



Scratch Cooking 101

How to fall back in love
with cooking again.

Chris Dalziel, Joybilee Farm

Scratch Cooking 101

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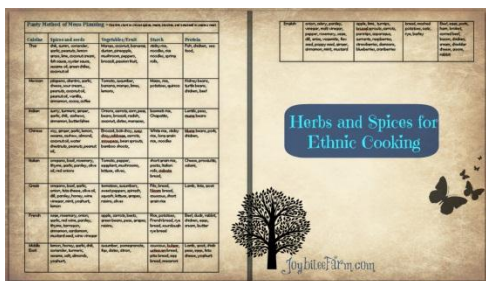
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Scratch Cooking 101 – Lesson 1 – Taking care of the cook

This is a real class with real life application. You'll need a notebook for this class, as well as a file on your computer. Right now, go to the files section on your computer and create a file – **Scratch Cooking 101**. You'll be getting weekly emails from me during the 4 weeks of this course. You can save those emails in that file. I'll also be asking you to create documents to keep track of various things like food expenditures, addresses of nearby resources for food and food storage, and price lists. Those documents should be in this file, too, so that you can access the information after this course. We'll be building on this information throughout the month and in Scratch Cooking 201, and Scratch Cooking 301.

So grab your note book and a pen and let's look at today's lesson.



Take care of the cook

3pm is the crunch time. Your blood sugar is low from a fast lunch, whether you work away from home or are busy at home. If you are carpooling kids or grandkids, you are feeding them snacks on the way to their next activity. Don't grab a chocolate bar or a cookie or even an iced cappuccino. What you put in your mouth between 3pm and 4pm can make or break your resolve to cook healthy, inexpensive meals from scratch. The warehouse stores know this and that's why they will offer carb-rich samples between 3 and 5pm — you are primed to buy the packages of frozen pot-stickers, and corn chips with salsa. Spike your blood sugar at 3:30pm and you'll be fighting temptation at 4:30pm to pull into a fast food joint, or pick up that package of Pot Stickers to get dinner served as quickly as possible.

Write this down: **Plan your win by keeping your blood sugar level throughout the afternoon. Avoid sugary or carb-rich snacks from 3pm to 5pm. If you feel lethargic at 4pm, grab some protein and a non-caffeine drink to sustain the cook.**

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Here's why

When you eat carbohydrates, bread, cookies, candy, or even crackers, — basically sugars and starches – they are converted to glucose in your blood stream. The rise in glucose levels causes an immediate increase in energy, which is quickly used up. Once it is gone, you feel lethargic, your energy is gone, and hunger cravings start. Add to that the drug-like stimulation that eating wheat, aspartame, msg, or high fructose corn syrup, give you and you set up withdrawal symptoms that are only satisfied with more of the same. This is one reason why it's so difficult to break the processed food-fast food habit.

However, if you plan ahead to eat healthy, high protein, high fat, vitamin rich, low carb snacks, you will moderate your energy levels, and be able to stick to your resolve to cook from scratch more easily.

During this course I'm going to be offering you some tips and tricks to help you achieve your goals of cooking from scratch, lowering your food budget, and increasing your satisfaction. It's not just about taking the foods that you used to buy as processed foods and making a recipe for them, at home. It's about changing the way that you think about food.

Success begins with taking care of the cook. And to do that you may need to toss out what you learned in school about how to eat healthy. That nutrition pyramid that you learned in school was designed by the processed food industry. The same industry that insists that ketchup is a vegetable. Enough said.

My view of healthy eating is:

- A serving of protein at least 3 times a day – eggs, grass-fed meat, wild fish, organic beans (not soy, even if organic) raw cheese, peanut butter, nuts and seeds.
- As many fruits and vegetables, in season, as you can fit into a meal, and snacks — eat them both raw and cooked
- Two small servings of grains, more if you are normal weight or very active, less if you need to lose weight
- Healthy oils like coconut oil for cooking and virgin olive oil for salad dressings (Eating fat doesn't make you fat – eating processed carbs makes you fat.)
- 2 servings of raw milk, raw cheese, yoghurt, almond milk, or coconut milk – use in cooking, add to smoothies, use in sauces and cream soups.

Avoid GMOs like cotton, corn, canola, beet sugar, and soy as much as possible, by reading labels. Also avoid non-organic milk products, unless you have a clean source that doesn't feed GMOs to their animals. Avoid chemicals and food colourings.

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Caffeine is fine, but avoid soda pops and artificial sweeteners, as much as possible, including sugar-free gum.

Resources:

[The Non-GMO Shopping Guide — online](#)

[The Non-GMO Shopping Guide — downloadable](#)

[The Non-GMO Shopping Guide — iphone app\(free\)](#)

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Your view of healthy eating may be different, and that's all right. Everyone has a different way of eating and different cultural norms. If you have a different view, take the principles of this teaching and apply it as it fits into your own personal lifestyle.

Strategies to win that 3pm battle

Are you thirsty? Sometimes we think we are hungry when actually we are dehydrated. Make sure you have clean, filtered water available. Use a glass bottle to carry your water away from home – the by-products of plastic water bottles can harm your thyroid, and a

Don't wait till you feel hunger before you satisfy it. Eat something 3 to 4 hours after your lunch meal. If you skipped lunch, you may need this earlier. re found to cause cancer, avoid them. If you need more glass water bottles, kombucha is sold in a glass bottle with a tight fitting, reusable lid. You can use the [Kombucha to make your own starter](#), and then up-cycle the bottle for carrying your water. Canning jars don't have tight seals and will leak in your car, but work well if you are home all day, and just want a reminder to drink.

Adding a tbsp. of [cider vinegar](#) and 1 tsp. of honey to a bottle of cold water or a mug of hot water, can cancel cravings and help you detoxify, if you have found the battle tougher than you expected. Lemon juice or lime juice and honey have a similar effect.

Healthy snack suggestions:

Slice cucumbers, sliced tomatoes, carrot sticks, celery sticks, or other raw vegetables, prepared as you would for a vegetable tray. [Homemade Lara Bars](#), Mini Dark chocolate bar, Cocoa in hot water with cream and cinnamon (no sugar), frozen berries, organic cheese with apple slices, fruit in season, dried fruit, avocado, fruit leather. **Avoid wheat, refined sugar, soda pop, chips, corn, or processed foods.** The purpose of the snack is to satisfy your hunger without triggering later cravings and a severe drop in energy.

Time Saving Tip: Using a food processor slice enough vegetables, like cucumbers, carrots, zucchini, for 3 or 4 days and have them ready in glass jars, in your fridge, so that you can use them for quick snacks, lunch additions, or for making stir fries, or soups. You only have to wash the

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food processor once, and you have part of the meal prepared in advance. Don't have a food processor? You can still do this chore in advance. The food processor only saves you a bit more time.

Tea – seems more filling than water. Pick your favorite. Chai tea can help rev your metabolism, and will give you a quick pick-me-up due to the cinnamon and pepper in it.

A green drink – can pull you through the crunch without the sugar spike. I use Tropical Traditions “Antioxidant Natural Greens” – berry flavour. It adds extra vitamins and antioxidants to nourish at the cellular level. (1 container is 30 servings.)



Have healthy snacks for the kids after school, too, so that they aren't asking for Micky D.'s on the way home. Advertisers aim for kids. Teach your kids to be aware of the advertising hook so that they will be less gullible. Get their help in slicing vegetables, mix up a dip with raw milk yoghurt and some vanilla or chives/salt/garlic powder and they'll be happy for the crunchy snack. Train them when they are young to like real food.

How about yoghurt and fruit? Apples and honey? Bananas sliced lengthwise and spread with peanut butter and dark chocolate pieces? Use the same strategy with kids as you use with adults – keep the processed carbs to a minimum and fill them up with protein, healthy fats, and fruits and vegetables. It's true that processed carbs like bread are cheap to produce, but the subsequent blood sugar spike and drop actually prevent the satiation trigger in your brain and cause you to eat more – which actually costs you more. Manage the snacks and you manage your budget and your weight. If you have to feed things like potato chips, cookies, cakes, etc. make them a special occasion treat, not an everyday staple.

The goal between 2:30 and 5pm is to keep your hydration level and blood sugar level even, avoiding hunger cravings, and the drop in energy levels that are usually triggered just before dinner. By planning ahead you can put yourself in a good frame of mind to cook dinner from scratch. As you practice it becomes easier.

A quick recap of today's lesson:

- Plan your win in scratch cooking, don't just wing it. Your plan begins with a protein rich breakfast and managing your own blood sugar levels throughout the day.

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- Stay hydrated by drinking enough water. Sometimes water needs imitate food cravings. Be aware of your own signals for thirst and hunger and meet the need before it comes desperate.
- Eat something with protein and healthy fat at 3pm or about 3 hours after lunch to prevent food cravings from sabotaging your scratch cooking efforts.
- Prepare raw vegetables ahead of time, in quantity and have them ready for snacks and meal preparation.

Lesson 2 – Stocking up your Pantry the Homestead way

Stocking up for winter the Homestead Way

September is preparedness month and your Facebook feed is probably being bombarded by well-meaning pages encouraging you to “get your preps on” and get your food storage in place for future “undefined” emergencies. It seems that every September-October brings crises that prompt the advice to stock your Bug-out-bag and get your preps on. While, as a homesteader, I believe preparation for any eventuality is a good thing, I would like you to consider another way of looking at the issue of preparedness.

For the homesteader, preparedness is a way of life. “Living rural” means that you live too far away from the convenience of daily shopping. It isn't easy to pop over to the store for a gallon of milk or a loaf of bread. Instead one stocks up their pantry and root cellar for the long term, every fall – getting ready for winter. And when you need something for dinner – you “shop” your own pantry for the essential ingredients. But your pantry isn't stocked for emergencies – it's stocked for living every day. And trips to the store are managed to re-stock the pantry, not to get groceries for a week of cooking. Do you catch the difference?

Write this down: Shop for what you need to stock up on, NOT what you need to get through the week. Then “shop” for what you need for each day from the “stores” in your pantry.



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We'll define "pantry" as your food storage, your kitchen cupboards, your cold storage or root cellar, your freezers, and your fridge. If you have an established homestead it might include your chickens, dairy goats, sheep, or cattle, too, as well as your seed packets that are stored for future gardens. Your food storage is an investment in your future as much as your retirement savings is. In fact, several people in our last Scratch Cooking course reported living from their food storage during a temporary job loss – and living very comfortably.

If you are currently on a tight budget and working to get out of debt, you can still manage to organize a food storage system within your budget and I'll share how at the end of this lesson. First let's look at how you will decide what your family actually needs to stock up on for scratch cooking in the long term. There is a worksheet for you to make it easy for you to calculate the amounts that you need for your own customized food storage plan.

Worksheet Pantry Staples

We'll use the prepper calculator as a base line value. There's some math in the next part of this lesson, but don't let it intimidate you. It's just another way of looking at what you need in your own pantry. Again, this next exercise is just a base value – a start for your personal pantry plan – so don't run out and buy a year's worth of grain on Friday. Let's go right through to the end of the calculations before you take action.

First let's look at the standard prepper recommendation. Here's a calculator that you can use to determine the recommended needs for your size family. We are looking at the number of people that you actually feed every day, not who might show up if the world ended tomorrow. We'll save that for after you've mastered cooking from scratch every day for the family that you have.

