****

**THE HALOS 711   
Twinflames Family Cookbook – PART 2**

**(*Or* a Little Taste of Heaven From Our Halos Kitchens)**

By   
Sandye M. Roberts

and

Arthur L. Jones, III

**Copyright © 2011-2012,** Sandye M. Roberts and Arthur L. Jones, III.

****





**Bookyards Edition License Notes**

This eBook is licensed for your personal enjoyment only. This eBook may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each person you share it with. If you're reading this book and did not purchase it, or it was not purchased for your use only, then you should return it to **Bookyards.com** and purchase your own copy. Thank you for respecting the Authors’ work.

All rights reserved. Without limiting the rights under copyright reserved above, no part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopying, recording, or otherwise) without the prior written permission of both the copyright owner and the above publisher of this book.

**ISBN:** 9781301623433 (eBook).  
  
**Library of Congress Control Number:** forthcoming.

*Other* ***Best-Selling*** *titles available from Sandye M. Roberts and Arthur L. Jones, III*

*in collaboration with Roberts-Jones Publishing and Authorhouse:*

**DIVINE INTERVENTION:**

**A Guide To Reiki Angels and Archangels,  
  
  
DIVINE INTERVENTION II:**

**A Guide To Twin Flames, Soul Mates, and Kindred Spirits,**

**DIVINE INTERVENTION III:**

**A Guide To The Biblical Crystals – And Their Healing Applications,**

**DIVINE INTERVENTION IV:**

**A Guide To Healing Within And Living Without,  
  
DIVINE INTERVENTION V:**

**A Guide To Healing The Family –   
Blended & Extended,**

**DIVINE INTERVENTION VI:**

**A Guide To Embracing And Healing The Inner Child,**and

**DIVINE INTERVENTION VII:**

**A Guide To Advanced Techniques In   
Prayer-Based Reiki.***The aforementioned titles are available everywhere ebooks are sold!*

***I Am – As Is***

**TABLE OF CONTENTS**

[**CHAPTER 9 –** Cajun Gumbos (continued).](CB%20separate%20chapters/CB%20chapter%209.docx)

[**CHAPTER 10 –** Nourishment As Defined By The Halos 711 Family, Successful Spiritual Fasting, and Recipe For Life & Godliness.](CB%20separate%20chapters/CB%20chapter%2010.docx)

[**CHAPTER 11 –** SomeBiblical Recipes.](CB%20separate%20chapters/CB%20chapter%2011.docx)

[**CHAPTER 12 –** Charming Vintage Kitchen Prayers, Recipes, and Stories.](CB%20separate%20chapters/CB%20chapter%2012.docx)

[**CHAPTER 13 –** Declaration of Thanks, About The Authors, Connect With Sandye and Arthur, Discover other titles by Sandye and Arthur at Bookyards.com, and Bibliography.](CB%20separate%20chapters/CB%20chapter%2013.docx)

**CHAPTER 9  
  
Cajun Gumbos (continued)**

**Green or Herb Gumbo (Gombo aux Herbes)**

*Ingredients:*  
\*A Veal Brisket   
\*1 Large Slice of Lean Ham   
\*Equal Parts of the Leaves of:  
\*Young Cabbage,   
\*Radish,   
\*Turnips,  
\*Mustard,   
\*Spinach,   
\*Watercress, and  
\*Parsley.  
\*Green Onion   
\*1 Large White Onion   
\*1/2 Red Pepper Pod   
\*1 Bay Leaf   
\*1 Sprig of Thyme   
\*1 Sprig of Sweet Marjoram   
\*1 Clove 9 Allspice   
\*Cayenne to Taste.

Soak and wash the leaves thoroughly, being careful to wash each leaf separately, to be sure there lurk no insects in the folds or ridges. Then trim by taking off all the coarse midrib of the leaves, which will make the gumbo taste harsh and unpalatable. Boil the leaves together for about two hours and then parboil by adding a teaspoonful of cooking soda.

Strain and chop very fine, being careful to save the water in which they were boiled. Cut the brisket of veal and the sliced ham into small pieces and dredge with black pepper and salt, and chop one large white or red onion. Put a heaping teaspoonful of lard into a deep frying pan, and when hot, add the chopped veal and the ham.

Cover and let it simmer for about ten minutes, stirring occasionally to prevent burning. Then add the chopped onion and a little sprig of parsley chopped fine. When it comes to a rich brown, add the greens, and when these are browned, pour over four quarts of the water in which the leaves have been boiled. Throw in the marjoram and the red pepper pod and the clove and allspice, mashed fine.

Set it back on the stove and let it boil for about one hour longer, adding the Cayenne or "hot pepper," and you will have a regular gumbo peculiar to New Orleans alone. Serve with boiled rice.

**Cabbage Gumbo (Gombo Choux)**

\*1 large head of cabbage (green and white mixed)  
\*1 round steak  
\*2 large slices of lean ham  
\*2 pounds of Creole Sausage (about 6 to a pound)  
\*1 pod of Cayenne Pepper, without the seeds  
\*1 pint of milk  
\*1 tablespoon of lard  
\*Salt and black pepper and cayenne to taste.

Shred the cabbage and wash each leaf separately and thoroughly to avoid insects. Then chop the entire head very fine, into pieces about half the size of dice. Cut the steak or brisket into small squares, also the ham, and fry in the deepest kettle you have, putting the meat into the pot when the lard is very hot. When it begins to brown, add a chopped onion and the sausage, and then add the chopped cabbage, stirring and pouring in enough water to prevent it from burning. Throw in the red pepper pod and a dash of Cayenne, and salt to taste. Add a little black pepper. Stir often and allow the ingredients to cook well, gradually adding, if necessary, a little water, and stirring frequently to prevent burning. When thoroughly cooked, make a cream sauce as follows: Take one pint of new milk and two tablespoons of flour and mix thoroughly, so as not to be lumpy. Stir this into the gumbo while boiling, and continue stirring for five minutes. Serve with boiled rice. If it is not possible to procure milk, almost the same effect may be attained by mixing the flour in cold water of the same measurement and stirring in as already given. The gumbo must not be allowed to stand on the fire after the flour has been boiled on it for five minutes, as it will burn.

*Well, gators we could go on all day on Gumbos - but let’s see what else we got in da kitchen! How ‘bout some good ole…*

****

**Red Beans And Rice** *This traditional recipe is about as Cajun as you can get without being in New Orleans! It’s spicy and soooo good!*

**Camillia Red Beans** is our choice.

*Ingredients:*\*1 lb. dry red beans  
\*4 quarts water  
\*2 meaty ham hocks  
\*8 cups beef or chicken stock  
\*4 bay leaves  
\*1/2 teaspoon thyme  
\*1 teaspoon cayenne pepper  
\*1 teaspoon black pepper  
\*1 lb. Andouille/smoked sausage   
\*1/2 Ib. tasso, chopped  
\*2 cups chopped onion  
\*1/2 cup chopped celery   
\*1 bell pepper, chopped  
\*1 bunch green onions, chopped  
\*1 tablespoon minced garlic  
\*2 Ibs. (8 individual) Chaurice sausage or other fresh hot sausage  
\*Salt and black pepper, to taste  
\*Red wine vinegar, to taste  
\*4 cups cooked hot rice  
\*Hot pepper sauce, to taste.

Wash beans and soak overnight in the water. The next day, drain beans and wash well under cold running water. Place beans, ham hocks, and stock in a heavy 6-8 quart. stock pot or Dutch oven. The beans should be covered by about 2-3 inches of liquid; add more liquid if necessary. Bring to a boil and skim any scum that collects on the surface. Reduce heat to a simmer and add the bay leaves, thyme, cayenne and black pepper. Simmer for 30 minutes while you prepare the vegetables.

Chop ¼ pound of the Andouille into 1/4 inch pieces. Place it in a 12 inch cast-iron frying pay or other heavy frying pan with tasso if you are using it. Fry for 5 minutes to render the fry and brown the meat.

Add chopped onion and celery and cook until the vegetables are soft, about 10 minutes. Add bell pepper, green onions and garlic. Cook an additional 5 minutes, then add to the simmering pot of red beans.

Continue to cook beans until they are soft and some begin to break apart, about another hour. Allow the beans to cool; refrigerate, covered, overnight or for up to 4 days.

When ready to serve, bring beans to a simmer. Place Chaurice whole in a covered heavy frying pan and fry over medium heat for about 15 minutes, checking sausages frequently and turning them as they brown. Meanwhile, slice remaining Andouille into 1/4 inch slices and add to beans. Cook in the beans for about 10 minutes. Taste the beans for salt and pepper and correct if necessary; add a little vinegar if you wish. To serve, place about 1/2 cup rice in center of each plate, spoon beans over rice and accompany with green onions. Serve with hot pepper sauce. For milder version omit hot sauce.  
  
**Yield: Makes 8 servings.**

**

**OK lets see whats cookin' with crawfish,**

**Make a pitcher of tea yall **

****

**Crawfish Pie**

*Ingredients:*\*Pie dough enough for 4 individual pies (or 2 large)  
\*1 1/2 cup crawfish tails; crawfish fat and water to make 2 cups  
\*3 tablespoons cooking oil1 medium onion, chopped fine  
\*2 tablespoons butter  
\*1/4 cup chopped celery  
\*Salt and red pepper to taste  
\*1 clove garlic, mashed  
\*Pinch thyme  
\*1/3 cup tomato sauce mixed with 1/3 cup water  
\*Pinch nutmeg  
\*1 tablespoons green onion  
\*4 tablespoons cornstarch  
\*1 tablespoon parsley.  
*Directions:*  
Cook onion, celery, and garlic in cooking oil, stirring until tender. Dish out half the cooked mixture.

To the mixture, add tomato sauce, water, and crawfish fat, cook over medium heat and when it boils, slowly add cornstarch and water stirring until sauce thickens, season with nutmeg, thyme, red pepper and salt to taste; set aside.

To the remaining cooked onion mixture in a saucepan add crawfish tails, butter, cook 2 to 3 minutes.

Combine sauce, crawfish, green onion and parsley. Cook, then pour into 4 pastry lined pie plates, equally divided. Wet edges of under crust, cover with upper crust. Press edges together; prick with a fork. Bake in a 450 degree preheated oven 5 minutes; reduce heat to 400 degrees and bake about 15 minutes longer.

*No bah hum bug here - just good ole mudbugs!*

**Crawfish Smothered Grits**

*Ingredients:  
\**1 pound peeled crawfish tails  
\*1/2 teaspoon salt  
\*1/2 teaspoon cayenne  
\*2 tablespoons olive oil  
\*1 cup chopped onions  
\*1 tablespoon chopped garlic  
*\**2 cups beef stock  
\*3 cups half and half  
\*1 1/2 cups quick-cooking white grits  
\*1/2 cup freshly grated Parmigiano-Reggiano cheese.

