



Beef Stew and Dumplings (SERVES 8)

You'll need...

- ¼ cup all-purpose flour
- ½ tsp each dried oregano and thyme
- 1 tsp salt
- ¼ tsp pepper
- 1 ½ lbs stewing beef, trimmed of fat
- 2 cups each chopped carrot, turnip and fresh mushrooms
- 1 cup each chopped celery, potato and sliced onion
- 10 oz can condensed beef broth
- 28 oz can diced tomatoes with juice
- 1 tsp Worcestershire sauce
- 1 ½ cups Bisquick mix
- 1 ½ tsp chopped fresh thyme
- ½ cup soured milk
(measure ½ tbsp. white vinegar and add milk let sit for minute)

To create...

- Combine first 4 ingredients in a large Ziploc bag. Add beef. Close bag and toss until meat is coated. Transfer beef to greased 4 qt casserole or small roasting pan, reserve remaining flour mixture.
- Scatter vegetables over beef mixture
- Wisk broth and remaining flour mixture in a medium bowl until combined. Add tomatoes and Worcestershire sauce. Stir, and pour over vegetables. Cook, covered in a 350°F oven for 2 hours
- Combine Bisquick mix and thyme in a small bowl. Make a well in centre. Add soured milk and stir until moistened. Remove beef mixture from oven. Stir. Drop Bisquick mixture onto beef mixture using a spoon, about 2tbsp for each. Bake covered, for about 20 minutes until wooden pick inserted in centre of dumpling comes out clean

Zucchini Mole Cake

You'll need...

- 2 large eggs
- 1 ¾ cups sugar
- ¾ cups cooking oil
- ½ cup buttermilk (or soured milk)
- 1 tsp vanilla extract
- ½ tsp almond extract
- 2 cups grated zucchini (with peel)
- 2 ½ cups all-purpose flour
- 1/3 cup cocoa (sift if lumpy)
- 1 tsp ground cinnamon
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- ¼ tsp cayenne pepper

To create...

- Beat first 6 ingredients in a large bowl until smooth. Add zucchini and stir.
- Combine next 7 ingredients in a medium bowl. Add to egg mixture. Stir until well blended. Spread in greased 9x13 inch cake pan. Bake in 350°F for 35 minutes until wooden pick inserted in center comes out clean. Cool on wire rack for 30 minutes.

CHOCOLATE MOLE ICING

- 1 cup semi-sweet chocolate chips
- ½ cup sour cream
- ½ tsp ground cinnamon
- 1/8 tsp cayenne pepper

To create...

- Place chocolate chips and sour cream in small microwave-safe bowl. Microwave on medium for about 90 seconds, stirring every 30 seconds until almost melted. Stir until smooth. Add cinnamon and cayenne pepper. Stir and spread over cake. Cool before serving

Easy Sweet Chili Sauce

You'll need...

- 12 cups chopped and peeled ripe tomatoes (you can use canned)
- 3 cups finely chopped onion
- 3 cups finely chopped celery
- ¼ cup pickling salt
(do not use regular salt)
- 2 cups white sugar
- ¼ cup brown sugar
- 2 tsp cinnamon
- 1 cup white vinegar

To create...

- Place all ingredients in a large stainless steel pot, bring to a boil, reduce heat and cook until thick.
- Meanwhile wash, rinse and sterilize 6-8 ½ pint self-sealing mason jars. When sauce is ready spoon into jars, place seals and screw on rings. Do not over tighten.
- Process, place in a hot water bath canner for 10-15 minutes. Carefully remove from canner and allow to cool.
- Store in a cool dry place and refrigerate after opening.

Recipes provided
by
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