

The Geo-Kitchen Cookbook Volume 1

This book is comprised from recipes left in the
The Geo-Kitchen geocache located near Morris, MB.

Thanks to all who have found this cache and left recipes so
far and I hope you are all looking forward to Volume 2 as
much as I am!

Regards!
MHz

September 8, 2005

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Kid's Fruit-Veggie Delight

by 1queenand4jokers

1 or 2 red apples	Dressing:
2 celery sticks	1/2cup mayonnaise
2 medium carrots	1/2 cup Cool Whip
1/2 cup seedless grapes	1 Tbsp. sugar
1 head lettuce	1 Tbsp. lemon juice

Dice apples, celery, carrots; slice grapes; chop lettuce fine. Combine dressing and fold in thawed Cool Whip. Mix together. Serves 6-8!

Diggers Daroo

by polarbeardiggers

Boil potatoes cubed in a pot with chicken stock till tender. Drain and let cool. To make batter, add 2 Tbsp. of flour, 1 Tbsp. brown sugar, sprinkle of season salt and dill. Mix with milk until smooth then coat potatoes. Add to deep fryer until golden brown. Great snack, flavor out and inside!

Olive Garden's Pasta e Fagioli

by Peter and Gloria

1 pound ground beef	1Tbsp. white vinegar
1 small onion, diced (1 cup)	1 1/2 tsp. salt
1 large carrot, julienned or 10 small carrots, sliced	1 tsp. oregano
3 stalks celery, chopped (1 cup)	1 tsp. basil
2 cloves garlic, minced or 1/2 tsp granulated garlic	1/2 tsp. pepper
1 28-oz. can diced tomatoes	1/2 tsp. thyme
1 15-oz. can red kidney beans (with liquid)	3 cups water
1 15-oz. can great northern beans (with liquid)	1 cup ditali pasta
1 15-oz. can tomato sauce	
1 12-oz. can V-8 juice (360ml or 1 1/2 cup)	

1. Brown the ground beef in a large saucepan over medium heat. Drain off most of the fat.
2. Add onion, carrot, celery and garlic and sauté for 10 minutes.
3. Add remaining ingredients, except pasta, and simmer for 1 hour.
4. About 50 minutes into simmer time; cook the pasta in 1 1/2 to 2 quarts of boiling water over high heat (in a glass pot with no-stick bottom). Cook for 10 minutes. Drain.
5. Add the pasta to the large pot of soup. Simmer for 5-10 minutes and serve.

Monster Cookies

by Big Dadoo and Hot Mama

6eggs	2 cups peanut butter
1 cup margarine	4 tsp. baking soda
2 cups brown sugar	1 cup Smarties
1 cup white sugar	1 cup chocolate chips
1 1/2 Tbsp. vanilla	9 cups oatmeal
1 1/2 Tbsp. corn syrup	

(Note - recipe has no flour)

Cream margarine. Add sugars and mix well. Add eggs, peanut butter, corn syrup and Vanilla. Mix well and add rest of ingredients. Bake at 350 ° for 10-12 minutes or until golden brown. Makes 10 dozen cookies.

Thimble Cookies

by Rosi and Glen VE4GWN

1/2 cup butter or margarine
1/4 cup white sugar
1 egg yolk (save the whites)
1 cup flour
1 tsp. vanilla

Use egg whites (slightly beaten) to dip cookies in before placing on greased cookie sheet. Cream margarine or butter, add sugar then slightly beaten egg yolk and flour, add vanilla. Form in balls, dip in slightly beaten white of egg. Place on greased cookie sheet. Make dent in each and place in 350 ° oven for 5 minutes. Remove from oven and press dent deeper. Return to oven and bake for 10 to 15 minutes. Remove from oven and fill hollow with jam or jelly while cookies are still hot. (Bake cookies until medium brown).

Cinnamon Hot Chocolate

by The FREE Pirates

1/4 cup cocoa	3 cups hot milk
1/4 cup sugar	2 cinnamon sticks
1 cup boiling water	1 tsp. vanilla

Gradually add water to cocoa and sugar. Boil 2 minutes. Add hot milk and cinnamon sticks. Simmer for a few minutes, remove cinnamon sticks and add vanilla. Garnish individual mugs with whip cream and a sprinkle of cinnamon.

Keeps us warm on those cold nights at sea!

Soft Cocoa Cookies

By FreeS

1/2 cup margarine	1/4 tsp. salt
1 cup brown sugar	1 1/3 cup flour
1/2 cup cocoa	3 tsp. baking powder
1 egg	1/2 cup nuts
2/3 cup milk	1 tsp. vanilla

Cream butter and sugar. Add egg. Sift dry ingredients and add alternately with milk. Add nuts and vanilla. Drop by tsp. on greased pan. Bake about 10 minutes @ 400 ° F.

