Walmart’s Borosilicate and Soda-Lime-Silica Glass
Background

• **What is Borosilicate Glass?**
  Borosilicate glass, nicknamed “boro,” is known for a high tolerance to heat, resistance to thermal shock (sudden temperature changes) and resistance to degradation when exposed to chemicals. It is composed of 80% silica, 13% boric oxide, 4% sodium oxide and 2–3% aluminium oxide.

  German glassmaker Otto Schott is credited with the development of borosilicate glass in the late 19th century. This is unlikely since temperatures of around 1,760 degrees Celsius (3,200 degrees Fahrenheit) are required.
Background

- **What is Borosilicate Glass? (continued)**
  Similar mysteries surround the 10,000 year history of copper that has a melting point of 1,981 degrees Fahrenheit, carbon steel found in an archaeological site in Southeast Turkey (requiring the melting of iron at 2,800 degrees Fahrenheit) and synthetic basalt manufactured in Mesopotamia requiring 1,200 degrees Centigrade (2,192 degrees Fahrenheit).
Background

- **What is Borosilicate Glass? (continued)**
  Advanced metallurgy and glass production may have belonged to groups that built cities with advanced plumbing found in archaeological sites:
  - Akrotiri
  - Crete
  - Mohenjo Daro
Background

- **What is Borosilicate Glass? (continued)**
  The dioxide form of silicon, SiO2, used in the manufacture of glass, is also used in the manufacture of ceramics.

Susa, also known as Shushan, in the modern country of Iran, and favorite residence of the Persian king Darius I the Great, was a major production center of ceramics. Temperatures to fire ceramics range from 1,950 degrees F to 2,455 degrees F.
Background

• **What is Borosilicate Glass? (continued)**
  Advanced metallurgy and glass production may have belonged to groups that built cities with advanced plumbing found in archaeological sites:
  - Akrotiri
  - Crete
  - Mohenjo Daro
Background

• **What is Borosilicate Glass? (continued)**

  Modern borosilicate glass is sold under the trade name Pyrex. Anchor Hocking, founded in 1905 by Isaac Jacob (Ike) Collins in Lancaster, Ohio, and named for the Hocking River, has been making a heat tolerant soda-lime-silicate for forty years. Mason jars are also made of heat tolerant soda-lime-silica glass. U.S. brands of Mason jars are Ball, Kerr, and Golden Harvest.
Glass Products & Related Recipes

- **Wide Mouth Mason Jars (with BPA-free plastic lids)**
  Sizes:
  - Pint
  - 24 oz.
  - 32 oz. (Quart)
  - 64 oz (Half Gallon)

- **Related Recipes, Wide Mouth Mason Storage**, Martha Stewart’s Rhubarb Chutney Storage, Sally Fallon’s Sauerkraut Storage, Chicken Broth, Fennel/Thyme Encrusted Stockpot Chicken
Glass Products & Related Recipes

- Related Recipes, Wide Mouth Mason (continued)
  Container, Oat Bran/Egg Battered Broccoli

- Related Recipes, Wide or Regular Mouth Mason
  Storage, homemade yogurt
  Storage, Sally Fallon’s Coconut Pudding

- Related Recipes, Regular Mouth Mason
  Storage, Neem Iced Tea, quart
  Storage, Personal Size, Neem Iced Tea, pint
Glass Products & Related Recipes

Martha Stewart’s Whole Rhubarb Chutney

- Wide-Mouth 24 oz, Quart or Half Gallon size Mason Jars would provide very good storage

- Rhubarb root has been used for medical purposes by the Chinese for thousands of years.

Rhubarb appears in *The Divine Farmer’s Herb-Root Classic*, compiled about 2,700 years ago.

http://www.marthastewart.com/348837/whole-rhubarb-chutney
Recipe: Oat Bran/Egg Battered Broccoli

Small broccoli florets, when dredged in egg batter, tossed in oat bran with a little Celtic Sea Salt and toasted on a parchment covered baking sheet drizzled with a thin stream of olive oil, are a tasty snack, appetizer or side dish.

Oat Bran contains 12 minerals, Celtic Sea Salt contains 88 minerals and broccoli is high in folate that is required in the Vitamin B12 metabolism.
Recipe: Oat Bran/Egg Battered Broccoli

Ingredients (see products throughout this PDF):

- 2 eggs per person
- 1 cup of cut up organic broccoli florets per person
- Bob’s Red Mill Organic Oat Bran High Fiber Hot Cereal
- Celtic Sea Salt
- Organic Olive Oil
Glass Products & Related Recipes

• **Oat Bran/Egg Battered Broccoli (continued)**

Products (for this recipe):
- Norpro Egg Beater, Classic Hand Crank Style 18/10 Stainless Steel Mixer
- Pyrex 2.5 or 4 Quart Mixing Bowl, or 2 Quart Anchor Hocking Batter Bowl
- Wide Mouth 64-Ounce Jar (Mason Jar) with a white plastic BPA-free lid
- Oster Designed For Life Extra-Large Convection Countertop Oven (comes with a 9” x 13” pan)
- Great Value Non-Stick Parchment Paper
- Corelle Livingware Winter Frost White 10-Oz Dessert Bowls, Set of 6
- Tongs, Stainless Steel, 12”
Glass Products & Related Recipes

- **Oat Bran/Egg Battered Broccoli (continued)**

1. Preheat an oven to 350 degrees.

2. Crack open your eggs one-at-a-time into a white dessert size bowl to inspect the yolk. Note: Add the eggs to your small bowl one-at-a-time flipping the yolk over to inspect the rest of the yolk in a second bowl. Discard any eggs that have black specks.

