

THESA TRIED AND TRUE RECIPES

Teachers of Home Economics Specialist Association Newsletter

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The foregoing recipes were contributed to the THESA Newsletter by home economics teachers and are "tried and true". They are not sorted. Most have been student-tested over a number of years in many home economics classrooms across British Columbia. © THESA 2000.

THESA TRIED AND TRUE RECIPES - 38:1

Volume 38 Issue 1

September, 1997

GINGERBREAD

THESA Newsletter 26 (1) Oct. 1985



Ingredients

200 mL. sugar
175 mL molasses
175 mL margarine, melted
1.5 L flour (reserve some for rolling)
8 mL baking soda
8 mL ginger
3 mL cinnamon
5 mL cloves
175 mL canned milk

Method

1. Combine sugar and molasses in large bowl; beat with electric beater until well mixed.
2. Melt butter; add spices and canned milk.
3. Combine both sets of ingredients and beat until light and foamy.
4. Sift flour and soda, and add to liquid mixture, beating well after each addition. Start with electric mixer and as dough gets stiffer, use a wooden spoon. The less flour used to reach a stiff dough, the better.
5. Refrigerate in a plastic bag. Keeps for several days in refrigerator if well wrapped.

Rolling and Baking

1. Preheat oven to 325°F. Lightly grease cookie sheets.
2. Place cookie sheet on top of wet dishcloth on counter. Roll dough gently directly onto sheet, 1/8 inch thick.
3. Cut out desired shapes, leaving about 1 cm. between pieces.
4. Bake 15 minutes or until firm to touch.
5. Remove from oven and immediately place pattern pieces over each cookie piece and trim to fit.
6. Remove from baking sheet and cool completely. Cement together with melted sugar or Royal icing.

Makes enough dough for one small house or a dozen gingerbread people

Suggested grade level - 11/12

UNLADY FINGERS

VISTA [Saskatchewan] 25 (1) 1995

Ingredients

250 mL butter softened
250 mL icing sugar
1 egg
5 mL almond extract
5 mL vanilla
675 mL flour
5 mL baking powder
5 mL salt
175 mL whole blanched almonds
1 tube red decorator gel or strawberry glaze or jam

Method

1. In medium mixing bowl, beat together butter, sugar, egg, almond extract and vanilla.
2. Beat in flour, baking powder and salt. Cover and chill in freezer if time is short, or overnight in refrigerator..
3. Divide dough into 3 or 4 parts. Roll a heaping teaspoonful (5 mL) into a finger shape for each cookie.
4. Press almond firmly into 1 end for a fingernail.
5. Squeeze cookie in centre to create a knuckle shape.
6. Using a paring knife, make slashes in several places to form a knuckle.
7. Place on lightly greased baking sheets in 325 ° F over for 20-25 minutes until a pale golden brown.
8. Let cool 3 minutes.
9. Lift up almond, squeeze gel onto nail bed and press almond back in place so gel oozes out from underneath. Remove from baking sheets; let cool on wire racks. Makes 4-5 dozen cookies.

BAKING TIPS FOR GINGERBREAD

1. Dough must be well-chilled before rolling out. Do not overflour when rolling.
2. Bake a test cookie if possible to determine how long to cook the dough. Gingerbread should be firm to the touch when cooked enough.
3. Use a shiny baking sheet without sides for best air circulation. If short of baking sheets, turn a jelly roll pan upside down and use the bottom.
4. Baking sheets should not touch each other or the sides of the oven.



FERCOSA

(Biscuit Variation)

Suggested grade level - 9

Ingredients

- 250 mL flour
- 10 mL baking powder
- 2 mL salt
- 50 mL cold shortening
- 100 mL milk or water (approximately)
- 125 mL chopped onion
- 375 mL grated cheddar cheese
- 1 egg lightly beaten

Method

1. Measure flour, baking powder and salt into a medium bowl; stir together.
2. Using a pastry blender cut in fat until mixture resembles oatmeal. Add 125 mL cheese to flour mixture.
3. Add milk and stir until combined. This should be a soft dough. Turn dough onto a lightly floured surface and knead gently 8-10 times.
4. Roll out dough to form a circle and place in a greased pie plate; spread dough up the sides of the plate.
5. Pour egg over dough; spread with 250 mL of cheese and onions.
6. Bake for about 20 minutes or until edges are well browned.

Suggested grade level - 9

NACHO ROUNDS

Ingredients

- 1 large potato, washed but not peeled
- 30 mL hot taco sauce
- 100 mL canned chopped green chillies, drained or 1 Jalapeno pepper, chopped (seeds removed)
- 150 mL shredded cheddar cheese

Method

1. Preheat oven to 350°F.
2. Cut potato vertically into 1/2 cm. slices
3. Place in single layer on greased baking sheet
4. Brush each slice with taco sauce. Sprinkle with chillies and cheese
5. Bake 25 minutes or until potatoes are fork-tender and cheese is golden-brown
6. Serve warm. Enjoy!

To microwave: Prepare as above. Place slices in a single layer in a circle on microwave-safe plate. Cook on high 6-8 minutes or until potatoes are tender. Let stand 3 minutes before serving.

CALZONE

(Yeast Dough Variation of Pizza Pops)



Suggested grade level - 8 or 9

Dough Ingredients

- 15 mL. instant dry yeast
- 5 mL sugar
- 2 mL salt
- 400-450 mL unsifted flour
- 150 mL hot tap water (120°F)
- 35 mL. oil

Filling Ingredients

- 35 mL. finely chopped onion
- 1 clove garlic, crushed
- 65 mL mushrooms, chopped
- 15 mL oil
- 125 mL tomato sauce
- 2 mL oregano leaves and 2 mL basil leaves
- f.g. crushed red pepper or dash of Tabasco sauce
- 250 mL shredded mozzarella cheese

Method -DOUGH

1. In a medium bowl, mix together instant dry yeast, sugar, salt and 400 ml. flour.
2. Add oil and hot tap water and stir well until mixture leaves sides of bowl and forms a soft dough. If too sticky, add more flour.
3. Place on floured counter and knead for 3-5 minutes or until smooth and elastic.
4. Place in oiled bowl. Cover with oiled wax paper. Let rest 20 minutes. Then punch dough down and cut into 6-8 equal parts.

Method - FILLING

1. Saute onions, garlic and mushrooms in oil until soft. Drain excess oil. Add tomato sauce, oregano, basil, and crushed red pepper. Reduce heat and simmer 5 minutes. Let cool.

2. When ready to assemble, stir in shredded mozzarella cheese. Add salt and pepper to taste.

Method - ASSEMBLING

1. Roll each part into a 5-inch (12 cm.) circle. Spoon about 15 ml. of the filling on 1/2 of the round. Fold over and moisten the edge lightly with water. Seal well, by pressing edges with your fingers.
2. Place on lightly greased cookie sheets. Let rise until doubled in size - 30 min. ***If no time, calzone may be frozen and baked at a later time.
3. Bake in a preheated 375°F oven 25 minutes or until golden and crisp. Serve hot.

Calzone is Italian for "trouser legs" because the folded-over filled bread dough puffs up like the legs of sailors' trousers

Suggested grade level - 11/12

SECRET VEGGIE CHILI

Ingredients

15 mL vegetable oil
3 medium carrots, chopped
1 onion, chopped
15 mL finely chopped jalapeno pepper
2 garlic cloves, chopped fine
20 mL chili powder
5 mL ground cumin
1 (796 mL) can tomatoes (with juice), chopped
1 (398 mL) can tomatoes (with juice), chopped
5 mL brown sugar
1 (796 mL) can red kidney beans, drained and rinsed
75 mL bulgur
Salt and freshly ground pepper
125 mL low-fat plain yogurt
3 green onions, chopped
50 mL chopped cilantro or parsley

Method

1. In large heavy saucepan, heat oil over medium heat. Add carrots, onions, jalapeno pepper, garlic, chili powder and cumin. Saute for five to seven minutes or until onions and carrot are softened, stirring occasionally.
2. Add both cans of tomatoes and sugar; cook for five minutes over high heat. Stir in beans and bulgur; reduce heat to low.
3. Simmer chili, uncovered, for 15 to 20 minutes or until thickened. Season to taste with salt and pepper.
4. Serve, garnished with yogurt, green onions and cilantro. Makes 4 servings.

