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Frozen lunches

Frozen lunches

Goulash

Ingredients

1 tbsp olive oil

1 cup onion, diced

1 green bell pepper, diced

2 lbs. ground beef, lean

3 tsp garlic, minced

2 15 oz cans tomato sauce

2 15 oz cans petite diced tomatoes

3 cups beef broth

3 tbsp Worcestershire Sauce

2 tsp seasoned salt

2 tbsp Italian Seasoning

3 bay leaves

2 cups macaroni noodles, uncooked

1 cup cheddar cheese, shredded

Instructions

1 Add olive oil to large pot over medium-high heat. Add in the onion, bell pepper and ground beef then cook until beef is no longer pink. Drain any excess fat and return pot to stove top. Add in garlic and stir until fragrant (about 30 seconds).

2 Pour in the tomato sauce, diced tomatoes, beef broth, Worcestershire sauce, seasoned salt, Italian seasoning, bay leaves and dried macaroni noodles. Stir and bring mixture to a boil. Reduce heat to a light boil and stir occasionally until the pasta is tender, about 20 minutes.

3 Remove the bay leaves and stir in the cheddar cheese just before serving. Enjoy

Breakfast burritos

High Protein Cheesy Egg & Beef Breakfast Rolls□□
Easy 36g Protein Meal Prep □□□□

(Macros Per Roll - 12 Total)
318 Calories
5.5gC | 12gF | 36gP

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with over 200 easy & delicious recipes □□□□□□

Ingredients:

1.1KG Extra Lean Beef Mince

Seasoning:

1 Tsp Salt,

1/2 Tsp Cumin,

1 Tsp Chilli Powder,

1 Tsp Black Pepper,

2 Tsp Smoked Paprika,

1 Tsp Onion Powder,

1 Tsp Garlic Powder,

1.5 Tsp Oregano
(can be substituted for 1 Packet Low Sodium Taco Seasoning Mix)400g Salsa
60g Light Cream Cheese (Philadelphia Lightest)
25g Light Butter (Nuttelex Light)
8 Eggs & 300g Egg Whites
Seasoned With Salt (can be

substituted for 12 regular eggs)
180g Light Grated Cheddar Cheese (Dairworks Natural Cheddar Cheese)
12 Small/Medium Tortillas (Missions Carb Balanced Tortillas)

https://www.instagram.com/p/DB3YCePSq4E/

Frozen lunches

Barbacoa

Ingredients

- ☐ 3 lb Beef brisket or chuck roast (trimmed and cut into 2 inch chunks)
- ☐ 1/2 cup Beef broth (or chicken broth)
- ☐ 2 medium Chipotle chiles in adobo (including the sauce, about 4 tsp)
- ☐ 5 cloves Garlic (minced or coarsely chopped)
- ☐ 2 tbsp Apple cider vinegar
- ☐ 2 tbsp Lime juice
- ☐ 1 tbsp Dried oregano
- ☐ 2 tsp Cumin
- ☐ 2 tsp Sea salt
- ☐ 1 tsp Black pepper
- ☐ 1/2 tsp Ground cloves (optional)
- ☐ 2 whole Bay leaf

Instructions

1. Combine the broth, chipotle chiles in adobo sauce, garlic, apple cider vinegar, lime juice, dried oregano, cumin, sea salt, black pepper, and ground cloves in a blender (everything except the beef and bay leaves). Puree until smooth.
2. Place the beef chunks in the slow cooker. Pour the pureed mixture from the blender on top. Add the (whole) bay leaves.
3. Cook for 4-6 hours on high or 8-10 hours on low, until the beef is fall-apart tender.
4. Remove the bay leaves. Shred the meat using two forks and stir into the juices. Cover and rest for 5-10 minutes to allow the beef to absorb even more flavor. Use a slotted spoon to

serve.

From: https://www.wholesomeyum.com/recipes/copycat-chipotle-barbacoa-slow-cooker-low-carb-paleo/

Dinners

Dinners

Brisket

Ingredients

- [ ] 1 first-cut brisket about 5 pounds

For the Rub

- [ ] 2 tablespoons brown sugar
- [ ] 2 tablespoons paprika smoked if possible
- [ ] 2 teaspoons dry mustard
- [ ] 2 teaspoons garlic powder
- [ ] 2 teaspoons onion powder
- [ ] 2 teaspoons salt
- [ ] ½ teaspoon cumin
- [ ] ½ teaspoon dried basil
- [ ] ½ teaspoon dried thyme
- [ ] ¼ teaspoon cayenne pepper

For the Sauce

- [ ] 1 tablespoon vegetable or canola oil
- [ ] 1 cup chopped onion
- [ ] ¼ cup chopped celery
- [ ] ¼ cup chopped green bell pepper
- [ ] 2 tablespoons minced garlic
- [ ] ⅛ teaspoon cayenne pepper or to taste
- [ ] 3 tablespoons white wine vinegar
- [ ] 3 tablespoons Worcestershire sauce
- [ ] ½ cup ketchup

- [ ] 3 cups beef broth
- [ ] 2 bay leaves

Instructions

1) If the brisket has a thick layer of fat, trim it down to ¼-inch. Mix together rub ingredients. Rub all over brisket, wrap it in plastic wrap or place in in a sealable container and refrigerate overnight, or for at least 8 hours.

