THE USENET COOKBOOK
(Recipes and food lore from the global village)

A collection by the readers of USENET, from the newsgroup *alt.gourmand*.

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The new electronic interdependence recreates the world in the image of a global village.
—Marshall McLuhan, 1967

INTRODUCTION

This is a community cookbook, from an invisible worldwide electronic community. Like all community cookbooks, it has the favorite recipes of the members of the community, suitably edited and organized. *The USENET Cookbook* is a collection of the favorite recipes of USENET readers worldwide.

USENET

USENET is the network by which Unix computer users talk to each other. It is a worldwide net, made from computer-to-computer telephone links, linking some 500,000 people at 7,000 sites in 30 countries. Besides serving an obvious technical and scientific purpose, USENET is also a medium for linking worldwide social groups of people who share common interests. As an experiment in interactive electronic publication, some members of USENET decided in 1985 to make a cookbook of favorites from their ‘‘global village’’. Brian Reid of DEC Western Research in Palo Alto, California, organized the venture and wrote much of the requisite software.

The *USENET Cookbook* is a database and not just a book. The paper copy that you are holding was printed from a copy of the online database at some USENET site, but even as you are reading it, new recipes are being added to that database. The *USENET Cookbook* is distributed with software that enables every user to make his own customized edition of it, leaving out the recipes that he has no interest in, and perhaps adding a few of his own that he hasn't yet submitted to the network. There will be many different versions and editions of it, all with the same title, and all copyrighted. Every user can choose whether to print the recipes in imperial units (cups and spoons) or in metric units.

DISTRIBUTION

The *USENET Cookbook* is distributed in the newsgroup named *alt.gourmand*. It is a ‘‘moderated’’ newsgroup, which means that everything published in it must be approved by the moderator (editor). Readers submit recipes electronically by mailing them to the editor. He edits for style, form, and content, and performs conversion to or from metric units if necessary. The finished recipes are published in weekly batches, which are sent from Palo Alto every Thursday.

PROCEDURE

To participate, you will need to get *alt.gourmand* at your site. A package of software for using it is posted from time to time into *alt.gourmand*. Get that software and install it on your machine; it will enable you to save recipes easily and to print cookbooks from them.

To submit a recipe to the *USENET Cookbook*, mail its text to the newsgroup moderator, *{sun,pyramid,ucbvax,decvax,ames,hplabs}!decwrl!recipes* (uucp) or *recipes@decwrl.DEC.COM* (internet). The news software at most sites will do this automatically if you try to post to *alt.gourmand*.

It's important that you tell us where you got the recipe from. It's ok if you cribbed it from a book or magazine or newspaper, but if you copy the words that you found there, you have probably violated a copyright. Copyright law is complex, and only a lawyer can reliably advise you on whether or not you are violating it, but in general if you rewrite a recipe, in your own words, even if you don't change the formula, then you are not infringing the copyright by submitting that recipe to the network. The copyright is on the words that explain the recipe, and not the recipe itself.

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noodle-kugel	, raisins, cinnamon, and apples Egg noodles
shrimp-bacon	/, cheese, and bacon
sambal-lilang	/, chili, and basil
soup-aztec	/, tomato, and beef soup
breakfast-cas	A baked egg, sausage, and bread casserole
delmonicos	/, rice, and cheese
enchiladas-2	/, black olives, and cheese
potato-pie-1	/, eggs, bacon, and cheese
rice-bean-bake	/, rice, and cheese casserole
cranb-cookies	/, apples, and cinnamon
graham-crack	/, honey, and cinnamon
gumdrop-cake	/, applesauce, raisins, and coconut
tortilla-soup	/, tomatoes, and corn
muffins-2	/, raisins, nuts, and dates
spagh-sauce-1	/, mushrooms, and eggplant
chicken-korma	/, cloves, and ginger
lentil-soup	/, tomatoes, and hot pepper
cod-pudding	/, eggs, and milk
mandarin-soup	Bamboo shoot, pork, and mushroom soup
meatmarinade-2	. A simple, and quite superb meat marinade
squash-soup	/, bread, and red wine.
spinach-dip-2	/, leek, and sour cream
hiker-bars	Caloric, filling, and tasty bars for the trail
eggplant-2	/, onion, and tomato casserole
spagh-clam-1	Garlic, clam, and tomato spaghetti
chestnut-stuff	/, bread, and wine
cranb-cookies	/, apples, and cinnamon
gumdrop-cake	Cake with gumdrops, applesauce, raisins,/
potato-pie-1	/, eggs, bacon, and cheese
nanaimo-bars-2	(chocolate covered) bars No-bake 3-layer
enchiladas-2	Enchiladas with meat, black olives, and cheese
chestnut-stuff	/, bread, and wine
squash-soup	/, bread, and red wine.
cranb-quiche	Sweet potatoes, carrots and cranberries in cream cheese quiche
shrimp-bacon	/, cheese, and bacon
sambal-lilang	/, chili, and basil
noodle-kugel	Egg noodles, raisins, cinnamon, and apples
spagh-clam-1	Garlic, clam,/
cheese-grits	A southern U.S. classic
chicken-korma	/, cloves, and ginger
choc-chip-2	Rich, thick, crunchy chocolate chip cookies
scrapple-2	A rough, livery, crusty scrapple
bread-rye	A sweet, dark whole-grain rye bread
poppycake	A light, delicate cake
cod-pudding	/, eggs, and milk
potato-pie-1	/, eggs, bacon, and cheese
muesli-1	cold, enriched porridge
choc-chip-1	/. Fields makes
hiker-bars	Caloric, filling,/
maple-souffle	A classic souffle, flavored with maple syrup
biscuits-1	Simple, fluffy biscuits
apple-bread	A simple, fragrant apple nut raisin bread
chili-2	A mild, hearty chili
graham-crack	/, honey, and cinnamon
chili-6	A hearty, hot and tasty chili
watercresssoup	Watercress soup, hot or cold
spinach-dip-2	/, leek, and sour cream
scrapple-2	A rough, livery, crusty scrapple
apple-squares	Sugary, moist apple squares
spagh-sauce-1	/, mushrooms, and eggplant
lasagne-2	/, mushrooms and corn
carbonara	Spaghetti carbonara, Neapolitan style
muffins-2	/, raisins, nuts, and dates
eggplant-2	Indian eggplant, onion,/
peanut-sauce-1	/, tempeh, or tofu

mushroom-soup2	A rich dill, paprika and mushroom soup
waffle-cone	Waffle ice-cream cone, pizelles
mandarin-soup	Bamboo shoot, pork, and mushroom soup
gumdrop-cake	/, applesauce, raisins, and coconut
muffins-2	/, raisins, nuts, and dates
noodle-kugel	Egg noodles, raisins, cinnamon,/
delmonicos	/, rice, and cheese
rice-bean-bake	A vegetarian bean, rice,/
spanish-cocoa	Thick, rich Spanish hot chocolate
breakfast-cas	A baked egg, sausage,/
senate-soup	/.S. Senate dining room
chalupa-1	/, similar to chili
meatloaf-2	A nice, simple meatloaf
gingerbread	/, soft and chewy
coconut-joys	Super-sweet, super-rich holiday cookies
peanut-sauce-1	/, tempeh, or tofu
texmex-tacos	San Antonio, Texas style tacos
chili-1	A hearty (and hot) Texas-style chili
choc-chip-2	Rich, thick,/
soup-aztec	/, tomato, and beef soup
lentil-soup	/, tomatoes, and hot pepper
tortilla-soup	/, tomatoes, and corn
hotdog-cass	/, vegetables and cheese
sesame-beef	Very hot, very simple, very good beef stir-fry
sesame-beef	Very hot, very simple,/
walnut-horns	Rolled, walnut-filled cookies
butternuts	Biscuits (cookies) with butter and coconut
scrapple-1)	/(a breakfast food like sausage
cabbage+apples	/(aae
chicken-tarrag	Saut aaed chicken with a tarragon cream sauce
saute-sweepto	/(aaeed in lime and tequila
scallops-1	Saut aaeed scallops with snow peas in fish sauce
chili-1	A hearty (and hot)/
pavlova-1)	Pavlova (Australian meringue dessert
pavlova-2)	Pavlova (Australian meringue dessert
chili-3	// bean chili
blkforest-pie	A rich chocolate/ cherry pie
nanaimo-bars-2	No-bake 3-layer (chocolate covered) bars
butternuts	Biscuits (cookies)/
oatmeal-slice	/(cookies)
yam-curry	/(emgood lamb curry substitute
shu-mei	Steamed dumplings (meatballs)
eggs-scotch	// oatmeal crust
hot-fanny-1	Fish in a hot garlic/ pecan sauce
cheese-grits	A southern U. S. classic
senate-soup	/. S. Senate dining room

ADVOKAAT

ADVOKAAT – Egg-cognac: a potent sweet alcoholic beverage

Advokaat is the Dutch word for "egg cognac". It is highly recommended for A. I. (Alcohol Imbibing) meetings. This recipe is my modification of a recipe I obtained in Poland. It makes a potent, superb advokaat (or egg-cognac). The milk and eggs are healthy, the sugar and alcohol are not.

INGREDIENTS (Serves 4–8)

1½ cups	*sugar*
2 Tbsp	*vanilla sugar*
2 cups	*milk*
9	*egg yolks*
1½ cups	*95% grain alcohol*

PROCEDURE

(1) Mix sugars.

(2) Boil milk with half of sugars for two minutes. Let it cool down. (For the milk it is easiest to use a pot which can later be used with a mixer.)

(3) Mix well (mixer at high speed) the yolks with the other half of the sugars.

(4) Using mixer add to milk. Then (still using mixer) add alcohol slowly. (The result is quite fluid, sweet and strong.)

(5) Bottle and let rest for two weeks to let the mixture thicken.

NOTES

This advokaat can be drunk or, better yet, eaten with a spoon: it is quite thick.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 2 weeks aging. *Precision:* Measure the ingredients.

CONTRIBUTOR

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AFRICAN VEGETABLE STEW

AFRICAN-STEW – A spicy vegetable stew

I got this recipe from my mom, who got it from a friend. It's very easy to make.

INGREDIENTS (Serves 4)

1	*very large onion,* chopped
1 bunch	*Swiss chard*
1 can	*garbanzo beans* (known also as chick peas, ceci, etc.)
½ cup	*raisins*
½ cup	*uncooked rice*
several	*fresh tomatoes* (or 1 large can of canned tomatoes)
1 clove	*garlic* (or more to taste)
2	*yams*
	salt and pepper to taste
	tabasco sauce to taste

PROCEDURE

(1) Fry onion, garlic, and white stems of chard until barely limp. Add chopped greens and fry a bit.

(2) Either peel the yams or scrub them well with a vegetable brush, then slice them into thick slices. Add garbanzos, raisins, yams, tomatoes, salt, and pepper. Cook a couple of minutes.

(3) Make a well in the center of the mixture in the pot. Put the rice in the well and pat it down until it's wet. Cover and cook until rice is done—about 25 minutes.

(4) Add Tabasco sauce to taste.

NOTES

I find that the flavors of the vegetables don't stand out unless you put in a lot of tabasco. But then, I've got a cast-iron tongue. You should add enough to make the stew seem spicy to you.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 30 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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"Saints should always be judged guilty until they are proved innocent.."

PENNSYLVANIA ALTAR BREAD

ALTAR-BREAD – An earthy whole-wheat bread used for communion

In Pittsburgh and other Western Pennsylvania parishes of the Episcopal church, it is common to use small, thin loaves of real, fresh, home-made bread at communion instead of the pressed wafers popular in most other places. The bread has a chewy texture to it, keeps tremendously well, and makes a great lunchbox food (each "loaf" is about the size a large cookie). This recipe comes from Father Bill Coats of the Church of the Redeemer in Pittsburgh.

INGREDIENTS (8–10 single-serving loaves)

7/8 cup	*lukewarm water* (The water should be about
3 Tbsp	*honey*
1½ Tbsp	*olive oil*
½ tsp	*salt*
1 pkg	*active dry yeast*
2 2/3 cups	*whole wheat flour* (Unsifted)

PROCEDURE

(1) Combine water and yeast in mixing bowl. Add honey, olive oil, and salt.

(2) Add flour. If flour does not completely dampen, add small amounts of water until all of the flour is damp. Be sparing with the water.

(3) Turn out onto a very lightly floured board, and knead thoroughly for 5 minutes until dough is extremely elastic.

(4) Sprinkle a tiny amount of olive oil in a big bowl, then roll the dough in it until the dough is covered with olive oil. Leave the dough in the bowl, cover with a cloth, and let rise for 1½ hours, or until doubled in size.

(5) Preheat oven to Punch the dough down, knead again for a few seconds. Roll the dough out with a rolling pin, as if you were making a pizza crust, to a thickness of ¼ inch.

(6) Using something like a large peanut butter jar or a giant cookie cutter, cut out 4-inch circles of the dough and lift them onto a slightly-oiled baking sheet. Press a cross into the top surface of each, so that it can be easily broken apart.

(7) Bake the loaves, on their baking sheet, in a preheated oven for 10 minutes.

NOTES

You can freeze these loaves easily; either put them in single-serving ziploc bags and use them for school lunches, or freeze a bunch in a large food-storage bag.

RATING

Difficulty: moderate. *Time:* 15 minutes preparation, 2 hours rising, 10 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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AMBROSIA

AMBROSIA − Simple desert for failed Pavlova attempts

My mother used to make the banana variety of this when she cooked her meringues a little too long or too hot. I've no idea of its origins.

INGREDIENTS (serves 4)

1¼ cups	*heavy cream*
2	*bananas* (or equivalent amount of some soft fruit)
	broken meringue

PROCEDURE

(1) Whip the cream.

(2) Chop fruit coarsely, but don't crush.

(3) Break meringue into large crumbs.

(4) Mix everything shortly before serving and pile into glasses.

NOTES

I can never make up my mind whether I prefer the strawberry or the banana version. Peach should be pretty good too, though I've never tried it.

This is a neat way of saving a *Pavlova*(D) attempt when the meringue part fails: it produces a delicious desert and no-one need ever know...

RATING

Difficulty: very simple. *Time:* 10 minutes presuming you have the meringue available. *Precision:* No need to measure.

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BAKED APPLES

APPLE-BAKE – A quick substitute for apple pie

INGREDIENTS (Serves 4)

4	*green apples* (crispy, tart, medium sized—Granny Smiths are good)
3 in.	*stick cinnamon,* broken and ground (use a coffee grinder.) Alternative: 1¼ tsp powdered cinnamon.
14	*allspice berries,* ground the same way (makes interesting coffee afterwards). Alternative: ½ tsp allspice.
1/8 tsp	*grated nutmeg*
½ cup	*brown sugar*
3 Tbsp	*butter* (grate if cold)
	juice of ½ medium lemon
3/4 cup	*golden raisins*
¼ cup	*dried pitted prunes*
3/4 cup	*chopped walnuts* (or other nuts)

PROCEDURE

(1) Preheat oven to Butter a deep baking dish that has a lid.

(2) Core the apples but do not peel them. Arrange them in the dish. Cut apples to fit, if necessary.

(3) Combine all remaining ingredients in bowl. Mix well (this is where grating the butter comes in handy). Stuff this mixture into the holes and spaces in and between the apples.

(4) Bake covered at for about 30 minutes. Serve hot with vanilla ice cream (spoon extra sauce over ice cream).

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 30 minutes cooking. *Precision:* measure the spices.

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APPLE-MOLASSES BREAD

APPLE-BREAD – A simple, fragrant apple nut raisin bread

I found this recipe on the back of a label for a baking loaf pan. It is easy to make and because of the molasses it is very fragrant while baking.

INGREDIENTS (1 large loaf)

½ cup	*butter*
1 cup	*sugar*
3	*eggs*
2 cups	*all-purpose flour*
1 tsp	*baking powder*
½ tsp	*salt*
½ tsp	*ground cinnamon*
¼ tsp	*ground nutmeg*
1 cup	*applesauce*
¼ cup	*dark molasses* (treacle)
1 cup	*raisins*
½ cup	*chopped nuts*

PROCEDURE

(1) Preheat oven to

(2) In a large bowl, cream butter and sugar until light and fluffy.

(3) Add eggs, one at a time, beating well after each addition.

(4) Combine flour, baking powder, salt, cinnamon and nutmeg; set aside. Combine applesauce and molasses.

(5) Add dry ingredients alternately with applesauce mixture to egg mixture. Fold in raisins and nuts.

(6) Pour into a greased 9¼×5¼×2¾ inch loaf pan. Bake at for 1 hour, or until a toothpick inserted into the center comes out clean. Cool 10 minutes, remove from pan and continue cooling on a wire rack.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1 hour baking, 30 minutes cooling. *Precision:* measure the ingredients.

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APPLE CRISP

APPLE-CRISP – Easy baked apple dessert

I got this recipe from Marsha Foregger. It's very easy and makes a yummy dessert.

INGREDIENTS (serves 6 to 8)

5– 6 cups	*apple slices*
¾ cup	*sugar*
1 cup	*flour*
1 tsp	*baking powder*
¾ tsp	*salt*
1	*egg*
1/3 cup	*solid shortening* (e.g. Crisco)
½ tsp	*cinnamon*

PROCEDURE

(1) Preheat the oven to

(2) Fill a greased baking dish (approximately 6×10 inches) with the apple slices.

(3) Mix together with fork until crumbly the sugar, flour, baking powder, salt and egg. Sprinkle over apples.

(4) Melt the shortening, cool slightly and pour over apple-flour mixture. Sprinkle with cinnamon. Bake 30–40 minutes at Serve with vanilla ice cream.

NOTES

I usually sprinkle some raisins and walnut halves in among the apple slices.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 40 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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APPLE CRUMB PIE

APPLE-PIE-1 – One-crust apple crumb pie

INGREDIENTS (Makes 1 pie)

4 cups	*tart apples*
2 Tbsp	*butter*
¾ cup	*sugar*
½ tsp	*nutmeg*
1 tsp	*cinnamon*
½ cup	*brown sugar*
¼ cup	*all-purpose flour*
¼ cup	*butter,* melted
½ cup	*chopped nuts* (walnuts, pecans, etc.)
1	*pie crust*

PROCEDURE

(1) Core, peel and slice the apples.

(2) Melt the butter, and mix the rest in with it. Pour over apples and mix around so the apples are coated.

(3) Put in an unbaked pie shell

(4) Combine brown sugar, flour, melted butter, and nuts. Spread over top of the filling.

(5) Bake at for 50 minutes, or until it is bubbling.

NOTES

The pie can also be frozen and then baked, right from the freezer, at for 90 minutes. The pies will keep a very long time in the freezer, and not be worse for wear.

PS: For those who like the quality of home-made pie crusts but the convenience of ready-made, make a bunch of crusts someday when the mood grabs you, and put them in the freezer in a big plastic bag.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SOUTHERN CREAM APPLE PIE

APPLE-PIE-2 – Apple pie with sour cream goodness

This recipe came from my wife's boss, Dick Dolan, the editor of the Hewlett Packard Journal. It is sinfully delicious and never lasts very long, even if you don't have help eating it!

INGREDIENTS (Makes 2 pies)

PIE

22 oz	*tart apples*
1½ cups	*sugar*
¼ cup	*flour*
3 cups	*sour cream*
2	*eggs,* beaten
1 tsp	*vanilla*
2	*deep-dish pastry shells,* 9 inches wide

TOPPING

1 1/8 cups	*sugar*
¾ cup	*flour*
1½ tsp	*cinnamon*
½ cup	*butter*

PROCEDURE

(1) Preheat the oven to In a large bowl, combine the sugar, flour, sour cream, eggs, and vanilla into a smooth mixture.

(2) Core, peel, and chop the apples. Boil them in a small amount of water with a little lemon juice for 3 to 5 minutes until they begin to get tender.

(3) Drain apples and add to the mixture.

(4) Pour into two 9-inch pastry shells.

(5) Bake at for 30 minutes.

(6) While pies are baking, crumble topping ingredients into a bowl and mix with a pastry cutter or two knives.

(7) Remove pies from oven and cover with topping recipe.

(8) Put pies under broiler for 1 to 2 minutes until the topping begins to bubble.

NOTES

Don't take your eyes off the pies while they're under the broiler. A moment's inattention can mean burned pie!

If there is any pie left over, the remainder should be refrigerated.

RATING

Difficulty: moderate. *Time:* 20 minutes preparation, 30 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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APPLESAUCE SALAD

APPLESAUCE-SLD – Applesauce jello salad

A delicious jello salad, taken from "The Monterey Coast Guard Officers' Wives Club Cookbook." My sister-in-law was the president of the club which put that cookbook together.

INGREDIENTS (Serves 8)

¼ cup	*cinnamon imperials* (candy)
1 cup	*water*
3 oz	*lemon jello mix* (1 small package)
1 cup	*applesauce*
4–5	*ice cubes*

PROCEDURE

(1) Place the candy and water in a pot. Bring to a boil, stirring to dissolve the candy.

(2) Add jello powder and stir until it is dissolved.

(3) Stir in applesauce and ice cubes until ice cubes are melted.

(4) Pour into a bowl and refrigerate until set (1 hour or more).

NOTES

Substituting apple cider or apple juice for the water adds tremendous taste. We prefer homemade "chunky" style applesauce to processed commercial brands.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1–3 hours to chill. *Precision:* approximate measurement OK.

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SECOND DAY APPLE SQUARES

APPLE-SQUARES – Sugary, moist apple squares

Try to avoid eating very many of these squares on the day you make them, as they improve immeasurably on the second and third day! This recipe originally came from a Pillsbury bake-off.

INGREDIENTS (Makes 12-15 squares)

2 cups	*unbleached white flour*
2 cups	*brown sugar,* firmly packed
½ cup	*butter or margarine*
1 cup	*chopped nuts* (optional)
1–2 tsp	*cinnamon*
1 tsp	*soda*
½ tsp	*salt*
1 cup	*sour cream or yogurt*
1 tsp	*vanilla*
1	*egg*
2 cups	*apples,* peeled and finely chopped (about 2 apples)

PROCEDURE

(1) Preheat oven to

(2) In a large bowl, combine the flour, brown sugar and margarine.

(3) Blend at low speed, until the mixture forms fine crumbs.

(4) If you want to include them, stir in the nuts now.

(5) Place 2¾ cups of the crumb mixture into an ungreased 13×9 inch pan. Press down firmly.

(6) Add the remaining ingredients (except for the apples) to the remaining crumb mixture. Blend well.

(7) Stir the chopped apples into the batter. Spoon the batter evenly over the crumb base in the pan.

(8) Bake at for 30–40 minutes. If you use the larger pan, bake for 25–30 minutes.

(9) Cool before cutting. Better yet, let it wait 24 hours before cutting.

(10) Store loosely covered.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 40 minutes baking. *Precision:* approximate measurement OK.

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ARMENIAN RICE

ARMENIAN-RICE – Rice with noodles in chicken broth

INGREDIENTS (Serves 2–3)

4 Tbsp	*butter*
1 cup	*uncooked rice*
2 oz	*small egg noodles*
2 cups	*chicken stock*
	basil (optional)

PROCEDURE

(1) Melt butter in large saucepan, add egg noodles, and cook until browned.

(2) Add rice, stir to coat with butter. Cook on medium high heat for 1 minute.

(3) Add chicken stock, and optional basil, and stir to mix.

(4) Reduce heat, cover, and cook for 25–30 minutes until rice is done. Remove from heat and let stand, covered, for 5 minutes before serving.

RATING

Difficulty: very easy. *Time:* 5 minutes preparation, 30 minutes cooking. *Precision:* Approximate measurement OK.

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ARTICHOKE-SPINACH CASSEROLE

ARTICHOKE-CASS – Vegetable casserole with artichokes and spinach

This is a fattening but good vegetable dish.

INGREDIENTS (Serves 4)

8 oz	*marinated artichoke hearts,* drained (2 small jars) Save the marinade for salad dressing.
20 oz	*cooked spinach,* drained and squeezed dry. (Use 2 packages of thawed frozen spinach, or 1½ lbs cooked fresh spinach)
8 oz	*cream cheese,* softened
2 Tbsp	*butter,* softened
½ cup	*grated parmesan cheese*

PROCEDURE

(1) Preheat oven to Spread artichoke hearts in the bottom of a buttered casserole dish, in roughly one layer.

(2) Top with spinach.

(3) Cream together the cream cheese, butter and cheese, and spread evenly on top.

(4) Bake covered for 30 minutes, then uncovered for 10 minutes.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 40 minutes baking. *Precision:* no need to measure.

CONTRIBUTOR

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SUMMER ASPARAGUS SOUP

ASPARAG-SOUP-1 – A light and simple asparagus soup

Every summer, it seems, the grocery stores are glutted with cheap asparagus. Most of the classical recipes for asparagus soup produce a hearty winter-style soup. Here's a simple recipe for a delicious, light, thin soup that is more in keeping with the time of the year that the glut occurs. You can leave out the chicken broth to make it a meatless soup, but it does require egg yolks.

INGREDIENTS (Serves 4–6)

2 Tbsp	*butter*
1	*onion,* chopped
1½ lbs	*fresh asparagus*
2 Tbsp	*flour*
6 cups	*boiling water*
2 tsp	*salt*
¼ cup	*rich chicken broth* (optional)
2	*egg yolks*
½ cup	*milk*

PROCEDURE

(1) Melt the butter in a pan big enough to cook the soup. Sauté the onions for a few minutes, until transparent but not brown.

(2) Meanwhile, slice the asparagus into thin slices. Now add the sliced asparagus pieces to the onions and continue to sauté (over medium to medium-high heat) for 15 minutes, until most of the moisture has steamed out of the asparagus and the mixture has just barely started to brown.

(3) Add the flour to the onion/asparagus mixture and stir well to coat each piece with some flour. Cook for 2 or 3 more minutes over medium-high heat.

(4) Dump the boiling water into the asparagus mixture. Add the (optional) chicken broth and the salt. Simmer for 1 hour.

(5) Strain out the cooked asparagus, leaving behind a thin yellow-green soup.

(6) Thicken the soup with the 2 egg yolks. Add the milk and reheat the soup to serving temperature. Add salt and fresh-ground white pepper to taste. Serve immediately.

NOTES

The slicing disk on a food processor does an excellent job of slicing the asparagus for this recipe. You can use a food mill, a china cap, or an ordinary sieve to strain the cooked asparagus out of the broth.

Don't try to make this soup as a low-salt soup by leaving out the salt. It will taste like dishwater if you cook the asparagus for an hour without salt. Don't try to skimp on time by leaving the cooked asparagus in the broth unstrained. It will ruin the texture.

RATING

Difficulty: easy to moderate (thickening soup with egg yolks is not a beginner's skill). *Time:* 10 minutes preparation, 1 hour simmering, 5 minutes finishing. *Precision:* Approximate measurement OK.

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FRUIT CORNISH HENS

AUTUMN-HENS – Cornish game hens stewed in fruit and sugar

I originally got this recipe from the Sunday magazine of the local paper. I served it last year for Christmas dinner, and it's very good. What's more, this recipe is *easy*: you just put everything in a bowl, marinate overnight, then bake until done!

INGREDIENTS (serves 8)

8	*Cornish game hens* (each about 1 lb)
12	*large garlic cloves,* peeled and finely minced
4 Tbsp	*dried oregano*
	salt (to taste)
	pepper (to taste)
1 cup	*red wine vinegar*
½ cup	*olive oil*
1 cup	*pitted prunes*
1 cup	*dried apricots*
1 cup	*pitted green olives*
½ cup	*capers* (plus a bit of the juice)
8	*bay leaves*
1 cup	*brown sugar*
1 cup	*dry white wine*
4 Tbsp	*Italian parsley* (chopped)

PROCEDURE

(1) Clean hens well under cold water. Pat dry.

(2) In a large bowl, combine hens, garlic, oregano, salt, pepper, vinegar, oil, prunes, apricots, olives, capers (with juice) and bay leaves. Cover and refrigerate overnight to marinate.

(3) Preheat oven to

(4) Arrange game hens in 1 or 2 shallow roasting pans. Spoon all the marinade over the hens. Sprinkle evenly with brown sugar and pour wine around them.

(5) Bake for 1 to 1¼ hours, basting frequently, until golden. Juice should look clear when thigh is pricked with a fork.

(6) Transfer hens, fruit, olives and capers to a serving platter. Moisten with pan juices and sprinkle with parsley. Pass remaining pan juices in a sauceboat.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, overnight marinating, 1 hour cooking. *Precision:* approximate measurement OK.

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CHICKEN SOUP AVGOLEMONO

AVGOLEMONO – Greek style egg & lemon chicken soup

Avgolemono in greek means "egg and lemon" and is the most popular technique for preparing soup in Greece. So much so, that unless stated otherwise, when one talks of soup, one means avgolemono soup. What follows is a recipe for my favourite, chicken soup, but feel free to substitute any kind of meat or fish broth for the chicken.

INGREDIENTS (Serves four -hungry- people)

64 oz	*chicken broth* (You can get away with instant broth, but make sure it is of good quality. I usually use Knorr Chicken Bouillon cubes)
4 Tbsp	*white rice* (Unconverted—*not* Uncle Ben's!!!)
2	*eggs* (large, or use 3 small or medium eggs)
1	*lemon*
½ Tbsp	*salt* (or more to taste)

PROCEDURE

(1) Bring the broth to a boil, and add the rice and salt. Let rice cook for 15−20 minutes.

(2) Remove pot from stove and let it cool for a while.

(3) Separate the whites from the egg-yolks, and beat the whites in a large bowl, until they thicken a little. Add the yolks and the juice of the lemon, and beat until you get a uniform mixture.

(4) Now *carefully,* using a ladle, pour some of the warm broth into the egg mixture, while beating continuously. When your bowl is full, pour the contents back into the remaining broth, and stir until you get a uniform mixture.

(5) Now serve and, I hope, enjoy!

NOTES

The process of steps 3 and 4 is known in greek as "avgokomma", and describes both this process and what will happen if you are not very careful—the egg will coagulate and spoil everything! In order to avoid such an unfortunate occurrence, you must let the broth cool a little before adding the egg. This can easily be done by starting to beat the eggs only after you have removed the broth from the stove, thus giving time to the broth to cool. However, if you're in a hurry, you can pour a small glass of cold water into the broth (which will obviously make the soup more diluted). The broth must be poured slowly into the egg and lemon mixture, but the two must be blended quickly (use of an electric mixer is recommended).

The original recipe does not require beating the whites separately, so you can simply beat the eggs whole until the whites blend with the yolks, and then add the lemon. If you prepare the eggs this way, the soup will be a little less smooth.

The soup can be kept in the refrigerator for a day or two. Be careful not to bring it to a boil when re-heating it, because the egg will coagulate.

RATING

Difficulty: moderate (handling of eggwhites in soup takes experience). *Time:* 30 minutes. *Precision:* Approximate measurement OK.

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"I reversed the polarity of the neutron flow..."

QUICK AVGOLEMONO SOUP

AVGOLEMONO-2 – Greek egg-lemon soup

This is a perfect way to use up a little leftover rice.

INGREDIENTS (4 servings)

1 cup	*cooked white rice*
3 cups	*chicken broth*
1	*lemon,* juiced
2	*large eggs*

PROCEDURE

(1) If you don't have any leftover white rice, put ½ cup of rice on to cook.

(2) Heat the chicken broth to boiling.

(3) While the chicken broth is heating, beat together the lemon juice and eggs in a small bowl or glass measuring cup until uniform in color.

(4) When the chicken broth is boiling, stir in the cooked rice. Remove from heat and stir briskly while slowly pouring the egg mixture into the pot from about a foot in the air. The soup should end up resembling a cream soup and there should be no large visible threads of egg.

NOTES

This recipe even works well with canned chicken broth since the lemon covers up the ‘‘canned’’ flavor.

RATING

Difficulty: Easy *Time:* 20 minutes if you have to cook the rice, 10 minutes if you don't. *Precision:* No need to measure.

CONTRIBUTOR

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BAKLAVA

BAKLAVA – An incredibly sweet and wonderful Balkan dessert

Baklava is claimed by almost every Balkan state as its own invention; most people in the United States first encounter it in Greek restaurants. If the truth were known, it's probably the Turkish who invented it, as is the case for many other ''typically Greek'' dishes. This recipe comes from my Bulgarian grandmother, and follows Bulgarian tradition, in that the filling is very simple.

INGREDIENTS (Makes two small pans)

DOUGH

1 lb	*strudel dough* (or fillo leaves)
1 lb	*unsalted butter,* well melted. Salted butter or margarine are *not* acceptable.

FILLING

1 lb	*walnut meat,* chopped medium fine
¼ cup	*sugar*
1 tsp	*vanilla* (or use vanilla sugar)

SYRUP

4 cups	*sugar*
2 cups	*water*
1 tsp	*lemon juice*

PROCEDURE

(1) Heat oven to to

(2) Make the syrup first. Boil the water and sugar for 15 minutes. Add lemon juice, boil 10 more minutes, set aside to cool.

(3) Make the filling: Mix all ingredients well. I prefer the walnuts fairly coarse; some people like them quite fine.

(4) Cut the dough with scissors to the size of the tray. Handle the dough very carefully; do not press hard on it at any time. Cover with wax paper and damp towel.

(5) Take out one sheet of dough at a time and place it in the pan. Brush the dough with melted butter between each layer. Continue until you have about 12 sheets buttered. Small and broken pieces of dough can be used in the center, but there *must* be butter between every two layers.

(6) Spread walnut filling across the tray.

(7) Put on a sheet of dough, brush on butter, and continue until all the dough is used up.

(8) Cut into diamond shapes: cut into quarters with cuts parallel to the long axis, then cut diagonally across. Don't press hard!

(9) Bake for about 1½ hour, until golden brown. Be careful not to burn the bottom or the walnuts, especially with a glass pan.

(10) Let cool on rack for 5 minutes. Add syrup which should have cooled to room temperature. Let cool for at least two hours before eating.

NOTES

Probably the hardest thing about this recipe is waiting those last two hours!

Depending on where you go, you'll hear the name of this dish pronounced different ways. I pronounce the name with all /ah/ sounds, with accents of equal intensity on both the first and third syllable. The second syllable is quite faint. Greek-speaking persons typically put a heavy accent on the second syllable.

Many variations on the filling are to be found. A simple one was mentioned above, regarding the coarseness of grind of the walnuts in the filling. They may even be ground. Spices such as chopped cloves or cinnamon may be added, and the filling may be included in several layers instead of just one.

A large (14×10 inch) pan is almost too big to handle. I typically make this recipe in two 7¾×11 inch pans, which is just about the size of a half sheet of the dough I buy. By the way, if you can make your own strudel dough, it will be even better ... but much more effort.

It is best to have a partner help you prepare the pans. One person handles the dough and places it in the pan, while the other applies the butter. It is very important that sufficient butter be placed between layers so that each layer gets flaky, rather than having them stick together. Pay particular attention to the edges and corners.

In case you haven't noticed, this is very sweet stuff. It goes great with a fine cup of coffee, espresso, or Turkish coffee, even with sugar. Two pieces will probably fill anyone up; it refrigerates and freezes quite well. This recipe requires a lot of effort, but it's well worth it.

RATING

Difficulty: moderate to hard. *Time:* 1½ hours preparation, 1½ hours cooking, 2 hours cooling. *Precision:* measure the ingredients.

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AYALLA'S BANANA BREAD

BANANA-BREAD – Banana-nut bread

This recipe is from my friend Ayalla. It makes a heavy, but moist, loaf of banana bread.

INGREDIENTS (1 loaf)

3	*very ripe bananas*
1 cup	*sugar*
½ cup	*shortening (butter)*
2	*eggs*
3 Tbsp	*yoghurt or sour cream*
2 cups	*flour*
1 tsp	*baking soda*
1 cup	*chopped walnuts*
	rum, vanilla, or amaretto (optional)

PROCEDURE

(1) Preheat the oven to Cream the shortening and sugar.

(2) Mix in the bananas.

(3) Mix in the remaining ingredients.

(4) Pour into a greased loaf pan.

(5) Bake 1 hour 15-20 minutes at

NOTES

If you use more than 3 normal-size bananas, I suggest that you lower the oven temperature and cook for a while longer. Otherwise, the crust comes out almost overcooked while the middle remains moist and almost undercooked.

RATING

Difficulty: easy. *Time:* Preparation: 10 minutes; baking: at least 95 minutes. Allow some time for cooling. *Precision:* Approximate measurement OK.

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BANANA SPLIT CAKE

BANANA-CAKE – A no-cooking cake with fruit and whipped cream

INGREDIENTS (Crust #1)

2 cups	*graham cracker crumbs*
¼ cup	*margarine*

PROCEDURE (making crust #1)

(1) Mix and press in bottom of a 9×13 pan. Bake 10 minutes at Cool.

INGREDIENTS (Crust #2)

2 cups	*all-purpose flour*
½ cup	*sugar*
1 cup	*soft margarine*
1	*egg,* slightly beaten
½ tsp	*vanilla*

PROCEDURE (making crust #2)

(1) Blend all ingredients thoroughly. Pat dough on bottom of a pan.

(2) Bake at for about 10 minutes or until golden brown. Cool.

INGREDIENTS (Crust #3)

32	*Oreo cookies*
2/3 cup	*melted margarine*

PROCEDURE (making crust #3)

(1) Crush cookies and mix them with the margarine. Press mixture in bottom of pan.

INGREDIENTS (Filling for 1 cake)

½ cup	*margarine*
2 ½ cups	*powdered sugar*
2	*eggs*
4–5	*bananas,* sliced lengthwise
20 oz	*chunk pineapple,* drained
4 cups	*whole strawberries*
1 cup	*whipping cream*
	chopped nuts

PROCEDURE

(1) Whip margarine/sugar/egg mixture with electric mixer and spread over cooled crust.

(2) Place bananas, cut side down, on top of above layer.

(3) Spread on the pineapple chunks, then the strawberries.

(4) Whip the cream, cover the whole dish with whipped cream, and sprinkle with nuts.

(5) Refrigerate 4 hours before serving.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 4 hours cooling. *Precision:* approximate measurement OK.

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BEP'S BARMI GORENG

BARMI-GORENG – A tasty Indonesian dish

This is a recipe that my mother, Bep, has perfected. I have no idea where the recipe originated from but it is a great dish that she has perfected over the years. The leftovers are great next day, hot or cold.

INGREDIENTS (serves 4)

4 oz	*boemboe nasi goreng* (dehydrated vegetables and spices)
¼ tsp	*sambal oedang kering* (pepper condiment)
2 tsp	*ketjap benteng manis* (sweet soy sauce)
¼ tsp	*sambal oelek,* (hot pepper condiment)
1 lb	*peeled tomatoes*
½ lb	*Chinese noodles*
1 lb	*mince beef*
¼ lb	*middle bacon*
1 Tbsp	*tomato paste*
1	*medium onion*

PROCEDURE

(1) Soak the boemboe nasi goreng in hot water.

(2) Dice and brown the onion, whilst boiling the noodles in another container.

(3) Add mince and diced bacon to cooked onions, and brown.

(4) To soaked the boemboe nasi goreng add tomatoes, sambal oedang kering, sambal oelek and ketjak benteng manis; mix well. More spices can be added to taste.

(5) Drain the noodles.

(6) Add tomato paste and Chinese noodles to cooked mince. Mix together.

(7) Bring to even heat and serve.

NOTES

Editor's note: this recipe is unique in the history of alt.gourmand in that virtually none of the ingredients is available in an ordinary North American grocery store. However, with a certain amount of difficulty I was able to find all of the ingredients in specialty food stores nearby (though admittedly I live in a wonderland of ethnic grocery stores and specialty markets.) The recipe is so delicious that it's worth including even though most readers will not be able to find the ingredients to make it. North Americans can read "ground beef" for "mince beef" and "bacon" for "middle bacon". You can make an interesting substitute for this dish by using Mexican seasonings instead of Indonesian; the flavor will not be at all authentic but some of the spirit is preserved.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* approximate measurement OK

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BASMATI RICE PILAF

BASMATI-RICE-1 – Basmati rice with carrots

This is a delicate, fragrant rice dish—one of our favorites. I got the recipe from an Indian cooking class. It's a bit of work, but well worth it.

INGREDIENTS (Serves 4)

1 cup	*Basmati rice* (from Indian grocery or gourmet shop)
1	*small onion*
3	*medium carrots*
1	*bay leaf*
1	*cinnamon stick,* crumbled
2	*cloves*
4	*black peppercorns*
¼ tsp	*cumin seeds*
1 Tbsp	*light vegetable oil*
2 Tbsp	*butter*
1 Tbsp	*kosher salt* (or to taste)

PROCEDURE

(1) Wash the rice in cool water, squeezing gently with your fingers, until the water runs clear. Put the rice in 2 cups of cool water to soak for 20 minutes.

(2) Strain soak water into saucepan and heat. Leave rice to dry in strainer. Preheat oven to

(3) While rice is drying, chop onion finely and set aside. Dice carrots and set aside. Measure spices.

(4) When rice is dry, heat oil over medium high flame in heavy, oven-proof skillet or casserole dish. Add spices.

(5) When spices become fragrant, add butter and onions. Cook until onions are tender and light golden brown. Add carrots and cook for 3–5 minutes.

(6) Add rice and cook, stirring very gently for 5 minutes.

(7) Add salt and heated soak water, bring to boil. Reduce heat and simmer until water on top of rice has boiled off.

(8) Cover tightly and cook for 20 minutes at

(9) Remove from oven, let rest for 10 minutes, then serve.

NOTES

It is important to handle the rice gently so that the grains are not broken. It's also important to use whole spices; ground spices would overpower the rice.

This dish can be re-heated in the oven.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 30 minutes cooking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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SUNSHINE BEAN CASSEROLE

BEAN-CASS-1 – An easy bean casserole

This recipe comes from *A Primer on Bean Cookery* by the *California Dry Bean Advisory Board.* The recipe calls for red beans, lima beans, and garbanzos, but any combination of cooked or canned beans can be used. Pick your own favorites.

INGREDIENTS (Serves 6 to 8)

2 cups	*canned red beans,* drained
2 cups	*canned lima beans,* drained
2 cups	*canned garbanzo beans,* drained
1 lb	*ground beef*
1	*large onion,* chopped fine
1	*garlic clove,* minced
¼ cup	*brown sugar*
1–2 Tbsp	*prepared mustard*
½ cup	*ketchup*
1 tsp	*cumin powder* (optional)
¼ cup	*red wine*
	salt and pepper to taste

PROCEDURE

(1) Put drained beans into a 2½-quart casserole; mix lightly and set aside.

(2) In large skillet cook ground beef, onions, and garlic until meat is lightly browned; stir in remaining ingredients (except beans).

(3) Add skillet mixture to beans in casserole; mix together.

(4) Cover and bake for about an hour at or simmer the mixture in a crockpot for 3 to 4 hours.

RATING

Difficulty: Easy. *Time:* 75 minutes if baked; 3 to 4 hours in a crockpot. *Precision:* No need to measure.

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BEEF STOCK

BEEF-STOCK − A basic brown soup stock

This is a similar stock to the one Jeff Smith describes in *The Frugal Gourmet.* I usually use bones with meat on them; he recommends meatless ones.

INGREDIENTS (About 16 cups)

5 lb	*soup bones*
1 bunch	*carrots*
1 bunch	*celery*
3	*yellow onions,* unpeeled
20 cups	*water*

PROCEDURE

(1) Brown the bones in a heavy pan if there is meat on them. If there is no meat, roast the bones in a oven for two hours, being careful not to burn them.

(2) Chop the carrots, celery, and onions. The onion skin will add to the color of the stock.

(3) Place all of the ingredients in a heavy stock pot and simmer for 12 hours. Add water as necessary to keep the other ingredients covered. Alternately, bring to a simmer and place, covered, in a oven overnight.

(4) Strain the stock. A layer of fat will form on top of the stock as it cools. This is a sufficient seal to keep the stock fresh in the refrigerator for a couple of weeks. It freezes well, too.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 12−14 hours cooking. *Precision:* no need to measure.

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BEER & CHEESE SOUP

BEER-CHS-SOUP – an easy quick tummy-warming soup

One of my favorite cold-weather soups, this recipe came from a friend of a friend of a friend. The listed vegetables are really just suggestions. Use whatever suits your fancy, or is in the refrigerator.

INGREDIENTS (Serves 6)

1 cup	*diced onions*
1 cup	*diced celery*
1 cup	*diced carrots*
1 cup	*diced mushrooms*
¾ cup	*butter*
½ cup	*flour*
1 tsp	*dry mustard*
5 cups	*chicken or vegetable stock*
1 bunch	*broccoli*
11 oz	*beer* (use a can or bottle and save a swallow for the cook!)
6 oz	*cheddar cheese, grated*
2 Tbsp	*grated parmesan cheese*
	salt
	pepper

PROCEDURE

(1) Sauté the diced vegetables in butter.

(2) Mix flour and mustard into sautéd vegetables. Add the chicken or vegetable stock to mixture and cook for five minutes.

(3) Break broccoli into small flowerets; cut stems into bite-sizes pieces. Steam until tender-crisp.

(4) Add beer and cheeses to the soup. Simmer 10–15 minutes. Check seasonings.

(5) To serve, place some broccoli into a soup bowl and ladle the soup over it.

NOTES

Because of the cheese, this soup doesn't survive a night in the refrigerator very well.

RATING

Difficulty: Easy. *Time:* 30 minutes. *Precision:* Approximate measurement OK.

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BEETS IN MUSTARD SAUCE

BEET-MUSTARD – Beets in a tangy mustard sauce

From Bert Greene's *Greene on Greens*.

INGREDIENTS (Serves 4)

1½ lb	*beets,* trimmed
3 Tbsp	*unsalted butter*
¼ cup	*shallots* minced
1 Tbsp	*flour*
½ cup	*chicken stock*
3 Tbsp	*Dijon mustard*
¼ cup	*cream*
	parsley, chopped
	salt and pepper

PROCEDURE

(1) Scrub the beets lightly annd boil them for 35 minutes until barely tender. Drain under cold water, peel, then slice into ¼ inch pieces.

(2) Melt the butter and cook the shallots for 4 minutes over medium heat.

(3) Turn the heat down and stir in the flour. Cook for 2 minutes stirring often.

(4) Add the stock, mustard and cream. Cook for a few minutes until thick.

(5) Combine with the beets. Cook for a few minutes until it is warm. Add salt and pepper to taste. Serve with parsley sprinkled on top.

RATING

Difficulty: easy. *Time:* 50 minutes cooking, 10 minutes preparation. *Precision:* approximate measurement OK.

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BERLINERKRANZER

BERLINERKRANZ – Norwegian wreath cookies

These are decorative holiday cookies adding quite a bright, colorful aromatic touch to your plate of cookies.

INGREDIENTS (6 dozen)

¾ cup	*butter or margarine, softened*
¾ cup	*solid shortening* (e.g. Crisco)
1 cup	*sugar*
2 tsp	*grated orange peel*
2	*eggs*
4 cups	*all-purpose flour*
	red cinnamon candies (optional)
	green food coloring (optional)

PROCEDURE

(1) Heat oven to

(2) Mix thoroughly butter, shortening, sugar, orange peel, and eggs.

(3) Blend in flour. Color with green food coloring, if desired.

(4) Shape dough by rounded teaspoonfuls into ropes, each 6 inches long and ¼ inch in diameter.

(5) Form each rope into a circle, bringing one end over the other and through into a single knot. Let ½ inch extend at each end.

(6) Place on ungreased baking sheet.

(7) Press in red cinnamon candies, if desired.

(8) Bake 10 to 12 minutes or until set but not brown.

(9) Immediately remove from baking sheet.

RATING

Difficulty: moderate (requires some dexterity). *Time:* 1 hour. *Precision:* Measure the ingredients.

CONTRIBUTOR

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BERRY COBBLER

BERRY-COBBLER – Berry cobbler

This recipe was lifted from *TV Guide*'s series of recipes from television stars. It is similar to the recipe for *Berry Pudding* found in Edna Staebler's *Food That Really Schmecks* cookbook. I will list a few variations on it at the end.

INGREDIENTS (Serves 6)

½ cup	*sugar* (for sprinkling)
4 cups	*berries* (fresh or frozen)
1 cup	*sugar* (for the batter)
1 cup	*all-purpose flour*
1½ tsp	*baking powder*
½ tsp	*salt*
½ cup	*milk*
¼ cup	*butter* (softened)
	nutmeg

PROCEDURE

(1) Preheat oven to

(2) Sprinkle ½ cup of sugar on the berries, and place them in the bottom of a 2-quart baking dish.

(3) Combine the remaining dry ingredients (flour, sugar, baking powder and salt).

(4) Add the milk and softened butter, and beat well.

(5) Spoon the batter over the berries. Sprinkle some nutmeg on top.

(6) Bake for about 45 minutes.

NOTES

You can use pretty well any type of berry for the base. A favourite of mine is a combination of strawberries, raspberries, and blueberries.

The base of this turns out to be a bit thin and liquidy. If you strain the juice from the fruit, add a couple of tablespoons of flour to the juice, and then pour the juice over the fruit in the baking dish, the base will be semi-firm.

You do not need to sprinkle the full ½ cup of sugar on the berries; with sweeter berries, much less will often suffice.

If you would like a sweeter, candy-like batter, try adding more sugar to the batter. I wouldn't recommend putting more than 1¼ cups of sugar into the batter, though—the crust of the batter will be very candy-like, but the centre of the batter will not properly bake if you do.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 45 minutes baking. *Precision:* approximate measurement OK.

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BISCUITS SUPREME

BISCUITS-1 – Simple, fluffy biscuits

This originated in The Better Homes and Gardens Cookbook, which I consider basic equipment for genteel middle-class living. Here ‘‘biscuits’’ is the North American meaning of the word and not the Commonwealth meaning of the word. In England these would be called ‘‘scones.’’

INGREDIENTS (makes 10–12)

2 cups	*flour*
4 tsp	*baking powder*
2 tsp	*sugar*
½ tsp	*cream of tartar*
½ tsp	*salt*
½ cup	*shortening*
2/3 cup	*milk*

PROCEDURE

(1) Preheat oven to Stir together the flour, baking powder, sugar, cream of tartar, and salt. Cut in the shortening until the mixture resembles coarse crumbs.

(2) Make a well in the center. Pour in the milk all at once.

(3) Stir *just* until dough clings together; **no more.**

(4) Knead gently on a lightly floured surface for 10–12 strokes.

(5) Roll or pat to ½-inch thickness. Cut with a 2½-inch
biscuit cutter, dipping the cutter into flour before each cut.

(6) Transfer to an ungreased baking sheet. Bake in a oven for 10–12 minutes, or until golden.

NOTES

Lots of cookbooks tell you to use two knives, or some such, to do the cutting-in of the first step. Forks work fine for me (I’m a klutz.)

All of the trick to making light, fluffy biscuits is in how you handle them: the less, the **better.** You can make these as drop biscuits (skip the rolling; drop batter by tablespoons, and bake); they’re even better for the lack of handling.

Outside North America you might not know what "shortening" is. Use butter, margarine, copha, or lard. Vegetable shortening really is better for this recipe, but don’t forget lots of butter to put *on* them.... I make these for study breaks. They disappear at an exponential rate....

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 10 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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BLACK BEAN SOUP

BLACKBEAN-SOUP – Soup with black beans and ham hocks

Here is a hearty soup for those cold winter evenings. This is a rather messy soup to make, but well worth the effort.

INGREDIENTS (Serves 8–12)

1 lb	*black beans*
½-¾ lb	*smoked boneless ham hocks*
8 cups	*water*
	salt, to taste
2 cups	*beef or chicken broth* (I prefer beef)
1½ Tbsp	*olive oil*
1½ cup	*green bell peppers,* finely chopped, seeded, and cored
1½ cup	*onions,* finely chopped
1 Tbsp	*garlic,* finely minced
1 tsp	*ground cumin*
1 cup	*tomatoes,* peeled, seeded, and diced.
¼ cup	*red wine vinegar*
2 Tbsp	*coriander,* finely chopped [optional]
	dry sherry wine, to taste

PROCEDURE

(1) Put the beans, ham hocks, water and salt in a kettle, and bring to a boil. Cover and let simmer 2 to 2½ hours, or until beans are thoroughly tender.

(2) Remove the ham hocks and set aside.

(3) Drain the beans, and reserve both them and the cooking liquid. There should be about 6 cups of beans and 4 cups of liquid. Add enough broth to the liquid to make 6 cups.

(4) Put the beans in the container of a food processor or blender, and blend as thoroughly as possible. Add a little of the liquid and continue blending. Combine the puréed beans and remaining liquid in a large bowel.

(5) Heat the oil in a heavy kettle, and add the peppers, onions, garlic and cumin. Cook, stirring, until the onions are wilted. Add the tomatoes and the vinegar. Let simmer about 15 minutes.

(6) Meanwhile cut up ham hocks.

(7) Add the puréed bean mixture to the cooked tomato mixture. Add the chopped ham and coriander.

(8) Serve in hot soup bowls with a tablespoon or so of sherry (if desired) in each serving.

NOTES

I skip the sherry and add a spoon of sour cream or yogurt. If your palate can handle them, try adding pickled jalapeno peppers.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 3 hours cooking. *Precision:* no need to measure.

CONTRIBUTOR

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BLACK BOTTOM CUPCAKES

BLACKBOTTOM – Chocolate cupcakes with a cream cheese filling

This was adapted from a recipe in the December, 1980 issue of *Bon Appetit.* I have doubled the original, along with changing it, so it may not double again easily.

INGREDIENTS (Makes 3 dozen)

CREAM-CHEESE MIXTURE

16 oz	*cream cheese,* room temperature
2	*eggs*
2/3 cup	*sugar*
1/8 tsp	*salt*
12 oz	*semisweet chocolate chips*

FLOUR MIXTURE

3 cups	*all-purpose flour*
1 cup	*granulated sugar*
½ cup	*dark brown sugar*
½ cup	*cocoa,* or more to taste
2 tsp	*baking soda*
1/8 tsp	*salt*

LIQUIDS

1-1/3 cup	*water*
2/3 cup	*vegetable oil*
2 Tbsp	*white vinegar*
1 Tbsp	*vanilla*
2 Tbsp	*dark rum* (Myers's)—optional
16 oz	*sour cream*

PROCEDURE

(1) Preheat oven to

(2) Make the cream-cheese mixture: blend cream cheese, eggs, sugar, and salt with a wooden spoon.

(3) Carefully fold in chips. Set aside.

(4) Make the flour mixture: combine flour, sugar, brown sugar, cocoa, baking soda and salt in another bowl.

(5) Mix in the liquids. Blend thoroughly.

(6) Line muffin tins with cupcake papers. Fill papers about ¾ full with batter.

(7) Drop one heaping tablespoon of the cream cheese mixture into the center of each.

(8) Bake until done, about 30 minutes. Do not overbake.

RATING

Difficulty: moderate. *Time:* 20 minutes preparation, 30 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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BLACK-EYED PEAS AND RICE

BLACK-EYE-RICE – Spicy Caribean Black-Eyed Peas and Rice

I got this originally from my local newspaper.

INGREDIENTS (serves 8)

½ lb	*salt pork* (rind removed, cut into ½-inch dice)
2	*red bell peppers* (seeded, cored, and cut into bite-size pieces)
6	*ripe plum tomatoes* (cut into ½-inch pieces)
1	*medium yellow onion* (peeled and chopped)
6	*garlic cloves* (peeled and finely chopped)
1 cup	*uncooked white rice*
2 cups	*chicken broth*
6 cups	*cooked black-eyed peas*
1 cup	*pitted green olives*
¼ cup	*capers* (drained)
6	*anchovy fillets* (finely chopped)
2 Tbsp	*dried oregano*
1 tsp	*ground allspice*
1 tsp	*coarse-ground black pepper*
½ tsp	*cayenne pepper*
½ tsp	*salt*
¾ cup	*scallions,* sliced on the diagonal
½ cup	*parsley,* (chopped)

PROCEDURE

(1) In a large, heavy casserole, sauté salt pork over low heat until the fat has been rendered. Do not let it brown.

(2) Add peppers, tomatoes, onion and garlic to salt pork and cook 5 minutes more over low heat.

(3) Add rice, and stir for a minute. Add remaining ingredients except for scallions and parsley. Cook, covered, for 20 minutes, or until rice is tender and most of liquid is absorbed.

(4) Add scallions and parsley; gently mix together. Serve hot.

RATING

Difficulty: easy but tedious (a lot of chopping). *Time:* 30 minutes after the black-eyed peas are cooked. *Precision:* measure the spices.

CONTRIBUTOR

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BLACK FOREST PIE

BLKFOREST-PIE – A rich chocolate/cherry pie

I got this recipe from my mom, I don't know where she got it. It is very rich, so be careful!

INGREDIENTS (1 pie)

1	*pie crust,* cooked
¾ cup	*sugar*
1/3 cup	*unsweetened cocoa*
2 Tbsp	*flour*
¼ cup	*butter*
1/3 cup	*milk*
2	*eggs,* beaten
1¼ lb	*cherry pie filling* (one large can)
8 oz	*whipped cream*
1 oz	*unsweetened chocolate,* coarsely grated

PROCEDURE

(1) Prepare your favorite crust for a filled 1-crust pie.

(2) Preheat oven to In a medium saucepan, combine sugar, cocoa and flour; add butter and milk. Cook until mixture begins to boil, stirring constantly. Remove from heat.

(3) Add small amount of hot mixture to eggs, mix well, then fold egg mixture into the chocolate mixture.

(4) Fold 1/3 of the pie filling into chocolate mixture; save the rest for the topping. Pour chocolate mixture into pie crust.

(5) Bake at for 35–45 minutes or until center is set but still shiny. Cool, and chill one hour.

(6) Whip the cream. Combine 2 cups whipped cream and grated chocolate and spread over cooled pie. Top with remaining pie filling, and the remaining whipped cream. Chill at least half an hour before serving.

NOTES

I use a pre-mixed whipped topping rather than real whipped cream when I make this pie.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 3 hours cooking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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PEANUT BUTTER BON BONS

BON-BONS – Chocolate and peanutbutter holiday treat

INGREDIENTS (3–4 dozen)

3 lb	*powdered sugar*
1 lb	*butter*
2 cups	*crunchy peanut butter*
1 lb	*chocolate chips*
½ lb	*block paraffin*

PROCEDURE

(1) Mix together the sugar and peanut butter in a bowl. Melt the butter, and pour it over this mixture. Stir and knead until smooth.

(2) Roll into walnut-sized balls.

(3) Melt together the chocolate chips and paraffin over water.

(4) Dip balls into chocolate coating, set on waxed paper to harden.

RATING

Difficulty: easy. *Time:* 15 minutes. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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BOUILLABAISSE

BOUILLABAISSE – Marseille style fish soup

A friend and I had been talking about the glories of bouillabaisse for the past year and we finally decided to use New Year's Eve as an excuse to fish rather than continuing to cut bait, *ad nauseum*. The following recipes are a combination of several derived from old *Gourmet*s, Julia Child, the Playboy Gourmet Cookbook, and "gee, that sounds good—let's add it."

The accompanying Rouille is a garlic-hot pepper mayonnaise condiment traditional to Marseille-style fish soup.

INGREDIENTS (Serves 4–8)

ROUILLE

6	*cloves garlic*
1 tsp	*salt*
12	*large basil leaves*
1/3 cup	*chopped pimiento*
1/3 cup	*bread crumbs*
1	*egg yolk*
1 cup	*olive oil*
	hot pepper sauce

COURT BOUILLION

8–10 cups	*water*
2 cups	*dry white wine*
1	*onion* (coarsely chopped)
1	*large carrot* (cut into large pieces)
1	*leek* (white section only, cut into large pieces)
1	*stalk*
5 lb	*fish trimmings* (fish frames, heads, tails)

BOUILLABAISSE

2	*small live lobsters* (each about 1¼ lb)
3 dozen	*mussels*
3 dozen	*small hard-shelled clams*
2 lb	*medium shrimp*
3 lb	*firm-fleshed fish* (sea bass, red snapper, cod, etc.)
½ cup	*olive oil*
2	*cloves garlic,* minced
1	*leek* (white part only, julienned)
1 cup	*grated carrot*
1 cup	*onion finely chopped*
1 cup	*fennel,* roughly chopped
1 tsp	*sage*
1	*strip orange peel* (1×3 inches)
1 pinch	*saffron*
1	*bay leaf*
1 cup	*parsley,* roughly chopped
1 cup	*dry white wine*
	salt and pepper to taste

PROCEDURE (ROUILLE)

(1) In a food processor fitted with the cutting blade, purée all ingredients (except the olive oil and hot pepper sauce) until finely minced.

(2) With the motor running, add the olive oil through the feed tube in as thin a continuous stream as possible. Stop occasionally to scrape down the sides.

(3) Add hot pepper sauce to taste. The rouille should be very spicy.

PROCEDURE (COURT BOUILLION)

(1) Bring water to boil and add all ingredients.

(2) Return to boil, then reduce heat to simmer. Skim scum from top while simmering.

(3) Simmer for 30 minutes.

(4) Remove all solids and strain through double layer of cheesecloth.

PROCEDURE (BOUILLABAISSE)

(1) Cook lobsters in boiling water for 15 minutes, until bright red.

(2) Remove all meat from tail and claws. Cut into chunks and set aside.

(3) Scrub mussels and clams well to remove sand. Debeard mussels by pulling black fibers from shell.

(4) Steam mussels and clams over 1 inch of water for about 10 minutes, until shells open.

(5) Discard any unopened mussels or clams. Remove one shell from each mussel and clam, leaving meat in other shell.

(6) Strain clam/mussel broth through double layer of cheese cloth and reserve 3 cups.

(7) Shell the shrimp.

(8) In a large skillet, heat olive oil. Sauté onion, leek, carrot, fennel, garlic, sage, saffron, and orange peel until onions are soft and golden.

(9) In a large pot, bring to a boil 8–10 cups of court bouillon, reserved clam/mussel broth, and 2 cups wine.

(10) Add sautéed vegetables, bay leaf, parsley and wine and bring to simmer.

(11) Add salt and pepper to taste

(12) Cut fish into large chunks. Add fish and shrimp and simmer 8–10 minutes.

(13) Add lobster, mussels and clams and simmer 2 minutes.

(14) Serve in soup plates over garlic toast.

NOTES

Rouille is traditionally made with a mortar and pestle but I prefer to use a food processor—it's just too much work otherwise. Pass the rouille as a condiment. Usually 1 Tbsp per serving is sufficient—this stuff is the essence of garlic and hot pepper.

If you can't get fish trimmings for the court bouillon, add bottled clam juice and shrimp and lobster shells.

To be truly authentic, our bouillabaisse should have included eel, but my friend was a bit squeamish about that so we left it out. Basically, any combination of shellfish and firm-fleshed fish can be used with the more variety the better. I dislike using crab since it flakes so easily and is lost in the broth. If you can't get live lobsters, substitute frozen lobster tails but be careful not to overcook.

Use saffron threads, rather than saffron powder which tends to be adulterated with safflower and not the same thing at all. Be conservative with the saffron—a little goes a long way and can give the dish a medicinal taste.

We preceded our dinner with herbed leek and proscuitto tartlets served with champagne. Dinner included bouillabaisse; a hearts-of-palm salad with pimiento and greek olives and vinagrette dressing; lots of crusty french bread to soak up the broth; a dry white wine (Duckhorn Sauvignon Blanc '84); and my friend's mother's sponge cake with whipped cream icing, fresh raspberries and raspberry sauce, accompanied by Asti Spumante.

RATING

Difficulty: moderate to hard. *Time:* 2 hours. *Precision:* approximate measurement OK.

CONTRIBUTOR

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BRAN MUFFINS

BRAN-MUFFINS – Easy and good bran muffins

INGREDIENTS (Makes 4 dozen)

15 oz	*Raisin Bran*
5 cups	*flour*
2½ cups	*sugar*
1 tsp	*salt*
4 tsp	*baking soda*
1 cup	*oil*
4 cups	*buttermilk*
4	*eggs,* beaten

PROCEDURE

(1) Mix the dry ingredients well. Add the liquid ingredients and mix until uniformly moist.

(2) Let stand 45 minutes.

(3) Preheat oven to Distribute mixture into greased muffin cups. Bake for 20 minutes.

NOTES

These muffins freeze well and age well.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 45 minutes waiting, 20 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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BRAN MUFFINS

BRAN-MUFFINS-2 – Tasty muffins with bran and dried fruit

This is a simple New Zealand recipe based on "golden syrup". The muffins make a delicious alternative to scones. We eat them buttered, either hot or cold. I've added the dried fruit to the original recipe as it makes them much more interesting.

INGREDIENTS (Makes 12)

1 cup	*flour*
½ tsp	*salt*
1 tsp	*baking powder*
1½ cups	*unprocessed bran*
1 tsp	*baking soda*
1	*egg*
4 tsp	*golden syrup*
1 Tbsp	*butter*
6 Tbsp	*sugar*
1 cup	*milk*
1 cup	*sultanas* (or substitute raisins, dates, etc.)

PROCEDURE

(1) Preheat oven to Dissolve the soda in the milk.

(2) Sift the flour, baking powder and salt together.

(3) Beat the egg well, then add the milk/soda.

(4) Add the golden syrup and butter which have been heated together to melt the butter.

(5) Add the dry ingredients and mix quickly.

(6) Put into greased muffin tins and bake for 12−15 minutes at

NOTES

Golden syrup is a very thick sugar syrup that is readily available in countries where people drive on the left-hand side of the road, but seems to be rare elsewhere. If the gourmet section of your supermarket does not carry it, you could try substituting some kind of honey, such as sage honey.

Any dried fruit can be used instead of sultanas, e.g. raisins, dates - whatever strikes your fancy.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SETTIN' 'ROUND BREAD

BREAD – A 7-grain bread for toasting or eating plain

This bread was first made from whatever was settin' 'round the kitchen when I started baking. It has a wonderful texture and flavor.

INGREDIENTS (2 large loaves)

¼ cup	*water* at
1/3 cup	*turbinado sugar* (most any sugar will do, though)
2 pkts	*active dry yeast*
¼ cup	*butter*
¼ cup	*shortening*
1½ cup	*water*
½ cup	*milk*
1	*large egg*
1 cup	*non-fat dry milk*
1½ tsp	*salt*
1 ½ Tbsp	*honey*
1/8 tsp	*ground cinnamon*
½ cup	*rolled oats*
½ cup	*corn meal*
¼ cup	*bran*
¼ cup	*cracked wheat*
¼ cup	*buckwheat*
½ cup	*soy flour*
1 cup	*rye flour*
2½ cups	*whole wheat flour*
3 cups	*white flour*
	butter

PROCEDURE

(1) Melt the shortening and the butter. Let them cool a bit, so as not to kill the yeast when they are added to the dough. If you want to scald the milk, do so, and also let it cool (it is common practice to scald milk before baking with it, though I never do.)

(2) Dissolve the yeast and sugar in the ¼ cup of lukewarm water.

(3) Mix the cinnamon, oats, corn meal, bran, cracked wheat, buckwheat, soy flour, and rye flour. Add the rest of the water, the milk, butter, shortening, egg, and honey, and mix well. Stir in the dissolved yeast mixture. Mix in the salt, and the whole wheat flour.

(4) Stir in the white flour, about ½ cup
at a time, until the mixture is stiff enough to knead. You'll probably have about half of it left.

(5) Remove the dough from the mixing bowl, onto a floured surface. Knead the dough, adding more white flour as necessary to keep the dough workable. Knead the dough until it is smooth and elastic, about ten minutes. It's okay if you end up using less than or more than the three cups of white flour; just use whatever it takes.

(6) Put the dough back into a bowl that's been very lightly greased. Let it rise, covered, in a still, warm place (around is best, though room temperature will work) for 45 minutes, or until it has doubled in bulk.

(7) Punch the dough down, divide in half, shape into loaves, and place each half into a loaf pan which has been very lightly greased. Let rise again, for another 45 minutes, in a still, warm place, until the loaves have about doubled in bulk.

(8) Preheat the oven to as the bread finishes rising. Bake the bread for 35−40 minutes, until it sounds hollow when tapped. Remove from the loaf pans, and rub the top of the loaves with some butter to give them a nice, soft, chewy crust.

RATING

Difficulty: moderate. *Time:* about 3 hours (half of it rising time). *Precision:* approximate measurement OK.

CONTRIBUTOR

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SWEDISH RYE BREAD

BREAD-RYE – A sweet, dark whole-grain rye bread

This recipe comes from my great-grandmother, who emigrated from Sweden and brought this recipe with her. It makes a sweet, dark bread, and (like most whole-grain breads) it tends to be a bit heavy.

INGREDIENTS (Makes 3 loaves)

2 cups	*milk*
1 cup	*water*
½ cup	*brown sugar*
½ oz	*dry yeast* (two packages)
6 cups	*rye flour* (approximate)
3 cups	*white flour* (approximate)
½ cup	*granulated sugar*
½ cup	*vegetable oil*
¼ cup	*dark molasses*
2 tsp	*anise seeds,* crushed
1 tsp	*salt*

PROCEDURE

(1) Scald the milk and combine it with the water and brown sugar in a very large bowl. (You need something that holds at least 4 or 5 quarts.) When the mixture is lukewarm, dissolve the yeast in it, then stir in 2 cups rye flour and 1 cup white flour to make a paste.

