

Cooking with  
JESUS



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Julia Moya



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I dedicate this cookbook in loving memory  
of my parents, Bob and Jinny Scammell,  
and to my Grandpa Smith.





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I want to thank my parents and my grandfather for all of their love, support, knowledge, and kitchen tips they have shared with me throughout my life. Their teaching and the hours of tagging along behind them in the kitchen inspired my passion for cooking and my desire for keeping Jesus in my kitchen.

I also would like to send a special thanks to the church members who have encouraged and help

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me to go forward with this project. In addition, a special thank you to my Wednesday night family for proofing this for me. God bless all of you.

And finally, to my family, for putting up with the “computer geek” while this cookbook took shape.



## Introduction

**T**HIS COOKBOOK IS a collection of recipes, helpful hints, and tips, both for the young women of today and for seasoned veterans of the kitchen. It contains a combination of many of my favorite recipes and some of my favorite scriptures from the Holy Bible. My intent is to help to motivate women of all ages in more than just learning to cook meals for their families but also in remembering, “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him” (Col. 3:17).

*Health* and *balance* seem to be the buzzwords for many of today’s busy women, but what are they? A person cannot have one without the other. Merriam-Webster’s® Dictionary defines “healthy” as

“sound in mind, body, or spirit.” “Balance” means that one has “mental and emotional steadiness.” We continually search for that balance in our lives, which we hope will make us spiritually, emotionally, mentally, and physically healthy.

The one person who truly wants us to be healthy is God. “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore honor God with your body” (1 Cor. 6:19–20). Our bodies are instruments through which God works, and therefore we have a responsibility to obey Him and care properly for our bodies.

So what does God say about health and balance in our lives? The first verse that comes to mind is Matthew 6:33: “But seek first his kingdom and his righteousness, and all these things will be given to you as well.” This is nothing new, but we busy women tend to forget it as we try to be supportive of our husbands, raise our children, manage the finances, and meander through the other million or so responsibilities of our daily lives.

Priorities are of the utmost importance when seeking that healthy balance in our busy lives. King Solomon reminds us that there is a time for everything (see Eccles. 3:1–8), and he is right. If we make time for God first in our lives, He will provide the opportunities for us to accomplish everything else that is necessary.

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There is no “right” answer for the balance question. God created each one of us differently, and He has specific plans for us that do not always follow the same path. However, there are steps we can take to help us along the way to find that balance that is correct for our lives.

First, pray every day. I wake up and make a point to start each morning off by saying, “Good morning, Holy Ghost. How about a double dose?” Our youth pastor has been wonderful in teaching our youth that what we need the most is the Holy Ghost, and that is so true. Seek out God’s wisdom, and ask Him to help you figure out the priorities He has set for your life.

Secondly, follow His will. “Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does” (James 1:22–25).

### Food for the Soul

“Then Jesus declared, ‘I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never go thirsty’” (John 6:35).

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There are four things that the Lord wants you to know:

- That all have sinned. “For all have sinned, and come short of the glory of God...” (Rom. 3:23 KJV).
- That there is a price for sin. “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord” (Rom. 6:23 KJV).
- That Jesus died to pay the price for your sins. “But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us” (Rom. 5:8 KJV).
- That God wants to save you. “For whosoever shall call on the name of the Lord shall be saved” (Rom. 10:13 KJV).
- By accepting the Lord Jesus Christ as your personal Savior and the Lord of your life, you, too, can have eternal life and be on your way to heaven.

### Kitchen Essentials

If you are just learning to cook, having a kitchen equipped with the right tools can make the process much easier, and I believe, more fun. This guide will help you to identify some of the essential cookware, bakeware, small appliances, utensils, accessories, and key ingredients to a successful kitchen.

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## COOKWARE AND BAKEWARE

Cookware generally refers to pots and pans used on the stove. Bakeware consists of glass, metal, or ceramic containers used in the oven. A new cook will need both cookware and bakeware to be successful.

The four essential pieces of cookware are:

- Stockpot (6–8 quarts)—Use for boiling water for pasta and potatoes, making stews or soups, and cooking certain types of meats. This is even more useful if it comes with a pasta strainer and a steamer basket.
- Saucepan—Use to make sauces, heat up soups, and cook vegetables.
- Small frying pan (8–10 inches)—Use for egg dishes, omelets, and sautéing.
- Large skillet (12–14 inches)—Create one-dish meals with meats and/or vegetables. Use in place of an authentic wok for Asian dishes.



Clockwise from back left: 5½ qt. soup pot, 12 qt. stock pot, 3 qt. sauce pan with double broiler, 1 qt. sauce pan, 3⅓ qt. simmering pan, and skillet

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It is often more economical to buy a set of cookware, so you may end up with a few additional pieces. Make sure the stockpot, saucepan, and skillet come with lids, which are often needed while cooking. The two brands that I prefer are Cuisinart® and Farberware®. I use the pieces I have daily, and they have lasted me over fifteen years so far.

The four essential pieces of bakeware are:

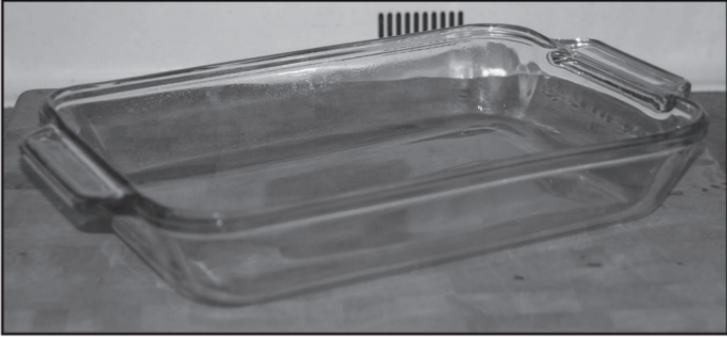
- 9×13 inch pan—Use for casseroles, baked pasta dishes, desserts, and one-dish meals.
- Square pan (8×8 or 9×9 inch)—Use for breads, casseroles, and desserts.
- Cookie sheet—use to heat appetizers, bake pizza, roast potatoes or other vegetables, or cook large items that need to bake on a flat surface (in addition to cookies, of course).
- Pie plate (9 or 10 inch)—Use for appetizers, quiche, one-dish meals, and pies.



