

Frigex

5½ cup water, 2½ cup sugar, 1 cup Frigex, 1/3 cup Karo, add Kool-Aid or gelatin for flavor. Cook 3-5 minutes.

Fruit Pectin - Sure Jel

 (1/3 cup = 1 box)

3¾ cup fruit, 5¼ cup white sugar. Mix and let set for 10 minutes. Bring to boil 3 Tbsp. of fruit pectin mix and ¾ cup cold water. Boil 1 minute. Mix with fruit, stir 3 minutes. Keep at room temperature 24 hours before freezing. Yields approximately 6 cups. Recipe may vary due to moisture in fruit.

Paramount Crystals

Add 1 teaspoon to 2 cups chocolate you are melting. If more is needed add small amounts until chocolate starts to melt. For larger amounts, use ¼ cup crystals to 1 lb. chocolate.

Nonfat Dry Milk

1 lb. dry milk + 3½ quarts water = 1 gallon milk

Sweet Cream Buttermilk

Use if recipe calls for liquid buttermilk or sour milk. Mix 1 cup water with 4 Tbsp. powder, which is equal to 1 cup buttermilk.

Whip Topping Mix

Pour ½ cup milk into small bowl. In warm weather chill mixing bowl. Add ½ cup whip topping mix. Whip on high speed for 2 - 3 minutes.

Butter Crème Frosting Mix

1¼ cups ice water, 1½ cups Butter Crème frosting mix. For best results, chill the bowl and mixer beaters. Mix on low until product is dissolved, scrape down bowl. Whip on medium-high setting until desired peaks develop. Serve or refrigerate for later use. Add flavoring and colors to create an unlimited number of decorating options.

Dough Enhancer/Conditioner

This product improves the rise, taste, texture, color, and shelf life of whole grain breads. Use 1½ Tbsp. conditioner and 2 Tbsp. water. Mix in with flour.

Meringue Powder

¾ cup mix to ½ pint hot water. For 1 pie use 6 T. meringue powder and ½ c. hot water. Mix low 1 minute, high 4-6 minutes till peaks form. Top pie with meringue. Bake 8-12 minutes at 375°.

Yeast

1 Tbsp. = 1 package

Taco Seasoning

4 Tbsp. = 1 package

Cheese Sauce Mix

2 cups water, 1½ cups mix (4 oz. by wt.). Using a wire whisk, thoroughly blend mix with hot tap water. Heat to a boil, stirring constantly. If using a double boiler, heat until well thickened, stirring constantly.

Instant Potato Flakes

Mix 1½ cups water, 1½ cups milk, ½ tsp. salt, 2 Tbsp. butter. Bring to a boil. Remove from heat and add 2 cups potato flakes. Stir and let set for 30 seconds to 1 minute until moisture is absorbed. Fluff with a fork. Do not over whip!

Powdered Vanilla

Use same amount as liquid.

Wheat Gluten

Use 3 Tbsp. per 16 oz. loaf of bread.

Meals-in-Minutes

(12-14 minutes) Cheddar Broccoli & Rice

1½ cups Cheddar Broccoli & Rice Mix, 2 cups water. In a heavy kettle, bring the water to a boil. Measure the Cheddar Broccoli & Rice mix, and add to the boiling water. Stir well as it returns to a boil, turn down on low and let simmer for 10 minutes, stirring often to avoid scorching. Remove from heat, cover and let stand for 2-4 minutes to steam. Stir gently and serve. Serving tips: Chunks of ham, cooked chicken, or turkey may be added at the end of the steaming time to make a delicious one-dish meal.

Couscous with Chives & Saffron

Boil 2 cups water, add 1½ cups dry mix. Let set for 8-10 minutes covered.

Rice, Beans

Brown & White Rice

Bring 2 cups water to boil. Add 1 cup rice, 1 Tbsp. butter, 1 tsp. salt. Simmer for 20 minutes. Makes 3 cups.

Minute Rice

2/3 cup water, 2/3 cup rice, 1 tsp. butter. Bring water to boil. Add rice, cook 1 minute.

Basmati Rice

1 cup rice, 1¾ cup water. Bring water to boil. Add rice and cook for 10 minutes.

