



Mariposa READ
(Read, Enjoy, And Discover)
Thursday, June 23, 2022 at 7:30 PM
Sunday, June 26, 2022 at 2:30 PM

Recipes - Pancakes, Chili, & Cole Slaw

To listen, tune in to KRYZ Radio or log onto www.kryzradio.org
For Transcripts:

- Go to the event on our Facebook Page: Mariposa Adult & Family Literacy
- Go to our website: www.mariposalibrary.org under the Adult Literacy tab, Mariposa READ
- Pick up a print copy from the Adult Literacy cart in front of the Mariposa Library, M-F, 9-4



209 966 2140

Recipes – Pancakes, Chili, and Cole Slaw

Pancakes Recipe

Ingredients

- 2 Cups all-purpose flour (for healthier pancakes you may use 1 Cup of whole wheat flour and 1 Cup of white)
- 3 Tablespoons granulated white sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 large egg
- 2 Cups buttermilk
- 2 Tablespoons melted butter or vegetable oil
- 1 ½ teaspoons vanilla extract (optional)

Directions

1. In a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.
2. In a separate bowl or large measuring cup, whisk together the egg, buttermilk, butter or oil, and vanilla.
3. Pour the wet ingredients into the dry ingredients, stirring to combine. Stir until the mixture is fairly smooth; some small lumps are OK.
4. Allow the batter to rest, uncovered, for 15 minutes.

5. While the batter is resting, heat a large skillet over medium heat or preheat a griddle to 350°F, until the surface is hot enough for a droplet of water to skitter across it. Lightly grease the pan with butter or vegetable oil.
6. Spoon the batter, 1/4 cup at a time, onto the hot surface. A measuring cup or a ladle works well for this.
7. Cook pancakes on the first side until bubbles that form on the tops stop popping, and the bottoms are brown, about 1 to 2 minutes. Flip and cook until the bottoms are brown, 1 to 2 minutes longer.
8. Serve immediately or hold briefly in a warm oven. (Optional) Top with butter or margarine, maple syrup, peanut butter, Nutella, your favorite jam, jelly, or marmalade, nuts, caramel, whipped cream, etc.
9. Leftover pancakes can be frozen the same day they're made and reheated in a 250°F oven.

Pancake Making Tips

To make extra-fluffy pancakes: Mix the batter as directed but separate the egg. Add the yolk to the buttermilk, butter, and vanilla; reserve the white. While the batter is resting, add an additional egg white to the reserved white, and whip the two until medium to stiff peaks form. Fold the whipped egg whites into the batter just before portioning onto a hot griddle.

You may like to add blueberries, strawberries, or chocolate chips to your batter before cooking. Add any extras after you have stirred the batter but be sure not to over-mix.

If you do not have buttermilk on hand, you can make your own substitute by measuring the 2 Cups of milk and adding either 2 Tablespoons of white vinegar, OR 2 Tablespoons of lemon juice, OR 3 ¼ teaspoons of cream of tartar. You could also substitute plain yogurt or kefir for the buttermilk.

Chili Recipe

Ingredients

- 1 Tablespoon olive oil
- 1 medium yellow onion, diced
- 1 pound lean ground beef
- 2 ½ Tablespoons chili powder
- 2 Tablespoons ground cumin
- 2 Tablespoons ground sugar
- 2 tablespoons tomato paste
- 1 Tablespoon garlic powder or 12 cloves of fresh garlic
- 1 ½ teaspoons salt

½ teaspoon ground black pepper
¼ teaspoon ground cayenne pepper (optional)
1 ½ Cups beef broth
1 (15 oz.) can petite diced tomatoes
1 (16 oz.) can red kidney beans, drained and rinsed
1 (8 oz.) can tomato sauce

Directions

1. Put the olive oil into a large soup pot and place it over medium-high heat for two minutes. Add the onion and cook for five minutes, stirring occasionally. Onions should become transparent.
2. Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for six to seven minutes, until the beef is browned, stirring occasionally.
3. Add the chili powder, cumin, sugar, tomato paste, garlic or garlic powder, salt, pepper, and cayenne (optional). Stir until well combined.
4. Add the broth, diced tomatoes (with their juice), beans, and tomato sauce. Stir well.
5. Bring the liquid to a boil and reduce the heat to low. Gently simmer, uncovered for twenty to twenty-five minutes, stirring occasionally.
6. Remove the pot from the heat. Let the chili rest for five to ten minutes before serving

Optional Toppings

- shredded cheese such as cheddar, jack, or Colby jack
- sour cream
- sliced green onions
- crackers such as saltines, oyster crackers, cheese nips, etc.
- diced avocado
- chopped parsley or cilantro
- croutons
- crumbled cornbread

Cole Slaw Recipe

Ingredients

6 Cups shredded cabbage. You could use a pre-shredded mix from a bag or use green cabbage or a mix of green and red cabbage.
1 Cup shredded carrot
1 Cup mayonnaise (optional for healthier cole slaw, substitute ½ Cup of plain Greek yogurt for ½ Cup of the mayonnaise)

¼ Cup white vinegar (you may use apple cider vinegar or white wine vinegar)
¼ Cup granulated sugar
1 teaspoon celery seed
¼ teaspoon dry mustard
¼ teaspoon kosher salt (you may use sea salt or table salt)
Pepper to taste (optional)

Directions

1. In a large bowl combine the cabbage and carrots.
2. In a smaller bowl make the dressing by combining the remaining ingredients.
3. Toss the dressing into the cabbage mixture and fold over with a rubber spatula until completely coated.
4. Refrigerate for two hours or overnight. This allows the cabbage to soften slightly to make it the perfect texture.
5. Serve and enjoy!

Optional Mix-Ins

- Sliced almonds, Cashews, or Sunflower Seeds
- Cranberries
- Poppyseeds
- Pineapple
- Hawaiian Pork
- Garlic Powder, Onion Powder, or any of your favorite spices
- Minced Onions

Optional Variations

- Red Slaw – substitute ketchup for the mayo and add in a couple of shakes of your favorite hot sauce. This slaw is a favorite in North Carolina.
- Mustard Slaw – add equal amounts of yellow mustard, vinegar, sugar, and mayo. For an extra kick, add a couple of shakes of your favorite hot sauce.
- Tangy Apple Slaw – mix two shredded granny smith apples into the cabbage and carrot mix and substitute sour cream for half of the mayo and honey for half of the sugar. Replace the celery seeds with poppy seeds.
- Jalapeño Slaw – mix a whole, seeded jalapeño pepper to the cabbage and carrot mix, substitute sour cream for half of the mayo and lime juice for half of the vinegar. Add 3 cloves of garlic (chopped), 3 Tablespoons of cilantro (finely chopped), and ½ teaspoon of ground cumin for a great Southwest flavor.