

The Daughters of Sarah

Cooking Made Simple



YAHWEH's Congregation

At Jefferson

**All praise unto our Father Yahweh for His bountiful
blessings unto the saints at Victory Community.**

Contact Pastor David Roberts via E-Mail at:

<mailto:thevoiceofvictory@gmail.com>

or send a letter via mail to:

Pastor David Roberts,

717 Miller Rd,

Jefferson, SC 29718, USA.

Let us hear from you,

843-658-6222.

Contents

A Daughter of YAHWEH		5
<u>Appetizers</u>		
Victory's Meat Roll Supreme		6
Outrageous Delicious Cheese Bites	Sister Jennifer	7
Salmon Ball	Sister Jean	8
<u>Cakes and Cookies:</u>		
A Lil' Bit Of Sweet Victory	Sister Tierra	9
Little People's Bite Size Cookies	Sister Wendy	10
"Guess What's Inside Cupcakes"	Sister Wendy	11
Yummy Rum Pound Cake	Sister Ebony	12
Jumbo Coconut Raisin Chip Delight	Sister Latosha	13
Jubilee Toffee Cake	Sister Revonda	14
A little taste of Heaven (Shamayin)	Sister Jean	15
Catara's Simply Delicious Strawberry- Banana Pudding Cake	Sister Catara	16
Lisa's Ice Cream Surprise	Sister Lisa	17
<u>Desserts:</u>		
Apple Turnover Crisp	Sister Dean	18
White Chocolate Chip Fudge Squares	Sister Amber	19
J.C. Delight	Sister LaQuiela	20
Whitney's Simply Vanilla Scream Sundae	Sister Whitney	21
<u>Main Dishes</u>		
Bit Size Pizza in a Pocket	Sister Dean	22
Ball Park Pizza	Sister Latosha	23
Spicy Greens		24
Southern Good Cornbread	Sister Frances	25
Cheesy Turkey Puff Delight	Sister Cestia	26
V for Victory Egg rolls	Sister Stacey	27
Rice and Eggs	Sister Revonda	28
<u>Miscellaneous:</u>		
Recommended Helpful Hints from Herb Tips	Sister Karen Sister Kathy and Sister Angie	29 31
Theme Song of Sarai's Daughters		32
Safety in the Kitchen		33
Weights and Measurements		34

Prefaces

ALMIGHTY YAHWEH is the maker and creator of all things. HE created man in HIS image. HE placed man in the Garden of Eden to have fellowship. We here at Victory Community have been granted the same opportunity. We can fellowship with one another, and also fellowship with YAHWEH. HE has given us all things needed to serve and worship HIM. The Daughters of Sarai are a small group of daughters living in the community. The scriptures instruct us to "train up a child in the way it should go and when it is old it will not depart from the teachings and instructions they have received. They must know how to adorn themselves as righteous daughters. The parents have been charged by YAHWEH to teach and train them. YAHWEH gives the children a commandment and that is for them to obey their parents. The law teaches the child to," Honor Thy Father and Thy Mother that their days may be long upon the land which YAHWEH thy Elohim giveth thee." This is the first commandment with promise. We want our children to have long days, so they will be able to serve and worship YAHWEH.

The Daughter's of Sarai are learning how to work with their hands and how to become virtuous women. Many daughters have done virtuously; but they will excel them all through obedience. They were given instructions to create a recipe for this cookbook. The recipe was written up by them and then prepared. Their sample was shared among the other daughters. What great joy and fulfillment they found in doing this project. They prepared their recipes and then shared them with the entire community. They were thrilled about it.

YAHWEH desires us to have fellowship with one the other. We are the Daughters of Sarai, striving to do what YAHWEH desires us to. To be loving, caring, and sharing, that's when HIS love will shine through. May Almighty YAHWEH strengthen and keep you until the coming of our Messiyah, "YAHSHUA."

Hallelujah

A Daughter of YAHWEH

Who can find a virtuous daughter?

