

The Geo-Kitchen Cookbook Volume 5

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 6 as
much as I am!

Regards!
MHZ

November 11, 2018

Table of Contents

Wood Stove Fudge by ONESPIRIT555	3
Bean Potluck Dish by Trillium03	3
Back Ribs by Sister Linda.....	3
Polynesian Satay by rungirl159	4
Easy Peanut Soup by theboomer86.....	5
Lemon-Zucchini Loaf by Gyrfalcon09	5
Ma's Cookies by joust gezzin.....	6
Hockey Night Chili by Hockey_family	6
Cauliflower, Lentil and Chicken Curry By scms.....	7
Pancake Batter by 0011mixam	8
German Rouladen by ????	8
Sweet n' Sour by MordenBirders	9
Biscuits by ????	9
Best-Ever Beer Bread by giacahces and Kelog	9
Easy Mushroom Appetizers by Team Tierra Buena.....	10
Chewy Gingersnaps by Countrysytle	10
Chicken Divan by Geocacher Ken.....	11
East Stroganoff by DARTH DAUL.....	11
Birthday Cake by ????	12
Classic Peanut Butter Cookies by Hogman311	12
Skillet Chicken Stew by ????	13
GeoLadd's Christmas Dip by MarcoIslandGuy and MarcoIslandGirl.....	13
Granola Bars by Guitarman7 and Minuet7	14
Bacon-Wrapped Chicken Thighs by Morea1821 and GPCOMD.....	14
Buffalo Chicken Casserole by SneakyShields	15

Wood Stove Fudge

by ONESPIRIT555

1 can sweetened condensed milk

1-2 16oz bags of semi-sweet chocolates

1 tsp vanilla

Take and mix the milk and chocolates in a double boiler (one pan inside a bigger pan with water in the bottom of the big pan)

Heat until bubbles

Add vanilla

Stir and place in foil made pan (8x8 square)

Let cool (or not)

Cut and eat

Bean Potluck Dish

by Trillium03

A crowd pleaser! This is a potluck dish we take to our Fibreglass Events.

2 cans of your favorite beans

1 can of diced tomatoes

4 large Costco cans spicy Italian sausages cooked up.

Mix beans and sausages (sliced thinly into bite sizes) and tomatoes all together. Can be served warm or cold.

Goes good with cheese baking powder biscuits!

Back Ribs

by Sister Linda

Slice onions into bottom of roasting pan. Place ribs in pan. Sprinkle brown sugar (2 Tbsps) over 2 Tbsps vinegar, 1 tsp oregano, 1 tsp hot pepper flakes and 1 tsp garlic salt. Pour barbecue sauce (about ½ bottle) over ribs and bake at 325° for 3 hours.

Polynesian Satay

by rungirl159

You will never go wrong serving this. Positively everyone's favorite.

Thick sirloin steak	1 ½ lb.	750g
Soy sauce	¾ cup	175ml
Packed brown sugar	½ cup	125ml
Cooking oil	2 Tbsp.	30ml
Garlic powder (or 1 clove minced)	¼ tsp.	1ml
Ginger powder	½ tsp.	2ml
Wooden skewers (soaked in water to prevent scorching)		

Slice steak about 1/8 inch (1/2 cm) thick to make long thin slices. If meat is partially frozen, it is much easier to do.

In bowl, with tight-fitting cover, mix soy sauce, brown sugar, oil, garlic powder and ginger powder. Put meat into bowl. Press down to cover with marinade. Allow to marinade for at least ½ hour.

Thread meat on skewers accordion-fashion. Broil only until medium-rare. Store, covered in refrigerator. To serve, pile on baking sheet. Heat in 400°F (200°C) oven for about 5 minutes or until hot.

Note: If you have no skewers, slice meat thinly, then into squares. Marinate as above. Transfer meat with slotted spoon to pan with sides. Broil, 1 layer deep, on 1 side only until sizzling and cooked to medium-rare stage. Cool a bit then store in refrigerator. To serve, heat in covered casserole in 350°F (180°C) oven for about 20 minutes or until hot. Serve with picks. Delicious. Serves 12.

Note: Peanut sauce is often poured over satay before serving.

Easy Peanut Soup

by theboomer86

You will never go wrong serving this. Positively everyone's favorite.

