

## Jo Ann's Recipes from Honduras (in no particular order)

### Jo Ann's Bread Recipe

1. In a very large container with a loose fitting lid, place:

12 cups flour

3 Tablespoons yeast

2.5 Tablespoons salt (better to use sea or kosher salt)

6 cups water

2. Mix ingredients together. The dough should be fairly wet but not too wet, it's not as dry as normal bread dough. You should be able to mix it easily with a large spoon. If it's too dry, add a little water. Add flour if it seems too wet.

3. Let the dough sit out for at least three hours. It will rise a lot. After 3 hours (or as long as you like) stir it down and put it in the refrigerator until you want to use it. Don't try to use it right away. It needs at least 4 hours in the fridge, better overnight.

#### TO USE:

1. On a smooth wooden cutting board or pizza paddle, put a handful of cornmeal.

2. Grab a large handful of dough and pull the outside down from the top to the bottom (they call this cloaking the bread--you are basically pulling the outside over the inside from the top. Makes it a little smoother but don't worry about it, it's not a big deal. ) Put the round blob of dough on the cutting board. Let it sit for 20 minutes.

3. After 20 minutes, place a small metal pan in the bottom of your oven and a pizza stone or cookie sheet on the top shelf. Turn the oven on to 425 degrees. Wait 20 more minutes.

4. Take your dough and loosen it in case it's stuck to your cutting board, then quickly slide it (shaking helps) on to the cookie sheet or pizza stone. This can be a little tricky if your dough is too wet. Kurt has dumped it upside down in desperation and the bread has turned out fine.

5. Quickly pour 1 cup water into the metal pan. It will hiss and steam. Quickly shut the door.

6. Bake for 20-25 minutes or until golden brown on top. Remove from

oven and let cool on a rack.

7. Tastes better if you let it cool before eating.

If it doesn't turn out like you remember the first time, try again. You will get it, I promise. And once you do, it's really easy!

## Corn Bread

Mix together:

1 cup cornmeal

1 cup flour

4 tsp. baking powder

½ tsp. salt

2 Tbsp. brown sugar

½ cup dry milk powder (optional)

Make a well in the middle and add:

2 beaten eggs

1 cup milk

¼ cup oil or melted margarine

Stir just until smooth (that's important to mix it a lot and just use a spoon). Pour in square pan or double the recipe for a 9x13. Bake at 400 for 25 minutes and make sure your oven is all the way hot before you put it in.

## Chicken Chili

Heat 3 Tbsp. of oil.

Saute the following for 5 minutes:

1 ½ cups onion

1 cup green pepper

1 jalapeno

3 cloves garlic

Add and cook two more minutes:

2 Tbsp. chili powder

2 tsp. cumin

½ tsp. oregano

Add:

4 cups raw chopped chicken

1 cup water

½ tsp. red pepper  
12 oz. bottle chili sauce (I never have that so I add some sweet pickle juice but you could use a little vinegar and sugar too)  
¼ tsp. black pepper  
1 Tbsp. worchestershire sauce  
1 Tbsp. Dijon mustard  
14 oz. can chopped tomatoes  
1 can chicken broth (or a couple boullion cubes in water)

Simmer 20 minutes, then add:  
1 16 oz. can Northern white beans  
Heat 5 more minutes and serve.

## **Lemon Cake**

Combine in small bowl:  
2 cups flour  
2 ½ tsp. baking powder  
¾ tsp. salt

In another bowl beat till fluffy:  
2/3 cup margarine  
Add and beat:  
1 1/2 cups sugar  
1 Tbsp. grated orange peel  
1 ½ tsp. grated lemon peel  
Add 3 eggs one at a time, beating after each one  
Take turns adding:  
2/3 cup milk  
2 Tbsp. lemon juice  
and the dry ingredients you have in the other bowl (until everything is gone)  
Bake at 350 for 30 minutes.

## **Lemon Filling**

Combine ¾ cup sugar, 2 Tbsp. cornstarch and a dash salt. Stir in ¾ cup cold water. Add two beaten egg yolks,  
1 Tbsp. grated lemon peel and 3 Tbsp. lemon juice. Cook and stir until bubbly. Cook 1 more minute.

If you make two round layers you put the lemon in between and powdered sugar frosting with lemon on top. If it's a 9X13 I just put the lemon filling on top and spoon some frosting over it. A little messy but it works.

## **Oatmeal Cake**

Combine and let stand for 20 minutes: 1 cup quick oatmeal and 1 ¼ cup boiling water.

Cream together until fluffy:

½ cup margarine or butter

1 cup brown sugar

1 cup white sugar

2 eggs

1 tsp. vanilla

Add oatmeal mixture and beat well.

Sift together:

1 ½ cups flour

1 tsp. soda

1 tsp. baking powder

½ tsp. salt

1 tsp. cinnamon

Add to creamed mixture and beat well. Bake at 350 for 35 minutes

When it's done, carefully spread the following topping on and broil (watch it the whole time because it always burns the second you take your eyes off it)

Coconut Topping:

½ cup brown sugar

¼ cup margarine

¼ cup milk

½ cup chopped nuts

1 cup coconut

Mix all together and spread on hot cake

Broil 2-4 minutes

## **Carrot Cake**

Mix together:

2 cups sugar

2 cups flour  
1 tsp. soda  
1 tsp. Baking Powder  
1 tsp. cinnamon  
1 tsp. salt  
Add and beat 2 minutes:  
1 cup oil  
4 eggs  
3 cups grated carrots  
Bake at 325 for 50-60 minutes.

