Weights & Measures

A pinch, a dash and other important facts

Weights and Measures

- A few grains, pinch, dash, etc. (dry) = less than 1/8 tsp.
- A dash (liquid) = a few drops
- 3 tsp. = 1 Tbs.
- 4 Tbs. = 1/4 cup
- 2 Cups = 1 pint
- 2 pints = 1 quart
- 4 quarts liquid = 1 gallon
- 8 quarts (dry) = 1 peck
- 4 pecks (dry) = 1 bushel
- 1 ounce = 28 grams
- 1 pound = 454 grams
- 1 kilogram = 2 1/10 pounds
- 1 liter = 1 quart
- 1 jigger = 1 1/2 oz (3 tbs)
- 1 large jigger = 2 fluid oz (1/4 cup)
Sausage Quiche

**Ingredients**
- 1/2 lb bulk sausage
- 2 eggs, beaten
- 1 1/2 cups sharp cheddar cheese shredded
- 2 Tbsp flour
- 1/2 cup chopped onion
- 2 tsp parsley flakes
- 1 small can evaporated milk
- 1 9" unbaked pie shell

**Directions**

Preheat oven to 375 degrees. Brown sausage; drain. Stir together sausage, onion, cheese and flour. Mix well and spread in unbaked pie shell. Beat together the eggs, milk and parsley. Slowly pour over the mixture. Bake 35-40 minutes until filling is set and knife inserted comes out clean.
Pannu-Kakku (Finnish Pancake)

Ingredients
4 eggs
1/4 tsp salt
1/3 cup sugar
1/4 lb oleo (1 stick)
2/3 cup flour
2 cups milk

Directions
• Beat eggs until light and fluffy.
• Add sugar and beat extremely vigorously.
• Add flour and salt.
• Melt oleo - using part of same grease 9x13” pan.
• Add oleo to mixture.
• Last of all, slowly blend in milk.
• Bake for 20-25 minutes at 425 degrees. Pancake will rise and get brown on edges.
• Serve immediately with syrup, butter and/or fruit.
Zucchini Bread

Ingredients
2 cups unsifted flour 1 cup oil
1 teaspoon salt 3 eggs
½ tsp baking powder 2 cups white sugar
2 tsp Baking soda 3 tps. Vanilla
2 tsp cinnamon 2 cups grated zucchini
3 tsp cinnamon nuts optional

Directions
• Measure flour, salt, baking powder, baking soda and cinnamon in one bowl and mix together.
• In a separate bowl mix together oil, eggs, sugar and vanilla.
• Add dry ingredients and mix well.
• Fold in zucchini and nuts.
• Pour into 2 well greased and floured loaf pans.
• Bake at 350 degrees for 1 hour.
Baked French Toast

 Ingredients
 1 loaf cinnamon raisin bread
 8 whole eggs
 2 cups whole milk
 ½ cup heavy whipping cream
 ½ cup brown sugar
 ½ cup granulated sugar
 2 Tbsp vanilla extract

 Topping
 ½ cup all purpose flour
 ½ cup brown sugar
 1 tsp cinnamon
 ¼ tsp salt
 dash of nutmeg
 1 stick butter cut into pieces

 Directions
 • Grease baking pan with butter or nonstick spray.
 • Tear break into chunks and distribute evenly in pan.
 • Whisk together: eggs, milk, cream granulated sugar, brown sugar and vanilla.
 • Pour evenly over bread; cover and let sit in fridge overnight.
 • In the morning, prepare topping by mixing flour, brown sugar, cinnamon, salt and nutmeg. Add the butter with a pastry cutter; mix until the mixture resembles fine pebbles. Distribute evenly over bread mixture.
 • Bake at 350 for 45 minutes to an hour.
Baked Omelet

**Ingredients:**
- 6 eggs
- 1 cup milk
- ½ cup all purpose flour
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 cup shredded cheddar cheese

**Directions**
- Preheat oven to 450 degrees. Lightly grease a 9x13 inch baking pan.
- In blender, combine eggs, milk, flour, salt and pepper; cover and process until smooth. Pour into prepared baking pan.
- Bake in preheated oven until set, about 20 minutes. Sprinkle with cheese.
- Carefully loosen edges of omelet from pan. Starting from short edge of pan, carefully roll up omelet. Place omelet seam side down on serving plate and cut into 6 equal sized pieces.
Breakfast Eggs

Beat together:
- 10 eggs
- ½ cup flour
- 1 tsp baking power
- ½ tsp salt

Stir In:
- 1 pint cottage cheese
- ½ lb grated jack cheese
- ½ lb grated cheddar cheese (safe half for topping)
- ½ cup melted margarine
- 2 small cans diced green chiles

Directions
- Pour into 9x13 buttered pan.
- Top with remaining cheese.
- Bake at 350 degrees for 35 minutes.
- Serves 10-12.
- Especially good with salsa as a topping.
Breakfast Deviled Eggs

**Ingredients**
- 12 hard-boiled eggs
- 3 tablespoons mayonnaise, homemade or store-bought
- 1 tablespoon hot sauce
- 1 tablespoon yellow mustard
- 1 teaspoon Worcestershire sauce
- 2 tablespoons grated onion and its juice
- 1/4 to 1/3 cup minced ham
- 6 slices crispy bacon, finely chopped
- 1 tablespoon pickle relish
- Salt and pepper
- Store-bought fried potato sticks/stix, to serve

**Directions**
Halve eggs and mash yolks in bowl with the mayo, hot sauce, yellow mustard, Worcestershire, onion, ham, bacon and relish. Add salt and pepper to taste.

