

Start Your Own Farmstead Bakery!

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Cider-Glazed Apple Cake Recipe



Cider-Glazed Apple Cake Recipe

[Print Recipe](#)



Ingredients



Method



Notes

Ingredients

4 cups apple cider



3.75 cups flour

1.5 tsp salt

1.5 tsp baking powder

1/2 tsp baking soda

1 tsp ground clove

1 cup vegetable oil

1.5 cups brown sugar

3 eggs, room temperature

2 tsp vanilla

3 cups shredded tart apples (about 1.5 pounds)

3/4 cup powdered sugar

Method

1. Place cider in a saucepan over medium-high heat and reduce to 1 cup. Set aside 2 tablespoons for the glaze.
2. Combine flour, salt, baking powder, baking soda, and clove.
3. Combine oil, eggs, vanilla, and remaining cider.
4. Add dry ingredients to wet ingredients until just incorporated.
5. Add shredded apple just to mix through.
6. Portion into greased mini loaves, fill mini loafs $\frac{3}{4}$ full.
7. Bake at 375 degrees oven for 15-24 minutes.
8. When done, loaves should spring back when pushed gently and a toothpick should come out clean.
9. Remove from pan to cool.
10. Combine the 2 tablespoons of cider reduction and powdered sugar for the glaze.
11. When loaves are cool enough to touch submerge tops in glaze, then let cool completely.

Notes

Play around with the spices.

1 cup of dried fruit can be added.

1 cup of nuts can be added.

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Non-Hazardous Cream Cheese Frosting Recipe



Non-Hazardous Cream Cheese Frosting Recipe

[Print Recipe](#)

Servings: 5 cups



Ingredients



Method



Notes

Ingredients

8 oz cream cheese (room temp) 

1/2 cup unsalted butter, room temp (1 stick)

4 cups powdered sugar, sifted

1 tbsp vanilla extract

Method

1. Cream together cream cheese and butter until light and fluffy, 4 minutes.
2. Add powdered sugar on low for one minute.
3. Increase speed to high and cream for 5 minutes, until light and fluffy.
4. Add vanilla on low.

Notes

Enough for an 8 or 9-inch cake or 24-30 cupcakes.

To flavor, swap out the vanilla extract for others.

Add lemon or orange zest.

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Pumpkin Chocolate Chip Muffin Recipe



Pumpkin Chocolate Chip Muffin Recipe

[Print Recipe](#)

Servings: 12 muffins



Ingredients



Method



Notes

Ingredients

1.25 cups sugar



1.5 cups flour

1.5 tsp baking soda

1/2 tsp baking powder

3/4 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp ground clove

1/4 tsp ground ginger

3/4 tsp salt

2 eggs

1/2 cup vegetable oil

3/4 cup pumpkin puree (see notes)

1 tsp apple cider vinegar

Method

1. Preheat oven to 375 degrees.
2. Whisk together sugar, flour, baking soda, baking powder, cinnamon, nutmeg, clove, ginger, and salt.
3. Combine eggs, oil, pumpkin, and apple cider vinegar.
4. Add dries to wet. Mix until just incorporated. Add chocolate chips.
5. Using a ½ cup scoop, portion into a paper-lined muffin tin.
6. Bake at 375 degrees for 15-22 minutes. Check them after 15 minutes.
7. When done, muffins should spring back when pushed gently and a toothpick should come out clean.
8. Remove from pan to cool.

Notes

Use fresh roasted pumpkin. Cut a pie pumpkin in half. Place cut side down on a foil-lined pan. Roast for 45 minutes at 375 degrees. Remove from oven and scrape out seeds. Return to oven for another 15 minutes to finish roasting. Allow to cool. Remove pumpkin flesh from the skin. Puree. Fresh pumpkin puree can be refrigerated for three days or frozen for 6 months.

Other winter squash can be used.

Canned pumpkin is also fine.

Play around with the spices. More ginger will give a spicy muffin.

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Sweet Potato Breakfast Cookies Recipe

Sweet Potato Breakfast Cookies Recipe

Print Recipe

Servings: 2 dozen



Ingredients



Method



Notes

Ingredients

- 2 cups rolled oats
- 1 cup flour
- 1.5 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground ginger
- 1 cup mashed sweet potato
- 1/3 cup honey or maple syrup
- 1 tsp vanilla
- 1/4 cub chopped walnuts
- 1/4 cup chocolate chip

Method

1. Prepare sweet potatoes ahead of time: Bake at 350 for an hour, then mash and set aside for the recipe.
2. Preheat oven to 350.
3. Combine oats, flour, cinnamon, baking powder, salt, and ginger.
4. Combine mashed sweet potato, honey, coconut oil, and vanilla.
5. Mix dry ingredients into wet until combined.
6. Spoon onto a cookie sheet and bake for 20-25 minutes until browned.

Notes

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Sweet Potato Mini Loaf Recipe



Sweet Potato Mini Loaf Recipe

Print Recipe



Ingredients



Method



Notes

Ingredients

1 cup roasted sweet potato roughly 1 large (see notes)



3/4 cup vegetable oil

1.75 cups brown sugar

3 eggs (room temperature)

1 tsp vanilla

1.75 cup flour

1.5 tsp baking soda

3/4 tsp salt

2 tsp cinnamon

1/2 cup nuts (any kind works well)

Method

1. Preheat oven to 375 degrees.
2. Whisk together flour, baking soda, salt, and cinnamon. Set aside.
3. Place roasted sweet potato in the bowl of a stand mixer (a hand mixer works just as well), and mix for 30 seconds to break up sweet potato.
4. Add oil, brown sugar, eggs, and vanilla. Mix just to incorporate.
5. Add dry ingredients. Mix until just incorporated.
6. Portion into greased mini loaves, fill mini loafs $\frac{3}{4}$ full.
7. Bake at 375 degrees oven for 15-24 minutes.
8. When done, loaves should spring back when pushed gently and a toothpick should come out clean.
9. Remove from pan to cool.

Notes

Roast sweet potato at 375 degrees for about 25-45 minutes, until fork tender. Remove and discard skin.

Play around with the spices.

1 cup of dried fruit can be added.

1 cup of nuts can be added.

1 cup of chocolate can be added, the darker the better.

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Zucchini Raisin Muffin Recipe



Zucchini Raisin Muffin

[Print Recipe](#)[Pin Recipe](#)

Servings: 12 muffins



Ingredients



Method



Notes

Ingredients

3 cups shredded zucchini remove water (see notes) ▼

1.66 cups sugar

2/3 cup oil

2 tsp vanilla

4 eggs

3 cups flour

2 tsp baking soda

1/2 tsp baking powder

1 tsp salt

1 tsp cinnamon

1/2 tsp ground cloves

3/4 cup raisins

Method

1. Preheat oven to 350 degrees.
2. Whisk together flour, baking soda, baking powder, salt, cinnamon, and clove.
3. Combine zucchini, sugar, vanilla, eggs, and oil.
4. Add dries to wet. Mix until almost incorporated. Add raisins.
5. Using a ½ cup scoop, portion into a paper-lined muffin tin.
6. Bake at 350 degrees for 17-20 minutes until a toothpick inserted at the center comes out clean.
7. Remove from pan to cool.

Notes

To remove water from the zucchini, place shredded zucchini in a colander and sprinkle with salt. Let sit for about 30 minutes and squeeze water out by hand or by rolling and ringing in a lint-free dishtowel. Doing a small amount at a time will yield a better result.

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American Buttercream Frosting Recipe



American Buttercream Frosting Recipe

[Print Recipe](#)

Servings: 5 cups



Ingredients




Method



Notes

Ingredients

3/4 cups unsalted butter, room temperature (1.5 sticks) 

1/4 cup lard, room temperature

3.5 cups powdered sugar

1/2 tsp salt

2 tsp vanilla

1 tbs hot, near boiling, water

Method

1. In a stand mixer bowl add butter and lard, and combine on medium speed until smooth.
2. Add powdered sugar and salt. Mix on low for one minute or until powdered sugar is incorporated. Increase to high speed and cream for 5 minutes. Until light and fluffy.
3. Add vanilla and hot water. Mix for an additional one minute of high.

