

Typical Customer Comment Card

Thank you for joining us today. Please complete the following items when your visit so we can better serve you.

1. Host/Hostess:	Poor	Good	Excellent					
a. Courtesy of Host/Hostess	1	2	3	4	5	6	7	8
b. Accuracy of seat time for table	1	2	3	4	5	6	7	8

Comments:

2. Server	1	2	3	4	5	6	7	8
a. Courtesy	1	2	3	4	5	6	7	8
b. Professionalism	1	2	3	4	5	6	7	8
c. Attentiveness	1	2	3	4	5	6	7	8

Comments:

3. Food	1	2	3	4	5	6	7	8
a. Appearance	1	2	3	4	5	6	7	8
b. Taste	1	2	3	4	5	6	7	8
c. Quantity	1	2	3	4	5	6	7	8
d. Portion Size	1	2	3	4	5	6	7	8

What items did you order?

4. Overall	1	2	3	4	5	6	7	8
a. Service	1	2	3	4	5	6	7	8
b. Food	1	2	3	4	5	6	7	8
c. Value	1	2	3	4	5	6	7	8
d. Experience	1	2	3	4	5	6	7	8

Comments:

How likely are you to recommend this restaurant to a colleague or friend?

Definitely will not	1	2	3	4	5	6	7	8	Definitely will
Why did you answer this way?									

Name _____
 Address _____
 City/State/Zip _____
 Telephone _____
 Date _____
 Number to post: _____

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What is Catering?

Catering is the business of providing food **service** at a remote site or a site such as a hotel, public house (pub), or other location.

Catering has evolved to become an artisanal affair. **Caterers** now create an experience that involves the senses.

What is the proper way to serve food?

Properly serving food in a formal setting requires the waiter to follow several rules, including serving plates of food from the right, carrying plates properly and removing food from the left. There are rules for every aspect of serving food.

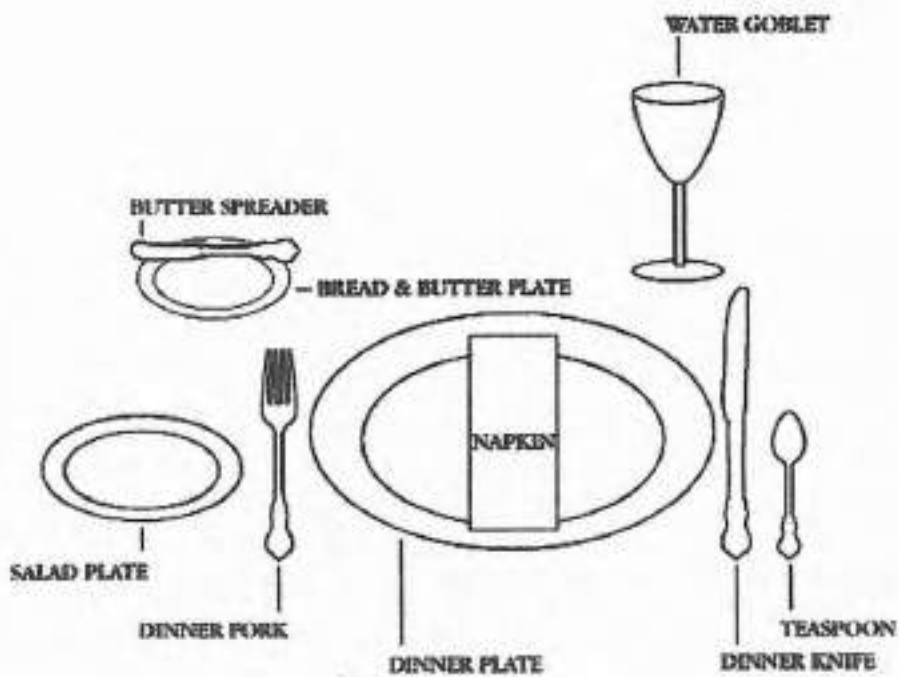
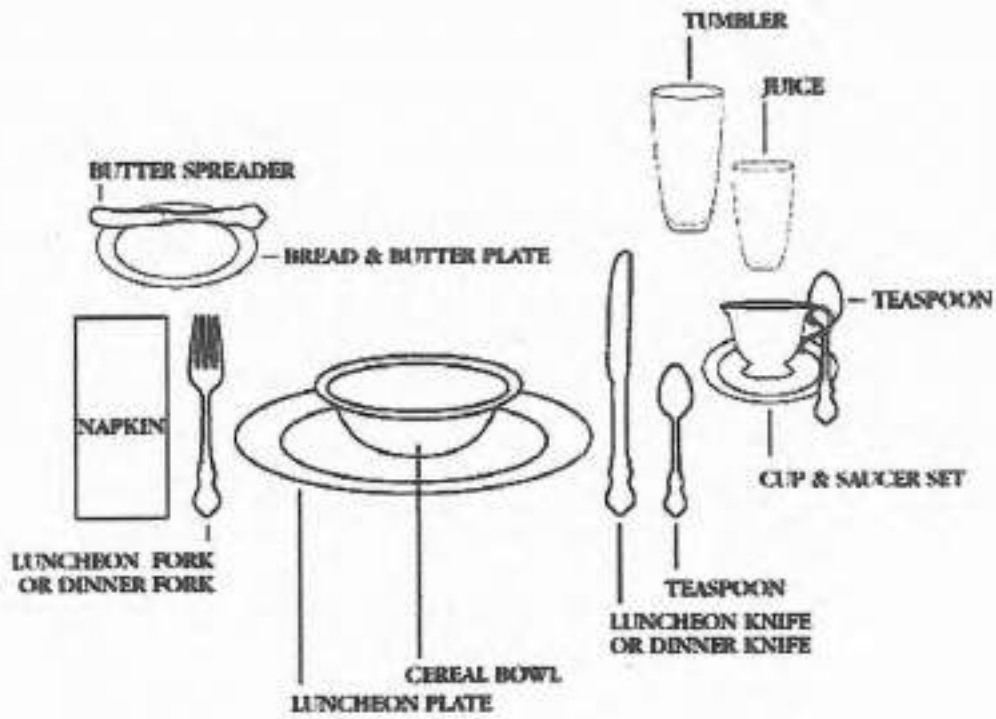
Carry plates one in each hand so that fingers do not touch the top of the plate, and be sure to set the left plate down first. Plates of food are served from the right, while platters of food and pans are served from the left. When serving food from a tray, offer it to the guest from the left hand, bending down so that they can easily serve themselves from the tray. Do not reach across the guests lap or table space at any time while serving.

Refilling and serving drinks

Place and remove beverages with the right hand while standing on the guest's left. Refill glasses from the left without disturbing or lifting the glass. Instead, use a pitcher and hold a folded napkin at the edge to catch any spilled liquids.

Removing dishes

Remove empty dishes at the end of each meal or course, not as they are emptied, unless performing another function, such as filling a beverage. Transfer plates to the left hand from the right, and if necessary, stack them on the hand rather than on the table. Remove serving dishes first, then plates and utensils and then glasses.





Breakfast



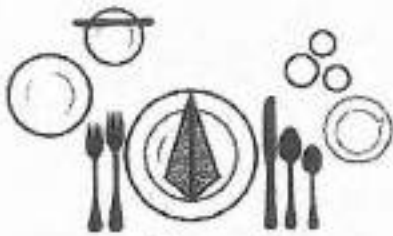
Lunch



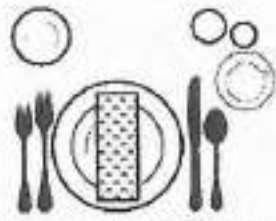
Dinner



European



Formal



Banquet or Brunch

CAPACITIES & QUANTITIES

COOKWARE CAPACITIES

It is not always possible to have available the exact size pan called for in a given recipe. Additionally, bakeware manufacturers seem to produce endless different dimensions, such as 8 3/4" instead of 8". All sizes below are rounded to nearest 1/2 inch and 1/2 cup. These conversions may be helpful as a guide in modifying a recipe to fit a particular pan. Plan on about 1/4 cup error rate depending on actual pan size. Baking times may also change with pan configuration.

Description	cups to fill
Round baking pans	
7" x 2 1/2" (springform)	7
8" x 1 1/2" (cake)	4
8" x 2 1/2" (springform)	8
9" x 1 1/2" (cake)	6
9" x 2 1/2" (springform)	9
9 1/2" x 2 1/2" (springform)	11
10" x 2" (cake)	10
Rectangular baking pans	
8" x 8" x 1 1/2"	6
8" x 8" x 2"	7
9" x 9" x 1 1/2"	8
9" x 13" x 2"	16
Pie pans (1 1/2" deep)	
8"	4
9"	7
id loaf pans	
9 x 3 x 2 (mini)	2
7 1/2 x 3 1/4 x 2 1/4	4
8 1/2 x 4 1/2 x 2 1/2	5 1/2
9 x 5 x 3	8
Muffin pans	
12 large	3 1/2
12 mini	1 1/2

PARTY PLANNER

— Use this chart for buffet style parties —
Quantities assume that several entree-type items will be chosen for the party; no single quantity will be sufficient by itself. Not every guest will partake of every item.

Ingredient	Number of Guests		
	10	20	40
Cold cuts (lbs)	2 lbs	3 lbs	6 lbs
Carving meats (bone-in)	4 lbs	7 lbs	12 lbs
Carving meats (boneless)	2 lbs	5 lbs	9 lbs
Cheese	1 lb	2 lbs	3 lbs
Crackers	1 lb	2 lbs	3 lbs
Wings or ribs (halved)	6 lbs	10 lbs	16 lbs
Vegetables (inc. potatoes)	3 lbs	5 lbs	8 lbs
Fruits	2 lbs	3 lbs	5 lbs
Berries	3 qts	5 qts	8 qts
Pasta/Rice (before cooking)	1 lb	2 lbs	4 lbs
Soup (condensed, cans)	4	8	30
Ice Cream	1/2 gal	1 gal	2 gal
Bread (sliced loaves)	1	2	4
Rolls (large, sandwich)	1 doz.	2 doz.	4 doz
Rolls (small dinner)	2 doz.	3 doz.	4 doz

DINNER PLANNER

— Use this chart for sit-down dinners —
Below is listed the uncooked ingredient amount to purchase in order to yield an average per-guest cooked serving portion of about 6 oz (7-8 oz uncooked, 8-10 oz with bone). Example: A three-pound broiler/fryer chicken weighing 3-3 1/2 pounds (48-56 ounces) should yield about six, 6 oz. cooked portions or 8-9 ounces x 6". These calculations assume an average amount of waste (bone, skin, or fat) that will be not be consumed.

Ingredient	To buy
Beef (boneless, steaks/roasts/stews)	7-8 oz
Beef (bone-in, steaks/roasts)	8-10 oz
Beef (short ribs)	14-16 oz
Veal (cutlets)	4-5 oz
Veal (bone-in, chops)	5-6 oz
Pork (boneless, loin)	6 oz
Pork (bone-in, chops)	6-8 oz
Pork (spare ribs)	14-16 oz
Pork (country-style ribs)	8-9 oz
Ham (boneless)	6 oz
Ham (bone-in)	8-10 oz
Chicken (boneless, breasts/thighs)	6-7 oz
Chicken (bone-in, parts)	7-8 oz
Chicken (whole, broiler/fryer)*	8-9 oz

FOOD STORAGE

Dry Storage

The three constants for retaining the freshness of already dry ingredients and some vegetables are **dry, dark and cool**. Humidity, light and heat all promote the growth of organisms that will spoil the food. Many root vegetables such as onions, potatoes, turnips and beets may be kept indoors in dark, dry, airy bins* for a month or more. (Traditional root-cellar is not covered in this chart). Dried pastas, peas, beans and grains, as well as herbs and spices, should be kept in sealed containers away from heat and light. Select a cupboard away from appliances or a humidity controlled basement.

*Air circulation allows the vegetable's natural respired moisture to be removed. Take items out of bags.

Cold Storage

Cold food storage today is a commonly accepted method. However, there are important requirements and limitations to observe.

☞ Refrigerators should be set no higher than +40°F [+4.4°C]. Freezers should maintain a temperature below 0°F [-17°C] down to -10°F [-23°C].

☞ Wrap items securely in plastic wrap, sealed containers or bags (double thick or specially for freezer).

☞ Crisper drawer vegetables may be stored in plastic bags with a few holes punched to promote air circulation.

☞ Always store meats wrapped, on a plate or pan in refrigerator to prevent juices from contaminating other foods.

☞ Rewrap (discard store wraps) all meats and poultry for freezing in double plastic wrap or freezer bags.

☞ Freeze layers of hamburgers, steaks or chops with wax/plastic wrap between slices to facilitate separating for thawing.

☞ Do not refreeze foods. Check, especially when purchasing meats, poultry and fish, to ensure that they have not been frozen in transit.

☞ Place thermometers in both refrigerator and freezer compartments to periodically monitor temperature.

When freezing liquids, leave about a half-inch head space for expansion.

☞ New additions to freezer should be placed in a single layer until frozen (24 hours).

Item	Refrigerator	Freezer
Apples	1 mo	N/R
Berries, (straw, blue, black, rasp)	3 da	10 mo ¹
Butter (see margarine below)	2 wk	2 mo
Cheese, soft (cream, cottage, brie, feta)	1 wk	N/R
Cheese, firm (slices, blocks)	3 wk	N/R
Cheese, hard (parmesan, whole)	4 wk	6 mo
Condiments (ketchup, mustard)	12 mo	N/R
Eggs, in shell	3 wk	N/R
Egg yolks or whites separated	3 da	12 mo
Eggs, hard-boiled	1 wk	N/R
Egg substitute, unopened	1 wk	12 mo
Fish, fresh (including shellfish)	1 da	8 mo
Fish, and shellfish, cooked	N/R	3 mo
Fish, uncooked previously frozen	1 da	N/R
Margarine, spreads	4 wk	2 mo
Melons	5 da	N/R
Milk	5 da	N/R
Ham, corned beef, slices	4 da	2 mo
Meats, fully cooked, whole, packaged	1 wk	2 mo
Meats, roasts	5 da	12 mo
Meats, ground (beef, pork, chicken)	2 da	4 mo
Meats, steaks, chops, slabs	5 da	12 mo
Meats, cooked	4 da	3 mo
Meats, luncheon, hot dogs, unopened	2 wk	2 mo
Meats, luncheon opened (resealed)	1 wk	2 mo

N/R=Not Recommended

Item	Refrigerator	Freezer
Onions, cut pieces (wrapped)	3 da	N/R
Peaches, pears, pineapple	4 da	N/R
Poultry, raw, whole	2 da	12 mo
Poultry, raw, parts	2 da	9 mo
Poultry, cooked, parts & pieces	4 da	4 mo
Vegetables, carrots, celery, radishes	2 wk	8 mo ²
Vegetables, potatoes	N/R	N/R
Vegetables, peas, beans, broccoli	5 days	8 mo ²
Vegetables, cooked, leftovers	2 days	8 mo ²
Vegetables, corn	1 day	8 mo ²
Vegetables, greens	5 days	N/R

¹To prepare berries, trim as desired, rinse, and dry gently with paper towels. Package or quick freeze.

²To prepare vegetables, trim as desired, rinse. Plunge them into large pot of rapidly boiling water (on high heat). Boil 2 to 4 minutes, depending on thickness of vegetable. Using strainer, move vegetables to large pot of prepared ice water and stir to cool. This is blanching. Strain vegetables again and use paper towels to dry. Package or quick freeze.

Quick Freezing

Very lightly spray a jelly-roll pan with cooking spray. Place prepared berries or vegetables on pan so they do not touch each other. Do not cover. Freeze until firm, 1-2 hours for berries, 2-3 hours for vegetables. Redistribute items into individual freezer bags and return to freezer.

SUBSTITUTIONS

If you don't have any...

Try this...

Arrowroot, 1 teaspoon	Cornstarch, $\frac{3}{4}$ teaspoon or $1\frac{1}{2}$ teaspoon flour
Bread crumbs, 1 cup	Cracker crumbs $\frac{3}{4}$ to 1 cup
Butter, 1 cup	Vegetable oil, scant less than 1 cup
Condensed milk, 1 cup	Vinegar or lemon juice, 1 tbsp + warm milk to = 1 cup. Let stand for 5 minutes.
Baking powder, 1 teaspoon	Baking soda $\frac{1}{2}$ tsp + cream of tartar $\frac{1}{2}$ tsp
Broth (chicken, beef), 1 cup	Bullion cube, 1 (or 1 tsp granules) + 1 cup hot water
Cake flour, 1 cup	All-purpose flour, 1 cup - 2 tablespoons
Chocolate, semisweet, 1 cup	Unsweetened cocoa, $\frac{1}{2}$ cup + $\frac{1}{2}$ cup sugar + 6 tbsp butter or margarine
Chocolate, unsweetened	Baking cocoa + 1 tbsp margarine or butter
Cornstarch, 1 teaspoon	Flour, 2 teaspoons
Corn syrup, light, 1 cup	Granulated sugar, $1\frac{1}{4}$ cups + $\frac{1}{4}$ cup water
Corn syrup, dark, 1 cup	Brown sugar, $1\frac{1}{4}$ cups + $\frac{1}{4}$ cup water or $\frac{3}{4}$ cups light corn syrup + $\frac{1}{4}$ cup molasses
Cream, half & half, 1 cup	Butter, $1\frac{1}{2}$ tbsp + enough whole milk to = 1 cup or $\frac{1}{2}$ light cream + $\frac{1}{2}$ cup whole milk
Cream, sour, 1 cup	Yogurt, 1 cup or 1 tbsp lemon juice + enough evaporated or plain milk to make 1 cup
Cream, whipping, 1 cup	Whipped dessert topping, 2 cups or $\frac{3}{4}$ cups whole milk + $\frac{1}{2}$ cup butter
Flour, for thickening, 2 tbsp	Cornstarch 1 tbsp
Flour, all-purpose, 1 cup	Cake flour, 1 cup + 2 tablespoons
Flour, cake, 1 cup	All-purpose flour - 2 tablespoons
Gingerroot, grated, 1 tsp	Ginger, $\frac{3}{4}$ teaspoon, dry, ground
Herbs, fresh, 1 tablespoon	Herbs, dried, $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon
Honey, 1 cup	Sugar $1\frac{1}{4}$ cups + $\frac{1}{4}$ cup water (dissolved sugar takes up less volume than dry)
Lemon juice, 1 tablespoon	Vinegar, $\frac{1}{2}$ tbsp
Milk, whole, 1 cup	Skim milk, 1 cup + 2 tbsp butter or evaporated whole milk $\frac{1}{2}$ cup + $\frac{1}{2}$ cup water
Milk, sour (buttermilk), 1 cup	Milk, 1 cup + 1 tbsp vinegar or lemon juice
Mustard, prepared, 1 tbsp	Mustard, dry, 1 tsp
Molasses, 1 cup	Honey, $\frac{1}{2}$ cup or $1\frac{1}{4}$ cup brown sugar, melted
Oil, cooking, vegetable, 1 cup	Butter or margarine, $\frac{1}{2}$ pound
Pine nuts, 1 tbsp	Slivered almonds, 1 tbsp
Poultry seasoning, 1 tsp	Sage $\frac{1}{2}$ tsp, $\frac{1}{4}$ tsp thyme, plus a pinch each of marjoram, rosemary, nutmeg and pepper
Pumpkin Pie spice, 1 tsp	Cinnamon, $\frac{1}{2}$ tsp, $\frac{1}{4}$ tsp ground ginger, plus a pinch each of all spice and nutmeg
Sugar, light brown, 1 cup	Granulated sugar, $\frac{1}{2}$ cup + $\frac{1}{2}$ cup dark brown sugar
Sugar, dark brown, 1 cup	Granulated sugar, 1 cup + 2 tbsp molasses or dark corn syrup
Sugar, granulated, 1 cup	Confectioners' sugar, $1\frac{1}{4}$ cups or 1 cup honey + 1 tsp baking soda
Tomato juice, 1 cup	Tomato sauce, $\frac{1}{2}$ cup + $\frac{1}{2}$ cup water
Tomato paste, 2 tbsp	Tomato sauce, $\frac{1}{4}$ cup reduced by heating to half
Vanilla bean, 1 bean	Pure vanilla extract, 1 tsp
Vinegar, 1 tablespoon	Lemon juice, 2 tablespoons
Wine, 1 cup	Apple juice/cider, or chicken or beef broth, 1 cup
Yogurt, 1 cup	Milk, 1 cup + 1 tbsp lemon juice, let stand 5 minutes

EQUIVALENTS

The following chart lists the necessary quantity to have on hand in order to equal a resulting yield to cook or serve.

Ingredient	Quantity	Yield
Almonds	1 lb w/shell	1 cup shelled
	4 oz slivered	1 cup
Apples	1 med	1 cup sliced
	1 lb	3 medium
Apricots	1 lb	4 cups sliced
Bananas	1 med	1 cup sliced
Beans	1 cup dry	$2\frac{1}{2}$ - 3 cups cooked
Beets	1 lb fresh	2 cups cooked
Bell peppers	1 large	1 cup diced
Butter	2 tbsp	1 oz
Butter (sticks)	1 stick ($\frac{1}{4}$ lb)	$\frac{1}{2}$ cup (8 tbsp)
Butter (tub)	1 lb	2 cups
Bread	2 slices	1 cup soft crumbs
Bread	3 slices	1 cup dry crumbs
Cabbage	1 lb	4+ cups shredded
Carrots	1 lb fresh	3 cups diced
Celery	1 lb fresh	4 cups diced
Cheese (blocks)	$\frac{1}{4}$ lb	1 cup shredded
Cheese (cottage)	$\frac{1}{2}$ lb	1 cup
Cheese (soft/cream)	$\frac{1}{2}$ lb	1 cup
Chocolate	4 oz baking	1 cup grated
Chocolate	6 oz chips	1 cup
Cocoa	$\frac{1}{4}$ lb	1 cup
Corn	3 ears	1 cup kernels
Corn meal	1 cup dry	4 cups cooked
Crackers (sifted, squares)	18	1 cup coarse crumbs
	26	1 cup fine crumbs
Crackers (graham squares)	12	1 cup fine crumbs
Cream, heavy	1 cup ($\frac{1}{2}$ pt)	2 cups whipped
Egg whites	8-10	1 cup
Egg yolks	12-13	1 cup
Flour	1 lb	4 cups
Garlic	1 clove	$\frac{1}{2}$ tsp minced
Lemon	1 med	3-4 tbsp juice 1 tsp zest
Lettuce	1 lb	6 cups
Noodles	$\frac{1}{4}$ lb (2 cups)	$2\frac{1}{2}$ cups cooked
Onion	1 med	$\frac{1}{2}$ cup diced
Orange	1 med	$\frac{1}{2}$ cup juice 1 cup slices 2 tsp zest
Pasta (macaroni, penne, shells, ziti)	1 cup dry	2+ cups cooked
Pasta (spaghetti, linguini, fettuchini)	1" diameter bunch	4 cups cooked
Peaches	1 lb	4 cups sliced
Peas (in pod)	1 lb	1 cup cooked
Potatoes	1 lb (3 med)	$2\frac{1}{2}$ cups diced
Raisins	1 lb	3 cups
Rice	1 cup dry	4 cups cooked
Shortening	1 lb	2 cups
Strawberries	1 quart	4 cups sliced
	1 pint	2 cups sliced
Sugar, brown	1 lb	$2\frac{1}{4}$ cups
Sugar, granulated	1 lb	2 cups
Sugar, powdered	1 lb	4 cups
Tomatoes	1 med	1 cup chopped
Walnuts	1 lb w/shells	2 cups shelled
Zucchini	1 med	2 cups sliced

HIGH ALTITUDE CONVERSIONS

Above sea level, certain foods and methods of preparation can be affected by changes in air pressure.

- The boiling point of liquid and oil is lower. Vegetables and eggs take longer to cook.
- Baking liquid evaporates faster. Use 10% to 20% more liquid.
- Flour will be dryer and absorb more liquid. Use minimum amount, up to $\frac{1}{2}$ cup less.
- Braised meats may take twice as long to cook, as there is less pressure to force steam into the meat. Increase heat slightly. Add more liquid.
- Yeast breads will rise quicker.
- Baking powder is more efficient. Use scant less or increase cooking temperature by 20° to 30° .

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Broth (chicken, beef), 1 cup	Bullion cube, 1 (or 1 tsp granules) + 1 cup hot water
Cake flour, 1 cup	All-purpose flour, 1 cup - 2 tablespoons
Chocolate, semisweet, 1 cup	Unsweetened cocoa, $\frac{1}{2}$ cup + $\frac{1}{2}$ cup sugar + 6 tbsp butter or margarine
Chocolate, unsweetened	Baking cocoa + 1 tbsp margarine or butter
Cornstarch, 1 teaspoon	Flour, 2 teaspoons
Corn syrup, light, 1 cup	Granulated sugar, $1\frac{1}{4}$ cups + $\frac{1}{2}$ cup water
Corn syrup, dark, 1 cup	Brown sugar, $1\frac{1}{4}$ cups + $\frac{1}{4}$ cup water or $\frac{3}{4}$ cups light corn syrup + $\frac{1}{4}$ cup molasses
Cream, half & half, 1 cup	Butter, $1\frac{1}{2}$ tbsp + enough whole milk to = 1 cup or $\frac{1}{2}$ light cream + $\frac{1}{2}$ cup whole milk
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Flour, all-purpose, 1 cup	Cake flour, 1 cup + 2 tablespoons
Flour, cake, 1 cup	All-purpose flour - 2 tablespoons
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Lettuce	1 lb	6 cups
Noodles	$\frac{1}{4}$ lb (2 cups)	$2\frac{1}{2}$ cups cooked
Onion	1 med	$\frac{1}{2}$ cup diced
Orange	1 med	$\frac{1}{2}$ cup juice
		1 cup slices
		2 tsp zest
Pasta (macaroni, penne, shells, ziti)	1 cup dry	2+ cups cooked
Pasta (spaghetti, linguini, fettuchini)	1" diameter bunch	4 cups cooked
Peaches	1 lb	4 cups sliced
Peas (in pod)	1 lb	1 cup cooked
Potatoes	1 lb (3 med)	$2\frac{1}{2}$ cups diced
Raisins	1 lb	3 cups
Rice	1 cup dry	4 cups cooked
Shortening	1 lb	2 cups
Strawberries	1 quart	4 cups sliced
	1 pint	2 cups sliced
Sugar, brown	1 lb	$2\frac{1}{4}$ cups
Sugar, granulated	1 lb	2 cups
Sugar, powdered	1 lb	4 cups
Tomatoes	1 med	1 cup chopped
Walnuts	1 lb w/shells	2 cups shelled
Zucchini	1 med	2 cups sliced

HIGH ALTITUDE CONVERSIONS

Above sea level, certain foods and methods of preparation can be affected by changes in air pressure.

- The boiling point of liquid and oil is lower. Vegetables and eggs take longer to cook.
- Cooking liquid evaporates faster. Use 10% to 25% more liquid.
- Flour will be dryer and absorb more liquid. Use minimum amount, up to $\frac{1}{2}$ cup less.
- Braised meats may take twice as long to cook, as there is less pressure to force steam into the meat. Increase heat slightly. Add more liquid.
- Yeast breads will rise quicker.
- Baking powder is more efficient. Use scant less or increase cooking temperature by 20' to 30'.

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QUICK
STUDY

HOME

CHEF'S MATH

A HANDY GUIDE FOR GETTING RESULTS FROM WHAT YOU HAVE ON HAND

MEASURING DEVICES

Tip: Keep two basic measuring sets for the kitchen; one for liquid and one for dry ingredients.

Tip: Never use tableware for measuring; a dinnerware spoon has little resemblance in volume to a measured teaspoon.

- Set of measuring spoons – ¼ tsp, ½ tsp, 1 tsp, 1 tbsp
- Set of measuring cups – ¼ cup, ½ cup, ¾ cup, 1 cup
- Measuring pitcher (glass or plastic, see-through with graduated markings) better for liquids – 1 cup/½ pt, 2 cup/1 pt, 4 cup/1 qt
- Scales – 2 to 4 pound capacity. Balance type scales tend to be more accurate than spring scales.

LIQUID MEASURING TIPS

- Do not pour liquids into measuring device while over mixing bowl.
- Use a clear measuring device with graduated scale placed on level surface. Bend down to sight along the marking for accuracy. Don't raise the cup to eye level...it won't be level.
- Exact-sized devices, such as teaspoons and ½ cups, must be filled to the rim or marking indicated.
- When measuring sticky liquids, such as honey or syrup, first coat the device with a tiny amount of vegetable oil or spray. The syrup will release more easily from the device.
- Fats such as butter, margarine and/or shortening, pack better and measure more accurately at room temperature.

DRY MEASURING TIPS

- Do not pour dry ingredients into measuring device while over mixing bowl; eliminates accidental spilling or overflow of too much of the ingredient. Flour quantities, for instance, can be over or under by just one tablespoon—a slightly rounded top in a one cup measure.
- Measure dry ingredients over a saucer or paper to be able to put overflows back into original container.
- Scoop or fill the exact-size measuring device (cup or teaspoon) and then tap gently once or twice with knife (eliminates air pockets) and level with knife to the top surface of the device. Try to avoid using larger devices and shaking to level to a mark.
- When measuring by weight, zero out the container on the scales first.
- Make sure you measure the final form called for in the recipe (chopped, diced, sliced, etc.). See "sifted" below.
- Flour, sifted means measure first, then sift. Sifted flour means sift first, then measure. The location of the word "sifted" defines the procedure.
- If not using a measure as with dry spices or salt and pepper, first shake amount into your hand and then into the mixing bowl or pot, vents over seasoning which may be difficult to erase once added, this technique also allows you a visual check on the amount.
- A pinch means ½ tsp or less of a dry ingredient. A dash, usually referring to a liquid (but not always), means a 1 or 2 drops or ⅛ tsp for dry.
- Sticky ingredients such as brown sugar or raisins should be packed tightly in the device for accuracy.

LIQUID MEASURE
CONVERSION

1 gal 4 qt 8 pt 16 cups 128 fl oz 3.78L

½ gal 2 qt 4 pt 8 cups 64 fl oz 1.89L

¼ gal 1 qt 2 pt 4 cups 32 fl oz .95L

⅛ qt 1 pt 2 cups 16 fl oz .47L

⅛ qt ½ pt 1 cup 8 fl oz .24L

½ cup 4 fl oz .12L 8 Tbs 24 tsp

¼ cup 2 fl oz .06L 4 Tbs 12 tsp

⅛ cup 1 fl oz .03L 2 Tbs 6 tsp

⅛ fl oz .015L 1 Tbs 3 tsp

DRY MEASURE
CONVERSION

1 cup 8 fl oz 16 Tbs 48 tsp 237 ml

¾ cup 6 fl oz 12 Tbs 36 tsp 177 ml

⅔ cup 5 ½ fl oz 10 ½ Tbs 32 tsp 158 ml

½ cup 4 fl oz 8 Tbs 24 tsp 118 ml

⅓ cup 2 ⅔ fl oz 5 ⅓ Tbs 16 tsp 79 ml

¼ cup 2 fl oz 4 Tbs 12 tsp 59 ml

⅓ cup 1 fl oz 2 Tbs 6 tsp 30 ml

⅛ cup ½ fl oz 1 Tbs 3 tsp 15 ml

⅛ cup ½ fl oz ½ Tbs 1 tsp 5 ml

MICROWAVE POWER
CONVERSION

WATT	Time to add to each minute in recipe
700 Watt	per recipe
650 Watt	10 seconds
600 Watt	20 seconds
500 Watt	40 seconds



TEMPERATURE DEVICES

The temperature of foods can be critical. Overheated cooking oil may catch fire. Under heated candy may not form. Too hot sauces may burn. Overcooked meats lose flavor and moisture. Undercooked meats can be dangerous to your health.

- **Oven thermometer** - Use as a double check against the dial setting or range thermometer.
- **Meat thermometers** - In-oven type is designed to be inserted into meats and poultry (not touching any bone). A quick glance through the oven door tells progress according to recipe.
 - **Probe type.** Comes in a sleeve, is generally smaller and is used to push into meat at various intervals. A few seconds are necessary for needle to stabilize. Not designed to be left in the oven during cooking.
 - **Instant-read.** A digital-read-out probe that shows either the actual temperature or has a series of lights for rare, medium and/or well-done.
- **Candy/Fat thermometers** - Usually glass with a holder. Read temperatures up to 400° or more. A must for heating cooking oil.
- **Refrigerator thermometer** - Useful for checking on the actual temperature of stored food in freezer, refrigerator section or meat compartment.

