

# Recipes and Trail Foods I

These recipes have been gathered from several sources on the internet. You are welcome to copy and print this page for your own use. We thank all those who have compiled recipes and have links to their sites & when possible to their home pages. AAOOB Storable foods has not tested many of these recipes, but provides them only as public interest. You may save this file or print it at will. See, Link Page for more information. We believe all these recipes to be freely offered. Special thanks to 'TrailWalker' for sharing many of these recipes with us. [Please follow instructions for leaching acorns](#) prior to their use in foods. [Tannic acid must be removed](#) prior to use.

## ACORN BREAD, HONEY

4 cups flour  
2 eggs, beaten  
2 tsp baking powder  
2 tsp ginger  
1 cup honey  
2 cups milk  
2 tsp salt  
1 cup chopped [acorns](#)  
margarine  
2 tsp baking soda  
1 tsp cinnamon:

Grease two loaf pans with margarine. Mix together all dry ingredients, thoroughly.

Beat eggs, gradually adding milk. Add egg mixture alternately with honey to dry ingredients. Beat well. Stir in acorns and pour evenly into loaf pans. Bake in cardboard oven at 350 for 45 minutes or until golden. If bread is done, it will come out of pan easily when pan is turned over and tapped gently. If not, bake for another 10-15 minutes. Remove bread from pan immediately when done and cool. This spicy bread always tastes better the second day when its flavors have had a chance to mellow and blend.

## [ACORN](#) BREAD 2

This holiday black bread must become a tradition in any house where it has once been tried! Mix a cup of the ground acorn meal with 3 teaspoons. of baking powder, a tsp of salt, 3 tablespoons of sugar or honey, and a cup of white flour. Separately, to a beaten egg add a cup of milk and 3 tablespoons of oil. Stir this gently into the dry mix, then pour into a well-greased pan. Bake your dough at 400°F for 30

minutes. Top with butter when it comes out of the oven. Serve anytime, but there exists no flavor quite like fresh hot, homemade bread!

NOTE: Pour the dough about 2/3 deep in muffin tins for some tasty muffins. Bake them for 20 minutes and serve them with elderberry or dewberry jelly (if you still have any!).

### ACORN PANCAKES

Mix half a cup of white flour with a cup of acorn meal, 2½ teaspoons of baking powder, and ¾ teaspoon of salt. Separately mix a beaten egg with 1¼ cups of milk and 3 tablespoons of oil. Pour just enough liquid into the flour mix to make a good batter. Spoon the batter into a greased frying pan. Fry till golden, flipping once. Top your pancakes with your favorite syrup and serve hot!

### SUGARED (HONEYED) ACORNS

Use either sugar or honey for a sweet acorn treat. Dip the acorn meats (which have been leached and dried as described above) into boiling syrup or a 2:1 sugar to water solution. Thoroughly dry them on a greased pan. These will keep pretty well in a tin or glass jar and make nice holiday treats or gifts.

### APPLES, DRY

To rehydrate dry:

APPLES, CARROTS, ONIONS, & POTATOES Use equal volume food and water. Wait 20 minutes.

### DRIED APPLE CAKES

1/2 lb dried apples, chopped

4 cups water

1 cup sugar

1 recipe dry baking mix

1 1/2 cup sourdough starter (see listing)

1/2 cup brown sugar

1 tsp cinnamon

1/2 tsp nutmeg

1/4 cups margarine

Cook dried apples in 4 cups water until tender. Drain and save juice. Measure 2 cup juice, adding water if needed. Mix 1/4 cups sugar with dry baking mix; stir in sourdough starter to moisten flour. Turn out onto a floured surface, knead lightly, pat or roll to a 12x18in rectangle. Sprinkle with apples. Roll, starting at short end; cut into 12 slices. Put remaining sugar, brown sugar, cinnamon, nutmeg, margarine and the 2 cups apple liquid into a Dutch oven. Bring to boil. Gently lower apple cake slices into hot syrup. Bake for 35-40 minutes.