Notes

Makes enough for an 8 or 9-inch cake, two-tiered, or 24-30 cake cakes

Possible Flavors:

Chocolate, melt 2 ounces of chocolate, let cool, and add after butter and sugar are creamed. Add no water.

Jam of any kind. 1/4 cup. No water is needed.

Peanut Butter. 1/2 cup add with vanilla and water.

Works great for a quick frosting on cupcakes

Lard adds a smoothness and savory flavor offsetting the sweetness that is needed to be a stable buttercream

Any extract can be used. Just be mind full of the amount you add. Less water may be needed.

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Apple Scones Recipe

Apple Scones Recipe

Print Recipe

Servings: 16 scones



Ingredients



Method



Notes

Ingredients

- 4.66 cups flour
- 3/4 cups sugar
- 1 tbsp cinnamon
- 5 tsp baking powder
- 1/4 tsp salt
- 2 sticks unsalted butter (cold and cubed)
- 2 large tart apples, grated
- 3/4 cup heavy cream

Method

1. Combine flour, sugar, cinnamon, baking powder, and salt in a large bowl.

2. Cut cold butter into dries, using a pastry blender, two forks, or your fingertips. Cut butter in until pea-size pieces of butter remain and the flour looks sandy.
3. Add grated apple, leaving remaining juices out.
4. Add cream until the dough comes together. Mix only until incorporated.
5. Divide dough into two balls. Press dough out to 8 inches on a floured work surface. Cut into 8 triangles.
6. Bake at 350 degrees for 18-24 minutes, turning halfway for even baking. Scones are done when the tops of the scones bounce back when pressed. Let cool.

Notes

Try to gently form the dough. Just like biscuits, scones can become tough if over-handled.

Replace apple with pear. More or less cream may be needed.

Change up the spices. Nutmeg, clove, ginger.

Shaped raw scones freeze very well. Place on a sheet pan to freeze. After frozen, place it in a bag or container. Keeps for 3 months. Let scones reforest for 20 minutes before baking and adjust the bake time. They will take longer.

Deibel Lab Test Available (PDF)

Basic Bread Recipe

Basic Bread Recipe

Print Recipe

Servings: 4 loaves in 9 X 5 pans



Ingredients



Method



Notes

Ingredients

- 2 packages yeast (4.5 tsp) ⌵
- 1/2 cup warm water
- 2 tsp sugar
- 1/3 cup sugar or honey
- 1 tbsp salt
- 1/4 cup melted lard or cooking oil (I use olive oil, sunflower or canola will have a lighter flavor)
- 3 cups warm water
- 10 cups bread flour

Method

1. Dissolve the yeast in 1/2 cup warm water with 2 teaspoons of sugar.

2. In a large mixer bowl combine sugar, salt , oil, 3 cups warm water, and yeast mixture.
3. Add half the flour. Begin to work the dough in a mixer with a bread hook. As the mixture comes together continue to add the flour. Add the flour until you have a soft dough you can handle. It may take a little more flour or a little less depending on the flour you use.
4. Turn the dough out on a floured surface and knead for about 5 minutes.
5. Place dough in an oiled bowl. Cover with a cloth and let rise for 45 minutes.
6. Punch down and rise again until it doubles in bulk. Knead lightly, shape into loaves, and place in well-oiled bread pans. Cover with a damp towel and rise again while you preheat the oven to 250
7. Bake at 350 after the loaves have doubled for 30-35 minutes.

Notes

This basic recipe can be easily adapted to make whole wheat bread, cinnamon raisin bread, garlic/dill bread, and herbed bread. etc. Add dried tomatoes and basil.

If you are using conventional white flour you may need 11-12 cups. Freshly milled flour and whole wheat flour are denser and you will use a little less.

Basic Buns Recipe

Basic Buns Recipe

Print Recipe

Servings: 12 buns



Ingredients



Method

Ingredients

2 tbsp yeast



1 cup + 2 tbsp warm water

1/4 cup sugar

1/3 cup olive oil

1 egg, beaten

1 tsp salt

1-2 tbsp optional herbs, cinnamon, fruit, oats, cheese (whatever flavoring you desire)

3 to 3 1/2 cups flour

Method

1. Preheat oven to 350 degrees. Line two baking sheets with silicon sheets or parchment paper or grease lightly.

2. Dissolve yeast in warm water with sugar. Add olive oil and beaten egg.
3. Add dry ingredients. Mix, and knead lightly. The dough should be soft and light but not sticky.
4. Shape and rest in a greased bowl, covered in cloth, for 10 minutes.
5. Divide into 10-12 pieces. Shape into the type of bun desired (hot dog, hamburger, etc.) and place on a baking sheet covered with a silicon mat or parchment paper. Cover and rise for 10 minutes.
6. Bake for 10-12 minutes.

Basic Crackers Recipe

Basic Crackers Recipe

Print Recipe



Ingredients



Method



Notes

Ingredients

2.25 cups spelt flour



3/4 tsp baking soda

3/4 tsp salt

1.5 tsp cream of tartar

1/4 cup melted lard (cooled)

1/2 cup water

salt for sprinkling on top

Method

1. Preheat oven to 350 degrees.
2. Line baking sheet with parchment paper or silicon sheets.
3. Combine the first 4 ingredients in a bowl, and mix well. Add lard and work in until mixture is like coarse meal.

4. Add water and stir until the dough forms a ball (add more flour or water as needed).
5. Turn onto a lightly floured surface and roll out very thin. Cut with a cookie cutter or use a pizza cutter or pastry wheel to cut 1-2 inch strips. Then cut the other direction into squares, rectangles, or triangles. For fun, cut on a diagonal for diamond shapes.
6. Bake 15-20 minutes until crispy. Cool on wire rack.

Notes

Try using fun-shaped cookie cutters such as animals. Optional: sprinkle with coarse salt (Himalayan pink adds gourmet touch)

Most bakers don't make crackers, but once you do, you'll discover they are so much tastier than the commercial store-bought ones.

These crackers can "stand-alone", but think of all the things they can be paired with from yours or other local farm businesses: cheese, relishes, ferments, pates, dips, summer sausage, wine, cider, micro beers.

Variations on the Basic Cracker Recipe:

#1 "Pumpkin Patch" Variation

After rolling out the basic dough, brush with tamari and sprinkle with shelled pumpkin seeds.

#2 "Cheesy Herb" Variation Blend in a food processor and add to the basic recipe while forming a dough ball: 1/4 cup fresh basil or oregano or thyme 1/4 cup grated Parmesan cheese 2 tablespoons melted lard 1/2 teaspoon salt 1/4 teaspoon pepper

#3 "Rosemary's Baby" Variation (good teething crackers or on a cheese platter)

Chop and add to basic dough: 3-4 tablespoons fresh rosemary leaves.

#4 "Dilly Girl Garlic" Variation

Finely chop/mince and add to basic dough: 3 garlic cloves & 3-4 tablespoons fresh dill weed.

#5: "Hotsy Totsy" Variation

Pulverize and add to basic dough: 1-2 tablespoons dried hot peppers Optional: 1/4 c. sun-dried tomatoes *Note:* Practice this one and adjust the hotness to your liking. Chili powder can be substituted for hot peppers for a slightly different flavor.

#6: "Going to Seed" Variation

Whisk together and spread on crackers before putting in the oven: 1 egg, 2 teaspoons sugar, 1 teaspoon apple cider vinegar. Sprinkle with hulled sunflower seeds or sesame seeds.