3. Beat the eggs.

4. Line a baking sheet with parchment paper.

5. Add the oat bran to the Mason Jar.
Glass Products & Related Recipes

• Oat Bran/Egg Battered Broccoli (continued)

6. Dip handfuls of broccoli florets into the egg batter (in your large bowl).

7. Drop the egg covered florets into the oat bran and shake the jar.

8. Use a pair of tongs to move oat bran encrusted pieces to the baking sheet lined with parchment paper.

9. Dribble the encrusted pieces with olive oil.

10. Bake for 25 minutes at 350 degrees.
Glass Products & Related Recipes

- **Pie Plate**
  Sizes:
  - 9 inch
  - 6 inch

- **Related Recipes, Pie Plates**
  Coconut covered peanut butter balls (see 9 in. pie plate page)
  Oat Bran Crust (for quiche, see Pyrex Glass, 3-Piece Measuring Cup Set page)
  Broccoli Cheddar Filling for Quiche (see cheddar and broccoli pages)
  EdenFoods Sauerkraut with Coleman’s Beef Hot Dogs and Organic Ketchup (see Eden Foods Organic Sauerkraut page)
Glass Products & Related Recipes

• **Rectangular Dishes**
  • Pyrex 6-Piece Storage Plus Rectangle Value Pack
  • Anchor Hocking 7-Piece Bakeware Set

• **Related Recipes, Rectangular Dishes**
  Oat and Buttermilk Bread
  Crème Fraiche (see: Pyrex 6-Piece Storage Value Pack)
  Baked Coconut Custard
Recipe: Oat and Buttermilk Bread

This recipe is from a Dukan diet message board. The food tastes like bread but contains very little carbohydrate (suited for Dukan’s “attack phase”). Carbohydrates are not essential to life.

Ingredients (see products throughout this PDF):
8 Tablespoons Bob’s Red Mill Organic Oat Bran High Fiber Hot Cereal
10 Tablespoons buttermilk
6 Eggs
2 Teaspoons of Bob’s Red Mill - Non-Aluminum Double Acting Baking Powder
Recipe: Oat and Buttermilk Bread (continued)

Products (for this recipe):
Medium Pyrex loaf pan (1.25 qt.) This size pan is part of the Pyrex 6- Piece Storage Plus Rectangle Value Pack and Anchor Hocking 7-Piece Bakeware Set
Norpro Egg Beater, Classic Hand Crank Style 18/10 Stainless Steel Mixer
Pyrex 4-Quart Glass Mixing Bowl
Knife from Cambridge Silversmiths Swirl Sand 89-Piece Flatware Set with 5-Piece Hostess Set
Dinner Plate from Better Homes & Gardens Anniston Porcelain 16 Piece Dinnerware Set, White
Glass Products & Related Recipes

• Oat and Buttermilk Bread (continued)

1. Preheat your oven to 355 degrees Fahrenheit.
2. Blend all the ingredients with a hand mixer.
3. Pour mixture into a loaf pan.
4. Cook in a 355 degree pre-heated oven for 40 minutes.
5. Remove the pan from the oven, place it on a potholder or trivit and allow the pan to cool thoroughly.
Glass Products & Related Recipes

- **Oat and Buttermilk Bread (continued)**

6. When the pan is cool, slide a knife around the perimeter to loosen the loaf.

7. Flip the pan upside-down on a plate. If the loaf has cooled sufficiently, it should fall on the plate.

8. Slice and serve (as a snack or with scrambled eggs).
Recipe: Baked Coconut Custard

Mixtures of baked milk and eggs have been part of French cuisine since the Middle Ages. Custard is a versatile, make-ahead recipe that can be kept in the refrigerator. Custard needs to be baked in a hot water bath so the surface does not crack.

Ingredients (see products throughout this PDF):
3 cups half & half/coconut milk
1 quart of spring water
4-5 medium to large eggs
1-1/2 teaspoon vanilla
Ground Nutmeg
Recipe: Baked Coconut Custard

Products (this recipe):
Pyrex Glass, 3-Piece Measuring Cup Set
Zyliss Lock N’ Lift Can Opener, Green
Two Farberware 18/10 Stainless Steel 3-Quart
(one for heating water and one for heating half & half/coconut milk mixture)
Anchor Hocking 2-qt Glass Batter Bowl
Anchor Hocking 4pc 10oz Glass Oval Custard Cups
4 or 5 Quart Baking Dish (e.g. 5 qt. dish in Anchor Hocking 7-Piece Bakeware Set)
Big Number Measuring Spoons
Better Homes & Gardens Silicone Oven Mitt, Red (two)
3dRose Planet Earth, Trivet, Ceramic Tile, 8 by 8-in.
Baked Coconut Custard (continued)

1. Heat oven to 350 degrees Fahrenheit.

2. Open a can of coconut milk and place the contents into the largest measuring cup (4 cup size).

3. Add half & half to the coconut milk and fill this measuring cup to the 3 cup mark. If there are any lumps in the coconut milk, blend this with a fork or hand mixer.

4. Heat half & half/coconut milk mixture in a saucepan on medium heat. The mix should be steaming but not bubbling. Watch this carefully for steam and do not let it boil. Turn off the heat when you see steam.
5. Heat water on high heat to bring to a boil.

6. Meanwhile, beat eggs, and vanilla with a hand beater. Try not to form foam.

7. Combine egg mixture and hot half & half/coco-nut milk mixture in a 2 quart batter bowl (a bowl with a lip is the easiest to pour).

8. Pour hot water into a 4 or 5 quart baking dish

9. Pour egg mixture into 10 oz. custard cups and place the cups in the hot water.

10. Sprinkle the egg mixture with nutmeg.
• Baked Coconut Custard (continued)

11. Place pan in the center of the oven.

12. Bake 45 minutes.

13. Remove cups from the oven, and water bath; cool 5 to 10 minutes.

14. Refrigerate until cold.

Notes:

1. If the eggs are small, you may need to add an additional egg. You will notice a difference when you fill the custard cups.

2. Organic white stevia or honey are options for a sweeter tasting custard.
3. The Anchor Hocking 10 ounce custard cups do not have lids, but the cup has a lip that can hold a square piece of cellphane paper with a #32 rubberband.

4. The 10 ounce custard cups can also be used to serve yogurt, cottage cheese, egg salad, or carrot, chopped clam and seaweed salad (see clams or seaweed).

