



# Gifts from the Kitchen 2024

## Instructions and Recipes

*Presented by UC Master Food Preservers  
of Sonoma County*

<https://ucanr.edu/sites/MFPSC/>



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# Safe and Approved Food Preservation Resources

<https://ucanr.edu/sites/MFPSC/Resources>

- UC Division of Agriculture and Natural Resources **food preservation publications for free download.** <https://anrcatalog.ucanr.edu/Items.aspx?hierId=13150>
- **The National Center for Home Food Preservation** website. This is your source for current research-based recommendations for most methods of home food preservation. Linked on this site: Complete Guide to Home Canning. USDA. 2015. <https://nchfp.uga.edu>
- **"Recipe Card Library."** UC Master Food Preserver Program, Agriculture and Natural Resources, UC Davis. This collection of research-based recipes from university extension offices and Ball provides a variety of ways to preserve your fresh produce. Note: research on food preservation is ongoing, and recommendations may have changed—canners are urged to review the current guidance. [https://mfp.ucanr.edu/Resources/\\_Recipes\\_and\\_Information/Recipe\\_Card\\_Library](https://mfp.ucanr.edu/Resources/_Recipes_and_Information/Recipe_Card_Library)
- **"Let's Preserve"** education series. Penn State Extension. <https://extension.psu.edu/catalogsearch/result/?q=let%27s+preserve>
- **So Easy to Preserve, 6th Edition.** University of Georgia. 2014. Chapters in the 388-page book include "Preserving Food," "Canning," "Pickled Products," "Sweet Spreads and Syrups," "Freezing" and "Drying." (print or DVD) <https://www.fcs.uga.edu/extension/so-easy-to-preserve>
- **"Food and Health."** University of Alaska Fairbanks Cooperative Extension. <https://www.uaf.edu/ces/healthy-individuals>
- **Ball website.** Jarden Home Brands. <https://www.ballmasonjars.com>
- **"Food Preservation."** Cornell University Extension, Sarasota County. <https://ccesaratoga.org/nutrition-food/food-preservation>
- **"Pomona's Recipes."** Pomona's Universal Pectin. <https://pomonapectin.com/category/recipes>
- **"Video Library."** UC Master Food Preserver Program, Agriculture and Natural Resources, UC Davis. This collection of videos from university extension offices nationwide provides online educational materials on food safety and preservation topics. [https://mfp.ucanr.edu/Resources/\\_Video\\_Library](https://mfp.ucanr.edu/Resources/_Video_Library)
- **"Publications Library."** UC Master Food Preserver Program, Agriculture and Natural Resources, UC Davis. This collection of documents from university extension offices nationwide provides online educational materials on food safety and preservation topics. [https://mfp.ucanr.edu/Resources/\\_Extension\\_Document\\_Library](https://mfp.ucanr.edu/Resources/_Extension_Document_Library)
- **"Pressure Canning Gauge Testing."** UC Master Food Preserver Program, Agriculture and Natural Resources, UC Davis. Testing is critical to ensure low-acid food is not under processed and unsafe to eat. Presto pressure canner dial gauges need to be tested annually to ensure that they are accurate. Find out which UCCE offices test gauges. [https://mfp.ucanr.edu/Resources/\\_Pressure\\_Canning\\_Gauge\\_Testing\\_](https://mfp.ucanr.edu/Resources/_Pressure_Canning_Gauge_Testing_)
- **"Cottage Food Operations."** Food and Drug Branch, California Department of Public Health. Cottage Food Operations (CFOs) are private-home kitchens used by individuals to prepare and/or package certain non-potentially hazardous foods under the Cottage Foods bill. While UC Master Food Preservers don't give advice on CFO products since they are for commercial use, we encourage people to learn more about the program. <https://www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDBPrograms/FoodSafetyProgram/CottageFoodOperations.aspx>
- **"UC Food Safety."** UC Davis. Contains links to presentations, publications, and other websites with information related to the production, harvest, and processing of foods. Emphasis is on microbial food safety, and it also addresses biotechnology, food quality and food security. <https://ucfoodsafety.ucdavis.edu>



Food Safety Fact Sheet

It's important to keep your kitchen clean, because germs can easily lurk on the surfaces you touch frequently. Maintaining a clean kitchen can help decrease your risk of contracting a foodborne illness. Foodborne illnesses can occur when consuming contaminated foods. Symptoms can include stomach upset, vomiting, nausea, or diarrhea.

All surfaces that have contact with food should be cleaned before and after preparing food. These surfaces should also be cleaned well between food types such as preparing raw chicken and then a salad, following these steps:

1. Remove food scraps.
2. Wash with hot soapy water.
3. Rinse well with water and air dry or dry with disposable towels, if possible. When using re-usable towels to dry, wash towels frequently in hot water cycle of washing machine.
4. Sanitize surfaces by using a commercial kitchen or all-purpose sanitizer spray or wipe. A homemade version of sanitizer can be used by mixing 1 tablespoon of liquid chlorine bleach with 1 gallon of water.

This is done to prevent cross-contamination. Cross-contamination is the transfer of harmful pathogens to food from other foods, surfaces, or utensils. Designating cutting boards can also reduce cross-contamination. For example, use one cutting board for raw meat and another for vegetables. Clean and sanitize knife between food items. Keep an eye on cutting boards and if they are getting worn with grooves from your knives, consider buying a new one. Those grooves can harbor bacteria because they are harder to clean.

Clean frequently touched areas such as:

- Cupboard knobs and handles
- Refrigerator, freezer, and stove knobs and handles
- Microwave buttons
- Soap dispensers
- Faucet handles



Tips on cleaning other items in your kitchen:

Microwave or oven	Clean when there are spills so they do not build up.
Refrigerator or freezer	Clean up spills as they occur. Deep clean every 3 months and remember to clean inside the bins and racks within the unit. Defrost ice build-up as needed.
Dish cloths and towels	Change daily and wash with hot water.
Cleaning pads or sponges	Clean daily in the dishwasher, by soaking in a sanitizer solution, or putting the wet sponge in the microwave for 1 minute.. Replace these often.