#### APPLE CATSUP

4 c Unsweetened apple sauce  
1 tsp Ginger  
1 tsp Cinnamon  
1 tsp Cloves  
1 tsp Mustard  
1 tsp Onion flavoring  
2 tsp Salt  
2 cup Vinegar  
1 tsp Pepper

Combine all ingredients. Simmer slowly until thick.

#### APPLE CRISP

3/4 Cup Flour  
3/4 Cup Brown Sugar  
1/2 Tsp Cinnamon  
1/2 Cup Margarine  
3/4 Cup Dehydrated Apples  
Water -- as needed at least 3/4 cup to rehydrate, then add 1/2 to 1 cup more.

1. Simmer apples in water according to package directions. (or soak dehydrated apples in equal amount of water for 30-40 minutes, then simmer in water.)
2. When well heated, but not completely cooked, add the sugar/flour mixture and spread in a frying pan. Continue cooking until mixture is bubbly and thickened.
3. As an alternative this may be baked in a reflector over. Spread the apple mixture in a baking pan and

pat out the flour/sugar mixture over them. Bake in front of a good high fire, turning the fan once or twice to assure even baking.

Makes about 6 cups.

#### APPLE CRISP #2

1 cup flour  
3 cup dry oatmeal  
1 1/2 cup brown sugar  
1 2/ tsp salt  
3 tsp cinnamon  
1 cup margarine, melted  
1 gallon can apples

Mix thoroughly in medium pot flour, oatmeal, brown sugar, salt, and cinnamon. Add melted margarine and mix well. Mixture should be crumbly. Place large pot lid upside down in Dutch oven and line with foil. Grease well with margarine. Add apples. Top with oatmeal mixture. Cover and place coals on bottom and top of oven in 1 to 3 ratio. Bake 1 hour. Serve warm. Peaches, pineapple, or cherries can be substituted for apples.

#### APPLE FRITTERS

1 Egg  
1/4 teaspoon Salt  
1 teaspoon Baking Powder  
1/2 cup Milk  
3/4 cup Flour  
1 cup Powdered Sugar  
6 Apples

1. Combine the egg, salt, baking powder, milk and flour to make a batter.
2. Put at least 1" of vegetable oil in a deep pan and heat until hot.
3. Dip slices of apple into the batter and deep fry in the oil.
4. Roll in powdered sugar.

## APPLE FRITTERS #2

3 C. flour  
1/3 C. dried egg powder  
1 1/2 C. milk  
4 tsp. baking powder  
1 1/2 tsp. salt  
2 tsp. sugar  
2 T. oil  
1/4 C. water  
1 C. dried apple slices (reconstituted)

Sift together dry ingredients. Combine milk, oil, and water. Add to dry ingredients, mix well until moistened. Chop rehydrated apple slices and add to the batter. Mix.

Heat 2" of oil in a skillet and drop batter by spoonfuls into hot oil. Fry, turning once until brown. Drain on a paper towel.

## APPLE JELLY, DRIED

5 c Dried apples  
8 c Water  
Sugar  
Lemon juice

Wash apples. Add water, cover, and boil 30 minutes. Drain through jelly bag. (There should be about 3 1/2 cups juice.) Add 1 tablespoon lemon juice and 1/2 cup sugar to each cup apple juice. Boil until jelly sheets from spoon.

## APRICOT NUT BREAD, STEAMED

1 1/2 cups dried apricots  
2 cups flour  
4 tsp baking powder  
1/2 tsp baking soda  
1 tsp salt  
1 cup sugar

- 1 1/2 cups milk
- 2 eggs, slightly beaten
- 2 tbs grated orange peel
- 2 tbs olive oil
- 1 cup whole wheat flour
- 2 cups chopped walnuts

Place the apricots on a chopping block and chop finely. Mix flour, baking powder, baking soda, salt, and sugar together in large pot. combine milk, eggs, orange peel, and oil in a medium pot. Add to flour mixture and add whole wheat flour. Mix well. Add apricots and walnuts. Mix well. Divide mixture evenly into two well greased and floured 1 lb coffee cans, cover tightly with foil. Place into large clean pot, add 3 cups water, cover with lid and steam for 2-3 hours.

## ENERGY BAR

Here's one that I'd like to share if you want it. It is a good replacement for those terribly expensive Energy Bars sold in health stores. It keeps well but I can't keep them long enough in my pick up to really test the life because I eat them within two weeks.

