

## HOME COOKING BEGINS AT . . . .

Located in the  
Shenandoah Heritage Market  
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HERE ARE A FEW IDEAS TO HELP YOU USE  
OUR QUALITY BULK FOODS!!

### SOUPS

Combine mix & liquid, bring to boil \*\* add to boiling water  
Simmer specified minutes — Stirring frequently  
Cover and let steam specified minutes



Ingredients (cups)	Mix	Liquid	Simmer	Steam
Beef Barley Soup	1/2	2 1/2	15	5-10
Cheesy Bac'n Potato	3/4	2 1/2	10	10
Chesapeake Seafood Chowder	3/4	2 1/2	15	5
Chicken Corn Noodle	3/4	**2 1/2	10	5
Chili Soup	2	**5	15	5
Chunky Potato	3/4	2	10	5-10
Corn Chowder	3/4	2 1/2	15	5-10
Cream of Potato	3/4	2 1/2	6	5-10
Creamy Broccoli	1/2	2 1/2	3-5	5
Creamy Chicken Noodle	1/2	**2 1/2	5	5
Creamy Mushroom	1/2	2 1/2	5	10
Creamy Potato & Leek	3/4	2 1/2	3-6	5
French Onion	1/2	2 1/2	5-10	5
Garden Vegetable	1/2	2 1/2	10	5
New England Clam Chowder	3/4	2 1/2	15	5
Vegetable Beef	1/2	**2 1/2	15-20	5-8
White Cheddar Asparagus	3/4	2 1/2	0	5-10

#### HOLIDAY SOUP MIX

Wash beans, place in large kettle. Cover with water 2" above bean line. Add 2 Tbsp. salt, soak overnight. Drain. Add 2 qts. water, 2 ham hocks or piece of ham. Bring to boil, add 1 large onion, 1 can (16 oz.) tomatoes, 1 tsp. chili powder, juice of a lemon and pepper to taste. Simmer 3 hours or in a crock pot 3 hours on high or 5 hours on low. Remove ham from hock before serving. Use 1 lb. mixed beans for each recipe. Makes 4 quarts.

#### HARVEST SOUP MIX

8 cups water, 1 lb. soup mix. Simmer 1 hour. Add 2 cups each of carrots, celery and shredded cabbage; 1 16 oz. can of tomatoes; 1 lb. cooked turkey, chicken or ground beef. Simmer additional 1 hour. Season to taste.

#### CREAM SOUP BASE

Bring 2 cups water to a boil, add 1/2 cup mix slowly, stirring constantly. Add vegetables if desired. Do not reboil.

#### HEARTY SOUP MIX

8 cups water, 1-1/2 cups soup mix, 1-1/2 tsp. salt. Simmer for 1 hour add: 2 carrots, 2 stalks celery, 2 cups shredded cabbage, 1 quart tomatoes, 1 lb. ground beef. Simmer 20 minutes.

#### DRIED SWEET CORN

To 1-1/4 cups of Dried Corn, add 3-1/2 cups boiling water and soak 1 hour or longer. Add 3 tsp. sugar, salt and butter or margarine to taste. Let simmer 1/2 hour or longer. Add 1 cup milk. Cook 5 minutes.

#### DRY BEANS

Rinse beans. In large kettle combine beans and enough water to cover (2-3 cups water per 1 cup beans). Bring to a boil; reduce heat. Simmer 2 minutes. Remove from heat. Cover; let stand 1 hour (OR soak beans in water overnight in covered pan). Drain beans, rinse. In same kettle combine beans and liquid called for in recipe or enough water to cover. Bring to a boil; reduce heat. Cover, simmer until tender. Estimated cooking times (hours): Lima 3/4; Blackeye, Great Northern, Navy 1-1/4 to 1-1/2; Kidney, Garbanzo 2-3; Black 2-1/2 to 3; soybeans 4-6. Equivalents: 1 lb. dry beans = 2-1/2 cup raw, 6 cups cooked.

#### INSTANT POTATO FLAKES

Mix 1-1/2 cup water, 1-1/2 cup milk, 1/2 tsp. salt, 2 Tbsp. butter. Bring to boil. Remove from heat. Add 2 cups potato flakes, stir. Let stand until moisture is absorbed.

#### HOMINY

Add 4 cups water to 1 cup hominy. Cook on medium heat 2-3 hours or until soft OR place in crock pot on low in the evening and by morning it is ready to eat. Add salt and butter. Yield: 1 quart cooked hominy.