This half-hour recipe is a good way to introduce meatless main dishes, and brings us to the topic of...

Beans, Beans the Musical Fruit....How to get Grade 9's to eat pulses

1. Tell your class that the average person expels 2 litres of gas daily and that flatulence is perfectly normal.
2. Provide BEANO - it is a commercial product and a natural food enzyme that helps digestion
3. Explain why beans cause gas: all legumes contain complex sugars that human beings cannot digest. The sugars are fermented by intestinal bacteria, which then produces socially unacceptable (in our culture, anyway) hydrogen, methane and carbon dioxide gases.
4. Always throw away the water in which beans were soaked and/or cooked. Rinsing canned beans removes excess salt which is a good idea anyway.

SAMOSA

THESA Newsletter 26 (5) June, 1986

Ingredients

Pastry

500 mL all purpose flour
125 mL vegetable oil
2 mL salt

160 mL lukewarm water

Filling

625 mL mashed potatoes
2 medium chopped onions
2 chopped fresh, medium tomatoes
39 mL chopped fresh ginger
250 mL fresh or frozen peas
5 mL black pepper
5 mL garam masala
75 mL vegetable oil
10 mL cumin seed

Pastry:

1. Put flour, salt and oil in a mixing bowl and mix them thoroughly.

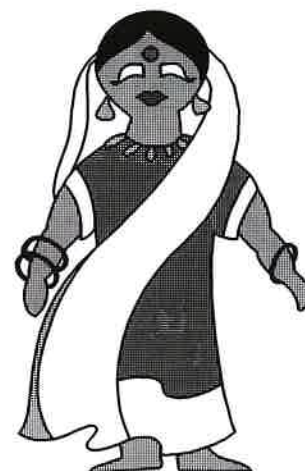
2. Add water and knead into soft rolling dough

Filling:

1. Put oil, onions, cumin and ginger into a fry pan on medium heat, and cook until they turn light brown.
2. Add chopped tomato and stir.
3. Now add all the other ingredients and fry for five to six minutes.
4. Roll out a very thin sheet of dough, six inches in diameter. Cut in half.
5. Take one piece in hand and twist it, forming a cone shape. Pat edge with a little water to seal. Put 30-32 mL filling in cone. Again, join the edges by wetting slightly.
6. Deep fry samosa in vegetable oil until they turn light brown.

Alternatively, pan fry before freezing, then bake at 375°F until hot and crisp.

Suggested grade level - 11/12





PITA BREAD

This recipe was originated by the students at Barriere Secondary School and tested by them for several years. It can easily be done in one 72-minute period and it really and truly puffs up.

Ingredients

750 mL flour

f.g. salt

185 mL warm water

15 mL traditional yeast

Method

1. Dissolve yeast in warm water. Add flour and salt. It should be a little bit doughy. Add more flour till dough isn't sticky.
 2. Mix dough well with a spoon and then knead with hands.
 3. Divide dough into 6 pieces. Roll out on floured surface to a round about 1 cm. thick.
 4. Place on ungreased baking sheet and bake in preheated 400° oven until browned and well-puffed, about 15 minutes.
- Suggested grade level - 11

QUESADILLAS

Ingredients

4 soft 8-inch flour or corn tortillas

250 mL shredded white cheese

50 mL chopped canned green chillies

1 green onion, chopped

10 mL oil

Salsa

Shredded lettuce

Method

1. Sprinkle half of each uncooked tortilla with cheese, chillies and onions. Fold tortillas in half and press edges together.
2. Brush griddle or cast-iron frypan with half of oil. Heat over medium-high heat.
3. Cook the tortillas for about 4 minutes on each side or until golden and cheese melts. Remove from heat; cut into 3 wedges.
4. Top with salsa and chopped lettuce. Serve immediately (best when hot and fresh).

Suggested grade level - 8/9

Stuffed Pasta Shells

Filling Ingredients

60 mL ricotta cheese

60 mL flaked tuna or chicken

25 mL chopped green onion

25 mL Parmesan cheese

125 mL cheddar cheese

Sauce Ingredients

1/4 chopped onion

1 garlic clove

10 mL oil

100 mL canned tomatoes

125 mL tomato sauce

2 mL oregano

2 mL basil

f.g. salt

10 jumbo pasta shells or 4-5 lasagne noodles

Method

1. Cook pasta shells or lasagne noodles in large amount of boiling, salted water to which a bit of oil has been added. Cut lasagne noodles in half if using them.
2. Combine filling ingredients and stuff shells or spread mixture on lasagne noodles and roll up.
3. Saute onion and garlic in oil and stir in undrained tomatoes, tomato sauce, basil, salt and oregano. Simmer sauce 10-15 minutes.
4. Spoon 1/4 of the sauce into a casserole dish. Arrange stuffed shells over the sauce. Pour remaining sauce over shells.
5. Bake in 350°F over for 15-20 minutes or until sauce is bubbly. If using microwave, cover and cook in the microwave at power level 7.
6. Remove lid and let stand for 3 minutes. Serve.

Suggested grade level - 9/10

Recipe contributed by Lesley Carr, Highland Secondary School, Comox, BC



THESA TRIED AND TRUE RECIPES - 38:2



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1. BASIC MICROWAVE RICE (for 4)

250 mL rice
500 mL water
1-3 mL salt

Mix ingredients in medium glass bowl or casserole. Cover with wax paper or paper towel. Microwave at high (100% power) for five minutes. Then microwave at 60% power for 12-14 minutes or until rice is dry and all liquid is absorbed. Fluff up with a fork before serving.

2. RISOTTO

25 mL oil
250 mL chopped onion
250 mL sliced celery
250 mL rice
750 mL vegetable stock or water
3 mL salt

1. Saute onions and celery in fat until onions are golden.
2. Add rice, stirring constantly until browned.
3. Add stock or water. Pour into lightly greased baking dish.
4. Cover and bake at 375°F for 45 minutes.

Variations: 1. Add 125 mL sliced mushrooms to mixture. Season with garlic if desired. 2. Cook a fresh, seeded chopped tomato in the mixture. Stir in cooked frozen green peas when the rice is cooked. 3. Serve risotto with a generous sprinkling of grated Parmesan cheese.

3. SPANISH RICE

250 mL rice
25 mL oil
125 mL onions, chopped
1/4 green pepper, chopped
10 mL salt
10 mL chili powder
1/2 can (400 mL) tomatoes
250 mL water

1. Brown rice in oil.
2. Add onions, pepper, salt, chili powder and tomatoes. Mix well. Add water.
3. Cover and simmer 30 minutes or until rice is tender. Do not stir.
4. Remove lid and allow mixture to dry for 5 minutes before serving



4. LENTIL- BARLEY CASSEROLE

1 1/2 cups vegetable stock or water
1/2 cup brown lentils
1/4 cup pearl barley (or brown rice)
15 mL olive oil
1 large carrot, diced
1 medium zucchini, diced
1/2 onion, finely chopped
1-2 garlic cloves, finely chopped
125 mL walnuts (optional)
Salt and pepper
Tomato slices (optional)

1. Heat stock, add lentils and barley or rice and simmer, covered, until tender (30-40 minutes).
2. Saute carrot, zucchini, onion and walnuts over low-medium heat until crisp-tender (5 minutes or so). Add garlic and saute for another minute.
3. Combine lentils and barley with vegetable mixture. Garnish with tomato slices and serve hot.

5. INDIAN RICE AND LENTILS

10 mL oil
1 sliced onion
375 mL vegetable stock or water
250 mL mushrooms, quartered
225 mL whole grain or Basmati rice
65 mL green lentils
10 mL minced ginger root
2 mL curry powder
1 mL cinnamon
1 garlic clove, crushed
65 mL chopped parsley (optional)

1. In heavy pan with lid saute onion in oil until tender (5-8 minutes).
2. Add stock, mushrooms, rice, lentils, ginger root, curry powder, cinnamon and garlic. Bring to boil. Reduce heat, cover and simmer for 25 minutes or until rice and lentils are tender and most of the liquid is absorbed.
3. Stir in parsley and salt and pepper to taste

Lentils are small flat seeds that cook quickly without soaking. Brown and green lentils hold their shape well after cooking and are excellent in salads. Red lentils cook more quickly and are best in purees or dhal. They are lower in fibre than green or brown lentils.