5. A nylon scrubber is recommended to take off any baked egg custard because this type of scrubber does not scratch. Bon Ami cleanser also does not scratch.
Glass Products & Related Recipes

- 10 Ounce Custard Cups
  - Anchor Hocking 4pc 10oz Glass Oval Custard Cups

- Related Recipes, 10 Ounce Custard Cups
  Egg Salad
Recipe: Egg Salad

This recipe includes steps to check eggs for black spots before they are dropped into simmering water and mixed with Hellmann’s new mayonnaise made with olive oil. The original Hellman’s mayonnaise is made with Canola oil made from rapeseeds \((Brassica napus)\) that are genetically engineered. Capers are added for taste and appearance. Capers are edible flower buds that are pickled in salt and vinegar. The plant is native to the Mediterraneanean.
Recipe: Egg Salad

Ingredients (see products throughout this PDF):
3 eggs per person
1 tablespoon of mayonnaise (dollop) per person
9 capers per person
1/4 teaspoon of sea salt for every six portions
Spring water to boil the eggs

Products (this recipe):
Cook N Home 10” Stainless Steel Saute Pan with Lid
Towle Hammersmith 18/10 Stainless Steel 8 5/8’ Pierced (Slotted) Serving Spoon
Glass Products & Related Recipes

Recipe: Egg Salad (continued)

Products (continued):
- Lux Minute Minder Kitchen Timer or Taylor Mini Digital
- Better Homes and Gardens Porcelain Coupe Serve Bowls, White, Set of 4
- Pyrex 2.5 Quart or 4-Quart Glass Mixing Bowl
- Knife and fork from Cambridge Silversmiths Swirl Sand 89-Piece Flatware Set with 5-Piece Hostess Set
- Tablespoon (from flatware set)
- Big Number Measuring Spoons
- Corelle Livingware Winter Frost White 6.75” Bread and Butter Plate
Recipe: Egg Salad (continued)

Products (continued):
Temkin 1010C, 10x10-Inch Clear Cellophane Sheets, 1000-Piece Pack, for the 2.5 Quart Mixing Bowl
30” 100 ft Gift Wrapping Clear Cellophane Roll for the 4 Quart Mixing Bowl
Goody Styling Essentials Ouchless Headwrap, Thin Black, 6 Count (2-Pack)
• Egg Salad (continued)

1. The eggs will need to be hard boiled which takes a minimum of 12 minutes (a few extra minutes is ok). Fill the saute pan with Spring Water until the level is about a half inch from the top and place on medium heat.

2. While the water is heating up, check eggs for black spots and use the small bowls to line up 3 eggs per person on your counter next to the stove.

3. When the water begins to boil, you may need to reduce the heat slightly. Carefully drop the eggs into the water and set the timer for 12 min.
• Egg Salad (continued)

Do not leave the eggs unattended because foam may form at the top of the water. Skim this off with a slotted spoon and discard.

4. Turn off the heat and move eggs to shallow bowls. You will need to transfer eggs twice because there may be a small amount of water on the spoon.

5. Move the eggs to a large mixing bowl. Use a knife and fork to cut the eggs into chunks.

6. Separately, empty the contents of a jar of capers on to a plate. Remove any stems from capers.
7. Add one tablespoon of mayonnaise and nine capers to the mixture for every 3 eggs in your batch.

8. You will need 1/4 teaspoon of sea salt for every six portions in your batch. Flatten the sea salt on a small butter plate and use a knife to add a few crystals to your batch a little at a time.

9. Cover the bowl (2.5 Quart or 4 Quart) with cellophane and use a women's head elastic to secure this paper. Refrigerate for at least 2 hours.

10. Serve in 10 ounce custard cups with buttered toast.
Products
(Egg Battered Broccoli, Oat Buttermilk Bread, Coconut Custard, Egg Salad and Quiche)

Farmhouse Brown Eggs, 18 ct
• Cage Free
• Grade A
• Large (closer to Medium)

Farmhouse Cage Free Grade A Large Brown Eggs, 18 ct, Walmart, $4.76
Products (Egg Battered Broccoli, Oat Buttermilk Bread, and Quiche)

Bob’s Red Mill
Organic High Fiber Hot Cereal, 16 Oz

- Oat Bran
- Contains 12 minerals
- Note: Oat bran needs to be consumed with other foods. By itself, cereal is not appropriate as a breakfast food (or any time).

Bob’s Red Mill Organic High Fiber Hot Cereal, 16 Oz, Walmart, $8.90
Products (Oat Bran Crust for Quiche)

Quaker Oat Bran
Hot Cereal, 16 oz Box

- Made from 100% oat bran
- Contains 12 minerals
- Note: Oat bran needs to be consumed with other foods. By itself, cereal is not appropriate as a breakfast food (or any time).

Quaker Oat Bran Hot Cereal, 16 oz Box, Walmart, $8.27
Products (Egg Battered Broccoli and Egg Salad)

Celtic Sea Salt:
- Hand-harvested in Brittany, France near the Celtic Sea
- Artisans use a 2,000-year old Celtic method that is crucial to preserving its natural state

Celtic Sea Salt, Light Grey, 16 Oz, Walmart, $6.09
La Tourangelle
Organic Extra Virgin Olive Oil, 25.4 fl oz (750 ml)
• Cold-pressed
• Well-balanced, intense and fruity extra virgin olive oil with hints of freshly cut grass, almond, fresh olive leaves and a bright peppery finish
Products (Egg Battered Broccoli and Salad Dressing)

Cucina & Amore Balsamic Vinegar of Modena, 16.9 Fl Oz

- Use with olive oil to make Balsamic Vinaigrette Dressing
- In a small bowl or Pyrex measuring cup, combine olive oil and balsamic vinegar in equal proportions
- Dandelion greens are high in iron, calcium, Vitamins A, C, K and B2. They also contain folate that is needed in the Vitamin B12 metabolism
Norpro Egg Beater
Classic Hand Crank Style
18/10 Stainless Steel Mixer

- 12 inches
- Professional grade
- Can also be used to beat eggs

Egg Beater Classic Hand Crank Style 18/10 Stainless Steel Mixer 12 Inches Professional-grade hand beater By Norpro, Walmart, $32.59
Products (Egg Battered Broccoli)

Cuisinox Flat Whisk

- 18/10 Stainless steel.
- Dimensions:
  Width - Side to Side: -2”
  Depth - Front to Back: -2”
  Length - Top to Bottom: -8”
- Can also be used to beat eggs (a fork can also be used)

Cuisinox Flat Whisk, Walmart, $22.16
Products (Egg Battered Broccoli, Oat Buttermilk Bread, Coconut Custard, and Quiche)

Hamilton Beach Hand Mixer With Snap-On Case

- Snap-on storage case for beaters
- 250 Watts peak power
- 6 speeds

Hamilton Beach Hand Mixer With Snap-On Case | Model# 62682RZ, Walmart, $12.96
Products

Pyrex 2.5-Quart Glass Mixing Bowl

- Made of borosilicate glass developed by Otto Schott (1851-1935) in the late 19th century
- In 1879, Schott developed a lithium-based glass that possessed novel optical properties and later developed borosilicate glass between 1887 and 1893

