

Cook • In • The • Kitchen



From Our Kitchen to Yours...

Product Catalog

www.CookInTheKitchen.com



ABOUT ...

Cook In The Kitchen is a family owned and operated business located in the quiet village of White River Junction, Vermont.

Our enterprise started almost twenty years ago making a few uncommonly tasty pancake mixes. Eventually a line of gourmet quality soup mixes were added as well as a veritable pantry of all natural, easy-to-use products.

Our mixes are made in small batches with only all natural, preservative-free ingredients. We remain committed to making and marketing only the finest of foods and food gifts for today's discerning consumer. We welcome feedback and suggestions to help us better serve your needs and wishes. From our family to yours, we wish you the very best!

Tim & Naomi Goodwin



Owners: Tim & Naomi
with their daughters.

POLICIES

OUR GUARANTEE

From our family to you, we guarantee your satisfaction with any or all of our products, period. No time limit. No escape clauses. If you're not satisfied, then neither are we. Talk to us and we'll make things right!

PRIVACY

We do not sell or distribute any of our customer lists, identity or personal information. Our site is secure. Your business with us is a personal matter, and that's how we intend to keep it!

SHIPPING POLICY

Our goal is to provide cost-effective, timely and safe shipping service for all orders we process. Most orders leave our warehouse within 24 hours of receipt of the order. Our policy is to charge only shipping costs and keep it as convenient as possible for you. Costs of shipping are based on distance and weight. We typically ship via UPS using their Ground or special services. Shipping is available via the US Post Office upon request. Call or email us for charges for speedier shipping or shipping outside the United States.

WHOLESALE INQUIRIES

If you're interested in purchasing our products for distribution in your store or business, please contact us for pricing and information.

CONTACT US

Please contact us with any questions or comments:

Mail: PO Box 961

e-mail: chef@CookInTheKitchen.com

White River Jct., VT 05001 Phone: 802.333.4141 or Toll Free 800.474.5518

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Screen shot of www.CookInTheKitchen.com

Purchasing our products has never been easier ... visit our NEW and improved website www.CookInTheKitchen.com and start shopping today! Our site offers delicious products, scrumptious recipes and special offers.

"FROM OUR FAMILY TO YOURS." We are happy to serve you and thank you for your continued support and business. As you peruse our catalog, here are a few things to keep in mind:

- We continue to produce ONLY all natural food mixes; with no artificial ingredients or added preservatives.
- You can buy with confidence.
- You can count on us to be there for you.
- Our products are great to share with friends and family.

Pancake & Waffle Mixes



BUTTERMILK PANCAKE & WAFFLE MIX

Whole grains, buttermilk and spices make this an unusually good pancake. Add fresh or frozen fruit for the best fruited, creamy pancakes! Delicious! Easy-to-make — just add water and pour on a frying pan, griddle or waffle iron. All natural good taste equals great food!

Ingredients: Unbleached wheat flour, corn flour, rye flour, corn dextrose, mono-calcium phosphate, buttermilk powder, bicarbonate of soda, salt

BMP 16 oz. package (10 Servings)





WILD CRANBERRY PANCAKE & WAFFLE MIX

The tart burst of cranberries with citrus flavors and spices combine for a unique combination of flavor and texture! Delicious! Easy-to-make — just add water and pour on your griddle, fry pan or waffle iron. Viola! Fresh, hot pancakes or waffles great with real maple syrup.

Ingredients: Wheat flour, corn flour, rye flour, dried cranberries (cranberries, sugar, sunflower oil), corn dextrose, mono-calcium phosphate, buttermilk powder, bicarbonate of soda, salt

CWP 16 oz. package (10 Servings)

DAIRY FREE GREAT GRAINS PANCAKE & WAFFLE MIX

The best of its kind blend of wholesome grains; whole wheat flour, rye flour and corn flour for hearty, yet surprisingly light pancakes. Top with fresh or frozen fruit for the hands down ultimate in nutritious breakfast dining! Easy-to-make — just add water and pour on a heated frying pan, griddle or waffle iron. All natural, good taste equals delicious and satisfying.

