

TARVALON.NET
Recipe Book
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INDEX

STARTERS & SIDES

Homemade New England Cranberry Sauce // Jocasta Braithe.....	4
Avocado Salsa // Elania al'Manir	5
Wheat Salad/Pudding // Melisande Arneil	6
Cheese Cookies // Nandi el'Shahir	7
Nine Bees Cheese Plate // Alora Sionn.....	8

MAIN COURSE

Butternut Squash Rotini // Jocasta Braithe	9
Grilled Cheese Roll-Ups // Erin al'Denael.....	10-11
Tortellini Tomato Soup // Stasia t'Andrei.....	12
Tairen Catfish and Rice // Alora Sionn	13
Jerusalem Artichoke Soup with Lime // Arella Mathara	14
Garlicky Sauteed Kale // Jocasta Braithe.....	15
Rice with Milk (sutlyash) // Katerina Yordanova	16
Illianer Surf n Turf for Two // Alora Sionn	17
Stone of Tear Seafood Stew // Alora Sionn	18
Sesame Tofu with Broccoli // Siera al'Cere.....	19-20
Sweet and Sour Meatball Sauce // Jocasta Braithe	21



INDEX

DESSERTS

Soft & Chewy Peanut Butter Cookies // Aleita Taviah.....	22
Grammie Doris’s Depression Fudge // Jocasta Braithe	23
Chocolate Avocado Brownies // Siera al’Cere	24
Cinnamon Teacake // Aleita Taviah	25
Cherry Delight // Brittney Jones	26
Pumpkin Cheesecake // Alenya Al’Roran	27
Pumpkin Ice Cream Pie // Alenya Al’Roran	28
Djevlekaker - Chocolate Muffins // Arella Mathara	29
Pumpkin Pie // Siera al’Cere	30
Orange Cake // Aleita Taviah.....	31
Pumpkin Chocolate Cheesecake Pie // Alenya Al’Roran.....	32
Perfect Cupcakes // Alyria Savoinya	33

MEASUREMENT CONVERSIONS

.....	34-35
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HOMEMADE NEW ENGLAND CRANBERRY SAUCE

- 2 12 oz bags of whole fresh cranberries
- 1 cup water
- 1/2 cup sugar

Wash the cranberries in a large colander, pick out any bits of leaves or twigs and any cranberries that are discolored.

Combine the sugar and water in a large saucepan. Bring to a boil and then lower the temp until simmering.

Add the cranberries.

Simmer and stir about 10-12 minutes until most of the cranberries have burst. When you lift the spoon out, it should stay coated in a thin gel (drips are ok). Remove from heat and transfer to a serving dish. Chill in the fridge until totally cool.

Serve for Thanksgiving.

*For tangier sauce, replace 1/2 cup water with orange juice and reduce sugar to 1 cup. For smoother, more jelly like sauce, run the sauce through a strainer before cooling *but be warned you don't get NEARLY as much sauce in the end.**



AVOCADO SALSA

VEGETABLES

- 1-16. oz package frozen corn, thawed
- 2 small cans sliced black olives, drained (or one large can black olives, drained and chopped)
- 1 medium sweet red pepper, chopped
- 1 small onion, chopped
- 5 medium ripe avocados (add last)

DRESSING

- 5 garlic cloves, minced
- 1/3 c olive oil or vegetable oil
- 1/4 c lemon juice
- 3 TB cider vinegar
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp pepper
- 3 tsp sugar

Combine veggies in large bowl. Mix dressing ingredients well and pour over veggies. Toss to coat. Cover and refrigerate overnight. Just before serving, chop avocados and stir into salsa. Makes 7 cups.

WHEAT SALAD/PUDDING

- 1 cup wheat
- 8 oz. cream cheese (I use the light stuff)
- 1/2 cup sugar
- 1 large instant vanilla pudding powder
- 1 can crushed pineapple
- 1 large tub of Cool Whip (use the light stuff here too)(or your fave whipped topping)

Night before you need the salad:

Rinse the wheat thoroughly with hot water, put in a thermos or any other container that will hold heat, and fill 3/4 with boiling water. Leave overnight.

Next morning:

Set out cream cheese and cool whip to soften...this will make it easier to mix later.

Dump wheat into a strainer or colander, rinse once with hot water. Set aside to drain.

Cream together softened cream cheese and sugar. Add vanilla pudding powder and crushed pineapple. Mix in Cool Whip. Add wheat and mix again. Chill for a minimum 2 hours before serving...the longer the better!