**Sources and More Information:**

1. [www.usda.gov/media/blog/2019/08/27/clean-then-sanitize-one-two-punch-stop-foodborne-illness-kitchen](http://www.usda.gov/media/blog/2019/08/27/clean-then-sanitize-one-two-punch-stop-foodborne-illness-kitchen)
2. <https://www.fsis.usda.gov/news-events/events-meetings/food-safety-education-month-preventing-cross-contamination>
3. Food Safety for Boomers and Beyond – Kitchen Cleaning KSRE handout, [https://www.ksre.k-state.edu/foodsafety/topics/doc/FoodSafety\\_KitchenCleaning3boomers.pdf](https://www.ksre.k-state.edu/foodsafety/topics/doc/FoodSafety_KitchenCleaning3boomers.pdf)

Original Fact Sheet: KSRE Food Safety for Boomers and Beyond, [https://www.ksre.k-state.edu/foodsafety/topics/doc/FoodSafety\\_KitchenCleaning3boomers.pdf](https://www.ksre.k-state.edu/foodsafety/topics/doc/FoodSafety_KitchenCleaning3boomers.pdf)

# Preserve it Fresh, Preserve it Safe

<https://ucanr.edu/sites/camasterfoodpreservers/files/340622.pdf>

## How-to Guide to Water Bath Canning and Steam Canning

Canning food at home is a great way to preserve fresh food for later use. The key is canning food properly and safely to prevent foodborne illness.

Two types of canners can be used for high-acid foods. They are:

- Boiling water bath canner
- Steam canner

The foods that can be safely canned in these canners include:

- Fruits
- Sweet spreads
- Pickled products
- Tomatoes
- Salsa
- Some tomato products

### Why Use a Water Bath Canner or Steam Canner?

A boiling water canner or steam canner will safely can high-acid foods. Acidity may be natural, as in most fruits, or added, as in pickled food. High-acid foods contain enough acid to block the growth of botulinum bacteria, or destroy them more rapidly when heated. The term “pH” is a measure of acidity; the lower its value, the more acid the food. The acidity level in foods can be increased by adding lemon juice, citric acid, or vinegar. The temperature reached in a water bath canner or steam canner is effective for destroying yeast and mold organisms.

## Recommended Canners for High-Acid Foods

### Boiling Water Bath Canner

Most boiling water canners are made of aluminum or porcelain-covered steel; at least one stainless steel model is also available. Boiling water canners have fitted lids and removable perforated or shaped-wire racks. The canner must be deep enough that at least 1 to 2 inches of briskly boiling water covers the tops of jars during processing.

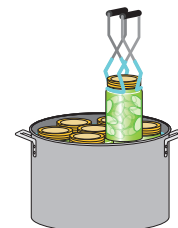
You may use a flat-bottomed stockpot with a bottom rack inserted for water bath canning. The pot used as a canner must be large enough to have lots of water boiling freely around the jars, and at least 1 to 2 inches over the tops of jars.

### Steps for Successful Water Bath Canning

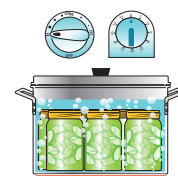
1. Fill canner at least halfway with water.
2. Preheat water to 140°F for raw-packed foods and 180°F for hot-packed foods.
3. Prepare food to be canned. Fill jars as directed for the type of food being canned. Apply lids and screw rings. Tighten rings fingertip tight.



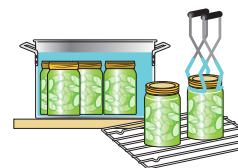
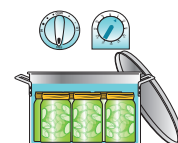
4. Load filled jars onto the canner rack one jar at a time, using a jar lifter.
5. Add more boiling water, if needed, so the water level is at least 1 to 2 inches above jar tops.
6. Turn heat to its highest position, cover the canner with its lid, and heat until the water boils vigorously.



7. Set a timer for the total minutes required for processing the food. Adjust processing time for your altitude of residence. More information about adjusting processing for higher altitudes is in *What's Your Elevation?*, <http://www.bookstore.ksre.ksu.edu/pubs/MF3172.pdf>.



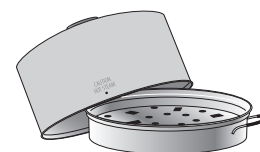
8. Keep the canner covered and maintain a boil throughout processing. The heat setting may be lowered a little as long as a complete boil is maintained the entire time. If the water stops boiling at any time during the process, bring the water back to a vigorous boil and restart the processing time.
9. Add more boiling water, if needed, to keep the water level above the jars.
10. When processing time is complete, turn off the heat and remove the canner lid. Wait 5 minutes before removing jars.
11. Remove jars with a jar lifter and place them on a towel or wire rack, leaving at least 1 inch between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.



### Steam Canner

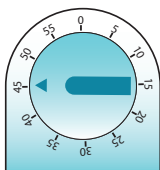
The University of Wisconsin-Madison has published research indicating that an atmospheric steam canner may be used for canning naturally acid foods such as fruits, sweet spreads such as jam and jelly, some tomato products, or acidified foods such as salsa or pickles, as long as all the following criteria are met:

- Foods must be high in acid, with a pH of 4.6 or below.
- A research-tested recipe developed for a boiling water canner must be used in conjunction with the atmospheric steam canner. The booklet accompanying an atmospheric steam



canner can't be relied on to provide safe canning instructions.

- Jars must be heated before filling, and filled with hot liquid (raw or hot pack).
- Jars must be processed in pure steam at boiling water temperature. The canner must be vented before processing until a full column of steam appears.
- Processing time must be modified for elevation as required by a tested recipe.
- **Processing time must be limited to 45 minutes or less, including any modification for elevation.** The processing time is limited by the amount of water in the canner base. When processing food, do not open the canner to add water. Regulate heat so the canner maintains a temperature of boiling water.



### Tips for Successful Steam Canning

1. If your steam canner does not have a temperature indicator, insert a stem thermometer into the vent hole. Boiling water temperature must be maintained throughout processing.
2. Do not open the lid during processing to add more water. Steam will escape and jars will not be at the correct temperature.
3. The water does not need to boil vigorously throughout the processing time. Adjust heat enough to maintain the proper temperature.
4. When processing time is complete, turn off heat and remove canner lid. Wait 5 minutes before removing jars.
5. The steam and water will be hot! Use extreme caution while using a steam canner.



