

## HONEY-CAROB BROWNIES

3/4 cup flour  
1 tsp. baking powder  
1/4 tsp. salt  
1/4 tsp. mace  
1/4 cup oatmeal  
2/3 cup butter

1/2 cup carob powder  
1 cup bee honey  
2 eggs  
1/2 cup fresh brewed coffee  
1/2 cup pistachios, chopped  
1 tsp. almond extract

Preheat oven to 300°F.

Sift together the flour, baking powder, salt, and mace. Stir in oatmeal. Melt the butter in a small pan over low heat. Add carob powder and honey and blend well, removing from heat. In a mixing bowl, beat the eggs and gradually add the carob mixture. Add the coffee, pistachios, and almond extract and mix well. Pour into an oiled 8" square pan and bake for about 35 minutes, or until done.

Yield: 2 dozen brownies

Recipes from: [www.cookingwiththebible.com](http://www.cookingwiththebible.com)

## WEDDING CHALLAH

1-1½ cups warm water	1/4 cup extra-virgin olive oil
2 eggs, beaten	6½ cups white flour
1/3 cup honey	2 tsp. active dry yeast
1 tsp. salt	1 egg yolk
1 cup red or black currants	pinch of salt
½ cup slivered almonds	1 Tbsp. water

Before beginning, make sure all ingredients are at room temperature.

Put 1 cup water, eggs, honey, and oil in bread machine; then add all but the last three ingredients. Turn machine to “dough setting.” (During the first kneading, add a bit more water if the dough is not elastic enough.) At the end of the cycle, punch down, knead briefly, and form into two loaves. Place in oiled bread pans, cover, and let rise until doubled in bulk. Preheat oven to 350°F.

Whisk an egg yolk and a pinch of salt with 1 Tbsp. water in a measuring cup, and brush the loaves with this mixture. Bake for about 35 minutes or until golden.

Note: If you wish to have braided bread, stretch and roll each loaf into ropes; arrange side by side on a floured surface and intertwine. Bake on an oiled baking sheet instead of in the pan.

Yield: 8-12 servings

## CAMPFIRE CINNAMON COFFEE CAKE

1 Tbsp. plus 2 tsp. prepared cinnamon-sugar

2 Tbsp. plus 2 tsp. butter or margarine

1 cup packaged biscuit mix

1/3 cup evaporated milk, undiluted

Mix together 5 tsp. of granulated white sugar with a small amount of cinnamon and set aside. Slice 2 Tbsp. butter into small pieces over the biscuit mix in a medium-sized bowl. Toss lightly with a fork until the butter is well-coated. Make a well in the center. Pour in the milk and 1 Tbsp. of the cinnamon-sugar mixture, stirring with a fork just until the mixture is moistened. Turn the dough into a lightly greased and floured 8" shiny, heavy skillet. With floured hands, pat down evenly into the skillet. Cook, covered, over a very low heat, about 12–15 minutes, or until a cake tester or wooden pick inserted in the center comes out clean. While still warm, spread 2 tsp. of butter or margarine over the cake. Sprinkle with 2 tsp. prepared cinnamon-sugar. Cut into quarters and serve warm.

Yield: 4 servings

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## CUCUMBERS & ONIONS WITH RUE & MUSTARD DRESSING

6 large cucumbers  
3 large sweet onions  
2 tsp. ground mustard  
1/4tsp. cumin  
1/2tsp. rue\*

1/4cup pine nuts  
2 tsp. honey  
1/2 cup cider vinegar  
3 garlic cloves

Peel the cucumbers and slice into long strips. Place in a steel bowl. Chop the onions into small pieces and add them to the cucumbers. In a small food processor, grind the mustard, cumin, rue, and pine nuts. Place them into a mixing cup and add honey and vinegar. Peel and press 3 garlic cloves into the mixture. Pour over the cucumbers and onions; cover. Refrigerate for at least 1 hour, and serve cold.

Yield: 6–8 servings

\*Rue has been known to have an adverse effect on some diners; parsley can be substituted if one wishes, although the results are a bit different in taste.

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# EGGPLANT AND CHEESE CASSEROLE

4 eggplants	2 cloves garlic, minced
1 cup of creamy goat's milk cheese	1/3 cup sunflower oil
1 cup of grated cheddar cheese	1/2 tsp. salt
4 eggs, lightly beaten	1 tsp. black pepper
shredded cheddar cheese	bits of fresh chopped parsley
3/4 cup fresh bread crumbs or mashed potatoes	

Preheat the oven to 400 F and bake the eggplants whole on a large baking sheet for about 35–45 minutes. When they are cool enough to handle, peel them and discard the seed pockets. Squeeze out as much of the juice as possible and firmly mash with a wooden spoon.

In a separate bowl, mix the cheeses, bread crumbs, eggs, garlic, and 4 Tbsp. sunflower oil; then add the eggplant, stirring and mashing as you go along to make a lumpy paste. Fold out the mixture into a greased baking dish, and sprinkle with salt and pepper and a handful or two of shredded cheddar as a topping. Drizzle the remaining sunflower oil over the entire dish. Bake for approximately 50 minutes and serve hot, garnished with bits of fresh parsley.

