



Several hours before cooking, pour the "starter" into a bowl and add 2 more cups of flour and more water. Set this in a warm place again, until it is bubbly. Save half of it for permanent "starter" mix and use the rest to make biscuits or pancakes. Each time you want pancakes or biscuits, add flour and water to the "starter" and then use half of it for your baking and save the rest.

For great biscuits try this recipe:

1 cup sourdough starter

$\frac{1}{4}$  tsp soda

1 egg

1 tsp melted fat

Enough flour to make a stiff dough

Mix ingredients until they're blended into a dough that you're able to knead. Roll dough flat on a floured surface such as foil or board. Cut into biscuit-size pieces. Let rise for an hour or so, then bake in your dutch oven, reflector oven, or greased skillet.

## Mexican Tortillas

1 cup cornmeal

1 cup boiling water

1 tsp salt

Slowly add the boiling water to the cornmeal. Add the salt and mix well. Shape into thin flat cakes and bake on an ungreased griddle. When brown, turn over.

## Swedish Meatballs

$\frac{1}{2}$  lb. lean pork, ground

1 lb. round steak, ground

$\frac{1}{2}$  cup chopped onions

2 tb butter

1 whole egg

1 egg yolk

$\frac{1}{2}$  cup bread crumbs

2 cups milk

Salt and pepper

Mix pork and round steak in a bowl. Cook onion in butter; add it to the meat. Beat the eggs and stir them in. Add bread crumbs and milk and season to taste. Form into small balls and fry until golden brown.

## Irish Stew

2 lbs. mutton or lamb

6 medium-size potatoes, cut in quarters

6 medium-size carrots, cut in strips

6 small onions

1 small yellow turnip, diced

3 sprigs parsley

2 tsps salt

$\frac{1}{4}$  tsp pepper

3 tsps sugar

Flour

Water

Cut mutton or lamb into 1-inch cubes. Cover with cold water, measuring the quantity of water used. Cover the kettle and bring to a boil. Add the potatoes, carrots, onions,