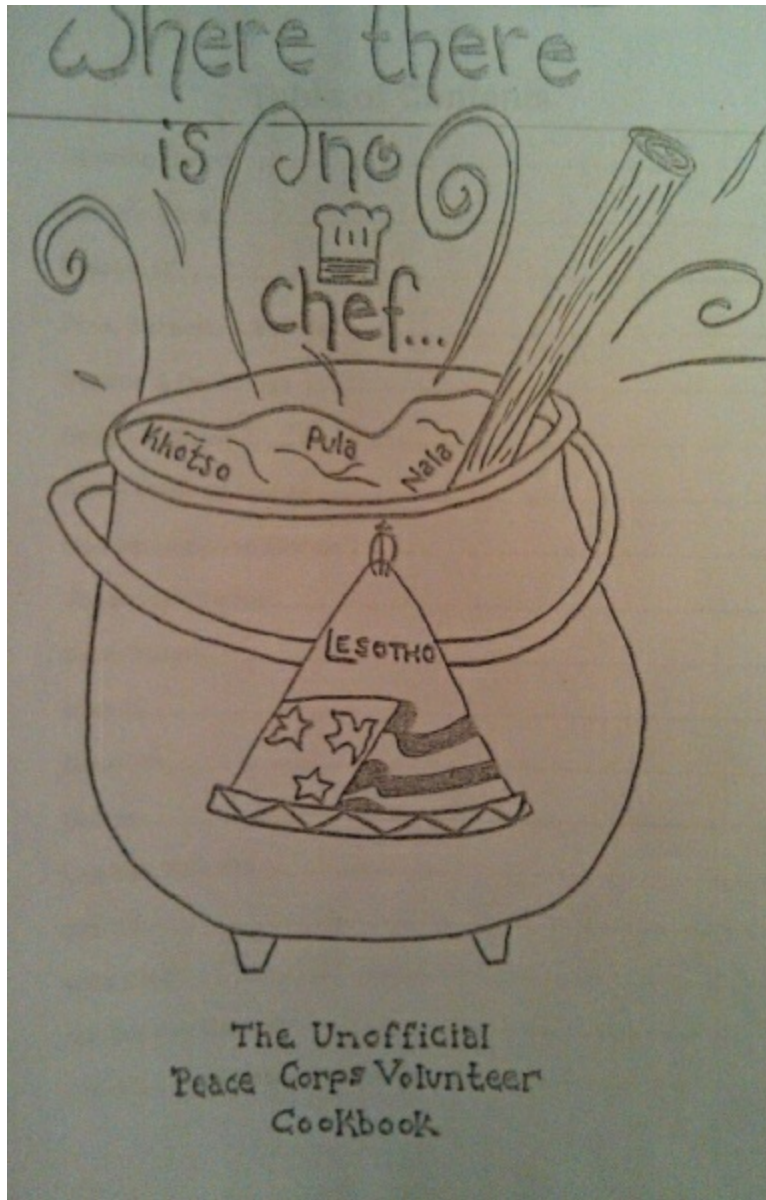


*Converted to e-reader format by PCV Travis Wohlrab [Lesotho HY '13]*



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# Cooking Basics

## Measurement Conversions

ml	Tbsp	tsp	US cup	fluid oz
1000	-	-	4	32 (1 quart)
500	32	96	2	16 (1 pint)
250	16	48	1	8
180	12	36	$\frac{3}{4}$	6
150	10	30	$\frac{2}{3}$	5
125	8	24	$\frac{1}{2}$	4
80	5	16	$\frac{1}{3}$	3
60	4	12	$\frac{1}{4}$	2

30	2	6	$\frac{1}{8}$	1
15	1	3	$\frac{1}{16}$	0.5

**When you know:**

**You can find:**

**If you multiply by:**

ounces

grams

28

pounds

kilograms

.45

grams

ounces

.035

kilograms

pounds

2.2

ounces

milliliters

30

milliliters

ounces

.034

pints

liters

.47

quarts

liters

.95

gallons

liters

3.8

liters

pints

2.1

liters

quarts

1.06

liters

gallons

.26

## **Temperature Conversions**

120°C.....250°F (low)

140°C.....275°F

150°C.....300°F (medium)

160°C.....325°F

180°C.....350°F (medium high)

190°C.....375°F

200°C.....400°F (high)

220°C.....425°F

230°C.....450°F (scorchin!)

## **Staple Shopping List**

### **General Staples**

baking powder, baking soda, cornmeal/maize meal, coffee (ground or instant), crackers/chips, flour, hot chocolate mix, lemon juice, mayonnaise/salad dressing, oatmeal, oil, peanut butter, shortening/butter/margarine, sugar, vinegar

### **Packaged Goods**

beans, lentils, canned tomatoes, canned fruit, canned tomato paste, canned tuna, cereal/granola, dried soup mix, dry milk, pasta, rice, tea

### **Baking Staples**

chocolate, nuts, raisins, cocoa, cake flour, treacle sugar, powdered sugar, yeast

### **Dairy Staples**

cheese, yogurt, coffee creamer, milk

### **Fruits and Veggies**

apples, oranges, bananas, tomatoes, garlic, onion, green pepper, carrots

### **Spices/Seasonings**

basil, bay leaves, black pepper, bouillon cubes, cayenne pepper, chives, chili powder, cinnamon, curry powder, garlic, powder/salt, ginger, nutmeg, oregano, paprika, parsley, rosemary, salt, thyme, vanilla, white pepper

### **Condiments**

ketchup, mustard, mayonnaise, honey, BBQ sauce, soy sauce, Worcestershire sauce

### **Household Staples**

matches, candles, bleach, dish soap, sponges, paraffin

## Lesotho/ South Africa Food Terms

bicarbonate of soda = baking soda  
golden syrup = corn syrup  
maize or mealie meal = cornmeal  
tin = can  
marrows = squash or zucchini  
mince = hamburger meat/ground meat  
tomato sauce = ketchup  
jelly = jello  
treacle = molasses icing  
snow = powdered sugar  
digestive biscuits = graham crackers  
jungle oats = oatmeal  
brinjals/aubergines = eggplant  
castor sugar = very fine sugar  
salad cream/dressing = mayonnaise  
essence = extract  
cream crackers = soda crackers  
treacle sugar = packable brown sugar

## Herbs and Spices Reference

- Aromat:** Popular spice in Africa. Salt blended with other spices, coming in a variety of flavors. If you are MSG sensitive, try to avoid. Can be used on most savory dishes. Try the Chili Beef on popcorn. It'll change your life.
- Basil:** Sweet, warm flavor with an aromatic odor. Use whole or ground. Typically used in Italian or Thai dishes. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.
- Bay leaves:** Pungent flavor. Use whole leaf but remove before serving. Good in tomato-based pasta sauces, vegetable dishes, seafood, stews and pickles.
- Cayenne pepper:** Bright red pepper that has a spicy, hot flavor. Used in spicy dishes like Mexican and Thai food. It has been said that the best cayenne around here comes from Pierre in Ladybrand.
- Chives:** Sweet mild flavor like that of an onion. Excellent on salads, fish, soups and potatoes.
- Cilantro:** Use fresh. Excellent on salads, fish, chicken, rice, beans and Mexican and Thai dishes. Did you know?? The way that cilantro tastes to a person is genetic. To some people, it tastes like soap.
- Cinnamon:** Sweet pungent flavor. Used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, Chutneys and hot drinks. Also can be used in spicy ethnic dishes like chili, curry, and other savory dishes.
- Coriander:** Mild, sweet, orangey flavor and available whole or ground. Common in curry powders and pickling spice. Also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies, and baked goods.
- Cumin:** Warm, spicy flavor. Used commonly in Mexican and curry dishes. Goes well with lemon or lime juice.



**Curry powder:** Any of a variety of spice blends with a distinctive flavor, used in most Indian and Thai dishes. Used with meat, poultry, fish, and vegetables and can also be used to give beans and lentils a good flavor.

**Dill:** Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes, and beans. Leaves or the whole plant may be used to flavor pickles.

**Fennel:** Sweet, hot flavor, similar to licorice. Both seeds and leaves are used. Use in small quantities in pies and baked goods for more of a biting spice. Leaves can be boiled with fish.

**Ginger:** A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups, meat dishes, Thai, Chinese and curry dishes.

**Marjoram:** Can be used either dried or fresh. Use to flavor fish, poultry, omelets, lamb, stews, and stuffing.

**Mint:** Aromatic with cool flavor. Use in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

**Nutmeg:** Whole or ground. Use in cream soups, cheese dishes, fish cakes and with chicken and veal. Excellent in custards, milk puddings, pies, and cakes. Try in pumpkin, butternut and sweet potato dishes as well.

**Oregano:** Strong, aromatic odor. Use whole or ground in tomato sauce, fish, eggs, pizza, omelets, chili, stew, gravy, poultry, and vegetables. Essential for Italian dishes.

**Paprika:** A bright red pepper, this spice is used in meat, vegetables, and soups or as a garnish for potatoes, salads, or eggs. Good to add if you want a subtle but not overpowering pepper spice.

**Parsley:** Best when used fresh but can be used dried as a garnish or seasoning. Try on fish, omelets, soup, meat, stuffing, potatoes, and mixed greens. Add just before taking the dish off the heat for a mild lemony flavor.

**Rosemary:** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread, potatoes, and vegetables. Great in dressings.

**Saffron:** Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed use turmeric instead, but the flavor will not be the same.

**Sage:** Use fresh or dried. The flowers are sometimes used in salads. Can be used in tomato sauce, soups, fish, omelets, beef, poultry, stuffing, cheese spreads, and breads.

**Tarragon:** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots, and dressings.

**Thyme:** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

**Turmeric:** Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes, and to color cakes and rice dishes. Often used in Indian rice dishes.

**White pepper:** Ground white peppercorns, similar flavor to black pepper and best for white gravies, béchamel sauces, and Creole cooking where you do not want color added to the sauce.

## **Quick Fixes For When You Mess Up**

**Acidic foods:** If a sauce (especially tomato based) has become too acidic, add baking soda one teaspoon at a time to the sauce, or sugar as a sweeter alternative.

**Burnt food on pots or pans:** Allow the pan to cool and scrub off as much food as you can. Add about an inch of water to the pot, bring to a boil and use a spatula to scrape the burnt food off the bottom.

**Chocolate seizes:** Chocolate can seize (turn coarse and grainy) when it comes in contact with water. Put chocolate in a double boiler (in a metal bowl or small saucepan over a larger saucepan with a few inches of boiling water in it). Over medium heat, slowly whisk in warm heavy cream (full cream milk), using  $\frac{1}{4}$  cup heavy cream to 4 oz. of chocolate. The chocolate should melt and become smooth.

**Hands smell like garlic or onion:** Rinse both hands under cold water while rubbing them with a stainless steel spoon, or rub on a small amount of lemon or lime juice. Really, try the spoon thing, it works.

**Soup, sauce, or gravy too thin:** Add 1 Tbsp of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary. My lumps, my lumps, my saucy gravy lumps!

**Sticky rice:** Rinse rice with warm water.

**Too salty:** Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

**Too sweet:** Add a little vinegar or lemon juice.

## Substitutions

baking powder 1 tsp =  $\frac{1}{3}$  tsp baking soda,  $\frac{1}{2}$  tsp cream of tartar

self-raising flour 1 cup = 1 cup white flour,  $1\frac{1}{2}$  tsp baking powder,  $\frac{1}{2}$  tsp salt

sour or buttermilk 1 cup =  $\frac{1}{2}$  Tbsp vinegar or lemon juice, 1 cup milk

sour cream 1 cup = 1 can Nestlé's Cream, 1 Tbsp of lemon juice

cornstarch 1 Tbsp = 2 Tbsp flour

dry mustard 1 tsp = 1 Tbsp prepared mustard

garlic 1 clove = 1 tsp dried garlic flakes or powder

granulated white sugar 1 cup = 1 cup packed brown sugar or 2 cups powdered sugar

honey 1 cup =  $1\frac{1}{4}$  cups white sugar,  $\frac{1}{4}$  cup water

chocolate 1 square = 3-4 Tbsp cocoa plus 1 Tbsp butter

unsweetened chocolate 1 square = 3 Tbsp unsweetened cocoa, 1 Tbsp oil

tomato sauce or puree 2 cups =  $\frac{3}{4}$  cup tomato paste, 1 cup water

egg (when baking, per egg) = 1 Tbsp soy flour, 2 Tbsp water

condensed milk 15oz can = 1 cup powdered milk, 1 cup sugar,  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  cup butter

herbs, fresh 1 Tbsp = 1 tsp dried herbs

ketchup or chili sauce 1 cup = 1 cup tomato sauce,  $\frac{1}{2}$  cup sugar, 2 Tbsp vinegar

mini marshmallows 10 count = 1 large marshmallow

brown sugar  $\frac{1}{2}$  cup = 2 Tbsp molasses/honey and  $\frac{1}{2}$  cup granulated sugar

powdered sugar 1 cup = 1 cup granulated sugar plus one tsp cornstarch or 2 tsp flour

tomato juice 1 cup =  $\frac{1}{2}$  cup tomato sauce plus  $\frac{1}{2}$  cup water or chicken broth

## **Cooking Terms**

**Au gratin:** Topped with crumbs and/or cheese and browned in oven or under broiler.

**Au jus:** Served in its own juices. Mmmmm, juices.

**Baste:** To moisten foods during cooking with pan drippings or other liquid to add flavor and prevent drying.

**Bisque:** A thick cream soup.

**Blanch:** To immerse in rapidly boiling water and allow to cook slightly.

**Cream:** To soften butter by beating it at room temperature. Butter and sugar are often creamed together to make a smooth paste, especially when making baked goods.

**Crimp:** To seal the edges of a two-crust pie by pinching them together at intervals with the fingers or by pressing them together with the tines of a fork.

**Crudités:** An assortment of raw vegetables (e.g., carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

**Degrease:** To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed. Never pour hot grease down a drain!

**Dice:** To cut into small cubes.

**Dredge:** To coat lightly with flour, cornmeal, etc.

**Dutch Oven:** In a very large pot (bigger than a plate), place a small tin can (size of tuna can) upside

down, place what you want to bake on top of the can, place lid on pot and bake.

**Entrée:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated while slowly rotating the bowl, until the ingredients are blended.

**Glaze:** To cover with a glossy coating, such as a melted butter and sugar or diluted jelly.

**Hard boil:** Place eggs in a saucepan of boiling water and simmer gently for 10 minutes. Plunge immediately into coldwater and allow to cool before removing the shell.

**Julienne:** To cut or slice vegetables, fruits or cheeses into slivers.

**Marinate:** To allow food to stand (or sit, if that's more comfortable) in a liquid in order to tenderize or to add flavor.

**Meuniere:** Dredged with flour and sautéed in butter. You will NEVER see this word again, not even on the GRE.

**Mince:** To chop food into very small pieces.

**Parboil:** To boil until partially cooked. Usually the final cooking method for a seasoned sauce.

**Poach:** To illegally kill an animal. Also, to cook gently in hot liquid kept just below the boiling point. Both definitions can be used in succession, often with delicious results.

**Puree:** To mash foods through a sieve or food mill or by whirling in a blender or food processor until perfectly smooth.

**Refresh:** To run cold water over food that has been parboiled in order to quickly stop the cooking process.

**Sauté:** To cook and/or brown in a small quantity of hot oil or shortening.

**Scald:** To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

**Shred:** To slice finely using a sharp knife or grater.

**Simmer:** To cook in a liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steam:** To cook with the steam from boiling water. Place food in a steamer basket or bowl inside a pot with about 1" of water; make sure to check water level to avoid burning.

**Steep:** To let food stand in hot liquid in order to extract or enhance flavor, like tea in hot water.

**Toss:** To combine ingredients with a repeated lifting motion.

**Whisk:** To incorporate air into a mixture, e.g., egg whites for meringues.

**Whip:** To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites

## **Flour**

**Whole wheat flour:** Flour in its complete form, with all of the vitamins, minerals and trace elements contained in the outer husk (bran) and central wheat germ, as well as protein and starch content. The best flour is stone-milled.

**Bread flour:** Very heavy and requires much kneading.

**Self-raising flour:** Contains baking powder.

**Cake flour:** Sifted bread flour, can be used for bread (Snowflake brand is the best).

**Rye flour:** Good for bread dough, although it will be flatter because of low gluten content.

**Soy flour:** A pale flour, rich in protein; can be added to bread for additional food value.

**Cornmeal:** A coarse or fine pale yellow meal, often used as thickening agent or in breads or pudding.

**Sorghum:** Very small grain taken from the head of the sorghum plant.

## Yeast

**Rapid rising or instant:** Can be added directly to flour, no water needed.

**Active yeast:** Add to warm water and feed with ½ tsp of sugar. If it is not bubbling after 5-10 minutes, try again. If it still doesn't bubble, you probably killed it. How does that make you feel?

### **Tips for yeast:**

- Yeast water should be warm, but comfortable to touch.
- Yeast likes humidity, so place a damp cloth over your dough while it is rising.
- Make sure the bowl in which the dough is placed is not too cold, as this can kill the yeast.
- Allow the dough to rise in a warm place.

## Legumes and Beans

**Lentils:** The seeds are dried, de-husked, and sometimes split; they come in a variety of colors and are very high in protein and fiber. Brown lentils are good in soup. Red lentils are really good as a substitute for refried beans.

**Chickpeas/Garbanzos:** Creamy yellow in color can be found dried or canned; good source of protein.

**Sugar beans:** Sometimes called red speckled beans. Great all-purpose bean.

**Haricot beans:** Large, white beans. Good for stews.

**Split peas:** Split dried peas with skins removed.

**Soy beans:** Great source of protein. Can be roasted and eaten plain.

### **Tips for beans:**

- Add a tsp of baking soda to the beans before you cook- this will cut the time in half.
- Overnight method: sort through the beans for any rocks, rinse beans thoroughly and cover with water; allow to soak overnight. The bean water is full of nutrients, so cook with it! Hooray for bean water!
- Quick soak method: sort and rinse beans, cover with water and bring to a boil; cook for two minutes and remove from heat, cover and let sit for one hour.
- DO NOT add salt during boiling, as this will toughen the skin, and nobody likes a tough bean.

**Cooking times for beans (soaked overnight), lentils, and split peas:**

- Black beans: 1½-2 hrs • Garbanzo beans: 2-3 hrs • Kidney beans: 1½-2 hrs • Split peas: 30-45 minutes.
- Lentils (whole): 30-45 min • Lentils (split): 15-20 min
- Lima beans: 1-1½ hrs • Navy beans: 1½-2 hrs • Pinto beans: 1½-2 hrs • Soybeans: 2-3hrs

## **Sugar and Sweeteners**

**Raw sugar:** Natural unrefined cane sugar, it is brown in color with large granules.

**Treacle:** The closest thing to brown sugar in SA. Soft, sticky, finely granulated and dark brown; rich in molasses.

**Honey:** A natural product made from the nectar of flowers; easily digested and a good substitute for sugar.

## **Eggs**

Eggs can last a couple of months without refrigeration. To test if an egg is fresh, cover with water. Fresh ones lie flat, whereas rotten ones float.

## **Oils**

These are an essential part of the diet. They contain essential fatty acids that cannot be manufactured by the body and must be provided by foods. They contain vitamins A, D, E, and K. Sunflower oil and corn oil contain a high percentage of polyunsaturated fatty acids, which make them desirable for use in diets where coronary disease is a consideration or preventative measures are necessary. Peanut and olive oils are not suitable for this purpose.

**Butter:** Produced from milk and usually contains more than 80% butterfat. It also contains vitamins A and D and small amounts of protein, milk, sugar, and minerals.

**Margarine (Rama):** Look for margarine that is made from pure vegetable oils and the lowest fat content. Many have a mixture of animal and vegetable oils.

## **Cheese**

**Cottage cheese:** Smooth and regular are available at Shoprite.

**Cheddar cheese:** The Elite brand is sharp cheddar, whereas the store-packaged cheese is mild.

**Mozzarella cheese:** Doesn't have a strong taste, and is very expensive, but good for pizza.

**Feta cheese:** Comes in a variety of flavors, available at Shoprite and Pick n Pay.

**Uncolored cheese:** White in color and tastes like provolone.

## **Cream, Milk and Yogurt**

**Sour cream:** Find Nestle canned cream and add some lemon juice, or look for smooth cottage cheese.

**Soy milk:** Available in liquid and powder.

**Fresh milk:** Unpasteurized cow milk; to pasteurize, just boil it until it foams on top and then cool.

**Long life milk:** Has an exceptionally long shelf life and will stay fresh once opened for 2-3 days, especially in Winter.

**Milk powder:** Lasts longer than long life; available in full cream, 2%, skim and soy.

**Yogurt:** Generally available everywhere, not often refrigerated.

## **Dried Fruits**

Dried fruits are rich in natural sugar (fructose) and are often much sweeter than their fresh counterparts. They are rich in minerals such as potassium and iron, as well as vitamins A and B. Apricots have vitamin A and C. Currants have a sharper flavor than raisins, and both are rich in copper and iron. Apples can be found year round.

## **End of Chapter**

## Editors' Note:

Dear Fellow PCVs, PCTs, and PCVLs,

We sincerely hope that if you are reading this, it is not because you've reached a record boredom in your service, but because you are sincerely interested in knowing the perspective from which this cookbook has been re-edited...

On that note, we, as the editors would just like to say that, regardless if you are a beginning cook or a seasoned chef, coming to Peace Corps, you will likely face a plethora of new challenges on the food front. This cookbook will hopefully help mitigate some of them a bit, possibly even turn your PC cooking experience into a rewarding one. Some volunteers will have access to the magical land of Shoprite whenever they like while others will only see Pilchards and Sugar Beans in their local shopong. Especially if you are in the latter category, you will probably scout what things are available in different places, e.g. what you can buy in your camptown vs. Maseru or have sent from home because you can't live without it. Since the cookbook committee this time around has been based in Qacha's Nek, we have really tried to include recipes that can be made in more remote locations, meaning that almost everyone should have access to these ingredients at lower prices, and who doesn't love that, eh?

As we talk about food access in terms of Shoprite and the local shopong, keep in mind that almost every Mosotho has a garden. Your Peace Corps experience provides an ideal time to learn how to garden yourself, and whether you miss red onions, arugula, fresh cilantro or eggplant, growing them yourself can expand your options and be a really fun part of your PC experience. Also, don't forget to look around your village or even camptown for someone who is willing to sell things from their garden or farm – you'll be surprised (finding carrots locally are definitely worth it!). This is a great time to catch on to all of that local and seasonal eating that is trendy in America.

Also, remember that money you spend directly with people in your community will help the local economy, and it can even help you make friends. Buying produce this way is, however, heavily dependent on seasonality – so be warned. For two weeks you can eat as many delicious, fresh green peas as you can stomach, because all too soon, they'll be gone until next year. Eating a lot of one delightful fresh food at certain times can be one of the joys of seasonal eating, but it can take some getting used to. Food preservation such as canning (beets, tomatoes, peaches) and drying (apples, tomatoes, peaches), as well as buying a lot of things that store well all at once (pumpkin, potatoes, cabbage, onions...) can increase variety in your diet even in winter. This will help keep you from eating too much cabbage, which isn't good for anyone... In this edition of the cookbook, we've included a DIY section – if you're up for a culinary adventure or just desperate for something resembling cheese, check it out. A lot of getting by successfully in your Lesotho kitchen involves getting very comfortable with making things yourself. Regarding substitutions (check out the pages before this one) and omissions (knowing what is crucial to the recipe and what isn't), we've tried to help with this by adding (optional) next to a lot of things. We've also tried to increase options and decrease redundancy (and how much we had to type) by adding variations to base recipes as often as possible. Keep in mind, that cooking is an art, not a science. If you think a recipe needs more garlic – by all means add it! If you don't have/like something, try substituting. Be creative, and enjoy. Cooking



is a great way to pass the time, warm up your house, and make it smell nice, while getting to eat what you make. Win! Win! Win! Another new addition to the cookbook this year is the Soup Chart and equation. Check it out because we tried to convey the fundamentals while allowing for creativity, making a myriad of soups with whatever you have on hand. Soup is simple – anyone can do it. Additionally, Lesotho is cold, so soups are great, and requires much less dishwashing, yet another plus!

As we all learned in grade school (and likely are trying to teach Basotho) a balanced diet is crucial to your health, both physical and mental as a PCV. Many volunteers unwillingly lose or gain weight. With this in mind, we've really tried to include a lot of recipes that are not only delicious but also healthy. Check out "Shane's Sludge" if you are worried about weight loss (but don't tell me about it). And for everyone, don't worry too much about adding some fat (dark leafy greens need fat, for all the nutrients to be used by your body) and salt to your home-cooked food. Eating from scratch, we don't get the same processed stuff as back in good ole' America. Food can also bring some degree of comfort on tougher days (no, I don't mean eating a whole tub of Ben and Jerry's), but food can make you feel closer to home. Check out the "Chinese Food" or "Mexican Food" sections, pizza or cooking for Thanksgiving. In this issue of the cookbook we've also included a home spa (AKA bucket spa) section, for those days when you just don't think you can stand the smell of one more trip to the outhouse, you're going on vacation, or if you just want to impress the hotties, or to feel extra pretty and relaxed during your once a week winter bath. We hope this section can bring some sparkle to your lives. Don't forget that your water filter can sound like a relaxing fountain. Check out the kids section for other "pick-me-up" ideas because playing with kids is a universal cure for the low points on that infamous graph. Sharing is caring and Basotho really enjoy learning about new ways to cook, so as you go along don't be afraid to share creations and recipes with your friends and neighbors.

I'll wrap up by saying, we hope you enjoy this version of the cookbook that you find it useful whether you are just learning to cook or experienced and looking for inspiration – we've tried to keep you all in mind with these delicious and 'go-to' recipes. Please watch for these 'helpful' symbols as you go along.

**R** healthy, nutritious & delicious

**J** so easy, even Tommy Hantlé can cook it!

**C** it'll change your life in a truly awesome way

Also, if you have any additions, subtractions or other suggestions for next year, please feel free to contact us as this lovely little book belongs to us all. Happy cooking!

**End of Chapter**

# Breakfast

## **Pancakes (makes 16 4" pancakes)**

2 c flour                      2 Tbsp sugar  
1 tsp baking powder      ½ tsp baking soda  
½ tsp salt                      2 eggs

2 1/4c buttermilk (milk with 1 tsp of vinegar or lemon juice)

3 Tbsp melted "butter"    1-2 tsp oil

- Mix dry ingredients in a large bowl, in a separate bowl combine all wet ingredients (except oil), slowly mix the wet into the dry ingredients. Let sit for 10 minutes, heat 1 tsp oil in non-stick skillet, pour batter in ¼ c increments onto pan, flip when the top begins to form bubbles, then cook 1-2 minutes on the other side.

### **Variations:**

\*Banana Pancakes – substitute 1 mashed banana for ½ cup of milk

\* You can try adding other fruit like rehydrated blueberries sent from home or chopped apples or chocolate chunks. For whole wheat version, use whole wheat flour

\*Top with Peach Sauce pg.

\* For extra excitement: add nutmeg, cinnamon and ginger in any combination

## **Pancake Syrup**

1 c brown sugar              5 tsp cornstarch  
3 c water                      1 tsp vanilla

- Combine all ingredients in a pan, cook until slightly thickened, then add vanilla. Store in a cool place.

## Syrup-Like Pancake topping

2 Tbsp butter                      4 Tbsp brown sugar

1/2 cup water                      1 tsp vanilla

2 dashes of cinnamon

- Can be done in the same pan you made your pancakes in after they're done. Melt butter. (\*at this time you can add 1 sliced banana) Stir in sugar, cinnamon and vanilla. Add water. Mix together. Pour on top of pancakes.

## Corn Meal Pancakes

1 c corn meal                      1 tsp salt

2 Tbsp sugar                      1 c boiling water

1 egg                                  ½ c milk

2 Tbsp melted butter      ½ c flour

2 tsp baking powder

- Mix cornmeal, salt and sugar. Add boiling water, cover, let stand 10 minutes. Beat egg, milk and butter, add to cornmeal mixture. Add flour and baking powder, mix. Cook on greased pan. Makes 12 4" pancakes.

## Oatmeal Hotcakes

2 c oatmeal                      ¼ tsp cinnamon

¼ cup raisins                      ¼ cup dates, chopped

½ c powdered milk              ¼ tsp salt

1½ c water

- Grind the oatmeal into flour consistency, with small pieces left. Combine all ingredients with water, let soak overnight. Form into 3" cakes ¾" thick and fry slowly in a little oil.

## **French Toast J** (Serves 1-2)

2 egg, beaten            ½ Tbsp vanilla

1 Tbsp melted “butter”   1 tsp sugar

¼ tsp salt                ¼ c milk

4 slices bread

- Mix eggs, milk, and vanilla in a bowl. Dip bread into egg mixture, coating both sides (just coat, don't soak).

Toast bread on heated skillet until both sides are brown.

### **Variations:**

\* For extra excitement: add nutmeg, cinnamon and ginger in any combination

\*Use different kinds of bread eg: banana, cinnamon raisin etc...

\*Make a PB&J with your French Toast **C**

\*Top with Peach Sauce pg.

## **French Toast Panini with Grilled Bananas C**

6 eggs                    1 c whole milk

½ c cream                ¼ c orange juice

2 Tbsp vanilla            2 Tbsp cognac or brandy (opt)

2 Tbsp sugar            ½ tsp ground cinnamon

¼ tsp nutmeg            ¼ tsp salt

8 thick slices bread    3 large ripe bananas

2 Tbsp butter, melted   3 Tbsp oil

powdered sugar, syrup

- Whisk together the eggs, milk, cream, orange juice, vanilla, cognac, sugar, cinnamon, nutmeg and salt. Place bread in baking dishes in a single layer. Pour the egg mixture over the bread, let soak for 10 minutes. Brush bananas with melted butter and grill in a pan on medium heat, until browned on all sides and beginning to release their juices. Transfer bananas to a plate, let cool. Wipe the pan clean, brush with oil. Cut bananas into ½” thick slices. Remove a piece of bread from egg mixture, allowing excess to drip off. Top with 4-5 banana slices, cover with another piece of bread. Place sandwich in pan, smash with a spatula, cook until bread is golden brown. Flip, press and cook on the other side until golden. Transfer the panini to plates and slice in half diagonally; top with powdered sugar and plenty of syrup. These things take a while to make, but are sooooo worth it.

## **Crepes!** (Serves 1)

1 egg, beaten                      ¼ c flour

1½ tsp margarine                ½ c milk

¼ tsp salt

- Add milk and salt to beaten egg. Stir in flour slowly to prevent lumps. Stir in butter. Coat pan with butter and pour <sup>1</sup>/<sub>3</sub>cup of batter into hot pan. Swirl batter around to coat the bottom. When edges are brown, flip and cook lightly on the other side. Spread with jam, bananas, peanut butter, chocolate, peach sauce (pg. 60 ) etc. (whatever your heart desires!), roll and eat. Top with coconut and yogurt, fresh fruit and cream, or more chocolate. Or more chocolate...

## **Country Biscuits and Gravy**

1 recipe for White Sauce (pg 14) Gravy Variation

½ recipe of baked Biscuits (pg 42)

- Slice biscuits in half, top with gravy... mmmm!

## **How to hard boil eggs:**

Note: Surprisingly, fresher eggs are harder to peel once boiled

- Place desired number of eggs in a saucepan, add cold water to 1-2” above the level of the eggs (opt. add a pinch of salt) Bring water to a boil and boil for 1-2 minutes then turn off heat and let the eggs sit for 10-12 minutes without ever removing the lid from the pan – and that’s it!

Happy Hard-boiled eggs – draw a smiley face on the shell with a marker to keep track of them

## Huevos Rancheros

2 Tbsp oil                      1 green pepper, sliced  
½ tsp salt                      2 tsp chili powder  
½ tsp cumin                    ½ tsp oregano  
½ c cheese                      4 eggs  
1 onion, chopped              1 clove garlic, minced  
2 tomatoes, chopped        ½ c tomato sauce

- Sauté pepper, onion, and garlic in oil. Add spices, tomatoes, and tomato sauce. Cook over medium heat for 20 minutes. Break eggs into sauce and cover with cheese. Cover skillet and poach eggs over low heat for 3-5 minutes or until firm.

## Adam's Omelets (serves 2)

Recipe by Adam K., PCV Lesotho

4 eggs                              ¼ c mayonnaise  
½ tsp salt                        1 tsp baking powder  
¼ tsp cayenne                  2 Tbsp butter  
1 c cheddar cheese

- Mix tomatoes, onions, garlic, green peppers, black pepper, basil and herbs to taste. Add a splash of olive oil and two splashes balsamic vinegar. Let mixture sit covered overnight. Separate egg whites and yolks. Beat whites until soft peaks form. In a separate bowl, beat together yolks, mayo, cayenne, baking powder, and salt. Carefully fold yolk mixture into whites. Heat butter in a skillet. Add egg mixture. Pull eggs away from pan with spatula to let all eggs cook. Add veggie mixture and cheese. Cook for 2 minutes, fold, and eat.

## Rasta Eggs (Serves 2)

4 eggs                      ½ onion

1 tomato (diced)        ½ c “spinach”

Salt and pepper to taste

- Sauté onion in oil, mix everything else together with a fork in separate container, add to onion and scramble with spatula until cooked to desired consistency.

## **Breakfast Burritos** (serves 2ish)

2-4 flour tortillas (pg 40)        cooked beans, any

2 eggs                      2 potatoes/rice 3 tsp oil

1 onion                      1 tomato                      2 c cheddar cheese

- Cook potatoes in a small amount of oil with any desired spices. Add onions and tomatoes. Scramble eggs in separate pan. Place beans, potatoes, and eggs in a tortilla, cover with cheese, roll, and cover with more cheese. MORE CHEESE!

## **Squash with Eggs R**

4 to 6 eggs                      1 squash

1 tsp cinnamon                      salt/pepper to taste

1 onion, chopped                      ½ c cheese

- Peel and slice the squash, add onion, salt and pepper. Steam until tender. Pour beaten eggs over squash and onions in lightly oiled pan, cook until eggs are set. Top with grated cheese.

## **Mock Cheese Soufflé**

2 eggs                      6 slices bread, cubed

1 c grated cheese                      ¼ tsp dry mustard

1½ c milk

salt, pepper, curry, turmeric to taste

- In greased pan, layer bread and cover with cheese. Mix remaining ingredients and pour on top. Let sit for an hour or more. Bake on low for 30-45 minutes, until golden brown.

## Hash browns (serves 1-2)

Recipe by Eric Pierce, ED '10

1 Large Potato            1 Medium Onion

1 Clove Garlic            Salt

Pepper                      Flour

Olive Oil

- Julienne (slice) potatoes, onions, and garlic. Add spices. Add a few spoons of flour, and toss everything together, such that the vegetables become slightly sticky. Heat pan to medium, add oil to coat bottom. Add hashbrown mixture. Sauté for a few minutes.

As vegetables soften, begin using a flipper to flatten everything into a large disc. Every few minutes, try to flip browns upside down (it's okay if it falls apart at first, just re-form disc). Continue until crisp and golden brown. Serve topped with 3 fried eggs and some ketchup or hot sauce.

## Cornmeal Porridge (a.k.a. Grits) (serves 1-2)

2 c water                    ¼ tsp salt

½ c maize meal            ½ c water

½ cup milk (optional)

- Bring 2 c water and salt to a boil. Combine maize meal and ½ c water in a bowl. Add mixture by spoonfuls into the boiling water, stirring after each addition. Cook and stir for 3-4 minutes, until thick. Remove from heat, cover and let sit 10-15 minutes before serving. Add butter, salt, sugar or pepper if desired. Kiss my grits!