CHEESE COOKIES

This recipe was originally a "cheese cracker" but the consistency is more like a cookie.

- 8 oz grated sharp cheddar cheese
- 1 stick soft butter
- 1 cup flour
- 1 cup Rice Krispies
- Shake or two of red pepper (or to taste) - I have used Chili Powder
- Few drops of tabasco sauce (or to taste)
- 1/2 tsp salt

Mix all ingredients well with clean hands. Form into balls, flatten slightly. And then bake for 15 minutes at 350°F!



NINE BEES CHEESE PLATE

- Rosemary pita chips and/or bread
- 9 Assorted cheeses, cut into slices and arranged neatly on a tray
- Side of olive oil with salt and pepper to taste
- Side of pesto sauce for dipping

Arrange the cheeses and dips in the middle of the platter, if you are feeling creative you can make it have the appearance of the flag of Illian! Dip the pita chips in the olive oil or the pesto, or top it with cheese and pesto, the combinations are yours to explore.

BUTTERNUT SQUASH ROTINI

- 1 box of Rotini Pasta (I prefer the tricolor veggie rotini, but plain works too.) 2 cups of cherry tomatoes 1/2 a medium sized butternut squash, peeled and cubed 2 cups fresh spinach, torn into bite size pieces
- 3 tbsp butter, melted
- 2 tbsp balsamic vinegar
- 1/4 c grated parmesan cheese
- Olive oil
- Italian Seasoning
- Salt and Pepper

1. Preheat oven to 450 degrees.
2. On a baking sheet spread single layer of squash cubes, drizzle with olive oil and season with Italian seasoning, salt, and pepper (to taste)
3. Roast the squash for 30 minutes or until fork tender.
4. While squash is baking, prepare pasta per package directions, reserve 1 cup of pasta water, drain pasta and set aside
5. Remove squash from oven and add cherry tomatoes to tray with squash
6. Roast for an additional 10 -15 minutes until tomato skins start to split
7. Add roasted squash and tomatoes (and any liquid remaining in tray) to pasta, stir gently to combine.
8. Add melted butter, parmesan cheese and balsamic vinegar to pasta, stir gently until pasta is well coated with sauce.
9. Season with salt/pepper to taste.



GRILLED CHEESE ROLL-UPS

Who doesn't love a grilled cheese sandwich?! This is a twist on the classic recipe that I tend to prefer...because I also love pickles.

- **Cheese** - I tend to go with 2 slices of Kraft American Singles. This is for 2 reasons. One, it melts extremely well. Two, it's cheap. Feel free to substitute with whatever conducive-to-melting cheese you have on hand!
- **Bread** - Two slices of whichever you care for. I like snagging the rectangular-shaped Pepperidge Farms Homestyle White for this, but you do you.
- **Butter** - I tend to go for salted butter for this, but unsalted would also work. I'm also conservative with the butter, because I'd rather have more cheese than more butter if I'm counting calories...you can do this with 1 tablespoon of butter, but you can also use more. Channel your inner Southern cook, as you will.
- **Pickles** - Get delicious, crunchy pickle spears! This could also work with whole pickles, girth depending. If you have pickle chips, there's no point in rolling it up because they're flat.

Turn your eye/burner/stovetop on to medium-high heat, but closer to medium than high. Put the pan of your choice (as long as it's big enough for the bread to fit with some wiggle room, you're good) on the burner.

Drop butter into the pan. Once melted, put one of the pieces of bread down into it, to get a nice coating of the deliciousness, then remove it. Place the 2nd piece of bread down, jiggling it around so it can absorb as much of the remaining butter in the pan as you can.



Layer your cheese on top of the bread in the pan. Layer the already-coated-with-butter slice of bread that you removed on top of the cheese, butter-side up.

CONTINUED ON NEXT PAGE

GRILLED CHEESE ROLL-UPS

Continued

Cook for about 2-4 minutes, depending on how hot your burner is. If you're not sure if it's enough, and it's been at least 2 minutes, flip it! You can flip it again later if you want that side darker. When both sides are your desired shade of crispy, buttered toast, remove and set it aside for 2-3 minutes to cool off a bit.

Get your pickles out! My pickle spears always end up longer than my bread is tall, so I tend to nibble on my pickle spears until they're the desired length; no need to let the delicious pickle go to waste.

