. Cut your tofu into slices about quarter inch thick, and cut into diamonds. Fry in a nonstick pan over medium-low pan, in butter tempered with a little canola oil. Flip when golden brown. Punch dough down; turn onto clean surface. Cover with clean towel; let rest 10 minutes. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise until almost double, about 1 hour. Sprinkle each half with 1 teaspoon grated parmesan cheese. Braise the ribs at 300°F for about 2 1/2 to 3 hours or until tender. Every 45 minutes or so, check and make sure the liquid is barely simmering, and rotate the ribs to ensure even cooking. Gradually add the flour mixture in three batches. Blend well after each addition. Use your fingers to pinch around the edges to seal the crusts together. Next add in the tomato paste and water. Blanch the green bell peppers in boiling water for 5 minutes. When carrots are done, drain well. Heat oil in large skillet or Dutch oven. Add onions and stir over medium heat until golden. Measure flour into 1 gallon container. To toast pumpkin seeds, wash and dry them very well. Toss them with melted butter, spread in a single layer on a baking sheet and place in oven on 250°F for about an

hour, turning every 15 minutes. Add the sweet potatoes and carrots. Mix and cover again. Cook for about 3 minutes or until sweet potatoes are done but not mushy. Arrange fish fillets in the pan, turning to coat with melted butter. You'll also need 1 cup sugar, 1/3 cup corn starch (or flour) for thickening, 1/2 teaspoon of cinnamon, and 2 tablespoons butter. Toss lettuce, tomatoes, onion and cheese in large bowl. Prick potatoes with fork. Bake at 425°F for 60 minutes or until fork is easily inserted. Cut the potatoes into 1/2-inch cubes, and put them in a large bowl. Wash hands thoroughly with warm water and soap. Drain salmon and remove skin if desired. Mash bones with meat. Defrost the frozen fruit just enough so that it will blend easily. Combine honey and lemon. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes. Add oats and cook, stirring until creamy, 1 to 2 minutes. Then you run it through your cutter and you have fresh pasta. Turn on oven to 350°F. Combine with the butter and mix until the crumbs get moist. Press the crumbs down in a pie pan (for a more traditional cheesecake, use a spring-form pan; however a deep pie pan will work as well). Add the mayonnaise and pickle relish. Stir together. Once the smoking begins, put the stuffed breasts on the pizza stone, insert a

probe thermometer into the thickest part of the largest breast, and close the lid. Reduce heat to ~250 F. Now its time to add the chicken stock. Bring to the boil and let it simmer for about 10 minutes. Heat and melt it thoroughly, don't let it stick so keep stirring it all the time. Freeze for 2 hours. Once frozen, deep fry at 350°F until golden brown. Recover with cling film and prove again for 50-60 minutes. Press into a 13x9" pan and cool. Combine oil, salt and pepper in a large bowl. Toss the cauliflower florets in the oil mixture. When the cheese is melted, place the bottom half of your bread on top of the etouffee on the skillet and flip it and the etouffee over at the same time. Eventually you'll see the sugar starting to really melt, turning to a liquid - be careful, it is very hot. Bring about 2 cups of water to a gentle boil in saucepan. In a small saucepan, bring water to a boil. Add garlic; cook for 10 minutes. Drain garlic, peel and cut into thin slices. In a small bowl, combine garlic, 1/2 cup of chopped parsley, lemon zest, and seasoning. Mix well. Add thickened mixture to casseroles as you would a can of soup. Dip each of the strawberries into the chocolate. Keep a small part of the top of the strawberry free of chocolate so that part of the strawberry can be seen. Mix together all other ingredients in a separate bowl. The

spices to season the hamburger beef, 1/8 tsp garlic salt, 1tsp salt. Remember, a well cut pepper should come straight out. Core and slice the apple. Meanwhile, in a medium non-stick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the sausage for 3 minutes or until richly browned, stirring frequently. Boil 5-6 minutes. In a large pan, heat the oil. Add the onion, garlic powder, and squash. Bake for 30 to 40 minutes until potatoes are golden brown and tender. Turn frequently. Toss well to coat with the sauce. As the apples shrink, add some of the extra apples to the top. Cook over medium heat for 5 to 7 minutes or until tender. Add chopped tomatoes at the last minute of cooking. Stir occasionally. Wash apples, remove cores and slice thinly, keeping peel on. Dip the fruit pieces into the orange juice to prevent browning. Mix well and refrigerate until ready to use. Add Olives. Cook in skillet for 10 minutes and spoon on top of pancakes. Take 3 big marshmallows and your pretzel stick. Once melted completely and smooth, spoon over one side of the cookies. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges. Broil for 5-7 minutes, then remove the pan. Turn the skewers and drizzle with glaze. In a small bowl, use

a fork to mix the oatmeal, brown sugar and cinnamon. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper. In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins. Wash hands with warm water and soap. Shape mixture into four patties. Wash hands. Brown meat. Drain fat, if any. Season lightly with salt and pepper (optional). And a little bit of fish sauce. It's said that fish sauce is "the salt of Southeast Asia", so treat fish sauce with caution. You want to make sure that you add enough to bring out the flavour, but you don't want to ruin your food. It'll look pretty firm but don't worry about it, that's how its supposed to be. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes. Cut Chicken. Place hot vegetables on top of greens and top with homemade dressing. Stick it in an oven warmed up to 450 degrees for 30 minutes. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well. And fry them with the onions. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle on half the vegetables and half of the cheese (layer cheese, vegetables, and cheese). Now once your fillets

have soaked for a little while just pull them out of the milk and coat them evenly in the fry mix. In a medium saucepan, heat the oil over medium high heat. Add the onions and sauté for 1 to 2 minutes. Stir in the garlic and cumin and cook for 30 seconds more. Stir in the mashed black beans and the second can of black beans, including the juice. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and simmer for 10 minutes, uncovered. Cook over medium heat, stirring continuously, until the mixture coats the back of a wooden spoon. Do not let it boil. Stir milk mixture into yeast mixture. Spread 1/2 cup of the tuna mix onto each 3 slices of bread. Now add everything else except the beans and sausage and bring to a boil. Add water, potatoes, and seasoning mix. Stir. Bring to a boil and reduce to medium heat. Add apples. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F. Slowly whisk in 1 cup of the hot cream-milk from step one, tempering the eggs. Break into small pieces with spatula. Place the next carrot cake layer on top of the frosting. Use the rest of the coconut cream cheese frosting to cover the top and sides of the carrot cake. Cook some of that

water away. Add flour, sugar, cinnamon, and baking powder. Pour over the bread, and set aside to soak in for 30 minutes, and up to an hour. Use the spatula to turn the chops. Don't forget to give the sauce an occasional stir, the tomatoes should break down almost completely in the sauce. Sprinkle with garlic powder and Italian seasoning. Let the meat brown. Strain the stock (make sure you press every last drop of flavor out of the waste) and allow it to cool. Fill muffin tins 2/3 full and bake for 15 to 18 minutes. Spray a skillet with non-stick cooking spray. Next sprinkle with 2 tablespoons of granola. Use a spoon to pour hot cream mixture over pasta and sprinkle cheese on top. Combine chopped vegetables, chicken and pasta. Sprinkle layer with 1/4 cup chopped raw onion, 1/2 tablespoon margarine, 1 tablespoon flour, 1/4 teaspoon salt, and sprinkling of black pepper. Wash and scrub potatoes well. Cut the potatoes in half, lengthwise and then into quarters and again into eight pieces. Now, in one bowl, whisk together your flour, sugar and salt. In a large skillet over medium heat, combine turkey, taco seasoning, and water. Break up the ground meat and stir the onions. Allow the meat to fully cook (no longer pink, juices run clear). Wash and peel the potatoes. Cut them into slices that are 3/4 inch thick. Add

drained tuna into the sauce mixture. Stir just enough to heat the tuna. Lightly spray saucepan with nonstick cooking oil spray. Stir in salt and pepper and discard the chile. Heat one tablespoon of cooking oil and fry the minced garlic until brown in color. Mix sugar, yeast, water, and flours together. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties. Drop the grapes into the food processor and splash in some balsamic vinegar (about 1 tsp; not terribly important to measure because you'll adjust it later). Pour slowly into cups, using a sieve to catch pith and seeds. (make sure you pour slowly, not to lose that froth). Combine all ingredients except chicken in large bowl. Rub seasonings over chicken and marinate in refrigerator for 6 hours or longer. Use a hand blender or whisk on the cream until it is thick and sticks to a spoon. Cream together sugar, shortening and egg. Mix everything but the sausage meat and flour. Mix well. Simmer slowly, stirring constantly, for 10 minutes. Mix mushroom soup, milk, chicken, and green chile peppers. Deglaze with the tequila and reduce by half. Add beef strips and stir to coat with the oil mixture (marinade sauce). Cover bowl with plastic wrap and refrigerate for about 2 hours. Melt margarine in