Go to: <http://readynutrition.com/resources/category/preparedness/calculators/>

Type in the number of adults and children and your family and let's use the moderate work load of 2,000 calories a day. Since this is designed for emergency preparedness they don't add in extra calories for fruit and vegetables, nor do they allow for meat or nuts, except for a scant amount of peanut butter. So this is not a wholesome balanced diet. It's just a baseline for survival. Of course we are planning on a pantry that we can thrive with, not just survive.

Here's what comes up when I put in the 3 adults in my house, with a moderate 2,000 calories per day, and 6 months of food storage – the length of time between the first and last snowfall where I live.

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Legumes			Grains			Sugars		
Lima Beans	7.50	lbs	Wheat	225.00	lbs	Honey	4.50	lbs
Soy Beans	15.00	lbs	Flour	37.50	lbs	Sugar	60.00	lbs
Split Peas	7.50	lbs	Corn Meal	37.50	lbs	Brown Sugar	4.50	lbs
Lentils	7.50	lbs	Oats	37.50	lbs	Molasses	1.50	lbs
Dry Soup Mix	7.50	lbs	Rice	75.00	lbs	Corn Syrup	4.50	lbs
Dry Beans (Mix)	45.00	lbs	Pasta	37.50	lbs	Jams	4.50	lbs
Total Legumes	90.00	lbs	Total Grains	450.00	lbs	Fruit Drink Mix	9.00	lbs
						Flavored Gelatin	1.50	lbs
						Total Sugars	90.00	lbs
Fats and Oils			Kitchen Essentials			Dairy		
Shortening	6.00	lbs	Baking Powder	1.50	lbs	Dry Milk	90.00	lbs
Vegetable Oil	3.00	gal	Baking Soda	1.50	lbs	Evaporated Milk	18.00	can
Mayonnaise	3.00	qts	Yeast	0.75	lbs	Other	19.50	lbs
Salad Dressing	1.50	qts	Salt	7.50	lbs	Total Dairy	145.50	lbs
Peanut Butter	6.00	lbs	Vinegar	6.75	gal			
Total Fats	19.50	lbs						

Remember this is a survival diet and doesn't include any fruits or vegetables so you would need to add the fruits and vegetables in your calculations. Hopefully you've been canning, freezing, and dehydrating fruits and vegetables this summer to expand your pantry. If not, this is the best time of year to stock up. **More about that in the next lesson.**

I want you to look over the list that came up for you. The "print this" button doesn't work, but you can take a screen shot of it using the Insert "screen shot" option in your Word program, like I did here.

Let's start by just looking at the total amounts that my family "needs" for 6 months if this was the only food we had to live on. We'll discuss how I tailor this to my own family's likes, as an example of how you can tailor a plan for your own family.

Beans and Legumes

Beans – 90 lbs. Or 5 lbs. per person per month. That allows for 1/2 cup of dried beans per person 4 times per week. 1/2 cup of dried beans works out to 1 cup of cooked beans. While it sounds like a lot it isn't really very much. If your family is vegetarian now, you would most likely eat more beans than this now. You would adjust the amount according to your own family's diet. If you rarely eat beans now, you might want to try adding them in one day a week (2 cups of cooked lentils is a great way to stretch ground meat) and just see how the family tolerates them, before

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investing in a 25 lb. bag. I don't recommend soy beans because of the cancer risk of GMOs in the soy crop in North America, and also because soy contains gut-damaging isoflavones and estrogens. (See [The Whole Soy Story](#) by Dr. Kaala Daniel, for more information on the dangers of soy.)

My own family limits their bean-likes to garbanzo beans/chick peas; red kidney beans, green lentils, and adzuki beans for sprouting. Occasionally I buy mixed beans for soup. The least expensive way to buy beans is dried in a full 25 lb. or 50 lb. bag. If this is too much for your own family to go through in 2 years, consider going in with another family. Many bulk food stores will repackage the larger bags into 5lb. bags and pass on some discount to you over buying by the scoop from the bulk bins.

Storing food once you get it home:

I store beans in a bucket with a tight sealing lid. I've never had trouble with bugs or rodents getting in to my sealed buckets. Consider your own situation before storing large quantities of food. High humidity areas may need a different storage method since plastic buckets and metal cans draw humidity from the air. You may need to seal smaller quantities in Mylar bags, with oxygen absorbers, and then store the vacuum packed bags in the plastic buckets for safe keeping.

Dried beans will last indefinitely if kept dry, and cool. They take longer to soak as they get older but they do not go bad.

Grains:

Grains are the mainstay of the modern diet. Whether good or bad, most ethnic cooking focuses on grains as the staple portion of the meal. The recommendation for my family of 3 is 450 lbs of grains for 6 months. Before you protest that this is way too much grain for 3 people – about 25 lbs per adult per month – this represents about 1 ½ cups of flour, rice, oatmeal, pasta, or bread per day or just ½ cup per meal, 3 times per day. ½ cup of dried oatmeal is 1 serving of 1 cup of cooked oatmeal. ½ cup of flour is about 2 slices of bread, and ½ cup of dried rice is about 1 cup of cooked rice – 1 serving. So you see it's not really a huge amount of grain, unless you are on a low carb diet. If you were storing 450 lbs of grain for 6 months what would that look like?

My family's actual grain usage looks like this: A total of 40 lbs for a month or 240 lbs in 6 months

4 lbs of quinoa

10 lbs of rice

4 lbs of steel cut oats

5 lbs. of old fashioned oats

5 lbs. of coconut flour

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10 lbs of whole wheat berries

2 lbs. of whole rye

The whole rye and whole wheat berries are sometimes ground for flour, sometimes cracked for bulgur and sometimes sprouted. Mr. Joybilee likes his bread every evening and he takes a bag lunch to work, with sandwiches about half the time. Sarah and I have been cutting back on carbs, somewhat. I would base my food storage on the way we actually eat, not on what the emergency preparedness experts suggest. These quantities go into my pantry storage, whether we actually eat them each month or not. Some months we use more, and some months less, depending on what other fresh food is available on our farm. From October to March we have potatoes from our garden, as well as local squash, and will serve potatoes or squash instead of rice, or bread and many meals.

How much grain is your family eating per month now, including bread, crackers, popcorn, corn chips, cakes, cookies, breakfast cereal, pasta, and rice? Are you comfortable with this amount of grain? Keep in mind that gluten-free diets abstain from barley, rye, wheat, and oatmeal that is processed in the same facilities as wheat. Gluten-free flour may be substituted for wheat in specially formulated recipes but contains high amounts of starch, which your body processes like sugar. Most celiacs gain weight when moving from a wheat based diet to a gluten-free diet while eating the same amount of starch.

Potatoes, sweet potatoes, and yams can be used in the place of pasta, rice, and quinoa in your diet. They can be pressure-canned when freshly harvested. They can also be stored in a root cellar or an unheated area of your home, provided that they are kept from freezing. Don't store them on an apartment balcony that may get frost. (Yes, I know this from experience. Don't ask.) Potatoes kept in cold storage will begin to sprout in March or April, so plan to use them up before March 1st. Winter squash can also be used as a starch side on your menu and will keep in cold storage from Fall till March without going bad.

Tip: To increase the keeping power of winter squash, ensure that the squash is properly hardened in the field before harvest. Wipe the outside of the squash with citrus-vinegar cleaner or vinegar-hydrogen peroxide and air dry before storing in your cold cellar or cold room. If you live in an area that is warm year-round you will want to preserve these by freezing, drying, or pressure canning.

Sugars:

Sugars include honey, maple syrup, icing sugar, brown sugar, molasses, white sugar. One complication in sugar storage is that much of the North American sugar production is now coming from GMO sugar beets. I recommend that you avoid GM sugar as much as possible. This would also implicate molasses, brown sugar, and icing sugar in the GM sugar category. This leaves organic sugar, which must be made from organically grown sugar cane, local honey (avoid

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honey from questionable provenance), and maple syrup. Corn syrup is also likely to contain GMOs, but in recipes calling for corn syrup, honey is a ready substitute.

Food storage weight recommendations for sugars are the same as for beans. I find this startling, actually. My family goes through in a full year:

30 lbs. of local honey

44 lbs of organic sugar

4 quarts of maple syrup (8 lbs.)

This works out to approx. 82 lbs. of sugars for a year (41 lbs. for 6 months), including sugar for canning, making jam, baking, candy making, kombucha making, and having guests for coffee. This does not include the naturally occurring sugar found in fruit and dried fruit. This is less than half the amount of sugar recommended for food storage. We do not use powdered drinks, or powdered flavoured gelatins.

Calculate the amount of sugar, honey, syrup that your family actually uses on average in a month. Find the address and phone number of your local honey producer. If you live in an area that grows GM crops within 5 miles of the honey producer, consider sourcing local honey from another region.

A word about Certified Organic Sugar: Organic sugar is roughly double the price of conventional sugar when bought in the large 44 – 50 lb. bag. It is GMO free, and made from sugar cane rather than genetically modified sugar beets, heavily sprayed with herbicides and pesticides. If you think you can't afford to buy organic sugar, consider cutting the sugar you are currently using in half and you will be able to afford organic. This is one of the few areas that I recommend certified organic over conventional.

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Fats and Oils

Fats are the part of your diet that makes you feel full and satisfied. Unlike sugar and carbohydrates, fats and oils do not spike your blood sugar or induce food cravings. Dr. Mary Enig, in “Eat Fat, Lose Fat” explains how healthy fats, like coconut oil, actually increase your metabolic rate and support the proper function of your thyroid so that they help you lose weight. The recommended fat intake is 4 tbsp. of coconut oil per day for weight loss – that’s about ¼ cup of coconut oil per person. Our family doesn’t eat nearly that much coconut oil.

On the other hand, liquid oils like soy oil, canola oil, corn oil, and cotton seed oil, are usually highly refined, rancid oils that cause heart disease, by increasing inflammation in your body. They are also all made from genetically modified seeds. These are also the oils most likely to be found in commercial margarine, and salad dressings.

When cooking never use liquid oil, as liquid oils that are cooked reach temperatures that cause the oils to change their chemical composition. The exception is sesame oil, which doesn’t not become injured when used at the high temperatures used for frying.

Liquid oils that I use regularly include toasted sesame oil and a good quality virgin olive oil. I use both for salad dressings, and sesame oil when I want the flavour added to stir fries. For most of my frying and sautéing I use coconut oil.

A tip for using coconut oil: There are several different kinds of coconut oil. If you want an oil for frying and don’t particularly want the coconut taste, use expeller expressed coconut oil. It offers the health benefits of the medium chain fatty acids of coconut oil but has no flavour of its own. It’s also less expensive than Tropical Traditions Gold label certified Organic Virgin Coconut Oil, which is an artisan product. For soap making I use the expeller expressed coconut oil. Coconut oil does not form free radicals when heated and is stable when used for frying. The shelf life of coconut oil is at least 2 years, so buying it in large pails is a good way to save money.

Tip: Tropical Traditions carries a quality organic coconut oil. Once a month they have a free shipping sale for their US customers and this is always a good time to pick up coconut oil for your

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food storage. In the US and Canada Costco started carrying Virgin Coconut oil. The price is comparable to the sale price at Tropical Traditions. Costco's Virgin Coconut oil is comparable to Tropical Traditions Organic Coconut Oil – not their gold label product, which is an artisan coconut oil made by hand in small batches, using the traditional method.

