

"UNLEAVENED"RECIPES"

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Exodus 12:18

Unleavened Cinnamon-Pecan Crisps

1 cup sugar
1/2 cup butter, slightly melted
1 large egg, separated
1 cup all-purpose flour
2 teaspoons ground cinnamon
1/2 cup finely chopped pecans

Cream sugar and butter. Add egg yolk. Beat well. Whisk the cinnamon into the flour and add to sugar/butter/egg mixture. Press dough in bowl until it holds together. Carefully spread out and press into a rectangle on ungreased cookie sheet. (14 in. x 9 in.) Beat egg white slightly and brush on cookie dough. Sprinkle with nuts. Bake at 275 degrees for 230 to 40 minutes--until lightly browned. Remove cookie sheet from oven, and cut rectangle lengthwise into 3 or 4 strips. Then cut each strip crosswise into 1 in. wide pieces. Remove the pieces from cookie sheet to cool. Make about 42 "crisps." Tip: Place a sheet of waxed paper over the dough on cookie sheet, and use a rolling pin. It's easier to get the dough thin and even. (Tasty with coffee!)

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Whole Wheat Flatbread

4 cups whole wheat pastry flour
1 1/2 teaspoons salt
3 tablespoons butter
2 egg yolks
2 tablespoons vegetable oil
7/8 cup milk or water

If the flour is not "pre-sifted," then sift. Measure. Add the salt to the flour and stir in well. Cut the butter into small pieces and add. With a pastry blender or 2 knives, cut the butter into the flour as when making pastry.

In a separate bowl, beat the egg yolks until lemon-coloured. Add the oil slowly to the egg yolks, continuing to beat as it is added. Add the milk or water to the mixture, adding only about a fourth of it at first, then the remainder.

Pour this liquid mixture into the flour mixture and stir with a fork until it forms a ball of dough that comes away from the sides of the bowl. Knead lightly on a floured board for about a minute - and shape the dough into a smooth ball.

Lightly flour the board again. Pinch off about one third cupful of the dough, and place it on the floured board. Pat it as thin as can easily be done; then roll it a little thinner with a rolling pin. Pick up the dough, lay it over one hand and with the other hand, spread a little more flour on the board. Lay the dough back down and roll again. Repeat this operation until the dough is so thin, that it just holds together without breaking when handled.

Preheat the oven to about 400 degrees. Place the thin piece of dough on an ungreased baking sheet, and using a knife, mark the dough into squares of desired size. (If using for the Christian Passover Service, make only one cut - enough so that the "unbroken" bread can be conveniently stored and carried.) Bake for about 8 to 12 minutes, or until puffed and very lightly browned.

Note: Whole-wheat pastry flour makes the tenderest bread, but whole wheat bread flour may be used. In that case, the liquid will need to be increased to one cup.

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"Quick & Easy" Unleavened Bread

4 large eggs
2/3 cup milk
1/3 cup plus 1 tablespoon water
3 tablespoons oil
3/4 teaspoon salt
1 1/4 cups whole-wheat flour
1/1/4 cups all-purpose flour
1/2 cup dry-milk powder

Combine all ingredients. Pour and spread on greased cookie sheet. Bake in a pre-heated 400-degree oven - about 20 minutes. Variation: Sprinkle with sesame seeds before baking.

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Marie's Unleavened Bread

3 cups all-purpose flour

3 cups quick-oats

1 tablespoon salt

2 tablespoons sugar

2/3 cup water

1 egg, beaten

1 cup oil

Mix all ingredients well, and shape into small balls. Roll thin on lightly floured board. Place on cookie sheet and bake at 350 degrees till light brown.

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Wheat Gems

1 1/4 cups whole wheat flour
1 1/4 cups all-purpose flour
1/2 teaspoon salt
1/3 cup oil
1 cup water

Mix flours and salt together. Add oil slowly while mixing. Add water and mix well until smooth. (Add a little more flour if the mixture seems "sticky.")
Shape "gems" that are small and quite flat. Bake in pre-heated 375-degree oven for about 10 minutes. Then reduce heat to 275 minutes and bake for 30 minutes or until "baked through."

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Corn Bread

1 cup cornmeal
1 cup all-purpose flour
1/4 cup sugar
1 teaspoon salt
1 egg
1 cup milk
1/4 cup shortening

Preheat oven to 425 degrees. Combine cornmeal, flour, sugar and salt. Mix well. Add remaining ingredients and stir--just until all dry ingredients have been moistened. Bake in greased pan of choice. (Can be baked as "muffins.")

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Flour Tortillas

2 cups flour
2 teaspoons salt
1/4 cup shortening
1/2-3/4 cups hot water

Mix all like pastry. Add water gradually. Form dough in a ball and knead. Divide in golf ball sizes and roll very thin on floured board. Bake on a very hot ungreased griddle, and cook till freckled on one side (about 20 seconds) then turn. (Store in a covered container.)

