

## Hints

### Olives

It is best to buy olives fresh...bulk, rather than in a jar on the shelf. Drain Olives from solution they are in: replace with distilled water, put lid back on: give a good shake, drain again, refill w/distilled water: refrigerate. This gets rid of a lot of Salt and junk in the olives. Another helpful hint...w/first distilled water bath put 2 drops of Shaklee's Basic H, let Olives soak a while, then shake, drain, refill with water and/or Olive Oil. This really gets rid of unneeded junk! When purchasing Sauerkraut, do the same. Option: replace with a little Himalayan Salt.

### Stale Rice

When Rice is stale from long storage, when soaking, put in 1 Clove of Garlic.

### Items to be Soaked

Soak Beans for 12 hours, Rice and Grains, 7 hours, remove any floating on top. All Nuts and Raisins: 2 hours. Soaking activates the enzymes, which breaks the food down, making it easier to digest. Keep refrigerated during soaking.

All recipes have been tried, tested and modified, most are mine, others coming from friends or family. A few recipes from magazines and such, but hopefully all benefit for a healthier meal...and way of life.

### Uses for Vinegar

Add Sherry **Vinegar** to canned Fish to "freshen" the taste.

Use **Vinegar** on fried foods to balance their oiliness.

For fluffier Meringues, beat in ½ tsp **Vinegar** for every 2 egg Whites.

For seasoned Rice **Vinegar**, add a tiny bit of Sugar and Salt to Vinegar before adding to a recipe.

Wine **Vinegar**: combine 2 Tbsp. **Vinegar** and 1 tsp Dry Red Wine.

Homemade "Buttermilk": add 1 Tbsp **Vinegar** to 1 C Milk; let stand 5 minutes before using.

Add 1 tsp **Vinegar** to water for fluffier Rice.

No Egg poacher? Poach in boiling water. Add 1 Tbsp of **Vinegar** to water to keep Egg Whites from running.

### 28+ Freezable Items

1. Block of Cheese: After freezing, completely thaw before refrigerating. It won't crumble.
2. Homemade Pancakes, Waffles, French Toast. Freeze on cookie sheet, place in freezer bag. Place a piece of parchment paper between each item. Reheat in toaster, toaster oven, or microwave if you so choose to use one.
3. Fruit: Slice first; place on cookie sheet to freeze...bag it.
4. Rice: Cook first, place in freezer bags, flatten to take air out of bags and store flat. I recommend 1 cup in each bag.
5. Apple Pies: Bake. Wrap in freezer paper and place in freezer bags. To thaw: 200° oven for 2 hours.
6. Corn: Freeze whole in husk and silk. 5 minutes in microwave for 2 ears: 4 minutes for 1. Experiment for placing in boiling water for thawing if you don't use a microwave.
7. Pasta: Freeze leftovers for soups or casseroles. Individual portions in small freezer bags. Squeeze air from bag until flat. To thaw: soak bag in hot water.
8. Flour/Grains: Freeze upon purchase for 3 days, this will keep any insect eggs from hatching if present. For permanent storage: double wrap bag to prevent condensation and picking up other freezer odors.
9. Pesto: Freeze in ice cube trays, then bag. Take out what you need.
10. Mashed Potatoes: In freezer bags. Suggestion: Use ice cream scoop, freeze on cookie sheet then place in bags.
11. Cookie Dough: Lay on cookie sheet as if to bake and freeze. When frozen solid, put in freezer bags. Bake as many as you want at a time. Add 1-2 minutes to regular bake time to allow for being frozen.
12. Soups/Chili: Transfer to freezer container leaving room for expansion. Thaw in refrigerator the night before. Heat.
13. Broth/Stock: Freeze all raw vegetable pieces and ends in a large freezer bag, including onion ends peels and all. When bag is full use to make vegetable stock. Also keep all pan drippings from beef, chicken or whatever, freeze in freezer containers. Good for adding to soups or making gravies.
14. Potato Chips, Crackers and Pretzels. Opened or unopened. Keeps them fresh. Also good if stocking up.
15. Milk: Leave enough room for expansion when freezing. Transfer to refrigerator when thawing shake well during thawing process. Before opening make sure all is remixed.
16. Juice: The same as milk.
17. Bread
18. Frosting: Thaw in refrigerator. Whip it up when thawed. It's just like freshly made.
19. Tomato Paste: Freeze unused in freezer bag. Let out all air and freeze flat. Break off a piece when needed.
20. Diced Vegetables: Any vegetable can be frozen. Freeze 1 cup in small freezer bag. Usually that is enough for any recipe. If extra is needed you have it.