How much oil/fat is enough?

This is what we actually use in a month:

2 lbs butter

4 lbs. coconut oil

1/2 lb. sesame oil

2 lbs whole flax seed

4 lbs of peanut butter

4 lbs. of whole, shelled almonds

2 lbs of whole cashews

2 lbs. of shelled sunflower seeds

2 lbs of coconut flakes

1.5 lbs of virgin olive oil (1 750ml bottle)

Plus a scant amount of poppy seeds, tahini (sesame butter), Total of 25 lbs. of oil/nuts/seeds per month or 150 lbs per 6 months.

How much oil/nuts/seeds are you currently using? What does that look like?

Tip: Seeds and nuts still in their shell have a shelf life of at least a year. If the nuts have been shelled you will want to store them in the freezer or refrigerator to keep them from going rancid. If you want to stock up on shelled nuts be sure that you have the freezer space to keep them fresh. If you have a cold winter, you can keep them packaged in mylar bags in a sealed plastic bucket in a cold place. But buy only enough to have them finished by March. Use your storage calculations to help you decide how much to buy at a time. Note that if your bulk food store doesn't have a fast turn over, shelled nuts bought in March may be rancid already in the store. The new crop comes in October – November, so this is the best time to purchase some for your pantry.

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Dairy storage:

The recommended amount of Dairy for our family for 6 months is 145 lbs for 3 adults. We have our own dairy goats and don't store dairy products per say. However, I do make cheese as we have surplus milk, and I freeze or dehydrate it for future use. I leave this out of my food storage calculations however, falling back on homemade coconut milk should we run out of milk. I store organic coconut flakes.

I also do not store eggs for winter. We have our own hens. Should my hens completely stop laying during the winter, I would make-do with using an egg substitute, such as flax jelly and apple sauce for my baking and skip the store bought eggs. I wouldn't buy an egg substitute or dehydrated eggs for this.

Baking essentials:

I buy a 20 kg. bag of baking soda, and 4 — 5 litre containers of white vinegar for cleaning, homemade toothpaste, and baking, for 6 months. Two bags of baking soda lasts me for 6 months. 1 kg. of baking yeast lasts me 3 to 6 months, depending on how much bread my family wants. I keep the yeast in the fridge and I've noticed that even refrigerated the yeast loses its potency after 6 months, so don't buy yeast more than 6 months ahead. If you don't use it much, buy it in smaller envelopes. Stale yeast will affect your bread's rising. Baking powder also has a short shelf life and loses its potency with long storage. Don't store more than you can use in 3 to 6 months. Baking soda and an acid such as buttermilk, vinegar, or whey can substitute for baking powder in baking.

I use a litre/quart of raw cider vinegar each month for salad dressings and drinks. I also use a litre/quart of balsamic vinegar for dressings and marinades. So I'd add 2 litres/quarts of vinegar to my pantry per month or 6 bottles each of cider vinegar and balsamic vinegar.

How much baking soda, baking powder, vinegar, and yeast do you go through in a month?

Salts and Spices

While not mentioned in the emergency preparedness calculator, it's essential that you plan for the other staples that aren't listed that your family finds an important part of their daily cuisine. These are things like cocoa, coffee and tea, chocolate chips, Himalayan salt or Celtic salt, spices (turmeric, curry spice, chili powder, garlic, onions, oregano, basil, dry mustard and mustard seeds, coriander, parsley, sage, rosemary, etc.) Don't forget the ingredients to make your condiments. These are foods that you use in small quantities that give your food flavour and interest. You may not need to multiply these per person as much as by averaging out the actual amount that your family uses in a month. For instance, my own family consumes 1 coconut curry meal per week. For this I need 1 tbsp of Masala spice – 15 grams. I go through 360 grams in 6 months. In this case I buy a 1 lb. (454 gms) bag of this in bulk each fall and keep it in my freezer,

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just taking out the portion that I need. I also need a jar of coconut cream to make the coconut cream/milk for the curry sauce. One jar will last me 3 months, so I will use 2 jars for my 6 months of food storage or 4 jars in a year. I could also make coconut milk with the shredded coconut in my storage, for this meal.

In conclusion:

The most important take away in this lesson is to start thinking about your pantry and food storage as your “stores” of food, which you will draw on for your [meal planning](#) and menu preparation. Your shopping trip should be focused on replenishing your basic supplies rather than grabbing what you need for the next 5 days of meal preparation. Once you grasp that, you will be free to shop when you feel at the top of your game, knowing what you need to replenish, and you will no longer be a slave to “what’s on sale.” It is hard to break an old habit and change your way of thinking about shopping. But once you do you will find it very freeing. You’ll also save money!

Now most of us don’t have the cash to buy 6 months’ worth of groceries in a single trip. Nor do you have the storage space and the energy to deal with that much food all at once. Instead, your 6 months of food storage is a long term goal. Your first goal is to stock up for 1 month in each of these categories, while you continue to put-by fruits, vegetables, meat, and fish for the season.

Print out [the worksheet](#) and add it to your binder for this course. Once you’ve done it let’s talk about it in the Facebook group. Your observations might help someone else. Don’t get overwhelmed. This is just the first step to a plan for long term scratch cooking for your family. You’ll need a calculator and you’ll need to have a serious look at your current pantry system and your current shopping habits. If you already have some food storage in your pantry you may be more than half way to your goal. You are aiming at a 6 month food pantry of foods that your family actually eats and that you can actually cook from.

A strategy to budget for stocking up your pantry

As I promised here’s a brief strategy for stocking up your pantry using the money you are currently spending on weekly groceries.

Action step:

On your next grocery shopping trip, consider which foods you are currently buying as processed foods and buy the staple item on your list instead, as a one month supply. For example, instead of 7 individual boxes of pasta and rice-a-roni (one week’s supply – \$22), purchase one 5 kg. bag of good quality rice (One month’s supply – \$11) or instead of 10 boxes of ready to eat cereal, your purchased a 10kg/25 lb. bag of old fashioned oats, honey, and slivered almonds to make granola and cooked oatmeal at home. You will save money buying it that way. Then put the savings aside in an envelope for your next shopping trip. Do this every shopping trip. Begin with the food that

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your family eats the most. If you shop every week, by the end of the first month you'll have enough saved for your first month of pantry storage, and be started on your goal of a 3 month pantry. Wouldn't it be amazing if you didn't have to go grocery shopping in December?



Lesson 3 – How to save time when cooking from scratch

This is our third lesson. Are you working through each lesson, taking notes, and taking inventory of where you are at now? You don't need to make major changes all at once. That can be overwhelming. Better to make small, incremental changes that stick, while you learn new skills that will move you further along the path that you want to be.

Let's look at ways to make your cooking from scratch flow easier. Grab your notebook and a pen and let's look at some ways to strategize your time in the kitchen to save you time and help you achieve your scratch cooking goals. All these strategies may not apply to your situation, but take the ones that do and try to incorporate a few of them into your cooking habits. They will reward you with a calmer, more intentional daily cooking experience.

5 Tips to save time in your scratch cooking:

- Prepare vegetables for salads and raw eating as soon as you bring the produce in from the garden or home from the store. Washing, peeling, and preparing vegetables all at once saves clean up and puts them at the ready in the fridge, for quicker cooking. You can

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prepare veggies up to 3 – 5 days in advance. Keep in glass jars in the fridge, at the ready. Those 2 – quart jars are handy for this.

- Prepare the spice mixes that you use most often ahead of time – buy the spices in bulk, not in the tiny glass bottles. The spices will be fresher, with more antioxidants and more flavour because the turnover is higher in the bulk food stores, generally. Keep your mixed spices in glass jars in the fridge. Mix 1 to 3 cups at a time. Spices break down faster when kept in plastic bags, so transfer them to glass jars as soon as you get them home from the store. Store in a cool, dry place to retain freshness, if you don't have space in your fridge or freezer. For optimal shelf life, you can store spices in glass jars in the freezer for optimum freshness.
- Take out your beans or meat portion the night before. Defrost meat in the fridge or soak your beans overnight. This planning takes only minutes and saves you much time the next day. If you are using a slow cooker, get it started before work in the morning or no later than 10am, if you work at home. If you are using a dutch oven on your wood stove or stove top, start it after lunch. Bring it to a boil and then turn it down for a slow simmer – keep it just above a simmer. Add your rice or potatoes at 3pm, if you are using a dutch oven. Add vegetables just before serving. If everything is prepared ahead of time this takes very little actual hands on cooking time before the meal.
- When you cook a favorite meal – especially if you are cooking for just one or two people, triple the amount you cook and put aside 2 portions into a glass casserole dish or plastic container in the freezer, or put into glass canning jars and pressure can the portions. You now have two “fast” food meals ready to go for those days when you don't have time to cook from scratch. You can package the individual parts of a meal in proportional amounts in recycled yoghurt or cottage cheese containers and then package the whole meal in a plastic bag to make it easier to pull together on a difficult day. Keep it simple. If you do this 3 times a week – by the end of a week, you'll have enough “fast” food to serve your family for a week with just reheating on the stovetop – less time than it takes to jump in the car and head out to a fast food joint. Do this every week of this course and you'll have home cooked “fast” food to feed your family for a month. Remember to put a date on the containers so that you use up older food first.
- When you cook a roast or a chicken – cook 2. It uses the same amount of energy to cook 1 as to cook 2 in your oven. Take the second one and divide it into serving portions and freeze (or pressure can) for future meals – stir fries, tacos filling, curry with rice – once the meat is cooked half the battle is won.

The goal isn't to serve left overs every day, but to save time in the kitchen on the days that you are working overtime on a project, or you just don't have the energy to cook. On the days you have the energy and joy, cook from scratch. On the days you are drained, pull from your food storage –

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whether pressure canned or frozen. By the end of this month, you'll have a strategy to win this battle and you won't look back.

Bread baking

First a caution about buying store bought bread. It's really easy to just pick up a loaf of multigrain bread at the store on your shopping trip, especially if only one or two people in your family eat bread. But the health consequences may be more costly than the \$5 loaf of bread. The multigrain bread, that I used to buy, contained soy grits and soy flour, as well as canola oil – all GMO. GMO soy and GMO corn caused cancerous tumours in laboratory animals. My 20 year old daughter developed hard lumps and swelling in her lymph nodes after ingesting the bread, which went away when the bread was taken away and came back the first time she ate it again. This tells me that she may be allergic to something in the bread, or that there are carcinogens in the bread. It's not worth the risk to me, when I can bake bread from scratch that I know has no GMOs or carcinogens. Listen to your body.

In the US, flour is still bromated, a chemical process that is illegal in Canada. Bromine mimics iodine and your thyroid will take it up instead of iodine, inhibiting your thyroid from doing its job. Chlorine also mimics iodine in your body so avoid food that has been bleached like white flour and white sugar.

You can save time baking your own bread by doing the mixing all at once and then keeping the raw dough in the fridge, breaking off the portion that you need for each day and baking just before the meal. The bread in 5 minutes a day recipe is easy to follow and has a nice sour dough flavour by the 2nd day.