\*Top with toasted almonds, cinnamon and honey, and even fresh fruit



## Hot Peanut Cereal (serves 1-2)

2½ c water or milk

¾ c ground peanuts (opt. toast first)

¼ tsp salt                      ½ c whole wheat flour

¼ c raisins                      2 Tbsp honey

- Heat water or milk and salt. Stir in the flour and ground peanuts with a fork. Add raisins and honey. Boil, then simmer uncovered for 10-15 minutes. Serve with milk.

## Granola

½ c water                      ¾ c oil

1 Tbsp salt                      ¾ c honey

2 tsp vanilla                      6 c oats

2 c whole wheat flour      1 c shredded coconut

1 c wheat germ (or crushed Veetbix)

- Bring liquids to boil and add mixed dry ingredients. Bake in greased pan or on the stove, stirring often for 40 minutes. When cool, add raisins and dry fruit

.

## Deluxe Oatmeal (serves 2-3)

1 c oatmeal                      2 ½ c water

½ tsp salt                      1 tsp cinnamon (opt)

Dried fruit (apples, raisins...)

Flax seeds or toasted nuts

- Begin by toasting the oats in the pot (low heat until slight color change and fragrant – stirring constantly), add water to your desired consistency along with salt, dried fruit and nuts/seeds, then add cinnamon. Bring to boil then simmer for 3 minutes. Serve with milk and sugar/honey.

## Breakfast Cereal

3½ c oatmeal                      ½ c sunflower seeds

¾ c chopped nuts                ¾ c wheat germ

1 c dried coconut                1 c sugar

½ c water                          ½ c oil

½ tsp vanilla                      ½ tsp salt

- Combine first six ingredients. Mix together last four, then stir in dry ingredients. Mix well. Spread cereal over the base of a large shallow pan and bake 20-30 minutes, turning occasionally until crisp and golden. Let cool, store in airtight container. Makes 2¼ pounds.

# Dips, Spreads & Salads

*\*With any dip or spread, be creative and feel free to lather them on a form of bread combined with veggies for a tasty sandwich.*

**\*Salad 101:** *Add any dressing to a variety of mixed vegetables and/or pasta...voila! Toasted nuts and/or seeds make great additions to most salads or wraps.*

## Hummus

1 c garbanzo beans

1 Tbsp tahini/plain yogurt/peanut butter

2 tsp oil

3 cloves garlic, crushed            1 Tbsp parsley

salt/pepper                            lemon juice to taste

- Mash beans and mix everything together.

### Variations:

\*Add a little extra flava with cumin or curry powder

\*Beetroot Hummus: Add peeled, diced and boiled beets

\*If you can find red peppers; roast them and make delicious roasted red pepper hummus!

## Peanut Chili Dip

1/3 c peanut butter                    3 Tbsp water

2 Tbsp soy sauce                    2 Tbsp lemon juice

2 tsp honey                            1 Tbsp chili powder

2 cloves garlic, minced          ½ tsp red pepper

- Stir peanut butter and water into a paste over very low heat. Add other ingredients, mixing well.

## Spicy Eggplant Dip

1 eggplant                      1 clove garlic, chopped

1 tsp lemon juice          1 Tbsp olive oil

1 Tbsp parsley              salt/pepper to taste

Tabasco sauce and sesame seeds (opt)

- Prick the eggplant all over with a fork, cut in half and place cut side down on a greased baking sheet. Bake on medium for 40 minutes or until soft. Peel, then mash or grate eggplant. Add remaining ingredients and let cool.

## Spinach Garlic Dip JC

2 c chopped spinach          1 c white cheese

2 cloves garlic, crushed      ¼ tsp salt

- Make a white sauce (pg 15), add above ingredients, and cook until tender. Pour into baking dish, sprinkle with cheese and paprika, and bake until melted.

## Yummy “Cheese” Spread

1 recipe of “cheese” (pg 60)    2 tsp garlic powder

Salt and a lot of black pepper

\*fresh/dried herbs or even arugula

- Mix everything together and spread on crackers, pita chips or in a wrap.

\*Top with Sweet Chili Sauce for a delightful experience

## White Bean Dip

1 c cooked white beans      ½ onion, chopped

2 cloves garlic, minced      2 Tbsp oil

1 Tbsp yogurt (opt)

Salt, pepper, cayenne, cumin, to taste

- Mash white beans until smooth. Add in all other ingredients.

\*This is delicious with pita bread or in a tortilla wrap with sprouts and fresh veggies

## Tomato-Ricotta Dip With Capers

2 tomatoes, cored and cubed

2 Tbsp olive oil      1½ Tbsp basil

½ tsp salt      ½ c ricotta cheese

2 tsp capers or chopped olives

- Combine tomatoes, oil, basil and salt. Let sit 5minutes. Gently scatter ricotta on top. Garnish with capers or olives.

## Bruschetta Topping

1 onion to every 5 tomatoes      garlic, salt, pepper

Balsamic vinegar      olive oil

- Chop onions and tomatoes. Add balsamic and olive oil to coat tomatoes and onions. Add garlic, salt and pepper to taste.

## **Garlic Butter C**

4 Tbsp 'butter'     3 cloves garlic or 2 Tbsp garlic powder

Salt and lots of black pepper

\*other fresh or dried herbs that you love

- Soften 'butter' slightly, mash in minced garlic/powder, add salt and black to taste. Serve with bread (crusty is better). Or. Use to sauté chicken, fish, veggies...

\*This is an unbeatable staple!

## **Fresh Salsa**

3 tomatoes, chopped

1 white or red onion, chopped

1 Tbsp parsley, chopped                      1 chili, chopped

2 cloves of garlic                              1 tsp salt

1 Tbsp cilantro/1 tsp coriander powder and cumin

2 Tbsp lemon juice

- Mix all ingredients and let sit for 20 minutes.

## **Mango/Peach Salsa**

1 can 'Mexican Tomatoes'/Fresh Salsa Recipe

1 mango, and/or 2 peaches peeled and diced

- Mix all ingredients, put in your mouth.

## **Black Bean Salsa**

1 c black beans, cooked (great care-package item!)

1 onion, diced                      1 tomato, diced

1 can corn                              1 green pepper, diced

1 avocado                              salt, basil to taste

- Mix all ingredients together in a bowl. Cover and let sit for 2 hours.

## **Amazing Mexican Salad RJC**

**Recipe by Kjessie, Casey, and Pam, PCVs Lesotho**

1 green pepper                              1 can corn

1 avocado                                  2 chilies

1 onion                                        1 can beans

1 head lettuce                              1 tomato

½ c olives                                    lemon juice to taste

cayenne, coriander, garlic powder to taste

sweet chili salad dressing

chicken (optional)

- Chop all vegetables and chicken (keep avocado separate). Add lemon juice, garlic powder, cayenne, and coriander to taste. Add avocado, and serve with dressing. Pam likes the salad with blue cheese dressing too.

## **“Spinach” Salad**

Several large leaves of “spinach”/chard/kale

Balsamic vinaigrette

Desired vegetables for topping

Salt and pepper

- Wash spinach well, then remove the white rib from the center. Slice into ribbons (~1/4" wide). Wash hands very well. Add salt, then the vinaigrette and vigorously "scrunch" the greens until they are softer. Top with desired vegetables (I recommend tomatoes at least), and cracked pepper and toasted almonds and feta if you have them

## **Pasta Salad** (Serves 4)

250 grams of pasta (preferred shape)

2-3 tomatoes                      1 green pepper

1 onion                              salt and pepper

\*black olives, feta and parsley (optional)

### **Dressing:**

1 garlic clove, crushed              juice of 2 lemons

2 Tbsp wine vinegar              1½ tsp salt

½ tsp pepper                      1 Tbsp Dijon mustard

Cayenne pepper, to taste

OR

1 garlic clove, crushed              2 Tbs olive oil

2 Tbsp wine vinegar              1½ tsp salt

½ tsp pepper                      2 tsp basil, oregano, or thyme

OR

Your favorite pre-made dressing

-Cook pasta until tender, drain and rinse in cold water.

Add cut peppers, onions, and tomatoes, dressing to coat, and spices to taste.



## **Egg Salad** (serves 2)

3 hard-boiled eggs, chopped    ½ c oil  
½ c sweet pickles                2 Tbsp pickle juice  
¼ c mayonnaise                  1 Tbsp mustard  
½ tsp salt                          ½ tsp pepper  
2 tsp sugar

- Smash it, mix it, eat it, love it. P.S.: all you *really* need are the eggs and a bit of mayo. Also, try it with a little paprika or cayenne. Can also use green pepper, onion or throw in a few green peas.

## **Classic Deviled Eggs** (serves 2)

3 hard boiled eggs                ¼ c mayo  
Splash of milk  
Salt, black pepper and paprika

Add-ins: mustard (omit 1 Tbsp mayo and sub for mustard), green onions, arugula, garlic, splash of vinegar and a pinch of sugar, dill, curry powder...

Low fat version: substitute ½ of mayo for plain low-fat yogurt

- Peel eggs, cut in half length-wise, arrange whites on a plate. Remove yolks into a separate container and mash until smooth with mayo, milk, salt/pepper and any add-ins. Spoon or pipe into each of the empty halves. Lightly sprinkle with paprika.

## **Tuna Salad** (serves 1-2)

1 can tuna                          2 hard-boiled eggs  
½ c green onion  
2 Tbs mayonnaise/combo of mayo and mustard

1 c celery, green pepper, pickles, cooked or canned peas, pasta (optional)

Salt, pepper, paprika, vinegar and sugar to taste

- Cook noodles and combine remaining ingredients. Toss in a bowl and serve. Or serve without pasta with crackers or on a nice sandwich. Simple yet satisfying!

**Variation:**

\*Tuna Salad with Balsamic Vinegar and Grapes: Add 2 Tbsp balsamic, 1 c of halved, red grapes, ¼ c slightly toasted slivered almonds, 1 tsp thyme

\*Curried Tuna Salad with Apples and Raisins: Add 1 diced apple, ¼ cup chopped raisins, mix 1 Tbsp curry powder into mayonnaise

## **Basic Potato Salad** (serves 3)

6 potatoes                      2 hard boiled eggs, chopped

1 onion, chopped              1 green pepper, chopped (opt)

1 tsp salt                        ½ tsp pepper

2 Tbsp parsley                 1 c mayonnaise

1 Tbsp mustard                1 green apple, chopped (opt)

- Cut and boil potatoes until done. Drain and let cool and combine with remaining ingredients. Take to a picnic.

**Variations:**

\*Add tuna!

\*Use baked potatoes

\*Use Hot German Dressing or a vinaigrette instead of mayo and mustard

\*Use vinaigrette, and Roasted Root Vegetables (pg...)

## **Fresh Pea Salad**

1 ½ c fresh peas                      2 c shredded lettuce

½ c toasted pumpkin seeds        salt, to taste

Dressing:

1 c fresh mint                        2 dried dates

1 fresh chili

juice and zest of ½ lemon

- Finely chop mint, dates and chili. Add to juice and zest of lemon; thin out with a Tablespoon of water until desired consistency. Briefly boil peas until barely tender. Combine all ingredients in a large bowl.

## Summer Squash Slaw

1 head cabbage                      2 small zucchini

3 Tbsp sugar                        ¾ tsp salt

1 tsp poppy seeds        3 Tbsp lemon juice

2 Tbsp milk                        1 Tbsp mustard

1 c mayonnaise                    2 Tbsp onion, minced

- Remove outer leaves and core from cabbage. Shred or grate cabbage and squash into separate bowls, drain well. Combine sugar, salt, poppy seeds, lemon juice, milk, mustard and mayo and mix well. Pour over combined cabbage and zucchini, add onions and serve.

## Coleslaw or Cabbage Salad with Peanut Dressing (serves 2-3)

2 carrots, grated        ¼ cabbage grated or finely sliced

½ finely sliced onion

- Mix the veggies together well, then toss with one recipe **Ranch Dressing** or **Simple Peanut Sauce** (substitute ¼ c water for 2 Tbsp oil, and add radishes and/or green onions). Serve chilled or at room temperature.

## Marinated Cucumber and Onions

1 cucumber                      1 onion  
¼ c vinegar                      3 Tbsp sugar  
1 c water                         3 tomatoes

- Thinly slice cucumber, soak in salt water for 1 hour. Slice onion. Combine vinegar with sugar and water, pour over cucumbers and onions and marinate for several hours. Serve with sliced tomatoes.

\*In a pinch for pickles? Omit tomatoes... and marinate overnight

## Grandma's Country Style Creamy Cucumber Salad

(serves 2-3)

2 cucumbers, as thinly sliced as possible

1 med onion, as thinly sliced as possible

Dressing:

¼ c milk                         2 Tbsp mayo

1 tsp vinegar                 1 tsp sugar

Salt and black pepper

- Put sliced cukes and onions in your salad bowl and toss, mix everything for dressing in a separate bowl then thoroughly combine with veggies for a refreshing summer side salad

## Thai Cucumber Salad

4 Tbsp white vinegar                 4 Tbsp sugar

1 lg cucumber, thinly sliced         1 Tbsp onion, minced

1 Tbsp chopped hot chili or chili flakes

- Toss all ingredients together and stir well. Let sit for 1 hour.

## Thai Noodle Salad

½ lb cellophane noodles or thin spaghetti

½ c peanut butter      4 Tbsp ginger root, minced

½ tsp crushed chili

¼ c chopped fresh basil, mint or cilantro

½ c lemon juice, lime juice, or white wine

¼ c sugar      1 c chopped veggies

2 Tbsp garlic, minced    ¼ c soy sauce

- Cook and drain noodles, set aside to cool. Combine peanut butter, ginger and chili pepper, toss mixture with noodles and chopped herbs. Combine lemon juice, sugar, garlic, and soy sauce and stir until sugar dissolves. Pour over noodles, add veggies, and toss until dressing is evenly distributed. Garnish with chopped peanuts, lemon juice, and green pepper.

## Pickled Beets

1/3 c vinegar      ¼ c sugar

2 c beets, cooked and sliced    ¼ cup water

½ tsp cinnamon      ¼ tsp salt

¼ tsp ground cloves

- In a saucepan, mix vinegar, sugar, salt, water, cinnamon, and cloves. Bring to a boil, add beets, and reduce heat. Cover and simmer 5 minutes. Cool and let chill for at least 8 hours. Drain before serving. Invite Dwight for dinner. (These can also be canned by water bathing for 15 minutes)

## Beet and Apple Salad

2 c beets, cooked      2 c apples, diced

½ c mayonnaise      2 hard boiled eggs, diced

¼ cup nuts, chopped

- Mix together beets, apples and eggs. Add mayo and nuts. Toss lightly. Serve on lettuce.

## **Health Nut Beet and Carrot Salad**

2 c of your favorite salad greens

1 medium carrot      1 small beet

\*Toasted sunflower seeds and/or sliced green onions

- Prepare the greens in a bowl, grate the carrot and beet over the greens and toss a little bit. If desired top with sunflower seeds, green onions, sprouts, feta, a hard-boiled egg... and your favorite vinaigrette (if the carrots and beets are juicy, you may find the dressing unnecessary) as well as salt and freshly cracked black pepper.

## **White Bean Salad With Carrots *or* Tomatoes**

1 c cooked white beans      ¼ medium onion chopped

1 medium carrot shredded *or* 1 large tomato chopped

- Top with basic herb vinaigrette for a healthy, easy summer meal.

### **Variations:**

\*Add avocado, greens, sprouts, feta...

\*Makes a great wrap filling!

## **Carrot and Avocado Salad**

1 small avocado, diced      2 tsp lemon juice

2 Tbsp balsamic vinegar            4 carrots, grated

½ c tofu or chicken, diced

toasted seeds (sunflower, sesame, flax, etc.)

- Combine avocado, lemon juice and balsamic vinegar and mash with a fork. Sprinkle with salt, pepper, and hot sauce to taste. Add carrots and tofu, stir until combined, and sprinkle with toasted seeds.

## Indian-inspired Carrot Slaw J

**Anne Brewer CHED '11**

2 medium carrots, peeled & shredded

Few dollops of mayonnaise

Handful of raisins (approx 2 tbsp)

Handful of sliced almonds (approx 2 tbsp)\*

Dash of salt (to taste)

½ tbsp sugar

1 ½ tbsp Garam Masala powder \*\*

Generous sprinkles of cinnamon

- Put shredded carrots in a medium-sized bowl; add the mayo (*if you don't like mayo, don't fret – as long as you don't use too much, the flavor will get masked by the other spices & you won't even notice it's there; if you STILL hate the idea of mayo, you could substitute plain yogurt, but that's a lot harder to come by in Lesotho!*) raisins and almonds. Mix. Then add the salt, sugar and spices; mix again thoroughly. Note: This is about one good-sized serving, but you can of course double or triple the recipe easily. Enjoy!

\*available at Pick n Pay Maseru or request for them to be sent in a care package!

\*\* available at Anway's supermarket in Butha Buthe, Fahida's in Maseru and perhaps elsewhere; OR substitute curry powder or anything similar you have available.

## Yellow Pea and Seeds Salad

2 c lettuce

1 c cooked yellow peas

2 Tbs toasted pumpkin seeds and or sunflower seeds

¼ c finely chopped fresh cilantro

2 Tbsp oil

2 tsp lemon juice or vinegar

Salt and pepper to taste

- Prepare lettuce in your salad bowl. In a separate bowl, mix cilantro, oil, juice, salt and pepper briskly with a fork, add seeds and peas, and pour all of it on top of the lettuce – enjoy!

## West African Slaai

2 Tbsp lemon juice      1 tsp ginger  
1 tsp salt                2 avocados, cubed  
½ c peanuts, chopped

- Combine lemon juice, ginger and salt, stir until mixed. Add avocado and toss gently. Let salad marinate for 30 minutes. Sprinkle with peanuts to serve.

## TibouliR

½ c dry barley/couscous/ whole sorghum  
¼c onion, chopped  
2 cloves garlic, minced      1 tomato, chopped  
½ cucumber, cubed      ½ tsp mint (opt)  
¼ c parsley, chopped      1 Tbsp lemon juice  
1 Tbsp oil                      salt, pepper to taste

- Cook barley/couscous/sorghum in 1½ c boiling water until tender. Mix all ingredients. For a bit of pizzazz, add canned tuna, canned salmon, canned chicken, chickpeas, butter beans, or anything else you have lying around.

## Curried Rice Salad

2 c cooked rice              2 Tbsp mayonnaise  
2 Tbsp chutney              1 can peaches  
2 Tbsp curry powder      1 onion, chopped  
1 pepper, chopped      ¼ c lemon juice



- Mix all ingredients, adding drained peaches and lemon juice last. Let cool.

## Sorghum Shepard's Salad

4c cooked sorghum                      2 Tbsp olive oil

4 sliced green onions                1/4c raisins chopped

1/2c feta cheese                        splash of lemon juice

Salt and pepper to taste

- Combine all ingredients and enjoy!

\*Add cooked beets in ¼" cubes and omit raisins

## Al's Chicken Salad C

**Recipe by Alison Schmale, PCV Lesotho**

2 chicken breasts, cooked            1 apple, chopped

3 Tbsp almonds, ground              1 Tbsp sesame seeds

2 cloves garlic, minced               1 Tbsp mayonnaise

2 tsp mustard                          salt, pepper

paprika, cayenne pepper, garlic powder, parsley

- Shred chicken. Add all other ingredients and mix to combine. Super!

# Sauces & Dressings

## Quick Marinara Sauce

By Eric Pierce, ED '10

Makes enough sauce for 3-4 personal pizzas

½ Medium Onion, chopped

3 cloves Garlic, coarsely chopped

1-2 Chili Peppers, coarsely chopped

1/4 cup Red Wine

1 can Tomato Puree

2 Bay Leaves

3 tbsp Orange Marmalade (or sugar)

Italian Herb Blend

Salt and Black Pepper

- Caramelize onions in a small sauce pan. During the last 5 minutes, add garlic and chilies. Reduce heat to low. Add wine. Simmer for 5 minutes. Stir in all remaining ingredients. Bring just to a boil. Simmer covered, for 30 minutes over low heat. Remove bay leaves. Add water as needed to achieve desired consistency.

## KISS Spaghetti or Pizza Sauce

3 cloves garlic minced                      1 onion sliced

½ lb beef burger *or* ½ box (beef or tomato) soya mince

1 can "Tomatoes and Onions" or "Braai Relish"

1 Tbsp Italian herb blend *or* 1 Tbsp combined of basil, oregano, thyme, parsley, marjoram (or even rosemary if you are feeling adventurous)

Salt and pepper to taste

1 Tbsp oil

\*optional add-ins: green/red pepper, spinach, fresh tomatoes, carrots, celery, mushrooms, marinated artichoke hearts, lightly steamed asparagus, olives, Worcestershire sauce, cayenne pepper...

- Add oil to a saucepan, add onion and sauté 2 minutes on medium heat add garlic (and meat), sauté for 1-2 more minutes (add-ins: green/red pepper, carrots, celery or mushrooms can be added here and

Sautéed for about 3 minutes, spinach can be added for the last minute of sauté – if pan is a little dry splash a bit more oil). Pour in your can of tomatoes, then add herbs, salt and pepper, and any other add-ins (if using soya mince splash in about ½ cup of water). Let the sauce simmer for at least five minutes. Serve. For more intense flavor let sit overnight and reheat or simmer for up to an hour adding a bit of water or even red wine.

\*For pizza sauce don't use add-ins

## White Sauce J

2 Tbsp butter                      2 Tbsp white flour

¼ tsp salt                          1 black pepper to taste

1 c milk

- Melt butter in a small saucepan. Stir in flour & continue stirring for 1 minute then add salt, pepper & milk all at once. Stir until thick and bubbly, about 1-2 minutes.

VARIATIONS:

**Country Gravy for Carnivores** cook Sausage or use any meat “drippings/fat” as a substitute for the butter

**Country Gravy for Vegetarians** add 100g Beef and Onion or other “neutral flavored” Soya Mince with milk and add additional ½ cup milk and ½ cup water

**Curry Sauce** Add 1 tsp curry powder to the melted butter.

**Herb Garlic Sauce** Sauté one clove of garlic in butter. Stir in basil, tarragon, etc.

**Cheese Sauce** Add  $\frac{1}{4}$  cup extra milk and continue as directed. Add one cup of cheese and stir until melted.

**Hollandaise Sauce** Add 2 beaten egg yolks and 3Tbsp lemon juice.

## Alfredo Sauce

2 c heavy whipping cream      2 c whole milk

2 Tbsp butter                       $\frac{1}{2}$  tsp garlic salt

3 c parmesan

- Heat heavy whipping cream, whole milk, and butter in a saucepan until butter is melted and warm. Add half of the parmesan, stirring constantly over medium heat until melted. Lower heat and add the rest of the cheese, cook until melted and thickened.

## Thabostani Spinichi Sardine Sauce

Jess Wilhelm CHED '11

1 Tbsp oil                              1 clove garlic, chopped

Small can of pilchards      2-4 c chopped spinach

1 tsp basil                              salt and pepper to taste

- Brown garlic in oil, add pilchards and sauté for 1 minute, add spinach and cook until soft on medium heat. Then add basil, salt and pepper. Cook for a few more minutes, then serve over rice or pasta.

## Pesto

2 cloves garlic                       $\frac{1}{4}$  c pine nuts

$\frac{1}{2}$  tsp salt                               $\frac{1}{4}$  c parmesan, shaved

2 c fresh basil, finely chopped

1 c olive oil

- Chop garlic and pine nuts. Add remaining ingredients, blend together. Tip: pack pesto in ice cube trays and freeze for later use.

## Simple Peanut Sauce J

2 Tbsp peanut butter                      2 Tbsp soy sauce

2 cloves garlic, chopped                      ¼ c water

1 Tbsp treacle sugar                      2 Tbsp lemon juice

\*optional: substitute lemon juice for vinegar and/or honey for sugar. Add ginger, cilantro and/or ½ chili.

- Stir all ingredients constantly over medium heat until peanut butter melts. Serve over noodles and vegetables or as a sauce over chicken or beef.

## Asian Peanut Sauce

1 can evaporated milk                      1 cup peanut butter

2 Tbsp green onion, chopped                      2 Tbsp fresh cilantro

1 Tbsp lime juice (opt)                      2 tsp sugar

2 tsp soy sauce                                      2 tsp sesame oil

1 tsp garlic powder                                      1 tsp coriander

¼ tsp crushed red pepper or ground cayenne

- Blend evaporated milk, ½ cup peanut butter, cilantro, green onion, lime juice, sugar, soy sauce, oil, garlic powder, coriander, and crushed red pepper until smooth, over low heat if it's cold. Add remaining peanut butter, stir until blended.

## Ginger Stir-Fry Sauce

6 Tbsp rice vinegar                  6 Tbsp sugar  
¾ c plus 1 Tbsp water              2 Tbsp soy sauce  
1 Tbsp cornstarch or white flour  
1 Tbsp finely chopped fresh gingerroot

- In a small saucepan, mix vinegar, sugar, ¾ c water and soy sauce. Bring to boil, reduce heat, simmer for 5 minutes, stirring often. Combine cornstarch and 1 Tbsp water, stir into sauce. Cook, stirring often, until thickened. Remove from heat, add ginger.

## Stir-Fry Sauce #2

2 Tbsp soy sauce                  ¼ c chicken or veg broth  
2 cloves garlic minced              1 tsp ginger  
½ tsp cayenne pepper              pinch of sugar or honey  
Splash of vinegar  
1 tsp corn starch (opt –for thickness)

## BBQ Sauce C

2 Tbsp oil                              1 onion, chopped  
3 cloves garlic, chopped              1 c ketchup  
2 Tbsp chili powder                  1 Tbsp paprika  
1 Tbsp mustard                      1 Tbsp vinegar  
1 Tbsp Worcestershire sauce      1 chili, chopped  
2 Tbsp treacle sugar                  1 Tbsp honey  
1 Tbsp molasses                      salt, pepper to taste

- Heat oil, cook onion until soft. Add garlic and cook for 1 minute. Add ketchup and  $\frac{1}{3}$  cup water, bring to a boil, simmer for 5 minutes. Add remaining ingredients (except salt and pepper), simmer until thickened, stirring occasionally. Season with salt and pepper.

## Mayonnaise

1 egg                       $\frac{1}{2}$  tsp salt      oil

$\frac{1}{2}$  tsp mustard          2 tsp vinegar

- Beat egg lightly. Add salt, mustard and vinegar. Beat briskly 1-2 minutes. Slowly add oil drop by drop and beat until thick.

## Honey Mustard

$\frac{1}{2}$  c mayonnaise           $\frac{1}{4}$  c mustard

3-5 Tbsp honey

- Mix honey and mustard, add mayo. Delicious on just about everything.

## Mustard

$\frac{1}{2}$  c flour                       $\frac{1}{4}$  c sugar

$\frac{1}{8}$  tsp salt                       $\frac{1}{2}$  c dry mustard

$\frac{3}{4}$  c cider vinegar

- Mix dry ingredients. Add vinegar.

## Special Ketchup JC

Recipe from [NatalieDee.com](http://NatalieDee.com)

½ c ketchup                      ¼ c raspberry jelly

1 Tbsp red chili flakes

- Mix it all up. Special!!

## **T-Day Cranberry Sauce**

(serves 5 as a side)

2 c dried cranberries (Fruit-n-Veg)

1 c water                              pinch of sugar

\*orange peel, cinnamon, ginger, nutmeg, clove, lemon juice, pineapple (whatever you like for flavor)

- Combine ingredients in a small saucepan, and boil until cranberries absorb water, smooch a little bit to make it sauc-ier

## **Soy Sauce Marinade**

1 c oil                                  ¼ c soy sauce

¼ c vinegar                          1 clove garlic, minced

basil, oregano, parsley

- Mix all ingredients. Marinate for 3+ hours.

## **Vinaigrette**

2 Tbsp olive oil                      ½ tsp salt

½ tsp pepper                          2 Tbsp vinegar

- Mix together with fork or whisk until blended

\*This is a great base recipe. Most salad dressings start from here. Start here and mix it up. Try using



different flavored vinegars or even lemon juice, as well as different kinds of oil. Add different herbs/spices and garlic or dry mustard to complement your salad

\*African Salad Dressing: add Aromat and dill

\*Honey Lemon Dressing: Substitute lemon juice and add honey

\*Raspberry vinaigrette use balsamic vinegar, garlic and add raspberry puree

Italian Dressing: Use red wine vinegar, garlic and Italian Herb blend

## Curry Dressing

½ c mayonnaise      1 tsp sugar

2 Tbsp lemon juice      2 tsp curry powder

¼ c milk

## Ranch Dressing

¼ c mayonnaise      1 Tbsp milk

¼ tsp each of basil, oregano, thyme and ½ tsp parsley or 2 tsp Italian herb blend

1 tsp garlic powder      splash of white vinegar

Pinch of sugar and salt

A lot of black pepper

- Mix together, use milk to achieve desired consistency and pour over your favorite salad or use in a wrap. Add more mayo or a little plain yogurt to use as a dip for fresh veggies

## Light Ranch Dressing R

½ c reduced fat sour cream or low fat plain yogurt

½ c low fat buttermilk

1 lemon, zest finely grated, juiced

2 tsp fresh thyme, chopped

1 clove garlic, minced

2 tsp olive oil            ½ tsp salt

## **French Dressing**

1 Tbsp onion, grated    1 tsp salt

2 Tbsp sugar            2 Tbsp vinegar

½ c oil                    ½ c ketchup

2 Tbsp lemon juice    1 tsp paprika

## **Soy Sauce Dressing**

$\frac{2}{3}$  c oil                    ¼ c ketchup

1½ tsp garlic salt      ½ tsp chili powder

¼ c vinegar              2 Tbsp soy sauce

1 tsp dry mustard

## **Poppy Seed Dressing**

1½ c castor sugar      2 tsp dry mustard

1½ tsp salt               $\frac{2}{3}$  c white vinegar

3 Tbsp onion, grated   ½ c salad oil

3 Tbsp poppy seeds

- Mix sugar, dry mustard, salt, and vinegar. Add onion. Add oil, beating constantly, and continue blending until thick. Blend in poppy seeds.

## Thousand Island Dressing

½ c mayonnaise            3 drops hot sauce

¼ c ketchup                1 onion, finely chopped

1 green pepper, finely chopped

- Mix ketchup with mayonnaise until desired color of pink is showing. Add hot sauce, onion, and pepper.

## Hot German Dressing

3 strips of bacon, cut into pieces            2 Tbsp 'butter'/fat

1 Tbsp flour                                        1 ½ tsp salt

2 eggs    2 Tbsp mustard

1/3 c sugar                                         1/3 c vinegar

2/3 c water                                         black pepper

- Begin by mixing eggs, mustard, sugar, vinegar, water, salt and pepper in a separate container. Fry bacon in the fat, add flour and sauté for 1 minute then add the mixture to the pan and cook for 1-2 more minutes, until thickened. Pour immediately over cooked potatoes, or even sturdy greens for a wilted salad (can even be dandelion greens or other wild 'sesotho' greens).

\*Vegetarians can just use fat and omit bacon

# Soups & Stews

This chart was designed to give you the basic formula for making soup – most soups are made from the same basic principles. You can use whatever you like or have on hand... good luck!

A. Basics, you will need all of these, but you will choose the flavor of your broth	B. Protein (pick one or two according to your preference) Add about ¼ cup for each serving	C. Vegetables (choose from 2-5) for each serving add ¾ cup of combined vegetables	D. Starch (choose one)	E. Flavors and seasonings (choose combinations)
Onions/leeks and garlic (½ medium onion and 1 clove of garlic for each serving)	Chicken (cut into chunks), beef (ground or cut into chunks), soya mince, (canned/cooked)beans, lentils, dry peas	Celery (1/4” slices), carrots (1/4” – ½” cubes), pumpkin(1/4” – ½” cubes),, tomato (diced), peppers (diced), zucchini(1/4” – ½” cubes), green beans (take off the ends and cut into ½” sections), cauliflower (cut into florets), kale, spinach, mushrooms, cabbage, corn	Potatoes (1/4”– ½” cubes), pasta (should be cooked separately), dumplings (p 35), rice, or other grains such as barley, quinoa, wild rice (cooking time may vary but test for done-ness)	Curry, other “com spices  Italian Basil, oregano  Courgette, Bay leaf, parsnip  Or your favorite blend
Salt and Pepper – to taste				
Broth: Vegetable, chicken, beef, mushroom, onion soup packet. You can also add tomato paste or juice (2cups of liquid for each serving)				

## **The Soup Equation = A+B+C+D+E**

### **The method for creation:**

First, choose your items from the soup equation table -

1. Sautee onions (every good soup starts with onions!)in oil, if you have meat – add it here
2. Toss in garlic (alternatively, garlic flakes or powder can be added to the broth), also if using celery, peppers or mushrooms this is also a good time to add those
3. If you are going to use curry add it just as the onions are becoming translucent (and the meat fully cooked), tomatoes added at this time will get a little bit juicy and add tomato-ness to your broth
4. Pour in your broth/boullion mixed with water, for a more brothy soup add more water also add your bay leaf, salt and pepper here
5. Cooking time will depend on your choice of ingredients:
6. Add carrots, pumpkin, potatoes, rice, lentils and/or dry peas now, let your soup simmer for 20-30 minutes stabbing carrots/potatoes with a fork after that time to check to done-ness, lentils and rice you will have to fish out and taste them to see if they are done
7. The cooking time of the other vegetables will depend on your personal taste, but add cauliflower, corn, and green beans also soya mince, beans and dumplings at this time allowing them to cook between 5-10 minutes
8. Save the greens for last adding kale, spinach or cabbage and only cooking them in the soup for 2-3 minutes, if you are using pasta, add that now. Also, the other herbs can be added.
9. Now, taste the soup and add more salt/pepper or herbs to taste and Voila! You have a delicious, cheap, balanced, meal that likely required only one dish and will make you warm (something not to be under-estimated here in PC Lesotho!)

Examples of combinations to make familiar soups:

**Chicken Noodle Soup:** Everything from column A, using chicken broth; B=Chicken, C=Celery\* and carrots (also peppers, mushrooms, green beans and spinach are delicious), D=pasta, E="Country herbs"

**Minestrone:** Column A onion soup mix with tomato paste/juice, B=soya mince and/or beans, C=peppers, carrot, tomatoes, green beans\*, zucchini\*, D=pasta or potatoes, E=Italian herb blend

\*Note: There may be a few combinations that aren't amazing together – try to imagine other soups you've had before and the vegetables, etc... in them, also if you can try to imagine the tastes put together that can help you mix and match. This is a soup making skeleton allowing for creativity or

using whatever is available, if you've never made a soup before – this can help you learn as you go and we hope you will soon discover how easy it is to make a delicious soup out of anything!

## Jared's Minestrone

Recipe by Jared Hess, PCV Lesotho

2 c cold water                      1 pkg brown onion soup mix

1 pepper, diced                      1 onion, diced

1 carrot, diced                      2 tomatoes, chopped

½ c green beans, zucchini, or celery, chopped

potatoes or pasta

salt and pepper to taste, cayenne pepper (opt)

garlic flakes or fresh garlic

- Put cold water, brown onion soup mix, onion, green pepper, carrots, garlic, and green beans in water. Bring to boil, reduce to simmer. Simmer for 5 minutes. Veggies should be tender. After simmer, add zucchini or celery. Cook again for 2-5 minutes. At very end, just before serving, add tomatoes. If you use potatoes, place in at the beginning. If you are using pasta, cook separately, and add when serving.

## Pasta and Bean Soup

½ c macaroni, shells, or broken spaghetti

2 Tbsp oil                              1 onion, chopped

1 clove garlic, minced      1 green pepper, chopped

3 c water                              2/3 c tomato paste

2 cans beans (any)              1 tsp pepper

½ tsp thyme                          cayenne pepper to taste

- Cook pasta until al dente. Heat oil in large saucepan, stir in onion, garlic and green pepper, sauté until tender. Stir in remaining vegetables, add water, cover and cook for 10 minutes. Stir in pasta.

