

Low Protein Cooking Workshop

November 7, 2009



Bread Stuffing

From the kitchen of Jennifer Frommer

This recipe has become a holiday tradition for Leah. She absolutely loves this and it is easy to make. Each time I make it I reweigh the ingredients, but here are the general amounts that I use each time as a reference.

1½ cups (210 grams) cubed low protein bread. (I have found the Cambrooke Foods Artisan Bread to be the best choice for this recipe)

1½ T. (60-90 grams-based upon preference) diced celery

1½ T. (65-90 grams-based upon preference) chopped onions

6 T. Parkay

½ tsp. poultry seasoning

2 pkgs. George Washington's Golden Seasoning

Salt & pepper to taste

½ c. Coffee Rich (liquid) (120 grams)

Sauté onions and celery in butter until soft. Add seasonings and Coffee Rich to vegetables. Pour over bread cubes and toss lightly. Bake at 350° in a covered casserole dish for 30 minutes.

Weigh total then divide total phe by total weight for your per gram phe value. This recipe usually averages between .36 and .40 per gram. This dish reheats well with a little splash of water or Coffee Rich to help it stay moist.

*Total protein for recipe: 2.46 g
(using 75 g celery & 80 g onion)

Taste Connections Bread

From the kitchen of Christy Reeves

Ingredients:

1 1/4 cup warm water
1 tbsp brown sugar
1 tbsp dark corn syrup
1/4 tsp molasses
7g active dry yeast
350g Taste Connections bread mix
1 tbsp oil (veg, canola, or olive)

- 1) In a small prep bowl, add the yeast, brown sugar, corn syrup, and molasses. Add 1/4 cup of warm water, mix, then cover with paper towel and let sit for 5 min to activate the yeast. Then add the other cup of warm water.
 - 2) In a large bowl, combine bread mix, oil, and frothy yeast mixture. Mix until well incorporated--mixture should be too sticky to handle. If not, add a little more water.
 - 3) Cover the bowl tightly with saran wrap for 20 min in a warm place
 - 4) Transfer dough to a greased bread pan and cover loosely. Let the dough continue to rise an additional 20-30 min.
 - 5) Brush the top of the risen loaf with butter and bake for 20-25 min at 375 deg F
 - 6) Remove from loaf pan, cover with a cloth towel, and leave to cool completely.
 - 7) For best results, cut with an electric knife.
- Can be frozen for longer storage.

Total recipe has 200 mg phe; 3.14 grams protein
yield: 20 slices
10 mg phe per slice; 0.16 gram protien/slice

Pumpkin Mousse

From the kitchen of Christy Reeves

1 small box vanilla instant pudding (8 mg phe)
2 tbsp brown sugar
2 tsp pumpkin pie spice (6 mg phe)
125g Rich's Coffee Rich (~1/2 cup) (25 mg phe)
415g (15oz. can) canned pumpkin (145.25 mg phe)
70g Coolwhip (~1 cup) (52.5 mg phe)

Directions:

Place all of the dry ingredients in a mixing bowl. Add in the Coffee Rich and mix with an electric mixer until the batter is smooth. Add in the canned pumpkin and mix again until well incorporated. Fold in the Coolwhip and chill for several hours before serving.

Total Recipe: 236.75 mg phe; 6.49 g protein; 962 kcal
yield: 3 1/4 cups
18 mg phe and 0.5 g protein per 1/4 cup serving

Apple Streusel Muffins

From the kitchen of Cara Shouse

1 1/4 cups wheat starch
3/4 c. sugar
1/4 tsp. salt
1/2 tsp. baking soda
1 1/2 tsp Ener-G foods egg replacer
1/4 tsp. cinnamon
1/8 tsp. ginger
1/8 tsp nutmeg
1/4 cup vegetable oil
2 tbsp water
1/2 c. shredded apples
1/2 c. can pumpkin

Combine first 9 ingredients. In another bowl combine oil, water, apples and pumpkin. Add liquid ingredients to the dry ingredients and stir until moistened. Spoon batter into greased or paper-lined muffin pans.