Faster bread machine bread

If you use a bread machine, instead of measuring out the dry ingredients for each loaf of bread into the bread machine just before baking, measure the dry ingredients for several loaves at once into individual Ziploc bags and have them ready to go. When you are ready to make a loaf of bread in your bread machine, anyone in the family can dump the contents of one Ziploc bag and add the appropriate liquid ingredients to the machine and press the start button. If several members of your family help you with this task, write the directions on the outside of the bag with a permanent marker, or like I did, have one master recipe taped to the fridge.

If you are gluten-free, you can apply the same principles and mix the dry ingredients for your favorite gluten-free bread into individual Ziploc bags, and have them at the ready to add to your bread machine or ready to mix and pop into a bread pan. If others help you in this job, write the necessary liquid ingredients on the outside of the bags, to make it easier.

Investing in quality equipment:

While you don't need anything more than a cutting board, some sharp knives, pots and pans, and a counter space to cook from scratch, a few modern tools can ease the stress on your wrists and hands, and save you time. These tools are optional:

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- [Kitchen Aid Mixer](#) – I use mine for baking, for mixing salad dressings, bread dough, and noodle dough. You can add attachments for grinding grain, and making pasta, although I've found that these attachments are noisy though.
- [Kitchen Aid Food Processor](#) – essential for making raw fruit and nut bars like Homemade Lara Bars, handy for chopping and shredding vegetables for salads, grating cheese, and shredding bread crumbs or chopping nuts. You can also use a kitchen mandolin for shredding.
- Bread Machine – not essential for baking bread but handy as it does both the mixing and the baking.
- Slow cooker – plug it in, add your ingredients, and walk away until 20 minutes before the meal. Add a salad and set the table and you are ready to serve it. Definitely a very handy tool to have in a busy household. But not essential. Most of what you can cook in a slow cooker can be cooked on top of a wood stove or stove top with careful attention to temperature. But very handy – especially if you don't have a fully equipped kitchen. Useless in a power outage, though.
- [Dutch oven](#) – takes the place of a slow cooker off-grid and uses the heat of a burner or wood heater to keep a uniform heat in the pot. The enamelled cast-iron ones are best as they keep the food from scorching and retain the heat for a long time. You can also use them over a camp fire. If you are using a dutch oven in place of a slow cooker, add the grain and vegetables later in the cooking time and let the meat come to almost done first. Or cook the rice and vegetables separately.
- Chef's knife, paring knives, fillet knife, deboning knife – a good quality knives are essential to all food preparations – you want one that will hold its edge. It can take the place of a food processor for some tasks. See the video tutorial for how to sharpen your knives.
- Wooden chopping board – plastic chopping boards retain bacteria in the cut scars. A wooden cutting board is naturally antibacterial. If you have a plastic cutting board, be sure to sanitize it after cutting meal on it. Sanitize by washing with soap and rinsing. Spritz with citrus vinegar cleaner. Wipe clean. Spritz with hydrogen peroxide. Wipe clean.
- [Pasta Machine](#) – get a good quality, Italian made machine that is stainless steel.
- [Grain mill](#) – I recommend The Wonder Mill because it is more efficient and much quieter than others I've tried. Here's my [review](#).
- [Pressure Canner](#) – handy for processing dried beans and for preserving a few servings of meals if you don't have a freezer. Video Tutorial on how to use a pressure canner coming next week.

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- Deep freeze – the easiest way to preserve food for future meals. A small deep freeze can let you save meat that you buy on sale, vegetables and fruits in season, as well as a full month's worth of your family's favorite meals, at-the-ready for tough days. **Not a good idea if you live off-grid. Coping Off-grid:** Off-grid, made-ahead meals can be pressure canned and stored at room temperature in your cool room.
- Strategies to help you win in your efforts to cook from scratch require planning.
- When planning your dinner, take out beans or frozen meat the night before and soak beans overnight as necessary. Defrost the meat in the fridge overnight.
- Use a Dutch oven or slow cooker to cook your meal during the day, while you do other things. When cooking your family's favorite meals, triple the amount cooked, proportion the servings, and freeze (or pressure can) two extra meals for those times when you don't feel like cooking or are too busy to cook.
- When cooking a roast or a chicken put two in the oven and divide and freeze the second one for future "fast" food meals.
- Invest in quality equipment that saves time and will last many years.

A quick recap of today's lesson:

- Strategies to help you win in your efforts to cook from scratch require planning.
- When planning your dinner, take out beans or frozen meat the night before and soak beans overnight as necessary. Defrost the meat in the fridge overnight.
- Use a Dutch oven or slow cooker to cook your meal during the day, while you do other things. When cooking your family's favorite meals, triple the amount cooked, proportion the servings, and freeze (or pressure can) two extra meals for those times when you don't feel like cooking or are too busy to cook.
- When cooking a roast or a chicken put two in the oven and divide and freeze the second one for future "fast" food meals.
- Invest in quality equipment that saves time and will last many years.

Which of these strategies will you add to your daily and weekly cooking routines to streamline your cooking from scratch efforts?

Your hands are your most important tools in the kitchen. Take care of them. Avoid repetitive stress. Guard your fingers when using sharp knives or electric tools. If your wrists or hands are sore or numb, use electric equipment for some of the tasks that a recipe requires that might stress your joints. If you have chronic arthritic pain, try [turmeric](#) to ease inflammation.

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[How to sharpen your Kitchen Knives \(Video tutorial\)](#)

[Your first video tutorial:](#)



How to sharpen your Kitchen Knives and How to cut an onion without tears

Sharp knives help you avoid hand stress, however, learn to use them with a closed hand, to avoid cutting your fingers.

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Lesson 4: Time Management in Action — hummus and homemade pita bread

Hummus and pita bread from scratch

Pita in a frying pan

2 c. warm water
2 tbsp. dry yeast
1 tsp. organic sugar
4 c. bread flour
2 c. whole wheat flour

Dissolve yeast in warm water with sugar. Allow to bubble. Mix in 4 c. flour and beat well. Knead in final 2 c. of flour. Knead until smooth and elastic. Allow to rise for 90 min. or until doubled in bulk.

Divide dough into 16 portions. Roll each into thin rounds. Fry each round in dry frying pan over medium heat. Fry for 1 min on each side and then fry again on each side allowing pita to puff before flipping.

Serve with hummus, cucumbers, & tomatoes.

JoybileeFarm.com

Homemade Pita Pockets

Cooking from scratch is the first step on the journey to homestead success. If farming, working away from home, or gardening takes up a lot of your time, but you are serving your family processed foods, from the grocery store or a restaurant, because you think you don't have time to cook from scratch, I want to help you find the time. The reality is that if you have some basic kitchen equipment, like a slow cooker, a stand mixer, and a food processor, it takes no more time to cook from scratch than it does to open a box and cook processed food. The key isn't in the amount of time it takes to cook from scratch but understanding how to manage your time so that the basic steps are done as you go about your day, doing other things.

I offer an example of one way to manage cooking from scratch in an already busy day.

On Saturday Sarah had a craving for hummus and pita bread, an after-effect of her summer trip to Israel. Not having any bread in the house, nor hummus we started from scratch at noon on Saturday and had both pita and hummus dip ready to eat by 7:30 on Saturday night, along with

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our evening meal. Most of the hands-on was done in the last hour, so while it sounds like a huge undertaking, it was very manageable. Note that hummus and pita can be made ahead and be ready for hunger cravings like this, with a little forethought.

Let's look at the timeline:

12 noon (or earlier) – rinse and soak 8 cups of chick peas in 20 cups of water in a large soup pot. Note: I canned the leftover, soaked beans so that I'd have some chickpeas ready to go next time Sarah has a craving. If you don't plan to have leftover beans, just soak 1 ½ cups of chick peas in 6 cups of water.

4pm – By 4pm the beans had swelled to more than double their usual size. You can soak them longer, even all day and night, but on Saturday this is what I did. I took 3 cups of chick peas from the soaking pot and rinsed well in cold water. I added rinsed beans to a sauce pan with 6 cups of cold water. Bring to a boil and simmer on low until soft – about 90 min. You could do this part in a slow cooker over 2 or 3 hours, if you weren't at home to watch them. (Makes 6 cups of cooked beans)

Begin the pita bread: Dissolve 2 tbsp. yeast, 1 tsp. of sugar, in 2 cups of warm water. Allow yeast to bubble. (At this point I took my camera and went for a walk and left it all to work unsupervised.)

5pm – In your stand mixer, put yeast mixture and 4 cups of bread flour and mix until it forms a soft dough. Add in ½ cup. ground flax seed, and 2 cups of whole wheat flour. Mix with the dough hook until smooth and elastic or mix by hand. Cover and allow to rise for 1 hour, until doubled in bulk. (Hands on time 15 min.)

6pm – In a food processor, with a chopping blade, mix 3 cups of cooked chick peas, juice of 2 limes, zest of 2 limes, 4 peeled garlic cloves, 2 tbsp. virgin olive oil, and ½ tsp. salt and process until smooth. If the mixture is too thick add some boiled water, 1 tbsp. at a time until mixture blends to a smooth paste consistency. Add ½ cup tahini (sesame butter). Process until well blended. Garnish with olive oil and chopped parsley. (15 min.) (You'll have 3 cups of cooked chick peas left over for a second batch.)

At this point I put a whole salmon in the oven to bake as well, to serve with the hummus and pitas.

Punch down pita bread dough and allow to rest briefly.

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6:15pm – Divide bread dough into 16 portions. Form into round balls. Roll each ball into a very thin circle about 6 inches in diameter. The thinner that you can roll the dough the better the pitas will puff. Flour well on both sides and set aside. Cover to keep from drying out. Meanwhile, heat dry frying pan on medium heat until water dances wildly when tossed in



the pan.

6:20pm – (if you have a helper, this step goes faster, but only slightly) Cook each round of dough in the dry frying pan for 1 minute on each side. Then recook on each side, allowing the pita to puff up before flipping. Don't allow the dough to burn. If the pita starts to smoke or burn, reduce the heat. If it doesn't puff raise the heat slightly. (This part takes some experience to know when it's just right.). Takes about 60 min. to cook the whole batch, with two people, one rolls the rounds while the other cooks. It takes just a bit longer if you are working alone.

7:20pm – Slice tomatoes, cucumbers, cheese, and debone, baked salmon.

7:30pm – Serve dinner: Deboned baked salmon, cheese, hummus, cucumbers, sliced tomatoes, and warm pitas.

Gluten free variation: If you are cooking gluten-free, corn flour tortillas could be substituted for the pita bread in this recipe. The hands on time for making corn flour tortillas from scratch is about the same as for pita bread. Omit the second cooking per side.

Low carb variation: The hummus could be enjoyed with zucchini chips (sliced zucchini, drizzled with olive oil and sprinkled with onion salt then dried in the dehydrator) instead of pita bread. Adjust the time for preparation accordingly. Zucchini chips need about 7 hours in the dehydrator to dry fully. Start them in around 9 am.

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Canning dried chick peas for convenience

Sunday night: Rinse presoaked chick peas. Fill pint jars $\frac{3}{4}$ s full of presoaked dried chick peas. Fill jars with filtered water to 1 $\frac{1}{2}$ inches from top. Top with 2 part canning lids and rings. Process pint jars in a pressure canner at 10 lbs pressure (I used 15 lbs pressure at 2,700 ft) for 75 minutes. Turn off heat. Allow to cool in canner naturally before opening the canner. If you are using quarts instead of pints process for 90 minutes.