(2) Let the mixture rise in a warm place until it is light and foamy. This usually takes about 30 minutes to an hour. Check it frequently—it can really make a mess if it rises enough to overflow the bowl. (I'm sure they could make a great horror movie about a gigantic blob of bread dough that keeps getting bigger and bigger as it consumes everything in its path....)

(3) Stir in the granulated sugar, oil, molasses, anise seed and salt, and enough flour to make a stiff dough, using 2 parts rye to 1 part white. Knead the dough for about 5 minutes, or until it is smooth and elastic, adding more flour to keep it from sticking to your hands.

(4) Clean and grease the bowl. Put the dough in the bowl, turning it to grease all sides. Cover the bowl loosely with a clean towel and let the dough rise until it's doubled in bulk. Punch it down and let rise until double again.

(5) Divide the dough into three loaves and put in greased pans. (I usually make round loaves and bake them on cookie sheets.) Cover with the towel and let rise until double again.

(6) Bake for about 45 minutes at Because of the high sugar content, this bread can burn rather easily; watch it closely so it doesn't get too dark.

NOTES

Rye flour can be a little hard to find these days. You may have to visit a store that specializes in natural foods. Avoid the kind that is very coarsely ground with big chunks of bran in it, though; this doesn't seem to have any gluten at all in it, and since the proportion of rye flour is so high in this recipe, the texture of the bread will come out all wrong. You need something that looks more like ordinary flour.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, several hours rising, 1 hour baking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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MARGARET RUDKIN'S BREAD STUFFING

BREAD-STUFF-1 – A stuffing recipe from the founder of Pepperidge Farm

Margaret Rudkin founded the Pepperidge Farm bakery as a health-food venture in 1937 because one of her children was allergic to white bread. Her family lived on a farm in Connecticut that had a lot of pretty sourgum trees that the locals called "pepperidge trees," hence the name. Rudkin's pediatrician asked to buy loaves of her whole-grain bread for other children with white-flour allergies, and so the business was started. If you look in cookbooks published in that era, they mostly say that it is impossible to make bread from whole grains because the flour was too coarse and the bread would not hold together. In its time, this was a very risky venture.

In 1963, Margaret Rudkin published a cookbook with all of her family recipes. It's called *The Margaret Rudkin Pepperidge Farm Cookbook*, (Atheneum Press). It is a rare book, and has been out of print for 20 years. In 1965 Grosset and Dunlap republished it with much wider distribution, but that book is also out of print.

In general I have found that the recipes in this book are nearly identical to the products sold by the Pepperidge Farm bakery, and it's a lot of fun to make your own. Here is her recipe for Thanksgiving turkey stuffing.

INGREDIENTS (Serves 8)

1 lb	*bread*
1	*white onion,* chopped fine
1 tsp	*salt*
	fresh-ground pepper
½ tsp	*sage*
½ tsp	*thyme*
¼ lb	*butter,* melted

PROCEDURE

(1) On the weekend before Thanksgiving, set aside some homemeade bread, to dry out. Leave it unwrapped so that it will dry thoroughly.

(2) Thanksgiving morning, cut the bread into thick slices and remove the crust from each slice. Dip each slice into cold water, and wring out carefully. After squeezing each slice dry, crumble it into a large bowl by rubbing between your hands.

(3) Add salt, pepper, sage, thyme, and chopped onion to the bowl, and stir gently. Pour on the melted butter, and toss like a salad.

NOTES

Rudkin's notes say "taste and sniff as you go, because you might like more sage or thyme."

RATING

Difficulty: easy. *Time:* 4 days drying bread, 10 minutes preparation. *Precision:* no need to measure.

CONTRIBUTOR

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PLAIN OLD BREAD

BREAD-WHITE-1 – Ordinary white bread

This recipe is derived from the basic bread in the *American Heart Association Cookbook*.

INGREDIENTS (2 loaves)

½ oz	*quick rising dry yeast* (2 envelopes)
¼ cup	*lukewarm water*
7 Tbsp	*dry milk*
2½ Tbsp	*sugar*
1 tsp	*salt*
1¾ cup	*water*
2 Tbsp	*vegetable oil*
6 cups	*all-purpose flour*

PROCEDURE

(1) In a small bowl, dissolve the yeast in ¼ cup lukewarm water.

(2) In a large mixing bowl, mix the powdered milk, sugar, salt and 1¾ cups water together. Stir with a whisk until smooth, then add yeast mixture.

(3) Sift in 3 cups of flour and mix until smooth.

(4) Add the oil; mix.

(5) Gradually sift in the remaining flour. When it becomes stiff enough to handle remove from the bowl and knead it as you add the flour. Knead it for 5–7 minutes after the last flour is added.

(6) Place the dough in a oiled bowl and turn it over to coat uniformly. Then place it in a warm place to rise until it has doubled in size (about 45 minutes).

(7) Remove from bowl and knead a little. Divide into two equal parts, shape into loaves, and place in loaf pans. Let rise again until doubled in size.

(8) Preheat oven to

(9) Bake 45 minutes.

(10) Remove loaves from pans and cool on a wire rack.

NOTES

This is good everyday bread. Be careful: it's easy to eat too much and get fat. You may want to have someone who has made bread before help the first time as the amount of flour may have to be adjusted depending on the slight differences in your mesurement of the liquids and the humidity of the day. Once you have done it it is easy to do by the feel of the dough.

RATING

Difficulty: moderate. *Time:* 20 minutes preparation, 2 hours rising, 1 hour cooking and cooling. *Precision:* measure carefully.

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BREAKFAST CASSEROLE

BREAKFAST-CAS – A baked egg, sausage, and bread casserole

I got this recipe from a recipe chain letter when I was in graduate school. "Send 5 recipes to the person whose name is at the top of the list, and then add your name to the bottom of the list and send it to 5 friends." I ended up getting about 30 recipes that way; this is the only one that I still make. It's wonderful. The person who mailed it to me is named Ruth Ann Swart. I've changed it slightly because I don't like to leave raw egg mixtures in the refrigerator overnight, as the original recipe called for.

INGREDIENTS (serves 6–8)

8	*large eggs*
2½ cups	*milk*
3 cups	*bread cubes*
1 tsp	*dry mustard*
2 lb	*bulk sausage* (see note)
1 lb	*grated cheddar* (or more to taste)
½ lb	*fresh mushrooms*

PROCEDURE

(1) Brown the sausage in a frypan; drain off excess fat. Set aside.

(2) In a large bowl, beat the eggs. Add milk, mustard, and bread cubes. If you like salty dishes, add a teaspoon of salt. Wait a few minutes for the bread cubes to absorb the milk and eggs. Stir in 80% of the grated cheese.

(3) Add the cooked and drained sausage. Mix well. Pour into a casserole dish of the size that you would use to make lasagna (about 9×13 inches).

(4) Slice the mushrooms, and arrange the slices on top of the casserole. Sprinkle the remaining 20% of the cheese over the top of the mushrooms.

(5) Bake for 45 minutes at Let cool 10 minutes before serving.

NOTES

You can cut up your own bread for the bread cubes, or else buy a package of commercial poultry stuffing. Try to get unflavored bread cubes if you buy them.

For the sausage, try Spanish chorizo, English Cumberland sausage, or American pork whole-hog sausage. I usually use a mixture of beef chorizo and Jimmy Dean pork sausage. Any spicy pork- or beef-based sausage will work.

For the cheese, the best bet is Canadian sharp white cheddar. You can substitute any cheddar, or Leicester, or Cantal, or for that matter anything you want. I've never tried it with Swiss cheeses.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 1 hour cooking and cooling. *Precision:* no need to measure.

CONTRIBUTOR

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BRIAMI

BRIAMI – Greek vegetable casserole

This is a very colourful vegetable dish from Greece. I got the recipe out of a Greek cookbook.

INGREDIENTS (Serves 6)

1	*eggplant*
2 lbs	*zucchini*
4	*medium potatoes*
2	*green peppers*
1	*red pepper*
2	*medium onions*
1 cup	*olive oil*
4	*medium tomatoes*
2	*cloves garlic*
1 tsp	*sugar*
	salt and pepper to taste

PROCEDURE

(1) Prepare the vegetables: Cut the eggplant, zucchini and potatoes in bite sized chunks (do not peel the zucchini or the eggplant). Remove the stems and seeds from the peppers and slice them into strips. Peel and slice the onions. Dice the tomatoes.

(2) Sauté the vegetables except the tomatoes in the olive oil in small batches. Sauté each batch for 2 or 3 minutes, then remove from the pan, trying to drain some of the oil so that enough oil is left for the next batch. When you're done, most (if not all) of the oil should be gone from the pan.

(3) Place the sauteéed vegetables in a baking dish and toss them briefly so that you won't get only one kind of vegetable in one place.

(4) Add the tomatoes into the pan and sauté for a couple of minutes. Crush the garlic and add to the tomatoes. Add the sugar, salt and pepper to taste and simmer for another minute.

(5) Pour the tomato sauce on top of the vegetables and bake at or until the vegetables are tender.

(6) Serve with plenty of fresh bread and, if you like, some feta cheese on the side.

RATING

Difficulty: easy. *Time:* 30–45 minutes preparation, 1 hour baking. *Precision:* No need to measure.

CONTRIBUTOR

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BROCCOLI BISQUE

BROC-BISQUE – A broccoli soup – hot or cold

This recipe is from my mom. It's been a hit every time she or I have served it. It is rather spicy – not for the timid or faint-of-heart.

INGREDIENTS (Serves 8)

1¼ lbs	*fresh broccoli,* trimmed and cut up. Using slightly more is fine.
4 cups	*chicken broth* (2 cans of canned broth, or use fresh stock)
1	*medium onion*
2 Tbsp	*butter*
1 tsp	*salt*
1–2 tsp	*curry powder*
1 dash	*pepper*
2 Tbsp	*lime juice*
8	*lemon slices,* (optional)
½ cup	*sour cream*
1 Tbsp	*snipped chives,* (optional)

PROCEDURE

(1) Place the cut broccoli in a large saucepan along with the broth, onion, butter, salt, curry powder, and pepper.

(2) Bring to a boil. Reduce heat and simmer, covered, for 8 to 12 minutes or until broccoli is just tender.

(3) Place 1½ to 2 cups of the mixture at a time into a blender container. Cover and blend until smooth. Pour into bowl or another large pan. Repeat with remaining mixture. *Be careful. The hot liquid may scald you.*

(4) Stir in the lime juice.

(5) Now you can either cover and refrigerate at least 4 hours to serve cold (great in warm weather), or you can go right ahead and serve it hot (great in cold weather). Once ladled out, you can garnish with a thin slice of lemon, a small dollop or sour cream, and a sprinkling of chives.

NOTES

You can refrigerate unused portions for serving later, but it doesn't keep well for long. I like to blend it pretty well, so that the texture is quite smooth. Some people like it a little chunkier.

RATING

Difficulty: easy. *Time:* 45 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CREAM OF BROCCOLI SOUP

BROCCOLI-SOUP – Addictive broccoli soup

This rich soup is a real flavor treat for everyone, even for people who don't normally eat broccoli. It can be served as the only course in a light meal. The soup is at its best when served with hot, hard French finger rolls and freshly squeezed cool orange juice. It is my own original recipe. You will not have tried it anywhere else except at my house. Enjoy.

INGREDIENTS (serves 4–6)

2	*bunches, fresh broccoli* (each about 3 in bottom diameter, banded)
½ lb	*butter*
2–6	*cloves of fresh garlic,* chopped fine. (Use less or more to taste.)
1 Tbsp	*chervil* (fresh or dried, finely chopped)
1 tsp	*salt*
1 tsp	*white pepper*
3 cups	*milk* (use full-cream milk (homogenized))
1	*medium egg yolk,* beaten
¼ cup	*flour* (no lumps)
1/8 tsp	*cardamom*
1/8 tsp	*mace*
1 cup	*heavy cream* ("whipping" cream preferred)
1/3 cup	*Gruyere cheese* (fresh, grated fine)
1/3 cup	*parmesan cheese* (fresh, grated to powder)

PROCEDURE

(1) Cut broccoli into bite-size pieces. Discard the hard stem pieces, but keep tender leaves and stem parts.

(2) Steam the cut broccoli for about 5–8 minutes, until just bright green in color. Do not overcook.

(3) In a 10-inch enameled (non-metal) skillet, heat 6 oz of butter until melted. Add chopped garlic and wait until butter is hot enough to cook in. Add steamed broccoli, then chervil to the skillet. Lightly salt the broccoli.

(4) Cover, and cook over medium low heat, stirring occasionally with a wooden spoon, for another 5–10 minutes or until the broccoli turns a darker green color and becomes very soft.

(5) Mash the broccoli right in the skillet until no large pieces remain. Use a potato masher or a strong wooden spoon. Mash until there are no pieces remaining that are too big to fit in a soup spoon.

(6) While broccoli is cooking, add beaten egg yolk to 2 cups of milk.

(7) Put 3 Tbsp butter into a 2–3 quart saucepan. Use enamel or glass for best soup flavor. Metal pans will make this soup bitter. Melt butter and add flour. When the flour bubbles and starts to cook, add the egg/milk mixture into the saucepan. Add the cardamom, mace, and white pepper. Stir contents of saucepan constantly with wooden spoon until thick. Lower the cooking heat.

(8) Empty the mashed broccoli mixture into the saucepan. Stir until well-mixed. Slowly stir in the remaining milk and the cream. As soon as the soup becomes hot enough to cook again, add the grated cheeses.

(9) Turn the heat down lower and simmer for about 5 more minutes, stirring to allow the cheeses to melt and mix while the table is being set. Serve immediately and retire quickly so as not to be trampled by those who smelled it cooking.

NOTES

This recipe may be doubled, halved or whatever without penalty. Vary the amount of milk added the second time to change the soup thickness to your own tastes. You also may use any *fresh* green vegetable as a substitute for the broccoli. Asparagus tips, artichoke hearts, and corn are especially nice. Cook them in the same way as you did the broccoli. Use any leftover butter on the hard French finger rolls. Warning: This soup is a mild aphrodisiac when served as suggested and by candlelight. Use Bailey's Irish Cream as a chaser.

RATING

Difficulty: moderate. *Time:* 30 minutes.

CONTRIBUTOR

George Robertson
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DOUBLE-FROSTED BROWNIES

BROWNIES-1 – Very rich brownies with double frosting

This recipe is for people who like intense chocolate flavor. The result is a brownie with a fondant frosting, covered with unsweetened chocolate. They are vey rich, with an intersting combination of textures. This recipe is not for beginners.

INGREDIENTS (1 dozen)

BATTER

2 oz	*unsweetened chocolate* (2 squares)
¼ lb	*butter*
2	*eggs* (large)
1 cup	*sugar*
1 tsp	*vanilla extract*
½ cup	*flour*
¼ tsp	*salt*
½ cup	*chopped nuts* (walnuts are traditional)

FIRST FROSTING

1½ cups	*sugar*
1/3 cup	*butter*
½ cup	*half-and-half* (also called light cream)
1 tsp	*vanilla extract*

SECOND FROSTING

3 oz	*unsweetened chocolate* (3 squares)

PROCEDURE

(1) Pre-heat oven to

(2) Melt 2 oz of chocolate and the butter in a heavy saucepan, then let it cool. Be careful not to let the chocolate burn.

(3) Beat the eggs in a large bowl until they are blended. Add 1 cup of sugar and mix well.

(4) Stir in chocolate-and-butter mixture. Mix until the chocolate is fully incorporated, with no streakyness. Add the vanilla, flour, salt, and nuts. Stir just until the flour is incorporated; over-stirring will make a tough brownie.

(5) Spread the mixture in a greased 11×7 inch pan that is 1½ inch deep. Bake in pre-heated oven for 20 to 25 minutes.

(6) Cool in the pan on a rack. While it is cooling, follow these instructions to make the first frosting:

(7) Mix 1½ cups sugar, 1/3 cup butter, and ½ cup of half-and-half in a heavy, medium-size saucepan.

(8) Bring to a boil, then cook over moderate heat *without stirring* until a small amount of the mixture forms a soft ball when dropped in ice water, or it reaches on a candy thermometer.

(9) Remove from heat immediately and cool in a pan of ice-water until the candy is lukewarm. DANGER: melted sugar cools very slowly. You can burn yourself badly by testing it with your finger.

(10) Add 1 tsp vanilla extract to the candy. Beat it until it is creamy and of a spreading consistency. This is most easily done with an electric mixer, although you can use a heavy wire whip.

(11) Spread the frosting over the brownies.

(12) Melt the remaining 3 oz chocolate, and spread over the frosting just put on the brownies. Cover as evenly as possible.

(13) Cool for several hours in a refrigerator, then bring to room temperature and cut into pieces to serve.

NOTES

Be very careful when melting chocolate. It burns easily. A double boiler is probably the best way thing to use.

It is critical to cook the first frosting to just the right point. If cooked too little, it will be too thin to beat to a creamy consistency. If cooked too much, it will be too brittle. So keep a close eye on it; sugar tends to cook slowly to the soft-ball stage, then it cooks quickly.

RATING

Difficulty: difficult. *Time:* a few hours preparation, several hours chilling and then warming *Precision:* measure ingredients carefully.

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BROWNIES II

BROWNIES-2 – Serious chocolate brownies

This is an adaptation of the ‘‘Scrumptious Brownies’’ recipe found on a box of Baker’s unsweetened chocolate. I’ve reduced the amounts of sugar and flour from the original, which I find makes for a very fudgey brownie.

INGREDIENTS (32 brownies)

8 oz	*unsweetened chocolate* (8 squares)
½ lb	*butter*
5	*eggs*
2½ cups	*sugar*
1 Tbsp	*vanilla extract*
1½ cups	*flour*
2 cups	*coarsely chopped walnuts* (optional)

PROCEDURE

(1) Grease a 13×9 inch pan and pre-heat oven to

(2) Melt the chocolate and the butter in the top of a double boiler over simmering water. Whisk until smooth. Set aside to cool while beating eggs.

(3) Beat the eggs, sugar and vanilla at high speed for a full 10 minutes.

(4) Blend in the chocolate-and-butter mixture at low speed.

(5) Add flour, beating just to blend. Stir in walnuts, if desired.

(6) Bake 30 to 35 minutes. Do not overbake. The brownies are done when a toothpick inserted into the center comes out slightly dirty.

(7) Cool in pan, then cut into squares.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, 1 hour cooking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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BOBS BUFFET BISCUITS

BUFFET-BISCUIT – Some not-so-plain biscuits

This recipe is from Bob Clover of Sausalito, California and was first published in *Sunset* magazine.

INGREDIENTS (24–30 biscuits)

40 oz	*biscuit mix* (e.g. 1 box of Bisquick)
¾ cup	*parmesan cheese,* grated
¾ cup	*green onions,* chopped
2	*eggs,* slightly beaten
2 cups	*milk*

PROCEDURE

(1) Preheat oven to In a big bowl mix the biscuit mix, onions, eggs, milk and ½ cup of the cheese.

(2) Put the dough into a 9×13 inch baking pan and smooth it down. You will have to flour your hand or spatula to do this. Sprinkle the rest of the cheese over the top and then use the spatula or knife to score the dough into square biscuits. Cut all the way to the pan.

(3) Bake in a preheated oven at for 40 to 45 minutes. When they are done a wooden toothpick stuck into the dough will come out clean.

(4) When you take them out of the oven, flip the pan upside down over a rack to get the biscuits out, then flip the rack over to get everything back right side up again.

NOTES

This is good if you are having a lot of company or want a lot of leftovers.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 45 minutes cooking *Precision:* approximate measurement OK.

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BUTTER COOKIES

BUTTER-COOKIES – Simple butter cookies

After reading the ingredients on a can of imported Danish butter cookies, I thought: ‘‘Hey! I can do this myself!’’, so I developed the following recipe. It doesn’t resemble the original too much, but considering that the cookies don’t stay around for more than two days, and that even my mother liked them, they *must* be good!

INGREDIENTS (Makes 2–3 dozen cookies))

½ cup	*unsalted butter,* at room temperature
½ cup	*granulated sugar*
1½ cup	*white flour*
1	*large egg*
1 tsp	*vanilla extract*
1½ tsp	*baking powder*

PROCEDURE

(1) Beat the butter with the sugar.

(2) Add the egg and vanilla and beat until you get a uniform mixture.

(3) Mix the flour and baking powder and gradually blend them into the mixture. When you’re done, you should have a rather sticky dough.

(4) Shape the dough into balls, about 1 inch in diameter. Roll them in sugar and place them on an ungreased cookie sheet, leaving about an inch of space between cookies, so that they don’t stick together when they expand.

(5) Bake in preheated oven at for 20 minutes.

(6) Remove from oven, let them cool for a while, and start eating right away.

RATING

Difficulty: Easy. *Time:* 20 minutes preparation, 20 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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‘‘I reversed the polarity of the neutron flow...’’

BUTTERNUT BISCUITS

BUTTERNUTS – Biscuits (cookies) with butter and coconut

This recipe is from our local school's collection of "mother's favourite recipes". It's terrific.

INGREDIENTS (6 dozen)

2 Tbsp	*butter,*
1 cup	*sugar*
1	*egg*
½ tsp	*cream of tartar*
1 tsp	*baking soda*
pinch	*salt*
1½ cups	*plain white flour*
½ tsp	*vanilla essence*
1 cup	*dessicated coconut*
2 Tbsp	*golden syrup*
1 Tbsp	*milk*

PROCEDURE

(1) Mix all ingredients together well. Preheat oven to

(2) Roll dough into small balls.

(3) Bake for 15 minutes, or until brown.

NOTES

Golden syrup is not available in North America; it is a caramelized sugar syrup. North Americans can substitute dark corn syrup or a mixture of molasses and water.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* measure the ingredients.

CONTRIBUTOR

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BUTTERNUT SQUASH CASSEROLE

BUTTERNUT-SQSH – Butternut squash and carrot casserole

A delicious Thanksgiving or Christmas casserole. My mother makes this at the holidays. I don't know where she originally got the recipe.

INGREDIENTS (Serves 10)

2½–5 lbs	*butternut squash*
1–2	*carrots* (depending on quantity of squash)
1 cup	*rolled oats* (uncooked oatmeal)
12 oz	*green peas*
1 Tbsp	*butter*
2	*eggs,* beaten frothy
pinch	*salt*
3–5 Tbsp	*cinnamon sugar*
½ tsp	*vanilla*

PROCEDURE

(1) Boil squash and carrot together until the carrot is tender. Allow both to cool. Slide skin off carrot. Being careful with squash, remove its seeds and peel. Blend carrots and squash together. Don't overblend: preserve some texture.

(2) Add cinnamon sugar and salt to taste.

(3) Add frothy eggs to carrot/squash mixture. Grease an 8-inch loaf pan. Coat the grease with oatmeal. Mix ½ cup oatmeal into casserole. Gently fold in green peas, then put mixture in casserole pan. Sprinkle remaining oatmeal on top and dot with butter.

(4) Bake at 30 to 40 minutes until brown on top. Once cooked, it can be served immediately or frozen for later consumption.

NOTES

Cinnamon sugar is a mixture of sugar and powdered cinnamon. Commercial cinnamon sugar mixtures are mostly sugar. My mom prepares her own mixture with the emphasis decidedly on the cinnamon.

RATING

Difficulty: easy. *Time:* 40 minutes preparation, 40 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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BUTTERSCOTCH MERINGUE

BUTTERSCOTCH – Butterscotch pudding with a meringue top

A delicious dessert for the sugar addict. It goes well with apricot chicken. This is one of the family favourites that mum makes.

INGREDIENTS (Serves 4)

1 cup	*brown sugar*
2	*eggs* (separated)
2 cups	*milk*
2 Tbsp	*plain flour*
2 Tbsp	*butter*
¼ cup	*white sugar*

PROCEDURE

(1) Mix flour and brown sugar, adding beaten egg yolks and milk gradually.

(2) Put on to boil and thicken, stir constantly.

(3) Take off heat.

(4) Add butter and mix well.

(5) Pour into buttered pie dish.

(6) Beat egg whites with white sugar until meringue consistency and pile on top.

(7) Bake in a pre-heated oven at until meringue is nicely brown.

NOTES

It is very important not to let the oven get too hot!

RATING

Difficulty: Moderate. *Time:* 15 minutes preparation, about 40 minutes cooking. *Precision:* Measure the ingredients.

CONTRIBUTOR

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RED CABBAGE WITH APPLES

CABBAGE+APPLES – A fruity cabbage sauté

I just tried this recipe from a column in the local paper. It's good winter food—very satisfying on a cold nasty day. My only caveat is to use a *large* skillet, or halve the recipe. I cooked a full batch and had cabbage overflowing onto the stove.

INGREDIENTS (serves 8)

3 lbs	*red cabbage*
4-6 Tbsp	*bacon fat or butter*
1	*onion,* finely chopped
1 cup	*dry red wine*
2	*tart apples* cored & diced (not peeled)
2 Tbsp	*brown sugar*
1 Tbsp	*wine vinegar*
½ tsp	*caraway seeds*

PROCEDURE

(1) Discard the outer leaves of a firm, 3-lb red cabbage and cut it in half. Shred finely and soak in salted water for 15 minutes. Drain well.

(2) Heat the bacon fat or butter in a large heavy skillet and add 1 finely chopped onion. Cook onion until transparent, about 5 minutes, then add cabbage. Toss well with two wooden spoons, as you would a salad. When cabbage starts to wilt, add salt and freshly ground black pepper to taste, and red wine.

(3) Simmer for 5 minutes and then add 2 tart apples, cored and diced, but not peeled. Sprinkle with brown sugar, and add wine vinegar and caraway seeds.

(4) Cover, with lid slightly askew, and simmer over low heat for about 45 minutes. Serves 8, and is good hot or cold.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 45 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

Enjoy!
Nancy Mintz
(Transcribed by Suzanne Barnett-Scott)

CABBAGE KOBENHAVEN CASSEROLE

CABBAGE-CASS – Danish cabbage and beef casserole

INGREDIENTS (Serves 4–5)

1 lb	*ground beef*
1	*medium onion*
1	*clove garlic,* minced
1 tsp	*salt*
15 oz	*tomato sauce*
1/8 tsp	*cinnamon*
1/8 tsp	*ground cloves*
¼ tsp	*thyme*
¼ tsp	*basil*
4 cups	*cabbage,* shredded

PROCEDURE

(1) Brown the ground beef in a large skillet with the onions and garlic, drain off the fat.

(2) Add the remaining ingredients except cabbage to the meat mixture, and simmer for 10 minutes.

(3) Put half of the cabbage into a 2-quart casserole dish, top with half of the meat mixture, top with the remaining cabbage, and finally top the cabbage with the remaining meat mixture. (The casserole dish will be rather full, but that's OK, it will cook down).

(4) Cover the casserole and bake in a preheated oven (350°F) for 45 minutes.

NOTES

I believe that the original of this recipe was lifted from a magazine 5 or so years ago, and sent to me by my mom. I've embellished it somewhat (it was a little plain before...)

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 45 minutes cooking. *Precision:* measure the spices.

CONTRIBUTOR

David Darrow
(Transcribed by Suzanne Barnett-Scott)

FRENCH CABBAGE SALAD

CABBAGE-SALAD – Wilted cabbage salad with bacon

This is a wonderful thing to do with cabbage. With no garlic, and using cider vinegar, it becomes German cabbage salad. Adding sour cream to that makes Danish cabbage salad.

INGREDIENTS (serves 8)

1	*cabbage,* shredded.
1/4 lb	*bacon*
2 cups	*onion,* chopped
1 clove	*garlic,* chopped
1/2 cup	*white-wine tarragon vinegar*

PROCEDURE

(1) Cut the bacon into tiny bits, fry it in a big deep frying pan, and fish out all the bits after they are crisp.

(2) Cut up the onion and garlic and fry them in the bacon fat. When they are brown, pour in the vinegar.

(3) Bring it just up to a simmer, add all the cabbage and bacon, toss it as you would a salad, and serve it. The cabbage doesn't cook, but it wilts a little under the hot vinegar.

NOTES

Cut the vinegar with a little water if you don't like very sour things,

RATING

Difficulty: easy. *Time:* 10 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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CABBAGE AND POTATOES

CABBAGE-SPUDS – Cabbage and Potatoes

With a nod toward Nancy Mintz who reminded me how good cabbage can be, especially in the winter time when other fresh veggies are scarce.

INGREDIENTS (Serves 8)

3 lb	*cabbage*
4-6 Tbsp	*bacon fat or butter*
2	*onions* (chopped)
a splash	*water or beer* (whatever you're drinking)
1 Tbsp	*wine vinegar*
2-4	*white potatoes* (washed and diced—I like the skins left on)

PROCEDURE

(1) Cut the cabbage in half and soak in salted water for 15 minutes. Agitate and drain well. Shred the cabbage.

(2) Heat the bacon fat or butter in a large heavy skillet and add the diced potatoes. Cook over medium heat until lightly browned.

(3) Add 2 chopped onions and cook until transparent, about 5 minutes.

(4) Add cabbage and toss well with two wooden spoons, à la stir-fry. When the cabbage starts to wilt, add salt and freshly-ground black pepper to taste and a splash of that beer in your left hand and 1 Tbsp wine vinegar.

(5) Cover, with lid slightly askew, and simmer over low heat until tender (about 30–45 minutes).

NOTES

This recipe serves 8, and is good hot or cold.

Like Nancy said, one cabbage goes a loooonnnngggg way, so I usually use a quarter to a half a head when cooking for 2

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 45 minutes simmering. *Precision:* no need to measure.

CONTRIBUTOR

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CAJUN LAMB WITH RICE

CAJUN-LAMB – Spicy roast lamb with rice

This is a spicy lamb dish that I picked up originally from a local newspaper.

INGREDIENTS (serves 2-3)

1	*boneless lamb sirloin roast* (approx. 2 lbs)
2 Tbsp	*cooking oil*
1	*small onion,* chopped
1	*red bell pepper,* diced
1	*green bell pepper,* diced
1 lb	*sliced tomatoes in purée*
1½ cups	*chicken stock*
½ tsp	*basil*
½ tsp	*grated lemon peel*
½ tsp	*chili powder*
1 cup	*rice*

SPICE MIX

1 tsp	*salt*
½ tsp	*cayenne pepper*
¼ tsp	*black pepper*
¼ tsp	*paprika*
1/8 tsp	*garlic powder*

PROCEDURE

(1) Trim the lamb of any excess fat. Preheat oven to

(2) Mix together the spice mix ingredients, and rub over the lamb. Let stand for 15 minutes.

(3) Heat oil in a skillet. Sear the lamb until all sides are browned. Remove lamb to a roasting pan.

(4) Roast lamb for 35 to 40 minutes.

(5) While the lamb is cooking, add onions and peppers to the skillet used for searing the lamb. Sauté until soft.

(6) Add tomatoes, chicken stock, basil, lemon, and chili powder. Bring to a boil, and add the rice. Reduce heat and simmer until liquid is absorbed.

NOTES

Often when boning a leg of lamb you end up with a very ragged piece of meat. Just chop it up into boxy pieces and use more spice mix to cover all the surfaces. You will be slicing up the roast before serving anyhow.

RATING

Difficulty: easy. *Time:* 1 hour. *Precision:* measure the spices.

CONTRIBUTOR

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BIAGIO'S SPAGHETTI CARBONARA

CARBONARA – Spaghetti carbonara, Neapolitan style

My wife and I had the pleasure of staying at the Villa Virgiliana (owned by The Vergilian Society) in Cuma, Italy just outside of Naples in June, 1985. Biagio and Maria Sgariglia, the proprietors of the villa, served us excellent Italian farm meals for a week, each meal being more delicious than the last. This dish was the gastronomic highlight of our stay.

INGREDIENTS (Serves 3 to 4 people)

1 pound	*thin spaghetti, rotini or equivalent pasta*
2 Tbsp	*olive oil*
½ lb	*pancetta or bacon*
1	*medium yellow onion* (chopped)
½ cup	*cold water*
¼ cup	*dry Italian white wine*
4	*eggs*
4 Tbsp	*heavy cream*
8 Tbsp	*parmesan cheese* (grated)

PROCEDURE

(1) Put large bowl in oven to warm at lowest possible setting.

(2) Soak chopped onion in cold water for 15 minutes to reduce pungency.

(3) Chop Pancetta or bacon into ¼-inch×1-inch strips.

(4) Beat eggs and cream together with a fork. Add 4 Tbsp parmesan cheese to the mixture.

(5) Wash pasta. Put on water to cook pasta. Add pasta when boiling. In the meantime...

(6) Dry onions and sauté with pancetta or bacon in olive oil until onions are barely translucent.

(7) Add wine and reduce heat when initial boiling ceases. Meat should not be crisp.

(8) When pasta is cooked, drain, but *do not wash.* .SK 9 Quickly remove bowl from oven, put pasta in it and toss with egg, cream and cheese mixture so that heat from pasta cooks eggs.

(10) Add meat, onions and wine without draining fat and toss until thoroughly mixed.

(11) Sprinkle remaining cheese to taste, toss and serve immediately.

NOTES

Pasta should be cooked *al dente* so that it offers resistance to the teeth without crunching. Fresh pasta is desirable (dried pasta is a poor imitation of the real thing.) Pasta should be used immediately when done so as to stop its internal cooking. If both portions of the recipe cannot be completed at the same time, the meat and onion mixture should finish first.

I have made a very successful variation on this using hot country sausage. Make sure the sausage is fairly lean if you try it, however. All of the quantities are adjustable, and may depend on the kind of pasta or meat you use. Too much cream will cause the egg mixture to separate from the pasta and meat. Too little cream will essentially give you scrambled eggs and bacon with pasta.

RATING

Difficulty: moderate to hard (timing is critical). *Time:* 30 minutes. *Precision:* measure the ingredients.

CONTRIBUTOR

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SPAGHETTI ALLA CARBONARA II

CARBONARA-2 – Spaghetti with raw eggs and Italian bacon

While there are innumerable minor variations in the way people make this celebrated Roman dish, there are really only two substantially different schools of thought. One maintains that pancetta, a mild, cured, unsmoked Italian bacon, is the only correct bacon to use. The other school insists on the smoked American variety. Both are good, and both are popular in Italy, but the version I prefer is the one with pancetta. The flavor of smoke is not usually associated with Italian food; certainly hardly ever outside of Alto Adige, a German-speaking region in the North that was once part of Austria. In this dish, I find that smoked bacon adds a sharpness that wearies the palate after the first bitefuls. Try it both ways, and decide for yourself.

INGREDIENTS ()

½ lb	*pancetta or bacon*
2 Tbsp	*olive oil*
1 Tbsp	*butter*
4	*garlic cloves,* peeled and lightly crushed
¼ cup	*dry white wine*
	salt
1 lb	*package thin spaghetti*
3	*eggs*
¼ cup	*freshly grated Peccorino romano cheese*
½ cup	*freshly grated Parmesan cheese*
	freshly ground black pepper
2 Tbsp	*parsley,* chopped fine.

PROCEDURE

(1) Cut the pancetta or bacon into thin strips.

(2) Put the oil, butter and crushed garlic into a saucepan or small saute pan, and turn on the heat to medium high. When the garlic becomes colored a deep gold, remove and discard it.

(3) Put the pancetta or bacon into the pan, and sauté until it begins to be crisp at the edges.

(4) Add the wine, and let it boil away for a minute or two; then turn off the heat.

(5) In a large pot, bring 4–5 quarts water to a boil. Add 2–3 Tbsp salt, and when the water returns to a boil, put in the spaghetti.

(6) Take the bowl from which you'll be serving the spaghetti later, and into it break the three eggs. Beat them lightly, then mix into them both grated cheeses, a liberal grinding of pepper, and the parsley.

(7) When the spaghetti is tender but firm to the bite, drain it, and put it into the serving bowl with the egg-and-cheese mixture. toss rapidly and thoroughly until it is well coated.

(8) Reheat the pancetta or bacon quickly over high heat, then pour the entire contents of the pan over the spaghetti. Toss again thoroughly, and serve immediately.

RATING

Difficulty: moderate. *Time:* 20 minutes. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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CARROT RAISIN BARS

CARROT-BARS – Chewy carrot raisin and nut bars

This is from *The Carrot Cookbook*, by Audra and Jack Hendrickson. As they say, this recipe is beta-carotene rich. In any case, they are a tasty treat.

BOTTOM LAYER

INGREDIENTS (Serves 4–6)

½ cup	*butter*
½ cup	*sugar*
1 cup	*flour*

TOP LAYER

2	*eggs*
1 cup	*grated carrots*
1 cup	*brown sugar,* packed
1½ cups	*raisins*
½ cup	*chopped nuts*
1 tsp	*lemon juice*
2 Tbsp	*flour*
½ tsp	*baking powder*
dash	*salt*

PROCEDURE

(1) Preheat oven to Cream together the butter and sugar.

(2) Add the flour and mix well. Form into a ball, then press it down into a uniform layer in a 8-inch square baking pan.

(3) Bake until golden brown (about 15 minutes).

(4) Combine ingredients for top layer, mixing well. When bottom layer is done, pour on top and spread evenly.

(5) Bake for 25 minutes.

NOTES

Ships well for gifts and the like. Doesn't easily break or dry out.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 40 minutes baking. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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HELEN'S CARROT CAKE

CARROTCAKE-1 – Carrot cake with cream cheese filling

I got this recipe originally from *The Oregonian* in Portland, Oregon.

INGREDIENTS (Serves 12)

4	*eggs,* separated
1½ cup	*sugar*
1 cup	*carrots,* grated
1 cup	*walnuts,* finely grated
1½ cup	*flour*
1 tsp	*baking powder*
¼ tsp	*nutmeg*
½ tsp	*cinnamon*
1 tsp	*vanilla*
pinch	*salt*
1 cup	*oil*
2½ Tbsp	*hot water*
½ tsp	*baking soda*

FILLING

8 oz	*cream cheese*
½ cup	*sugar*
½ cup	*strawberry, apricot or raspberry jam*

FROSTING

1 cup	*whipping cream*
2 Tbsp	*sugar*

PROCEDURE

(1) Preheat oven to Cream together egg yolks and 1 cup of the sugar until the yolk color lightens. Stir in carrots, nuts, flour, baking powder, nutmeg, cinnamon, vanilla, salt and oil.

(2) Mix together hot water and soda and stir into flour mixture.

(3) Beat egg whites until foamy. Gradually add remaining sugar. Beat until stiff and glossy.

(4) Fold egg white mixture into flour mixture.

(5) Turn mixture into a greased 13×9-inch pan lined with greased wax paper and bake for 45 minutes or until done. Cool.

(6) Slice in half horizontally, to form two layers.

(7) Make the cream cheese filling: soften the cream cheese and beat in the sugar, mixing gradually, until the filling is smooth and fluffy. A food processor works well for this.

(8) Cover bottom layer with cream cheese filling, then cover cream cheese layer with jam. Place the top layer of the cake carefully on top of the jam.

(9) Make the frosting: beat the whipping cream until slightly stiff, then add the sugar and beat the mixture to stiff peaks. Frost the entire cake with whipped cream.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, 1 hour baking and cooling, 10 minutes frosting. *Precision:* measure the ingredients.

CONTRIBUTOR

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CARROT CAKE

CARROTCAKE-2 – UCLA Medical center carrot cake

INGREDIENTS (One cake)

CAKE

1 cup	*butter*
2 cups	*sugar*
3	*eggs*
2 tsp	*vanilla*
2 cups	*flour,* sifted
1 tsp	*salt*
2 tsp	*cinnamon*
2 tsp	*soda*
2 tsp	*nutmeg*
¼ tsp	*cardamom*
1 cup	*walnuts,* chopped finely
½ cup	*raisins*
½ cup	*crushed pineapple,* well drained
2 cups	*carrots,* shredded and packed

FROSTING

3 oz	*cream cheese*
½ cup	*butter*
1¼ cup	*powdered sugar*
3 Tbsp	*pineapple,* crushed, chopped and well drained
¼ cup	*walnuts,* chopped
1/8 tsp	*cardamom*

PROCEDURE Cake

(1) Cream butter until soft. Gradually add sugar and beat until fluffy, at least ten minutes. Beat in eggs one at a time until thoroughly blended. Add vanilla.

(2) In a separate bowl sift flour, salt, cinnamon, soda, nutmeg and cardamom together several times and set aside.

(3) Add walnuts, pineapple, raisins and carrots to egg-sugar mixture. Stir in flour mixture and mix well.

(4) Pour into greased and floured pan and bake at for 1 hour. Cool completely.

(5) Apply frosting.

PROCEDURE Frosting

(1) Mix cream cheese, butter and powdered sugar until fluffy.

(2) Add pineapple, walnuts and cardamom. Blend well.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, 1 hour cooking, 1 hour cooling. *Precision:* measure the ingredients.

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STEAMED CARROT PUDDING

CARROT-PUDDING – An old Welsh steamed carrot pudding

This is a good steamed pudding, despite the list of ingredients that are "good for you". The sauce (following the recipe) is not a necessity for good taste, only for authenticity, although I LIKE it with the sauce.

This is a very old recipe, I gathered it from my grandmother, who would have been 101 (sniff) this year, who learned it from her Welsh mother, who learned it from her ... (in Wales), *ergo* it's at least 200+. Given its similarity to some late Medieval puddings, one might suspect that its origins are much earlier.

I determined the quantities listed here by measuring what my grandmother tossed into the pot.

INGREDIENTS (makes about 5 pounds)

DRY INGREDIENTS

2 cups	*all-purpose flour,* sifted and measured
1½ tsp	*cinnamon*
¾ tsp	*cloves*
1½ tsp	*salt*
2 tsp	*double-acting baking powder*

OTHER PUDDING INGREDIENTS

1½ cups	*raw, grated, or ground potatoes*
1½ tsp	*baking soda*
1½ cups	*raw, ground carrots* (use medium blade)
1½ cups	*bread crumbs* (dry, not toasted)
1½ cups	*crisco shortening,* (solid white vegetable shortening)
1½ cups	*brown sugar* (light or dark, depends on what you like)
1	*jumbo egg,* or 2 large eggs, lightly beaten.
1½ tsp	*lemon extract*
1½ tsp	*vanilla*
1½ cups	*finely chopped walnuts* (black walnuts are wonderful if you can get them)
15 oz	*raisins*

SAUCE INGREDIENTS

¼ cups	*water*
½ cups	*brown sugar* (I use a mixture of light and dark)
1 tsp	*vanilla*
1 tsp	*lemon extract*
1/8 tsp	*cornstarch,* well divided
1 Tbsp	*butter*

PROCEDURE (Pudding)

(1) Mix the dry ingredients and set them aside. Grease completely three large (25-oz) tin cans, such as the kind used for tomato purée. Do NOT use the plastic-lined variety. Alternatively, grease one large steaming mold, with a hole in the center. Or improvise.

(2) Add the potatoes. Mix well. Then, in turn, add the baking soda, the carrots, the bread crumbs, and the Crisco, making sure that you mix well after adding each ingredient. This matters, so do it! You may have to get some help from King Kong to blend adequately after adding the shortening.

(3) Add, in sequence, the brown sugar, the beaten egg, the lemon extract, and the vanilla, mixing well after each addition.

(4) Now, add the dry ingredients mixture, a bit at a time. The mixture will be extremely thick, and very difficult to mix.

(5) Add the walnuts and the raisins. Mix them in. Go ahead. You're strong enough.

(6) Push the mixture into the tins, with each about ¾ full, or a little more. Seal the tins with aluminum foil, and use a rubber band to hold the foil on. (the pudding should not be exposed directly to the steam).

(7) Steam 1½ to 2 hours, (until the pudding seems uniform. You can't overcook it, so err on the long side, please!) and cool if you're not going to serve it right now.

(8) Make the sauce by combining all of the sauce ingredients in a small saucepan and heating until it bubbles and all ingredients are dissolved.

(9) To serve, reheat by steaming for at least 45 minutes, or serve out of the original pot.

NOTES

This stuff keeps in the fridge nearly forever (at least a month) as long as you don't let it dry out.

Some add rum to this sauce. Suit yourself. I like it both ways.

Decant or spoon out (depends on if you want to be fancy or not) and serve with sauce, also steaming.

Then, don't eat for two days to make up for the calories.

RATING

Difficulty: moderate (considerable physical work required). *Time:* 1 hour preparation, 3 hours steaming. *Precision:* no need to measure.

CONTRIBUTOR

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TEDDY BEARS ARE SHY, SAVE A POWDERMILK BISCUIT FOR YOURS!
"There are bridges, bridges in the sky, and bridges in the air..."

EASY CARROTS AU GRATIN

CARROTS-GRATIN − A simple and unusual carrot-cheese casserole

This is a family recipe that my inlaws make for holiday dinners. I've never seen it in any cookbook. It's unusual, but good.

INGREDIENTS (Serves 4−6)

1 Tbsp	*butter*
3 cups	*carrots,* sliced.
3 Tbsp	*butter*
3 Tbsp	*flour*
1½ cups	*milk*
½ lb	*process cheese*

PROCEDURE

(1) Slice the carrots and sauté in 1 Tbsp butter over low heat for 5−10 minutes, until cooked to taste.

(2) Make a roux with the butter and flour. Add the milk (warmed) and cook until thick.

(3) Add cheese and cook until cheese is melted. Mix in the cooked carrots.

(4) Place in greased casserole and sprinkle with buttered bread crumbs. Bake at for 15−20 minutes or until brown.

NOTES

Process cheese is sometimes called "American cheese" or "Canadian cheese" depending on where it is bought. You can make a standard cheddar cheese sauce instead, or you can use something like Velveeta instead.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 20 minutes baking. *Precision:* no need to measure.

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CATFISH COURTBOUILLON

CATFISH-BOIL – Cajun Catfish

Catfish courtbouillon (pronounced coo-be-yon) is a spicy fish dish served over rice.

INGREDIENTS (Serves 4)

2 large	*catfish fillets* (or any firm fish)
1 cup	*onions,* chopped fine
½ cup	*celery,* chopped fine
2	*garlic cloves,* minced
1/3 cup	*butter*
1/3 cup	*flour*
1 tsp	*salt*
½ tsp	*black pepper*
¼ tsp	*cayenne pepper* (or more, for the real cajun flavor)
3	*large tomatoes* peeled and quartered (or use a 1 lb can of tomatoes)
3 cups	*water*
2 cups	*hot cooked rice*

PROCEDURE

(1) In a deep skillet or dutch oven mix the butter and flour together over low heat to form a roux (a thick, smooth, bubbly mixture).

(2) Add the onions, celery and garlic and sauté until tender.

(3) Add the tomatoes, salt, pepper, cayenne and water. Simmer covered for 20–30 minutes.

(4) Add fillets and cook until tender and flaky, 15–20 minutes. Serve on a bed of rice.

NOTES

The amount of cayenne here is set for a mildly hot taste. It can be increased up to a full teaspoon for the full nuclear version!

RATING

Difficulty: easy. *Time:* 1 hour. *Precision:* approximate measurement OK, but measure the pepper.

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CAULIFLOWER AND CHEESE

CAULIFLOWER-1 − Steamed cauliflower with mushrooms and parmesan

INGREDIENTS (Serves 4−6)

1	*cauliflower,* cut into bite-sized pieces
2	*medium onions,* chopped
1 lb	*fresh mushrooms*
2 Tbsp	*butter*
½ cup	*bread crumbs*
¾ cup	*parmesan cheese,* grated

PROCEDURE

(1) Cut cauliflower into bite-sized pieces, place in a steamer, and steam to desired tenderness, about 10−15 minutes.

(2) In a frypan, sauté onions and mushrooms in butter until brown (about 5 minutes). Remove from heat, and stir in the parmesan and bread crumbs. Mix well.

(3) Put the steamed cauliflower in a baking dish, and toss with the mixture in the frypan. Bake for 4−5 minutes at

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* no need to measure.

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SPICED CAULIFLOWER

CAULIFLOWER-2 – Spiced cauliflower

An interesting way to serve cauliflower. My mother makes this; I think she got it from a magazine somewhere.

INGREDIENTS (Serves 6–8)

1	*cauliflower*
2	*onions*
4–6 Tbsp	*oil*
½ tsp	*mustard seeds*
1 tsp	*ground ginger*
1 tsp	*salt*
½ tsp	*tumeric*
½ tsp	*cumin*
2 Tbsp	*chopped parsley*
2	*large tomatoes*
	sugar

PROCEDURE

(1) Chop onions, then cook in oil until soft.

(2) Add mustard, ginger, salt and tumeric; cook for about 3 minutes, while stirring.

(3) Cut cauliflower in pieces, add it to spice mixture, making sure it is covered thoroughly.

(4) Skin and finely chop tomatoes, stir into mix with cumin and parsley.

(5) Add sugar to taste.

(6) Cover and cook over low heat for 10 to 15 minutes. Stir occasionally to prevent boiling.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 20 minutes cooking. *Precision:* approximate measurement OK.

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CREAM CHEESE BUTTER COOKIES

CBUTTR-COOKIES − Simple filled butter cookies with cream cheese

INGREDIENTS (3−4 dozen)

½ pound	*butter*
1 cup	*sugar*
2½ cups	*all-purpose flour*
1	*egg yolk*
4 oz	*cream cheese*
	raspberry jam

PROCEDURE

(1) Preheat oven to Cream together the butter and sugar.

(2) Add the flour and egg yolk and mix well.

(3) Add the cream cheese and mix well.

(4) Roll into balls about 5/8 inch in diameter. Place them on an ungreased cookie sheet (the cookies don't grow when baked, so they can be somewhat close together). Then press your thumb into each to flatten it and make an indentation to hold some jam. Fill it with jam.

(5) Bake at for 15 to 20 minutes.

NOTES

You can use any flavor jam you like. The jam is the only part of the cookie that has any texture, so I prefer using it to jelly.

Don't eat the cookies straight from the oven, or you'll probably burn your tongue. The jam stays hotter much longer than the cookie.

RATING

Difficulty: easy, but strenuous if made by hand. *Time:* 20 minutes preparation, 15−20 minutes baking. *Precision:* Measure the ingredients.

CONTRIBUTOR

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CELERY ROOT SALAD

CELERY-SALAD – Cooked celery root in vinaigrette

This salad has an intense celery flavor. The taste is so strong that it should be served only with other strongly flavored foods. It would overwhelm veal, but would go well with a lamb roast.

INGREDIENTS (Serves 6–8)

2 lb	*celery root* (also called celeriac)
4 cups	*boiling salted water*
6 Tbsp	*olive oil*
3 Tbsp	*white wine vinegar*
1 tsp	*salt*
2 tsp	*sugar*
1¼ tsp	*dry mustard*
½ tsp	*black pepper,* freshly ground
1	*garlic clove,* crushed
¾ tsp	*dill weed,* dried (use more if fresh)
1/3 cup	*scallions,* minced
1/3 cup	*parsley,* minced

PROCEDURE

(1) Peel the celery root and cut it into ½-inch cubes.

(2) Add the cubed celery root to the boiling salted water and cook until tender, about 15 minutes. Drain.

(3) Combine the rest of the ingredients and whisk or shake to make a dressing.

(4) Pour the dressing over the cooked celery root and toss. Refrigerate at least two hours before serving.

NOTES

Celery root (also called celeriac) is sometimes hard to find. Try to get ones about the size of a large fist; smaller ones have too much waste, and bigger ones are often pithy. This vegetable is not worth eating raw.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 2 hours chilling. *Precision:* approximate measurement OK.

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CHAFFCOMBE APPLE PUDDING

CHAFF – Apple and orange pudding with oats on top

(from "Friends of the Earth Cookbook") A really quick to prepare, juicy pudding – it's amazing the difference the orange makes.

INGREDIENTS (serves 4)

3	*medium cooking apples*
1	*orange*
1 oz	*margarine or butter*
2 Tbsp	*sugar*
6 Tbsp	*oats* (uncooked flake oatmeal)

PROCEDURE

(1) Grate the apple (including the skin, but not the core) and the skin of the orange into an oven-proof dish. Mix in the juice of the orange and half the sugar.

(2) Melt the margarine in a saucepan over a low heat and mix in the oats and the rest of the sugar. Stir until thoroughly coated. Spread over the top of the apple mixture.

(3) Stand for one hour before cooking for 20–30 minutes at

NOTES

Try it with different toppings – crumble or cornflakes for example.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1 hour standing, 20–30 minutes cooking. *Precision:* No need to measure.

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CHALLAH I

CHALLAH-1 – A traditional Jewish bread

Challah is a traditional Jewish bread that is part of many festivals, including sabbath dinners and weddings. For making a wedding loaf, this recipe can be doubled and used to make one braided loaf. It will fill up the entire oven, and you will have to find a cookie sheet big enough to put the loaf on.

INGREDIENTS (2 loaves)

2¼ cups	*water*
1 Tbsp	*active dry yeast* (one package)
1 Tbsp	*sugar*
1 Tbsp	*salt* (optional)
¼ cup	*oil*
2	*eggs,* beaten
9–10 cups	*flour*
1	*egg yolk*
1 Tbsp	*water*

PROCEDURE

(1) Dissolve the yeast and sugar in lukewarm water (Lukewarm water feels neither hot nor cold when a drop is placed on your wrist.) Let sit for 10 minutes to proof the yeast. If there are no bubbles in the water after this time, the yeast is inactive and you should start over with new yeast.

(2) Add the salt (optional), oil, eggs, and most of the flour to the 2¼ cups of water. Mix.

(3) Place dough on floured board and knead for 5–10 minutes.

(4) Place dough in a clean bowl, brush some oil on the top (optional), and cover the bowl with a towel. Let rise in a warm place until doubled, about 1½ hours.

(5) Punch the dough down and let rise until doubled again (maybe another hour).

(6) Punch dough down and place onto floured board. Form into two loaves. You can make normal loaves, or you can cut the dough and braid (with three or six pieces per loaf), or you can make braided or unbraided rolls, or you can roll the dough out until it's about ¼ inch thick and then spread fried onions over it. Place loaves into oiled pans.

(7) Cover pans and let rise for about 30 minutes. (Skip this step if you've rolled the dough out and covered with onions.)

(8) Mix the egg yolk with 1 Tbsp of water. Brush loaves with this mixture. (Again, skip this if you've rolled the dough out.)

(9) Bake at for 20 minutes, then lower heat to and bake for 40 additional minutes. If you are making rolls, you probably need to bake for a total of 20–25 minutes.

NOTES

You can add poppy or sesame seeds to the dough, or you can sprinkle the seeds on top. This bread is traditionally made with white flour, but is still good if made with all or part whole wheat flour. I think its good taste comes from the oil and eggs in the dough.

RATING

Difficulty: easy, as bread goes. *Time:* preparation: 3–5 hours (including rising); baking: 1 hour. *Precision:* measure ingredients carefully.

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CHALLAH II

CHALLAH-2 – Braided egg bread

Challah (pronounced ''hallah'') is a type of braided egg bread traditionally eaten on the Jewish Sabbath. It is eaten by tearing off hunks rather than by cutting with a knife.

I got this recipe from a housemate a couple of years ago; I don't know its origins before that, but it has become one of my favorite recipes, and one with which I have experimented a good deal. I've tried several other challah recipes, but find I like this one the best.

INGREDIENTS (2 Large Loaves)

DOUGH

½ oz	*active dry yeast* (2 packages)
2 cups	*warm water*
4 tsp	*salt*
½ cup	*granulated sugar*
¾ cup	*vegetable oil* (or up to ¼ cup more, to taste)
3	*large eggs*
9–10 cups	*all-purpose flour*

GLAZE

1	*large egg*
	sesame or poppy seeds

PROCEDURE

(1) Mix yeast in warm water. Let sit 5 minutes.

(2) In a large bowl combine salt, sugar, eggs, and oil.

(3) Add yeast mixture.

(4) Slowly add flour, stirring until not too sticky. When the dough becomes too thick to stir, turn it out onto a floured board and knead, adding flour as necessary. Scrape the working surface with a plastic dough spatula from time to time, to keep a dry skin from forming on it. You may find that you need more flour, but don't add too much more, or the dough will become heavy. Knead until the dough is smooth and elastic (about 10 minutes).

(5) Form dough into a ball and place in a lightly oiled large bowl, turning to coat the dough with oil. A ceramic bowl is best. Cover the bowl with a clean cloth and leave in a warm, draft-free place to rise for 1½ hours, or until doubled in bulk.

(6) After the dough has risen, punch it down and divide it into 6 balls. Let the dough balls sit for 5 minutes, covered.

(7) Keeping dough balls covered while working, remove a ball and roll it between your hands (or on working surface) into a cord about 1 inch wide by 20 inches long. The dough is quite elastic, making it nicely workable, yet also tending to make it shrink back slightly after being lengthened. I find it best to lengthen it in a series of passes. Form 3 cords this way, and then start from the middle and braid them into a single loaf. Tuck the ends under. It's a little harder to figure out how to start braiding from the middle, but the loaves come out more even and attractive that way. Don't pull the cords while braiding. Place the loaf on a lightly oiled baking sheet, and cover it with a cloth while you form the other loaf. Keep the loaves well apart on the baking sheet, since they will expand a lot.

(8) Cover the loaves and place again into a warm, draft-free place to rise for 45–60 minutes.

(9) After the loaves have risen, gently brush the tops with beaten egg using a soft brush, and then sprinkle with the seeds.

(10) Bake at for 30 minutes, or until golden brown.

NOTES

The variation in oil makes quite a difference in the moisture of the bread: If you use the larger quantity, the bread comes out very nice and moist, but when it cools it becomes somewhat oily.

The amounts of sugar and oil may sound high, but try it this way once before cutting back. I have tried other recipes that use less, and they don't taste nearly as good.

Here's the fun part: variations. Because this dough is so workable, you can form it many different ways, limited only by your imagination; I once made a whole collection of different shapes and sizes, for a festive dinner party. Some of the variations I have tried include:

- Forming the braided loaf into a wreath-like loop (and joining the individual ends)
- Braiding 5 ways instead of 3
- Braiding 3 braided loaves into a recursive loaf (this actually didn't turn out very well: it ended up looking knotty, rather than intricate, and being somewhat tough)
- Baking a small loaf on top of a larger loaf (traditional)
- Varying the loaf sizes. One time I made individual-sized loaves, so that everyone could have their own loaf at dinner. Another time, I divided the dough into 2 halves, set one aside, and made a loaf out of the other half. Then, I divided the remaining piece into 2 halves, and continued the process until I had an array of loaves, each half the size of the previous. I managed to get 9 loaves by doing this, the smallest of which was about ¼ inch by 2 inches
- Varying the length-to-width proportions; traditionally, challah loaves are quite wide relative to their length. I find that shorter, wider loaves are doughier (and thus tastier), but longer loaves look more elegant.
- Adding extra ingredients, such as raisins and/or nuts.

RATING

Difficulty: moderate. *Time:* 30 minutes dough preparation, 1½ hours first rising, 1 hour loaf forming, 1 hour second rising, 30 minutes baking. Total: 4½ hours. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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CHALLAH

CHALLAH-3 – Jewish egg bread

This is my families version of Challah. It calls for saffron, but I've never actually made it as such (Hey, I'm just a poor college student, I can't afford saffron).

INGREDIENTS (four loaves)

¾ oz	*yeast* (3 packages)
¾ cup	*warm water*
2 tsp	*sugar*
½ cup	*sugar*
½ cup	*butter,* melted
1 Tbsp	*salt*
¼ cup	*honey*
2 cups	*raisins*
8	*eggs*
9 cups	*flour*

GLAZE

2	*egg yolks*
5 tsp	*water*

PROCEDURE

(1) Dissolve the yeast with the warm water and sugar.

(2) Add the rest of the sugar, butter, salt, honey, raisins, and eggs.

(3) Add the flour, a cup at a time, until it is hard to stir.

(4) Turn out onto a well floured counter, and knead until smooth and blistery, adding more flour as necessary (about 10–15minutes).

(5) Put into greased bowl, cover, and let rise until double, about 1 hr.

(6) Punch down. Separate into 4 sections, and separate each section into 3 more sections. Roll each piece out to the size of your cookie sheet. Braid 3 strands together, and place on cookie sheet.

(7) Let rise until double (about 1 hour).

(8) Mix egg yolks and water for glaze. Spread on loaves.

(9) Bake in a preheated oven at for 15–30 minutes until there is a golden crust.

RATING

Difficulty easy, if you know how to make bread *Time:* 20 minutes preparation, several hours rising, 30 minutes cooking *Precision:* Raisins are to taste. Measure the rest of the ingredients.

CONTRIBUTOR

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CHALUPA

CHALUPA-1 − A Mexican meat and bean dish, similar to chili

I got this recipe from *A Primer on Bean Cookery* by the *California Dry Bean Advisory Board.* While not a true chili, chalupa is a Mexican-American favorite for a hearty lunch or supper. It may be made ahead and reheated, and it freezes well.

INGREDIENTS (Serves 8)

1 lb	*pinto beans*
3 lb	*pork roast*
7 cups	*water*
½ cup	*onion,* chopped
2 cloves	*garlic,* minced
1 Tbsp	*salt*
2 Tbsp	*chili powder*
1 Tbsp	*cumin*
1 tsp	*oregano*
4 oz	*chopped green chili peppers* (one can).

PROCEDURE

(1) Put all ingredients in a dutch oven, an electric crockery cooker, or a heavy kettle.

(2) Cover and simmer about 5 hours, or until the roast falls apart and the beans are done.

(3) Uncover and cook about ½ hour, until the desired thickness is achieved.

NOTES

Chili powder is a mixture of spices, consisting mainly of ground dried chili peppers. This recipe may be served with corn chips and condiments (including chopped tomato, chopped avocado, chopped onion, shredded lettuce, grated cheddar cheese, and hot sauce).

RATING

Difficulty: Easy. *Time:* 5 minutes preparation, 5−6 hours cooking. *Precision:* no need to measure.

CONTRIBUTOR

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CHAROSET

CHAROSET – Traditional Seder accompaniment

This paste-like, sweet spread is a prescribed part of the traditional Seder. Its mortar-like consistency is intended to remind Jews of the bricks and mortar our ancestors labored with as slaves in Egypt. Quite incidentally, it is delicious and tastes wonderful spread on matzah. This is the traditional charoset from the Ashkenazic (Eastern European) Jewish tradition; very different, but equally delicious, charoset recipes, using such ingredients as dates, raisins, and sesame, can be found in the various Sephardic communities (e.g., Yemenite, Persian, Turkish, Moroccan, etc.).

INGREDIENTS (2 cups)

1½ cups	*finely chopped nuts* (e.g., almonds, walnuts, filberts)
2 Tbsp	*sugar or honey* (or a mixture)
1–2 cups	*chopped or grated apples* (about 4–6 medium apples)
½ tsp	*cinnamon*
	sweet wine

PROCEDURE

(1) Mix nuts, sugar, honey, apples and cinnamon together until well-blended.

(2) Add wine slowly until the texture resembles a thick paste, like mortar.

(3) Taste and adjust cinnamon, sugar, wine amounts.

NOTES

This recipe yields about enough for the Seder table. If you like this as much as we do, you will want to make more.

Some people prefer a chunkier, less smoothly-blended charoset.

If you live in an area where Kosher for Passover ground nuts (*not* groundnuts) are available, they save a lot of chopping time and lead to a smoother consistency. If you're lucky enough to have a Kosher for Passover food processor, you will also save a lot of arm exercise. And remember, kids love to chop!

RATING

Difficulty: easy. *Time:* 20 minutes to several hours, depending on how much hand-chopping you have to do. *Precision:* no need to measure.

CONTRIBUTOR

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CHEESECAKE I

CHEESECAKE-1 – Legendary cheesecake

This is from a dessert-chef friend of a regular-chef friend, and apparently won some award. I've had cheesecakes that I think are more impressive (including one I can make), but I think I'm something of a cheesecake connoisseur. If I want to blow people's socks off, this is the one I cook. I think that every time I've served it to a new group, at least one person has said "That was the best cheesecake I've ever had."

INGREDIENTS (one cheesecake)

CRUST:

2 cups	*graham cracker crumbs*
6 Tbsp	*melted butter*
2 Tbsp	*white sugar*
½ tsp	*ground cinnamon*

CAKE FILLING:

1½ lb	*cream cheese*
¾ cup	*sugar*
3	*eggs*
¼ cup	*lemon juice*
2 tsp	*grated lemon rind*
2 tsp	*vanilla*

TOPPING:

2 cups	*sour cream*
3 Tbsp	*sugar*
1 tsp	*vanilla*

GLAZE:

½ cup	*sugar*
1½ Tbsp	*cornstarch*
¼ tsp	*salt*
¾ cup	*water*
1/3 cup	*lemon juice*
1	*egg yolk,* WELL BEATEN.
1 Tbsp	*butter*

PROCEDURE

(1) Preheat oven to Combine crust ingredients. Press crust on bottom and sides of buttered 10-inch springform pan. Bake 5 minutes, and cool.

(2) Beat cheese until soft. Add sugar and blend well. Add eggs, one at a time, beating well after each. Mix in the lemon rind and the vanilla, and add to the mixture. Pour into the pre-baked crust, and bake 35 minutes.

(3) Combine topping ingredients, spread on top of cheesecake, and return to oven immediately. Bake 10–12 minutes and remove from oven.

(4) Combine dry glaze ingredients; add liquid glaze ingredients. Cook over low heat until thick. Add 1 Tbsp of butter. Cool, and spread this glaze on the cake before the glaze thickens too much.

NOTES

Some pointers: this is the traditional crust, but I often use a more floury-baked-pie-crust-like one. It's not too critical. The magic to getting the texture perfect is in how you beat the cheese. I use a kitchen aid, work slowly, scrape the bowl often, and ALWAYS USE ROOM TEMPERATURE EVERYTHING. Using cold cream cheese guarantees lumps. Don't beat too hard before putting in the sugar, but make sure it's even and fluffy before the eggs go in. Then again, don't overbeat. It takes practice.

I've been known to make it with no sugar or vanilla in the topping, and I think it's more interesting. but the contrast between the layers may confuse those accustomed to restaurant cheesecakes.

The glaze is easy as glazes go, but treat it properly. In particular, stir constantly until it's thick, but don't stir hard or you'll break down the starch.

RATING

Difficulty: rather difficult (timing is critical.) *Time:* 1 hour. *Precision:* measure carefully.

CONTRIBUTOR

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CHOCOLATE CHEESECAKE

CHEESECAKE-2 – Picture-perfect chocolate cheesecake

You may have seen this on the cover of a recent magazine when you were standing in the grocery line. It makes a very rich, truly decadent chocolate cheesecake.

INGREDIENTS (Makes 16 servings)

½ lb	*chocolate wafers* finely crushed.
1/3 cup	*butter,* melted
1½ lb	*cream cheese,* at room temperature
1 cup	*granulated sugar*
6 oz	*semisweet chocolate,* melted and cooled
3 Tbsp	*white flour*
3	*large eggs*
2 Tbsp	*heavy cream*
2 tsp	*vanilla*
1 cup	*sour cream*
2 tsp	*vanilla*
2 Tbsp	*granulated sugar*

PROCEDURE

(1) Preheat oven to Mix chocolate wafer crumbs and butter. Press firmly onto bottom and 2 inches up the sides of an ungreased, 9-inch springform pan.

(2) Bake the crust for 10 minutes. Remove from oven and place on rack to cool. Reduce oven temperature to

(3) Using an electric mixer, beat the cream cheese in a large bowl until it is smooth.

(4) Add sugar, chocolate, and flour. Beat again, until the mixture is well blended and fluffy.

(5) Add eggs, one at a time, beating again after each egg is added.

(6) Beat in the cream and vanilla.

(7) Pour mixture into the cooled crust. Place on middle rack in oven and bake for 60 to 65 minutes, until filling is set. Remove from oven and cool on rack.

(8) Blend sour cream, vanilla, and sugar together until well mixed. Spread over top of cooled cheesecake. Chill several hours or overnight

NOTES

A chocolate wafer is a crisp chocolate cookie about three inches in diameter and an eigth of an inch thick. If you can't find them, you can substitute any kind of dry crunchy chocolate-flavored cookie.

You can make the crust and filling in a food processor if you have one. It makes it a lot easier.

RATING

Difficulty: moderate. *Time:* 30 minutes to prepare, 70 minutes to cook, several hours to chill. *Precision:* measure carefully.

CONTRIBUTOR

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CHEESECAKE II

CHEESECAKE-3 – Restaurant-style cheesecake

INGREDIENTS (one cheesecake)

CRUST

1 cup	*flour*
¼ cup	*sugar*
1 tsp	*lemon rind*
¼ tsp	*vanilla*
1	*egg yolk*
¼ cup	*softened butter*

CAKE FILLING

2½ lb	*cream cheese*
1¾ cup	*sugar*
3½ Tbsp	*flour*
½ Tbsp	*orange rind*
½ Tbsp	*lemon rind*
¼ tsp	*vanilla*
5	*eggs*
2	*egg yolks*
¼ cup	*cream*

PROCEDURE

(1) Mix crust ingredients; press into a baking pan. Bake 10 minutes at

(2) Combine filling ingredients; mix well, and pour into baked crust.