Slowly, carefully, peel your 2 pieces of bread apart. Try to keep the cheese to bread ratio the same on both sides. Place 1 pickle spear in the center of a slice of ooey-goey cheesy bread, and roll up the sides to make your "roll-up." Repeat with the other side. Enjoy!



TORTELLINI TOMATO SOUP

- 1 ~20oz package fresh or frozen cheese tortellini
- 2 15 oz cans of diced tomatoes with basil & oregano
- 3 tbsp tomato paste
- 1 lb ground Italian sausage
- 1 cup chicken broth
- 2-3 cups water
- 2 cloves minced garlic
- 1 tbsp olive oil
- Basil & oregano to taste
- 1 handful of spinach (or another green of choice)
- Parmesan cheese, for topping
- *Optional add-ins:* 8 oz sliced white mushrooms, red pepper flakes to taste

1. Heat a large pot over medium heat. Add olive oil and minced garlic, cook about 1 minute. Add mushrooms if using, cook for 3-5 minutes until just softened. Add sausage and cook thoroughly until sausage is no longer pink.
2. Add diced tomatoes, broth, water, tomato paste, basil, oregano, and red pepper flakes (if using). Turn heat to medium high and bring to a boil. Use spoon to scrape any frond from sausage off the bottom of the pot.
3. Add tortellini and cook according to package instructions.
4. Turn off heat. Add spinach. Top with freshly grated Parmesan cheese.

Notes:

1. If you like a thicker broth (closer to sauce), use one small can of tomato sauce instead of the tomato paste. Water can be adjusted as well, as long as there's enough liquid to cook the tortellini.
2. Level up- serve with warm, crusty bread for dipping!

TAIREN CATFISH AND RICE

- 2 catfish fillets
- Extra virgin olive oil
- 1 tbsp butter or ghee
- A splash of white wine
- 2 tsp dried thyme
- 1/4 tsp salt
- 1/4 tsp black pepper
- Juice of one lemon
- Basmati, brown, and wild rice

Use a large cast iron pan, and add enough olive oil to coat the pan, heating it on medium. Add the butter, wine, and seasonings, rolling the pan from side to side to gently mix them before adding the fish fillets. Cook on both sides, squeezing a lemon onto the second side while cooking. After cooking for about two to three minutes on each side, serve on a plate with a generous helping of herbed mixed rice, and garnish with lemon slices and fresh parsley.

JERUSALEM ARTICHOKE SOUP WITH LIME

- 500g Jerusalem artichoke
- 1 yellow onion
- 3 cloves of garlic (or to taste)
- 1/2 lime
- 600 mL of bouillon
- 200 mL cream
- Cooking oil
- Salt/pepper to taste
- Herbs/seeds to garnish

1. Chop onion and garlic. Fry on medium heat for 3-4 min
Peel and chop the Jerusalem artichoke
2. Add Jerusalem artichokes to onion and garlic mix, continue to fry for another 3 min.
3. Add bouillon and creamer. Simmer for 15-20 min.
4. Blend using a hand blender or similar until smooth. Add spices and lime. Give the mix a quick boil.

5. Garnish with seeds and fresh herbs.
6. Enjoy!

Tip: You can also slice a few Jerusalem artichoke and make crisps to garnish with.



GARLICKY SAUTEED KALE

- Large bunch of greens, I usually use Kale but spinach and chard also work.
- Mushrooms (10 -12 white button mushrooms or baby bellas about the size of a golf ball at the largest) sliced
- Garlic, 2 cloves (roughly chopped or pressed) or 1 tablespoon if you use garlic in a jar.
- Olive oil
- Butter
- Salt and pepper
- Seasoning of your choice (suggestions below)
- Buffalo sauce
- Lemon Juice

In a large sautee pan or cast iron frying pan over medium heat, add a splash of olive oil (enough to coat the bottom of the pan).

Add sliced mushrooms and cook 1-2 minutes

Add garlic, season with salt and pepper. Add enough greens to fill the pan, as the greens wilt down, add more greens until you've used all the greens or you have enough for your desired serving size.

Wilt the greens down in the garlic oil stirring periodically to keep any pieces from burning on. Season with onion powder, seasoned salt, or a seasoning blend of your choice (I like Penzey's mural of flavor)

Add 2 tablespoons of butter (more or less to taste) to melt down over the greens Sprinkle with lemon juice and hot sauce to taste. Let greens continue sauteeing until flavors are blended and the greens are soft and dark green in color.

Serve over mashed potatoes or beside mac n cheese. Meat eaters may want to stir in browned kielbasa slices. This comes out very savory and flavorful and it's super fast, like 10 minutes from beginning to end.

