

**Dawn Yeast Raised Donut Mix**

4 ½ lbs mix • 4 cups water • 4 Tbsp Yeast

Combine yeast and water, allow to sit for 5 minutes. Add mix and knead into dough, let rise 45 minutes. Roll and cut into shape, let rise until double in size. Fry at 375°F for 1 minute then flip and cook 1 minute more. Makes about 6 doz.

**Whip Topping**

3 cups mix • 2½ cup cold water

Combine ingredients and mix on low speed for 1 minute, scrape bowl and mix on high speed for 2-3 minutes or until desired peaks are achieved. Do not over mix.

**Gelatin & Pudding Mixes**  
**Unflavored Gelatin** (compare to Knox)

Use 1 Tbsp to gel 2 cups liquid. When recipe calls for one enveloped of gelatin, use 1 Tbsp.

**Flavored Gelatin**

Dissolve ⅓ cup gelatin in 1 cup boiling water. Add 1 cup cold water. ⅓ cup = 3 oz box.

**Instant Pudding**

Combine ⅔ cup mix with 2 cups milk. Mix well. Chill.

**Cook Type Pudding**

Stir ½ cup mix into 2 cups milk in small saucepan. Stirring constantly, cook until mixture comes to a boil. Remove from heat. Cool 15 minutes stirring twice.

Microwave: Stir ½ cups mix into 2 cups milk in large bowl. Microwave on high 7 minutes or until mixture comes to a full boil, stir every 3 minutes. Cool 15 minutes. Stir twice.

**Clear Jel or Thermflo**

Use as a clear thickener. Boil 4 cups fruit juice or water. Add ¼ cup thickener. Do not over boil. Thermflo freezes well and can be used for canned pie filling.

**Instant Clear Jel**

For 1 pie: Combine 3 Tbsp instant clear gel with ½ cup sugar. Add 1 cup water or fruit juice. Combine with enough fruit for 1 pie. Add food coloring if desired. Chill and serve.

**Beef Broth Powder Uses:**

1 tsp broth powder to 1 cup boiling water. For gravy: mix 1 tsp of flour to 1 cup cold water. Add 1 tsp of broth powder and 1 tsp of sugar. Bring to a boil. Stir until smooth. For beef dip: 1 pint sour cream, ¼ cup chopped figureen onions, 2 tsp of broth powder, and ½ lb. chopped deli roast beef. Mix well and serve.

**Drink Mixes**

Cold Chocolate Mix 2½ tsp • 8 oz water • Hot Chocolate Mix ⅓ cup 8 oz water or 4 cups 4 qt. water • Non-fat dry milk 1⅓ cup • 3 ¾ cups water

**Powdered Soup Mixes**

Stir soup mix into water or milk. Bring mixture to a boil, stirring constantly. Reduce heat, cover partially, simmer as directed, stirring occasionally.

Soup	Mix	Water or milk	Minutes to simmer	Approx. Yield
Cheesy vegetable	⅔ cup	2 cups	15 min	2 cups
Chunky potato	½	2 cups	15 min	2 cups
Corn chowder	½	2 cups	10 min	2 cups
Cream of broccoli	⅔	2 cups	5 min	2 cups
Cream of Mushroom	½	2 cups	8-10 min	1½ cups
Cream of potato	½ cup	2 cups	7 min	2 cups
Creamy chicken noodle	½ cup	2½ cups	12-15 min	2½ cups
Onion	3 T	2 cups	8-10 min	1 ¾ cups
Vegetable beef w/ barley	½ cup	2 cups	20 min,	1 ¾ cups

**Hearty Soup Mix**

Combine 8 cups water, 1½ cup mix and 1½ tsp salt. Simmer for 1 hour. Add 2 chopped carrots, stalks chopped celery, 2 cups shredded cabbage, 1 qt. tomatoes, and 1 lb. cooked beef. Simmer 20 minutes.

**Holiday Soup Mix**

Wash 1 lb. beans, place in large kettle, cover with water 2" above bean level. Add 2 Tbsp salt, soak overnight. Drain. Add 2 qts. water, ham hocks or piece of ham. Bring to a boil, add 1 onion, 1-16 oz can tomatoes, 1 tsp chili powder, lemon juice, and pepper to taste. Simmer 3 hours or on low for 5 hours. Yield 4 qt.

