



staples

a cookbook of essentials

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Brunch

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Pancake/Waffle Mix

Feeds 6; 15m prep time

egg, 1
flour, 1 cup
baking powder,
1 tsp.
sugar, 1½ tsp.
salt, ½ tsp.
milk, 1 cup
vanilla, ½ tsp.
butter, 1 tsp.,
melted

- 1 Separate egg whites from yolk.
- 2 Vigorously whisk egg whites until stiff peaks form.
- 3 Mix together flour, baking powder, sugar, and salt and set aside.
- 4 Beat egg yolk, milk, vanilla, and melted butter together then beat into dry ingredients.
- 5 Fold in egg whites.





Banana Bread

Makes 1 loaf; 15m prep + 1h 15m cook time

sugar, 1 cup
butter, 1 stick,
softened
eggs, 2
bananas, 3
milk, 1 tbsp.
ground cinnamon,
1 tsp.
flour, 2 cups
baking soda, 1 tsp.
baking powder,
1 tsp.
salt, 1 tsp.

- 1** Preheat oven to 325°F.
- 2** Butter a loaf tin.
- 3** Cream softened butter and sugar together, then add eggs one at a time.
- 4** In a separate bowl, mash bananas with cinnamon and milk and add to mixture.
- 5** Mix in flour, baking soda, baking powder, and salt, stopping when the flour disappears.
- 6** Bake 1 hour 15 minutes.

Dinner

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Chicken Pot Pie

Feeds 6; 30m prep + 30m cook time

chicken, 3 cups
onion, ½
butter, 6 tbsp.
peas and carrots,
10 ounces
flour,
½ cup + 2 cups
salt, 1½ tsp.
oil, ½ cup
cold water, 5 tbsp.

- 1 Preheat oven to 375°F.
- 2 Boil chicken and retain broth. Cut or tear chicken into small pieces.
- 3 Dice onions and saute with butter.
- 4 Pour 3 cups of chicken broth into a pot with the onions, peas, carrots, and chicken.
- 5 Mix ½ cup of flour and cold water into a pourable paste, then pour into pot slowly, stirring continuously.
- 6 Simmer until thick and season to taste with salt and pepper.
- 7 Mix 2 cups flour, oil, salt, and cold water and knead until dough forms.
- 8 Roll into a sheet large enough to cover baking dish. Pour in filling and cover with dough.
- 9 Bake for 30 minutes.





Butternut Squash Ravioli

Makes 20 ravioli; 1h prep + 20m cook time

flour, 2¼ cups
salt, ½ tsp.
eggs, 4
butternut squash, 1
parmesan, ½ cup
ricotta, 1 cup
butter, 1 stick
sage, 1 tbsp.
thyme, 2 tsp.

1 Pour flour onto clean counter and mix in salt. Make a well in the center of the flour and crack in eggs.

2 Whisk eggs into flour until incorporated enough to knead by hand. Knead for 7-10 minutes or until dough springs back. Refrigerate for at least 1 hour.

3 Peel and cut butternut squash into ½ inch cubes.

4 Roast at 400°F with olive oil, salt, and pepper for 45-60 minutes. Once soft, mash 1½ cups while still warm and mix with parmesan, ricotta, salt, and pepper (to taste).

5 Quarter dough and roll out one at a time, forming sheets. Place tablespoons of filling onto sheets and cut.

6 Boil in salted water for 3-4 minutes, then finish in browned butter, sage and thyme. Serve with parmesan.

Dessert

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Oatmeal Chocolate Chip Cookies

Makes 24 cookies; 20m prep + 10m cook time

flour, 1¾ cups
baking soda, 1 tsp.
salt, 1 tsp.
salted butter,
2 sticks
vanilla, 1 tsp.
brown sugar, ¾ cup
granulated sugar,
¾ cup
eggs, 2
**(non-instant) rolled
oats**, ½ cup
chocolate chips,
2 cups

- 1 Preheat oven to 375°F.
- 2 Combine flour, baking soda, and salt in small bowl.
- 3 Beat butter, vanilla, brown sugar, and granulated sugar until creamy.
- 4 Add eggs, one at a time, beating well after each addition.
- 5 Gradually beat in flour mixture.
- 6 Stir in oats and chocolate chips.
- 7 Drop by spoonful onto ungreased baking sheets.
- 8 Bake for 10 minutes or until golden brown. Let cookies cool before eating.





Chocolate Cinnamon Ring

Feeds 8; 15m prep + 30m cook time

butter, ½ cup
cinnamon rolls,
2 cans
**non-instant vanilla
pudding and pie
filling**, 3.4-ounces
brown sugar, ½ cup
chocolate chips,
¼ cup

- 1** Preheat oven to 375°F.
- 2** Cut cinnamon rolls into quarters.
- 3** Place half of the cinnamon roll pieces in a circular pan sprinkle with half of the pudding mix, brown sugar, and chocolate chips. Repeat.
- 4** Pour melted butter over the top.
- 5** Bake for 24-28 minutes. Cover with cinnamon roll icing.