Streusel topping:

1 tbsp wheat starch
2 tbsp sugar
1/4 tsp. cinnamon
2 ~~tbsp~~ ^{tsp} butter, softened (don't melt)

Combine ingredients in a small bowl. Mix until crumbly. Spoon over batter in muffin pans. Bake at 350 for 25-30 min. Makes 12 muffins

Per muffin Phe 5.5
 Leucine 9
 Protein .1g
 Calories 161

Per recipe
Phe 65
Leucine 109g
Protein 1.6 g
Calories 1937

Macaroni and Cheese

From the kitchen of Cara Shouse

120 g (~1 cup) Dietary Specialties Elbow noodles

16 g (~ 1 $\frac{3}{4}$ Tablespoon) Cambrooke Shake Cheese

1/2 cup Rich's coffee Rich

1 tbsp Parkay

salt/ pepper to taste

Cook elbows 20 min until soft

Drain and rinse with warm water

Melt parkay and add Coffee Rich and shake cheese. Mix until creamy.

Add noodles and mix together

Phe .19 mg per gram

phe per recipe 77

*Protein per recipe: 1.97 grams

"Chicken" Nuggets

From the kitchen of Karen Dent

180 grams Gerber baby food SQUASH
193 grams (~ 2 cups) Cambrooke baking mix
32 grams (~2 ½ Tablespoons) potato flakes
12 grams (4 ½ teaspoons) Ener-G egg replacer
7 grams (2 1/3 teaspoons) Cambrooke chicken consommé powder
1 envelope George Washington golden broth
6 grams (2 teaspoons) garlic POWDER --not salt
5 grams (~ 2 tsp?) Lawry's season salt

Mix all ingredients together - it will be very sticky! Form mixture into "logs" and refrigerate for one hour. Remove from fridge, slice into 16 gram nuggets, and fry in canola oil. Remove from pan and drain on paper towels. Serve with dipping sauce or freeze for later.

Phe per nugget: 9 mg

Total protein per recipe: 4.99 grams

Per nugget: 0.3 grams protein

(using Hungry jack brand dry potato flakes)

WHEAT STARCH DOUGH

From the kitchen of Karen Dent

1 1/4 cups water
2 TLB vegetable oil
1/2 cup non-dairy creamer (120 grams)
1 1/2 tsp yeast (5 grams)
1/3 cup Metamucil
1/2 tsp salt
3 cups plus 2 TLB (350 gm) Wheat Starch
3 tsp baking powder
2 TLB sugar

*Total protein per recipe: 3.7 grams

Mix liquid ingredients and heat to 110 degrees (microwave for 1-1 1/2 minutes). Add dry ingredients (first combined in a bowl-I would mix the dry ingredients in a small bowl before you microwave the liquid) and mix. This dough will resemble a loose pancake batter. Cover and let dough sit in warm oven (115-120 degrees) for 10 minutes. The oven at this temperature seems to give us better results. Remove from oven and knead (oiled hands first--this REALLY works!). Then follow instructions for whatever recipe you are using.

BREADSTICKS---Measure dough into approx 25 gm balls. Roll balls between palms of hand to create bread sticks. Put on sprayed cookie sheets. If you like garlic, brush with melted garlic butter or just plain butter. Put into very warm oven (115-120) to rise. Remove, brush with butter again, bake at 375 degrees for 12-15 minutes or until lightly golden brown. Remove from oven and brush with garlic butter again. Place on wire rack.