21. Homemade or store bought dough: Shape in ball and wrap in saran wrap. Also canned biscuits, crescent rolls, pizza dough, etc. can be frozen right in the tube or container they come in.
22. Eggs: Crack eggs in freezer bags and freeze; or in ice cube trays for cakes. Thaw in refrigerator...use normally.
23. Chicken: Slice, dice or shred leftover chicken for sandwiches, soups or whatever in freezer bags. Thaw for sandwiches.
24. Lemon or Lime Juice: squeeze juice and put in ice cube trays: store in freezer bags.
25. Herbs: Fresh Herbs in ice cube trays with a little water. Use for soups, stews and casseroles.
26. Casseroles: Freeze. Bake and thaw @ 200° in the a. m. It will be ready by the time you are ready to eat your meal at noon or evening.
27. Marinated Meat: Put meat in freezer bag and pour marinade over meat covering completely. Freeze. Defrost when ready to use. Meat will be fully marinated. I suggest defrosting in refrigerator the night before.
28. Hamburger: make into individual patties for burgers, freezing with parchment paper in between each patty. Or pre-cook hamburger and portion out in freezer bags for meals like sloppy joe's, chili, shepherds pie or whatever. Thaw while warming and add seasoning and the rest of whatever goes in your recipe.
29. Onion Rings: Blanch and freeze on cookie sheet. Place in freezer bags. When ready for meal, deep fry in hot oil .

When making Mashed Potatoes, instead of using milk, add sour cream instead, or a little of the water the potatoes were cooked in, 1 stick of Butter and 1 raw Egg. The Egg and Butter can be used any way you choose to make your Potatoes.

When using Yogurt in dressing, use Greek Yogurt [Oikos: Organic: Brand: Stonyfield], which is thicker. If using another, to make it thicker strain it by placing a sheet of paper towel in the bottom of a strainer, place the strainer on a bowl to catch the liquid, pour the Yogurt in the paper towel, refrigerate for about 20 minutes.

When purchasing Flour, look for “Pamela's Gluten Free” for baking, Pizza mix and Pancake Flour. There is another for making Breads and such, and Pam's Artisan Flour. Or make your own Gluten Free Flour. The recipe is on page 3, the only recipe not tested as I prefer Pam's. Recipes might need adjusting using this Flour. Be a healthier you: eliminate ANYTHING with wheat in it...go Gluten Free! In recipes, Gluten Free will be referred to as: **G/F**. READ LABELS!

Should you use Butter and/or Milk in any recipe, purchase from Amish. It has not been processed or pasteurized and is whole. They are not allowed to sell, but will accept donations. Use in moderation. Or use Olive Oil. See measurements for substitution of Butter to Olive Oil. Almond or Hemp Milk is also a good substitute for Milk.

Cheese is best aged at least 6 months and natural. When purchasing Cheddar look for Annato as the coloring, which is natural, instead of the yellow dye or just purchase White Cheddar.

If you think your dried Herbs have lost their strength because they are old, think again and don't throw them out! Place dried Herbs in your hand, the amount you intend to use, rub with your thumb to activate, then use in your recipe. Smell test: before rubbing, smell the Herb you have put in your hand; rub, smell again, the aroma is much stronger.

In any recipe calling for “ground Beef”: exchange: Ground Lamb, Chicken or Turkey...organic/no additives.

For seasoning Himalayan Crystal Salt [abbreviated as H. Salt in recipes]. Use as you would regular Salt...distributed by Swanson Health Products...website: [www.swansonvitamins.com](http://www.swansonvitamins.com)

Natural, certified organic and/or organic items to use: Lucini Spicy Tuscan Tomato Sauce  
Muir Glen Tomatoes, Paste/Sauce (lead free cans) Bionature Organic Strained Tomatoes and Paste

Instead of yeast, Baking Powder or Baking Soda use 1/8 tsp 35% Peroxide added to liquid ingredients. If less than 35% grade, some experimenting may have to be done. Most Health Food Stores carry the Peroxide, but if you can't find it, go to a Hair Salon. They use the 20% for coloring hair. Perhaps they will sell to you. If they do, you will have to use a different ratio...try 1/4 to 1/2 tsp when adding instead of the Baking Powder or Baking Soda. If using for a Mouth Wash or disinfectant, use a ratio of 5 to 1. Example: 5 Tbsp Distilled Water to 1 Tbsp 20% Peroxide.