## Country Vegetable Soup

1 onion	1 green pepper
1 leek (opt.)	1 potato
1 zucchini	½ c peas
2-3 carrots	3 Tbsp oil
5 c chicken broth	2¼ c tomato juice
2 cloves garlic, crushed	1 bay leaf
1 tsp mixed herbs	salt/pepper to taste

- Chop onion, dice potato, cut pepper into thin strips, shred leek, slice zucchini, chop carrots. Heat oil in a large saucepan, sauté onion until soft. Add remaining ingredients, bring to a boil. Reduce heat, cover and simmer about 30minutes. Remove bay leaf. Adjust seasoning to taste.

## Vegetable Soup RJ

1 onion	2-3 potatoes, cubed
2-3 carrots	½ c rice, uncooked
¼ c brown lentils	2 cloves garlic, minced
1 cube bouillon	water
1 packet of tomato or onion soup mix	

- Chop onion, carrots, potatoes. Sauté onion in pot with oil. Add garlic. Simmer two minutes. Add carrots, potatoes, lentils, rice. Add water to cover the vegetables. Seasoning is optional- use what you have, salt and pepper are enough. Add soup mix at the end.

## Hearty Healthy Tasty Soup

**By Chanté Liggins, PCV Lesotho CHED '10**

3 potatoes                      2 Tomatoes  
2 Carrots                      1 onion  
1 green pepper                1/2 cup Lentils  
1 green apple                pepper (to taste)  
salt (to taste)                1/2 pack soya mince  
2-3 dashes of cinnamon (it'll surprise ya!)  
and whatever other spices you want to experiment with.

- Boil the lentils. Chop the veggies. Add them in. Wait a few minutes then add the apples, soya mince and other spices. It's a soup with a sweet surprise! Try it!

## **Creamy Veggie Potato Stew**

3 quarts water                8 potatoes, sliced  
4 carrots, diced              2 stalks celery, chopped  
2 onions, chopped          1/3 c butter  
2 Tbsp flour                 2 tsp salt  
1 tsp pepper                 1/4 tsp paprika  
2 c heavy cream

- Heat water, stir in potatoes, carrots, and celery. Cook 15 minutes, until tender. Remove from heat, drain and set aside, reserving liquid. Sauté onions in butter for 10 min, mix in flour, salt, pepper, paprika, and heavy cream. Mix in the potatoes. Continue cooking and stirring, adding reserved liquid until the mixture has reached a desired consistency.

## **Creamy Potato Soup** (2 Servings)

2 potatoes, chopped        1 onion, chopped  
2 Tbsp oil                    2 c chicken stock  
1 c milk                      1 tsp mixed herbs  
1 tsp paprika                1/2 tsp caraway seeds (opt.)

- Sauté the onion in oil until transparent, then add remaining ingredients. Bring to boil, reduce heat and



simmer covered for 20 minutes. Mash and thin with a little milk. Season to taste and reheat to serve.

**Modifications:** Add rosemary and garlic for an “earthy” flavor or bacon and cheddar if it’s just one of those days

## Fresh Tomato Soup RJ

1 onion, chopped	1 potato, chopped
4 c tomatoes, chopped	4 Tbsp butter
1 clove garlic, minced	1 bay leaf
2 Tbsp tomato paste	2 c chicken stock
2 c milk	salt/pepper to taste

- Sauté the onion in butter. Add onion, potato, tomatoes, garlic, bay leaf and tomato paste to stock, cover and simmer for 20 minutes. Turn off heat, remove bay leaf and stir in milk. Mash, add salt/pepper, and reheat.

## Split Pea Soup (3-4 Servings) C

5 c chicken broth	1 lb dried split peas or lentils	
2 Tbsp margarine	1 onion, chopped	
1 clove garlic, minced	1 onion, chopped	
dash of nutmeg (opt.)	1 tsp salt	½ c milk

- Combine broth and peas. Heat to boiling; turn off heat and cover, let stand for one hour. Reheat and simmer over low heat for 45 minutes. Sauté margarine, onion, garlic, crushed red peppers and salt for about 7 minutes. Stir spice mixture into peas, cover and cook over low heat for 20 minutes. Add milk.

**Modifications:** Feeling spicy? Add ½ tsp crushed red pepper or peri peri

## Mushroom Soup

1 onion, chopped      1 potato, chopped  
2-3 c mushrooms      4 Tbsp butter  
1 tsp thyme            1 tsp parsley  
3 c milk                salt/pepper to taste

- Sauté onion in butter, add potatoes and mushrooms and cook for 2 minutes, stirring constantly. Add the remaining ingredients and bring to boil. Reduce the heat, cover and simmer for 20 minutes. Allow soup to cool, then mash until smooth. Reheat and serve.

## Mushroom Potato Soup

½ c onion, chopped    ¼ c butter  
2 Tbsp flour            1 tsp salt  
½ tsp pepper           3 c water  
1 lb mushrooms            1 c celery, chopped  
1 c potatoes, diced and peeled  
½ c carrots, chopped    1 c light cream  
¼ c parmesan cheese

- Sauté onion in butter until tender. Add flour, salt, and pepper, stir to make a smooth paste. Gradually add water, stirring constantly. Bring to a boil; cook and stir for 1 minute. Add the mushrooms, celery, potatoes, and carrots. Reduce heat, cover and simmer for 30 minutes or until vegetable are tender. Add cream and parmesan cheese, heat through.

## Gazpacho

3 Tbsp wheat flour      3 Tbsp butter  
½ onion                    ¼ cucumber  
1 green/red pepper      1-2 tomatoes

1 clove garlic            pinch of parsley  
1 c tomato juice            ½ c water  
1 Tbsp tomato paste    salt/pepper to taste

- Coarsely chop all veggies. Mix all ingredients together in small quantities in a blender until smooth.

## **Quick Cabbage Soup**

2 Tbsp butter            2 onions, chopped  
1 bouillon cube            1 head cabbage, shredded  
5 c water            1 can (8oz) tomatoes  
2 carrots, chopped    1 tsp thyme  
1 bay leaf            salt/pepper to taste

- Fry onions in butter until soft; add cabbage and fry for a few minutes. Add all remaining ingredients, cover and bring to boil. Cook until all veggies are soft.

## **Barley and Kale Soup**

1 Tbsp vegetable oil    1 onion, chopped  
½ c barley, uncooked    6 c beef broth  
1 lb kale, chopped and steamed  
2 carrots, chopped    1 tsp thyme

- Sauté onions in oil and add carrots, broth, barley and thyme. Bring to a boil and reduce heat. When barley is almost tender, add kale.

## **Beef and Barley Vegetable Soup**

1½ lb ground beef      6 c water  
3 bouillon cubes      2 c carrots, sliced  
1½ c celery, chopped    1½ c onions, chopped  
½ c green pepper, chopped  
1/3 c barley              1 tsp salt  
1/8 tsp pepper          2 bay leaves  
¼ c tomato sauce      3 c tomatoes

- Brown beef in skillet, drain. Stir in remaining ingredients, bring to a boil. Reduce heat, cover and simmer 1 hour or until veggies and barley are tender. Remove bay leaves before serving.

## **Lentil Soup**

2 c lentils                2 quarts water  
1 onion, sliced        ¼ c carrots, chopped  
3 Tbsp parsley        1 clove garlic, minced  
2 tsp salt              ¼ tsp pepper  
½ tsp oregano  
1 c tomatoes, peeled   2 Tbsp vinegar

- Wash lentils. Place in a pan with all but last 2 ingredients. Cover and simmer for 90 minutes. Add tomatoes and break them up with a spoon. Add vinegar and simmer 30 minutes. Season to taste.

## **Middle Eastern Lentil Soup**

1 c lentils                4 c water  
½ tsp cumin            1 Tbsp olive oil

1 onion, chopped      1 clove garlic, chopped

1 Tbsp flour      2 Tbsp lemon juice

salt/pepper to taste

- Combine lentils, water and cumin in a pot and cook for 30-45 minutes until lentils are soft. Sauté onion and garlic with oil in skillet. Blend in flour and cook for a few minutes. Add to the lentils and bring to a boil, stirring occasionally. Remove from heat and stir in lemon juice and salt and pepper.

## Cream of Spinach and Zucchini Soup

1 onion      1 zucchini      1 potato

1 c spinach      2 sprigs parsley

5 c chicken stock      ½ c heavy cream

2 Tbsp oil      salt/pepper to taste

- Chop veggies. Sauté onion and zucchini in oil. Add potato, spinach, parsley and stock. Bring to a boil, reduce heat, cover and simmer for 20 minutes. Allow to cool, then mash until blended. Stir in cream and seasonings. Reheat without boiling and serve hot.

## Spinach Soup

1 c carrots, grated      4 c water

1 onion, grated      2 potatoes, grated

1/3 c flour      1/3 c butter, melted

2 c milk      1 lb spinach

1 c water      salt/pepper to taste

½ tsp basil      ½ tsp thyme

- Boil first four ingredients until soft. Chop up spinach and steam in water until wilted. Combine flour and butter in another pan, heat and add milk, stirring until the mixture thickens. Add the spinach, salt, pepper, basil and thyme. After a few minutes, add the potato mixture. Stir until blended over low heat.

## Pumpkin and Spinach Soup RJ

1 onion, chopped      2 Tbsp margarine

1 lb pumpkin      2 c spinach

2 tomatoes      8 c vegetable stock

salt/pepper to taste

- Sauté onion in oil until transparent. Dice pumpkin, shred spinach, chop tomatoes, add veggies and remaining ingredients to a pot. Bring the mixture to a boil, cover and simmer until the veggies are tender.

## Mama France's Pumpkin Soup

1 c pumpkin      2 c water

½ c milk      cinnamon, sugar & ginger to taste

- Peel and chop pumpkin, add to boiling water. Cook until soft, mash and add milk and spices.

## Cauliflower Soup (4 Servings)

1 potato, chopped      1 onion, chopped

1 head cauliflower      2 Tbsp margarine

2¼ c chicken stock      2¼ c milk

cheese!      ½ tsp nutmeg

2 Tbsp parsley      salt/pepper

- Sauté potato and onion in butter in a large saucepan. Break cauliflower into florets and add to the pan with the stock, parsley and nutmeg. Bring to a boil, reduce heat and cover, simmer for 20 minutes. Add milk and allow to cool. Mash until smooth. Reheat to serving temperature, add salt, pepper and grated cheese.

## French Onion Soup (2 Servings)

2 onions, sliced      3 Tbsp oil  
4 c chicken stock      1 tsp mixed herbs  
salt/pepper to taste      whole wheat croutons  
1 c cheddar cheese, grated (opt)

- Sauté onion in oil. Add the remaining ingredients and bring to a boil. Cover and simmer for 15 minutes. Serve with cheese and croutons (take bread, sprinkle with oil, then toast it, and presto-chango: croutons).

## Peanut Soup (2-3 Servings)

1 onion      2-3 carrots  
2 garlic cloves      1 tomato, chopped  
1 c rice and/or lentils      1 bouillon cube  
1/2c peanut butter      salt and pepper  
2 Tbsp oil      3 c water

- Sautee chopped onion and garlic in oil until onions become translucent. Add water, rice/lentils and bouillon cube; bring to a slow boil. Add carrots and simmer until rice is cooked. Finally stir in the peanut butter while soup is still hot.

**Modifications:** Be adventurous with your spices, like adding cumin, curry powder, ginger and/or peri-peri for a little extra kick!

## West African Groundnut Stew

2 tsp oil      1 lb beef, cubed  
¼ tsp nutmeg      ½ Tbsp chili powder

2 onions, sliced      ¼ c tomato paste

3 c water              cayenne to taste

¼ c peanut butter

- Brown beef in oil, add nutmeg and chili powder. Add onions, garlic, tomato paste, water and cayenne. Simmer until the meat is tender. Heat the peanut butter and an additional 1 Tbsp oil in a small pan, stir over medium heat for 5 minutes. Add this mixture to the stew and simmer for 20 minutes.

## **Borscht**

1 onion, chopped      1 potato, chopped

1 lb raw beets, diced   2 Tbsp butter

5 c chicken stock      3 Tbsp cider vinegar

salt/pepper to taste    nutmeg to taste

- Sauté onion in butter until transparent. Add potato, beets and stock, bring to a boil. Reduce heat, cover and simmer for ½ hour. Allow to cool, mash until smooth, add remaining ingredients. Reheat and serve with sour cream and parsley.

## **Five Spice Beet Soup RC**

3 c broth                4 beets

1 Tbsp oil              1 onion, sliced

1 stalk celery, chopped ¼ tsp ground ginger

¼ tsp cayenne pepper   ¼ tsp cumin

¼ tsp coriander        ¼ tsp cinnamon

sour cream or plain yogurt

- Slice beets into wedges, cook in a pot with the broth until soft. Heat oil, add onion and celery, cover and cook until almost tender, stirring often. Add beet mixture and 1 cup broth to onion mixture, cover and simmer 4 minutes. Mix in ginger and spices, mash until smooth. Season to taste, reheat if



necessary. Serve with sour cream and celery leaves on top.

## Ashe Mast (Hot Yogurt Soup)

½ lb ground beef	2 tsp salt
1 onion, grated	½ tsp pepper
½ tsp salt	5 c water
½ tsp pepper	½ c parsley, chopped
4 c yogurt	½ c green onions, chopped
¼ c rice	½ Tbsp dill (opt)
1 egg	½ c chick peas
1 Tbsp flour	

- Mix meat, onion, and seasoning. Make meat balls the size of walnuts. Put yogurt in a pot; add rice, egg, flour, and seasoning and beat well. Add water and mix. Cook on very low heat, stirring constantly for about 20 minutes or until soup thickens. Add meatballs to the yogurt mixture and let simmer for 10 minutes. Add vegetables and chick peas and let simmer for 15 minutes. Stir it often to avoid curdling.

## Ashe Reshte (Noodle Soup)

½ lb ground beef	1 c noodles
1 onion, grated	½ tsp pepper
¼ tsp cinnamon	½ c parsley
¼ tsp pepper	¼ tsp cinnamon
4-5 c water	1½ tsp salt
¼ c black-eyed peas	¼ c lentils
1 Tbsp dried mint	¼ tsp pepper

- Mix meat, onions, pepper, cinnamon, and parsley, and make meat balls the size of walnuts. Put the

water in a pot, add salt and black-eyed peas and let cook for 15minutes. Add meatballs, lentils, noodles, pepper, and parsley and let simmer on medium heat for about 35minutes. Rub dried mint in palm of hand to make powdery. Add cinnamon and pepper to the mint. Add this to the soup just before removing from heat.

## Corn Chowda

1 can yellow corn	1 onion
2 garlic cloves	red/green pepper (opt.)
2 potatoes	2 Tbsp oil
2 c water	1-2 c milk
1-2 Tbsp flour	salt and pepper

- Sautee chopped onion, garlic and pepper in oil until onions become translucent. Add water and boil potatoes until they become tender. Stir in milk, corn, salt and pepper.

## Black Bean Soup with Sausage

2 c black beans	2 c chicken broth
2 c water	1 c onion, chopped
1 c celery, chopped	4 cloves garlic, minced
¼ tsp salt	1 tsp ground coriander
¼ tsp red pepper	1 c sausage, chopped

sour cream, cheese (to top)

- Prepare beans. Combine beans, chicken broth, water, onion, and spices. Bring to boil. Reduce heat, cover and simmer 1 to 1½ hours. Mash beans slightly. Stir in sausage. Cook until heated through.

## Hoppin' John

1 c rice, uncooked      2 c black eyes peas, cooked

1 lb hot sausage      ½ c butter

1 onion, chopped      salt and pepper

- Brown sausage with onion in a little oil. Add beans, rice, sausage, and butter. Add water to cover ingredients. Season with salt and pepper. Simmer until rice is cooked, thirty to forty-five minutes.

## **Tortilla Soup JC**

2 lb ground beef or chicken      1 onion, chopped

1 pepper, chopped      2 stalks celery, chopped

1 can pinto beans      1 can corn

1 can Mexican tomatoes or seshebo

2 cans black beans      2 Tbsp diced green chilies

1 pkg taco seasoning mix

1 pkg dry ranch dressing mix

- Brown beef with onion, pepper, and celery, drain. Add remaining ingredients, cook on low for several hours. Serve with sour cream, shredded cheese and Fritos.

## **Cream of \_\_\_\_\_ Soup**

3 c milk      2 Tbsp water

3 Tbsp flour      salt and pepper

- Add celery, mushrooms, chicken, onion, and other seasonings as desired. Mix together and heat. Add milk depending on desired thickness.

## **Wild Rice Soup**

1/3 c wild rice                      1 c water  
1 Tbsp salt                          1/2 c butter  
3/4 c onion, chopped              1 c celery, chopped  
1/2 tsp pepper                      1/2 c flour  
5 c milk

- Bring rice, 1 tsp salt, and water to a boil. Reduce heat and simmer 45 minutes or until tender. In separate pot, melt butter, add onions and celery. Cover and cook gently for 5 minutes or until veggies are tender (avoid browning). Stir in 2 tsp salt, pepper and flour. Remove from heat and add milk, stirring until flour is well blended. Return to low heat, cook, stirring constantly, until soup thickens. Add the rice and simmer for a few minutes to blend flavor.

## **Granny's Chicken and Rice Soup**

4 carrots, sliced                      1 can green beans  
3 potatoes, diced                    4 tomatoes, chopped  
1 onion, chopped                    1 can (8oz) tomato sauce  
1 c chicken broth                    2-3 c chopped chicken  
1 c cooked rice                      salt/pepper/garlic to taste

- Put all vegetables (except tomatoes) and chicken broth in pot, bring to boil, then let simmer for 30 minutes. Add chicken, tomatoes, and tomato sauce and let simmer another 15minutes. Serve over rice.

## **Chicken and Rice Stew**

4 c chicken stock                    3/4 c white rice  
1 lb chicken                          1 bunch scallions, chopped  
2 c corn, green beans or peas  
5 cloves garlic, minced              2 Tbsp lemon juice

1 tsp dill weed                      salt/pepper to taste

- Combine stock and chicken in a large saucepan, cover and boil. Reduce heat to simmer until chicken is cooked through. Add rice, garlic, scallions and veggies. Simmer covered for 10 minutes. Stir in lemon juice and dill, cook 5 minutes longer.

## Chicken Jambalaya

1 chicken, cut into pieces              1 green pepper, diced

¼ c vegetable oil                      ½ c celery, diced

1/3 c onion, chopped                      1 c rice, uncooked

½ c tomato, chopped                      3 c boiling water

1 bay leaf                                  1 tsp thyme

salt and pepper to taste                      2 Tbsp parsley

½ tsp cayenne pepper                      1 tsp paprika

½ lb diced ham (opt)

- Sauté chicken in oil for 10 minutes. Remove from oil. Sauté onion and tomato in oil for 3 minutes. Stir in pepper, celery, and rice. Add chicken, cover with boiling water and spices. Simmer until chicken is tender and rice is almost done. Add ham. Cook for 5-10 more minutes until slightly dry.

## Beef Stew

1 lb stew meat                      1 tsp pepper

1 bay leaf                                  2 quarts water

½ Tbsp salt                                  4 Tbsp Worchester sauce

1 onion, chopped                      2 carrots, chopped

1 can green beans                      1 can corn

2 potatoes, chopped                      20oz tomato sauce

- Mix first 6 ingredients and simmer for one hour. Add remaining ingredients, simmer for 1 hour.

## Curried Meat Stew

1 lb beef or mutton                      3 Tbsp oil  
3 c mixed veggies, chopped      2 Tbsp curry powder  
salt to taste

- Cut meat into 1" cubes. Brown the meat and add seasonings and veggies. Stir and cover the saucepan, let simmer on low until cooked.

## White Bean Soup

4 tomatoes, chopped                      2 Tbsp tomato paste  
½ c white beans                              1 onion, chopped  
4 cloves garlic, chopped                      2 Tbsp chili powder  
2 Tbsp oregano                                  2 Tbsp basil  
2 cubes vegetable stock                      1 c water

- Soak beans overnight and cook until tender. Add remaining ingredients to pot. Add more water as needed to keep it soupy. Simmer for 1 hour.

## Vegetarian Chili R

4 onions, chopped                      1 pepper, chopped  
3 Tbsp oil                                      ½ tsp dry mustard (opt.)  
1 Tbsp chili powder                      1 tsp cumin  
1 can (8oz) tomatoes                      5 c sugar beans, cooked

1½ c water                      1 tsp cocoa, unsweetened

¼ c tomato paste              ½ can yellow corn (opt.)

- Cook onions and green pepper in oil over medium-high heat for 5 minutes. Add mustard, chili, cumin, cocoa and tomatoes; add the beans, their liquid and tomato paste. Simmer uncovered for 40 minutes, stirring frequently. Add corn right before eating, just long enough to warm up.

## **Middle Eastern Lentil Chili**

1 lb lentils, uncooked              ¼ c tomato paste

3 onions, chopped                  1 pepper, chopped

2 cloves garlic, minced              1 tsp oregano

3 c cold water                      3 Tbsp lemon juice

1 squash, peeled and chopped      salt/pepper to taste

- Soak lentils overnight in water or boil for 2 minutes. Drain and combine with remaining ingredients. Cover and simmer for 40 minutes.

## **Good ‘Ole Chili** (6 Servings)

1 pound ground beef                  1/2 c chopped onion

2-3 diced tomatoes                  1/2 tsp chili powder

1 teaspoon salt                      3 garlic cloves

1 can (15 ounces) kidney beans, drained (about 1 1/2 to 2 cup cooked kidney beans)

- Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer for 20 minutes

## **Chili Con “Carne”**

1 onion, diced                      2 tomatoes, diced  
1 can beans, drained              1 packet soya mince  
1-2 Tbsp oil                          1 c water

- Sauté onions in oil. Add tomatoes and sauté slightly. Add water, soya mince and beans. Stir until mixture thickens. Add cheese to make it extra amazing!

## **White Chicken Chili JC**

1 onion, chopped                      3 Tbsp olive oil  
2 Tbsp green chilies, chopped    3 Tbsp flour  
2 tsp cumin                              3 c white beans  
2 c chicken broth                      cheese (opt)  
sour cream (opt)                      salsa (opt)  
2 c chicken, cooked and chopped

- Sauté onion in oil for 4 minutes. Add chilies, flour, and cumin, stir for 2 minutes. Add beans and broth, bring to boil. Reduce heat and simmer for 10 minutes or until desired thickness. Add chicken, cook until hot. Garnish with cheese, sour cream, and salsa.



## ***Do you miss Chinese Food?***

– Asian inspired dishes for the desperate volunteer...

### **Quick Egg Drop Soup J**

1 c broth	1 egg, beaten
*½ grated carrot	* ½ small zucchini grated
*green onions	*peri-peri powder

- Boil the broth (and peri peri). Slowly add a beaten egg, (carrot and zucchini,) stirring with a fork. Cook and simmer a few minutes. Stir to break up the egg. Top with sliced green onions.

\* = optional

\*\*You can add other things to this soup such as tofu, spinach and mushrooms

### **Veggie Fried Rice**

1 c rice, cooked	½ onion, chopped
½ can peas	3 Tbsp soy sauce
2 carrots, diced	1 Tbsp chili sauce
2 Tbsp oil	2 eggs

other chopped veggies, as desired

- Sautee onion in oil until translucent, add veggies. Remove from pan. In same pan, scramble the egg until almost done, add rice and veggies. Combine soy sauce and chili sauce in bowl and add to rice mixture, coating it well. Make sure egg is cooked enough, otherwise it will make rice mushy.

\* Carnivores can add meat of choice, cut it into bite sized chunks, cook it and add with/instead of the egg.

## Veggie Pan Fried Noodles

2 packs 2-minute noodles                      1 onion, sliced  
3 cloves garlic                                      4 c shredded cabbage  
2 grated carrots                                  3 eggs – fried separately  
1 recipe of Stir-fry sauce #2 (pg...) – or more if you like

Green onions and toasted sesame seeds (optional)

- Boil noodles for 1 minute – immediately pour off water, cut egg into strips and set aside

Fry onion for 2 minutes in 1 ½ Tbsp oil, add garlic, fry for 1 minute, then add cabbage and carrots. Fry stirring often until cabbage and carrots soften. Add noodles and stir-fry sauce, stir for another minute then add the egg and fry for another minute or two. Top with green onions and sesame seeds.

\*Add-ins: you can make this the deluxe version by adding green/red pepper, mushrooms, etc... Add them at the same time as the cabbage and carrots

\*Add chicken, beef or pork strips or even little shrimp with the onions for a meat version

## Easy, but not quite Egg Foo Young... (serves 2)

2 carrots, sliced ¼" thick                      1 onion, chopped    3 c cabbage chopped                      2 stalks celery  
sliced(opt)  
3 eggs    2 Tbsp oil

\*Steers Sweet Chili sauce to make it extra delicious

- Beat the eggs in a large bowl, Add the vegetables and coat them completely with the egg. Add oil to a hot fry pan and wait a few seconds for the oil to really heat up, then pour the egg and vegetable mixture into the pan. Cover and let cook for several minutes, then flip and cook for 2 more minutes. Drizzle the Sweet Chili sauce over the top and devour.

## Asian Dumplings/Pot-stickers (makes about 20)

Wrappers:

2c flour

$\frac{3}{4}$  just-boiled water

Pinch of salt

- Make 'well' in center of flour and add water continuously while stirring (as best you can), knead the dough to bring it together, then move the ball to a counter top and knead for 2 minutes. The dough should be very elastic. Now, tightly seal in a plastic bag for 15 minutes – 2 hours. Form into balls about 2" in diameter and then roll them as thinly as possible using as little flour as possible.

## Yellow Split-pea Filling:

4 c yellow peas

1 large finely chopped onion

3 cloves garlic

3 finely grated carrots

1 recipe of Stir-Fry Sauce #2

1 + 1 Tbsp oil

Toasted sesame seeds (optional)

- Add onions to 1T hot oil in a fry pan or wok, sauté over medium-low heat for several minutes before adding garlic, then, continue until the onions just begin to caramelize. Add the carrots, and continue to cook them until soft. Add yellow peas and stir-fry sauce, cook until sauce has integrated with ingredients and is no longer watery.

\*This filling can be modified, or swapped out - even to include sausage instead of yellow peas

To assemble dumplings, place a scoop of filling in the center and pinch closed. Put several in a pan with  $\frac{1}{2}$ " of water, cover and boil for about 10 minutes or until water is gone (keep an eye on these or they will burn), then, drizzle the 2<sup>nd</sup> Tablespoon of oil around the dumplings so the bottoms begin to fry. After about 3 minutes, use a metal spatula to transfer them to a plate – dip in soy sauce.

Rather than boiling and frying, you can add these to a soup.

## Egg Rolls

1 c white flour

water

2 eggs

$\frac{1}{4}$  tsp salt

2 c cabbage, chopped

$\frac{1}{2}$  c carrots, shredded

½ tsp ginger

¼ tsp garlic

1 tsp sesame oil

- Mix flour, eggs and salt with enough water to make a runny mixture. Fry in a skillet with a little oil until solid but soft. Set aside to cool. For the filling, stir fry cabbage, carrots, ginger and garlic in sesame oil. Roll up into the skins and fry in a little oil until golden brown.

## Thai Peanut Noodles

2 Tbsp sunflower oil

1 clove garlic, minced

1 onion, sliced

1 pepper, chopped

½ c peanut butter

water as needed

cayenne pepper, cumin, mixed herbs, salt, pepper

1 lb spaghetti, cooked

2 carrots, sliced

½ cucumber, julienned

- Sauté onion and garlic in sunflower oil, about 5 minutes. When they are soft, add pepper, peanut butter and spices to taste. Cook, stirring well, and add water to thin the sauce as desired. It should be smooth, not sticky. Serve over cooked spaghetti and top with julienned carrots and cucumbers

## Stir-Fried Broccoli

½ c chicken broth

1 tsp cornstarch

2 Tbsp soy sauce

1 tsp sugar

3 Tbsp oil

½ onion, diced

1 head broccoli, chopped

- Combine chicken broth, cornstarch, soy sauce and sugar in a bowl. Fry onion in a skillet until golden. Add broccoli, stir -fry for 3 minutes. Add the sauce, stir fry for one minute or until sauce clears.

## Sweet and Sour Chicken

1 chicken, cut into pieces       $\frac{3}{4}$  c sugar  
1 can crushed pineapple      2 Tbsp cornstarch  
 $\frac{1}{2}$  c soy sauce       $\frac{1}{4}$  c vinegar  
 $\frac{1}{2}$  tsp ground ginger       $\frac{1}{4}$  tsp pepper  
1 clove garlic, chopped      \*1 green pepper

- Place chicken skin side down in dish. Drain pineapple (reserve 2 Tbsp juice). Mix juice, cornstarch, sugar, soy sauce, vinegar, and spices in large saucepan. Cook over medium heat until sauce thickens and bubbles, pour over chicken. Bake for 30 minutes, basting several times. Turn chicken, spread with pineapple, spoon sauce over all. Bake 30 minutes or until chicken is done.

## Chicken with Garlic and Soy

2 cloves garlic, minced      2 Tbsp butter  
1 chicken, cut into pieces      flour for coating  
soy sauce to taste

- Sauté the garlic in butter. Coat the chicken with flour, brown on both sides in the butter and garlic mixture. Sprinkle with soy sauce, coat with flour and cook over low heat until tender, stirring occasionally.

## Ginger Chicken J

2 lb chicken pieces       $\frac{1}{3}$  c honey  
2 Tbsp ginger, chopped       $\frac{1}{3}$  c soy sauce  
4 cloves garlic, smashed

- Put everything in a bag, marinate overnight. Bake, skin-down, on medium heat for thirty minutes. Turn the oven up to high, turn the chicken over, and leave it another half an hour. Let stand for 20 minutes.

## Genghis Khan Beef

2 Tbsp oil                      1 lb beef or mutton  
2 onions, sliced              4 carrots, sliced  
4 peppers, sliced              ¼ c Worcestershire sauce  
1/3 c soy sauce                1 Tbsp sesame seeds

- Heat oil in skillet, add meat and brown quickly. Add veggies, stir-fry briefly and add the sauces and seeds. Heat though until veggies are tender, but still crisp.

## Chinese Savory Beef

2 Tbsp oil                      2 lb beef, cubed  
1 onion, chopped              2 cloves garlic, minced  
½ c soy sauce                2 Tbsp brown sugar  
¼ tsp pepper                 3 c water

- Heat oil in skillet, add beef and fry at high heat. Add onion and garlic, stir-fry. Add remaining ingredients. Bring to a boil, reduce heat cover and simmer 2 hours. Add more liquid if needed. Serve over rice.

## ***Do you miss Mexican food?***

– More dishes for the desperate Volunteer inspired by our neighbor to the south whose food we cherish...

### **Mexican Rice J**

1 c white rice                      2 c water  
2 Tbsp oil                          2-4 cloves garlic, chopped  
1 onion, chopped                2 tomatoes, chopped  
salt, pepper, oregano, peri peri to taste  
¼ tsp cumin

- Brown the rice in oil over low heat for 10 minutes. Add onions (if you like meat you can add mince meat here) and garlic, sauté. Add tomatoes, spices, and water, bring to boil. Simmer until all water is absorbed.

### **Cheese Enchiladas** (serves 2-3)

1 Tbsp oil                            1 clove garlic, minced  
2 Tbsp flour                        2 c chicken broth  
1 c tomatoes, chopped        1 onion, chopped  
¼ c green chilies                1 c cheese, grated  
6 flour tortillas (page 40)

- Sauté garlic and onions in oil until tender. Stir in flour, add broth and cook until thick. Add tomatoes and chilies, cook 10-15 minutes. Dip tortillas one at a time into sauce and put one large spoonful of cheese in center, roll, and place seam down in a pan and cover with remaining sauce. Bake until cheese begins to melt. Top with left over sauce and cheese.

## Chicken Enchiladas

2 c chopped chicken            ¼ c chilies, chopped

2 c sour cream                ¼ tsp pepper

1 can cream of chicken soup    ½ tsp garlic salt

4 c shredded cheese            2 Tbsp cumin

2 Tbsp onion, chopped        1 Tbsp chili powder

6 flour tortillas (page 40)

- Set aside 1½ c of cheese. Mix chicken, sour cream, chicken soup, cheese, onion, green chilies, and spices. Fill tortilla with chicken mix. Roll tortilla and place in pan. Bake for 20 minutes at medium high heat. After twenty minutes, sprinkle the rest of the cheese over the tortillas and bake another 5 minutes.

## Green Chicken Wraps (serves 2-3)

1 recipe tortillas (pg 40)        1 recipe 'cheese' (pg 60)

½ onion chopped                2 cloves minced garlic

3 chopped green tomatoes        1 tsp cumin

2c cooked shredded chicken      ¼ c fresh cilantro

½ chili\*

Salt and cayenne to taste

- Sauté onions and garlic until tender, add chopped green tomatoes, cumin and chili, sauté them for a minute or 2 until they start becoming a bit juicy, then add a splash of water and a squirt lime juice if available. Simmer a few minutes until it becomes saucy and thick, then add chicken and salt, cook for a few more minutes, adding a splash more water if necessary. Remove from heat; add fresh cilantro, and cayenne to taste. Wrap chicken mixture in tortilla with a sprinkle of 'cheese' and serve with a small side of shredded cabbage and carrots.

\*Note: fresh cilantro is pretty important in this recipe, you can grow it yourself, but if you are desperate you can substitute 2 tsp coriander and add at the same time as the cumin



## Tamale Casserole (serves 3-4)

**Carol McFarland CHED '11**

\* I make this when I both want "Mexican Food" and feel like a good Midwestern housewife wanting to make "Hot Dish"... It's a bit different but hearty and delicious

1 lb mince meat (or rehydrated soya mince)

1 onion                                    3 cloves of garlic

1 can 'tomatoes and onions'        1 can beans\*

1 green/red pepper\*            1 Tbsp cumin + coriander

Salt + cayenne to taste    ½ recipe of cornbread (p 41)

- Brown the mince meat with onions and garlic (you may need to add just a splash of oil to get it started) Then, add chopped pepper and spices (if you have some button mushrooms or olives, they are also delicious to add here), continue cooking until they are tender, then add your can of tomatoes and onions/Mexican tomatoes (if using beans and/or soya mince add them here and you can mix in some grated cheddar or 2 slices of cheese if you like too). Then, put in an oven safe baking dish and top with cornbread and bake until the cornbread is done about 30 minutes.

## Crispy Bean Tacos with Feta and Cabbage RC

1 c kidney beans                      ½ tsp ground cumin

5 tsp olive oil                            1 Tbsp lemon juice

2 c cabbage, shredded                ½ onion, chopped

¼ c fresh cilantro (opt)                4 tortillas (page 40)

½ c crumbled feta                        hot sauce

- Partially mash beans with cumin. Mix 2 tsp olive oil and lemon juice in a bowl, add cabbage, onions, and cilantro and toss to coat. Season slaw to taste with salt and pepper. Heat 3 tsp olive oil in a large skillet over medium-high heat. Add tortillas in a single layer. Spoon ¼ of bean mixture onto half of each tortilla; cook one minute. Fold tacos in half. Cook until golden brown, about 1 minute per side. Top tacos with feta and slaw and serve with hot sauce on the side.