Other toppings for breadsticks:

Cinnamon and Sugar
Onion flakes or powder
Italian Seasonings

CINNAMON ROLLS--(THESE ARE AMAZING!!)--After dough has risen, roll out to 12"

rectangle. Spread with softened butter. Mix 1/2 cup sugar with 3-4 teaspoons of cinnamon. Sprinkle on dough. Roll dough and seal. With a sharp knife, cut into 12 equal slices. Place cut side down in sprayed cake pan. Cover. Let rise in 120-130 degree oven for about 30 minutes. Preheat oven to 375. Bake for 18-20 minutes. Remove from oven to a wire rack to cool. Canned icing can be used or a glaze of 1-cup confectioner's sugar, 1 TLB melted margarine, 1-2 TLB water and 1/2 tsp vanilla. (I freeze these after I bake them, and then just microwave them and ice)

PEROGIES--Roll the wheat starch dough quite thin. Cut circles with a round cutter (glass works well) 3 inches is a nice size. Put about 1 teaspoon of seasoned or plain mashed potatoes (garlic powder, salt, pepper, butter and coffeemate to season) in the circle. (You could even add some cheese). Fold over dough to form a half circle. Press (crimp) with

fingers to seal. They seal very easily. Fry in margarine or butter over medium heat in frying pan. Fry until nicely brown, turn and fry lightly brown. Remove and eat. Different sauces may be used if you would like. They freeze well and can be thawed in the microwave and then crisped a little in the oven or just reheated in the oven.

ENGLISH MUFFINS---After the first rising of the dough, divide dough into 60 gm portions. Shape dough into size and shape of English Muffins. Place them on a sprayed cookie sheet, cover and put them back into a very warm oven until risen (30-40) minutes. Remove. In an electric skillet with cover (this works best as the temperature remain consistent and they don't have a tendency to burn). Heat skillet to about 340 degrees (you will have to determine the best temp for your skillet). Melt a few tlb of margarine, butter will burn. Add muffins and cover. Cook for 3 1/2 minutes, turn cook for another 3 1/2 minutes. Remove to cooling rack. These are great for hamburger buns or sandwiches when split, buttered and grilled.

BAGELS---After first rising, shape into approximately 80 gm balls. Roll into a thick rope, and pinch ends together. Put on a sprayed cookie sheet, cover and put into very warm oven to rise 30-40 minutes. Meanwhile get a deep pan of water boiling and when bagels are ready, add 1 tlb sugar to the water and drop as many as will fit, leaving plenty of room between them, and boil for 6 minutes. Turn part way through cooking. Remove from water and place on a clean terry cloth towel to drain. Let them sit 5-10 minutes and remove to sprayed cookie sheet and bake in a 400 degree oven for approximately 25 minutes. Remove to rack to cool.

Oreo Cookies

From the kitchen of Karen Dent

$\frac{1}{2}$ c. Crisco shortening
1/3 c. soft butter
2 T. sugar
 $\frac{1}{4}$ packed brown sugar
1 regular size package Jell-o vanilla INSTANT pudding mix DRY
1 t. vanilla
 $\frac{1}{4}$ c. water
2 c. (220 grams) Wel-Plan baking mix
 $\frac{1}{2}$ t. salt
10 grams (2 Tablespoons) Hershey's baking cocoa powder

Cream Crisco, butter, both sugars. Add pudding mix, water, and vanilla. Mix well. Add wel-plan, salt, and cocoa. Mix well. Chill for several hours.

Pre-heat oven to 350. Roll out with a little baking mix to 1/8 inch thickness. Cut with cutters. Bake on an ungreased cookie sheet for about 8 minutes. Let sit on cookie sheet for about a minute then remove to a cooling rack.

Frosting: Use chilled canned vanilla or white frosting (Pillsbury)
Spread frosting on the bottom of one cookie and top with another to make a sandwich.

p.s. Hide them from yourself - they are so good!

Total phe per recipe: _____ mg

*Total protein per recipe: 3.81 grams

Brooke's Favorite Chocolate Chip Cookies

From the kitchen of Karen Dent

3/4 cup butter or margarine (1 1/2 sticks), softened
1/3 cup brown sugar
1 tsp. vanilla
1 package Vanilla Jell-O Instant Pudding & Pie Filling Mix
1/3 cup plus 1 Tbs. water
2 cups Cambrooke Foods All Purpose Baking Mix
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 cup (43g) mini semi-sweet chocolate chips

- Heat oven to 375 degrees Fahrenheit.
- Combine butter or margarine, sugar and vanilla in a medium mixing bowl.
- Add pudding mix, water, Cambrooke Foods All Purpose Baking Mix, baking powder, and salt. Mix until smooth; then stir in the chocolate chips.
- Drop the dough by rounded tablespoonfuls, 2 inches apart, on non-greased baking sheets.
- Bake until just golden, about 10 to 12 minutes.

