**Beteavon (eat well)**

 **Compiled by: Mirah**







Contents

[Quick or Easy to Make Food 3-20](#_Toc447683551)

[Nutritious Food](#_Toc447683552) 21-28

[Sweet Treat Food](#_Toc447683553) 29-38

**Chilled Tomato with Tomato Sorbet Basil Soup**

**Five Hundred Soups**

This light, elegant soup makes a stylish appetizer before a special meal. lt is particularly

Good in summer when tomatoes are ripe and basil plentiful.

2 tbsp. olive oil

I onion, chopped

2 garlic cloves, crushed

1 lb. (approx.) tomatoes, peeled and chopped

½ tsp. brown sugar

5 cups vegetable or chicken stock

Handful of fresh basil

Salt and ground black pepper

For the tomato sorbet

1 lb. (approx.) tomatoes, peeled and seeded

1/4 fresh red chili, seeded and chopped

1/2 garlic clove, crushed[[1]](#footnote-1)

1 tsp. brown sugar

1/4 tsp. balsamic vinegar

Handful of fresh basil, plus extra to garnish

For the sorbet, puree the tomatoes, chili, garlic, sugar, vinegar, and basil in a food processor.

Add salt, pepper to taste, and chill. Churn in an ice cream-maker or freeze in a suitable

Container (3 to 8 hours), processing twice in a food processor to break up the ice crystals.

Heat the oil in a large saucepan. Add the onion and garlic, and cook gently for 5 minutes.

Add the tomatoes, sugar, and stock. Bring to a boil, then simmer, covered, for 20 minutes. Cool, blend until smooth, adding the basil, and chill for at least 2 hours. Place a scoop of sorbet in each bowl. Ladle in the soup, garnish with a few basil leaves, and serve immediately

Cooled and chilled Serves 4

**Spiced Lentil, Chickpea and Chorizo Soup[[2]](#footnote-2)**

This chunky, wholesome soup is full of fiber and complex carbohydrates offering

Slow-release energy to keep you going for longer.

1/2 cup Puy lentils or brown or green lentils

2 tbsp. olive oil

2 oz. chorizo, chopped

1 onion, finely chopped

2 garlic cloves, crushed

3 tsp. ground cumin

2 tsp. ground coriander

1/2 tsp. ground cinnamon

1/4 tsp. crushed dried chili pepper

4 tomatoes, peeled, seeded, and chopped

14-oz. cans chickpeas, rinsed and drained

1 tbsp. tomato paste

5 cups vegetable or chicken stock

Salt and ground black pepper

Juice of about 1 1/2 lemon, to taste

Put the lentils in a large saucepan; pour in enough boiling water to cover them generously,

In addition, simmer for about 20 minutes, until just tender. Drain well.

Heat the oil in the rinsed-out saucepan and gently fry the chorizo, onion, and garlic for

4 minutes. Stir in the cumin, coriander, cinnamon, and chili, followed by the tomatoes,

chickpeas, tomato paste, and stock. Bring to a boil; reduce the heat, cover, and simmer

For 15 minutes. Add salt and pepper and lemon juice to taste. Ladle the soup into bowls

And serve.

-Serves 4

**Carrot, Leek & Potato Soup[[3]](#footnote-3)**

This thick, warming soup is fat-free (depending on the stock used) so it makes a healthy,

As well as filling, meal for those following a low-fat diet.

3 carrots, roughly chopped

2 leeks, sliced

1 small potato, roughly chopped

5 cups vegetable or chicken stock

Salt and ground black Pepper

Chopped fresh parsley, to garnish (optional)

Crusty whole-grain bread, to serve

Put the carrots, leeks, and potato in a large saucepan. Pour in the stock and bring to a boil'

Reduce the heat and simmer for about 20 minutes, until the vegetables are tender'

Process the soup in a food processor or blender until smooth. Add salt and pepper to taste,

Then pour the soup into serving bowls. Sprinkle with parsley, if desired, and serve with

Chunks of crusty whole-grain bread.

-Serves 4

World’s Best Meatballs[[4]](#footnote-4)

You can put in a 1/2 tsp. sage,2Tbsp' of grated parmesan, onion power, garlic powder, salt and pepper' Also, I sometimes add about 1/8 cup of water' lt made the meatballs so delicious.

