

POPOVERS

RECIPE BY Melissa Oaks

Find the recipe at <http://www.secondfloorwalkup.com/2009/11/bake-popovers.html>

Popovers are a great way to use what you already have in your kitchen to make something delicious. Pair with butter and jam for a tasty breakfast, or with a roast and gravy for traditional Yorkshire pudding. This recipe, after the jump, is adapted from Mark Bittman's [How to Cook Everything](#).

Popovers

Prep time: 5 minutes

Total time: 40 minutes

Yield: 3-12 popovers, depending on pan size

1 cup flour (I use Mr Ritts GF Flour mix you can order at www.mrritts.com Flour includes the xanthan gum so if you substitute a different flour mix you may need to add xanthan gum.

1 cup milk, cream, or half and half
1 tbsp melted butter, plus a little extra
2 eggs
0.5 tsp salt
1 tsp sugar

- (1) Preheat oven to 425 degrees
- (2) Grease inside of cooking vessels (see notes) with butter, place a small bit of butter in the bottom of each one, place on cookie sheet inside of preheating oven
- (3) Whisk together all ingredients until smooth
- (4) Remove mugs from oven, pour batter into each until between 50-75% full
- (5) Bake for 15 minutes, reduce heat to 350 degrees, bake for another 20 minutes; keep oven door closed -- NO PEEKING!!!
- (6) Remove and serve as desired.

Notes: You can buy special popover pans, use muffin tins, or, as I did, use oven-safe mugs. Depending on which you choose, you'll have a different yield. My mugs yield 3 medium-sized popovers. Greasing the mugs first is really important, so that the popovers slide out nicely; use non-stick cooking spray if necessary. Also of importance - not opening the oven while popovers are cooking. You have to just trust that they are cooking properly. When pouring the batter into the mugs, I use the whisk to direct the flow and minimize spilling (see image at step 4). For serving, we really like them with softened butter and strawberry jam (whip the two together for delicious strawberry butter).

Kale Salad

Kale

Mixed Vegetables Chopped

Dried Cherries or Cranberries (Wegman's Brand) Note they are made in a facility that processes milk, soy and tree nuts)

Juice of 1 lemon

2 TBSP of Olive Oil

Chop 1 bunch of fresh kale. I like to cut the stems off then chop up the kale. Mix together with your favorite fresh vegetables, like carrots, cucumbers, celery, radishes, etc. Add some Dried Cherries or Cranberries. Add 2 TBS Olive Oil and Juice of 1 lemon. Toss and serve. Salad stays fresh for days even with the dressing on it. You can also add some of Donna Marie's GF croutons. Or use your favorite salad dressing. Link to nutritional information on Kale: <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2461/2> .

It is high in Vitamin a 206% Vitamin C 134 %; Iron 6 %; Calcium 9%, Vitamin K 684%; 33 calories for 1 cup serving.

SLOPPY JOES

1 pound extra-lean ground beef or ground turkey

1/2 cup finely chopped onion

1/2 cup finely chopped green bell pepper

1 Tablespoon brown sugar (which I would decrease a little)

1 teaspoon dry mustard

1/4 teaspoon salt

1/2 cup ketchup

1 Tablespoon cider vinegar

1 Tablespoon Worcestershire sauce

1 (8 oz.) can tomato sauce

6 sandwich buns (I prefer Udi's Bagels)

Cook beef, onion and green peppers until beef is thoroughly cooked. Drain well.

Add remaining ingredients (except for buns obviously), mix well. Cover and simmer 15 - 20 minutes, stirring frequently.

Serve on buns.

You can add a little hot sauce or cayenne pepper or something to give it a little kick as it is tasty but fairly bland.

**Kathy's Gluten Free Chocolate Torte - Recipe courtesy of Jo Anne Kleehammer
you can find this recipe at**

<http://joannesfamilytraditions.blogspot.com/search?q=chocolate+torte>



You won't believe it's gluten free. Ground nuts replace the flour in this recipe.

KATHY'S GLUTEN FREE CHOCOLATE TORTE

1/2 cup soft butter

5 eggs

1 cup chocolate chips melted

1/2 cup granulated sugar plus 1 Tablespoon

1 1/4 cups ground walnuts, pecans or almonds

The original recipe: Cream butter, and eggs. Beat in melted chips and sugar. Fold in ground nuts. Line 9" Springform pan with Parchment paper and spray sides with GF cooking Spray you can also sprinkle sides with leftover ground nuts. If not using parchment paper you can pour into greased and dusted with ground nuts 9" springform pan. Bake 350 for 35-40 minutes. A wooden pick inserted in center should come out clean. Cool 15 minutes, run knife around edges to loosen, remove sides. Cool completely.

CHOCOLATE GLAZE

1/3 cup heavy cream

1 cup chocolate chips

Put ingredients in microwave for 60 seconds on high, stir, heat another 30 seconds, stir. if necessary heat another 20 seconds and stir until all chocolate is melted. Spread on torte. Refrigerate until ready to eat. Serve with whipped topping. For an extra touch serve with raspberry sauce. I didn't have raspberry sauce so I put a spoon of raspberry jam on the plate and microwaved for 60 seconds to melt then put wedge on melted jam, microwave again for 20 seconds to soften torte, add whipped topping and eat. Yummy!

INGREDIENTS USED IN TODAY'S COOKING CLASS

Milk, Cream or half and half

Butter

Eggs

Salt

Sugar

Kale

Fresh Vegetables

Wegman's Brand Dried Cherries and Cranberries

Fresh Lemons

Wegman's Brand Extra Virgin Olive Oil

Ground Beef or Turkey

Onions

Bell Peppers

Wegman's Brown Sugar

Dry Mustard

Salt

Wegman's Ketchup

Cider Vinegar

Worcestershire Sauce

Tomato Sauce

Udi's Bagels

Wegman's Chocolate Chips

Ground Walnuts

Mr Ritts Flour Mix