



Magick 'ly

Delicious

Lorna Tedder,
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Magick'ly Delicious **a pagan cookbook**

28 Recipes
from the *Gifts for the Goddess* series

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Spilled Candy Books
Niceville Florida

Magick'ly Delicious: a pagan cookbook

Copyright 2001-2009 by Lorna Tedder, Shannon Bailey, and Aislinn Bailey

Recipes originally published in the *Gifts from the Goddess* series

Published by:

Spilled Candy Books

A Component of Spilled Candy Enterprises, LLC

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<http://www.spilledcandy.com>

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The 28-recipe edition, June 2009

Printed in the United States of America

Fresh Start Lamb Chops

Imbolc (around 2 February) is a time of purification and historically the time of newborn lambs. Try this recipe for the Imbolc celebration or whenever you need to exorcise negative thoughts from your life and make a fresh start.

Begin with **8 4-ounce lamb chops**. As you trim any excess fat from the lamb chops, imagine trimming away the negatives in your life. Take your time. Trim twice if you need to. Slice away all those bad feelings of not being good enough, of guilt, of long-ago rejection. This is a time for fresh starts, a bitter winter's promise of the spring that is to come.

Next, combine **2 tablespoons coarse grained mustard**, **1 tablespoon cracked pepper**, and **1 tablespoon soy sauce** in a small glass dish. Stir in clockwise **1 finely chopped green onion**. As you stir in the onion, visualize the negatives in your life being stirred away, bringing you purification and healing.

Continue stirring clockwise as you add **1 minced clove of garlic**. With each stir, imagine complete healing and purification. When you feel the negatives in your life begin to melt away, stop stirring and dip one side of each lamb chop in the mixture.

Fire up your outdoor grill, bringing the coals to a medium-hot temperature. Fire, too, is a symbol of purification, but if an outdoor grill is impractical, heat your oven to 400F and use a broiler pan or baking rack. Carefully place each chop on the grill or rack, with the coated side up. Grill each side for 5 minutes, or until the meat is as done as you want it to be. While the chops cook, watch them carefully in the heat and visualize

the end of whatever has held you back and the coming of your own fresh start.

Garnish, if desired.

Makes 4 large servings or 8 small servings.

From *Gifts for the Goddess on a Cold Winter's Eve*

Reverse Trick or Treat

The girls and I came up with a fun way of sharing the Winter Solstice with our friends and neighbors. Most of my Bible Belt community are at their most active on Christmas Eve, but on Solstice, the kids are out of school and I try to take the day off from work to enjoy their company and play outside if the Florida weather permits.

A few years ago, we started a sort of reverse trick or treat through the neighborhood. We spend the day making goodies, then go door to door handing them out just before dark. The kids and I have a great time making cookies (and eating them) and the kids really like the smiles they bring to surprised faces throughout our neighborhood.

Unfortunately, cookies are a little too popular in my community around the holiday season. This year, we're making caramel corn treats instead, thanks to my co-worker Amy's recipe. This is simple enough for kids to help make and oh-so-delicious.

Purchase **a large aluminum foil roasting pan**. You can choose a regular roasting pan from your cupboard and even spray it with non-stick coating, but trust me, you'll never be able to use that pan again without a lot of elbow grease. It's much easier to buy the throw-away pan and makes tons of caramel corn at one time.

Let the kids pop popcorn until their hearts' content —and beyond. You'll need a total of **about 24 cups of popped popcorn**. As it's popped, dump it into the roasting pan.

Melt **1 cup of butter or margarine** in a heavy saucepan, using low heat. Stir in **2 cups of brown sugar** (packed), **half a cup of corn syrup**, and **1 tsp of salt**. Bring the mixture to a boil, but keep stirring!

Now get out your timer and let it boil for 5 whole minutes and DO NOT stir. Remove the pan from heat.

Stir in **half a teaspoon of baking soda** and **a whole teaspoon of vanilla**. Yum—smell that caramel brew!

Slowly pour the caramel brew over the popcorn in the roasting pan and then mix well so that the caramel coats the popcorn blossoms. Pop the entire roasting pan of caramel corn into your oven at 300 degrees. Set your timer and stir the mixture every 10 minutes. At the end of 40 minutes, take the pan from the oven and let it cool for a while. Break the crunchy mix apart and you've got your treat!

You can store the caramel corn in pretty tins (at room temp) to give as presents or, if you'd like to try our reverse trick or treat, fill small plastic sandwich/cookie bags with caramel corn and ring you neighbor's doorbell. Wish them all the joy of the season and all the abundance of a happy harvest.

From Gifts for the Goddess on a Cold Winter's Eve

Cheese-Bread Stars

Here's a recipe to take to your next Wic-Nic (Wiccan Picnic), Merry Meet and Greet, or Pagan Gathering.

Heat your oven to 375 degrees. Cut **Italian bread** into 12 slices, about half an inch thick each. Cut each slice with a 3-inch cookie cutter in the shape of a star (you can use other cutter designs, too, but for the moment, I'm stuck on stars!).

Place the bread stars on a cookie sheet, ungreased, and spread **1 teaspoon of pesto** on each slice.

Next, use a smaller (say, 2 inch?) star-shaped cookie cutter to cut **sliced American or cheddar cheese**.

