



Week Seven Participant Manual:

**Outstanding Oven Options**

**The Secrets of Baking and More**

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## **JOURNALING**

- What are some things you feel intimidated to try to bake? Why do you think that is?
- What are your thoughts on returning to the ways things used to be (baking, cooking in the home)? Within your current life, what can you do to make this happen?

## Outstanding Oven Options

### Creating a Casserole without a Recipe

#### A basic casserole recipe combines:

- Starch
- Vegetables
- Protein
- Binder
- Topping
- Seasonings

#### An example of a ratio would be:

- 2 cups starch
- 2 cups protein
- 1 cup vegetables
  - You can also decrease the protein amount and increase the veggies
- 1 ½ cups binder
- Toppings to cover as needed
- Seasonings to taste

#### Examples of Casserole Starch

- Cooked pasta
- Cooked rice
- Cooked potatoes
- Cubed or sliced bread

This is a great way to make use of leftover rice, potatoes, and day-old bread.

#### Examples of Casserole Protein

- Cheese
- Cooked boneless chicken
- Cooked ground beef or turkey
- Cooked ham
- Canned tuna or salmon
- Cooked beans



### Casserole Vegetables

The vegetables can be fresh cooked, frozen, or canned. Try to always keep a frozen mix of veggies and buy whatever is cheap and in season.

### Casserole Binder

The item, which binds the casserole ingredients, is usually a liquid type based ingredient.

Examples:

- Cream based soup
- Sour cream
- Gravy
- Ricotta cheese
- Tomato sauce
- Chicken stock
- Vegetable broth
- Basic sauce

### To make a Basic Sauce:

#### **You'll Need**

- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- Salt
- Pepper

#### **Directions**

- In a saucepan melt the butter then add the flour and stir. Cook for approximately 30 seconds.
- Then slowly whisk in the milk a little at a time to prevent lumps. Bring to a boil. It will thicken.
- Add salt and pepper.

### Examples of Casserole Toppings

- Croutons
- Breadcrumbs
- Crushed tortilla chips
- Shredded cheese
- Sliced olives
- Diced tomatoes
- Bacon crumbles
- Herbs of choice
- Green onions

### **Five Minutes a Day for Fresh-Baked Bread**

Great article and recipe on how to make Artisan bread with just 5 minutes a day.

<http://www.motherearthnews.com/Real-Food/Artisan-Bread-In-Five-Minutes-A-Day.aspx#axzz2dNoA2U3u>

## Recipes

### The Last Lasagna

#### For the Sauce You'll Need:

- 1 pound spicy Italian sausage
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 large can whole tomatoes (approximately 28 ounces)
- 1 medium can tomato sauce (approximately 15 ounces)
- Salt and pepper to taste
- 1 to 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 pinch cayenne
- ½ cup red wine

#### For the Ricotta Cheese Mix You'll Need:

- 1, 16-ounce container of ricotta cheese
- 1 large egg
- ¼ cup Parmesan cheese, grated
- Salt and pepper to taste
- 1 teaspoon dried oregano
  
- 12 lasagna noodles
- 1 pound whole milk Mozzarella cheese, grated

#### Directions

- Preheat the oven to 350F

#### Make the Sauce:

- In a large frying pan, cook the Italian sausage over medium heat with the chopped onions and minced garlic.
- After it's browned, add the whole tomatoes and tomato sauce right into the frying pan. Cut up the whole tomatoes into bite sized pieces. Add the bay leaves, oregano, basil, and cayenne. Throw in a half-cup of red wine. Simmer for at least 10 minutes. Taste and adjust seasonings.
- When you think you've got it, let it sit and simmer on low heat for a while, because it only gets better as it cooks.
- While the sauce is bubbling its way into its various stages of perfection, continue below.

#### Make the Ricotta Mix:

- In a large bowl, mix the ricotta, egg, Parmesan, salt, pepper, and oregano.



### **Prepare Noodles**

- Boil 12 lasagna noodles in a pot of salty water and a splash of olive oil.
- Drain when done.