2) Preheat the oven to 300°F. Place the brisket in a roasting pan and cover the baking pan with a lid, or seal it well with foil. Bake for 3 hours.
Meanwhile, heat the oil in a small pot over medium heat. Add the onion, celery, bell pepper and garlic and sauté for 3 minutes until the vegetables start to soften. Add the cayenne, vinegar, ketchup, Worcestershire sauce, vinegar, broth and bay leaves. Bring to a simmer and simmer for 10 minutes until it reduces slightly. Remove from the heat.

3) Take the brisket from the oven, turn it over, and pour the half of the sauce into the pan over the brisket, recover the pan (if using foil, cover the pan tightly, using towels to protect your hands from the hot pan). Reserve the rest of the sauce in the pot. Continue cooking in the oven for another 2 hours or so, or until the meat is just about fork tender. Remove the foil and continue baking for another 30 minutes until the outside of the brisket has browned up and gotten a bit crusty.

4) Remove from the oven, take the brisket out of the pan, and let it sit on a cutting board tented with foil (with a little moat to catch the juices!) for 20 minutes before slicing across the grain. If there is any sauce left in the pan, skim off the fat and add it to the remaining sauce in the pot, and heat it again before serving the brisket with the additional sauce for people to drizzle over their meat if they like. If you want a smother sauce you can strain out the solids, or puree it with a blender.

Dinners

Ribs

https://cookinginthemidwest.com/blog/smoked-baby-back-ribs/

Prep Time: 15 minutes minutes
Cook Time: 5 hours hours
Course: Dinner
Cuisine: American
Keyword: Baby Back Ribs, Smoked Ribs, Smoker Recipe
Servings: 4
Equipment

- 1 Smoker

Ingredients

- Baby Back Ribs
- Yellow Mustard
- BBQ Rub - I'm using Strawberry's
- BBQ Sauce - I'm using Sweet Baby Ray's BBQ Sauce
- 1 12 oz can Cherry Coke or Root beer
- Pats of Butter
- Brown sugar
- Honey

Instructions

Remove the membrane from the ribs and cover the ribs in yellow mustard. Season with a BBQ Rub. Add the mustard and bbq rub to both sides of the ribs.

Cook on a smoker at 250 degrees uncovered for 3 hours. After they've been smoking for 1 hour start spraying them with cherry coke in a spray bottle about every 30 minutes for the remaining 2 hours.

Lay out a large sheet of aluminum foil. Add a few pats of butter, a sprinkle of brown sugar, a drizzle of honey, and more BBQ Rub to the foil. Add ribs to the foil meat side down, wrap them up tightly in the foil, and put back on the smoker for 1 more hour meat side down.

Take ribs out of the foil, brush on BBQ sauce, and put them back on the smoker (without the foil) for about 30 minutes to an hour.

Cut ribs and serve! Enjoy!
These baby back ribs cooked for a total of about 4 1/2 - 5 hours.

BBQ rub recipe

- 1/2 cup brown sugar
- 1/2 cup paprika
- 1 tablespoon chili powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon salt
- 1 tablespoon ground black pepper
- 1 teaspoon cayenne pepper (Optional)

Dinners

Scalloped potatoes

- 3 tablespoons unsalted butter, plus more for the pan
- ¼ cup all-purpose flour
- 2 cups whole milk
- 1 cup vegetable broth
- 4 garlic cloves, grated
- 1 tablespoon fresh thyme leaves, chopped
- 2 teaspoons sea salt
- ½ teaspoon freshly ground black pepper
- 3 pounds Yukon Gold potatoes, sliced ⅛-inch thick
- ½ medium yellow onion, thinly sliced
- 1½ cups grated cheddar cheese

Instructions

1. Preheat the oven to 400°F and grease a 9x13-inch baking dish.
2. In a medium skillet, melt the butter over medium heat. Add the flour and whisk for 1 minute, then slowly add the milk followed by the vegetable broth, whisking continuously. Add the garlic, thyme, salt, and pepper and cook, whisking often, for 2 to 3 minutes, or until the sauce lightly coats the back of a spoon. Remove from the heat.
3. Layer half of the potatoes at the bottom of the prepared baking dish. Top with half the onion, then half the sauce and 1 cup of the cheese. Repeat the layers with the remaining potatoes, onion, sauce, and ½ cup cheese.
4. Cover and bake for 30 minutes, then uncover and bake for 35 to 40 minutes, or until the potatoes are tender and the cheese on top is browned. Let stand at room temperature for 20 minutes before serving.