*Directions:*  
In a mixing bowl, toss the crawfish tails with salt and cayenne. In a 3-quart saucepan, over medium heat, add the olive oil. When the oil is hot, add the onions. Season the onions with salt and cayenne. Saute for 2 minutes, or until the onions are soft. Add the crawfish and garlic. Continue to cook for 2 minutes. Add the stock and half and half to the pan. Season with salt and cayenne. Bring the liquid to a boil. Reduce the heat to medium-low and simmer for 2 minutes. Add the grits and stir constantly until they are very tender, about 10 minutes. Add the cheese and stir to mix and melt it. Serve warm.

**Yield: 8 to 10 servings.**

*Now dats what we talkin' bout. Do y’all smell some shrimp cookin’?*

**Shrimp Remoulade**<!--[if !IE]> <--><!--> <![endif]-->

Shrimp Remoulade is one of the classic dishes of New Orleans; boiled shrimp served cold over salad greens with a spicy mayonnaise dressing. The dish can be served as a main course at brunch or as a salad course or appetizer at dinner. The sauce is also used on Po’ Boy sandwiches and as a topping for cold beef, pork or chicken.

*Ingredients:*  
\*1 pint mayonnaise  
\*2 tablespoons Creole mustard  
\*2 tablespoons grated onion  
\*3 tablespoons prepared horseradish  
\*1/4 teaspoon salt  
\*1 tablespoon lemon juice  
\*1 tablespoon white wine Worcestershire sauce  
\*1/4 teaspoon pepper  
\*1/4 teaspoon cayenne  
\*1/4 teaspoon hot sauce  
\*1 pound shrimp, cooked, peeled and deveinrd  
\*4 cups salad greens.

*Directions:*  
Combine all ingredients except for shrimp and salad greens; Mix well. Add shrimp and gently toss to coat. Serve over greens.   
  
**Yield: Serves 4.**

*Oh yeah! What else is cookin'?*

**Shrimp Ala Creole**

*Ingredients:*  
\*2 pounds shrimp (31-40 per pound), shell on  
\*1 1/2 cup onion, onion, diced  
\*1 cup celery, diced  
\*1 cup bell pepper , diced  
\*1 tablespoon garlic, minced  
\*1 1/2 stick butter, divided  
\*3 tablespoons all-purpose flour  
\*2 tablespoons tomato paste  
\*2 - 15 ounce cans chopped tomatoes  
\*1 bunch flat leaf parsley (cleaned and chopped fine  
\*1 bunch green onions, cut thin  
\*Salt and pepper to taste  
\*Cayenne pepper to taste  
\*4 bay leafs  
\*1 1/2 quart water  
\*3 ounces cooking oil (vegetable, peanut, or olive).

*Directions:*  
Peel and devein shrimp – keeping the shells.  
  
Make a shrimp stock by adding shrimp shells, water, tomato paste and vegetable trimmings together in a 2 quart Pot. Bring stock slowly to a boil. Reduce heat and simmer for 30 minutes.   
  
While stock is simmering, saute garlic in the cooking oil in a 4 quart pot, then add onion, celery, and bell pepper. When vegetables are softened, make a roux by adding 1/2 stick of the butter and stirring in the flour until it is absorbed. Strain the hot shrimp stock and discard the shells. Add the stock to the pot, stirring constantly.

Add chopped canned tomatoes and bring to a boil. Reduce heat and simmer for 45 minutes (adding water if necessary) Add shrimp and parsley and continue to cook for 15 minutes. Season to taste with salt, black pepper and cayenne add the remaining 1 stick of cold butter while stirring constantly to lightly thicken the sauce.

Serve over hot buttered rice with chopped green onions.

**Yield: Makes 8 servings.**



*Now ya talkin, gator! Keep em comin'.* ****

**Shrimp Ettouffee***Ingredients:*

* 2 pounds shrimp, cooked and peeled
* 1/4 cup butter e, melted
* 3 tablespoons all-purpose flour
* 1 cup chopped sweet onions
* 1/2 cup chopped celery
* 1/4 cup chopped green pepper
* 2 tablespoons chopped parsley
* 1 clove garlic, minced
* 1/2 cup water
* 1 tablespoon lemon juice
* 1/4 teaspoon salt
* 1/4 teaspoon cayenne pepper
* 3 cups cooked rice.

*Directions:*In a 10-inch skillet, combine butter and flour, whisking together to make a roux. Cook until golden brown. Add onions, celery, green pepper, parsley and garlic. Suttee vegetables over medium heat, stirring constantly for 5 minutes or until tender. Add water gradually and continue to stir; cook until thick.

Stir in shrimp, lemon juice, salt and pepper; heat thoroughly.

Serve over rice.

**Yield: Makes 6 servings.**

*Let’s see what’s next on the menu…*

**Oysters Bienville**  
*Created by “Count” Arnaud Cazenave, founder of Arnaud’s restaurant.*  
  
*Ingredients:*

* 2/3 cup finely chopped mushrooms
* 1 tablespoon olive oil
* 1 teaspoon ground white pepper
* 4 tablespoons unsalted butter
* 1/2 cup brandy
* 1 1/2 teaspoon finely minced garlic
* 1/2 teaspoon cayenne
* 1 tablespoon finely chopped shallots
* 1 teaspoon salt
* 1/2 cup heavy cream
* 6 tablespoons grated Parmesan cheese
* 1 tablespoon flour
* 4 tablespoons dry bread crumbs
* ½ - 1 pound boiled shrimp, finely diced
* 1/4 cup finely minced parsley
* 2 dozen oysters on the half shell, drained
* Rock salt.

*Directions:*  
Shuck oysters and reserve meat; save shells. Thoroughly wash oyster shells and pat dry.

In a large, heavy saucepan, sautee the mushrooms in the oil. Remove from pan and set aside.

Melt the butter and sautee garlic and shallots until tender. Add the shrimp, then sprinkle in the flour, stirring constantly. Add the mushrooms. Continue stirring and add brandy to deglaze pan. Stir in the cream and cook until smooth.

Add the cheese, bread crumbs, parsley; salt, pepper and cayenne. If the mixture is too thick, add 1 or 2 tablespoons of milk and whisk to blend.

Remove from heat, allow to cool then refrigerate for about 1 1/2 hours.

In a saucepan, simmer oysters in water just until edges curl. Remove from heat. Spread rock salt in a layer about 1/4 to 1/2 inch deep over the bottom of 4 pie pans.

Put oysters on shells and place six in each pan of rock salt. Spoon one heaping tablespoon of sauce over each oyster. Broil until golden brown and bubbly, about 5 to 7 minutes.

*Delicious, gators! We just had a dozen on the half shell before we got started!*

**  
  
Oysters Evangeline**

*This dish combines the subtle taste of fresh sage and oysters in a cream sauce.*

*Ingredients:*  
\*24 medium oysters in shells  
\*1/4 cup sausage drippings (preferably) or bacon drippings  
\*1/2 cup finely chopped green onions (including green tops)  
\*6 tablespoons all-purpose flour  
\*1/2 cup whipping cream  
\*1/2 teaspoon salt  
\*1/4 teaspoon freshly ground black pepper  
\*1/2 teaspoon red (cayenne) pepper  
\*2 tablespoons minced parsley, preferably flat-leaf  
\*1 heaping tablespoon minced fresh sage OR 1 teaspoon dried rubbed sage  
\*1/2 pint (1 cup) dairy sour cream  
\*2 teaspoon Worcestershire sauce  
\*1/4 cup dry white wine  
\*Rock salt  
\*3/4 cup fresh bread crumbs  
**\***1/4 cup grated Parmesan cheese (about 3/4 oz).  
*Directions:*  
Shuck oysters; drain well, reserving 1/2 cup liquor. Scrub and reserve 24 half shells. Melt sausage or bacon drippings in a heavy 10-inch skillet over medium heat; add green onions and cook just until slightly transparent (3 to 4 minutes). Add flour all at once and blend, then cook, stirring, 3 to 4 minutes. Slowly stir in whipping cream, blending to make a smooth paste. Add salt, black pepper, red pepper, parsley, sage and reserved oyster liquor, stirring to blend. Cook 5 minutes longer, whisking constantly. Stir in sour cream, Worcestershire sauce and wine; cook just until heated through. Taste and adjust seasonings. Preheat oven to 400F. Line a 15 x 10” baking sheet with rock salt. Place oyster shells on rock salt, nesting each into salt to prevent tipping. Pat oysters very dry on paper towels and place 1 in each shell. Spoon some of sauce over top of each oyster. Combine bread crumbs and cheese; sprinkle over tops of oysters. Bake in preheated oven until a light golden crust forms on tops of oysters (10 to 15 minutes). Serve hot.

**Yield: Makes 24 servings.**

Time to get those choppers ready for this next dish, gators!

****

**Pork Chops Stuffed with Oyster Dressing**   
  
*Ingredients:*   
\*8 pork chops  
\*3 cups bread cubes  
\*1/4 cup diced celery - sauted lightly  
\*1 cup chopped oysters  
\*1/2 cup water or stock for moisture  
\*1 cup diced onions  
\*1 cup crabmeat  
\*2 eggs  
\*Salt and pepper to taste.

*Directions:*   
Combine all dry ingredients with crabmeat, oysters and eggs.  
  
Mix as you would any bread stuffing.  
  
Place about 1 cup of stuffing between 2 pork chops and bake in a greased baking pan at 350 degrees for 25-30 minutes.  
  
*We love those pork chops!*

****  
  
**Pane'ed Porkchops**

*A tender and flavorful dish from New Orleans. Preparation starts the night before you plan to serve the dish. It’s pronounced pan-NAYED; and goes great with red beans and rice.*

*Ingredients:*   
\*6 center cut pork chops  
\*1 cup buttermilk  
\*1 cup fresh French bread crumbs  
\*Salt and black pepper  
\*Vegetable shortening or lard for frying.

*Directions:*   
The night before, put pork chops into several freezer bags. Pour some of the buttermilk into each bag. Refrigerate overnight.

Spread breadcrumbs onto cutting board. Remove pork chops from bags one at a time and sprinkle with salt and pepper. Lay the pork chops on top of the bread crumbs. Pound the pork chops with a meat mallet to about 1/4″ thick, turning over several times to coat with the breadcrumbs.

Put about 1/8″ of vegetable oil in a skillet over medium heat. Fry pork chops until golden brown, about 10 minutes on each side. Serve over red beans and rice.  
  
Or maybe even with some macaroni and cheese which will be in the other half of this cookbook entitled “Southern Soul Food”.  
  