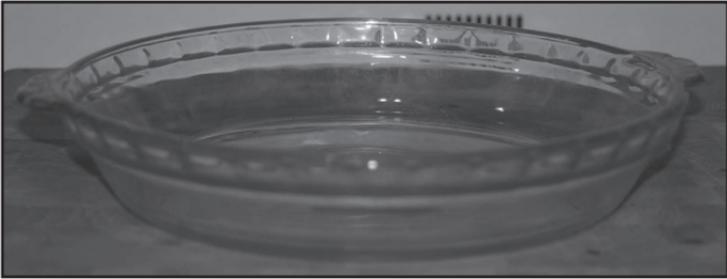
9 × 13 baking dish

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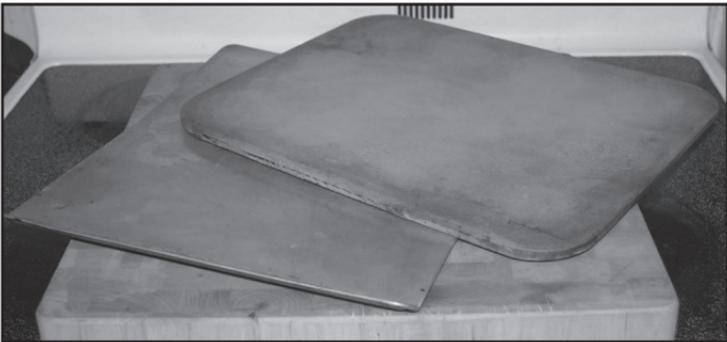
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9 × 9 baking dish



9 inch pie plate



11 × 17 cookie sheet and 11 × 15 baking stone

Once you have these items in your kitchen, there is little you cannot do, depending upon the types of recipes you like to make. Cake pans, muffin tins, loaf pans, lasagna pans, spring form pans, and Bundt pans are all great to have on hand if you plan on using them.

Just like cookware, bakeware often comes in sets, so you may be able to get everything you need for a good price.

Bakeware material is a matter of personal preference. Glass pans seem easier to clean, but non-stick metal works well too. Some beautiful ceramic baking dishes double as nice serving pieces.

### SMALL APPLIANCES

While not requirements for you to be a good cook, small appliances can help you complete your tasks a lot faster. Having the following items in your kitchen will keep you prepared to make most recipes:

- Blender—Use to make drinks, puree fruit, and mix sauces or dressings.
- Mixer—Use to make a variety of baked goods.
- Food Processor—Use to chop nuts, meats, vegetables, or herbs.
- Indoor Grill—Use to grill meats and vegetables inside.

While it helps to have quality appliances like KitchenAid or Cuisinart in your kitchen, you

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certainly do not have to start out with these. You can always upgrade later. A stand mixer with a 5 or 6 quart mixing bowl is a great item for any baker, but a handheld mixer will work too, with a little extra effort. A small food processor (3-cup capacity) is generally all you will need, unless you are frequently preparing large quantities of food. An indoor grill is certainly nice to have, but it is not necessary for a kitchen to function.



Mixer



Blender

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Food Processor



Grill

### UTENSILS

There are so many tools and gadgets for the kitchen that it may be hard to figure out what you really need. Here is a list of the most essential items:

- Spoon, and Spatulas—You should have a large mixing spoon and a slotted spoon. Small and large spatulas are helpful as well. A pasta spoon and ladle also are good to have on hand. If you are using nonstick cookware, make sure your utensils are made of silicone or other heat resistant, non-metal material so as not to damage the nonstick coating.
- Wire whisk—Use to mix eggs and make gravy or sauces.
- Measuring cups and spoons—These are generally purchased in sets. Make sure you have 1 cup,  $\frac{1}{2}$  cup,  $\frac{1}{3}$  cup, and  $\frac{1}{4}$  cup measuring cups for dry ingredients. You will also need 1 tablespoon,  $\frac{1}{2}$  tablespoon, 1 teaspoon,  $\frac{1}{2}$  teaspoon, and  $\frac{1}{4}$  teaspoon measuring spoons. A glass measuring cup is also very useful for liquid ingredients. I keep four on hand that I used regularly—a 1,2,4, and 8 cup sizes. Typically, for normal uses, a 2 cup glass measuring cup is fine. I use the other sizes for making large quantities of bread and cake icings.
- Mixing bowls—Have at least two bowls on hand, one large and one small, as many recipes require you to make two mixtures and then blend them together.

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- Knives—A carving knife, paring knife, bread knife with serrated edge, and a chef/cook's knife will get you through most kitchen tasks. Buy a knife block set to get all the pieces you need along with a sharpener and attractive storage. Henckels and Wusthof knife sets are good investments.
- Peeler—Use to peel fruits and vegetables.
- Can opener—Buy a manual or electric opener, depending on your preference.

Once you have these items in your kitchen, you have the basics. There are many other utensils that you can add, such as a cheese grater, meat mallet, potato masher, sifter, tongs, pastry cutter, apple corer, rolling pin, or herb mill. The tools and gadgets you ultimately will need are all dependent on what you like to cook and bake.

### ACCESSORIES

A kitchen is much easier to navigate if it is organized. Fortunately, there are many accessories that can add a decorative touch to your kitchen while helping you stay organized. Here are just a few accessories you will find useful.

- Baker's stone or peels are really nice to have, but a cookie sheet will work if you don't have one of these.
- Cutting board—There are many shapes and styles to choose from to protect your counter

from chopping. Cutting boards also come in a variety of styles to suit your décor.

- Spice rack—This keeps all your herbs and spices within reach.
- Utensil Holder—Keep all your frequently-used utensils out in a decorative container.
- Spoon rest—Protect your stovetop from stains in between stirrings.
- Pot rack—If you have nice pots and pans, you can display them overhead and out of the way on a pot rack in your kitchen.

### KEY INGREDIENTS

The most important part of learning to cook is having the right ingredients on hand. Cooking and baking are much easier if you have certain staples that you will use in many recipes. Here is a list of the top twenty-eight key ingredients to keep stocked in your pantry or refrigerator:

- Milk
- Eggs
- Salt
- Pepper
- Vegetable oil
- Olive oil
- Vinegar
- Chicken, beef, and vegetable broth
- Cream soups (cream of mushroom, chicken, broccoli, and/or celery)

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- Flour
- Sugar
- Baking powder
- Baking soda
- Cinnamon
- Vanilla extract
- Basil
- Minced garlic
- Garlic powder
- Onions
- Onion powder
- Oregano
- Honey
- Mustard
- Soy sauce
- Rosemary
- Nutmeg
- Worcestershire sauce
- Celery salt

Now you are ready to start cooking! Good luck, and enjoy it!

### **Kitchen Safety Tips: Handling Cut Produce**

Store all cut fruits and vegetables covered, in containers, in the refrigerator. Once produce is cut, any microorganisms that touch the cut surface can start to grow. It is best to store fresh, cut produce above raw meat, poultry, and fish and below any cooked items. Generally, the quality will be best if you use cut produce within a day.

### General Hints

- A few drops of lemon juice added to whipping cream will help it whip faster and better.
- One stick of cinnamon added to a bottle of vanilla enhances the flavor.
- Drop ice cubes into a soup or stew to eliminate fat—the fat will cling to the ice cubes. Then quickly remove them.
- When brown sugar is rock hard, use a cheese grater to grate off what you need.
- Spin a hard-boiled egg. If it is not fully cooked, it will wobble.
- Bacon will not curl if you dip it in cold water before frying.
- Keep un-popped popcorn in the freezer to preserve freshness and eliminate old maids (pop corn kernels that do not pop).
- Place onions in the freezer for five minutes to eliminate tears when peeling.