(3) Bake at for 10–12 minutes.

(4) Reduce to for 1 hour.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, 1 hour baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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DON CHANEY'S CHEESECAKE

CHEESECAKE-4 – Ultimate cheesecake

This recipe is the original creation of a co-worker, Don Chaney. I consider myself a cheesecake gourmet, and I rate this recipe as 8.5 out of 10 (However, there are no 10's). The recipe is so simple, I almost feel guilty serving it.

INGREDIENTS (One cheesecake)

CRUST

6 Tbsp	*butter,* melted
1 tsp	*cinnamon*
3 Tbsp	*sugar*
2 cups	*graham cracker crumbs*

FILLING

24 oz	*cream cheese,* at room temperature
3	*large eggs,* at room temperature
1 cup	*sugar*
½ tsp	*vanilla extract*

TOPPING

2 cups	*sour cream*
½ tsp	*vanilla*
3 Tbsp	*sugar*

PROCEDURE

(1) Preheat oven to

(2) Mix crust ingredients. Press into springform pan on bottom and sides.

(3) Mix filling ingredients and pour into pan. Make sure all ingredients are room temperature.

(4) Bake 30–35 minutes, or until slightly browned.

(5) Remove cake from oven, and increase oven temperature to Mix topping ingredients, and gently spread on top of cake. Return cake to oven for five mins.

(6) Remove from oven, cool to room temperature, and chill overnight. Serve cold.

NOTES

Variations: Crush some walnuts into the crust. Pour a can of cherry or blueberry pie filling over the chilled cake, then chill again. Put 2–3 Tbsp of your favorite liqueur into the cake filling.

RATING

Difficulty: easy to moderate. *Time:* 10 minutes preparation, 40 minutes baking, overnight cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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RS CHEESECAKE

CHEESECAKE-5 – A moist cheesecake with a wonderful crust

A college friend gave me this recipe, oh so many moons ago. It comes from his parents, and may have roots in Belgium. It is very different from the typical New-York-style dry cheesecake.

INGREDIENTS (Serves 6–8)

CRUST

2 cups	*rolled oats* (oatmeal, but do not use instant oatmeal or steel-cut oats).
2/3 cup	*brown sugar*
½ cup	*unsalted butter* (at room temperature)

FILLING

11 oz	*cream cheese* (at room temperature)
¾ cup	*small-curd cottage cheese*
3	*eggs*
1 tsp	*vanilla extract*

PROCEDURE

(1) Preheat oven to

(2) Mix crust ingredients with your hands until well blended. Put the mixture in a 9-inch spring-form pan, and form a crust, pushing it about 1½ inches up the sides of the pan.

(3) Bake the crust about 10 minutes at and let it cool.

(4) Beat (or mix) the filling ingredients, at very high speed, for seven minutes. The mixture must be very smooth.

(5) Put the filling in the baked crust. You may want to re-form the crust slightly first.

(6) Bake for 35–40 minutes at The cheesecake is done when the filling is firm, but not dark (burned) on top. Let it cool, then chill it.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 40 minutes baking. *Precision:* measure carefully.

CONTRIBUTOR

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BO'S CHOCOLATE CHIP CHEESECAKE

CHEESECAKE-6 – A truly decadent chocolate chip cheesecake

This recipe came to me from a friend of mine, Bo (pronounced ''boo'') Ture Ahlberg, who would occasionally (read ''whenever we could persuade him'') bring it into work. Needless to say, it would be snarfed up immediately.

INGREDIENTS (Makes 1 cheesecake)

24 oz	*cream cheese,* broken into pieces
4	*eggs,* separated
2 Tbsp	*vanilla extract* (do not use artificial vanilla)
1 cup	*sour cream*
¼ cup	*brown sugar,* or to taste
1 lb	*chocolate chips*
1 lb	*graham cracker crumbs*
½ cup	*butter,* melted.

PROCEDURE

(1) Preheat the oven to

(2) Prepare the batter: place the egg yolks in a food processor for 5 seconds, then add the cream cheese and beat until smooth. Add the brown sugar and vanilla and process for several minutes, or until the batter is very smooth. Add the sour cream, then beat the eggwhites and fold into the cheese mixture. Set aside.

(3) Prepare the crust: soften butter and combine with graham cracker crumbs. Mix until fully blended, *e.g.* they will form a ball when squeezed in your hand or by a spoon. Pat the crust into the sides and bottom of a springform pan about 9 inches in diameter.

(4) Spread a generous layer of chips on the bottom of the pan, and then pour the batter into the pan. Add another generous layer of chips to the top of the cake.

(5) Place the filled pan into the preheated oven. Baking time will vary from about 30 minutes to 2 hours. Cooking time depends on whether you want a soft, gooey ''New York'' style cheesecake (shorter) to a fluffy ''soufflé''-like cheesecake (longer). The longer you cook it, the fluffier it gets.

(6) When the cake starts to rise like a soufflé, start checking to see if it is done. It will just about double in volume, and should not flow over the sides of the pan. If the cake shimmers like Jello when shaken, it is done. Alternatively, if a knife inserted comes out clean, the cake is overcooked: the knife should be very lightly coated with batter.

NOTES

Bo prefers to use Nestlé Mini-Morsel chocolate chips.

RATING

Difficulty: easy to moderate. *Time:* 15 minutes preparation, up to 2 hours cooking. *Precision:* measure the ingredients.

CONTRIBUTOR

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CHEESECAKE 7

CHEESECAKE-7 – Amaretto-amaretti chocolate cheesecake

This is adapted from *Maida Heatter's Book of Great Chocolate Desserts,* (Knopf 1980). It won me a blue ribbon at the Martha's Vineyard Agricultural Exhibition and Fair in 1983. If you ever find yourself in front of a firing squad, this makes an unbeatable last request.

INGREDIENTS (Serves 16)

CRUST

7 oz	*Amaretti* (see note)
2 Tbsp	*granulated sugar*
1 oz	*unsweetened chocolate* (1 square)
5 Tbsp	*sweet butter*

FILLING

6 oz	*semisweet chocolate*
7 oz	*Amaretti*
4 oz	*almond paste*
1/3 cup	*Amaretto liqueur*
1½ lb	*cream cheese* at room temperature
¼ cup	*granulated sugar*
4	*eggs* (large or extra-large)
½ cup	*heavy cream*

PROCEDURE (CRUST)

(1) Butter the sides only (not the bottom) of a 9-inch spring-form pan (2½–3 inches deep).

(2) Grind the Amaretti very fine in a food processor or blender. Mix with sugar in a mixing bowl.

(3) Melt the chocolate and butter in the top of a double boiler, stirring occasionally. Add the melted mixture to the Amaretti crumbs and sugar and mix thoroughly. (Don't wash the double boiler; you'll be using it again in a minute.)

(4) Turn the mixture into the prepared pan. With your fingers, distribute it evenly over the bottom and press it down into a very firm, compact layer. Refrigerate while you prepare the filling.

PROCEDURE (FILLING)

(1) Adjust rack 1/3 up from the bottom of the oven and preheat to

(2) Partially melt chocolate in the top of a double boiler, then uncover and stir until completely melted. Remove the top of the double boiler and set aside to cool.

(3) Break the Amaretti coarsely into a bowl and set aside.

(4) Cut the almond paste into small pieces, and beat on low speed with an electric mixer, while gradually adding the Amaretto liqueur. Beat until thoroughly mixed, and set aside.

(5) Beat the cream cheese with an electric mixer until smooth. Add the sugar and beat until smooth again. Add the almond paste-Amaretto mixture and beat until thoroughly mixed. Add the melted chocolate and beat well again. Add the eggs one at a time, beating at low speed until they are incorporated after each addition. Add the heavy cream and beat until smooth. Add the coarsely broken Amaretti and stir gently only to mix.

(6) Turn into the prepared pan, pouring the mixture over the bottom crust. Rotate the pan gently to level the batter. (Don't worry if the mixture comes almost to the top; it won't run over.)

(7) Bake 45 minutes. It will seem soft and not done, but don't bake any more; it will become firm when chilled. The top of the cake is supposed to look bumpy because of the large chunks of Amaretti.

(8) Let cool completely at room temperature, then carefully remove the sides of the pan and refrigerate the cake (still on the bottom of the pan) for 4 to 6 hours, or overnight.

NOTES

Amaretti are Italian almond-flavored wafer cookies. They are usually sold in metal tins with the wafers wrapped in packages of two inside the tin. You can also buy Amarettini, which are the same flavor but much smaller and not individually wrapped. Since you're going to grind some of the wafers and break the others into chunks, it doesn't matter which size you start with. One brand is Amaretti di Saronna, Lazzaroni & Co.

This is an expensive cake, both in terms of the cost of the ingredients ($15−$20) and the number of calories.

RATING

Difficulty: moderate to hard. *Time:* 30 minutes preparation, 45 minutes baking, overnight cooling. *Precision:* measure ingredients carefully.

CONTRIBUTOR

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CHEESECAKE VIII

CHEESECAKE-8 – Food processor cheesecake

This is reputedly the 1980 A&S Cheesecake contest award winner. I have an *n*th generation copy of the recipe, but it *is* the best cheesecake I have tasted.

INGREDIENTS (One cheesecake)

CRUST:

6 oz	*Zwieback cookies*
¾ cup	*sugar*
1 tsp	*cinnamon*
¼ lb	*butter*

CAKE FILLING:

1½ lb	*cream cheese*
1 cup	*sugar*
4	*egg whites*
1½ tsp	*vanilla*

TOPPING:

2 cups	*sour cream*
2 Tbsp	*sugar*
½ tsp	*vanilla*
1/3 cup	*slivered almonds*
1 Tbsp	*butter*

PROCEDURE

(1) Preheat oven to Use the steel blade of the food processor; drop the zwieback cookies into the processor, one at a time, and process until fine. Add the sugar and cinnamon. Melt butter and pour in. Process 2 seconds or until crumbs are moistened. Reserve ¾ cup of crumbs. Press the rest into bottom and sides of a buttered 10 inch springform pan. Bake 10 minutes. Refrigerate 30 minutes. Wash the food processor bowl.

(2) Preheat oven to Cut the cheese into 1 oz pieces. Process with steel blade until smooth. In another bowl, beat the eggs until stiff. Blend sugar into the egg whites and pour into processor bowl. Process with cream cheese until smooth. Add vanilla. Process for 2 seconds. Pour mixture into crust and bake for 25 minutes.

(3) Preheat oven to Mix together the sour cream, sugar and vanilla. Pour and spread over the top of cake. Sprinkle reserved crumbs to cover topping. Arrange slivered almonds over the crumbs. Bake for 7 minutes.

(4) Refrigerate overnight. The next morning open the springform pan and knock off excess crust

NOTES

Enjoy.

RATING

Difficulty: moderate. Precision is required. *Time:* 1½ hours. *Precision:* measure carefully.

CONTRIBUTOR

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GRITS CASSEROLE

CHEESE-GRITS – A southern U.S. classic

INGREDIENTS (Serves 3–4)

1 cup	*grits,* cooked
¼ lb	*butter*
¾ lb	*process garlic cheese*
½ cup	*milk*
2	*eggs,* beaten

PROCEDURE

(1) Cook grits according to package directions (typically 20–30 minutes). After grits are cooked, stir in butter and cheese.

(2) Cool while adding milk to eggs.

(3) Stir milk and eggs into grits.

(4) Pour into a buttered casserole dish.

(5) Bake at for 45 min to 1 hour, or until set and browned on top.

NOTES

Don't expect good results with instant grits, use real grits.

Freezes well.

Editor's note: grits are ground or cracked hominy. Hominy is an American Indian food, which is made from dried corn. There is virtually no substitute for it, and it is hard to get outside North America. It is a very popular food in the southern U.S. In parts of Mexico it is known as "nixtamal" or sometimes "pozole".

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 2 hours cooking. *Precision:* no need to measure.

CONTRIBUTOR

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PUMPKIN CHEESE SOUP

CHEESE-SOUP1 – Cheese soup in a pumpkin shell

This recipe came from the 1983 Half Moon Bay Pumpkin Festival, and was published in our local newspaper in 1984.

INGREDIENTS (Serves 6)

1	*pumpkin* (big enough to hold 6–10 servings of soup)
2 Tbsp	*butter,* melted
2 Tbsp	*butter*
1	*large onion,* chopped
2	*large carrots,* shredded
2	*celery sticks,* chopped
4 cups	*vegetable broth*
1	*garlic clove,* minced
¼ tsp	*salt*
¼ tsp	*pepper*
¼ tsp	*nutmeg*
¾ cup	*light cream*
1 cup	*cheddar or gruyere cheese,* grated
1/3 cup	*dry white wine*
2 Tbsp	*parsley,* minced

PROCEDURE

(1) Preheat oven to Butter a baking sheet.

(2) Prepare pumpkin: cut off the top, scoop out seeds, brush inside with 2 Tbsp melted butter. Replace top and place pumpkin on baking sheet. Bake 45 mins or until tender when pierced with a fork. The pumpkin should be a bit droopy but still hold its shape well.

(3) Meanwhile, melt 2 Tbsp butter in a big saucepan. Add onion, carrots, celery. Sauté until soft, about 10 mins. Add broth, garlic, salt, pepper, and nutmeg. Cover, and simmer 20 minutes. Cool slightly.

(4) Puree vegetable mixture in 2 or 3 batches in a blender or food processor. Put back in saucepan; stir in the cream. Reheat. Add cheese and wine, heat until cheese melts. Stir frequently after adding milk to avoid scorching.

(5) Place hot pumpkin on serving platter. Pour in soup. Sprinkle with parsley.

NOTES

Serve the soup by ladling out of the pumpkin at the table, scopping a little bit of pumpkin into each serving. The pumpkin then makes a great centerpiece for your table, while allowing people to have second helpings.

I use half greyere and half cheddar. Shred the cheeses very finely so they will melt rapidly.
After the soup is all gone, the pumpkin can be cut up, washed, and used in pumpkin pie. It may need more baking to become soft enough to puree for the pies.

It was impossible to find pumpkins after Halloween near San Francisco, but fortunately they keep for a month until Thanksgiving in a cool area if left uncut.

In North America, light cream is often called "half and half".

RATING

Difficulty: moderate. *Time:* 1 hour. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CHERRY CREAM CHEESE PIE

CHERRYCHEESE-1 – A simple cherry cream cheese pie

My wife makes this for me periodically, and it is always delicious. No baking is required, and it is very easy to make.

INGREDIENTS (Makes one pie)

1	*graham cracker pie shell*
8 oz	*cream cheese*
½ cup	*sour cream*
1/3 cup	*granulated sugar*
½ tsp	*vanilla* (or to taste)
4 oz	*whipped cream*
14 oz	*cherry pie filling* (1 can)

PROCEDURE

(1) Cream together the cheese and sour cream.

(2) Fold in sugar gradually.

(3) Add vanilla and mix well.

(4) Fold in whipped cream.

(5) Pour into pie shell and chill for at least 3 hours.

(6) Pour excess syrup from the can of cherry pie filling. Leave some, but you certainly don't need all of it. The sauce should cover the cream cheese mix, but the cherries shouldn't be drowning in it.

(7) Pour pie filling on top. Serve cold.

NOTES

If you don't have the time to sit around for 3 hours waiting for the pie to chill, make the cream cheese filling the night before and let the pie chill overnight.

We prefer to use non-dairy whipped cream substitute. We usually use the same brand name ingredients for best results: Philadelphia cream cheese, Breakstone's sour cream, Cool-whip, and Comstock cherry pie filling.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 3 hours chilling. *Precision:* approximate measurement OK, especially with the vanilla.

CONTRIBUTOR

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HAZELNUT CHERRY TART

CHERRY-HAZLNUT – A thoroughly decadent desert

This has simply got to be the best dessert you'll ever try. My wife has made this one many times. The only complaint ever lodged is that there was not enough.

INGREDIENTS (Serves 4)

PASTRY

½ cup	*plain flour*
1/8 tsp	*salt*
2 oz	*ground roast hazelnuts*
2 Tbsp	*sugar*
2 oz	*butter*
1	*egg yolk*
2 tsp	*water*

CUSTARD FILLING

4	*egg yolks*
¼ cup	*sugar*
1 tsp	*vanilla extract*
1¾ cups	*cream*
3 tsp	*gelatine*
2 Tbsp	*water*

TOPPING

2 lb	*canned cherries*
2 tsp	*gelatine*
2 tsp	*rum* (see note)

PROCEDURE

PASTRY

(1) Sift flour and add all dry ingredients together, with the sugar in the centre, on a pastry board.

(2) Add the butter (softened), egg yolk, and water. Work the liquids into the sugar, until it is creamy.

(3) Now work in the flour mixture, as you would for any sweet pastry.

(4) Press the dough into a greased 9 in flan tin. Prick the base of the pastry all over.

(5) Refrigerate for 30 mins, then cook in a moderate oven for 15 to 20 mins (until golden brown)

FILLING

(1) Put egg yolks, sugar and vanilla into a bowl and beat until thick and creamy.

(2) Heat cream *carefully* until almost boiling.

(3) Combine the two mixtures, beating until smooth, then add the result to the top of a double boiler and simmer until it thickens (STIR CONSTANTLY).

(4) Dissolve the gelatine in the water, and add to the cream mixture, stirring well until it is well mixed.

(5) Allow this mixture to cool *completely* before adding to the pastry case. Refrigerate until it sets.

TOPPING

(1) Drain the cherries and reserve 1 cup of the syrup. NB: we don't use commercial canned cherries. I would suggest a "light" syrup.

(2) Arrange the pitted cherries artistically over the top of the tart.

(3) Put the reserved syrup, gelatine and rum (we usually use cherry brandy or kirsch) into a saucepan and heat (stirring) until gelatine dissolves.

(4) Cool the liquid and pour over the cherries. Refrigerate until set.

NOTES

Don't be put off by the complexity of the recipe—it is well worth the effort.

All the egg whites "wasted" can be used in something else, such as a Pavlova.

RATING

Difficulty: moderate to hard. *Time:* several hours preparation, cooking, and cooling. *Precision:* measure the ingredients carefully.

CONTRIBUTOR

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PILAF WITH SOUR CHERRIES AND LENTILS

CHERRY-PILAF – Pilaf with sour cherries and lentils

This Pilaf with sour cherries and lentils is a Persian-style dish, although I cannot vouch for its authenticity. It is rich enough to eat for dinner by itself; as a side dish, it might be good with a spiced grilled chicken or a lamb stew. It is a composite of recipes from cookbooks and from a Iranian Jewish family I know.

Following the recipe are some important notes (*) on ingredients.

INGREDIENTS (Serves 2–3 as main course)

2 Cups	*Basmati rice* (*)
2	*peeled onions* (thinly sliced)
½ cup	*red lentils* (*)
7+ oz	*sour cherries* (*)
2 cups	*chicken or meat broth* (*)
4+ Tbsp	*unsalted butter*
	turmeric, cumin, salt

PROCEDURE

(1) In a 4–5 quart Dutch oven, melt most of the butter and slowly brown the onions. Add the cleaned lentils and fry a bit; then the same for the cleaned rice. Stir constantly, browning the rice without letting it stick.

(2) Add the cherries and 2¼ cups liquid made up of cherry liquid, stock, and water. Add ¼–1 tsp turmeric and ¼ tsp ground cumin if desired; add necessary salt (depending on the saltiness of your broth).

(3) Bring to a boil, stir with a fork, cover tightly, and let cook over the very lowest heat for about 20 mins.

(4) Fluff up the rice with a fork (never a spoon) and add the remaining butter to the bottom of the pot.

(5) Raise the heat slightly for 5–10 mins to form a crust on the bottom (with the right technique, this should be possible without this step...).

(6) Serve, making sure to include a bit of crust in each serving.

NOTES

An excellent side dish is yoghurt, possibly flavored (like the Indian raita) with one or more of: fresh chopped herbs (parsley, coriander, mint), some salt, some spice (paprika, black pepper, black onion seed, or coriander seed), olive oil, and lemon juice. Even better than yoghurt as a base is strained yoghurt, also called Lebany Spread or Lebanee, available commercially in New England from Columbo or Anoosh (look in Armenian/Arab/Greek stores).

Basmati or Patna rice is a particularly flavorful and long-grained rice from India or Pakistan. Any Indian store and many ‘‘natural foods’’ stores carry it. It is well worth the premium price (about $1.10 a pound); ‘‘Texmati’’ is apparently the same strain grown in Texas, but does not have anything like the same taste. Inspect and clean it before using—there are often unhusked grains and occasionally pebbles mixed in. Then rinse in two changes of water and drain thoroughly. If you cannot get Basmati, use a good-quality unconverted long-grain rice (Alma, Carolina, but NOT Uncle Ben’s!).

Red lentils are about half the diameter of ordinary brown lentils. Do not substitute brown lentils, which will probably not cook fast enough. Red lentils are available in Indian, Middle Eastern, and some ‘‘natural foods’’ stores. They often contain largish pebbles, so inspect them carefully. Rinse to get rid of dust, and drain. Red lentils are also very good by themselves, simply boiled with a few spices and served with butter.

Sour cherries (in the Middle East, v/w + i + s/sh + n + e/a/ino: Greek Vissino, Slavic and Turkish Vishne/a, Arabic Wishna) are available fresh for about one week a year. Most sour cherries go into cherry syrups, pies, and preserves. Canned sour cherries are quite good. You will usually find them in the home pie-making section of your market, near the canned blueberries and baker’s supplies, or with the canned fruits. There are occasional stones. (That is, pits, not rocks!) Middle Eastern stores will often have sour cherry preserves, which are too sweet for this recipe.

Almost any stock or broth will work in this recipe. Chicken or lamb is most appropriate—in the latter case, used rather dilute. This is one of the few recipes where you can actually get away with canned chicken broth—but watch the salt.

RATING

Difficulty: easy to moderate. *Time:* 30–40 minutes. *Precision:* approximate measurement OK.

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CHESTNUT STUFFING

CHESTNUT-STUFF – Poultry stuffing with chestnuts, bread, and wine

This recipe has long been part of my Thanksgiving Day tradition. I have long since forgotten its source.

INGREDIENTS (Stuffs 12–16 lbs poultry)

½ lb	*butter*
1 cup	*chopped onion*
4 cups	*celery* (including leaves), chopped coarsely
¼ cup	*chopped parsley*
6 cups	*dry white bread cubes*
1 lb	*chestnuts,* roasted, peeled, and chopped
	salt and pepper
1/8 tsp	*nutmeg*
¼ cup	*light cream*
¼ cup	*white wine*

PROCEDURE

(1) In hot butter in a large skillet, sauté onion, celery, and parsley, stirring, for about 5 minutes.

(2) In a large kettle, combine bread cubes, chestnuts, salt, pepper, and nutmeg. Toss to mix well.

(3) Combine cream and wine; mix well. Add to bread mixture, along with the vegetables and drippings in skillet. Toss lightly, using 2 forks.

NOTES

In North America, use "half and half" for light cream.

RATING

Difficulty: easy but tedious. *Time:* 1 hour preparation. *Precision:* approximate measurement OK.

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CHICKEN ADOBO

CHICKEN-ADOBO – Filipino chicken with garlic

Adobo is the national dish of the Philippines. Most warm-weather countries have through the centuries developed recipes that preserve food while flavoring it. This dish is different than many because of its strong component of vinegar. It is at once sour, salty, and drenched in garlic.

INGREDIENTS (Serves 4)

2 lb	*chicken pieces,* cut up or whole
1	*head of garlic,* coarsely chopped (yes, an entire head!)
4 Tbsp	*soy sauce* (or more to taste)
1 tsp	*ground black pepper*
2 cups	*water*
½ cup	*vinegar* (rice vinegar or white wine vinegar work best)
2	*bay leaves*
2 Tbsp	*cooking oil*

PROCEDURE

(1) Put vinegar, bay leaves, pepper, soy sauce, and water in a saucepan. Cover and cook slowly about 15 minutes.

(2) Meanwhile, heat the cooking oil in a large, heavy-bottomed frying pan. Peel the garlic, break the cloves into chunks, and brown them over medium-low heat (about 5 minutes).

(3) Add the chicken to the frypan and brown it over medium-high heat (about 5 minutes).

(4) Add the broth to the frypan and simmer, partly covered, until the chicken is done (about 30 minutes). Do not let it come to a boil.

(5) Remove the bay leaves and serve over rice. This dish is too strongly flavored to go well with wine; try serving it with beer.

NOTES

You can substitute pork for the chicken, or mix the two. In the Philippines it is the custom to marinate the meat for two days rather before simmering; with the top-grade meats that are universally available in our grocery stores, that is not necessary (though it does deepen and enrich the flavor). To marinate the chicken, mix in the broth and 3 of the garlic cloves after step 1, then put the chicken in a glass dish and pour the marinade over it.

RATING

Difficulty: easy. *Time:* 1 hour. *Precision:* approximate measurement OK.

CONTRIBUTOR

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APRICOT CHICKEN

CHICKEN-APRICT – Chicken embalmed in apricot nectar

Apricot Chicken is the ultimate bachelors delight. It is very simple and tastes wonderful. The recipe was given to me by a group of friends from back home who came to visit me.

INGREDIENTS (Serves 4–6)

2 lb	*chicken pieces*
1 pkg	*French onion soup mix*
2 cups	*apricot nectar*
1½ lb	*canned apricot halves*
	plain flour

PROCEDURE

(1) Dust chicken in flour.

(2) Fry chicken lightly until starting to brown.

(3) Place chicken in a casserole dish or a very deep frying pan. Add soup powder, nectar and apricots. Mix everything well.

(4) Simmer for 1 hour.

NOTES

I normally use 2 pieces of chicken per person and a 1½ lb can of apricot halves. This will suffice for 4 to 6 people. If you cannot get nectar, then use the juice from the apricot halves. (Of course, if you can buy apricots in nectar ...)

The French onion soup quantity is not critical, but a soup packet that makes up 6 cups is about right for 4 to 6 people.

Serve with potato (baked or boiled), buttered carrots, and peas.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour cooking. *Precision:* No need to measure.

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KELLY’S ASIAN CHICKEN

CHICKEN-ASIAN – Chicken with garlic and hot peppers

Another winner from *The Garlic Lover’s Cookbook* . Don’t let the amount of garlic scare you.

INGREDIENTS (Serves 6)

3½ lb	*frying chicken,* cut into serving pieces
3 Tbsp	*peanut oil*
1 head	*garlic,* peeled and coarsely chopped - and yes that says HEAD. The whole thing.
2	*hot red peppers,* small and dried. These are optional.
¾ cup	*distilled white vinegar*
¼ cup	*soy sauce*
3 Tbsp	*honey*

PROCEDURE

(1) Heat the oil in a large, heavy skillet and brown chicken on all sides (5–10 minutes). Use medium-high heat.

(2) Add garlic and peppers about 1 minute before the end of the browning process.

(3) Add the remaining ingredients, and cook over medium heat until chicken is done and sauce has reduced somewhat. This takes about 10 minutes.

NOTES

If you are cooking white and dark meat together, remove the white meat first or it will dry out.

Watch that sauce does not burn or boil away.

When you look in the skillet to see how everything is going and to get a whiff of the lovely aroma, *do not* take a big whiff. The vinegar will knock you out!

This recipe won first place at a recent Garlic Cook-off at the Gilroy Garlic Festival.

Serve with rice, Chinese noodles or pasta.

RATING

Difficulty: easy. *Time:* preparation: 5 minutes, cooking: 20 minutes. *Precision:* measure vinegar, soy sauce and honey.

CONTRIBUTOR

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CHICKEN WITH BASIL SAUCE

CHICKEN-BASIL – Oven-baked chicken pieces with basil sauce

This recipe came originally from *The Australian Women's Weekly Dinner Party Cookbook No. 2*, available at an Australian newsagent near you.

INGREDIENTS (Serves 4)

4 large	*chicken fillets*
CRUMB TOPPING	
1 cup	*fresh breadcrumbs*
1/3 cup	*grated parmesan*
1 Tbsp	*chopped parsley*
¼ lb	*bacon*
3 oz	*butter*
2	*garlic cloves*
2 tsp	*Worcestershire sauce*
½ tsp	*dry mustard*
BASIL SAUCE	
½ cup	*oil*
¼ cup	*white vinegar*
1	*garlic clove,* crushed
1 cup	*fresh basil leaves,* finely chopped
½ cup	*cream*
1	*egg yolk*

PROCEDURE CHICKEN

(1) Preheat oven to

(2) Combine breadcrumbs, cheese and parsley. Sauté chopped bacon and drain on absorbent paper. Add the bacon to the breadcrumb mix. This is the crumb topping for the chicken.

(3) In a pan, melt the butter, then add the crushed garlic, Worcestershire sauce and mustard. Mix and heat through.

(4) Coat the chicken fillets with the butter mixture by dipping them in the saucepan. Arrange in a shallow, ovenproof dish. Press the breadcrumb mixture on top of the chicken pieces to provide a crumb topping.

(5) Bake uncovered for 20 to 25 minutes.

(6) While the chicken cooks, make the basil sauce: in a saucepan combine all sauce ingredients except the egg yolk. Stir until heated and then add the egg yolk, stirring until thickened. Do not boil. Pour the hot sauce over the chicken pieces just before serving.

NOTES

The sauce sounds unusual but tastes great. The fresh basil gives it a good green colour. Serve with green, vegetables, such as beans and snow peas, or a leafy green salad for a colour-coordinated dinner.

The finer the ingredients in the topping the better will be its effect.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 25 minutes cooking. *Precision:* approximate measurement OK.

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ORANGE-BOURBON CHICKEN

CHICKEN-BOURBN – Chicken in orange bourbon sauce with buttered almonds

The recipe comes originally from *Woman's Day*.

INGREDIENTS (Serves 4)

CHICKEN AND SAUCE

2	*whole chicken breasts,* halved, boned, skinned (4 halves, about 2 lbs in all)
6 Tbsp	*butter,*
½ tsp	*salt*
½ tsp	*pepper*
12 oz	*frozen orange-juice concentrate,* thawed
6 Tbsp	*bourbon*

BUTTERED ALMONDS

½ cup	*slivered almonds*
2 tsp	*butter,*
½ tsp	*salt*
½ tsp	*black pepper*

PROCEDURE

(1) Preheat oven to In large heavy oven-proof skillet melt butter; let cool, but do not let solidify. Turn chicken in butter to coat. Season chicken with salt and pepper.

(2) Tuck edges under, forming compact shape about 1-½ inches thick. Place chicken in skillet, skinned side up. Bake at basting occasionally, for about 15 minutes.

(3) Sauté almonds in butter until lightly toasted. Sprinkle with salt. Let cool to crisp.

(4) Remove chicken to warm serving plates; keep warm.

(5) Add orange-juice concentrate to drippings in skillet; stir over high heat until reduced by 1/3. Stir in bourbon; heat through. Stir in remaining salt and pepper; pour sauce over chicken. Sprinkle with the almonds.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* approximate measurement OK.

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CHICKEN BROTH

CHICKEN-BROTH – Rich homemade chicken broth

Surely people who make use of bouillon cubes have no idea how easy home-made broth can be. This is not a traditional method, but it produces good results.

INGREDIENTS (makes 16 cups)

1	*stewing chicken* (or 2 broilers and a stick of butter)
16 cups	*water*
1	*large yellow onion*
1	*bay leaf*
1 bunch	*parsley*
1 bunch	*fresh thyme* (or a teaball with ½ tsp dried thyme inside)

PROCEDURE

(1) Take one large, heavy, lidded pan—mine is a six-quart enamelled cast-iron Copco pan with twenty years' good cooking already logged, and I live in terror that yuppie burglars will break into my house some night and steal it. Put into it one fat old chicken. If you live in a part of the world where there are no fat old chickens for sale, put in two scrawny young chickens and a stick of butter.

(2) Put the pan in a cold oven, turn the temperature to and wait patiently, doing nothing whatsoever to the chicken, for about four hours, till it's dark golden.

(3) Take the pot out of the oven and let it cool to room temperature. Strip the meat off the bones. Cover everything, meat and bones, with a gallon of water at room temperature. Add a raw onion, peeled and quartered, a bay leaf, a bunch of parsley tied together with string, and a small bunch of thyme similarly tied or a teaball with dried thyme leaves in it. Bring the water up to a simmer and let it just simmer (make a mirror, as the French say) for ten minutes. Turn it off and return it to room temperature again.

(4) Take the meat out. It is not as good as it was before the wee simmer, but perfectly satisfactory for chicken salad or on waffles with creamed chicken or whatever. Waste not want not.

(5) Add another quart of water, bring the broth back up to a simmer and simmer it for twenty minutes. Strain out the bones and vegetables. You should have about four quarts.

NOTES

I've never had good luck freezing broth (it starts to taste thinnish), so this is as much as I ever make at once. I keep it in the refrigerator in quart Mason jars. I've read that you should simmer saved broth for twenty minutes every four or five days, but it never lasts that long in my house, so I can't comment.

I use a cup wherever a recipe calls for a cup of chicken broth. And then, after it's been around for a day or two, somebody suggests we really haven't had chicken soup with rice for a long, long time ... or matzoh dumplings ... or tortellini in brodo ... and then it's all gone.

RATING

Difficulty: easy. *Time:* about 6 hours, most of it waiting. *Precision:* no need to measure.

CONTRIBUTOR

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CHICKEN CACCIATORE I

CHICKEN-CACC-1 – Southern-Italian style baked chicken

This is one of my favorite recipes. It was recomended by a very close friend who got it from an old cookbook. It is very easy and can be whipped up on short notice. I really like it for its garlic and wine taste.

INGREDIENTS (Serves 3)

1	*chicken,* cut into parts. Or use breast pieces.
1 cup	*wine vinegar*
1 cup	*olive oil*
1 cup	*dry white wine*
3	*garlic cloves*
	rosemary
1 tsp	*sugar*
	salt and pepper

PROCEDURE

(1) Heat the olive oil in a large ovenproof frying pan. Crush the garlic and sauté for 15–20 minutes. Be careful not to burn the garlic

(2) Clean and trim chicken, leaving the skin on. Add to frypan, then add salt and pepper. Cook on medium heat until the chicken begins to brown.

(3) Preheat oven to

(4) Add the vinegar and bring to a boil. Partially cover, lower heat, and cook until the liquid is reduced to the original volume. then add crushed rosemary to taste.

(5) Add wine and sugar, return to boil, reduce heat, and cook partially covered until the liquid is again reduced to its original volume.

(6) Bake at for 15–20 minutes or until brown.

NOTES

I usually use a white California zinfandel wine.

RATING

Difficulty: easy. *Time:* 1½ hours. *Precision:* no need to measure.

CONTRIBUTOR

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CINNAMON CHICKEN

CHICKEN-CINN-1 – Chicken with tomatoes and cinnamon

INGREDIENTS (Serves 6–8)

5 lbs	*chicken,* cut up (1 large chicken or 2 small chickens)
2	*onions* diced
5	*garlic cloves*
¼ lb	*butter*
½ cup	*vermouth or sherry*
2 oz	*brandy*
¼ tsp	*cinnamon*
1 tsp	*cayenne pepper*
1 tsp	*tomato paste*
½ lb	*ripe tomatoes,* diced

PROCEDURE

(1) In a large casserole, sauté onions and garlic over medium heat in butter until onions are soft.

(2) Brown chicken pieces in the butter and remove from pot as they are done.

(3) When all chicken pieces are browned, turn up heat, add vermouth and brandy to pot and stir until bubbling.

(4) Turn heat down to low, add cinnamon, tomato paste, and pepper, and stir until mixed.

(5) Add chicken back to pot, and add tomatoes. Cook over very low heat for at least 2 hours, until chicken is tender.

NOTES

Vary the seasonings to taste by leaving out the garlic or doubling it, or by increasing or decreasing the amount of cayenne pepper. You can use crushed red pepper flakes in place of the cayenne.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 2 hours simmering. *Precision:* no need to measure, except the cayenne pepper.

CONTRIBUTOR

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MURGH MUSALLAM

CHICKEN-CURRY – Chicken curry

This recipe is the real thing. Throw out your curry powder: you'll never use it again once you've tried this recipe. Chicken curry using the real spices cannot be beat!!

INGREDIENTS (serves 2–3)

1	*chicken*
1 piece	*fresh ginger* (about ¾ inch of a ginger root)
12–14	*garlic cloves*
1	*large onion*
1	*cinnamon stick*
2	*whole brown cardamom pods*
4	*whole green cardamom pods*
1	*whole star anise* (use all 8 arms and the seeds inside them)
12–14	*black peppercorns*
6–8	*cloves*
1 tsp	*turmeric*
1 tsp	*red chili powder* (or substitute fresh red chilies, diced)
2	*green chilies*
½ cup	*yogurt*
¼ cup	*oil* (preferably ghee, if available)
salt	*to taste*
	fresh coriander leaves (optional)

PROCEDURE

(1) Clean and joint chicken. If you don't like the skin, remove it.

(2) Mash the ginger into a paste (or chop finely) and mince the garlic.

(3) Heat oil in a large frying pan. Use ‘‘medium high heat’’.

(4) Break apart the star anise to release the seeds inside the arms. To the frypan, add onions, cinnamon stick, cardamom pods, star aniseed, peppercorns, cloves, garlic and ginger. Be careful not to burn the garlic. Sautæuntil the onions are cooked but not browned.

(5) Add the chicken, turmeric, and chili powder and cook on a medium heat, stirring often.

(6) When the oil starts to separate (the gravy will have oil floating on its surface), add the yogurt and cook till the chicken is done and the gravy is thick. Finally, add the fresh coriander leaves.

NOTES

This is the basic recipe. Try varying the whole spice combinations until you find a favorite. The recipe doubles well.

A cardamom pod is not the same thing as a cardamom seed. Make sure you get the pods. A pod is about the size of a pea, and contains seeds inside it. Don't substitute the ground version of any of the whole spices, the effect will not be the same. And don't use white cardamom pods.

You may want to remove the smaller whole spices prior to adding the yogurt so that unwitting guests don't eat them. Try the recommended quantity of garlic. The flavour is surprisingly subtle. More yogurt makes more gravy. Also a longer cooking time. Vary the amount of chilies to suit your taste. This recipe is medium hot. I hope this satisfies your mouth-hunger. The spice quantities may be varied to suit your preferences.

RATING

Difficulty: easy, though timing matters when cooking the onions. *Time:* 20 minutes preparation, 1½ hours cooking. *Precision:* measure the oil.

CONTRIBUTOR

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It is better to travel happily than to arrive

QUICK CHICKEN CURRY

CHICKEN-CURRY2 – An Easy-to-prepare chicken curry

A quick and easy meal for one person. This is a modified version of a recipe invented by my friend Myles Sinnott.

INGREDIENTS (serves 1)

¼ lb	*cooked chicken,* chopped
1	*small onion* chopped
2 cups	*cauliflower,* broken into florets
6	*mushrooms* sliced
3 Tbsp	*soya sauce*
5 Tbsp	*cooking oil*
1 cup	*chicken stock*
	curry powder

PROCEDURE

(1) Heat the oil in a small frying pan.

(2) Place the chopped onion in the frying pan and cook until the onion becomes soft and brown.

(3) Place the chicken, mushrooms, cauliflower and soya sauce into the frying pan and cook for 10 minutes, stirring occasionally.

(4) Add curry powder, whilst stirring, until the oil is soaked up by the powder.

(5) Place the cup of chicken stock into the pan and simmer till the liquid is reduced, stirring continuously.

(6) Best served with brown rice or fried sliced potatoes.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 20 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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CURRY CHICKEN WITH GRAPES

CHICKEN-CURRY3 – Chicken fruit salad curry

One day I was invited to a beach picnic, and asked to bring a salad. A friend and I got together in his kitchen and concocted a curried chicken salad with grapes. It was delicious, but we forgot to write down the recipe. After some more experimentation, I have come up with this recipe. I don't know if it is the same as what we made that day at the beach, but it is similar and delicious.

INGREDIENTS (Serves 8–10)

6–8	*boneless chicken breast pieces* (3–4 chicken breasts, halved and boned)
2–6 cups	*seedless grapes* (vary amount to taste)
1½	*cups"*
2 cups	*mayonaise*
4 tsp	*curry powder*
3 tsp	*olive oil*
1 tsp	*cayenne pepper*
½ tsp	*ground black pepper*
1 tsp	*fruit vinegar*

PROCEDURE

(1) Make the sauce by mixing together all ingredients except the chicken and the grapes. Season to taste (sample by dipping a grape into the sauce and then eating it).

(2) Broil the chicken breasts (3–5 minutes on each side in a preheated broiler), then dice or shred into small bite-sized pieces.

(3) Cook the pasta according to package directions, and drain.

(4) Mix chopped chicken with 2 cups of whole grapes. Add the cooked drained pasta. Cover with the sauce. Mix well. Add more grapes to taste. My taste is to add vast quantities of grapes.

RATING

Difficulty: easy. *Time:* 25 minutes including cooking the chicken and pasta. *Precision:* no need to measure.

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ANDY'S MURGH KURMA

CHICKEN-CURRY4 – A simple chicken curry

INGREDIENTS (Serves 6)

4–8	*green cardamon pods*
2 lb	*chicken meat*
1 cup	*plain yogurt*
6–8	*whole cloves*
1 tsp	*salt*
2 tsp	*cinnamon*
1 tsp	*turmeric*
1	*medium onion*
6–8	*Szechuan peppercorns*
4 Tbsp	*vegetable oil*
2	*bay leaves*
1–5	*garlic cloves* (to taste)
¼ tsp	*ginger root*
1 tsp	*black pepper*
¼ cup	*tomato puree*
1 cup	*water*

PROCEDURE

(1) Thoroughly clean the chicken pieces, then marinate with yogurt and salt for 1 hour.

(2) Meanwhile, prepare the spices. Chop the garlic and ginger, then add black pepper to this mixture. Set aside in a small bowl.

(3) Near the end of the hour of marinating, melt the shortening in a coverable skillet (woks will do). Chop the onion, and brown in the skillet for about 10 minutes.

(4) After the onions are ready, add the garlic/ginger/pepper mixture. Let simmer for approximately 5 minutes, then add the chicken.

(5) Let the chicken simmer for approximately 30 minutes or until cooked.

(6) Add the cardamons, cloves, cinnamon, turmeric, and bay leaves. Leave them whole. Simmer for 5 minutes.

(7) Finally, add the tomato puree and water to the mixture, and cook until the mixture has thickened.

NOTES

Serve with rice and chapati.

RATING

Difficulty: moderate. *Time:* 1 hour marinating, 15 minutes preparation, 1 hour cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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GREAT GRAPE CHICKEN

CHICKEN-GRAPE – Chicken in wine with grapes and orange

This recipe was originally posted by Wayne Thompson. I thought it was great, and I submit it here with some variations. This colors in this dish are a feast for the eyes. The recipe comes originally from *Elegant Meals with Inexpensive Meats*, by Ortho Books.

INGREDIENTS (Serves 4 to 6)

3	*chicken breasts,* halved, boned, skinned (6 halves, about 3 lbs in all)
2 Tbsp	*butter,* (or margarine)
1 Tbsp	*orange marmalade* (I suggest fresh coarsely-grated orange peel)
¼ tsp	*tarragon,* crumbled
1	*green onion,* thinly sliced (use part of the top)
1/3 cup	*dry white wine*
1 cup	*seedless grapes* (try red grapes, such as ‘‘Flame’’)
¼ cup	*whipping cream*
	salt
	nutmeg

PROCEDURE

(1) Sprinkle chicken breasts with salt and nutmeg. Brown lightly in heated butter in a large frying pan.

(2) Add marmalade, tarragon, green onion and wine. Cover, reduce heat and simmer 10 minutes.

(3) Add grapes, cover again and continue cooking about 10 minutes longer, until chicken is cooked through (test with a small sharp knife in thickest part).

(4) Using a slotted spoon, remove chicken and grapes to a warm serving dish; keep warm. Add cream to liquid in pan. Bring to boiling, stirring, and cook until reduced and slightly thickened. Salt to taste. Pour sauce over chicken.

NOTES

(WT) I use a whole cut up chicken.
(CSR) I like to cook the chicken in a black cast-iron pan and serve after step 3. I skip the cream sauce, because it smothers the beautiful black-green-red-orange-tan colors.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CHICKEN-SAUSAGE GUMBO

CHICKEN-GUMBO – Gumbo with chicken and Andouille sausage

This is a recipe that I got originally from Paul Prudhomme's cookbook, *The Louisiana Kitchen*. It is a classic Louisiana dish. Serve with gumbo-style rice.

INGREDIENTS (serves 5)

1	*chicken,* cut into 10 pieces.
	salt
	garlic powder
	cayenne pepper
1 cup	*onions,* finely chopped.
1 cup	*green bell pepper,* finely chopped.
¾ cup	*celery,* finely chopped.
1¼ cups	*flour*
½ tsp	*salt*
½ tsp	*garlic powder*
½ tsp	*cayenne pepper*
	vegetable oil for deep frying
7 cups	*chicken stock,* homemade or canned
½ lb	*Andouille smoked sausage,* cut into ¼-inch cubes. (See note about this ingredient)
1 tsp	*garlic*

PROCEDURE

(1) Cut extra fat from the chicken pieces. Sprinkle each generously on both sides with salt, garlic powder and cayenne, rubbing the spices in after all three have been applied. Let stand at room temperature while you chop the vegetables and heat the oil.

(2) Chop the onions, bell pepper and celery, combine in a bowl, and set aside.

(3) In a large, heavy skillet, heat 1 to 1½ inches of oil until very hot to Leave about ½ inch of space below the top of the pan, so it won't overflow when you add the chicken pieces later. Use a deep fry thermometer if you have one.

(4) While the oil is heating, combine the flour, ½ tsp salt, ½ ts
garlic powder and ½ tsp cayenne in a paper bag. When the oil is almost hot enough, add the chicken pieces one or two at a time and shake until they are well coated. Save ½ cup of the leftover flour.

(5) Put the stock in a large kettle or Dutch oven, and begin heating it to a boil.

(6) Fry the chicken until the crust is brown on both sides and the meat is cooked. This takes about 6 minutes a side for light meat, a bit longer for dark. Drain on paper towels. You may have to fry the chicken in two batches.

(7) Pour the hot oil into a glass measuring cup, being very careful to leave as many of the browned particles as possible in the pan. Pour ½ cup of the oil back into the pan and discard the rest.

(8) Place the pan over high heat. Using a whisk, gradually stir in the leftover flour. Cook, whisking constantly, until this *roux* is dark red-brown (about 4 minutes). Be very careful not to scorch the mixture, or to splash any onto your skin as you stir. Remove from the heat, add the vegetable mixture all at once and stir until the vegetables are all coated. Return the pan to low heat, and cook, stirring constantly, for about 5 minutes.

(9) Check that the stock has reached a boil. Add the vegetable mixture to the stock in spoonfuls, stirring with the whisk after each addition. Return to a boil and stir in the andouille and the minced garlic. Simmer uncovered for about 45 minutes.

(10) While the gumbo is cooking, remove the skin from the chicken pieces, and cut off as much meat as you can. Cut the meat into small pieces (about ½ inch cubes). When the gumbo is cooked, add the chicken meat.

(11) The original recipe did not call for this, but I take time to spoon off the fat from the top of the gumbo. This is mostly oil, which does not solidify when you chill it. You should be able to take off at least ½ cup.

(12) To serve as a main course, mound ½ cup of cooked gumbo-style rice in a soup bowl, and ladle about 1¼ cups gumbo around the rice. For an appetizer, use 1 Tbspof ¾ cup of gumbo.

NOTES

Note about Andouille (pronounced an-DOO-ee) sausage: this is a uniquely spiced, smoked sausage made mostly in Louisiana. If you can get some, then use it; it makes a substantial difference to the recipe to use it. If you can't, then try the Polish sausage *kielbasa* as a substitute. Do *not* substitute the sausage called ‘‘Louisiana Sausage’’ or ‘‘Louisiana Hot Sausage.’’ It's not the same thing.

RATING

Difficulty: moderate to hard. *Time:* 1 hour preparation, 1 hour cooking. *Precision:* measure the seasonings.

CONTRIBUTOR

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CHICKEN KORMA

CHICKEN-KORMA – Indian braised chicken with onions, cloves, and ginger

I learned to like Indian food in London, where delicious Indian food can be had in simple restaurants at hamburger prices and the fare at fancy places ranks among the finest food on Earth. Back in America, to satisfy my new craving for good Indian food I had to learn to cook it myself. This is a Friday-night supper dish in our family—too complex for a weekday meal, and too plain to serve to company.

Indian food is often quite elaborate, so by their standards this is a fast and simple dish. It is a classical Indian recipe, found in many cookbooks.

INGREDIENTS (serves 4)

4	*chicken breast pieces* (boned) In other words, split and bone two breasts)
½ cup	*safflower oil*
¼ cup	*clarified butter* (the Indians call this ‘‘ghee’’)
6	*medium yellow onions*
3	*garlic cloves*
1½ Tbsp	*ginger*
10–12	*whole green cardamom seeds,* cracked. Or use 2 tsp of ground cardamom.
20	*whole cloves*
5	*bay leaves*
1 tsp	*salt*
1½ tsp	*coriander* (ground)
½ tsp	*cayenne pepper* (or more to taste)
8 oz	*plain yogurt*
½ cup	*water*
½ cup	*milk*

PROCEDURE

(1) Cut the chicken breasts into bite-size pieces and set aside. Peel the onions and chop them fine. You should have about 3 cups of onion. Mince the garlic and add to the bowl of chopped onions.

(2) In a big frypan that has a lid, heat the butter and oil, then sauté the onions and garlic for about 10 minutes, until the first hint of browning. Use ‘‘medium high’’ heat.

(3) Crack the cardamom seeds between your fingers, just to get the shell open. Att them to the pan. Add the ginger, cloves, bay leaves, and salt. Sauté until the onions are nice and brown, about 5 more minutes.

(4) Mix the coriander and red pepper with the yogurt. Add the yogurt to the frypan, stirring as you pour, slowly enough that the onion doesn't stop bubbling. It could take several minutes to do this, depending on the diameter of your frypan.

(5) When the last of the yogurt dries up, add the chicken pieces and brown them. Add ½ cup water, reduce heat, cover, and simmer 20 minutes.

(6) Stir in the milk and turn off the heat. It needs to sit a few minutes to let the flavors blend. The longer you let it sit after cooking, the better it will taste (up to several hours).

(7) While the chicken is sitting, cook some rice. I make saffron rice to go with this dish.

(8) Fish out the bay leaves, and as many of the whole cloves as you can find, before serving. Check to make sure it is moist enough (it should have the consistency of applesauce). Reheat over low heat. Serve.

NOTES

Indians put a lot more salt in their cooking than this recipe calls for; if you want to make it more authentic you should double or triple the salt. Indians also don't like chicken skin, and will go to great lengths to prevent even small pieces of chicken skin from getting into the food. I rather like chicken skin myself, and I don't try very hard to keep it out of this dish.

If you can't find green cardamom seeds, don't bother using white ones—they've been bleached and processed and don't have much flavor left. Use ground cardamom instead.

RATING

Difficulty: moderate (timing is somewhat important) *Time:* 1 hour plus "sitting time." *Precision:* Approximate measurement OK.

CONTRIBUTOR

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DEEP-FRIED LEMON CHICKEN

CHICKEN-LEMON – Crispy chunks of chicken in sweet lemon sauce

INGREDIENTS (Serves 2–3)

2	*bell peppers,* (1 green and 1 red)
1 lb	*boneless chicken breast*
BATTER	
½ cup	*flour*
¼ cup	*cornstarch*
½ tsp	*double-acting baking powder*
¼ tsp	*salt*
½ tsp	*vegetable oil*
SAUCE	
1	*lemon*
3 Tbsp	*sugar*
½ cup	*water*
1 tsp	*cornstarch*
2 tsp	*water*
	sprigs of parsley

PROCEDURE

(1) Wash and seed the peppers. Cut each one into strips 2×¼ inches

(2) Cut the boneless chicken breast into strips 3×½ inches.

(3) Prepare the batter by mixing in a bowl the flour, cornstarch, baking powder, salt, water, and oil. Stir until smooth.

(4) Cut half of the lemon into thin semicircular slices. Prepare the lemon sauce by squeezing the juice from the other half of the lemon and combining in a cup with the sugar and water. Stir well.

(5) Combine 1 tsp cornstarch and 2 tsp water in a second cup. This mixture will be used later to thicken the lemon sauce.

(6) Dip each piece of chicken in the batter and let the excess drip back into the bowl.

(7) Deep fry the chicken in small batches. It is best to use an electric deep fryer, but if this is not available, heat 1 quart of vegetable oil in a wok or deep pan until it is very hot. Then add about 5 pieces of chicken at a time to the oil and cook, covered, for about 5 minutes or until a golden brown crust forms. Check once a minute to see if the pieces are sticking together, and if so, separate them. After each batch is finished, set aside on a paper towel to drain off the excess oil.

(8) Cook the lemon sauce by pouring the lemon-sugar mixture into a saucepan and bring to a boil. Add the cornstarch-water mixture and stir until thickened.

(9) To please the eye as well as the palate, mix up the chicken and colored pepper pieces and pile on a plate. Top with sprigs of parsley and place the lemon slices around the outside of the plate. Put the hot lemon sauce in a cup so that people can pour it over their chicken just before eating, to keep it crispy.

NOTES

Serve with rice. Don't forget to start the rice so that it will be done at the same time as the chicken.

A nice-looking dish for company. The deep-fried chicken pieces can also be served as party snacks instead of junk food.

RATING

Difficulty: With an electric deep fryer, easy; without one, moderate. *Time:* 45 minutes. *Precision:* Measure the batter ingredients.

CONTRIBUTOR

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SUPREMES DE VOLAILLE ROUGE ET VERT

CHICKEN-LIME – Chicken breasts in tomato-lime sauce

This recipe was originally posted to net.cooks in May of '82 by Martin Minow @ decvax. The French name means "boneless chicken breasts in red and green sauce." I like it a lot.

INGREDIENTS (Serves 2)

1	*whole chicken breast*
MARINADE	
	juice of 1 lime
½ cup	*white wine*
1	*garlic clove,* finely chopped
1 tsp	*ginger*
pinch	*tarragon*
SAUCE	
	juice of 1 lime
3 oz	*white wine*
	salted butter
3 oz	*tomato paste*

PROCEDURE

(1) Mix the marinade ingredients. Bone the chicken breast, obtaining 2 supremes, and marinate for at least 30 minutes. Reserve bones.

(2) Cook a boullion using the bones. You will need about 3 ozof

(3) Drain, flatten, and flour the supremes. Sauté quickly in clarified butter, about two minutes on each side. Remove and keep warm.

(4) Raise the heat to high, add wine, lime juice, tomato paste, and bouillon. Cook down until it looks like it's been cooked too much. Remove from heat and swirl in a goodly chunk of butter. If you remove the sauce too soon, it will be too soupy. The sauce should be cinnamon-coloured and shiny. There will be very little sauce—you may need a rubber scraper to get it out of the pan.

(5) Serve with rice or some other bland vegetable.

NOTES

Experiment with the sauce, varying the ratio of ingredients. I have just strained the chunky bits from the marinade and used that. Wear a raincoat when making the sauce. It splatters.

RATING

Difficulty: moderate (judgment required). *Time:* 30 minutes marinating, 10 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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QUICK MACADAMIA CHICKEN

CHICKEN-MACAD – Quick and easy chicken with macadamia nuts and honey

I devised this recipe last year. We like it a lot, and it's very quick.

INGREDIENTS (serves 2)

1	*garlic clove,* pressed
4	*chicken breasts,* boned
¼ tsp	*dill*
½	*sweet red pepper*
¼ lb	*green beans* (optional)
1	*large tomato*
1/8 lb	*macademia nuts*
4 Tbsp	*honey*
1/8 tsp	*sesame seeds*
	sesame oil

PROCEDURE

(1) Slice or chop all ingredients. Sauté the garlic in the sesame oil, until just fragrant. Add the dill and the chicken, and sauté for about five minutes.

(2) Add the green beans and the red pepper; sauté for another couple of minutes.

(3) Add the tomato and the macademia nuts; sauté another minute or two.

(4) Add the honey and the sesame seeds. Continue cooking just long enough to warm the honey.

NOTES

This is wonderful served with couscous. I recommend using chicken broth when cooking the couscous.

If you want to take the time, you can thicken the sauce with ¼ tsp arrowroot, or some cornstarch.

RATING

Difficulty: easy. *Time:* 20 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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QUICK CHICKEN MARINARA

CHICKEN-MARNAR – A quick and easy chicken with cheese and marinara

This is the quickest chicken recipe I know. It's especially great for working parents, although I've used it for entertaining guests, as well. I don't remember where I got it from. Actually, I think I made it up!

INGREDIENTS (Serves 4)

4	*chicken breasts,* skinned
16 oz	*marinara sauce*
8 oz	*mozzarella cheese,* sliced thinly

PROCEDURE

(1) Place chicken breasts in baking pan.

(2) Cover each breast with a few slices of cheese.

(3) Pour sauce over chicken and cheese.

(4) Cover lightly with foil.

(5) Bake in 350 oven for about 40 minutes.

(6) Spoon sauce from bottom of baking pan over chicken every 10 or 15 minutes.

(7) Remove foil for last 10 or 15 minutes of baking.

NOTES

If you prefer, this can be prepared using boned chicken, in which case you should shorten the cooking time to 25 minutes.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 40 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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MICRONESIAN CHICKEN

CHICKEN-MICRN – Easy marinated chicken for outdoor BBQ

This recipe was obtained from a friend of a friend several years ago. It has been a hit everytime and is guaranteed to have your downwind neighbors salivating at your doorstep.

INGREDIENTS (serves 2–4)

4	*chicken breasts* (leave bones and skin intact)
3	*lemons*
1	*medium onion,* chopped
12 oz	*beer*
4 oz	*soy sauce*
1	*garlic clove,* mashed or chopped

PROCEDURE

(1) Squeeze the juice of the lemons over the chicken and let stand while preparing the rest of the marinade.

(2) In a large bowl, combine the beer, soy sauce, chopped onion, and chopped garlic. Drain the lemon juice from above into this mixture.

(3) Put the chicken in the marinade, cover and refrigerate for 3–4 hours minimum. It's better to marinate overnight. Make sure chicken is covered by marinade.

(4) Over an OPEN outdoor grill (gas or charcoal), cook the chicken for about 40 minutes turning every 10 minutes or so. Each time the chicken is turned, redip the pieces in the marinade.

NOTES

More chicken may be added to this recipe; the only limiting factor is that the chicken be covered with the marinade while in the refrigerator.

RATING

Difficulty: easy. *Time:* 10 minutes to prepare marinade, overnight in refrigerator, 40 minutes to cook. *Precision:* no need to measure.

CONTRIBUTOR

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QUICK CHICKEN MOLE

CHICKEN-MOLE-1 – a microwave version of mole poblano

Mole Poblano (pronounced MOE-lay puh-BLAH-no) is the kind of Mexican cooking one doesn't often find in restaurants outside of Mexico. It consists of chicken in a dark, spicy sauce full of nuts and sesame seeds. All of the traditional mole recipes I've seen require several hours of preparation and cooking time, so I developed this version for those of us who have only limited time for cooking. It takes about an hour to put together.

INGREDIENTS (serves four)

1	*medium onion,* chopped (or ½ large onion)
1	*clove* minced
2 Tbsp	*butter*
1	*bay leaf*
6	*peppercorns*
3	*whole cloves,* crushed
8 oz	*tomato sauce*
1 cup	*chicken broth*
1 slice	*bread,* shredded
¼ tsp	*crushed anise seeds*
½ tsp	*cinnamon*
1 Tbsp	*sugar*
3–4 Tbsp	*ground chile* (approximately; see note below)
2 Tbsp	*sesame seeds*
½ cup	*slivered blanched almonds*
1½ oz	*Mexican chocolate,* grated (see note). This is a half circle in the usual packaging.
1	*chicken,* cut up (about 3 pounds)

PROCEDURE

(1) Put the onion, garlic, and margarine in a large (3-quart) microwavable, covered casserole. Cover and microwave on half power for 2–3 minutes, or until butter is melted and the onion is starting to soften.

(2) Mix in the rest of the ingredients except the chocolate and the chicken. Cover and microwave on high for 10 minutes, stirring after half the time. When the sauce is done, stir in the chocolate until it's melted.

(3) Add the chicken, coating each piece with sauce. Microwave covered, on high power for about 30 minutes. Rearrange the pieces twice during cooking so it cooks evenly. The chicken is done when it starts to fall away from the bone.

NOTES

My microwave puts out 650 watts on high power and has a turntable in it. You'll probably have to stir things more often if yours doesn't have a turntable. If your microwave is rated at less than 600 watts, it's probably too small to fit the chicken in anyway.

Use pure ground chile, not "chile powder" (which usually contains other ingredients). The stuff I use comes in little plastic bags, and they keep it in the Mexican food section of the store instead of the spice section. The hotness of the chile can vary considerably, so the most reliable procedure is to mix in a little at a time, tasting the sauce as you go along. Mole is supposed to be spicy, not scorchingly hot; a blend of mild chiles gives the best flavor. I usually use about 2 Tbsp mild Pasilla chile and another 2 Tbsp medium hot California chile.

Mexican chocolate comes in round tablets about 3 inches in diameter. If you can't find any in the grocery store, use a piece of a dark chocolate candy bar (or semi-sweet chocolate chips) instead, and add an additional ½ tsp cinnamon.

You can substitute pine nuts, toasted pumpkin seeds, or raisins for all or part of the almonds.

In theory, you can cook this on top of the stove in a Dutch oven in the traditional style, although I've never tried it myself. Judging by the recipes I've seen, you should simmer the chicken in water for about an hour first, then make the sauce and cook the chicken in the sauce for another half hour.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, 30 minutes cooking. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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KILLER CHICKEN MOLE

CHICKEN-MOLE-2 – Chicken or duck in hot mole sauce

Here's a quick killer recipe for mole sauce; serve it on a well-roasted duckling or chicken.

INGREDIENTS (2 cups sauce)

1 cup	*onion,* chopped
1	*clove garlic,* minced (or more to taste)
2 Tbsp	*oil or butter*
½ cup	*tomato sauce*
¼ cup	*raisins*
¼ cup	*smooth peanut butter*
2 tsp	*sugar*
1 tsp	*chili powder* (or more to taste) Get the freshest ground chili you can.
¼ tsp	*cinnamon*
1/8 tsp	*ground cloves*
½ oz	*unsweetened chocolate*
1½ cups	*weak chicken broth*

PROCEDURE

(1) Sauté onion and garlic in oil or butter until tender but not brown.

(2) Combine this with remaining ingredients in a blender or food processor and blend until smooth.

(3) Return to saucepan and simmer 15–20 minutes, stirring frequently.

(4) Roast some chicken or duck according to your favorite recipe.

(5) Brush the sauce over the bird at serving time; optionally sprinkle with chopped peanuts

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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CURRIED PEANUT CHICKEN

CHICKEN-PEANUT – Chicken in a spicy peanut sauce

I got this recipe from my cousin who lives in Amsterdam. She got it from a book of Jewish recipes from Curacao.

INGREDIENTS (Serves 4)

2	*Small frying chickens,* cut into serving-size pieces
¼ cup	*oil*
2 tsp	*salt,* or less, to taste
3 tsp	*curry powder,* or more, to taste
1	*large onion,* sliced
1	*large green pepper,* cut into strips
1 large	*tomato,* skinned and sliced
¼ cup	*crunchy peanut butter*
¼ cup	*water*

PROCEDURE

(1) Brown the chicken pieces in the oil. Stir the salt and curry powder into the drippings and cook, stirring, for one minute.

(2) Add onion, pepper, and tomato. Cover and simmer five minutes. Add chicken pieces, cover and simmer 30 minutes or until tender.

(3) Remove chicken pieces to a dish, or over rice. Blend peanut butter with water and stir into gravy. Heat to boiling while stirring constantly. Serve.

RATING

Difficulty: easy. *Time:* 45 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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CHICKEN AND PINEAPPLE

CHICKEN-PINE1 – Chicken with pineapple and soya sauce

This is my own recipe; it is a quick and easy meal for one person. It's a nice thing to do with leftover chicken.

INGREDIENTS (serves 1)

	cooked chicken, chopped
1	*small onion,* chopped
6	*mushrooms,* sliced
1 Tbsp	*soya sauce*
1 Tbsp	*cooking oil*
8–10 oz	*chicken soup* (one small tin)
4 oz	*pineapple chunks* (one small tin)

PROCEDURE

(1) Heat the oil in a small frying pan.

(2) Place the chopped onion in the frying pan and cook until the onion becomes soft and brown.

(3) Place the chicken and mushrooms into the frying pan and cook for 5 minutes, stirring occasionally.

(4) Place both the cans of soup and pineapple chunks into a small saucepan and heat until simmering.

(5) Place the cooked onion, chicken, mushrooms and soya sauce into the saucepan.

(6) Simmer until the sauce is reduced. This can take up to a quarter of an hour.

(7) Best served with brown rice or noodles.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 30 minutes cooking.

CONTRIBUTOR

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POPPYSEED CHICKEN

CHICKEN-POPSD – Chicken casserole with poppy seeds

This is an easy and good way to use some cooked chicken. I got the recipe from my grandmother, who ‘‘hates to cook’’ but nevertheless seems to do a great job...

INGREDIENTS (Serves 4)

2 cups	*cooked chicken* (white or dark meat)
13 oz	*sour cream*
13 oz	*canned cream of chicken soup* (1 can of condensed soup)
1 cup	*Ritz cracker pieces* (about 1 ‘‘tube’’ of crackers)
2 oz	*butter*
2 Tbsp	*poppy seeds*

PROCEDURE

(1) Cut the chicken into bite-sized pieces, and put it on the bottom of a casserole dish big enough to hold it.

(2) Combine sour cream and condensed chicken soup in a pan, and pour it over the chicken in an even layer.

(3) In the same pan, (save dishes!) melt the butter, and add broken-up crackers and poppy seeds. Mix together and distribute over the chicken and sauce.

(4) Bake at about for 20-30 minutes—until the topping is brown, the sauce is bubbling, and the chicken is hot.

NOTES

Somehow this doesn’t seem very nutritious. Serve it with lots of vegetables. Broccoli and carrots go well. Use more or less of the ingredients to taste, or depending on how many you are serving. Use different soups. Add mushrooms. Add other stuff. Have fun.

RATING

Difficulty: easy. *Time:* 40 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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CHINESE CHICKEN SALAD

CHICKEN-SALAD1 – Chicken salad with Chinese seasonings

This is a delicious salad my mother has been making for years. She found the recipe in the cookbook that came with her wok. If you leave out the fried bean threads, this is a reasonbly low-calorie dish. And if you use all vegetable oils, there's almost no cholesterol in it (except for what's in the chicken).

INGREDIENTS (serves 3–4)

2 lbs *chicken parts*

MARINADE

2 Tbsp *soy sauce*
1 Tbsp *sherry*
dash *garlic powder*
2 tsp *minced fresh ginger*

SALAD

2 oz *bean thread* (one package)
2 cups *oil*
2 stalks *green onions*
1 *iceberg lettuce*
1 *bunch coriander*
½ tsp *dry mustard*
1 Tbsp *oil*
2 Tbsp *sesame oil*
1 Tbsp *soy sauce*
1–2 Tbsp *vinegar*
3 Tbsp *toasted sesame seeds*

PROCEDURE

(1) Mix soy sauce, sherry, garlic powder, ginger. Marinate the chicken in this mixture for several hours.

(2) Bake the chicken, skin side up, for 45 minutes at Let the cooked chicken cool.

(3) When the chicken is cool, shred it.

(4) Deep-fry the bean thread in small batches in 2 cups oil. Drain.

(5) Shred the green onions and lettuce.

(6) Cut the coriander into 1-inch lengths.

(7) Place the chicken, lettuce, green onions, and coriander in a large bowl. Mix in the dry mustard. Add the sesame oil, oil, soy sauce, vinegar, sesame seeds, and bean thread. Mix well. Serve.

NOTES

You can add garlic and ginger to the salad dressing that goes on the salad.

This is also good hot—heat it just enough to get it hot and serve immediately.

RATING

Difficulty: easy. *Time:* marinating: several hours; baking: 45 minutes; preparation: 20 minutes. *Precision:* approximate measurement OK.

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SHANTUNG CHICKEN

CHICKEN-SHANT – Quick Asian-style chicken breast

INGREDIENTS (Serves 2–3)

1	*chicken breast,* skinned and boned
2 Tbsp	*corn starch*
3 Tbsp	*soy sauce*
1 Tbsp	*sherry*
1	*garlic clove,* minced
3 Tbsp	*oil*
1 Tbsp	*toasted sesame seeds*
½ lb	*bean sprouts*
1	*bunch green onions*
1 Tbsp	*slivered fresh ginger root*

PROCEDURE

(1) Slice onions, separate white from green parts.

(2) Cut chicken into thin narrow strips. Combine 1 Tbsp cornstarch, 1 Tbsp soy sauce, and sherry with garlic in dish, mix with chicken, and set aside.

