

Biscuits - Amish Baking Powder bread-quick

6/20/2002

From: Amish & Mennonite Kitchens serves/makes: makes 30

graphic

Rolled out biscuits can be frozen and then baked before using.

6 cp flour
1/2 cp instant dry milk
1/4 cp baking powder
1/4 cp sugar
2 tsp salt
2 tsp cream of tartar
1 cp cold lard, cut into chunks
1 cp cold butter, cut into chunks
1 3/4 cp buttermilk, approximately

Preheat oven to 400°F. Combinedry ingredients. Cut in shortenings until mixture resembles coarse bread crumbs. Make a .

well in center and pour in buttermilk. With a fork, quickly and lightly combine the ingredients. Not all of the flour will be incorporated at this point

Turn dough onto well-floured pastry cloth or board and knead 8-10 turns, until smooth. Roll out to 3/4". use 2 1/2" cutter to cut dough. Prick each biscuit 3 times.

At this point, either bake or freeze. Place 2" apart on oiled cookie sheet and bake 13-15 minutes or until golden brown.

To freeze: Place on sheet in freezer, when hard transfer to plastic bags. To serve, remove and bake frozen biscuits on oiled sheets in a 400°F oven for 15-18 minutes

Biscuits - Cream Cheese bread-quick

1/2/2019

From: ATK

serves/makes: makes 12

graphic

1 ½ cups all-purpose flour	coarse meal. Transfer flour mixture to large
1 ½ cups cake flour	bowl. Stir in buttermilk until combined
1 tablespoon sugar	(dough may appear slightly dry).
1 tablespoon baking powder	Turn dough onto lightly floured surface
1 teaspoon salt	and knead briefly until dough comes
¾ teaspoon baking soda	together. Roll dough into 8 by 6-inch
4 ounces cream cheese, cut into 1/2-inch	rectangle, about ¾ inch thick. Cut into
pieces and frozen 30 minutes	twelve 2-inch squares and transfer to
4 tablespoons unsalted butter, cut into 1/2-	prepared baking sheet. Bake until light
inch pieces and frozen 30 minutes	brown, 12 to 15 minutes. Transfer to wire
1 cup plus 1 tablespoon buttermilk	rack and let cool 5 minutes. Serve warm.



Adjust oven rack to middle position and heat oven to 450 degrees. Line baking sheet with parchment paper. Pulse all-purpose flour, cake flour, sugar, baking powder, salt, baking soda, cream cheese, and butter in food processor until mixture resembles

MAKE AHEAD: Unbaked cut biscuits can be refrigerated on baking sheet, covered with plastic wrap, for 1 day. To finish, heat oven to 450 degrees and bake as directed.

Coconut Bread bread-quick

7/28/2003

From: Lisa Fields

serves/makes: 2 large loaves

graphic

Cream Together:

2 cps sugar
1 cp oil
4 eggs
2 teas coconut flavoring (extract)

Sift together:

3 cps flour
1/2 teas salt
1/2 teas baking soda
1/2 teas baking powder

1 cp buttermilk

Mix sifted ingredients and buttermilk into creamed ingredients and mix well.

Add in:

1 1/2 cps coconut
1 1/2 cps chopped pecans

Place in two greased loaf pans and bake 325° for 60-90 minutes or until loaves split on top. Remove from pans. Cool and prepare coconut sauce.

Coconut Sauce

3/4 cp sugar
3/4 cp water
3 tbsp butter
1tbsp coconut flavoring

Combine sugar, water and butter and bring to a full boil. Boil 5 minutes. Remove from heat and add coconut flavoring. Pour over cooled bread.

Coffee Cake - Banana Almond bread-quick

1/24/1999

From: Sunset

serves/makes: 12 servings

graphic

1/2 cp butter
1/2 cp brown sugar
1 1/2 tsp cinnamon
1/4 tsp nutmeg
1/2 cp sliced almonds
3/4 cp granulated sugar
3 large eggs
2 tsp grated orange peel
1 1/4 cp mashed banana
2 1/2 cp flour
1/2 cp whole wheat flour
1 1/2 tsp baking powder
1 teas baking soda
1/2 tsp salt
2/3 cp buttermilk

nutmeg and almonds. Sprinkle bottom of pan with **half** of the mixture, combine the remaining mixture with the melted butter and set aside.

In a large bowl, beat remaining 1/4 cp butter with sugar until blended. Beat in eggs, 1 at a time, until blended. beat in orange peel and banana.

Mix flours and other dry ingredients, add to banana mixture along with buttermilk; stir until well blended.

Pour half of the batter into bundt pan, spoon remaining brown sugar evenly over top; cover with remaining matter.

Bake in a 350° oven until a long skewer comes out clean, about 50 min. Cool cake

Melt 1/4 cp butter. Pour 2 tbsp into 8 cp bundt pan, brush over pan sides and bottom. Mix together brown sugar, cinnamon,

ona rack about 5 minutes, then invert cake onto a serving plate. Serve warm or cool.

Cornbread - Grandma Lindes bread-quick

1/10/2007

From:

serves/makes:

graphic

1 c corn meal
1 c flour
1/4 c sugar
1/2 t salt
4 t baking powder
1 egg
1 c milk (buttermilk best texture)
1/4 c shortening (oil or melted butter)

Mix all dry ingredients. Mix all liquid ingredients. Pour into greased 8 x 8 pan. Bake 450 20-25 minutes. (Can heat pan in oven with butter in it, reduce cooking time)

From: serves/makes:

graphic

This recipe uses ingredients easy to lay hands on today, and surprisingly results in a completely addictive treat. The ancient Scandinavians are said to have accompanied their many sorts of crisp flatbreads with a range of dairy products -- butter, curds, whey, buttermilk, or skyr, a strained yogurt. And, indeed, this bread's crunchy nuttiness proves to be a delicious complement to any kind of cheese. Also, broken up in a bowl of whole-milk yogurt, it makes a soul-satisfying supper or breakfast, better only with a handful of blueberries or lingon berries.

3 ounces (1/2 cup) steel cut oats
2 ounces (1/2 cup) dark rye flour
1/8 teaspoon kosher or sea salt
1/2 ounce (1 tablespoon) rendered animal fat or butter -- lamb or mutton tallow is appropriate and extraordinary
1/4 cup water

Set up a griddle arrangement and get a fire going. A large flat griddle is handy for this project, since these breads cook rather slowly. Also set out cooling racks for the finished breads.

If you happen to have a grain mill and want to start with whole grains, by all means grind both grains coarsely together. Then it's easy to mix the rest in by hand, cutting in the fat first, then stirring in the water and salt.

Otherwise, place the oats, flour, and salt

in the bowl of a food processor. Pulse the grains several times. This makes the texture pleasantly less uniform. Add the fat and pulse until evenly cut in. Add the water, mixing just till a soft dough forms.

Preheat the griddle over a moderate fire.

Divide the dough in four, and round each quarter into a ball. Lightly flour your work surface with rye flour. Pat out one dough ball into a disk, keeping the edges nice and round. Flip it over, flouring a bit beneath. Use a rolling pin (or just keep patting) to make a circle as thin as the oat groats will comfortably allow, 6 to 7 inches in diameter. Poke a hole less than an inch in diameter in the center.

Use a bench knife or metal spatula to help transfer the bread to the hot griddle. Keep half an eye on it while you roll out the next bread. The baking bread should begin to look drier and perhaps curl a bit after a few minutes. You don't really want it to take too much color at this point. Flip it over and cook the other side. After a couple of minutes, when that side seems done, use your cooling rack to prop up the bread (which should now be totally rigid) on one edge before the fire. The idea is to let it continue to dry and toast a bit while you bake the rest. I like them to get some brown flecks at this point, but, unlike some wheat flatbreads, they're not tasty if they burn at all.

Use the hole in the center to string the bread up in your kitchen for storage.



Grapenuts - Homemade bread-quick

6/20/2002

From: Amish & Mennonite Kitchens serves/makes:

graphic

"Addictive"

3 1/2 cps whole wheat flour
1 cp brown sugar
1 tsp salt
1 tsp baking soda
1 tsp cinnamon
2 cp buttermilk
2 tsp vanilla

Preheat oven to 350°. in a large bowl, combine dry ingredients. Add buttermilk and vanilla and mix well. Pour into an oiled 12x16" baking pan and spread evenly with a spatula.

Bake 20-25 minutes or until firm. medium brown and shrinks slightly from edges of pan. With a metal spatula, completely loosen hot pattie from the pan. Allow to cool on rack for several hours.

Preheat oven to 275°. Break pattie into chunks and put through meat grinder, using coarse blade or pulse in food processor until coarse crumbs are formed. Divide crumbs between 2 12x16" pans. Bake 30 minutes, stirring every 10 minutes. Let cool, then store in an airtight container.

Serve as a cold cereal.



Grapenuts Bread bread-quick

1/7/2002

From: serves/makes:

graphic

3/4 cps Grape nuts cereal Soak grape nuts in buttermilk for an
1 1/4 cps buttermilk hour. Add to buttermilk mixture: sugar, salt,
1 egg egg and baking soda. Stir until sugar
3/4 cp sugar dissolves. Mix in melted shortening and
1 teas baking soda flour. Pour into greased and floured 9x5 loaf
1 teas salt pan.
2 cps flour Bake 350° for about 45 minutes. Cool
2 tbsp shortening

Muffins - Bran - 6 Week bread-quick

4/13/2002

From: Hearty Recipes from

serves/makes: makes 42-28

graphic

(1 1/8)(2 1/4) 4 3/4 cp flour
(1/8)(1/4) 3/4 cp flaxmeal*
(1 1/4)(2 1/2) 5 tsp baking soda
(1/2)(1) 2 tsp salt
(1/2)(1) 2 tsp allspice & Cinnamon
some nutmeg
(2)(3 1/4) 6 1/2 cps (15 oz box) Raisin Bran
(1/4)(1/2) 1 cp white sugar
(1/2)(1) 2 cps brown sugar
(1)(2) 4 eggs
(1/4)(1/2) 1 cp oil
(1)(2 cps) 1 quart buttermilk
(1/2)(1) 2 tsp vanilla
(1/4)(1/2) 1 cp dried fruit (cranberries,
cherries, etc)

Use largest bowl you have, combine first 5 ingredients. Add flakes & sugar and mix. Whisk eggs, add oil, buttermilk & vanilla. Pour over dry ingredients and stir well. Transfer batter to a large plastic container (I use two 8 cp Glad containers) that has a tight fitting lid and store in refrigerator until ready to use (do not bake immediately). Will keep for 6 weeks.

When ready to cook, preheat oven to 375°. DO NOT STIR BATTER. Use about 1/2 cp per muffin tin. Line with paper liners. Bake 20 minutes or until top springs back when touched.

(*Can omit flax meal. Increase flour to 5 cps & increase raisin bran to 6 3/4 cps)

Muffins - Bran - Ever Ready bread-quick

1/25/2000

From:

serves/makes: makes 2 dozen

graphic

This batter will keep in the refrigerator for several weeks and used as needed.

2 1/2 cps whole wheat pastry flour
1 teas baking soda
1/2 teas salt
1 1/2 cps wheat bran
1/2 cp sugar
2 eggs, lightly beaten
2 cps low fat buttermilk
1/4 cp canola oil
1/4 cp honey

1 tbsp grated orange peel
3/4 cps currants
1/4 cp dried pineapple
3/4 cps walnuts or pecans, coarsely chopped

Preheat oven to 350°. Sift together dry ingredients; stir in bran. Beat together wet ingredients, stir into dry; blend well. Fold in fruit and nuts.

To bake, spoon batter into buttered muffin tins 3/4 full. Bake 20 minutes or until tops spring back when lightly touched. Serve hot with yogurt cheese.