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Oat Cakes

1 cup water
1/3 cup oil
1 tablespoon honey
4 cups quick oats
1/4 teaspoon salt (optional)

Mix water, oil and honey. Add to dry ingredients. Turn out on floured surface, and press with fingers to a thickness of about 1/4 inch. Cut into size pieces desired.

Bake at 350 degrees, until lightly brown - about 15 minutes. Can be served hot or cold.

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Popovers

Softened butter or margarine
2 large eggs
1 cup milk
1 cup all-purpose flour
1/4 teaspoon salt

Preheat oven to 400 degrees. With butter, generously grease six 7-oz. pottery cups or 6-oz. custard cups. With mixer, beat eggs well; blend in milk. Add flour and salt; then beat mixture just until smooth. Do not over-beat. Pour mixture into prepared cups, filling each half full. Place cups on a jelly-roll pan about five inches apart. Bake 45 to 50 minutes, or until deep golden-brown. Remove immediately from cups, and serve hot with butter. Makes six popovers.

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Cheese Straws

In medium bowl, blend
1 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon dry mustard
and add 1/3 cup softened butter- Blend well
Cut in 1 cup grated cheddar cheese
Add 6 tablespoons ice water, and shape into a ball.

Preheat oven to 350 degrees. On a floured board, roll out to 1/4 inch thick. Cut strips 12 inches long and 1/2 inch wide to make 12 sticks. (Or cut 6 inches long - to make 24 sticks. On an ungreased cookie sheet, twist two sticks together - turning 4 or 5 times and press ends flat. Bake 15 minutes or until lightly brown. These are nice to serve as a first course with soup - or along with dinner on the "Night to be Much Observed." Cool. Note: May be frozen and reheated at 300 degrees.

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Quick Biscuits

2 cups flour
1/3 cup grated sharp cheddar cheese
1/3 cup mayonnaise
2 tablespoons minced onion
3/4 cup milk

Stir flour, mayonnaise and milk until well blended. Add cheese and onion.
Drop by tablespoon onto greased cookie sheet. Bake in pre-heated 350-degree oven for about 10 minutes. Serve with breakfast eggs. Good with dinner too!

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Muffins

1 cup shredded raw apples (packed)
1 1/2 cups rolled oats
1/4 cup oil
1/4 to 1/2 teaspoon cinnamon (optional)
1/4 teaspoon salt
1/2 cup chopped dates or raisins
1/2 cup chopped walnuts

Combine ingredients and let stand for a few minutes - to absorb moisture.
Mix well with a fork. Spoon into well-oiled cups of muffin pan; shape so they are nicely rounded. Bake in pre-heated 375-degree oven for about 25 minutes.

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Apricot-Nut Crescents

2 cups flour
1 cup small-curd cottage cheese
1 cup (2 sticks) chilled butter, cut in small pieces
1 cup apricot jam
1/2 cup finely chopped walnuts or pecans

Place flour and cheese in bowl; cut in butter, and mix until dough clings together in a ball. Divide into three balls, and chill for three hours. Roll each ball into an 8-10 inch circle, about 1/8-1/4 thick. Cut each circle into 8 wedges. Spread each with 1/3 of the jam, and sprinkle with 1/3 of the nuts. Starting from the wide end, roll up each wedge and bend ends slightly to make a crescent. Place on a greased cookie sheet, and bake in preheated 375-degree oven for about 20 minutes, or until golden brown. Makes 24.

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Great Pancakes or Waffles

1 cup cream-style cottage cheese
6 large eggs
1/2 cup all-purpose flour
1/4 teaspoon salt
1/4 cup milk
1/2 teaspoon vanilla

Put all ingredients in blender. Cover and blend at high speed for about a minute, stopping to stir down once. Bake on a preheated lightly greased griddle, using 1/4 cup of batter for each pancake. Makes about 20 4" pancakes. Also great for waffles, which can be baked ahead and frozen. Reheat in toaster - just as delicious as freshly made.

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Cornmeal Griddlecakes

2 cups corn meal
1 teaspoon salt
2 tablespoons honey
1 cup boiling water
2 large eggs
1 cup milk
4 tablespoons melted butter
2 tablespoons wheat flour

Place the corn meal, salt and honey in a bowl. Pour the boiling water over it and stir. Cover and let stand for about 10 minutes. Beat the eggs and add the milk. Mix the melted butter and wheat flour together - and beat into the milk mixture. Then fold into the corn meal mixture. Bake on preheated, lightly greased griddle. Makes 15 to 18 cakes.