Place these smaller cheese stars on the larger bread stars, with the pesto between. Bake for about 8 minutes or until the cheese melts. Serves a dozen celestial thinkers. Yum!

From Gifts for the Goddess on a Cold Winter's Eve

Dark Moon Meat Balls

Even family recipes can be turned into something magickal. My sister-in-law's party meatballs, for example, are perfect for gatherings near the New Moon and fit in thematically with crescent moon cookies and cheese stars.

This recipe is soooo easy, but you'll need to experiment with the quantities to see what you like —tangy, sweet, or both. The recipe involves meatballs, a crock pot, chili sauce, and grape jelly. Yes, you yourself can make the meatballs into perfect circles, but if you're rushed for time, here's our family secret:

Buy a **package of meatballs** from your grocer's freezer or meat department. (We buy ours in packages of 72 meatballs about the size of the circle your hand makes when you press your index finger into your thumb.)

Meatballs go directly into the crock pot. Frozen is okay if you've got plenty of time, say at lunch before an evening event.

Empty a **"regular" sized bottle of chili sauce** over the meatballs. Then spoon out around two-thirds of a **large jar of grape jelly**. Put the lid on the crock pot and let it simmer until show time. In fact, you'll probably want to leave the meatballs simmering during your gathering.

Serves a gathering of 20 to 30, depending on how hungry they are. (For our last gathering, we had a small table of chips and dips, 22 guests and 6 meatballs left over.) Serve with colorful tooth picks.

From Gifts for the Goddess on a Cold Winter's Eve

Lettuce Gather Together

Gatherings and food. The two go hand-in-hand, don't they?

If you're at the office all day, you find yourself too hurried to prepare anything "fancy." And if you're home with the kids all day, well, ditto.

For a fast, fast, fast food idea and one that teens and even kids can put together (make sure the kiddies wash their grubby little hands, though!), start with **a head of lettuce**. It should be fresh and green. If it's soggy or it's been around a while, this won't work.

Next, open **a box of toothpicks**. The cocktail party toothpicks with the curly-que cellophane ribbons on one end are best. Second choice is the kind with sharp ends—otherwise you'll be breaking the toothpicks and getting frustrated and who needs that?

Next, lay out **an assortment of fruits, cheeses, and meats**. One-inch cubes of **ham** and of **cheese** will do perfectly. **Olives** are good, too.

Grapes, small **strawberries**, and cubes of **honeydew** and **melon** make a good variety. Choose whatever you like and/or have on hand.

Spear up to 2 items on each toothpick, then stick it into the head of lettuce. You can do this quickly in a random design or, if you have more time, create a design.

My personal favorite?

Spirals of cheese cubes, ham cubes, and seedless red grapes from the top of the lettuce head, all the way down to the plate or platter.

Easy, easy, easy!

From Gifts for the Goddess on a Cold Winter's Eve

Full Moon Chicken

The full moon is the perfect time for this chicken dinner, light like the moon and femininely sweet.

Place **1/2 cup dry bread crumbs** in a shallow dish. Halve and skin **1 pound of boneless chicken breasts**, then coat the chicken breasts with the crumbs.

Heat **3 tablespoons of oil** (preferably vegetable oil) in a skillet. Carefully dropped the coated chicken into the oil. Cook on one side until brown; repeat on the other side.

While the chicken is browning, **combine 2 tablespoons of honey** (very good for your health), **2 teaspoons of Dijon mustard**, **3/4 cup orange juice** for divination, **1/2 teaspoon garlic powder**, **a pinch of parsley** for purification, **1 teaspoon cornstarch**, **1/2 teaspoon salt**, and **1/2 teaspoon dried tarragon** for stamina for the coming month after the full moon. Stir until well-blended, then pour over the browned chicken.

For prophetic dreams on this full moon, cut **a small to medium onion** into rings (moon rings!) and add to the skillet. Bring the contents to a boil, then reduce heat and simmer for 25 minutes, uncovered, or until chicken is cooked all the way through. While the mixture cooks, spoon the excess sauce over the chicken.

Makes 4 servings and tastes great over rice or pasta, particularly seashell pasta for that extra touch of moon magick.

From Gifts for the Goddess on a Cold Winter's Eve

Reconciliation Salad

Make up after a lovers' quarrel with this marinated vegetable salad, perfect for picnics, family reunions, or more intimate summer dinners.

Fill a cauldron half full of **water** and bring to a boil. (A large saucepan or a 5-quart Dutch oven will substitute nicely.) Place a metal strainer (the kind often used for frying French fries) inside the cauldron.

Cut **1/4 pound of fresh green beans**, symbolizing reconciliation, love, and potency, into diagonal thirds, symbolizing the triple aspects of maiden/mother/crone. Cut **carrots** into 1/4 inch disks, like little suns of lust, until you have 1 cup of carrots. Next slice **one small onion** into rings, another symbol of healing and lust. Then take **10 new red potatoes**, as uniform in size as possible, and quarter them, visualizing healing across the four corners of the earth.

One by one, drop the beans into the boiling water as you visualize your lover's touch on your cheeks. Cook for 2 minutes. Add the carrots, one by one, as you imagine your lover's lips pressed to yours. Add the onion rings, one by one, as you think of your lover's arms wrapped tightly around you. Cook for an additional 7 minutes.

