

The Geo-Kitchen Cookbook Volume 4

This book is the fourth in the series of books
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 5 as
much as I am!

Regards!
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Banana Muffins

by G and J

$\frac{1}{2}$ cup butter	1 Tbsp. hot water
$\frac{3}{4}$ cup brown sugar	1 tsp. soda
1 slightly beaten egg	$\frac{1}{2}$ tsp. salt
1 cup mashed banana	1 $\frac{1}{2}$ cup flour

Cream together butter and sugar. Blend in egg and banana. Dissolve soda in hot water and add to banana mixture. Combine salt and flour. Add to liquid ingredients and stir only until combined. Fill well greased muffin cups about $\frac{3}{4}$ full. Bake at 375° until brown on top and firm to touch, about 20 minutes.

Makes 15-16 medium sized muffins.

Tuna and Noodles

By Safe Cachers

1 can cream of mushroom
noodles (of your choice)
1 can of tuna

- 1) boil noodles
- 2) then combine all and add a splash of milk

Very simple but very good!!

Scot Hibb's Amazing Whiskey Grilled Baby back Ribs

Endorsed by the Trove Chasers

INGREDIENTS:

2 (2 pound) slabs baby back pork ribs	2 tablespoons Worcestershire sauce
coarsely ground black pepper	2 teaspoons salt
1 tablespoon ground red Chile pepper	1/4 teaspoon coarsely ground black pepper
2 1/4 tablespoons vegetable oil	1 1/4 teaspoons liquid smoke flavoring
1/2 cup minced onion	2 teaspoons whiskey
1 1/2 cups water	2 teaspoons garlic powder
1/2 cup tomato paste	1/4 teaspoon paprika
1/2 cup white vinegar	1/2 teaspoon onion powder
1/2 cup brown sugar	1 tablespoon dark molasses
2 1/2 tablespoons honey	1/2 tablespoon ground red Chile pepper

DIRECTIONS:

1. Preheat oven to 300°F (150°C).
2. Cut each full rack of ribs in half, so that you have 4 half racks. Sprinkle salt and pepper (more pepper than salt), and 1 tablespoon chili pepper over meat. Wrap each half rack in aluminum foil. Bake for 2 1/2 hours.
3. Meanwhile, heat oil in a medium saucepan over medium heat. Cook and stir the onions in oil for 5 minutes. Stir in water, tomato paste, vinegar, brown sugar, honey, and Worcestershire sauce. Season with 2 teaspoons salt, 1/4 teaspoon black pepper, liquid smoke, whiskey, garlic powder, paprika, onion powder, dark molasses, and 1/2 tablespoon ground chili pepper. Bring mixture to a boil, then reduce heat. Simmer for 1 1/4 hours, uncovered, or until sauce thickens. Remove from heat, and set sauce aside.
4. Preheat an outdoor grill for high heat.
5. Remove the ribs from the oven, and let stand 10 minutes. Remove the racks from the foil, and place on the grill. Grill the ribs for 3 to 4 minutes on each side. Brush sauce on the ribs while they're grilling, just before you serve them (adding it too early will burn it).

Bill's Almond Sherry Cake

By JeanJeanGeoMachine

1 package (18 1/2 ounce) Yellow Cake mix (Not Pudding Type)
4 Large Eggs
3/4 cup Cream Sherry (Harveys Bristol Cream, Christian Brothers Cream Sherry)
3/4 Cup Vegetable Oil
1 Package (3 5/8 ounces) Instant Vanilla (or French Vanilla) Pudding Mix
1/2 teaspoon Nutmeg

Grease and flour a 10 inch Bunt pan. Set aside.

In a large bowl, combine cake mix, eggs, sherry, oil, pudding mix and nutmeg. Mix at low speed 1 minute, scraping bowl constantly. Mix at medium speed 3 minutes, scraping bowl occasionally (or beat by hand 5 minutes)

Pour one third of the batter into the prepared pan.

Sprinkle evenly with 1/3 of Streusel Filling. Pour 1/3 batter and sprinkle with 1/3 Streusel Filling. Pour a little more of batter and top with Streusel Filling. Finally cover with any batter left.

Bake at 350 degrees 45 to 50 minutes or until cake springs back to touch. Cool on wire rack 15 minutes before unmolding.

