

Flavored Gelatins

Mix ⅓ heaping cup gelatin, 1 cup boiling water, and 1 cup cold water.

Unflavored Gelatin - Pork or Beef

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

Thermoflo

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.)

Frigex

5⅓ 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-Jell

 (⅓ cup = 1 box Sure-Jell)

Freezer Jam Recipe: Combine 2 cups crushed fruit and 4 cups white sugar. Mix and let set for 10 minutes. Bring to boil ⅓ of fruit pectin and ¾ cup water. Boil 1 minute stirring constantly. Mix with fruit, stir 3 minutes until sugar is completely dissolved. Fill containers. Keep at room temperature 24 hours before freezing. Yields approximately 5 cups. Recipe may vary due to moisture in fruit.

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.

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 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°.

Lecithin

Add 1T. of Lecithin granules per every pound of dough to improve moisture and texture in baked goods like breads and cookies.

Yeast

1 Tbsp. = 1 package

Taco Seasoning

4 Tbsp. = 1 package

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.

Rice, Beans

Garden Vegetable Rice

Bring 2C. water to boil, add 1C. rice and bring back to 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 10 minutes. Fluff with a fork and serve.

Brown or 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.

Exotic Rice or Brown & Wild Rice Blend

Place 1 cup rice and 3T vegetable oil in sauce pan. Fry on medium-high heat, stirring constantly until lightly browned. Carefully add 2 cups water or broth. Bring to a boil, reduce heat to low. Cover and simmer for 35-40 minutes. Do not stir. Turn off heat and let steam for 15 minutes. Fluff with a fork and serve.

Cilantro Lime Rice

In a saucepan, bring 2 cups water to a boil. Add 1 cup rice blend. Return to a boil, stir, cover and reduce heat to low. Simmer for 15-20 minutes. Stir, remove from heat, keep covered and allow to steam for 5 minutes. Fluff with fork and serve. Makes about 4 servings (3/4 cup each).

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.

Parboiled Rice

In a covered saucepan, bring 2 cups water to a boil. Add 2T. oil or butter, 1 cup rice, and salt & pepper to taste. Stir only once, return to boil. Reduce heat to low, cover and let simmer 15 min. Keep covered, remove from heat and steam 5 minutes. Fluff with fork and serve.

Seasoned Brown Rice

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

Mexican Rice

Bring 2 cups water to a boil. Add 1 cup 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 fork and serve. Optional: Add black beans, yellow corn, or chicken for added flavor.

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.

Saffron Jasmine Rice

In a covered saucepan, bring 2 cup water to a boil. Add 1 cup rice, stir once only. Return to a boil. Reduce heat to low, cover and let simmer 15 minutes. Keep covered. Remove from heat and let steam 5 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.

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.

Frozen

Bread Doughs

White, Cinnamon, and Wheat. 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, appetizers, etc. Bake at 350° until heated through (Approx. 20-30 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 vinegar, ½ cup vegetable oil.

Bacon Ranch Dressing Mix

2¼ c. mayonnaise, ¼ 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.
Parmesan Peppercorn	¼ cup	8 oz.
BLT	¼ cup	8 oz.

<i>Gourmet Dip Mixes</i>	Mix	Cream Cheese	Sour Cream
Alpine Spinach	½ cup	8 oz.	8 oz.
Blue Cheese Dip	½ cup	8 oz.	8 oz.
Natural Strawberry	1 cup	8 oz.	8 oz.
Natural Black Raspberry	1 cup	8 oz.	8 oz.
Garlic & Herb	¼ cup	8 oz.	8 oz.
Sea Salt Caramel	1 cup	8 oz.	8 oz.
Pumpkin Pie Dip Mix	1 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.

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.

