

AGRHS HOME ECONOMICS RECIPES

(Mrs. M. Young's class)



**Compiled from various sources
and tweaked with experience!**

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BISCUITS & PANCAKES

APPLE SCONES

2 C	Flour
1/4 C	Sugar
2 tsp	Baking Powder
1/2 tsp	Baking Soda
1/2 tsp	Salt
1/4 C	Margarine or Butter
1 C	Shredded Apple
1/2 C	Milk

Milk for brushing tops
Sugar for sprinkling
Cinnamon for sprinkling

METHOD:

Measure flour, sugar, baking powder, soda and salt into large bowl. Cut in butter until crumbly.

Add shredded apple and milk. Stir to form soft dough. Turn out on lightly floured surface. Knead gently 8-10 times. Pat into two 6 inch (15cm) circles. Place on greased baking sheet. Brush tops with milk. Sprinkle with sugar then with cinnamon. Score each top into 6 pie shaped wedges. Bake at 425° oven for 15 minutes until browned and risen. Serve warm with butter. Yield: 12 scones

Baking Powder Biscuits (Tea Biscuits)

2 C Flour
4 tsp Baking powder
½ tsp Salt
½ C Shortening
¾ C Milk

Method:

1. Preheat oven to 425°
2. Combine dry ingredients in a mixing bowl.
3. Cut in fat, using a pastry blender until the mixture is coarse.
4. Add the milk gradually, working it in with a fork (tossing) until the mixture forms a ball. (Too little liquid makes a stiff dough which will crumble or crack; too much makes a sticky dough which will be difficult to handle.)
5. Turn the dough onto a lightly floured counter. Knead lightly by folding the dough and pressing gently with the heel of the hand. Repeat about 6 times, turning dough slightly and picking up a little flour each time, so that it is evenly kneaded.
6. Roll out dough with a floured rolling pin about 1cm thick.
7. Cut with a floured inverted glass.
8. Place on an ungreased baking sheet.
9. Bake until golden brown, about 10 – 15 minutes.

Yield: approximately 12 biscuits

Crepes

1C Flour
1 ½ C Milk
2 Eggs
2 Tbsp Sugar
1 Tbsp Oil
Pinch of Salt

Method:

1. In mixing bowl combine the flour, milk, eggs, sugar, oil and salt. Beat with mixer till smooth.
2. Heat pan till water dropped on surface sizzles. Pour in about 2 Tbsp of batter.
3. Lift and tilt skillet to spread the batter. Return to heat and cook on one side only till browned.
4. Loosen crepe by running plastic flipper around edges of crepe in pan.
5. Invert pan over paper towel; remove crepe. Repeat with remaining batter.

Makes 16-18 6-inch crepes.

To fill a crepe, spoon some of the filling along the center of the unbrowned side of the crepe. Fold the two opposite edges so they overlap atop the filling.

PANCAKES

1 C Flour
2 tsp Baking Powder
1/2 tsp Salt
2 T Sugar
1 Egg
1 C Milk
2 T Oil

METHOD:

1. Measure flour, baking powder, salt, and sugar in a mixing bowl.
2. In another bowl, beat egg well. Add milk and oil.
3. Make a "well" in dry ingredients and add liquid ingredients. Stir gently until flour is moistened. Batter will be lumpy!
4. Place frying pan on stove element and turn on to # 8 and heat until a sprinkle of water sizzles (dances) in pan. (These frying pans are teflon so you shouldn't need to add any oil to pan. If you see that it is sticking, you can add a couple of drops for your next batch.)
5. Pour batter (using a dry measuring cup) in frying pan.
6. Cook pancakes until bubbles begin to burst. (Shiny surface will dull.)
7. Gently flip over and cook about one minute until nice & golden. (**** Use a plastic flipper to do this! Not the metal one as it will scratch the frying pan!)