### **In a Standard Lasagna Pan**

- Place a layer of pasta on bottom of baking dish.
- Spread a third of the ricotta mix onto the pasta. Spread a third of the sauce on the ricotta mix.
- Sprinkle a third of the mozzarella onto the sauce.
- Repeat the process for the remaining ingredients.

### **Into the Oven**

- Bake for 45 minutes – you'll smell it when it is getting close.
- When it's crisping a bit on the top and bubbling up on the sides pull it out.
- Allow another 30 minutes for it to cool and set.

### **Play with Your Food**

- Try using a red onion or a sweet onion.
- Try using ground beef instead of sausage.

## Roasted Beets and Carrots

### You'll Need

- 1 pound carrots cut into 1 inch pieces (peeling carrots is optional)
- 4 medium sized beets, peeled and quartered
- 1 medium red onion, cut in wedges
- 1 ½ Tablespoons olive oil
- Salt and pepper to taste

### For the Dressing You'll Need:

- 1 Tablespoon balsamic vinegar
- 1 Tablespoon red wine vinegar
- 1/2 Tablespoon brown sugar
- 1 teaspoon dried thyme
- Salt and pepper to taste

### Directions:

- Preheat the oven to 400°F.
- Toss the vegetables with olive oil, salt and pepper and place them on the baking sheet in one layer. Bake until tender, start checking around 25 minutes from when you toss them.
- In the meantime, combine all the dressing ingredients in a small bowl and reserve.
- Just before serving, toss the carrots and beets with the dressing.



## Easy Pizza Dough

### You'll Need

- 2 1/4 teaspoons active-dry yeast
- 1 1/2 cups warm water
- 4 cups all-purpose flour; more for dusting
- 1 1/2 teaspoons salt
- 2 tablespoons olive oil

### Directions

- Dissolve the yeast in a 1/2 cup of the specified warm water. Set aside.
- Put the flour and salt in a food processor or mixer with the dough attachment (you could also mix with your hands) and when the yeast is proofed add the yeast mixture and start the machine.
- Then add the rest of the water in a steady stream.
- Next slowly add in oil.
- Remove dough from machine and with lightly floured hands, quickly knead the dough.
- Cut the dough into four equal pieces. Roll each piece into a tight, smooth ball, kneading to push the air out.
- If you plan on using dough on the same day place on a baking sheet and cover with towel and place in an area without a draft. Let rise for at least one hour or until doubled in size.
- If you would like to use the dough at a later time, freeze the dough immediately. Then when you want to use it allow it to thaw and rise to double its size.
- Then punch down and roll out as you wish.

### Play with Your Food

- Try replacing some water with some beer
- Throw in some herbs, garlic or onion powder

## Flaky Pie Crust

### You'll Need

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon sugar
- 2 sticks cold butter
- ~1/2 cup ice water

### Directions

- Cube the butter by cutting it in half longways, then turn it a quarter turn and cut them longways again. Now cut it "shortways" into cubes. Put everything except the butter and water into a mixing bowl. Mix around the dry ingredients well, and then add the butter.
- Using your fingertips, quickly squeeze the butter cubes into the flour mixture to make it mealy. Make sure the finer bits of flour that aren't incorporated get pulled up from the bottom of the bowl.
- Slowly work your ice water into the dough, forming a ball. Now put it on a floured board. Spread the butter evenly through the dough by smearing it, little by little, from the middle outward with the heel of your hand.
- Wad it back into a ball, cover with wax paper, and refrigerate for at least an hour. You can do this ahead of time because it keeps quite well — two to three days in the refrigerator or a week in the freezer.
- Making the pie crust. When you're ready to make the pie, put the dough on a flour-dusted board. Cut the dough in half as follow the procedures twice as this recipe yields 2 pie crusts. Sprinkle a bit of flour on top of the dough, too. With a rolling pin, roll outward from the center. Careful not to press too hard. Direct your movements outward from the center at even angles so your pie crust stays mostly round.
- If you find that it cracks at the edges, just pinch it back together. You may also find that it begins to stick to your rolling pin, and so just dust with a bit more flour. Keep at this until your crust is about 1/8 inch thin. Make it round by pinching cracked edges and corralling the more adventurous portions.
- On your last roll out from the center, take the pin to the edge of the crust. As you roll it back toward the center, let the dough curl up with the rolling pin until it is just about on top of the dough still on the board. Put one hand between these two layers, and the other hand beneath the main part of the crust. Gently lift and set into your pie pan. Mold into the edges with your fingers.

