

Drop Biscuits

These are easy to mix in a bowl and drop onto stew in a Dutch oven, a reflector oven, a cobbler, or fruit dumplings. They are also a quick and easy accompaniment to a dinner.

- 2 cups flour
- 3 tsp Baking powder (or add 1½ tsp. vinegar/lemon juice to milk and use 1 tsp. baking soda)
- 1 tsp salt
- ⅓ cup fat (shortening, coconut oil, butter...)
- 1 cup milk

Mix dry ingredients. Cut in the fat. Stir in the milk. Bake in a 400° oven for 10 minutes or until lightly golden brown.

*If using for cobbler or dumplings add sugar. I like 2 tbsp. for dumplings or more for cobbler. If I use these for chicken and dumplings instead of fruit, I like to add poultry seasoning instead of sugar.

*If eggs are available, I like to put an egg in the measuring cup, beat it, and then pour in milk to make a cup. This is especially nice for dumplings.

*When cooking over fruit, stew, or chicken and broth in a frying pan, cook 10 minutes with the lid on and then 10 minutes without the lid.

Baked Biscuits

These are nice for breakfast, with gravy, with jam, or as a dinner accompaniment. They are great with a nice bowl of soup.

- 2 cups flour
- 3 tsp baking powder (or 1 tsp baking soda with 1½ tsp vinegar added to milk)
- 1 Tbsp sugar (optional)
- 1 tsp salt
- ⅓ (butter, shortening, coconut oil...)
- ¾ cup milk

Mix dry ingredients. Add fat. By brushing hands together in the flour and fat you can cut in fat until it resembles crumbs. Add in milk, and mix just until dough forms a ball. Press out to 1" thick on floured board to ¾" thick. Turn over in flour. Fold dough in thirds and press out again to make flaky layers. Cut into biscuits. Bake in oven at 400° on plain or lightly greased baking sheet for 10 minutes or until golden.

*(In a pinch you can use water. Or you can use the liquid off canned fruits, then omit the sugar and vinegar and use baking soda instead of baking powder. Keep sugar if fruit is in its own juice instead of syrup.) – Fruit flavored biscuits are nice, but a little strange with gravy.

*These can also be baked in a Dutch oven, a sun oven, a reflector oven, or you can shape them around a stick and roast them like a marshmallow.

Muffins

This muffin recipe is very basic, but flavor possibilities are endless depending on what you have on hand. *See the list of substitutions after this section on flour and grains if you don't have all the ingredients.

- 1 egg
- 1 cup milk
- ¼ cup vegetable oil (or other fat/oil)
- 2 cups all-purpose flour
- ¼ cup sugar
- 3 tsp baking powder
- 1 tsp salt

Heat oven to 400°. Grease 12 regular muffin cups. Beat egg, oil, and milk together in a medium bowl. Sift flour, baking powder, sugar, and salt together into wet ingredients. Stir just until moistened. *If using a solid fat or oil, instead of mixing it into milk, cut it into dry ingredients before mixing with the milk and egg. Spoon into muffin cups and bake for 20–25 minutes until golden.

*** Change muffins by adding up to 1 cup of one of the following: dried or fresh fruit cut up; grated firm vegetable or fruit; up to half cup of nuts, seeds, or cheese; and up to 2 tsp herb or spice. You can also add up to a half cup of sugar for sweeter treats.

*** Muffins can be cooked using coals and a box oven, in a Dutch oven, in canning jars in a thermal cooker, in a sun oven, or with a reflector oven. Smooth Mandarin orange cans or tomato sauce cans (without plastic lining) make nice muffin cups if cooking in a sun or Dutch oven.

Snickerdoodles

This is a classic cookie that takes only basic ingredients.

- 1 cup shortening or soft coconut oil
- 1½ cups sugar
- 2 eggs
- 2¾ cup sifted flour
- 1 tsp soda
- 2 tsp cream of tartar (use 1 Tbsp. white vinegar or 4 tsp. baking powder instead of soda if you don't have this.)
- ½ tsp salt

Heat oven to 400°. Mix sugar and shortening until creamy. Mix eggs in well. Sift dry ingredients together and mix in, holding out the last of the flour until you see if it is needed. This should form a stiff dough that holds well together.

Mix ½ cup sugar and 2 Tbsps. cinnamon together in a bowl. Then form balls with the cookie dough the size of walnuts. Roll them in the cinnamon and sugar and place them on an ungreased baking sheet. Bake for 8–10 minutes or until the edges are just slightly golden.