**Yield: Serves 3 to 6.**

**Pork Chop Jambalaya**

*Ingredients:*   
\*2 pounds pork chops  
\*Salt and pepper  
\*1/4 inch oil in bottom of pot  
\*1 cup chopped onions  
\*3/4 cup chopped bell pepper  
\*1/4 cup chopped celery  
\*1 cup water  
\*4 cups cooked rice  
\*1 1/2 cup chopped green onion tops.

*Directions:*   
Brown pork chops that have been seasoned to taste. Remove chops from pot. Saute onions, bell pepper, and celery in oil that chops were browned in. Remove all oil from the pot that you can and add a small amount of water to form a gravy. Put chops back into the pot. Cook on medium heat for about 20 minutes. Add cooked rice and onion tops and stir well. Cover and simmer for 10 minutes.  
  
**Yield: Serves 4.**

*Now… who’s ready for Jambalaya?*

****

****  
  
**Jambalaya***A true Nawlins (New Orleans) Favorite!  
  
Ingredients:*

* 2 medium onions, chopped
* 2 1/2 pounds meat, some combination of pork chops chicken, Andouille sausage, or smoked or Italian sausage
* 2 bell peppers, and/or bunch scallions
* Cajun/Creole spice to taste, or equal amounts of black, Cayenne, and white pepper; some garlic powder, and salt)
* 2 tablespoons parsley
* 2 cups uncooked rice.

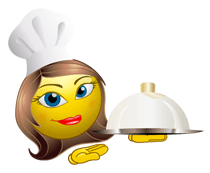
*Directions:*  
If the meat has bones, boil it in enough water to cover to a depth of one and 1/2 inch until it’s reasonably easy to get it off the bone (save the stock).

Dice up meat, fry it until some fat is rendered, add diced up veggies, fry until they are coated with fat and begin to soften. Add some spice and herbs, toss around until the meat and veggies are coated. Add water, bring to a boil.

Boil/simmer until the meat is over half done (Taste the stock occasionally to make sure the spices are ok.). Add the rice and cook until the rice is done.

Serve with Tabasco for some extra spice and bread.

*Whatcha think we gonna learn to cook next, gators?*

****

*Wouldn’t be New Orleans without…*

******Dirty Rice**

*This Cajun treat takes its name from the brown appearance of the rice after it is fried and mixed with chicken giblets. It has a rich, flavorful taste and goes well with chicken, duck, turkey or game!*

**Yield: Serves 6 to 8.**

*Ingredients:*   
\*1 quart water  
\*1 pound chicken livers or livers and gizzards  
\*3 teaspoons Creole seasoning  
\*1 teaspoon salt  
\*1/2 cup butter  
\*2 cups white rice  
\*1 cup celery, chopped  
\*2 cups onions, chopped  
\*1 cup bell pepper, chopped  
\*2 tablespoons garlic, minced  
\*4 tablespoons parsley, chopped.

*Directions:*  
In a Dutch oven over medium heat, place chicken livers in water and boil until done, about 30 minutes, skimming off any fat. Reserve cooking liquid; cool and dice livers and set aside.

In a 10-inch cast iron skillet, melt butter and sautee rice until brown. Add onions, garlic, celery, bell pepper and parsley; cook until tender.

Heat chicken livers in original water and add rice. Water should cover rice to a depth of one inch; add more water if necessary.

Bring to a boil and cook until the water has almost evaporated. Stir, cover and cook over low heat for about 25 minutes. Remove from heat and let stand for about 10 minutes. Stir and serve.

*It may be time to plan that Family Reunion, gators!*

**Corn Maque Choux (Smothered Corn)**

*A spicy Cajun dish of smothered corn and seasonings (pronounced mock shoo).**Ingredients:*   
\*12 ears fresh corn  
\*2 tablespoons vegetable oil  
\*1 tablespoon butter  
\*1 large onion, chopped fine  
\*1 medium-sized green pepper, chopped  
\*1 clove garlic, minced  
\*2 large tomatoes, peeled and chopped  
\*1 tablespoon sugar  
\*1 teaspoon salt  
\*1/4 teaspoon pepper  
\*1/4 teaspoon hot sauce  
\*1/2 cup milk.  
*Directions:*  
Scrape off corn kernels into a bowl; scrape milk and remaining pulp from cob with a knife. Combine oil and butter in a large skillet; heat until butter melts. Add the corn, onion, and bell pepper and cook for about 10 minutes.  
  
Add the garlic, chopped tomatoes, sugar, salt, pepper, hot sauce and cook, stirring occasionally for 15 minutes, or until the corn is tender. Lower the heat if the mixture begins to stick. Add the milk, stir, and remove from heat.

*Now dat’s a taste tester for sure yeah!* ****

**Fried Catfish PoBoy**

*A delicious way to celebrate Carnival!*

\*2 catfish fillets (about 1/4 pound each)  
\*1 cup corn meal   
\*1 cup all-purpose flour   
\*1 tablespoon Cajun spice   
\*1 Egg, beaten   
\*1 cup milk or beer   
\*Canola oil for frying  
\*Red or green leaf lettuce   
\*Sliced tomato   
\*Lemon Dill Mayonnaise   
\*French bread, sliced length-wise.

*Directions:*  
Place about 1 inch of Canola oil into skillet and heat over medium-high heat until it shimmers but doesn’t smoke, about 350 degrees on an instant read thermometer.

Inspect catfish fillets and remove any bones. In a bowl, mix egg and milk or beer and set aside. In a large zipper-lock bag mix cornmeal, flour and Cajun spice.

Dip fish into liquid and gently shake to remove excess. Place into bag with coating mixture and gently shake to coat.

Place fish into hot oil and cook until one side is golden brown, about 2 to 3 minutes. Turn and cook other side until golden. Remove to paper towel to drain.

Serve on French bread with lettuce, tomato slices and Lemon-Dill Mayonnaise.

*Hey, gators! You can also use shrimp, oysters, roast beef, hamburger, crabmeat, and more to make a PoBoy. In Mississippi, the only difference is we like them better pressed. But either way is so so good.*

**Lemon-Dill Mayonnaise**

*Ingredients:*

* 1/2 cup mayonnaise
* 1 teaspoon fresh dill, finely chopped
* 1/2 teaspoon white wine Worcestershire sauce.

*Directions:*  
In a small bowl, whisk together ingredients until blended.

<!--[if !IE]> <--><!--> <![endif]-->

**  
  
Grillades**   
  
*Grillades (pronounced gree-YHADS) are thin cutlets of pork or beef that are fried and served over grits in southern Louisiana.*

\*1 pound pork steaks, cut into 1-inch pieces  
\*1 tablespoon Creole seasoning  
\*1/2 cup vinegar  
\*Cooking spray  
\*2 tablespoons chopped onion.

*Directions:*  
Season pork with Creole seasoning and place in shallow baking dish. Marinate overnight in vinegar.

Place drained meat into a skillet coated with cooking spray.

Brown on each side. Add onion and enough water to cover. Reduce heat and simmer for 1 hour.

Serve over grits.

**Yield: Serves 4.**

*It’s just so Tasty!*

**Ginger Tea Cakes**

*Ingredients:*  
\*1/2 cup unsalted butter, softened  
\*1 cup sugar  
\*2 eggs, lightly beaten  
\*2/3 cup dark molasses  
\*1 cup whole milk  
\*4 cups sifted flour  
\*1 teaspoon salt  
\*1 1/2 teaspoons powdered ginger  
\*1 teaspoon cinnamon  
\*1 teaspoon ground cloves  
\*1/8 teaspoon nutmeg  
\*1 teaspoon baking soda.

*Directions:*  
In a large mixing bowl using an electric mixer, cream together butter and sugar. Add eggs, molasses, and milk together.

In a small mixing bowl, whisk together flour, salt, ginger, cinnamon, cloves and nutmeg and stir into butter mixture.

Drop by teaspoonfuls onto greased cookie sheets and bake at 400°F until brown, about 6 to 8 minutes. Cool on racks.

If desired, teacakes can be frosted with an icing made of a small amount of heavy cream mixed with powdered sugar to spreading consistency. When frosting has hardened, store in a covered tin box with waxed paper between layers of cookies.

**Yield: About 3 dozen cookies.**

*Oh boy! That last recipe means it’s time for the sweets.*******Mississippi Spiced Pecans**

*Make plenty of these mildly sweet and salty nuts—they are great to have on hand over the holidays.*

**Yield: 4 cups.**

Active Time: 20 minutes.

Total Time: 20 minutes.

*Ingredients:*

* 1 pound pecan halves
* 1 tablespoon packed dark brown sugar
* 1 1/2 teaspoons kosher salt
* 1 teaspoon chopped fresh thyme
* 1 teaspoon chopped fresh rosemary
* 1/2 teaspoon freshly ground pepper
* 1/2 teaspoon piment d'Espelette, (see Tip) or a pinch of cayenne pepper
* 2 tablespoons extra-virgin olive oil.

*Directions:*  
Preheat oven to 350°F.

Spread pecans on a large baking sheet. Roast until fragrant, about 12 minutes. Watch carefully so they don’t burn.

Combine brown sugar, salt, thyme, rosemary, pepper and piment d’Espelette (or cayenne) in a small bowl. Transfer the roasted pecans to a large bowl, drizzle with oil and toss well to coat completely. Sprinkle with the spice mixture and toss again. Serve warm or let cool completely and store in an airtight container.

*Tips & Notes:*

Make Ahead Tip: Store in an airtight container for up to 2 weeks.

Tip: Piment d'Espelette is a sweet, mildly spicy chile pepper from the Basque region of France, ground into a powder.



**New Orleans (Nawlins') Style Bread Pudding**

*Ingredients:*\*1 loaf French bread, broken into very small pieces (about 6 cups)  
\*1 stick butter, melted  
\*8 eggs beaten  
\*3/4 cups sugar  
\*3/4 cup brown sugar, firmly packed  
\*3/4 cup heavy cream  
\*1 1/2 teaspoon vanilla  
\*2 teaspoon cinnamon  
\*1/2 teaspoon nutmeg  
\*1/2 cup raisins  
\*3/4 cup chopped pecans.

*Directions:*   
Preheat oven to 350 degrees F.; grease bottom and sides of a 9-x13-inch baking dish.

In a 4-quart mixing bowl using a wire whisk, beat eggs thoroughly. Add remaining ingredients, and using a kitchen spoon or rubber spatula, stir until bread is completely moistened.

Pour into prepared baking dish. Bake until top is golden brown and springs back when touched, about 45 minutes to 1 hour. Serve warm with bourbon sauce.

**Bourbon Sauce**

*Ingredients:*   
\*3/4 cup brown sugar, firmly packed  
\*1 cup heavy cream  
\*3 tablespoons unsalted butter  
\*1 egg, beaten.

