













FROM SCRATCH HOLIDAYS

edible gift ideas, inspiration & recipes

Seasonal recipes, edible gift ideas & reflections to create your very own 'from scratch' holidays and family celebrations throughout the year.

By

From Scratch Club

www.fromscratchclub.com

FROM SCRATCH CLUB IS...

a small group of women striving for a sustained connection to the whole food that we, our loved ones, and our communities consume. We share stories, recipes, DIY projects, homesteading tutorials, kitchen tips and food policy news in hopes of inspiring everyday people to jump back into the kitchen as a daily way of life, regardless of income, space or time.

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GLUTEN FREE PASTA DOUGH

by becky



Thoughts

Homemade pasta is a gift that packs a lot of "wow". Who wouldn't want a present filled with fresh pasta that was lovingly rolled and cut? To make the gift complete, add a jar of homemade tomato sauce, pesto, or even some garden herbs.

When making pasta as a gift, I prefer to make it shaped as spaghetti or linguine, but feel free to experiment: cut squares to make filled ravioli, rectangle sheets for lasagna, or even try creating your own pasta shapes!

{RECIPE} GLUTEN FREE PASTA DOUGH

makes about 1/2 pound of pasta

by Becky

Ingredients

- 1 cup Brown Rice Flour Mix* {see note}
- 1/2 teaspoon xanthan gum
- 2 large eggs
- extra flour for rolling

***Note: To make a Brown Rice Flour Mix: combine 2 parts Brown rice flour (super fine ground), 2/3 parts Potato starch and 1/3 part Tapioca flour.**

Procedures & Cooking Instructions

1. Mix the flour and xanthan gum in the bowl of a stand mixer.

2. Add the eggs and mix until the dough comes together. The dough should be smooth and not sticky. Add more flour, slowly, if dough seems too sticky. {Your results may vary based on the size of your eggs and the type of flour you use}

3. Divide dough into 2 pieces and wrap in plastic wrap. Place in the fridge for 20 minutes.

4. Take one piece of dough out of the fridge and begin working with it. Place the dough between 2 pieces of parchment paper or plastic wrap. Lightly flour both sides of the dough, then begin rolling it out. Check often to make sure that the dough is not sticking to the paper or plastic. Lightly flour both sides again if it appears to be sticking.

5. Roll the dough out as thin as you can, then cut strips in the dough using a knife or pizza cutter.

6. Lightly flour a cutting board or towel and place cut dough on it to dry slightly.

7. Store the cut pasta in an air tight container in the fridge. The pasta can be cooked immediately, or stored for a few days in the fridge.

Cooking Instructions: Fresh, homemade pasta cooks extremely fast. Check after 3 minutes for al-dente perfection!

HAND & BODY LOTION

by jillian



Thoughts

I started making homemade lotion a few years ago, mostly out of curiosity. It worked out so well that I kept on doing it. Making lotion is not only practical, it's a real pleasure. For one thing, you can decide which ingredients to put into each batch. Why would you want to do that? Remembering that the skin is the largest organ, absorbing into our bodies all kinds of things we encounter in our environment, it's easy to see why it's a good idea to avoid lotions that contain synthetic and petroleum-derived chemicals and instead embrace those that contain things like beeswax, coconut and olive oils, rosemary, lavender, and plantain extract (good for dry skin).

This lotion recipe is easy and as long as you have the key ingredients, you can whip up a batch in your kitchen tonight. If you know only one thing about me, it's that I like to keep things as simple as possible. I've seen lotion recipes that call for all sorts of exotic ingredients but this isn't one. You'll need some beeswax, which you can get from a local beekeeper or online; olive and coconut oil; water and baking soda. I add a few herbs from my garden, but that's optional. The whole process takes less than an hour, and the results last a long while. Making lotion can be easy, inexpensive and fun to do. Don't forget to make an extra batch for your friends!

{RECIPE} HAND & BODY LOTION

makes about 2 pints of lotion

by Jillian

Ingredients & Procedures

Melt in a double boiler or in a bowl submerged in hot water:
1/8 cup grated beeswax
¼ cup olive oil
¼ cup coconut oil

In a separate bowl heat to 180 degrees, until just before boiling:
¼ cup water
1/8 teaspoon baking soda

When the beeswax is melted and the oil is warm, add the hot water mixture slowly.
Stir and remove the pot from the heat.
Stir for another minute, then remove the pan from the double boiler and cool, continuing to stir gently.