Ingredients: Stone-ground whole wheat flour, corn flour, rye flour, leavening (non aluminum calcium phosphate, bicarbonate of soda), salt, nutmeg

GGP 16 oz. package (10 Servings)



TRUE BLUEBERRY PANCAKE & WAFFLE MIX

Great fresh taste, pure, best-of-their-kind ingredients. Delicious! Easy-to-make — mix with water and pour on your griddle, fry pan or waffle iron. Viola! Fresh, hot pancakes or waffles great with real maple syrup.

Ingredients: Wheat Flour, corn flour, rye flour, corn dextrose, powdered buttermilk, mono-calcium phosphate, bicarbonate of soda, salt, freeze dried blueberries

BBP 16 oz. package (10 Servings)

MAPLE BUTTERMILK PANCAKE & WAFFLE MIX

Delicious! Easy-to-make — just add water and pour on your griddle, fry pan or waffle iron. Viola! Fresh, hot pancakes or waffles great with real maple syrup for breakfast, brunch or dinner.

Ingredients: unbleached wheat flour, corn flour, rye flour, leavening (monocalcium phosphate and baking soda), corn sweetener, pure maple sugar, powdered buttermilk, salt

MBP 16 oz. package (10 Servings)





APPLE SPICE PANCAKE & WAFFLE MIX

A delightful blend of apple and cinnamon will wake up everyone's taste buds with a country favorite! Delicious! Easy-to-make — just add water and pour on your griddle, fry pan or waffle iron. Fresh, hot pancakes or waffles great with real maple syrup.

Ingredients: Unbleached wheat flour, corn flour, rye flour, whey powder, mono-calcium phosphate, powdered buttermilk, bicarbonate of soda, salt, apple fiber, cinnamon

ASP 16 oz. package (10 Servings)



DAIRY FREE MAPLE WHOLE WHEAT PANCAKE & WAFFLE MIX

Delicious! Easy-to-make — just add water and pour on your griddle, fry pan or waffle iron. Viola! Fresh, hot pancakes or waffles great with real maple syrup for breakfast, brunch or dinner.

Ingredients: Whole Wheat Flour, Rye Flour, Corn Flour, Leavening (Mono Calcium Phosphate, Sodium Bicarbonate), Salt, Maple Sugar

MWWP 16 oz. package (10 Servings)



DAIRY FREE MAPLE BUCKWHEAT PANCAKE & WAFFLE MIX

Delicious! Easy-to-make - just add water and pour on a frying pan, griddle or waffle iron. Voila! Fresh, hot pancakes or waffles great with real maple syrup for breakfast, brunch or dinner.

Ingredients: Buckwheat Flour, Wheat Flour, Leavening (Baking Powder, Sodium Bicarbonate), Natural Flavor, Maple Sugar, Sea Salt

MBWP 16 oz. package (10 Servings)



Visit our website often for new products, specials & delicious recipes!
www.CookInTheKitchen.com

Scone & Muffin Mixes



LEMON POPPY SCONE & MUFFIN MIX

Freshly baked muffins or scones with tangy lemon taste, and poppy seeds sprinkled throughout. Dee-licious!
Easy-to-make — just add water and bake!

Ingredients: Unbleached wheat flour, sugar, whey, powdered soybean oil, poppy seeds, buttermilk powder, baking powder, natural flavor, salt, bicarbonate of soda

LPS 16 oz. package (8 Servings)



CRANBERRY ORANGE SCONE & MUFFIN MIX

Plump cranberries lend their tart flavor to a lightly sweetened orange muffin or scones. Perfect for breakfast, brunch or with tea. Easy-to-make — just add water or orange juice and bake!

Ingredients: Wheat flour, sugar, dried cranberries (cranberries, sugar, sunflower oil), sweet whey powder, powdered soybean oil, baking powder, sweet cream buttermilk powder, dehydrated orange peel, bicarbonate of soda , salt

COS 16 oz. package (8 Servings)

TRADITIONAL BUTTERMILK SCONE & MUFFIN MIX

Our already popular Scone & Muffin Mix has become more compatible with your needs. They are great as is or mixed with fresh berries for a great Muffin or Scone. For a classic taste add 1 tbs. Cinnamon and 1/2 cup raisins for a great tasting Scone. It's a favorite in our house.

