

Wim's Recipes

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Pizza

Crust: (prepare after your sauce is simmering)

1-cup warm water

1 tbsp sugar

1 tbsp yeast

½ tsp salt

2 tbsp oil

1 ½ - 2 ½ cups flour

-Combine ingredients in a large bowl

-Beat until smooth

-Add up to 2-½ cups flour or enough to make stiff dough

-Knead about 5 minutes

-Roll out to fit on greased pan

-Let rise about 10 minutes

Sauce: (prepare first and simmer gently while preparing crust)

½ Small onion

½ tsp minced garlic

1-cup tomato sauce

¼ tsp salt

½ tsp oregano

½ tsp basil

Dash of pepper

Method:

-Finely chop onions and garlic

-Sauté onion and garlic in 2 tsp butter – until soft

-Add tomato sauce

-Add salt, oregano, basil and pepper

-Spread oil lightly over crust (prevents soggy crust)

-Spread sauce over crust

-Add toppings (meat, cheese, vegetables, ect.)

-Sprinkle grated mozzarella cheese on top

-Bake at 400°F for 25-30 minutes until the crust is golden brown

Orange Julius

1/3 cup (3 oz) undiluted frozen orange juice concentrate

1/2 cup milk

1/2 cup water

2 tbsp sugar

1/2 tsp vanilla

5 ice cubes

1 small egg (optional)

-Combine all ingredients in a blender

-Blend until smooth

Variation: Add a scoop of vanilla ice cream

Try a different flavor of frozen juice

MUFFINS

Apple Streusel Muffins

1 ½ cups all purpose flour
½ cup granulated sugar
1 tbsp baking powder
½ tsp salt
1 egg
4 tbsp milk
4 tbsp cooking oil
¾ cup shredded apple, peeled or not

Topping

½ cup packed brown sugar
¼ cup flour
¼ cup margarine

- In a mixing bowl stir flour, sugar, baking powder and salt together
- Make a well in the center
- In another bowl beat egg, milk and oil to blend
- Stir in apple
- Pour into well
- Stir until just moistened
- Fill muffin tins ¾ full
- Sprinkle with topping
- Bake 400°F oven for 20-25 minutes

Banana Chip Muffins

1 $\frac{3}{4}$ cups all purpose flour
1/2 cup granulated sugar
1 tbsp baking powder
1/2 tsp salt
1/2 cup semi-sweet chocolate chips
1 egg
1/4 cup cooking oil
1/4 cup milk
1 cup mashed bananas

- Measure first 5 ingredients into a large bowl
- Mix thoroughly and make a well in center
- Beat egg until frothy
- Mix in oil, milk and bananas
- Pour into well – stir only to moisten
- Batter will be lumpy
- Fill greased muffin tins $\frac{3}{4}$ full
- Bake in 400° F oven for 20-25 minutes

Blueberry Muffins

1 $\frac{3}{4}$ cup flour
1 tbsp baking powder
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup white sugar
1 egg
 $\frac{3}{4}$ cup milk
1 tsp vanilla
1 cup blueberries
1 tbsp flour

- In a large bowl put flour, baking powder and salt
- Stir together thoroughly
- Make well in center
- In another bowl cream butter and sugar
- Beat in egg until quite smooth
- Mix in milk and vanilla
- Pour into well
- Stir just to moisten
- Batter will be lumpy
- Stir blueberries with flour lightly
- Fold into batter
- Bake at 400°F oven for 25 minutes until nicely browned

Coffee Cake Muffins

1 ½ cups flour
2 tsp baking powder
½ tsp salt
¼ cup butter
½ cup white sugar
1 egg
¾ cup milk
½ tsp vanilla

- Put flour, baking powder and salt in a large bowl
- Stir together-make a well in the center
- Beat butter, sugar & egg together well-mix in milk and vanilla
- Pour into well – stir to moisten
- Spoon part of batter into greased muffin tins 1/3 full – sprinkle mix over top
- Spoon rest of batter over top – fill to ⅔ full-bake in 400° F oven for 20-25 minutes

Spice Mix

½ cup packed brown sugar
2 tbsp flour
1 tsp cinnamon

- In a small bowl combine all ingredients – stir together well – sprinkle over batter – see instructions above

