

FREE Food e-Magazine

When It's Smokin', It's Cookin'

December 2016

Homemade chocolate pudding

11 Uses For Gland oil/salve

Coconut Cream Pie

Green Bean Casserole

Gingerbread Cookies



“Let your food be your
medicine
&
your medicine be
your food”
-Hippocrates’

Forward

For years we have been helping people overcome illness through diet, exercise, herbs, attitude and vitamins.

People are constantly asking us for recipes, classes and help with every day ailments. This magazine is our attempt to spread our knowledge to the world one issue at a time. To empower people everywhere to improve their health and cooking skills along with their ability to take care of their families health needs.

Join us on our journey!

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Piecrust

Submitted by: E. Nielson

Ingredients:

2 1/2 cups flour, plus extra for rolling
1 tsp salt
2 Tbsp sugar
1 3/4 cups butter, cut into slices
1/4 cup ice water
*32 ounces of beans for blind
baking*

Instructions:

chill the butter in the freezer for 15 minutes.

I like to bake my pie crust before I fill it with anything.

** Blind baking is done to get the crust to hold its beautiful shape and to keep it from shrinking to much. The beans weigh it down. Bake it at 350° for about 15-20 minutes then remove the foil and beans and cook for an additional 5-7 minutes. If you don't want to blind bake omit step 12 and just bake for 15-20 minutes.*



Mix it:

with chopping blade in food processor add flour, and salt and pulse to mix.



Bag it:

add sliced butter to food processor.



Blend it:

Pulse off and on until it looks like cornmeal.

Piecrust



4 Add ice water:

add water and pulse, until the dough holds together when pinched together. About 10-12 pulses



5 Chill it:

Divide dough in half. Make 2 round discs and wrap each in plastic wrap. Chill for 1- 24 hours.



6 Roll out:

On lightly floured surface roll from the center to edges rotating dough so it doesn't stick.



7 Roll it:

Roll to about 12" round. Roll dough around rolling pin to make it easier to put in pie pan.



8 Unroll:

Unroll onto pie pan



9 Trim edges:

Gently press the dough down into pie pan. Using kitchen shears trim edges 1" larger than pan.



10

10 Fold under:

Fold under the extra inch on top edge of pie crust. This is important!



11

11 Pretty edges:

Use your fingers to press pretty edges on the crust



12

12 Blind bake*:

place aluminum foil or parchment paper in your crust with beans. Bake.

Homemade chocolate pudding

Submitted by: E Applegate

Ingredients:

1 cup sugar
1/2 cup cocoa powder
1/4 cup cornstarch
1/2 tsp salt
4 cups milk
2 tbsp butter
2 tsp vanilla



Directions:

In a medium sized sauce pan, mix together the first 4 ingredients. Whisk the milk in, turn the stove on and heat to boiling, stirring constantly. Once it has started to boil, continue to cook and stir for two more minutes. Remove from heat and stir butter and vanilla in. Transfer to serving dishes or piecrust and chill in the refrigerator (pudding will thicken as it cools).

Serve and enjoy!

Gingerbread Cookies

Submitted by: E. Nielson

Ingredients:

4 cups flour
1 tsp baking soda
 $\frac{1}{4}$ tsp baking powder
 $\frac{1}{2}$ tsp salt
1 tsp ground cinnamon
 $\frac{1}{4}$ tsp ground allspice
 $\frac{1}{4}$ tsp ground cloves
 $\frac{1}{8}$ tsp ground nutmeg
1 tsp ground ginger
2 tbsp butter, softened
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
1 egg, beaten
 $\frac{1}{2}$ cup molasses
 $\frac{1}{3}$ cup applesauce
 $\frac{1}{2}$ tsp vanilla
 $\frac{1}{4}$ cup water



Preheat:

Preheat oven to 350°. Grease 2 cookie sheets. In a medium mixing bowl, combine the first 9 ingredients. mix well and set aside.



Mix:

In a large mixing bowl, mix butter and granulated sugar. Add brown sugar and beat until light and fluffy. Add egg and mix well. Add the molasses, applesauce, and vanilla. mix well.