### Play with Your Food

- Depending on filling, flavor crust with cocoa, citrus zest, cinnamon, or even some finely crushed nuts like almonds.
- For a meat pie, try celery seed.

## Chicken Pot Pie

### You'll Need

- Uncooked piecrust for a top and bottom
- 2 cups cooked chicken, chopped
- 2 tablespoons plus ½ stick unsalted butter
- ½ cup onions, chopped
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ½ cup mushrooms, sliced
- ½ cup all-purpose flour
- 2 cups chicken stock
- 3 Tablespoons dry sherry
- 1 cup half-and-half
- Salt and pepper to taste
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried

### In a large sauce pan

- Sauté veggies in 1 tablespoon of butter until they just softened and remove.
  - Note: Note: You don't want your vegetables in the potpie to turn to mush, even though you're going to cook them twice. So make sure to undercook your vegetables at first, because they'll be baked into the pie itself for 45 minutes.
- Sauté chicken in a second tablespoon of butter until browned, but not crispy. Remove.
- Over a medium flame, add the remaining ½ stick butter, and then the flour. Stir these until the roux is chestnut brown. Add the chicken stock and whisk until all the roux is incorporated.
- Bring this mixture to boil, reduce to simmer, and add the sherry, rosemary, half-and-half, salt and pepper. Taste and correct the seasonings on the sauce. After the broth has become quite thick, fold in the veggies and chicken and continue to heat for 10 minutes.

### Into the oven

- Pour potpie mixture into the pie plate with crust on the bottom, and top with the second layer of crust.
- Bake at 425 for 30 minutes. Serve right away, but be careful, it's hot.

### Play with Your Food

- The veggies you choose are absolutely up to you. Potatoes also go perfectly in this dish.
- You will taste the rosemary right away, but another savory alternative is sage.
- If you don't have sherry, try a port wine instead. Once you have the basics of this recipe, you can modify it any way you choose!

## Basic Muffin Recipe

### You'll need

- 2 cups all-purpose flour
- ½ cup sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- ¼ baking soda
- 1 large egg
- 3 ½ tablespoons melted butter
- 1 teaspoon vanilla
- 1 cup milk

### Directions

- Preheat oven to 375
- Grease or line 12 muffin tins
- In a large bowl mix well the flour, sugar, baking powder, salt and baking soda
- In another bowl mix egg, butter, vanilla and milk (then once mixed add addition of choice, see below).
- Then add the liquid mixture to the flour mixture and mix together with a few light strokes just until the dry ingredients are moistened. Make sure NOT to over mix-the batter should NOT be mixed until smooth.
- Bake approximately 15 minutes or until a toothpick inserted into a muffin comes out clean. Bake longer if necessary.
- Let cool 3 minutes in muffin pan before removing.

### Play with Your Food

#### Suggested Additions

- Blueberry Muffins: 1 cup fresh blueberries
- Banana Muffins: 1 cup smashed very ripe bananas
- Raisin Muffins: 1 cup finely chopped raisins
- Date Muffins: 1 cup finely chopped dates



## Roasted Broccoli with Pine Nuts and Parmesan

### You'll need

- 2 pound fresh broccoli, chopped
- 3 garlic cloves peeled and thinly sliced
- 2 tablespoons (divided 1 ½ and ½ tablespoons) extra virgin olive oil
- ¾ teaspoons kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons pine nuts, toasted
- 2 ½ tablespoons freshly grated Parmesan cheese

### Directions

- Preheat the oven to 425 degrees F.
- Place the broccoli florets on a baking sheet large enough to hold them in a single layer. Toss the broccoli with garlic and 1 ½ tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp and tender and the tips of some of the florets are browned.
- Remove the broccoli from the oven and immediately toss with the other ½ tablespoon olive oil, lemon juice, pine nuts, and Parmesan. Serve immediately.

### Play with your Food

- Replace Parmesan with dried cranberries and make this a vegan dish.
- Try replacing the pine nuts with toasted slivered almonds.