

murph bakes



a cookbook
by
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Welcome to my cookbook of recipes I have developed and tried out for the past year. These recipes have been used for all manner of clientele from humble producers to A-list celebrities. More importantly these are the recipes I share with my friends and family. Recipes for all manner of event and occasion. I won't necessarily use the most technical terms throughout or the most sound technique. These recipes evolved as I use them and I encourage you to evolve them on your own. Write on them. Draw on them. Get them dirty. Go!

Bake and be merry!

Some basic things to get out of the way before we get started so I don't have to repeat myself.

Egg wash

One(to two) eggs watered down with an almost equal portion of water to be brushed on a baked good. Use your discretion on how much to make but one egg should do you for one batch of scones or strudel. The more water in your wash the thinner it will be and the less golden brown. Less water and you may get scrambled eggs on your scone. SO, up to the user.

Glaze vs. Icing

Powdered sugar with fluid. For the most part these are exactly the same. **THEY ARE THE SAME.** The only slight difference is the thickness of each and once again I leave that up to the user. For both I put the powdered sugar first into a ziploc bag, however much you think you'll need but more is better. Then I add a little liquid at a time. Powdered sugar is deceptive in you think that you haven't added too much liquid but then your icing is runny as hell and boom, you now have a glaze. Too little fluid and it won't work either for obvious reason. So use your best judgment. If your judgment is bad go get an adult.

For the fluid side of this get creative. You can pretty much use anything and I suggest something that compliments your good. Lemon juice is a safe bet but feel free to blend up some strawberries and use that too.

Pin = Pinch

A Lot of recipes call for a half a teaspoon of salt and I am far from concerned with measuring out a half a teaspoon of almost anything. So I will say pin instead of pinch. If you want less or more be my guest. Unless it's a recipe involving yeast it truly doesn't matter for the most part.

The Buttermilk Dilemma

For most recipes you don't really need butter milk (**except for scones and biscuits can't substitute for these**) it adds calories and you have to remember to buy it. Luckily you can fake butter milk in your very own home. Yes you too can cheat the system! Simply squeeze half a lemon into some milk. Preferable milk with some fat content. The milk with sour a bit and bam you got substitute buttermilk.

Standard Measurements

C - Cup

T - Tablespoon

t - teaspoon

Weekend Baking

These are a few quick basic recipes for Saturday and Sunday morning, or afternoon, or whenever you choose to get out of bed and need something sweet.

Crepes

1 C all purpose flour
2 eggs
1 ¼ C milk
1 pin salt
2 T butter melted
2 t sugar
1 t vanilla extract

- Whisk together and pour a small amount into a hot pan. Swirl around until it coats the bottom. Flip when bubbles start appearing and cook the other side.
- Fill with powdered sugar, fruit, nutella, ham and cheese. Go crazy.

Pancakes

1 ½ C all purpose flour
3 ½ t baking powder
1 pin salt
1 ¼ C milk
1 egg

- Whisk together and I really shouldn't have to tell you how to make pancakes.

Best Chocolate Chip Cookies Ever

1 C melted butter
¾ C sugar
¾ C brown sugar
1 t vanilla extract
1 egg
2 ¼ C flour
1 t baking soda
2 t salt
2 C chocolate chips or m&m's...or both

1. Preheat oven to **375 degrees F**. Line a cookie sheet with parchment paper.
2. Melt butter then whisk together with sugar until smooth and creamy. Add in the egg and beat well. Add in remaining ingredients except for chocolate chips and mix well. Fold in chocolate chips or whatever you deem worthy.
3. Bake for **7-9 minutes** depending on size of cookies. That I leave up to you.

OPTIONAL: Sometimes I like to leave the salt out and salt them at the 5 minute mark while baking. People seem to like it, but don't over do it! Also add 3T cocoa for chocolate cookies. They are better with peanut butter chips.

Muffin Tops

3 C all purpose flour
2 C crushed rice crisps
1 T baking powder
1 t salt
1 egg
½ C milk
½ C butter cold
½ C or more melted butter for dipping
½ C sugar
3 Oz cream cheese
Cinnamon and sugar for rolling

1. Preheat oven to **425 degrees F**. Grease a 9 X 13 pan or any pan really just have to do multiple batches if they don't all fit.
2. Crush rice crisps in a bowl then add in remaining dry ingredients tossing together with hands. Grate butter into mixture and combine with fingers until coarse crumbs form.
3. Add milk and egg into mixture and stir with a fork to combine well.
4. Form dough into one inch balls rolling them in your hands. Dip each ball in the melted butter and roll them around in the cinnamon sugar until thoroughly coated. It is ok to get your buttery sugary hands in the dough as the cinnamon sugar makes them all the better
5. Then place in the pan. Separate each ball from the other by a good half inch. They should form single little biscuits so if they are too close they won't come out as well.

