Some Planned Meals (for using your 52 weeks of Food Storage)

Compiled by Clark & Linda Winegar for www.PGWard.org

Blender Wheat Pancakes
1 cup Milk (translation for powdered milk is 3 T. Milk and 1 C. Water)
1 cup Wheat Kernels, whole & uncooked
2 eggs (2 T. powdered eggs 1/4 cup water)
2 tsp Baking Powder
1 ½ tsp Salt
2 Tbs. Oil
2 Tbs. Honey or Sugar
1. Put milk and wheat kernels in blender.
2. Blend on highest speed for 4 or 5 minutes or until batter is smooth.
3. Add eggs, oil, baking powder, salt and honey or sugar to above batter.
4. Blend on low.
5. Pour out batter into pancakes from the actual blender jar (only one thing to wash!) onto a hot greased or Pam prepared griddle or large frying pan.
6. Cook; flipping pancakes when bubbles pop and create holes.

Buttermilk Syrup
½ cup sugar
¾ cup buttermilk
½ cup butter (or reconstituted butter powder*)
2 Tbs. corn syrup
1 tsp baking soda
1. To Make Buttermilk: Mix 1 cup water & 3 Tbs. Dry Powdered Milk. Stop stirring and then add 1 Tbs. Vinegar let it stand for 5 to 10 minutes. Use only ¾ cup of the buttermilk into the recipe.
2. Boil all ingredients for 7 min.
3. Take off heat and add 2 tsp vanilla

Delicious Powdered Milk Recipe (makes 1 Gal)
When making 1 Gallon add: 1½ Cups Sugar & up to 1 tsp. Vanilla to taste, mix well, chill and then serve.

Soup Mix *

Long Grain Rice
1 cup Rice
2 cups Water
To make 3 C. of cooked rice you will begin by boiling 2 C. of water. When the water is boiling, add a dash of salt, a little butter (optional), and 1 C. of rice. Cover and reduce heat to low. Simmer for 15-20 minutes or until water is gone. *Make sure to look over rice for any foreign bits BEFORE cooking.

Preparing Dried Beans
Sort & Rinse.
For overnight soaking, cover 1 cup of black beans with 2 cups of water. Let stand 12 hours, or overnight. Discard water.
For quick results, boil the water (3 cups for each 1 cup of beans). Add black beans and boil for two minutes. Let stand for one hour. Discard the water. To cook, use fresh water. Cover and simmer slowly until black beans are tender, about two hours. Add water if necessary. Season with salt, pepper, onion, garlic or other spices.

Preparing dried lentils, peas and barley
Lentils should be sorted, looking for rocks, and rinsed. These do not require soaking and cook in about 45-50 minutes.

Pasta*

Basic White Cream Sauce
2 Tbs. butter (or reconstituted butter powder*)
2 Tbs. all-purpose flour
1/8 tsp salt
1 dash pepper
1 cup milk (translation for powdered milk is 3 T. powdered Milk and 1 C. Water)
1. In a saucepan, melt butter over medium heat.
2. Whisk in the flour, salt and pepper until smooth.
3. Gradually whisk in the milk.
4. Bring to a boil; cook and stir for 2 minutes or until thickened. Use immediately.

Cookie Pizza
½ cup Butter Softened (or reconstitute butter powder*)
¾ cup packed Brown Sugar
1 egg (reconstituted powdered egg)
1 tsp vanilla
¾ cup Flour
pinch salt
½ tsp Baking Powder
½ tsp Baking Soda
1 cup Rolled Oats
1 cup Chocolate Chip Pieces**
1. Preheat oven 350 degrees and grease pan.
2. Mix: Butter, brown sugar, egg and vanilla until light and fluffy.
3. Add: flour, salt, baking powder, baking soda and oats in separate bowl. Then add to butter mixture.
4. Beat until blended. Stir in Chocolate pieces.
5. Form into a circle on greased baking sheet or whatever shape. Bake for 13-15 min.

EZ Dough Wheat Recipe (makes 1 loaf)
1 ¼ cup warm water
1 Tbs. active dry yeast
¼ cup honey or 1/3 cup sugar
2 ¾ cups whole wheat flour (or whatever combination white/wheat you like)+ 1/4 cup vital wheat gluten
1 tsp salt
2 Tbs. nonfat dry milk
1 Tbs. butter/margarine/oil
(This is for sea level, if you live in high altitude you may need to adjust the yeast) Mix ingredients in order listed in mixing bowl of mixer with dough hook attachment (like kitchen-aid) for 12-15 minutes. If the dough still seems too gooey and you are unable to handle it, add 1 Tbs. flour at a time, and mix after each addition until the dough is manageable with your hands. Let rise until double, 1- 1 1/2 hours. Punch down, and shape into loaf, cinnamon rolls, cookie sheet pizza, rolls, or anything else you can think of! Let rise after you have made your creation and bake according to the direction of the recipe you are making. For Bread - Let rise again until double and bake 375 degrees for 20-30 minutes until golden brown and sounds hollow when lightly tapped. If you are making this recipe in a bread machine, follow your bread machine's directions for wheat or whole grain selection and add the ingredients in the order listed for their recommendations.

*** See package for instructions on how to reconstitute or prepare.**
*** * Not on the 52 week purchasing plan, but will be needed for the recipe.**