In a 2-quart saucepan over medium heat, melt butter. Add sugar and cream and whisk until blended. Add a small amount of the mixture to the beaten egg to temper it, then add the egg and whisk for about 1 minute. Remove from heat and add bourbon. Return to heat and whisk until sauce is of desired consistency.

Spoon sauce over pudding in bowls and serve warm with whipped cream or good quality vanilla ice cream if desired.

*Ohhhhh la la!* ****

****

****  
  
  
**Pecan Pralines** *The quintessential New Orleans candy. In New Orleans, they are pronounced PRAW-leens, NOT PRAY-leens.*

*Ingredients:*  
\*3/4 cup brown sugar  
\*3/4 cup white sugar  
\*1/2 cup evaporated milk  
\*1/2 teaspoon vanilla  
\*2 tablespoons butter  
\*1 cup pecans.  
  
*Directions:*  
Combine the sugar and milk and cook slowly in a heavy pot over a low flame until it reaches the soft ball stage (238 degrees on a candy thermometer). Remove from heat and add the butter, vanilla and pecans. Beat mixture with a wooden spoon until it is smooth and creamy. Drop by spoonsful onto waxed paper. If the candy does not harden within 10 minutes, it may be cooked some more.  
  
**Yield: Approximately one dozen.**

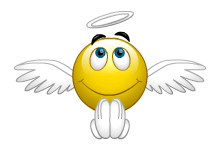
*A Nawlins' Favorite for sure! We say Pray-leens some say Prau-leens. Both ways it tastes the same. Good!*

**Praline Ice Cream Sauce**<!--[if !IE]> <--><!--> <![endif]-->

*Ingredients:*  
1 1/2 cup light brown sugar, packed  
1/2 cup white sugar  
1 cup buttermilk  
1/2 cup unsalted butter  
3 tablespoons light corn syrup  
1 teaspoon baking soda  
1 teaspoon Vanilla extract  
1/2 cup coarsely chopped pecans.

*Directions:*  
Combine the sugars, buttermilk, butter, syrup, and baking soda in a heavy saucepan. Bring to the boiling point, then reduce the heat and simmer for 10 minutes, stirring occasionally. Remove from the heat and stir in the vanilla and nuts. Cool completely before serving. The sauce will thicken.

*Get some good ole vanilla ice cream - and the Angels will be singing!*

*****And of course, NOLA wouldn’t be NOLA without the famous…*

****<!--[if !IE]> <--><!--> <![endif]-->

**King Cake**  
*This is a New Orleans tradition at Mardi Gras (or Carnival, as the natives of that city call it). A little doll or coin is baked inside, and the person who gets it has to buy the King Cake at the next party!*Combine first 4 ingredients in a sauce pan, heat till butter melts, stirring. Let cool a little. In large bowl dissolve yeast and 1 Tablespoon sugar in warm water. Let stand 5 minutes. Add the cool butter mixture, beaten eggs and 2 cups of flour. Beat at medium speed for 2 minutes or till smooth. Gradually stir in enough remaining flour to make soft dough. Turn dough onto lightly floured surface knead until smooth (about 10 minutes). Place in a well-greased bowl, cover with a greased wax paper & let rise in warm place free from drafts for 1 hour or until doubled in bulk. Combine 1/2 cup of sugar and cinnamon, set aside. Punch dough down & divide in half. Turn one part of dough onto floured surface and roll into a 28X10” rectangle. Spread half of the butter and cinnamon mixture on dough. Roll dough like a jelly roll. Do the same with remaining dough. Place dough roll seam side down on well-greased baking sheet. Bring rolls together to make oval ring. Cover and let rise in warm place 20 minutes or until doubled in size. Bake at 375 for 15 to 20 minutes.

*Colored Sugars Paste:*

\*Green paste

\*Purple paste

\*Yellow paste

\*12 tablespoons sugar.

Squeeze a dot of green paste in palm of hand. Sprinkle 2 tablespoons sugar over the paste and rub together quickly. Place this mixture on wax paper, & wash hands to remove color. Repeat process for other 2 colors. Place aside.

Icing:

*Ingredients:*  
\*3 cups Confectioner’s sugar

\*1/4 cup lemon juice

\*3-6 tablespoon water.

*Directions:*  
Combine sugar, lemon juice and 3 tablespoons water until smooth. If icing is too stiff, add more water until spreadable. Spread icing over top of cake. Immediately sprinkle the colored sugars in individual rows consisting of about 2 rows of green, purple and yellow.  
  
*Ingredients:*  
\*1/4 cup butter

\*16 ounces sour cream

\*1/3 cups sugar

\*1 teaspoon of salt

\*2 packages of dry yeast

\*1 tablespoon of sugar

\*1/2 cup warm water

\*2 eggs

\*6 to 6 1/2 cups of flour

\*1/2 cups of sugar

\*1 1/2 teaspoon cinnamon

\*1/3 cup butter colored frosting.

****

*We hope you have enjoyed Mama and Papa Halos portion of this Twin Flame Cookbook. Let's saddle up the gators!*

*The journey will continue on with some very tasty recipes from everywhere. So have fun and y’all come back again real soon. We’ll have a pitcher of sweet tea and a pot on the fire.*

****

**  **

**Sopranos Sunday Gravy Recipe**

*Forget about it. It's a must!* **Yield: Serves/makes enough for 8.**

Preparation time: 2-5 hours.

*Ingredients:*

*~~~For the Sauce~~~*  
\*2 tablespoons olive oil  
\*1 pound meaty pork neck bones or spareribs  
\*1 pound veal stew meat OR 2 veal shoulder chops  
\*1 pound Italian-style plain or fennel pork sausages  
\*4 cloves garlic  
\*1/4 cup tomato paste  
\*3 cans (28- to 35 ounce size) Italian peeled tomatoes  
\*2 cups water  
\*Salt and freshly ground pepper  
\*6 fresh basil leaves, torn into small pieces.

*~~~For the Meatballs~~~*

\*1 pound ground beef or a combination of beef and pork  
\*1/2 cup plain bread crumbs, preferably homemade  
\*2 large eggs  
\*1 teaspoon very finely minced garlic  
\*1/2 cup freshly grated Pecorino Romano or Parmigiano-Reggiano cheese  
\*2 tablespoons finely chopped fresh flat-leaf parsley  
\*1 teaspoon salt  
\*Freshly ground pepper  
\*2 tablespoons olive oil.  
  
*~~~To Serve~~~*  
1 pound shells or rigatoni pasta, cooked and still hot  
Freshly grated Pecorino Romano or Parmigiano-Reggiano cheese.

*Preparation:*

To make the sauce, heat the oil in a large heavy pot over medium heat. Pat the pork dry and put the pieces in the pot. Cook, turning occasionally, for about 15 minutes, or until nicely browned on all sides. Transfer the pork to a plate.   
  
Brown the veal in the same way and add it to the plate. Place the sausages in the pot and brown on all sides. Set the sausages aside with the pork. Drain off most of the fat from the pot. Add the garlic and cook for about two minutes or until golden. Remove and discard the garlic. Stir in the tomato paste and cook for 1 minute.   
  
With a food mill or a blender, puree the tomatoes, with their juice, into the pot. Or, for a chunkier sauce, just chop up the tomatoes and add them. Add the water and salt and pepper to taste. Add the pork, veal, and sausages and basil and bring the sauce to a simmer. Partially cover the pot and cook over low heat, stirring occasionally, for 2 hours. If the sauce becomes too thick, add a little more water.   
  
Meanwhile, make the meatballs: Combine all the ingredients except the oil in a large bowl. Mix together thoroughly. Rinse your hands with cool water and lightly shape the mixture into 2-3-inch balls. (Note: If you are making meatballs for lasagna or baked ziti, shape the meat into tiny balls the size of a golf grape)   
  
Heat the oil in a large heavy skillet. Add the meatballs and brown them well on all sides. (They will finish cooking later.) Transfer the meatballs to a plate. After two hours, add the meatballs and cook for 30 minutes-1 hr or until the sauce is thick and the meat is very tender.   
  
To serve, remove the meats from the sauce and set aside. Toss the cooked pasta with the sauce. Sprinkle with cheese. Serve the meats as a second course, on the side, or reserve them for another day.

*\* We like to double the recipe and share with those that may not have a meal. You can also freeze for use at a later time.*

\* *This is not a typical Southern recipe but Mama and Papa Halo love their Royal Pasta, and this gravy can't be beat.*

**CHAPTER 10  
  
Nourishment As Defined By The Halos 711 Family**  
  
  
****

Now let us tell you a little bit about our Halos Family, before we continue.

When we think about nourishment we think of all of these wonderful recipes, to eat, enjoy, and share.

Within the Halos Family, nourishment represents so much more. It means complete nourishment. Nourishment of the spirit. Throughout these pages, you will receive some of the best collection of recipes from many places; but you will also receive beautiful life recipes, affirmations, etc. Along the way, you will discover links to many lightworkers, bloggers, writers, publishers, and so much more. Whether you’re looking for a recipe, a daily special word, or to find your place in The Divine Plan… you now hold the key. You have access to food for the body, food for the mind, and food for the spirit.

**Successful Spiritual Fasting**

Spiritual fasting can benefit any person who engages in it. In fact, those who regularly engage in spiritual fasting testify to its good effects. If you are thinking of spiritual fasting as being exclusive to one religion, think again. The truth is that spiritual fasting is a common practice in many different religions!

In order to fully experience the benefits of spiritual fasting, there are certain things that you can do. Each fasting experience will be different from one person to another, but the basic guidelines are the same.

**Begin your spiritual fast with a clear goal in mind.**

Fasting – whether it is for spiritual or physical purposes – needs to have a clear goal in order for it to be successful. Spiritual fasting can have a wide variety of specific end goals. It is vital that before you embark on your journey, you identify what it is exactly that you want to achieve.

The goals of a spiritual fast are not limited by any strict rules. It really depends on you. You may want to fast spiritually prior to making a major decision in your life. You can go on a spiritual fast if you’re facing a difficult problem. You may want to fast for healing purposes. Whatever the reason, the important thing is that it is clear to you. Without this goal, then you might as well not go on a spiritual fast.

**Prepare yourself spiritually and physically.**

Preparing for a spiritual fast is as important as going on the fast itself. In fact, how you prepare yourself just might make a big difference. The preparation might even dictate how successful your fast will be.

Preparation for a spiritual fast is two-fold. First, you have to prepare yourself physically. While there are many variations of spiritual fasting, oftentimes it also involves a diet that’s restricted. If you are to engage in the physical aspect of fasting correctly, you must make sure that your body will be able to endure it. You should check with the doctor as much as possible. More so, you should also slowly lessen your food intake prior to your fast. Second, you need to prepare yourself spiritually. Depending on your belief system or your faith, your preparations will vary.