(3) Blend remaining 1 Tbsp cornstarch, remaining 2 Tbsp soy sauce, and 1 cup water; set aside.

(4) Heat 1 Tbsp oil in a wok. Stir fry chicken for one minute; remove and set aside.

(5) Heat 2 Tbsp oil in the wok. Add bean sprouts, white part of onion, and ginger. Stir fry for 3 minutes.

(6) Return chicken to wok; add soy sauce mixture, green onions, and sesame. Bring to boil, cook till thick. Serve over noodles or rice.

RATING

Difficulty: easy to moderate. *Time:* 20 minutes. *Precision:* approximate measurement OK.

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EASY SWEET AND SOUR CHICKEN

CHICKEN-SSOUR1 – A nice Chinese dinner you can make at home

INGREDIENTS (Serves 2–3)

1 lb	*boneless chicken breast*
1 tsp	*chopped ginger*
1	*egg white*
½ tsp	*salt*
2 tsp	*cornstarch*
½ cup	*vegetable oil* (peanut oil is best, but sunflower is good too)
1	*green pepper* (bell pepper)
6	*carrots*
12 oz	*canned pineapple chunks* (drained, but reserve ½ cup of the juice.
SAUCE	
2 tsp	*sherry*
2 tsp	*light soy sauce*
1 Tbsp	*vinegar*
1 tsp	*sugar*
1 Tbsp	*cornstarch*
1 tsp	*salt*

PROCEDURE

(1) Cut up the chicken into bite-sized chunks.

(2) Combine ginger, egg white, ½ tsp salt, 2 tsp cornstarch, and 1 tsp oil. Add the chicken chunks and stir until the chicken is well coated.

(3) Wash green pepper. Discard seeds and stem. Cut into strips 1×¼ inches.

(4) Peel carrots. If they are thick, cut in half lengthwise. Cut diagonally into pieces about 1 inch long. Cook the carrots in boiling water for 3–5 minutes, depending how crunchy you like your carrots.

(5) Drain pineapple chunks, saving ½ cup of the juice.

(6) Prepare the sweet and sour sauce by mixing sherry, soy sauce, vinegar, sugar, reserved pineapple juice, 1 Tbsp cornstarch, and 1 tsp salt. Stir well and set aside.

(7) Heat 3 Tbsp of oil very hot in a wok or deep cast iron pan. Peanut oil is best since it has a high smoking point. Stir-fry the chicken by putting a small batch (e.g., 5 pieces) of the cubed chicken in the wok and stirring continuously until golden brown. Remove to a dish. Repeat until all the chicken has been cooked, adding small amounts of oil as it gets used up.

(8) Heat 1 Tbsp oil in an empty wok. Stir fry the parboiled carrots and the green pepper for 30 seconds.

(9) Add the chicken and the pineapple chunks to the vegetables in the wok. Stir 1 minute or until well mixed and reheated.

(10) Add sweet and sour sauce to wok. Stir until thickened.

NOTES

Serve with rice. I serve this recipe to company all the time and am amazed at how many people don't realize that you can cook Chinese food at home. It is always a big hit. The recipe works equally well with lean pork, tofu cubes, or soy beans instead of the chicken.

Don't forget to start cooking the rice so it will be done at the same time as the chicken.

RATING

Difficulty: easy. *Time:* 45 minutes. *Precison:* measure the sauce ingredients.

CONTRIBUTOR

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STIR-FRIED CHICKEN

CHICKEN-STFRY1 – Chinese stir-fried chicken with broccoli and nuts

INGREDIENTS (Serves 2–3)

1 lb	*boneless chicken breast*
12	*white mushrooms*
½ lb	*fresh broccoli* (or 1 package frozen broccoli)
¼ cup	*chicken broth*
2 Tbsp	*soy sauce*
2 Tbsp	*sherry*
1 Tbsp	*cornstarch*
1	*egg white*
½ tsp	*salt*
½ cup	*vegetable oil* (peanut oil is best, but sunflower oil is good too)
½ tsp	*cornstarch*
6 oz	*canned bamboo shoots* (optional)
6 oz	*cashew nuts,* broken into large pieces

PROCEDURE

(1) Cut the boneless chicken breast into bite-sized pieces.

(2) Wash and slice the mushrooms.

(3) If using fresh broccoli, wash and cut it up into bite-sized pieces. If using frozen broccoli, heat it or partially thaw it first.

(4) Combine chicken broth, soy sauce, sherry, and 1 Tbsp cornstarch. Stir well and set aside.

(5) Combine beaten egg white, salt, ½ tsp oil, and 2 tsp cornstarch. Add the chicken cubes to the mixture and stir until the chicken is well coated.

(6) In a wok or deep cast iron pan, heat 3 Tbsp vegetable oil until hot. Add the chicken pieces in small batches and stir continuously until golden brown. After each batch is finished, remove and drain. Add oil sparingly as needed.

(7) Stir fry the mushrooms in the wok.

(8) Stir fry the broccoli in the wok.

(9) Combine the chicken, mushrooms, broccoli, bamboo shoots, and cashew nuts in the wok. Stir fry to get everything warm again. Add the bouillon-cornstarch sauce and stir until thickened.

NOTES

Serve with rice. Don't forget to start the rice so that it will be done at the same time as the chicken.

Bamboo shoots are available in cans at Chinese grocery stores. Fresh broccoli is preferable to frozen, and it should be stir-fried for only a few minutes to keep it crunchy. Endless variations of this basic recipe are possible. Beef, pork, or other lean meats can be substituted for the chicken. Tofu cubes or brown beans can be used to make this a vegetarian recipe. Chopped almonds can be used instead of cashews. Water chestnuts are a delightful addition. Green or red bell peppers can be used instead of broccoli.

RATING

Difficulty: easy. *Time:* 45 minutes. Precision: no need to measure.

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STUFFED CHICKEN

CHICKEN-STUFF – Roast chicken stuffed with rice and vegetables

This is a recipe that I've evolved slowly, and I think I've finally got it right.

INGREDIENTS (Serves 2–3)

1	*whole chicken,* with giblets
½ cup	*uncooked white rice*
pinch	*saffron* (use the amount that sticks to the first ½ inch of the tip of a paring knife.)
2	*celery stalks*
8–10	*medium-sized mushrooms*
2–3	*scallions* (depending on size)
2–3 Tbsp	*butter*

PROCEDURE

(1) Pre-heat oven to

(2) Clean the chicken—remove any large gobs of fat and rinse away any residual goo from its inside.

(3) Cook the rice in 1 cup of water, along with the saffron. Salt to taste. Sauté the giblets in about 2 Tbsp of butter.

(4) While these are cooking, clean and cut up the celery, mushrooms, and scallions into small pieces.

(5) When the giblets are done, chop them well.

(6) Mix the rice, vegetables, and mushrooms together in a bowl, and cram as much as will fit into the chicken. Tie the ends of the drumsticks and the tail together. Rub about 1 Tbsp of butter over the skin of the chicken. Place remaining stuffing into a glass or ceramic casserole, cover, and set aside.

(7) Place in the chicken in the oven, uncovered. After 10 minutes, lower heat to

(8) The chicken should cook approximately 20 minutes per pound. Test the chicken by pricking it in the thickest part of the thigh; when it is done, only clear juices will come out. If the chicken is still underdone, blood will come out.

(9) Half an hour before the chicken is done, put the additional stuffing in the oven.

NOTES

If there are leftovers, be sure to remove any extra stuffing from the inside of the chicken, as it will sour if stored inside the bird.

RATING

Difficulty: moderate (cooking time is critical) *Time:* 30 minutes preparation, 45 minutes cooking. *Precision:* Approximate measurement OK.

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CHRISTMAS/THANKSGIVING STUFFING

CHICKEN-STUFF2 – Holiday stuffing with fruit and nuts

This is an elaborate version of the type of poultry stuffing made in Greece. People there have never heard of bread stuffings and, once you taste this recipe, you'll never want to hear about bread stuffings either! I got the recipe from my mother, who got it from a friend, who got it from her sister-in-law, who...

INGREDIENTS (stuffs 5–6 lbs poultry)

½ lb	*ground beef*
2 Tbsp	*butter*
1 tsp	*salt*
½ cup	*uncooked white rice*
1	*poultry liver* (from the bird you are going to stuff)
½ cup	*pine nuts*
½ cup	*whole blanched almonds*
10	*pitted prunes*
½ cup	*raisins*
10–15	*chestnuts*

PROCEDURE

(1) Cook the chestnuts: Cut a groove on each chestnut, and roast them on the stove (if you've got an electric stove, placing the chestnuts on the burner will do the trick, though you'll have to do some cleaning afterwards.) When they're done, peel them. Watch your hands.

(2) Brown the beef with half the butter.

(3) Add the rice, salt and a little water, and let it cook on low heat, until the water is absorbed.

(4) Boil the liver, mince it and add it into the rice and meat.

(5) Add the almonds, prunes, raisins, chestnuts (cut in chunks) and pine nuts. Add a small amount of water and let everything simmer until the water is absorbed.

(6) The stuffing is ready to use. Add the remaining butter and bake it. I usually wrap the stuffing in aluminum foil, put it in a separate pan and bake it along with the chicken. When the chicken is ready, the stuffing is ready too!

NOTES

If the chestnut-roasting procedure is to messy for you, then just boil them.

The amounts in the ingredients list are there for completeness' sake. You should really interpret them as "a few", "a handful" or "one small package". The only thing you have to bear in mind is that putting more prunes will make the stuffing sourer, and putting more raisins will make it sweeter.

The original recipe suggested using unpitted prunes. I believe that using pitted prunes is safer for the teeth!

RATING

Difficulty: easy to moderate. *Time:* 1 hour preparation, 1–2 hours cooking. *Precision:* no need to measure.

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CHICKEN TARRAGON

CHICKEN-TARRAG – Sautéd chicken with a tarragon cream sauce

This recipe comes from the little cookbook *Anodyne Delights,* a collection of recipes by Barbara Tyne who, along with her husband Tom, operated the chartered yacht *Anodyne* in the Caribbean. Barbara served this dish with rice and broccoli tossed with butter, garlic, and Parmesan cheese.

INGREDIENTS (Serves 4)

4	*chicken breasts*
3 Tbsp	*butter*
1 cup	*dry vermouth*
2 tsp	*dijon mustard*
1 cup	*heavy cream*
1 tsp	*tarragon*
pinch	*salt and pepper*

PROCEDURE

(1) Remove the skin and bone from the chicken breasts. Pound with a meat mallet until chicken breast is of even thickness.

(2) Melt the butter in a skillet. Sauté chicken 4 minutes on each side. Remove the chicken to a warm dish while you prepare the sauce.

(3) Mix the dijon mustard into the vermouth and pour the mixture into the skillet. Stir to dissolve the browned bits in the pan. Reduce volume of liquid by half over medium heat.

(4) Add the heavy cream and the tarragon. Stir continuously, 5 to 10 minutes, until mixture thickens.

(5) Arrange the chicken on a serving dish and pour some of the cream sauce over it. Serve the remaining sauce on the side.

NOTES

For a different flavor, sauté ½ cup chopped mushrooms before deglazing the skillet with the vermouth.

If you are daring, you can cook the chicken breasts at the same time you are making the sauce, using one hand for each. This will make the chicken be warmer when served.

RATING

Difficulty: easy if you buy boneless chicken breasts. *Time:* 5 minutes preparation, 10 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CHICKEN VINDALOO

CHICKEN-VINDAL – Spicy chicken curry

Nearly every Indian restaurant serves something that it calls Chicken Vindaloo, but the dish varies greatly from place to place. This recipe is a modification of a vindaloo recipe that appears in Madhur Jaffrey's *Indian Cooking* (Barron's 1983). I've attempted to approximate the Chicken Vindaloo served at The Tandoor Palace on Second Avenue in New York.

INGREDIENTS (serves 4–6)

2 tsp	*whole cumin seeds*
1 tsp	*black peppercorns*
1 tsp	*cardamom seeds*
3 in	*stick cinnamon*
1½ tsp	*whole black mustard seeds*
1 tsp	*whole fenugreek seeds*
5 Tbsp	*white wine vinegar*
1 tsp	*salt*
1 tsp	*cayenne pepper*
1 tsp	*light brown sugar*
10 Tbsp	*vegetable oil*
2	*large yellow onions,* peeled and cut into half-rings
6 Tbsp	*water*
1 in	*cube of fresh ginger,* peeled and coarsely chopped
8–10	*cloves garlic,* peeled and coarsely chopped
1 Tbsp	*ground coriander seeds*
½ tsp	*ground turmeric*
2 lb	*boneless chicken breast,* cut into bite-sized pieces
8 oz	*tomato sauce*
½ lb	*new potatoes,* peeled and quartered

PROCEDURE

(1) Grind cumin seeds, black pepper, cardamom seeds, cinnamon, black mustard seeds and fenugreek seeds together in a spice grinder. In a small bowl, combine ground spices, vinegar, salt, cayenne pepper and brown sugar. Set aside.

(2) Heat oil in large saucepan over medium heat. Fry onions, stirring frequently, until they are a rich, dark brown. Remove onions with a slotted spoon and put them in a blender. Turn off the heat, but do not discard the oil. Add 3 Tbsp water (or more if necessary) to the onions and blend until you have a smooth paste. Add this onion paste to the spices in the bowl. This mixture is the *vindaloo paste.*

(3) Put the ginger and garlic in a blender. Add 3 Tbsp water and blend until you have a smooth paste.

(4) Heat the remaining oil in the saucepan over medium heat. When hot, add the ginger—garlic paste. Stir until the paste browns slightly. Add the coriander and turmeric. Stir a few seconds. Add the chicken, a little at a time, and brown lightly.

(5) Add the vindaloo paste, tomato sauce and potatoes to the chicken in the saucepan. Stir and bring to a slight boil.

(6) Cover the saucepan, reduce heat to low, and simmer for about an hour, or until potatoes are tender.

(7) Serve over rice.

NOTES

Don't undercook the onions. They should be cooked until dark brown. If the onion paste turns out gray rather than brown, then the onions were not cooked enough.

This dish is very, very hot. It may not seem so at first, but the spices have a cumulative effect that builds up over the course of the meal.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 2 to 3 hours cooking. *Precision:* approximate measurement OK.

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CHICKEN WITH CHIPPED BEEF AND BACON

CHICKEN-WBACON – Succulent and easy chicken

This recipe makes the most succulent and juicy chicken I've had. It is very easy to make. The only drawback is that you have to start the night before you want to serve it. It would be a good recipe for when you have company, since you can do most of the work the previous day.

INGREDIENTS (serves 4)

8 pieces	*chicken breast* (4 whole breasts)
4 oz	*chipped beef* (1 package).
8 slices	*bacon* (about ½ lb)
13 oz	*mushroom soup concentrate* (*e.g.* 1 can Campbell's soup)
1 cup	*sour cream*

PROCEDURE

(1) Cut chipped beef into strips. Line the baking pan with them.

(2) Wrap bacon around chicken. Put in pan on top of beef.

(3) Mix soup and sour cream. Pour mixture over chicken.

(4) Cover tightly and refrigerate overnight, or at least several hours. It comes out better if you do it overnight.

(5) Bake in oven, uncovered, for three hours.

NOTES

A note on ingredients for non-US cooks: ‘‘chipped beef’’ is cooked spiced beef cut into very thin slices and packaged for sandwiches. A worthy substitute is roast beef sliced very thin and seasoned lightly with salt and pepper. A ‘‘can of mushroom soup,’’ such as Campbell's soup, is 1½ cups of double-strength cream soup concentrate.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 1 day waiting, 3 hours cooking. *Precision:* no need to measure.

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"Saints should always be judged guilty until they are proved innocent..."

COQ AU VIN I

CHICKEN-WINE – Chicken in a wine sauce

This is a very nice, simple chicken dish.

INGREDIENTS (Serves 2-3)

2 lbs	*chicken pieces*
1–2	*garlic cloves,* chopped or pressed
1	*medium onion,* chopped
¼ cup	*chopped parsley*
1	*medium carrot,* sliced
1 cup	*fresh mushrooms,* sliced
2 cups	*dry red wine* (young Burgundy, California Zinfandel, Australian Shiraz, etc...)
2 Tbsp	*cooking oil*
	flour
	salt and pepper (to taste)

PROCEDURE

(1) Start by heating the oil in a frying pan. Brown the chopped onion and garlic for a few minutes.

(2) Take the chicken pieces and brown them with the onion and garlic mixture. Brown the pieces evenly, turning often. This should take about 5 minutes.

(3) Sprinkle a little flour over the chicken. Add salt and pepper if desired.

(4) Add the wine and remaining ingredients. Reduce heat and simmer covered for 1 hour.

NOTES

This dish is best served over rice. Check the amount of wine in the pan every so often. Add a little more if needed.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour cooking. *Precision:* no need to measure.

CONTRIBUTOR

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YOGURT CHICKEN

CHICKEN-YOGURT – An Indian-style chicken dish with yogurt and red pepper

This fail-safe recipe yields a delicious Indian-style chicken dish. Serve it with rice and you have a meal. It makes wonderful leftovers—in fact, it tastes much better as leftovers.

INGREDIENTS (Serves 4)

1	*frying chicken*
¼ cup	*vegetable oil*
3	*medium onions*
2	*garlic cloves*
1 tsp	*cayenne* (red pepper)
1 Tbsp	*coriander* (or less to taste)
2 tsp	*masala seasoning* (see note)
2 cups	*plain yogurt*
¼ cup	*clarified butter*
2 tsp	*salt* (or less to taste)

PROCEDURE

(1) First prepare the sauce: Slice or chop the onions. Using a large heavy frypan that has a lid, sauté the onions in the oil. When they are translucent and beginning to brown, add the garlic. When its moisture evaporates, add the cayenne, coriander, and masala seasoning. Add the yogurt. Lower heat and simmer 7 minutes, partly covered. Remove from heat.

(2) Cut the chicken into chunks. If you are feeling decadent, then remove the bones from the chicken to make this a boneless-chicken dish.

(3) Pureé the onion-and-spice mixture in your food processor or food mill. Don't make it into baby food, but make sure there are no stringy pieces of onion left in it.

(4) Over medium-high heat, heat the clarified butter until it starts to smoke, then dump in the cut-up chicken all at once. Stir continuously for 2 minutes, then sauté for 3 more minutes, stirring occasionally.

(5) Add the onion-and-spice puré to the cooking chicken. Add salt. Stir the mixture until it starts to bubble, then lower heat, cover, and simmer for 30 minutes.

(6) Let cool until ready to serve. The longer you wait, the better it will taste.

(7) Cook some rice to go with it. Reheat over low heat, and serve.

NOTES

Masala seasoning is an Indian ‘‘general-purpose’’ seasoning. Serious Indian cooks make their own, and no two are quite the same. The word *masala* means something like ‘‘blend of spices’’. Since this dish isn't trying to be authentically Indian, you can use most any store-bought mixture that you like, including ‘‘Tandoori’’ mixtures, ‘‘curry powders’’, etc. If you want to make your own, try some mixture of cardamom seeds, cinnamon, cloves, pepper, cumin, and coriander, suitably mixed and ground.

If you don't want to use clarified butter you can use any cooking oil.

RATING

Difficulty: easy. *Time:* ½ hour preparation, ½ hour cooking, 1–24 hours sitting. *Precision:* No need to measure, but be respectful of cayenne.

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KUNG PAO CHICKEN

CHICK-KUNG-PAO – Stir-fried chicken with vegetables

This recipe is from a Szechuan cooking class taught by Susan Newberry, Minnetonka, Minnesota.

INGREDIENTS (Serves 4)

¾ lb	*chicken breast,* boned and cut into shreds
1	*egg white*
1	*garlic clove,* minced
1	*piece ginger,* minced
1½ tsp	*red pepper,* crushed
½ cup	*skinless peanuts*
½ cup	*bamboo shoots,* diced
½ cup	*peapods*
½ cup	*straw mushrooms*
	oil

SAUCE:

2 Tbsp	*brown bean sauce*
1 Tbsp	*hoisin sauce*
1 tsp	*sugar*
2 tsp	*rice cooking wine* (or use dry sherry)
2 Tbsp	*water*

PROCEDURE

(1) Dust chicken breast with cornstarch and massage in egg white.

(2) Mix sauce ingredients.

(3) Heat oil in wok and stir-fry peanuts briefly. Remove from pan.

(4) Stir-fry chicken about two minutes. Remove from pan.

(5) Pour in red pepper, garlic and ginger. Fry until peppers begin to change color.

(6) Add peapods, mushrooms, bamboo shoots, chicken and sauce. Stir and cook 1 minute. Add peanuts, toss and serve.

NOTES

The original recipe said the mushrooms and peapods are optional but I found that they are a must. The cornstarch and egg white act to seal the moisture so the chicken does not get dry. This gives the chicken a very different texture. I feel this is the way to stir fry chicken. But make sure that you do not let the chicken and egg white stand for more than 5 minutes, otherwise the egg white starts to run. Raw skinless peanuts are best, but you can also use blanched peanuts. The hoisin sauce and bean sauce are available at any oriental grocery store and at some supermarkets.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 5 minutes cooking. *Precision:* No need to measure.

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CHICKEN MILANAISE

CHICK-MILAN – Chicken with white sauce

This is what my mother serves as Chicken Milanaise. I once ordered Chicken Milanaise at a restaurant, and they served me an entirely different dish, so I'm not sure as to whether I'm using the name properly. In any case, this recipe is one of my favourites!

INGREDIENTS (serves 4–6)

1	*chicken*
1 Tbsp	*salt*
3 Tbsp	*unsalted butter*
3 Tbsp	*flour*
2	*egg yolks*
1 Tbsp	*lemon juice*
2 cups	*white rice* (to serve on the side)
	salt and pepper (for the sauce)

PROCEDURE

(1) Place the chicken in a pot. Cover it with water, add the salt and bring it to a boil, skimming any scum that may form on the surface. Turn down the heat, cover the pot, and cook the chicken for about 1 hour or until it is done.

(2) Remove the chicken from the pot. Skim and discard the chicken fat from the surface of the broth.

(3) Reserve 2 cups of broth for the sauce and use the remaining broth to cook the rice according to standard procedures for cooking rice.

(4) While the rice is cooking, make the sauce: melt the butter under low heat in a saucepan and add in the flour, salt and pepper. Stir until you get a uniform mixture and then add the reserved broth gradually, stirring constantly. When the mixture thickens, remove from the heat.

(5) Beat the egg yolks with the lemon juice and add them into the sauce. Stir the sauce until the egg yolks are completely blended. The sauce is ready.

(6) Cut the chicken and serve with sauce on both the chicken and the rice.

NOTES

You are supposed to use white pepper in the sauce but, since I don't mind seeing a few black specs in the sauce, I always use black pepper.

If you are going to reheat the sauce, make sure that it doesn't come to a boil, otherwise the egg will separate.

RATING

Difficulty: Easy. *Time:* About 1½ hours. *Precision:* Measure the sauce ingredients.

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CHICK-PEA SOUP

CHICKPEA-SOUP – Greek style chick-pea soup

I got this recipe from a Greek cookbook. It is the standard way of cooking chick peas in Greece.

INGREDIENTS (serves 4)

1 lb	*chick peas*
2 Tbsp	*baking soda*
3–4	*small onions* (chopped)
¾ cup	*olive oil*
2 tsp	*salt*
	lemon juice

PROCEDURE

(1) Soak the chick peas in water overnight.

(2) Drain the chick peas and sprinkle the baking soda on them. Stir them a little and let them stand for one hour.

(3) Rinse the chick peas with plenty of water. Put them in a pot and cover them with water. Bring them to a boil, then lower heat to medium.

(4) Skim off the scum that forms on the surface, and then add the onions. Cover, and cook on low heat for about two hours or until the chick peas are soft. (If necessary, add some hot water into the pot while the chick peas are cooking).

(5) Add the olive oil and salt, and cook for a few more minutes.

(6) Serve with a dash of lemon juice, plenty of fresh bread and, if you like, a chunk of feta cheese on the side.

NOTES

At step 3 you're supposed to remove the skin off the chick peas. I was never able to do it (it comes off only with some difficulty, and you have to do it for each individual pea), but it doesn't seem to affect the dish adversely.

You know that the soup is done when the chick peas begin to dissolve, making the soup rather thick. This might not give the dish a very attractive appearance, but the taste is an entirely different matter.

RATING

Difficulty: easy. *Time:* overnight soak, 2–3 hours cooking. *Precision:* no need to measure.

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SUPER-BOWL CHILI

CHILI-1 − A hearty (and hot) Texas-style chili

This is a chili traditional in our Super-Bowl Sunday festivities. It has won several ‘‘no holds barred’’ (non ICS) chili cookoffs where there are no specific rules. It is the result of countless changes and adjustments of a small group of chili afficianados (aka chiliheads). Note: there is a range of peppers specified, you may adjust the ‘‘temperature’’ of the resultant chili, mild if you use the low end, or nuclear if you use the high end (we do!).

INGREDIENTS (serves 6−8)

2 lbs	*cheap steak* (not too fatty)
1 lb	*stewed tomatoes*
1 lb	*whole tomatoes*
½ lb	*tomato sauce*
1 cup	*water* (or beer)
¼ cup	*chili seasoning* (*see note below)
1	*large red onion,* chopped coarse
2	*garlic cloves,* minced or crushed
2−6	*fresh jalepeno* peppers, seeded and minced
2−6	*dried arbole* or *serrano* peppers, whole
3	*Anaheim or California (large) chilis,* chopped coarse
1	*bell pepper,* red or green (optional).
2 Tbsp	*brown sugar*
1 tsp	*salt*
2 tsp	*black pepper*
4 Tbsp	*masa flour*
2 cups	*cooked pinto beans*

PROCEDURE

(1) Trim the meat of all visible fat. If there is a large strip of fat on one side of the meat, save it whole. Cut meat into ¼-inch cubes, and brown it in a frying pan.

(2) In a large chili pot, place tomatoes, tomato sauce and water or beer. Bring to a slow boil.

(3) Add the meat, chili seasoning, onion, garlic, peppers, sugar, salt and pepper. If you are using the optional bell pepper, cut it into 1-inch strips and add them now. If you have that large piece of steak fat, add it now; if not, add 1 Tbsp of cooking oil. Cover and reduce heat, simmer at least one hour (two to three is better) stirring occasionally. At the end of the simmering remove and discard the piece of steak fat.

(4) Mix the masa flour with about ¼ cup water and add to chili pot along with the pinto beans (or any kind you prefer). Simmer an additional 30 minutes.

(5) Serve. If you have made the nuclear version, make sure there is plently of beer on hand.

NOTES

For chili seasoning, we make up batches consisting of 8 parts chili powder, 2 parts ground cumin, and 1 part crushed (not ground) cayenne peppers.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, 1½ to 3 hours cooking. *Precision:* approximate measurement OK.

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MOM'S CHILI

CHILI-2 – A mild, hearty chili

This chili won't win any awards in Texas, but it's a nice, mild, flavorful dish. The recipe can easily be multiplied; I usually make a triple batch and freeze the excess. For a spicier chili, use more chili powder, or—even better—mix your own spices.

INGREDIENTS (Serves 4)

1 lb	*ground beef*
2	*large yellow onions,* chopped
1 lb	*kidney beans*
½ lb	*tomato paste*
6 oz	*water*
3	*cloves garlic* (or more to taste)
1	*bay leaf*
1 glub	*ketchup*
1 Tbsp	*chili powder* (or more to taste)

PROCEDURE

(1) Brown the meat and onions, separately if desired.

(2) In a large, heavy pot, combine the meat and onions, and the other ingredients except the chili powder.

(3) Simmer *at least* one hour. Six or more hours is better.

(4) Stir in the chili powder.

NOTES

I usually use more garlic—the cloves can be left whole, and will become soft and mildly flavored by simmering.

The flavor is best if the chili sits for a day before being served.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1 to 6 hours cooking. *Precision:* approximate measurement OK.

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ANDY BEALS' CHILI

CHILI-3 – Andy's own recipe for meat/bean chili

This is the descendant of the chili that I've been making since 1974.

INGREDIENTS (12 cups)

5 cups	*canned beans* (drained)
6 cups	*stewed tomatoes*
2 lbs	*beef,* cut into bite-sized pieces and browned. Don't use ground beef.
2	*garlic cloves,* chopped
3	*medium jalapeno peppers,* cut up
2	*green bell peppers,* diced
1 or 2	*medium onions,* diced
1 bottle	*flavorful beer*
2 Tbsp	*cumin*
2 tsp	*paprika*
1 tsp	*cayenne pepper*

PROCEDURE

(1) Sauté the meat and onions. You may do it in the same pan that you are going to put the chili in. The meat should be brown on the outside, but you don't have to cook it much at this time.

(2) Drain the fat from the beef.

(3) Put everything in a big pot over low heat (a slow cooker is handy) and stir together.

(4) Wait half an hour to an hour and check the flavor of the soupy base. Adjust as you see fit. Perhaps add more beer, hot peppers, or spices. Repeat as necessary.

(5) Wait as long as you can, stirring occasionally. You may eat it when the beans and beef are soft. Serve with bread, fresh-baked biscuits or cornbread.

NOTES

This is best if it has cooked at least overnight. Generally it's ready for consumption after about three hours. If you can't turn your stove down to a very low heat, you're bound to burn the bottom of the chili a little, but as long as you don't scrape it off, it will taste okay. Slow-cookers are great in this regard!

At the three hour mark, the chili is somewhat soupy. If you want it to thicken up, turn up the heat a bit and let it boil off the excess water. While doing this, stir every few minutes or you may burn the bottom!

I change the proportions of ingredients (double the beef, drop the beans, add LOTS more cumin) all the time; this recipe is just a general guideline. The amount of garlic given in the recipe is very conservative. Garbanzo beans (chick peas) are nice, but they take a lot longer to cook. Making it with lamb or Italian sausage instead of beef is also interesting. Cherry peppers instead of jalapeno peppers are very nice also.

Do not use wimpy American beer! I have found that Moosehead adds a good flavor, and I bet that Anchor Steam will too.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 3 hours cooking. *Precision:* no need to measure.

CONTRIBUTOR

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STEVE'S CHILI

CHILI-4 − A simple prizewinning chili with beans

This recipe is one I developed on my own. It has won several awards in chili cookoff contests.

INGREDIENTS (Serves 12−16)

2 lb	*ground beef*
1	*medium onion,* chopped
2	*garlic cloves,* minced
½ tsp	*salt*
60 oz	*tomato sauce*
8 oz	*green chilies,* diced (2 standard cans)
3	*tomatoes,* sliced
¼ cup	*chili powder*
½ tsp	*ground allspice*
2 tsp	*crushed red pepper*
½ tsp	*ground black pepper*
dash	*ground white pepper*
dash	*MSG*
dash	*oregano*
dash	*ground cloves*
1 tsp	*sugar*
	seasoned salt
1 lb	*red kidney beans*
8 oz	*sliced pepperoni*

PROCEDURE

(1) Fry together the ground beef, ontion, garlic, and some salt until the beef is browned.

(2) Meanwhile in a large kettle, mix together the tomato sauce, green chilies, and tomatoes and heat over low heat.

(3) When the hamburger is done, mix in with tomato sauce mixture. Add the spices, salt, and sugar, stir well, and adjust ingredients to taste. It will taste hotter later than it does now.

(4) Simmer for about 1.5 hours, and then add beans and pepperoni. Simmer for 30 minutes longer. Serve over rice, topped with shredded cheddar cheese.

RATING

Difficulty: easy. *Time:* 3 hours of intermittent attention. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CAPITOL PUNISHMENT CHILI

CHILI-5 – World champion Texas red chili

This recipe comes from Bill Pfeiffer. He won the 1980 and 1982 World Chili Cookoff and took first place in the International Chili Society's 14th annual World Championship Chili Cookoff with it.

Pfeiffer calls this recipe "Capitol Punishment Chili" because he won his first attempt at a chili cookoff in Washington, DC.

Texas red chili has no beans...

INGREDIENTS (serves 25)

1 Tbsp	*oregano*
2 Tbsp	*paprika*
2 Tbsp	*MSG*
9 Tbsp	*chili powder* (light)
4 Tbsp	*cumin*
4 Tbsp	*beef bouillon* (instant crushed)
4 Tbsp	*cumin*
2 cans	*beer*
2 cups	*water*
4 pounds	*extra lean chuck* (ground for chili)
2 pounds	*extra lean pork* (ground for chili)
1 pound	*extra lean chuck* (cut into ¼-inch cubes)
2	*large onions,* finely chopped
½ cup	*oil or kidney suet*
1 tsp	*molé,* powdered
1 Tbsp	*sugar*
1 tsp	*coriander*
1 tsp	*hot pepper sauce*
8 oz	*tomato sauce* (1 can)
1 Tbsp	*masa harina*
	salt, to taste

PROCEDURE

(1) In a large pot add paprika, oregano, MSG, chili powder, cumin, beef bouillon, beer, and two cups of water. Let simmer.

(2) In a separate skillet brown 1½ lb meat with 1 Tbsp oil or kidney suet until meat is light brown.

(3) Drain and add to simmering spices.

(4) Continue until all meat has been added.

(5) Sauté finely chopped onions and garlic in 1 Tbsp oil or kidney suet.

(6) Add to spices and meat mixture. Add water as needed. Simmer two hours.

(7) Add molé, sugar, coriander, Louisiana Red Hot sauce, and tomato sauce. Simmer 45 minutes.

(8) Dissolve masa harina in warm water and add to chili. Add salt to taste. Simmer 30 minutes.

NOTES

I use Durkee's Louisiana Red Hot sauce. Probably your favorite brand of beer is ok. Pfeiffer's ICS-winning recipe uses Budweiser because they sponsored the contest. For hotter chili, add additional *Louisiana Red Hot* sauce to taste.

This chili is a great dish if you have a LOT of time. Note well the amount of time called for in each simmering step.

RATING

Difficulty: moderate. *Time:* 4–5 hours. *Precision:* approximate measurement OK.

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HEARTY CHILI

CHILI-6 – A hearty, hot and tasty chili

INGREDIENTS (serves 6)

1 lb	*ground beef*
2 lbs	*onions,* sliced
4–6	*garlic cloves,* minced
6 oz	*tomato paste* (or use 8 oz cream of tomato soup)
6 cups	*kidney beans*
4 oz	*canned green chili peppers,* chopped (2 cans)
2 Tbsp	*chili powder*
1½–2 tsp	*oregano*
¼ cup	*oil*

PROCEDURE

(1) Sauté onions in oil.

(2) Add ground beef and cook until brown.

(3) Add remaining ingredients including liquid from kidney beans.

(4) Simmer covered for 20 minutes, stirring occasionally. (You may need to add more water during simmering.)

RATING

Difficulty: Easy. *Time:* 30 minutes preparation, 20 minutes cooking *Precision:* Approximate measurement OK.

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CHERNOBYL-CHILI

CHILI-7 – High-energy microwave chili

Microwaves and chili make a superb match, especially for lazy chili lovers like me. This version is for a mixed crowd. True chili fiends should see the notes at the end.

INGREDIENTS (Serves 8–12)

4 lb	*ground beef*
3	*large onions,* diced.
½ cup	*green pepper,* diced
6	*garlic cloves,* pressed
2 lb	*crushed tomatoes* (use standard canned tomatoes)
1 lb	*whole tomatoes,* cut up (canned or fresh)
6 oz	*tomato paste*
2½ lb	*light red kidney beans,* not drained (3 standard-size cans)
2 Tbsp	*brown sugar*
3 Tbsp	*white sugar*
4 Tbsp	*chili powder*
2 tsp	*MSG (monosodium glutamate)*
2 tsp	*crushed red (cayenne) pepper*
1 tsp	*ground black pepper*
1 tsp	*salt*
3 Tbsp	*bacon grease*
	water or beer, as needed
	garlic powder, as needed

PROCEDURE

(1) In a large microwave container, brown meat, onions, green pepper, and garlic for 15 minutes on full power. Drain off and reserve a cup or two of liquid. Break up any remaining large chunks of meat.

(2) Add remaining ingredients except tomato paste and cook on full power for 30 minutes covered. Stir and taste.

(3) Cook for 1 hour at 70% power, uncovered. Stir and taste at half hour intervals. Add water as necessary.

(4) Add tomato paste and reserved meat liquid. Cook 30 minutes at 60% power, uncovered. Stir and taste. The chili is done and can be served directly or decanted into a crock pot to simmer.

(5) Serve with shredded cheddar cheese, tabasco sauce, diced onions, hot chili oil, red pepper flakes, and hot dogs with rolls. Your guests can microwave their own hot dogs and top them with chili and cheese!!!

NOTES

For true CHERNOBYL-Class 20 megaton SS-19 chili, double the pepper, chili powder and MSG and add 30 minutes to the cooking in step 3. Serve with Pepski.

People who are worried about MSG, bacon grease or radiation should not be eating chili in the first place.

Yes, it will make an incredible mess in your microwave oven.

The most likely things you will need to add at the testing points are salt, sugar, and maybe garlic powder.

The chili will thicken up in the microwave so be sure to add enough water to keep it soupy until the last phase.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 2–3 hours in microwave. *Precision:* approximate measurement OK.

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CHILI BEAN SOUP

CHILI-BEAN – A variation of chili con carne with beans

I got this recipe from *A Primer on Bean Cookery* by the *California Dry Bean Council* and other organizations.

INGREDIENTS (Makes 5 to 6 cups)

1 lb	*pink, red, or pinto beans*
6 to 8 cups	*boiling water*
1 tsp	*garlic salt*
1 tsp	*onion salt*
¼ tsp	*thyme*
¼ tsp	*marjoram*
10 1/2 oz	*beef or chicken broth*
16 oz	*stewed tomatoes*
3 Tbsp	*chili powder* (or 7 to 10 oz green chili salsa)

PROCEDURE

(1) Rinse and wash beans. Soak using either slow soak or quick soak. For slow soak, submerge beans in 6 cups of cold water salted to taste and soak 6–8 hours or overnight, unrefrigerated. For quick soak, submerge beans in 6 to 8 cups of hot water salted to taste. Bring to a boil, boil 3 minutes, remove from heat, and soak 1 hour. Whichever method you choose, make sure you use a pot large enough to let the beans expand 2½ times, and drain and rinse the beans after soaking.

(2) Put the beans in a large pot. Add boiling water, garlic, onion, salt, thyme, and marjoram. Cover and simmer until the beans are tender (2½ to 3 hours). Don't let beans boil dry. Add hot water as needed.

(3) Spoon out 3 cups of the cooked beans to use another day in another way. Mash the rest of the beans with their liquid. Add remaining ingredients, plus 1 cup of hot water. Heat at least 10 minutes to blend flavors.

NOTES

I'm not sure why the recipe doesn't call for you to cook a smaller quantity of beans, rather than spooning out the cooked beans. The pamphlet says that you can make the excess beans into a salad by covering them with French dressing and refrigerating. I think they're trying to sell more beans.

Chili powder is a spice from Texas and Mexico consisting mainly of ground dried chili peppers.

Green chili salsa is a Mexican condiment made from hot green chilies, onions, vinegar, salt, and other ingredients.

The slow soak method gives beans a better texture. Since these beans will be mashed, it won't make much difference, unless you're concerned about those 3 extra cups of cooked beans you will make into a salad.

RATING

Difficulty: Easy *Time:* 3 to 3½ hours when done by the quick-soak method, overnight if slow-soak. *Precision:* No need to measure.

CONTRIBUTOR

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"Saints should always be judged guilty until they are proved innocent.."

CHINESE SPAGHETTI

CHINESE-SPAGH – The original Chinese spaghetti

This recipe is an interesting variation from the usual restaraunt chinese food. When I learned this dish, I realized that this was the origin of the Italian pasta dishes. It still serves as a reminder that there is a huge variety of Northern Chinese dishes that use wheat-based starches instead of rice.

INGREDIENTS (serves 6–8)

½ lb	*bean sprouts*
2 Tbsp	*peas* (fresh or frozen) per person
1	*cucumber*
3	*eggs*
½ cup	*green onions,* chopped
1 cup	*Chinese noodles* (or linguine) per person.
1 lb	*lean pork or beef,* chopped into small pieces
1 tsp	*crushed ginger*
1 Tbsp	*green onion* finely chopped
½ cup	*chicken broth*
5 Tbsp	*sweet bean sauce* or hoisin sauce
3 Tbsp	*soy sauce*
1 Tbsp	*Chinese rice wine*
1½ tsp	*sugar* (omit if hoisin sauce was used)
½ tsp	*MSG*
1 Tbsp	*sesame seed oil*

PROCEDURE (SAUCE)

To prepare the meat sauce:

(1) Heat 3 Tbsp oil in wok, brown the ginger and green onion, then add meat and brown together.

(2) Mix together the bean (or hoisin) and soy sauces, add this mixture to the meat, and stir fry briefly. Then add rice wine, sugar, MSG, and sesame oil.

(3) Add the chicken broth and simmer for about 3 minutes, until the sauce becomes thick and shiny. Put mixture in a serving bowl and set aside.

PROCEDURE (GARNISHES)

(1) Boil bean sprouts for 1 minute, drain, and put in serving bowl.

(2) Warm peas and put in a serving bowl.

(3) Cut cucumber into very fine strips, or grate. Place in serving bowl.

(4) Scramble eggs, fry into very thin pancakes, and cut into thin strips.

PROCEDURE (TO SERVE)

(1) Cook noodles in boiling water for 3 minutes; drain. If you are preparing this dish ahead, rinse with cold water, drain, and add 1 Tbsp sesame seed oil and mix well.

(2) Serve about hot or cold noodles in a bowl, then add the garnishes and meat sauce to taste.

NOTES

This dish can be prepared a day ahead and served cold. The selection of vegetables in the garnish is pretty arbitrary. All kinds of vegetable combinations are good. The only rule is that they should all be cut into thin strips.

RATING

Difficulty: easy to moderate. *Time:* 1–2 hours (lots of preparation, little cooking). *Precision:* Measure the sauce ingredients.

CONTRIBUTOR

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CHOCOLATE FANTASY CAKE

CHOC-CAKE-1 – A no-bake chocolate cake

This is a very simple, quick, no-bake cake for those of us who hate getting near an oven, but like delightful cheese cakes. This recipe is originally from the *Yediot Achronot* (Latest News) newspaper supplement here in Israel. It should be prepared a day or two before you intend to eat it, so that the flavoring fills out. Definitely not for people on a diet.

INGREDIENTS (Serves 6–8)

CAKE

1 lb	*tea biscuits* (dry cookies)
3 Tbsp	*liqueur* (chocolate or coffee flavored)
3 Tbsp	*brandy*
2½ cups	*cream*
3 cups	*milk*
3 pkgs	*instant chocolate pudding*
pinch	*salt*

FROSTING

4 oz	*bittersweet chocolate*
4 oz	*milk chocolate*

PROCEDURE

(1) Arrange a layer of biscuits at the bottom of a large baking pan.

(2) Mix the brandy and liqueur in a small container, and pour on top of the biscuits.

(3) Whip the cream, milk, pudding and salt until the mixture is thick.

(4) Pour the mixture on top of the biscuits. Chill well.

(5) When the cream is cold, prepare the frosting by grating the chocolate onto the top of the cake. Refrigerate before serving.

NOTES

You can replace the milk and cream with 1½ lb of 9% milkfat cheese. This is a product sold in Israel. The nearest equivalent in North America is is sour cream. If you do this, replace the pudding with ½ cup of chocolate syrup. If you are not a chocolate lover, you may replace the chocolate pudding with vanilla pudding (or with vanilla extract if you are using the 9% cheese)

RATING

Difficulty: easy. *Time:* 10 minutes preparation, several hours chilling. *Precision:* measure the ingredients.

CONTRIBUTOR

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QUICK CHOCOLATE CAKE

CHOC-CAKE-2 – Dangerously delicious chocolate cake

INGREDIENTS (1 cake)

CAKE MIXTURE

1¾–2 cups	*self–raising flour*
1¼ cups	*caster sugar,* or white sugar chopped in the blender
6 Tbsp	*cocoa,* (Use more if you like)
½ tsp	*bicarbonate of soda*
¼ tsp	*salt*
2	*eggs*
1 cup	*milk*
4 oz	*butter or margarine*
½ Tsp	*vanilla*

TOPPING

1 cup	*cream,* whipped with a little icing sugar
3 oz	*cooking chocolate*
½ oz	*copha*
	nuts

PROCEDURE

(1) Sift the dry ingredients together in a mixing bowl. Soften the butter and add with the milk and vanilla to dry ingredients.

(2) Beat for 2 mins with a wooden spoon or until smooth. Add eggs and beat another 2 mins.

(3) Pour into an 8 inch round cake tin (I find the collapsible type best). Cook in a moderate oven for 1 hour.

(4) Turn the cooled cake over, slice into two layers and fill with cream. Melt chocolate with copha (do not burn) and pour over cake, dribbling it down the side. Decorate with almonds, pecans or walnuts.

NOTES

Self-raising flour is popular in Britain and Australia, and hard to find in North America. Substitute 2 cups of ordinary all-purpose flour with ½ tsp of salt and 3 tsp of baking powder mixed in. The North American equivalent of caster sugar is ‘‘granulated sugar’’. There is no equivalent of copha, but a mixture of butter and coconut is better than nothing. Crisco has the right cooking properties to substitute for copha, but the wrong flavor.

You can pour a little Grand Marnier into the cake before spreading the cream in the middle, but it doesn’t need it.

RATING

Difficulty: moderate. *Time:* 10 minutes preparation, 1 hour cooking, 1 hour to cool and 5 minutes decorating. 5 minutes to eat. *Precision:* Measure the ingredients, though the cocoa and cream are not critical.

CONTRIBUTOR

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FRENCH CHOCOLATE LAYER CAKE

CHOC-CAKE-3 – A decadently rich chocolate cake

My mother got this recipe from a radio show about ten years ago. She was intrigued because the cake contains no flour. It is definitely for chocoholics. Although it is a two-layer cake, it is only about 3–4 inches thick when it's done, and has the consistency and density of a chocolate candy bar. It can be frozen if you find it too much to eat at one time.

INGREDIENTS (one cake)

CAKE

2 tsp	*instant espresso coffee*
¼ cup	*hot water*
7 oz	*semisweet chocolate*
2 oz	*bitter chocolate*
4	*eggs,* separated
4 oz	*butter*
2/3 cup	*sugar*
¼ tsp	*cream of tartar*
¾ cup	*sifted corn starch*

FROSTING

2 tsp	*instant espresso coffee*
7 oz	*semisweet chocolate*
2 oz	*bitter chocolate*
2 Tbsp	*butter*

PROCEDURE

(1) Combine espresso, hot water, semisweet chocolate, and bitter chocolate in double boiler filled with hot water and cover. Without applying additional heat, melt the chocolate.

(2) Butter two layer-cake pans, lay a sheet of waxed paper in each, and dust the pans with flour. (The pans should be able to hold 4 cups each.)

(3) Beat the egg yolks and then gradually add 2/3 cup of sugar until the yolks are thick and lemon colored.

(4) Beat butter into the chocolate mixture. Add the chocolate mixture to the egg yolks and stir.

(5) Beat the egg whites until foamy. Add the cream of tartar, and then gradually add up to 2 Tbsp sugar.

(6) Add the sifted corn starch gradually to the chocolate mixture, alternating with the egg whites. The corn starch and egg whites should be folded in to the chocolate mixture.

(7) Pour half the batter into each cake pan.

(8) Bake on the lower middle level of a preheated oven until set on the sides.

(9) Cool the cake in the pan, and then turn out onto a serving dish.

(10) Combine the icing ingredients and make the icing as per Step 1. Ice the cake as you would a normal layer cake.

RATING

Difficulty: difficult. *Time:* 2 hours. *Precision:* precise measurement important.

CONTRIBUTOR

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CHOCOLATE NUT CAKE

CHOC-CAKE-4 – A no-bake graham cracker chocolate cake.

This is a delicious, easy-to-make cake that everyone enjoys. It came from an East Indian friend of mine who said it had been in the family. It seems western so I am uncertain of its origins.

INGREDIENTS (Makes 1 cake)

¼ lb	*butter or margarine*
1 cup	*icing sugar*
2	*large eggs*
¾ cup	*cashews or almonds*
2½ Tbsp	*cocoa*
½ lb	*graham crackers*
	milk
¾ tsp	*vanilla*

PROCEDURE

(1) Cream together the butter and sugar.

(2) Chop the nuts and roast if desired.

(3) Soak the crackers in the milk until they are soft but have not turned to mush.

(4) Dissolve cocoa in 2 Tbsp milk, and add this and the nuts to the creamed butter/sugar mixture.

(5) Separate the eggs and set the whites aside. To the creamed mixture add the yolks and vanilla and beat.

(6) Whip the whites until stiff peaks form, then fold this into the mixture.

(7) Line a 9-inch square pan with a layer of crackers, mixture, and crackers. Top with the remaining mixture and set in the refrigerator until hard.

NOTES

Depending on how you want the texture of the cake you can soak the crackers until they are slightly softened or until they fall apart.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, several hours chilling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CHOCOLATE LAYER CAKE

CHOC-CAKE-5 – A moist 2-layer chocolate layer cake

This was our wedding cake.

INGREDIENTS (serves 8)

1 ¼ cup	*sugar*
½ cup	*cocoa*
½ cup	*boiling water*
½ cup	*shortening*
2	*eggs*
2 tsp	*vanilla*
2 cups	*sifted cake flour*
1 tsp	*baking soda*
2/3 cup	*buttermilk*

PROCEDURE

(1) Preheat oven to Combine ½ cup sugar with cocoa and boiling water, and cook over a low heat, stirring constantly, until the mixture is glossy. Cool.

(2) Cream the shortening and eggs with the remaining sugar. Add the cocoa mixture and the vanilla.

(3) Add the dry ingredients and the buttermilk alternately.

(4) Bake in 2 greased layer pans at for 30-35 minutes.

(5) Frost the cake with your favorite frosting (see note below).

NOTES

For the frosting on our wedding cake, we used the chocolate mousse filling described in MOUSSE-CHOC-1.

You can also make this as a single-layer cake. Just bake it a few minutes longer, as it is thicker.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 1 hour baking and cooling and frosting. *Precision:* measure the ingredients.

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CHEWY CHOCOLATE CHIP COOKIES

CHOC-CHIP-1 – Chocolate chip cookies like Mrs. Fields makes

These cookies are a combination of oatmeal and chocolate chip. They are very rich, but very tasty. The recipe was obtained from a friend of a friend, who supposedly paid a large amount of money for it. However, the cookies do not taste **exactly** the same as the name brand.

INGREDIENTS (Yield approximately 60)

2 cups	*butter*
2 cups	*sugar* (granulated white)
2 cups	*brown sugar* (dark brown)
4	*eggs* (large—use 5 if medium)
2 tsp	*vanilla extract*
4 cups	*flour* (sift before measuring)
5 cups	*rolled oats* (oatmeal), powdered finely.
1 tsp	*salt*
2 tsp	*baking soda*
2 tsp	*baking powder*
24 oz	*chocolate chips* (being a purist, I prefer Toll House morsels)
8 oz	*chocolate bar,* finely grated.
3 cups	*chopped nuts* (I prefer walnuts, but you can use your favorite type.)

PROCEDURE

(1) Preheat oven to

(2) Cream together the butter and the sugars.

(3) Sift together flour, oatmeal, salt, baking soda, baking powder, and shredded chocolate bar.

(4) Add eggs and vanilla to creamed sugar and butter, then mix all ingredients together.

(5) Mix chocolate chips and nuts into mixture.

(6) Drop by onto ungreased cookie sheet in small drops.

(7) Bake 6 minutes or until done.

NOTES

A blender works very well to powder the oats and the chocolate bar. The blender chops the oatmeal finer than a food processor. The powdered chocolate bar should melt at the touch of your fingers.

I prefer my cookies just barely done, so that they remain chewy. If you want to send your taste buds into heaven, butter the cookies as they come out of the oven (still hot), and eat them still warm with a glass of **cold** milk.

Note that cocoa is not the same thing as a shredded chocolate bar. Note also that oatmeal is not the same thing as quick-cooking oats or instant oatmeal. Oatmeal means ‘‘rolled oats,’’ such as Quaker oats.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes. *Precision:* measure the ingredients.

CONTRIBUTOR

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STEVE'S CHOCOLATE CHIP COOKIES

CHOC-CHIP-2 – Rich, thick, crunchy chocolate chip cookies

INGREDIENTS (makes 2 dozen)

½ pound	*butter* (2 sticks)
1½ cups	*dark brown sugar*
2	*eggs*
2 tsp	*vanilla extract*
2½ cups	*all-purpose flour*
1 tsp	*baking soda*
1 lb	*chocolate chips*

PROCEDURE

(1) Preheat oven to

(2) Cream butter and sugar in a mixing bowl until creamy. Spend some time and make sure it is well mixed.

(3) Add eggs and vanilla, and mix well.

(4) Add flour and soda, again mixing well.

(5) Add chocolate chips. If it doesn't look like enough, then add some more.

(6) Make big, thick cookies, big enough so that you get only 2 dozen of them out of this recipe. Put them on a lightly-greased baking sheet.

(7) Put the cookies in the oven, close the door quickly, and turn the heat down to Bake for 10 minutes.

NOTES

The use of real ingredients instead of imitation ingredients cannot be overemphasized. Chocolate-flavored chips, margarine, vanilla flavoring, and other such atrocities will completely destroy this recipe. I use Challenge butter and Ghirardelli chocolate.

RATING

Difficulty: easy if you have a machine that can cream sugar and butter, moderate otherwise. *Time:* 10 minutes preparation, 10 minutes cooking, 10 minutes cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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CHOCOLATE BROWN SUGAR COOKIES

CHOC-CHIP-3 – Chocolate chip cookies with honey and brown sugar

INGREDIENTS (Makes about 3 dozen)

½ cup	*brown sugar*
½ lb	*butter*
1/3 cup	*honey*
1	*large egg*
½ tsp	*vanilla extract*
1.1 cups	*flour* (glass measuring cup filled to the top)
½ tsp	*baking soda*
1 cup	*chocolate chips*

PROCEDURE

(1) Preheat oven to Cream together the butter and the brown sugar, add egg and vanilla. Mix well. Add honey.

(2) Measure flour and baking soda (I usually just mix the soda in with the flour.)

(3) Add flour and soda to batter a little at a time, and mix.

(4) Add chocolate chips.

(5) Drop by spoonfuls onto an ungreased cookie sheet and bake for 5-8 minutes at

NOTES

For those of you who like your cookies warm! I always make up only enough to eat, and store the batter in the fridge.

You can substitute margarine for the butter if you want.

RATING

Difficulty: easy, though creaming butter and sugar without a food processor is tedious. *Time:* 10 minutes preparation, 10 minutes cooking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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CHOCOLATE-CHIP COOKIES

CHOC-CHIP-4 – Cookies like what Mom should have made

There is no substitute for chocolate-chip cookies, warm out of the oven, washed down with cold milk. This is Mom's recipe, and Mom's Mom's recipe. This is also *Nestlé's* "Toll House" recipe, and the *Joy of Cooking* "Chocolate-Chip Drop Cookies" recipe, etc, which is no coincidence. This is the default recipe. This is not Mrs. Field's recipe. If you want Mrs. Field's, use a shopping mall; if you want simple, elegant, timeless chocolate-chip cookies, use this recipe.

INGREDIENTS (12 big cookies)

1 cup+2 Tbsp	*flour*
½ tsp	*salt*
½ tsp	*baking soda*
½ cup	*butter, softened* (1 stick)
6 Tbsp	*white sugar*
6 Tbsp	*brown sugar*
½ tsp	*vanilla extract*
1	*large egg*
6 oz	*Nestle's chocolate chips* (1 package).

PROCEDURE

(1) Preheat oven to Sift flour, salt, baking soda together in a small bowl.

(2) In another bowl, mix butter with two sugars, vanilla and egg until smooth. gradually mix dry stuff in with butter mixture. Mix in chocolate chips.

(3) Put blobs of dough on ungreased cookie sheet. Bake at for 8−10 minutes.

NOTES

Important: double all proportions above (always make 2× as much of these as the recipe calls for). Let's face it: small is beautiful, but big cookies are *better* than small ones. All the printed recipes call for teeny cookies, dropped by teaspoonsful onto cookie sheets (yield 50). My "blobs of dough" are golf-ball sized, which makes healthy 3−4 inch cookies.

I invariably make these on the spur of the moment, and so usually nuke the butter in a microwave to soften it up. I also occasionally cheat and soften up the butter/sugar mixture a tad in the oven.

Try adding walnuts, macadamias, white chocolate, orange peel, butterscotch chips, or mint—all these are welcome variations. But keep it simple.

RATING

Difficulty: easy to moderate. *Time:* 20 minutes. *Precision:* measure the ingredients.

CONTRIBUTOR

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CHOCOLATE CRACKLES

CHOC-CRACKLES – A traditional Australian sweet snack

Mention this recipe to an Australian abroad and he will instantly get homesick.

INGREDIENTS (serves 6)

8 oz	*copha*
8 oz	*icing sugar*
3½ Tbsp	*cocoa*
5 cups	*Rice Bubbles*
½ cup	*sultanas* (optional)

PROCEDURE

(1) Combine sifted icing sugar, cocoa, rice bubbles, and optional sultanas.

(2) Melt copha and add to ingredients and mix thoroughly.

(3) Spoon into paper cups and allow to set.

NOTES

Rice Bubbles are called Rice Krispies in North America. Icing sugar is confectioner's sugar. Sultanas are like raisins. Copha, it would appear, is utterly unavailable outside Australia. It is a partially-solidified shortening made of coconut oil.

RATING

Difficulty: easy if you can get the ingredients. *Time:* 5 minutes preparation, 1 hour cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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PASSOVER CHOCOLATE NUT TORTE

CHOC-NUT-TORTE – Rich chocolate dessert for Passover

This is the only Passover dessert I've ever tasted that is good enough to be making during the rest of the year as well (when you can use corn starch instead of the potato starch).

INGREDIENTS (Serves 12–16)

TORTE

6 oz	*butter or margarine*
¾ cup	*sugar*
7	*eggs,* separated
4 oz	*bittersweet chocolate,* melted and cooled
1 cup	*unblanched almonds,* finely ground
½ tsp	*baking powder*
¼ cup	*unblanched almonds,* chopped

ICING

4	*eggs,* lightly beaten
½ tsp	*potato starch*
4 oz	*bittersweet chocolate,* melted
4 oz	*margarine,* softened
½ cup	*almonds,* finely ground

PROCEDURE (TORTE)

(1) Cream the butter and gradually beat in the sugar until the mixture is light and creamy.

(2) Beat in the yolks, one at a time.

(3) Blend in the chocolate, and gently fold in the ground almonds mixed with the baking powder.

(4) Beat the egg whites until stiff but not dry, then fold into the mixture.

(5) Pour into a well-greased 10–inch springform pan. Bake about 30 minutes in an oven preheated to degrees.

(6) Allow to cool, then frost thickly with the icing and sprinkle with the chopped nuts.

PROCEDURE (ICING)

(1) Mix together the eggs, sugar and potato starch in the top of a double boiler. Heat over boiling water, stirring, until mixture thickens. Do not boil the mixture, and beware of "scrambled eggs"!

(2) Cool, then stir in the chocolate.

(3) Gradually beat in the butter, one tablespoon at a time.

(4) Fold in the nuts until the mixture is thick enough to spread.

NOTES

If you don't have a springform pan for Passover, use an aluminum disposable cake pan and just strip off the sides when the cake has cooled.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 30 minutes baking, 5 minutes frosting. *Precision:* measure the ingredients.

CONTRIBUTOR

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CHOCOLATE PANCAKES

CHOC-PANCAKES – Brownies in a skillet

This recipe is based on a “chocolate turtle” recipe by Mae Rabenius from a cookbook produced by Faith United Methodist Church in Phoenix, Arizona.

INGREDIENTS (40 pieces)

¾ cup	*margarine*
¾ cup	*cocoa*
2 cups	*flour*
1½ cups	*sugar*
4	*eggs*
2 tsp	*vanilla*
½ tsp	*salt*
½ cup	*butter cream frosting*

PROCEDURE

(1) Melt the margarine and mix with the cocoa.

(2) In a small bowl, mix flour and salt.

(3) In a large mixing bowl, beat eggs. Then add sugar, vanilla, and beat well.

(4) Add flour and margarine mixture to this and blend thoroughly.

(5) Heat skillet to medium low. Drop small clumps (1 Tbsp) and cook like pancakes: about 1½ minutes on one side, ½ minute on the other, then turn over again and remove after a few seconds.

(6) Freeze. When relatively hard, coat one side with buttercream frosting.

NOTES

One side of the pancakes may burn. It doesn’t particularly affect the taste, and if you frost this side, no one will even know.

It’s not necessary to cook the pancakes completely; if the middle looks somewhat gooey, don’t fret: it will soon harden.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 30 minutes to cook, 10 minutes to frost. *Precision:* approximate measurement OK.

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DOUBLE CHOCOLATE CHESS PIE

CHOC-PIE-1 – A rich chocolate pie

I got this recipe from a 1983 calendar. It's tried and true and delicious. It's also very simple to make. I usually double the recipe, since one pie never seems to last long enough. Maybe that makes it a double double chocolate pie.

INGREDIENTS (1 pie)

½ cup	*butter*
2 oz	*unsweetened chocolate*
1 cup	*sugar*
3	*eggs,* lightly beaten
¼ cup	*creme de cacao liqueur*
2 Tbsp	*all-purpose flour*
1½ tsp	*vanilla extract*
1/8 tsp	*salt*
1	*baked pie shell*
	Vanilla ice cream or sweetened whipped cream (optional)

PROCEDURE

(1) Preheat oven to In a medium saucepan over low heat melt butter and chocolate. Remove from heat.

(2) Blend in sugar, eggs, liqueur, flour, vanilla and salt. Beat until smooth.

(3) Pour into the pie shell. Bake for 30 to 35 minutes or until set. Cool on a wire rack for at least 30 minutes.

(4) Serve with ice cream or whipped cream.

NOTES

I've made it using chocolate almond liqueur instead of creme de cacao. It came out OK, and had a hint of a nutty flavor in the background.

RATING

Difficulty: moderate. *Time:* 20 minutes preparation, 1 hour cooking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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AUNTY BETTY'S BOMBE

CHOC-PUDDING-1 – A high-cholesterol chocolate dessert

This recipe comes from a friend's aunt. It always seems to taste wonderful no matter how sloppily I measure things.

INGREDIENTS (Serves 4–6)

2 cups	*double cream*
1/3 cup	*sugar*
4 Tbsp	*water*
6 oz	*plain chocolate*
3	*egg yolks*

PROCEDURE

(1) Whisk ½ of the cream until stiff and spread it around the edges of a large bowl. Freeze for ½ to 1 hour.

(2) Dissolve the sugar in the water, bring to the boil and simmer for 3 minutes until syrupy. Meanwhile, break chocolate into blender or warm bowl.

(3) Pour the hot sugar syrup onto the chocolate and blend or whisk until the chocolate has all melted. Add the egg yolks and mix the whole lot thoroughly.

(4) Whisk the remaining cream into soft peaks and fold gently into the chocolate mixture. Pour into the centre of the frozen cream and freeze for several hours until solid. Cover when fully frozen.

NOTES

Although the recipe "serves 4–6," two people will happily eat the whole thing.

The outside is frozen solid, so you may find a fork useful for breaking your portion into pieces without showering fellow diners with fragments. It could be served in small portions, but don't count on having any left over.

Double cream has more than 45% butterfat. It is difficult to find cream in North America that is richer than whipping cream, which is typically 32% butterfat. If you can find heavy cream it is likely to be 36%. Use the richest cream you can find.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 3 hours cooling. *Precision:* no need to measure.

CONTRIBUTOR

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CHOCOLATE BREAD PUDDING

CHOC-PUDDING-2 – chocolate bread pudding with cinnamon

This recipe originally came from *Chocolate, Chocolate, Chocolate* by Barbara Myers. I have modified it somewhat.

INGREDIENTS (4–6 servings)

6 oz	*semisweet or white chocolate, melted*
½ cup	*granulated sugar*
¼ tsp	*salt*
1 tsp	*ground cinnamon*
1½ cup	*milk*
2	*eggs,* lightly beaten
2½ cups	*bread cubes* (small, firm, and fresh)

PROCEDURE

(1) Butter four 1-cup ramekins or six custard cups and place them on a cookie sheet. Preheat oven to

(2) Combine the melted chocolate, sugar, salt, and cinnamon.

(3) Stir the milk in slowly and then add the eggs. Beat the entire mixture with a whisk until well blended.

(4) Stir in the bread cubes and let them soak for a few minutes. Beat the pudding with a whisk again. The bread cubes should fall apart somewhat.

(5) Divide the pudding between the ramekins or custard cups and put them, cookie sheet and all, into the oven.

(6) Bake for 15 minutes or until the edges look done (spongey, like a cake) and the middle is just under done.

(7) Cool for 15 minutes and serve or cool completely, wrap, and store in the refrigerator. They will keep for 3 to 4 days, at least, if refrigerated. The puddings can be warmed in a microwave oven at medium power.

NOTES

The original recipe has half as much cinnamon and eggs. I added the extra egg to make the pudding slightly custardy.

If you can get them, Guittard's *Vanilla Milk Chips* do quite well in this recipe in place of the chocolate.

If you use a crusty bread, trim crusts from bread before using. I usually use Pepperidge Farm's white bread and I don't trim. I think the average American white bread is not firm enough. I have used a purchased whole wheat *granola* bread with quite good results. I think this recipe could easily be altered to include nuts, chopped dates, chopped dried apples, and/or raisins.

For a richer pudding, try using leftover cake instead of bread. Once I even baked a small cake from a mix and chopped that up for this recipe. One layer makes a double batch. (It was a Dutch chocolate cake, how decadent!)

RATING

Difficulty: easy. *Time:* 10 minutes preparation and 15 minutes cooking. *Precision:* measure the ingredients.

CONTRIBUTOR

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RIGO JANCSI

CHOC-SLICES – Chocolate cream slices

Serving these will guarantee the success of any endeavor. The name is pronounced, approximately, "rrigo yanshi" (trilled r). This recipe comes from "The Cooking of Vienna's Empire" and is, of course, Hungarian. A friend of mine describes the Hungarians as "the people who taught the Viennese how to bake."

INGREDIENTS (Makes 35)

CAKE

2 Tbsp	*butter*
	flour or cocoa
3 oz	*unsweetened chocolate*
¾ cup	*unsalted butter, softened*
½ cup	*sugar*
4	*eggs,* separated
pinch	*salt*
½ cup	*sifted all-purpose flour*

FILLING

1½ cups	*heavy cream*
10 oz	*semisweet chocolate,* chopped or broken into small chunks
4 Tbsp	*dark rum*
1 tsp	*vanilla extract*

GLAZE

1 cup	*fine granulated sugar*
1/3 cup	*water*
7 oz	*semisweet chocolate,* broken or chopped into small chunks

PROCEDURE (CAKE)

(1) Preheat the oven to With a pastry brush or paper towel, coat an 11×17 inch jelly-roll pan with the butter. This will seem like a lot; be very generous. Sprinkle the flour or cocoa over the butter and shake the pan to coat the butter fully. Tap the edge of the pan on a table to knock out the excess flour.

(2) Melt the chocolate in a double boiler or a bowl over a pan of simmering water. Set aside to cool to lukewarm.

(3) Beat the egg whites with a pinch of salt until the whites cling to the beater. Add ¼ cup of the sugar and beat until the whites form stiff, unwavering peaks.

(4) Cream the butter and the other ¼ cup of the sugar until the mixture is light and fluffy. Add the melted chocolate and beat in the egg yolks one at a time.

(5) With a rubber spatula, stir about 1/3 of the beaten eggwhites into the chocolate mixture, then pour the chocolate mixture over the rest of the whites. Sprinkle the flour lightly on top. Gently fold the mixture together until no white streaks remain.

(6) Pour the batter into the prepared pan, spreading it evenly with a rubber spatula. Bake in the middle of the oven for 15 to 18 minutes, or until the cake shrinks slightly away from the sides of the pan and a knife inserted in the middle comes out clean. It will still be very flat. Loosen the cake from the pan with a sharp knife around the sides and turn it out onto a rack to cool. (Put the rack over the pan and flip the whole thing over to keep the cake from breaking.)

PROCEDURE (FILLING)

(1) In a small heavy saucepan, combine the cream and chocolate and stir over medium heat until the chocolate dissolves. Then reduce the heat to very low and simmer, stirring constantly, until the mixture thickens to the consistency of a pudding. Pour it into a bowl and refrigerate for at least 1 hour.

(2) When the mixture is very cold, pour in the rum and vanilla and beat with a whisk or beater until the filling is smooth and creamy and forms soft peaks when the beater is lifted. Do not

overbeat or you will get butter. (If this should happen, don't despair; chocolate buttercream makes a perfectly fine filling.)

(3) Cut the cake in half to make two layers, each 8½ inches wide. Spead the filling over one layer and set the other layer on top. Smooth out the edges with a spatula. If one of the cake layers should break, use it on the bottom. Refrigerate on a rack for about 1 hour.