Muffins - Maple Walnut bread-quick

8/9/2006

From:	serves/makes:	graphic
2 cps flour	Preheat oven to 400°. Grease 12 muffin	
2 tbsp brown sugar	cups. In large bowl combine dry ingredients.	
1 1/2 teas baking powder	In a smaller bowl, combine wet, add to dry	
1/2 teas baking soda	and mix just until combined.	
1/4 teas salt	Spoon into cups and bake 15-20 minutes.	
1 cp toasted, chopped walnuts	Cool in pan 5 minutes, then transfer to rack.	
1/2 cp buttermilk		
1/2 cp pure maple syrup		
1/3 cp butter, melted & cooled		
1 egg, lightly beaten		
1/2 teas vanilla		
1/2 teas maple extract (optional)		
(maple frosting would be good)		

Muffins - Orange Bran Flax bread-quick

9/24/2004

From:	serves/makes: makes 24	graphic
1 1/2 cp oat bran	Preheat oven to 375°. Line two 12 cup	
1 cp flour	muffin pans with paper. In large bowl	
1 cp flaxseed, ground	combine brans, flour, flaxseed, baking	
1 cp wheat bran	powder and salt.	
1 tbsp baking powder	In blender, mix oranges, brown sugar,	
1/2 teas salt	buttermilk, oil, eggs and baking soda.	
2 oranges, seeded & quartered	Pour orange mixture over dry. Blend	
1 cp brown sugar	well. Stir in raisins,	
1 cp buttermilk	Divide evenly among muffin cps. Bake	
1/2 cp canola oil	18-20 minutes or until toothpick comes out	
2 eggs	clean. Cool in pan 5 minutes before	
1 teas baking soda	dumping onto rack to cool.	
1 1/2 cp raisins or craisins		

Muffins - Rhubarb Nut bread-quick

1/5/2000

From: serves/makes: 12 muffins graphic

1 1/2 cps flour Preheat oven to 375°. Coat muffin cups
3/4 cp brown sugar, packed with non-stick spray.
3/4 teas baking soda Combine dry ingredients, add wet. Mix
1/2 teas salt just until moistened. Fold in rhubarb. Scoop
1/3 cp oil batter into cups. Combine topping
1 large egg, lightly beaten ingredients and sprinkle over tops of
1/2 cp buttermilk muffins.
1 teas vanilla Bake 20-23 minutes or until screwer
1 cp fresh rhubarb, cut into 1/2 inch dices comes out clean. Cool on rack.

Topping:
1/4 cp brown sugar
1/4 cp chopped walnuts
1/2 teas cinnamon

Muffins - Sweet-Crunch bread-quick

1/6/2000

From: Sunset serves/makes: makes 12 graphic

1 cp regular rolled oats In large bowl mix oats, buttermilk, sugar,
1 cp buttermilk oil and egg whites. In another bowl mix
1/2 cp firmly packed brown sugar flour, baking soda and powder, dates and
1/2 cp oil pecans.
2 large egg whites Add dry mixture to wet; stir just until
1 cp whole wheat flour moist.
2 teas baking powder Equally fill 12-15 oiled or paper lined
1/2 teas baking soda muffin cups with batter. Bake in 375° until
1/2 cp pitted dates, chopped well browned, 20-25 minutes.
1/2 cp chopped pecans Cool in pans 5 minutes, remove from
pans.

Muffins - Whole Wheat Honey Walnut bread-quick

9/24/2007

From: serves/makes: graphic

2 1/4 cups buttermilk	Combine buttermilk and oats in a small
1 1/2 cups rolled oats	saucepan; heat just until warm. (Do not
3 tablespoons honey	overheat or mixture will curdle.)
3 tablespoons light olive oil or other oil	Transfer oat mixture to a large bowl; stir
1 1/2 cups whole-wheat flour	in honey and oil. In another bowl, combine
1 1/2 teaspoons baking powder	flour, baking powder, baking soda, salt and
3/4 teaspoon baking soda	cinnamon; stir into wet mixture.
1/2 teaspoon salt	Spoon batter into muffin cups. Sprinkle 2
1/2 teaspoon ground cinnamon	teaspoons walnuts over batter in each cup.
1/2 cup walnut pieces	Bake until lightly browned, about 30
	minutes. Serve warm.

Preheat oven to 350°F. Grease a 12-cup muffin pan.

Pancake - Banana Pecan bread-quick

1/7/2002

From: serves/makes: graphic

1 cp flour	Combine dry ingredients. Combine wet
1/2 cp cornmeal	ingredients. Add wet to dry. Fold in pecans.
1/4 cp oat bran	Cook on hot griddle.
1/2 teas baking soda	
1/4 teas salt	
1 1/2 cps buttermilk	
1/4 cp mashed banana	
2 tbsps butter, melted	
2 teas honey	
1 large egg	
1/4 cp chopped pecans	
cooking spray	

Pancakes - Buttermilk bread-quick

From: serves/makes: graphic

1 cp flour	2 tbsp oil
1 cp whole wheat flour	1 teas vanilla
1 tsp baking soda	
1 teas salt	Preheat griddle to 375°. Sift together dry
2 tbsp sugar	ingredients. Mix together wet ingredients.
2 eggs, slightly beaten	Pour wet into dry and mix just until
2 cps buttermilk	moistened. Do not over mix. Batter will
1 cp milk	have a few lumps.

Pancakes - Wheat & Oatmeal bread-quick

2/27/2002

From: Kathy Duncan serves/makes: graphic

2 cps quick oats	4 cps buttermilk
2 cps whole wheat flour	2 eggs
2 tbsp sugar	1 teas vanilla
1 tbsp baking powder	2 tbsp oil
1 teas baking soda	
1 teas salt	Mix dry ingredients. Add wet to dry.
	Cook on hot griddle.

Pumpkin Bread bread-quick

2/24/2013

From: ATK

serves/makes: makes 2 loaves

graphic

The test kitchen's preferred loaf pan measures 8 1/2 by 4 1/2 inches; if using a 9 by 5-inch loaf pan, start checking for doneness five minutes early.

Topping

5 tablespoons packed (2 1/4 ounces) light brown sugar

1 tablespoon all-purpose flour

1 tablespoon unsalted butter, softened

1 teaspoon ground cinnamon

1/8 teaspoon salt

Bread

2 cups (10 ounces) all-purpose flour

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1 (15-ounce) can unsweetened pumpkin puree

1 teaspoon salt

1 1/2 teaspoons ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground cloves

1 cup (7 ounces) granulated sugar

1 cup packed (7 ounces) light brown sugar

1/2 cup vegetable oil

4 ounces cream cheese, cut into 12 pieces

4 large eggs

1/4 cup buttermilk

1 cup walnuts, toasted and chopped fine

FOR THE BREAD: Adjust oven rack to middle position and heat oven to 350 degrees. Grease two 8 1/2 by 4 1/2-inch loaf pans. Whisk flour, baking powder, and baking soda together in bowl.

Combine pumpkin puree, salt, cinnamon, nutmeg, and cloves in large saucepan over medium heat. Cook mixture, stirring constantly, until reduced to 1 1/2 cups, 6 to 8 minutes. Remove pot from heat; stir in granulated sugar, brown sugar, oil, and cream cheese until combined. Let mixture stand for 5 minutes. Whisk until no visible pieces of cream cheese remain and mixture is homogeneous.

Whisk together eggs and buttermilk. Add egg mixture to pumpkin mixture and whisk to combine. Fold flour mixture into pumpkin mixture until combined (some small lumps of flour are OK). Fold walnuts into batter. Scrape batter into prepared pans. Sprinkle topping evenly over top of each loaf. Bake until skewer inserted in center of loaf comes out clean, 45 to 50 minutes. Let breads cool in pans on wire rack for 20 minutes. Remove breads from pans and let cool for at least 1 1/2 hours. Serve warm or at room temperature.



FOR THE TOPPING: Using fingers, mix all ingredients together in bowl until well combined and topping resembles wet sand; set aside.

Rolls - Sweet Potato w/ Bacon bread-quick

7/25/2008

From: Emeril Lagasse

serves/makes:

graphic

2 cups all-purpose flour
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 stick cold unsalted butter, cut into pieces
1 cup mashed cooked sweet potatoes, cooled
2 tablespoons packed light brown sugar
5 slices cooked bacon, drained and crumbled
3/4 to 1 cup buttermilk

Preheat the oven to 425 degrees F.
Lightly grease a large baking sheet and set aside.

In a bowl, stir together the flour, baking powder, baking soda, and salt. Add the butter and work in with a pastry blender or your fingers until the mixture resembles

coarse crumbs.

In a bowl, whip the sweet potatoes with the brown sugar until very smooth. Add to the flour mixture and mix in lightly but thoroughly with your fingers. Add 3/4 cup of the buttermilk and the bacon and gently work to make a smooth dough, slightly sticky, being careful not to overwork and adding more liquid as needed 1 teaspoon at a time.

Turn out onto a lightly floured surface and pat out into a large rectangle about 1/2-inch thick. Cut into 10 large biscuits and place on the prepared baking sheet. Bake until golden brown and risen, 15 to 18 minutes.

Remove from the oven and serve hot with butter.

Scones - Raisin-Nut Sweet Potato bread-quick

10/2/2000

From: Sunset

serves/makes: 12 scones

graphic

1 3/4 cups whole-wheat flour
1 tablespoon baking powder
3/4 teaspoon baking soda
1/2 cup firmly packed brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground mace or ground
nutmeg
3/4 cup raisins
1/2 cup chopped walnuts
1/3 cup low-fat buttermilk
1/4 cup liquid egg substitute or 2 large eggs
1 teaspoon vanilla
1 cup mashed cooked sweet potatoes or
yams

In a large bowl, stir together flour,
baking powder, soda, brown sugar,
cinnamon, mace, raisins, and walnuts.

In another bowl, beat to blend buttermilk,
egg substitute, vanilla, and sweet potatoes.

Add buttermilk mixture to flour mixture
and stir until evenly moistened.

Mound batter in 12 equal portions (about
1/4 cup each) on a lightly oiled 14- by 17-
inch baking sheet, spacing at least 2 inches
apart.

Bake in a 375° oven until browned, 12 to
15 minutes. Transfer to a rack and let cool at
least 5 minutes; serve hot, warm, or at room
temperature.

From: hummingbirdhigh.com

serves/makes: makes 7-8 buns

graphic

For the Buttermilk Dough:

(makes 7 to 8 buns)

3 1/2 cups (17.5 ounces) all-purpose flour

3 tablespoons granulated sugar

1 1/2 teaspoons instant yeast

1/2 teaspoon baking soda

1 teaspoon kosher salt

1 cup (8 fluid ounces) buttermilk, warmed to 120 (F) - 130 (F)

1 large egg, at room temperature

1/4 cup (2 fluid ounces) vegetable oil

For the Black Tahini Filling:

(enough for 7 to 8 buns)

1/2 cup (4 fluid ounces) black tahini (see baker's notes for sources)

1/2 cup (4 fluid ounces) crème fraîche

1/4 cup (1.75 ounces) granulated sugar

1 teaspoon pure vanilla extract

1/4 cup (2 ounces) mini white chocolate chips

For the Cream Cheese Glaze and Black Sesame Topping:

(enough for 7 to 8 buns)

1.5 ounces cream cheese, at room temperature

1 tablespoon whole milk

1 teaspoon pure vanilla extract

3/4 cup (3 ounces) confectioner's sugar, sifted

black sesame seeds, for garnish

For the Black Tahini Morning Buns:

In a large bowl, whisk together flour, sugar, yeast, baking soda, and kosher salt.

In a large liquid measuring cup, whisk together buttermilk, egg, and oil.

Make a well in center of the dry ingredients and add liquid ingredients, stir

until combined. Transfer to a lightly floured counter and knead for 10 minutes until the dough is smooth and elastic. If the dough is sticking, you can add up to 1/2 cup of extra flour as you knead.