## **Cream Cheese Frosting**

1 3 oz package cream cheese  
1/4 cup butter or margarine  
1 tsp. vanilla  
3 cups powdered sugar

## **Chicken Enchiladas**

1 cup chopped onion  
1/2 cup green pepper  
2 Tbsp. butter or margarine  
2 cups cooked chicken  
1 4 oz. can green chilli peppers  
3 Tbsp. butter  
1/4 cup flour  
1 tsp coriander  
3/4 tsp. salt  
2 1/2 cups chicken broth  
1 cup sour cream  
1 1/2 cups Monterey Jack cheese  
12 6 inch tortillas

In a large sauce pan cook onions and green pepper in the 2 Tbsp. butter till tender. Combine onion mixture in a bowl with chopped chicken and green chilli peppers. Set aside.

For sauce, in the same saucepan melt 3 Tbsp. butter. Stir in flour, coriander and salt. Stir in chicken broth all at once. Cook and stir till thickened and bubbly. Cook and stir 1 to 2 minutes more. (There. You just made white sauce and you can use it for all

kinds of things whenever recipe calls for a can of nasty cream of something soup. Just vary the spices). Anyway, Remove from heat, stir in sour cream and ½ cup of the cheese. Stir ½ cup of the sauce into the chicken mixture. Dip each tortilla into remaining sauce to soften. Fill each with out ¼ cup of the chicken mixture. Roll up. Arrange rolls in a 9X13 pan. Pour remaining sauce over. Sprinkle with remaining cheese. Bake uncovered in a 350 oven for 25 minutes or till bubbly. Serves 6.

## **Cold Broccoli Salad**

Take a two or three bunches of broccoli, chop half a good sized onion, some raisins and some fried bacon (optional), and put it in a bowl. In another bowl mix 1/3 cup oil, 1/3 cup vinegar, 2 Tbsp. sugar, 1 tsp. celery seed, 1 tsp. paprika, 1 tsp. salt. Pour it over top and let it marinate for a few hours or so. Oh, and sunflower seeds are really good sprinkled on just before you serve it.

## **Pesto**

3-4 cups basil leaves  
2 cloves garlic  
little salt and pepper  
½ cup olive oil (or part lemon juice)  
½ cup parmesan cheese  
½ cup walnuts

Grind basil, parmesan, walnuts and garlic in food processor till well ground, then add oil slowly. Store in refrigerator up to two months.

## **Vegetable Lasagna**

Substitute roasted vegetables for meat in whatever recipe for lasagne (try the box). Use eggplant, sweet potatoes, zucchini, carrots, artichokes, squash.

## **Chunky Granola**

Bake in oven 6 cups of oatmeal.  
Stir in:  
½ cup sunflower seeds or nuts  
½ cup coconut  
½ cup wheat germ  
½ cup powdered milk

Mix:

2/3 cup honey

2/3 cup vegetable oil

1 tsp. vanilla

Stir until thoroughly coated. Bake 20-25 minutes, stirring every 3-5 minutes until uniformly golden. Do not overbake. Press down to make it chunky.

### **Groundnut Stew**

2 onions

10 small tomatoes, chopped

2 bunches kale, shredded

5 cups veggie stock

Chili powder to taste

1 cup peanut butter (you can add as much as you like)

Saute two onions until they're nice and soft (do that over fairly low heat so they don't brown), then add chopped tomatoes and cook for 5 minutes more. Add 5 cups vegetable stock or water. Add kale and peanut butter. Add chili powder and salt to taste. Cook 15 minutes or so until it tastes done. Serve with rice.

### **Tahini Soup**

2 Tbsp. olive oil

4 cloves garlic, minced

1 onion finely chopped

2 tsp. cumin

2 tsp. ground coriander

5 cups veggie stock

12 ounces potatoes

15 oz. can garbanzos (chick peas)

1 Tbsp. cornstarch

2/3 cup heavy cream

6 Tbsp. tahini (ground sesame paste)

7 oz. spinach, shredded

Salt, pepper, chili powder

Heat olive oil in large, heavy pan. Add garlic and onion and cook over medium heat, stirring occasionally, for 5 minutes until soft. Stir in the cumin and coriander and cook for 1 more minute, then add stock. Add the potatoes. Bring to a boil, lower heat and simmer 10 minutes. Add chickpeas (drained) and simmer 5 minutes more. Mix

cornstarch, cream and tahini in a bowl. Stir in more seasonings and the spinach. Bring to a boil, stirring constantly, then simmer for 2 minutes. Sprinkle with cayenne pepper and serve.

### **Spicy Peanut Soup**

2 Tbsp. vegetable oil  
1 large onion, finely chopped  
2 cloves garlic, crushed  
1 tsp. chili powder  
2 red bell peppers, chopped  
8 oz. potatoes, finely chopped  
8 oz. carrots, finely chopped  
3 ribs celery, finely chopped  
4 cups veggie stock  
2/3 cup fresh corn kernels (scrape them off the cob)  
Chopped peanuts for garnish

Saute onion and garlic until soft. Stir in chili powder and cook one more minute. Add peppers, carrots, potatoes and celery; cook 4 minutes. Add stock, peanut butter, and corn, season to taste and cook 20 minutes until veggies are tender.

### **Oatmeal Bars**

4.5 cups oatmeal  
1 cup butter or margarine  
1 cup brown sugar  
1/2 cup white sugar

Mix this together well and pat into 9 x 13 pan. Bake at 350 for 20 minutes or until just beginning to brown around edges. Melt one cup chocolate chips, mix with one cup peanut butter, and top the bars.