



Baking Connections

Coffee Club Memorial Cookbook

Charrs and Best Fishes

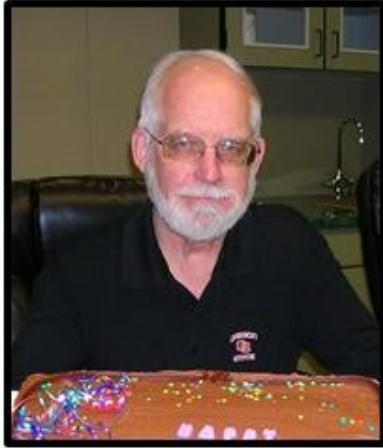
David L. G. Noakes

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This cookbook is dedicated to the memory of Dr. David L.G. Noakes, colleague, mentor, and friend.

David was constantly fostering connections and knew that a surefire way to bring people together was with food. He founded the Friday morning Coffee Club in the Department of Fisheries and Wildlife at Oregon State University as a means to connect students, faculty, and staff. While stimulating conversations and friendly debates were common at these gatherings, the main draw was the delicious baked goods, often created by David himself. We are so honoured to be able to pass along some of those recipes in this book.

Through the very generous efforts of David's wife Pat, his son Jeff, and his sister Jean, and Dr. Stan Gregory and Kathryn Boyer, we have collected and organized recipes from David's collection, along with selected stories and memories regarding their use. Not all of these recipes were featured at Coffee Club, but they hold special meaning for Pat, as David prepared them for visiting friends and scholars.

We are indebted to all of the volunteer bakers who joined us on this adventure, recreating these dishes at home and providing the photos that accompany the recipes. In addition, Amanda Polley assisted with cookbook design, Judy Li assisted with selecting photographs to feature, and Katie G. Lubbock edited the title page photograph.

Raise a glass of chocolate milk in David's honour and use these recipes often, whether you are baking for family or building new friendships and collaborations. We hope you'll enjoy making them as much as we did.

Charrs and Best Fishes,
Rachel Crowhurst and Michelle Scanlan

Recipe Recollections from Pat, Jeff and Jean

David's affinity for culinary endeavours began at an early age, perhaps when he and his older sister Jean stumbled upon a discarded meat grinder or when they experienced unfortunate results from making mud pies to present to neighbours. In the coming years, Jean and David were joined by Bill, Linda, Brenda, twins John and Don and then Rob to complete Leonard and Minnie (Sangster) Noakes' family at eight children.



Keeping a large family fed required a lot of gardening, cooking and baking. Their father had experience gardening with his father and prior to joining the army during World War II, worked for a local bakery whose owner also operated a coal yard. Besides baking and delivering baked goods, he also delivered coal throughout the area. After the war, David and Bill were gardening partners with their father. Their mother, who ensured that they were partners in doing household chores, was an equal opportunity manager long before that concept gained traction in the workplace. David was quick to relate how from an early age, he was allowed to bake on Saturday afternoon, if he did a good job cleaning on Saturday morning.

Every year, David and his siblings helped to make the Christmas chocolates. They would make a filling of icing sugar and condensed milk, and then add nuts, fruit, maraschino cherries or peppermint flavoring, roll the filling into little balls, dip them in chocolate, and put them on a piece of wax paper. David's task was to sterilize a darning needle to dip the balls in chocolate. Many of the chocolates were spoiled during dipping - a chunk fell out, or the needle didn't poke in properly and the ball fell apart in the chocolate sauce. Of course, rejects unfit for storage or sharing with others had to be eaten immediately! It was always a bit of a surprise that so many of them survived until Christmas. His sister Jean suspects that despite their perceived lack of efficiency in chocolate-dipping, in retrospect, this may have been the beginning of David's surgical technique and proficiency in sterile procedures.

Butterscotch pie was something that David loved to make (see recipe on page 63). Shortcake was another of his favorites (page 11), and he believed it should be served as it had been at home - dough was never rolled, and it was served most often with fresh fruit and topped with a dollop of

whipped cream. Another favourite was date squares, which Jean made quite often. They always disappeared quite quickly. Not to be outdone, David soon learned to make them as well (page 15).

Quite possibly the family's favourite dessert was one that their mother called cottage pudding. It consisted of a dough made of flour, sugar, a bit of butter and some milk to make a stiff batter. Raisins were added most often, although sometimes apples were added to the dough. It was placed in a baking dish, then brown sugar was added and boiling water poured over it to create a sauce as it baked. David sometimes made the dough into smaller dumplings (page 19).

Desserts played an important role in David and Pat's family. David's mother made butter tarts (page 62) and shipped them to relatives, so their son Jeff grew up knowing David's mother as the "butter tart Grandma" and Pat's mother as the "ice cream bar Grandma".



David and Jeff

Over the years, making shortbread became a strong tradition in the Noakes family. Jean says it started out as 'shortbread', then it became 'Scottish shortbread' and finally 'Orkney shortbread'. Their mother's father had emigrated from the Orkney Islands, and no one dared to challenge her claim that it was an original Orcadian recipe. David's father, along with David and the twins, John and Don, carried on the tradition of using the family shortbread recipe (page 26). However, there may have been slight variations in techniques and outcomes. All of them continued to use a portion of rice flour although the merits of how much to use were always open to debate.

More recently, a long-distance Noakes family shortbread competition began well before Christmas each year. After sharing their efforts with friends, neighbours, work colleagues, bank tellers and coffee shop regulars, pictures were emailed to all the family. John and Don sent shortbread to their Dad after he moved into a retirement home, but Jean's effort didn't measure up to his standards. David had difficulty getting his across the border into Canada, so he had to be satisfied with sharing photos. Based on appearance alone, he always claimed victory over his brothers.

Baking for people at the university started when David was the Director of the Institute of Ichthyology at the University of Guelph in Ontario, Canada. The Institute was initially located across the street from the Department of Zoology, in a red brick building known as the Dean's House. The street was the main access between the campus and the city itself, and as such was very busy, so you would stand on the curb and then "run like the Dickens" to cross between the cars.

There was a kitchen in the house, where David baked treats to lure students and staff to the Institute. Every Friday morning there was a trivia question on the whiteboard and David's baked goods were on the table. People came from all across campus and everyone was welcome. So that's how David started the tradition of Friday Coffee Club, which luckily for us he brought with him to the Department of Fisheries and Wildlife at OSU.



David displaying the recipe of the day at OSU Fisheries and Wildlife's Coffee Club

One of the more recent favourites in this cookbook was the Cape Breton blueberry grunt (page 22), which David found in a magazine from Nova Scotia. Pat thinks that more than anything he liked the name, but it was also delicious. It is said that the name 'grunt' refers to the sound the blueberries make when boiling under the dumplings. While David may have been amused by the name, he understood that people might not know or care about the origin of a recipe name. He realized the magic in taking simple ingredients and creating something special to share with others. His baked goods and the gatherings at which they were shared helped us to develop a deeper awareness of others and created opportunities to connect and strengthen relationships. And so a recipe, no matter the name, when shared with others reminds us that we do not exist alone. We thrive together. Perhaps that is the best gift David's recipes have left for us all.



David, grandson William, and Pat

Thank you to all of our volunteer bakers!

Christina Aiello

Gwen Bury

Dan Battaglia

Karen Cogliati

Peter Crowhurst

Rachel Crowhurst

Clint Epps

Charlotte Eriksson

Olivia Hakanson

Crystal Herron

Maryam Kamran

James, Jen, and Katelyn Krajcik

Christina Linkem

Montana McLeod

Paige Minton-Edison

Aaron Moffett

Christina Murphy

Beth Orning

Amanda Pollock

Vic Quennessen

Michelle Scanlan

Nadine Scanlan

Kate Self

Brian, Rae, and Fiona Sidlauskas

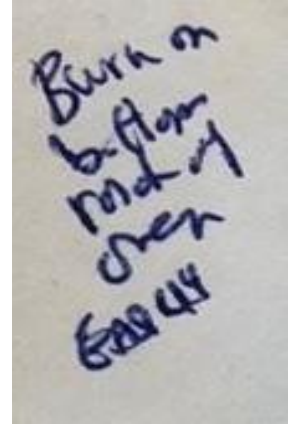
Colton Wise (and Wiffles)

Biscuits and Scones



David's Tea Biscuits, page 9

Afternoon Tea Cakes



Ingredients

1 ½ cups flour
½ cup sugar
2 tsp baking powder
½ tsp salt
½ cup butter
½ cup raisins or currants
2 Tbsp milk
1 egg, beaten

Sugar for topping

Directions

1. Preheat oven to 375°F.
2. Sift together the flour, sugar, baking powder and salt.
3. Work in the butter, then add the raisins or currants.
4. Add the milk and egg, and mix lightly until a dough forms. Roll into small balls and then sprinkle with sugar.
5. Bake 10-12 minutes, or until lightly browned.

Prep time 10 min
Cook time 10-12 min

Recipe recreated by A. Pollock

David says, "Burn on bottom rack of oven easily."

Classic Scones with Jam and Clotted Cream



2012/05/19 - Simple. Look great 10/10

Ingredients

1 ¼ cups self-rising
flour, plus more for
dusting
1 tsp baking powder
¼ tsp salt
6 Tbsp butter, cut into
cubes
3 Tbsp caster sugar
¾ cup milk
1 tsp vanilla extract
Squeeze of lemon

1 egg, beaten

Prep time 15 min
Cook time 10 min

*Recipe recreated by K.
Cogliati*

*David says, "Simple,
look great. 10/10"*

Directions

1. Preheat oven to 420°F.
2. In a large mixing bowl, blend together flour, baking powder, and salt. Cut in the butter until the mixture looks like fine crumbs. Stir in the sugar.
3. Put the milk into a jug and heat in the microwave for about 30s until warm but not hot. Add the vanilla and lemon juice, then set aside.
4. Put a baking sheet in the oven to pre-warm.
5. Make a well in the dry mix, then add the liquid and combine quickly with a knife. Mixture will seem wet. Flour a work surface, tip the dough out, and dredge with flour. Fold the dough over 2-3 times, then pat into a round that is 1½" deep.
6. Using a 2" diameter cutter dipped in flour, cut 4 scones from the dough. Reroll the dough and cut another 4 scones. Place on hot baking tray and brush tops with beaten egg.
7. Bake for 10 minutes until risen and golden. Serve with jam and clotted cream.

