**RECIPES FROM THE PLANO STAKE PREPAREDNESS FIRESIDE JANUARY 2014**

By Gemie Martin

**Egg Substitute**. Unflavored gelatin makes a great egg substitute for baking. 1 teaspoon = 1 egg. Get it at [bulkfoods.com](http://www.bulkfoods.com) Stir 1 teaspoon into 3 Tbsp. cold water. Add 2 Tbsp. + 1 tsp hot water and stir. Decrease liquid ingredients by ¼ cup. (From Everything Under The Sun by Wendy DeWitt p.5) Note: I often use less water in mixing my “eggs” especially if no liquid is called for in the recipe.

**Corn Bread and Muffin Mix**

4 cups flour

4 cups cornmeal

1 cup + 2 Tablespoons milk powder (or 2 cups instant nonfat dry milk—e.g. Carnation)

¾ cup sugar

¼ cup baking powder

1 Tablespoon salt

Put all ingredients in large bowl and mix with hands, lifting mixture and letting it fall through fingers. Store the mix in an air tight container in a cool dry place for up to three months. It will last even longer if stored in the refrigerator). Makes about 9 ½ cups. (See below for instructions to make one batch). Note: I grind popcorn in a grain mill to get my corn meal. It is so much more moist and flavorful. Grind 1 cup of wheat after to clean the extra oil from inside the grinder. (Make sure your mill will grind corn).

**Corn Bread (from the above mix**). Melt ¼ cup butter in 8 or 9 inch square pan while preheating oven to 425°. Tilt pan to grease bottom and sides. Beat 1 egg and 1 cup water with fork in mixing bowl until blended. Add 2 1/3 cups Corn Bread mix and the melted butter. Stir just to blend. Pour into pan and bake about 20 minutes. (If using an 8 inch pan you may need to bake it longer.)

**Corn Muffins (from the above mix).** Preheat oven to 425°. Melt 6 Tablespoons butter. Using a pastry or basting brush grease regular muffin pan cups with some of the melted butter. Beat 2 eggs and 1¾ cups water with a fork in mixing bowl until blended. Add the melted butter and 3 1/3 cups plus 2 Tablespoons of the mix. Stir just to blend. Spoon into the 12 greased muffin cups. Bake for 10-12 minutes.

**Note: To make mini-muffins**, I use the regular corn bread recipe amounts (instead of the corn muffin recipe). It will make 24 mini-muffins. They need to bake at 425° for about 7 or 8 minutes.

**Gourmet Oatmeal Chocolate Chip Cookies**

1½ cups brown sugar 1½ teaspoons baking powder

1½ cups white sugar 1½ teaspoons baking soda

1½ cups butter (3 sticks) softened 3¾ cups quick oats

3 eggs\* 3¾ cups flour (may need slightly less if humidity is low)

1½ teaspoons vanilla 1 (12 ounce) package chocolate chips or chunks

¾ teaspoon salt 2¼ cup chopped walnuts (optional)

Cream sugars, butter and eggs. Stir in vanilla, salt, baking powder, and baking soda. Mix in flour and oatmeal. Mix in chocolate chips and nuts. Mold dough into balls and place 2 inches apart on an ungreased cookie sheet. Press down slightly. Bake at 400° for 6-8 minutes. Let them cool completely before removing from the cookie sheet. Makes about 36-48 cookies. Baking times may need adjusted depending on the size cookie you make. \*If using unflavored gelatin as an egg substitute in this recipe, I do the following: Stir 3 teaspoons unflavored gelatin into 4 Tablespoons cold water. Add 3 Tablespoons hot water. Stir. Add in place of eggs.