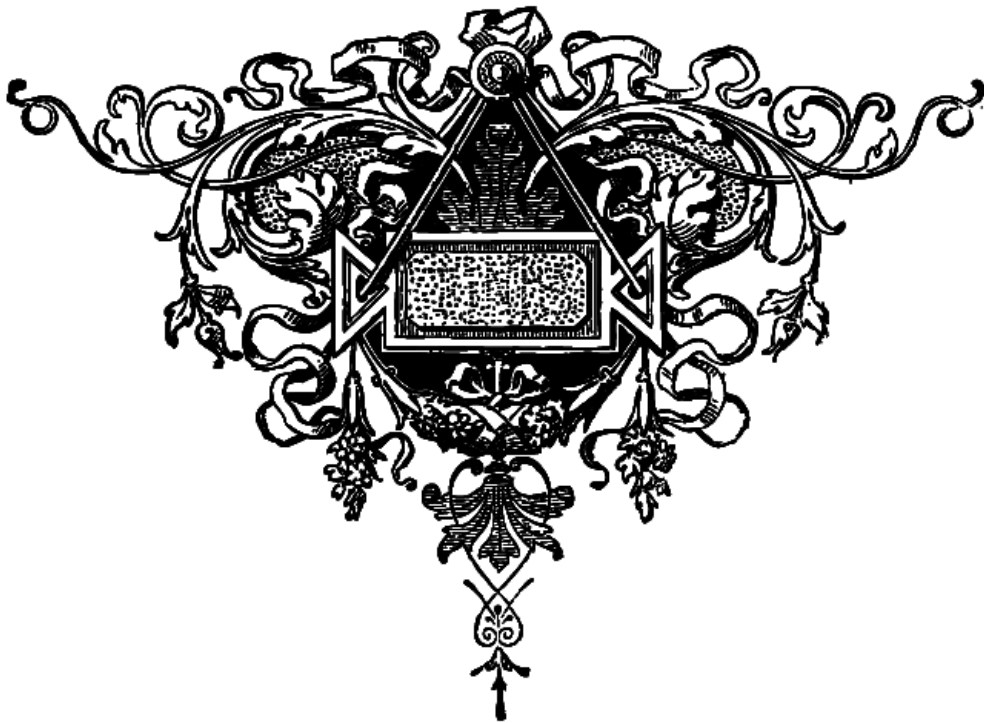


# John Kasson's Down Home Ye Olde Iowa



## Metric Cook Book

The Metric Maven

2013-01-10

## Contents

1. Metric Cooking . . . . .	5
1.1. Mass and Volume . . . . .	5
1.2. The Use of a Modern Mass Scale . . . . .	6
1.3. Temperature . . . . .	10
1.3.1. Digital Thermometer . . . . .	10
1.4. Energy/Calories . . . . .	14
2. Crockpot Recipes . . . . .	17
2.1. The Metric Maven’s Chernobyl Chili . . . . .	17
2.2. Beef Stroganoff . . . . .	18
3. Oven Recipes . . . . .	19
3.1. Lake Cornelia Meat Loaf . . . . .	19
3.2. Farmer’s Breakfast Casserole . . . . .	20
3.3. Belmond Banana Bread . . . . .	21
3.4. Night Before Coffee Cake . . . . .	22
3.5. Red Hot Red Velvet Cake . . . . .	23
3.6. Best Chocolate Chip Cookies . . . . .	24
3.7. Cecilia’s Peanut Butter Cookies . . . . .	25
3.8. Bizcochitos State Cookie of New Mexico . . . . .	26
3.9. Ginger Cookies . . . . .	27
3.10. Corn Flake Cookies . . . . .	28
3.11. Oatmeal Scotchies (Cookies) . . . . .	29

4. Sandwich Recipes . . . . .	30
4.1. DB's Tuna Salad . . . . .	30
4.2. Egg Salad . . . . .	31
4.3. Chicken Salad . . . . .	32
4.4. Kor-Bert Ham Salad . . . . .	33
5. Stovetop Recipes . . . . .	34
5.1. Dawn Patterson's Hamburger Hash . . . . .	34
5.2. Potato Soup . . . . .	35
5.3. April Masché's Chicken Curry . . . . .	36

## Preface & Use Of This Work

This monograph (book) was written to address a need that exists only in the United States. The rest of the world uses metric measurement and has established their habits for cooking with metric. The US is a clean slate which actually allows us to use the metric system in the most efficient way possible.

Online recipes offer “metric conversion“ of their recipes on US web sites, but the conversions demonstrate the complete lack of understanding by Americans of the metric system. Rather than being less complicated than recipes using Imperial units, centiliters, deciliter and other uncommon measurements are introduced.

When I first began to explore metric cooking it took me sometime to work-out how this different way of cooking could be implemented. Now that I’ve worked my way through it (so you don’t have to) I’ve become less and less tolerant of cooking the old way. It’s just too much of a hassle.

The only two items you will need that may not be in your current kitchen is a quality digital scale which will automatically read grams when turned on. The scale should also have a tare function so you can zero out bowls and such when cooking. I’ve never seen a digital scale without a tare, but I mention it in case one does exist somewhere. The second item is a digital thermometer to measure the internal temperature of food.

That’s probably all you need. Because most metric cooking involves weighing ingredients, it goes faster (yes I said faster) and almost any small container in your kitchen may be used. You will need a measuring cup with milliliters now and then, but most current measurement vessels have these graduations. Your current set of measuring spoons generally have milliliters stamped on them so you’re ready to go after purchasing a digital scale and thermometer.