large skillet. Drop lentil mixture by rounded 1/2 cupfuls into hot margarine. Flatten mounds into patties and cook until firm and golden brown on both sides. Put these in bowl #1 with the water chestnuts. Put each fish fillet in a large square of parchment paper and season with salt and pepper. Set aside when the brinjal (eggplant) turns brown in color. Cover with the other half of pita round. Cover and cook for 20 minutes. Blanch peppers in boiling water 2 to 3 minutes. Drain. Set aside. Take whatever you're cooking it in. You can do in in a glass baking dish, or like me, taking 2 9-inch round foil cake pans, to make a 2-layer cake. Grease you pan, and line with parchment or wax paper. Grease them up too. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients. Squeeze desired amount of ketchup onto your wraps. Toast in the toaster oven for 2 minutes, until the cheese melts. Heat until very hot. And pull it out into an oval shape, about 16x9 inches. Cut with a 3-inch-round cutter. Fill a pot about 1/4 full with water and boil. Place a double boiler pot inside it, and place your white chocolate morsels inside. The water will boil and the steam will start to melt the white chocolate. Stir the morsels with a spoon until it all melts. If it melts but is thick add a drop or two of water and stir together. You

want it syrupy enough to shape and form your ghost easily. Add the cornstarch in the bean liquid. Stir well. Put the sour cream, tofu, spinach, onion, pepper and cheese in a mixing bowl. Mix well. Mix all other ingredients together in a medium sized bowl. Add the butter, salt and pepper. Dump the onions into the pan and coat them with the bacon grease. (Bacon grease + onions) x hot pan= perfect onions. Make sure to stir the onions around, picking up all those lovely little bits of flavor. Place the beef and pork (unless you are using chorizo) into a large sized bowl and toss with oil and salt. Squeeze matzo mixture to compact into lumps, then crumble over rhubarb mixture. Top with about 1/4 cup of fruit. Sprinkle half the mozzarella cheese over the vegetables. Drain canned spinach to remove liquid. Heat some oil in the pan and saute the veggies for a few seconds, enough to half cook them. Season with a little bit of salt. Set aside. Sprinkle the seasonings and corn meal over potatoes, toss again until coated. Dot with half the amount of margarine. Now, you'll want to take these buns and split them, cut side up, on your baking sheet. Chop the carrots into disks and place in the same pan as the other vegetables. Flip the pork chops to ensure that they cook evenly and sprinkle with some more salt and pepper.

Remove from refrigerator and sprinkle lightly with paprika for color. Whip out those wonton wrappers. In a large mixing bowl, measure flour and salt. Add tomato sauce, vinegar, onion, garlic, sugar, salt and pepper. Mix pumpkin, brown sugar, eggs, and oil thoroughly. Thinly slice the cabbage. Squeeze juice out of the orange (remove seeds). In a large mixing bows, stir all ingredients until well mixed. Add the butter and vanilla (if you didn't use a vanilla bean) and stir well. Chop the onion into small pieces. Give your beans a chill in the fridge. Add an egg, one at a time, mixing after adding each one. Lightly pour the apple juice over the oatmeal mixture. After those melt stir in marshmallow cream and vanilla. Combine ingredients. Pour into 3 ounce paper cups. Pour into a large ramekin. Once the milk mixture has thickened, scoop up about 3/4 cup of the liquid and slowly pour it into the bowl of mashed bananas and egg yolks. Be sure to quickly stir as you add the hot milk mixture. What you are doing is tempering the egg mixture so that you don't scramble the eggs. Toss in a small knob of butter and cook the Squash a l'etuve, where-as you'll let them steam in their own juices under a foil or parchment lid (just cut a small hole in the middle and fit it over the veggies). Time to put it all together. Cut your meats and

mozzarella cheese into strips. Add the chopped onions, chopped vegetables, and seasonings. Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet. Fold in yogurt. Blitz in a blender until you have a chunky puree – you don't want to fully puree it (you want to infuse the flavors but not thicken it). Strain through a fine mesh sieve – the final liquid should have the light consistency of broth. Place pan in oven. Bake for 25 minutes. Place saucepan with egg/milk mixture in another pan containing 1-2 inches boiling water. Add the sugars, 3 teaspoons of lemon juice, vanilla, oil, and nutmeg into the bowl with the eggs and bananas. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed. Mix it all up very well. Crimp the edges about six times. Stir in bread crumbs, egg, garlic powder, oregano and salt. Grease the griddle or pan with a thin layer of oil or use nonstick spray. Bake for 8 to 10 minutes. For BEST results take them out while they are still doughy. Allow cookies to cool for 1 minute before transferring to wire racks to cool completely. Run warm water on the outside of each cup to loosen each popsicle from the cup. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low. Next, mix your dry ingredients together - the flour,

oats, salt, and baking soda. Put all the ingredients in a mixing bowl. Mix really well. Wash tomatoes and cut in half. Remove pudding from heat. Stir in margarine, molasses, ginger and cinnamon. Transfer biscuits to an ungreased baking sheet. Sauté the vegetables in the bacon grease until tender. Add the herbs and seasonings. If it's a bit dry add a Tbsp of butter. Cream together shortening and sugar. Add egg to creamed mixture and mix thoroughly. Now chop the remaining half of your onion, and the two cloves of garlic. Drain off the juice. Put chunks in a large bowl. Roll out dough into a small circle and fill with 1 Tablespoon of meat. Refrigerate leftovers. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes. Spray a 1-quart casserole with non-stick cooking spray. Transfer sweet potato mixture to casserole dish. Spoon the peaches into each of the 6 paper cups. Watch these suckers CLOSELY and CAREFULLY because they can go from not done to very done in just a couple of minutes. Test the sausage to make sure it is cooked through. While noodles are cooking, heat oil in a skillet. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy. Roll it all the way up until you have a nice round log, wrap that up with the parchment paper and

chuck it into the fridge for at least 1.5 hours. In a frying pan over medium heat, cook margarine, onion, corn, squash and okra for 5 minutes until tender. Spread batter onto prepared baking pan. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger. Cool. Cut into squares. Sprinkle with ground pepper. Use a small ice cream scoop or tablespoon to form the mixture into balls. Cross left side over middle, creating loop. Bake 1 hour at 350 degrees. When the pasta is within a couple of minutes of being done, put the hob on a low heat, melt a small amount of butter, add the whipped cream, one teaspoon of cayenne pepper, a small amount of tomato puree and some salmon. Sprinkle chopped parsley to garnish. Cook for a further 5 minutes, stirring occasionally, until the onions are translucent. Mix mayonnaise, dressing and salt in a small bowl. Stir into rice/vegetable mixture. Time to get the pasta boiling. In large sauce pan, bring the first six ingredients to a full, rolling boil for 1 minute, stirring as needed. Mix beans with onion and tomatoes. Using a slotted spoon, gently place each bagel into a rapidly boiling water for 1 minute on each side. Remove and dry on a towel. Place back on baking sheet. If desired, sprinkle bagels with cinnamon/sugar

or salt. Add onion and chili powder and shredded cheese. Simmer until heated thoroughly. Bake for 20 minutes. Drop batter by 1/4 cupfuls onto a well-greased hot griddle and flatten to form patties. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing. Add the Panko breadcrumbs and olive oil to a large pan over medium heat. Stir the breadcrumbs frequently as you do not want any to burn. Go ahead and add the oil to the wok and put it on a low heat, just to get the oil to a less viscous state and get your wok warmed up. Mix yeast, water, salt, and oil. Add about 1 cup flour to make a stiff dough. The amount of flour may vary slightly. With hands, mix thoroughly into a dough. After it's well mixed, add vanilla. Wash the tomatoes well, and put them aside. Boil a quantity of water that'll easily accommodate the tomatoes once immersed. Throw the chopped carrots in a pot and cover with water, and simmer for about 10 minutes. Measure the suggested amounts of chosen ingredients and add to mixing bowl. Remove to a bowl for saucing. You could also allow the carrots to cool, as they make an excellent cold salad as well. In a 2 1/2 quart casserole dish add the chicken broth, lentils, onions, brown rice, water, spices and 1/4 cup mozzarella cheese. In a large sauce-

pan, boil 3 quarts of water. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved. Wrap in foil and freeze for two or more hours. Remove the Hens, cover with foil, and strain the stock. Remove 4 chunks of squash and puree in blender. Throw everything in the salad and grate about a half a cup of the parmesan cheese in as well. Take the butter out of the microwave and make sure it's completely melted. Mix butter and graham cracker crumbs together. Brush uncooked side with butter and turn over. Add salt and pepper to taste. In a small bowl, mix the oil, lemon juice, herbs, salt and pepper. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils. Now you can quickly cook the meat by itself in another dish while letting the already cooked vegetables have a rest. After the meat is cooked to your taste, add it all together. Lay a large cabbage leaf down flat and place a scoop of the filling in it. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice. After the pasta has cooked, and the sauce has simmered for 15 minutes, drain the water off the rotini. Drop from teaspoon on greased baking sheet. Flatten slightly and bake at 350 degrees for 10 minutes, or until lightly



browned. Add remaining vegetables and cook for 3 to 5 minutes until vegetables are just tender. Slice the mushrooms, ham and cheese. And add them to the pot and finish with a splash more of sherry. Chop the red pepper into small pieces. Add ice cold water to cover the potatoes. Put about 2 tbsp of filling over the lettuce. In a medium bowl, dissolve gelatin in boiling water. Cool at least 30 minutes. In a large bowl, combine cake mix and cinnamon. Combine cream cheese and confectioners' sugar. Fold in whipped topping. Cook lentils in 3 cups water for 10 minutes. In a large pot saute onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often. Put some butter in the pan. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes. In a large skillet over medium heat, combine turkey, taco seasoning, and water. Roll the bananas in crushed nuts. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy). So to start with, let's get prepping. Chop up the carrot, garlic and onion and put in that plastic tub, sliced the bacon and then chop up all the herbs. Rinse the split peas. About 20 minutes later they should be done, so