Seasoned Brown Rice

1 cup rice, 1¾ cup water. Bring water to boil. Add rice. Simmer undisturbed for 20 minutes.

Brown & Wild Rice Pilaf

2¾ cups water, 1 cup rice pilaf blend. Bring water to a boil, add rice and bring back to a boil. Reduce temperature to low and simmer for 45 minutes. Stir once, after that do not stir. Remove from heat. Cover and let steam for 20 minutes. Fluff with a fork and serve.

Rice Pilaf & Saffron Jasmine Rice

2¼ cups water, 1 cup Rice Pilaf Blend. Bring water to a boil, add rice and bring back to a boil. Reduce temperature to low and simmer for 15-20 minutes. Stir once, after that do not stir. Remove from heat. Cover and let steam for 20 minutes. Fluff with a fork and serve.

Basic Recipe for Dry Beans

1 lb. dry beans, 12 cups water, 2 tsp. salt. Wash beans thoroughly, removing any off-colored beans. Use a large heavy pan and add approximately 3 times the amount of water than beans. Bring the salted water to a boiling point. Boil 2 minutes only. Cover. Remove from heat. Allow to stand 1 hour. Return to the heat and bring to a boil. Reduce the heat and simmer slowly until tender. We suggest always cooking at least 1 lb. of beans at a time. If the recipe calls for less, the remainder can always be frozen to use at a later date. **Due to mechanical harvesting techniques, it is important to sort and check for small pebbles or other foreign matter when washing.**

Helpful Measurements: 1 cup of dry beans is equivalent to 3 cups of beans after cooking. 1 lb. of dry beans will yield 9 servings of 6 oz. each.

Ham Flavored Bean Soup with Rivals 15lb

Bring 2 ½ c. water to a boil. Add ¾ c. soup mix and stir well. Return to a boil. Reduce heat. Add ½ c. diced ham, optional. Simmer 15 minutes, stirring occasionally. Remove from heat, cover and let steam for five minutes.

Taco Supper

Brown ½ lb. ground beef, pork or turkey, add 2 c. water and bring to a boil. Add the 1 ½ c. mix and return to a boil; reduce the heat to retain a low boil for 10-12 minutes, stirring occasionally. Remove from heat; cover and let steam for 5 minutes. Serve. Excellent on top of a salad or corn chips. Makes approximately 4 - 1 c. servings.

Natural Whole Wheat CousCous w/ Cranberries

Place 2 c. mix in bowl, pour 2 ½ c. boiling water over CousCous, stir to moisten. Cover and let steam for 5-8 minutes. Fluff with a fork. Serve.

Sugar Free

Sugar Free/ Fat Free Instant Pudding

Pour 2 cups of cold non-fat milk into bowl. Add 1/3 cup pudding mix with a wire whisk, rotary beater or electric mixer at lowest speed. Beat until well blended, 1 or 2 minutes. Makes 4 servings.

Frozen

Bread Doughs

White, Cinnamon, Wheat, and French. Thaw in refrigerator. Let rise till double in size. Bake at 350° for 30-35 min. or until nicely brown.

Biscuits

Place frozen biscuits on baking sheet. Bake at 400° for 22-26 minutes.

Pizza Sticks

Thaw in refrigerator. Once thawed they are good for 3 days under refrigeration. Bake for 8-10 min. at 375°.

Homemade Pizza

Bake at 400 degree. for 20-30 min., thawed.

Dinner Rolls

Thaw in refrigerator over night. Allow to stand at room temp. for 15 min. Let rise till double in size. Bake at 325° for 15-20 min.

Note: Most of our meats in freezer are fully cooked.

Bake at 375 degree for 20–30 minutes or microwave till heated.

Note: Frozen potatoes, etc. Bake at 350° until heated through (Approx. 30 minutes).

Dressing Mixes

Ranch Salad Dressing Mix

½ cup mix 2¼ cups mayonnaise, ¾ cup water.

Cole Slaw Salad Dressing Mix

3 Tbsp. mix, 2 Tbsp. vinegar, 2 Tbsp. sugar, 1 cup mayonnaise. Pour over 8 cups cabbage.

Italian Dressing Mix

¾ cup water, ¾ cup mix, ½ cup vinegar, ¾ cup vegetable oil.