Ingredients: Wheat flour, sugar, sweet whey powder, powdered soybean oil, baking powder, sweet cream of buttermilk powder, bicarbonate of soda, salt

TMS 16 oz. package (8 Servings)



MAPLE WALNUT SCONE & MUFFIN MIX

Great real maple flavor and crunchy walnuts make this mix a scrumptious delight. Easy-to-make — just add water and bake!

Ingredients: Unbleached wheat flour, sugar, walnuts, whey, powdered soybean oil, natural flavor, maple sugar, buttermilk powder, baking powder, bicarbonate of soda, salt

MWS 16 oz. package (8 Servings)



BLUEBERRY OAT SCONE & MUFFIN MIX

A classic blueberry muffins or scones, laced with blueberries, a crunch of oats and cinnamon. Delicious! Easy-to-make — just add water and bake!

Ingredients: Wheat flour, sugar, rolled oats, sweet whey powder, powdered soybean oil, freeze dried blueberries, sweet cream buttermilk powder, baking powder, bicarbonate of soda, salt

BOS 16 oz. package (8 Servings)



BUTTERMILK COUNTRY BISCUIT MIX

Just add water! Now it's that easy to bring old time buttermilk biscuits fresh from your oven to the table. Great texture and taste! Also great for strawberry shortcake and a topping for chicken and dumplings.

Ingredients: Unbleached wheat flour, buttermilk powder, baking powder, sugar & salt.

BIS 16 oz. package (8 Servings)



APPLE CRISP & FRUIT TOPPING MIX

This crispy, crumb topping with brown sugar, oats and spices works equally well on apples, peaches, berries and more. Use the other half of the package as a cake topping or a fantastic fruit pie topping. Makes two Crisps. An instant hit! Easy-to-make — mix with melted butter and bake.

Ingredients: Brown Sugar, Wheat Flour, Rolled Oats, Cinnamon, Nutmeg

CRI 16 oz. package (8 Servings)



Meals in Minutes

Gourmet Soup Mixes



FARMHOUSE CHEDDAR SOUP MIX

Richly flavored and robust for lunch or supper made with aged cheddar cheese, buttermilk and a bit of pepper. A wonderfully satisfying soup. Great fresh taste, pure, best-of-their-kind ingredients. Just add water and a little milk and it's ready. Delicious with broccoli or croutons added.

Ingredients: Aged, dried cheddar cheese (pasteurized milk, salt, annatto extract, cheese culture, enzymes, lactic acid, natural flavors), dried buttermilk, cornstarch, parsley, stone ground whole wheat flour, onion powder, garlic powder, cayenne

FHS 5.5 oz. package (4 Servings)



PASTA PRIMAVERA SOUP MIX

As a meal or an accompaniment, Pasta Primavera is a delicious hot or cold pasta dish with a blend of carrots, red peppers, zucchini, tomatoes, herbs and spices combined in a zesty sauce with pasta. Great fresh taste, pure, great ingredients. Just add hot water and simmer until pasta is done. 4 side servings or 2 main courses. Sprinkle with a little grated cheese. Bon Appétit!

Ingredients: Pasta (semolina, niacin, iron, thiamin, riboflavin), carrots, tomato pieces, pure tomato granules, zucchini strips, salt, basil, onion flakes, onion powder, garlic powder, pepper

PPS 5.5 oz. package (4 Servings)



WHITE BEAN & PASTA SOUP MIX

A clear broth with white beans and pasta makes a deliciously rich soup, seasoned with a flavorful blend of herbs and spices for a savory soup or meal. Great fresh taste, pure, best-of-their-kind ingredients. An incredible mediterranean-style rich, soup. A complete meal with crust bread! Just add hot water and simmer 10 minutes.

Ingredients: Navy beans, pasta (semolina, niacin, iron, thiamin, riboflavin), vegetarian consommé (lactose, maltodextrin, salt, leeks, carrots, celery, paprika, tomatoes, parsley, savoy cabbage, spices), potato flakes, tomato flakes, onion flakes, onion powder, garlic granules, herbs de provence, salt, black pepper

WBS 5.5 oz. package (4 Servings)



GLUTEN FREE WELSH POTATO SOUP MIX

A smooth creamy soup of Idaho potatoes flavored with onion, leek, buttermilk and herbs. Healthy and filling, delicious hot, or cold as a "vichyssoise." Great fresh taste, pure ingredients. Just add hot water and a little milk. Delicious with broccoli, cheese or potatoes added or a great base for clam chowder and fish chowder. Bon Appétit! Fat Free and Gluten Free!