Spices

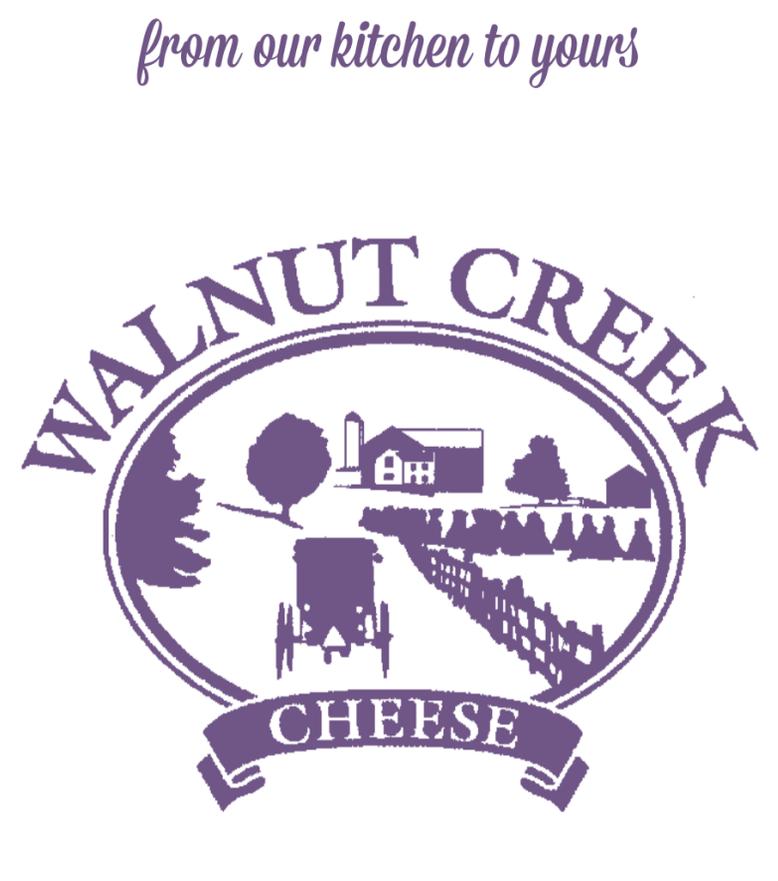
Mulling Spice

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 natural air freshener.

Jerky Seasoning

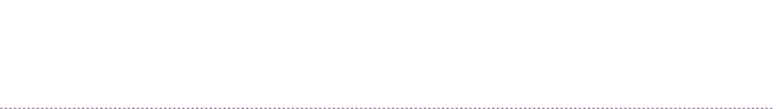
For 10lb meat, use 0.62lb or 10oz. of jerky seasoning. Cut meat into strips about 1/8"-1/4" thick. Rub seasoning thoroughly into meat. Place in a non-metallic container. Refrigerate overnight. Place on racks or hang to drain. Smoke, dehydrate, or oven dry at 170° until they are well-dried.

RECIPES



2641 SR 39 Walnut Creek OH 44687
Phone 330-852-2888
Fax 330-852-2363

4727 US 62 Berlin OH 44610
Phone 330-893-3273



Amish Country Cooking

Revised 12/2020

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

Mix 3 cups cookie mix with ¼ cup water on low speed with a paddle for 1 minute. Drop by tsp onto greased cookie sheets. Bake at 375° for 10-15 minutes. Makes approximately 2-3 dozen cookies.

Chocolate Chip Cookie Mix

Mix on low speed; 3 eggs, ¾ cup soft butter or margarine, and 2½ lbs. cookie mix. Drop cookies onto ungreased cookie sheet. Bake at 375° for 8-10 minutes. Cool 1-2 minutes before removing from cookie sheet. Yield 6 dozen 2" cookies..

Macaroon Cookie Mix

Mix 1 lb. cookie mix (approx. 3 cups) with 1/2 C. hot water until coconut is moistened. Cover bowl and let set for 15-20 minutes. Scoop or form cookies onto a greased cookie sheet. Bake at 350° for 15-20 minutes or until starting to turn golden on the edges. Carefully remove with a spatula, cool.

Sugar Cookie Mix

Mix 2½ lb. cookie mix and ¾ cup water. Do not overmix. Bake at 375° for 15-16 minutes. Makes 3 dozen 1oz. cookies.

Cake Mixes

Angel Food Cake Mix

Add 1 cup cold water to 1# angel food cake mix. Whip for 1 minute on low. Whip on high for 4-5 minutes until soft peaks form. Pour batter into an ungreased 10" angel food cake pan. Bake 35 minutes at 350°.

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!

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.

Cheesecake Mix (Instant)

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.

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 Biscuit Mix

Mix 1 cup water with 1lb. Biscuit Mix. Mix on low speed for 30 seconds. Scrape bowl and paddle. Mix on low 30 seconds, DO NOT OVERMIX. Place dough on floured surface. Dust with flour and pat out gently. Fold all edges to center. Roll dough over to form a smooth roll, do not knead. Divide into usable sizes. Roll out to desired thickness (½" thickness recommended). Place biscuits close together on lightly greased pan. Bake at 450 for 11-13 minutes. Yield: Approximately 22-2" baked biscuits.

Soups, Gravy Mixes

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

<i>Cheddar Broccoli</i>	<i>¾ cup</i>	<i>1½ cups</i>	<i>5 min.</i>	
<i>Dutch Chicken Corn Noodle</i>	<i>¾ cup</i>	<i>2½ cups</i>	<i>10 min.</i>	
<i>Country Corn Chowder</i>	<i>¾ cup</i>	<i>2½ cups</i>	<i>15 min.</i>	
<i>Complete Chili Mix</i>	<i>2 cups</i>	<i>5 cups (water)</i>	<i>15 min.</i>	<i>½lb. cooked Hamburger</i>
<i>Italian Wedding</i>	<i>½ cup</i>	<i>2½ cups (water)</i>	<i>8 min.</i>	<i>½lb. cooked tiny meatballs</i>
<i>Creamy Mushroom</i>	<i>½ cup</i>	<i>½ c. water & 1 c. milk</i>	<i>5 min.</i>	
<i>Garden Vegetable Soup</i>	<i>½-¾ cup</i>	<i>2½ cup (water)</i>	<i>10 min.</i>	<i>fresh veggies or meat</i>
<i>Chipotle Taco</i>	<i>2 cups</i>	<i>7½ cups (hot water)</i>	<i>20 min.</i>	<i>1lb. cooked hamburger</i>
<i>American Cheeseburger</i>	<i>2 cups</i>	<i>7½ cups (hot water)</i>	<i>20 min.</i>	<i>1lb. cooked hamburger</i>
<i>Beef Barley</i>	<i>½ cup</i>	<i>2½ cups (water)</i>	<i>15 min.</i>	<i>1lb. cooked hamburger</i>