Beet Chocolate Muffins Recipe

Beet Chocolate Muffins Recipe

Print Recipe

Servings: 12 muffins



Ingredients



Method



Notes

Ingredients

- 2 cups sugar
- 2 cups flour
- 1/2 tsp salt
- 2 tsp baking powder
- 1 tsp baking soda
- 4 oz unsweetened chocolate
- 3/4 cup cocoa powder
- 4 eggs
- 1/4 cup butter, melted
- 1/2 cup vegetable oil
- 1.75 cups shredded beets
- 1 tsp vanilla

Method

1. Preheat oven to 250 degrees.
2. Mix the sugar, flour, salt, baking powder, and cocoa in a mixing bowl.
3. Separately lightly beat the eggs and add oil and butter. Mix into flour mixture just until blended.
4. Mix in beets and vanilla.
5. Divide into 24 greased muffin tins.
6. Bake for approximately 20 minutes or until a toothpick inserted at the center comes out clean.

Notes

A dusting of powdered sugar on top or frosting would be a nice addition. This batter could also be used in other forms such as brownies.

Diebel Lab Test Available (TBA)

Crunchy Italian Bread Sticks (Basil Grissini) Recipe

Crunchy Italian Bread Sticks (Basil Grissini) Recipe

[Print Recipe](#)

Ingredients



Method



Notes

Ingredients

2 cup unbleached all-purpose flour



1/3 cup finely chopped fresh basil

1 tsp coarse sea salt

1/2 cup warm water

1 tsp active dry yeast

2 tbsp melted lard or sunflower oil

Method

1. Stir flour, basil, and salt in a bowl. Make a well in the center. Pour warm water into the well, and sprinkle yeast over warm water. Gently stir yeast & water. Let sit until yeast is frothy (approx. 5-10 min).

2. Stir with a wooden spoon, incorporating all the flour. Drizzle lard or oil over the dough and stir until it forms a ball.
3. Knead on a floured work surface until smooth and satiny (3-5 minutes), adding a bit more flour if needed.
4. Put the dough in a greased bowl, turn to coat dough with grease, cover, and let rise in a warm place until doubled, about 1 hour.
5. Preheat oven to 275 degrees. Line 2 baking sheets with parchment paper or silicon sheets.
6. Punch down risen dough and turn it out onto a lightly floured surface. Cut dough into 4 even portions.
7. Roll 1 portion at a time into approximately a 1/8" thick, 8-inch x 8-inch square. Let rest for 1-2 minutes.
8. Lightly brush the top of the dough with sunflower oil. Sprinkle lightly with salt (coarse or medium grind).
9. With a pizza cutter or pastry, wheel cut the dough into lengthwise strips, each 1/4 inch wide. Arrange strips on a baking sheet, 1/2 inch apart. Bake 10-15 minutes until evenly brown and crisp. Continue rolling and filling 2nd baking sheet.

Notes

Baking sheets must be cool before adding more grissini for baking.

Watch carefully while baking—thinner strips may bake faster and need to be removed from the oven, while thicker ones continue to bake. Cool on wire racks. Stores in airtight containers.

Substitute other fresh ingredients for basil—try dill, thyme, or ground dried red peppers.

Buttery Biscuits Recipe

Buttery Biscuits Recipe

Print Recipe

Servings: 18 medium-sized biscuits



Ingredients



Method



Notes

Ingredients

- 3 cups all-purpose flour (or a combination half whole wheat or spelt and half white flour) ✓
- 1 tbsp baking powder
- 1 tsp baking soda
- 1/8 tsp salt
- 1 stick butter (cut into pieces)
- 1/4 to 1/2 cup honey
- 1 cup plain yogurt
- 1 cup milk

Method

1. Preheat oven to 400 degrees.

2. Mix dry ingredients in a large bowl.
3. Cut in the butter. Work the butter into the flour with your fingers until mixed and crumbly.
4. Add the remaining ingredients and stir gently into a soft dough. It will be somewhat sticky. Don't overwork the dough or the biscuits will be tough and not flakey.
5. Turn the dough out on a floured surface and fold a few times. Then roll out to around 3/4 inch thick and cut into biscuits.
6. Place on an ungreased cookie sheet. We like to use silicon baking mats.
7. Bake for 10-14 minutes or until golden brown on the bottom and slightly browned on top. Baking time varies according to oven and biscuit size.

Notes

Can use 1 1/2 cups of milk if you do not use yogurt. Can also substitute 1 1/2 c. buttermilk but not yogurt.

This is an adaptable recipe. Sugar can be used in place of honey. Up or down the sweetness depending on what the biscuits are used for.

Try cinnamon and raisin or cranberries for a breakfast treat. Add herbs for a more savory biscuit.

Lard is also a fine alternative for the butter and you will still have a nice flaky result.

Gluten-Free Cheddar Herb Biscotti Recipe

Gluten-Free Cheddar Herb Biscotti Recipe

Print Recipe



Ingredients



Method



Notes

Ingredients

4 eggs



2 cups shredded Wisconsin cheddar cheese

2 tbsp extra virgin olive oil

2 cups blanched almond flour

4 tbsp fresh savory herbs (thyme, dill, parsley, cilantro, rosemary, oregano)

1 tsp baking powder

1 tsp xanthan gum

1 tsp salt

1/2 tsp pepper

Method

1. Preheat oven to 350 degrees and place parchment paper onto a baking sheet and set aside.
2. Place the eggs and cheese into a food processor and process until combined.
3. Add all remaining ingredients into the food processor and pulse 3-4 times or until combined.
4. Shape the batter into two 8-inch logs (about 2 inches across) on the baking pan.
5. Bake for 20 minutes or until firm to touch.
6. Cool for 20 minutes then slice into ½ inch slices.
7. Lay the slices flat, cut side down on the parchment-lined baking pan, and bake again until crisp, about 15 minutes.
8. Flip them over and bake for an additional 10 minutes on the other side. Watch closely because these can burn quickly once they begin to brown.
9. Allow to cool completely before handling.

Notes

To keep them crisp, wrap in aluminum foil and toast a few minutes before serving.

Use any savory fresh herb that you have in your garden, or is seasonally available at the farmers market.

These are a great accompaniment to an Italian dish, broth based soup or cheese board.

Nice with a black or green tea for an afternoon snack.

These are quite crisp, so be sure to cut before the log cools completely, or they will crumble.

Deibel Lab Test Available (PDF)

Cider-Glazed Apple Cake Recipe

Danielle Matson

Cider-Glazed Apple Cake Recipe

Print Recipe



Ingredients



Method



Notes

Ingredients

- 4 cups apple cider
- 3.75 cups flour
- 1.5 tsp salt
- 1.5 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground clove
- 1 cup oil
- 1.5 cups brown sugar
- 3 eggs (room temperature)
- 2 tsp vanilla
- 3 cups shredded tart apples (about 1/2 pound)
- 3/4 cup powdered sugar

Method

1. Place cider in a saucepan over medium-high heat and reduce to 1 cup. Set aside 2 tablespoons for the glaze.
2. Combine flour, salt, baking powder, baking soda, and clove.
3. Combine oil, brown sugar, eggs, vanilla, and remaining cider.
4. Add dry ingredients to wet ingredients until just incorporated.
5. Add shredded apple just to mix through.
6. Portion into greased mini loaves, fill mini loafs $\frac{3}{4}$ full.
7. Bake at 375 degrees oven for 15-24 minutes.
8. When done, loaves should spring back when pushed gently and a toothpick should come out clean.
9. Remove from pan to cool.
10. Combine the 2 tablespoons of cider reduction and powdered sugar for the glaze.

Notes

Play around with the spices.

1 cup of dried fruit can be added.

1 cup of nuts can be added.