Pasta Dishes

Cooking Pasta - Cook in a fairly large pan of water

- Allow the water to come to a full, rolling Boil before adding pasta
- Follow instructions on the package for Cooking time and salting
- Add a few drops of oil to water to prevent It from boiling over
- When pasta is tender, remove from heat, And drain

1) Spaghetti and Meat Sauce

Sauce: 1/2 lb. ground beef
1 small onion
1 small clove garlic
1 stalk of celery (sliced)
2 tbsp diced green pepper
3-4 sliced mushrooms
1/4 tsp. salt
Dash of pepper (to taste)
1 tsp. parsley
1/4 tsp. oregano
1/2 cup tomato paste
1/2 cup water

- Sauté onion, garlic, celery, and green pepper until tender in A small saucepan
- Add ground beef - brown the mixture
- Add mushrooms and spices - salt, pepper, parsley, oregano
- Mix well
- Add tomato paste and water to above mixture
- Simmer gently while cooking the spaghetti noodles

2) Stroganoff and Egg Noodles

Sauce: ½ lb. ground beef
Clove of garlic
¼ cup chopped onion
1 tbsp flour
¼ tsp. salt
Dash of pepper
¼ tsp. Worcestershire sauce
¼ tsp. paprika
⅔ cup mushrooms, drained
¾ cup cream of mushroom soup
½ cup sour cream

- Sauté onion and garlic
- Brown hamburger
- Season with salt and pepper
- Stir in flour, paprika and Worcestershire sauce
- Add mushrooms and cook 1 minute
- Add soup and simmer about 10 minutes (if sauce seems too thick add mushroom liquid to thin)
- Stir in sour cream over low heat
- Simmer gently on low heat while cooking noodles

3) Fettuccine with Alfredo Sauce

Sauce: 3 tbsp margarine
3/4 cup whip cream
1/2 cup Parmesan cheese
1/8 cup milk
1/4 tsp. salt
Dash of pepper
1 tbsp flour

- Melt margarine and let brown slightly
- Add whip cream, Parmesan cheese, milk, salt and pepper
- Stir until bubbling
- Reduce heat and let simmer gently
- Cook pasta
- Sprinkle flour on surface of sauce and stir in vigorously
- Pour over noodles and toss
- Serve

Caesar Salad and Dressing

Dressing: 2 tbsp oil
1/2 tbsp olive oil
1/2 tbsp vinegar
1/2 tbsp lemon juice
1 small egg
1/2 tsp. salt
1/2 tbsp bacon bits
1/2 clove garlic
1/8 tsp pepper
1/8 tsp tarragon
1/8 tsp dries mustard
1/8 tsp Worcestershire sauce
1/4 cup sour cream

- Combine the above ingredients
- Blend until thoroughly mixed

Salad: - Carefully clean leaves of 1 small head of romaine lettuce

- Pat dry
- Tear lettuce into bite sized pieces
- Place in a bowl
- Pour dressing over lettuce just before serving
- Sprinkle with Parmesan cheese
- Add croutons
- Toss gently
- Serve

Tea Biscuits

1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
⅛ cup shortening
⅓ cup milk

- Mix flour, baking powder and salt together in a medium sized bowl
- Cut in the shortening with 2 knives or a pastry blender until the mixture is the consistency of coarse cornmeal
- Make a well in the center of dry ingredients
- Add the milk slowly
- When all the milk has been added, stir the dough rather vigorously until it comes freely from the side of the bowl
- Turn the dough onto a lightly floured counter and knead gently for a few minutes
- Roll or pat out to desired thickness – about 1 cm.
- Cut dough with biscuit cutter or glass
- Place on ungreased baking sheet
- Bake in a hot oven (450°F) for 12-15 minutes

THE SECRET TO GOOD TEA BISCUITS is in the dough. It should be soft but not sticky. A little kneading improves not only the quality of the biscuits but assures tall, plump and tender biscuits. A hot oven is best.

KNEAD with a gentle touch, as too much handling will produce a tough biscuit.

PERFECT TEA BISCUITS should be golden brown and a fairly smooth, level top. They should be moist, tender, light and flaky.

