

# Kyong & Larry Weathersby “Country Home Cooking”

## Better Than Bologna

3/4 c. raw cashews  
2 c. water  
1/4 c. nutritional yeast flakes  
1 tsp. sea salt  
1 tsp. onion powder  
1/2 tsp. garlic powder  
1 Tbsp. beef-like seasoning  
2 tsp. paprika  
3 Tbsp. tomato sauce  
1/4 tsp. celery seed  
1 Tbsp. Turbinado sugar  
2 c. vital wheat gluten  
2 Tbsp. whole wheat flour

1. In blender combine all ingredients except gluten flour and whole wheat flour. Blend until smooth.
2. In a medium mixing bowl, stir together the gluten flour and whole wheat flour. Add liquid from blender and mix well.
3. Spray work surface with non-stick cooking spray. Shape gluten mixture into log shape. Wrap in parchment paper, then in aluminum foil.
4. Bake at 325 degrees for 1 1/2 hours, or if you have a smoker, bake for 1 hour, then put in smoker for another 1/2 hour. Allow to cool completely before slicing. Serve with gravy or use in sandwiches. **Kyong Weathersby**

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## **Chicken-like Fried Steak**

1/2 recipe walnut gluten, prepared, or other sliced gluten

### **BATTER:**

1 c. unbleached white flour

1/4 c. yeast flakes

2 Tbsp. wheat germ

1/2 tsp. sea salt

1/2 tsp. garlic powder

1 tsp. onion powder

1/2 tsp. basil leaves

1 c. water

1. In a medium bowl, combine all batter ingredients and stir with whisk until smooth. Batter will be thick
2. Heat approximately 3 Tbsp. olive oil in skillet. Dip gluten into batter, coating thoroughly. Fry on both sides until golden. Serve with white gravy.

**Kyong Weathersby**

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## **White Gravy**

1 3/4 c. water  
1/2 c. additional water  
1/4 c. raw cashews  
2 Tbsp. cornstarch  
1 tsp. sea salt  
1 tsp. onion powder  
1/2 tsp. garlic powder  
1 Tbsp. yeast flakes

1. Bring 1 3/4 cups water to a boil in medium saucepan. In blender, combine remaining ingredients and blend until smooth.
2. With a whisk, stir blender mixture into boiling water in saucepan. Stir and cook until thickened. **Kyong Weathersby**

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## **Ranch Style Beans**

1 16-oz. bag dry kidney or pinto beans, soaked overnight  
6 c. water  
1 8-oz. can tomato sauce  
1 Tbsp. sea salt  
1 Tbsp. soy sauce, unfermented  
2 tsp. garlic powder  
2 tsp. onion powder  
2 Tbsp. nutritional yeast flakes  
1 tsp. paprika  
1 tsp. cumin  
1 Tbsp. parsley flakes  
1 Tbsp. lemon juice

Combine all ingredients in a large saucepan. Bring to a boil, reduce heat, cover and simmer until beans are soft, about 1 1/2 hours. **Kyong Weathersby**

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## **Roasted Vegetables**

2 large red potatoes, cut into 1/2" cubes - about 4 c.  
1 carrot, cut into 1/2" cubes  
1 stalk celery, cut into 1/2" slices  
2 Tbsp. olive oil  
1 tsp. sea salt  
1/2 tsp. onion powder  
1/2 tsp. garlic powder  
1 Tbsp. parsley flakes  
1 Tbsp. yeast flakes

Combine all ingredients and mix well. Spray a 9 x 13" baking sheet with non-stick vegetable oil spray. Spread vegetables on baking sheet in a single layer. Bake at 400 degrees for 15 minutes, stir and bake about 7 minutes longer. **Kyong Weathersby**

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## **Carrot and Pineapple Coleslaw**

1 lb. carrots, peeled, cut into 1" pieces  
1 20-oz. can pineapple tidbits, drained  
1/4 c. chopped fresh parsley  
1/4 c. pure maple syrup  
1/4 tsp. sea salt

Place carrots in food processor and process until smooth. Mix with remaining ingredients.

**Kyong Weathersby**

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## **Deluxe Cornbread**

1 c. cornmeal  
1 c. unbleached white flour  
2 Tbsp. wheat germ  
1/4 c. Turbinado sugar  
1 Tbsp. Ener-G baking powder  
1 tsp. sea salt  
1 Tbsp. soy or tapioca flour  
1/3 c. canola oil  
1 c. soy milk

1. Combine dry ingredients and mix well. Add oil and water and mix thoroughly.
2. Spray a 9" pie pan with non-stick oil spray. Add batter and bake at 400 degrees for 25 - 30 minutes, or until golden brown. **Kyong Weathersby**

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## Country Peach Cobbler

1 29-oz. can sliced peaches, no sugar added  
1/2 c. Turbinado sugar  
1 tsp. ground coriander  
1/4 tsp. sea salt  
1 tsp. vanilla  
2 1/2 Tbsp. cornstarch

### **CRUST:**

1 1/2 c. unbleached white flour  
2 Tbsp. wheat germ  
3/4 tsp. sea salt  
1/3 c. canola oil  
1/3 c. hot water

1. Reserve 1/4 juice from peaches. Pour the rest of the juice and peaches into a medium saucepan. Add sugar, salt, coriander and vanilla. Stir and bring to a boil.
2. Mix 1/4 c. peach juice and cornstarch, Add to peaches in saucepan. Stir and cook until thickened.
3. For pie crust, combine flour, wheat germ and salt. Add oil and hot water and mix well.
4. Moisten work surface and place a sheet of waxed paper on it. Place dough on waxed paper and roll out to fit baking dish. Place on top of peaches in baking dish. Crimp edges and prick with fork. Bake at 420 degrees for 10 - 20 minutes, or until golden. **Kyong Weathersby**

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