**Resist telling everyone about your spiritual fast (to help avoid interference).**

Fasting spiritually is not something that needs to be broadcasted to the whole world. It is a private activity which, ideally, should be between you and God (or your higher power). Of course, a chosen few will have to know – such as your doctor, and perhaps a spiritual partner. The idea is simply to resist the urge to announce your spiritual fast to those who do not need to know. Otherwise, it could potentially prove to be an unwanted and unneeded distraction for you.

**Do not equate the number of days to the quality of your spiritual fast.**

There is no prescribed length for spiritual fasting. There is a common misconception that the longer you fast, the better it is. This is not always the case; although some people do not experience results until after several days of fasting. What matters most is the quality of your experience and not the number of days; so don’t count the days. Instead, focus on your goal - and on achieving it.

**Avoid the normal distractions of your daily routine.**

Spiritual fasting is meant to be very focused. You need all the help that you can get to free yourself from distraction. Try to eliminate these distractions yourself. From the beginning, decide to not turn the television on. Do not to go online to watch movies or chat with friends. You can make your own rules before you actually fast. The idea is to equip yourself so that you can focus on your spiritual fast instead of being distracted by the countless little things in your daily life.

**Avoid physical activity.**

Remember that during your spiritual fast, you will not be consuming as much food as you normally do. This means that you will be feeling a little weak – perhaps even lightheaded. You may encounter difficult going about your normal routine. For these reasons, it is a very good idea to avoid as much physical activity as you can. If you normally go to the gym – forget that during your fast. Avoid going around the mall to walk or shop.

What you can do during your fast is to meditate and ponder on your goals. Think about the circumstances which led to you fasting in the first place. Reflect upon the things that you need to. Spend some time praying.

**Stay away from temptation.**

While you are fasting, it is wise to stay away from the things you are temporary eliminating from your life. If you are not eating certain kinds of food, avoid going to places where you can see and smell food! If you are fasting from certain activities, avoid anything that will remind you of those things. To do otherwise would be akin to self-torture while you are fasting. More so, you will only be taking away the benefits of your fast.

**Get enough sleep.**

Sleep is essential to regaining your strength. Without your usual food intake, your body is not functioning at optimal conditions. You need as much rest as you can get, and sleep is the primary way to do that.

**Break your fast gradually.**

At the end of your fast, do not fall into the temptation of jumping right into the thick of things. Do not eat everything that you can get your hands on! Instead, break your fast as slowly as you can. Eat soft food at first and stick to more liquids. Work your way back to your normal consumption gradually.



**Recipe For Life & Godliness**

**2 Peter Series: Make Every Effort**

**from 2nd Peter 1:3-11**

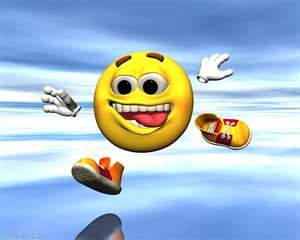
You may or may not have already heard about the family from a remote area some years ago who made their first visit to a big city. They checked in to a grand hotel and stood in amazement at the impressive sight. Leaving the reception, they came to the elevator entrance. They'd never seen an elevator before, and just stared at it - unable to figure out what it was for.

An old lady hobbled towards the elevator and went inside. The door closed. About a minute later, the door opened and out came a stunningly good-looking young woman.

Dad couldn't stop staring. Without turning his head he patted his son's arm and said, "Go get your mother, son."

We all wish transformation was as easy as getting into an elevator. Unfortunately, many spiritual workers have the same faulty notion about transformation of character. We think becoming spiritual will instantaneously change everything. It does change some things immediately, but there is also a process for character growth and change. And that process requires more than getting in an elevator. It requires more than going to church on Sundays.

**Focus:** Spiritual growth requires faith and effort. God/Source/Spirit gives us everything we need, but we must follow his directions.

**   
  
  
Step One: Stir Yourself In (Participate In The Divine Nature)**

2 Peter 1:4 says: *Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.*

Spirituality is not a spectator sport. You must participate for the benefits to come to you. There is little to no benefit in mere observation. God seeks our active participation. Don’t come to church as a spectator hoping you are going to catch something. Commit. Stir yourself in. Jump in. Participate. Do this personally. And not just on Sunday. This is a continual, lifestyle thing. The act of being spiritual is certainly a daily thing. Jesus said we need to deny ourselves and pick up our cross daily. We are talking total commitment here. Make the choice to make The Lord the center of your life; not just an ingredient. Living a spirit-filled life means being all stirred in, God in you, and you in God. Do you have the willingness for a complete makeover?

What are we participating in? The divine nature. What does that mean? What Peter is saying is that believers can come to share in some qualities that are characteristics of God himself. It does not mean that we are granted total divinity. It means we are given some participation in that nature. The next question might be: what qualities that are characteristics of God is Peter talking about? We believe he lists a sampling of these qualities that are characteristics of God in the very next sentences starting from 1:5. But before we go to verse 5, notice the end of verse 4 - the results of participating in the divine nature.

2 Peter 1:4 *Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.*

**Every Participant Can Expect Supernatural Results**

When you participate in the divine nature - stirring yourself into God, and God into yourself - you can expect supernatural results. Though it is supernatural, it is the normal result and can be expected. You can count on these supernatural results to occur consistently if you are consistently participating in the divine nature; or stirring yourself into God, and God into you. I can’t help but think of the need to spend time with God personally and intimately, regularly as being part of that stirring of self into God. How would you grade your personal participation? How is it personally entered into? Is it regular? Is it daily? Does it occur more often than daily? Is your spiritual knowledge personal and intimate? Is your love for God growing with this participation? Here is what is to be expected if you are in such a personal participation with the divine nature.

**What Results Can I Expect?**

*…he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.*

**We Can Escape The Corruption Caused By Evil Desires.**

*3 His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.*

Jesus’ divine power has given us everything we need for life and godliness. How do we gain everything we need? Through knowledge of Jesus and His glory and goodness we already have everything we need. When we invite Jesus into our lives, all the ingredients are on the counter ready for us to put it together in our own life. How? Because everything we need is in Jesus, and Jesus is in us, and with us. His Spirit is in us.

*4Through these [ambiguous here. These what? faith? Divine Power? Knowledge? His Glory and goodness?, probably this last phrase which stands closest to the phrase “these” and it makes good sense—Through Christ’s glory and goodness…] he has given us his very great and precious promises, so that through them [them what? The precious promises] you may participate in the divine nature and escape the corruption in the world caused by evil desires.*

****

**Step Two: Add To Your Basic Faith** *For this very reason, make every effort to add to your faith goodness; and to goodness faith, and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love.*

Believers should use God’s Power and every ounce of determination to add to their faith. Peter then lists steps. It is a common literary device. I don’t think the order of the steps is the critical part of the list so much. It is like a recipe, you need to add all the ingredients, and in this case in increasing measures as you grow, but it isn’t that you can’t add the eighth ingredient (love) until you have all the first seven ingredients in place. As you are stirring yourself into God and God into you, keep adding all these godly attributes. In fact make every effort to add them. Having said that however, it is significant that Peter starts with faith - the foundation of all virtues - and ends with Love, the crown of all virtues. Without faith, the others cannot be added. Without love, the others are not real.

**A. Add to Faith**

FAITH is what makes all the rest work. FAITH is what empowers your every effort with more than just your effort. Faith is what accesses the divine power mentioned in verse 3. Faith is what stirs divine power into your every effort. You know your efforts are empowered efforts when you see it is God enabling you. If you are taking the credit, and you think you are doing it alone, watch out: it won’t last, and you will fail.

**1. Good Character (*Goodness, virtue, moral power*)**

*...make every effort to add to your faith goodness (v. 5)*

**·** Make Every Effort to do something good today.

Good Character starts with little choices, and little habits.

We teach in our Halos711 Classes:

"Sow a thought, reap an act.

Sow an act, reap a habit.

Sow a habit, reap a character.

Sow a character, reap a destiny."

Scripture is very clear on this matter. You reap what you sow. What kinds of seeds are you sowing? Are you sowing for good character, goodness, and virtue?

In the movie *Karate Kid,* young Daniel asks Mister Miagi to teach him karate. Miagi agrees under one condition: Daniel must submit totally to his instruction and never question his methods. Daniel shows up the next day eager to learn. To his dismay, Mister Miagi has him paint a fence. Miagi demonstrates the precise motion for the job: up and down, up and down. Daniel takes days to finish the job.

Next, Miagi has him scrub the deck using a prescribed stroke. Again the job takes days. Daniel wonders what this has to do with karate, but he says nothing. Next, Miagi tells Daniel to wash and wax three weatherbeaten cars and again prescribes the motion. Finally, Daniel reaches his limit: "I thought you were going to teach me karate, but all you have done is have me do your unwanted chores!"

Daniel has broken Miagi's one condition, and the old man's face pulses with anger. "I have been teaching you karate! Defend yourself!" Miagi thrusts his arm at Daniel, who instinctively defends himself with an arm motion exactly like that used in one of his chores. Miagi unleashes a vicious kick, and again Daniel averts the blow with a motion used in his chores. After Daniel successfully defends himself from several more blows, Miagi simply walks away, leaving Daniel to discover what the master had known all along: skill comes from repeating the correct but seemingly mundane actions. The same is true of godliness.

**2. Spiritual Understanding *(Knowledge, understanding God’s will, insight)***

*make every effort to add…to goodness, knowledge;*

· Make Every Effort to add to your knowledge.

**Did you know...**   
--that a West Virginia man once escaped from jail by using a rope made out of dental floss?   
--that only two people in Saudi Arabia subscribe to *Surfer* magazine?   
--that Englishman John Evans kept 66 bricks, weighing a total of 296 pounds, balanced on his head for 10 seconds, a world record?   
--that Iceland consumes more Coca-Cola per person than any other country in the world?   
--that you can sing "Amazing Grace" to the tune of the theme song from *Gilligan's Island*?

Now we’ve lost you! There you go trying it. “Amazing grace how sweet the sound that saved a wretch like me…”

Peter isn’t telling you to add any kind of knowledge but a specific kind of knowledge. He’s asking us to add the kind of knowledge that helps us understand God’s will. Knowledge helps in very practical ways. Here are some examples.

Are you struggling in your marriage? When is the last time you tried to add to your knowledge about healthy marriages? Have you read any books on marriage? Have you seen a counselor? Have you studied what the Holy Bible says about marriage?

Are you struggling as a parent? Add to your knowledge. Have you studied the book of Proverbs as it relates to parenting? Have you attempted to pass along this knowledge to your children? Or have you simply relinquished this training of your children to schools and church?

Many people go to the self-help section at the local bookstore before they go to the Bible. The Holy Bible is the best self-help book ever written!