plate them. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water. Bake at 400 degrees for 30 to 45 minutes, until tender. Bring water to boil in a large pot. Add each ingredient, one at a time. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low. Put the sweet potatoes in a medium bowl. Mash them with a fork. Heat oil in a large skillet or pan over medium heat. Add onion and broccoli (or zucchini). Cook until softened. Melt 1 Tablespoon of margarine in heavy, deep skillet. Remove skillet from heat; spread half of potato slices in skillet. Remove cooked chicken pieces from broth with tongs or slotted spoon. Cool 10-15 minutes before separating bones from meat. Break meat into bite-size pieces. Remove any bones from broth. Add greens to turkey stock. Cook 20-30 minutes until tender. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired. Roll the ball between two 12 inch squares of waxed paper using short, brisk, strokes until pastry reaches edge of paper. Spoon over tortilla chips, cooked rice, or noodles. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes. Whisk to incorporate the butter and still-melting chocolate. Put oil in a medium

baking dish or small cake pan and heat in the oven for a few minutes. Next, heat some olive oil in a pan. When it's hot, throw in your onion, garlic, fresh herbs, and just for fun I've got a shallot in there too. Cover and bake 30 minutes longer. Add the rest of the yogurt. Heat the non-stick pan and melt the butter. Mix the hot water and honey together. Pour the mix over the top layer. Mix in all your goodies, the chocolate, hazelnuts, cherries, spices, etc. In a large mixing bowl, put together the pork, minced chicken and diced prawn. Mix well. Peel the onion. Chop it into small pieces. Cook ground beef and onions. Drain fat. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy. Add milk gradually. When your pasta is done, drain it and run some hot water over it to get the stickiness out. Heat oil in frying pan; cook onion over medium heat until soft. Pinch them shut and bake them at 350°F for 10 minutes, then 375F until they are golden brown. Cover and cook on low for 8-10 hours, OR on high for 4-5 hours. In a small bowl, beat together egg white and milk. Add to dry ingredients and mix well. Chop the celery until you have ½ cup of chopped celery. Stuff the potato skin shells with the mixture. Place a slice of marinated mozzarella on each slice of tomato and drizzle with the marinade. Refriger-

ate leftovers within 2 hours. Add about half as much dijon mustard as you have olive oil. Shake until mixture is smooth. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides. Then dust a flat surface with flour and place the dough on top. Now cut it length ways and across four times to make 10 buns. Fold right side of rope up and over first loop to form pretzel shape. Cool on wire rack for 45 minutes. Cover and chill thoroughly. Steam greens in the stewed tomatoes using a small pan, pot, or electric skillet on medium-high heat. For the last layer, do not add sultanas or raisins - only the brown sugar again. Milk liberally and press down slightly. Skim the fat from the chicken juices in the pan. Shaped the balls by rolling the measured dough between your hands. Cut the grapes in half. Prepare the herbs by pulling the leaves from the stems/branches. Cook beef in hot skillet until lightly browned. Drain off fat. Now use the other part of dough and make the top. Toss it up there making sure it overlaps. Once you have done that to all the breasts, season them and then place them pocket side down on top of the corn in the dish. Then cube the butter and place it around the corn, put in a glass of white wine and all the cream. Place the strips of bacon on top of the chicken and season gen-

erously. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes. Pour the beer into the pot or dutch oven and scrape up all the brown bits with a large spoon. If you don't want a really hearty chili, add some chicken or beef broth (about 8 ounces) if you have some on hand. Mince the dill, pickles, parsley, red onion, celery, and garlic and place into a bowl. Evenly sprinkle the salt over everything. Add in the freshly cracked black pepper and the lemon juice. Mix everything together until well combined. Put tin foil over the casserole bowl and throw it in the oven for 10-15 minutes. Next, scramble the egg mixture until cooked thoroughly. Once the chocolate chips have been mixed in, add in the chopped walnuts and continue mixing on low speed. Add the squid into the rice. Heat the oil in a large skillet. Add vegetables. Return to boil; reduce heat. Add potatoes; cook until potatoes are lightly browned. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes. Start your chicken cooking, you don't necessarily have to grill it. When it's ready, lay each piece into a bed of corn flakes, press down a bit, and turn over to coat. Add chopped tomato. Season with basil and oregano. Add enough water to completely cover the mixture and add the oil

and vinegar. Grate the cheese and put into a separate bowl. Tear the tortillas into strips and divide into thirds. Add them to the pan and cook until they are hot, stirring with a spoon from time to time. While the mixer is going unwrap the candy canes and beat the heck out of them with a rolling pin while they sit inbetween two sealed plastic bags. When ready to assemble, brush the 2 TB amaretto on the cake, letting it soak in. Pre-heat oven to 400°F. Stir flour mixture into shortening mixture just until moist. Add buttermilk mixture all at once to dry ingredients. Stir until well mixed. Puree. Stir the beef into the cabbage and onion mixture. Simply add water and Olive Oil and let it go. Press into the bottom of a 13X9-inch baking dish. Bake for 15-20 minutes, or until crust is golden brown. So add the pasta and cover it up. Roughly chop the cilantro and add it to the salsa. Fold over the edges of the tortilla and roll up "burrito style". Stir in the vanilla extract and cinnamon. Peel banana and use butter knife to cut banana in half lengthwise. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes. Join the two sides and spread some butter on top of the bread. Add the yolks to the flour mixture, and set the whites aside. Add sugar according to taste. Zest one lemon and add the zest and juice. Add second layer of

yams, using the rest of the ingredients in the order above. Add orange juice. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown. Pour 1/4 cup batter for each pancake onto sprayed or seasoned hot griddle. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese. Add your warm water and yeast to the mixer bowl to bloom for 1-2 minutes. Combine eggs and sugar; beat well. Add milk and melted butter; mix well. Stir in matzo meal and salt. Put the tomatoes and broth in the pan. Cook on medium heat until they boil. Roll up. Add green beans and heat thoroughly. Pop your chocolate wafer cookies in the microwave until they are warm. Heat the oil, and saute the diced carrots and diced button mushrooms. Shred 1/2 cup of raw cabbage and set aside. Add rice, broccoli, and chicken. Stir. Once you're all done, stick the thing in the freezer and go watch some TV or something. You'll have to leave it until it's brittle enough to break apart by hand. Add in the radish. Cook for roughly about 7 minutes. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture. Mix in all other ingredients. Onions, sliced for Discada, diced for Pico de Gallo. Blend banana with pineapple juice, yogurt and strawberries in a blender. In order listed, put ingredients into a blender and blend

until smooth. Pour lemon juice over rice and stir. When rice is cooled to lukewarm, add vegetables, salt, pepper, and oil. Oil or spray a 10-inch pie pan or ovenproof skillet. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese and bake omelet until firm and brown on top, about 20-30 minutes. In a frying pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned. Pour yogurt into melted juice concentrated and stir until smooth. Pour the powdered sugar and corn starch over the yolks. Scoop the cake batter into the springform pan. Using a spatula, smooth out the cake batter so that the batter goes to the edges and is even across the entire pan. Add soup and 1 can of water to fry pan. Add vegetables. Put the potato and onion mixture in the colander inside the sink. Using a paper towel, press the potato mixture down to squeeze out and blot up some of the extra moisture. Stir it and blot again. Place overnight in the marinade. Mix tuna with mayonnaise. Close the bag and just massage the marinade on to the ribs. Cut in margarine with two knives until the mixture looks like cornmeal. In goes the salt. Extract the juicy core, which is more solid and sweeter than the seed-bearing flesh. Place the quarters and giblets in a roasting pan and cook at 400°F until



browned. Drain tomatoes. Save 1/3 cup of the liquid. Refrigerate leftovers within 2 hours. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone. Whisk together. Place the strawberries into a medium sized saucepan and add the lemon juice and 3/4 of the amount of sugar. Pour in enough water to just cover the bottom of the pan. The water should come up no higher than halfway up the strawberries. Mix well, slowly adding water to moisten the crumbs. Pour batter into pan. Now, set your oven to maximum pain. That is, BROIL. Spread pudding mixture over graham crackers. Top with remaining crackers. Cut into the joint and locate the big white ball of cartilage. Try to cut through that instead of hacking through the bones themselves. It's much easier. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder. In a soup pot, mix bean puree with pumpkin, broth, and spices. Add more oil if you need to. When the onions are a little brown around the edges, add the chicken. Add them to a searing hot skillet. Add the garlic and shallot. Heat the oil in the wok and fry with medium heat. Then slowly add the flour mixture. Place pork chops on the heated skillet. Sprinkle the salt on top. Stir fry the vegetables and noodles until the soy sauce looks to be

fairly even, whilst allowing the vegetables to remain crunchy. Stir fry chopped onion in vegetable oil. Spread some spicy peanut butter on each piece of bread. Spray microwave-safe mug with cooking spray. Start to gently melt a good amount of dripping in a large soup pot, over a medium heat. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges. If chicken is frozen, thaw in the refrigerator 24 hours before cooking. Heat medium skillet to medium high and spray with cooking spray. Saute vegetables for 4-5 minutes, stirring frequently. Remove from pan. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches). Add the remaining ingredients. Next, put 4 tablespoons of sugar into the mixing bowl. Use personal taste preferences to determine the amounts of seasonings. Remove the tomato puree from the oven, add the chopped scallion and some white wine, and season with a little salt (to taste). Lightly brush tortillas with oil on both sides and place on a baking sheet. Place some olive oil in the bottom of a roasting pan, and place the goose in a single layer. Drain the liquid from the cooked (or canned) kidney beans. Add the Oatmeal, cherries, toffee and chocolate. Heat oil in a skillet. Put the spices in

the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and saute about 5 minutes. When the vegetables are slightly tender, remove from heat. Now on a slow speed mix the ingredients for about 5 minutes. It's likely that the dough will become caught on the hook, so after 5 minutes stop and ease it off with your hands. Then, mix again on a medium speed for a further 3 minutes. Thread the pork on skewers. Broil on the highest and closest setting about 2-3 minutes per side, until lightly browned and cooked all the way through. Add water, lentils, Worcestershire sauce, oregano, and garlic powder. Cut vegetables into large chunks. Toss all ingredients together in large salad bowl. Alternate layers of squash and apples in 8x8 inch pan; end with apples. Squeeze chopped maraschino cherries rigorously through a sieve to remove as much moisture as possible. Pack drained, chopped maraschino cherries into a 1/4 cup to measure. Add peanut butter and milk. Stir in oatmeal, raisins, chopped apple, and cinnamon. Add the garlic and potatoes and cook for another 3-4 minutes until the potatoes are starting to turn golden on the edges. Boil until vegetables are fork tender - about 5 minutes. Reduce heat to low. Now is a good time to get your toast going.