Quick Cinnamon Rolls

2/3 C Brown sugar (packed)
1/4 C Butter (melted)
1 tsp Cinnamon
1/3 C Raisins (optional)

2 C Flour
2 Tbsp Sugar
4 tsp Baking powder
1 tsp Salt
1/2 C Shortening
3/4 C Milk

Icing (see below)

METHOD:

1. In a small bowl, mix together brown sugar, butter, cinnamon and raisins. Set aside.
2. In a large bowl, combine flour, sugar, baking powder and salt. Mix thoroughly.
3. Cut in shortening until mixture resembles coarse crumbs.
4. Add milk all at once, stirring quickly with a fork to make a soft , slightly sticky dough; don't over mix.
5. Turn out onto lightly floured surface, gather gently into a ball and knead lightly about 10 times. Roll out dough to 12x 10 rectangle
6. Spread filling evenly over dough. Roll up; pinch edge to seal. With a sharp knife, cut into 12 slices. Place in paper-lined muffin tins. Bake at 375° F oven for 15-18 minutes or until dough is golden brown.
7. Let stand about 3 minutes, then turn out onto cooling rack. Glaze or drizzle with icing if desired.
8. ICING: For glaze, mix together ½ C icing sugar, 1 Tbsp milk and ½ tsp vanilla. Spoon over the top of hot rolls, using back of spoon to coat evenly. Let cool slightly, serve warm. For drizzle, increase icing sugar to ¾ C. Let rolls cool until just warm, drizzle icing over tops.

WAFFLES

3 Eggs
1 C Milk
1/4 C Vegetable Oil
2 C Flour
1/2 tsp Salt
1 Tbsp Baking Powder
1 Tbsp Sugar

Method:

1. Whisk eggs in a bowl until thick. Add milk and oil.
2. Measure dry ingredients in another bowl.
3. Add liquid to dry; stir only until combined.
4. Cook in waffle maker.

BREADS & PIZZAS

Apple Cinnamon Pizza

Pizza Dough:

1 C (and if needed gradually add up to another ½ C) Flour
1 t Yeast
1/2 t Salt
1/2 C Hot water
1 1/2 t Oil

Method:

1. Dissolve 1 t yeast in 1/2 C hot water. Add oil.
2. Gradually add flour and salt.
3. Turn out on floured surface and knead approximately 5 minutes.
4. Place dough on lightly oiled pizza pan and work with hands to fit pan.

Topping:

2-3 apples (depending on size)
3 T sugar
2 T melted margarine
1 T lemon juice
1 1/2 t cinnamon

Method:

1. Combine topping ingredients in a bowl. Sprinkle over the base.
2. Bake in 425° oven for 15 mins. or until crust is golden. Cut into 8 slices.

Glaze: Optional... Mix together 1/2 C Icing sugar + 1-2tsp hot water and drizzle over Apple Pizza



DECEMBER WREATHS

Dough:

1 Tbsp Yeast
1 2/3 C Warm Water
1 Tbsp Sugar
1/2 tsp Salt
3 1/2 – 4 1/2 C Flour

Method:

1. Preheat oven to 400°F.
2. Grease 2 pie plates.
3. In large bowl, sprinkle yeast over warm water and stir with a wooden spoon until dissolved.
4. Add sugar and salt, and stir.
5. Stir in flour gradually to form a soft, sticky dough.
6. Turn out on well-floured counter and knead for 5 minutes.
7. Divide dough in half and roll out to form 2 flat sheets about 9"x9" each.
8. Spread with:
1/4 C Margarine
1/2 C Brown sugar
2 tsp Cinnamon

*Optional: 1/4 C Coconut
1/3 C Raisins
1/4 C Chopped Cherries

9. Roll up and put in pie plate around the outside.
10. Cut to form wreath.
11. Bake 15-20 minutes

When warm, drizzle with glaze and decorate with cut up pieces of cherries.

Glaze: 1 C Icing Sugar
1 Tbsp Warm Water
1/2 tsp vanilla

YIELD: Two 9" wreaths

PIZZA

DOUGH:

1 1/2 tsp	Yeast
3/4 C	Warm water
1/2 tsp	Salt
1/2 tsp	Sugar
1 Tbsp	Oil
1 1/2 - 2 C	Flour

METHOD:

1. Preheat oven to 425°
2. Sprinkle yeast over water and stir until the yeast is dissolved.
3. Add the sugar and salt and stir gently. Stir in the oil.
4. Slowly add the flour to the liquid. (*Remember you might not need all the flour!)
5. Knead the dough until it is smooth (about 5 mins.). Cover the dough with a towel and let the dough rise for 5 minutes.
6. Oil the pizza pan lightly with your hands. Place dough in the middle of the pan and spread the dough to the edges.

TOPPINGS:

1. Spread pizza sauce over the dough. Use about 1 C (250ml or 8oz.)
2. Place desired toppings over sauce. (Pepperoni, green pepper, mushrooms etc.)
3. Add grated cheese last.
4. Bake at 425° for 20-25 mins.