SERVE IMMEDIATELY after baking. Reheated biscuits are never as good but they may be wrapped in foil and heated in a hot oven (400*) for 10-15 minutes.

Crisp Sugar Cookies

2 ½ cups all-purpose flour
2 teaspoons cream of tartar
1 teaspoon baking soda
½ teaspoon salt
1 cup butter
1 teaspoon vanilla extract
1 cup white sugar
2 eggs

- Combine flour, cream of tartar, baking soda and salt: set aside
- Cream butter with extract: add sugar gradually, beating until fluffy
- Add eggs, one at a time, beating thoroughly after each addition
- Drop small amounts of dough from teaspoon onto a lightly greased cookie sheet
- Dip bottom of glass in water and then dip in sugar
- Flatten each ball with sugarcoated glass
- Bake at 375° F for 10 minutes

Shepherd's Pie

Potato layer

2-3 med. potatoes

¼ tsp. salt

1 tbsp margarine

- Peel potatoes
- Cut into small pieces
- Cover the potatoes with water
- Put in small pan on stove on medium/high heat
- Start veggie layer
- Cook potatoes until they are soft
- Drain the water from the potatoes (Keep the water)
- Beat the potatoes with your mixer - add margarine
- If the potatoes are a bit too thick - add a little potato water until you reach the desired consistency

Vegetable layer

¾ cup mixed vegetables

- Put veggies in saucepan
- Add water to just cover veggies
- Cook veggies until they are crisp - soft
- While the veggies are cooking prepare the meat layer

Meat layer

¼ lb. ground beef

Dash of pepper

¼ tsp. salt

½ small onion

¼ tsp. Oregano

2 tbsp gravy mix

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¼ cup water from potatoes or veggies

- Brown & wash ground beef
- Add water
- Add gravy mix and bring to boil
- Turn heat down to med.-low and simmer

Layer in baking pan

- 1) Meat layer
- 2) Veggie layer
- 3) Mashed potato layer
- 4) Top with grated cheddar cheese

Bake at 350°F for 20-30 minutes (until a knife inserted comes out hot)

Apple Crisp

2 cups sliced cooking apples (about 2 apples)

½ cup flour

½ cup brown sugar

¼ tsp. cinnamon (optional)

⅓ cup margarine

- Place sliced apples in buttered baking dish
- Mix flour, sugar, cinnamon, and butter until crumbly
- Sprinkle over fruit and bake at 350* for about 30 min or until apples are tender

* If apples are past their prime or fully ripe, sprinkle with ½ tbsp lemon juice just before adding topping

Chocolate Chip Cookies

1-cup butter
½ cup white sugar
1 cup packed brown sugar
1-teaspoon vanilla extract
2 eggs
2 ½ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
2 cups semisweet chocolate chips

Directions

- 1** Preheat the oven to 375° F
- 2** In a large bowl, cream together the butter and sugar until smooth. Beat in the vanilla and eggs one at a time. Combine the flour, baking soda and salt; stir into the sugar mixture. Finally, Mix in the chocolate chips. Drop by tablespoonfuls onto and ungreased cookie sheets.
- 3** Bake for 8-10 minutes in the preheated oven, or until edges are golden brown. Remove from baking sheet to cool on a wire rack.

Chocolate Chip Squares

1 cup Butter
1 cup brown sugar
½ cup white sugar
2 tsp. Vanilla
2 eggs
2 cups white flour
1 tsp Baking soda
1 tsp Salt
2 cups chocolate chips

Cream butter and brown sugar. Add white sugar and cream again. Add vanilla and egg and beat well. Add remaining ingredients. Put in 9 by 9 inch baking pan. Bake at 350°F for 25 minutes.

Double Chocolate Brownie Cookie

6 tbsp. Butter
1 bag Chocolate chips (2 cups) (divided)
½ cup all purpose flour
2 tbsp. cocoa
¼ tsp. baking powder
¼ tsp. Salt
3 eggs
1 cup white sugar
1 ½ tsp vanilla
1 cup chopped walnuts

In heavy saucepan over low heat melt butter with 1 cup of chocolate chips, stirring constantly until smooth; set aside. In small bowl combine flour, cocoa, baking powder and salt; set aside. In a large bowl, cream eggs with sugar and vanilla. Stir in chocolate mixture. Stir in flour mixture until well blended. Stir in remaining chocolate chips and nuts. Cover and chill for 1 hour. Heat oven to 350°F (180°C). Shape 1-inch (2 ½ cm) dough balls on ungreased cookie sheets. Bake 10 minutes or until puffed and crackled. Let cool 2 minutes, and then remove to rack. Makes about 3- ½ dozen 2 inch (5 cm) cookies.