Bacon Ranch Dressing Mix

2¼ c. mayonnaise, ¾ c. water, ½ c. bacon ranch dressing mix. Whisk water and mayonnaise together. Add dressing mix and whisk until smooth.

<i>Dip Mixes</i>	Mix	Sour Cream
Bacon & Onion	3 tbsp.	8 oz.
Chive & Onion	¼ cup	16 oz.
Southwest	3 tbsp.	8 oz.
Cucumber Dill	¼ cup	8 oz.
Vegetable	¼ cup	8 oz.
Bacon Horseradish	¼ cup	8 oz.
Nacho Cheese	4-6 tbsp.	8 oz.
Tomato Basil	3 tbsp.	8 oz.
Bacon Ranch	½ cup	16 oz.
Cheddar Ranch	½ cup	16 oz.
Ranch (No MSG)	¼ cup	8 oz.
French Onion	3 tbsp.	8 oz.
Pesto	¼ cup	8 oz.

<i>Gourmet Dip Mixes</i>	Mix	Cream Cheese	Sour Cream
Alpine Spinach	½ cup	8 oz.	8 oz.
Natural Strawberry	1 cup	8 oz.	8 oz.
Natural Black Raspberry	1 cup	8 oz.	8 oz.
Mandarin Orange Poppy Seed	1 cup	8 oz.	8 oz.
Garlic & Herb	¼ cup	8 oz.	8 oz.
Natural Maple	6 Tbsp.	8 oz.	8 oz.
Blueberry Dip Mix	1 cup	8 oz.	8 oz.
Sea Salt Caramel	1 cup	8 oz.	8 oz.
Pumpkin Pie Dip Mix	1 cup	8 oz.	8 oz.
Peanut Butter Dip Mix	1 cup	8 oz.	8 oz.
Mocha Whip Dip Mix	½ cup	8 oz.	8 oz.
Key Lime Dip Mix	1¾ cup	8 oz.	8 oz.
Lemon Cheesecake Dip Mix	1 cup	8 oz.	8 oz.
Vanilla Bean Dip Mix	1 cup	8 oz.	8 oz.
Natural Peach Dip	1 cup	8 oz.	8 oz.
Carmel Apple	1 cup	8 oz.	8 oz.
Banana Foster	1 cup	8 oz.	8 oz.

Macaroni Salad Mix

1 lb. elbow macaroni, 2 cups (16 oz.) mayonnaise, 1 cup water, 1 cup Macaroni Salad Mix, 3-4 peeled and chopped hard boiled eggs (optional). Mix mayonnaise, water, and Macaroni Mix together and set aside.

Dutch Potato Salad Mix

8 cups cooked potatoes, diced (russet potatoes, boiled in the skin, then peeled and diced, are preferred), 1 cup mayonnaise, 1 cup Dutch Potato Salad Mix, ½ cup water, 3-6 peeled and diced hard boiled eggs (optional). Cook, peel, and dice potatoes. Cool. Mix water, mayonnaise, and potato salad mix until smooth. Fold in eggs and potatoes into the dressing. Cover and refrigerate overnight.