PIZZA SNACKS

DOUGH:

1 T. Yeast
1 C. Warm Water
1 tsp Sugar
1 tsp Salt
2 T. Oil
2 1/2 C Flour (remember...you might not need all of this!)

METHOD:

1. Put warm water in a bowl.
2. Sprinkle yeast over water and stir until the yeast is dissolved.
3. Add the sugar and salt and stir gently.
4. Stir in the oil.
5. Slowly add the flour to the liquid, stirring until the mixture forms a ball. Knead the ball of dough until it is smooth (about 5 minutes).
6. Cover the dough with a towel and let the dough rise for 5 minutes.
7. Roll out dough into a rectangle. Cut out circles of dough and place on a lightly oiled baking sheet.
8. On each circle, place a small amount of pizza sauce and top with mozzarella cheese.
9. Place in oven (425°) for 10 minutes (or until done).

Soft Pretzels

1 Tbsp yeast
1 1/3 C. Warm water

1 Tbsp Sugar
1/2 tsp. Salt
3 1/2- 4 C. Flour

1 Egg
1 Tbsp Water

2 Tbsp Coarse Salt

METHOD:

1. Preheat oven to 425degrees F.
2. Grease 1 baking sheet (may need another).
3. In a large bowl, sprinkle yeast over warm water. Stir with a wooden spoon until well blended and yeast is dissolved.
4. Gradually stir in sugar and salt and enough flour to form a soft and slightly sticky dough.
5. Turn dough out onto a well-floured counter. Knead for about 5 minutes. (To KNEAD: fold dough towards you; with the heels of your hands, push dough away with short rocking motions; rotate dough a quarter turn and repeat motion.) Add more flour if necessary until dough is smooth and elastic. The dough should not stick to the counter or your hands.
6. Cut dough in half. Then cut each half into 6 equal sized pieces.
7. With floured hands, roll one piece of dough back and forth between palms of hands to form a rope. Continue rolling and stretching until the rope is approximately 15 inches long.
8. Place rope on baking sheet forming a pretzel shape. Place pretzels 3 inches apart. Enlarge holes in pretzels by inserting thumb and index fingers into holes. Repeat steps #7+8 with remaining dough.
9. In a small bowl, mix together egg and water with fork. Brush mixture on pretzels. (**Only ONE egg wash for a kitchen.**)
10. Sprinkle pretzels with coarse salt.
11. Bake 15-20 minutes.

CAKES & SQUARES

CHOCOLATE CUPCAKES

3 T	Cocoa
5 T	Margarine
3/4 C	Sugar
1	Egg
1 t	Vanilla
3/4 C +2 T	Flour
3/4 t	Baking soda
1/4 t	Salt
1/2 C	Cold water

METHOD:

1. Preheat oven to 350° F.
2. Place paper liners in muffin tins.
3. Using an electric mixer, cream the margarine.
4. Add the cocoa slowly. Beat in the sugar and beat until light. Add the egg and vanilla. Beat well.
5. In a separate bowl, measure the flour, baking soda, and salt. Mix.
6. Add this to the first mixture slowly and blend well.
7. Add the cold water slowly and beat until smooth.
8. Fill the muffin tins with batter 1/2 – 3/4 full.
9. Bake for 15-20 minutes or until toothpick comes out clean. Remove from pan and cool on cooling racks.

CHOCOLATE ICING

Melt 2 T margarine, add 1/4 C cocoa, slowly add 1 C icing sugar, 1/2 t vanilla, and 1-2 T milk or hot water. Beat with a wooden spoon or electric mixer until smooth. Place on the tops of the cupcakes.

WHITE ICING

Same as above, except OMIT the cocoa.

Butterscotch Squares

1/4 C margarine
1 C brown sugar
1 egg
1/2 tsp vanilla
1 C flour
1 tsp baking powder
1/4 tsp salt

METHOD:

Melt margarine and sugar in a saucepan. Let cool a few minutes before adding unbeaten egg and then stir quickly. Add vanilla. Add remaining ingredients. Place in a greased 8x8 baking pan. Bake at 350° for 20 minutes or until tested done.

(I sometimes add 1/2 C coconut to this!)

"Fudgey" Brownies

In a bowl put:

3/4 C cocoa

1/2 tsp baking soda

1/3 C vegetable oil

Add 1/2 C boiling water. Beat (with a wooden spoon) until mixture thickens.