Take the strainer full of vegetables from the cauldron, and run cold water over them. (You probably need a cold shower by now, anyway!) Let the ardor cool for the time is not yet right.

Return to the cauldron and add **1/2 teaspoon salt** and the quartered potatoes one by one as list the traits, physical and non-physical, that you admire about your lover. Cook for 10

minutes, then remove and drain the potatoes. Set aside with the other vegetables.

In a bowl, combine **2 tablespoons of olive oil, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/4 teaspoon dry mustard, 1/3 cup vinegar**, and **1/2 teaspoon dried basil leaves**, the latter being for love, of course. Mix well. Combine with the veggies, mix well again. Cover with plastic wrap and set in the refrigerator for at least 3 hours. The flavors blend over the hours, just as you yourself should be marinating over your lover, waiting for the right moment tonight.

When you are ready to serve the salad, drain the dressing, carefully saving it and setting it aside in a separate dish. Place the vegetables on a flat, circular serving dish. Arrange the vegetables in a pentacle, heart, or some other meaningful shape. Serve with the reserved dressing. Makes 6 servings.

If you and your lover have more important things on your minds than finishing your salads, you can always refrigerate it for tomorrow. It's even better the second time around.

From Gifts for the Goddess on a Cold Winter's Eve

Prosperity Soup

In ancient times, people struggled through the hard winters, anxiously awaiting the thaw of spring and the first green for the prosperity of food just around the corner. If you try to eat your fruits and vegetables “in season,” you’ll come to appreciate the changes in the seasons even more, especially when the wheel of the year brings the first fruits of spring.

For luck, thinly slice **2 cups fresh strawberries** and empty them into a mixing bowl. Sprinkle with **2 tablespoons of sugar**. Next, thinly slice **a small banana** for prosperity and potency and stir gently into the bowl of strawberries.

In a separate bowl, combine **1 cup sour cream** (commercial is fine), **1 cup whipping cream**, **3/4 cup milk**, and **2 tablespoons sugar**. Add **1/4 cup white wine** for money and fertility. Stir the mixture until well-blended, then fold in the contents of the first bowl.

Pour into 6 champagne or wine glasses and chill for 2 hours. Fill the top of each glass with whipping cream (the kids love this part) and garnish with **strawberry shavings**.

Makes 6 servings for grown-ups and kids!

From Gifts for the Goddess on a Cold Winter's Eve

Ostara Chicken

Melt **4 tablespoons butter** in a large skillet. For prosperity of your crops (and other projects!), add **1/2 cup slivered almonds** and saute until they are as golden as the sunlight which grows stronger with each passing day of spring. Sift the almonds out of the butter and set them aside in a round bowl, preferably yellow to symbolize the sun.

Add **2 tablespoons oil** to the skillet you used to saute the almonds. Cut up **1 3-pound chicken** with a sharp knife, then sprinkled the chicken with **salt** and **pepper**. Place the chicken in the skillet and saute it until it, too, is golden like the sun. Cover the skillet and cook on low for about 40 minutes.

While the chicken cooks, select **three oranges**—one for money, one for luck, and the third for love in the new season. Imagine the fortunes that come with each. Make a small hole in the top of the first two oranges and squeeze the juice into a cup. Peel the third oranges with your bare hands, remove the seeds and skins and place meat of the orange in the cup with the juice.

Remove the chicken from the skillet and reserve the cooking juices from the skillet. Mix the squeezed orange juice, orange “meat,” and **2 teaspoons sugar** in the skillet with its reserved juices. Boil for about 2 minutes or until the mixture thickens to sauce. While the sauce boils, visualize the coming of a season filled with light and warmth and the return of prosperity and hope. When the sauce is ready, pour it over the chicken. Sprinkle the almonds over the entire dish and serve hot—like the sun.

Makes 4 servings—perfect for a small Ostara feast.

(If you can't make meal exactly as described or don't like an ingredient, not to worry—the real secret ingredient in these kitchen spells is YOU, not the garlic! Feel free to improvise!)

From *Gifts for the Goddess on a Warm Spring Morn*

Lovers' Soup

Hot summer days need something light and luscious. This lovers' soup makes a light meal for two before lovemaking or a fine dessert for simply sitting in the candle glow afterward.

Start with fresh-of-the-tree peaches, for love, and peel and dice them until you have about $\frac{3}{5}$ cups. How many peaches depends on the size, **but two medium-sized peaches** should about right. Add the peaches and **$\frac{1}{2}$ cup of dry white wine** to a medium saucepan.

Next, for fertility and garden magic, add **$\frac{1}{5}$ cups white grape juice** (preferably unsweetened). Add **1 whole stick of cinnamon** (no longer than your index finger) for spirituality and love, and **1 cup of water**. Bring to a boil. Reduce the heat and let it simmer for about half an hour while you and your lover enjoy a glass of white wine and a simmering discussion of how you plan to spend your evening, but no touching allowed! (yet)

After half an hour, take the saucepan off the burner. **Add $\frac{1}{2}$ teaspoon ground cardamom and $\frac{1}{2}$ teaspoon vanilla extract**, both for love and lust. Stir twelve times.

