

Baked Goods

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“And the taste of it was like wafers made with honey.”

Exodus 16:31

Raspberry Turnovers—Rough Puff Dough

See page 27 for the rest of the raspberry turnover recipe submitted by Mary Robinson from *Meet Me for Breakfast* on Outschool



Rough Puff/Blitz Puff Dough

Ingredients

1 1/2 cups all purpose flour
1/4 tsp salt
1/2 tsp baking powder
1 cup butter FROZEN
1/2 cup sour cream or plain yogurt

Directions

Mix the dry ingredients: whisk together in a LARGE mixing bowl and then set aside the flour, salt and baking powder.

Grate the butter; grate 1 c (2 sticks) frozen butter using a cheese grater.

Add the butter to the dry ingredients and mix together until it is uneven and crumbly.

Make a well in your dry ingredients and mix in 1/2 cup sour cream (use a dough hook on an electric mixer if you have one.)

The mixture will seem dry and strange, but it will come together after a few kneads.

Flour your counter lightly, then dump dough carefully out onto the counter.

Knead the dough: fold dough over, smush with your palms, rotate 90° and repeat 4-5 times ***The dough should not be sticky anymore and the dry parts should not fall off.

Shape the dough: Pat, or roll the dough into a square, then roll into an 8x10 inch rectangle (similar to printer paper).

Dust both sides of the dough with flour to prevent sticking.

Fold the dough into thirds (like a letter going into an envelope) then rotate and fold in thirds again, this time in the opposite direction (you should have a little rectangle).

REPEAT the 8x10, rolling and folding one more time.

Wrap dough in plastic wrap and place in the freezer while you make this filling.

Raspberry Turnovers

submitted by Mary Robinson
from *Meet Me for Breakfast* on Outschoool



Makes about 16 small turnovers
Preheat oven to 400°

Ingredients

Rough Puff Dough (see page 28 for recipe) or 1 package frozen puff pastry
Raspberry filling (or jam of your choice)
1 large egg, optional for tops
extra sugar, optional for tops

Raspberry Filling

Ingredients

2 Tablespoons cornstarch
1/2 cup (99g) sugar
2 cups (255g) raspberries, fresh or frozen (other your favorite berry)
1/2 teaspoon vanilla extract

Directions

Combine 2 tbsp cornstarch and 2 tbsp water in a small saucepan and stir. Add the sugar and raspberries. Heat the mixture over medium+ heat until the sauce begins to thicken (about 5 minutes). Remove from heat, add vanilla, and let cool while you shape the dough.

Directions

Roll out the dough: roll the chilled dough into a 16" square. Try to cut 4" squares. *The secret to a good turnover is the size of the piece of dough compared to the filling. You can roll out each piece of dough after you cut them if needed so they are big enough to fit over the filling! You will need to be able to smoosh the ends together without any filling in the way!*

Add the filling: put about 2 teaspoons of filling just to the side of the center of your pastry squares.

Seal the pastry: dip your finger in water, a beaten egg or a mixture of both and run along the edges of the pastry to help it stick.

Fold the dough in half, making a triangle. Press down the edges and then use a fork to really seal the pastry. Transfer to a baking sheet.

Add vents: Cut slits with a knife or poke holes with a fork to let steam escape while the pastries are baking.

Optionally: brush the top with egg wash and sprinkle with sugar.

Bake for 20–25 minutes at 400°, until pastry turn a deep, golden brown. (The filling may ooze out the vent or sides, this is normal).

Allow to cool slightly before enjoying.

Eye-Opener Smoothie

submitted by Jessica Robinson *recipe by Michelle Tam*



Ingredients

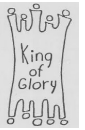
1 cup cold brew or black coffee, frozen into ice cubes
1 small frozen banana, cut into chunks
1/4 cup full-fat, dairy-free creamer, coconut milk, cashew milk or almond milk
1/2 tsp vanilla extract
1 3/4 Tbsp collagen peptides (optional)

Directions

Blend banana, milk, vanilla and collagen. Add coffee and blend until smooth.