NEEDED PERSPECTIVE: We believe God uses men and women with great knowledge and intellect for significant purposes, but only if their faith is greater than their knowledge.

Are you adding to your faith, with goodness, and knowledge?

**3. Alert Discipline *(Self Control, holding controlled reigns on you desires, able to avoid temptation)***

*Make every effort to add…to knowledge, self-control;*

**·** Make Every Effort to build into your life the disciplines that help you avoid temptation.

The Spirit filled life is the life of a disciple. Discipline comes from the word disciple. It’s not easy being a disciple.

Jesus said in Luke 9:23, *"If anyone would come after me, he must deny himself and take up his cross daily and follow me.*

**Application Suggestion**: Each day look for something to do that is right to do, that you don’t want to do, and do it anyway out of love for God.

Now remember, Spirituality is effort, but it isn’t effort by itself. Make this a matter of prayer and faith as well as effort. God will empower you as you take these steps.

Balancing Perspective: Spirituality is effort, but it isn’t effort by itself.

**Closing Summary:**

1) Faith: how would you grade your personal participation as it relates to your daily dependence on god’s power…that’s the essential—faith

2) Good Character: what are the “tiny seeds” of character you are sowing? are you sowing any weed seeds? Are you sowing seeds of good character?

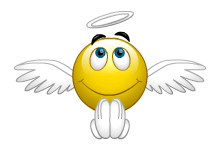
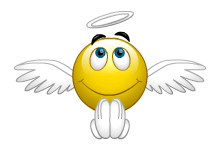
3) Spiritual Understanding: how do you rate your daily routine for adding to your spiritual understanding of god’s ways, and god’s will?

4) Alert Discipline: ask god to help you make a commitment to look for something to do (each day) that is right to do, even something you don’t want to do, and do it anyway out of love for god and humanity. As with any recipe, the more you do it, the better the feast. And before long, not only will you be filling the pantries of others but your pantry will always be full. Remember many are hungry and thirsty for their own spiritual recipe. So share your gifts, that’s a

"True Gumbo"

*THINK ABOUT IT !*

***~Mama and Papa Halo~***

******

*How about some Biblical Recipes? Let’s go!*

**CHAPTER 11****Some Biblical Recipes**

******

**Lamb with Figs and Red Wine***Ingredients:*

* 3 medium onions, chopped
* 3 cloves garlic, minced
* 3 tablespoon vegetable oil
* 3 lb. boneless leg of lamb, cubed
* 1 cup chicken stock
* 1½ cups dry red wine (not cooking sherry)
* ¼ cup balsamic vinegar
* 2 bay leaves
* 2 tsp. dried mustard
* 2 tsp. ground coriander
* 2 tsp. ground cumin
* ¼ tsp. cinnamon
* ¼ tsp. ground ginger
* ¼ tsp. cayenne pepper
* ½ tsp. salt
* 1 cup dried figs, cut into quarters
* 1 tablespoon brown sugar
* Bed of hot rice.

In an electric frying pan, brown the onions and garlic in vegetable oil until golden brown. Add the lamb and cook at a high temperature until the meat is well seared, being careful that the mixture does not burn. Stir in the chicken stock, wine, vinegar, bay leaves, dried spices, and salt, and bring to a boil. Place the cover on the frying pan and simmer until lamb is almost tender, about 1 hour.

Add figs and brown sugar, cover and continue cooking for about 20 minutes or until lamb is tender. Bring to a final boil so that the lamb has a brown sugar glaze, and serve hot over a bed of rice.

**Yield: 8–10 servings.**

**Saute'ed Lamb with Walnuts and Pomegranate Juice***Ingredients:*

* 3 spanish onions, chopped
* ½ cup olive oil
* 2½-3 lb. lamb, ground
* 3 cups tepid tap water
* ½ cup fresh parsley
* 3 cups fresh mint
* 2 cloves garlic, chopped
* 1 cup walnuts, finely chopped
* 3 cups pomegranate juice
* dash or two of salt
* 2 tsp. rice flour
* 1½-2 tsp. white refined sugar (optional)
* Rice
* Handful of fresh mint sprigs.

Fry the onions in a large pan of olive oil until slightly browned. Add the lamb and cook until all the meat has turned color; then add water. Bring the mixture to a boil. Turning down the heat, allow to simmer for 25–30 minutes, occasionally adding more water if the ingredients in the pan start to look a bit dry.

Wash the fresh herbs and peel the garlic cloves; chop them all into small pieces either by hand or in a food processor. Siphon off a bit of the liquid from the lamb and onion mixture, and in a separate pan, fry the herbs and garlic for just a few minutes; strain and add them to the meat.

Pour in the walnuts, pomegranate juice, and a dash or two of salt, and bring the dish to a slow boil. Place the rice flour in a cup of cold water and stir till it dissolves, then add it just a moment or two before the end of cooking.

Take a quick taste. If the sauce seems a bit sour, add a teaspoon or two of sugar.

Serve over white rice surrounded by sprigs of fresh mint.

**Yield: 8–10 servings.**

******

**Roasted Grain with Yams and Turnips***Ingredients:*

* 1 cup whole hull-less barley
* ½ tsp. salt
* 3½ cups cold water
* 1 large Spanish onion
* 2 large turnips, peeled
* 3 medium cucumbers
* 4 medium-sized yams
* 1 cup okra
* 3 tablespoon butter
* 1 garlic clove, pressed
* ½ tsp. thyme
* ½ tsp. dried crushed mint
* ¼ tsp. black pepper
* Sliced green pepper rings and halved cherry tomatoes (optional)
* 2 sliced hard-boiled eggs with paprika sprinkling (optional).

*Directions:*  
In a large pan, place the barley and salt in water and bring to a boil. Reduce the heat and simmer with lid slightly askew for about 45 minutes.

Slice the onion, turnips, cucumbers, and yams into small strips. Place them in a steamer with the okra and cook for about 20 minutes until they are nearly soft enough to mash. Drain and remove the vegetables to a large bowl and pour the cooked barley over them.

In a microwave or a small pot, combine the butter, garlic, and dried herbs and gently heat. Pour the mixture over the barley and vegetables and toss. Serve with sliced green pepper rings and halved cherry tomatoes, or sliced hard-boiled eggs sprinkled with paprika for a great presentation.

**Yield: 6–8 servings.**

**Wheat Berry and White Bean Salad***Ingredients:*

* 1 cup wheat berries
* 4 cups water
* 1 cup white or navy beans
* ½ cup fresh chives
* ½ cup zucchini (or yellow) squash, chopped
* ½ cup plum tomatoes, diced
* ¼ cup fresh basil, chopped
* vinaigrette
* fresh spinach and variegated arugula

In a large pot, cook the wheat berries in 2 cups of water (this may take up to 45 minutes), then drain. At the same time, cook the beans in 2 cups of water (this may take up to 25–30 minutes) until they are al dente; then drain. Combine the wheat berries and beans in a large bowl, and make a cover layer with the chives, zucchini, tomatoes, and basil. Do not *mix.*

Prepare a vinaigrette as follows. Fill a mixing cup halfway with olive oil; add another *Va* cup of cider vinegar. Mix in two tablespoons of a spicy mustard (Dijon or some other), a dash of salt, and a dash of pepper. Force three small garlic cloves through a press. Beat vigorously with a fork for about 1 minute; then pour vinaigrette over the wheatberry and bean dish. Once again, *do not mix.*

Cover with plastic wrap and allow to chill for several hours. Just before serving, toss the salad, and pour it out onto a large platter of fresh spinach and variegated arugula for serving.

**Yield: 8–12 servings.**

******

**Abigail's Lentil Dish***Ingredients:*

* 1 cup dried lentils
* 3 cups water
* 1 bay leaf
* 3 sprigs parsley
* 1 onion, chopped
* 3 tablespoon oil
* 1 cup cooked rice
* ¼ tsp. mace
* Salt and pepper
* 1½ cups tomato sauce.

*Directions:*  
Wash the lentils and soak in water for about an hour; do not drain. Add bay leaf and parsley and cook until tender—about 1 hour. Meanwhile, brown the onion in the heated oil; then add the remaining ingredients with the exception of the sauce. Heat through, and serve with sauce in a side dish.

**Yield: 8 servings.**

*Source:* Adapted from Marian Maeve O'Brien, *The Bible Cookbook* (St. Louis: Bethany Press, 1958), p. 204.

*Though the cakes of figs and raisins that Abigail took to David were mere mounds of dried fruit (not cakes made from flour, in this instance), tradition has long overlooked the true meaning of the word, and one can find hundreds of recipes for fig and raisin cakes that refer to or cite the biblical text above. So who are we to argue? After all, what's a good meal without dessert?*

**Tabbouleh***Ingredients:*

* ¾ cup bulgur wheat
* 1 cup spanish onion, minced
* 1 tsp. allspice
* ¼ tsp. ground cumin
* ½ tsp. salt
* 1 cup chickpeas, finely chopped
* 1 cup cucumber, chopped
* 1 tsp. ground black pepper
* 2 cups parsley, finely chopped
* 2 cups scallions, finely chopped
* 4 ripe tomatoes, finely chopped
* ½ cup fresh black mint, chopped
* ½ cup lemon juice
* ½ cup olive oil
* Fresh grapevine leaves or endive.

*Directions:*  
Soak the wheat in just enough very hot to boiling water (leaving about *½″* above the surface of the wheat) in a covered pot for about *½* hour. Pour the grain into a colander and allow to drain, stirring a bit with a fork to help fluff up the kernels.

Combine all the remaining ingredients (except the lemon juice, olive oil, and greens) in a large bowl, and fold in the wheat, stirring gently. Cover and refrigerate for at least 1 hour.

Prior to serving, dress the salad with lemon juice and olive oil. Serve on a bed of fresh grapevine leaves or endive, which can be used to scoop up the mix.

**Yield: 8 servings.**

**Raisin Challah Bread***Challah is a traditional Jewish bread often baked and served for Rosh Hashanah. It has been linked with the story of Abigail and David (especially for Ashkenazi Jews) as the bread of atonement, which is the theme of another Jewish feast day, Yom Kippur. Its rich and light flavor makes it a perfect accompaniment to a menu of lamb, fruit, and wine, just like the one that Abigail prepared for David and his men.  
  
Ingredients:*

* 2 packages dry yeast
* ⅛ tsp. saffron threads
* ⅔ cup warm water
* ¼ cup golden honey
* ¼ cup granulated white sugar
* 2 tsp. salt
* 5 eggs
* 7 tbsp. vegetable oil
* 4½-5 cups all-purpose flour
* 1½ cups raisins
* 1 egg yolk, beaten
* 1 tsp. sugar
* 1 tsp. water.