As it cools it might start to look like cottage cheese. Keep stirring. Before long it will start to look like a thick, luxurious cream. When that happens, pour it into small containers. Let it cool and set, and you are done!

Variations & Notes

Herbal Lotion: Follow the recipe above *except*- Heat the olive oil on low heat and add fresh herbs of your choice to the pot. Recommended herbs include: rosemary, lavender and plantain. After 10 minutes, remove the herbs, leaving as much oil in the pot as possible. Add the coconut oil and beeswax, and follow the recipe above, making sure to melt the beeswax completely.

Lip Gloss or Diaper Cream: Follow the recipe above (including optional herbal variation if desired), omitting the water and baking soda. Heat the oils and beeswax, and when they are melted, pour into small containers.

A few notes about making lotion that I learned from my husband, who is a chemist and a former lotion-developer for a major cosmetics company:

This lotion recipe makes an emulsion, a combination of two liquids that ordinarily wouldn't blend well together, such as oil and water. The water makes the lotion creamy and feel non-greasy. If you want to make lip gloss or diaper cream, both of which are less creamy and more waxy, you would not add the water.

Beeswax is used in cosmetics as a thickening agent (makes the lotion thicker), emulsifier (holds it together), humectant (adds moisture to the skin) and emollient (makes the skin softer). The beeswax in combination with the baking soda makes an excellent emulsifier. Traditionally borax is used in place of baking soda, but we use baking soda because borax is temperamental and it doesn't always produce an elegant-feeling lotion (at least in our opinion).

Beeswax is a central ingredient in all of these lotion recipes because it is all-natural, relatively inexpensive (the 2 tablespoons I used in this recipe cost less than 25 cents), and it has healing properties. It reduces inflammation, soothes the skin, and acts as an antioxidant.



LIMONCELLO

by deanna









Thoughts

Limoncello is a dirty little secret: It's an edible gift that recipients will marvel at but takes practically no effort to make. But that's okay, I won't tell anyone if you won't.

Be warned that Limoncello definitely has a kick to it. Think an alcoholic, liquefied Sour Patch Kid. It is a very adult version of lemonade and a classic in Italian culture (pair it with Becky's homemade pasta for an awesome themed gift package!). Keep in mind that this will take about a week to complete, so plan ahead a bit before your office gift swap or trekking out to Granny's house for the holidays.

{RECIPE} LIMONCELLO

makes four 500mL Bottles (plus enough to thoroughly taste)

by Deanna

Ingredients

8 large lemons
1 750mL bottle of Neutral Alcohol (Everclear or Vodka)
2 cups water
2 cups sugar

Procedures & Notes

1. Thoroughly wash and zest lemons, being sure to remove only the yellow skin and not the white pith. Place zest in a large sealable container (a large pitcher with a top or very big Tupperware container will work well) and add alcohol*. Stir to combine. Seal and place container in a cool, dry place (like your pantry or in a cupboard) for seven to ten days (depending on how "lemony" you would like your Limoncello to taste). *More than ten days will make the Limoncello taste bitter*. Stir the mixture every-other day.

2. In a medium-sized saucepan, combine sugar and water and place over medium heat. Whisk until sugar dissolves. Allow to cool. Add sugar mixture to lemon/alcohol mixture and stir to combine (you can adjust the sweet/sour ratio as taste dictates, just be sure to use equal parts of sugar and water).

3. Wash your "gifting" containers (like swing-top jars) and using a funnel lined with a jelly cloth (or several layers of cheesecloth), fill each with Limoncello. Be sure to strain out lemon zest as best possible. Wipe any spills and drips off the containers. Seal and keep in a cool place until ready to gift (or in the refrigerator).

4. To decorate, thread a ribbon or piece of twine through a dried slice of lemon and tie around the top of your container. Homemade labels are also a fun touch. Enjoy!

NOTE: Don't toss out those zested lemons! Juice them for lemonade or cooking purposes (you can freeze the juice in ice cube trays, then store in a freezer bag or container for quick access). Store the juiced lemons in a bag or container in the freezer, then use them to clean your cast iron or other pots and pans. Just take a lemon and microwave it for 15 seconds to soften it. Then sprinkle salt onto your pot/pan and use lemon to scrub it clean (also works well for cleaning the bathroom sink, tub, etc.). Or, throw the lemons in a bag in the freezer and stay tuned to From Scratch Club for a how-to on Preserved Lemons!