Incorporate:

Flour mixture and stir. The result should be a stiff (yet soft) dough. If the dough feels sticky, add more flour. Cover with plastic wrap placed on top of the dough and refrigerate at least 30 minutes.

Gingerbread Cookies



Roll out:

Flour countertop and roll out the dough to $\frac{1}{4}$ -inch thick. Use a cookie cutter to cut the dough into shapes. Place cookies on cookie sheets and bake 9 to 11 minutes* (edges should be golden).



Remove cookies:

Immediately remove cookies to wire rack or cupboard to cool. After about 10 minutes, the cookies should be stiff but still pliable and soft on the inside.



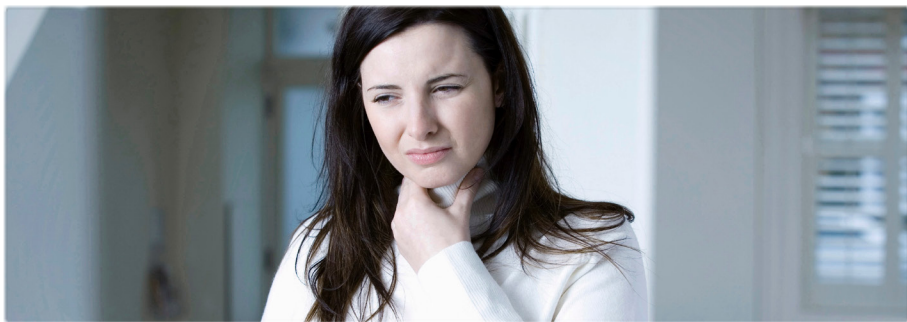
Decorate:

We found these really cool bottles at Wal Mart in the art and crafts section to use to put frosting in and they worked really well!

**It is sometimes difficult to tell if the cookies are done by looking at them. If your oven cooks right on for other recipes then trust that these are done and remove from oven after 11 minutes. Otherwise you may end up with rock cookies.*



11 Uses For Gland Oil/Salve



Gland Oil was made by Dr. Michael E. James for his wife's case of Lupus Erythematic Nodosum. A few years later he made it in to a salve to be used on children as the concentrate was much to brisk. Through the years we have found that there are several uses for the oil/salve. Here are a few examples

- Boils
- Bruises
- Ear Aches
- Glandular swelling
- Growths (external)
- Headaches
- Insect bites
- Painful muscles
- Pimples
- Sore throats (external)
- Swelling
- Athletes foot
- Lupus
- Yeast infections

Do not get in eyes. Keep in cool place out of the direct sun light. Keep out of reach of children. If irritation to skin occurs dilute with cold pressed oil and try again. The toxins in the body were being released to fast.

Yeast infection

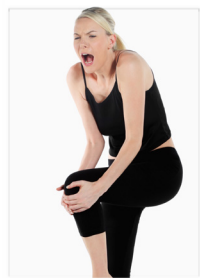
Use Gland salve as a vaginal lubricant as often as possible. If you are sexually active your partner can reinfect you so apply salve to him also.



Boils

Apply full strength Gland Oil concentrate directly on the boil. Repeat often. This will help bring it to a head.

11 Uses For Gland Oil/Salve



Bruises

Place contents of Gland Oil vial in 4 ounces of good cold pressed oil like almond or some other oil you purchased at the health food store. Put this mixture in a spray bottle to apply to problem area. After it has been covered by this mixture rub in. Repeat this process 2 or 3 times a day until problem is solved.

Ear Aches

Put 10 drops of Gland oil in 1/2 ounce of good cold pressed oil. Put 5 or 6 drops of mixture in ear. Place a cotton ball in the ear to keep the oil in. Repeat this process at least once a day or more.



Glandular swelling

Use Gland oil by removing the lid, placing your fingertip over the top, then turning the vial over to get the concentrate on your fingertip. Use this little amount and rub it on the affected parts of the throat or other glandular swelling. Repeat this process until all the irritated area is covered. Apply to glands at least 2 times a day.