Ingredients: Potato flakes, vegetarian consommé (lactose, maltodextrin, salt, leeks, carrots, celery, paprika, tomatoes, parsley, savoy cabbage, spices), leeks, onion powder, dill

WPS 5.5 oz. package (4 Servings)



GLUTEN FREE MEDITERRANEAN LENTIL SOUP MIX

A healthful medley of lentils and vegetables in a tomato broth, seasoned with herbs from the Mediterranean provinces. Great fresh taste, pure, best-of-their-kind ingredients. Just add hot water and simmer 10 minutes! Bon Appétit! Fat Free and Gluten Free!

Ingredients: Lentils, pure tomato powder, potato flakes, dried vegetables (carrot, celery, tomato, spinach, onion, parsley, bell pepper), fines herbs (parsley, chervil, marjoram, tarragon), salt, black pepper

MLS 5.5 oz. package (4 Servings)

GLUTEN FREE HARVEST GARDEN SOUP MIX

A deluxe vegetable blend in a tomato base seasoned with herbs. All the vegetables are in the mix. Easy directions included for quick and hearty meals. Great fresh taste, pure, best-of-their-kind ingredients. Just add water and simmer for 10 minutes. Add pasta or leftovers for a hearty, one pot meal. Bon Appétit! Fat Free and Gluten Free!

Ingredients: Dried vegetables (carrots, peas, tomato flakes, celery, onion, green peppers, green beans), vegetarian consommé (lactose, maltodextrin, salt, leeks, carrots, celery, paprika, tomatoes, parsley, savoy cabbage, spices), tomato powder, lemon powder, onion powder, savory, parsley, basil, black pepper

HGS 5.5 oz. package (4 Servings)



GLUTEN FREE DILLED TOMATO SOUP MIX

A smooth and creamy mouth-watering tomato and herb soup. Also delicious hot or cold. Makes a quick and easy luncheon or first course. Great fresh taste, pure, all-natural ingredients. Just add hot water and a little milk. Add corn or scallops for a tasty bisque soup. Fat Free and Gluten Free!

Ingredients: Sun-dried tomato powder, dried buttermilk, non-fat dry milk, cornstarch, parsley, dill weed, onion powder, salt, black pepper.

DTS 5.5 oz. package (4 Servings)

Meals in Minutes Recipes

Include **COOK•IN•THE•KITCHEN** in your menus for the first or last course of a festive meal, a fireside gathering and holiday parties. Fancy enough to serve proudly to your guests while helping to lighten your preparations.

COOK•IN•THE•KITCHEN Meals in Minutes are so versatile you can prepare them instantly for a delicious first course or use them as a base to make an entire meal! Here are a few examples, but don't hesitate to use your imagination to create your own unique dish with ingredients of your choice.

Visit our **NEW** website for other delicious recipes: www.CookInTheKitchen.com

GAZPACHO

Made with *Dilled Tomato Soup Mix*

- 1 medium cucumber
- ½ red onion, diced
- 1 jalapeno pepper seeded and thinly sliced (or use a pinch of dried red pepper flakes)
- ¼ cup chopped fresh basil (or 1 tsp. dried)
- 2 teaspoons Champagne vinegar
- 2 teaspoons lime juice



Prepare *Dilled Tomato Soup Mix*

according to package directions using 4 cups water and no milk. Let cool. Peel cucumber, cut lengthwise and scoop out seeds, cut into small cubes. When soup has cooled, add cucumber, diced red onion, chilies and basil. Season with salt, pepper, vinegar and lime juice to taste. Refrigerate at least one hour, adjust seasonings if needed. Serve chilled.

POTATOES AU GRATIN

Made with *Farmhouse Cheddar Cheese Soup Mix*



- 6 medium potatoes, thinly sliced
- 1 sliced onion
- Butter or oil spray for pan

Butter or spray small pan and sauté onions until tender. Prepare *Farmhouse Cheddar Cheese Soup Mix* according to package instructions.