PROCEDURE (GLAZE)

(1) In a small heavy saucepan, heat the sugar, water, and chocolate over medium heat, stirring constantly, until the sugar and chocolate are dissolved. Make sure the sugar is fully dissolved or you will get a grainy glaze. Cover the pan and let the glaze cool for about 20 minutes.

(2) Set a jelly-roll pan on a table with one short edge propped up. Put the rack with the cake on something else so that it is suspended level over the pan but offset 2 inches, so that you can reach down into the lower pan with a spoon.

(3) Hold the pan with the glaze about 2 inches over the cake and pour the glaze on the cake. Using a large spoon, scoop up the glaze that collects in the jelly-roll pan and put it back on the cake. Keep doing this until the glaze begins to stop flowing smoothly. You should end up with a thick, even layer of glaze on the cake.

(4) Refrigerate the cake until the glaze is firm, 10 to 20 minutes.

(5) Serve by cutting into 35 small equal pieces, 5 in each row across and 7 in each row down. For cutting, use a sharp knife that has been dipped in warm water and wiped off between slices. Keep refrigerated, but for maximum flavor, allow to come to room temperature before serving.

NOTES

Fine granulated sugar is not the same thing as confectioner's sugar. Regular granulated sugar will work ok for the glaze, just make sure it is fully dissolved. You can avoid lots of chopping by using chocolate chips; one cup of chips equals about 6 oz.

RATING

Difficulty: Quite difficult. For experienced dessert cooks only. *Time:* several hours. *Precision:* measure carefully.

CONTRIBUTOR

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SWEDISH CHOCOLATE CAKE

CHOKLADKAKA – A rich chocolate Bundt cake

I got this recipe from my mom, who got it from an American book called *Swedish Baking.* I like to make this because it does not need to be frosted, which makes it an easy dessert.

INGREDIENTS (one Bundt cake)

2 Tbsp	*dry bread crumbs*
1 cup	*shortening*
1 1/2 cup	*sugar*
3	*eggs*
2 oz	*melted, unsweetened baking chocolate*
2 cups	*cake flour*
2 tsp	*baking powder*
1 tsp	*salt*
1/4 tsp	*baking soda*
1 cup	*heavy cream*
2 tsp	*vanilla extract*

PROCEDURE

(1) Preheat oven to

(2) Butter a Bundt pan and sprinkle with 2 Tbsp dry bread crumbs, until it is well coated. This makes a much better crust than flour does.

(3) In a large bowl, add the sugar to the shortening and cream well. Blend in the eggs, one at a time, and beat well. Stir in the melted chocolate.

(4) Sift together the dry ingredients.

(5) Combine the cream and vanilla extract. Add to the chocolate mixture alternately with the dry ingredients, beginning and ending with the dry ingredients.

(6) Pour the batter into the pan and bake for 50–60 minutes. Cool the cake in the pan a few minutes before removing.

NOTES

This is not an authentic Swedish recipe because their flour is different enough to cause problems in baking. However, the results seem authentic.

RATING

Difficulty: easy to moderate. *Time:* 20 minutes preparation, 1 hour baking. *Precision:* measure carefully.

CONTRIBUTOR

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CHOPPED LIVER

CHOPPED-LIVER – Chopped liver just like Mom used to make

This is **NOT** liver pate; it's chopped liver. And lots of folks who claim to hate liver love this stuff.

INGREDIENTS (serves 4)

1 lb	*chicken livers*
1	*onion* (large)
2	*garlic cloves*
3 Tbsp	*schmaltz* (chicken fat; see note below)
3	*eggs,* hard boiled

PROCEDURE

(1) Melt the schmaltz in a large frying pan. Sauté the onions and garlic in the schmaltz until the onions are tender.

(2) Add the chicken livers, and sauté until done. (Livers are done when they are no longer red or pink on the inside.)

(3) Chop the cooked livers and onions, along with the hard boiled eggs. I always chop by hand, using a chopper and a wooden bowl. Regardless of how you chop them, they should be farily coarsly chopped.

(4) Season with a little salt, and a little more melted schmaltz if things are dry.

NOTES

Schmaltz is rendered (melted) chicken fat. If you want to make your own (which I recommend), get some chicken fat (from the butcher, or from a chicken you fix; one chicken's fat is plenty). Put the fat in a frying pan on low heat. Stir the pieces of fat frequently; if there's lots of fat, you can drain the pan into a container to keep things from splattering too much. The fat will eventually melt down to a tough, dry blob (the *griveners,* which are pure poison, but I love 'em!), at which point you're done rendering. The liquid fat is the schmaltz.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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CHOPPED-LIVER-2

CHOPPED-LIVER2 – My mother's chopped liver

This would be my mother's rebuttal to Alan Marcum's chopped liver recipe. She always insisted that true chopped liver should be made with beef liver, never chicken liver.

INGREDIENTS (serves 3–4)

1 lb	*baby beef liver*
1	*large onion,* sliced
2–3	*eggs,* hardboiled
	peanut oil
	salt & pepper

PROCEDURE

(1) Fry the liver and onion over a low heat in a covered pan until the liver is done (no longer pink on the inside), about 20 minutes.

(2) Grind the liver, onion, juice remaining from frying, and eggs in a meat grinder.

(3) Add salt and pepper to taste.

NOTES

The secret of my mother's recipe is to cover the liver while you are frying it and to then include the remaining juice in the chopped liver.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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CHUCK-WAGON BEAN POT

CHUCK-WAGON – A Hearty Bean Stew

I got this recipe from *A Primer on Bean Cookery* by the *California Dry Bean Advisory Board* and other organizations. This savory stew, featuring ham and beans, borrows its robust seasonings from the chuck wagon cooks of the old western cattle ranges. The secret is long, slow cooking, and your electric slow-cooker is ideal for the job. Just follow the directions that come with your particular model. If you don't have one, slow-cook the mixture on top of the stove in a heavy pot with a lid.

INGREDIENTS (Serves 6)

1 lb	*any variety of dry bean*
1	*ham hock or shank*
1	*large onion* chopped
6 cups	*water*
1 tsp	*salt*
7–10 oz	*green chili salsa* (or tomato sauce, or canned or stewed tomatoes)

PROCEDURE

(1) Rinse the beans and remove any foreign matter.

(2) Mix all ingredients in the cooking vessel.

(3)

If Using A Slow-Cooker:
Cover, set temperature at low, and forget for at least 10 hours. If you have only half a day, cook the mixture 5 or more hours on high.

If Using A Stove:
Heat all ingredients to boiling with pot uncovered. Turn down heat, cover, and simmer gently, adding enough boiling water to keep beans well covered. Most bean varieties will be done in 2 to 3 hours.

(4) When beans are done, take out ham bone, cut off the meat, and put it back into the pot. Serve hot with corn bread or muffins.

NOTES

Green chili salsa is a Mexican sauce made from green chili peppers, onions, vinegar, and other ingredients.

RATING

Difficulty: Easy *Time:* 5 minutes preparation, many hours cooking. *Precision:* no need to measure.

CONTRIBUTOR

Jeff Lichtman at rtech (Relational Technology, Inc.)
"Saints should always be judged guilty until they are proved innocent..."

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GREEN TOMATO CHUTNEY

CHUTNEY-2 – A simple cooked chutney with tomatoes and apples

This is a family recipe, originally from my grandmother.

INGREDIENTS (16 cups)

3 lb	*green tomatoes*
2 lb	*cooking apples*
¾ lb	*shallots or onions*
1¾ cups	*sugar*
¾ lb	*sultanas or currants*
4 Tbsp	*salt*
2 tsp	*mixed pickling spice* (or use 2 tsp ginger root)
9	*peppercorns*
6	*cloves*
2½ cups	*vinegar*

PROCEDURE

(1) Peel apples.

(2) Cut tomatoes, apples and onions into small pieces

(3) Tie the spices in a muslin bag.

(4) Put all ingredients into pan (not an iron pan).

(5) Bring all to a boil and simmer for about 5 hours, stirring occasionally. The mix should thicken and turn golden brown.

(6) Put in bottles, and store for at least 3 months.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 5 hours cooking, 3 months waiting. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CHUTNEY IN THE RAW

CHUTNEY-RAW – An easy chutney with no cooking

This recipe filtered down to me through a grapevine of neighbours. You will need a supply of jam-jars, jam-jar covers and a large pan to keep the ingredients in.

INGREDIENTS (Makes several jars)

1 lb	*stoneless dates*
1 lb	*apples*
1 lb	*onions*
1 lb	*sultanas*
1 lb	*brown sugar*
2½ cups	*vinegar*
1 tsp	*salt*
1 tsp	*cayenne pepper*
1 Tbsp	*pickling spices,* tied in a muslin bag
small piece	*ginger*

PROCEDURE

(1) Mince the dates, apples and onions and place in a large pan.

(2) Add the sultanas and stir in the sugar.

(3) Add all the other ingredients and stir well, but make sure the bag of spices and the ginger are identifiable.

(4) Leave for 24 hours but stir occasionally (once every 4 hours or so).

(5) Remove the bag of spices and ginger.

(6) Bottle and store in a coolish place.

(7) Eat.

NOTES

I sometimes use currents in place of the stoneless dates, in which case you don't need to mince them. If the mixture appears too liquid after the 24 hour standing time, it is worth draining off some of the vinegar before bottling.

The beauty of this recipe is that you don't have a vast pot of strange things bubbling away on the stove for hours. A big win!

RATING

Difficulty: easy. *Time:* 25 minutes preparation, 24 hours standing time. *Precision:* approximate measurement OK, but don't go overboard with the vinegar.

CONTRIBUTOR

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COCO-CHIPS

COCO-CHIPS – A nicely fattening combination of coconut and chocolate chips

This comes from Mom. (She doesn't know where she got it; she memorized it years ago and lost the original recipe.) It's always been a favorite with us kids, and last time I was home she gave me the recipe. It's so simple that even a complete clutz like myself was able to make it perfectly the first time.

INGREDIENTS (One batch)

¼ lb	*margarine* (one stick)
1¼ cups	*graham cracker crumbs*
1 cup	*shredded coconut*
1¼ cups	*chocolate chips*
1¾ cups	*sweetened condensed milk* (1 can)

PROCEDURE

(1) Melt the margarine in a 9×13-inch pan. Combine with graham cracker crumbs and spread evenly on bottom of pan.

(2) Sprinkle coconut evenly over crumbs.

(3) Sprinkle chocolate chips evenly over coconut.

(4) Pour condensed milk evenly over everything.

(5) Bake for 30 minutes at

(6) Let cool for a bit. Cut into squares and enjoy.

NOTES

Mom insists on using "Borden Eagle Brand" sweetened condensed milk. Don't ask me why.

RATING

Difficulty: trivial. *Time:* 5 minutes preparation, 30 minutes cooking. *Precision:* No need to measure.

CONTRIBUTOR

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COCONUT MERINGUE DROPS

COCONUT-DROPS – Holiday cookies with coconut and almonds

Coconut and almonds give this cookie a distinctive flavor.

INGREDIENTS (5 dozen)

3	*egg whites*
1 cup	*sugar*
1 tsp	*vanilla*
1 cup	*shredded coconut*
	whole unblanched almonds (optional)

PROCEDURE

(1) Preheat oven to In large bowl use an electric mixer to beat the egg whites until stiff peaks form.

(2) Gradually beat in sugar. Add vanilla.

(3) With a rubber spatula gently fold in coconut.

(4) Drop by rounded tspfuls onto greased, floured cookie sheets. Press an almond in center of each cookie.

(5) Bake at for 20 to 25 minutes.

(6) Remove to racks to cool.

NOTES

It is a lot of work to beat the egg whites enough without an electric mixer.

For me the almonds are required.

This cookie must be handled a little more carefully than most as it forms a white shell which causes it to be slightly delicate.

RATING

Difficulty: Easy. *Time:* 20 minutes preparation, 30 minutes baking and cooling. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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COCONUT JOYS

COCONUT-JOYS – Super-sweet, super-rich holiday cookies

This is an easy recipe that can knock your socks off for flavor and sweetness. In other words, it will make your teeth fall out.

INGREDIENTS (3 dozen)

¼ lb	*butter or margarine*
2 cups	*powdered sugar*
3 cups	*coconut* (one standard package)
2 oz	*unsweetened chocolate* melted (2 squares)

PROCEDURE

(1) Melt butter in a sauce pan. Remove from heat.

(2) Add powdered sugar and coconut. Mix well.

(3) Shape rounded teaspoons of mixture into balls.

(4) Make an indent in center of each and place on cookie sheet.

(5) Fill centers with melted chocolate.

(6) Chill until firm. Store in refrigerator.

NOTES

We use sweetened coconut and also use semi-sweet chocolate. This is why they make your teeth fall out.

I tried an approach of melting the stick of margarine using the microwave on full for 48 seconds. While it was melting, I measured and mixed up the dry ingredients. I then poured half the liquid over the premixed coconut-sugar mixture; mixed some and poured in the remainder. This worked well for me, but my wife insists that the listed method is easier.

Your clean thumb is the best way to make the indentations.

Be sure to keep them in the refrigerator until ready to serve.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 1 hour chilling. *Precision:* approximate measurement OK.

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COCONUT BEER SHRIMP

COCONUT-SHRIMP – Shrimp in coconut beer batter with dipping sauce

(adapted from *Chef Paul Prudhomme's Louisiana Kitchen*) A nice appetizer, though very caloric.

INGREDIENTS (Serves 12 as appetizer)

SEASONING MIX

1 Tbsp	*ground red pepper*
1 tsp	*salt* (optional)
1½ tsp	*sweet paprika*
1½ tsp	*black pepper*
1¼ tsp	*garlic powder*
¾ tsp	*onion powder*
¾ tsp	*thyme*
¾ tsp	*oregano*

DIPPING SAUCE

1 lb	*orange marmalade or apricot jam* (use an entire jar).
5 Tbsp	*brown mustard*
5 Tbsp	*horseradish*

SHRIMP AND BATTER

2	*eggs*
1¾ cups	*flour*
¾ cups	*beer*
1 Tbsp	*baking powder*
4 dozen	*medium shrimp,* peeled with tails
3 cups	*grated coconut* (unsweetened)

PROCEDURE

(1) Combine the seasoning mix together in a bowl.

(2) Stir the dipping sauce ingredients together in a second bowl. Have this ready at the table when the shrimp are done.

(3) Mix together 2 tsp of the seasoning mix, 1¼ cups of flour, the beer and the baking powder, and place this in a third bowl.

(4) Combine the remaining flour with another 2 tsp of the seasoning mix.

(5) Coat each shrimp with the remaining seasoning mix, then in the flour mixture, then in the batter, then in the coconut. Deep-fry the shrimp for about 1 minute and drain on paper towels.

NOTES

Don't put too much batter on or it will overwhelm the poor shrimp. The dipping sauce is great for other things as well.

RATING

Difficulty: easy if you can deep-fry. *Time:* 15 minutes preparation, 15 minutes cooking. *Precision:* Measure batter, improvise with spices and dipping sauce.

CONTRIBUTOR

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SALTED-COD PUDDING

COD-PUDDING – A rich pudding with salt cod, eggs, and milk

This was cooked on a TV program a few days ago and is very nice.

INGREDIENTS (Serves 4 people)

1 lb	*salted cod*
¼ cup	*rice*
1¼ cups	*milk*
3	*large eggs*
	butter

PROCEDURE

(1) Preheat oven to

(2) Boil the salted cod until fully cooked. Take it out of the water and leave to cool.

(3) Skin the fish, debone it and make a stew out of it in a bowl, not adding anything.

(4) Boil the rice and mix it with the fish in the bowl to make a good mixture.

(5) Beat the eggs and mix it with the milk.

(6) Put the fish/rice mixture in a heat-resistant dish in which you have spread the butter. Pour the milk/egg mixture over it and put it in the oven for 40 minutes.

NOTES

Icelandic saltfish is mostly exported to Spain, Portugal, and Italy, where it is used in Christmas main dishes. Here in Iceland we just boil it, and usually eat it with boiled potatoes and boiled turnips, cut in pieces. As the fish is a bit dry we use butter with it, and sometimes brown bread.

If you cannot get salt cod, you can make your own by salting a cod fillet and leaving it in the salt, refrigerated, for 3 or 4 days, then wash thoroughly.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 40 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SOUR CREAM COFFEE CAKE

COFFEE-CAKE-1 – Coffee cake with cinnamon and sour cream

I got this recipe from my mom. She got it, I think, from my godmother. All of us kids in the family make it now. It is an unusual coffee cake, good to have with morning coffee or as an evening dessert. Enjoy it.

INGREDIENTS (Fills 10-inch tube pan)

½ cup	*shortening*
¾ cup	*sugar*
1 tsp	*vanilla*
3	*large eggs*
2 cups	*flour,* sifted
1 tsp	*baking powder*
1 tsp	*baking soda*
1 cup	*sour cream*
6 Tbsp	*butter,* softened
1 cup	*light brown sugar,* firmly packed
2 tsp	*cinnamon*
1 cup	*chopped nuts* (walnuts or pecans)

PROCEDURE

(1) Prepare a tube pan. I use one with a removable center. Grease the pan and cut a circle of waxed paper to cover the bottom.

(2) Preheat oven to

(3) Cream shortening, sugar, and vanilla, thoroughly.

(4) Add eggs—singly—beating well after each addition.

(5) Sift flour, baking powder, and baking soda together.

(6) Add flour mixture and sour cream to creamed mixture. Alternate a little of each, blending after each addition.

(7) In separate bowl, cream butter, brown sugar, and cinnamon together. Add nuts and mix well.

(8) Spread ½ of the batter in the tube pan.

(9) Sprinkle ½ of the nut mixture evenly over batter in pan.

(10) Cover with remaining batter.

(11) Sprinkle with remaining nut mixture.

(12) Bake in preheated oven for about 50 minutes.

NOTES

When the cake cools, run a knife around the side of the pan and remove the inner section. Carefully remove the cake from the base of the pan and remove the waxed paper.

RATING

Difficulty: moderate. *Time:* 45 minutes preparation, 50 minutes baking, 10 minutes cooling. *Precision:* measure carefully.

CONTRIBUTOR

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HOBEE'S COFFEE CAKE

COFFEE-CAKE-2 – Coffee cake from Hobee's Haven restaurant

"Hobee's Haven" here in Silicon Valley (usually just called "Hobee's") serves a lot of brunch food, and as far as I can tell they always include a piece of their coffee cake with each order. Frankly, I don't care for breakfast, nor do I approve of places at which the only kind of tea you can order reeks of orange and cinammon ... but the coffee cake is pretty good. This is their recipe, printed in an advertising flyer for the shopping center they inhabit; it's quite easy.

INGREDIENTS (serves 4)

CAKE

1½ cups	*sifted unbleached flour*
1 cup	*granulated sugar*
2 tsp	*baking powder*
½ tsp	*baking soda*
¼ tsp	*salt*
2	*eggs*
1 cup	*sour cream*
½ tsp	*vanilla*
¼ cup	*fresh blueberries,* (or other fruit, or nuts such as walnuts), optional
	vegetable oil

TOPPING

5 Tbsp	*granulated sugar*
2 Tbsp	*butter*
½ tsp	*cinammon*

PROCEDURE

(1) Preheat oven to

(2) In a large mixing bowl, resift flour with baking power, baking soda, salt, and 1 cup of sugar.

(3) In a separate bowl, beat together the eggs, sour cream, and vanilla.

(4) Add egg mixture to flour mixture and beat until smooth.

(5) Oil a 9-inch square baking pan (you can also use an 8 inch square pan, or anything of similar surface area, if you increase the baking time by about 5 minutes).

(6) Spread the batter in the pan. If you are using fruit or nuts, scatter them over the batter and stir a little bit so that they stay in the top layer.

(7) In a small bowl, mix 5 Tbsp sugar with the butter and cinammon with a sturdy fork, until they are blended and resemble cornmeal (i.e., you should have a mixture of fine crumbs, not a smooth mixture).

(8) Sprinkle topping over batter.

(9) Bake for 20–25 minutes, until a clean toothpick inserted in the center of the cake comes out dry.

(10) Cool slightly; serve warm or at room temperature. Don't ruin it by serving it with salted butter.

NOTES

All ingredients and bowls should be a room temperature before you start; this is particularly true for the butter.

RATING

Difficulty: easy. *Time:* 10–15 minutes preparation, 20–30 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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COGNAC COOKIES

COGNAC-COOKIES – A rich chocolate no-bake cookie

A terrific, very rich, no-bake cookie. Adapted from a recipe in the *Silver Palate Good Times Cookbook*.

INGREDIENTS (makes 3–4 dozen)

6 oz	*chocolate chips* (semi-sweet)
2 1/2 cups	*vanilla wafers* crushed fine (a box less some nibbles)
1 cup	*pecans* (Finely chopped). Start with 8–10 oz whole pecans.
1/2 cup	*sugar* (white granulated)
1/4 cup	*corn syrup*
1/3 cup	*cognac* (Use the best you can afford—it makes a difference!)

PROCEDURE

(1) Melt chocolate bits. If you have never worked with melted chocolate before, then use a double boiler with the burner set on low.

(2) Crush vanilla wafers very fine (fineness is important).

(3) Chop pecans (again fineness is everything)

(4) Add sugar, corn syrup and cognac (I use 1 nip of cognac and 1/2 nip of rum—works fine and costs less)

(5) Stir in pecans and wafer crumbs. Now you learn why you were supposed to grind them very finely.

(6) By now the mixture should be a smooth paste. Remove from heat and form into 1-inch balls. Roll balls in extra granulated sugar.

NOTES

Store these in an air-tight container; if you are a chocoholic, have someone hide them from you. They are best if you allow them to age and mellow.

RATING

Difficulty: Moderate to hard (melted chocolate is tricky, and rolling the mixture into balls takes practice). *Time:* 30–60 minutes or more, depending on how deftly you can roll the balls. *Precision:* approximate measurement OK.

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COLD NOODLES IN SPICY PEANUT SAUCE

COLD-NOODLES – Mildly spicy cold noodles

I first had this at Brandy Ho's in Chinatown, San Francicso. I forget where I found the recipe.

INGREDIENTS (Serves 4)

2 Tbsp	*fresh garlic,* minced
3 Tbsp	*fresh coriander,* minced
½ cup	*peanut butter*
5 oz	*light soy sauce*
5 Tbsp	*sugar*
½–3 tsp	*rice wine*
1–2 Tbsp	*hot bean paste*
1 Tbsp	*sesame oil*
1 lb	*lo mein noodles* (other noodles will do, such as ramen noodles or even spagetti).

PROCEDURE

(1) Cook the lo mein according to directions. Let cool.

(2) Mix the rest of the ingredients. Peanut butter doesn't mix very well, so for a few minutes you'll think you've made a mistake. Don't worry, just keep stirring until it's smooth.

(3) Add the sauce to the noodles.

NOTES

Hot bean sauce also goes by the name Szechuan bean sauce etc. This is the main ''spicy'' ingredient and should be handled with care. Vary this ingredient to taste. This recipe is probably very good without it. It's also quite good served when the noodles are still hot.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 5 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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COLE SLAW I

COLESLAW-1 – Coleslaw in many variations

My family loves to eat coleslaw. Unfortunately, we can never agree on the recipe. If I am making a slaw that my mother or sister will eat, I try to make a certain recipe with mayonnaise and lemon juice; if I make it for my lunch or for a picnic, I make an entirely different recipe loaded with onions and herbs. Craig Claiborne likes to put caraway seeds in coleslaw. Betty Crocker suggests pineapple and marshmallows.

The *Joy of Cooking* wants you to dress the slaw immediately before serving, while Betty Crocker and Spice Islands want you to refrigerate for several hours. The only rule seems to be to use fresh cabbage.

Here's the generic recipe, with several variations.

INGREDIENTS (Serves 8)

1	*cabbage*
1 cup	*mayonnaise*
½ cup	*onion,* diced very fine
1 Tbsp	*lemon juice*
½ tsp	*black pepper*

PROCEDURE

(1) Cut the core out of the cabbage and cut it into pieces. My mother likes to cut it into big pieces; I like to cut it into little pieces. I think she wants to make certain that nobody will accuse her of having used a food processor.

(2) Mix the pepper and lemon juice and onion in with the cabbage.

(3) Add the mayonnaise, mix well, and refrigerate.

NOTES

Vary the amount of mayonnaise according to how much you are worried about calories. Vary the amount of onion if you do or don't like raw onion.

When I make coleslaw for my mother or sister, I leave out the onion and the black pepper, and put in 1 Tbsp of sugar.

When I make slaw for a picnic or barbecue or someplace where subtlety will not be rampant, I add ½ tsp of dry mustard, 2 tsp of paprika, and ½ tsp of celery or caraway seed. If I'm trying to astonish somebody, I will add nuts, cheese, tarragon, whipping cream, chives, whole grapes, frozen peas, Tabasco sauce, coriander seed, diced apples, or other herbs or textural-contrast ingredients. I have not yet had the nerve to try the Betty Crocker suggestion of omitting the onion and then adding ½ lb of chopped pineapple and ½ cup of miniature marshmallows.

RATING

Difficulty: easy. *Time:* 10 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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HOT CABBAGE SLAW

COLESLAW-2 – A spicy warm slaw

This came originally from our local newspaper. We enjoy it a lot.

INGREDIENTS (serves 4–6)

2 Tbsp	*butter*
½ cup	*chopped onion*
1 tsp	*caraway seed*
1/3 cup	*water*
¼ cup	*white wine vinegar*
¾ tsp	*salt*
¼ tsp	*tabasco hot sauce*
8 cups	*shredded cabbage* (about ½ cabbage)

PROCEDURE

(1) Melt butter in a large skillet. Add onion and caraway seed. Cook 5 minutes or until onion is tender.

(2) Add water, vinegar, salt, and hot sauce, and mix well. Then add the cabbage, and mix well again.

(3) Cover and let simmer about 15 minutes, or until the cabbage is crisp-tender.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 20 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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AMAZING COOKIES

COOKIES-PB − Simple peanut-butter cookies

These are very simple peanut-butter cookies. They turn out a little moist, but are yummy.

INGREDIENTS (Makes 1 batch)

1 cup	*peanut-butter*
1 cup	*sugar*
1	*large egg*

PROCEDURE

(1) Beat the egg. Don't let your neighbours find out, though.

(2) Mix everything together.

(3) Preheat oven to

(4) Place blobs of cookie dough on a greased cookie sheet in the size you like, and flatten with a fork to make the traditional peanut-butter cookie pattern.

(5) Put in oven and bake for 8−10 minutes.

NOTES

These cookies are a bit moist, so don't worry about that. Don't burn them; they don't taste good when they're burnt.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 10 minutes baking. *Precision:* Measure the ingredients.

CONTRIBUTOR

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MEXICAN CORNBREAD

CORNBREAD-1 – Corn bread with peppers and cheese

I got this recipe from net.cooks in the fall of 1983. It's really good! We always make a batch of Mexican cornbread when we cook chili; it's also a good dinner with just a salad and the beer of your choice. The original recipe came from akgua!akguc!mah.

INGREDIENTS (Serves 8)

1½ cups	*self-rising cornmeal*
¾ cup	*cooking oil*
2	*eggs*
½ cup	*onions,* chopped
2 Tbsp	*green pepper,* chopped
2 or 3	*jalapeno peppers,* chopped
8 oz	*sour cream*
8 oz	*cream style corn* (one small can)
3 oz	*pimentos* (one small can)
1 cup	*grated cheddar cheese*

PROCEDURE

(1) Preheat oven to

(2) Mix all ingredients except cheese together.

(3) Pour half of mixture in a well-greased skillet. Use an iron skillet if you have one. Spread cheese over the mixture, then pour remaining batter on top.

(4) Bake in oven for 1½ hours, or until done.

(5) Serve warm.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 90 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

Nancy Mintz
from a net.cooks recipe by akgua!akguc!mah

HERBED CORNBREAD DRESSING

CORNBREAD-STUF – Southwestern style herbed cornbread turkey stuffing

This is the traditional McGarvey family dressing for Thanksgiving and Christmas dinner. It originated with my maternal grandmother in southern Virginia and evolved through her moves to Texas, Oklahoma and California and further evolved through my military family's moves all over the world. The recipe includes making 1 batch of cornbread and 1 batch of turkey broth. Directions are given for both stuffing the bird and baking the dressing separately.

INGREDIENTS (Serves 8)

CORNBREAD

1½ cups	*yellow cornmeal*
½ cup	*all-purpose flour*
1 tsp	*salt*
2 Tbsp	*baking powder*
1	*egg* (lightly beaten)
3 Tbsp	*vegetable oil*
1 cup	*milk*
	vegetable oil

TURKEY BROTH

1	*turkey neck* (skin removed)
	giblets and gizzard from 1 turkey
	leaves from 4 celery stalks
1	*celery stalk*
1	*quartered small onion*
12 cups	*water*

DRESSING

12 oz	*herbed bread cubes*
1	*large yellow onion,* chopped fine
3	*celery stalks* (chopped fine)
3 cups	*cooked rice* (cooled uncovered overnight in a shallow dish)
½ lb	*sliced mushrooms*
2 cup	*roughly chopped pecans*
	butter or margarine
	salt
	black pepper
	rubbed sage
	thyme

PROCEDURE (CORNBREAD)

(1) The night before, make the cornbread. Preheat oven to

(2) Thinly coat the bottom of a standard Pyrex pie plate, or 9-inch square baking pan, with vegetable oil. Put pan in oven while it is preheating and you are mixing the cornbread batter.

(3) In a mixing bowl, blend together the cornmeal, flour, salt, and baking powder.

(4) Stir in the egg and 3 Tbsp vegetable oil.

(5) Add milk and mix thoroughly by hand. The consistency should be a thick, but not "doughy", liquid. It may be necessary to add a little more milk.

(6) Pour into preheated pan and bake for 30 minutes or until slightly brown on top.

(7) Let cool in pan for 30 minutes. Remove from pan and break up into very large chunks in a large mixing bowl.

(8) Let stand overnight, uncovered. This will ensure that it is dry and stale.

PROCEDURE (TURKEY BROTH)

The night before, make the turkey broth.

(1) Bring 12 cups of water to a boil in a large pot.

(2) Thoroughly rinse turkey neck, giblets and gizzard.

(3) Add turkey parts, onion, celery leaves and celery stalk to water, cover, and reduce heat to a low simmer.

(4) Simmer on very low heat for 2 hours.

(5) Strain the broth, cover, cool quickly, and refrigerate.

PROCEDURE (DRESSING)

30 minutes before you are ready to stuff the turkey, make the dressing.

(1) Crumble the stale cornbread in the very largest bowl you can find.

(2) Add the herbed bread cubes and mix thoroughly by hand.

(3) Add the rice and mix thoroughly by hand.

(4) Briefly sauté the onions and celery in butter just enough to make the vegetables translucent.

(5) Sauté the mushrooms in butter or margarine until all the resulting liquid has evaporated.

(6) Add the sautéed onions, celery, and mushrooms, and mix thoroughly.

(7) Add the pecans and mix thoroughly.

(8) Season with salt, pepper, sage and thyme to taste.

(9) Bring the turkey broth to the boil and boil for a minute or two to make sure it is sterile. If you are going to stuff the turkey, add just enough turkey broth to barely moisten the dressing.

(10) Taste for seasoning and adjust if necessary.

(11) Very loosely stuff the abdominal cavity and breast cavity with dressing. Do not pack it in tightly. It needs room to expand. You are going to be cooking some more dressing in a baking pan beside the turkey, so there will be plenty to go around.

(12) Secure neck cavity opening with one or more poultry skewers. The abdominal cavity may be left open or (if your butcher cleaned the turkey properly and left a flap of skin) secured with poultry skewers.

(13) Add enough boiling broth to the remaining dressing to moisten it uniformly. Do not over-moisten. The baked dressing should be barely moist, not gummy-wet.

(14) Spoon dressing into uncoated baking pans. Cover with foil/plastic wrap and refrigerate until ready to bake.

(15) One half hour before serving dinner, bake dressing, uncovered, at for 30 minutes.

NOTES

This recipe makes enough dressing to stuff a 15-pound turkey and fill 2 9-inch-square baking pans.

Never stuff the turkey until you are ready to roast it. Cooking lore is rife with horror stories of food poisoning resulting from turkeys stuffed too early and let sit while wonderful organisms develop in the stuffing. Make sure you bring the turkey broth to a boil before you use it, just to make sure that nothing is growing in it. The stuffing inside a turkey does not reach a high enough temperature to kill bacteria while the turkey is roasting, so you must be extremely careful with what you put there.

I like to use Pepperidge Farm brand herbed bread cubes.

I use a huge ceramic bowl (large enough for ‘‘rising’’ a 4-loaf recipe of bread dough) in which to mix the dressing. If you don’t have one handy, you can use your kitchen sink. Clean and rinse the sink thoroughly, then put in the stopper and use as a mixing bowl.

If you are going to stuff the turkey, be sure that you don’t overmoisten the dressing. The stuffing will absorb a lot of moisture from the bird, and who wants a turkey with stuffing soup? Also, be sure to not over-stuff the turkey: the stuffing will expand during the roasting and it needs room to expand.

12 cups of turkey broth is at least double the amount of liquid necessary to moisten the dressing. If you use all of it, you will not have a relatively light, dry dressing. The extra broth should be used in making turkey gravy or can be the base stock for making turkey soup with the carcass. If you're not up to making turkey broth, you can substitute chicken broth, but this is a great way to use the neck and gizzard.

No quantities of the herbs are given because you can make this as spicy or as mild as you like. We like ours heavy on the sage and thyme.

RATING

Difficulty: moderate. *Time:* several hours, spread over 2 days. *Precision:* measure the cornbread ingredients.

CONTRIBUTOR

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RUTH COCHRAN'S CORN CHOWDER

CORN-CHOWDER – A hearty corn soup

This recipe comes from my mother-in-law and is a family favorite. It makes a good, hearty meal when served with fresh bread or rolls.

INGREDIENTS (Serves 2–4 people)

3 Tbsp	*butter*
1	*small onion,* chopped
1 cup	*cubed ham*
3	*medium potatoes,* peeled and cubed
½ cup	*water*
	salt and pepper
16 oz	*canned corn* (cream-style or regular)
2 cups	*milk*

PROCEDURE

(1) Melt butter and sauté onions until soft and transparent.

(2) Add the ham, potatoes, water, salt and pepper (to taste) and cook, covered, until the potatoes are done (easily pierced with a fork).

(3) Add the corn and the milk and heat thoroughly. Do NOT boil.

(4) Serve with fresh bread.

NOTES

If you don't have any ham, you can substitute 6 slices of bacon. Fry up the bacon and remove from the pan. Sauté the onions in the bacon fat and continue from there. Crumble the bacon and add with the milk and corn instead of with the potatoes. Bacon gives a slightly different flavor. Note that many stores offer canned ham in 6 3/4-oz cans, packaged like tuna fish.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 30 minutes cooking. *Precision:* Approximate measurement OK.

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CORN AND SAUSAGE CHOWDER

CORN-CHOWDER-2 – A rich creamy chowder with corn and sausages

This chowder is a variation on a family recipe from an old roommate of mine. (She makes it without the sausage, and with more water). It goes very well with most seafood. I am especially fond of it served with crab cakes.

INGREDIENTS (Serves 6–8)

1	*Polish sausage,* cut into thin round slices.
6	*bacon slices,* chopped
1 cup	*chopped onions*
¼ cup	*flour*
2 cups	*chicken stock*
1 cup	*water*
4 cups	*corn*
2 cups	*cubed potatoes* (pieces about ¼ in on a side)
1/8 tsp	*white pepper*
	red pepper sauce
2 cups	*milk*
2 Tbsp	*butter*

PROCEDURE

(1) In a big saucepan, brown the sausage and bacon until bacon is crispy. Remove sausage and bacon with a slotted spoon, and drain on a paper towel. Discard most of the fat; leave enough to cook the onion.

(2) Sauté onion in reserved fat until tender, about 5 minutes.

(3) Gradually stir in the flour. Add stock and water, stirring constantly.

(4) Add sausage, bacon, corn, potatoes, and white pepper. Add red pepper sauce to taste. Heat to boiling.

(5) Reduce heat and simmer, covered, for 15 to 20 minutes. Stir occasionally.

(6) Add milk and cook until soup is heated through, and potatoes are tender.

(7) Top with butter, and serve.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 45 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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IRISH'S CRAB BUTTER

CRAB-BUTTER – Incredible crab or shrimp dip

My first encounter with this dip came at a New Year's party a few years ago. I was standing by the munchies table trying not to embarrass myself too much, when a woman came up to me and pointed out this dip. She explained to me that at a previous party she had lost control eating it and got a spoon!

It's incredibly rich, and requires a lot of will power not to eat too much.

INGREDIENTS (Serves 6 gluttons)

½ cup	*butter*
1 cup	*cream cheese*
1/4 cup	*mayonnaise*
6 oz	*crab meat*
1	*onion* (medium to large, chopped fine)
some	*cocktail sauce*
2 Tbsp	*lemon juice*
½ tsp	*crushed garlic* (or a pinch of instant garlic)
1 Tbsp	*Worcestershire sauce*

PROCEDURE

(1) Allow butter and cream cheese to soften before starting.

(2) Mix mayo, butter and cream cheese. Do not use a blender, as the mixture will get soupy.

(3) Add lemon juice, garlic, worcestershire sauce, pepper, etc. to taste.

(4) Mix in crab (or whatever) and onion. Of the choices, I feel crab is the best.

(5) Chill at least two hours, cover with cocktail sauce. This is an important part of the recipe.

NOTES

I recommend Wakefield crab meat, Shrimp or Shrimp & Crab. I usually use Crosse & Blackwell's cocktail sauce, but feel free to use any kind that you trust. You can make your own simple cocktail sauce by mixing 3 parts catsup to 1 part horseradish and adding tabasco, garlic, worcestershire sauce to taste.

Serve over Triscuits (they're nice and strong, to survive heavy scooping) or veggies. Irish is the friend from whom I got this recipe.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 2 hours cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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GRANDMA MACKAY'S CRANBERRY BREAD

CRANB-BREAD-1 – A festive cranberry orange nut-bread

My grandmother MacKay clipped this recipe from the 1951 edition of the Pillsbury Bake-Off competition recipes, and we've made it a family tradition ever since. From time to time my mother and I have both tried to improve on the recipe, but it appears that the recipe is already perfect; every variation we have ever tried has been disappointing by comparison.

When I was a boy, before the invention of the food processor, making this bread required cutting the cranberries in half by hand, with a knife, and the person who brought 4 loaves of cranberry bread to the family Thanksgiving meal was more welcome than the person who brought the turkey. Now, between Baker's Secret loaf pans and Cuisinart slicer blades, you can knock out 8 perfect loaves of the stuff while watching one episode of Sesame Street. My grandmother still cuts each cranberry in half with a paring knife, and hers still tastes better than mine.

INGREDIENTS (2 small loaves)

2 cups	*all-purpose flour*
1 cup	*granulated sugar*
1½ tsp	*baking powder*
½ tsp	*baking soda*
1 tsp	*salt*
¾ cup	*orange juice* (juice of one large orange)
1 Tbsp	*grated orange peel* (grated peel of one large orange)
2 Tbsp	*shortening*
1	*egg,* beaten
1 cup	*cranberries,* halved or chopped
1 cup	*walnuts or pecans,* chopped.

PROCEDURE

(1) Preheat oven to

(2) Grease the bottom, but not the sides, of two small loaf pans.

(3) In a large bowl, sift together all the dry ingredients (flour, sugar, baking powder, baking soda, and salt). Blend very well.

(4) Mix together the orange juice, orange peel, melted shortening, and beaten egg.

(5) Add the wet mixture to the dry mixture. Mix only enough to blend uniformly. Mix in the cranberries and the nuts; stir gently.

(6) Pour the mixture into the loaf pans. Push it to the corners, leaving the center slightly hollow.

(7) Bake about an hour at The loaves are done when a toothpick inserted in the middle comes out clean.

(8) Cool completely before cutting. Do not try to serve warm.

NOTES

It takes practice to know when to stop mixing the dough. If you mix too much, the bread gets a chewy texture to it, whereas it should have a very crumbly consistency, like a muffin or cornbread.

It really makes a difference in the texture of this bread to use a shortening that is solid at room temperature, like Crisco. It really makes a difference in the flavor to use fresh orange-peel and not powdered. I prefer walnuts to pecans.

It might seem sensible to try to use the same orange for the peel and the juice, but it is really more trouble than it is worth to try to peel a juiced orange or juice a peeled orange. I usually use two oranges, and eat the one that I took the peel from.

This bread keeps well in the freezer. Specifically, it keeps from Thanksgiving to Christmas. It also survives quite well being mailed by parcel post from Indiana to Maryland.

RATING

Difficulty: moderate. *Time:* 10 minutes preparation if you have a food processor, 2 hours baking and cooling. *Precision:* Measure carefully.

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CRANBERRY CHICKEN

CRANB-CHICKEN – Baked chicken glazed with spiced cranberry sauce

A variation on the traditional holiday themes.

INGREDIENTS (Serves 4–6)

8 oz	*jellied cranberry sauce*
½ cup	*dry sherry*
1½ cups	*chicken broth*
¼ tsp	*ground ginger*
¼ tsp	*ground nutmeg*
¼ tsp	*ground cloves*
¼ tsp	*ground pepper*
2	*star anise* (whole)
½ tsp	*dry mustard*
2 tsp	*prepared mustard*
2 Tbsp	*dark brown sugar*
2 lb	*chicken breasts* (boneless)
some	*seasoned flour* (flour with salt and pepper). Use enough to cover a dinner plate.
¼ cup	*butter*

PROCEDURE

(1) Preheat oven to

(2) Combine the cranberry sauce, sherry, chicken broth, spices, and sugar. Simmer for 10 minutes, then discard the star anise.

(3) Heat the butter in a skillet until it is foamy. Dredge the chicken breasts in the seasoned flour, and sauté in the butter for 1 minute on each side. Transfer the chicken to an ovenproof dish.

(4) Pour the cranberry mixture into the skillet, and reduce by half over high heat.

(5) Pour the sauce over the chicken, and bake at for 15 minutes.

RATING

Difficulty: Easy. *Time:* 15 minutes preparation, 30 minutes cooking. *Precision:* Measure the seasonings.

CONTRIBUTOR

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CRANBERY-APPLE COOKIES

CRANB-COOKIES – Moist cookies with cranberries, apples, and cinnamon

Many years ago one of my brothers complained to me that he didn't like cookies much, that they were always too dry and pasty. I came up with this recipe for him. He still doesn't like cookies, but the recipe has made its way to various other people to become a favorite.

INGREDIENTS (Makes 4 dozen)

½ cup	*butter*
1 cup	*brown sugar*
¾ cup	*sugar*
1	*egg*
¼ cup	*milk*
2 cups	*flour*
1 tsp	*baking powder*
1 tsp	*cinnamon*
½ tsp	*salt*
1 tsp	*grated orange rind*
1½ cups	*apples,* pared and chopped
1 cup	*cranberries,* chopped

PROCEDURE

(1) Preheat oven to

(2) Cream butter and sugars; beat in egg and milk.

(3) Sift together flour, baking powder, cinnamon, and salt. Stir into butter mixture until well-blended.

(4) Stir in orange rind, apple, and cranberries. drop onto baking sheets.

(5) Bake for 12-15 minutes at

NOTES

Don't store these in a cookie jar: they will get too mushy.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 15 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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SWEET POTATO & CRANBERRY QUICHE

CRANB-QUICHE – Sweet potatoes, carrots and cranberries in cream cheese quiche

This recipe has become a real holiday favorite in our family. It is originally from *The Vegetarian Epicure Book Two* by Anna Thomas. It is sweeter than most quiches, but not as sweet as most pies, and can be eaten either as a side dish, or as dessert. We usually eat it with the turkey because no one wants to wait until dessert time!

INGREDIENTS (Serves 8)

½ lb	*sweet potatoes*
½ lb	*carrots*
½ lb	*cranberries*
2/3 cup	*sugar*
½ cup	*milk*
4	*eggs*
½ lb	*cream cheese*
dash	*nutmeg*
dash	*salt*
1	*pre-baked quiche shell* (11 inches)

PROCEDURE

(1) Start some salted water boiling. Preheat oven to

(2) Peel and grate the sweet potatoes. Grate carrots. Put these vegetables into an empty saucepan.

(3) Pour the boiling water over the saucepan full of vegetables and bring to a boil. Cook five minutes; drain.

(4) Wash cranberries and pick out the ones that are soft or blemished. Put the cranberries in an enameled pot with the sugar and cook them, covered, over low heat for 10 minutes, stirring occasionally. Remove the lid and cook for five minutes more, stirring almost constantly.

(5) Add cooked drained potato/carrot mixture to cranberries and cook for 3 to 4 minutes more, stirring constantly.

(6) Beat together the milk, eggs, cream cheese, a little nutmeg, and a dash of salt. Stir in the cooked vegetable mixture and pour this filling carefully into the prepared shell.

(7) Bake at for 40 minutes or until the top is golden and firm. Serve.

RATING

Difficulty: easy. *Time:* 25 minutes preparation, 40 minutes baking. *Precision:* measure the ingredients.

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CRANBERRY-ORANGE RELISH

CRANB-RELISH – A fruit relish for holiday dinners

In Chicago, where I did much of my growing up, there was a company called Indian Trails that made a frozen cranberry relish, and their relish was traditional at my family's Thanksgiving dinner. When I moved to Boston I missed it. So I determined when next I went back to find a package of Indian Trails, read the label carefully, and duplicate the ingredients.

Alas, the company had gone bankrupt in my absence and there were no packages anywhere in any reputable store. But I knew about the disreputable stores as well, so I took myself over to 47th Street and sure enough there in the frozen foods section I found a pink-marbled, faintly sticky package of Indian Trails cranberry relish, undoubtedly thawed out and re-frozen at least a dozen times.

Eagerly I snatched it up, eagerly I read the mysterious ingredients: cranberries, oranges, sugar. (This was before the days when they would have boasted "No preservatives! No artificial ingredients!") I returned to Boston. I tried it: cranberries, oranges, sugar. Based on the original experience with Indian Trails, I assume my home-made version would freeze admirably.

One year, in a restless fit, I added a little powdered cinnamon, but that was silly, and I'm ashamed of myself now.

INGREDIENTS (4 cups)

1 lb	*raw cranberries*
3	*oranges,* seeded but not peeled.
	cane sugar

PROCEDURE

(1) Grind up coarsely in your meat grinder or food processor the cranberries and oranges.

(2) Sweeten to taste with sugar.

RATING

Difficulty: easy. *Time:* 3 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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MOLDED CRANBERRY RELISH

CRANB-RELISH-2 – Molded fresh cranberry relish with dressing

For years my mother required us to taste her ever-changing version of a fresh cranberry relish she insisted serving at Thanksgiving and Christmas. The unanimous family response to the inevitably bitter dish was, ‘‘Do we have to?’’ Then one year a friend came to Thanksgiving dinner and contributed what is now known simply as ‘‘the recipe.’’ Mom never tried to improve on this addictive relish.

INGREDIENTS (Serves 8–10)

DRESSING

2 cups	*marshmallow creme*
1 cup	*heavy whipping cream*
3 oz	*cream cheese*

RELISH

10 oz	*fresh cranberries*
¾ cup	*water*
6 oz	*raspberry Jello mix* (1 package)
¼ cup	*granulated sugar*
1 cup	*Tokay grapes* (quartered and seeded)
1 cup	*celery,* chopped fine
2½ cups	*canned crushed pineapple,* including syrup (one #2 can).

PROCEDURE (DRESSING)

(1) The night before serving the relish, place the cream cheese and marshmallow creme in a small bowl. Mash lightly with a fork to barely break up cream cheese.

(2) Add whipping cream and cover tightly. Refrigerate overnight.

(3) 15 minutes before serving, whip mixture with an electric mixer until it reaches the consistency of thick, but not stiff, whipped cream.

PROCEDURE (RELISH)

(1) Rinse cranberries thoroughly. Place in an 8-cup saucepan with water, and cover. Bring to a boil and cook until the berries have ‘‘popped.’’

(2) Remove from heat and, using an electric mixer, beat gently until all the berries are broken.

(3) Add Jello and sugar. Plan saucepan over a bowl of ice and stir occasionally until mixture has thickened but not jelled.

(4) Add grapes, celery, and crushed pineapple (including packing syrup).

(5) Pour into prepared mold and chill in refrigerator until set (about 3 hours).

(6) To serve, unmold relish onto a plate and place dressing in a separate dish. Serve a couple of dollops of dressing with each serving of relish.

NOTES

The most difficult step is in unmolding the relish. I always spray my mold very lightly with a coating of an aerosol cooking oil (such as ‘‘PAM’’) before filling it with the relish. When it’s time to unmold, I run a thin spatula around the outside of the molded relish to barely loosen it, place the serving plate on top and invert the mold and plate. I rarely have to dip the mold in hot water to loosen the relish.

I usually use a standard ring mold and put the dressing in a footed compote which sits in the center of the unmolded ring of relish.

RATING

Difficulty: moderate. *Time:* 10 minutes preparation, overnight chilling, 30 more minutes preparation. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MAMA STAMBERG'S CRANBERRY RELISH

CRANB-RELISH-3 – Frozen cranberry relish with horseradish

Susan Stamberg, former co-host of National Public Radio's *All Things Considered,* used to broadcast this recipe every year around Thanksgiving. She claimed it was her mother's, but it turned out that her mother got it from a Craig Claiborne column many years before. Very few people are neutral about this unusual, rather strong relish—they either love it or hate it. I'm in the former group.

INGREDIENTS (3 cups)

2 cups	*raw cranberries*
1	*small onion*
½ cup	*sugar*
¾ cup	*sour cream*
2 Tbsp	*prepared white horseradish*

PROCEDURE

(1) Grind the onion and cranberries together.

(2) Add all the other ingredients and mix well.

(3) Put in a plastic container and freeze. One hour before serving, move to the refrigerator to soften.

NOTES

This relish is shocking pink in color, so plan your table setting accordingly.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, overnight freezing. *Precision:* measure the horseradish.

CONTRIBUTOR

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CRANBERRY SAUCE

CRANB-SAUCE-1 – Homemade cranberry sauce

Most people don't realize how easy it is to make cranberry sauce. It tastes much better fresh than canned (what doesn't?).

INGREDIENTS (Makes a lot)

1 lb	*cranberries*
	water
1 cup	*sugar*

PROCEDURE

(1) Rinse the cranberries and put them into a heavy pot. Add just enough water to cover them. Stir in the sugar.

(2) Cook over medium heat, stirring frequently, until most of the cranberries have split open. This will take about 15 minutes. Stir well, then taste it, and add more sugar if it's not sweet enough for you. If you add more sugar, cook it a little longer, still stirring, to make sure that the new sugar is completely dissolved.

(3) Chill overnight.

(4) Eat.

NOTES

This keeps covered in the refrigerator for quite a long time.

RATING

Difficulty: Easy *Time:* 20 minutes preparation, overnight chilling. *Precision:* No need to measure.

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CREAMED SPINACH

CRM-SPINACH – Creamed spinach with sour cream

This is a recipe for a version of creamed spinach that we found that uses sour cream instead of milk. We have tried it and it is quite good.

INGREDIENTS (Serves 6)

20 oz	*spinach,* chopped. This can either be fresh spinach or frozen chopped spinach.
½–1 cup	*sour cream*
1–2 Tbsp	*prepared horseradish*

PROCEDURE

(1) Clean, trim, and chop spinach, and cook in a dry, covered saucepan over a medium heat until the spinach is wilted. If you are using frozen spinach, cook to thaw and evaporate all water, then proceed.

(2) Stir in sour cream and horseradish.

(3) Serve hot.

RATING

Difficulty: easy. *Time:* 10 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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GULLIVER'S CREAMED SPINACH

CRM-SPINACH-2 – Creamed spinach with bacon

This is a creamed spinach recipe that we found in the Los Angeles Times. It produces a creamed spinach that even my wife likes.

INGREDIENTS (Serves 6)

10 oz	*spinach,* chopped. Either frozen or fresh may be used.
3	*bacon slices*
1	*small onion*
3 Tbsp	*flour*
1¼ cups	*milk* (we substitute a like quantity of 50/50 *Kosher Parve* creamer and water)
1 tsp	*salt*
½ tsp	*pepper*

PROCEDURE

(1) Rinse and chop the spinach. Place the chopped spinach in a heavy skillet, cover, and steam until wilted, stirring occasionally. There is no need to add water other than what clings to the leaves from washing. (If you are using frozen spinach, place over low or medium heat to thaw and allow excess water to evaporate) Transfer to small bowl and squeeze completely dry.

(2) Grind bacon and onion very fine and place in saucepan. Sauté bacon and onion until bacon is cooked.

(3) Stir in flour to make smooth paste. Gradually add milk. Bring to boil and simmer 10 minutes over low heat until thickened.

(4) Add salt and pepper. Grind spinach fine and add to cream sauce.

NOTES

You may find that you want to add extra milk and give the finished soup a final heating in the microwave. We did, and it didn't hurt it one bit.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 15 minutes cooking. *Precision:* approximate measurement OK.

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CUBAN (PUERTO RICAN) BEANS

CUBAN-BEANS – Beans like they cook in many Caribbean countries

This recipe is from my mother, who undoubtedly got it from one of my father's relatives. I've seen it described as being from various countries, but it will always be Puerto Rican beans to me.

Any dried beans can be used, but kidney beans and navy beans are the best. Chick peas aren't bad either. You can use a ham bone for flavoring instead of the olive oil if you don't mind using ham.

INGREDIENTS (Serves 4)

1 lb	*dried beans*
1	*onion, diced*
¼	*green pepper, diced*
3 cloves	*garlic, diced*
8 oz	*tomato sauce*
2 Tbsp	*olive oil*
2 tsp	*salt* (You can vary the amount of salt according to preference. My mother uses 1 Tbsp)

PROCEDURE

(1) Soak the beans for at least two hours (overnight is okay too). Change the water and bring to a boil.

(2) Add the onion, pepper, and garlic; cover and simmer for 1 hour.

(3) Add the tomato sauce, olive oil, and salt: cover and simmer 1 more hour. (Be sure to keep the beans covered with liquid, adding more water if necessary.)

INGREDIENTS (Rice to go with it)

2 cups	*water*
1 cup	*long-grain rice*
1 tsp	*salt* (You can vary the amount of salt according to preference.)

PROCEDURE

(1) Bring the water to a boil

(2) Add the rice and salt.

(3) Cover and let simmer for 20 minutes.

NOTES

This makes a very good main course or side dish.

RATING

Difficulty: easy. *Time:* 2 hours soaking, 5 minutes dicing, 2 hours cooking. *Precision:* the rice is the only part you need to measure.

CONTRIBUTOR

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CUCUMBER YOGURT SAUCE

CUCUMBER-SAUCE – A mideast-style sauce with cucumbers and yogurt

This recipe came originally from the local paper, years ago. They liked it with lamb.

INGREDIENTS (serves 4)

¾ lb	*cucumber* (coarsely grated)
¾ tsp	*whole cumin seeds*
2 tsp	*hot green chilis* (seeded & chopped) (optional)
1 cup	*plain yogurt*
1 tsp	*vegetable oil*
½ tsp	*garlic* (finely chopped)
	salt (to taste) (optional)

PROCEDURE

(1) Toast cumin seeds in small heavy skillet until browned. Do not burn. When they start to crackle, remove from heat, shaking skillet.

(2) Combine all ingredients. Blend well and chill.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 1 hour chilling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SWEET CUCUMBER CHUNKS

CUKE-CHUNKS – A very sweet cucumber pickle

My wife's grandmother provided us with this wonderful pickle recipe.

INGREDIENTS (Serves many)

10	*cucumbers,* not too fat
8 cups	*sugar*
2 Tbsp	*pickling spice* (see note)
5 tsp	*salt* (noniodized salt is best)
4 cups	*vinegar*

PROCEDURE

(1) Wash cucumbers and place in large pot. Pour boiling water over cucumbers until they are covered. Let stand for 24 hours and then drain. Repeat this procedure for three (3) days. The cucumbers will be rather slimy after this. This is normal.

(2) On the fourth day drain and slice into bite-size chunks. If the cucumbers are fat you can halve or quarter the chunks so you end up with bite-size pieces.

(3) Combine the remaining ingredients. Bring mixture to a boil, stirring frequently. Pour cooked mixture over the cucumber pieces.

(4) Return to a boil, but just a boil. Do not cook. Pour cucumbers and liquid mixture into canning jars and seal. Jars should be sealed in a boiling water bath for 10 minutes.

NOTES

These are best if they sit for a month or so after canning, to give them time to work. If you use iodized salt, they are more likely to get cloudy during that month.

If your grocery does not sell premixed "pickling spice" mixtures, try various combinations of mustard seeds, celery seeds, coriander, dill, or any other strongly-flavored spices that you like.

We increase this recipe by several times. Last year we used about 200 cucumbers.

RATING

Difficulty: easy. *Time:* 4 days of soaking. About 1–2 hours of real work. *Precision:* Approximate measure ok.

CONTRIBUTOR

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CURRIED FRUIT

CURRIED-FRUIT – Baked fruit with curry sauce and nuts

This dish can be served as a desert, alone, or on top of ice cream or pound cake (or both!). But, our favorite way of serving it is as a side dish at brunch on Christmas day. As long as I can remember, Mom has had this dish, along with an egg/cheese casserole, bacon, and muffins for Christmas brunch. It is especially easy since you make it a day ahead of time.

INGREDIENTS (Serves 8–12)

4–5 lb	*fruit* (pears, peaches, pineapple, apricot, etc.)
12	*cherries*
¾ cup	*light brown sugar*
3 tsp	*curry powder*
1/3 cup	*melted butter*
¾ cup	*blanched, slivered almonds*

PROCEDURE

(1) Add sugar and curry powder to melted butter and mix well.

(2) Drain all fruit well. Arrange fruit and nuts in layers in casserole dish. There should be enough fruit to fill the dish about three-quarters full.

(3) Pour butter mixture over fruit.

(4) Bake at for one hour.

(5) Refrigerate overnight. Reheat at until hot before serving (about 10–15 minutes).

NOTES

I use standard American ‘‘curry powder’’. Any other that you want to use should be ok. Adjust the amount of curry powder to your taste, or use cinnamon if you really don’t like the flavor of curry.

Use your imagination in choosing the fruits to go in it. Cherries and almonds are a must, but the rest is up to you. We use canned fruit, but fresh would be good too.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour baking, overnight cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CURRIED RICE

CURRIED-RICE – Baked rice with a mild curry flavor

This is a slight modification of the ‘‘Riz a l’Indienne’’ from the *60-Minute Gourmet* (Pierre Franey). It’s more French than Indian, and goes well with, say, sautéed chicken in cream.

INGREDIENTS (4 servings)

2½ Tbsp	*butter*
1 cup	*chopped onion*
¼ tsp	*minced garlic*
1 cup	*rice*
1 Tbsp	*curry powder,* vary amount to taste.
1½ cups	*chicken broth,* (or chicken bouillon, or water)
2 sprigs	*parsley*
1	*bay leaf*

PROCEDURE

(1) Preheat oven to

(2) Obtain casserole or heavy ovenproof saucepan with a close-fitting lid.

(3) Over a burner on moderate heat, melt half the butter in the casserole and cook the onion and garlic, stirring constantly, until the onion is translucent.

(4) Add the rice and stir until well-coated with butter.

(5) Add the curry powder and stir until well-blended.

(6) Add the broth and stir to make sure there are no lumps.

(7) Add the parsley and bay leaf on top.

(8) Cover and bake in the oven for 17 minutes (Franey says *exactly* 17 minutes, but basically ‘‘cook until done.’’)

(9) Discard parsley and bay leaf, and stir in remaining butter.

NOTES

This basic recipe may be varied by modifying quantities (for example, less onion) or adding ingredients (for example, pine nuts or apple chunks).

RATING

Difficulty: easy *Time:* 15 minutes preparation, 25 minutes cooking. *Precision:* Measure the rice and broth.

CONTRIBUTOR

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CURRIED SHRIMP AND MACARONI SALAD

CURRY-SALAD – A cold pasta dish

This salad is quick and easy. It's best if made several hours before serving, to get the full curry flavor. It's been a real hit at potlucks.

INGREDIENTS (serves 4 to 6)

¼ cup	*mayonnaise*
2 tsp	*curry powder* (or to taste)
1 lb	*small shrimp* (cleaned, deveined, and cooked)
2 cups	*honeydew balls*
½ cup	*slivered water chestnuts,* drained.
1 1/3 cups	*small sea shell pasta,* cooked. (measure before cooking)

PROCEDURE

(1) Mix the curry powder into the mayonnaise.

(2) Put the remaining ingredients in a large bowl. Dress with the curried mayonnaise.

(3) Chill 1–2 hours.

NOTES

A honeydew ball is a ball of honeydew melon that is scooped out of the flesh of the melon with a ''balling spoon'' or ''melon baller.'' 1 1/3 cups of *pasta* will make three cups of cooked macaroni.

RATING

Difficulty: easy. *Time:* 25 minutes (includes time to cook macaroni and make melon balls.) *Precision:* no need to measure.

CONTRIBUTOR

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DAMPER

DAMPER – Bread as made by drovers in the outback

I don't know how many of you realise it, but there is a wealth of TV programmes about cooking from around the world. We are lucky in that Australia's SBS network (Special Broadcasting Service—"multicultural television") has a regular slot for food and wine at a convenient time on Saturday evenings. Over the last couple of years we have seen series on French, Indian, Chinese, English, Vegetarian, Australian, and Sri Lankan cookery, among others. If you're missing out, why not call your local station?

This recipe comes from a series called "Australian Tableland". Traditionally, damper should be cooked in the coals of a camp fire, but the temperature in an oven is much more consistent!

This recipe has the advantages of being simple and—with ordinary care—reliable.

INGREDIENTS (1 damper)

2½ cups	*self-raising flour*
1 tsp	*salt*
1 tsp	*butter*
1 tsp	*sugar*
1 cup	*milk* (or use ½ cup of powdered milk and 1 cup water.)

PROCEDURE

(1) Preheat oven to

(2) Mix together the dry ingredients and the butter. Add the liquid and mix well. Knead for about 5 minutes (if you don't know about kneading, look in a good cookery book with plenty of pictures—it's difficult to describe in words).

(3) Shape into a flattened ball, and place on a greased and floured baking sheet or in a greased and floured round cake tin (I recommend the latter, about 7 or 8 inch diameter, as it gives a better shape). Bake for 30 minutes. Use a dutch oven if you are cooking in an open fire, and use your experience as to cooking time.

NOTES

Serve in moderately thick slices while still fairly hot. I'm told that golden syrup (a treacle-like substance made as a by-product of cane sugar refining) is the traditional thing to spread on it, and that goes well. Jam is good, too.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 30 minutes cooking. *Precision:* measure carefully.

CONTRIBUTOR

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DANDELION SALAD

DANDELIONS – Dinner salad made with dandelions and cheese

The U.S. Department of Agriculture once had a big presence in the life of the average American. Their publications on home canning, gardening, and cooking found their way into almost every household in the country.

The USDA Food and Nutrition Service still exists, and they still produce books and pamphlets on every topic having to do with growing, eating, and analyzing food. In this era of frozen food, microwave ovens, and iceberg lettuce, there's much less demand for their books than there once was.

In time for the Bicentennial, the USDA produced a book called *Favorite American Recipes*, which is a non-copyrighted collection of traditional American rural and farm recipes. All are simple and nutritious; most are also a little dull. Here's one that I like.

INGREDIENTS (serves 4)

½ lb	*tender, fresh dandelion greens*
½ cup	*thinly sliced red onions*
2	*tomatoes,* cut in fourths.
¼ lb	*sharp cheddar cheese,* grated
½ tsp	*black pepper*
¼ cup	*salad oil*
3 Tbsp	*vinegar*
1 tsp	*dill*

PROCEDURE

(1) Wash the dandelion greens carefully. Drain well and cut into pieces.

(2) Add the onions, tomatoes, and cheese. Toss to mix.

(3) Make a salad dressing by mixing the pepper, salad oil, vinegar, and dill. Dress the salad, toss, and serve.

NOTES

Make sure that you take the dandelion greens from a lawn that has not been treated with pesticides or anti-growth hormones recently. (Many lawn fertilizers also contain weed-control hormones).

You can substitute a commercial salad dressing for the oil, vinegar, pepper, and dill.

RATING

Difficulty: easy. *Time:* 5 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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GRAMMY'S DARK ROLLS

DARK-ROLLS – Holiday rolls with oatmeal and molasses

This recipe has long been part of my Thanksgiving tradition. I have long since forgotten its source.

INGREDIENTS (12 rolls)

½ cup	*oatmeal* (rolled oats)
½ cup	*whole wheat flour*
1/8 tsp	*salt*
¼ cup	*shortening*
2 Tbsp	*molasses*
2 Tbsp	*honey*
1 cup	*boiling water*
½ oz	*active dry yeast* (2 packages). Do not use quick-rising yeast.
½ cup	*warm water*
1 tsp	*honey*
1	*egg*
2½-3½ cups	*unbleached flour*

PROCEDURE

(1) Combine oatmeal, whole-wheat flour, salt, shortening, molasses, and honey. Pour boiling water over all. Mix and let cool.

(2) While cooling, dissolve yeast in warm water with the honey. Add egg to cooled batter, then mix in dissolved yeast.

(3) Add flour until dough is just soft enough to knead. Knead lightly.

(4) Place dough in a greased bowl; cover with a damp cloth. Let rise in warm place until doubled in bulk; about one hour.

(5) Punch down dough and cut into 12 equal pieces. Shape each piece into a ball in put into a greased 9-inch pan.

(6) Let rise again for 45 minutes.

(7) Bake in a preheated oven at for 40 minutes.

NOTES

Note: These rolls are reaally wonderful, but they need time to rise. start them as early in the day as possible. Don't even *think* about using the quick-rise yeasts.

RATING

Difficulty: easy to moderate. *Time:* several hours preparation, 1 hour baking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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DELMONICO POTATOES

DELMONICOS – A casserole of potatoes, rice, and cheese

This recipe has been in my family for 100 years. The family legend was that it came from the Delmonico Hotel in New York, whose chef, Charles Ranhofer, had given it to my great-great grandfather under some circumstance in the 1880's. I recently managed to track down a cookbook by Ranhofer, published in 1893, and alas, it contains no recipe that even remotely resembles this one.

Who knows? Maybe my great-grandmother got it from a newspaper. I guess it doesn't matter much. I've watched 4 generations in my family grow fatter and happier eating these potatoes, so who cares where it came from 'way back then.

INGREDIENTS (Serves 6)

3 lb	*potatoes* (12-15 medium potatoes)
1/3 cup	*uncooked white rice*
6 Tbsp	*butter*
6 Tbsp	*flour*
3 cups	*milk*
1 tsp	*salt*
½ tsp	*pepper*
2 lb	*sharp cheddar cheese*

PROCEDURE

(1) Boil the potatoes in salted water until they are cooked firm, about 20 or 30 minutes. Let them cool, then dice them into ½-inch cubes.

(2) Cook the rice in 1 cup of water with ¼ tsp of salt. Cook until soft, about 20 minutes. Drain.

(3) Make 3 cups of medium white sauce: heat the milk in a saucepan; in another saucepan, melt butter and brown flour in it. When flour is brown, dump hot milk all at once into flour/butter mixture. Add salt and pepper, simmer for 10 minutes or more, stirring frequently.

(4) Into the white sauce, stir ½ pound of grated cheddar and the cooked rice. Mix well.

(5) Mix the sauce with the cold potatoes, then pour into a buttered baking dish. Sprinkle generously with 1½ pounds of cheddar. Bake 1 hour at

(6) Let it cool, and put it in the refrigerator. Wait at least a day. Then reheat and serve.

NOTES

My grandmother always peeled the potatoes when she made this recipe; I never do. I think that women of her generation were taught by their home economics teachers that unpeeled potatoes were a sign of moral decay.

The most maddening thing about this recipe is how much better it tastes the second day. There is no reason why you can't eat it fresh out of the oven, but if you can muster the will power to put it aside after it has cooked and to let it wait a day, the flavor will improve dramatically.

RATING

Difficulty: easy. *Time:* 1 hour to prepare, 1 hour to cook, 1 day to wait. *Precision:* Approximate measurement OK.

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DILL DIP

DILL-DIP – A cold dip

I first discovered this dip at a reunion of old college roommates. It comes from the wilds of Farmington, Connecticut.

INGREDIENTS (Makes 2/3 cup of dip)

3 oz	*cream cheese*
1 Tbsp	*pimento-stuffed green olive* (finely chopped)
1 tsp	*grated onion*
¼ tsp	*dried dill*
dash	*salt*
1–2 Tbsp	*light cream*

PROCEDURE

(1) Combine first 5 ingredients

(2) Stir in enough cream to make the mixture have dipping consistency.

(3) Chill.

NOTES

Serve in a hollowed-out *whole* loaf of bread. Use the discarded bread for dipping.