The use of the scale and thermometer are discussed in Chapter 1. Using weight and temperature your recipes will be much more consistent over time.

Using volume measurement for flour as most in the US do adds a lot of uncertainty. This is because the density of flour can vary considerably. When you weigh it, you have a much more accurate amount. Modern scales are accurate to a gram, which is a very precise unit. You'll realize they are the millimeters of weighing. If you're off by a gram or two?—no problem, it's still far more accurate than how we've been cooking the US since the Pilgrim's arrived.

# Chapter 1.

## Metric Cooking

### 1.1. Mass and Volume

Cooking in the United States is generally done using volume. The cliché from American television programs of the 1950s and 1960s was a nosy neighbor using the excuse that they needed to “borrow a cup of sugar” to investigate. One never heard the phrase “I need to borrow 250 grams of sugar.” One also heard the complaint: “I followed the recipe perfectly and this time it came out different.” There are a lot of reasons a recipe can unexpectedly change, but the use of volume instead of mass is one that can be eliminated completely. A gram is a gram—always. A cup of flour?—well how much is in the cup depends on how much mass is in the given volume. The mass in a cup of flour is different depending on if it has been sifted or not. Weighing ingredients essentially eliminates uncertainty in the amount.

I can already hear you thinking, “but weighing ingredients is more time consuming and harder than using a cup. I don’t have any way to weight things.” No this is not true. In fact weighing ingredients is much simpler, much more accurate and faster than using traditional volume, cups, pints, quarts, gallons and so on. Yes it is true you will have to invest in a nice digital scale for \$50.00 to \$100.00 but they are well worth it and if you continue reading, you will realize that this small investment gives you the ability to more readily control your energy intake (kilojoules/Calories). It can also save you money by allowing you to more effectively gauge the amount of food you need in general.

When you purchase a scale I recommend one with a digital readout, that can be set to “wake-up in grams,” has a stainless steel flat surface and of course a tare function. “A tare function?—what is that?” you might ask. It’s really

simple. If you place a cup, saucer, coffee mug, empty tick-tac box or other empty container on the scale, you can press the tare button and it will automatically subtract the mass of the container and read zero grams again. Why is it called a tare function? The plural *tares* is from middle english and means “an unwelcome or objectionable element.” Indeed that is true, the weight of the container is unwelcome. The modern definition is: “The weight of a container or wrapper that is deducted from the gross weight to obtain net weight.” Modern digital scales easily can do this—provided you start with an empty container.

The US Metric Association Newsletter (Sept-Oct 2012) reported:

Asked for his best culinary tip for the home cook, Jonathan Eng of Le Pain Quotidien restaurant in Newport Beach CA says, “Buy a digital scale. Measure ingredients by weight, not volume, and use the metric system.” He was interviewed by *OC Weekly*, an Orange County CA publication.

## 1.2. The Use of a Modern Mass Scale

In Fig. 1.2.1 we have an image of a scale which has a digital readout, can be set to operate to measure only grams, with a tare function. As mentioned previously, tare means “the thing deducted or rejected” which is what we want to do with any small bowls, ramekins, or containers we place on the scale. Each morning when I make coffee, I weigh the beans which I then grind for brewing. I have a small hard plastic bowl which I place on the scale to accomplish this. First I turn on the scale which zeros itself as shown in Fig. 1.2.1. Next I place the small orange bowl on the scale. It weighs 61 grams. I’m not interested in measuring the bowl, but only the weight of the coffee beans for grinding. When I press the tare button, the scale automatically re-zeros so that the weight shown will only be that of the coffee beans.

The small orange ramekin with its weight zeroed out by using the tare button is shown in Fig. 1.2.2. The next step is to pour coffee beans into the bowl until it reads 25 grams. The coffee is then ground, placed into a drip coffee maker,



**Figure 1.2.1:** Modern scale for measuring cooking ingredients in grams, with a tare function

and brewed. The coffee I purchase is Italian and comes in 250 gram tins. When I weigh out the coffee in 25 gram servings, I end up with ten pots of coffee from each can. I've done this for a considerable amount of time and the last serving of coffee beans is always 25-27 grams in weight.

I used a ramekin to demonstrate that one can easily measure out ingredients without volume graduations, but when cooking in metric it's often useful to also have a small ramekin type of bowl with volume measurements in mL. In Fig. 1.2.4





**Figure 1.2.2:** Small orange ramekin which is zeroed out with the tare button and ready to measure the quantity of an ingredient in a recipe.

a glass ramekin is shown with volume graduations of 50 mL, 125 mL and 175 mL.

When you obtain a scale and ramekin with volume graduations, it is instructive to use the ramekin to measure exactly 50 grams of water. Simply turn on the scale, let it zero, then put the graduated ramekin on the scale and use the tare button to zero the measurement. Then slowly pour water into the ramekin until it has a weight of 50 grams. You will note that the water is almost exactly



**Figure 1.2.3:** Twenty five (25) grams of coffee measured out using a ramekin without any volume markings.

at the 50 mL graduation line. The metric system was designed so that 50 grams of water at room temperature has a volume of 50 mL.

Should you find yourself without a measuring cup for milk or other liquids you can estimate the volume by approximately equating one gram of liquid with one gram of mass. This is not exactly the case, but would be close enough to get one by should they not have a graduated measuring glass available.



**Figure 1.2.4:** Ramekin with volume graduations of 50 mL, 125 mL and 175 mL. If one pours in 50 grams of water into the ramekin, the volume will be 50 mL.

In metric countries it is well known that one can weigh an empty keg of beer, hit the tare switch and know by the decrease in weight in kilograms just how much beer is left in the keg.