#### COUSCOUS

Bring 1-1/2 cups water or broth to boil. Add 1 cup couscous and 1/8 tsp. salt. Remove from heat, cover and let stand 5 minutes. Fluff with fork before serving.

### CAPPUCCINO & CHAI MIXES

Use 1/3 cup mix per 8 ounces hot water. Mix well.

### SPEARMINT TEA

Bring water just to boiling. Remove from heat. Add 1/3 cup tea and steep 5 minutes. Sweeten with 1/3 cup sugar and 4 grains saccharin. Add water and ice to make 1 gallon.



### HOT CHOCOLATE MIX

Mix	Water
1/3 cup	8 ounces
1 cup	1 quart
4 cups	1 gallon



### HOT SPICED CIDER

Place 1/2 gallon Apple Cider in saucepan. Add 3 Tbsp. Mulling Spice and heat just to boiling point. Remove from heat and let steep 5 minutes. Serve in mugs and garnish with cinnamon sticks.

### INSTANT DRY MILK

1-1/3 cups powder plus 3-3/4 cups water. Makes 1 quart liquid milk.  
5-1/2 cups powder plus 15 cups water. Makes 1 gallon liquid milk.

### SWEET CREAM BUTTERMILK

When recipe calls for liquid buttermilk or sour milk. 1 cup water with 4 Tbsp. powder equals 1 cup buttermilk.

### MERINGUE TOPPING MIX

Measure 6 level Tbsp. of Mix into 2 quart bowl, add 1/2 cup HOT water and using electric mixer, mix 1 minute low speed, then 4 to 6 minutes high speed or until desired peak is obtained. Top pie with Meringue and bake 375°F for 8 to 12 minutes or until color is obtained.

### WHIPPED TOPPING

Combine 3 cups topping mix and 2-1/2 cups water and mix on low speed for 1 minute. Scrape bowl and mix on high speed for 2-1/2 to 3 minutes or until desired peaks are achieved. Do not over mix!! For best results, water should be 40°F or less.

## DIPS

Mix well and refrigerate 15 minutes or more.

\* many of these dips can also be made into Salad Dressings by adding mayonnaise and vinegar.

Dips	Mix	Sour Cream	Cream Cheese	Water
Alpine Spinach	1/2 cup	8 oz	8 oz	
Bacon & Onion	3 Tbsp.	8 oz		
Bacon Horseradish	1/4 cup	8 oz		
Black Raspberry	1 cup	8 oz	8 oz	
Blue Cheese	1/2 cup	8 oz	8 oz	
Cucumber Dill	1/4 cup	8 oz		
French Onion	2-3 Tbsp.	8 oz		
Garlic & Herb	1/4 cup	16 oz		
Kajun Krab	1 cup	8 oz	8 oz	2 Tbsp.
Mandarin Orange Poppysseed	1 cup	8 oz	8 oz	
Nacho Cheese	4-6 Tbsp.	8 oz		
Peppercorn Caesar	1/4 cup	8 oz		
Perfect Pepper	4-6 Tbsp.	8 oz		
Ranch	1/2 cup	16 oz		
Southwest	3 Tbsp.	8 oz		
Strawberry	1 cup	8 oz	8 oz	
Sun-Dried Tomato & Basil	5 Tbsp.	8 oz		3 Tbsp.
Vegetable	1/4 cup	8 oz		

## SALAD DRESSINGS

### Cole Slaw Dressing

Combine 1 cup Mayonnaise, 1/2 cup Sour Cream, 1/4 cup Vinegar & 3/4 cup Dressing Mix. Fold in 1/2 head shredded cabbage. Set 1 hour.

### Italian Dressing

*Clear* — Blend 3/4 cup water, 1/2 cup vinegar & 3/4 cup Dressing Mix. Add 3/4 cup Vegetable Oil. Blend well. Refrigerate 1 hour.

*Creamy* — Blend 1/2 cup water, 1/2 cup Vinegar, 3/4 cup Dressing Mix. Add 1 cup Mayonnaise. Blend well. Refrigerate 1 hour.

### BEEF/CHICKEN BROTH

1 cup—1 level tsp. Instant Broth to 1 cup boiling water (flavor to suite taste).  
1 gallon—6 level Tbsp. Instant Broth.