When cool brush with Sherry Glaze. Garnish with toasted almonds. Serves 10 to 12

Streusel Filling:

Mix
1/3 Cup packed Brown Sugar
1/4 Cup Flour
3 Tablespoons firm Butter or Margarine
1/2 teaspoon Cinnamon
Mix all until crumbly
Stir in

3/4 Cup toasted Sliced Almonds (toast in fry pan with butter)

Sherry Glaze

Stir together

2 Cups sifted powdered sugar

1/3 Cup melted Butter

1 Tablespoon Cream Sherry

Stir in 1 to 2 teaspoons Hot Water until glaze is of desired consistency.

Drizzle over cooled cake.

Turdle Pie

By Wagonmaker and Captain Cheater

Caution: May contain TurdleEggs!

Crust:

Hard Margarine (or butter)	1/3 cup
Graham cracker crumbs	1 1/4 cup
Granulated Sugar	2 Tbsp.

Filling:

Chocolate pudding powder (not instant), 6 serving size	1 pkg.
Milk	2 cups
Thick caramel (or butterscotch) ice cream topping	1/3 cup
Pecan halves (chopped)	2/3 cup

Topping:

Frozen whipped topping, thawed	1 1/2 cups
Thick Caramel (or butterscotch) ice cream topping	2 Tbsp.
Chopped pecans	2 Tbsp.

Directions:

Crust: Melt margarine in medium saucepan on medium heat. Add graham crumbs and sugar. Stir until well mixed. Press evenly in bottom of ungreased 9 x 9 inch pan.

Filling: Combine pudding powder and milk in medium saucepan. Heat and stir on medium for about 10 minutes until boiling. Remove from heat. Let stand at room temperature for 20 minutes, stirring often. Pour ice cream topping onto crust. Gently spread to cover bottom. Sprinkle with pecans. Pour pudding over pecans. Cover with plastic wrap directly on surface to prevent film from forming. Chill for about 1 1/2 hours until set.

Topping: Remove plastic wrap. Spread whipped topping over filling. Drizzle with ice cream topping. Sprinkle with pecans over top. Cuts into 8 wedges.

A Firefighter's Meatloaf

By JBrandt36

"Firefighters all across Canada can't get enough of this Dijon mustard and salsa meatloaf. Serve with baked beans and greens. Leftover sandwiches are great the next day."

Prep Time: 15 minutes. Cook Time: 1 Hour and 15 Minutes. Ready In: 1 Hour and 30 Minutes. Makes 4 servings.

2 slices whole wheat bread	2 Tbsp. whole Dijon mustard
2 pounds ground beef	1 tsp. Worcestershire Sauce
1 green onion, chopped	2 Tbsp. minced garlic
2 Tbsp. chopped onion	salt and pepper to taste
1 cup medium salsa	1 Tbsp. barbecue sauce

1. Preheat the oven to 375°F (190°C).
2. Soak the bread in warm water in a small bowl. Place the beef in a large bowl. Drain bread and add to beef along with green onion, onion, salsa, Dijon mustard, Worcestershire sauce, garlic, salt and pepper. Mix by hand until well blended. Form into loaf and place in a greased loaf pan.
3. Bake for 1 hour in the preheated oven. Drain off excess fat and top with barbecue sauce. Return to oven and bake for an additional 15 minutes.

Great Burger Recipe

By Tedmukyluk

3 lbs ground beef (lean)
1 lb ground pork
1 pkg. onion soup mix
1 pkg. taco seasoning mix
½ - 1 cup oats
1 egg

Mix together. Make into patties, meatballs or meatloaf.
This is a family favorite!

Olive Garden Stuffed Chicken Parmigiana

By 4trax

COOKS NOTES: Leftover cheese filling may be kept in refrigerator for 2 weeks or frozen up to 3 months. Also makes good filling for manicotti.