### Know Your Cooktop

With the advancement of kitchen technology, the smooth cooktop has brought some challenges for canning. Follow the manufacturer's recommendations for your smooth cooktop. Here are some issues:

1. The canner bottom must be completely flat. Some types of water bath canners are **NOT** recommended to use on smooth cooktops because of uneven bottoms. Always follow the manufacturer recommendations.
2. Excessive heat reflecting down on the surface can damage the cooktop. Examples are discoloration, burner damage, cracked glass tops, or metal fused to the glass top.
3. Many of these cooktops have burners with automatic cut-offs when heat gets excessive. If the burner shuts off during processing, food can be under-processed.

### Storing Your Canner

After canning season is done, clean and maintain your canner. The darkened inside surface can be cleaned by filling it above the darkened line with a mixture of 1 tablespoon cream of tartar or vinegar to each quart of water. Place the canner on the stove, heat water to a boil, and boil covered until the dark deposits disappear. Stubborn deposits may require the addition of more cream of tartar. Empty the canner and wash it with hot soapy water, rinse, and dry. (Hint: reduce hard water stains by adding ¼ cup of white vinegar to the water in the canner while processing jars.)

Store the canner in a clean, dry location with crumpled clean paper towels inside the canner. This will help absorb moisture and odors. Place the lid upside down on the canner for ventilation. Never put the lid on the canner and seal it.

### Sources:

National Center for Home Food Preservation,  
<http://nchfp.uga.edu>

Dr. Barbara Ingham, Professor, University of Wisconsin-Madison Extension, "Home Processing of Acid Foods in Atmospheric Steam and Boiling Water Canners," *Food Protection Trends*, Vol. 35, No. 3, pp. 150-160

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# Crafting the Perfect Cheeseboard



A cheeseboard or charcuterie board brings a mix of flavors, textures, and colors to any gathering. It's an ideal way to entertain with minimal cooking, letting guests enjoy a variety of options suited to their tastes. Here's a guide on putting together an impressive and delicious board from scratch.

## WHAT IS A CHEESEBOARD?

A cheeseboard (or charcuterie board when it includes cured meats) is a curated selection of cheeses, meats, breads, and accompaniments. It's designed to be a visually appealing, easy-to-share platter of bite-sized foods. Each item on the board is chosen to balance flavors—rich cheeses with crisp crackers, savory meats with fresh fruit—and give guests a range of options.

## STEP 1: PLANNING YOUR BOARD

Before diving into cheese and meat selections, think about the event and your guest list. This will help you decide on quantities and specific types of foods:

**As a starter:** Estimate 1.5-2 ounces of cheese per person.

**As a main course:** Plan for 4-6 ounces of cheese and 2-3 ounces of meat per person.

**Cheese Types:** Include 3-5 different cheeses to give variety without overwhelming the board.

### Think about Texture, Color, and Shape

**Textures:** Create a balance with crunchy (nuts, crackers), creamy (cheese, dips), and chewy (dried fruit, meats) items.

**Colors:** Use a range of colors like red grapes, green olives, and bright fruits to make the board visually appealing.

**Shapes:** Vary the shapes and sizes of cheeses and meats, using fun cuts with cookie cutters or placing crackers in small stacks to add structure.



**Think About The 3-3-3-3 Rule**  
Choose 3 types of each main category  
(cheeses, meats, crackers, accompaniments)  
for a well-rounded selection.

# Crafting the Perfect Cheeseboard, continued

## STEP 2: CHOOSING THE COMPONENTS

A great board has balance. Here are some essential components to include:

**1. Cheeses:** Choose 3-5 cheeses, balancing familiarity with diversity. Start with a popular option like cheddar, then add from there.

**Hard Cheeses:** Add flavor and texture with aged cheeses like cheddar, gouda, or manchego.

**Soft Cheeses:** Creamy varieties like brie, camembert, or goat cheese provide a smoother contrast.

**Blue Cheeses:** For those who enjoy bolder flavors, blue cheese varieties like gorgonzola or Roquefort are fantastic.

**Fresh Cheeses:** Mild and approachable, mozzarella or burrata can be crowd-pleasers.

**Selecting a Range:** Aim for different textures and strengths of flavor to suit a variety of palates.



### 2. Meats

Thinly sliced cured meats such as prosciutto, salami, and soppressata add savory richness.

Select 2-3 types of meat to keep the balance with the cheeses.

### 3. Crunchy Elements

Crackers and bread provide a base and add texture.

Choose plain crackers or a baguette to avoid competing flavors.

### 4. Fruits and Nuts

**Fresh Fruits:** Seasonal options like grapes, apples, or figs balance out the rich flavors.

**Dried Fruits:** Add chewy texture and sweetness with dried apricots, dates, or cranberries.

**Nuts:** Almonds, walnuts, and pistachios provide a pleasant crunch.



### 5. Condiments and Spreads

**Sweet Options:** Honey or jams are a lovely counterpoint to strong cheeses.

**Savory Options:** Mustard, olives, pickles, and hummus add a tangy element to cut through the richness of the board.





## Crafting the Perfect Cheeseboard, continued

### STEP 3: ARRANGING THE BOARD

The arrangement is key to a visually appealing and functional cheeseboard.

**Follow these steps to assemble it with style:**

**Start with the Cheeses:** Place cheeses around the board, ensuring that they're evenly distributed. Soft cheeses should be cut into small pieces, while hard cheeses can be cubed or sliced.

**Add the Meats:** Arrange meats in a way that invites easy picking. Rolled or fanned slices of prosciutto and salami create visual interest.

**Place the Accompaniments:** Add bowls of condiments like jam or honey, positioning them near items they complement (e.g., honey next to blue cheese).

**Add Fruits and Nuts:** Scatter fruits and nuts in the open spaces. This will make the board look fuller and add pops of color.

**Fill in with Crackers and Bread:** Place crackers around the edge or in small stacks. Grouping similar items in multiple areas makes it easy for guests to reach.

**Final Touches:** Add sprigs of fresh herbs, such as rosemary or thyme, for an aromatic touch. This is also a great time to double-check for color balance and even distribution.