RICE WITH MILK (SUTLYASH)

- 1 l fresh milk
- 1 cup rice (pearl)
- 1 cup water
- 1 cup sugar
- 1 package/dose vanilla
- cinnamon - for sprinkling

Clean and wash the rice very well under running water.

Place it in a saucepan together with the water and boil until it swells (to absorb all the water). At this point, add the fresh milk with a pinch of salt, stir occasionally to prevent burning.

Once it boils again, add the sugar and vanilla, boil until the rice is completely cooked (softened). Remove from the heat and distribute in bowls or cups.

Until it cools down, occasionally stir each bowl carefully with a spoon. This is done so that the rice does not go to the bottom and become but stays fluffy as a cream.

Serve the classic rice with milk completely chilled and sprinkled with cinnamon.

ILLIANER SURF N TURF FOR TWO

- 1/2 cup torn basil leaves
- 12oz cherry tomatoes, sliced in half
- 10 large oil-cured black olives, pitted
- A few handfuls spinach
- Extra-virgin olive oil
- 1 teaspoon cayenne
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1 1/2 to 2 teaspoons salt
- Two (4- to 6-ounce) fillets fresh salmon
- One lemon, sliced into disks
- 3/4 cup balsamic vinegar
- 1/4 cup orange juice
- 2 tbsp apple cider vinegar
- 1/4 tsp salt
- 1/8 tsp pepper
- (2) 4-6 oz beef tenderloin

You will be using 2 pans, one for each protein. Put each burner on medium heat and add enough olive oil to each to coat the pan. Add the basil, cayenne, cumin, cinnamon and 2tsp salt to one pan and some lemon juice to the other pan and mix lightly before setting the salmon in, make sure both sides of salmon are coated in the spiced olive oil before allowing it to cook on skin side down. Top with lemon slices.

In the first pan, add both vinegars, orange juice, salt and pepper, mix and coat both sides of the steak, make sure to flip the steak halfway through. Add chopped olives and spinach.

To the salmon, add chopped tomatoes and spinach. Cook both until desired rarity and serve with wine.

STONE OF TEAR SEAFOOD STEW

- Extra virgin olive oil
- 6 shallots, chopped
- 1 garlic bulb, minced
- 2/3 cup fresh parsley, chopped
- 1 medium sized tomato, chopped
- 8 oz of clam juice
- 2 tsp tomato paste
- 1/2 cup dry white wine
- 1 1/2 pound sea bass fillets, cut into bite sized pieces
- Pinch of dry oregano
- Pinch of dry thyme
- 1/8 teaspoon Japanese 7 spice
- 1/8 teaspoon freshly ground black pepper, plus more to taste
- 1 teaspoon of salt, plus more to taste

Saute the shallots in the olive oil until caramelized in the bottom of a stew pot over medium heat, then add the garlic, parsley, and tomato paste, giving each a minute to cook before adding the next. Let these cook for about 10 minutes on low before adding the clam juice, white wine, and fish. Simmer until fish flakes apart, then add seasonings, mix and serve with crusty brown bread, butter, and a white wine.

SESAME TOFU WITH BROCCOLI

SAUCE

- 1/4 cup soy sauce
- 2 Tbsp water
- 1 Tbsp toasted sesame oil
- 2 Tbsp brown sugar
- 2 Tbsp rice vinegar
- 1 Tbsp grated fresh ginger
- 2 cloves garlic, minced (*or measure with your heart*)
- 2 Tbsp sesame seeds
- 1 Tbsp cornstarch

STIR FRY

- 14 oz block extra-firm tofu (*make sure to get extra-firm, don't sub another type*)
- Pinch of salt
- 2 Tbsp cornstarch
- 2 Tbsp neutral oil (vegetable, canola, peanut)
- 1/2 lb frozen broccoli florets
- 3-4 green onions, sliced
- 4 cups cooked rice

1. Place a few folded paper towels or a clean, lint-free dish cloth on a large plate. Remove the tofu from the package and place it on the towels. Place more towels on top, cover with a second plate, and then weigh the top plate down with a few canned goods or a pot filled with water. Press the tofu for at least 30 minutes to extract excess water (refrigerate if pressing for longer).
2. While the tofu is pressing, prepare the sauce so that the flavors have time to blend. In a small bowl combine the soy sauce, water, sesame oil, brown sugar, rice vinegar, grated ginger, minced garlic, sesame seeds, and cornstarch. Stir until the brown sugar and cornstarch are dissolved, then set the sauce aside.
3. Cut the pressed tofu into 1-inch cubes, then season with a pinch of salt. Sprinkle 1 Tbsp cornstarch over the cubes, then toss to coat.