**SODIUM ALGINATE:** is most excellent for thickening. Take liquid off stove so as not to boil it; sprinkle approx. 1 Tbsp. Whisk until thick. The brand is: Culinary Essentials from Chef Will Goldfarb. Go to: [www.willpower.co](http://www.willpower.co)

**MEXICAN VANILLA:** Not Extract! The Brand is Blue Catt;e Truck Trading Co. Check Health Food Stores. Some Grocery Stores may also carry it. Website is: [www.bluecattle.com](http://www.bluecattle.com)

## Cooking Measurement Equivalents

Abbreviation: Tablespoon = Tbsp	Teaspoon = tsp	Ounce = oz.	Pound or # = lb.
Pint = pt	Fluid = fl.	Gallon = gal.	Pk = peck
1 Tbsp. = 3 tsp	2 Tbsp = 1 liquid ounce	1 dash = 1/8 tsp	Conc. = Concentrate
1/16 cup = 1 Tbsp	1/8 cup = 2 Tbsp	1 pinch = 1/16 tsp	
1/6 cup = 2 Tbsp + 2 tsp	1/4 cup = 4 Tbsp. or	1 smidgeon = 1/18 tsp	
1/3 cup = 5 Tbsp + 1 tsp	1/4 cup = 12 tbsps		
1/2 cup = 8 Tbsp	3/8 cup = 6 Tbsp		
3/4 cup = 12 Tbsp	2/3 cup = 10 Tbsp + 2 tsp		
1 cup = 48 tsp	1 cup = 16 Tbsp	7/8 cup = 14 Tbsp	
1 cup = 8 fluid fl oz.	or	2 pints = 1 qt. or 4 cup	
1 cup = 1/2 pint		4 qt. = 1 gal.	
2 cup = 1 pint		8 qt. = 1 peck	
4 cup = 1 qt.		4 pk. = 1 bu.	
16 oz. = 1 lb.			

## U. S. – Metric Cooking Conversions

1 millimeter (ml) = 1 cubic centimeter (cc) 1 inch (in) = 2.54 centimeters (cm)

### Capacity

1/5 tsp	1 ml
1 tsp	5 ml
1 Tbsp	15 ml
1 fl oz.	30 ml
1/5 cup	47 ml
1/2 cup	100 ml
1 cup	237 ml
1 1/4 cup	300 ml
2 cups (1 pt)	473 ml
4 cups (1 qt)	.95 liter
4 qt.(1 gal.)	3.8 liter

### Weight

28 grams
454 grams

## How to substitute Olive Oil for Butter

Butter	Olive Oil
1 tsp	3/4 tsp
1 Tbsp	2 1/4 tsp
2 Tbsp	1 1/2 Tbsp
1/4 Cup (4 Tbsp)	3 Tbsp
1/3 Cup (5 Tbsp)	1/4 Cup
1/2 Cup (1 stick – 8 Tbsp)	1/4 Cup + 2 Tbsp
2/3 Cup	1/2 Cup
3/4 Cup	1/2 Cup + 1 Tbsp
1 Cup	3/4 Cup

## Cooked Food Measurements

1 Cup Uncooked Rice = 3 Cups Cooked

1/3 Cup Uncooked Lentils = 1 Cup Cooked

## Substitutions

1 Tbsp Cornstarch = 2 Tbsp Flour or 1 1/2 Tbsp Quick Cooking Tapioca  
 1 tsp Baking Powder = 1/4 tsp Baking Soda + 1/2 tsp Cream of Tartar  
 1/8 tsp Peroxide replaces Baking Soda and Baking Powder (add to liquids)

1 oz. Unsweetened Baking Chocolate (Cacao) = 3 Tbsp Carob Powder or 2 Tbsp Butter or Fruit Juice Conc.

## Stevia Conversion Chart

### Sugar

1 Cup
1 Tbsp
1 tsp

### Fruit Source & Barley Malt

1/4 Cup
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### Stevia Herb (green)

1 tsp
1/8 tsp
Pinch

### Stevia Herb (green)

1 tsp
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### Liquid Stevia

1 tsp
6 Drops
2 Drops

### Liquid Stevia

1 tsp
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**Note:** Stevia Extract (white) varies in sweetness. Try 1/2 or less of the amount used of the Stevia Herb (green).