

This is some of my personal favorites. I hail from the deep south, and was raised poor. We are the kind of folk that cook with lard, bacon grease, save bones for stock, etc... It is poor peoples food, and good for you to boot. I would also suggest that you get **Nourishing Traditions by Sally Fallon Morell**

Recipes and kitchen tips

Let your food be your medicine, and let your medicine be your food. - Hippocrates

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Tips

ACV = Apple Cider Vinegar (Only use one with the mother aka Brags)

All beans (except Lentils and split pea) should soak for 24 hours and cook for 12!

*If you want dinner at 6 at night, then at 6 in the morning
soak them and the next morning at 6 start to cook them.*

Salt should only be Himalayan Sea Salt (pink in color) or Celtic (grey in color).

10 Spices for the Minimalist Kitchen

1. Basil, use in meatballs, meatloaf, soups and tomato based dishes.
2. Cayenne, excellent on meat, soups, sauces, chili and Mexican dishes
3. Chili Powder, marinades, chili, Mexican dishes
4. Cumin, definitely in chili, also used in marinades, and Mexican dishes.
5. Garlic Powder, I use garlic in pretty much every savory dish I make!
6. Onion Powder, use in every savory dish.
7. Oregano, marinades, tomato based dishes, and a great addition to chili and taco seasoning.
8. Smoked Paprika, could there be a better spice?! Use on roasts, steak, meatloaf, eggs, in marinades, oh, everything savory.
9. Cinnamon (Saigon), a sweet spice, and wonderful in breakfast dishes and desserts, but also adds an interesting touch to stir-fries
10. Ginger Powder, another sweet spice, great in desserts, but a must for stir-fry dishes and marinades.

Tools

It is OK to have electric appliances to aide in the making of food, but one should master the lowest common denominator first. These skills will serve you well when things break or are not available.

- Chef knife
- Paring knife
- filet knife
- sharpening stone or steal
- manual can opener
- basic grader
- measuring cup
- mixing bowl(s)
- frying pan (stainless or cast iron)
- sauce pan (stainless)
- stock pot (stainless)
- large pot (stainless)
- dutch oven (cast iron)
- rolling pin
- baking pans (flat, loaf, cake)
- cutting board (wood)
- spatula
- whisk
- set of wooden spoons etc...

Classic measuring

Classic..	tsp...	Mg...
Drop	1/64	78.125
Smidgen	1/32	156.25
Pinch	1/16	312.5
Dash	1/8	625
Tad	1/4	1250

Breakfast

Bake eggs instead of hard boiling them!

Set the oven to 325F. You can bake up to 4 dozens of eggs for thirty minutes.

Eggs Florentine

- 10 ounces frozen chopped spinach, thawed
- 1/2 cup heavy cream
- 1/2 cup grated Parmesan cheese

- 1 clove garlic, minced
- 4 eggs

1. Combine everything, except the eggs, in a 9 or 10 inch skillet, heat on medium for about 8 minutes.
2. Using a spoon, make 4 “wells” and break 1 egg in each “well”.
3. Turn the heat to low and cover with a lid.
4. Cook till egg whites are solid, approximately 4 - 5 minutes.

Hootenanny Pancakes

- 6 eggs
- 1 cup flour (almond, oat or all purpose)
- 1 cup milk or yogurt
- 1/4 cup butter

If you use all-purpose flour (wheat), Hootenanny Pancakes turn into huge popovers! So much fun!

1. Put butter in a large cast iron frying pan (or a metal 9 x 13 pan), place in oven and preheat to 425 degrees F.
2. Blend eggs, flour and milk together.
3. When oven is preheated, pour batter into hot buttered pan.
4. Bake for 25 minutes.
5. Cut into wedges and serve hot with fruit sauce, jam or syrup.

Beans and Soups

How to make soup - basic guidelines

1. Choose a type of fat (Like butter, lard, or olive oil)
2. Choose your base (Chicken, beef, or fish stock? Tomato purée? Cream or milk? Choose one — or two)
3. Choose your meat (or none)
4. Choose your veggies
 - Onion is a pretty standard veggie because it imparts so much flavor.
 - Garlic, carrots, and celery are all fairly common too — though not always used.
 - There are also beans, potatoes, spinach, kale, corn, and so on.
 - Use whatever you have, and whatever you like!
5. Choose your spices
 - Celery seed, marjoram, thyme, parsley, and sage go well with chicken.
 - Marjoram, rosemary and thyme go well with beef.
 - Basil, oregano or fennel can be a nice addition to tomato-based soups.
 - Chiles need chili powder and perhaps cumin.
 - Cream soups might benefit from a dash or parsley or thyme.

Sea salt and black pepper are your two most basic spices, so you will want to include them (well...at least the salt). Here are a few more popular flavor combinations.

Once you've decided on what ingredients to use, making soup is very simple:

1. Heat a large soup pot over medium heat
2. Sauté your aromatic vegetables (onion, garlic, celery, carrot) in your fat
3. Cook your meat if necessary (for example, stew beef)
4. Add your base (except milk or cream), veggies, meat, and spices
5. Taste and adjust
6. Allow to simmer for an hour or two
7. Taste and adjust again
8. Add any cream or milk just before serving and heat through

Black Beans

- 2 cups black beans, soaked overnight
- 1 onion chopped
- 1 bell pepper, chopped
- 5 cloves garlic, chopped
- 2 bay leaves
- 1 tbsp salt
- 1 tbsp cumin
- 1 tbsp oregano
- 1/2 cup white wine
- 1/4 ACV
- 1/4 olive oil

In slow cooker, cover beans w/ water and cook w/ onion, pepper, garlic, bay leaves, salt, cumin and oregano.