Yield: 8 servings

## **ENDIVE SALAD WITH OLIVES AND CLEMENTINES**

4 cloves garlic, finely minced  
1/3 cup olive oil  
2 lb. endive, cut into bite-sized pieces  
1 small head radicchio, shredded  
1/2 cup chicken stock  
1/4 cup oil-cured olives, pitted and chopped  
2 Tbsp. capers  
toasted almonds  
10 clementines  
crumbled goat cheese

Mince the garlic cloves in a food processor; transfer to an electric frying pan and sauté in oil until golden. Add the endive and radicchio and continue to sauté for 5 minutes. Stir in the chicken stock, olives, and capers. Cover and simmer for 15 minutes, stirring frequently.

Peel the clementines and separate segments from inner membranes. Cover the inside base of a large bowl with clementines, and line them along its sides. Pour endive mixture into middle and sprinkle with almonds. Crumble a bit of goat cheese on top prior to serving. Serve cold or at room temperature.

Yield: 8–12 servings

## **SWEET MILLET FRUIT BALLS**

1 cup hulled millet seed  
2 cups pear juice  
2 tsp. walnut oil  
2 cups pitted prunes, chopped fine  
1 cup dried apricots, chopped fine  
1/3 cup lime juice  
powdered sugar

Rinse the millet seed; place it in a saucepan with juice and oil, and simmer, covered, for about 20 minutes. Let stand for 20 minutes so that the seeds will open up. Allow to cool.

In a large bowl, mix prunes and apricots with lime juice. Add millet and form into small balls. Roll in powdered sugar, and place on a large cookie sheet lined with wax paper. Refrigerate until serving.

Yield: 24–30 fruit balls

# COCONUT MACAROONS

4 egg whites  
1/4 tsp. cream of tartar  
5 cups sweetened flake coconut  
1/2 cup granulated sugar  
dash salt  
1 Tbsp. almond extract

Preheat oven to 400°F. In a bowl, beat the egg whites with the cream of tartar until stiff. Add all other ingredients with a spatula. Drop heaping teaspoonfuls of mix onto a heavily greased cookie sheet. (Some cooks use aluminum foil to line the trays.) The macaroons will spread a bit, so do not place too close to one another. Bake for about 12 minutes, or until coconut starts to brown. Remove to a plate and allow to cool. Refrigerate or serve at room temperature.

Yield: 3 dozen cookies

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## ONION BOARD (PLETZELS)

4-5 cups whole wheat flour  
2 packages dry yeast  
2 Tbsp. honey  
2 eggs, beaten  
1 tsp. salt  
2 cups warm water

4 cups onions, chopped  
3/4 cup vegetable oil  
1 tsp. salt  
1 tsp. paprika  
2 Tbsp. poppy seeds

Combine 2 cups of flour with yeast, honey, eggs, and salt in a large bowl; add water and beat with a hand mixer for about 2 minutes. Gradually add more and more flour by hand so that the dough is workable enough to knead. Pour out onto a floured surface and work dough until smooth and somewhat elastic. (Add more flour or water until you get it just right.) Place in a well-oiled bowl, cover with a damp towel, and set aside for 30 minutes. Punch the dough down and divide into four parts. Grease four pie pans and spread with dough. Using a brush or a paper towel, coat surfaces of dough in each pan with a bit of oil. Cover with plastic wrap and refrigerate for 4-12 hours (the longer, the better!).

When ready to bake, preheat oven to 375°F. Saute the onions in vegetable oil until golden. Remove from heat and add salt, paprika, and poppy seeds. Spread over dough and bake for 25-30 minutes, until lightly browned. Serve fresh out of the oven, or wrap in a clean towel or cloth napkin until serving. Yield: 8-12 servings

Note: Tastes great with a spread of sheep's milk cheese!

## RUSSET MASHED POTATO CASSEROLE

2 lb. baking potatoes, washed but unpeeled

2 tsp. salt

8 cups water

3/4 cup mayonnaise (or nayonnaise)

1 Tbsp. white horseradish

3 small onions, chopped

2 cloves garlic, mashed

1/2 tsp. sumac

1 carrot, diced and cooked until tender

1 cup frozen green peas

3/4 cup fresh cilantro

Boil the potatoes with the salt in a large pot until tender, about 20–25 minutes. Drain the water and mash the potatoes in the pot with a potato masher. Add mayonnaise, horseradish, onions, garlic, and sumac, and stir with a wooden spoon until thoroughly mixed. Place the carrot and frozen peas in a microwave-safe dish and microwave on high for about 4 minutes. Remove, drain off any water, and add to the potatoes. Preheat oven to 400°F. Transfer all to a 9" baking pan, and cook for about 20 minutes until tops of potatoes are golden brown. Garnish with cilantro before serving. Yield: 8 servings

## WILDERNESS SQUASH

6 acorn squash\*  
1/4 cup honey  
1/4 cup pistachios, chopped  
1/2 cup dried apricots, chopped  
2 Tbsp. butter  
2 Spanish onions, chopped  
1/4 tsp. Angostura bitters (or Balsamic vinegar)

A modern take on an old idea, this recipe for honey and spiced squash relies on the microwave for quick and easy preparation.

Cut the acorn squash into cubes and place into a large ovenproof dish with a lid. Add all the remaining ingredients, cover, and cook for 10 minutes (exactly) in a microwave at medium to high. Serve immediately. (Careful— it'll be very hot!)  
Yield: 10–12 servings

\*For those who are thinking about substituting a different type of squash, like zucchini, for instance— don't. It will taste awful!