David's Tea Biscuits



Ingredients

2 cups sifted all-purpose flour
4 tsp baking powder
½ tsp salt
½ tsp cream of tartar
2 tsp sugar
½ cup cold butter
2/3 cup milk

Grated cheese, optional
Herbs and spices, optional

Prep time 15 - 20 min
Cook time 10 min

Recipe recreated by
K. Self

Directions

1. Preheat oven to 450°F.
2. Sift together flour, baking powder, salt, cream of tartar, and sugar.
3. Cut butter into small pieces or grate frozen butter into the dry mixture. Cut into dry mixture until it resembles coarse crumbs.
4. Add milk all at once to mixture and stir until dough follows fork around the bowl.
5. Turn out onto a floured surface and gently kneed for 30 seconds. Pat down to no less than ½ inch thickness.
6. Cut dough with a biscuit cutter and place biscuits close together on an ungreased cookie sheet. Brush tops with milk if desired.
7. Bake for 10 minutes.

*If desired, add grated cheese to mixture before adding the milk. Herbs and spices can also be added for different flavor profiles.

Simple Scones



OSU - R&W
FRIDAY
2019/05/03

Simple recipe
filled with

Ingredients

2 cups flour
1/3 cup sugar
1 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
8 tbsp butter, frozen
1/2 cup raisins or currants
1/2 cup sour cream
1 egg, beaten

Prep time 10 min
Cook time 15-17 min

*Recipe recreated by
C. Linkem*

*David says, "Simple recipe,
followed exactly."*

Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Sift together the flour, sugar, baking powder, baking soda and salt.
3. Grate frozen butter using a cheese grater. Work in the butter, then add the raisins or currants.
4. In a small bowl, whisk together the sour cream and egg until smooth.
5. Use a fork to add the sour cream mixture to the flour mixture and press against the side of the bowl until a dough forms.
6. Roll the dough into an 8" diameter circle on a lightly floured surface. Circle should be about 3/4" thick. Cut into 8 triangles and sprinkle with sugar. Place on the baking sheet.
7. Bake 15-17 minutes, or until lightly browned. Serve warm or at room temperature.

Strawberry or Peach Shortcake



1984/04/26
OK - simple to make. 9/10

Ingredients

4 cups all purpose flour
1 cup sugar
2 Tbsp baking powder
1 tsp baking soda
1 tsp salt
1 cup shortening
2 cups sour milk or
buttermilk

Strawberries or peaches

Prep time 10 min
Cook time 14 min

*Recipe recreated by
M. Scanlan*

Directions

1. Preheat oven to 400°F. Grease a muffin tin.
2. In a large mixing bowl blend flour, sugar, baking powder, baking soda, and salt.
3. Add the shortening and mix until crumbly.
4. Add the sour milk or buttermilk and mix until just moistened.
5. Spoon into muffin cups and sprinkle with sugar.
6. Bake for 14 minutes or until toothpick inserted in the centre comes out clean.
7. Serve warm, smothered in strawberries or peaches.

David says, "Ok – simple to make. 9/10"

Tea Biscuits



1989/12/19 Simple - used exact
recipe. Excellent - light texture
and taste. 10/10

Ingredients

4 cups flour
1 tsp baking soda
1 Tbsp baking powder
1 cup sugar
1 tsp salt
1 cup shortening
2 cups buttermilk
1 cup currants (optional)

Prep time 10 min

Cook time 15 min

Recipe recreated by
M. Scanlan

Directions

1. Preheat oven to 400°F and butter a baking sheet.
2. Blend together flour, baking soda, baking powder, sugar and salt. Add in shortening and mix until crumbly.
3. Add the buttermilk and mix until just moistened. Fold in the currants, if using.
4. Drop spoonfuls on pan, sprinkle with sugar and bake for 15-18 minutes or until edges are golden brown. Serve warm.

David says, "Simple – used exact recipe. Excellent – light texture and taste. 10/10"

Brownies and Squares



Canadian Date Squares, page 15

Best Chocolate Brownies



2007/09/27
Simple - used
parchment coconut oil; no nuts
heavy, solid; strong
chocolate flavor

Ingredients

*½ cup butter, softened
1 cup white sugar
2 eggs, slightly beaten
1 tsp vanilla extract
2/3 cup flour, sifted
2 squares bitter chocolate,
melted
½ cup nuts*

Prep time 15 min

Cook time 25 min

Directions

1. Preheat oven to 325°F. Line a cake pan with parchment paper.
2. Cream together the butter and sugar. Add in the eggs and vanilla.
3. Add in the flour and melted chocolate. Do not overmix. Fold in the nuts.
4. Pour batter into the pan and bake for 25 minutes. Brownies will soft and fudgy. Do not overbake.

Recipe recreated by M. McLeod

David says, "Simple – Used parchment, coconut oil; no nuts; heavy, solid; strong chocolate flavour."

Canadian Date Squares



2014/01/31 - CSA Fri
Friday
- singles use 2x date filling
next time - Convection Bake
30 minutes
Excellent 10/10

Ingredients

Filling:*

8 oz dates, chopped
1 Tbsp brown sugar
 $\frac{1}{2}$ cup water

Crumble:

1 cup all purpose flour
 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{8}$ tsp salt
 $\frac{3}{4}$ cup butter
2 cup oats (not instant)
1 cup brown sugar,
lightly packed

**David recommends
doubling the filling*

Prep time 20 min
Cook time 25-30 min

*Recipe recreated by
R. Crowhurst*

Directions

1. Preheat oven to 350°F. Lightly grease an 8"x8" pan with butter.
2. In a small saucepan, combine dates, brown sugar, and water. Bring to a boil, reduce heat and cook, stirring often, until dates are soft enough to be mashed with a fork.
3. In a large mixing bowl, blend flour, baking soda, and salt. Cut in butter until mixture resembles coarse crumbs.
4. Stir brown sugar and oats into flour mixture, being careful not to overmix. Mixture should still be crumbly.
5. Spread half of crumb mixture over bottom of pan, and press to form a crust.
6. Gently spread date filling over bottom crust. Top with remaining crumb mixture and pat gently with palm of hand to even out.
7. Bake for 25-30 minutes. Cool completely and then cut into squares.

*David says, "Simple - use 2x date filling next time.
Convection bake 30 mins. 10/10"*

Chewy Brownies



2002/06/20 - Simple; excellent.
Bake for 25 minutes in glass
pie plate 10/10

Ingredients

*½ cup butter, softened
1 cup brown sugar
1 egg, beaten
½ cup cocoa powder
1 cup walnuts
1 tsp vanilla
½ cup flour
Pinch of salt*

Prep time 15 min

Cook time 20 min

Recipe recreated by B. Orning

Directions

1. Preheat oven to 350°F. Grease a cake pan.
2. Mix together the butter and brown sugar. Add in the egg and cocoa. Fold in the walnuts. Add the vanilla, flour, and salt. Do not overmix.
3. Pour batter into the greased pan and bake for 20 minutes. Brownies will soft and fudgy. Do not overbake.

*David says, "Simple; excellent. Bake for 25 minutes in glass pie plate.
10/10"*

Don's Fudge



Ingredients

*3 cups white sugar
¾ cup butter or
margarine, melted
1 can (5oz) evaporated
milk
12oz semi-sweet
chocolate chips
1 jar of marshmallow
cream OR 2/3 bag
mini marshmallows
1 tsp vanilla extract*

Prep time 5-10 min
Cook time 10-15 min

Directions

1. Butter a cake pan and set aside.
2. In a large pot, mix sugar, butter or margarine, and evaporated milk. Bring to a boil over medium heat.
3. Once boiling, reduce to a rolling boil for 6 minutes. Remove from heat, add in chocolate chips and stir until melted.
4. Add vanilla extract and marshmallows or marshmallow cream and stir until melted.
5. Pour the fudge into a cake pan and let cool.
6. Remember to lick the mixing spoons.

Recipe recreated by C. Murphy

Cakes, Puddings, and Dumplings



Applesauce Cake, page 21

Apple Dumplings with Brown Sugar Sauce



1984/02/28 Not very interesting - try
baking without Brown sugar Sauce next time.
89/09/24 - good if cooked without sauce.

Ingredients

Apple Dumplings:

2 cups flour
4 tsp baking powder
1 tsp salt
4 Tbsp shortening
1 cup milk
4-5 apples, peeled,
cored, and cut in half

Sugar and cinnamon

Brown Sugar Sauce:

2 cups water
2 cups brown sugar
3 Tbsp butter

Prep time 15 min
Cook time 25-30 min

*Recipe recreated by
C. Wise (and Waffles)*

Directions

1. Preheat oven to 350°F. Grease a baking sheet.
2. Sift together the dry ingredients. Cut in the shortening, then add milk and mix until it forms a smooth dough.
3. Cut apples in half, remove core, and fill core hole with cinnamon and sugar.
4. Turn dough onto a floured surface and divide into 8-10 portions. Roll out each portion until it is large enough to cover one half-apple. Place apple on one piece of dough, wet edges of dough and pinch together over apple. Repeat with other dough portions and apples.
5. Bake until apples are tender, 25-30 minutes.
6. To make sauce, combine water, brown sugar, and butter in a saucepan and cook until melted, about 5 minutes.