Pineapple Turnovers

A classic from the "Original KOG 1975 Cookbook"
submitted by Marge Kraschneske



"This was one of my mother's favorite pastries"

Total time: 2 hours to overnight + prep time + 30 minutes bake time

Ingredients**Pastry dough:**

1 pkg active dry yeast
1/4 cup water
1/2 cup cream
6 cups sifted flour
1 tsp salt
1 Tbsp sugar
1 cup Crisco shortening
1 cup butter
3 eggs, unbeaten

Filling:

1 can crushed pineapple,
drained, juice preserved
2 Tbsp cornstarch
1 cup sugar

Directions

Make the dough: in a small saucepan, heat water and cream to warm (110°); add yeast and stir until dissolved. Let stand until bubbly. In a large bowl mix flour, salt and sugar. With hands mix in Crisco and butter until pebbly. Add yeast mixture and unbeaten eggs. Mix well; work with hands. Cover and let stand in the refrigerator for a minimum of 2 hours to overnight.

Preheat oven to 350°

Make the filling: Mix cornstarch with 1 Tbsp sugar. Add to a saucepan with 1/2 can of juice and sugar. Mix well. Add remaining 1/2 can of juice to saucepan and heat over low heat until thick. Add crushed pineapple and set aside to cool.

Make the turnovers; roll out dough to 1/8" thick on a sugared surface. Cut dough into 3" squares. Place 1 tsp pineapple filling to one side of each square. Fold pastry over to make a triangle and press firmly to seal. Bake at 350° for 30 minutes.

Bohemian Tea

A classic from the "Original KOG 1975 Cookbook"
submitted by Shirley Setness



"An excellent tea for colds."

Ingredients

1 1/2 cinnamon sticks
8 whole cloves
3 quarts boiling water
juice of 2 lemons and 2 oranges
1 cup sugar (omit for unsweetened tea)
6 bags Pekoe tea

Directions

Tie spices in muslin or cheesecloth bag; add spices and water to boiling water and boil an additional 5 minutes. Remove from heat; tie tea in bag and steep in hot sugar water, covered, for 5 minutes. Remove tea and spice bag. Add lemon and orange juice. Reheat before serving.

Scones

Submitted by Fran Johanson



Preheat oven to 375°

Ingredients

2 cups flour

4 teaspoons baking powder

3/4 teaspoon salt

1/3 cup sugar

4 tablespoons butter

2 tablespoons shortening

3/4 cup cream

1 egg

Handful dried currants or dried cranberries

(optional)

drizzle a glaze made of orange zest, orange juice and powdered sugar or substitute lemon zest and lemon juice for the orange.

Directions

Heat oven to 375°. In a large mixing bowl, combine flour, baking powder, salt and sugar. Mix well. Cut in butter and shortening. In a separate bowl, combine cream with beaten egg then add to dry ingredients. Stir in fruit. Turn dough out onto a floured surface. Roll dough out and cut into biscuit size rounds. Bake for 15 minutes or until brown. I choose to make mini-scones so I roll the dough into two rectangles 3 inches wide and then cut triangles from the long strips of dough. There is no waste or need to again roll out trimmings from round scones.

Fresh Raspberry Scones

submitted by Gina Bouk



Preheat oven to 400°

Ingredients

1 1/4 cups flour

1 1/4 tsp baking powder

1/4 tsp salt

1/4 cup sugar

1/3 cup butter, chilled

4-5 Tbsp milk

1 tsp vanilla extract

Generous 1/2 cup fresh raspberries

Coarse sugar for topping

Directions

Line a baking sheet with parchment paper and set aside. In a large bowl, whisk together flour, baking powder, salt and sugar. Cut butter into several chunks and cut into flour mixture using your fingertips or by using a pastry blender. Continue until no pieces larger than a pea remain.

In a small measuring cup, combine milk and vanilla. Pour milk mixture into flour mixture and stir with a fork until dough comes together. Add in raspberries. Gently knead berries in by hand to distribute them evenly without crushing them. Turn dough out onto a well-floured surface and shape into a disc. Cut dough into 5 wedges. Sprinkle generously with coarse sugar.

Bake for 18-20 minutes at 400°, until scones are golden brown and set. Allow to cool on a wire rack before serving. Makes 5.

Biscotti

Submitted by Fran Johanson



Dedicated to Sharlene. My Biscotti is a must have when she spends overnights with me. Coffee and biscotti are part of our morning fare.

