

FOODS 9

Cheddar Garlic Biscuits

2-1/4 cups all-purpose flour
2-1/2 tsp baking powder
2 tsp granulated sugar
1/2 tsp baking soda
1 tsp salt
1/2 cup cold butter, cubed
1 cup shredded extra-old cheddar cheese
1 tsp garlic powder
1 cup milk

Topping

2 tablespoons margarine, melted
1/4 teaspoon dried parsley flakes
1/2 teaspoon garlic powder
pinch salt

Directions:

1. Preheat the oven to 425 F.
2. Combine the "Topping" ingredients in a small bowl and set aside.
3. In bowl, whisk together flour, baking powder, sugar, baking soda and salt. Using pastry blender, cut in butter until mixture resembles coarse crumbs about the size of a pea. With fork, stir in cheese and garlic; stir in milk to form soft dough.
4. On lightly floured surface, gently knead dough 10 times. Pat into 3/4-inch (2 cm) thick round. Using a floured round cutter and pressing scraps together, cut out 12 rounds.
5. Bake on parchment paper-lined baking sheet in centre of 425°F (220°C) oven for 12 to 14 minutes or until golden. Brush on the butter, garlic topping and serve warm.

Raspberry White Chocolate Scones

Yields 8 scones

Ingredients:

- 2 cups (250 grams) all-purpose flour
- 2 tablespoons (28 grams) granulated sugar, plus extra for sprinkling
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 6 tablespoons (85 grams) butter, cut into small pieces
- 6 ounces (170 grams) raspberries (fresh or frozen)
- 1/2 cup (85 grams) white chocolate chips
- 1 large egg
- 1 teaspoon vanilla extract
- 1/3 cup (80 ml) heavy cream

Directions:

1. Preheat oven to 350 degrees F (180 degrees C).
2. In a large mixing bowl, whisk together flour, sugar, baking powder, and salt. Cut in butter with pastry blender (or your hands) until mixture resembles coarse sand. Gently fold in raspberries and white chocolate chips. Set aside.
3. In a small bowl, beat together egg, vanilla, and heavy cream. Pour over the scone batter and lightly mix until the dough comes together. The dough will be sticky.
4. Turn out dough on a lightly floured surface, form a circle, and flatten it until it is about 1-inch thick. Using a sharp knife dipped in flour, cut 8 equal pie wedges (the dough will be slightly unmanageable, but not adding additional flour results in tender scones). Transfer scones to a baking sheet using a flat spatula dipped in flour and sprinkle the tops of the scones with a little granulated sugar. Bake for 25-30 minutes, or until lightly browned.

Serve warm or at room temperature, with a cup of coffee or tea. Enjoy!

Apple Streusel Muffins

375ml flour

125ml sugar

15ml baking powder

2ml salt

1 egg

120ml milk

50ml cooking oil

1 apple – peeled and cored

Topping

125ml brown sugar

50ml flour

50ml margarine

2ml cinnamon

Directions

1. Preheat oven to 400F.
2. Combine brown sugar, flour, margarine and cinnamon in a small mixing bowl and set aside.
3. In another medium sized mixing bowl, stir together flour, sugar, baking powder and salt. Make a well with the dry ingredients.
4. With a whisk, beat egg, milk and oil together. Cut apple into small chunks. Stir into liquid mixture.
5. Pour liquid mixture into the well of flour mixture. Stir only until moistened. Batter should appear a little lumpy.
6. Fill muffin cups only 2/3 full. Either grease the muffin tins well or use muffin liners.
7. Sprinkle each muffin with crumble topping that you had set aside.
8. Bake 15-20 minutes.
9. Enjoy!

Lemonade Cookies

125ml softened margarine

125ml granulated sugar

1 large egg

15ml frozen lemonade concentrate

375ml flour

2.5ml baking soda

1ml salt

Topping

15ml frozen lemonade concentrate

Directions

1. Preheat oven to 375 F.
2. Cream the margarine with the sugar in the mix-master. The mixture should be light and fluffy.
3. Beat in an egg. Add 15ml of lemonade concentrate.
4. In a medium mixing bowl, stir in flour, baking soda and salt together.
5. Stir the flour mixture with the creamed mixture with a spatula. Mix well.
6. Place parchment paper on the cookie sheet. Drop by the spoonful onto the cookie sheet. Make sure all the drops of dough are similar in size. Bake 10-12 minutes or until light brown.
7. Remove the cookies and let stand at least 2 minutes. Place the cookies onto a plate or onto the cooling rack. Use a pastry brush to brush the top of the cookies with the remaining 15ml of lemonade concentrate.
8. Enjoy!

Crepes

1 cup all-purpose flour
2 tbsp sugar
1/4 teaspoon salt
1 large egg
1 cup milk
1 tbsp butter, melted
1/4 tsp vanilla extract

Directions

1. To make the crêpe batter, sift the flour, sugar, and salt into a bowl and set aside.
2. Combine the egg, milk, butter, and vanilla extract in another bowl and stir until smooth. Add this mixture to the dry ingredients and whisk until blended into a relatively smooth batter.
3. Let batter sit in the fridge for 30 mins.
4. Heat a small skillet over medium heat. Brush the pan with melted butter.
5. Pour a scant 1/4 cup batter into the crêpe pan, swirling and tilting the pan to coat the bottom. Cook (reducing the heat if necessary) until the first side is set and has a little color, about 2 minutes. Use a thin metal or heatproof rubber spatula to loosen the crêpe, and turn it over.
6. Cook on the other side until set and very lightly colored (the crêpe will not be as dark on the second side as on the first), 1 minute more. Stack the crêpes between layers of parchment or waxed paper as you cook.

Soft Pretzel Bites

Ingredients:

1 and 1/2 cups (300ml) warm water (lukewarm, no need to take temperature)
1 packet instant yeast (2 and 1/4 teaspoons)
1 teaspoon salt
1 Tablespoon (8g) packed light brown sugar
1 Tablespoon (15g) unsalted butter, previously melted and not scorching hot
3.75 - 4.25 cups (470- 530g) all-purpose flour + more for the counter surface to knead
1/2 cup baking soda
1 large egg, beaten
coarse sea salt for sprinkling

Directions:

1. Dissolve yeast in warm water. Stir with a spoon until fairly mixed, about 1 minute. Some clusters of yeast may remain. Add salt, sugar, and melted butter; stir until fairly combined. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add up to 1/4 cup more. Poke the dough with your finger - if it bounces back, it is ready to knead.
2. Turn the dough out onto a lightly floured surface. Knead the dough for about 3 minutes and shape into a ball. Place in a large mixing bowl that has been lightly coated with nonstick spray. Cover and let the dough rest in a warm area for about 10 minutes.
3. Preheat oven to 425°F (218°C). Line two large baking sheets with parchment paper or silicone baking mats. Set aside.
4. With a sharp knife, cut ball of dough into 6 sections. Roll the dough into six 20-inch long ropes. Cut the rope into 1.5 inch pieces to make bites.
5. Boil 9 cups of water with the baking soda. Make sure it is rapidly boiling. Drop 8-10 pretzel bites into water and let sit for 20 seconds. Remove with a spatula and place onto the prepared baking sheet. Make sure the bites aren't touching.
6. Brush beaten egg over each pretzel bite. Sprinkle with sea salt. Bake batches for 15 minutes each, or until golden brown.

Remove from oven and enjoy!