*David says, "Not very interesting - try baking without brown sugar sauce next time."
and "Good if cooked without sauce."*

Apple Sponge Pudding



1984/10/29 Good - but
much too sweet.

Ingredients

6 medium sized apples,
peeled and sliced
2 eggs, separated
1 cup white sugar
1 cup flour
½ tsp salt
1 tsp baking powder
1 cup water
1 tsp vanilla extract
2 cups brown sugar
¼ cup butter

Prep time 10 min
Cook time 45 min

*Recipe recreated by
C. Herron*

Directions

1. Preheat oven to 350°F. Grease a baking dish.
2. Beat the egg yolks, then add the white sugar and beat until light.
3. Sift together the flour, salt and baking powder, then add to egg mixture alternating with water and vanilla.
4. Beat the egg whites until stiff, then fold these in to the other mixture.
5. Melt the brown sugar and butter in the bottom of the greased baking dish, then lay apples evenly across bottom. Pour the batter across the apples.
6. Bake for 45 minutes. Cool for 10 minutes on the baking sheet, then remove to a cooling rack. Serve warm with ice cream.

David says, "Good, but much too sweet."

Applesauce Cake



2017/08/11 (Kathy am for OSU Fwd)
Followed directions exactly
1 - gluten free, 1 - regular flour

Ingredients

2 cups all purpose flour,
sifted

1½ cups sugar

1½ tsp baking soda

½ tsp EACH cinnamon,
allspice, cloves, and
nutmeg

2 Tbsp cocoa

½ cup shortening

2 eggs

2 cups applesauce

1 cup chocolate chips

½ cup chopped nuts

Directions

1. Preheat oven to 350°F. Grease a 9"x13" pan or a muffin tin.
2. In a large mixing bowl blend flour, sugar, baking soda, spices and cocoa.
3. Add the shortening and eggs and beat well. Add applesauce and mix.
4. Pour batter into pan, then sprinkle with chocolate chips and nuts.
5. Bake for 40 minutes (9"x13") or 20 minutes (muffin tin), or until toothpick inserted in the centre comes out clean.

Prep time 10 min

Cook time 20-40 min

Recipe recreated by M. Scanlan

David says, "Followed directions exactly. 1 -gluten free, 1 - regular flour."

Cape Breton Blueberry Grunt



2019/02/15
F&W Grunt
1/2 fresh
1/2 frozen blueberries
strained overnight

Simple - baked @ 350°F
Took long time to brown
on surface
~ 45 minutes
people loved it.
9/10

Ingredients

6 cups fresh
blueberries
1 cup white sugar

2 Tbsp shortening
1/2 cup white sugar
1 egg

1 cup milk
1 1/2 cups all-purpose
flour
2 tsp baking powder
1 pinch salt

Prep time 20 min
Cook time 30+ min

Directions

1. Preheat oven to 350°F.
2. Arrange blueberries in bottom of a casserole dish; sprinkle 1 cup of sugar over berries.
3. Cream together shortening, 1/2 cup sugar, and egg.
4. In a separate bowl combine flour, baking powder, and salt.
5. Add milk to creamed mixture, then add dry ingredients. Mix until evenly combined.
6. Drop batter by spoonfuls on top of blueberries.
7. Bake for 30 minutes, or until top is golden brown.

Recipe recreated by M. Scanlan

*David says, "1/2 fresh and 1/2 frozen berries. Strained overnight.
Simple - took long time to brown on top ~45 minutes. People loved it. 9/10"*

Johnny Cake



Ingredients

*1 cup all purpose flour
1 cup cornmeal
1 cup sugar
1 tsp baking soda
2 Tbsp butter
1 egg
1 cup sour cream
Cinnamon, for
sprinkling*

Prep time 15 min
Cook time 35 min

Directions

1. Preheat oven to 350°F. Grease a 9"x9" pan.
2. In a large mixing bowl blend flour, cornmeal, sugar, baking soda, and butter
3. In a separate bowl, beat the egg into the sour cream, then add to flour mixture.
4. Spoon batter into pan, then sprinkle with cinnamon.
5. Bake for 35 minutes, or until toothpick inserted in the centre comes out clean.

Recipe recreated by C. Epps

Cookies



Oatmeal Drop Cookies, page 28

Chocolate Macaroons



1986/04/12 - Simple. Very good. Make small cookies. 9/10
Burns on bottom rack in oven.

Ingredients

2 egg whites
1 cup sugar
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp vanilla extract
1 $\frac{1}{2}$ cups shredded coconut
1 $\frac{1}{2}$ cups unsweetened chocolate, melted

Prep time 15 min
Cook time 20 min

Directions

1. Preheat oven to 275°F. Grease and flour a baking sheet.
2. Beat the egg whites until stiff, then fold in the sugar, salt, and vanilla extract. Beat until the mixture forms peaks.
3. Stir in the coconut and melted chocolate.
4. Drop teaspoonfuls on greased pan, and bake for about 20 minutes.

Recipe recreated by C. Linkem

David says, "Simple. Very good. Make small cookies. 9/10. Burns on bottom rack in oven."

David's Dad's Shortbread



John, David, and Don Noakes

Hello. David

Shortbread requires 1 Pound of butter, at room temperature, 4 cups of all purpose flour, 1 cup of rice flour, 1 cup of fruit sugar. Mix all dry ingredients together, sifting at least 4 times. Knead the dough until it is soft and pliable. Cut dough into 4 pcs. and press lightly into ungreased pans (Pie plates). Poke dough with a fork in many places. Bake at 325 degrees for 35 minutes or until it is a golden brown. Glass plates at 325 deg.

Cool for 10 minutes and cut into squares
Hope this is what you need DAD

Ingredients

1 pound butter, room temp
4 cups all purpose flour
1 cup rice flour
1 cup fruit sugar

Prep time 30 min

Cook time 35 min

*Recipe recreated by
M. Scanlan*

Directions

1. Preheat oven to 325°F for glass, or 350°F for metal pans.
2. Mix together the flours and sugar and sift at least four times.
3. Knead the dough until it is soft and pliable. Cut it into 4 portions and press each portion lightly into an ungreased pan. Poke lots of holes in the dough with a fork.
4. Bake for 35-40 minutes or until golden brown. Edges will brown faster than the centre.
5. Let cool for 10 minutes; cut into squares while still warm.

Baker's Note: It took approx. 20 mins to bake in metal pans in my oven. Highly recommend keeping an eye on these or try baking in glass dish.

“Hard as Rocks” Oatmeal Cookies



F&W Friday
2018/05/23
Hard to mix in blender
- Corn syrup rather than maple
syrup

DISASTER
Like Rocks!
0/10

Ingredients

1 cup rolled oats
1 cup corn flake cereal
¼ cup oat flour
½ tsp baking powder
1 tsp cinnamon
½ cup maple syrup
¼ cup raisins

Prep time 10 min
Cook time 15 min

*Recipe recreated by
R. Crowhurst*

Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Combine everything except for the raisins in a blender. Process until well combined.
3. Stir in the raisins.
4. Drop tablespoonfuls of batter onto the parchment paper.
5. Bake for 15 minutes. Cool for 10 minutes on the baking sheet, then remove to a cooling rack.
6. Store refrigerated for up to 5 days in a tightly sealed container.

*David says, “Hard to mix in blender, corn syrup instead of maple syrup.
DISASTER! Like rocks! 0/10”*

*Baker’s Note: Quite possibly the worst thing I’ve ever baked.
I still ate 5, but I wouldn’t recommend.*

Oatmeal Drop Cookies



2005/02/03 'chewy' - simple, good. 9/10

Ingredients

*½ cup lard
1 cup brown sugar
¼ cup sour milk, OR
buttermilk, OR water
½ tsp salt
2 cups rolled oats
1 cup raisins
1 cup all purpose flour
1 tsp baking soda*

Prep time 15 min
Cook time 10-12 min

Directions

1. Preheat oven to 350°F. Grease a baking sheet.
2. Blend together lard and brown sugar, then add milk or water and salt.
3. Mix in the oats and raisins.
4. Sift together the flour and baking soda, then add to wet ingredients.
5. Drop teaspoonfuls on greased pan, and cook 10-12 minutes or until golden brown.

Recipe recreated by D. Battaglia

David says, "Chewy – simple, good. 9/10"

Smakokur (Spice Cookies) and Pumpkin Dip



1 1/2 cups butter or margarine
 2 cups sugar
 2 eggs
 1/2 cup molasses
 4 cups all purpose flour
 4 teaspoons baking soda
 2 teaspoons ground cinnamon
 1 teaspoon ground ginger
 1 teaspoon ground cloves
 1 teaspoon salt

1 pkg (8 oz) cream cheese
 2 cups pumpkin pie filling
 2 cups powdered sugar
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground ginger

Cream - butter/sugar
 Add - eggs - BEAT WELL
 Flour, soda, cinnamon, cloves, salt - ADD to BEATEN - MIX
 Chill overnight

1/2" balls - roll in sugar
 BAKE - 375°F - 6 minutes - Cool - 2 minutes
 DIP - BEAT cream cheese, add pumpkin pie filling, sugar, cinnamon, ginger
 SERVE

Ingredients

Cookies:

1 1/2 cups butter or margarine
 2 cups sugar
 2 eggs, beaten
 1/2 cup molasses
 4 cups flour
 4 tsp baking soda
 2 tsp cinnamon
 1 tsp ginger
 1 tsp cloves
 1 tsp salt

Dip:

1 pkg (8 oz) cream cheese
 2 cups pumpkin pie filling
 2 cups icing sugar
 1/2 to 1 tsp cinnamon
 1/4 to 1/2 tsp ground ginger

Prep time 15 min
Chilling time Overnight
Cook time 6 min

Directions

1. In a large mixing bowl, cream together butter and sugar until light and fluffy. Mix in the egg and molasses and beat well.
2. Combine the dry ingredients, then add to the butter mixture.
3. Refrigerate dough overnight.
4. Preheat oven to 375°F.
5. Form dough into 1/2" balls, then roll in sugar. Bake for 6 minutes and cool on pan for 2 minutes. Do not overbake, as they will burn easily.
6. To make dip, beat cream cheese until smooth. Add pumpkin pie filling, sugar, ginger, and cinnamon and mix well. Store leftover dip in the refrigerator.