### Microwave Hints

- To soften an opened box of rock-hard brown sugar, place it in the microwave with 1 cup of hot water for 2 minutes for ½ pound and 3 minutes for 1 pound.
- For dry bread crumbs, put 5 slices of bread, cut into ½ inch cubes, in the microwave. Cook for 6 minutes or until dry, stirring once every minute.

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- Shell nuts more easily by placing 2 cups of nuts with 1 cup of water in a casserole dish. Cook 5 minutes and centers will come out whole when cracking the nuts.
- Drain fat from hamburger by placing meat in a microwaveable safe plastic colander, which is placed inside another microwaveable dish. The fat drains as the meat cooks.
- Meat loaf shaped into a ring will eliminate the problem of an uncooked center.

### Baking Chart

Oven Temperatures	
Slow oven	250°–325°
Moderate oven	350°–375°
Moderately-hot oven	375°–400°
Hot oven	400°–450°
Very hot oven	450°–500°
Pastry Shell	450° for 12 to 15 minutes
Custard pie	450° for 10 minutes; reduce to 350° for 30 to 40 minutes
Two crust pies with uncooked filling	450° for 10 minutes; reduce to 350°–30 to 40 minutes
Two crust pies with cooked filling	440°–450° for 30 minutes
Meringue	350° for 10 to 12 minutes
Yeast bread loaf	400°–425° for 40 to 45 minutes

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Sweet rolls	375° for 15 to 20 minutes
Biscuits	450° for 12 to 15 minutes
Muffins	425° for 20 to 25 minutes
Corn bread	425° for 20 to 30 minutes
Gingerbread	425° for 40 to 50 minutes
Angel and sponge cakes	325°; finish at 375°
Loaf cake	350°–375° for 40 to 50 minutes, depending on size
Layer cake, cupcakes	350°–375° for 20 to 30 minutes
Cookies	350°–425° for 6 to 12 minutes, depending on size

### Timetable for Roasting Beef (Oven Temperature 325°)

Cut	Approximate Weight (pounds)	Meat Thermometer (reading °F)	Cooking Time (minutes per pound)
Rib	6 to 8	140° (rare); 160° (medium); 170° (well)	23 to 25; 27 to 30; 32 to 35
Boneless Rib	4 to 6	140° (rare); 160° (medium); 170° (well)	26 to 32; 34 to 38; 40 to 42

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Rib Eye	4 to 6	140° (rare); 160° (medium); 170° (well)	18 to 20; 20 to 22; 22 to 24
Rolled Rump	4 to 6	150 to 170°	25 to 30
Tip	3½ to 4;	140 to 170°	30 to 35
	6 to 8	140 to 170°	35 to 40
Top Round	4 to 6	140 to 170 °	25 to 30
Tenderloin (whole)	4 to 6	140° (rare)	45 to 60 minutes
Tenderloin (half)	2 to 3	140° (rare)	45 to 50 minutes

### Time Table for Broiling Beef Steak

Cut	Approximate Total Cooking Time (Minutes)	
	Rare (140°)	Medium (160°)
Tenderloin (filet mignon, 4 to 8 ounces)	10 to 15	15 to 20
T-bone Steak	1-inch, 20; 1½-inch, 30	1-inch, 25; 1 ½-inch, 35
Porterhouse Steak	1-inch, 20; 1½-inch, 30	1-inch, 25; 1½-inch, 35
Sirloin Steak	1-inch, 20; 1½-inch, 30	1-inch, 20; 1½-inch, 30; 2-inch, 45

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Top Loin Steak	1-inch, 15; 1½-inch, 25; 2-inch, 35	1-inch, 20; 1½-inch, 30; 2-inch, 45
Rib or Rib Eye Steak	1-inch, 15; 1½-inch, 25; 2-inch, 35	1-inch, 20; 1½-inch, 30; 2-inch, 45
Chuck Eye Steak	1-inch, 25; 1½-inch, 40	1-inch, 30; 1½-inch, 45

### Time Table for Roasting Veal (oven temperature 325°)

Cut	Approximate Weight (pounds)	Approximate Cooking Time (Minutes per pound)
Round or sirloin	5 to 8	25 to 35
Loin	4 to 6	30 to 35
Rib	3 to 5	35 to 40
Boneless rump	3 to 5	40 to 45
Boneless shoulder	4 to 6	40 to 45

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### Time Table for Roasting Fresh Pork (oven temperature 325°)

Cut		Approximate Weight (pounds)	Meat Thermometer Reading (°F)	Approximate Cooking Time (minutes per pound)
Fresh Loin	Center	3 to 5	170°	30 to 35
	Half	5 to 7	170°	35 to 40
Blade or Sirloin		3 to 4	170°	40 to 45
Boneless Top (double)		3 to 5	170°	35 to 45
Boneless Top		2 to 4	170°	30 to 35
Fresh Arm Picnic		5 to 8	170°	30 to 35
Fresh Boston Shoulder	Boneless Blade	3 to 5	170°	35 to 40
	Blade Boston	4 to 6	170°	40 to 45
Fresh Leg (Ham)	Whole (bone-in)	12 to 14	170°	22 to 26
	Boneless	10 to 14	170°	24 to 28
	Half (bone-in)	5 to 8	170°	35 to 40

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Fresh Tenderloin		½ to 1	170°	22 to 26
Fresh Spareribs, Back Ribs, and Country-style Ribs			Cooked well done	1½ to 2½ hours total cooking time

### Time Table for Roasting Chicken, Duck, or Goose

All frozen poultry should be thawed in the refrigerator. A frozen turkey will take several days to thaw out in the refrigerator. Please refer to weight and instructions on turkey packaging for recommended thawing times. Times will vary according to the weight.

	Ready to Cook Weight (Pounds)	Oven Temperature (°F)	Approximate Total Cooking Time
Chicken Broiler-Fryer	1½ to 2	400°	¾ to 1 hour
	2 to 2½	400°	1 to 1½ hour
	2½ to 3	375°	1¼ to 1¾ hours
	3 to 4	375°	1¾ to 2¼ hours
Capon (stuffed)	5 to 8	325°	2½ to 3½ hours

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Duck	3½	350°	2 hours
	5½	350°	3 hours
Goose	7 to 9	350°	2½ to 3½ hours
	9 to 11	350°	3 to 3½ hours
	11 to 13	350°	3½ to 4 hours

### Terms You Should Know

#### FOR PREPARING INGREDIENTS

*Blanch:* Plunge food into boiling water for a brief time to preserve the color, texture, and nutritional value or to remove skin from fruit or nuts.