Bake for **14-16 minutes** or until a toothpick comes out clean.

Mantecada - Colombian Style Cornbread

1 ½ C Corn Meal
½ C all purpose flour
1 t baking powder
1 C butter softened
1 C sugar
5 eggs
1 t vanilla extract
1 T milk or rum

1. Preheat oven to **350 degrees F**. Grease a 9 inch square cake pan.
2. In a large bowl cream together the sugar and the butter until smooth and fluffy. Then add in the eggs one at a time.
3. Mix in your vanilla and rum or milk. Then whisk in the corn meal and the flour with the baking powder. Transfer into your greased pan and bake for **10 minutes** until golden or a toothpick comes out clean.

The Best Pastry Dough

2 C all purpose flour
1 t baking powder
½ t salt
½ C cold butter
3 Oz cream cheese diced
½ C milk
1 egg for wash

1. Combine all dry ingredients in a bowl and toss together with your hands.
2. Grate butter into the mixture and toss. Then add in the cream cheese with your fingers and work until it becomes coarse crumbs.
3. Add in the milk and mix with a fork. Knead dough with your hands until completely smooth and combined. Let sit for about 5 minutes before kneading again to let it become fully smooth and plastic.

Notes: Now I usually bake this dough at **425 degree F** and make a bunch of different fun treats from this same dough. It is only limited by how you think to use it. I'll give directions for a few different ideas below.

Strudel

- Pastry dough
 - Fresh fruit or meat and cheese
1. Preheat oven to **425 degrees F** and line a baking sheet with parchment paper.
 2. On a floured surface roll dough out into a nice rectangle. Sometimes works best to do two smaller rectangles instead of one larger one. Easier to move and transfer.
 3. Make your filling with either some fresh meat and cheese or fruit, berries of some sort or apples, usually mix with a little sugar or cinnamon sugar when it comes to apples. And put down the central third of your rectangle. Next make slits on the outer thirds of the rectangle and braid over the center, tucking ends inside before braiding..
 4. Brush with an egg wash and bake for **15 minutes** or until golden brown.
 5. For fruit strudel make an icing to drizzle over the top

Note: Be careful with fruit and how much juice there is. Too much and you will have some soggy strudel. Meat and cheese go fantastic and make for a fun brunch or family lunch.

Turnovers

- Pastry dough
 - Fresh fruit
1. Preheat oven to **425 degrees F** and line a baking sheet with parchment paper.
 2. Roll dough out on a floured surface until a nice thin rectangle. Cut into even small rectangles around the size of a note card.
 3. Fill each with mixed fruit of some sort and fold over making either rectangles or triangles. Use milk to brush the edges to help them stick and press with a fork.
 4. Brush with an egg wash and sprinkle with sugar before baking for **12-16 minutes** when they are nice and golden brown.

Spanakopita

- Green onions
 - Spinach
 - Feta
 - Pastry dough
1. Preheat oven to **425 degrees F** and line a baking sheet with parchment paper.
 2. Saute chopped spinach and green onions in a pan until they get a nice color on them. Remove from heat and add in feta stirring.
 3. Use as filling much in the way of turnovers but instead of folding over pinch the four corners together in the center and the edges. Check diagram.
 4. Coat in an egg wash and sprinkle with salt before baking for **15 minutes** or until golden brown.

Mini Quiche

Pastry dough
6 sliced of bacon cooked and diced
1 onion finely chopped
6 eggs
1 C cream
1 C grated cheese, dealer's choice
Fresh parsley or green onions

1. Preheat oven to **425 degrees f** and spray a muffin tin with pam.
2. Make pastry dough and roll out in the usual way. Cut circles big enough to fill each of the cups of the tin. Place each piece in there pressing in with your fingers.

Whisk together eggs, cream, cheese and green onions. Mix in the rest of the ingredients and spoon into the cups. Make sure there's enough meat and such with the eggs in each cup. Bake for around **12 minutes**. Should look nice and golden.

Banana Cream Pie

Either pastry dough or a pie crust
1 C sugar
¼ C cornstarch
1 pin salt
3 C milk, not skim
2 eggs
3 T butter
1 ½ t vanilla extract
2 large bananas
Cream for whipped cream

1. In a saucepan combine sugar, cornstarch, salt and milk until smooth. Cook and stir over a medium heat until thickened and bubbly, Reduce heat and cook and stir for 2 minutes more. Remove from heat for a second and stir a small amount of hot filling into eggs. Return all to pan and bring to a gentle boil for 2 minutes more.
2. Remove from heat and gently stir in butter and vanilla. Put custard in a bowl and refrigerate for 30 minutes.
3. Spread half the custard in a pre made pastry shell. Slice bananas covering over filling. Pour remaining custard over bananas. Spread with whipped cream and refrigerate for 6 hours or overnight.