Wisconsin Maple Dunkers Recipe

Wisconsin Maple Dunkers Recipe

Print Recipe

Servings: 36 cookies



Ingredients



Method



Notes

Ingredients

2 sticks butter, softened (1 cup)



1 cup sugar

1/2 cup maple syrup

1 tsp vanilla extract

1 large egg yolk

1 tsp salt

3 cups flour

Glaze:

2 tbsp maple syrup

powdered sugar

Method

1. Cream together butter and sugar until light and fluffy, and beat in maple syrup, vanilla, and egg yolk until the mixture is combined well.
2. Sift together salt and flour over the mixture and fold in thoroughly.
3. Chill dough for about 15 minutes, then roll out on a floured surface and cut into shapes.
4. Bake at 350 degrees for about 10 minutes, but watch closely for browning on appendages, especially if you are working with a shape like Wisconsin! Allow to cool on racks.

For the Glaze:

1. Mix 2 tablespoons maple syrup with as much powdered sugar as it takes to make a nice, thick glaze. Drizzle over cookies and allow to set up before storing.

Notes

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Cornbread Muffins Recipe

Cornbread Muffins Recipe

Print Recipe

Servings: 18 muffins



Ingredients



Method

Ingredients

1.5 cups flour



1/2 cup sugar

1 tbsp baking powder

1/4 tsp salt

1/2 cup melted butter or lard (Lard tastes great in corn muffins!)

1 cup plain yogurt

2 eggs, beaten

Method

1. Preheat oven to 400 degrees. Grease well 18 muffin cups or use muffin liners.
2. Mix together all ingredients. This makes a thick batter.
3. Spoon into prepared muffin pan.

4. Bake for 10 minutes. Reduce heat to 250 degrees and bake for 7-10 minutes more or until the toothpick comes out relatively clean or bounced back when gently touched. Best if not overbaked and still a bit moist.

Honey Oat Bread Recipe

Honey Oat Bread Recipe

Print Recipe

Servings: 4 loaves in 9 X 5 bread pans



Ingredients



Method



Notes

Ingredients

- 3 tsp dry yeast
- 1 tbsp honey
- 1/2 cup warm water
- 1/2 cup honey
- 1 tbsp salt
- 1/4 cup sunflower oil
- 3 cups warm water
- 3 cups whole oats
- 7 cups bread flour

Method

1. Dissolve 3 teaspoons of dry yeast and 1/2 cup of warm water with a tablespoon of honey. After the yeast mixture becomes bubbly add the honey, salt, oil, and water.
2. Add the oats and a couple of cups of flour. Begin mixing in a stand mixer with a bread hook. Slowly add the rest of the flour until the dough comes together. Depending on the flour you are using it may take a little more or a little less flour to create a manageable dough.
3. After the dough has come together turn it out on a floured surface and knead for 3 or 4 minutes. Place in a well-oiled bowl. Cover and rise for a half hour.
4. Punch down and rise again until double in bulk. Shape loaves and place them in well-oiled bread pans.
5. Cover with a damp cloth and let loaves double again before baking for 30 minutes at 350 degrees.

Notes

Add a little more if you like sweeter bread.

Sprinkle some oats on top before baking. This helps distinguish honey oat bread from other loaves.

Lavender and Violet Shortbread Recipe

Lavender and Violet Shortbread Recipe

Print Recipe

Servings: 14 cookies



Ingredients



Method



Notes

Ingredients

1 cup butter (2 sticks), softened



4 tsp fresh or 2 tsp dried lavender or violets

1/2 cup sugar

2 cup flour

violet liqueur (optional)

Method

1. Preheat oven to 300 degrees.
2. To start, detach the lavender and/or violet petals from their stems.
3. Then pour the sugar into the bowl of your food processor. Add the lavender and/or violet petals and give them a 30-second blend.

4. Put the butter into a standing mixer equipped with a paddle attachment add the lavender sugar and mix at low or speed for 3-5 minutes, scraping down the bowl as necessary.
5. At a low speed, beat in the flour until smooth about 2 minutes
6. Put the dough onto your work surface, roughly shape it into a disk, wrap the dough in plastic, and chill it in the fridge for 30 minutes.
7. Put some flour on your work surface and then roll the dough into a circle, approximately a 1/4-inch thick cut the cookies into 2 inches each.
8. Transfer the cookies to a parchment-lined baking sheet. Bake the shortbread on the middle rack for 25-30 minutes max.
9. Let the cookies cool on their baking sheet and give them a little glaze and a sprinkling of lavender and/or violet petals.
10. To make the glaze, whisk together 1 cup of confectioners sugar with just enough water and/or violet liqueur to achieve a spreadable consistency.
11. Spoon a tiny dollop of glaze atop each biscuit and put your preferred amount of lavender and/or violet petals.

Notes

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Pie Crust Recipe

Pie Crust Recipe

[Print Recipe](#)

Servings: 2 10-inch crusts



Ingredients



Method

Ingredients

2 cups flour



1 tsp salt

2/3 cups butter (1¼ sticks)

~1/3 cup cold water (approximate)

Method

1. Preheat oven to 425 degrees. Lightly grease two aluminum pie pans.
2. Mix together flour and salt.
3. Cut in butter with a pastry blender until pieces are the size of small peas. To make the pastry extra tender and flaky, divide the shortening in half. Cut in the first half until the mixture looks like cornmeal. Then cut in the remaining half until like small peas.
4. Sprinkle 1 tablespoon of the water over part of the flour-shortening mixture. Gently toss with a fork; push to one side of the bowl.

5. Sprinkle the next tablespoon of water over the dry part; mix lightly. Mix gently until all is moistened.
6. Gather up with fingers; divide the dough in half and form it into two balls.
7. On a lightly floured surface, flatten the ball slightly and roll to 1/8-inch thick. If the edges split, pinch them together. Always roll spoke-fashion, going from center to edge of the dough. Use light strokes.
8. Transfer pastry to pie pan. Fit loosely onto the bottom and sides. Trim to 1 inch beyond the edge. Fold under and flute. Prick the bottom and sides well with a fork—to prevent puffing as the shell bakes.
9. Bake until pastry is golden, approximately 10 to 20 minutes.

Pumpkin Scones Recipe

Pumpkin Scones Recipe

Print Recipe

Servings: 24 scones



Ingredients



Method



Notes

Ingredients

- 1/2 cup butter (one stick), softened
- 1 cup sugar
- 1 egg, beaten
- 1 cup pumpkin puree (see notes)
- 2 tsp baking powder
- 2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp allspice
- 1/8 tsp ground clove
- 1/2 tsp salt
- 2 cups flour
- 1 cup raisins

1/2 cup chopped pecans (optional)

For Topping:

1/4 cup sugar

1 tsp cinnamon

1/8 tsp ginger

Method

1. Preheat oven to 375 degrees.
2. Cream butter until fluffy. Add sugar slowly. Add egg and pumpkin.
3. Mix in baking powder, baking soda, cinnamon, ginger, allspice, cloves, salt and flour until just blended. Mix in raisins and pecans.
4. Drop tablespoons of dough onto onto lightly greased or silicon or parchment-lined baking sheets, two inches apart. Lightly flatten the tops of the scones with a large spoon.
5. For topping: Stir together sugar, cinnamon, and ginger. Sprinkle the mixture evenly on top of each scone.
6. Bake for approximately 10 to 12 minutes or until golden brown. Let cool for ten minutes on a baking sheet and then remove to the cooling rack.

Notes

Use fresh roasted pumpkin. Cut a pie pumpkin in half. Place cut side down on a foil-lined pan. Roast for 45 minutes at 375 degrees. Remove from oven and scrape out seeds. Return to oven for another 15 minutes to finish roasting. Allow to cool. Remove pumpkin flesh from the skin. Puree. Fresh pumpkin puree can be refrigerated for three days or frozen for 6 months.

Other winter squash can be used.

