


THE BARE PANTRY SHOW 

THE BRAWTA COOKBOOK

BRAWTA MEANS EXTRA



BARBARA MCNAB GRINAGE

THE BRAWTA BOOK

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**AUTHOR & CONTENT
CREATOR**

THE BARE PANTRY SHOW



BAKED MOSTACCIOLI

- 1 (16 oz.) pkg. mostaccioli noodles
- 2 lbs. ground beef
- 1 sm. onion (diced)
- 1/4 c. cilantro (chopped)
- 1 sm. Roma tomato (diced)
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. red pepper flakes
- 1 (12 pk.) Provolone cheese
- 2 c. mozzarella (shredded)
- 5 c. spaghetti sauce
- 1 (16 oz.) container sour cream
- 2 c. Parmesan Cheese

Bring a large pot of water to boil, then boil the mostaccioli noodles for approximately 8 minutes. Drain then set aside. Place the ground beef, onion, cilantro, tomato, salt, black pepper and red pepper flakes in a large skillet. Use a large spoon to chop the meat into medium size pieces. Cook for 40 minutes, then add the spaghetti sauce. In an 8x10x2 inch oven safe dish or pan lay down 1/2 the noodles, then layer all 12 slices of Provolone cheese. Spread the entire container of sour cream on top of the layer of Provolone cheese. Spread 1/2 the meat sauce, then sprinkle the Mozzarella. Spread the remainder of the noodles, then remainder of the meat sauce. Top off with Parmesan. Bake at 350°F for 30 minute until cheeses are melted.

HAWAIIAN ROLLS

FOR FOUR



1/4 c. warm water
1/2 tsp. active dry yeast
5 1/2 tsp. granulated white sugar
1 c. bread flour

1/4 tsp. salt
2 1/2 tsp. powdered milk
1 egg yolk
2 1/2 tsp. butter (softened)

Place yeast in warm water with a pinch of sugar from the allotment of sugar and set aside to rise for about 8 minutes. Place flour, remaining sugar, salt, powdered milk and egg yolk in a separate bowl. Add yeast mixture, then mix with water until a dough forms. After dough forms, then work the butter into the dough. Place dough in the bowl, then cover and let rise for about 40 minutes. Punch the dough down and knead until all the air is released. Use a rolling pin to roll the dough into a rectangle 1/8 inch thick. Fold the left side of the dough toward the middle then fold the right side on top as if folding a letter. Press the dough out with the palms of your hand, then fold again. Repeat this for about 4-5 rotation. Cut into 4 equal pieces, then roll into balls. Set in greased 6x2 inch pan. Cover and let rise for about 20-25 minutes. Brush some egg wash on top of each roll, the bake at 400°F for about 30 minutes.

LEMON PUDDING

BUNDT OR SPRINGFORM CAKE

7 T. all-purpose flour
2 1/2 tsp. corn starch
1/2 tsp. baking powder
1/4 tsp. salt
3 T. butter (softened)
6 T. granulated White sugar

1 egg
1 1/2 tsp. lemon zest
1/4 tsp. vanilla extract
4 tsp. vegetable oil
2 1/2 T. lemon pudding mix
1/4 c. + 1 T. whole milk

Preheat the oven to 350°F. Place flour, corn starch, baking powder and salt in a medium bowl and whisk. In a separated bowl, cream the butter and sugar with an electric hand mixer until fluffy. Add the egg and mix well. Mix vanilla extract with the vegetable oil, then add to the batter. Mix lemon pudding mix with the milk in a small bowl, then set aside. Add the dry ingredients alternately with the wet to the batter. Mix until well incorporated. Pour batter into a greased and flour 6x2 inch pan, then bake for 40 minutes or until toothpick inserted comes out clean. Allow to cool on a wire rack for about 5 minutes then invert.

PIGS IN A BLANKET

WITH REGULAR SIZED HOT DOGS



2 c. all-purpose flour	2 T. butter (softened)
1 T. granulated white sugar	3/4 c. warm water
1/2 tsp. active dry yeast	4 hot dogs (boiled)
1/4 tsp. salt	

Place yeast in warm water with a pinch of sugar from the allotment of sugar and set aside to rise for about 8 minutes. Place flour, remaining sugar, salt and butter in a separate bowl and mix well. Add yeast mixture, then mix with water until a dough forms. Cover and let rise for about 40 minutes. Punch the dough down and knead until all the air is released. Press the dough into a circle then cut into 8 equal pieces. Preheat the oven to 400 °F. Roll each piece of dough into a long string about 30 inches long. Wrap each hot dog with the dough, then place on a parchment lined baking sheet. Sprinkle spices or Parmesan cheese on top, then bake for 30 minutes or until golden brown.