## Burritos

1 recipe Mexican Rice                      1 recipe tortillas (p 41)  
1 can beans                                      3/4 c hot water  
100g chili beef (or something tomato) soya mince  
1 onion diced                                      2 cloves garlic  
1 tsp cumin                                        1 tsp coriander  
Salt and pepper to taste                                      1 Tbsp oil  
1 recipe salsa or can of Mexican Tomatoes  
1 c shredded cheddar cheese    fresh cilantro chopped  
Shredded lettuce                                      sour cream/plain yogurt

- Rinse beans in can. Add oil to a sauce pan and heat; add onions, garlic, cumin and coriander. Sauté for 30 seconds, then add beans. Cook beans, stirring for about 1 minute, then mash them in the pan. Combine soya mince with water and add to beans, cook until the mixture is thick and heated through (but check to make sure the soya mince is fully cooked). Now, fill tortillas with rice, bean mixture and other toppings.

## Chalupas

1 lb pinto beans                                      1 tsp salt  
½ tsp baking soda                      1 lb mince  
1 onion, chopped                      2 Tbsp chili powder  
2 Tbsp cumin                                      1 Tbsp garlic powder

Cook beans until done. Sauté onion, brown mince. Mash beans. Add meat to beans and add seasoning. Heat and serve over chips or on tortillas.

## Mexican Roasted Nuts

2 Tbsp olive oil

¼c brown sugar

2 tsp salt

1 tsp cayenne pepper

8oz peanuts (may substitute and other nuts or seeds in any combination)

- Mix well and bake on high for 15 - 20 minutes, stirring twice until brown.

\*Variation: Add favorite spices

# Vegetarian Dishes

## Protein Combinations

Legumes, beans, peas or lentils PLUS grains

(e.g., rice and beans)

Milk products PLUS grains

(e.g., macaroni and cheese)

Milk products PLUS legumes

(e.g., cheese sauce over beans)

Seeds PLUS legumes, beans, peas, or lentils

(e.g., humus and sunflower seeds)

## **Kateh (Cooked Rice)**

2 c rice                      1 Tbsp butter

4 c water                    2 Tbsp shortening

2 tsp salt

- Add rice and salt to 3 cups of water. Cover, cook on medium heat for about 30 minutes or until water is absorbed. Stir the rice a few times while it is boiling. When rice is cooked, add butter and shortening. Cover and let cook about 35 minutes on low heat. When ready to serve, fill sink halfway with cold water. Put the pot in the sink for a few minutes and remove. Take a spatula and invert the cooked rice on a plate. The finished product should look crisp and brown on top.

## **Chelo (Steamed Rice)**

2½ c rice                    4 Tbsp salt

½ c butter, melted

- Soak rice overnight in cold water with 2 Tbsp salt, using enough water to cover the rice. Boil 8 cups of water with 2 Tbsp salt. Drain rice, add to the boiling water and boil it for 10-15 minutes. Stir rice with spoon once or twice to prevent the grains from sticking together. Drain rice, rinse with lukewarm water. Put half of the melted butter into the pot in which you cooked the rice, add a tablespoon of water. Take a spoonful of rice at a time and put it in the pot, allowing it to form a cone. Pour the rest of the melted butter over the rice, distributing it evenly. Cover and weigh down the lid. Cook for 10-15 minutes on medium heat. Lower heat and cook for 35-40 minutes. If the rice is cooked at the right temperature, the rice will form a crust at the bottom of the pot which will become crisp golden brown, while the rest of the rice remains white. If desired, add more melted butter before serving. Place in sink of cold water for a few minutes before serving, it makes it easier to remove the crust.

## **Estanboli Polo (Rice with Tomato Sauce)**

4 Tbsp butter                      2/3 c tomato sauce  
1 lb mince                         ½ c water  
1 onion, chopped                2-3 Tbsp lemon juice  
½ tsp salt                         ½ tsp pepper  
¼ tsp cinnamon                    ¼ tsp paprika  
2½ c rice                            4 Tbsp salt  
½ c butter, melted

- Melt butter in big pot. Add meat, onion, and spices and sauté until meat is brown. Add tomato sauce, water, and lemon juice and let simmer for 30 minutes on medium heat or until meat absorbs all the juice. Cook rice as in directions for chelo. After putting half of the rice in the pot, place the meat and the sauce over the rice, pour the rest of the rice over the meat. Cook as directed for chelo.

## **Coconut-Raisin Rice JC**

3 c rice, cooked                    4 Tbsp butter  
½ tsp salt                         1/3 c brown sugar

½ c raisins                      ½ c shredded coconut

- Combine all ingredients, mix well.

## Caribbean Rice and Beans

1 c dried kidney or pinto beans

3 c water                      salt/pepper to taste

1 Tbsp butter                1 clove garlic, minced

1 onion, chopped            1 tomato, chopped

2 tsp lime juice             1½ tsp parsley

1 c rice                        4 c bean liquid

- Soak beans overnight in water. Bring to a boil, reduce heat and simmer just until tender. Sauté butter, garlic, onion, tomato, parsley, salt and pepper for about 5 minutes, add rice, beans, and bean liquid. Bring to boil, cover, reduce heat, simmer 20-25 min.

## Vegetable Biryani

¾ c basmati rice              1 Tbsp butter

2 Tbsp golden raisins        ½ tsp turmeric

2 Tbsp sliced almonds       ¼ tsp whole cumin

¼ tsp whole coriander       3 cardamom pods

1 cinnamon stick             1½ c water

1 tsp salt

2 Tbsp butter                 ¼ onion, thinly sliced

1 Tbsp ginger                 2 cloves garlic

2 Tbsp golden raisins        ½ tsp whole cumin

2 Tbsp sliced almonds      5 cardamom pods

2 tsp whole coriander      1 c cauliflower

½ c green beans      ¾ c potatoes

1 carrot, chopped      1 tsp salt

2 Tbsp toasted coconut      ¾ c water

2 Tbsp toasted almonds

- Rinse rice, set aside. Melt the butter in a medium saucepan with a tight-fitting lid over medium heat. Add the golden raisins, almonds, turmeric, cumin seed, coriander seed, cardamom pods, and cinnamon stick and cook, stirring, until toasted and fragrant, about 2 minutes. Add the rice and cook, stirring, until toasted, about 1 minute more. Add the 1½ cup water and salt and bring to a boil. Lower the heat and simmer covered, wrapping the lid tightly with a kitchen towel, and steam until the rice is tender, 20 minutes. Remove from the heat and let rest, covered, for 10 minutes. Fluff with a fork and set aside. While rice is cooking, in another pan melt the butter in a medium skillet with a tight fitting lid over medium high heat. Add the onion and cook, stirring, until lightly browned, about 1 minute. Add the garlic and ginger and cook, stirring, until fragrant, about 1 minute. Add the golden raisins, almonds, coriander seeds, cumin seed, and cardamom and cook, stirring, until toasted and fragrant, about 2 minutes. Stir in the cauliflower, green beans, potatoes, carrots, and salt. Raise the heat to high, pour in the ¾ cup water, and cook, covered, for 4 minutes. Uncover and cook, stirring, until the vegetables are tender and most of the water has evaporated, about 2 minutes more. Add the rice to the vegetable mixture and stir. Season with salt to taste. Top with toasted coconut and almonds when serving.

## Kay and Linda's Casserole

1½ c rice, cooked      1 onion, chopped

1 can beans & tomato sauce, drained

1 c cheese, shredded      2 cloves garlic, chopped

½ tsp salt      ¼ tsp pepper

½ tsp chili powder      1 tsp parsley

¾ c bread crumbs

- Mix half of cheese, rice, beans, onions, tomato and spices in a pot. Top with breadcrumbs and remaining cheese. Bake covered on stovetop for 30 minutes.

## Moroccan Vegetable Couscous

¾ c dry couscous      1Tbsp oil  
1 c chopped veggies    1½ tsp cumin  
2 tsp coriander      ½ c stock      ¼ c water

- Sauté veggies until tender. Add cumin and coriander, simmer 3 min. Add water and veggie stock, simmer 5min. Place dry couscous in a separate bowl, add boiling water so it just covers the couscous, let water absorb. Keep adding boiling water until couscous is soft. Spoon veggies over couscous.

## Fried Papa C

Recipe by Ronen Gluck, PCV Lesotho

1½ liter water      1 kg maize meal  
½ c butter      2 eggs  
2 Tbsp garlic powder    2 Tbsp cayenne  
1 tsp salt      oil for frying

- Make papa the way mama showed you. Mix in remaining ingredients, adjust seasonings to taste. Heat oil in separate pan, fry golf ball size balls of papa until golden and crispy.

\* And just remember, cheese makes everything better. Think about it...

## Polenta (think Italian papa) J

3-4 c water      1 c yellow cornmeal  
salt, pepper, mixed herbs, rosemary to taste  
4 Tbsp butter      1 c cream cheese (opt)

- Boil lightly salted water. Whisk in cornmeal and mush lumps. Lower heat to simmer, add butter and spices, and cook, stirring occasionally, for 30 minutes. Finish by stirring in cream cheese, if available, and adjusting seasoning. Fluff and serve.





3 c flour

$\frac{3}{4}$  c and 2 Tbsp water

1 tsp salt

- Place flour in a mound on a large flat surface, making a well in the center. Add the water and salt. Using a fork, gently start to work flour from the side of the well into the liquid mixture. Continue until the dough becomes sticky and difficult to work with the fork. Knead by hand to make a rough looking dough. Let dough rest 10 minutes. Knead dough until most of the flour is used and the dough is smooth and elastic, about 10 minutes. Divide the dough into 3-4 pieces and place the balls into a plastic bag. Let rest for 30 minutes. Roll out one at a time to desired thickness. Flip the dough often and continue adding flour to prevent sticking. Sprinkle with flour and let rest for 15 minutes. For noodles, roll the dough loosely and cut into desired widths. Unwind each strip on a cloth towel and let strips stand uncovered for 15-30 minutes before cooking or 3-4 hours to dry before storing.

**\*Variations:** Whole wheat pasta: make a well in 2 cups whole wheat flour. Break two eggs into the well. Add 2-3Tbsp of water, 1 Tbsp oil and 1 tsp salt. Beat mixture about 10 strokes before adding flour.

\*Add herbs of your choice into dough

\* Use mashed or pureed vegetable (spinach) for  $\frac{1}{2}$  of water

\* Raviolis!!! **C** Roll pasta dough into large flat sheets, cut into circles or squares, put a spoonful of filling on top, add another square and press closed all the way around with a fork, then toss into boiling water and fish out with slotted spoon when they are floating.

**Fillings:** "cheese"(pg 60), mashed butternut squash, slightly mashed fresh peas, pick one and add a little bit of garlic, salt and pepper, then mix-in an egg and parmesan cheese if available. For meat filling, brown meat with onion, garlic, salt and pepper adding any favorite spice.

## Gnocchi

3 lbs potatoes

2 c all purpose flour

1 egg

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  c canola oil

- Boil the potatoes whole until soft. While still warm, peel, chop and mash. Boil 6 quarts of water in a large pot, set up cold water bath near boiling water. Make a well in center of potatoes and sprinkle all over with flour. Place egg and salt in center of well, and use a fork to stir into flour and potatoes. Once egg is mixed in, bring dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until ball is dry to touch. Roll baseball-sized balls of dough into  $\frac{3}{4}$ " diameter rods and cut in 1" long pieces. Drop these pieces into boiling water and cook until they float (about 1 minute). As

gnocchi float to top of boiling water, remove them to ice bath. Continue until all have been cooled off. Let sit several minutes in bath and drain from ice and water. Toss with oil.

\*Variation: substitute half of the potato for equal amount butternut squash

## Spaghetti (serves 2)

1 recipe Pizza/Pasta Sauce

½ package noodles

- Follow package direction for cooking pasta (don't overcook – and remove from water right away!)

Pour sauce over pasta serve topped with aged parmesan and garlic bread...

\*Alfredo – same, but use Alfredo or Easy White Sauce

## Ursula's favorite Veggie Lasagna

Recipe by Ursula Pfau, PCV Lesotho

40oz lasagna noodles    shredded mozzarella cheese

### Sauce:

2 cans tomato sauce                      2 cans tomatoes

½ lb mushrooms (opt)                      1 onion, chopped

1 Tbsp sugar                                  ½ tsp salt

½ tsp basil                                      1 clove garlic

### Cheese mix:

12oz creamed cottage cheese or ricotta cheese

1 c parmesan, shredded

8 to 12 c fresh spinach, chopped

½ tsp salt                                      1 tsp oregano

- Heat sauce to boiling, reduce heat, simmer for 45 min uncovered. Sauce on bottom of pan, then noodles, sauce, mozzarella cheese, cottage cheese mix; make at least 3 layers. Bake for 45 minutes on medium high heat. Let rest for 15 minutes.

## Baked Penne

¼ c butter                      5 c onions or leeks, chopped

¼ c flour                        3½ c whole milk

1 lb cheddar cheese        1 Tbsp mustard

1 tsp hot sauce              2 eggs

1 lb penne pasta

- Melt butter in saucepan, add onions, stir to coat. Cover and cook until tender, stirring occasionally (do not brown). Uncover saucepan, add flour, stir 2 minutes. Add milk, bring to simmer, add cheese, mustard, and hot sauce. Stir until cheese melts, remove from heat. Add salt. Whisk eggs in separate bowl, stir (slowly!) into cheese sauce. Cook pasta until just tender, drain, return to pot. Stir cheese sauce into pasta in pot, transfer to greased baking dish. Bake on high until cheese sauce is bubbling around edges and some ends of pasta are golden brown, 25-30 minutes.

## Easy Mac and Chizzity Cheese JC

Recipe by Ben Klein, PCV Lesotho

250g pasta        2-3 Tbsp butter                      ¼-1 c milk

1 cup cheese (or 3 slices) cheese, grated

(amount of milk determines sauciness vs. thickness)

1 onion (optional)        Toasted bread crumbs (optional)

- Boil pasta; add salt or oil to the water to prevent sticking. Drain noodles. (Sauté onion in melted butter.) Add all to noodles. Stir until cheese melts. Add salt and pepper to taste. Top with bread crumbs if desired.

**Variations:** Add garlic (goes without saying), cayenne pepper (real PCVs use cayenne pepper. Lots of cayenne pepper.), tuna (don't knock it till you try it), fresh/canned green peas.

## Tomato and Chickpea Pasta RC

1 c dry pasta	2 Tbsp oil
3 cloves garlic, minced	½ onion, chopped
½ c chicken broth	¼ c white wine
2 tomatoes, chopped	1 c chickpeas
¼ tsp oregano	½ tsp paprika
½ tsp cayenne pepper	½ tsp parsley
salt, pepper to taste	½ c feta cheese

- Cook pasta until al dente. Heat oil, add onion and garlic, cook until fragrant. Add broth, wine, tomatoes, chickpeas, oregano, paprika, and cayenne pepper. Cook until reduced by half. Add pasta to frying pan and toss, allow pasta to heat in pan for about 1 minute. Toss in feta, parsley, and salt and pepper to taste.

## Creamy Noodles (serves 1-2)

2 c macaroni, cooked	1 Tbsp margarine
2 Tbsp parmesan, shredded	½ tsp pepper
1 can (8oz) dessert cream	1 can peas, drained

- Mix all ingredients together in a saucepan and boil briefly on medium heat to thicken slightly.

## Moroccan Lentils

1 tsp ground cumin	1 tsp coriander
1 tsp cinnamon	2 Tbsp oil
½ c onion, chopped	1 c lentils
3 c vegetarian or chicken broth	

¼ c chopped fresh cilantro (opt)

- Mix spices in a small bowl. Heat 1 Tbsp oil in a saucepan, add onion and sauté until translucent. Add 2 tsp spice mixture and sauté thirty seconds. Stir in broth and lentils, bring to boil, reduce heat to medium and simmer until lentils are tender, adding more broth when dry and stirring occasionally, about 10 minutes. Stir in cilantro, season with spice mix, salt and pepper.

## Ethiopian Red Lentils RJC

Recipe from Violeta's Grandma

1 c red lentils                      2 Tbsp tomato paste

1 onion, chopped                1 clove garlic, minced

½ c water

black pepper, paprika, garlic powder, ginger, salt

- Fry onion in olive oil. Soak lentils. When onions are golden, add tomato paste and water. Season, simmer. Rinse lentils and add to pan, simmer 30-45 minutes, until thick and creamy, but not stiff. Add salt and adjust seasonings.

## Lentil Dahl (serves 3-4)

1 c red lentils                      1 onion, chopped

1 clove garlic, chopped        1 bay leaf

1 green chili or pepper        1 Tbsp ginger

2 tsp cumin or coriander       1 tsp salt

1 Tbsp lemon juice              2 c water

- Sauté onion and garlic in a little oil. Boil water, add lentils and remaining ingredients. Cook about 30 minutes, serve over rice or with flatbread.

\* You can add ½ lb 'spinach' and 2 tomatoes to this, add to onion and garlic after 2 minutes, top with fresh cilantro.



stirring occasionally.

## **Beans with Sweet and Sour Sauce or - Faked Baked Beans** (serves 2-3)

1½ c beans                      ½ Tbsp oil  
2 Tbsp flour                      2 Tbsp sugar  
2 Tbsp honey or golden syrup   ¼ tsp salt  
1 c hot water or bean liquid      1 onion, chopped  
2 tsp vinegar                      2 cloves garlic

- Soak and cook beans until tender (or use canned). Brown onion and garlic lightly in oil, then add flour. Gradually add sugar, honey, salt and vinegar, stirring until blended. Gradually add hot water, bring to a boil and cook for a few minutes. Pour over hot beans.

### **\*Variations:**

Replace vinegar with 2 Tbsp curry and 2 tsp water.

\*Add molasses instead of honey or golden syrup.

\*Add favorite spices eg: cumin, coriander, cayenne, ginger in any combination for 20 seconds before the flour. Then, add a splash of soy.

\*You could start by sautéing a little bit of bacon but this is the vegetarian section...

## **Frijoles Borrachos (Drunken Beans)** (serves 5)

1 lb dried pinto/sugar beans      4 tomatoes, chopped  
½ white onion, chopped              1 jalapeno, minced  
2 cloves garlic, minced              2 bay leaves  
1 Tbsp oregano                      12oz dark beer





2 onions, chopped      1½ tsp cumin  
¾ tsp coriander      3 Tbsp curry powder

- Boil lentils in water with 1 tsp salt. Sauté onions, cumin, coriander, curry powder and ½ tsp salt. Add sautéed mixture to the lentils and continue cooking until it is thick. For the pastry, mix together flour, salt, water and oil. Knead until soft, smooth dough forms. Divide into balls and roll out on a floured surface until very thin. Cut the circle in half, place a spoonful of the filling in the center of the half. Fold into triangles and seal the edges. Deep fry until golden brown.

**Variation:** make them with meat filling as follows:

1 lb ground beef      2 onions, chopped  
½ tsp salt      ¼ tsp black pepper  
¼ tsp garlic      ½ tsp coriander  
1 tsp cumin      1 tsp curry powder  
1 potato, grated      ½ tsp cardamom

## Veggie Burgers and Fritters –

Basics: Here's the deal, you can "fritter" literally almost anything from potatoes, to lentils to dandelion flowers (nope, not a typo – Grandma's recipe...) The basic principle is that you have your main ingredient that you want to "fritter" this can be carrots, zucchini, potatoes, lentils, sprouts, whatever, even all of them mixed together. Then, you want to add flavor, this is with onions, garlic, spices, herbs, salt, pepper, etc... Now, they have to stick together to make patties, this is why we add egg and then flour and/or breadcrumbs (Grandma used to use almost anything "breadly" like crackers, cornflakes... etc.) It is a lot like a normal burger, then, form them into patties and fry in oil.

## Lentil Burgers (serves 1-2) **RJ**

⅔ c lentils, cooked      1 onion, grated  
1 c breadcrumbs      ½ c wheat germ/flour  
1 egg, beaten      salt to taste

- Mix lentils, onion, ½ of the breadcrumbs, wheat germ, egg, salt and spices. Set aside for 30 minutes.

Form mixture into patties; dip in beaten egg and coat with dry breadcrumbs. Fry on both sides until lightly brown.

### **Variations:**

\*Add fresh parsley (or other favorite herb)

\*Add more lentils to the “soup mix” and cook until water is just gone, use to replace the lentils above

\*Add sprouts and/or toasted sunflower seeds

\*Add grated veggies, or red pepper

\*Add curry powder or other favorite spice blends

\*Top with a delicious sauce...

## **Veggie Burgers...of DOOOOOOOOOM C**

**Recipe by Ronen Gluck, PCV Lesotho**

(Makes a lot)

2 c lentils	2 c barley
2 c carrots, chopped	3 eggs, beaten
1 c onions, chopped	1 Tbsp salt
2 Tbsp crushed red pepper	2 bouillon cubes
2 Tbsp mustard powder	2 Tbsp garlic salt
¼ c Worcestershire sauce	2 Tbsp cayenne
2 c breadcrumbs	
2 c whole wheat flour	3 Tbsp basil
oil for frying	

- Put lentils and barley in a large pot, add bouillon cubes, and add 10 cups of water. Boil until barley is cooked, add carrots. Sauté onions in a little oil until translucent, add red pepper and mustard, stir for one minute. Add onions to the pot, add other spices (except basil; experiment with other spices as desired)and Worcestershire sauce, cook uncovered on medium high heat until carrots are very tender

and most of the liquid has been absorbed. Remove from heat. Slowly add breadcrumbs, stirring frequently. Let mixture cool completely. Mix in eggs, then slowly add flour until mixture forms a sticky dough just solid enough to maintain shape. Take tennis-ball-sized chunks of dough, form into patties. Mix another 2 cups of flour with the basil, and dredge the patties in the flour mixture. Fry in oil, about 4 minutes on each side (more or less for varied crispiness). Warning: this recipe makes upwards of 30 veggie burgers. If you didn't read this far before you started, invite some friends over. These are great with Special Ketchup (page 16). The batter can also be baked in a greased loaf pan for a healthier option.

## Potato Pancakes

3 c potato, grated                      2 eggs  
1 Tbsp onion, chopped                2 Tbsp flour  
salt/pepper to taste

- Combine potato, salt, pepper, eggs, flour and onion. Drop by spoonfuls into a lightly oiled hot skillet. Fry until golden brown on each side.

\*Replace or mix in a combo of carrots and beets

\*Traditionally served with applesauce

## Faux Crab Cakes

1½ c zucchini, shredded                1 c breadcrumbs  
2 Tbsp onion, grated                    2 Tbsp flour  
1 Tbsp mayonnaise                      2 eggs, beaten  
1 tsp Old Bay seasoning or other spices

vegetable oil for frying

- Combine zucchini, breadcrumbs, onion, flour, mayonnaise, and seasonings. Add eggs, stirring to combine. Shape mixture into patties. Cook patties in hot oil for 1-2 minutes per side, or until lightly browned. Drain on paper towels.

## Carrot Burgers

4 c corn flakes, crushed                      2 Tbsp onion, minced

2 c carrots, sliced                      1 egg

salt/pepper to taste

- Boil carrots, drain, mash. OR shred raw carrots. Mix in onion, egg, salt, pepper, and half of the corn flakes, (add 1/2 cup flour to keep mixture together.) Form into patties, dip in remaining cornflakes and fry in a small amount of oil, browning each side.

## Vegetable Loaf J

4 c self-raising flour                      3 c carrots, grated

3 c spinach, chopped                      4 eggs, beaten

1¼ c milk                      ½ c sugar

1 tsp vanilla                      1 tsp salt

½ c butter

- In separate pots, lightly boil the carrots and the spinach. Sift flour and salt together and rub in butter with your fingers, mix well. Add sugar, then veggies, mix well. Add beaten eggs, vanilla and milk to make soft dough. Put in loaf pan, bake for 1 hour.

Note: This will be a little bit sweet

## No Stove Top Stuffing? (serves 3)

½ loaf of bread                      2 Tbsp oil+1 Tbsp butter

1 chopped onion                      1c good flavored broth

3 ribs of celery, sliced (or celery seed/salt and 5 ribs from spinach)                      2 eggs

1/4c milk                      salt and pepper to taste

\*Herbs – Parsley, sage, oregano, thyme, basil...

- Cut bread into cubes, mix oil, salt and pepper with any herbs of your choice and mix with cubed bread. Spread cubes on a baking sheet and bake for 10 -15 minutes, stirring occasionally. Sauté onion and celery in butter until soft, then add the toasted bread, in a bowl, mix broth eggs and milk. Combine the liquid mixture with the bread mixture and bake in a greased pan until cooked through, about 45 minutes.

## **Bootleg Stuffing**

Recipe by Chanté Liggins, PCV Lesotho, CHED '10

1 loaf of Cornbread	1 onion
1 green pepper	1 pack soya mince
2 chicken stock cubes	2 eggs

- Follow your favorite cornbread recipe. Crumble cornbread into small crumbly pieces. Boil eggs and dice. Sauté onions and green peppers. Mix all together. Separately, boil soya mince and chicken stock cubes in 2 cups of water. Add your favorite spices to taste. Pour broth into the cornbread mixture. Enjoy as is or bake for 10 minutes for the overly crisp.

## **Mmmmm! J**

2 tomatoes, chopped	¼ c water
1 onion, chopped	4 eggs
garlic (opt)	1 Tbsp curry powder
salt and pepper to taste	2 Tbsp oil

- Sauté garlic and onions in oil until onions are soft. Add tomatoes and a little water (about ¼ cup or less), let simmer. Add salt, pepper, and curry powder to taste. Let simmer for 5 to 10 minutes, then crack eggs into pot (do not stir). Let simmer for about 10 minutes or until eggs are cooked to your preference. Serve with bread or over rice.

## **Skillet Quiche J** (serves 3- ish)

6 c cooked veggies	3 eggs, beaten
1 c cheese, shredded	1½ c milk

salt/pepper to taste                      ½ tsp paprika

pie crust (page 48)

- Spread crust onto an ungreased skillet. Add cooked veggies and cheese. Mix eggs with milk and spices and pour over veggies. Cook covered over medium heat, about 25 minutes. Let sit 10 minutes.

**Variations:**

\*Non-skillet Quiche – press crust into greased pie, or round cake pan, then pour in egg mixture (favorite veggie combos, ‘spinach,’ tomatoes, red/green pepper, onions, garlic, mushrooms, asparagus, artichoke hearts...)

\* You can make this with no crust (frittata) and add 1 tsp baking powder and 1 tsp salt, or use hashbrowns for a crust

## **Baked Pumpkin**

1½ c pumpkin, cooked                      ⅔ c brown sugar

3 eggs, beaten                                      1½ c milk, scalded

1 Tbsp cornstarch                              1 tsp cinnamon

½ tsp ginger                                      ¼ tsp cloves

¼ tsp nutmeg

- Mix all ingredients well and pour into a buttered baking dish. Bake on medium heat for 45 minutes

\*This is a sweeter dish

## **Butternut Squash Soufflé C**

2c cooked and mashed butternut squash

4 eggs, separated                                      ¼c milk

1 tsp baking powder                                      1 tsp salt

½ c Swiss cheese, shredded (optional)

Black pepper, ginger, nutmeg, cayenne, garlic powder

- Take the 4 egg white and beat them with a fork until they are as foamy as you can get them (if you actually have an egg beater or electric mixer use it here). In a separate bowl, mix the squash, egg yolks, milk, baking powder, salt, cheese and other spices (in the combination and quantity you like) until well blended. Fold the squash mixture gently into the egg whites, pour into a greased round cake pan and bake on medium heat for about 40 minutes.

## **Vegetable Pie** (Serves a small army)

2 c green beans	3 onions, chopped
2 c broccoli tops	4 carrots, chopped
2 c cabbage or spinach	3 zucchini, sliced
2 c peas	4 Tbsp butter
5 c bread crumbs	spices to taste
12 potatoes	1 c milk
3 Tbsp butter	pie crust (page 48)

- Finely chop all veggies. Add 4 Tbsp butter, sauté until tender. Add spices to taste and breadcrumbs to veggies and cook on low heat for 10 minutes. Take off heat and cool. Roll out pie crust large enough to cover the bottom and sides of a large casserole pan. Bake piecrust until golden brown. Boil potatoes until soft. Drain water and add milk and 3 Tbsp butter. Mash. Add filling to pie crust and spread mashed potatoes on top. Bake until potatoes are brown. Variation: mix cooked veggies with 1 packet of thick veggie soup and 1 cup water for creamier filling.

## **Garden Vegetable Curry** (serves 4+)

3 Tbsp oil	2 onions, chopped
2 cloves garlic, minced	2 Tbsp curry powder
1 tsp turmeric	½ tsp cumin
1 c tomatoes, chopped	4 potatoes, diced
3 carrots, diced	1 tsp salt



1 head cabbage, chopped      1 Tbsp lemon juice

3 c green beans or peas, cooked

- Fry garlic and onions lightly for 4-5 minutes. Add spices and continue frying. Add tomatoes and cook briefly until sauce thickens. Add veggies and stir to cover with the sauce. Add salt, reduce heat to a simmer for 30-40 minutes. Add water if needed. Fifteen minutes before serving, add lemon juice.

## **Vegetable Curry** (serves 4+)

5 cloves garlic, minced      1 Tbsp water

2 Tbsp ginger, chopped      ¼ c oil

½ tsp coriander seeds      ¼ tsp cumin seeds

6 green cardamom pods      3 whole cloves

1 cinnamon stick      1 bay leaf

1 onion, chopped      2 tsp curry powder

½ tsp hot pepper      1½ c coconut milk

½ c whole peeled tomatoes, chopped

8 c vegetables      salt, pepper to taste

- Combine garlic, ginger, and 1 Tbsp water to create a paste. Heat the oil in a pot over medium heat, cook the coriander, cumin, cardamom, cloves, cinnamon, and bay leaf, stirring constantly, until toasted and lightly browned, about 3 minutes. Add the garlic-ginger paste, curry powder, and hot pepper and cook, stirring, until lightly browned and fragrant, about 1 minute. Add the tomato and cook, stirring, until the oil separates and the crackling sounds begin, about 6 minutes. Add the vegetables, season with salt and pepper and stir. Add the coconut milk and enough water to just cover the vegetables. Bring to a boil, lower the heat, and simmer, covered, until tender, about 15 to 20 minutes. Transfer the vegetables to a bowl. Bring the broth to a boil and cook, stirring occasionally, until reduced to a sauce-like consistency. Return the vegetables to the sauce and stir to combine. Season with salt and pepper. Serve with basmati rice and chutney.

## **Creamy Spinach** (serves 2-3)

3 Tbsp whole wheat flour                      3 Tbsp butter/oil  
½ onion, chopped                              2 cloves garlic, minced  
2 Tbsp powdered milk                              ¾ c milk  
6 c spinach, chopped                              ½ c cheese

Nutmeg (optional), salt and pepper to taste

- Sauté onion in oil. Add flour and cook two minutes, stirring constantly. Add blended mixture of powdered and fresh milk. Stir in greens slowly. Cook until tender and season with nutmeg and salt. Add cheese.

\*Variation: after stirring in greens, top with 2-4 eggs (don't stir), cover – as the dish is cooking the eggs will poach. Top with toasted breadcrumbs and/or cheese.

## Palak Paneer (Spinach and Cheese)

1 recipe 'cheese' (pg 60)

Spinach:

1 lb spinach                                      ½ c water  
4 cloves garlic, minced                              2 Tbsp ginger, minced  
1/3 c oil    2 tsp coriander seeds  
1 tsp cumin seeds                                      4 whole cloves  
2 allspice berries                                      1 cinnamon stick  
2 onions, thinly sliced                                      ½ c heavy cream  
4 tomatoes, peeled & chopped                                      ½ tsp salt

- Cut the 'cheese' (paneer) into ½" cubes.

- Cook spinach in ½ cup water in a large saucepan, covered, over moderately high heat until wilted and tender, about 2 minutes. Coarsely chop or puree spinach, without draining. Set aside. Puree the garlic and ginger into a paste with the remaining 2 Tbsp water. Set aside. Heat the oil in a skillet over medium high heat until hot but not smoking, then brown paneer in 2 batches, gently turning to avoid breaking up. Using a slotted spoon, transfer the paneer to paper towel-lined plate, leaving the oil in pan. Add the



½ c water

salt & pepper

## Cabbage and Onions

¼ head of cabbage sliced

2 onions, sliced

2 Tbsp oil

Salt and pepper

- Sautee onions in oil over low heat stirring often until they begin to caramelize then add the cabbage and continue to cook until the cabbage is tender.

\*You can also do this with brussel sprouts instead of cabbage

\*Add half-cooked 2 minute noodles

## Skillet Cabbage Rolls

10-15 cabbage leaves

1 c bread crumbs

½ c rice, uncooked

½ onion, chopped

1 green pepper

¼ tsp thyme

¼ tsp sage

salt/pepper to taste

1 c tomato sauce

1 c water

- Clean and lightly steam cabbage leaves. Mix breadcrumbs, rice, onion, green pepper, and spices. Place a heap of filling onto the middle of a leaf, bring in the side and roll tightly. Put the tomato sauce and water into a skillet. Fill the pan with the stuffed leaves. Cover and cook for 30 minutes or until rice is done.

\*Carnivores can use the filling for stuffed peppers (pg...) and roll it up in the cabbage leaves

## Cabbage Rolls (2 Servings)

6 whole leaves of cabbage

2-3 carrots, shredded 2-3 c rice

1/2 onion, chopped            2 garlic cloves

1 Tbsp ginger                 2-3 Tbsp soy sauce

1/3 c peanut butter            3-4 Tbsp chopped peanuts

- Sautee onions and garlic in bottom of a pot. Add water, rice and ginger. Once rice is cooked, add soy sauce and peanut butter. Steam cabbage leaves for a few minutes. Spoon rice mixture into a cabbage leaf, sprinkle carrots and chopped peanuts on top. Roll up and enjoy!

## Mashed Potatoes

4 medium potatoes            ¼ c milk

2 Tbsp 'butter'

Salt, pepper, garlic powder, herbs, etc...

- Wash and scrub potatoes well, cut into ½" chunks, add water to ½" above level of the potatoes. Boil until you can easily poke a fork into them. Pour out almost all of the water, add milk, butter, salt, pepper, etc... and mash until desired texture.

\*You can also use beets (cut into ¼" cubes), carrots, pumpkin in any combination to replace some or all of the potatoes

## Hashed Potatoes (and beets) RJC

1 medium potato                1 medium beet

1 finely chopped onion        2 Tbsp oil

Salt and pepper

- Grate beet and potato, mix together with onion. Heat up oil in a skillet, add beet and potato mixture and fry in a large patty for about 7 minutes, top with salt and pepper and flip, cook for another 5 minutes – yum!

## Garlic Roasted Potatoes

2 potatoes, cut in wedges      7 cloves garlic

3 Tbsp of oil      ½ tsp oregano

- Heat oil in pan, put potatoes and whole cloves of garlic in oil. Sprinkle herbs over potatoes. Cover potatoes, cook for 30 minutes on medium heat. Shake pan occasionally.

\*You can make these in the “oven” too, just pre-coat with oil, salt, pepper, garlic powder and herbs then spread on baking sheet until they are tender (tip: cutting smaller chunks reduces the cooking time)

\*You can also use a mix of other vegetables including beets, carrots, pumpkin, turnip, parsnip...

## Scalloped Potatoes

3 potatoes      2 Tbsp flour

4 Tbsp butter      1½ c milk

2 tsp salt      ham, cheese, veggies, etc.

- Thinly slice potatoes, make 3 layers in a pot. Distribute flour and butter between the layers, plus whatever you like (ham, cheese, and veggies). Heat milk and salt and any other spices. Pour over potatoes, bake until tender and creamy.

\*You can replace some or all of the potatoes with other veggies such as turnips, onions...