Recipe from: https://www.loveandlemons.com/scalloped-potatoes/

Dinners

Chow Mein

Recipe found here: https://www.recipetineats.com/chicken-chow-mein/

Recipe video above. A great Chow Mein that truly rivals Chinese restaurants comes down to the sauce! Make this with your protein of choice (Note 1). Have all the ingredients ready to go before you start cooking because it's done in 5 minutes!
Prep Time10 minutes mins
Cook Time5 minutes mins
Total Time15 minutes mins
Course: Noodles
Cuisine: Chinese
Keyword: chicken chow mein, chinese noodles, Chow Mein, Thai stir fried noodles
Servings: 2 -3
Calories: 554cal
Author: Nagi | RecipeTin Eats
Ingredients

- 200g /6 oz chicken breast or thigh fillets , thinly sliced (Note 1 tenderise option)
- 4 cups green cabbage , finely shredded (Note 3)
- 1 1/2 tbsp peanut oil (or other cooking oil)
- 2 cloves garlic , finely chopped
- 200g /6 oz chow mein noodles (Note 2)
- 1 carrot , julienned
- 1 1/2 cups bean sprouts
- 3 green onions , cut into 5cm/2" pieces
- 1/4 cup (65 ml) water

Chow Mein Sauce:

- 2 tsp cornflour / cornstarch
- 1 1/2 tbsp soy sauce , all purpose or light (Note 4)
- 1 1/2 tbsp oyster sauce (sub Hoisin)
- 1 1/2 tbsp Chinese cooking wine OR Mirin (Note 5)
- 2 tsp sugar (reduce to 1 tsp if using Mirin)
- 1/2 tsp sesame oil
- White pepper (sub black)

Instructions
Sauce:

Mix together cornflour and soy sauce, then mix in remaining ingredients.
Alternative: Use 1/3 cup Chinese All Purpose Stir Fry Sauce, if you have some in stock.

Chicken & Noodles

Marinate Chicken: Pour 1 tbsp of Sauce over the chicken, mix to coat, set aside to marinate for 10 minutes.
Noodles: Prepare the noodles according to the packet instructions (my pack says soak in boiled water for 1 minute), then drain.

Cooking:

Heat oil in wok or large fry pan over high heat.
Add garlic and stir fry for 10 seconds or until it starts to turn golden - don't let it burn!
Add chicken and stir fry until the surface gets a tinge of browning but inside is still raw - about 1 minute.
Add the cabbage, carrot, and the white pieces of shallots (i.e. from the base of the stalk). Stir fry for 1 1/2 minutes until the cabbage is mostly wilted.
Add the noodles, Sauce and water*. Stir fry for 1 minute, tossing constantly.
Add bean sprouts and remaining shallots/scallions. Toss through for 30 seconds or until the bean sprouts just start to wilt.
Remove from heat and serve immediately.

Notes
1. Chicken - I prefer making this with thigh because it's juicier, but it can be made with breast or tenderloin. If using breast, option to tenderise using the Chinese method so it's super tender and juicy like you get at Chinese restaurants - see How to tenderise chicken the Chinese way (Velveting)
Can also Velvet Beef.
Other proteins: Sub with sliced pork, beef or turkey, whole prawns/shrimp or even ground meat (still marinate, crumble into chunks and cook like that).
2. Chow Mein noodles are sold at Asian grocery stores and also at Woolworths in Australia (Fantastic noodles brand, fridge section). See in post for photos and description.
3. Cabbage - I use any type of green cabbage, Chinese cabbage or savoy etc. I even use purple cabbage! Once cooked, you can barely tell the difference in flavour / texture.
4. Soy Sauce - This recipe requires ordinary all purpose soy sauce OR light soy sauce. All purpose soy sauces just say "soy sauce" on the label, Light Soy Sauce is labelled as such. I use Kikkoman. Do not use dark or sweet soy sauce. Tamari is a suitable gluten free substitute.
5. Chinese cooking wine - aka Shaosing / Shaoxing wine. Essential for Chinese cooking, it's the key to making home cooking truly taste like restaurants. Now sold at supermarkets in Australia - Asian aisle!
Substitutes: Mirin (reduce the sugar to 1 tsp) or dry sherry. If you really can't use alcohol, use chicken stock/broth in the sauce instead of the Chinese cooking wine AND replace the water with

chicken broth.
6. GENERAL TIPS:

Garlic - don't use mincer/garlic press or jarred garlic, they burn too quickly. Finely chop it.
Skillet is fine, just use a big one so the noodles don't go flying when you toss.