### BEEF, CHICKEN GRAVY

Dissolve 2 Tbsp. mix in 8 oz. water. Cook over medium heat until thickened & smooth. Yield: 1 cup gravy

### QUICK COUNTRY STYLE GRAVY

Add 3/4 cup mix to 2 cups water. Mix thoroughly. Bring to a boil over medium heat. Can be used to make any type gravy.

### OLD-TIME PEPPER GRAVY

Add 1/2 cup mix to 2-1/2 cups water. Mix thoroughly with wire whisk. Bring to a boil over medium heat, while stirring.

### TACOS

Brown 1 lb. ground beef. Drain fat. Stir in 1/2 cup water and 2 Tbsp. Taco seasoning mix. Bring to a boil and simmer 10 minutes. Yield: 8-10 tacos.

### MACARONI & CHEESE SAUCE MIX

Bring to a boil 2-1/4 cups water, 1 tsp. salt, 2 Tbsp. margarine. Add 1-1/4 cups macaroni and 1/4 cup Cheddar Cheese Powder. Mix well. Simmer for 10 minutes or until tender, stirring occasionally.

### UNFLAVORED GELATIN

Use 1 Tbsp. to gel 2 cups of liquid. When a recipe calls for 1 envelope of plain gelatin, use 1 Tbsp.

### FINGER JELLO

Mix together 2 Tbsp. unflavored gelatin with 3/4 cup cold water. Let stand 2 minutes. Add and stir until clear 2-1/4 cups boiling water, 2/3 cup flavored gelatin and 1/4 cup sugar. Pour into 9" pan and chill overnight.

### FLAVORED GELATIN

Use 1/3 cup of gelatin for 1 cup boiling water and 1 cup cold water. Use 2/3 cup of gelatin for 2 cups of boiling water and 2 cups of cold water.

### SUGARLESS GELATIN

Use 1 heaping Tbsp. to 1 cup boiling water and 1 cup cold water. Use 2 heaping Tbsp. of gelatin for 2 cups of boiling water and 2 cups of cold water.

### INSTANT CLEAR JEL

For 1 pie: combine 3 Tbsp. Instant Clear Jel with 1/2 cup sugar. Add 1 cup water or fruit juice and combine with enough fruit for 1 pie. Add food coloring if desired. Chill and serve.

### CLEAR JEL & THERMFLO

Use as a clear thickener. Use 1/4 cup Clear Jel to 1 quart of liquid. Bring liquid to boil before adding Clear Jel. Do not over boil. ThermFlo is great for canning or freezing.

### CORN STARCH

Mix with a small amount of liquid into a slurry or paste before adding to hot dish, or it will lump. Continued cooking or stirring will cause thickening to thin.

### ARROWROOT

Stir 1 Tbsp. into small amount of cool water. Add to 1 cup broth. Stir constantly over high heat 10-15 minutes. Gravy will thicken suddenly. Once thickening occurs, STOP stirring so as not to break down the bonding and thin out the gravy.

### DUTCH GEL

For every jelly recipe desired, use 1/3 cup Dutch Gel, fruit, juice and sugar quantities vary according to recipe.

## GRAINS & CEREALS

Bring Liquid to a boil. Add a pinch of salt. Add Grain. Simmer covered for specified time. Season.



