

Project Foodie is a ton of fun to plan and present, but it would not be possible without grocery bill assistance from our partner, Duke Energy.



Devices that draw vampire energy, also known as "phantom" or "stand-by" energy, can account for as much as 20 percent of a home's power use, according to some studies. The most common culprits: plug-in adapters for rechargeable, battery-powered electronics such as cell phones, cordless phones, digital music players, power tools, electric toothbrushes and other similar devices.

Most of these adapters consume energy whenever they are plugged into an outlet, even if the device is not connected. Here are some tips to combat energy vampires:

- Wait until nightfall, then turn off the lights in your home and look for the eyes that glow. The eerie stand-by lights on devices such as cable boxes, LCD televisions and cell phone chargers are tell-tale signs that you're falling victim to energy vampires. (Keep in mind that some devices may need to be on 24-7 in order to function as intended.)
- Unplug devices that are not in use, especially adapters for battery-powered devices that are already fully charged or not connected.
- Equip yourself with power strips or surge suppressors. Plugging appliances and other electronic equipment into these units make it easy to turn the power off with a single switch. (Surge suppressors will also protect your valuable electronics from power spikes.)
- Look for electronic devices and appliances with the Energy Star® label because they use less electricity when in use and during stand-by mode.

October 6, 2011

Breakfast

PROJECT FOODIE



mixing things up in the kitchen with GPL

If you have any questions about this program or any of the recipes, please see Kendra Auberry or Anna Roberts (your librarians for tonight's adventure).

Thank you for coming!



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Banana Oatmeal Breakfast Cookies

Makes 2 dozen large cookies

If you end up eating cookies for breakfast like some of us do, you might as well make it these hearty lovelies. Brimming with bananas, loaded with whole grains and nuts, and gently sweetened, these cookies will give you a solid start to the day without a sugar crash come 10a.m. Who needs scones when these big, tender cookies have all the texture, plus buckets of nutrition, and still taste great with your favorite tea or coffee? Try warming them for 10 to 15 seconds in the micro if you're not running out the door just yet.

2/3 cup well-mashed ripe banana (about two small bananas)
2 tablespoons ground flax seeds
1/4 cup nondairy milk
1/2 cup canola oil
1/2 cup brown rice syrup (Anna uses honey)
1/2 cup agave nectar
1 teaspoon pure vanilla extract
1 cup all-purpose flour
1 cup whole wheat pastry flour
1 1/2 teaspoons ground cinnamon
1/4 teaspoon ground nutmeg
1 teaspoon baking soda
1/2 teaspoon salt
2 cups quick-cooking or rolled oats
1 cup pecan or walnut halves, toasted and coarsely chopped
1 cup dried cranberries

Christmas Morning Rolls

1 package (24) frozen rolls
1 small package butterscotch pudding mix (not instant)
1/2 cup butter
3/4 cup brown sugar
3/4 t. cinnamon
1/2 cup pecans

Arrange the frozen rolls in a greased 9x13 inch pan. Sprinkle pudding mix over rolls. Combine butter, brown sugar, and cinnamon in a saucepan and bring to a boil. Remove from heat and stir in pecans. Pour over rolls. Cover tightly with foil and leave sitting out all night. Bake next morning at 350° for 25-30minutes. Let sit 5 minutes. Turn out and serve.

Cinnamon Rolls (from Challah dough)

Roll out the dough to a large rectangle. Brush the upper surface of the dough with melted butter. Sprinkle with a mixture of cinnamon and sugar. You may also sprinkle with nuts and/or raisins, if you wish.

Roll up, jelly, roll fashion, and cut into 1 1/2-inch thick slices. Place these, flat side down, into a well-buttered baking pan. You may use square, rectangular, or round pans. Allow to rise for 30 minutes or until doubled in size, then bake in a preheated oven 350° oven until golden brown.

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In a large mixing bowl, combine banana, flax seeds, and nondairy milk and mix until smooth. Mix in the oil, brown rice syrup, agave nectar, and vanilla. Sift in all-purpose flour, whole wheat pastry flour, cinnamon, nutmeg, baking soda, and salt and mix to form a moist batter. Fold in the oats, pecans, and dried cranberries. The dough will be moist yet thick and sticky.
3. Drop scant 1/4 cups of dough about 2 inches apart onto the baking sheets. Spray the inside of the measuring cup with nonstick cooking spray to help release the dough from the cup. Use the back of a large measuring cup to press down cookies to about 1 inch thickness.
4. Bake the cookies for 14 to 16 minutes or until edges begin to turn golden brown. Let the cookies cool on the baking sheet for 5 minutes, then transfer them to wire racks to cool completely. Store loosely covered as these cookies get rather soft if stored tightly covered. These cookies can stay fresh for up to 2 months in the freezer, just seal tightly in plastic wrap. To thaw, just let sit at room temperature for 15 minutes.

This recipe was taken from the book:
Vegan Cookies Invade Your Cookie Jar by Isa Chandra Moskowitz and Terry Hope Romero.

Shelly's Challah

Recipe from Kitchen Affairs in Evansville, IN

2 tablespoons dry yeast (3 pkgs)

1/2 cup lukewarm water

1 tablespoon sugar

7 cups bread flour

4 (x-large) eggs

2/3 cup sugar

1 tablespoon salt

2/3 cup vegetable oil

1 cup warm water

2 (x-large) egg yolks

1 pinch saffron threads

Combine 2 tablespoons dry yeast with 1/2 cup lukewarm water and 1 tablespoon sugar. Mix together until dissolved, then put the bowl in an unheated oven for 10 minutes or until doubled in bulk. Combine the cup of warm water with the saffron threads, slightly crushed, and set aside (omit if not using saffron). Put 3 1/2 cups of the flour and all the salt into a bowl and mix well. Make a well in the center and add the eggs, 2/3 cup sugar, oil, yeast/water mixture, and the saffron water. Beating with a spoon, mix well, adding the remaining flour gradually, until the dough can be removed from the bowl. Remove the dough to a floured pastry board or work surface and continue adding flour, kneading by hand, until all the flour has been added. Knead the dough until smooth and elastic. Add more flour if necessary to keep it from sticking. Return to bowl, cover with a towel, and allow to rise for two hours in a warm place. (an over, or microwave, TURNED OFF, is a good place.

The dough will rise better if you put a bowl of hot water in the oven with the dough bowl. After 2 hours, punch the dough down once, and then separate it into portions. Pinch off a small piece of dough and set aside (this is the actual challah). This recipe will make one giant loaf, two large loaves, or three small loaves. Take each portion and divide into thirds. Roll each third out into a braiding rope. Braid in the traditional manner, and transfer to a cookie sheet which has been sprayed with a nonstick spray or lightly wiped with oil. Let the loaves rise for one hour more. Pre-heat oven to 350°F. Take the two egg yolks and whip them, together with a little water, to make an egg wash. Brush the tops of the loaves with this egg wash, and top with sesame or poppy seeds, if desired. Bake small loaves for 20 minutes or longer. Larger loaves may need to bake up to a full hour. When done, the interior temperature of the loaves will be 160 or higher. Remember to bake the set-aside portion with the loaves. Cool the loaves on a rack. The set-aside portion is usually put outside the house. It may be eaten by animals or birds, but is not eaten by people, according to the law referred to above. A double portion of two loaves is traditionally served on the Sabbath and on Holidays. A meal begins with the breaking of the bread, by hand or knife, and the traditional "grace" blessing is recited before any food is eaten. "Blessed art Thou, Lord our God, who brings forth the bread from earth." Immediately after reciting the blessing a bite of bread is eaten. Nobody will stop with just one bite.