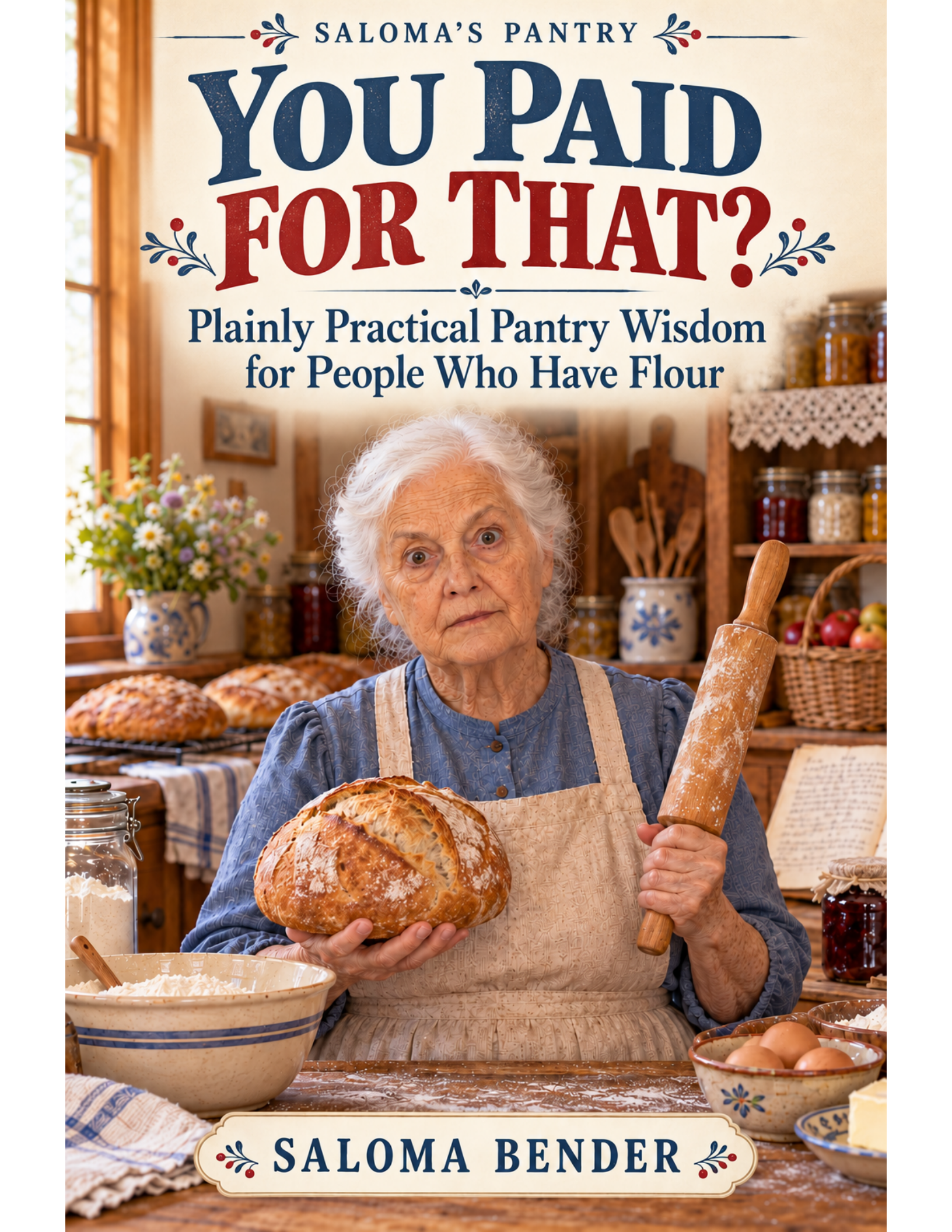


The background of the cover is a photograph of an elderly woman with white hair, wearing a blue patterned shirt and a beige apron. She is holding a large, round, golden-brown loaf of bread in her left hand and a wooden rolling pin in her right hand. The rolling pin is covered in flour. In the foreground, there is a large bowl of flour, a bowl of eggs, and a piece of butter. The background shows a rustic kitchen with shelves of jars, a basket of fruit, and a window with flowers.

SALOMA'S PANTRY

YOU PAID FOR THAT?

Plainly Practical Pantry Wisdom
for People Who Have Flour

SALOMA BENDER

You Paid for That?

SALOMA'S PANTRY

Welcome to Saloma Bender's kitchen. This book is built for real home cooks: clear methods, ordinary tools, and recipes that reward attention more than fuss.

“If you have two good hands, you can make it yourself.”