Gluten Free Kickass Walnut Cookies

1 ½ C finely ground walnuts
3 egg yolks
¾ C sugar
1 T ground cardamom
1 t baking soda
1 egg yolk for wash
1 t water
½ C walnut pieces for decoration

1. Preheat oven to **350 degrees F**. Line a cookie sheet with parchment paper.
2. Grind the walnuts to a fine powder using a coffee grinder or some other way.
3. In a medium bowl mix together the walnuts, egg yolks, sugar, cardamom, and baking soda until well mixed. Roll teaspoon sized pieces into balls and place on the parchment paper two inches apart.
4. Whisk together the yolk and the water to make a wash and brush each cookie and place a walnut in the center of each cookie. Bake for **20 minutes** or until golden. They will appear undercooked at first but they will harden as they cool.

Note: This is a great recipe for gluten free cookies of any type. If you take out the cardamom and add cinnamon sugar or anything else you can make some fun creative gluten free treats. But be warned! These don't keep for more than two days before they turn to mush. So eat up!

White Wedding Cupcakes

1 ½ C all purpose flour
½ t baking powder
¼ t baking soda
1 pin salt
1 C sugar
½ C melted butter
¼ C yogurt
¼ C buttermilk
2 egg Whites
2 t vanilla extract
1 t almond extract

White Chocolate Frosting

1 C white chocolate melted and cooled slightly
1 C softened butter
2 C powdered sugar
¼ C Heavy Cream
1 t vanilla extract
Sprinkles (if you're into that)

1. Preheat oven to **350 degrees F**. Line muffin tin with paper liners.
2. Melt butter then mix in sugar until smooth. Whisk in yogurt, milk, vanilla and almond.
3. Add in all dry ingredients remaining and whisk until the mixture is smooth.
4. Take the egg whites and whisk them together by hand or using a mixer of your choice and beat them until nice and foamy. White peaks should form and hold shape
5. Fold foam into batter using a spatula. Be careful not to over mix.
6. Divide into your liners and bake for **20 minutes** or until just golden.

Frosting

1. Beat butter with mixer until smooth. Then slowly add powdered sugar
2. Beat melted chocolate into the mixture until smooth once again.
3. Finally add heavy cream and vanilla and beat until firm.
4. Transfer to a pipe bag or ziploc for application. Use a fancy tip to make it all nice and frilly if you like.

Vegan Funfetti Cupcakes

1 C nondairy milk + 1 tsp apple cider vinegar
½ C vegan butter softened
1 C sugar
1 t vanilla extract
1 ½ C all purpose flour
1 ½ t baking powder
½ t baking soda
1 pin salt
½ C sprinkles + more for topping

Vegan Frosting

½ C vegan butter softened
2 ½ C powdered sugar
¼ t vanilla extract
Splash of nondairy milk

1. Preheat oven to **350 degrees F**. Line muffin tin with paper liners.
2. In the measuring cup. Measure out the nondairy milk and add vinegar or lemon juice. Set aside for it to curdle and activate.
3. Add butter and sugar in a bowl and mix until smooth. Add in vanilla and activated milk and mix.
4. Add in all dry ingredients except for sprinkles and mix until smooth.
5. Add sprinkles and fold them in gently.
6. Divide into your liners and bake for **20-24 minutes** or until a toothpick comes out clean.
7. Let cool completely before adding frosting.

Frosting

1. Beat butter and vanilla until light and fluffy.
2. Add in powdered sugar slowly until thick and creamy.
3. Add a little nondairy milk to thin. You want this to be thick for frosting.
4. Use a spatula or piping bag to apply.

Note: These refrigerate well and will taste even better the second day.

Red Velvet Cupcakes

2 ½ C flour
½ C cocoa powder
1 t baking soda
1 pin salt
1 C butter softened
2 C sugar
4 eggs
1 C sour cream
½ C milk
2 t vanilla extract
red food coloring

Cream Cheese Frosting

8 oz cream cheese softened
¼ C butter softened
2 T sour cream
2 t vanilla extract
2 C powdered sugar

1. Preheat oven to **350 degrees F**. Line muffin tin with paper liners.
2. Beat butter and sugar until smooth then add in the eggs one at a time.
3. Mix in sour cream, milk, food color, and vanilla.
4. Add in remaining dry ingredients and mix until smooth.
5. Divide into liners and bake for **20 minutes** or until a toothpick comes out clean.
6. Let cool completely before adding frosting.

Frosting

1. Beat cream cheese and butter together until smooth.
2. Add in sour cream and vanilla extract and mix.
3. Slowly add in the powdered sugar and beat till smooth.
4. Apply using a piping bag or spatula....eat a little just because.