Bake at 300 degrees for about 25 minutes or until crisp and lightly browned. Add melted butter, milk and vanilla. Mix well. Refrigerate mixture for at least 30 minutes. Wash your hands and work area. When the salmon is cooked it should be a light pink color and flake apart easily when prodded. Now, put that aside and go grab a tray and line the bottom with a little olive oil, just enough to coat the bottom ever so slightly. Combine fruit with marshmallows and coconut. Wash the vegetables. Cut the tomatoes into 1/2-inch pieces and put into a medium bowl. Because they can burn the skin, an adult should seed and mince the jalapenos and add them to the tomatoes. Add that big can of tomatoes and it's juices, and stir around. Cover, and let cook on low for 15 minutes. If your skillet is like mine and doesn't have a lid, a cookie sheet works wonders. When all eight cutlets have been fried, remove from the pan and place aside in a separate dish. Mix the all the spices together with the garlic and vinegar puree and the tamarind. Now we start on the chicken. You will want a 3-4 pound whole chicken. Be sure to remove the giblets and other stuff from the inside of the chicken or buy one that has already had them removed. Rinse sweet potatoes in cold running water and pierce with a fork. Boil the potatoes in a medi-

um saucepan until they are soft. Drain off the hot water. Spread two large tablespoons of refried beans on each tortilla. Cook onion in oil (or cook with vegetables). Grease up a cookie sheet with butter. Place remaining bread cubes over turkey mixture and press down slightly with spoon. In a medium mixing bowl, combine flour, baking powder, baking soda, and salt. Let cool, and puree until thick. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning. Cover and chill at least one hour. Boil water and cook your cavatappi pasta according to package directions. Mine took around 8 minutes. Heat the oil in a medium saucepan. In a large mixing bowl, beat together eggs, milk and sugar. Blueberry Corn Bread. Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter. Heat oil in a medium saucepan. Saute garlic and parsley until golden. Add cornmeal mixture to warm milk, stir well. Reduce heat and simmer for 20 minutes. Add the brussels sprouts (or other cooked vegetable). Next, we're going to prepare the chicken. Stack the bread with buttered sides together. Corn Bread Muffins. Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees. Bake in the oven at 350 degrees

for 1 hour. Place the dish onto a deep baking tray or other oven tray to catch any over spill and place in a hot oven for 20-25 minutes. In a large mixing bowl, combine salmon, cracker crumbs and egg. Cover the pan. In a large pot, heat oil. Saute beef. Wash your lemon under water and dry it. Using a zester or a grater, zest the lemon into the bowl with the eggs and bananas. Zesting removes the yellow peel on the outside of the lemon. The lemon zest will add additional flavor to the banana bread. Put all ingredients into a food processors and blend until smooth. Wash hands, make sure utensils and counter top are clean. Cut four large rectangles of parchment paper or aluminum foil and fold in half; unfold. Place paper baking cups in muffin tin or lightly coat muffin tin with cooking spray. Fill muffin cups 2/3 full of batter. Next, pour in the tinned tomatoes to further increase the flavor. Cover and cook on low for 8-10 hours or until the vegetables are tender. Combine yogurt and orange juice in small bowl. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one

to two minutes more, until the tortilla appears to be done. Add tomatoes and cook for another 5 minutes. Put the chicken parts in the hot pan. Sprinkle with salt and pepper. Refrigerate leftovers within two hours. Refrigerate leftovers. Cut the jicama in half so you have a flat side for stability. Add coffee and hot chocolate mix. Stir well and heat to desired temperature. Getting darker. Cover and marinate in the refrigerator for 4 or more hours. Add eggs one at a time, beating until well blended. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl. Freeze until hard or at least 4 hours. Get a large bowl and put in the butter and sugar. Add in the sun-dried tomatoes and goose. Cook for 5 minutes. Add the granulated sugar. Simmer for 6 to 8 minutes until chops are done. In bowl, combine flour, cinnamon, baking soda, baking powder and salt; set aside. Melt a tablespoon of butter in a large skillet over medium heat, then add all of the onions, alternating with the remaining butter and a pinch of salt so the onions release their moisture. Put a close fitting lid on the pot, reduce the heat to low and leave to cook for half an hour. Place all ingredients in a saucepan. Cover. Next add in just a little flour to coat the veggies that are already in. Rinse the cucum-

ber under running water. Combine all ingredients in a medium mixing bowl or a blender. Stir together well. Stir in apples and cranberries. So firstly grab that cabbage and chop it up finely. Better to have too much than too little because it shrinks a little as it cooks, and it's mega cheap anyway. Get out as much of the white stem parts as you can. In a bowl combine sauce and water. Pour the chicken soup over the chicken, and add the sage and a sprinkle of thyme. Go ahead and add the beef to the hot oil first, being careful not to splatter any grease. Half cook the beef, and then toss in the veggies. Cook on high, getting the red out of the meat. Add remaining chopped parsley, broth, and lemon juice to pan. Bring to a boil; cook for 1 minute. Spoon mixture over chicken. After it's well whisked, pour it into ramekins. Put the ramekins into a roasting pan. You know how to put together a sandwich. Slice the plantains in half if they seem too thick. Butter the outside portions of the bread for pan-toasting. Once tender, add the chicken base and seasoning salt to taste. Pour the whiskey in the skillet and let get hot. Put vegetable mix and rice back in the pan and mix with scrambled eggs. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into piec-



es. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat. In a medium bowl, dissolve gelatin in boiling water. Cool at least 30 minutes. Cook until heated through. Put all the ingredients in a jar or bottle with a lid. Add cabbage and garlic chives (white part only), stir. Pour lime juice mixture over cool vegetables and mix well. Add the liquid ingredients to the dry until it is moist. Finely chop the onion, green papper and celery. Mince the garlic. Pour the rice in a deep bowl and arrange the meat in the center. Add tomato paste, 2 quarts water, salt, black pepper, thyme, and red pepper. Add mixture from step 2 to chicken in pot, mix well. In a medium-sized bowl, combine drained tuna, celery, mayonnaise and yogurt and stir. Top with 1 cup sauce and layer rest of the noodles, ricotta and mozzarella. Add the chopped carrots and onion. Cook pasta according to package directions, drain; rinse. Add pumpkin, 4 tablespoons whipping cream, ground cinnamon and ground allspice to mixture in large bowl and beat until well combined. Stir sugar, nutmeg, and cinnamon in a separate cup, and sprinkle into and onto apple. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Puree it (not too much). Refrigerate leftovers within 2 hours. Skin the

duckling and quarter it. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds. Bake at 350 degrees for 45-60 minutes, until squash is tender. Mix you dry ingredients, then whisk you wet ingredients in a separate bowl. Mix the two together and pour into a greased pan or muffin pan. Bake for about 30 min. Add mushrooms and broccoli. Cook until they are tender. Place chicken pieces in large kettle. Cover completely with water. Cover, bring to boil, reduce heat, and simmer 2-3 hours. Heat oil in a large skillet over medium heat. Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat just until the vegetables are hot. Refrigerate leftovers. Add tomato sauce, remaining cup of water, basil and salt. Place in oven, cook 30-35 until bacon is to the desired crispness. Spread about 2 tablespoons of the cheese mixture on each tortilla. Add your chopped broccoli into Chicken Broth Saucepan. Stir. Heat still on low. Spread the oatmeal mix evenly over the apples in the baking dish. In a medium sized pan over medium heat, melt the butter and saute the apple chunks until they become soft. Once they have become soft put them aside to cool down. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil. Then, add orange

zest to the egg yolks. Be sure to wash your orange first. Fry in a pan on medium heat or grill until internal temperature reaches 165 degrees F. Mix all the vegetables together in a large bowl. In a blender, place juice concentrate, water and half of ice. Arrange fried tofu on a plate. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes. The chunks of meat are too large as they are, so each piece got cut into two or three smaller chunks. Now break an egg into a large bowl and pour in the dashi/water, and the flour. Cook each side for about 4 minutes - you don't want the inside cooked, because it'll continue to cook in the oven. While it's cooking, smear the glaze over the top of the fish. Every minute or so, flip the fish and apply a new coat of glaze to the top. Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low; cook for 10 minutes. Pour pasta and water into colander to drain. Combine rolled oats and salt in a large mixing bowl. Stir in boiling water; cool to lukewarm (105 - 115 degrees). Once you've done that, add a little bit of lemon juice. Add in the carrots and button mushrooms. Add the stock and thicken with the butter and flour. Cook for another couples of minutes. Stir in remaining ingredients. Bring to a boil. Spread mixture about 1/8 inch thick on a pizza pan,