Remove the cinnamon stick from the saucepan, crumble it in your hand, and toss it into your herb garden as a blessing given back.

Using an electric blender or food processor, blend one third of the peach mixture until smooth and creamy. Repeat with the remaining thirds. Pour the mixture into a large bowl and refrigerate until thoroughly chilled. (If you're in a big, big hurry, try pouring it into a large seal-able plastic bag and

placing it in the freezer under careful watch.) Pour into two large soup bowls for you and your lover and serve with a green salad. You'll have about four servings left over, which can be frozen and eaten as side dishes later in the year when fresh peaches are harder to find.

From Gifts for the Goddess on a Warm Spring Morn

Beltane Chicken

In ancient times, Beltane was celebrated as a time of love, fertility, and passion. The ingredients in this special dish all have magickal meanings related to lust, love, and prosperity/fertility. Treat yourself as part of the ancient celebration or any time you and your soulmate want to celebrate your life together.

Cook **1 minced clove of garlic** in a medium-sized skillet over medium heat for about 1 minute at you repeat the name of your beloved. Next, add **2 cups of fresh spinach** and cook for 3 minutes while you name as many as possible of the traits you admire in your beloved. Strain any water from the spinach, just as you would want any ill thoughts about your relationship removed from your celebration meal.

In a wooden bowl, combine the spinach and garlic with **1 cup of cooked rice, 1/2 cup shredded Monterey Jack cheese, 2 tablespoons rinsed, chopped sun-dried tomatoes, and 1 teaspoon chopped rosemary** fresh from your herb garden.

Using 2 pieces of wax paper and a metal mallet, flatten **2 boneless chicken breasts**, pounding out any negative feelings you might otherwise bring to the table. Spread the spinach mixture on each chicken breast, then roll up each carefully, using toothpicks to make sure the filling is secure in each roll. Then place the chicken rolls in a large skillet and cook on medium-high.

As the chicken cooks, add **1 cup chicken broth** and simmer for 15 minutes while you set your table with your best china and light red candles. Back at your kitchen workings, mix **1 tablespoon corn starch** and **2 tablespoons water** and stir as

you wish your secret wish for the evening—whether a commitment, a kiss, or a baby! Next add the cornstarch and water to the skillet and cook as the sauce thickens and the seeds of your wishes are planted.

Last, when you are ready to serve this dish, take a sharp, clean knife and douse the blade under cool running water. Then slice the chicken rolls into 1-inch thick slices and spoon sauce on top. Look closely at the chicken slices and note the spiral patterns, a symbol of rebirth. Now hurry before your candles burn low!

Makes 4 servings. If you and your beloved can't eat that much, just freeze the leftovers for later.

From Gifts for the Goddess on a Warm Spring Morn

Mother-Daughter Protein Shakes

By the time Shannon reached high school, we were sharing morning shakes. I was limited in time and what shake ingredients I could consume. I needed two ounces of protein and half a cup of fruit to stick to my eating plan, so we developed a recipe we both liked.

In a blender, pour **1 small bottle of Raspberry Crystal Light or similar flavored no-calorie or low-calorie drink** (whether pre-mixed or mix-it-yourself, about 16 ounces), **1 small can of pineapple, egg white protein powder to equal 4 ounces of protein** according to the instructions on the can, and fill the rest of the blender with **ice**. You can add **flax seed** if you like. Blend to a frothy shake consistency.

Makes two chilled shakes to go!

From Gifts for the Goddess on a Warm Spring Morn

Edible Bird's Nest

What better way to show off egg salad or deviled eggs at a Spring luncheon than in an edible bird's nest? If salad's not your thing, foil-covered chocolate eggs in an edible nest make for a great treat, too.

To make enough "nests" for six servings, beat **an egg** in a small bowl. Add **¼ teaspoon garlic salt** and **3 cups of chow mein noodles**. Stir the noodles enough to coat them with the egg.

Measure out 1/3 of a cup and drop it onto a greased baking sheet or cookie tin. With your bare fingers, mold the noodle mix into the shape of a bird's nest, with a hole in the center for **salad, eggs, or candies** later. Repeat until you run out of noodle mix.

Bake at 350 degrees F for around 12 minutes.

Allow the nests to cool for a few minutes so that each is "set," then cool on a wire rack.

Just before serving, add the salad, eggs, or candies. You can serve each nest on a bed of **lettuce or mint leaves**, or with **Peppermint Farms pirouette cookies** arranged to look like branches.

From Gifts for the Goddess on a Warm Spring Morn

Caterpillar Cake

This recipe is perfect for a child's birthday party, a classroom treat (or homeschooling treat) while studying butterflies or an office party where the secret joke is that the boss is a worm! It's also fun for kids to decorate as a party or class activity.

I use a **standard yellow cake mix** from the grocery store but bake it in my mom's Bundt cake pan.

Once it's cooled, I turn over the cake pan over a foil-covered cookie sheet that is roughly twice as big as the cake.

Next, I remove the pan from the inverted cake and cut the cake in half. Then I carefully turn the two halves so they form an "S" shape. This makes the body of the caterpillar.

I decorate the cake with a **store-bought frosting**, preferably in green or yellow or a frosting that has colorful **confetti sprinkles** mixed in. I use **candies** for the eyes and antennae. If I want the caterpillar to be "fuzzy," I sprinkle with **coconut**.

