

BASIC GRANOLA

2½ cups
sugar 1½
cups water 6
tablespoons oil
1½ teaspoons salt 10 cups rolled oats (uncooked)
2 cups water

In a pan combine the sugar, water, oil, and salt. Heat until sugar is dissolved, but do not boil. Pour syrup over the oats and stir until well coated. Add a little more rolled oats if the texture seems too moist. Place in pans or sheets about 1½-inch deep. Bake at 425° F, 20–30 minutes, stirring occasionally. Bake 15 minutes longer if you want it crunchier. Makes 11 cups.

Store in an airtight container.

WHITE SAUCE

1¼ cup flour (whole wheat or all-purpose)
10 tablespoons powdered milk
¾ tablespoon
salt 2 cups water

Combine all dry ingredients and mix or shake well. Combine dry mix with enough of the liquid to make a smooth paste. Stir in remaining liquid and cook over moderate heat, continuing to stir frequently until sauce thickens and comes to a boil. Remove from heat. Makes 1½ cups sauce.

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FAMILY HOME STORAGE

BASIC RECIPES

WHOLE WHEAT BREAD

1 tablespoon yeast
 $\frac{1}{4}$ cup warm water 21
 $\frac{1}{2}$ cups hot tap water 7 cups
 whole wheat flour (or any combination of
 whole wheat and white flour)

$\frac{1}{2}$ tablespoon salt
 $\frac{1}{3}$ cup oil
 $\frac{1}{3}$ cup sugar

In a small bowl, mix the yeast into the warm water (adding a half teaspoon of sugar will help it grow). In a mixing bowl, mix the hot tap water with about half of the flour. Add salt, oil, and sugar to mixture. Mix until well blended.

Add prepared yeast mixture. Add the rest of the flour to make the dough just stiff

enough to clean the sides of the bowl. Knead on low mixer setting for 10 minutes.

On a lightly oiled counter, divide the dough into two equal portions, cover with a damp towel, and let rise until double in size.

Shape loaves and place in greased loaf pans. Cover and let rise in a warm place until dough has doubled in size again. Bake at 350o F for 30 to 35 minutes. Makes two loaves.

HARDTACK

(UNLEAVENED BREAD) 1 cup water

4 tablespoons
 oil 22 $\frac{1}{3}$ tablespoons
 sugar 1 teaspoon salt 21
 $\frac{1}{3}$ cups whole
 wheat flour

Mix together water, oil, sugar, and salt. Add flour. Stir well and roll out dough to 1 $\frac{1}{4}$ -inch thickness.

Cut into 2-inch squares and poke several holes in each square with a

fork. Bake 35 minutes at 350o F. Makes approximately 20 crackers.

ROASTED WHEAT KERNELS

$\frac{1}{4}$ cup wheat berries (whole kernels of wheat)
 $\frac{1}{2}$
 $\frac{1}{2}$ tablespoon oil
 $\frac{1}{8}$ teaspoon salt

Heat a small amount of oil in a skillet.

Add wheat berries and pop like popcorn. They don't expand as much as popcorn, but they will pop. Swirl around in the pan to prevent burning. Sprinkle with salt while hot. Makes 1 $\frac{1}{3}$ cup.

CREAMY CRACKED WHEAT CEREAL

1 cup uncooked cracked wheat 3 cups
 water $\frac{1}{2}$
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup powdered milk 4
 tablespoons sugar Prepare

cracked wheat by using a wheat grinder or a blender. Add dry milk to water, whisk, and bring to boil at medium high temperature. Add wheat, sugar, and salt; cover and reduce heat to simmer for 20 minutes, stirring occasionally, until water is absorbed. Makes 3 cups cereal.

ROLLED WHEAT FLAKES

1 cup wheat 2
 cups hot tap water
 Soak the wheat in the water for 3 hours (or cook for 3 to 5 min-utes in a microwave oven). Drain and blot the wheat to remove excess water. Flake the wheat using a hand roller mill. Rolled wheat flakes can be used in many ways.

They can be eaten as a soaked

cereal, toasted for muesli, or used in cooking and baking as a substitute for some of the flour or rolled oats in a recipe.

THERMOS WHEAT

1 cup wheat 2
 cups boiling water $\frac{1}{2}$
 $\frac{1}{2}$ teaspoon salt

Preheat a thermos by filling it with hot tap water. Bring 2 cups of water to boil and add salt. Empty the tap water from the thermos.

Place the wheat in the thermos and add the boiling water. Screw the lid tightly onto the thermos and allow the wheat to cook for about 8 hours or overnight. Drain off

any water that has not been absorbed. Serve with milk and sugar or raisins.

CREAM OF BEAN SOUP

11 $\frac{1}{4}$ cups dried pinto beans 2
 tablespoons oil 2
 tablespoons whole wheat flour 61 $\frac{1}{4}$ cups
 water
 $\frac{1}{2}$ teaspoon salt 3
 $\frac{1}{4}$ cup powdered milk

Sort through beans and discard rocks and any beans that are dis-colored or damaged. Add 33 $\frac{1}{4}$ cups of water to the beans and soak overnight (about 10 hours). To cook the beans, drain them, rinse them thoroughly, and cover them with water. Bring the water to a boil; then reduce heat and simmer for one or two hours or until the beans are tender. Adding one tablespoon of oil to the water will reduce foaming during cooking.

Do not add salt or other ingredients until the beans have softened adequately. Drain the cooked

beans. Add the flour to the oil and mix. Stir all remaining ingredients into the beans and cook on low heat until thickened. Makes 6

cups.

Note: The longer dry beans are stored the longer they take to cook. When beans don't soften with normal soaking and cooking, add three cups of water and 3 $\frac{1}{8}$ tea-spoon of baking soda (sodium bicarbonate) for each cup of dry beans. Let them soak overnight.

More baking soda may be required for older beans or hard water.

SWEET COOKED RICE

1 cup uncooked rice 4
 cups water 6
 tablespoons powdered milk 1 $\frac{1}{2}$ –3 $\frac{1}{4}$
 cup sugar
 $\frac{1}{8}$ teaspoon salt

Combine rice and 2 cups of water. Bring to boil; lower heat; simmer 15 minutes, covered. Turn off heat; let stand 30 minutes to steam. Add remaining water and other ingredients. Bring to boil and cook until it starts to thicken, stirring constantly. Rice will thicken more as it cools. Makes 3 cups.

CREAMY OATMEAL

41 $\frac{1}{4}$ cups water
 $\frac{1}{2}$ teaspoon salt 2
 cups uncooked oats 1
 tablespoon powdered milk 1
 tablespoon sugar Bring

water and salt to a boil. Stir in oats and reduce heat. Cook about 5 minutes, stirring occasionally. Increase or decrease water for thinner or thicker oatmeal. Add powdered milk and sugar and stir well. Makes 4 cups cereal.