### 1.3. Temperature

#### 1.3.1. Digital Thermometer

Instant read digital thermometers are perhaps the most important item to have in a kitchen. The temperature readout is almost instantaneous and the digital readout makes them simple to read accurately when compared with the old alcohol, mercury or bi-metallic types of thermometers. A digital thermometer allows one to cook a hamburger to exactly 71 c (160 F). The hamburger is cooked as little as possible to maintain flavor and to a high enough temperature to kill



**Figure 1.3.1:** Digital thermometer for determining the internal temperature of food.

any bacteria present. It is also useful for checking the temperature of pan fried chicken breasts or thick pork chops.

In the case of meat loaf, or chicken curry, one may want to monitor the internal temperature of the meat as it is being cooked in an over or Dutch Oven. It is recommended that one purchase a digital thermometer with a probe and temperature alarm like that found in Fig. 1.3.2. One can set the alarm to say 68 C in the case of meat loaf, take the loaf out, and wait until the meat loaf passes 71 C to make certain all possible bacteria are eliminated. This thermometer is also good for monitoring a Thanksgiving Turkey, Kor-Bert Ham or other roast.

In most recipes I will make an imperial exception and place Fahrenheit temperatures in parentheses next to the celsius. I recommend you set your digital thermometer to celsius and give it a try. A favorite digital thermometer I use is shown in Fig. 1.3.1. It has a button to easily switch back and forth between celsius and Fahrenheit. I often hear the objection that the size of celsius degrees are too big, well on most digital thermometers (including Fig. 1.3.1) show the celsius readout to 0.1 degrees, which is a finer resolution than the Fahrenheit readout.



**Figure 1.3.2:** Digital thermometer with external probe for determining the internal temperature of food inside of an oven or broiler.

I realize that most ovens in the US are probably not so easily switched from celsius to Fahrenheit, so include the Fahrenheit temperature to accommodate this difficulty. Most Americans don't realize how far off of temperature most ovens are in the US. It is a good idea to purchase a calibration thermometer and check your oven periodically. The calibration of most ovens is off so far that the excuse of celsius isn't accurate enough canard is a non-issue. Scientists and the rest of the planet use celsius to cook—you can too.

**ONE LARGE EGG**

<b>Nutrition Facts</b>	
Serving Size 1 egg (50g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 70	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Sat. Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholest.</b> 215mg	<b>71%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carb.</b> Less than 1g	<b>0%</b>
<b>Protein</b> 6g	<b>10%</b>
Vitamin A 6%	• Vitamin C 0%
Calcium 2%	• Iron 4%
Not a significant source of Dietary Fiber or Sugars.	

**Figure 1.4.1:** Nutritional Label for a Large Egg

## 1.4. Energy/Calories

Metric countries have a somewhat different way of dealing with the energy in food. They often present it in Kilojoules instead of Calories. A Calorie was a metric unit but has been simplified into Kilojoules which is a more exact and consistent way of expressing energy. Americans are so used to Calories that I will be using them, with Kilojoules also provided.

The other difference is the idea of describing the energy in foods in grams/100 Calories, rather than grams/Calorie. At first this may seem very odd, but in practice it makes creating a meal with a well understood number of Calories easier than we in the US are able. Packages in the United States have nutrition information which allows one to compute the number of grams per 100 calories without difficulty.

$$\text{Grams per 100 calories for a food} = 100 \cdot \frac{\text{Number of grams in a serving}}{\text{Number of calories in that serving}}$$

We will now calculate the grams/100 calories for an egg as an example.

In Fig. 1.4.1 we have the nutritional label for a large egg. At the top of the label is the serving size. This is always given in grams, but may also have another value associated with it. In this case we have 1 egg has a mass of 50 grams. This would be the serving size. Next we see that the serving size has 70 calories of energy. We can apply our formula to obtain the number of grams per 100 calories:

$$100 \cdot 50/70 = \frac{71.4 \text{ grams}}{100 \text{ Calories}}$$

Generally I round the number which in this case gives us 71 grams per 100 calories. So how does the energy in an egg compare with other foods? Below is an abbreviated list of foods for context. We can see that an egg is similar to eating Rib eye Steak, which has 65 grams per 100 calories.

Meats		Spreads	
Bacon (Pan Fried)	19 g/100 Calories	Butter	14 g/100 Calories
Beef Bologna	32 g/100 Calories	Mayonnaise	15 g/100 Calories
Hamburger	35 g/100 Calories	Peanut Butter	17 g/100 Calories
Tuna (in oil)	51 g/100 Calories	Welch's Grape Jelly	40 g/100 Calories
Gyro's Meat	57 g/100 Calories	Sour Cream	50 g/100 Calories
Rib eye Steak	65 g/100 Calories		
		Misc	
Tuna (in water)	86 g/100 Calories	Walnuts (English)	15 g/100 Calories
Ham	91 g/100 Calories	Lay's Potato Chips	18 g/100 Calories
Chicken Breast	125 g/100 Calories	Cheddar Cheese	25 g/100 Calories
Bread		Sugar (Table)	27 g/100 Calories
Banana Bread	31 g/100 Calories	Flour (All Purpose)	27 g/100 Calories
Italian Bread	37 g/100 Calories	Egg	71 g/100 Calories
Wonder Bread	39 g/100 Calories	Potato	106 g/100 Calories

The meats are arranged in order of decreasing energy content. We see that bacon has 19 grams/100 calories, this is a small amount of food. When compared with chicken, we see that one can have around nine times as much weight of



chicken for 100 calories as bacon. This way of expressing energy in food immediately allows on to compare directly.