Snickerdoodles



2007/09/27
Simple - chilled overnight
Excellent 10/10

Ingredients

Dough:

*½ cup EACH butter
and shortening (or
margarine), at room
temperature
1 ½ cups sugar
2 eggs
1 ½ tsp cream of tartar
1 tsp baking soda
¼ tsp salt
2¾ cups all-purpose
flour*

Topping:

*3 Tbsp sugar
1 Tbsp cinnamon*

Prep time 15 min
Chilling time Overnight
Cook time 10 min

Directions

1. Beat butter, shortening or margarine, sugar, and eggs together until creamy.
2. Add cream of tartar, baking soda, and salt, then mix. Add flour and mix well.
3. Chill a minimum of 2 hours (overnight is preferred).
4. Preheat oven to 375°F. Combine topping ingredients in a small bowl.
5. Shape chilled dough into 1½" diameter balls, then coat entire surface with topping mixture.
6. Place balls 2" apart on an ungreased cookie sheet. Bake for 10 minutes or until golden brown. Cool for 1 minute on tray before removing to cooling racks.

*Recipe recreated by B., R., and F. Sidlauskas
David says, "Simple. Chilled overnight. Excellent 10/10"*

Muffins



Mushroom Muffins, page 50

Apple Cheddar Muffins



Ingredients

¼ cup margarine or shortening
¾ cup white sugar
½ tsp vanilla extract
1 egg, beaten
1 cup all purpose flour
½ tsp baking soda
1 tsp baking powder
¼ tsp salt
½ tsp cinnamon
¼ tsp nutmeg
1½ cups chopped apples
1 Tbsp cream
1 cup old cheddar cheese, grated (optional)

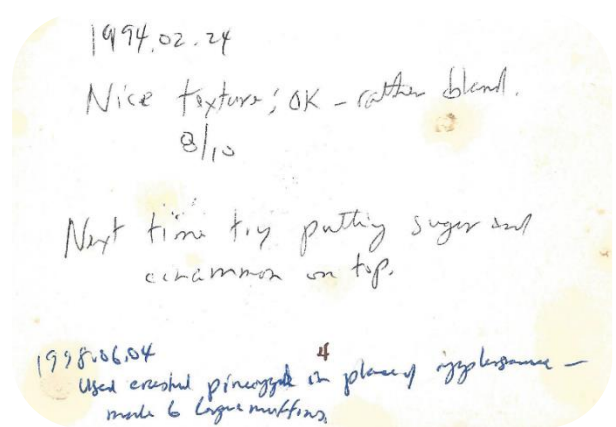
Prep time 15 min
Cook time 20-25 min

Directions

1. Preheat oven to 350°F. Grease a muffin pan.
2. In a large mixing bowl, cream together shortening or margarine and sugar. Add vanilla and egg and blend.
3. In a separate mixing bowl, blend together flour, baking soda, baking powder, cinnamon, nutmeg, and salt.
1. Add the flour mixture to the wet ingredients. Stir until just moistened. Gently add apples and cream, and cheese (if using).
2. Spoon batter into muffin pan. Batter will be very thick.
3. Bake for 20-25 minutes, or until toothpick inserted in the centre comes out clean.

Recipe recreated by R. Crowhurst

Applesauce Oatmeal Muffins



Ingredients

3/4 cups rolled oats
1 cup all purpose flour
3 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 cup brown sugar
1 egg
1/4 cup oil
1/3 cup milk
2/3 cup applesauce

Prep time 15 min
Cook time 20 min

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large mixing bowl, blend together dry ingredients.
3. In a separate bowl, beat egg, then add oil and milk. Stir in applesauce.
4. Add wet mixture to the dry mixture and stir until just moistened.
5. Spoon batter into muffin pan.
6. Bake for 20 minutes, or until toothpick inserted in the centre comes out clean.

Recipe recreated by M. Kamran

*David says, "Nice texture; Okay - rather bland. 8/10
Next time try putting sugar and cinnamon on top." and
"Used crushed pineapple in place of applesauce - made 6 large muffins."*

Applesauce Raisin Muffins



1997/05/03
Made 2 dozen muffins.
Excellent taste and texture. 10/10
2007/05/10
Used crushed pineapple in place of applesauce



Ingredients

4 eggs
2 cups white sugar
1½ cups oil
1¾ cups applesauce
3 cups all purpose flour
2 tsp baking powder
2 tsp baking soda
1 tsp salt
1 Tbsp cinnamon
2 cups raisins
Brown sugar

Prep time 15 min
Cook time 15-20 min

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large mixing bowl, beat eggs slightly. Add sugar, oil, and applesauce, and beat thoroughly.
3. In a separate bowl, blend together flour, baking powder, baking soda, salt, and cinnamon.
4. Add dry ingredients to the wet mixture and blend until smooth. Fold in the raisins.
5. Spoon batter into muffin pan until cups are 2/3 full. Sprinkle brown sugar on the top of the batter.
6. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean.

Recipe recreated by K. and J. Krajcik

David says, "Makes 2 dozen muffins. Excellent taste and texture. 10/10." and "Used crushed pineapple in place of applesauce."

Apricot Oatmeal Muffins



Ingredients

*1 ¼ cups rolled oats
(regular or instant)
1 cups all purpose
flour
1/3 cup white sugar
1 Tbsp baking powder
½ tsp salt
2/3 cup milk
1 (4.5oz) jar apricot
puree (baby food)
1 egg
¼ cup oil
1 tsp vanilla
½ cup chopped dried
apricots
1/3 cup raisins*

Directions

1. Preheat oven to 350°F. Grease a muffin pan.
2. In a large mixing bowl, blend together oats, flour, sugar, baking powder and salt.
3. In a separate bowl, mix together milk, apricot puree, egg, oil and vanilla.
4. Add wet mixture to the flour mixture and stir until just combined. Fold in apricots and raisins.
5. Spoon batter into muffin pan until cups are about 2/3 full.
6. Bake for 20 minutes, or until toothpick inserted in the centre comes out clean.

Prep time 15 min

Cook time 20 min

Recipe recreated by R. Crowhurst

Bacon Corn Muffins



Ingredients

½ pound bacon
1 cup all purpose flour
1 cup cornmeal
2 Tbsp white sugar
1 Tbsp baking powder
½ tsp salt
1 (10oz) can creamed corn
1 egg, beaten
½ cup milk

Prep time 15 min
Cook time 15-20 min

Recipe recreated by
O. Hakanson

Directions

1. Cook bacon until browned and crisp. Drain on paper towel and crumble. Set aside. Reserve ¼ cup of bacon fat.
2. Preheat oven to 375°F. Grease a muffin pan.
3. In a large bowl, combine flour, cornmeal, sugar, baking powder and salt.
4. In a small bowl, beat together corn, milk, egg, and bacon drippings.
5. Stir wet ingredients into flour mixture.
6. Fold in the bacon pieces.
7. Pour batter into muffin cups.
8. Bake for 15-20 minutes. Serve warm!

Best Ever Banana Muffins



1983/04/01
simple to make
good to eat

Ingredients

*1½ cups all purpose
flour
1 tsp baking powder
1 tsp baking soda
½ tsp salt
3 large ripe bananas
¾ cup white sugar
1 egg
1/3 cup melted butter*

Prep time 15 min
Cook time 20 min

*Recipe recreated by
V. Quennessen*

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large mixing bowl, blend together flour, baking powder, baking soda, and salt.
3. Mash bananas. Add sugar and slightly beaten egg.
4. Melt butter. Remove from heat, cool, then add to banana mixture.
5. Add dry mixture to the wet ingredients and stir until moistened.
6. Bake for 20 minutes, or until toothpick inserted in the centre comes out clean.

David says, "Simple to make, good to eat."

Blueberry Oatmeal Muffins



Ingredients

*1 cup all purpose flour
3/4 cup rolled oats
1/2 cup brown sugar,
lightly packed
2 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1 egg
1 cup milk
1/4 cup melted butter or
margarine
3/4 cup fresh or frozen
blueberries*

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a small bowl, combine dry ingredients.
3. In a large bowl, beat together egg, milk, and butter or margarine.
4. Stir dry ingredients into liquid mixture.
5. Fold in the blueberries.
6. Bake for 20 minutes, or until lightly browned.

Prep time 15 min
Cook time 20 min

Recipe recreated by R. Crowhurst

David says, " Good. Makes 12 muffins."

Cheddar Cornmeal Muffins



Ingredients

*1 cup all purpose flour
½ cup cornmeal
1 heaping tsp. baking powder
½ tsp salt
pinch cayenne pepper
1 cup milk
1 egg
¼ cup melted butter or margarine
1½ cups grated sharp cheddar cheese, divided*

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large bowl, combine flour, cornmeal, baking powder, salt and cayenne pepper.
3. In a small bowl, beat together egg, milk, and butter or margarine.
4. Stir wet ingredients into flour mixture until moistened.
5. Fold in 1 cup of the cheese. Spoon batter into muffin cups and sprinkle with remaining cheese.
6. Bake for 15-20 minutes. Serve warm!