Transfer the dough to a greased bowl, cover with plastic wrap, and **refrigerate overnight**, until the dough has doubled in size.

Once the dough has doubled in size, transfer to a lightly floured counter and roll into a rectangle about 12 x 20 inches.

In a small bowl, whisk together black tahini, crème fraîche, sugar, and vanilla until well combined. Spread the black tahini mixture over the rolled dough. Sprinkle with mini white chocolate chips.

Working on the long edge, roll the dough into a log, pinching its edges to seal. Cut the roll into 7 to 8 pieces, each about 2 inches wide. Place cut sides down on a 9-inch, deep dish pan in a flower shape. Cover with plastic wrap and let rise in a warm place until the edges of the roll are rounded and touching, about 1 to 1 1/2 hours.

Once the rolls have risen, preheat the oven to 350F. Bake the rolls in the preheated oven for around 30 to 35 minutes, or until the edges of each bun are golden in color. Let cool on a wire rack.

While the rolls are cooling, combine cream cheese, whole milk, and vanilla in the bowl of a freestanding electric mixer fitted with a paddle attachment and beat on a low speed until combined. Add confectioner's sugar all at once and beat until fluffy and of drizzling consistency. Use immediately to glaze on top of each roll while the rolls are still warm. Garnish with black sesame seeds, and serve while warm.



From: ATK

serves/makes: serves 10-12

graphic

Cake

1 3/4 cups (8 3/4 ounces) all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 1/2 teaspoons ground cinnamon
3/4 teaspoon ground nutmeg
1/2 teaspoon salt
1/4 teaspoon ground cloves
1 1/4 cups (8 3/4 ounces) light brown sugar
3/4 cup vegetable oil
3 large eggs
1 teaspoon vanilla extract
2 2/3 cups shredded carrots (4 carrots)
2/3 cups dried currants

Frosting

16 tablespoons unsalted butter, softened
3 cups (12 ounces) confectioners' sugar
1/3 cup buttermilk powder
2 teaspoons vanilla extract
1/4 teaspoon salt
12 ounces cream cheese, chilled and cut into
12 equal pieces
2 cups (8 ounces) pecans, toasted and
chopped coarse

FOR THE CAKE:

Adjust oven rack to middle position and heat oven to 350 degrees. Grease 18 by 13-inch rimmed baking sheet, line with parchment paper, and grease parchment. Whisk flour, baking powder, baking soda, cinnamon, nutmeg, salt, and cloves together in large bowl.

Whisk sugar, oil, eggs, and vanilla together until mixture is smooth. Stir in carrots and currants. Add flour mixture and fold with rubber spatula until mixture is just combined.

Transfer batter to prepared baking sheet and smooth surface with offset spatula. Bake until center of cake is firm to touch, 15 to 18 minutes. Cool in pan on wire rack for 5 minutes. Invert cake onto wire rack (do not remove parchment) and then re-invert onto second wire rack. Cool cake completely, about 30 minutes.

FOR THE FROSTING:

Using stand mixer fitted with paddle, beat butter, sugar, buttermilk powder, vanilla, and salt on low speed until smooth, about 2 minutes, scraping down bowl as needed. Increase speed to medium-low; add cream cheese, 1 piece at a time; and mix until smooth, about 2 minutes.

Transfer cooled cake to cutting board, parchment side down. Using sharp chef's knife, cut cake and parchment in half crosswise and then lengthwise to make 4 equal rectangles, about 6 by 8 inches each.

Place 6 by 8-inch cardboard rectangle on cake turntable or plate. Place 1 cake rectangle, parchment side up, on cardboard and carefully remove parchment. Using offset spatula, spread 2/3 cup frosting evenly over cake layer. Repeat with two more layers of cake, frosting each layer with 2/3 cup frosting and pressing gently on each layer to level. Place last rectangle of cake on top and frost top of cake with 1 cup frosting. Use remaining frosting to coat sides of cake. (It's fine if some crumbs show through frosting on sides, but if you go back to smooth top of cake, be sure that spatula is free of crumbs.)

Hold cake with 1 hand and gently press chopped pecans onto sides with other hand. Chill for at least 1 hour before serving.

To Make Ahead: The cake may be refrigerated for up to 24 hours before serving.



From: Splendid Table

serves/makes: serves 12

graphic

1 cup plus 2 tablespoons all-purpose flour
1 cup plus 2 tablespoons cake flour (not self-rising)
2 cups granulated sugar
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup unsweetened, non-alkalized cocoa powder
2 cups water
2 tablespoons New Mexico medium ground red chile (Dixon is best) if you want hot, if not 2-3 teas Ancho chili powder
1 tablespoon vanilla extract
1 cup unsalted butter, cut into pieces and softened
1/2 cup buttermilk
2 large eggs at room temperature

Chocolate frosting

3/4 cup unsalted butter
3/4 cup unsweetened non-alkalized cocoa powder
1/4 cup plus 2 tablespoons buttermilk
1 1/2 pounds confectioners sugar
1 1/2 tablespoons bourbon
3 tablespoons vanilla extract
1 1/2 cups chopped walnuts

Instructions

For the Cake

Preheat the oven to 350 degrees and place a rack in the center of the oven. Butter two 9-inch round cake pans and line the bottoms with circles of parchment or waxed paper. Lightly dust the sides of the pans with flour, tapping out the excess.

For best results, use a mixer with a wire whip attachment. Combine the flours, sugar, baking soda, salt, and cocoa and beat on low speed until well mixed.

In a medium saucepan, cook 1 cup of the water with the chili powder over medium heat until simmering. Remove the

pan from the heat and stir in the vanilla. Add the softened butter to the dry mixture and beat thoroughly on medium-low speed. The mixture should be grainy. Raise the speed to medium and gradually add the remaining cup of water and the buttermilk. Add the eggs on at a time, beating well after each addition.

Slowly add the hot water/chile mixture and continue to beat just until well combined —be sure not to over beat. Pour the mixture into the pans and bake for 35 to 40 minutes or until a toothpick inserted into the centers of the cake comes out clean.

To cool, set the pans on a wire rack for 15 minutes. Then turn the cakes out onto the rack, remove the paper from the bottom, and immediately re-invert so that the risen tops don't flatten. Let sit until completely cool before frosting.

For the Frosting

Combine the butter and cocoa in a large saucepan and melt over medium heat. Stir in the buttermilk. Add the confectioner's sugar a little at a time, stirring with a wired whisk between additions. Stir in the bourbon and vanilla. The frosting should stiffen as it cools. When it has reached a spreadable consistency, assemble the cake.

If necessary, trim the tops of the cakes so they are level. Place one of the cake layers onto a 9-inch round cardboard cake circle. Spread 1 cup of the chilled frosting over the cake layer. Sprinkle 1 cup of the chopped walnuts over the frosting. Place the second layer of the cake onto the frosted base. Use the remaining frosting to cover the top and sides of the cake. Finish the top of the cake by holding the spatula at a slight angle and making several strokes to smooth the top. To decorate the cake, press the remaining walnuts against the lower half of the side of the cake and on top of the cake.



Cinnamon Streusel Buttermilk Coffee

dessert-cake

1/6/2000

From: Sunset

serves/makes:

graphic

1 cp brown sugar
1/2 cp granulated sugar
2 cps flour
1/2 teas nutmeg
2/3 cp melted butter
1/2 cp chopped pecans
1 teas cinnamon
1 large egg
1 cp buttermilk
2 teas baking powder
1 teas baking soda

butter. Transfer 1 cp packed sugar mixture to a small bowl. Add nuts and cinnamon, mix well.

To other mixture, add egg, buttermilk, baking powder & soda; mix well. Pour batter into a buttered 9" cheesecake pan with removable rim. Sprinkle cinnamon-nut mixture evenly over batter.

Bake 350° oven until toothpick comes out clean, about 40 minutes.

Cool on rack 20 minutes, remove rim and serve warm.

In a large bowl, mix brown sugar, granulated sugar, flour, nutmeg and 2/3 cp

Coffee Cake - Rhubarb

dessert-cake

7/1/1995

From: Eating Well

serves/makes:

graphic

2 cps flour
1 cp sugar
4 tsp baking powder
1 tsp cinnamon
1/2 tsp salt
1 large egg
1 cp buttermilk
1/4 cp vegetable oil
2 tsp vanilla
1/2 ln rhubarb, cut into 1/2" pieces (2cps)

Preheat oven to 350. Lightly oil and 8" square pan. Sift flour, sugar, baking powder, cinnamon and salt into a medium bowl. In large bowl, whisk together egg, buttermilk, oil and vanilla. Add the flour mixture and stir just to blend. Turn batter into prepared pan, spreading evenly.

Sprinkle with mixture of 1/4 cp sugar and 1/2 tsp cinnamon. Bake for 45-50 minutes, or until cake tester comes out clean. Let cake cool in pan on wire rack for 15 minutes. Cut into squares and serve warm.

Cupcakes - Chocolate w/Cream Filling

dessert-cake

8/25/2009

From: Chocolatier

serves/makes: makes 24

graphic

Chocolate Frosting

15 oz chocolate, coarsely chopped

1 cp heavy cream

Cupcakes

3 cps granulated sugar

1 cp vegetable oil

5 large eggs

1 1/2 cps unsweetened cocoa powder

3 1/4 cps cake flour

3/4 tbsp baking soda

3/4 cp sour cream

3/4 cp buttermilk

1 1/2 teas vanilla

Creamy Filling

3 3/4 cps powdered sugar, sifted

pinch salt

1 cp vegetable shortening

1/4 cp hot water

1 1/2 tbsp vanilla

White Decorative Icing

1 cp powdered sugar

1 1/2 tbsp hot water

Chocolate Frosting: Place chopped chocolate in a medium bowl. Boil cream and pour over the top of the chocolate. Let sit and minute, whisk gently. Refrigerate 2 hours.

Cupcakes: Position rack in center of the oven and preheat to 350°F. Spray 24 muffin cups with nonstick cooking spray.

Beat sugar, oil and eggs on medium for 8 minutes. Sift together cocoa, cake flour and baking soda; set aside. Mix together sour cream, buttermilk and vanilla. Alternately add dry and wet ingredients, starting with the dry.

Fill muffin cups 3/4 full and bake 20 minutes or until toothpick comes out clean. Cool muffins in pan on a rack for 10 minutes, then remove to cool completely.

Cream Filling: Combine sugar, salt and shortening and mix until blended, approximately 5 minutes. Add hot water slowly, then add vanilla. Beat on medium until light and fluffy, about 5 minutes.

Decorative Icing: Whisk together ingredients until smooth

Assemble: Place cream filling in a pastry bag fitted with a plain tip and gently poke a 1/2 inch deep hole through the bottom of each cupcake. Fill each cupcake with cream. Ice with chocolate frosting. Put decorative icing in another bag and pipe a squiggly line on top of each cupcake.

From: Beantownbaker.com

serves/makes:

graphic

Cake

3 ounces fine-quality semisweet chocolate
1 1/2 cups hot brewed coffee
3 cups sugar
2 1/2 cups flour
1 1/2 cups unsweetened cocoa powder (not Dutch process)
2 tsp baking soda
3/4 tsp baking powder
1 1/4 tsp salt
3 eggs
3/4 cup vegetable oil
1 1/2 cups well-shaken buttermilk
3/4 tsp vanilla

Preheat oven to 300°F. and grease pans. Line bottoms of 2 10-inch round cake pans with wax paper and grease paper. If you don't have 10-inch cake pans, you can make 2 9-inch cake pans and a dozen cupcakes.

Finely chop chocolate and in a bowl combine with hot coffee. Let mixture stand, stirring occasionally, until chocolate is melted and mixture is smooth.