Red Beans & Rice

- 2 cups dried beans
 - 1/2 tbsp garlic powder
 - 1 tbsp minced onion
 - 2 tsp salt
 - 1 bay leaf
 - 1 tsp sugar
 - 1/4 tsp cayenne pepper
 - 1 tsp celery seed
 - 1 tsp cumin
 - 1 lb smoke sausage or other meat
1. Soak beans overnight
 2. Drain and place in slow cooker, cover w/ water.
 3. Add all but sausage and bring to boil, then simmer for 4 hours or so
 4. Add meat 20 minutes before serving

Navy Bean Soup

- 16 oz dried navy beans
- 2 onions chopped

- 8 oz canned tomato
- 2 ham hocks
- 2 cloves garlic
- 2 tbsp Worcestershire sauce
- 1 tbsp parsley
- 1 bay leaf
- 1/2 tsp pepper
- 1 tsp salt

1. Soak beans overnight and drain
2. Add to slow cooker, and add other items
3. Cook for 8 hours on low, serve w/ rice

Chili

- 1 lb ground beef or pork
- 3 cups kidney beans (soak overnight)
- 2 onions, chopped
- 2 bell peppers, chopped
- 1/4 tsp cayenne pepper
- 1/2 tsp honey
- 1/2 tsp oregano
- 1/2 tsp black pepper
- 2 cans of tomato or 4 chopped fresh
- 1 tsp salt
- 1.5 tsp cumin
- 5 tbsp chili powder

1. Brown meat and crumble
2. Add then rest to slow cooker
3. Set on low for 6 or more hours

Split Pea Soup

- 6 slices of bacon, cut into 1 inch pieces
- 1 onion chopped
- 1 leek chopped
- 2 cloves of minced garlic
- 1 lg carrot chopped
- 2.5 pints chicken broth
- 1 1/2 cups green split peas
- 2 bay leaves
- 1 teaspoon chopped fresh rosemary

1. Place bacon in a large pot, and cook over medium heat until crisp.
2. Stir in onion, leek, carrot, and garlic; cook until the vegetables are soft, about 8 minutes.
3. Pour in chicken broth. Stir in split peas, bay leaves, and rosemary.
4. Bring to a boil. Reduce heat to low; cover, and simmer until peas are cooked, about 1 hour, stirring occasionally.

Black Bean and Corn Soup

- 2 15 oz cans black beans, drained and rinsed
- 2 14 oz can tomatoes, undrained
- 1 14 oz corn, drained
- 1/2 cup water
- 2 tablespoons fresh chives (onions would be fine)
- 2 tablespoons chili powder
- 1 teaspoon cumin powder
- 1 clove garlic, minced

Toss everything in the crock pot and cook on low for 8 hours or high for 4 hours.

Guinness Beef Stew

- 2 lbs beef tips, cut into 1"chunks
- 1 pound potatoes, chopped
- 3 large carrots, sliced 1"thick
- 1 yellow onion, chopped
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 6 cups beef broth
- 1 cup Guinness Stout
- 5+ tablespoons Olive Oil

1. Sauté beef, carrots, potatoes and onions in olive oil over medium heat until nicely browned.
2. Add Guinness, beef broth and simmer soup for 2 hours, stirring occasionally.
3. Remove from heat and serve.

Fully Loaded Baked Potato Soup

- 3 pounds baking potatoes, peeled, cut in 1/2 -inch cubes
- 1 quart chicken broth
- 4 garlic cloves, minced
- 1/4 cup butter
- 2 1/2 teaspoons salt
- 1 teaspoon pepper
- 1 cup milk
- 3 tablespoons chopped fresh chives (topping)
- 1/4 cup sour cream (topping)
- 8 slices bacon, cooked & crumbled (topping)
- 1/4 cup cheddar cheese (topping)

1. Combine the potatoes, chicken broth, garlic, butter, salt and pepper and cover and cook on low for 8 hours or high for 4 hours until the potatoes are nice and tender.
2. Once the potatoes have softened, gently mash them (do not puree, as you still want the potatoes to be a wee bit chunky) and stir in 1 cup of milk.
3. Ladle soup into bowls and top with sour cream, bacon, chives and cheese.

Dinner

BBQ Sauce / Dad's chicken

- 1/2 cup ACV
 - 1/2 cup brown sugar
 - 1 tbsp yellow mustard
 - salt
 - pepper
 - 1/4 olive oil
1. Preheat oven to 350
 2. Cut chicken and mix above and marinade for 4 hours
 3. Back for 1.5 hours

Dirty Rice

- 1 lb sausage
 - 1 tbsp lard
 - 1 onion fine chopped
 - 3 cloves garlic, minced
 - 2 cups uncooked rice
 - 4 cups chicken broth (or 4 cups hot water, and 3 bullion cubes)
 - Salt to taste
 - 1/2 tsp black pepper
 - 1/4 tsp cayenne pepper
1. Add lard, meat, onions to pan and fry
 2. Once brown, add everything else
 3. Bring to boil, and simmer for 20 minutes

Note: Wife unit wants 3 cups of chopped veggies added (mushrooms, peppers, bokchoi, etc...)