Her loving kindness and honesty exceed all others

She seek YAHWEH all the day

Her heart meditate in prayer

She is meek and quiet

She work hard with her hands

She mind the things of her home

She love the unlovable

She does good to all without thought to do them harm

She cares for them that are in distress, and try hard to make them understand the way of YAHWEH

When in time of perplexity, she pray to “Abba YAHWEH”

A Daughter of YAHWEH, never seek her own way

YAHWEH place his anointing upon her, and lead her with HIS wisdom

A Daughter of YAHWEH fears HIM, obeys HIM, and is never found walking in rebellion and lies

She makes her home “YAHWEH’S home”, and lives to please HIM all the days of her life.

Sister Revonda

Victory's Meat Roll Supreme

8oz cream cheese (soften to room temperature)

1 tbsp hot sauce (heaping)

2 tbsp Parmesan cheese (heaping)

1 small-diced onion

Sliced turkey ham, or roast beef

Mix cream cheese with hot sauce, onions, and cheese. Spread on meat 1 heaping tbsp of the mixture. Roll meat and mixture to a log. Slice meat 1"x1". Refrigerate until ready to serve.

Yeshayahu (Isaiah) 1:19-20

If ye are willing and obedient ye shall eat the good of the land; but if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of YAHWEH hath spoken it.

Outrageous Delicious Cheese Bites

1/2 lbs of plain Cheddar Cheese Shredded

1/2 lbs of Mozzarella Cheese

**1 1/2 cups of all purpose
Flour**

1 cup Butter

1 tsp seasoned salt

**1 cup crumbled turkey
bacon**

1/4 tsp Paprika



Fry bacon, and drain. Let cheese stand at room temp. for one hour. Grate Cheese before blending Flour, Paprika, crumbled bacon and Cheese. Put ingredients in processor for about 30 sec. or until mixture forms a ball. Roll cheese dough in your hand to form an oval shape then press dough in to cookie press- (use sawtooth shape). Bake on a greaseless baking sheet for about 8 to 10 min. or until golden brown. Remove cheese bits to wire cooling racks. Garnish, place on platter, and serve with Hidden Valley Ranch dressing dip. Yield about 8 dozen.

Tehillim (Psalms) 119:135

Make Thy face to shine upon Thy servant; and teach me Thy statutes.

Sister Jennifer

Salmon Ball

2 cans 16 oz. Pink Salmon (remove bones and skin)
8 oz. Cream Cheese soften (1 pack)
1/2 cup chopped onions
1 Tbsp garlic
1/4 cups liquid smoke
1 Tbsp hot sauce

Flake salmon with a fork. Add cream cheese, mix well. Add the rest of the ingredients. Shape into a ball and refrigerate for hour. Serve with crackers.

Yochanan (John)
21:13

**Messiyah then
cometh, and taketh
bread, and giveth
them, and fish
likewise.**

Sister Jean



A Lil' Bit of Sweet Victory

**3 Tbsp all purpose flour
1/2 cup of firmly packed brown sugar
1/3 cup of butter
2 Tbsp whipping cream
3/4-cup coconut**



Combine butter, brown sugar, and whipping cream in a saucepan. Bring to a boil over medium heat, stirring constantly. Remove from heat, stir in coconut and flour.

Spoon batter by the tablespoonfuls 3 inches apart onto a parchment paper lined cookie sheet. (Cookie sheet must be lined with parchment paper or cookies will not roll.) Spread batter into circles, making 4 cookies at a time. (One in each corner)

Bake at 350 degrees for 6 to 8 minutes or until edges are lightly browned. (Cookies will spread during baking)

Remove cookies with a metal spatula when cookies have cooled slightly, or enough to hold their shape. Flip cookies over, and roll each one around the handle of a wooden spoon, allow cooling completely on wire racks. Remove wooden spoon when cookies have cooled. Cookies can be stored in an airtight container up to 1 wk.

Yield: 11/2 dozens

Fill cooled cookies with whipped cream, using a cake-decorating bag.

Sister Tierra

Little People's Bite-Size Cookies

1 cup of peanut butter morsels

2 eggs

1/3 cup brown sugar

1/3 cup butter softened at room temperature

1/2 cup flour (use white or wheat flour)

1 dry cake mix (any flavor)

Chopped nuts (optional)

In a large bowl stir together the eggs, sugar, butter, flour and half of the dry cake mix. Beat the batter until it becomes fluffy. Mix in the rest of the cake mix. Roll into 1-inch balls and place them about 2 inches apart on a greaseless cookie sheet. Bake at 375 for 10 to 12 minutes.