Into a large bowl sift together sugar, flour, cocoa powder, baking soda, baking powder, and salt. In another large bowl with an electric mixer beat eggs until thickened slightly and lemon colored. Slowly add oil, buttermilk, vanilla, and melted chocolate mixture to eggs, beating until combined well. Add sugar mixture and beat on medium speed until just combined well.

Divide batter between pans and bake in middle of oven until a tester inserted in center comes out clean, 1 hour to 1 hour and 10 minutes.

Cool layers completely in pans on racks. Run a thin knife around edges of pans and invert layers onto racks. Carefully remove wax paper and cool layers completely. Cake layers may be made 1 day ahead and kept, wrapped well in plastic wrap, at room temperature.

7-minute frosting

2 egg whites
1/2 cup sugar
1/4 cup light corn syrup
2 Tbsp water
1 1/2 tsp pure vanilla extract

Combine frosting ingredients with a pinch of salt in a metal bowl set over a saucepan of simmering water and beat with a handheld electric mixer at high speed until frosting is thick and fluffy, 6 to 7 minutes. Remove bowl from heat and continue to beat until slightly cooled. Use frosting the day it is made.

Ganache

1 cup heavy cream
1 Tbsp unsalted butter
12 oz semisweet chocolate, chopped into 1/2-ounce pieces

Heat the heavy cream and the butter in a 3-quart saucepan over medium high heat. Bring to a boil.

Place the semisweet chocolate in a 3-quart stainless steel bowl. Pour the boiling cream over the chocolate and allow to stand for 5 minutes. Stir until smooth.

To assemble the Ding Dongs

Once the cake layers have cooled completely, use a small round cookie cutter to cut small circles of cake out of the layers. Enjoy the scraps or save them for cake balls.

Using the cone method, scoop out a small portion of cake from each circle. Fill with 7-minute frosting and replace top of cake.

Using a pastry brush or spoon, cover individual cakes with ganache. Allow ganache to completely set up before serving.



Gingerbread - Dark and Spicy dessert-cake

6/10/2000

From: Sunset

serves/makes: Serves 8

graphic

1 1/2 cps flour
2 teas ground ginger
1 teas baking soda
3/4 teas fresh ground pepper
1/2 teas ground cardamom
1/4 cp butter, cut into chunks
1/2 cp firm packed dark brown sugar
1 large egg
1/2 cp dark molasses
1/2 cp buttermilk
2 tbsp minced crystallized ginger

In a large bowl beat butter and brown sugar until fluffy. Beat in egg, molasses and buttermilk. Beat until well blended. Stir in flour mixture, beat until well blended. Stir in crystallized ginger. Pour batter into a buttered and floured 8" round cake pan.

Bake in 350° oven until bread springs back when pressed and pulls from the pan sides, 40-45 minutes. Let cool 5 minutes.

Run a knife between gingerbread and pan sides. Invert onto rack. let cool at least 15 minutes, serve warm or room

Mix flour, ground ginger, baking soda, temperature. pepper and cardamom.

Serve with softly whipped cream blended with lemon curd and a little cardamom.

Gingerbread - Fresh dessert-cake

7/1/1994

From: Sunset

serves/makes: serves 8-9

graphic

3/4 cp sugar
3/4 cp buttermilk
1/2 cp salad oil
1 large egg
1 tbsp freshly grated ginger
1 1/2 cp flour
3/4 tsp each baking soda and powder
1/2 tsp cinnamon
1/4 tsp cloves
powdered sugar

In bowl, mix sugar, buttermilk, oil, egg and ginger. Add flour, soda, baking powder, cinnamon and cloves. Beat to blend well. Pour into oiled 8-cp tube pan or 9" square pan.

Bake 350° until cake begins to pull from sides, 35-40 minutes. Cool 10 minutes, invert onto plate. Serve warm or cool, when cool store airtight up to 2 days. Dust with powdered sugar.

From: learningherbs.com

serves/makes: makes 1 small

graphic

Cake

1/2 cup fresh lemon balm leaves
1 1/2 cups all-purpose flour
1 1/4 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup oil (such as olive oil)
1/2 cup honey
1/2 teaspoon vanilla extract
2 eggs
1/2 cup buttermilk or thin yogurt
2 teaspoons poppy seeds
3 drops lemon EO

Icing

1/2 cup fresh lemon balm leaves (or 1/4 cup dried)
1 cup just-boiled water
1/4 cup honey
2 drops lemon EO
1 tablespoon arrowroot powder
More poppy seeds for sprinkling
Lemon balm leaves for garnish (optional)

Preheat the oven to 350°F. Lightly grease a baking pan (see notes above).

Finely mince the lemon balm. (I use a food processor for this but a knife is fine too.)

Mix together the flour, baking powder, baking soda, and salt in a medium bowl.

In a large bowl, mix together the oil, minced lemon balm, honey, and vanilla extract. (I use a cake mixer for this step.)

Add the eggs, mixing them in one at a time, and then the buttermilk (or yogurt).

Add the dry mixture to the wet mixture in two batches. Mix on low speed until combined, and do not overmix. Mix in the poppy seeds. Pour the batter into the prepared pan (I made 9 small muffin sized cakes - could've made them a little smaller and made more)

Bake until it is brown around the edges and a toothpick inserted in the center comes out clean, about 30 minutes for a cakelet pan or 60 minutes for a loaf pan. While baking, make the glaze. Set pan on rack for 5 minutes before turning cakes out onto rack to cool. Poke holes in still warm cake and spoon the glaze over to coat. Going slowly to let the glaze seep into the cake. Lightly sprinkle poppy seeds on top. Garnish with fresh lemon balm leaves if desired.

For the icing:

Steep the lemon balm in 1 cup of just-boiled water for 5 minutes. Strain into a small pan. Add the honey and stir until it is dissolved.

Dissolve arrowroot in 2 Tbsp cool water. Add this mixture back to the small pan with the lemon balm and honey.

Heat the pan on medium-low heat. Whisk the mixture continuously until it begins to thicken. Pull it from the heat just as it thickens; otherwise it's too gluey.

*the cakes were tender and just barely sweet. Needed more lemon flavor - maybe adding some zest - and more honey in the glaze.



Lemon Cake - Lowfat dessert-cake

1/9/2000

From: Deni

serves/makes:

graphic

4 eggs

1/3 cp non-fat buttermilk

2 tbsp oil

1 yellow cake mix (lemon good too)

1 3oz pkg lemon jello

1 cp hot water

Beat on high speed for 4 minutes. Pour
into greased and floured 9x13 pan - bake at
350° for 30-35 minutes.

When pan is removed from oven, poke
holes - drizzle with glaze.

Glaze:

2 cps powdered sugar

1/4 cp lemon juice

1 teas lemon zest

Pepsi-Cola Cake w/Broiled Peanut Butter

dessert-cake

8/18/2004

From: Splendid Table

serves/makes: Serves 8 to 10

graphic

Ok cake, but peanut icing was good - maybe on a different chocolate cake.

To make cake:

Preheat oven to 350 degrees. Grease and flour a 9x13x2-inch sheet cake pan.

Combine flour and sugar in a large bowl. Combine melted butter, cocoa, and Pepsi and pour over flour and sugar mixture. Stir until well-blended. Add buttermilk, beaten eggs, soda, and vanilla. Mix well. Stir in marshmallows. Pour into prepared pan. Bake 40 minutes. Remove cake from oven and frost while still barely warm.

Cake:

2 cups flour
2 cups sugar
2 stick butter, melted
2 tablespoons unsweetened cocoa
1 cup Pepsi-Cola (with fizz)
1/2 cup buttermilk
2 eggs, beaten
1 teaspoon baking soda
1 teaspoon vanilla extract
1 1/2 cups miniature marshmallows

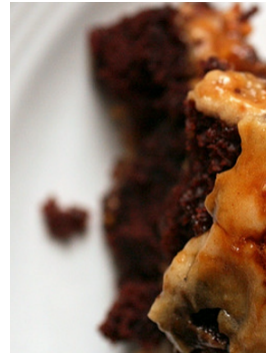
To make frosting:

Cream butter, sugar, and peanut butter. Beat in milk. Fold in nuts. Spread over cake.

Frosting:

6 tablespoons butter
1 cup dark brown sugar
2/3 cup smooth peanut butter
1/4 cup milk
2/3 cup chopped peanuts

Place frosted cake under broiler about 4 inches from heat source. Broil just a few seconds, or until topping starts to bubble. **WATCH CONSTANTLY AND BE CAREFUL NOT TO SCORCH FROSTING!** Let cool at least 30 minutes before serving.



Pound Cake - Lemon-Buttermilk dessert-cake

9/26/2018

From: 177milkstreet.com

serves/makes: serves 10

graphic

13 tablespoons salted butter, room temperature, divided
433 grams (2 cups plus 3 tablespoons) white sugar, plus extra, divided
312 grams (2³/₄ cups) cake flour
½ teaspoon baking soda
½ teaspoon kosher salt
¾ cup buttermilk
2 tablespoons grated lemon zest, plus 3 tablespoons lemon juice (about 2 lemons)
5 large eggs, separated

Heat the oven to 325°F with a rack in the middle position. Rub 1 tablespoon of the butter evenly over the pan, then use a pastry brush to ensure it gets into all corners. Sprinkle in a bit of sugar, then turn the pan to evenly coats all surfaces.

In a bowl, whisk together the flour, baking soda and salt. In a liquid measuring cup, combine the buttermilk and lemon juice; set aside.

In a stand mixer with a whisk attachment, whip the egg whites on medium-high until light and foamy, about 1 minute. With the mixer running, slowly sprinkle in 3 tablespoons of the sugar and continue to whip until the whites are thick and glossy and hold soft peaks, about 1 minute.

Transfer the whites to a bowl and set aside, then add the remaining 2 cups of

sugar and the lemon zest to the stand mixer's bowl.

Using the paddle attachment, mix the sugar and zest on low until the sugar appears moistened and begins to clump, about 1 minute.

Add the remaining 12 tablespoons of butter and mix on medium-low until the mixture is cohesive, then increase the mixer to medium-high and beat until pale and fluffy, about 3 minutes. Reduce the mixer to low and add the yolks, one at a time, mixing after each.

Add a third of the flour mixture, then mix on low. Add half of the buttermilk mixture, then mix again. Repeat the process of adding and mixing, ending with the final third of flour.

Use a silicone spatula to fold ⅓ of the whipped egg whites into the batter until combined, then gently fold in the remaining whites until barely combined. Transfer the batter to the prepared pan and smooth the top.

Bake until golden brown and bounces back when gently pressed, 50 to 60 minutes, rotating the pan halfway through baking. Cool the cake in the pan on a wire rack for 10 minutes, then remove from the pan and cool completely.



Spice Cake - Reduced Fat

dessert-cake

12/8/2003

From:

serves/makes:

graphic

2 cps flour
1 1/2 cps sugar
1 teas baking powder
1 teas baking soda
4 teas cinnamon
1 1/2 teas nutmeg
3/8 teas cloves
3/8 teas ginger
1/4 cp buttermilk
1 cp applesauce
1/4 cp butter, room temp
3/4 teas vanilla
1/4 cp puréed rinsed and drained canned
great northern beans
1 egg
4 egg whites
frosting

Preheat oven to 350°. Grease 13x9x2
pan. Combine dry ingredients in large bowl.
In smaller bowl, stir together wet
ingredients, **except eggs**. Add to dry and
mix on medium for 2 minutes with a mixer.
Increase speed to high and mix for another 2
minutes. Add eggs and beat another 2
minutes.

Pour batter into pan. Bake 30-35
minutes or until toothpick comes out clean.
Let cool on wire rack. Sprinkle with
Powdered sugar or frost.