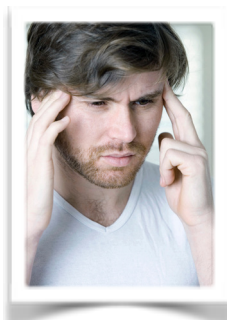
Growths (external)

Use Gland oil concentrate by removing the lid, placing your fingertip over the top, then turning the vial over to get the concentrate on your fingertip. Use this little amount and rub it on the affected parts. Repeat this process until all the irritated area is covered. Apply to external growths at least 2 times a day. Cover with large bandage.

11 Uses For Gland Oil/Salve

Headaches

Use Gland oil concentrate by removing the lid, placing your fingertip over the top, then turning the vial over to get the concentrate on your fingertip. Use this little amount and rub on temples, forehead and across the sinuses. Apply at least 2 or more times a day.

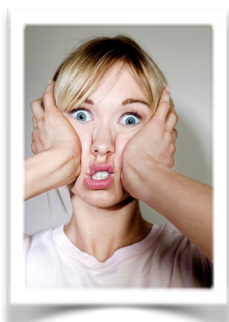
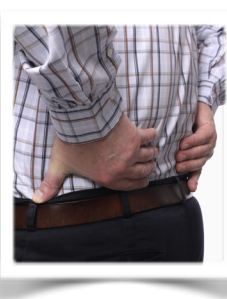


Insect bites

Apply directly on the bite and red area, full strength. Repeat often.

Painful muscles

Place contents of Gland Oil vial in 4 ounces of good cold pressed oil like almond or some other oil you purchased at the health food store. Put this mixture in a spray bottle to apply to problem area. After it has been covered by this mixture rub it in. Repeat this process 2 or 3 times a day until problem is solved.



Pimples

Apply full strength Gland Oil directly on the pimple. Repeat often as this will help bring it to a head.

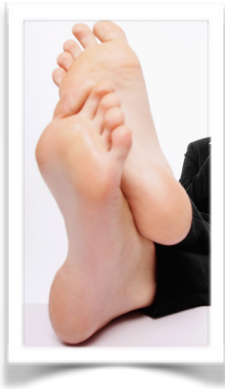
Sore throats

Place contents of Gland Oil vial in 4 ounces of good cold pressed oil like almond or some other oil you purchased at the health food store. Apply externally to jaw line and upper chest. After it has been covered by this mixture rub it in Repeat this process 2 or 3 times a day until problem is solved.

11 Uses For Gland Oil/Salve

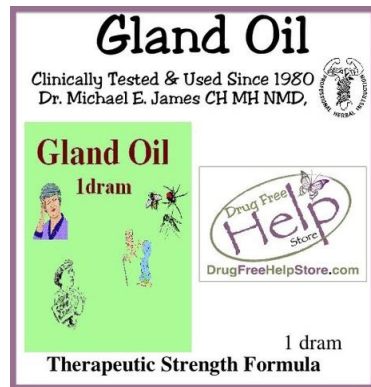
Swelling

Place contents of Gland Oil vial in 4 ounces of good cold pressed oil like almond or some other oil you purchased at the health food store. Put this mixture in a spray bottle to apply to problem. After it has been covered by this mixture rub it in. Repeat this process 2 or 3 times a day until problem is solved.



Athletes foot

Use Gland Oil, by removing the lid, placing your fingertip over the top, then turning the vial over to get the concentrate on your fingertip. Use this little amount and rub it on the affected parts of the foot. Repeat this process until all of the irritated area is covered. Try to avoid cracked and bleeding areas. Oil will sting if applied to an open wound or cut. Apply to foot at least 2 times a day.



Do not get in eyes. Keep in cool place out of the direct sun light. Keep out of reach of children. If irritation to skin occurs dilute with cold pressed oil and try again. The toxins in the body were being released to fast.

