

Sunflower or Almond Butter

Place 1 cup of raw sunflower seeds or raw almonds in bottom of blender. Add olive oil to cover about half way. Blend on high until desired consistency. May need to add more oil. Add salt to taste and use in place of peanut butter. Keep refrigerated.

Granola

18 C. rolled oats
4 C. wheat germ

1 ½ T. sea salt
1 ½ C. sunflower seeds

Mix together:

2 C. oil
1 ½ C. water

2 ½ T. vanilla
1 ½ C. honey

Pour over dry ingredients and mix well. Spread on trays and toast in low heat oven. Stir as needed.

Can add sesame seeds, coconut, puffed wheat, dried fruits, nuts as desired.

Granola

8 C. rolled oats
3 C. sliced or slivered almonds
1 C. sucanat
1 t. sea salt

1 t. ground cinnamon
½ C. oil
½ C. honey
2 t. vanilla

3 C. raisins or dried cranberries

Mix the oats, almonds, sucanat, sea salt, and cinnamon. In saucepan, warm the oil and honey. Whisk in vanilla. Pour over the oatmeal mixture. Stir gently and spread on 15 X 10 baking sheet. Bake 40 minutes at 300°. Stir every 10 minutes. Stir in raisins or cranberries when cool.

White Corn Grits

Bring 4 C. water and ½ t. sea salt to boil. Add 1 C. grits. Reduce heat to medium. Cook 2 ½ -5 minutes, stirring frequently. Remove from heat and let stand until thickened.

Tapioca

Can be ground fine in blender to make minute tapioca, cooks fast and is a great thickener for fruit pies, etc.

Small Pearl Tapioca

Bring 6 C. water and pinch of salt to a boil. Add 1 C. small pearl tapioca. Return to boil. Put lid on and turn off heat. Let sit for at least one hour. Add 1/3 C. gelatin and 1 C. sweetener. Cool. Add 1 C. whipped cream and any fruit.

A HOMESTYLE COOKBOOK

From
HoMe

Homestyle Mercantile

An Unincorporated Business Trust

105 E. Hwy. 64

Mulberry, AR 72947

479-99-STORE (997-8673)

www.homestylemercantile.com

Carob

Carob is high in calcium. Carob is free from the stimulants caffeine and theobromine found in chocolate. It is also naturally sweet, so carob products will generally contain substantially less sugar than their chocolate counterparts. Carob powder can be substituted for cocoa powder in any recipe. Carob is up to 8% protein and contains vitamins A, B, B2, B3 and D. It is also high in calcium, phosphorus, potassium and magnesium and contains iron, manganese, barium, copper and nickel.

Hot Carob Milk

2 T. Carob powder dissolved in water
Tiny pinch of salt
2 C. milk
½ t. vanilla

Put milk into carob mixture and heat slowly. Add vanilla. A little honey, stevia, or other sweetener can be added to taste.

Cold Carob Milk

Stir 1 heaping t. carob powder with 3 t. milk in a glass. Fill glass with fresh, cold milk. Add a little vanilla and sweetener if desired.

Gingerbread Carob Cake

1 ¾ C. whole wheat flour	¼ C. oil
2 ½ t. baking powder	1/3 C. evaporated cane juice
¾ t. ginger	1 egg, well beaten
½ t. cinnamon	2/3 C. molasses
½ t. salt	¾ C. milk
½ C. soy flour	3 T. carob

Cream oil and sugar, add egg and molasses. Then add dry ingredients alternately with milk in small amounts. Bake at 350° for about 45 min.

Lentil Soup

2 C. lentils	1 small onion
2 qts. cold water	½ C. carrot
¾ C. cooked chicken	2T. flour
½ C. diced celery	2 t. salt

Combine all and cook in a crock pot or cook slowly several hours on stove top.

Lentil Soup

½ lb. lentils	½ C. chopped onion
6 c. water	1 ½ t. salt
2 carrots	½ lb. turkey sausage,
2 stalks celery, chopped	cooked

Combine all in sauce pan and simmer until the lentils are soft or put in Crock Pot until tender. Can substitute some green or yellow split peas for the lentils.

Millet Pilaf

1 C. whole millet	¼ t. black pepper
2 T. butter	1 qt. chicken broth
2 onions, chopped	1 C. sour cream
2 carrots, sliced	

Place millet in a dry skillet and brown over medium heat. Place millet in a casserole. Add butter to skillet and sauté onions until lightly browned. Add to millet. Add carrots and pepper to casserole and pour broth over all. Bake tightly covered, 1 ½ hours at 350° or until millet is soft. It may be necessary to add more broth during cooking. Stir in sour cream when ready to serve. Can substitute pearled barley for the millet and reduce cooking time to 45 min.

Pearled Barley

Toss a handful into soups or grind with grains to add to bread. See also recipe above.