From: Williams-Sonoma

serves/makes:

graphic

Cakes

1 cp (155g) flour
1/2 cp (45 gm) Dutch cocoa powder
1/2 teas baking soda
1/4 teas salt
2/3 cp (155 gm) packed brown sugar
6 tbsp (90 gm) unsalted butter, room temp
3/4 teas vanilla
1 egg
1 cp (250 ml) buttermilk

Filling

2 1/4 cps (280 gm) powdered sugar
5 tbsp (75 gm) unsalted butter - soft or shortening
3 tbsp milk
1 teas vanilla
1/8 teas salt

Have all ingredients at room temp.
Preheat oven to 325°F. Grease and flour wells of whoopie pan.

Whisk together flour, cocoa powder, baking soda, and salt. Set aside.

In a mixer with flat paddle, beat brown

sugar and butter until combined, 1 minute. Add vanilla and egg and beat until fluffy. Stop mixer and scrape sides. Reduce speed to low and add flour in 3 additions, alternating with the buttermilk. Increase speed to med-hi and beat 30 seconds.

Fill one well with 1 1/2 level Tbsp of batter. Tap pan to evenly distribute and release air bubbles. Batter should spread easily.

Bake until toothpick comes out clean, about 8-10 minutes. Transfer pan to wire rack and let cookies cool in pan for 5 minutes, then invert onto rack to completely cool. Wash and dry pan, grease and flour and repeat baking cycle.

To prepare filling, beat together sugar, butter, milk, vanilla and salt on low until combined. Increase speed to med-hi and beat until fluffy.

Spread or pipe 2 tbsp of filling between each cake.



Whoopie Pies - Chocolate & Pnut butter dessert-cookie

1/29/2013

From: namelymarly.com

serves/makes:

graphic

adapted from Martha Stewart

Cookies:

1 $\frac{3}{4}$ cups all-purpose flour
 $\frac{3}{4}$ cup unsweetened cocoa powder, not Dutch-process
1 $\frac{1}{2}$ teaspoons baking soda
 $\frac{1}{2}$ teaspoon salt
1 tablespoon margarine, softened
 $\frac{1}{4}$ cup vegetable shortening
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ cup dark-brown sugar, packed
 $\frac{1}{4}$ cup applesauce
1 cup soy buttermilk
1 teaspoon vanilla

Filling:

$\frac{2}{3}$ cup creamy peanut butter
 $\frac{1}{2}$ cup margarine, softened
 $\frac{3}{4}$ cup powdered sugar
 $\frac{1}{8}$ teaspoon salt, optional

Cookies:

Heat the oven to 375 degrees. Mix together flour, cocoa powder, baking soda, and salt into a small bowl; set aside.

In a separate bowl, use a mixer to blend together margarine, shortening, and sugars. Mix on high speed until smooth, about 3 minutes. Add applesauce and continue

mixing until fluffy, about 2 minutes. Add in half the flour mixture, then the soy buttermilk and vanilla. Mix in remaining flour mixture.

Drop rounded tablespoons of dough onto ungreased cookie sheets, spacing 2 inches apart. Bake 12 to 14 minutes. Let cool for a minute or two and then transfer to wire racks; let cool completely.

Filling

Put peanut butter and margarine in a medium-size bowl. Mix on high speed until smooth. Reduce mixer speed to low and add powdered sugar; mix until combined. Raise speed to high, and mix until fluffy and smooth, about 3 minutes. Season with salt, if desired.

Or - Make Swiss Meringue Buttercream and add peanut butter to that - to die for!

Assembly

Spread 1 tablespoon of filling on the bottom of 1 cookie. Sandwich with another cookie. Repeat with remaining cookies and filling. Cookies can be refrigerated in single layers in airtight containers up to 3 days. You can set them out to bring to room temperature before serving, but it's not necessary – these cookies are good cold too!



Whoopie Pies (chocolate)with Swiss dessert-cookie

1/29/2013

From: gracessweetlife.com

serves/makes: makes 34

graphic

490 g (3½ cups) plain (all-purpose) flour
¼ teaspoon salt
1¼ teaspoon baking powder
1¼ teaspoon bicarbonate of (baking) soda
90 g (¾ cup + 3 tablespoons) dark unsweetened cocoa powder
2 teaspoons instant espresso powder
110 ml (4 ounces) hot coffee
110 ml (4 ounces) hot water
350 g (1¼ cups + 2 tablespoons) firmly packed light brown sugar
170 ml (6 ounces) oil
1 large egg, room temperature
1 teaspoon pure vanilla extract
110 ml (4 ounces) buttermilk, room temperature, shaken

Bake, rotating baking sheet halfway through, for 10 to 15 minutes, until the cookies are just starting to crack on top. A cake tester inserted into the center of the cookie should come out clean. Let the cookies cool completely on the sheets. Repeat with the remaining dough.

5 large egg whites
300 g (1½ cups) caster (superfine granules) sugar
440 g (1 pound or 4 sticks) unsalted butter, cut into 1 cm cubes, cool but not cold
¼ teaspoon salt
1 teaspoon pure vanilla extract
gel paste food colouring, optional

Preheat oven to 180° C (350° F). Line 2 baking sheets with non-stick baking paper or silicone baking mats, set aside. Using a fine mesh sieve, into a large bowl, sift the flour, salt, baking powder, and baking soda. Using a whisk, whisk to combine well, set aside.

In another large bowl, whisk together the cocoa and espresso powder until well combined.

Add the hot coffee and the hot water to the cocoa mixture and whisk until both powders are completely dissolved. In another bowl, stir together the brown sugar and oil until well combined and then add it to the cocoa mixture; whisk until well combined.

Add the egg, vanilla and buttermilk to the cocoa mixture and then whisk until smooth.

Using a large spatula, gently fold the dry ingredients into the cocoa mixture, scraping the sides and the bottom of the bowl as you fold.

Use a one tablespoon-capacity ice cream scoop with a release mechanism to drop rounded tablespoons of the dough onto the prepared baking sheets about 2.5 cm (1-inch) apart.

In the bowl of an electric stand mixer, whisk the egg whites and sugar together. Set the bowl over a saucepan of simmering water but do not let the water touch the bottom of the bowl.

Heat and continuously whisk the mixture until the sugar is completely dissolved and the colour of the mixture is milky white, about 2 to 3 minutes.

Remove the bowl from the heat and attach to the stand mixer fitted with the whisk attachment. Beat the egg mixture on medium-high speed until smooth and fluffy.

Replace the whisk attachment with the paddle attachment, gradually add the cubed butter and beat on medium-high speed until smooth and fluffy (If the buttercream looks like it is splitting, don't worry, it will eventually come together).

Add the salt and vanilla and beat for 5 seconds to combine.

Colour the filling by mixing in (at medium speed) the food colouring, 1 drop at a time, until the desired colour is reached.

Pipe the filling onto a flat side of a cookie and attach the other side. Chill for 30 minutes before serving.



Ice Cream - Buttermilk dessert-frozen

2/17/2007

From: STL Post-Dispatch

serves/makes:

graphic

3 cps milk
1 cp heavy cream
1 cp plus 2 tbsp sugar - divided
1/4 teas salt
1 1/4 cps egg yolks (14-16 large eggs)
1 tbsp vanilla
1 cp buttermilk

Combine milk, cream, 1/2 cp sugar and salt in saucepan; bring just to a boil.

Remove from heat.

Whisk together egg yolks and remaining

1/2 cp plus 2 tbsp sugar. Gradually pour about half the hot milk mixture in to the eggs, whisking constantly. Add egg to remaining hot milk in saucepan; whisk to combine. Return to heat and cool, stirring constantly until mixture thickens and coats the back of a spoon (180°).

Stir in vanilla. Strain and set into a larger container of ice water. Let cool to 40°. Cover and refrigerate 8-12 hours.

Stir in buttermilk. Process in machine and pack tightly. Cover and freeze several hours or overnight.

Sherbet - Pineapple-Buttermilk dessert-frozen

8/15/2007

From: NPR

serves/makes: Makes 4 to 6

graphic

Not a true granita, sorbet or sherbet, this is nevertheless a tremendously refreshing summer dessert.

2/3 cups sugar
2 cups buttermilk
3 tablespoons minced fresh mint
1 8-ounce can crushed pineapple

Add sugar to buttermilk and stir until dissolved. Stir in mint and pineapple (with juice). Pour into a 9-inch-by-13-inch pan and place in the freezer. Follow directions for freezing and serving in General Methods.

General Granita-Making Method

Use a 9-inch-by-13-inch metal or glass pan, if possible. Stir the mixture with a whisk. Do so every 20 minutes for these recipes in a 9-inch-by-13-inch pan. As the mixture approaches the freezing point, regular attention becomes more important. When the mixture is at the slush point (80 to 90 percent frozen), change from a whisk to a fork for stirring.

Use a fork to stir the granita again just before serving. This produces mounds of loose crystals.

Chill the serving bowls or glasses in the refrigerator to avoid having the granita melt too quickly.



From:

serves/makes: serves 6-8

graphic

For lemon curd:

2 large egg yolks
2 large eggs
6 tablespoons granulated sugar
Zest of 2 lemons, finely chopped
1/2 cup lemon juice
1/4 cup creme fraiche or 1/4 cup heavy cream
mixed with 1 tablespoon buttermilk
8 tablespoons (1 stick) unsalted butter, cut into
1-tablespoon pieces

For custard:

1 1/2 cups whole milk
1 1/2 cups light cream or half-and-half
3 large eggs
3 large egg yolks
1/3 cup granulated sugar
1/8 teaspoon salt
1 teaspoon orange-flavored liqueur

For caramel topping:

1/2 cup granulated sugar
1/4 cup water

To prepare lemon curd: In a medium saucepan, whisk together the yolks, eggs, sugar, zest and **lemon** juice. Cook over very low heat, stirring constantly, until the mixture is thick enough to mound in the pan. (It should be the texture of pudding.) Remove from heat, and add all the creme fraiche and then the butter, a third at a time. Stir after each addition, then continue stirring to melt the butter. Strain through a fine sieve into a bowl, cover tightly, and chill at least 6 hours or overnight.

To prepare custard: Heat the milk and cream in a heavy saucepan. Meanwhile, in a large bowl, gently whisk together the eggs, yolks, sugar and salt until just combined. Try not to incorporate air as you work. When the milk mixture starts to steam, pour about 1/2 cup of it into the eggs and whisk gently to combine. Slowly add the rest of the hot milk, stirring gently with the

whisk. Add the liqueur. Strain into a large measuring cup or pitcher. Refrigerate until cold.

Preheat oven to 350°F. Place a thin kitchen towel or paper towels evenly over the bottom of a roasting pan large enough to accommodate the ramekins. Place eight (6-ounce) flat-bottomed ramekins (or six 9-ounce ramekins) on top, making sure that they do not touch each other or the sides of the pan.

Spread a heaping tablespoon of **lemon** curd in the bottom of each ramekin. Pour the chilled custard over the **lemon** curd, filling each ramekin 3/4 full. Pour hot tap water into the roasting pan until it comes 2/3 of the way up the sides of the ramekins. Cover pan loosely with a sheet of aluminum foil and bake until the custards are set but still quiver in the center when gently shaken, 40 to 50 minutes. Remove from the water bath, and let cool to room temperature.

To prepare caramel syrup: Place water and sugar in a heavy saucepan over medium heat. Do not stir, but swirl the pan frequently until the sugar dissolves. Increase heat to high, and bring syrup to a boil. Cover and cook for 2 minutes.

Uncover pan, and cook until syrup begins to take on color. (After about 3 minutes, the syrup will froth and bubble. After about 8 minutes, it will start to darken quickly.) Swirl pan constantly, taking pan on and off the heat as you work so the syrup does not darken too quickly. Remove pan from heat when the syrup is light mahogany in color. Be careful. Once the syrup starts to darken, it will change color rapidly. It will also continue to darken off the heat. Pour a thin layer of syrup into one ramekin at a time, swirling each cup to completely cover the custard. It is best to add the syrup all at once to each custard cup for an even top layer. The syrup hardens very quickly. If you add it in batches, the top surface will be uneven in thickness and color.