Ingredients (cups)	Grain	Water or Broth	Simmer	Yield
7 Grain Mix, Rolled	1	2	20-25	2
7 Grain Mix, Whole	1	3	60-90	
9 Grain Blend	1	2	5-8	1 3/4
Barley Flakes - Rolled	1	3	15	3
Buckwheat Groats	1	2	20	2 1/2
Bulgar Wheat	1	2	15	2 1/2
Bulgar Rice Pilaf	1 1/3	2	15	2 1/4
Combine rice and water, bring to boil, stirring occasionally. Cover and simmer.				
Corn Grits	1	2 1/2	20-25	3
Cornmeal	1	4	30	3
Farina	3 Tbsp	1	1/2	1
Millet	1	2 1/2	20-25	3 1/2 - 4
Remove from heat, fluff and let sit covered for 10 minutes.				
Morning Delight	1	2	5-8	1 3/4
Oat Groats	1	3	60	3
Oats, Quick	1	2	5	2
Oats, Rolled	1	2	15-25	2
Oats, Steel Cut	1	4	30	4
Orzo	2	4	0	
Stir in pasta. Season to taste.				
Pearled Barley	1	3	45	3 1/2 - 4
Pioneer's Porridge	1	3	20-25	
Add porridge. Stir constantly for 3 minutes. Cover & simmer.				
Polenta	1 1/2	4 1/2	5-8	
Slowly add Polenta, stirring with wooden spoon to avoid lumps.				
Quinoa	1	2	20-25	3 - 3 1/2
Rinse several times before cooking to remove bitter tasting coating.				
Rice, Arborio	1	2 1/2 - 3	25	2 1/2 - 3
Simmer, stirring continually during cooking.				
Rice, Brown	1	2	45	2 1/2 - 3
Rice, Exotic & Himalayan	1	2	35-40	3
"Dry fry" rice in 2-3 Tbsp. oil on medium high until it begins to brown, stir constantly. Slowly add water or broth, bring to boil, then simmer. Do not stir. Turn off heat and let stand covered for 15 minutes.				
Rice, Minute	1	1	0	2
Remove from heat, let stand covered 5-8 minutes.				
Rice, Nishiki	1 1/2	2	20	3
Remove from heat, let stand covered 10 minutes.				
Rice, White	1	2 - 2 1/2	20	2 1/2 - 3
Remove from heat, let stand covered 5 minutes.				
Rice, Wild	1	3	40-50	3 - 3 1/2
Rice, Wild Blend	1	3	60	
Rye Berries	1	4	60	
For softer grain, soak overnight and simmer 2-3 hours.				
Rye Flakes	1	2 - 3	15-20	3
Spelt Berries	1	3	60 - 120	2 1/2
Soak over night. Drain, then combine with liquid and simmer.				
Textured Vegetable Protein	1	7/8	Soak 10	2
Wheat Berries	1	3	90 - 120	2 1/2
Wheat, Cracked	1	3	25-30	3
Wheat Flakes - Rolled	1	2	5-8	2

### Basic Recipe for Whole Grains

There are many ways to cook whole grains. The simplest way is to cook them as you would cook pasta—in a large quantity of water. Using this foolproof technique, the grains cook quickly and you never have a scorched pot. In a large pot combine 8 cups water and 1-1/2 cups whole grains. Bring to a boil. Lower heat, cover and cook at a gentle boil until grains are tender 25-45 minutes—they will always remain slightly chewy. To be sure a grain is thoroughly cooked, slice it in half: if there is still an opaque white dot of uncooked starch in the center, it requires further cooking. Drain thoroughly.

#### COOK TYPE PUDDINGS

Stir 1/2 cup mix into 2 cups milk in saucepan. Stirring constantly, cook until mixture comes to a full boil. Remove from heat. Cool 15 min. Stir twice.

**Microwave:** Stir into large microwavable bowl. Microwave on high 7 min. or until mixture comes to a full boil. Stir every 3 minutes. Cool 15 min. Stir twice.

#### INSTANT PUDDINGS

Combine 1/2 cup mix with 2 cups cold milk. (For Chocolate Pudding use 2/3 cup mix). Mix well. Chill and serve.

#### SUGARFREE INSTANT PUDDING

Beat on low speed 2 cups cold milk and 1/3 cup mix until well blended. Chill and serve.

#### TAPIOCA - LARGE PEARL

Soak 1/2 cup tapioca overnight. Drain. Mix 1 quart milk and 3/4 cup sugar. Bring to a boil. Add 1/2 heaping cup tapioca. Cook and stir until tapioca is clear (at least 30 minutes). Then combine 3 beaten eggs, 3/4 cup sugar and 3/4 tsp. Vanilla. Add to above mixture and bring to boil. Makes about 2 quarts.

#### TAPIOCA - SMALL PEARL

Soak 1/2 cup tapioca in 1/2 cup cold milk for 10 minutes (or until milk is absorbed). Add the soaked tapioca and milk to the following: 1-1/2 cups milk, 1/3 cup sugar, 3 egg yolks, 1/8 tsp. salt, 1/2 tsp. vanilla. Stir together. Cook mixture 15-20 minutes. Use double boiler, cook over, not in hot water. Allow tapioca to cool. Beat 3 egg whites until stiff, but not dry. Gently fold egg whites into cooled tapioca. Chill and serve.