OVEN TEMPERATURE
CONVERSION

	Fahrenheit	Celsius
Very Slow	250° - 275°	121° - 135°
Slow	300° - 325°	149° - 163°
Moderate	350° - 375°	177° - 191°
Hot	400° - 425°	204° - 218°
Very Hot	450° - 475°	232° - 246°
Extremely Hot	500° - 525°	260° - 274°

Kingston Lions Club Suggested Quantities

Number of people being served	50	75	100	150	200
Turkeys	38 lb	56 lb	75 lb	112 lb	150 lb
Beef/Pork (Boneless)	25 lb	37.5 lb	50 lb	75 lb	100 lb
Ham (Leg bone in)	31 lb	47 lb	62 lb	94 lb	125 lb
Ham (Boneless)	18 lb	28 lb	37 lb	55 lb	75 lb
Potato Baking 1 per person	50	75	100	150	200
Potatoes (Blue scoop 2 level servings)	25 lb	37.5 lb	50 lb	75 lb	100 lb
Scallop Potatoes	18 lb	27 lb	36 lb	54 lb	76 lb
Carrots (fresh)	12.5 lb	18.5 lb	25 lb	37 lb	50 lb
Turnips (Blue scoop 1 level serving)	12.5 lb	18.5 lb	25 lb	37 lb	50 lb
Peas & Mixed Vegetables	8 lb	12 lb	16 lb	20 lb	24 lb ³⁰
PE Classic Beans & Carrots	8 lb	12 lb	16 lb	24 lb	32 lb
Beans Green/Yellow (Fresh)	8 lb	12 lb	16 lb	20 lb	24 lb ³¹
Coleslaw					22
Cabbage for Coleslaw (Ind. Container)	6 lb	9 lb	12 lb ¹⁵	23 lb	30 lb
Cabbage for Coleslaw (Bowl)	3 lb	8 lb	10 lb	12 lb	14 lb
Carrots for Coleslaw	1 1/2 lb	1 lb - 1/2	2 1/2 lb	3 1/2 lb	4 lb
Onions for Coleslaw	1/2 lb	1/2 lb	1 lb	1 1/2 lb	1 1/2 lb
Dressing for Coleslaw (3.78 ltr)	1/2 btl	1/2 btl	1 btl	1 1/2 btl	2 btl
Coleslaw (Pails) (1 Yellow Scoop)	1 pail	1 pail	2 pails	2 pails	3 pails
Macaroni Salad (1 Blue Scoop)	2 pails	3 pails	3 pails	4 pails	5 pails
Potato Salad (1 Blue Scoop)	2 pails	3 pails	3 pails	4 pails	5 pails
Juice (1.36 ltr) 11 servings per	5 cans	8 cans	10 cans	15 cans	20 cans
Juice (1.05ltr) 8.5 servings per	5 cans	9 cans	12 cans	18 cans	24 cans
Ice Cream (4ltr) 40 servings blue scoop	8 ltr	8 ltr	12 ltr	16 ltr	24 ltr
Baked Beans (Jacob Cattle Beans)	5 lbs	7 1/2 lbs	10 lbs	15 lbs	20 lbs
New quantities for beans	4.5 lbs	6 1/2 lbs	9 lbs	13.5 lbs	18 lbs

These quantities depend on suggested servings sizes, if serving sizes are different than above, adjust accordingly

These portions are for the amount listed

Vegetables and Fruit

Potatoes , red, white, Yukon gold, Russet or sweet; mashed, scalloped, au gratin, salads. etc.	18-22 lbs raw	1/2 cup, cooked
<i>Frozen</i> , French fries, wedges, hash browns	12-13 lbs	1/2 cup
Lettuce , romaine, red leaf, iceberg	About 6 large bunches	1 cup
Vegetables, served as side dish, untrimmed , most varieties: broccoli, cabbage, carrots, eggplant, green beans, mushrooms, spinach, zucchini; sliced, diced or whole,	Fresh 16-20 lbs Frozen Green beans, peas, corn, spinach, 10 lbs	1/2 cup cooked
Vegetables served in salad or in vegetable platter, untrimmed	Fresh Such as cauliflower, carrots, mushrooms, radishes 4-6 lbs for each vegetable in salad/tray	1/4 cup, as ingredient in salad
	Canned Most varieties 18-20 cups (8-10 14.5-15 oz cans, drained)	1/2 cup cooked
Tomatoes , sliced, for salad	20-30 medium	3 slices
Fruits, served as side dish or salad , cut up, most varieties, apples, grapes, melons, berries, bananas	Fresh 10-15 lbs In total Ex. 2-3 pounds each of 5-6 types of fruit	1/2 cup
	Canned Most varieties 18-20 cups (8-10 14.5-15 oz cans, drained)	1/2 cup

Desserts

Cakes	2 13x 9 x 2" sheet cakes 4 9" layer cakes 4 loaf pound cakes	1 small square or 1 slice
Pies, 8-9 inch	7-8 pies	1 regular slice
Cookies	determine by pkg. size	2-3 cookies
Ice Cream, Sherbet	2 ½ gallons	1/2 cup
Purchased Desserts	determine by pkg. size	1/2 cup or 3-4
Other		
Nuts, mixed	2 lbs	2 tablespoons (1 good handful)
Potato Chips, pretzels, tortilla chips, cheese curls etc	3-4 lbs (check package size)	1-3 ozs
Dip	16-20 ozs	1 tablespoon

Seafood

Lobster , in shell	1 lobster per person	1 1/2 lb
Crabs , whole, steamed, boiled in shell	4-5 bushels, (medium crabs, app. 80-90 crabs per bushel; <u>check with your local seafood market as this varies by region</u>)	6-8 crabs per person, depending on how much other food is served
Fish , Fillets and steaks, fresh or frozen	14-16 lbs uncooked	3-4 ounces, cooked
Whole, cleaned	40 lbs uncooked	app. 3 ozs
Shrimp , raw in shell (any size)	18-20 lbs	3 ozs. cooked (app. 6-7 medium shrimp)
Cooked (packaged frozen variety)	10 lbs	3 ozs. cooked (app. 6-7 medium shrimp)
Sea Scallops , fresh or frozen	10-12 lbs.	4 scallops
Crabmeat, lobster meat, squid , cooked, canned or packaged	12-15 lbs	app. 1/2 cup
Mussels, Oysters, Clams , in shell		12 each per person

Sandwiches

Beef, Ham, Turkey, deli sliced	4 lbs, in total	2 slices (about 1 oz)
Cheese, deli sliced	3 lbs.	1 slice
Bread	4 loaves (22-24 slices per loaf)	2 slices

Condiments, Relishes and Salad Dressings

Mayonnaise	32 ozs	1 tablespoon
Ketchup	2 20-oz bottles	1 tablespoon
Mustard	8 ozs.	1 teaspoon
Pickles, whole, dill or sweet	2½ qts	1 pickle
Pickle relish	2 qts	1 oz.
Olives, ripe, whole or pitted	1½ qts	3-5
Salad dressing, self serve	1 quart	1 tablespoon
<i>Mixed in salad</i>	3-4 cups	
Salsa	2-3 qts.	2-3 tablespoons
Jelly, jam preserves,	2 32-oz jars	1 tablespoon

Meat, Poultry-Quantity Uncooked

Beef, Lamb, Pork, boneless	16-18 lbs	3 ounces cooked
Beef, Lamb, Pork, roast, bone-in	22-24 lbs	3 ounces cooked
Beef or Pork Ribs	25-40 lbs	1 pound cooked
Pork Chops	17 lbs	1 chop 3/4" Thick
Chicken, pieces with bone-in	18-20 lbs	1-2 pieces
Chicken, boneless, skinless, cut-up for casserole, soup, stew etc.	16-18 lbs	3 ounces
Turkey, whole, to roast	40-50 lbs. (2-3 large birds)	3 ounces
Bacon	6 lbs., 12-20 slices per lb	2 slices
Ham, bone-in, to bake	18-20 lbs.	3 ounces, cooked
<i>Purchased ready to eat</i>	15 lbs	3 ounces, cooked
Sausage, links i.e.. Pork, Polish, Knockwurst or other variety sausages	10-12 lbs.	1-2 links=2 to 3 ounces, cooked
Hamburgers, ground beef or mixture of ground meats	13-15 pounds (app. 25% fat)	4-8 ounces, cooked
Ground Meat, beef, turkey, pork, veal for meat sauce, lasagna, tacos, casseroles, etc	12-16 pounds (app. 25% fat)	1/2 cup cooked
Hot Dogs	12 lbs	2 hot dogs

DAIRY

Eggs,

scrambled, omelets, frittatas

8 1/2
dozen

2 eggs

Butter,

for bread

1lb.

1 pat, 1/2 inch
thick

Cheese,

cut as appetizer

4 lbs.

2 oz.

Milk

3 gals

1 cup

Heavy whipping Cream

1 1/2 pint
s

2 tablespoons
whipped

Breads, Rice, Pasta, Beans

Bread, sandwiches or side dish	4 loaves (22-24 slices per loaf)	2 slices
Rolls, biscuits, croissants, small muffins, bagels, etc	determine by pkg. size	2 pieces
Crackers	determine by pkg. size	4
Pancake Mix	app. 6 lbs, see pkg directions	2 4-inch cakes
French Toast	4 loaves (22-24 slices per loaf)	2 slices
Cereal		
<i>Cooked, oatmeal, grits</i>	about 2 gals. cooked (app. 2 lbs dry)	2/3 cup
<i>Cold</i>	app. 5 boxes	1/2-1 cup
Coffee Cake	4 8" bundt cakes	1 regular slice
Pasta, as side dish, spaghetti, macaroni, noodles	4-5 16 oz. pkgs.	1/2 cup, cooked
Rice, uncooked	3-4 lbs	1/2 cup, cooked
Beans, canned	8-12 15.5 ounce cans	1/2 cup

Food Type	Approximate Amount for 50 Servings	Serving Size Per Person
Coffee (regular ground)	1-1/2lbs.	1 cup
Half & Half , for coffee	2 1/2 pints	1 1/2 tablespoo
Sugar , for coffee	12 oz	11/2 teaspoons
Fruit juice, lemonade, tea, etc		1 cup
<i>Bottles, cartons, cans</i>	4 32 oz.	
<i>Frozen</i>	7 12 oz. cans	
Cocoa	To make 2 1/2 gals.	3/4 cup
<i>Instant mix</i>	2 1/2 lbs.	"
<i>Unsweetened powder</i>	8 oz.	"
Tea , hot or cold (follow package directions)	2 1/2 gals	3/4 cup
Cider , hot or cold	2 gals	1/2 cup
Sodas, Punch	4 1-liter bottles or 3 gallons	8 ozs. Purchase more for extra servings
Bottled Water	as packaged	1 each

SERVING 100 PEOPLE

- 2 gallons Applesauce
- 3 gallons String beans
- 2 gallons Baked beans
- 24 pounds Beets (cooked)
- 2 pounds Butter
- 12 Loaves of bread (1 lb loaf)
- 10 pounds Coleslaw cabbage
- 30 pounds Carrots (cooked)
- 2 gallons Peas
- 75 pounds Fried chicken
- 35 pounds Chicken a' la King
- 15 bunches Celery
- 1 pound Coffee (for 100 cups)
- 6 pounds Cranberries (raw) -with- 6 lbs of sugar
- 6 cups Cocoa or hot chocolate
- 13 quarts Ice-cream, bricks
- 14 quarts Ice-cream, bulk
- 40 pounds Ham/beef/pork/veal roast.
- 30 pounds Meatballs
- 32 pounds Hamburger
- 35 pounds Pork chops
- 45 pounds Baked ham
- 14 bunches Lettuce heads for salad
- 17 packages Jello (3 1/2 oz. packets)
- 6 pounds Macaroni
- 1 gallon Pickles
- 35 pounds Raw potatoes (mashed)
- 4 gallons Punch, (1/2 c. per person)
- 5 pounds Rice
- 2 quarts Salad dressing
- 3 pounds Cube sugar
- 1/2 pound Tea
- 65 pounds Turkey roast
- 25 pounds Weiners

These individual items will serve 100 people. So if you are entertaining hopes this helps out.

Serving Size: 100

Kingston Lions Club – Quantities Serving List

These are only good approximations adjust accordingly

This is a guide for serving suggestions for the Lions Club

Hot Dinners

Turkey bone in
Pork bone in
Beef boneless
Hams bone in
Hams boneless

Quantity

$\frac{3}{4}$ lb per person
 $\frac{3}{4}$ lb per person
 $\frac{1}{2}$ lb per person
8 oz per person
5 oz per person

Potatoes
Scallop Potatoes
Baked Potato
Carrots
Turnips
Peas
Dry Beans (for baking)

$\frac{1}{2}$ lb per person (2 scoops blue # 16)
 $\frac{1}{3}$ lb per person
1 potato per person
 $12 \frac{1}{2}$ lb per 50 people
 $12 \frac{1}{2}$ lb per 50 people (1 scoop blue #16)
6 lb per 50 people
 $7 \frac{1}{2}$ lb per 50 people

Cold Plates

Cold meats

12-13 lb per 50 people (2 types of meat
At least 1 slice of each kind per person

Potato Salad

15 lb per 50 people (5kg pail 40 servings
black #12 scoop, 60 servings blue # 16)

Coleslaw

8 lb per 50 people (5 kg pail 70 servings
Blue # 12 scoop)

Cucumbers

2 large per 50 people

Tomatoes

13 per 50 people cut in wedges of 8 (2
wedges per person)

Lettuce

2 large heads per 50 people

Devil Eggs

$\frac{1}{2}$ egg per person

Cooking Times

Roast Beef	15-18 lbs ea 2 per pan 4 – 4 ½ hours remove at 140 deg (med) and let stand covered for up to 1 hour before cutting (cook @ 350 deg) Less than 15 lbs 3 ½ - 4 hours remove at 140 deg (med) Less than 8 lbs approx 2hrs let stand covered for up to 1 hour before cutting (Cook @ 350 deg) Adjust times according to weight
Roast Turkey	20 lbs and above 3½– 3¾ hours remove at 170 deg let stand covered for up to 1 hour before cutting (cook @ 350 deg) Adjust times according to weight
Roast Pork	12 –15 lbs 4 –4 ½ hours remove at 160 deg let stand covered for up to 1 hour before cutting (Cook @ 350 deg) Adjust times according to weight
Roast Ham	15 lbs and above simmer for 1 hours. Bake in ginger ale or water for approx 2 - 2 ½ hours until internal temp is 100 deg (One suggestion only) or just roast.
Boneless Hams	Roast at 350 deg for 2 ½ - 3 hours (only needs to reach 100 deg)
Chicken Supreme	Prepare and cook at 350 deg for 1½ – 2 ½ hours until internal temp is 160 deg. Depends on amount in pan.
Baking Potatoes	2 trays per oven (35 – 40 potatoes per tray) 1 ½ – 2 hours internal temp should be min 160 deg

Desserts

Pies	1 slice per person
Sweets	3-4 pieces per person
Ice Cream	4 ltr pail 40 servings blue #16
Strawberries	5 kg pail 100 ladle servings over ice cream ½ cup or 4 oz ladle per serving for short cake

Miscellaneous

Rolls	1 roll ea per person
Juice	11 servings per 1.36 ltr can
Juice	8-9 servings per 1.05 ltr can
Coffee.....	1 lb per 80 - 100 cups perk 7 level ½ cup scoops for 80 - 100 cup perk
Tea.....	32 - 2 cup bags for 80 - 100 cup perk 12 - 2 cup bags for 32 cup perk
Milk	3 litres for 50 people

Scoop Sizes

- # 8
- #10
- #12 - Black
- #16 - Blue
- #20 - Yellow
- #24 - Red

5 Steps to FOOD SAFETY

1

Be Clean,
Be Healthy



Wash hand
when necessary



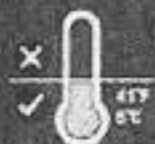
Do not work with
food if you are ill



Never touch
ready-to-eat food
with bare hands

2

Keep It Cool,
Keep It Hot



Keep cold foods
at 41°F / 5°C
or below



Keep hot foods
at 140°F / 60°C
or above

3

Don't Cross-
Contaminate



Don't store
raw foods over
cooked or ready-
to-eat foods.

Never prepare
ready-to-eat foods
on the same surface
or with the same
utensils used to
prepare raw
animal proteins.

4

Wash, Rinse,
& Sanitize



1. Wash



2. Rinse



3. Sanitize

Properly wash,
rinse and sanitize
all food contact
utensils and
equipment

5

Cook It &
Chill It



Cook food until
it reaches a
proper internal
temperature.



Rapidly cool food
to 41°F / 5°C
or below.



Food Hygiene

What you should know

KEEP FOOD OUT OF THE DANGER ZONE

Stage of food handling	What to check	Recommended safe temperatures
DELIVERY	Every time you get a load in (delivered)	2°C to 5°C for refrigerated food, 20°C to 15°C for frozen food
STORAGE (refrigerator or freezer)	Only at start	0°C to 5°C
Refrigerator storage (at start of day)	Only at start	+2°C to 5°C
DRY STORAGE	Only at start	+15°C to 20°C
PREPARATION (before meal is ready)	Whenever food is handled	5°C to 10°C
COOKING (eg. meat and poultry etc)	Whenever food is cooked	Minimum core temperature of 75°C for 2 minutes
COOLING	Whenever food is cooked	5°C or lower within 90 minutes
REHEATING	Whenever food is reheated	Minimum core temperature of 75°C for 2 minutes
NOT COOKED OR COOKED	Whenever prepared for service point	Minimum core temperature 5°C to 10°C
COLD FOOD ON DISPLAY	Whenever prepared for service point	5°C to 10°C

DANGER
5°C TO 63°C

YOUR CHECKLIST FOR GOOD HYGIENE PRACTICE

- 1 Wash and dry your hands thoroughly after going to the toilet and before handling food
- 2 Do not handle food if you are suffering from diarrhoea or/and vomiting
- 3 Inform your supervisor if you are unwell or your temperature is ill
- 4 Use coloured coverings for cuts and grazes
- 5 Do not spit, smoke, eat, or chew gum when you are handling food
- 6 Always wear clean white clothes
- 7 Keep your work/wear respiratory surfaces and utensils clean and dry
- 8 Tell your supervisor if you wear a jewellery
- 9 If you have to use the toilet remember to say that you are a food handler
- 10 Keep lids or lids of all tins
- 11 Refuse areas must be kept clean and clear
- 12 Protect food from contamination by pests and report any infestation

FIRST PRINCIPLES OF FOOD HYGIENE

- 1 Food safety covers everybody
- 2 Poor food hygiene threatens health, reputation, profits and jobs
- 3 Every food handler has a legal responsibility to ensure food does not cause illness or harm
- 4 Food poisoning is caused by eating contaminated food
- 5 Food poisoning can be life threatening
- 6 You cannot see or smell food poisoning bacteria
- 7 Food poisoning bacteria need food, moisture, warmth and time to multiply
- 8 Effective temperature control prevents food poisoning
- 9 A high standard of personal hygiene prevents food contamination

ZONE
63°C

THE TEN MAIN REASONS FOR FOOD POISONING

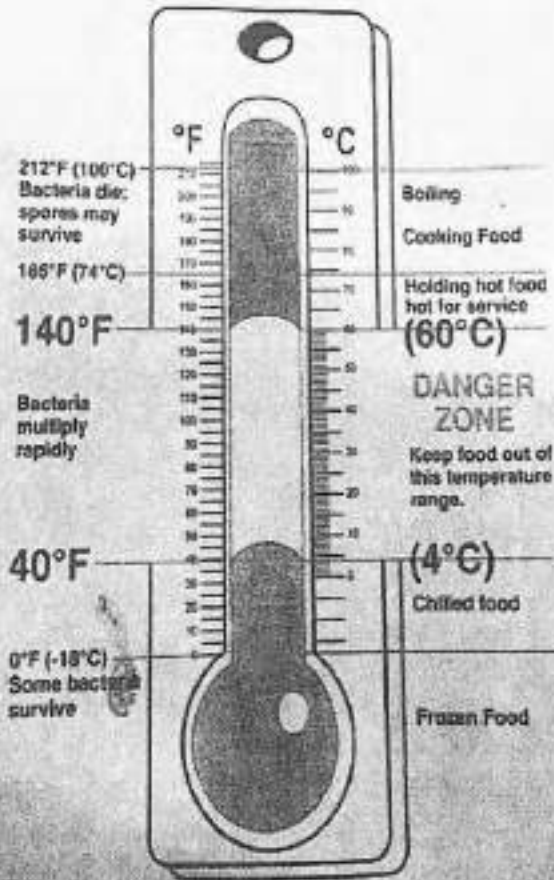
- 1 Food prepared long for in advance and stored at room temperature, not under refrigeration
- 2 Cooking food too slowly before refrigeration
- 3 Not re-heating food to high enough temperature to destroy food poisoning bacteria
- 4 The use of cooked food contaminated with food poisoning bacteria
- 5 Under cooking
- 6 Not thawing frozen poultry for sufficient time
- 7 Cross contamination from raw to cooked food
- 8 Storing hot food below 52°C
- 9 Infected food handlers
- 10 Use of leftovers



INTERNAL COOKING TEMPERATURES

FOOD	TEMPERATURE
Pork, Veal, Lamb	160 °F (71 °C)
Ground meat	160 °F (71 °C)
Ground poultry	165 °F (74 °C)
Whole poultry	180 °F (82 °C)
Poultry stuffing (inside temp.)	165 °F (74 °C)
Poultry pieces	165 °F (74 °C)
Beef steaks/ roasts	
Medium rare	145 °F (63 °C)
Medium	160 °F (71 °C)
Well	170 °F (77 °C)
Fish	145 °F (63 °C)
Eggs	145 °F (63 °C)
Re-heating all foods	165 °F (74 °C) within 2 hrs

The Danger Zone



PROPER COOLING METHOD

NOTE: Dividing large amounts of food into smaller portions by using the techniques mentioned below or by deboning meats is necessary to achieve these time/temperature limits.

Use the following techniques in step # 1 & 2:

- a) ice water bath method (large stock pots immersed in $\frac{1}{2}$ water, $\frac{1}{2}$ ice mix)
- b) shallow pan method - no deeper than 2 inches
- c) cold stir method - frozen commercially purchased "ice paddles" immersed in food product

- 1) Allow food to cool down from cooking temperature to 140F (60C) at room temperature (without refrigeration).
- 2) **2 HOURS:** Cooling food from 140F (60C) to 70F (21C).
NOTE: Some of this step can take place under refrigeration within the cooler zone of this temperature range.
- 3) **4 HOURS:** Cooling food from 70F (21C) to 40F (4C). This step must be done **UNDER REFRIGERATION**

TOTAL TIME TO COOL FOODS:

6 HOURS + Cooling time in step # 1

Teaspoons to tablespoons to cups to fl oz to millilitres - Cooking Index

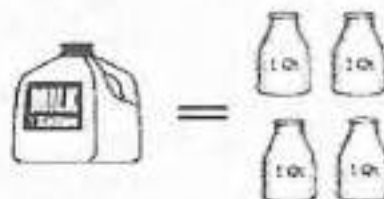
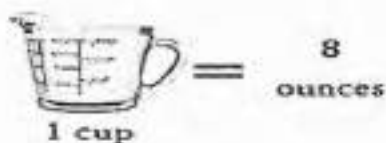
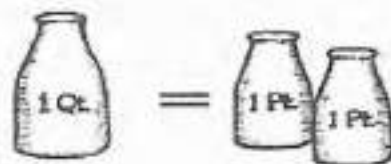
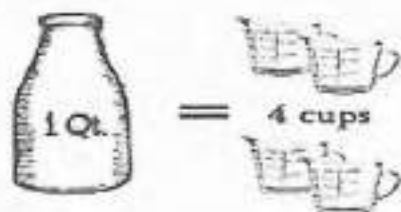


Teaspoons to tablespoons to cups to fl oz to millilitres

Teaspoons	Tablespoons	Cups	Fluid Ounces	Milliliters
3 tsp.	1 Tbsp.		1/2 Oz.	15 ml
6 tsp.	2 Tbsp.	1/8 Cups	1 Oz.	30 ml
12 tsp.	4 Tbsp.	1/4 Cups	2 Oz.	50 ml
16 tsp.		1/3 Cups		75 ml
18 tsp.	6 Tbsp.		3 Oz.	
24 tsp.	8 Tbsp.	1/2 Cups	4 Oz.	125 ml
30 tsp.	10 Tbsp.		5 Oz.	
32 tsp.				150 ml
36 tsp.	12 Tbsp.	3/4 Cups	6 Oz.	175 ml
48 tsp.	16 Tbsp.	1 Cup	8 Oz. (1/2 Pint)	250 ml
		2 Cups	16 Oz. (1 Pint)	
		4 Cups	32 Oz. (2 Pints or 1 Quart)	1 liter

Note: A Dash or a Pinch are generally considered to be less than 1/8 teaspoon.

Measurements



measurements



Old-Fashioned Meat Loaf

Serves 25 people

Ingredients:

8 tbs butter (1/2 cup or 1/4 lb)
8 medium onions, finely chopped (16 cups)
4 tbs garlic, minced (1/4 cup or 2 oz.)
4 ribs celery, finely chopped (1/2 head)
4 carrots, finely chopped
12 scallions (green onions), finely chopped (4 cups)
8 tsp salt (2 1/2 tbs)
6 tsp ground black pepper (2 tbs)
8 tsp Worcestershire sauce (2 1/2 tbs)
2 1/2 cups ketchup (1 1/4 + 1 1/4)
6 lbs coarsely ground beef (single ground)
3 lbs coarsely ground pork
4 cups fine fresh bread crumbs
8 eggs (large, lightly beaten)
1 1/4 cups flat leaf parsley, minced

Instructions

Put racks in middle of ovens and preheat to 350° F.

Melt butter in large skillets over moderate heat. Add onions, garlic, celery, carrots and scallions and cook, stirring, for 5 minutes. Reduce heat to low and cook, stirring occasionally until carrots are tender, about 5 minutes. Add salt, pepper, Worcestershire sauce and 1/2 ketchup and cook, stirring, for 1 minute.

Transfer to large bowls. Add meats, bread crumbs, eggs, and parsley and blend by hand; do not overmix.

Form mixture into 10-by-5 inch rectangular loaves in 13-by-9 inch baking pans. Spread top with remaining ketchup.

Bake until thermometer inserted into center of meat loaves registers 155°F, 1 1/4 to 1 1/2 hours. Let meat loaves stand, loosely covered with foil, for 5 minutes before slicing to serve.

Chili for 100

INGREDIENTS

- 21 pounds ground beef, browned and drained
 - 9 cans (16 ounces each) pork and beans, undrained
 - 9 cans (16 ounces each) kidney beans, rinsed and drained
 - 9 cans (21 ounces each) tomatoes with liquid, diced
 - 9 cans (29 ounces each) tomato sauce
 - 3 pounds onions, finely chopped
 - 7-1/2 cups finely chopped celery with leaves
 - 9 large green peppers, finely chopped
 - 9 bay leaves
 - 2 tablespoons salt
 - 5 tablespoons chili powder
 - 1 tablespoon paprika
 - 1 tablespoon pepper
 - 1 tablespoon ground cumin
-
- 1 tablespoon cayenne pepper

Combine all of the ingredients in three large kettles, cover and cook on medium heat for 2-3 hours. Remove the bay leaves before serving. **Yield:** 100 servings (25 quarts).

Insanely Easy Vegetarian Chili

"This chili is SO easy to make. You can pretty much throw whatever you have into the pot and it'll be great. (I added some leftover salsa once.) It's very colorful, not to mention delicious."

Ingredients

- 1 tablespoon vegetable oil
 - 1 cup chopped onions
 - 3/4 cup chopped carrots
 - 3 cloves garlic, minced
 - 1 cup chopped green bell pepper
 - 1 cup chopped red bell pepper
 - 3/4 cup chopped celery
 - 1 tablespoon chili powder
-
- 1 1/2 cups chopped fresh mushrooms
 - 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
 - 1 (19 ounce) can kidney beans with liquid
 - 1 (11 ounce) can whole kernel corn, undrained
 - 1 tablespoon ground cumin
 - 1 1/2 teaspoons dried oregano
 - 1 1/2 teaspoons dried basil

Directions

1. Heat oil in a large saucepan over medium heat. Saute onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.
2. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

mac and cheeses

INGREDIENTS

- 3 packages (two 16 ounces, one 7 ounces) elbow macaroni
 - 1-1/4 cups butter, divided
 - 3/4 cup all-purpose flour
 - 2 teaspoons salt
 - 3 quarts milk
 - 3 pounds sharp cheddar cheese, shredded
-
- 1-1/2 cups dry bread crumbs

DIRECTIONS

Cook macaroni according to package directions until almost tender. Meanwhile, in a large soup kettle, melt 1 cup butter. Stir in flour and salt until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add cheese, stirring until melted. Drain macaroni; stir into sauce.

Transfer to three greased 13-in. x 9-in. baking dishes. Melt remaining butter; toss with bread crumbs. Sprinkle over casseroles. Bake, uncovered, at 350° for 35-40 minutes or until golden brown. **Yield:** 36 servings (1 cup each).

Chicken Supreme

Servings	50	100	200
Chicken Breast Boneless	50	100	200
Chicken Stock (1Lt Box)	1	2	4
Broccoli Large	1	2	4
Red Peppers Large	1½	3	6
Cream of Broccoli soup	3	6	12
Cheese Whiz	250gm	500gm	1 kg
*Flour	**	**	**
*Montreal Chicken Spice	**	**	**
*Garlic Powder (Salt)	**	**	**
*Onion Powder (Salt)	**	**	**
*Salt	**	**	**
*Pepper	**	**	**

Note: If Cream Broccoli Cheese Soup is used, does not require Cheese Whiz

* Mix ingredients as required to give flavor desired.

Mix dry ingredients and coat chicken pieces (remove excess coating). Brown chicken by frying. Remove to oven proof baking dish.

Mix Cream of broccoli Soup (add one cans of water per can of soup) and Cheese Whiz. Whisk in Chicken Stock.

Dice broccoli and red peppers add to soup mixture. Pour over chicken pieces and bake in 350 deg oven until done. Approx 1½ to 2 hrs depending on depth of ingredients. Until Chicken is cooked. Internal temp should be min. 160 deg F.

For smaller amounts, 6 pieces chicken one can broccoli cheese soup, one can chicken broth, some broccoli and red peppers. Mix as above.

50-60 pieces of chicken best amount for pans

Stuffing for Turkeys

Lions Club Recipe

Servings	Amount	25	50	100
Bread pieces	lb	2	4	8
Potato	lb	$\frac{3}{4}$	1½	3
Celery	Lg stalks	$\frac{1}{2}$	1	2
Onion	lb	$\frac{1}{2}$	1	2
Poultry seasoning	TBSP	2½	5 4	10
Sage	TBSP	1	2	4
Savory	TBSP	1	2	4
Parsley	TBSP	$\frac{1}{2}$	1	2
Salt	TBSP	$\frac{1}{2}$	1	2
Pepper	TSP	$\frac{1}{4}$	$\frac{1}{2}$	1
* Onion Salt	TSP	$\frac{1}{4}$	$\frac{1}{2}$	1
* Garlic Powder	TSP	$\frac{1}{4}$	$\frac{1}{2}$	1
**Turkey Broth	6 oz Ladle	1-1½	2-3	4-5
Butter	oz	1	2	4
Oil				

- Optional

- ** Turkey Broth to ensure the Dressing form balls for cooking.

Blue scoop for serving size

50 servings best quantity for mixing.

To the dry breadcrumbs, add seasoning, mix well. Peel potatoes and cook until tender, do not drain, mash leaving (water will help moisten mixture). Add to breadcrumbs and mix thoroughly.

Chop onions and celery sauté in oil until tender. Add butter and melt. Add to dressing mixture, mix thoroughly.

**Add turkey broth to moisten mixture. Should be able to form balls that will stick together.

Hash Brown Casserole

Ingredients	Servings	25	50	100
Hash Browns Frozen	Lb	4	8	16
Melted Butter	Cups	1	2	4
Cream of Chicken soup (10.75 oz can)		2	4	8
Sour Cream	(8oz)	2	4	8
Chopped Onions	Cups	1	2	4
Cheddar Cheese Shredded	Cups	4	8	16
Salt	Teaspoon	2	4	8
Pepper Black	Teaspoon	½	1	2
Topping				
Corn Flakes Crushed	Cups	4	8	16
Butter Melted	Cups	½	1	2C

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine hash browns, and ingredients for portion that you are preparing melted butter, cream of chicken soup, sour cream, chopped onion, Cheddar cheese, salt and pepper. Place mixture in a casserole dish.
3. In a medium saucepan over medium heat, saute cornflakes in melted butter, and sprinkle the mixture over the top of the casserole.
4. Bake covered in preheated oven for min 40 minutes, **50 servings or more will require extra time.**

TGIF SPAGHETTI

For 75 People

13 Lbs hamburger
5 lbs onion (diced)
4 green peppers (diced)
8 10oz cans mushrooms
1 100oz can tomato sauce
1 100oz can crushed tomatoes
2 13oz cans tomato paste
1 48oz can tomato juice
1 small btl minced garlic
2 tbsp minced parsley
2 tbsp basil
3 tsp salt
2 tsp oregano
2 tsp celery salt
2 tsp crushed chili peppers
Pepper to taste
lbs spaghetti

Saute onions in vegetable oil, brown hamburger and divide between two pots. Divide rest of the ingredients between the 2 pots and simmer for 2 hours.

Corn Chowder with Smoked Bacon

Serves 50

Ingredients:

Potatoes – 10lbs
Bacon – 2lbs – smoked
Onions – 3lbs
Celery – 1 head
Water – 4 cups
Creamed corn – 6 tins, 19oz
Cream of mushroom soup – 4 tins 10oz
Corn niblets – 2 tins 12oz
Evaporated milk – 3 tins 14oz (370ml)
Milk – 2 litres homogenized
Half & Half – 1 litre
Bell pepper – 1 large red or orange
Nutmeg – 1 tablespoon
Salt & Pepper – to taste

Method:

Peel and cube potatoes and boil until nearly cooked and drain. Dice bacon and fry in a large pan on medium high until nearly crisp. Drain reserving 4 tablespoon of grease. Using 2 large pots add 2 tablespoon of reserved fat to each. Dice onion, celery and red pepper and add equal amounts to each pot, cover and sweat at medium heat for 5 minutes, stirring occasionally. Add ½ bacon, 2 cups water, 3 tins creamed corn, 2 tins mushroom soup, ½ tablespoon nutmeg, salt & pepper and let come to just under a boil. Reduce heat to low and simmer 10 minutes. Add ½ potatoes and 1 tin of niblets to each pot and simmer a further 10 minutes. Meanwhile add Half & Half and whole milk to a small pot and warm being careful not to boil. When chowder is done simmering, add ½ of milk mixture to each pot and adjust seasoning. Keep warm on very low heat until service.

Note:

Be extremely careful not to scorch chowder during cooking especially after adding milk but watch during cooking since the creamed corn can also burn on the bottom due to the sugar content and starch.

Vern's Creamy Scallop Potatoes

Serving	50	100	150	200
Ingredients Qty				
Potatoes lb	20	40	60	80
Butter lb	1	2	3	4
Flour lb	1	2	3	4
Onions lb	½	1	1 ½	2
Milk lt	5	10	15	20
Salt to taste				
Pepper to taste				

Directions:

Best to put only 50 serving size in a pan to cook. Cook covered, remove cover last 45 min. or so to allow crust to form.

Slice raw peeled potatoes very thin.

Slice peeled onions very thin.

Melt butter in large shallow pot, add flour and cook for 5 min. stirring constantly so that flour will cook and sauce will not have floury taste, and mixture does not burn.

Gradually add milk a litre at a time stirring constantly, allow mixture to come to near boil, continue with rest of milk same procedure. Do not let mixture burn.

Layer half of the potatoes in baking dish add sliced onions salt and pepper to taste pour about half the liquid mixture over potatoes. Add remaining potatoes salt and pepper and remainder of liquid mixture over rest of potatoes. The flour, butter and milk should be about ¾ height of potatoes.

Bake for 2-3 hrs at 350 deg. until all potatoes are thoroughly cooked. Should serve 50.

Baked Beans

Soak beans over night

4 Cups = 2lb uncooked beans

		20	40	100	200
Beans	Lb	2	4	9	18
Sugar	Cup	2	4	9	18
Salt	Tsp	3	6	15	30
Pepper	Tsp	½	1	2½	5
Ginger	Tsp	1	2	5	10
Dry Mustard	Tsp	1	2	5	10
½ Tsp Baking Soda	Tsp	1	2	5	10
Margarine, Bacon or Fat Pork					



4 cup water for 4 cup BEANS

Margarine, Bacon or Fat Pork Couple strips of bacon or equivalent per pot.

Cook 30 min. in pressure cooker or bake for 6 hrs in oven.

2 Lb beans (4 cups) is the ideal size for pressure cooker. (**highlited**)

Spiced Pork Chops

½ Cup Flour
1½ Tsp Garlic Powder
1½ Tsp dry Mustard
1½ Tsp Paprika
½ Tsp Celery Salt
¼ Tsp Ground Ginger
1/8 Tsp Oregano
1/8 Tsp Basil
1/8 Tsp Salt
1/8 Tsp Pepper

Combine above ingredients. Dredge pork chops in mixture, then brown chops in oil.

Sauce

1 Cup Ketchup
1 Cup Water
¼ Cup Brown Sugar

Mix sauce and pour over chops in casserole. Bake at 350 deg F. for one hour or until chops are cooked.

Vic Yahnke's Chili for 90 People

10 Lbs. Hamburger

6 large sliced Onions

3 Large green peppers

1 large red pepper

3 Bunches celery

10 – 540 ml cans kidney beans

2 – 1.36 L tomato juice

3 – 796 ml cans diced tomatoes

3 – 680 ml tomato sauce

Brown hamburger and pour off fat. Sauté onions and celery until transparent. Assemble all ingredients and simmer for an hour. Add chili and spices to taste.

Much better if chilled and served the next day.

Pork Schnitzel

INGREDIENTS

6 boneless pork cutlets (the thinner the better)
1/2 cup all-purpose flour
1 teaspoon seasoned salt
1/4 teaspoon freshly ground black pepper
1 egg, beaten
2 tablespoons milk
1 cup fine dry bread crumbs
1 teaspoon paprika
Vegetable or Canola Oil for cooking

METHOD

Pound the pork cutlets to 1/4-1/8 inch thickness (the thinner the better), then cut a couple of small slits around the edges of the cutlets with a sharp knife to prevent curling when cooking.

(I like to set up a bread station by putting a large sheet of parchment paper on the counter and putting the flour mixture in a pile at one end, the egg dip in a shallow bowl in the middle, then the bread crumb mixture at the other end. Then, when I'm done, I only have one bowl to wash and the rest gets folded up and straight into the garbage with no mess).

Combine flour, seasoned salt and pepper on a large plate. Combine the egg and milk in a shallow bowl. Combine bread crumbs and paprika on a large plate. Dredge the cutlets in the seasoned flour, then dip the cutlets in the egg mixture, then into the bread crumbs and paprika mixture.

Place breaded cutlets on a plate and cover with plastic wrap. Refrigerate for several hours. (*This is the secret to great schnitzel - the refrigeration. Try to refrigerate at least an hour. It gives the breading time to bind and ensures a nice, even and crispy coating).

Heat 1/2 inch of oil in a large skillet. Saute the cutlets for 6-8 minutes on each side or until coating is nicely golden. (Make sure cutlets have enough room to lay flat. Do in two batches if necessary). Take care not to pierce the breading with a fork, to keep the oil from invading the inside.

Remove the cutlets from the skillet and place on a heated platter to keep warm. Garnish with lemon wedges, tomato sauce or gravy. Serves 6

http://www.fortysomething.ca/2008/03/pork_schnitzel.php



Breakfast Pull-Apart Bread

Have eggs, bacon, and toast for breakfast all in one with this delicious and easy pull-apart bread!

Serves: 8

Ingredients

- 6 slices bacon, diced small
- 1/2 stick (1/4 cup) of unsalted butter
- 1 tube of refrigerated Pillsbury Grands biscuits
- 3 large eggs, beaten
- 1/4 cup shredded sharp cheddar cheese
- 1/4 cup shredded monterey jack cheese
- 2 scallions, finely diced

Directions

1. Cook bacon in a large skillet over medium-high heat until crispy, stirring occasionally, about 5 minutes. Drain on a paper towel and set aside.
2. Preheat the oven to 350 degrees.
3. Put the butter in a nonstick bundt pan coated with cooking spray and let it melt in the preheating oven.
4. While the butter melts, cut the Grands biscuits into quarters. In a bowl, gently toss the biscuit pieces, bacon, eggs, both cheeses, and scallions together.
5. Once the butter has melted, give the bundt pan a little swirl so the bottom is evenly coated. Add the biscuit mixture to the pan, sprinkling with any cheese and bacon pieces that get left behind.
6. Bake for 25-27 minutes or until golden.
7. Run a dull knife around the edges of the pan to loosen. Turn out on a dish and enjoy!