Fried Rice

- 1lb sausage
 - 2 cups rice
 - 1 larger onion
 - 2 gloves garlic
 - 4 cups water
 - 2 tsp salt
 - 1/2 tsp hot sauce
 - 1 tsp ginger
 - Veggies, peppers, etc...
 - 4 egg wipeds
1. Brown meat
 2. Add rice, veggies, and seasoning
 3. Cook until tender and add egg

4. Add water and bring to boil
5. Cover, cook on low for 20 minutes

Chicken Curry

- 1 whole chicken cut into 6-8 pieces
 - 3 Tablespoons of Organic Extra-Virgin Coconut Oil
 - 2 Tablespoons of organic coconut flour
 - 1/2 teaspoon fine Himalayan salt
 - 1/4 teaspoon black pepper
 - 1 Tablespoon chopped fresh ginger root
 - 1/4 cup chopped onion
 - 4 cloves garlic
 - 1 Tablespoon curry powder
 - 2 cups chicken stock
 - 1/4 cup water
1. In a frying pan sauté garlic, onion, ginger, with coconut oil.
 2. Add the cut-up chicken, slightly brown the chicken.
 3. Add chicken stock, simmer for 15 minutes.
 4. Add salt, black pepper and curry powder.
 5. Cover the pan. Continue cooking for another 5 minutes.
 6. Dissolve coconut flour in 1/4 cup of water. Stir it into the pan.
 7. Continue cooking for another 5 minutes.

Easy Meatballs

- 4 pounds ground beef, thawed
 - 4 cloves garlic, minced
 - 2 tablespoons dried basil
 - 2 teaspoons sea salt
 - 4 dashes cayenne pepper
1. Mix seasoning and meat together. (It's easiest to mix with bare hands.)
 2. Shape into balls, I like to do walnut sized meatballs.
 3. Fry over medium heat until browned on all sides and cooked through, approximately 30-45 minutes. (The larger the meatballs, the longer they will take to cook.)

Pizza Dough

- 3 cups flour
 - 1.5 tsp yeast
 - 2 tbsp olive oil
 - 1 tsp salt
 - 1 tbsp sugar
 - 1 cup warm water
1. Combine flour, salt, sugar, and yeast in large bowl
 2. Add oil and water, spread out on large pan, let rise and top
 3. Bake @ 350 for 15 minute or until looks done

Slow Cooker Cuban Moho Pork

- 1 head garlic, peeled and crushed
 - 1 tsp. Salt
 - 1/2 tsp. Black pepper
 - 2/3 cup orange juice
 - 1/3 cup lemon juice
 - 1 pork butt roast (3 to 5 lbs)
 - 1 onion, halved and sliced
1. In a small mixing bowl, create your Moho by stirring together crushed garlic, salt, pepper, orange juice, and lemon juice.
 2. Place the pork roast into a 5 to 8 quart slow cooker
 3. Pour the Moho mixture over the roast. Scatter the onions on top of the roast.
 4. Cook on low for 8 hours until meat is easily shredded with a fork.
 5. Shred the meat before serving. Serve hot on toasted Cuban bread or yellow rice with black beans and onions

Super Easy Lentil Chili

- 6 cups cooked lentils (3 cups dry)
 - Bone broth to cover lentils
 - 1 cup salsa
 - 1 tablespoon coarse sea salt (or to taste)
1. Put lentils in a large sauce pot, pour in bone broth to cover lentils.
 2. Bring to a boil and then turn down to a medium heat and simmer for approximately 45 minutes.
 3. Add salsa and salt and simmer another 30 minutes, allowing the flavors to combine.

My favorite way to eat this is with a dollop of sour cream and organic corn chips.

Sides

Sauerkraut

Makes 1 quart

- 1 medium cabbage, cored and shredded
- 1 tablespoon caraway seeds
- 1 tablespoon sea salt
- 4 tablespoons whey (Whey and Cream Cheese) (if not available, use an additional 1 tablespoon salt)

In a bowl, mix cabbage with caraway seeds, sea salt and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, but it improves with age.

Latin American Sauerkraut (Cortido)

Makes 2 quarts

- 1 large cabbage, cored and shredded
- 1 cup carrots, grated
- 2 medium onions, quartered lengthwise and very finely sliced
- 1 tablespoon dried oregano
- 1/4 - 1/2 teaspoon red pepper flakes
- 1 tablespoon sea salt
- 4 tablespoons whey (Whey and Cream Cheese) (if not available, use an additional 1 tablespoon salt)

This delicious spicy condiment goes beautifully with Mexican and Latin American food of all types. It is traditionally made with pineapple vinegar but can also be prepared with whey and salt. Like traditional sauerkraut, cortido improves with age.

In a large bowl mix cabbage with carrots, onions, oregano, red chile flakes, sea salt and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices. Place in 2 quart-sized, wide-mouth mason jars and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage mixture should be at least 1 inch below the top of the jars. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage.

Apple, Celery and Raisin Salad

- 2 cups apples, chopped
- 1 1/2 cups celery, chopped
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 1/4 cup mayonnaise

Combine all ingredients together, adding more mayonnaise if needed. Serve chilled.

Wilted Lettuce Salad

- 1/4 pound bacon
- 1/2 cup cider vinegar
- 1/4 cup water
- 1 teaspoon sugar
- 1 head lettuce
- 1 or 2 bunches of green onions
- 1/2 cucumber

1. Fry the bacon until crispy and then set the bacon slices on paper towels to drain.
2. Allow the bacon grease to cool a bit, and then add the sugar, vinegar and water to the pan.
3. Cook on low until it is heated through, scraping the bottom of the skillet to loosen browned bits of bacon. While the mixture is heating, crumble the bacon.
4. Chop the lettuce, one or two bunches of green onions, and peel and dice the cucumber.
5. Toss all of the vegetables into a large salad bowl.