Seven Grain Bread

<u>Milk</u>	<u>1 $\frac{2}{3}$ cups</u>
<u>Butter</u>	<u>2 Tbsp.</u>
<u>Honey</u>	<u>1 Tbsp.</u>
<u>Salt</u>	<u>1 $\frac{3}{4}$ Tsp.</u>
<u>Whole wheat flour</u>	<u>1 $\frac{1}{4}$ cups</u>
<u>White flour</u>	<u>2 $\frac{1}{2}$ cups</u>
<u>Seven grain cereal</u>	<u>$\frac{3}{4}$ cup</u>
<u>Yeast</u>	<u>1 $\frac{1}{2}$ Tsp.</u>

Directions:

1. Measure ingredients in order listed into baking pan.
2. Insert baking pan into oven chamber, and close the lid.
3. Select “Grain” and put the loaf size on 1.5 lb.
4. The crust will be pre-selected.
5. Now press start (there will be a 25-minute preheat delay before mixing starts.
6. Using oven mitts, remove the bread when the completions beep sounds.
7. Cool on a wire rack before slicing.

Time it takes: 4:10 hrs.

This recipe was designed for the “Black & Decker All-In-One Plus™ Horizontal Breadmaker.”

Nanimo Bars

Layer 1

1/2 cup butter
1/2 cup sugar
3 tbsp Cocoa
1 egg beaten
1 tsp Vanilla
2 cups graham crumbs
3/4 cup coconut

- Heat the butter, sugar, and cocoa in a pan.
- Stir until smooth.
- Add the egg and vanilla, mix.
- Remove from heat.
- Add the graham crumbs and coconut.
- Spread into a greased 8" by 12", put it into the refrigerator.

Second Layer

1/4 cup butter
2 cups icing sugar
1 tsp. Vanilla
2-3 tbsp. Hot water
3-4 tbsp. Instant vanilla pudding powder

- Mix all ingredients together in a small bowl.
- If it is too thick add some milk.
- Spread over first layer.
- Refrigerate for 1 hr.

Last layer

2 cups chocolate chips
4 tbsp. Butter (add more if needed)

- Melt the chocolate chips and butter over medium heat or in the microwave.
- When smooth put on top of the second layer.
- Enjoy!

Brownies

½ cup butter, melted

1 cup white sugar

2 eggs

½ cup self-rising flour

⅓ cup unsweetened cocoa powder

¼ teaspoon salt

1 teaspoon vanilla extract

½ cup chopped walnuts (optional)

1. Preheat oven to 350°F. Grease and flour and 8x8 or 9x9 inch baking pan.
2. In a medium bowl. Beat together the butter and sugar. Add eggs, and mix well. Combine the flour, cocoa and salt; stir into the mixture. Mix in the vanilla and stir in walnuts if desired. Spread evenly into the prepared pan.
3. Bake for 25 to 30 minutes in the preheated oven, or until the edges are firm. Cool before cutting into squares.

Chocolate Chip Oatmeal Squares

1 cup butter, softened
1 ¼ cups packed brown sugar
½ cup white sugar
2 eggs
2 tablespoons milk
1 teaspoon vanilla extract
1 ¾ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
2 ½ cups rolled oats
2 cups semisweet chocolate chips
1 cup chopped walnuts

1. Preheat oven to 375°F.
2. Beat together butter and sugars until creamy. Add eggs, milk, and vanilla; beat well. Add combined flour, baking soda and salt; mix well. Stir in oats, chocolate chips and nuts; mix well.
3. Press dough onto bottom of ungreased 13x9 inch baking pan. Bake for 30-35 minutes

Pastry (for 6 small tarts) (for Country Quiche below)