Ingredients:

Original recipe makes 18 meatballs Change Servings

2 tablespoons olive oil

1 (20 ounce) Package ground turkey

1 egg, beaten

Ll3 cup Italian seasoned bread crumbs

Check All Add to Shopping List

PREP: 10 mins

Cook: 20 mins

READY IN 30 mins.

 Directions:

Preheat the oven to 350 degrees F (175 degrees c). Grease a 9x13 inch baking dish with the olive oil, and

Place it in the oven while preheating'

In a medium bowl, mix together the ground turkey, egg and bread crumbs using your hands' Using an

Ice cream scoop if possible, form the meat into golf ball sized meatballs. Place about 1 inch apart in the

Hot baking dish. Press down to flatten the bottom just slightly'

Bake for 15 minutes in the preheated oven, then turn them over, and continue baking for about 5 more

minutes, or until somewhat crispy on the outside. Serve with pasta and sauce or however you would like.

**(I Do not Have a Name for This One)**

I use whatever veggies I have in my fridge.

One chicken breast, chopped into small pieces.  Pork or tofu works well too. Brown in wok with sliced mushrooms and olive oil.  Add garlic, salt and pepper and any other spice that pleases you.  Mix in chopped carrot, cabbage, onion, broccoli, sprouts or any kind of veggie that you have and toss and cook for about five minutes.  Then add a cup of water mixed with instant mushroom or chicken gravy (like a pack of McCormick's dry mix).  Pour over veggies and meat and simmer until thick.

Serve over rice or noodles.

[[5]](#footnote-5)

**Fried Vermicelli with Red Curry Paste**.[[6]](#footnote-6)

Though it may look fierier, there is no reason why red curry paste should be any hotter than the Green version. Its precise heat level is entirely down on your personal taste – remember more chills equals more heat. If you are really, feel like testing your taste buds, try adding the chili seeds as well.

Ingredients

For the paste;

4-5 medium red chilies

 seeded (optional)

And coarsely chopped

2 oz. shallots, coarsely chopped

1 tbsp. coriander root (or fresh leaves)

2 kaffir lime leaves

2 stalks lemongrass, outer leaves removed

Coarsely chopped

1tbsp coriander seeds

1tsp cumin seeds

2 large cloves garlic, coarsely chopped

1tbsp shrimp paste (kapi)

1tbsp galangal puree or 1-in piece of fresh root ginger, coarsely chopped

2 cloves garlic, peeled and chopped

¼ tsp. salt

For the noodles:

8 oz. rice vermicelli

3 tbsp. vegetable oil

I oz. tofu (bean curd), diced

3 cloves garlic, chopped

4 oz. canned bamboo shoots

 One ½ lb. bean sprouts

8 oz. mustard greens or fresh spinach

2 tbsp. red curry paste

5 tbsp. fish sauce

3 tbsps. light soy sauce

1 tbsp. jaggery or soft brown sugar,

Cilantro leaves

4lime wedges. Serves 4

To make the curry paste, put a, the ingredients in a food processor and blend to a paste.

Alternatively, pound the ingredients using a mortar and pestle.

Soak the rice vermicelli in warm water for 3-5 minutes. Rinse and drain.

Heat the oil in a wok or skillet, and fry the tofu until golden brown. Add the garlic,

Bamboo shoots, bean sprouts, and mustard greens or spinach, stirring each time you add the ingredients.

Add the red curry paste, fish sauce, soy sauce, and sugar and stir in well Add the vermicelli and stir until the noodles are well coated with the sauce. Put the vermicelli onto the four plates and garnish with cilantro leaves and lime wedges. Serve at once.

**Gritted Tilapia Broccoli Penne[[7]](#footnote-7)**

Introductions

Sautéed broccoli and garlic, until is perfectly seasoned tilapia, transform pasta into something special.

Sautéed broccoli and garlic, plus perfectly seasoned tilapia, transform pasta into something special.

Minutes to Prepare: 15

Minutes to Cook: 20

Number of Servings: 4

Ingredients

2 Gorton's Tilapia Signature Gritted Fittets

4 oz Penne Pasta

2 Tbsp. vegetable or olive oil

1 small onion, thinly sliced

2 cloves garlic, minced

2 cups broccoli florets

2 Tbsp. butter or margarine

2 Tbsp. Parmesan cheese, grated.

1 tsp red pepper flakes, crushed

1 /4 tsp. salt

1 /4 tsp. Pepper

Tips

Love garlic? Try this recipe using Roasted Garlic Butter Gritted Fittets- delicious!

