

Crew Cookbook

STS-133

Mission Operations Directorate
Operations Division

Final
November 2010




MISSION OPERATIONS DIRECTORATE

**CREW COOKBOOK
STS-133**

FINAL
November 2010

PREPARED BY:



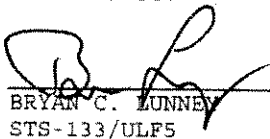
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This document is under the configuration control of the STS-133 Flight Control Team.

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BEVERAGES

BAILEY'S IRISH CREAM.....	FS 1-2
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BAILEY'S ORIGINAL IRISH CREAM

- 1 cup light cream
- 1 can sweetened condensed milk (14 oz.)
- 1 2/3 cups Irish whiskey
- 1 teaspoon instant coffee
- 2 tablespoons chocolate syrup
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract

1. Combine all the ingredients in a blender and blend at high speed for about 20 seconds.
2. Transfer to a clean bottle with a tightly fitting cap.
3. Store, refrigerated, and shake well before using.

21.350 HOT BUTTERED RUM

(from Regan Cheney via dEVAn Bolch)

(RC EVA SYS)

Page 1 of 2

OBJECTIVE:

Construct a Hot Buttered Rum.

DURATION:

15 Minutes

TOOLS:

Mixer

Beaters

1 Cup Measuring device

Mixing Bowl

Hot Drink Cup

Storage Container

Note

1. Hot Buttered Rums should be consumed when it is cold out
2. Hot Buttered Rums are considered a Christmas drink in

CAUTION

Beaters present a pinch hazard to the fingers. Operator should always maintain a KOZ of 2 inches from the beaters while the unit is being supplied with power.

1.

S

SETTING UP MIXER

MIXER

1.1 ✓PWR SW - OFF

1.2 ✓PWR Cord - Unplugged

1.3 Insert Beaters into Mixer in the proper location.

1.4 Mixer PWR Cord →|← Outlet.

2. Verify the following ingredients are available.

- Butter
- White Sugar
- Dark Brown Sugar
- Vanilla Ice-cream
- Rum

Note

1. Butter should be at room temperature
2. Store bought Hot Buttered Rum mix usually has nutmeg in it. Not many people like Nutmeg. You can have it on the side and if someone likes it they can add to their glass.

25 DEC 09

21.350 HOT BUTTERED RUM

(RC EVA SYS)

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3. COMBINING INGREDIENTS

MIXING BOWL

- 3.1 Add 1 Cup Butter
- 3.2 Add 1 Cup White Sugar
- 3.3 Add 1 Cup Dark Brown Sugar
- 3.4 Add 2 Cups Vanilla Ice-cream
- 3.5 Lower Beaters into the bowl.
- 3.6 PWR SW → ON
- 3.7 SPEED CONT SETTING → LOW SPEED
- 3.8 After ingredients are well combined, PWR SW → OFF
- 3.9 Remove beaters

STORAGE CONTAINER

4. Mix → Storage Container
5. Perform {21.351 DISH CLEANUP AND DISH STOWAGE}, Only applicable portions.(SODF: RC EVA SYS)

Warning

Consumption of alcohol may cause embarrassing behavior, hangovers, pregnancy, loss of memory, wrecked cars, loss of security clearance, loss of job, USE CAUTION

HOT DRINK CUP

6. Add approximately 2.5 tablespoons of mix
7. Add approximately 2 shots Rum
8. Fill the rest of the way with Hot water
9. Stir
10. Stow any unused mix in the freezer

25 DEC 09

Milk Punch

1. Add the following to a blender for each serving:
 - 1/2 cup of milk
 - 1.5 oz. (1 jigger) Canadian Club Whiskey
 - 1 scoop vanilla ice cream
2. Blend this in the Blender
3. Pour the blend into a cup or glass
4. Sprinkle nutmeg lightly on top just before serving the Milk Punch

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SIDES

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SIDES

O'CHARLEY'S BAKED POTATO SOUP

1. SETUP

- 3 lbs. red potatoes
- 1/4 cup butter, melted
- 1/4 cup flour
- 2 quarts half-and-half
- 1 pound block Velveeta cheese, melted
- White pepper, to taste
- Garlic powder, to taste
- 1 tsp. hot pepper sauce
- 1/2 lb. bacon, fried crisply
- 1 cup cheddar cheese, shredded
- 1/2 cup fresh chives, chopped
- 1/2 cup fresh parsley, chopped

1. Dice unpeeled red potatoes into 1/2-inch cubes.
2. Place in a large Dutch oven, cover with water and bring to a boil.
3. Let boil for 10 minutes or until almost cooked.
4. In a separate large Dutch oven, combine melted margarine and flour, mixing until smooth.
5. Place over low heat and gradually add half-and-half, stirring constantly.
6. Continue to stir until smooth and liquid begins to thicken.
7. Add melted Velveeta.
8. Stir well.
9. Drain potatoes and add to cream mixture.
10. Stir in pepper, garlic powder and hot pepper sauce.
11. Cover and cook over low heat for 30 minutes, stirring occasionally.
12. Place soup into individual serving bowls and top with crumbled bacon, shredded cheese, chives and parsley.