- Raisins.....1 Cup
- Dried Blueberries.....1 Cup
- Dates.....2 Cups
- Dried Apples.....2 Cups
- Prunes.....2 Cups
- Dried Apricots.....2 Cups
- Sunflower Seeds..... 1/2 Cup
- Rolled Oats.....8 Cups
- Pancake Mix.....12 Oz.
- Almond Paste or  
Peanut Butter.....1 Can, 8 Oz.
- Honey.....16 Oz.

1. Dice all of the fruit to the same size as the raisins.
2. Add fruit and almond paste or peanut butter to a large mixing bowl and knead.
3. Add sunflower seeds, rolled oats, and pancake mix and knead.
4. Add the honey and knead till all is mixed well.

5. Press the mix into a baking tin (cookie sheets work well) 3/8" to 1/2" thick and as even as possible.
6. Bake in a conventional oven at 375 degrees for about 20 min. or until the top is a light brown.
7. Remove from oven and allow to cool, then turn out on a large cutting board and cut into individual servings.

NOTE: These energy bars will keep in the freezer for a very long time, allowing you to make up a batch some time before you plan a trip or have need for them. For convenience they may be individually wrapped in foil or plastic wrap.

## POWER BARS

1/2 C Honey Or Molasses

1/2 C Peanut Butter

1 C Dry Milk, Non-Instant

Chocolate Chips

Raisins Or Dried Fruit Bits

Coconut

Cashew Butter -- \*

Almond Butter -- \*

1. Knead all ingredients together with your hands, adding enough milk powder to form a stiff but not crumbly dough. Optional ingredients can be kneaded in as well.
  2. Shape into logs about 2-3 inches long and 1 inch in diameter.
  3. Roll in powdered milk, confectioner's sugar or coconut.
- \* May be used in place of peanut butter.

## BEANS, SPROUT

Any beans are sproutable, here's how: Soak the beans for 12-24 hours. Pour off the water, and cover beans with a wet towel. Wait another 12-24 hours, rinse, and cook on LOW heat. They will cook much faster this way, use less fuel, and have more nutritional value. You can also eat the sprouts fresh, or plant them!

A near perfect health food, beans are high in carbohydrates, fiber, iron, and folic acid, yet contain little or no fat and no cholesterol.\*

They have been shown to lower cholesterol, fight certain types of cancer, & normalize blood sugar.

## BLUEBERRY MUFFINS

2 cups flour  
2/3 cups sugar  
1 tbs baking powder  
1/2 tsp salt  
1/2 tsp nutmeg  
2 eggs, beaten  
1/2 cups milk  
1/2 cups margarine, melted  
3/4 cups blueberries  
1/4 sliced almonds  
1 tbs sugar

Combine dry ingredients. Save 1 tbs of mixture. Combine eggs, milk, and margarine and add to rest of dry ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture and stir into batter. Spoon into greased muffin pans. Sprinkle with almonds and 1 tbs sugar. Bake in cardboard oven at 400 for 15 minutes.

## BROWNIE PUDDING

Mix:

2 cups flour  
4 teaspoons baking powder  
1 teaspoons salt  
1 1/2 cups sugar  
4 Tablespoons cocoa (the kind without sugar or powdered milk)

Add and mix well:

Mix 1 cup milk  
2 teaspoons vanilla  
4 Tablespoons oil  
Optional: 1 cup chopped nuts.

Spread into a well greased 9X13 inch pan.

Sauce:

1 1/2 cup brown sugar

8 Tablespoons cocoa

3 1/5 cups hot water

Mix well and carefully pour over batter.

Bake at 350 degrees F for 50 minutes.

## BROWNIES

Mix :

1/2 cup melted margarine

2 heaped tablespoons of cocoa powder

1 cup sugar

1 teaspoon vanilla

Add and stir: 2 eggs (or equivalent powdered eggs)

3/4 cup flour

3/4 tablespoon baking powder.

Bake at 350 degrees F for 35 minutes. Sprinkle top with powdered sugar if desired.