*Cool:* Allow hot food or liquid to come to room temperature.

*Dash:* Less than ⅛ teaspoon of an ingredient.

*Lukewarm:* A temperature of approximately 95°F.

*Marinate:* Let food stand in a savory, usually acidic, liquid for several hours to add flavor or to tenderize.

*Refrigerate:* Place food in refrigerator to chill or store.

*Soften:* Let cold margarine or butter stand at room temperature until soft.

*Sweating:* Releases flavors from chopped vegetables like onions, garlic, carrots, and celery. To sweat a vegetable, you cook it gently in a small amount of butter, oil, broth, or stock in a covered pan over low heat; vegetables should be tender but not browned, and their juices should have been released.

*Tear:* Break into pieces, using fingers.

*Toast:* Brown food in oven or toaster.

### FOR COMBINING INGREDIENTS

*Beat:* Make mixture smooth by a vigorous, repeated motion with a fork, spoon, hand beater, wire whisk, or electric mixer.

*Blend:* Thoroughly combine all ingredients until very smooth and uniform.

*Cut in:* Distribute solid fat in dry ingredients by cutting with pastry blender in a rolling motion or by cutting with two knives until particles are desired sizes.

*Fold:* Combine ingredients lightly, using two motions: first, cut vertically through mixture with rubber spatula; next, slide spatula across bottom of bowl and up the side, turning mixture over. Continue down-across-up-over motion while rotating bowl  $\frac{1}{4}$  turn with each series of strokes.

*Mix:* Combine in any way that distributes all ingredients evenly.

*Stir:* Combine ingredients with a circular or figure-eight motion until mixture reaches uniform consistency.

*Toss:* Tumble ingredients lightly with a lifting motion.

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### FOR COOKING

*Bake:* Cook in oven.

*Baste:* Spoon a liquid over food during cooking to keep it moist.

*Boil:* Heat until bubbles rise continuously and break on the surface of liquid.

*Broil:* Cook by direct heat.

*Cook and Stir:* Cook rapidly in small amount of fat, stirring occasionally. Some may refer to this as *sauté*.

*Poach:* Cook in hot liquid that is just below the boiling point.

*Roast:* Cook meat in oven, uncovered, on rack, in shallow pan, without adding liquid.

*Rolling boil:* Heat until bubbles form rapidly and break on the surface of liquid.

*Scald:* Heat liquid to just below the boiling point. Tiny bubbles form at the edge.

*Simmer:* Cook in liquid that is just below the boiling point. Bubbles form slowly and collapse below the surface.

*Skim:* Remove fat or foam from surface of liquid with a spoon.

*Stir-fry:* A Chinese method of cooking uniform pieces of food in small amounts of hot oil over high heat, stirring constantly.

### Table of Substitutions

- 1 cup-bottled milk =  $\frac{1}{2}$  cup evaporated milk, plus  $\frac{1}{2}$  cup of water
- 1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been added
- 1 square chocolate = 3 tablespoons cocoa
- 1 tablespoon cornstarch = 2 tablespoons of flour or Arrowroot for thickening gravies
- 1 teaspoon baking powder =  $\frac{1}{4}$  teaspoon baking soda plus  $\frac{1}{2}$  teaspoon cream of tartar
- 1 teaspoon baking powder = 1 teaspoon baking soda with  $\frac{1}{2}$  cup sour cream or milk
- $\frac{1}{2}$  teaspoon baking powder = 1 egg
- 1 cup heavy cream =  $\frac{1}{4}$  cup milk and  $\frac{1}{4}$  cup lard
- 1 tablespoon Clear-jel = 1 tablespoon cornstarch (usually found in the canning area at most grocery stores)
- Butter, size of a walnut = 1 tablespoon
- 1 clove garlic =  $\frac{1}{4}$  teaspoon minced garlic
- 10 miniature marshmallows = 1 large marshmallow
- 1 cup corn syrup = 1 cup granulated sugar plus  $\frac{1}{4}$  cup liquid

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- 1 cup sour cream = 3 tablespoons butter plus  $\frac{7}{8}$  cup sour milk
- 1 can tomatoes =  $2\frac{1}{2}$  cups fresh, peeled and chopped tomatoes
- 3 cups dry corn flakes = 1 cup crushed
- 1 pound whole dates =  $1\frac{1}{2}$  cups pitted dates
- $\frac{1}{8}$  teaspoon garlic powder = 1 small pressed garlic clove
- $\frac{3}{4}$  cups cracker crumbs = 1 cup bread crumbs
- 1 orange juiced =  $\frac{1}{4}$  cup orange juice
- 1 teaspoon lemon juice =  $\frac{1}{2}$  teaspoon vinegar
- 3 medium bananas = 1 cup mashed

### Equivalent Measures

- 3 teaspoons = 1 tablespoon
- 4 tablespoons =  $\frac{1}{4}$  cup
- $5\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup
- 8 tablespoons =  $\frac{1}{2}$  cup
- 12 tablespoons =  $\frac{3}{4}$  cup
- 16 tablespoons = 1 cup
- 2 cup = 1 pint
- 4 cups (2 pints) = 1 quart
- 4 quarts (liquid) = 1 gallon

## Metric Conversion Guide

Inches	Measurements		Volume		Weight		Temperatures	
	Centimeters	US Units	Canadian Metric	US Units	Canadian Metric	Fahrenheit	Celsius	
1	2.5	1/8 teaspoon	0.6 mL	1 ounce	30 grams	250	120	
2	5.0	1/4 teaspoon	1.25 mL	2 ounce	55 grams	275	140	
3	7.5	1/2 teaspoon	2.5 mL	3 ounces	85 grams	300	150	
4	10.0	3/4 teaspoon	3.75 mL	4 ounces (1/4 pound)	115 grams	375	190	
5	12.5	1 teaspoon	5 mL	8 ounces (1/2 pound)	225 grams	325	160	
6	15.0	1 tablespoon	15 mL	16 ounces (1 pound)	455 grams	350	180	
7	17.5	1/4 cup	50 mL			400	200	
8	20.5	1/3 cup	75 mL			425	220	
9	23.0	1/2 cup	125 mL			450	230	
10	25.5	2/3 cup	150 mL			475	240	
11	28.0	3/4 cup	175 mL			500	260	
12	30.5	1 cup	250 mL					
		1 quart	1 liter					
		2 quarts	2 liters					

### Common Abbreviations in cooking

- approx – approximately
- c – cup
- gal – gallon
- lb – pound
- lg – large (29 ounces)
- med – medium
- min – minutes
- oz – ounces
- pkg – package
- pt – pint
- qt – quart (4 cups)
- sm – Small
- sq – square
- T – tablespoon
- t – teaspoon
- Tbsp – tablespoon
- tsp – teaspoon

### Common Herbs and Spices

*Adobo*: This is an all-purpose seasoning used in many Caribbean, Puerto Rican, and other island dishes. You usually can purchase this spice in the International or Spanish section of your local grocery store, or you can combine your own by mixing the following spices and storing them in an

air-tight container: 1 Tbsp garlic powder, ½ Tbsp sea salt, 1 Tbsp onion powder, ½ tsp pepper, and 1 Tbsp oregano. Mix thoroughly and use in beans, in rice, and on meats. I use oregano leaves rather than ground oregano, and I add roughly ¼ tsp of fresh, crushed red pepper just to enhance the flavor and give it a little kick.