RATING

Difficulty: easy. *Time:* 3 minutes preparation, several hours chilling. *Precision:* no need to measure.

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DOG BISCUITS

DOG-BISCUITS – Homemade meatless dog biscuits

This strange and wonderful recipe appeared in our hometown paper's consumer column, for making doggie Christmas presents! Although they are meatless, they are not vegetarian, as they contain chicken broth. However, your dog is quite unlikely to be a strict vegetarian.

INGREDIENTS (Several dozen)

3½ cups	*all-purpose flour*
2 cups	*whole-wheat flour*
1 cup	*rye flour*
1 cup	*cornmeal*
2 cups	*cracked wheat (bulgur)*
½ cup	*non-fat dry milk powder*
4 tsp	*salt*
2 cups	*chicken stock*
¼ oz	*active dry yeast* (one package)
1	*egg*
1 Tbsp	*milk*

PROCEDURE

(1) Preheat oven to Combine, in a big bowl, the flours, cornmeal, milk powder, and salt.

(2) In a separate bowl, dissolve yeast in ¼ cup lukewarm water; let it sit for a few minutes, until it bubbles.

(3) Add the chicken stock to the yeast mixture. Mix well.

(4) Add the liquid to the dry ingredients. Knead about 3 minutes. The dough should be stiff.

(5) Flour a board with cornmeal and roll out the dough to a thickness of ¼ inch. Cut out biscuits with cookie cutters in appropriate shapes, and place on ungreased cookie sheets. Mix the egg and milk and use to brush tops of biscuits (for shine), then bake the biscuits for 45 minutes at

(6) Turn off the heat and leave biscuits in the oven overnight. This will make the biscuits be bone-hard.

NOTES

Though these are intended for dogs, people find them better tasting than many health foods.

These make a dandy birthday or Christmas present for your favorite friend's dog.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 45 minutes cooking, overnight hardening. *Precision:* approximate measurement OK.

CONTRIBUTOR

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DRUNKEN LEEKS

DRUNK-LEEKS – Leeks in a zesty red wine sauce

This recipe is from Bert Greene's *Greene On Greens*. It can be served either hot or cold.

INGREDIENTS (Serves 3–4)

6–8	*small leeks,* trimmed and washed
1	*clove garlic,* crushed
½ cup	*red wine*
1 tsp	*red wine vinegar*
2 Tbsp	*parsley,* chopped
dash	*salt*
	black pepper

PROCEDURE

(1) Melt the butter and cook the leeks and garlic for 3 minutes over medium heat.

(2) Add the red wine and some salt and mix well. Cover and cook for 15 more minutes or until leeks are tender.

(3) Place the leeks on a serving dish and reduce the liquid left in the pan for 2 minutes.

(4) Add the vinegar and pepper to taste. Pour over the leeks and garnish with parsley.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* No need to measure.

CONTRIBUTOR

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EGG MOUSSE

EGG-MOUSSE – Simple appetizer for summer days

This dish was served at a dinner I was invited to at the Vice-Chancellor's Lodge at the University of Liverpool when I was a student. Mrs. Whelan, the VC's wife, gave me the recipe later.

INGREDIENTS (serves 6)

6	*hard-boiled eggs*
1 tsp	*gelatine*
1 Tbsp	*Worcestershire sauce*
2 tsp	*anchovy essence*
5 fl. oz	*chicken stock*
1 cup	*whipped cream*
	paprika
	salt

PROCEDURE

(1) Finely chop the egg whites.

(2) Sieve the egg yolks.

(3) Add gelatine to chicken stock and heat until it dissolves. Cool and allow mixture to begin to set.

(4) Put stock and seasoning into whipped cream. Fold in yolks and whites, place in dish, and chill.

(5) Decorate and serve.

NOTES

A nice way to decorate is to peel some white grapes and chill. Then before serving spread thinly a little caviar on top and place halved grapes on top of that.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, several hours chilling. *Precision:* Measure gelatine and stock.

CONTRIBUTOR

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GRANDMA'S SWINGIN' EGGNOG

EGGNOG1 – A potent holiday party eggnog drink

Eggnog is a traditional holiday party drink. This recipe makes a rich and powerful eggnog.

INGREDIENTS (Serves 20)

6	*egg yolks*
1/2 cup	*sugar* (white granulated)
2 cups	*milk*
2 cups	*light rum*
2 cups	*whipping cream*

PROCEDURE

(1) Beat yolks until light. Add sugar and mix well. Add milk and rum. Mix well, then chill for at least 3 hours.

(2) One hour before serving, whip cream and stir into chilled mixture. Return to refrigerator for an hour.

(3) Serve in punch cups and dust with nutmeg.

NOTES

This stuff is POTENT, even if you reduce the rum by half. Brandy, dark rum or bourbon may be substituted for the light rum. If you prefer a nonalcoholic eggnog, leave out the booze altogether. With or without booze, this eggnog is very rich, and very good.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 3 or more hours cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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HOPKINS NEOLITHIC EGG NOG

EGGNOG2 – Traditional layered eggnog with bourbon and dark rum

This is the egg nog that was served at the Hopkins Neolithic Xmas Party, a party that some friends used to have every year. We now serve it for our Winter Solstice celebration. It's purported to come from the original Fanny Farmer Cookbook.

INGREDIENTS (Serves 15–20, inebriates 6)

12	*egg whites*
½ cup	*sugar*
12	*egg yolks*
1 cup	*sugar*
¼ tsp	*salt*
4 cups	*heavy cream, beaten*
4 cups	*milk*
4 cups	*Bourbon*
1 cup	*dark rum e.g.,* Myers's Rum

PROCEDURE

(1) Beat whites stiff; beat in ½ cup sugar.

(2) Beat yolks until very light with 1 cup sugar, and salt.

(3) Combine and stir until thoroughly blended.

(4) Add cream, then milk, then Bourbon.

(5) Beat well.

(6) Add rum.

(7) Store in a cold cellar for a week.

NOTES

Serve with freshly-grated nutmeg. The egg nog should be ladled from the bottom of the bowl, and never stirred, in order to maintain its layered quality.

An alternate method, preferred by some, is to make a creamy, non-layered egg nog by stirring gently every day.

RATING

Difficulty: easy. *Time:* 5–10 minutes preparation; 1 week aging. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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MO'S ANCESTRAL EGGNOG

EGGNOG3 – Wonderful eggnog

[I got this recipe from net.cooks back in 1982. It was posted by Mike O'Dell (known around the network as "mo"). I have made it for the last two Christmases, and find it quite good. The recipe is basically as he posted it. I have added a few comments in brackets. Apparently he served it at a party at LBL-CSAM that year.]

This wonderful formula was handed down to me from my grandmother, who got it from her mother and grandmother. I heartily recommend it as a superior lubricant for the festive season.

INGREDIENTS (Makes about 16 cups)

12	*eggs, separated*
1 lb	*confectioner's sugar*
2 cups	*liquor*
8 cups	*heavy whipping cream*
1–2 tsp	*nutmeg*
½ cup	*sugar*

PROCEDURE

(1) Separate the 12 eggs. Set the whites aside in the 'fridge, tightly covered for safety, as they won't be needed until much later.

(2) Beat the yolks until they noticeably lighten in color. From here on out, an industrial-strength mixer (Kitchen-Aid K5, for instance) is a big help. [Being at my in-laws, I was forced to use a little GE hand mixer. It worked fine.]

(3) Continue beating the yolks while adding the confectioner's sugar.

(4) Beat for about 4 minutes or until the mixture turns much lighter yellow and takes on a satin-like texture.

(5) While still beating, *slowly* add 2 cups liquor. [If you decide you need more, this is NOT where you put it in.]

(6) After the liquor is thoroughly beaten in, cover the mixture with plastic wrap or aluminum foil and let it stand for 1 hour *at room temperature*. This is to "cook" the eggs and takes much longer if you refrigerate. [I lay plastic wrap right down on top of the mixture to avoid any possible "skin" that might form.]

(7) After standing, add the heavy whipping cream, *unwhipped!* You could try whipping it first, but again, you are on your own.

(8) Add the nutmeg. **OPTION:** At this point, the original recipe calls for adding an additional 2–4 cups of liquor, but I omitted this as it passed a taste-test as-is. If you want your 'Nog a LOT stronger, have at it, but please taste before you pour.

(9) Mix thoroughly, again.

(10) Refrigerate the mixture for 3 hours to let it ripen. I use two large juice containers. It splits nicely between them and will fit in our 'fridge. [Overnight is good, if you're making it for, say, Christmas day, but see the safety note below if you intend to let it sit overnight.]

(11) At the end of the 3 hours, remember where you put the egg whites. Beat them until stiff but not dry, adding about ½ cup sugar to slightly sweeten the whites. N.B.: 12 egg whites whip into quite a mass, so be prepared. [You can also whip them 6 at a time. This is probably a very good idea if you're doing it in a Kitchenaid, since 12 might overflow the bowl.]

(12) Assembly instructions. Pour the whites into the serving bowl you will be using. Then gently and slowly pour the other mixture into the bowl, mixing with a whisk to fold it all together. The whites should be smoothly and evenly distributed through the 'Nog to make it fluffy. They will lose some of their bulk so don't be afraid to mix thoroughly. Sprinkle the top with some more nutmeg, and serve. A shaker of nutmeg by the bowl is a nice touch for those wanting a

shake on their own mugful. [The first time I made this recipe, I had to keep restirring the mixture. The only difference I can think of is that the second time I didn't add sugar to the egg whites.]

NOTES

[This makes a large amount of eggnog. Last year I made a half recipe, which sufficed for the 10 or so people we had then. This year I made the whole thing, and 16 people left some over (some of them don't drink, though).]

Powered sugar will do nicely, and even granulated would probably work if you beat long enough. [I'm not sure about the difference between confectioner's sugar and powdered sugar. Maybe they were different in the old days?—SWT] [Confectioner's sugar and powdered sugar are regional names for the same product—BKR]

For the liquor, use bourbon, rum, vodka, Canadian blended, or whatever you like. Being a bourbon fan, I used that in the batch for the CSAM party. The others should work but I haven't tried them. Depending on taste, you may want more than this. [I used rum the times I made it.]

[Note from the editor: eggwhites are *extremely* susceptible to bacterial infection. If you intend to make this eggnog ahead of time, to let it stand longer than the 3 hours suggested, do not store the separated eggwhites and then blend them in at the last moment. If you want perfection in overnight eggnog, then discard the whites from the separated eggs, and crack and separate 12 new eggs in the morning and use their whites. If you want economy in overnight eggnog, then fold the eggwhites into the alcohol mixture before storing it overnight.—BKR]

RATING

Difficulty: moderate. *Time:* ½ hour preparation, 3 hours waiting. *Precision:* no need to measure.

CONTRIBUTOR

Enjoy!!!
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RED, WHITE AND BLUE/BLACK CASSEROLE

EGGPLANT-1 – Eggplant casserole with tomato and cheese

(from "Victory Garden Cookbook" maybe? Anyway, that's an excellent source for ideas).

INGREDIENTS (serves 4–6)

1	*large eggplant*
3	*large tomatoes,* cut into ½-inch slices
1½ lb	*mozzarella cheese,* cut into ¼-inch slices
1	*large white onion,* cut into thin slices (optional).

PROCEDURE

(1) Cut the eggplant lengthwise once, then slice crosswise into semidisks about ¾ inch thick.

(2) In a shallow casserole dish (2 in deep), stand some slices of eggplant on the narrow cut edge, to make a row, then follow this with slices of tomato, then slices of mozzarella cheese. Repeat until the whole dish is full. It should appear from the top to have bands of red, white, and black.

(3) Use your favorite seasoning (basil/oregano is the default), and bake until bubbly (about 25–30 minutes at

NOTES

You may wish to put a layer of onions on the bottom, horizontally, before you put the eggplant in the pan.

This only works with European-style eggplant; Japanese and Asian eggplants are too narrow.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 30 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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BANGIN' BART

EGGPLANT-2 – Indian eggplant, onion, and tomato casserole

This is an Indian dish, called *Baigan Bartha* in Hindi. We make it a lot, and call it ‘‘Bangin' Bart.’’ It is eggplant, onions, and tomatoes, but not in the usual way.

In this recipe, the vegetables are cooked to mush, with only a small amount of tomato—just enough to flavor it.

INGREDIENTS (serves 6–8)

2	*large eggplants,* unpeeled, diced.
2	*large ripe tomatoes,* diced.
2 Tbsp	*oil* (or clarified butter)
2	*large onions,* finely chopped.
2 tsp	*salt*
1 tsp	*black pepper*

PROCEDURE

(1) In a large frypan, sauté the onion in the oil until it is translucent.

(2) Add the spices, and stir for 1 minute.

(3) Add the eggplant and tomato, stir well, and cover. Reduce heat, and simmer until vegetables are mushy (about ½ hour).

(4) Remove the lid, and continue cooking until most of the liquid evaporates (about 15 minutes). The finished dish should be thick enough that you could use it as a dip.

NOTES

I don't make this with any spices but salt and pepper. The genuine Indian version of the recipe adds various Indian spices; try 1 tsp of fresh ginger, ½ tsp of turmeric, ½ tspof 1 tsp of garam masala for a more authentic Indian flavor.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 45 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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TERONG BALADO

EGGPLANT-3 – Indonesian baked eggplant in chili sauce

I got this recipe originally from an Indonesian cookbook. It's a nice way to cook eggplant.

INGREDIENTS (serves 6)

1	*large eggplant*
3	*garlic cloves,* sliced or chopped
4 Tbsp	*chopped onion*
1½ cups	*fresh ripe tomatoes*
1 tsp	*sugar*
1 tsp	*salt*
2 tsp	*fresh red hot chili peppers*
½ cup	*water*
2 Tbsp	*vegetable oil*

PROCEDURE

(1) Cut the eggplant into long quarter-round strips. Bake them at for 20–25 minutes, or until they are soft but not mushy.

(2) Meanwhile, in a bowl, mix the onion, garlic, tomatoes, salt, sugar, peppers, and water, and mash with a wooden spoon until it forms a coarse paste.

(3) Fry the tomato paste in the oil until the liquid is reduced (about 10 minutes).

(4) Pour the sauce over the eggplant, and serve immediately.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* Measure the spices.

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STIR-FRIED EGGPLANT

EGGPLANT-4 – A simple Chinese-style recipe for fresh eggplant

My favorite for eggplants out of the garden is to stir-fry them with garlic and hot peppers in sesame oil, according to this simple recipe.

INGREDIENTS (serves 4)

2 Tbsp	*sesame oil,* or a mixture of sesame oil and clear vegetable oil, to taste
6	*Szechuan peppers*
1	*large eggplant,* cubed
2	*cloves garlic,* crushed or minced

PROCEDURE

(1) In a wok heat the oil, then toss in the Szechuan peppers. After about 30 seconds (long enough for the scent to be released) toss in the cubed eggpant and the garlic.

(2) Stir-fry over moderatly high heat until the eggplant is tender (about 10 minutes.) Remove the peppers before serving.

NOTES

I've heard it said that the Armenians judge the value of a woman by how many ways she can cook eggplant.

RATING

Difficulty: easy. *Time:* 15 minutes. *Precision:* no need to measure.

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SCOTCH EGGS

EGGS-SCOTCH – Hardboiled eggs in a sausage/oatmeal crust

Scotch eggs are great as appetizers, lunches or dinner! I took this recipe from my Mom's collection, but I'm not sure where she got it.

INGREDIENTS (makes 6)

6	*eggs,* hard boiled

COVERING

1 lb	*sausage meat*
½ cup	*rolled oats*
1 Tbsp	*mustard*
¼ tsp	*black pepper*

COATING

1 cup	*bread crumbs*
2	*eggs,* beaten

PROCEDURE

(1) Preheat oven to

(2) Make the covering: mix all ingredients thoroughly and divide into six portions.

(3) Cover the eggs: uniformly cover each hard boiled egg with its portion of the sausage mixture.

(4) Bread the covered eggs: roll each egg in bread crumbs, then into beaten egg, and once again in bread crumbs.

(5) Set eggs on a cookie sheet and bake for 15 minutes. Turn them over and bake another 15 minutes.

(6) Serve sliced in half.

NOTES

Scotch eggs are delicious either hot or cold.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation after eggs are hard-boiled. *Precision:* approximate measurement OK.

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EGGS AND MUSHROOMS

EGGS-SHROOMS – Eggs poached in mushroom sauce

I got this recipe off the side of a bottle of cooking wine (which I had purchased for another recipe.) It turned out to be so good that I used up the rest of the bottle in repeat performances.

INGREDIENTS (Serves 4)

4	*eggs,* (large)
2 Tbsp	*butter*
½ lb	*fresh mushrooms,* (sliced)
2 Tbsp	*flour*
½ cup	*white cooking wine*
½ cup	*chicken broth*
3 Tbsp	*mayonnaise*
1	*small onion,* (chopped)
½ Tbsp	*dried parsley*
	salt and pepper (to taste)
2 Tbsp	*butter,* (melted)
¾ cup	*Monterey Jack cheese,* grated.

PROCEDURE

(1) Sauté mushrooms in 2 Tbsp butter. Stir in flour. Blend well. Add wine, broth, mayonnaise, onion, parsley, salt and pepper. Cook, stirring until sauce is smooth.

(2) Pour sauce in shallow baking dish. Break eggs over sauce, taking care not to break the yolk (it makes serving easier if the eggs are distributed symmetrically in the dish.) Pour 2 Tbsp melted butter over eggs. Sprinkle with cheese. Bake at until eggs are cooked to your liking (I like the yolks hard, so I bake for about 20 min.)

NOTES

If you use ordinary white wine instead of cooking wine, add ½ tsp of salt to it.

You can use any mild cheddar cheese in place of the Monterey Jack.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 10–20 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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NEW MEXICO ENCHILADAS

ENCHILADAS-1 – New-Mexico-style enchiladas with eggs

This is the way my grandmother and aunt made enchiladas; I haven't lived in New Mexico myself, but that's where this recipe came from.

INGREDIENTS (Serves 2)

1 lb	*ground beef*
1–2	*cloves garlic,* minced
1 tsp	*salt* (or use more or less to taste)
	pepper
1–3 tsp	*chili powder* (to taste)
1 Tbsp	*flour*
4 oz	*tomato sauce*
8 oz	*water*
2	*corn tortillas*
2	*eggs*
	vegetable oil
1 cup	*shredded lettuce*
1	*large tomato,* chopped
1	*medium onion,* chopped
5 oz	*cheddar cheese,* grated

PROCEDURE

(1) Sauté the beef over medium heat until it has lost its raw red color, chopping it with the edge of a spoon into small pieces as it cooks. Add the garlic and spices and cook another 3–4 minutes. Add salt, pepper, and chili powder to taste. Remember that the flavor of chili mellows as it cooks, although it won't get less hot.

(2) Add the flour to the meat mixture and stir well. Add the tomato sauce and water. Simmer gently (uncovered) for about 45 minutes, until it has thickened and the flavors are blended.

(3) Heat about ¼ inch of oil in a small skillet over medium-high heat, until it sizzles when a bit of tortilla is dropped in. Soften the tortillas briefly in the oil, one at a time, about 5 seconds on a side. (Turn with tongs, being careful not to tear them.) Drain on paper towels.

(4) Prepare another small skillet with a small amount of oil in the bottom, enough for frying an egg.

(5) Assembling the enchiladas requires you to keep track of several things at once. Start an egg frying for each enchilada. Make sure that the yolk is cooked soft, not hard! Put one tortilla on a dinner plate. Cover it with a medium-thick layer of meat sauce. Sprinkle chopped onion and grated cheese on top. Sprinkle lettuce and chopped tomato around the edge. Top with another tortilla. Cover with more meat sauce, sprinkle more onion and cheese. Now top with the fried egg and serve immediately.

NOTES

You can also make single-decker enchiladas, for people with small appetitites. Omit the second layer of tortilla, meat, onion and cheese, but don't forget the egg. If you make single-deckers, you will need twice as many tortillas and twice as many eggs, but the same amount of the other ingredients.

RATING

Difficulty: easy to moderate. *Time:* 10 minutes preparation, 45 minutes simmering, 5 minutes assembly. *Precision:* approximate measurement OK.

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ENCHILADAS SABROSAS

ENCHILADAS-2 – Enchiladas with meat, black olives, and cheese

For many years, I've been involved in Latin American ‘‘solidarity work’’ here in the San Francisco area, and as a result, I have learned some of its culinary pleasures. This recipe originated from the back of a can of enchilada sauce in Mexico, but was refined by a special Chilean refugee friend who won a scholarship to the California Culinary Academy (in San Francisco) and now cooks ever-so-lusciously.

INGREDIENTS (Serves 6–8)

2 lbs	*ground meat* (mixed ground beef and ground pork)
1	*medium onion*
½	*green pepper*
5	*garlic cloves*
1 bunch	*cilantro*
½ tsp	*red pepper*
½ tsp	*salt*
½–1 tsp	*cumin*
½ cup	*wine or sherry*
¾ cup	*black olives*
1½ cups	*enchilada sauce* (1 can)
½ cup	*tomato sauce* (1 small can)
12	*corn tortillas*
½ lb	*monterey jack cheese*
½ cup	*sour cream* (optional)
	oil

PROCEDURE

(1) Chop onion and garlic; place them in a frying pan with the ground meats. Sauté them without adding fat.

(2) When meat is brown, add the chopped green pepper and most of the cilantro leaves and cook for another minute or two (until green pepper is cooked bright green).

(3) Drain well, then add several tablespoons of the enchilada sauce and cook for a few minutes longer. Set aside.

(4) Make the sauce: into a saucepan, pour the remaining enchilada sauce (from the can). Add the can of tomato sauce. Add the wine or sherry, cumin, salt, red pepper, and cook for 10–30 minutes (depending on how compulsive you are). The flavor should be smooth (not gritty) and spicy.

(5) Collect together everything that you will need for assembling the enchiladas. Grate the cheese onto wax paper. Have the olives handy (you'll be cutting them in half). Lightly oil the baking dish.

(6) The frying pan from which you drained the meat mixture still has some of its grease left in it. Take 4 tortillas from their package, separate them from each other, then one-by-one, slide them over the frying pan surface on each side, to moisten them slightly with the grease. That done, stack them in the frying pan and heat them until they are soft and pliable.

(7) The final assembly requires a bit of manual dexterity and speed: Take the tortillas, and place them (bumpy side out) in the oven dish, curved into a ‘‘U’’ shape, each right next to its neighbor. (At this point, start heating your next 4 tortillas in the frying pan. I usually wind up preparing 10 tortillas in all.)

(8) Place a small handful of cheese into the U of each tortilla, followed by an appropriate amount of meat mixture, and finally several olive halves. Then curl one end of the tortilla around to tuck into the opposite end, and carefully rotate it to conceal the seam. Each tortilla should be filled firmly (not too loosely) but not overflowing the ends.

(9) Once all the filling is used up and the enchiladas are now filled tortillas, pour the sauce over the top, helping it run into all the crevices. Sprinkle lightly with remaining cilantro leaves.

(10) Cover with aluminum foil and bake for 20–30 minutes, just until the tortillas are soft and the sauce is slightly bubbly. Let sit for 5 minutes, then serve, topped with a dollop of sour cream.

NOTES

If you fail to drain the meat well enough, the enchiladas will be greasy. If overbaked, it tastes all right, but the tortillas lose their texture. In general, however, the recipe is quite forgiving in its proportions. Feel free to adjust the seasoning to your own tolerance for hot spice. I like to assemble this recipe at least 3 hours before baking to give the flavors a chance to blend. Left refrigerated for a day, the seasoning is even less aggressive. Served with a salad (and some Mexican beer), it's a complete meal.

RATING

Difficulty: moderate. *Time:* 1 hour preparation, 30 minutes baking. *Precision:* Approximate measurement OK, but time the baking carefully.

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FAJITAS

FAJITAS – Barbecued skirt steak marinated in lime: a Tex-Mex favorite

Fajitas originated in Texas as a way to make cheap meat palatable. Unfortunately, it was too successful. It is still palatable, but because the word is out that fajitas are so delicious, the meat isn't cheap any more. Because this is not a traditional Mexican dish but a recent invention of Mexican immigrants, there is no fixed formula for it. Many different kinds of marinade are used; this one is adapted from a recipe given to a friend over the phone by Tortuga's in Austin, Texas.

INGREDIENTS (serves 8)

3 lb	*skirt steak*
2	*large yellow onions*
2 Tbsp	*vegetable oil*
16	*whole-wheat tortillas*
2 cups	*grated cheese*
3 cups	*guacamole*

MARINADE

1 cup	*lime juice*
1 Tbsp	*ground black pepper*
2 Tbsp	*garlic,* minced

PICO DE GALLO

½ cup	*fresh cilantro,* chopped
2	*scallions,* chopped (green onions)
2	*large tomatoes,* chopped
1 tsp	*garlic,* minced

PROCEDURE

(1) Combine marinade ingredients in a large glass baking dish.

(2) Peel the fatty membrane from both sides of the skirt steak. This requires a very sharp knife. Add meat to marinade and marinate for at least 4 hours, preferably overnight. Keep it in the refrigerator if you marinate overnight.

(3) Make the *pico de gallo*: combine all of the ingredients in a small serving bowl.

(4) Slice the yellow onions into ¼-inch slices, and cut each slice into a semicircle. Grill the meat until it is cooked slightly less than the way you like it. Meanwhile, sauté the onions in the oil until they are soft. Use a large frying pan that will have enough room for the meat later.

(5) After removing the meat from the grill, slice it into strips that are cut across the grain. The strips should be 3–4 inches long and ¼ inch thick. Add the strips to the onions in the pan, and fry for another minute or two.

(6) Place on the table the pan full of meat, the bowl of *pico de gallo*, a basket with the tortillas, a bowl with the guacamole, and a bowl with the grated cheese. You may wish to provide *picante* sauce in addition.

(7) Each person makes her own fajita by taking a tortilla, spooning some of the meat onto it, then adding her choice of each of the other ingredients in whatever combination she wants.

NOTES

Skirt steak is somewhat like flank steak: somewhat tough, and with a very stringy texture. It is covered on both sides with a fatty membrane that must be removed or the meat will be very tough. The key to good fajitas is the proper removal of this membrane.

Fresh-squeezed lime juice is best, but bottled will do.

Some people from out of state choose to put sour cream on their fajitas.

RATING

Difficulty: easy. *Time:* 45 minutes preparation, several hours marinating, 10 minutes cooking. *Precision:* no need to measure.

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FISH-CHOWDER

FISH-CHOWDER – Betty Post's quick fish chowder

When I left for my first job out of school, my mother was convinced that I'd starve to death. She gave me a set of easy recipes on index cards in hopes that I'd occasionally eat at home instead of Denny's. This is one of those recipes. It's quick and easy, and tastes great.

INGREDIENTS (Serves 4)

½ lb	*haddock*
¾ cup	*water*
3 pcs	*bacon*
1	*medium potato*
1¼	*onion,* chopped
16 oz	*creamed corn*
1 cup	*milk*

PROCEDURE

(1) Peel potato, cut into chunks, put in saucepan with the water, and cook, covered, over medium heat for 10 minutes.

(2) Cut fish in chunks, mix in with the potatoes, and continue to cook for 10 more minutes (covered).

(3) While these are cooking, fry the bacon until it is crisp. Drain on paper towels.

(4) Fry the onion in the bacon grease.

(5) Add the creamed corn to the fish and potatoes.

(6) Add the milk to the onions. Crumble the drained crisp bacon and add to the milk mixture.

(7) Bring the milk mixture to serving temperature, add the fish mixture, and serve.

RATING

Difficulty: Easy. *Time:* 5 minutes preparation, 25 minutes cooking. *Precision:* No need to measure.

CONTRIBUTOR

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FLAN

FLAN – A rich Mexican custard

This recipe comes from the *Delicias Culinarias* cookbook that I brought from Mexico.

INGREDIENTS (Serves 4)

¾ cup	*sugar*
2	*eggs*
2	*egg yolks*
2 cups	*milk*
1 tsp	*vanilla extract*

PROCEDURE

(1) In a small kettle, heat 3 Tbsp of sugar with 1 tsp of water until the mixture turns brown. Pour the mixture into 4 gelatin molds. Move the molds around so that the mixture coats the interior. Set aside.

(2) Mix the eggs, sugar, milk, and the vanilla extract.

(3) Pour the mixture into the molds. Put the molds over a deep pan with water (double boiler or *bain marie* technique) for 1 hr in a oven. Keep the water in the pan at the same level by adding boiling water.

(4) Cool and put it in the refrigerator. Unmold the *flan* before serving.

NOTES

You can substitute liquor for some of the milk to make the *flan* richer. Personally, I use 1 cup of milk and 1 cup rompope (Mexican eggnog).

Be careful when coating glass molds as they can break because of the sudden change in temperatures. You have to do it fast as the mixture hardens very quickly.

RATING

Difficulty: moderate. *Time:* 2½ hours *Precision:* no need to measure.

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FONDUE INDIENNE

FONDUE-1 – Cheese fondue with curry flavor

This is a very tasty meal and a lot of fun as well. You will need to have a crockery fondue pot and a burner, as all the cooking happens on your dinner table with your guests doing all their own cooking! My wife and I enjoy a fondue with dinner guests or simply by ourselves, and this is one of our favourites. This recipe is adopted from one published by the Australian Dairy Corporation many years ago.

INGREDIENTS (serves 4)

1	*garlic clove,* crushed
1	*medium onion,* grated
1¼ cups	*dry white wine*
2 tsp	*curry powder* (or more or less, to taste)
2½ cups	*matured cheddar cheese,* grated
2 Tbsp	*flour*
¼ cup	*spicy fruit relish*
½ tsp	*salt*
	freshly ground pepper, to taste

PROCEDURE

(1) Rub the bottom and sides of the fondue pot with the clove of garlic before crushing it and using it in the next step.

(2) Bring the garlic, onion, wine and curry powder to simmering point in the fondue pot. If you want to speed things along a little then you can do this on the stove and then transfer the mixture to the fondue pot.

(3) Combine the grated cheese and flour by tossing in a plastic bag.

(4) Gradually stir in the cheese, a handful at a time. Allow it to melt completely between each addition. When all the cheese has been added the mixture should be bubbling and smooth.

(5) Stir in the relish.

(6) Season with salt and freshly ground pepper.

(7) Keep the mixture warm over a burner, seat your guests down, fill their wine glasses and enjoy your meal.

NOTES

I often add more cheese than the recipe calls for. You can use any of the following as dippers with the fondue:

(1) whole cultivated mushroom caps, sauteed quickly in butter then tossed in chopped parsley.

(2) whole, peeled and deveined prawns.

(3) fresh pineapple chunks.

(4) canned artichoke hearts, well drained and halved.

(5) unpeeled apple wedges, thick banana slices or peeled pear quarters tossed in lemon juice (to prevent them from going brown during your meal.)

(6) thick cucumber slices or chunks.

(7) small whole radishes.

(8) califlower

(9) a small French loaf per person.

(10) anything else that tickles your fancy.

RATING

Difficulty: easy. *Time:* 40 minutes preparation, cooking takes as long as it takes you to eat it. *Precision:* approximate measurement OK

CONTRIBUTOR

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FRANGO MINT PIE

FRANGO-PIE – Decadent chocolate mint pie

One of the things that is memorable about Marshall Field's department store in Chicago is their "Frango chocolate mints." This pie captures the flavor perfectly. I got the recipe from Malcolm Slaney, who "found it in a cookbook when [he was] attending Kayak School in Oregon."

INGREDIENTS (Makes one pie)

1 cup	*butter*
2 cups	*confectioners sugar* (sifted)
4 oz	*unsweetened chocolate*
4	*eggs*
¾ tsp	*peppermint extract*
2 tsp	*vanilla extract*
10	*vanilla wafers,* crushed

PROCEDURE

(1) Beat the butter and sugar in a large bowl until light and fluffy.

(2) In the top of a double boiler, melt the chocolate. Add to the butter-sugar mixture and beat thoroughly.

(3) Add the eggs one at a time, beating well after each egg, until well blended.

(4) Fold in the peppermint and vanilla.

(5) Line the pie tin with the vanilla wafer crumbs (buttering the pie tin makes them stick to the side a little better). Pour in the filling.

(6) Refrigerate for two hours.

NOTES

This recipe fills a shallow 8 inch pie tin; add 50% to everything to fill a 9 inch pie tin.

If you're not very good at pie crusts (I'm not), feel free to use a pre-formed graham cracker crust. The chocolate and mint flavors predominate, no matter what crust you use.

This is serious decadence! The first time I made this, I stopped several times in disbelief of just what I was doing. Enjoy!

RATING

Difficulty: moderate (melting chocolate is tricky). *Time:* 30 minutes preparation, several hours chilling. *Precision:* measure the ingredients.

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DARK FRUITCAKE

FRUIT-CAKE-1 – An extravagant traditional fruitcake

This is about as rich a fruitcake as you could possibly want to make. It started life as a *Better Homes and Gardens recipe*, but has been changed beyond all recognition.

INGREDIENTS (1 7-lb cake)

16 oz	*candied citron* (or candied fruit and peels)
8 oz	*candied cherries*
1 cup	*dark raisins*
1 cup	*golden raisins*
1 1/3 cups	*Calmyra figs,* cut into pieces
1 1/3 cups	*pitted dates,* cut into small slices
1½ cups	*pecan halves* (or walnut halves if necessary)
½ cup	*brandy*
3 cups	*white flour*
2 tsp	*baking powder*
2 tsp	*salt*
1 Tbsp	*ground cinnamon*
1 tsp	*ground nutmeg*
1 tsp	*ground allspice*
1 tsp	*ground cloves*
4	*eggs*
1¾ cups	*packed brown sugar*
1 cup	*orange juice*
¾ cup	*melted butter,* cooled
¼ cup	*light molasses* (treacle)

PROCEDURE

(1) Mix fruits together in a bowl. Pour brandy over fruits. Turn fruit mixture over every 20 minutes. Soaking time is a matter of taste, but two hours is typical.

(2) Preheat oven to Prepare tube pan: grease sides and bottom. Line bottom and sides with greased brown paper.

(3) In a very large bowl, mix flour, spices, baking powder, and salt. Stir until spices are evenly blended throughout.

(4) In a third bowl beat eggs until fluffy. Add brown sugar, orange juice, molasses, and butter. Mix, making sure that all the sugar dissolves.

(5) Pour off any liquid from fruit mixture and add the fruit and the nuts to the dry ingredients. Mix until all fruit pieces are coated. Then pour in the liquids and mix gently until you have an evenly-mixed batter.

(6) Pour batter into pan and bake at for 1 hour. Cover pan with foil and bake for 1 hour more or until toothpick inserted in center comes out clean. Cool for 30 minutes before removing from pan. Peel off paper very carefully.

(7) Put cake in cake tin lined with foil. For the next 3 to 4 weeks, sprinkle a little brandy over cake twice a week. Keep cake covered and store the tin in the refrigerator. If you prefer to omit the brandy, cover top of cake with very thin slices of apple instead.

NOTES

This makes a HUGE cake. If your tube pan isn't at least 10×4 inches there is a fair chance that it will run over; in that case, use several loaf pans instead (fill loaf pans about half-way). A pan with a removable center will make extracting the cake much easier.

Except for mixing the liquids, an electric beater is useless for this recipe.

In the USA, candied fruits typically come in packages of the indicated sizes. If you have to measure by volume, use 2½ cups of candied citron and 1 1/3 cups of the candied cherries. I prefer citron instead of the mixture because there's no bitterness from the rinds, although the cake isn't so colorful. Calmyra figs are the light-colored figs most commonly seen in North America.

RATING

Difficulty: moderate. *Time:* 2 hours preparation (including soaking the fruit), 2 hours baking, several weeks mellowing. *Precision:* Measure batter ingredients carefully. Fruit and nut quantities are somewhat flexible.

CONTRIBUTOR

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OLD WORLD FRUIT CAKE

FRUIT-CAKE-2 – A traditional European-style fruit cake

Although fruitcakes have a bad reputation, this one is *excellent*. My mother has been making it for years. She originally got the recipe from a friend, but has since adapted it to suit her fans. (She gets requests for it all year long.)

INGREDIENTS (1 large fruitcake)

CAKE

1 cup	*all-purpose flour*
½ tsp	*salt*
¼ tsp	*baking soda*
¼ tsp	*baking powder*
½ tsp	*allspice*
½ tsp	*cinnamon*
½ tsp	*cloves*
½ tsp	*mace*
½ tsp	*nutmeg*
½ cup	*melted butter*
2	*eggs*
¾ cup	*black coffee* (cold)
½ cup	*brown sugar*
1 cup	*raisins*
1 cup	*mixed fruit*
1 cup	*dates*
¼ cup	*rum or brandy*

GLAZE

4 Tbsp	*butter*
½ cup	*rum or brandy*
½ cup	*sugar*

PROCEDURE

(1) Mix the melted butter, eggs, rum and coffee together.

(2) Add brown sugar and mix well.

(3) Add rest of dry ingredients and place in a buttered loaf pan.

(4) Bake at for 2 hours or until done (it will separate from the sides of the pan).

(5) Make glaze when almost completely baked: Melt (do not boil) butter. Add rum and sugar. Stir by hand.

(6) Remove the cake from the oven and pour half of the glaze over it. Let it cool 25 minutes, then turn it over and pour the remaining glaze on the other side.

(7) Notes: Don't use glass pans. This freezes well, if you make more than you can eat; just be sure to wrap it carefully so it doesn't get freezer burn. Warm frozen cake in the oven, not the microwave.

RATING

Difficulty: easy to moderate. *Time:* 15 minutes preparation, 2 hours baking, 30 minutes finishing. *Precision:* measure the ingredients.

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TOO MUCH FRUIT SALAD

FRUIT-SALAD – Generic fresh fruit salad

Many people think of fruit salad as that disgusting stuff that comes in a can made from diced plastic fruit and heavy syrup. This is more like what it is supposed to taste like, although some people might claim that my addition of syrup makes this into fruit cocktail instead of fruit salad.

Whatever you call it, it's especially good in the summer. I make it every couple of months (usually in vast quantities, even though there are only two of us, hence the name). It rarely lasts very long, regardless of how much I make.

INGREDIENTS (Makes too much)

1	*ripe pineapple*
1	*ripe melon*
1	*large grapefruit* (preferably pink)
2–3	*oranges*
11 oz	*maraschino cherries* (1 large jar)
2–3	*ripe bananas*
2–3	*kiwi fruits*
1 lb	*stewed prunes in heavy syrup* (1 standard can)
2–3	*ripe peaches,* sliced (or use 1 lb of stewed apricot halves in heavy syrup)
1 cup	*apricot nectar*

PROCEDURE

(1) Peel and section the grapefruit and oranges. Remove the seeds and membranes. Cut the sections into bite-size pieces and dump into a big non-metallic bowl.

(2) Peel and core the pineapple (making sure to get all the eyes), cut the flesh into bite-sized pieces and add to the bowl. A typical whole pineapple is usually too much, so you might want to reserve about 1/3 of the flesh to eat by itself.

(3) Peel and cut the melon, bananas, peaches, and kiwi fruits and add to the bowl. The kiwis should be sliced horizontally (so the seeds make pretty circular patterns).

(4) Add the stewed prunes, syrup and all. This will moisten everything. Add the maraschino cheries and the syrup they came in (check for stems). Add the nectar, making sure there is enough liquid to cover the fruit.

(5) This is the hard part. Put it all in the refrigerator, and don't eat any until tommorow. It really needs to sit overnight for all the colors and flavors to blend together.

NOTES

Some people might object to the use of maraschino cherries—they are processed with sulfur dioxide, which isn't really good for you. I like the way they taste, so I allow myself this one debauch.

Unless you can find good-quality fresh fruit, it is better to use canned. This is especially true of pineapple—canned pineapple is not as good as good fresh pineapple, but is much better than a bad fresh one. For the melon, I've used honeydew, canteloupe, and casaba with good results. Watermelon is interesting, but has a very diferent texture from the others. More important than the actual variety is that it is ripe. Unfortunately, New York supermarkets only seem to sell the kind of melon that goes from rock-hard to rotten without passing through ripe. Bananas are best when they are just starting to get brown speckles.

My mother uses orange juice for the liquid, but I prefer nectar. The combination of the prune and cherry syrups give it a nice color. Sometimes I add a bit of lemon juice for tartness. I've experimented with cherry liqueur, but didn't really like the results.

Use whatever fruit you find fresh in the market. The invariant part is the grapefruit, orange, and maraschino cherries.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, ½ day waiting. *Precision:* approximate measurement mandatory.

CONTRIBUTOR

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FRUIT SOUP

FRUIT-SOUP – Fresh fruit soup

This is a simple, delicious soup, perfect for a hot summer day. It is based upon a recipe in *The Moosewood Cookbook* by Mollie Katzen. This describes what emerged last time I made it; vary any or all of the ingredients freely. I've included some suggestions at the end.

INGREDIENTS (serves 4)

12 oz	*apple juice concentrate* (one can)
2	*peaches or nectarines*
1 wedge	*canteloupe*
2	*apricots*
12	*strawberries*
1	*small lemon*
1	*small lime*
½ tsp	*dried mint flakes*
	cinnamon
	nutmeg
2 cups	*unflavored yogurt*
	honey
	sherry or other sweet wine
12 oz	*grape juice concentrate* (one can)
4	*violets or other small non-toxic flowers*

PROCEDURE

(1) Wash and peel the peaches, canteloupe, and apricots. Wash and hull the strawberries and set aside the 4 nicest ones. Peaches and apricots peel more easily if you dip them in boiling water for a few seconds before peeling. Try not to lose any juice from the fruit.

(2) Put half of the fruit into the bowl of a food processor and purée. You could also use a food mill for this.

(3) Put the puréed fruit into a bowl and add the apple juice concentrate, an equal quantity of water, the juice of the lemon and of the lime, the mint flakes, a sprinkle each of cinnamon and nutmeg, and half of the yogurt. Whisk together well. Add several glugs of sherry and honey to taste. (It shouldn't be very sweet—a couple spoonfuls should do it.)

(4) Put the rest of the fruit in the food processor and pulse until well chopped but with recognizable chunks of fruit still visible. Put this into a different bowl and mix some of the first mixture into it so the fruit doesn't turn brown. Put both bowls in the refrigerator for at least half an hour.

(5) When you're ready to serve, divide the chunky fruit into 4 soup bowls. Fill each bowl almost to the rim with the soup. Pour the grape juice concentrate into a creamer or small pitcher and carefully pour two concentric circles of grape juice into each bowl. Take a chopstick or similar sized utensil and draw it through each bowl several times alternating from the center to the edge and from the edge to the center, lifting the chopstick after each stroke. This should turn the rings of grape juice into sort of a zigzag pattern. Stir up the remaining yogurt well and put a little mound of yogurt into each bowl. (The yogurt will probably sink. Put more in until you get a mound!) Take the 4 reserved strawberries, slice them thinly, and surround each mound of yogurt with strawberry slices. Top each mound of yogurt with a flower and get ready for the oohs and ahs.

NOTES

You can substitute any fruit that you want, but use strong tasting fruits like pineapple in moderation or they will take over the soup. Bananas are nice; cherries are wonderful but impossible to peel. Plums and other fruits with very mild flavors tend to get lost in the shuffle. The juice concentrates can be replaced with regular juices; vary them if you like, also. There's an apple-pear-grape juice combination that's delicious as the base and cranberry juice is nice as the contrasting color. Or, use a darker juice for the base and something lighter in color like orange juice to make the rings. Cherries or mint leaves make attractive garnishes.

Of course you don't have to go through all the special presentation work, but it really doesn't take that much time and it makes the result into something special. Doing the fruit in two steps is strictly optional; if you're not going to make the ring pattern you may as well just process it all at once and stop before it's completely puréed.

RATING

Difficulty: moderate. *Time:* 20 minutes preparation, 30 minutes chilling, 10 minutes presentation. *Precision:* no need to measure.

CONTRIBUTOR

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FRUIT TART

FRUIT-TART – A quick fruit tart pie

This is just about the ideal way to use up any fresh fruit you have lying around. I got the recipe from my mom.

INGREDIENTS (Makes 1 pie)

1	*pie shell* (If you don't make your own, buy the frozen uncooked kind.)
½ cup	*water*
1 cup	*sugar*
2½ Tbsp	*cornstarch*
10 cups	*sliced fruit*
	ground cinnamon or nutmeg (to taste)

PROCEDURE

(1) Mash 2 cups of the fruit in a saucepan with the water, sugar, and cornstarch. Add another sprinkle of nutmeg or cinnamon. Boil until the liquid becomes clear (about two minutes).

(2) Place the remaining fruit in the pie shell, and a sprinkle of the nutmeg or cinnamon.

(3) Pour the hot mixture over the fruit, and let cool for at least two hours.

(4) Serve, with whipped cream or ice cream as desired.

NOTES

Any fresh fruit in season will do; I've made peach, nectarine, and strawberry/banana, all to good effect.

Scheduling usually works out well if you make this shortly before serving the meal, and let it cool while you eat.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, two hours cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CHOCOLATE FUDGE

FUDGE-1 – Rich fattening chocolate fudge

This recipe makes fudge. Not fudge brownies, just fudge. I'm not sure what else to say about it.

INGREDIENTS (Makes 1 8-inch pan)

2 cups	*sugar* (granulated)
1 cup	*condensed milk* (unsweetened!)
2 ½ Tbsp	*butter*
¼ tsp	*salt*
2 oz	*unsweetened chocolate* (I use Hershey's baking chocolate. Bakers chocolate does NOT work)
1 Tbsp	*corn syrup* (light)
1 cup	*walnuts* (chopped)
1 tsp	*vanilla extract*
1 Tbsp	*rum* (I use Stroh's Inlander rum)

PROCEDURE

(1) Combine sugar, condensed milk, butter, salt, chocolate, and corn syrup in a HEAVY 3-quart saucepan. Heat slowly.

(2) Stir until everything is melted. When the chocolate is melted thoroughly, beat with electric mixer (I ain't proud!) until smooth.

(3) Let cook to halfway between soft and medium ball stage (use candy thermometer if available)

(4) Let cool until barely touchable. (due to heat)

(5) Stir in chopped walnuts, vanilla, and rum. Beat the mixture until it starts to set.

(6) When it *starts* to set, get it into an 8-inch square pan. (buttered, of course) If you wait to do this, you will eat it out of the saucepan.

NOTES

This is guaranteed to cause obesity if over-indulged in.

RATING

Difficulty: Moderate to hard. Melted chocolate is tricky, and the timing is fairly important. *Time:* about an hour. *Precision:* Measurement important for some ingredients.

CONTRIBUTOR

TEDDY BEARS ARE SHY, SAVE A POWDERMILK BISCUIT FOR YOURS!
''When Eddie said he didn't like his Teddy, you knew he was a no good kid!''
Jim Johnston
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MARY'S GARLIC BREAD

GARLIC-BREAD – Addictive and fattening garlic bread

This recipe is from *The Garlic Lover's Cookbook,* which is a must for all folks interested in keeping vampires away.

INGREDIENTS (serves 6)

1 cup	*butter,* softened
1 cup	*parmesan cheese,* grated
½ cup	*mayonnaise*
5	*garlic cloves* minced or pressed
3 Tbsp	*fresh parsley,* chopped
½ tsp	*oregano*
1 loaf	*French bread,* (baguette), cut lengthwise

PROCEDURE

(1) Preheat oven to

(2) Mix all ingredients except the bread together in a bowl.

(3) Spread the mixture onto the French bread.

(4) Wrap bread in aluminium foil.

(5) Bake for 20 minutes.

(6) Unwrap and place under broiler to brown.

NOTES

We never finish the last step. By the time we have the stuff unwrapped, we just have to eat it!

RATING

Difficulty: easy. *Time:* preparation: 10 minutes, cooking: 25 minutes. *Precision:* No need to measure.

CONTRIBUTOR

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SIMPLE GARLIC BREAD

GARLIC-BREAD-2 – Quick and easy garlic bread

This is a quick and painless way to make garlic bread in a hurry. It might not be a gourmet recipe, but it is easy and tasty.

INGREDIENTS (serves 4)

	butter
	garlic salt
	grated cheese
1	*loaf of Italian or French bread*

PROCEDURE

(1) Preheat broiler. Slice loaf of bread lengthwise and butter both halves.

(2) Sprinkle garlic salt and grated cheese on both halves.

(3) Place under broiler until brown (about 3 minutes).

NOTES

This also works well with almost any other kind of bread.

RATING

Difficulty: trivial. *Time:* 3 minutes preparation, 3 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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GARLIC BUTTER SCAMPI

GARLIC-SCAMPI – Scampi in garlic butter sauce

INGREDIENTS (Serves 8)

BUTTER SAUCE

¾ cup	*butter*
1 Tbsp	*finely minced garlic*
1 cup	*clam juice*
¼ cup	*flour*
1 Tbsp	*minced parsley*
1/3 cup	*white wine*
	juice of ½ lemon
1 tsp	*dry basil*
¼ tsp	*nutmeg*
	salt and peper
½ cup	*half-and-half* (or use light cream)

SCAMPI

2 Tbsp	*butter*
1/3 cup	*olive oil*
1 Tbsp	*minced garlic*
	juice of 1 lemon
1 Tbsp	*chopped parsley*
½ tsp	*crushed red pepper*
1 Tbsp	*fresh basil*
¼ cup	*white wine*
	dash of dry vermouth
	salt and pepper
3 lbs	*deveined and cleaned scampi (prawns)*

PROCEDURE (SAUCE)

(1) Melt butter with garlic in saucepan over medium heat; do not let the garlic brown.

(2) In a separate bowl, mix clam juice, flour and parsley, blending until mixture is smooth.

(3) Pour flour mixture into garlic butter and stir until smooth and well blended.

(4) Stir in wine, lemon juice, herbs and spices, stirring constantly.

(5) Gradually add half-and-half and stir until thickened.

(6) Simmer for 30 to 45 minutes

PROCEDURE (SCAMPI)

(1) Melt butter in large saucepan on high heat and add oil.

(2) Combine remaining ingredients keeping scampi aside until the last minute.

(3) Add scampi and saute until firm and slightly pink. Do not overcook.

(4) Pour scampi butter over scampi.

NOTES

I serve this over fettucini (1½ lbs for a full batch).

To save the trouble of deveining shellfish, you can have two or three big ones for each person, and use small bay shrimp for the remainder.

This recipe comes from the Garlic Lovers' Cookbook, published by the Gilroy Garlic Festival, P.O. Box 2311, Gilroy, California, USA. North America mail order price is $9.45 (paperback) or $12.45 (spiral) for each of the 2 volumes.

RATING

Difficulty: Moderate. *Time:* 45 minutes cooking, 1 ½ hours for deveining scampi, 10 minutes for other preperation. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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GATEAUX PIMENTS

GATEAUX-PIM – Savoury spice balls

This recipe is from the kitchen of Fred Hopper, and is originally from the isle of Mauritius. Fred often serves these as delicious late-night snacks, to accompany drinks.

INGREDIENTS (Serves 4–6)

½ lb	*chana dall* (split yellow peas)
3	*small onions* (button sized)
6	*spring onions*
4	*sprigs watercress*
2	*green chillies*
1	*sprig parsley*
1 tsp	*turmeric*
1 tsp	*thyme*
1 tsp	*salt*
¼ tsp	*black pepper* (freshly ground)

PROCEDURE

(1) Soak the dall in cold water for a day, then drain thoroughly.

(2) Chop all the vegetable ingredients finely.

(3) Place the dall in a food processor and process to a paste. Decant into a bowl, add turmeric, salt and pepper, and vegetable ingredients and mix well.

(4) Heat oil in a deep-frying pan. When it is hot, roll walnut-sized pieces of the paste in the palm of the hand and drop in to the oil to fry until golden brown.

(5) Remove from the oil and drain the gateaux on kitchen towels. Serve hot, with drinks.

NOTES

The choice of drinks served will depend on how spicy you make the gateaux: cool beer or lager usually goes down well.

RATING

Difficulty: moderate. *Time:* 1 day soaking dall. 30 minutes preparation, 10 minutes cooking. *Precision:* Weighing of ingedients is best, but measures can be approximate.

CONTRIBUTOR

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SOFT GINGER BREAD

GINGERBREAD – Traditional gingerbread, soft and chewy

I got this recipe from a college roommate, who got it from her mother.

INGREDIENTS (makes 1 pan gingerbread)

1 cup	*butter*
1 cup	*white sugar*
2 tsp	*baking soda* (That's SODA, not POWDER)
1 cup	*water* (boiling)
1 cup	*blackstrap molasses*
1 tsp	*salt*
1 tsp	*ginger*
1 tsp	*cinnamon*
2 3/4 cups	*white flour*
2	*eggs* (large)
1/4 cup	*powdered sugar*
1/4 cup	*diluted milk* (half milk and half water)

PROCEDURE

(1) Preheat oven to

(2) Cream together the butter and sugar in a bowl big enough to hold the entire recipe.

(3) Dissolve the baking soda in 1 cup boiling water. Add that mixture, and the molasses, salt, ginger, cinnamon, and flour to the butter-sugar cream. Mix only until moistened and evenly distributed.

(4) Lightly beat the eggs, then add them to the bowl and beat the complete mixture well.

(5) Grease a 9×13 shallow baking pan (or a 10-inch round casserole dish). Pour the mixture into the dish. Bake for about 45 minutes, or until a poked toothpick comes out clean.

(6) Mix the powdered sugar and the diluted milk together to form an icing, and brush on to the gingerbread.

NOTES

Serve warm! You can make a refreshing variation on this basic recipe by replacing 1 cup of the flour with whole-wheat flour, reducing the sugar to ½ cup and increasing the molasses to 1¼ cups

RATING

Difficulty: easy. *Time:* 20 minutes plus baking and cooling time. *Precision:* measure the ingredients.

CONTRIBUTOR

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GINGERBREAD

GINGERBREAD-2 – Best-ever gingerbread

This moist gingerbread is a good recipe for the holidays or any other time. This recipe was originally published in *Sunset* magazine before I was born.

INGREDIENTS (serves 12)

1 cup	*white sugar*
¼ tsp	*salt*
1 tsp	*ginger*
½ tsp	*cinnamon*
½ tsp	*powdered cloves*
1 cup	*vegetable oil*
1 cup	*light molasses*
2 tsp	*baking soda* (That's baking *soda*, not baking powder)
1 cup	*boiling water*
2 ½ cups	*all-purpose flour,* unsifted
2	*eggs,* well beaten

PROCEDURE

(1) Mix the sugar, salt, ginger, cinnamon and cloves together in a bowl.

(2) Add the vegetable oil and the molasses, stirring until well blended.

(3) Mix the baking soda into the boiling water and immediately stir into the mixture.

(4) Add the flour gradually, mixing well after each addition.

(5) Mix in the beaten eggs.

(6) Pour into a greased 9×13 baking pan and bake at for 40 minutes.

NOTES

Top with whipped cream or lemon sauce.

RATING

Difficulty: moderate. *Time:* 20 minutes to prepare, 40 minutes to cook. *Precision:* measure the ingredients.

CONTRIBUTOR

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GINGER COOKIES

GINGER-COOKIES – Ginger cookies

(Originally from *The Settlement Cook Book.*)

These have a lot of zest.

INGREDIENTS (4 dozen cookies)

¾ cup	*butter*
1 cup	*sugar*
¼ cup	*dark molasses*
1	*egg*
2 cups	*flour*
2 tsp	*baking soda*
1 tsp	*ginger*
1 tsp	*cinnamon*
1 tsp	*ground cloves*

PROCEDURE

(1) Cream the butter and sugar togather.

(2) Add the egg (beaten) and the molasses.

(3) Sift the rest of the dry ingredients together and add to the mixture.

(4) Form into 1-inch balls and roll in granulated sugar.

(5) Place 2 inches apart on a greased cookie sheet and bake at for 10 to 12 minutes.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 10 minutes cooking. *Precision:* measure the ingredients.

CONTRIBUTOR

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SZEKELY GOULASH

GOULASH-1 – Southern Hungarian goulash

This goulash is a specialty of Szekely, the southern part of Hungary. My grandmother cooked it without a recipe; this recipe is from my mother, with my modifications. (Szekely is not pronounced the way it's spelled; "say-ki-ee" is a little closer, but still wrong.)

INGREDIENTS (Serves 6)

2 lb	*sauerkraut,* rinsed and drained (use a colander)
1 Tbsp	*caraway seeds*
2 Tbsp	*butter* (or oil or bacon drippings)
1 lb	*pork shoulder,* cut into large bite-sized pieces
1 lb	*Hungarian sausage,* or Polish sausage, sliced into large bite-size rounds
1	*large onion,* chopped
2	*cloves of garlic,* finely chopped
1	*green pepper,* chopped
1 Tbsp	*Hungarian sweet paprika* (or use *fresh* paprika from the supermarket)
2 cups	*sour cream*

PROCEDURE

(1) Use a covered pot large enough to hold all the ingredients. Put the sauerkraut in just enough water to cover it, add caraway seeds, and simmer with the cover on for two hours (or longer, if you want).

(2) In a large, heavy skillet melt the butter and brown the pork. Put the pork and the sausage into the pot with the sauerkraut.

(3) Sauté the onion in the skillet until transparent; add the garlic and sauté for a few more minutes. Add this to the pot, along with the green pepper and paprika. (I've had good luck adding some cayenne at this point.)

(4) Simmer (with the cover on loosely) for a couple of hours, mixing it up occasionally.

(5) Remove from heat and let cool for 30 minutes; then stir in the sour cream and serve.

NOTES

This goes well with noodles, dumplings, potatoes, or spaetzle (called *nokedli* in Hungarian). The longer it cooks, the better it tastes; it's even better reheated. Cook it the day before but don't add the sour cream until you've reheated it.

RATING

Difficulty: easy. *Time:* 30 minutes chopping, many hours cooking. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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HONEY GRAHAM CRACKERS

GRAHAM-CRACK – North American crackers with graham flour, honey, and cinnamon

I originally got this recipe from a newspaper and played around a bit until I thought it tasted like Sunshine Honey Grahams. I've occassionally used ordinary whole wheat flour when I didn't have any graham flour and it still worked alright. Graham flour is coarser.

INGREDIENTS (Makes 36–40)

½ cup	*butter*
2 cups	*graham flour*
1 tsp	*baking powder*
2 Tbsp	*brown sugar*
½ tsp	*ground cinnamon*
¼ cup	*honey*
1	*egg,* beaten
¼ cup	*hot water*

PROCEDURE

(1) Preheat oven to Using a pastry blender or two knives, cut butter into flour until mixture has the texture of cornmeal. Stir in baking powder, brown sugar and cinnamon. Add egg and hot water and mix until well blended.

(2) Knead dough 2 or 3 minutes. Set half aside. Roll out into a square about 1/8 inch thick. Place on ungreased baking sheet. Score dough into 2-inch squares, using a sharp knife.

(3) Bake at for 10 minutes or until lightly browned. Roll out and bake remaining half of dough. Cool baked crackers and gently separate into squares.

RATING

Difficulty: moderate (judgment required). *Time:* 10 minutes preparation, 20 minutes cooking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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SESAME GRANOLA

GRANOLA – A crunchy sesame seed granola

I got this recipe from the back of a page from a green engineering pad with a circuit diagram on the other side. Where it came from before that I do not know.

INGREDIENTS (About 6 servings)

½ cup	*vegetable oil*
½ cup	*honey*
1 tsp	*vanilla extract*
2 cups	*rolled oats* (quick or old fashioned oatmeal, uncooked)
2 cup	*wheat flakes*
1 cup	*sunflower seeds*
1 cup	*raisins*
¾ cup	*sesame seeds*
½ cup	*chopped walnuts*
½ cup	*flaked coconut*

PROCEDURE

(1) Preheat oven to

(2) Combine all the dry ingredents and mix well (do not break up the wheat flakes).

(3) Heat oil, honey and vanilla in a large saucepan.

(4) Remove from heat and mix in the other ingredients stir until everything is coated well.

(5) Spread into a 13-inch baking pan, and bake at for 15–20 min or until golden brown.

(6) Allow to cool before removing from pan.

NOTES

These are much better than any "store bought" granola. I eat it as desert or carry it instead of gorp when backpacking. It is very good eaten straight, with no milk.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 20 minutes cooking *Precision:* no need to measure.

CONTRIBUTOR

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VALLEY GRAPE PIE

GRAPE-PIE – Fruit pie made from green seedless grapes

This recipe came originally from the *Los Angeles Times Magazine*. It's unusual: I'd never before thought of using grapes in a pie before. But it's good!

INGREDIENTS (1 pie)

1½ cups	*Graham cracker crumbs*
3 Tbsp	*sugar*
1/3 cup	*butter,* melted
3 tsp	*cornstarch*
2/3 cup	*sugar*
¼ cup	*cold water*
2 lbs	*green seedless grapes,* with stems removed
1 Tbsp	*lemon juice*
1 cup	*sour cream*
1 Tbsp	*sugar*
1 tsp	*vanilla extract*

PROCEDURE

(1) Preheat oven to

(2) Combine cracker crumbs, 3 Tbsp sugar, and butter.

(3) Reserve ¼ cup of this crumb mixture and press the rest into a 9-inch pie pan.

(4) Bake at for 8 minutes. Allow to cool.

(5) Dissolve cornstarch and 2/3 cup sugar in cold water in saucepan. Add grapes, and bring to boil, stirring constantly.

(6) Reduce heat and simmer for 5 minutes. Remove from heat and stir in the lemon juice. cool.

(7) Spoon this filling into the baked and cooled crust. Mix sour cream with 1 Tbsp sugar and vanilla and spread over pie. Sprinkle with reserved crumbs. Serve.

RATING

Difficulty: easy to moderate (burns easily). *Time:* 30 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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GRAVAD LAX

GRAVLAX – Swedish dill-cured salmon

Gravlax uses a salt-sugar mixture to cure the fish. The fish is flavored by dill and whatever else is handy. (I've used gin, Julia Child has used cognac).

I've gathered these versions of the recipe from several sources. From *Ver Cokbok* (the Swedish equivalent of *Joy of Cooking* or *Mrs. Beeton*.) From a brochure published by the Swedish Information Service. From a booklet written by Tore Wretman, who owned a major restaurant and has published several cookbooks of his own.

Gravlax is like barbeque—a process that you follow, but can vary considerably. Don't skimp on the salt. The proportion of salt to fish is important to preserve the fish. Here are several variations on a single basic recipe.

INGREDIENTS (Serves 3–4)

1	*small salmon,* whole (2–3 lbs)

SWEDISH RECIPE I

2 Tbsp	*white peppercorns* (or a mixture of equal parts white peppercorns and allspice berries)
4 Tbsp	*salt*
2 Tbsp	*sugar*
2 bunches	*dill*

SWEDISH RECIPE II

¼ cup	*salt*
3 Tbsp	*sugar*
2 Tbsp	*white pepper*
4 tsp	*allspice*
3 Tbsp	*gin*
2 bunches	*dill*

ENGLISH RECIPE I

2 Tbsp	*salt*
2 Tbsp	*sugar*
3 Tbsp	*white peppercorns*
2 bunches	*dill*

ENGLISH RECIPE II

2/3 cup	*salt*
½ cup	*sugar*
20	*white peppercorns*

MAITRE'D SAUCE

3 Tbsp	*dark french coarse-ground mustard*
1 Tbsp	*sugar*
½ tsp	*salt*
pinch	*ground white pepper*
1 Tbsp	*vinegar*
6 Tbsp	*olive oil*
6 Tbsp	*dill,*

PROCEDURE

(1) Get a whole fish, clean it and remove the head. Split into two filets, removing the backbone but leave the skin on. Dry off the filets and remove all the little bones.

(2) Crush the peppers and seasonings in a mortar, add the salt and sugar. Mix well, and press the mixture into the filets.

(3) In a glass or ceramic dish, put some dill on the bottom, then one of the filets, skin side down, then more dill, then the other filet, skin side up. Put the thick side of one filet against the other's thin side. Cover with plastic wrap (NOT ALUMINUM FOIL) and put a cutting board or similar on top with some weight on it (e.g. a couple of beer cans).

(4) Put it in the refrigerator for a day or so. (Thin filets are ready in 1 day, thicker in 2 days.) Turn the filet over once or twice during this time. Pour off the brine, otherwise the fish will be too salty. The fish will keep for a week in a refrigerator after pouring off the brine.

(5) Make the sauce, "Maitre'd sauce". Mix together the mustard, sugar, salt, pepper, and vinegar. Add the oil drop by drop as if making a mayonnaise. Add the dill. Let the sauce sit for about 10 minutes.

(6) Cut off either thin (nearly horizontal) slices, or thick vertical slices, to taste. (Don't cut through the skin). Serve as an appetizer on thin slices of buttered rye bread (with a little lemon juice and some finely chopped dill), or as a main dish with boiled new potatoes and Maitre'd sauce.

NOTES

You can broil or grill thick slices of gravlax. After you've eaten the salmon, you can also cut the skin in thin strips, sear them briefly on the skin side, and serve them as a garnish.

RATING

Difficulty: easy once the fish is prepared. *Time:* 5 minutes preparation, several days aging. *Precision:* measure the ingredients.

CONTRIBUTOR

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GUMDROP CAKE

GUMDROP-CAKE – Cake with gumdrops, applesauce, raisins, and coconut

INGREDIENTS (Makes 2 large loaves)

4 cups	*flour*
2	*eggs*
1 tsp	*baking soda*
1½ cups	*applesauce*
¼ tsp	*salt*
1 tsp	*vanilla*
1 tsp	*cinnamon*
1 lb	*white raisins*
¼ tsp	*ground cloves*
8 oz	*gumdrops* (no black ones). Two standard bags.
¼ tsp	*nutmeg*
12 oz	*coconut* (shredded). One standard bag.
1 cup	*butter*
	walnuts, to taste
2 cups	*sugar*

PROCEDURE

(1) Cream together butter, sugar and eggs in one bowl. In another bowl, mix the dry ingredients together (flour, salt, soda and seasonings). Add the flour mixture to the butter mixture half at a time, alternating it with the applesauce. Pick all the black gumdrops out and eat them or throw them away. Add the nuts, raisins, coconut, and remaining gumdrops; blend well.

(2) Line 2 large loaf pans or 5 small loaf pans with *wax paper*! (Grease won't work). Fill pans about 2/3 full. Bake at for about 2 hours. Let cool for about 15 minutes before you try to remove the loaves from the pan. They should just fall right out when turned upside down, then peel off the wax paper.

RATING

Difficulty: easy, though creaming butter and sugar without a food processor is tedious. *Time:* 10 minutes preparation, 2 hours baking, 15 minutes cooling. *Precision:* approximate measurement OK.

NOTES

The smaller gumdrops work best when you go to cut the cake. I can never find small gumdrops that are not 'spice drops', so I buy the large ones and cut them into quarters. The cake also slices a lot better when almost entirely cool. If you try to cut a piece while it's still hot, it'll taste GREAT, but it will crumble all over.

CONTRIBUTOR

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HALVAS POLITIKOS

HALVAS – A Greek dessert with semolina

This is a traditional greek dessert that is extremely tasty, and as easy to make as 1-2-3-4 (see below).

INGREDIENTS (fills a cake-mold)

1 cup	*olive oil*
2 cups	*semolina*
3 cups	*sugar*
4 cups	*water*
	powdered cinnamon

PROCEDURE

(1) Dissolve the sugar in the water and bring it to a boil.

(2) At the same time, brown the semolina in the oil on high heat, stirring continuously.

(3) When the semolina has taken a golden brown colour, add the syrup into it (taking care not to burn your hands), turn down the heat and keep stirring until you get a kind of thick porridge.

(4) Pour into any kind of mold you can think of (a cake-mold is perfect for the job), and let it cool.

(5) Unmold into a platter and sprinkle with cinnamon. Slice it using a wet knife, serve, and watch your weight go sky high!

NOTES

You should be very careful during step 3, as the browned semolina is extremely hot, and pouring water on it causes an eruption of scaldingly hot steam.

You should not put this dessert in the refrigerator. It can keep for a few days outside the refrigerator, assuming you can gather enough will power not to eat it all at once. Some oil will start to drain off after a day or so, but this is to be expected. Just make sure you don't leave the dessert on your favourite tablecloth!

The recipe doubles, halves etc. nicely as long as you keep the proportion of the ingredients.

I have seen variations on this dessert using any kind of fat imaginable, ranging from cooking fat to olive oil or butter, though I've only tried it with olive oil.

RATING

Difficulty: easy. *Time:* 15–20 minutes. *Precision:* Measure the ingredients, except for the sugar which you can adjust to taste.

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MOHN HAMANTASHEN

HAMANTASHEN – A triangular filled pastry

Hamantashen are a triangular pastry, traditionally eaten during the Jewish Holiday of Purim. Purim celebrates the failure of the evil Haman in his attempt to exterminate the Jews; Haman wore a three- cornered hat.