Mini Cinnamon Roll Muffins



Prep Time
10 min



Total Time
50 min



Makes:
24 mini muffins

Ingredients

2 cups	all-purpose flour, divided	500 mL
¼ cup	sugar	60 mL
1 tbsp	baking powder	15 mL
½ tsp	salt	2 mL
1 cup	milk, divided	250 mL
1	egg	
½ cup	melted and cooled butter, divided	125 mL
2 tsp	vanilla extract	

Nutrition Facts

Nutrition Description	Per serving (1 mini muffin):
Calories	110
Fat	5 g
Saturated Fat	3 g
Carbs	14 g
Sugar	6 g
Protein	2 g
Cholesterol	20 mg
Fibre	0
Sodium	140 mg

		10 mL
¼ cup	firmly packed brown sugar	60 mL
2 tsp	ground cinnamon	10 mL
2 oz	brick-style plain cream cheese	60 g
3 tbsp	icing sugar	45 mL
½ tsp	orange zest	2 mL

Directions

- Step 1 Preheat oven to 375°F (190°C). Grease 24 mini muffin cups. Set aside.
- Step 2 Reserve 1 tbsp (15 mL) of flour. In large bowl, whisk remaining flour with sugar, baking powder and salt. Set aside. Reserve 1 tbsp (15 mL) of milk. In second bowl, whisk remaining milk with egg, 1/3 cup (75 mL) melted butter and vanilla.
- Step 3 Stir wet ingredients into dry ingredients just until moistened. Divide half the batter among 24 mini muffin cups. In bowl, mix brown sugar, reserved 1 tbsp (15 mL) flour, remaining butter and cinnamon. Dollop 1/2 tsp (2 mL) of this brown sugar streusel onto batter in each muffin cup; top with remaining muffin batter. Using a toothpick, swirl batter in each cup to resemble pattern on cinnamon buns.
- Step 4 Bake 15 min. until muffins are golden brown and tops spring back when lightly pressed. Cool muffin pan on rack.

Step 5 Meanwhile, make icing by beating together cream cheese, icing sugar, reserved 1 tbsp (15 mL) milk and orange zest. Remove muffins from pan. Drizzle with icing. Serve warm or at room temperature.

Tip

Add finely chopped pecans or raisins to brown sugar streusel.

Tea Biscuits

Steer BBQ Recipe

4 Cups Flour (Robin Hood)
8 Tsp Magic Baking Powder
2/3 Cups Sugar
1½ Tsp Salt
1 Cup Crisco Shortening
2 Cups Whole Milk

Bake in 425 Deg. oven
12 Min. or until golden brown

Method

Mix dry ingredients, (First four)

Blend in 1 cup shortening until mixture is crumbly. (As in Pie Dough)

Add 2 cups whole milk. (Stir with a fork as mixture is quite wet)

Turn onto a well-floured pastry board.

Add flour as needed until dough no longer sticky, (Knead until proper texture.)

Roll out and cut to desired size.

For Steer BBQ

2 x 10kg bags Flour (Robin Hood)

3 kg Sugar

1 box Salt

2 x 450gm Magic Baking powder

21 Cups Crisco Shortening (7 pkg 3 blocks ea.)

6 x 2ltr Whole Milk

Parchment paper

Trays and bags for storing

BREAD PUDDING FOR 40 (OR 48)

16 eggs, lightly beaten
1 c. butter, melted
4 tsp. salt
2 tsp. cinnamon
4 c. raisins

12 cups milk
3 c. sugar
4 tsp. vanilla
4 loaves day-old bread

Beat together eggs, milk, sugar, salt, cinnamon & vanilla. Cut bread into cubes. Toss with egg mixture and stir until all coated. Add raisins. Transfer to 4 buttered 13 X 9" baking pans. Drizzle with melted butter. Bake, uncovered 50 - 55 min. or until knife inserted in centre comes out clean.

CARAMEL SAUCE

1 c. butter
1 c. whipping cream

2 c. brown sugar
vanilla or rum

Melt butter, add brown sugar and cook until sugar is dissolved. Add cream and boil gently until thickened. Add vanilla. Serve warm over bread pudding.

Light desert cheesecake 9in

- 1 Cup Gram wafer Crumbs (12 Wafers)**
- 1/4 Cup Melted Margarine**
- 1 Small box of Jell-O Any Flavour (85g box)**
- 1 1/3 Cup boiling Water**
- 1 Envelope of dream whip (85g box)**
- 1/2 Cup Milk**
- 1 Cup Cottage Cheese (250ml)**

**1. Dissolve Jell-O in 1 1/3 Cup Boiling Water
Leave to set-up (soft set)**

2. Blend melted margarine into crumbs and then spread into a 9in pan. Save some crumbs to sprinkle on top.

3. Whip milk and dream whip, add cottage cheese and beat until smooth. Add soft set jell and blend well. Pour into pan and sprinkle top with left over crumbs.

4. Chill for two hours or overnight.

**Use may also Jell light, skim milk, and 1% cottage cheese.
It is the same flavour but fewer calories.**



- 1 tube (16-1/2 ounces) refrigerated chocolate chip cookie dough
 - 1 package (8 ounces) cream cheese, softened
 - 1 cup confectioners' sugar
 - 1 carton (12 ounces) frozen whipped topping, thawed, divided
 - 3 cups cold 2% milk
 - 1 package (3.9 ounces) instant chocolate pudding mix
 - 1 package (3.4 ounces) instant vanilla pudding mix
-
- Chopped nuts, chocolate curls and miniature semisweet chocolate chips, optional

Add to Shopping List

Directions

1. Let cookie dough stand at room temperature for 5-10 minutes to soften. Press into an ungreased 13-in. x 9-in. baking pan. Bake at 350° for 14-16 minutes or until golden brown. Cool on a wire rack.
2. In a large bowl, beat cream cheese and confectioners' sugar until smooth. Fold in 1-3/4 cups whipped topping. Spread over crust.
3. In a large bowl, whisk milk and pudding mixes for 2 minutes. Spread over cream cheese layer. Top with remaining whipped topping. Sprinkle with nuts and chocolate curls if desired.
4. Cover and refrigerate for 8 hours or overnight until firm. **Yield:** 15 servings.

Originally published as Chocolate Chip Cookie Delight in Simple & Delicious May/June 2008, p41

Nutritional Facts

1 piece: 365 calories, 17g fat (10g saturated fat), 29mg cholesterol, 329mg sodium, 47g carbohydrate (22g sugars, 1g fiber), 4g protein.

Strawberry Dessert



INGREDIENTS:

SERVINGS 15

- 1 angel food cake
- 1 (16 ounce) container Cool Whip
- 8 ounces cream cheese
- 1 cup sugar, divided
- 1 teaspoon vanilla extract
- 1 quart fresh strawberries, sliced
- 3 tablespoons cornstarch
- 1 (3 ounce) package strawberry Jell-O gelatin dessert
- 1 tablespoon lemon juice
- 1 cup water

DIRECTIONS:

- Combine in medium saucepan 1/2 cup of sugar, cornstarch, Jello, lemon juice, and water.
- Cook over medium heat, stirring constantly, until mixture comes to a boil and thickens.
- Set aside to cool slightly.
- Stir in sliced strawberries.
- Tear angel food cake into 1 inch pieces and toss with 2 cups of the Cool Whip.
- Press into 9x13 inch pan (I use glass so you can see the pretty layers).
- Set aside.
- Combine cream cheese, 1/2 cup remaining sugar, and vanilla in mixer bowl.
- Beat until smooth.
- Stir in remaining Cool Whip.
- Spread evenly over cake layer.
- Pour cooled strawberry mixture over cream cheese layer, spreading to cover cake evenly.
- Refrigerate 2 to 3 hours before serving.

01/24/16

Apple Crisp



48 portions (4 oz portion size)

8 lb apples, peeled and sliced

4 oz sugar

4 tbsp lemon juice

1 lb butter

1 lb 8 oz brown sugar

2 tsp. cinnamon

1 lb. 8 oz pastry flour (could use all purpose instead)

Toss the apples gently with the sugar and lemon juice.

Spread the apples evenly in a 12x20 inch bake pan.

Rub the butter, sugar, cinnamon and flour together until well blended and crumbly. Sprinkle over the apples. Bake at 350F for about 45 minutes or until top is browned and the apples are tender.

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Date Rolls

2 lbs. dates, chopped fine
2 lb. miniature marshmallows
2 lbs. graham cracker crumbs
8 oz. nuts, chopped
6 oz. maraschino cherries, chopped

Combine and mix lightly. Add 2 cups milk and mix only until ingredients are combined.

Form into 4 rolls, roll in powdered sugar. Refrigerate for 24 hours.

Cut and top with whipped cream and a cherry or top with hard sauce.

12-13 slices per roll.

HARD SAUCE

Cream 8 oz. butter and 2 tablespoons boiling water. Add 1 pound 3 oz. powdered sugar gradually; blend. Add 1/2 teaspoon lemon extract or lemon juice.

Chill well. 50 servings.

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Banana Chocolate Chip Muffins



8 C. flour
1 T. + 2 t. baking powder
1 1/2 t. salt
1 lb. butter
2 C. brown sugar
8 C. bananas, mashed (about 16) *
8 eggs
1 1/3 C. milk
1 T. + 1 t. vanilla
3 C. walnuts, toasted
3 C. chocolate chips

Combine dry ingredients except sugar in a LARGE bowl or tub and set aside. Cream butter and sugar, beat in eggs, stir in milk, vanilla and mashed bananas. Add wet ingredients to dry ingredients using a large spoon and big strokes to just combine the mixtures. Do not over mix.

Carefully spoon into well greased muffin tins. Bake at 400 deg. until done (15 min. approx.) Makes 60+ muffins.

* If you find a real 'deal' on lots of bananas, let them get very ripe (the riper the better the flavor) and then just plunk them in the freezer, as is with the peel still on, and they freeze beautifully. Thaw when you want to use them. They are black at this stage and don't look pretty and when thawed are limp and soft, but work perfectly in baking and are very easy to mash.

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Brownies

* * *

1 1/2 C. butter
3 C. sugar
1 T. vanilla
5 beaten eggs
1 1/2 C. flour
1 C. cocoa
1/2 tsp. salt
1 1/2 C. chopped nuts

Cream the butter until fluffy. Add sugar and mix well, add vanilla and beat in the eggs, one at a time.

Combine flour, cocoa and salt together, mixing until they are an even color.

Slowly add the dry ingredients to creamed mixture. Mix well.

Add nuts and pour into an 11 x 17 inch pan.

Bake at 350 degrees for 25 minutes, or until done.

Cool and frost with your favorite chocolate frosting and sprinkle with additional nuts if desired. Cut into squares, makes approx. 50 brownies.

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Lemon Jell-o Fluff

Filling

1 Tin Carnation Milk
 1 Jell-o Lemon Powder 3oz
 ¾ Cup Boiling Water
 ½ Cup Sugar
 ¼ Cup Orange Juice
 ¼ Cup Lemon Juice

Bottom

2 Cups Graham Wafer Crumbs
 ½ Cup Brown Sugar
 ¼ Cup Melted Margarine

Topping

Mix 2 tbsp Crumbs & 1 tsp Brown Sugar
 sprinkle over top. (omit margarine)

Directions

Chill Milk in fridge over night.

Combine Graham Wafer crumbs with brown sugar and melted margarine.
 Cover bottom pan with crumb mixture
 Place milk in bowl and beat until stiff. Dissolve Jell-o in boiling water. Add to milk.
 Add juices and sugar to milk.

Place in fridge until ready to serve.

Makes 9"x13" pan approx 20 servings Serving size 2 ½ " x 2 ½ "

For one 17"x 25" pan approx 70 servings

Filling 1 pan (70-80)

2 ½ x 2 ½ = (60)
 3.5 tins Carnation milk
 4 pkg Jell-o powder
 2.5 cups boiling water
 1.5 cups sugar
 .75 cup Orange Juice
 .75 cup Lemon Juice

2 pans(140-160)

120
 7 tins Carnation Milk
 8 pkg Jell-o powder
 5 cups boiling water
 3 cups sugar
 1.5 cup Orange Juice
 1.5 cup Lemon Juice

3 pans(210-240)

180
 10.5 tins Carnation milk
 12 pkg Jell-o powder
 7.6 cups boiling water
 4.5 cups sugar
 2.25 cup Orange Juice
 2.25 cup Lemon Juice

Bottom 1 pan

6 cups Wafer crumbs
 1.5 cups brown sugar
 .75 cups Melted Margarine

2 pans

12 cups Wafer crumbs
 3 cups brown sugar
 1.5 cups Melted Margarine

3 pans

18 cups Wafer crumbs
 4.5 cups brown sugar
 2.25 cups Melted Margarine

Topping

1/3 cup for topping

2/3 cup for topping

1 cup for topping

Lemon Chiffon Pie

Ingredients:

Filling

1 envelope unflavoured gelatin
¼ teaspoon salt
5/6 cup sugar
4 eggs, separated (at room temperature)
1/3 cup water
1 tbs grated lemon peel
¼ cup lemon juice

Bottom (9 inch pie crust)

1 ½ cups graham cracker crumbs
¼ cup brown sugar
1/3 cup melted butter

Method:

Preheat oven to 375°. Mix crumbs, sugar and melted butter in a medium bowl until well blended. Pour mixture into oiled pie plate, spread evenly and pack down firm. Bake 6 to 7 minutes and remove to wire rack to cool.

In a 1 quart saucepan, mix well gelatin, salt and 1/3 cup of sugar. In a small bowl with wire whisk, beat egg yolks with water, lemon peel and lemon juice. Stir mixture into gelatin mixture. Cook over medium low heat, stirring, until thickened and mixture coats a spoon. Remove from heat.

In a large bowl with mixer at high speed, beat egg whites until soft peaks form. Gradually sprinkle in ½ cup sugar, beating until sugar is completely dissolved. With a rubber spatula, gently fold lemon mixture into egg whites until just blended. Spoon mixture into piecrust, sprinkle top lightly with graham cracker crumbs and refrigerate until lemon chiffon is set.

Larger Quantities:

A 9"×13" pan makes 15 to 20 servings. (3"×2.6" or 2.25"×2.6" portions)
-cut 5 along and 3 or 4 across. Bake 8 minutes.

A 17"×27" pan makes 54-60 servings. (2.83"×3" or 2.83"×2.7" portions)
-cut 6 across and 9 or 10 along. Bake 8 to 10 minutes.

9"×13"

Bottom

2½ cups graham crumbs
½ cup brown sugar
5/8 cup butter

Filling

2 envelopes gelatin
½ tsp salt
1 2/3 cup sugar
7 eggs
2/3 cups water
2 tbs lemon peel
½ cup lemon juice

17"×27"

Bottom

9 cups crumbs (10 for slightly thicker)
1¾ cups brown sugar
2¾ cups butter

Filling

7 envelopes gelatin (50gr bulk)
1¾ tsp salt
5¾ cup sugar (2¼ lemon, 3½ whites)
28 eggs
2¾ cups water
7 tbs lemon peel
1¾ cups lemon juice

BROWNIES

3 cups white sugar
1 1/2 cups shorting
6 eggs
3 cups flour
6 tsp baking powder
1 1/2 tsp salt
3 tsp vanilla
15 tbsp cocoa
1 1/2 cups boiling water

mix in order given stir cocoa into boiling water add to mixture last
bake at 325 degrees for 25 to 30 minutes.

Cook in 18x12 pan makes 54 2x2 squares

Brownies

1 cup white sugar
1/2 cup shortening
2 eggs

1 cup flour
2 tsp Baking Powder
1/2 tsp salt
1/2 tsp vanilla

5 tbs cocoa
1/2 cup boiling water

Mix in order given
Stir cocoa in boiling water
Add last Bake 325 25-30 min

Apple Crisp

Base Combine

- 20 ~~10~~ lb apple peeled sliced and cored
3 cups brown sugar
3 tsp Cinnamon - 1 TBS
3 tbsp lemon juice

Topping Combine

- 2 ~~3~~ cups flour
2 cups margarine 80/20
3 tsp Cinnamon
3 cups brown sugar
5 ~~6~~ cups rolled oats

Spray pan with Pam/Mazola spray, place base ingredients until 4/5 height of pan.
Cover with topping.
Bake in 350 Deg. Oven until apples are tender approx 1 hr.

NOTE

20 lbs of apples or 1/2 bushel of apples will make one large aluminum pan 17.5" x 21". These pans will also require one complete topping recipe.

Three recipes will require following amount of ingredients.

- | | |
|--|---------------------------|
| 9 cups flour | 6 cups margarine 80/20 |
| 18 15 18 teaspoons cinnamon <u>6 TBS</u> | 18 cups brown sugar |
| 15 18 cups rolled oats | 9 tablespoons lemon juice |

- 2 kg bag brown sugar equals 8 cups
1.35 kg bag rolled oats equals 14 cups

One pan will provide:

Use stainless # 8 scoop for approx 65 servings

Use Black # 12 scoop for approx 80 servings

Use Blue # 16 scoop for ice cream 40 servings per 4 litre or use nutri whip.

These are generous portions if using level servings for both ice cream and apple crisp.

Ginger Bread

Ingredients	1 pan 25 servings	2 pans 50 servings	4 pans 100 servings
Sugar Cup	1 ½	3	6
Molasses Cup	1 ½	3	6
Eggs Ea	4	8	16
Shortening Cup	1	2	4
Flour Cup	5	10	20
Ginger Tsp	2	4	8
Cinnamon Tsp	2	4	8
Cloves Tsp	2	4	8
Salt Tsp	2	4	8
Boiling Water Cup	2	4	8
Baking Soda Tsp	4	8	16

The following single recipe will require a black enameled baking dish 11 inches x 16 ½ inches.

1 ½ Cup Sugar 1 ½ Cup Molasses
 4 Eggs 1 Cup Shortening or 80/20 Butter (softened).
 Beat ingredients in large bowl with mixer. (Wet Mixture)

In a separate bowl mix the following dry ingredients: (Dry Mixture)
 5 Cups Flour 2 Tsp Ginger 2 Tsp Cinnamon
 2 Tsp Cloves 2 Tsp Salt

Carefully in a measuring cup combine:
 2 Cups boiling water 4 Tsp Baking Soda

Slowly add dry mixture (use mixer to ensure batter is well mixed).

Spray baking pans generously with Pam Spray. Line with parchment paper

Bake in 350 deg oven approx 40 min. with racks near center of oven. Timing is very critical as gingerbread has a tendency to burn on the bottom if left to long.

DATE SQUARES

2 1/2 cups flour
3 cups rolled oats
1 cup brown sugar packed
2 tsp baking soda
1 tsp salt

~~1 1/2~~ 1 1/2 cups butter
1 lb dates cut up
1 cup white sugar
1 1/3 cups water

Measure flour, oats, brown sugar, soda salt and butter in large bowl. Cut butter into ingredients until crumbly. Press a large half almost 2/3 of this mixture into a greased 11x15 inch pan.

In a saucepan, combine dates, white sugar and water. Bring to a boil and allow to simmer until mushy. Spread over bottom layer of crumbs.

Sprinkle remaining crumbs over top. Press down with your hand.

Bake in a 350 f oven for 30 minutes.

Makes 24 squares of 2x2

FRESH VEGETABLE PLATTER WITH DIP

DIP:

- 1 c. sour cream
- 1 c. mayonnaise
- 1/4 c. chopped capers
- 3 tbsp. chopped chives
- 1 tbsp. fresh dill
- 1 minced garlic clove
- 1 1/2 tsp. paprika
- 2 tbsp. chopped parsley
- 1 tbsp. lemon juice

VEGETABLES:

- Cucumber spears
- Carrot sticks
- Green pepper slices
- Celery sticks
- Radishes
- Cauliflowerets

Combine all ingredients for dip, and blend well. Place in refrigerator for 2 hours. Arrange fresh vegetables on platter and serve with dip.

HOT ARTICHOKE DIP

2/3 cup grated Parmesan cheese

1/3 cup half and half cream

2/3 cup mayonnaise

1/2 green pepper, chopped

1 tablespoon pimento pepper, chopped

1 (6 1/2 oz.) jar marinated artichoke hearts

1 (4 oz.) can diced green chilis

Tortilla chips

Drain jar of artichoke hearts. Chop coarsely.

Combine Parmesan cheese, cream, and mayonnaise in a medium mixing bowl. Add peppers, artichoke hearts and green chilis.

Serve with tortilla chips.

LAYERED BEAN DIP

- 1 (10-12 oz) can jalapeno dip
- 1 (6-8 oz) container frozen avocado dip, thawed
- 1 cup (8 oz) sour cream
- 1 cup (4 oz) shredded Cheddar cheese
- 1 cup (4 oz) shredded Monterey Jack
- 1 cup green onions, chopped (plus more for garnish)
- 1 can (5 oz) sliced black ripe olives, drained
- Spanish paprika

This can be served either in a large straight sides glass pudding dish or on a 14 inch serving platter. If using a pudding dish, simply spread the layers so that the colorful layers can be easily seen. If using a serving platter, pile the layers of ingredients one over another with each successive ingredient leaving a margin of 3/4-inch in a pyramid fashion.

For the first layer, spread bean dip to 1/2-inch thickness. Over this, evenly spread a layer of avocado dip to the same thickness (but if using a serving platter, leave a 3/4-inch margin so the bean dish may be seen, and so on.) Next, spread a 1/2-inch thick layer of sour cream (leave a 3/4-inch layer). Layer the remaining ingredients in the same fashion.

Cover with plastic wrap and refrigerate for several hours before serving.

Sprinkle center lightly with paprika for added color. Garnish with green onions.

Serve with tortilla chips, crackers, and crisp vegetable strips.

SPINACH DIP

- 1 pkg. frozen spinach, thawed & drained
- 1 pkg. frozen artichokes, chopped
- 1 sm. can green chilis
- 1 c. mayonnaise
- 1/3 cup Parmesan cheese, grated
- 1 cup Monterey Jack cheese, coarsely grated
- 2 cloves garlic, minced

Thaw and squeeze excess moisture from spinach using a clean kitchen cloth, cheesecloth, or strainer. Combine all ingredients, reserving 1/4 cup of Monterey Jack Cheese.

Portion spinach mixture into individual baking dishes or ramekins. Sprinkle reserved 1/4 cup Monterey Jack over tops of each serving.

Bake in preheated 350°F oven until top is bubbly.

Great served with tortilla chips or vegetable sticks.

Variation: Substitute mozzarella or Muenster cheese for the Monterey Jack.

SHRIMP DIP

1 10 oz. can frozen cream of shrimp condensed soup
1 8 oz. package cream cheese
1/2 cup sour cream (or clam dip)
1/2 teaspoon celery seed
1 tablespoon prepared horseradish
1/4 teaspoon Worcestershire sauce

--

1 small can cocktail shrimp
1 tablespoon fresh parsley
2-3 green onions (scallions), chopped
paprika (optional)
stuffed olives, sliced (optional)

Thaw soup. Process all except last 5 ingredients in food processor or blender until smooth.

Drain shrimp and add to blender with parsley and scallions; process only until small chunks of shrimp are visible.

Transfer to a serving bowl. Sprinkle with paprika for color. Top with stuffed olive slices. Serve with crackers.

ONION DIP

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 1/2 cups sour cream
- 3/4 cup Miracle Whip
- 1 1/2 cups onions, diced
- 1 clove garlic, minced
- 1/3 tsp sea salt
- 1/4 tsp onion powder
- 1/4 tsp pepper

In a small saucepan, melt butter in olive oil and brown the onions with a pinch of salt. As the onions begin to take on color, add the garlic, being careful not to brown the garlic. Remove onions from heat and allow to cool.

In a small bowl, stir together remaining ingredients and add the cooled onions.

Before serving, adjust seasonings to taste.

Serve garnished with several rings of red onions or curled green onions, and sprigs of fresh parsley or cilantro with a sprinkles of paprika over top.

To make curled green onions, slice a few scallions lengthwise, remove the green stalk, and plunge them into ice water just before serving.

CURRY DIP

1 cup Hellman's mayonnaise

1 teaspoon curry powder

1 teaspoon garlic salt

2 teaspoon fresh grated onion

1 teaspoon horseradish

1 teaspoon tarragon vinegar

Combine ingredients and chill several hours or overnight.

Serve over cauliflower, carrots, celery, or other vegetables.

BARBECUE DIP FOR CHICKENS

- 2 sticks butter
- 1/2 c. vegetable oil
- 1 tbsp. lemon juice
- 1 qt. apple cider vinegar
- Salt and pepper to taste

Put all ingredients in saucepan. Heat until butter is melted and ingredients hot. Put chicken on grill; when chickens hot, dip chickens in hot barbecue mixture. Put chickens back on grill and when 2/3 done, dip again. When chickens are fully cooked, dip hot barbecue sauce (recipe follows) and return to grill for 5 to 10 minutes until sauce has dried. Refrigerate left-over dip for future use.

BARBECUE SAUCE:

- 1 c. dark brown sugar
- 1 qt. bottle ketchup
- 1 pt. plus 1 c. prepared mustard
- 1 pt. plus 1 c. apple cider vinegar
- 1/4 c. Worcestershire sauce
- Texas Pete Hot Sauce to taste
- 1/2 c. Barbecue Dip (above recipe)

In large saucepan, combine all ingredients; bring to a boil, stirring occasionally to prevent sticking. Use as directed in above recipe.

Garlic Bread Pizza Dip

Level: Easy

Serves: 8

Ingredients

- 2 c. shredded mozzarella
- 8 oz. cream cheese, softened
- 1/2 c. ricotta
- 1/4 c. plus 1 tbsp. grated Parmesan
- 1 tbsp. Italian seasoning
- 1/2 tsp. crushed red pepper flakes
- kosher salt
- 1 can refrigerated biscuits (such as Pillsbury Grands)
- 2 tbsp. extra-virgin olive oil
- 3 cloves garlic, minced
- 1 tbsp. Freshly Chopped Parsley
- 1/4 c. pizza sauce or marinara

Directions

1. Preheat oven to 375 degrees F. Make dip: In a large bowl combine mozzarella, cream cheese, ricotta, 1/4 cup Parmesan, Italian seasoning, and crushed red pepper flakes and season with salt. Stir to combine.
2. Halve biscuits and roll into balls. Place in skillet in a ring. In a small bowl, combine olive oil, garlic, and parsley. Brush on biscuits.
3. Place dip inside of ring and spoon over marinara. Top with remaining 3/4 cups mozzarella and mini pepperoni. Sprinkle remaining tablespoon Parmesan all over.
4. Bake until biscuits are golden and cheese is melty, about 30 minutes. (Brush biscuits with more olive oil halfway through if necessary.)
5. Blot any grease from pepperoni (or don't!), let cool 10 minutes, then serve.

More [recipes](#) like this

[Herbed Garlic Bread](#)

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Hot Bacon Spread'n Dip for 50



2 1/4 lb. cream cheese
3/4 cups milk
Blend well, Add:
3/4 cup chopped onion
3 lb. Bacon, fried and crumbled
1 tbsp. horseradish

Stir well. Place in small ovenproof containers. Bake at 375° F until hot and bubbly, about 15 mins. Serve hot. Garnish with crumbled fried bacon.

Serve with assorted raw vegetables and crackers.

Can be assembled ahead of time.

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Potato Salad for 60 -70



Lots of tasty goodies in this one!

16 pounds baking potatoes, peeled cooked and cubed
32 hard cooked eggs, chopped
2 pounds sliced bacon, cooked and crumbled
16 green onions, thinly sliced
4 cups mayonnaise or salad dressing
4 cups (32 ounces) sour cream
1 cup prepared horseradish
1/2 cup chopped fresh parsley
2 Tbsp. salt
2 Tbsp. pepper

Toss potatoes, eggs, bacon and onions. Combine remaining ingredients mixing until smooth, toss with potato mixture. Chill for several hours.
Makes 60-70 servings.

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TURKEY POTATO SALAD

3 cups	hash brown potato cubes
1 cup	roasted turkey breast meat
¼ cup	celery, chopped
¼ cup	green onion
¼ cup	raisins
2 tbsp	low fat miracle whip or mayonnaise
2 tbsp	plain yogurt
2 tbsp	yellow mustard

In a large saucepan over high heat, bring 2 quarts of water to boiling; add potatoes. Return water to boil and cook until tender; drain and cool potatoes. In large bowl combine potatoes, turkey, celery, raisins, green onion, yogurt and mustard. Add salt and pepper to taste. Cover and refrigerate at least four hours.



TURKEY CAESAR PASTA SALAD

1 cup	chopped, cooked turkey meat (both dark & white)
1	package of pasta (suggest rotini or fusilli)
To taste	garlic Caesar dressing
¼ cup	bacon bits

Cook pasta, rinse in cold water and drain again. *Tip (pour a bit of cooking oil in the water to prevent it from boiling over.)*

Add roasted cubed turkey, bacon bits and dressing.

Enjoy!

Option- use leftover turkey

TACO SALAD

1 lb. ground beef

Lettuce - enough for 4 people

2 med. tomatoes

1 can chili beans - hot (not drained)

1 jar creamy Italian dressing

1 (7 oz.) bag nacho chips

Grated cheese

Brown and cool beef; mix lettuce, tomatoes, beans, dressing, meat and cheese. Crush bag of nacho chips and add to salad. Chill.

ONION SALAD

- SERVES - 5 - IN BOWLS

- 30 IN 3 1/2 CUPS

Peel, slice and break into rings:

5 large white onions and 7 small white onions. (5 lbs.)

Place in a large bowl.

Bring to a boil :

1-1/2 cups of water

1-1/2 cups white vinegar

2-1/4 cups of white sugar

4 tsps of salt

Pour boil mixture over onions and let set for

five hours.

Drain and toss with a sauce made of:

1-1/2 cups of real (Hellman's) mayonnaise

2 tspt of celery seed.

Vinagerette Salad

1 Tbsp Dijon Mustard
1 Shallot
¼ Cup Apple Cider Vinegar
1½ Tbsp Honey
1½ Cup Canola Oil
¼ Cup Olive Oil
Salt & Pepper to taste.

Preparation:

Mix honey, vinegar and Dijon Mustard together, in food processor add shallot, season with salt and pepper. Blend ingredients and oil and emulsify.

BBQ Sauce

1 Cup Diced Onions
6 Garlic Cloves Minced
1 Cup Apple Cider Vinegar
½ Cup Honey
½ Cup Molasses
3 Cups Ketchup
Salt & Pepper to taste

For Beef add 2-3 Tbsp Montreal Steak Spice
For Chicken add 2-3 Tbsp Montreal Chicken Spice

10 Staples for Your Gluten-Free Kitchen

We know that putting meals on the table every day is a whole lot easier when you have the ingredients you need on hand. That's even more important when you're cooking gluten-free. So here are 10 ingredients that are gluten-free and multipurpose, and will make putting delicious meals on your table so much simpler.

Potato crust vs. pizza crust — Spuds are super versatile—perfect for a gluten-free diet. Cook them potato-pancake style (grated, then fried) as a delicious flour-free crust for a savoury pie or pizza. And since gluten sometimes lurks in commercial French fries and potato chips, why not make your own from this simple raw ingredient? Plus, leftover mashed potatoes make a fabulous thickener for soups and stews.

Fresh herbs vs. seasoning mixes — some seasoning mixes may contain small quantities of gluten. Play it safe by stocking up on fresh herbs such as oregano, rosemary, parsley, cilantro and basil to flavour your favourite dishes. You can chop up extras and freeze them in water or wine in ice cube trays so they're ready to use in soups, sauces, vegetable sides and stews.

Ground beef vs. frozen patties — since some ready-made burgers and meatballs may contain sources of gluten, it's worth keeping ground beef in the fridge or freezer to make your own from scratch. Just add chopped onions, an egg, herbs and gluten-free breadcrumbs.

Quinoa vs. gluten-containing grains — Use nutty-flavoured quinoa instead of gluten-containing grains such as wheat, rye, spelt and barley. The highest in protein of all whole grains, quinoa is delicious with sauces, as a side to meats, in soups, as the base for Mediterranean-style salads and as a stuffing for cabbage rolls.

Gluten-free tamari vs. soy sauce — Soy sauce is usually a source of wheat and, therefore, gluten. But you can still get your fix in Asian-style dishes by keeping gluten-free rice-based tamari in the fridge. Substitute it one-to-one for soy sauce in recipes. Choose carefully, though: a few tamari sauces do contain wheat, so carefully read the label to make sure yours is rice-based and certified gluten-free.

Ground almonds vs. traditional wheat flour — Grind your own almonds or buy them in meal or flour form to make cakes, cookies and muffins. Bonus: Not only do almonds make baked goods rich and fluffy, but they are also a source of fibre and unsaturated fats. You can also roll your favourite white fish in chopped almonds for a crunchy crust.

All-purpose gluten-free flour blend vs. all-purpose wheat flour — Use it as a versatile substitute for wheat flour in your baked goods, for coating chicken or fish for frying or baking, and for thickening sauces.




Xanthan gum: the secret to perfect baked goods — Adding just 1/2 tsp (2 mL) of xanthan gum for each cup (250 mL) of gluten-free flour in dough or pastry recipes creates elasticity, so you don't end up with breads, pies and tarts that are too dense for your liking.

Gluten-free bread vs. traditional baked goods — Stock up on your favourites to cover everything from your morning toast and lunchtime sandwich to breadcrumbs for homemade meatballs, stuffing and gratin toppings. Most gluten-free breads keep best in the freezer and taste wonderful when toasted.

Brown-rice pasta vs. standard pasta — Perfect for making meals in a pinch, brown rice pasta has a mild flavour that will blend well with all of your best-loved sauces. Added bonus: Brown rice pasta is a source of iron.



Gluten-Free Cranberry Buttermilk Scones

 **Prep Time**
10 min
 **Total Time**
45 min
 **Makes:**
10 scones

Ingredients

1 1/2 cups	Compliments Gluten-Free All-Purpose Flour Blend	375 mL
1/4 cup	1/4 cup + 1 tsp sugar, divided	60 mL + 560 mL
4 tsp	gluten-free baking powder	20 mL
1 tsp	xanthan gum	5 mL
1/2 tsp	salt	2 mL
1/2 cup	cold butter, cubed	0
1/3 cup	dried cranberries, chopped	75 mL
2/3 cup	buttermilk	

Nutrition Facts

Nutrition Description	Per serving (1 scone):
Calories	235
Fat	10 g
Saturated Fat	6 g
Carbs	35 g
Protein	4 g
Cholesterol	43 mg
Fibre	4 g
Sodium	336 mg

		150 mL
1	egg	
1 tsp	finely grated lemon zest	5 mL
1 tsp	vanilla extract	5 mL

Directions

- Step 1** Preheat oven to 425°F (220°C). In a mixing bowl or bowl of stand mixer, whisk together flour blend, 1/4 cup (60 mL) of the sugar, baking powder, xanthan gum and salt until blended. Using fingers, 2 forks or a pastry cutter, cut in butter until thoroughly combined. Stir in cranberries.
- Step 2** In a separate bowl, beat together buttermilk, egg, lemon zest and vanilla until blended. Pour buttermilk mixture over flour mixture; mix well until wet dough forms.
- Step 3** Transfer dough to a lightly floured surface. Using floured hands, press and shape dough into a ball; flatten into 7-in. (18 cm) wide disc. Transfer dough to a baking sheet lined with parchment paper. Cut disc in half; cut each half into 5 wedges. Spread wedges about 3 in. (8 cm) apart. Sprinkle remaining sugar over top. Bake until golden brown, 12 to 13 min. Let cool in pan on rack for 10 min. before serving.

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HERBS & SPICES

SEASONINGS AND FLAVORINGS FOR EVERY OCCASION

DEFINITIONS

• **BLEND** - A combination of herbs and/or spices with other ingredients used to season foods. Many commercial blends have added salt. To have the most control over your flavors, it is better to mix your own herbs and spices. See page 4 for recipes.

• **CONDIMENT** - French word for seasoning. More commonly a combination of herbs, spices, seasonings, fruits and/or vegetables (usually moist or liquid) used as an accompaniment at the table.

• **EXTRACT** - Pressing or distilling of fruit, nut or berry to draw out flavors. Examples: vanilla, lemon, anise.

• **HERB** - A plant that usually only grows for one year although many of today's herbs are perennial. A part of a plant, usually the leaves or stems used in cooking. May be purchased whole (fresh or dried), packaged (dried, flaked, ground or powdered) or, as many have done, grown at home for the freshest of the fresh.