Easy Tip: Shape dough into a 2½ inch roll and wrap firmly in waxed paper. Chill dough until firm, approx. 20 minutes. Cut into 1/2-inch slices.

To make Blonde Brownies: Press chocolate chip cookie dough into a lightly greased 8 inch square baking pan dusted with CBF Wheat Starch. Bake at 350 degrees Fahrenheit for about 20 minutes or until golden.

Phe per serving: 5 mg per cookie

Total protein per recipe: 4.6 g

24 cookies - 1 cookie = 0.19 grams

Low Pro PopTarts

From the kitchen of Karen Dent

225 g (~1 $\frac{3}{4}$ cups) WelPlan baking mix
47 g (~ 5 $\frac{1}{2}$ Tablespoons) Wheat Starch
50 g (~6 $\frac{1}{2}$ Tablespoons) powdered sugar
110 g (~7 $\frac{1}{3}$ Tablespoons) margarine (butter doesn't have as much yellow coloring in it)
6 T. cold water

Mix dry ingredients together, cut in margarine until resembles crumbs. Add water and continue mixing. Sprinkle a little Wheat Starch on a surface and roll out. Cut into small rectangles. Put filling in middle. For filling, use jams or brown sugar mixed with cinnamon. Seal edges with a fork and put on a cookie sheet and bake at 375 degrees for 20 minutes. After they have cooled frost. Use powdered sugar and a little water for the frosting, then add sprinkles. Using the jams or sugar the phe should be about 3mg.

Total protein per recipe: 0.69 grams

Low Protein Pizza

From the kitchen of Karen Dent

429 grams prepared wheat starch dough
188 grams (12 $\frac{1}{2}$ Tablespoons) Ragu pizza quick sauce
145 grams (~2 $\frac{1}{2}$ cups) shredded Cambrooke cheese (mix of mozzarella and cheddar)
93 grams (~9 $\frac{1}{2}$ Tablespoons) canned mushrooms (finely chopped)
106 grams (~26 medium, pitted) black olives (finely chopped)

Spread dough out on a lightly sprayed baking stone to cover the stone. Prick the dough with a fork and bake for 8-10 minutes at 350 degrees.

Remove from oven. Spread on sauce, sprinkle with veggies, and top with cheese. Sprinkle with dried basil. Return to oven and bake for an additional 8-10 minutes. Slice and serve or bag it and freeze for later use.

**** Please note **** I follow this same routine to make pizzas each time, except the amounts may vary. Therefore, I weigh the finished pizza after it is prepared and calculate the phe according to my measurements for that particular pizza. This particular recipe comes to 0.61 mg phe/gram (Which would be about 30 phes for a 50 gram slice of pizza.)

Low Phe LoMein Noodles

From the kitchen of Karen Dent

175 grams (~ 1 $\frac{1}{2}$ cups) LoProfin Vermicelli pasta
2 t. olive or canola oil
21 grams (~ $\frac{1}{4}$ cup) small broccoli florets
105 grams (~1 cup) zucchini, cut in small sticks
10 grams (~2 Tablespoons) green onions, cut in small sticks
18 grams (~2 Tablespoons) real peanut butter
50 grams (~3 $\frac{1}{2}$ tablespoons) soy sauce
2 grams garlic (~ 1 clove) (pressed or minced)

Cook, rinse, and drain pasta according to box directions. In a small pan, sauté veggies and garlic in oil until soft. Add peanut butter and soy sauce. If sauce seems to thick, add a little water. Toss sauce with pasta and serve.

*Total protein per recipe: 10.46 grams