INGREDIENTS (Makes a bunch)

PASTRY

2 cups	*flour*
1 cup	*butter*
½ pound	*cream cheese*

MOHN FILLING

½ cup	*poppy seeds*
1 cup	*walnuts* (chopped fine)
1 cup	*raisins* (chopped fine)
8 oz	*honey*

PROCEDURE

(1) Sift the flour. Cream the butter and cream cheese until well blended. Gradually add the flour, mixing, and make a ball of dough. Refrigerate overnight.

(2) Combine the *mohn* filling ingredients. It may take a little more, or a little less, than 8 oz of honey; use enough to hold the mixture together.

(3) Roll out the dough (not too thin), and cut into 3-inch squares. Fill each square with 1 Tbsp of mohn, and fold the dough square over to make a triangle.

(4) Bake on a greased pan at until golden brown, about 20 minutes.

RATING

Difficulty: easy. *Time:* 1 hour preparation (in two ½ hour pieces), 20 minutes baking. *Precision:* measure the pastry ingredients carefully.

CONTRIBUTOR

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PAUPIETTES DE BANANES AUX JAMBON

HAM-BANANAS – Bananas with ham and paprika

INGREDIENTS (Serves 4)

4	*bananas* (fairly unripe, but not green)
4	*slices of ham*
6 Tbsp	*grated parmesan cheese*
½ cup	*double cream* (whipping cream)
	paprika
	salt and pepper

PROCEDURE

(1) Peel bananas, sprinkle with salt, pepper, and paprika (be generous with this).

(2) Wrap a slice of ham around each banana.

(3) Place bananas in a greased, oven-proof dish and pour cream over them.

(4) Sprinkle the parmesan cheese on top.

(5) Bake at for 20 minutes or until golden brown.

(6) Serve cold (but not refrigerated).

NOTES

This comes from the *Vogue French Cookery Book.* It seems to go down rather well as an appetizer, although it would make a nice supper snack, I suppose.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 20 minutes cooking. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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HAMBURGER PETAL PIE

HAMBURGER-PIE – A quick hamburger dish

I got this recipe from Judy Halter who got it from her sister.

INGREDIENTS (serves 5)

1 cup	*chopped onion*
1 cup	*chopped green pepper*
½ clove	*garlic,* crushed
2 Tbsp	*vegetable oil*
1½ lb	*hamburger*
1/3 cup	*water*
1 tsp	*salt*
¼ tsp	*pepper*
1 Tbsp	*Worcestershire sauce*
2 Tbsp	*flour*
1	*egg,* slightly beaten
1 lb	*canned biscuits*

PROCEDURE

(1) Sauté the onion, green pepper and garlic in the oil until tender then add the beef and cook until brown all over.

(2) Dump out the grease and add about 1/3 cup of water. Add the worchestershire sauce, salt, pepper and flour. Simmer until the juice thickens.

(3) Separate the biscuits and brush the edges with the egg. Put the biscuits against the sides and bottom of a pie plate so it is completely covered.

(4) Stir the rest of the egg into the meat mixture and then spoon the meat into the pie shell. If you wish you can garnish with a few tomato wedges.

(5) Bake in a pre-heated oven at for about 8 to 10 minutes. The biscuits should be slightly browned.

NOTES

This gets its name because the biscuits around the edge puff up to look like the petals around the center of a sunflower. This is a great bachelor meal because you can come in from work and make it without much effort, time or dish washing. You can play with different spices to change the flavor. Some of my friends like to put cheese on top before baking it.

If you live outside North America, remember that a biscuit is a scone.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 10 minutes cooking *Precision:* Approximate measurement OK.

CONTRIBUTOR

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TARRAGON GAME HENS

HENS-TARRAGON – Cornish game hens basted in tarragon butter

This method of "basting" fowl by spreading an herb butter under the skin infuses the meat with the flavor of the herbs which usually is kept on the skin with normal external basting.

INGREDIENTS (Serves 4)

2	*Cornish game hens*
6 Tbsp	*butter,* at room temperature
2 Tbsp	*lemon juice*
2 Tbsp	*dried tarragon,* (or 1 Tbsp of fresh tarragon)
1/8 tsp	*salt*

PROCEDURE

(1) Preheat oven to

(2) Prepare the hens by rinsing thoroughly, checking for pin feathers, and patting dry. Be sure to remove yellow fat found at the cavity opening.

(3) Gently separate the skin from the flesh by sliding your fingers between and tearing the connecting membrane. It is easiest to begin at the cavity opening and work up the breast. Leave skin attached at the lower two-thirds of the wings and base of the legs. Work carefully over the breastbone area so as not to tear the skin which is firmly attached at this point.

(4) Thoroughly blend the butter, lemon juice, tarragon and salt. If the butter is not soft, it will be difficult to incorporate the lemon juice.

(5) Using your fingers, spread a layer of herb butter under the loosened skin of each hen. Spread a small amount on the skin.

(6) Tuck wings under the back of the hen and set each hen on its side, breast down on a roasting rack over a roasting pan.

(7) Roast for 15 minutes, then turn hens to other side. Roast for another 15 minutes, then set hens on their backs with breast up and roast for a final 15 minutes (total cooking time about 45 minutes). Each time the hens are turned, baste by spooning pan juices over the bird. Hens are fully cooked when juices run clear and drumstick moves easily in its socket.

(8) Remove birds to a warm platter and let sit for 5 minutes. Reduce pan juices to a thin glaze consistency over high heat and serve as a sauce. (You may want to flavor the pan juices with a little dry white wine.) Quarter birds before serving. Each bird should serve two people.

NOTES

This basting method can also be used when grilling, either over a barbecue or in the broiler. I prefer barbecuing to oven roasting in the summer (I tend to roast along with the birds) and prepare the birds a little differently in this case. Rather than grilling whole, before the butter is spread under the skin, each bird is split along the spine using a sharp heavy knife. This is quite easy since the spine and ribs are easily cut with moderately heavy pressure and rocking motion on the knife blade. I then spread the bird, breast up, and crack the breast bone to flatten with a sharp blow on the breast with the heel of my hand. The wings are tucked under themselves and the legs and thighs left loose. The birds can be cooked ahead of time and taken on a picnic or prepped in advance and grilled at the picnic.

Margarine may be substituted for the butter without major noticeable effects on the flavor.

In the summer, I like to serve either a tabbouleh or Italian tomato salad (quartered RIPE tomatoes sprinkled with chopped fresh basil and drizzled with olive oil) and a white zinfadel.

Since I like herb butters with all kinds of fish and fowl and have an herb garden, I generally make up 2 cups or more of herb butter at a time, using a food processor to assure thorough blending. The butter keeps well in the fridge for 2–3 weeks.

RATING

Difficulty: moderate. *Time:* 15 minutes preparation, 45 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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FRENCH HERB BLEND

HERB-BLEND-1 – A French-style mixture of herbs and seeds

I found this in some magazine many many years ago. I usually make it every year or so and give it to people as presents. The recipients are continually asking either for the recipe or refills. This goes well in soups and similar things but is especially good in scrambled eggs.

INGREDIENTS (2 cups)

½ cup	*tarragon*
½ cup	*chervil*
2 Tbsp	*sage leaves*
½ cup	*thyme*
2 Tbsp	*rosemary*
5 Tbsp	*freeze-dried chopped chives*
2 Tbsp	*dessicated orange rind*
2 Tbsp	*ground celery seed*

PROCEDURE

(1) Dump everything together and mix until well combined.

(2) Pack into small jars and label (the now-empty spice jars that held the ingredients are a good size).

NOTES

Store in a cool dry place. Crumble spices in hand when using.

RATING

Difficulty: easy. *Time:* 5 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SAVOURY STEAK

HERB-STEAK-1 − An Australian herbed meat dish

Adapted from *The Australian and New Zealand Countrywoman's Cookbook* by Carol Odell.

INGREDIENTS (About 4 or 5 servings)

2 lb	*steak*
2	*onions,* finely chopped.
2 tsp	*brown sugar*
2 tsp	*salt*
½ tsp	*pepper*
pinch	*cayenne*
2 tsp	*mixed herbs,* including thyme, sage, and oregano.
2 tsp	*chopped capers*
1/3 cup	*ketchup* (or tomato sauce, in the Australian sense, if you can get it)
2 tsp	*Worcestershire sauce*
1/3 cup	*vinegar*

PROCEDURE

(1) Trim the steak, and cut into pieces.

(2) Place in an ovenproof dish, and cover with the chopped onion.

(3) Blend other ingredients together, and pour over. (The chopped onion holds some of the liquid.)

(4) Cover and refrigerate for at least two hours.

(5) Bake, covered with foil or ovenproof lid, at for 50 to 60 minutes.

NOTES

Adjust the flavourings according to your taste; in particular, you may wish to reduce the vinegar.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 2 hours marinating, 1 hour cooking. *Precision:* approximate measurement OK.

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HIKER BARS

HIKER-BARS – Caloric, filling, and tasty bars for the trail

These bars give a flavorful and filling treat along the trail. The recipe came from Ben Branch of AT&T Bell Labs at Columbus (cbdkc1!blb).

INGREDIENTS (24 to 48 bars)

½ cup	*chunky peanut butter*
1/3 cup	*butter*
2	*medium bananas,* (mashed)
½ cup	*molasses*
1 cup	*sugar*
2 tsp	*vanilla*
4	*eggs*
1 tsp	*cinnamon*
¼ tsp	*ginger*
2/3 cup	*whole wheat flour*
1 1/3 cup	*white flour*
4 cups	*Kellogg's Special K cereal* (crushed)
1 tsp	*baking powder*
¼ tsp	*baking soda*
½ tsp	*salt*
6 oz	*chocolate chips*
1 cup	*salted peanuts* (chopped)
6–8 oz	*dates* (chopped)

PROCEDURE By hand

(1) Preheat oven to In a large bowl cream together peanut butter and butter. Mix in bananas, molasses, sugar, and vanilla.

(2) Add eggs, one at a time, beating well after each egg.

(3) Stir in the cereal. Sift together dry ingredients and mix into batter. Add chips, peanuts, and dates.

(4) Pour batter into greased 9×13 pan.

(5) Bake in preheated oven for 35 to 45 minutes. Cut into bars.

PROCEDURE With food processor

(1) Cream butters in processor. Add cut-up bananas and blend.

(2) Add molasses, sugar, vanilla. Blend.

(3) Add eggs. Blend.

(4) Pour batter into large bowl and stir in sifted dry ingredients.

(5) Stir in other ingredients, one at a time. Continue with step 4, above.

RATING

Difficulty: easy to moderate. *Time:* ½ to 1 hour work; 1 hour waiting. *Precision:* approximate measurement OK.

CONTRIBUTOR

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HOBBIT PIE

HOBBIT-PIE – A rich pie with mushroom and onions

This recipe is from the *Tao of Cooking*, by Sally Pasley.

INGREDIENTS (1 9-inch pie)

2	*deep dish unbaked pie crusts*
2	*beaten eggs*
1/3 cup	*whole wheat flour*
1½ cups	*grated cheddar cheese*
1½ lbs	*sliced mushrooms*
2 cups	*onions,* chopped or sliced
3 Tbsp	*oil*
1 cup	*cottage cheese*
¼ cup	*chopped parsley*
½ cup	*dry white wine*

PROCEDURE

(1) Preheat oven to

(2) Sauté mushrooms until soft, then add onions, and cook over medium heat until onions are translucent.

(3) Take mixture off heat, and add flour, then wine, mixing well. Add all other ingredients and salt and pepper to taste.

(4) Pour into crust and cover with lattice top and bake 40-45 minutes.

NOTES

I add a little garlic and horseradish, and sprinkle paprika or cayenne over the top.

RATING

Difficulty: easy to moderate. *Time:* 20 minutes preparation, 1 hour baking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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LIGHT HOLLANDAISE

HOLLANDAISE-1 – A quick and easy Hollandaise sauce

Few small things seem to impress dinner guests more than a good Hollandaise sauce. Perhaps this is because the guests think it is difficult to execute. This recipe disproves that notion; it makes it simple to produce a consistently good Hollandaise sauce. Use it over asparagus, to dip artichokes, with steak and rice, or for anything you can imagine. The original recipe comes from *Julia Child & Company.*

INGREDIENTS (1½ cups)

3 Tb	*fresh lemon juice*
3 Tb	*water*
½ tsp	*salt*
3	*eggs*
6–8 oz	*unsalted butter*

PROCEDURE

(1) Melt the butter in a small saucepan. It should be warm, but not bubbling hot.

(2) Combine the lemon juice and water in a small sauce pan. Bring to a simmer, adding the salt.

(3) Meanwhile, place one egg and the yolks of the other two in a smallish saucepan. Vigorously beat the egg and yolks with a wire whip for a minute or so, until they are pale and thick.

(4) Set the yolk mixture over moderately low heat and whisk in the hot lemon juice by driblets. Continue whisking, not too fast, but reaching all over the bottom and corners of the pan, until you have a foamy warm mass. Remove from heat just as you see a wisp of steam rising. (Do not overheat or you will coagulate the egg yolks.)

(5) Immediately start beating in the warm butter by driblets, to make a thick, creamy, light yellow sauce.

(6) Taste carefully for seasoning, adding salt, pepper, and more lemon juice to taste.

NOTES

This sauce is really so easy to make, you should leave it to the last minute. It doesn't keep terribly well. Any egg yolk and butter sauce can be kept only warm, not hot, or it will curdle. Also remember that sauces with egg yolks are prime breeding grounds for sick-making bacteria.

Copper or stainless steel saucepans are best, as they transmit and hold heat better than anything else. I often make this solely in CorningWare pots, and find that sometimes the sauce will not set after removing from heat and adding the butter. In this case, return the mixture to very low heat, whisking vigorously until the sauce achieves the desired thickness. Too much heat will either curdle the egg yolks or cause the butter to separate from the mixture.

RATING

Difficulty: easy to moderate. *Time:* 5 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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BYRON'S FAMOUS KILLER CHEESE DIP

HOT-CHEESE-DIP – A hot spicy party cheese dip

Here it is, folks! By popular demand, the cheese dip known to make women faint, strong men cry, and small children run for their mommies. This started out as an attempt to replicate a *Chili con Queso* dip, but took off in its own direction.

INGREDIENTS (makes 18 oz of dip)

11 oz	*cheese soup* (one can of condensed canned cheese soup).
4 oz	*chopped green chilies* (I use Old El Paso canned chilies)
1	*medium yellow onion,* chopped
1 Tbsp	*crushed red pepper*
2 Tbsp	*chili powder*
1 Tbsp	*cumin*
1	*garlic clove,* crushed.
1/4 tsp	*hot sauce* (Tabasco sauce or hot pepper sauce)
8 oz	*sour cream*

PROCEDURE

(1) Mix together all ingredients except the sour cream; heat to boiling at low heat.

(2) When blended, correct seasoning (usually needs more cumin and garlic.)

(3) Add sour cream and heat until it bubbles slightly. Serve with Tostitos or any natural Mexican-style corn chip.

NOTES

This recipe may be doubled, quadruped or even sextupled without problem. Go easy on the red pepper if your guests don't like hot food. The effect, if done correctly, should be an initial impression of cheese, cumin, sour cream and garlic followed a second later by a sinus-cleaning heat. As one partaker has put it "You have to keep eating because if you don't, you'll die." Guaranteed to increase beer consumption at parties.

Good Luck!

RATING

Difficulty: very easy. *Time:* 10 minutes. *Precision:* Measure the spices, just so you'll know how much you have put in.

CONTRIBUTOR

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FRANK AND VEGETABLE CASSEROLE

HOTDOG-CASS – Casserole with frankfurters, vegetables and cheese

INGREDIENTS (serves 6–8)

2 lbs	*frankfurters,* boiled
20 oz	*frozen broccoli spears,* cooked
20 oz	*frozen cauliflower,* cooked
6	*large potatoes,* diced and cooked (approx.)
12 oz	*canned corn,* drained
1 lb	*cheddar cheese,* sliced

PROCEDURE

(1) Thinly slice franks (18–20 slices per frank).

(2) Break cauliflower into bite sized fleurets.

(3) Separate broccoli into individual spears.

(4) Combine all franks and vegetables in 6–8 quart pot and mix well.

(5) Spread into baking pan(s). (I use 2 9×9 baking pans)

(6) Cover ingredients with a layer of sliced cheese.

(7) If cooking immediately, bake uncovered at for 15 minutes or until cheese melts. If coming from refrigerator, cook covered at for 30–35 minutes, then uncovered for 10–15 minutes until cheese melts and ingredients are evenly warmed.

NOTES

I use Armour All Beef franks.

As a variation, cube half of the cheese and mix in with the vegetables, then top with remaining sliced cheese.

RATING

Difficulty: Easy. *Time:* 45 minutes cooking, 15 minutes preparation, 15 minutes baking. *Precision:* Approximate measurement OK.

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FISH IN HOT FANNY SAUCE

HOT-FANNY-1 – Fish in a hot garlic/pecan sauce

The Cajun Cafe in Portland Oregon serves a sauce whose recipe they got under license from K-Paul's in New Orleans. They devoutly refused to answer all of my questions about the sauce or its ingredients, so I've tried to formulate it on my own, at home. This stuff doesn't taste exactly like what the restaurant serves, but it's delicious in its own right. Maybe it's best to title the recipe ‘‘fish with something not entirely unlike hot fanny sauce.’’

This sauce is best served with a moderately strong fish: I would reccommend sturgeon, swordfish, or tuna.

INGREDIENTS (Serves 2)

4 Tbsp	*unsalted butter*
1 tsp	*cayenne pepper*
1 Tbsp	*Tabasco sauce*
1 tsp	*ground black pepper*
1 tsp	*ground white pepper*
1 tsp	*paprika*
1 tsp	*oregano*
3	*garlic cloves,* in thin slices
1 Tbsp	*pecans,* chopped fine
¼ cup	*pecans,* sliced
¼ cup	*onion,* minced
2 tsp	*lemon juice*
2 pcs	*fish* (steaks or tournedos, cut 1 inch thick).

PROCEDURE

(1) Melt butter in a cast-iron skillet, add onions, garlic, peppers, paprika, and diced pecans. Cook over medium heat until onions are clear. Add Tabasco sauce.

(2) Turn heat to high, add sliced pecans and fish pieces cut about 1 inch thick. Cook on high 4–5 minutes per side. Smear uncooked side with sauce before turning. Add lemon juice and oregano after turning.

NOTES

If you are cooking more pieces of fish than will fit in the skillet at once, make the sauce ahead, put it aside (keep warm) and add it before cooking each piece of fish.

Serve with a simple rice or pasta dish. I use saffron rice with snow peas, or linguine with shrimp meat and pesto.

RATING

Difficulty: moderate. *Time:* 45 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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CHOCOLATE SAUCE DELUXE

HOT-FUDGE-1 – Hot fudge sauce for ice cream

This is the fudgiest and best sauce you'll ever taste. The recipe has been passed down in our family for years and years.

INGREDIENTS (Makes 3 cups)

½ cup	*butter*
3 oz	*bitter chocolate*
2 ½ cups	*powdered sugar*
1 ½ cups	*evaporated milk*
1/8 tsp	*salt*
1 tsp	*vanilla*

PROCEDURE

(1) Melt butter with chocolate in saucepan.

(2) Add other ingredients (except vanilla) and cook 20–25 minutes over medium heat. Mixture will slowly thicken.

(3) Add vanilla and serve over ice cream.

NOTES

This sauce becomes like fudge candy when refrigerated, and it's hard to keep from poking your finger in it for a taste. Simply reheat in a saucepan to melt it down.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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HOT AND SOUR SOUP

HOTSOUR-SOUP-1 – Szechuan hot and sour soup

I have seldom been to a Chinese restaurant without having hot and sour soup, and it was pleasant to discover how easy it is to make it at home. We have fixed this by itself as a dinner for two with enough left over for lunch. Particularly when we add extra meat and vegetables, we find it a very hearty soup which is surprisingly easy to make.

INGREDIENTS (Serves 4–6)

1 Tbsp	*peanut oil* (or other vegetable oil)
1	*garlic clove*
1 tsp	*ginger root* (aboutr 2 slices)
½ cup	*boneless pork loin,* shredded
1½ Tbsp	*soy sauce or tamari*
½ cup	*bamboo shoots,* shredded
6	*dried shiitake mushrooms*
10	*dried lily buds* (also called golden needles)
12	*dried tree ear fungus* (also called cloud ears)
4 cups	*chicken broth* (canned or homemade; I usually use canned)
1 Tbsp	*dry sherry*
3 Tbsp	*red wine vinegar*
1 Tbsp	*cornstarch*
¼ cup	*water*
1	*tofu pad* (a package generally contains 2 pads)
¼ cup	*green onions*
2	*eggs*
1 Tbsp	*toasted sesame oil*
¼–1 tsp	*chili oil*
¼ tsp	*white pepper*
	salt and more pepper

PROCEDURE

(1) Rehydrate the dried ingredients (15 minutes: in lukewarm water for the shiitakes, and in boiling water for the lily buds and tree ears). Heat the chicken broth (if it's canned, prepare it).

(2) Mince the garlic and ginger root and combine them. Shred the pork loin. Shred the bamboo shoots. Combine the cornstarch and the water. Chop the green onions. Lightly beat the eggs.

(3) Heat oil in wok (medium), add the garlic and ginger, stirring 30 seconds.

(4) Add the pork, cooking until it loses its pink color.

(5) Add the soy sauce, cook for 1 minute more.

(6) Add bamboo shoots, shiitakes, lily buds, tree ear fungi, stir quickly for 1 minute.

(7) Stir in chicken broth, sherry, and vinegar.

(8) Stir cornstarch/water mix one last time and add it to the soup.

(9) Add the tofu and bring the soup to a boil.

(10) Turn the heat to low, add the green onions.

(11) Add the beaten eggs in a slow stream, stirring several times.

(12) Turn off the heat and add the sesame oil, chili oil, white pepper. Season to taste and serve immediately.

NOTES

Like many Chinese recipes, it takes longer to prepare the ingredients than it does to cook the soup. As I understand it, hot and sour soup, traditionally, is a Northern Chinese way of using leftovers. Therefore, there are many, many variations possible, particularly in the dried ingredients. We never make it exactly the same way twice. I recommend using the shiitakes at least; most any grocery store has them. You may find tree ears and lily buds in an oriental food store.

RATING

Difficulty: easy to moderate *Time:* about an hour *Precision:* no need to measure.

CONTRIBUTOR

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HOT AND SOUR SOUP

HOTSOUR-SOUP-2 – Popular Szechuan Chinese soup

I learned this recipe while taking Szechuan cooking classes. This soup is very popular in this country. It comes in a great many varieties, and can range from very mild to very spicy, and from a soup to almost a stew. This particular recipe is a medium spicy soup that should be within most peoples' tolerance range.

INGREDIENTS (serves 6–8)

1 cup	*bean curd,* cut into small cubes.
¼ cup	*bamboo shoot,* shredded
¼ cup	*golden needles* (tiger lily pods)
2 Tbsp	*wood ear fungus* shredded
¼ cup	*black mushroom*
1	*egg,* well beaten
4 oz	*very lean pork,* shredded

MIXTURE A

1 tsp	*light soy sauce*
1 tsp	*cornstarch*

MIXTURE B

6 cups	*chicken stock*
1½ tsp	*salt*
1 tsp	*MSG* (optional)
1 tsp	*sugar*

MIXTURE C

3 Tbsp	*cornstarch*
3 Tbsp	*water*

MIXTURE D

2 Tbsp	*light soy sauce*
2 Tbsp	*vinegar*
1 tsp	*sesame oil*
1 tsp	*chili oil*
½ tsp	*black pepper* (fresh ground)
½ tsp	*white pepper* (fresh ground)
3 Tbsp	*scallion,* or green onion, chopped
1 Tbsp	*fresh ginger,* chopped (Do not use powdered ginger).

PROCEDURE

(1) Put the golden needles, wood ear, and black mushroom to soak in separate bowls of water. It takes 30 to 60 minutes for them to be ready. After soaking, the wood ear should be a flexible and flat material. It may have a few hard lumps; cut these off and discard them. Discard the soaking liquids.

(2) Meanwhile, prepare mixtures **A**,**C**, and **D**. Place their ingredients in bowls, and mix well. When mixing with cornstarch, add the liquid slowly to the cornstarch. This avoids getting undissolved cornstarch balls.

(3) Shred the pork. This pork must be very lean. The meat portion of pork cutlets or the center of pork chops are good sources. Shredding means cutting the pork into pieces about the size of wooden matches. (¼ inch square by 1–2 inches) This is most easily done by slicing the pork, then laying the slices overlapping each other at an angle and cutting these at a reverse angle.

(4) Marinate the pork in mixture **A** for 15 minutes. Then use 2 Tbsp oil to stir-fry the meat until the color changes. Set the meat aside.

(5) Shred and cube the other ingredients.

(6) Bring mixture **B** to a boil and add the black mushroom, bamboo shoots, wood ear, bean curd, and golden noodles. Cook for 3 minutes. Add the meat, then add mixture **C**. Add the beaten egg while stirring to disperse the egg in sheets and filaments. Add mixture **D**, and cook

another minute.

(7) Serve hot.

NOTES

Bean curd must be fresh. If you cannot get it fresh, omit it.

You will need at least 6 bowls (soup bowls are OK), 1 large bowl, and either a two-handled wok or a large sauce pan. Don't attempt this with a one-handled wok because it will be filled with boiling soup and is almost certain to spill.

Hot and sour soup is a generic soup type, so you can make many variations on this soup. To control the spiciness, adjust the ratio between mixture **D** and mixture **B**. Changing the ratios inside mixture **D** changes the nature of the soup. Finally, you can add a lot more ingredients if you want. The critical ingredients are the golden needles, bamboo (although almost any variety can be good), mushrooms (or fungus of some sort), and pork shreds. Experiment with different kinds of fungus and bamboo. Adding other mild vegetables is usually a success.

RATING

Difficulty: easy but tedious. *Time:* 1–2 hours (lots of preparation, little cooking) *Precision:* measure the ingredients.

CONTRIBUTOR

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JACK JUBILEE

JACK-JUBILEE – A casserole made with jack cheese

I got this recipe from the National Dairy Council. It's good winter food: easy to make, and rich.

Don't let the corn chips put you off; normally, such an ingredient would make me think it's one of those recipes for people who don't like to cook and don't care about good food. Take my word for it: this recipe is an exception.

INGREDIENTS (Serves 6)

1	*medium onion,* finely chopped
2 Tbsp	*butter*
8 oz	*tomato sauce* (1 large can)
4 oz	*green chili peppers,* chopped (1 can)
½ tsp	*salt*
2	*eggs,* slightly beaten
1 cup	*half-and-half* (or light cream)
11 oz	*corn chips* (one package)
½ lb	*Monterey jack cheese* (cut into ½ inch cubes)
½ cup	*cheddar cheese* (shredded)
some	*paprika*
1 cup	*sour cream*

PROCEDURE

(1) Preheat oven to

(2) Sauté onion in butter until transparent.

(3) Stir in tomato sauce, chopped peppers, and salt. Simmer 5 minutes. Remove from heat.

(4) Combine eggs and cream. Stir into sauce.

(5) Place half the corn chips in bottom of a 1½ quart casserole. Add in layers, half the Monterey Jack cheese, half the sauce. Repeat.

(6) Top with sour cream. Sprinkle with shredded cheddar cheese and paprika.

(7) Bake, uncovered, for 30 minutes.

NOTES

Ingredient notes for non-US cooks: *Monterey Jack* cheese is a bland American cheddar from Monterey, California. Try substituting Dunlop (Scottish), Lancashire (English), or Cantal (French). *Half and half* is a dairy product that is 50% whole milk and 50% heavy cream; light cream makes a reasonable substitute. Corn chips, often sold as ''Fritos'' or ''Doritos'', are a packaged snack food made of deep-fried pressed cornmeal. I cannot think of any reasonable substitute for them in this recipe. [Ed.]

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 30 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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"Saints should always be judged guilty until they are proved innocent..."

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JANSSON'S TEMPTATION

JANSSON – A kind of gratin with potatoes

This is one of the dishes at a real Swedish smorgasbord. It is often served with beer and salad as a night meal at parties.

Jansson is the family name of the person who invented this dish. Every Swede knows about Jansson's Temptation, but nobody knows just who Jansson was.

INGREDIENTS (Serves 2)

1	*onion*
4–5	*potatoes*
3–4 oz	*fillet of anchovy*
2/3 cup	*double cream*
	bread crumbs
	butter

PROCEDURE

(1) Chop the onion finely. Peel the potatoes and cut them in strips. Chop the anchovy.

(2) Put potatoes, onion and anchovy in layers in a greased pan. Make sure that the top layer has only potatoes showing. Pour the cream over it. Sprinkle on some bread crumbs and some pats of butter.

(3) Bake in oven for about 40 minutes at until the potatoes are soft.

NOTES

If you are the ‘‘Jane Fonda’’ type, you can mix milk and cream, instead of only cream.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 40 minutes baking. *Precision:* No need to measure.

CONTRIBUTOR

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PUMPKIN-MILLET SOUP

KABOCHA-SOUP – A hearty soup with millet and Japanese pumpkin

A delicious combination, this hearty soup makes a good side dish, and is great reheated for breakfast.

INGREDIENTS (Serves 4–6)

1	*medium kabocha squash* (also known as Japanese pumpkin)
6 cups	*broth* (vegetable or chicken), or use water
1 cup	*dry millet*
1–2 tsp	*nutmeg*
1/8 tsp	*cayenne pepper*

PROCEDURE

(1) Bring the broth to a boil in a large stock pot, add millet, and simmer for about 30 min, until millet is well cooked.

(2) Add squash, mix, and simmer for another 15-20 min, until squash is tender.

(3) Pureé the mixture in batches in a blender or food processor until it is reduced to a creamy texture.

(4) Add the nutmeg and pepper, and reheat.

(5) Serve with a scoop of yogurt in each bowl.

NOTES

Butternut squash makes a good substitute for kabocha if you cannot find it at your local market.

RATING

Difficulty: easy. *Time:* 60 minutes. *Precision:* approximate measurement OK; be careful with spices.

CONTRIBUTOR

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KALBI KUI

KALBI-KUI – Korean marinated ribs

Suitable for Passover.

INGREDIENTS (Serves 4)

2 lbs	*short ribs*
1 Tbsp	*bouillon powder*
1/4 cup	*water*
3 Tbsp	*olive oil*
3 Tbsp	*sesame oil*
2	*scallions, diced*

PROCEDURE

(1) Marinate the ribs in the rest of the ingredients for several hours (or overnight) in a covered dish in the refrigerator. Turn at least once half-way through the marinating time. (I put it in the refrigerator the night before, then turn the ribs in the morning and put them back in the refrigerator until dinnertime.)

(2) Broil 5 minutes each side.

NOTES

This is traditional for Passover in our house (well, we like Oriental food, and Passover is somewhat limiting...).

RATING

Difficulty: easy. *Time:* Several hours marinating, 15 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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KEY LIME PIE

KEY-LIME-PIE – Traditional lime pie dessert from the Florida Keys

This very easy custard pie originated in the Florida Keys in the 1800's when fresh ingredients other than the local limes were hard to come by. See the notes for information on some of the ingredients.

INGREDIENTS (One 8-inch pie)

3	*eggs*
14 oz	*condensed milk* (one standard can)
4 oz	*Key Lime juice*
	sugar
1	*Graham cracker pie crust*

PROCEDURE

(1) Separate the eggs. You'll be whipping the whites, so put them in a large enough bowl.

(2) Combine the egg yolks, the condensed milk, and the juice, and stir until thoroughly combined. The acidity of the juice thickens the milk and eggs into a custard.

(3) Add a pinch of sugar to the egg whites, and beat them until stiff but not dry.

(4) Spoon the custard into the pie crust and even it out.

(5) Spoon the beaten egg whites on top of the custard and even it out so it looks pretty.

(6) Chill before serving. If you like, run the pie under a hot broiler for a minute until the egg whites are slightly browned. (This is primarily for appearance, it doesn't affect the flavor much.)

NOTES

Everybody in the Florida Keys seems to have a variant of this recipe. It shows up on postcards, place mats, lime juice bottles, and guide books. Some people fold a little of the beaten egg white into the custard to make it lighter. Some put sweetened whipped cream on top rather than egg white. Some use two or four eggs.

Traditionally, this pie is made from the juice of the Key lime, a small yellow citrus fruit quite different from the larger and more familiar Persian lime. Key limes are very sensitive to cold and in the U.S. have never been grown above the very southern tip of Florida. Bad weather and disease have killed off so many of them that the only remaining grove is a private one on one of the Keys, so you cannot buy Key lime juice in the U.S. any more. Key limes are still grown widely in South America and probably elsewhere on other continents.

There is something called "Key West lime juice" sold in pint bottles which everybody uses instead now, which seems to be regular lime juice slightly concentrated. It's widely available in Florida and occasionally elsewhere in the U.S. It's also available via mail order from Key West Aloe, telephone +1 305 294 5592 or 800-327-5866. In a pinch, you can substitute regular lime juice, though it doesn't produce quite the bright yellow custard that traditionalists like. You may have to use extra juice, because Persian limes are less acidic than Key limes.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 1–2 hours chilling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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KOLACHKI

KOLACHKI – Russian Cookies

This recipe is from Mrs. Malinch, my little sister's high school Russian teacher. I usually make this recipe at Christmas or Easter.

My favorite fillings are poppy seed and walnut. A recipe for the walnut filling is included. The poppy seed filling can be found canned (Solo brand) in either the gourmet or cake section of most grocery stores.

INGREDIENTS (6 dozen Kolachki)

COOKIE DOUGH

½ lb	*cream cheese* (at room temperature)
½ lb	*butter* (at room temperature)
3 cups	*flour*
12 oz	*poppy seed filling* (1 can), OR make the walnut filling, below.

WALNUT FILLING

1 lb	*finely ground walnuts*
1	*egg*
1 cup	*sugar*
	water

PROCEDURE Dough

(1) Mix butter and cream cheese until smooth. Add flour, and mix again until smooth. Making this dough is easy with a food processor, hard with a mixer.

(2) Roll dough into 3 balls. Refrigerate dough to keep it from drying out. The dough can be refrigerated for 1–2 hours, but it is not necessary.

(3) Roll out 1 ball at a time and flour lightly. Roll dough out in flour or granulated sugar so it doesn't stick.

(4) Cut dough into squares or circles using cookie or biscuit cutter.

(5) Add about a teaspoon of filling. Roll squares into "logs". Fold circles over and seal with a fork.

(6) Bake at for 10–15 minutes or until lightly browned.

PROCEDURE Filling

(1) Mix all ingredients together.

(2) Add water to obtain a sticky consistency.

NOTES

The kolachki are delicate, so do not throw them in a plastic bag or pile high in a jar as you would cookies. The kolachki can be frozen.

RATING

Difficulty: moderate—the assembly requires nimble fingers. *Time:* 30 minutes preparation, up to 2 hours cooling, 15 minutes baking. *Precision:* measure carefully.

CONTRIBUTOR

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KOURABIEDES

KOURABIEDES – Traditional Greek Christmas cookies coated with powdered sugar

This is one of the two kinds of confection that are traditionally consumed in large quantities in Greece during the holiday season (the other is melomacarona). As a quick lesson in greek, “kourabiedes” (pronounced “kou-ra-bi-ETH-es”, is the plural of the word “kourabies” (kou-ra-bi-ES). Now all you need to enjoy them is the recipe. I got this one from a Greek cookbook and translated it into English.

INGREDIENTS (makes about 30 pieces)

2 cups	*unsalted butter*
1 cup	*powdered sugar*
3	*egg yolks*
3 Tbsp	*brandy*
2 tsp	*vanilla extract*
6 cups	*flour*
½ cup	*blanched almonds,* chopped
1 lb	*powdered sugar* (one package)

PROCEDURE

(1) Beat the butter with the sugar until it becomes fluffy.

(2) Add the egg yolks one by one, beating continuously.

(3) Add the brandy and vanilla.

(4) Blend in the almonds and the flour, a cup at a time. Use enough flour to get a firm dough (it may take a bit more or less than the amount mentioned in the ingredients list). Use your hands to do the mixing, as an electric mixer will be useless after the first two or three cups of flour have been added.

(5) Place the dough in the refrigerator for at least one hour.

(6) Shape the dough into balls, about one inch in diameter, flatten them, and place on greased cookie sheets. Bake at for 20 minutes.

(7) Remove from the oven. Roll each cookie, while it is still hot, in the powdered sugar, and put it back on the cookie sheet. Repeat this step once more, so that you get a thicker coating.

(8) Place the coated cookies on a platter, liberally sprinkling each layer and the bottom of the platter with powdered sugar. When you are done, there shouldn’t be any sugar left.

(9) Let them cool, and they are ready to eat!

NOTES

The cookbook suggests the following variations: using ouzo or scotch instead of brandy, and almond extract instead of vanilla extract, but I have not tried any of them. Also, putting granulated instead of powdered sugar in the dough didn’t seem to affect the recipe—there’s so much sugar in it, that you couldn’t tell the difference anyway.

The cookbook also suggested using twice the amount of sugar for coating. This is obviously too much, but it should make you realize that you must really be liberal with the sugar!

RATING

Difficulty: Easy to moderate. *Time:* 30 minutes preparation, one hour refrigeration, 20 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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POTATO-CARROT KUGEL

KUGEL-3 – Kugel with potatoes and carrots

I have adapted this recipe from a recipe for ‘‘Blender potato kugel’’ by Marilyn Michelson in the *Temple Emanuel Sisterhood Cook Book*, compiled 1968 (no copyright notice), Baltimore, Maryland. The carrot part is my idea (it gives the kugel a golden color and also a better flavor, I think). This dish smells wonderful, tastes great, and is definitely filling.

With suitable modifications (see notes) this dish can be made kosher for Passover.

INGREDIENTS (Serves 4–6)

6	*large potatoes,* peeled (about 4 lb)
4	*carrots,* peeled
1	*large onion,* peeled
2	*eggs* (medium)
4 Tbsp	*chicken fat,* melted
1½ tsp	*salt*
1 tsp	*sugar*
4 Tbsp	*all-purpose flour*
½ tsp	*ground black pepper*
2 Tbsp	*chopped parsley*
	Paprika

PROCEDURE

(1) Preheat oven to Grease a pan that is about 8×8 inches.

(2) Break one egg into blender; start blender at high speed. Add half of onion, three of the potatoes (cut up into 1-inch pieces) and two of the carrots (cut up into similar pieces).

(3) Blend till smooth. Empty blender into large mixing bowl. Repeat with other egg, and remainder of onion, potatoes, and carrots.

(4) Stir in chicken fat, salt, sugar, flour, black pepper, and parsley.

(5) Pour into pan, sprinkle top with paprika, and bake for 1 hour or until browned.

NOTES

For a pareve version, substitute for the chicken fat 4 Tbsp vegetable oil, and for flavor optionally substitute for the salt and sugar 1 Tbsp pareve imitation chicken soup mix (I use Croyden House brand, made in USA). It is supposedly pareve/kosher for Passover. For kosher l’pesach (Passover), use 4 Tbsp matzo meal plus 1 Tbsp potato starch in place of the flour.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1 hour cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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LAMB CACCIATORE

LAMB-CACCI – An Easy Lamb Stew

I got this recipe from my mom. I'm not sure where she got it. It's not a typical cacciatore (*i.e.* smothered in tomato sauce); instead, it's tart and tastes of herbs. It smells great when it's cooking. It's very easy to make.

INGREDIENTS (Serves 4 to 6)

4 lb	*shoulder or leg of lamb* trim fat and cut into bite-size cubes.
1/3 cup	*olive oil*
1	*small clove of garlic* minced
1 tsp	*dried rosemary* crushed
½ tsp	*dried sage leaves*
2 tsp	*flour*
½ cup	*white or wine vinegar*
½ cup	*water*
	salt and pepper, to taste

PROCEDURE

(1) In a large, heavy-bottomed casserole dish brown the meat in hot olive oil. Be careful not to burn the olive oil: it has a lower burning temperature than other kinds of cooking oil.

(2) Add garlic, rosemary, and sage. Stir. Sprinkle flour on meat, and stir. Continue cooking the meat while stirring, to brown the flour a bit.

(3) Add vinegar and water. Stir thoroughly. Cover, lower heat, and simmer 1 hour or until meat is tender.

(4) Season to taste with salt and pepper.

NOTES

Stir frequently during cooking, and add a little hot water if necessary to prevent burning.

RATING

Difficulty: easy. *Time:* 20–30 minutes preparation, 1 hour cooking. *Precision:* no need to measure.

CONTRIBUTOR

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"Saints should always be judged guilty until they are proved innocent.."

DHANA GHOSHT

LAMB-CORIANDER – A popular North Indian lamb dish with coriander

This is a family variation on a popular North Indian dish. I cook it whenever I could get hold of fresh coriander, which in Edinburgh is seldom.

I don't know its authentic Indian name. We simply call it ''dhana lamb'' as that's how its always cooked at home. *Dhana* means ''coriander'' in Gujarati.

INGREDIENTS (Serves 3–4)

1½ lb	*stewing lamb,* trimmed of fat and diced
2 cups	*full fat natural yogurt*
6	*garlic cloves,* crushed
4 tsp	*ground coriander*
2	*lila murcha,* (fresh green chilli peppers), crushed
4 tsp	*paprika*
3–4 tsp	*salt*
4 Tbsp	*cooking oil* (mustard oil is best)
2	*medium onions* (or more to taste)
3 tsp	*cummin seeds*
1 tsp	*turmeric powder*
2 tsp	*black mustard seed*
3 tsp	*ginger,* coarsely crushed
2 tsp	*red chilli powder* (also called cayenne pepper or lal mirch)
4 oz	*fresh coriander*

PROCEDURE

(1) Dice the meat into bite-size cubes, and soak in warm water for 2–3 minutes.

(2) Mix the paprika, ground coriander, salt, crushed garlic, and crushed green chillies with yogurt. Drain the lamb and add to the yogurt marinade.

(3) Leave to marinate for at least six hours. Ideally it should marinate in the refrigerator for 24 hours.

(4) Dice the onions into thin semi-circles. In a large saucepan or a generous frying-pan, heat the cooking oil over a high flame. Add the onions when the oil is hot enough to ''steam''. Reduce the heat to medium and stir occasionally. Fry the onions until they change colour to a deep red/brown. This should take 10 to 15 minutes.

(5) At this point add the black mustard seeds and stir a few times. Then add the ginger, cummin seeds, red chillies and turmeric powder. Increase the heat and fry this ''masala'' for a couple of minutes.

(6) Add the marinated lamb to the masala and mix well.

(7) At this point you have two options, either to cook the meat on the stove or to bake it. Stovetop cooking takes less time but requires fairly constant stirring. It should be cooked in a covered saucepan on a low to medium flame for about 45 minutes. Add water if the sauce gets too dry and begins to stick. For baking, transfer it to an ovenproof casserole, cover it, and bake for 1½ hours at Check occasionally, though you are unlikely to need to add any water to the sauce.

(8) Finally, prepare and wash the fresh coriander in cold water. Only the leaves and the tender stems should be retained. Chop coarsely and mix well just before serving. If you don't have any fresh coriander, then mix in 2–3 tsp of coriander powder. Serve with well buttered (boiled) rice or pita bread, and fresh salad.

NOTES

Take care not to burn the onions and don't overcook the masala just before mixing in the marinated meat.

I think the dish tastes a lot better if it is baked. It's even better if cooked for a longer period at a lower temperature.

RATING

Difficulty: easy to moderate. *Time:* 15 minutes preparation, 1 day marinating, 2½ hours cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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LAMB SHISH KEBAB

LAMB-KEBAB – Spicy grilled lamb on a skewer

This is a fairly spicy lamb shish kebab. Serve it with cucumber yogurt sauce.

INGREDIENTS (serves 4)

MARINADE

1 tsp	*garlic* (finely chopped)
2 tsp	*fresh ginger* (finely chopped)
2 Tbsp	*lemon juice*
¼ cup	*peanut or vegetable oil*
½ tsp	*ground turmeric*
½ tsp	*ground coriander*
½ tsp	*ground cumin*
1/8 tsp	*cayenne* (or to taste)
1 Tbsp	*grated onion*

KEBABS

24 cubes	*lean lamb* (approx. 2 lbs)
2	*medium onions,* cut into large chunks.
2	*green peppers,* cut into large chunks
2	*tomatoes,* cut into large chunks

PROCEDURE

(1) Mix all marinade ingredients in a large bowl. Add lamb cubes and marinate for 1 hour.

(2) Preheat broiler or light the barbecue.

(3) Divide the meat and vegetables evenly into 4 parts, and skewer the pieces on 4 skewers. Place 4 to 5 inches from flame. Grill, turning to cook evenly, for approximately 10 minutes.

NOTES

Serve with rice and cucumber−yogurt sauce (see recipe *CUCUMBER-SAUCE*(**SL**))

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 1 hour marinating, 10 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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LAMB MARINADE

LAMB-MARINADE1 – A marinade for any cut of lamb

INGREDIENTS (Makes ½ cup)

¼ cup	*salad or olive oil*
2 Tbsp	*wine vinegar*
2 tsp	*prepared mustard*
1 tsp	*crushed rosemary leaves*
1½ tsp	*salt*
¾ tsp	*onion salt*
¼ tsp	*black pepper*
¼ tsp	*ground ginger*
¼ tsp	*instant minced garlic*

PROCEDURE

(1) Mix together.

(2) Refrigerate.

(3) Marinate lamb overnight.

RATING

Difficulty: trivial. *Time:* 5 minutes preparation. *Precision:* no need to measure.

CONTRIBUTOR

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MARGO'S LAMB STEW

LAMB-STEW-1 – Fragrant lamb stew

This recipe comes from Margo Kaiser, with whom I used to work. It's a delicious stew, spiced fragrantly but not hot. It's one of my favorites. It's also very easy. The most tedious work is trimming the lamb, and you can get the butcher to take care of that.

The spice mixture is my attempt to re-create Margo's ''secret spice'' (she didn't offer *that* recipe). Feel free to try your own variations. If you hit on one that you feel is particularly good, please let me know about it.

INGREDIENTS (serves 6 to 8)

3 Tbsp	*olive oil*
1	*large onion* (thinly sliced)
4	*garlic cloves,* minced
3 lbs	*lamb,* cut into stew-sized cubes, and carefully trimmed of fat.
4 lbs	*cooked tomatoes* (2 large cans)
3	*bay leaves*
	lemon juice
1 Tbsp	*Hungarian paprika*
1 tsp	*celery salt*
½ tsp	*ground cumin*
1/8 tsp	*cayenne*
dash	*allspice*
dash	*cinnamon*
1 ½ lbs	*fresh green beans,* washed and trimmed

PROCEDURE

(1) In a stewpot, sauté onion in olive oil on medium-low heat until golden brown. Add garlic in the last 2–3 minutes.

(2) Add lamb cubes and sauté until brown.

(3) Add tomatoes, and simmer until meat is tender. Keep an eye on the liquid; add water or red wine if it becomes dry.

(4) Add bay leaves, lemon juice and spices. Simmer on low heat for at least 2 hours.

(5) About ½ hour before pronouncing it done, add the green beans.

(6) Serve with plain yogurt and pita bread.

NOTES

I prefer to cook through step 4, refrigerate overnight, and then finish cooking the next evening. This greatly enhances the flavor. When you take the stew from the refrigerator, skim any lamb fat that has congealed on the top before continuing.

I find that many butchers don't understand that I want good quality meat in stews. I get better quality, more carefully trimmed meat by telling them that I want lamb cubes cut for shish kebab.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, several hours cooking. *Precision:* measure the spices.

CONTRIBUTOR

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LAMB VINDALOO

LAMB-VIND – A spicy hot Indian lamb dish

Very loosely based on Dharamjit Singh's recipe in *Indian Cookery: A Practical Guide*. Most restaurants that serve this dish pronounce it vinDAloo, with the stress on the second syllable.

INGREDIENTS (serves 4)

2 lb	*cubed lamb*
2 Tbsp	*coriander seed*
1 Tbsp	*cumin seed*
2 lb	*crushed tomatoes*
14	*crushed garlic cloves*
6	*bay leaves*
2 inches	*finely chopped fresh ginger*
½ tsp	*ground black pepper*
½ tsp	*cardamon seed*
½ tsp	*cinnamon*
½ tsp	*cloves*
½ tsp	*cayenne*
2 tsp	*ground mustard seed*
1 Tbsp	*turmeric*
1 cup	*wine vinegar*
2	*medium onions*
2	*medium potatoes*
2 Tbsp	*butter*

PROCEDURE

(1) Lightly roast the cumin seed and coriander seed by frying with no oil for a minute or so, stirring constantly. Grind these and combine them into a paste with the other spices, the garlic, ginger, and the vinegar.

(2) Add the lamb to the marinade and mix well. Refrigerate for 3–24 hours while mixing every few hours as convenient.

(3) Finely chop the onions and potatoes and sauté them for 5 minutes in the butter.

(4) Add lamb and spice paste and simmer over low heat for half an hour.

NOTES

The marinating does add a lot of flavor and makes the meat much more tender. This can be skipped if need be.

RATING

Difficulty: easy (though it's easy to burn the spices while roasting them). *Time:* 1 hour preparation, 1 day marinating, 1 hour cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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LASAGNA

LASAGNA-4 – Simple cheese-and-tomato lasagna

This is Lasagna the way my mother makes it.

INGREDIENTS (Serves 6–8)

1 lb	*italian sausage*
1 lb	*ground beef*
2	*stalks celery,* chopped
2	*carrots,* chopped
1	*large onion,* chopped
2 lbs	*canned Italian tomatoes*
12 oz	*tomato paste*
10	*lasagna noodles,* cooked
½ tsp	*salt*
2 tsp	*oregano*
¼ tsp	*pepper*
1 lb	*mozzarella cheese,* shredded
1	*garlic clove*
3 cups	*cottage cheese*
2	*eggs,* beaten
½ cup	*parmesan cheese*
2 Tbsp	*parsley*

PROCEDURE

(1) Combine meat, celery, carrots, onion, garlic; cook till soft.

(2) Add tomatoes, tomato paste, salt, oregano, and pepper. Simmer.

(3) Mix together the cottage cheese, eggs, parmesan cheese and parsley.

(4) Layer meat sauce, cheese mixture, mozzarella cheese, and cooked lasagna noodles in a baking dish.

(5) Bake at for 30 minutes. 10 minutes before it is done, top with additional cheese.

NOTES

Freezes well.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 30 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CAROL'S LASAGNE

LASAGNE-1 – A hearty lasagne with lots of meat and cheese

Carol Angell and Juan Ochoa are old friends from Tektronix. Her lasagne recipe is one of my favorites.

INGREDIENTS (Serves 8–12)

SAUCE

1 lb	*lean hamburger*
1	*medium onion,* minced
2	*garlic cloves,* minced
1 lb	*stewed tomatoes*
1 lb	*tomato sauce*
6 oz	*tomato paste*
¼ tsp	*sugar*
1 tsp	*salt*
1 tsp	*basil*
1 tsp	*parsley*

CHEESE MIX

2	*eggs,* beaten
16 oz	*ricotta cheese*
8 oz	*small curd cottage cheese*
½ cup	*grated romano cheese*
1 Tbsp	*parsley flakes*
1 tsp	*salt*
1 tsp	*oregano*
	pepper to taste

MISCELLANEOUS

10 oz	*lasagne noodles* (use enough noodles to cover your baking dish 6 layers deep)
1 tsp	*salt* for each quart of boiling water
1 lb	*mozzaralla cheese,* grated

PROCEDURE

(1) Brown meat and drain off fat. Heat, but don't brown, onions; stir in remaining sauce ingredients. Simmer for about 30 minutes.

(2) Fill a very large pot with water. Add 1 tsp of salt for each quart of water in the pot. Add the lasagne noodles. Make sure that you cook enough noodles to cover a 13×9 baking pan 6 layers deep. Pre-heat oven to

(3) Grease the inside of the baking pan with a light vegetable oil. Now make three filling layers. For each, put down 1/3 of the noodles, in two layers. Then spread 1/3 of the ricotta mixture on the noodles. Then sprinkle with 1/3 of the mozzaralla cheese. Finally, top with 1/3 of the sauce.

(4) Bake uncovered for 40–45 minutes or until bubbly hot. Cool for 5–10 minutes.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 45 minutes baking, 10 minutes cooling. *Precision:* Approximate measurement OK.

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VEGETARIAN LASAGNE

LASAGNE-2 – A vegetable lasagne with spinach, mushrooms and corn

This vegetarian dish can be served on its own or with a side salad. My thanks to Erica and Milica who gave me this recipe and who tried different vegetable combinations until the corn stopped falling out of the sides. Experiment for yourself—substitute different vegetables according to the season and your preference.

INGREDIENTS (Serves four to six people)

LASAGNE

1	*medium onion, chopped*
½ lb	*carrots, grated*
1 lb	*spinach*
5 oz	*sweetcorn, drained* (½ tin)
¼ lb	*mushrooms,* coarsely chopped
8 oz	*lasagne noodles* (½ packet)
2	*garlic cloves*
¼ lb	*cheese,* grated

SAUCE

2½ cups	*milk*
2 oz	*cornflour* (cornstarch)
2 oz	*butter*

PROCEDURE

(1) Gently fry the carrots and garlic in some butter, set aside.

(2) Gently fry the onions and mushrooms in some butter, set aside.

(3) Wash the spinach and cook gently in a saucepan without adding any water. Stir frequently. This really does work and it stops it from going slimy. Add the corn to this and set aside.

(4) Now make the white sauce. Melt the butter in a saucepan, take it off the heat, add the cornflour. Mix this well. *Slowly* add the milk, stirring all the time. It is important not to stop stirring, even for a moment. Return it to the heat and keep stirring until it thickens.

(5) Now build your lasagne. Take a large square ovenproof dish at least 2 inches deep (we use one about 8×12 inches for the quantities given) and assemble in layers starting with a layer of lasagne, then a layer of sauce, then one of the previously-prepared vegetable pairs. Repeat the lasagne, sauce, vegetable pair combination twice more. At this point you should, if all has gone well, run out of vegetables. Finish off with lasagne and then sauce.

(6) Top with the cheese and sprinkle on a little paprika if you want.

(7) Bake for about 35 mins at

(8) The servings should stay whole as you serve them.

RATING

Difficulty: easy, but remember to stir the sauce. *Time:* 20 minutes preparation, 35 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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SPINACH LASAGNA

LASAGNE-3 – Classic spinach lasagna

This recipe was posted to usenet by sridhar@spt.tek.com who got it from Sean Gilley (slg@e.ms.uky.edu). I modifed it slightly to my tastes (naturally).

INGREDIENTS (Serves 6–8)

32 oz	*tomato sauce*
1 lb	*canned tomatoes*
1–2	*medium onions*
8	*cloves garlic*
8 oz	*black olives,* drained (optional)
8 oz	*green olives,* drained (optional)
8 oz	*mushrooms* (optional)
1	*large bunch broccoli* (optional)
12–16 oz	*mozzarella cheese*
12–16 oz	*other cheese* (cheddar, swiss, jack, etc.)
16 oz	*cottage cheese*
½ cup	*parsley* (optional)
8–12 oz	*spinach*
3	*eggs*
2 lb	*lasagna noodles* (approximately 2 boxes)
	Italian spices, to taste

PROCEDURE

(1) Sauce: Put tomatoes and tomato sauce in large pot over low heat. Press garlic, add. Chop onions, olives, mushrooms, and broccoli, add. Add spices to taste. Simmer covered over low heat until the whole tomatoes have merged with the rest of the sauce and you can no longer tell where one begins and the other ends.

(2) Cheese: Grate the cheeses and mix. Add eggs, parsley, and spinach, mix well.

(3) Building the lasagna: In a lasagna pan, put in just enough sauce to cover the bottom of the pan. Make a layer of noodles. Using about half of the available cheese mixture, make a layer of cheese. Another layer of noodles. Cover the noodles with sauce, the important thing being to make sure all noodles have at least some sauce on them. Another layer of noodles. Use the rest of the cheese mixture and make a layer of cheese. Put down the last layer of noodles, then use the remaining amount of sauce, or as much as possible, and cover the noodles in sauce.

(4) Bake at for 45 minutes.

NOTES

The lasagna noodles are *uncooked* when you build the lasagna. Be stingy with the sauce, if you aren't, you'll end up short at the end where you need it most.

If you do things as specified here, you will end up with a lasagna layered as (s-n-c-n-s-n-c-n-s), (sauce, noodles, cheese, etc.) but some prefer the heretic's way: (c-n-s-c-n-s-c-n-s)

RATING

Difficulty: moderate. *Time:* 2–3 hours. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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END-OF-MONTH VEGETABLE SOUP

LEFTOVER-SOUP – Soup with a mixture of vegetables

I had an eclectic mixture of vegetables going bad in the refrigerator, so I collected them and came up with this soup. It was very good, so I would like to share it with you all. Caveat: I rarely measure anything, so be careful of quantities.

INGREDIENTS (Serves 6)

½	*Chinese cabbage*
½	*carrot*
½	*red bell pepper*
1	*yellow onion*
4	*potatoes* (small)
1/8 lb	*bacon pieces* (for seasoning)
4	*prosciutto end bits* (for seasoning—optional)
5 stalks	*celery*
1	*bouquet garni* (e.g., 1 tsp each of *parsley* and *thyme*, 1 or 2 *bay leaves*)
2	*chicken or beef bouillon cubes* (standard size, or 1 *Knorr-type* [2-cup size] cube)
2 cloves	*garlic*
	pepper (to taste)
1 cup	*white wine* (optional)

PROCEDURE

(1) Make the *bouquet garni* by tying the herbs up in a cheesecloth or coffee filter. Put a quart of water to boil with ½ tsp salt (I don't like to use too much salt if I use bouillon), the *bouquet garni*, and the bouillon.

(2) Dice the onion, mince the garlic, and add these to the soup together with the bacon and/or prosciutto ends.

(3) Bring this to a boil. Simmer 5 minutes. If scum forms on the surface, skim it off.

(4) Dice the potatoes and add to the boiling pot.

(5) Cut up everything else and add it. Add the wine.

(6) Adjust the liquid so that it covers the vegetables. After it boils again, adjust the seasoning and simmer for about an hour, or until it is done (this is quite subjective).

NOTES

This will serve 6 people at once, or 2 people for three days. It ages well in the refrigerator.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour simmering. *Precision:* no need to measure.

CONTRIBUTOR

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GRILLED BUTTERFLIED LEG OF LAMB

LEG-OF-LAMB-1 – Leg of lamb with rosemary & tomato baste

My wife and I have used this recipe a number of times, and have found that the marinade, in and of itself, is excellent for any type of lamb.

INGREDIENTS (Serves 6–8)

4–5 lbs	*leg of lamb,* butterflied
2 tsp	*salt*
2	*garlic cloves,* chopped
1 cup	*olive oil*
2	*lemons,* juiced
1/3 cup	*tomato paste*
2 tsp	*rosemary*
½ tsp	*black pepper,* ground coarse
½ tsp	*marjoram*
½ tsp	*oregano*
½ tsp	*savory*

PROCEDURE

(1) Have the butcher butterfly the leg of lamb, or do it yourself.

(2) Combine all remaining ingredients in a glass, enamel, stainless, or plastic container, and beat with a whisk or fork until combined. It takes a few minutes.

(3) Add the lamb, turning it to make sure it is coated on all sides. Marinate two hours at room temperature, or overnight in the refrigerator. Check occasionally to make sure that it is still coated with the marinade, and re-cover as necessary.

(4) Grill outside, or broil inside at 8 inches from the flame for 15 minutes on each side, brushing occasionally with the marinade.

(5) Serve sliced thin (hot) with the rest of the marinade, heated.

NOTES

This also makes wonderful sandwiches if there are any leftovers.

RATING

Difficulty: easy. *Time:* several hours marinating, 30 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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ROASTED LEMON/ROSEMARY LEG OF LAMB

LEG-OF-LAMB-2 – Leg of lamb with rosemary and lemon

This is a leg of lamb recipe based on one published in *Family Circle* magazine in June of 1983.

INGREDIENTS (serves 4)

7–8 lbs	*leg of lamb*
2	*garlic cloves,* slivered
2–3 tbsp	*lemon juice*
1 tsp	*rosemary,* crumbled
1½ tsp	*salt*
¼ tsp	*pepper*
¼ cup	*butter* (or margarine)

PROCEDURE

(1) Remove the lamb from the refrigerator 1 hour before roasting.

(2) Preheat the oven to

(3) Trim all but a thin layer of far from the lamb, and make small slits over the surface of the meat. Insert the slivered garlic into these slits.

(4) Brush the lamb with lemon juice, and rub rosemary, salt, and pepper into the meat.

(5) Place the lamb, fat side up, on a roasting rack in a large, shallow roasting pan.

(6) Roast at for 1½ hours, or until a properly-placed meat thermometer reads for rare, for medium, or for well done.

(7) Carve and serve.

NOTES

The drippings from the lamb may be combined with *all-purpose flour* and broth to make gravy.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1½ hours cooking. *Precision:* no need to measure.

CONTRIBUTOR

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LAMB SANS MINT

LEG-OF-LAMB-3 – Grilled butterflied leg of lamb

I devised this recipe after being unable to find an appropriate recipe in the library. It is always well received, and it looks impressive far out of proportion to its difficulty. Because it is simple and difficult to screw up, it is perfect as the centerpiece for a meal with a large group or with complex side dishes. Serve with a hearty rice pilaf and a vegetable.

INGREDIENTS (Serves 4–6)

1	*leg of lamb,* butterflied and trimmed.
6 Tbsp	*rosemary*
	black pepper
	green onions
4 cups	*burgundy wine*
2 cups	*olive oil*
½ cup	*lemon juice*
6	*garlic cloves,* sliced
1 Tbsp	*oregano*
1 Tbsp	*thyme*
1 cup	*onion,* minced

PROCEDURE

(1) Carefully trimming the fat from a butterflied leg of lamb, and and finish the cut, as needed, so that the lamb lies flat in a butterfly shape. A large butterflied leg of lamb should be no more than 2 or 3 inches thick.

(2) Take a liberal amount of rosemary, crush it, and rub it into the lamb. When crushing it, don't turn it into dust, just break it. Sprinkle some black pepper on the cut side of the meat.

(3) Combine the remaining ingredients (wine, green onions, olive oil, lemon juice, garlic, oregano, thyme, and onion) into a marinade. Place the lamb in a shallow dish or bowl, cover as much as possible with the marinade, and marinate in a refrigerator, covered, for 4 to 24 hours. Turn at intervals to marinate evenly.

(4) Grill over mesquite and charcoal on a grill with a tight-fitting lid, such as a Weber. Cook on one side for 25 minutes, occasionally spooning some leftover marinade onto the uncooked side, then turn and cook about 20 more minutes. cooking. Make a small cut in the thickest part of the lamb to check for doneness: when the center is still pink, but not raw, take the lamb off and prepare to serve. Remember that the lamb will continue to cook after you take it off the grill.

(5) Serve the lamb cut-side down (pretty side up). Garnish with uncooked green onions.

NOTES

Your butcher can butterfly a leg of lamb for you. Tell him you will be cooking it flat, and not rolling it back up into a roast. Ask him to be careful.

RATING

Difficulty: easy if you have a good butcher. *Time:* 20 minutes preparation, overnight marinating, 45 minutes roasting. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MARINATED LAMB

LEG-OF-LAMB-4 – Grilled butterflied leg of lamb

This is the best recipe I have ever had for lamb. It really brings out the flavor wonderfully. It came originally from the *Silver Palate Good Times Cookbook*.

A wonderful side dish for this is the Spanish recipe for Garlic fried potatoes (PATATAS-POBRES).

INGREDIENTS (Serves 4–6)

1 cup	*red wine*
½–¾ cup	*soy sauce*
1 Tbsp	*rosemary leaves,* crushed
1 Tbsp	*fresh black pepper*
4	*cloves garlic,* crushed
1	*half leg of lamb,* butterflied

PROCEDURE

(1) Mix together all of the ingredients except the lamb. Place the lamb in a bowl or pan that will not be corroded by the marinade (a glass 9×13 pan works well).

(2) Pour most of the marinade over the lamb. Swish the lamb around and get it soaked on both sides. Cover and marinate in the refrigerator for at least several hours, turning occassionally.

(3) Start a fire in the grill and get the coals very warm but not flaming. Place lamb on grill 3–4 inches from the coals. Cook on this side for 20 minutes, basting with the extra marinade occasionally. Turn the meat over and cook another 20 minutes.

(4) After 10 minutes on the second side, start checking for doneness. Contrary to many people's ideas, lamb should not be well done but should still be a little pink. When done, slice thin and serve.

NOTES

For the meat, you need a half leg of lamb which has been butterflied. A good butcher can do this for you but don't be afraid of trying it yourself. To butterfly the leg, take a sharp knife and start at the side and work towards the bone. Once you have found the bone, work along it so you have one side completely slit and then cut out the bone. Depending on which end of the leg you have, you may need to puzzle over some of the weirdnesses of the bone shape. Don't discard the bone—it makes interesting soup.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, overnight marinating, 40 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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HONEY-ORANGE LAMB

LEG-OF-LAMB-5 – Grilled butterflied leg of lamb

This recipe is the same as Anita Cochran's recipe for grilled butterflied leg of lamb, except that it uses a different marinade. I got the marinade recipe from a local wine merchant.

INGREDIENTS (Serves 4–6)

¼ cup	*soy sauce*
¾ cup	*pinot noir* (Burgundy)
¼ cup	*orange juice* (juice of 1 orange)
2 Tbsp	*lemon juice* (juice of 1 lemon)
2 Tbsp	*honey*
1 tsp	*dry mustard*
1 cup	*tomato puree* (puree of 1 tomato)
3	*cloves garlic* (or more to taste)
¼ tsp	*ground black pepper*
1	*half leg of lamb,* butterflied

(1) Mix together all of the ingredients except the lamb. Place the lamb in a bowl or pan that will not be corroded by the marinade (a glass 9×13 pan works well).

(2) Pour the marinade over the lamb. Cover and marinate in the refrigerator for 12 hours, turning occassionally.

(3) Start a fire in the grill and get the coals very warm but not flaming. Place lamb on grill 3–4 inches from the coals. Cook 20 minutes on each side.

(4) After 10 minutes on the second side, start checking for doneness. Contrary to many people's ideas, lamb should not be well done but should still be a little pink. When done, slice thin and serve.

NOTES

This marinade also works well with chicken.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, overnight marinating, 40 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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FRENCH LEMON PIE

LEMON-PIE – A French dessert cake

My girlfriend got this recipe when she lived in Paris three years ago. In French it is called *Tarte au citron*.

INGREDIENTS (One pie)

PIE CRUST

¾ cup	*wheat flour*
¼ lb	*butter*
2 Tbsp	*water*

FILLING

1	*lemon*
4 Tbsp	*butter*
1	*egg*
½ cup	*sugar*

PROCEDURE

(1) Preheat the oven to

(2) Make crust: Mix flour and butter in a food processor. Add water and form a dough. Press into a pie pan.

(3) Make filling: Grate the lemon peel. Press the juice out of the lemon.

(4) Melt the butter.

(5) Beat the egg with sugar, the melted butter, lemon juice and lemon peel.

(6) Pour the filling into the pie crust.

(7) Bake in oven for about 30 minutes at

(8) Let the pie cool down.

NOTES

If you don't have a food processor, you can use your hands instead.

RATING

Difficulty: Easy to moderate. *Time:* 50 minutes. *Precision:* Measure the ingredients.

CONTRIBUTOR

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SPICY LENTIL SOUP

LENTIL-SOUP – A simple soup with lentils, tomatoes, and hot pepper

This is a spicy vegetarian lentil soup. It makes a very good main course or side dish.

You don't have to soak the lentils ahead of time!

INGREDIENTS (Serves 4)

1 lb	*washed lentils*
8 cups	*water*
1	*celery stalk,* chopped
1	*onion,* chopped
1	*carrot,* sliced
2–4	*garlic cloves,* diced
2 cups	*diced tomatoes*
2 tsp	*cayenne*
2 tsp	*chili powder*
1 tsp	*cumin*
	salt (to taste)

PROCEDURE

(1) Put all the ingredients in a pot. Bring to a boil. Reduce heat and cover. Cook for about 45 minutes or until beans are tender. Sir occasionally; you will also need to add water during this 45 minutes.

NOTES

The spicing can be varied to taste.

RATING

Difficulty: easy. *Time:* 15 minutes dicing, 2 hours cooking. *Precision:* no need to measure.

CONTRIBUTOR

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LIME BARS

LIME-BARS – Delicious and caloric lime-flavored bar cookies

INGREDIENTS (Makes about 50)

2 cups	*flour*
½ cup	*confectioners sugar*
1 cup	*butter*
4	*eggs*
2 cups	*sugar*
dash	*salt*
1/3 cup	*lime juice*
	confectioners sugar

PROCEDURE

(1) Preheat oven to Combine flour and powdered sugar; cut in the butter.

(2) Press mixture into a 13×9-inch inch baking pan. Bake at for 20–25 minutes, or until golden.

(3) Beat eggs at high speed with electric mixer until light and pale yellow. Gradually add sugar, salt, then lime juice, continuing to beat at high speed.