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6. FRENCH BREAD

2 lb. 3 oz. flour (weigh on a scale)

625 mL tepid water

10 mL yeast

5 mL salt

5 mL water (mix together)

cornmeal

flour

1. Weigh flour into a paper bag.
2. In a large mixing bowl combine tepid water, yeast and 1000 mL flour. Beat with heavy duty beater until dough is gooey and pulls away from side of bowl, approximately 10 minutes.
3. Add salt and water to dough.
4. Continue to add the rest of the flour by hand.
5. Knead for 15 minutes. Clean out bowl and grease sides. Grease dough.
6. At this point it can be placed in fridge overnight. Cover with waxed paper and cloth or plastic wrap.
7. If baking all in one day, keep warm and let rise for 2 hours. When the dough doubles in size, punch down.
8. Shape into 4 small round cottage loaves. Place cornmeal on baking sheet, dust top of loaves with flour. Let rise 1 hour. Cut an "X" onto top. Bake at 450°F for 25 minutes. Place a pan of hot water in the oven with the bread.

Note: To make 1 dozen rolls, let rise, make two diagonal cuts in the top, and glaze with a beaten egg. Bake in oven as above. Or, make a French loaf style, yield 2.

-Lynn Cleveland

Sa-Hali Secondary School, Kamloops

7. CAESAR SALAD

1. Wash and dry Romaine lettuce and put in the fridge to crisp. Prepare dressing: 60 mL low fat mayonnaise, 30 mL 1% milk, 15 mL grated Parmesan cheese, 10 mL lemon juice, 1/2 clove garlic chopped very finely, 1 mL salt, 1/2 mL pepper, 1 mL dry mustard (optional), few drops Lea and Perrins sauce (optional)
2. In a small bowl or shaker bottle mix together all ingredients. Cover and chill until ready to serve.
3. Rip lettuce into bite-size pieces, mix in dressing, sprinkle with Parmesan cheese and croutons.

Note: Dressing should always be put on a salad just before it is going to be served.

-Ann-Marie Jury

John Peterson Secondary School, Kamloops



8. COOKIE PAINTING FOR ALL OCCASIONS

(Hallowe'en, Valentine's Day, Easter, Hanukkah, Christmas, St. Patrick's Day, National Skip Out Day, Grandparents' Day)

375 mL flour

3 mL baking powder

165 mL sugar

5 mL vanilla

90 mL shortening or margarine

1 large egg

Day 1

1. Cream the shortening very well until it is light.
2. Slowly add the sugar to the shortening, beating as it is added. Beating well is the key to success. Beat until the mixture is light.
3. Add the egg and vanilla and continue to beat for another 30 seconds.
4. Stir in the flour and baking powder.
5. If the dough is dry, add about 5-10 mL milk. Be careful not to add too much! The dough should not be wet, but should just hold together.
6. Form into a ball, wrap with clear wrap, put your name on it and place in the refrigerator overnight.

Day 2

1. On a lightly floured board, roll half the dough out at a time. 2. Cut into shapes with a cookie cutter.
3. Paint the cookies. Be creative. Write initials or words or paint designs on each cookie. (Yes, the cookies are painted before they are baked).
4. Bake at 350°F for 8-12 minutes depending on how thinly or thickly the cookies are rolled. Cookies are done when they begin to brown around the edges or when the cookie springs back when tapped in the centre.

Cookie paint for the whole class

1. For each colour (red, yellow, green, blue, orange, purple, etc.) put an egg yolk into a small dish, add 2-3 drops of water and 2-3 drops of food colour. Mix well. Put two paint brushes in each colour. Be careful not to mix the colours.

-Lesley Carr

Highland Secondary School, Comox

THESA TRIED AND TRUE RECIPES - ISSUE 2

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9. ANCIENT GRAINS

Are you keen on quinoa? Confused about kamut? Can't spell spelt? These ancient grains are now often available in large grocery store bulk foods departments and in health food stores across BC.

Quinoa (pronounced "keen-wa") is a Peruvian version of lamb's quarters. It is neither grain nor oilseed, but actually a member of the spinach family. The seed has a natural bitter coating of saponin which has value as a natural soap and is used to make industrial cleaners foam up. Quinoa has one of the highest quality proteins available - very similar to mother's milk - plus amino acids and carbohydrates. It resembles millet and its flavour is described as "nutty".

Moosewood Restaurant Cooks at Home suggest the following cooking method for quinoa; place 250 mL of raw quinoa in a fine strainer and rinse it well by running fresh water through it to remove the bitter saponin layer. In a covered saucepan, gently simmer the rinsed quinoa in 500 mL of water for 15 to 20 minutes, until the water is absorbed. When the white grains have become transparent and the spiral-like germ has separated, the quinoa is ready. For richer flavour, saute the rinsed quinoa in 15 mL vegetable oil, stirring constantly for a minute before adding the water and simmering as above. Healthy Home Cooking uses quinoa cooked this way with a vegetable stir fry consisting of broccoli, zucchini, carrot and Lima beans.

All wheat developed from one common ancestor called wild einkorn. Two ancient strains of wheat are now being marketed, spelt and Kamut. Both are often advertised as suitable for people with wheat allergies or gluten sensitivities (but check with your physician before experimenting if you are severely allergic). Kamut dates back to early civilizations along the Nile and Euphrates rivers in the Middle East. Unlike spelt or quinoa, it is a licensed trademark. Because Kamut is closely related to durum wheat, it can be used for breakfast cereals, pastas and noodles.

References:

"Ancient grains make a comeback". Canola Guide. October-November, 1997.

Wellness Encyclopedia of Food and Nutrition: University of California at Berkley Wellness Letter. Rebus: New York. [ISBN 0 -929661-03-6]

10. BC TURKEY LETTUCE WRAP



45 mL water
10 mL soy sauce
10 mL Hoisin sauce
1/2 mL ground ginger
7 mL cornstarch
10 mL oil
125 g. ground turkey
45 mL bamboo shoots, finely chopped
45 mL carrot, shredded
45 mL mushrooms, chopped
1 green onion, chopped
2 lettuce leaves

1. In a small bowl, combine water, soy sauce, Hoisin sauce, ginger and cornstarch. Mix well and set aside.
2. Heat oil over medium-high heat in a non-stick frypan. Add ground turkey and saute for 4 to 5 minutes or until pink colour disappears. Break meat into small crumbles while cooking. Drain off any accumulated fat.
3. Add bamboo shoots, carrots, mushrooms and green onion. Mix thoroughly. Stir-fry 2 to 3 minutes. Stir the liquid mixture well, then add to the pan. Mix well as the sauce thickens quickly. Remove from heat.
4. Place warm turkey mixture in centre of each lettuce leaf. fold leaf over meat and roll, wrapping edges tightly. Serve immediately.

- Pam Manery/Eleanor Piskorik
Frank Hurt Secondary, Surrey

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11. SPAGHETTI SAUCE

175 grams spaghetti
7 mL vegetable oil
250 grams ground beef or soy ground round
1 small onion diced 50 mL celery diced
1 garlic clove minced
375 mL tomato sauce
3 mL basil, dried
3 mL oregano, dried
1 mL salt
50 mL green pepper, diced

1. In deep skillet/frypan, heat oil over medium heat; add beef, onion, celery and garlic and cook for 5 minutes or until meat is browned, stirring constantly. Drain off fat.

2. Add tomato sauce, basil, oregano, salt; bring to boil. Reduce heat, cover and simmer for 15 minutes. Stir in green pepper.

3. Meanwhile in large pot of boiling salted water, cook spaghetti for 8-10 minutes or until tender but firm; drain well.

4. Pour sauce over cooked spaghetti and sprinkle with Parmesan cheese and Mozzarella cheese. 2 servings

- Lois Schultz
Mount Elizabeth Secondary School, Kitimat

12. LEMON POUND CAKE

160 mL margarine
250 mL sugar
4 eggs
5 mL lemon zest, grated
20 mL lemon juice
500 mL flour, cake and pastry, sifted
2 mL baking powder

1. Heat oven to 160° C (300°F). Grease a 22.5x12.5x7.5 cm. loaf pan.

2. Using mixer, cream margarine until fluffy. Add sugar gradually and beat well after each addition. Continue beating until mixture is fluffy. Add eggs one at a time, beating well after each addition. Stir in lemon rind and lemon juice.