**Harvest Soup Mix**

Combine 8 cups water and 1 lb. mix. Simmer for 1 hour. Add 2 cups each of chopped celery, carrots, and cabbage and 16 oz can tomatoes, 1 lb. cooked chicken, turkey, or hamburger. Simmer additional hour. Season to taste.

**Chicken or Beef Bouillon Cubes**

To make a hearty stock or broth, add 1 cube per cup of water.

**Chicken Broth Powder Uses**

1 tsp broth powder to 1 cup boiling water. Add 1 tsp powder to breeding mixture for chicken, pork chops or fish (omit salt).

For Chicken dip: 1 pt. sour cream, ¼ cup chopped green onions, 2 tsp powder, and ½ lb. deli chicken, chopped fine. Mix well and serve.



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**By humility and the fear of the Lord  
are riches and honor and life.  
Proverbs 22:4**

### Whole Wheat and Regular Couscous

1¼ cups water or broth • 2 Tbsp butter • 1 cup couscous • salt (optional)  
Bring water or broth to a boil, add butter, couscous and salt if desired. Stir. Cover, remove from heat and allow to stand for 5 minutes. Stir to fluff up and serve. Makes 2-3 servings.

### Vegetable Flakes & Dried Soup Greens

Sprinkle in soup to flavor

### Basic Recipe for Dried Beans

1 pound dry beans • 2 tsp salt • 12 cups water  
Wash beans thoroughly, removing any off-colored beans. Use a large heavy pot-approximately 3 times the amount of water and beans. Bring the salted water to a boiling point. Boil 2 minutes only. Cover. Remove from heat. Allow to stand 1 hour. Return to heat and bring to a boil. Reduce the heat and simmer slowly until tender. Dried beans are a product of nature, although modern mechanisms clean and sort all beans before packing. It is important to sort and check for small pebbles or other foreign matter when washing and hand sorting.

"Helpful Measurements"

1 cup of dried beans is equivalent to 3 cups of beans after cooking.

1 pound of dried beans will yield 9 servings of 6 oz. each.

1 cup of cooked beans contains 130 calories, no cholesterol and very little fat.

### Pearled Barley

Cooks in about 30 minutes. Pearl Barley is relatively large and has a split-grain which is long, tear-shaped and light brown. When cooked, it has a crunchy texture which is distinctive but not unpleasant.

### Millet

Use 2 parts liquid to 1 part grain. Cook about 10 minutes. Serve hot.

### Chicken, Ham and Beef base

2 Tbsps to each quart of water

### Regular and Organic Brown Rice

3 Tbsps vegetable oil • 2 cups water or broth  
Heat oil in a sauce pan, add 1 cup of rice, fry on medium-high heat stirring constantly until lightly browned. Carefully add the liquid. Bring to a boil and reduce heat to low. Cover and let simmer 35-40 minutes. Do not stir. Turn off heat and let steam for 15 minutes. Fluff with fork and serve.

### White Rice

Place 1 cup long grain white rice in 2 qt. saucepan, add enough cold water to cover rice. Wash rice by rubbing gently between fingers. Drain. Repeat washing rice until water is clear, 5-6 times, drain. Add 2 cups cold water, heat to boiling. Cover tightly, reduce heat and simmer till water is absorbed, 20 minutes. Makes 6 cups.

### White or Brown Rice

Stove Top: In a 2 or 3 qt. saucepan, boil 2 cups water. Add 1 cup rice, 1

Tbsp butter and 1 tsp salt. Cover tightly. Simmer 20 minutes for white rice and 40 minute for brown rice. 6 servings. Microwave: Combine 1 cup rice, 2 cups water, 1 Tbsp butter, and 1 tsp salt. Cover and microwave on high for 5 minutes. Reduce to 50% power and microwave for 15 minutes or until water is absorbed.

### Instant Dry Milk

1½ cups (3.2 oz) powder + ¾ cups (30 oz) water. Makes 1 quart liquid milk. 5 ½ cups (12.8 oz) powder + 15 cups water. Makes 1 gallon liquid milk.

### Sweet Cream Buttermilk

When recipe calls for liquid buttermilk or sour milk. 1 cup water with 4 Tbsps powder equals 1 cup buttermilk.

### Enriched Farina (Cream of Wheat)

1¼ cup water or 1½ cup milk • 2½ Tbsp Farina • ⅛ tsp. salt (optional)  
Heat water and salt to a boil (milk and salt to almost boiling). Add Farina slowly, stirring constantly. Return to boiling over medium heat, then reduce heat to simmer. Cook approximately 10 minutes or until thickened. Stir frequently. Makes 1 serving.