Pyrex 2.5-Quart Glass Mixing Bowl, Walmart, $5.97
Products (Egg Salad)

Pyrex 4-Quart Glass Mixing Bowl

• Made of borosilicate glass developed by Otto Schott (1851-1935) in the late 19th century
• In 1879, Schott developed a lithium-based glass that possessed novel optical properties and later developed borosilicate glass between 1887 and 1893
Products (Baked Coconut Custard)

Anchor Hocking 2-qt Glass Batter Bowl with Lid

- Tempered glass bowl with white, plastic lid
- Bowl is dishwasher, microwave, oven and freezer safe
- 5-year limited warranty
- Plastic lid is BPA-free

Anchor Hocking 2-qt Glass Batter Bowl with Lid, Walmart, $8.44
Products

Ball Wide Mouth Pint Glass Mason Jars with Lids and Bands, 16 oz, 12 Ct

- Wide mouth jars are useful for storing food
- Raised glass marks for measuring food
- Dishwasher-safe in top shelf
- Needs a BPA-free plastic lid

Ball Wide Mouth Pint Glass Mason Jars with Lids and Bands, 16 oz, 12 Ct, Walmart, $9.83
Products

Ball Glass Mason Jar with Lid and Band, Wide Mouth, 24 Ounces, 9 Count

- Wide mouth jars are useful for storing food
- Slightly smaller than the quart size jar
- A good storage size for homemade yogurt or coconut pudding
- Raised glass marks for measuring food
- Dishwasher-safe in top shelf
- Needs a BPA-free plastic lid

Ball Glass Mason Jar with Lid and Band, Wide Mouth, 24 Ounces, 9 Count, Walmart, $10.92
Products

Ball Wide Mouth Quart Glass Mason Jars with Lids and Bands, 32 oz., 12 Count

• Wide mouth jars are useful for storing food
• Raised glass marks for measuring food
• Dishwasher-safe in top shelf
• Needs a BPA-free plastic lid

Ball Wide Mouth Quart Glass Mason Jars with Lids and Bands, 32 oz., 12 Count, Walmart, $11.47
Products

JARDEN HOME BRANDS
Ball 6Pack 1/2 Gallon Wide Mouth Jar

- 64 ounce
- 6-pack set
- Needs a white plastic BPA-free lid

JARDEN HOME BRANDS Ball 6Pack 1/2 Gallon Wide Mouth Jar, Walmart, $10.98
Products

Ball Plastic Storage Caps 8/Pkg Wide Mouth

- 8 reusable regular mouth plastic storage caps
- Fits wide mouth Mason jars (pint, 24 oz, quart, or half gallon)

Ball Plastic Storage Caps 8/Pkg Wide Mouth, Walmart, $6.79
Products (Sally Fallon’s Sauerkraut)

Berghoff Studio 4-Sided Grater

- To make sauerkraut, you will need to obtain a pint of whey from a dairy farmer (this will be used as a starter for the ferment). You will need 4 tablespoons for Sally’s recipe.
- For grating 1 head of organic cabbage into a 4 quart Pyrex mixing bowl
- 18/10 Stainless
- Dishwasher safe
- Measures: 9.75”

Berghoff Studio 4-Sided Grater, Walmart, $19.99
Products (Sally Fallon’s Sauerkraut)

Meat Tenderizer

• The grated cabbage (for making sauerkraut) will fill more than half of the 4 qt. mixing bowl. Pound the cabbage pieces with a tenderizer until you see liquid in the bottom of the bowl.

• Walmart sells Ohio Stoneware’s 3-Piece Crock Kit for making 2 gallons (crock, a cover and a weight)

Meat Tenderizer, Walmart, $16.24
Products (Sally Fallon’s Sauerkraut)

Glass Gems 14oz-Clear Luster

- Use these glass pieces at the top of a quart size, wide-mouth Mason jar used to make Sally Fallon’s sauerkraut (this ferment is an anaerobic process and the glass keeps air out).
- Sally’s recipe for sauerkraut is in her *Nourishing Traditions Cookbook*
- Walmart sells Ohio Stoneware’s 3-Piece Crock Kit for making 2 gallons (crock, a cover and a weight)
A 7-Quart Crock Pot can be used to make Thyme & Fennel Encrusted Chicken with Broth (a Wide Mouth Mason Jar will be needed to store the left over broth)

- 7 Quart size can hold a whole chicken
- Place the chicken in the crock pot face up, rub the skin with butter and press Thyme (dried) and Fennel seeds into the skin. Add Spring Water around the sides. Cover and cook on High for 5 hours.

Notes: After 5 hours, the chicken will be very easy to remove from the stock pot. Strain the broth into a pan and store in one or more Mason jars. Refrigerate for 3 days. During this time, fat will rise to the surface. Scrape this off and discard. Use the broth to make egg drop soup. Beat 2 eggs, heat the soup and let the beaten eggs drizzle into the soup through a strainer. Add a small amount of sea salt and serve.
Products (Broth, Thyme and Fennel Encrusted Chicken)

Great Value Organic Thyme Leaves, 0.6 oz

- Thyme is an excellent source of vitamin C as well as a vitamin A (in the form of provitamin A carotenoid phytonutrients). It also provides iron, manganese, copper, and fiber.
- Thyme kills hook-worms, roundworms, threadworms and skin parasites. Thyme also destroys Cryptococcus neoformans, Aspergillus, Saprolegnia, Salmonella typhimurium, Staphylococcus aureas, and Escherichia coli.
Great Value Organic Fennel Seeds, 1.6 oz

- Many cultures in India, Afghanistan, Iran, and the Middle East use fennel seed in cooking. It is one of the most important spices in Kashmiri Pandit and Gujarati cooking.
- Fennel is a plant species in the carrot family.
Products (Broth, Thyme and Fennel Encrusted Chicken)

Great Value Organic Unsalted Butter 16oz

- Great Value is Walmart’s Private Label Brand
- Walmart announced an intention to take dairy processing in-house (away from Dean Foods) in March 2018 opening a very large facility Fort Wayne, Indiana.

Great Value Organic Unsalted Butter 16oz, Walmart
Read Stephanie O’Dea’s simple steps for making yogurt in a crock pot.

Use a full cup of Fage yogurt as a starter instead of a half cup. A measuring cup will be needed (small Fage containers hold 7 oz.)