Preheat oven to 350°

Ingredients

1 cup sugar
 1 stick unsalted butter, melted
 3 tablespoons brandy
 2 teaspoons pure almond extract
 1 teaspoon pure vanilla extract
 1 cup whole almonds with skin, lightly toasted, cooled, and coarsely chopped
 3 large eggs
 2 3/4 cups all-purpose flour
 1 1/2 teaspoons baking powder
 1/4 teaspoon salt

Directions

Stir together sugar, butter, brandy, and extracts in a large bowl, then stir in almonds and eggs. Stir in flour, baking powder, and salt until just combined. Chill dough, covered, 30 minutes. Preheat oven to 350°F with rack in middle. Using moistened hands, halve dough and form 2 (16-by 2-inch) loaves on an ungreased large baking sheet. Bake until pale golden, about 30 minutes. Carefully transfer loaves to a rack and cool 15 minutes. Cut loaves into 3/4-inch slices with a serrated knife. Makes about 42 cookies. Arrange biscotti, with a cut side down, on a clean baking sheet and bake until golden, 20 to 25 minutes. Transfer to rack to cool completely. Biscotti improve in flavor if made 1 to 2 days ahead. Keep in an airtight container at room temperature. I actually line my baking sheet with parchment paper and use it for both baking stages.

Lebkucken Bars

A classic from the "Original KOG 1975 Cookbook"
 submitted by Edythe Kessler



Preheat oven to 350°

Ingredients

1 tsp grated lemon peel
 3/4 cup honey
 1/2 cup margarine or butter
 2/3 cup firmly packed brown sugar
 2 eggs
 3 3/4 cups un-sifted flour
 1/2 cup ground almonds (today can sub almond meal- not almond flour)
 1/2 tsp baking soda
 1/4 tsp ground ginger
 1/2 tsp ground cinnamon
 1/4 tsp nutmeg
 Confectioners' sugar or milk icing for top

Directions

Combine honey, sugar, lemon peel and butter in a small saucepan. Heat and stir until butter melts. Cool to lukewarm. Beat eggs to a foam; add to cool honey mixture. Add dry ingredients and mix to combine. Pour into a greased baking dish (size was not included in original recipe) and bake at 350 for 25 minutes. Cut while still warm. Top with confectioners' sugar or milk icing.

Caramel-Pecan Rolls

submitted by Al Christensen



Preheat oven to 375°

Ingredients

1 cup water
 1 egg
 2 tablespoons butter, softened
 3 1/4 cups flour (recommend bread flour for best results)
 1 tablespoon active dry yeast
 1/2 cup butter, melted
 1/2 cup packed brown sugar
 1 tablespoon corn syrup
 2/3 cup pecan halves or pieces
 2 tablespoons butter, melted
 1/2 cup granulated sugar
 2 teaspoons ground cinnamon

Directions

Place first 5 ingredients in the bowl of a stand mixer with a dough attachment and mix until dough clings to the hook and pulls cleanly away from the sides of the bowl. Continue to knead dough by hand until it is smooth and elastic. Place dough in a greased bowl, turning to grease the entire ball of dough. Cover and set in a warm place, free of draft, to rise—about 1 hour, until doubled in size. Grease a 13x9x2 inch pan. Mix 1/2 cup melted butter, brown sugar, corn syrup and pecans and spread evenly on the bottom of your pan. Once the dough has finished rising punch it down and flatten into a 15x10 inch rectangle with your hands or a rolling pin. Spread 2 tablespoons butter over the dough and sprinkle with cinnamon and sugar. Roll tightly beginning with the 15 inch end. Pinch the seam of the roll tightly to seal. Cut into 1 inch slices and place in the pan, cut side up. Cover and place in a warm place to rise for a second time, for about an hour or until doubled in size. Bake in a 375 oven for 22–27 minutes, or until golden brown. Immediately invert the pan onto a heat proof plate or serving tray. Let stand for 1 minute to allow the caramel to drizzle over the rolls before removing the pan. Serve warm.

Friendship Tea

A classic from the “Original KOG 1975 Cookbook”
 submitted by Florence Platte

**Ingredients**

1/2 cup instant tea
 2 cups Tang
 1 pkg sweetened lemonade (enough to make 1 gallon)
 1 tsp ground cloves
 several whole cloves
 1 tsp cinnamon
 2 cups sugar

Directions

Mix all ingredients together and store in a tight jar. To drink add 2 tsp mix to 1 cup of hot water. Enjoy!