6. Pour the hot salad dressing slowly over the lettuce, stirring to completely cover and evenly wilt the greens.
7. Garnish with the bacon bits and serve immediately.

Simple Carrot Salad

- 10 small- medium sized organic carrots
 - 1/2 cup organic raisins
 - 1/2 cup mayonnaise
1. Wash and grate carrots.
 2. Add raisins and mayo and mix until combined.
 3. Serve chilled.

Snacks

Loaded Guacamole

- 4 ripe avocados
 - 2 cloves garlic
 - 1 teaspoon kosher salt
 - 1 tomato, seeded and finely diced
 - 1/4 red onion, finely diced
 - 1/4 cup chopped cilantro
 - 1 lime, juiced
1. Remove outer layer of avocado and pits; roughly dice avocado and place in mixing bowl.
 2. On a cutting board, combine salt and garlic (use the side of a chef's knife to smash the garlic into a paste, using the salt as an abrasive; add to mixing bowl).
 3. Combine remaining ingredients and mash with a fork to combine; do not overly mash, as you want the texture to remain chunky.
 4. Serve.

Fresh Salsa

- 3 tomatoes, chopped
 - 1/2 cup finely diced onion
 - 5 Serrano Chiles, finely chopped
 - 1/2 cup chopped fresh cilantro
 - 1 teaspoon salt
 - 2 teaspoons lime juice
1. In a medium bowl, stir together tomatoes, onion, chili peppers,
 2. Cilantro, salt, and lime juice. Chill for one hour in the refrigerator
 3. Before serving.

Animal Droppings

- 1/2 cup milk
- 1/2 cup butter

- 2 cup sugar
- 6 tbsp coca powder
- 3 cups rolled oats
- 1 cup coconut
- 1 cup peanuts (other items may be used)

1. Place milk, butter, sugar, and coca in saucepan and bring to boil, stirring the whole time
2. Remove from heat add rest and stir hard
3. Roll into logs on wax paper and cool, then cut

Peanut Butter Bites

- 1 1/2 cups peanut butter
- 1 cup coconut oil
- 1/4 cup honey

1. Put all ingredients into food processor, whirl on high until all is creamy and incorporated.
2. Pour into a 9 x 13 inch baking dish, lined with parchment paper.
3. Place in freezer. When cold, pull parchment paper out and place on cutting board.
4. Cut candy into squares.

Honey Nut Brittle

- 2/3 cup butter or ghee
- 1/2 cup honey
- 1 cup nuts (your choice: peanuts, almonds, pecans, walnuts, etc)

1. Spread parchment paper on the bottom of a cookie sheet
2. Cook butter and honey over medium heat to 'hard crack' stage, stirring constantly. (or if you have a candy thermometer, till it's 300 degrees F). Between 5-10 minutes.
3. Stir in the nuts. Pour onto parchment paper cookie sheet. Refrigerate, to cool.
4. Pull out the paper and candy and break into pieces.

Basic Vanilla Ice Cream (for maker)

- 2 quarts cream
- 2 tbsp vanilla
- 2 cups of sugar

Mint: Add 1 tsp mint, 1/2 cup semisweet chips

Basic Chocolate Ice Cream (for maker)

- 2 qt cream
- 2.5 cups white sugar
- 2/3 cup of coco
- 2 egg yokes

I could never find a good recipe for this, so this is what I cam up with. It works well.

English Toffee

- 6 cups sugar (white)
- 3 lbs of butter
- 1 tsp salt

1. Heat until 300 degrees and keep stirring.
2. When 300 is reached, wait for caramel to start then pour.
3. Cool for 25 minutes and add toppings.

Easy Honey Caramel

- 1 cup honey
- 1/2 cup butter

1. Melt butter in saucepan over medium high heat, stirring constantly.
2. Add honey and bring to a boil.
3. Boil for approximately 3 minutes, stirring constantly.
4. Take off heat and allow to cool briefly.
5. Serve.

Over Cake:

Poke random holes all over the top of the cake and pour warm caramel over it, allowing it to sink in the holes of the cake and ooze over the edges.

Salted Caramel Pecans:

Pour warm caramel over crispy nuts (according to Nourishing Traditions method of soaking/dehydrating nuts) stir to coat all nuts in caramel, sprinkle Celtic sea salt over the top.

Drinks

Hot Buttered Coffee

- 3 cups freshly made coffee
- 1/2 cup grass fed butter
- 1/4 cup organic maple syrup (optional)

1. Blend all together in blender until frothy.
2. Serve.

Serves 2-4 people, depending on the size of your mugs.

Spiced tea (good for colds/flu etc...)

- Green tea
- Cloves
- Honey
- Pinch of nutmeg

Mix with water on low heat until it simmers and pour into cup.