## TRAIL BREAKFAST, DESSERT CAKE

2 Cups Master Mix

1/2 C Granulated Sugar

3 Tbsp Margarine

1 1/4 C Breakfast Gorp -- include brown sugar

3/4 C Water

1. Melt margarine and add about half to the Master Mix and blend well.
2. Stir water into Master Mix, adding a little at a time to allow the dehydrated ingredients to absorb enough water to rehydrate.
3. When batter is well blended, spread it in a greased baking pan and sprinkle the Breakfast Gorp over the top. Drizzle the last of the melted margarine over the Gorp and bake, about 30 minutes.

## DROP CAKES

1 egg, beaten  
1 tbs sugar  
1 pint milk  
1/8 tsp salt  
2 tsp baking powder  
Enough flour to make a stiff dough

Mix ingredients well and drop by teaspoons into hot oil. Roll in powdered sugar after browning.

## CAKE, Molasses

1 cup sugar  
3 eggs, beaten  
1 tsp baking soda  
1/2 tsp ginger  
2 cups flour  
1 cup light molasses  
1/2 tsp salt  
1/2 tsp ground cloves  
1/2 tsp cinnamon  
1 cup margarine, softened

Cream together margarine and sugar. Add eggs and blend well. Add molasses.

Combine cloves, cinnamon, ginger, salt, and flour. Mix well. Add 1 cup boiling water to mixture. Then add baking soda and stir. Combine flour mixture slowly to margarine mixture. Batter will be thin. Don't add more flour. Pour batter into greased floured cake pan and bake in cardboard oven at 350 for 45 minutes. When still warm, turn upside down onto plate and serve.

## CAESAR SALAD DRESSING MIX

1 1/2 Teaspoons Grated Lemon Peel  
1/8 Teaspoon Dried Garlic Granules  
1/2 Teaspoon Pepper

1 Teaspoon Oregano

2 Tablespoons Grated Parmesan Cheese

1. Combine all ingredients in a small bowl; stir until well blended.
2. Put mixture in a foil packet or 1-pint glass jar and label. Store in a cool dry place and use within 3 to 4 months. Makes One 3/4 cup serving (3 Tablespoons)

#### CAESAR SALAD DRESSING:

Combine 1 [pkg of mix](#), 1/2 cup vegetable oil, and 1/4 cup lemon juice in a glass jar.

Shake until well blended. Chill before serving. Makes about 3/4 cup of Salad Dressing. (Author's note: You can substitute vinegar for lemon juice.)

#### CANNING CHEESE

While hard cheeses can be coated with paraffin, soft cheeses can be stored in jars. These instructions yield a product that is similar to "Cheese Whiz". Why can cheese? Especially when you can buy products like cheese whiz already in the jar. Time may tell if we need to can our own cheese or not, until then, my motto is "Learn whatever you have opportunity to learn..."

##### Ingredients:

1 (3 Oz.) can evaporated milk

1 T. vinegar

1/2 tsp. salt 1 lb. Velveeta cheese or any processed cheese

1/2 tsp. dry mustard

Melt milk and cheese in double boiler. Add rest of ingredients and mix well.

Fill pint jars about 3/4 full and seal. Place in Boiling Water bath for 10 minutes.

#### CHEESE, PRESERVATION

Hard cheeses can be stored by dipping them in melted paraffin.

Remove any wrapping from the cheese.

Melt the paraffin in an old pan. Dip the cheese in the melted stuff or get a paint brush and paint the

paraffin on the cheese.

Allow the paraffin to dry completely, and dip again.

After about 4 coats of paraffin, you may add a layer of cheese cloth for extra protection.

Continue dipping and drying until the paraffin has formed a smooth, thick, bubble free surface.

Store cheeses that have been coated in paraffin in the coolest spot you can find, as in a cellar or unheated room.

Cheeses that have been stored this way will last a very long time, almost indefinitely. If the paraffin ever gets a crack or blister, re-coat it with melted paraffin.

### CINNAMON CRISPS

3/4 cups sugar

1/3 cups shortening

1/3 cups margarine

1 tsp cinnamon

1/4 cups milk

2 tsp baking powder

1/2 cups flour

Cream together sugar, shortening, and margarine. Add rest of ingredients and mix well. Add a little more milk, enough to make a dough that can be rolled. Roll out very thin and cut. Bake in cardboard oven at 400 for 15 minutes.