7. NUTRITION is for 2 servings which are BIG servings. I actually think this recipe is more like 3 servings - but I say 2 servings just to be safe!
Nutrition
Serving: 428g | Calories: 554cal | Carbohydrates: 46.5g | Protein: 28g | Fat: 31.2g | Saturated Fat: 5.2g | Polyunsaturated Fat: 26g | Cholesterol: 76mg | Sodium: 1089mg | Fiber: 5.4g | Sugar: 9.2g

Another great recipe by recipetineats.com

Dinners

Smoked chicken

https://www.hungryhuy.com/smoked-chicken-thighs/

Ingredients

Chicken thighs

1 ½ lbs chicken thighs bone-in and skin-on
olive oil

Dry rub

- [ ] 1 tbsp dark brown sugar
- [ ] 1 tbsp garlic powder
- [ ] 1 tbsp onion powder
- [ ] 1 tsp fresh oregano minced
- [ ] 1 tsp ground mustard powder
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp cayenne powder
- [ ] 1 ½ tsp kosher salt
- [ ] ½ tsp ground black pepper

Equipment Used

- [ ] smoker
- [ ] pellets or wood chips
- [ ] paper towel
- [ ] tongs
- [ ]

instant read thermometer

- [ ] small mixing bowl
- [ ] spoon or small whisk
- [ ] plate
- [ ] measuring cups and spoons

Instructions

1. Use paper towels to dry off the chicken thighs and, place them on a plate or sheet pan, set aside.
2. In a bowl, combine all the dry rub ingredients until blended together.
3. Use a spoon to peel the center of the skin and meat to make a pocket. Place a teaspoon of the dry rub into this pocket and spread it thoroughly.
4. Thoroughly coat the chicken thighs with the dry rub, including in between the skin and meat.
5. Place the chicken thighs on the plate and refrigerate for at least four hours (and no more than 12 hours) uncovered. Remove them from the fridge and place them on the counter to come to room temperature for at least 30 minutes up to an hour before smoking.
6. Preheat the smoker for ~5 minutes or according to your manufacturer's suggestion. My Traeger needs about 5 minutes with the lid on. Afterwards, crank the temp knob to 225 °F.
7. Drizzle the chicken with olive oil lightly to coat the skin.
8. Smoke the chicken directly over the grates until it measures 160 °F at the thickest part near the bone with an instant-read thermometer.
9. Raise the temperature to 400 °F and continue to cook for an additional 10-15 minutes, or until the internal temperature measures 175 °F and the skin is crispy.
10. Remove from the smoker and let it rest for 10 minutes before serving.

Nutrition Facts

Calories: 537.6kcal | Carbohydrates: 9.69g | Protein: 37.92g | Fat: 38.14g | Saturated Fat: 10.22g | Polyunsaturated Fat: 7.99g | Monounsaturated Fat: 15.81g | Trans Fat: 0.19g | Cholesterol: 222.26 mg | Sodium: 1342.67mg | Potassium: 564.95mg | Fiber: 1.36g | Sugar: 4.28g | Vitamin A: 657.33IU | Vitamin C: 0.9mg | Calcium: 49.17mg | Iron: 2.31mg

Dinners

Scalloped potatoes 2

3 tablespoons butter

1 small white or yellow onion, peeled and thinly sliced

4 large garlic cloves, minced

1/4 cup all-purpose flour

1 cup chicken stock or vegetable stock

2 cups whole milk (or half and half)

1 1/2 teaspoons Kosher salt

1/2 teaspoon black pepper

2 teaspoons fresh thyme leaves, divided

4 pounds Yukon Gold Potatoes, sliced into 1/8-inch rounds

2 cups freshly-grated sharp cheddar cheese*, divided (feel free to add more cheese if you'd like)

1/2 cup freshly-grated Parmesan cheese, plus extra for serving

Instructions

Prep oven and baking dish: Heat oven to 400°F. Grease a 9 x 13-inch baking dish with cooking spray, and set it aside.

Sauté the onion and garlic: Melt butter in a large sauté pan over medium-high heat. Add onion, and sauté for 4-5 minutes until soft and translucent. Add garlic and sauté for an additional 1-2 minutes until fragrant. Stir in the flour until it is evenly combined, and cook for 1 more minute.