### TIPS FOR SUCCESS

**Room Temperature:** Let the cheeses sit out for 30-60 minutes before serving for best flavor.

**Lean into Repetition:** Place multiple piles of the same item, such as crackers, to create cohesion.

**Separate Similar Colors:** Avoid placing similar-colored items next to each other to keep the board visually balanced.

**Serve with Utensils:** Provide small spoons for condiments and specialized cheese knives.

Once your board is complete, serve with napkins, toothpicks, and small plates. Replenish items as they're enjoyed, and let guests savor the artful array you've created!





# Cheeseboard Planner

## Tools/Utensils

- ☐ Rimmed Tray
- ☐ Cheese Knives
- ☐ Toothpicks
- ☐ Small Bowls
- ☐ Small Spoons
- ☐ Parchment Paper to Line
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Garnish

- ☐ Rosemary
- ☐ Thyme
- ☐ Oregano
- ☐ Mint
- ☐ Parsley
- ☐ Flowers
- ☐ Seasonal Decor
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 2-3 Kinds of Crackers

- ☐ Triscuits
- ☐ Crustina
- ☐ Seedy Crackers
- ☐ Wheat thins
- ☐ Variety
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 2-3 Soft Cheeses

- ☐ Brie
- ☐ Mozzarella
- ☐ Boursin
- ☐ Goat Cheese
- ☐ Blue Cheese
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 2-3 Firm Cheeses

- ☐ Pepper Jack
- ☐ Cheddar
- ☐ Swiss
- ☐ Havarti
- ☐ Aged Gouda
- ☐ Gruyère
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 2-3 Meats

- ☐ Salami (Mild-Spicy)
- ☐ Summer Sausage
- ☐ Prosciutto
- ☐ Pepperoni
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 2-3 Veggies

- ☐ Sweet Peppers
- ☐ Cherry Tomatoes
- ☐ Little Pickles
- ☐ Olives
- ☐ Cucumber
- ☐ Baby Carrots
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 2-3 Fruits- Dried or Fresh

- ☐ Grapes
- ☐ Apples/Pears Sliced and Dipped in Lemon Juice
- ☐ Strawberries
- ☐ Figs
- ☐ Dried Fruits
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 1-2 Types of nuts/Sweets

- ☐ Smoked Almonds
- ☐ Candied Almonds/Walnuts/Pecans
- ☐ Chocolate
- ☐ Chocolate covered fruits/nuts
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 2-3 Small Bowls for Jams/Dips

- ☐ Fig Jam
- ☐ Hummus
- ☐ Spicy Jam
- ☐ Mustard
- ☐ Dips
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# Charcuterie BOARD

## OPTIONS

### BOARD

- Any food-safe platter, tray or cutting board

### MEAT

- Prosciutto
- Rillettes
- Saucisson Sec
- Sopressata
- Genoa Salami
- Mortadella
- Spanish chorizo
- 'Nduja
- Cured Sausage
- Ham
- Any thinly sliced smoked meat

### STRUCTURE

- small bowls
- mini jars
- spoon



### CRACKERS

- Sea Salt Crackers
- Bread Sticks
- Wheat Crackers
- Multi-grain Sea Salt Crackers
- Crackers with different shapes
- Buttery Crackers
- Pretzels



### CONDIMENTS

- honey
- jam
- spread
- hummus
- dips
- mustard
- cheese spread

### GREENS FOR GARNISH



### CHEESE

- HARD CHEESE ( chunks of parmesan, aged gouda, asiago)
- FIRM CHEESE ( gruyere, comte, manchego, colby, cheddar)
- SEMI-SOFT CHEESE ( havarti, butterkase, muenster)
- SOFT CHEESE ( burrata, mascarpone, stacchino)
- BLUE CHEESE ( gorgonzola, dunbarton blue, marbled blue jack)
- CRUMBLY CHEESE (feta, goat cheese)



### FRUITS

- grapes
- strawberries
- blueberries
- raspberries
- blackberries
- pineapple
- mango
- dates
- cherries
- figs
- dried fruits
- nuts





# Slicing Cheeses 101

Small Bark-Wrapped  
Wheels

Soft Wheels and Wedges

Semisoft  
Wedges

Hard Wedges

Rectangles, Squares,  
and Blocks

Logs

Larger Firm and  
Semifirm Wedges



# Peach Jalapeño Jam

**YIELD:** 4-5 half pint jars



## INGREDIENTS:

3 cups chopped peaches  
(fresh or frozen - 1 pound  
peaches makes 3 cups)  
½ cup jalapeño peppers,  
finely chopped  
1 cup water  
¾ cup cider vinegar  
¾ cup bottled lemon juice  
1 – 1 ¾ oz., package  
powdered pectin  
4 cups sugar

## SUPPLIES:

Measuring cups  
Measuring spoons  
Blender or food processor  
Medium-sized bowl  
Medium stainless-steel saucepan  
Spatula & Large spoon  
Whisk & Ladle  
Boiling water bath or  
atmospheric steam canner  
Canning funnel  
Debubbling tool  
Headspace measuring tool  
Jars (¼-½ pint preferred)  
with lids and rings  
Jar lifter



## DIRECTIONS:

1. **Fresh peaches**-wash, pit and crush peaches.  
**Frozen peaches**-defrost and chop. You can chop by hand or in a food processor.
2. Wash peppers, remove stems and seeds, and chop finely either by hand or food processor.
3. Combine peaches, peppers, water, vinegar, and lemon juice in a 5-6 quart pot. Bring to a boil, then reduce heat and simmer for 20 minutes, stirring often to prevent scorching.
3. Add pectin to the peach/pepper mixture. Bring to a boil over high heat, stirring constantly.
4. Add sugar, stirring well to dissolve completely. Bring to a full rolling boil, stirring constantly. Boil hard for 2 minutes. Remove from heat and skim foam if needed.
5. Ladle into sterile, hot, half-pint jars, leaving ¼-inch headspace.
6. Remove air bubbles and adjust headspace, if necessary, by adding hot preserves. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
7. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

**CAUTION:** Be sure to wear disposable gloves or thoroughly wash hands after cutting and handling hot peppers such as jalapeño, habanero, and other varieties. Avoid touching the eyes and face while handling peppers. If a severe reaction occurs, flush the skin and site of contact with cool water.