When I make a Tuna Salad Sandwich, I use Italian bread from my local bakery. I have learned to cut the bread slices and weigh them so I'm very close to 37 grams. Two slices of bread gives me 200 calories. I then look at the value for Don's Tuna Salad which is 70 grams/100 Calories. I put a 37 gram slice of bread on the scale and use the tare to zero, add 140 grams of Tuna Salad, and then complete the sandwich with the other slice. I now have a 400 calorie sandwich which does not taste like "diet" food.

It is generally easy to divide the grams/100 calories by two to obtain 50 calories, and again to obtain 25 calories. This makes controlling the amount of energy one eats much easier than the way Americans generally do.

There is an excellent website which has a very large number of foods with their grams/100 calories it is:

[http://www.netzingers.com/cgi-bin/calorie\\_lookup.php](http://www.netzingers.com/cgi-bin/calorie_lookup.php)

This is how I was able to compute the values of calories per 100 grams for the metric recipes that follow.

## Chapter 2.

### Crockpot Recipes

#### 2.1. The Metric Maven's Chernobyl Chili

500 grams of Lean Ground Beef	Chopped)
425 gram can of Kunter's Chili Beans	15 mL Ground Cumin
2 227 gram cans Hunt's Tomato Sauce	7.5 mL Oregano
1 170 gram can Contadina Tomato Paste	7.5 mL Basil
1 Clove Garlic (Finely Chopped)	30 mL Chili Powder
1 Yellow Onion (50 grams & 50 grams	5 mL Salt

1. Saute 50 grams of chopped onion in a skillet with a small amount of butter (5-15 mL).
2. Reduce heat, add ground beef and 15 mL of chili powder to the skillet. Brown the ground beef with the sautéed onions and chili powder.
3. Place browned beef into a (1750 mL i.e. 1.75 Liter or larger) crock pot. Add 35-50 grams of chopped onion, 15 mL chili powder, tomato sauce, chili beans, garlic, cumin, oregano, basil and salt. Mix thoroughly.
4. Cook in crock pot on low for 6-10 hours stirring occasionally.

Optional: Serve in bowl topped with grated cheddar cheese and sour cream.

Good with saltine crackers.<sup>†</sup>

Energy:

67 grams/100 Calories (1.5 Calories/gram)

16 grams/100 Kilojoules (6 Kilojoules/gram)

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<sup>†</sup> This chili puts one in mind of that which was served at the now closed *Grubstake* in Ames Iowa. Greasy spoons are optional.

## 2.2. Beef Stroganoff

1000 grams chuck roast cut into 15-25 mm cubes (stew size)	2.5 mL pepper
42 grams (45 mL) butter	1 clove garlic, minced
100 grams (118 mL) minced onion (yellow)	15 mL Worcestershire Sauce
5 mL salt	60 mL tomato sauce
	450 grams sour cream

1. Melt the butter in a heavy skillet and sauté the onions, then brown the meat.
2. Transfer the contents of the skillet into your crock pot slow cooker. Then add salt, pepper, garlic, Worcestershire sauce and the tomato sauce.
3. Cover the crock pot and cook on LOW for 6 to 8 hours, or until the meat is tender.
4. Increase the temperature to HIGH and add the sour cream. Cover and cook for about 15 minutes, or until the sour cream is heated through, but *not* boiling. Serve over (American Beauty) extra wide egg noodles.

Energy:

49.8 grams/100 Calories (2.0 Calories/gram)

11.9 grams/100 Kilojoules (8.4 Kilojoules/gram)

These values exclude the noodles.

## Chapter 3.

### Oven Recipes

#### 3.1. Lake Cornelia Meat Loaf

500 grams Ground Beef	(or crushed crackers)
1 Large Egg	5 mL Salt
1 package Lipton Onion Soup Mix (Dry 56.7 g)	5 mL Pepper
250 mL Milk	80 mL ketchup
120 grams (250 mL) dried bread crumbs	

1. Preheat oven to 175 C (350 F).
2. In a large bowl, combine the beef, egg, onion soup mix, milk, and bread (or cracker) crumbs. Season with salt and pepper. Use a 1.5 liter loaf pan to form the loaf shape. Place a sheet of parchment paper on a baking sheet, flip loaf pan over producing a free standing meat loaf. Place a remote probe thermometer into the end of the loaf. Set the alarm for 68 C (155 F).
3. Pour ketchup on top of formed loaf. Use a knife to spread it over the loaf (like icing a cake). Place in oven until loaf reaches 68 C (155 F), remove loaf and it should continue to 71 C (160 F) wait 30 seconds, then serve anytime after. After 15 seconds above 71 C (160 F) one can be certain all harmful bacteria have been eliminated. Often resting loaf reaches 75 C (168 F) which is well beyond the minimum required temperature.
4. (Alternatively) Leave meat loaf in 1.5 liter (lightly greased) loaf pan, pour brown sugar, mustard and ketchup glaze over the top, and bake 1 hour at 175 C (350 F)

Energy:

46 grams/100 Calories (2 Calories/gram)

11 grams/100 Kilojoules (9 Kilojoules/gram)

### 3.2. Farmer's Breakfast Casserole

250 grams (410 mL) Frozen Shredded Hash Brown Potatoes (Simply Potatoes Brand refrigerated)	yellow)
100 grams (177 mL) Shredded cheddar cheese	4 Beaten Eggs
175 grams (240 mL) Diced Ham	1 can (350 mL) Evaporated Milk
30 grams (60 mL) sliced green onions (or	1 mL Pepper
	0.5 mL Salt

1. Preheat oven to 175 C (350 F).
2. Grease a 2 liter baking dish (200 mm x 200 mm x 50 mm). Spread potatoes in bottom of the pan. Sprinkle with cheese, ham and green onion. Mix eggs, milk, pepper and salt. Pour mixture over potato mixture. (The dish may be covered and refrigerated for several hours or overnight)
3. Bake uncovered, in a 175 C (350 F) oven for 1 hour, or until center appears set. Let stand 5 minutes before serving.