Simmer the sauce: Gradually pour in the stock, and whisk until combined. Add in the milk, salt, pepper, and 1 teaspoon thyme, and whisk until combined. Continue cooking for an additional 1-2 minutes until the sauce just barely begins to simmer around the edges of the pan and thickens. (Avoid letting it reach a boil.) Then remove from heat and set aside.

Layer the potatoes: Spread half of the sliced potatoes in an even layer on the bottom of the pan. Top evenly with half of the cream sauce. (I usually strain out all of the onions and add them here too.) Then sprinkle evenly with 1 cup of the shredded cheddar cheese, and all of the Parmesan cheese. Top evenly with the remaining sliced potatoes, the other half of the cream sauce, and the remaining 1 cup of cheddar cheese.

Bake: Cover the pan with aluminum foil and bake for 30 minutes. The sauce should be nice and bubbly around the edges. Then remove the foil and bake uncovered for 25-30 minutes, or until the potatoes are cooked through.

Cool: Transfer the pan to a cooling rack, and sprinkle with the remaining teaspoon of thyme and extra Parmesan.

Serve: Serve warm.

https://www.gimmesomeoven.com/scalloped-potatoes-recipe/

Dinners

Pork

Garlic Butter Pork Tenderloin Recipe
Perfectly cooked in a garlicky butter sauce, this garlic butter pork tenderloin recipe is going to have you reaching for seconds. Simple enough for a quick weeknight dinner but looks fancy enough for a holiday dinner.
Course dinner, Main Course
Cuisine American
Keyword garlic butter pork, Pork Tenderloin, pork tenderloin recipe
Prep Time 5 minutes minutes
Cook Time 25 minutes minutes
0 minutes minutes
Total Time 30 minutes minutes
Servings 8 people
Calories 303kcal
Author Olivia Ribas

Ingredients

- 2 pounds pork tenderloin
- Salt and pepper to taste
- ¼ cup unsalted butter softened
- 1 tablespoon chopped fresh parsley plus additional for topping
- 1 tablespoon fresh thyme remove leaves from the stem
- 2 cloves garlic minced
- ½ teaspoon onion powder
- 1 tbsp olive oil

Instructions

- Preheat oven to 425 degrees.

- Pat pork dry with paper towels.
- Season all sides of the tenderloin with salt and black pepper. Set aside

In a small bowl add butter, parsley, thyme, garlic and onion powder. Mix well to combine all the ingredients together. Set aside.

In a cast iron skillet, heat 1 tablespoon of olive oil over medium heat.

Add the pork to the skillet and sear for 2-3 minutes each side. This part is important to give the pork a brown crust.

Remove skillet from the heat. Using a fork or spoon, spread the garlic butter mixture over the top of the pork.

Transfer skillet to the oven and bake for 20-25 minutes or until the pork reaches an internal temperature of 145 degrees.
Remove from oven and let rest for 5 minutes.
Slice pork into 1-inch thick slices and serve.

https://www.primaverakitchen.com/garlic-butter-pork-tenderloin/

Dinners

Short rib

https://tastesbetterfromscratch.com/braised-short-ribs/

Dinners

Chicken Pizza

https://www.instagram.com/reel/DHB0t-EyR4F/?igsh=MWZzaDR1cTFqcm1law==

Desserts

Desserts

Oreo Chocolate chip cookies

Ingredients

- ▢ 2 ¾ cups all purpose flour
- ▢ 1 tsp baking soda
- ▢ ½ tsp salt
- ▢ 2 cups chopped oreos, divided (about 15 cookies), Not oreo crumbs but crushed oreo pieces. Place the oreos in a ziploc bag and use a rolling pin to crush them – then measure out 2 cups.
- ▢ 1 cup semi-sweet chocolate chips, divided
- ▢ 1 cup unsalted butter, room temperature, 2 sticks
- ▢ ¾ cup packed brown sugar
- ▢ ¾ cup granulated sugar
- ▢ 2 large eggs
- ▢ 1 tsp vanilla extract

Instructions

1 Preheat the oven to 350º F.

2 In a medium sized mixing bowl, combine the flour, baking soda, salt, 1 & 1/4 cups oreos, and 1/2 cup chocolate chips. If you do not want to press oreos or chocolate chips on the outside of each dough ball before baking, add all of the oreos and chocolate chips now. Set aside.

3 In a large mixing bowl, beat the butter, brown sugar and granulated sugar with an electric mixer until blended, about 1 minute. Add the in eggs and vanilla, beat again until mixed.

4 Gradually add in the flour mixture, mixing on low or with a spatula just until combined.

5 Line a baking sheet with a silicone baking mat or parchment paper. Use a cookie scoop to form dough balls. Press the remaining oreos and chocolate chips onto the outsides of the dough balls. Place 6-8 cookies on a tray, about 3 inches apart. Bake for 10-12 minutes, or until the edges are light brown and the center is puffy. I like to slightly under bake these cookies so when they cool, they are soft and chewy! Allow the cookies to cool for 15 minutes before removing them from the baking sheet. Store in an air tight container.