• **MARINATE** - A French word meaning to *pickle* or preserve. Also provides flavor and tenderizes meats. Accomplished by placing meats in an acidic liquid such as citrus juice or vinegar flavored with herbs and spices for 30 minutes or longer.

• **OIL** - A fat. From animals it comes in the form of lard, or butter. It also comes from vegetables, fruits or nuts such as corn, peanut, safflower and olives. While generally used as a cooking aid, oil may impart flavors such as in the case of olive oil. Herbs and spices added to oils may be basil, tarragon, thyme or rosemary.

• **SPICE** - A part of a plant, usually the fruit, seeds, nuts, bark or roots. Available packaged ground and dried but as in the case of nutmeg and cinnamon, can be found whole.

• **SPRIG** - A short branch of fresh herb with seeds or leaves still attached.

• **VINEGAR** - Made from apples (cider), rice or grapes (wine), this acidic liquid may be added for flavor or as a preservative or even as a cooking agent as in marinating raw seafood to make *seveché*. Many vinegars are seasoned with herbs and/or spices such as garlic, basil, marjoram, mint, tarragon or sage.

NOTE: In some cases both the leaves and the seed of the plant are used in cookery. Since this transcends the difference between an herb and a spice the listings herein are listed only once based on the most common use of the ingredient.

TIPS & TRICKS

• **Flavor intensity** is increased when herbs are dried. Use about one third the amount of dry herbs when recipe is measured in fresh herbs.

• **Flavor infusion** or essence (into the dish) takes somewhat longer when using dry herbs so add them to the recipe earlier than fresh herbs. Pre-soaking dry herbs in a little liquid, wine, water, stock, oil helps pre-release more of their essence.

• **Whole herbs and spices** are preferable. Chop, grind or grate just before adding to recipe. Examples: pepper, nutmeg, cinnamon, cloves, allspice, basil, oregano, parsley.

• **Release more flavor** in dried herbs and spices by bruising them as follows:

- rubbing between your hands
- a quick swirl or two with a mortar & pestle
- heating slightly (nuts especially)

• **If you double** or otherwise increase volumes in a recipe, don't increase amounts for herbs and spices until you taste the dish.

• **Decrease salt** in a recipe and increase other seasonings to reduce your daily intake of sodium.

• **Pure extracts** such as vanilla contain alcohol which is lost during cooking. Keep bottle cap tight to prevent premature evaporation. Hard to open caps loosen easily when placed under hot running water for a few seconds. To ease opening, rinse cap and wipe bottle top before replacing cap.

• **Ingredients and their measures** are usually written in a specific order, i.e.:

- one cup *chopped basil* means basil leaves that are chopped first then measured;
- one cup *basil, chopped* means measure the basil first, then chop.

• **Onion tears** can be reduced if:

- onion is cold (put in refrigerator for 30 min.)
- onion is rinsed under cold water
- root stem is left intact while cutting

• **Garlicky fingers** may be neutralized by rubbing with lemon juice with a sprinkling of salt. Follow up with soap and water.

• **Garlicky breath** may be neutralized by eating crushed fennel seeds mixed with chopped parsley and a little sugar.

• **Minced garlic** releases from knife easily if dash of salt is added while chopping.

DRYING HERBS

Fresh herbs are best for all types of seasoning. However, they will soon go limp and moldy.

After using a fresh herb in the first recipe, let the remainder dry in one of the following ways:

• **Bunch method.** Tie a small string around the stems and hang upside down in a cool, dry dark place for about two weeks. Sometimes covering them with a plain brown grocery bag helps. Then crush or chop to desired size and place in container with tightly fitting lid. See storage at right.

• **Stacking tray method.** For drying large amounts of herbs, construct several frames with non-metal window screen. Place herbs loosely on screens. Layer screens about 2" apart with slats of wood. Place in cool, dry, dark place for about two weeks.

• **Oven method.** Remove leaves and place on soft cotton or paper towel inside a flat jelly roll pan. Place pan in oven at very low temperature (< 200°F) with the door ajar as with broiling for about 1 hour. Test for dryness and continue heating as necessary. When leaves are crinkly and break easily, crush or chop to desired size and place in container with tightly fitting lid.

• **Microwave method.** Remove leaves from stems. Sandwich leaves, loosely separated from each other, between two layers of paper towels. Microwave on high for 30 seconds. Turn leaves and microwave again on high for 30 seconds. Repeat this procedure for about 2 or 3 minutes until leaves reach the crumbly stage. Crush or chop as desired and place in container with tightly fitting lid.

SALT FACTS

Creative use of herbs and spices help eliminate added salt (sodium) in recipes. USDA recommends 2400 mg/day or one teaspoon salt.

Many foods already contain sodium:

• 4 oz. pretzel	2400mg
• 2 cups chicken noodle soup	1900mg
• 1 frozen turkey dinner	1900mg
• 1 can ravioli w/meat sauce	1180mg

Tips for reducing salt intake:

- Don't use herb salts like garlic or onion salt.
- Don't salt *during* cooking; only at the end.
- Don't salt cooking water; vegetables, pasta.
- Salting meats before cooking makes them dry.

STORING HERBS

Storage life of dry herbs and spices under optimal conditions is 4 - 6 months. Add a scant more quantity of the older herbs and spices to account for the flavor loss.

• **Dry, whole** - Tie in loose bunches and hang upside down in cool, dry, dark place. Herbs with seeds may be dried hanging inside a loosely tied brown paper bag to capture the seeds.

• **Dry, chopped** - Place in container with tight fitting lid in cool, dark place.

• **Refrigerating** - Fresh herbs may be kept in the refrigerator in tightly sealed jars or zipper bags for up to two weeks. Hot spices such as peppers, curries and chili powder may be kept refrigerated up to 6 months or more to retain their flavor.

• **Preserved in oil or vinegar:**

- Flavored oils & vinegars add zest to any dish. Store in container with tight fitting lid in cool, dark place. See recipes for flavored oils on page 3.

- Garlic. Mince and place in container. Add enough olive oil to just cover garlic. Secure tight fitting lid and place in refrigerator.

• **Freezing**

- **Fresh whole herbs.** Blanch leafy herbs quickly by pouring boiling water over them to protect color. Dry well and place in zipper bags. Squeeze out all the air with your hand and seal. Do not thaw before using as they may turn black. Break off needed amount and chop frozen or add directly to recipe.

- **Fresh chopped herbs.** Rinse, blanch then chop or puree in blender with a little water. Freeze in ice cube trays for use in soups, sauces, stews. Calculate a standard mixture for your spaghetti sauce or stew recipe so that one cube will equal enough herbs for your standard batch. Examples:

- **Instant sauces.** Add selected herbs to chicken, beef or vegetable broth cubes in quantities that will be used in sauces. Frozen cubes of chicken broth mixed with rosemary, parsley, and pepper for braised chicken breasts. One cube per breast can be added to the pan before covering and braising. Thicken with cornstarch at end for a sauce.

- **Pesto.** A combination of basil, garlic and pine nuts in olive oil (other herbs may be substituted as desired). May be frozen for up to 6 months in tightly sealed container.

COMMON HERBS

Name	Description	Flavors	Forms	Uses	Comments
Basil	Leaf of mint family plant	Sweet - minty, clove-like lemon - lemony	Fresh, dried flaked	Pasta sauces, tomatoes, seafood, vegetables	Called "Herb of Kings" by Greeks. Also the "tomato herb" by Italians
Bay	Leaf of laurel tree	Aromatic, pungent	Whole, dried	Soups, stews, pickling, seafood	Laurel wreaths were worn by Olympic heroes. Remove leaf after cooking
Chives	Leaf of onion family plant	Mild onion	Fresh, dried chopped	Garnish, soups, stews, eggs, cheese, salads	Appetite enhancer
Cilantro	Leaf of carrot family plant	Pungent, parsley-like	Fresh	Mexican & Asian dishes	Also called Chinese parsley
Dill	Seed or leaf (weed) of parsley family plant	Pungent, aromatic	Sprigs or seed	Pickling, salads, eggs, soups, seafood sauces,	Ancient digestive aid
Marjoram	Leaf of mint family plant	Aromatic with slightly bitter aftertaste	Whole and ground	Meats, poultry, game, vegetables, sauces, salad dressings	Greek symbol of happiness. Rubs for sprains
Mint	Leaf of spearmint plant	Sweet, cool aftertaste	Flaked or extract	Drinks, lamb sauce, fruit dishes, baking, desserts.	Digestive aid. Mouth freshener
Oregano	Leaf of oregano plant also called wild marjoram	Aromatic, slightly bitter	Fresh or flaked	Tomato sauces, chili powder, barbecue sauces, soups, egg & cheese Italian & Mexican dishes.	Sometimes called "Wild Marjoram"
Parsley	Leaf of parsley plant	Mild	Fresh or flaked	Garnish, soups, salads, sauces, seafood.	Used as a general diuretic tonic.
Rosemary	Leaf of mint family plant	Sweet piney	Fresh, ground or dried sprigs	Pork, lamb, poultry, seafood, vegetables	Latin <i>ros maris</i> means "dew of the sea"
Sage	Leaf of mint family plant	Aromatic, slightly bitter	Fresh or ground	Stuffings for poultry & meat, sausages, soups, sauces, marinades	Romans called it the "sacred herb"
Savory	Leaf of mint family plant	Aromatic, sharp, piquant	Fresh or ground	Sauces, garnish, seafood, light meats, marinades, eggs	Rub on for insect bites
Tarragon	Leaves of aster-like flower	Very aromatic, mildly licorice	Fresh and flaked	Bearnaise sauce, cold salads, marinades, pot roast	Antidote for snakebite
Thyme	Leaf of mint family plant	Warm, slightly pungent Also 'lemon' thyme	Fresh and ground	Meats, poultry, seafood, sauces, stews, casseroles, tomato & cheese dishes	Use Thyme butter over vegetables. Used as a cough medicine.

HERB BUTTERS

By adding herbs to butter or margarine you can enhance both flavor and eye appeal.

• Use unsalted butter softened at room temperature or defrosted (30% power) in microwave for about 20 seconds per stick.

• To ½ cup (¼ lb/ 1 stick) butter add two tablespoons finely chopped herbs. Combine with fork or electric beater. Do not whip. Form into log on wax paper, roll up and refrigerate until firm. May be frozen in freezer bag for up to 3 months.

• Presentation tips:

- Slice log into rounds
- Use a melon baller to form balls.
- Flatten between wax paper and use mini cookie or canapé cutters to form decorative pats.

• Herbs and seasonings to try:

- Parsley or Cilantro for seafood, bread.
- Basil, oregano, garlic, grated parmesan (½ tsp. each per ¼ lb.) for Italian garlic bread.
- Tarragon (1 tsp. per ¼ lb.) for seafood, mushrooms.
- Lemon or lime juice (few drops per ¼ lb.) for seafood (add slowly so mixture will not separate).
- Honey & mustard (1 tsp. each per ¼ lb.) for ham or chicken basting or sauce.
- Honey Butter (3 Tbs. per ¼ lb.) for breads, toast.

HERB / SPICE OILS

Herbal oils may be used as elegant and tasty condiments at the table.

• Herbal oils may be made with any oil, but lighter oils allow the flavors of the herbs to be enjoyed more fully.

- Light oils: extra light olive, corn, safflower, sunflower, vegetable

- Heavy oils: peanut, sesame

• To make an herb oil, first sterilize any size jar or bottle (boil in water for 10 minutes). Then half-fill it with whole fresh herbs. Fill with a light oil and stir to release any air bubbles from the herbs. Tightly cap and place in refrigerator for about two weeks shaking daily. Strain through coffee filter and discard initial herbs before use. Keep refrigerated.

• Taste the product and repeat above step for richer flavor and body. Re-sterilize container.

• Decant final product into a sterilized container with tight fitting cap. Add a couple of fresh sprigs of herbs and/or a few compatible seeds to final product for a festive-looking bottle. Refrigerate.

• Typical herbs to use are: garlic, tarragon, thyme, various peppers (hot or mild, whole and corns), basil, rosemary, oregano, or bay leaf.

HERB / SPICE VINEGARS

Seasoned vinegar is especially useful for making marinades due to its deeply infused flavors.

• Herb flavored vinegar may be made by combining in sterilized jar or bottle:

- 1 cup fresh herbs (slightly bruised to release their oils) or 1 to 2 tablespoons coarsely chopped herbs and

- 2 cups of (white or red wine vinegar)

• Tightly cap container and set aside to steep in warm place for about two weeks checking daily. Strain and discard herbs. Repeat with fresh herbs for richer flavor. Decant into sterilized jar or bottle with tight fitting cap.

• Alternate method, add vinegar and herb(s) to saucepan. Bring to simmer and slowly cook 2 minutes. Strain through a coffee filter inside a strainer and store.

• Typical herbs to use singly or in combination are: basil, dill, tarragon, rosemary, celery seed, cranberry, mustard seed.

• Add a couple sprigs of herb or a few seeds to final product for a festive looking bottle. Keep away from direct sunlight for clarity. Make a matched set with herbal oil for salad dressing.

HERB / SPICE BLENDS

Typically these combinations of seasonings are made using dried herbs and spices which are chopped or finely ground using a mortar & pestle or electric coffee grinder.

• **Lackey Seasoning** - Black pepper, cayenne pepper, garlic, oregano, thyme, paprika, salt. Rub meat, poultry or fish liberally with seasoning then grill or pan fry over high heat.

• **Bouquet Garni** - A selection (1/2 tsp. or so) of fresh or (1/2 tsp.) dried herbs added to a soup, stew or stock that will be removed after cooking. Bundle in a small square of cheesecloth or gauze square (found in first aid section of grocery store). Typical ingredients are thyme, marjoram, parsley, peppercorns and/or bay leaf. Secure bundle with string and retrieve and discard after cooking.

• **Cajun Crab Boil** - Allspice, bay leaf, cayenne pepper, clove, coriander, dill seed, mustard seed. Add 1 cup to two gallons of boiling water then add crab, crayfish, or shrimp.

• **Chili Powder** - Allspice, cayenne pepper, chili pepper, cumin seed, garlic, oregano, salt

• **Chinese Five Spice** - Anise, cinnamon, fennel, chili pepper, clove

• **Curry Powder** - Black pepper, cayenne pepper, cinnamon, cumin, ginger

• **Fines Herbes** - (pronounced *feen erb* in French) A finely ground combination of chives, parsley, tarragon. Sprinkle over cooked meat dishes or omelets.

• **Poultry Seasoning** - Celery seed, sage, thyme, marjoram, onion, rosemary and savory

PREPARATION

Whole herbs are usually reduced to smaller bits unless used as a garnish.

• **Chopping** into small bits may be done with a sharp knife. It is helpful to roll up leaves, place on a cutting board and slowly draw a knife across the leaves to make a clean cut (see chiffonnade), then chop. Used for leafy herbs like parsley, basil, sage and oregano.

• **Flaked**. Term for chopped dried herbs.

• **Grating** is especially popular for whole nutmeg, ginger and allspice. Use specially designed grater or finest holes on a combination grater. Freshly grated spices are much stronger than those that are pre-ground and bottled. Use less.

• **Mincing** means cutting into smaller bits than chopping but larger than grinding. Use for garlic, shallots.

• **Chiffonnade** is a French word meaning *to rumple*. First roll up the leaves into a loose cigar shape. Laying on a cutting board, draw the knife crosswise of the roll at about 1/2" intervals. The result will be fine strips. Typical process for basil, spinach, and other leafy ingredients that will be used as a colorful garnish over a dish. Great first step for chopping or mincing.

• **Grinding** (dried ingredients only) may be accomplished using a mortar and pestle or electric coffee grinder (don't also use same grinder for coffee). Place herbs and/or spices in bowl and grind until the desired consistency is reached. Useful for reducing rosemary, cloves or cinnamon sticks.

• **Stripping** is the term used for removing small leaves from stems as with thyme, tarragon or rosemary. Hold a sprig of herb in one hand and with the fingers of the other hand pressed against the stem, pull leaves off from the stem outward to the tip of the branch. Do this over a piece of wax paper and you will be able to pour them into a bowl without losing any.

• **Skimming garlic**: Place clove in cup of boiling water for a minute then cut off stem end and slip off skin. For large amounts blanch as you would tomatoes for 30 seconds then plunge into iced water.

Alternatively, with a large knife, lay the blade flat over the clove then give the knife a light bash or two with the heel of your fist. The skin will slip right off with ease. Then bash a couple more times and chop for minced garlic.

GROWING YOUR OWN

Spices typically come from far-off places and are grown on large bushes or trees making them difficult to grow at home.

Herbs, on the other hand, may be homegrown in a simple flower pot on the window sill.

• **Soil mix**.

- 4 parts commercial (bagged) topsoil,
- 2 parts perlite or fine gravel
- 2 parts peat moss
- 2 parts sand

• **From seed**. From a nursery, purchase a multi-compartment tray or several small plastic pots. Prepare about three sets of each herb for minimum garden so as to guarantee at least one healthy re-potable plant.

- Add tiny amount of gravel or perlite to bottom of each compartment then fill with soil mix above. Do not use yard dirt.

- With your finger make a small indentation in the center of each compartment. Place 1 to 3 seeds in each indentation. Sprinkle or sift fine layer of soil over seeds (depth = twice diameter of seed) and pack gently with finger. Water very gently so as to not disturb seeds. Cover tray with sheet of glass or plastic wrap leaving a slight gap for ventilation. Place in warm light (not direct sunlight) place and check moisture daily. Don't over water, just keep moist.

- When seedlings appear, remove cover. Seedlings will require a little more water now because they are not covered.

- When several sets of leaves appear and seedlings are a few inches tall they are ready for transplanting into individual 6" to 8" pots. Prepare pots as above making sure you have a drain hole and gravel in the bottom of each. Make indentation the size of seedling and its soil and lower into hole including stem until first leaves just clear the top of soil. Add any additional soil to fill, firm and water. You should be able to use cuttings for your recipes in about 4 weeks.

• **From transplants**. Most nurseries and some food markets sell small transplants of the most common herbs. To transfer to larger pots follow last step above for transplanting. Plants must be kept warm and out of direct sunlight to prosper. Herb plants may be taken outdoors if weather is above 50°.

PRESENTATION

Professional chefs know that you eat with your eyes first.

• **Match garnishes with ingredients** in the dish, such as a lemon slice with lemon chicken, a sprig with pesto, sprig of mint with lamb, cinnamon quill in hot spiced cider.

• **Sprinkling chopped herbs** over a finished dish not only adds flavor but color and texture as well. It only takes a few seconds to create professional look.

- **Chopped or a chiffonnade** of herbs such as basil, parsley, cilantro or tarragon over pasta, vegetables, seafood and stews. Fresh is best, but a liberal sprinkling from a jar around edge of the plate will do wonders.

- **Ground or powdered spices or herbs** such as paprika, tumeric, cracked pepper, rosemary, capers over rice, pasta, eggs, vegetables, soups, seafood. Look for a contrasting and/or complementing color.

• **Garnish the plate** to add a festive aura to an otherwise ordinary meal.

- **Sprig of herb**. Basil or oregano for Italian, parsley for meats and poultry, dill for fish, thyme or sage for roasts and stews.

- **Green onion tassel**. Trim the white part and all but 3 inches of green. Cut the top end into strips leaving their base attached. Place in bowl of ice water in refrigerator for about 2 hours until tops are curled. Works with small chili peppers as well.

- **Curly Carrot**. Peel a thin slice from carrot. Place several curled spirals on a bed of parsley, lettuce or other greens.

HERBAL MARINADES

• **Place meat and marinade in plastic container or zipper bag**. Shake and turn every hour. Meats, poultry and seafood may be marinated up to 8 hours in the refrigerator.

• **Minimum marinating times in the refrigerator** to achieve reasonable effects: Beef: 4 - 6 hours, Chicken: 1 - 2 hours, Pork: 3 - 4 hours, Seafood: 1 - 2 hours. Maximum no more than 8 hours.

• **Leftover marinades** may be used for basting (be sure to cook and turn 5 minutes after applying) or added to make a sauce after cooking (simmer at least 5 minutes)

— Beef —

Teriyaki

- 2 Tbs. oil (olive or vegetable)
- 2 Tbs. sugar
- 1 Tbs. soy sauce
- 1/2 cup beef stock
- 1 clove garlic, minced
- 2 tsp. ground ginger

Herb & Wine

- 1/2 cup red wine
- 1 small onion, minced
- 1 clove garlic, minced
- 1/2 tsp. thyme
- 1/4 tsp. cayenne pepper

Hearty Stew

- 1/2 cup vinegar or beer
- 1/4 cup cracked pepper
- 1/4 tsp. cumin
- 1 bay leaf
- 1/4 tsp. oregano
- 1/4 tsp. thyme

— Pork —

Savory

- 1/2 cup olive oil
- 1/2 cup cloves, ground
- 1/2 tsp. paprika
- 1/2 tsp. thyme
- 2 tsp. parsley, chopped
- 1/4 tsp. pepper

Light

- 1/2 cup oil, vegetable
- 2 tsp. rosemary
- 1 tsp. thyme
- 1 clove garlic, minced

Barbecue

- 1 cup tomato sauce
- 1 small onion, chopped
- 3 Tbs. vinegar
- 1 tsp. liquid smoke
- 1/2 tsp. cumin, ground
- 1/4 tsp. mustard, powdered
- 1/4 cup brown sugar

— Chicken —

Oriental

- 1/2 cup soy sauce
- 2 Tbs. sherry
- 2 Tbs. onion powder
- 1/2 tsp. ginger, chopped
- 1 clove garlic, minced

Polynesian

- 1/2 cup pineapple juice
- 1 Tbs. lemon juice
- 1/2 tsp. ground ginger
- 1/4 cup honey

Mediterranean

- 1/2 cup olive oil
- 1/2 cup vinegar
- 1 tsp. oregano
- 1 tsp. basil
- 1 bay leaf, broken
- 1 clove garlic, minced
- 1/4 tsp. black pepper

— Vegetables —

- 1/2 cup oil (olive or vegetable)
- 3 Tbs. vinegar or wine
- 2 Tbs. lemon juice
- 1 tsp. celery seed
- 1/2 tsp. marjoram
- 1/4 tsp. dry mustard
- 1 tsp. sugar (white or brown)

— White Fish —

- 1/2 cup olive oil
- 2 tsp. lemon juice
- 1/4 tsp. dill weed
- 1/4 tsp. black pepper
- dash salt

— Salmon —

- 1/2 cup soy sauce
- 1/2 cup cream sherry
- 1 Tbs. fresh ginger, grated
- 2 cloves garlic, chopped

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COMMON SPICES

<u>Name</u>	<u>Description</u>	<u>Flavors</u>	<u>Forms</u>	<u>Uses</u>	<u>Comments</u>
Allspice	Berry of myrtle family tree	Like a combination of cloves, cinnamon and nutmeg*	Whole and ground	Soups, stews, marinades, seafood, baking, desserts	* Not a blend, but an individual spice sometimes called Jamaican pepper.
Anise	Seed of parsley family plant	Licorice	Seed, extract	Baking, salad dressings, seafood	Gives Anisette and Sambuca liqueurs their flavor
Capers	Bud of caper bush	Piquant, spicy	Large or small buds packed in brine	Garnish for seafood, vegetables, marinades	Drain and rinse well to remove salt.
Caraway	Seed of parsley family plant	Sweet	Seeds	Breads, vegetables, dips	Distinctive flavor in rye bread, German dishes
Cardamom	Seed of ginger family plant	Sweet mint like flavor	Seed, pods and ground	Pastry, fruit pies, cookies, cakes, puddings, sweet potatoes, spiced wines, BBQ sauce	A good breath freshener
Celery	Seed or chopped leaf of celery plant	Aromatic, slightly bitter	Seed, flaked leaves	Pickling, canapes, dips, soups, garnish, cooking of seafood	Grind seeds and make your own celery salt
Cinnamon	Bark of tree of the laurel family	Spicy but sweet, mildly pungent	Dried as rolled up "quills" or ground.	Breads, cakes, cookies, pastries. Apple and other fruit dishes	Quills used as stirrers in hot spiced cider or mulled wine
Cloves	Bud of myrtle family tree	Pungent, hot	Whole and ground	Ham, pork, fruits, marinades, sauces, soups, cakes, breads	Comes from French <i>clou</i> or nail. Decorate a baked ham.
Coriander	Seed of carrot family (cilantro) plant	Slight lemon flavor	Seed and ground	Candies, cookies, pastries, seafood, fruit sauces, stews, pork, vegetables	Also called Cilantro or Chinese parsley
Cumin	Seed of parsley family plant	Strong, pungent, savory	Seed and ground	Chili & curry powder, barbecue sauce, marinades, salad dressings, beans	Mexican cooking would not be the same without it
Fennel	Seed of parsley family plant	Licorice flavor	Seed	Pickling, salads, eggs, soups, sauces, seafood sauces, garnish	Nibbled by Puritans it was called the "meecin' seed"
Garlic	Bulbous root of lily family plant	Strong, pungent	Fresh bulbs of cloves (toes), powdered, minced, juice	Sauces, soups, dips, marinades, salad dressings, garlic bread, garlic butter	A clove a day keeps the doctor away. So 'tis said.
Ginger	Root (rhizome) of ginger plant	Spicy, sweet, hot, savory	Roots, crystallized, candied or ground	Marinades, cakes, cookies, sauces, Oriental dishes, curries	Rhizomes vs. ground are entirely different flavors
Juniper	Fruit of the juniper bush	Slightly bitter	Berries	Game meats & poultry, pâtés	The flavor of Gin
Mace	Skin (aril) of the Nutmeg shell	Delicate nutmeg	Whole (blades) or ground	Cakes, cookies, pastries, puddings, breads, meats & poultry	Said to improve mental powers and intellect
Mustard	Seed of mustard plant	Pungent, hot	Whole or ground	Vegetable, meats, salads, egg & cheese dishes, sauces	English double superfine (DSF) dry mustard is best
Nutmeg	Fruit of the nutmeg tree	Sweet, spicy	Whole or ground	Drinks, puddings, soups, sauces, desserts, pastries, glazed vegetables, pasta	Use whole freshly-grated for the best of tastes
Onion	Root member of lily family	Aromatic, sweet	Fresh or dried, flaked, ground or juice	Dips, soups, sauces, salad dressings, gravies, stuffings, egg & cheese dishes	Cold onions create less tears when chopping
Paprika	Pods of sweet red chili pepper	Pungent, peppery but not hot	Ground	Garnish, seafood, meats, soups, sauces and egg dishes	Hungarian varieties are superior
Pepper, Cayenne	Fruit of pepper plant	Very hot	Ground	Hot spicy dishes, chilis, blackened seasoning	Base for many hot pepper sauces
Pepper	Black or white fruit of pepper vine	Pungent, hot biting	Whole or ground (fine, coarse) and cracked	General seasoning except baked goods	Freshly ground or cracked pepper has the best flavor
Pepper, Red	Seeds of a variety of hot red pepper plants	Hot biting	Dried seeds (corns), cracked or ground	Mexican & Italian dishes, sauces, meats	Cayenne is the most popular ground
Poppy	Seed of poppy plant	Nutty, mild	Dried seeds	Garnish, breads, baked goods, pasta, eggs & cheeses	Contains no narcotics
Saffron	Stigmas of crocus flower	Little flavor	Stigmas or ground	Rice, soups, sauces, seafood, pasta, & vegetables	Takes 250,000 stigmas to make a pound.
Sesame	Seed of sesame plant	Nutty	Whole, paste (tahini) or as oil	Garnish for breads, salads, mid-eastern candy, oils	Said to have magical powers of good luck "open sesame"
Turmeric	Root of lily family plant	Musky, slightly bitter and peppery	Ground	Salad dressing, bread, soups, rice, noodles, seafood	Used mostly as a yellow coloring
Vanilla	Fruit (bean) of orchid plant	Sweet, rich	Whole bean, or liquid extract	Desserts, drinks, fruits, candies French toast	Use only PURE extract or Natural Essence

EMULSIFIED (LIAISON) SAUCES

EMULSIFICATION BASICS

An emulsification is a combination or liaison between two dissimilar liquids such as oil and water, butter and vinegar, egg and lemon juice. The secret is patience. If ingredients are combined too quickly, the liaison will not take place. When properly prepared you will have a creamy, satiny sauce, pleasing to both the eye and the palate.

Note: Heated emulsified sauces should be prepared in a double boiler.

Tip: If the sauce fails to thicken or separates after the first half of the process, place 1 Tbs. of the mixture in another bowl and add 1 Tbs. boiling water. Whisk until creamy and then add remaining sauce while whisking constantly.

MAYONNAISE

Mayonnaise is named after the city of **Mahon** (or **Mayon**) on the Spanish island of **Minorca**.

- 1 tsp. Mustard, dry or prepared
- pinch Salt and white or cayenne pepper
- 2 Egg yolks
- 1 cup Olive oil, virgin or light
- 1 Tbs. Water, tepid or 100°
- 1 Tbs. Vinegar, white (or lemon juice)
- 1 tsp. Sugar (optional)

In a bowl, whisk seasonings into egg yolks. While vigorously whisking, add half the oil in a thin stream. Properly combined, the emulsification will form. Now add the water while whisking and continue to add remaining oil. When complete, whisk in the vinegar. For a sweeter sauce, add 1 tsp. sugar at the end.

Tip: A blender or an electric whisk may be used.

Aioli Sauce: Blend with the mayonnaise, 4 or 5 cloves garlic, crushed and minced.

Waldorf Dressing/Salad: To the mayonnaise, fold in 1 diced apple, ¼ cup chopped walnuts, 1 diced stalk celery, and 1 cup sour cream. Serve with torn romaine lettuce.

Blue Cheese Dressing: To the mayonnaise, add ½ cup cream cheese, ¼ cup blue cheese, 2 Tbs. milk or cream, ¼ tsp. black pepper. Mash all together or use a food processor. Fold in a few teaspoons of crumbled cheese at end.

TARTAR SAUCE

- ½ cup Mayonnaise
- 1 tsp. Capers, minced
- 1 inch Sweet gherkin or dill pickle, minced
- ½ tsp. Each, parsley, tarragon, chives
- dash Salt & pepper

Combine all in a bowl. Thin as necessary with some of the juice from the capers or pickle. Serve with fish.

Tip: Use minced olives, onions, shallots for alternative flavors. Thin with a tsp. lemon juice or wine vinegar.

Rémoulade Sauce: Add to above, minced anchovies to taste and one hard-boiled egg, minced.

1000 ISLAND DRESSING

- 1 cup Mayonnaise
- 1 tsp. Capers, minced
- 1 inch Sweet gherkin or dill pickle, minced
- 1 Tbs. Parsley
- 2 Tbs. Olives stuffed with pimento, minced
- 2 Tbs. Chili sauce (or ketchup)
- 1 tsp. Onion, chopped
- ½ tsp. Paprika
- 1 Hard boiled egg, chopped.
- Salt & pepper to taste

Combine all in a bowl. Thin as necessary with some of the juice from the olives or some vinegar.

Russian Dressing: Omit parsley, olives and egg. Increase chili sauce to ¼ cup and add ½ tsp. horseradish.

HOLLANDAISE SAUCE

Named after the country of **Holland**.

- Water for double boiler (about 1 cup)
- 1 Tbs. Vinegar, white (or lemon juice)
- 1 Tbs. Water
- 3 large Egg yolks
- ½ cup Butter, softened to room temperature
- pinch Salt and pepper (white or cayenne)

Heat water in bottom of a double boiler over very low heat until just simmering. Place vinegar and water in top section. In a separate bowl, beat the egg yolks with about 1 Tbs. of the butter. Slowly add egg mixture to vinegar and water while continuously whisking. Add ½ tsp. at a time of remaining butter while slowly and constantly whisking until the emulsion is formed. As the emulsion is forming, the egg will be cooked, not scrambled. Salt and pepper to taste. Serve with fish, vegetables or over Eggs Benedict.

Tip: A drop or two of hot pepper sauce is a zesty addition to this sauce.

Tip: If the sauce curdles or separates from too high a heat (breaks), remove from heat and add a small amount of boiling water and whisk until recombined. Alternately, place in blender on low speed for about 30 seconds, then resume the cooking process.

Figaro Sauce: To the Hollandaise sauce, add 1 tsp. each of tomato purée and chopped parsley.

Mousseline: To the Hollandaise sauce, fold in ¼ cup whipped cream and heat just enough to warm. As a dessert sauce, sweeten with 1 Tbs. sugar and 4 Tbs. dry sherry or orange juice.

BÉARNAISE SAUCE

Béarnaise comes from the **Béarn** region of **France**. It's a full-bodied Hollandaise Sauce.

- 1 Tbs. White wine
- ¼ cup Vinegar (white wine or tarragon)
- 1 Tbs. Worcestershire sauce
- 2 Tbs. Shallots (onions) finely minced
- 1 tsp. Tarragon, dried

Add above ingredients to saucepan and simmer very slowly for about 5 minutes. Strain and use this liquid in place of the vinegar and water when making Hollandaise Sauce (above). Serve with beef or fish.

Choron Sauce: Add 2 or 3 Tbs. tomato purée to a Béarnaise sauce to make a pink colored sauce. Named after the French chef who created it.

BEURRE BLANC

In French it means **white butter**.

- 1 Shallot, minced
- 2 Tbs. Vinegar, white
- ¾ cup Butter, unsalted, softened
- Salt & white pepper

Add shallot, vinegar, salt and pepper to a small saucepan. Simmer over medium heat until reduced by one quarter. Whisk in butter, one tsp. at a time, until an emulsion forms. Remove from heat as soon as emulsion forms and gradually add remaining butter. Season. The sauce should be just thin enough to pour. Serve with fish.

Beurre Noir: Cook until dark brown.

COLE SLAW DRESSING

- ½ cup Mayonnaise
- ½ cup Sour cream
- 3 tsp. Vinegar or lemon juice
- 1 Tbs. Prepared mustard
- 1 Tbs. Sugar
- ½ tsp. Celery seed
- Salt & pepper to taste

Combine all in bowl and season to taste. Add shredded cabbage and stir to coat.

VINAIGRETTES

VINAIGRETTE BASICS

The last of Carême's five basic sauces is made with oil and vinegar (3 oil to 1 vinegar) combined with herbs, spices, seasonings, vegetables or cheeses for endless variations and flavors.

CLASSIC FRENCH

- 1 cup Oil (olive, vegetable)
- ¼ cup Vinegar (wine, white, herb)
- 1 Clove garlic, minced
- dash Salt, pepper, dry mustard

Shake all ingredients in tightly covered container. Store in refrigerator. Do not freeze.

Tip: Let stand for 2-3 days for flavors to mingle.

Tip: Pure olive oil may gel when cold. Allow to come to room temperature before serving. Alternately, use ½ cup each olive and vegetable oil to minimize gelling, or warm on defrost in microwave.

TRADITIONAL FRENCH

To the classic French vinaigrette, add ½ teaspoon paprika (or ¼ cup ketchup) and ¼ cup lemon juice.

TRADITIONAL ITALIAN

- 1 cup Classic French vinaigrette
- 2 Tbs. Onion, finely minced (1 Tbs. dried)
- 1 tsp. Basil, dried
- ½ tsp. Oregano, dried
- ¼ tsp. Peppercorns, cracked
- 2 Cloves garlic, finely minced
- 1 tsp. Sugar

Shake all ingredients in tightly covered container. **Creamy Italian:** Whisk ½ cup mayonnaise into above recipe.

HERB DRESSING

- 1 CUP CLASSIC FRENCH VINAIGRETTE
- 2 Tbs. Green onion, finely minced
- ½ tsp. Parsley, minced, fresh
- ¼ tsp. Each (tarragon, rosemary, basil, oregano, thyme)
- ¼ tsp. Pepper corns, cracked
- 2 Cloves garlic, finely minced
- 1 tsp. sugar

Shake all ingredients in tightly covered container.

CAESAR DRESSING

- 1 Garlic clove, minced
- ½ cup Olive oil
- 3 Tbs. Lemon juice
- 6 Anchovy fillets, minced
- 1 tsp. Worcestershire sauce
- ½ tsp. Salt
- ½ tsp. Mustard, dry
- ¼ tsp. Pepper, coarsely ground or cracked

Whisk all ingredients well in salad bowl.

MARINADES

Vinaigrettes may be used for simple marinades. It's really the vinegar or lemon juice that acts as a tenderizer that, in effect, cooks the meat.

Combine marinade with the meat and set in refrigerator for a minimum of 2 hours and up to 12 hours. Also may use as basting liquid.

• **Beef** - ¼ cup vinegar or red wine, 2 Tbs. diced onion, ¼ tsp. parsley flakes, 1 minced clove garlic, tsp. thyme, crumbled bay leaf, dash pepper.