*Directions:*  
In a large mixing bowl stir together the yeast, saffron threads, and water. Let the mixture stand 5–10 minutes to allow yeast to swell and dissolve. (It should look a bit foamy.)

Quickly and with a firm hand stir in the honey, sugar, and salt. (Do not use a bread maker or hand mixer for this recipe.) Add the eggs and oil, and then enough flour (about 4 cups) so that the dough turns into a workable mass that is not too sticky. Turn out the dough onto a floured board and knead by hand for about 10 minutes, adding more flour if necessary so that the batter is elastic but not gooey.

Allow the dough to sit on the board for about 10 minutes, then work the raisins in little by little, folding or kneading them into the dough so that they are well assimilated (and not just sitting on top of the dough). Place the dough into a large greased bowl and cover with plastic wrap, then place a damp clean dish towel over the bowl, and set it aside in a warm place to allow the bread to rise. This should take about 45 minutes to 1½ hours. When the bread mixture has nearly doubled in size, proceed to the next step.

Preheat oven to 375°F.

Divide the dough in thirds. Shape each section into a long, snakelike rope, thicker on one end than the other (about 12″ in length, each). Connect the 3 coils at the slimmer ends, then wrap the entire length into a loose spiral, tucking the thicker ends back into the coil to form a large, rounded braid.

Place on a greased baking sheet, and glaze the bread with an egg yolk mixture (yolk, sugar, and water); place in the center of the oven for about 30–35 minutes, or until golden brown. Let loaf cool thoroughly before slicing.

**Yield: 10–12 servings.**

**Apricots Abigail (a fritter)***Ingredients:*

* 2 eggs, separated
* ⅔ cup milk or water
* 1 tbsp. lemon juice
* 1 tbsp. butter, melted
* 1 cup flour, sifted
* ¼ tsp. salt
* 2 tbsp. granulated white sugar
* 1 large can apricots, drained and halved
* Confectioners’ sugar (optional)
* Butter and syrup (optional)

*Directions:*  
Beat egg yolks and add milk or water, lemon juice, and butter. Resift flour with salt and sugar and add to yolks, stirring well. Beat egg whites with a dash of salt until stiff, then fold into the batter. Dip apricots in the batter and saute in butter until delicately browned, turning just once. Drain on paper towels and serve hot. May be sprinkled with powdered sugar or served hot with butter and syrup.

**Yield: 6–8 servings.**

**Baked Sheep's Milk Cheese and Fresh Dates**

*Directions:*  
Preheat oven to 350°F.

Place a mound of a creamy sheep's milk cheese in a small loaf pan, and spread a teaspoon of honey over the surface. Bake for 45 minutes. Scoop out onto a large dish and surround with fresh dates for dipping and eating!

**Pressed Fig Cake***Ingredients:*

* 1 cup sweet butter
* 2 cups honey
* 4 eggs
* 2 cups milk
* 6 cups whole wheat pastry flour
* 1½ cups dried figs
* 2 tbsp. vinegar
* 1 tsp. cinnamon
* 3 tbsp. water.

*Directions:*  
Preheat oven to 400°F.

Cream butter with 1 cup of honey. Add eggs, milk, and most of the flour, then mix well to make a dough. Dust the dough with flour and put in a very cold place for 20 minutes.

Grind the figs and mix with the remainder of the honey, the vinegar, and the cinnamon. Pour the water and the filling mixture into a pot, simmer for 15 minutes, then let cool.

With oiled hands, evenly spread half the dough into a *9″* x 12″ buttered baking dish, spread the filling over, then cover with the rest of the dough. Bake for 15 minutes, or until golden brown.

**Yield: 8–12 servings.**

*Source:* Pressed Fig Cake recipe reprinted with permission of Dr. Tibor S. Rodin, as found in *King Solomon's Feast: Culinary Delights from the Cuisine of Biblical Israel* by Cuia and Tibor S. Rodin (self-published: 1994).

**Raisin Cake**  
*Ingredients:*

* 2 cups water
* 1 ½ cups raisins
* 1 cup white granulated sugar
* 1 tsp. balsamic vinegar
* ¾ cup butter
* 3 eggs
* 2 tsp. vanilla extract
* 1 ½ cups oatmeal
* 1 tsp. baking soda
* ½ tsp. salt
* 1 ½ cups all-purpose flour
* 2 tsp. ground cinnamon
* 1 ½ tsp. ground allspice
* 1 tsp. ground nutmeg
* 2 tsp. baking powder
* ½ cup chopped walnuts
* Whipped cream or vanilla butter cream
* Frosting.

*Directions:*   
Preheat oven to 350°F. Lightly grease a 10″ tube pan or a 10″ square pan.

In a large pot, boil the raisins in enough water to cover (about 2 cups). Add the sugar and vinegar and stir. Set aside and let cool for about 10–12 minutes. To the same pot, add the butter, eggs, vanilla, and all the remaining dry ingredients. Mix well, then pour batter into pan. Bake for 35–45 minutes, or until tester comes out clean. Serve with whipped cream or a vanilla butter cream frosting.

**Yield: 8–12 servings.**

*Very wonderful recipes. You gotta try these!* ******

**CHAPTER 12  
  
Charming Vintage Kitchen Prayers,   
Recipes, and Stories**

****

These sweet kitchen prayers, simple stories and old-timer words of wisdom were frequently found in old community cookbooks and vintage homemaking magazines. They were clipped and pasted into recipe scrapbooks, done in cross stitch to be framed and hung on kitchen walls or given as bridal shower gifts. Some bring a chuckle while others a soft smile and sadly, we don’t see much of them anymore in today’s publications.

*We hope you enjoy these. They are definite keepers!*

****

**My Kitchen Prayer**

Here’s a sweet kitchen prayer I’ve come across a few times in some old cookbooks, this would be nice in a cross stitch or needlework design.

God bless my little kitchen,

I love its every nook,  
And bless me as I do my work,  
Wash pots and pans and cook.

And may the meals that I prepare  
Be seasoned from above  
With Thy great blessings and Thy grace,  
But most of all Thy love.

As we partake of earthly food,  
The table before us spread,  
We’ll not forget to thank Thee, Lord,  
Who gives us daily bread.

So bless my little kitchen, God,  
And those who enter in,  
May they find naught but Joy and Peace,  
And Happiness therein.

***~Author: M. Peterson (1944)***

**

**My Kitchen**

*(Humorous Kitchen Poem)*

Please stay away from my kitchen,  
From my dishwashing, cooking and such.  
You were kind to have offered to help me,  
And I do want to thank you so much.

I hope you won’t think me ungracious  
When I ask that you leave me alone,  
For my kitchen is not very spacious  
And my system is strictly my own.

So please stay out of my kitchen,  
It may well prevent a few wars,  
And when I am invited to your house,  
I promise to stay out of yours.

***~Author Unknown***

******

**How To Bake A Cake: Charming Recipe Story**

*You’ll find this popular recipe story in a variety of old cookbooks. That Johnny, he’s a busy boy!*

(Humorous Story Often Found In Vintage Cookbooks)

* Heat oven. Grease pan. Crack nuts. Get your bowl, spoons and ingredients. Remove 18 blocks and 7 toy automobiles from kitchen table. Measure 2 cups flour onto piece of waxed paper. Get sifter out of cabinet. Remove Johnny’s hand from flour. Wash flour off him.
* Measure out 1 cup more flour to replace what is now on floor. Put 2 1/2 tsp. baking powder and 1/2 tsp. of salt in the sifter. Get dustpan and brush up pieces of bowl which Johnny has accidentally knocked off table.
* Get another bowl. Measure and sift ingredients. With spoon work 1/4 cup of shortening against side of bowl. Answer doorbell. Return to kitchen. Remove Johnny’s hands from bowl. Wash shortening off him. Add one cup granulated sugar gradually. Answer telephone. Return to kitchen. Remove Johnny’s hands from bowl. Wash shortening and sugar off him.
* Get out an egg. Answer doorbell. Return to kitchen. Mop up floor. Change Johnny’s shoes which are all eggy. Get another egg. Beat. Remove toy automobile from bowl. Add flour mixture alternately with egg, 3/4 cup milk and one tsp. vanilla. Answer knock at back door. Remove Johnny’s hands from bowl. Wash shortening, sugar, flour, milk and vanilla off him. Beat… mixture that is…Take up greased pan, find it has 1/4 inch layer of salt in bottom. Look for Johnny, who has disappeared.
* Get another pan and grease it. Answer telephone. Return to kitchen and find, of all people, Johnny. Remove his hands from bowl. Wash shortening etc., etc., off him. Take up greased pan; find it has 1/4 inch of nutshells in it. Head for Johnny, who flees, knocking bowl off table.
* Wash kitchen floor. Wash kitchen table. Wash kitchen walls. Wash dishes. Call up your baker and order a cake. Lie down.

***~Author Unknown***

******

**Old Wash Day Recipe***(This version was found in a cookbook from 1967.\*)*

Variations of this ‘recipe’ handed down from a grandmother to her granddaughter on her wedding day has circulated around the net for years. Snopes declares this was making rounds well before the internet as “xeroxlore”.

Whether it truly written by a grandmother to her granddaughter we’ll probably never know. But it is quite charming!  
  
***~Author Unknown***



**Recipe For A Happy Home**

To one half cup of friendship -  
Add a cup of thoughtfulness,  
Cream together with a  
Pinch of powdered tenderness (very lightly beaten)  
In a bowl of loyalty  
With a cup of faith, one of hope and one of charity.  
Be sure to add a spoonful each of gaiety that sings  
And also the ability to laugh at little things  
Moisten with the sudden tear of heartfelt sympathy  
Bake in a good natured pan and serve repeatedly.

***~Author Unknown***

**

**Recipe For A Happy Day**

*Ingredients:*

* 1 cup friendly words
* 2 cups (heaping) understanding
* 4 teaspoon (heaping) time and patience
* Pinch of warm personality
* Dash of humor.

**Method for Mixing**:

* Measure words carefully.
* Add heaping cups of understanding.
* Use generous amounts of time and patience.
* Keep temperatures low. Do not boil.
* Add dash of humor and a pinch of warm personality.
* Season to taste with a spice of life.
* Serve in individual molds.

***~Author Unknown***

Here’s another variation:

**Happiness Recipe**

* 2 heaping cups patience
* 1 heart full of love
* 2 handfuls generosity
* Dash of laughter
* 1 headful understanding.

Sprinkle generously with kindness. Apply plenty of faith and mix well. Spread over a period of a lifetime and serve to those you meet.

***~Author Unknown***



**Recipe for Living**

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving oil out of the salad — don’t do it), prayer, mediation and one well selected resolution.

Put in about a teaspoonful of good spirits, a dash of fun, a sprinkling of play and a heaping cupful of good humor.

