

## Miracle Boule - Artisan Loaf

### Ingredients:

- 3 cups all-purpose flour, plus more as needed  
(You can use all white flour or 2 cups white and 1 cup wheat for wheat bread.)
- 1-1/4 teaspoons salt
- 1/4 teaspoon instant yeast
- 1/2 cup oats or multi grain cereal (optional)
- 1-1/2 cup water
- Cornmeal, wheat bran or extra flour, as needed

### Directions:

1. Mix the flour, salt and yeast in a bowl.
2. (Optional) You may add 1/2 cup of oats or multi-grain cereal at this stage.
3. Stir in 1-1/2 cups of warm water to mix. You'll get a wet, shaggy, sticky dough, but not so wet as to be batter.
4. Cover the bowl with a tea towel and let it rest in a warm place for at least 12 hours and up to 24 hours.
5. Place a good amount of flour on a work surface and dump the dough out onto it. Sprinkle over a little flour and fold it once or twice. (If the dough is too wet, you can add more flour.) Cover with the tea towel and let rest 15 minutes.
6. Shape the dough into a ball by stretching the surface of the dough on all sides toward the bottom where they bunch together.
7. Put the ball of dough onto a piece of parchment paper sprinkled with cornmeal, wheat bran or extra flour. Dust the top with a good amount of flour so the dough doesn't stick to the towel. Cover with the tea towel and let rise for about 2 hours. When ready the dough will approximately double in size. (If the room is warm, you may need a much shorter rise time. If the dough starts to flatten out, it is done.)
8. Thirty minutes or so before the dough is ready, preheat the oven to 450 degrees.
9. Just before baking, slice an X on the top of the loaf with a very sharp knife or razor blade.
10. The dough can be cooked inside a cast iron frying pan or Dutch oven or on a pizza stone.
11. Immediately after you put the dough in the oven to bake, put a couple cups of ice in the bottom of the oven to create steam. (Be very careful not to burn yourself.) Shut the oven and don't open it for at least 30 minutes.
12. Bake the bread for a total of 45-60 minutes or until it is nicely brown.
13. Take out and cool (and do your best not to cut the bread until it is cooled!)

## Pizza dough

### Ingredients:

- 1/2 cup warm water (at least 105 degrees)
- 1 envelope active dry yeast
- 1-1/4 cup water, room temperature
- 2 tablespoons olive oil
- 4 cups bread flour (You can also use regular white flour or 3 cups of white and 1 cup of wheat flour.)
- 1-1/2 teaspoons salt

### Directions:

1. Sprinkle yeast into warm water. Let sit 5 minutes or so until yeast dissolves and swells. Mix in oil and room temperature water.
2. Mix flour and salt in a large bowl. Gradually add yeast and water mixture. Mix until smooth. (You can use a food processor or a large wooden spoon.)
3. Knead dough for 8-10 minutes or until smooth.
4. Put dough in an oiled bowl, cover, and let rise until doubled in size (2 hours or less, especially if it is warm).
5. Punch dough down. Divide as necessary. (Dough can also be frozen at this point. Let come to room temperature before rolling out.) Roll out into a pizza.

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## Pizza toppings

Sauce: You can use a standard marinara sauce, a white béchamel sauce (perhaps mixed with pesto or parmesan cheese), pesto, black olive or tomato tapenade, or just olive oil.

### Toppings:

Standard pizza toppings include veggies, sausage, pepperoni, and cheese (typically mozzarella, but consider other choices like gouda, brie, or goat cheese.)

Some other interesting variations include:

- Potato pizza – Brush the crust with olive oil (no other sauce) and then layer on very thinly sliced potatoes and sautéed onions (optional). Drizzle with olive oil, and sprinkle on salt, pepper, and rosemary (optional).
- Apple cheddar -- Brush the crust with olive oil (no other sauce) and then layer on sliced apples. Sprinkle on shredded cheddar cheese.
- Salad pizza – Choose a light sauce (or even just olive oil) and optionally, include a light layer of cheese. After the pizza is baked, heap on salad greens. Baby greens or arugula are particularly nice.
- Breakfast pizza – Cream cheese, scrambled eggs and thin sliced fresh tomatoes. Yum!

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## Baking

When you are ready to bake your pizza, preheat the oven to 450 degrees. You can bake the pizza on a stone, a pizza pan, or a cookie sheet. At this temperature, the pizza will cook quickly so keep an eye on it!

**Recommended Asian Grocery Stores:**

Lee Lee International Supermarkets  
1990 W Orange Grove Rd (at La Cholla)  
Tucson, AZ

B&S Oriental Market  
325 W Fry Blvd Ste 13  
Sierra Vista, AZ

## Spring Rolls

Dip spring roll wrappers in hot water 30 seconds or so until soft. Roll with fillings and serve with dipping sauces.