- 6 boneless skinless chicken breasts, trimmed of all fat
 - 2 cups Italian seasoned breadcrumbs
 - 1 egg white
 - 1 (15-16 ounce) container ricotta cheese
 - 1 (3 ounce) can kraft romano cheese
 - 1 ½ cups kraft parmesan cheese (may use any brand)
 - ½ tsp. dried basil
 - 1 tsp. dried thyme
 - 1 tsp. dried oregano
 - 1 (12 ounce) jar pasta sauce (marinara style sauce)
 - ¼ cup butter or margarine
 - ¼ cup Crisco or shortening
 - fresh grated parmesan cheese (optional)
1. Wash chicken breasts, do not dry, and split lengthwise, almost through to make a pocket
 2. Combine ricotta, Romano, Parmesan, basil, thyme and oregano in mixing bowl. It will be crumbly.
 3. Stuff into pocket of chicken, leaving a small “edge” to seal. Using egg white, rub around edge and pinch to seal. Or may use toothpicks, but be sure to remove before serving.
 4. Line a baking sheet with aluminum foil and melt butter and Crisco in oven at 350 degrees. About 5 minutes.
 5. Dredge wet chicken in breadcrumbs, coating well, and place on baking sheet. Bake at 400 degrees for 15 minutes.
 6. Turn chicken and bake another 15 to 20 minutes.
 7. While baking, heat pasta sauce until hot. Remove chicken from oven and spoon hot pasta sauce over each.
 8. Before serving, top with grated, fresh Parmesan cheese, if desired.

Salsa

By fallyn

3 cans dried tomatoes
3 cloves garlic, diced
½ onion diced
3 jalapenos, diced
2 bunches cilantro, chopped
salt to taste

Mix all together and munch away with Tostitos hint of lime chips.
Yummy!

Black & White Muffins

By PilotMounder

4 oz. block of cream cheese, softened
3 Tbsp. white sugar

2 cups flour
½ cup white sugar
¼ cup cocoa
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt

1 large egg
1 cup milk
½ cup margarine, melted

Beat cream cheese and first amount of sugar in a small bowl until smooth. Set aside. Measure next 6 ingredients into large bowl, stir and make a well in center. Combine remaining ingredients in a separate small bowl. Add to well. Stir until just moistened. Fill 12 greased muffin cups ½ full. Make a small dent in the batter with the back of a spoon, Spoon about 2 ½ tsp. of the cream cheese mixture into each dent. Spoon remaining batter over top. Bake in a 375 degree oven for 18-20 minutes, until firm to the touch. Let stand in pan for 5 minutes before removing to wire rack to cool. Makes 12 muffins. Enjoy!

Fake Cheesecake

by yellow_sunflowers

Graham Cracker Crumb mixed with butter or margarine. Too much butter and the crust gets too hard. Too little butter and it sticks to everything! Keep a little aside for the topping. Place in fridge to harden.

Mix together:

One box of Banana pudding (instant)

500ml Sour Cream

One can of Crushed Pineapple (drained) I use the can that's about 12 fl oz. sorry I don't have one here or I would know for sure!

Pour mixture on top of crust. then sprinkle leftover crumb mixture.
Let sit in fridge to set for about an hour.

Nana's Banana Bread

by Terefind Crew

5 Tbsp. butter

1 ¾ cup all-purpose flour

½ cup granulated sugar

1 tsp. baking soda

½ cup firmly packed light brown sugar

½ tsp. salt

1 large egg

¼ tsp. baking powder

2 egg whites

½ heavy cream

1 tsp. vanilla extract

1/3 cup chopped walnuts

1 ½ cups mashed, very ripe bananas

Preheat oven to 350°F. Spray bottom only of 9x5x3 inch loaf pan with nonstick cooking spray.

Beat butter in large bowl with an electric mixer set at medium speed until light and fluffy. Add granulated sugar and brown sugar; beat well. Add egg, egg whites and vanilla; beat until well blended. Add mashed banana, and beat on high speed 30 seconds.

Combine Flour, baking soda, salt and baking powder in a medium bowl. Add flour mixture to butter mixture alternately with cream, ending with flour mixture. Add walnuts to batter; mix well.

Pour batter evenly into prepared loaf pan. Bake until browned and toothpick inserted near center comes out clean, about 1 hour 15 minutes.

Cool bread in pan on wire rack 10 minutes. Remove bread from pan; cool completely on wire rack. Slice and serve with butter and jam.

Roz Doce, Portuguese Rice Pudding
6 serving version – Jorge Tavares da Silva's version
by pepe and penelope

250 g (9 oz) long-grain rice	3 egg yolks
250 g (9 oz) sugar	a small pinch of salt
zest of 3-4 unsprayed lemons	ground cinnamon
750 ml (3 cups) milk	

Bring the milk, rice and sugar to a boil over gentle heat; add lemon zest when the mixture first begins to bubble; let cook over low heat for 20 mins; remove from heat; add the egg yolks and salt; return to very low heat and stir while the egg yolks cook; pour into a shallow dish; decorate with the powdered cinnamon; serve hot or cold.