1 Tbsp. oil	½ tsp. pepper
1 onion, chopped	½ tsp. chili powder
2 shallots, chopped	½ tsp. cumin
1 red pepper, chopped	½ tsp. ginger
4 cloves garlic, minced	½ tsp. cilantro
14 oz. can stewed tomatoes	¼ cup rice
4 cups vegetable broth	1/3 cup peanut butter

In a pot, heat the oil on medium high. Add the onions, shallots and red pepper. Cook for 5 minutes, stirring frequently then add garlic. Cook for 3-5 minutes.

Stir in tomatoes, broth and spices. Lower heat and simmer on low for 15 minutes. Add the rice and cook for another 15-20 minutes making sure the rice is cook. Stir in the peanut butter and cook for 5 minutes more.

Makes 4 servings.

Lemon-Zucchini Loaf

by Gryfalcon09

2 cups unbleached flour	½ cup buttermilk
2 tsp. baking powder	1 lemon – juiced
½ tsp. salt	zest from 1 lemon
2 eggs	1 cup grated zucchini
½ cup canola oil	2/3 cup sugar

Preheat oven to 350°F. In large bowl, blend flour, baking powder and salt. Set aside. In medium bowl, beat eggs well. Add buttermilk, lemon juice and zest. Blend well. Fold in zucchini and stir until evenly distributed. Add mixture to dry ingredients and blend together, but don't over mix. Pour batter into greased 9"x5" loaf pan and bake 45 minutes (until toothpick inserted in center comes out clean). Cool in pan 10 minutes then remove to cool completely.

Prepare Lemon Glaze:

- 1 cup powdered sugar
- 1 lemon juiced (or 2 Tbsp. lemon juice)

In a small bowl, mix powdered sugar and lemon juice until well blended. Spoon glaze over cooled loaf. Let glaze set about 30 minutes. Serve.

Ma's Cookies

by joust gezzin

1 cup brown sugar

1 egg

1 cup margarine

Blend together

1 cup oatmeal

1 cup flour

½ cup coconut

½ cup chocolate chips

½ tsp. baking powder

¼ tsp. baking soda

Cook at 375°F 12-15 minutes.

Hockey Night Chili

by Hockey_family

1 lb. ground beef

1 can tomato soup

1 can tomato sauce

1 Tbsp. chili powder

½ tsp. nutmeg

½ tsp. dry mustard

1 tsp. sugar

¼ cup water

Brown ground beef in frying pan. In meantime, combine tomato soup and tomato sauce in a pot and heat. In tomato mixture, combine chili powder, nutmeg, mustard and sugar. Add water. When ground beef is done, also add to pot. Add beans if you like. Simmer. Serve with garlic bread.

Cauliflower, Lentil and Chicken Curry

by scmc

Makes: 4 servings

Prep time: 20 minutes

Cook time: 25 minutes

4 tsp. canola oil
¾ pound boneless, skinless chicken thighs, trimmed
¼ tsp. black pepper
½ tsp. plus 1/8 tsp. salt
1 large yellow onion, halved and thinly sliced
2 Tbsp. minced fresh ginger
1 jalapeno, seeded and minced
4 garlic cloves, minced
1 ½ tsp. ground coriander
¾ tsp. ground cumin
1 small head cauliflower, cut into bite-sized florets
1 ½ cups canned crushed tomatoes
2 tsp. dark brown sugar
¼ cup water
1 15-ounce can lentils, rinsed and drained
1 ½ tsp. garam masala
1 ½ cup chopped fresh cilantro
2 tsp. lime juice
(optional) whole-wheat flatbread

1. Heat 2 tsp. oil in a sauté pan over medium-high heat. Season chicken with black pepper and 1/8 tsp. salt; sauté until cooked through, 2-3 minutes a side. Set aside.
2. Add remaining oil to pan; reduce heat to medium. Add onion and sauté 5 minutes. Add ginger, jalapeno and garlic; sauté 1 minute. Add coriander and cumin and stir 1 minute. Mix in cauliflower, tomatoes, brown sugar, remaining salt and water; bring to a simmer, cover and cook 8 minutes.
3. Shred chicken and add to pan along with lentils and garam masala, cook 2 minutes. Stir in cilantro and lime juice just before serving. Serve with flatbread if desired.

Pancake Batter

by 0011mixam

2 cup flour
¼ cup sugar
1 tsp. salt
6 tsp. baking powder
2 eggs – beaten
¼ cup vegetable oil
2 cups milk

Better than any store bought mix!

German Rouladen

by ????

Prep time: 20 minutes

Cook time: 1 hour 10 minutes

Ready in: 1 hour 30 minutes

Servings: 6

Bacon, onions and pickles are wrapped in thin slices of flank steak, browned in butter, then simmered in beef broth. Served with spaetzle to soak up the gravy.

