

2008

Holiday Recipes



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Cointest by 57Chevy

<http://forums.groundspeak.com/GC/index.php?showtopic=207831>

[2007 Geocoin Collectors' Christmas Recipes](http://www.dlsglass.com/Images/Christmas-Recipes.pdf)

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Note about nuts

Of all the food allergies nuts have probably the greatest potential to ruin a holiday feast.

I have segregated the recipes according to their ingredient lists to make it easier for cooks to source nut free recipes or find those that will need modifying. CHOCOLATE and recipes calling for packet mix and processed food have not been segregated. Chocolate is often contaminated with nuts.

Marzipan is made from almonds. Almond flavouring is not safe. Pesto contains pinenuts.

Nutmeg, water chestnuts and coconut are not nuts.

No recipe can be called nut free if it is not prepared in a 'nut kosher' way with properly cleaned equipment, with certified nut free ingredients, stored and served separately.

A useful list of nut safe packet foods is here: www.birmingham.k12.mi.us/NR/rdonlyres/FE381BCD-C190-4DF7-9C92-67E9B71EFDF1/0/AllergyList.pdf it recommends Hersheys chocolate chips.

Food allergies are common. Tips for hosting <http://foodallergies.about.com/od/livingwithfoodallergies/tp/allergiesandparties.htm>

Conversions

There is no internationally agreed standard definition of the cup, whose modern volume ranges between 200 and 250 mls. Because the cup sizes generally used in the many Commonwealth countries and the United States differ only by about 13 ml (0.5 fl oz), the respective measures are close enough for cooking.

Online temperature converter and other tools <http://www.jsward.com/cooking/conversion.shtml>.

1 inch = 2.5 cm

350 F degrees = 180 C degrees

Weight Conversions	
Customary quantity	Metric equivalent
1 ounce	28 g
4 ounces or 1/4 pound	113 g
1/3 pound	150 g
8 ounces or 1/2 pound	230 g
2/3 pound	300 g
12 ounces or 3/4 pound	340 g
1 pound or 16 ounces	450 g
2 pounds	900 g

Volume Conversions: Normally used for liquids only	
Customary quantity	Metric equivalent
1 teaspoon	5 mL
1 tablespoon or 1/2 fluid ounce	15 mL
1 fluid ounce or 1/8 cup	30 mL
1/4 cup or 2 fluid ounces	60 mL
1/3 cup	80 mL
1/2 cup or 4 fluid ounces	120 mL
2/3 cup	160 mL
3/4 cup or 6 fluid ounces	180 mL
1 cup or 8 fluid ounces or half a pint	240 mL
1 1/2 cups or 12 fluid ounces	350 mL
2 cups or 1 pint or 16 fluid ounces	475 mL
3 cups or 1 1/2 pints	700 mL
4 cups or 2 pints or 1 quart	950 mL
4 quarts or 1 gallon	3.8 L

Note: In cases where higher precision is not justified, it may be convenient to round these conversions off as follows:
 1 cup = 250 mL
 1 pint = 500 mL
 1 quart = 1 L
 1 gallon = 4 L