Monday: I reserved 3 cups of cooked chick peas for a second batch of hummus. The first batch was eaten on Saturday night. Plus 2 cups of hummus and some pita bread were taken to a friend's home, where we were invited to share Sunday lunch. We cut the pita in $\frac{1}{8}$ th wedges and served it with the hummus as an appetizer. Today, I'm making a second batch of hummus, from the cooked beans. But I'm out of pita bread. I'm serving it with washed and cut veggie sticks – cut cauliflower, broccoli, and carrots, as a side dish to my chicken-curry-spaghetti squash – a freezer meal, since we have a meeting tonight.

That's the flow of time management. You can see it's a combination of made ahead meals, planning for future convenience, and immediate consumption of a dish – in this case pita and hummus dip.

Yield from 8 cups of dried chick peas – 6 cups of prepared hummus, 14 pints of canned chick peas. **Bonus:** With the canned chick peas, dishes like falafel, and hummus can be made in 5 to 10 minutes – less time than it takes to run to the store.

The actual hands-on time was about 1 hour and 15 minutes for the Saturday meal plus 15 min. additional preparation to process the beans in the pressure canner. The rest of the time I was able to do other things while I watched the timers. And the yield was 1 complete meal on Saturday, plus a potluck dish for Sunday, and the convenience of 14 future dishes ready to be made – hummus, falafel, or roasted chick peas.

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Making hummus from canned chick peas



Open 1 pint of home canned hummus. Drain and rinse the beans – you’ll have approx. 2 cups. Put into a food processor and blend until smooth, adding filtered water if needed, 1 tbsp. at a time to allow the beans to blend smooth. Add ¼ cup tahini, 2 peeled garlic cloves, ¼ tsp. Celtic salt, 1 tbsp. virgin olive oil, and the juice and zest from 1 lemon or lime. Makes 1 ½ cups of prepared hummus. Hands on time: 5 min.

There is also a significant savings when making hummus from scratch beginning with dried chick peas rather than buying premade hummus at the deli or even making it from industry canned chick peas. Plus your homemade hummus will be free of GMOs and preservatives.

Are you finding the time to cook from scratch in your busy day? What are your obstacles?

Lesson 5: Rice and Beans

Beans and Rice

Beans and rice are traditional foods of many cultures. Together they make a complete protein, although they are often teamed up with other proteins such as meat or cheese. They are safe for a gluten-free diet, although not low carb. Beans and rice as a side dish along or as a main dish

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together, are comfort foods that say winter, and rest to our spirits. You can make them easily from scratch, without opening a can or a packaged mix. When made from scratch with dried beans and rice, they are economical and satisfying. They can also be quick if you follow a few time management tips.

For instructions on pressure canning your own dried beans go to [our last lesson](#).

Time Management Tips for scratch cooking with beans and rice

Begin the night before to plan your meals for the next day.

This is the very best time to soak beans, or put your meat in the fridge to thaw.

Look through the fridge and plan to use up garden produce, or bits and pieces of left overs

This is the time to add small quantities of vegetables to your freezer container for future stock

If this is the beginning of the week, take a few minutes and use your food processor to chop onions, and vegetables, shred cabbage and slaw, and generally prepare a few days of vegetables ahead of your needs.

Is your day tomorrow going to be hectic? If so take the crock pot out tonight and put it on the counter so that you remember in the morning to put the meat, potatoes, and vegetables in the crock pot and plug it in before you have to leave. Don't feel like a stew? Just put the meat and onions, garlic, salt, and spices with 2 cups of water or a jar of tomatoes in the crock pot and plug it in on low. Rinse and soak 1 cup of rice in 2 cups of water (for 3 servings) and leave it on the counter. When you get home, drain and rinse the rice again and add 1 ½ cups fresh water to the pot with the rice. Your rice will be ready in 15 minutes. Adjust the salt and spices in the crock pot, add the rest of your sauce ingredients (coconut oil, curry spices, or what have you.). Your meal will be ready in the time it takes to set the table and change out of your work clothes.

If you are using an electric rice cooker, set the timer and your rice can be ready when the rest of your meal is done. Here's the rice cooker that's on my wishlist:

Beyond Rice and Beans – in a hurry!

What if you forgot to set up the crock pot or something interfered with your dinner plans. You can still cook your dinner from scratch if you have some home canned jars of tomato sauce, some canned beans or quick cooking red or green lentils, or adzuki beans plus some rice, potatoes, or pasta (or even squash). Lentils or adzuki beans will cook in the same amount of time it takes to cook rice.



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Spice up cooked lentils, canned kidney beans, cooked adzuki beans, or ground beef:

In the following recipe these precooked beans or leftover cooked ground beef can be used interchangeably for different meals. **These are budget meals.** You can add more exotic ingredients to make it fancier and more appealing, depending on your budget. (See notes at the end).

Sweet and sour lentils with rice (30 to 40 min prep and cooking time. Dinner is ready when rice is cooked).

Begin cooking rice 20 to 40 min. depending on variety. Rinse rice. Place in saucepan or rice cooker – 1 cup of rice to 2 cups of water.

Add to cooked lentils (to cook lentils add 1 cup of lentils to 3 cups of water and simmer for 20 min.)

¼ cup apple or pineapple juice

¼ c. cider vinegar

¼ c. organic sugar or 2 tbsp. honey

1 garlic clove crushed

1 onion, diced and sautéed

Heat together until bubbly and serve over rice. Add a salad or raw veggies and dip for a complete meal.

Easy lentil stew – Total time: 30 to 40 min. Prep and cooking.

Add 2 cups of left over tomato sauce

1 cup diced carrots, cooked

1 cup diced turnips, parsnips, celery, rutabagas, green beans, or peas

1 clove of garlic

2 to 4 potatoes peeled and diced or sweet potatoes or squash

Cook together with already cooked lentils until heated through. {Don't cook lentils in tomato sauce but add already cooked lentils to tomato sauce. You can cook lentils in water (1 cup of lentils to 3 cups of H₂O) while you assemble the other ingredients and bring them to a simmer.}

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Add a salad for a complete meal.

Curried lentils – total time 30 to 40 min. prep and cooking

Simmer 1 cup of rice (rinse first) with 2 cups of water (makes 3 cups)

While rice is cooking, in a separate pan, sautee together:

¼ c. coconut oil

1 large onion diced

1 clove garlic, minced

Add 2 cups of coconut cream (use Tropical Traditions Coconut Cream Concentrate – 2 tbsp. mixed with 2 cups of boiling water, mix until smooth)

1 to 2 tsp. curry spice

Add 2 cups cooked lentils.

Heat together until bubbly. Serve over rice. Add a cole slaw or oriental salad for a complete meal.

Refried beans on pita bread or tortillas

Mix leftover cooked Lentils or cooked kidney beans, sautéed onions, and coconut oil. Mash with potato masher. Add a few tablespoons of tomato paste or leftover tomato sauce. Add chili powder, or cumin to taste. Spread on tortillas or pita bread. Sprinkle with grated cheese. Bubble briefly in toaster oven or under the broiler. Serve with a tomato, green pepper, and cucumber salad (dressing: 2 tbsp. olive oil, 2 tbsp. balsamic vinegar, ¼ tsp. Dijon mustard, 1 small crushed garlic clove, pinch of dried oregano, pinch of cilantro – beat together with a fork until smooth. Pour over salad vegetables.)

Understanding Rice

Rice is the staple for the food pantry and even more so if you have a family member who is gluten free. All rice is not the same. Although you may be used to Minute Rice or Polished long grain white rice, there are many options to keep you from being bored with your meal planning – even when you are in a hurry to get the meal on the table.

Basic rice cooking instructions:

Using a fine sieve or strainer take 1 cup of rice and rinse well in cold water. Drain.

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Put 1 cup of rice to 2 cups of water in a sauce pan. Bring to a boil. Turn down heat and simmer for 20 minutes for white rice. Brown rice takes 40 min. but less if rice is presoaked for at least 1 hour before cooking.

Short Grain Rice

Short grain rice is starchy and is the rice used in dishes where the stickiness of rice is of benefit. Sweet rice, sticky rice, and Arborio dishes take advantage of the starch of short grain rice. Short grain rice is the rice to use if you are grinding rice for flour in order to use it in gluten free cooking. The starchiness helps gluten free breads stick together.

Long Grain Rice

Long grain rice doesn't stick together and is cooked so that it separates into individual rice grains when fluffed with a fork at the end of cooking time. Medium grain rice has some of the characteristics of both short grain and long grain rice.



Brown Rice

Brown rice has the germ of the grain and the rice oils still intact in the grain. Brown rice will sprout and can be made into rice malt. Brown rice also has more B vitamins than white rice. Brown rice is often aged before it is sold – such as brown basmati rice – specialty rice used in Indian cooking and one of my favorite rice. However, brown rice, when kept in a warm, humid environment and not protected from air can have a “bad smell” and go rancid. To keep your brown rice fresh, buy it in foil, sealed bags and store it in a cool, dry, place, protected from heat, moisture, and light.

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What is Minute Rice and Converted Rice?

Minute rice has been preboiled and then dried again. It is expensive and not worth the price, since ordinary white rice cooks in only 20 minutes. It's rare to be able to assemble a meal in less time than it takes ordinary rice to cook.

Converted rice is brown rice that has been parboiled and then dried again. This parboiling allows brown rice to cook in 20 minutes, like white rice, while maintaining the B vitamins. It is more expensive than regular brown rice, because it is processed.

Specialty Rice



Forbidden black rice with chili and hummus. Topped with jalapeno cheddar.

Wild rice is specialty rice. It is grown in Northern marshy areas and fermented before it is dried for sale. It has a nutty, wild flavour and is usually added to other rice dishes. It is expensive and because of its wild flavour is not usually served on its own, in place of other rice. Cook it by using ½ cup of wild rice to 2 cups of water (serves 4). It cooks in about 30 min.

Specialty organic stores like [Tropical Traditions](#) online, carry other specialty rice, too. [Forbidden Rice](#) is a black-purple rice that is very short grain, and rich in antioxidants. Cook it with 1 cup of rice to 1 ¾ cups of water. It is ready in 30 min. It has a rich nutty – fruity taste that transforms a Meatless Monday Meal or a plain meal into a festive occasion. It goes great with game and lamb as well, with its rich, fruity flavour.

[Heirloom Bhutan Red Rice](#) is specialty rice available from [Tropical Traditions](#). It is a short grain red rice. Cook it with 1 cup of rice to 1 ½ cup of water. This rice complements curry dishes, and rich meat sauces.

Scratch Cooking 101

How to get more mileage from specialty rice:

To extend a specialty rice try mixing several speciality rice with brown basmati rice and wild rice. Rinse and presoak a combination of specialty rice with Basmati and use ratio of 1 cup of mixed rice to 2 cups of water. Bring to a boil and then simmer the rice for 30 to 40 minutes until done. Fluff with a fork. Add a tsp of butter or olive oil and salt to taste before serving for rice pilaf.

Recap: Time management in your busy schedule – Mastering Rice and Beans

Plan the night before for dinner on your busy days. Put beans on to soak overnight or thaw meat in the fridge overnight. Your [weekly menu plan](#) will help you with your time management.

