

## **Banana Muffins**

3 ripe bananas (1 cup mashed)  
1 t vanilla  
6 T melted margarine/vegetable oil  
1 t baking soda  
½ c sugar  
1 ½ c flour

½ c sugar  
1 t baking powder  
1 t salt  
½ c walnuts (optional)  
1 egg, well beaten

Mash bananas, oil, sugar and salt together. Beat until well mixed. Add egg, and vanilla. Sift dry ingredients and stir into oil mixture until just combined. Stir in nuts if desired. Crop by spoonfuls into 18 muffin cups. Bake 350°F for 15 to 20 minutes.



## ***Black Forest Crepe Torte***

2 c Béchamel sauce

1½ c Gruyere cheese, grated

16 Buckwheat Crepes

32 very thin slices of Black Forest ham  
(look for the round shape)

8 T sweet butter

freshly ground black pepper, to taste

8 ounces Crème Fraiche

Preheat oven to 400°F. Warm béchamel sauce in a heavy saucepan over low heat until just hot. Add the cheese and whisk until smooth. Season with black pepper.

On a round heatproof platter spread 4 T of the béchamel and cheese in a crepe-size circle. Place a crepe on sauce and cover with 2 slices of ham. Dot with bits of butter. Continue this sequence of layers (crepe, ham, butter) until all crepes and ham are used, ending with crepe.

Pour remaining béchamel sauce over the torte. Bake for 20 minutes, or until browned and bubbling. To serve, cut into 6 wedges. Accompany with crème fraiche. 6 portions. Note: Good for Brunch. Have with crème fraiche.

### **Béchamel Sauce**

4 T sweet butter	salt, freshly ground black pepper, and
6 T unbleached all-purpose flour	freshly grated nutmeg, to taste
2 c milk	

Melt butter in a heavy saucepan. Sprinkle in the flour and cook gently, stirring almost constantly, for 5 minutes. Do not let the flour and butter brown at all. Meanwhile, bring the milk to a boil. When milk reaches a boil, remove butter and flour mixture from heat and pour in the boiling milk all at once. As the mixture boils and bubbles, beat it vigorously with a wire whisk. When the bubbling stops, return the pan to medium heat and bring the béchamel to a boil, stirring constantly for 5 minutes. Season to taste with salt, pepper and nutmeg. Use at once, or scrape into a bowl, cover, and refrigerate until use. 2 cups thick sauce. Source: The Silver Palate Cookbook

## **Blintzes**

Make a bunch of crepes, cooked on one side only and set them aside.

### **Filling**

1 1/2 cups ricotta cheese or you can use small curd (dry smooth) cottage cheese

1 egg

1 teaspoon soft butter    1t vanilla or grated lemon rind

Mix the ingred together well and place about 2 T of filling in the middle of a crepe (on the cooked side). Roll up the edges on either side and roll up. Do this for all of them. Put 1/2 T of butter and a bit of veg oil in a pan and place the blintzes in it seam side down. Cook over med heat until golden brown, turning them once. (You might need to add more butter and oil as you continue to cook the rest)

Serve hot with yogurt or sour cream, cinnamon sugar and fruit. You can also put them uncooked in the fridge and cook the next day.

Top with fresh fruit yoghurt and cinnamon sugar. E.g. Strawberries, raspberries, blueberries & peeled sliced fresh peach.

Source: Based on 'Joy of Cooking'

## **Breakfast Casserole**

16 slices bread – cut off crusts  
ham slices

cheese sliced  
buttered 9"x13" casserole

### **Mix together**

3c milk  
6 eggs  
1 t dry mustard  
½ t salt  
dash Tabasco

½ t pepper  
½ t Worcestershire  
¼ c finely minced onion  
¼ c finely chopped green pepper  
(optional)

Line a buttered 9"x13" pan with 8 slices of bread. Cover with ham and cheese. Top with bread and pour egg mixture over. Cover and leave in fridge overnight. In morning mix 1-1/2 c crushed cornflakes mixed with ¼ c melted margarine. Sprinkle over top and bake in 350F oven for 1 hour.