A 7 quart crock pot is shown in the products section (7 quarts can accommodate a whole chicken).

Notes:

1. If Stephanie’s link changes, look for her yogurt recipe in the Slow Cooking pull-down menu, Index, Breakfast, #22
2. The yogurt has a delicate flavor
3. The texture becomes thicker with refrigeration
4. Store in Mason jars

https://www.ayearofslowcooking.com/2008/10/you-can-make-yogurt-in-your-crockpot.html
Oster Designed For Life Extra-Large Convection Countertop Oven (TSSTTVXLDG-002)

- Oster countertop oven cooking functions include Bake, Broil, Toast, Pizza and Defrost
- Oven’s temperature range: 150 to 450 degrees Fahrenheit
- Comes with a 13 in. X 9 in. pan
- Can hold Oster’s 14” L x 11.9”W Cookie Sheet

Oster Designed For Life Extra-Large Convection Countertop Oven (TSSTTVXLDG-002), Walmart, $99.99

Products (Egg Battered Broccoli and Baked Coconut Custard)
Libbey Handled Drinking Jar
8-Piece Set, Glass

- Regular mouth jars are useful for storing liquids such as Neem Iced Tea
- This jar holds 16 ounces (the same as an iced tea glass) the same as a pint size Mason jar
- Lids need to be purchased separately
- The Great Value Natural No Stir Crunchy Peanut Butter, 16 ounces lid fits this jar

Libbey Handled Drinking Jar 8-Piece Set, Glass, Walmart, $7.75
Mainstays Regular 1 qt Glass Jar, 12-Pack (Anchor Hocking)

- Regular mouth jars are useful for storing liquids such as Neem Iced Tea
- A good storage size for homemade yogurt or coconut pudding
- The Great Value Natural No Stir Crunchy Peanut Butter, 16 ounces lid fits this jar
Great Value Non-Stick Parchment Paper, 60 sq ft

- Avoid the health hazards of aluminum
- Aluminum is related with many brain diseases including Alzheimer’s disease, Parkinson’s disease, and multiple sclerosis ("Is aluminum exposure a risk factor for neurological disorders?" *Journal of research in medical sciences* 2018; 23: 51)
Products (Egg Recipes)

Corelle Livingware Winter Frost White 10-Oz Dessert Bowls, Set of 6

- This small white bowl is a good size for checking eggs
- Use two bowls and flip the egg over to look for black spots

Corelle Livingware Winter Frost White 10-Oz Dessert Bowls, Set of 6, Walmart, $15.94
Products

12 Inch and 9 Inch Stainless Steel Tongs

- Needed to move oat bran covered broccoli florets from the large Mason jar to the parchment paper-covered baking sheet
- Spring-operated and scalloped-edged to provide a sturdy grip

12 Inch and 9 Inch Stainless Steel Tongs, Walmart, $14.58
Products (Coconut Covered Peanut Butter Balls)

Anchor Hocking 9” Glass Pie Plate

- Anchor Hocking has been manufacturing tempered soda-lime-silicate bakeware for nearly 40 years.
- Use this shallow, wide dish for holding the shredded coconut.
- Scoop a small amount of peanut butter with a small spoon that is slightly larger than an almond. Use a second spoon to drop it into the coconut and start it rolling. Finish rolling with your fingers.

Anchor Hocking 9” Glass Pie Plate, Walmart, $2.38
Products (Single Serving, Sauerkraut and Hot Dogs)

Anchor Hocking Oven Basics Glass 6 Inch Mini Pie Plate, Set of 2

- Anchor Hocking has been manufacturing tempered soda-lime-silicate bakeware for nearly 40 years
- Use this shallow dish for heating Eden Foods Organic Sauerkraut and Coleman Natural Beef Hot Dogs

Anchor Hocking Oven Basics Glass 6 Inch Mini Pie Plate, Set of 2, Walmart, $14.99
Peanut Butter & Co., Crunch Time, Crunchy Peanut Butter, 16 oz.


- The company’s no-stir natural peanut butter is available in several different flavors and sold in retail food stores.

Peanut Butter & Co., Crunch Time, Crunchy Peanut Butter, 16 oz., Walmart, Walmart’s price is $13.93. This must be a mistake because this product is available as low as $3.24. Check the site, or call.
Great Value Natural No Stir Crunchy Peanut Butter, 16 ounces

- Peanuts contain 26 minerals, 14 vitamins and monounsaturated fat that the body can convert to saturated fat as needed.
- Although this food is a superfood, peanuts are a plant and do not contain all of the essential amino acids (building blocks of protein) necessary for metabolism.
Royal Teaspoon Set of 12
18/10 Stainless Steel Teaspoons

- 18/10 stainless, also called surgical grade stainless, contains very little nickel.
- In 2012, the EPA classified nickel as a carcinogen.
- “Nickel stainless” is less expensive than surgical grade. Nickel has been shown to leach into food.
- Nickel also causes steel to lose ferrous properties.
Products (Peanut Butter Balls)

Bob’s Red Mill Shredded Unsweetened Coconut, 12 oz (4 Pack)

- Can be used to make coconut covered peanut butter balls
- Naturally sweet
- Fine texture
- Unsulfured Coconut

Bob’s Red Mill Shredded Unsweetened Coconut, 12 oz (4 Pack), Walmart, $15.93
Products (Peanut Butter Balls)

Great Value Organic Unsweetened Coconut Flakes, 7 oz

- Can be used to make coconut covered peanut butter balls
- Naturally sweet
- Coarser texture than Bob’s Red Mill
- Unsulfured Coconut

Great Value Organic Unsweetened Coconut Flakes, 7 oz, Walmart, $1.98
Products (Melted Butter, Oat Bran Crust for Quiche)

Nantucket Seafood Butter Warmer (Set of 2)

- Can be used to melt 1/2 stick of butter to make an oat bran crust (in a pie plate)
- Tealight for each included
- White ceramic
- A 3 quart 18/10 stainless sauce pan can also be used (see: Farberware)
- Melt the butter and take off the fire

Nantucket Seafood Butter Warmer (Set of 2) Walmart, $15.25
Products
(Melted Butter, Oat Bran Crust for Quiche, heating custard mixture, or making hard boiled eggs)

Farberware
18/10 Stainless Steel
3-Quart Covered Saucepan, Stainless Steel

- Can be used to melt 1/2 stick of butter to make an oat bran crust (in a pie plate)
- Pre-heat an oven to 350 degrees
- Dual riveted “no slip grip” handles
- Oven-safe to 350 degrees Fahrenheit
- Tempered glass lid to monitor food

Farberware 18/10 Stainless Steel 3-Quart Covered Saucepan, Stainless Steel, Walmart, $22.97
Pyrex Glass, 3-Piece Measuring Cup Set

- 3 pieces for a few dollars more than 1
- 1-cup, 2-cup and 4-cup
- Measure 1 cup of oat bran (cut the amount of butter and oat bran in half for the small pie plate)
- Mix oat bran and melted butter in the 4 cup measuring cup
- Press into a pie plate with the back of a large spoon
- Bake for 50 minutes
As cheddar ages, it goes from mild to tangier with more complex flavors. Extra sharp is aged from 1 1/2 to 2 yrs.