## Potato Pierogis

1 egg      2 Tbsp sour cream

1 c milk      1 c water

5 c all-purpose flour

5 lb potatoes, peeled and quartered

4Tbsp butter, melted      ½ c cheddar cheese, grated

4oz cream cheese      salt, pepper to taste

2 Tbsp cornmeal

- Whisk egg, add sour cream, whisk until smooth. Add milk and 1 cup water, whisk until combined. Slowly add about 3 cups flour, stir to combine. Turn dough out onto well-floured surface and work in about 1 cup flour as you knead for 8 to 10 minutes, working in another ½ cup flour. The dough should be elastic in texture and no longer sticky. Don't add too much flour. Place dough in a lightly floured bowl and cover with plastic wrap and let rest. Boil potatoes until soft, drain and mash. Add melted butter and the cheeses, mash until mixed. Season with salt and pepper to taste. Boil a large pot of salted water. On a floured surface, roll out dough to about 1/8" thick. Using a glass or cookie cutter, cut out as many circles as possible. Form filling into 1½" balls, place in the center of each dough circle, fold dough over filling, and pinch the edges. Transfer to cornmeal-sprinkled towel. Place pierogi in boiling water in batches. Once they rise, cook for about a minute more. Remove pierogi from pot and transfer to platter, drizzle with melted butter.

## Zucchini Corn Casserole

3 zucchini, sliced	1 c water
½ c onions, diced	1 Tbsp butter
2 c corn, cooked	2 eggs
1 c mozzarella, shredded	½ tsp salt
½ tsp pepper	½ c breadcrumbs

- In a large saucepan, simmer zucchini in boiling salted water until tender. Drain and mash. Sauté onions in butter and add zucchini, corn, eggs, cheese, salt, and pepper. Pour mixture into a well-greased baking pan and top with breadcrumbs. Bake for 35-40 minutes.

## Peas Masala

1 can peas, drained	1 onion, chopped
4 tomatoes, diced	1 tsp ginger, chopped
3 cloves garlic, minced	¼ tsp cinnamon
5-10 anise seeds	salt, cayenne to taste

- Sauté onion and garlic in a bit of oil. Add tomatoes and cook until soft. Add spices and peas. Simmer 10-20 minutes. Serve with chapattis or rice.

## **Carrot Curry** (4-6 Servings)

By Kate Rogers, CHED '10

2 lbs Carrots                                      1<sup>1/4</sup> c Orange juice  
1 tsp Salt    4 tbsp Margarine  
Seeds from 5 pods cardamom                  4 Cloves, whole  
1<sup>1/2</sup> tsp Ground turmeric'                      1<sup>1/2</sup> tsp Mustard Seed  
1<sup>1/2</sup> tbsp Cumin Seed, whole    1/4 tsp Cayenne Pepper                      2 tbsp Cornmeal, fine  
3 tbsp Raisins                                      1 Banana ripe thinly sliced

- Slice scrubbed carrots thickly on the diagonal. Put in pot with salt and orange juice. Bring to boil, cover, and reduce heat. Simmer for 5 minutes. Set aside. Melt margarine in a large saucepan, add all the spices. Heat for a few minutes until the aroma is rich and flavors are released. Add cornmeal and stir well. Slowly add carrots and orange juice. Add raisins and banana. Simmer over low heat, covered, for ½ hour. Serve with plain rice. \*All spices can be purchased in Lesotho (particularly at Fruit and Veg or Fakhida).

## **Favorite\* Carrot Casserole** (serves 4 as a side)

(Warning: This dish is very sweet – almost desert-ish)

2 lbs carrots, sliced    ½ c milk  
½ c sugar                      1/3 c butter, melted  
2 eggs, beaten              1 tsp vanilla  
2/3 c brown sugar            1/3 c flour  
2 Tbsp cold butter

- Combine first 6 ingredients and place in a greased baking dish. Combine sugar and flour, cut in butter until crumbly, spread over top. Bake covered for 30 minutes. \*Publishers are not responsible for any damages resulting from this not being your favorite.



## **Best. Carrots. Ever. JC** (serves 1-2)

4 carrots, chopped    2 Tbsp butter

4 Tbsp treacle sugar    Salt and pepper to taste

- Boil carrots with sugar and salt in a small amount of water. When almost tender, drain well. Heat butter, in a skillet. Add carrots and stir carefully to coat. Cook over low heat until glazed, stirring often.

Variation: substitute honey for sugar and add ginger, cinnamon and nutmeg to taste in any combination

## **Fried Green Tomatoes**

2 green tomatoes    1 egg

$\frac{1}{3}$  c flour     $\frac{1}{4}$  c breadcrumbs

$\frac{1}{2}$  tsp salt    pepper to taste

- Slice tomatoes 1 cm thick. Beat egg. Mix flour, breadcrumbs, salt, and pepper. Dip slice of tomato in egg, then in flour mixture. Place tomato in well-oiled frying pan on medium or low heat. Cook 2 minutes on each side or cook longer if you want them crispier.

## **Borani Bademjan (Eggplant Appetizers)**

2 eggplants    2 Tbsp salt

2 cloves garlic, chopped    1 c yogurt

1 clove garlic, chopped    6 Tbsp butter

- Cut eggplants in half lengthwise, slice crosswise in  $\frac{1}{2}$ " slices. Wash and salt eggplants, let sit 10 minutes. Wash the salt off the eggplants and dry them with paper towel. Melt butter in a skillet and sauté the eggplants and garlic, then put them on a paper towel to absorb the grease. Let cool. Spread 2 to 3 Tbsp yogurt at the bottom of a dish and arrange the eggplants over it. Add some more garlic. Repeat this with more yogurt and eggplant. Let sit for  $\frac{1}{2}$  hour.

## Ratatouille R

1/3 c olive oil	2 onions, chopped
4 cloves garlic, minced	4 zucchini, cubed
2 eggplants, cubed	3 peppers, sliced
1 can diced tomatoes	1/2 c fresh basil
1 tsp thyme	salt, pepper to taste

- In a really big pot, heat oil over medium heat. Cook onions until soft, add garlic, cook about 1 minute. Stir in eggplant and zucchini, add salt and pepper. Add 3/4 cup water, cover and simmer until vegetables begin to soften. Stir in peppers, simmer until softened. Stir in tomatoes and thyme, bring to a boil, reduce heat, simmer until vegetables are tender. Stir in basil just before serving.

## Onion Rings

1 can beer	1 Tbsp baking powder
1 tsp salt	1 tsp cayenne
1 egg, beaten	1 1/2 c flour
4 onions, sliced	oil for frying

- Combine beer, baking powder, salt, pepper and egg in a large bowl and blend. Gradually add flour, stirring to a loose paste. Heat oil. Separate onion slices into rings, dip rings into batter, coating well. Fry in batches, but do not crowd. Cook until golden brown, turning once about every 30 seconds to 1 minute. Remove, drain, and serve hot \*with Steers sweet chili sauce

# Meat Dishes

## Basic Roasted Chicken

1 whole chicken, gutted and rinsed

1 large onion

4 cloves garlic, halved

Oil, salt and pepper

- Stuff garlic in several places under the skin, coat chicken with oil, salt and pepper, place on baking sheet or 13x9x2 baking pan on a bed of chopped onions, (reserving a few for inside the cavity – if you have celery, slice and mix a few stalks with the onions) breast up. You can chop up some carrots and potatoes to put around the leftover pan space to bake with the chicken, if you like. Roast for about an hour, then cut into thigh (the thick part) to check for done-ness – no juicy pink, you will likely end up baking the chicken for another ½ hour, checking periodically for done-ness.

\*Once you have roasted the chicken you can use it not just for eating this meal, but use the cooked parts for wraps, salads, sandwiches or other recipes.

\*When you have gotten all of the meat you can off, throw the “carcass” into a pot with 2 L of water, some onions (carrots, mushrooms, peppers or whatever if you like) 2 bay leaves, garlic and a lot of black pepper, bring to boil then simmer for about an hour – then pick out the bones/fat/skin... (this won't be pretty). Then, add a generous amount of salt to the broth and you will have a chicken broth/stock that will change your life, to use for soup or whatever –hey, its PC we gotta do what we can.

## Honey Baked Chicken J

3 lb chicken, cut

1/3 c butter

1/3 c honey

2 Tbsp mustard

1 tsp salt

1 tsp curry powder

- Arrange chicken in a shallow pan. Combine the remaining ingredients and pour over the chicken. Bake for 1¼ hour, basting every 15 minutes.

## **Peachy Chicken**

4 boneless chicken breasts      1 Tbsp oil

1 Tbsp butter                      ½ c brown sugar

½ c orange juice

1 can peaches, chopped (keep juice)

- Brown chicken with oil and butter over medium heat. Remove and keep warm. Mix peaches, sugar, and orange juice together in skillet. Boil for 2 minutes, reduce heat and return chicken to pan. Simmer uncovered, 20 minutes or until chicken is done.

Serve over rice.

## **Red Chicken**

½ tsp garlic salt                      ½ c flour

½ c cornstarch                      3 eggs, beaten

Sauce:

½ c chicken stock                      1½ c sugar

½ c ketchup                      2 Tbsp soy sauce

1 tsp salt

- Place all sauce ingredients in a saucepan. Bring ingredients to a boil for one minute, remove from heat.

Mix dry ingredients together. Roll chicken in dry mixture, dip in egg, brown in hot oil. Do not fully cook chicken at this point, cook just until brown. Place chicken in a baking pan, one layer deep. Pour sauce over chicken evenly. Bake on medium high for 30-40minutes, turn chicken, bake 30-40 minutes until done.

## **Marinated Chicken**

2-3 chicken breasts                       $\frac{1}{3}$  c soy sauce  
2 Tbsp sugar                                4 Tbsp oil  
1 c mushrooms                               $\frac{1}{2}$  c onion, sliced  
2 eggs, beaten

- Debone the chicken if necessary and cut into bite size pieces. Marinate in the soy sauce and sugar for 30 minutes. Drain and preserve the marinade. Sauté chicken in oil for 5 minutes. Add mushrooms and onions and toss gently. Stir in the marinade and some water, cook over medium heat. Add the eggs, cover and cook until eggs are set and the chicken is done.

## Chicken and Dumplings

3 lb chicken                                4 c water  
2 c chicken broth                        1 carrot, chopped  
1 stalk celery, chopped                1 onion, quartered  
 $\frac{1}{2}$  tsp salt       $\frac{1}{4}$  tsp pepper                      1 c milk

### Dumplings:

2 c all-purpose flour                       $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{2}$  tsp salt                                    3 Tbsp shortening  
 $\frac{3}{4}$  c buttermilk

- Place chicken in large pot with water, broth, carrots, onion, celery, and salt. Bring to boil, cover and lower heat. Simmer for 60 to 70 minutes, or until chicken is done. Remove chicken and allow it to cool enough to handle. Remove the carrot, onion, and celery pieces from the broth and set aside. Reserve the broth. Bone the chicken, discarding all skin and bones, and cut meat into bite-size pieces. Set aside.

Combine the flour, baking soda, and salt; cut in the shortening until mixture is consistency of coarse meal. Add the buttermilk, stirring just until dry ingredients are moistened. Turn dough out onto a floured surface and knead 4 or 5 times—no more. For drop dumplings, pat the dough down to  $\frac{1}{4}$ " thickness, and pinch off 2" pieces. For rolled dumplings, roll the dough to a  $\frac{1}{4}$ " thickness, and cut into 3" x 1" strips. Bring the chicken broth to boil, and stir in the milk and pepper. Drop dumplings, one or two at a time, into the boiling broth and reduce heat to medium-low. Stir from time to time to make sure dumplings do not stick together. Cook dumplings 8 to 10 minutes. Add boned chicken to the mixture

and simmer until heated through.

## Chicken Skillet JC

1 chicken, cut into pieces	1 can pineapple
¼ c margarine	1 tsp paprika
½ tsp ginger	¼ tsp cinnamon
¼ tsp turmeric	¼ tsp pepper
¼ tsp cayenne	2 tsp salt
1 onion, chopped	1 clove garlic, minced
1 c tomatoes	2 Tbsp lemon juice
1 Tbsp cornstarch	1 pepper, diced

- Melt the margarine with the spices, add chicken and brown on both sides. Brown onion and garlic. Drain pineapple, reserving juice. Add ¼ cup pineapple juice, lemon juice and tomatoes to the chicken. Cover and let simmer for 45 minutes. Remove chicken and place in a serving dish. Blend the cornstarch with the remaining pineapple juice and add to the pan with pineapple and pepper. Cook, stirring until thick.

Serve over rice.

## Basic Chicken Casserole

2 c chicken, cooked	1 c rice, cooked
½ c onion, chopped	¾ c mayo
1 packet of cream of chicken or mushroom soup	
salt/pepper/garlic salt to taste	
1 c crushed crackers	1 c cheese, shredded

- Sauté onion in butter. Mix onion, chicken, mayo, and soup mix, place in baking pan, bake for 1 hour.

Top with crackers and grated cheese after 30minutes.

\* Add a can or a cup of fresh peas

\*Add broccoli and curry powder

## Easy Chicken & Rice Casserole J

1 pkg chicken noodle soup mix

1 c onion, chopped                      1 c celery, chopped

1 c rice, uncooked                      2 Tbsp margarine

- Brown onion, celery, and rice in margarine in skillet until rice is golden brown. Mix soup with water (about 2cups) in casserole dish, add other ingredients, bake on medium high for about 45 minutes, until rice is done.

## Chicken Noodle & Mushroom Casserole

½ c butter                      2 c milk

¼ tsp pepper                      2 c cooked noodles

¼ c flour                      2 tsp salt

2 c chicken, cooked and chopped

1 c mushrooms, chopped

¾ c breadcrumbs                      ¾ c cheese (or 3 slices)

- Melt butter, add flour, slowly add milk. Cook on low heat for 5 minutes, stirring constantly. Add chicken, noodles, mushrooms, and cheese to butter mixture. Add garlic salt, Cajun seasoning, or Portuguese chicken seasoning if desired. Place in greased casserole dish. Top with breadcrumbs and cheese, bake on medium heat for 25 minutes.

## Chicken Parmesan

**By Nathan Birhanu, ED '10**

2 kg Chicken                      1 Egg  
1/2 c Milk                          Bread Crumbs  
2-3 tbsp Olive Oil                1 can Tomato Sauce  
8-10 slices Mozzarella Cheese

- Mix the milk and egg into a bowl. Dip the chicken first in the milk/egg mixture then in the bread crumbs to coat. In an oiled pan, brown the chicken on both (about 3-4 minutes, or until golden). In a deep pan, layer 2 slices of cheese on each chicken. Cover with tomato sauce and sprinkle with more cheese. Bake on high in dutch oven, for 30-45 minutes or until cheese is bubbling. Serve with spaghetti or garlic bread.

## **Chicken and Egg Donburi R**

2 Tbsp oil                          1 c spinach or Swiss chard  
1 onion, sliced                    ¼ tsp salt  
¼ tsp ground ginger              ¾ c chicken broth  
8oz boneless chicken breast, cut into thin strips  
2 Tbsp soy sauce                1 Tbsp brown sugar  
4 eggs, beaten                    2 c rice, cooked

- Cook spinach in 1 tsp oil and spinach until it wilts and turns dark green, about one minute. Remove to plate. Cook onion in 2 tsp oil for 2 minutes. Stir in 1/8 tsp salt, add ginger and cook for 45 seconds. Sprinkle chicken with remaining salt and add to pan with remaining oil. Cook until chicken is opaque, 2-3 minutes. Reduce heat. In a separate bowl, whisk together broth, soy sauce, and sugar, add to pan. Stir in spinach and cook until mixture begins to bubble. Pour eggs otop of chicken-spinach mixture, cover and cook until eggs set, 2-3 minutes. Serve over rice.

## **Khoreshe Mast va Kari (Yogurt and Curry Sauce)**

3 lb chicken, cut up                1 onion, chopped  
2½ c water                          1 tsp salt



½ tsp pepper                      ½ tsp allspice  
2 stalks celery, chopped                      1 tsp curry powder  
4 c yogurt                      1 Tbsp flour  
2 eggs                      1 Tbsp butter

- Place the chicken in pot with seasoning and water, cover and simmer covered for about 1 hour. Cool chicken and broth. Store the broth in refrigerator for soup or other uses. Remove skin and bones, then cut meat into strips. Put yogurt in a double boiler and add eggs, chopped onions, and seasoning. Mix well. Add flour gradually. Put the double boiler on low heat and stir mixture constantly for about 10 minutes until it thickens. Be careful not to curdle the yogurt. Add the chicken and the butter to the yogurt mixture and let it cook for another 5 minutes over low heat.

## Chicken Curry

½ lb chicken, cut into pieces      2½ c water  
2 stalks celery, chopped                      2 carrots, chopped  
1 green pepper, chopped      ½ onion, chopped  
1 tsp salt                      ¼ tsp pepper  
1 tsp curry powder                      1 c tomato sauce  
1/3 c milk                      2 Tbsp cornstarch

- Brown the chicken in a small amount of oil. Add the water, veggies and spices. Blend the tomato sauce, milk, and cornstarch and add to the sauce. Simmer for 45 minutes or until thickened.

## Thanksgiving Turkey

Soak thawed turkey overnight in:

1 c salt                      1 c brown sugar  
2 Tbsp pepper                      8 c vegetable broth

**Vegetable broth:**

2 potatoes	4 carrots
4 stalks celery	6 cloves garlic
2 Tbsp soy sauce	2 Tbsp whole peppercorns
2 bay leaves	10 c water

- Chop all vegetables, mix all ingredients, boil until vegetables soft. After soaking overnight, stuff turkey with a mix of sage, rosemary, garlic cloves, chopped apple, celery, and ½ stick butter. Rub turkey with oil and sprinkle with salt, pepper, and paprika. Place turkey in a large baking pan, surround with chopped potatoes, carrots, and onions. Cover with foil and cook turkey on medium heat for 15 minutes per pound. Remove foil and increase temperature to high for last 30 minutes. Turkey is done when juices run clear when turkey is pierced with a fork.

## **Khoreshe Esfanaj (Spinach Sauce)**

¼ c black-eyed peas	½ tsp cinnamon
1½ c water	¼ tsp nutmeg
7 Tbsp shortening or butter	1 lb fresh spinach
1 lb stew beef, cubed	1 onion, chopped
1 c fresh parsley	2 c water
1 tsp salt	½ tsp pepper
2 Tbsp lemon juice	

- Cook the black-eyed peas in 1½ cups water for about 20 minutes. Melt 4 Tbsp shortening or butter in a large pot, add meat, onion, and seasoning and sauté until the meat is browned. Wash the spinach and parsley thoroughly and chop. Melt 3 Tbsp shortening in a frying pan and sauté spinach and parsley for 10 minutes. Add water and lemon juice to the meat and let simmer on low heat for 35 minutes. Add sautéed vegetables to the meat, let simmer for 20 minutes

## **Persian Burgers**

1 lb mince	cinnamon, salt, garlic, cumin
½ onion, chopped	½ potato, grated

- Mix all ingredients together. Form into small patties, about 3" in diameter. Place in oiled skillet and cook burgers. Serve over Basmati Rice with plain yogurt.

## **Sloppy Joes** (serves 3ish)

1 lb mince meat                      1 onion, chopped

1 grated carrot                      2 cloves minced, garlic

1 Tbsp ketchup    1 tsp Worcestershire/Soy sauce

1 Tbsp vinegar                      1 Tbsp molasses

1 tsp sugar                      salt, pepper and paprika

1 can tomato paste or ½ can 'tomatoes and onions'

- Brown meat with onion, add garlic and carrot, sautee for a few minutes more, then add the rest of the ingredients, bring mixture to boiling then reduce to a simmer for 10-15 minutes. Serve on bread, with potato salad or coleslaw for a picnic.

\*Note: you can add other spices, or change the quantities of the ingredients to adapt the flavor to your preference. Even add beans and/or soya mince.

## **Homemade Hamburger Helper J** (serves 3)

1 lb mince meat                      1 onion

2 cloves garlic                      1 can 'tomatoes and onions'

3c cooked pasta                      1 recipe 'cheese' (pg 60)

Salt and pepper to taste

1 Tbsp Italian herb mix (thyme, basil, oregano, parsley)

- Brown meat with onions and garlic, (add mushrooms and red/green pepper if you like) add a can of tomatoes and onions (a small can of corn can be used here too), cook enough to heat through, add pasta and salt, pepper and herbs. Sprinkle 'cheese', feta or grated cheddar or even melt a slice of cheese on top

# Stuffed Green Peppers

By Nathan Birhanu, ED '10 (2-4 Servings)

1/4 kg Mince                      1/2 Onion, chopped  
1-2 Tomatoes, chopped      Ketchup  
2-4 Green Peppers  
1 block                      Mozzarella or Cheddar Cheese, grated

- In a frying pan, mix onions, tomatoes, mince, and ketchup. Season to taste, and cook until meat is brown. Hollow out green peppers and boil for 5 minutes. Fill each pepper with alternating layers of cheese, meat mixture, cheese, meat mixture, and cheese. Bake peppers in dutch oven at high heat, for 20-30 min or until cheese is bubbling.

# Bri's Stuffed Green Peppers

Recipe by Brianna Buehler, PCV Lesotho

2 green peppers                      1 onion, chopped  
½ lb mince                              2 c rice, cooked  
½ c cheese, shredded              salt/pepper to taste  
garlic salt, any other seasoning

- Core green pepper, removing the stem and all seeds. Place green peppers in boiling water and boil until color of pepper changes slightly. As peppers are boiling, cook rice. When peppers and rice are finished, sauté onion and brown mince meat. Add to cooked rice and then add desired seasoning. Stuff peppers with rice and mince mixture. Cover with cheese, place in oven until heated through and cheese is melted.

# Beef Stroganoff

¼ c onion, minced                      ½ tsp pepper  
1 clove garlic, minced              2 Tbsp margarine

½ lb mushrooms, chopped      ½ lb mince

½ can cream of chicken soup    ½ c sour cream

2 c noodles, uncooked          1 Tbsp flour

- Sauté onion and garlic. Stir in meat to brown. Stir in flour, pepper, and mushrooms. Cook over medium low heat for 5 minutes. Stir in soup. Simmer uncovered for 10 minutes. Before serving, stir in sour cream and heat through. Cook pasta. Serve stroganoff over pasta.

\*Note – you can substitute “Easy White Sauce (pg 14)” for sour cream and soup or make “Cream of \_\_\_\_\_” soup with mushrooms or onions instead

## **I Would Do Anything For Meat Loaf J**

**(but I won't do that)**

1½ lb mince                      ½ onion, chopped

½ c breadcrumbs              ¾ tsp ground pepper

2 eggs, beaten                ½ tsp thyme

¾ c tomato sauce            ½ tsp marjoram

2 cloves garlic, minced    ½ pepper, chopped

1 Tbsp Worcestershire sauce

- Mix all ingredients, press into a loaf pan. Bake on medium high for 1¼ hours. Glaze with barbeque sauce in last 15 minutes.

## **Spicy Meatballs and Sauce**

1½ lb mince                      ¼ c onion, chopped

¼ tsp oregano                ¾ c oatmeal, uncooked

1 tsp salt                      ¼ tsp pepper                      ½ c milk

**Sauce:**

½ c onion, chopped      1/3 c pepper, chopped

¼ tsp oregano      ¼ tsp cayenne

1 c tomatoes      1 c tomato puree

½ tsp salt

- Mix all meatball ingredients thoroughly. Shape into balls and brown in a small amount of oil. Remove from skillet. For the sauce, sauté onion and green peppers in meatball drippings. Add remaining ingredients, simmer over low heat about 15 minutes. Add meatballs and simmer about 45 minutes.

## **Carnivorous Bunny Chow JC**

1 lb beef, small chunks      1½ c chicken stock

3 onions, cubed      4 potatoes, cubed

3 carrots, diced      1 green pepper, diced

2-3 Tbsp flour      1 Tbsp curry powder

1 Tbsp Breyani masala      ½ Tbsp turmeric

salt/pepper to taste      2 bay leaves

½ tsp thyme      ½ loaf of bread, hollowed out

- Brown the meat in a large pan with oil, add the chicken stock and bring to a boil. Add all other ingredients except flour and the bread. Simmer for ½ hour then add the flour to thicken as desired. Pour into bread or over rice.

## **Fried Corned Beef and Egg**

1 can corned beef      2 eggs

¼ tsp black pepper      ½ tsp salt

½ tsp oregano      ½ onion, chopped

½ tsp garlic

- Dice corned beef, put in a skillet with a little oil, add onion and fry for 3-4 minutes. Beat the eggs lightly and pour over the beef, then add spices. Cook until lightly browned. Serve with potatoes or rice.

## **Damn Good Lamb**

2 lb lamb, cut into small chunks

1 Tbsp olive oil	2 tsp cumin
2 tsp Breyani masala	2 tsp cayenne
5 cloves garlic, minced	½ tsp salt
1 Tbsp ginger	4 Tbsp rosemary
1 tsp turmeric	2 tsp curry powder
3 Tbsp lemon juice	

- In a large pan, mix ingredients and marinate the lamb for 3 hours or more, then either braai or bake on high heat until done to desired level. Serve with rice, pita bread and Thousand Island dressing.

## **Mashed Potato Casserole (Now With Bacon!\*)**

3 lb potatoes, peeled and cubed

6 slices bacon	3 green onions, chopped
¾ c sour cream	¼ c whole milk
¼ c butter	2 c gouda cheese

- Cook bacon in skillet until crisp, transfer to paper towels to drain. Chop bacon, add green onions, toss to mix. Boil potatoes in salted water until soft, drain. Return potatoes to pot, cook over low heat, stirring often, until potatoes are dry and light film forms on bottom of pot. Add sour cream, milk, and butter, mash until almost smooth. Stir in 1½ cups gouda and 1 cup bacon mixture, season with salt and pepper. Spread potato mixture in buttered baking dish, sprinkle remaining cheese over the top. Bake on medium high until edges are bubbling, about 30 minutes. Sprinkle extra bacon mixture over and serve.

\*by popular demand!

## **Russian and Papa Kabobs** (serves 2)

2 cups slightly wetter cooked papa      2 Russians

1c Steers Sweet Chili sauce              kabob skewers

- Form papa into balls, let set until they will not fall apart. Slice Russians into ½” slices, alternate papa and Russian on the skewer and brush the whole thing with Sweet Chili Sauce, then braai or bake until heated through.

## **Tuna Packets** (makes about a dozen)

Carol McFarland CHED '11

\* These are great “to go” food

1 onion                              1 c chopped spinach

2 grated carrots                  1 can tuna

1 egg                                 1 Tbsp flour

1 c shredded cheese/slices cut into pieces

1 recipe biscuits (pg 42)

- Filling: Sautee onion and carrots in a little oil until tender, add spinach until wilted then add tuna. Remove from heat, stir in egg, flour and cheese.

Roll out biscuits so dough is about ¼” thick, then cut them into 4” diameter circles. Put 1½ Tbsp filling on one half of the circle, fold over and seal edges with a fork, then bake in the oven until biscuit dough is baked about 15 minutes.

\*Note: of course you can vary the contents of the filling for your taste and availability of ingredients

## **Tuna Casserole J**

1 can cream of mushroom soup or ‘Easy White Sauce’



1 can tuna                      1 onion, chopped

1 pkg egg noodles                      ¼ c milk

1 c cheese, grated (optional)

\*Fresh or canned green peas (optional)

- Sautee onion then mix in tuna, milk, and soup. Add cooked noodles and peas. Sprinkle grated cheese on top. Cover and bake on medium high for 30 minutes.

## Tuna Quiche Casserole

Filling:

2 cans tuna (or salmon)

½ c cheddar cheese, shredded

¼ c onion, chopped      ¼ c celery, chopped

1 egg                      ¼ c almonds, chopped

2 Tbsp lemon juice      salt and pepper

**Dough** (or use pie crust):

2 c flour                      1 Tbsp baking powder

$\frac{2}{3}$  c milk                      ¼ c yogurt

1 egg yolk, beaten

- Mix ingredients for filling. Mix dough, except for egg yolk, and spread half of the dough in a baking pan. Top with filling, spread rest of dough on top of filling and brush with egg yolk. Bake on medium for 25-30minutes.

## Tuna Cakes

1 can tuna                      ½ c potatoes, cooked

½ c breadcrumbs      1 onion, finely chopped

1 egg                      ½ c milk

salt/pepper to taste      2 tsp curry powder\*

1 Tbsp oil

- Mash the potatoes. Drain the tuna and combine all ingredients except for the breadcrumbs and oil in a bowl. Blend well and shape into small cakes, flatten slightly. Roll in the breadcrumbs and fry in oil until brown.

Variations:

\*Top with a delicious sauce

\*Tuna Melt: top with a slice of cheese and eat between bread

## Salmon Cakes

1 can salmon                      ½ tsp salt, pepper

¼c crushed crackers              1 egg

½ tsp parsley                      ½ tsp tarragon

1 Tbsp onion, chopped              1 tsp mustard

- Mix all ingredients, form into cakes and fry until brown.

Top with honey mustard sauce (pg...) and serve on a bed of flavorful baby greens and Mayo Rolls

# Breads

## Easy White Bread J

2 pkgs instant dry yeast                      ¼ c sugar

1½ tsp salt                                      2 Tbsp margarine

1½ c warm water                              6 c white flour

- Dissolve the yeast and 1 tsp of sugar in ¼ cup warm water. Add the rest of the sugar, salt, margarine and remaining water to the yeast mixture in a large bowl. Add 2½ cups flour and knead by hand for 3 minutes. Stir in the rest of the flour. Turn onto floured surface and knead 5 minutes. Place in a greased bowl, turning once, cover and let rise until double. Knead a few minutes more and then shape into loaves. Put in pans and let rise until doubled. Bake for 30-35 minutes. Brush tops with margarine if desired. Makes 2 loaves.

**Tip for yeast breads:** When it's cold out, the dough won't rise as well. Boil a pot of water, remove from heat, place bowl on top of pot, and cover with a towel.

## Easy Wheat Bread J

3 c wheat flour                              1 pkg instant dry yeast

2 tsp salt                                      2 Tbsp sugar

3 Tbsp margarine                              1 c warm water

- Mix flour, yeast, salt and sugar. Rub in margarine with a fork; add half the water and mix well. Continue to add water until dough is manageable, knead for 10-15 minutes. Place in a greased bowl and turn over once. Let rise for about 20 minutes, until double. Knead again for a minute and place in a loaf pan or pot. Let rise until double. Bake until done, approximately 40 minutes.

## French Bread

2¼ c warm water                      2 Tbsp sugar  
2 pkgs yeast                            1 Tbsp salt  
2 Tbsp shortening or oil              6 c flour

- Combine water and sugar, sprinkle yeast over top, allow to bubble. Add salt, shortening, and 3 cups flour. Stir well, and then add remaining 3 cups of flour. Stir with a heavy wooden or plastic spoon, do not use metal. Leave spoon in batter and allow dough to rest 10 minutes. Do this a total of five times. Put dough on floured board and knead 2 or 3 times to coat dough with flour so it can be handled. Divide dough in half. Roll into a rectangle ½" thick. Roll dough, starting at long side, pinch edge of loaf to seal. Put seam edge of loaf down on baking sheet that has been sprinkled with cornmeal. Cover lightly with kitchen towel and let rise for 30 minutes. With a very sharp knife, cut 3 gashes at an angle in the top of loaves. Brush with egg wash (1 egg + 1 Tbsp water). Bake for 30 minutes or until brown. Before rolling bread, you can add seasonings like garlic, cheese, chives. You can also add poppyseeds or sesame seeds to top.

## Sourdough Bread

Place about ¼ cup cornmeal in bowl. Scald ¾ cup milk and pour over meal. Let set in a warm place for a few hours. If mixture does not begin to bubble after this time, add 1 tsp yeast and sprinkle with sugar. Let set for 24 hours until fermented. Once the mixture is light, spongy, and has a sour smell, you can begin to make the dough. Save some of the starter for next time in a sealed container; add flour and water to replenish it.

½ c milk                                  1½ tsp salt  
2 tsp sugar                              3 Tbsp butter  
3-5 c white bread flour

- Scald milk, pour it over salt, sugar, and butter. Stir until butter melts. Stir in 1½ cup flour. Stir in fermented mixture. Place bowl over a pan of hot water and cover, let sit for 1 hour. Replace water as necessary to keep it warm. Dough should become bubbly. Mix in another 1 to 3 cups flour until dough is just manageable, knead for 5 minutes. Shape into a loaf, place in pan, let rise for 30 minutes until double. Bake about ½ hour. Watch carefully to prevent burning.

## No-knead Whole Wheat Bread

3 c whole wheat flour            ½ c sugar  
1 Tbsp salt                        3 pkgs yeast  
2 c water                         2 c milk  
½ c oil                             2 eggs  
  
5-6 c white flour

- Combine wheat flour, sugar, salt and yeast. Heat water, milk and oil and add to dry ingredients. Add eggs; beat by hand for 4 minutes. Stir in white flour, use enough to form a stiff batter. Cover and let rise until double. Stir down and spoon into greased pans. Let rise 20-30 minutes. Bake for 35-40 minutes on medium heat.

## Skillet Bread J

Recipe by Ronen Gluck, PCV Lesotho

3 c wheat flour            1 tsp salt  
2 Tbsp sugar            2 Tbsp baking powder  
3 Tbsp margarine        1 c warm water

- Mix flour, salt, sugar, and baking powder. Mix in margarine. Slowly add water until stiff dough forms. Knead a few times, press into a nonstick skillet, cover and bake on medium heat for 30-40 minutes, until crusty. Flip to briefly crust the other side. This bread is great to slice into chunks and dip in soup. Try adding 4 Tbsp dry soup mix (I recommend chakalaka or tomato) instead of salt. Awesome.

## Stove-top Beer Bread:

Michael Dill and Mike Kerr CHED '10

1 & 1/2 cups flour (pretty much any kind), plus additional for dusting work surface  
1/8 teaspoon instant or rapid-rise yeast  
3/4 teaspoons table salt  
1/4 cup plus 3 tablespoons water, at room temperature  
3 tablespoons mild-flavored lager  
1 & 1/2 teaspoons white vinegar

- Whisk flour, yeast, and salt in large bowl. Add water, beer, and vinegar. Using rubber spatula, fold mixture, scraping up dry flour from bottom of bowl until shaggy ball forms. Cover bowl with plastic wrap and let sit at room temperature for 8 to 18 hours. (In warmer weather it can just sit overnight, but

in a cold rondavel it can be mixed in the morning and then left to sit, covered, over a pot of hot water.) Spray a bread pan liberally with non-stick spray and set aside. (If you cannot get the non-stick spray in the villages and camptowns, try some light oil or margarine.) After it is done rising, as per step #1, transfer dough to lightly floured work surface and knead 10 to 15 times. Shape dough into ball by pulling edges into middle. Transfer dough, seam-side down, to bread pan. Cover loosely with plastic wrap and let rise at room temperature until dough has doubled in size and does not readily spring back when poked with finger, about 2 hours. About 90 minutes or so into second rising, as in step #3, put a big pot (large enough to hold two bread pans stacked on top of each other), with lid on, on the stove and heat it on high for about 20 minutes (until it is as hot as it will get). Lower to medium heat. Uncover the bread and put it in the pot with another bread pan, inverted, underneath it (to keep it off the bottom of the pot). Put the lid back on the big pot and cook bread for 20-25 minutes, then flip the bread in the pan (by this point the bread should be solid enough to do this), and cook an additional 10 minutes. (These times are, of course, approximate. Feel free to check it every now and then.) Once the parts of the crust that touch the pan began to turn dark brown, it is done. Once done, put it on a rack to cool for about an hour.

## **Pizza Dough –Thin Crust** (makes 1 large-ish crust)

3 c flour                                  2 tsp sugar  
½ tsp yeast                                1 1/3 c cold water  
1 Tbsp oil                                  1 ½ tsp salt

- Mix flour, sugar and yeast, then slowly add water, mixing frequently. Let dough sit for 10 minutes. Add oil and salt and stir about 1 minute, then knead on lightly oiled counter about 1 minute. Put into a lightly oiled bowl, cover and let sit for 24 hrs – 3 days (if its cold).