From: ATK

serves/makes: serves 8

graphic

½ cup (3½ ounces) sugar
2 teaspoons unflavored gelatin
Pinch table salt
2 cups heavy cream
1 vanilla bean
2 cups buttermilk

Honey
Fresh raspberries and/or blackberries

Variations:

Grapefruit - substitute 2 Tbsp Grapefruit zest instead of vanilla - top with Almonds

Almonds

¾ cup water
¾ cup vegetable oil
½ cup sliced almonds
¼ cup (1¾ ounces) sugar
¼ teaspoon table salt



Whisk sugar, gelatin, and salt in small saucepan until very well combined. Whisk in cream and let sit for 5 minutes. Cut vanilla bean in half lengthwise. Using tip of paring knife, scrape out seeds. Add bean and seeds to cream mixture. Cook over medium heat, stirring occasionally, until mixture registers 150 to 160°F, about 5 minutes. Remove from heat and let mixture cool to 105 to 110°F, about 15 minutes. Strain cream mixture through fine-mesh strainer into medium bowl, pressing on solids to extract as much liquid as possible. Gently whisk in buttermilk.

Set eight 5-ounce ramekins on rimmed baking sheet. Divide buttermilk mixture evenly among ramekins. Invert second rimmed baking sheet on top of ramekins and carefully transfer to refrigerator. Chill for at least 6 hours or up to 3 days (if chilling for more than 6 hours, cover each ramekin with plastic wrap).

Working with 1 panna cotta at a time, insert paring knife between panna cotta and side of ramekin. Gently run knife around edge of ramekin to loosen panna cotta. Cover ramekin with serving plate and invert panna cotta onto plate. (You may need to gently jiggle ramekin.) Drizzle each panna cotta with honey, then top with 3 to 5 berries and serve.

Set fine-mesh strainer over medium bowl. Line rimmed baking sheet with parchment paper. Combine all ingredients in medium saucepan and bring to vigorous simmer over medium-high heat. (Mixture will be very bubbly.) Cook, stirring frequently with rubber spatula, until oil and sugar syrup separate, about 10 minutes.

Continue to cook, stirring constantly, until almonds are coated in pale gold caramel, 2 to 4 minutes longer (caramel will darken as it cools). Immediately transfer to prepared strainer. Working quickly, stir and press mixture to remove excess oil. Transfer to prepared sheet and, using spatula, press almonds into single layer. (If caramel sets up too much, briefly warm mixture in low oven.) Let cool for 15 minutes, then break into bite-size pieces. (Almonds can be stored in airtight container at room temperature for up to 3 days.)

From:

serves/makes: serves 3

graphic

13.5 oz full-fat coconut milk
3 tbsp honey or maple syrup, divided
1 tsp vanilla extract - or vanilla bean
scraping
1 teas gelatin
1 tbsp water

Macerated Berries

1 cup of mixed berries
1 tbsp honey or maple syrup
1 1/2 tbsp Chambord Liqueur, optional

Add the water to a small bowl and sprinkle the gelatin on top. Allow it to bloom for 5 minutes.

Heat the coconut milk, 2 tablespoons of honey and vanilla extract (or vanilla pod) in a small pot on medium low heat. Whisk together cook until steaming. Strain to remove pod, then add the gelatin and whisk together until the gelatin is fully dissolved and combined.

Grease 3 (5.5-ounce) ramekins with vegetable oil. Pour the panna cotta mixture into the ramekins and refrigerate for at least 4 hours.

While the panna cotta is chilling, macerate the berries. Add the berries and 1 tablespoon of honey to a small pot on medium low heat. Stir constantly, for 3-5 minutes or until the berries have started to breakdown, then remove from the heat. Add the Chambord and stir to combine, then transfer the berries to a small bowl and refrigerate to cool.

To remove the panna cotta from the ramekin, slide a knife along the top edge, just to remove the suction. Place the ramekin in a small bowl of hot water for 10-15 seconds to warm the outside of the ramekin. Then invert the ramekin on a plate to remove the panna cotta.

Drizzle the panna cotta with several spoonfuls of berries and serve immediately.



Pudding - Bread with dessert-other

3/18/2005

From: serves/makes: graphic

butter - to prepare pan	Preheat oven to 375°. Butter 9x13 pan.
8 large eggs	Whisk together wet ingredients, fold in
1 qt buttermilk	blueberries and bread and pour into prepared
1 cp sugar	pan. Cover with foil and bake 30 minutes,
1 tbsp vanilla	uncover and make another 10.
2 cps blueberries	Serve with maple syrup and powdered
8 cps country bread - cubed	sugar.

Pudding - Lemon Old Fashioned dessert-other

3/18/2005

From: serves/makes: graphic

2 large eggs, beaten	In pan, combine sugar, cornstarch and
1 cp sugar	flour. Stir in buttermilk, stir over med heat
3 tbsp cornstarch	until simmering, 10-12 minutes. Continue
2 tbsp flour	cooking 2 more minutes.
2 cps buttermilk	Whisk half the buttermilk into eggs, then
1/2 teas lemon zest	return all to pan, along with lemon zest, juice
1/3 cp lemon juice	and butter. Whisk over med-low heat until
1/4 cp butter	pudding reaches 160° and very thickly coats
	a spoon, 4-6 minutes. Do not boil.
	Spoon into bowls. Serve warm or cool
	with whipping cream (if desired).

From: Cook's Country

serves/makes: serves 8

graphic

DOUGH

- 2 ½ cups all-purpose flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- ¾ teaspoon salt
- 10 tablespoons (1 ¼ sticks) unsalted butter, cut into 1/2-inch pieces and chilled
- 5 tablespoons vegetable shortening, cut into 1/2-inch pieces and chilled
- ¾ cups cold buttermilk

APPLE DUMPLINGS

- 6 tablespoons sugar
- 1 teaspoon ground cinnamon
- 3 tablespoons unsalted butter, softened
- 3 tablespoons golden raisins, chopped
- 4 Golden Delicious apples (see note)
- 2 egg whites, lightly beaten

Process flour, sugar, baking powder, and salt in food processor until combined. Scatter butter and shortening over flour mixture and pulse until mixture resembles wet sand. Transfer to bowl. Stir in buttermilk until dough forms. Turn out onto lightly floured surface and knead briefly until dough is cohesive. Press dough into 8- by 4-inch rectangle. Cut in half, wrap each half tightly in plastic, and refrigerate until firm, about 1 hour.

Prep Apples Adjust oven rack to middle position and heat oven to 425 degrees. Combine sugar and cinnamon in small bowl. In second bowl, combine butter, raisins, and 3 tablespoons cinnamon sugar mixture. Peel apples and halve through equator. Following photos 1 and 2, remove core and pack butter mixture into each apple half.

Assemble Dumplings On lightly floured surface, roll each dough half into 12-inch square. Cut each 12-inch square into four 6-inch squares. Working one at a time, lightly brush edges of dough square with egg white and place apple, cut-side up, in center of each square.

Following photo 3, gather dough one corner at a

time on top of apple, crimping edges to seal. Using paring knife, cut vent hole in top of each dumpling.

Finish Apples Line rimmed baking sheet with parchment paper. Following photo 4, arrange dumplings on prepared baking sheet, brush tops with egg white, and sprinkle with remaining cinnamon sugar. Bake until dough is golden brown and juices are bubbling, 20 to 25 minutes. Cool on baking sheet 10 minutes. Serve with Cider Sauce.

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Cider Sauce

- 1 cup apple cider
- 1 cup water
- 1 cup sugar
- ½ teaspoon ground cinnamon
- 2 tablespoons unsalted butter
- 1 tablespoon lemon juice

Bring cider, water, sugar, and cinnamon to simmer in saucepan and cook over medium-high heat until thickened and reduced to 1½ cups, about 15 minutes. Off heat, whisk in butter and lemon juice. Drizzle over dumplings to serve.

To make this sauce up to 2 days in advance, reduce the cider mixture until it measures 1½ cups, then refrigerate. When ready to serve, return mixture to simmer and whisk in butter and lemon juice off heat.



Pie - Kentucky Buttermilk Coconut

dessert-pastry

8/16/2006

From:

serves/makes:

graphic

Pastry for single crust pie

3 eggs

1 1/4 cp sugar

5 tbsp flour

1/2 cp butter, melted and cooled

3/4 cp buttermilk

1 teas vanilla

1 cp sweetened flaked coconut

Preheat oven to 350°F. Fit pie crust into 9" pie.

In large bowl, beat eggs until smooth, stir in sugar and flour until well blended. Stir in butter, buttermilk and vanilla. Fold in coconut.

Pour into crust and bake 30-40 minutes or until filling is firm and crust is golden.

Serve warm



Pie Crust - Buttermilk

dessert-pastry

From: Bon Appétit

serves/makes: 2 crusts

graphic

2 1/2 cps unbleached flour

2 tbsp sugar

1 teas salt

1/2 cp unsalted butter, diced

1/2 cp shortening, chilled

1/4 cp plus 2 tbsp buttermilk

Combine dry ingredients. Add butter and shortening. Cut in. Add buttermilk and stir until moist clumps form. Press together to form dough. Divide dough in half. Gather into balls, flatten into disks. Wrap separately and refrigerate 1 hour.

Can be refrigerated 1 week or frozen 1 month. Let stand at room temperature to soften slightly before use.

Pie Crust - Thoroughly Reliable

dessert-pastry

11/24/2008

From: KAF

serves/makes: makes 2 sheets

graphic

Crust

2 ½ cups King Arthur Mellow Pastry Blend (may substitute all-purpose or white whole wheat)

1 teaspoon salt

1 teaspoon baking powder

2 tablespoons confectioners' sugar

2 tablespoons buttermilk powder (may substitute liquid buttermilk for 1/4 cp of liquid)

¼ cup vegetable shortening

10 tablespoons very cold unsalted butter

1 teaspoon vinegar, cider or white

7 to 10 tablespoons ice water

Topping

1 teaspoon milk

1 tablespoon coarse sparkling sugar

Whisk together the Mellow Pastry Blend, salt, baking powder, confectioners' sugar, and buttermilk powder.

Add the shortening, working it in till the mixture is evenly crumbly.

Cut the butter into small (about ½") cubes. Add the butter to the flour mixture, and work it in roughly with your fingers, a pastry cutter, or a mixer.

Don't be too thorough; the mixture should be very uneven, with big chunks of butter in among the smaller ones.

Add the 1 teaspoon vinegar and 4 tablespoons water, and toss to combine.

Toss with enough additional water to make a chunky, fairly cohesive mixture. It should hold together when you gather it up and squeeze it in your hand.

Divide the dough in half, and gather each half into a rough disk. Smooth the disks; it's OK if they have a few cracks in the surface. Smooth the disks' edges by running them along a floured surface like a wheel.

Wrap in plastic, and chill for 30 minutes, or up to overnight. Or wrap in aluminum foil over the plastic, and freeze for up to 2 months.

When you're ready to make pie, remove the crust from the refrigerator or freezer, leaving it wrapped. Allow it to warm a bit (if it's been chilled longer than 30 minutes), till it's softened enough to roll, but still feels cold to the touch.

Next, measure the bottom diameter, and up the sides of your pie pan. If your pan is 7" across the bottom, and 1 ½" up each side, that's a total of 10". This means you should roll your bottom crust to a diameter between 11" and 12", which gives you enough extra for crimping the edges.

Place the crust on a floured work surface; a silicone rolling mat works well. Roll it to the desired width.