From Gifts for the Goddess on a Warm Spring Morn

Chakra Jell-O

Chakra Jell-O is a festive way to engage in casual color therapy or to just incorporate a bit of good physical and spiritual health into your parties. Since each of the seven chakras is associated with a different color, you can make a Jell-O dessert (or even a more adult Jell-O “shot”) that mirrors the order of the chakras.

Besides, since chakras are vibrating centers of energy, what better food to represent them than jiggly, vibrating Jell-O? (Alcoholic Chakra Shots can also make you feel, or at least think you feel, your chakras “buzz” all through your body.)

First, decide what order you want the colors to stack, starting with the bottom. To follow the traditional order of the chakras, you will have red on the bottom followed by orange, yellow, green, blue, indigo, and finally a purple or clear layer. These colors each represent a different energy of the physical and spiritual body. Red is lowest chakra, representing your physical health and functioning. The orange chakra is the center of sexual desire and interpersonal relationships. Yellow is the color of willpower and self-confidence, an inner, personal strength. Green is the heart chakra where feelings are centered. The blue chakra is the center of communication and true speech. The indigo chakra is often called the Third Eye, which is the center of your intelligence, understanding, and even spiritual wisdom. The highest chakra, often called the Crown and sometimes considered purple and sometimes clear, is the center of your spiritual self where you connect with the divine.

Creating the distinctions between blue, indigo, and purple in Jell-O may be difficult, especially if you are using **store-bought**

flavors of Jell-O. You could potentially cheat on the indigo a bit, using purple, and having the top layer simply clear. Or you could experiment adding food coloring to a clear gelatin mixture. This may mix up your communication layer (5th, blue chakra), your wisdom layer (6th, indigo chakra), and your spiritual layer (7th, clear/purple chakra), but you can decide how accurate your Jell-O shots need to be. Alternately, you could switch the order of the colors so that you ingest the lowest (red) chakra first and finish with the highest. This may actually make more sense if you want the colors to correspond to the ordering of the chakras within your body. You might also create a series of differently colored gelatins for different stages of your gathering.

Making the Jell-O is simple but time-consuming since each layer needs to set overnight, so plan ahead six or seven days. First, set up as many cups or containers as you want, one for each serving. Prepare the first Jell-O, the bottom layer, as instructed on the box. If using your own mixtures, make the clear gelatin mixture first and then add food coloring after the gelatin is absorbed. Finally, pour a small amount into the bottom of each cup or container (about a seventh), and leave in the refrigerator overnight to congeal. Repeat for each color.

If you want a “stronger” adult version, you can add **alcohol** to make Chakra Shots. Chill the alcohol at least an hour before adding it to the mixture. Use clear alcohols like vodka or gin to retain the colors, or you can use colored liqueurs as you want. The amount to add depends on the type of alcohol. For 30-50 proof (most schnapps and weaker liquors), add 13 ounces of alcohol to 3 ounces of cold water. For 80-100 proof (most regular liquors like vodka or whiskey), add 10 ounces to 6 ounces of water. And for the strongest alcohols of 150-200 proof (like Everclear), add only 6 ounces to 10 ounces of cold

water. Use this mixture to replace the “cold water” the Jell-O packs will instruct you to add. If you want weaker shots, consider using alcohol for only one or two layers, or even a final clear “feel good” Chakra on top. Be sure not to take this kind of “vibration” too far, however, or all of your chakras from the lowest to the highest will find themselves quite disturbed.

From Gifts for the Goddess on a Warm Spring Morn

Fool's Gold Wontons

If you've ever looked at the Tarot's Fool card, which usually symbolizes new beginnings and leaping forth on your adventures (sometimes without looking), you'll have noticed that the figure on the card usually carries his possessions in a bundle at the end of a stick. Who knows what's in that bundle! Maybe a change of clothes. Maybe gold. But it's his treasure, and these wontons look and taste like little bags of treasure!

Before you even begin this recipe, know that you're going to have to try it several times before you get it just right. That's not meant as a warning but as a delight. So try it on an empty tummy!

Brown **1 pound of sausage** and then drain off the grease.

Combine the sausage, **1 cup of sharp cheddar cheese, 1 cup of Colby cheese, ½ cup of minced black olives** (if desired), and **1 cup ranch dressing** in mixing bowl.

Pre-heat the oven to 350 degrees and spray a mini-muffin pan with non-stick cooking spray.

Form **wonton shells** (usually about 50 to a package of wonton squares) into cups in each of the mini-muffin cups. Spray these shells with non-stick cooking spray.

Bake in the oven for 6 or 7 minutes, then remove from the oven.

Fill each cup with the sausage/cheese/olives/dressing mixture. Personally, I like to pinch the cups a little bit closed on the top to give more of a “bundle” look than a “cup” look.

Bake in the oven until golden brown.

For a Fool’s Gold look, you can add a **pretzel stick** as a pole for the Fool’s bundle.

The recipe doubles easily, so once you’ve got the hang of it, it’s easy to make lots for your gathering—and ideal if you’re studying Tarot!