### CINNAMON ROLLS

2 cup lukewarm water

1 package dry yeast

2 tbs sugar

1 tsp salt

4-5 cups flour

tub soft margarine

1 cup sugar

2 tbs cinnamon

8oz pecan pieces

Mix lukewarm water, yeast, 2 tbs sugar, and salt in medium pot. After yeast mixture is bubbly, add 2 cups flour and mix well. Add rest of flour slowly to make dough.

Place on floured surface and knead until smooth. Oil surface well. Place in large pot, cover, and let rise (1 hour). Knead second time and roll into a thin sheet on a floured surface. Spread soft margarine, sprinkle on sugar, cinnamon, and pecan pieces. Roll into a log and pinch ends shut. Spiral log onto greased large pot lid and press down until log covers bottom of lid. Spread more margarine on top. Bake in pre-heated Dutch oven 30-45 minutes. Slice while warm but not hot.

## DOUGHNUTS, HONEY

1 envelope dry yeast

1/2 cups warm water

3 cups flour

1 egg, beaten

1/2 tsp salt

1 tbs oil

1 tsp sugar

cooking oil

cinnamon

honey

Dissolve yeast in warm water, mix with other dry ingredients. Knead for several minutes and set aside in warm place until dough doubles, about 2 hours. Roll flat, cut into 1 1/2in squares and allow to rise 1 hour. Heat 4in of oil in Dutch oven. Drop squares into oil and cook to golden brown. Drain and dredge in sugar & cinnamon mixture. Heat honey and drizzle over doughnuts and serve.

## DUCK SOUP

1 large or 2 small ducks, cut into small pieces

8 cups water

2 stalks celery with leaves, chopped (optional)

1/2 cup carrot, (shredded)

1/2 cup onion, diced

1 teaspoon salt

6 chicken bouillon cubes

thin noodles, rice or barley

Place all ingredients, except noodles, rice or barley, in a large kettle. Simmer gently 2–3 hours. If too thick, add 1 cup water. Add 2–3 ounces thin noodles. Rice or barley is also excellent for thickening the soup. Cook very slowly 1/2 hour longer. Like most soups, this one is improved by reheating.

#### EGGS, Dry Mix

For scrambled eggs, mix 1/2 cup egg mix with 1/2 cup water until creamy. Then add 3/4 cup more water and let stand 15 minutes. Cook as usual. Makes 2-4 servings. If desired, add 1/4 c. powdered milk and 1/4 tsp. salt to dry eggs before adding water. For crepes, increase water to 1 cup and add 1 cup flour sifted with 1 tsp. baking powder. Cook in medium hot buttered pan until golden.

#### GRAHAM CRACKERS

1/2 C. evaporated milk  
2 T. lemon juice or vinegar  
1/2 C. honey  
2 tsp. vanilla  
1 tsp. salt  
6 C. whole wheat flour (approx.)  
1/2 C. water  
1 C. packed brown sugar  
1 C. vegetable oil  
2 eggs, beaten lightly  
1 tsp. soda

Mix together milk, water and lemon juice. In separate bowl beat well, sugar, honey, oil, vanilla and eggs. Combine mixtures with dry ingredients. Divide in 4 equal parts.

Place each on a greased and floured cookie sheet and roll to about 1/8" thick. Prick with fork. Bake at 375 degrees for about 15 minutes or until light brown. Remove from oven and cut in squares immediately.

#### MASTER MIX

4 C Whole-Wheat Flour -- \*  
1 1/2 Tsp Salt  
2 Tbsp Baking Powder

- 1 C Powdered Skim Milk
- 1 C Powdered Whole Egg
- 1 C Margarine

Thoroughly combine dry ingredients in a bowl. Cut in margarine as for pastry. Use mix within a week, or refrigerate for longer storage. Make about 8 1/2 cups.

\* May substitute 4 cups sifted enriched, unbleached flour and 1/2 cup soy flour.