Use Walmart’s cheddar and broccoli florets to make a quiche filling. A filling for the oat bran crust in a 9 in. pie plate will not be very tall (cut the florets small and serve wide pieces).

Pre-heat an oven to 400 degrees

Besides the cheese, you will need 3 eggs, heavy cream, and sea salt

Prepare an oat bran crust as explained on the measuring cup page

Check/beat the eggs and set aside
(continued on the next page)
Broccoli Cheddar Quiche (cont’d)

• Scatter about 4 tablespoons of cheddar into the oat bran crust and several tiny broccoli florets

• Pour your egg mixture into a 1-cup measuring cup. Add heavy cream until cup is filled slightly past the 1-cup mark. Blend this and add a pinch of sea salt.

• Pour the egg and cream mix over your scattered cheese/broccoli florets

• Place the quiche into your oven and set your timer for 35 minutes.

• When done, let the quiche cool down for at least 15 minutes. Cut the quiche into 4 large pieces.
Products (EdenFoods Sauerkraut with Coleman’s Beef Hot Dogs and Organic Ketchup)

Eden Foods Organic Sauerkraut, 32 Oz

- Pile an ample portion of sauerkraut in the bottom of a 6 inch pie plate (single serving)
- Place 2 Coleman Beef Hot Dogs on top of the sauerkraut
- Heat in oven at 350 degrees for 30 minutes
- Serve with organic ketchup

Eden Foods Organic Sauerkraut, 32 Oz, Walmart, $6.60
Products (EdenFoods Sauerkraut with Coleman’s Beef Hot Dogs and Organic Ketchup)

Coleman Premium Foods Uncured Beef Hot Dogs

- In 2010, Perdue purchased Coleman Natural Foods
- Coleman put Perdue into the pork and beef business for the first time since Arthur Perdue, Jim Perdue’s grandfather, started the company in 1920.
Products (EdenFoods Sauerkraut with Coleman’s Beef Hot Dogs and Organic Ketchup)

Great Value Organic Tomato Ketchup, 38 oz, single

- No Artificial Colors, Flavor, or Preservatives
- Non-GMO Ingredients

Great Value Organic Tomato Ketchup, 38 oz_single, Walmart, $3.22
Products (Oat and Buttermilk Bread and Crème Fraîche)

Pyrex 6-Piece Storage Plus Rectangle Value Pack

- Includes: Two 1&7/8-cup rectangular dishes and one 1.25-quart rectangular dish. All have plastic BPA-free covers.
- Oven, microwave, refrigerator, freezer and dishwasher safe.
- To make Crème Fraîche, pour a half pint of heavy cream into a small container, add 1 tablespoon of buttermilk (as starter) and leave out overnight with the cover slightly ajar.

Pyrex 6-Piece Storage Plus Rectangle Value Pack, Walmart, $14.74

Notes:
1. Crème Fraîche is fermented cream that has a delicate flavor.
2. Keeps 12 days in the refrigerator.
3. Watch British chef Gordon Ramsay make scrambled eggs with crème fraîche that he serves with sourdough bread: https://www.youtube.com/watch?v=PUP7U5vTMM0
Products (Crème Fraîche)

Great Value Ultra-Pasteurized Real Heavy Whipping Cream, 16 Oz.

• Walmart announced an intention to take dairy processing in-house (away from Dean Foods) in March 2018 opening a very large facility Fort Wayne, Indiana.

• Use to make crème fraîche, a sour cream that has a light, delicate flavor

• In-store purchase only

Great Value Ultra-Pasteurized Real Heavy Whipping Cream, 16 Oz., Walmart, $2.34
**Products** (Oat and Buttermilk Bread and Crème Fraîche)

Meadow Gold Low-Fat Cultured Buttermilk, Half Pint

- In-store purchase only
- Drink cultured buttermilk alone, or use it as a starter culture for making crème fraîche, a sour cream that has a light, delicate flavor
Products (Oat and Buttermilk Bread and Baked Coconut Custard)

Anchor Hocking 7-Piece Bakeware Set

- Anchor Hocking bakeware can be used in gas and electric ovens up to 425 degrees Fahrenheit
- The loaf pan is the same size as the loaf pan in the Pyrex 6-Piece Value Pack (1.25-qt.) and can be used for the oat and buttermilk bread
- The 5 quart baking dish can be used as a water bath to hold 10 oz. custard cups for the coconut custard recipe

Anchor Hocking 7-Piece Bakeware Set, Walmart, $16.47
Products (Oat and Buttermilk Bread)

Bob Red Mill Baking Powder, 16 Oz

- No aluminum added
- Used for non-yeast baking

Bob Red Mill Baking Powder, 16 Oz, Walmart, $3.66
Products (Oat and Buttermilk Bread)

Cambridge Silversmiths Swirl Sand 89-Piece Flatware Set with 5-Piece Hostess Set

- 18/10 Stainless
- Service for 12

Cambridge Silversmiths Swirl Sand 89-Piece Flatware Set with 5-Piece Hostess Set, Walmart, $49.99
Products  (Oat and Buttermilk Bread)

Better Homes & Gardens Anniston Porcelain 16 Piece Dinnerware Set, White

- Service for 4
- Dishwasher safe
- A dinner plate is needed at the end of the oat buttermilk bread recipe when the loaf is cooling. Use a knife around the perimeter of the loaf, turn the pan over on top of a dinner plate, let it continue to cool and the loaf will drop out.