Recipe from: *Colorado State University Extension*

# Black-Eyed Pea Hummus

YIELD: 2 Cups



## INGREDIENTS:

- 1 15-ounce can plain black-eyed peas, rinsed and drained. If desired, reserve a few for garnish.
- $\frac{3}{8}$  cup extra-virgin olive oil, plus more for drizzling, if desired
- $\frac{1}{3}$  cup tahini (sesame seed paste)
- $\frac{1}{2}$  cup lemon juice
- 1 tablespoon brine from preserved lemon, or  $1\frac{1}{2}$  tsp kosher salt
- 4 garlic cloves, chopped (approx. 1 tablespoon chopped)
- 1 teaspoon mild or smoked ground paprika, (more for garnish, if desired)
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon ground coriander
- $\frac{1}{2}$  teaspoon chili powder
- 1 teaspoon brown sugar or raw sugar
- 1 teaspoon hot sauce
- 2 tablespoon minced fresh flat leaf parsley, for garnish
- 1 tablespoon sesame seeds, for garnish

## SUPPLIES:

- Measuring cups
- Measuring spoons
- Food Processor or Masher
- Large spoon
- Medium Mixing Bowl
- 2 Cup Airtight jar/container

## DIRECTIONS:

1. Mash black-eyed peas with a potato masher in a medium mixing bowl, or pulse in a food processor. Mashing results in a chunkier dip; processing gives a smoother dip.
2. If you use a food processor, pulse for about 15 seconds at a time, until the peas are the texture desired. Scrape down the sides of the processor regularly to mix everything well. Turn processed peas into a medium mixing bowl.
3. Mix olive oil and tahini together in a 1 cup liquid measuring cup.
4. Drizzle oil/tahini mixture, a bit at a time, into the mashed black-eyed peas. Mix between additions until it is fully incorporated.
5. Add the lemon juice, preserved lemon brine or kosher salt, garlic, paprika, cumin, coriander, chili powder, sugar, and hot sauce. Mix well.
6. Taste and add more of the spice mixture to taste if desired.
7. This may be served immediately, but for the best flavor, refrigerate several hours or overnight before serving. This also helps it thicken slightly.
8. To serve, transfer the hummus to a bowl. Sprinkle with a bit of the paprika, the fresh parsley, and sesame seeds. If desired, drizzle with a bit of olive oil.
9. Serve with pita bread or chips, crudites, pretzel thins or other favorite dipper.

Recipe adapted from: *The Cooking Gene, A Journey Through African American Culinary History in the Old South*, by Michael W. Twitty





# Herbed Goat Cheese Log

YIELD: 8 oz. Log



## INGREDIENTS:

8 ounces fresh goat cheese (chèvre)  
2-3 tablespoons of your chosen  
herb blend (see Flavorful Partners)

## DIRECTIONS:

1. **Prepare the herbs:** Place your selected herbs on a clean, flat surface or in a shallow dish. If using larger leaves, like basil, chop them finely to make rolling easier. For zest, grate the lemon directly over the herbs for maximum aroma.
2. **Roll the cheese:** Use your hands to gently roll the goat cheese into a log shape. If the cheese is too soft, you can refrigerate it for a few minutes to firm it up.
3. **Coat with herbs:** Roll the goat cheese log in the prepared herb blend, pressing lightly to ensure the herbs adhere evenly to the surface.
4. **Chill and serve:** Wrap the herbed cheese log in plastic wrap and refrigerate for at least 1 hour to allow the flavors to meld. When ready to serve, slice into rounds or place the log whole on a serving board. Pair with crackers, fresh veggies, or sliced baguette.

## FLAVORFUL PARTNERS FOR CHEESE LOGS

These herb blends complement the tangy, creamy flavor of goat cheese, allowing you to create distinctive variations:

**Chives + Dill:** A fresh, bright combination with a hint of sweetness—ideal for spring or summer boards.

**Sundried Tomatoes + Basil:** A Mediterranean-inspired mix that's both savory and aromatic.

**Tarragon + Chives:** Subtle licorice notes from tarragon combine well with the mild onion flavor of chives.

**Lemon Zest + Cracked Pepper:** The lemon zest brings citrus brightness, and cracked pepper adds a mild heat—a versatile option for any cheese board.

**Rosemary + Thyme:** An earthy, classic pairing that's especially lovely during cooler months.

### Classic Blends for those who love traditional herbal profiles:

**Italian Blend:** Basil, Oregano, Rosemary, Thyme, Marjoram

**Herbes de Provence:** Thyme, Rosemary, Savory, Tarragon

**Fines Herbes:** Parsley, Chives, Tarragon, Chervil

Each blend brings a unique taste and aromatic experience to your cheese log—try experimenting with different combinations!



# Tonia's Sweet & Spicy Curried Nuts

**YIELD:** 4 cups



## INGREDIENTS:

1 egg  
2 cups raw almonds  
2 cups raw cashews  
1/3 cup packed brown sugar  
2 1/2 teaspoons kosher salt  
1/4 teaspoon cinnamon  
1 tablespoon curry powder  
1 teaspoon smoked paprika

## SUPPLIES:

Measuring cups for dry goods  
Measuring spoons  
Beater or whisk  
Large bowl  
Spoon & Spatula  
Baking sheet  
Parchment paper  
Airtight jar(s)/container(s)

## DIRECTIONS:

1. Heat oven to 325° F.
2. Beat egg in a large bowl. Add sugar and spices then mix together until combined.
3. Add the almonds and cashews.
4. Stir until all the nuts are evenly coated.
5. Spread out on a large parchment lined baking sheet.
6. Bake at 325° F for 35 – 45 minutes or until the nuts are golden brown, shaking pan occasionally.
7. Cool thoroughly, then break up nuts into small pieces and store in clean, dry airtight jars or, an airtight container.

Recipe from:

*UC Master Food Preserver of Sonoma County, Tonia Seidita (2022)*

# Tonia's Rosemary Maple Nuts

**YIELD:** 8 cups



## INGREDIENTS:

8 cups of raw nuts of choice  
2 1/2 tablespoons olive oil  
1/4 teaspoon cayenne pepper  
5 tablespoons maple syrup  
1 teaspoon smoked paprika  
2 tablespoons minced fresh rosemary  
2 tablespoons minced fresh garlic  
Kosher salt and pepper to taste

## SUPPLIES:

Measuring cups for dry goods  
Measuring spoons  
Large bowl  
Spoon & Spatula  
Rimmed baking sheet  
Parchment paper  
Airtight jar(s)/container(s)

## DIRECTIONS:

Heat oven to 350° F.