A digital cookbook for the home kitchen

Table of Contents

Welcome	2
Table of Contents	3
How to Use This Book	8
The Working Pantry	9
Bread and Breakfast	20
Soups and Supper	31
Garden and Canning	42

Table of Contents

Welcome	2
Table of Contents	3
How to Use This Book	8
Noodles and Dumplings	53
Pies and Cakes	64
Everyday Staples	75
Sunday Table	86
Master Notes and Menu Plans	97
Index and Kitchen Measures	100

Begin With Your Senses

Traditional American Pantry Cooking is learned by attention. Read the ingredient, watch the heat, smell the pan, and taste before you decide it is finished.

- Prep first so the cooking stays calm.
- Use a spoon to taste at every important turn.
- A familiar recipe becomes yours when you learn its signals.

The Pantry That Carries the Book

These are the ingredients that make this kitchen feel like itself: flour, butter, eggs, milk, dry yeast, oats.

- Buy the best version of the few ingredients you use most.
- Label jars and keep the everyday things at eye level.
- A short pantry list cooks better than a crowded one.

Tools That Earn Their Place

You do not need a showroom. You need a reliable knife, a heavy pan, a pot with a lid, measuring spoons, and something sturdy to stir with.

- Keep one sharp knife sharp.
- Use a heavy pan for browning and a pot for gentler work.
- Clean as you go so the final bowl is the only thing waiting.

How to Use This Book

Each recipe is written for a real weeknight but leaves room for your own kitchen judgment. Read the full method once, then cook from the signals: scent, sound, color, and taste.

- Make the recipe once as written, then change one thing at a time.
- Use the serving notes as a starting place, not a rule.
- Write your adjustments in the margin when a version becomes your favorite.

THE WORKING PANTRY / RECIPE 01

Pantry White Bread

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons flour
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the flour and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

THE WORKING PANTRY / RECIPE 02

Buttermilk Pancake Mix

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons butter
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the butter and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

THE WORKING PANTRY / RECIPE 03

Oatmeal Breakfast Bread

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons eggs
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the eggs and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

Saloma Bender says

Make enough for tomorrow. Good food improves after a night in the icebox.

THE WORKING PANTRY / RECIPE 04

Skillet Cornmeal Mush

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons milk
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the milk and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

THE WORKING PANTRY / RECIPE 05

Apple Butter Toast

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons dry yeast
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the dry yeast and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

THE WORKING PANTRY / RECIPE 06

Egg Noodles for Breakfast

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons oats
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the oats and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

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THE WORKING PANTRY / RECIPE 07

Honey Wheat Muffins

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons canned tomatoes
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the canned tomatoes and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

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THE WORKING PANTRY / RECIPE 08

Sausage Gravy

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons beans
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the beans and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

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THE WORKING PANTRY / RECIPE 09

Buckwheat Cakes

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons apple cider vinegar
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the apple cider vinegar and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

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THE WORKING PANTRY / RECIPE 10

Cinnamon Raisin Buns

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons brown sugar
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the brown sugar and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

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THE WORKING PANTRY / RECIPE 11

Cold Cellar Applesauce

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons flour
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the flour and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 12

Farmhouse White Loaf

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons butter
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the butter and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 13

Soft Dinner Rolls

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons eggs
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the eggs and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 14

Whole Wheat Sandwich Bread

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons milk
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the milk and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 15

No Knead Rye Bread

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons dry yeast
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the dry yeast and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 16

Buttermilk Biscuits

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons oats
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the oats and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 17

Braided Egg Bread

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons canned tomatoes
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the canned tomatoes and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 18

Cornmeal Skillet Bread

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons beans
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the beans and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 19

Molasses Brown Bread

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons apple cider vinegar
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the apple cider vinegar and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 20

Onion Poppy Seed Rolls

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons brown sugar
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the brown sugar and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 21

Sourdough Starter Loaf

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons flour
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the flour and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

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BREAD AND BREAKFAST / RECIPE 22

Simple Potato Bread

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons butter
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the butter and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

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SOUPS AND SUPPER / RECIPE 23

Chicken Corn Soup

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons eggs
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the eggs and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

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SOUPS AND SUPPER / RECIPE 24

Ham and Bean Pot

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons milk
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the milk and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

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SOUPS AND SUPPER / RECIPE 25

Beef Vegetable Stew

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons dry yeast
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the dry yeast and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

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SOUPS AND SUPPER / RECIPE 26

Cabbage and Noodles

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons oats
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the oats and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

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SOUPS AND SUPPER / RECIPE 27

Creamy Potato Soup

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons canned tomatoes
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the canned tomatoes and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

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SOUPS AND SUPPER / RECIPE 28

Tomato Rice Soup

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons beans
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the beans and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