Straight up Vanilla Cupcake

¼ C butter softened
1 C powdered sugar
1 ½ t vanilla extract
3 eggs
1 ½ C all purpose flour
1 t baking powder
¾ C milk

1. Preheat to **350 degrees F**. Line muffin tin with paper liners.
2. Beat butter and sugar in a bowl until light and fluffy.
3. Add vanilla and eggs one at a time while mixing.
4. Add milk and remaining dry ingredients and mix until smooth.
5. Divide into liners and bake for **20-25 minutes** until a toothpick comes out clean.

Note: These are perfect for customizing or making just a general cupcake. Add in chocolate chips. Add in fruit, food coloring, really anything. Or just leave them straight up vanilla.

Lemon Poppy Seed Muffins

3 C all purpose flour
1 C sugar
2 T poppy seeds
2 T baking powder
½ t baking soda
1 pin salt
1 ½ C low fat yogurt or whole milk
2 eggs
8 T butter melted
1 t almond extract
Lemon zest

1. Preheat oven to **375 degrees F**. Line muffin tin with paper liners.
2. Melt the butter then add in sugar whisking until smooth. Add eggs one at a time and mix.
3. Next add in your yogurt/milk mixing thoroughly along with your lemon zest and almond extract.
4. Mix in poppy seeds.
5. Add remaining dry ingredients and mix until smooth and consistent. Should be a quite thick batter and hold its shape for the most part.
6. Divide into liners and bake for around **20 minutes** and a toothpick comes out clean.
7. **OPTIONAL ICING:** Once cool I like to ice these with a nice lattice or zig zag of icing made with lemon juice. Gives them that extra lemony umph. You can also glaze them if you want.

Caramel Macchiato Chocolate Muffins

2 C all purpose flour or whole wheat flour
1 C sugar
½ C cocoa powder
1 t baking soda
2 t baking powder
1 C chocolate chips (or however much you damn well want)
1 egg
1 C plain greek yogurt
½ C caramel macchiato coffee creamer
½ C vegetable oil
1 t vanilla extract
½ C caramel bits

1. Preheat oven to **350 degrees F**. Line muffin tin with paper liners.
2. In a bowl combine yogurt and sugar mixing well. Then beat in the eggs one at a time.
3. Add in remaining wet ingredients (oil, creamer, extract) and mix well.
4. Mix in flour, cocoa, and baking powder/soda until everything is consistent and combined.
5. Use a spatula to fold in chocolate chips and caramel bits before dividing batter into paper liners. Should be nice and thick so the chips and bits don't sink to the bottom while baking.
6. Bake for **15 minutes** or until a toothpick comes out clean.

Note: With all the chocolate, yogurt, and good stuff in these muffins most people won't notice if you sneak whole wheat flour in the mix for either half or all of the flour. This also goes for a little oats if you want a little more healthy side to this tasty treat.

Cranberry Orange Muffins

½ C softened butter
½ C sugar
¼ C brown sugar
2 eggs
½ C non-fat plain yogurt
2 t vanilla extract
1-2 oranges zested
1 ¼ C whole wheat flour
1 t baking soda
2 t baking powder
1 pin cinimon
1 pin salt
2 T orange juice
2 T milk
1 ½ C frozen cranberries

1. Preheat oven to **425 degrees F**. Line muffin tin with paper liners.
2. In a bowl cream butter and sugar together until smooth. Then add in eggs one at a time.
3. Add in remaining wet ingredients whisking together until smooth.
4. Mix all dry ingredients into the wet beating until smooth and no grainy bits remain. Setting cranberries aside.
5. Using a spatula fold in cranberries and divide between liners making sure each muffin has a good amount of cranberries in each.
6. Bake for **13-18 minutes** until golden brown and a toothpick comes out clean.
7. **OPTIONAL ICING:** Once cooled these go great with an orange icing on top.

Cinnamon Roll Muffins

For Muffin

2 C all purpose flour
3 t baking powder
1 pin salt
¼ C sugar
3 T melted butter
1 eggs
1 C milk

For Topping and Filling

1 C brown sugar
3 t ground cinnamon
1 ½ C chopped pecans or walnuts
3 T melted butter

For Frosting

2 Oz cream cheese softened
1 C powdered sugar
1 T milk
½ t vanilla extract

1. Preheat oven to **400 degrees F**. Line muffin tin with paper liners.
2. Combine butter and sugar for muffin batter and mix until smooth then beat in the egg.
3. And in the milk then slowly mix in remaining dry ingredients for the muffin batter setting it aside.
4. In a separate bowl combine brown sugar and cinnamon with the melted butter to make the filling beating until smooth. Add in pecans or walnuts.
5. Fold filling into the batter to keep veins of cinnamon sugar throughout the batter.
6. Divide into liners and bake for **15 minutes** or until a toothpick comes out clean.
7. While baking whisk together the ingredients for the frosting and apply to top of muffins before they have fully cooled. This way the frosting will melt in and drip a little bit giving them that fresh cinnamon feel.