*Allspice:* Its delicate but mildly-spicy flavor resembles a blend of cloves, cinnamon, and nutmeg, which benefits cakes, cookies, fruit pies, barbecue sauce, and gravies.

*Anise:* Anise is a member of the carrot family, although it has a faint licorice flavor. Use in cookies, breads, and cakes.

*Arrowroot:* A popular base for cream sauces and clear glazes. Use in the same manner as you would use cornstarch.

*Basil:* A member of the mint family. Dried or fresh, use it in Italian dishes, Mexican dishes, or in melted butter sauces. Sprinkle on cooked peas, squash, green beans, lamb chops, and poultry.

*Bay Leaves:* These leaves have a spicy fragrance. Use them in pickling spice and to flavor vinegars, marinades, vegetables, stews, and soups. Always remove whole bay leaves from dishes before serving.

*Caraway:* The seeds have a warm aroma and are what give rye bread its characteristic taste. Use to season cheese spreads, sauerbraten, soups, and stews.

*Cardamom:* Grind the seeds only as needed, as the aromatic loss is great. Use in coffee, barbecue sauces,

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and pickles. Black cardamom has its own distinct, smoky flavor.

*Celery Seed:* An intensely aromatic herb for use in soups, stews, potato salad, cole slaw, and marinated red cabbage.

*Chamomile:* Famous as a herbal tea or a tisane, but also can be used in stocks like beef stock.

*Chervil:* More delicate and ferny than parsley. The leaf can be used with chicken, veal, omelets, green salads, and spinach. It also can be used as a garnish or in vinaigrettes. Always use in Béarnaise Sauce.

*Chili Powder:* A combination of paprika, turmeric, and ground red pepper.

*Cinnamon:* The best forms come from China, Vietnam, and Indonesia. Use the stick form in hot chocolates, teas, and coffees. Use the powder form for baked items. Also use in small quantities for stews, sauces, rubs, marinades, or seafood.

*Cloves:* The best come from Madagascar and Indonesia. Use in curries, stewed fruits and marmalades, chutneys, pickles, and marinades. Also use in small quantities with meats and onions. Cloves are especially good with ham and in spiced, braised stews. An onion stuck with 3 or 4 cloves makes an excellent addition to stocks and stews.

*Coriander, also known as Cilantro:* Both the seeds and the leaves of this herb have many uses in the kitchen. The seeds of this plant are called coriander, and the leaves are called cilantro. Many identify the flavor of the seed with gingerbread, apple pie, sausages, and

pickles or as an ingredient in curry. Add leaves to pea or chicken soups and stews, scatter them over roasts, or use them in a bouillon for clams. They also can be included, uncooked, in salads, salsas, or dips. I frequently use them in Mexican dishes like salsa, rice, beans, and guacamole. Make sure to only use the leaves and not the stems.

*Cumin:* The flavor of this spice is classic in the foods of Mexico, India, and North Africa, as well as in cheese, eggs, beans, rice, chili, sauerkraut, and unleavened bread. The seeds can be used ground or whole in marinades, chili powders, and tomato sauces. Cumin is a key ingredient in curry powder.

*Curry:* As a general rule, curry powder is a blend of six or more of the following herbs: cumin, coriander, fenugreek, turmeric, ginger, pepper, dill, mace, cardamom, and cloves. It is frequently used in Indian dishes. Also can be added to chicken, salads, soups, and marinades.

*Dill:* A member of the parsley family, the leaves and seeds have a slightly-bitter, pungent flavor. Use in pickling, seasoned vinegars, creamy vegetable soups, and cheese sauces.

*Fennel:* The leaves tend to be feather-like fronds. Both the seeds and the fronds of sweet fennel can be used interchangeably wherever a slight anise-like flavor is desired. Fennel is good with fatty fish, rice, potatoes, sausages, lentils, and in fruit dishes with apples or pears.

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*Geraniums*: These come in many sweet-scented flavors. Use the leaves in pound cakes, jellies, and compotes. They also can be used to dress a formal dining table by floating them in a finger bowl. Lime-scented leaves are good in custards, or try apple-scented leaves with baked apples.

*Ginger*: Whole, fresh ginger should have smooth skin and be buff in color. You want to select firm, heavy pieces. They will keep for about a week on the counter or about three weeks refrigerated in a plastic bag. To use, peel and grate the fresh ginger. It can be added to stews or rubbed like garlic over poultry or fish. Do not use fresh ginger in gelatin salads, as it destroys the jelling ability of gelatin. Dried ginger is milder than the fresh and is wonderful in desserts or as a topping for bananas, tomatoes, squash, onions, or sweet potatoes.

*Hyssop*: These leaves tend to be somewhat minty, spicy, and slightly bitter, but most delicious when used sparingly in salads and with fruits. The dried flowers can be used in soups and herbal teas or tisanes.

*Juniper Berries*: These are wonderful for seasoning game, meat, cabbage, and bean dishes. Usually three to six berries per serving will do just fine. Soak about  $\frac{1}{2}$  teaspoon of berries for several hours to make a marinade or to use in a stew. The flavoring effect of these is equal to that of about  $\frac{1}{4}$  cup of gin.

*Lard*: Pork fat. It is softer, sweeter, and oilier than butter, margarine, and other solid shortenings.

*Lavender:* The leaves and flowers of this very aromatic plant give a bitter pungency to salads. It is used mostly in sachets, but it has become very popular in the mixture Herbes de Provence, where it is combined with thyme, rosemary, basil, savory, marjoram, and fennel. It is good for seasoning vegetables, chutneys, confections, and sauces. Also useful as a garnish.

*Lemon Balm:* Use the leaves for herbal teas, tisane, or as a garnish in fruit punch or fruit soups and fruit salads.

*Mace:* Comes from the outer seed covering of the nutmeg tree. Use it in pie fillings, such as peach and apple, spice cakes, and cookies.

*Marigolds:* The dried centers of potted marigolds are sometimes used as a color substitute for saffron, while the young leaves can be added to salads to add a slightly bitter flavor. Use the petals when a recipe calls for cooking, as in stews.

*Marjoram:* A member of the mint family. Flavor vegetable dishes, tomato sauces, meats, sauces, and poultry stuffing.