Set up your crock pot for beans or meat in the morning and let it simmer all day. Meal can be ready in the time it takes to cook rice or make a salad.

If you forget your crock pot rely on lentils, adzuki beans, canned beans, or leftover meat for dinner

If you are running out of ideas, try one of these quick meals that can be ready in the time it takes to cook rice.

To cook rice, rinse rice in cold water. Put in small pot 1 cup of rice and 2 cups of water. Bring to a boil and turn down heat. Simmer for 20 to 40 minutes depending on rice variety. Before serving fluff with a fork. Or follow directions on your rice cooker.

Lesson 6 – Creating a Price Book and taking advantage of seasonal sales

Why do you need a Price Book

A price book gives you a record of the actual prices that you have paid for different commodities, reminds you of the usual sales price, and where you purchased the food.

I started my first price book in 1982, as a young bride. 1982 was the year of the RECESSION. Interest rates climbed so that my university student loan was negotiated at 24% interest. Fresh out of university, our first goal as a couple was to extinguish that student loan. The price book helped me to keep my frugal resolve and that ugly loan was fully paid off in 6 months.

I continued to keep my price book and although I've been lazy at times, the book has been there to bring a dose of reality to inflations ups and downs. In 1982, minimum wage was \$3. per

Scratch Cooking 101

hour. Mr. Joybilee got his first job as an articling student in a Chartered Accounting firm, McKnight, Johnson, and Co. in Chilliwack at an annual salary of \$14,000. He brought home about \$1,200 a month, of which half went to the rent in our tiny 2 bedroom basement apartment. So that left about \$600 to buy groceries, car insurance and repairs, gas, and utilities, pay our tithes and offerings, and the other things a newly married couple needs. My student loan was about \$3,500 – which represented my final year of university – the first 3 years were paid for through working and going to school part time.

(So first of all, we actually DID pay off the student loan in 6 months. And no, it doesn't work out on paper. I realize that. You see when you layout your finances before God and ask Him for help, He takes your natural and adds His supernatural to it. He has done this over and over again for us in our 30+ years of marriage. And so I offer it to you as an encouragement, when there doesn't seem to be enough pay cheque at the end of your week.)

I learned to bake bread for the first time in 1982. I didn't even own any bread pans but borrowed some pans from my landlady. I bought regular, bleached, all-purpose generic flour for \$3.99 a bag, on sale. The Roger's brand flour – unbleached, no additive whole wheat, my favorite flour – was \$6.99 a bag regular price and rarely went on sale below \$5.99. I didn't touch it until my student loan was history.

A price book tells you if the price of food is increasing and the real-time rate of increase, in spite of what is reported in the media. The media cannot be trusted to accurately track trends in inflation.

For instance, in 2008, the media reported devastating inflation throughout the world. From January to September staples, like rice, tripled in cost and wheat flour, in many parts of the world doubled in price. In response, baked goods increased overnight, the bakery department in my local grocery store downsized by 50% while at the same time increasing their prices on ready baked breads, bagels, tortillas, and donuts. Sliced multi-grain bakery bread went from \$2.99 a loaf to \$5.99 at this time. It was a time of despair around the world, fueled by the media hype. Significantly, 5 years later, bread remains around \$5.99 a loaf here and often drops to \$4.00 a loaf on sale, in Western Canada. Prices do fluctuate regionally, so your price book will help you with the regional fluctuations in prices, too.

Commodity prices did go up in the Spring of 2008, while the new crop was growing. My price book reminded me that this is part of the **normal annual price cycle**. In September I bought 2 – 10 kg. (22 lb.) bags of my favorite brand of unbleached bread machine flour for \$5.99 – just \$2 more per bag than I paid for lesser quality generic bleached, all-purpose flour in 1982, the first year that I started keeping a price book. When the dust settled in January of 2009, the price of all-purpose flour had risen 10% over the previous 5 years average – keeping pace with the inflation rate. My price book showed both the fluctuations and depreciations in consumer prices, while the media only found the increased prices newsworthy, fueling panic.

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A price book reminds you of where you purchased food commodities and what prices that you paid, including the time of year, so that you can anticipate sales and plan them into your budget.

Sale prices go on an annual cycle. Usually when the new crop of any commodity comes in, products based on the old crop are discounted, to make room in warehouses for the new supply. In the Fall, canned goods – like canned beans, vegetables, and canned fruit will be discounted or some stores will have caselot sales. Frozen vegetables also go on sale at significant discounts to make room for the new harvest. This is a good time to stock up on sales for the winter.

I leave room in my food budget in September to November to purchase these discounts in quantity to add to my winter stores. My price book tells me when to anticipate specific sales. This is also the time of year when livestock goes to market and you will find good discounts in the meat department – pork loins, beef roasts, turkey and chicken, as well as soup bones and stewing hens. If you have a pressure canner, plan to make stocks and consommés, as well as canned meat, while the meat is in ample supply with attendant lower prices.

A price book allows you to break down the actual cost of various recipes so that you can tweak recipes or accurately anticipate the costs when you are selling or donating food for bake sales or gifts. Sometimes it is more economical to give a cash donation than to donate food for bake sales at church or school and your price book will let you know when this is so.

Part of my price book is a breakdown of the cost per 100grams, the weight of 1 cup of the ingredient, and the breakdown of the cost per cup, cost per tbsp., cost per tsp. and also where I purchased it at that price. This helps me when making substitutions in recipes, and tells me whether some things are cheaper made from scratch or bought ready-made. Of course, it only

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counts the economic cost, not the health cost, nutrition cost, nor the time cost.



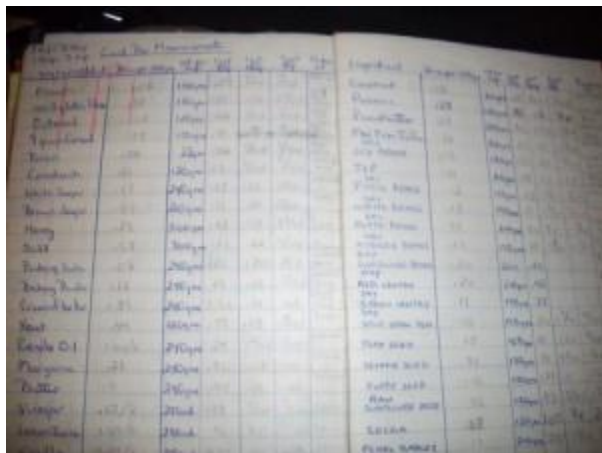
For instance, in 1990 – over 20 years ago — Flour was 4.99 for a 10kg bag of all-purpose flour at Safeway. This works out to 5 cents per 100 grams. 1 cup of flour weighed 180 grams and cost 9 cents a cup, 1/10ths cent per Tbsp. and per tsp. I was working on creating gluten free recipes to cope with my celiac disease, and the gluten free flour that I used was 97 cents per 100 grams, bought by the bag in the Health Food store. 1 cup of gluten-free flour was 130 grams and cost me \$1.26. 1 tbsp. was 8 cents, 1 tsp. was 3 cents. When I made my own gluten free flour from brown rice flour (home ground), tapioca starch, and potato starch my cost per cup dropped to 30 cents from \$1.26. While not as low as standard all-purpose flour, it made it more affordable for me to learn to bake gluten-free for myself.

Without my price book, I wouldn't have had a way to compare and wouldn't have known if it was better to blend my own flour and bake gluten-free or to buy the ready-made gluten-free products that my health food store carried. Which, by the way were rubbery and flavourless, not like what is available today.

What should your price book look like?

For my first price book, I divided the page into columns and used 1 row per ingredient/commodity. This allowed me to compare prices for ingredients based on current costs, but didn't allow me to compare prices over the years. To do that I had to go back to my previous price books. For that reason I suggest that you put only 1 ingredient commodity per page. If you need variations of the same ingredient – such as all-purpose flour, pastry flour, and whole grain flour – divide your page in half. Then use one row per item per shopping trip and record the prices both that you actually paid and even the sale prices that you find in the flyer but you didn't buy.

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Here is the price book I used in 1990. Today I put one ingredient per page. Same columns and categories.

Ideally I would use a hard bound, lined notebook, like people use to keep a journal. The pages don't tear out easily and they will last you many years. If you have recipes that are staple in your family –like gluten free flour mix or a pancake mix, record those recipes in the back of the book, starting on the last page and moving toward the front. Under the recipe record the cost to make it—each time you make it – based on the current price of ingredients. This gives you a tangible way to compare prices over the years.

In the price book only keep track of the ingredients that you use all the time that you want to track over many years. You don't need to record the box of ready-made cheese cake (24) that you bought at Costco for the office Christmas party/potluck – if it's a one-time purchase. Record it only if it's a regular part of your monthly or seasonal shopping.

Ingredient	Date	Bought at	Price	Price/100g	Wt./c.	Cost/c.	Cost/tbsp.	Cost/tsp
Ex. Flour	9/13	Save-On	12.89/10k	13 cents	180gm	23 cents	2 cents	1 cent

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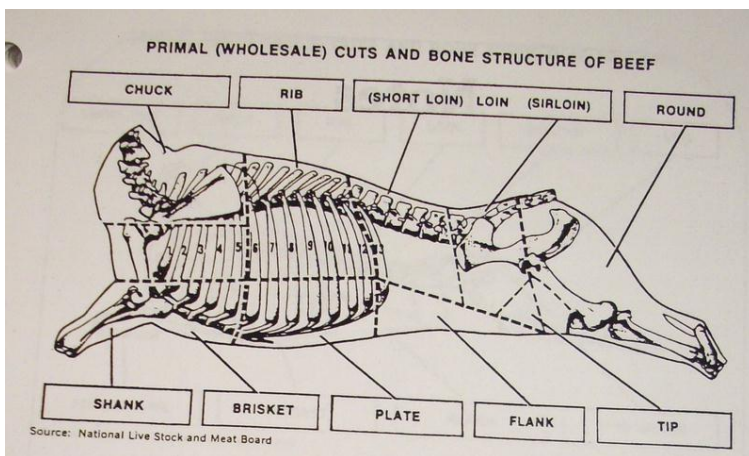
For calculation purposes:

There are 16 tbsp. in a cup.

There are 3 tsp. in a tbsp.

Round your cash up to the nearest 1 cent.

At the back of this e-book is a [blank printable chart](#) that you can copy to create your own.