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SOUPS AND SUPPER / RECIPE 29

Skillet Chicken and Gravy

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons apple cider vinegar
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the apple cider vinegar and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

SOUPS AND SUPPER / RECIPE 30

Sausage Potato Supper

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons brown sugar
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the brown sugar and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

SOUPS AND SUPPER / RECIPE 31

Baked Beans and Brown Bread

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons flour
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the flour and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

Saloma Bender says*Make enough for tomorrow. Good food improves after a night in the icebox.*

SOUPS AND SUPPER / RECIPE 32

Turkey Noodle Soup

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons butter
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the butter and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

SOUPS AND SUPPER / RECIPE 33

Green Bean Casserole from Scratch

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons eggs
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the eggs and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

GARDEN AND CANNING / RECIPE 34

Bread and Butter Pickles

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons milk
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the milk and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

GARDEN AND CANNING / RECIPE 35

Dilly Beans

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons dry yeast
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the dry yeast and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

Saloma Bender says*Make enough for tomorrow. Good food improves after a night in the icebox.*

GARDEN AND CANNING / RECIPE 36

Spiced Applesauce

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons oats
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the oats and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

GARDEN AND CANNING / RECIPE 37

Tomato Relish

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons canned tomatoes
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the canned tomatoes and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

GARDEN AND CANNING / RECIPE 38

Peach Jam

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons beans
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the beans and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

GARDEN AND CANNING / RECIPE 39

Strawberry Preserves

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons apple cider vinegar
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the apple cider vinegar and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

Saloma Bender says*Make enough for tomorrow. Good food improves after a night in the icebox.*

GARDEN AND CANNING / RECIPE 40

Canned Green Beans

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons brown sugar
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the brown sugar and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

GARDEN AND CANNING / RECIPE 41

Pickled Beets

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons flour
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the flour and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

GARDEN AND CANNING / RECIPE 42

Corn Relish

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons butter
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the butter and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

GARDEN AND CANNING / RECIPE 43

Apple Pie Filling

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons eggs
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the eggs and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

Saloma Bender says*Make enough for tomorrow. Good food improves after a night in the icebox.*

GARDEN AND CANNING / RECIPE 44

Sweet Chow Chow

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons milk
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the milk and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

NOODLES AND DUMPLINGS / RECIPE 45

Homemade Egg Noodles

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons dry yeast
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the dry yeast and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

NOODLES AND DUMPLINGS / RECIPE 46

Chicken and Noodles

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons oats
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the oats and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

NOODLES AND DUMPLINGS / RECIPE 47

Potato Dumplings

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons canned tomatoes
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the canned tomatoes and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

Saloma Bender says*Make enough for tomorrow. Good food improves after a night in the icebox.*

NOODLES AND DUMPLINGS / RECIPE 48

Drop Dumplings

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons beans
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the beans and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

NOODLES AND DUMPLINGS / RECIPE 49

Cheese Buttons

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons apple cider vinegar
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the apple cider vinegar and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

NOODLES AND DUMPLINGS / RECIPE 50

Butter Noodles

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons brown sugar
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the brown sugar and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

NOODLES AND DUMPLINGS / RECIPE 51

Beef and Noodles

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons flour
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the flour and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

Saloma Bender says

Make enough for tomorrow. Good food improves after a night in the icebox.

NOODLES AND DUMPLINGS / RECIPE 52

Cabbage Dumplings

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons butter
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the butter and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

NOODLES AND DUMPLINGS / RECIPE 53

Apple Dumplings

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons eggs
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the eggs and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

NOODLES AND DUMPLINGS / RECIPE 54

Noodle Soup Base

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons milk
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the milk and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

NOODLES AND DUMPLINGS / RECIPE 55

Fried Noodles with Onion

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons dry yeast
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the dry yeast and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

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PIES AND CAKES / RECIPE 56

Shoofly Pie

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons oats
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the oats and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

PIES AND CAKES / RECIPE 57

Apple Crumb Pie

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons canned tomatoes
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the canned tomatoes and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

PIES AND CAKES / RECIPE 58

Sour Cream Raisin Pie

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons beans
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the beans and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

PIES AND CAKES / RECIPE 59

Buttermilk Pie

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons apple cider vinegar
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the apple cider vinegar and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

Saloma Bender says*Make enough for tomorrow. Good food improves after a night in the icebox.*

PIES AND CAKES / RECIPE 60

Molasses Cookies

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons brown sugar
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the brown sugar and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

PIES AND CAKES / RECIPE 61

Applesauce Cake

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons flour
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the flour and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

PIES AND CAKES / RECIPE 62

Whoopie Pies

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons butter
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the butter and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

PIES AND CAKES / RECIPE 63

Cinnamon Coffee Cake

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons eggs
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the eggs and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

Saloma Bender says

Make enough for tomorrow. Good food improves after a night in the icebox.