Better Homes & Gardens Anniston Porcelain 16 Piece Dinnerware Set, White, Walmart, $39.92
Products (Baked Coconut Custard)

Zyliss Lock N’ Lift Can Opener, Green

- Ergonomically designed
- Zyliss is a Swiss manufacturer of kitchen and cooking products. The brand is now owned and operated by Diethelm Keller Brands AG
- For opening a can of coconut milk

Zyliss Lock N’ Lift Can Opener, Green, Walmart, $18.95

- Naturally sweet
- Occasionally needs to be blended
- Use in Sally Fallon’s coconut pudding, or in baked coconut custard
Organic Valley Organic Half & Half, 1 Quart

- Fifty-seven quality checks ensure cream arrives tasting as fresh as can be
- Independent cooperative of organic farmers based in La Farge, Wisconsin
- Founded in 1988
- The nation’s largest farmer-owned organic cooperative and one of the world’s largest organic consumer brands
Products (Baked Coconut Custard)

Great Value Half & Half, Half Gallon (Walmart’s brand)

- Walmart announced an intention to take dairy processing in-house (away from Dean Foods) in March 2018 opening a very large facility Fort Wayne, Indiana.
- In-store purchase only
Products (Baked Custard and Egg Salad)

Great Value Spring Water (Walmart’s brand)
• One gallon
• High Density Polyethylene (HDPE) plastic does not leach
• Use for the hot water bath needed to make baked coconut custard, or to boil eggs for egg salad

Great Value Spring Water, 1 Gallon, Walmart, $.88
Products (Baked Coconut Custard)

McCormick All Natural Pure Vanilla Extract, 1 fl oz,
• No high fructose corn syrup (non GMO)
• Rich, perfectly balanced caramelized, bourbon-rummy flavor

McCormick All Natural Pure Vanilla Extract, 1 fl oz, Walmart, $5.84
Great Value
Organic
Ground Nutmeg, 1.8 oz

- Earliest known usage of nutmeg is on the island of Pulau Ay around 3,500 years ago. Pulau Ay is a volcanic island in the Banda Sea east of Java. There is evidence of human presence on the island 8,000 years ago.

- Sprinkle on the egg custard mixture before placing the cups in the oven. A small amount will land on the water.
Products (Baked Custard and Egg Salad)

Big Number Measuring Spoons

• Use these spoons to measure Vanilla Extract.

• The spoons will also be needed to measure sea salt in the egg salad recipe.

Big Number Measuring Spoons, Walmart, $4.24
Baked Coconut Custard

Products

Better Homes & Gardens Silicone Oven Mitt, Red

- Silicone, Polyester and Cotton
- Spot clean only
- Use these mitts to move coconut custard out of the oven
- These mitts can also be used with the toaster oven

Better Homes & Gardens Silicone Oven Mitt, Red, Walmart, $7.47 (per mitt)
Products (Baked Coconut Custard)

3dRose Planet Earth, Trivet with Ceramic Tile, 8 by 8-inch

- A trivet is a small plate placed under a hot serving dish to protect a table
- A framed ceramic tile can be used as a trivet
- Use this trivet as a base when you remove the coconut custard from the oven

3dRose Planet Earth, Trivet with Ceramic Tile, 8 by 8-inch, Walmart, $19.56
**Products** (Baked Coconut Custard)

Anchor Hocking 4pc 10oz Glass Oval Custard Cups

- Anchor Hocking bakeware can be used in gas and electric ovens up to 425 degrees Fahrenheit
- This cup does not have a lid, but has a lip that can hold a rubber band (size #32)
- Use cellophane squares to cover custard that needs to be refrigerated

Anchor Hocking 4pc 10oz Glass Oval Custard Cups, [Walmart](https://www.walmart.com), $18.67
Products (Baked Coconut Custard)

Nordic Ware Natural Baking Sheet Pan

• Use one or more of this pan to organize refrigerated custard
• Made in the USA
• Height, Width, Depth, (H) 1” X (W) 9.3” X (D) 6.3”

Nordic Ware Natural Baking Sheet Pan, Walmart, $9.00
Products

Fit & Fresh 8 Pk Cool Coolers Multicolor Ice Pack

- These thin ice packs are well suited for the small Ozark Trails Cooler to carry personal beverages for one or more people

Fit & Fresh 336Kchpk8 8 Pk Cool Coolers Multicolor Ice Pack, Walmart, $17.33
Products

Ozark Trail 6-Can Cooler

- This small cooler is a very good size to carry personal beverages for one or more people. For example, the Libbey Handled Drinking Jar holds a pint which is the amount in an iced tea glass. The Handled Drinking Jars need lids (e.g. the Ball BPA-free plastic lid or a lid from a peanut butter jar)

Ozark Trail 6-Can Cooler, Walmart, $4.92
Products (Egg Salad)

Cook N Home
10” Stainless Steel Saute Pan with Lid, Silver

- 18/10 Stainless
- Use for boiling eggs for egg salad

Cook N Home 10” Stainless Steel Saute Pan with Lid, Silver, Walmart, $19.99
Towle Hammersmith 18/10 Stainless Steel 8 5/8’ Pierced Serving Spoon

- Slotted spoon (most slotted spoons are not 18/10 Stainless)
- Use for removing hard boiled eggs from the saute pan

Towle Hammersmith 18/10 Stainless Steel 8 5/8’ Pierced Serving Spoon, Walmart, $14.99
Products (Egg Salad)

Lux Minute Minder Kitchen Timer

- From the Chess PDF (does not have a warning beep)
- 60 Minutes
- Loud, long ring timer
- 3 second loud ring

Lux Minute Minder Kitchen Timer, Walmart, $9.45
Products (Egg Salad)

Taylor Mini Digital Kitchen Timer, Assorted Colors

- Times up to 99 minutes, 59 seconds.
- Built in memory function recalls last set time.
- Counts up and down and features a magnetic mount on the back.