Energy:

75 grams/100 Calories (1.3 Calories/gram)

18 grams/100 Kilojoules (5.6 Kilojoules/gram)

### 3.3. Belmond Banana Bread

100 grams (125 mL) Butter at room temperature	250 grams (250 mL) Mashed, very ripe bananas
250 grams (250 mL) Granulated Sugar	150 grams (125 mL) Sour cream
2 Large Eggs	5 mL Vanilla extract
225 grams (350 mL) All purpose flour	128 grams (250 mL) Black Walnuts
5 mL Baking Soda	
5 mL Salt	

1. Preheat oven to 175 C (350 F).
2. Butter a 1.5 liter loaf pan
3. In electric mixer, fitted with a paddle attachment, cream<sup>†</sup> the butter and sugar until it is light and fluffy. Add eggs and beat until they are incorporated.
4. In a medium bowl whisk together flour, baking soda, and salt. Add to the creamed butter mixture, and mix until the ingredients are just combined. Add bananas, sour cream, and vanilla and mix until combined. Stir in the nuts by hand and pour into the buttered pan. Caution: Do not fill the pan more than 3/4 full, otherwise it may overflow. Make a few banana break cupcakes with the balance.
5. Bake until a cake tester (toothpick) inserted into the center of the loaf comes out clean. This will take about 1 hour and ten minutes. Let rest in pan for 10 minutes then place loaf on a rack to cool.

Energy:

31 grams/100 Calories (3 Calories/gram)

7 grams/100 Kilojoules (14 Kilojoules/gram)

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<sup>†</sup> Creaming is where one uses room temperature butter (23 C) cut into 20-25 mm cubes. Then places them in a mixing bowl with dry ingredients and beats them with the mixer until light and fluffy. This can take from 8-10 minutes

### 3.4. Night Before Coffee Cake

170 grams (180 mL) Butter at room temperature	5 mL Baking Soda
250 grams (250 mL) Granulated White Sugar	2.5 mL Salt
125 grams (125 mL) Brown Sugar	5.0 mL Cinnamon
2 Large Eggs	5.0 mL Nutmeg
300 grams (475 mL) All purpose flour	250 grams (200 mL) Sour cream
5 mL Baking Powder	65 grams (125 mL) Chopped Walnuts

1. Butter a 3.0 liter 228 mm x 330 mm cake pan
2. In electric mixer, cream<sup>†</sup> the butter, sugars and eggs.
3. In a medium bowl whisk together dry ingredients. Add dry ingredients to the creamed mixture, and mix until they are combined. Add sour cream and nuts. Pour into a greased 228 mm x 330 mm pan. Next make the topping

#### Topping

100 grams (180 mL) Brown Sugar	56 grams (1/2 Stick) Butter
5 mL Cinnamon	
65 grams (125 mL) Chopped Walnuts	

1. Crumble together ingredients. Sprinkle them over the top, cover and refrigerate overnight.
2. Next morning preheat oven to 175 C (350 F) and bake for 35-40 minutes

Energy:

25 grams/100 Calories (4 Calories/gram)

6 grams/100 Kilojoules (17 Kilojoules/gram)

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<sup>†</sup> Creaming is where one uses room temperature butter (23 C) cut into 20-25 mm cubes. Then places them in a mixing bowl with dry ingredients and beats them with the mixer until light and fluffy. This can take from 8-10 minutes

### 3.5. Red Hot Red Velvet Cake

15 mL Unsalted Butter	500 grams (532 mL) Granulated White Sugar
450 grams (830 mL) Cake Flour	3 Large Eggs
50 grams (118 mL) Unsweetened Coco (not Dutch Process)	90 mL Red Food Coloring
7.5 mL Salt	7.5 mL Vanilla
5 mL Cinnamon	300 mL Buttermilk
6.25 mL Ground Chipotle Chili Powder	10 mL Baking Soda
2.5 mL Cayenne Pepper	12.5 mL White Vinegar
475 mL Canola Oil	

1. Preheat oven to 175 C (350 F). Place 5 mL of butter in each of 3 round 228 mm layer cake pans and place pans in oven for a few minutes until butter melts. Remove pans from oven, brush interior bottom and sides of each with butter and line bottoms with parchment. Alternatively, place liners in three 12 portion cupcake pans.
2. Whisk cake flour, cocoa, salt and spices in a bowl.
3. Place oil and sugar in bowl of an electric mixer and beat at medium speed until well-blended. Beat in eggs one at a time. With machine on low, very slowly add red food coloring. (Take care: it may splash.) Add vanilla. Add flour mixture alternately with buttermilk in two batches. Scrape down bowl and beat just long enough to combine.
4. Place baking soda in a small dish, stir in vinegar and add to batter with machine running. Beat for 10 seconds.
5. Divide batter among pans, place in oven and bake until a cake tester comes out clean, 40 to 45 minutes. Let cool in pans 20 minutes. Then remove from pans, flip layers over and peel off parchment. Cool completely before frosting.
6. Frost cake layers or cupcakes generously, then top with Red Hots for your Valentine.