Irish Soda Bread

- 4–4½ cups all-purpose flour (can use half whole wheat)
- 1 tsp salt
- 3 tsp baking powder
- 1 tsp baking soda
- ¼ cup sugar (optional)
- ⅛ tsp ground cardamom or coriander (optional)
- ¼ cup butter (or shortening or coconut oil or fat)
- 1 egg
- 1¾ cup buttermilk (or 1½ Tbsp. white vinegar plus milk to make 1¾ cup)

Mix the dry ingredients in a large bowl starting with 4 cups of flour. Cut in butter or fat. Beat buttermilk and egg together. Add most of the liquid, holding back some until you see if you need it. Mix by hand until all the ingredients come together into a ball. Add flour or milk mixture only if needed. Knead the dough on a floured surface just until smooth. Divide into two. Shape each into a round and place in a greased 8" cake or pie pan. If you have a little milk and egg liquid in the bottom of the container use your fingers to dab it on the top of the loaves. Cut a cross on the top of each loaf with a sharp knife. Bake at 375° for 35–40 minutes until nicely browned. *Can add 1–2 cups currents, raisins, or cut dates to the bread when mixing in wet ingredients if desired.

** This bakes well in a Dutch oven or box oven.

Fresh Fruit Jam

- 2 cups fruit, washed (peeled and chopped if needed)
- ¼ cup sugar
- One of the following to balance flavor: ⅛ tsp citric acid, or ½ tsp white vinegar, or ¾ tsp cream of tartar (These are optional, but help keep jam from going sugary.)

Put all ingredients in a pan and simmer until jam thickens. It will thicken even more when cooled. Enjoy of fresh bread, Refrigerate for a week or use fresh within 48 hours.

Spoon Bread (no knead)—Jan Vincent

- 2½–3 cups bread flour
- ¼ cup natural yeast
- 1 tsp salt
- 1½ cup warm water
- Optional: up to 1 cup cheese, herbs, nuts, roasted garlic, dried fruit, spices, (anything that sounds yummy)

Start with the smallest amount of flour. Combine all ingredients in a large bowl with a wooden spoon. Stir until dough comes together in a shaggy ball. Add flour only if dough is too soft. (Think stiff muffin dough.) cover with plastic wrap and let sit 12–20 hours on a countertop.

Dump dough on a floured surface. Fold ends of dough over a few times with a spatula or fingers and nudge into a ball shape. Carefully scoot onto a lightly greased baking sheet (or dust sheet with corn meal.) Dust a light cotton towel with flour and place it over the bread to help keep it moist. Let rise until double in size. (Will take more than an hour)

Bake at 400° for 35–40 minutes.

Jan's Bread

(adapts to whole wheat, but takes more kneading)

- 3 cups warm water
- 3 Tbsp sugar
- 1 egg (If you don't have an egg use 2 Tbsp. vegetable oil)
- 1½ Tbsp yeast or ½ natural yeast start
- 1½ cups flour
- 1 Tbsp vinegar
- 1½ tsp salt (rounded)
- 5–6 more cups flour. (Don't add them all at first, but use 3 and then see how much more you need as you knead the dough.)

Mix the ingredients in order. Knead in the remaining flour a little at a time (other 2–3 cups) only as needed. When dough feels slightly elastic but soft, and pulls into a ball without

clinging to the sides of the bowl, and can easily be pulled off your fingers you are done kneading. Cover the dough with plastic or tea towel and let stand until at least double in bulk. (Natural yeast may rise over night.)

Shape into 2 large loaves and let rise until at least double. Bake 30 minutes at 375° or until golden. *This dough can also be made into bread sticks, buns, rolls, pretzels (if dipped in hot soda water before baking), pull-apart bread, cinnamon swirl bread, or pizza crust. Use your imagination.

**Bread can also be baked in a Dutch oven, a box oven, a thermal cooker (in a container), a sun oven, or fried as scones.

Golden Puffs

These can best be described as a cross between doughnuts and fritters. You can enjoy them covered with cinnamon and sugar, glazed, or plain. Adding raisins, currents, chopped dates or other dried fruit or nuts takes them to another dimension.

- 2 cups all-purpose flour
- ¼–⅓ cup sugar
- 3 tsp. baking powder (or 1 tsp. baking soda with 2 tsp vinegar added to milk)
- 1 tsp salt
- 1 tsp nutmeg
- ¼ cup vegetable oil
- ¾ cup milk
- 1 egg

Heat fat or oil (3 to 4 inches) to 375° in a deep fat fryer or kettle. Measure flour, sugar, baking powder, salt and nutmeg into bowl. Add oil, milk and egg. Beat until smooth.

Drop batter by small teaspoonful's into hot oil. (Too big won't cook through.) Fry 4–5 at a time turning as they brown. When they are golden on both sides (about 3 min.) remove from fat and drain. Dip them in a mixture of cinnamon and sugar or glaze with a mixture of 1 cup confectioner's sugar and ⅓ cup boiling water.

Chocolate Jar Cakes

- 1 cup (8oz/225g) butter, softened
- 1 cup (8oz/225g) sugar
- 4 eggs, room temperature
- 1 cup (5oz/142g) all-purpose flour
- ½ cup (2oz/57g) cocoa powder
- 2 teaspoons baking powder

In a large bowl cream together softened butter and sugar until light and fluffy. Whisk in the eggs one at a time and mix until fully incorporated. Lastly, sift the flour, cocoa powder and baking powder into the batter and mix until combined. Pour the cake batter into a 6 greased one cup (jam size) canning jars. Screw the lids on tight. Place jars in a pan big enough to hold them all and still put the lid on. A pan with two short handles is best. It is helpful if you have a rack to hold the jars off the pan bottom, but you can do this without. Fill the pan with water until it comes up to the jar rings. Put the pan on the stove and turn on heat to start the water boiling. Once it starts, you can turn the heat down so that it just stays at an even boil. You will need to boil the cakes for 12 minutes.