Coconut Cream Pie

Submitted by: E. Nielson

Ingredients:

1/2 cup sugar
1/4 cup cornstarch
2 cups half-and-half
4 egg yolks
3 tbsp. butter
1 cup sweetened flaked coconut
2 tsp. vanilla extract, divided
1 cups whipping cream
3 tbsp. sugar
Garnish: toasted coconut



Fit 1 piecrust into a 9-inch pie plate according to package directions; fold edges under, and crimp. Prick bottom and sides of piecrust with a fork. Bake according to package directions for a one-crust pie. sometimes I do [Almond Pie Crust](#).



Combine

1/2 cup sugar and cornstarch in a heavy saucepan. Whisk together half-and-half and egg yolks. Gradually whisk egg mixture into sugar mixture; bring to a boil over medium heat, whisking constantly. Boil 1 minute; remove from heat.



Stir:

Stir in butter, 1 cup coconut, and 1 teaspoon vanilla. Cover with plastic wrap, placing plastic wrap directly on filling in pan; let stand 30 minutes. Spoon custard mixture into prepared crust, cover and chill 30 minutes or until set.



whipping cream:

Beat whipping cream, sugar and vanilla at high speed with an electric mixer until soft peaks form. Spread or pipe whipped cream over pie filling. Garnish, if desired.

Green Bean Casserole

Submitted by: E. Nielson

Ingredients:

Oven "Fried" Onions

- 1 large onion
- 1/3 cup flour
- 1/2 cup Panko-style bread crumbs
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large egg
- 1 tbsp milk



Green Bean Casserole

- 1 tbsp salt or to taste
- 1 lb fresh green beans, rinse, trimmed and in thirds
- 2 tbsp butter
- 8 oz mushrooms, sliced
- 1/2 tsp pepper or to taste
- 2 cloves garlic, minced
- 3 tbsp flour
- 3/4 cup chicken or vegetable broth
- 1 1/4 cups half&half



Onions:

Thinly slice the onion.



Breading:

Pour flour, Panko, salt, pepper into a medium bowl. Mix well!



Blend it:

Mix the egg and milk together in another small bowl. Mix egg mixture with onions. Place onions onto grease baking sheet.

Green Bean Casserole



Sprinkle:

About a 1/3 of the breading mix over onions. Bake onions until golden brown, about 25 minutes stirring about every 5-8 minutes during this time. Set them aside. Reduce oven to 400°



Green beans::

While onions are baking, bring a gallon of water to a boil in a large saucepan. Add the beans and blanch for 5 minutes. Drain and place into a large casserole dish



Over high heat:

Melt butter in a large skillet. Add the mushrooms, 1 teaspoon salt, and the pepper. Cook, stir occasionally, until the mushrooms begin to give off some of their moisture (about 5 minutes).



Mix it:

Add the garlic, stir, and cook for another 2 minutes. Sprinkle the flour on top and stir until combined. The flour will soak up all the moisture.



Simmer:

Add chicken broth and simmer for 3 minutes. Decrease heat to medium-low and add half&half. Stir occasionally, cook until the mixture is thick about 10 - 15 minutes



Mix it:

Remove from heat, add 1/2 of onions, and pour over green beans. Mix well. Top with remaining onions and bake until bubbly, about 10-15 minutes.



Scott James C.H. P.H.I.

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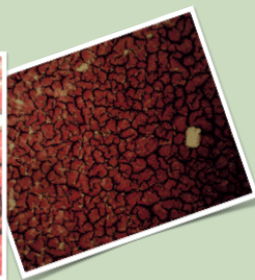
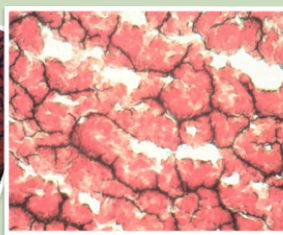
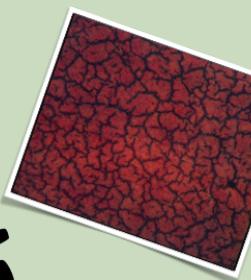
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