3. Sift flour and baking powder together and stir into first mixture, stirring only until blended. Spoon into prepared pan and bake 75 minutes or until a toothpick stuck in the centre of the cake comes out clean. Turn out and cool on rack. (Makes 1 loaf cake)

- Lois Schultz
Mount Elizabeth Secondary School, Kitimat



THE SA TRIED AND TRUE RECIPES - 38:4

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June, 1998

If a recipe that is "most used" can qualify as "tried and true," then here are two. They violate all we might teach about standard methods of mixing ingredients for one is a cake made with a muffin method and the other is a cake that is just plain simple and fun. So these meet the criteria of being fast, nutritious and fun. Try this one (and challenge students to create variations) if you want to encourage students to create their own foods for themselves and friends. I made it first for a picnic with friends and it was a great hit. The main thing I like is there is no mixing bowl to clean up afterward!

- submitted by **Linda Peterat, UBC**

Crinkly Top Chocolate Cake

Recipe By: Linda Peterat

Categories: Grade 8, snacks

1/3 cup (75 mL) vegetable oil
2 (1 ounce) squares unsweetened chocolate (I substitute butter and cocoa)
3/4 cup (175 mL) water
1 cup (250 mL) sugar
1 large egg
1/4 cups (300 mL) all purpose flour
1/2 teaspoon (2 mL) salt
1/2 teaspoon (2 mL) baking soda
1 teaspoon (5 mL) vanilla
1 (175 g) package semi sweet chocolate chips
1/3 cup chopped nuts

1. Put oil and chocolate into 8 inch (20 cm) square cake pan.
2. Place in 350 F (180 C) oven for four minutes or until chocolate melts. Stir to blend.
3. Add water, sugar, egg, flour, salt, baking soda and vanilla. Beat with a fork until smooth, about two minutes. Sprinkle chocolate chips and nuts evenly over top.
4. Bake at 350 F (180 C) for 40 minutes. Cool in pan.

Note: This cake can be easily overbeaten and it does rise up a bit like a volcano and crack on top, but it's a delicious recipe that you will make over and over.

Apricot Snacking Cake

Recipe By: Linda Peterat

Categories: Grade 8/9, snacks

This recipe is healthy -- it's eggless, high in dietary fibre, and cholesterol free. Great for road trips and snacking.

1 cup whole wheat flour	250 mL
3/4 cup orange juice	175 mL
2/3 cup wheat germ	150 mL
1/4 cup vegetable oil	50 mL
1/2 cup all purpose flour	125 mL
1 cup snipped dried apricots (about 20)	250 mL
1/2 cup packed brown sugar	125 mL
2 1/2 tsp. baking powder	12 mL

Nutty Topping

1 tsp cinnamon	5 mL
2 tbsp finely chopped nuts	25 mL
1/2 tsp salt	2 mL
1 tbsp wheat germ	15 mL
1 tbsp brown sugar	15 mL

1. Make topping: Combine nuts, wheat germ, and sugar.
2. In a large bowl combine flours, wheat germ, sugar, baking powder, cinnamon, and salt. Mix well.
3. In medium bowl, whisk together orange juice and oil. Add liquids to dry ingredients and stir just until combined. Fold in apricots.
4. Spread in greased 9 inch (23 cm) square baking pan.
5. Sprinkle topping evenly over batter, gently pressing into place.
6. Bake in 350 F (180 C) oven for 25 minutes or until golden brown and cake tester inserted in centre comes out clean.
7. Let cool in pan. Makes 20 pieces, approximately 105 Calories and 3 g fat per serving.



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Susan Armstrong, Heritage Park Secondary School, Mission, and Sharon Relkey, Kamloops Secondary School both sent me the cream puff swan recipe. It is from the Vancouver School Board Senior Foods Resource Book, published in 1985. If copies are still available, this book is an excellent resource.

Cream Puff Swans

Recipe By: VSB Senior Foods Resource Book
Serving Size: 2
Categories: Grade 12, Desserts, Pies & Pastry

125 mL boiling water
15 mL margarine
125 mL sifted flour
2 eggs beaten
125 mL whipping cream
200 mL raspberry juice
5 mL cornstarch

1. Preheat oven to 425°F. Put a kettle on to boil. Combine margarine and boiling water in small pot; place over medium heat.
2. When mixture is boiling, add flour all at once; stir rapidly until mixture leaves the sides of pan and forms into a ball. Remove from heat.
3. Continue beating until mixture cools enough to be comfortable to the touch. Beat in eggs, slowly, part at a time, mixing well until batter looks smooth and shiny.
4. Pipe 6-8 "S" shapes with petal tip onto ungreased cookie sheet (should be about as thick as a pencil). Bake 10-15 minutes. Shape rest of batter into six slightly oval mounds onto second cookie sheet.
5. Bake mounds at 400°F for 5-10 minutes; reduce heat to 375°F and finish baking 20-25 minutes until golden brown. Do not open oven door during first 20 minutes.
6. Cut a caplike circle from top of each puff with serrated knife. Scoop out bits of dough from interior. Fill with whipped cream.
7. Cut "cap" in half to form wings. Assemble swans. Dust with icing sugar.
8. Thicken raspberry juice, place on small plate. Pipe thin line of whipping cream around edge and swirl.

Per serving: 115 Calories; 10g fat (79% calories from fat); 5g protein; 1g carbohydrate; 181mg cholesterol; 123mg sodium

Breakfast Burrito

Recipe By : Morning Food by M. S. Fox
contributed by Susan Armstrong
Serving Size : 2
Preparation Time : 0:30
Categories : Breakfast, Eggs, Ethnic, Grade 9/10

2 flour tortillas
125 mL Monterey jack cheese or cheddar -- grated
2 eggs
30 mL water
Tabasco sauce
salt and pepper
5 mL butter or oil
30 mL green onion -- chopped
30 mL salsa

1. Preheat the oven to 350 F. Place the tortillas on a cookie sheet and sprinkle with cheese. Put in the oven 4 to 5 minutes or long enough for the cheese to melt, or use the microwave.
2. Beat the eggs with water and drops of Tabasco sauce and salt and pepper as desire. Heat the butter in a separate pan, add green onions, stir for a few seconds and add the eggs. Over medium heat, scramble the eggs to your taste. Add salsa and stir briefly.
3. Divide the egg mixture between the 2 tortillas, distributing the egg along one-third of each tortilla. Add additional ingredients if you wish and roll from the side with the egg on it. Eat immediately.

Per serving: 186 Calories; 7g fat (36% calories from fat); 9g protein; 21g carbohydrate; 181mg cholesterol; 234mg sodium

Serving Ideas : also called Huevos Rancheros

NOTES : additional ingredients: avocados, tomatoes, olives, diced sausage, sour cream, mushrooms, red or green pepper



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Breakfast Nests

(makes 2 servings)

Recipe By: Susan Armstrong

Categories: Breakfast, Grade 8/9

4 slices bread
1 egg
15 mL milk
salt and pepper
1 slice ham
25 mL cheddar cheese, grated
25 mL margarine



1. Preheat oven to 400°F.
2. Cut the crusts of bread. Butter both sides. Press into muffin tins. Bake in oven until golden brown.
3. Whisk together egg, milk, salt and pepper.
4. Microwave on high for 1 minute, stirring every 15 seconds (or scramble in frypan).
5. Remove bread nests from oven. Press 1/4 slice of ham into each. Place 1/4 of the scrambled eggs in each. Top with grated cheese and return to oven just until cheese melts.

Per serving: 407 Calories; 23 g fat (52% calories from fat); 21 g protein; 28 g carbohydrate; 138 mg

Deep Fried Wonton

Recipe By: Susan Armstrong

Categories: Appetizers, Ethnic, Grade 11, Chinese, Pasta

60 won-ton wrappers
500 g ground pork
4 dried mushrooms soaked
8 water chestnuts
2 green onions
1 egg beaten
1 mL pepper
5 mL salt

1. Finely mince pork, mushrooms, water chestnuts and green onion.
2. Mix together all ingredients, except wrappers.
3. Drop 5 mL of filling onto center of wonton wrapper. Fold and seal with a bit of beaten egg.
4. Deep fry at 375°F for 2 minutes.