Place the crust in the pan by folding in quarters and placing in the pan. Or you can simply pick it up with a piecrust lifter, and move it that way.

For a single-crust pie, fold the edges of the crust under, and gently squeeze them together.

Crimp as desired. For a double-crust pie, leave the edges of the bottom crust as is (no folding or crimping). Once you've added the pie filling, roll out the top crust to the outside diameter of your pan, and place it atop the filling.

Trim excess crust with a pair of scissors, then press the two edges together. Crimp as desired. A simple fork crimp is fast and easy.

Cut a hole in the center of the crust for steam to escape. Or slash the pie's top surface several times.

Brush with milk and sprinkle with coarse sparkling sugar, if desired.



French Toast - Caramel Overnight

egg dishes/savory

6/10/2009

From: Kaye Briggs

serves/makes:

graphic

1 cp packed brown sugar
1/2 cp butter
1 tbsp corn syrup
12 slices bread (Great harvest cinnamon swirl, unsliced works well) crusts trimmed
1/4 c sugar
1 teas cinnamon
6 eggs, beaten
1 1/2 cps milk
2 teas vanilla

Bring brown sugar, butter and corn syrup to a boil. Remove from heat. Pour into a 9 x 13 baking dish. Top with 6 slices bread (little thicker than normal slice is good). Sprinkle with combined sugar and 1/2 teas cinnamon. Top with remaining bread.

Beat eggs, milk, vanilla and remaining cinnamon, pour over bread. Cover and refrigerate overnight.

Remove dish from refrigerator. Preheat oven to 350°. Bake 30-35 minutes - until eggs are set and no longer runny.

Serve with maple syrup or buttermilk syrup.

Buttermilk Syrup

1 cp sugar
1/2 cp butter
1 teas light karo syrup
1 teas vanilla
1/2 cp buttermilk

Mix ingredients, except vanilla. Bring to boil for 5-6 minutes. Remove from heat and and vanilla.

Catfish - Quick Cajun meat-fish/shellfish

From: Eating Well

serves/makes: Serves 4

graphic

1/4 cp buttermilk

2 tsp dijon

1/2 cp cornmeal

1 tsp salt

1 tsp paprika

1 tsp onion powder

1/2 tsp garlic powder

1/2 tsp dried thyme

1/2 tsp cayenne pepper

1/2 tsp ground pepper

4 catfish fillets (1 1/4 lbs)

4 lemon wedges

Preheat boiler. Lightly oil wire rack large enough to hold fish in a single layer. Put rack on baking sheet and set aside.

In med bowl, whisk together buttermilk and mustard until smooth. In shallow dish, combine cornmeal, salt and spices. Dip each fillet in buttermilk, turning to coat. Transfer to cornmeal mixture, turning to coat completely. Place the fillets on the prepared rack; they should not touch.

Broil 4 inches from heat source until fish is opaque in center, about 3 minutes per side. Serve hot with lemon.

Casserole - Chicken & Broccoli Whole30 meat-poultry

6/20/2020

From: Whole30

serves/makes: serves 6

graphic

4 cups cooked and Shredded Chicken
2 tbsp olive oil
2 heads broccoli, florets removed
10 cremini mushrooms, sliced
1/2 small onion, diced
1 cup chicken broth
1 recipe Vegan Alfredo Sauce
salt and pepper, to taste
rosemary, for garnish

VEGAN ALFREDO SAUCE

1 cup raw cashews, soaked overnight,
drained and rinsed
3/4 cup water
2 garlic cloves, peeled
1/2 tbsp lemon juice
1/2 cup diced onion
2 tbsp nutritional yeast
1 tsp salt
1/4 tsp dried rosemary
1/4 tsp black pepper

INSTRUCTIONS

Make the Vegan Alfredo Sauce and set aside. This can also be made the day before and stored in the fridge.

Preheat the oven to 400 F.

Heat the olive oil in a large sauté pan over medium heat. Add the sliced mushrooms and diced onion and stir for 3 minutes. Add the broccoli florets (make sure they're in bite-sized pieces and not too large) and stir for another 3 minutes or until the broccoli is crisp-tender and bright green.

Place the shredded chicken in a 9x13-inch casserole dish, covering the bottom. Add the sautéed mushrooms, onions and broccoli in a flat layer on top.

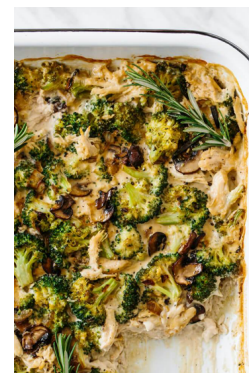
Stir the chicken broth into the Vegan Alfredo sauce, then pour on top of the broccoli in the casserole dish. Use a spatula if needed to make sure everything is well coated.

Cook the casserole for 20-25 minutes. The sauce should be bubbling and slightly reduced and thickened. Garnish with fresh rosemary if desired and serve immediately.

After the cashews have soaked overnight (or at least 6 hours), drain and rinse them.

Add the cashews and all other ingredients to a high-powered blend and blend until smooth.

Use immediately in a recipe or store in a sealed container in the fridge.



Chicken Cordon Bleu - lo-fat meat-poultry

From: Eating Well

serves/makes: Serves 4

graphic

1 lb boneless skinless breast, fat trimmed
2 oz prosciutto, thinly sliced and cut into
1/2" strips
2 oz Gruyere cheese, thinly sliced and cut
into 1/2" strips
2 large egg whites
1/4 cp buttermilk
1 tbsp dijon
2/3 cp fine, dry breadcrumbs
1/4 cp freshly grated parmesan
1/2 tsp salt
1/2 tsp black pepper
4 lemon wedges

Preheat oven to 400°. Lightly oil rack
large enough to hold chicken breasts in a
single layer. Put rack on baking sheet and
set aside.

To butterfly the chicken, place a breast
half skinned-side down on a cutting board.

Keeping the blade of a sharp knife parallel to
the work surface, make a horizontal slit
along the thinner, long edge of each breast,
cutting nearly through the opposite side.

Open breast so it forms two flaps, hinged
at the center. Place one-quarter of prosciutto
and Gruyere on half of breast, leaving 1/2"
space between filling and edge of breast.
Close chicken carefully and set aside.
Repeat with remaining chicken breast.

In med bowl combine egg whites,
buttermilk and mustard and beat until
creamy. In a shallow dish, stir together
breadcrumbs, parmesan, salt and pepper.

Carefully dip each piece of chicken in the
crumb mixture, then in the egg mix, and
back again in crumb mix. Set on prepared
rack and bake 30-35 minutes, until crisp and
lightly browned on the outside and opaque in
the center. Serve with lemon wedges.

Chicken w/Garlic & Parsley (Omega) meat-poultry

10/10/2009

From: serves/makes: graphic

4 chicken breasts, boned, skinned and cut in 1-inch cubes	Soak chicken cubes in buttermilk for 1 hour.
2 cups buttermilk	Meanwhile, chop parsley, slice lemon, and chop garlic.
small bunch of parsley	Drain chicken. Dredge chicken cubes in flour seasoned with salt and pepper.
1 lemon	Heat oil in nonstick pan. Sauté chicken until lightly browned. Add parsley, lemon slices, garlic, salt & pepper to taste. Cook through.
1 clove garlic	
3 Tablespoons flour	
salt & pepper	
1 Tablespoon canola oil	

Grilled Buttermilk Chicken meat-poultry

9/24/2004

From: Sunset serves/makes: graphic

Brine chicken up to 1 day ahead.	Mix buttermilk, shallots, garlic, salt, sugar, cumin and pepper.
1 qt buttermilk	Rinse and pat chicken dry. Submerge in buttermilk brine. Cover and chill 4 hours to 1 day.
1/2 cp chopped shallots	Lift chicken from brine. Wipe excess from chicken with paper towels.
2 tbsp chopped garlic	Cook over medium coals; close lid.
2 tbsp kosher salt	Cook, turning frequently until browned and no longer pink - cut to test. 20-30 minutes.
2 tbsp sugar	
1 tbsp ground cumin	
1 teas pepper	
6 chicken thighs	
6 drumsticks	

Macadamia Crusted Chicken Strips meat-poultry

8/16/2006

From:	serves/makes:	graphic
12 chicken tenders	Beat eggs. Set aside. Mix together bread	
1 cp buttermilk	crumbs, nuts, coconut & jerk seasoning.	
3 eggs	Place flour on plate.	
2 cps bread crumbs	Remove from buttermilk, coat each with	
1 cp macadamia nuts, ground	flour, then dip into egg. Roll in crumb	
1/2 cp shredded coconut	mixture, pressing lightly to ensure a good	
2 teas jerk seasoning	coat. transfer to platter and let rest for 30	
1 cp flour	minutes.	
1 lime	Zest lime and juice it. Combine lime	
1/4 cp honey	zest, juice, honey and dijon. Set aside.	
1/4 cp dijon	Over medium high heat, warm half the	
3/4 cp oil	oil. Cook half the chicken, turning once,	
	until golden and crispy, about 3 minute each	
Place chicken in large shallow dish.	side. Remove to paper towels and drain,	
Pour buttermilk over, cover and refrigerate	Repeat. Serve with sauce.	
1-6 hours.		

Oven-Fried Chicken meat-poultry

7/1/1994

From: Eating Well	serves/makes: Serves 4	graphic
1 tbsp sesame seeds	Preheat oven to 425°F. Set rack over a	
1 large egg white	baking sheet and oil lightly.	
1/2 cp buttermilk	Heat a small, dry skillet over med-hi heat.	
1 tsp Tabasco sauce	Toast sesame seeds until light brown, 2-3	
1/2 cp flour	minutes. Transfer to bowl and cool.	
1 tbsp baking powder	Whisk together egg white, buttermilk and	
2 tsp paprika	Tabasco. Put flour, sesame seeds, and spices	
1 tsp dried thyme	in large paper bag. Shake bag to mix well.	
1 tsp dried oregano	Dip chicken pieces, one at a time, into	
1 tsp salt	buttermilk mixture, then dredge in flour	
1/4 tsp fresh ground pepper	mixture by shaking in bag. Place chicken on	
2 1/2 lbs bone-in chicken pieces, skin and	prepared rack. Brush lightly with oil. Bake	
fat removed	35-40 minutes, or until browned on the	
1 tbsp canola oil	outside and no longer pink inside.	

Potato-Leek Galette non-meat maindishes

1/28/2014

From: Fitonics / Diamond

serves/makes:

graphic

Basic Flaky Pie dough
1 cp thinly sliced leeks
4 cps peeled, quartered and thinkly sliced
yellow-Finn potatoes
1 tbsp EVOO
1 cp vegetable stock
salt and pepper to taste
2 tbsp sour cream or yogurt
buttermilk for brushing

Line a large baking sheet with parchment. Prepare pie dough and divide into two pieces, one slighly larger than the other. Roll larger into a 10" circle - place on baking sheet. Roll the last one into a 9" circle and place on the 10" (separate with

waxed paper?) Cover loosely with plastic wrap and refrigerate.

Preheat oven to 375°F. In a large skillet over medium heat, saute leeks and potatoes in olive oil. When leeks begin to soften, add vegetable stock and continue to cook until potatoes are soft, about 12 minutes. Add salt and pepper to taste and sour cream.

Remove from heat and cool slightly. Spoon filling onto the 10" circle. top with 9" disk and fold bottom crust over the top and pinch to seal. Make 8 incisions in the top for steam. Brush with buttermilk.

Bake on the bottom rack for 30-35 minutes, or until crust is light brown. Cool slightly before cutting.

From: ATK: Indian Classics Made serves/makes: serves 4-6

graphic



To ensure that the cheese is firm, wring it tightly and be sure to use two plates that nestle together snugly. Use commercially produced cultured buttermilk in this recipe. We found that some locally produced buttermilks didn't sufficiently coagulate the milk. Serve with basmati rice.