Pickled Red Beet Eggs

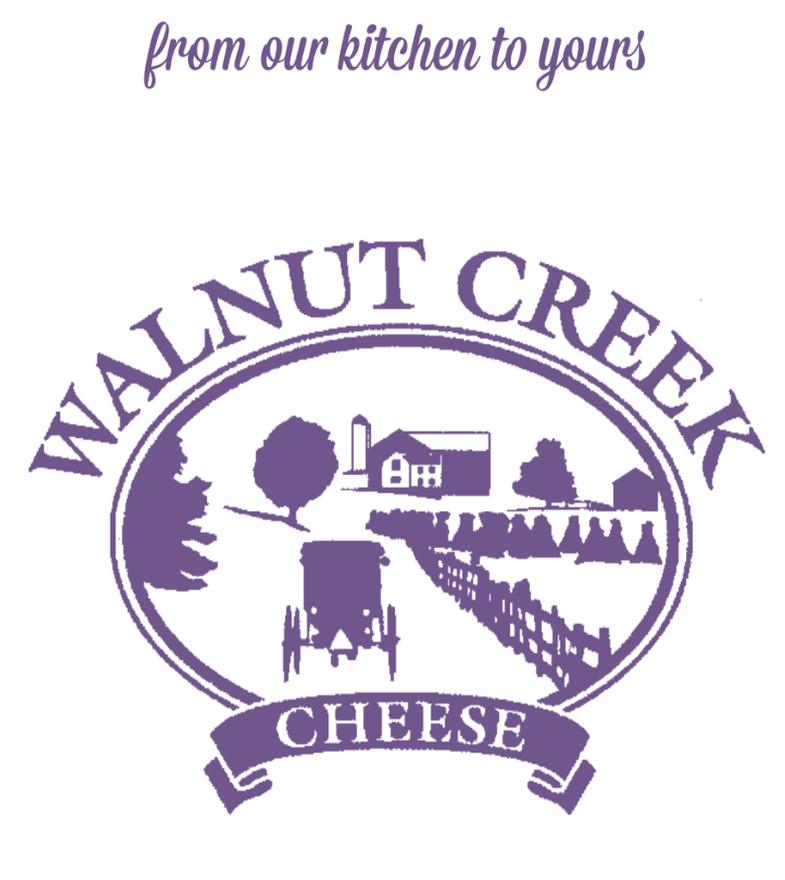
3 cups warm water, 1 cup Pickled Red Beet Egg Mix, 12 eggs (hardboiled and peeled). Place eggs in a pan with enough water to cover them. Bring to a boil. (Hint: older eggs always peel the easiest and look the nicest.) When the eggs begin to boil, cover them and remove them from the burner to steam for 20 minutes. Cool the eggs in running water and peel them. Mix the warm water and Pickled Red Beet Egg Mix until dissolved. Simply pour the liquid over the eggs and refrigerate overnight. Stir occasionally.

Spices

Mulling Spice

For Mulled Cider or Russian Tea add 1-2 T. Mulling Spices to 1 qt. Fresh Cider or Brewed Black Tea. Bring it almost to a boil; remove from the heat and cover. Allow to steep at least 5 minutes. Try simmering some of the mulling spice in a kettle of boiling water for a navtural air freshener.

RECIPES



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Amish Country Cooking

Cookie Mixes

Brownie Mix

Mix together 1 lb. brownie mix, 2 Tbsp. oil, and ¾ cup water. Bake in 9" x 13" pan at 350° for 30 minutes.

Oatmeal Cookie Mix and Sugar Cookie Mix

Mix 1¼ lbs. cookie mix and ½ cup water. Bake at 375° for 15 minutes. You can add your own nuts or chocolate chips.

Chocolate Chip Cookie Mix

Using paddle, mix 4 cups (1.75 lb.) cookie mix and ½ cup water until incorporated, then at medium speed for 1 minute. Bake at 380° for 10 minutes or until cracks begin to form.

Old Fashioned Peanut Butter Cookie Mix

Using paddle, mix 4 cups (1.75 lb.) cookie mix and ½ cup water until incorporated, then at medium speed for 1½ to 2 minutes. Bake at 350° for 15 minutes or until cracks begin to form.

Macaroon Cookie Mix

Mix 1 lb. mix with ½ cup hot tap water. Mix 1 minute on low speed, scrape down bowl, mix 5 more minutes on medium speed. Let set for 15 minutes. Bake at 350° for 25 - 30 minutes. Yields 2 dozen.

Cake Mixes

Strawberry Angel Food Cake Mix

Beat mix well with 1-1/3 cups water. Beat at speed 2 for 5 minutes. Bake at 350° for 40 minutes. 1 bag = 1.13#.

Regular and Sugar-Free Angel Food Cake Mixes

Mix 12 oz. (1 bag) cake mix and 1 cup water on low until incorporated (6-8 minutes). Bake at 370° for 30 - 40 minutes. Makes 1 cake.

Carrot Cake

Mix 1 lb. mix with 1 cup water and ¼ cup oil. Mix well, pour in a greased 9" x 9" baking pan. Bake at 350° for 30 - 40 minutes. Tastes great with cream cheese icing!