Top and bake on an upside-down baking sheet

## **Pizza Dough – Deep Dish** (makes 1 large crust)

3 ¼ c flour                                ½ c cornmeal  
2 ¼ tsp yeast                              2 tsp sugar  
1 ½ tsp salt     3 Tbsp melted butter + 4 Tbsp softened  
1 tsp + 4 Tbsp olive oil

- Mix cornmeal, flour, yeast, sugar, and salt Then add water and melted butter, stir until fully mixed. Form dough into a ball, and let dough sit in a greased bowl until doubled – about 1 hr.

## **Quick and Easy Pizza Dough** (makes 1 large crust)

1 c warm water            1 pkg yeast

1 Tbsp sugar            1½ tsp salt

2 Tbsp oil            1¼ c flour

- Dissolve yeast in water. Add all ingredients, mix well. Add enough flour to make a stiff dough. Knead until elastic, about 5 minutes. Place in greased bowl and let rise until double. Form two balls, pat and stretch to form two crusts, place on pans and let rise 10 minutes

## **Flour Tortillas JC**

**Recipe by Vic Cuevas, PCV Lesotho**

2 c flour (NOT self-raising)      ½ tsp salt

1½ Tbsp sugar            2 Tbsp butter

hot water

- Mix together using enough water to stick together, knead; should be like play dough. Divide into small balls, let sit 20 minutes. Roll each ball into a circle on floured board. Cook on an ungreased skillet until lightly flecked with brown spots. Makes 4 tortillas.

## **Brandi's Tasty Tortillas**

**Brandi Helm PCV CHED '10**

2 c flour            ½ tsp salt

¼ c oil            1 tsp baking powder

½ c warm water/milk

- Sift flour, salt and baking powder into a large bowl. Mix in oil with your fingertips to combine. Add milk/water until a sticky ball forms. Wrap dough in plastic and let rest for 30mins. Divide dough into 8-10 balls, cover again with damp cloth. Roll out each ball of dough into a circle. Heat a dry pan and

cook tortillas for 30seconds on each side or until the dough looks dry and slightly wrinkled.

## Corn Tortillas

1 c maize meal            1½ c water  
3 Tbsp butter            1¼ c whole wheat flour  
1 tsp salt

- Boil water and ½ of the butter. Stir in the maize meal, lower the heat and cover. Cook 5 minutes, then stir in the remaining butter and set aside to cool. Mix the flour and salt. Add the cooled maize meal to the flour and knead until soft dough forms. Pinch off into balls and roll out on well-floured surface until thin. Toast on a hot pan until flecked with brown on both sides. Makes 6 tortillas.

## Bagels

2 pkgs yeast            3 Tbsp sugar  
1½ c warm water        1½ c cup flour  
2 tsp salt                3 c flour

poppy or sesame seeds (opt)

- Mix yeast, sugar, and warm water, let stand 15 minutes. Add 1½ cups flour and salt. Mix vigorously for about 3 minutes. Add remaining flour, making moderately stiff dough. Knead 5 minutes, let rest, covered, 15-20 minutes. Divide into 12 pieces and shape into doughnuts. Let rise, covered, for 15minutes. Boil enough water to fill a pan 2" deep, with 3Tbsp of sugar. Boil bagels 3 minutes each side. Drain, and dust one side with corn meal. Dust the top with poppy or sesame seeds is desired. Bake on high for 20minutes. Makes 12 bagels. And you'd better stop there, or expect a visit from Peace Corps Medical.

## English Muffins

1/2 cup powdered milk            1 Tbsp sugar  
1 teaspoon salt                    1 Tbsp butter



1 c hot water

1 packet dry yeast                      1/8 tsp sugar

1/3 c warm water                      2 c flour, sifted

- In a bowl combine the powdered milk, 1 tablespoon of sugar, 1/2 teaspoon of salt, shortening, and hot water, stir until the sugar and salt are dissolved. Let cool. In a separate bowl combine the yeast and 1/8 teaspoon of sugar in 1/3 cup of warm water and rest until yeast has dissolved. Add this to the dry milk mixture. Add the sifted flour and beat thoroughly with wooden spoon. Cover the bowl and let it rest in a warm spot for 30 minutes. Add the remaining 1/2 teaspoon of salt to mixture and beat thoroughly. Form dough into circles and grill on a hot pan until golden brown.

## Grace's Focaccia

1 c warm water                      1 pkg yeast

1 tsp sugar                      2 tsp salt

4 Tbsp olive oil                      2½ c bread flour

garlic oil (fresh garlic and oil)    1 Tbsp rosemary

- Mix water, yeast, and sugar, let sit for 5 minutes. Stir in salt and olive oil. Gradually add flour; dough should be firm. Place dough on a floured surface and knead until smooth, adding flour as necessary. Place dough in a greased bowl, cover and let sit in a warm place for 1½ hours. Punch down dough, knead for 1 minute, then let sit for 10 minutes. Grease a pie pan. Spread dough into pan, brush on the garlic oil. With the tips of your fingers, make dents into the surface of the dough about 1" apart. Sprinkle on the rosemary. Allow focaccia to rise for 30 minutes. Bake for 25 minutes.

**Modifications:** Sprinkle salt on top of focaccia before baking. Also, adding caramelized onions as a topping is very tasty. Enjoy the hot focaccia as sandwich bread or with olive oil, balsamic vinaigrette and cracked black pepper.

## Oatmeal Bread

1 c oats                      ½ c whole wheat flour

½ c brown sugar                      1 Tbsp salt

2 Tbsp margarine                      2 c boiling water

1 pkg yeast                      5 c white flour

- Combine oats, whole wheat flour, brown sugar, salt and margarine, pour in boiling water. Dissolve yeast in  $\frac{1}{2}$  cup warm water. When batter is cooled to lukewarm, add the yeast. Stir in flour. When dough is stiff enough to handle, turn onto floured surface and knead 5-10minutes. Place in a greased bowl, cover and let rise until doubled. Punch down and let rise again. Shape into loaves, bake on medium in a greased pan for 30-40 minutes. Cool, brush with margarine.

## Heidelberg Rye Bread

1½ c flour                      1 pkg yeast  
2 Tbsp cocoa                1½ tsp caraway seeds  
3½ c rye flour                1 c water  
1 Tbsp molasses            1 Tbsp margarine  
½ tsp sugar                  ½ tsp salt

- Combine the first five ingredients in a large bowl. Heat the remaining five ingredients in a saucepan until warm. Beat for five minutes, scraping the sides of the bowl constantly. Cover and let rise for 20 minutes. Punch down; shape into loaves and place on greased sheet. Brush surface with a little oil and make a slash across top with a knife. Let rise until double, about an hour, bake for 30 minutes.

## Quick Irish Soda Bread

2 c whole wheat flour            ¾ tsp baking soda  
½ tsp salt                        1 Tbsp sugar  
6 Tbsp margarine                ½ c raisins (opt)  
¾ c milk or buttermilk

- Sift together flour, baking soda, salt and sugar. Blend the margarine in to the flour mixture until it looks like coarse meal. Stir in raisins. Add the milk gradually; the dough will not be dry. Knead 2-3minutes. It will be sticky. Shape into a round loaf and place on a greased pan. Cut an X across the top and bake 40-50 minutes or until brown.

# Savory Breads

## Navajo Fry Bread

4½ c flour                      ½ tsp salt  
2 tsp baking powder      1½ c water  
½ c milk

- Sift together salt and baking powder. Stir in water and milk, knead with hands. Pat or roll into circles approximately 5" in diameter. With fingers, make a small hole in center. Fry in several inches of hot oil. Dough will puff and bubble. Turn when golden brown. Drain and serve hot with honey or sugar. Can also be used for tacos. Correction: SHOULD be used for tacos.

## Skillet Corn Bread JC

1 c maize meal                1 c flour  
1 Tbsp sugar                 1 Tbsp baking powder  
¾ tsp salt                      1 egg  
1 c milk                         3 Tbsp margarine, melted  
peri-peri powder (opt)

- Mix dry ingredients. Mix wet ingredients separately and combine, stirring briefly. Melt margarine in a skillet, pour in mixture, cover and cook 30 minutes.

## Basic Corn Bread

1 c flour, sifted                1 c cornmeal  
1 Tbsp baking powder        ½ tsp salt  
2 eggs, beaten                 1 c milk

¼ c melted butter

1/3 c sugar

Sift flour, cornmeal, baking powder and salt together. Mix milk, eggs, butter and sugar in a separate bowl. Add the liquid ingredients to the dry ones and mix just until the flour is moistened, no more than ten seconds. The batter should be visibly lumpy — leave it that way! It's extremely important not to over-mix the batter. Bake 25-30 minutes or until a toothpick inserted into the center of the cornbread comes out clean and the edge of the bread starts to separate from the pan.

**Modifications:** add a can of yellow corn, jalapenos and/or cheese. If you're craving sweet over savory, add a dash of cinnamon to the batter and eat with drizzled honey over a hot slice.

## Mixed Up Cornbread

By Chanté Liggins, PCV Lesotho, CHED '10

1 1/2 cup maize meal

1/2 cup wheat flour

1/2 cup cake flour

1 cup milk

1 Tbsp baking powder

3 Tbsp butter

1/4 tsp salt

1/2 cup sugar

2 eggs

- Melt butter. Mix in sugar and eggs. Mix flours, salt, baking powder and maize meal separately then add to mixture. Stir in Milk. Bake in greased pan for 20-30 min.

## Cheddar Bread

2 c water

1 tsp salt

¼ c sugar

½ c nonfat milk powder

2 Tbsp butter

3 c cheddar cheese, shredded

6 c bread flour

1 pkg yeast

- Gently heat water, salt, sugar, milk powder, butter, and 2 cups of cheese in a saucepan until the cheese is melted. Cool. Add yeast, flour, then the rest of the cheese. Mix in bowl by hand until smooth, cover and leave in warm place to rise until double the original size. Punch down. Cut dough into three strips, braid, and place on an oiled cookie sheet. Lightly cover and leave bread to rise again. Bake on medium high for 30minutes or until golden.

**Modification:** Add ½ onion, chopped to the batter

## Cheddar Muffins

1¾ c flour                      1/3 c cornmeal  
1 Tbsp baking powder        ½ tsp salt  
¼ tsp pepper                  1 c milk  
1¼ c cheddar cheese        1 egg  
3 Tbsp mustard              6 Tbsp butter, melted  
2 tsp dried mixed herbs (especially dill and chives)

- Mix flour, cornmeal, baking powder, salt, and pepper. Add 1 cup of the cheese, toss. In small bowl whisk milk, egg, and mustard. Add to flour mixture with butter and herbs. Mix just to blend. Spoon into paper-lined or buttered muffin tins. Sprinkle tops with remaining cheese. Bake on medium high for 20 to 25 minutes, until springy to the touch and toothpick inserted into centers of muffins comes out clean.

## Spinach and Feta Bread C

1/3 c oil                      ½ onion, chopped  
2 eggs                        ½ c milk  
2 c flour                      2 tsp sugar  
1 Tbsp baking powder    1 tsp oregano  
½ tsp salt                    ½ tsp garlic powder  
4 c spinach, chopped    1 c feta cheese

- Sauté onions in 2 Tbsp of oil, let cool. Beat eggs until foamy, blend in oil, milk, onions. Add flour, baking powder, oregano, sugar, salt, and garlic powder. Stir well. Stir in flour and spinach. Spoon into greased pan and bake 20 to 25 minutes on medium heat. Try making them as muffins. Do it. I dare you.

## Three-Grain Peanut Bread

1 c flour                      ½ c oats  
½ c maize meal              ½ c milk powder  
½ c sugar                      1 Tbsp baking powder  
1 tsp salt                      2/3 c peanut butter  
1 egg                              2½ c milk

- Combine dry ingredients. Cut in peanut butter. Add milk and egg. Mix well. Pour into a greased pan. Bake 45-60 minutes at medium heat.

## Nutty Seed Bread

1 egg                              1 c buttermilk  
1/3 c oil                              1 c white flour  
1 c wheat flour                      1/3 c nuts, chopped  
½ c brown sugar                      2 Tbsp wheat germ  
2 Tbsp flax seeds                      2 Tbsp sesame seeds  
2 Tbsp sunflower seeds                      2 Tbsp poppy seeds  
2 tsp baking powder                      2 tsp baking soda  
½ tsp salt

- Combine eggs, milk, and oil in a bowl, mix well. Add remaining ingredients and stir. Bake on medium high for 45-60 minutes.

## Maia's bread

**Recipe by Maia Longenecker, PCV Lesotho**

2 c white flour                      2 cloves garlic, minced

1 c wheat flour            1 Tbsp oregano  
1 onion, chopped        1 Tbsp basil  
1 Tbsp parsley            1 tsp salt  
2 Tbsp sugar              1 pkg yeast  
3 Tbsp margarine        1 c warm water

- Mix flour, yeast, salt, sugar, onion, and herbs. Rub in margarine with a fork; add half the water and mix well. Continue to add water until dough is manageable; knead for 10-15 minutes. Place in a greased bowl and turn over once. Let rise for about 20 minutes, until double. Knead again for a minute and place in a loaf pan or pot. Let rise until double. Bake until done.

## **Spicy Tomato and Zucchini Bread**

1 tomato, chopped      ½ c cheese, shredded  
1 zucchini, sliced      2 Tbsp olive oil  
1 tsp oregano            3 Tbsp tomato paste

whole wheat bread dough (page 36)

- Roll out bread dough. Combine tomato paste, oil, spices, and cheese. Spread on dough and leave room at the edges. Lay veggies down the center, and then fold dough into thirds. Cut openings in the top and let it rise another 30 minutes. Bake on a lightly oiled pan.

## **Biscuits, Rolls & Such...**

### **Basic Biscuits J**

2 c flour                    1 Tbsp baking powder  
½ c shortening            ¾ c milk  
½ tsp salt

- In large mixing bowl, sift flour, baking powder, and salt. Cut in shortening until mixture looks like coarse crumbs. Pour milk into flour mixture while stirring with a fork, until dough is soft, moist and pulls away from the side of the bowl. Turn dough out onto a lightly floured surface and toss with flour until no longer sticky. Roll dough out into ½” thick sheet and cut with a glass into size of biscuits you want. Bake on an ungreased baking sheet on high for 10minutes.

## **Biscuits Supreme**

2 c white flour                    4 tsp baking powder

2 tsp sugar                        ½ tsp cream of tarter

½ tsp salt                         ½ c margarine

2/3 c milk

- Mix dry ingredients. Cut in the margarine. Add the milk and stir gently. Pat down on a floured surface until ½” thick. Cut into squares. Bake on an un-greased baking sheet or skillet for 10 minutes.

## **Angel Biscuits**

2 pkgs yeast                      1 Tbsp warm water

2 Tbsp sugar                      5 c flour

3 tsp baking powder          1½ tsp salt

½ tsp baking soda              1 c shortening

2 c buttermilk

- Dissolve yeast in water with sugar. Sift flour, baking powder, salt, and baking soda in a large bowl. Cut in shortening. Add buttermilk and yeast mixture, mix well. Turn dough out onto a floured board and knead 2 or 3times. Roll dough out ½” thick. Cut out biscuits, let set for 1 hour to rise. Bake on high for 12-15minutes.

## **Tender Crust Dinner Rolls**



3 Tbsp butter            ¼ c sugar  
½ tsp salt                1 c milk, scalded  
1 pkg yeast               2 eggs

- Add butter, sugar, and salt to scalded milk. Cool to lukewarm. Dissolve yeast in milk mixture. Add 1 cup flour and beat. Add eggs, beat again until smooth. Mix in remaining flour and mix thoroughly. Allow to rest 5 minutes. Knead until smooth. Let rise until double, punch down and knead again. Divide into desired shapes. Cover with damp cloth and let rise. Bake on high for 15 minutes.

## Crescent Rolls

1 pkg yeast                ¾ c water  
½ c sugar                 ½ c margarine  
2 eggs, beaten            1½ tsp salt  
4 c flour                  ¼ c margarine, softened

- Combine yeast and water, let stand for 5 minutes. Add sugar, ½ cup margarine, eggs, and salt. Stir well. Slowly add flour. Knead 3 to 4 times on a floured surface. Let rise. Punch down. Divide into five pieces, form into balls and roll into 12" circles. Spread margarine on dough. Cut each circle in half, roll from large end. Let rise until double on cookie sheet. Bake for 12 minutes or until browned.

## Mayo Rolls J

1 c self raising flour            2/3c milk  
2 Tbsp mayo                        1 tsp sugar

- Mix all ingredients together. Form into balls and place on baking sheet. Bake on medium high for 15 minutes.

## Perfect Breadsticks

### **Dough:**

1 pkg yeast                      4¼ c flour  
2 Tbsp butter                      2 Tbsp sugar  
1 Tbsp salt

### **Topping:**

3 Tbsp butter, melted    ½ tsp kosher salt  
¼ tsp garlic powder    ¼ tsp dried oregano

- Place ¼ cup warm water in a bowl, sprinkle with yeast and set aside until foamy, about 5 minutes. Add the flour, butter, sugar, salt, and 1¼ cups warm water, mix until a slightly sticky dough forms. Knead the dough by hand on a floured surface until smooth, adding more flour if needed. Roll into a 2' log, cut into 2" long pieces. Knead each piece slightly and shape into a 7" breadstick. Arrange 2" apart on a parchment-lined baking sheet. Cover with a cloth, let rise in a warm spot until doubled, 45 minutes. Brush the breadsticks with 1½ Tbsp of the butter and sprinkle with ¼ tsp salt. Bake until lightly golden, about 15 minutes. Combine the remaining salt with the garlic powder and oregano. Brush the warm breadsticks with the remaining butter and sprinkle with the flavored salt.

## **Tortilla Chips**

1 c maize meal                      1½ c water  
3 Tbsp butter                      1¼ c whole wheat flour  
1 tsp salt                      oil for frying

- Boil water and ½ of the butter. Stir in the maize meal, lower heat and cover. Cook 5 minutes, then stir in the remaining butter and set aside to cool. Mix flour and salt. Add the cooled maize meal to the flour and knead until soft dough forms. Pinch off into balls and roll out on well-floured surface until thin. Toast on a hot dry pan until flecked with brown on both sides. After cooking, cut into strips. Cover bottom of skillet with at least ¼" oil. When oil is hot, place cut tortilla strips in oil one by one. Cook a couple of minutes on each side or until brown. Place on paper to cool and drain grease. Salt while still hot.

## **Pretzels**

3 c flour                                      1 pkg yeast

1 tsp salt                      1 tsp sugar

½ c milk                        ½ c water

2 Tbsp oil

- Mix 1 cup flour, yeast, salt, and sugar. Heat milk, water, and oil to lukewarm. Add liquid to flour mixture. Beat for 3 minutes. Add 1 cup more flour. Add anything you want to the dough. Add more flour to make stiff dough. Knead 5 to 8 minutes. Place in greased bowl and cover for 60 minutes. Punch down, let rest for 5min. Divide into 3 pieces. Cut each third into 8 pieces. Roll out to 12" long rope. Fill a pan with 2-3" of water, bring to boil. Place each piece in boiling water for 1 min. Place boiled dough on greased baking sheet, brush with egg and sprinkle with salt. Bake on medium high until they begin to brown on top.

## Naan

1 pkg yeast                    ½ egg, beaten

1 Tbsp milk                    1/3 c warm water

2 Tbsp sugar                   ¾ tsp salt

2 c bread flour                2 Tbsp butter, melted

¾ tsp minced garlic (optional)

- In a large bowl, dissolve yeast in warm water with 1 tsp sugar. Let stand about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth. Place dough in a greased bowl, cover with a damp cloth, and set aside to rise. Let it rise 1 hour, until the dough has doubled in volume. Punch down dough, knead in garlic. Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a tray. Cover with a towel and allow to rise until doubled in size, about 30 minutes. During the second rising, preheat grill or skillet to high heat. Roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill, cook for 2 to 3 minutes, or until puffy and lightly browned. Brush uncooked side with butter, and turn over. Brush cooked side with butter, and cook until browned, another 2 to 4 minutes.

## Chapattis

2 c whole wheat flour            1 tsp salt

2 Tbsp butter, melted                      2 c warm water

- Combine flour and salt. Stir in butter and 1 cup of water. Add  $\frac{3}{4}$  cup more water, then sprinkle on an additional 2 Tbsp as needed to make soft dough that can be kneaded. Knead well, cover with a damp cloth, and set aside for one hour. Break into golf ball sized lumps and roll each out on a floured surface to  $\frac{1}{4}$ " thickness. Dust each lightly with flour. Heat a heavy skillet and cook each chapatti 2 minutes on each side. Remove from pan and brush with melted margarine, then return to pan and fry until light brown.

## **Pita Bread** (makes 8)

3 c flour                                      1  $\frac{1}{2}$  tsp salt

1 Tbsp sugar                                2 tsp yeast

1  $\frac{1}{4}$  c water (not cold)    2 Tbsp oil

- Add yeast and sugar to water, let sit for a few minutes, then add other ingredients and add water/flour to workable consistency. Form into a ball and knead until your hands get tired. Place ball into a bowl lightly coated with oil, cover and let rise until doubled (about 90 minutes). Punch down and divide ball into 8 pieces, roll each into a ball, then cover and relax for 20 minutes. Roll each out into a pita-bread shape and thickness and bake until just beginning to turn golden.

\*Once you have made your pita bread, you can coat them in oil and salt and bake them for another 10 minutes for Pita Chips!

## **Crackers**

3 c flour                                      1 tsp salt

1 c warm water                            1/3 c oil

- Mix flour and salt, add water and oil, knead about 5 minutes – dough should be not too dry, not too sticky (add flour/water until its ok). Shape into a ball, then divide into 12 pieces, rub each with oil, put on a plate, cover and let sit for 30-40 minutes. Now, flatten one of the balls, and roll until thin, cut into nice cracker shapes (whatever you like), bake until golden on an upside down cookie sheet and let cool. Serve with other delicious things.

\*You can also add in, herbs (like rosemary) or spices

## **Cheez-Its!**

5 Tbsp butter                      3/4 tsp salt  
1 c flour                              2 Tbsp ice water  
8 ounces cheddar cheese, coarsely shredded

- Mix the cheddar, butter, and salt in a bowl until soft and combined. Add the flour and mix until the dough becomes dry and pebbly. Slowly add the water and continue to mix as the dough forms a ball. Pat the dough into a disk, wrap tightly with plastic wrap, and let rest for an hour. Divide the dough into two pieces and roll each into a very thin (1/8 inch or less) 10 x 12-inch rectangle. Using a sharp knife, cut the rectangles into 1-inch squares, then transfer to a well-greased baking sheet. Punch a hole into the center of each square. Bake for 15-17 minutes or until puffed and browning at the edges.

## **Sweet Breads**

### **Banana Bread**

4-5 Tbsp butter, softened              2 eggs  
2-3 very ripe bananas                  2/3 cup sugar  
  
1 1/3 c flour                                  3/4 tsp salt  
  
1/4 tsp baking powder                  1/2 tsp baking soda  
1/2 tsp cinnamon (opt.)

- Combine butter, eggs, bananas and sugar in a bowl. Use a fork to mash up the bananas. In a different bowl combine remaining ingredients then add the dry ingredients to the banana mixture. Pour the dough into greased baking pans and bake until a toothpick inserted in the center comes out clean.

### **Banana-Zucchini Bread or Muffins**

**Michael Dill**

1 cup grated zucchini  
1 1/2 over-ripe bananas, mashed  
1/2 cup oil  
1 cup sugar  
1/2 teaspoon vanilla  
1 1/2 cups flour  
1 teaspoon nutmeg  
1/2 tablespoon baking soda  
1/2 teaspoon baking powder

1/2 tablespoon cinnamon  
1/2 teaspoon salt  
3/4 cup chopped walnuts, optional

- Preheat oven to 350 degrees F. Lightly grease 9" bread pan or 6-muffin pan. Stir zucchini, bananas, oil, sugar, and vanilla together. Mix with hands if necessary to break up banana chunks. Add the remaining ingredients and stir well. Pour batter into prepared bread pan or muffin tin and bake 50-60 minutes for bread, 30 minutes for muffins. Test with toothpick before removing from oven, as it can sometimes take longer than indicated.

Serves: 1 loaf or 6 muffins, Preparation time: 30 mins

## **Annmaries' Carrot & Fruit Bread**

**Recipe by Annmarie Emmet, PCV Lesotho**

1½ c bread flour            1 tsp baking soda  
1 c sugar/ ½ c honey            1 tsp cinnamon  
2 eggs, beaten                2/3 c oil  
1 c strained carrots and/or fruit

(Desired consistency of apple sauce)

- Mix dry ingredients. Mix wet ingredients. Combine and pour into a greased loaf pan. Bake on medium high for about an hour.

## **Apple Bread**

2 c apple, grated            3 Tbsp lemon juice  
½ c brown sugar            4 Tbsp butter  
1 egg, beaten                1 c white flour  
1 c whole wheat flour    2 tsp baking powder  
½ tsp baking soda        ¼ tsp salt  
1 tsp cinnamon            ¼ tsp vanilla

- Combine apple and lemon juice. Beat the sugar, butter and egg, add to the apples. Sift dry ingredients and add to apples and vanilla, mix well. Spread into a buttered pan, bake on medium for 40-50 minutes.

## Whole Wheat Orange Bread C

1½ c whole wheat flour	1½ c white flour
2 Tbsp orange peel, grated	¾ c sugar
2 tsp baking powder	½ tsp salt
¾ c orange juice	½ c milk
½ c oil	1 egg, beaten
1 Tbsp sugar	½ tsp cinnamon

- Combine first six ingredients in a large mixing bowl. Add remaining ingredients except for the 1 Tbsp of sugar and the ½ tsp of cinnamon. Stir 75 strokes. Pour into a greased bread pan. Sprinkle with sugar and cinnamon mixture. Bake one hour on medium heat, or until a matchstick comes out clean.

## Zucchini Bread J

1 c sugar	¼ c oil
3 eggs	3 tsp vanilla
2 c flour	1 tsp baking powder
1 tsp salt	3 tsp cinnamon
2 c zucchini	chocolate bar, chopped

- Cream together sugar, oil, eggs and vanilla. In a separate bowl, mix dry ingredients, add wet, and beat well. Add peeled and grated zucchini and chocolate bits, if you so dare! Bake for 1 hour at medium heat.

## Pumpkin Bread

½ c brown sugar      ¼ c white sugar

⅓ c oil                  2 eggs, beaten

1 c pumpkin, cooked   ¼ c water

¼ c milk powder      ½ c white flour

1½ c whole wheat flour   1 Tbsp baking powder

½ tsp salt              ½ tsp ginger

¼ tsp cloves            ½ tsp nutmeg

¼ tsp baking soda

- In large bowl, beat sugars and oil. Beat in the eggs. Add pumpkin and water, mix well. Mix remaining ingredients separately and add to the first mixture. Bake in a greased pan on medium for 1 hour.

## **Peanut Butter Loaf**

2 c flour                      4 tsp baking powder

1 tsp salt                  ½ c sugar

1 c milk                      ⅔ c peanut butter

- Sift dry ingredients, add peanut butter and sugar. Add milk and mix lightly. Pour into a well-oiled pan, bake 30minutes on medium heat.

## **Lemon Poppyseed Bread**

1¼ c whole wheat flour      ¼ c oil

½ c honey                  2 eggs

2 Tbsp lemon juice          ¼ c poppy seeds

2 tsp milk powder          ½ tsp salt



2 tsp baking powder                      ½ tsp baking soda

3 Tbsp honey                                2 Tbsp lemon juice

- Beat the oil and honey until well blended. Beat in the eggs and lemon juice. Stir the dry ingredients together and stir into the first mixture. Pour into a small oiled loaf pan. Bake at medium heat until knife comes out clean. Mix the additional honey and lemon juice. Poke holes in the top of the loaf with a fork and pour mixture over top while loaf is still warm.

## Egg-less Gingerbread

1 c hot water                                1 c molasses

¼ c margarine                               3 c flour

1½ tsp ginger                               ½ tsp cloves

1 tsp baking powder

- Combine all ingredients together. Bake on medium heat until golden brown or knife comes out clean.

## Wintery Day Spicy Gingerbread

¾ c Milk Stout/Guinness                      ½ tsp baking soda

2/3 c molasses                                2 Tbsp ginger

1 c brown sugar (more if using blackstrap molasses)

½ tsp baking powder                        ½ tsp salt

½ tsp cinnamon                              ¼ tsp black pepper

2 large eggs                                    1/3 c oil

1 Tbsp fresh grated ginger if available (\*or add 1 T more powder)

- Bring stout to boil, remove from heat and stir in soda, then add molasses and sugar. Mix flour, ground ginger, powder, salt, cinnamon, (nutmeg), and pepper in a large bowl. (optional) briefly sauté fresh ginger in oil, add with eggs into stout mixture then add stout mixture to dry ingredients, stir until smooth and bake until knife inserted in center comes out clean about 40 minutes.

## Muffins, Scones & Whatnot

### Di's Fresh Apple Whole Wheat Muffins R

2 c whole wheat flour	½ tsp salt
2 tsp baking powder	1 c milk
1 c apples, chopped	4 Tbsp butter
½ c brown sugar	2 eggs
1 tsp cinnamon	½ tsp ground cloves

- Beat brown sugar and eggs together in a large bowl. In another bowl, combine the dry ingredients. Add the second bowl to the first, and add milk and apples. Grease muffin tins, fill halfway and bake 30 minutes on medium heat.

### Oatmeal Muffins

2 c oatmeal	1½ c milk
1½ c flour	1 Tbsp baking powder
½ tsp salt	¼ tsp cinnamon
2 eggs, lightly beaten	½ c brown sugar
½ c butter, melted	1 tsp vanilla
½ c dried fruit (opt)	

- Mix oats, milk, and dried fruit, set aside for 10 minutes. Separately, mix together the dry ingredients, making a well in the center. Stir in the liquid ingredients and the oatmeal mixture until just combined, being careful not to overmix. Batter may be lumpy. Fill muffin cups about ¾ full. Bake for 15-20 minutes until lightly golden or a tester comes out with moist crumbs attached.

## Linda's Muffins J

2 c flour                               $\frac{3}{4}$  c sugar  
2 tsp baking powder      2 tsp vanilla  
2 eggs                                  1 can crushed pineapple  
 $\frac{1}{3}$  c milk                              nuts, fruit, cocoa, etc.

- Mix all ingredients. Fill muffin cups almost full, bake on medium heat for 25 minutes.

## Mocha Muffins

Recipe by Violeta Jimenez, PCV Lesotho

$\frac{1}{4}$  c hot water                      2 Tbsp instant coffee  
 $\frac{1}{2}$  c buttermilk                       $\frac{1}{2}$  c sunflower oil  
2 eggs                                  1 tsp vanilla  
 $1\frac{3}{4}$  c flour                              4 Tbsp cocoa powder  
 $\frac{1}{2}$  c white sugar                       $\frac{1}{2}$  c brown sugar  
1 tsp baking powder      1 tsp baking soda  
1 tsp salt                       $1\frac{1}{2}$  c semisweet chocolate, chopped

- Stir hot water and instant coffee in medium bowl until powder dissolves. Add buttermilk, oil, eggs and vanilla and whisk until well blended. Mix flour, sugar, brown sugar, cocoa, baking powder, baking soda and salt in large bowl, add buttermilk mixture and stir just until combined. Mix in chocolate chips. Bake until tester comes out clean, 15-20 minutes.

## Pumpkin Scones J

$2\frac{1}{2}$  c flour                              1 c pumpkin, cooked  
 $\frac{1}{4}$  c butter                               $\frac{1}{2}$  c sugar  
1 tsp salt                                  1 egg

5 tsp baking powder

- Combine dry ingredients. In a separate bowl, cream the wet ingredients with the cold pumpkin. Stir in the dry ingredients. Turn out mixture on a floured surface and press into a rectangle  $\frac{1}{2}$ " thick. Cut into squares and bake on medium high for 10-20 minutes.

## Raisin Scones

2 c flour

$\frac{1}{4}$  c butter

2 Tbsp raisins

2 Tbsp baking powder

2 Tbsp sugar

$\frac{1}{2}$  c milk

$\frac{1}{4}$  tsp salt

- Sift dry ingredients. Cut in butter. Add raisins and milk to make soft dough. Turn onto a floured surface and pat into a rectangle  $\frac{1}{2}$ " thick. Cut into squares. Place on a floured baking tin and brush lightly with egg or milk. Bake on medium heat for 10-20 minutes.

## Shanelle's Sassy Scones

3 c flour

$\frac{1}{2}$  c sugar

5 tsp baking powder

$\frac{1}{2}$  tsp salt

$\frac{3}{4}$  c butter

1 egg, beaten

1c milk

- Lightly grease a baking sheet. In a large bowl, combine flour, sugar, baking powder, and salt. Cut in butter. Mix the egg and milk in a small bowl, and stir into flour mixture until moistened. Turn dough out onto a lightly floured surface, and knead briefly. Roll dough out into a  $\frac{1}{2}$  inch thick round. Break into 8 pieces, and place on the baking sheet. Bake 15 minutes, or until golden brown.

**Modifications:** Get creative and have fun with different add-ins! Spice things up with cinnamon, nutmeg, ginger, caraway seeds...OR add vanilla, chocolate bits, raisins, ANYTHING. You add the sass.

# Mega Scone!

4 c flour                                      3 Tbsp baking powder  
1 tsp salt                                      4 oz butter  
¾ c sugar                                      1 ¼ c milk (or half and half)  
1 tsp vanilla                                  lemon zest\*

2/3 c fruit filling - can be jam, sauce etc...

**Glaze:** ½ c powdered sugar + 1 Tbsp lemon juice

- Mix flour, baking powder and salt, cut in butter, then add sugar. Add milk, vanilla and zest, but don't overmix. Now, divide dough into 2 and roll one out onto a floured surface so it is ½" thick and about 9"x9" Then spread filling and fold over. Bake about 25 minutes until the top is golden brown, then glaze and slice.

Notes: Filling can be whatever you like

\* This makes two large scones, cut in half for dutch oven!

# Kyla's Cinnamon Rolls

**Recipe by Kyla Kachman, PCV Lesotho**

1 tsp sugar                                      ½ c hot water  
1 pkg yeast                                      ½ c milk  
5 Tbsp butter                                  5 Tbsp sugar  
1 egg    1 tsp salt  
2 to 3 c cake flour                              cinnamon, sugar

- Dissolve 1 tsp sugar in ½ cup hot water. Sprinkle yeast over this and let set for ten minutes. Mixture should get foamy on top. Scald milk. Melt butter in milk. Mix together 5 Tbsp sugar, a beaten egg, and 1 tsp salt. Beat well. Add milk and butter. Mix to cool a little. Add yeast mixture. Stir in 2 to 3 cups cake flour until dough is soft and not sticky. Knead 5 minutes. Let rise for 1 to 2 hours until double. Roll out dough to ½" thick rectangle. Trim edges. Spread with lots of butter. Sprinkle generously with sugar, cinnamon, ¼ tsp salt. Roll up carefully and cut into 2" slices. Rub lots of butter over the pan, and sprinkle extra sugar onto the bottom (the more butter and sugar the better!). Place slices in pan leaving

about 1" space between slices. Let rise  $\frac{1}{2}$  hour. Place pan in oven; when golden brown, remove from oven. Flip pan upside down onto plate. Let pan sit on top of rolls for 10 minutes before removing. Rolls can be iced with powdered sugar thinned with a few drops of milk and lemon juice.