baking sheet, or 9 inch by 13 inch pan. Mix all ingredients thoroughly and pour into a greased 9x13" baking dish. Bake for 15-20 minutes or until golden brown. Pour over the bean/vegetable mix and stir. Be gentle, as the cannellini beans can be somewhat fragile. And throw in your onions and peppers. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish. Skewer the meat. Next add in the corn. Drain the celeriac well and cover the bottom of an oven proof dish with the celeriac cubes. Place 1½ cups of the romaine in each of 4 large bowls or plates. Place orange juice in bowl. Brown ground beef in a large skillet. Drain and rinse to remove fat. Bake 10-12 minutes or until edges start to turn brown. Be careful not to overbake. Add broth slowly, stirring constantly. Cook over low heat for 5- 10 minutes. Combine peppers, garlic, some of the Frank's and vinegar in food processor and combine until smooth. Remove cover and cook until crisp-tender, about 10 minutes. Stand the cob vertically and with a knife, cut downwards row by row until all kernels are removed. Put aside. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well. In a medium bowl, mix chili powder, oregano, cocoa, flour (1/2 cup plus 2

Tablespoons), pepper, and garlic powder along with 1 cup of water. Drain off fat into container. Add the milk mix to the potatoes. Add the brown sugar and beat until fluffy. Add the spices and stir a few times. Garnish with fresh lettuce and sliced tomatoes. Mix the salad ingredients in a large bowl. Stir the chocolate until it's totally melted. Set the bowl of melted chocolate aside to cool to room temperature. Dump a ladle full of batter into the center of the skillet. It should sizzle lightly. When small bubbles form in the center and the edges start to brown, it's ready to flip. At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill and cook for two to three minutes or until puffy and lightly browned. Add curd and four mix to the frying pan with chilli powder and turmeric powder. Heat until it comes to a boil. Use a mixing spoon or rubber spatula to mix in pecans. About 15 minutes before your sauce and meatballs are complete, add the remaining chardonnay to a big pot. Reduce heat and simmer for 10 minutes, stirring occasionally. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes. 4 lbs whole chicken legs, skin removed. Chop the cabbage into very thin bit-sized slices. Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside.

Refrigerate covered until the flavors are blended - at least one hour. Mash tofu well with fork. Stir in spices and mayonnaise. Then gently stir in vegetables. Add leftover meat and/or vegetables. Stir fry until heated. Combine romaine lettuce and cilantro, and divide onto four plates. Cut the green onion. Chop up the celery. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened. Put mixture into a pastry bag with a large flat tip. Pipe into overlapping ribbons, about 4-5 per cookie. I'm bad at piping, hence the ugly little misshapen cookies. Whip egg white with a whisk until fluffy. Stiff peaks are not necessary, but whipping the egg is a crucial step to adding air to the batter. Throw in the garlic chives, mix well, turn off your stove. Add rice, stock, water, pepper, and bay leaf. Cover and simmer 15-20 minutes. Fluff with fork. Cover and let stand 5-20 minutes. Remove bay leaf. Once you have a nice runny sauce add in about 6 or 7 finely diced fresh anchovies and a handful of parmesan shavings. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes. Let the dip cool for at least 10 minutes. While you cook the spaghetti, put the pancetta in a pan over a medium medium-high heat. Drop dough by rounded teaspoonfuls 2 inches apart

onto un-greased cookie sheets. Bake at 375°F for 8 to 12 minutes or until light and golden brown. Put in your messed up sausage meat and quickly fry it. Add milk and oil to eggs. Beat with fork. Place kale pieces on cookie sheet. In a large skillet heat oil and brown chicken on both sides. Beat 2 minutes with a mixer until smooth, or blend in the blender on high for one minute. Mix well. Brown ground beef and drain any fat; add beans, cumin and chili powder and heat through. Choose one “log” option, top with a spread and sprinkle with a “bug.”. Chill for 1 hour. Store the dip in the fridge for 1 to 2 hours to let the flavors blend. Combine the cooked rice, scallions, and bouillon granules and mix well. Stir in the liquids, canned tomatoes, mushrooms and sage. Dice onion. Mix the meat sauce well, and reduce the heat to simmer. Stir occasionally. Remove from oven and add carrots. Stir. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander. Be sure to stir your mixture a lot. When the cheese has all melted take it off the heat. In a large skillet, heat oil. Sauté vermicelli and onion until golden brown, about 2-4 minutes over medium-high heat. Drain off oil. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean. Remove and shred

your beef, strain and save that broth, if you add some of the shredded meat to it you get a delicious soup. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking. Chop the apple into pieces. It's okay to leave the peel on the apple. Cover and cook on low for 3 to 5 hours. Add the herb and vegetable mixture into the tuna. Plate, beginning with gelatin, then a nice layer of still-warm barley, then the second layer of gelatin. Top and garnish with macerated strawberries. Crunchy bits of caramel stuck to the barley adds another textural contrast. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm. Pepper the skin side of the duck, and season the meat side with a sprinkling of the 5-spice powder and peppercorns. Place in a small skillet, skin side down, over medium-low heat. Cook for about 13-15 minutes, or until skin is nice and crispy and most of the fat has been rendered. For the brine, dissolve the salt and sugar in the water. Put the chicken pieces in a bowl and completely cover with the brine solution. Cover the bowl and refrigerate for 30-60 minutes. Combine ingredients in bowl except for the wrapper. Mix well. Simmer for 10 to 15 minutes until the vegetables are tender. Check seasonings and reduce



by half. Stir in a couple Tbsp of butter. Puree the nage in a blender and slowly add the remaining butter, small chunks - one at a time. Finish sauce with the roma for coloring and put in a coulis bottle. Toss all ingredients together in a large mixing bowl. Refrigerate for 30 minutes. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly. Brown each patty on both sides in the oil. Cover with the other half of pita round. And deftly invert it. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly. Put carrots and all pickling ingredients into a bowl and set aside to marinate. Put the potatoes in a medium saucepan with enough water to cover them. Mix everything well. Using two knives, cut peanut butter into dry ingredients until it appears coarse and crumbly. And fry until Golden Brown and Delicious. Dump half a bottle of beer in there, giving the bottom another good scrape to make sure nothing's stuck. Place another patty on top.. Roll the balls between your hands to form the ball shape. Pour into well-greased 9-inch baking pan. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel. Place the vegetable oil in a large soup pot or Dutch-oven style pan. Heat over medium-high. It's time to finish up

the sauce. Add your parmesan cheese while stirring the cream sauce, but leave just a little bit left over for garnish at the end. Sprinkle remaining bread crumbs on top of the casserole. Open the can of peaches. Pour the peaches and their juice into the casserole dish. Heat them on the stove-top until they bubble. First, you want to take the skin off of the sausages. Add the lentils. Cook for 20 minutes over low heat until tender, then drain. Now for the veggie prep. Quarter the bell pepper, then cut each piece lengthwise once before cutting into thin, sort strips. Using a peeler, shred your carrot onto the lettuce. For crust, cream margarine, sugar vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well. With your electric mixer on low-speed, gradually add in the flour mixture. Remove from heat and cool slightly. Add apples. Combine yogurt and peanuts. Mix with a spoon. Add onions and cook for 5 minutes. Add fennel and half of the chicken broth, and cook for 5 minutes. Slowly add the remaining stock as the ingredients are cooking. Wrap it over the sausages and put into baking tray. Cover with a kitchen towel and leave it for 20 minutes. Add the sugar and butter to a pan. Peel the onion, and chop it into small pieces. Return pureed mixture to pot and let cook for 10 minutes more. Taste and season

with more lemon or lime juice, sugar if needed. In a frying pan over medium heat, cook margarine, onion, corn, squash and okra for 5 minutes until tender. First wash and slice the zucchini and measure out about 2 cups. Dice up the onion and green pepper and set aside along with the zucchini. Get a new large mixing bowl and sift in the flour, baking powder, baking soda, and salt. Whisk them together so everything is evenly mixed. Mix the cornstarch into about 1/4 cup of cold water until all the lumps are gone. Add to the chile and chicken mixture. Cook for 2 more minutes. Roll the dough ball until about 1/2 cm thick. Cook over medium heat for 3 to 5 minutes. Squeeze juice out of the orange (remove seeds). Cook on a rack for about 5 minutes. Reduce oven temperature to 300F. Time to get your hands dirty, squish it all together. If it doesn't hold its shape, or is too wet, add more bread crumbs. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean). Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish. Slice up the tomatoes. Tomatoes will help provide acidity in the soup. In a steady stream, add the butter while stirring constantly. Add the reduction slowly.