Prep time 15 min
Cook time 15- 20 min

Recipe recreated by C. Herron

Chocolate Chip Muffins



Jeff's favourite!
Makes 12 muffins

Ingredients

1½ cups all purpose flour
½ cup white sugar
3 tsp baking powder
¼ tsp salt
1 cup milk
1/3 cup melted butter
1 egg
1 cup chocolate chips,
plus about ¼ cup
reserved

Prep time 15 min
Cook time 20 min

Recipe recreated by
R. Crowhurst

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large mixing bowl, blend together flour, sugar, baking powder, and salt. Fold in chocolate chips.
3. In a separate bowl, mix together milk, butter, and egg.
4. Add wet mixture to the flour mixture and stir until just combined.
5. Spoon batter into muffin pan.
6. Bake for 20 minutes, or until toothpick inserted in the centre comes out clean.
7. Allow muffins to slightly cool, then melt reserved chocolate chips and drizzle over the top.

Pat says, "Jeff's favourite!"

David says, "Makes 12 muffins."

Christmas Morning Cranberry Muffins



1991, 01, 21 - used dried cranberries soaked in orange juice for 30 minutes; no walnuts

Ingredients

1 cup cranberries
½ cup white sugar,
divided
1½ cups all purpose flour
2 tsp baking powder
½ tsp cinnamon
¼ tsp ground allspice
1 tsp salt
1 egg, beaten
¼ tsp grated orange peel
¾ cup orange juice
1/3 cup melted butter or
margarine
¼ cup chopped walnuts

Prep time 15 min
Cook time 15-20 min

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. Coarsely chop cranberries. Sprinkle with ¼ cup white sugar, set aside.
3. In a large mixing bowl, blend together flour, ¼ cup sugar, baking powder, cinnamon, allspice, and salt.
4. Melt butter and cool to room temperature. Add in egg, orange peel, and orange juice.
5. Add the wet mixture to the flour mixture. Stir until moistened
6. Fold in the cranberries and walnuts.
7. Spoon batter into muffin pan.
8. Bake for 15-20 minutes, or until golden.

Recipe recreated by M. Scanlan

David says, "Used dried cranberries soaked in orange juice for 30 minutes; no walnuts."

Cornmeal Muffins



2002/11/06 - added dried cherries (soaked in hot water for 15 minutes) Excellent. 10/10

Ingredients

1 cup all purpose flour
1 Tbsp baking powder
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ tsp salt
1 cup cornmeal
 $\frac{1}{2}$ cup butter or margarine
1 egg
 $\frac{3}{4}$ cup milk

Prep time 15 min
Cook time 15-20 min

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large mixing bowl, blend together flour, baking powder, sugar and salt. Stir in cornmeal.
3. Melt butter and then cool slightly. Add in milk and egg and combine well.
4. Add the butter mixture to the flour mixture. Stir until just moistened.
5. Spoon batter into muffin pan.
6. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean. Serve hot!

Recipe recreated by R. Crowhurst (with blue cornmeal).

David says, "added dried cherries (soaked in hot water for 15 minutes). Excellent. 10/10"

Date Muffins



1995/03/09
A little bit fussy to measure and mix.
Good 8/10

Ingredients

1 cup chopped dates
1 tsp baking soda
¼ cup margarine or shortening
1 cup boiling water
1 egg, beaten
1 cup brown sugar
1 cup all purpose flour
1 cup bran
1 tsp baking powder

Prep time 15 min

Cook time 15-20 min

Recipe recreated by
N. Scanlan

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large mixing bowl, combine dates, baking soda, and margarine or shortening. Pour boiling water over top, then let cool.
3. In a separate bowl, add brown sugar to egg. Add to cooled date mixture.
4. In a separate bowl, blend together flour, bran, and baking powder. Add to wet ingredients, and stir to moisten.
5. Spoon batter into muffin pan.
6. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean.

David says, "A little bit fussy to measure and mix. Good. 8/10"

Gingersnap Raisin Muffins



Ingredients

*1 cup raisins
½ cup hot water
¼ cup margarine
¼ cup white sugar
1 egg
½ cup molasses
1 cup all purpose flour
1 tsp baking soda
½ tsp cinnamon
½ tsp ginger
¼ tsp cloves
¼ tsp salt*

Prep time 15 min
Cook time 20 min

*Recipe recreated by
G. Bury*

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. Plump raisins in hot water, then squeeze dry. Set aside.
3. In a large mixing bowl, cream together margarine and sugar. Add egg and molasses and beat.
4. In a separate mixing bowl, blend together flour, baking soda, cinnamon, ginger, cloves, and salt.
5. Stir dry mixture into wet ingredients. Gradually add the hot water and stir until smooth. Fold in the raisins.
6. Spoon batter into muffin pan.
7. Bake for 20 minutes, or until toothpick inserted in the centre comes out clean.

Honey Bran Muffins



1998.06.04
Used table syrup in place of honey
Made 10 muffins

Ingredients

1 cup natural bran
1 cup buttermilk
1/3 cup butter or
margarine
½ cup brown sugar
2 Tbsp honey
1 egg
1 cup all purpose flour
2 tsp baking powder
½ tsp baking soda
1 tsp salt

Prep time 15 min
Cook time 15-20 min

Recipe recreated by
J. and J. Krajcik

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. Soak bran in buttermilk.
3. In a large mixing bowl, cream together butter and brown sugar. Beat in the honey and the egg. Add the bran and buttermilk mixture.
4. In a separate mixing bowl, blend together flour, baking powder, baking soda, and salt.
5. Add the flour mixture to the wet ingredients. Stir until just moistened.
6. Spoon batter into muffin pan.
7. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean.

David says, "Used table syrup in place of honey. Makes 10 muffins."

Honey Carrot Date Muffins



1993.11.04
Moist, rather heavy. Tasty 8/10

Ingredients

*¼ cup butter or margarine
½ cup honey
½ cup milk
2 eggs
1½ cups all purpose flour
1 heaping tsp baking powder
1 tsp salt
1 cup grated carrots
1 cup pitted, chopped dates*

Prep time 15 min
Cook time 15-20 min

*Recipe recreated by
C. Aiello*

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. Melt butter and honey and then cool to room temperature. Add in milk and eggs and beat well to mix.
3. In a large mixing bowl, blend together flour, baking soda, and salt.
4. Add the honey mixture to the flour mixture. Stir until just combined.
5. Fold in the dates and carrots.
6. Spoon batter into muffin pan.
7. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean.

David says, "Moist, rather heavy, tasty. 8/10"

Jam-Filled Muffins



1999.07.08
Grape jelly; whole wheat flour. Makes 8 muffins.
59
OK - jelly not great - overflow & burn easily 8/10

Ingredients

1½ cups all purpose flour
¼ cup white sugar
2 tsp baking powder
½ tsp baking soda
½ tsp salt
¼ cup butter or margarine
1 cup plain yogurt
¼ cup milk
1 egg
½ tsp vanilla
Jam or jelly

Prep time 15 min

Cook time 15-20 min

*Recipe recreated by
R. Crowhurst*

Directions

1. Preheat oven to 375° F. Grease a muffin pan well.
2. In a large mixing bowl, blend together dry ingredients.
3. Melt butter or margarine. Remove from heat, cool, and blend in yogurt and milk. Beat in egg and vanilla.
4. Add wet mixture to the dry mixture and stir until well moistened.
5. Spoon half of the batter into muffin pan. Place about 1 tsp jam or jelly of your choice in each muffin. Top with remaining batter.
6. Bake for 20 minutes, or until toothpick inserted in the centre comes out clean.
7. Dust with confectioner's sugar before serving, if desired.

*David says, "Grape jelly; whole wheat flour, makes 8 muffins.
Okay – jelly not great, overflow and burn easily. 8/10"*

Mincemeat Rum Muffins



Ingredients

1½ cups all purpose flour
¼ cup white sugar
2 tsp baking powder
½ tsp salt
½ cup butter or margarine, melted
½ cup apple juice
2 eggs
1 cup canned mincemeat
Sugar cubes (optional)
Rum (optional)

Prep time 15 min
Cook time 15-20 min

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large bowl, combine dry ingredients and blend well.
3. Melt butter or margarine, cool slightly and stir in apple juice and eggs. Beat well.
4. Stir wet ingredients into dry mixture.
5. Add mincemeat and stir until moistened. Spoon into muffin pan.
6. Soak 1 sugar cube in rum and place on top of each muffin, if using.
7. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean.

Recipe recreated by P. Crowhurst

Morning Glory Muffins



Ingredients

*2 cups all purpose flour
1¼ cups white sugar
2 tsp baking soda
2 tsp cinnamon
½ tsp salt
2 cups grated carrots
½ cup raisins
½ cup nuts
½ cup coconut
1 apple – peeled, cored,
and grated
3 eggs, beaten
1 cup vegetable oil
2 tsp vanilla extract*

Prep time 15 min
Cook time 20 min

Directions

1. Preheat oven to 350°F.
2. In a large mixing bowl blend flour, sugar, baking soda, cinnamon and salt.
3. Add in carrots, raisins, nuts, coconut and apple.
4. In a separate bowl, beat together eggs, vegetable oil, and vanilla extract. Add this to the flour mixture and stir until just combined. Do not overmix.
5. Spoon batter into greased muffin pan, filling cups to the top.
6. Bake for 20 minutes, or until toothpick inserted in the centre comes out clean.

