RECIPES USING FOOD STORAGE INGREDIENTS

Whole Wheat Chocolate Chip Cookies adapted by Gemie Martin

Note: This recipe is adapted from the Whole Wheat Chocolate Chip Cookies recipe from the Gold Medal (General Mills) whole wheat flour package. This version substitutes Butter Flavored Crisco for butter. Applesauce is substituted for some of the sugar and some of the fat. Whole Powdered Eggs are substituted for the egg called for in the original recipe. It is a lower fat, lower sugar version which can be made entirely from stored food. The chocolate chips are stored in Mason jars which have been vacuumed sealed using a Food Saver sealer and jar attachment.

½ cup granulated sugar (original recipe called for ¾ cup)

½ cup brown sugar (original recipe called for ¾ cup)

¾ cup Butter Flavored Crisco (original recipe called for 1 cup butter)

1 teaspoon vanilla

½ cup natural applesauce (original recipe did not call for this ingredient)

2 cups whole wheat flour

2 Tablespoons Whole Powdered Eggs (original recipe called for 1 egg)

1 teaspoon baking soda

½ teaspoon salt

10-12 ounces semisweet chocolate chips (original recipe called for 12 ounces, I use slightly less)

Heat oven to 375°. In a large bowl cream the sugars and shortening. Add vanilla and applesauce. In another bowl, mix together flour, powdered eggs, baking soda and salt. Add all at once to moist mixture and mix into a stiff dough. Stir in chocolate chips. Form into balls and place (or spoon) onto ungreased cookie sheets about 2 inches apart. Bake 8-10 minutes or until light brown. Yield: about 2 dozen.

Pinto Bean Fudge

(From Basic Food Storage Cookbook put out by the Carrollton Home Storage Center)

1 cup cooked, soft pinto beans, drained and mashed or the reconstituted equivalent of re-hydrated refried beans.

¼ cup milk

1 Tbsp. vanilla

2 pounds powdered sugar

6 ounces unsweetened chocolate

6 Tbsp. butter or margarine

Chopped nuts (optional)

In large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes in consistency. Stir in vanilla. Melt chocolate and butter and stir into bean mixture. Add nuts. Gradually stir in powdered sugar to get it well blended. Spread onto lightly buttered 9-inch baking dish or form in two 1 ½ inch rolls. Chill one to two hours. Cut into pieces. Keep refrigerated

Yogurt from Powdered Milk

Powdered milk is a popular item for home storage or emergency preparedness, but many people find the flavor of re-constituted powdered milk distasteful. You may find that you like the taste better as yogurt. Since you begin by mixing powdered milk with water, you can choose how thick you want to make it, and you don’t even have to boil it first.

Generally, when making yogurt, you will want to use more dry milk with the water than when making regular milk. Often, one-part milk powder to two-parts water will be a good ratio (i.e. one cup milk powder to two cups water). For a thick, creamy yogurt, mix equal amounts of milk powder and water (i.e. two cups milk powder and two cups water). If you would like the yogurt to be thinner, just add more water when rehydrating the milk powder.

**1 - Mix milk powder with water in a blender**. Use very hot water - you want the resulting milk to be 110 - 115 degrees F.

**2 - Stir packages of powdered yogurt starter (follow directions on packet) or a few spoonfuls of prepared yogurt into the warm milk.** (Use about 1/4 cup of prepared yogurt for each quart of milk.)

**3 - Now, you need to keep the milk warm (110 degrees) for the next 5-7 hours.** Some people pour the milk into jars and then put the jars in a cooler with jugs of hot water. Some people just put the milk directly into a crock pot and drape a towel over it. Some people put the milk into jars, containers, or a pot and then into a warmed oven. Some people put the milk into jars and then put the jars in a crock pot with hot water around them... just do whatever works for your situation.

**4 - Chill the yogurt in the fridge.**

**5 - Sweeten and flavor as desired.** Some people like to use the yogurt plain in place of sour cream. Some like to use bottled or canned fruit (you can use the syrup to sweeten the yogurt as well as flavor it). Some people like to use jam. Some just mix their yogurt in with granola and add a little bit of sugar or honey. Do whatever you like.