1. Mix together nuts and other ingredients in a large bowl.
2. Stir until all the nuts are evenly coated.
3. Spread out on a large parchment lined baking sheet.
4. Bake at 350° F for 30 minutes or until the nuts are golden brown, shaking pan occasionally.
5. Cool nuts thoroughly.
6. Store in clean, dry airtight jars or, an airtight container.

Recipe from:

*UC Master Food Preserver of Sonoma County, Tonia Seidita (2022)*

# Spiced Candied Walnuts

**YIELD:** 4 cups



## INGREDIENTS:

4 cups raw pecan halves,  
walnuts or almonds  
1/3 cup of sugar  
2 tablespoons of fresh rosemary  
or 2 teaspoons of dried  
1 tablespoon of salt  
1/2 teaspoon of black pepper  
4 tablespoons (1/2 stick)  
of unsalted butter, melted  
1 tablespoon vanilla extract

## SUPPLIES:

Measuring cups for dry goods  
Measuring spoons  
Large bowl  
Small bowl  
Spoon & Spatula  
Rimmed baking sheet  
Parchment paper (optional)  
Airtight jar(s)/container(s)



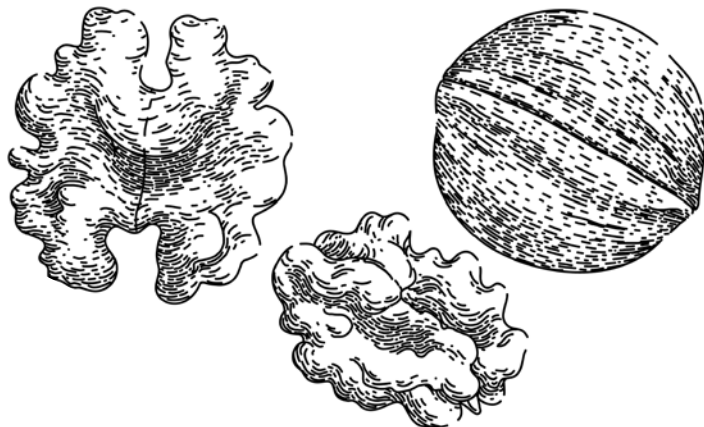
## DIRECTIONS:

Preheat oven to 375°

1. Spread nuts on a rimmed baking sheet. Place in oven for 5 to 7 minutes to toast.
2. In a small bowl, combine the sugar, rosemary, salt and black pepper; stir to mix.
3. In an extra-large bowl, combine the melted butter and vanilla. Add toasted nuts and toss to coat. Then add the spice mixture, toss to coat evenly with spices.
4. Line the same baking sheet with optional parchment paper if desired. Spread the coated nuts on the baking sheet. Bake for 8 to 10 minutes, until toasted and fragrant, stirring once halfway through.
5. Sprinkle with additional salt if desired.
6. Cool nuts completely; they will become crisper as they cool.
7. Store nuts in a clean, dry, airtight jar or an airtight container. Enjoy within 1 week.

Recipe adapted from:

*UC Master Gardener of San Joaquin County, Leslie Warmke by UC  
Master Food Preserver of Sonoma County, Tonia Seidita (2022)*





# Tomato Preserves

**YIELD:** About Six 8-ounce (250 ML) Jars



## INGREDIENTS:

1 tablespoon Ball® Mixed Pickling Spice  
1 half-inch piece peeled gingerroot  
4 cups granulated sugar  
2 medium lemons (unpeeled), seeded and thinly sliced  
 $\frac{3}{4}$  cups water  
6 cups peeled small yellow, green or red tomatoes

## SUPPLIES:

Measuring cups  
Measuring spoons  
Large, deep stainless-steel saucepan  
Large spoon  
Ladle  
Boiling water bath or atmospheric steam canner  
Canning funnel  
Debubbling tool  
Headspace measuring tool  
Cheesecloth  
Jars ( $\frac{1}{4}$ - $\frac{1}{2}$  pint preferred) with lids and rings  
Jar lifter

## DIRECTIONS:

Preheat oven to 375°

1. Tie pickling spice and ginger root in a square of cheesecloth, creating a spice bag.
2. In a large, deep stainless steel saucepan, combine sugar, lemon slices, water and spice bag. Bring to a boil over high heat, stirring to dissolve sugar. Reduce heat and boil gently, stirring occasionally, for 15 minutes. Add tomatoes and boil gently, stirring frequently, until tomatoes are transparent. Remove from heat, cover and let stand in cool place (70 to 75°F) for 12 to 18 hours.
3. Prepare canner, jars and lids.
4. Using a slotted spoon, transfer tomatoes and lemon slices to a glass or stainless steel bowl and set aside. Discard spice bag. Bring syrup to a boil over high heat, stirring constantly. Boil hard, stirring constantly, until thickened, about 3 minutes. Add reserved tomatoes and lemons. Bring back to a boil and boil hard, stirring constantly, for 1 minute. Remove from heat and skim off foam.
5. Ladle hot preserves into hot jars, leaving  $\frac{1}{4}$  inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot preserves. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
6. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 20 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

Recipe from: *Ball Complete Book of Home Preserving*



# Strawberry Balsamic Vinegar Jam with Cracked Black Pepper

**YIELD:** About Eight 8-ounce (250 ML) Jars



## INGREDIENTS:

7 cups granulated sugar  
8 cups whole strawberries  
(approximately)  
1 tbs lemon juice  
4 tbs balsamic vinegar  
6 tbs Ball Classic Fruit Pectin or  
1 Package Bernardin Original  
Pectin  
½ tsp freshly ground  
black pepper

## SUPPLIES:

Measuring cups  
Measuring spoons  
Large, deep stainless-steel  
saucepan  
Large spoon  
Ladle  
Boiling water bath or  
atmospheric steam canner  
Canning funnel  
Debubbling tool  
Headspace measuring tool  
Jars (¼-½ pint preferred)  
with lids and rings  
Jar lifter

