

Show 6: **GIFTS FROM THE KITCHEN**

**Cappuccino Mix**

1 cup instant coffee creamer  
1 cup instant chocolate drink mix  
2/3 cup instant coffee crystals  
½ t ground cinnamon  
¼ t ground nutmeg

Combine all ingredients, mix well. Store in an airtight container. To prepare one serving, add 3 tablespoons mix to 6 oz. hot water; stir well. Yield: Makes 3 cups dry mix.

**Cheddar-Herb Bread**

4 cups unbleached white flour  
¼ cup sugar  
2 T baking powder  
2 t salt  
1 ½ t crushed dried thyme  
½ t celery seeds  
1/8 t freshly ground black pepper  
dash allspice  
3 cups coarsely crumbled sharp Cheddar cheese (about 1 lb.)  
1 bunch green onions, including green tops, chopped (1/2 cup lightly packed)  
1 egg  
1 ¾ nonfat milk

Combine flour, sugar, baking powder, salt, thyme, celery seeds, pepper and allspice in a large bowl. Add Cheddar cheese and green onions and toss to coat. Beat egg with milk in separate bowl and pour into dry ingredients. Mix until just blended. (Batter will be stiff.) Spoon in 6 mini loaf pan. Bake at 350 degrees for 40 minutes.

**Cookie Starter**

4 ½ cups all-purpose flour  
2 cups granulated sugar  
2 cups firmly packed brown sugar  
1 ½ cups nonfat dry milk  
1 t plus 1 T salt  
1 ½ cup shortening

In a very large bowl, combine first 5 ingredients. Using a pastry blender or 2 knives, cut in shortening until mixture resembles coarse meal. Store in an airtight container in refrigerator. Mix may be stored up to 6 months in a freezer. Give with recipes for Chocolate Chip, Peanut Butter and Granola Cookies.

**Granola Cookies**

1 cup Cookie starter  
1 cup granola cereal  
1 ½ T ground cinnamon  
1 egg  
1 teaspoon vanilla extract  
½ cup raisins

Preheat oven to 350 degrees. In a large bowl, mix together first 3 ingredients. Add egg and vanilla; stir until smooth. Fold in raisins. Drip by teaspoonfuls onto a greased baking sheet. Bake 10 to 12 minutes or until brown. Cool completely in a wire rack. Store in an airtight container. Yield: about 2 ½ dozen cookies

**Peanut Butter Cookies**

1 ½ cups Cookie Starter  
1 cup crunchy peanut butter  
1 egg  
1 t water  
1 T vanilla extract

Preheat oven to 375 degrees. In a large bowl, combine first 4 ingredients; beat until smooth. Add Cookie Starter, stir until a soft dough forms. Drop by teaspoonfuls onto a greased baking sheet. Bake 10 to 12 minutes or until brown. Cool completely on a wire rack. Store in an airtight container. Yield: about 3 dozen cookies

**Chocolate Chip Cookies**

3 cups Cookie Starter  
½ cup butter  
1 cup (6 oz.) semi-sweet chocolate chips

½ T	vanilla extract
½ cup	chopped pecans

Preheat oven to 350 degrees. In a large bowl, beat butter until fluffy. Add egg and vanilla; beat until smooth. Add Cookie Starter; stir until a soft dough forms. Fold in chocolate chips and pecans. Drop by teaspoonfuls onto a greased baking sheet. Bake 8 to 10 minutes or until brown. Cool completely on a wire rack. Store in an airtight container. Yield: about 3 dozen cookies.

#### Salmon Cheese Ball

1 (16)	ounce can salmon
1 (8 ounce)	package cream cheese, softened
1 T	lemon juice
2 t	lemon peel, grated
1 t	horseradish
¼ t	hickory smoked salt
3 T	fresh parsley
1	small bag pecans, minced

Drain juice from salmon; combine with all ingredients except nuts and mix well. Shape into ball. Roll in nuts and chill. Serve with your favorite canapé crackers and enjoy.

#### 12 Bean Soup

kidney		lentils
small lima	pinto	
navy		barley
great northern		black
green split peas	garbanzos	
yellow split peas	black-eyed peas	

Combine in a large bowl and fill jars. Attach recipe to each jar.

#### 12 Bean Soup

Recipe:

1	meaty ham hock or ham bone
1 large (28 oz.)	can whole or crushed tomatoes and their juice
1 or 2	cloves garlic, minced
1 large	onion, sliced
2	bay leaves
½ lemon	lemon juice
salt and pepper to taste	

Rinse beans and soak overnight. Drain beans and add to soup kettle with 2 ½ quarts fresh water and the remaining ingredients. Bring mixture to a boil, then turn heat down and simmer for 2 ½ to 3 hours until beans are tender and mixture has thickened. Season to taste. Yields: 12 – 14 pint jars.

#### Four Corner Soup (Seasoning Mix)

¾ cup	paprika
¾ cup	dried oregano leaves
½ cup	Creole spice blend or
(¼ cup	onion powder, 3 T each red and black pepper)
1 ½ cup	firmly packed brown sugar
2 T	garlic powder

Combine all the ingredients until well blended. Divide seasonings equally among 12 small bags. Each will contain about 3 tablespoons.

#### Four Corners Soup

1 package	soup mix
2 large	onions, cut into thin wedges
2 large	carrots, thinly sliced
About 8 cups	regular strength chicken broth
1 package (10 oz.)	thawed frozen whole-leaf spinach (optional)

Rinse beans and place in a 5 to 6 quart pan; add 2 ½ quarts water. Let stand at least 8 hours or overnight; drain and rinse beans. To speed the process, bring beans and water to a boil; boil 2 to 3 minutes. Cover; cool at least one hour or up to 4 hours. Drain and rinse beans. Meanwhile, in a 6 to 8 inch quart pan, add onions, carrots, and ½ cup broth. Stir often over high heat until liquid evaporates and vegetables brown and begin to stick, about 8 to 12 minutes. Add another ½ cup broth; stir to release brown bits. Cook until liquid evaporates, as in preceding step. Add optional ingredient if desired. Repeat adding and evaporating liquid until the vegetables are moderately browned, 2 or 3 more times. Add seasonings, beans and 6 cups broth. Bring to a boil and simmer, covered, until beans are tender to bite, about 1 ½ hours. Just before

serving, stir in spinach; heat just until spinach is hot, about 3 minutes. Makes 12 cups, 6 to 8 servings.