Hot cocoa

- 1 bar of chocolate (broken into small pieces)
- 8oz cup of milk

Heat slowly on stove, serve

Additional: 1/2 teaspoon Pure Vanilla Extract, 1
pinch of Cinnamon, Ground or 2 tsp of Malted Milk

Spaced Cider (Ingredients 16 Servings)

- 1 gallon apple cider
- 1 cup orange juice
- 1/2 teaspoon Pure Orange Extract
- 1/2 teaspoon Pure Lemon Extract
- 4 Cinnamon Sticks
- 2 teaspoons Cloves, Whole
- 1 teaspoon Allspice, Whole

Other

Basic Tomato Sauce

1. Heat olive oil in large pot, about 6 tbsp
2. Crush a whole head of garlic, mince, and add to oil
3. Lightly brown garlic
4. Add puree tomatoes, fill to 4" from top. "
5. Season: Oregano, parsley, basil, marjoram, sea salt
6. Cook low heat all day, then follow canning directions

Basic White Rice

- 2 cups water
 - 1/2 tsp salt
 - 1 tsp coconut oil
 - 1 cup rice
1. Boil water, salt, and oil
 2. Add rice and stir once
 3. Cook on low for 20 minutes
 4. Let stand for 5 minutes before serving

Refrigerator Pickles

- Cut enough cucumbers into slices to fill large pickle jar
- 1 tsp salt
- 1.25 cups sugar

- 1 slice onion
- 1 cup ACV
- 1 tsp celery seed

1. Mix cucumbers, salt and set for an hour covered.
2. Add rest and mix well, jar, and let rest for 5 days.

Easy Coleslaw Dressing Servings: 6

- 1/2 cup mayonnaise
- 2 tablespoons white sugar
- 1 1/2 tablespoons lemon juice
- 1 tablespoon vinegar
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt

Marinated Slaw

- 8 cups shredded cabbage
 - 2 tbsp chopped pimientos
 - 1/2 cup chopped green pepper
 - 3/4 cup onion
 - 1 cup sugar
 - 1 cup ACV
 - 1/2 cup water
 - 1 tbsp mustard seed, ground
1. Mix all veggies in large bowl
 2. Combine rest in a sauce pan, heat until thickened (stir)
 3. Mix and chill, it will keep for a few days

Quick Biscuits

- 2 cups flour
 - 1 cup cream
 - 1 tbsp baking powder
 - 1 tsp salt
1. Mix in bowl
 2. Knead for 5 minutes or not sticky
 3. Roll to 1/2" thick, cut into 3" rounds
 4. Bake on greased sheet @ 450 for 8 to 10 minutes

Hard Tack

- 3 cups of flour
 - 1 cup water
 - 1 tsp sea salt
1. Preheat oven to 350
 2. Mix, knead, and roll out into 1/2 inch thick

3. Cut into 3 x 3 squares and poke 4 rows of 4 with tooth pic
4. Bake on un-greased pan for 30 minutes, and 30 more

Greens

- 1 lb or so of greens
 - 1 onion, chopped
 - 3 slices of bacon
 - 1 lemon
 - salt and pepper
1. Cook bacon
 2. Add greens, 2 cups water, lemon
 3. Cook until tender, add salt and pepper to taste

Dumplings

- 1.5 cups of flour
 - 1 tsp of backing powder
 - 3/4 tsp salt
 - 3 tbsp lard or bacon grease
 - 3/4 cup milk
1. Mix and drop into boiling soup.
 2. Cook 10 minutes covered and 10 uncovered

Beer Batter

- 1 cup all purpose flour
 - 1 egg, beaten
 - 1 tsp garlic powder
 - 1/2 tsp black pepper
 - 1.5 cups beer
 - 1 tsp salt
1. Mix in bowl
 2. Dip food in flour
 3. Then batter and fry

Baked beans

- 4 cups navy beans, soaked overnight
- 2 cups hot water
- 1/2 lb pork
- 2 bay leaves
- 2 tsp dry mustered
- 3 tsp salt
- 1/4 molasses

Slow Cooker: Cook @ low for 10 to 14 hours. Stir once and a while.

Bannock Mix

- 1 cup flour
- 1 tsp backing powder
- 1/4 tsp salt
- 1/4 cup dry milk powder
- 1 tbsp lard

Sift dry ingredients, mix and save in zip lock for camping

Spicy Jerk Seasoning

- 1/4 cup onion powder
- 2 tbsp sea salt
- 2 tbsp thyme leaf
- 2 tbsp allspice
- 1 tbsp cinnamon powder
- 1 tsp cayenne powder

Mix with honey and paint meat, or use as a rub

Dad's Jerky Marinade

- 1/2 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1/2 tsp liquid smoke
- 1 tsp Tabasco
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1/2 cup brown sugar

Mix, add meat, chill over night, then make.

Cajun Seasoning

- 1/2 cup paprika powder
- 1/3 cup sea salt
- 1/4 cup garlic powder
- 2 tbsp black pepper
- 2 tbsp onion powder
- 1 tsp cayenne pepper
- 2 tbsp oregano
- 1 tbsp thyme leaf

Taco/Mex Seasoning

- 1/4 cup chili powder
- 1/4 cup cumin powder
- 1 tbsp garlic powder
- 1 tbsp onion powder

- 1 tsp oregano leaf
- 1 tsp paprika
- 1/4 cup sea salt
- 1 tsp black pepper

Pumpkin Pie Spice

- 1/4 cup cinnamon powder
- 1 tsp ginger
- 2 tsp nutmeg
- 2 tsp allspice
- 1/2 tsp clove powder (optional)

Good in: cheese cake, pie, lattes, etc...

Baking Powder

- 1 tbsp backing soda
- 1 tsp corn starch
- 1.5 tbsp cream of tarter

Mix and voilà!