#### Cream Cheese and Marscapone Frosting

475 mL Heavy Cream (Cold)	2.5 mL Vanilla
320 grams Cream Cheese (Room Temperature)	200 grams (350 mL) of Confectioner's Sugar
320 grams Marscapone	Red Hots Candies

1. Softly whip cream by hand, in electric mixer or in food processor. Cover in bowl and refrigerate.
2. Blend cream cheese and Marscapone in food processor or electric mixer until smooth. Add vanilla, pulse briefly, and add confectioners sugar. Blend well.
3. Transfer cream cheese mixture to bowl; fold in whipped cream. Refrigerate until needed.

Energy:

25 grams/100 Calories (4 Calories/gram)

6 grams/100 Kilojoules (17 Kilojoules/gram)



### 3.6. Best Chocolate Chip Cookies

225 grams (240 mL) butter, softened	10 mL of hot water
200 grams (250 mL) white sugar	2.5 mL of salt
220 grams (350 mL) brown sugar	335 grams (475 mL) Semisweet Chocolate Chips
375 grams all purpose flour (600 mL)	115 grams (240 mL) Chopped Walnuts
2 eggs	
10 mL vanilla extract	
5 mL of baking soda	

1. Preheat oven to 175 C (350 F)
2. Cream together the softened butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonfuls onto ungreased pans. Preferably line the ungreased pans with baking parchment and bake cookies on the parchment surface. This minimizes (nearly eliminates) pan clean-up. The cookies also slide off with no sticking.
3. Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

Energy:

22 grams/100 Calories (5 Calories/gram)

5 grams/100 Kilojoules (21 Kilojoules/gram)

### 3.7. Cecilia's Peanut Butter Cookies

125 grams (125 mL) Granulated White Sugar	1 Egg
100 grams (125 mL) Brown Sugar	200 grams (300 mL) All Purpose Flour
150 grams (125 mL) Peanut Butter	3 mL Baking Soda
40 grams (60 mL) Shortening (Crisco)	3 mL Baking Powder
125 grams (60 mL) Butter (or Margarine), Softened	1 mL Salt

1. Mix sugars, peanut butter, shortening, butter and egg in a large bowl. Stir in the remaining ingredients. Cover and refrigerate about 2 hours or until firm.
2. Heat oven to 190 C (375 F)
3. Shape the dough into 25-30 mm balls. Place about 75 mm on ungreased cookie sheet. For no clean-up, line the cookie sheet with baking parchment and place the dough on top. Flatten in crisscross pattern with a fork dipped in sugar.
4. Bake 10-12 minutes or until light golden brown. Cool 5 minutes, then remove from the cookie sheet. Cool on wire rack, or on top of baking parchment place on counter.

Energy:

21 grams/100 Calories (5 Calories/gram)

5 grams/100 Kilojoules (20 Kilojoules/gram)

### 3.8. Bizcochitos State Cookie of New Mexico

300 grams (592 mL) All Purpose Flour	5 mL vanilla extract
150 grams and 100 grams (177+118 mL) Granulated White Sugar	5 mL anise seed (crushed)
160 grams (237 mL) Shortening (Crisco)	5 mL ground cinnamon
2 large eggs	2.5 mL salt
15 mL orange zest	2.5 mL ground ginger
7.5 mL baking powder	

1. In a large bowl, cream shortening and 150 grams of sugar together until light and fluffy. Add the eggs one at a time and then the vanilla, beating until blended.
2. In another bowl, whisk flour, baking powder, ginger, crushed anise seed, orange zest, and salt together. Slowly add the dry ingredients to the shortening mixture, beating until the ingredients are blended. Notice that this cookie dough is very stiff. As you add the last of the drying ingredients it may become necessary to knead the dough by hand.
3. Use your hands to form the dough into a log (approximately). Wrap the log in parchment paper (or wax paper). Refrigerate for 30 minutes to 1 hour.
4. After the dough is completely chilled throughout, preheat the oven to 350 degrees F (177 C)
5. Roll the dough out to a thickness of approximately 6-7 mm. Cut cookies out using a lightly floured cookie cutter.
6. In a small bowl, mix the remaining sugar and cinnamon. Sprinkle *plenty* of combined cinnamon and sugar on top of the cookies.
7. Bake in batches on a parchment-lined cookie sheet for 12-14 minutes. When done the cookies will be slightly golden at their edges and on their bottom. Remove and cool.

Energy:

24 grams/100 Calories (4 Calories/gram)

6 grams/100 Kilojoules (18 Kilojoules/gram)

### 3.9. Ginger Cookies

300 grams (592 mL) All Purpose Flour	200 grams (237 mL) granulated white sugar
10 mL ground ginger	1 egg
5 mL cardamom	15 mL water
5 mL baking soda	60 mL unsulfured molasses
5 mL ground cinnamon	25 grams granulated white sugar
2.5 mL ground cloves	
2.5 mL salt	
165 grams (178 mL) butter, softened	

1. Preheat oven to 350 degrees F (175 C)
2. In a bowl whisk together the flour, ginger, baking soda, cinnamon, cloves, cardamom, and salt. Set aside.
3. In a large bowl, cream together the 165 grams butter and 200 grams of sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir in the dry ingredients into the mixture.
4. Shape the dough into walnut sized balls and roll them in the 25 grams of sugar set aside for this purpose. Place the cookies 50 mm apart onto a cookie sheet with parchment paper lining.
5. Bake 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing them to a wire rack to cool completely. Store in an airtight container.