*From **Gifts for the Goddess on a Warm Spring Morn***

Fresh from the Orchard Salsa

I love the fruits of Spring and early Summer in my mother's garden. Having farmed for years, she thinks a "garden" is 10 acres of vegetables—even though the size of her household is considerably smaller in her elder years.

Did she cut down on the garden size? No. The excess land in her garden patch has become an acre-sized fruit tree orchard with peach, nectarine, cherry, and apple trees as well as blueberry and blackberry bushes.

My favorite fruit from her orchard is **nectarines**, and fresh off the tree, they're perfect for this recipe.

Chop **1½ cups of cherries** (frozen cherries are okay if you don't have fresh cherries available). Place the chopped cherries and **5 teaspoons of sugar** in a medium-sized mixing bowl and let them soak up the cherry-sugar flavoring for the next 15 minutes.

Add in **1 cup of chopped nectarine, 2 tablespoons of chopped green onion, and 2 teaspoons of chopped jalapeno chiles.**

In a separate dish, add **2 teaspoons lime juice, 1 teaspoon cider vinegar, and a pinch of garlic salt.** Stir until well-blended. Pour into the nectarine mixture.

Toss lightly.

Let stand for 10 to 15 minutes while the flavors blend, then serve with **tortilla chips** or over your favorite **grilled fish or pork**. (My favorite is with fish at a Spring barbecue!)

From Gifts for the Goddess on a Warm Spring Morn

Strawberry Shortcake

My favorite birthday cake (I'm a Spring Baby) is strawberry shortcake with fresh Spring strawberries picked from my backyard garden.

Here's the recipe:

Cut **3 pints of fresh strawberries** into thin slices and toss in a **bowl** with **½ cup sugar**. Set the bowl aside for later.

Preheat your oven to 425 degree F while you either grease and flour an 8-inch round cake pan or coat the pan with a no-stick spray.

In a mixing bowl, medium-sized, combine **2¼ cups all-purpose flour**, **¼ cup sugar**, **¼ teaspoon salt**, and **2 teaspoons baking powder**.

Blend in **½ cup butter**. The consistency is perfect when it looks like biscuit crumbs.

Create a “nest” in the middle of the batter mix, beat **1 egg**, and drop the beaten egg and **2/3 cup milk** into the “nest.” Combine with the mixer, lightly.

Pour batter in the 8-inch cake pan and place in oven at 425 degrees F. Bake for 15 to 20 minutes.

Allow it to cool in the pan on a wire rack.

Remove from the pan and slice in half so that one layer becomes two. Place half of the strawberry mixtures on one

layer. Place the other layer on top of the strawberries. Place the other half of the strawberries on the upper layer, then cover with **2 cups of whipped cream**. Garnish and sprinkle with a **pinch of cinnamon**.

From Gifts for the Goddess on a Warm Spring Morn

Lady's Money Salad

You might think that a “money salad” would be green but—surprise—this one is pink! Try this one if a woman in your house, including you, is up for a promotion, raise, or a new job.

In a large bowl, mix **1 cup of crushed pineapple** (the fresher the better) and **1/2 cup pecans**, both symbols of luck, money, and employment.

Add **1 large can evaporated milk**, **½ cup mayonnaise**, **1 cup cottage cheese**, **1 3-oz package lemon Jell-O**, **1 3-oz package raspberry Jell-O**, and **1 cup of boiling water**. Mix well.

Find a Jell-O mold that has an appropriate meaning to you (fruits for the fruit of your labors, circles for getting back what you deserve) and jell.

Serve on a bed of **lettuce** or on a chilled, decorative plate.

From Gifts for the Goddess on a Warm Spring Morn

Shannon's Breakfast Shake

When Shannon was in about the 7th or 8th grade, she couldn't settle on a healthy morning breakfast. Pastries and sugary cereal nauseated her, and with my schedule, I didn't have time to cook a full breakfast.

Shakes seemed to be the way to go, especially since she could make her own and be more "responsible" in the mornings.

The shake that kept her going the longest before tummy rumbles set in was simple and could be finished while walking to the bus stop, if she was short on time.

In a blender, combine **1 tablespoon of peanut butter** (for protein), **1 whole banana**, and **1 glass of milk**. The amount of milk will depend on the consistency you desire for your shake. (You can always add more milk.)

You can also add a few squirts of **chocolate syrup** if you want a different taste.

Blend, pour into a tall glass, and enjoy!

From Gifts for the Goddess on a Warm Spring Morn

Natural Tomato Sauce

from Your Harvest

We're fast approaching Lammas, the first harvest of three, and it's time not so much to say goodbye to the fruits of Mother Earth, but to enjoy the abundance that harvest symbolizes. So. Get thee to a tomato plant! Or, if you don't have tomato plants, head for your nearest farmers' market or produce stand so you can share this delicious homemade tomato sauce with your family.

First, peel, seed, and chop **enough ripe tomatoes to equal 4 cups** (number of tomatoes depends on size).

Then, heat **half a cup of olive oil**. Add **a cup of chopped onion** (if you like onion), **a cup of chopped carrot**, and **a cup of chopped celery**. Saute. these ingredients for about 5 minutes, then add **2 teaspoons of minced garlic** and saute. for one more minute. Next, stir in tomatoes, **1 teaspoon of sugar** and **a pinch of salt**. Lower the heat. Simmer, uncovered, about half an hour.