## MAYONNAISE

- 1 teaspoon salt
- 1 tablespoon dried mustard
- 2 eggs
- 2 tablespoons honey
- 2 tablespoons vinegar
- 1 cup oil 2 tablespoons lemon juice
- 1 cup oil

Put everything into a bowl except the oil and blend it well. Then Very Slowly add the cup of oil. There is a saturation point where if too much oil is added it will break down and the oil will separate back out. If this happens start over again with an egg or two and add this separated mess back into the blender very slowly. The egg acts as an emulsifier to emulsify the oil. If you don't put in more than this one cup of oil this recipe should work just fine for you.

## OATMEAL MILK

- 1 banana
- 1 cup of cooked oatmeal
- 2 cups of water

Blend ingredients. You can add a tsp. of vanilla if desired. Blend until smooth. Put in a pitcher, and refrigerate. It will keep approx. the same time as milk.

## OAT MILK

4 cups (cold) water  
1 ripe banana  
2 cups cooked oatmeal  
1 tsp. vanilla  
Pinch of salt (optional)  
1 tsp vanilla (optional)  
Sweetener to taste (if desired)

Place all ingredients in blender and process until smooth about 2-3 minutes.

Refrigerate. Shake before using.

## ROLLED OATS

Use 2 cups water per cup of oats with 1/4 teaspoon salt. Bring water and salt to boil. Add oats and stir frequently for two minutes.

## PEANUT BUTTER

Peanuts may be ground in their raw state or roasted first for a tasty flavor. Put them unshelled, in a 300\* F oven for thirty minutes. For a fully roasted taste, leave them in the oven for sixty minutes. Allow them to cool, then remove the shells and skins. You may want to leave the skins on for their nutritional value.

Next, combine 1 cup peanuts and 1 Tablespoon peanut oil. For a creamier spread, add more oil. Put the peanuts and oil in a blender or food processor and blend, stopping periodically to scrape the sides of the blender. Add a bit of salt to taste.

Store your peanut butter in clean glass jars in the refrigerator. After some time, your peanut butter may begin to separate from the oil. Just stir it up and use it. You can make other simple and nutritious nut butters using the same methods, almonds and cashews for example. These particular nuts require no additional oil, they have sufficient oils of their own.

## PANCAKE SYRUP

1 C Brown Sugar  
1/4 C Water  
1/4 Teaspoon Cinnamon -- optional  
2 Tbsp Butter or Margarine or Butter Powder/Margarine Powder

1. Combine ingredients and simmer for 15 to 20 minutes.
2. Cool to thicken.

#### PANCAKE SYRUP #2

- 1 C Brown Sugar
- 1/4 C Water
- 2 Tbsp Margarine or may use Butter or Margarine Powder

Heat until bubbly and slightly thickened.

#### PUDDING, NATIVE AMERICAN

- 1/4 cups sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp salt
- 1/4 tsp nutmeg
- 4 cups milk
- 1/2 cup yellow cornmeal
- 1/2 cup raisins
- 1/2 cup pancake syrup
- 2 tbs margarine, softened
- 2 eggs, beaten

Pre-heat Dutch oven. Mix together sugar, cinnamon, ginger, salt, and nutmeg. Blend well and set aside. Heat milk in medium pot. Stir in cornmeal. Cook over low heat, stirring constantly, until very thick (20min). Remove from heat. Stir in sugar mixture and remaining ingredients. Pour into large greased pot and bake in Dutch oven 1 hour or until knife inserted in center comes out clean. Serve warm.

#### RICE MILK

- 4 cups hot/warm water
- 1 cup cooked rice (I've used white or brown)
- 1 tsp vanilla

Place all ingredients in a blender until smooth. Let the milk set for about 30 minutes, then without shaking pour the milk into another container ( i use an old honey jar) leaving most of the sediment in the first container. This makes about 4 - 4 1/2 cups.

Notes: When I have used cold water and the rice was taken out of the refrigerator, it just doesn't come out that well. I don't know why but its best to use warm water and warm rice (you can nuke it if its leftovers but freshly made is best) I have even let it set longer than 30 minutes (overnight) without it making a difference.