Mishle (Proverbs) 31:10,31

10. Who can find a virtuous woman? For her price is far above rubies.

31. Give her of the fruit of her hands; and let her own work praise her in the gates.

Sister Wendy

"Guess What's Inside Cupcakes!"

1 cup of peanut butter morsels
1 8-oz package of cream cheese or light cream cheese
1/3 cup of brown sugar
1 egg
1-cup semi-sweet chocolate chip morsels
Chopped nuts (optional)
M&M's (optional, any candy) chopped
1 teaspoon of vanilla flavoring

Prepare the cake mix according to the directions on the package. Place 30 to 35 cupcake papers on the baking sheets. If you don't have cupcake papers use your muffin pans and lightly grease them and fill one half-full of the batter. In a medium, mix the cream cheese (sit out at room temperature to get soft), sugar, eggs, and the vanilla flavoring together, then stir in the chocolate chips, peanut butter morsels (optional), and the chopped nuts (optional). If you use the m&m's make sure you chopped them up and it's optional to use. Put a heaping teaspoon of this mixture on top of each cup cake. Sprinkle with nuts if desired. Bake at 350 for 20 to 25 minutes or until done. As the cupcakes bake, the cake mix will cover up the chip morsels, nuts, candy mixture, so each cupcake has a sweet surprise inside!

Tehillim (Psalm) 104:33

I will sing unto YAHWEH as long as I live: I will sing praise to my YAHWEH while I have my being.

Sister Wendy

Yummy Rum Pound Cake

**3 sticks butter
2 cups brown sugar
1 cup white sugar
6 eggs
3 cups flour
1/2 teaspoon baking powder
1/2 cup milk
1/2 teaspoon salt
1 teaspoon vanilla flavoring
1 teaspoon rum flavoring
1/2 cup chopped pecans**



Icing:

**1 stick butter
1/2 cup milk
1 cup brown sugar
1 teaspoon vanilla flavoring
1 teaspoon rum flavoring
1/2 cup chopped pecans
3 1/2 oz. cream cheese
2 cups confectioner's powder sugar**

Preheat oven to 350 degrees. (Temperature for a gas oven. Ovens may vary) Grease and flour 1 tube pan.

Cream butter and sugar until fluffy. Add eggs, flour, and all other cake ingredients.

Bake for one hour and fifteen minutes, icing: Melt butter. Add sugar and all other icing ingredients together.

Frost when cake has cooled completely

HEBREWS 13:15

By him therefore let us offer the sacrifice of praise to YAHWEH continually, that is, the fruit of [our] lips giving thanks to his name.

Sister Ebony

Jumbo Coconut Raisin Chip Delight

1 cup butter (softened)
1 cup sugar
1\2 cup packed brown sugar
1 large egg
1tsp coconut extract
2 1\4 cup all-purpose flour
1 tsp baking soda
1 tsp salt
1 cup white chocolate chips
1 3\4-grated coconut

Beat: butter, and sugars until creamy. Add eggs and coconut extract. Beat until well blended. Combine: flour, baking soda, and salt; mix well. Add to creamed mixture. Then stir in the raisins, chips, and coconut. Preheat oven to 350. Take 1\4 cup of cookie dough put on cookie sheet and press into a circle. Place about 1 1\2 inch apart. Bake 12 to 14 minutes or until golden brown around the edges. Place on wire racks to cool. Enjoy!

Psalms 37:4

**Delight thyself also in YAHWEH,
and HE shall give thee the desires
of thine heart.**

Sister Latosha



Jubilee Toffee Chip Cake

**2 sticks butter
3 cups sugar
5 eggs
1 tsp butter flavoring
1 tsp vanilla flavoring
1 tsp rum flavoring
1 cup toffee chips
3 cups plain flour
1 tsp baking powder
1-cup water**

Cream butter, sugar until fluffy, add eggs. Combine flour and baking powder. Add to creamed mixture alternately with water and flavoring. Fold in the toffee chips. Bake in greased 10-inch tube pan at 325 degrees for 2 hours or until done.