Directions

1. prepare Gorton’s Tilapia Signature Gritted Fittets and pasta according to package instructions and cut

each fillet into 4 Pieces.

2.Heat oil in a large non. Stick skillet over medium heat for 2 minutes and sauté 6 onion and garlic 5

minutes, add broccoli, sauté 7 minutes, add pasta, add pasta and remove from heat.

3. Combine remaining ingredients with broccoli mixture, arraign fish pieces over pasta and serve

immediately.

**Spicy Egg Noodles with Beef and Vegetables[[8]](#footnote-8)**

15 mins cook time

Ingredients

10oz dried, medium egg noodles

3 tbsp. vegetable oil

2-3 Small dried red chills, soaked

 In hot water, then ground

Two cloves garlic, finely chopped

1 tsp dried shrimp paste (optional)

10oz round steak, thinly sliced

1 medium onion, thinly sliced

2 green chiles, chopped

7 oz. Bean sprouts

4 oz. fresh spinach

Salt and black Pepper, freshly ground

3 tbsp. dark soy sauce and light soy sauce

Cilantro leaves

4 lime wedges

In a large pan, bring a quantity of water to a boil, add the egg noodles and cook for

4 minutes. Rinse under cold water and drain.

Heat the oil in a wok or skillet. And stir-fry the red chilies, garlic and shrimp paste if

using Add the beef and fry for 2-3 minute, or. Until cooked.

Stir in each ingredient as you add in onion, green chilies, bean sprouts, and spinach

Season to taste with salt and pepper.

Add the noodles, sprinkle over both soy sauces, and mix well. Divide the noodles among four plates and garnish with cilantro leaves and live wedges. Serve immediately

Four plates and garnish with cilantro leaves and lime wedges. Serve immediately.

**Chicken Soufflé Roll[[9]](#footnote-9)**

5 tablespoons butter

1/2 cup plus 2 tablespoons flour

1/8 teaspoon salt

2 1/4 cup milk

5 egg yolks, beaten

1-teaspoon sugar

1/8 teaspoon nutmeg

5 egg whites, beaten stiff

Melt butter, add flour, salt and stir until smooth. Heat milk and add gradually; cook about 5 minutes, stirring constantly. Stir a small amount into the yolks, and then return yolks to the heated sauce. Remove from heat; add sugar and nutmeg. Cool to lukewarm. Fold in beaten egg whites.

Line 10x15-inch jellyroll pan with parchment paper. Grease sides. Spread batter on top of parchment paper and bake at 325 degrees about 35 minutes or until golden. While still warm, spread soufflé with mixture below, and roll up like a jellyroll. Slice to serve. This can be prepared ahead of time and refrigerated.

2-tablespoons butter

5 green onions, finely chopped

6 medium fresh mushrooms, chopped

4 tablespoons parsley

1/2 cup diced apple, skin left on

4 preserved or fresh kumquats, chopped (optional)

2 1/2 cups cooked chicken

1/2 teaspoon thyme

12 ounces’ cream cheese, softened

Sauté green onions in butter until tender. Add mushrooms and cook about 3 minutes or until most of moisture has evaporated. Add other ingredients. Salt and pepper to taste. Heat just until soft enough to spread.

Fusilli with chorizo[[10]](#footnote-10)

This spicy, rich sauce can be made in advance. If you do not have fusilli, then choose another substantial pasta such as penne or spiral.

Salt

8 oz. fully cooked spicy chorizo

1 medium red onion, chopped

1 bay leaf

1 tbsp. fresh chopped rosemary (1 tsp. dried)

One ¼-cup chicken broth

One 1/2 (15-oz.) cans chopped tomatoes

1 tbsp. tomato paste

1 tsp. chili flakes

12 oz. fusilli

1 tbsp. oil

1/4-cup heavy cream or sour cream

2 tbsp. shredded Parmesan cheese.

Set a large saucepan of slightly salted water to boil.