Kamut

Kamut is a high protein grain, generally containing 30% more protein than wheat. As this grain hasn't been altered by modern plant breeders, it retains its ancient nutrition, flavor and goodness. Due to its slightly higher fatty acid content, Kamut can be considered a high energy grain, and compared to wheat, Kamut also contains elevated levels of vitamin E, Thiamin, Riboflavin, phosphorus, magnesium, zinc, pantothenic acid, copper and complex carbohydrates. Kamut can be used in place of all the different wheats; the hard and soft varieties and also durum wheat. Many people who are allergic to wheat can tolerate Kamut.

Kamut Flatbread

2 C. Kamut flour
1/2 t. sea salt
1 T. sucanat
2 t. baking powder
1 C. plain lowfat yogurt
2 T. oil

Mix flour, sea salt, sucanat, and baking powder in a medium bowl. Add yogurt and oil. Stir until the flour is moistened and a smooth, stiff dough forms. Turn the dough onto a greased baking sheet. Form the dough into a loaf 20 cm in diameter and 1 cm thick. Prick the top with a fork. Bake for 10 to 15 minutes at 450° until loaf is browned. Cut into wedges and serve warm.

Veggie Flakes

Can easily be added to soups. Use in meatloaf instead of oatmeal. Are a great snack right out of the package.

Good for You Cookies

½ lb. butter
¾ c. honey
2 eggs
3 C. oatmeal
1 t. baking soda
2 C. whole wheat flour
½ C. carob chips
2 t. wheat germ

Mix in order. Grease cookie sheet and bake at 325° until light brown.

Quinoa

Quinoa has more protein than any other grain, and contains all eight essential amino acids. It cooks in half the time of rice and can be used similarly in recipes.

Basic Quinoa

1 cup dried quinoa
2 cups chicken broth
1/2 teaspoon salt

Combine the quinoa, broth, and salt in a small saucepan. Bring to a boil and simmer, covered, until all the water has been absorbed and the grains have puffed up, about 15 minutes.

Millet

Use millet as a cereal, in soups, and for making a dense, whole grain bread. It is considered to be one of the least allergenic and most digestible grains available. The flavor of millet is enhanced by lightly roasting the grains in a dry pan before cooking; stir constantly for approximately three minutes or until a mild, nutty aroma is detected. If millet is presoaked the cooking time is shortened by 5 to 10 minutes.

Millet

1 C. millet
1 onion
1 carrot
4 C. water
olive oil
1 T. soy sauce

Toast millet in a dry pan until it pops and turns a golden color. Remove millet from pan. Pour enough oil in pan to lightly coat bottom. Saute chopped onion until it turns translucent. Add chopped carrot (a cup of chopped hard squash works ok too). Saute a few minutes more. Add water, millet and about a tbs. of high quality soy sauce or tamari. Bring to boil and then simmer covered for about 20 minutes. Can add herbs and spices to taste.

Veggies & Millet

1 C. millet
olive oil
½ c. dried soup greens
5 C. water
salt and pepper taste

Put millet and olive oil in skillet and brown. Add water and dried soup greens and let simmer until millet is soft to chew.

Bean Soup

Mix any combination of beans together and soak overnight. Drain water and refill the pot to at least 2 inches over the level of the beans. Season with salt, pepper, hot sauce, onion, etc. Add a bay leaf while cooking and remove to serve when the beans are soft. Can add ground sausage.

Baked Beans

4 C. beans
¾ C. catsup (can be partly tomato juice)
Sucanat
Salt and pepper
Parsley
Basil

Soak beans overnight. Cook until soft. Add other ingredients and bake for 1 hour at 350°.

Cream soup mix

2 C. powdered milk
¾ C. corn starch
¼ c. bouillon
2T. dried onion
¼ t. pepper
1 t. basil
1 t. thyme

Mix all ingredients. When ready to use, add 1/3 C. of mix to 1 ¼ C. water and heat until thickened. Use in place of canned cream soups.

Cheddease Cheese Powder

Directions for cheese sauce: Blend 1/4c. cheese powder and 2 T. cornstarch in saucepan. Stir in ½ c. milk and 1 T. butter. Place on medium heat, stirring with whip until thick and heated through. Use also as a Soup Base, in Casseroles, Potato dishes, and Macaroni and Cheese.

On Popcorn

3 T. butter, melted
¼ C. (or more) Cheddease
cheese powder
¼ t. mustard powder
¼ t. cayenne powder
4 C. popped popcorn

In a large bowl. combine the butter, cheddar cheese powder, mustard powder, cayenne pepper, and the popcorn. Season with salt and pepper, to taste, and toss to combine. Serve immediately.