Recipe recreated by P. Minton-Edison

Mushroom Muffins



Ingredients

*1½ cups all purpose flour
3 tsp baking powder
¼ tsp salt
1 egg
1/3 cup melted shortening or oil
¼ cup milk
1 can (10oz) condensed cream of mushroom soup, undiluted
2 tbsp. cut-up parsley or chives (optional)*

Prep time 15 min
Cook time 20 min

Directions

1. Preheat oven to 375°F.
2. Beat the egg, then blend in shortening or oil, milk and soup.
3. In a separate bowl, stir together flour, baking powder and salt.
4. Add wet ingredients to the flour mixture and stir until just moistened. Stir in chives or parsley. Do not overmix.
5. Spoon batter into greased muffin pan, filling cups to the top.
6. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean. Serve warm!

Recipe recreated by P. Minton-Edison (left) and K. Self (right)

Oatmeal Carrot Muffins



Ingredients

*1 cup buttermilk
1 cup quick-cooking oats
(not instant)
1 egg, beaten
½ cup brown sugar
1/3 cup melted butter or
margarine
1 cup finely shredded
carrots
1 tsp vanilla
grated rind of 1 orange
1 cup whole wheat or all
purpose flour
2 tsp baking powder
1 tsp baking soda
1 tsp salt*

Prep time 15 min
Cook time 15-20 min

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large mixing bowl, pour buttermilk over oats. Add egg, sugar, butter or margarine, carrots, vanilla, and orange rind, and mix thoroughly.
3. In a separate mixing bowl, blend together flour, baking powder, baking soda, and salt.
4. Add the dry mixture to the wet ingredients, stirring until just moistened. If desired, add raisins or dates.
5. Spoon batter into muffin pan.
6. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean.

Recipe recreated by R. Crowhurst

Oatmeal Orange Muffins



1996, 06/18
Used Crisco in place of shortening, orange
extract instead of vanilla extract
Very moist, lovely flavour.
9/10

Ingredients

1 cup oats
½ cup orange juice
½ cup boiling water
½ cup margarine
½ cup white sugar
½ cup brown sugar
2 eggs, beaten
1 cup raisins
1 tsp vanilla
1 cup all purpose flour
1 tsp baking soda
1 tsp baking powder
1 tsp salt

Prep time 15 min
Cook time 20 min

*Recipe recreated
by M. McLeod*

Directions

1. Preheat oven to 350°F.
2. Soak oats in orange juice and boiling water for 15 minutes.
3. In a large mixing bowl cream together margarine and sugar. Beat in eggs, then add oat mixture and vanilla. Stir in raisins.
4. In a separate bowl, blend flour, baking powder, baking soda, and salt.
5. Add dry mixture to wet ingredients, stirring until well moistened.
6. Spoon batter into greased muffin pan, filling cups to the top.
7. Bake for 20 minutes, or until toothpick inserted in the centre comes out clean.

David says, "Used Crisco instead of shortening, orange extract instead of vanilla extract. Very moist, lovely flavour. 9/10"

Orange Tea Muffins



Ingredients

1 ½ cups all purpose flour
½ cup white sugar
2 tsp baking powder
½ tsp salt
½ cup butter or
margarine, melted
½ cup orange juice (plus a
bit if using sugar cubes)
2 eggs
grated rind of 1 orange
Sugar cubes (optional)

Prep time 15 min
Cook time 15-20 min

Recipe recreated by
M. Scanlan

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large mixing bowl, blend together flour, sugar, baking powder and salt.
3. Melt butter or margarine. Remove from heat, cool slightly, and then add in eggs, orange juice, and orange rind. Beat well.
4. Stir liquid mixture into dry ingredients and blend until just moistened.
5. Spoon batter into muffin pan. Soak 1 sugar cube in remaining orange juice and place on top of batter.
6. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean.

Raisin Muffins



Ingredients

1¼ cup raisins
2 cups hot water
½ cup margarine or shortening
¾ cup brown sugar
1 egg
1¼ cups all purpose flour
1 tsp baking soda
1 tsp nutmeg
½ tsp salt

Prep time 30 min
Cook time 15-20 min

Recipe recreated by
N. Scanlan

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. Plump raisins for 20 minutes in hot water. Drain raisins, saving ½ cup liquid. Set aside.
3. In a large mixing bowl, cream together margarine or shortening and sugar. Add egg and beat until fluffy. Add ½ cup liquid from raisins.
4. In a separate mixing bowl, blend together flour, baking soda, nutmeg, and salt.
5. Stir dry mixture into wet ingredients. Fold in the raisins.
6. Spoon batter into muffin pan.
7. Bake for 15-20 minutes, or until toothpick inserted in the centre comes out clean.

Sour Cream Pineapple Muffins



Ingredients

¼ cup butter or margarine, softened
¼ cup white sugar
1 egg
1 cup sour cream
1½ cups all purpose flour
1 tsp baking powder
½ tsp baking soda
½ tsp salt
1 cup crushed pineapple, well drained

Prep time 15 min
Cook time 15-20 min

*Recipe recreated by
K. Cogliati*

Directions

1. Preheat oven to 375°F. Grease a muffin pan.
2. In a large bowl, cream together sugar and butter or margarine. Add in egg and sour cream and beat.
3. In a separate bowl, combine flour, baking powder, baking soda, and salt.
4. Stir wet ingredients into flour mixture and stir until moistened.
5. Stir in pineapple.
6. Pour batter into muffin cups.
7. Bake for 15-20 minutes. Serve warm!

Pancakes and Crepes



Buttermilk Pancakes, page 58

Bjarni's Grandmother's Pönnukökur



"Egg þeytt í skál - 1 teskeið sykur á hvert egg þeytt með. Fjöldi eggja fer eftir því hve mikið af pönnukökum þú ætlar að baka. - Síðan er mjólkinn sett út, ca. 1/2 lítri á móti 2 eggjum. Síðan er hveiti (1 bolli á móti hverju egg) þeytt út í smátt og smátt. -Vanilludropar og brætt smjör, ca. 50 gr. á móti 2 eggjum."

Ingredients

2 eggs
2 tsp white sugar
2 cups milk
2 cups flour
1 tsp vanilla extract
4 Tbsp butter

Prep time 10 min
Cook time 10 min

*Recipe recreated by
O. Hakanson*

Directions

1. Preheat a skillet over medium heat.
2. Whip together the eggs and sugar, then add milk and whip again.
3. Gradually add flour, whipping as you go. Add the vanilla extract and combine well.
4. Melt the butter in the skillet, then try to pour it back off, coating the whole pan.
5. Pour a small amount of the batter into the pan and quickly swirl the pan to coat the bottom. Keep the pancake very thin. If it sticks to the pan, add a bit more flour to the batter.
6. Use a knife or flat spatula to flip the pancake when it is golden brown underneath.
7. Serve rolled with whipped cream and blueberry or rhubarb jam.

Buttermilk Pancakes



1994.18 10/10
Excellent! Light, fluffy, good taste.

Ingredients

2 cups flour
1 tsp baking soda
 $\frac{1}{2}$ tsp salt
1 Tbsp sugar
1 egg, beaten
2 cups buttermilk
 $1\frac{1}{2}$ Tbsp shortening,
melted

Prep time 10 min

Cook time 10 min

Recipe recreated by
R. Crowhurst

Directions

1. Preheat and grease a skillet or griddle.
2. Sift together flour, baking soda, salt, and sugar.
3. Beat the egg into the buttermilk, then add to dry ingredients.
4. Add the melted shortening.
5. Ladle a 4-5" round of batter onto skillet; flip when bottom is golden and bubbles appear on top. Brown on the other side.

David says, "Excellent! Light, fluffy, good taste. 10/10"

Dutch Baby



Ingredients

¼ cup butter
3 eggs, at room temp
¾ cup flour
¾ cup whole milk, at room temp

**See appendix for alternative ingredient amounts for different pan sizes*

Prep time 10 min
Cook time 20-25 min

*Recipe recreated by
R. Crowhurst*

Directions

1. Preheat oven to 425°F.
2. Place butter in a heavy 2-3 quart pan and put it in the oven to melt.
3. In a blender, mix eggs for 1 minute, then gradually add milk with blender still running. Slowly add flour and continue blending for 30 seconds.
4. Remove pan from oven and pour batter into hot melted butter in the pan.
5. Return pan to oven and bake until puffy and well browned, 20-25 minutes depending on pan.
6. Serve at once with toppings:
 - a) powdered sugar and squeeze of lemon
 - b) syrup – warm honey, maple syrup
 - c) fresh fruit
 - d) hot fruit, sautéed in butter
 - e) canned pie filling

Pies, Tarts, and Crisps



Best Vegan Apple Crisp, page 61

Best Vegan Apple Crisp



9/10
2018/12/13
F+W
"Friday"

2x recipe
on large dish

Everyone liked it
9/10

Ingredients

Filling:

6 medium apples, diced (6.5 cups' worth)

5 tsp lemon juice

¼ cup white sugar

¼ cup brown sugar

¾ tsp cinnamon

¼ tsp sea salt

2 Tbsp corn starch

Topping:

¾ cup brown sugar

½ cup whole wheat flour

¾ cup rolled oats

¼ tsp sea salt

2 Tbsp coconut oil, melted

1/3 cup vegan butter, melted

Directions

1. Preheat oven to 350°F.
2. Place filling ingredients in a large bowl and toss until well combined.
3. In a separate bowl, combine all ingredients for topping. The mixture should resemble wet sand.
4. Pour the apple mixture into a baking dish, then cover evenly with the topping.
5. Bake for 55-60 minutes, or until apple mixture is bubbling and top is light brown. Cool for 15-20 minutes before serving.

