

Whole Wheat Banana Nut Bread

- 1/3 cup vegetable oil
- 1/2 cup honey
- 1 tsp vanilla extract
- 2 eggs
- 1 cup mashed bananas
- 1 3/4 C whole wheat flour
- 1/2 tsp salt
- 1 tsp baking soda
- 1/4 cup hot water
- 1/2 cup chopped walnuts

Preheat oven to 325° F (165° C).

In a large bowl, beat oil and honey together. Add eggs, and mix well. Stir in bananas and vanilla. Stir in flour and salt. Add baking soda to hot water, stir to mix, and then add to batter. Blend in chopped nuts. Spread batter into a greased 9x5 inch loaf pan.

Bake for 55 to 60 minutes. Cool on wire rack for 1/2 hour before slicing.

— Honeysuckle Hollow



Sweet Heart Rib Eye Steak

Serves 4

- 3 large onions, cut into 1/4 inch thick slices
- 2 T honey
- 1/2 tsp salt
- 1/2 tsp ground mustard
- 1/2 tsp paprika
- 1/2 tsp pepper
- 4 Beef Rib Eye Steaks
- Additional salt and pepper

Place onions in the center of a piece of heavy duty foil. Cover with honey; sprinkle the salt, mustard, paprika and pepper. Fold foil over onions and seal tightly. Season steaks with additional salt and pepper.

Grill onions and steaks, covered over medium heat. Grill onions for a 10-12 minutes on each side or until tender.

Grill steak for 7-10 minutes on each side, or until it reaches desired doneness. When you turn the steak DO NOT use a fork. Use tongs, the puncture holes let the seal juices drip out. Let steak stand for 3-5 minutes. Serve with onions.

— G-J ALL NATURAL BEEF



Aunt Linda's Italian Soup

- 1 lb Downing Family Farm Medium Sausage
- 1 med onion diced
- 2 cups beef broth
- 2 cups diced tomato with garlic, basil, and oregano
- 1 can Garbanzo Beans
- 2 cups water
- 4-5 yellow squash sliced
- 1 tsp basil

Brown the Downing Family Farm Medium Sausage with the diced onion.

In a large stock pot, combine sausage and remaining ingredients other than squash. Bring to a boil, then turn down to simmer for 30 minutes. Add squash and simmer until tender. Serve with a bit of coarsely graded parmesan.

— Downing Family Farm



BBQ Butterflied Leg of Lamb

Serves 8

- 1 leg of Lamb, thawed and butterflied*, 4-5lb
- 1 tbsp grated orange rind
- 1/2 cup orange juice
- 1/2 cup dry white wine
- 1/4 cup soy sauce
- 1 tbsp grated ginger root or 1 tsp ground ginger
- 1 tsp dried thyme leaves
- 1/4 tsp pepper

Combine orange rind and juice, wine, soy sauce, gingerroot, thyme and pepper. Pour over lamb in large shallow glass or enamel pan. Cover and refrigerate overnight, turning occasionally. Drain lamb, reserving marinade. Barbecue on lightly greased grill at medium heat. Turn lamb occasionally, basting with reserved marinade. Cook for about 1 hour or until well browned but still pink in the centre. Slice thinly and serve immediately.

*Butterflied leg of lamb: Remove bone, spread flat. Cooks quickly and slices easily.

— Anichini-Moore Ranch & Farm