Desserts

Brownies

BEST Ever Super Chewy Gooey Brownies

4.96 from 106 votes

Easy one bowl BEST Ever Super Chewy Gooey Brownies | lecremedelacrumb.com

These are hands down, the BEST Ever Super Chewy Gooey Brownies made in one bowl for an easy cleanup recipe that will become your go-to cocoa powder brownies. These babies are every bit as rich and tasty, chewy and chocolatey as they look!

Prep Time: 15 minutes minutes
Cook Time: 35 minutes minutes
0 minutes minutes
Total Time: 50 minutes minutes

Servings:12 brownies

Ingredients

- 1 cup (two sticks) butter, softened (if using unsalted, increase salt to 1 teaspoon)
- 1 cup semi-sweet chocolate chips
- ½ cup milk chocolate chips
- 1 ¼ cups sugar
- 1 cup brown sugar
- 1 tablespoon vanilla extract
- 3 large eggs
- 1 ¼ cups flour
- ½ teaspoon salt
- ½ cup unsweetened cocoa powder
- ice cream and hot fudge sauce for serving, optional

Instructions

1. Preheat oven to 350 degrees and line a 9x9 inch pan with nonstick foil or parchment paper. In a large microwave safe bowl, microwave semi-sweet chocolate chips for 1 1/2-2 minutes, allow to rest for a couple of minutes before stirring until smooth.
2. Add butter, sugars, vanilla, and eggs and mix well. Whisk in flour, salt, and cocoa powder until incorporated. Stir in milk chocolate chips.
3. Transfer batter to prepared pan and bake for 35-40 minutes. *For chewier brownies, cook a little longer, closer to 40-42 minutes. For fudgier, gooey brownies, a little less cooking time, closer to 35.
4. Serve immediately with ice cream and hot fudge sauce, or allow to cool completely (best for ultra chewy brownies) before cutting into squares and serving. If you like the chewier texture but still want to serve them warm with ice cream, you can pop them in the microwave individually for about 20 seconds to heat them up.

Notes

Flavor tip: Stir in 1 cup mini marshmallows just before baking.

Nutrition

Calories: 448 kcal, Carbohydrates: 59 g, Protein: 5 g, Fat: 23 g, Saturated Fat: 7 g, Trans Fat: 1 g, Cholesterol: 42 mg, Sodium: 299 mg, Potassium: 203 mg, Fiber: 3 g, Sugar: 44 g, Vitamin A: 744 IU , Vitamin C: 1 mg, Calcium: 43 mg, Iron: 2 mg

Recipe from: https://www.lecremedelacrumb.com/wprm_print/best-ever-super-chewy-gooey-brownies

Desserts

Grandma Cornwall’s Fluffy Pumpkin Pie

Grandma Cornwall’s Fluffy Pumpkin Pie
Mix together
3 ½ cups pumpkin
1 tsp salt
1 cup @ of Lt brown & white sugar
3 Tbl @ of molasses & rum
3 tsp @ of cinnamon, ginger
¼ tsp @ of nutmeg & cloves
4 egg yolks (5 egg whts)
1 cup heavy cream
¾ cup milk or more.

Beat 5 eggs whites till foamy
Add pinch of salt & beat till soft peaks.
Sprinkle 2 Tbl sugar
Beat until stiff shining peak
Beat ¼ of egg whites into pumpkin mix.
Fold in the rest of egg whites. Pour into crusts.
Bake at 450 for 15 minutes
Reduce to 375 for 15 minutes
Reduce to 350 for 15 minutes
Or until filling is done

Cornwall Pie Crust (Makes 5 Crusts)

4 c flour

13¼ cup Crisco

1 Tbl sugar

2 tsp salt

1 Tbl vinegar

1 egg

11/½ cup cold water

Sift dry ingred, mix liquids

Combine & chill for 15 minutes

Makes 21½ cursts

Pie crust

Description

This recipe is enough for a double crust pie. If you only need 1 crust for your pie, freeze the other half per the Freezing Instructions below. Is your pie dough tearing, cracking, or crumbling as you try to roll it out? See recipe Notes.

Ingredients

- ☐2 and 1/2 cups (315g) **all-purpose flour** (spooned & leveled), plus more for shaping and rolling
- ☐1 teaspoon **salt**
- ☐6 Tablespoons (85g) **unsalted butter**, chilled and cubed
- ☐2/3 cup (130g) **vegetable shortening**, chilled
- ☐1/2 cup (120ml) **ice cold water**

Instructions

1. Whisk the flour and salt together in a large bowl.
2. Add the butter and shortening. Using a pastry cutter or two forks, cut the butter and shortening into the mixture until it resembles coarse meal (pea-sized bits with a few larger

bits of fat is OK). In this step, you're only breaking up the cold fat into tiny little flour-coated pieces; you're not completely incorporating it. Do not overwork the ingredients.

