

FOR THOSE WHO ARE LOST

Recipes AS RECOMMENDED BY THE AUTHOR!

JULIA'S BUTTERY SCONES

Ingredients:

2 ½ cups all-purpose flour
2 tablespoons sugar, plus additional
for dusting
1 tablespoon baking powder
¼ teaspoon salt
1 stick of butter, cold, cut into small squares
2 eggs, whisked
¾ cup heavy whipping cream
½ cup dried cranberries or semisweet
chocolate chips

Directions:

Preheat the oven to 400°F. In a large bowl, combine the flour, sugar, baking powder, and salt. Add butter, stirring until mixture resembles coarse crumbs.

Combine the whipping cream and cranberries. Add whisked eggs, and then add these to the flour mixture. Stir until moistened.

Knead the dough on a lightly floured surface until the dough is smooth. Divide in half. Roll each half into a six-inch circle, cutting into six wedges.

Arrange the scones 2 inches apart on an ungreased baking sheet. Brush with a light egg wash and sprinkle with additional sugar. Bake for 12 to 14 minutes or until golden. Serve warm with tea!
Makes 12 scones.



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AVA'S FISH PIE

Ingredients:

- 1 cup fish stock (or substitute with $\frac{1}{2}$ cup chicken broth and $\frac{1}{2}$ cup water)
- 1 cup milk
- 12 ounces fish (skin and bones removed), cut into bite-sized chunks
- 1 bay leaf
- 4 tablespoons unsalted butter
- 1 medium leek (white part only), diced
- Slightly less than $\frac{1}{2}$ cup all-purpose flour
- 1 tablespoon chopped fresh parsley
- Salt to taste
- Pepper to taste
- 6 cups mashed potatoes
- $\frac{1}{2}$ cup grated cheddar cheese

Directions:

Preheat the oven to 350°F.

Pour the stock and milk into a saucepan to simmer. Add the fish pieces and bay leaf, poaching for five minutes. Remove the fish and set aside, saving the stock/milk mixture in the pan.

Melt the butter in a second saucepan over medium heat. Add the diced leek and cook for five minutes until soft. Add the flour to the leeks and stir well.

Pour into the stock mixture. Turn off the heat, remove the bay leaf, and add the parsley. Sprinkle in salt and pepper to taste.

Spoon the fish mixture into a baking dish and cover with mashed potatoes, using a fork to make swirls on top. Sprinkle with grated cheese and bake for 20 to 30 minutes. Serve warm. Makes 8 servings.



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LILY'S SUNDAY ROAST

Ingredients:

Chuck roast
1 yellow onion, sliced
4 carrots, peeled and cut lengthwise
into 2-inch pieces
6 Yukon gold potatoes
Rosemary for garnish

Directions:

Heat two tablespoons of olive oil in a skillet over medium heat. Add the roast and sear for three minutes, flipping to brown all sides, to seal in the moisture.

Put the roast in a slow cooker and add the vegetables. Garnish with the rosemary. Cook on low for 8 hours and then serve hot.



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HENRY AND CATHERINE'S FAVORITE OATMEAL MOLASSES COOKIES

Ingredients:

1 $\frac{1}{4}$ cups sugar
 $\frac{1}{2}$ cup softened butter
2 large beaten eggs
6–8 tablespoons molasses
1 teaspoon baking soda
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
2 $\frac{1}{2}$ cups old-fashioned oats
1 $\frac{3}{4}$ cups all-purpose flour
1 cup raisins

Directions:

Preheat the oven to 350°F. Line a baking sheet with parchment paper. In a large mixing bowl, mix the sugar and butter together until smooth. Add the beaten eggs and molasses. After stirring, add the baking soda, baking powder, salt, and cinnamon. Combine thoroughly.

Add the oats, flour, and raisins, stirring until all ingredients are well combined. Using a tablespoon, form 1 $\frac{1}{2}$ -inch dough balls and place onto the baking sheet 2 inches apart.

Bake for 12–15 minutes or until cookies are browned. Remove from the oven to cool. Transfer to a rack after 10 minutes and cool for an additional few minutes before serving with a glass of cold milk. Store the remainder of the cookies in an airtight container.