Deibel Lab Test Available (PDF)

Pumpkin Whoopie Pie Recipe

Pumpkin Whoopie Pie Recipe

Print Recipe

Servings: 24 cookies



Ingredients



Method



Notes

Ingredients

- 2 cups dark brown sugar
- 1 cup vegetable oil
- 1.5 cups pumpkin puree (see notes)
- 2 eggs
- 3 cups flour
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1.5 tbsp ground cinnamon
- 1/2 tbsp ground ginger
- 1/2 tbsp ground cloves

Method

1. Preheat oven to 350 degrees.
2. Mix brown sugar, oil, pumpkin, and eggs. Beat well.
3. Add in flour, salt, baking powder, baking soda, vanilla, cinnamon, ginger, and cloves. Mix well. Let batter sit for ten minutes.
4. Place heaping teaspoons of batter onto lightly greased or silicon or parchment-lined baking sheets.
5. Bake at 350 degrees for approximately 12 minutes or until firm to touch.
6. After removing from the oven, let stand on baking sheets for about 10 minutes and then move cookies to a cooling rack to cool completely.
7. To form Whoopie Pie: Use Cream Cheese Frosting and “glue” two cookies together with approximately one tablespoon of frosting.

Notes

Use fresh roasted pumpkin. Cut a pie pumpkin in half. Place cut side down on a foil-lined pan. Roast for 45 minutes at 375 degrees. Remove from oven and scrape out seeds. Return to oven for another 15 minutes to finish roasting. Allow to cool. Remove.

Deibel Lab Test Available (PDF)

Savory French Biscuits Recipe

Savory French Biscuits Recipe

Print Recipe

Servings: 12 biscuits



Ingredients



Method



Notes

Ingredients

- 1 cup flour
- 1 stick butter
- 1 tbsp milk or cream
- 1/4 cup grated cheddar
- 1/4 cup grated parmesan
- 1/4 tsp salt
- 3 tsp fresh rosemary, chopped or dried ground in mortar and pestle
- 3 tsp fresh chives, chopped
- 1/2 tsp pepper

Method

1. In a bowl mix the flour and butter together with your fingers until crumbly.

2. Add milk, cheeses, and herbs. Mix with fingers. Shape it into a ball.
3. Wrap in wax paper and put in the freezer for 15 minutes.
4. Preheat oven to 350 degrees. Make into little balls and flatten with a fork or roll out and cut with a cookie cutter.
5. Bake for 20 minutes or until golden brown on top.

Notes

This recipe works very well using gluten-free flour.

Deibel Lab Test Available (PDF)

Sweet Potato Breakfast Cookies Recipe

Sweet Potato Breakfast Cookies Recipe

Print Recipe

Servings: 2 dozen



Ingredients



Method



Notes

Ingredients

- 2 cups rolled oats
- 1 cup flour
- 1.5 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup mashed sweet potato
- 1/3 cup honey or maple syrup
- 1/3 cup melted coconut oil (or other vegetable oil)
- 1 tsp vanilla
- 1/4 cup chopped walnuts
- 1/4 cup chocolate chips

Method

1. Prepare sweet potatoes ahead of time: Bake at 350 for an hour, then mash and set aside for recipe.
2. Preheat oven to 350.
3. Combine oats, flour, cinnamon, baking powder, salt, and ginger.
4. Combine mashed sweet potato, honey, coconut oil, and vanilla.
5. Mix dry ingredients into wet until combined.
6. Spoon onto a cookie sheet and bake for 20-25 minutes until browned.

Notes

Deibel Lab Test Available (PDF)

Market Vegetable Quiche

Market Vegetable Quiche

Share this recipe with customers along with a pre-baked pie crust to encourage your fresh vegetable and egg sales.

Print Recipe

Servings: 8



Ingredients



Method



Notes

Ingredients

- 1 baked pie crust
- 2 tbsp olive oil
- 3 cups chopped vegetables, including onion, pepper, mushrooms, zucchini and tomatoes
- 3 cloves garlic
- 3 eggs, lightly beaten
- 1/2 cup milk
- 4 tbsp fresh or two tsp dried basil or other herbs
- 1 tsp salt
- pinch of pepper

1.5 cups shredded melting cheese such as cheddar or Havarti, divided

Method

1. Preheat oven to 350 degrees.
2. In a large skillet, heat olive oil over medium heat and add vegetables and garlic. Cook until soft, about 8 minutes.
3. Remove vegetables from the skillet and place in a bowl. Mix in tomatoes.
4. Whisk eggs, milk, herbs, salt, and pepper in a small bowl.
5. Spread 1 cup of shredded cheese on the bottom of the pie crust. Layer cooked vegetable mixture over the cheese.
6. Pour the egg mixture into the pie shell. Sprinkle with remaining $\frac{1}{2}$ cup shredded cheese.
7. Bake for about 45 minutes or until a knife inserted into the center comes out clean.
8. Cool for 10 minutes before slicing and serving.

Notes

If using tomatoes, let chopped tomatoes sit in a sieve to drain out extra water before adding to cooked vegetables at the end.

Not for legal sale. This recipe is to be shared with customers to help expand product sales.

Market Vegetable Dip

Market Vegetable Dip

Share this recipe with customers to encourage both sales of your crackers and fresh veggies – the perfect combination!

[Print Recipe](#)



Ingredients



Method



Notes

Ingredients

1 package cream cheese (8 ounces), softened



2 cups sour cream

2 cups mayonnaise

2 tsp salt

2 tbsp fresh dill or another herb

2 tbsp fresh or 2 tsp dried parsley (optional)

3 cups fresh vegetables: peppers, carrots, cucumbers, zucchini, tomatoes

Method

1. Mix together cream cheese, sour cream, mayonnaise, salt, dill, and parsley until well blended.

2. Gently stir in chopped vegetables.
3. Chill three hours before serving.
4. Serve with crackers.

Notes

If using tomatoes, let chopped tomatoes sit in a sieve to drain out extra water before adding to the dip.

Not for legal sale. This recipe is to be shared with customers to help expand product sales.

Lemon Bars

Lemon Bars

Classic Lemon Bars

Print Recipe



Ingredients



Method



Notes

Ingredients

Crust:



1 cup butter softened

1 tsp salt

1/2 cup sugar

2 cups all-purpose flour

Filling:

8 eggs

3 cups sugar

1/2 cup all-purpose flour

2 tbsp all-purpose flour

1 1/4 cups lemon juice about 6-10 lemons, depending on size

confectioners sugar for dusting

Method

1. Preheat oven to 250 degrees F

For Crust:

1. Blend together butter, salt, sugar, and flour.
2. Press into the bottom of an ungreased 9×13-inch pan.
3. Bake for approximately 25 minutes or until firm and golden.
4. Prep filling while baking.

For Filling:

1. Whisk together eggs, sugar, and flour for filling. Pour over hot baked crust.
2. Bake for an additional 25 minutes. The bars will firm up as they cool.
3. After pans have cooked, cut into square and dust with confectioners sugar.

Notes

Water Activity: 0.872

pH: 3.61

Lab Report

Blueberry Muffin

Blueberry Muffin

Classic Blueberry Muffins

Print Recipe



Ingredients



Method



Notes

Ingredients

- 1/2 cup milk
- 1 1/2 tbsp lemon juice
- 1 1/2 cups all-purpose flour
- 3/4 cup white sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1/3 cup vegetable oil
- 1 egg
- 1 cup fresh blueberries
- 1 tbsp corn starch
- coarse sugar (optional)

Method

1. Preheat oven to 400 degrees F. Line muffin cups with liners.
2. Mix lemon juice and milk and let sit for 10 minutes. Will “curdle” and serve as a buttermilk substitute.
3. Mix flour, sugar, baking powder, and salt.
4. Mix milk mixture with egg and vegetable oil and add to flour mixture.
5. Douse blueberries with cornstarch and fold them into the batter.
6. Fill muffin cups evenly. Sprinkle coarse sugar if desired.
7. Bake for about 20 minutes or until golden brown.