3. Measure 1/2 cup (120ml) of water in a cup. Add ice. Stir it around. From that, measure 1/2 cup (120ml) of water, since the ice has melted a bit. Drizzle the cold water in, 1 Tablespoon (15ml) at a time, and stir with a rubber spatula or wooden spoon after every Tablespoon has been added. Stop adding water when the dough begins to form large clumps. I always use about 1/2 cup of water, and need a little more in dry winter months. Do not add any more water than you need.
4. Transfer the pie dough to a floured work surface. Using floured hands, fold the dough into itself until the flour is fully incorporated into the fats. The dough should come together easily and should not feel overly sticky. Avoid overworking the dough. **If it feels a bit too dry or crumbly,** dip your fingers in the ice water and then continue bringing dough together with your hands. **If it feels too sticky,** sprinkle on more flour and then continue bringing dough together with your hands. Form it into a ball. Use a sharp knife to cut it in half. If it's helpful, you should have about 1 lb, 8 ounces dough total (about 680g). Gently flatten each half into 1-inch-thick discs using your hands.
5. Wrap each tightly in plastic wrap. Refrigerate for at least 2 hours and up to 5 days.
6. After the dough has chilled for at least 2 hours, you can roll it out. Work with one crust at a time, keeping the other in the refrigerator until you're ready to roll it out. Lightly flour the work surface, rolling pin, and your hands, and sprinkle a little flour on top of the dough. Use gentle-medium force with your rolling pin on the dough—don't press down too hard on the dough; you're not mad at it! When rolling dough out, start from the center and work your way out in all directions, turning the dough with your hands as you go. Between passes of the rolling pin, rotate the pie crust and even flip it, to make sure it's not sticking to your work surface. Sprinkle on a little more flour if it's sticking; don't be afraid to use a little more flour. If you notice the dough becoming a lopsided circle as you're rolling it out, put down the rolling pin and use your hands to help mold the dough back into an even circle. Roll the dough into a very thin 12-inch circle, which is the perfect size to fit a 9-inch pie dish. Your pie dough will be about 1/8 inch thick, which is quite thin. Visible specks of butter and fat in the dough are perfectly normal and expected.
7. Because your dough is so thin, use your rolling pin to help transfer the pie crust to the pie dish. Carefully roll one end of the circle of dough gently onto the rolling pin, rolling it back towards you, slowly peeling it off the work surface as you go. Pick it up, and carefully roll it back out over the top of the pie dish. It's helpful to watch how I do it in the video below.
8. Proceed with the pie per your recipe's instructions. If your dough requires par-baking, see helpful How to Par-Bake Pie Crust tutorial.

https://www.youtube.com/embed/mxy9Je2yYzk?feature=oembed

Notes

1. **Make Ahead & Freezing Instructions:** Prepare the pie dough through step 5 and freeze the discs for up to 3 months. Thaw overnight in the refrigerator before using in your pie recipe.
2. **Special Tools** (affiliate links): Large Glass Mixing Bowl | Pastry Cutter | Rolling Pin | *For more tools you may need to completely assemble and bake your pie, see my 10 Best Pie Baking Tools list.*
3. **Salt:** Use regular table salt. If using kosher salt, use 1 and 1/4 teaspoons.
4. **Shortening:** This recipe uses a butter and shortening combination. Butter for flakiness and flavor, and shortening for its high melting point and ability to help the crust hold shape. You can use butter-flavor shortening if desired. If you want to skip the shortening, feel free to try this all-butter pie crust instead. Some readers have substituted lard for shortening in this recipe with success.
5. **Can I use a food processor?** You can use a food processor to bring the dough ingredients together in step 1, but I find it quickly overworks the dough. For best results and a light, flaky crust, I recommend a pastry cutter.
6. **Pie dough is dry & cracking around edges when rolling:** Use enough ice water when preparing the pie dough. If you work the fats into the dry ingredients too much, the dough will feel too wet before you can add enough water. (And the dough will be dry and thirsty.) Do not overwork the fats in the dry ingredients—you still want those nice crumbles. If it's too late and you notice the edges of your pie crust are cracking as you roll it out, dip your fingers in ice-cold water and meld the edges back together. Wait a minute, and then try rolling out again.
7. **Pie dough is falling apart & crumbling when rolling:** The dough is likely crumbling because there's too much fat, and not enough flour and water. Again, this is usually a result of fat being worked in too much, which can easily happen if the ingredients weren't cold enough. (Refrigerate those dry ingredients before you start!) If it's too late and the pie dough is crumbling as you roll it out, try adding more water AND more flour. Sprinkle a tiny bit of ice water and flour onto the cracks and crumbled pieces, and gently work it all in with your fingers. Wait a minute, and then try rolling out again.
8. **More Crusts:** If you need more than 2 pie crusts, make another separate batch of dough. Doubling or tripling the recipe leads to over- or under-working the dough, which ruins all of your efforts.