SMALL BATCH PRETZELS



- 1 1/4 c. warm water (105°F-115°F)
- 1 1/2 tsp. active dry yeast
- 1/2 T. granulated white sugar
- 2 1/2 c. all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. baking soda (for boiling)
- 1 egg (for egg wash)

Place yeast in warm water with a pinch of sugar from the allotment of sugar and set aside to rise for about 8 minutes. Place flour, remaining sugar and salt in a separate bowl. Add yeast mixture, then mix with water until a dough forms. Cover and let rise for about 40 minutes. Punch the dough down and knead until all the air is released. Press the dough into a circle then cut into 8 equal pieces. Pre-heat the oven to 400 °F. Roll each piece into a long string about 30 inches long. Make a loop like a horseshoe then twist the loose ends twice. Place the tips on the top part of the loop, then set on a floured counter top. Bring a pot of water to boil, then add baking soda. Boil each pretzel for 1-2 minutes on each side. brush the bottoms and tops with egg wash, then place on a parchment lined baking sheet. Sprinkle spices or Parmesan cheese on top, then bake for 30 minutes or until golden brown.

SMALL SKILLET FRUIT COBLER



- 1/4 c. unsalted butter
- 1/2 c. all-purpose flour
- 1/2 c. granulated white sugar
- 1 1/2 tsp. baking powder
- 1/8 tsp. salt
- 3/4 c. whole milk
- 1 (14-oz) can mixed fruits
- 1/2 c. brown sugar
- 1 T. ground cinnamon

Preheat oven at 350°F. Melt butter until light brown in a 6x2 oven safe skillet. In a large bowl, mix flour, sugar, baking powder, salt and milk to make a pancake like batter. Shut off the heat and add the batter on top of butter. Add fruits on top of the batter. In a small bowl, mix together brown sugar and cinnamon, then spread on top of the fruits. Bake in the same skillet for 40 minutes. Serve while still warm. Top with ice cream optional.



SPICY BELIZEAN DRESSING



10 sl. white bread	1 tsp. salt
1 small onion (diced)	2 tsp. black pepper
4 T. cilantro (chopped)	1/2 c. butter

Preheat the oven to 350°F. Chop the bread with a food processor then place in a large bowl. Add the diced onion, cilantro, salt and black pepper. Mix to combined then add the butter. Mix well to combine. Place in a oven safe baking dish. Cover with aluminum foil and bake for one hour.



TURKEY NECKS & WINGS

STEWED TO PERFECTION

- | | |
|---------------------------|--|
| 1 pk. turkey wings | 1/2 tsp. cayenne |
| 1 pk. turkey necks | 2 T. vegetable oil |
| 2 tsp. annatto or paprika | 1 sm. onion (sliced) |
| 1 1/2 tsp. salt | 3 T. cilantro (chopped) |
| 2 tsp. black pepper | 1/2 c. distilled white vinegar
(for rinsing the meat) |
| 1/2 tsp. garlic powder | |
| 1/2 tsp onion powder | |

Rinse the meat with distilled white vinegar and water, then season with annatto/paprika, salt, black pepper, garlic powder, onion powder and cayenne. Add vegetable oil to a skillet, then add meat and brown on both sides. Remove meat from the pan, then saute the onion and cilantro until onion is tender. Return the meat to the skillet and add about 1 cup of water. Allow meat to cook until tender while adding water as needed. Cook for about 2 hours.





Since 2018, I've authored 3 cookbooks. The first book "Beans & Rice Vol II" is chocked-ful of 130 Belizean recipes, while my 2nd cookbook "The Pantry Laid Bare" has 111 "better than" restaurant quality dishes. In my latest book, I downsized some of the recipes from my first and second books and added a ton of brand new recipes to make my first small batch book called "No More Leftovers." As I reduced some of the recipes, some were cut in half while others were cut in thirds or quarters. There were a few recipes that were either too large or too small in quantity to go in the book, but I still saved them. In this E-book, I share 8 recipes that I don't have in any of my cookbooks. Some of the recipes are small batch, while some are normal scale. Every recipe in this book would be great to take to a potluck.

I named this book "Brawta" because in Creole brawta means extra. These recipes are some extras that didn't make it into the other books.