Remove the casings from the chorizo and crumble. Put in a skillet and fry over medium-high. Heat unit lightly bronzed. Remove the chorizo from the pan with a slotted spoon and keep warm. Remove all but 1 tablespoon of the chorizo fat from the pan and add onion, bay leaf, and rosemary; cook for 5 minutes, until soft. Pour in the broth, and boil for 2 minutes while deglazing the pan with a wooden spoon. Add the tomato, tomato paste, chili flakes, and season with a little salt to taste. Bring to a boil, then reduce the heat, cover, and simmer while pasta is cooking. Add the fusilli and oil to the boiling water, and return to a boil Cook for about 10minutes, or accursing to the package directions, until just cooked drain pasta.

**Spinach Salad[[11]](#footnote-11)**

1/2-pound spinach leaves, washed and drained

1/2 head romaine lettuce

1 4-ounce can water chestnuts, drained and sliced

2 large fresh pink grapefruit, sectioned and membranes removed

Add chopped celery, minced scallions or purple onion rings, crumbled bacon, croutons. Toss with poppy seed dressing (below)

Poppy Seed Dressing

1/2 cup red wine vinegar

3/4 cup salad oil

1 1/2 teaspoons poppy seeds

4 tablespoons sugar

1 tablespoon minced onion

 Teaspoon salt

1/2 teaspoon dry mustard

Pour vinegar and oil in blender. Add other ingredients. Whirl for a few seconds to blend. Refrigerate. Flavor improves if dressing is made several hours in advance.

**Favorite Smoothie Recipe:[[12]](#footnote-12)**

½ can orange juices concentrate

One yogurt of your choice

¼-cup sugar

14-16 ice cubs

1-cup milk

1-cup water

-add whatever fruit you have until it fills to almost the top of blender.

Blend in blender, pour into small Dixie cups ( if you have pop cycle sticks, you can place one in before freezing ), place on a cookie sheet and freeze until solid. Then place the cups in a Ziplock baggie.

**Hummus[[13]](#footnote-13)** cook time:1 hour

One 15 oz. can of chickpeas

¼ cup Tahini

Juice from one lemon

2 cloves of garlic, crushed (1tsp)

½ tsp sea salt

1-2 Tbsp. extra virgin olive oil

Drain and rinse the chickpeas. Reserve the liquid in case you need a Little more at the end. Combine the tahini and lemon juice in a food processor or blender and blend until smooth and frothy, about 2-3 minutes. Make sure to scrape down the sides regularly. This step is important if you want your hummus creamy.

Add the garlic and salt and blend again (about 1 minute).

Add in the chickpeas in about three additions and blend until smooth. Scrape down the sides regularly. Once all of the chickpeas are blended in, add the olive oil in ½ tablespoon at a time. Blend well between additions. Continue to blend for a couple of minutes, adding reserved bean juice or more olive oil until the taste and consistency are just right.

**Moroccan-Style Lamb Soup with Couscous[[14]](#footnote-14)**

This meaty soup is a contemporary take Lamb, spices, and dried apricots.

3 tbsp. olive oil

1 onion, finely chopped

2 garlic cloves, crushed

12 oz. lean lamb, cubed

1/4 tsp. cayenne pepper

1 tsp. paprika

1 tsp. ground cumin

1 tsp. ground coriander

2 tsp. ground cinnamon

14-oz. can chopped tomatoes

6 1/4 cups lamb or beef stalk

2/3 cup ready-to-eat dried apricots, halved

3/4 cup couscous

3/4 cup boiling water

Salt and ground black pepper

2 lbs. chopped fresh mint

Heat 2 tablespoons of the oil in a large saucepan. Add the onion and garlic cook gently

For 4 minutes. Stir in the lamb, cayenne, paprika, cumin, coriander, cinnamon, tomatoes,

Stock and apricots. Boil, reduce the heat, cover, and simmer for 1 to 1 ½ hours, until the lamb

Is tender. Put the couscous in a medium bowl, season with salt, and use a fork to mix on the

Remaining oil. Pour in the water and leave to soak for 5 minutes. Fluff up the couscous, stir

Each bowl. Add salt and pepper to the soup, and then ladle it around the couscous. Sprinkle with The remaining mint.

**Hot Fruit Salad[[15]](#footnote-15)**

One package fresh or frozen raspberries

1 can pineapple chunks

1 can fruit cocktail

1 can apricots

1 can sliced peaches

1 can pears

Drain fruit. Add 1 can applesauce. Mix. Place in greased casserole. Sprinkle top with brown sugar. Bake at 300 degrees for 2 hours or longer. Stir occasionally. Can omit or add any fruit, but must have applesauce, raspberries and pineapple.