Recipe from:

*Ball Complete Book  
of Home Preserving*



## DIRECTIONS:

1. Place 8 clean 8 oz. jars on a rack in boiling water canner. Fill the jars and canner with cool water that reaches the top of the jars. Cover and bring water to a simmer over medium heat. Do not boil.
2. Prepare 8 two-piece closures. Wash lids and bands in hot, soapy water. Rinse them under hot water, dry and set aside until ready to use.
3. Measure sugar into a completely dry bowl and set aside.
4. Wash strawberries in cool running water. Drain thoroughly and remove hulls.
5. Crush berries and transfer to a liquid measure to measure 5 cups of crushed strawberries.
6. Add lemon juice and balsamic vinegar to crushed berries in saucepan. Whisk in pectin until dissolved. Bring to a full rolling boil over high heat, stirring frequently. Add sugar all at once and, stirring constantly, return to a full rolling boil that cannot be stirred down. Boil hard, stirring constantly for 1 minute. Remove from heat and, using a large, slotted metal spoon, skim off foam. Add the freshly ground black pepper.
7. Fill one jar at a time. Remove jar from canner and empty hot water back into canner. Ladle hot jam into hot jar, leaving ¼ inch headspace. Wipe jar rim and threads to remove any food residue. Center lid on jar. Place band on jar and screw band down evenly and firmly to fingertip tight. Do not overtighten. Return jar to canner rack and repeat until all jam is used.
8. Process for 10 minutes in rapidly boiling water that is at least 1 inch above the jars. Start timer when water reaches a full boil. At the end of the processing time, turn heat off and remove canner lid. Wait 5 minutes, then remove jars, without tilting. Place jars upright on a towel in a draft-free place and let cool, undisturbed, for 24 hours.
9. After 24 hours check lids for seal. Remove bands and press down on the center of each lid with one finger. Sealed lids will be concave and will show no movement when pressed. Jars that haven't sealed properly must be refrigerated immediately or reprocessed. Rinse and dry bands. Wipe jars and, if desired, loosely reapply bands. Label jars and store in a cool, dry, dark place.

# Heavenly Fig Jam

**YIELD:** About Six 8 ounce Jars



## INGREDIENTS:

18 oz. dried figs  
3¼ cups water  
⅓ cup orange juice  
1 tablespoon lemon juice  
1 package regular powdered fruit pectin  
3 ½ cups granulated sugar  
⅓ cup orange-flavored liqueur (optional)

## SUPPLIES:

Measuring cups  
Measuring spoons  
Large, deep stainless-steel saucepan  
Large spoon  
Ladle  
Boiling water bath or atmospheric steam canner  
Canning funnel  
Debubbling tool  
Headspace measuring tool  
½ pint jars with lids and rings  
Jar lifter

## DIRECTIONS:

1. Prepare canner, jars and lids.
2. In a large, deep stainless steel saucepan, combine figs and water. Bring to a boil over medium-high heat, stirring frequently. Reduce heat, cover and boil gently until softened, about 20 minutes. Let cool slightly. Transfer to a food processor fitted with a metal blade and purée. Measure 3 cups.
3. Return puréed figs to saucepan and add orange juice and lemon juice. Whisk in pectin until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard, stirring constantly, for 1 minute. Immediately stir in orange-flavored liqueur, if using. If you choose not to use the liqueur then add some orange zest for a little added "pop" to your product. Remove from heat and skim off foam.
4. Ladle hot jam into hot jars, leaving ¼-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot jam. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

Recipe from: *Ball Complete Book of Home Preserving*, 2016.





# Dijon Mustard

**YIELD:** About Six 4 ounce Jars



## INGREDIENTS:

2 cups chopped onion  
2 cups Pinot Grigio  
or other dry white wine  
1 cup white wine vinegar  
(5% acidity)  
1 tsp. salt  
6 garlic cloves, coarsely chopped  
4 black peppercorns  
1 rosemary sprig  
1 cup yellow mustard seeds  
1/3 cup dry mustard  
2 2/3 cups water

## SUPPLIES:

Measuring cups  
Measuring spoons  
Large, deep stainless-steel  
saucepan  
Small Sauce Pan  
Blender/Food Processor  
Mesh Strainer  
Large Bowl  
Large spoon  
Ladle  
Boiling water bath or  
atmospheric steam canner  
Canning funnel  
Debubbling tool  
Headspace measuring tool  
4 oz. Jars with lids and rings  
Jar lifter

## DIRECTIONS:

1. Combine first 7 ingredients in a large stainless steel or enameled saucepan. Bring to a boil over high heat; reduce heat, and simmer, uncovered, 15 to 20 minutes or until onion is very soft, stirring occasionally. Remove pan from heat; pour onion mixture through a wire-mesh strainer into a glass or stainless steel bowl. Discard solids.
2. Stir mustard seeds and dry mustard into wine mixture. Cover and let stand at room temperature at least 24 hours, but no longer than 48 hours.
3. Process mustard mixture in a blender or food processor, adding water until consistency of cooked oatmeal.
4. Transfer mustard to a small saucepan. Bring to a boil, stirring often; reduce heat, and simmer, uncovered 5 minutes.
5. Ladle hot mustard into a hot jar, leaving 1/4-inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar. Apply band and adjust to fingertip-tight. Place jar in boiling- water canner. Repeat until all jars are filled.
6. Process jars 10 minutes, adjusting for altitude. Turn off heat; remove lid, and let jars stand 5 minutes. Remove jars and let cool.