101ST AIRBORNE BEER CHEESE SOUP

1. SETUP
 - 1 large can chicken broth
 - 1 medium jar cheese whiz
 - 1 can stale beer
 - cayenne pepper to taste
2. Heat broth to boiling, reduce heat, add cheese whiz, stir till melted, add beer and reheat, but do not boil. Top with bacon bits and green onions

MRS. GRADY'S BEANS

Ingredients:

- ½ lb ground beef
- 1 small onion (chopped)
- 8 bacon strips (chopped)
- 1 15oz can of Pinto Beans (undrained)
- 1 15oz can of Butter Beans (rinsed, drained)
 - Note: reserve ¼ cup of liquid for cooking later
- 1 15oz can of Kidney Beans (rinsed, drained)
- ¼ cup ketchup
- 2 tablespoons molasses
- ½ teaspoon dry mustard
- ½ cup granulated sugar
- ¼ cup brown sugar (packed)

Cooking Instructions:

1. Chop onion and bacon
2. Rinse and drain butter and kidney beans
3. Brown ground beef, onion, and bacon.
4. Combine/Stir beef, onions, bacon, and beans (with pinto bean juice only) in bowl and set aside.
5. Combine/Stir ketchup, molasses, dry mustard in medium bowl
6. Mix in sugars and ¼ of the butter bean juice into ketchup mixture.
7. Combine meat/bean and ketchup mixture and transfer to slow cooker
8. Cover and cook on low for 2-3 hours or until heated through.
9. Enjoy

!!!!!!WARNING!!!!!!

Beano or other gas relief may be required after consumption.

PRE-BREATHE HEAVENLY BUTTERNUT SQUASH

1 large butternut squash
1/4 cup butter
1 Tbsp. brown sugar
1/4 tsp. salt
Dash of pepper

1 Tbsp butter
1/4 cup sugar
1 and 1/2 qts. Jonathan apples peeled and sliced (about 5)

Topping:

1 and 1/2 cup cornflakes coarsely chopped
1/2 cup chopped pecans
2 Tbsp. Melted butter
1/2 cup brown sugar

Cut squash in half then cook in warm bath until tender for about 30 minutes. Scoop out squash and mash until smooth. Stir in all ingredients up to and including pepper.

Heat butter in skillet. Add apples and sprinkle with sugar. Cover and simmer until barely tender. Spread cooked apples into buttered casserole dish. Spoon squash over top. Add topping in order. Bake at 350 degrees for 15 - 20 minutes until lightly brown.

1.100 ROYCE'S (REALLY BAD FOR YOU) SWEET POTATOES

(TURKEY OPS/ULF5/FIN)

Page 1 of 2 pages

OBJECTIVE:

Create and enjoy a Thanksgiving side dish that will make your tummy happy but clogs your arteries

DURATION:

15-20 minutes

EQUIPMENT:

1 large can of Sugary Sam's Yams
1 cup brown sugar
1/2 stick of butter
Cinnamon
Marshmallows
Baking dish thingy

WARNING

Eating too much sweet potatoes is potentially bad for your health, but ooh so good.

1. INITIAL PREP

-00:30

1.1 Baking dish thingy → cabinet above stove

√Vanessa for correct name and size (she knows things like this. I think it's 10x10, but couldn't swear to it)

NOTE

Yes, Sam's Sugary Yams is the best

1.2 Drain half the juice from yams into baking dish thingy

CAUTION

A bit of cinnamon is whatever you think will taste good, but not too much

1.3 Sprinkle brown sugar over yams. Add a bit of cinnamon.

1.4 Cut butter into small pats and drop in (↻) around yams

2. BAKING

-00:20

2.1 Baking dish thingy with yams and brown sugar → oven

2.2 When yams and brown sugar juice start to bubble, remove from oven

NOTE

The little ones work the best

2.3 Cover top of yams with marshmallows

2.4 Yams (with marshmallows) → oven

1.100 ROYCE'S (REALLY BAD FOR YOU) SWEET POTATOES

(TURKEY OPS/ULF5/FIN)

Page 1 of 2 pages

3. POST BAKING

00:00

3.1 When marshmallows start melting and top starts to brown, remove from oven

If top is black and smoking

Don Surgical Mask, Safety Goggles, and oven mitts

√ Intra-house ventilation (IHV) activated (i.e. kitchen fan)

√ No charred particulates present in yams

If no particulates present and IHV active for >52 min,

doff PPE.

Red Lobster's Crab Stuffed Mushrooms

1 pound fresh mushrooms, approximately 35–40
1/4 cup celery, finely chopped
2 tablespoons onion, finely chopped
2 tablespoons red bell pepper, finely chopped
1/2 pound crab claw meat
2 cups oyster crackers crushed
1/2 cup cheddar cheese, shredded
1/4 teaspoon garlic powder
1/2 teaspoon Old Bay Seasoning
1/4 teaspoon black pepper, ground
1/4 teaspoon salt
1 egg
1/2 cup water
6 white cheddar cheese, slices

- 1) Preheat oven to 400 degrees
- 2) Saute celery, onion, and pepper in butter for 2 minutes, transfer to a plate and cool in the refrigerator
- 3) While vegetables cool, wash mushrooms and remove stems
- 4) Set caps to the side and finely chop half of the stems. Discard the other half of the stems or use elsewhere
- 5) Combine the sauteed vegetables, chopped mushroom stems, and all other ingredients (except cheese slices) and mix well
- 6) Place mushroom caps in individual buttered casseroles or baking dishes (about 6 caps each)
- 7) Spoon 1 teaspoon of stuffing into each mushroom
- 8) Cover with sliced cheese
- 9) Bake in oven for 12–15 minutes until cheese is lightly browned.

The Best Cranberry Sauce Ever

2-3 cups fresh (not frozen) cranberries
1 cup water
1 cup sugar
Zest of one orange

Combine water and sugar in saucepan and bring to a boil.
Add cranberries and orange zest, and bring to a boil for 5 minutes.
Reduce heat to med-low and simmer 10-15 minutes, stirring occasionally. Cool slightly and serve.

CHILE RELLENOS BREAKFAST CASSEROLE (FROM ART AND KERRIE THOMASON)

Ingredients	Preparation Instructions
<p>1. Verify the following ingredients are available prior to executing preparation instructions</p> <ul style="list-style-type: none"> ❑ 1 cans diced green chilies, well drained ❑ 4 ounces pepper jack cheese, shredded ❑ 4 whole eggs ❑ 1/2 cup heavy cream ❑ 1/2 teaspoon salt ❑ 1/2 teaspoon pepper ❑ 8 ounces cheddar cheese, shredded ❑ 12 oz. breakfast sausage <p>2. Start clock (PET = 0 min) GMT = ___ : ___</p> <p>3. Stop clock (PET = 40 min) GMT = ___ : ___</p>	<ol style="list-style-type: none"> 1. Grease an 8x8 baking dish 2. Arrange the shredded pepper jack cheese and sausage in the bottom of the baking dish. 3. Spread the diced chilies (well-drained) on top of the cheese/sausage layer 4. Beat the eggs, cream, salt and black pepper and Pour evenly over the chilies, cheese, and sausage. 5. Top with the shredded cheddar cheese. 6. Bake at 350 for 40 minutes or until golden brown. <div style="border: 3px double black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> <p><u>WARNING</u> Hot casserole may be hot</p> </div> <ol style="list-style-type: none"> 7. Let stand 10 minutes before cutting.

DESSERTS

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DESSERTS

STS-133 DAILY SUMMARY (GMT 329, THURSDAY, 25 NOVEMBER 2010)

STS133-0001: Daily Summary (25-NOV-2010)
Page 2 of 1

Steve, Eric, Al, Tim, Mike, and Nicole: Happy Thanksgiving! Well, as happy as possible in quarantine, anyway.

Questions/Answers for Crew:

1. **Q for All:** In the time-honored tradition of assigning unscheduled work to the crew via the Daily Summary (ISS veterans know all about this), we'd like to ask the following "question:"

Are you interested in a tasty and nutritious snack to eat while you watch your Thanksgiving movies and football? If so, MCC-H recommends the following course of action to create **Roasted Pumpkin Seeds:**

1. Separate the seeds from two or three pumpkins. They ought to be cheap now that Halloween is over.
2. Preheat oven to 177° C (350° F).
3. Rinse the seeds with water and drain them. Put them in a medium mixing bowl. Mix in 10 ml (2 tsp.) of peanut oil and 5 ml (1 tsp.) of salt.
4. Spread seeds in a single layer on an ungreased cookie sheet. Do not crowd them; use another cookie sheet if needed. Bake for 10 minutes, then shift the seeds around with a spatula so they won't stick.
5. Return the seeds to the oven and bake until the seeds are golden brown, about 5 more minutes.
6. Let the seeds cool for a few minutes, then dump them into a serving bowl. Enjoy promptly: they are best eaten while still hot, and if you let them sit out for more than a day or they'll absorb moisture and be less appealing.

*** End of operational content ***

DESSERTS

11.25.10 CHOCOLATE CAKE IN A CUP CHECKLIST PROCEDURE

(T-Day - ALL/FIN 2)

Page 1 of 6 pages

OBJECTIVE:

Contingency Dessert Ops due to Oven Malfunction (Pumpkin II Ops are “NO-GO”).

After experiencing the full effects of L-tryptophan drowsiness followed by Napping Ops and upon returning to the upright and seated position, the crew should then continue to Dessert Ops.

Should the oven on-board the quarantined area have an induced unrecoverable error and Dessert Ops are outstanding and due, the following procedure shall be implemented to preserve the crew moral.

NOTE

Photo document any damage to the wires, the latches, the hinge, dents on the oven case bottom, the fuse, the circuit breaker, and foam cuts/tears/crumbling/holes larger than your thumb. Where there is an indicated problem, provide additional details and toss.

LOCATION:

Kitchen

DURATION:

5 - 10 minutes (drowsiness dependent factor)

CREW:

One Crew – per cup (unless you feel like sharing)

TOOLS REQUIRED:

Coffee Cup
Measuring Spoons
Measuring Cup
Hot Hand Mitt
Plate (optional)
Fork

MATERIALS:

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips or Walnuts (optional)
A small splash of vanilla extract

POWER REQUIRED:

1000 watts where indicated via microwave.

11.25.10 CHOCOLATE CAKE IN A CUP CHECKLIST PROCEDURE

(T-Day - ALL/FIN 2)

Page 2 of 6 pages

1. PREPARING

1.1 Verifying Power → OFF microwave unit, refer to Figure 1.



Figure 1. – Microwave in Power-OFF config.

1.2 Locate Coffee Cup, Measuring Spoons, Measuring Cup, Hot Hands Mitt and Fork from stowed location.

NOTE

It would really be a bummer if you couldn't fly due to a sharp edge hazard on your Thanksgiving Day Dinner so pay attention here!

1.3 Examine items in Step 1.2

✓ Sharp edges, correct units and protruding wires, Refer to Figure 2.

1.4 If any of the anomalies mentioned above are found on the equipment discard item and find a substitute (seems logical doesn't it?)

11.25.10 CHOCOLATE CAKE IN A CUP CHECKLIST PROCEDURE
(T-Day - ALL/FIN 2) Page 3 of 6 pages



Figure 2. – Items for inspection.

2. COMBINING CHEMICALS

2.2 Dry chemicals →|← Coffee Cup, stir completely using fork instrumentation

✓ Fork strokes are in a circular pattern.

2.3 Chicken embryo →|← Step 2.2, stir

2.4 Milk and oil →|← Step 2.3, stir

2.5 Vanilla extract →|← Step 2.4, stir

2.6 Verify stir activity exceeded 60 seconds

✓ No dry chemical linger against the edge of the Coffee Cup.

2.7 Chocolate chip and/or Walnuts →|← Step 2.5, stir slowly.

11.25.10 CHOCOLATE CAKE IN A CUP CHECKLIST PROCEDURE

(T-Day - ALL/FIN 2)

Page 4 of 6 pages

2.8 Refer to Figure 3.



Figure 3 – Combined Chemicals in Coffee Cup Vessel.

CAUTION

The chemicals combined with the heating element will cause the contents of the Coffee Cup to rise above the edge of the vessel during the heating process. Unlike the idiom “my cup runneth over” the chemicals upon heating will expand and then contract when heating has completed without spillage.

3.

- 3.2 Verify all metal objects are removed from Coffee Cup (this is Thanksgiving and not 4th of July after all)
- 3.3 Place Coffee Cup carefully in the center of the microwave unit
- 3.4 SET TIMER to three (3) minutes of 1000 watt
- 3.5 Press “START”, refer to Figure 4.

11.25.10 CHOCOLATE CAKE IN A CUP CHECKLIST PROCEDURE
(T-Day - ALL/FIN 2) Page 5 of 6 pages



Figure 4. – Location of Start button on microwave unit with time displayed.

4. CHECK OUT

WARNING CONTENTS ARE HOT

Just like some of your favorite fast food restaurants, the cup will be HOT when heated, DO NOT touch it with your bare hands.

- 4.2 [Don Hot Hand mitt](#)
- 4.3 [Remove Coffee Cup from microwave unit](#)
- 4.4 [Allow content to cool for ~ 2 minutes](#)
- 4.5 [Tip Coffee Cup so that contents are exposed onto a plate](#)
- 4.6 [Remove contents from Coffee Cup.](#)
- 4.7 [Doff Hot Hand mitt](#)
- 4.8 [Refer to Figure 5 for correct configuration of cake on a plate](#)

11.25.10 CHOCOLATE CAKE IN A CUP CHECKLIST PROCEDURE
(T-Day - ALL/FIN 2) Page 6 of 6 pages



Figure 5. Chocolate Cake on a Plate Configuration

5. DRESSING AND CONSUMPTION

5.2 Find whip cream that was designated for Pumpkin II Ops

✓ Container was vigorously shaken

5.3 Turn whip cream container in a nozzle-down configuration

5.4 Firmly press nozzle at a 90 degree angle to container, use ~1 lb force in a horizontal direction

5.5 Use “best judgment” or “best practice” for whip cream application

5.6 Using fork from Step 2, consume

6. FINAL CLEAN UP

6.2 Place Coffee Cup and plate in the dish washer

6.3 Sit back while patting stomach

6.4 DO NOT notify **MCC-H** of task completion (they will have my head for all the calories in that cake)

Have a Happy Thanksgiving Crew!!
This cake really works you should try it sometime.
I usually have mine with ice cream.



AEM CUPCAKES

(FOOD OPS/ULF5/FIN)

Page 1 of 3 pages

OBJECTIVE:

To make some delicious cupcakes with AEM “subjects” perched on top.

INGREDIENTS:

AEM subjects:

Maraschino cherries (with stems)

Sliced Almonds

White chocolate chips

White chocolate bakers chocolate

Red gel icing

Cupcakes:

1 pkg Chocolate cake mix (without pudding in the mix)

4 Large Eggs

1/2 Cup Vegetable oil

1/2 Cup Warm water

1 pkg (4 ounces) Instant chocolate pudding

1 container (8 ounces) Sour cream

2 cups (12-ounce package) Semi-sweet chocolate chips

2 containers (16 ounces each) Chocolate fudge frosting

PARTS:

Plate

Paper towels

Microwaveable container

Cookie sheet

Wax paper

Mixing bowl

Mixer/spoon

Cupcake tin

Cupcake liners

Cooling rack

1. AEM SUBJECT CREATION

1.1 Dry off cherries. While any method can be used, the following is recommended by the PD:

Dump out cherry juice

Dump cherries onto a plate covered in paper towels

Roll cherries around until dry

Repeat as necessary with fresh paper towel

1.2 Melt bakers chocolate according to directions on package.

1.3 Dip cherry into melted chocolate

Lay to dry on cookie sheet covered in wax paper.

NOTE

Stem should lay parallel to cookie sheet bottom. The stem is the "tail."

- 1.4 Press a white chocolate chip onto the cherry on the opposite side of the stem.
Stick 2 almond slices above the chocolate chip.

NOTE

1. The previous step needs to occur quickly before the melted chocolate completely dries.
2. The white chocolate chip is the "nose/head."
3. The almond slices may need to be broken in half. These are the ears and should mimic mouse ears and not rabbit ears.

- 1.5 Repeat steps 1.3 and 1.4 for all remaining cherries.
- 1.6 Insert entire cookie sheet into Glacier...I mean the refrigerator, to assist in the drying/hardening of the chocolate.
- 1.7 Dab red icing gel onto the chocolate chips to look like eyes.

2. CUPCAKE CREATION

- 2.1 Preheat oven to 350°.
- 2.2 In large mixing bowl, combine the following:
 - Chocolate cake mix
 - Chocolate pudding
 - Sour cream
 - Eggs
 - Oil
 - Water
- 2.3 Add in chocolate chips.
- 2.4 Insert cupcake liners into cupcake tin.
- 2.5 Pour cake mix into cupcake liners, approximately 2/3 full.
- 2.6 If oven is not preheated
| Wait until oven is preheated, then:

Insert filled cupcake tin into center rack of oven.
- 2.7 Wait approximately 25-28 minutes.

NOTE

Cupcakes are done when your kitchen smells delicious and a toothpick can be inserted into the cupcakes and it comes out clean.

2.8 Don oven mitt

2.9 Remove cupcake tin from oven.

WARNING

Cupcake tin and oven will be extremely hot, approximately the temperature that it was set to in step 2.1

2.10 Remove cupcakes from tin and cool on cooling rack.

2.11 Once cool, ice the tops of the cupcakes with the fudge frosting.

3. AEM/CUPCAKE INTEGRATION

3.1 Remove AEM subject from cookie sheet.

3.2 Place on top of iced cupcake.

3.3 Repeat for remaining AEM subjects/cupcakes.

WARNING

The results are extremely adorable and delicious.



CONTROL NUMBER: 0000!Π	SUBJECT: Impending Weight Violation			ORIGINATOR: Health Inspector	STATUS: OPEN
ACTIVITY: Increment 25	GMT OF ANOMALY: 2010/329:18:00	GMT REPORTED: 2010/316:13:20	GMT REQ'D: 2010/329:18:00	IFI NUMBER: AΠr2	
AFFECTED ORGs: ISSMER, MOD					

Anomaly	ISSMER	MOD	Disposition	Recurrence	History
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Contact

Ima Wayin (Health Inspector), x55555

Description

During Operations planned for GMT 329, the potential exists for a weight increase that would adversely affect STS-133 flight operations including, but not limited to, launch, access through the airlock hatch, robotic manipulation in support of EVA, and ISS attitude control.

Despite quarantine restrictions, Operations on GMT 329 must continue to be tasty and satisfying.

Impact

Crew will be unable to perform critical tasks on STS-133 if Operations are performed without proper controls.

Resolution or Workaround

Provide alternative treats for GMT 329 Operations as per the attachment.

ATTACHMENTS

[LightFallRecipes.docx](#) (15 KB)

SIGNATURES

MOD Manager: **G. R. Uhungry** **2010/320:15:34**

Light Fall Recipes for 2010

Pumpkin Fluff

Makes 4 servings, 1 Weight Watchers point each

- 1 -15 oz. canned pumpkin
- 1 small box FF/SF Butterscotch Pudding
- 1/2 tsp. nutmeg
- 1 tsp. cinnamon
- 1 cup FF Whipped Topping.

Mix the first 4 together and then fold in topping

Pumpkin Crunchers

Makes 15 crunchers, 2 Crunchers= 1/2 WW Point

- 7.5 oz. pure pumpkin (1/2 of a 15 oz. can)
- 1/2 container Cool Whip Free
- 2 Sugar Free Jell-O Pudding Snacks; Vanilla
- 3/4 cup Fiber One cereal
- Cinnamon; to taste

Combine pumpkin, Cool Whip and Jell-O in a bowl. Stir in Fiber One & Cinnamon. Spoon into nonstick mini muffin tins and freeze.

Pumpkin Bread

One 15-oz. can pure pumpkin
1 1/4 cups whole-wheat flour
1/4 cup all-purpose flour
1/2 cup fat-free liquid egg substitute (like Original Egg Beaters)
1/2 cup Splenda No Calorie Sweetener (granulated)
1/4 cup brown sugar (not packed)
1/4 cup Ocean Spray Craisins Original Sweetened Dried Cranberries
(or regular raisins), chopped
2 1/4 tsp. baking powder
1 1/2 tsp. cinnamon
1 tsp. vanilla extract
1/2 tsp. salt
1/3 tsp. pumpkin pie spice

Preheat oven to 350 degrees.

In a large bowl, combine both types of flour, Splenda, brown sugar, baking powder, cinnamon, salt, and pumpkin pie spice (in other words, all dry ingredients except for the Craisins or raisins).

In a medium bowl, mix together pumpkin, egg substitute, and vanilla extract (all the wet ingredients). Add this mixture to the bowl with the dry ingredients, and stir until just blended. Slowly sprinkle chopped Craisins or raisins into the batter, making sure they don't all stick together, and mix to distribute them. Spoon batter into a large loaf pan (about 9" X 5") sprayed with nonstick spray. Bake for about 50 minutes, until the top of the loaf is firm to the touch. (Bread may be moist inside. This doesn't mean it's undercooked.) Allow to cool, and then cut into 8 slices. Enjoy!

8 SERVINGS, 1 (thick!) slice = Calories: 143, Fat: 0.5g, Fiber: 4.5g, 2 WW POINTS

Cranberry Holiday Salad

Makes 8 servings, 1cup = 1 WW POINT

2 envelopes sugar free cherry jell-o

1 cup boiling water

1-cup cold water

3 small apples cored and quartered

2 cups fresh or frozen cranberries

1 small orange peeled & sectioned

1 cup chopped celery

1 cup canned crushed, unsweetened pineapple

Sweetener to taste

In med bowl, mix jell-o in boiling water until dissolved, then add cold water and set aside. In food processor combine apple, cranberries, orange and celery. Chop but do not puree. Add to jell-o. Stir in pineapple and sweetener and pour into 9X13 pan. Cover and refrigerate until set at least 3 hours.

For a 2 WW Point modification to the serving, take fat free cream cheese and blend with some of the pineapple. Spread on top of the jell-o mixture after it has set.

Mrs. Fields Carrot Cake

2 1/2 Cup All-purpose flour
2 Tablespoon Baking soda
1/4 Teaspoon Salt
2 Teaspoon Cinnamon
1 Cup Light brown sugar, packed
1 Cup White sugar
1-1/2 Cup Butter, softened
3 Large Eggs
2 Teaspoon Pure vanilla extract
3 Cup Grated carrots
1/2 Cup Crushed pineapple, drained
1 Cup (6-oz.) raisins
1 Cup (4-oz.) chopped walnuts
16 Ounce Cream cheese, softened
1/2 Cup Salted butter, softened
1 Tablespoon Fresh lemon juice (about 1, large lemon)
2 Teaspoon Pure vanilla extract
3 Cup Confectioners' sugar

Preheat oven to 350-degrees. Grease and flour two 9-inch cake pans. In a large bowl stir together flour, baking soda, salt, cinnamon and sugars. Add butter, one egg and vanilla; blend with electric mixer on low speed. Increase speed to medium and beat for 2 minutes. Scrape down sides of bowl. Add remaining eggs, one at a time, beating 30 seconds after each addition. Add carrots, pineapple, raisins and walnuts. Blend on low until thoroughly combined. Pour batter into prepared pans and smooth the surface with a rubber spatula. Bake in center of oven for 60-70 minutes. Toothpick inserted into center should come out clean. Cool in pans for 10 minutes. Then invert cakes on rack and cool to room temperature. TO PREPARE ICING: On a medium bowl with electric mixer on medium speed, beat cream cheese and butter until smooth add lemon juice and vanilla; beat until combined. Add sugar gradually, mixing on low until smooth. TO ICE THE CARROT CAKE: Place one layer on a cake platter, and with a metal spatula spread icing over the top to form a thin filling. Place second layer over the first, rounded side up. Coat the top and sides of the cake evenly with remaining icing. Refrigerate 1 hour to set icing.

SHUTTLE OPS

INCO/COMM/JSC-11310

11/18/2010 REV B

SCP 4.88

Ginger Snap Procedure

Want some cookies?

1 Gather required utensils: Mixing bowl, spatula, measuring cups/spoons, baking sheet.

2 Is the butter soft?

6 Hardened Dairy Product Failure
Put 1.5 sticks butter in mixing bowl and sit on counter for ~2 hrs to soften (or put in microwave on defrost for ~10 seconds).
Go back to block 2.

3 Are you ready to bake?

7 Lack of Motivation/Preparation
Seriously dude, these are some good cookies. If you're not ready for these, exit this procedure and hand it off to a real cook. I mean, you already softened the butter, didn't you?

Note:
Perhaps you had a change of heart. Go ahead and start back in block 3. If not, put the butter in the fridge and try another day.

4 Let's get this started
Turn the oven on, set to 350°. Sift the flour, ginger, baking soda, cinnamon, and salt into a medium sized bowl.
Ready for the next step?

8 Beat butter until creamy. Gradually beat in the white sugar, egg, and dark molasses. Sift flour mixture into the butter mixture; mix together until a soft dough forms. Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands. Roll each ball in cinnamon sugar, and place 2 inches apart on an ungreased baking sheet. Bake 10-15 min until tops crack. Cool on wire rack, then enjoy!

5 Come on, you might as well!
You're about to embark on the most rewarding culinary experience of your cookie life.
Go back to block 4. Make your day.

Default Config

- User possesses an oven
• Ingredients are gathered prior to baking:

2 cups sifted all-purpose flour

1 tablespoon ground ginger

2 teaspoons baking soda

1 teaspoon ground cinnamon

1/2 teaspoon salt

3/4 cup butter, softened

1 cup white sugar

1 egg

1/4 cup dark molasses

1/3 cup cinnamon sugar

Tasklist Procedures:
ISO-PUNKIN'-BREAD

Preheat oven to 350 degrees. Butter and flour 2 9 by 5 loaf pans. Stir together sugar and oil. Stir in eggs and pumpkin. Combine dry ingredients in separate bowl. Blend dry ingredients and water into wet mixture, alternating. Divide batter between two loaf pans. Bake for 60 minutes or until cake tester comes out clean. Let stand 10 minutes. Remove from pans and cool.

Tasklist Procedures:

ISO-PUNKIN'-BREAD

SEE BELOW

Type: Standard		IMS Plan: No				
#	LOCATION	ITEM NAME	QTY	S/N	B/C	Notes
1	Kitchen_Deployed	9 x 5 Loaf Pan	2	-	-	
2	Spice Cabinet	Sugar	3 Cups	-	-	
3		Salt	2 Teaspoons	-	-	
4		Cinnamon	1 Teaspoon	-	-	
5		Nutmeg	1 Teaspoon	-	-	
6		All Spice	1 Teaspoon	-	-	
7		Cloves	½ Teaspoon	-	-	
8		Flour	3 Cups	-	-	
9		Baking Powder	1 Teaspoon	-	-	
10		Baking Soda	2 Teaspoons	-	-	
11		Pantry_Deployed	Vegetable Oil	1 Cup	-	-
12	Refrigerator	Canned Pumpkin	16 Oz	-	-	Unsweetened
13		Eggs	4	-	-	Slightly Beaten
14		Butter	-	-	-	For greasing pans
15	Kitchen Sink	Water	2/3 cup	-	-	
Type: Restow		IMS Plan: No				
16	ULF5_Crew_Tummy	Punkin Bread	2 Loaves	-	-	
17	Kitchen Sink	9 X 5 Loaf Pan	2	-	-	

Preheat oven to 350 degrees. Butter and flour 2 9 by 5 loaf pans. Stir together sugar and oil. Stir in eggs and pumpkin. Combine dry ingredients in separate bowl. Blend dry ingredients and water into wet mixture, alternating. Divide batter

JOANIE'S GREASY GRIMY GOPHER GUTS

1 stick of butter or margarine (melted)
1 cup Graham Cracker Crumbs
1 pk of semi sweet chocolate chips
1 can of condensed milk
1 cup coconut (optional)
chopped pecans or walnuts (optional)

Preheat oven to 350

In a 9 x 9 pan pour in the Graham Cracker Crumbs, make sure bottom of the pan is covered. (I never measure)

Add the melted butter, make sure all the crumbs are mixed well with the butter

Add the semi sweet chocolate chips

Add the coconut (optional)

Add the nuts

Add the can of condensed milk

Cook for 30 minutes

OSO LEMON ICEBOX PIE

I don't really care for lemon-y desserts, but this one is awesome! It is very light and absolutely delicious! Plus, it is only 3 steps (WAY EASIER than vestibule outfitting or CDRA maintenance).

Ingredients:

1 can Sweetened Condensed Milk
1/2 pint of Whipping Cream
Cool Whip
Graham Cracker Crust
Juice of 3 lemons (I use bottled lemon juice)

Directions:

1. Combine sweetened condensed milk and whipping cream in a bowl.
Mix well.
2. Add lemon juice to taste (~4-5 tablespoons) and beat until the mixture thickens.
This is your pie filling, so you don't want it to be too runny!
3. Pour filling into pie crust and top with Cool Whip (or beat another 1/2 pint of Whipping Cream until thick for a fresher topping)
4. Devour.

**1.102 CREATING KIT'S FAMOUS CHOCOLATE PIE FOR THANKSGIVING DINNER
(DESSERT/PIES & TARTS/STS-133-ALL/FIN)**

PAGE 1 OF 2

OBJECTIVE: To create a tasty dessert.

LOCATION: Kitchens across America.

DURATION: Prep time 10 minutes, Cook Time 20 minutes, Chill time 2 hours.

CREW: 1 to prepare, 6 to eat

MATERIALS:

1 - 9" baked pastry shell, cooled
3 cups milk, divided
3 Tablespoons all-purpose flour
½ teaspoon salt
2 Tablespoons butter
2.5 ounces unsweetened chocolate, broken into pieces
1-1/3 cups sugar
3 Tablespoons cornstarch
3 egg yolks
1-½ teaspoons vanilla extract
Sweetened Whip Cream

TOOLS:

Stove with at least one burner
Medium saucepan
Measuring cups
Measuring spoons
Whisk
Spatula
Plastic Wrap
Refrigerator

CAUTION

A single pie may not be sufficient to meet all crewmembers' needs.



Figure 1 – Kit's Famous Chocolate Pie

1. PREPARING PASTRY SHELL

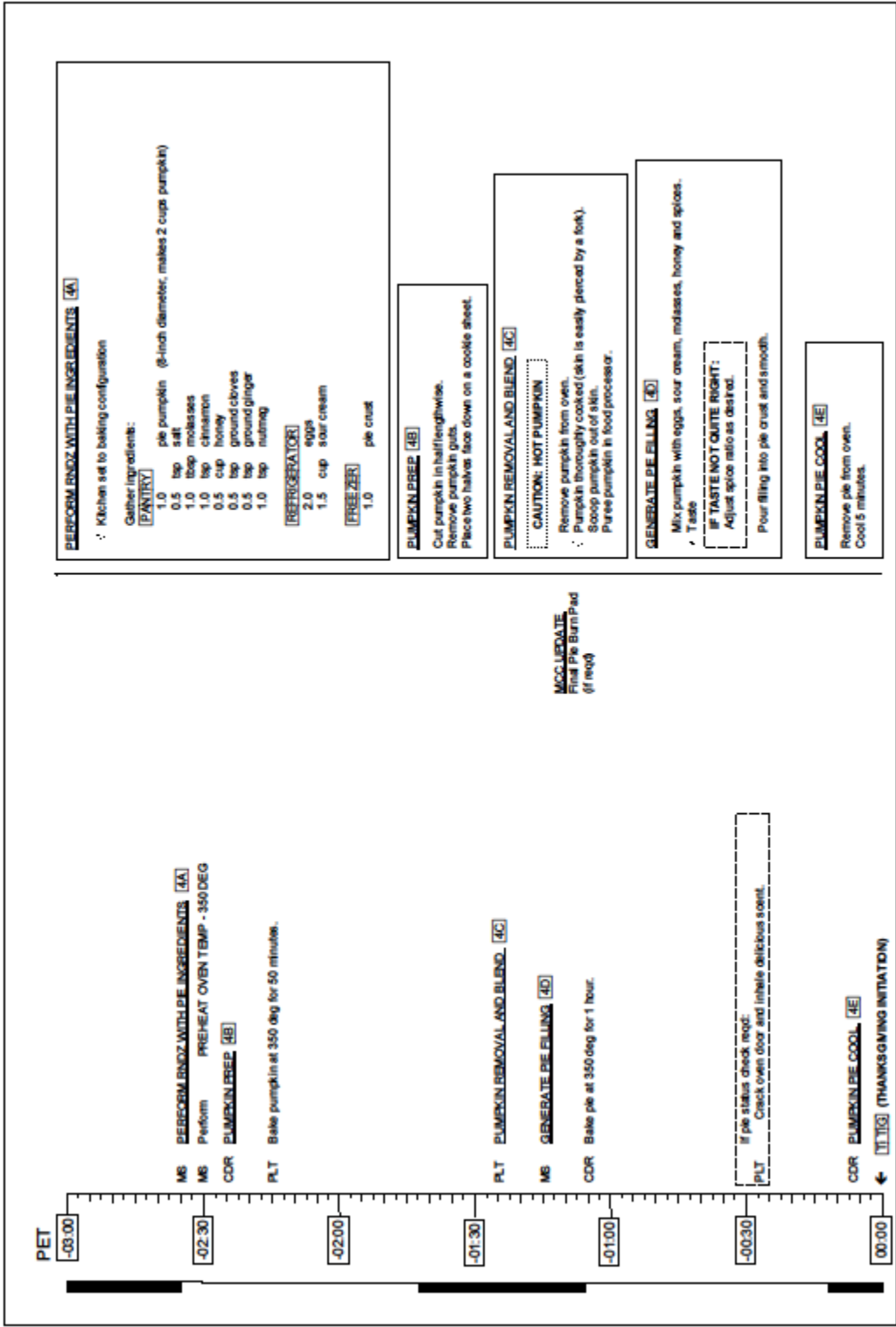
Perform PIES&TARTS 1.101 CREATING A PERFECT PASTRY SHELL, then