Yes, making yogurt really is that simple -- no special equipment is required. A thermometer can be helpful, but is not an absolute must -- if the water is hot enough that you can stand to keep your hands in it for more than a few moments, that should be fine.

Enjoy!!

[Making Meat from Your Wheat](http://foodstoragepreparation.blogspot.com/2010/11/making-meat-from-your-wheat.html)

A kernel of wheat is made up of three parts – the bran, the starch and the gluten which is the protein part of the wheat. Wheat meat is made by separating the gluten from the starch and bran. Once it has been separated, the gluten can be flavored and ground to resemble ground beef and then can be used interchangeably with ground beef.

**Bran from Gluten**

To use the bran left from rinsing the gluten, save the water used in rinsing process. Allow to rest on the counter in a clear container for two hours. By this time the solution will have divided into three parts – water, starch and bran. Pour off the water and starch until only the bran is left. Place the bran in the refrigerator in a clear container. The next morning, more water will have collected on the top. Pour this off and allow to sit a little longer. Pour the rest of the water off and you will now have thick bran that can be used in a variety of ways.

**Starch**

The starch can be used as a substitute for corn starch and is just as clear when cooked. However, it is difficult to separate from the water. This is done by pouring off the water into another clear glass container separate from the bran. Allow to settle overnight and pour off water until only the thick starch remains. The starchy water can be used together when making breads.

**Wheat Meat Recipe**

9 C. whole wheat flour

4 ½ C. tap water

Mix flour with water in a Kitchenaid or other mixer and knead on low speed for 10 minutes. Allow to rest for 20-30 minutes. Pour additional tap water over the rested wheat mixture. Place your hands in the water and squeeze the dough until the water is white and starchy. Pour off the water and add more water and continue to squeeze the dough. Continue this practice until the bran and starch is removed and the water is clear.

Allow gluten to rest 10 minutes.

Press out gluten to a ½” thickness on a greased cookie sheet and bake at 350 degrees for 15 minutes.

Remove from cookie sheet and fold to fit into a large bag. Close bag and allow gluten to cool. This will soften the rough texture.

Tear cooled gluten into large pieces. Working in small batches, grind gluten by processing it in a food processor. This can also be done by using a hand or electric grinder. Gluten is now ready to season and use as you would hamburger.

**Basic Seasoned Wheat Meat**

Serves 4

2 C. ground gluten

3 T. dried minced onion

1 T. seasoning mix of your choice (Spicy Montreal Steak Seasoning)

2 T. wheat flour

2 eggs

3 T. oil

½ tsp. salt or garlic salt

½ tsp. ground pepper

¼ tsp. red pepper flakes, optional

Combine all ingredients. Mix well. Use in the variation desired.

http://foodstoragepreparation.blogspot.com/search/label/Entrees

**Wheat Meat Spaghetti Sauce**

Ingredients:

2 cups Basic Seasoned Wheat Meat

1 Jar Marinara Sauce - approx. 2 lbs. or more (Kirkland’s or White Linen are the best)

½ can of Tomato Paste

1 15 oz. can of diced tomatoes (or stewed cut up)

1 15 oz. can of tomato sauce

½ Tbl. oregano

½ Tbl. basil

½ tsp. rosemary

½ tsp. fennel

1 bay leaf

Salt and Pepper to taste

Steps:

1. Put all ingredients in large 12” sauté pan
2. Stir to integrate the paste
3. Bring to a heavy boil
4. Turn down and let simmer for 20 minutes
5. Pour over your favorite pasta.