Desserts

Chocolate chip cookies

Cookie

Paula Bittle Taylor My all time favorite salted chocolate chip cookies

Thank you @square culinary team for this recipe!

■2+3/4 Cups All Purpose Flour
■1 tsp Baking Powder
■2 tsp Kosher Salt (I recommend Diamond Crystal)
■1 Cup Butter, slightly softened
■1 Cup Dark Brown Sugar, packed
■1/2 Cup Sugar
■2 Eggs
■1 Tbsp Vanilla Extract
■14 oz. (4 Bars) High Qual Dark Chocolate (I use 72% - 78% dark), roughly chopped
■Maldon Sea Salt
■

1 Preheat the oven to 350°F.
2 Sift (or mix) flour, baking powder, and salt together.
3 In a separate bowl, beat together butter (slightly softened), brown sugar, and granulated sugar for 2-3 minutes.
4 Beat in eggs and vanilla, and then scrape down the bowl.
5 Gradually add flour mixture to the butter mixture, and beat until well blended.
6 Roughly chop the chocolate and then add to the cookie dough, stir to combine.
7 With a heaping 2 oz. scoop, drop cookies onto parchment paper lined sheet pans 3 inches apart to give room for expansion. Work in batches if needed, making sure not to overcrowd the pans.
8 Top each cookie dough ball with a pinch of Maldon sea salt.
9 Bake cookies for 12-14 minutes or until golden brown on the edges. Enjoy!

 20 minute prep time + 15 minute cook time

Recipe makes 28 cookies

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Desserts

Pumpkin Bread with Maple Glaze

Pumpkin Bread with Maple Glaze

Author: Jenna Barnard
Total Time: 2 hours 20 minutes Yield: 1 loaf

Moist pumpkin bread with a crunchy pumpkin spice streusel topping and maple glaze. It’s seriously the BEST pumpkin bread recipe!

Ingredients
Pumpkin Spice Streusel

- 1/4 cup (55g) unsalted butter, melted
- 1/2 cup (65g) all-purpose flour
- 1/4 cup (50g) light brown sugar, packed
- 2 tbsp granulated sugar
- 1/2 tsp pumpkin pie spice

Pumpkin Bread

- 1 15oz can pure pumpkin puree *SEE NOTES
- 1 cup (200g) granulated sugar
- 1/2 cup (100g) light brown sugar, packed
- 1/2 cup (100ml) vegetable oil
- 2 large eggs
- 1/2 tsp vanilla extract
- 1/2 cup (110ml) milk
- 1 3/4 cups (230g) all-purpose flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 3/4 tsp pumpkin pie spice
- 1/2 tsp kosher salt

Maple Glaze

1/2 cup (60g) powdered sugar
1/4 cup (85g) pure maple syrup

Instructions
Pumpkin Spice Streusel

In a small bowl, mix together all of the ingredients and place in the fridge while you make the pumpkin bread.

Pumpkin Bread

Preheat the oven to 325F**SEE NOTES, grease the inside of a 9×5 loaf pan, and line with parchment paper. Make sure the paper comes up and over the two longest sides of the pan so it’s easy to lift out.

In a bowl, whisk together the dry ingredients (flour, baking soda, cinnamon, pumpkin pie spice, salt) and set aside.

Using an electric mixer or a whisk, mix together the sugars, pumpkin, and oil until fully combined. Then mix in the eggs and vanilla.

Mix in half of the dry ingredients, then the milk, and then the rest of the dry ingredients until you get a smooth batter.

Pour it into the prepared pan and spread it even.

Take the streusel out of the fridge and break it up using a knife or fork to create uniform crumps.

Completely cover the top of the batter in streusel and bake for 1 hr and 20 minutes or until a toothpick in the middle comes out clean. If it needs more time, keep adding 5 minutes until it’s ready.

Maple Glaze

While the bread bakes, mix together the powdered sugar and maple syrup.

With the bread fresh from the oven, pour the glaze on top of the hot loaf.

Let the pumpkin bread cool for about 20 minutes then remove from the pan and slice. Serve warm or store in an air tight container in the fridge. Enjoy!