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

Stuffed Pepper Soup

Mix ¾ cup soup mix, 2½ cup water, and 1lb. cooked beef, pork, or turkey. Bring to a boil while stirring. Add 1 can (14.5oz) diced tomatoes. Return to a boil, reduce heat, and simmer for 15 minutes. Remove from heat, cover and steam for 5 minutes.

Organic Harmony Soup

2 cups Harmony Soup Blend	1½ tsp. garlic salt	1 cup fresh diced celery
1-3 lb. whole chicken	1 qt. water	with leaves
3 qt. water	1 cup fresh diced carrots	2 tsp. salt or to taste
1 T dry savory leaves	1 cup fresh chopped onion	½ tsp. turmeric
½ tsp. black pepper		

Soak the Harmony Soup Blend overnight in 1 quart of water in the refrigerator, then drain and throw the water away. In a 6 qt. pot, place the chicken, 3 quarts of water, and the pre-soaked blend. Add the garlic, salt, turmeric, black pepper and savory leaves then cook for 1 hour or until the chicken is tender. Remove the chicken so it can cool. Add the carrots, celery and onions. Cook for 20 minutes while you de-bone the chicken. Add the cooked chicken meat and bring back to a boil. Remove from the stove and serve.

Golden Harvest Soup Mix

1 cup Golden Harvest Soup Blend	1 cup celery diced	½ t. black pepper
4 cups water	1 cup carrot diced	½ t. parsley flakes
1 cup onion diced	1-1½ Tbsp chicken base	
	1 t. turmeric	

Soak the Golden Harvest Soup Blend overnight in 2 cups of water. Drain and place in a kettle with 4 cups of water and simmer until tender. Add carrots, celery and onions. Add chicken base, turmeric, pepper and parsley then simmer for 10 minutes. Option: add chicken broth, cooked chicken or cooked sausage. Recipe yields 6 - 12 oz. servings.

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 Reduced 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.

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, Crusts, Misc.

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.

Whip Topping Mix

Pour ½ cup milk into small mixing bowl (warm weather, chill bowl). Add ½ cup whipped topping mix. Whip on high speed 2-3 minutes with electric mixer until peaks are formed.

Dutch Whip Peach or Strawberry Topping Mix

Chill bowl and beaters. Pour 1¼ cup ice water (no ice) into bowl, add 1½ cup Dutch whip mix. Mix on low speed until dissolved. Whip on medium high to desired consistency. Optional: Mix with pudding for a mousse, serve immediately or cover and refrigerate or freeze for later use.

Doughnut & Pizza Crust 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°.

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.

Chai Tea & Spiced Chai

Use 1¼ oz. or ⅓ cup mix per 8 oz. hot water. Mix well and enjoy.

Meadow Tea Mix - Mint, Ginger or Hibiscus

1 quart water, ½ cup tea mix. Blend together well with a wire whisk.

Cappuccino Mixes

Use 1¼ oz or ⅓ cup mix per 8 oz. hot water. Mix well and enjoy.

Smoothie Mixes - Seasonal

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.

Wheat Flakes Rolled & 7 Grain Mix Rolled-N-Flake

2 to 1 ratio. 1 cup water to ½ cup cereal.

Stove Top: Combine water, 7 grain cereal and salt (to taste). Bring to boil. Cook about 5 minutes over medium heat. Stirring occasionally.

Microwave: Combine water, 7 grain cereal and salt (to taste) in bowl. Microwave on high approximately 2-3 minutes. Stir.

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.

Bulgur Wheat Cereal (Berlin location only)

Bring 2 cups water or broth to boiling. Add 1 cup Bulgur. Simmer, partially covered for 15 minutes.

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.

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, ⅓ cup sugar, ⅛ 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 8 cups water first, add 1½ cup tapioca, and pinch of salt. Cook until tapioca is almost clear (approx 45 min for large pearl). Add 2 cup sugar, stir and add ½ heaping 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.

Instant Pudding

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

Strawberry 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

GF All Purpose Flour

When using this flour, add xanthan gum to yoru recipe for best results. Yeast breads are more difficult and may require eggs, vinegar, and possibly more liquid.

Baked Good	Amount of Xanthan Gum
Cookies	¼ tsp./cup of flour
Cakes	½ tsp./cup of flour
Muffins & Quick Breads	¾ tsp./cup of flour
Breads	1-1½ tsp./cup of flour
Pizza Crusts	2 tsp./cup of flour

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.

Corn Starch

Mix with an equal amount of cold water before it's added to the hot liquid you're trying to thicken.