Roz Doce, Portuguese Rice Pudding
4 serving version – Manual Dias' version
by pepe and penelope

250 g (9 oz) long-grain rice	a small pinch of salt
300 g (10 oz) sugar	1 cinnamon stick
zest of 3-4 unsprayed lemons	ground cinnamon
1 litre (4 cups) milk	100 g (6 Tbsp.) butter
6 egg yolks	vanilla

Place rice in a saucepan and cover with lots of water, let boil for 8 minutes; drain in a sieve; return the rice to the saucepan; add the milk, butter, vanilla and sugar; add the lemon zest when the mixture first begins to bubble; let cook over low heat for 20 minutes with the cinnamon stick; turn off the heat; add the egg yolks and the salt; stir well while the heat of the rice cooks the egg yolks; pour into shallow dish; decorate with powdered cinnamon; serve hot or cold.

Arroz Doce, Sweet Rice
by Muz and Girlie

2 cups rice	4 egg yolks (beaten)
8 cups of milk	lemon or vanilla extract (optional)
2 cups sugar	cinnamon (topping)
1 tsp. salt	

Boil rice in milk; when cooked ass other ingredients; pour onto serving dish and sprinkle with cinnamon.

Chocolate Frosted Brownies

by Pixie420

Brownie:

1 1/3 cups flour	2 cups sugar
1/2 tsp. salt	4 eggs at room temperature
1 tsp. baking powder	1 1/2 tsp. vanilla
1 cup butter	2 cups broken walnut pieces, lightly toasted
1 1/2 cups unsweetened cocoa powder	

Preheat oven to 350 degrees; Grease a 9 x13 inch pan. With a wire whisk stir flour, salt, and baking powder together. Mix well. Set aside. Melt butter. Stir in cocoa powder. Stir well. Add sugar. Beat in eggs one at time. Stir in vanilla. Add premixed flour mixture. Mix well. Stir in walnut pieces. Bake in prepared pan for 30 minutes. Remove from oven and cool on wire rack. Ice with chocolate frosting when completely cool.

Frosting:

1/4 cup butter, melted	2 cups sifted powdered sugar
2/3 cup cocoa powder	1/4 cup milk
1/2 tsp. vanilla	

Over boiling water mix butter and cocoa powder. Stir in vanilla. Add powdered sugar and enough milk to make a thick, but spreadable icing. Spread on cooled brownies before icing hardens.

Chocolate Chip Nut Cookies

by TXNCHK and MonkeyMan

1 cup all purpose flour	1 egg
1 teaspoon baking powder	1 teaspoon vanilla extract
1 teaspoon salt	2/3 cups chocolate chips
6 tablespoons butter or margarine	(or more if you are MonkeyMan)
1 cup sugar	1/2 cups nuts
1/3 cup light brown sugar	(hazlenuts, pecans or walnuts - it's up to you)

1. Preheat oven to 350 degrees. Grease 2-3 baking sheets. Sift the flour, baking powder and salt into a small bowl. Set the bowl aside.
2. With a mixer, cream the butter and sugars together. Beat in the egg and vanilla. Add the flour mixture and beat well on low speed.
3. Stir in the chocolate chips and half of the nuts. Spoon mixture on to baking sheets.
4. Flatten each cookie lightly with a wet fork. Sprinkle the remaining nuts on top of the cookies and press lightly into the surface. Bake for 10-12 minutes until golden brown. Transfer to wire rack and let cool.

A Rhubarb Dessert

by Shebaz Jenkins

1 cup brown sugar	1 tsp. nutmeg
1 cup flour	1 tsp. five spice
2/4 cup all purpose oats	4 cups rhubarb
1/2 cup melted butter	2 Tbsp. corn starch
1 tsp. cinnamon	1 cup water
1 Tbsp. vanilla	1 cup brown sugar

In a mixing bowl combine brown sugar, flour, oats and butter. Mix well until crumbly. Put half of the mixture into buttered 8 inch square baking dish. Top with sliced rhubarb.

In a saucepan combine water, corn starch, sugar, vanilla, cinnamon, nutmeg and five spice. Cook until dissolved and pour over rhubarb.

Top rhubarb with rest of crumb mixture and bake at 350 degrees for 45-55 minutes.