*Nasturtium:* The flowers, seeds, and leaves of this plant are all very useful. The leaves and yellow and orange flowers are good in salads, and the pickled pods can replace capers.

*Nutmeg:* Add to dessert custards, eggnog, and cream sauces. This is a great addition to spinach, broccoli, and cauliflower soups.

*Olive Oil:* This is similar to fine wines in that the flavors are affected by the soils in which the olives

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were grown. Greek, Spanish, or Italian—you just have to try them and find the one you prefer.

*Onions:* This includes a very large family, which I will just list: chives, garlic, elephant garlic, garlic chives, leeks, ramps or wild leeks, rocamboles, scallions, and shallots.

*Oregano:* Belongs to the mint family. Popular in tomato dishes, spaghetti sauce, and especially in pizza and chili con carne.

*Paprika:* Paprika has a brilliant red color and mild, sweet pepper taste. Use in chicken dishes, vegetable dips, potato salad, spicy stews, and hearty soups.

*Parsley:* A member of the carrot family. Add to green salads, potato salad, and cream sauces. Combine with melted butter for delicious vegetable sauces. Use fresh as a garnish.

*Poppy:* The crunchy, nut-like flavor and rich aroma makes this seed a wonderful addition to cookies, breads, and rolls.

*Rosemary:* An aromatic herb with a bittersweet flavor. Use for flavored vinegars, lamb dishes, soups, stews, fried potatoes, and poultry stuffing.

*Saffron:* The orange stigmas of the autumn crocus. Saffron provides an extraordinary fragrance, golden color, and aromatic flavor to cakes, breads, and dressings. It is classic in bouillabaisse and in rice dishes, such as risottos and paella.

*Sage:* Use this for meats, such as pork, sausages, duck, goose, and rabbit. It is also useful in cheese, chowders, and poultry stuffing.

*Savories:* The leaves of winter savory are used in stews, stuffing, and meat loaf. Summer savory has many more uses than winter savory. It is classic in green beans, salad, horseradish sauce, lentil soup, and even in deviled eggs. It also can be used with fatty fish, roast pork, potatoes, and tomatoes, as well as in vinaigrettes.

*Tabasco Sauce:* This is an American seasoning made from Tabasco peppers, vinegar, and salt and then aged in charred oak barrels. Use sparingly in soups, cocktail sauces, or whatever other foods need a drop of fire.

*Tarragon:* This is good with just about everything. Use with eggs, mushrooms, tomatoes, sweetbreads, mustard, tartar sauce, and fish or chicken.

*Thyme:* These tiny leaves can be used with almost any meat or vegetable; with roasted poultry, lamb, veal, pork, and rabbit; in Creole dishes and gumbos; in brown sauces; and for pickled beets, pasta sauces, and tomatoes. It is also good with fatty fish, stews, and stuffing.

*Turmeric:* This is a somewhat bitter herb when dried and ground. Its golden color gives the underlying tone to blended curry powders and to certain pickles. In small quantities, it is used as a food coloring, often replacing the more expensive saffron.

*The manna was like coriander seed, and looked like resin. The people went around gathering it, and then ground it in a handmill or crushed it in a mortar. They cooked it in a pot or made it into cakes. And it tasted like something made with olive oil. When*

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*the dew settled on the camp at night, the manna also came down.*

—Numbers 11:7–9

No matter what things may look like, if you are serving the Lord with all your heart, He will provide all of your needs (1 Tim 4). He is the same yesterday, today, and forever (Heb. 13:8).

### HOW TO CUT UP A CHICKEN

This is a basic method for cutting up chicken and disjointing a whole chicken with the least amount of waste.



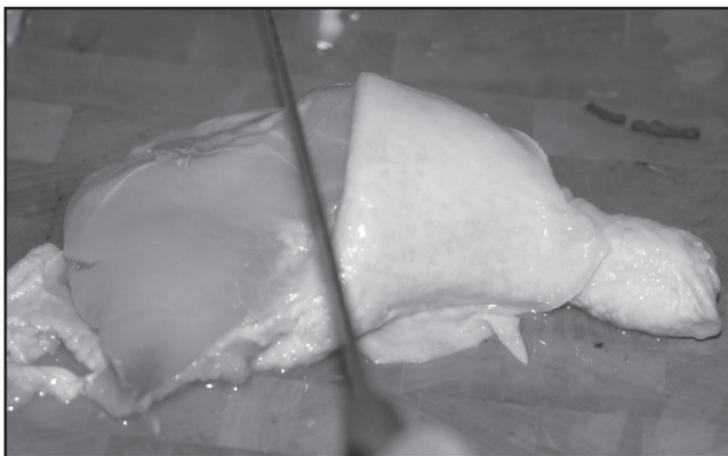
#### 1. Remove the legs.

Place the chicken, breast side up, on a solid cutting board. Pull one leg away from the body and cut through the skin between the body and both sides of the thigh.

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Bend the whole leg firmly away from the body until the ball of the thighbone pops from the hip socket. Cut between the ball and the socket to separate the leg. Repeat with the other leg.



### 2. Divide the legs.

Place the chicken leg, skin side down, on the cutting board. Cut down firmly through the joint between the drumstick and the thigh.

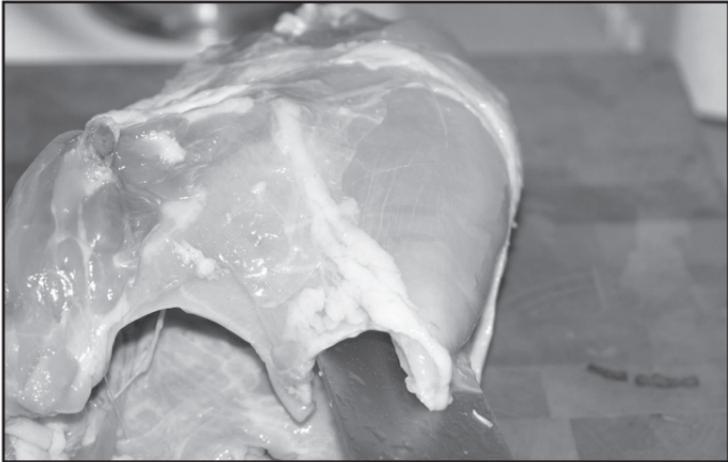


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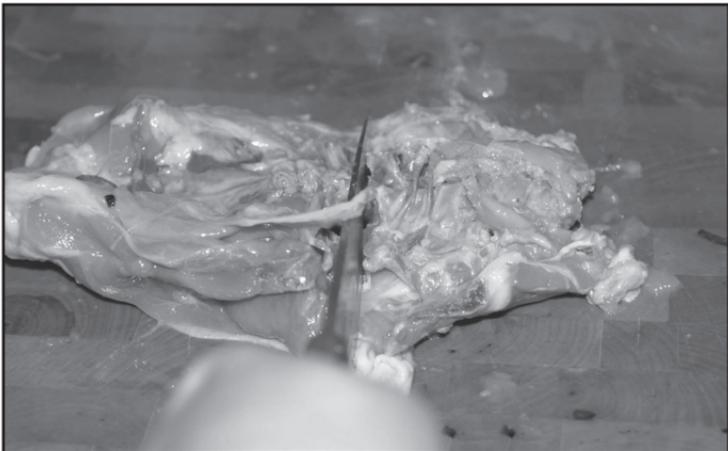
### 3. Remove the wings.