Notes

Water Activity: 0.846

Lab Report

Rhubarb Oat Muffins

Rhubarb Oat Muffins

This is adapted from a Hostess at Heart recipe for Rhubarb Oat Muffins

Dela Ends serves these to her B&B guests and they love them.

[Print Recipe](#)



Ingredients



Method



Notes

Ingredients

Cinnamon Butter Crumble Topping:



1/4 cup chilled butter cut into pieces

1/4 cup flour

1/4 cup old fashioned oats

2 tbsp brown sugar (heaping tbsp)

1 tsp cinnamon

Rhubarb Muffins (Dry Ingredients):

2 1/2 cups flour

1 1/4 cup brown sugar

1 cup old fashioned oats

1 tsp baking soda

1 tsp salt

1 tsp cinnamon

1 cup finely sliced rhubarb tossed in 2 tsp corn starch

Rhubarb Muffins (Wet Ingredients):

1 cup milk

1 tsp lemon juice

1 tsp vanilla

1 egg (beaten)

1/2 cup vegetable oil

Method

1. Combine the dry ingredients in a large bowl. Mix the wet ingredients and add to the dry.
2. Heat oven to 350. Line muffin tins with paper liners. Fill half full and add topping Bake for 25-28 minutes. Makes 22-24 muffins

Notes

Water Activity: 0.798

pH: 6.94

Lab Report

Double Chocolate Zucchini Cake

Double Chocolate Zucchini Cake

Print Recipe



Ingredients



Method



Notes

Ingredients

- 3/4 cup oil
- 1 1/4 cup sugar
- 2 eggs beaten
- 1 cup grated zucchini mixed with 1 tbsp cornstarch
- 1/2 cup yogurt
- 3 tbsp cocoa powder
- 1/2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 2 1/2 cup flour
- 1 cup chocolate chips

Method

1. Bake in a greased 9×12 pan 30-35 minutes until cake bounces back when middle is gently pressed.

Notes

Water Activity: 0.768

pH: 6.85

Lab Report

Rhubarb Cookie

Rhubarb Cookie

Print Recipe



Ingredients



Method



Notes

Ingredients

1 1/2 cup frozen rhubarb squeeze out liquid well



1/2 cup granulated sugar

2 cups Meadowlark pastry flour

2 tsp baking powder

1/2 tsp salt

7 tbsp butter cut into small pieces

3/4 cup sour cream

1 egg

Method

1. Combine dry ingredients.
2. Put the butter into the mixture until crumbly.
3. Add sour cream and rhubarb.

4. Drop onto cookie sheet. Mush down a little.
5. Sprinkle with coarse sugar if desired.
6. Bake at 350 for 15 minutes or until golden brown.

Notes

Water Activity: 0.845

pH: 5.31

Lab Report

Cranberry Cornmeal Cookie

Print Recipe



Ingredients



Method



Notes

Ingredients

Cookies:



3/4 cup butter softened

3/4 cup white sugar

1 egg

1 1/2 cups all-purpose flour

1/2 cup cornmeal

1 teaspoon baking powder

3/8 teaspoon salt

1 teaspoon vanilla extract

Filling:

1 1/2 cups finely chopped cranberries

1/3 cup brown sugar

1/3 cup water

1 1/2 tablespoons butter

1 1/2 tablespoons lemon juice

Method

1. Beat butter and white sugar together in a bowl until it becomes creamy, then beat an egg into the mixture.
2. Whisk flour, baking powder, cornmeal, and salt together. Gradually mix in the flour mixture with the butter mixture, stirring them together. Mix vanilla into the butter mixture
3. Form into a ball, wrap in plastic wrap, and refrigerate for at least an hour.
4. Preheat oven to 350 degrees F. Prepare baking sheets.
5. Roll out dough on a lightly floured surface until it's 1/8-inch thick. Cut dough with a cookie cutter and place 1 inch apart on prepared baking sheets.
6. Bake in preheated oven until edges are lightly golden, 10 to 12 minutes. Transfer for wire racks.
7. Add cranberries, water, and brown sugar to a saucepan over medium-high heat. Cook for about 10 minutes until cranberries are soft. Stir in butter and lemon juice. Remove from heat and let cool.
8. Spread some of the cranberry mixture onto one side of the bottom half of a cookie. Place another cookie on top of the cranberry mixture. Repeat with remaining cookies.

Notes

Water Activity: 0.832

Lab Report

Carrot Cake

Carrot Cake

Print Recipe



Ingredients



Method



Notes

Ingredients

Cake:



- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- 1 1/4 cups light brown sugar packed
- 3/4 cup vegetable oil
- 3 eggs
- 1 teaspoon vanilla extract
- 2 2/3 cups shredded carrots 4 carrots

2/3 cups dried currants or raisins optional

1 tbsp cornstarch

Method

1. Preheat your oven to 350 degrees and place the oven rack in the middle position.
2. Grease an 18 by 13-inch rimmed baking sheet, then line it with parchment paper and grease the parchment as well. Toss carrots in cornstarch and then set aside.
3. In a large bowl, whisk together flour, baking powder, baking soda, cinnamon, nutmeg, salt, and cloves.
4. In another bowl, whisk sugar, oil, eggs, and vanilla until the mixture becomes smooth. Stir in the carrots and currants.
5. Gradually add the flour mixture to the wet ingredients and gently fold everything together using a rubber spatula until just combined.
6. Transfer the batter to the prepared baking sheet and use an offset spatula to smooth the surface.
7. Bake in the oven for 15 to 18 minutes or until the center of the cake is firm to the touch.
8. Allow the cake to cool in the pan on a wire rack for 5 minutes.
9. Invert the cake onto the wire rack (keeping the parchment paper attached) and immediately reinvert it onto a second wire rack.
10. Let the cake cool completely for about 30 minutes.

Notes

Water Activity: 0.805

Lab Report

Swiss Buttercream

Swiss Buttercream

Print Recipe



Ingredients



Method



Notes

Ingredients

125 grams egg whites



250 grams sugar

2 grams cream of tartar

375 grams butter, softened

4 grams vanilla

4 grams lemon juice

Method

1. Combine ingredients in a mixer or bowl until a smooth frosting is formed.

Notes

Water Activity: 0.856

pH: 5.55

Sweetened Condensed Milk Frosting

Sweetened Condensed Milk Frosting

[Print Recipe](#)

Ingredients



Method



Notes

Ingredients

1 cup butter softened



14 ounce can sweetened condensed milk chilled

1 teaspoon vanilla

Method

1. Start by beating the butter on medium speed until it becomes smooth and fluffy. Make sure to scrape the sides of the bowl and the beaters a few times to ensure there are no lumps in the butter. You can use either a hand mixer or the paddle attachment on your stand mixer for this step.
2. Next, add a couple of tablespoons of cold sweetened condensed milk and the vanilla to the beaten butter. Continue beating until they are well incorporated.
3. Now, add the remaining sweetened condensed milk in small portions, making sure to mix well after each addition.
4. Once you've added all the condensed milk, increase the speed to medium-high and continue beating for at least two minutes or until the frosting becomes smooth and airy.

Notes

To ensure success with this recipe, it's crucial to have your ingredients at the right temperature. Refrigerate the sweetened condensed milk for several hours before starting, and ensure that the butter is soft enough to beat smoothly, but not overly softened.

If you're using unsalted butter, consider adding a small pinch of salt to help balance the flavors.

Water Activity: 0.867

pH: 5.68

Lab Report

Nettle Cake

Nettle Cake

Print Recipe



Ingredients



Method



Notes

Ingredients

1 1/2 cup butter at room temp



1 1/2 cup sugar

5 eggs

1 sp vanilla

5 tbsp lemon juice

zest of two lemons

1 cup nettle puree with 1 1/2 tbsp cornstarch

4 cups flour

4 tsp baking powder

1/2 tsp salt

Method

To make pureed nettles:

1. Harvest nettles wearing gloves. Also, wear gloves when prepping to cook.
2. Destem the nettles. Put at least 4 cups of packed nettle leaves in a saucepan with a cup or more of water. Steam the nettles for at least a half hour.
3. When the leaves are soft drain off excess water but leave a little to help blend and puree with a stick blender.