Pound Cake

Mix ½ cup water to bowl then add 1 lb. mix. Mix 1 minute on low speed, then 3 minutes on medium speed. Gradually add ¼ cup water while mixing on low speed. Mix 2 minutes. Add ¼ cup water and mix 1 minute on low speed. Pour into greased 9" x 9" baking pan. Bake at 350° for 30 minutes.

Deluxe Cake Mix - White, Chocolate, Yellow

1 bag Deluxe cake mix (without lumps), 2 cups water & ½ cup vegetable oil. Mix until smooth. Pour into 9" x 13" cake pan. Bake at 350° for 40 - 50 minutes.

Instant Cheese Cake Filling

Pour 3 cups cold milk into 6 qt. mixing bowl. Using wire whip, gradually add 1 lb. cheese cake mix. Mix on medium speed 1 minute. Scrape down bowl and mix at medium speed for 2 minutes. Refrigerate for 1 hour or more.

Breads, Muffins, Pancakes

Blueberry Muffin Mix

Mix 1 lb. mix with 1 cup water. Bake at 375° in greased muffin tin for approximately 15 - 18 minutes. Makes approximately 12-14 muffins.

Bran Muffin Mix, Corn Muffin Mix, Honey Bran Muffin Mix, Oat Bran Muffin Mix

Mix 1 lb. mix with 1 cup water. Bake at 375° for approximately 20-21 minutes in muffin tins. Yield: 4-6 muffins.

Buttermilk & Buckwheat Pancakes

Mix 1 cup mix with ¾ cup water. Makes approximately 5 pancakes.

Gingerbread Mix

Place 8 oz. water with 1 lb. mix in mixing bowl. Mix 2 minutes at low speed using paddle. Scrape bowl. Mix 2 additional minutes at low speed. Bake at 350° for 30 - 35 minutes, in an 8" square pan.

Bisquick

Biscuits: 2¼ cups mix to 2/3 cup water. Mix and bake at 450° for 13 - 15 minutes.

Buttermilk Biscuits

1 lb. mix & 1¼ cup cool water. Stir with a large spoon until smooth. Place dough on floured surface and roll out to ½" thickness. Cut with 2" biscuit cutter and place on baking sheet. Bake at 400 degree for 12-15 minutes or until golden brown. Yield: 12 (1.75 oz.) Biscuits

Wheat Bread Mix

Dissolve 1 Tbsp. yeast in 1¼ cup water. Add to 1 lb. mix. Mix well at low speed. 8 minutes at medium speed. 30 minutes first rest time and 30 minutes second rest time. Proof 40 to 60 min. Bake at 350° for 30 minutes.

7 Grain Bread Mix

Dissolve 1 Tbsp. yeast in 1 cup water. Add to 1 lb. mix. Mix well at low speed, then 8 minutes at medium speed. 30 minutes first rest time and 30 minutes second rest. Proof 40 to 60 minutes. Bake at 350° for 30 minutes.

Soups, Gravy Mixes

Soup	Mix	Water or Milk	Simmer
Cream of Broccoli	<i>½ cup</i>	<i>2½ cups</i>	<i>5 min.</i>
Cream of Potato	<i>¾ cup</i>	<i>2½ cups</i>	<i>9 min.</i>
French Onion	<i>½ cup</i>	<i>2½ cups (water)</i>	<i>9. min</i>
Chunky Potato	<i>¾ cup</i>	<i>2½ cups</i>	<i>10 min.</i>
Cheesy Bac'n and Potato	<i>¾ cup</i>	<i>2½ cups</i>	<i>9 min.</i>
Creamy Chicken Noodle	<i>½ cup</i>	<i>2½ cups</i>	<i>15 min.</i>
Cheddar Broccoli	<i>¾ cup</i>	<i>1½ cups</i>	<i>5 min.</i>
Dutch Chicken Corn Noodle	<i>¾ cup</i>	<i>2½ cups</i>	<i>10 min.</i>
Country Corn Chowder	<i>¾ cup</i>	<i>2½ cups</i>	<i>15 min.</i>

Bring all soup mixes to a boil, simmer for noted time.