1 cup all purpose flour
½ tsp salt
⅓ cup shortening
2 ½ - 3 ½ tbsp cold water

- Sift the flour and salt together
- Cut the shortening with pastry cutter or 2 knives
- Add the water – 1 tbsp at a time until the mixture holds together
- Refrigerate the dough for about 30 minutes
- Remove from fridge and let sit on the counter for 15 minutes
- Roll out the dough on a lightly floured surface
- Cut out 6 - 4 inch rounds
- Press into lightly greased tart tins

Country Quiche

4 slices bacon
½ small onion, chopped
2 eggs
1 tbsp milk
1 tbsp flour
½ tsp dried parsley
⅛ tsp dried thyme
Salt and pepper to taste
Unbaked tart shells (above)
2 tbsp shredded mozzarella cheese
4 tbsp shredded cheddar cheese

- Preheat oven to 350°F (175°C)
- Place bacon in large skillet
- Cook over medium high heat until evenly browned

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- Drain (reserve 1 tsp grease) – crumble bacon and set aside
- Heat reserved bacon grease in skillet and sauté onion until soft
- In a large bowl, beat together eggs, milk, flour, parsley, thyme, salt and pepper
- Add bacon, onion, mozzarella, and cheddar
- Mix well
- Pour mixture into tart shells
- Bake in preheated oven until lightly browned on top and firm in the middle – approximately 40 minutes
- Serve warm

Cheeseburger Soup

¼ pound ground beef
6 tbsp chopped onion
6 tbsp shredded carrots
6 tbsp diced celery
½ tsp dried basil
½ tsp parsley flakes
2 tbsp margarine – divided
1 ½ cups chicken broth (1 ½ cup boiling water + 1 ½ tsp chicken stock)
2 cups diced, peeled potatoes
2 tbsp all purpose flour
4 oz process cheese, cubed
¾ cup milk
¼ tsp salt
¼ tsp pepper
2 tbsp sour cream

- In a medium saucepan, brown beef
- Drain & set aside
- In the same saucepan, sauté onion, carrots, celery, basil & parsley in ½ tsp butter until veggies are tender (about 10 minutes)
- Add chicken broth, potatoes & beef
- Bring to a boil
- Reduce heat; cover and simmer for 10-12 minutes or until potatoes are tender
- Meanwhile, in a small skillet, melt remaining butter
- Add flour, cook and stir for 3-5 minutes or until bubbly
- Add to soup
- Bring to a boil
- Cook and stir for 2 minutes
- Reduce heat to low
- Add cheese, milk, salt & pepper
- Cook and stir until cheese melts
- Remove from the heat
- Blend in sour cream

-Yield: 4 servings

Ranch Biscuits

1 tbsp yeast

½ cup warm water

¼ cup oil

1 cup buttermilk or sour milk (or get one cup milk and 1 tbsp vinegar)

¼ cup sugar

½ tsp salt

2 ½ cup flour

2 tsp baking powder

½ tsp baking soda

-Dissolve yeast in warm water & sugar

-Add buttermilk & oil

-Add dry ingredients

-Mix well

-Knead on floured board to about 1" thick

-Cut into biscuits

-Bake at 350°F for about 12 minutes

-May be mixed in advance & stored in fridge

-Can be used as dinner rolls

-Serve with cheeseburger soup

Meatballs

½ lb ground beef

3 tbsp bread crumbs

2 tbsp milk

½ tsp salt

Pepper and spices to taste

-When using 1 lb of beef – add 1 egg instead of milk

-Mix the above ingredients together completely

-Form into meatballs

-Fry in pan until completely cooked

Never Fail Sweet & Sour Sauce

½ cup water or pineapple juice

½ cup brown sugar

2 tbsp vinegar

1 ½ tbsp ketchup

½ tbsp Soya sauce

½ tsp prepared mustard

½ tin pineapple – tidbits or crushed

-Combine the above ingredients

-Boil at medium heat

-Mix 1 tbsp cornstarch in 2 tbsp water

-Slowly add to sauce

-Cook until it boils

-Add meatballs, cooked pork, chicken, beef, ect.

-Sautéed onions, peppers, cooked carrots... can also be added to the sauce.