• **Poultry** - ½ cup olive oil, 2 Tbs. lemon juice or vinegar, ¼ tsp. soy sauce, ¼ tsp. thyme, ¼ tsp. celery seed, dash pepper.

• **Fish** - ¼ cup olive oil, 3 Tbs. white wine, 2 Tbs. lemon juice, ¼ tsp. choice of basil, tarragon, coriander, parsley, dash salt & pepper.

PASTA SAUCES

PASTA SAUCE BASICS

Tomato-based sauces were introduced by Auguste Escoffier in the late 19th century. The secret of these sauces is to thicken well. Plan to simmer, uncovered, at least 30 minutes to let the water evaporate and the flavors infuse.

Most water..... Least water
fresh..... crushed..... sauce..... purée..... paste

MARINARA SAUCE

- 2 Tbs. Olive oil
- 1 clove Garlic (minced)
- 1 can 28 oz. crushed tomatoes*
- 2 Tbs. Tomato paste
- 1 tsp. Parsley, minced (½ tsp. dry)
- 1 Tbs. Fresh oregano (1 tsp. dry)
- 1 Tbs. Fresh basil (1 tsp. dry)
- 1 tsp. Sugar
- Salt & pepper

Heat oil in saucepan over medium heat until hot. Add garlic and stir to coat, 30 seconds. Do not let garlic brown. Add remaining ingredients, except salt and pepper. Bring sauce back to simmer and cook for about 30 minutes. Salt and pepper to taste. * may use 5 or 6 fresh tomatoes or same size can tomato sauce.

RAGU SAUCE

Ragu is the Italian word for meat.

To the Marinara sauce above, add one or more of the following, chopped and sautéed in olive oil:

- 1 Medium onion
- ½ pt. Fresh mushrooms (4 oz. can)
- ½ Green sweet pepper, diced
- ½ lb. Ground beef
- ½ lb. Italian sausage (hot or mild)
- ¼ cup Marsala wine (optional)

BOLOGNAISE SAUCE

Originated in the Bologna region of Italy.

- 1 Tbs. Olive Oil
- 1 Onion, medium, diced
- 1 Garlic clove, minced
- 1 lb. Ground beef
- 1 cup Mushrooms, diced
- 1 tsp. Flour
- 1 cup Beef stock
- 1 Bay leaf
- ½ cup Red wine (marsala, burgundy)
- 3 tsp. Tomato paste
- Salt & pepper

Sauté onion and garlic in saucepan until lightly browned. Add meat and cook until pink color disappears. Add mushrooms. Stir in flour, stock, and remaining ingredients, bringing all to a simmer. Cover and simmer gently for about 30 minutes. Salt and pepper to taste.

PESTO SAUCE

This great sauce may be tossed with any pasta. It is also used as a stuffing for pork and chicken.

- ½ cup Olive oil
- 1½ cups Fresh basil leaves, loosely packed
- 2 med. Garlic cloves, crushed & chopped
- 2 Tbs. Pine nuts (almonds or walnuts)
- ½ cup Parmesan cheese, grated
- 2 Tbs. Cream, heavy or half & half (optional)

Place all ingredients in blender or food processor and process until creamy. For a more opaque and tastier pesto, add cream and process 10 seconds more. It's now ready to serve. Do not cook.

CARBONARA SAUCE

- 1 Tbs. Olive oil
- 6-8oz. Pancetta or bacon, chopped
- ½ cup Cream (heavy or half & half)
- 1 cup Parmesan cheese, grated
- Salt & pepper

In large fry pan, heat olive oil over medium heat. Add pancetta and sauté until lightly browned. Drain off fat. Stir in cream and cheese. Heat.

VONGOLE SAUCE

Vongole is the Italian word for clams.

- ¼ cup Olive oil
- 1 Garlic clove, minced
- ¼ cup White wine
- 1 tsp. Parsley, chopped
- ¼ tsp. Oregano, dry, or fresh, chopped
- Salt & pepper
- 1 cup Minced clams with juice

Sauté onions and garlic until just translucent. Add remaining ingredients and bring to a slow simmer for about 5 minutes. Salt and pepper to taste and serve with pasta.

ROMANOFF SAUCE

Named after the Romanoff family of Russia, this sauce is traditionally served over noodles.

- 2 cups Sour cream
- ½ cup Grated parmesan cheese
- 1 Tbs. Chives or green onion finely diced
- 1 Clove garlic, minced

Combine the sour cream and half the cheese along with chives and garlic. Add all to cooked noodles in a saucepan and heat through. Sprinkle each serving with remaining parmesan cheese.

ALFREDO SAUCE

Named after Roman chef Alfredo di Lello

- 1 Tbs. Butter
- 1 Tbs. Flour
- 1 cup Cream (heavy, half & half or milk)
- ¼ cup Parmesan cheese, shredded or grated
- dash Nutmeg, grated
- Salt & white pepper

Heat butter in saucepan over medium heat. Whisk in flour to form a roux. Add cream and stir until it begins to thicken. Add cheese and nutmeg and continue to stir until desired consistency is achieved. Salt and pepper to taste.

Variations: Substitute Romano cheese or use half of each. Make with Cheddar for a rich macaroni & cheese sauce. Garnish with basil.

NEWBERG SAUCE

Served with lobster or other shellfish over toast points; this famous sauce is very rich.

- ½ cup Wine (madeira, sherry or marsala)
- 2½ cups Cream (heavy or half & half)
- 4 Egg yolks
- dash Cayenne pepper (or hot pepper sauce)

Heat wine in saucepan over medium-low heat. Add half the cream, lower heat and simmer for about 3 minutes. Meanwhile, in another bowl, whisk the egg yolks with the remaining cream. Stir a few tablespoons of the heated wine and cream into egg mixture. Add the egg mixture into the saucepan and stir while it thickens. Do not boil. Season with pepper.

Tip: Low heat is necessary to ensure the eggs do not scramble and the cream does not scorch.

COCKTAIL SAUCE

A tradition with cold or hot seafood, especially shrimp.

- ¼ cup Tomato purée (or ketchup)
- 1 Tbs. Tomato paste
- ½ tsp. Horseradish, prepared
- 1 tsp. Parsley, chopped
- 1 Tbs. Lemon juice
- 2 drops Hot pepper sauce or to taste
- Salt & pepper to taste

Combine all and chill before serving.

FRUIT SAUCES

BERRY SAUCE

This sauce can be used with crepes, pancakes or blintzes or over ice cream, cakes and more.

- 1 pt. Fresh berries (strawberry, raspberry, blueberry, boysenberry). 16 oz. frozen berries may be used. Thaw first and save the juices.
- ½ cup Sugar, white, granulated

Clean and wash berries. Save a few berries for garnish. Purée remainder in blender or food processor. Strain seeds if desired. Place in saucepan over medium-low heat and allow to reduce in volume by half (about 1 hour). If mixture is still too thin, add a tablespoon cornstarch mixed with 1 tsp. water to thicken.

DUCK SAUCE

This oriental condiment is used for dipping finger foods such as egg rolls or other dim-sum platter items. It is also good with pork or turkey.

- ½ lb. Plums, pitted
- ½ lb. Peaches, peeled, pitted & sliced
- ½ lb. Apricots, peeled, pitted & sliced
- 1¼ cups White wine
- 2 Tbs. Vinegar (white or rice wine)
- 3 Tbs. Sugar
- 2 Tbs. Cornstarch
- Salt & pepper

Purée fruit in food processor and push through strainer discarding any pulp. Meanwhile, heat wine, vinegar and sugar in saucepan. Add puréed fruit and simmer until reduced by a quarter. Mix the cornstarch with 1 Tbs. water until a paste is formed. Slowly add the paste to mixture until thickened (about 3 minutes). Salt and pepper to taste.

Variations: Other ingredients that are sometimes used are ½ tsp. ground ginger or 1 Tbs. chili peppers (puréed).

SALSA

- 1 qt. Water
- 3 tsp. Salt
- 3 Tomatoes, finely chopped
- 5 Peppers (serrano, jalapeño, chili, red or green bell) seeded and finely chopped, or to taste
- 2 Garlic cloves, chopped
- ½ cup Onion, chopped
- ½ cup Cilantro or parsley
- 3 Tbs. Olive oil
- Salt & pepper

Add water and salt to saucepan over high heat and bring to a boil. Add chopped tomatoes and peppers. Cook uncovered until soft, about 10 minutes. Discard water. Place softened vegetables along with the remaining ingredients in food processor and pulse just until roughly chopped. Adjust salt and pepper to taste. Makes about 2 cups. Place in refrigerator for several hours before adding additional hot seasonings. Tip: For chunky salsa, finely dice all ingredients and omit food processor step.

Variations: To make Green Salsa, use green tomatoes for tomatoes and green peppers only (hot or sweet).

BBQ SAUCE

- 2 Tbs. Olive oil
- 1 Large onion, diced
- 2 Cloves garlic, smashed and chopped
- 3 Tbs. Vinegar (cider, wine or white)
- ¼ cup Dark brown sugar
- ¼ cup Dark molasses
- 2 drops Hot pepper sauce (or to taste)
- 1 tsp. Liquid smoke
- 1 tsp. Ground cumin
- 1 can tomato sauce or purée (15 oz)

Sauté onion and garlic in olive oil in sauce pan until lightly browned. Add remaining ingredients and simmer slowly for 30 to 45 minutes until thick. Salt and pepper to taste. Thick is key.

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STOCKS & SAUCES

Everything You Need to Know to Make Great Sauces

DEFINITIONS

- MARINADE:** French word meaning to *pickle*. Refers to soaking meats, poultry, fish or game in an acidic liquid (vinegar, wine, lemon juice, beer) to which various herbs and spices may be added. May also be used as a preservative or means of cooking as in *seviche* (or *ceviche*); raw fish marinated in lime juice. Results in breaking down fibers, tenderizing, retarding bacterial growth, and an enhancement of flavors *before cooking*.
- BASTE:** From the French word *bassiner*, to moisten or wet. Refers to spooning or brushing juices (pan drippings, stock, butter, oil or marinade) over meats, poultry or game. Bulb or syringe basters are sometimes used. Results in addition of flavor and color while helping to prevent meats from drying out *during cooking*.
- SAUCE:** From the French word *sauce*. A liquid, generally thickened, to which seasonings have been added. There are five basic sauces accredited to 19th century French chef Antonin Carême: brown stock-based, light stock-based, white sauce, emulsified sauce and vinaigrette. Results in enhancements to taste and moisture *after cooking*.
- BROTH:** A strained liquid containing the essence of chicken, beef, or fish. Minimal additional seasonings are added, with the exception of salt.
- STOCK:** A strained liquid resulting from lengthy cooking and reduction of a combination of water, bones, meat, vegetables and seasonings. Note: A *broth* (by itself) does not have additional vegetables and seasonings. Make your own stock (see *Tip Under Broth Basics*) using canned broth as a basis and eliminate the bones and meat step.
- GLAZE:** From the French word *glace* for glossy. A hot or cold coating for foods.
 - *Savory* - reduced meat stock (see *demi-glace*)
 - *Sweet* - jelly, chocolate, honey
 - *Braising* - egg wash or butter on pastry
- DEGLAZE:** Adding a liquid (water, wine, stock) to pan after removal of food. Cleans pan while providing a tasty sauce. May be thickened as desired (see *thicken* below).
- REDUCE:** To boil a liquid until the volume is decreased, through evaporation, leaving a thicker, intensified flavorful mellifluous.
- MACERATE:** From the French word *macérer*, to modify. Similar to *marinate*. To soak foods, generally fruits, with wine, brandy, or liqueur. Results in the food being infused with the added liquid's flavor.
- ROUX:** French word for sandy or reddish color. To make: melt equal amounts (1-3 Tbs.) of butter and flour in a saucepan over low heat. Stir until desired color is obtained. Used as a thickening agent usually *prior to building a sauce*.
- THICKEN:** To add a liquid (water, stock, wine) combined with small amount of starch (cornstarch, flour, arrowroot, tapioca flour) to sauces or gravies. Resulting liquid becomes quickly thicker. A fast way to thicken but does not particularly enhance the flavor as in "Reduce" above. *Used after building a sauce*. Flour must be cooked an additional 5 minutes; the other starches are ready to serve in about one minute.
- INTENSITY:** The level of flavor in a liquid. From high to low intensity may be charted as:

High Low



BROTHS & STOCKS

BROTH BASICS

- Dried broth** (beef or chicken) may be purchased in the form of bouillon cubes, or instant granules or powdered. These forms are usually highly salted and can ruin or mask otherwise succulent flavors in your dish. Keep some on hand for emergencies, but when using, reduce or eliminate salt in recipe.
- Canned broth** (preferred) is available in regular or low sodium grades and can be easily found in chicken, beef or vegetable varieties. One 15½ oz. can = about 2 cups.
- Tip:** Freeze *canned or homemade broth or stock* in ice cube trays. One 15½ oz. can = 1 cube tray. 3 cubes = about ½ cup. Cubes, once frozen, can be stored in freezer bags for up to six months.
- Tip:** Intensify a broth by adding some chopped vegetables, as in the stock recipes below, and simmer for an hour or so. Strain out solids and you have a quick and easy stock.

STOCK BASICS

- Stock** is an *enhanced broth*. Additional vegetables (onion, carrot, garlic, celery, etc.) are added to a bone/meat-reduced liquid to make a flavorful stock.
- Bouquet garni** is used to add herbs and spices (a bay leaf, 1 tsp. thyme, 6 peppercorns, 2 cloves, 2 tsp. parsley). Wrap all in small cheesecloth and tie with string. A small ball strainer (like a tea strainer) especially designed for this purpose may be used as well.
- Intensifying** the flavors is the key. Reduce any stock to about half the original liquid volume level (¼ of the reduction with the bones, meat and vegetables and ⅓ after straining). Set heat for a low, uncovered, barely simmering evaporation.
- Salt** should be kept to a minimum. Add salt *only as necessary* in recipes where stock is used. A stock or broth which is too salty, as in bouillon cubes, can overpower flavors.

CHICKEN STOCK

- 1 Carcass from whole turkey or chicken or 2 to 3 lbs. frozen left-over bones & meat minus the liver
- 1 Tbs. Oil (olive, vegetable, canola)
 - 1 Large onion (with skin), quartered
 - 2 Large stalks celery (w/tops) in 1 in. pieces
 - 2 Large carrots in 1 in. pieces
 - 1 Bouquet garni (see Stock Basics)
- 3 qt. Cold water

In large stockpot over medium heat, add oil and sauté onions, celery and carrots for about five minutes or until just beginning to brown slightly on the edges. Add remaining ingredients and bring to boil. Skim off any foam that rises. Reduce heat and simmer gently, uncovered, for two to three hours. Add few cups of water if necessary. Strain out solids through fine strainer (cheesecloth in a colander) and return to smaller pot. Skim fat or place in refrigerator overnight and remove gelled fat. Return to heat and simmer another hour or so until reduced by half. Salt to taste.

Tip: Use ¼ cup of this stock when braising poultry or pork. After braising, thicken sauce with 1 Tbs. cornstarch & 2 Tbs. water (stock or wine).

BEEF STOCK

- 2 lb. Beef bones (large ones, cracked)
- 1 can Tomato paste (4 oz.)
- 1 Tbs. Oil (olive, vegetable, canola)
 - 1 Large onion with skin, quartered
 - 2 Large stalks celery (w/tops) in 1 in. pieces
 - 2 Large carrots in 1 in. pieces
 - 1 Bouquet garni (see Stock Basics)
- 3 qt. Cold water

Preheat oven to 375°. Rub tomato paste generously over bones. Roast bones for about 30 minutes until browned. In large stockpot over medium heat, add oil and sauté onions, celery and carrots for about five minutes. Add roasted bones and remaining ingredients and bring to boil. Skim off any foam that rises. Reduce heat and simmer gently, uncovered, for two to three hours. Add few cups of water if necessary. Strain through fine strainer (cheesecloth & colander) and return to smaller pot, cool. Place in refrigerator overnight. Remove gelled fat. Put on medium heat and simmer another hour or so until reduced by half.

FISH STOCK

- This stock is called a *fumet* in French.
- 8 oz. Fish bones (no heads), shrimp shells
 - 1 Small onion quartered
 - 1 Stalk celery with tops, chopped
 - 1 Bouquet garni (see Stock Basics)
 - 6 cups Cold water

Heat oil in 2 qt. saucepan. Add onion and celery. Sauté until slightly browned. Add fish bones and shells, bouquet garni, and water. Bring to boil, reduce heat and simmer 30 to 60 minutes or until reduced by about half. Strain through three layers of cheesecloth in strainer or colander. May be frozen.

Tips: Freeze fish bones, shrimp or lobster shells (discard the head sections). When you have enough, make the stock.

When steaming fresh clams, oysters or mussels, strain and save the steaming liquid and the juices when opening or draining clams and oysters (the liquor). Strain and freeze as ice cubes to add to soups and chowders.

VEGETABLE STOCK

- 2 tsp. Olive oil
- 3 cups Mixed vegetables (onion, garlic, celery, carrot, tomato, mushroom) chopped into 1 inch pieces
- 1 Bouquet garni (see Stock Basics)
- 1 qt. Water

Heat oil in 2 qt. saucepan. Add onion, garlic, celery carrots. Sauté until onions are translucent but not browned. Add remaining vegetables, bouquet garni, and water. Bring to boil, then reduce heat and gently simmer uncovered for 45 minutes to one hour. Salt to taste. Strain through three layers of cheesecloth in strainer or colander. Return to saucepan and reduce liquid to taste (by about half). Should yield about 1 pint of rich stock. May be frozen.

Tip: Substitute this broth in place of water when making rice or pasta. Great stock for vegetarian vegetable soup (add new vegetables; the ones used in the stock will be soggy).

SAUCES

SAUCE BASICS

Chefs *deglaze* cooking pans by removing excess fat and adding a few tablespoons of wine, ck or water (sometimes a thickening agent). Scrape the pan and stir. The resulting liquid becomes an instant sauce.

French chef, **Antonin Carême**, in the 19th century, first categorized five basic sauces: White, Brown, Blond, Emulsified and Vinaigrette.

BASIC WHITE SAUCE

Thin	Medium	Thick
1 Tbs. Butter	2 Tbs. Butter	3 Tbs. Butter
1 Tbs. Flour	2 Tbs. Flour	3 Tbs. Flour
1 cup Milk	1 cup Milk	1 cup Milk

Melt butter over medium-low heat. Stir in flour and heat for 1 minute to form a *roux*, a paste. Remove from heat and whisk in $\frac{1}{4}$ of the milk. Return to heat and stir until mixture thickens. Gradually add remainder of milk while stirring gently. Increase heat slowly until mixture boils. Reduce heat and simmer gently for about five minutes, whisking occasionally, to cook flour.

Tip: Try with evaporated milk for quicker sauce.

VARIATIONS

Add the active ingredient below to basic white sauce:

- **For Mornay sauce** - $\frac{1}{2}$ cup finely grated cheese (Cheddar, Swiss, Parmesan, Romano)
- **For Dill sauce** - 1 tsp. dried dill
- **For Tarragon sauce** - $\frac{1}{2}$ tsp. dried tarragon
- **For Mushroom sauce** - $\frac{1}{2}$ cup sliced sautéed mushrooms

extra richness, after active ingredient add:

- 1 Egg yolk, lightly beaten
- 3 Tbs. Light cream or milk
- $\frac{1}{4}$ tsp. Prepared mustard (Dijon)

To a basic white sauce, stir in active ingredient (above) and remove from heat. In a small bowl blend remaining ingredients with fork. Add small amount of warm sauce to bowl and stir gently. Pour egg mixture into milk in pan and whisk gently over low heat for about 1 minute. Salt & pepper to taste.

Tip: When this sauce is poured on meat, broil for 1 to 2 minutes for a lightly browned crust.

BÉCHAMEL SAUCE

Named for **Louis de Béchamel**, steward to Louis XIV.

1 cup Milk
1 Small onion, peeled & quartered
5 Cloves, whole
4 Peppercorns, black or white
1 Small carrot, chopped
1 Bay leaf
1 Sprig parsley

Add ingredients to milk in sauce pan. Leave on low heat for 10-15 minutes. Do not let boil. Remove from heat and set aside for 15 minutes. Strain and discard herbs and vegetables. Use this warm milk to prepare an enhanced white sauce. For an *instant* Béchamel, substitute $\frac{1}{2}$ cup canned vegetable stock with $\frac{1}{2}$ cup milk to make a white sauce.

VELOUTÉ SAUCE

's *Blond* sauce is a basic medium white sauce. Add 1 cup of light stock (chicken, veal, fish) instead of the milk. Simmer gently for about 1 hour or until reduced by half. Stir in 2 Tbs. heavy cream and salt and pepper to taste. Just before serving, melt in 1 tsp. butter for richness.

Variations: Add one or more during reduction; lemon zest, parsley, mushrooms, carrot, celery, capers, favorite herb. Strain out before finishing.

BASIC BROWN SAUCE

2 Tbs. Butter or pan drippings (if available)
1 Small carrot, diced
1 Small onion, diced
$\frac{1}{4}$ cup Flour
2 $\frac{1}{2}$ cups Beef Stock (from page 1)
Salt & pepper

Heat butter and/or pan drippings over medium heat in saucepan. Add vegetables and sauté until lightly browned. Add flour to make a *roux*, lower heat and cook *roux* mixture until it turns light brown. Add the stock and bring to a boil, stirring constantly until the sauce thickens. Strain to remove vegetables and any lumps. Salt and pepper to taste and serve.

ESPAGNOLE SAUCE

Espagnole is French for Spanish style.

$\frac{1}{2}$ cup Chopped bacon
$\frac{1}{4}$ cup Butter
1 Small carrot, diced
1 Small onion, diced
1 Clove garlic or shallot, smashed & diced
$\frac{1}{2}$ cup Flour
3 cups Beef stock (from page 1)
5 Mushrooms with stalks, diced
1 Bouquet garni (see Stock Basics, page 1)
1 Tbs. Tomato paste
Salt & pepper

Sauté bacon in butter over medium heat until done. Add vegetables and sauté until lightly browned. Add flour to form a *roux* and lower heat. Cook *roux* for about 20 minutes over low heat until it turns medium brown. Add stock, mushrooms and bouquet garni and bring to a boil stirring constantly. Lower heat and simmer gently for about 30 minutes. Add the tomato paste and salt and pepper to taste. Strain and serve.

Tip: The reduction over thirty minutes should form a rich thick liquid that will coat a spoon.

DEMI-GLACE

This is an even richer meat sauce (a half-glaze) that should mimic the consistency of a bottled steak sauce. To make, follow the directions for beef stock but double the quantities of ingredients. Roast the bones longer, until dark brown and crusty. To become a *demi-glaze*, the stock and vegetables are further reduced over low, low simmer for 2 to 4 hours until the very thick (almost pasty) richness is achieved. If you started with a gallon of water, bones and vegetables, you should have less than 16 ounces of liquid after straining out the solids.

Tip: At the very end, add a small amount of wine vinegar, Madeira, Sherry, Port or Burgundy wine to punch up the flavor even more.

Glaze de Viand - French for *meat glaze*. The thickest, most reduced (2 additional hours or so) form of *demi-glaze*. Used mostly as an additive to sauces, you can almost spread this glaze with a knife. Commercially you can find similar forms in Gravy Master® or Kitchen Bouquet® gravy enhancers. Frozen as half-size ice cubes (1 Tbs.) for over 6 months this glaze will become indispensable for quick rich sauces and will make the extended cooking time well worth the trouble.

COLBERT SAUCE

Named after the chief minister of King Louis XIV.

2 Shallots, (or 1 small onion) minced finely
2 Tbs. Butter
$\frac{1}{4}$ cup Red wine
1 cup Demi-glaze
1 Tbs. Lemon juice
$\frac{1}{4}$ tsp. Tarragon

Sauté the shallots in half the butter over medium heat until just translucent. Add wine and reduce mixture by half. Stir in *demi-glaze* and lemon juice and simmer gently for about 5 minutes. Remove from heat and add remaining 1 Tbs. butter and tarragon. Strain out shallots or not. Stir and serve.

GRAVY BASICS

A *gravy* can be made from the leftover pan juices, of chicken, beef, pork, veal or fish, enhanced with flavors and thickened as desired. Pour off all cooking pan juices into a fat separator to remove excess fat. Return juices to pan over medium heat, add a few tablespoons of stock or wine and scrape up any browned bits. Add enough additional liquid (appropriate broth, stock or wine) to produce required servings of gravy and bring all to a simmer. Shake together in a covered jar, 2 tablespoons flour and 2 tablespoons water until creamy. Slowly add flour mixture to simmering liquid, stirring continuously, until desired thickness is achieved. Simmer slowly for 5 minutes to cook flour and serve. Strain, if desired, to remove any solids or lumps.

CHASSEUR SAUCE

French for *hunter*, this sauce is generally served with game, chicken or veal.

2 Tbs. Butter
1 cup Mushrooms (button, portobello, shitake)
$\frac{1}{2}$ cup Wine, white or blush
2 tsp. Tomato paste
1 cup Espagnole sauce
dash Each of parsley, thyme, rosemary

Sauté the mushrooms in half the butter over medium heat. Add wine and reduce mixture by half. Stir in *espagnole* sauce and simmer gently for about 5 minutes. Remove from heat and add butter and remaining herbs. Stir and serve.

BORDELAISE SAUCE

Bordelaise originated in the **Bordeaux** region of France. Richer still than *espagnole*, this sauce adds bone marrow to the sauce.

$\frac{1}{4}$ cup Bone marrow
2 Shallots, minced finely
$\frac{1}{2}$ cup Hearty red wine (burgundy, bordeaux)
$1\frac{1}{2}$ cups Espagnole sauce
$\frac{1}{4}$ tsp. Thyme
1 Tbs. Butter

Extract marrow from bone and dice into $\frac{1}{2}$ " cubes. Place marrow in a saucepan with $\frac{1}{2}$ cup water and simmer gently for 2 or 3 minutes, remove and set aside. Combine shallots and wine in saucepan over low heat and cook until the wine is reduced by half. Add the *espagnole* sauce and thyme and bring to boil. Add bone marrow and heat again to the boil. Strain all and return liquid to pan. Add butter, salt and pepper to taste.

LYONNAISE SAUCE

Lyonnaise comes from the **Lyon** region of France.

2 Tbs. Butter
1 cup Onion, finely diced
$\frac{1}{2}$ cup White wine
1 cup Espagnole sauce
1 Tbs. White wine vinegar
Salt & pepper

Sauté onion in butter over low heat until slightly browned. Add wine and reduce by half. Add sauce and vinegar and reduce further for about 10 minutes over low heat. Salt and pepper to taste, strain out onion bits and serve.

DIABLE SAUCE

Diable is French for *devil*. This sauce is hot.

2 Tbs. White wine
2 Tbs. White wine vinegar
2 Cloves garlic, smashed and minced
1 cup Demi-glaze
2 tsp. Tomato paste
$\frac{1}{2}$ tsp. Cayenne pepper (or to taste)
2 tsp. Worcestershire sauce

Combine wine, vinegar and garlic in saucepan over low heat. Reduce to half. Add remaining ingredients. Cook for about 3 minutes.



Lemon sauce:

- 4 teaspoons cornstarch
- Few grains salt
- 1/4 cup white sugar
- 1 1/2 cups boiling water
- 2 teaspoons butter
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice

		Orig	25	100	200
Boiling Water	Cups	1 1/2	6	12	24
Sugar	Cups	1/4	1	2	4
Lemon Juice	Tbsp	2	8 = 1/2 C	16 = 1 C	32 = 2 C
Butter	Tsp	2	8	16 = 1/3 C	32 = 2/3 C
Lemon Rind	Tsp	1	4	8	16 = 1/3 C
Cornstarch	Tsp	4	16 = 1/3 C	32 = 2/3 C	64 = 1 1/3 C
Salt to taste					

Lemon sauce:

Combine cornstarch, salt and sugar in a small saucepan. Slowly stir boiling water into the sugar mixture.

Cook over low heat, stirring constantly, until the sauce is smooth and thickened. Cover and cook over very low heat or over boiling water in a double boiler, stirring occasionally, until no raw starch taste remains, about 5 to 7 minutes.

Remove from heat and stir in butter and lemon rind and juice

Cranberry Sauce

2 bags Cranberries
8 cups water
1 bag sugar

For best results, cook in two 11" x 11" pots
Bring water and berries to a good boil and berries start to crack their skins
Mash Berries, add sugar and stir until all sugar is dissolved

This recipe will make the following servings:

1 oz container	224 servings
1½ oz container	150 servings
2 oz container	112 servings
2½ oz container	90 servings

This recipe will make 28 - 8 oz bowls

* - cinnamon stick
Orange juice
Tbsp - Port Wine - flavouring
- no alcohol -

Raisin Sauce

Ingredients		50	100	200
Raisins	Cups	2 1/2	5	10
Water	Cups	6	12	24
Cloves	Each	10	20	40
Brown Sugar	Cups	2 1/2	5	10
Butter	Tbsp	3 1/2	7	14
Lemon Juice	Tsp	3 1/2	7	14
Vinegar	Tsp	3 1/2	7	14
Dry Mustard	Tbsp	2	4	8
Worcester Sauce as desired				
Cornstarch as required				
Water as required				

This recipe is using 1oz ladle servings

Put raisins in boiling water add cloves. Let stand for 1 hr. Stir in brown sugar, add vinegar, butter, lemon juice, and dry mustard.

Mix cornstarch with additional cold water for thickening agent.

Add to mixture. Stir over medium heat until thickened as required. (May require more Cornstarch and water mixture or need extra water to get proper texture)

Thickening will depend on amount of cornstarch used. Add Worcester sauce if desired.

Cup	fl oz	Tbsp	Tsp
1 C	8 oz	16 Tbsp	48 Tsp
3/4 C	6 oz	12 Tbsp	36 Tsp
2/3 C	5 oz	11 Tbsp	32 Tsp
1/2 C	4 oz	8 Tbsp	24 Tsp
1/3 C	3 oz	5 Tbsp	16 Tsp
1/4 C	2 oz	4 Tbsp	12 Tsp
1/8 C	1 oz	2 Tbsp	6 Tsp

Quick Study

HOME

BAR GUIDE

SPILLPROOF® GUIDE TO THE BEST COCKTAILS AND BEVERAGES OF ALL TIME.

Vodka

Vodka is a colorless, odorless, tasteless alcohol, distilled today from grain (not potatoes). In Russian, the word vodka is derived from the word "vodka" or water.

BLACK RUSSIAN

3 oz vodka
1 1/2 oz coffee liqueur

Fill Old Fashioned glass with ice cubes. Add ingredients and stir.

VARIATIONS

Sombrero - use cream for the vodka.
Bikini Line - use 3/4 oz coffee liqueur and 3/4 oz raspberry liqueur with the vodka.
White Russian - add 1 oz cream.
Siberian - a White Russian with a scoop of vanilla ice cream instead of cream.
Black Forest - White Russian with 1 1/2 oz black raspberry liqueur added before the cream.
Green Russian - use crème de menthe instead of the coffee liqueur.
Red Russian - use a cherry liqueur instead of the coffee liqueur.
Mudslide - White or Black Russian with 1 oz Irish cream added.

CAPE CODDER

2 oz vodka
fill cranberry juice

Pour vodka over ice in large Old Fashioned glass. Fill with cranberry juice, stir, and garnish with lime.

VARIATIONS

Screwdriver - use orange juice for the cranberry.
Whound - use grapefruit juice for the cranberry.
Dog - coat rim of glass with lime and salt. Fill with ice and a Greyhound.

MORE VARIATIONS

In the following variations, start with a Cape Coddler (above) but mix the cranberry juice half and half with the listed juice.

Bay Breeze pineapple
Downeaster pineapple
Sea Breeze grapefruit
Madras orange
Flying Madras orange, plus champagne to fill tall glass

COSMOPOLITAN

1 oz vodka
1/2 oz triple sec
1/2 oz lime juice
1 oz cranberry juice

Combine all with cracked ice in shaker. Strain into cocktail glass.

FUZZY NAVEL

1 oz vodka
1 oz peach schnapps

Add all over ice in highball glass and stir. Garnish with orange slice.

KAMIKAZE

2 oz vodka
1/2 oz triple sec
1 oz lime juice

Combine all in shaker and pour over ice in Old Fashioned glass.

WHY ALCOHOL AND DRIVING DON'T MIX!

Alcohol reaches the brain in 20 to 40 minutes.
Alcohol affects alertness and judgement adversely.
Alcohol slows your reflexes and reaction times.
Alcohol slows down eye muscles used to focus on the movement of approaching objects and other vehicles.
Errors in judging speed and distances increase.
40% to 50% of all traffic fatalities involve alcohol.
The worst time to judge how much or how little to drink is after you drink. If you know you must drive, don't drink! If you know you are going to drink, let a non-drinker do the driving!

Multi-Mixers

LONG ISLAND ICED TEA

1/2 oz vodka
1/2 oz gin
1/2 oz rum
1/2 oz tequila
1/2 oz triple sec
1 oz sour mix
fill cola

Pour all over ice in a tall glass and top off with cola. Garnish with lemon.

VARIATIONS

Long Island Lemonade - replace cola with lemon-lime soda.
Long Beach Iced Tea - replace sour mix with orange juice and fill with equal parts cranberry juice and sour mix.



Tall Highball Glass

BLOODY MARY

2 oz vodka
1/2 tsp horseradish
dash hot pepper sauce
dash Worcestershire sauce
dash lime juice
dash celery seed (salt)
dash ground pepper
dash salt
fill tomato juice*

Mix all in glass with ice cubes or combine in cocktail shaker for best results. Garnish with lime wedge and/or celery stalk. *V-8® Vegetable Juice is a popular alternative. There are over a dozen commercially prepared mixes available.

VARIATIONS

Bloody Bull - add 1 oz beef broth or tsp instant beef bullion.
Bloody Caesar - fill with equal parts of clam and tomato juice.
In the following, use listed liquor in place of the vodka.
Bloody Maria - use tequila.
Bloody Mariela - use rum.
Bloody Molly - use whiskey.
Bloody Josephine - use scotch.

SCORPION

1 oz light rum
1 oz brandy
1 oz white wine
1 oz triple sec
1 oz orange juice
1 oz lemon juice
1 oz amaretto

Combine all with crushed ice in shaker. Strain into highball glass. Garnish with lemon slice.



Highball Glass

Tequila

Tequila is made exclusively in Mexico. In order to be called tequila, it must have been made from at least 51% of the juices of the blue (azul) agave plant only (the best is labeled 100%) and further, must have been processed in the state of Jalisco (or a few other government designated areas). Silver tequila is newly distilled. Gold tequila is achieved from aging in wooden barrels up to four years. For truly aged tequila, look for the terms *reposado* or *añejo* on the label. A similar liquor is *mescal*, which may be made from a variety of agave plants, in a variety of regions and may contain other additives.

TEQUILA SUNRISE

2 oz tequila
1 oz grenadine
2-4 oz orange juice

Combine all with ice in shaker. Strain into cocktail glass.

VARIATIONS

Many southwestern drink variations of long-established concoctions have surfaced, such as Bloody Mary, Martini, Collins, Fizz, Sazer, Stinger and more. Merely substitute tequila for the primary liquor and call it a tequila (whatever).

Martinis

Traditionally the martini is made with gin and vermouth. More popularly today, it is made with vodka. New Age or so-called "designer martinis" have evolved to include almost any combination of ingredients that is poured into the classic wedge-shaped stemmed cocktail glass.

CLASSIC MARTINI

3 oz gin
dash dry vermouth

Combine liquids in mixing glass with ice and stir (shake if you're a James Bond fan). Strain into chilled stemmed glass. Garnish with olive.

VARIATIONS

Note: Dryness (amount of vermouth) is a complex subject. Some swirl a splash of vermouth around with the ice and discard the extra before adding the liquor (the *in and out* martini). Very dry may mean just passing the cork from the vermouth bottle ceremoniously over the glass (the *naked* martini). Super dry may mean straight vodka while merely starting at the vermouth bottle (the *Churchill* martini).

Traditional - use twist of lemon rind for the olive.
Gibson - use a cocktail onion for the olive.
Vodka Martini - use vodka for the gin.
Sweet Martini - use sweet vermouth for the dry. Sometimes a dash of orange bitters is added.

Martini Glass

Brandy

Brandy is distilled from fruits and aged in wood. The most well-known is cognac, made exclusively in the Cognac district of France.

AMBROSIA

1 oz brandy
splash triple sec
splash raspberry liqueur
fill champagne

In a highball glass, add first three ingredients and fill with champagne. Garnish with a few raspberries, if available.

STINGER

2 oz brandy
1/2 oz white crème de menthe

Combine all in glass with ice and stir. May be strained into a snifter.