1 ½ pounds flank steak	2 large onions, sliced
German stone ground mustard, to taste	1 (16 ounce) dill pickle slices
½ pound thick sliced bacon	2 Tbsp. butter
2 ½ cups water	1 cube beef bouillon

1. Cut the flank steak into thin filets; about ¼ inch thick and 3 inches wide.
2. Generously spread one side of each filet with mustard to taste. Place bacon, onions and pickle slices on each filet and form into a roll. Use string or toothpicks to hold the roll together.
3. Heat a skillet over medium heat and melt butter. Place the rolls in the butter and sauté until browned.
4. Pour in 2 ½ cups of water and add bouillon cube; stirring to dissolve the bouillon cube. Simmer the rolls for about an hour.

Sweet n' Sour
by MordernBirders

½ cup brown sugar
½ cup ketchup
½ cup vinegar
½ cup water
1 Tbsp corn starch

Shake it all together until smooth.
Use as a sauce for baked chicken.
Immerse chicken and cook until done.

Biscuits
by ????

2 cups flour
¼ cup butter
½ tsp salt
3 Tbsp baking powder

Mix all ingredients cutting in butter with pastry blender.
Add 1 cup shredded cheese.
Add 1 cup milk and form ball.
Roll out ¾ inch thick.
Bake 450°F for 10-15 minutes.

Best-Ever Beer Bread
by giacaches and Kelog

3 cups flour
½ cup sugar
1 can of beer, your choice (we use Bud Light)
1 tsp baking powder

Combine in greased bread pan.
Cook at 350°F for about 45 minutes or until golden brown.
Brush with butter.
Enjoy!

Easy Mushroom Appetizers

by Team Tierra Buena

Place 1 stick of butter, 1 packet of Italian dressing mix, and 500g of mushrooms in a slow cooker.
2 hours on high or 4 hours on low.
Done.

Chewy Gingersnaps

by Countrystyle

4 cups flour	¼ cup vegetable oil
2 tsp baking soda	⅔ cup fancy molasses
2 tsp cinnamon	3 eggs
2 tsp ground ginger	1 cup butter
1 tsp ground cloves	2 cups brown sugar
1 tsp nutmeg	
1 tsp salt	

Mix together all dry ingredients in the left column. Cream butter and brown sugar then add eggs, one at a time, molasses and oil. Beat. Gradually mix dry ingredients to wet. Shape into balls (2 Tbsp size) and roll in granulated sugar. Place on cookie sheet 3 inches apart and bake for 10 mins at 350°F. Do not overbake.

Chicken Divan

by Geocacher Ken

Prep/cook time 30 minutes

3 cups hot cooked broccoli spears
2 cups cubed cooked chicken
1 can condensed cream of broccoli soup
** I use mushroom soup **
1/3 cup milk
1/2 cup shredded cheddar cheese
3 Tbsp dry bread crumbs
1 Tbsp margarine or butter melted

Arrange broccoli and chicken in 9 inch plate or shallow baking dish. In small bowl, mix soup and milk and pour over broccoli and chicken. Sprinkle mixture with cheese. Mix bread crumbs with margarine and sprinkle over cheese. Bake in preheated oven at 425oF until heated through about 20 minutes. Serves 4.

East Stroganoff

by Darth Daul

Fully cook 1lb lean ground beef then strain
Add 1 medium to large chopped yellow onion
Add 1 to 4 cloves of garlic (to taste...we like lots of garlic)
2 cans of Campbell's cream of mushroom soup
1 to 2 cans of mushrooms (to taste)
1 cup of sour cream
1/4 cup of ketchup
2 Tbsp soy sauce
1/4 cup of parmesan cheese
Couple pinches of black pepper

Bring to a boil and let simmer for 10-15 minutes then serve on top your favorite pasta (I grew up eating this with egg noodles but my family enjoys it most with Shell or Bow tie noodles)

NOTE:

One of my Jr. Cachers is a vegetarian so we no longer use beef for this, we substitute it with Fake Beef it is great like that too.

Birthday Cake

by ????

1 cup shortening
2 cups white sugar
 $\frac{3}{4}$ cup boiling water

Mix well and add the following:

3 eggs
3 cups of flour

Add 1 egg, then stir, add 1 cup of flour, then stir.
Repeat for remaining 2 eggs and 2 cups of flour.

1 tsp vanilla
2 tsp baking powder
 $\frac{3}{4}$ cup milk

Mix well. Bake at 350°F for 1.5 hours.