Add:

2 C white sugar

1/3 C vegetable oil

1 tsp vanilla

2 eggs

1 1/2 C flour

1/4 tsp salt

Bake at 350° in a greased 9 X 13 pan for 20-25 mins. (or until tested done)

These are great served warm with ice-cream and chocolate sauce.

GRANOLA BARS

Mix together: 2 C rolled oats
 ¼ C softened butter
 ¼ C corn syrup
 ½ C brown sugar
 1 tsp vanilla
 ½ tsp salt

Press into a 8x8" greased pan.

Bake at 350° 15 minutes.

Sprinkle with ½ C chocolate chips. Let sit for a few minutes and then spread with a metal spoon.

Let cool and then cut into bars.

HINT: If you are making this at home...

Bake for 15 minutes...let cool and then spread ¼ C Peanut Butter over top.

Melt: ¼ C chocolate chips with 1 tsp butter and then spread over the top of peanut butter. Really yummy!!!

Wacky Cake

Wacky cake is a timeless recipe that has been passed down from generation to generation. It is touted as a Depression era cake and originated during wartime rationing when ingredients such as milk, butter and eggs were scarce.

1 1/2 C flour
1 C sugar
3 Tbsp cocoa powder
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1/3 C oil
1 Tbsp vinegar
1 tsp vanilla
1 C warm water

Method:

1. In ungreased 8" square cake pan, combine flour, sugar, cocoa, baking powder, baking soda and salt; shake to level off.
2. Make 3 holes in mixture; pour oil into one, vinegar into second and vanilla into third.
3. Pour warm water over all; mix thoroughly with fork.
4. Bake in 350° oven for 30 mins. or until tested done.
5. Easy frosting: top hot cake with 1/2 C chocolate chips and spread when softened.

COOKIES

Chocolate Chip Cookies

1/2 C	Shortening
1/2 C	Sugar
1/4 C	Brown sugar
1	Egg
1 tsp	Vanilla
1 C	Flour
1/2 tsp	Baking soda
1/2 tsp	Salt
1/2 C	Chocolate Chips

METHOD:

1. Cream together the shortening, sugars, egg and vanilla. Using a wooden spoon, beat the mixture until it is smooth.
2. Mix together the dry ingredients. Add slowly to the creamed mixture. Mix well
3. Stir in the chocolate chips.
4. Drop by spoonfuls on ungreased cookie sheet.
5. Bake at 350° for 8-10 minutes.
6. Cool slightly and remove onto a cooling rack.

Yield: 1 dozen cookies

Dad's Cookies

$\frac{3}{4}$ C	Flour	$\frac{3}{4}$ C	Rolled oats
$\frac{1}{2}$ tsp	Baking soda	$\frac{1}{4}$ C	Coconut (flaked)
$\frac{1}{4}$ tsp	Salt	90 ml (or 6 Tbsp)	Oil
$\frac{1}{2}$ C	Sugar	1	Egg
$\frac{1}{2}$ C	Brown sugar	$\frac{1}{2}$ tsp	Vanilla

Method:

1. Preheat oven to 350°. Grease cookie sheet.
2. In a bowl, stir together the flour, baking soda, salt, sugar, brown sugar, oats and coconut. In a separate bowl, combine the oil, egg and vanilla.
3. Make a well in the center of the dry ingredients and pour in the wet ingredients. Mix well with a wooden spoon.
4. Roll the dough into small balls and place on cookie sheet.
Flatten slightly with fork.
5. Bake for 10-12 minutes. Cookies should be a very light brown and chewy- not crisp. Cool for a couple of minutes on the baking sheet before removing to wire racks to cool completely.

MOLASSES GINGER COOKIES

1 C	sugar
½ C	shortening
¼ C	molasses
1	egg
1 ¾ C	flour
1 tsp	baking soda
1 tsp	ginger
½ tsp	cloves
½ tsp	cinnamon

METHOD:

Cream together with a wooden spoon, sugar & shortening until fluffy. Add eggs and molasses and beat well. Add dry ingredients, small amounts at a time, mixing well.

Form into 1 inch balls, roll in a small amount of sugar. Flatten gently with a fork. Place on ungreased baking sheet 2 inches apart. Bake in 350°F oven, about 10 minutes, until lightly brown on bottom.

STOVETOP OATMEAL COOKIES

2 C Sugar
4 Tbsp Cocoa
1/2 C Margarine
1/2 C Milk
3 C Oatmeal
1 tsp Vanilla

Mix sugar, cocoa, margarine and milk in saucepan. Bring to rapid boil and boil for 3 minutes. Remove from stove. Stir in oatmeal and vanilla.