#### TAPIOCA PUDDING

Combine and stir in a double boiler: 3 Tbsp. Granulated Tapioca, 1/2 cup sugar, 1/4 tsp. salt, 1 or 2 beaten eggs, 2 cups milk. Cook these ingredients without stirring over rapidly boiling water for 7 minutes. Stir and cook 5 minutes longer. Remove from steam. The tapioca thickens as it cools. Fold in gradually 1/2 tsp. vanilla or 1 tsp. grated lemon or orange rind. Chill. Yield 2 cups.

#### WHEAT GLUTEN

Use 3 Tbsp. per 16 oz. loaf of bread.

#### GLUTEN FREE FLOUR MIX

Combine 6 cups White Rice Flour, 2 cups Potato Starch, 1 cup Tapioca Starch. For **Gluten Free Bread Mix**—use 3 cups White Rice Flour & 3 cups Brown Rice Flour in place of the 6 cups of White Rice Flour.

#### PANCAKE MIXES

Buckwheat & Whole Wheat Buttermilk—1-1/2 cups mix, 1 cup milk, 1 egg, 2 Tbsp. oil  
Multigrain—1-1/2 cups mix, 1-1/2 cups milk, 1 egg, 1 Tbsp. oil  
Beat eggs and milk, add oil, pour into Mix and stir until just blended.

#### MUFFIN MIXES

Blend 4 level cups of Muffin Mix with 1 cup cool water. Stir with a large spoon until smooth. Deposit batter into greased or paper lined cups and bake at 375° F for 18 to 22 minutes or until done.

#### YEAST RAISED DONUT MIX

Mix 4 Tbsp. of Active Dry Yeast with 4 cups (32 oz.) warm water. Let sit 5 minutes. Add the above to 4 lbs. 8 oz. of Mix and stir until all drys are wet. Knead dough 4 to 6 minutes until dough is soft and smooth. Cover and let rise for 45-60 minutes. Roll out dough and cut desired shapes, place on cloth or floured board and let rise until double size. Deep fry at 375° F for about 1 minute per side. Makes about 5 dozen donuts.

#### ANGEL FOOD CAKE MIX

Combine 2-3/4 cups Mix with 1-1/3 cups cold water and mix at HIGH speed 6 to 8 minutes. Pour into 10" tube pan (ungreased but rinsed with cold water). Bake at 350° F for 35 minutes or until done. Remove from oven and cool overnight inverted.

#### BUTTERMILK BISCUIT MIX

Add 3 cups mix to 3/4 cup water and stir. **DO NOT OVERMIX.** Place dough on floured surface and roll out to 1/2 inch thickness. Cut with 2" biscuit cutter and place on baking sheet. Bake at 400° F 12-15 minutes. Yield 12 1-3/4 ounce units.

#### PIE CRUST IMPROVER

Use from 2% to 4% based on the weight of the flour. Add to the flour before cutting in the shortening

#### PIE CRUST MIX

Combine 1 cup mix with 2 to 3 Tbsp. water and stir until ball forms. Roll on lightly floured surface. Bake filled crust as directed for filling recipe. Bake unfilled crust 7 to 10 minutes in 425° F oven.



#### PIZZA DOUGH MIX

Mix on low speed for 10 minutes. 1-2/3 cups mix and 1/2 cup water. After mixing, allow dough to rest 30 minutes. Mold dough to shape, add sauce and toppings. Bake at 425° F until crust is golden brown. Yield 11" crust.

#### SWEET DOUGH MIX

Combine 4 cups lukewarm water and 5 Tbsp. yeast. Let stand 5 minutes. Add 5 lbs. mix and knead 5-7 minutes. Cover and let rise 1 hour. Roll to 1/2" thick, cover with melted butter and sprinkle with cinnamon sugar. Roll dough and cut into 1/2" pieces. Let rise until double. Bake at 375° F until golden brown.

#### GINGERBREAD MIX

Mix 3-1/2 cups mix with 1 cup water. Bake at 350° F 30-35 minutes.

#### DO-CEL DOUGH CONDITIONER

Blend Do-Cel thoroughly with dry ingredients. Suggested usage is: 1/3 cup Do-Cel plus 1 oz. water for every 1 lb. of flour. Important to add extra water when using Do-Cel.

#### RED STAR YEAST

1 pack dry yeast = 1 Tbsp. yeast. When recipe calls for 1 pack dry yeast, use 1 Tbsp. yeast.