## Cake Doughnuts

1 egg, beaten                      2 egg yolks  
1 c sugar                            3 Tbsp butter, melted  
1 c milk, lukewarm                4 tsp baking powder  
1 tsp salt                             $3\frac{1}{2}$  c flour

- Stir dry ingredients together. Beat eggs, milk, sugar, and butter. Add dry ingredients. Add just enough flour to make dough firm enough to roll, keep as soft as possible. Put  $\frac{1}{3}$  of mixture on floured board and knead slightly. Roll out  $\frac{1}{4}$ " thick. Fry in oil. Try to only turn once. Put on crumpled paper to drain. For chocolate doughnuts, add 2 squares of chocolate to mix. Add cinnamon or other spices to mix if desired.

## Raised Doughnuts

1 c milk                                 $\frac{1}{4}$ pkg yeast  
 $\frac{1}{4}$  c water, lukewarm                1 tsp salt  
 $\frac{1}{3}$  c butter                            1 c brown sugar  
2 eggs, beaten                        2 c flour

- Dissolve yeast in water. Scald milk and cool until lukewarm. Add yeast and water mixture to milk, add salt. Add enough flour to make stiff batter. Let rise overnight. Add melted butter, sugar, eggs and remaining flour. Let rise again. If too soft to handle, add more flour. Place on floured board. Roll out to  $\frac{3}{4}$ " thick. Cut out with a glass, shape into ball. Put on floured board, let rise one hour. Flip and let rise another hour. Fry in oil.

## Baked Doughnuts

1 1/3 c warm milk      2 1/4 tsp yeast  
2 Tbsp butter          2/3 c sugar  
2 eggs                    5 c flour  
1 tsp salt                pinch of nutmeg

Butter, sugar and cinnamon

- Add yeast to 1/3 c warm milk and sugar, set aside for 5 minutes. Then add the rest of the ingredients just until flour is mixed in. Stir and adjust consistency with more flour or milk. Then knead a few minutes on a floured counter. Shape into a ball and put into oiled bowl and let rise until doubled (about 1 hr). Punch down dough and roll to 1/2" thick on counter top, use cup or something to cut into doughnut shapes (about 2-3" in diameter) Move to cookie sheet, cover and let rise about 45 minutes. Then bake on slightly high heat until the bottoms are golden 8-10 minutes (don't over-bake!) Melt butter, in a separate bowl mix cinnamon and sugar. Dunk the doughnuts in melted butter, then coat them with the cinnamon and sugar, serve with coffee!

## Beignets

1/2 c butter              1 tsp sugar  
1/4 tsp salt              1 c water  
1 cup + 2 Tbsp flour    1 tsp vanilla  
4 eggs                    powdered sugar

oil for frying

- Over medium heat mix butter, sugar, salt, and water until boiling. Remove pan from heat, add flour. Stir until dough leaves sides of pan and forms a ball. Add vanilla and eggs one at a time. Stir dough, should be smooth and glossy. Heat 2" of oil, drop heaping spoons of dough in oil a few at a time until golden. Drain, dust with powdered sugar.

# Desserts

## Cakes

### Incredible Chocolate Loaf Cake

1 ¼ c flour                      1 tsp baking soda  
½ tsp salt                        1 c butter  
1 2/3 c brown sugar        2 eggs  
2 tsp vanilla                  4 oz barely melted dark chocolate  
1 c boiling water

- Grease a loaf pan. Mix flour, baking soda, and salt. In a new bowl, cream butter until light and fluffy (if it is real cold try to heat up the 'butter' a little bit without melting it). Add sugar followed by eggs, one at a time. Add vanilla and fold in melted chocolate, stirring until just combined. Now alternate adding 1/3 of dry mix, 1/3 water, it is ok if batter is thin. Pour into loaf pan. Sprinkle with a little bit of sugar. Bake for about 45 minutes – this cake is amazing!

### Feathery Fudge Cake

1 c cake flour                  ½ tsp baking soda  
¼ tsp salt                        1/3 c butter  
¾ c sugar                         ½ tsp vanilla  
1 egg                                4 Tbsp cocoa  
1½ Tbsp oil                       2 Tbsp cold water  
¾ c water (add at end)

- Combine the first three ingredients, beat butter in a separate bowl, add sugar vanilla and egg. Combine cocoa, oil, and 2 Tbsp water and add to butter mixture. Add dry ingredients alternately with extra water to butter mixture. Mix briefly, bake for 30 minutes on medium high or until a fork comes out clean.



# Disappearing Chocolate Cake

¼ c butter                      ¼ c shortening (or more butter)  
2 c sugar                              1 tsp vanilla  
2 eggs                                      ¾ c cocoa  
1¾ c all purpose flour              ¾ tsp baking powder  
¾ tsp baking soda                      ¼ tsp salt  
1¾ c milk

- Cream butter, shortening, sugar and vanilla until fluffy, then blend in eggs. Combine cocoa, flour, baking powder, baking soda and salt in bowl, add alternately with milk to batter, blend well. Pour into greased and floured pans and bake on medium high for 30 minutes or until toothpick comes out clean. Cool for 10 minutes and remove from pan.

## Variations:

\*Top with chocolate frosting

\*Top with peanut butter frosting

## \*Rita's Black Bottom (Cup) Cakes:

- Use cake pan or muffin tins, sprinkle 1c chocolate chips evenly into chocolate cake batter, top with 'Topping' and bake for 35 minutes

## Topping:

8oz cream cheese              1 egg  
1/3 c sugar                              ¼ tsp salt

## \*Mississippi Mud Cake JC

- Add 1c nuts to chocolate cake batter, and bake. Top with 4c sliced marshmallows and bake for 5 more minutes until marshmallows are melted then, heat 'topping' in a saucepan and pour over cake – Wow!

### **Topping:**

¾ c butter                      1/3 c cocoa  
1 tsp vanilla                    1 lb powdered sugar  
½ c evaporated milk        1 c nuts

## **Eggless Chocolate Cake J**

1½ c flour                      3 Tbsp cocoa  
1 tsp baking soda            1 c sugar  
½ tsp salt                      5 Tbsp oil  
1 Tbsp vinegar                1 tsp vanilla  
1 c water

- Mix all dry ingredients, then mix in remaining ingredients. Bake at medium heat for 30 minutes.

## **Hot Fudge Cake**

1 c flour                              ¾ c sugar  
6 Tbsp cocoa                    2 tsp baking powder  
¼ tsp salt                        ½ c milk  
2 Tbsp oil                         1 tsp vanilla  
1 c brown sugar                1¾ c hot water

- Combine flour, sugar, 3 Tbsp cocoa, baking powder, and salt. Stir in milk, oil, and vanilla until smooth. Pour into greased pan. Combine brown sugar and 3 Tbsp cocoa, put on top of uncooked cake. Pour hot water over all. DO NOT STIR. Bake on medium high for 30minutes or until done.

## Chelan's Chocolate Zucchini Cake

½ c butter                      ½ c oil  
1 ¾ c sugar                      2 eggs  
1 tsp vanilla                      4 Tbsp cocoa  
2 ½ c flour                      ½ tsp baking powder  
1 tsp baking soda              1 tsp salt  
2 c diced or grated zucchini  
1/3 c chocolate chips or chunks (cut up bar)

- Cream butter, oil and sugar together. Then add eggs and vanilla. Mix then dry ingredients separately then add to butter mixture. Mix in zucchini. Pour into greased 13x9x2 baking pan and sprinkle chocolate evenly into batter. Bake on medium-lowish heat for about 45 minutes.

Variation: **Chocolate Beet Cake**

\*Replace grated zucchini with grated beets

## Chocolate Peanut Butter Cupcakes C

Recipe by Violeta Jimenez

¾ c all purpose flour  
¼ c unsweetened cocoa powder, sifted  
1½ tsp baking powder              ¼ tsp salt  
½ c white sugar                      ½ c brown sugar  
¼ c unsalted butter                      1 egg  
½ c crunchy peanut butter              ½ tsp vanilla  
½ c chocolate chips                      2/3 c milk

- Mix together flour, cocoa powder, baking powder and salt. In a separate bowl, beat together white and brown sugars and butter until well combined. Add peanut butter, beating until smooth. Beat in egg and vanilla until mixture is smooth. Alternately mix in flour mixture and milk, beating until smooth. Stir in chocolate chips. Scoop batter into prepared pan. Bake on medium high for 20-25 minutes or until tops spring back when touched. Let cool completely on a rack.

## Old Fashioned Peanut Butter Cake

¼ c butter	¾ c + 1 Tbsp sugar
5 Tbsp peanut butter	1 egg
1½ c flour	1 tsp baking powder
¼ tsp salt	½ c milk
1 tsp vanilla	
2 c chocolate icing (page 53)	

- Cream the butter, peanut butter and sugar. Add vanilla and egg, beat well. Add dry ingredients alternately with milk. Pour into a well-buttered pan. Bake for 40minutes on medium high. Frost with icing.

## Skillet Cake J

1 recipe pancakes (pg...)

1 tsp almond, rum or vanilla extract

Cinnamon, nutmeg, ginger in any combination to taste

- Make one cake, cook on low in your frypan for about 15 minutes then flip.

## Coffee Cake

1½ c flour	¾ c sugar
1 Tbsp baking powder	¾ tsp salt

¼ c butter

¾ c milk

1 egg

**Topping:**

1/3 c brown sugar

¼ c flour

½ tsp cinnamon

3 Tbsp butter

- Blend all cake ingredients, beat vigorously for 30 seconds. Pour into a greased pan. Mix topping ingredients, sprinkle over batter and bake on medium high for 25-30 minutes or until a fork comes out clean.

\*Add chunks of fruit or chocolate to batter to change up flavor (I even found rhubarb here and tossed it in a bit of extra sugar before throwing it in). If using dried fruit, apples, raisins, cranberries... re-hydrate it first so it doesn't take moisture from the cake.

## Almost Cheesecake C

Make (pg 60), or buy plain yogurt. Line a sieve with a cloth and pour in the yogurt. Let the whey drain out overnight. In the morning, scrape the "cream cheese" out of the cloth into a mixing bowl. You can use the whey in soup, or to add protein to breads.

1 recipe "cream cheese"      3 eggs, beaten

1 can sweetened condensed milk

1 Tbsp flavoring: vanilla, lemon juice, lime juice, etc.

1 sleeve Marie biscuits, crushed

3 Tbsp butter, melted

sliced fruit (e.g., strawberries, kiwis)

- Mix the first four ingredients together in a bowl and set aside. Mix the melted butter and crushed biscuits, press into the bottom of the pan. Pour the cheese filling over the crust, arrange sliced fruit on top, and bake on medium for 45-60 minutes, until the top just starts to brown.

## Vanilla Cake

2 c cake flour            1 c sugar  
1 tsp vanilla            3 tsp baking powder  
 $\frac{2}{3}$  c milk            3 eggs  
 $\frac{1}{2}$  c butter             $\frac{1}{4}$  tsp salt

- Cream butter, sugar and vanilla. Add the eggs one at a time, beating well after each. Add milk alternately with the flour and baking powder and blend. Pour into a greased pan and bake for 30-50 minutes on medium heat or until a fork comes out clean.

## Pound Cake

$\frac{3}{4}$  c butter             $\frac{3}{4}$  c sugar  
3 eggs             $1\frac{1}{2}$  c cake flour  
 $\frac{3}{4}$  tsp baking powder  
2tsp vanilla, 2Tbsp lemon juice, or 1tsp almond extract

- Cream butter and sugar until creamy (but not too creamy). Add eggs one at a time, beating well for at least one minute after each egg. Add flavoring. Beat in baking powder and cake flour until smooth. Bake in a greased bread pan on medium high for 1 hour, until golden. Note: publishers will not be held responsible for cakes that do not weigh exactly 1 lb.

\*Add poppy seeds or berries- yum

## Banana-Pumpkin Spice Cake

$\frac{1}{2}$  tsp lemon juice             $\frac{1}{4}$  c warm milk  
 $\frac{1}{3}$  c butter            1 c sugar  
1 banana             $\frac{3}{4}$  c raisins

1 egg                      2 c flour  
2 tsp baking powder    ½ tsp baking soda  
1 tsp cinnamon  
¼ tsp each salt, allspice and nutmeg  
½ c winter squash, cooked and mashed

- Stir lemon juice and milk and let stand to sour, 10minutes. Beat the butter until light and fluffy, then cream in the sugar. Add the squash and mashed banana to the creamed mixture, blending well. Beat in the egg. Sift together the flour, baking powder, baking soda and spices. Add the dry ingredients to the creamed mixture alternately with soured milk. Stir in the raisins and pour batter into a well-greased loaf pan and bake on medium high for 50-60 minutes.

**\*Variation:** Omit banana and add ¼ c oil

\*Make muffins

\*Substitute regular milk for coconut milk

\*Add toasted nuts or pumpkin seeds

## Poppy Seed Cake

½ c butter, softened    2 eggs  
¾ c sugar                1½ c white flour  
2 Tbsp milk powder    2½ tsp baking powder  
½ c water                2 tsp vanilla  
1 Tbsp poppy seeds

- Cream butter and sugar. Add eggs and water, blend well. Stir dry ingredients into the wet. Pour into a well-greased dish and bake on medium high for 20minutes, or steam for 50 minutes.

## Summer Peach Cake

2 ½ lbs peaches, pitted and cut into ½” wedges

5 Tbsp Peach Schnapps (optional)

4 tsp lemon juice      6 Tbsp + 1/3 c sugar

1 c flour      1 ¼ tsp baking powder

¾ tsp salt      ½ brown sugar

2 large eggs      8 Tbsp melted butter

¼ cup plain yogurt or milk ½ tsp lemon juice

1 ½ tsp vanilla      ¾ tsp almond extract

½ toasted, finely crushed bread crumbs

- Line baking pan with foil, and grease with oil, grease baking pan as well. Toss peach wedges with schnapps, lemon juice and 3 Tbsp sugar in a bowl remove ½ of peaches to foil lined baking sheet, roast/caramelize for 20 minutes then set aside to cool. In a new bowl, whisk flour, baking powder and salt together in a bowl. In a new bowl (this will be worth the dishes!) combine sugars and eggs, then add butter. Add yogurt, vanilla, almond extract and stir until combined. Add flour mixture. Pour ½ of the batter in cake pan.

Sprinkle cooled roasted peaches with bread crumbs and gently toss to coat. Make even layer of peaches on top of the batter in the pan. Pour the rest of the batter on top. Arrange the non-roasted peaches on top, sprinkle a little sugar on top. Bake about 50 min.

## Carrot Cake

2 c flour      2 ½ tsp baking powder

2 tsp cinnamon      1 tsp salt

¾ c toasted walnuts (optional)

4 oz melted butter      ½ c dates/raisins

3 ripe bananas      1 ½ c grated carrots

½ c plain yogurt (or milk with ½ tsp lemon juice)

2 eggs      ¼ c sugar (optional)



- Mash bananas, with butter, eggs, yogurt and sugar. Mix flour, baking powder, salt, cinnamon, (nutmeg). Add dry to wet mixture. Mix in carrots, dates and walnuts. Bake in a greased pan until knife inserted in middle comes out clean. About an hour.

Variation: Tropical! Substitute 1c crushed pineapple for the bananas, use toasted coconut instead of walnuts and you can even add ginger powder.

## Tropical Carrot Cake

2 1/3 c sifted flour      2 1/2 teaspoons baking powder  
1 1/2 tsp ginger      3 1/2 teaspoons ground cinnamon  
1 teaspoon salt      1/2 teaspoon baking soda  
2 cups sugar      1 cup vegetable oil  
4 large eggs      2 teaspoons vanilla extract  
2 cups finely grated peeled carrots  
2 8-ounce cans crushed pineapple drained

### Frosting

2 c cream cheese      1/2 c coconut milk (opt.)  
1/2 c flaked coconut      1 c powdered sugar

- Combine all dry ingredients together. Beat sugar and oil in large bowl to blend. Add eggs 1 at a time, beating well after each addition. Beat in vanilla. Beat in flour-spice mixture. Bake until tester inserted into center of cakes comes out clean, about 30 minutes. For frosting, combine all ingredients and sprinkle any extra coconut on top.

## Nathan's Historic Upside-Down Pineapple Cake

By Nathan Birhanu, ED '10

1 can Pineapple Rings      1 tsp Vanilla  
1 Egg      1 c Cake Flour  
1 1/2 tsp Baking Powder      1/2 c Sugar  
1/2 c Treacle Sugar      1/4 c and 1/8 c Butter  
1/2 tsp salt  
Aluminum foil

- Separate pineapple rings from juice (keep juice). Carefully line sides and bottom of a small round pot or baking pan with foil. Into the pan, add 1/8 c butter, plus treacle sugar, and 1 tbsp of the pineapple juice. Stir well until melted. Make sure the mixture coats the bottom of the pan. Place the pineapple rings into the pan. In a separate bowl, cream together sugar and 1/4 c butter. Mix in egg and vanilla. This is the “batter.” In a new bowl, mix flour and baking powder. In another new bowl, add large spoonfuls of the flour, the batter, and 1/8 cup of pineapple juice. Once thoroughly mixed, carefully pour over the pineapples in the pan. Bake in a dutch oven at medium heat for 40-45 min, or until a fork comes out clean. Once cool, flip the cake out over a large dish. Remove the aluminum foil, and enjoy!

### **Variations:**

\*Put cherries in the center of each ring

\*Add a few banana slices on tops, toasted coconut on top and to batter and a pinch of ginger in the batter

\*Apple/Pear Upside Down Cake substitute ½ c milk with an added splash of lemon juice for pineapple juice in batter and lemon juice for pineapple juice in the bottom of the pan. Slice apples/pears into ¼” slices and arrange in a “fan” style around the bottom of the pan. Follow directions above.

## **Strawberry Shortcake**

1 recipe biscuits (pg...)

¼ c + 1 Tbsp sugar

4 c sliced strawberries (or raspberries, peaches...)

- Mix ¼ c sugar well with strawberries, set aside for at least 30 minutes and up to 1 day.

Add 1 Tbsp of sugar to biscuit batter and bake as normal. Slice biscuits in half, add strawberries, top with whipped cream... are you really in Africa???

## **Cookies**

### **Chocolate Chip Cookies**

2¼ c flour

1 tsp baking soda

1 tsp salt                      1 c butter  
½ c white sugar              ¾ c brown sugar  
1 tsp vanilla                  3 eggs  
2 c semi-sweet chocolate chips/ 1 chocolate bar

- Cream the butter and sugars. Add vanilla and eggs, beat well. Mix the dry ingredients separately and add wet. Drop on an un-greased baking sheet. Bake on medium high for 10-12 minutes.

**\*Variation:** add 2 c toasted oatmeal and omit ½ c flour

\*Brown the butter in a saucepan first

\*Add 1c nuts, 1c raisins, 1 c coconut one or all

\*Add cinnamon, nutmeg, ginger...

## Chocolate-Chocolate Chip Cookies

2 c flour                              ½ c butter  
1 tsp baking powder      1½ c sugar  
¼ tsp salt                          2 eggs  
1 tsp vanilla                      ½ c sour cream  
2 c chocolate chips      3oz baking chocolate

- Mix all ingredients. Spoon onto un-greased pan. Bake on medium high for 10 minutes, less for chewy, more for crunchy.

## Whole Wheat Cranberry Chocolate Chunk Cookies

By Chanté Liggins, PCV Lesotho, CHED '10

¾ cup butter                      ½ cup white sugar  
½ cup brown sugar      1½ tsp vanilla  
2 eggs                              2 cups wheat flour

1 cup white flour            3/4 tsp baking soda  
1 teaspoon salt            1/2 bar of Chocolate (chopped)  
1/2 cup dried cranberries 1/2 cup nuts (optional)

- Cream the butter and sugars. Add eggs and vanilla. In a separate bowl, mix flour, salt, & baking powder. Add Chocolate, cranberries and nuts if you like. Mix everything together. Bake 10-15min.

## Lindsay's Oatmeal Raisin Cookies

Recipe by Lindsay Campbell, PCV Lesotho

3/4 c butter                    1 c brown sugar  
1/2 c white sugar            1 egg  
1/4 c water                    1 tsp vanilla  
1 c flour                        1 tsp baking soda  
3 c oatmeal                    1 c raisins  
1 c nuts (opt)                1 tsp cinnamon  
1/4 tsp nutmeg

- Cream butter, egg, water, vanilla, and sugar. Combine all dry ingredients except oats. Add dry to creamed mixture. Add oats, raisins, and nuts. Bake on medium high for 12-15 minutes.

### **\*Banana Oatmeal Cookies J**

Add a mashed banana and omit raisins if desired

## Snicker Doodles

1 3/4 c flour                    1/4 tsp salt  
1/4 tsp baking soda        1/4 tsp cream of tarter  
1/2 c butter                    3/4 c sugar

1 egg                      1 tsp vanilla

2 Tbsp milk

**Topping:**

1 tsp cinnamon              3 Tbsp sugar

- Mix first four ingredients together. Beat butter and sugar in a separate bowl, add milk and vanilla, add to the dry ingredients. Beat and roll into balls. Mix cinnamon and sugar, roll balls in topping and place on a greased sheet. Flatten slightly and bake on medium high for 6-8 minutes.

## **Easy Vegan Snickerdoodles (Cookies or Cake)**

By Michael Dill

2 cups unbleached flour    2 tablespoon baking powder

a LOT of cinnamon--like, so much you think you must be going crazy

a LOT (but not as much) nutmeg

a generous pinch of ginger

1 teaspoon salt              1/2 cup vegetable oil

1/2 cup white sugar        1/2 cup brown sugar

1 tablespoon vanilla extract

1/4 cup vanilla or plain soy milk

- Set oven to 350 degrees, or some approximation thereof. Mix together the dry ingredients in a large bowl. In a separate mixing bowl, mix the oil, sugars, vanilla, and soymilk. Add the wet ingredients to the dry, mix well. If the dough seems too dry, add a bit more soymilk until cookie dough-like consistency. Shape into smallish balls, place on greased cookie sheet. Smash balls down into patties, as thick as you like your cookies to be (as these don't really spread out when baked). Sprinkle more cinnamon on top. Bake for about 10-15 minutes (our oven is funny so I don't really know how long to bake 'em in a properly working oven), or until cookies are firm but not really brown and the tops are hard to the touch (don't burn your fingers!). Remove cookies from oven and put on a rack to cool. The recipe can be made as a cake in a cake pan as well. If you don't want the vegan version, use regular milk.

## **PB Cookies**

½ c sugar                      ¾ c brown sugar  
½ c butter                      ½ c peanut butter  
1 egg                              ¼ tsp salt  
1 tsp baking soda              1 tsp water  
1 tsp vanilla                      1½ c flour  
½ tsp baking powder

- Mix wet and dry ingredients separately, add dry to wet and mix well. Form into balls, place on an ungreased baking surface. Flatten with a fork, bake on medium high for 10 minutes.

## **Peanut Blossom Cookies** (makes about 20)

½ c butter                      ½ c peanut butter  
½ c brown sugar                1¾ c flour  
1 tsp salt                        1 tsp vanilla  
1 tsp baking soda               1 egg  
¼ c milk                          chocolate pieces or Rolos!  
¼ c white sugar

- Cream butter, peanut butter, and brown sugar. Beat egg, milk and vanilla, add to first mixture. Blend in dry ingredients. Shape into 1" balls, roll in sugar, and bake on medium high for 5 minutes. Press chocolate into center and bake for another 3-5 minutes.

## **Coconut Macaroons**

4 c shredded, sweetened coconut  
½ can sweetened condensed milk

2 egg whites                      2 Tbsp flour

- Mix all in a bowl, drop onto baking sheet and bake until top begins to turn golden brown.

## **Pumpkin Cookies JC**

½ c butter                      1 tsp cinnamon

1 c sugar                      1 tsp baking powder

1 c pumpkin, cooked      1 tsp baking soda

½ tsp salt                      1 tsp vanilla

2 c flour

- Mix all ingredients. Spoon onto a greased cookie sheet. Bake on medium high for 12-15 minutes.

## **Lemon Zucchini Cookies**

¾ c butter                      ¾ c sugar

1 egg, beaten                      2 Tbsp lemon juice

2 c flour                      1 tsp baking powder

½ tsp salt                      1 c zucchini, shredded

½ tsp vanilla

### **Frosting (optional):**

1 c powdered sugar      1½ Tbsp lemon juice

- Cream butter and sugar until light and fluffy. Beat in egg and lemon juice. Sift flour, baking powder and salt, add to mixture, blend until smooth. Stir in zucchini. Drop dough by rounded spoonfuls onto a greased pan, bake on medium high until light brown at edges. While cookies are warm, drizzle with lemon frosting.

\*For lemon cookies, omit zucchini

## **Orange-Almond Biscotti** (makes about 48)

2 c flour                      1 tsp baking powder

¼ tsp salt            4 Tbsp butter softened

1 c sugar            2 eggs

¾ c toasted chopped almonds

2 Tbsp fresh orange zest

½ tsp vanilla    ¼ tsp almond essence

- Mix flour, baking powder, and salt in a small. In a larger bowl, cream butter and sugar together, add eggs one at a time, add vanilla and almond essence, then add zest and almonds, stir in flour.

Form into two rectangular loaves about 13" x 2" and bake for about 35 minutes, then slice diagonally and, if desired, bake the slices laying flat for another 10 minutes.

## **Anne Marie's No Bake Cookies J**

Recipe by Anne Marie Puryear, PCV Lesotho

½ c oil                      3 c oatmeal

1 c sugar                    ½ c peanut butter

½ c milk or water            ¼ c cocoa

1 tsp vanilla                ¼ c coconut or nuts

¼ tsp salt                    1 tsp cinnamon

- Mix oil, sugar, milk, salt, and cocoa in a saucepan, bring to boil. Boil one minute without stirring. Remove from heat, add other ingredients. Drop spoonfuls on foil. Let harden.

## **Lyn's No Bake Cookies**



¼ c butter                      ¼ c milk  
1 Tbsp cocoa                    1 c sugar  
1 Tbsp vanilla                   ¾ c peanut butter  
1½ c oatmeal

- Mix butter, milk, cocoa, and sugar in a pan over medium heat. Bring to boil, stirring constantly, until mixture thickens slightly. Add vanilla and peanut butter. stir until melted. Remove from heat, stir in oatmeal. Drop by spoonfuls onto a plate or wax paper to cool.

## Easy No-bakes

1 c PB                              3 oz dark chocolate  
1 c toasted oats                    1 Tbsp honey  
2 Tbsp milk powder

- Melt PB and chocolate, stir in honey, add oats and milk powder – for into balls and let set.

\*Also good with toasted walnuts and dried cherries

## Brownies & Bars

### Chocolate Brownies

6 Tbsp cocoa                    2 Tbsp oil  
½ c butter                        1 c sugar  
2 eggs                              ¾ c flour  
½ tsp baking powder    ½ tsp salt  
chopped chocolate bar or nuts (opt)

- Mix cocoa, oil and butter over low heat until the butter melts. Beat in sugar and eggs. Mix the remaining ingredients separately, add cocoa to mixture. Bake in a greased bread pan or skillet for 30-35 minutes at medium heat.

## Blond Brownies

1 c flour                                  1 egg  
1 c brown sugar                         ½ tsp salt  
1/3 c shortening                         ½ tsp baking powder  
¼ tsp baking soda                      1 Tbsp vanilla  
1 c chocolate chips

- Melt shortening, add all other ingredients (except chocolate chips). Spread in a greased pan, sprinkle chocolate chips on top. Bake on medium high for 20minutes.

## O' Henry Bars

4 c oatmeal                                1 c brown sugar  
1 c butter                                  ½ c golden syrup or honey  
2 chocolate bars                         ¾ c peanut butter

- Mix oats, brown sugar, butter, and syrup, knead ingredients briefly. Press onto a baking sheet. Bake 10minutes on medium, until bubbly but still soft. Melt chocolate and peanut butter together, spread over baked mixture, and cool.

\*Note: ½ recipe great for 8" cake pan

## Chess Squares

½ c butter                                 2 egg yolks  
1 tsp vanilla                               1 c sugar

1 tsp baking powder    1½ c flour

¼ tsp salt

Topping:

3 egg whites            1¼c brown sugar

1 tsp vanilla

- Mix first 7 ingredients well. Dough will be dry. Press mixture into the bottom of a greased pan. Beat egg whites until they begin to foam. Add sugar slowly, add vanilla and beat well. Spread topping over base mixture. Bake about on medium for 35 minutes, until top of the mixture begins to swell like meringue. Cut into squares while hot, remove from pan.

## Toffee Bars C

1 c butter                2 c flour

1 c brown sugar            1 c chocolate chips

1 tsp vanilla            1 egg

¼ tsp salt

- Mix all ingredients together, press into an un-greased pan, bake on medium high for 15-20 minutes.

## Summer's Really Good Lemon Bars

Recipe by Summer Brandt, PCV Lesotho

1 c butter                2¼c flour

4 eggs                    2 c sugar

6 Tbsp lemon juice    ½ tsp baking powder

¼c powdered sugar

- Mix butter, 2 cups flour, and powdered sugar until dough forms. Press into the bottom of pans, leaving a ½" rim around the edge. Bake on medium for 15 minutes. Whisk eggs, sugar, lemon juice, ¼ cup flour, and baking powder until smooth. Pour into baked crusts, spread evenly. Return to oven for an

additional 30 minutes or until filling is set and edges are golden. Cool, sift powdered sugar on top, and cut into bars.

## Coffee Crunch Bars

2 c flour                                      ½ tsp baking powder  
¼ tsp salt                                    1 c + 2 Tbsp butter  
1¼ c brown sugar                    2 Tbsp instant coffee  
½ tsp almond extract            1 c chopped dark chocolate  
½ c sliced almonds (opt)

- Blend flour, baking powder, and salt. In a separate bowl, beat butter and sugar together. Add coffee and almond extract, beat 1 minute. Slowly stir in flour mixture, mixing until just absorbed. Stir in chocolate chips and almonds. Turn dough out onto un-greased rimmed baking sheet, press dough into 12" square. Pierce all over with fork at 1" intervals. Bake on medium high for 45-55 minutes, until edges are lightly browned and beginning to crisp. Transfer to cooling rack. Bars will crisp as they cool.

## Cinnanilla Squares

By Chanté Liggins, PCV Lesotho, CHED '10

1 Cup Cake Flour                              1/2 cup oats  
2 tbsp Cinnamon                              1 tsp vanilla  
1/2 cup white flour                              2 eggs  
1/4 tsp salt    2 Tbsp butter  
1 tsp baking powder                              1/2 cup milk  
1/2 cup sugar

- Beat eggs. Melt butter. Mix in with sugar, vanilla, and cinnamon. Separately, Mix flours, oats, salt, baking powder. Mix all together and add milk. Pour into a lightly greased pan and bake 20 min or until done. Cut into squares.

## Vegan Peanut Butter Squares

By Michael Dill

2 cups crispy rice cereal (e.g., Rice Krispies), crushed

2 cups powdered sugar

2 cups peanut butter    1 cup vegan margarine, melted

1 teaspoon vanilla        1 cup vegan chocolate chips

4 tablespoon vegan margarine

- Combine the first five ingredients well in a large mixing bowl; press mixture into a 9" X 13" pan. In a saucepan or double boiler over low heat, melt the last two ingredients together, stirring often. Spread chocolate mixture over peanut butter mixture and set aside for an hour or two to set (if you can resist for that long!) If you don't want the vegan version, use regular margarine and regular chocolate chips.

## Rice Krispie Treats J

¼c margarine                5-6 c marshmallows

4 c Rice Krispies        ½ tsp vanilla

- Melt the margarine and add marshmallows, stir well until marshmallows are melted. Remove from heat, add vanilla and stir well. Add Rice Krispies to mixture and stir until well coated. Press into a pan to cool.

\*Variation: Use coconut marshmallows from PEP store

## Shanthi Dream Bars

**Shanthi Phillips, PCV Lesotho, ED '10**

1.5 packages Eet-Sum-Mor Cookies (or Graham Crackers), finely crumbled

1 bar Dark Chocolate, coarsely chopped

1 package Pecans, coarsely chopped

1/2 package Shredded Coconut

1 can Condensed Milk        2 tbsp Butter

- Melt the butter in a baking dish that is at least 1 inch deep. Pour cookie crumbs into melted butter and flatten into the dish with the back of a spoon. Pour the condensed milk on top of the crust. Spread the

chocolate and pecans in a layer on top of the condensed milk. Sprinkle the coconut on top. Cook in dutch oven over medium heat until coconut starts to brown. Wait to cool, cut into bars, and enjoy!

## No-Bake Peanut Granola Chews

1 c honey                      2 c peanut butter

1 tsp vanilla                ½ c coconut

½ c sunflower seeds    ½ c bran

¼c sesame seeds        ¼c raisins

5 c oats                      ½ c water

- Cream honey and peanut butter. Add vanilla. Add remaining ingredients, mixing after each one. Mixture should be moist. If you are missing any of the dry ingredients, add more of whatever you have. Make sure the mixture holds together. Add water if necessary. Break off into clumps and chill for at least one hour.

## Peanut Energy Bars

¼ c toasted wheat germ        ¼ c toasted sunflower seeds

½ c toasted peanuts            salt

½ c raisins                      2 c oats

2 c Rice Krispies                1 c crunchy PB

1 c brown sugar                1 c golden syrup

1 tsp vanilla

- Mix wheat germ, nuts, seeds, raisins, oats and Rice Krispies in a bowl. In a small saucepan, combine PB, brown sugar and golden syrup, heat on low until combined and melty then add vanilla. Pour over dry ingredients and mix thoroughly to coat everything. Press into baking pan or other container to set, then cut into bars.

\*Variation: Add 2 Tbsp coffee

# Pies, Cobblers...

## Pie Crust

1½ c flour                      ½ tsp salt  
½ c butter                      4-5 Tbsp cold water

- Mix flour and salt, cut in butter, add cold water gradually and form a firm ball. Do not handle the dough too much, or it will stiffen. Roll out onto a well floured surface.

## Chocolate Crunch Pie Crust C

1/3 c butter                      6oz chocolate chips  
2½ c Rice Krispies

- Over low heat, melt butter and chocolate chips. Remove from heat; gently stir in Rice Krispies until completely coated. Press on bottom and up side of a buttered pie plate.

## Apple Pie (Scramble!\*)

2 pie crusts                      6 apples  
1 c sugar                          1 tsp cinnamon  
1 tsp lemon juice                1 tsp salt  
2 Tbsp butter

- Peel and core apples. Add sugar, cinnamon and salt. Place bottom crust in pie plate and add all previous ingredients. Dot with butter and sprinkle with lemon juice. Cover with the second crust and seal the edges. Make a few slashes with a knife on the top crust so that your pie will not explode (not fun, trust me). Bake on medium heat for 30-45 minutes.

\*Take the baked pie, dump it upside-down into a bowl, scrape it back into the pie tin, and bake for another 5minutes. My mom “invented” this a few Thanksgivings ago when she dropped a hot pie on the

kitchen floor.

\*Green Tomato Apple Pie: Substitute finely sliced green tomatoes for a little less than ½ the apples... trust me it's delish!

## Peach Pie

1 c sugar                      2½ Tbsp cornstarch

¼ tsp salt                      ¼ tsp water

1 Tbsp lemon juice        5 c peaches, sliced

2 pie crusts

- Combine sugar, cornstarch and salt. Add water and peaches (if peaches are very juicy, delete the water). Bring all ingredients to a boil in a saucepan for about 1 minute. Completely cool the peach mixture and add lemon juice. Pour into piecrust and cover top with a crisscross pattern of pastry. Bake on medium heat for 30 - 45 minutes or until peach mixture is firm and top crust begins to brown.

