



The Elderberries

Recipes 2012

About The Elderberries

Elderberries is an organization of lesbian, gay, bisexual, transgendered, and two-spirited seniors aged fifty and older. It is affiliated with the Nova Scotia Rainbow Action Project.

The group's objective is to provide a social get-together for LGBT people aged 50-plus, and to give the group's members information and support on subjects specifically related to LGBT elder issues.

Monthly meetings take place, usually on a Sunday, in a wheelchair accessible location. Social, educational and recreational programs include lectures on legal and medical topics, LGBT community history, author readings, performances, picnics, outings to museums, round-table discussions on topics like coming out or being an older LGBT single, . A potluck social follows most programs. Members keep in touch via a monthly e-mail newsletter.

For more information, or to join Elderberries, please e-mail: nselderberries@gmail.com.

Thanks to

...all of the contributors for the wonderful recipes • the proof readers & editorial team: Anita Martinez, Gary Brooks, Lynn Murphy, Nick Honig, Norval Collins • Daniel MacKay: graphic design, layout, & publishing.

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Units, Measures, Conversions, Substitutions

Measures	lb = pound
tsp = teaspoon	oz = ounce
tbl = tablespoon	pkg = package

Colophon

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† indicates a gluten-free recipe

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Bread, Bagels & Scones

Eggless Scones

Makes 12 large or 24 small

John Speagle

4 cups all purpose flour	½ cup granulated sugar
⅔ tsp salt	⅔ cup hard butter, cubed
1 tsp baking soda	2 cup plain yogurt
1 tsp baking powder	

1. Preheat oven to 350°F
2. Sift dry ingredients together, then cut in butter.
3. At this point if you want flavoured scones, add desired fruit, cheese, etc. and gently mix to incorporate.
4. Add yogurt and mix by hand with wooden spoon. Don't overmix or scones will be tough (same principle for cookies and biscuits.)
5. Shape scones with a cookie scoop and bake for about 20 minutes.

You can keep the scone mix quite a long time in the refrigerator without the yogurt; just add the yogurt when you are ready to bake them.

For Strawberry Shortcake, double the amount of sugar, shape as a cake, and bake.)

Bagels By Jane Kansas

Dan MacKay

Use any bread dough, e.g.:

1 tbl yeast softened in 1/4 cup water	• 3 tbl onion flakes
3¾ cup flour	• a couple tablespoons of minced garlic
1 cup milk, scalded and cooled to lukewarm or cold	• raisins softened in hot water, and a tsp of cinnamon
¼ cup butter	• blueberries (knead them in by hand after the machine kneading)
1 tsp salt	
1 tbl sugar	

- 1a. Put all ingredients in food processor and process to make a ball of dough that cleans the walls of the bowl and knead until smooth and satiny. If it's too dry, add a teaspoon of milk; if it's too sticky, add a tablespoon of flour until it's right. Monitor temperature with your hand on the bowl; if it gets too hot you will kill the yeast and the dough won't rise, so take it out and knead by hand.
- 1b. Or, add all the ingredients to a bowl and knead by hand until smooth.
- 2a. Let rise in a warm place until doubled in bulk, about 1 hour.
- 2b. Or, get the bread machine to have the dough ready first thing in the morning.
3. Punch down, divide in 12, cover the pieces.
4. Knead each piece in your hand to make a smooth-surfaced ball; push your thumb through the middle to make a hole, and roll it in your hand to stretch out to about 5" across.
5. Cover the dough again and let rest 15 minutes.
6. In the meantime, bring a large pot with about 4" of water to the boil; add a tsp of salt or a couple tbl of honey or sugar.
7. Preheat oven to 425°F
8. Put as many pieces of dough in the pot as will float without overlapping at a time and boil gently for 1 minute each side. Place between tea towels to remove excess water. They will have a pockmarked look.
9. Grease and cornmeal a cookie sheet. Transfer the bagels to it and bake for 20 - 25 minutes, turning halfway.