Avocado Blueberry Muffins

2 C all purpose flour
2 t baking powder
½ t baking soda
1 pin salt
1 ripe large avocado
¾ C sugar
1 egg
1 t vanilla extract
1 C plain yogurt
1 ¼ C frozen blueberries

1. Preheat oven to **357 degrees F**. Line muffin tin with paper liners
2. Throw avocado and yogurt into a blender and blend until smooth.
3. Put mixture into a bowl and add in sugar, egg, and vanilla whisking until smooth.
4. Add in all dry ingredients besides blueberries and mix until batter is consistent. Batter should be nice and thick so blueberries don't sink to the bottom while baking.
5. Fold in the blueberries and divide batter between liners making sure to have enough blueberries in each muffin.
6. Bake for **20 minutes** or until a toothpick comes out clean.

Strawberry Cheesecake Muffins

Streusel

- ¼ C brown sugar
- ½ C all purpose flour
- 1 t ground cinnamon
- ¼ C butter cold

Muffins

- ½ C butter softened to room temperature
- ½ C sugar
- ¼ C brown sugar
- 2 eggs
- ½ C yogurt
- 2 t vanilla extract
- 1 ¾ C all purpose flour
- 1 t baking soda
- 1 t baking powder
- 1 pin salt
- 1 ½ C chopped strawberries

Cheesecake Filling

- 6 Oz cream cheese softened
- 1 egg yolk
- 1 t vanilla extract
- 3 T sugar

1. Preheat oven to **425 degrees F**. Line muffin tin with paper liners.
2. First make the streusel by either using a cheese grater on the butter or by cutting it very small, I prefer the cheese grater. Then toss together with flour, brown sugar, and cinnamon with your hands until you have nice little crumbs.
3. Next make the muffins creaming sugar and butter until smooth and fluffy. Then beat in the eggs one at a time.
4. Add in vanilla and yogurt and mix well.
5. Mix in remaining dry ingredients until batter is smooth and consistent. Fold in the strawberries, a little bleeding is ok.
6. Now make the cheesecake filling in a separate bowl.
7. Whisk all ingredients together until smooth and consistent.
8. Start by putting one tablespoon of the muffin batter into each of the liners. Then add a table spoon of the cheesecake filling to each. Fill the rest of each liner to the top, **TO THE TOP**, with the remaining muffin batter.
9. Finally top each with a healthy sprinkling of the streusel tapping it down a little to make sure it sticks in each.

10. Bake for **5 minutes at 425** then drop down to **350 for the remaining 18 minutes.**

Rosemary Scones

2 C all purpose flour
2 T sugar
1 T baking powder
1 pin salt
2 T rosemary fresh or otherwise
6 T butter cut into cubes
 $\frac{3}{4}$ C heavy cream
2 egg yolks

Wash

1 egg
1 T heavy cream

1. Preheat oven to **400 degrees F**. Line a baking sheet with parchment paper.
2. In a bowl put all dry ingredients and toss with your hands. Then add butter and use a fork or pastry cutter to blend until coarse crumbs until the largest pieces are the size of peas.
3. Stir in the cream and yolks to the mixture with a fork then knead just until all dry ingredients are absorbed. Do not over mix!
4. Place dough on a prepared baking sheet and pat into a one inch thick circle or square take your pick. With a knife divide into triangles and brush with the wash.
5. Bake for **10-15 minutes** until scones are a golden brown and a toothpick comes out clean when inserted.

Triple Chocolate Scones

1 ½ C all purpose flour
½ C cocoa powder
½ C sugar
2 ½ t baking powder
½ t cinnamon
1 pin salt
½ C frozen butter
½ C heavy cream
1 egg
1 ½ t vanilla extract
1 C chocolate chips

Chocolate Glaze

1 C powdered sugar
1 t vanilla extract
2 T water or coffee
1 t cocoa powder

1. Preheat oven to **400 degrees F**. Line a baking sheet with parchment paper.
2. In a bowl put all the dry ingredients and mix. Grate the frozen butter over the dry mixture. Toss the butter and combine it with your fingers until it resembles a coarse meal.
3. Add in the cream, egg and vanilla. Mix with a spatula or a fork until it all seems moist. Work it into a ball with flour covered hands then press into a disk on the sheet and cut into wedges separating them slightly.
4. Brush each scone with heavy cream and then bake for **20-25 minutes** until a toothpick comes out clean.
5. After taking them out to cool whisk together the chocolate glaze and dunk each scone into the mixture before they have cooled entirely. Let glaze set and serve.

