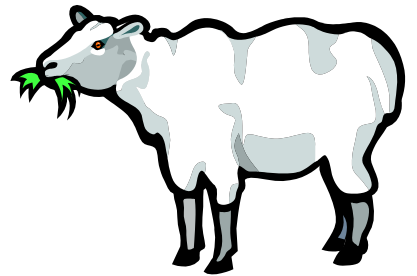
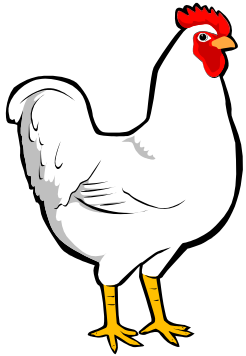
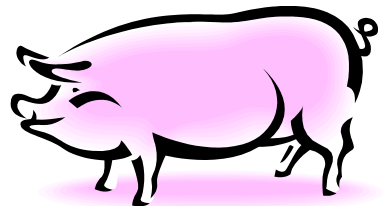
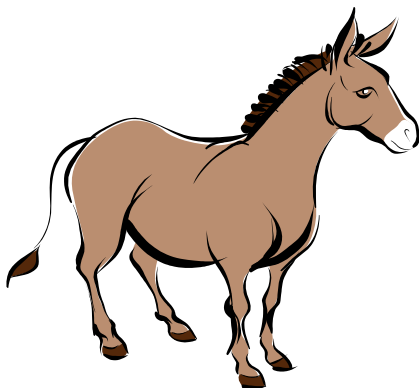


# Young Farmers Program



# Recipe Booklet

Muscoot Farm 2011



# Soft Pretzels

## Ingredients Needed:

- 1 package dry yeast
- 1 ½ cups warm water
- 1 tbsp sugar
- 1 tsp water
- 4 – 5 cups flour (depending on humidity)
- 1 egg lightly beaten
- 1 tsp salt
- kosher salt
- cinnamon sugar

## Instructions:

- Preheat oven to 425 degrees.
- Cover cookie sheets.
- Dissolve yeast in warm water in a large bowl.
- Add sugar.
- Stir 4 cups of flour and salt together in a medium bowl.
- Blend flour with yeast mixture.
- Knead dough on a floured surface, adding more flour as needed, until the dough is smooth.
- Break off pieces the size of a golf ball roll into a 14” long rope.
- Shape into a pretzel or any other shape you would like.
- Place on a baking sheet.
- Brush with egg and sprinkle with kosher salt or cinnamon sugar.
- Bake pretzels for 10 minutes and check.
- Pretzels are ready when golden brown.

# Zucchini Bread Recipe

## Ingredients Needed:

- 2 eggs, beaten
- 1 1/3 cup sugar
- 2 tsp vanilla
- 3 cups grated fresh zucchini
- 2/3 cup apple sauce
- 2 teaspoons baking soda
- Pinch salt
- 3 cups all-purpose flour
- 2 teaspoons cinnamon
- 1 cup raisins

## Instructions:

- Preheat the oven to 350°F
- Line the cupcake pans with the liners.
- In a large bowl, mix together the sugar, eggs, and vanilla.
- Mix in the grated zucchini.
- Mix in the applesauce.
- Sprinkle baking soda and salt over the mixture and mix them in.
- Add the flour, a 1/3 at a time.
- Sprinkle in the cinnamon.
- Fold in the raisins.
- Scoop the mixture into cupcake pans.
- Bake for 15 minutes and check to see if finished.
- They are done if you stick a tooth pick in the center and it comes out clean. Turn out onto wire racks to cool thoroughly.

# SNICKERDOODLES

This cookie has been an American favorite since the late 1700's.

## Ingredients Needed:

- 3 <sup>3</sup>/<sub>4</sub> cups flour
- 2 eggs
- 1/2 tsp baking soda
- 1/2 cup milk
- 1/2 tsp cream of tartar
- 1 tsp vanilla
- 1 cup butter
- 3 tbsp sugar
- 2 cups sugar
- 1 tsp cinnamon
- 1/2 tsp salt

Makes about 4 dozen cookies.

## Instructions:

- Preheat oven to 375 degrees
- Stir together flour, baking soda, cream of tartar and salt in a large bowl.
- Beat butter until creamy in a large bowl.
- Add 2 cups of sugar and beat until fluffy
- Add eggs, milk and vanilla to butter mixture; beat well.
- Add dry ingredients, beat until blended.
- Mix 3 tbsp sugar and cinnamon in a small bowl.
- Shape cookie dough into 1 inch balls
- Roll balls in sugar and cinnamon mixture.
- Place balls on greased baking sheets.
- Bake for about 8 minutes.
- Transfer to cooling racks.

