



# Food Storage Digest



April 2005

## FYI

### Cannery Location

4400 Presidential Ave.. NE  
(See map on other side of sheet.)

### Cannery Phone

343-1905

### Ward Canning Specialists

David & April Thomas 299-1537

### Regional

Butch & LuJean Hess 296-8157

### Regional Assistants

Gordon and Evelyn Baker 296-2099

(See other side for canning times.)

## Spiritual Thought

In our most recent General Conference Elder David E. Sorensen of the Presidency of the Seventy said: *"Over the past years I have been blessed to be able to observe President Hinckley closely, and I want to remind you that President Hinckley is not only a living prophet but also a living seer. He sees things that others do not see. He has the gift of discernment; he is an optimist and a realist...I strongly encourage each of you to more closely follow his counsel and guidance, for truly 'a seer hath the Lord raised up unto his people.'" ("Faith Is the Answer")*

### Here is some counsel from President Hinckley:

"Brethren, I wish to urge again the importance of self-reliance on the part of every individual Church member and family. None of us knows when a catastrophe might strike. Sickness, injury, unemployment may affect any of us...the best place to have some food set aside is within our homes, together with a little money in savings. The best welfare program is our own welfare program. Five or six cans of wheat in the home are better than a bushel in the welfare granary...As all of you recognize, this counsel is not new. But I fear that so many feel that a long-term food supply is so far beyond their reach that they make no effort at all. Begin in a small way, my brethren, and gradually build toward a reasonable objective. Save a little money regularly, and you will be surprised how it accumulates." *(Gordon B. Hinckley, "To Men of the Priesthood," Ensign, Nov., 2002, 5)*



## Recipe



### Wheat Bulgur & Onion Pilaf

*I made this simple pilaf for my family as part of our "Jerusalem Dinner" that we had during our Easter week celebration. Everyone loved it!*

2 Tbsp. olive oil  
1 cup bulgur, coarsely ground  
2 Tbsp. olive oil  
1 onion, red (or whatever kind of onion you like)  
2 cups chicken broth  
1 1/2 tsp. ground coriander  
Pinch of ground cinnamon  
1 tsp. salt  
2 tsp. fresh mint, chopped (optional) \*see note

**Directions:** Brown bulgur in olive oil. Set aside. Sauté onion until soft; mix with bulgur. Add coriander, cinnamon and salt. Bring mixture to a boil, reduce heat so mixture is at a low simmer, cover and cook for 10 minutes. Add mint (if using), adjust salt to taste, cover and let cook an additional 10-12 minutes or until bulgur is tender.

**Note:** Mint can be good but I find it just takes the recipe in a "whole new direction". So experiment by mixing a small amount of pilaf with a little mint and see how you like it. We left it out and still really enjoyed it!

## Cooking Tips and Storage Ideas

### Egg Substitute for Baking

Before starting recipe for cookies, cakes etc. combine 1 tsp. unflavored gelatin with 3 Tbsp. cold water and 2 Tbsp. plus 1 tsp. boiling water. This mixture will substitute for 1 egg in a recipe.

### Dried Eggs

You may also think about adding dried eggs to you storage and use them occasionally in other recipes for rotating purposes and so you get used to cooking with them. I find using dried food in recipes usually requires some adjusting here and there to make it come out the way you want it.

## One Month Kit News!

In May during our canning sessions, along with the commodities of the month, we will be focussing on getting our back-ordered one month kit orders filled and building up our reserve of canned and pouched commodities that go in them.

If you didn't order a kit for May but are interested in getting one there may be an opportunity to get one during this canning session. We will be displaying what's in a one month kit and answering questions about them during the month of April.