Taylor Mini Digital Kitchen Timer, Assorted Colors, Walmart, $7.95
Products (Egg Salad)

Better Homes and Gardens Porcelain Coupe Serve Bowls, White, Set of 4

- Move boiled eggs to this shallow bowl with a slotted spoon
- Move the eggs a second time to make sure there is no water

Products (Egg Salad)

Hellmann’s with Olive Oil Mayonnaise Dressing, (2 Pack), 15 Oz

- Olive oil instead of Canola oil
- Non-GMO
- Made with cage free eggs

Hellmann’s with Olive Oil Mayonnaise Dressing, (2 Pack), 15 Oz, Walmart, $5.78
Products (Egg Salad)

Mezzetta Imported Gourmet Non-Pareil Capers, 4 Oz

- Edible flower buds
- Pickled in salt and vinegar.
- The plant is native to the Mediterranean

Mezzetta Imported Gourmet Non-Pareil Capers, 4 Oz, Walmart, $1.74
Products (Egg Salad)

Corelle Livingware Winter Frost White 6.75” Bread and Butter Plate

- Made with Vitrelle, a very durable tempered glass
- Dishwasher safe
- Scratch resistant surface
- Break and chip resistant

Corelle Livingware Winter Frost White 6.75” Bread and Butter Plate, Walmart, $3.27
Products (Egg Salad)

Temkin 1010C, 10x10-Inch Clear Cellophane Sheets, 1000-Piece Pack

- For wrapping 10 ounce custard cups (baked coconut custard), or 2.5 quart mixing bowl
- May be secured with a #32 rubber band or head band elastic

Temkin 1010C, 10x10-Inch Clear Cellophane Sheets, 1000-Piece Pack, Walmart, $42.00
Products (Egg Salad)

30” 100 ft Gift Wrapping Clear Cellophane Roll

- For wrapping food for storage in a fridge
- This roll will be needed to wrap the large 4 quart Pyrex mixing bowl (e.g. for egg salad)

30” 100 ft Gift Wrapping Clear Cellophane Roll, Walmart, $18.69
Products (Egg Salad)

Goody Styling Essentials Ouchless Headwrap, Thin Black, 6 Count (2-Pack)

- Womens’ hair elastics (pony tail size or headband size) do not decompose like rubber bands
- Use this size to secure cellophane paper around food bowls that have lips
- Small and large hair elastics can also be used to make luggage tags

Goody Styling Essentials Ouchless Headwrap, Thin Black, 6 Count (2-Pack), Walmart, $7.98
Products (Baked Coconut Custard)

Sterling Alliance Rubber Bands, #32, 3 x 1/8, 1-Lb. Box

- Size #32 is a good size for securing cellophane around a 10 ounce custard cup

Sterling Alliance Rubber Bands, #32, 3 x 1/8, 1-Lb. Box, Walmart, $7.99
Products (Baked Coconut Custard)

Goody Ouchless No-Metal Black Elastics, 30-count

- Small pony tail size hair elastic for securing cellophane around a 10 ounce custard cup
- Useful around small packages of food that are half open

Goody Ouchless No-Metal Black Elastics, 30-count, Walmart, $3.84
Products (Baked Coconut Custard)

Good Cook™ Scrubbers
3 ct Pack

- Nylon (plastic) scrubber that does not scratch
- Use on 18/10 stainless
- Also useful for removing baked egg custard from glassware. Bon Ami cleanser also does not scratch.

Good Cook™ Scrubbers 3 ct Pack, Walmart, $3.00
Products (carrot, chopped clam and seaweed salad)

Cal-Organic Farms Organic Carrots, 80.0 Oz

Arame and Hiziki are famous seaweeds that have been mixed with carrots to create a seaweed salad.

- Carrots should be cut into match sticks (2 carrots per person)
- Arame is usually sold in a 1.76 oz bag that contains enough dried seaweed for 12. The seaweed will need to be reconstituted in Spring Water for 4 minutes.

Notes:

1. Watch Suzanne Landry’s YouTube video that provides a helpful lesson on how to matchstick carrots:
   https://www.youtube.com/watch?v=wCgxpu6vmJ4
2. Using a saute pan, or a skillet, saute the match sticks in Spring Water for 6 minutes.

Cal-Organic Farms Organic Carrots, 80.0 Oz, no longer available, check the site for an alternative, Walmart
Products (carrot, chopped clam and seaweed salad)

Chef Craft
5-Quart Strainer

- Drain the carrots when they are done.
- Drain the seaweed.

(continued)

Chef Craft 5-Quart Strainer (also called a collander), Walmart, $6.60
Products (carrot, chopped clam and seaweed salad)

Natural Sea - Chopped Clams Salted - 6.5 oz (pack of 4), Walmart, $29.61

Note:
1. Clams are mollusks that were among the first inhabitants of the Earth. Fossils of mollusks have been found in rocks and date back over 500 million years.
2. Milk from ruminant animals (e.g. cows and goats) is also a rich source of Vitamin B12 due to symbiotic bacteria that live in the rumen (first of four chambers of a ruminant animal’s stomach).
Products (carrot, chopped clam and seaweed salad)

Emerald Cove Pacific Arame - Sea Vegetables - Silver Grade - 1.76 Oz - Pack of 6

- Arame is a member of the kelp family of sea vegetables
- Use a mixing bowl to blend the carrots, the seaweed and the chopped clams.
- Add 2 tablespoons of Tamari per person.

Emerald Cove Pacific Arame - Sea Vegetables - Silver Grade - 1.76 Oz - Pack of 6, Walmart, $98.14
Products (carrot, chopped clam and seaweed salad)

Eden Foods Organic Naturally Brewed Tamari Soy Sauce, 10 fl oz

- Fermented soy is the only form of soy that is nutritionally correct, or safe to eat.
- Soy studies by Joseph J. Rackis funded by the soy industry, concluded that phytates in soy cannot be removed.
- Fermentation neutralizes phytates.
- Phytates are anti-nutrients that bind to compounds needed by the body.

Eden Foods Organic Naturally Brewed Tamari Soy Sauce, 10 fl oz, Walmart, $9.52
Products (Foods that may require Stevia)

The Pampered Chef Flour/Sugar Shaker

- Stevia is 50 times sweeter than sugar. If you use too much, it will taste bitter.
- Evenly dust Stevia on your food with this shaker that contains a fine mesh.
- Container includes a lid for storage and a labeling area to let you know what’s inside.
- Dishwasher safe.

The Pampered Chef Flour/Sugar Shaker, Walmart, $15.17
Products (Foods that may require Stevia)

Mrs. Anderson’s Mini Measuring Spoons Stainless Steel Harold Import New

- Place 2 tablespoons of Stevia in a 10 ounce custard cup near the Bunn Coffee Brewer and let members use these spoons to measure a small amount for their coffee (not to be used to stir).
- Spoons are labeled dash, pinch and smidgen.

Mrs. Anderson’s Mini Measuring Spoons Stainless Steel Harold Import New, Walmart, $6.35