Tender Cuts of Beef

- Sirloin
- Filet Mignon
- Beef Ribs
- Hamburger
- Ribeye Steak
- Rib Roast
- Back Ribs
- Porterhouse Steak
- T-Bone Steak
- Strip Steak
- Filet Mignon
- Tenderloin Roast
- Top Sirloin Steak
- Tri-Tip Steak
- Tri-Tip Roast



Medium Cuts of Beef

- Skirt Steak
- Flank Steak
- Top Round Steak
- Bottom Round Roast
- Bottom Round Steak
- Eye Round Roast
- Eye Round Steak
- Round Tip Roast
- Round Tip Steak
- Sirloin Tip Center Roast
- Sirloin Tip Center Steak
- Sirloin Tip Side Steak

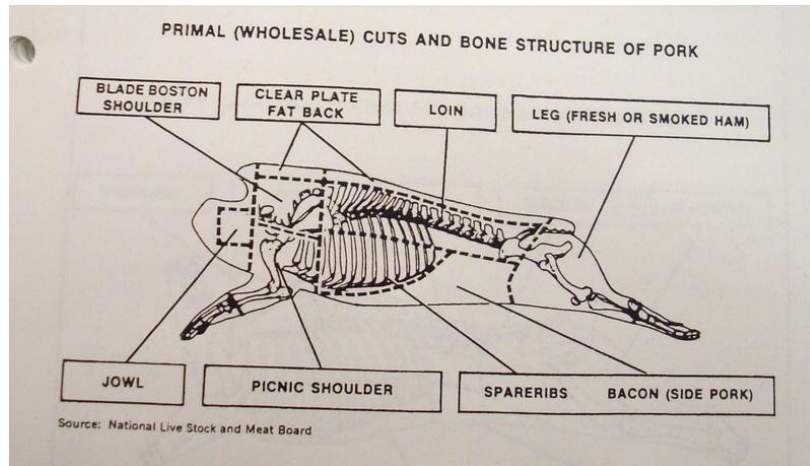


Tougher Cuts of Beef

- Chuck 7-Bone Roast
- Chuck Pot Roast
- Chuck Steak
- Chuck Eye Steak
- Flat Iron Steak
- Shoulder Pot Roast
- Shoulder Steak
- Ranch Steak
- Shoulder Petite Tender
- Short Ribs
- Shank Cross Cut
- Brisket Flat Cut
- Skirt Steak
- Flank Steak
- Cubed Steak
- Beef for Stew
- Beef for Kabob
- Shank Cross Cut
- Brisket Flat Cut



[Video: Different Cuts of Meat and How to Cook Them](#)



Tender cuts of Pork
Loin (slow cook for pulled pork)
Pork Chops
Loin Chops
Sirloin Chops
Back Bacon

Medium Cuts of Pork
Ham
Bacon
Spare ribs
Ribs

JoybileeFarm.com

Tougher Cuts of Pork
Jowl
Picnic Shoulder
Boston Shoulder/
Boston Butt
Hocks

JoybileeFarm.com

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Lesson 7 — Home Baked Bread and Perfect Challah

Warning: Not Gluten-Free

Lesson 7 – Home Baked Bread

Bread is the staff of life, and the basis for holiday baking, lunches, Shabbat meals, and many comfort dishes. Bread is also the basis of many ethnic traditional foods. Bread gets its light, spongy texture from gluten in wheat, rye, and barley. Bread is also high in carbohydrates. Although ethnic specialty breads are expensive, they are inexpensive when you make them at home, from scratch.

Those on gluten-free diets because of celiac disease, wheat sensitivity, irritable bowel syndrome, or diabetes should refrain from eating bread made from wheat, rye, or barley flour. If you are on a low carb diet you'll want to save this lesson for a special occasion. If you have a family member who is celiac or has a wheat sensitivity, you'll want to avoid this recipe. Gluten-free bread and many other traditional breads (wheat and rye) are the focus of [Scratch Cooking 201](#).

In this lesson I'll just skim the surface on bread baking. Challah is a fun bread that is a bit more challenging to master. But it looks so sensational that once you learn the easy braiding technique I know you'll want to add this to your repertoire of scratch cooking. Not only that but this basic sweet dough can be used as the foundation for many other sweet breads, so, provided you aren't gluten-free, you'll want to take the time to learn this technique.

We'll go more in depth in lessons on various ethnic breads and also on gluten-free baking in [Scratch Cooking 201](#) — which you can sign up for now.

Today I'll give you this basic sweet bread recipe that can be used in other sweet breads as well.



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Perfect Braided Challah

Time: About 3 hours start to finish. Hands on time about 15 min plus 25 min — total hands on time 40 min.)

3 c. warm water

1 tbsp. organic sugar

2 tbsp. dry yeast

7 whole medium eggs

2 tbsp. liquid coconut oil or melted butter

1/4 cup of organic sugar (optional)

1 tbsp. Celtic salt or Himalayan salt

8 cups unbleached bread machine flour

1/2 cup freshly ground flax seed

2 cups whole wheat flour

1/2 cup of raisins, plumped

1 tbsp. cinnamon, powdered

Dissolve yeast and 1 tsp. sugar in water. Wait until it gets frothy or foamy. Add to mixer bowl. Crack in 7 medium whole eggs, beating after each addition. Add 5 cups of unbleached bread machine flour, 1/2 cup ground flax seed, 3 cups whole wheat flour. Beat with dough hook on your stand mixer after you've added the first 4 cups of flour and then continue beating adding 1/2 cup of flour at a time. Dough should be smooth, pliable, and elastic. Cover dough with cloth or lid, set in a warm place, and allow to rise for 1 hour or until doubled in bulk. The extra protein from the eggs makes this a rapid rising dough.

Once dough has doubled in bulk, punch it down. And allow it to rest again for 15 minutes.

To form Challah loaves:

There are several ways to form the braid. This bread can be divided into 3 portions and each one braided as in the diagram and it will make 3 large loaves. Or it can be divided into 12 portions and each portion can be braided for smaller challah loaves. See the step by step diagram to see how to braid the challah.

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Here's the verbal instructions:

Divide dough into 12 portions. Take each of the 12 portions and divide into 3 parts. Roll each part into a smooth log as in picture 1.

Cross the 3 logs in the centre. (picture 2)

Working on one side at a time, braid the 3 strands by passing them alternatively under and over each other as if you are weaving. (Picture 3)

When you run out of dough, press the three ends together and tuck this end under the loaf. (Picture 4)

Repeat steps 1 to 4 on the opposite side of the loaf.

Place each loaf on a greased baking sheet. The loaves will rise until doubled in bulk and then rise more in the oven so leave enough room between them on the baking sheet so that they don't grow into each other during the baking.

Form each loaf in turn and place on baking sheet.

Beat 1 egg, and brush each loaf with the beaten egg. Once you have brushed all the loaves with the egg, go back and repeat the egg brushing so that each loaf has been brushed twice with the beaten egg.

Sprinkle the tops of the loaves lightly with poppy seeds or sesame seeds.

Cover and allow to rise until double in bulk. (about 30 min.)

Preheat oven to 400F. Put baking tray into oven and immediately turn down the oven to 350F. Bread will be done in 25 to 30 min. Bread is done when it is golden brown and the bottom of the loaves sounds hollow when tapped.



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Hints:

You can use this recipe for several celebration breads by substituting other dried fruit and nuts for the raisins and omitting the cinnamon. Christmas fruit breads, Easter breads can also be made using this basic recipe, although I personally think, none of them are as pretty as braided challah.

This can be made savoury by omitting the 1/4 cup of sugar, and the raisins and adding spices like oregano, basil, pieces of olives, and grated cheese.

Form individual rolls with the challah dough — and make mini braided loaves or turbans or circular braids. This recipe will make 18 individual rolls.

If you are having trouble getting the dough smooth when you roll it into logs, try wetting your hands. Dough should be smooth and elastic but still moist when you are working with it.

This is one bread that is just as delicious 2 days after baking as it is fresh, and warm from the oven. The extra eggs and oil keep it moist and tender for several days. If you are making a big batch, you can freeze the extra rolls or loaves to keep for another day.

This bread travels well. Make individual rolls for your next long car trip and slice them lengthwise for deli sandwiches — corned beef, kosher dills, and mustard are a great choice, so is cream cheese and smoked salmon.

French toast

Leftover bread is the basis for some sensational French Toast. To make French Toast, slice the loaf thickly and drag through a mixture of beaten egg with a scant amount of milk and cinnamon added. Fry lightly on both sides. Serve warm with icing sugar, jam, or syrup.

Cinnamon buns

Make cinnamon rolls with this recipe: Divide the dough into 3 portions. Roll out one portion to 1/2 inch thick. Spread the surface of the dough with butter. Sprinkle with cinnamon sugar. Roll up from the long side to form a roll with layers of cinnamon sugar in a spiral. Cut with a sharp knife into rolls about 1 inch thick. Prepare a glass baking dish by buttering the dish. Spread cinnamon sugar over the butter. Lay out the cut rolls, cut side down in the baking dish. Place rolls close together so that when they rise, they press into each other. Cover and allow to rise until doubled in bulk. Bake at a 350F oven for 30 min. Remove from oven and turn out of pan. Cool on a wire rack, upside down. Allow to cook and ice with thin icing if desired.

How to make this bread with 100%whole wheat flour

To make these loaves with whole wheat flour or freshly milled flour your technique needs a bit of adjustment. To use 100 % whole wheat flour, be sure that your flour is freshly milled — still warmed from the mill is not too fresh. Add only half the flour to the liquid and beat well, until strands of gluten begin to form on the beaters or on your wooden spoon, if you are making this by hand. Allow to rest for 1 hour and let the sponge-batter become frothy and light. It will begin to rise.

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Add in the remaining dough and 1/4 cup vital wheat gluten (this is a dough conditioner used to give structure to whole grain bread doughs) and 1 tbsp. lemon juice. The bread will be heavier and will need additional rising time. Extend the rising time to 90 min. and allow dough to double in bulk before forming loaves. Then proceed as per the recipe.

Lesson 8: How to use spices and herbs to master ethnic flavours

Pantry Method of Menu Planning - One can substitute a food spice, herb, vegetable, or protein to create a meal				
Cuisine	Spices and seeds	Vegetable/Fruit	Starch	Protein
Thai	dill, sunn, coriander, garlic, peanuts, lemon grass, lime, coconut cream, fish sauce, oyster sauce, sesame oil, green chilies, coconut oil	Mango, coconut, banana, durian, pineapple, mushrooms, peppers, broccoli, passion fruit,	Sticky rice, noodles, rice, noodles, spring rolls,	Fish, chicken, sea food,
Mexican	jalapeno, cilantro, garlic, cheese, sour cream, peanuts, coconut oil, peanut oil, vanilla, cinnamon, cocoa, coffee	Tomato, cucumber, banana, mango, limes, lemons,	Maize, rice, potatoes, quinoa	Kidney beans, turtle beans, chicken, beef
Indian	curry, turmeric, ginger, garlic, chili, cumin, annamoni, butter/ghee	Onions, carrots, corn, peas, beans, broccoli, radish, coconut, dates, mangoes,	basmati rice, Chapattis,	Lentils, peas, mung beans
Chinese	soy, ginger, garlic, lemon, sesame, cashew, almond, coconut oil, water chestnuts, peanuts, peanut oil,	Broccoli, bok choy, auy, choy, cabbage, carrots, snowpeas, bean sprouts, bamboo shoots,	White rice, sticky rice, long grain rice, noodles	Mung beans, pork, chicken,
Italian	oregano, basil, rosemary, thyme, garlic, parsley, olive oil, red onions	Tomato, pepper, eggplant, mushrooms, lettuce, olives,	short grain rice, pasta, Italian rolls, ciabata bread,	Cheese, prosciutto, salami,
Greek	oregano, basil, garlic, onion, feta cheese, olive oil, dill, parsley, honey, wine vinegar, mint, yohurt, lemon	tomatoes, cucumbers, sweet peppers, spinach, squash, lettuce, grapes, raisins, olives,	Feta, bread, flacon bread, couscous, short grain rice	Lamb, feta, goat
French	rose, rosemary, onion, garlic, red wine, parsley, thyme, tarragon, annamoni, cardamoni, mustard seed, wine vinegar	apple, carrots, beets, green beans, peas, grapes, raisins,	Rice, potatoes, French bread, rye bread, sourdough rye bread	Beef, duck, rabbit, chicken, eggs, cream, butter
Middle East	lemon, honey, garlic, dill, coriander, turmeric, sesame, salt, almonds, yohurt,	cucumber, pomegranate, figs, dates, citron,	couscous, bulgar, unleavened bread, pita bread, egg bread, macaroni	Lamb, goat, chick peas, eggs, feta cheese, yohurt

English	onion, celery, parsley, vinegar, malt vinegar, pepper, rosemary, sage, dill, onion, vesembis, fennel seed, poppy seed, ginger, cinnamon, ment, mustard	apple, lime, turnips, brussels sprouts, carrots, parsnips, asparagus, turnips, raspberries, strawberries, damsons, blueberries, cranberries	bread, mashed potatoes, oats, rye, barley	Beef, eggs, pork, ham, turkey, corned beef, bacon, chicken, cream, cheddar cheese, goats, rabbit
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Using herbs and spices in your menu planning



JoybileeFarm.com

Make your own
Garlic Powder



Tomato Powder



Scratch Cooking 101

What's in your personal spice collection?