Snickerdoodle Cookies

By Curiouser and Curiouser

1 cup margarine	1/4 tsp. salt
2 eggs	1 tsp. baking soda
1 1/2 cup sugar	2 tsp. cream of tartar
2 3/4 cup flour	

Roll in cinnamon and sugar mix. Bake 350 ° around 10 minutes. My favorite cookies! They puff up at first and then flatten out. If dough is too sticky, add some flour.

Cantucci Biscotti

by post30

4 cups all purpose flour	3 Tbsp. Frangelico
2 cups white sugar	2 tsp. vanilla
2 tsp. baking powder	2 tsp. almond extract
6 eggs	2 cups toasted almonds – chopped (or 1 cup almonds and 1 cup hazelnut)

- Mix dry ingredients (except nuts) in large bowl. Mix eggs and liquids in a separate bowl. Add liquids to dry ingredients slowly, gradually mixing until dough is stiff. Do not over mix. Add nuts.
- Shape dough into 2 rectangles 3"x15". Place on cookie sheet
- Bake @ 350 ° for 20 minutes
- Let stand until cool to touch
- Slice crosswise into 3/4" slices. Place back on cookie sheet sliced side down and bake for 15 minutes or until golden brown. Store in air tight container!

Jacquie's Biscotti

by post30

1/2 cup unsalted butter; chilled
1 cup sugar
2 extra large eggs @ room temperature
2 1/3 cup flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1 Tbsp. vanilla extract

Almond Flavor:

2 tsp. minced lemon zest
2 tsp. fresh lemon juice
1 tsp. almond extract

Coffee Chocolate chip Flavor:

2 Tbsp. instant coffee
in 2 Tbsp. very warm water
1/2 cup chocolate chips

Method:

Preheat oven to 375 ° F. Mix on medium butter and sugar until fluffy (2-3minutes). Beat in eggs – 1 at a time, beating well after each addition. Gradually add flour, beating well until mixed. Add flavor of choice and continue to beat until all are well mixed. Shape into 2 logs and place on non-stick baking sheet. Place in oven and immediately reduce heat to 325 ° F. Bake until light golden brown, puffy and a little firm when pressed on top (25-30 minutes). Remove and immediately slice logs crosswise on the sheets into pieces 1/2 “ thick. Separate on sheet keeping upright. Reduce oven to 275 ° F. Place sheet into center of oven and bake until dry and crisp (20-30 minutes). Transfer to racks and let cool completely.

Honey-Mustard Chicken

by ertyu

Makes lots of sauce; great with rice.

3 lbs. chicken pieces	1.5 kg
1/2 cup liquid honey	125 ml
1/4 cup butter or margarine	60 ml
1/4 cup Dijon mustard	60 ml
2-4 tsp. curry powder	10-20 ml
pinch of cayenne pepper	

Place chicken in single layer in large ovenproof dish. Combine honey, butter, mustard, curry powder and cayenne. Pour over chicken. Bake uncovered, at 350 ° F (180 ° C) for 20 minutes, basting once. Turn pieces over, baste again and bake another 20 minutes, or until pieces are no longer pink inside. Serves 4-6.

Mrs. Gumpy's (a.k.a. CherryPie) Famous Lasagna by gumpy

4 slices of bacon, diced	1/2 soup can milk
1 lb (450g) ground beef	1 container (425 g) ricotta cheese (15 oz)
1 cup (250 ml) chopped onion	1/2 cup (125 ml) grated parmesan cheese, divided
3 cups (750 ml) spaghetti sauce	9 lasagna noodles, cooked and drained
1 can condensed cream of mushroom soup	

- In a 10" skillet over medium-high heat, cook bacon until crisp. Spoon off fat.
- Add beef and onion. Cook until meat is browned and is thoroughly cooked and no pink remains, stirring once during cooking to separate meat. Spoon off fat. Stir in spaghetti sauce. Set aside.
- Meanwhile, in a bowl, combine soup and milk. In another small bowl, combine ricotta cheese and 1/4cup of parmesan
- In 13" by 9" baking dish, spread with 1 1/2cups of meat sauce. Top with 3 lasagna noodles. Spread with 1/2 of soup mixture, 1/2 of cheese mixture, and 1/3 of remaining meat sauce. Repeat layers. Top with remaining lasagna noodles and remaining meat sauce. Cover with foil.
- Bake at 375 ° F (190 ° C) for 30 minutes. Uncover, sprinkle with remaining parmesan. Bake 10 minutes more or until hot and bubbling. Let stand 10 minutes before serving.
- Makes 8 servings or 4 gumpy servings or 1 polarbeardigger serving.

