

FOOD



Herb and Cheese Beer Muffins

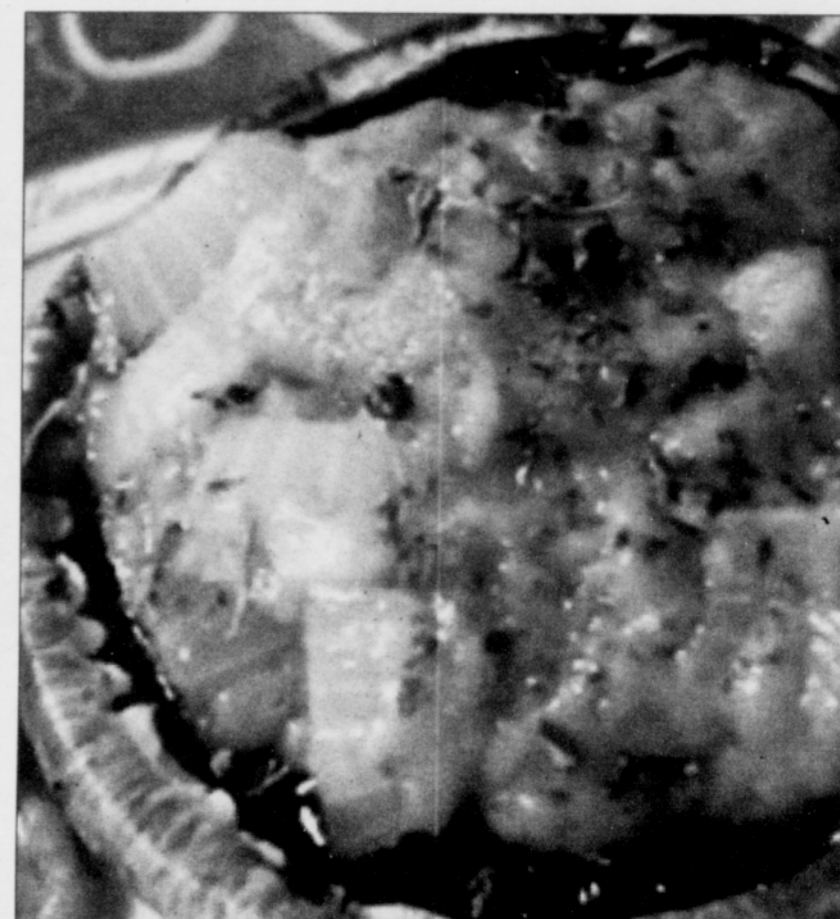
Not only is it delicious, but it's so easy to make. It takes less than 5 minutes to mix up all the ingredients and only about 12 minutes to bake. Most beer bread recipes make loaves, but muffin's have a nice crunch around the edges, especially with the slightly burnt cheese topping. Plus, muffins cut the baking time way down. You will get 15-20 "muffins" out of this recipe. The more bitter beers make more bitter breads, but in some cases the flavor is a bit too much. On the other hand, the beer-y flavor is pretty much lost with ciders and Corona Light.

Ingredients:

- *3 cups flour
- *1 tsp baking soda
- *1 tsp sugar
- *1 tbsp dried oregano
- *1 tbsp dried basil
- *1.5 tbsp garlic salt
- *1 cup shredded cheese, plus extra for sprinkling on top
- *12oz beer

Directions:

1. Preheat oven to 350 degrees. Grease either a muffin tin or baking pan with baking spray and set aside.
2. Whisk together all the dry ingredients in a large bowl. Pour in beer and mix thoroughly with a fork.
3. Fill muffin tins about 80% full with batter or drop 3-inch dollops of batter onto the baking sheet. Top with some sprinkled cheese and bake for 12-15 minutes, until bread is golden brown.
4. Cool for about 20 minutes before serving, or refrigerate and microwave for 30 seconds to reheat later.



Vegetarian Gravy

This is delicious vegetarian gravy, thickened with pancake mix and flavor-enhanced with sage and cyan pepper.

Ingredients:

- *1/4 cup vegetable oil
- *1/3 cup chopped onion
- *5 cloves garlic, minced
- *1/2 cup basic pancake mix
- *4 teaspoons nutritional yeast
- *4 tablespoons light soy sauce
- *3 cups vegetable broth
- *1/2 teaspoon dried sage
- *1/2 teaspoon Mrs. Dash original seasoning blend
- *1/4 teaspoon ground black pepper
- *1/4 teaspoon cyan pepper

Directions:

1. Heat oil in a medium saucepan over medium heat.
2. Sauté onion and garlic until soft and translucent, about 5 minutes.
3. Stir in flour, nutritional yeast, and soy sauce to form a smooth paste.
4. Gradually whisk in the broth. Season with sage, salt, and pepper. Bring to a boil.
5. Reduce heat, and simmer, stirring constantly, for 8 to 10 minutes, or until thickened.



Charles Washington

Former Publisher of the Portland Observer

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