Snifter

FOG CUTTER

1 oz brandy
1 oz rum
1 oz gin
dash triple sec
dash sour mix
2 oz orange or lemon juice
2 oz pineapple juice
splash sweet sherry

Shake together first five ingredients with ice. Strain over fresh ice in highball glass. Fill with equal parts of juices. Drizzle sherry over top.

MARGARITA

1 oz tequila
1 oz triple sec*
1 oz lime juice
1 small lime wedge or slice
1 Tbs coarse salt

Combine first three ingredients with cracked ice in shaker. Rub edge of large cocktail glass with lime and dip into salt. Strain mixture into glass.

* Other additives such as fruit juices, berries, melons or flavored liqueurs may be substituted here. The designer margarita craze may only be surpassed by the quest for alternative and souped-up martinis.



Margarita Glass

GRAIN & CANE SPIRITS

Whiskey

Whiskey may include such derivatives as rye, bourbon, scotch (see separate heading), and blends. Straight whiskey is made with at least 51% of a single grain, whereas blends must contain 20% straight whiskey.

Bourbon is named after a particular county in Kentucky (where, by the way, it is no longer produced). The name, more properly, designates the process by which corn and malted grain are fermented with yeast residues from previous batches (something like the sourdough starter methods).

MANHATTAN

- 3 oz rye whiskey
- 1 oz sweet vermouth
- dash bitters (optional)

Combine liquids in mixing glass. Strain into chilled cocktail glass and garnish with cherry. Note: older Manhattan gourmets may like the bitters added.

VARIATIONS

Note: A dry Manhattan may be made by using dry vermouth or merely less of the sweet. Alternatively some prefer half dry and half sweet vermouth, the Perfect Manhattan. Still others omit the bitters altogether.

WHISKEY SOUR

- 2 oz whiskey
- 2 oz sour mix

Combine all in shaker. Strain into stemmed sour glass.

VARIATIONS

Scotch Sour - use scotch whiskey.
Vodka Sour - use vodka for the whiskey.



Sour Glass

OLD FASHIONED

- 1 tsp sugar (or cube)
- dash bitters
- 1 orange wedge
- 1 lemon wedge
- 2 oz whiskey
- fill soda water

Put sugar in Old Fashioned glass. Add bitters, orange and lemon wedges. Press all together with pestle or mash with bar spoon. Add whiskey and stir. Add ice to glass and fill with soda water. Garnish with cherry.



Old Fashioned Glass

Scotch

Scotch is produced only in Scotland and is a grain based whiskey aged anywhere from zero to thirty years. It may be found in three basic forms:

Single malt scotch is made from barley that is soaked and heat dried over peat, thereby the smoky taste.

Vatted malt may be a combination or blend of single malts.

Blended scotch is derived from mixing together, sometimes, dozens of different grain whiskeys.

Most scotch drinkers prefer to mix with just water or soda. Below are a few alternatives:

ROB ROY

- 2 oz scotch
- 1/2 oz sweet vermouth (or to taste)

Mix all in Old Fashioned glass with ice or stir and strain in cocktail glass. Garnish with lemon twist.

VARIATIONS

Dry Rob Roy - (also called a Beadstone cocktail) use less sweet vermouth or substitute dry vermouth.

Perfect Rob Roy - use half sweet and half dry vermouth.

Highland Fling - add a dash of orange bitters or triple sec.

Sleazer - use white cream de menthe for the vermouth.

Thistle - add a dash of bitters.

God father - use amaretto for the vermouth.

Hobby Hurray - use 1 1/2 oz each of scotch, sweet vermouth and Benedictine.

Gin

The distinctive flavor and aroma of gin is due to the addition of juniper berries and other herbs and spices to the barley, rye and corn during processing. Invented as a medicine called Genever (Dutch for juniper, a shrub), it is still the national liquor of Holland. The name was conveniently shortened to gin when imported by the British around the 15th century.

The popularity of the Gin and Tonic reportedly arose a few hundred years ago in the British colonies of Asia. It was believed that quinine water (tonic), when consumed in large quantities, provided a defense against malaria. Terribly bitter in those days, the quinine was laced with gin and a squeeze of lime to make it palatable.

SINGAPORE SLING

- 2 oz gin
- splash simple syrup
- 1 oz sour mix
- fill soda water
- splash cherry brandy

Combine first three ingredients with ice in shaker. Pour with ice into highball glass. Fill with soda water and top off with brandy. Garnish with cherry.

VARIATIONS

Some other additives are orange, lime, and/or pineapple juice, sloe gin, triple sec, or orange liqueur.

ORANGE BLOSSOM

- 2 oz gin
- 2 oz orange juice
- splash simple syrup (1/2 tsp sugar)

Combine first three ingredients with ice in shaker. Strain into chilled cocktail glass. Garnish with orange.

VARIATIONS

Orange Blossom Special - add splash of orange liqueur or triple sec on top.
Orange Freeze - process all in blender with cracked ice. Top off with orange liqueur.



Cocktail (Square) Glass

GIN FIZZ

- 2 oz gin
- 1 oz simple syrup (or tsp sugar)
- 1 oz sour mix (or lemon juice)
- dash lime juice
- fill soda water

Combine first four ingredients in shaker. Pour all into chilled glass, top off with soda water and stir liberally. Garnish with cherry.

VARIATION

Gin Rickey - eliminate simple syrup and sour mix. Garnish with lime wedge.

ALEXANDER

- 1 oz gin
- 1 oz crème de cacao
- 2-3 oz milk or cream

Combine liquids with cracked ice in shaker. Pour into Old Fashioned glass (or strain into stemmed cocktail glass). Sprinkle with nutmeg.

VARIATION

Brandy Alexander - use brandy instead of the gin.

WHITE LADY

- 1 oz gin
- 1 oz triple sec
- 2 oz cream
- splash simple syrup

Shake all with ice. Strain into cocktail glass. Traditionally, no garnish is added.



Cocktail (Square) Glass

The Toast

Cheers	England
Kampai	Japan
Gan Bei	China
Skaal	Norway, Sweden
Prost	Germany
Sahud	Mexico, Spain
A votre Santé	France
Efshim	Israel
Zdravje	Russia
Nie zdravin	Poland

According to history, a piece of toasted, spiced bread was placed in a cup of wine. The cup was dedicated to the health of a guest. The cup then passed around the table, with each guest sharing a sip, ending with the host, who would partake of the last of the shared wine... and the toast.

Rum

One of the oldest liquors, rum, has probably been most popularized by the stories of pirates that plied the seas for centuries. Rum is made by fermenting and distilling the molasses-like residue from processing sugar cane. The largest area of rum production is the West Indies from Jamaica to Barbados. The two basic types or colors are derived from the aging in wood casks (dark) or steel tanks (light). There are also specialty rums: coconut, spiced, and high-test (151 proof).

PINA COLADA

- 3 oz light rum
- 3 Tbs coconut milk
- 3 Tbs pineapple, crushed

Combine all ingredients in electric blender with 2 cups of crushed ice. Blend at high speed for 30 seconds, strain, serve with straw.

CUBA LIBRE

- 2 oz rum
- 1/2 oz lime juice
- fill cola

Stir all with ice and strain into cocktail glass.

BAHAMA MAMA

- 1 oz each light and dark rum
- 1 oz coconut or spiced rum
- 2 oz sour mix
- 2 oz orange or cranberry juice
- 2 oz pineapple juice
- dash grenadine



Hurricane Glass

Combine first five ingredients in shaker. Pour grenadine in bottom of hurricane glass and add mixture with ice. Garnish with orange slice and cherry.

MAI TAI

- 2 oz rum (or 1 oz light, 1 oz dark)
- splash apricot brandy
- splash triple sec
- splash grenadine
- 1 oz lime juice
- 1 oz simple syrup
- 2-3 oz orange juice
- 2-3 oz pineapple juice

Combine all in shaker. Strain into large stemmed glass (or hollowed pineapple). Garnish with lime and/or orange slice. A tropical flower or paper parasol is a traditional addition.

VARIATIONS

Almond liqueur (orgeat) - splash added
Powdered sugar - for the simple syrup
Sour mix - for the lime juice

RUM RUNNER

- 2 oz rum (or 1 oz light, 1 oz dark)
- splash simple syrup
- dash bitters
- 3 oz pineapple juice
- 1/2 oz rum (151 proof)

Combine first four ingredients with ice in shaker. Pour into Old Fashioned glass and top off with 151 rum. Garnish with a sprinkle of nutmeg.

PLANTER'S PUNCH

- 2 oz light rum
- dash grenadine
- dash triple sec
- dash simple syrup
- splash sour mix
- 3-4 oz orange and/or pineapple juice

Combine all with ice in shaker. Pour into large glass. Garnish with orange slice, cherry and a sprinkle of nutmeg.

DAIQUIRI

- 2 oz light rum
- 1 oz lime juice
- splash simple syrup

Combine all with cracked ice in shaker. Strain into cocktail glass. Garnish with slice of lime.

Frozen variations: Add all to blender with 2 cups crushed ice and process. Pour into cocktail glass.

VARIATIONS

In the following variations, add the listed ingredient. Process in blender (with or without ice). Serve in large glass.
Strawberry - splash strawberry liqueur and 3-5 strawberries (depending on size).
Banana - splash banana liqueur and 1 small (or 1/2) banana cut into chunks.



Cocktail (wedge) Glass



WINES



Sparkling Wine

CHAMPAGNE

True champagne is the only sparkling wine that undergoes a second fermentation in the bottle. After this process is complete, and the sediments expelled, the bottle is re-corked and wired to prevent premature popping. There are three basic grades based on percentage of sugar present:

Brut	0 - 1.5%	very dry
Sec	1.5% - 5%	dry/sweet
Doux	5 + %	very sweet



Flute

MIMOSA

- 1/2 glass champagne
- 1/2 glass orange juice

Ingredients should be well chilled. Pour into chilled glass, preferably a champagne flute. Optional: top off with a dash of orange liqueur.



DIAMOND FIZZ

- 2 oz gin
- 1/2 oz lemon juice
- 1 tsp powdered sugar
- fill champagne

Combine first three ingredients in a cocktail shaker with ice. Pour all into Old Fashioned glass. Top off with champagne. Variation: strain into flute and fill with champagne.

FRENCH 75

- 2 oz brandy (cognac)
- 1 oz sour mix
- splash sugar syrup
- fill champagne

Combine first three ingredients with cracked ice in cocktail shaker. Pour all in highball glass and top off with champagne. Garnish with lemon twist.

NANTUCKET RED (POINSETTIA)

- 3/4 glass champagne
- 1/2 glass cranberry juice

Fill a highball glass with ice. Add 3/4 glass champagne and top off with cranberry juice. Garnish with lime. See also Ambrosia under Brandy.



JAMES BOND

- 1 tsp sugar (or cube)
- dash bitters
- 1 oz vodka
- fill champagne

In a champagne flute, drop bitters onto sugar, add vodka, swirl, and fill with champagne.

SPUMANTE

This is an Italian sweet wine with a low (<10%) alcohol content. Most popular types are from the town of Asti and produced from Muscat grapes. It is generally served by itself.

SPARKLING BURGUNDY

Like a champagne, only a hearty red wine.

COLD DUCK

A combination of red and white sparkling wines.

Wine Coolers

Times called "plunger champagnes," these concoctions have been commercially bottled in dozens of varieties. Ever more popular, they're a light and sparkling refreshment on a hot day. It is customary to blend coolers with white, blush or rose—the light sweeter wines—but a darker red may be used, if desired. Fill a tall glass with ice. Pour in 3/4 glass of a favorite wine. Fill with choice of sparkling water, ginger ale or lemon-lime soda. Garnish if desired.

Table Wine

Wine is made primarily from grapes, although other fruits and berries may be processed and fermented into wine such as peaches, apples, various berries, even dandelions.

Wine traditionally is naturally fermented, meaning that all the necessary ingredients are present in the omnipotent grape. Natural sugars (fructose) are in the fruit, natural yeasts live on the skins. However, various additives are sometimes used to produce special or accelerated effects, colors, tastes and aromas (bouquets). Alcohol ratings are up to 14%.

The name of a wine—except where noted—usually relates to the name of the grape from which it has been produced. According to tradition, the following table provides a guide to serving temperatures (Fahrenheit):

Red	65°-70°	room temperature
Blush/Rosé	60°-65°	slightly chilled
Whites	50°-55°	cool

RED

Beaujolais - From the gamay grape, the most recently popular variety is Beaujolais Nouveau, only available as a new wine in the fall of the year.

Cabernet Sauvignon - Cabernets grown in southern climates, such as Burgundy in France, produce a dark crimson wine, whereas those from northern, slightly colder climates are much lighter and clearer (Claret to the English). Goes well with a hearty beef.

Merlot - For many years this wine was used as a blender with other grapes, but recently it has become very popular on its own. Although some may compare it to a Cabernet, a Merlot is more mellow and round. Serve with roasted meat dishes.

Pinot (Noir and Meunier) - A traditional grape from the Burgundy region of France, it is now processed in many places in the U.S. The Noir makes fine burgundies, while the Meunier is used to make champagnes.

Zinfandel - Extensive plantings in California make this a popular wine. Although compared frequently to Beaujolais, this wine exhibits a more spicy, fruity flavor than that of the gamay grape. See White Zinfandel under Blush below.



WHITE

All grapes, light or dark, produce a clear (white) juice. The redness or pinkness of a particular wine comes from the steeping of the skins (of darker grapes) with the juice for a time.



Chardonnay - A fruity, drier, white burgundy wine from France to California, its degrees of sweetness and dryness are only modulated by the wide swings in pricing. Unlike most whites, Chardonnay may be aged for up to ten years. A popular choice for light meals, seafoods or even without food, during the cocktail hour.

Chablis - A true Chablis only comes from chardonnay grapes grown around Chablis, France. It may be served as an accompaniment to a full flavored seafood.

Sauvignon Blanc - Available by its name alone, this wine may be processed with other grapes and additives to form such names as Sauterne, Graves, Pouilly-Fumé. Some fine selections of this wine are available from Australia and Chile. Serve with hors d'oeuvres or dessert.

Riesling - This German grape of the Rhine valley is now grown almost anywhere there are vineyards. It is especially popular with poultry and pork and a tradition for many at Thanksgiving.

Chenin Blanc - A mild but spicy wine with just a hint of sweetness, and a likely accompaniment for fish.

Vandier - The most recognizable variety of this grape is the Gewürz (Gewürz), which produces a delightfully sweet wine to be served with desserts or brunch.

BLUSH

White Zinfandel - A newborn, comparatively (less than 20 years as a bottled variety), this wine is generally served as a dessert or after-dinner choice but is gaining popularity served with lighter Italian fare.

ROSÉ

Rosé is not a blush wine. Blush gets its pinkness from the skins during crushing. Rosé is steeped with the skins for up to 3 days. Because of this, the color of Rosé is deeper and the taste drier. Some delectable choices come from Spain (rosado), Portugal, Italy (rosato) and, of course, California.

Fortified Wine

A fortified wine has undergone a special fermentation process and/or had other elements added such as herbs, sugar, caramel or additional alcohol, such as a brandy.

MADEIRA

Produced on the Portuguese island of Madeira, this wine is actually baked for up to three months at up to 122°. It is then fortified with brandy to 18% to 22% alcohol. Other countries are now producing Madeira type wines. There are five basic types:

Malmsey	very sweet
Bual (Boal)	light sweetness
Verdelho	medium, honey flavored
Rainwater (a blend)	very dry
Sercial	very dry

SHERRY

With an alcohol content of 15% to 18%, sherry is served as a classic aperitif and widely used in cooking, especially oriental style. Serve dry sherry chilled and sweet sherry at room temperature. Sherry is categorized by its sugar content as:

Fino & Manzanilla	dry
Amarillado	medium dry
Oloroso	medium sweet
Cream	sweetest (blended)



VERMOUTH

Originally produced for its medicinal properties—because of the addition of herbs and spices—this wine is generally used in combination with other liquors. However many enjoy it as a stand-alone before or after dinner drink. Alcohol content is 15% - 18%.

White	dry
Red or white	sweet
Rosé	half-sweet

MARSALA

Made first in Sicily, this wine has a smoky flavor and is available from sweet to dry, as well as some interesting blends. It is a traditional aperitif, as well as a great cooking wine as in veal or chicken marsala. Alcohol content varies, around 18%.

Amber	sweet
Colli	semi-sweet
Italia	medium
Vergine	very dry
Solera	very dry



PORT

Port comes originally from Portugal (Porto) but is now produced in Australia and the states of New York and California. Alcohol content is about 20%. Serve most at room temperature, whites slightly chilled.

White	made with white grapes
Vintage	single vintage bottled within two years. May be aged up to 50 years or more.
Tawny	blended grapes, light gold color
Ruby	younger wine, shorter aging

Non-Alcoholic

Many traditional cocktails may be made as a "virgin" by eliminating the liquor. Other non-alcoholic specialties are:

CINDERELLA

- 1 oz lemon juice
- 1 oz pineapple juice
- 1 oz orange juice
- dash grenadine
- fill club soda

Add first four ingredients to ice in highball glass and fill with club soda. Garnish with pineapple chunk.

SHIRLEY TEMPLE (ROY ROGERS)

- fill ginger ale or lemon-lime soda
- splash grenadine

Fill glass with ice and the soda. Add grenadine and stir. Garnish with cherry.



Home Bar Basics

Setting up a home bar is no easy task, but here are some recommendations that will probably cover most situations at the lowest possible cost.

LIQUORS

Plan to stock at least a fifth, quart, or 750 ml of each of the following:

Rum	Scotch
Tequila	Vodka
	Whiskey

WINES

red	white	blush/rosé
vermouth (sweet & dry)		champagne

BEERS

regular
light
imported

SODA MIXERS

cola	lemon-lime
tonic water	soda water
ginger ale	spring water

JUICE MIXERS

cranberry*	grapefruit*	lemon**
lime**	orange*	tomato*

* May be purchased in 6-packs of small cans.

** Fresh squeezed is best, but the plastic lemon or lime containers or bottled may suffice.

PREPARED MIXERS

Margarita
Pina Colada
Daiquiri

MISC. MIXERS

bitters	half&half cream	grenadine
horseradish	nutmeg (ground)	pepper
salt (coarse)	simple syrup*	sour mix*
pepper sauce	Worcestershire sauce	

* See recipes in Glossary.

GARNISHES

celery	oranges
lemons	limes
cherries (maraschino)	nutmeg
onions (cocktail)	olives (green)

TOOLS AND SUCH

bar napkins	blender	bottle opener
cockscrew	cutting board	jigger
knife	ice cracker	muddler
shaker (cocktail)	measuring spoons	
spoon (long handle)	strainer (cocktail)	

Beers & Ales

As a beverage, beer has an interesting history.

Today there are less than 10 breweries that one might call major commercial breweries - those producing tens of millions of barrels per year. The small and medium sized producers of yesterday have been supplanted by so-called microbreweries (tens of thousands of barrels per year) and, lately, brewpubs (dozens of gallons per day).

Whereas the alcohol content of liquor is measured by its volume, beer's is measured by its weight (see ratings below). Following are the most basic and popular styles of beer:

% ALCOHOL BY WEIGHT

LIGHT	2.3-3.5
ALE	2.5-6.0
LAGER	3.7-5.5
PILSNER	3.2-4.8
PORTER	3.4-5.0
SHOUT	3.5-6.0
WHEAT	3.8-4.5
AMBER	3.9-4.7
PALE	4.4-9.0
BARLEY Wine	6.5-13.0

ALES

Generally stronger than beer, they bear an appellation all their own. Common choices are:

PALE ALE

Range from mild to bitter in taste.

GOLDEN ALE

Lighter yet than pale ale. It's fairly dry and closer to lager.

PORTER

A dark ale on the heavy side, ranging toward the stout in consistency.

LAGERS

These beers are aged for 6 to 8 weeks. They are light colored, crisp and mild and are on the low side of alcohol content. English versions of lager are found to be lighter in taste, probably due to the fact that the Brits drink their brews at room temperature. Within the lager style are several prominent types:

PILSNER

A lighter body with slightly more carbonation than medium grades of beer.

BOCK

A full-bodied strong brew, high in alcohol content. Color ranges from a brownish gold to dark brown.

ICE BEER

Brewed with a higher (5%-5.6%) alcohol content.

LIGHT BEER

To satisfy today's quest for weight control, light beer has not only less alcohol (2-4%), but is lower in calories as well.

MALT LIQUOR

An American invention, some packaged in smaller containers, usually chosen for its high (up to 9%) alcohol content.

STOUT

Stout is produced by additional roasting of the barley and lots of hops, which gives it its distinctive bitter taste. Because of this fact, many brands add palatability sweeteners such as milk, sugar, oatmeal and even fruit essences.

Glossary

APÉRITIF - A light before-dinner drink designed to stimulate the appetite, i.e., champagne, sherry.

AMOUNTS TO MEASURE:

Sprinkle	1/6 teaspoon
Dash	1/4 tsp
Splash	1/2 teaspoon
Pony	1 ounce
Shot	1 1/2 ounces
Jigger	2 ounces

BITTERS - A flavor enhancer made from herbs, spices or berries. Typical flavors are Angostura® (originally patented as a medicine), orange and almond.

BOTTLE SIZES:

	US	Metric	Metric in US oz
Split	6.3 oz.	187 ml.	6.35 oz.
Pint	16 oz.	375 ml.	12.75 oz.
Fifth (1/5 of a US gal.)	25.0 oz.	750 ml.	25.5 oz.
Quart	32 oz.	1 L.	34 oz.
Magnum	48 oz.	1.5 L.	51 oz.
1/2 Gallon	64 oz.	1.75 L.	59.5 oz.

L = Liter ml = milliliters 1000 ml = 1 L.

BRUT - A French designation for dry as in champagne. See *See and Doux*.

CORDIAL - A liqueur that provides a warming sensation. Served traditionally as an after-dinner drink.

COOLER - A drink served in a tall glass. Usually a liquor or wine with a carbonated mixer added, garnished with fresh rind-twist, wedge or slice of citrus. Example: gin rickey, wine cooler. See *Spritzer*.

DOUX - French for sweet as in wines. See *Brut and Sec*.

FIZZ - A drink made with sugar, citrus juice and soda water (preferably pressurized) added. See *Seltzer bottle*.

GARNISH - A fruit, flower, vegetable, spice or herb added to drink for color, such as the martini olive. May or may not be eaten.

HIGHBALL - A drink usually made of one liquor mixed with a carbonated soda.

JIGGER - A small measuring device with different graduated marks quantity. See *Amounts* above.

LIQUOR - Alcoholic beverage made by distillation.

LIQUEUR - A thick alcoholic beverage with flavorings added (usually a brandy).

MIST - A drink served over crushed or shaved ice.

MUDDLE - Mash or crush an ingredient such as a cherry or orange.

MULL - Preparation of a drink by heating to infuse flavors. Mull wine is a common type.

NEAT - A drink served as it comes from the bottle with no mixer or ice. Sometimes called straight up.

ON-THE-ROCKS - A drink served over ice cubes.

PROOF - Potency number, which is calculated as twice the alcohol content by volume; i.e., 40% alcohol = 80 proof.

RICKEY - A drink made with citrus juice and club soda.

SEC - French for medium-dry/sweet as in wines. See *Brut and Doux*.

SELTZER BOTTLE - Pressurized with a carbon dioxide cylinder that produces carbonated water. See *Fizz*.

SPRITZER - A drink with wine (usually a white) mixed with soda water. See *Cooler*.

SIMPLE (SUGAR) SYRUP - Mix of 2 parts water to 2 to 4 parts sugar depending on desired consistency. Bring to boil, cool and bottle. Used in place of granulated or powdered sugar when mixing drinks. *Alternate: Add to drink 1/2 teaspoon powdered or white granulated sugar.*

SOUR MIX - To make one quart, mix 12 oz lemon juice, 18 oz water, 1/3 cup white sugar and one raw egg white (optional for the frothiness). Keep very cold at all times. *Alternate: Add to drink a splash of lemon and lime juices with 1/2 teaspoon of powdered sugar.*

VINTAGE - Literally wine-age, or the year in which at least 95% of the grapes were processed for that wine.

SWIZZLE - A drink made with crushed ice that is stirred until the glass becomes frosty. Also the device used to stir, as in swizzle stick.

TODDY - A warm (sometimes cold), spicy drink served in a tall glass. Example: Whiskey, honey.

Liqueur

AMARETTO

The almond flavor of this Italian specialty is actually provided by apricot pits.

A liqueur is a wine or liquor to which has been added a variety of herbs, spices, colorings and flavorings, usually consumed before (aperitif) or after (cordial) dinner. A brandy may be added to boost alcohol content. Below are just a few of the myriad selections:

BAILEY'S IRISH CREAM

A whiskey based treat with chocolate flavor.

BENEDICTINE

A Cognac first made by French monks in the 16th century out of fruit peels, herbs and spices.

COINTREAU®

A French liqueur with the taste of orange.

DRAMBUIE®

Scotch based with a heather honey flavor.

FRANGELICO®

An Italian favorite made from flowers and berries, sweetened with hazelnuts. Great with coffee.

RAND MARNIER®

A cognac with the essence of wild, tropical oranges.

KAHLUA

A taste of coffee from Mexico.

SAMBUCA

From Italy, a licorice flavor from aniseed. Serve with three coffee beans for good luck.

Liqueur Cocktails

GOLDEN CADILLAC

1 oz	Galliano®
2 oz	white creme de cacao
1 oz	cream

Blend ingredients with handfull of crushed ice and strain into champagne glass.

TOASTED ALMOND

1/2 oz	amaretto
1 oz	coffee liqueur
1 oz	cream

Pour over ice in old fashioned glass and stir.

FRENCH CONNECTION

2 oz	cognac
1/2 oz	amaretto

Pour over ice in old fashioned glass.

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Sobeys Dietitians

Cucumber Salad

Serves 10

Ingredients:

¼ cup	60 ml	Yogurt, plain, fat free
¼ cup	60 ml	Compliments Balance whipped dressing
2 tbsp	30 ml	Cider vinegar
2 tbsp	30 ml	Maple syrup
2		Green onions, chopped
2½ tsp	12 ml	Dill, fresh, chopped
to taste		Pepper
4 medium		Cucumbers
2 large		Carrots, grated

Directions:

1. In a large bowl mix yogurt, whipped dressing, vinegar and maple syrup. Add green onion, dill and pepper. Allow to sit for 15-30 minutes in the refrigerator.
2. Stir in cucumbers and carrot. Serve immediately.

Nutrition Information per Serving (¼ cup):

Calories	55
Fat	2 grams
Carbohydrate	8 grams
Fibre	1 gram
Protein	2 grams
Sodium	72 milligrams

Source: Source: adapted from *Strive for Five at School! A guide to promoting fruits and vegetables, Annapolis Valley Health Promoting Schools*

02/19/2011

Sobeys Dietitians

Chicken Pita Burgers

Serves 4

Ingredients:

¼ cup	60 ml	Compliments quick oats
0.8 lb	400 g	Chicken, ground, extra lean
2 cloves		Garlic, minced
to taste		Pepper
2 tsp	10ml	Paprika
2		Green onions, chopped
1 tsp	5 ml	Worcestershire sauce
1 tsp	5 ml	Rosemary, dried
2		Pitas, whole wheat, halved
2 cups	500 ml	Compliments spring mix

Directions:

1. In a blender or food processor, pulse oatmeal into a coarse powder.
2. Mix oats with chicken, garlic, pepper, paprika, onions, Worcestershire sauce and rosemary in a large bowl. Make into 4 patties. Heat a large non-stick pan.
3. Cook burgers 7 minutes per side or until no longer pink inside.
4. Line each pita half with ½ cup of lettuce leaves. Serve burger in pita with Onion Apple Compote (see attached recipe).

Nutrition information per Serving (1 patty + ½ whole wheat pita + ½ cup spring mix):

Calories	257
Fat	15 grams
Carbohydrate	23 grams
Fibre	2 grams
Protein	22 grams
Sodium	261 milligrams

Source: Sobeys Dietitians

02/19/2011

DIABETIC GINGERBREAD CAKE

2 CUPS UNSWEETEN APPLE SAUCE
3/4 CUP MOLASSES
1/3 CUP VEGETABLE OIL
3 EGGS
3 CUPS FLOUR
1 1/3 CUPS SLENDA
2 Tsp BAKING SODA
1 Tsp BAKING POWDER
1/2 Tsp SALT
2 Tsp GROUND GINGER
1 1/2 Tsp CINNAMON
1/2 Tsp CLOVES

PREHEAT OVEN TO 350 deg

Blend dry ingredients together. In a large bowl put apple sauce ,molasses, vegetable oil add eggs and stir well, add dry ingredients to applesauce mixture. Pour into a 9 x13 pan and bake for 50 – 60 minutes.

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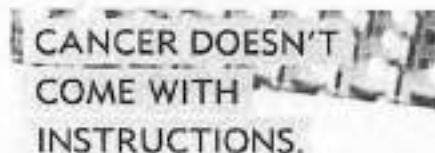
Big Batch Chocolate Chip Cookies



- 3 lb. brown sugar
- 2 lb. butter
- 1 oz. salt
- 1 oz. soda
- 1 pt. eggs (2 cups)
- 3 lb. all-purpose flour
- 2 lb. chocolate chips
- 1/2 to 1 lb. of chopped walnuts (optional)

Cream together sugar, butter and eggs. Add dry ingredients and mix well.
Mix in chocolate chips and nuts. Drop by spoonful on ungreased cookie sheet.
Bake at 375 degrees for 8 to 10 minutes.

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[Return to GROWLIES Index here](#)



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Sobeys Dietitians

Spiced Biscuits

Makes 15 Biscuits

Ingredients:

¼ cup	60 ml	Millet, dry
½ cup	125 ml	Rice, wild and brown blend, dry
1 cup	250 ml	Flour, all purpose
1 cup	250 ml	Flour, whole wheat
3 tbsp	45 ml	Sugar
2 tsp	10 ml	Baking powder
½ tsp	2 ml	Baking soda
1 tsp	5 ml	Ginger, ground
¼ tsp	1 ml	Cardamom, ground
¼ tsp	1 ml	Cloves, ground
¼ tsp	1 ml	Cinnamon, ground
¼ tsp	1 ml	Pepper, ground
½ cup	125 ml	Margarine, non-hydrogenated
1 large		Egg, beaten slightly
¾ cup	175 ml	Butter milk, 1%

Directions:

1. Pre-heat oven to 400°F. Cook millet and rice according to package directions.
2. Mix flours, sugar, baking powder, baking soda, and spices in a large bowl.
3. Cut margarine into flour until mixture resembles coarse crumbs. Stir in cooled millet and rice. Mix butter milk and egg together in another bowl.
4. Make a well in the center of the mixture, pour in buttermilk mixture. Stir until dry and wet ingredients are just combined.
5. Drop dough onto greased baking sheets using ¼ cup measure. Bake for 12 minutes until golden brown. Let stand 5 minutes before serving.

Nutrition Information per Serving:

Calories	178
Fat	8 grams
Carbohydrate	23 grams
Fibre	2 grams
Protein	4 grams
Sodium	189 milligrams

Source: Sobeys Dietitians

Sobeys Dietitians

Tasty Black Bean Dip

Makes about 3 cups

Ingredients:

2 tsp	10 ml	Compliments™ extra virgin olive oil
½ medium		Onion, diced
3 cloves		Garlic, minced
½ small		Jalapeno pepper, seeded, minced
½ tsp	2 ml	Cumin, ground
¼ tsp	1 ml	Pepper, black, freshly cracked
1 can	540 ml	Black beans, drained and rinsed
1 medium		Lime, juice and zest, diced
3 tbsp	45 ml	Cilantro, fresh, chopped
¼ cup	60 ml	Water
2		Compliments™ whole wheat pitas, cut into 16 wedges

Directions:

1. In a medium saucepan, heat oil and sauté onion, garlic, jalapeno, cumin and pepper for 3-5 minutes or until softened.
2. Add beans, onion mixture and remaining ingredients to a food processor and puree until smooth. (Adjust with water if too thick).
3. Serve as a dip with whole wheat pitas.

Nutrition Information per Serving (¼ cup + 3 pita wedges):

Calories	71
Fat	1 gram
Carbohydrate	12 grams
Fibre	3 grams
Protein	4 grams
Sodium	157 milligrams

Source: Sobeys Dietitians

09/10/2010

Sobeys Dietitians

Balsamic Glazed Strawberries

Serves 6

Ingredients:

1 tsp	5 ml	Margarine, non-hydrogenated
3 cups	750 ml	Strawberries, fresh, sliced
2 tsp	10 ml	Honey
1 tbsp	15 ml	Balsamic vinegar
3 cups	750 ml	Frozen yogurt, vanilla

Directions:

1. Melt margarine in a large saucepan. Add strawberries, honey and vinegar. Cook over medium heat until strawberries are dark red and sauce thickens.
2. Serve over frozen yogurt.

Nutrition information per serving:

Calories	160
Fat	4 grams
Carbohydrate	19 grams
Fibre	2 grams
Protein	3 grams
Sodium	68 milligrams

Source: Sobeys Dietitians

07/17/2012 11:19

August 2011

Sobeys

Dietitians

Apple-Pear Walnut Crumble

Serves 8

Ingredients:

¼ cup	60 ml	Apricot jam, sugar reduced
2 tbsp	30 ml	Cornstarch
½ tsp	2 ml	Orange extract
½ tsp	2 ml	Chinese five spice
2 medium		Apples, skin on, cored, sliced
2 medium		Bartlett pears, skin on, cored, sliced
Topping:		
2 tbsp	30 ml	Whole wheat flour
1½ tbsp	22 ml	Compliments Balance margarine
1 tbsp	15 ml	Brown sugar
¼ cup	60 ml	Walnuts, chopped

Directions:

1. Preheat oven to 400° F.
2. Mix apricot jam, brown sugar, cornstarch, orange extract and Chinese five spice together in a large bowl.
3. Add apples and pears and toss well to coat fruit.
4. Lightly grease a 9x9 pan. Put fruit into pan.
5. Mix flour, margarine and brown sugar in a small bowl until crumbly, sprinkle over the fruit. Top with walnuts.
6. Bake for 20 to 25 minutes or until fruit is tender.

Nutrition Information per Serving:

Calories	117
Fat	4 grams
Carbohydrate	18 grams
Fibre	2 grams
Protein	1 gram
Sodium	24 milligrams

Source: Sobeys Dietitians

Sobeys Dietitians

Watermelon and Mozzarella Salad

Serves 8

Ingredients:

½ cup	75 ml	Olive oil
3 tbsp	45 ml	Balsamic vinegar
2 cloves		Garlic, minced
¼ tsp	1 ml	Pepper
1 cup	250 ml	Mozzarella, lower fat, diced
½ cup	125 ml	Basil, fresh, chopped
1 cup	250 ml	Green onions, chopped
2 cups	500 ml	Watermelon, seedless, diced
3 cups	750 ml	Mixed greens
3 medium		Tomatoes, cut into wedges

Directions:

1. Whisk the oil, vinegar, garlic and pepper in a medium sized bowl.
2. Add the cheese, basil and green onions to the medium bowl and coat with dressing
3. Gently fold in the watermelon, being careful not to break it up.
4. Serve over mixed greens and garnish with tomato wedges.

Nutrition Information per Serving:

Calories	163
Fat	12 grams
Carbohydrate	9 grams
Fiber	2 grams
Protein	6 grams
Sodium	123 milligrams

Source: Sobeys Dietitians

05/21/2012 08:06

Sobeys

Dietitians

Pesto Pasta Salad

Serves 4

Ingredients:

1 ½ cups	375 ml	Pasta, whole wheat, any shape
2 cups	500 ml	Basil, lightly packed
1 clove		Garlic, smashed
2 tbsp	30 ml	Walnuts, chopped, toasted
1 tbsp	15 ml	Parmesan cheese, grated
1 tbsp	15 ml	Olive oil
to taste		Pepper
1 cup	250 ml	Cherry tomatoes, halved
1 cup	250 ml	Romano beans, drained and rinsed
2 cups	500 ml	Arugula

Directions:

1. Cook pasta according to package directions, drain and set aside.
2. Place basil, garlic, walnuts, parmesan, olive oil and pepper in a food processor or blender. Puree until smooth.
3. Toss pesto with warm pasta. Add tomatoes, beans and arugula, and allow arugula to wilt slightly. Serve warm or at room temperature.