ALL GOOD BAKER'S CINNAMON BUNS

by

Britin



Thoughts

I spent several months many winters ago perfecting this recipe for Cinnamon Buns that can be made vegan or with butter and milk! They are an enticing breakfast treat for any gathering. Please note this is our signature recipe at our farm-to-bakery cafe, All Good Bakers, we kindly ask that you use this recipe for home-use only. Thank you!

{RECIPE} ALL GOOD BAKERS CINNAMON BUNS

makes 12 - 24 buns depending on thickness

by Britin

Ingredients

Dough
4t Yeast
6T Sugar
2 1/2c Warm Water
2t Salt
6c+ Hi-Gluten Flour

Cinnamon Mixture/Filling
1c Butter or Vegan Substitute, softened
6t Cinnamon
4T Sugar

Vanilla Icing
½ c Butter or Vegan Substitute
1t Vanilla
4c Powdered Sugar
3-9T Milk or Soy milk

Procedures & Storage Notes

1.Combine Cinnamon Mixture/Filling by hand in a medium bowl. Set aside.

2. To make the dough:

- Combine the yeast, sugar and water.
- Cover until bloomed (about 10 minutes).
- Add salt and 2 cups of flour, mix on low to medium speed, adding the flour 1c at a time until surface of dough is no longer sticky.
- Roll out on flour-covered surface to ¼" thickness.
- Spread Cinnamon Mixture over it evenly and thoroughly with a spatula.
- Roll up your length of dough to form a long log and cut into even pieces (about 5 oz.).

3. Place 3 across on a ½ sheet pan/cookie sheet lined with parchment or lightly greased with butter or vegan substitute. Let rise about 1 hour, lightly covered, in a warm spot. Bake at 350 degrees for 20-25 minutes, or until the middle buns are brown on the bottom.

4. While the buns are cooling, mix the frosting. Mix butter in your mixer until smooth, then mix in vanilla. Alternate adding powdered sugar and milk until desired thickness and consistency. Allow your buns to cool at least 15 minutes before icing.

Storage: Can be stored in an airtight container for a few days on the counter or in the fridge, or wrapped tightly and frozen. My guess is these delicious Cinnamon Buns will be devoured quickly and won't make it that long!



HOMEMADE SPICE BLENDS

by Erika





Thoughts

Here is an edible gift that takes mere minutes to put together and won't break the bank. I made some as Christmas gifts two years ago and everyone enjoyed them. By no means do you have to just limit yourself to the holiday season to enjoy this. Making your own spice blends is smart for so many reasons, but I'll give you a few:

-You can make them exactly how you want them. This means that you can choose where the spices/herbs come from (organic, local, etc.), the specific ratios, and be able to include only the flavors you desire. If you look at many store-bought spice blends you can see they may have lots of salt, possible allergens, and even "natural flavors." There's no regulation in the U.S. as to what "natural flavors" are and that freaks me out a bit; mostly because I doubt they are truly "natural."

-You'll save money. This is especially true if you buy your spices in bulk, and if they are all or mostly organic. Have you seen the prices of individual bottles of organic spices? Unless you have "Oprah-money" there's no reason to buy these individually before you begin this project. Find a local health food store or grocery with bulk bins of herbs and spices.

-It's fun. I like creative projects and this one doesn't require a lot of special items and you can complete the whole thing in under 30 minutes (that's with making cute labels). Plus it's unique and thoughtful so your recipient will be impressed. If you are looking for inspiration for various flavor combos, go to a specialty store and check out their prepackaged spice blends.

Below I've included recipes for a chili/taco seasoning, an Italian seasoning, and a pumpkin spice mix. I've omitted salt because I feel like that is a very personal choice when cooking. Some people choose not to use any salt in their dishes so I'd rather leave it up to the person getting the gift.

For these recipes you will need a bowl or large jar to mix everything in, measuring spoons, and whatever jars you'll be putting the finished product into. You can use half or quarter-pint canning jars, or very clean baby food jars. I actually got baby food jars from a friend when I made these before so that was an extra way I saved money. Think ahead to what you want in terms of labels too. I used blank address labels on the baby food jars and then printed cute wording on them.