Hearty Soup Mix & Harvest Soup Mix

8 cups water, 1½ cups soup mix, 1½ tsp. salt. Simmer for 1 hour. Add 2 carrots, 2 stalks celery, 2 cups shredded cabbage, 1 qt. tomatoes, and 1 lb. cooked ground beef. Simmer 20 additional minutes.

Holiday Bean Soup Mix

Wash 1 lb. beans, place in large kettle. Cover with water 2" above bean line, add 2 Tbsp. salt, soak overnight. Drain in the morning, add 2 qts. water, 2 ham hocks or pieces of ham. Bring to a boil, 1 large onion, 1 - 16 oz. can tomatoes, 1 tsp. chili powder, juice of a lemon, and pepper to taste. Simmer for 3 hours or in crockpot 3 hours on high or 5 hours on low. Remove ham from hock before serving. Makes 4 qts.

13 & 7 Bean Soup Mixes

2 cups 13 Bean Blend, 1 qt. water, 2 tsp. butter, 1 tsp. lemon juice, 4 tsp. chicken broth mix, 4 cups diced potatoes, 2 cups diced onions, 1½ cups celery, 1 cup red and green diced peppers, 1 (14 oz.) can yellow corn, 1 tsp. garlic salt, 1 tsp. sage, ½ tsp. black pepper, 1 qt. milk, 1 c. cream, 1 egg, 3 Tbsp. corn starch, 2 Tbsp. flour, 1 lb. smoked sausage (cooked).

Soak beans in 6 c. water overnight and drain. Simmer first 5 ingredients for 30 min. Add next 5 ingred. Cook 15 more min. Add garlic salt, sage, black pepper, and milk. Do not boil. Blend cream, egg, corn starch and flour. Slowly add to soup and heat to thicken. Add sausage and serve.

Instant Chicken Broth or Beef Broth (includes Low Sodium)

Add 1 tsp. instant chicken broth or beef broth to 1 cup boiling water.

Chicken & Beef Base (no msg added)

2 tablespoon to 2 cups of water, suit to taste.

Chicken and Beef Gravy Mix

Dissolve 2 Tbsp. mix in 8 oz. water. Cook over medium heat until thickened and smooth. Yields 1 cup gravy.

Old Time Chicken, Beef, or Peppered Gravy Mix

½ cup mix, 2½ cups water. Mix water and gravy. Bring to boil, stirring constantly. Boil 1 minute.

Sloppy Joe Mix

Brown 1 lb. fresh meat, add 1 cup Sloppy Joe Mix, mix well. Add 1 cup water, simmer for 10 minutes.

Pie, Ice Cream Mix

Pecan Pie Mix

Put ½ cup pecans (2 oz.) in the bottom of a 9" unbaked pie shell. Take 2¼ cup (1 lb.) pecan pie mix and add 1 cup hot tap water. Stir and pour over pecans. Bake at 375° for 35 - 40 minutes or until center of pie is firmly set. Very good and easy to make.

Pie Crust Mix

Combine 1 cup mix with 2 - 3 Tbsp. water and stir until ball forms. Roll on lightly floured surface. Bake unfilled crust at 425° for 7 - 10 minutes.

Dutch Chocolate & Vanilla Bean Ice Cream Mix

2½ cups ice cream mix, 1½ qt. whole milk, 1 pt. heavy cream. Whisk milk and mix together well. Let set for 2-3 minutes until milk is dissolved. Add the cream and stir gently to blend. Pour into freezer. Makes 4 qt. premium ice cream.

Doughnut, Pizza Crust, & Soft Pretzel Mix

Raised Doughnut Mix

Dissolve 2 Tbsp. yeast in 3 cups lukewarm water. Let soak 5 minutes, add about 3 lbs. mix till it can be handled to roll out. Let rise till double in size, about 45 minutes. Roll out, cut. Let rise for 30 minutes. Deep fry. Makes approximately 75 doughnuts.

Pizza Crust

1# mix (1 bag), 1 cup water, 1 Tbsp. yeast. Mix yeast with water and mix. Mix with hook till ball forms. Cover and let rise for 5 minutes. Roll out on sheet. Bake at 375° for 5 minutes. Add toppings and bake 15 minutes longer at 375°.