PIES AND CAKES / RECIPE 64

Peach Custard

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons milk
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the milk and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

PIES AND CAKES / RECIPE 65

Oatmeal Pie

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons dry yeast
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the dry yeast and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

Saloma Bender says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

PIES AND CAKES / RECIPE 66

Chocolate Pudding Cake

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons oats
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the oats and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

EVERYDAY STAPLES / RECIPE 67

Chicken Broth

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons canned tomatoes
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the canned tomatoes and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

Saloma Bender says*Make enough for tomorrow. Good food improves after a night in the icebox.*

EVERYDAY STAPLES / RECIPE 68

Cream of Soup Base

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons beans
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the beans and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

EVERYDAY STAPLES / RECIPE 69

Pancake Mix

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons apple cider vinegar
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the apple cider vinegar and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

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EVERYDAY STAPLES / RECIPE 70

Biscuit Mix

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons brown sugar
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the brown sugar and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

EVERYDAY STAPLES / RECIPE 71

Brown Sugar Syrup

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons flour
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the flour and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

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EVERYDAY STAPLES / RECIPE 72

Vanilla Pudding Mix

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons butter
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the butter and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

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EVERYDAY STAPLES / RECIPE 73

Freezer Pie Crust

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons eggs
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the eggs and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

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EVERYDAY STAPLES / RECIPE 74

Homemade Butter

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons milk
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the milk and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*The first taste is information, not a verdict. Adjust and taste again.*

EVERYDAY STAPLES / RECIPE 75

Yogurt Cheese

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons dry yeast
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the dry yeast and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

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EVERYDAY STAPLES / RECIPE 76

Roasted Tomato Sauce

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons oats
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the oats and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

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EVERYDAY STAPLES / RECIPE 77

Herb Salt

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons canned tomatoes
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the canned tomatoes and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 78

Roast Chicken Dinner

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons beans
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the beans and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 79

Pot Roast with Carrots

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons apple cider vinegar
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the apple cider vinegar and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 80

Meatloaf and Mashed Potatoes

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons brown sugar
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the brown sugar and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

Saloma Bender says*Use what is on hand, but do not skip the thing that gives the dish its character.*

SUNDAY TABLE / RECIPE 81

Baked Ham

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons flour
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the flour and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 82

Turkey Dressing

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons butter
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the butter and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 83

Creamed Corn

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds turkey
- 2 tablespoons eggs
- 1 tablespoon cornmeal
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the turkey with the eggs and half the cornmeal. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cornmeal a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 84

Green Beans with Bacon

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beans
- 2 tablespoons milk
- 1 tablespoon cream
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beans with the milk and half the cream. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cream a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 85

Mashed Potatoes

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons dry yeast
- 1 tablespoon cinnamon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the dry yeast and half the cinnamon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining cinnamon a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 86

Carrot Salad

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds ham
- 2 tablespoons oats
- 1 tablespoon apples
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the ham with the oats and half the apples. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining apples a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 87

Cabbage Slaw

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds beef
- 2 tablespoons canned tomatoes
- 1 tablespoon onion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the beef with the canned tomatoes and half the onion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining onion a little at a time until the flavor feels finished.

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SUNDAY TABLE / RECIPE 88

Sunday Rice Pudding

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons beans
- 1 tablespoon parsley
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the beans and half the parsley. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining parsley a little at a time until the flavor feels finished.

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Master Notes and Make Ahead Plans

Cook one useful thing ahead: a sauce, a pot of beans, a loaf of bread, or a pan of roasted vegetables. The next meal starts easier when yesterday's kitchen left you something good.

“If you have two good hands, you can make it yourself.”

A Week of Good Suppers

Choose one recipe from the first four chapters, one vegetable or side, and one make-ahead item. Repeat ingredients across the week so the shopping stays sensible and the cooking gets easier.

“If you have two good hands, you can make it yourself.”

Seasonal Cooking Notes

Cook close to the season when you can. Freshness makes a simple recipe generous, and preserving or freezing a little extra keeps that flavor around longer.

“If you have two good hands, you can make it yourself.”

Kitchen Measures and Thank You

One cup is 240 ml. One tablespoon is 15 ml. One teaspoon is 5 ml. Most importantly, use the measure that matters after all the others: taste. Thank you for bringing this kitchen to your table.

“If you have two good hands, you can make it yourself.”