Carrot Pudding by razzputen

1/2 cup margarine	1 tsp. baking soda dissolved in hot water
1 cup sugar	spices – nutmeg, cinnamon, all spice (about 1 tsp. each)
1 cup grated potatoes	salt
1 cup grated carrots	1 cup raisins
1 1/4 cup flour	1 tsp. vanilla

Cream margarine and sugar together. Blend all ingredients in given order. Put into well greased pot, cover with greased waxed paper and then cover with lid. Place on top of pan (double boiler) and steam for 3 hours. After each hour, I normally stir the mixture.

Sauce for Carrot Pudding

1 Tbsp. of margarine	1 egg
1 cup icing sugar	1/2 tsp. vanilla
1/2 cup whipping cream, whipped	

Cream margarine, slowly add sugar then beaten egg. Add whipped cream and vanilla before serving. (I normally double the recipe and mix all together. Make sure you store in a glass container.)

Cranberry-Raisin Pie

by yodypody

1 cup fresh cranberries	2 Tbsp. flour
1 cup raisins	1/2 to 1 tsp. salt
1 cup sugar	1 tsp. vanilla
1 cup water	(more if desired)

Mix all ingredients except vanilla in a medium-sized saucepan. Cook over medium heat, stirring often, until mixture thickens and boils and a few cranberries begin to pop. Remove from heat and add vanilla. Pour into unbaked pie shell, top with top crust and bake as for an apple pie.

This recipe goes back many generations in my family (in New England). Enjoy!

Stuntman's Oriental Wings

by The-Stuntman

30-40 chicken wings	1/2 tsp. ginger powder
1/4 cup soya sauce	1/2 tsp. garlic powder
1/4 cup water	1/4 cup brown sugar

Mix ingredients in a measuring cup. Pour over wings in sauce pan. Cook 45 minutes at 325°F. Turn and cook another 45 minutes. Serves 4-6.

Mrs. Crocus' Fruit Pizza

By crocus

BASE LAYER: 1/3 cup margarine
 1/3 cup sugar
 1 egg
 1/2 tsp. vanilla
 1 tsp. baking powder

Bake for 10 minutes at 375°F.

CHEESE LAYER: 1 large tub Cool Whip
 8 oz. cream cheese
 fresh fruit

Cool base and spread cheese mixture. Layer fruit on cheese.

ORANGE SAUCE: 1/4 cup water
 1/2 cup sugar
 1 Tbsp. cornstarch
 2 Tbsp. lemon juice
 1/2 cup orange juice

Cook till thickened. Cool and pour over fruit.

Oat Pancakes by MLKoop

1 1/2 cups (375 ml) oats	2 Tbsp. (30 ml) baking powder
2 cups (500 ml) milk	3/4 tsp. (3 ml) salt
1 cup (250 ml) flour or whole wheat flour	3 eggs
2 Tbsp. (30 ml) brown or granulated sugar	1/4 cup (50 ml) oil

Mix oats and milk in small bowl. Set aside until milk is almost absorbed, about 5 minutes. Combine: flour, sugar, baking powder and salt in mixing bowl. Stir well to blend. Add eggs and oil to oat mixture. Beat well. Add oat mixture to flour mixture all at once, mixing until smooth. Pour batter by 1/4 cupfuls (50ml) onto preheated, lightly greased griddle. Bake until fluffy and bubbles break on surface. Turn and bake on other side. Server hot with butter and/or maple syrup. Makes about 18 pancakes.

Tip: Pancakes can be frozen and re-heated in your toaster. Cool completely before freezing.

Chocolate Banana Smoothy By winnipegk5

1 cup water	1/2 cup frozen blueberries
1 Tbsp. chocolate protein powder	1 tsp. peanut butter
1 frozen banana, sliced	1/4 cup all bran cereal

Combine all ingredients in blender. Mix and enjoy!

Hot Vegetable Dish by barnswallow

1 lb broccoli	1/2 lb cauliflower	2 – 3 carrots
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Cook for 3 minutes and drain. Fry 1 medium onion in a bit of butter, mix vegetables and add 1 tbsp dry parsley. In microwave melt:

1/4 cup butter	1/4 cup flour
1 1/2 cups milk	1 tsp salt
1 cup cubed Veleeta cheese	dash of pepper

Layer vegetables and cheese alternately in 2 medium sized casseroles. Top with 1 to 1 1/2 cups crushed cornflakes mixed with 2 to 3 Tbsp. butter. Bake for 1/2 hour at 350 F.

Chocolate Éclair Dessert

by pembrokewintertextans and borderpatrol

2 3-oz. packages of French vanilla pudding
3 cups cold milk

1 16 oz. box graham crackers
1 9 oz. container of whipped topping

With electric mixer, blend pudding with milk until thick. Fold in whipped topping. Set aside. Layer a 13-by-9-inch baking dish with graham crackers. Spoon half of pudding mixture on top. Repeat. Cover the two layers with third layer of graham crackers.