Pour love into the whole mix with a vim. Cook thoroughly in fervent heat, garnish with a few smiles and a sprig of joy, then serve with quietness, unselfishness and cheerfulness.

***~Author Unknown***

****

**Perfect Day Recipe**

*Here’s one of our favorite recipes. Try it. Once you have tried it you will use it over and over again with complete success.*

Take a dash of cold water  
Add a little leaven of pray  
A little bit of sunshine gold dissolved in the morning air.  
Add to your meal some merriment  
A thought of kith and kin  
And then a prime ingredient  
Plenty of work thrown in  
But spice it all with essence of love  
And a little whip of play  
Let a wise old book and a glance above  
Complete a well spent day.

***~Anonymous***

**A Recipe For Happiness (For Teenagers)**

Patience, justice, mercy, truth  
All the pleasures found in youth  
Joy and hope and courage strong  
Mixed with love your whole life long,  
Stir till smooth; in large mold cast.  
From this mixture comes at last,  
Charming in its power to bless,  
Lovely, star-crowned happiness.  
  
***~Anonymous***



**Fishing Weather Poem**

When the wind is in the East,  
‘Tis neither good for man or beast;  
When the wind is in the north,  
The skillful fisher goes not forth;  
When the wind is in the south,  
It blows the bait in the fishes’ mouth;  
When the wind is in the west,  
Then it’s at the very best.

***~Author Unknown***

**More Or Less**  
*(This was found this in an old cookbook.)*

Go Less – Sleep More  
Ride Less – Walk More  
Talk Less – Think More  
Scold Less – Praise More  
Waste Less – Give More  
Eat Less – Chew More  
Clothe Less – Bathe More  
Idle Less – Play More  
Worry Less – Laugh More  
Preach Less – Practice More.  
  
***~Anonymous***



**Ten Commandments of Human Relations**

*Speak To People* — there is nothing so nice as a cheerful word of greeting.

*Smile At People* — it takes 72 muscles to frown, only 14 to smile.

*Call People* — the sweetest music to anyone’s ears is the sound of his own name.

*Be Friendly* and helpful, if you would have friends, be a friend.

*Be Cordial* — speak and act as if everything you do is a genuine pleasure.

*Be Genuinely* interested in people — you can like almost everybody if you try.

*Be Generous* with praise — cautious with criticism.

*Be Considerate* with the feelings of others — there are usually three sides to a controversy: yours, the other fellow’s, and the right side.

*Be Alert* to give service — what counts most in life is what we do for others.

*Add To This* a good sense of humor, a big dose of patience and a dash of humility, and you will be rewarded many-fold.

***~Author Unknown***

Hope you all enjoyed these as they have been around for many generations and we feel there is something for each of us.

*May God bless you on your journey – and thank you for being a part of ours!*

****

*I Think The Gumbo’s ready, little gators so…* ****

*For sure yeah!*

Sandye And Arthur

" Mama & Papa Halo "

** **

*By purchasing this book you are helping many people through the Halos711 Outreach Program! 100% of all proceeds will go to help others in need.*

**CHAPTER 13**

**A Declaration of Thanks**

We would like to express our sincere and loving thanks to Great Heavenly Father, our beloved Angels (through whom divine intervention embraced our spirits), our families and daily lives. It is through their love, support, guidance, and comfort that this book is possible.

We would also like to thank all those who shared their knowledge and experiences with us within some of the information we were blessed enough to have studied.

And we would like to thank you, our reader! Without you, our journey would not be complete! GOD bless you! We truly hope that each of you find peace, balance, joy, health, divine purpose, and of course, your own ultimate love! Namaste!

**About The Authors**

**About Sandye**

Sandye M. Roberts is a non-fiction Author, an Ordained Minister, a Reiki teacher, a vocalist, and a magnificient cook who lives on the Mississippi Gulf Coast. She has several areas of expertise which she happily shares with as many people as possible. When she’s not writing or actively participating in charitable outreach efforts, you can find her in her kitchen cooking for her children, grandchildren, great-grandchildren, and extended family members. Sandye is a best-selling writer with 8 books already published and more forthcoming. In the kitchen – and in life – everything she does is with love and for God’s glory.

**About Arthur**

Arthur L. Jones, III is a non-fiction Author, an Ordained Minister, a Reiki teacher, a speaker, and a member of several community service-oriented organizations. He is dedicated to being the best Christian, father, son, brother, friend, and mentor he can possibly be. Like Sandye, Arthur has enjoyed cooking, grilling, and baking for decades. He firmly believes that good food facilitates good fellowship, friendship, and discipleship. Arthur is also a best-selling writer with 8 books already published; and more on the way in the near future. One of his favorite quotes comes courtesy of Yoda from *Star Wars*: “Do – or do not. There is no try.”

If you would like to further your journey and learn more, check out our classes, or just stop by, get to know us better, and our upcoming books, here is how to reach us:

**Connect With Sandye and Arthur Online**

*Our contact data is as follows*:

**Twitter:** <https://twitter.com/ArthurAndSandye>.  
**Facebook:** <https://www.facebook.com/Halos711>.

**Bookyards:** [https://www.Bookyards.com/profile/view/divineintervention711](https://www.smashwords.com/profile/view/divineintervention711).

**Our Websites:** <http://www.divineintervention711.com> and <http://www.halos711.org>.  
**Our Email:** [divineintervention711@yahoo.com](mailto:divineintervention711@yahoo.com) or [sandyeandarthur@gmail.com](mailto:sandyeandarthur@gmail.com).

**Our Mailing Address:**

*Please mail your comments and questions (which are most welcomed) to us at this address*:

Divine Intervention 711

P.O. Box 5832

Thomasville, GA 31758.  
  
  
**Our Online Talk Show:**

*Also, please tune in to our weekly online radio broadcasts and online, interactive chat forums during our shows on* <http://www.BlogTalkRadio.com>/halos *under the host name of* HALOS711*. Find us there for a schedule of previous shows (archived) and upcoming shows (live).* We look forward to see you at our next “Halos 711” broadcast!

**To Book Sandye and Arthur:**

Please email Sandye and Arthur directly at [divineintervention711@yahoo.com](mailto:divineintervention711@yahoo.com) to schedule Sandye and Arthur for speaking engagements, webinars, seminars, or workshops.  
  
  
**Discover other titles by Sandye and Arthur at Bookyards.com**:

Divine Intervention: A Guide To Reiki Angels and Archangels,

Divine Intervention II: A Guide To Twin Flames, Soul Mates, and Kindred Spirits,

Divine Intervention III: A Guide To The Biblical Crystals - And Their Healing Applications,

Divine Intervention IV: A Guide To Healing Within And Living Without,

Divine Intervention V - A Guide To Healing The Family: Extended & Blended, *and*

Divine Intervention VI: A Guide To Embracing And Healing The Inner Child.

**Bibliography**

Roberts, Sandye M. and Jones III, Arthur L. (2009). *Divine Intervention: A Guide To Reiki Angels and Archangels. Published by Authorhouse*. (First Edition). Bloomington, IN.

Roberts, Sandye M. and Jones III, Arthur L. (2010). *Divine Intervention II: A Guide To Twin Flames, Soul Mates, and Kindred Spirits. Published by Authorhouse*. (First Edition). Bloomington, IN.

Roberts, Sandye M. and Jones III, Arthur L. (2011). *Divine Intervention III: A Guide To The Biblical Crystals – and Their Healing Applications. Published by Roberts-Jones Publishing* (First Edition). Vancleave, MS.

Roberts, Sandye M. and Jones III, Arthur L. (2011). *Divine Intervention IV: A Guide To Healing Within and Living Without. Published by Roberts-Jones Publishing* (First Edition). Vancleave, MS.

Roberts, Sandye M. and Jones III, Arthur L. (2011). *Divine Intervention V: A Guide To Healing The Family - Extended and Blended. Published by Roberts-Jones Publishing* (First Edition). Vancleave, MS.

Roberts, Sandye M. and Jones III, Arthur L. (2011). *Divine Intervention VI: A Guide To Embracing And Healing The Inner Child. Published by Roberts-Jones Publishing* (First Edition). Vancleave, MS.

Roberts, Sandye M. and Jones III, Arthur L. (2011). *Divine Intervention VII: A Guide To Advanced Techniques In Prayer-Based Reiki. Published by Roberts-Jones Publishing* (First Edition). Vancleave, MS.

<http://tipnut.com/my-kitchen-prayer/> . “My Kitchen” (a humorous kitchen poem) by Unknown Author.

<http://www.keeperofthehome.org/2011/05/christ-in-my-kitchen.html> . “My Kitchen Prayer” (a poem) by M. Peterson (1944).

<http://homesteadblogger.com/bakingcooking/203/> . “How To Bake A Cake: A Charming Recipe Story” (a short story) by Unknown Author.

<http://ramblingsofahappylittlehomemaker.blogspot.com/2011/03/old-wash-day-recipe.html> . “Old Wash Day Recipe” (a poem) by Unknown Author – and posted online by Tina Wilheim.

<http://tipnut.com/my-kitchen-prayer/> . “Recipe For A Happy Home” (a poem) by Unknown Author.

<http://tipnut.com/my-kitchen-prayer/> . “Recipe For A Happy Day” (a poem) by Unknown Author.

<http://tipnut.com/my-kitchen-prayer/> . “Happiness Recipe” (a poem) by Unknown Author.

<http://tipnut.com/my-kitchen-prayer/> . “Recipe For Living” (a poem) by Unknown Author.

<http://tipnut.com/my-kitchen-prayer/> . “Perfect Day Recipe” (a poem) by Anonymous.

<http://tipnut.com/my-kitchen-prayer/> . “A Recipe For Happiness (For Teenagers)” (a poem) by Anonymous.

<http://weatherstories.ssec.wisc.edu/sayings/wind_west.html> . “Fishing Weather Poem” (a poem) by Anonymous.

<http://tipnut.com/my-kitchen-prayer/> . “More or Less” (a poem) by Unknown Author.

<http://www.wowzone.com/relation.htm> . “Ten Commandments of Human Relations” (a poem) by Unknown Author.

Acknowledgement: Sandye and Arthur would like to take this time to thank each and every one of our family members, friends, colleagues, talk show participants, clients, and all extended family members who kindly shared with us their own personal recipes for the completion of this Cookbook. We love you, we acknowledge you, and we pray that you are as proud of your contribution of this Family Cookbook as we are! May The Lord richly bless us all.







*Thank you for reading…***PART 2 of**

**THE HALOS 711   
Twinflames Family Cookbook**

**(*Or* a Little Taste Of Heaven From Our Halos Kitchens)**

[Return to Table of Contents](#BackToTOC)

**End of PART 2.**