Blueberry Scones with lemon Glaze

2 C all purpose flour
1 T baking powder
1 pin salt
2 T sugar
5 T butter frozen
1 C frozen strawberries
1 C heavy cream
Lemon zest

1. Preheat oven to **400 degrees F**. Line a cookie sheet with parchment paper.
2. Combine all dry ingredients in a bowl and toss together with your hands. Then grate the butter over your dry mixture and combine with your fingers to make coarse crumbs.
3. Add in your cream and the lemon zest stirring together with a fork until just moist. Fold in your blueberries. Form into a ball and place on the parchment paper smashing it to around an inch thick.
4. Cut into wedges and separate each scone a little bit. Brush each scone with an egg wash or more heavy cream. Bake for **15-20 minutes** or until a toothpick comes out clean. Should be nice and golden brown.
5. Make a glaze or a icing with lemon juice and drizzle on each scone once cooled.

Baked Old Fashioned Donuts

Note: for these you will need a donut pan or mold. I suggest getting one. They are a lot of fun.

¼ C butter melted
¼ C vegetable oil
1 C sugar
2 eggs
1 t vanilla extract
2 C all purpose flour
¾ C whole wheat flour
1 ½ t baking powder
½ t baking soda
1 pin salt
1 pin nutmeg
1 C buttermilk

1. Preheat oven to **425 degrees F**. Spray donut pan with cooking spray.
2. In a bowl whisk butter with sugar until smooth. Then add in eggs one at a time whisking. Follow this with remaining wet ingredients.
3. Next add in the dry ingredients whisking after each until thoroughly combined.
4. Transfer batter into a piping bag or a zip lock. Cut the tip of and squeeze batter into each mold carefully filling over half way full.
5. Bake for **7-9 minutes** or until light and fluffy when touched. Set donuts on a rack to cool for a few minutes. Make a glaze with vanilla and dunk the still warm donuts over halfway into the glaze to cool while the glaze sets.

Cream Puffs

1 C water
½ C butter
1 pin salt
1 C all purpose flour
4 eggs

Whipped Cream

1½ C cream
1½ C powdered sugar

Ganache

1 t cocoa
¾ C chocolate chips
½ C sugar
½ C cream
2 T butter

1. Preheat oven to **425 degrees F**. Line a cookie sheet with parchment paper.
2. In a saucepan with medium heat melt the butter into the water and add salt.
3. When butter is fully melted dump in the flour and stir with wooden spoon until the dough pulls away from the sides of the pan and forms a ball.
4. Transfer to a bowl too cool for a minute and beat in the eggs one at a time. Allowing each to be fully incorporated before you add the next.
5. Scoop the mixture into a piping bag and pipe into little two inch mounds on the cookie sheet. Leave about three inches between each. Put in the oven and bake for **25-30 minutes**. They should be golden brown and feel solid to touch. Take out and set to cool.
6. In a separate bowl whip powdered sugar and cream together until it forms a nice and thick whipped cream. Transfer powdered sugar into a piping bag with a decorative tip.
7. Ganache- add cream and sugar to a small saucepan over a medium low heat. Stir until the sugar has dissolved. Remove from heat and add the butter with cocoa and chocolate chips. Stir until all are dissolved and no lumps remain.
8. Cut the cooled puffs in half sandwich style and put a good dollop of whipped cream in the center of each and replace the top. Then drizzle or spoon the ganache over the top. Let chocolate cool then serve.

Cheese Puffs

1 C milk
½ C Butter
1 t salt
1 pin fresh black pepper ground
1 pin nutmeg
1 C all purpose flour
4 eggs
½ C grated gruyere and some for sprinkling
¼ C fresh grated parmesan
1 egg for egg wash

1. Preheat oven to **425 degrees F**. Line a cookie sheet with parchment paper
2. In a saucepan heat the milk, butter, salt, pepper, and nutmeg over a medium heat until butter melts and all are combined.
3. Add the flour all at once stirring with a wooden spoon until the mixture forms a nice dough and it will start to coat the bottom of the pan. Then scoop the hot mixture into a bowl and add the eggs and the cheeses and mix vigorously until they all are incorporated. The dough should be smooth and thick.
4. Spoon into a piping bag and pipe into two inch mounds on the baking sheet leaving three inches between each. Brush with an egg wash and sprinkle with a pinch of gruyere then bake for **15 minutes** until the puffs are golden brown and solid.

Paleo Blueberry Lemon Cake

2 C almond flour
½ C coconut flour
1 t baking soda
1 pin salt
Zest one lemon
Juice one lemon
¼ C coconut oil melted
¼ C raw honey
½ C dairy free milk
3 eggs
1 t vanilla extract
1 ½ C fresh or frozen blueberries

1. Preheat oven to **350 degrees F**. Grease a 9 inch round cake pan.
2. Start by blending the blueberries in a blender or mixer with milk and blend well.
3. Place in a bowl and then add the rest of the wet ingredients including the lemon juice and zest.
4. Add in the dry ingredients and whisk well until completely combined. Spoon into your pan and bake for **40-45 minutes**.
5. Remove and let cool before drizzling an icing or glaze over the top.