Fill a food storage bag with the egg mixture and trim corner with scissors to form a disposable pastry bag. Fill egg white halves then top eggs with a small pile of potato stix and serve.
Cinnamon Rolls

**Ingredients**

2 cups sifted flour  
1 tsp salt  
3 tsp baking powder  
½ cup shortening  
¾ cup milk  
2 Tbsp melted butter  

For cinnamon mixture:

¼ cup sugar  
2 tsp cinnamon

**Directions**

- Sift together dry ingredients.
- Cut in shortening, mixture should look like course corn meal.
- Make a well in dry ingredients and add milk.
- Turn dough onto a floured bread board. Knead about 6 times.
- Roll dough to a rectangle ½” thick.
- Brush with melted butter, sprinkle with cinnamon mixture.
- Roll up like a jelly roll, pitch ends.
- Cut in 1 inch slices or place in ring mold, cutting 1” slices.
- Place rolls cut side up, brush top with melted butter.
- Bake 450 degrees for 15 minutes or until golden brown.

My kids loved this on a Saturday morning with a big glass of milk. “Hug your family like it is the last day” - Eileen
Zucchini Carrot Pancakes

Ingredients
4 large eggs
3/4 tsp salt
1/4 tsp black pepper
1/4 tsp black pepper
2 cups grated zucchini, packed
2 cups grated carrot, packed
1/2 cup finely minced scallions
1/2 tsp dried thyme
1/2 tsp dried sage
1/2 tsp dried mint
1 tsp dried basil
2/3 cup all purpose flour, or rice flour

Butter for the pan

Optional Toppings
Sour Cream or Greek Yogurt
Fresh herbs (mint, basil, or sage)
Sautéed Mushrooms
Tomato Jam

Directions
Combine eggs, salt and pepper in a medium bowl. Whisk until frothy. Gradually beat in vegetables and herbs. Then gradually beat in flour.

Heat a griddle or skillet over medium heat. Lightly butter the pan. Place 1/4 cup portions on the pan. Cook 4-6 minutes on each side, until golden and crispy.

Serve hot. Also good at room temperature.
Strata Master Recipe

Ingredients
- Butter
- 4 cups DAIRY
- 12 large eggs
- 1 tsp salt
- 1/2 tsp fresh ground pepper

Dairy: Whole Milk, Half & Half, Buttermilk

Bread: 1/2 loaf day old French bread, 12 croissants, 6-8 slices bread loaf toasted & cubed, raisin bread, English muffins, soft rolls

Filling Mix of Meat and Vegetables:
Cooked Meats: Bacon, Sausage, Chicken, Turkey, Corned Beef, Chorizo, Carnitas
Meats: Ham, Canadian Bacon, Crab, Shrimp

Cooked Vegetables: mushrooms, peppers
Fresh Vegetables & Fruit: jalapeños, diced green chiles, seeded and drained tomatoes, butternut squash, corn, asparagus, zucchini, defrosted drained frozen chopped spinach, apples, pears, cherries, pineapple
Aromatics: Scallions, caramelized onions, herbs, spices
Cheese: cheddar, swiss, pepper jack, fontina, provolone, cream cheese

Directions
Butter a 9x13 pan. Beat eggs in a large bowl. Mix in dairy and aromatics. Stir in bread, toppings and 1/2 or the cheese. Transfer to baking dish, top with remaining cheese, cover and chill overnight. When ready to bake, remove from refrigerator and preheat oven to 350. Bake uncovered for 45-50 minutes until set. Remove from oven and rest for 10 minutes before serving. Top with enhancements or serve them on the side.
Scotch Baked Eggs

Ingredients
2 1/2 lbs ground sausage
8 eggs (use smaller eggs if you can find them) medium cooked, chilled and shelled
2 cups bread crumbs (optional)
Seasoning (optional)

Directions
Divide sausage into 8 equal portions. Use plastic wrap or parchment paper to flatten each sausage portion into a round patty about 3/4 inch thick. Place 1 egg in the center of a sausage patty. Wrap sausage completely around the egg, smoothing surface to eliminate any cracks. If making ahead, cover and refrigerate overnight.
Preheat oven to 450 degrees and place rack in top 3rd of the oven.
If using breading, place breadcrumbs in wide shallow plate.
Season if desired. Roll each sausage covered egg in the breadcrumbs and place on baking sheet.
Bake for 30 minutes until brown and no longer pink. Drain briefly on paper towels. Serve hot or wrap in foil after baking and they will keep warm for 30 minutes.
Baked Oatmeal