Too much sauce? Want more later? Freeze it for a hearty dinner in winter to remind you of your summer harvest.

From Gifts for the Goddess on a Hot Summer's Night

Braided Circle Bread Recipe

I love braids and circles. I loved them even before I understood the symbolism of intertwined lives and unending circles. Here's the perfect combination of two powerful, magickal symbols.

Start by greasing a cookie sheet, lightly. Turn on the oven to 375 degrees. Now turn on some Celtic music or some music representing your preferred pantheon.

In small bowl (not plastic), empty a **3.5 tube of almond paste** for prosperity and wisdom. Add **1/4 cup sugar** and **3 Tablespoons of soft margarine**. Mix the contents of the bowl with a fork, wooden if you have one. Put the bowl aside for now.

Next, open **1 8-oz can refrigerated crescent dinner rolls**. Tear the dough into 2 rectangles. Place one side over the other to form a big rectangle. Press to seal the edges. Roll out the dough to make one long rectangle, then cut the flat dough lengthwise into 3 equal strips.

Spread the almond paste mix down the center of each strip. Using a spoon, press the filling down into a shallow trench. Lift the dough on either side and fold it over to cover the filling. Seal the edges.

Grease a cookie sheet, lightly. Take the 3 strips of filled dough and braid them. Bring the ends together into a circle and seal it. Beat **one egg** and then brush it over the dough circle. Finish it off by sprinkling **sugar** and **almond slivers** over the dough.

Let the braided dough circle bake at 375 for around 20 minutes or until golden brown. Let cool. Remove from cookie sheet and place on a special round serving dish, such as a cake plate.

Makes 8 servings.

From *Gifts for the Goddess on a Hot Summer's Night*

Midsummer Chicken Recipe

Light and sweet, Midsummer Chicken is great for warm weather!

Skin and de-bone **4 chicken breast halves** and wrap them in thick plastic or wax paper. Using the edge of a saucer (not your best china, please!) or a mallet, beat the chicken until somewhat flatter.

Take a rolling pin and press and roll the chicken even flatter, about 1/4 of an inch. Pour **4 tablespoons of soy sauce** into a dish. Remove the wrapping and dip each chicken breast in the sauce. Save what's left for later.

Next, heat **2 teaspoons of oil** in a large skillet. Cook the chicken in the oil over medium to high heat on each side until done. Remove the chicken from the skillet. Leave the drippings in the skillet.

Add **2 teaspoons of oil** to the drippings, then the left-over soy sauce.

Mince **2 tablespoons of purple onion** for lust; add to the skillet.

Mince **1 clove of garlic**, if desired for lust; add to skillet.

Mince **2 teaspoons of fresh ginger** for success and power; add to skillet. Saute.

Add **4 tablespoons of orange marmalade**. Stir the mixture in the skillet as the marmalade melts. For love and luck, peel **2 large oranges**, separate the sections and remove pulp. Lightly chop. Stir into the skillet.

Sprinkle **1 tablespoon of fresh cilantro** over the mixture; stir in. To finish the sauce, warm thoroughly.

When ready, pour or spoon over the chicken breasts.

Makes 4 servings.

*From **Gifts for the Goddess on a Hot Summer's Night***

Food of the Gods

When I was a child, I was fascinated by Greek mythology. When I was barely old enough to go to read, I would sneak into my parents' office and borrow their encyclopedia, then hide while I sounded out each word about ancient gods and goddesses. When an older lady in my hometown made me "ambrosia" for dessert at her house, I was overwhelmed that she would make something so special for me as "the food of the gods." Looking back, I know now why she called it that: the dish was loaded with sweet-tasting fruits and nuts.

There are two ways of making ambrosia: the easy way and the freshest way. To get more out of this recipe spiritually, I go to the extra trouble that makes it so fresh and so good. For luck, halve a fresh **pineapple**, cut the meat into chunks, and empty into a large bowl (or use 1 can drained pineapple chunks). Next, peel an **orange** and drop the peeled, seeded meat of the orange into the bowl for love (or use 1 small can of drained mandarin oranges). Pluck **1/5 cups seedless green grapes** from their vine for fertility and drop them into the bowl with the pineapple and oranges. Mix in **1/2 cup of fresh pecans** for wealthy and employment. For purification, add **1 cup flaked coconut** to the bowl.

Combine **1 tablespoon sugar**, **3/4 cup vanilla yogurt**, and **1 cup miniature marshmallows** —with the other ingredients and mix gently. Serve promptly or, for best results, let the dish chill in your refrigerator while you prepare the rest of your meal.

Makes 8 servings for the gods and goddesses at your table.

From Gifts for the Goddess on a Hot Summer's Night

Harvest Stew

My favorite time of year is the harvest season. To me, harvest time means abundance, prosperity. When you think back to ancient times and the importance of a plentiful crop so food would last through the winter, it puts this season into perspective. Celebrate the harvest of your work with this beef stew.