Per recipe: 3082 Calories; 116 g fat (34% calories from fat); 187g protein; 311g carbohydrate; 694 mg cholesterol; 5375 mg sodium

Turkey Risotto

Recipe By: Susan Armstrong

Serving Size : 4

Categories: Casseroles, Grade 12, Poultry, Rice

3 mushrooms -- sliced
15 mL margarine
1/2 med. onion -- sliced
75 mL rice
1 carrot -- julienne
250 mL turkey -- cooked and cubed
15 mL Dijon mustard
300 mL chicken broth
salt and pepper
125 mL frozen peas

1. Place butter and onion in large casserole. Cover and microwave on high for 3 minutes.
2. Add remaining ingredients, except peas. Cover and microwave on high 15 minutes. Stir every 5 minutes.
3. Stir in peas. Cover and cook on high 5-7 minutes or until rice is cooked.
4. Let stand 5 minutes.

Per serving: 215 Calories; 8g Fat (34% calories from fat); 16g protein; 18g carbohydrate; 34mg cholesterol; 707mg sodium

High Tea at the Empress

Do you remember those scrumptious scones served at the Empress Hotel at the Best Bloomin' Conference '98 in Victoria? Now make them in your own home or class. Denise Marr wrote to the Empress for the recipe.



2 lbs. 4 oz Flour (Hard)
9 oz sugar
9 oz butter
2 oz baking powder
6 oz raisins
5 1/2 eggs
2 cups Whipping Cream
Pinch of Salt

1. Crumb flour, butter, sugar, baking powder, salt
2. Add eggs slowly. Then add raisins and cream and mix to smooth dough
3. Roll out to 1/2 inch thickness, cut out desired size
4. Brush with egg wash and bake at 350 F. for 25-30 minutes.

Makes 35 scones regular size

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No Fuss Orange-Pecan Scone

Recipe By : Homemaker's Magazine
contributed by Susan Armstrong

Serving Size : 8

Preparation Time : 0:45

Categories : Biscuits, Grade 12 Brunch

500 mL flour
125 mL sugar
20 mL orange rind -- grated
10 mL baking powder
2 mL baking soda
2 mL salt
75 mL butter
125 mL orange juice
2 eggs
50 mL pecans -- chopped

1. In a large bowl, stir together flour, all but 15 mL of the sugar, orange rind, baking powder, salt and soda.
2. Cut in butter with a pastry blender.
3. In a glass measure, beat together orange juice and eggs. Reserving 15 mL of the mixture, add remainder to the dry ingredients; stir with a fork just until dry ingredients are moistened.
4. Spread dough into a greased 9 inch round pan. Brush with reserved o.j. mixture. Sprinkle evenly with sugar and pecans.
5. Cover with plastic wrap and refrigerate up to 12 hours. Remove from fridge 30 minutes before baking.
6. Bake 400°F for 25-30 minutes.

Per serving: 269 Calories; 10g fat (32% calories from fat); 5g protein; 41g carbohydrate; 65mg cholesterol; 352mg sodium

Pot Stickers

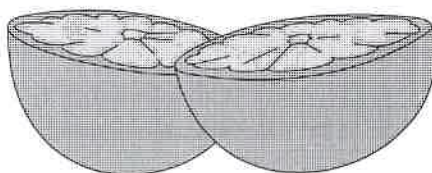
Recipe By: Susan Armstrong
Categories: Ethnic, Pasta, Chinese, Grade 11/12

500 g ground pork
1 pkg frozen spinach, chopped
15 mL light soy sauce
15 mL cooking sherry
15 mL sesame oil
7 mL salt
3 green onions, minced
25 mL fresh ginger root, grated
3 cloves garlic, minced

Dipping Sauce

30 mL light soy sauce
5 mL sesame oil
15 mL vinegar
35 round won-ton or gyoza wrappers

1. Remove water from spinach; chop finely.
2. Combine all ingredients except won-ton wrappers and dipping sauce ingredients.
3. Place 15 mL of filling onto round. Fold in half. Pinch top only, then pinch-pleat sides.
4. Heat 25 mL oil in electric frypan. Add pot-stickers and lightly brown.
5. Pour 250 mL water into pan. Cover immediately. Heat until water disappears.
6. May be frozen before cooking; add 7 minutes to cooking time.



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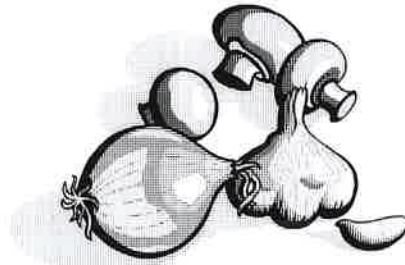
Teriyaki Wraps

Recipe By: Ying Mark
Serving Size: 2
Categories: Grade 9/10, Luncheon

1/2 stalk celery
1/4 carrot
1/4 onion
1 green onion
1/2 stalk bok choy
30 mL Teriyaki sauce divided
15 mL vegetable oil
2 flour tortillas
75mL short-grain rice
100 mL water

1. Place rice and water into a small saucepan. Bring to a boil; reduce heat to minimum and steam rice for 20 minutes, without peeking. Fluff with a fork.
2. Wash all vegetables. Cut celery, bok choy, and onion into thin slices. Peel and cut carrot into julienne strips. Cut green onion diagonally. Cut broccoli into small florets.
3. Heat oil in electric frypan at 350°F. Stir fry several minutes until tender crisp.
4. Season with 15 mL teriyaki sauce, salt and pepper.
5. Warm tortillas between damp paper towels in the microwave for 30 seconds.
6. To serve: place rice in center of tortilla; add some teriyaki sauce, top with vegetables and wrap up Burrito style.

Per serving: 338 Calories; 10g fat (26% calories from fat); 8 g protein; 55 g carbohydrate; 0 mg cholesterol; 970 mg sodium



Harjit Minhas of Hazelton Secondary School contributes the following recipes which she uses for vegetarian cooking at the senior level.

Pan-fried Potatoes with Cilantro

Recipe By: Harjit Minhas
Categories: Vegetarian, Grade 11/12

5-6 large potatoes boiled, peeled and cut into 3 cm. slices
45 mL oil
10 mL cumin seeds
20 mL ground coriander
2 mL turmeric
5 mL paprika
30 mL lemon juice
65-125 mL chopped fresh cilantro
Salt and pepper
1 mL cayenne pepper
125 mL thinly sliced green onions

1. Heat oil in a non-stick pan, add cumin seeds and coriander and fry until they sizzle. Do not burn!
2. Add turmeric, paprika, cayenne, green onions and pepper. Fry for 8-10 seconds. Add cooked potatoes and salt.
3. Reduce heat to medium, cover and cook the potatoes, turning as necessary with a spatula until they get slightly crusty, 10-15 minutes.
4. Stir in lemon juice and sprinkle chopped cilantro over. Continue to cook over medium heat for another 5-7 minutes.
5. Transfer to a serving dish. May be served with roast chicken or baked fish.

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Peas, Carrots and Potatoes

Recipe By: Harjit Minhas

Categories: Grade 11/12, Vegetarian, Ethnic

30 mL oil
15 mL each fresh ginger and garlic, peeled and finely chopped
5 mL cumin seeds
15 mL ground coriander
5 mL ground cumin
1-2 mL turmeric
3-5 mL or less of salt
125 mL finely chopped tomatoes
750 mL shelled peas or frozen peas defrosted
500 mL young carrots, cut into 1 cm. slices
3 small potatoes, peeled and cut into wedges

1. Heat oil in a non-stick pan/wok until hot. Add ginger and garlic stirring until golden.
2. Add cumin seeds and stir, then add coriander and cumin powder turmeric, cayenne, pepper and salt. Stir and mix. Add tomatoes, peas, carrots and potatoes. Stir and lower heat from medium to low. Cover and cook, stirring occasionally until the vegetables are tender, 15-20 minutes.
3. Add half of the chopped cilantro and stir gently.
4. Transfer to a serving dish, sprinkle curry powder and the remaining chopped cilantro over top.