### White Hominy Grits

3 cups water • ½ tsp salt • 1 cup white hominy grits  
Bring water and salt to a boil. Add grits and reduce heat. Cook slowly for about 5 minutes, stirring occasionally. Remove from heat, cover and let stand for a couple of minutes. Makes 4 generous servings.

### Wheat and Barley Flakes

Bring 3 cups water to a boil add 1 cup Wheat and Barley Flakes. Simmer 15 minutes. Yield: approximately 3 cups.

### Organic and Regular Cooked Oatmeal

2 cups boiling water • 1 cup oatmeal • salt to taste  
Quick oats simmer 5 minutes. Rolled oats simmer 10 minutes. Baby flakes simmer 3 minutes. Steel cut oats simmer 15 minutes.

### Bulgur Wheat (Cereal)

1 cup bulgur • 2 cups water or broth  
Bring liquid to boiling. Add grain. Simmer, partially covered for 15 minutes.

### Oats Groats (Steel Cut)

Bring 4 cups water to a brisk boil. Add 1 cup oatmeal and stir well. When oatmeal begins to thicken, reduce heat and simmer uncovered for 30 minutes stirring occasionally. Do not over cook. Quick soak method: Boil 4 cups water. Turn off heat and add 1 cup oatmeal. Cover and leave overnight. Next morning cook on low 9-12 minutes, Stir occasionally. Makes 4 servings.

### Buckwheat Groats

Bring 2 parts liquid to a boil. Pour in 1 part groat, stir. Cover the pot, turn off heat and wait 5 minutes.

### Quinoa Cooking Instructions

1 cup Quinoa in 2 cups of boiling water or chicken broth. Add: 1 tsp of oil or butter, ½ teaspoon salt, simmer covered on low for 18- 20 minutes, remove from heat, let set for 5 minutes.

### Fructose

Use ⅓ less fructose than granulated sugar or other sweeteners.

### Seed Pearl Tapioca

Soak ½ cup of Tapioca overnight in 1 ½ cup cold water. Mix 1 qt. milk and ¾ cup sugar. Bring to boil. Drain water off Tapioca, add Tapioca to milk. Cook and stir till tapioca is clear (at least 30 minutes). Then combine 3 beaten eggs, ¾ cup sugar and ¾ tsp of vanilla. Add to above mixture and bring to full boil. Makes about 2 quarts.

### Red Star Yeast

1 pack dry yeast = 2¼ tsp yeast. When recipe calls for 1 pack of dry yeast, use 2¼ tsp yeast.

### Wheat Gluten

Use 3 Tbsp per 16 oz loaf of bread.

### Lecithin Powder

If recipe calls for liquid Lecithin use ⅓ less in powder. 1 liquid = ⅔ or .66 powder. If you add powdered Lecithin to the water in the recipe and dissolve it first - you need only ½ the amount of powder. 1 liquid = ½ or .50 powder. \*\* You can use powder as a substitute for granules.

### Yeast Raised Donut Mix

Add 4 Tbsps of yeast to 4 cups of warm water. Let sit 5 minutes. Add 13 cups Yeast Raised Donut Mix. Knead dough for 4-6 minutes until soft & smooth. Let rise until double in size. Fry at 365°F for approximately 1 minute per side. Yield approximately 6 dozen donuts.

### Pie Crust Mix

1 cup Pie Crust Mix • 2 Tbsps water  
Combine ingredients and stir until ball forms. Roll on a lightly floured surface. Bake filled crust as directed on filling recipe. Bake unfilled crust 7-10 minutes at 425°F.

### Pizza Dough Mix

1⅔ cups Pizza Dough Mix • ½ cup water  
Dough temperature 80°F. Mix 10 minutes on low speed. After mixing allow dough to rest for 30 minutes. Mold dough into shape and add sauce and filling. Bake at 425°F until crust is golden brown. Yields 1 (11" crust).

### Fudge Brownie Mix

4 cups Fudge Brownie Mix • ½ cup lukewarm water • 4 Tbsps vegetable oil  
Add water, fudge brownie mix and oil. Stir for 1 minute with large wooden spoon. Pour into greased 9"x13" pan. Top with nuts if desired. Bake at 350°F for 23-30 minutes.