The feast of plenty fruit bowl:[[16]](#footnote-16)

In a large bowl, mix green or red grapes, kiwi fruit, melon of any variety, chopped apple (if you use this, sprinkle the apple with lemon or lime juice so it doesn't turn brown), or any fruit of your choice into a large bowl.  Add chopped nuts like cashews or walnuts to your taste and mix.  Cover and refrigerate for a couple of hours.  Serve on beds of lettuce in individual boats or in the large bowl.  Before serving, put a heaping tablespoon (if serving in the large bowl, one teaspoon for individual servings) of sour cream or plain yogurt on top of the fruit. \*

\*Fresh fruit is always the best for nutrition, but it is expensive so canned fruit can be used instead.

**Sticky rice with mangoes[[17]](#footnote-17)**

This is a simple but always successful dessert,

 Delicious contrast between the sticky,

Juicy, yellow Thai mango.

Soak the rice in water for 4 hours, rinse well three times in lukewarm water and drain

Very well. Transfer the drained rice to a steamer lined with cheesecloth. Be careful to

Spread the grains out. Cover and steam for about 25-30 minutes until fairly soft.

Mix 12 fl. oz. of the coconut milk with the sugar and half of the salt. Stir in the rice and

Mix well.

Mix the remaining coconut milk with the remaining salt and the cornstarch together in

Small saucepans, bring to a boil, simmer for 2 minutes, and cool.

Place the sticky rice onto serving plates, spoon the coconut sauce over the top, and

Arrange the mango slices around the edges. Decorate with the mint leaves.

**[[18]](#footnote-18)Crispy Apricot Toasts**

This dessert is so easy to prepare and, as it can be made with canned fruit, is a great

Standby. Serve with yogurt, vanilla ice cream, or whipped cream, if desired.

4 large slices of white bread

 4 tsp. butter

1tsp cinnamon

1/4 cup plus 4 tsp. demerara or brown sugar

Eight ripe apricots or one (15-oz.) cans apricot halves

Preheat oven to 350oF.

Remove the crusts from the bread. Spread thickly with butter, then sprinkle with cinnamon

 cup demerara or brown sugar. Put on a baking sheet.

Cut the apricots in half and remove the pits. Put 4 apricot halves on each slice of bread cut

and sprinkle the remaining sugar on top. Bake for 15-20 minutes, until the bread is crisp and the fruit softened. Cut each slice into quarters and serve hot.

**Butter Cream Mints[[19]](#footnote-19)**

1-cup water

1/2 cup butter

 cups sugar

1 tablespoon white Karo syrup

Peppermint extract

Food coloring

In heavy 3-quart saucepan, heat water and butter until butter is melted. Add sugar and stir with wooden spoon until dissolved. Cover and bring to boil. Remove lid and wipe sides of pan with brush to remove any sugar crystals. Continue cooking until syrup reaches 258 degrees. Pour onto cold buttered slab. Do not scrape pan. Sprinkle with 6 drops of oil of peppermint and a drop or two of food coloring, but do not stir in. When cool enough to handle, pull like taffy until candy is firm but elastic and loses its gloss. Pull out to a 1/2-inch rope; cut into 1/2-inch pieces. Store in covered Tupperware container. Candy will mellow in 12 to 24 hours. Makes 90 mints.

**Banana Cream Pie[[20]](#footnote-20)**

Crust:  Take one large pack of graham crackers and crush.  Add three tablespoons of melted butter and two tablespoons, heaping of sugar and mix well with graham crackers.  Pat into pie dish and bake in a 350-degree oven for a few minutes to brown.

Filling:

On the stove in a heavy sauce pan, mix 3/4 cup of sugar, 1/4 cup of cornstarch and slowing add 3 cups of milk to this.  Heat on medium until the mixture begins to bubble, stirring constantly.  Add 4 scrambled eggs and boil for 2 minutes more.  Remove from heat and 1 tablespoon of butter and 1 1/2 teaspoons of vanilla to the mixture.

In the bottom of the pie plate, place sliced pieces from one or two bananas to cover the bottom of the plate.  Pour in the vanilla custard, cover with plastic wrap and refrigerate for at least three hours.

Right before serving, add whip cream to each piece.