Honey Bee Donut Glaze

5½ lbs. icing sugar, 1 pt. hot water, 1 pt. Honey Bee glaze. Mix thoroughly, glaze donuts while they are hot.

Soft Pretzel Mix

Mix 1/8 c. yeast in 3 c. warm water, let set for 5 minutes. Add warm yeast mixture into 4 lb. pretzel mix, knead 5 minutes. Cover; let rise until double in size. Punch down, form pretzels or sticks. Place on greased baking sheets. Dip formed pretzels in solution of: 2 ½ T. baking soda & 1 c. warm water, sprinkle with pretzel salt. Bake 7 minutes at 450.

Beverage Mixes

Hot Chocolate - Dark Hot Chocolate

Mix 3 Tbsp. powder with 8 oz. hot water or 1 cup mix with 1 qt. water, 4 cups mix with 1 gallon water.

Cold Chocolate or Strawberry Drink Mix

8 oz. milk mixed with 2 heaping tsp. chocolate or strawberry mix.

Chai Tea & Spiced Chai

Use 1¼ oz. or 1/3 cup mix per 8 oz. hot water. Mix well and enjoy.

Natural Meadow Tea

1 quart water, ½ cup Natural Meadow tea mix. Blend together well with a wire whisk. Try it iced or hot.

Cappuccino Mixes

Use 1¼ oz or 1/3 cup mix per 8 oz. hot water. Mix well and enjoy.

Spiced Cider Mix

Mix 8 oz. hot water with 2 T. (heaping) Spiced Cider Mix. Stir briskly; enjoy. May also be chilled or pour over ice.

Drink Mixes – Iced Tea, Orange, Strawberry Lemonade, or Fruit Punch Qty. of Mix

2 Tbsp.

Qty. of Water

8 fl. oz. (1 serving)

Smoothie Mixes

1 cup mix, 2 cups water, and 3 cups ice. Put all in blender and mix. Enjoy.

Hot Cereal

Cooked Oatmeal

Bring 2 cups water to a rolling boil. Add 1 cup Quick Oatmeal and salt to taste, then let simmer for 5 minutes. For Rolled Oatmeal, simmer for 10 minutes.

Instant Oatmeal

Wild blueberry, strawberry & cream, maple, brown sugar, cinnamon pecan, red raspberry, peaches and cream.

½ c. boiling water, ½ c. oatmeal. Add oatmeal to boiling water, stir and let stand for 60 seconds.

Cream of Wheat (also known as Farina)

For 1 serving, bring 1 cup of water to a boil. Add pinch of salt. Add ¼ cup cream of wheat. Stir constantly, bring to a boil again. Serve immediately with milk and sugar.

Cornmeal Mush

3 cups water, 1 cup cornmeal, 1 tsp. salt, 1 tsp. flour, 1 cup cold water. In a saucepan heat water to boiling. Mix together cornmeal, salt, flour and 1 cup water. Pour into boiling water, stirring constantly. Cook until thickened, stirring frequently. Cover, continue cooking over low heat for 5 minutes or longer, pour into loaf pan. Cool and chill. Cut into ¼" thick slices and fry. Serve with ham or dried beef gravy.

Bulgur Wheat

1 cup bulgur, 2 cups water or broth. Bring liquid to boil, add grain. Simmer partially covered 15 minutes. Cover and let steam for 5 minutes. An excellent rice replacement.

Millet

Use 2 parts liquid to 1 part grain. Cook 10 minutes. Serve hot.

Couscous & Whole Wheat Couscous

Bring ¼ cup water or broth to boil. Add 2 Tbsp. butter and 1 cup couscous. Salt to taste. Let set for 5 minutes.

Muesli

Heat ½ cup water, add ½ cup muesli. Cover and let steam 5-10 minutes.

Steel Cut Oats

Bring 2 cups water to boil. Add ½ cup steel cut oats. Simmer for 30 minutes.

Quinoa

Bring to boil 2 cups water and 1 cup quinoa. Add 1 Tbsp. butter, ½ tsp. salt. Simmer for 18-20 minutes.