Drop by spoonfuls onto a cookie sheet. Let cool until firm. Remove and make sure they are well covered!

N.B. These cookies only turn out if the "3" minutes is EXACT!!!!

SUGAR COOKIES

1/2 C Shortening
1 C Sugar
2 Eggs
1 tsp Vanilla (white)
2 1/4 C Flour
3 tsp Baking Powder

Method:

1. Cream shortening, add sugar and mix until light. Add eggs and beat, add vanilla.
2. Mix flour and baking powder together. SLOWLY add to egg mixture. (May have to use hands to work dough)
3. Roll and cut out. Sprinkle with granulated sugar (add cinnamon or colouring) or you can make an icing (recipe below) to decorate after cookies are baked.
4. Bake on ungreased cookie sheets at 350° for about 8 mins. Remove carefully with a metal spatula. DO NOT OVERBAKE!!!

Icing: 2 T shortening
 1C icing sugar
 1 – 1 1/2 T hot water
 1/2 tsp vanilla

MUFFINS & QUICK BREADS

APPLE MUFFINS

2 C	Flour
2 tsp	Baking Powder
1/4 tsp	Salt
1/2 C	Sugar
1	Egg
1 C	Milk
1/3 C	Vegetable oil
1 C	Apples, chopped

TOPPING:

1/2 tsp	Cinnamon
1/4 C	Brown Sugar

METHOD:

Mix flour, baking powder, salt and sugar. Make a well in dry ingredients. In another bowl, combine egg, milk and oil. Add to the dry ingredients in the well. Stir until just moistened. Stir in apples. Combine the brown sugar and cinnamon together. Sprinkle over the top of the muffins. Bake at 350° for 15-18 mins

Banana Bread

- 1 C White sugar
- ½ C Vegetable Oil
- 2 Eggs
- 3 Ripe Bananas; mashed
- 2 C Flour
- 1 tsp Baking soda
- ½ tsp Baking powder
- ½ tsp Salt
- ¼ C Orange juice

METHOD:

1. Beat sugar & oil together in a large bowl. Add eggs & the mashed bananas. Beat well with a wooden spoon.
2. Measure the flour, baking soda, baking powder & salt together.
3. Add to the banana mixture and combine well.
4. Add the orange juice and mix.
5. Pour into a greased & floured 9x5x2 1/2" loaf pan.
6. Bake at 350° about 1 ¼ – 1 ½ hours or until tested done.
7. Turn out and cool on rack.

Carrot Oatmeal Muffins

1 ½ C	Flour
1 C	Oats
½ C	Brown sugar (packed)
1 Tbsp	Baking powder
½ tsp	Cinnamon
¼ tsp	Salt
1 C	Milk
1	Egg
¼ C	Oil
1 tsp	Vanilla
1	Carrot (peeled & grated)

METHOD:

1. In large bowl, mix together flour, oats, brown sugar, baking powder, cinnamon and salt.
2. In separate bowl, whisk together milk, egg, oil and vanilla; pour over dry ingredients. Sprinkle with carrot; stir just until dry ingredients are moistened.
3. Spoon into 12 paper-lined muffin cups.
4. Bake in oven (350°) for about 20 minutes or until tested done.

CHOCOLATE CHIP MUFFINS

1 ¾ C.	Flour
½ C.	Sugar
1 Tbsp	Baking Powder
1 C.	Milk
½ C.	Oil
1	Egg
½ tsp.	Salt
1 C.	Chocolate chips

METHOD:

1. Preheat oven to 375 degrees F.
2. Add together dry ingredients and stir.
3. Add the chocolate chips.
4. Make a "well" in the center of the dry ingredients.
5. In another bowl, combine the egg, milk and oil.
6. Pour liquid ingredients into the well of the dry ingredients.
7. Stir only enough to moisten. Do not beat.
8. Place paper liners in muffin tins. Fill muffin tins 2/3 full.
9. Bake for 20 minutes or until toothpick inserted in muffin comes out clean.
10. Remove muffins to cooling rack to cool.