Be creative!

### Fillings:

- Pan fried tofu
- Chicken
- Shrimp
- Salmon
- Vermicelli or soba noodles
- Rice
- Sliced avocado
- Slivered carrots
- Slivered cucumbers
- Shredded cabbage
- Cilantro
- Chopped cashews
- Sliced green onions
- Sesame seeds

### Sauces:

- Peanut sauce (see peanut noodle salad)
- Soy sauce with rice vinegar
  - sesame oil
  - ginger
  - wasabi
  - green onions
  - sesame seeds
- Chili sauce (rice wine vinegar, fish sauce, honey or sugar dissolved in hot water), lime juice, minced garlic, red chili flakes or paste such as sriracha)

## Spicy (or not!) Peanut Noodle Salad

### Ingredients:

- Noodles (rice noodles or soba noodles work well)
- Chicken or tofu
- Garlic
- Peanut butter
- Soy sauce or tamari
- Red pepper flakes
- Cucumbers
- Chopped peanuts
- Cilantro (optional)

### Directions:

1. Precook noodles. (Don't overcook.) Drain and rinse well in cold water.
2. In a sauté pan, sauté minced garlic in oil.
3. Add red pepper flakes. (You can also use chili oil.)
4. Over low heat, add peanut butter (approximately ½ cup for one package of noodles).
5. When peanut butter begins to melt, whisk in soy sauce (approximately ¼ cup for one package of noodles).
6. Whisk in a little water until the sauce is the consistency of a sauce.
7. Stir sauce into noodles.
8. Mix in sautéed chicken or tofu.
9. Before serving, top with slivered cucumbers, chopped peanuts, and cilantro (optional).

Salad can be served slightly warm or cold.

## Goat's Milk Pie Crust

*This recipe makes 5 pie crusts. It's easy to make, and the dough will stay flaky and nice no matter how much you handle it. After making the dough, you can freeze it for later use.*

### Ingredients:

- 4 cups unsifted flour (You can use all white flour or half white and half wheat flour.)
- 1 tablespoon honey
- 2 teaspoons salt
- 1 3/4 cups shortening (I use butter.)
- 1 tablespoon white or cider vinegar
- 1 large egg
- 1/2 cup goat milk (You can also use regular milk.)

### Directions:

1. Mix the flour and salt together in a large bowl.
2. Add shortening and cut in until ingredients are crumbly.
3. In another small bowl, beat together milk, vinegar, honey, and egg.
4. Combine the two mixtures and stir with a fork until all ingredients are moistened.
5. Divide the resulting dough into 5 balls.
6. From here, you can freeze the balls of dough, refrigerate them, or roll them out into pie crusts. If you freeze or refrigerate, let the dough come up to room temperature before rolling it out.

## Quiche

### Ingredients:

- One pie crust
- Milk (see below)
- Eggs (see below)
- Salt, pepper, nutmeg (optional)
- Other fillings (see below)

### Milk and eggs:

In general, use ½ cup milk for every 2 eggs.

The total amount you need will depend on the size of the quiche and the amount of filling. For a small, 6" quiche, use approximately ½ cup of milk and 2 eggs. For an 8-9" pie-sized quiche, use approximately 1-1/2 cups of milk with 6 eggs.

### Variations:

- Use half-and-half instead of milk for a richer, more custardy quiche.
- Use slightly more milk for a lighter, fluffier quiche.

### Other fillings:

- Vegetables (After cooking, make sure to drain or squeeze out extra water.)
  - Spinach (sautéed or fresh)
  - Broccoli (steamed or fresh)
  - Cauliflower (parboiled)
  - Zucchini (sautéed – especially good with sun dried tomatoes, onions, and basil)
  - Onions (sautéed)
  - Garlic
- Meats (cook first)
- Cheese
  - Cheddar, parmesan, goat

### Directions:

1. Roll out pie crust and put in a pie tin.
2. Prepare fillings and place in pie shell.
3. Sprinkle most of cheese over the other fillings. (Reserve a small amount to sprinkle on top.)
4. Whisk eggs and milk well. (You shouldn't see any separation of egg yellows or whites.) Add salt, pepper, and nutmeg if desired.
5. Pour mixture into pie shell. Liquid should fill the shell about 2/3 of the way. (The mixture will expand so you may want to put the pie pan on a cookie sheet in case it overflows.)
6. Preheat oven and bake at 375 degrees. Cooking time will vary depending on the fillings, but will take approximately 35-45 minutes. You can tell the quiche is done when the filling is set (not jiggly) and the top is lightly browned.