Butter or spray a shallow 9" x 12" au gratin pan and add layers of sliced potatoes and onions, salt and pepper. Pour *Farmhouse Cheddar Cheese Soup Mix* over potato mixture to top of pan and bake at 375° for 40 minutes or until tender and bubbly.

NEW ENGLAND CLAM (FISH) CHOWDER

Made with Welsh Potato Soup Mix



1 potato cut into 1-inch cubes
½ lb. minced clams or small piece of cut-up cod or other fish fillet
Boil, steam or microwave potato until cooked (omit potato if desired).

Prepare Welsh Potato Soup Mix according to package instructions. Add either minced clams or cut-up fish fillet and simmer 5 minutes until clams or fish are cooked. Serve immediately.

TOMATO SCALLOP BISQUE

Made with Dilled Tomato Soup Mix

1 small can of corn
½ lb. raw bay scallops

Prepare Dilled Tomato Soup Mix according to package directions. Add corn and scallops and simmer five minutes until scallops are cooked and soup is thoroughly heated. Serve immediately.



DELICIOUS MAC & CHEESE

Made with Farmhouse Cheddar Cheese Soup Mix



1 lb. Cooked elbow macaroni.

Cook elbow macaroni until tender. Prepare Farmhouse Cheddar Cheese Soup Mix using 1-1/2 cups water instead of 3 cups water following package directions. Add to cooked macaroni, stir thoroughly and let sit covered for 5 minutes. Serve sprinkled with grated cheese and bread crumbs if desired.

MEDITERRANEAN LENTIL & TOMATO SOUP

Made with Mediterranean Lentil Soup Mix

2 cooked sausages, sliced

Prepare Mediterranean Lentil Soup Mix following package directions. Simmer 15 minutes, add sausage and simmer for an additional 5 minutes. Serve with grated cheese.



Gift Boxes Coffee & More



GROUND FAIR TRADE ORGANIC HOUSE BLEND

Feel good about drinking a Fair Traded Organic product. This delightful coffee is a great way to start the day or warm up on a cold day. Goes great with our pancakes, muffins, scones and biscuits. Send one to a friend and get one for yourself.

GMHB 10 oz. package



GROUND HAZELNUT

Enjoy our favorite coffee while eating a hearty pancake breakfast. Smooth and perfectly flavored hazelnut coffee. Great for any season and every day warmth and comfort.

GMH 12 oz. package

NEWMAN'S OWN ORGANIC SPECIAL DECAF

A hearty, full-bodied blend of medium and dark roasts; the only thing missing is the caffeine. Very, very smooth. Water process decaffeinated. Enjoy a muffin or scone and guilt free decaf coffee any time of the day.

GMD 12 oz. package



VERMONT MAPLE SYRUP

Living our whole lives in New England has given our taste buds a wonderful syrup flavor year after year. My mom used to go out and pick blueberries just before making pancakes. We always had pure 100% Maple Syrup. If it doesn't have superior quality and flavor we won't offer it to you.

Grade A Medium Amber syrup.

MS8 (8 oz. glass bottle)

MS12 (12 oz. glass bottle)



BLOODY MARY MIX

Just add tomato juice (and vodka) for the best Bloody Mary you've ever had! One tablespoon mix to one quart tomato juice. Let stand for 15 minutes. Add vodka as desired.

Also a great Horseradish dip!

Ingredients: Horseradish Powder, Worcestershire Powder, Cayenne, Lemon Juice Crystals, Lemon Juice Powder, Salt, Parsley Flakes, Ground Black Pepper, Crushed Celery Seed

BMM 2.5 oz. package (about 48 servings)



CRANBERRY & COFFEE GIFT BOX

Our own Cranberry Orange Scone and Muffin Mix paired with Green Mountain Coffee Roasters Fair Trade Organic House Blend Ground Coffee. In a decorative gift box..

DCOHB 16 oz. scone/muffin pkg. & 10 oz. coffee pkg.

RU NUTS GIFT BOX

Our own Maple Walnut Scone Mix paired with Green Mountain Coffee Roasters Hazelnut Coffee. A great way to start the day or a special treat for yourself or with company. All in a decorative gift box for you, your friends & family.

DNUT 16 oz. scone/muffin pkg. & 10 oz. coffee pkg.