## ***Buttermilk Pancakes***

2 cups flour

1 tbsp. Sugar

1 1/2 tsp. baking powder

1 tsp. baking soda

3 tbsp. Butter

2 eggs

2 cups buttermilk

Combine the flour, sugar, baking powder, and baking soda. Melt the butter, cool slightly, then beat in the eggs. Add the buttermilk to the egg mixture and blend well. Pour the liquid into the dry mixture. Mix sparingly until just barely combined. The batter will be thick.

Heat a nonstick griddle. Drop large spoonfuls of the batter onto the hot griddle. Fry until brown on the bottom, flip, then brown the other side.

Note: Good with a topping of: 2 large apples (peeled, cored, and sliced) sautéed in a little butter and water with cinnamon and brown sugar.



## ***Cottage Cheese Pancakes***

1 c cream style cottage cheese

4 eggs

½ c flour

¼ t salt

¼ c oil

½ c milk

½ t vanilla

Put all ingredients in blender or food processor and whirl at high speed until blended, or beat well with a mixer. Bake on lightly greased griddle (as per pancakes) until done. Make the pancakes small as they take a while to cook through.



## ***Crepes***

3/4 cup flour  
1/2 t salt

1 T powdered sugar

### **Beat**

2 eggs (or just 1 egg if large)

### **Add and beat**

2/3 c milk  
1/3 c water

1/2 t vanilla

Make a well in the dry ingredients and pour in liquid. Combine until more or less smooth. Heat a skillet and grease lightly with butter or oil. Pour in about 1/4 c of batter and swirl the pan around to spread the batter.

Cook over med heat until brown on the underside. Turn over and brown reverse.

Note: The recipe may need more milk to get the right consistency for crepes. Crepes should be as thin as possible while still holding together.

Source: Based on 'Joy of Cooking' French Pancakes

## ***French Toast***

bread  
egg  
milk

sugar  
cinnamon  
salt

French toast really doesn't have a recipe at least my version. I usually use about two eggs per person and add about 1T of sugar per person and add an equal amount of milk (a bit more) as egg. Stir it up well with a pinch of salt and a bit if cinnamon.

It is best to use French bread or something fairly coarse and substantial. Fresh plastic bread just disintegrates. Heat up a skillet with some margarine and soak the bread in the egg mixture. Be careful that you don't soak too long as it will all break apart as you try to get it onto the pan. Sometimes I soak it and get it onto the pan and then spoon on some extra egg mixture to get it nice and moist. Lower the heat to medium and cook until brown on one side then flip. You need

to cut it open a bit to make sure the egg mixture is cooked through and it is not runny. It really varies according to the amount of egg and the type of bread.

## **Granola**

4 c old fashioned rolled oats (not instant or quick cooking)

2 c raw wheat germ

1 c hulled sunflower seeds

1 c sesame seeds

$\frac{3}{4}$  c honey

2T + cinnamon

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

Optional: allspice, clove, nutmeg

Optional: bran, flax seeds, any other interesting grains and seeds. If you are adding other grains than measure so that the wheat germ, sunflower seeds, sesame seeds and whatever else you add, make a total of 4 cups.

Optional: currents, dried cranberries or other dried fruit.

Stir up whole mess thoroughly. Bake in a flat pan in 200F oven for at least one hour, stirring occasionally (until lightly browned). Let cool then refrigerate.

Notes: You might want a little more oil and honey, especially if you add more optional ingredients. Depending on how deep the mixture in the pan (for double recipes) you might need to cook longer and stir more often. Add fruit at end, about 15min before finished so it doesn't overcook.

## ***Maple Syrup***

1 $\frac{3}{4}$  cup white sugar

$\frac{1}{4}$  c brown sugar

1 c water

Place in microwave proof bowl and stir well. Bring to a boil and boil for 1 minute (take about 6 minutes to boil). Cool slightly and add  $\frac{1}{2}$  t vanilla and  $\frac{1}{2}$  t maple syrup. Stir to mix thoroughly.