Prep time 15 min

Cook time 60 min

David says, "2x recipe, one large dish. Everyone liked it. 9/10"

Recipe recreated by C. Eriksson

Butter Tarts



2019/07/12 (OSU, F& Friday

Mitigated disaster

Used very small and very large tart tins

Took LONG time to bake raw shells with filling

Pastry good

Cook tart shells EMPTY, first, before filling

Keep shells thin

Use small or medium size tart tins

Filling OK - very runny

Ingredients

Pastry:

2¼ cups pastry flour
1 Tbsp brown sugar
½ tsp salt
½ cup shortening, cubed
and very cold
½ cup butter, cubed and
very cold
6 Tbsp ice water, approx

Filling:

½ cup brown sugar
½ cup maple syrup
¼ cup butter, melted
1 egg
1 tsp vanilla extract
¼ tsp salt
½ cup raisins

Prep time 15 min

Cook time 25 min

Recipe recreated by K. Self

Directions

1. Preheat oven to 425°F.
2. Sift together the flour, sugar and salt.
3. In a food processor, pulse together the shortening, butter and flour mixture until shortening is in pea-sized pieces. Remove from processor and sprinkle with ice water. Toss with a fork until water is just incorporated. Do not overwork.
4. Form two rounds, each 1" thick. Wrap in Saran Wrap and rest in fridge for 30 minutes.
5. Roll dough out on lightly floured surface, then cut twelve 4" circles. Fit into muffin pan and chill in freezer while preparing the filling.
6. Combine brown sugar, maple syrup, melted butter, egg, vanilla extract and salt. Sprinkle raisins in bottoms of tart shells, then fill 2/3 with syrup mixture.
7. Bake on bottom shelf of oven for 12-15 minutes. Cool completely on wire rack before removing from pan.

Butterscotch Pie Filling



Ingredients

*1 pie shell (or pie crust from scratch)
1 cup brown sugar
1 Tbsp flour
4-6 Tbsp butter
1 tsp vanilla
2 eggs yolks
1 cup milk
2 egg whites
1 tsp icing sugar*

Prep time 15 min
Cook time 10-15 min

*Recipe recreated by
C. Wise (and Wiffles)*

Directions

1. Preheat oven to 350°F. Prebake a prepared pie shell (or make your own pie crust from scratch).
2. In a saucepan, heat brown sugar, flour, butter and vanilla.
3. Mix egg yolks with milk, and then add to saucepan with butter mixture. Heat on medium until thickened.
4. Pour filling into pie shell.
5. Combine egg whites and icing sugar. Whip until stiff. Spread in a thin layer over the pie filling.
6. Bake until pie is set and meringue topping is lightly browned.

Mum's 5 Star Peach Pie



crust did not brown
fiddly
filling baked ok
Looked good
Smells good
Sweet custard taste, crust ok
peaches not ripe
8/10

Ingredients

Crust:

2 cups all purpose flour
2/3 cup sugar
1/2 tsp salt
3/4 cup butter

Filling:

2 eggs, beaten
1/2 tsp almond extract, OR 1
tsp vanilla extract, OR seeds
from 1 vanilla bean
1 cup sugar
1/4 cup all purpose flour
3/4 tsp baking powder
4-5 cups sliced peaches,
skins removed
3/4 cup chopped nuts

Directions

1. Preheat oven to 350°F.
2. Combine the flour, sugar, and salt, then cut in the butter or pulse in a food processor until coarse. Press into a 9"x13" pan and bake for 15 minutes or until light brown.
3. In a separate bowl, combine the eggs, almond or vanilla, and sugar. Add in the flour, baking powder, peaches, and nuts.
4. Pour the peach filling over the crust.
5. Bake for 30-45 minutes, or until peach mixture is bubbling and top is light brown.

Prep time 20 min
Cook time 30-45 min

Recipe recreated by K. Cogliati

David says, "Crust did not brown, fiddly. Filling baked ok. Looked good, smells good. Sweet custard taste, crust ok, peaches not ripe. 8/10"

Peach Pie



2007/11/18
Frozen peach slices, frozen pie crust, Baked 40 min
sloppy - Not bad. 7/10

Ingredients

Crust:

2 cups flour, sifted
1 tsp salt
2/3 cup shortening
1/4 cup cold water, or
less

Filling:

3 cups sliced peaches
1/2 cup sugar
3 Tbsp cornstarch
3 Tbsp butter

Prep time 15 min
Cook time 45-60 min

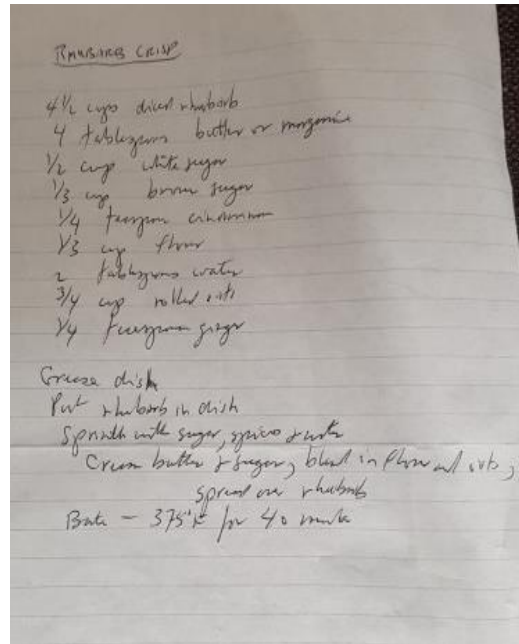
*Recipe recreated by
M. Scanlan*

Directions

1. Preheat oven to 425°F.
2. Sift together flour and salt. Cut in shortening with 2 knives or a pastry blender until coarse pea-sized lumps remain. Sprinkle with ice-cold water and mix lightly with a fork. Use only enough water to make a ball that can be easily cleaned from the bowl. Cut the dough in half, and roll each on a lightly floured board or counter. Use one to line a 9" pie pan.
3. In a separate bowl, mix sugar and cornstarch, then toss with peaches. Pour filling into pie shell, then dot with pats of butter or melt the butter and drizzle it over the peaches. Top with the other crust, seal and flute the edges, and cut several slits to release steam.
4. Bake for 15 minutes at 425°F, then reduce to 350°F and bake for another 30-45 minutes until filling is glazed and transparent.

*David says, "Frozen peach slices, frozen pie crust, baked 40 min.
Sloppy - Not bad. 7/10."*

Rhubarb Crisp



Ingredients

4 Tbsp butter or
margarine
1/2 cup white sugar
1/3 cup flour
3/4 cup rolled oats
4 1/2 cups diced rhubarb
1/3 cup brown sugar
1/4 tsp cinnamon
1/4 tsp ginger
2 Tbsp water

Prep time 10 min
Cook time 40 min

Directions

1. Preheat oven to 375°F. Grease a baking dish.
2. In a large mixing bowl, cream together butter and white sugar. Mix in flour and oats. Set aside.
3. Put rhubarb in baking dish. Sprinkle with brown sugar, cinnamon, ginger, and water.
4. Spread oat mixture over rhubarb mixture.
5. Bake for 40 minutes.

Recipe recreated by N. Scanlan

Strawberry Rhubarb Crumb Pie



2018/03/30

F&W Frig

-frozen rhubarb
-frozen strawberries
2x recipe - filled
3 pies

Fiddly - crust did not bake
well - 40 mins

Excellent taste & texture

9/10

Ingredients

1 unbaked pie shell (9")

Filling:

1 egg
1 cup white sugar
2 Tbsp flour
1 tsp vanilla extract
3 cups sliced rhubarb
1 pint strawberries

Topping:

$\frac{3}{4}$ cup flour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup old fashioned oats
 $\frac{1}{2}$ cup cold butter, cubed

Prep time 15 min

Cook time 45 min

Directions

1. Preheat oven to 400°F.
2. In a large mixing bowl, beat the egg. Then beat in the white sugar, flour, and vanilla until well blended. Fold in the rhubarb and strawberries. Pour mixture into the unbaked pie shell.
3. In a small bowl, combine the flour, brown sugar, and oats. Cut in the butter until crumbly and coarse.
4. Spread oat mixture over filling.
5. Bake for 10 minutes at 400°F, then reduce heat to 350°F and bake for another 35 minutes or until filling is bubbly and crust is golden brown. Cool completely on a wire rack.

Recipe recreated by A. Moffett

David says, "Frozen rhubarb, frozen strawberries. 2x recipe filled 3 pies. Fiddly. Crust did not bake well - 40 mins. Excellent taste and texture. 8/10."

Savoury and Miscellaneous Dishes



Gerolt Fleisch, page 69

Gerolt Fleisch (Meat Roll)



1984/03/26 . Very good! Easy, quick. Good for leftover cooked ground beef.

Ingredients

Dough:

2 cups flour
4 tsp baking powder
 $\frac{1}{2}$ tsp salt
5 Tbsp shortening
 $\frac{2}{3}$ cup milk

Filling:

$1\frac{1}{2}$ cups cooked meat,
chopped
2 Tbsp minced onion
Seasonings of your
choice
5 Tbsp gravy

Prep time 15 min

Cook time 15 min

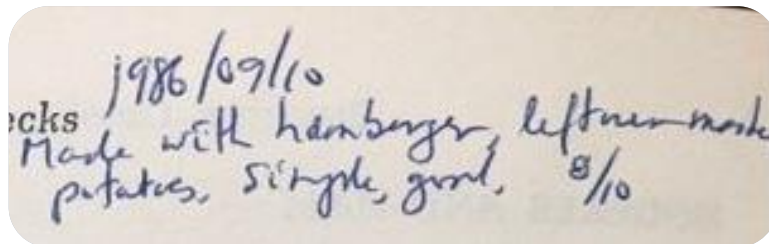
Directions

1. Preheat oven to 450°F, and butter a baking pan.
2. Mix together the dough ingredients in the order given, then roll to a $\frac{1}{4}$ " thick rectangle.
3. Mix the filling ingredients and then spread evenly across the dough. Roll dough into a spiral, then cut into 1" thick slices.
4. Place the pieces in the baking pan and dot the top with small pieces of butter.
5. Bake for 15 minutes, and serve with additional gravy.

