

Sauce for Meat or Vegetables

Deglaze the roasting pan with broth or bring 1/2 cup of broth to a simmer.

Add: 2 Tablespoons of The Prairie Gypsies Apricot Mustard

1/2 - 3/4 cup of The Prairie Gypsies White Queso

Stir until blended.

Serve warm over grilled or roasted chicken, beef or buffalo; steamed or roasted vegetables.



– The Prairie Gypsies

* B. J. made this sauce for sautéed asparagus, but try it with any roasted meat or roasted vegetables – the sauce is fabulous!

Wild Rice and Mushroom Soup

8 oz fresh mushrooms, sliced

2 green onions, sliced

3 T. butter

1/4 cup flour

2 (15 oz) cans chicken broth

1/2 cup wild rice or long grain and wild rice mix, cooked

1 cup whipping cream

2 tsp sherry

salt and pepper to taste



Sauté the mushrooms and green onions in the butter in a saucepan until tender. Stir in the flour. Add the broth gradually, stirring constantly. Bring to a boil; reduce heat.

Stir in the wild rice, whipping cream, sherry, salt and pepper. Simmer just until heated through, stirring frequently. Ladle into soup bowls.

Serves 4

– Mushroom Planet

Cream of Bulgar Stove-top Pudding

1 cup water

2/3 cup dried fruit (raisins, cranberries, whatever you like, if you use large dried fruit, chop it first into smaller pieces)

1/2 cup cream of bulgar

2 cups milk, divided 1-1/2 C. and 1/2 C.

2 eggs

1 tsp. cinnamon

1 T. butter

1 tsp. vanilla

honey

Put 1 cup water in saucepan, add dried fruit, simmer until fruit is plumped (about 5 minutes). Add 1-1/2 cups milk, honey, and 1/2 cup Cream of Bulgar. Simmer until done, about 5 minutes. Break 2 eggs into 1/2 cup milk, beat. Spoon some of the Cream of Bulgar mixture into the egg/milk to temper, then add the eggs/milk to the saucepan of bulgar and mix. Continue to cook until very creamy (2-3 more minutes).

Remove from heat, add 1 tablespoon of butter, 1 teaspoon vanilla, 1 teaspoon cinnamon. This is a tasty and nutritious comfort food. Serves two adults.

— Bob Waldrop, PRAIRIE ROSE PERMACULTURE



Chocolate Facial Mask

1/3 cup cocoa

3 tablespoon heavy cream

2 tablespoon cottage cheese

1/4 cup honey

3 tablespoon oatmeal powder

Mix ingredients together; smooth onto face. Relax for 10 minutes; rinse with warm water. This delicious sounding mask is really an excellent moisturizer and leaves your skin baby soft.

– Rowdy Stickhorse