## Pumpkin Pie

2 eggs, beaten                1½ c pumpkin, cooked

¾ c sugar                      ¼ tsp salt

1 tsp cinnamon              ½ tsp ginger

¼ tsp nutmeg                1¾ c evaporated milk

1 pie crust

- Mash pumpkin well and add all remaining ingredients. Pour into the pie shell and bake on medium high for 45 minutes, until set.

## Summer's Lemon Pie

Recipe by Summer Brandt, PCV Lesotho

1½ c sugar                      3 Tbsp cornstarch



3 Tbsp flour                      ¼ tsp salt  
1½ c water  
3 egg yolks                        2 Tbsp butter  
½ tsp grated lemon rind        1/3 c lemon juice  
1 partially baked pie crust

- Combine first 5 ingredients in a saucepan, bring to a boil. Cook for 2 minutes remove from heat. Slightly beat egg yolks. Add a little of the sugar mixture to the yolks. Pour into a saucepan with hot mixture. Bring to a boil. Cook for 2 minutes, stirring constantly. Add butter, lemon rind, and lemon juice. Pour into shell. Bake on medium high for about 15 minutes or until set and crust is golden.

## Custard Pie

3 eggs                                ½ c sugar  
¼ tsp salt                          2 c milk  
1 tsp vanilla                        1 pie crust

- Beat the eggs slightly and add remaining ingredients, stir well and pour into the pie shell. Bake on medium heat for 30 minutes. Sprinkle with cinnamon and sugar.

## Adam's Peanut Butter Pie

Recipe by Adam K., PCV Lesotho

1 Chocolate Crunch pie crust  
1 8oz package cream cheese, softened  
1 14oz can sweetened condensed milk  
¾ c peanut butter                      2 Tbsp lemon juice  
1 c whipped cream                      1 tsp vanilla  
chocolate syrup

- In a large bowl, beat cream cheese until fluffy, gradually beat in condensed milk, then peanut butter, until smooth. Stir in lemon juice and vanilla. Fold in whipped cream. Turn into prepared crust, drizzle chocolate syrup over pie. Freeze 4 hours or until firm.

\*cold weather doesn't equal "freezer" for this...

## Derby Pie

$\frac{3}{4}$  c sugar                       $\frac{1}{4}$  c flour

$\frac{1}{2}$  c butter, melted            2 eggs

1 c pecans

1 c chocolate, chopped (preferable dark)

2 pie crusts

- Melt butter. Add sugar, flour, and eggs, and stir until mixed well. Add chocolate and pecans. Pour into piecrusts, bake on medium high heat for about 45 minutes or until center is firm.

## Peach Cobbler

5 fresh peaches or 2 cans peaches

$\frac{3}{4}$  c sugar

1 c flour                              2 tsp baking powder

$\frac{1}{2}$  tsp salt                            1 c sugar

$\frac{3}{4}$  c milk                              1 egg

$\frac{1}{4}$  cup butter

- Peel, pit and halve peaches. Place in a large saucepan with the  $\frac{3}{4}$  cup sugar, bring to a boil while stirring occasionally. Pour boiling fruit and juice into a buttered pan (don't put more than  $\frac{1}{2}$ " of juice in the pan). Mix all remaining ingredients (except butter) into a batter, pour over fruit in pan. Melt butter, drizzle over the batter. Sprinkle with cinnamon and nutmeg, bake on medium high for 30 to 40 minutes.

\*Variation: Substitute cherries or another fruit

# Boozy Peach Turnovers, Baked or Fried

## **Crust:**

2¾ c all purpose flour    1 Tbsp sugar

1 tsp salt                    1 c butter

½ c ice cold water

(if frying pies: 1 large egg, whisked with the water)

## **Filling:**

1¼ lb ripe peaches        2½ Tbsp brown sugar

1 Tbsp booze (bourbon, Frangelico, etc.)

¾ tsp lemon juice

½ tsp cinnamon, nutmeg, ginger

oil for frying

¼c white sugar            2 tsp cinnamon

- Mix flour, sugar, and salt. Add butter and mix until well blended. If frying turnovers, add egg mixture a tablespoon at a time, until dough just comes together. If baking, add just cold water, no egg. Divide dough into ten pieces. Roll into rounds on a floured surface. For filling, chop peaches into thin slices. Stir in a pan with sugar, booze, lemon juice, and spices, simmer until sugar dissolves. Let cool. Drop large spoonfuls into each dough round. Fold dough over, moistening edges with water if necessary. Pinch edges to seal. If baking, dust with milk or cream and cinnamon sugar, arrange on pan, and bake on medium high until golden and bubbly, 30-40 minutes. If frying, fry in pot with 4" of oil, 3-4 minutes. Transfer to a paper towel-lined plate, sprinkle with cinnamon sugar.

# Caramel-Apple Crisp

## **Topping:**

1¼ c all purpose flour            2/3 c sugar

¾ tsp ground cinnamon      ¼ tsp salt  
¼ tsp ground allspice      ¼ tsp ground nutmeg  
2/3 c chilled butter

**Filling:**

½ c sugar      ¼c butter, diced  
2 Tbsp lemon juice      ½ tsp salt  
6 apples peeled, quartered and cored  
whipped cream, if available

- Whisk first 6 ingredients to blend. Add butter and rub in with fingertips until small clumps form, set aside. Stir sugar and butter in large skillet until smooth sauce forms. Add lemon juice and cook until caramel is deep brown, about 5 minutes. Mix in salt, then apples. Toss until apples are evenly coated. Scrape apples and caramel into glass baking dish, spread evenly, sprinkle topping evenly over. Bake on medium high until apples are tender, sauce is bubbling thickly, and topping is golden, about 50 minutes. Let cool 15 minutes.

\*Variation: Use peaches, cherries...

## **Theresa's Apple Turnovers** (makes a lot)

Recipe by Theresa Bongart, PCV Lesotho

**Dough:**

3 c flour      2 tsp cinnamon  
1 c sugar      2 tsp baking soda  
1 tsp salt      1-2 c water

**Filling:**

10 apples      ½ c sugar  
½ c milk      1 tsp cinnamon

- Peel and dice apples. Mix dry ingredients together, add water until a stiff dough is formed. Split into balls and roll out into desired size circles (they will be folded in half). Over low heat mix apples, sugar,

cinnamon, and milk until apples are mushy. Spoon some filling onto half of crust. Fold crust over filling and press sides together with a fork. Poke holes in crust. Bake on medium high until crust is golden brown.

\*This is another where you can swap other fruits etc... for the filling

## Apple Roll

1½ c white flour      ½ c butter  
3 Tbsp cold water      ¼ tsp salt  
¼ tsp baking soda      6-8 apples, shredded  
1 c white sugar      1 tsp cinnamon

- Place apples in a bowl with sugar, cinnamon and 2Tbsp flour, set aside. Cut butter into the dry ingredients and add water. Knead briefly to a stiff dough, not too much or the dough will not roll out properly. Roll dough out onto a well-floured surface until thin. Spread the apple mixture onto the entire surface of the dough. Roll up into a log and slice into 1" thick slices. Place pieces side by side in a large greased cake pan. Pour any remaining apple liquid over the slices. Bake on medium for 50 minutes or until firm. Rather than slicing the dough into pieces, you can bake as a roll and slice after baking.

\*Variation that will change your life: In a small saucepan combine ½ c water, 2 tsp lemon juice, 2 Tbsp butter, 1 Tbsp cinnamon and 1 tsp nutmeg. Heat to boiling, then pour over the slices and bake!

## Baked Apples

4 apples      1 Tbsp cinnamon  
½ c sugar      lemon juice  
butter

- Wash and core 4 apples, but leave ½" of core at the bottom. Mix together cinnamon and sugar. Sprinkle a few drops of lemon juice into each apple and then stuff with sugar mixture. Place a dab of butter on top of each apple. Fill a pan with ¾ cup water and 2 Tbsp sugar. Place apples in pan. Bake until you can easily stick apples with a fork. Spoon sauce from bottom of pan over apples several times during cooking.

## Other Desserts

## Jen O's Chocolate Fondue

Recipe by Jennifer Onken, PCV

- Prepare powdered sugar frosting (page 52) and place in a metal mug. Add one large chocolate bar. Place mug in a pan of water and heat until chocolate is melted. Use for dipping fruit, pound cake, marshmallows or anything that would be good covered in chocolate (e.g., everything).

## Crème Brulee JC

Recipe by Elzet Wessels, Semonkong Lodge

4 egg yolks                      1 c castor sugar

1 c cream

- Mix everything together. Pour into moulds, place in a baking tray filled with water, cover with foil. Bake on medium high for 30-40 minutes, until set. Caramelize the sugar on top with your Peace Corps-issued acetylene torch.

## Fudge, Fudge, Fudge J

½ c butter                      1/3 c warm water

4 c powdered sugar        ½ c cocoa

½ c milk powder            ¼ tsp salt

- Melt butter in water. Add melted butter to dry ingredients. Mix well. Pour into a buttered pan and let sit for several hours to stiffen.

## Peanut Butter Fudge JC

1 c peanut butter            ¾ c golden syrup or honey

¼c warm water              1¼c milk powder

1¼c powdered sugar

- Mix, knead and form into balls. Let set at room temperature for one hour.

\*Variation:

**Honey Milk Balls** -Omit water and powdered sugar add 2 c oatmeal

## Vanilla Rice Rice Baby Pudding

1½ c water                      ¾ c rice

¼ tsp salt                      3 c whole milk

1 c cream (can substitute with full fat milk)

½ c sugar                      2 tsp vanilla

- Bring water, rice, and salt to simmer in a saucepan. Reduce to low, cover, simmer until water is absorbed. Add milk, cream, and sugar. Add vanilla. Increase heat to medium, cook uncovered until rice is tender and mixture thickens slightly to a soft, creamy texture, stirring occasionally, about 35 minutes.

## Stove Top Bread Pudding

2 c milk                      2 eggs

¼ tsp salt                      2 tsp vanilla

½ tsp cinnamon                      ¼ tsp nutmeg

4 Tbsp brown sugar                      1 Tbsp lemon juice

2-3 c bread crumbs

- Blend all ingredients well, excluding breadcrumbs. Place breadcrumbs into a slightly greased saucepan. Pour the mixture over the top of the bread crumbs and heat on low. Stir frequently for 10-15 minutes, until mixture thickens. Take care not to burn the mixture. Remove from heat and let it sit for 15 minutes. Serve with honey, milk, applesauce, golden syrup or powder sugar icing.

Variation: Add 1c fresh fruit (apples, cherries, peaches...) or 1c dried and rehydrated fruit (raisins, cranberries...)

## Bo Wilson's Bucket O' Chocolate C

1 c cake flour            ½ c sugar  
2 Tbsp cocoa            2 tsp baking powder  
½ tsp salt                ½ c milk  
2 Tbsp oil                1 tsp vanilla

Topping:

¾ c sugar                ¼c cocoa

1½ c boiling water

- Mix first five ingredients and add milk, oil and vanilla. Pour into an un-greased pan. Mix all ingredients for topping separately. Pour topping over batter and bake or cook in a skillet with a lid for 30 minutes at medium heat. Reminder: the middle is pudding. Looks really strange, but tastes great.

## Tapioca Pudding

3 Tbsp tapioca            1 egg, beaten  
1/3 c sugar                ¼ tsp salt  
3 c milk                    ¾ tsp vanilla

- Mix tapioca, egg, sugar, salt and ¼ cup milk. Allow to soak for 3 hours. Scald the remaining milk, add egg mixture and stir. Boil 2-3 minutes. Allow to cool and add vanilla.

## Easy Chocolate Pudding JC

1/3 c sugar                4 Tbsp cornstarch  
2 Tbsp cocoa            2 c milk



1 tsp vanilla                      1 Tbsp butter

- Combine first four ingredients in saucepan. Cook over low heat until thickened, stirring constantly. Add vanilla and butter. Serve warm or cold.

\*or use 'Custard Powder' make as directed and add cocoa, sugar (and almond extract) or melt in chocolate

## Baked Custard

4 eggs                                  1 tsp vanilla

2 c milk                                ½ c sugar

½ tsp salt                              ¼ tsp nutmeg

- Scald 1½ cups milk. In a cake pan, mix remaining milk, eggs, salt, sugar and vanilla. Stir in the hot milk and add nutmeg. Bake on medium high for 15minutes, and then reduce heat to medium. Bake custard until a knife comes out clean.

## Popcorn

popcorn                                oil

salt                                        butter (opt)

- In medium or small pot, cover bottom of pan with oil. Not too much, just enough to coat bottom. Add popcorn to just cover bottom of pot. Turn heat on high. When the popcorn starts popping, shake the pot over the heat. When the popping ends or is very sporadic, remove from heat. Pour into bowl and add salt or other seasonings and shake popcorn to spread seasoning. Add butter if you want it. Add Portuguese Chicken seasoning, Mexican seasoning, chili seasoning, peri peri, brown sugar, or salt and vinegar for extra flavor.

## Caramel Corn

1 c sugar                                ¼c golden syrup or honey

½ c butter                               ¼ tsp salt

½ tsp vanilla                  ¼ tsp baking soda

3 quarts popcorn, popped

- Boil the first four ingredients for five minutes. Remove from the heat, add vanilla and baking soda. Pour over popcorn and toast in the oven until crisp, if desired.

**Peanut Butter Popcorn:** Omit baking soda and add ½ c Peanut Butter

## **Chocolate Popcorn from Grandma Margaret Pfaff**

1 c sugar                      ½ c milk

2 Tbsp grated chocolate or 3 Tbsp cocoa

2 Tbsp butter                1 tsp vanilla

3 quarts popcorn, popped

- Combine the first four ingredients and heat until it forms a hardball when dropped in cold water. Pour over popcorn while hot and stir.

## **Icings and Toppings**

### **Old Fashioned Fudge Icing J**

2 c sugar                      ½ c butter

½ c cocoa                      ½ c milk

- Bring all ingredients to boil over medium heat, stirring constantly. Boil for one minute. Remove from heat, place pan in cold water, and beat with whisk for 2-4minutes or until frosting thickens.

### **Powdered Sugar Icing**

2 Tbsp butter                ½ tsp vanilla

1 c powdered sugar    2 Tbsp milk

- Mix all ingredients, adding milk to make a good spreading consistency.

## **Vanilla Icing**

1 c water                    2 Tbsp flour

1 c butter                  1 c white sugar

vanilla, to taste

- Boil the water with flour until thick. Let cool. Cream the butter and sugar until fluffy. Add vanilla. Beat all ingredients together until fluffy.

## **Butter Cream Icing**

6 Tbsp butter              ½ c cocoa

2¾ c powdered sugar    1/3 c milk

1 tsp vanilla

- Cream butter, add cocoa and powdered sugar with milk and beat to spreading consistency. More milk or sugar may be added. Blend in vanilla, mix well.

## **Cream Cheese Icing**

8 oz room temperature cream cheese

2 Tbsp honey

- Mash together and frost. (Also good on bagels)

## **Peanut Butter Icing**

½ c butter                      ¼c+ 2 Tbsp milk

¼c cocoa                      1½ c powdered sugar

1 tsp vanilla                      ¼c peanut butter

- Mix first 3 ingredients, bring to boil, stirring constantly. Remove from heat and stir in remaining ingredients, mixing until there are no lumps and icing is thick.

## **Chocolate Frosting**

1 c chopped chocolate                      2 tsp vanilla

½ c whipping cream                      4 c powdered sugar

1½ c butter, softened

- Melt chocolate with ½ cup butter and the cream. Beat together remaining chocolate, butter, and vanilla. Gradually add sugar and continue to beat until frosting is light and fluffy.

## **Chocolate Gravy C**

2 c milk                      4 Tbsp butter

4 Tbsp flour                      2 Tbsp cocoa

1 c sugar

- Mix sugar, cocoa, and flour together in a bowl. Melt butter with milk in saucepan. Add cocoa mixture into saucepan, stirring constantly over medium heat until no lumps are visible. Continue stirring until mixture reaches desired thickness.

## **Shauna's Peanut Butter Ice Cream Topping**

½ c butter                      2 c brown sugar

⅔ c evaporated milk                      ½ c peanut butter

- Melt butter, gradually stir in brown sugar and evaporated milk. Once warm and sugar is dissolved, add peanut butter. Cook over low heat until well blended. Pour over ice cream. Can be refrigerated and slowly reheated in double boiler.

# Drinks

## Basic Hot Cocoa J

1 tsp cocoa powder                      2 tsp sugar  
4 tsp milk powder                      pinch of salt

- Mix cocoa and sugar. Add enough cold water to make a paste. Add boiling water and stir. Add vanilla, almond or mint flavorings.

**Mocha!** Add instant coffee to taste (my favorite is Starbucks VIA from home...)

## Dreamy Creamy Hot Chocolate C

½ c condensed milk                      1 tsp vanilla  
¼c unsweetened cocoa                      ¼ tsp salt  
2 c hot water

- In large saucepan, combine milk, cocoa, salt, and vanilla. Mix well over low heat. Slowly stir in hot water. Heat through stirring occasionally. **Do not boil!** Top with marshmallows.

## Hot Chocolate Excelsior!

Recipe by Violeta Jimenez, PCV Lesotho

7oz bittersweet chocolate                      ½ c heavy cream  
½ c evaporated milk                      2½ c whole milk  
1½ c water (opt)                      ¼c cocoa powder  
1 tsp vanilla                      sugar, to taste

freshly whipped cream

- Chop the chocolate into small pieces and place in a bowl. Bring the cream and evaporated milk to a boil in a saucepan over medium heat. Immediately pour the boiling liquid over the chopped chocolate, then let it sit undisturbed for 1 minute. Stir slowly until everything is smooth and blended. Bring the whole milk and optional water to a boil over medium heat. Add the cocoa powder and whisk until dissolved. Remove from the heat and stir in the chocolate mixture. Let sit for 1 minute, then stir until well combined and velvety smooth. Stir in the vanilla, sweeten with sugar to taste and serve hot, garnished with a spoonful of lightly-sweetened whipped cream.

## Nutella Hot Chocolate

2 Tbs Nutella            1 c milk

- Melt Nutella in a saucepan on low heat until creamy, add milk, stirring constantly until combined and heated.

## Cold-Brewed Coffee C

\*Really, you gotta try this!

$\frac{1}{3}$  c ground coffee (medium-coarse grind is best)

milk (opt)

- In a jar, stir together coffee and  $1\frac{1}{2}$  cups water. Cover and let rest at room temperature overnight. Strain twice through a coffee filter or a fine-mesh sieve. Enjoy on a hot day!

## Chai

2 c water                    2 cups milk

2 black teabags            3 Tbsp brown sugar

1 tsp cinnamon            1 tsp vanilla

$\frac{1}{2}$  tsp each, as desired: ginger, cardamom, anise,

nutmeg, cardamom, coriander

¼ tsp garam masala    ¼ tsp black pepper (opt)

1 Tbsp cocoa powder (opt)

- Boil water. Add teabags. Remove from heat, cover, and steep 10 minutes. Return to medium heat and add milk, vanilla, sugar, and spices. Stir well and heat through, but don't boil.

**\*Variation:** add cocoa and/or coffee

## Masala Chai

**Recipe by Violeta Jimenez, PCV Lesotho**

1 c water                    ¾ c milk

¼c evaporated milk or light cream

1 tsp loose tea            1 cinnamon stick, broken

5 green cardamom pods, slightly crushed

5 whole cloves

¼" slice fresh ginger, bashed a bit

2 whole peppercorns, slightly crushed

mace, star anise, nutmeg, vanilla (opt)

sugar, to taste

- Bring everything to a boil in a heavy-bottomed pot, then reduce heat to medium low, let simmer for about half an hour.

## Mulled Cider JC

½ gallon cider or apple juice    1 tsp cinnamon

¼c honey or brown sugar        1 tsp lemon juice



1 tsp cloves

- Mix together, bring to a boil and simmer 30 minutes.

## Wassail

2 quarts apple juice      2 c orange juice

2¼c pineapple juice      1 c lemon juice

½ c sugar                  ¼ tsp cinnamon

1 tsp whole cloves

- Bring to a boil. Reduce heat let simmer 30 minutes.

## Shane's Sludge

Carol McFarland CHED '11

½ c Morovite (flavored if you like)

2 generous Tbsps of PB

1 banana                  2 Tbsp Milo

Sugar and salt to taste

Full cream milk

- Mash banana into Morovite, Milo, sugar and salt, then add PB and mash some more, stir in milk to desired consistency.

\* Note: the bare bones version of this can be Morovite, milk and PB coming in at less than R5 per serving

\* The deluxe version tastes better and rings in at between R8 – R10 per serving

\*This can be used as a supplement or meal replacement it is very nutritious, high in protein (20g) and calories (~800)

# Lijo tsa Basotho

## Sephaphata (Flat Bread) J

1kg flour                      3½ Tbsp sugar

1pkg yeast                    1 tsp salt

1 c water, lukewarm

- Add sugar, salt, and yeast to water. Add flour and mix. Add additional cup of water and knead until a soft dough forms. Cover and let rise one hour. Flatten small amounts on a floured surface. Place in a hot oiled pan and cooked until browned on both sides.

## Bohobe ba metsi/Maqebekoane (Steamed Bread)

1kg wheat flour              ¼c sugar

2 Tbsp salt                    1 pkg yeast

warm water

- Mix first four ingredients and slowly add warm water whilst kneading until all ingredients are mixed. Knead for 10 minutes; dough should be wet and sticky. Cover and let rise in a warm spot for one hour. Knead dough for another 5-10 minutes with wet hands and place into a greased bowl. Steam dough for 30 minutes or until knife comes out clean.

## Makuenea (Fat Cakes, like little doughnuts)

- Prepare dough the same as above. Heat oil in a pan, wet hands and grab a fist full of dough. Drop into hot oil; cook until ball turns golden brown. Remove from oil and place on paper for excess oil to drain.

## Chakalaka

Chakalaka is a common, somewhat spicy dish in southern Africa, but the ingredients vary drastically from region to region, often including fruit and chutney.

2 carrots, grated                      1 onion, chopped

1 can beans                              1 can peas

2 cubes beef stock                      1 pepper, chopped

1 Tbsp curry powder                      2 cloves garlic

1 thumb ginger, minced                      2 Tbsp oil

- Fry onion in oil, adding garlic, ginger, curry, pepper, carrots and stock. Turn heat off when onion is translucent and add beans and peas. Stir and serve warm or at room temperature. Chakalaka can also make a delicious soup by adding additional stock.

## **Papa**

1½ liters water                      1kg maize meal

- Boil water. Add maize meal little by little, continually stirring. Cook for at least 30 minutes. Stir until thick and dry (thicker than mashed potatoes).

Westerner's Addition: Add egg, butter and spices to add some spunk to the dish.

## **Mokopu (Pumpkin)**

1kg pumpkin, chopped                      1 Tbsp sugar

1 tsp salt                                  2-3 Tbsp oil

cinnamon to taste

- Cook pumpkin in pot with oil until soft. Mash until smooth, stirring in seasonings.

## **Tomato Gravy**

4 tomatoes, chopped                      1 onion, chopped

4 Tbsp oil                                      6 Tbsp water

2 Tbsp sugar                                  1 tsp salt

- Chop onions and tomatoes into small pieces. Basotho will remove the tomato peel by slicing a thin "x" into the top of the tomato and scalding it in boiling water for about 20 seconds. They will then dip the tomato in cool water and remove the peel using a knife, then chop it. Heat oil in a pan and fry onions until translucent and beginning to brown. Add tomatoes and stir until they begin to soften. Add sugar and salt, stirring again. Add water. Allow tomato onion mixture to cook down to a sauce, about 10-15 minutes. Serve on papa or rice.

## **Motoho/Seqhaqhabola (Sour Porridge)**

- Get assistance from a 'm'e the first time you make this. Before getting started, get a starter cup of tomoso as a base starter for your motoho. Mix 3kg mabele with enough cold water to make a slurry in bucket, stir well. Heat 1½ liters of water to a boil and pour boiling water into the bucket. Stir well and add 'tomoso'. Let sit overnight or several hours. Taste should be sour at this point. Take tomoso out of top liquid (lekoele) and store for next time's use in a cool place. In a large pot, heat about 1 liter of water and pour lekoele off the top of bucket into pot. Heat to boiling. Pour the remaining contents of the bucket into pot and heat to simmer. The remaining liquid is thicker and is called hlama. Add water if too thick and simmer for about 5 minutes whilst stirring. Take off heat and pour into a clean bucket, dribble a small amount of cold water on top of bucket. This will help keep 'scum' from forming.

## **Khoho e Halikilloeng (Fried Chicken)**

Chicken pieces, boiled                      flour

2-3 eggs    spices to taste

2 Tbsp milk powder                          oil for frying

- Thoroughly mix flour, milk and spices. Roll chicken in eggs and then cover in batter. Deep fry in oil until golden in color.

# D.I.Y.

## Yogurt

1 quart milk                      2-3 Tbsp yogurt

- Boil the milk. Let cool slightly. Dissolve the yogurt in a cup with a little of the warm milk, then pour it into the rest of the milk. Mix well, pour into glasses or crockery, and cover with wax paper. Place towels all around to keep an even temperature. Let stand overnight away from drafts. It takes 7 to 8 hours to thicken, then will stay good for about a week.

## Cheese (kind of like Ricotta)

1 Liter milk                      1 Tbsp salt

1 Tbsp vinegar or lemon juice

- Bring milk and salt to a very slow boil. Once milk begins to boil, remove from heat and stir in vinegar. Allow mixture to cool-it will curdle during this time; just let it do its thang. When liquid is cool, take a sifter and separate curds from whey. Discard whey (liquid) and enjoy your homemade cheese.

## Cream Cheese

1 quart yogurt (either homemade or store-bought)

- Line a strainer with a clean, lint-free dishcloth and place it inside a bowl. Pour yogurt into the strainer, cover with another towel and leave it to drain. When yogurt stops draining (3-4 hours), gather the dishcloth and tie it to a large spoon or wooden dowel. Suspend the hanging cloth over a container and allow to continue draining for 24-48hours. Voila! You have just made your own cream cheese!

**Modifications:** Add honey and/or vanilla for a sweet cream cheese or freshly chopped peri-peri peppers for a little spice in your life.

## Dried Fruit

Any fruit you heart desires (apples and peaches work extra well)

- Peel, core and cut into slices. Place in salt water (1 Tbsp per liter of water) or add lemon juice. Shake off excess water and dry in the sun.

## Fruit Preserves

- Peel and slice firm ripe fruits (or even tomatoes!). Dissolve 3 c sugar in 4 c of water and bring to a boil. Separate the syrup into two pans and bring them back to a boil. Cook the fruit in the syrup until tender. Soak preserving jars and lids in hot water. Pack jars  $\frac{3}{4}$  full, add syrup, and seal the lid while still hot. Let sit overnight, upside-down.

## Applesauce

- Wash, peel, and quarter apples. Place them in a saucepan and cover with water. Boil until the apples are soft enough to mash. Add more water to the pot if necessary. Season with sugar, cinnamon, lemon juice, or whatever else you like.

## Peach (or any fruit) Sauce

3 c finely chopped peaches     $\frac{1}{4}$  c water

$\frac{1}{2}$  c sugar                      1 tsp lemon juice

Cinnamon and nutmeg to taste

- Add all to a small saucepan, bring to a rapid boil for 1 minute then simmer until desired thickness.

\* If using tart fruit, like rhubarb, add more sugar

## Sprouting

- Some seeds, such as lentils, pinto beans, green peas, oats, sunflower, soy, chickpeas, sesame, wheat,

mung beans, and peanuts can be easily sprouted, and are a valuable source of fresh vitamins all year round. Soak overnight, drain and place in a jar, punch holes in the lid. Rinse with water three times a day. They should be ready to eat in 3-6 days.

# Kids Stuff

## Play Dough

4 tsp cream of tartar    2 c flour  
2 c water                2 c salt  
2 Tbsp oil                food coloring (if desired)

- Stir dry ingredients in a pan. Add water and oil. Cook and stir over low heat until desired consistency. Store in a Ziploc or Tupperware to keep useable.

## No-Cook Play Dough

1 c salt                    1 c flour  
1 Tbsp oil                food coloring

- Mix dry ingredients and add oil. Add desired food coloring to water. Slowly add water to desired consistency.

## Bubbles

2 c warm water            2 Tbsp liquid dish soap  
1 Tbsp sugar              1 Tbsp glycerin (opt)

- Mix together. Glycerin makes bubbles iridescent. Blow through wire hoops, spools, funnels, straws, etc.

## Bubbles #2

1 c liquid dish soap    1 tsp glycerin (opt)



1 c white corn syrup    5 c water

- Mix well. Better if sits overnight.

## Soap Crayons

1 Tbsp water            1 c bar soap, finely grated

Food coloring

- Pour water into a bowl, then add grated soap. Mix the soap and water until it forms a thick paste. Add 30 or 40 drops of food coloring. Mix well. Press desired amount into ice cube tray. Place in warm area for 2 days. Pop the crayons out of the tray. What is drawn with them will wash right off because it is pure soap.

## Stained Glass Crayons

- Take broken or small crayons, remove paper, mix pieces. Place in a well-greased muffin tin. Bake on high until melted. Cool completely.

## Clay

1 lb baking soda        1 c cornstarch

1¼c cold water        food coloring

- Mix soda and cornstarch together. Add water. Cook and stir over low heat until consistency of mashed potatoes. Remove from heat. Cover with a damp cloth until cool enough to handle. Clay dries very hard. Keep in plastic bag to keep from drying out.

## Paste

½ c flour            2 c cold water

- Mix together. Store in airtight containers.

## **Finger Paints**

3 Tbsp sugar            ½ c cornstarch

3 c cold water            food coloring

- Mix sugar and cornstarch. Add water. Cook over low heat, stirring constantly until well blended. Divide into portions. To each, add food coloring and a pinch of detergent.

## **Silly Putty**

White glue            liquid starch

- Mix 2 parts glue to 1 part starch. Let air dry before using. Store in airtight container.

## **Colored Sugar**

- Combine sugar with a few drops of food coloring.

Shake until evenly distributed and desired color.

# Bucket Spa Recipes

## Basic Soap Gel

This semi soft soap can be used as is or as a base for several of the recipes that follow.

### Ingredients:

3 ounces mild unscented soap (starter soap)

12 ounces water (add more for a softer gel)

- Cut or grate the starter soap into very small pieces, and add to the water in the top of a double-broiler over boiling water (or a bowl that rests on a pot of boiling water). Melt until smooth. Do not cook any longer than necessary; if the soap starts to separate, cover the pot/bowl to prevent evaporation. Pour into a wide-mouth jar and cool.

## Oatmeal Soap

This soap is good for cleansing oily skin.

### Ingredients:

2 ounces basic gel (see recipe for basic gel)

1 tablespoon instant oatmeal or oatmeal flakes

(1/4 teaspoon essential-oil fragrance)

- Melt the soap gel in the top of a double-broiler over boiling water. Mix in the oatmeal. Pour the soap into a mold and let it cool.

## Oiled Oatmeal Soap

The added oil in this soap make it especially good for cleansing skin that is normal or dry.

### Ingredients:

2 ounces basic gel (see recipe for basic gel)

1 tablespoon instant oatmeal or oatmeal flakes

½ to 1 teaspoon sunflower oil

(1/4 teaspoon essential-oil fragrance)

- Melt the soap gel in the top of a double-broiler over boiling water. Mix in the oatmeal and the oil. Pour the soap into a mold and let it cool. For this soap, and for any other soap containing oil, it is important that you unmold the soap after it has set and let it air-dry for a week or two. This further evaporates moisture and hardens the soap. There will be a slight change in color, size and surface feel as the soap dries.

## Floating Bath Oil

This oil will remain on the surface of the bath water. It should be used for very dry skin. Makes less than ¼ cup.

### Ingredients:

2 tablespoons sunflower oil

¼ teaspoon essential oil for fragrance

- Pour the ingredients through a funnel into a small bottle with a stopper. Shake until blended. Add a small amount to tub under hot running (or pouring J) water.

## Dispersing Bath Oil

Makes about ¼ cup.

### Ingredients:

2 tablespoons sunflower oil

1 tablespoon glycerin (available at most chemist or grocery stores)

1 tablespoon mild shampoo or liquid bubble bath

- Pour the ingredients through a funnel into a small bottle with a stopper. Shake until blended. Shake

again before use. Add a small amount to tub under hot running (or pouring J) water.

## **Bath Salts**

Makes about 3 ½ cups.

### **Ingredients:**

5 ounces basic gel (see recipe for basic gel)

1 tablespoon essential-oil fragrance

3 drops food coloring (increase or decrease as desired but keep in mind it will dry lighter)

3 cups coarse sea salt

- Melt the soap gel in the top of a double boiler over boiling water. Add the fragrance and food coloring and blend well. Pour the melted mixture over the sea salt into a large bowl. Stir continuously while the mixture cools. Spread the salts out in a thin layer on a cookie sheet or newspapers, and pat them dry with paper towels. Put the bath salts in decorated container after they have dried completely.

## **Apricot Cleansing Cream**

Makes about ¼ cup.

### **Ingredients:**

2 ounces lard (Mafura or Holsum)

1 ounce basic soap gel

3 drops food coloring (2 yellow, 1 red)

Few drops of peace or apricot essential-oil for fragrance as desired

- Slowly melt the lard and the soap gel in the top of a double boiler over boiling water. Blend vigorously with a fork or whisk until the mixture is smooth. Add fragrance and color and blend them in. Pour into a jar and continue stirring until the cream has cooled and solidified.

## Scented Yogurt Cleanser

Makes less than  $\frac{1}{4}$  cup.

### Ingredients:

1 tablespoon unflavored commercial yogurt

1 tablespoon sunflower oil

$\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon liquid scented bubble bath (mint is nice)

- Blend the ingredients together with a fork or whisk just before using. Apply the cleanser to the skin with a cotton ball or fingertips and massage gently. Wash it off thoroughly with water, or soap and water, after use.

## Yogurt and Oatmeal Cleanser

Makes about  $\frac{1}{4}$  cup.

### Ingredients:

1 tablespoon unflavored commercial yogurt

1 tablespoon sunflower oil

1 tablespoon instant oatmeal or oatmeal flakes

- Blend the ingredients together with a fork or whisk just before using. Apply the cleanser to the skin with a massaging motion. Wash it off thoroughly after use.

## Yogurt Scrub

This scrub has greater abrasive power than the yogurt and oatmeal cleanser. It is especially useful for cleansing oily or blemished skin. Makes about  $\frac{1}{4}$  cup.

### Ingredients:

1 tablespoon unflavored commercial yogurt

1 tablespoon instant oatmeal or oatmeal flakes

1 tablespoon cornmeal or papa flour

- Blend the ingredients together with a fork or whisk just before using. Apply the cleanser to the skin with a massaging motion. Wash it off thoroughly after use.

## **Rosewater Toner**

This toner is sensitive on the skin and very refreshing. It's particularly nice after use of the above cleansers or scrubs. Makes about ½ cup.

### **Ingredients:**

¼ teaspoon borax (available at many chemists)

3 tablespoons boiled, filtered water

2 teaspoons vodka, 40 to 60 percent alcohol

3 tablespoons rose water (sold at Anwary's in Butha Buthe or some other Indian-owned shops)

- Combine borax and water in a cup and place in a narrow pot holding about an inch of water. Over low heat, stir the mixture constantly until the liquid is clear and the borax has been dissolved. Remove cup from heat, and let stand until the liquid is cool- about 10 minutes. Add the vodka and rose water, and stir until well blended. Store in a small bottle with a lid.

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Some recipes have also been taken from or inspired by:

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If your name doesn't appear here but should, or you would like to attribute a specific recipe to yourself or another, please contact the editor at [carol.r.mcfarland@gmail.com](mailto:carol.r.mcfarland@gmail.com)