Place **1 pound of beef cubes, cooked**, in a dutch oven. Cut up **6 small, fresh tomatoes** (or cut up 1 28-oz can of whole tomatoes) and add to the beef to represent prosperity. Add **1 can of spaghetti sauce with mushrooms** and **1.5 cups water** to the beef and stir. Next, chop **1 medium-sized potato** for healing and **1 medium-sized onion** for money. Add to the pot and bring to a boil. Reduce the heat, cover, and let it simmer for about 15 minutes while you contemplate the fruition of your hard work.

Add **several small cans of vegetables** or the equivalent amount of fresh vegetables if possible. Good choices are carrots for fertility, corn for luck, and peas for money. Sprinkle **1 teaspoon of dried basil** over the stew for wealth and **a pinch of parsley** for protection. Simmer 20 minutes, uncovered, and enjoy the abundance of harvest aroma.

You can also let this delicious stew simmer in a crock pot all afternoon, if you prefer. Once ready, serve it steaming hot in soup bowls. Freeze leftovers for later.

From Gifts for the Goddess on an Autumn Afternoon

Feasting Turkey

The official American Thanksgiving holiday began in the 1860's, but the original thanksgiving wasn't the fourth Thursday in November: it was a celebration of harvest and abundance. Prosperity meant those you loved did not starve in the cold of winter, so it was important to protect your winter stores during bleak times to come.

To protect your harvest—whether food or just good things you've worked hard for—mix **3 minced cloves of garlic, 1 tablespoon dried rosemary,** and **.25 cup of olive oil** in a small dish.

Take **1 5-pound turkey breast** with the bone still in it, and say a small prayer of gratitude for the abundance you've been given. Gently pull the skin partly away from the breast but leave the skin attached. With a small brush, stir the olive oil mixture seven times, naming aloud seven blessings you count among your harvest. Brush 1/3 of your blessings (the mixture) under the skin, then replace the skin.

Visualize your harvest of good things as you lightly grease a baking dish and place the turkey breast in the middle. Cover the baking dish with aluminum foil and bake at 325F for one hour. Uncover the dish, baste with blessings, then bake for another hour. Every quarter hour, baste again until the olive oil mixture is gone and your feasting turkey is ready.

Makes a dozen small- to medium-sized servings.

From Gifts for the Goddess on an Autumn Afternoon

Crab Biscuits for Cancer Signs

The astrological sign, Cancer, is all about motherly nurturing, feminine emotion, and home. Please one of them with this tasty appetizer!

Mix **1/2 pound of crab, 6 scallions (cut up), 6 ounces of mozzarella cheese, 6 ounces of cheddar cheese,** and just enough **mayonnaise** to make it stick. Add **a dash of salt** and **cayenne pepper**.

Remove **buttermilk flake biscuits** from refrigerated tube. Tear flakes apart. Slather the mixture on top of each, then cook per the biscuit directions.

Best when still warm. Number of servings depends on the size of biscuits and the thickness of the topping.

From Gifts for the Goddess on an Autumn Afternoon

Infinity Pasta

A spiral, depending on whether it spirals from the left or right, can mean either infinity or spirituality.

Personally, I don't see much difference between the two. By the time you begin to grasp the true extent of infinity, you already have a strong foundation in the spiritual.

Like most busy people who work full-time and take care of a family, too, I often don't have time to plan a spiritual meal, either for myself, my family, or —horrors! —drop-in company. Years ago, I came across a handy recipe that I adapted to my own family's tastes. It can be frozen in a lasagna pan for the whole family or for surprise company, or frozen individually in little meatloaf tins to be thawed later and combined with a salad to take to my day-job. This way, even when life is at its most hectic, I can sit down with a spiral of my infinity pasta and contemplate my spirituality.

Start with **one package or jar of prepared spaghetti sauce** heating in a medium-sized saucepan. If you're a mushroom or pepper and onions lover, you can choose a sauce with your favorite vegetables included. If you have plenty of time to cook, try making your spaghetti sauce from scratch. Add **1 can (6 oz) of tomato paste**, symbolic of love and protection, **2.25 cups water**, and **2 tablespoons of butter** to the saucepan. While the tomato mixture simmers, cook **8 ounces of lasagna noodles** according to their packaging instructions, and drain them.

Beat **two eggs** lightly and pour them into a large bowl. Add **2 cups of ricotta cheese**, **.25 cup of grated Parmesan cheese**, and **1 cup grated mozzarella cheese**. Mix well, contemplating

the spirals of your stirring and the spirituality you cook into your meal. Start in the center and stir your spirals outward, then in again. Next **add 1 tsp of dried basil**, also for love and protection and stir it in with spirals.

Lay out each cooked, drained noodle and spread some of the cheese mixture the length of each, but no more than .25 cup on each. Then roll up each noodle. They should close without your having to use toothpicks.

Place the noodles in their baking pan(s). Spoon the tomato sauce mixture over each noodle and then sprinkle each noodle with **Parmesan cheese**. Bake at 375 for about 45 minutes, or until bubbly. If you prefer something a little quicker, you can microwave the noodles (in microwave-safe dishes) for 7 minutes on high (cover with fork-vented plastic wrap first), pour sauce over the cooked noodles, then nuke Ôem for another minute on high.

Or you can cast your spirals into the freezer for a later meal or sprinkle basil leaves, fresh from your herb garden, onto the spiral pasta and eat it while it's hot! Serves up to 8.

From Gifts for the Goddess on an Autumn Afternoon