See next page

Rice Pilaf

2 tbsp margarine

¼ cup green pepper

¼ cup chopped celery

¼ cup onion

1 cup white rice

2 tbsp soya sauce

Enough chicken stock added to sauce to make 2 cups

1 cup sliced mushrooms

-Sauté peppers, celery & onion to soften only

-Add to rice

-Cover with soya sauce & chicken sauce mixture

-Add spices to your taste

-Bring mixture to a boil

-Cover & cook 2 minutes – DO NOT PEEK

Lemon Bars Deluxe

2 cups sifted all-purpose flour
½ cup sifted confectioners' sugar
1 cup butter or margarine
4 eggs
2 cups granulated sugar
⅓ cup lemon juice
¼ cup all purpose flour
½ tsp baking powder
Sifted confectioners' sugar

- Sift together the first 2 ingredients – cut the butter until mixture clings together
- Press into 13x9 baking pan
- Bake at 350° about 20-25 minutes (light brown)
- Put eggs, 2 cups sugar and lemon juice into blender
- Blend until thick and smooth
- Sift ¼ cup flour and baking powder – add to blender; blend to combine
- Pour over crust – bake at 350° for 25 minutes more
- Sprinkle with confectioners' sugar – cool & cut into bars

Raspberry Almond Bars

1 ½ cups all-purpose flour
½ cup brown sugar
¼ cup granulated sugar
½ tsp baking powder
½ tsp salt
½ tsp cinnamon
½ cup margarine
1 egg
1 tsp almond extract
2 tbsp flour
¾ cup raspberry jam
1 egg yolk
1 tsp water

- Combine 1 ½ cups flour, both sugars, baking powder, salt and cinnamon
- Mix well – Cut in butter until mixture resembles coarse meal
- Add egg and extract – mix with fork
- Remove ½ cup mixture and add 2 tbsp flour to it
- Press remaining mixture into lightly greased 9” square cake pan
- Spread jam evenly over top – Add enough water to reserved mixture until it holds together – this will resemble pastry
- Roll into 12 pencil strips and weave diagonally over jam to form a lattice
- Brush lattice with mixture of egg yolk and water
- Bake at 375° for 25-30 min or golden brown – Cool & cut into bars

Coffee Bars

1 cup raisins
½ tsp cinnamon
⅔ cup strong hot coffee
⅔ cup shortening
1 cup sugar
2 eggs
1 ½ cups flour
1 tsp baking powder
½ tsp baking soda
¼ tsp salt

- Combine raisins, cinnamon and hot coffee
- Let stand for a few minutes
- Cream shortening, sugar and eggs
- Sift together dry ingredients
- Add alternately to creamed mixture with raisin mixture
- Bake for 30-40 minutes
- While still warm, ice with coffee glaze

Coffee Glaze

1 ½ cups icing sugar
1 tbsp butter
Strong hot coffee

- Combine 1 ½ cups icing sugar with 1 tbsp butter
- Add enough hot strong coffee to make spreading consistency
- Spread on cake while still warm

Buttermilk Brownies

½ cup margarine
½ cup water
5 tbsp cocoa
1 cup flour
1 cup sugar
½ tsp baking soda
¼ tsp salt
¼ cup buttermilk
1 slightly beaten egg
¾ tsp vanilla
¼ cup walnuts (optional)

- In medium saucepan – combine butter, water & cocoa
- Cook and stir until mixture comes to a boil
- Remove from heat & set aside
- In a bowl, stir together flour, sugar, soda & salt
- Add buttermilk, eggs & vanilla
- Beat until smooth
- Stir batter into hot cocoa mixture by hand
- Beat until well combined
- Pour into greased & floured 9x9 pan
- Bake at 400° for 15 minutes or until tests done
- Allow to cool while making the fudge topping

Fudge Topping

4 tbsp margarine
¼ cup milk
½ cup sugar
⅓ cup cocoa
1 ½ cup icing sugar

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- Combine the first 4 ingredients in a saucepan
- Cook on medium low heat until sugar is dissolved
- Remove from heat
- Quickly beat in icing sugar
- Spread immediately (it will harden quickly!)

*You can use this topping for any type of baking or over ice cream as hot fudge topping