# VANILLA ICE-CREAM

## Ingredients Needed:

- 2 cups cream
- 3/4 cup sugar
- 2 cups milk
- 1/8 tsp. salt
- 2 eggs yolks
- 1 1/2 tsp. vanilla
- 1 box kosher salt
- 1 -2 bags of ice

## Make Custard the Night Before:

- Scald 1 cup of cream in a double-boiler.
- In a small bowl, mix together 3/4 cup sugar, 1/8 tsp. salt and 2 egg yolks.
- Add 5 tbsp of the hot cream to the sugar mixture. (Be sure to add only a tablespoon at a time and mix well until mixture is completely smooth.)
- Add sugar mixture to the cream in the double-boiler pan. Cook over low heat until slightly thickened.
- Refrigerate overnight.

## The Next Day:

- Add 1 1/2 tsp. vanilla; 2 cups milk and 1 cup cream to the chilled custard.
- Pour mixture into ice-cream maker canister.
- Put canister in ice-cream churn bucket.
- Pack ice and kosher salt around sides of canister.
- Churn ice-cream until firm, about 20-30 minutes.
- Freeze until set.

# Homemade Pickle Recipe

## Ingredients Needed:

1 medium onion  
2 small-medium cucumbers  
½ cup of vinegar  
5 tbsp water  
5 tbsp sugar  
½ tsp salt  
Ground pepper to own personal taste

## Instructions:

- Cut onion into thin pieces
- Scrape “stripes” onto the cucumbers
- Slice cucumbers thin
- Mix the cucumbers and onions together in a large bowl
- In a medium size bowl mix the vinegar, water, sugar, salt and pepper all together.
- Pour the ingredients over the cucumbers.
- Put cucumbers in a jar.
- Seal and place in the refrigerator for 24 hours before serving.

# Mozzarella Cheese Recipe

## Ingredients Needed:

- 2 quarts of whole milk
- 1/4 cup of cider vinegar
- 1/2 - 1 tsp of salt

## Supplies Needed:

- 1 large pot
- 1 cooking thermometer
- 1 large spoon
- 1 cheese cloth
- 1 medium side bowl
- 1 colander

## Instructions:

- Pour milk into the pot and heat over medium heat.
- Place the thermometer into the pot and monitor very closely.
- When the temperature reaches 180 degrees F, remove the pot from the stove immediately.
- Stir the vinegar into the heated milk until the milk thickens. (The solids are the curds & the liquid is the whey.)
- Line the colander with the cheesecloth and place it over a bowl.
- Pour the curds and whey into the cheesecloth-lined colander and let drain.
- Place the bowl in the refrigerator overnight to drain.

## The next day

- Tie the ends of the cheesecloth together and hang it with a new small bowl underneath it for 2 more hours.
- The whey which has collected at the bottom of the bowl should be stored in a container.
- After two hours unwrap the cheese place it in a bowl and add the 1/2 - 1 teaspoons of salt ( to your taste), mix well.
- Enjoy! (Cheese will be in a spreadable form; similar to cream cheese)

# Butter Recipe

## Ingredients Needed:

4 half pints of heavy whipping cream  
salt

## Supplies Needed:

4 small glass jars with lids  
1 strainer

## Instructions:

- Fill each jar half full with cream.
- Tighten the lid and give four campers a jar.
- Have them shake the jar (until their arms get tired) and have them pass it along to another camper.
- In about 15 – 20 minutes the campers will begin to see and feel a difference in shaking the jar.
- The butter will float to the top of the jar as a yellow mass.
- Once you have butter, strain out/separate the butter milk from the butter.
- Sprinkle a pinch of salt over the butter.
- Enjoy your butter on a cracker, or freshly baked good.

# Jam Recipe

## Ingredients Needed:

- 3 cups of crushed raspberries (or blackberries)
- 5 ¼ cups of sugar
- 1 box of powdered pectin
- ¾ cup water

## Instructions:

- Measure out the 3 cups of crushed raspberries.
- Place in an extra large mixing bowl.
- Add sugar and mix well.
- Let stand for 10 minutes, stirring occasionally.
- Dissolve the powdered pectin in the water.
- Bring to a boil and let it boil for 1 minute.
- Add boiled pectin and water mixture to the berries and sugar.
- Stir for 3 minutes.
- Pour the jam into canning jars, leaving ½ inch of headspace.
- Cover container immediately (to create a seal).
- Let stand at room temperature for 24 hours.
- Freeze, refrigerate, or ENJOY!