Finish the sauce by folding in the raisins and adding the cayenne. Pour dressing over vegetables. Finish with a row of carrots. In a pan with the melted butter and olive oil mixed together, fry each piece of chicken until slightly browned. Do not worry about cooking the chicken through, that will come later. Soak the shitake mushrooms until soft. Then cut into small pieces. Arrange vegetables on a platter. Place potatoes, carrots and onions in a large roasting pan. Chop onions and garlic. Set aside. Mix all the ingredients with your hands or a mixer. Store in a dry, closed container in the refrigerator for up to 6 weeks. In a large bowl, mash beans. Add egg and spices and stir to mix evenly. While the bacon starts to heat up, finely dice the celery. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt. Add the potatoes, salt, pepper and 1 1/2 cups water. When the broth is done, remove chicken thighs and put them on a plate to cool. Throw away all the vegetables in the broth, including the bay leaf. Skim the excess fat off the top with a spoon. Crack egg and place in mixing bowl, stirring to blend. Measure and add 2 cups cooked rice, 1 cup grated cheese, and salt. Mix well to combine ingredients. Now we can add walnuts. Hopefully you toasted them and they are now cool. Go ahead and add them to the

batter and mix until they are evenly distributed. Do NOT overmix. Place pretzels on a baking sheet lightly coated with cooking spray. Bake for 10 to 12 minutes until golden brown. For turnips, simply trim, cut larger ones in half, toss with salt, pepper, and olive oil, and roast in a 375 degree oven until starting to turn golden, about 10 minutes. Cut peppers in half length-wise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Add half of the watercress and mix well. Turn heat off and wait until the pasta is cooked. Put 1/2 cup of the rice and bean mix in the middle of each tortilla. In large bowl, stir together evaporated milk, egg whites, 1/4 teaspoon pepper, cheeses, spinach, remaining 1/4 cup onion, and tomatoes. Arrange squash in pan, add water and season lightly with salt, pepper and basil. Tear bread in pieces and spread on bottom of skillet. The spicy Greek yogurt dressing will look and taste just like med salad dressing at Noodles and Company. Gradually stir in the wet to dry, adding milk as necessary to form a smooth batter the consistency of runny porridge. In a large pot combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1-1/2 hours until beans are tender. Stir. Mash beans against side of

pan. Offer dressing on the side. Add the celery and onion. Stir fry for 2 minutes. Pour yogurt/ juice mixture into paper cups. Spread cheese on tomato halves. Add the coconut to the mixture. Pour the mixture into the mold and bake in a bain-marie for 30 minutes or until the center is set. Garnish one side of the plate with some sprouts and julienne radishes. Drizzle each packet with  $\frac{1}{2}$  teaspoon oil and 1 teaspoon lemon juice. Mix it all up. In large bowl, combine all salad ingredients. Fold the bottom end over slightly tugging your filling down so it would be wrapped tightly. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa. So anyway, now that you've added all that stuff, it's time to add all that basil. Add loads - it reduces in size significantly. Gradually add them to your (fairly wet) dough, mixing well. Add your cheese and top off with the avocado. Toss apples, celery, raisins and nuts with the dressing mixture. Cut the avocado into smaller pieces. You want nice, flat two-bite-sized pieces. Make them slightly larger in diameter than your log of goat cheese, and at least a half inch thick. Preferably thicker. Remove seeds where necessary, though these particular heirlooms weren't terribly seedy. Evenly space chicken on greased baking pan. Saute garlic, onions, tomato and ginger. Add

the tomatoes, zucchini, squash, and bring mixture to a simmer. Sear the cornish hen parts in some butter over high heat. Mix together all ingredients. Once the egg begins to firm up, flip it and break it up into pieces with your spatula. Remove the egg from the pan and place on a plate. If you used butter, wipe out any excess butter remaining in the pan using a paper towel. Add the cumin. Cut your onion. Put a dough layer on top and seal the sides. Cover with foil and bake at 350 degrees for 20 minutes or until heated through. In the meantime get a skillet blazing hot and add some olive oil. Just before it starts to smoke, add the remaining vegetables (except for the avocado) and saute for 3 to 4 minutes. Bake at 350-375°F for 20 minutes. Flip and bake on other side 15 minutes to make crisper crust. Shred cabbage. Add 4 eggs (always crack the eggs into a bowl before adding in case you get shells in your eggs) and 320g of self raising flour (sifted). Place onion and butter or margarine in 2-cup measure. Microwave at High 1 to 1 1/2 minutes, or until onion is tender. Stir in flour. Microwave a few seconds until flour mixture starts to bubble. Add remaining ingredients. Microwave at High 1 1/2 to 2 minutes, or until thickened, stirring every minute. Drain vegetables. (Freeze drained liquid for use in soups later.) Pour

sauce over vegetables and stir to coat. The fiber one cereal will be our maggot worms. Simmer for 10 minutes. Continue beating until everything has become fully incorporated. When done, drain the fat and dry the bacon on some paper towels. Cover and refrigerate for at least 2 hours. Add all the coconut milk to the chicken, and as much of all the other ingredients as you would like. Scrub the potatoes, and peel them. Combine all the ingredients in a skillet. Add the noodles to the soup and cook until el dente. Add the seafood and cook for about 6 minutes. Remove from heat and finish the soup with the cilantro. Measure the suggested amounts of chosen ingredients and add to mixing bowl. Reheat the lasagnas for 4 to 6 minutes in a 350°F oven. Plate and spoon sauce over and around it, place scallops around the lasagna and decorate with julienne vegetables. Let the dough rise, and punch it down and let it rise again. Add apple chunks and applesauce to the batter. Stir to combine. Plate your salad by setting down a small bed of baby greens and a row of daikon. Sprinkle with rice wine vinegar and toasted sesame oil. Peel and chop 1/4 of an onion. Mix popcorn and margarine in a bowl. Sprinkle with salt and pepper to taste. Remove from pan and cool on a wire rack or clean dish towel. Drain about 1/2



of the grease and add a bit of flour to it (less than 1/4 cup) to form a roux. Add the sauerkraut and some of its juice, along with the Vinegar while mixing it up. Finally add just a pinch of sugar, cover, and simmer for about 10 minutes or until the flour has cooked off. Also do the same with the Basil leaves. Store in refrigerator. A bunch of chicken wings, separated into wing and "drummette" sections, wing-tips removed. Add cabbage, cover and simmer for another 5 minutes. Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor. Add the mashed bananas to the eggs. Keep adding cheese and cream until you have enough sauce for your spaghetti. The ratio of cheese to cream is personal preference, it all depends on how cheesey you like your sauce. In a saucepan, heat milk and water. Divide into 2 rounds. Make a white sauce by melting margarine in a small pan. Stir in flour. Gradually add milk, stirring constantly. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip. Pour the filling into the crust. Transfer the venison to the other pan with the vegetables and bacon to wait until the stock pot is ready. Heat up a large frying pan, preferably cast iron. If your bacon is particularly lean you might want to consider a bit of oil/grease to lubricate the pan. Start frying

over medium to medium-low heat. Alternately, you could probably cook these in the oven. But beware of splatters. Saute the tomato, garlic and onion in a little oil. Add in the pork and cook until brown. Season with a little bit of salt and pepper. Drizzle melted margarine or butter over mixture. Mix the rice, chopped onion, and beans in a bowl. After the 12 minutes, add the chicken, cover, and cook for another 8 minutes. In the meantime, make the cornstarch paste by mixing two tablespoons of water with two tablespoons of cornstarch until smooth. Once 8 minutes are about up, chop up your basil. While the pasta is cooking, beat two eggs (or if you're feeding more, use 1 egg for each person) with a fork and set aside. Bake until fish flakes easily with a fork, about 20 to 25 minutes. Next, beat your eggs and measure to get the appropriate amount. Then add the vanilla extract. Cover and cook on Low for 8 hours. First cut a pad of butter and get it melting in a nice pot. Set aside. After the chorizo is cooked, move it to the walls of the wok, away from the direct heat, and throw your bacon. Let it rise one hour until the dough has doubled in volume. Cover the cups with a sheet of aluminum foil. Peel and thinly slice cucumber. Spray string cheese lightly with non-stick cooking spray. Wash hands; get out utensils. Mix

applesauce, egg, sugar, oil and vanilla in a large bowl. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired. Punch dough down; turn onto clean surface. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise in a warm place until almost double, about 1 hour. Sauté for 5-10 minutes until lightly browned. Whip the shortening and butter together until light and fluffy. Then gradually add the sugar. Once you've added enough according to your tastes, add the Irish cream and vanilla extract. Lastly, add a pinch of salt. If you're not frosting the same day, cover and refrigerate. Heat some oil in the pan and fry the potatoes till golden brown. Spice to your liking. Coat chicken with bread crumbs and place on foil-covered baking sheet. Discard remaining bread crumbs. Bake 10 minutes. Place a spoon in the center of each cup. Slice through the avocado lengthwise then width wise, and you'll get nice cubes that come out very easily. Stir in vinegar. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan. Stir in the zucchini and squash. Place chicken on large platter and brush with half the sauce mixture. Add the salt (will help enhance the flavors), sugar, and 1/3 cup of heavy cream to the egg

yolks. Add stock and chilies, cook 3 minutes. Choose the ingredients you want to use. Add in the butter and mix for 30 seconds. Add 4 cups water, seasonings, tortellini and, if desired, 1 cup each coarsely chopped carrots and celery. Return to boil. Reduce heat to low, cover and simmer 1/2 hour, until tortellini and vegetables are tender. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown. Mix well. Add 2 slices of tomatoes for eyes. Stir the egg and milk together and set aside. Place the softened butter, sugars, and peanut butter into a large mixing bowl. In a medium sized bowl, add the sugar and cream cheese. Using a sharp knife, split open the vanilla bean piece lengthwise. Use your knife to scrap out all of the black seeds into the bowl. Mix everything together until the texture is smooth. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown. Push meat to the side and in the middle of the pan add carrots, onions and peppers. Cook them for one minute. Stir custard constantly while cooking. Cook until foam disappears and custard coats the spoon. Remove from heat. Take your roast off after

three hours of smoking. Try and tear it apart with a fork. You won't be able to, it's still too tough. Heat oil in a large pan. Add onion and cook in oil until tender. Here is the onion quartered, if you don't have a food processor just chop decently. Don't go super fine but don't leave huge chunks unless you want to. Put your logs into the refrigerator for an hour or so. Add the eggs and continue beating until well combined. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Stir in remaining ingredients. Spread into pan and bake for 15 - 20 minutes. Cool; cut into squares. I'll take a large amount of the chicken and put in the fridge to make chicken salad later. Mix together raisins, pecans, 1/4 cup of honey, 1 tsp orange peel, 1/4 tsp ground cinnamon, and 1/4 cup of butter (softened). Fold the sides of the tortilla to hold the rice and beans. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil. Add about a half as much olive oil as you have lemon juice. Add your ground beef or ground turkey, turn up the heat a bit, and use your spatula to break up the meat as it cooks. Stir the meat around and flip it as you need to. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.

