Acorn Roca Bars

1 cup butter ½ tsp salt 2 cups flour 1 cup brown sugar ¾ cup leached chopped acorn

1 egg 12 oz chocolate chips 1 tsp vanilla ½ cup shredded coconut

Mix butter and brown sugar, blend in egg and vanilla. Add the flour and salt. Slowly stir in the ½ cup acorn and then spread on an un greased baking sheet. Bake at 350 for 30 minutes, remove from oven and spread the chocolate over the top, smoothing it as it melts. Sprinkle the remainder of the acorn and the coconut over the top and let cool. Cut into pieces while still warm, or use a heated knife to cut. Enjoy!

Acorn Hot Cakes

2 cups acorn meal ½ tsp salt ¾ cup water

Mix to a stiff batter, drop spoonfuls into a hot oiled skillet and press flat with a spatula. Turn over to get the top side browned. Serve with maple syrup or fresh berry puree or jam.

Acorn Pancakes

1 cup acorn meal 1 cup other flour 2 tbsp sugar

3 tsp baking powder ½ tsp salt 2 eggs

1 ½ cup milk 2 tbsp oil

Mix the all the ingredients into a thin batter, drop ladles full onto a hot oiled skillet or griddle. Turn once small bubbles form on the top side. Second side takes about ½ the time. Serve hot like other pancakes.

Acorn Squash Soup

2 cups leached chopped acorn2 cups butternut squash or pumpkin

2 cups diced potatoes 1 cup dried pinto beans

1 cup corn or hominy

Soak the beans overnight to pre soften them. Change the water and add the other ingredients. Make sure that the water just covers the food, and boil till the potatoes and squash are soft. Add a bit of salt and any other spices to flavor to taste. Cinnamon adds a unique spice to this traditional dish.

Acorn Mush (Like Cream of Wheat)

2 cups acorn meal ½ tsp salt

Mix the meal with water to make a thin gruel, and heat over the stove till hot. Add the salt to flavor. You can also add sugar, maple syrup or other flavor.

Acorn Stuffed Zucchini

2 cups leached chopped acorn3 medium zucchini

1 cup chopped onion 1 cup cooked brown rice or other grain

2 cups diced tomatoes 1 bulb minced garlic

½ cup shredded sharp cheddar Salt and parsley to flavor

Cut the zucchini in half lengthwise, scooping out the seeds. Sautee the seeds with the acorn, rice, garlic and onion. Spoon into the zucchini boats, add the tomato and sprinkle with cheese. Place on a baking sheet and bake in the oven at 350 for 25-30 minutes.

Acorn Casserole

2 cups acorn meal ½ cup oil 1 chopped onion

1 chopped green pepper ½ tsp salt ½ cup bread crumbs

½ tsp basil and oregano 1 chopped tomato

Sautee the onion, then stir in the rest of the ingredients minus the bread crumbs. Place into oiled casserole dish and cover with bread crumbs. Bake for 30 minutes at 350 till well browned.

Acorn Bread

3/4 cup water or soy milk 1 1/2 tbsp sugar 1/2 tbsp salt 2 tbsp butter or shortening 2 cups flour 1 1/2 cups acorn meal

1 package dry yeast 1/3 cup warm water

Combine water, sugar, salt and butter in sauce pan and heat till bubbles begin to form and the butter melts. Cool to lukewarm. Sprinkle the yeast into a mixing bowl with the warm water. Stir to dissolve. Add the water mixture. Combine the flour and meal then add into the mixture. Beat till smooth and add enough flour to make the mixture workable. Knead for five minutes. Cover and let rise $1 - 1 \frac{1}{2}$ hours or until doubled in bulk. Punch down and let rise another 30 minutes or until doubled. Punch dough down and knead. Divide to fit into greased pans. Let rise in pans for about an hour, then bake at 400 for 25 to 30 minutes or until done.

Acorn Meat Balls

½ cup acorn meal ½ cup shredded cheese

1 cup bread crumbs 1 chopped onion 1 tsp chicken seasoning 1/2 tsp sage

3 eggs 1 small can tomato sauce reconstituted

Mix together, form into small balls and fry. Add to spaghetti or any way you choose.

These make very filling burger substitutes when made into patties and fried.

Acorn Nutrition Facts for 1/3 cup processed meal

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Thiamin	.149	mg		Magnesium	82	mg	
Potassium	709	mg		Phosphorus	103	mg	
Riboflavin	.154	mg		Iron	1.04	mg	
Niacin	2.4	mg		Calcium	54	mg	
Vitamin B-6	95	mg		Pantothenic acid		.94	mcg
Folate	5	mcg		Manganese	1.363	mg	
Sodium		Trace		Zinc		.67	mg
Copper		.818	mg	Saturated fat		4.084	mg
Mono unsaturated fat	19.896	mg		Poly unsaturated fat	6.052	mg	
Total fat	31.4	mg		Protein	19.6	mg	
Total Calories	509					·	