## RICE MILK #2

2 C rice

4 C water

rinse rice to clean - pour 4 C boiling water over rice & let soak for 1-2 hours - blend 1 C soaked rice with 2 1/2 C water (can be cold water) - blend rice to a slurry (not a smooth liquid) - pour into a pot & repeat with rest of rice - bring to a boil & then reduce heat & simmer for 20 minutes - line colander with nylon tricot or a few layers of cheesecloth - put bowl under colander - pour rice mix in colander - another 1 C of water (or less or more) can be poured over the rice to get out more milk - press with the back of a spoon - twist nylon & squeeze out as much milk as possible this milk is very plain and can be flavored with oil, vanilla, salt, etc.

## RICE MILK, COMPLICATED

rinse 2 cups of rice (to clean it)

pour 4 cups of boiling water over rice and let it

soak for 1-2 hours

blend 1 cup of soaked rice with 2 1/2 cups of  
water (can be cold water)

Blend rice to a slurry, not a completely smooth liquid. Pour into a pot & repeat with the rest of the rice. Bring to a boil & then reduce to low heat simmer for 20 minutes. Line colander with nylon tricot or a few layers of cheesecloth. Pour rice mixture into colander with a bowl under colander. Another 1 cup of water (or less or more) can be poured over the rice. Press with the back of a large spoon twist nylon & squeeze out as much liquid as possible.

## FANCY RICE MILK

Rice milk is a good substitute for milk in coffee drinks.

2/3 c. hot rice  
3 c. hot water  
1/3 c. cashews  
1 tsp. vanilla  
1/2 tsp. salt  
2 tbsp. honey

Blend all ingredients, chill and serve. Servings: 4.

## HORCHATA

This is a Mexican rice water or rice milk. It is a dessert.

1 cup rice, washed  
2 quarts water  
1 cinnamon stick  
Sugar to taste

Mix together all ingredients; let stand 3 hours. Simmer for 1/2 hour. Puree in a blender and strain through a cloth. Taste for sweetness and add sugar if necessary. Chill and serve over ice.

## RICE MILK, PLAIN

A good way to make rice milk is to use fresh rice that is still hot.

1 cup rice, brown is okay, short grain is best.  
4 cups hot water- cold water and cold rice won't work.  
1 tsp vanilla

Put all in blender, puree for about 5 minutes (until smooth) let sit for 30 minutes or longer, then without shaking pour into container being careful not to let the sediments at the bottom pour into the new container. Alternatively, if you are in a hurry strain through cheesecloth.

To complicate things and get a smoother milk, re-cook the rice with part of the water until it's very soft. Add salt and sweeteners, soaked, blanched almonds or nuts and flavorings. Then run it through a blender, food processor, or juicer.

## RICE, WHITE

Use 2 cups water and half teaspoon salt per cup of rice. Simmer gently covered (do not stir) 15-20 minutes.

## Trail Milk Shake

1/2 C Whole Dry Milk, Or -- for more fat

1/2 C Nonfat Dry Milk -- for more protein

1 Tbsp Flavoring -- as needed

1 Tbsp Malted Milk Powder

1 C Water

Fill the one-cup chain shaker with cool water, shake and serve.

Flavorings:

Blueberry syrup mix

Cocoa or carob + 1/4 tsp pumpkin pie spice

Instant coffee

Kool-Aide fruit flavors

Fruit jam

Rum, sherry

For extra-high protein add 1 tbs dry egg white to mix using non-fat dry milk.

## SOY MILK

The recipe is basically as follows: Soak 1 cup of soy beans overnight in 4 cups water.

Drain. Puree drained beans in 1 cup batches, adding 1 1/2 cups water to each cup of beans. Process each batch for 2 minutes. In 4 quart saucepan, stir together pureed beans and 5 cups water, bringing mixture to boil. Simmer 10 - 15 minutes. Ladle mixture into cheesecloth-lined colander that is set over bowl. Strain out as much liquid as possible. Swish cheesecloth - wrapped residue (okara) in a bowl of cold water to prepare okara for next step. Place cheesecloth-wrapped okara back in colander,

pour 2 cups water through okara. (Okara is the meat replacement) Press, squeeze, and twist cloth to drain water into bowl. Sweeten milk to taste or use unsweetened for baking.