First, we made the honey-asian sauce. You can buy any type of pre-made stir fry sauce you want - we just went with original. Mix that 1/4 cup in with 1/4 cup of honey and then sprinkle crushed red pepper flake into the mixture; stir to mix all the parts up together. ..and mix until everything has been mixed nicely. Wipe the edges with some water and fold over. Pinch the edges making sure they adhere. Stir the blueberries into the batter. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended. Add in the oats, pumpkin seeds, and baking powder and stir thoroughly until combined. In the meantime, combine the pumpkin puree and the coconut milk. Add the spicy brown mustard. Once the oil starts moving around, or your butter melts, add in the egg. Scoop out the seeds and most of the stringy stuff, then place cut-side down on a Silpat (or parchment). Heat the oil. Cook pancakes for 3-4 minutes per side. Remove and drain on paper towels. Dump the sauce on top of the chicken. Bake 25 minutes, or until bubbly and brown, in a 350°F oven. Put the chopped onion in a saucepan. Put the parsley, vinegar, mustard, and olive oil in another bowl. Stir well. Store in airtight container. Put your white chocolate chips and shortening in the bowl and turn the heat onto medium, make

sure to keep stirring so it doesn't burn. Put sweet potatoes in baking dish. Top with the other 1/2 of graham cracker. Here is a closeup shot showing the peach muffin batter in one of the muffin cups. Grease a large frying pan. Heat the pan on low. Distribute remaining oil evenly over potatoes. Melt the margarine in a large saucepan on low heat. Wash the chicken inside and out with clean water. Remove the skin. Then let drain on a wire rack to cool (put foil underneath to catch the sugar drippings). Continue to simmer the sugar solution for another 10 minutes until syrupy and reduced. Set aside to cool and use for later, and other uses (would be good in mixed drinks). Over low heat, sweat them in oil until they turn translucent. Cook over medium heat, and let it boil for 3 minutes. Now you are ready to make a bechamel sauce. First a few chunks of butter in a frying pan. Insert stick for each popsicle by making a slit in foil over the center of each cup. Cut the meat into small pieces. Mix the sour cream, yogurt, and curry powder. Saute the garlic and shallots in some butter until soft. Add the morels and cook until liquid is gone. 5 minutes before the end of cooking time melt some butter with a small amount of garlic puree in a pan and sautee the mange tout. Cover with aluminum foil. Bake for 5 to 10 minutes or until

tortillas are crisp on the edges and starting to brown. Taste; add a small amount of salt if needed. In a small bowl, mix the cream cheese and garlic powder. For the other pan (apricot), add a teaspoon of sugar to the egg white and beat with an electric mixer until stiff peaks form. Remove the potatoes from the heat. Drain the water off the potatoes. As chili heats, mix cornmeal and salt with water in a sauce pan. Cook over medium heat, stirring constantly until thickened, about 2 minutes. Bake for 20 to 25 minutes until golden brown. Cover and refrigerate for at least 1 hour. Roll 1/2 the dough out to a 1/4 of an inch and line a 9" pie pan. Wash hands and any cooking surfaces. Use a vegetable peeler to remove the skin from the apple. Prepare a baking sheet lined with parchment paper. Flour your hands and pinch a small amount of dough to form a ball about the size of a quarter. Grate cheese. Refrigerate leftovers. Cook corn in boiling water or in the microwave. Combine with the meat and seasonings in a large pot. Create 4 sandwiches on whole wheat bread. Fold in squash. Add nuts if you like. While the veggies are finishing up in the pan, grab another pan to make your omelets. Use 2 eggs per omelet (break in a bowl and briefly whisk). Add oil to the pan and when the oil is hot, make your first omelet. Add the



sugar and vanilla into the bowl. Continue beating for an additional two minutes. Remove the squash and sweet potato from their skins and put in a pot with the onions (save a few for garnish), jalapeno(s) and some peanut oil. Let it cook until it turns a caramel color, at which point remove from heat. Take 3/4 of the walnuts, 1/2 of the mushrooms, and about a 1/4 of the seafood and puree it up with a bit of the stock. Add the 2 to 3 Tbsp of lobster base and bring back to a boil - simmer for about 10 minutes to allow the flavors to mix. Heat an omelette pan or nonstick skillet over medium heat and add butter. Saute the vegetables off in 1/2 stick of Butter for about 6 minutes. Put all ingredients in a blender. Additional image of ingredients. Cook the onion in the butter until it turns yellow. Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces. In a pan over high heat, add corn ears and grill until the corn is slightly charred. Remove the corn from the cob by cutting the tips off (so you can lay it flat on a cutting board). Melt the chocolate in a bain marie and add the gelatin. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl. First things first - you need to unwrap the caramels, because no one likes eating plastic. Sear them vegetables.

Check with a food thermometer. Temperature should reach 165°F. Cut mozzarella into 1/4 thick slabs. Attach your candy thermometer and start heating. Fold each tortilla to enclose filling. Grease the casserole dish with butter or margarine. Once the minute is up, put the pot into your sink and run cold water over everything for another minute. Remove the tomatoes and empty the pot, setting it aside. Throw them in your food processor or blender, and you have solid pack pumpkin. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet. Stir in the veggie mixture and fold together. Simmer until temperature reaches 145°F. Combine all ingredients. Put zucchini in large bowl; add cabbage, carrot, onions and radishes. Pat dry; wrap in a paper towel and then plastic wrap and refrigerate. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well. Heat everything up. Beat at low speed until it is the super smooth, and a beautiful buttery-yellow color. Chop the romaine and red leaf up and layer in a shallow salad bowl. Remove cover and cook until crisp-tender,

about 10 minutes. Bake for 45 minutes. Place apple half in center of small plate. If the vegetables start to brown, add a Tablespoon or 2 of water. Spoon in the filling and seal the dumpling. Combine apple juice and water. Bring to a boil. Remove to carving board and let rest for 10 minutes. Place orange juice in bowl. Squish the tomatoes in your hands into the pot. Then add the beans and spices. Slice the cucumbers. Peel and cut the oranges into small pieces. While still pretty warm dump the whole lot out onto some parchment or wax paper. And chop them up nice and finely. Now you want to flip the flounder over and do the exact same thing. Space chicken evenly on non-stick or lightly greased baking pan. Stir your onions and garlic with wine until they become translucent and smell delicious. About another four or five minutes. Spread mixture into baking pan. Add vanilla, buttermilk, egg and an egg yolk and use your mixer set to high to beat together. Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased. Whip egg whites with mixer until stiff. Fold into corn meal mixture. In a mixing bowl toss the vegetables with 1 tbsp white wine vinegar, 1 tbsp parsley, 2 tbsp freshly chopped basil, 1 clove of finely chopped garlic, and 2 tbsp olive oil. Adjust olive oil and vinegar to taste. Com-

bine these ingredients with your tomatoes and stock. Cover the pot and boil for approximately 15 minutes. Fold 1 cup of the whipped topping into the pudding mix. Fry ground beef in a small amount of oil. Mix all ingredients thoroughly and pour into a greased 9x13" baking dish. Roll out in your pasta machine. Dice all the vegetables. When broccoli is cool to the touch, cut broccoli in to small pieces. Broccoli will be tender and will fall apart. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach. Cut on a heavy bias. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired. Bring back your bowl of zest now and put the halibut, scallops and shrimp into it. Place ingredients in a heavy duty snack sized plastic bag. Keep stirring and the dough will start to come together. Turn the heat down to low. We want to get the butter/margarine out and spread it evenly on both halves. Add broth slowly, stirring constantly. Cook over low heat for 5- 10 minutes. And chop the coriander. Boil 1 cup water in a saucepan. Cook until tender, about 25 minutes. Peel the apples. Remove the cores, and slice the apples. Once the beef is tender, add in the potatoes. Let it simmer some more until the potatoes are cooked. Drop by teaspoonfuls on greased cookie sheet. With