SESAME TOFU WITH BROCCOLI

Continued

3. Repeat with the second tablespoon of cornstarch, or until the tofu cubes have a nice even coating of cornstarch.
4. Heat a large skillet over medium flame. Once hot, add 2 Tbsp oil and tilt the skillet until the bottom is coated in a thick layer of oil. Add the dusted tofu cubes and let cook until golden brown on the bottom. Use a spatula to turn the cubes to an uncooked side, and cook until golden brown again. Continue this process until brown and crispy on all sides, then remove the crispy tofu to a clean plate.
5. Add the frozen broccoli to the hot skillet and briefly stir fry until slightly browned on the edges. Don't worry if it's not thawed through yet, it will warm through after adding the sauce. Lower the heat to medium-low.
6. Give the bowl of sauce a good stir, then pour it into the skillet with the broccoli. Stir and cook until the sauce begins to bubble and thicken (this should happen very quickly). Once thickened, turn off the heat and stir in the cooked tofu cubes.

Serve the tofu and broccoli over a bed of cooked rice, topped with sliced green onions.

4. Can easily be doubled to serve a crowd.

SWEET AND SOUR MEATBALL SAUCE

(trust me, it's good)

- 2/3 cup brown sugar
- 2 tbsp. cornstarch
- 1 can pineapple chunks*, drained (save the juice)
- 1/2 cup orange juice
- 1/2 cup cider vinegar
- 1 tbsp. soy sauce
- 1 small green pepper, diced

I use frozen meatballs for this. In a large pan or dutch oven, add vinegar, pineapple juice, soy sauce, and brown sugar to the pan and heat to a simmer. Add in green peppers and frozen meatballs and cook until peppers are soft and meatballs are heated through. Mix corn starch and orange juice until the corn starch is dissolved, and then stir this into the meatball and sauce mixture. Cook until sauce is thickened, then add the pineapple chunks.

The sauce can also be made separately and poured over pre-cooked meatballs. Simply don't add the meatballs to the cooking process. The sauce will turn out the same.

Enjoy!

**You can use diced pineapple or crushed, however you prefer*



SOFT & CHEWY PEANUT BUTTER COOKIES

- 1 cup creamy peanut butter
- 1/2 cup butter (softened)
- 1/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/2 cups all purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt

1. Preheat oven to 180°C.
2. Cream together the peanut butter, butter and both types of sugar using an electric mixer (or stand mixer) until soft and creamy.
3. Add the egg and vanilla extract and mix to combine.
4. In a separate bowl combine the dry ingredients. Once combined add the dry ingredients to the wet mixture slowly, mixing as you go.
5. Scoop out 1-2 tablespoons of the mixture and roll into 1-inch balls then flatten them into discs. Place the cookies onto a lined baking tray. Use a fork to press lightly onto the top of the cookie.
6. Bake for 8-10 minutes. To keep them from drying out be careful not to leave them in too long. Leave cookies for a couple of minutes on the baking sheet before transferring them to a wire cooling rack.

GRAMMIE DORIS'S DEPRESSION FUDGE

- 1 14 oz can of sweetened condensed milk
- 1 bag of semisweet chocolate chips
- 1 package of graham crackers

1. Grease a 9x9 inch glass baking dish with butter or cooking spray
2. Crush the graham crackers into dime sized crumbs with a rolling pin.
3. Melt the chocolate over a double boiler until liquid
4. While still on low heat, mix in sweetened condensed milk and graham cracker crumbs
5. Spread chocolate mixture in the greased dish
6. Cool on countertop until semi-solid, cut into squares while still soft.
7. Chill in fridge until totally solid

Enjoy. This is a holiday treat my great-grandmother has been making since the depression. We have it on Christmas and Thanksgiving, and also on birthdays and other special occasions, which makes it perfect for celebrating Qaato Nag!

Can easily be doubled to serve a crowd.

THE BEST CHOCOLATE AVOCADO BROWNIES

Keto Friendly!