Note: If you can't have real maple syrup this is better than any of the commercial brands.



## **Orange Oatmeal Muffins**

1 orange  
¼ c sugar  
1T baking powder  
1 cup quick oatmeal

1 egg beaten  
¼ c milk  
3 T oil

### **Topping**

2 T sugar  
1 T flour

1 T melted butter  
¼ t cinnamon

Finely grate orange (1t rind) and squeeze juice to make ½ c. Mix together flour, sugar, baking powder and oats. Make a well in center. Combine oil, egg, milk, peel and juice and add to flour mixture all at once. Mix only until combined. Fill greased muffin tins or paper muffin liners 2/3 full. Sprinkle with topping mixture and bake 400 (200) for 15 minutes until golden.



## ***Overnight Cinnamon Rolls***

Place:

2T yeast in 1 c warm water mixed with 2 t sugar. Let sit 10 min until bubbly.

Heat until butter melts:

½ c milk

½ c sugar

¼ c butter or margarine

1 t salt

Let cool until lukewarm. Add to yeast mix. Stir in 2 eggs and add 2 c flour. Mix well and gradually add in about 3 more cups flour. Knead 10 minutes until springy and elastic. Shape into ball cover with clean cloth and let rest 20 minutes. Divide dough in half and roll each into rectangle 9 x 18 inches.

Spread each rectangle with melted butter and sprinkle over half of a mixture of 1 ½ c brown sugar, 1T cinnamon (1 cup raisins optional)

Roll up like a jelly roll from the long side. Cut each into 12 pieces and place cut side down in a greased 8" or 9" square pan. Brush with a little oil or melted

butter. Cover with saran wrap and put in fridge overnight. Remove and let stand 20 minutes. Bake at 350F for 25 min.

Glaze with a mixture of icing sugar and milk when cool

Note: This is a nice thing to make for breakfast if you have house guests because you can make it the night before.

## ***Refrigerator Bran Muffins***

4 c whole wheat flour

3 c natural bran

¼ c brown sugar

1 t salt

2 t baking soda

1 c raisins

4 eggs

¾ c cooking oil

1-1/2 molasses

2-1/4 buttermilk

Combine dry.

Beat eggs add the rest of ingredients and mix with dry.

Store 24 hours before baking.

Bake in muffin tin 375°F 15-18min. Keeps 3-4 weeks.



## **Spicy Carrot Muffins**

1½ c flour

¾ cup brown sugar

1 t baking soda

1 egg

1 t baking powder

1/3 c oil

½ t salt

½ t cinnamon

½ c sour milk (put ½ t vinegar in cup  
and add enough milk to make ½ c)

½ c raisins (optional)

¼ t allspice or cloves

¼ t nutmeg

1 t vanilla

Pinch ginger

1 c finely shredded (grated) carrots

Combine all dry ingredients together in a bowl. Whisk egg, oil, milk and vanilla together and add to flour- mixing only until combined. Stir in 1 c carrots and raisins. Spoon into muffin cups and bake 375 for 20 to 25 minutes. Makes 1½ dozen.



## **Whole-wheat Pancakes**

½ c flour sifted  
1/2 t salt  
½ t baking powder

3/4 t baking soda  
1 c whole-wheat flour

Mix in a bowl. Combine in another container:

2 T sugar  
1 egg

2 c buttermilk or slightly diluted yogurt  
(or slightly sour milk)  
2 T oil (not olive)

Mix in liquid into dry ingredients. Stir just to combine (a few lumps are OK). Heat griddle or Teflon fry pan until a drop of water will bounce and splutter. Lightly grease pan and drop on batter. Let cook until edges appear dry and bubbles JUST start to appear on the surface. Turn and let cook on other side.

Source: 'Joy of Cooking' called whole-grain griddle cakes

Note: It works out fine if you use all white flour.