Nutrition Information per Serving:

Calories	237
Fat	8 grams
Carbohydrate	44 grams
Fibre	8 grams
Protein	12 grams
Sodium	215 milligrams

Source: Sobeys Dietitians

08/07/2012 10:07

Sobeys Dietitians

Maple Vinaigrette

Makes 1 cup

Ingredients:

¼ cup	60 ml	Maple syrup
¼ cup	60 ml	Cider vinegar
¼ cup	60 ml	Honey mustard
2 tbsp	30 ml	Canola oil

Directions:

1. In a small bowl combine maple syrup, vinegar and mustard. Whisk in canola oil until well blended. Store in an air tight container for up to 1 week.

Nutrition information per Serving:

Calories	76
Fat	4 grams
Carbohydrate	9 grams
Fibre	0 grams
Protein	0 grams
Sodium	70 milligrams

Source: *'Dietitians of Canada, Cook!'* Mary Sue Waisman, MSc, RD

02/08/2012 16:48

Sobeys Dietitians

Melon Ginger Salad

Serves 6

Ingredients:

2 tsp	10 ml	Gingerroot, grated
1 tsp	5 ml	Honey
¼ cup	60 ml	Lime juice
2 tsp	10 ml	Lime zest
2 cups	500 ml	Honeydew, cubed
2 cups	500 ml	Cantaloupe, cubed
2 cups	500 ml	Strawberries, halved
2 tbsp	30 ml	Mint, fresh, chopped

Directions:

1. In a large bowl, whisk together ginger, honey, lime zest and juice.
2. Add honeydew, cantaloupe, strawberries and half of the mint; toss gently.
3. Cover and refrigerate for 30 minutes. Serve fruit over mixed greens. Garnish with the rest of the mint.

Nutrition Information per Serving:

Calories	53
Fat	0 grams
Carbohydrate	13 grams
Fibre	2 grams
Protein	1 gram
Sodium	16 milligrams

Source: Sobeys Dietitians

04/24/2012 08:12

Sobeys Dietitians

Greek Style Salad

Serves 4

Ingredients:

2 cups	500 ml	Tomatoes, grape, cut in half
2 medium		Cucumbers, seeded, chopped
1 large		Red pepper, chopped
1 medium		Zucchini, chopped
¼ cup	80 ml	Kalamata olives, pitted, chopped
½ cup	125 ml	Tzatziki (see recipe)
to taste		Pepper

Directions:

1. Mix vegetables and olives together, add the tzatziki and pepper. Let stand in refrigerator for about one hour before serving.

Nutrition Information per Serving (1 cup):

Calories	93
Fat	2 grams
Carbohydrate	14 grams
Fibre	4 grams
Protein	6 grams
Sodium	139 milligrams

Source: Sobeys Dietitians

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Dietitians

Tzatziki

Serves 8

Ingredients:

1 cup	250 ml	Yogurt, Greek style, plain, fat free
$\frac{1}{2}$		English cucumber, seeded, grated, drained
2 cloves		Garlic, fresh, minced
$\frac{1}{2}$		Lemon, juice and zest
to taste		Pepper
1 tbsp	15 ml	Mint, fresh, chopped

Directions:

1. Mix all ingredients together in a small bowl. Put in refrigerator for 20 to 30 minutes before using to let flavours blend.
2. Use as a salad dressing, dip for veggies or pita chips or as meat garnish.

Nutrition information per Serving (2 tablespoons):

Calories	23
Fat	0 grams
Carbohydrate	2 grams
Fibre	0 grams
Protein	4 grams
Sodium	17 milligrams

Source: Sobeys Dietitians

Sobeys Dietitians

Preso Pizza

Serves 8

Ingredients:

1 16"		Pizza crust (see attached recipe)
½ cup	175 ml	Tomato sauce, no salt added
2 tbsp	30 ml	Compliments Italian seasoning, dried
2 tsp	10 ml	Honey
1 tsp	5 ml	Paprika, smoked
1 tbsp	15 ml	Compliments canola oil
2 tbsp	30 ml	Thyme, fresh, diced
3 cloves		Garlic, minced
1 medium		Zucchini, cut into ½" slices
1 small		Eggplant, cut into ½" slices
1 medium		Yellow pepper, cut into ½" slices
½ small		Red onion, sliced
1 cup	250 ml	Arugula, chopped
1 container	200 g	Bocconcini, mini, mini, light
½ cup	125 ml	Basil, fresh, thinly sliced

Directions:

1. Preheat oven to 450°F. Make pizza crust from attached recipe. Mix tomato sauce, Italian seasoning, honey and paprika together. Set aside.
2. Whisk oil, thyme and garlic together; toss with vegetables. Sauté vegetables in a large skillet on medium heat until tender.
3. Spread tomato sauce evenly over crust. Top with vegetables, arugula and bocconcini. Bake pizza at 450°F for 15-20 minutes until crust is crisp and brown. Cut into eight slices and garnish with basil.

Nutrition Information per Serving (% of pizza):

Calories	207
Fat	9 grams
Carbohydrate	36 grams
Fiber	6 grams
Protein	12 grams
Sodium	7 milligrams

Source: Sobeys Dietitians

05/05/2011

Sobeys

Dietitians

Pizza Crust

Makes one 10" crust

Ingredients:

1 ½ tbsp	22 ml	Yeast
1 tsp	5 ml	Sugar, granulated
1 cup	250 ml	Water, warm
1 cup	250 ml	Flour, all purpose
1 cup	250 ml	Flour, whole wheat
2 tbsp	30 ml	Compliments extra virgin olive oil, divided
¼ cup	60 ml	Corrmeal

Directions:

1. Dissolve yeast in warm water with sugar. Let sit until foamy. Mix flours together in a large bowl. Add yeast mixture and 1 tsp oil and mix together. Sprinkle with extra flour to prevent sticking. Knead until dough forms a round ball.
2. Drizzle dough ball with remaining oil and let sit, covered, in a warm place for 30 minutes. Dough will only increase in size a little bit. It will not double.
3. Roll dough out until it is thin, ¼ inch. Sprinkle a non-stick baking sheet with corrieal. Place dough on top of baking sheet. Top with favourite toppings and bake until crisp on bottom, 12-15 minutes at 450°F.

Nutrition Information per Serving (¼ crust):

Calories	185
Fat	4 grams
Carbohydrate	28 grams
Fibre	2 grams
Protein	5 grams
Sodium	0 milligrams

Source: Sobeys Dietitians

05/05/2011

Sobeys Dietitians

Chickpea Salad with Olive Tapenade

Serves 8

Ingredients:

Dressing

2 tbsp	30 ml	Compliments Balsamic vinegar
1		Lemon, juice and zest
4 cloves		Garlic, minced
½ cup	60 ml	Kalamata olives, pitted
To taste		Black pepper, freshly ground

Salad

1 medium		Red onion, diced
1 medium		Zucchini, chopped
1 can	540 ml	Compliments chickpeas, drained and rinsed
1 bunch		Parsley, rinsed and chopped
4 cups	142 g	Compliments Spring Mix

Directions:

1. In a food processor or blender, mix all dressing ingredients until a smooth paste is formed. Set aside.
2. In a large bowl, mix onion, zucchini, chickpeas and parsley. Pour dressing over top and mix to coat.
3. Cover and refrigerate for at least 30 minutes. Marinating longer will allow more flavour to develop. Top spring mix with chickpea mixture and serve.

Nutrition Information per Serving (½ cup chickpea mixture + ¼ cup greens):

Calories	92
Fat	3 grams
Carbohydrate	14 grams
Fiber	3 grams
Protein	4 grams
Sodium	155 milligrams

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11/12/2010

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Cranberry Spinach Salad

Serves 3

Ingredients:

¼ cup	60 ml	Compliments almonds, slivered
1 bag	284 g	Compliments baby spinach
1 cup	260 ml	Cranberries, dried
1 tbsp	16 ml	Poppy seeds
3 tbsp	45 ml	Compliments extra virgin olive oil
2 tbsp	30 ml	White wine vinegar
2 tbsp	30 ml	Cider vinegar
1 tbsp	15 ml	Onion, minced
¼ tsp	1 ml	Paprika
¼ tsp	1 ml	Pepper, black

Directions:

1. Put almonds in a dry frying pan and toast on low heat until golden.
2. Toss spinach with toasted almonds and cranberries in a large bowl.
3. In a small bowl, whisk poppy seeds, oil, vinegars, onion, paprika and pepper.
4. Toss dressing with spinach just before serving.

Nutrition Information per Serving (2 cups greens + 1 tbsp dressing):

Calories	122
Fat	6 grams
Carbohydrate	16 grams
Fibre	2 grams
Protein	2 grams
Sodium	26 milligrams

Source: Sobeys Dietitians

10/07/2010

Sobeys Dietitians

Salmon with Cranberry and Caper Vinaigrette

Serves 6

Ingredients:

2 tbsp	30 ml	Compliments red wine vinegar
1 tbsp	15 ml	Compliments extra virgin olive oil
2 tbsp	60 ml	Water
¼ cup	60 ml	Cranberries, sliced
2 tbsp	60 ml	Capers
1 tbsp	30 ml	Shallots, finely chopped
1 tsp	5 ml	Chives, minced
1 tsp	5 ml	Garlic, minced
¼ tsp	1ml	Cayenne pepper
1		Lemon, juice and zest
1		Lime, juice and zest
1 tbsp	15 ml	Thyme, fresh
To taste		Pepper, freshly ground
1.3lb	600 g	Salmon filets

Directions:

1. Preheat grill or broiler.
2. In a small bowl, mix vinegar, oil, water, cranberries, capers, shallots, garlic, lemon and lime juice and zest and cayenne. Let stand at least 30 minutes.
3. Sprinkle salmon with pepper. Broil or grill 3-4 minutes per side or until fish flakes easily with fork and turns opaque.
4. Warm vinaigrette mixture on stove or in microwave. Pour warm vinaigrette on salmon and serve.

Nutrition information per Serving (75 g salmon + 1 tbsp vinaigrette):

Calories	206
Total Fat	14 grams
Total Carbohydrate	1 gram
Total Protein	0 grams
Total Sodium	20 grams
Total Cholesterol	145 milligrams

Adapted from Dietitians of Canada, www.dietitians.ca

Diabetes Awareness

Planning healthy meals



Making healthy food choices

- Lots of non-starchy vegetables and fruits¹
- Whole-grain foods¹
- Fish 2 to 3 times a week¹
- Lean cuts of beef and pork¹
- Remove skin from chicken and turkey¹
- Low fat dairy products¹
- Water and sugar-free beverages¹
- Limit the amount of high-fat food you eat¹



Diabetes and healthy eating

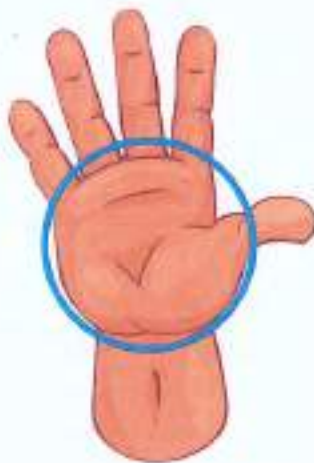
- Good diabetes self-care means following your meal plan and keeping track of what you eat and drink¹
- Eat a variety of foods in the right amounts^{1,2}
- Be sure to check food labels for calorie, carbohydrate, total fat, and sodium amounts³
- Eat three meals per day at regular times¹
- Add physical activity to your routine¹
- Limit sugars and sweets⁴
- Eat high fibre foods (whole grain bread and cereal, beans, peas, brown rice, fruit and vegetables)⁵

Estimating portion sizes

When you can't measure, you can estimate!



Fruits, grains, and starches²



Meat and Alternatives²



Fats²

Drink up to 8 oz of low-fat milk with a meal (250 mL). Choose as many vegetables as you can hold in both hands.²

Finding the carb counts: Reading Nutrition Facts labels

Check serving size. Information on the label is based on the serving size. Keep in mind that packages often contain more than 1 serving.³

See how many grams of carbs are in each serving.³

Subtract the grams of fibre.

$$24 \text{ g} - 4 \text{ g} = 20 \text{ g}$$

Decide whether the food fits into your plan.³

Nutrition Facts

Serving Size 1 cup (40g)

Amount	% Daily Value*
Calories 150	
Total Fat 3g	4%
Saturated Fat 0.5g	2%
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	1%
Carbohydrate 24g	9%
Fibre 4g	15%
Sugars 1g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Resources to help you

Healthy eating



Balancing what, how much, and when you eat

Being active



Making a plan for physical activity

Medicine



Keeping track of your medicine for diabetes

Checking your blood sugar



Making sure your diabetes care plan is working

Dining out with diabetes

When you eat out, you have more choices than when you eat at home. Here are some tips to help you make healthy choices.

Get involved

Ask your server for recommendations. They can help you choose a healthy option. Don't be afraid to ask for substitutions. For example, you can ask for a salad instead of a sandwich or a baked potato instead of a french fry.

When it's time to order

Look for items that are high in fiber, protein, and healthy fats. Choose lean meats, fish, and poultry. Avoid fried foods, sugary drinks, and large portions. Ask for a side salad instead of a french fry. Choose water or a diet beverage instead of a sugary drink.

Making healthy fast-food choices

Fast-food restaurants can be a convenient place to eat. Here are some tips to help you make healthy choices.

Know your meal's nutrition

Look for items that are high in fiber, protein, and healthy fats. Choose lean meats, fish, and poultry. Avoid fried foods, sugary drinks, and large portions. Ask for a side salad instead of a french fry. Choose water or a diet beverage instead of a sugary drink.

Keep your meal size in mind

Fast-food restaurants often serve large portions. Consider sharing a meal with a friend or family member. You can also ask for a half portion or a small size.

Reading a Nutrition Facts label

When you buy a food product, you should look at the Nutrition Facts label. This label tells you how much of the nutrients in the food are in one serving. Here are some tips to help you read the label.

Portions

Look for the serving size. This tells you how much of the food is in one serving. Make sure you are eating the right amount.

Calories

Look for the number of calories. This tells you how much energy the food provides. Choose foods that are low in calories.

Total Fat

Look for the amount of total fat. Choose foods that are low in fat.

Sodium

Look for the amount of sodium. Choose foods that are low in sodium.

References: 1. Canadian Diabetes Association. Just the basics. http://www.diabetes.ca/files/EB17x_11_CPG03_1103.pdf. Accessed November 22, 2013. 2. Canadian Diabetes Association. Handy portion guide. <http://www.diabetes.ca/files/plan%20your%20portions.pdf>. Accessed November 20, 2013. 3. Canadian Diabetes Association. Look at the label. http://www.diabetes.ca/documents/about-diabetes/ENG_BW_FactSheet.pdf. Accessed November 24, 2013. 4. Canadian Diabetes Association. Sugars and sweeteners. http://www.diabetes.ca/documents/about-diabetes/121020-04-198-sugars-and-sweeteners_0413_AF_final2.pdf. Accessed November 23, 2013. 5. Canadian Diabetes Association. Fibre and diabetes. http://www.diabetes.ca/documents/about-diabetes/about-diabetes/Fibre_Eng.pdf. Accessed November 23, 2013. 6. Health Canada. What is a food guide serving? <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serve-portion-eng.php>. Accessed on January 14, 2014. 7. Canadian Diabetes Association. Basic carbohydrate counting for diabetes management. http://www.diabetes.ca/documents/for-professionals/111019-08-377-basic-carbohydrate-counting_0413_AF_final2.pdf. Accessed on January 14, 2014. 8. Beyond the basics: Meal planning for healthy eating, diabetes prevention and management. Version 2. December 20, 2005.

Non-carbohydrates

Meat and Alternatives

- Meat and meat substitutes are a source of protein and do not raise blood sugar significantly⁷
- "Choose more often" foods are low in saturated fat⁷



Choose more often

	SERVING SIZE ⁸
Cheese	
Skim milk Cheese < 7% MF	30g
Cottage Cheese 1-2% MF	¼ cup 55g
Whole Egg	1 med-large
Egg Substitute	1.5 fl oz 50g
Canned tuna, salmon, shellfish	¼ cup / ½ tin 30g
Legumes	
Chickpeas, kidney beans, lentils, navy beans, split peas—re-constituted	½ cup 100g
Dry	2 Tbsp 30g
Meat and Poultry	
Beef, chicken, game, ham, lamb, pork, turkey, veal, quail, emu, frog legs, goat, goose	1 slice 30g
Minced or ground, lean or extra lean	2 Tbsp 30g
Prepared meats / low fat luncheon meat	1-3 slices 30g
Organ Meat	1 slice 30g
Peanut Butter	2 Tbsp 30g
Shellfish	30g
Firm/Regular tofu or bean curd	4.4x1.9cm 85g
Extra firm	3.8x3.1cm 50g
Soft	5x4.4cm 100g
Vegetarian patties, wieners	1 slice 30g

Choose less often

	SERVING SIZE ⁸
Blood pudding	1 slice 50g
Regular Cheese	2.5x2.5.5cm 30g
Feta >21% MF	⅓ cup 50g
Ricotta >21% MF	¼ cup 60g
Chicken Wings	2 45g
Chicken Strips	2 45g
Corned Beef	1 slice 40g
Ground beef, med-reg	2 Tbsp 30g
Meat Spreads	¼ cup 55g
Paté, liver-goose	½ cup 55g
Prepared meat, reg	2 slices 55g
Sausage	1-2 links 40g
Spare ribs	1 rib 30g
Sweetbread	1 slice 60g
Tongue—beef, lamb	1 slice 30g



Fats

- Do not raise blood sugar significantly⁷
- Should be used sparingly⁷

Fats

	SERVING SIZE ⁸
Oils	1 tsp
Olives, black	8 large
Olives, green stuffed	10
Salad Dressing, reg	1 tsp
Shortening	1 tsp
Sour Cream	2 Tbsp
Tahini	½ Tbsp
Whipped cream	½ oz / 1 Tbsp

Choose less often

	SERVING SIZE ⁸
Avocado	1/6
Bacon	1 slice
Butter	1 tsp
Butter, Almond	2 tsp
Butter, Pea	2 tsp
Cheese, spreadable	1 Tbsp
Cheese, spreadable, light	2 Tbsp
Cream, half & half	1.5 oz
Coconut, desiccated, sweetened, flaked	3 Tbsp
Coconut milk, canned	2 Tbsp
Gravy	2 Tbsp
Lard	1 tsp

Choose less often

	SERVING SIZE ⁸
Margarine, non hydrogenated, light	2 tsp
Margarine, non hydrogenated, reg	1 tsp
Mayonnaise, light	1 Tbsp
Mayonnaise, reg	1 tsp
Nuts & Seeds	
Almonds, dry roasted	7 or ⅓ oz
Pecans, dry roasted	¼ oz
Walnuts, black	⅓ oz
Peanuts, dry roasted	⅓ oz
Soy nuts with canola oil	13
Pine nuts, dried	40 / ¼ oz
Cashews, dry	¼ oz
Pistachios, sunflower seeds	⅓ oz

Know your nutrients and

1 meat/protein choice =
0 grams of carbs

Size of a deck
of cards

Meat/Protein⁶

Examples:

- Chicken, 2.5 ounces
- Fish, 2.5 ounces
- Beef, 2.5 ounces



Non-starchy Vegetables

• Do not raise blood sugar as much as starchy vegetables⁷

- Artichoke hearts
- Asparagus
- Bean sprouts
- Beans (green, wax, Italian)
- Broccoli
- Brussels sprouts
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green onions or scallions
- Greens (collard, kale, mustard, turnip)
- Leeks
- Mixed vegetables (without corn, peas, or pasta)
- Mushrooms, all kinds, fresh
- Okra
- Onions
- Pea pods
- Peppers (all varieties)
- Radishes
- Sauerkraut
- Spinach
- Squash (summer, crookneck, zucchini)
- Turnips

Non-starchy Vegetable⁶

Raw vegetables, 1 cup
Cooked vegetables, 1/2 cup

create your plate

Each carb choice contains
15 grams of carbs.

I need _____
carb choices per meal.



Low-Fat Milk⁶

Examples:
Milk, 1 cup
Plain yogurt, ¾ cup

1 dairy choice =
15 grams of carbs

Starch/Grains⁶

Examples:
Potato, boiled, ½ cup
Pasta, ½ cup
Rice, ¼ cup
Bread, 1 slice (35 g)

1 starch choice =
15 grams of carbs

Size of a
computer mouse



Size of a
tennis ball

Fruit⁶

Examples:
Orange, medium
Berries, 1 cup
Watermelon, ½ cup



1 fruit choice =
15 grams of carbs

Carbohydrates

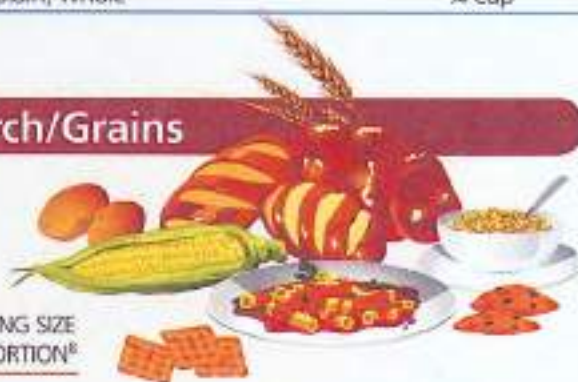
- One serving of carbohydrates has 15 grams⁷
- Most of the carbohydrates we eat quickly turn into blood sugar⁷

Milk & Alternatives



	SERVING SIZE OR PORTION ⁸
Evaporated milk (all kinds)	½ cup
Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole	1 cup
Soy milk, light or regular, plain	1 cup
Yogurt, plain, whole	¾ cup

Starch/Grains



Choose more often

SERVING SIZE OR PORTION⁸

	SERVING SIZE OR PORTION ⁸
Bread	
whole wheat, cracked	
wheat, rye, pumpernickel	1 slice
Chapati, roti, prata	1 piece
English muffin, whole grain	½
Pita, whole wheat	½-15cm
Tortilla, wheat	½-25cm
Matzoh, whole wheat	1 cracker
Melba toast, multi fiber	7 pieces
Ryvita, dark rye	4 pieces
Wasa, whole grain	2 pieces
Cereals	
All-Bran, All-Bran Buds	½ cup
Cream of wheat, cooked	¾ cup
Oatbran, cooked	¾ cup
Oatmeal, cooked	¾ cup
Shredded wheat	1 biscuit
Wheat germ	½ cup
Grains	
Couscous, cooked	½ cup
Rice, long grain, cooked	½ cup
Corn, kernel	½ ear, ½ cup
Pasta, cooked	½ cup
Starchy Vegetables	
Potatoes, boiled, baked	½ med
Potatoes, mashed	½ cup
Sweet potato	½ cup
Yam	½ cup
Tomato	½ cup
Water Chestnuts	½ cup

Choose less often

SERVING SIZE OR PORTION⁸

	SERVING SIZE OR PORTION ⁸
Bagel	½-3 inch
Baguette	1 slide, 2.5 in
Bun	½
Bread crumbs	3 Tbsp
Bread	
white	1 slice
Naan	¼-6in
Croissant	1 small
Pancake	1 med-10cm
Tortilla, white	1-15cm
Waffle	1 med
Soda Crackers	7
Matzoh, egg	½
Melba toast, plain	4 rectangles
Triscuit	5 pieces
Rusks	2
Cereals	
Bran, corn flakes	½ cup
Granola	¼ cup
Grape-Nuts	3 Tbsp
Mueslix	½ cup
Rice Krispies	⅔ cup
Chow mein noodles	⅔ cup
Egg nodles	½ cup
Rice noodles	½ cup
Starchy Vegetables	
French Fries	10 strips



Fruit

Choose more often

SERVING SIZE OR PORTION⁸

	SERVING SIZE OR PORTION ⁸
Apple	1 small (106g)
Applesauce, unswt	½ cup
Apricots	4
Banana	1 small, ½ large
Berries	2 cups whole
black, boysen, cran, rasp, straw, goose	
Other berries	1 cup
Melons	1 cup
Cherries	15
Dates	2 med
Figs	2 small
Grapefruit	1 small, 1 cup
Grapes	15, ½ cup
Kiwi	2 med
Mango	½ med, ½ cup
Nectarines	1 large, 1 cup
Orange	1 med, 1 cup sections
Papaya	1 small, 1 cup cubed
Peaches	1 large, 1 cup
Pears	1 med, 1 cup
Pineapple	2 slices, ¾ cup
Plums	2 med

Choose less often

SERVING SIZE OR PORTION⁸

	SERVING SIZE OR PORTION ⁸
Juice	
Apple, citrus blend, cranberry, grapefruit, orange, papaya, tomato & clam	½ cup
grape, prune	½ cup
lemon, lime	¾ cup
tomato, vegetable cocktail	1 cup
Dried Fruit	
Apple	4 rings
Apricot	8 halves
Banana chips	1 oz
Cranberries	3 Tbsp
Dates	20g
Figs	30g
Raisins	2 Tbsp

Refundables

Consignés



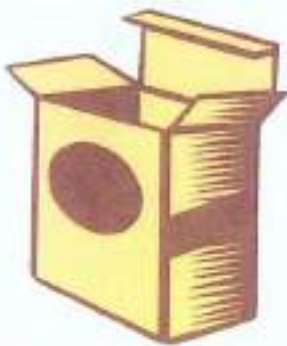
NOVA SCOTIA

PUT WASTE IN ITS PLACE



Recyclables

Paper Products



Boxboard



Newspaper



Cardboard
2 ft x 2 ft



Office Paper



Egg Carton



Envelopes

Milk Cartons Only

**Empty, rinse and dry when
possible**



Put straws, tabs and caps in the
garbage please.

Drink Containers

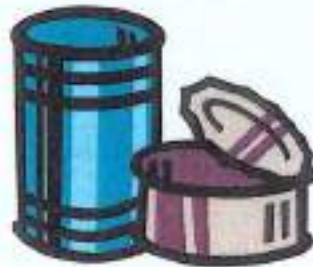


No caps or straws please

Recyclables



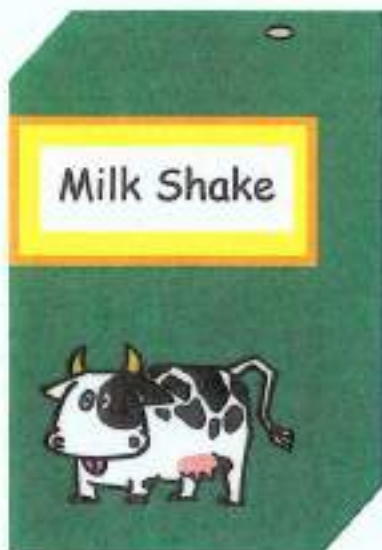
Metal Caps



Tin Cans



Plastics 1,2,4,5



Plastic Bags



Garbage



Plastic Lids & Straws



Broken Glass



Styrofoam



Chip Bags



Plastic Utensils



Plastic Wrappers

STAIN REMOVAL

POINTS TO REMEMBER

ALWAYS TEST A SWATCH FIRST!

1. Rub stain remover on hidden piece of fabric
2. Try least harmful method first

REACT QUICKLY!

1. Apply stain remover as soon as possible
2. **Warning**—Heat, hot water and detergent may permanently set stains
3. Launder immediately after treatment

WORK INSIDE OUT!

1. Apply stain remover on underside of spot to prevent stain from being forced down through fabric

SPONGE TECHNIQUE

1. Place reverse side of stain on clean folded cloth
2. Using solvent sparingly, gently dab into stain using moistened cloth or cotton
3. Work from center to edge, moving pad underneath as stain is absorbed



ABSORBENT APPLICATION

1. Lay stain on clean cloth
 2. Spread layer of absorbent (e.g. cornstarch) on stain and work in gently
 3. When absorbent cakes, shake or brush off
 4. Repeat until most of stain is gone
 5. Apply final layer, allow to remain overnight
- Do not use on dark or unwashable fabrics!**

BLEACH APPLICATION

1. **Untreated white cotton**
 - a. 1 c. bleach to 1 gal. cold or lukewarm water
 - b. Soak up to 30 min., rinse thoroughly
2. **Washables**
 - a. 2 tbsp. liquid bleach to 1 qt. cold water
 - b. Soak 5 to 15 min., rinse thoroughly
3. **Nonwashables**
 - a. 1 tsp. liquid bleach to 1 c. cold water
 - b. Apply directly to stain with medicine dropper, rinse thoroughly
4. Do not use on wool, silk, leather

FOOD

GENERAL HINTS

1. Place towel under stain, rub in club soda, repeat as necessary
2. **Washable Fabrics**—Rub in paste of water and automatic dishwasher detergent, wait 10 minutes, wash

CATSUP, TOMATO SAUCE, BARBECUE SAUCE, BABY FORMULA

1. **General**—Soak in warm water with liquid dishwashing detergent and drop of ammonia, rinse, wash, using bleach
2. **Tomato-based sauces**—Soak in cool water for 30 minutes, rub liquid laundry detergent into stain
3. **Baby Formula**—Rub paste of unseasoned meat tenderizer mixed with water, wait several hours, wash

FRUIT

1. Pour boiling water onto stain, launder
2. **Shrinkable fabric**—do not use boiling water, wash in cold water
3. Or, cover stain with dry starch, after 1 hr. brush off, launder
4. **Non-washables**—sponge with cold water, sponge with glycerine, after 1 hr. rub with grease solvent

FAST FOOD

1. **Combination Greasy/Non-greasy (Mayonaisse)**
 - a. Run cool water, rub liquid detergent, soak, rinse
 - b. If stain persists, rub with dry-cleaning solution, rinse

2. Grease (Cooking/Salad Oil)

- a. Washables—Pour boiling water, wash
- b. Non-washables—Absorb with paste of baking soda, cornmeal, or cornstarch

3. Gravy

- a. Washables—soak in cold water
- b. Non-washables—sponge with cool water

4. Chocolate

- a. Scrape off with dull knife, wash in warm soapy water
- b. Stubborn stains—sponge with hydrogen peroxide, wait 30 minutes, wash

5. Mustard

- a. Apply glycerine, flush with detergent solution
- b. Do not use soap!

CHEWING GUM

1. Rub with ice, scrape with fingernail
2. Or, place in plastic bag in freezer, scrape off frozen gum
3. Or, soak in white vinegar or rub with egg white, launder

MEAT JUICE

- Sponge with grease solvent, dry, sponge with solution of detergent and ammonia

SYRUP, HONEY

- Sponge with warm water, launder



TYPES OF STAINS

GREASY

1. **Washables**
 - a. Rub with detergent, rinse with hot water
 - b. Or, apply grease solvent/cleaning fluid such as carbon tetrachloride, allow to dry, repeat as necessary

Never use cleaning fluid in washer or dryer!
2. **Nonwashables**—Sponge with cleaning fluid, allow to dry, repeat as necessary

NON-GREASY

1. **Washables**
 - a. Sponge with cold water immediately, or soak in cold water for 1/2 hour or more
- b. Next, rub undiluted liquid detergent into stain, rinse
- c. Use bleach if stain remains

2. **Nonwashables**
 - a. Sponge with cold water
 - b. If stain persists, rub in liquid detergent, rinse
 - c. Finish by sponging with alcohol

COMBO—GREASY AND NON-GREASY

1. Treat non-greasy portion with cold water and detergent, rinse, allow to dry
2. Next, sponge grease stain with cleaning fluid, allow to dry, repeat as necessary

BRIEF SOLUTIONS

DRY CLEANING SOLVENT

[K2n, Afta, Energize, Carbonal]

Use on cement, glue, chewing gum, cosmetics, crayons, dyes, food stains, furniture polish, grease, ink, medicine, milk, oil, paint, tar, vomit

DETERGENT SOLUTION

[1 tsp. All, Tide or clear dishwashing liquid to 2 c. water]

Use on alcohol, blood, cement, glue, coffee, tea, cosmetics, crayon, dyes, food stains, furniture polish, grease, ink, medicine, milk, mud, oil, paint, soft drinks

DIGESTANT

[contains enzymes, e.g. Biz, Axion]

Use on meat juice, egg, blood, milk

WHITE VINEGAR SOLUTION

[1/3 c. white vinegar to 1/3 c. water]

Use on alcohol, ammonia, blood, coffee, tea, cosmetics, crayon, dyes, food stains, furniture polish, ink, medicine, milk, soft drinks, vomit

AMMONIA SOLUTION

[1 tsp. ammonia to 1 c. water]

Use on acid, alcohol, blood, cement, glue, cosmetics, crayon, dyes, food stains, furniture polish, ink, medicine, oil, paint, soft drinks, vomit



COLD WATER

Use on acid, ammonia, blood, cement, glue, cosmetics, crayon, dyes, food stains, furniture polish, grease, ink, medicine, milk, mud, oil, paint, soft drinks, vomit

CORNSTARCH, TALCUM POWDER, BAKING SODA

Use to absorb grease, oil. Apply as paste, brushed off when dry

PETROLEUM JELLY, GASOLINE, LIGHTER FLUID

Use to loosen dirt and soften oil stains such as lipstick, pitch

SALT

Use to absorb fresh stains such as juice

TOOTHPASTE

1. In a pinch, rub into stain, dry, wash
2. Rub on bottom of feet to remove tar

LAUNDRY DETERGENTS

1. **Phosphate [All, Cheer, Dash, Tide]**—Wash in all temperatures, soft/hard water
2. **Non-phosphate [Purex]**
 - a. Use in soft water only—Fabric may become discolored or gray in hard water
 - b. May use with water softener such as Calgon
3. **Soaps [Ivory King]**—Milder than other detergents

LAUNDRY

TO WHITEN COTTONS

1. Soak clothes for 1/2 hour in solution of 1 gal. hot water, 1/2 c. dishwashing detergent, 1/4 c. bleach
2. Launder as usual. Add 1/2 c. white vinegar to final rinse

TO BRIGHTEN COLORS

1. Add 1 tbsp. vinegar to next to last rinse
2. Or, add 1 tsp. Epsom salts per gallon water

FABRIC SOFTENERS

1. Generally shorten life of washer/dryer
2. Instead, add 1/8 c. white vinegar to rinse

WRINKLES

1. **Permanent Press**—If clothes are left in dryer, add wet towel and dry for 10 min.
2. **Blouses**—Remove from dryer while damp, hang up, spray with starch

HAIR SPRAY

1. Use lacquered spray as prewash treatment for stains like ink, fruit punch, lipstick
2. Use instead of fabric softener, eliminates static electricity

ATHLETIC SHOES

Spray with spray starch before wearing, prevents soil from grinding in, launder as necessary



INDUSTRIAL STRENGTH

✚ CANDLE WAX, ADHESIVE TAPE

1. Rub with ice, scrape with fingernail
2. Wipe remainder with dry-cleaning solvent, dry, wash
or, soak in white vinegar or rub with egg white, launder

✚ GLUE (SUPER GLUE, PLASTIC CEMENT)

1. Use soap and water while fresh
2. Older Stains—Soak for 30 min. in 10 parts boiling water to 1 part vinegar, launder

✚ BALLPOINT PEN INK

1. Place on absorbent pad, blot with rubbing alcohol moving pad frequently, wash with bleach
2. Or, blot fresh spill, soak in milk for 30 minutes, wash
3. Or, apply hair spray, rub with clean dry cloth, launder
4. Or, rub on Cutters Insect Repellent, launder

✚ CRAYONS

- Loosen with shortening, treat with detergent solution, launder

✚ TYPEWRITER RIBBON

CARBON PAPER, NEWS PAPER INK

1. Washables—Blot with dry spotter such as K2r, apply pre-wash, launder in warm water, air dry
2. Nonwashables—Blot with dry spotter, dry. If stain persists, sponge with ammonia (do not use on silk or wool!), dry, sponge with detergent solution, rinse

✚ TONER

1. Washables—Apply commercial pre-treat, launder in cold water, air dry
2. Nonwashables—Sponge with detergent solution, rinse with cold water, air dry

✚ COSMETICS

1. General—Soak in dry-cleaning solution, dry, rinse, wash
2. Eye Shadow, Foundation, Mascara—Apply liquid laundry detergent to washable fabric, rub, rinse, repeat. If stain persists, dab on 1/2 mild hydrogen peroxide to 1/2 water, rinse
3. Lipstick—Rub with cold cream or shortening, wash with club soda
Linen napkins—Apply Vaseline to stain, launder



4. Nail Polish—Sponge back of stain with banana oil. Or, sponge on rubbing alcohol combined with drop of ammonia

✚ PAINT, VARNISH

- Wash before stain dries, soak in turpentine (except acetate), rinse, wash with detergent

✚ RUST

1. Soak whites in lemon juice, bleach in sun. Or, cover stain with cream of tartar, soak spot in hot water for 5 minutes, launder
2. Or, rub with lemon juice, dry, wash
3. Never use bleach
4. Or, boil 5-6 stalks of rhubarb in one cup of water, pour juice on stain, launder

✚ MACHINE GREASE

1. Rub solid shortening into stain, wash
2. Or, cover fresh spill with cornstarch, put paper towel under stain, brush off stain, repeat as necessary, launder
3. Washables
 - a. Wash in hot liquid detergent
 - b. Or, place clean cloth or paper towel under stain, sponge with gasoline, wash, rinse