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Holiday Short Bread

1 cup (2 sticks) butter
1/2 cup sugar
2 1/2 cups all-purpose flour
1/4 teaspoon salt

Preheat oven to 375 degrees; cream butter until fluffy; add sugar and beat until very light and fluffy. Gradually blend in flour and salt. Roll out on lightly floured surface, to form an 11 x 7 inch rectangle, 1/2 inch thick. Cut as desired. Bake on engrossed cookie sheet 12 to 15 minutes, or until a pale golden colour. Cool completely on wire racks. Store at room temperature in covered container.

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Cheese Crackers

8 ounces shredded sharp cheddar cheese (2 cups)
1/2 cup butter
1 1/2 cups all-purpose flour
1/4 to 1/2 teaspoon salt
1/4 teaspoon ground red pepper

In a large mixing bowl combine shredded cheese and butter; bring to room temperature (about 1 hour). Beat with an electric mixer until well combined. Stir in flour, salt and pepper. Divide the dough in half. Shape dough into two 7" logs. Wrap and chill logs for at least 1 hour. Preheat oven to 350 degrees. With a knife or crinkle cutter, slice the cheese logs into 1/4-inch-thick slices. Place slices on ungreased baking sheets and bake for 15 minutes. Makes about 4 1/2 dozen crackers. Note: These can be prepared in advance and chilled until you'd like to serve them. Then just slice, bake and serve--fresh from the oven.

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Black Walnut Butter Cookies

3/4 cup butter, softened (no substitutes)
1 cup all-purpose flour
1/2 cup cornstarch
1/2 cup powdered sugar
1/2 cup chopped black walnuts or walnuts
Powdered sugar for "dusting."

In a mixing bowl, cream butter. Combine flour, cornstarch and sugar; add to the creamed butter, mixing well. Stir in the nuts. Roll into 3/4 inch balls and place 1 inch apart on greased baking sheet. Bake at 300 degrees for 20-24 minutes or until "set." Cool on wire rack. Dust with confectioners' sugar. Makes about six dozen.

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Chocolate Oatmeal Cookies

2 cups sugar
4 tablespoons cocoa
1/2 cup milk
1 stick margarine
3 cups quick oats
1/2 cup peanut butter (either plain or crunchy)
1 teaspoon vanilla

Combine sugar, cocoa, milk, and margarine in a pan and bring to a rolling boil. Remove from heat. Add oats, peanut butter, and vanilla to the mixture. Mix well. Drop from teaspoon onto wax paper and let set.

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Banana Oatmeal Cookies

1 cup brown sugar, packed
3/4 cup oil
1 1/2 cups mashed ripe bananas
1/2 teaspoon salt
4 cups rolled oats
1/2 cup chopped walnuts
1/2 cup raisins

Beat sugar and oil; stir in bananas and salt. Gradually blend in oats, walnuts and raisins. Drop by teaspoons on greased baking sheet. Bake in pre-heated 350-degree oven for 20 minutes.

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Famous Potato Chip Cookies

3/4 cup butter, softened
3/4 cup sugar
1 egg yolk
1 teaspoon vanilla
1 1/2 cups all-purpose flour (stir & measure carefully)
1/3 cup finely crushed potato chips
1/4 cup chopped pecans or walnuts
1/2 cup sugar (set aside)

Preheat oven to 375 degrees. In large bowl, beat butter, sugar, egg yoke and vanilla until light and fluffy; add flour and mix well. Stir in potato chips and nuts. Roll dough into one-inch balls, and place three inches apart on ungreased cookie sheets. Lightly butter the bottom of a three inch drinking glass, and dip in reserved sugar. Use it to flatten each of the balls. Bake for 12 to 15 minutes or until golden brown on bottom. They will not brown on top. Cool before removing from cookie sheet.

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Fudge Cookies

1 12-ounce package chocolate chips
1/4 cup butter
1 cup all-purpose flour
1 teaspoon vanilla
1 14 ounce can sweetened condensed milk
1 teaspoon dark rum or rum extract (can substitute 1 teaspoon milk)
1 cup chopped walnuts

Melt chocolate chips and butter; stir in remaining ingredients. Mix thoroughly. Drop from teaspoon on lightly greased cookie sheet. Bake in preheated 350-degree oven for about six to eight minutes; cookies should appear moist and "underdone."

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Pecan Pie Bars

Crust: 3 cups all-purpose flour, 1/2 cup sugar, 1 cup butter, 1/2 teaspoon salt

Filling: 4 large eggs, slightly beaten, 1 1/2 cups light or dark corn syrup, 1 1/2 cups sugar, 3 tablespoons butter, melted, 1 1/2 teaspoons vanilla, 2 1/2 cups pecan pieces.