Makes a larger cake.

Classic Peanut Butter Cookies

by Hogman311

1 cup butter
1 cup crunchy peanut butter
1 cup white sugar
1 cup brown sugar
2 eggs
2 $\frac{1}{2}$ cups all purpose flour
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
1 $\frac{1}{2}$ tsp baking soda

Mix peanut butter, butter, sugars and beat in eggs.

In separate bowl, combine flour, baking powder, baking soda and salt.

Combine with wet mixture.

** Important! Refrigerate for 1 hour **

Roll into 1 inch balls.

Flatten with fork in a criss/cross pattern.

Bake in oven at 375°F for 10 minutes.

Enjoy!

Skillet Chicken Stew

by ????

10 minutes prep time and 20 mins of cooking time

2 Tbsp margarine

4 skinless, boneless chicken breasts halves

2 carrots in thin julienne strips

8 tiny red potatoes (or 3 med diced)

1 jar Country Chicken Simmer Sauce

¼ each of dried thyme and rosemary

1 cup frozen green peas

In large skillet, heat margarine over medium high heat.

Brown chicken on both sides and remove to plate.

Add carrots and potatoes to skillet and cook over medium heat.

Heat 2 minutes then stir in sauce, thyme and rosemary.

Add chicken and bring to a simmer. Cover and cook for 10 minutes. Uncover and scatter/top with peas.

Cover and cook 5 minutes and serve.

GeoLadd's Christmas Dip

by MarcoIslandGuy and MarcoIslandGirl

Prep time 15 minutes, Cook time 10 Minutes, ready in 25 minutes

4 slices of bacon

1 (8oz) package of cream cheese

1 cup mayonnaise

8 oz swiss cheese shredded

(can use some parmesan and Tex Mex as well)

2 green onions fully chopped

4 buttery round crackers, crushed- bagel chips

Place bacon in a large skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside. In a small bowl, mix the cream cheese with mayonnaise until smooth. Stir in Swiss cheese, onions, and bacon. Place bowl in microwave, and cook 2 minutes. Remove, and stir well. Return to microwave, and cook 2 to 4 minutes more. Sprinkle crushed crackers on top. Serve warm with crackers.

Granola Bars

by Guitarman7 and Minuet7

½ cup honey
½ cup any nut butter
1 cup crispy brown rice cereal
1 cup granola or plain rolled oats
½ cup chopped nuts
½ cup chopped dried cherries or apricots

Put honey and nut butter in a small saucepan over medium heat. Stir until melted together, 2-3 minutes. Whisk to combine. Put crispy brown rice cereal, granola or rolled oats, chopped nuts, and dried cherry or apricots in a large bowl. Add honey mixture and stir well to combine. Lightly grease 8 x 8 baking dish or line with plastic wrap or parchment paper. Spread mixture evenly in dish, pressing down gently, and cover with plastic wrap. Chill until firm, at least 1 hour. Cut into bars. (For cleaner cutting, transfer to board by lifting edges of plastic wrap or parchment)

Bacon-Wrapped Chicken Thighs

by Morea1821 and GPComd

8 boneless/skinless chicken thighs
8 slices of bacon
½ tsp chili powder
1 tsp garlic powder
1 tsp salt
1 tsp pepper

Preheat oven to 375°F. Mix all spices together and toss chicken in a bowl with spices. Wrap each thigh with bacon. Place bacon side down on a baking tray. Bake for 40 minutes or until chicken is cooked.

Buffalo Chicken Casserole

by SneakyShields

1 head of cauliflower, cut into florets
2 Tbsp extra virgin olive oil
Kosher salt and ground pepper
12 oz. softened cream cheese
1/3 cup buffalo sauce
1/4 cup ranch dressing
1/3 cup sliced green onions
1 Tbsp garlic powder
2 cups shredded chicken
1/2 cup shredded cheddar cheese
1/2 cup shredded gouda

1. Preheat oven to 450°F. In baking dish, toss cauliflower florets in oil and season with salt and pepper.
2. Bake until tender, 20 minutes. Reduce oven temp to 350°F.
3. Stir together cream cheese, buffalo sauce, ranch dressing, onion and garlic powder until combined.
4. Toss chicken with roasted cauliflower in baking dish and spread cream cheese mixture over top.
5. Top with cheddar and gouda and bake until cheese is completely melted and bubbly. 20 minutes.
6. Let cool 10 minutes, drizzle with extra ranch and green onions or chives and serve.