

RECIPES



Fun Dawgs

*Human & Dog
Friendly Training &
Behavior Modification*

**WANT YOUR DOG TO KNOW HOW?
CALL TONI BOW WOW!**

These recipes are meant to be fed as treats or an occasional special meal. (Although the kibble from TheBark sounds very nutritious.) As far as I know they have not been tested for providing all the nutrition a dog needs.

As always, if your dog does not eat a variety of food on a regular basis, please feed your dog small quantities to allow them to get used to it without getting an upset tummy.



KAPTIN'S CRUNCHY KIBBLE

Makes 20 to 30 servings for a 25 lb. dog

From TheBark magazine. Cooking for your dog is not only healthy and affordable but rewarding too. From stews, stir-fries and other one-pot delectables recipes abound that make it easy—but have you ever thought about making your own kibble? We were happy to find a great kibble recipe from Wendy Nan Rees's cookbook, *The Natural Pet Food Cookbook: Healthful Recipes for Dogs and Cats*. Try it out—it's delicious and nutritious!

This is my basic kibble recipe. I keep 8 cups in a sealed container in the refrigerator and freeze the rest in vacuum-sealed food storage bags. The kibble will keep in an airtight container for two weeks in the refrigerator, or three months in the freezer.

- f 4 cups whole-wheat flour
 - f 2 cups rye flour
 - f 2 cups nonfat milk powder
 - f 2 teaspoons bone meal
 - f 1 cup plain wheat germ
 - f 1/2 cup chopped fresh parsley, or 2 1/2 tablespoons parsley flakes
 - f 1 teaspoon kosher salt
 - f 4 eggs
 - f 1 cup safflower, olive or corn oil
 - f 4 tablespoons Worcestershire sauce
 - f 3 cups water
 - f 4 cups cooked ground beef, pork, lamb, duck, chicken or turkey
 - f 2 cups cooked and puréed sweet potatoes
 - f 1 1/2 cups chopped dried apples
 - f 2 cups frozen chopped spinach, thawed and drained
1. Preheat the oven to 300 degrees. Spray two large cookie sheets with nonstick cooking spray.

2. In a large mixing bowl, combine the flours, milk powder, bone meal, wheat germ, parsley and salt.
3. In a smaller bowl, beat the eggs and blend them with the oil. Add the Worcestershire sauce.
4. Add the water to the flour mixture and mix well.
5. Fold in the egg mixture and combine it all evenly.
6. Add the meat, sweet potatoes, dried apples and spinach and press them into the dough.
7. Spread the dough on cookie sheets (18" x 13" work best), making it very flat and thin. Use a knife to cut it into small squares.
8. Bake for 45 minutes to 1 hour or until the kibble is golden brown and not doughy when you break a piece open. During the baking process, take a wood spoon or spatula and move the kibble around on the cookie sheet so it bakes evenly. Then turn off your oven, keeping the door closed, and let it dry out in the off oven for at least 4 to 6 hours, or overnight.
9. When you remove the kibble from the oven, it will still be slightly warm and moist. Let it sit on cooling racks for another hour or two until it is completely dry and cool.

Variations: Here are some other ingredients I like to add for flavor and nutrients: alfalfa leaf, barley, basil leaf, beets, broccoli, brown rice, carrots, flaxseed meal, green beans, kamut, nutritional yeast flakes, peas, potatoes, rolled oats, rosemary leaf and zucchini.

Source URL (retrieved on 6 Jul 2011 - 6:01pm): <http://thebark.com/content/dog-food-recipes-kaptins-crunchy-kibble>

Published on The Bark (<http://thebark.com>) Dog Food Recipes: Kaptin's Crunchy Kibble by Wendy Nan Rees Originally appearing in Issue #59



MINI MUTTBALLS & DITALINI

- f 6 cups chicken broth
- f Salt
- f 3/4 pound ground beef, pork and veal
- f 2 large eggs
- f 1/3 cup chopped shredded carrots
- f 1/3 cup grated parmigiano-reggiano cheese, plus more for sprinkling
- f 1/3 cup bread crumbs
- f 1/4 cup finely chopped parsley
- f 1 clove garlic, mashed into a paste with a little salt (optional)
- f Pepper
- f 1/2 pound ditalini pasta

In a large, deep skillet or saucepan, bring the broth to a boil, then salt it and lower to a simmer.

Meanwhile, in a bowl, combine the ground meat, eggs, carrots, cheese, bread crumbs, parsley and garlic paste, if using; season with pepper. Form into 1-inch balls.

Drop the meatballs into the broth and simmer until cooked through, about 5 minutes. Stir in the pasta and cook until al dente, 6 to 7 minutes. Let cool before serving to your pooch! Season the people's portions with salt and pepper and sprinkle with more parmigiano-reggiano.



PUPPY MEATLOAF

- f 1 pound ground beef
 - f 1 (24-ounce) container cottage cheese
 - f 4 eggs
 - f 1/2 cup dry milk powder
 - f 1/4 cup wheat germ
 - f 8 slices oatmeal bread
 - f 8 cups cooked oatmeal
 - f 4 cups cooked brown rice
1. In a very large mixing bowl, combine ground beef and cottage cheese; blend well. Add eggs, milk powder, and wheat germ and mix. Then add the crumbled bread, oatmeal, and brown rice and mix well.
 2. Divide among ten small (5-1/2" x 3-1/2") aluminum loaf pans. Place on a cookie sheet and bake at 350 degrees °F for 1 hour. Cool at room temperature for 1 hour, then promptly refrigerate. This food is perishable, so don't store it in the fridge longer than three days.
 3. We always froze all but one of the loaves. To defrost, let them stand in the refrigerator overnight. Crumble the meatloaf into a bowl, drizzle with some water, and microwave for 20-30 seconds until warm. Make sure the food doesn't have hot spots after microwaving, as your pet will gobble this up!
 4. Make sure to discard any food that has been sitting out for 30 minutes or longer.

DIG N' CHEESE

- f 1/2 Cup Shredded Cheddar Cheese
 - f 2 Tablespoons softened margarine
 - f 1 1/2 Cups whole wheat flour
 - f 1/2 Cup Milk
1. Preheat oven to 375 degrees.
 2. Cream together cheese and margarine.
 3. Add milk and flour.
 4. Mold mixture into ball and roll dough to 1/4" thickness.
 5. Cut dough with a cookie cutter or slice into 1" by 4" rectangles.
 6. Place on ungreased cookie sheet. Bake at 375 degrees for 30-35 minutes or until edges start to brown.
Makes 1 1/2 dozen

Recipe from the *Doggy Bone Cookbook* by Michele Bledsoe

TURKEY TREATS FOR DOGS

- f 2 cups cooked turkey—cut up
 - f 4 teaspoons grated cheese
 - f 1 tablespoon parsley—freshly chopped
 - f 2 eggs
 - f 2 cups whole wheat flour
 - f 2 tablespoons brewer's yeast
 - f 2 tablespoons vegetable oil
1. Combine turkey, cheese, parsley and mix well. Beat the eggs in a bowl and pour over turkey mixture. Add the flour, yeast, and oil. Stir until thoroughly mixed and all ingredients are coated.
 2. Drop into small lumps onto ungreased cookie sheet.
 3. Cook in a 350-degree oven for about 20 minutes, until brown and firm. Store in refrigerator.



Questions?

*Not sure what's right
for you and your dog?*

Contact me!

I'm always happy to talk dog!

Toni Lee Hage, CTC
toni@fundawgs.com

510.326.4597

FunDawgs.com