Grease bottom and sides of 15" x 10" x 1" baking pan. To prepare crust...in a large bowl with mixer at medium speed, beat flour, sugar, margarine and salt until mixture resembles coarse crumbs. Press firmly and evenly into pan. Bake in 350-degree oven for 20 minutes. While crust is baking, prepare filling...in a large bowl stir eggs, syrup, sugar, margarine and vanilla until blended. Stir in pecan pieces. Spread evenly over hot crust. Bake in 350-degree oven for 25 minutes - or until set. Cool on wire rack. Cut into bars.

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Cheese Cake Bars

Crumb mixture and topping: 3/4 cup butter, 3/4 cup brown sugar, 1 cup flour, 1/2 cup chopped walnuts.

Filling: 1/4 cup sugar, 8 ounces cream cheese, 1 beaten egg, 2 tablespoons milk, 1 tablespoon lemon juice, 1/2 teaspoon vanilla.

Cream butter and brown sugar. Mix in flour and walnuts until coarse. Set aside half of mixture for topping. Place other half in 9 in. square pan. Bake at 350 degrees for 10 to 12 minutes. While crumb mixture is baking, blend sugar and cream cheese. Mix in egg well. Add milk, lemon juice and vanilla. Mix well. Pour filling into pan over baked mixture, and sprinkle remaining crumb mixture on top. Bake 30 minutes more. Cool and cut into 16 bars.

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Favourite Brownies

4 squares unsweetened chocolate
3/4 cup (1 1/2 sticks) butter
2 cups sugar
1/4 teaspoon salt
3 large eggs
1 teaspoon vanilla
1 cup all-purpose flour
1 cup chopped walnuts

Melt chocolate and butter, stirring until chocolate is melted. Note: If you use the right size bowl, and microwave, only one bowl is necessary. Stir in sugar and salt; mix in eggs and vanilla; stir in flour and nuts. Spread in greased 13x9x2-baking pan. Bake in pre-heated 350-degree oven for 35 minutes. Do not over bake! Cool completely and cut.

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Grandma's Black Walnut Cake

3/4 cup flour (stir and measure carefully)

2 teaspoons cinnamon

1 teaspoon salt

9 large eggs, separated

1 1/2 cups sugar, divided

2 teaspoons vanilla

2 cups finely chopped black walnuts

Combine flour, cinnamon and salt in small bowl; set aside. In large mixing bowl, beat egg whites until soft mounds form. Gradually add 3/4 cup sugar,. Continue beating until stiff peaks form. Do not under beat! Beat together egg yolks, vanilla, and 3/4 cup sugar until thick and lemon coloured. Stir in dry ingredients. Slowly fold into egg whites. Carefully fold in nuts. Bake in ungreased 10-inch tube pan in pre-heated 350-degree oven for 55 to 60 minutes. Invert pan. Cool completely before removing from pan. Serve with whipped cream.

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Apple Crisp

10 medium Granny Smith apples, peeled, cored, and thinly sliced
7 tablespoons fresh lemon juice
2 cups firmly packed light brown sugar
2 cups quick-cooking oats
1 1/2 cups flour
2 tablespoons cinnamon
1 1/2 cups (3 sticks) well-chilled butter, cut into small pieces

Preheat oven to 375 degrees, and butter a 10x15 baking pan. Toss apples with lemon juice in large bowl. Add 1 cup brown sugar, and toss to coat. Arrange apple mixture in even layer in prepared pan. Mix remaining 1 cup brown sugar, oats, flour and cinnamon in large bowl. Cut in butter until mixture resembles coarse meal. Sprinkle mixture evenly over apples. Bake until apples are tender, and topping is golden brown - about one hour. Let stand at least five minutes. Cut into squares and serve warm with ice cream.

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Apricot Cheesecake

2 1/4 cups quick oats, uncooked
1/3 cup brown sugar, packed
3 tablespoons flour
1/3 cup butter

Combine oats, brown sugar, flour and butter; press onto bottom and sides of 9 inch spring form pan. (Or you can use 9 inch round cake pan.) Bake at 350 degrees 15 minutes. Cool.

1 envelope unflavoured "kosher" gelatine
1/3 cup cold water
16 ounces cream cheese, softened
1/2 cup sugar
2 tablespoons brandy
1/2 cup finely chopped dried apricots
1 cup whipping cream, whipped

Soften gelatine in water; stir over low heat until dissolved. Combine cream cheese and sugar, mixing at medium speed on electric mixer until well blended. Gradually add gelatine and brandy to cream cheese mixture, mixing until blended. Chill until slightly thickened; fold in apricots and whipped cream. Pour onto crust; chill until firm.

1 10-ounce jar apricot preserves
1 tablespoon brandy

Combine and heat apricot preserves and brandy, stirring over low heat. Cool. Spoon over cheesecake just before serving. 10 to 12 servings.