Lemon Pound Cake

3 C all purpose flour
½ t baking soda
1 pin salt
1 C butter softened
2 ¼ C sugar
3 eggs
1 C buttermilk
2 T lemon zest (4-5 lemons total)
2 T fresh lemon juice

1. Preheat oven to **325 degrees** and spray a bundt pan or bread pan with nonstick spray. Your choice.
2. Cream together the butter and sugar. Then add in your eggs one at a time beating well.
3. Add in all wet ingredients along with the lemon zest. Then slowly mix in the remaining dry ingredients until nice and smooth.
4. Use a spatula to transfer batter to your greased pan and bake for **65 minutes** until firm throughout. Should be a nice golden brown.
5. Take out and set aside until it starts to separate from the pan on its own. Transfer to a cooling rack and let sit for 10 minutes before applying a glaze/icing. Highly recommend a lemon juice base with some zest for sprinkling on top after.

Buttermilk Biscuits

2 C all purpose flour
2 t baking powder
1 t salt
¼ t baking soda
7 T butter chilled in the freezer and cut into thin slices.
¾ C cold buttermilk and some extra for brushing

1. Preheat oven to **425 degrees F**. Line a baking sheet with parchment paper.
2. Whisk flour, baking powder, salt, and baking soda together in a bowl.
3. Cut butter into flour mixture with a fork or pastry cutter until it resembles coarse crumbs.
4. Add in the buttermilk and combine with a fork until everything is just combined.
5. Place dough onto a floured surface and pat into a rectangle. **DO NOT USE A ROLLING PIN.**
6. Fold dough over three times. Then pat back down into a rectangle. Repeat this three times.
7. Press down until dough is about ½ inch thick and cut into squares or a round biscuit shape.
8. Transfer biscuits to a baking sheet and whisk with buttermilk before baking for **15 minutes** or until golden brown.

Pan De Sal

2 C warm water
2 t active dry yeast
½ C sugar
¼ C vegetable oil
1 ½ t salt and more for dusting
6 C all purpose flour

1. Put warm water into a bowl with 1 T of sugar and yeast. Whisk together and set aside until a nice foam develops on the surface. If there is no foam start over.
2. Combine remaining sugar with vegetable oil and mix until smooth. Add in the salt and 1 cup of flour and the yeast mixture, stir well. Add the remaining 5 cups of flour a half a cup at time until the dough pulls away from the bowl.
3. Turn the dough on a floured surface until smooth. About 10 minutes. Place in a greased bowl and cover with a damp cloth allowing it to rise until doubled in size, should be about an hour and a half. Should be nice and warm.
4. Take dough and turn on a floured surface and divide into four equal parts. Rolls the sections into a log that is about a half an inch thick. Cut lops into half inch pieces and place flat side down in a greased baking sheets. Cover and let rise for about 30-45 minutes.
5. Preheat oven to **375 degrees f**. Then sprinkle salt on your dough and bake for about **20 minutes**. Should be nice and golden brown.

Homemade Naan

1 C warm water
2 T honey
1 package active dry yeast
3 ½ C all purpose flour
¼ C plain yogurt
2 t salt
½ t baking powder
1 egg
¼ C butter
3 cloves minced garlic
Cilantro or basil for topping

1. Stir yeast into warm water with honey until dissolved. Should get nice and foamy. If it doesn't you know the drill. Start over.
2. While mixing slowly add in the remaining ingredients besides the garlic and butter. Mix until a smooth dough forms but don't over mix.
3. Remove from the bowl and shape into a ball kneading on a floured surface. Place dough back into a greased bowl and cover with a damp cloth. Let rise for about an hour to an hour and a half.
4. Meanwhile melt the butter and minced garlic in a saute pan. Let it simmer together for a little bit but do not burn. Then strain out the garlic, or don't, and remove from heat.
5. Once the dough is ready, put it on your floured surface. Cut into 8 separate pieces and roll into a ball. Using a rolling pin roll each piece out into a large circle thinner than ¼ an inch. Thinner the better. Brush each with a bit of the garlic infused butter on both sides.
6. Heat a large cast iron skillet or any saute pan to a medium high heat. Pam the pan and put a piece of the dough onto the pan cooking until it bubbled and becomes golden brown. Flip and do the same to the other side. Place on a plate and sprinkle with herbs before covering with a cloth to keep them warm.