4. Suede—Dab with cloth dipped in vinegar or club soda, brush with suede brush

5. Double Knit—Use club soda

✚ ACID (DRAIN OPENERS, TOILET BOWL CLEANERS, BATTERIES)

- Flush immediately with cold water, apply solution of ammonia or baking soda, blot, rinse, blot with clear water, launder

✚ SHOE POLISH

1. Colored Fabrics—Dilute 1 part rubbing alcohol to 2 parts water
2. White Fabrics—Apply undiluted rubbing alcohol

✚ TAR

1. Rub with kerosene, launder
2. Or, rub with mayonnaise, wipe

✚ SCORCH

1. Washables
 - a. Rub liquid detergent into stain, launder in hot water with chlorine bleach
 - b. Or, sponge with hydrogen peroxide and a little ammonia, launder
2. Nonwashables—Sponge with hydrogen peroxide and a little ammonia, rinse with cold water, blot dry

CARPET

✚ GENERAL HINTS

1. Fresh stains—Pour a little club soda on spot, after a few seconds sponge up. Or, apply shaving cream to spot, sponge up
2. Older stains—Combine 2 tsp. detergent, 3 tsp. vinegar, 1 qt. warm water, work into stain, blot
Tubborn stains—Combine Tide and warm water, brush suede into stain with toothbrush, blot excess, repeat as necessary

✚ DRINKS (ALCOHOL, COFFEE, TEA, JUICE, SODAS, SYRUP AND WASHABLE INK)

1. Blot, apply 1 tsp. detergent to 1 c. cool water, rinse, blot
2. Alcohol—Sponge immediately with clear warm water
3. Coffee—Blot spill with baby wipes

✚ GREASE (BUTTER, COOKING OIL, HAND CREAM, MACHINE OIL, BALL POINT INK)

1. General—Blot/scrape excess, apply liquid dry-cleaning solvent, dry, brush pile
2. Cover with bicarbonate of soda, rub lightly into pile, leave 1 hour, brush with clean brush, repeat as necessary. Or, vacuum, then wipe with mixture of 1 tsp. ammonia, 3/4 c. turpentine, 2 qts. warm water, rinse with clean water, dry



✚ MISCELLANEOUS (BLOOD, CHOCOLATE, COFFEE/TEA WITH CREAM, EGG, GRAVY, ICE CREAM, MILK, SALAD DRESSING)

1. General—Blot/scrape excess, apply dry-cleaning solvent, apply 1 tsp. detergent to 1 c. cool water
2. Blood—Sponge with cold water, pat dry with towel, repeat as necessary
3. Chocolate—Blot up liquid, sponge with club soda, sponge with clean warm water
4. Tea and Coffee—Blot excess quickly, sponge with warm water, dry

✚ ANIMAL URINE

1. Blot, apply clean, lukewarm water, apply 1/2 white vinegar to 1/2 cool water, blot, rinse with clear water
2. If stain persists, apply 1/2 white vinegar to 1/2 cool water, leave for 15 min., blot, rinse, dry

✚ CIGARETTE BURNS

1. Wool—Snip charred fibers, apply detergent solution, rinse, dry
2. Man-made—Cut burned area and replace with a patch

✚ RUST

- Sponge mixture of 1 tsp. cream of tartar, 1 tsp. lemon juice, 2 c. water, rinse with clean water, dry

✚ WINE, LIQUOR

1. Sprinkle immediately with salt, soak in cold water, rub stain out, launder
2. Or, soak in cool water, sponge with white vinegar, rinse, wash
3. Or, pour salt or hot water; soak in milk
4. Squirt with soda water
5. Alcohol
 - a. Nonwashables—Rinse with clear warm water, dry
 - b. Washables—Pour boiling water; rinse in clear warm water, launder
6. Beer
 - a. Washables—Add white vinegar or ammonia to warm soapy water in ordinary wash
 - b. Non-washables—Sponge with denatured alcohol, rub in hard soap, rinse, dry



✚ MILK

1. Soak in 1 cup salt to 1 gal. cool water, rinse, wash
2. If stain persists, apply a few drops of ammonia, rinse, wash

✚ WATER SPOTS

- Sponge with white vinegar, let stand, rinse

✚ COFFEE/TEA (BLACK)

1. Pour boiling water on stain
2. Or apply a few drops of white vinegar
3. Washables
 - a. Fresh stains—Sponge with solution of 2 tsp. borax to 2 c. warm water, rinse, launder
 - b. Old stains—Sponge with cold water, rub with glycerine, after 1/2 hour, rinse with warm water, launder
4. Nonwashables—Sponge with clear warm water or borax solution, rub dry

✚ CHOCOLATE AND COCOA

1. Washables—Sponge with cold water, sponge with solution of 2 tsp. borax to 2 c. warm water, rinse, launder
2. Nonwashables—Sponge with carbon tetrachloride, sponge with borax solution

NATURE CALLS



✚ GRASS

1. Sponge with liquid detergent, rinse
2. If stain persists, apply rubbing alcohol, rinse, wash
3. If stain persists, apply mild solution of hydrogen peroxide

✚ MILDEW

1. Scrape with fingernail, wash with mild suds, sponge with alcohol, rinse, dry
2. Or, wash in bleach
3. Or, rub on salt and lemon juice, let dry in sun, rinse, dry

✚ YELLOWING

1. Soak in 1/2 c. bleach, 1 tbsp. white vinegar, 1 gal. warm water, rinse, wash
2. If stain persists, repeat, dry in sun
3. White Cotton Socks—Boil in water with slice of lemon

BODILY FLUIDS

✚ BLOOD

1. Soak in cold water one hour, rub with soap, wash
2. If stain persists, soak in 3 tsp. ammonia to 1 qt. cold water, wash with bleach
Or, cover with cornstarch paste, rinse from back with lukewarm soapy, water
3. Non-washables—Sponge with cold water, spread paste of starch and cold water, dry, brush off lightly
4. Or, cover with meat tenderizer, make paste with cool water, set for 1/2 hour, sponge with cool water
5. Leather—Dab with hydrogen

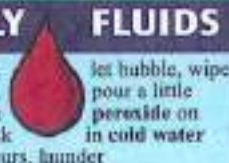
- peroxide, off. Or, hydrogen peroxide on stain, soak several hours, launder

✚ URINE

1. Soak in 1/2 white vinegar, 1/2 cool water
2. Wash with detergent and cool water, rinse
3. Or, sponge with mild ammonia solution or bicarbonate of soda and water, rinse in clean warm water, launder

✚ PERSPIRATION

1. Rub with liquid detergent, rinse,



- wash with warm water
2. If stain persists, apply ammonia or white vinegar or lemon juice, rinse, wash
3. Or, rub with paste of baking soda and water, allow to absorb, launder
4. Or, dissolve two aspirins in water, soak clothing, rinse well, launder
5. Or, wet shirt collar with warm water, rub in cream of tartar, launder

✚ VOMIT

1. Soak in 1 cup salt to 1 gal. cool water, rinse, wash
2. If stain persists, apply a few drops of ammonia, rinse, wash

HOUSEHOLD TIPS

EXTERIORS

☛ SINKS

1. Porcelain
 - a. Colored sinks - Never use bleach! Pour white vinegar over stain, scrub with scouring pad
 - b. White sinks - Pour liquid bleach over stain, cover with layers of white paper towels, pour bleach over towels, let stand for several hours, rinse, wipe dry
2. Stainless Steel
 - a. Clean with white vinegar or rubbing alcohol, rub with rag soaked with club soda, wipe dry
 - b. Or pour a little baby oil on sink, dry with paper towel, repeat again

☛ CABINETS

1. Formica, Imitation Wood, Plastic, Painted, Metal Rub with Murphy's Oil Soap
2. Wood
 - a. Prepare solution of 1 qt. boiling water, 2 tbsp. boiled linseed oil and 2 tbsp. turpentine, using rubber gloves, dip rag into solution, wring out, wash surface, wipe dry; dispose of solution when it cools
 - b. For spot smudges, rub Lava soap on a wet rag, scrub, rinse, wipe dry
 - c. For sticky areas, rub on mineral-spirits paint thinner

☛ COUNTERS

1. Formica
 - a. Wash with damp rag, wipe dry - Cleanser will scratch surface!
 - b. Or squeeze fresh lemon over stain, soak for 1/2 hr., sprinkle with baking soda, scrub with terrycloth towel, rinse, wipe dry
 - c. Glossy/Shiny Formica - Wipe with rag dampened with lemon oil, wipe dry with clean rag
 - d. Butcher-Block/Leather-Grain Formica - Pour club soda onto counter, wash, rinse with warm water, wipe dry
2. Tile
 - a. White - Pour liquid bleach on counter, scrub with nylon brush, rinse, wipe dry
 - b. Grout - Use liquid bleach or white toothpaste on toothbrush or nylon scrub brush, scour
3. Butcher Block
 - a. Clean with damp cloth or cloth dipped in vegetable oil, wipe dry
 - b. Or squeeze fresh lemon onto stain, soak for 20 min., wipe dry

☛ CHROME TRIM

Wipe stain with rag dampened with baby oil, wipe with clean, dry rag

EMERGENCIES

☛ GREASE OR ELECTRICAL FIRE

1. Sprinkle base of flame with baking soda.
Do not use this method on deep-fat fryers!
2. Prevention - Sprinkle salt in frying pan to keep fat from splattering. Or cover skillet with colander to prevent grease from splattering
3. Never put water on a grease fire!

☛ HAZARDS OF BLEACH!

1. Never mix bleach with other household cleansers - **poisonous gases are released which can prove fatal!**

☛ FIRST AID

1. Burns - Immerse in cold water or apply cold, wet towel as soon as possible
2. Bleeding - Wash minor cut with soap and warm water, press hard with clean compress until bleeding stops



KITCHEN

POTS AND PANS



☛ GENERAL HINTS

1. Food sticking - Fill half-way with water, add 1/4 c. dishwasher detergent, baking soda, or Spic and Span, bring to boil, turn stove off, let stand for 1 hr., rub with stainless steel pad
2. Food stains - Soak in white vinegar for 30 min., rinse in hot, soapy water. Aluminum, glass or porcelain - boil 1/4 c. white vinegar with 2 c. water, wash in hot, soapy water
3. Scorched spots - Rub with ammonia

☛ ALUMINUM

1. Pour in vinegar to cover stain, bring to boil, simmer for 5 min., turn stove off, let stand for 1 hr., wash
2. Or boil 2-3 tbsp. cream of tartar, lemon juice, bicarbonate of soda or vinegar to 1 qt. water [try adding 1/3 c. baking soda] for 5-10 min., scrub lightly with SOS pad

☛ BRASS

1. Pour Worcestershire Sauce onto stain, scrub with SOS pad, rinse, wipe dry
2. Rub with paste of lemon juice or vinegar and salt

☛ COPPER

1. Polishing
 - a. Pour ketchup over copper, scrub with SOS pad
 - b. Or dip 1/2 lemon in salt, rub over copper, rinse
2. Stains
 - a. Put toothpaste on SOS pad, scrub
 - b. Apply solution of 1 qt. water and 1 tsp. ammonia
 - c. Boil in 1 qt. water with 1/2 c. each salt and vinegar

☛ ENAMELWARE

Boil enough water to cover bottom, add 3 tbsp. baking soda, let stand for 1 hr., wash

☛ IRON

Boil salt and vinegar to loosen burned-on food, wash, coat with grease

☛ NONSTICK (TEFLON)

1. Add 1/8 c. dishwashing soap to water to cover stain, bring to boil, simmer for 15 min., wash, rinse, wipe dry
2. Stains - Simmer for 5-10 min. mixture of 1 tbsp. liquid bleach, 1 tbsp. vinegar, 1 c. water, wash, rinse, dry. Alternative - Boil 2 tbsp. baking soda and 1 c. water for 15 min., rinse, dry, coat with vegetable oil

☛ STAINLESS STEEL

1. Pour white vinegar on stain, scrub with SOS pad
2. Burned-on food - Rub with baking soda or paste made of ammonia, water and mild, non-chlorinated scouring powder

☛ PIE, CAKE, AND BREAD PANS

1. Rub raw onion over stain, rinse
2. Or rub raw potato dipped in cleanser over rust stain, rinse

☛ GLASS, PYREX, CORNINGWARE

1. Soak in hot, soapy water [add a little baking soda] for 20 min., scrub with SOS pad
2. Or spray badly stained area with oven cleaner, let stand overnight in a sealed garbage bag, open bag out doors, rinse cleaner off, and wash thoroughly

LARGE APPLIANCES



☛ DISHWASHER

1. Hard-Water Stains
Wet stain, sprinkle with orange-flavor powdered instant breakfast drink [e.g. Tang], let stand for 1 hr., run loaded dishwasher with detergent
2. Spotting
Add 1/2 tsp. orange Tang to dishwasher detergent

☛ STOVE TOPS

1. Soak rings and reflector pans in ammonia
2. Soak surface under burners in solution of 1/8 c. Spic and Span, Solfax or ammonia to 1 gal. hot water, scrub with SOS pad, wipe with clean, dry rag

☛ REFRIGERATORS

Deodorizing - Tear off top of baking soda box, place in back of refrigerator, replace every other month, recycle by pouring contents down drains to freshen them

SMALL APPLIANCES

☛ BLENDER

Add a few drops of liquid dish soap to blender half-full with water, turn on for a few seconds, rinse thoroughly, turn upside down to dry

☛ GARBAGE DISPOSAL

1. Turn on, pour in 1 c. vinegar, turn on cold water for a few minutes
2. Grind up orange or lemon peel with hot running water or ice cubes sprinkled with scouring powder without water



☛ ELECTRIC FRYING PAN EXTERIOR

Place pan upside down inside plastic garbage bag, pour ammonia on back of pan, place terrycloth rag on top, saturate rag with more ammonia, seal bag, soak 8 hrs., remove bag, run pan under hot water, scrub with SOS pad if necessary

☛ TOASTER OVEN

Baked on dirt - Mix 1/8 c. Spic and Span or Solfax or 1 tbsp. ammonia to 1/2 gal. hot water, scrub with SOS pad, rinse, wipe dry

☛ MICROWAVE

1. Clean with sponge dipped in solution of water and baking soda
2. Cover spills with damp paper towel, turn on high for 10 seconds, wipe when cool

UTENSILS

☛ GREASE

Add a few drops of white vinegar to cleaning water

☛ STAINS

Coffee and Tea - Equal mixture of salt and white vinegar

☛ GLASSWARE

1. 1/2 c. white vinegar to 1 gal. water eliminates soap film
2. Or add capful of liquid bleach to dishwasher

☛ PLASTIC CONTAINERS

1. Odor removal - Place crumpled piece of newspaper into container, secure lid tightly, leave overnight
2. Alternate odor removal - Fill container with warm water, add a few drops of vanilla extract, soak for 48 hours



BATHROOM

SINKS AND TUBS

CAULKING

1. Rubbing Alcohol
2. Or Santees[®] Chrome & Tile Cleaner [available in hardware store]

TUM

1. Apply baby oil on damp cloth, wipe
2. Or apply liquid fabric softener to clean damp cloth, wipe on shower door, wipe with clean dry cloth
3. Or rub lightly with dry fine steel wool [test spot to be sure tile isn't being scratched], rinse

TOUGH STAINS

1. Spray on oven cleaner, let sit for several hours, rinse thoroughly
2. Or make paste of peroxide and cream of tartar, scrub thoroughly with small brush, rinse. If stain is still in evidence, spread paste, apply a couple of drops of ammonia, set for 2 hours, scrub, rinse

FIBERGLASS

Clean with baking soda sprinkled on damp sponge, sponge clean, wipe dry

SHOWER CURTAINS

1. Mildew Prevention - Soak in salt water before hanging
2. Mildew Removal - Apply baking soda
3. Stain Removal - Wash light colors in machine filled with warm water, 1/2 c. detergent, 1/2 c. baking soda, and 2 large bath towels; add 1 c. vinegar to rinse; do not spin dry; rub with lemon juice, hang immediately

TOILETS

RINGS

Rub with fine grade sandpaper



FURNITURE

WOOD

WHITE RINGS AND SPOTS

1. Remove by wiping on mayonnaise, let stand for 1 hr., wipe off
2. Or sprinkle cigarette ashes or salt over spot, rub gently in direction of grain with cloth dipped in mineral or linseed oil, wipe dry with clean cloth, repolish
3. Or wipe with dab of toothpaste on damp soft cloth

CANDLE WAX

1. Scrape off with fingers or soft kitchen scraper, wipe remainder with cloth dipped in mineral oil or drycleaning fluid, repolish
2. Or soften with hair dryer, remove with paper towel, wash with vinegar and water
3. Or rub wax with an ice cube, remove gently with a table knife



METAL

RUST

Scrub with turpentine

ALL TYPES

CIGARETTE BURNS

Rub mayonnaise into burn, set for 1 hr., wipe off with soft cloth

GLUE

Rub spot with cold cream, peanut butter or salad oil, wipe with clean cloth

ICKY FINGERMARKS

Mix equal mixture of 1 tsp. turpentine, 3 tsp. linseed oil, and 1 qt. hot water, dampen soft cloth with solution, apply to spot, dry with soft cloth, rub to a polish

ALCOHOL

Rub with cloth dampened in lemon oil, dip cloth in powdered rottenstone [available in hardware store], gently rub powder on stain, wipe with another cloth

FLOORS

ALL TYPES

GENERAL HINTS-

BLACKSCUFF MARKS

1. Rub with paste of baking soda and water
2. Rub with a piece of cotton soaked in nail polish remover
3. Wipe spot with kerosene or turpentine

VINYL

1. Tar removal - Scrape up excess with dull knife, rub well with margarine or butter, rub with fingernail or wooden spoon, wipe with dry cloth
2. Crayon removal - Rub off with silver polish

LINOLEUM

For shine between waxing, mop with 1/2 c. fabric softener and 1/2 bucket cold water

CERAMIC TILE

1. Wash with mixture of 1/4 c. vinegar to 1 gal. water
2. Grout - Apply liquid bleach or white toothpaste on toothbrush or nylon scrub brush, scour

WOOD

Grease removal - Immediately pour cold water or put ice cube on it, when grease hardens scrape off with knife

WALLS

WALLPAPER

WASHABLE

1. Wipe with sponge dipped in solution of a little bleach to water
2. Crayon marks - Set hair dryer on hot, blow stain until wax heats up, wipe with oil soap cleanser on damp cloth
 - a. Alternative - Rub gently with baking soda sprinkled on damp cloth
 - b. Alternative - Rub gently with dry SOS pad
3. Grease - Apply paste of cornstarch and water, allow time to dry, brush off

NONWASHABLE

Rub gently with art gum [available in hardware stores]

REMOVAL

1. Fill spray bottle with 1/3 c. liquid fabric softener to 2/3 c. hot water, spray wallpaper, wait 20 min., peel paper off wall
2. Or mix equal parts vinegar and hot water, dip paint roller into solution, wet paper thoroughly



PAINTED WALLS

GENERAL CLEANING

1. Wash with soap and water or mild commercial cleaner
2. Or wash with 1/2 c. ammonia, 1/4 c. white vinegar, 1/4 c. washing soda, and 1 gal. warm water
3. Do not use scouring powder, since it may remove paint

STAINS

1. Scrub crayon marks with toothpaste, rinse, wipe
2. Or Spray crayon marks with WD-40, wipe

NAIL HOLES

Rub toothpaste into hole, smooth with damp sponge

WINDOWS

CLEANING

PAINT

1. Dab on nail polish remover, let sit for a few minutes, rub off with cloth
2. Or before painting, dip cotton swab in Vaseline and run it around edges of glass; after painting, wipe paint smears off with cloth



REPAIRING

STICKING

1. Thaw open frozen window with hair dryer
2. Loosen with a pizza cutter instead of knife

SMALL HOLES

Fill with a few drops of clear nail polish, let dry, repeat as necessary

POTPOURRI

INDOORS

STICK-ON HOOKS, LABELS

Removal - Saturate a cloth or sponge with hot vinegar, squeeze liquid behind hook for contact with adhesive

UNCLOG DRAINS

Pour 1/2 c. salt and/or 1/2 c. baking soda down drain, followed by boiling water, flush with hot tap water

KITCHEN ODORS

1. After cooking fish, etc., place whole unpeeled lemon in 300° oven for 15 min., leaving door slightly ajar, turn oven off, let lemon cool before removing it

2. Or boil 3 tsp. ground clove in 2 c. water for 15 min.

3. Or heat vinegar on range

SCORCHED IRONS

1. Sprinkle table salt on wax paper, iron with cold iron, polish iron with silver polish
2. Or polish with very fine wet waterproof sandpaper or very fine steel wool or nonabrasive cleanser
3. Or rub ice cube over scorch mark
4. Or apply baking soda to slightly warm iron with damp cloth, scrub, rinse with a clean damp cloth



IRONING

Sprinkle talcum powder on white shirts before and after ironing to prevent absorption of oil and grime

SEWING

1. Dip end of thread in nail polish, let dry, thread easily
2. Squirt hair spray on finger, apply to end of thread

TOOTHBRUSHES

Great for scrubbing and getting into narrow, hard-to-reach places

LOST CONTACT LENS

Cover vacuum nozzle with piece of nylon stocking, gently move nozzle over area where contact lens was dropped

DIRTY HANDS

1. Ballpoint pen or paint marks - rub with nail polish remover
2. Super Glue - Soak cotton ball or cloth with nail polish remover, hold on area until glue disappears [don't peel glue]

FLYING INSECTS

Spray insect with hair spray to immobilize

OUTDOORS

DRIVEWAY STAINS

1. Apply oven cleaner, let sit a few minutes, rinse
2. Or pour heavy layer of kitty litter on area, let stand for a day, apply strong solution of detergent and hot water, scrub well, rinse
3. Or spray with prewash, let stand for 5 min., sprinkle on powdered detergent, scrub with broom, hose off

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INTERNET SEARCHING

SEARCH ENGINES & WEB DIRECTORIES

A major barrier to using the Internet as an information source is finding the information of interest. The Internet is full of newsgroups, hypertext documents, FTP, text files, pictures, sound files, and movies. There are numerous tools to accurately locate this information.

Web Directories

World Wide Web Directory sites such as Yahoo! use a hierarchical menu system to catalog sites. Users browse through this series of menus to efficiently locate relevant sites. Many of the popular search engines include a web directory. The very large directory at Yahoo! can be found at <http://www.yahoo.com>.



Popular WWW Search Engines



<http://www.altavista.digital.com/> Developed by Digital Equipment Corporation, the AltaVista site offers Web site translation, a person search, and an e-mail service.



<http://www.excite.com/> Originally popularized by America Online, this Web site features chat and messaging, over 15 channels of content by category with site reviews and other information services.

WIDE AREA INFORMATION SYSTEM

Wide Area Information System (WAIS)

When you perform a search, WAIS will ask the various servers you've selected if the key words appear in their index. You will be presented with a list of Internet documents, and a "score" for each document. The higher the score, the better the match for your request. The list will contain documents with the highest scores.

3 Ways of Completing a WAIS Search:

1. Through Telnet to Wide Area Information Systems.
2. Through WAIS Systems running on a local system.
3. Some www browsers allow access to WAIS systems.

There is a lot of information on the Internet that isn't in any of the WAIS servers. WAIS is becoming obsolete due to the difficulty of maintaining an up-to-date index and the availability of information on the Internet.



QUICK TIP



<http://www.lycos.com/> This popular and highly ranked website features a directory-style organization of Web content and allows searches within previous search results.



<http://www.about.com/> About.com is a network of over 700 sites, all run by specially trained guides who are experts in their topics.

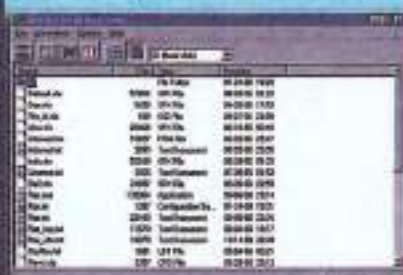
FILE COMPRESSION

File compression allows an individual to compact files, making the file size smaller for uploading, downloading and putting on disk. In order to extract compressed files, a compression utility of the same format as the compressed file must be acquired. There are many different formats of compression that vary in popularity. Currently ZIP is the most popular, but other formats such as ARJ and RAR have their benefits.

Windows Based Utilities



WinZip: (Pictured above) is the most popular compression/decompression utility for Windows. It has an easy interface to use and is fairly configurable, works fast and adds items to the right-click menu whenever you're dealing with files to easily compress or decompress files. Supports ZIP, ARJ, ARC Extraction and LHA ZIP compressed files.



WinRAR: The RAR compression format compresses files better than the ZIP in most cases, but it is relatively unknown. It supports the ZIP compression, if you already have `pkunzip.exe` and/or `pkzip.exe`.

DOS Based Utilities

PKZip/PKUzip: A popular archiving utility for DOS. Efficiently compresses/decompresses files.

DOS Commands

To compress: `PKZIP [options] <target.zip> files to be compressed`

To extract: `PKUNZIP [options] <thefilename.zip> [destination]`

ARJ: Archiver. Creates, adds, and extracts to/from ARJ-Archives. Supports long file names and can create multiple volume archives. Efficient for compressing/decompressing very large files. Supports ZIP and Microsoft compressed files. DOS commands for ARJ:

To compress: `ARJ <command> [-<switch>] [-<switch>] <archive_name> [files to be archived]`
To extract: `ARJ <command> [-<switch>] [-<switch>] <archive_name> [destination]`

Note: Programs contain a list of commands, options, and switches for your viewing.

INTERNET ACCESS

BROWSERS

Browsers are software, generally utilizing a graphical interface, that are used to view various Internet resources. They are usually capable of reproducing sound, image and other file formats.

1. Address of Location: The address of the Internet site displayed in the address bar.
2. Forward: Once the back button has been used, this button causes the most recent website that has been displayed.
3. Back: Returns display to the previously displayed search.
4. Window Bar: The titles of the displayed windows are listed here.
5. Title Bar: The title of the current displayed site appears here.
6. Stop: This button stops the loading of a site that is being accessed.
7. Refresh: To reload the currently displayed website, click this button.
8. Home: Click this button to access the Home Page.
9. Search: Applies the search engine to the currently displayed site that has been specified in the previous window.



Featured Browser: Microsoft Internet Explorer 5.0

10. Favorites (Bookmarks): Click this icon to display sites that are saved frequently.
11. History: Provides a history of visited sites.
12. Mail: A icon providing access to e-mail options.
13. Edit: Allows you to edit the current page with Microsoft FrontPage, provided you have the proper access and password.

14. Menu indicator: When locating or doing lookup a website, menus will change from a globe to the Explorer icon.
15. Fullscreen: This button enlarges the main browser window to fill the main screen of your monitor.
16. Scroll bars: To scroll vertically, click the gray and blacked slider and below the scrollbar.

The above illustrated windows are examples of Internet Explorer 5.0. There are other differences between this window and Navigator browser.



BROWSER PLUG-INS

Plug-ins are software designed to extend the capabilities of your Web browser. Plug-ins are available for multimedia, graphics, sound, documents, productivity, and virtual reality/3-D. Popular browser plug-ins include:

Flash 5: Developed by Macromedia for Web developers to add sound, animation, and interactivity to the Web. This plug-in is available from Macromedia at: <http://www.macromedia.com>

Apple QuickTime: QuickTime is Apple's multi-platform software architecture used by software developers to author and publish synchronized graphics, sound, video, text, music, VR, and 3D media. The QuickTime plug-in is available from: <http://www.apple.com/quicktime/>

USEFUL WWW TERMS

ASP: Active Server Pages. Web pages that act as executable files.

Applet: A Java program which is designed to be a stand-alone application. Applets are often embedded in web pages.

Cookie: When you browse certain web pages, small files are downloaded to your computer that hold information that can be retrieved by other web pages on that site.

CGI: Common Gateway Interface. A program that allows user input through the use of buttons, text field boxes, checkboxes, etc.

Domain Name: An exclusive name that identifies a particular Internet site, such as: Quick-Study.com

FAQ: Frequently Asked Questions.

GIF: Graphics Interchange Format. A graphic file format for storing images commonly used on the web.

HTML: HyperText Markup Language. The standard language used to create documents for the WWW. These documents are essentially text documents with tags embedded in them indicating color, text formatting, hypertext links, graphics, etc.

HTTP: HyperText Transport Protocol. The language used between web clients and servers to move hypertext files across the Internet.

Hyperlink: Text that contains a word or phrase that can be "clicked on" to cause another document to be retrieved or displayed.

Interactive: Programs that react to user input.

Java: An object-oriented programming language created by Sun Microsystems. Java is a device-independent language, meaning that programs created in Java can be run on any computer.

NIC: Network Information Center. One of the offices that handles information for an Internet. One such company is InterNIC. They are responsible for registration of domain names.

Password: A word or sequence of letters, numbers and other characters that allows access to a locked system.

Search Engine: A search engine is a program that allows users to search for keywords or strings, searches databases, and then returns the results to you.

URL: Uniform Resource Locator. This is the address used by Domain Name Servers (DNS) to access Web pages.

SAFETY ON THE INTERNET

Overall, the Internet is a global community that is a safe place for learning, exploration, and entertainment that represents society in general. However, like the society that it represents, negative elements do exist. Knowledge is your best protection.

DOs and DON'Ts for Choosing a Secure Password

Passwords are used by many programs to restrict access to appropriate persons. Any person with your password has access to the respective restricted information or service such as a Local Area Network (LAN) or Internet Service Provider (ISP).

DO ...

- Use numbers and letters.
- Use the maximum password length.
- Store your password in a safe place.
- Change your password regularly.
- Be aware of changes in account activity.

DO NOT ...

- Use names of possessions or property.
- Use family names, nicknames.
- Use personal or easily guessed numbers (such as, birthdays, social security and phone numbers, address, etc.).
- Tell anybody your password.

Software Viruses

A computer virus is a program designed to replicate and spread, generally with the victim being oblivious to its existence. Computer viruses spread by attaching themselves to other programs (e.g., word processors or spreadsheets application files) or to the boot sector of a disk. When an infected file is activated or when the computer is started from an infected disk, the virus itself is also activated. Often, it lurks in computer memory, waiting to infect the next program that is activated, or the next disk that is accessed.

Symptoms of a Virus Infection

- Changes in the length of programs
- Longer program load times
- Reduced memory or disk space
- Unusual error messages
- Failed system boot-ups when booting or accidentally booting from the A: drive
- Changes in the file date or time stamp
- Slower system operation
- Bad sectors on your floppy
- Failed program execution
- Unexpected writes to a drive

Virus Protection Software

Popular Virus Protection software such as McAfee VirusScan or Norton Antivirus (pictured) cover virtually all possible sources of infection, including the Internet, floppy disks, e-mail attachments, shared files, and networks. Generally, virus protection software is easy to install and it works automatically in the background. To keep your virus protection current, these products let you download new virus updates. McAfee downloads are available at <http://mcafee.com>, Norton downloads are available from <http://symantec.com>.



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INTERNET APPLICATIONS

TELNET

Telnet utilities and commands are used to login to other computer systems to obtain information and run programs. There is no Telnet standard, so computers must use/support the Telnet protocol in order for Telnet to work.

Telnet can be run from a shell account by typing: telnet<site name>. Windows based Telnet utilities, such as CRT, are also available.

FILE TRANSFER PROTOCOL

File Transfer Protocol is the primary method of transferring files over the Internet. Users login to another Internet site in order to retrieve (download) or send (upload) files.



There are many publicly accessible FTP sites around the world that do not require an account and password to be accessed. These sites are referred to as anonymous FTP. To access an anonymous FTP site, the user supplies the following information:

login: anonymous
password: <your e-mail address>

Generally, you can download but not upload to anonymous FTP sites.

Common Ways of Invoking FTP

Automatically: Some Web Pages provide hyperlinks to FTP sites that will automatically initiate the download.

FTP utility: Programs such as Ws_FTP (pictured above) have a user-friendly interface showing the source and destination directories. Knowledge of FTP commands is not required for this utility.

ELECTRONIC MAIL

Electronic Mail, or E-mail, is the most commonly used feature of the Internet, allowing memos, personal letters, messages, and other communications, to be sent from one person to another (or others) through a computer.



Users are identified by an e-mail address in the following form:

<user-name>@<host.address>.<type>

<user-name> is the account name assigned to the user by the host Internet access provider.

<host.address> is the domain name of the Internet access provider. May contain periods to further specify this address.

<type> specifies the type of organization or country.

com - commercial organization edu - educational institution
gov - nonprofit organization org - government agency
net - network & Internet service provider
uk - located in the United Kingdom



To use E-Mail: Messages can be composed prior to connecting to the Internet. Many utilities allow files to be attached to the mail and sent. To send e-mail, a connection to the Internet must first be established, then e-mail utilities such as Eudora and Microsoft Outlook (both pictured earlier) are used.

Utilities such as Microsoft Outlook organize, send and retrieve e-mail and fax messages. Free e-mail services such as Juno (get a free copy from <http://www.juno.com>) do not require an Internet connection. Mail is composed offline and is sent via modem to the Juno Internet mail servers.

MAILING LIST

Mailing Lists (Discussion Lists, Discussion Groups) are discussions of specific topics via e-mail. A subscriber receives every message sent to the list, therefore an active mailing list can produce large amounts of e-mail.

A program called a list server handles the mailing list. To subscribe to a mailing list, users send a message to the list server. The message has no subject and the body is: subscribe@mail list-name

To unsubscribe from a mailing list, unsubscribe@mail list-name

A directory of mailing lists is available from: <http://www.hcrt.com>

REAL PLAYER

Real Player enables Internet and online users equipped with conventional multimedia personal computers and voice-grade telephone lines to browse, select and playback audio or video-based multimedia content on demand, in real time.

RealPlayer 8 allows you to open a variety of file types, such as .ram, .mp3, .wav, .gif, .jpg, .tif, .avi, .mpeg, and even Macromedia Flash files (.swf). Real audio and video files open as streaming files, meaning they download as you view or listen to them.

Real Player Options

Playback: Works as a standard media player. Rewind, Fast-Forward, Play, Pause and Stop functions are available. Channels: Allows favorite channels to be saved, such as News, Entertainment, Sports, Music, etc. Download Real Player from the Real Audio Web site: <http://realmedia.com>



EBAY

eBay is the ultimate online auction house. The eBay home page can be accessed at <https://ebay.com> or by typing "eBay" on almost any search engine.

Getting Started:

To buy or sell on eBay, you must be registered, just click the appropriate button on the home page.

Buying

Once you are registered, you may bid on items on the site. You can see some of the most popular categories on the home page; if you have a specific item in mind, you may enter it in the field provided next to the question "What are you looking for?". For a complete category listing, go to *Browse*.

Click any category you wish to explore, then click any item to get a full description.

Bidding

Click the **Bidding** button (on the left) to place a bid. The site is quite explicit and will walk you through the procedure.

If there are multiple items, the sale is termed a **Dutch Auction** (see below) - you may end up getting the item for less than you bid for it! The site has a very adequate explanation of how it all works.

Payment

If you win, eBay will notify you, then you can fill out the **Check Out** form and make arrangements with the seller for payment and delivery.

If you wish to pay by credit card, a secure arrangement can be made through eBay Payments - full details are available on the site.

Selling

Note: eBay's policy on selling is constantly changing; refer to the site frequently to keep abreast of these changes.

To get started, click **Sell** on the top of the home page.

Selling Up

Click **create a seller's account**.

The site will walk you through setting up your account, then you will be ready to input your items for sale.

Be aware that eBay has several formats from which to sell your item; they are detailed under **Featured Auctions**.

eBay charges a fee to the seller; to find out what you will owe eBay, click **Learn about Selling Fees**.

Listing

You must register, giving a credit card number and checking account information, in order to proceed to **Sell Your Item**.

eBay will walk you through the listing process.

Sealing the Deal

After the item is sold, the buyer will checkout, and you will be notified. At this time, arrangements for payment and shipping may be made.

Some terms it pays to know:

Reserve: The lowest price (kept secret by eBay) at which the seller will sell the item. If you're buying, your bid will not be accepted unless you exceed this price (**reserve not yet met**) will be displayed under **Currently**. Once the reserve is met, eBay will display (**reserve met**).

Dutch auction: A format used when multiple items are offered. All the winning bidders receive the item at the lowest winning price. For example, if there are 6 of an item for sale and 12 bids, the top 6 bids get the item. Of those top six bids, the lowest bid is the price at which all six winners will get the item.



A listing of Real Audio Sites is available from <http://www.real.com/index.html>
Real Player enables Internet and online users equipped with conventional multimedia personal computers and voice-grade telephone lines to view multimedia in real time.