- 1/2 cup butter
- 16oz sugar-free dark chocolate chips
- 1 medium avocado
- 2 large eggs
- 1 tsp vanilla extract
- 3/4 cup almond flour
- 1/4 cup cocoa powder

1. Preheat the oven to 325 degrees F (163 degrees C). Line a 9x9 in (23x23 cm) baking pan with foil or parchment paper and grease lightly. Clip the edges of the liner to the pan with plastic clips. (This is temporary. They don't need to be oven safe.) Set aside.
2. Melt the butter and chocolate in a double boiler on the stove. (Boil water in a pot, place the butter and chocolate into a heat proof bowl, and place on top of the pot. Heat, stirring occasionally, until melted.) Set aside to cool for a couple of minutes. (You can also do this in the microwave if you prefer. Be careful not to burn it.)
3. Place the avocado, eggs, and vanilla in a high-power blender or food processor. Puree until smooth. Add the melted butter/chocolate mixture and puree again.
4. In a smaller bowl, stir together the almond flour, cocoa powder, and sweetener. Add the dry ingredients to the blender or food processor and stir in with a spatula. Pulse a few times until just combined, scraping down the sides as needed. (Don't over mix.)
5. Spread the batter into the prepared baking pan. It will be thick, so the clips on the parchment or foil will help. Smooth the top with a spatula. Remove the clips.
6. Bake about 18-20 minutes, until brownies are barely set. The top should no longer be wet, but still be very soft. An inserted toothpick will come out with just a small amount of batter on it. Cool completely to firm up before cutting.

CINNAMON TEACAKE

- 60g butter (+15g butter) at room temperature
- 1/2 cup caster sugar (+1 tablespoon caster sugar)
- 1 egg at room temperature
- 1 teaspoon vanilla extract
- 1 cup self-raising flour
- 1/3 cup milk
- 1 teaspoon cinnamon

1. Preheat oven to 180°C.
2. Cream butter, sugar, egg and vanilla until light and creamy. Stir in sifted flour and milk, beat lightly until smooth.
3. Spread mixture into well-greased 20cm round cake pan and bake for 15-20 minutes.
4. Turn onto wire rack. Melt extra butter and glaze over cake. Combine extra sugar with cinnamon and sprinkle over cake.



CHERRY DELIGHT

CRUST

- 20 graham crackers (2-1/2 inch squares), finely crushed
- 1/2 cup powdered sugar
- 1/4 cup butter, melted

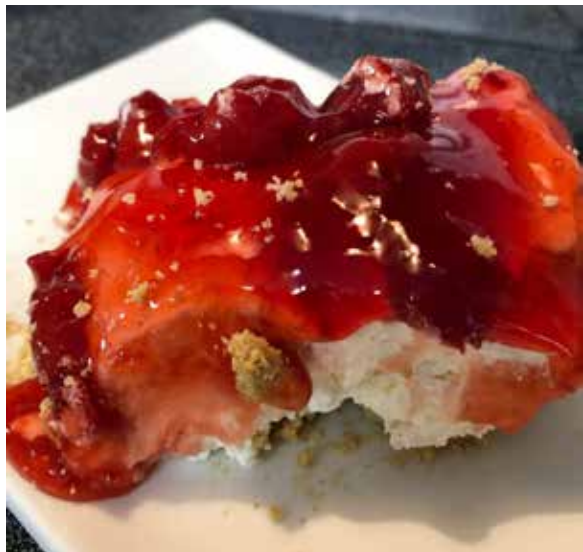
FILLING

- 1 (8 ounce) package of cream cheese, softened at room temperature
- 1 (8 ounce) container of whipped topping (such as Cool Whip)
- 1 cup powdered sugar
- 1 (12 ounce) can of cherry pie filling (can substitute other fruits and pie fillings such as strawberry or blueberry)

For crust, mix graham cracker crumbs, powdered sugar, and butter together in a bowl until well mixed, then press into the bottom of a lightly greased 9x9 inch pan.

For filling, whisk cream cheese, whipped topping, and powdered sugar together in a bowl until smooth. Spread this over the graham cracker crust.

Pour cherry pie filling over the cream cheese mixture layer. Refrigerate until firm, about 1 hour. Keep leftovers refrigerated. Very easy to double recipe.



PUMPKIN CHEESECAKE

- 1 1/2 cups graham cracker crumbs
- 1/3 cup butter or margarine, melted
- 1/4 cup granulated sugar
- 3 packages (8 ounces each) cream cheese, at room temperature
- 1 cup granulated sugar
- 1/4 cup packed light brown sugar
- 2 large eggs
- 1 can (15 ounces) LIBBY'S® 100% Pure Pumpkin
- 2/3 cup (5 fluid-ounce can) NESTLÉ® CARNATION® Evaporated Milk
- 2 tablespoons cornstarch
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 container (16 ounces) sour cream, at room temperature
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract

Preheat oven to 350°F.