BLUEBERRY & SYRUP GIFT BOX

All boxed up and ready to give as a gift. Our own True Blueberry Pancake Mix with an 8 oz. jar of pure Vermont Maple Syrup.

DBBS 16 oz. pancake pkg. & 8 oz. bottle of syrup.



PURE HONEY

After taste testing many, we offer the Finest honey packed in a reusable glass jar. Wait 'til you try it on your biscuits!

Available in two delicious sizes:

HY8 (8 oz. reusable glass jar)

HY16 (16 oz. reusable glass jar)

BISCUIT & HONEY GIFT BOX

Features Buttermilk Country Biscuit mix and an 8 oz. glass jar of Vermont Pure Honey. Goes great with your morning Coffee or have it with your afternoon Tea. Makes a great Gift or keep it all for yourself!

DBHY 16 oz. biscuit pkg. & 8 oz. jar honey.



COUNTRY BREAKFAST GIFT BOX

Our Buttermilk Pancakes (1 lb. package) with our own label 8 oz. pure Vermont maple syrup in a glass jar, snuggled in a gift box makes this a perfect gift for you, your family & friends!

DBM8 16 oz. pancake pkg. & 8 oz. bottle of syrup.

FAMILY BRUNCH SAMPLER

Everyone will bound out of bed for this Vermont posh breakfast offering. Enjoy our Wild Cranberry, True Blueberry and Buttermilk Country Gourmet Pancakes and 12 oz. of pure Vermont maple syrup.

FBR (3) 16 oz. pancake pkgs. & 12 oz. bottle of syrup.



COUNTRY MUFFIN & SCONE SAMPLER

Five of our wonderful muffin and scone mixes to suit all your tastes: Maple Walnut, Cranberry Orange, Lemon Poppy Seed, Blueberry Oat & Traditional Buttermilk. Just add water and bake! So easy and delicious, you'll love 'em.

MSSMP (5) 16 oz. scone/muffin pkgs.

GOURMET SURVIVAL KIT

A special selection of our most popular Welsh Potato, Dilled Tomato Meals in Minutes, Buttermilk and Great Grains Pancake mixes, an 8 oz. Jug of pure maple syrup and yummy Cranberry Orange and Blueberry Oat Muffin Scone bakery mixes.



GSK (4) 16 oz. muffin /pancake pkgs, 8 oz. bottle of syrup & (2) Meals In Minutes.

SOUP SELECTION

Your favorite soups all together for your enjoyment or a welcomed gift. This selection includes Welsh Potato, Farmhouse Cheddar, Dilled Tomato, Mediterranean Lentil, White Bean & Pasta, Harvest Garden & Pasta Primavera.

SSMP (7) 5.5 oz. *Meals In Minutes* Soup Mixes.



SUNDAY NIGHT SUPPER

A delicious and satisfyingly complete easy meal of Farmhouse Cheddar Cheese Soup, Country Buttermilk Biscuits and Apple Crisp Topping Mix.

SNS (1) 16 oz. crisp pkg., (1) 16 oz. biscuit pkg. & (1) 5.5 oz. *Meals In Minutes* Soup Mixes.

DELUXE SAMPLER

A tempting assortment of our popular Farmhouse Cheddar Meals in Minutes, Harvest Garden Meals in Minutes, Pasta Primavera Meals in Minutes, Country Biscuit mix and Lemon Poppy Muffin & Scone Mixes plus Apple Crisp & Fruit Topping Mix.

DLX (3) 16 oz. baking pkgs. & (3) 5.5 oz *Meals In Minutes* Soup Mixes.



MAPLE SAMPLER

Our Maple Buttermilk, Maple Whole Wheat, Maple Buckwheat Pancake & Waffle Mixes with an 8 oz bottle of Pure Maple Syrup. Also a Maple Walnut Scone & Muffin Mix to round off this great offering. Your family will love it and wonder how you got all that great Maple Flavor in everything they taste.

MPSMP (3) 16 oz. pancake pkgs., (1) 16 oz. scone pkg. & (1) 8 oz. bottle of syrup.



Cook In The Kitchen
PO Box 961
White River Jct, VT 05001



www.CookInTheKitchen.com • Phone: 802.333.4141 • Chef@CookInTheKitchen.com