

From the Kitchen at Stonewall Resort

GRANOLA

One of our staff grew up in a Bruderhof – a German Utopian Community – in upstate New York. When we visited his family, we were very impressed with the wonderful food. It's not surprising that almost everything they eat is from their land where it is organic and "slow grown" (no hormones or genetic engineering) to conserve both the earth and their health. At the Bruderhof all but two meals a week are eaten communally and one breakfast we had Mother Rachel's granola. It was in its way as down home as our Appalachian fare, so I decided we should incorporate it into our menu here at the resort.

Ingredients:

¾ cup unsalted butter
¾ cup honey
¾ cup brown sugar
3 cups organic thick rolled oats
3 cups organic thick rolled barley
1 cup flaked coconut
1 cup sunflower seeds
1 cup sun dried cranberries
1 cup pecan pieces
1 tsp sea salt
1 tsp vanilla

Directions

- Heat butter, honey and brown sugar in a small sauce pan. When butter is melted and sugar dissolved, add vanilla and remove from heat.
- Stir together dry ingredients.
- Slowly add hot liquid ingredients to dry ingredients. Stir until well coated.
- Spread mixture over a sheet tray and place in a 350 degree oven for approximately 30 minutes. Stir with wooden spoon every 10 minutes until golden brown.
- Remove from oven and continue to stir periodically until cool.
- Store in air tight container.