Banana Bread

by AngelFreak

3 ripe bananas

$\frac{1}{2}$ cup canola oil

2 eggs

1 cup sugar

$\frac{1}{2}$ tsp. salt

1 tsp. baking powder

$\frac{1}{2}$ cup chocolate chips or raisins

1 $\frac{1}{2}$ cups whole wheat flour

Grease pan and back for 30 minutes at 350 degrees.

Cranberry Meatballs

by Sulky61

Meatballs:

1 ½ pounds of lean ground beef
½ pound of ground pork
½ cup fine dry bread crumbs
2 large eggs
1 bottle (12 oz.) chili sauce, divided (1/4 cup for meatball mixture and remaining for sauce)
1 tsp. salt
½ tsp. ground black pepper
Dash of hot sauce
1 medium onion, finely chopped
1 clove garlic, finely minced
½ red or green bell pepper, finely chopped

Sauce:

1 can (approx. 15 oz.) whole berry cranberry sauce
Remaining chili sauce
1 Tbsp. prepared mustard
2 Tbsp. brown sugar
1 Pkg. fresh cranberries
1 cup sugar
1 cup water

Line 2 large baking dishes with nonstick foil or regular foil, sprayed with nonstick cooking spray. Heat oven to 325 degrees.

Combine meatball ingredients, using ¼ cup of the chili sauce, blending well. Save the remaining chili sauce for later. Form the meat mixture into 1 inch meatballs and arrange in a single layer in the two prepared baking dishes. Bake for 45-50 minutes. Drain well on paper towels. Put the meatballs in a slow cooker or large saucepan.

In a pot add cranberries, water and sugar and bring to a boil, reducing heat boiling gently for 10 minutes, stirring occasionally. Remove from heat. Combine the rest of the sauce ingredients and pour over the meatballs and gently stir to combine.

Crockpot: Cover and cook on LOW for 2 to 4 hours. Saucepan: Bring to a simmer over medium heat; reduce heat to low, cover, and simmer for 15 to 20 minutes. Serve with toothpicks from a slow cooker on low setting or serve warm from a chafing dish.

Yield: 3-4 dozen.

Like Shake and Bake

by Bogbug

2 cups fine bread crumbs
1 cup flour
2 Tbsp. salt
1 ½ Tbsp. paprika
2 tsp. each of: sugar, oregano, accent salt, poultry seasoning, and onion powder
1 tsp. pepper
1 tsp. dried parsley
½ tsp. garlic powder

Mix all ingredients together and store in an air tight container. For chicken, combine one beaten egg and ½ cup milk. Dip pieces in then shake coating in a bag. Bake at 375 degrees until juices are no longer pink. Also very good for pork or fish.

Tartar Sauce for Fish

by Bogbug

1/3 cup Miracle Whip
1 Tbsp. hamburger relish
1 tsp. onion, finely chopped or ½ tsp. onion powder
½ tsp. lemon juice

Mix all together and serve. Keeps in fridge for at least a week.

Tangy Seafood Sauce

by Bogbug

½ cup ketchup
1 tsp. minced horseradish
½ - 1 tsp. lemon juice
Dash of worcestershire sauce

Mix all together, adding more horseradish to increase the heat level. Keep cold. Great for dipping cooked shrimp.

Mojito

by KellsBells and JannFann

In a glass put fresh mint leaves and 2 Tbsp. raw sugar and muddle together.
Add 1 oz white rum and top up with club soda, a splash of lime juice and 2 drops of aromatic bitters for a fresh Cuban drink.

New York Crumb Cake

by Derivative

4 cups flour	$\frac{1}{4}$ tsp. salt
1 cup brown sugar	2 Tbsp. canola oil
1 $\frac{1}{2}$ tsp. cinnamon	1 egg
1 cup butter, melted and cooled	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	2 tsp. vanilla extract
2 $\frac{1}{2}$ tsp. baking powder	

confectioner's sugar for dusting

Preheat oven to 325°F and grease 9 X 12.5 inch baking pan. Combine 2 $\frac{1}{2}$ cups flour with the brown sugar and cinnamon. Add the butter and mix until large crumbs form. In another bowl, mix 1 $\frac{1}{2}$ cups flour, sugar, baking powder and salt. In a third bowl whisk egg, milk, oil and vanilla. Fold dry ingredients into liquid then pour batter into baking pan. Top with crumbs. Bake about 20 minutes. Cool in pan on rack. Dust with confectioner's sugar and enjoy!