Energy:

25.0 grams/100 Calories (4 Calories/gram)

6 grams/100 Kilojoules (16.7 Kilojoules/gram)

### 3.10. Corn Flake Cookies

335 grams (475 mL) Flour	5 mL Baking Soda
5 mL Salt	2.5 mL Baking Powder
240 grams (300 mL) Shortening (Crisco)	2 Eggs, well beaten
200 grams (250 mL) brown sugar	5 mL Vanilla
200 grams (250 mL) white sugar	75 grams (475 mL) Corn Flakes
250 grams (475 mL) Flaked Coconut	

1. Preheat oven to 350 degrees F (175 C)
2. In a bowl whisk together the flour, baking soda, salt, and baking powder. Set aside.
3. In a large bowl, cream together the shortening, with the white and brown sugar until light and fluffy. Beat in the eggs, and vanilla extract. Add the dry ingredients to the to the creamed mixture. Next add the coconut and corn flakes.
4. Drop the dough by small teaspoons, 40-50 mm apart, onto a cookie sheet with parchment paper lining. If no parchment paper is available use greased cookie sheet.
5. Bake 8 to 10 minutes until light brown for a chewy cookie, or golden brown for a crispy cookie. Store in an airtight container.

Energy:

22 grams/100 Calories (5 Calories/gram)

5 grams/100 Kilojoules (19 Kilojoules/gram)

### 3.11. Oatmeal Scotchies (Cookies)

200 grams butter, softened	5 mL baking soda
175 grams (200 mL) granulated white sugar	2.5 mL salt (optional)
175 grams (200 mL) brown sugar	300 grams (700 mL) Quaker Oats (Old Fashioned)
2 (two) large eggs	300 grams (395 mL) Nestle Tool House Butterscotch Flavor Morsels
5 mL vanilla extract	
200 grams (300 mL) All purpose flour	

1. Preheat oven to 375 degrees F (190 C)
2. In a bowl whisk together the flour, baking soda, and salt (mix well). Set aside.
3. In a large bowl, cream together the 200 grams butter and 175 grams of white and brown sugar until light and fluffy. Beat in the eggs, and vanilla extract. Gradually add the mixed dry ingredients into the mixture. Add the oats and morsels, mix well
4. Drop the dough by level tablespoons onto a cookie sheet with parchment paper lining. If no parchment paper is available use ungreased cookie sheet.
5. Bake 7 to 8 minutes for a chewy cookie or 9 to 10 minutes for a crisp cookie. Allow cookies to cool on baking sheet for 2 minutes before removing them to a wire rack to cool completely. Store in an airtight container.

Energy:

27 grams/100 Calories (4 Calories/gram)

7 grams/100 Kilojoules (16 Kilojoules/gram)

## Chapter 4.

# Sandwich Recipes

### 4.1. DB's Tuna Salad

181 grams Chunk Light Tuna  
25 grams Green Bell Pepper  
(Diced/Chopped 5-10 mm)  
25 grams Yellow Onion  
(Diced/Chopped 5-10 mm)

29 grams Best Foods Mayonnaise (or  
Hellmann's)  
5 mL Morton's Nature's Seasonings (op-  
tional)

1. In a medium sized bowl combine tuna, bell pepper, onion, mayonnaise and seasoning. Mix well. For best taste refrigerate for 4 or more hours to allow the seasoning and ingredients to distribute themselves. Sandwich on Italian bread or toast is a good taste combination.

Serving suggestion: Lightly toast slices of bread, place tuna salad on top of the bread, then cover with a slice of cheddar cheese. Broil for 30 seconds to a minute (or until cheese is melted)

Energy:

70 grams/100 Calories (1.4 Calories/gram)

17 grams/100 Kilojoules (6 Kilojoules/gram)

## 4.2. Egg Salad

Six (6) hardcooked eggs	10 mL black pepper
100 grams (80 mL) mayonnaise	5 mL Salt
35 grams chopped yellow onion	Paprika
15 mL yellow mustard	
5 mL garlic powder	

### Boiling Eggs:

Eggs should be treated gently when boiling them. Place the six eggs in a pot and cover them with cold water. The water should cover the eggs by about 25 mm or so. Add 15 mL of white vinegar. Turn on the heat under the pot to medium high. Monitor the water temperature with a cooking thermometer. You will note that bubbles will form long before the water reaches at least 90 degrees Celsius (194 F). This can take ten minutes or more. After the water is 90 C or greater, turn the heat as low as it will go and cover the pot. Leave it alone to simmer for 15 minutes, then remove from the heat and drain. Cover with cold water and ice. Let cool for 15 minutes, or until the eggs are good and cold. When this is done properly you should have cooked whites, and solid yolks without a green ring. This should work for any altitude.

### Next:

1. Chop the eggs into 5-10 mm pieces
2. Add the mayonnaise, onion, mustard, garlic powder and pepper. Stir until combined. Sprinkle top with paprika. Chill for several hours.
3. Serve on Denver Bread Company bread for sandwiches

### Energy:

58 grams/100 Calories (1.7 Calories/gram)

290 grams = 500 Calories

14 grams/100 Kilojoules (7 Kilojoules/gram)



### 4.3. Chicken Salad

Olive Oil	70 grams of chopped celery
Kosher Salt	20 grams of chopped yellow onion
Ground Pepper	5 mL of Morton's Nature's Seasonings or pepper
2 split (1 whole) chicken breast boneless/skinless (400 grams)	
75 grams of Best Foods Mayonnaise	

1. Preheat oven to 177 C (350 F)
2. Place the chicken breasts on a sheet pan and rub them with olive oil. Sprinkle breasts with salt and pepper. Roast for 35 to 40 minutes until chicken is cooked through. The chicken should have an internal temperature of 83 C (180 F).
3. Let the chicken cool, tear the cooled chicken into small pieces by hand. Do not use a food processor or cut into cubes, you will get chicken mush or rubber bricks. Place the hand torn chicken in a bowl and add the celery, green onion, yellow onion, mayonnaise and 5 mL of Nature's Seasonings.
4. Serve on favorite bread as a sandwich. A slice of swiss cheese is a good (optional) complement.