your stand mixer on low, slowly add in the flour mixture until it is all incorporated and the cake batter is smooth. Cook rice in 2 cups of water. Add 2 Tablespoons of vanilla yogurt and stir. While your potatoes are boiling, chop the red onion into fine pieces. Julienne the carrots and make narrow strips of the pepper. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. While the pasta is cooking, quickly beat up 2 eggs, about 1/2 cup of whole milk, and a small grating of nutmeg and a dash of black pepper in a medium bowl and set aside. When the noodles are al dente, drain, then return the noodles to the pot and add the zucchini. Stir in rice and cover. Melt butter in a saute pan, and brown the beef. Place meat in slow cooker. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side. Now it's time to begin working on the meatballs. First chop up your parsley. You should end up with about 2 tablespoons worth. Melt 2 tbsp butter, add garlic, stir until fragrant. Now the basil and oregano, about a tablespoon each. Stir in the chopped onion and grated cheese. And now, add your pound of sirloin. Wash ingredients. Then add to the blender. We generally just put

it all in at once, some prefer to add in thirds. Mix until combined, do not over mix. Clean celery with vegetable brush under cool running water. Add to a large frying pan and fry gently for ten minutes. 2.6 pounds of sirloin tip. Was cheaper than chuck roast. 1" (ish) cubes. Cover and refrigerate overnight to allow flavors to blend. Take it out of the water (or just unwrap it and cut it up if you buy the big chunk) and dump it in the salad. Whisk together to combine. Work your pasta in whatever your preferred manner is. In a large pan over high heat add 1 tbsp oil. Add veggies and cook for 5 minutes. Add 1/2 tsp salt, add corn and cook for 2 minutes. Turn the heat off and put aside. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Mix together all ingredients. Store in airtight container. Stir to combine. Dough will be thick. Pour strong coffee or espresso into a baking dish. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl. After all that it should be firm enough to start rolling. Start at the short end and start rolling fairly tightly inwards. If it starts to crumble apart on you just let it sit at room temperature for a bit longer and try again. When the potatoes are baked, let them cool.

Then use a spoon to scoop out the inside of the potato. Add the inside of the potato to the sour cream mix. Stir together. Saute for a few minutes or until the grated carrot becomes soft. Put your mixer bowl into a large pot of simmering water, and whisk together your sugar and egg whites for about 3 minutes. If you're afraid of raw eggs, make sure that they're heated to 160F. Add onion and stir fry until onion is clear and begins to brown. Pour the fudgy brownie mixture into baking pan. Add milk and oil to the flour mixture. Then cut some into small pieces for filling. Leave other bits for garnish. In a medium skillet, heat oil. Saute onions, garlic and zucchini in oil for 5 minutes on medium heat. Sprinkle with cheese. Blend the papaya fruit. Then, in a bowl mix the lemon juice, condensed milk, papaya, and the whipped cream. Continue to rub the whole chicken with minced garlic. Heat oil in large frying pan and add meat when oil is hot; stir until brown. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings if desired. Add in half of the dry mix into the banana mixture. Slowly beat together just until the flour has mixed into the banana mixture. The key to a good batter is to NOT overmix.

Once you can't see the dry mix anymore, stop mixing. Grate and measure cheese; sprinkle over bean mixture. Add the soy sauce and vinegar to our chicken. Go ahead and toss in those onions and garlic, too. Add the tomato paste. Mix until everything is nicely blended. Using a blender or food processor, puree the remaining mixture in the bowl. Let reduce by half. Strain through cheesecloth and bring back to a simmer. Add a cornstarch slurry until slightly thick. Pour into a chilled glass and sprinkle with cinnamon, cocoa, or nutmeg if you like. Mix together all ingredients. Heat oil in a 10-inch heavy skillet over moderately high heat. Saute onion for about 3 minutes. Wash and slice the berries and then place in a shallow dish (9x9 brownie pan works well). Add the cheese. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan. Mix the flour and seasonings very well. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly. Store in a tightly covered container. Mix  $3\frac{1}{2}$  cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes. Saute the veggies until tender on medium heat with the oil. Remove from the pan. Fill a large stockpot  $\frac{3}{4}$  full of water and add about a cup



of vinegar. Bring to a boil and drop the lobster in it. After that's cooked for about a minute, toss that into your corn, as well. About now, heat your oven to 350F. Stir in barbecue sauce, ketchup, mustard, and pepper sauce. Place a large metal or glass bowl over an ice bath; set aside (no image). Whisk the yolks and the rest of the sugar until thickened and pale yellow, about 3 minutes. Muddle / bruise a few more mint leaves in the remaining 2 tablespoons of rum. Cover with a moist cloth and let rise for 3-4 hours. Steam mixed vegetables until hot. Save 1 egg to use as a garnish. Chop the rest and add to the bowl. Cut the chicken breast into large chunks. Add salt, chili and sweet pepper. Add salt, soda, sugar and raisin bran to the flour and mix well with spoon. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender. Do the same with the onions and throw 'em in too. Wash and drain split peas. Combine all the ingredients in a bowl and mix. Allow to set for an hour. Beat eggs and sour cream together until combined. Add the lemon juice and champagne to a saucepan over medium heat and bring up to a gentle boil. Once the liquid has reduced by 1/3 lower the

heat to a simmer and slowly stir in the cream. Once the cream has thickened, gradually add in the chilled butter and stir until it has become fully incorporated. Season the lemon butter sauce with salt and pepper. Remove the sauce from the heat and keep warm. Watch them bake because your new oven actually has a window and your old one didn't. Add the Tomatoes and the Tomato Paste. Use the wine to liquefy the paste still stuck in the can and stir it all together. Cook the sauce for 5 minutes while the chicken finishes browning. Cut fruit into bite size pieces. In a medium glass mixing bowl, combine garlic, lemon juice, 2 Tablespoons of vegetable oil, salt and pepper. Simmer for 15 minutes, stirring occasionally. Slice tofu into 1/2 inch thick slices. Place tofu slices on foil lined baking sheet. Cover wax paper and microwave on high power 6 to 10 minutes or until apples are soft. Add salt and pepper to taste. Again with the cling wrap, and again in the freezer for 30 minutes. Grate ginger & chop garlic. In a small bowl, add both, then 2 tablespoons of oil, lime juice, & fish sauce. Mix well. Tear the tortillas into strips and divide into thirds. Add them to the pan and cook until they are hot, stirring with a spoon from time to time. Add flavoring and stir. Pour into individual dishes and cool in the refrigerator. Custard will be soft. Transfer to a greased 1-quart baking dish. Top

with cheeses. Add the eggs, one by one, blending well after each one is added. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture. Spread mixture on tortillas and roll up tightly, wrap in plastic wrap. Then put it back in the fridge for another 15 to 30 minutes. After mixing, it will become like a dough. Let the dough cool for 15 minutes. During that time you can get your crumb cake batter made. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved. Place chili in a 10-inch skillet. Stir in corn. Heat thoroughly. Strain the tomatoes into a clean pan using a fine sieve. Throw away the skins and pulp left over. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture. Grill or broil on low heat until the fruit is hot and slightly golden. Bake again at 350°F for 5 minutes until cheese melts. Sweat shallots and coarsely chopped mushrooms in a medium to large pot in 1 TB olive oil and 1 TB butter over low heat until it starts to caramelize a bit. Combine pear, apple, kiwi, and orange in a medium-size bowl. Heat broth and water. Add vegetables, meat and seasonings. Bring to boil, reduce heat and boil gently, uncovered, for 15 minutes. Smooth out the top a bit with the

spatula. Add the grape/golden sweet tomatoes and fresh basil and parsley. Now prepare your toppings. I'm using Chinese BBQ pork slices, a little bell pepper, some onion, mushrooms, parsley and spring onion. Just chop it all up good. Remove from oven and immediately turn pan upside down until cooled. Meanwhile heat milk over low heat. In a bowl take curd and bengal gram flour and whisk together. Add onion and garlic. Slice a chicken through the thickest part to check to ensure that it's done. Wash and cut squash in half, lengthwise. Remove the large seeds. Drain well and let cool. Pull your finished cake from the oven. Allow it to cool for a few minutes before handling. Pour over vegetables. Add the grated sausage and tomato to the same pan as above and fry. Arrange fish in a single layer in baking dish. Chop the mushrooms in half and julienne the bell pepper. Pull out the dough if you are using store bought dough. Let the veggies marinate for at least an hour. Now you'll want to rinse the fillets under some running water in your sink. Just sit them down on a paper towel and pat them dry. Peel the onion. Chop it to make 2 tablespoons chopped onion. Ignite the port and let it burn until the flames go out. Once all of the cornbread batter is in the pan, smooth out the top a bit with your spatula. With your

oven mitts on, you can shake the skillet or pan back and forth and side to side to get the batter to sit evenly. Melt butter in large sauce pan. Dissolve 2 tbsp of oyster sauce with 4tbsp of water until there are no more peanut butter streaks left. Bake at 325°F for 30 minutes, stirring every five minutes for the first 20 minutes. Mix until smooth. Brown the bacon until it releases it's grease. Refrigerate leftovers with in 2-3 hours. When it's ready, the custard will be just separating (on its own) from the sides. Bake at 350 for 20 minutes or until evenly cooked and golden brown. After the ground beef has cooked for a minute or two, add the tomatoes and parsley and stir it all together. Simmer uncovered for a few minutes before adding the rice. Bake at 400 degrees for 15 to 30 minutes. In a jar with a tight fitting lid, combine milk, flour and pepper. Shake well. Wash and peel the potatoes. Combine the caviar with the parsley and shallots. In a large pot, combine all ingredients. Bake at 350 degrees F for 35 minutes, until a safe internal temperature has been reached and a knife inserted into the middle comes out clean. Spread strips of potatoes in one layer in pan. Mix all ingredients together in large mixing bowl. Put another head of dill and another sliced clove of garlic at the top.

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