Icing:

**3oz. cream cheese
3/4 cup cocoa
2 cups confectioner's sugar**

Mix together all ingredients and then ice the cake. Sprinkle toffee chips on top of cake after icing.

**Melechim Alef (1 King) 17:13
And Elijah said unto her, fear not, go and do as thou hast said; but make me thereof a little cake first, and bring it to me, and after make for thee and thy son.**

Sister Revonda



A Little Taste of Heaven Cheesecake

3 1/2 oz cream cheese (soften)
1 stick of butter or 1/2 cup of butter (melted)
2 eggs
3/4 cup sugar
1 teaspoon vanilla
1 teaspoon lemon juice
1 cup coconut
1 cup of pecans (chopped)
1 deep-dish pie crust

Mix the first four ingredients together. Add vanilla and lemon juice. Continue to mix by hand adding coconut and the pecans. Bake at 350 for 45 minutes or until done, a nice firmness.

Tehillim (Psalm) 78:23-24

YAHWEH opened the doors of heaven, and gave them manna upon them to eat, and had given them of the corn of heaven.

Sister Jean



Catara's Simply Delicious Strawberry-Banana Pudding Cake

5 cups flour
3 1/2 cups sugar
2 cups butter, softened
1/2 cup shortening
1 cup water
2 Tbsp lemon juice
1 Tbsp butter flavor
1 Tbsp coconut flavor
1 Tbsp lemon flavor
1 Tbsp vanilla flavor
1/4 tsp salt
5 eggs
2 tsp baking powder



Topping:

2 boxes vanilla pudding or banana cream pudding
1 (16 ounce) container of whipped cream
2 cups of strawberry

Heat oven to 350 degrees

Prepare pudding according to package directions. Refrigerate.

Beat butter, sugar, eggs, lemon juice, and coconut and vanilla flavorings with the water. Set aside.

Mix flour, salt, baking powder, and shortening.

Beat wet and dry ingredients together for 3-4 minutes. Pour into a 12x18 pan. Bake for 45-50 minutes. Let cool about 15 minutes.

Pour a layer of pudding on cake and spread. Next put a layer of sliced bananas followed by a layer of sliced strawberries. Pour on the rest of the pudding. Cover with whipped cream. Refrigerate until serving. Makes 12 servings.

Psalms 90:17

And let the beauty of YAHWEH, our ABBA be upon us; and establish thou the work of our hands upon us; yea, the work of our hands, establish thou it. Sister Catara

Lisa's Ice Cream Surprise

1 box of twenty-four ice cream cones (the ones with flat bottoms)
1 box of cake mix (your favorite flavor)
1 can frosting
Sprinkles, M&M's, or other candy pieces.

Preheat oven to 375 degrees.

Prepare cake mix according to box instructions. Fill cones to 3/4 full. Place in muffin pan. Bake 25-30 minutes or until a tooth pick inserted in the middle comes out clean.

Let cool, frost generously with frosting and decorate with sprinkles or candy pieces. Enjoy!

Psalms 7:17

I will praise YAHWEH according to his righteousness: and will sing praise to the name of YAHWEH most high.

Sister Lisa



Apple Turnovers

Crust:

1/4 heaping tsp cinnamon
1/4 heaping tsp Allspice
1/4 heaping tsp Nutmeg
3 cups flour (save 1 cup for rolling out dough)
1 Tbsp yeast
1 Tbsp vanilla flavor
1/2 level tbsp salt
2/3 Ebsp brown sugars
1 3/4 cups water
1 cup confectioner's sugar
3 cups oil

Mix 2 cups flour, cinnamon, allspice, nutmeg, yeast, salt and sugar in a large bowl. Add water, knead into dough. Let rise for 15 minutes. *Note dough will be wet. Sprinkle table with flour, Pour wet dough on table to form a ball. Roll dough with rolling pin to about 1/4 inch thick. Cut dough with a biscuit cutter. Roll each biscuit again until it is piecrust thin. Sprinkle flour when needed so dough will not stick. Fill the center of crust with 1 heaping tbsp of pie filling. Fold over forming a half-moon shape. Press together with a fork. Dip fork in flour to keep fork from sticking. Drop turnovers into hot frying oil. (Use deep fryer) Pies are done when they float to the top of oil and are golden brown. Let pies cool for 5 minutes. Roll pies in confectioner's sugar. This makes about 18 turnovers.