With the chicken on it's back, remove a wing by cutting inside of the wing, just over the joint. Pull the wing away from the body and cut down through the skin and the joint. Repeat with the other wing.



### 4. Cut carcass in half.

Cut through the cavity of the bird from the tail end and slice through the thin area around the



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shoulder joint. Cut parallel to the backbone and slice the bones of the rib cage. Repeat on the opposite side of the backbone.

### 5. Remove the breast.

Pull apart the breast and the back. Cut down through the shoulder bones to detach the breast from the back. Cut the back into two pieces by cutting across the backbone where the ribs end.



### 6. Cut breast in half.

You may leave the breast whole if your recipe requires it. To cut it in half, use a strong, steady pressure, and cut downward along the length of the breastbone to separate the breast into two pieces.

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### Why Cut Up Your Own Chicken?

- Whole chickens cost much less per pound.
- Precut meat is often poorly trimmed, and you get less meat per pound.

The last picture shows a whole chicken cut in 10 pieces: a. Legs, b. thighs, c. wings, d. part of the back portion, e. tail end of back portion, f. breasts, and g. wings.





## Chapter 1

# Breakfast and Brunch Dishes

### Tomato and Cheese Omelet

3 eggs

2 teaspoons parsley, chopped

1 medium tomato, chopped

2 tablespoons Swiss or cheddar cheese, grated

1 tablespoon butter

Salt and pepper to taste

Heat butter in frying pan. When melted butter is foaming, add the tomato, salt, and pepper. Let cook for 5 minutes. Beat the eggs with the parsley, add the cheese, and pour the mixture over the tomato. Cook until done. For something a little different, you can also add chopped onion, green pepper, mushrooms, or other ingredients.

### Hash Brown Breakfast Casserole

(Do ahead recipe)

1 pound ground medium pork sausage\*

1/3 cup chopped onion

2 1/2 cups frozen, cubed hash browns, browned

5 large eggs, slightly beaten

2 1/2 cups (about 8 ounces) shredded sharp cheddar cheese

1 3/4 cups milk or half and half

1 cup all-purpose baking mix (Bisquick)

1/4 teaspoon salt

1/4 teaspoon pepper

\*You can use any type of sausage or cooked and crumbled bacon for this recipe.

Cook sausage and onion in a large skillet over medium-high heat for 5 minutes, or until meat crumbles. Stir in hash browns, cook 5 to 7 minutes or until sausage is no longer pink and potatoes are slightly browned. Drain mixture on paper towels, spoon into a greased 13x9-inch baking dish.

Stir together eggs, cheese, and the next four ingredients. Pour evenly over the sausage mixture, stirring well. Cover and chill 8 hours.

Bake, covered with nonstick foil, at 350 degrees for 45 minutes. Uncover and bake 10–15 more minutes, or until a wooden toothpick comes out clean. Remove from the oven and let stand 5 minutes before serving.

## Breakfast and Brunch Dishes

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Optional toppings: Picante sauce, green hot sauce, sour cream, or fresh parsley sprigs.

### Quiche Lorraine

- 1 unbaked pie crust (9-inch)
- 12 slices of bacon, crisply-cooked and crumbled
- 1 cup shredded Swiss cheese (4 ounces)
- 1/3 cup finely-chopped onion
- 4 eggs
- 2 cups whipping cream
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground red pepper

Heat oven to 425 degrees. Prepare pastry. Sprinkle bacon, cheese, and onion in pastry-lined pie plate. Beat eggs slightly. Beat in remaining ingredients. Pour into pie plate. Bake uncovered for 15 minutes.

Reduce oven temperature to 300 degrees. Bake until knife inserted in center comes out clean—about 30 minutes longer. Let stand 10 minutes before cutting.

Do ahead tip: After sprinkling pastry with bacon, cheese, and onion, cover and refrigerate. Beat remaining ingredients, cover, and refrigerate. Store no longer than 24 hours. Stir egg mixture before pouring into pie plate. Continue as directed, except increase second bake time to about 45 minutes.

### VARIATIONS:

**Chicken Quiche:** Substitute 1 cup cut-up, cooked chicken for the bacon and  $\frac{1}{2}$  teaspoon dried thyme leaves for the red pepper. Increase salt to 1 teaspoon.

**Crab Quiche:** Substitute 1 cup chopped, cooked crab meat or other seafood for the bacon. Pat the seafood dry before mixing with other ingredients. Increase salt to 1 teaspoon.

**Mushroom Quiche:** Add 1 can (4 ounces) mushroom stem and pieces, drained, and 1 jar (2 ounces) diced pimientos, well drained, with the bacon. Increase salt to 1 teaspoon.

**Vegetable Quiche:** Add 1 cup of your favorite vegetable or combination of vegetables, cooked and well drained. You can also add a variation of shredded cheese, cheddar, Colby, or Monterey Jack.

Jesus said to them, "Come have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord.

—John 21:12

### Easy Throw-Together Breakfast

3 to 4 medium or large potatoes, diced  
1 onion, diced  
1 bell pepper, diced, or hot pepper of your choice  
2 Tbsp olive oil  
4 to 5 slices bacon or 1 lb sausage, cooked

## Breakfast and Brunch Dishes

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4 to 6 eggs  
1 cup refried beans  
½ tsp oregano  
½ tsp basil  
½ tsp chili powder  
½ tsp cumin  
½ tsp cilantro  
Salt and pepper to taste

Heat olive oil in 10-inch skillet; add potatoes, onions, peppers, and bacon or sausage. Cook until browned. Once vegetables and meat are cooked, add the eggs, slightly scrambled. When eggs are just about cooked, add the beans and seasonings.

Serve with your favorite picante sauce, tortillas, sour cream, or guacamole. This is a favorite at our house, especially after having Mexican cuisine the night before.

### Eggs on Tortillas

Olive oil or vegetable oil  
6 corn tortillas  
1 jar (12 oz) Mexican salsa  
6 eggs  
1½ cups shredded Monterey jack cheese—about  
6 oz

Heat oil (¼ in.) in 8-inch skillet over medium heat, just until hot. Cook tortillas, one at a time, in hot oil, turning once, until crisp—about 3 minutes total. Drain. Sprinkle with salt, if desired. Keep warm.