**Ingredients**
- 2/3 cup roughly chopped nuts (or seeds)
- 2 cups old-fashioned oats
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1 3/4 cups milk of choice (almond milk, coconut milk or cow’s milk work)
- 1/3 cup maple syrup or honey
- 2 large eggs
- 3 tablespoons melted unsalted butter, divided
- 2 teaspoons vanilla extract
- 21/2 cups of your preferred berry/fruit, chopped into 1/2” pieces if necessary, divided (1/2c reserved for top)
- 2 teaspoons raw sugar (optional)

Optional toppings for serving: plain/vanilla yogurt or whipped cream, additional maple syrup or honey for drizzling, and/or additional fresh fruit

**Directions**
Preheat the oven to 375 degrees. Grease a 8 or 9-inch square baking dish or 6 muffin tin cups. Once the oven has finished preheating, pour the nuts or seeds onto a rimmed baking sheet. Toast for 4 to 5 minutes, until fragrant.

In a medium mixing bowl, combine the oats, toasted nuts or seeds, cinnamon, baking powder, salt and nutmeg. Whisk to combine.

In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter, and vanilla. Whisk until blended.

Reserve about 1/2 cup of the fruit for topping the baked oatmeal, then arrange the remaining fruit evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top.

Scatter the remaining berries across the top. Sprinkle some raw sugar on top if you’d like some extra sweetness and crunch.

Bake for 42 to 47 minutes, until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes. Drizzle the remaining melted butter (or coconut oil) on the top before serving.
Prayers for Mealtime

Celebrate always, pray constantly, and give thanks to God no matter what circumstances you find yourself in.
1 Thessalonians 5:16-18

A menu of prayers
1. A prayer of gratitude for the blessings we receive
2. A prayer for fellowship during a meal
3. Children’s meal prayer

1. Father,
   We praise you for the nourishment that you provide. Thank you for meeting our physical needs of hunger and thirst. Forgive us for taking these simple joys for granted and bless this food to fuel our bodies forward into Your will for our lives. We pray that through these gifts we will be energized and able to work for the glory of Your Kingdom.
   In your name we pray,
   Amen

2. Dear Lord,
   We rejoice and give thanks for family and friends. Thank you for bringing us together to share this time of fellowship and food. The people in our lives bring such joy and we are grateful for one another. Help us use these times to bond closer and learn to love each other more. Bless our appetites, both physical and spiritual, and fill us with your sustenance.
   In your name we pray,
   Amen

3. God is great.
   God is good
   Let us thank him for our food. By his hands we must be fed. Give us Lord our daily bread.
   We love you Jesus!
   Amen

Prayer is Humankind’s Greatest Power. We join together as a community of faith to pray together or alone – as families or as friends – we pray in all things.
Where to look in the Bible when you are feeling ...

- Afraid: Psalms 34:4, Matthew 10:28
- Angry: Matthew 5:9, 22
- Anxious: Psalms 46, Matthew 6:19-34, Phillipians 4:6
- Blue: Psalms 34
- Bored: Psalms 104:23, 33, 34
- Bereaved: Matthew 5:4, II Corinthians 1:3,4
- Depressed: Psalms 34
- Discouraged: Isaiah 40, Psalm 23, Matthew 5:11, 12  II Corinthians 4:8-18
- Faith Fails: Matthew 8:26, Hebrew 11
- Friend Fails You: Psalms 41:9-13, Psalm 27, Luke 17:3,4
- God Seems Distant: Psalms 139
- Growing Old: Psalms 71
- In Danger: Psalm 91, Psalm 118:5,6
- Jealous: James 3:13-18
- Life Seems Empty: John 15
- Need Companionship: Psalm 23, Hebrews 13:5,6
- Needing Guidance: Psalm 32:8, Proverbs 3:5,6
- Sick or in Pain: Psalm 38, Matthew 26:39, Romans 5:3-5, II Corinthians 12:9,10
- Sleepless: Psalm 4:4-8
- Sorrowful: Psalm 51, John 14, Matthew 5:4, II Corinthians 1:3,4
- Tempted: Psalm 1, Matthew 26:41, I Corinthians 10:12-14, Phillipians 4:8
- Thankful: Psalm 100, I Thessalonians 5:18, Hebrews 13:15
- Worried: Matthew 6:19-34, I Peter 5:6,7
- You Feel Cheated: Psalm 103
- You Need Forgiveness: Psalm 51
Contributors

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Breakfast Eggs: Eloise Enger
Breakfast Deviled Eggs: Brita Bleuel
Cinnamon Rolls: Eileen Blumhardt-Butler
Zucchini Carrot Pancakes: Mary Soliz
Strata: Mary Soliz
Scotched Baked Eggs: Mary Soliz
Baked Oatmeal: Mary Soliz
Prayers for Mealtime
Bible Verses for All Times