While the cakes are boiling, if you do not already have a thermal cooker or wonder bag to put the pan in, prepare a box big enough to hold the pan and pack towels and blankets around it. Some people prefer a large clothes basket. Collect your towels and blankets so that you can use them to insulate around the pan to keep it warm.

Once the cakes have boiled well for 12 minutes, without lifting the lid, put the whole hot pan directly in your box or basket and pack it up tight with towels, pillows, blankets...to keep the temperature hot as long as possible. Set it somewhere that it will not be disturbed and forget it for two hours. You can leave it longer if you have somewhere to go.

When you are ready, remove the jars. Open them and serve the cakes. You can eat them with a sprinkling of sugar or powdered sugar, whipped cream, or ice cream if you are lucky enough to have some.

Old-Fashioned Sugar Cookies

- ¾ cup shortening or other fat
- 1⅓ cup sugar
- 3½ to 4 cups flour
- ½ tsp baking soda
- 2 eggs
- ½ cup buttermilk
- 1 tsp salt
- 2 tsp vanilla

Cream sugar and fat together. Beat in eggs and vanilla. Mix 3 cups flour, soda, and salt. Add to wet ingredients and mix until well blended. Mix in remaining flour only until a stiff and not sticky dough forms. For best results, roll out on a floured cotton (not terry) tea towel to about ¼" thick. Cut close together in desired shapes and place on a lightly greased baking sheet. Sprinkle tops with sugar. Bake at 400° for 6 to 10 minutes depending on cookie size until lightly browned at edges. Reroll and cut as needed.

Whole Wheat Crackers

- 1 cup whole-wheat flour
- ¼ tsp salt
- 2 Tbsp fat or oil
- 3–4 Tbsp water, as needed to make a soft, but not sticky dough
- Seasoning of your choice (pepper, rosemary, thyme, onion and garlic powder, dill...)

Mix ingredients until smooth. Roll very thin on floured towel. Cut with pizza cutter or blunt knife. Transfer to lightly floured baking sheet. Add salt, seeds, or seasoning to top if desired. Bake at 400° for about 8 minutes.

*These would be yummy with home-made ricotta cheese or potato dip.

Substitutions

Baking Powder

1. ¼ teaspoon baking soda + ½ tsp cream of tartar = 1 tsp baking powder
2. ¼ teaspoon baking soda + ½ tsp vinegar or lemon = 1 tsp baking powder
3. ¼ cup of molasses as the sweetener will work with ¼ teaspoon soda = 1 tsp baking powder
4. Whipped egg whites or whipped aqua fava (thick juice/water off cooked beans) can be used to leaven in place of baking powder
5. ½ cup of buttermilk as liquid + ¼ tsp baking soda can replace baking powder

Eggs

It is difficult to substitute in recipes that call for more than 4 eggs.

1. Powdered eggs—check the can but often it is 2 Tbsp water + 1 Tbsp egg powder
2. 1 Tbsp ground flax seed (or chia seed) + 3 Tbsp water (let rest until thickened)
3. 1 Tbsp gelatin dissolved well in 3 Tbsps. hot water (start with 1 tbsp room temp.)
4. 3 Tbsp aquafava or thick liquid off canned white beans or chick peas
5. ¼ cup yogurt or buttermilk
6. ½ mashed ripe banana
7. ¼ cup applesauce

*Eggs do add a little bit of oil. In some recipes I like to add ½ to 1 tsp oil if my substitute is oil free.

Buttermilk

1. 1 Tbsp vinegar or lemon juice + milk to make a cup = 1 cup buttermilk
2. ¾ cup plain yogurt + ¼ cup milk or water = 1 cup buttermilk
3. 1 cup milk + 1 ¾ tsp. cream of tartar = 1 cup buttermilk

Cream

1. You can often substitute evaporated milk for cream in baked goods. Evaporated milk will also whip if it is really cold and can be used in place of whipped cream in some instances.
2. Very thick aquafava (bean water) will whip as a cream replacer, but it may have to be boiled down until quite thick and beat a very long time.

Sugar

1. Brown Sugar
2. Honey (may need a little less liquid in the recipe when using)
3. Molasses (may need a little less liquid when using)
4. Maple syrup (may need a little less liquid when using)
5. Jam
6. Crushed hard candy (can make into syrup by adding 1 Tbsp water and heating)
7. You can use syrup or juice off canned fruits as the liquid in a recipe to reduce needed sugar. If desired, add milk as a powder instead of liquid when doing this.

Flour

Try using combinations of flour that have different grains, or nuts and seeds in goods that don't require natural yeast. Natural yeast feeds off the gluten in wheat, barley, and rye. The more gluten the better it rises.