Cheese

3 quarts whole milk
3 cups buttermilk
1 tablespoon salt

Spinach Sauce

1(10-ounce) bag curly-leaf spinach, rinsed
3/4 pound mustard greens, stemmed and rinsed
3 tablespoons unsalted butter
1 teaspoon cumin seeds
1 teaspoon ground coriander
1 teaspoon paprika
1/2 teaspoon ground cardamom
1/4 teaspoon ground cinnamon
1 onion, chopped fine
Salt and pepper
3 garlic cloves, minced
1 tablespoon grated fresh ginger
1 jalapeño chile, stemmed, seeded, and minced
1(14.5-ounce) can diced tomatoes, drained and chopped coarse
1/2 cup roasted cashews, chopped coarse
1 cup water
1 cup buttermilk
3 tablespoons chopped fresh cilantro

FOR THE CHEESE: Line colander with triple layer of cheesecloth and set in sink. Bring milk to boil in Dutch oven over medium-high heat. Whisk in buttermilk and salt, turn off heat, and let stand for 1 minute. Pour milk mixture through cheesecloth and let curds drain for 15 minutes.

Pull edges of cheesecloth together to form pouch. Twist edges of cheesecloth together, firmly squeezing out as much liquid as possible from cheese curds. Place

twisted cheese pouch between 2 large plates and weigh down top plate with heavy Dutch oven. Set aside at room temperature until cheese is firm and set, at least 45 minutes. Remove cheesecloth and cut cheese into 1/2-inch pieces. (Left uncut, cheese can be wrapped in plastic wrap and refrigerated for up to 3 days.)

FOR THE SPINACH SAUCE: Place spinach in large microwave-safe bowl, cover, and microwave until wilted, about 3 minutes. When cool enough to handle, chop enough spinach to measure 1/3 cup and set aside. Transfer remaining spinach to blender and wipe out bowl.

Place mustard greens in now-empty bowl, cover, and microwave until wilted, about 4 minutes. When cool enough to handle, chop enough mustard greens to measure 1/3 cup and transfer to bowl with chopped spinach. Transfer remaining mustard greens to blender.

Meanwhile, melt butter in 12-inch skillet over medium-high heat. Add cumin seeds, coriander, paprika, cardamom, and cinnamon and cook until fragrant, about 30 seconds. Add onion and 3/4 teaspoon salt; cook, stirring frequently, until softened, about 3 minutes. Add garlic, ginger, and jalapeño; cook, stirring frequently, until lightly browned and just beginning to stick to pan, 2 to 3 minutes. Stir in tomatoes and cook mixture until pan is dry and tomatoes are beginning to brown, 3 to 4 minutes. Remove skillet from heat.

Transfer half of onion mixture to blender with greens. Add half of cashews and water; process until smooth, about 1 minute. Return puree to skillet.

Return skillet to medium-high heat, stir in chopped greens and buttermilk, and bring to simmer. Reduce heat to low, cover, and cook until flavors have blended, 5 minutes. Season with salt and pepper to taste. Gently fold in cheese cubes and cook until just heated through, 1 to 2 minutes. Transfer to serving dish, sprinkle with remaining cashews and cilantro, and serve.

Wild Rice Salad with Celery & Walnuts

salads-cooked

11/24/2008

From: Cami & NY Times

serves/makes: Serves 4 to 6

graphic

For the salad:

1 quart water, chicken stock or vegetable stock

1 cup wild rice, rinsed

Salt to taste

1/3 cup lightly toasted broken walnut pieces

3 celery stalks, preferably from the heart, thinly sliced on the diagonal (about 1 1/4 cups)

1/2 cup chopped fresh parsley

1 teaspoon finely chopped fresh sage (2 good-size leaves) (optional)

For the dressing:

2 tablespoons freshly squeezed lemon juice

2 teaspoons red wine vinegar, white wine vinegar, or sherry vinegar

1 small garlic clove, minced

Salt and freshly ground pepper to taste

3 tablespoons walnut oil

3 tablespoons extra virgin olive oil

2 tablespoons buttermilk or plain low-fat yogurt

Bring the water or stock to a boil in a large saucepan, add salt to taste and the wild rice. Lower the heat, cover and simmer for 40 minutes, or until the rice is tender and splayed. Drain and toss in a large bowl with the remaining salad ingredients.

Mix together the lemon juice, vinegar, garlic, salt and pepper. Whisk in the walnut oil, olive oil, and buttermilk or yogurt. Toss with the wild rice mixture. Taste and adjust seasonings, and serve.

Advance preparation: You can assemble the salad several hours before serving. If you wish to toss it with the dressing so that the rice marinates for a while, do not add the parsley. Add just before serving, or the color will fade.



From: Sunset Dec 2013

serves/makes: serves 4

graphic

8-in.-long piece daikon radish, peeled

1/4 cup buttermilk

2 tablespoons sour cream

2 tablespoons plus 1/4 cup crumbled
roquefort or other blue cheese

1/4 teaspoon fine sea salt

1/2 teaspoon cracked black pepper

4 ounces mixed salad greens (about 4 cups
loosely packed)

3 red radishes, sliced into matchsticks

1 watermelon radish, peeled and thinly
sliced

1/2 Fuji apple, sliced into wedges

Using a 5-holed peeler or vegetable
peeler, shave long strands from daikon until
you have about 1/2 cup. Save leftover radish
for another use.

In a small bowl, whisk together
buttermilk, sour cream, 2 tbsp. roquefort, the
salt, and pepper (or put those ingredients in a
pint jar and shake vigorously).

Divide greens among 4 salad plates.

Drizzle dressing over greens. Garnish with
radishes, apple, and remaining cheese.

Make ahead: Dressing, covered and chilled,
up to 1 week.



Fried Green Tomato Sandwiches sandwich stuff

7/1/1994

From: Eating Well

serves/makes: serves 4

graphic

Green Tomatoes & Garnish:

3/4 cp buttermilk
1 large egg white
1 1/2 cps cornmeal
1/2 tsp salt
1/2 tsp cayenne
2 large green tomatoes, cored, sliced 1/4" thick
2 tsp olive oil
2 tsp butter
4 iceberg lettuce leaves
4 hamburger buns

Remoulade sauce:

2 tbsp reduced fat mayo
2 tbsp nonfat sour cream
1 tbsp prepared horseradish
1 tbsp dijon mustard
2 tsp fresh lemon juice
1/2 tsp cayenne
2 scallions, chopped
2 sweet gerkins, chopped or 1 tbsp sweet pickle relish
1 tbsp capers, drained and chopped

To cook tomatoes: Preheat oven to 450°. In med-size bowl, whisk together buttermilk and egg white. In shallow dish, mix cornmeal, salt and cayenne. Dip half of tomato slices into buttermilk, then in cornmeal. Gently turn to coat.

In large non-stick pan, heat 1 tsp oil and 1 tsp butter over med heat until foamy. Add tomato slices and cook until undersides are golden, 4-5 minutes. Transfer to baking sheet, brown side up. Repeat with remaining tomatoes. Bake in hot oven for 8-10 minutes, or until both sides are well browned.

To make remoulade sauce: While tomatoes are cooking, combine all ingredients for sauce.

To assemble: Place lettuce on bottom half of bun, top with tomato slice and remoulade sauce. Cover with bun tops.

Artichokes - Baby Buttermilk Fried vegetables

1/23/2019

From: Edible Vancouver

serves/makes: serves 4

graphic

2 cps buttermilk
2 Tbsp salt
1 1/2 lbs baby artichokes
1 cp all-purpose flour
1 cp olive oil
1/4 cp grapeseed oil
1/2 lemon

Fill medium bowl with buttermilk and 1 Tbsp salt. Stir to dissolve.

With a paring knife, carefully cut off the dried part of the stem. Peel the fibrous outer layer off with the knife. Take off the first couple of layers of leaves until the soft center remains. Cut off the ends of the leaves, leaving about an inch of leaves attached to the base.

Cut in half lengthwise, remove heart if it's tough. Place into buttermilk. Repeat with remaining artichokes.

Let them marinate for at least 30 minutes or up to 6 hours.

On a flat dish mix the flour with remaining salt.

In a medium frying pan over medium heat, bring the oils to 350°F, or until a drop of water bubbles.

Pull out a few artichokes and dredge them in the flour mixture. Drop them into the oil and fry gently, flipping as necessary to keep from browning too quickly. When flour is a nice brown, take them out and place on paper towels. Sprinkle with a little salt.

Serve immediately and with lemon slices.

Potato Chips - Microwave & Oven vegetables

9/3/2015

From: Sunset

serves/makes:

graphic

Russet Potato - sliced paper thin
olive oil spray
1 teas powdered buttermilk
1/2 teas each garlic powder, sea salt, drill and sugar
1/4 teas onion powder

Layer potato slices on parchment lined plate. Microwave at 90 until edge curl, about 4 minutes. Repeat with remaining slices.

Transfer microwaved slices to 2 rimmed baking sheets lined with parchment, moist side up.

Bake at 325°F until golden brown, 5-10 minutes, swapping sheets halfway through.

Transfer to a bowl and coat with olive oil spray. Combine spices and toss as well.



From:

serves/makes:

graphic

1/2 cup Epsom Salt
1 cup Baking Soda
1/2 cup Citric Acid
3/4 cup Cornstarch
1/4 cup Buttermilk Powder
1/4 cup Honey Powder
1 ounce Cocoa Butter
1 ounce Vegetable Glycerin
1 ounce Fractionated Coconut Oil
3 tablespoons Cocoa Powder
3 tablespoons Oatstraw Powder or Parsley Powder

Gently melt the Cocoa Butter in a double boiler. When the Butter has melted completely, add the Fractionated Coconut Oil and Glycerin to the mixture, then set the liquids aside. Add the Epsom Salt and Baking Soda to a large mixing bowl and stir well, breaking up any clumps. Next, add the Cornstarch, Citric Acid, Buttermilk Powder, and Honey Powder and stir well. Split the mixture evenly into two bowls.

Add Cocoa Powder to one bowl, and Parsley Powder to the other. Stir the liquids

that had been set aside well, then pour half of the mixture into the first bowl. Use your hands to knead the liquids into the mixture. Using a mini or large, scissor style meat baller, scoop and mold individual bath bombs. This step takes a little practice. It can take several tries to get a feel for using the baller, so don't be discouraged if your first attempts don't go well. The trick to making bath bombs with this tool is to scoop just the right amount of mixture, and apply just the right amount of pressure. When you've finished with the first bowl, add the remaining liquids to the second bowl and knead to mix. Use the baller again to make bath bombs from your second bowl of mixture. After the bombs are shaped, you'll need to allow them to dry and harden for about 24 hours. Use a baking sheet, or another flat, non-porous surface to dry your bath bombs on. Avoid using cardboard or un-waxed paper, as it can absorb moisture from the bombs and harm the final product. Once the bombs have hardened completely they can be packaged in airtight bags or containers.



Cheese - Country z-everything else

From: serves/makes: makes 1 cp graphic

2 cps milk

2 tbsp buttermilk

In pan, heat milk to simmering, being careful not to boil. Stir in buttermilk.

Remove from heat, cover and let stand at room temperature overnight or about 12 hours. Refrigerate liquid when it begins to thicken.

When thick like yogurt, pour cheese into a colander lined with cheesecloth to drain about 2 hours. Spoon cheese onto individual plates or into 1 cup mold. Refrigerate for future use.

Fruit Flavored Variation:

Puree 5-10 ripe berries in blender or food processor. Fold berries into finished cheese. Spread on sweet bread or cakes or toasted bagels.

Herb Variation:

to finished cheese, stir in 2 cloves pressed garlic, 1/2 teas thyme or basil and 1/4 teas rosemary. Serve with crackers.