Pie Filling

3 cups Apple Pie Filling
1/3 cup packed brown sugar
1 Tbsp flour
1 Tbsp vanilla flavor
1/4 tsp Cinnamon
1/4 tsp Nutmeg
1/4 tsp Allspice

Combine all Pie Filling ingredients, mix until smooth.

1 Thessalonians 4; 11,12

And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you;

That ye may walk honestly toward them that are without and that ye may have lack of nothing.

Sister Dean



White Chocolate Chip Fudge Squares

3 1/2 cups white chocolate chip morsels

3 1/2 cups semi-sweet chocolate

2 tsp. vanilla flavoring

1 cup pecan

1 cup cashew nuts (unsalted)

1 cup condensed milk

Melt morsels and milk over stove together. Add vanilla and the remaining chips and nuts. Pour onto a greased pan. Let cool, then cut into squares.

Mishle (Proverbs) 13:25

The righteous eateth to the satisfying of his soul: but the belly of the wicked shall want.

Sister Amber



J.C.'s Delight

2 cups Vanilla Ice Cream or (any flavor)
4 frozen bananas
2 cups frozen strawberries
1 cup Ginger Ale
1/2 cup crushed ice
1 Tbsp. Vanilla Flavor

Combine the Ice Cream, bananas, vanilla flavor, and ginger ale into a blender and blend smoothly, add ice and frozen strawberries to mixture and blend. Pour into 8oz. serving cups put one Hershey kiss on top and add colorful sprinkles for decoration. Place in freezer for 20-30 min. Serve chilled and enjoy.

Hint: If smoothie is too thick to blend, you may add a half-cup more of ginger ale to loosen mixture.

Tehillim (Psalms) 18:20

**YAHWEH rewarded me according to my righteousness;
according to the cleanness of my hands hath he recompensed me.**

Sister LaQuiela



Whitney's Simply Vanilla Scream Sundae

16 oz. Vanilla ice cream
1 tsp. Vanilla flavoring
1 cup white chocolate chips
2 cups caramel cubes
1 cup malted milk balls
¼ Hershey's white chocolate bar



Melt half of the white chocolate chips in a bowl and set aside to cool. Melt all of the caramel cubes and set aside to cool. Pour vanilla ice cream and vanilla flavoring into a large bowl and mix well. Add cooled melted white chocolate and stir. Add half of cooled melted caramel and stir. Add the non-melted white chocolate chips and stir. Add the malted milk balls and stir. Place in the refrigerator and let chill. Pour into individual cups and top with the other half of melted caramel. Shave or dice the white chocolate bar and sprinkle on top. Serve.

Sister Whitney

Bit Size Pizza in a Pockets

**3 cups flour
1 Tbsp yeast
1½ Tbsp salt
1 Tbsp garlic
1 ¾ cups water**

Mix all the dry ingredients together. Add warm water to dry ingredients, knead together. Allow to rise for 15 minutes. Knead wet dough on table with flour; forming a ball. Roll dough to ¼ inch thick. Cut with biscuit cutter.

Pizza filling: 1 large bell pepper (diced)

2/3 cup onion (diced)

1 lb ground beef

1 tsp salt

¼ tsp garlic powder

¼ tsp oregano

¼ basil

1 cup spaghetti sauce

1 bag shredded cheddar and mozzarella cheese

In a frying pan brown ground beef, onion, pepper, salt, garlic, oregano, and basil. Drain all grease and add spaghetti sauce. Let cook 7 minutes. Then let cool 5 minutes.

Making the pockets: Use the cut biscuits, roll each biscuit piecrust thin. Place 1 heaping tbs of pizza filling on crust. On top of filling add 1 tbs of cheddar and mozzarella cheese. Fold over and press together with a fork. Continue dipping fork in flour, so crust will stay closed and not stick to fork. Deep fry pockets. Pockets are done when they float to the top, and are golden brown. Makes about 19 pockets.