{RECIPE} HOMEMADE SPICE BLENDS

makes a few jars of each

by Erika

Ingredients

Chili/Taco Seasoning

4 T. of chili powder
3 T. ground cumin
2 t. garlic powder
1 t. onion powder
2 t. dried oregano
2 t. crushed red pepper flakes
1/4 t. cayenne pepper
2 t. smoked paprika

Italian Seasoning

2 T. dried basil
2 T. dried oregano
1 T. dried marjoram
1 T. garlic powder
1 t. onion powder
2 t. dried thyme
2 t. dried rosemary
1 t. dried parsley

Pumpkin Spice

4 T. ground cinnamon
2 T. ground ginger
2 t. ground nutmeg
1/2 t. ground cloves*
1/2 t. ground cardamom*

Procedures & Notes

Chili/Taco Seasoning: Mix all ingredients together well. These proportions are for one jar, multiply as necessary. When mixing with ground meat/faux meat, use 1 to 2 Tablespoons per pound of meat/meat substitute. You may also need to add 1 or 2 spoonfuls of water to the skillet for the seasoning to blend properly.

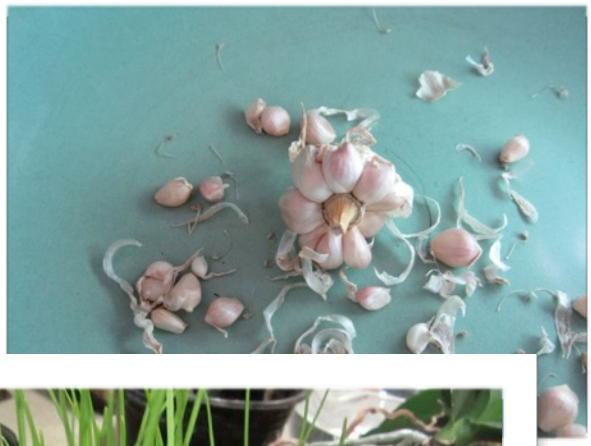
Italian Seasoning: Mix all ingredients together well. These proportions are for one jar, multiply as necessary. This mix can be added to red sauces for Italian dishes or can be added to chicken as a rub before cooking.

Pumpkin Pie Spice: *Cloves and cardamom are pretty potent. Start with the 1/2 t. of each and then check if you think you'd be able to add more without it being overpowering. Sometimes cardamom can be hard to find; if so, you can just omit it. Mix all ingredients together well. These proportions are for one jar, multiply as necessary. This can be added to baked goods or sprinkled on hot cocoa or your morning coffee.

WINDOWSILL GARLIC GREENS

by Dianna









Thoughts

We grow garlic in our garden and always let at least some of the scapes remain on our hard-necked varieties. The end of each scape produces a small seed-pod-like structure filled with little garlic bulbils, which can be grown out to make a new crop of garlic over the next two years. Most people don't bother producing garlic this way, since you can also grow garlic simply by breaking a head up into cloves and planting the cloves, getting a full new crop in one season.

There is another use for garlic bulbils, and that is to make garlic greens on your window sill in the winter. You can use cloves for this purpose too, of course, but bulbils made lovely thin leaves that are tender like chives. A pot of garlic greens is a good winter gift for your culinary-minded friends.

{RECIPE} WINDOWSILL GARLIC GREENS

makes garlicky greens for use in salads, stir fry, soups & more

by Dianna

Ingredients

garlic bulbils

potting soil

pots

Procedures & Planting Notes

To plant out bulbils (or cloves) for winter greens fill a pot with rich soil and plant it thickly with individual bulbils. Cover them with about an inch of soil. Keep moist but not sopping wet. I water mine every other day. It takes about three weeks for them to sprout, so be patient.

When the greens are around eight inches tall, you can give them a hair cut to about two inches above the soil surface. Use the cut greens in stir fries or soups; they are pretty garlicky and will add flavor. If you like raw garlic, you could also use them judiciously in salads.

They will grow back, but give them some time before cutting again to allow the plants to recover. I have several pots going at once, so I can rotate between them.

Planting Note: If you want, plant the bulbils out in the spring and they should produce small heads of garlic mid-summer.

SIMMERING STOVETOP SPICES

by Liz







Thoughts

This versatile and customizable blend of whole spices and fruit will brighten your home during the holidays or any season for that matter. Mix and match your favorite spices and flavors and simmer in water to scent your home – or simmer with cider to please multiple senses with a delicious beverage.