Combine graham cracker crumbs, butter and 1/4 cup granulated sugar in medium bowl. Press onto bottom and 1 inch up side of 9-inch springform pan. Bake for 6 to 8 minutes (do not allow to brown). Cool on wire rack for 10 minutes.

Beat cream cheese, 1 cup granulated sugar and brown sugar in large mixer bowl until fluffy. Beat in eggs, pumpkin and evaporated milk. Add cornstarch, cinnamon and nutmeg; beat well. Pour into crust.

Bake for 55 to 60 minutes or until edge is set but center still moves slightly.

Combine sour cream, 1/3 cup granulated sugar and vanilla extract in small bowl; mix well. Spread over surface of warm cheesecake. Bake for 5 minutes. Cool on wire rack. Refrigerate for several hours or overnight. Remove side of springform pan.

PUMPKIN ICE CREAM PIE

- 1 1/4 cups granulated sugar
- 1 cup canned pumpkin
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 1 cup whipping cream, whipped
- 3 cups vanilla ice cream, softened
- 1 baked 9-inch deep dish pie crust

Stir together the first 4 ingredients in a large bowl; fold in whipped cream.

Spoon ice cream into pie crust, and spread evenly. Spoon pumpkin mixture over ice cream. Cover and freeze at least 3 hours.

DJEVLEKAKER – CHOCOLATE MUFFINS

- 3 ½ tbs margarine/butter, softened
- 1 15 g sugar
- 2 large eggs
- 1 15 g wheat flour (or 200mL gluten free flour mix)
- 1/2 tsp baking soda
- 25 g cocoa powder
- 125mL sour cream

ICING

- 125 g dark chocolate
- 2 tbs sugar
- 150mL sour cream

1. Preheat oven to 180°C
2. Mix all the dry ingredients
3. Add the eggs and combine
4. Mix in the sour cream
5. Fill liners halfway full, it should be enough for 18.
6. Bake for 20 minutes
7. To make the icing smelt the chocolate in a double boiler, be careful not to overheat the chocolate.
8. Remove from heat and stir in sugar. Then add the sour cream and combine.
9. When the muffins are cool add the icing and enjoy!



PUMPKIN PIE

Not acceptable for pieing

CRUST

- 2 cups all-purpose flour
- 1 tsp salt
- 1 cup shortening
- 1/2 c water

FILLING

- 2 cups mashed, cooked pumpkin
- 1 (12oz) can evaporated milk
- 2 eggs, beaten
- 3/4 c packed brown sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 tsp salt



In a large bowl, combine flour and salt. Cut in shortening until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Divide dough in half, and shape into balls. Wrap in plastic, and refrigerate for 4 hours or overnight.

Preheat oven to 400 °F.

With lightly floured, hands shape dough into a ball. On a lightly floured board roll dough out to about 1/8 inch thickness. With a sharp knife, cut dough 1 1/2 inch larger than the upside-down 8 - 9inch pie pan. Gently roll the dough around the rolling pin and transfer it right-side up onto the pie pan. Unroll, easing dough into the bottom of the pie pan. If there is extra dough, cut into shapes and use as a topping

In a large bowl, beat pumpkin with evaporated milk, eggs, brown sugar, cinnamon, ginger, nutmeg and salt with an electric mixer or immersion blender. Mix well. Pour into a prepared crust. Bake 40 minutes or until when a knife is inserted 1 inch from the edge comes out clean.

ORANGE CAKE

CAKE

- 225g/8oz unsalted butter, softened
- 225g/8oz caster sugar
- 4 large eggs
- 220g/7-3/4oz self-raising flour
- 2 teaspoons baking powder
- 1 orange, finely grated zest only

FILLING AND TOPPING

- 75g/2-3/4 oz unsalted butter, softened
- 150g/5oz icing sugar, sifted
- 1 orange, finely grated zest and 2 tablespoons of juice

1. Preheat oven to 180°C. Lightly grease two loose-bottomed 20cm/8inch round cake tins and line the bases with baking paper.
2. Beat the butter, sugar, eggs, flour, baking powder and orange zest together in a large mixing bowl until just blended.
3. Divide the mixture evenly between the two tins. Level the surface with a spatula or the back of a spoon.
4. Bake for 25 minutes, or until well risen and golden. Leave the cakes to cool in the tins for 5 minutes before turning out onto a wire rack. Peel off the baking paper and leave to cool completely.
5. Beat together the filling ingredients. Place "bottom" cake onto serving plate, cover with a layer of filling mixture then place "top" cake on top. Spread the rest of the filling mixture over the top.