Classic Pecan Pie Bars

Crust

- 1 $\frac{3}{4}$ C all purpose flour
- $\frac{3}{4}$ C butter softened
- $\frac{1}{8}$ C sugar
- $\frac{1}{8}$ C coarsely chopped pecans

Filling

- 1 $\frac{1}{2}$ C dark corn syrup
- $\frac{3}{4}$ C brown sugar
- 4 eggs
- 6 T all purpose flour
- 2 vanilla extract
- 1 t salt
- 1 $\frac{1}{2}$ C coarsely chopped pecans

1. Preheat oven to **350 degrees F**.
2. Combine ingredients for the crust in a bowl except for pecans. Beat at a medium speed scraping the bowl often until mixture resembles coarse crumbs. Then stir in the pecans.
3. Press crust into the bottom of the ungreased 13x9 pan. Bake 18-22 minutes or until edges are very light golden brown.
4. Combine all filling ingredients except 1 $\frac{1}{2}$ C pecans in a bowl, mix well. Spread evenly over the hot partially baked crust. Spread the pecans over the top of the filling and bake for **30-35 minutes** more or until filling is set.

Easy Key Lime Pie

Either get a pie crust or use pastry dough
5 egg yolks
140z can sweetened condensed milk
½ C key lime juice

1. Preheat oven to **375 degrees F.**
2. Combine eggs yolks, sweetened condensed milk and lime juice. Mix well and pour over crust.
3. Bake in preheated oven for **15 minutes.** Allow time to cool and top with whipped cream.

Rugelach

2 C all purpose flour
1 pin salt
8 Oz cream cheese cold
1C butter cold
1 t vanilla
1 egg yolk

Filling

1 C walnuts
1 C pecans
¼ C melted butter
¼ C honey
¼ C sugar
1 t vanilla

1. Combine flour and salt and toss together with hands. Then grate in the butter or cube it along with the cream cheese. Use fingers to combine until it forms coarse crumbs.
2. Mix in the yolk and vanilla whisking with a fork until it forms curd like pieces. Turn dough out with your hands and divide into four portions flatten into discs and wrap in plastic. Refrigerate for 2 hours or overnight.
3. When ready to bake. Preheat oven to **375 degrees** F. Line a cookie sheet with parchment paper.
4. Roll out the dough. Sprinkle work surface with powdered sugar. Let one disk thaw for 1-3 minutes before rolling ¼ inch thin using powdered sugar to prevent sticking.
5. Make Filling. Using a processor or a grinder pulse nuts together until fine crumbs or past like. Then add in the butter, honey, vanilla, and sugar mixing until smooth.
6. Spread filling out on the dough. Slice into 16 wedges, like a pizza. Then roll each wedge starting from the outside and rolling in. Place on parchment paper making sure the tip is down. Wash with an egg wash and sprinkle with sugar.
7. Bake for **20-25 minutes** or until golden brown.

Baklava

1 ¼ C melted butter
1 lb finely chopped walnuts
1 tsp cinnamon
1 C sugar
2 tbs lemon juice
¾ C water
½ C honey

Phyllo Dough

4 C all purpose flour
1 t salt
1 ½ C water
¼ C olive oil

1. Start by making the dough. Stir together all the ingredients and mix together until smooth and satiny. Once completely smooth wrap in plastic and let sit for an hour.
2. Divide dough into 12 portions and shape into smooth balls. Cover the ones you're not using with a damp cloth to keep moist.
3. Place on a floured surface and roll as flat as humanly possible without ripping your dough. Should be about 10X12 inches fitting your pan perfectly. Do this for each section when ready.
4. Preheat oven to **350 degrees F**. Grease your 10 X 12 baking pan.
5. Mix chopped nuts with cinnamon and set aside.
6. Place two sheets of the dough on the bottom. Butter well. Then sprinkle with nuts and cinnamon. Then repeat until you get to the top then top with two layer of dough once again.
7. Use a sharp knife to cut squares or diamonds in the rows then bake for about **50 minutes**.
8. While baking boil sugar, water and add the vanilla and honey. Simmer for about 20 minutes. Should be nice and golden.
9. Remove from oven and immediately spoon sugar sauce over it. Leave uncovered. Then serve.

Honey Pecan Granola

2000g Oatmeal
1000g Brown Sugar
250g Coconut
500g Pecans Chopped
300g Honey
200g Hot Water
750g Canola Oil

Banana Walnut Granola

2000g Oatmeal
1000g Brown Sugar
500g Walnuts Chopped
750g Canola Oil
750g Banana Puree

Cranberry Almond Granola

2000g Oatmeal
1000g Brown Sugar
500g Sliced Almonds
500g Canola Oil
680g Cranberry Concentrate
400g Crasins (add after baking)

Mix dry ingredients thoroughly before adding wet. Brown sugar should be completely broken down. Bake at **325 degrees** for **12-15 minutes** stirring each time. Should come out golden brown after 3-4 cycles.

These recipes tend to make around 3-4 gallons of granola so feel free to scale them down according to your needs.