Mung Bean Salad

By: Harjit Minhas

Categories: Grade 11/12, Vegetarian, Ethnic

250 mL Mung beans (substitute canned garbanzos or chickpeas, drained and rinsed)
125 mL mixed finely diced peppers
15 mL finely chopped red onion
30 mL lemon juice
30 mL peanut or olive oil
50 mL thinly sliced green onions
7 mL finely chopped serrano peppers
Salt and pepper to taste
65 mL chopped fresh cilantro
1 large tomato, cubed

1. Pick, wash, rinse and soak Mung beans overnight.
2. Next day, drain, rinse and place in a pot. Cover with 375 mL water.
3. Cook until tender and evaporate if any liquid remains, or drain and save water for soup.
4. Place beans in a large bowl, add remaining ingredients and

mix well. Chill and serve.

Note: if substituting canned garbanzos or chickpeas, eliminate the first three steps.

SPICES AROUND THE WORLD MIX AND MATCH

(Reference: *Food for Life* pages 236-240)

1. What spices are in curry powder?
2. Match the description of the spice with the correct name. Choose from cardamom, cinnamon, cloves, mustard, cumin, coriander, ginger:

_____ aromatic bark of a tree with a warm fragrant flavouring. Grown mostly in Sri Lanka.

_____ small dried fruit whose taste and shape resemble caraway. One of the oldest spices. Grown in Cyprus, Iran and Syria.

_____ aromatic tiny seeds that grow in small pods. From India, Guatemala and Sri Lanka.

_____ fragrant dried seeds that have a mild, slightly burnt orange flavour. Grown in Argentina. An essential ingredient of curry powder and garam masala.

_____ dried nail-shaped flower buds of a tree of the myrtle family. Has natural antiseptic and preservative properties.

_____ root of tuberous perennial plant, grown in Asia, Africa and West Indies. Has a citrus-like smell and hot flavour.

_____ seeds that come in white, black and brown. Grown in Canada and also imported from Denmark, Italy and the Netherlands.



THESA TRIED AND TRUE RECIPES - 39:1

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September, 1998

Orange Breakfast Shake

Submitted by: Karen Larsen
Langley Secondary School
Source: Sunrise Tofu

1 – 300 g. pkg. soft tofu
250 mL frozen orange juice concentrate
375 mL water
2 bananas, ripe
ice cubes

1. Blend all ingredients together until smooth. Chill and serve.

Incredibly Creamy Chocolate Pie

Submitted by: Karen Larsen
Langley Secondary School
Source: Mori-Nu Tofu

Filling:

200 mL chocolate chips
1 10.5 oz. Pkg. Mori-Nu Silken Tofu (firm)
15 mL light honey

Crust:

12 regular size tart shells

1. Heat chocolate chips in a double boiler or pan sitting in water; until smooth.
2. Add honey.
3. In a blender or processor blend tofu until smooth.
4. Add the chocolate/honey mixture to tofu and whip until creamy.
5. Pour filling into baked tart shells.
6. Chill overnight and serve, topped with whipped cream.

You Too Can Tofu!

250 mL buttermilk = 125 mL soft tofu blended with 85 mL water

250 mL cottage cheese = 125 mL medium firm tofu

250 mL yogurt = 250 mL soft tofu

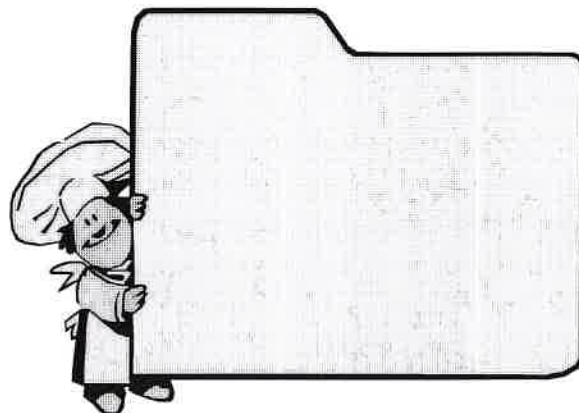
1 egg = 65 mL medium firm tofu, well drained and puréed

Source Sunrise Tofu Hotline (604) 253-BEAN

Recipe on Trial

Submitted by: Shirley Walker
Maple Drive Secondary School
Quesnel
Source: Grain News

I didn't have potatoes,
so I substituted rice;
I didn't have paprika,
so I used another spice;
I didn't have tomato sauce,
so I used tomato paste,
A whole can, not a half can,
I don't believe in waste;
A friend gave me the recipe,
she said you couldn't beat it.
There must be something wrong
with her,
I couldn't even eat it!



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Exotic Peach Chutney

Submitted by: Sharon Relkey
NorKam Secondary School
Source: Bernardin Web site

Editor's note: I consider chutney another way, in addition to Roquefort cheese, to determine adulthood. I have never met anyone under age 25 who liked either. This tried-and-true recipe lets you determine the flavour of your choice by adding the desired spices. Bernardin suggests that Indian food fans may wish to substitute their own garam masala blends instead of regular curry powder.

3 kg peaches (about 20-25)
500 mL malt vinegar
500 mL lightly packed brown sugar
100 g. fresh ginger root
2 medium onions, finely chopped
2 green peppers, seeded and finely chopped
250 mL dark raisins
250 mL golden raisins
250 mL mixed glacé peel
15 mL pickling salt

Island Spice Mixture:

5 mL ground cinnamon
2 mL grated nutmeg
1 mL ground cloves

Calcutta Spice Mixture:

10 mL curry powder
25 mL celery seed
15 mL mustard seed
(For Calcutta Spice Mixture, tie spices in a large square of cheesecloth, creating a spice bag)

1. Fill boiling water canner with water. Place 6 clean pint (500 mL) mason jars in canner over high heat.
2. Blanch, peel and pit peaches. Coarsely chop peaches and combine with vinegar in a large stainless steel or enamel saucepan. Stir in sugar. Bring to a boil and cook until peaches are tender.
3. Peel and grate or finely chop ginger root; tie in a large square of cheesecloth, creating a spice bag. Add spice bag, onions, green and banana peppers, dark and golden raisins, mixed peel and pickling salt to peaches. Stir in your choice of Island spice mixture or Calcutta spice bag. Return mixture to a boil. Stirring frequently, simmer until thick, about 45 minutes.

4. Place snap lids in boiling water; boil 5 minutes to soften sealing compound.
5. Remove thickened chutney from heat and discard spice bag(s).
6. Ladle chutney into a hot jar to within 1 cm of top rim (head space). Remove air bubbles by sliding rubber spatula between glass and food; readjust head space to 1 cm. Wipe jar rim removing any stickiness. Center snap lid on jar; apply screw band just until fingertip tight. Place jar in canner. Repeat for remaining chutney.
7. Cover canner; return water to a boil; process 10 minutes at altitudes up to 305 m. Remove jars. Cool 24 hours. Check jar seals (Sealed lids curve downward). Remove screw bands; store separately. Wipe jars, label and store in a cool, dark place.

Canned Peaches

Editor's Note: Until Lynne Wright gave me this recipe at Correlieu Sec. School in Quesnel, canning seemed too complicated to do in class. It is nice to see the current resurgence of interest in home preservation, and the sense of achievement that all students, girls and boys both, get from a jar that goes "Ping!"

1 pint jar (500 mL), lid and ring
125 mL sugar
250 mL water
2 peaches

1. Blanch peaches 2-3 minutes.
2. Simmer sugar and water together for 5 minutes.
3. Sterilize jar by putting upside down in saucepan of boiling water with dishcloth in bottom to protect jar.
4. Peel and quarter peaches and pack in jar. Cover with syrup. Wipe top of jar.
5. Place snap lids in boiling water; boil 5 minutes to soften sealing compound.
6. Put lid and ring on jar; process as for chutney.



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Soft Pretzels

8 mL active dry yeast
175 mL warm water
1 mL salt
3 mL sugar
450-500 mL all-purpose flour
½ egg beaten
Coarse salt

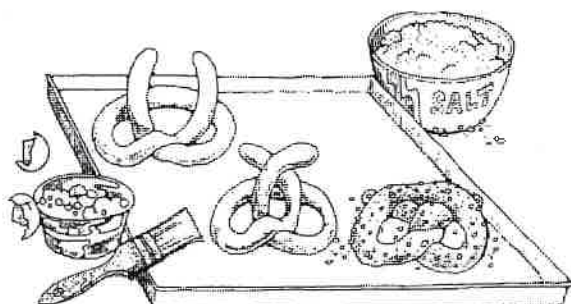
1. Dissolve yeast in warm water in large mixing bowl. Stir in salt, sugar and half the flour.
2. With electric mixer or wooden spoon, beat until smooth.
3. Stir in enough remaining flour to make dough easy to handle.
4. Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes.
5. Place in greased bowl; turn greased side up. Cover well, but loosely, with plastic and label.