Sesame Crackers

3 C. whole wheat flour
1 C. yellow corn meal
1 t. sea salt
¾ C. oil
Water
Sesame seeds

Mix flours and salt together. Stir in the oil. Add water gradually until the dough holds together but is soft enough to roll. Do not knead too much. Roll out thin, sprinkle with seeds, and lightly roll seeds into dough. Cut into squares. Bake at 375° for about 20-30 min. or until lightly browned. To make bread sticks, use 1/3 C. oil. Roll into long, thin sticks, and then roll in seeds. Bake until crisp.

Whole Wheat Pancakes or Waffles

2 C. whole wheat flour 4 T. oil
2 C. milk 2 eggs
½ t. salt 2 t. baking powder

Mix together in order. Can add a little more oil when making waffles. Very good with blueberries or sausage added. Easily doubled or tripled. Can substitute other types of flours for different tastes and textures.

Jodi's Homestyle Bread

3 C. warm milk 3 T. yeast
¾ C. oil 2 t. salt
4 beaten eggs 4 T. gluten
¾ c. honey ~12 C. whole wheat flour

Heat milk to lukewarm. Put oil in bowl. Beat eggs and add honey. Add milk. Add some flour and beat well. Add gluten and yeast. Gradually add rest of the flour and knead for about 5 min. Add salt and knead for about 2 min. more. Make into loaves. Let rise. Bake 30 min. at 350°. Makes 4 loaves.

If you don't use instant yeast you need to add it to the warm milk first and let it start bubbling then add to the mixture. It is easier to first add the oil then the other liquids, including the eggs. It will mix smoother and if you use the same cup to measure, the honey will come out better if the oil is in the cup first. Sometimes you need to add more flour than the recipe calls for. It should be a smooth ball that doesn't stick to your hands. If you are using a mixer to mix it up, it should pull away from the sides of the bowl and not stick back after kneading a while. Add the salt last because it actually slows down the yeast growth. This way it gets a bit of a chance to get going before the salt is added. You can also add 2 c. of rye or oat flour in place of some of the wheat and it turns out great.

Whole Wheat Bread

4 ½ C. warm water
¼ C. oil
¾ C. honey
3 T. yeast
2 T. lecithin granules
1 C. gluten
~12 C. fresh ground whole wheat flour
2 t. salt

Add liquids to the bowl. While mixing, gradually add 6 C. flour, yeast, lecithin, and gluten. Scrape bowl and let sit for about 10 minutes. While mixer is on gradually add 4 C. flour. Add salt. Add rest of the flour until the bowl comes clean. Let knead for 5 minutes. Shape into 4 loaves. Let rise until rounded over pan. Bake at 350 for 30-35 minutes.

Corn Bread

1 ½ C. fresh ground cornmeal ½ C. cream
1 C. whole wheat flour 1 ¼ C. milk
2 t. baking powder 1 egg
1 t. salt

Mix all together and bake at 375° for 30 min. or until brown.

Pizza Dough

1 ½ C. warm water 1 t. salt
1 T. yeast 2 T. oil
1 t. sugar 3 ½ C. whole wheat flour

Put yeast and sugar into water. When dissolved, put in flour, salt, and oil. Mix, then set aside awhile. Put on sheets and press out. Makes 3 crusts.

Dinner rolls

1 T. yeast 2 C. hot water
½ C. warm water ½ c. butter
Mix together. 2 ½ t. salt
4 T. cane juice

Mix and let cool. When cool, add to yeast mixture and add 2 beaten eggs. Add 6-7 cups of flour until it is easily kneaded and doesn't stick to things. Pinch off balls half the size of the rolls needed and place in pan to rise. Once risen, bake at 350° for about 25 min.

Deep Dark Secret Cake

3 C. chopped dates 1-2 (11 oz.) cans mandarin
1 C. honey oranges, drained
1 C. pecans or walnuts, chopped 1 20 oz. can crushed pineapple,
1 cup flaxseed mixture or 4 eggs undrained
½ C. whole wheat pastry flour 1 pint whipping cream- whipped
1 t. baking powder and sweetened with honey or
¼ t. sea salt stevia
2 t. vanilla ¼ c. pecans or walnuts, chopped
3-4 ripe bananas, sliced

Combine first 8 ingredients in a bowl, stir well. Spread into a greased, 9 x 13 pan and bake at 350° for 30 minutes. One hour before serving, break up half of the cake into bite-sized pieces and put them on a cake platter. The cake will be a bit gooey. Cover with the sliced bananas and oranges. Break up the other half of the cake and layer it on top of the fruit. Cover this with the undrained pineapple. Finally, cover with whipped cream and sprinkle with chopped nuts.

Flax

Always grind your flax fresh just before using. Add it to pancakes, cakes, cookies, breads, rolls, casseroles, meats, or sprinkle on top of your cereal. It can work as an egg substitute in recipes. 1 T. of ground flax added to 3 T. of water is equal to one egg. To replace some of the fat in recipes, add 3 T. ground flax for every 1 T. of oil or butter you are replacing. Watch it closely as it will brown sooner.