Homemade Bread

Makes 2 loaves

John Speagle

White or Raisin

2 cups bread flour
 4 cups all purpose flour
 1 tbl instant dry yeast
 1 tbl salt
 2¾ cups lukewarm water
 1 tbl soft butter
 1 cup raisins (optional)

Whole Wheat/Multigrain

3 cups bread flour
 3 cups whole wheat flour
 1 tbl instant dry yeast
 1 tbl salt
 For multigrain, add 3 tbl each of flax, sesame, and sunflower seeds, which may be toasted for more flavour
 2¾ cups lukewarm water
 1 tbl soft butter

1. Soften butter in lukewarm water.
2. Mix dry ingredients in large bowl; add butter/water mixture. Mix by hand with sturdy wooden spoon. Turn out onto clean counter and scrape bowl. Coat bottom of bowl with thin film of butter.
3. Knead flour/water mixture until dough forms (may need small amount of flour if dough gets really sticky.) Dough should form into smooth ball.
4. Coat dough ball with butter in bowl and leave there, covering bowl with cling film (this cling film can be used later to cover loaves in bread pans.)
5. When dough has doubled in size, turn out onto clean counter again. Grease two bread pans.
6. Cut dough in half. Form each half into a loaf and place into the coated bread pan, covering with the cling film.
7. Let dough rise until doubled in size.
8. Remove cling film, bake in 375°F oven for 20 minutes.
9. Turn loaves around, bake another 5 minutes. Remove bread from oven; remove from pans and cool on rack.

It takes 2 hours to completely cool before slicing or bagging.

Breakfast Dishes



Basic Pancake Recipe

Adapted from the 1979 Pillsbury Kitchens Cookbook.

Makes about 16 4" pancakes.

Nick Honig

- | | |
|---------------------|--------------|
| 1 ¾ cup flour | 2 eggs |
| 2 tbl sugar | 1 ¾ cup milk |
| 4 tsp baking powder | ¼ cup oil |
| 1 tsp salt | |

1. In a large bowl, combine dry ingredients with wire whisk.
2. In a small bowl, with an electric mixer, combine eggs, milk and oil.
3. Slowly add wet ingredients to dry ingredients. Hand mix only until large lumps are gone.
4. Heat griddle or frying pan. Grease pan lightly. Use a quarter cup measuring cup to form each pancake in pan. Bake until bubbles appear and edges are brown.
5. Flip pancakes and cook for a minute or so longer.

I like thin pancakes so I use more milk to thin out the mixture. My sister used to be able to get them paper thin. The way you eat these is to pour maple syrup on them or brown sugar and roll the pancake.

Yogurt

John Speagle

I eat a lot of yogurt and use it in recipes. I find making it from milk to be relatively easy and much cheaper for sure.

1. Use a large stock pot with a thick bottom (it will make it easier to clean off the burnt milk on the bottom afterwards.)
2. Pour in as much milk as you want yogurt (I use 4 litres of 2%.) Bring to a boil on medium heat, watching carefully as milk starts to foam. Once it foams, it may rise quickly like a volcano and overflow (it's happened to me.)
3. Put pot of hot milk in a cold water bath and stir until milk reaches blood temperature.
4. Put about ½ cup of plain yogurt (Astro for example) that has active bacteria in it as the "starter." Stir well.
5. Pour into containers on a tray
6. Place in prewarmed oven 200°F. Close oven, shut off heat, leave overnight. In the morning, remove your tray of containers with yum-my yogurt, cover and refrigerate. The next time you make yogurt, you don't have to buy any starter; just use some from your previous batch.

Poverty Row

Back in the fifties, my mother was among the first in our community to switch from home-baked to store-bought bread. We had sandwiches to take to school - Cheez Whiz, canned finnan haddie, butter-and-peanut-butter, maybe even baloney (never ever spelled bologna), all on lovely white bread. But in case we lost sight of just how lucky we were, Mummy and Daddy both had stories of the fishing families when they were growing up. Their kids not only had to eat homemade bread, they had nothing to fill their sandwiches with but poor people's food - lobster!

— Lynn Murphy