Recipe from: *Ball Recipes Online* - <https://www.ballmasonjars.com>



# Whole Milk Ricotta

**YIELD:** About Two Cups



## INGREDIENTS:

1950g Whole Milk  
112g Lemon Juice or Vinegar  
About ½ teaspoon salt  
Spices/herbs to taste

## SUPPLIES:

Measuring cups  
Measuring spoons  
Kitchen Scale  
Kitchen Thermometer  
Colander/Strainer  
Ladle  
Large Bowl  
Large, deep pot  
Large spoon/Spatula  
Cotton Tea Towel/Cheesecloth

## DIRECTIONS:

1. Heat milk in large pot to 185-200°F
2. While the milk heats, pre-moisten your tea towel or cheesecloth. If you are using cheesecloth, remember to lay it flat and then fold it so it has four layers. Then line a colander or strainer with the cloth and place into a bowl.
3. Once the milk begins to steam, stir the milk occasionally to keep it from scorching on the bottom of the pot. 200°F is very hot and steamy but just under boiling temperature.
4. Once you have reached temperature, turn the heat off, stir for 5-10 seconds to form a "whirlpool," remove the spatula, and pour the vinegar or lemon juice in. You will immediately see the curds form and separate from the whey.
5. Gently check to see all the milk has coagulated. If it has not, add a bit more vinegar or lemon juice and continue to heat for 2-3 minutes.
6. Once there is no longer any milky whey, gently ladle the curds into the cheesecloth. You can also let the cheese sit and cool for 5-10 minutes to decrease the chance of splashing very hot liquid onto yourself.
7. Allow the cheese to drain so most of the whey has drained off. Put the cheese into a bowl and stir in salt and herbs, if using. Use immediately, or place back into the cheesecloth to remove more whey, or store in an airtight container for up to 3 days.

**NOTES:** The longer it drains, the drier the cheese. For a creamier, spreadable consistency, check after 3-5 minutes. For a slightly drier texture, like one used in pasta fillings, drain for 15-20 minutes. You can also drain overnight.

# Marinated Cheese Appetizer

**YIELD:** Serves 6



## INGREDIENTS:

1 pound mozzarella cheese, cubed  
½ cup extra virgin olive oil, or more as needed  
1 tablespoon fresh parsley, minced  
1 tablespoon oil-packed sun-dried tomatoes,  
finely chopped  
1 clove garlic, minced  
1 tablespoon fresh basil, finely chopped  
1 teaspoon fresh oregano, finely chopped  
1 teaspoon red pepper flake  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper

## SUPPLIES:

Measuring cups  
Measuring spoons  
Chef's Knife  
Whisk  
Glass Jar  
Medium Mixing Bowl  
Spoon

## DIRECTIONS:

1. Place cubed cheese in a glass jar.
2. In a separate bowl, whisk together olive oil, parsley, sun-dried tomatoes, garlic, basil, oregano, red pepper flake, and salt and pepper.
3. Pour over mozzarella and gently toss to coat. Cover and chill at least 2 hours, stirring a few times.
4. Serve chilled and enjoy!

Recipe adapted from: *Inspired By Charm*





# Lavash Cracker

**YIELD:** About 3-4 Large Cracker Sheets



## INGREDIENTS:

310g all purpose flour  
1½ teaspoons sugar  
1½ teaspoons salt  
110g water  
30g butter  
1 egg  
Egg white, butter, or oil  
for basting  
Spices, seeds, flaky salt  
for topping

## SUPPLIES:

Measuring cups  
Measuring spoons  
Kitchen Scale  
Large Mixing Bowl  
Medium Sauce Pan  
Plastic Wrap  
Butter Knife  
Rolling Pin  
Parchment  
Baking Sheet  
Fork for docking  
Pastry Brush  
Air tight container

## DIRECTIONS:

1. Mix flour, sugar, and salt in a large mixing bowl.
2. Combine water and butter in medium sauce pan and heat until melted. Allow melted butter and water to cool, so it is no longer piping hot.
3. Pour butter mixture into flour, add egg.
4. Mix until a shaggy dough forms. Cover or wrap in plastic and allow it to rest for at least 10 minutes.
5. Cut dough into 4-6 pieces and roll out until evenly thin - about  $\frac{1}{8}$  -  $\frac{1}{6}$  of an inch.
6. Place cracker dough on a parchment lined baking sheet and dock with fork. Dough will not spread as it bakes.
7. Brush with melted butter, olive oil, or egg white.
8. Season with salt and spices, or garnish with small seeds.
9. Bake lavash at 375-400°F for 10-15 minutes until browned all over with few pale spots. Rotate pans after 7 minutes. Allow to cool before serving.
10. Store lavash for up to 5 days in an airtight container.

**NOTES:** If the dough springs back when rolling, let it rest for 5-10 minutes more. The thinner you roll the crackers, the crispier they will be, and the faster they will bake. Refresh crackers at 325°F for a few minutes if they lose crispness. You can use other flours -  $\frac{1}{2}$  all purpose &  $\frac{1}{2}$  other flour and/or add some spices/herbs to the dough before rolling.

Recipe from: *Lisa Moran, Parker Hill Provisions*

# Fruit and Nut Crisps

**YIELD:** About 3-4 Quarts of Crackers



## INGREDIENTS:

130g whole wheat flour  
130g bread flour  
2 teaspoons baking soda  
½ teaspoon salt  
140g seeds  
    pepitas, flax, sunflower, etc.  
120g dried fruit  
    cranberries, apricot, etc.  
140g nuts  
    hazel, pistachio, cashew, etc.  
450g buttermilk  
85g honey  
Cooking spray

## SUPPLIES:

Measuring spoons  
Kitchen Scale  
Large Mixing Bowl  
Loaf pans  
Serrated Knife  
Parchment  
Baking Sheet(s)  
Air tight container

## DIRECTIONS:

1. Preheat oven to 350°F. Spray loaf pans with pan spray.
2. Combine dry ingredients (everything except buttermilk and honey).
3. Add buttermilk and honey, mix until combines. Batter will be fairly thin.
4. Portion into loaf pans (only fill about 1/3 full so crisps will be smaller) and bake for approximately 30 minutes. Loaves will be dark golden brown, and spring back when touched.
5. Allow loaves to fully cool, then place in the freezer until firm (1-2 hours).
6. Preheat oven to 300°F. Slice loaves VERY thin, and evenly, using a serrated knife. Lay the slices in a single layer and toast for 30 minutes. Crisps are done when they are crispy at room temperature.
7. Once cool, store crisps in an airtight container for up to two weeks.

**NOTES:** If you use large pieces of dried fruit, make sure to cut into smaller pieces. Crisp thickness will affect baking times, so pay attention so that they don't burn. Refresh crackers at 325°F for a few minutes if they lose crispness.

Recipe from: *Lisa Moran, Parker Hill Provisions*