Psalms 90:17

And let the beauty of YAHWEH our ABBA be upon us: and establish thou the work of our hands upon us; yea the work of our hands establish thou it.

Sister Dean

Ball Park Pizza

Pizza crust:

4 cups of all-purpose flour
1/4 cup of sugar
1 teaspoon salt
1 tablespoon active dry yeast
1 pinch of basil
1 pinch of garlic
1 1/2 cup milk or water at 150 degrees
1/4 cup Crisco
1 egg

Topping:

1/2 lb of ground beef
24oz can of chili sauce
8 beef franks
1 bag mozzarella cheese
Slice the beef franks to look like pepperoni
Brown the ground beef

To make the crust: mix sugar, yeast, warm milk, and Crisco together, beat well. Whisk flour, salt, basil, and garlic. Mix with wet mixture, add egg; knead for about 4 to 5 minutes. Press dough into pizza pan, spread out the chili sauce on the crust. Sprinkle ground beef, and some of the beef franks onto pizza. Then sprinkle the cheese and the rest of the beef franks onto the pizza. Bake for 20 to 25 minutes or until the edges are brown.

Psalms 22:26

the meek shall eat and be satisfied: they shall praise YAHWEH that seeks HIM: your heart shall live forever.

Sister Latosha

Spicy Greens

1 large bushel mixed greens (kale, collards, and rape)
1 smoked turkey wing
3 cups oil
3 hot peppers
3 cups chopped onion
4 tablespoons salt
6 tablespoon garlic

Mix all ingredients together in a large pot. Cook on medium/high for 15 minutes. Turn heat down and cook for 30 minutes on medium/low heat until tender.

Psalms 48:14

For YAHWEH is our ABBA for ever and ever, HE will be our guide even unto death.

Southern Good Cornbread

2 cups flour

1 cup Tender Bake brand yellow cornmeal

1/2 cup sugar or 1/3 cup honey

3 eggs (beaten)

1 cup buttermilk

1/2 cup canned corn

1/2 cup hot turkey sausage (you may add one tablespoon of hot sauce to sausage if it is not hot already), brown sausage over heat

1/2 cup oil

Mix dry ingredients together and add eggs, oil, buttermilk, and corn and turkey sausage.

Bake at 375 degrees for 35 minutes or until done.

Psalms 55:16

As for me, I will call upon YAHWEH, and YAHWEH shall save me.

This recipe has been handed down from mother to daughter.

Sister Frances



Cheesy Turkey Puff Delight

6 cups Flour
2 heaping Tbsp yeast
1 level Tbsp salt

Mix wet and dry separate, then combine. After you combine the two together, add two more cups of flour to the mixture until you are able to make a dough ball.

5 cups water
3/4 cups sugar
1 1/2 cups oil
(The Filling)
8 oz. meat (I prefer turkey
bacon)
1/2 cup chives
1 large onion
8 oz. cream cheese
1 1/2 cups Sharp Cheddar
Cheese
1/2 tsp Cajun seasoning
1/2 tsp seasoning salt
Sauté's the chopped meat



diced onions and diced chives. Melt cream cheese until soft. Once soft, add seasoning and meat mixture. Place dough in muffin pan, put the filling inside, sprinkle the cheese on top and flip the sides of the dough over it all. Or, you can leave the dough spread around the sides of the muffin hole. Place it in the oven and leave it there until sides and bottom are a golden brown. Makes about 24 muffins.

Yochanan (John) 6:35

And Yahshua said unto them, I am the bread of life: he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst.

Sister Cestia

V for Victory Egg Rolls

2 whole turkey wings or 1 1/2 cup meat of choice

2 cups shredded cabbage

1 cup shredded carrots

1 cup finely chopped broccoli

2 teaspoons ginger

1/2 teaspoon salt

1 package (21 count) Nasoya egg roll wrappers

soy sauce for marinating



Marinate the meat in just enough soy sauce to cover. Let marinate at least an hour. Drain soy sauce off your meat and let meat simmer in just enough water to cover for fifteen minutes.