**French Chocolate Mint[[21]](#footnote-21)**

1-cup butter

2 cups powdered sugar

3 squares melted baking chocolate

1/2 teaspoon peppermint extract

4 eggs

1 teaspoon vanilla

/2-3/4 cup peppermint candies, smashed

2 cups pecans, finely chopped

Beat butter, add sugar until fluffy (15 minutes), add eggs one at a time beating after each addition. Add flavoring, mixing well. Add candies. Cover bottom of 28 small nut cups or cupcake liners with pecans. Spoon mixture into cups and freeze. Add a dab of whipped cream just prior to serving.

**[[22]](#footnote-22)Bailee’s Brownies**

**Cream Cheese Brownie Recipe:**   INGREDIENTS:  (makes 16)

**Filling:**

½ package cream cheese (8 oz. package)

1egg

3 Tablespoons sugar

¼-teaspoon vanilla

**Brownies from Box:**

1 box Betty Crocker brownie mix

¼-cup water

1-Tablespoon vegetable oil     as called for on brownie mix box

1-egg

**Topping:** 1/3 cup semisweet chocolate chips

**[[23]](#footnote-23)Pumpkin Cheesecake Snickerdoodles**

 Prep time: 30 mins Cook time: 12 mins Total [time: 42 mins]

Delicious soft and puffy pumpkin snickerdoodles with a surprise cream cheese

Center.

Ingredients

 Three ¾ cups all-purpose flour

 One ¼ tsp. baking Powder

 ½ tsp. salt

½ tsp. ground cinnamon

¼ tsp. Freshly- ground nutmeg

 1 cup unsalted butter, at room temperature

 One cup granulated sugar

½-Cup light Brown sugar

 ¾ cup Pumpkin Puree

 1 large egg

 2 tsp. Vanilla extract

 Filling ingredients:

 8 ounces cream cheese, softened

 ¼-cup sugar

 2 teaspoons vanilla extract

 Cinnamon sugar coating:

½ cup granulated sugar

1 tsp. ground cinnamon

½ tsp. Ground ginger

A Dash of allspice

Instructions

ln a medium bowl, whisk the flour, baking powder, salt, cinnamon, and nutmeg together. Set aside.

ln a kitchen aid mixer with a paddle attachment, beat together the butter and sugars on medium high speed until Fluff about 2-3 minutes.

Blend in pumpkin puree, beat in egg and then add vanilla. Slowly add dry ingredients on low speed just until Combined. Cover and chill dough for an hour.

To make the cream cheese filling, blend cream cheese, sugar and vanilla together chill for an hour.

Preheat oven to 350 and line your baking sheets with parchment paper' ln a small bowl' combine the sugar and Spices for the coating and set aside.

To make the cookies, take a tablespoon of the cookie batter. Flatten it like a pancake and place a teaspoon of the

Cream cheese in center. Form another tablespoon of the cookie batter into a flat pancake shape and place on top of

The cream cheese. Pinch the edges together sealing in the cream cheese and roll into a ball' Roll in the cinnamon sugar coating and place on the prepared baking sheet 2 inches apart.

Repeat until the dough is gone and flatten the cookie dough balls with a heavy bottomed glass or measuring cup.

Bake the cookies for 10-1 5 minutes or until the tops start to crack. Let cool on the baking sheet for 5 minutes and transfer to a wire rack. Enjoy!

**[[24]](#footnote-24)Red Velvet Cake Balls**1 box red velvet cake mix (cook as directed on box for 13 X 9 cake)
1 can cream cheese frosting (16 oz.)
1 package chocolate bark (regular or white chocolate)
wax paper

1. After cake is cooked and cooled completely, crumble into large bowl.
2. Mix thoroughly with 1 can cream cheese frosting. (It may be easier to use fingers to mix together, but be warned it will get messy.)
3. Roll mixture into quarter size balls and lay on cookie sheet. (Should make 45-50. You can get even more if you use a mini ice cream scooper, but I like to hand roll them.)
4. Chill for several hours. (You can speed this up by putting in the freezer.)
5. Melt chocolate in microwave per directions on package.
6. Roll balls in chocolate and lay on wax paper until firm. (Use a spoon to dip and roll in chocolate and then tap off extra.)

I also only melt a few pieces of chocolate bark at a time because it starts to cool and thicken. It’s easier to work with when it’s hot.

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