COCOA OATMEAL MUFFINS

1 1/4 C	Flour
1 C	Sugar
3/4 C	Rolled Oats
1/3 C	Cocoa
1 Tbsp	Baking Powder
1 tsp	Salt
2	Eggs, beaten
2/3 C	Milk
1/2 C	Vegetable oil
1 tsp	Vanilla

METHOD:

- Preheat oven to 350°F
- Stir together flour, oats, sugar, cocoa, baking powder and salt in a large bowl.
- Combine eggs, milk, butter and vanilla in small bowl.
- Make a “well” in dry ingredients and add liquid mixture to dry all at once.
- Stir until just moistened.
- Spoon batter into paper-lined muffin pan.
- Bake for 20-25 minutes or until done.
- Yield 1 dozen.

COFFEE CAKE MUFFINS

1 1/2 C	Flour
2 tsp	Baking Powder
1/2 tsp	Salt
1/4 C	Vegetable Oil
1/2 C	Sugar
1	Egg
3/4 C	Milk
1/2 tsp	Vanilla

METHOD:

- Measure flour, baking powder and salt in bowl. Stir together. Make a well in center.
- In another bowl, combine oil, sugar and egg together. Mix in milk and vanilla. Pour this mixture into the well. Stir to moisten.
- Spoon part of batter into muffin tins 1/3 full. (Make sure muffin pan is lined with paper liners.)
- Sprinkle spice mix (recipe below) over top. Spoon rest of batter over top filling 2/3 full.
- Bake in 350°F oven for approximately 20 minutes.
- Yield 12 muffins

SPICE MIX:

1/2 C	Brown sugar
2 Tbsp	Flour
1 tsp	Cinnamon

In a small bowl, combine all ingredients. Stir together well. Sprinkle it over batter as directed above.

MISCELLANEOUS

CHICKEN FINGERS

1 lb (500g)	Chicken breast (boneless + skinless)
¼ C (50ml)	Flour
2	Eggs, beaten
½ C	Breadcrumbs, seasoned
3 Tbsp (50ml)	Margarine, melted

Cut chicken into 2 inch (5cm) strips about ½ inch wide. Pat dry with paper towels.

Place flour in shallow dish, eggs in another and coating mix in a third.

Dip chicken pieces into flour. Shake off excess.

Dip into eggs. Allow excess to drip off.

Firmly press into coating mix.

Arrange breaded chicken pieces in circle on 10 inch (25cm) round platter with thicker portions toward outside.

Drizzle with melted butter.

Cover with paper towel.

Microwave at high for 4 1/2 - 5 1/2 minutes or until no longer pink inside.

Let stand for 5 minutes.

Serves 4

PASTRY

DOUBLE CRUST PIE

$\frac{3}{4}$ C	Shortening
2 C	Flour
1 tsp	Salt
4-8 Tbsp	Cold Water

METHOD:

1. Combine flour and salt in a bowl.
2. Cut in shortening until mixture resembles coarse crumbs with pea-size pieces remaining.
3. Add one T. of water at a time and mix with fork. (You might not need 8 T.!) *The least amount of mixing is best!
4. Form ball of dough and then divide into two even size balls.
5. Roll out as instructed with wax paper.

RICE

Combine the following ingredients in a medium saucepan.

1 C Rice
2 C Water
 $\frac{1}{2}$ tsp Salt
1 $\frac{1}{2}$ tsp Butter

Place lid on saucepan and place over high heat until it starts to boil.
Immediately reduce heat to Min. for 15-20 mins.

Remove from heat and allow to stand (with lid still on) for 5 mins.

Serves 4

TACO SALAD

1 lb.	Ground beef
1	Onion (chopped)
1/2 tsp	Salt & Pepper
1 Tbsp	Oregano
1 Tbsp	Chili Powder
1/2 C	Pizza Sauce
4 C	Tortilla chips
1 C	Shredded Lettuce
2	Tomatoes (chopped)
1 C	Cheddar Cheese (grated)
1/2 C	Sour Cream
1/2 C	Cucumber (diced)
1/4 C	Basil (fresh + shredded)

METHOD:

1. In an electric frying pan, add the onion, beef, oregano, salt & pepper. Brown the beef, breaking up meat with a wooden spoon for 5 minutes or until the meat is no longer pink. (Drain off any fat.)
2. Add pizza sauce. (Additional may be added if desired.) Stir to combine. Keep warm until ready to eat.
3. In a small bowl, stir together sour cream, cucumber and basil.
4. Cover 4 dinner plates with tortilla chips. Divide meat mixture over chips.
5. Scatter lettuce, tomatoes and cheese over top.
6. In a small bowl, stir together sour cream, cucumber and basil. Place a small amount on top of each salad.