{RECIPE} SIMMERING STOVETOP SPICES

makes a lovely room fragrance , hot mulled cider or kitchen cleanser

by Liz

Ingredients

You can also mix and match to create your own citrus & spice blends using your favorite flavors. Choose from the following ingredients:

Orange
Grapefruit
Lemon
Cranberries
Apple
Cinnamon stick
Cloves
Nutmeg
Star anise
Cardamom
Allspice
Lavender

*Note that all spices should be whole.

Procedures & Variations

Place ingredients in a medium saucepan and cover with several inches of water. Bring to a gentle boil then simmer on low to scent your kitchen and home naturally. Monitor the pan periodically to ensure that there is enough liquid; add water as necessary. Spice mixes may be simmered in water for up to 8 hours as long as you maintain at least two inches of water in the pan. For spiced cider, add the desired blend of spices and citrus to a saucepan or slow cooker. Cover with apple cider. Heat and simmer at least 30 minutes. Cider may be warmed on low for up to 2 hours. Enjoy cider hot! If you have leftovers, strain out spices and fruit and store refrigerated.

Option 1: Spiced Orange
One orange, halved
One cinnamon stick
1 tablespoon whole cloves
A pinch of fresh grated nutmeg
3 cups water

Option 2: Scented Grapefruit
½ grapefruit, cut into 4 pieces (peel on)
1 star anise
1 teaspoon whole cardamom
1 teaspoon whole allspice

Option 3: Studded Orange-Cranberry Cider
Slice 1 orange into 4-6 circles, about ¼- ½ inch thick
"Stud" the outside of each slice with cloves
(use a wooden skewer to poke holes so that the clove slides I more easily)
Simmer with 1 cup fresh or frozen cranberries in ½ gallon of cider.

Option 4: Kitchen Cleanser
1 lemon, quartered
1 grapefruit, cut into eighths
1 tablespoon whole lavender

MAPLE MUESLI

by Christine





Thoughts

Muesli is a warming, comforting breakfast that you can eat hot or cold. With rolled oats, dried fruit and nuts, muesli is a delicious blend of a standard bowl of oatmeal and a granola and yogurt parfait. This recipe incorporates raisins, cranberries and dates and is sweetened with vanilla and maple syrup. You can prepare muesli the same way you fix your oatmeal, or you can try it the traditional Swiss way: before you go to bed, pour a bowl of muesli and add enough milk or yogurt to cover. Non-dairy alternatives work well too! Put it in the fridge overnight and you'll have creamy muesli ready to eat by morning. (Tip: Prepare your muesli in a to-go container and you have a quick, convenient breakfast to grab on rushed mornings!)

{RECIPE} MAPLE MUESLI

makes 1 pint

by Christine

Ingredients

1 cup rolled oats
1/4 cup wheat flakes
1/4 cup walnuts, chopped
1/4 cup almonds, chopped
2 tbsp sunflower seeds
1/4 cup raisins
1/4 cup dried cranberries
1/4 cup dried dates, chopped
1/4 cup maple syrup
1 tsp vanilla extract
1 tsp cinnamon

Procedures

1. Mix the oats, wheat flakes, nuts/seeds and dried fruit together in a medium bowl, then spread on a parchment-covered baking sheet in one layer.

2. In a small saucepan, whisk together maple syrup, vanilla and cinnamon over low heat until combined and thinner.

3. Drizzle maple syrup mixture over the oat mix.

4. Bake at 350 degrees for 15-20 minutes, stirring frequently.

5. Allow muesli to cool completely before storing it in an airtight container.

Makes one pint, but you can easily double or triple this recipe for gift-giving!

BROWN SUGAR & CRANBERRY MUSTARD

by Christina



Thoughts

Mustard is surprisingly simple to make with very little "active" time involved. It makes a great gift as a little goes a long way and who doesn't like mustard? A note about my holiday mustard recipe, its a nice balance of sweet, tart & spicy. The ginger gives a nice kick, you can omit it if the gift recipients aren't spicy-fans. Mustard is best made in a wide mouth mason jar if you have a stick blender. This is so you can use only this jar from start to finish of the process. Put a cap on it once done, and its good to go. For gift giving, you can pour in 4 oz. jars, add a loaf of bread- dynamite!

