

Food Gifts From The Kitchen

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Sift flour and salt together into a bowl. Make a well in center of flour mixture and add eggs; blend thoroughly. Knead dough on a floured surface, cover, and let stand 30 minutes. Roll to about 1/8-inch thickness. Turn dough over and continue rolling until paper-thin. Allow dough to partially dry, about one hour. Cut dough into lengthwise strips 2 1/2 inches wide and stack on top of each other. Slice into short strips 1/8 inch wide. Separate noodles and allow to dry thoroughly. (Noodles can be stored in refrigerator in a tightly covered container if not cooked immediately.) Yields 2 cups noodles.

To store noodles: The egg noodles should be stored in the freezer. Eggs can potentially cause food poisoning so it is best to either freeze the freshly made noodles or dry them and then freeze. Store in the freezer for up to two months.

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FRIENDSHIP SOUP

- 1/2 cup dry split peas
- 1/2 cup beef bouillon granules
- 1/4 cup pearl barley
- 1/2 cup dry lentils
- 1/4 cup dried minced onion

- 2 teaspoons Italian seasoning
- 1/2 cup uncooked long grain rice
- 1/2 cup alphabet macaroni or other small macaroni (can be put in a plastic sandwich bag to make it easier for the recipient to get out of jar).

Additional Ingredients:

- 1 pound ground beef
- 3 quarts water
- 1 can (28 ounces) diced tomatoes, undrained

In a 1 1/2 pint jar, layer the first eight ingredients in the order listed. Seal tightly. Yields 1 batch.

Gift Card for Friendship Soup Mix

To prepare soup: Carefully remove macaroni from top of jar and set aside. In a large saucepan or Dutch oven, brown beef, drain. Add the water, tomatoes and soup mix, bring to a boil. Reduce heat, cover and simmer for 45 minutes. Add reserved macaroni, cover and simmer for 15 to 20 minutes or until macaroni, peas, lentils, and barley are tender. Yield: 16 servings (4 quarts).

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STRIPED LENTIL SOUP MIX

- 1/2 cup brown lentils
- 1/2 cup red lentils

- 1 cup split peas, divided
 - Seasoning packet:
 - 1 teaspoon dried minced garlic
 - 1/2 teaspoon garlic powder
 - 1 tablespoon dried parsley flakes
 - 1/2 teaspoon salt
 - 1 teaspoon pepper
 - 1/2-1 teaspoon sage (optional)
- Place 1/2 cup split peas into a wide mouth pint canning jar. Top with 1/2 cup lentils. Follow with remaining 1/2 cup of split peas and remaining lentils.

Mix seasoning ingredients in small bowl. Place in sandwich bag and tie seasoning into a corner of bag with a piece of ribbon. Attach seasoning packet to a decorated jar lid.

This recipe calls for 1 cup split peas and 1 cup lentils. If you can find several colors, divide the lentils to make the soup more colorful. If not, just use green split peas and brown lentils. Check at large grocery stores and specialty stores for colored split peas and lentils.

Gift Card for Striped Lentil Soup

Empty jar into a colander, pick over peas and rinse well. Place in large pan and over with seven cups of water. Add one chopped medium onion, and seasoning. Bring to a boil. Lower heat, cover and simmer one hour, stirring occasionally. For a thicker soup remove lid for last 15 minutes. To perk up the soup add one pound chopped ham or smoked turkey.

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SPLIT PEA

- TORTELLINI SOUP
- 3 ounces dried cheese-filled tortellini (2/3 cup)
- 1/4 cup snipped dried toma-

- toes
- 1/2 cup dried split green peas
- 1/2 cup dried vegetable flakes
- 1 tablespoon instant chicken bouillon granules
- 1 tablespoon dried minced onion
- 1 1/2 teaspoons dried basil, crushed
- 1 1/2 teaspoons dried thyme, crushed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground pepper

Packing directions:
Layer ingredients in a clean one-pint glass canning jar in the following order (from bottom to top): tortellini, dried tomatoes, split peas, vegetable flakes and remaining seasonings. Cover jar and attach gift tag with directions for cooking.

Gift Card for Split Pea Tortellini Soup

Empty jar ingredients into a three-quart saucepan. Add 5 cups water. Bring mixture to boiling. Reduce heat; cover and simmer 50 minutes or until peas are tender. (Option: add 1 cup chopped cooked ham or sausage.) Makes 4 servings.

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BEAN SOUP GIFT BAG

- 1/2 cup red beans
- 1/2 cup lentils
- 1/2 cup white navy beans
- 1/2 cup red beans
- 1/2 cup lentils
- 1/2 cup split green peas
- 1/2 cup white navy beans
- 1/2 cup red beans
- 1 cup brown rice
- 1 teaspoon black pepper
- 1 tablespoon dried crushed basil leaves
- 1/2 teaspoon garlic powder

- 1/2 teaspoon ground ginger
 - 1/2 teaspoon cumin
 - 1 bay leaf
 - 1/2 cup instant minced onion
- Layer ingredients in a quart jar. Put rice and spices in a separate bag.

Gift Card for Bean and Rice Soup

To prepare soup: Rinse beans. In a large pot combine beans with nine cups of water. Bring to a boil for five minutes. Remove from heat and soak overnight. Drain and rinse. Combine beans with 12 cups of chicken broth, rice, onion and spices. Bring to boil, reduce heat, cover and simmer three hours or until beans are tender. Add water as needed so the beans are well covered. Remove bay leaf before serving.

Optional: Add a ham hock if desired.

Nancy Wiker
Lancaster Co.
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