Saltine Crackers

Makes about 60 2 x 2 inch crackers but may vary based on how thinly rolled and size cut

- 1 cup unbleached all-purpose flour
- 2 Tablespoons unsalted butter, melted
- 1/4 cup water
- 1/2 teaspoon Sea salt
- water for brushing
- Sea salt for sprinkling

1. In the work bowl of a food processor, pulse the flour and salt to combine.
2. Add the melted butter and process until a coarse meal – less than a minute.
3. Add the water and process until a dough is formed – about 1-2 minutes.
4. Let rest 30-60 minutes to allow the gluten to relax.
5. Preheat oven to 400°F and line two sheet pans with parchment paper.
6. Divide the dough into quarters and roll thin. You have two ways to do this, I much prefer the pasta machine method but you can do it by hand.
7. By hand – lightly flour the work surface and the top of the dough and using a heavy rolling pin, roll as thinly as possible.
8. Cut into squares – I like about 2" x 2" – brush lightly with water, sprinkle with salt.
9. Bake 400°F for 8-10 minutes until lightly golden. Keep an eye on them as they brown quickly and rotate the pans halfway through baking.

Oatmeal Crackers

- 1 1/2 cups rolled oats
- 1 cup whole wheat flour

- 1/2 teaspoon salt
- 1 tablespoon white sugar
- 1 teaspoon ground cinnamon (optional)
- 1/2 cup water
- 5 tablespoons olive oil

1. Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
2. Place the rolled oats into a blender or the work bowl of a food processor, and pulse several times to grind them into coarse flour. Stir the oat flour together with whole wheat flour, salt, sugar, and cinnamon in a bowl. Pour in the water and olive oil, and mix to form a soft dough. Place the dough onto the prepared baking sheet, and roll out 1/8-inch thick. Using a knife, partially slice through the dough in desired shapes.
3. Bake in the preheated oven until just barely brown, 10 to 15 minutes. Watch carefully, as they burn easily. Allow to cool completely on baking sheet before breaking along score lines into individual crackers.

NOTE: The cinnamon can easily be replaced with many different seasonings to make different flavors. Some of the different types I've tried: garlic Parmesan; regular salt; and garlic pepper.

Horseradish Sauce

- 2 tablespoons prepared horseradish
 - 1 tablespoon cider vinegar
 - 1 teaspoon dry mustard
 - 3 tablespoons mayonnaise
 - 1/2 teaspoon ground red pepper
 - 1/2 cup nonfat sour cream
1. In a small bowl whisk together horseradish, vinegar, mustard, mayonnaise, ground red pepper and sour cream.

Healing

Lots of good stuff here to save you money and keep you healthy. As times get harder, knowing how to make your own supplements and personal care products is a must. Having alternatives is also handy, as availability is going to become more of an issue. **Note, this is what I do and is NOT medical advice.** Consult your own care provider before doing anything.

Sources: I purchase Borax from the grocery store in the laundry isle, and baking soda from same. DMSO, MSM, Magnesium Chloride I get from a farm supply company (Tractor Supply). You can also find wound care products and more at farm supply stores. Most other products I get from Swanson or Pure Bulk (see links/health).

Buffered Vitamin C (How to make Sodium Ascorbate)

Ingredients:

- 1 Teaspoon Ascorbic acid powder
- 1/2 Teaspoon Sodium Bicarbonate
- 2 oz + 2 oz Distilled water

Note: *The ratio of C to baking soda is 2 to 1. You can scale the amount down based on need, and bowl tolerance.*

Instructions:

- Add Vitamin C powder and backing soda to glass.
- Add two fingers of water, let fizz
- Fill water to about 8oz and drink

This form of vitamin C is more tolerated than other for oral use. I would use straight ascorbic acid with taken with water and a little salt for a first response to a serious condition. *You need to read up on how to take Vitamin C (dosage and frequency), and it is a good subject to study.* However with that said the basic advice from Andrew Saul is: *“Take enough C to be symptom free, whatever the amount might be”*. When you get too much it will cause you **run** to the toilet. Back off a little, and you will be fine.

Tooth powder

- 2 or 3 tbs of baking soda
- 4 to 6 drops of essential oil (cinnamon or mint)

Use a wooden toothpick or coffee stirrer to mix and place in a small glass jar. This one will take you a little while to ‘dial’ it in for taste/strength.

Dosages from the Arm & Hammer Company for colds and influenza in 1925

- Day 1 Take six doses of 1/2 teaspoon of baking soda in glass of cool water, at about two-hour intervals
- Day 2 Take four doses of 1/2 teaspoon of baking soda in glass of cool water, at the same intervals
- Day 3 Take two doses of 1/2 teaspoon of baking soda in glass of cool water morning and evening, and thereafter 1/2 teaspoon in glass of cool water each morning until cold symptoms are gone

ACV / Honey Dr. (Adapted from Dr. D. C. Jarvis author of Arthritis and Folk Medicine)

- 2 tsp raw honey
- 1 Tablespoon raw organic apple cider vinegar
- 8oz purified water

Mix the above ingredients in a glass (do not use plastic) and drink before each meal (breakfast, lunch and dinner).

To help with overall health, weight loss, gut issues, arthritis, and more

Magnesium Chloride Internal Protocol

This is taken from Dr. Thomas Levy’s book “Magnesium: Reversing Disease” (a must read).