Icing:

2 Tbsp. butter
4 Tbsp. cocoa powder
2 tsp. corn syrup

1 tsp. vanilla
3 Tbsp. milk
1 1/2 cups confectioner's sugar

Heat all icing ingredients in a saucepan until dissolved. This takes a few minutes. Pour over graham crackers in an even layer. Refrigerate for 24 hours. Serves 8 to 10. Sprinkle with toasted almonds and garnish with fresh strawberries.

Beer Can Chicken

by bevro

1 can beer (1/2 for the cook)
1 chicken 4 lbs and up

Skin chicken. Cover with BBQ sauce or rub. Drink 1/2 the beer. Fit 1/2 full can of beer into cavity. Place chicken on one side of BBQ using drumies as supports. Turn on other side of BBQ on high. 4 lbs chicken takes about 1 hour. 6-8 lbs chicken takes about 1.5-2 hours. Stab breast with sharp knife to check. Juices should be clear.

Salad Dressing

By TK421

6 TBsp. white wine vinegar
1/2 cup vegetable oil
3 dashes of Worcestershire
3 dashes of pepper

1/2 tsp. salt
2 cloves of garlic
1/2 tsp. Dijon mustard

Combine all ingredients in a sealable container and shake!

Chinese Noodle Salad

by The JollyRogers

2 or 3 bok choy
3 pkg. dry ramen noodles (chicken flavor)
1 cup slivered almonds or sunflower seeds or comb. of
4 Tbsp. sesame seeds
2 bunches green onions
sliced mushrooms

Shred dry noodles into small pieces. Shred bok choy. Add all remaining ingredients (toast seeds @ 350°F for 5 minutes).

Dressing:

3 pkg. floavoring from noodles
2 Tbsp. sugar
4 Tbsp. vinegar
1/2 cup oil
1 tsp. pepper

Combine well and pour over the salad just before serving.

Sweet & Sour Sauce

by kruzrrr

3/8 cup vinegar
3/4 cup brown sugar
1 Tbsp. soy sauce
1 Tbsp. ketchup

TLC's Fav Rice

by TLC – Totally Lost and Confused

1 can of mushroom soup
1 can full of milk
2 cups 5 minute rice

Bring soup and milk to a light boil.
Add rice and simmer for 5 minutes.
Let stand for 5 minutes.

Enjoy!

Salsa (Heather's Recipe)

by 3T's&aG

6 qrts. tomatoes – skin and chop (blanch and peeled)
10 medium onions
3 green peppers
1 red pepper
4 to 10 yellow chili peppers
1 cup vinegar (white or apple cider)
1/2 cup brown sugar
1/4 cup salt
dry chili pepper seeds

Cook 45 minutes to 1 hour. Sterilize jars. Boil jars with salsa to seal – 25 minutes.

White Chocolate and Almond Carmel Bars

by 3T's&aG

(Especially for Gord from Morris)

2 cups (500 ml) all purpose Flour	1 1/2 cups (375 ml) white choc. chips
2 cups (500 ml) milled oats	1 cup (250 ml) slivered almonds
1 cup (250 ml) packed brown sugar	1 cup (250 ml) Skor toffee bits
1 tsp. (5 ml) baking soda	1 1/3 cups (325 ml) caramel sundae sauce
1 cup (250 ml) margarine, melted	1/3 cup (75 ml) all purpose flour

Combine first 4 dry ingredients in mixing bowl. Add melted margarine. Mix well. Reserve 1 cup (250 ml) of crumbly mixture. Press remainder in greased 13"x9" (33x23 cm) cake pan. Bake at 350°F (180°C) for 12 to 15 minutes, or until lightly browned. Combine chips, almonds and toffee bits. Sprinkle evenly over base. Mix Sundae sauce and 1/3 cup (75 ml) flour until smooth. Pour evenly over base. Sprinkle reserved oat mixture on top. Bake 20 to 25 minutes longer, or until golden. Cool completely before cutting into bars.

Rainbow Slice

by MHz

1 1/4 cup flour 1/2 cup margarine 2 tsp. icing sugar Pinch of salt

- Mix and spread on pan. Bake at 375°F till brown.

- Mix 1 cup crushed pineapple and 2 Tbsp. flour and juices from bottle of cherries.

Cook in saucepan till thick. Add cherries cut up, 1 tsp. vanilla and 1/2 tsp. salt. Spread on first layer.

- Beat two eggs whites stiff, add 1/2 cup white sugar and beat till firm.

Spread on second mixture and sprinkle with 1/2 cup coconut.

- Bake at 350°F till golden brown.