{RECIPE} BROWN SUGAR & CRANBERRY MUSTARD

makes 16 ounces

by Christina

Ingredients

3 T yellow mustard seeds
3 T brown mustard seeds
2 cloves garlic, diced
1 inch slice ginger, peeled and diced OR 1 teaspoon grated
1 cup apple cider vinegar
3 1/2 teaspoons sea salt
1/4 teaspoon turmeric
4 teaspoons brown sugar
1/4 cup of fresh cranberries
2 teaspoons rosemary or thyme (optional)
a few cranks of the black pepper grinder (optional)

Procedures & Notes

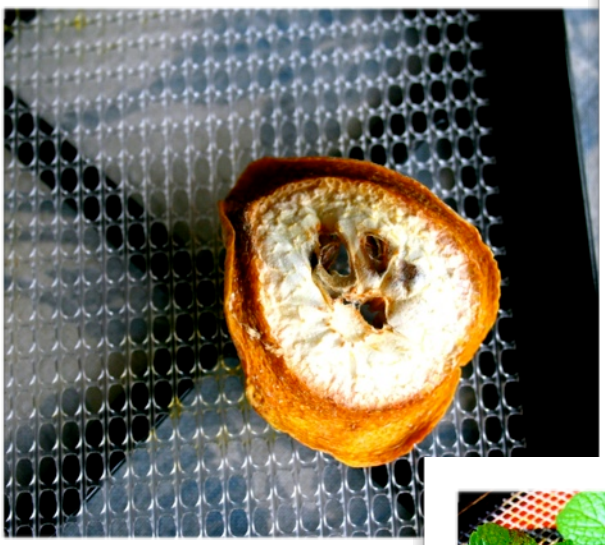
1. Add mustard seeds, garlic and ginger in a container (WIDE MOUTH pint or larger jar if possible) and cover with the 1 cup of vinegar. Put on a lid and let stand for 24-36 hours at room temperature. The mustard seeds will soak up the vinegar and take up more space as time goes on. This soaking will allow the seeds to become moist enough to blend.

2. You can do one of two things here: 1) place vinegar mixture in blender and add the rest of the ingredients (salt, turmeric, sugar, cranberries & optional spices) and blend until a creamy consistency is reached or 2) if you have a stick blender, add all the ingredients to the jar and blend to creamy consistency. If mustard is too dry you can add more vinegar 1 teaspoon at a time.

3. Once blended, place lid on jar and and let stand at a dark & cool spot for 3 days. Store in the fridge thereafter. Will last in refrigerator 6 months+.

MINT & LEMON TEA INFUSION

by Heather







Thoughts

If you've ever planted mint then you know that it spreads like a weed and soon after you find yourself dreaming of ways to use the flavorful herb. Last spring we purchased an 11 tray dehydrator. It's a bit overkill if you just want to dehydrate mint leaves, for that you can get a simple vertical airflow one, but we use the horizontal air flow dehydrator for nearly everything. As soon as our mint came in we began dehydrating mint, oranges, and lemons to make our own tea.

{RECIPE} MINT & LEMON TEA INFUSION

makes garlicky greens for use on salads, stir fry & more

by Heather

Ingredients

Dehydrator

Fresh Mint, whole leaves

lemon, 1/4", slices

Procedures, Notes & Variations

I simply cut thin 1/8" to 1/4" slices of my lemon, place them on the dehydrating tray, and then into the dehydrator at 135°F until crisp.

If you find pith too bitter for your taste then you can prepare the peel by cutting shallow sections into the lemon, peel away the skin, and then peel away the white pith from the skin. Arrange lemon peel on dehydrating tray with out overcrowding and place into the dehydrator. Dehydrate peel at 135 °F until crisp.

Arrange mint clippings on another tray and place in dehydrator. Dehydrate at 95°F until crisp. Leave the leaves whole until just before use.

Store lemon peel and mint in separate canning jars. If possible, vacuum seal the jars for maximum freshness.

To prepare a cup of tea, heat up fresh, cold water in teakettle. Remove from heat just before it starts to boil. Mix ½ teaspoon of crushed mint with ½ teaspoon of lemon peel or 2 lemon slices and place in metal mesh sieve and pour in the hot water. Cover cup, with something like a small plate, and let it steep for 3 minutes. Remove sieve and add any garnishes that you might desire, such as honey or agave syrup.

Variations: Making an herbal infusion doesn't include the use of green, black, or white tea but if you so desire you can certainly add some to create a tea that suits your specific taste.

A very nice infusion can certainly be made with ingredients such as rose hips, lemon balm, lavender, or lemon peel.

CREDIT

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{credit:Christine Hmiel}

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