PUMPKIN CHOCOLATE CHEESECAKE PIE

- 1 recipe Deep Dish Pie Pastry, below
- 12 ounces cream cheese, softened (1-1/2 8-oz. pkgs.)
- 1/4 cup granulated sugar
- 1 egg, lightly beaten
- 3/4 cup finely chopped semisweet chocolate or miniature chocolate pieces
- 1 15 ounce can pumpkin
- 2/3 cup packed brown sugar
- 2 teaspoons pumpkin pie spice
- 4 eggs, lightly beaten
- 3/4 cup half-and-half or light cream

Preheat oven to 450°F. Prepare and roll out Deep Dish Pie Pastry. Transfer pastry to a 9-1/2- to 10-inch deep-dish pie plate. Trim crust edge 1/2-inch beyond pie plate. Flute edge high. Line pastry with double thickness of foil. Bake 8 minutes. Remove foil; bake 6 minutes more or until golden. Cool on wire rack. Reduce oven temperature to 375°F.

In medium mixing bowl combine cream cheese, 1/4 cup sugar, and 1 egg; beat on low speed until smooth. Spread cream cheese mixture in cooled pastry shell. Sprinkle with chopped chocolate.

In bowl combine pumpkin, brown sugar, and spice. Stir in 4 eggs. Gradually stir in half-and-half. Slowly pour pumpkin mixture on chocolate layer. To prevent over browning, cover pie edge with foil.

Bake 60 to 65 minutes or until knife inserted near center comes out clean. Remove foil. Cool on wire rack. Cover and refrigerate within 2 hours.

THE PERFECT CUPCAKES

- 1/2 butter, melted
- 1 cup of white sugar
- 2 MEDIUM eggs (this part is important!)
- 3 tsp vanilla extract
- 1 tsp almond extract
- 2/3 cup buttermilk
- 2 cups of flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder

1. Combine all ingredients and mix until combined.
2. Spoon equal portions into 12 cupcake pans. It can be helpful to put the cupcake pans into a muffin tray for baking.
3. Cook for 20-25 minutes at 180°C or until cooked through.
4. Remove from the oven and cool.
5. Once cooled, ice with your favourite icing or buttercream frosting.



CONVERSIONS

SMALL VOLUME

1 tablespoon (tbs) = 3 teaspoons (tbs)		1/2 fluid ounce
2 tablespoons	1/8 cup	1 fluid ounce
4 tablespoons	1/4 cup	2 fluid ounces
5 tablespoons + 1 teaspoon	1/3 cup	2 2/3 fluid ounces
6 tablespoons	3/8 cup	3 fluid ounces
8 tablespoons	1/2 cup	4 fluid ounces
10 tablespoons + 2 teaspoons	2/3 cup	5 1/3 fluid ounces
12 tablespoons	3/4 cup	6 fluid ounces
14 tablespoons	7/8 cup	7 fluid ounces
16 tablespoons	1 cup	8 fluid ounces

LARGER VOLUME

1 cup	8 fluid ounces	1/2 pint
2 cups	16 fluid ounces	1 pint
3 cups	24 fluid ounces	1 1/2 pints = 3/4 quart
4 cups	32 fluid ounces	2 pints = 1 quart
6 cups	48 fluid ounces	3 pints = 1 1/2 quarts
8 cups	64 fluid ounces	2 quarts = 1/2 gallon
16 cups	128 fluid ounces	4 quarts = 1 gallon

CONVERSIONS

VOLUME

1 teaspoon	5 mL
1 tablespoon	15 mL
1/4 cup	60 mL
1/3 cup	80 mL
1/2 cup	120 mL
2/3 cup	160 mL
3/4 cup	180 mL
1 cup	240 mL
1 pint	473 mL
1 quart	.95 liter
1 quart + 1/4 cup	1 liter
1 gallon	3.8 liters

TEMPERATURE

32°F	0°C
212°F	100°C
250°F	121°C
325°F	163°C
350°F	176°C
375°F	190°C
400°F	205°C
425°F	218°C
450°F	232°C

WEIGHT

1 ounce	28.3 grams
4 ounces	113 grams
8 ounces	227 grams
12 ounces	340.2 grams



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