Heat salsa to boiling in 10-inch skillet until hot. Reduce heat. Break each egg into a small bowl. Carefully slide one egg at a time into the salsa. Cover and cook until desired doneness, or 6 to 8 minutes. Place 1 egg on each tortilla; spoon salsa over egg, top with cheese, and sprinkle with snipped parsley, if desired.

This goes well with Fruit Platter and Lemon Pudding Cake.

A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, for without him, who can eat or find enjoyment?

—Ecclesiastes 2:24–25

## EGGS

### Egg Basics

Purchase eggs from a refrigerated case, and refrigerate immediately upon arriving home. Look for eggshells that are clean and not cracked. If a shell cracks between the market and home, use the egg as soon as possible in a fully-cooked dish. Store fresh eggs in their carton to help prevent them from absorbing refrigerator odors. To measure 1 cup, you will need 4 to 6 whole eggs, 8 to 10 egg whites, or 12 to 14 egg yolks. Freeze raw egg whites in a plastic ice cube tray; remove to a plastic bag for storage. Thaw frozen egg whites in the refrigerator. When measuring, note that 2 tablespoons of thawed, liquid egg white is equal to 1 fresh egg white. Hard-cooked

egg yolks can be frozen successfully, but hard-cooked egg whites become tough and watery.

### Soft-Cooked Eggs

#### COLD WATER METHOD

Place eggs in saucepan. Add enough cold water to come at least 1 inch above eggs. Heat rapidly to boiling; remove from heat. Cover and let stand until desired doneness—usually 1 to 3 minutes. Immediately cool eggs in cold water several seconds to prevent further cooking, cut eggs into halves, and scoop eggs from shell.

#### BOILING WATER METHOD

Place eggs in bowl of warm water to prevent the shells from cracking. Fill saucepan with enough water to come at least 1 inch above eggs. Heat to boiling. Transfer eggs from warm water to boiling water with spoon; remove from heat. Cover and let stand until desired doneness—usually 6 to 8 minutes. Immediately cool eggs in cold water several seconds to prevent further cooking, cut eggs in halves, and scoop eggs from shell.

### Hard-Cooked Eggs

#### COLD WATER METHOD

Place eggs in saucepan. Add enough cold water to come at least 1 inch above eggs. Heat rapidly to

boiling. Remove from heat, cover, and let stand 22 to 24 minutes (usually). Immediately cool eggs in cold water to prevent further cooking. Tap each egg to crack the shell; roll the egg between your hands to loosen the shell; and then peel it, holding the egg under cold, running water to help ease off the shell.

### **BOILING WATER METHOD 1**

Place eggs in bowl of warm water to prevent the shells from cracking, fill saucepan with enough water to come at least 1 inch above the eggs, heat to boiling. Transfer the eggs from the warm water to the boiling water with a spoon, reduce heat to below simmering. Tap each egg to crack the shell; roll the egg between your hands to loosen the shell; and then peel it, hold the egg under cold, running water to help ease off the shell.

### **BOILING WATER METHOD 2**

Place eggs in bowl of warm water to prevent the shell from cracking, fill saucepan with enough water to come at least 1 inch above the eggs, heat to boiling. Transfer eggs from warm water to boiling water with spoon; reduce heat to below simmering. Cook uncovered for about 20 minutes. Immediately cool eggs in cold water to prevent further cooking. Tap the eggs to crack the shells; roll each egg between your hands to loosen the shell; then peel, holding the egg under cold, running water to help ease off the shell.

### Poached Eggs

Heat water (1½ to 2 inches) to boiling; reduce heat to simmering. Spray each cup or saucer with cooking spray, or wipe with butter. Break each egg into a custard cup or saucer; place each cup or saucer into pan of boiling water. Water should reach the bottom of the cup or saucer but not come over top of the egg. Cook 3 to 5 minutes. Remove eggs with slotted spoon. Serve on toasted bread.

### Fried Eggs

Heat butter or bacon drippings in heavy skillet. The fat should be about ⅛ inch depth. Get it just hot enough to sizzle when a drop of water is placed in the pan. Break each egg into a small bowl and then pour the eggs, one at a time, into the skillet. Immediately reduce the heat to low.

Cook, spooning the butter or drippings onto the eggs, until the whites are set and a film forms over the yolks (sunny-side up). Or gently turn the eggs over when whites are set and cook until desired doneness.

### Poached Fried Eggs

Heat just enough butter or bacon drippings to grease skillet. Cook eggs over low heat until edges turn white. Add ½ teaspoon of water to the pan for 1 egg, decreasing proportion slightly for each additional egg. Cover and cook to desired doneness.

### Scrambled Eggs

For each serving, mix 2 eggs, 1 Tbsp of milk or cream,  $\frac{1}{4}$  tsp salt, and a dash of pepper with a fork or whisk. Stir thoroughly for a uniform yellow, or slightly for streaks of white and yellow.

Heat  $1\frac{1}{2}$  tsp butter in skillet over medium heat, just until hot enough to make a drop of water sizzle. You can also use a little bit of olive oil to coat the bottom of the pan. Pour the egg mixture into the skillet.

As mixture begins to set at bottom and sides, gently lift cooked portions with a spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook until eggs are thickened throughout but still moist—about 3 to 5 minutes.

### Fancy Scrambled Eggs

For each serving, stir in 2 Tbsp of one or more of the following: shredded cheese, such as Monterey Jack or Swiss cheese, chopped mushrooms, snipped chives, or anything else you like along these lines. Then cook as you would regular scrambled eggs.

### Easy Breakfast Waffles

These are by far the easiest and quickest waffles to make and are great for busy mornings. Or just make them ahead and store in zipper bags to grab as you go out the door in the morning.

## Breakfast and Brunch Dishes

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2 Tbsp unsalted butter  
1 cup all-purpose flour  
1 tsp baking powder  
1 cup milk  
1 large egg  
Pinch of salt  
Melted butter, maple syrup, jam, or fruit puree for toppings.

Preheat your waffle iron. If you want to hold the finished waffles until serving time, preheat your oven to 200 degrees.

Melt the butter; reserve. In a large bowl, whisk together the flour, baking powder, salt, and sugar. In another bowl, whisk together the milk and egg, blend thoroughly. Pour the liquid ingredients over the dry ingredients and mix with the whisk, stopping when the ingredients are just combined. Stir in the melted butter.

Lightly butter the grids of your waffle iron. If needed, brush the grids again (only if subsequent waffles stick).

Spoon out  $\frac{1}{2}$  cup of batter (or the amount recommended by your waffle iron's manufacturer) onto the hot iron. Using a metal spatula or wooden spoon, smooth the batter to within  $\frac{1}{4}$  inch of the edge. Close the lid and bake until browned and crisp. Serve the waffles immediately, or keep them in a single layer on a rack in the preheated oven while you cook the rest of the batch.