The oral approach was as follows (2.5% solution, 25 grams in 1000 cc of water):

- Adults and children over 5 years: 125 cc
- 4 years: 100 cc
- 3 years: 80 cc
- 1 to 2 years: 60 cc

- 6 months to 1 year: 30 cc
- Under 6 months: 15 cc

Note:

- For chronic diseases, this oral route was often administered twice daily for months or even years.
- For acute diseases and infections, administration was every six hours.
- For disease prevention, administration was once a day, indefinitely.

■ Magnesium Oil

- 1 Cup of hot water (filtered only, just under boiling)
- 3 Tbs magnesium chloride flakes
- Optional: (**After above mixture has cooled to room temp**) add 1/4 cup DMSO to aid in absorption and get the benefits of DMSO.

Stir until completely dissolved, let cool. Place in container for use.

■ Magnesium Oil Plus

Using vodka instead of distilled water will decrease the “oily” feeling of magnesium oil. Adding MSM reduces the itchy feeling that can be caused by magnesium oil.

- 1/2 cup vodka (room temperature)
- 1 cup magnesium flakes
- 10 grams MSM

Add magnesium flakes to vodka. The vodka does not have to be heated; the magnesium flakes will dissolve easily with a bit of stirring. Stir in MSM crystals. (Usually available at farm stores.)

■ Bicarbonate Water (for magnesium)

- Plain Milk of Magnesia aka MoM (magnesium hydroxide and water solution), make sure it has NO other ingredients.
- 1 Liter of chilled carbonated water (soda water, no sugar or anything else)

Take chilled soda water, pour out a little and add 3 tbs of MoM. Put cap back on and shake it for 30 seconds. Chill for 2 hours and shake again. Add one tbs of this to a liter of water for a daily supply of magnesium.

■ Boron from Borax

■ Internal

Earth Clinic's Ted recommends 1/4 teaspoon (940 mg ~ 1,000 mg) of borax in 1 liter of water for men and 1/8 teaspoon (470 mg ~ 500 mg) of borax in 1 liter of water for women each day. This would give men about 113 mg of boron each day they drink the solution and women about 56 mg of boron each day.

or

Walter Last recommends dissolving 1 teaspoon of borax in 1 liter of water and then taking one or 2 teaspoons of the borax solution daily

External

Borax can be added to a tub bath or foot bath to benefit the skin. Add 1 – 4 tablespoons to a tub bath or foot bath. This is especially useful for fungal conditions of the skin.

Borax is also used as a shampoo substitute. It seems to be especially helpful for those with an itchy or infected scalp. Add 1 tablespoon borax to 1 or 2 cups of warm water and use this water to rinse your hair from the scalp to the ends. You can then rinse this water out. For some, this may eventually cause some drying of the hair and scalp. If this is the case, you can try moisturizing your hair with a small amount of coconut oil.

Dog's

Borax is one of the two ingredients in Ted's Famous Mange Cure. 2 cups of 3% hydrogen peroxide, 4 cups water and 3 heaping tablespoons of borax are mixed together. The solution is used to bath the affected area, or entire animal several times a day. The solution is allowed to dry on the animal. For more information see this page.

Washing cloths

No soap to get clean, soft, non irritating for skin:

Mix Borax and Super Washing Soda 50/50 as powder. Then to clean clothes, three to four tablespoons in wash.

Side note: Make Washing Soda 1. Pour baking soda into a cookie sheet. Spread it out to form a layer. 2. Bake the soda at 400°F (200°C) for 30 minutes to 1 hour. *The time isn't critical. You can't 'overcook' the soda, but you want to be sure to drive off all the water.* Remove the pan from heat, allow the washing soda to cool, and store it in a sealed container to keep it from picking up moisture from the air.

Simple Salve

- 8 oz. Coconut oil
- 1.5 oz. (grated) beeswax
- 0.5 oz. Shea (or cocoa) butter
- 15-30 drops essential oils
- optional: 10 drops vitamin E oil to extend shelf life

In a small double boiler– I use a Pyrex glass bowl atop of a pan– heat all oils, beeswax and butter. (Hints: when selecting your tools, keep in mind beeswax is hard to clean, and this recipe can be stirred with wooden coffee stirrers. They work great!) Remove from heat and add essential oils and vitamin E if using. Pour into containers and let cool on the counter top to harden. (Hint: the hardness of the salve can easily be adjusted. Before pouring your recipe into containers, put a small amount of salve on a teaspoon and put in the freezer for one minute to harden. Remove and check firmness. For a softer salve, add more oils, for a harder salve add more beeswax).

How to make an herb-infused oil

- 4 oz. Dried herb
- 8 oz. Body-safe carrier oil, such as olive oil or almond oil

- quart-sized mason jar
 - crock pot or stock pot
1. Finely chop or powder your dried herb and add to the mason jar. Cover with the oil, and stir gently to distribute the herb throughout the oil.
 2. Put the cap on the mason jar, and place the jar in a water bath in either a crock pot or a stock pot on the stove (if using the stock pot method, place a mason jar lid ring under the jar with your oil in it so the glass is not directly on the metal of the pot).
 3. Gently heat the water and oil for 3–5 days, trying to keep the oil temperature around 110 degrees. The “warm” setting on a crock pot is ideal.
 4. After 3–5 days, remove the jar and let the oil cool slightly so it’s not too hot to the touch, and then strain your oil through muslin, cheesecloth, or an old and clean t-shirt to remove the dried herbs.
 5. Store your oil in an airtight jar in a dark, cool place. It will last for up to a year.

■ Pine Tree - An amazing source of food and medicine, worldwide!