For the cake:

1. Preheat oven to 350 degrees. Prepare 2 nine-inch round cake pans greased, dusted with flour, and with a parchment circle in the bottom, or place cupcake papers in cupcake pans. This will make 2 dozen or more cupcakes.
2. Cream butter and sugar. Add eggs one at a time until well combined. Add vanilla, lemon juice, and zest. Add nettle puree with cornstarch. Add flour, baking powder, and salt. Mix everything well. Pour into cake pans or cupcake tins. Bake until a toothpick comes out clean Approximately 20 minutes for cupcakes and 45minutes for cake,
3. Frost with a tested buttercream icing.

Notes

Water Activity: 0.809

pH: 6.05

Lab Report

Cranberry Bars

Cranberry Bars

Print Recipe



Ingredients



Method



Notes

Ingredients

3 cups all-purpose flour (spooned & leveled) ▼

1 cup granulated sugar

1 teaspoon baking powder

1/4 teaspoon salt

1 teaspoon ground cinnamon

1 cup unsalted butter, cold and cubed 2 sticks

1 large egg

1/4 cup milk

2 teaspoons pure vanilla extract

1/3 cup sliced almonds optional

Cranberry Filling

4 cups fresh or frozen cranberries do not thaw

3/4 cup granulated sugar

1 tbsp cornstarch

2 tbsp orange zest

1 tbsp fresh orange juice

Orange Icing (Optional)

2 tbsp fresh orange juice

1 cup confectioners' sugar

Method

1. Preheat your oven to 350°F (177°C). Take a baking pan measuring 9×13 inches and line the bottom and sides with parchment paper, making sure to leave extra paper hanging on the sides. This will make it easier to remove the bars later. Set the pan aside.
2. To make the crust and topping, grab a big bowl and whisk together flour, sugar, baking powder, salt, and cinnamon. Add cubes of butter to this mixture and use a pastry cutter, two forks, or a food processor to blend the butter until the mixture looks like small, pea-sized crumbles.
3. In a small bowl, whisk together the egg, milk, and vanilla. Pour this over the flour-butter mixture and gently mix until you get a moist, crumbly sand-like texture.
4. Set aside 2 cups of the mixture. Spread the remaining mixture into the prepared pan to form an even crust. It might be a bit crumbly, but that's okay. Keep it aside.
5. Mix all the cranberry filling ingredients together. Spread this mixture over the crust in the pan. Sprinkle the reserved crumble mixture and almonds on top.
6. Bake the bars in the oven for around 40-50 minutes until the top turns lightly brown, and when you insert a toothpick, it comes out mostly clean with a few cranberry specks.
7. Take the pan out of the oven and let the bars cool completely on a wire rack.
8. While the bars cool, make the icing by whisking together the icing ingredients.
9. Once the bars are cooled, drizzle the icing over them and then cut them into squares.

Notes

Water Activity: 0.887

pH: 3.79

Lab Report

Coconut Filling

Coconut Filling

Print Recipe



Ingredients



Method



Notes

Ingredients

14 oz can of sweetened condensed milk



3 cups sweetened shredded coconut

Method

1. To make the coconut filling, add the shredded coconut and sweetened condensed milk to a medium bowl and stir to combine. Set aside.

Notes

Water Activity: 0.798

pH: 5.69

Lab Report

Chocolate Swiss Meringue Buttercream

Chocolate Swiss Meringue Buttercream

Print Recipe



Ingredients



Method



Notes

Ingredients

8 ounces fresh egg whites



16 ounces granulated sugar

24 ounces unsalted butter softened

4 ounces cocoa powder

½ teaspoon salt

2 teaspoons vanilla extract

Method

1. Bring 2" of water to a boil in a medium saucepan then reduce heat until it's just simmering. Place your metal or glass mixing bowl on top. The bowl should not be touching the water.

2. Place egg whites and sugar in the bowl and whisk occasionally to dissolve the sugar and keep the egg whites from cooking. Once the mixture reaches 110°F or you can no longer feel any granules of sugar in between your fingers, it's ready
3. Place the bowl on your stand mixer and whip on high until you reach VERY stiff peaks. The tips should stand straight up when you touch them and the meringue should feel very thick and dense.
4. Place a large bag of ice under the bowl as you're mixing to cool the meringue down.
5. Reduce the speed to low. Slowly add in your butter in small chunks, then your salt, melted and cooled chocolate, and vanilla extract.
6. Increase the speed back to high and whip until the color is light and fluffy. Give it a taste, if it still tastes buttery, keep whisking.
7. Reduce the speed to low again and then add in your sifted cocoa powder and vanilla and mix until smooth.

Notes

Water Activity: 0.830

Lab Report

Rhubarb Dream Bars

Rhubarb Dream Bars

Print Recipe



Ingredients



Method



Notes

Ingredients

Crust

1 cup all-purpose flour

1/2 cup sugar

1/2 cup butter room temperature

Filling

2 large eggs

1 cup sugar

1/4 cup flour

1/4 tsp salt

2 cups diced rhubarb

Method

1. Preheat oven to 350F. Line the bottom of an 8×8" pan with parchment bringing it up the sides so that it will be easy to remove the squares after.
2. Whirl the crust ingredients in a food processor and then press into the prepared pan.
3. Bake for 15 min., the crust will still remain very pale in color.
4. While crust is baking mix together eggs, sugar, flour and salt and whisk well. Stir in rhubarb. Pour onto the hot crust and continue to bake for 40-45min.
5. Let the bars cool and remove with the parchment paper. Cut into squares.

Notes

Water Activity: 0.820

pH: 3.26

Lab Report

Vegan American Buttercream

Vegan American Buttercream

Print Recipe



Ingredients



Method



Notes

Ingredients

1/2 cup unsalted vegan butter 1 stick, slightly softened



1/8 tsp salt

2 cups powdered sugar

1 1/2 tsp vanilla extract

1-3 tsp unsweetened dairy-free milk

Method

1. Add butter and salt to mixing bowl and mix for 1 to 2 minutes until soft and creamy.
2. Add 1 cup of the powdered sugar and mix on low speed. Once there are no more spots of dry powdered sugar, add the second cup and mix again on low speed. Stop occasionally to scrape down the sides of your bowl.
3. Add the vanilla and mix on low speed. Slowly add milk, 1 teaspoon at a time, continuing to mix. Add additional teaspoons until the desired consistency is met. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.

4. Turn mixer up to medium speed and mix until light and fluffy, about 2-3 minutes. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Mix for a couple more minutes if you want a creamier, fluffier frosting.

Notes

Water Activity: 0.815

Lab Report

Rhubarb Compote

Rhubarb Compote

Print Recipe



Ingredients



Method



Notes

Ingredients

1 lbs fresh rhubarb



1/2 cup water

1/3 cup white sugar

Method

1. Wash the Rhubarb and discard the bottom of the stalks and leaves.
2. Slice the Rhubarb into small pieces and place them in a medium size Pot. Add the Water, Sugar, and Lime Juice & Zest (optional). Stir to combine.

Stove Top

1. Place on the stove on low to medium heat and leave to simmer for about 15 minutes, or until the rhubarb pieces are breaking apart, occasionally stirring. The stew is ready once most of the rhubarb chunks have turned into a thick sauce.