Granola

Mix together:

12 Cups old fashioned rolled oats 5 teaspoons salt

3 Cups wheat germ ¾ Cup brown sugar

2 ½ Cups flaked coconut 4 ounces sliced almonds

Mix together and drizzle over above:

1½ Tablespoons vanilla ¾ Cup oil

1 Cup water ½ Cup honey

¾ Cup Applesauce

Spread onto large jelly roll pans or cookie sheets. Bake at 250º F, stirring occasionally until browned. (approximately 2 hours)

Granola II

8 Cups old fashioned rolled oats 1 Cup oil

2 Cups wheat germ ½ Cup honey

2 Cups coconut 1 Tablespoon vanilla

5 teaspoons salt 1 Cup water

1 ½ Cups brown sugar

Mix dry ingredients well. Mix wet ingredients and drizzle over dry ingredients. Stir until well coated. Spread on two large jelly roll pans. Bake at 250º for about 2 hours (or until golden brown) stirring occasionally.

Note: Sunflower seeds can also be added to either granola recipe. For extra nutrition, grind some flax seeds and add. A little flax goes a long way but it must be ground for your body to get the nutrition from it. Both the sunflower seeds and the flax seeds can be stored in Mason jars sealed by a Food Saver sealer using the jar lid attachment.

**Basic Mix (original Master Mix developed at Perdue University)**

5 lbs. flour (20 cups) 2 ½ cups powdered milk

¾ cup baking powder 3 Tablespoons salt

2 Tablespoons cream of tartar ½ cup sugar

2 lbs. vegetable shortening (4 2/3 cups)

Mix dry ingredients. Cut in shortening until mixture looks like cornmeal. Store mix in an airtight container in a cool dark place.

**To make**:

**Biscuits** (1 ½ doz.) 3 cups mix scant ¾ cup water. Mix until blended. Knead 10 strokes. Roll out and cut dough. Bake at 450° for 10 minutes

**Pancakes** (18 med.) 3 cups mix, 1 egg, 1 ½ cups water. Beat until blended. Cook on hot griddle.

**Waffles** (6) 3 cups mix, 1 egg, 1 ½ cups water 2 + Tablespoons oil. Blend as above. Follow manufactures directions for cooking.

**Muffins** (1 dozen) 3 cups mix, 2 Tablespoons Sugar, 1 egg, 1 cup water. Mix until moistened. Bake in greased muffin pan at 425° for 25 minutes.

**Gingerbread**  (8”X 8” pan) 2 cups mix, ¼ cup sugar, 1 egg, ½ cup water, ½ cup molasses, ½ teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon ginger. Blend dry ingredients together. Blend liquids together. Add alternately to dry ingredients. Bake in greased and floured pan at 350° for 50 minutes

**Drop Cookies** (4 doz.) 3 cups mix, 1 cup sugar, 1 egg, 1/3 cup water, ½ teaspoon vanilla. Blend and drop. Bake at 375° for 10-12 minutes.

**Oatmeal Cookies**  (4 doz.) Same as above but add 1 teaspoon cinnamon, 1 cup oats, ½ cup raisins. You may use ½ cup nuts and/or chocolate chips in either recipe.

**Yellow Cake** (2 8” layers) 3 cups Mix, 1 ½ cups sugar, 2 eggs, 1 cup water, 1 teaspoon vanilla. Mix dry ingredients and wet ingredients separately. Add alternately. Bake in greased and floured pans at 375° for 25 minutes.

**Chocolate Cake** (2 8” layers) 3 cups Mix, 1 ½ cups sugar, ½ cup cocoa, 2 eggs, 1 cup water, 1 teaspoon vanilla. Mix dry ingredients and wet ingredients separately. Add alternately. Bake in greased and floured pans at 375° for 25 minutes.

Note: Unflavored gelatin makes a great egg substitute for baking. 1 teaspoon = 1 egg. Get it at [bulkfoods.com](http://www.bulkfoods.com) . It has an indefinite shelf life (stores well long term). Stir 1 tsp. into 3 Tbsp. cold water. Add 2 Tbsp. + 1 tsp. hot water and stir. Decrease liquid ingredients in the recipe by ¼ cup. (From Everything Under the Sun by Wendy DeWitt p.5) I often use less water in mixing my “eggs” especially if no liquid is called for in the recipe. Powdered eggs may also be used in the above recipes.