Turmeric, curry, and hot peppers are the hallmark of Indian cooking. Parsley, sage, rosemary, and thyme signal our taste buds for French and English cuisine. Garlic, oregano, and basil remind us of Greek and Italian dishes. Add some flavourful cheese and aromatic sauces and you have an ethnic cuisine on the table in minutes. Spices and herbs are the hallmark of flavourful scratch cooking.

Spice storage:

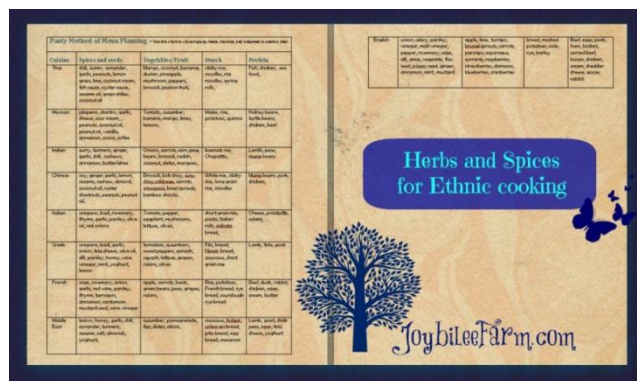
Be sure to have you family's favorite spices on hand at all times. Buy them in bulk from a store that has a strong turn over to ensure that your herbs and spices are always fresh. Store in glass mason jars in your freezer, and refill smaller spice bottles that you keep near your cooking area for handy use. This is the most economical way to purchase spices. Plastics do not preserve the antioxidants in spices as well as glass. Plastic breaths and is reactive, whereas glass is stable and air tight.

How to buy spices and herbs

Don't just buy a spice cabinet full of spices in little spice bottles because everyone else does. Instead focus on the flavours and herbs that your family loves and that you use all the time and buy them in bulk. Store them well and they will last for a year or two without loss of flavour or antioxidants.

If you can grow some of your own spices and herbs you are ahead of the game because your own homegrown spices will always be more flavourful than what you can purchase in the store. Think of thyme, garlic, oregano, basil, chives, onions, ginger, mint, hot peppers, and coriander as a good starting place.

Here's my signature chart to get you comfortable mixing and matching different flavours in your own kitchen. Always choose from the things you already have on hand using the [Pantry Method of Menu Planning](#). **An enlarged chart is included in the printable files at the end of this eBook**, so that you can print the page and keep it handy. Tape it to your fridge or on the inside of a cupboard door to have it always handy when you are wondering what to add to your dinner menu. (A [printable version](#) of this chart is located in the appendix, at the end of the ebook.)



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Video 3 – “How to make flavourful gravy”

Here’s the 3rd video in our class – “How to make flavourful gravy.”

In the video I make gravy using the pan drippings left from roasting a small turkey. When I roast meat, I add 2 to 4 cups of water to the pan and cover the roaster pan with its lid. This builds up a bit of steam inside the pan and prevents the meat from drying out during roasting. When I take the meat out there remains the drippings which is a combination of meat juices and fat, plus the water left from the roasting process.

While in the video I am cooking on my wood cookstove, which gives me an even heat across the bottom of the roaster, you could certainly put your roaster on your electric or gas range. You could also transfer the meat drippings to a heavy bottom saucepan if you find that easier.



The recipe is:

Meat/pan drippings (still hot from the oven)

1/2 cup tapioca starch (gluten-free) or 1/2 cup all-purpose flour or 1/2 cup of organic corn flour

2 cups of cold water

You’ll need a hand whisk to stir in the starch. Some people use a fork, but the longer handle of a whisk is easier on your wrists and hands.

Endless variety:

You can use this basic recipe with any roasted meat — ham, roast beef, chicken. If you just want the gravy and don’t want roasted meat you can use any [clear consommés](#) as your base. If you start with cold consommé, use it in place of the 2 cups of water in this recipe and add a bit of butter or coconut oil to the pan and melt it first. Then whisk in your liquid and starch blend just as on the video.

Scratch Cooking 101

Commercial gravy packet mixes are basically flavour cubes like oxo, that are high in salt and high in MSG (flavour enhancer), a bit of fat, plus a starch. You add the liquid.

Vegetarian version:

Sauté vegetables – onions, garlic, mushrooms or roast vegetables in coconut oil.

Remove vegetables from the pan, and using the left over oil and juices use the same recipe above. You will make vegetarian gravy.

You can also caramelize onions or garlic and use the pan drippings from this in the place of the turkey drippings.

Video 4: How to Caramelize Onions

Caramelized onions bring sweet, pungent flavour to sauces, soups, and savoury dishes. Caramelizing requires a slow steady heat and frequent stirring. Don't try to caramelize with high heat. The slow heat brings out the natural sugars in the vegetables, and then removes the water -- just like making candy. And properly caramelized onions are the basis for amazing dishes like French Onion Soup.



Here's the easy step by step directions:

1. Thinly slice onions, the thinner the better. Thinner onions release their water sooner and reduce the cooking time.
2. Sauté onions in a pan with butter or coconut oil until translucent.
3. Continue sautéing as onions brown, stirring frequently.
4. Evaporate all liquid from the onions until there is no more liquid in the bottom of the pan. Stir to prevent sticking. Should the onions stick to the bottom of the pan, glaze the pan by adding 1/2 a cup of water. This will loosen the onions. Continue cooking until water is evaporated and onions are fully medium brown. Stir frequently to prevent scorching.

Use caramelized onions as a vegetable, as a base for sauces or [gravies](#), as a base for French Onion Soup.

Scratch Cooking 101

Printable Files:

The following pages are printable files that will help you in your efforts to save money, and cook nutritious, tasty meals from scratch every day.

1. Herbs and Spices – the Pantry Method of Menu Planning
2. Price Book Pages
3. Pantry Inventory Records
4. My Recipe blank pages
5. Blank Pantry Inventory Records

Permission is granted to copy as many copies of these Printable Files as you need for your personal use only.

Party Method of Menu Planning – Use this chart to choose spices, meats, starches, and a vegetable to create a meal.

Cuisine	Spices and seeds	Vegetables/Fruit	Starch	Protein
Thai	ginger, garlic, lemongrass, chili, lime, coconut oil, fish sauce, soybean paste, sesame oil, green chilies, coconut oil	eggplant, green beans, mushrooms, bell peppers, broccoli, zucchini, cauliflower	rice, rice noodles, spring rolls, sweet potatoes	chicken, pork, beef, shrimp
Mexican	jalapeno, onion, garlic, cumin, oregano, paprika, onion powder, garlic powder, salt, pepper, lime juice, cilantro	tomato, onion, bell pepper, zucchini, mushrooms, beans, corn, peas, avocado, cheese, sour cream, guacamole, jalapeno, cilantro, lime	rice, beans, tortillas, corn, peas, potatoes, quinoa	chicken, beef, pork, beans, cheese
Indian	curry, turmeric, ginger, garlic, chili, cumin, coriander, mustard seeds, fenugreek, garam masala, salt, pepper, oil	onion, carrot, corn, peas, beans, broccoli, radish, cauliflower, okra, mushrooms, eggplant, okra	naan, rice, roti, dalia, lentils, chickpeas	lamb, goat, chicken, paneer, tofu
Chinese	soy, ginger, garlic, lemon, sesame, oyster sauce, hoisin sauce, rice wine, cornstarch, salt, pepper, oil	broccoli, bok choy, water chestnuts, bean sprouts, bamboo shoots, mushrooms, carrots, onions, bell peppers	white rice, lo mein, chow mein, dumplings, egg noodles, rice, long grain rice, rice noodles	chicken, pork, beef, shrimp, tofu
Italian	oregano, basil, rosemary, thyme, garlic, parmesan, olive oil, red onions	tomato, pepper, eggplant, mushrooms, lettuce, okra, zucchini, squash, spinach, artichoke, green beans, peas, carrots, onions, olive oil	short grain rice, pasta, Italian rice, risotto, bread	chicken, pork, beef, lamb, sausage, ham, salami
Greek	oregano, basil, garlic, onion, feta cheese, olive oil, parsley, lemon, dill, paprika, honey, wine vinegar, mint, yogurt, lemon	tomato, cucumber, onion, bell pepper, zucchini, eggplant, okra, mushrooms, spinach, artichoke, green beans, peas, carrots, onions, olive oil	rice, bread, lentils, chickpeas, feta cheese, hummus, tzatziki	lamb, goat, chicken, beef, pork
French	rosemary, onion, garlic, red wine, parmesan, thyme, bay leaves, Dijon mustard, white vinegar, salt, pepper	apple, carrot, beet, green beans, peas, carrots, mushrooms, zucchini, cauliflower, eggplant, okra	rice, potatoes, French bread, rye bread, sourdough bread	beef, duck, rabbit, chicken, eggs, onion, butter
Middle East	lemon, honey, garlic, dill, coriander, sumac, sesame, salt, olives, yogurt	zucchini, pomegranate, fig, date, onion, cucumber, tomato, eggplant, okra	coconut, bulgur, wheat, rice, pita bread, egg bread, maamoul	lamb, goat, chicken, beef, pork, hummus, falafel, tahini, za'atar

Herbs and Spices for Ethnic Cooking

English	Herbs and Spices	Vegetables	Starch	Protein
oregon, cilantro, parsley, vinegar, mint, vinegar, paprika, rosemary, sage, dill, onion, vinegar, feta, seed, poppy seed, ginger, dill, onion, vinegar, salt, mustard	apple, lime, dill, bay leaf, basil, green onions, parsnip, asparagus, artichoke, zucchini, eggplant, okra, mushrooms, cauliflower, green beans, peas, carrots, onions, olive oil	bread, mozzarella, potatoes, corn, rice, barley	beef, eggs, pork, ham, turkey, corned beef, bacon, chicken, cream, cheddar cheese, onion, rabbit	



Food Storage Inventory

Grains	When Purchased	Quantity		How many days	

Scratch Cooking 101

My Notes:

Scratch Cooking 101

Weekly Menu Plan Date: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							

Notes:
