



# Peppercolnz Press

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## How I learned to cook

My Father used to call them *Penance Meals*

but we never knew that until we were much older. I come from a family of eight with four older sisters and one younger brother. We all learned how to cook the same way.



Taylor & Linda, Proprietors

My mother worked and before leaving in the morning she would leave a note on the kitchen table that gave instructions on what to cook for dinner. She would take out some kind of meat from the freezer and leave it on the counter to defrost (no microwaves back then). She would write the approximate cooking time (by telling us how many minutes per pound) and the proper cooking temperature (I guess she was trying to give us a math lesson at the same time!). She'd tell us which spices to use but never *HOW MUCH* we should use. Therein lies the road to the penance meal!

We'd prepare a can of vegetables of our choosing (yes, a can) and once we were experienced, we'd get to decide what style of potato to cook and that was it. Some of us enjoyed our day to cook more than others. I certainly loved mine. However, as I'm sure you might imagine, not knowing how much salt, garlic or other spice to use led to some interesting dinners. But, with parental love, the comments we most likely heard were, "maybe you should try a little less salt next time" or "a bit more garlic would probably be a good idea". Always a comment of encouragement loaded with subtle guidance. We were never criticized.

So in a salute to that adventurous, yet effective teaching method, I give you a "recipe" for you to try. Included below is a recipe in the same manner that we would find in a note waiting for us when we got home from school. Perhaps you will be brave enough to do the same thing with your children...but remember, you just might end up doing a bit of penance!

### My dearest little chef!

*I took a roast out for you to cook for dinner. Cook it for 20 - 25 minutes per pound at 350 degrees. Before putting in the oven sprinkle all sides of it with salt, pepper, garlic salt and onion powder and put it in a roasting pan. Put a glass full of water in the pan and put it in the oven. Baste it every 20 minutes or so.*

### Ingredients

- Eye Round Roast (about 3 or 4 pounds)
- Salt
- Pepper
- Garlic Salt
- Onion Powder
- Can of Vegetables
- Potatoes

*You can open and heat whatever vegetable you'd like and surprise us with some kind of potato! Don't forget the salad! Have fun!*

L, M

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