Recipe recreated by M. Scanlan

David says, "Very good! Easy, quick. Good for leftover cooked ground beef."

Handy Cottage Pie



Ingredients

2 cups of diced or ground cooked meat (e.g., hamburger, stew meat ground turkey)
2 Tbsp butter
3 Tbsp flour
1 can vegetable soup, diluted to make 2 cups
Leftover mashed potatoes

Prep time 20 min
Cook time 25-30 min

Recipe recreated by
R. Crowhurst

Directions

1. Preheat oven to 375°F.
2. Melt the butter, add the diced meat and cook until lightly browned. Add the flour and stir until well blended.
3. Gradually add the vegetable soup. Cook, stirring constantly, until mixture thickens.
4. Pour mixture into a 9"x9" baking dish. Cover top with a thick layer of mashed potatoes.
5. Bake for 25-30 minutes until mixture is hot and top is browned.

David says, " Made with hamburger, leftover mashed potatoes.
Simple, good. 8/10"

Meat Loaf



1984/11/12 - Good, simple.

Ingredients

*1½ pounds ground beef
2 eggs
2 Tbsp parsley, chopped
Half a stalk of celery, diced
1 finely sliced onion
½ cup fine bread or cracker crumbs
2 Tbsp ketchup
4 Tbsp milk
Squirt of Worcestershire sauce
4 sage leaves, crumbled
Salt and pepper, to taste
Bacon*

Directions

1. Preheat oven to 325°F.
2. Mix all ingredients except for bacon in a large mixing bowl.
3. Pack the mixture into a loaf pan or baking dish. Layer with strips of bacon to keep the top from drying out.
4. Bake for 1½ hours or until meat loaf is 165°F and bacon is browned.

Prep time 10 min

Cook time 90 min

Recipe recreated by C. Herron

David says, "Good, simple."

Plokkfiskur (Fish Stew)



Ingredients

*½ cup diced celery
¼ cup diced onion
5 Tbsp butter
4 Tbsp flour
2 cups milk
Salt and pepper (to taste)
1-2 potatoes, boiled and cubed
1 ½ cups flaked fish
(e.g., rockfish, halibut, cod), cooked*

Prep time 10 min
Cook time 15 min

Recipe recreated by R. Crowhurst

Directions

1. In a small frying pan, sauté celery and onion in 1 Tbsp butter until softened. Set aside.
2. In a stock pot, melt the remaining butter and add the flour to make a white sauce. Add the milk all at once, stirring until well thickened. Season with salt and pepper to taste.
3. Add celery, onion, potatoes and fish to the sauce. Heat through and serve with a dark rye bread.

Red Pepper and Olive Tapas



Ingredients

*1 pkg (17.3oz) frozen puff
pastry
1 jar roasted red peppers
1 small can chopped or
sliced black olives
Olive oil
Coarsely ground black
pepper*

Prep time 15 min
Cook time 20-25 min

Directions

1. Preheat oven to 375°F. Line a baking tray with parchment paper.
2. Thaw and unroll sheets of puff pastry. Cut into 3" squares and place on tray.
3. Cut peppers into thin strips and distribute evenly across the pastry. Top with olives and drizzle with olive oil. Season with ground pepper.
4. Bake for 20-25 minutes until crispy but not overcooked. Serve warm.

Recipe recreated by D. Battaglia

Roast Chicken



*1990/01/07 - Simple - OK - next time
use higher heat for shorter time. 8/10*

Ingredients

*1 whole chicken
Salt
Butter, softened
Flour*

**Stuffing recipe of your
choice*

Prep time 20 min

Cook time 25 min per lb

*Recipe recreated by
B. and R. Sidlauskas*

Directions

1. Preheat oven to 325°F.
2. Rinse the chicken under the tap, then pat dry. Sprinkle body cavity with salt and then stuff it.
3. Rub the skin with softened butter, sprinkle with salt and then with flour.
4. Place the chicken on its back in a roasting pan and cook for 25 minutes per pound. After 30 minutes, pour a cupful of water in the pan and use this to baste the chicken periodically. If it is browning too quickly, cover the breast with a piece of foil.

David says, "Simple, okay. Next time use higher heat for shorter time. 8/10"

Spiced Rhubarb Compote



te) 2008/04/03
Made 1/2 recipe, used
ut in preserving cider vinegar;
point and boil for 1 hour
Made 2 pints - set well,
it. Excellent taste & texture.
10/10

Ingredients

2½ lb rhubarb
2 lb sugar
7/8 cup vinegar
1 tsp cinnamon
½ tsp cloves

Prep time 5 min
Cook time 60 min

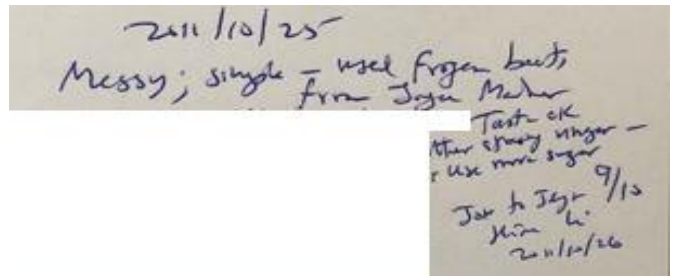
Directions

1. Wipe rhubarb skin and cut stalks into 1" pieces.
2. Boil rhubarb, sugar, vinegar, cinnamon and cloves until soft and thick.
3. Pour into sterilized jars and seal. Makes 4 pints of compote.

Recipe recreated by C. Aiello

David says, "Made ½ recipe, used cider vinegar; boiled for one hour. Made two pints - set well. Excellent taste and texture. 10/10."

Súr Sykurrófu (Pickled Beets)



Ingredients

3-4 medium sized beets
2 heaping cups brown
sugar
2 cups vinegar
1 tsp whole cloves
3 cinnamon sticks

Prep time 10 min
Cook time 45 min

Directions

1. Boil beets until tender. Peel and cut into pieces. Pack tightly into hot sterilized jars.
2. To make syrup, combine brown sugar, vinegar, cloves, and cinnamon. Heat to boiling, then simmer for 15-20 minutes.
3. Cover beets with syrup and seal jars tightly.

Recipe recreated by C. Murphy

David says, "Messy; simple - used frozen beets. Taste ok, rather strong vinegar - use more sugar. 9/10"

Original sources for recipes

The following are family recipes:

Applesauce Cake – David
Butter Tarts – David
Rhubarb Crisp - David
David's Dad's Shortbread – David's Dad, Leonard Noakes
Butterscotch Pie Filling – Leonard Noakes
Don's Fudge – David's brother, Don Noakes
David's Tea Biscuits – David's sister, Jean Park
Bjarni's Grandmother's Pönnukökur – Bjarni Kristjánsson

Some recipes were adapted from other cookbooks or magazines:

Delicious Magazine

- Red pepper and olive tapas

Sunset Magazine

- Dutch baby

Olafson-Jenkyns, Kristin. *The Culinary Saga of New Iceland: Recipes from the Shore of Lake Winnipeg*. Coastline Publishing, 2001.

- Plokkfiskur
- Spiced rhubarb compote
- Súr Sykkurrófu (pickled beets)

Prange, Cathy and Joan Pauli. *Muffin Mania*. Muffin Mania Publishing, 1982.

- All muffin recipes

Staebler, Edna. *Food That Really Schmecks*. Wilfrid Laurier Univ. Press, 1968.

- Afternoon tea cakes
- Apple dumplings with brown sugar sauce
- Apple sponge pudding
- Buttermilk pancakes
- Chewy brownies
- Chocolate macaroons
- Gerolt flaisch
- Handy cottage pie
- Johnny cake
- Meat loaf
- Oatmeal drop cookies
- Peach pie
- Roast chicken
- Strawberry or peach shortcake
- Tea biscuits

Some recipes were adapted from websites:

www.AllRecipes.com

<https://www.allrecipes.com/recipe/73951/cape-breton-blueberry-grunt/>

- Cape Breton blueberry grunt

<https://www.allrecipes.com/recipe/79470/simple-scones/>

- Simple scones

www.BBCGoodFood.com

<https://www.bbcgoodfood.com/recipes/classic-scones-jam-clotted-cream>

- Classic scones with jam and clotted cream

https://BuildYourBite.com

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- Best vegan apple crisp

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- Snickerdoodle cookies

https://FeastingonFruit.com.

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- 'Hard as rocks' oatmeal cookies

www.Food.com.

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- Canadian date squares

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<https://www.homemade-dessert-recipes.com/homemade-chocolate-brownie-recipes.html>

- Best chocolate brownies

www.TasteofHome.com

<https://www.tasteofhome.com/recipes/spice-cookies-with-pumpkin-dip/>

- Spice cookies (smakokur) with pumpkin dip

<https://www.tasteofhome.com/recipes/strawberry-rhubarb-crumb-pie/>

- Strawberry rhubarb crumb pie

https://416expat.wordpress.com

<https://416expat.wordpress.com/2011/07/10/mums-five-star-peach-pie/>

- Mum's five star peach pie

We have done our best to transcribe these recipes accurately, adapting them to maintain continuity and provide clarification when needed. We apologize for any mistakes.

Appendix 1. Alternative ingredient amounts for different Dutch Baby pan sizes.

Pan size (quarts)	Butter (cups)	Eggs	Milk and Flour (cups) <i>each</i>
2 - 3	$\frac{1}{4}$	3	$\frac{3}{4}$
3 - 4	$\frac{1}{3}$	4	1
4 - 4 $\frac{1}{2}$	$\frac{1}{2}$	5	1 $\frac{1}{4}$
4 $\frac{1}{2}$ - 5	$\frac{1}{2}$	6	1 $\frac{1}{2}$