White Hominy Grits

¾ cup grits, 3 cups water, ¼ tsp. salt. Bring water and salt to a boil. Pour grits in slowly. Stir constantly. Boil for 5 to 7 minutes, serve with milk and sugar. Serves 4 people.

Ground Flax Seed

Substitute ground flax seed for fat in recipes for baked goods, using a 3:1 ratio. Baked goods will brown quickly. Substitute 1 tablespoon ground flax seed and 3 tablespoons water for an egg in recipe for pancakes, cookies, and muffins. Flax seed can also be used for nuts as a topping for cookies.

Puddings, Tapioca

Granulated Tapioca

Mix 3 Tbsp. granulated tapioca, 1/3 cup sugar, 1/8 tsp. salt, 1 beaten egg, 2¾ cups milk. Let stand 5 minutes. Then bring to a full boil, stirring constantly. Remove from heat. Add ¾ tsp. vanilla. Stir once after 20 minutes.

Pearl Tapioca

Soak ½ cup of tapioca overnight. Mix 1 qt. milk and ¾ cup sugar. Bring to a boil. Add tapioca, cook and stir until tapioca is clear for at least 30 minutes. Then combine 3 beaten eggs, ¾ cup sugar, and ¾ tsp. vanilla. Add to above mixture and bring to a full boil. Makes about 2 qt.

Cook Type Tapioca Pudding

Stir 1 cup mix into 2½ cups milk in small saucepan. Stirring constantly, cook until mixture comes to a full boil. (Pudding thickens as it cools.) Remove from heat. Cool 15 minutes stirring twice. Stir before serving. Microwave directions: Stir 1 cup mix into 2½ cups milk in large microwave bowl. Microwave on high 7 minutes or until mixture comes to a full boil. Stir every 3 minutes. Cool 15 minutes. Stir twice.

Large or Small Pearl Tapioca Pudding

Boil 7 cups water first, add 1 cup tapioca. Cook until tapioca is almost clear, add ¾ cup sugar, pinch of salt, stir and add 3/8 cup jello. Cool before serving.

Cook Type Pudding

Stir 1 cup mix into 2½ cups milk in small saucepan. Stirring constantly, cook until mixture comes to a full boil. (Pudding thickens as it cools.) Remove from heat. Cool 15 minutes, stirring twice. Stir before serving.

Microwave Directions: Stir 1 cup mix into 2½ cups milk in large microwavable bowl. Microwave on high 7 minutes or until mixture comes to full boil. Stir every 3 min., cool 15 min. Stir twice.

Pumpkin Spice Pudding & Pie Filling

Pudding: Whisk 2 cups cold milk and 2/3 cup mix. Mix for 2 minutes, refrigerate, serve.

Pie: Whisk 15 oz. solid pumpkin, 1½ cup whole milk until smooth; add 1½ cup mix. Mix for 2 minutes, pour into baked pie shell, refrigerate 1 hour. Serve. Can top with whipped cream.

Instant Pudding

½ heaping cup mix and 2 cups milk. Beat on low until smooth.

Danish Dessert

Mix ½ cup of mix and 2 cups cold water in medium size pan. Bring to a full boil. Boil 1 minute stirring constantly. Cool slightly before adding 1 cup fresh fruit. Chill and serve. Also can be put into 9" pie crust. Chill. Garnish and serve.

Gelatins, Misc. Baking Supplies

Instant Clear Jel

For 1 Pie: Combine 3 Tbsp. instant Clear Jel with ½ cup sugar. Add 1 cup water or fruit juice and combine with enough fruit for one pie. Add food coloring if desired. Chill and serve.

Clear Jel or Perma Flo

Use ¼ cup Clear Jel to 1 qt. of liquid. Bring liquid to a boil before adding Clear Jel. Do not over boil.

Gelatin and Sugar Free Gelatin

Mix 1/3 heaping cup gelatin, 1 cup boiling water, and 1 cup cold water.

Unflavored Gelatin

1 Tbsp. to gel 2 cups of liquid. 1 Tbsp. = 1 pkg. of Knox gelatin.

Therm-Flo

Use as a thickener. Use ¼ cup Therm-Flo to 1 quart of liquid. Bring liquid to a boil before adding Therm-Flo. Do not over boil. (For freeze and thaw application.)