

Recipes

2019

Contents

I	Sauces	2
1	Cherry Anglais	3
II	Soups and Stews	4
2	Nikujaga	5
3	Pea Soup	6
4	Vegetable Soup	7
III	Mains	8
5	MeatLoaf	9
IV	Snacks	10
6	Muffins	11
7	Banana Bread Muffins	12
8	Cheese Dip	13
V	Desserts	14
9	Flourless Cake	15
10	Pie Crust	16
11	Pecan Pie Filling	17

Part I
Sauces

Recipe 1

Cherry Anglais

You can add whatever extras you want to it, like blueberries, chocolate chips, etc.

Ingredients

Polish Sour Cherry Syrup 1 cup *piroska brand used*

Cream 1 cup

Frozen Sour Cherrys 4 oz *Conditional*

Egg yolks 7

Instructions

Thaw cherrys in microwave

Puree cherrys into the syrup with hand blender

Add egg yolks and cream into puree over double boiler

Cook over double boiler until 82°C or until egg yolks thicken

Part II
Soups and Stews

Recipe 2

Nikujaga

Yield: 4 people

Contains Gluten, swap out soy sauce

Plagurised from <https://norecipes.com/nikujaga-recipe/>

Ingredients

Vegetable Oil 2 teaspoons

Beef 225g, sliced thin

Onion 1 medium, thick slices

Yukon gold potatoes 4 small, cut into large chunks

Carrot 1 small

Shiitake mushrooms 4, stems removed and quartered

Sake $\frac{1}{2}$ cup

Beef stock 2 cups

Sugar, granulated 2 tablespoons

Salt $\frac{1}{2}$ teaspoon

Soy sauce 3 tablespoons

Instructions

Heat a heavy bottomed pot over medium-high heat until hot, then oil

Stir-fry the beef until cooked

Transfer the beef to a bowl, leaving as much oil in the pot as possible

Fry the onions until translucent

Add the potatoes, carrots, and shiitake mushrooms and continue stir-frying for 3 minutes

Add the sake and bring to a boil until you stop smelling alcohol (1-2 minutes)

Add the beef stock, sugar, salt, soy sauce, and cooked beef

Simmer partially covered for 30-40 minutes, or until the meat is tender and the carrots and potatoes are very soft

Recipe 3

Pea Soup

Ingredients

Dried split peas 2 cups

Onion 1 cup, chopped

Celery $\frac{1}{2}$ cups, sliced

Ham 1 hock

Bay leaf 1

Salt 1 teaspoon

Peppercorns 6, whole

Instructions

Soak peas in water overnight

Combine all ingredients in slow cooker

Cover with water

Cook for 10-12 hours on low, or 5-6 hours on high, or 7 hours on automatic

Recipe 4

Vegetable Soup

Ingredients

Beef 2 lb, 1 inch cubes

Large potatoes 2, diced

Carrots 3, peeled and cut in $\frac{1}{2}$ inch pieces

Stalks celery 2, sliced

Parsley 6-8 springs

Salt 1 tablespoons

Thyme $\frac{1}{2}$, teaspoon

Pepper $\frac{1}{4}$, teaspoon

Canned Tomatoes 1 lb can, chopped

Water 1 can

Mixed Vegetables, frozen 1 package

Instructions

Combine all ingredients, other than frozen mixed Vegetables, in slow cooker

Cook on low for 10-11 hours on low

Add frozen mixed vegetables and heat through

Part III

Mains

Recipe 5

MeatLoaf

Ingredients

Hamburger or Ground Turkey 4-6 lb

Onion soup mix *OR* ranch mix 1pack

Ketchup 1 tablespoon

Spice brown mustard 1 tablespoon

Bbq sauce 1 tablespoon

Steak sauce 1 tablespoon

Egg 1

Instructions

Preheat oven to 350°F

Mix

Shape into a loaf in a big pan

Bake for 2 to 2½ hours

Part IV

Snacks

Recipe 6

Muffins

You can add whatever extras you want to it, like blueberries, chocolate chips, etc.

Ingredients

Flour (regular or gluten free) 2 cups

Sugar 1 cup

Baking powder 4 teaspoons

Salt $\frac{1}{2}$ teaspoon

Egg 1, beaten

Vanilla extract 1 teaspoon

Milk 1 cup

Vegetable oil $\frac{1}{4}$ cup

Instructions

Preheat oven to 350°F

Mix dry ingredients

Add wet stuff

Bake for 20 to 25 minutes

Cool before removing from muffin tray

Recipe 7

Banana Bread Muffins

Ingredients

Flour (regular or gluten free) $2\frac{1}{3}$ cups

Baking powder $2\frac{1}{2}$ teaspoons

Baking soda $\frac{1}{2}$ teaspoons

cinnamon $\frac{1}{2}$ teaspoons

Salt $\frac{1}{2}$ teaspoon

Bananas 3

Milk $\frac{1}{2}$ cup

Lemon juice 1 teaspoon

Margerine or Vegetable oil $\frac{1}{2}$ cup

Sugar $1\frac{1}{4}$ cups

Vanilla Extract $\frac{1}{4}$ teaspoon

Walnuts or chocolate chips $\frac{3}{4}$ cup

Instructions

Preheat oven to 350°F

Mix Lemon juice and milk

Mix dry ingredients

Add wet stuff

Bake for 20 to 25 minutes

Cool before removing from muffin tray

Recipe 8

Cheese Dip

Ingredients

Butter 2 tablespoon Butter

Onion 1, medium

Red Pepper 2

Pickled Jalapeno 1 jar

Tomatos 2

Green Onion 1 bunch

Milk $\frac{1}{2}$ cups

Velveta 900g

Part V
Desserts

Recipe 9

Flourless Cake

Ingredients

Chocolate 200g

Butter 200g

Sugar 200g, divided

Yolk 4

Egg White 4

Instructions

Preheat oven to 375°F

Melt Chocolate and butter, completely, together on a double boiler

Whip Egg Whites and 100g Sugar at medium speed in a stand mixer until *firm peaks* form, set aside

Cream Yolks and 100g Sugar with whisk until *pale*

Mix Chocolate into the Yolks

Very Gently Mix Whites into Yolk and Chocolate mixture with spatula

Pour into baking container

8in baking pan

Grease with butter or **Line** with parchment paper

Bake for aprox. 20min

sheet pan

Grease with butter or **Line** with parchment paper

Bake for aprox. 7-10min

Finished when an inserted toothpick comes out clean

Recipe 10

Pie Crust

Ingredients

Crisco 1lb

Flour $4\frac{1}{2}$ cups

Salt 1 teaspoon

Egg 1

Vinegar 1 tablespoon

Water enough

Instructions

Beat egg in measuring cup with fork

Add vinegar and milk

Add water until measuring cup is full to top level

Mix shortening with flour

Add salt, stir

Add liquid

If sticky add flour 1 teaspoon at a time

Recipe 11

Pecan Pie Filling

Ingredients

Toasted Pecans 2 cups

Eggs 3

Corn syrup 1 cup

Melted Butter $\frac{1}{3}$ cup

Salt 1 pinch

Dark Rum 2 tablespoons

Vanilla Extract 2 tablespoons

Instructions

Mix all but pecans

Pour mix over pecans