While your meat is marinating, you may prepare the rest of your ingredients. Toss the shredded cabbage, carrots, and chopped broccoli with the salt and ginger. In a skillet, stir-fry the mixture in oil until the cabbage is tender. Do not cook the mixture until the cabbage is mushy.

Stir-fry the meat in the skillet until it is completely done. Add to the vegetable mixture and mix well so flavors will combine. Lay out several egg roll wrappers and fill with a tablespoon. Be very careful not to overfill and be sure all pieces are small. Wrappers are delicate and will tear easy. Follow instructions on the package for proper folding techniques.

Fill a deep fryer with oil or simply use a large pot. When oil reaches 375 degrees, turn your heat down slightly. Drop egg rolls in two or three at a time. Turn constantly with tongs to promote even cooking. Drain on paper towels. Egg rolls taste best when they are fresh and hot but are also good as a snack later.

Zephaniah 3:16-17

In that day it shall be said to Jerusalem, Fear thou not: [and to] Zion, Let not thine hands be slack. YAHWEH thy Elohim in the midst of thee [is] mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.

Sister Stacie

Rice and Eggs

Rice and Eggs are not only good cooked separate, but makes a wonderful breakfast combination.

Breakfast Menu: Rice and Eggs with cheese

Toast or Biscuits

Sliced Turkey Bacon or Sausage

Jelly

Fresh Fruit, or Canned Fruit of your choice

Tea or coffee

Rice:

2 cups Rice

4 cups Water

1/8 tsp salt

3 Tbsp butter or margarine

Bring water to boil. Pour salt and rice into boiling water. Cook until rice is done. Set aside, let cool for about 10 minutes, then fluff with margarine.

Eggs:

9 eggs

1/2 cup milk mixed with 1/2 cup water

1/8 tsp salt

3/4 cup cheese

Crack eggs in a bowl and beat, add in water, milk, and salt. Scramble eggs in a frying pan. Toss rice, eggs, and cheese together. Place lid back on pot until ready to serve. If it cools before you are ready to serve, set in oven on low heat.

Sister Revonda

Recommended Helpful Hints from Karen

1. How can I test the vitality of yeast? Just before using the yeast, mix some into one-quarter cup of lukewarm water that has been enriched with one-quarter teaspoon of sugar, the food for the yeast. If the yeast mixture does not start to bubble within five to ten minutes, your microorganisms are dead or enervated and will not leaven your dough or batter.

2. For recipes using beaten egg whites, the eggs should be separated when cold and the whites allowed to come to room temperature (egg whites reach their highest volume if beaten at room temperature). Cream of tartar or sugar added to the egg whites will increase the stability of the foam... the sugar should be added a little at a time. Be careful not to overbeat egg whites or they will become stiff and dry, having lost their elasticity, and will almost certainly collapse as soon as heat is applied. Be sure beaters and bowl, etc. are completely free of oil ~ any trace of oil will prevent the egg whites to fluff up.

3. Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

4. Fudge won't "sugar" if you add a dash of cream of tartar.



5. Discover baking with mayonnaise. Try substituting mayo as a shortening or oil ~ it blends easily, adds moistness and contributes toward a tender texture.

6. To keep raw fish fresh and odorless, rinse them with fresh lemon juice and water, dry thoroughly, wrap and refrigerate.

7. For fluffier omelets, add a pinch of cornstarch before beating.

8. Bake potatoes in half the usual time by letting stand in boiling water for 15 minutes before putting them into a very hot oven.

9. Beans are nutritional superstars. Packed with protein, low in fat and cholesterol, beans are one of the best sources of complex carbohydrates and dietary fiber. Surprisingly, beans contain more fiber per serving than most other vegetables, fruits, grains or cereals. A diet high in soluble fiber has been linked to such virtues as lowering cholesterol, maintaining blood sugar levels or body energy, and delaying feeling hungry.

10. Cook carrots with potatoes and then mash them all together. This makes the potatoes a slight orange color and produces an entirely new flavor.

11. Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old maids" "Old Maids" can also be eliminated by running ice cold water over the kernels before throwing into the popper.

12. Garlic helps to prevent cholesterol build up. Helps prevent heart disease by slashing cholesterol levels in the blood and lowering dangerous blood fat levels.