[Dough may be refrigerated up to 24 hours at this point. It should be punched down occasionally]

6. Cut dough into 6 or 8 equal parts. Roll each part into a rope 30-40 cm. long and twist into a pretzel shape.
7. Place on greased baking sheet and let rise 20 minutes if possible.
8. Paint each pretzel with beaten egg and sprinkle with coarse salt.
9. Bake in preheated 425°F oven until golden brown, 15-20 minutes.

Shaping pretzels – The simplest way is to tie a knot and then tuck the ends under, or pinch them together.

Rapid Mix yeast – The recipe can be adapted by simply mixing together rapid mix yeast, salt, ½ of the flour and then adding warm water and beating until smooth. Continue with the regular recipe.



Varenyky [Pyrogy]

Dough:
225 mL flour
1 egg
45 mL milk
f.g. salt

Filling: 1 cooked, mashed potato
30 mL grated cheese
Salt and pepper to taste

Accompaniments:
15 mL sour cream
1 onion
30 mL margarine/butter

Dough:
1. Mix flour, egg, milk and salt until stiff enough to form a ball. Add extra milk if necessary. Knead until firm and elastic. Dust lightly with flour – cover and chill for 10 minutes or longer.

Filling:
1. Peel and cube potato. Cook 10 minutes or until fork-tender. Drain, mash and add cheese and salt and pepper.

Assembling:
1. Lightly flour counter and rolling pin. Roll dough to about 1/8" thick. Cut out 8 cm. circles of dough with cutter or glass. Re-roll extra dough.
2. Run wet finger dipped in water around outside of circle of dough.
3. Put small spoonful of dough in centre, fold over and press edges to seal.
4. Drop in pot of boiling water (do not crowd). Simmer 5-10 minutes or until they float to top. Remove with slotted spoon and drain well.
5. In frypan, sauté chopped onion with butter. When onions are transparent, add varenyky (again, don't crowd). Brown lightly and serve with sour cream.

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Jamaican Beef Patties

These meat pies, originally from the island of Haiti, were first brought to the Islands by the British, but their Caribbean spices and ingredients have made them a popular Jamaican dish. Goat is a common meat in Jamaica, but beef is used in this recipe

Pastry:

250 mL unbleached all-purpose flour

1 mL salt

85 mL shortening

30-45 mL ice water

Filling:

¼ onion, diced finely

1 garlic clove, minced

1 jalapeño pepper, seeded, stemmed and minced

15 mL vegetable oil

100 g. ground beef

2 mL *each* ground coriander, cumin and turmeric

1 mL *each* ground allspice and cinnamon

¼ green pepper, finely chopped

1 tomato, minced

1 green onion, minced

Salt and pepper to taste

1 egg, lightly beaten

1. Make pastry according to standard procedure. Chill 10 minutes or longer.
2. Sauté onion, garlic, jalapeño and ground beef in vegetable oil. Drain fat. Add spices and all remaining ingredients except egg and cook together 5-10 minutes.
3. Roll pastry out thinly and cut into 10 cm. circles. Put a small amount of filling in the centre of each circle, fold over into a moon shape and press edges together.
4. Brush each patty with beaten egg. Place on ungreased baking sheet and bake at 350°F for 25 to 30 minutes or until golden.

Suggested grade level: 10-11

Light Cheesecake

1 package lemon jelly

45 mL lemon juice

8 oz. (225 g.) cream cheese

125 mL sugar (optional)

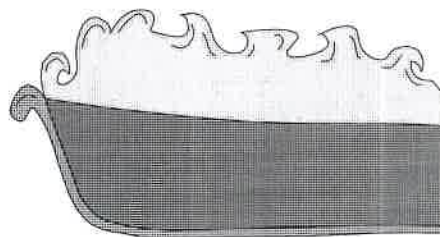
175 mL evaporated milk

5 mL vanilla

2 graham wafer crumb crusts

Fruit for topping

1. Dissolve jelly powder in 250 mL boiling water. Cool and add lemon juice.
2. Cream together sugar, cream cheese and vanilla and add to jelly mixture.
3. Whip evaporated milk (you may have to chill it first, until ice crystals form around the edge) and add to jelly-cream cheese mixture.
4. Pour into prepared crusts and cool in refrigerator.
5. Top with favourite fruit. Filling is enough for two small pie plates.





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1. Mandarin Salad

Dressing

f.g. salt
f.g. pepper
15 mL sugar
45 mL vinegar
65 mL salad oil
Dash red pepper sauce
15 mL snipped parsley

Salad

65 mL sliced almonds
20 mL sugar
1/4 head lettuce
1/4 head romaine
250 mL chopped celery
2 green onions (with tops) thinly sliced

1. Shake dressing ingredients in tightly covered jar; refrigerate.
2. Cook almonds and 20 mL sugar over low heat, stirring constantly, until sugar is melted and almonds are coated. Cool and break apart. Store at room temperature.
3. Tear lettuce and romaine into bite-size pieces (about 4 cups). Place greens in plastic bag; add celery and onion. (To serve immediately, see below). Fasten bag securely and refrigerate.
5 minutes before serving, pour dressing into bag; add 1 can (298 mL) mandarin orange segments, drained. Fasten bag securely and shake until greens and oranges are well coated. Add almonds and shake.

To serve immediately: Do not refrigerate dressing or salad ingredients. Store no longer than 24 hours.

Makes enough for 4 to 6 servings.

Suggested grade level: senior



2. Garlic Pickle Humous with Mini Papadam

(reprinted from appetizer session at THESA Conference '98, recipe courtesy of Lorna Knowles 250-595-3968)

2 cloves fresh garlic, peeled
1 bunch fresh spinach, steamed and drained or 1 bunch fresh parsley, cleaned and stemmed
500 mL cooked chick peas
15 mL Punjabi style pickled garlic (such as Patuk's)
2 limes, juiced
2 tomatoes, canned whole or fresh, peeled and chopped
1 package mini papadam, purchased in specialty store
1 L cooking oil

1. In small stirfry pan heat the oil to deep fry temperature on medium heat (use a deep fry thermometer to 180°C or 350°F).

2. With the motor running, drop the garlic through the feed tube of your food processor. Pulse the food processor to chop the spinach or parsley. Add the remaining 4 ingredients and run the motor until smooth and still distinct in colours. Find an attractive dish in which to serve.

3. When the oil has almost reached optimal temperature, increase the heat and place the papadam a dozen at a time in the pan or in a basket if you have one. If not, remove with a flat slotted skimmer when they rise to the top. Drain well on paper towel and serve surrounding the dip. Raw vegetables may also accompany as a garnish.

Suggested grade level - senior

2. Choux Paste (Cream Puffs)

125 mL flour
f.g. salt
125 mL water
45 mL butter
2 medium eggs (at room temperature)

1. Preheat oven to 200 °C (400°F).
2. Sift and measure flour. Add salt.
3. Place water and butter in saucepan. Bring to full boil.
4. Add dry ingredients all at once and stir with wooden spoon. Mixture will be lumpy at first. Continue stirring and when it suddenly becomes smooth, stir more vigorously.
5. Remove from heat when paste becomes dry, does not cling to spoon or sides of pan and when metal spoon leaves imprint on dough. **DO NOT OVERCOOK** (won't puff).
6. Add eggs one at a time beating vigorously after each addition until dough no longer looks slippery.
7. Paste is ready to bake when small amount of dough scooped out on metal spoon stands erect.
8. Place mounds of paste on ungreased cookie sheet. Sprinkle a few drops of water over.
9. Bake at 200°F (400°F) for 10 minutes, then turn down to 180°C (350°F) and bake 25 minutes more.
10. For filling - cool well and remove damp filaments inside.

Chocolate Glaze

(why go only halfway in this gluttonous feast?)

Mix 375 mL sifted icing sugar, 45 mL cocoa, 45 mL milk and 2 mL vanilla. Dip tops in glaze.

