YUMMY GRANOLA
from Stewart Edelstein, Oberlin '70

INGREDIENTS
The dry: *
- 16 cups of rolled oats
- 2 cups sunflower seeds
- Nuts in the quantities that suit you. Best are pecans, almonds, walnuts, and cashews, chopped to the extent you like. Maybe some hazelnuts. As you can already see, there is much flexibility in this recipe.
- Wheat germ (a liberal sprinkling)
- Sesame seeds, if you feel like it.
- Lemon zest to taste
- Cinnamon and nutmeg, to taste

*At the risk of causing some confusion here, I must let you know now that there will be some additional dry ingredients, but we'll get to those later, after the rudimentary concoction cools down.

The wet:
- A cup of canola or other healthy oil
- A cup of honey or maple syrup or combination thereof
- Vanilla to taste (it's difficult to put in too much, as long as you are sensible about it)
- Lemon juice to taste (you can use the same lemon you got the zest from, of course)

WHAT TO DO WITH ALL THESE INGREDIENTS
(after you pre-heat the oven to 275 degrees)

1. Pour all the dry ingredients into a large baking dish or cooking pot, the kind you would put a turkey in, if you were so inclined.

2. Stir thoroughly so any random spoonful would contain roughly the same ingredients proportionately. (Don't be too scientific about this.)

3. Heat in a nuker all the wet ingredients for a couple minutes, until nice and warm, happy and viscous.

4. Pour wet ingredients in a steady, thin stream all over the dry ingredients. (This is your chance to make some fancy gooey shapes in the dry ingredient surface, and to contemplate the ephemeral yet unifying nature of existence, since you are about to mix all those fancy gooey shapes into oblivion into the dry ingredients, so all is one.)

5. Now, this is the only time-consuming part, except for the baking: with a nice long-handled wooden spoon, stir, stir, stir, until each morsel of dry ingredients is coated with the goo you created (see #3 above).

6. Place in oven.

7. Set timer for half an hour.

8. Remove from oven and stir, paying special attention to the bottom (so it doesn't stick or burn) and the top (so it doesn't brown or burn).

9. Repeat (that is, repeat 7 and 8, not the entire process, or else you'll have no room in your freezer for anything but granola).
10. When the granola is nice and granular -- like the consistency of gravel, if you don't mind the analogy, remove from oven, turn off oven, and wait patiently. This is a good time to go for a nice walk in the woods, go for a dog walk (if you have a dog or can borrow a neighbor's) or read a book. Yes, you can take a tablespoon, fill it up, and, ever so carefully (so as not to burn your tongue), after you blow on it and wait about a minute, enjoy a sample of your not-yet-finished but nice-and-warm granola.

11. When the granola is sufficiently cool (but it's not necessary to wait for room temperature), add raisins and cut-up apricots (perhaps dried cranberries instead of raisins), and any other dried fruit (apples?) you like -- making sure that no two raisins, or any other dried fruit for that matter, are touching!!! Clumps of dried fruit in a granola recipe spoil the entire experience and demonstrate a fundamental lack of care and diligence in this art form!!!

12. For sure, have another sample, this time knowing that your now-finished granola is the perfect temperature to warm the inside of your mouth and satisfy your belly.

13. Freeze what you haven't eaten, in sturdy plastic bags or glass jars, but only after your granola has cooled completely. It is best to wait until the next morning. One advantage: you can have your first breakfast of cereal with your brand new, really fresh, and unlike-any-other-time-you-ever-made-it granola. You may be amazed at how long this stuff stays warm. Avoid leaving it out overnight where the cat can get to it (think kitty litter here).

THE MANY USES OF YUMMY GRANOLA!
1. A topping for cereal
2. A topping for yogurt (especially with some fruit on it) -- but put the granola on the yogurt at the last minute; otherwise it gets very soggy, an unhappy experience for you and for the granola. Granola likes to be -- nay, needs to be, crunchy.
3. A topping for ice cream
4. A key (and crunchy -- see #2 above re: crunchiness factor) ingredient in cookies
5. A snack right out of the bag
6. Good stuff to put on the driveway in the middle of the winter when it ices up

CAVEAT: Do not eat too much granola in one sitting. You will regret it. So will all those around you. This is high octane stuff.

THAT'S ALL THERE IS TO IT! NOW GET BUSY!