13. Vinegar brought to a boil in a new frying pan will prevent food from sticking.

14. To keep egg yolks from crumbling when slicing hard cooked eggs, wet the knife before each cut.

Sister Karen

Herb Tips

We grow both culinary and medicinal herbs at Victory Community. We cook often with our culinary herbs.

SAGE is excellent in deer sausage, squash casserole, and turkey and dressing.

BASIL adds flavor to homegrown green beans and okra.

Chives taste delicious in macaroni and cheese. It is also good when used in appetizer dishes

Rosemary enhances the taste of wild meat and domestic animals such as lamb, beef and goat

Celery will give a boost to cabbage and gravy.

Garlic is used with all the above, especially fresh garlic sliced in stir-fry always gets compliments.

“I like to use basil and oregano on most of the vegetables I cook.”

**(BERESHITH) GENESIS
1:11**

And YAHWEH said, “Let the earth bring forth grass, the herb yielding seed, [and] the fruit tree yielding fruit after his kind, whose seed [is] in itself, upon the earth:” and it was so



Sister Kathy and Sister Angie

Theme Song for the Daughter's of Sarai

"I NEED YOU"

*I need you
You need me
We're all a part of YAHWEH'S House
Stand with me, agree with me
We're all a part of YAHWEH'S House*

*Chorus
It is his will that every need be supplied
You are important to me
I need you to survive
You are important to me\
I need you to survive*

*I pray for you
You pray for me
I love you
I need you to survive
I won't harm you
With words from my mouth
I love you
I need you to survive*

Safety in the Kitchen

Safety in the kitchen is very important. A lot of germs can be ingested by improperly prepared and improperly handled food. A few helpful tips on safe guarding your foods.

Wash your hands before cooking. Bacteria and viruses can hide under your fingernails and be transmitted to food, so wash thoroughly.

Meats are commonly contaminated. Thoroughly cook all meat to 165 degrees to kill bacteria. When reheating, the temperature at the center of the food must reach 165 degrees to kill bacteria that have grown during storage.

Thawing foods at room temperature encourages bacteria growth. Thaw them in the fridge or under cold (not hot) water.

Avoid cross-contamination. This is where you contaminate one thing by bringing it into contact with another. An example: Meat is removed from a plate and grilled until the bacteria are killed. Then if it's put back on the same plate it's recontaminated. Use a fresh plate. Wash your cutting board after cutting meat: it can contaminate whatever else you cut on it. Even after cutting fruit and vegetables, you have to wash the board: the bacteria from the outside of a melon can contaminate the next thing you cut on the board.

Use pasteurized milk products. Salmonella and E. coli love the protein of raw milk as a dividing ground.

Cook your eggs. There are worse sources of salmonella than eggs, but why take chances?

Use a sanitizing liquid. Bleach mixed with water kills germs on the surface of counters, tabletops, or any place that needs cleaning or sanitized.

The Most Usual Weights and Measures

A pinch	=1/8 teaspoon or less
1 tablespoon	=3 teaspoon
4 tablespoons	=1/4 cup
8 tablespoons	=1/2 cup
12 tablespoons	=3/4 cup
1 cup of liquid	=1/2 pint
2 cups of liquid	=1 pint
4 cups of liquid	=1 quart
2 pints of liquid	=1 quart
4 quarts	=1 gallon
8 quarts	=1 peck, such as apples, pears, etc.
16 ounces	=1 pound



We praise our Abba Yahweh for all that He is doing and the hope that we have in His Son Yahshua MessiYah. We would like to invite you to see Victory Community, meet the brothers and sisters, hear Yahweh's Word expounded upon, read messages and many new articles on our website at www.yahwehsword.org. Pastor David Roberts can also be heard live on our website direct from our Tabernacle here at Victory Community preaching on Sabbath morning at 11 A.M. and Wednesday afternoon teaching service at 7 P.M. For those familiar with Shortwave Radio Pastor Roberts can be heard live on WWRB on 5.745 Mhz Mon.-Fri. 9-10 P.M. and on Live-Stream from the above web.(All times are Eastern USA) Visit our website often for current events as Pastor Roberts travels, our updated articles, new messages, and current broadcast times.