Suggested grade level - junior/senior special occasion

Cream Puff Tips and Tricks

1. Cream puffs are neither a cake nor a pastry but some link between the two. Their theoretical basis is the emulsifying properties of egg. Emulsification is a liquid dispersed through another liquid in which it is not soluble (e.g. oil in water).
2. The leavener in cream puffs is air and steam (which increases in volume 1600 times). In the first ten minutes of baking the dough rises and takes the final size. Turning down the heat ensures that the puffs will brown. Do not remove from the oven until very firm.
3. You can convince your students you are a genius by returning fallen cream puffs to the oven where they will re-

puff (if they have only been out of the heat a short time).

How to Cope with Cream Puff Failures

(but not other aspects of modern life)

1. Greasy product with very poor volume results when paste is overcooked. Dough should be firm enough to hold the imprint of a spoon.

Remedy - if globules of fat ooze from the ball, more water should be added and the cooking repeated.

2. Very thin batter after eggs are added (the shells will be bottomless).

Remedy - cook mixture in double boiler until thickened.

3. Slightly thin mixture

Remedy - Heat for a longer period and chill in refrigerator. Take care to use medium size eggs.

4. Puffs collapse when removed from oven.

Remedy - cut small slit in side and return to oven.

Standards for cream puffs

Well puffed and hollow

Crisp but tender and slightly moist inside

Light golden brown in colour

Cream Puff Variations

1. Bouchees - mini-cream puffs filled with savoury fillings instead of sweet make a nice appetizer

2. Cheese puffs - use a cream puff dough and stir in grated cheese and/or canned crab. Drop by spoonful into deep fat, and cook until they are well-puffed.

3. Cream puff swans - I have never found a recipe for this, but once I saw a perfectly created diorama with cream puff swans (the neck piped through a pastry bag) on a mirror - looking like what else, Swan Lake.... If you have a recipe and instructions, please send them along to the next edition of "Tried and True".



THESA TRIED AND TRUE RECIPES - ISSUE 3

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4. Cinnamon Twists

250 mL flour
25 mL sugar
10 mL baking powder
f.g. salt
50 mL fat
1/2 egg and milk to measure 75 mL
30 mL melted margarine
15 mL sugar mixed with 2 mL cinnamon

1. Lightly grease baking sheet and preheat oven to 200°C (400°F).
2. Sift together flour, sugar (25 mL), baking powder and salt
3. Cut in fat to size of small peas.
4. Beat 1 egg - measure 1/2. Put in glass measuring cup and add milk to 75 mL.
5. Add liquid gradually to flour (only enough to moisten). Stir with fork until dough forms ball.
6. Turn onto lightly floured board. Knead gently 8-10 times.
7. Gently roll dough to 1/2 cm. thickness. Cut out rings of dough using a doughnut cutter. Twist rings to form figure eight.
8. Dip twisted rings in margarine - then in cinnamon and sugar mixture.
9. Place on greased pan and bake at 200°C (400°F) for 10 minutes or until lightly browned.

Suggested grade level - introductory foods, grade 8 or 9

6. Rising Confusion

Fast rising. Rapidmix. Instant yeast. How to keep them straight? Manufacturers have improved upon traditional active yeast in several ways:

- Fast Rising yeast has to be proofed first by dissolving it in water.
- Rapidmix can be added directly to dry ingredients.
- Neither is the same as Instant yeast which can be mixed in with the dry ingredients, but demands that the wet ingredients be brought to a higher temperature than either

7. Three-Cheese Pizza for Two

Crust

300 mL flour
3 mL salt
2 mL sugar
5 mL instant yeast
125 mL warm water (45°C or 118°F)
10 mL oil
cornmeal

Topping

125 mL tomato sauce
1 mL oregano
1 mL basil
1 mL garlic powder
salt and pepper
50 mL grated cheddar cheese
125 mL grated Mozzarella cheese
15 mL Parmesan cheese

**Toppings from home

1. Lightly grease baking sheet and preheat oven to 425°F.
2. In large bowl, mix half of the flour and all of the salt and sugar. Add the yeast.
3. Add warm tap water (the test for 45°C or 118°F is to be able to hold your baby finger in the water for 20 seconds) and beat the dough.
4. Then add the rest of the flour and stir until the dough leaves the sides of the bowl.
5. On a floured surface or directly in the bowl, knead until smooth and elastic.
6. Prepare toppings.
7. Sprinkle pan with cornmeal.
8. Pat dough out onto pan.
9. Brush with oil and pinch up sides.
10. Pour tomato sauce over crust and spread evenly.
11. Sprinkle with cheese and toppings.
12. Bake at 425°F until centre tests done with tip of knife and edge is lightly browned.



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8. Easter Bunny Buns

125 mL milk
65 mL butter or margarine
40 mL sugar
3 mL salt
7 mL Instant yeast
30 mL warm tap water (118°F)
1 egg
30 mL orange juice
625-675 mL flour

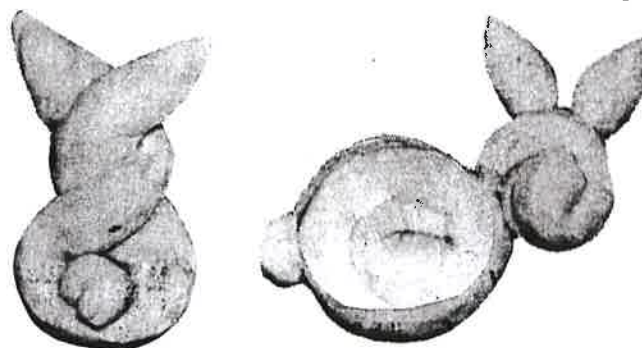
1. Heat milk and butter together until butter melts. Add sugar and salt and cool to 118°F (the test for 118°F is to be able to hold your baby finger in the water for 20 seconds).
2. Add egg and orange juice to milk mixture.
3. In a large bowl, mix yeast and half of the flour together directly.
4. Add the milk mixture to the flour and yeast. Beat until smooth. Add enough remaining flour, a little at a time, beating, until soft dough forms that leaves the sides of the bowl.
5. Turn out onto a floured surface and knead until smooth and elastic.
6. Roll dough out to a rectangle the size of a sheet of lined paper (8" x 11"). Cut dough in lengthwise one-cm. strips. Shape as directed into twist bunnies or two-part bunnies.
7. Let rise for 10 minutes if possible.
8. Bake in a preheated 375°F oven for 12-15 minutes. Remove from pans to wire racks. May be glazed with confectioner's frosting.

Shaping Directions

To make twist bunnies - take one long strip of dough. On greased baking sheet twist dough to make a figure eight that's small on top with ears. Squeeze tips of ears to make points. Roll a small piece of dough for tail. Moisten one side with water and stick it on top of the dough at the bottom of the first loop.

To make two-part bunnies, use one long strip for the body and one-half of a strip for the head. Make a loose pinwheel of the body strip, tuck end under and place on greased baking sheet. Make another pinwheel out of the head strip, tuck end under, moisten the spot where it will touch the body, and lay next to body. Use the other half of the strip to make ears by cutting in half, rolling cigar-shaped and pointing the edges. Moisten ends and stick on the head piece. Roll a bit of dough for tail, moisten and attach to body.

Twist Bunny Before Baking Two-part Bunny Before Baking



9. Potato Gnocchi - Lesley Carr, Highland Sec., Comox

1 small potato peeled, cooked and mashed (125 mL) 2 mL salt
125 mL flour
10 mL margarine
1 egg beaten
f.g. pepper

1. Wash, peel and quarter the potato. Cook in boiling salted water until tender. Drain thoroughly and mash finely with a masher.
3. Place potato in a bowl and add the flour, 5 mL of margarine, the beaten egg, the salt and pepper.
4. Knead until the mixture is smooth.
5. With damp hands, shape pieces of the mixture into small balls and press a thumb print in the centre of each ball.
6. Drop the balls into a saucepan of boiling water. Cook until the gnocchi floats to the top.
7. Lift out of the pan with a slotted spoon and transfer to a warm dish. Top with the remaining 5 mL margarine and stir to coat. Serve with tomato sauce.

Tomato sauce

125 mL tomato sauce
1 mL basil
1 mL oregano
1 mL garlic
1/2 mL marjoram
1/2 mL thyme
1/2 mL rosemary

Mix together the above ingredients and put on the stove to heat. Don't boil; just keep it warm.