How you can use pine medicine:

There are approximately 115 different species of pine worldwide—36 of which grow in North America. These evergreen and resinous coniferous trees (in the family Pinus, and the genus Pinaceae) are native to most of the Northern Hemisphere. But some pine species have flourished in the Southern Hemisphere too – like the cypress or kauri pines in Australia, for example. Find out which types of pine grow near you, and make sure they’re true pines. Provided that you’re not allergic, consider connecting with its healing properties.

Use the pitch. The sticky delicious-smelling sap has powerful antibacterial and antimicrobial properties. My O’odham friend Dennis often uses this as quick wilderness first aid for cuts, slivers, and burns. Try your hand at making your own healing salve below:

■ Pine Resin Healing Salve

Ingredients:

- 1/4 cup pine resin
- 1/2 cup almond or olive oil
- 1 oz. grated beeswax

Directions:

1. Heat oil in a double-boiler. As oil begins to simmer, add pine resin, and continue heating until the resin melts. Stir occasionally.
2. Option: Strain mixture through a cheesecloth.
3. Return mixture to double-boiler over low heat, and slowly stir in beeswax until melted. Pour mixture into jars or tins, and store in cool place.

You can use this salve on aching joints and sore muscles, shallow scrapes, and wounds, or on the chest for an aromatherapeutic agent.

■ Sacred Pine Needle Tea

Use the needles. **Loaded with vitamin C—more than five times that of an orange—along with vitamins A, E, and a host of B vitamins, the needles are a cherished part of the pine.** Pine needles have strong antimutagenic, antioxidant, and antiproliferative properties, which help in preventing the growth of cancer cells. Try making your own tea with the following recipe:

- 1/2 cup young pine needles (a small handful)
- 3 cup spring water
- 1 slice of lemon (optional)

Instructions:

1. Bring water to a boil.
2. 1. De-stem and remove the brown papery sheaths at the base of the needles.
3. Chop needles into 1/2 inch pieces, to help release essence.
4. Place 1 tbsp. of chopped needles into a mug and pour boiling water over top, allowing to steep for 5-10 minutes. Squeeze lemon into tea for flavor, or use as garnish.

Pine Pollen

Pine pollen has been used in Traditional Chinese Medicine for centuries. While *P. massoniana* is primarily used in China, a good body of evidence suggests we can gain similar benefits from *P. sylvestris*. Pine pollen is an adaptogen, supporting the body's ability to navigate stress, balancing hormones, promoting better sleep and supporting the immune system. Pollen is primarily taken internally, but in China, the pollen is also applied to the face as a beauty treatment. Pine is known to be highly anti-inflammatory, so it seems logical that pine pollen is an important anti-aging option.

Pine Bark

Taking a patch of bark off a tree will cause serious damage, so try to harvest bark from branches that you need to prune. Strip off the outer bark and harvest the softer inner bark. This can be used immediately or dried for later use in tea or as a topical poultice. When boiled, the inner bark becomes mucilaginous and can be used internally for constipation or hemorrhoids. Externally, either the tea or the inner bark itself (well soaked and pounded) can be applied to sores, burns or hemorrhoids.

Nebulizing H2O2

I use 3% brown bottle H2O2 from the drugstore/walmart/where-ever. It works fine for me.

Dr Mercola Hydrogen Peroxide Nebulizer Protocol

His recipe is as follows:

- 1 pint mason jar
- 8oz Distilled water
- 1 level teaspoon sea salt
- 3 teaspoon Hydrogen peroxide 3% (brown bottle) or 3/4 teaspoon if using 12% Food Grade H2O2

Either formula will make H2O2 0.1% dilution.

How to use: Nebulize mixture for 5-10 minutes. Repeat every hour if currently sick.

Note: Drugstore brown bottle 3% works.

Nebulizing Baking Soda

If a person has a nebulizer, it can be done very easily. Nebulizer turns liquid medicine into a mist. First mix 100 ml of distilled water and 4.4 grams of baking soda by moderate heating. Then cool the liquid to room temperature. Transfer 10 ml of this liquid to nebulizer. Then turn on the nebulizer and inhale the mist.

This has to be done for 3 times in a day.

This treatment is similar to spraying baking soda solution at pH 8.4 to all cells in the air pathway of the breathing system.

Additional Remedies

It is advisable to take 3 aspirin tablets per day (one in the morning, one in the afternoon and one in the night) since aspirin has antiviral properties and inhibit blood clotting. One can expect cure in 2 to 3 days.

Garden

Pesticide

- 50% flour and 50% baking soda, mix and dust on plants.

Fungicide Spray

- 1 gal water
- 1 tbsp dish soap
- 1 tbsp backing soda
- 1 tbsp olive oil.

Mix and spray.

Miracle Grow

- 1 Gal water
- 1 tsp Epsom salt
- 1 tsp baking soda
- 1/2 tsp ammonia.

Mix and give each plant a quart once a month.

Urin Fertilizer

- For gardens, one part to eight parts water is minimum, and diluting it one part to fifteen parts is better, especially if it is to be applied over bare ground as opposed to mulch.
- Apply urine within 24 hours of collection. After 24 hours, urine begins to break down, and the amount of ammonia increases.
- Although urine has a good amount of nitrogen, applying urine as fertilizer is not enough, as it is lacking in both macro and trace minerals. To supplement your "liquid nitrogen", you need a good source of potassium. Green sand, kelp meal, granite meal and wood ash are all good sources of potassium.

Tip: Use toilet paper roll insert (brown part) for seed starters.

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