2. PREPARING PIE FILLING

- 2.1 Combine chocolate and 2 cups milk in medium saucepan.
- 2.2 Cook over medium heat, stirring constantly, just until mixture boils. Remove from heat.
- 2.3 Stir together sugar, flour, cornstarch, and salt in medium bowl.
- 2.4 Blend remaining 1 cup milk into egg yolks; stir into sugar mixture. Gradually add to chocolate mixture.
- 2.5 Cook over medium heat, stirring constantly with wire whisk, until mixture boils; boil and stir 1 minute.
- 2.6 Remove from heat; stir in butter and vanilla.

3. COMPLETING PIE ASSEMBLY

Pour into prepared pastry shell; press plastic wrap directly onto surface. Cool; refrigerate until well chilled. Top with whipped cream, if desired.



PERFORM BNDZ WITH PIE INGREDIENTS (4A)

Kitchen set to baking configuration

Gather ingredients:

PANTRY

- 1.0 pie pumpkin (8-inch diameter, makes 2 cups pumpkin)
- 0.5 tsp salt
- 1.0 tsp molasses
- 1.0 tsp cinnamon
- 0.5 cup honey
- 0.5 tsp ground cloves
- 0.5 tsp ground ginger
- 1.0 tsp nutmeg

REFRIGERATOR

- 2.0 eggs
- 1.5 cup sour cream

FREEZER

- 1.0 pie crust

PUMPKIN PREP (4B)

Cut pumpkin in half/lengthwise.
Remove pumpkin guts.
Place two halves face down on a cookie sheet.

PUMPKIN REMOVAL AND BLEND (4C)

CAUTION: HOT PUMPKIN

Remove pumpkin from oven.
Pumpkin thoroughly cooked (skin is easily pried by a fork).
Scoop pumpkin out of skin.
Puree pumpkin in food processor.

GENERATE PIE FILLING (4D)

Mix pumpkin with eggs, sour cream, molasses, honey and spices.
Taste

IF TASTE NOT QUITE RIGHT:
Adjust spice ratio as desired.

Pour filling into pie crust and smooth.

PUMPKIN PIE COOL (4E)

Remove pie from oven.
Cool 5 minutes.

MCC LIBERATE
Final Pie Burn Pad
(if reqd)

Translation for FDF Dummies ☺

Classic Pumpkin Pie

1 8-inch diameter "pie pumpkin" (makes ~2 cups cooked pumpkin)

2 eggs

1.5 cups sour cream

0.5 cups honey

1 tbs molasses

1 tsp cinnamon

1 tsp nutmeg

0.5 tsp salt

0.5 tsp ginger

Dash of cloves

1 pie crust (frozen or homemade, your choice)

Preheat oven to 350 degrees.

Cut the pumpkin in half lengthwise and remove the strings and seeds. Place the two halves open side down on a cookie sheet and bake for 50 minutes. (The pumpkin is done when a fork or knife easily pierces the skin.)

Remove the pumpkin flesh from the skin with a spoon and puree in a food processor. Mix pureed pumpkin with eggs, sour cream, honey, molasses, and spices. Pour the mixture into the pie crust and bake for 1 hour.

PUMPKIN ROLL 1.0

1. SETUP

Verify the ingredients for dough:

Eggs	Sugar	Cinnamon	Pumplin Puree	Flour	Baking Soda
+3.0	+1.0 cup	+0.5 tsp	+2/3 cup	+3/4 cup	+1.0 tsp

SM 94 OVEN CONTROL

Preheat Oven, Degree F: 375

√Degree C: 190



CCTV Pumpkin Roll Front (25, -15)

Prep Time	15 Minutes
Cook Time	25 Minutes
Ready In	1 Hour

2. BAKING DIRECTIONS

NOTE

Butter or grease one 10x15 inch jelly roll pan.

Clearance between mixing bowl and counter sill is 15 inches. Monitor with domaint eye.

BLEND 1 – ITEM +EGG + SUGAR +CINNAMON +PUMPKIN EXEC

BLEND 2 – ITEM +FLOUR +BAKING SODA EXEC

ADD – ITEM +BLEND 1 + BLEND 2 EXEC

TASTE CK – ITEMS EXEC (GOOD)

· · · · · Evenly spread the mixture over the prepared jelly roll pan · · · · ·

OVEN

BAKE – 15 TO 25 MINUTES (OVEN LIGHT tb-ON)

OVEN – OFF (tb-OFF)

· · · · · After cool enough to handle, remove cake from pan and place · · · · ·
· · · · · on tea towel (cotton, not terry cloth). Roll up the cake by rolling · · · · ·
· · · · · a towel inside cake and place seam side down to cool. · · · · ·

3. SETUP

Verify the ingredients for filling:

Butter	Cream Cheese	Conf. Sugar	Vanilla Extract
+2.0 tbsp	+8.0 oz	+0.5 tsp	+2/3 cup

BLEND 3 – ITEM +BUTTER + CREAM CHEESE +SUGAR +VANILLA EXEC

· When cake is completely cooled, unroll and spread with cream
· cheese filling. Roll up again without towel. Wrap with plastic
· wrap and refrigerate until ready to serve



CCTV Pumpkin Roll Side (-65, +10)



CCTV Pumpkin Roll Slice (+23, -15)



POST INSERTION

**STS
133**