Pressure Cooker

1. Pressure cook for 3 minutes, use the quick release.

2. Remove from the heat and leave to cool down completely, then transfer into a sealed jar.

Notes

Water Activity: 0.946

pH: 3.23

Lab Report

Rhubarb Scone

Rhubarb Scone

Print Recipe



Ingredients



Method



Notes

Ingredients

- 2 cups all-purpose flour
- 1/2 cup sugar
- 3 tbsp brown sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 cup unsalted butter cold and cut into pieces
- 1 cup thinly sliced fresh rhubarb
- 1/3 cup milk the higher the fat content, the richer the flavor and more tender the scone
- 1 egg

2 tsp vanilla extract

Method

1. Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a large bowl, whisk together flour, sugar, brown sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. Cut in butter until the mixture resembles coarse crumbs. Stir in fresh rhubarb.
3. In a small bowl, whisk together milk, egg, and vanilla extract.
4. Add wet ingredients to dry ingredients, and stir until just combined.
5. Turn the dough out onto a well-floured surface. Gently knead 5-6 times or until the dough just comes together.
6. Gently shape dough into an approximate 7-8 inch circle. Cut into 8 pieces, and place on the prepared baking sheet. Sprinkle with coarse sugar, if desired.
7. Bake for 20-25 minutes, or until edges start to turn light golden brown. Remove to a wire rack to cool.
8. Store leftovers in an airtight container.

Notes

Water Activity: 0.812

Lab Report

Chocolate Ganache

Chocolate Ganache

Print Recipe



Ingredients



Method



Notes

Ingredients

8 ounces semisweet chocolate chips



1/2 cup heavy cream

Method

1. Place the chocolate chips in a heat-proof bowl.
2. Heat the cream over low heat until just simmering. Do not boil.
3. Remove cream from heat and pour over chocolate chips.
4. Place a piece of aluminum foil over the bowl and seal.
5. Let the cream/chocolate chips sit for 5 minutes without stirring.
6. Remove the foil.
7. Stir until the chocolate chips have melted and mixture is smooth and well-combined.
8. Let the ganache sit, uncovered, for 30 minutes, stirring occasionally, to set up before using

Notes

Water Activity: 0.836

pH: 5.67

Lab Report

Fudgy Chocolate Filling

Fudgy Chocolate Filling

Print Recipe



Ingredients



Method



Notes

Ingredients

150 g chocolate bar milk or dark



1 can (14oz) sweetened condensed milk

Method

1. Cook the mixture over medium heat, stirring continuously with a silicone spatula, and scraping the sides of the pan, until the mixture reaches a thick pudding-like consistency, or when it reaches 205-220F (about 12-15 minutes).

Notes

Water Activity: 0.809

pH: 5.74

Lab Report

Lavender Honey Cornbread Cookies

Lavender Honey Cornbread Cookies

Print Recipe



Ingredients



Method



Notes

Ingredients

- 1 cup butter softened
- 1 cup shortening
- 2 cups light brown sugar
- 1 cup sugar
- 1/2 cup honey
- 4 large eggs
- 2 tsp vanilla extract
- 5 1/4 cups flour
- 2 cups yellow cornmeal
- 2 tbsp cornstarch
- 2 tsp kosher salt
- 2 tsp baking powder
- 6 tsp dried lavender

Method

1. Preheat the oven to 350 °F and place parchment paper on two cookie sheets.
2. In a big bowl, beat butter, shortening, brown sugar, sugar, eggs, honey, and vanilla until it becomes fluffy.
3. In another large bowl, combine flour, cornmeal, cornstarch, salt, baking powder, and lavender.
4. Add the dry ingredients to the bowl with the butter mixture, and mix until you get a thick batter.
5. Roll the dough into small 1-inch balls and put the dough balls on the prepared cookie sheets and press them down to make flat discs.
6. Bake the cookies for about 15-18 minutes, or until the edges turn slightly brown.
7. Let the cookies cool on a wire rack.

Notes

Water Activity: 0.614

Lab Report

Zucchini Chocolate Chip Muffins

Zucchini Chocolate Chip Muffins

Print Recipe



Ingredients



Method



Notes

Ingredients

- 1 cup shredded zucchini
- 1 tbsp cornstarch
- 1 1/2 cups all-purpose flour
- 3/4 cup white sugar
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 cup vegetable oil
- 1/4 cup milk
- 1 egg lightly beaten
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- 1 cup chocolate chips any kind

Method

1. Preheat your oven to 350 degrees F and place paper liners in a 12-muffin cup pan.
2. Take the shredded zucchini and squeeze out the water using a clean kitchen towel. Then, coat the zucchini with cornstarch and set it aside.
3. In a large bowl, mix together flour, sugar, baking soda, cinnamon, and salt.
4. In a separate bowl, whisk together oil, milk, egg, lemon juice, and vanilla extract.
5. Combine the wet ingredients with the dry ingredients, stirring until they are just mixed. Then, gently fold in the zucchini and chocolate chips.
6. Spoon the batter evenly into the muffin cups, filling them to about 2/3 full.
7. Bake the muffins for approximately 20 to 25 minutes, or until the tops spring back when lightly pressed.
8. Allow the muffins to cool briefly in the pan before transferring them to a wire rack to cool completely.

Notes

Water Activity: 0.793

Lab Report

Zucchini Chocolate Chip Oat Cookies

Zucchini Chocolate Chip Oat Cookies

[Print Recipe](#)

Ingredients



Method



Notes

Ingredients

1 1/2 cups shredded zucchini



1 tbsp cornstarch

2 cups whole rolled oats

1 cup all-purpose flour

1/2 tsp baking soda

1/2 tsp salt

1 tsp ground cinnamon

1/2 cup butter softened

1/2 cup dark brown sugar packed

1/2 cup granulated sugar

1 large egg room temperature

1 tbsp pure maple syrup

1 1/2 tsp vanilla extract

1 cup chocolate chips any kind

Method

1. Take shredded zucchini and squeeze out the water using a clean kitchen towel. Then, coat the zucchini with cornstarch and set it aside.
2. In a medium bowl, mix oats, flour, baking soda, salt, and cinnamon together.
3. In another bowl, beat softened butter, both sugars. Add the egg and mix on high until well-blended. Add maple syrup and vanilla, and mix on high until well combined.
4. Slowly add the dry ingredients and the zucchini to the butter mixture, blending well. Mix in the chocolate chips. Cover the dough and chill it in the refrigerator for about an hour.
5. Preheat your oven to 350°F. Take about 1 tablespoon of dough per cookie, roll it into a ball, and place it on lined baking sheets. Gently press it down.
6. Bake the cookies for approximately 15 minutes, or until the edges start to brown.
7. Let the cookies cool on the baking sheet for 5 minutes, then transfer them to a wire rack to cool completely.

Notes

Water Activity: 0.650

Lab Report

Swiss Meringue Buttercream Frosting

Swiss Meringue Buttercream Frosting

[Print Recipe](#)

Ingredients



Method



Notes

Ingredients

24 oz unsalted butter room temperature



24 oz powdered sugar sifted if not from a bag

2 tsp vanilla extract

1/2 tsp salt

6 oz pasteurized egg whites room temperature

Method

1. Put egg whites and powdered sugar in the bowl of a stand mixer. Use the whisk attachment and mix the ingredients on low speed, then switch to high speed for 1 minute to dissolve the powdered sugar.
2. Add salt and vanilla extract to the mixture.

3. Add chunks of butter to the bowl and continue to mix with the whisk attachment. It might look curdled or yellow at first, but that's normal. Keep mixing.
4. If the buttercream looks strange or curdled, take out about $\frac{1}{3}$ cup of it, put it in the microwave for a few seconds until it's just barely melted, and then pour it back into the buttercream. This will help bring it together.
5. (Optional) If you want colored frosting, add a drop of food coloring now.
6. Keep mixing on high with the whisk attachment for 8-10 minutes until the buttercream becomes very white, light, and shiny.
7. Change to a paddle attachment and mix on low for 15-20 minutes to make the buttercream very smooth and remove air bubbles. This step is not necessary, but if you want really creamy frosting, it's worth doing.

Notes

Water Activity: 0.827

pH: 6.36

Lab Report