Energy:

69 grams/100 Calories (1.5 Calories/gram)

138 grams = 200 Calories

16 grams/100 Kilojoules (6 Kilojoules/gram)

#### 4.4. Kor-Bert Ham Salad

**225 grams Kor-Bert Ham Diced Small<sup>†</sup>**

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<sup>†</sup> Every Iowan should know that Kor-Bert ham is the best ham available. It is so good that one should only use leftovers for Ham Salad

**100 grams Shredded Cheddar Cheese**  
**70 grams Yellow Onion chopped fine**  
**25 grams (25 mL) Yellow Mustard**  
**90 grams (100 mL) Best Foods Mayonnaise**

1. In a medium bowl mix ingredients thoroughly. Allow to sit for an hour or more for flavors to combine.
2. Serve on bread or toast. A serving alternative is to lightly toast your favorite bread, cover the top of each slice with ham salad, and then broil for 30 seconds to one minute (until cheese bubbles).

Energy:

41 grams/100 Calories (2.4 Calories/gram)

82 grams = 200 Calories

10 grams/100 Kilojoules (10 Kilojoules/gram)

## Chapter 5.

### Stovetop Recipes

#### 5.1. Dawn Patterson's Hamburger Hash

567 grams 80% Lean Ground Beef  
800 grams Two Medium Sized Russet  
Burbank Potatoes. Peeled and washed  
then diced into small 15-20 mm cubes.

50 grams Yellow Onion  
(Diced/Chopped 5-10 mm)

1. Brown the hamburger in a large frying pan
2. Combine hamburger with potatoes and chopped onions.
3. Add 250 mL of water.
4. Cover and simmer for 30-35 minutes or until the potatoes are done.

Energy:

58 grams/100 Calories (1.7 Calories/gram)

290 grams = 500 Calories

14 grams/100 Kilojoules (7 Kilojoules/gram)

## 5.2. Potato Soup

<b>Two large (350-400 g) peeled diced Russet potatoes</b>	<b>30 grams (60 mL) cornstarch</b>
<b>50 grams (60 mL) chopped yellow onion (Diced/Chopped 1-5 mm)</b>	<b>500 mL milk</b>
<b>50 grams butter</b>	<b>5 mL salt</b>
	<b>5 mL ground pepper</b>

1. Peel and dice the potatoes into 20 mm pieces. Begin boiling the potatoes in water. (Boil 35-45 minutes or until done)
2. Cook the onions in the butter in a saucepan for 5-7 minutes on medium high
3. Add milk, cornstarch, salt, pepper to the onions and butter to produce a white sauce.
4. Heat the white sauce on medium to medium low and stir until desired thickness is obtained, then turn the heat down to minimum. When the potatoes are just done, drain them in a colander and add to the white sauce.

Energy:

100 grams/100 Calories (1 Calories/gram)

500 grams = 500 Calories

21 grams/100 Kilojoules (5 Kilojoules/gram)

### 5.3. April Masché's Chicken Curry

900-1100 grams chicken (breasts)	240 mL chopped fresh tomatoes
10 mL salt	30 mL chopped fresh coriander (optional)
50 mL vegetable oil	350 mL (400 g) plain yogurt
225g (350 mL) chopped onion	15 mL lemon juice
15 mL chopped garlic	10 mL Garam Masala (which is made using equal parts cinnamon, cardamom, cumin, cloves, coriander, black pepper.)
7.25 mL graded fresh ginger root	cashews and raisins to sprinkle on prepared dish when on plate.
5 mL cumin	Basmati Rice
5 mL tumeric	
5 mL coriander	
2.5 mL red pepper (cayenne)	
1 mL fennel seed	
120 mL water	

1. Quickly fry chicken in *hot oil* until it browns, then transfer it to a plate. This is just a quick browning. Overcooked chicken breasts will become rubbery and lose taste.
2. Add onions, garlic and ginger to the remaining oil. Fry until golden brown. (a Dutch Oven is best used for this recipe)
3. Then reduce heat and add cumin, tumeric, coriander, red pepper, fennel and 15 mL of water. Stirring constantly fry 1 minute. Add tomatoes, fresh coriander, yogurt and salt to taste.
4. Add chicken and lemon juice to the juice, and add remaining (105 mL) of water. Bring to a boil, turn chicken to coat it evenly. Sprinkle with Garam Masala.
5. Reduce heat, cover tightly, and simmer. Monitor breast temperature with an instant read thermometer until they just reach (72 C) 160 F (30-35 minutes). Serve immediately. Chicken breasts will become tough if overcooked.
6. Serve chicken sprinkled with raisins and cashews on a bed of Basmati rice. (keep in mind the rice takes about 20 minutes to cook)

#### Energy:

There is no energy calculation as it is very hard to determine. The chicken is similar to that of chicken breasts. (125 grams/100 calories). Plain yogurt is (164 grams/100 calories), so the dish has the potential to be very low calorie. The addition of Cashews (18 g/100 calories), Raisins (34 g/100 calories) and rice (90 g/100 calories when cooked) can increase the calorie density.