(4) Pour lime mixture over hot crust and return to oven for 20–25 minutes or until golden.

(5) Sprinkle at once with powdered sugar. Cool. Cut into bars.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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LOUBIA BIL LUZ

LOUBIA-1 – Algerian green beans with almonds

This is a variation on an Algerian recipe from Rose Dosti's *Middle Eastern Cooking*. Since when is North Africa in the Middle East? You may well ask.

INGREDIENTS (serves 4)

1 lb	*fresh green beans*
4 cups	*water,* salted
3 Tbsp	*peanut oil*
1	*clove garlic,* mashed
½ tsp	*ground cumin*
¼ tsp	*paprika*
¼ tsp	*ground cloves*
1 Tbsp	*slivered almonds*

PROCEDURE

(1) Clean and trim green beans. Simmer in lightly salted water until just tender, about 30–45 minutes. Drain and put in serving dish.

(2) Put remaining ingredients (except almonds) in a saucepan over medium heat and cook for two minutes, stirring constantly. Add the almonds and stir briefly to coat.

(3) Pour the oil mixture over the green beans and toss gently until beans are thoroughly coated. Serve warm.

NOTES

Canned green beans are not an acceptable substitute in this recipe. Powdered garlic is probably OK.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 50 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MACARONI AND CHEESE

MAC-AND-CHEESE – Greatest macaroni and cheese in the universe

INGREDIENTS (Serves 6)

¾ lb	*bacon* (optional, but I think this really makes the dish!)
¼ cup	*butter* (margarine will do in a pinch)
1½ cup	*bread crumbs* (unseasoned, and don't use sourdough crumbs either)
1 lb	*uncooked elbow macaroni*
3–5	*scallions,* chopped
1½ lb	*Swiss cheese*

PROCEDURE

(1) Cook the bacon until it is very crisp. When done, blot dry.

(2) Put the butter in a small frying pan and heat at a low temperature until it's melted. When melted, add the bread crumbs and sauté until the bread crumbs are browned, stirring frequently to avoid burning the crumbs.

(3) Boil the macaroni in water according to directions on the package. Don't overcook ... it should be ‘‘al dente’’. A little olive oil added to the pot will help prevent the macaroni from sticking together.

(4) While the macaroni is cooking, grate the cheese and chop the scallions.

(5) When the macaroni is done, drain it in a colander. The ‘‘assembly’’ is done in layers into a glass baking dish. Put a layer of macaroni on the bottom, then cheese, the crumble bacon and scallions on top of this. Make the layers thin; this way, you can get about three pasta/cheese/bacon layers. When all of these are in the pan, top with the bread crumbs and bake at for 20 minutes or until the bread crumbs are a little more browned and the cheese is melted.

(6) Eat. However, it makes fantastic leftovers, so you won't want to eat it all.

NOTES

Cooking the bacon in the oven or in a microwave works well for this recipe. I find the best way to dry the bacon is to put a couple of paper towels on top of an old brown paper bag, then the bacon, and then a couple more paper towels on top of that, and then just pat with the hand a few times. It's important to get the bacon dry or the casserole will be too greasy.

RATING

Difficulty: easy. *Time:* 20–30 minutes preparation, 20 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

Helen Anne Vigneau
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Hey, there's a great future as a fry cook! I could be manager in two years.

MANDARIN SOUP

MANDARIN-SOUP – Bamboo shoot, pork, and mushroom soup

I worked out this recipe in an attempt to duplicate the Mandarin Soup served at the Peking Royal Kitchen in Pittsburgh. My friends all agree that it is a good replica; some prefer my version to the ‘‘real thing.’’

INGREDIENTS (Serves 4–6)

4	*dried straw mushrooms*
1/4 lb	*lean pork*
1/2 cup	*bamboo shoots*
2 pieces	*fresh bean curd*
4 cups	*chicken stock*
1 tsp	*salt*
1 Tbsp	*dark soy sauce*
2 Tbsp	*cornstarch* mixed with
1/4 cup	*water*
1	*egg*
1	*scallion,* chopped
1 Tbsp	*sesame oil*

PROCEDURE

(1) Soak mushrooms in warm water for 20 minutes. Drain, reserving liquid.

(2) Cut pork, bamboo shoots, mushrooms, bean curd into thin strips.

(3) Combine stock and reserved mushroom liquid in a saucepan. Bring to a boil.

(4) Add salt, soy sauce, pork, bamboo shoots, mushrooms. Cover and simmer 5 minutes.

(5) Add bean curd and again bring to a boil. Add small amount of hot liquid to cornstarch paste, stirring. Add mixture to pan and cook for 1 or 2 more minutes.

(6) Beat egg lightly and slowly add it to hot soup. Stir once, gently.

(7) Remove soup from heat. Sprinkle with chopped scallion and sesame oil. Serve immediately.

NOTES

The quality of the chicken stock makes a huge difference in a recipe like this. Use fresh stock if you can, or buy the best grade of canned chicken stock you can find.

RATING

Difficulty: easy. *Time:* 20 minutes waiting and 20 minutes preparing. *Precision:* Measure spices and seasonings.

CONTRIBUTOR

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MANGO MILK SHAKE

MANGO-SHAKE – A refreshing Indian summer drink

This is a delicious, refreshing, and easy-to-make drink for hot summer days.

INGREDIENTS (6 12-oz drinks)

1 lb	*mango pulp* (See note)
6 cups	*whole milk*
3 Tbsp	*sugar*
12	*ice cubes*

PROCEDURE

(1) Put half of the mango pulp, 3 cups of milk, 1½ Tbsp of sugar, and 6 ice cubes into the blender. Blend until smooth. Serve.

(2) Repeat step 1, quickly, as people will already be asking for more.

NOTES

Canned mango pulp is available in Indian and Latin American grocery stores. The ‘‘mango nectar’’ that is widely available in American grocery stores does not have nearly enough mangoes per unit volume to make this drink. If you are lucky enough to be able to get fresh mangoes, you can use the flesh of one ripe mango for about 1 cup of the mango pulp; if you do that, increase the amount of sugar to 2 Tbsp per batch, as canned mango pulp always has added sugar.

You can make interesting variations on this recipe by using plain yogurt for some or all of the milk, and by adding a tart counterbalance to the mangoes, such as shredded kiwifruit.

RATING

Difficulty: trivial. *Time:* 3 minutes. *Precision:* no need to measure ingredients.

CONTRIBUTOR

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JULIA'S MANICOTTI

MANICOTTI-1 − An American version of stuffed shells

This is my recipe for stuffed manicotti shells. Perhaps it's not authentic, but it's tasty.

INGREDIENTS (Serves 4–6)

SAUCE

2 lb	*crushed tomatoes* (1 large can)
2 lb	*whole tomatoes* (1 large can)
4 Tbsp	*tomato paste*
4–6	*garlic cloves*
2 cups	*chopped onions*
½ cup	*olive oil*
½ tsp	*black pepper*
2	*bay leaves*
1 Tbsp	*basil*
1 Tbsp	*oregano*
½ tsp	*tarragon*
¼ tsp	*thyme*
¼ tsp	*rosemary*
¼ tsp	*red pepper flakes*
	cayenne pepper, to taste
1 tsp	*parsley,* preferably fresh, but dry will do
dash	*dry red wine*

FILLING

½ cup	*chopped parsley,* fresh is much better
1 lb	*ricotta*
2	*eggs*
1 cup	*shredded mozzarella*
½ cup	*grated Parmesan cheese*
½ cup	*grated Romano cheese*
½ tsp	*black pepper*
1	*garlic clove,* crushed

MANICOTTI

1 box	*manicotti (12 or so shells)*

PROCEDURE

(1) Make sauce: Sauté onions in large pot with olive oil over medium heat. Add crushed garlic. Cook until onions start to brown.

(2) Add cans of tomatoes along with paste, breaking any large chunks.

(3) Add in seasonings and red wine. Simmer, stirring occasionally, for 20–30 minutes.

(4) Make filling: mix filling ingredients in bowl, reserving ½ cup of the shredded mozzarella to sprinkle on top.

(5) Preheat oven to

(6) Cook manicotti until they are *al dente* (follow the instructions on the box). Drain, and stuff each with filling mixture.

(7) Cover baking pan with ½ inch of sauce, and arrange stuffed shells on top. Cover with sauce and reserved mozzarella.

(8) Bake at for about 20 minutes, until cheese is nicely browned and sauce is bubbling.

NOTES

While I prefer to use true manicotti, regular pasta shells are easier to stuff and it's okay to substitute. You can also cut each manicotti down one side and rewrap it around the stuffing. This freezes well uncooked; cover with plastic wrap and foil. Let it defrost in a oven for an hour or overnight in the refrigerator. The cheese mixture can be modified to suit your tastes. Cottage cheese can be substituted for the ricotta.

RATING

Difficulty: moderate. *Time:* 1 hour preparation, 20 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MAPLE SYRUP SOUFFLE

MAPLE-SOUFFLE – A classic souffle, flavored with maple syrup

This recipe was given to me by a colleague from the Université Laval in Québec, P. Q., Canada. If you cannot get maple syrup, try pancake syrup or some fruit liqueur (such as Grand Marnier, Fraise des Bois, etc.)

INGREDIENTS (Serves 2)

½ cup	*powdered sugar*
2 tsp	*baking powder*
1 cup	*maple syrup*
4	*egg whites*

PROCEDURE

(1) Preheat oven to Beat the egg whites.

(2) Add slowly the sugar and baking powder, turning slowly with a spatula.

(3) Slowly add the maple syrup, turning with a spatula.

(4) Grease a soufflé dish with butter.

(5) Bake at for 30 minutes.

(6) Serve immediately.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 30 minutes baking. *Precision:* measure carefully.

CONTRIBUTOR

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EASY MARGARITAS

MARGARITA-1 – Vodka margaritas

INGREDIENTS (Serves 3–4)

6 oz	*frozen limeade*
6 oz	*vodka*
6 oz	*water*
	ice

PROCEDURE

(1) Blend equal parts of limeade, vodka, and water in a blender.

(2) Add ice, and blend to slushiness desired. More ice makes it slushier.

NOTES

Officially, a margarita calls for tequila instead of the vodka, with a splash of triple sec. No one notices the absence of the triple sec and many people prefer the taste of vodka.

RATING

Difficulty: trivial. *Time:* 2 minutes. *Precision:* use equal measures of the ingredients.

CONTRIBUTOR

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MATZO BREI

MATZO-BREI – Traditional Passover breakfast

When I was growing up, the main thing that kept us kids happy about matzah-for-eight-days was my father making ‘‘matzah ’n’ eggs’’ for breakfast nearly every morning. I didn’t even know it had a ‘‘real’’ name. As I was beginning to stock my own kitchen, the very first Passover items I bought were a bowl, a colander and a frying pan.

INGREDIENTS (Serves 1–2)

2	*matzot* (plural of matzah)
2–3	*eggs*
	salt and pepper, to taste
	oil or margarine
¼ cup	*cottage cheese,* well drained (optional)

PROCEDURE

(1) Break matzot into medium-sized pieces and place in colander or strainer. Pour boiling water over them and drain quickly (they should be slightly limp, not soggy).

(2) Mix together matzot, eggs and seasoning in a bowl. (You can add cottage cheese at this point.)

(3) Heat the margarine or oil in a frying pan, and pour in the mixture. You can either (a) heat one side until brown, then flip over, like an omelette or (b) heat while continually stirring, like scrambled eggs (my tradition). Serve hot.

NOTES

Any printed recipe for matzo brei that I’ve ever seen says ‘‘serve with honey or jam.’’ However, in our family, this dish is considered a savoury, not a sweet, and we’re much likelier to sprinkle a bit more salt and pepper on top.

RATING

Difficulty: easy. *Time:* 5 minutes. *Precision:* is to laugh.

CONTRIBUTOR

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PASSOVER ROLLS

MATZO-ROLLS – Bread-like Passover rolls

This recipe comes from a poster-sized sheet of recipes printed by Manischewitz many years ago (probably before I was born). Besides making reasonably good mock ''rolls,'' it's also great fun for kids to make (very sticky!).

INGREDIENTS (Makes 12)

2 cups	*matzah meal*
1 tsp	*salt*
1 Tbsp	*sugar*
1 cup	*water*
½ cup	*peanut oil*
4	*eggs*

PROCEDURE

(1) Combine matzah meal with salt and sugar.

(2) In a medium saucepan, bring oil and water to a boil.

(3) Remove the saucepan from the heat and add the matzah meal, mixing well.

(4) Beat in the eggs thoroughly, one at a time (this is where it starts to get sticky). Let the mixture stand for about 15 minutes (can be refrigerated).

(5) With well-oiled hands, shape it into rolls and place on a well-greased cookie sheet (you will have to keep re-oiling your hands).

(6) Bake in a preheated degree oven for 50 minutes or until golden brown.

RATING

Difficulty: easy. *Time:* 35 minutes preparation (including waiting), 50 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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MAYONNAISE

MAYONNAISE-1 – Mayonnaise made in a blender

Many years ago I got tired of store-bought mayonnaise, because for me it was too sweet and had a rather odd texture. Learning how to make mayonnaise turned out to be a challenge, with many failures along the way (which usually resulted in something on the order of mayonnaise soup). I find this recipe consistently works well. And surprisingly it, too, has a rather sweet taste.

INGREDIENTS (1 cup)

1	*egg,* size "large" or larger
1½–2 Tbsp	*lemon juice (or vinegar)* (this is usually the juice of half a medium lemon)
1 cup	*oil*

PROCEDURE

(1) Place the egg and lemon juice (or vinegar) in a blender. Blend at a high speed until the mixture starts to lose some of its yellow color and become a bit whiter.

(2) Pour the oil in slowly (in a constant stream over the course of about half a minute). Keep the lid on the blender as you do this (just lift the corner to pour in the oil), or else it will spatter everywhere.

NOTES

As you might guess, the type of oil you use affects the taste of the mayonnaise. I suggest that you start with the oil you regularly cook with and then experiment from there.

I've found that the biggest reason for failure is putting in too much acid (lemon juice/vinegar). The result is something akin to soup. Nothing will correct this failure. However, you can use this mayonnaise-soup in potato salad (or other similar salads).

You can add small amounts (up to 1 tsp) of spices, such as mustard (dried or prepared) and Tabasco sauce. Add these to the egg/acid mixture before pouring in the oil, so they get thoroughly mixed into the mayonnaise. This mayonnaise will normally keep for a maximum of three weeks if kept in a cold part of the refrigerator (such as the bottom shelf away from the door)

RATING

Difficulty: easy. *Time:* less than 5 minutes; *Precision:* measure the ingredients.

CONTRIBUTOR

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MEATBALLS IN TOMATO SAUCE

MEATBALLS-1 – Simple meatballs in herb and garlic tomato sauce

I've been making this recipe since I was about 10 years old, and I don't remember where we got it. It's easy and very good, though.

INGREDIENTS (serves 4–6)

SAUCE INGREDIENTS:

13 oz	*canned tomatoes* (1 large can), coarsely chopped, with juice
4 oz	*tomato sauce* (1 small can)
1 clove	*garlic,* minced
½ cup	*parsley,* chopped
1 tsp	*chili powder*

MEATBALL INGREDIENTS:

1 lb	*pork sausage*
½ cup	*parsley,* chopped
½ cup	*cracker crumbs*
½ cup	*parmesan cheese* (grated)
1	*egg*
1 lb	*pasta* (tagliarini, spaghetti, or whatever)

PROCEDURE

(1) Combine the sauce ingredients and bring to a boil while preparing the meatballs.

(2) Mix all meatball ingredients. It is easiest to do this with your hands. Form into walnut-sized balls.

(3) Drop the meatballs into BOILING sauce. If the sauce is not boiling, the meatballs will fall to pieces. Simmer gently for about an hour. If you are making the sauce to eat right away, you will probably want to skim the grease that cooks out of the sausage periodically. If you are making this ahead, the grease will congeal when it sits overnight in the refrigerator, and you can remove it easily then.

(4) Check for salt. Depending on the brands of sausage and tomatoes you use, you may not need any. If you need to add salt, be sparing.

(5) Boil the pasta. Pour the sauce and meatballs over it and serve with grated parmesan, or combine and reheat in a casserole, sprinkled with parmesan.

NOTES

This is fine made a day ahead. Chilling it gives you a chance to remove the grease that cooks out of the sausage.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1 hour cooking. *Precision:* no need to measure.

CONTRIBUTOR

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SWEDISH MEATBALLS

MEATBALLS-2 – A Swedish national dish

This is a traditional Swedish recipe. It is served at the smorgasbord and also at Christmas in Swedish homes (as one of many dishes). It can also be served with brown sauce, potatoes and lingonberry jam at lunch or dinner. Kids love the meatballs with pasta.

INGREDIENTS (Serves 4)

½ cup	*bread crumbs*
½ cup	*milk*
1	*small onion*
1 lb	*ground meat* (mixture of beef and pork)
1	*egg*
	salt and pepper

PROCEDURE

(1) Mix bread crumbs and milk. Let it swell for about 10 minutes.

(2) Mince the onion and fry it until soft.

(3) Mix all the ingredients.

(4) Form into small balls with your hands. This is easier to do with wet hands. The size of the balls can vary a little, but a cherry is too small and a ping-pong ball is too big.

(5) Fry the balls in butter in a frying pan (medium hot) for about 5 minutes. Turn them around to get them fried on all sides. The balls get dark brown.

NOTES

It's a little bit tricky to get the balls round. Don't put all the meatballs in the frying pan at once.

RATING

Difficulty: moderate. *Time:* 30–40 minutes. *Precision:* measure the ingredients.

CONTRIBUTOR

Anders Rantila
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COLIN'S CURRY

MEAT-CURRY – An Indian-style meat curry

Having experimented with making Indian-style dishes for a long time, I have found that this one works every time and has met with approval from all who have tried it.

INGREDIENTS (Serves 3–4)

CURRY

1	*medium onion,* finely chopped
1 inch	*ginger root,* peeled and grated
2	*green chilies,* seeded and finely chopped
3	*whole cloves*
2	*garlic cloves,* crushed
¼ tsp	*aniseed*
¼ tsp	*caraway seed*
¼ tsp	*fenugreek seed*
½ tsp	*corriander seed*
½ tsp	*cumin seed*
1 inch	*cinnamon bark,* broken
3	*cardamom pods,* crushed
½ tsp	*turmeric*
½ tsp	*chile powder*
12 oz	*tomatoes* (one large tin)
1 tsp	*salt*
3 Tbsp	*corn oil*

RICE

2 tsp	*corn oil*
2	*cloves*
3	*cardamom pods,* crushed
½ in	*cinnamon bark,*
2 cups	*Basmati rice*
1 tsp	*turmeric*
4 cups	*boiling water*
1	*bay leaf*

PROCEDURE (CURRY)

(1) Fry the onion in a heavy casserole in the corn oil until it begins to soften. Stir in the garlic, ginger, and chilies.

(2) Reduce heat and fry gently for awhile.

(3) Meanwhile, toast the hard seeds and cinnamon in a dry heavy frying pan until they begin to pop. Grind the toasted seeds into a fine powder and add to the frying mixture together with the chile powder and the turmeric.

(4) Add the chopped tinned tomatoes and stir in with 1 tsp salt. If the mixture is dry, add a little water or stock. Cover and allow to simmer gently for 2 hours, stirring occasionally.

(5) Trim the fat off the pre-cooked meat and cut into bite sized pieces. When the sauce has simmered for the 2 hours, switch off and stir in the meat. Leave to stand preferably overnight, and re-heat before eating.

PROCEDURE (RICE)

(1) Heat corn oil in a large saucepan with a tight-fitting lid. Add cloves, crushed cardamom pods, and cinnamon.

(2) Add rice and turmeric, and mix well by swishing the pan round. Add boiling water and bay leaf, and stir.

(3) Cover and simmer gently for 12−15 minutes, until all the water has been absorbed. Use a fork to remove the seeds and bay leaf and turn out into a warmed dish. Allow to stand in a warm place for 5 to 10 minutes and fluff up with a fork before serving.

NOTES

The sauce can be prepared in advance, to use with leftover meat, or you can cook the meat and sauce to order.

Plain yoghurt may be substituted for the tomatoes if preferred.

Experiment with the seasonings. As a guide, ginger and chile powder will increase the heat, corriander will increase the sweetness, and fenugreek and cumin will increase the bitterness.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, 2 hours cooking, overnight wait. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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SPICY KEBABS

MEAT-KEBABS – Spicy pork or lamb kebabs

I copied this from a newspaper or magazine a long time ago; I forget where. It was originally for pork, but it's good with lamb too.

INGREDIENTS (Serves 4)

2 lb	*lean boneless pork or lamb,* cut into 1½ inch (approx.) cubes
¼ cup	*smooth peanut butter*
1 tsp	*ground coriander*
1½ tsp	*salt*
½ tsp	*cayenne pepper* or more, to taste
1 tsp	*ground cumin*
½ tsp	*pepper*
4	*onions*
1	*garlic clove,* minced
1½ Tbsp	*lemon juice*
1 Tbsp	*brown sugar*
1 Tbsp	*soy sauce*

PROCEDURE

(1) Grate the onions. This is best done using a food processor. Mincing is not good enough; you want to end up with something wet and mushy. Don't stick your nose into the food processor.

(2) Put all the ingredients into a large bowl, mix well, and cover.

(3) Refrigerate for several hours, mixing occasionally.

(4) Put meat cubes on skewers, keeping as much of the onion mixture on them as you can.

(5) Grill over hot coals, turning to brown each side, for 20 to 25 minutes or until meat is cooked through. (Lamb should still be slightly pink; pork should not.)

NOTES

You could probably put some vegetables (onions, bell peppers) on the skewers between the meat chunks; watch out that the veggies don't burn.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, several hours marinating, 30 minutes cooking. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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STEVE'S MEAT LOAF

MEATLOAF-1 – A quick and flavorful meat loaf

This is my own adaption of a recipe I got many years ago from a Campbell's soup cookbook. It usually gets rave reviews from guests:

INGREDIENTS (serves 4–6)

LOAF

2 lbs	*hamburger*
1	*egg*
dash	*nutmeg*
¼ tsp	*black pepper*
½ cup	*canned mushroom soup concentrate*
½ cup	*onion,* chopped
½ cup	*bread crumbs*
1/3 cup	*marinara sauce* (or spaghetti sauce or pizza sauce)
2	*garlic cloves,* minced
2 tsp	*seasoned salt* (or use a mixture of salt, pepper, cayenne, and celery seed).

SAUCE

8 oz	*canned mushroom soup concentrate* (use the rest of the can)
3 oz	*mushrooms,* sliced
½ cup	*sour cream*
¼ cup	*drippings* (from baking the loaf)

PROCEDURE

(1) Preheat oven to

(2) Mix all ingredients together well, shape into loaf and put into a pan. If you use a roasting rack instead of a bread pan, the loaf will be less greasy, and you can use some of the drippings to make the sauce.

(3) Bake 20 minutes uncovered at Turn down the oven to and continue baking, uncovered, for 55 more minutes.

(4) Make the sauce: Fry the mushrooms in the drippings and then combine the drippings and mushrooms with the mushroom soup and sour cream. Heat this mixture in a sauce pan. When meatloaf is done, put on a plate, cover with sauce, slice, and eat.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1½ hours cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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"The best government is no government at all."

MOM'S MEATLOAF

MEATLOAF-2 – A nice, simple meatloaf

This is the meatloaf my mother makes. Where she got the recipe, who knows? Probably from *her* mother.... I think it's the best meatloaf in the world (and I'm sure you think *your* meatloaf is the best!).

INGREDIENTS (Serves 6)

1 cup	*bread crumbs*
¾ cup	*minced onion*
¼ tsp	*garlic powder*
2	*eggs* (slightly beaten)
2 lbs	*ground meat* (I often use a combination of beef and lamb)
2 Tbsp	*horseradish*
pinch	*salt*
¼ cup	*milk or water*
1 Tbsp	*dry mustard*
¾ cup	*catsup*

PROCEDURE

(1) Combine all ingredients except for ½ cup of the catsup. Place into a loaf pan, or shape into a loaf on a baking sheet. Spread the reserved catsup on top of the loaf.

(2) Bake at for 40 minutes.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 45 minutes cooking and cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CHINESE MARINATED MEAT

MEAT-MARINADE – Broiled beef in a Chinese marinade

After frequenting a local Chinese restraunt, I finally asked for the recipe for the marinade for the meat that came on skewers on the *pu pu* platter. I was given a list of ingredients with instructions like ‘‘heavy on this, light on this’’. I devised my own amounts from this list. I served it to my family and they enjoyed it, so I feel confident sending it to mod.recipes.

INGREDIENTS (about 1 cup)

MARINADE

¼ cup	*dry sherry* (cooking sherry will do)
2 Tbsp	*light soy sauce*
¼ cup	*dark soy sauce*
2½ Tbsp	*sugar*
¼ cup	*hoisin sauce*
¼ cup	*unsweetened pineapple juice* (or use the juice from the can of pineapple chunks listed below)
1 tsp	*curry powder*
½ tsp	*white pepper*
2 Tbsp	*ginger root,* cut into thin (1/8-inch) slices.

MEAT SKEWERS

1½ lb	*sirloin tip*
12 oz	*pineapple chunks*

PROCEDURE

(1) Combine the ingredients for the marinade; stir well.

(2) Cut meat into bite-size chunks, and place on skewers with 2 or 3 chunks of pineapple in between the meat pieces.

(3) Marinate the skewers overnight, in a covered container, in the refrigerator.

(4) To cook, broil the meat for about 10 minutes (depends on the size of the chunks). When the weather permits, grilling it outdoors on skewers is even better.

NOTES

You may need to double the marinade recipe. I use a tupperware container made especially for marinating. Any container will do, but it’s tough having to turn over all those skewers.

The hoisin sauce, ginger root, and light soy sauce should be available in any good grocery store. Comments, revisions, and/or additions will be appreciated.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 12 hours marinating, 10 minutes cooking. *Precision:* Approximate measurement OK.

CONTRIBUTOR

Sandy Swier
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ihnp4!mtgzy!sts

SIMPLE MARINADE

MEATMARINADE-2 – A simple, and quite superb meat marinade.

This is a truly wonderful marinade. Just take the steak out of the freezer in the morning before you go to work and pop it in the marinade.

INGREDIENTS (1 serving)

1 Tbsp	*soy sauce (dark)*
1 Tbsp	*brown sugar*
1 tsp	*oil*
1	*garlic clove*

PROCEDURE

(1) Crush the garlic and mix all ingredients together.

(2) Add meat (steak) and leave for *at least* 1 hour, the longer the better.

NOTES

The recipe calls for 1 clove of garlic, but we often use 2 or more. Be careful with the soy sauce, if it is too salty the marinade is not so good. This basic mixture can be varied infinitely; particularly, you can use more marinade than this for one piece of meat.

I like to use sesame oil, or mustard oil for a little ‘‘bite’’ instead of a bland vegetable oil.

RATING

Difficulty: easy. *Time:* 1 minute. *Precision:* no need to measure.

CONTRIBUTOR

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LIHAPIIRAKKA

MEAT-PIE-1 – Finnish meat pie

This is an excellent-tasting stomachfiller. My dear mother gave me this recipe when I moved away from home. She probably thought that it would give me that feeling of home. It does. I have tried it on my friends, and it is always a hit. My mother is from Finland.

INGREDIENTS (Serves 4–6)

DOUGH

3 oz	*butter*
1 cup	*milk*
1 oz	*yeast cake* (or 1 package of dried yeast)
1/3 cup	*sugar*
3 cups	*wheat flour*

FILLING

1	*large yellow onion*
1 lb	*ground meat* (mixed beef and pork)
1¼ cups	*cooked rice* (left-over rice is fine)
1 cup	*cream*
1	*egg*
	salt and pepper

PROCEDURE

(1) Make the dough: melt the butter and add milk. Heat the mixture to Crumble the yeast into a bowl. Add the butter-and-milk mixture and whip it until the yeast as dissolved. Add sugar, salt and flour and stir until it becomes a dough. Cover the bowl, and let rise in a warm place for about 40 minutes.

(2) While the dough rises, chop the onion into very small pieces, and put in a large frying pan. Add the ground meat immediately and sauté for 10 minutes, stirring occasionally. Add the cooked rice and sauté this mixture another 5 minutes. Add the cream, season to taste with salt and pepper, and turn off the heat. Let the frying pan stand on the stove, covered, until the dough is ready. Preheat the oven to

(3) Roll out the dough so it fits in a 12×16 inch baking dish. Put the dough into the dish so that the dough covers the whole dish (this is the most difficult part; don't be discouraged if you have to roll out the dough again).

(4) Add the filling on top of the dough. Whip the egg and spread it over the filling. Bake it on the bottom rack in the oven for about 20 minutes.

(5) When the pie has cooled off a bit; cut it into pieces that are 1¼ inches by 6 inches (the traditional size of lihapiirakka in Finland). Serve.

NOTES

While eating lihapiirakka, you can try the hard work of pronouncing its name. "Liha" means meat and "piirakka" is just "piirakka". The filling can of course be varied. Other traditional Finnish fillings for other "piirakka"s are blueberries (with some potato flour on top) and cottage cheese.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 30 minutes cooking and cooling. *Precision:* measure the crust ingredients carefully.

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UPPER MICHIGAN PASTIES

MEAT-PIE-2 – Cornish-style meat pies from the UP

The pasty (*PAH-stee*) is a kind of English meat pie. It was brought to the Upper Peninsula of Michigan by Cornish miners in the mid-nineteenth century. The UP version differs slightly from the original Cornish pasty in that it has more vegetables and less meat and crust.

You can eat pasties hot, warm, or cold. If you wrap them in aluminum foil when they come out of the oven, they'll keep warm for hours. Or, you can refrigerate/freeze them and reheat them later. (Maybe the original ‘‘fast food’’?)

Most people who live in the UP don't bother to make their own pasties; they buy them from bakeries and pasty shops (which are as common as hamburger joints are in other parts of the country). As a former resident, though, sometimes I get homesick and resort to making them myself. This is the recipe my mother sent me.

INGREDIENTS (Serves 4)

CRUST

2 cups	*flour*
½ cup	*shortening*
¼ cup	*lard*
¼ cup	*scraped suet*
	water

FILLING

1¼ lbs	*coarsely ground beef*
4	*medium potatoes,* diced
1	*large onion,* chopped
¼ cup	*rutabaga* (swede), diced
1	*carrot,* diced
	salt and pepper

PROCEDURE

(1) Put the flour in a bowl and cut in the shortening, lard, and suet. Add just enough water to make a soft dough.

(2) Divide the dough into four parts and roll out each piece into a circle about the size of a dinner plate.

(3) Crumble the meat into a bowl and stir in the potatoes, onion, rutabaga, and carrot.

(4) Divide the mixture into four parts, putting some on one side of each piece of dough. Sprinkle generously with salt and pepper.

(5) Fold the pastry over the filling to make half-moon shaped pies. Seal the edges and cut a couple of small slits on the top.

(6) Bake on a cookie sheet at for 30 to 35 minutes, then reduce heat to and bake 15 more minutes.

NOTES

These have a high cholesterol content. I've tried using an ordinary vegetable-shortening pie crust, but it invariably turns out too dry and crumbly to hold together. (Authentic UP pasties have a crust that's thin, moist, and somewhat chewy, not a flaky crust.) If anyone has any ideas, I'd love to hear about them. You can also cook the filling by itself in a casserole dish if you're feeling lazy about making the crust.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 1 hour cooking and cooling. *Precision:* measure the crust ingredients.

CONTRIBUTOR

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KERRY'S MEAT PIE

MEAT-PIE-3 – Australian baked meat pie

This recipe is an original creation of my wife, Kerry.

INGREDIENTS (serves 4)

PASTRY

¼ lb	*butter*
¾ cup	*white flour*
¾ cup	*self-raising flour*
	ice cold water

FILLING

2 lb	*lamb or beef* (pre-cooked cubes)
2	*medium brown onions*
¼ cup	*seasoned flour* (flour with basil, oregano, and pepper)
½ lb	*mushrooms*
6	*tomatoes*
1	*capsicum (green pepper),* sliced
1 cup	*breadcrumbs*
½ cup	*tomato sauce*

PROCEDURE PASTRY

(1) Cut butter and flour with two knives until mixture contains particles the size of small peas.

(2) Sprinkle with cold water until pastry clings together. Shape into ball and place in refrigerator for ½ hour.

(3) Roll out to cover pie dish (8 inch). Leave enough pastry for a top.

(4) Pre-bake the pie shell for 10 minutes at To prevent crust walls from collapsing, fill with dry beans for the first five minutes.

(5) Make the filling: fry onions and meat, continuing until onion is lightly browned. Add flour mix, sliced tomatoes, sliced capsicum, tomato sauce and breadcrumbs to pan. Continue until capsicum is softened. Add mushrooms and fry for 1 minute more.

(6) Place the fried mix into the pre-baked pie shell, cover with pastry lid and cook in moderate oven for 20 minutes.

(7) Serve hot

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 30 minutes cooking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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KALAKUKKO

MEAT-PIE-4 – Rye bread pie with fish and pork filling

This is an ancient national food prepared and eaten in Savo (eastern Finland).

INGREDIENTS (Serves 4–6)

FILLING

2 lb	*small fish*
1½ lb	*pork,* sliced into strips like bacon, but about ¼ to ½ inch thick.
3 Tbsp	*salt* (omit salt if pork is already salted)
	allspice (optional. Traditionalists omit this)

DOUGH

2½ cups	*water*
3¼ cups	*rye flour* (sifted)
1¾ cups	*wheat flour* (sifted)
4 tsp	*salt*
½ oz	*yeast* (2 standard packages)

PROCEDURE

(1) Clean the fish, removing fins, large scales, and entrails. You may leave the heads if you dare to eat them.

(2) Mix the flours, and salt. Add the yeast to the water.

(3) When the yeast is fully dissolved, make a thick dough by pouring flour mixture into water and blending well. The ratio of flour to water depends on the nature of the flours. This ratio of 1:2 by volume works well in Finland with Finnish flours. Where flours contain more gluten you should use slightly less water.

(4) Set aside 4 Tbsp of dough to be used later. Roll out the remaining dough into a circular shape ¾ inch thick.

(5) Assemble the meats into the dough: cover the inner half of the dough circle with half of the pork (the pork should cover a circle whose diameter is half the diameter of the rolled dough). Then put all of the fish over top of the pork, and add allspice and extra salt if you are using them. Finish with the second half of the pork.

(6) Preheat oven to Lift the edges of the dough all around the filling and glue together with a little water so that you have the filling surrounded from all directions with ¾-inch-thick dough. Put upside down (the seam downwards) on a baking sheet and let it rise about half an hour at room temperature.

(7) Put the kalakukko in a oven for long enough to brown the dough, which will seal it against moisture. Then lower the temperature to about and let it bake for 4 to 7 hours depending on the size of the fish (bigger fish need more cooking time). You can brush some melted butter over the top of the dough just after lowering the temperature; this will give it a prettier appearance. If it starts to leak while baking, fill holes with the dough which was set aside.

(8) Serve hot or cold.

NOTES

Kalakukko was used as travelers food because it stays edible very long when unopened. Also in medieval times salt was the only way to preserve meat and it was expensive, so with this way you could use all the salt in salt pork. The word kala-kukko means fish-cock (the bird).

You can use any small fish (shorter than 8 inches). Small scales and spikes don't matter because they soften during the prolonged cooking. Make sure you use unsmoked pork.

RATING

Difficulty: moderate (some skill with dough is required). *Time:* 45 minutes preparation, 30 minutes attended baking, 4–7 hours unattended baking. *Precision:* Careful measurement not necessary, but the consistency of the dough (which will depend on the nature of your flours) is important. If the dough is either too soft or too hard, the kalakukko will leak.

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MELOMACARONA

MELOMACARONA – Traditional greek Christmas cookies soaked in honey syrup

This is one of the two kinds of confection that are traditionally consumed in large quantities in Greece during the holiday season (the other is kourabiedes). I suppose the name translates to something like ''honey macaroons'', except that they are not really macaroons. I got the recipe from a greek cookbook.

INGREDIENTS (makes about 40 pieces)

1½ cups	*olive oil*
½ cup	*unsalted butter* (at room temperature)
1 cup	*beer*
¾ tsp	*ground cinnamon*
¼ tsp	*ground cloves*
	orange peel (use the grated peel of one orange)
1 cup	*sugar*
2 cups	*finely ground semolina*
6 cups	*flour*
½ tsp	*baking soda*
½ tsp	*baking powder*
1 tsp	*salt*
1½ cup	*sugar* (for the syrup)
1½ cup	*honey*
1 cup	*water*
½ cup	*chopped walnuts*

PROCEDURE

(1) Put the olive oil, butter, beer, cinnamon, cloves, orange peel and sugar in a mixing bowl and beat until they are thoroughly blended.

(2) Sift about one cup of flour with the baking soda, baking powder and salt, and blend into the mixture.

(3) Add the semolina, a cup at a time, into the mixture.

(4) Add the enough of the remaining flour, a cup at a time, until you get a rather firm dough (you may need a bit more or less than the amount mentioned in the ingredients list). Use your hands to do the mixing, as an electric mixer will be useless after the first two or three cups of flour have been added.

(5) Roll the dough into cylinders, about two inches long and one inch in diameter, flatten them with your hands, and place them on cookie sheets greased with a little olive oil. Bake at for half an hour.

(6) Remove the cookies from the oven, and let them cool for about half an hour.

(7) Make the syrup: mix the sugar, honey and water, and bring them to a boil. Cook on low heat for three minutes and skim off the foam that forms on top.

(8) Pour the hot syrup over the cookies, sprinkle them with the chopped walnuts and let them soak overnight.

NOTES

You can use flour instead of semolina, but only as a last resort, as you won't be able to get that wonderful grainy texture which you get if you use semolina.

The amounts given here are for only half a recipe. Considering that it is very hard to eat only one melomacarono, making the full recipe may not be as outrageous as it sounds!

RATING

Difficulty: Easy to moderate. *Time:* 30 minutes preparation, 30 minutes baking, 30 minutes cooling, overnight soaking. *Precision:* approximate measurement OK.

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MELON BALL SALAD

MELON-BALLS-1 – Margaret's X-rated melon balls

I had a lettuce and tomato sandwich Saturday with mustard instead of mayonnaise. Better than I would have feared. But the big discovery of the week is Margaret's X-rated melon balls.

INGREDIENTS (Serves 4)

3	*melons,* in three different colors
1/3 cup	*chicken broth*
¼ cup	*sherry vinegar*
1/3 cup	*lemon juice*
4	*garlic cloves,* crushed
¼ tsp	*salt*
¼ tsp	*black pepper*
2 Tbsp	*fresh tarragon,* minced
2 Tbsp	*fresh chervil,* minced
2 Tbsp	*lemon basil,* minced

PROCEDURE

(1) Cut melons of three different colors into melon balls and drain the balls in a colander. Save the juice to make sherbet.

(2) Make a very strong salad dressing of chicken broth, sherry vinegar, lemon juice, crushed garlic, salt, pepper, and minced fresh tarragon, chervil, and lemon basil.

(3) Dress the drained melon balls and let the dressing sink in for half an hour.

(4) Serve with sliced ham and toast.

NOTES

In truth, I have to report that Margaret herself thought the garlic was too much; but I didn't.

This recipe is not wholly unrelated to fruit curry, another godsend for the overplump.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 30 minutes waiting. *Precision:* no need to measure.

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MISSISSIPPI MUD CAKE

MISS-MUD-CAKE – Mississippi mud cake

INGREDIENTS (Makes 1 large-pan cake)

1 cup	*margarine*
½ cup	*cocoa*
2 cups	*sugar*
4	*eggs,* slightly beaten
1 tsp	*vanilla*
1½ cup	*flour*
1/8 tsp	*salt*
1½ cup	*chopped peanuts*
2 cups	*miniature marshmallows*

PROCEDURE

(1) Preheat oven to

(2) Melt the margarine in a saucepan.

(3) Add the cocoa, and stir until blended.

(4) Remove the saucepan from the heat, add the sugar, eggs, vanilla, and mix them all together.

(5) Combine the flour, salt, and the nuts in a bowl, and stir so that the nuts are coated with the flour. Add this gradually to the mixture in the saucepan.

(6) Spoon this into a greased 13×9×2 inch pan and bake for 35–40 minutes in the preheated oven.

(7) Spread the marshmallows on the warm cake.

NOTES

When the cake cools, you will notice the reasoning behind its name. It may not look like much, but it sure tastes great.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 40 minutes cooking. *Precision:* measure the ingredients.

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MOROCCAN FISH

MOROCCAN-FISH – Spicy Moroccan fish

I got this recipe from a newspaper lying around a friend's house. It is very spicy. It will burn your mouth off. Do not use on unsuspecting friends, unless you're trying to get rid of them.

INGREDIENTS (Makes 4 servings)

5	*garlic cloves,* chopped
2 Tbsp	*cumin*
2 Tbsp	*olive oil*
1 Tbsp	*dried pepper flakes*
2 Tbsp	*cilantro, chopped*
	juice of ½ lemon
1 lb	*filets of red snapper*

PROCEDURE

(1) Preheat oven to

(2) Mix garlic, cumin, olive oil, pepper flakes, cilantro, and lemon juice into a paste.

(3) Put the filets in a shallow baking dish and spread this paste over them. Cover tightly with foil.

(4) Bake at for 5 to 10 minutes (a little longer if the filets are thick).

NOTES

You could substitute other types of fish.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 10 minutes cooking. *Precision:* Approximate measurement OK.

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VEGETARIAN MOUSSAKA

MOUSSAKA – vegetarian version of the Greek classic

This recipe is not for the faint-hearted cook. It's very good, and it takes a lot of work. Don't waste it on someone who would be just as satisfied with steak and salad!

INGREDIENTS (Serves twelve people)

TOMATO SAUCE

2	*large onions*
2 Tbsp	*olive oil*
2 Tbsp	*butter*
2 cups	*minced mushrooms* (if you *insist* upon using meat, substitute 1 lb ground beef or lamb for the mushrooms)
3	*tomatoes,* peeled and puréed
3 Tbsp	*tomato paste*
¾ cup	*dry red wine*
½ cup	*chopped parsley*
1 tsp	*cinnamon*
1 Tbsp	*finely chopped garlic*
1 Tbsp	*oregano*
1 tsp	*sugar*

BECHAMEL SAUCE

4 cups	*milk*
½ cup	*butter*
6 Tbsp	*flour*
1/8 tsp	*nutmeg*
¼ tsp	*white pepper*

THE CASSEROLE

some	*olive oil*
3 lb	*eggplant*
4	*eggs,* beaten
2 cups	*ricotta cheese*
1 cup	*dry bread crumbs*
2 cups	*grated kefalotyri or parmesan cheese*

PROCEDURE

(1) First make the tomato sauce: peel and mince onions. Sauté onions in 2 Tbsp oil and 2 Tbsp butter, over moderate heat, until they are soft and lightly colored (about 8 minutes). Add mushrooms and sauté. Stir in tomatoes, tomato paste, wine, parsley, seasonings and sugar.

(2) Reduce heat to low and simmer uncovered, for 30–45 minutes, stirring occasionally. Most of the liquid should be evaporated, and the mixture quite thick. Remove skillet from heat and let it cool completely.

(3) Start seasoning the eggplants: peel eggplants and slice vertically, 1/8 to ¼ inch thick. Sprinkle lightly with salt and let sit for 30 minutes.

(4) Now make the Bechamel Sauce: Place the milk in a saucepan, and heat it just until tiny bubbles appear along the edges. Remove and set aside.

(5) Melt one cube butter in 3-quart saucepan over very low heat until foamy, being careful not to brown. Slowly add the 6 Tbsp flour, stirring constantly until smooth (3–4 minutes), and still being careful not to let it brown. Add the milk slowly, whipping with a wire whisk. When the mixture is thick and smooth, remove it from the heat and stir in seasonings. Cool sauce slightly.

(6) Back to the eggplant: Rinse well with cold water; squeeze gently and pat dry. Dredge the eggplant in 1½ cups flour, and sauté each in olive oil until it is brown on both sides.

(7) Put it all together: Stir ricotta cheese until it is smooth and creamy. Gently fold it into the Bechamel sauce. Stir in beaten eggs until thoroughly incorporated.

(8) Remove and discard any excess oil that has risen to the top of the tomato mixture.

(9) Lightly grease a 16×10 baking pan that is at least 3 inches deep, and sprinkle the bottom with a few breadcrumbs. Place a layer of eggplant in the pan, following with a layer of tomato mixture. Sprinkle with breadcrumbs and grated cheese. Repeat as many times as you have eggplant to last.

(10) Pour the Bechamel-ricotta sauce over the top and bake at for one hour, or until a golden-brown crust has formed on top. Remove moussaka from oven and let it stand undisturbed 20–30 minutes; the delay allows the layers to fuse.

NOTES

The Bechamel-egg-ricotta mixture will overflow all but the largest (professional size) food processors. Use a mixer or blend by hand.

This recipe is sized for a large cake pan. If you cut the recipe in half it will fit into an ordinary lasagna-size baking dish.

RATING

Difficulty: moderate. *Time:* 2 hours to prepare, 1 hour to bake, 20–30 minutes to set and cool. Some can be done ahead of time. *Precision:* Approximate measurement OK for eggplant, tomato mixture.

CONTRIBUTOR

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CHOCOLATE MOUSSE

MOUSSE-CHOC-1 − A rich but not cloying chocolate mousse

This recipe is based on one that appeared several years ago in *Bon Appetit*. After much experimentation, we have come up with this recipe, which is less sweet than the original and downright scrumptious. (I even like it, and I don't generally like chocolate anything.)

INGREDIENTS (Serves 12−20)

CRUST

½ cup	*butter*
1 cup	*flour*
1	*egg yolk* (see note)
1 tsp	*vanilla*
1 tsp	*grated lemon peel* (optional)

FILLING

13 oz	*semisweet chocolate* (see note)
3 oz	*unsweetened chocolate*
2	*whole eggs*
4	*eggs, separated*
16 oz	*whipping cream*
	powdered (confectioner's) sugar

PROCEDURE

(1) Make the crust: Preheat oven to Cut flour and butter together. With a fork mix in egg yolk, vanilla, and lemon peel. Press onto the bottom and sides of a 9 inch springform pan, and bake for 10−12 minutes at or until it just begins to turn slightly golden.

(2) Melt all the chocolate in a double boiler.

(3) Whip the whipping cream with 2−3 Tbsp of powdered sugar (the stiffer you whip it, the stiffer the mousse will be).

(4) Beat the eggs whites with 2−3 Tbsp powdered sugar.

(5) Remove the top pan of the double boiler (with the melted chocolate) from the bottom pan and let it cool a bit. (''Cool'' means it's only cool enough so that when you add the eggs in the next step, they don't cook. You still need to be able to stir it.)

(6) Add the whole eggs to the chocolate, one at a time, and mix well.

(7) Then add the egg yolks one at a time and mix well.

(8) Mix some of the whipping cream (enough to lighten the chocolate) into the chocolate.

(9) Alternately fold in the whipping cream and the egg whites into the chocolate.

(10) Pour into the crust.

(11) Refrigerate 6 hours or overnight.

NOTES

This is my cheesecake crust. A graham cracker crust works well too. The original recipe used a crust made from chocolate wafer cookies.

If you have no better use for the extra egg white in making the crust, add it to the eggwhites used in the filling.

I don't recommend Ghirardelli chocolate, as it's too sweet.

The function of the powdered sugar is to help the cream/whites stiffen. The sweetness of the mousse comes from the semisweet chocolate, not the powdered sugar. Note 6: You can also use a 12-inch springform. Instead of putting the crust up the entire sides, just go up half way. Or you can use two 8-inch springforms. In this case either spread the crust very thin or increase the crust by 50%.

RATING

Difficulty: moderate to hard. *Time:* About 45–60 minutes for beginners, 30 minutes once you have it down. Cooking time: 15 minutes for the crust. *Precision:* crust ingredients should be measured precisely.

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MINT WHITE CHOCOLATE MOUSSE

MOUSSE-CHOC-2 – Sinful and light mint chocolate mousse

This concoction is a variation of another white chocolate mousse, which is a variation of a dark rum chocolate mousse. It was invented for a friend's birthday, which happens to be on St. Patrick's Day. We were sitting around the day before, planning the celebration, and I offered to bring some white mousse. Someone suggested it should be green, in honor of the occasion. I came up with the perfect way to make green chocolate mousse....

INGREDIENTS (serves 4)

4 oz	*white chocolate*
3 Tbsp	*green creme de menthe*
2	*egg whites* (at room temperature)
1 cup	*heavy cream*

PROCEDURE

(1) Melt the white chocolate in a double boiler. When melted, stir in the creme de menthe. Let it cool a bit, and stir in 2½ Tbsp of cream. Let cool.

(2) Beat the egg whites until stiff, but not dry. Fold the chocolate-creme-cream mixture into the beaten egg whites. The more carefully you fold, the lighter will be the mousse.

(3) Whip the remaining cream, until soft peaks form. Fold the egg whites–chocolate mixture into the whipped cream. Again, the more air you preserve, the lighter the mousse.

(4) Spoon carefully into small bowls or cups, and chill for about two hours.

RATING

Difficulty: moderate, depending on folding and whisking skills. *Time:* 30 minutes. *Precision:* approximate measurement OK.

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HIPPO POT DE MOUSSE

MOUSSE-CHOC-3 – Extremely quick and easy chocolate mousse

This is an adaptation of a very easy chocolate mousse recipe from Sandra Boynton's hilarious book, *Chocolate, the Consuming Passion*. It requires none of the laborious preparation that most French mousse recipes call for, and really optimizes the effort needed to consume the chocolate, which is, after all, what this is all about.

INGREDIENTS (Serves one to six people)

4 oz	*semisweet chocolate*
2 oz	*bittersweet chocolate*
2 cups	*heavy cream,* well chilled. Whipping cream will do nicely.
1 tsp	*almond extract* (optional)

PROCEDURE

(1) Melt the chocolate together in the top of a double boiler. Be careful to do this slowly, so as not to burn the chocolate, and to keep all moisture away from the pot. Let the chocolate cool for five minutes.

(2) While the chocolate cools, whip the cream and almond extract together until very stiff.

(3) Gently fold the cooled chocolate into the whipped cream. There will be many flecks of chocolate in the mixture.

(4) If you're not going to eat it all yourself, spoon into six large wine glasses. Chill one hour.

NOTES

If you're careful, you can also melt the chocolate in a microwave oven, in its wrapper. If you try this, be especially mindful of the semisweet chocolate, as the sugar therein caramelizes very quickly, leading to an awful mess (and ruined chocolate).

RATING

Difficulty: easy to moderate. *Time:* 20 minutes preparation, 1 hour chilling. *Precision:* measure the ingredients.

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FRIED MOZZARELLA CHEESE

MOZZ-FRIED – Fried mozzarella sticks with marinara

INGREDIENTS (Serves 4–8)

1 lb	*mozzarella cheese*
½ cup	*flour*
3	*large eggs*
1 cup	*bread crumbs*
½ tsp	*garlic powder*
½ tsp	*oregano*
½ tsp	*ground cumin*
pinch	*salt and pepper*
8 oz	*marinara sauce,* chilled
	vegetable oil

PROCEDURE

(1) Cut the mozzarella into sticks a bit more than about ¼ in thick, and about 1½ in long. Coat the sticks with flour, shaking off excess.

(2) Combine the bread crumbs and seasonings in a flat dish. Beat the eggs and place in a separate bowl.

(3) Coat the sticks by dipping them in the egg and then in the bread crumbs. The coating on the first stick should be fairly dry when you finish the last stick. Repeat with another dip in the egg and then in the bread crumbs.

(4) Deep-fry the coated sticks in oil for about 3 to 4 minutes until the coating is cooked. Fry in batches, keeping the finished ones warm in the oven.

(5) Serve with chilled marinara sauce or salsa.

NOTES

Use your imagination when choosing spices. The spices listed here are just a suggestion.

Be careful when frying, as some sticks split open when they are done, leaving lots of cheese in your frying oil. You may need more egg or bread crumbs, depending on how many sticks you have and how thick you coat them.

RATING

Difficulty: moderate (frying skill required). *Time:* 10 minutes preparation, 5 minutes cooking. *Precision:* approximate measurement OK.

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MUESLI

MUESLI-1 – cold, enriched porridge

The trouble with buying packaged muesli is that it generally contains salt and sugar, often in larger quantities than you might choose for yourself. Making your own muesli is quick and easy, and you can change the ingredients and alter the proportions to suit yourself.

After a few experiments, I've settled on this recipe:

INGREDIENTS (4 cups)

3 cups	*rolled oats*
1 cup	*assorted dried fruit*
1 cup	*bran*
¼ cup	*sesame seeds*
½ cup	*nuts*
¾ cup	*shelled sunflower seeds*
1 cup	*banana chips*

PROCEDURE

(1) Mix all ingredients together.

(2) Serve (about 5 heaped dessert spoons seems about the right amount) with milk, cream, yoghurt, or whatever you like on breakfast cereal. I've heard that fruit juice is an alternative, but I haven't tried it.

NOTES

Use your own choice of dried fruits. I like to cut 4 or 5 pieces of dried apricot into slivers, making up the balance with sultanas or raisins. I generally use unsalted peanuts, but I'm sure most nuts would be fine (how about almonds?). One word of warning: if you use quick-cooking oats instead of rolled oats, the result is decidedly mushy.

RATING

Difficulty: easy. *Time:* 5 minutes. *Precision:* No need to measure.

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KYLIE'S MUESLI BARS

MUESLI-BARS – Delicious and nourishing bars for hiking or home

This is a recipe that my daughter, Kylie, has perfected, starting from one published in some magazine. They are ideal to use as trail bars, being both filling and full of energy, but are also perfect as snacks at home or work. When on a hard bushwalk, eating these is a real highlight of my day.

INGREDIENTS (Makes 15)

1 cup	*rolled oats*
3 cups	*crushed cornflakes*
1 cup	*dessicated coconut*
1½ cups	*mixed dried fruit*
3½ Tbsp	*full cream milk powder*
4 oz	*butter*
½ cup	*packed brown sugar*
½ cup	*honey*
½ cup	*peanut butter*

PROCEDURE

(1) Mix the oats, cornflakes, coconut, dried fruit and milk powder together in a big bowl.

(2) Simmer butter, sugar, honey and peanut butter together for 3 minutes, or microwave on high for 4 minutes (from cold), stirring every minute.

(3) Pour sauce into dry mixture and mix well.

(4) Press into a biscuit tray and put in refrigerator until cold. Cut when cold.

NOTES

The bars are best kept in the refrigerator, although it's by no means essential. They soften in the heat but don't disintegrate.

Any other cereal crumbs can be combined with cornflakes to make up the 3 cups. It's a good way to use up those otherwise annoying scraps. If too much powdery stuff goes in, the bars can be somewhat dense. Using Rice Bubbles (Rice Krispies) gives a lighter texture.

Dessicated coconut is best, as shredded coconut is too course.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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BLUEBERRY MUFFINS

MUFFINS-1 – Award-winning blueberry muffins

These muffins won a blue ribbon during the years that I was eligible for the Dade County (Miami, Forida) Youth Fair. I think this particular recipe came originally from the *Better Homes and Gardens Cookbook*, but I could be wrong.

INGREDIENTS (Makes 12 muffins)

1¾ cups	*flour*
6 Tbsp	*sugar*
2½ tsp	*baking powder*
¾ tsp	*salt*
1	*egg* beaten
¾ cup	*milk*
1/3 cup	*cooking oil*
¾ cup	*blueberries*
1 tsp	*lemon peel* (optional)

PROCEDURE

(1) Preheat oven to Stir together the flour, sugar, baking powder, and salt. Make a well in the center.

(2) In a separate bowl, combine the egg, milk, and oil.

(3) Add egg mixture, all at once, to the flour mixture. Stir **just** until moistened. Yes, the batter *should* be lumpy. (If you try to stir all the lumps out, your muffins will be very tough.)

(4) **Carefully** fold in blueberries and optional lemon peel.

(5) Grease muffin cups, or line with paper bake cups; fill each 2/3 full.

(6) Bake at for 20–25 minutes, or until golden brown. Remove from pans; serve warm with butter.

NOTES

The less you stir once you've combined the two mixtures, the better your muffins will be. (To a point—but overmixing is much more common than undermixing.) Frozen blueberries work fine, if you can't get hold of fresh berries. I'm sure other kinds of fruit will work fine, too, but I haven't tried them.

RATING

Difficulty: moderate (proper mixing technique required). *Time:* 10 minutes preparation, 25 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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BRAN MUFFINS

MUFFINS-2 – Very rich and moist muffins with bran, raisins, nuts, and dates

I experimented a lot to find the ultimate bran muffin recipe. I started with a recipe from the *Betty Crocker Cookbook*, but I've changed it enough that I'm willing to take all the credit for it.

INGREDIENTS (12 large muffins)

1	*egg*
1¾ cups	*cream*
¾ cups	*vegetable oil*
1 cup	*wheat bran*
1 Tbsp	*baking powder*
1 tsp	*salt*
1 cup	*dark molasses*
¾ cup	*whole wheat flour*
¾ cup	*rice flour*
1/3 cup	*uncooked oatmeal*
1 cup	*chopped nuts*
¾ cup	*raisins*
¾ cup	*chopped dates*

PROCEDURE

(1) Preheat the oven to Grease the bottoms of your muffin pan. Chop the nuts and dates.

(2) Beat the egg, then add to it cream and oil. Mix this together well, then mix in the bran and let it sit there and absorb liquid for about five minutes.

(3) In another large bowl measure and slightly blend the wheat and rice flour and the oatmeal.

(4) Now that it's been about five minutes, add the baking powder, salt, and molasses to the soaking bran and mix thoroughly.

(5) Dump the bran mixture into the flour mixture and blend a bit, then fold in the nuts, raisins, and dates. Try not to mix too much because overmixing can degrade the texture of the muffins.

(6) Fill muffin tins about to the top and bake at for about 25 minutes.

NOTES

You can use milk instead of cream, but the muffins will not be as rich and moist.

Using 1/3 hazelnuts and 2/3 walnuts adds a distinctive flavor.

I like to let the batter sit in the refrigerator for a while (a few hours to overnight) before I bake it.

RATING

Difficulty: moderate. *Time:* 15 minutes preparation, 30 minutes baking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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THE COUNTESS'S MUSHROOMS

MUSHROOMS-1 – A rich treat for mushroom lovers

This recipe originated in *Ken Kelly Cooks*, and is presented with only minor additions and changes.

INGREDIENTS (serves 2 gluttons)

1 lb	*fresh mushrooms* sliced
4 Tbsp	*butter*
2 Tbsp	*flour*
2 tsp	*broth*
1½ cups	*sour cream*
2 Tbsp	*lemon juice*
1 tsp	*garlic powder*
2 tsp	*onion powder*
½ tsp	*nutmeg*
½ tsp	*tarragon*
¼ tsp	*curry powder*
½ tsp	*black pepper,* fresh ground
¼ tsp	*salt* (or to taste)

PROCEDURE

(1) In a large frypan, melt the butter. Sauté mushrooms in butter until tender (about 5 minutes).

(2) Mix flour and chicken base together. Sprinkle over mushrooms. Cook one more minute, stirring.

(3) Add sour cream, lemon juice, and all seasonings. Cook 2 to 3 minutes more, stirring.

NOTES

We use chicken broth or chicken bouillon. If you use a vegetable broth this is a vegetarian dish.

If you can resist digging in right away, cook this ahead of time to give the flavors a chance to mellow. At serving time, rewarm carefully over low heat. This is wonderful as a main dish served over rice, noodles or fettucini Alfredo.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 10 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MUSHROOM SOUP

MUSHROOM-SOUP – Quick and easy mushroom soup

This is based on a recipe my sister got from her high school cookery class. It's easy to make whilst constructing a more involved main course.

INGREDIENTS (Serves 4–6)

8 ozs	*mushrooms*
2½ cups	*milk*
1	*stock cube* (beef or chicken)
2 Tbsp	*butter*
2 Tbsp	*flour*
2 Tbsp	*lemon juice*
	salt, white pepper

PROCEDURE

(1) Wash mushrooms and cut into slices.

(2) Melt butter over medium heat.

(3) Fry the mushrooms for about 2 minutes or so.

(4) Stir in flour to form a thickish paste.

(5) Gradually stir in the milk and stock while heating.

(6) Add the lemon juice and seasoning, bring to the boil.

(7) Simmer for about 10 minutes (or longer if you want).

NOTES

My sister insists on using a chicken stock cube, but I prefer beef. Chicken gives you a lighter colour, but I prefer the darker colour given by the beef. (Of course, real stock is better, but takes time to prepare)

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 30 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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PAPRIKA MUSHROOM SOUP

MUSHROOM-SOUP2 – A rich dill, paprika and mushroom soup

I first saw this at ‘‘Old Wives Tale’’, a restaurant in Portland Oregon. The waiter there said that this had been on the menu every day for a year, and highly recommended it. The soup was delicious. I was pleasantly surprised to find a recipe for it in Molly Katzen's *Moosewood Cookbook*.

INGREDIENTS (Serves 3–4)

12 oz	*mushrooms,* cleaned and sliced
2 cups	*chopped onion*
1	*garlic clove,* crushed
4 Tbsp	*butter or margarine*
3 Tbsp	*flour*
1 cup	*milk*
2 tsp	*dill weed*
1 Tbsp	*Hungarian paprika*
1 Tbsp	*tamari*
	black pepper, to taste
	salt, to taste
2 tsp	*lemon juice*
2 cups	*vegetable stock or water*
¼ cup	*fresh parsley*
½ cup	*sour cream*

PROCEDURE

(1) Sauté onions in large pot with half the butter for 5 minutes. Add mushrooms and crushed garlic along with dill, paprika, stock, and tamari. Simmer covered for 15 minutes.

(2) In a saucepan, melt butter over medium heat and stir in flour. Whisk while heating for 2 minutes, then add milk. Stir often for 10 minutes or until thick.

(3) Combine mushroom mixture with sauce and simmer for 15 minutes. Add sour cream.

(4) Add lemon juice and salt and pepper to taste before serving. Top with chopped parsley.

NOTES

Tamari is a kind of soy sauce; if you can't find it, you can use ordinary soy sauce.

RATING

Difficulty: easy. *Time:* 1 hour. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MUSHROOM SOUP

MUSHROOM-SOUP3 – Mushroom soup with whisky

This is my family's favourite mushroom soup recipe. The recipe originally came from a small booklet produced by Carnation.

INGREDIENTS (serves 6)

1 lb	*sliced mushrooms*
2	*large onions,* chopped
1 Tbsp	*French mustard*
4 cups	*beef stock*
1/3 lb	*sliced leg ham*
12 oz	*evaporated milk*
2 Tbsp	*whisky*
1 tsp	*lemon juice*

PROCEDURE

(1) Place the mushrooms, onions, mustard and stock in a saucepan and simmer gently for 20 minutes. Save a few mushroom slices for decoration later.

(2) Add the remaining ingredients, except for the lemon juice.

(3) Heat through, but do not boil.

(4) Garnish with a few slices of mushroom (saved from before) and a squeeze of lemon juice. Serve.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 30 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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FRED'S MUSKRAT

MUSKRAT-1 – Muskrat roasted in tomato sauce

In northwestern Ohio and downriver Detroit, we have ‘‘muskrat suppers’’ in the winter, sponsored by churches and volunteer fire departments to raise money, rather the way other people have chicken and ham dinners. This recipe comes from Fred Witty, via the cookbook put out by my parents’ church.

Legend has it that during the depression, the Bishop of Detroit declared muskrats to be fish (since they live in the water), so they could be eaten by Catholics on Fridays.

INGREDIENTS (Serves 4)

3–4	*muskrats* (all fat and glands removed)
½ lb	*bacon*
½ bunch	*celery,* chopped
4	*onions,* chopped
½ lb	*oleo*
½ tsp	*cayenne pepper*
	salt
	pepper
21 oz	*canned tomato soup* (2 standard cans)

PROCEDURE

(1) Sauté bacon, celery, onions, oleo, and cayenne pepper together for 10 minutes.

(2) Put rats in bottom of a pan you can cover tightly (my mother makes a double batch and uses the roaster she cooks turkey in).

(3) Pour sautéed mixture over the rats, and then cover with tomato soup. (Don’t add water to the soup.)

(4) Bake, covered, for 2½ hours at or until done.

NOTES

Muskrats are small rodents that live in swamp and build beaver-like houses out of cat-tails and mud. In New Jersey and Ohio, at least, they are trapped for their fur; I suspect that knowing a trapper is the only way you can get muskrats.

The recipe book I have has a recipe for muskrats for a crowd, that (for 20 rats) uses the above ingredients (but quantities unspecified, except it only uses ¼ lb oleo), plus chopped green and red peppers, garlic salt, 5 bouillon cubes, and 3 bay leaves. Around Detroit, muskrats are cooked with cabbage and potatoes, and some folks at home roast them with apples and onions.

RATING

Difficulty: easy once you have the muskrats. *Time:* 30 minutes preparation, 3 hours cooking. *Precision:* count the muskrats.

CONTRIBUTOR

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nvuxa!nvuxb!pjc2

MUSTARD GREENS

MUSTARD-GREENS – Cooked mustard greens with bacon and onion

Lucky you! Down home mustard greens!

INGREDIENTS (Serves 6)

1 lb	*mustard greens*
½ lb	*bacon*
1	*yellow onion*
½ tsp	*pepper,* or to taste
2 Tbsp	*vinegar,* or to taste

PROCEDURE

(1) Wash the greens carefully about 5 times (like spinach, they can hide an incredible amount of grit) by soaking, then swishing in the water, then shaking out above the water and checking for dirt in the water. Repeat until there has been no grit twice.

(2) Now, a hand-sized clump at a time, slice into thin strips (½ inches wide is fine).

(3) Cook the bacon in a deep dish to render the fat.

(4) Remove the bacon and sauté the onion slices until they are just beginning to turn brown. Add the sliced greens and stir over medium heat until they wilt, then add the reserved bacon and cover the dish.

(4) When cooked, add pepper and vinegar, then serve.

NOTES

How long you allow mustard greens to cook is a matter of taste. Traditionally, they are cooked to death (in excess of an hour). I prefer them cooked for about 10–15 minutes after wilting. It is not usually necessary to add water, but do not allow them to dry out. There should be some ‘‘pot liquor’’ in the bottom when you’re done, which people normally fight over.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 30 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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(pass the cornbread and the field peas, please)

NANAIMO BARS I

NANAIMO-BARS-1 – A Favorite Canadian sweet

This comes from a page in an obscure magazine called something like *Canadian Homemaker*, by way of a Canadian friend, Steve Deering. This is a traditional Canadian sweet, much loved and admired. The origin of the recipe seems to be lost in the mists of time, though everyone seems to agree that it comes from the town of Nanaimo, in British Columbia.

INGREDIENTS (2 dozen)

½ cup	*butter or margarine*
¼ cup	*white sugar*
1	*egg*
4 Tbsp	*cocoa*
2 cups	*Graham wafer crumbs*
1 cup	*coconut*
½ cup	*chopped nuts*
¼ cup	*butter*
3 Tbsp	*milk*
2 Tbsp	*vanilla custard powder* (or pudding powder)
2 cups	*sifted icing sugar*
4 squares	*semisweet chocolate*
1 tsp	*butter*

PROCEDURE

(1) Mix the ½ cup butter, white sugar, egg, and cocoa. Set over boiling water and stir until mixture resembles a custard.

(2) Combine crumbs, coconut, and nuts. Combine with the butter/sugar mixture, blending well. Spread and press tightly into a 9×9 inch pan.

(3) Cream the ¼ cup butter, milk, custard powder, and icing sugar. Spread over mixture in pan. Melt the chocolate over hot water; add butter and blend well. Spread over the icing. Let set. Chill and keep refrigerated.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, several hours chilling. *Precision:* measure the ingredients.

CONTRIBUTOR

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NAINAIMO BARS II

NANAIMO-BARS-2 – No-bake 3-layer (chocolate covered) bars

Nanaimo bars are a traditional Canadian dessert, though nobody is certain where the tradition came from. Laura Secord is a Canadian candy company; their cook book says this about the origin of these fattening delicacies:
“A version of these no-bake bars developed in the Canadian kitchens of a well-known food company, was christened by them "Nanaimo bars" after the city of that name on Vancouver Island. Nanaimo (from sne-ny-mo, a local Indian term for a loose confederation of five bands) started as a Hudson Bay Trading Post in 1849.”

INGREDIENTS (Makes 20)

CRUST

½ cup	*butter*
¼ cup	*granulated sugar*
5 Tbsp	*cocoa*
1	*egg*
1 tsp	*vanilla*
1 2/3 cups	*fine Graham wafer crumbs*
1 cup	*desiccated coconut*
½ cup	*chopped walnuts*

CREAMY CENTER

¼ cup	*butter*
2 cups	*sifted icing sugar*
1	*egg*

CHOCOLATE TOPPING

4 oz	*semi-sweet chocolate*
1 Tbsp	*butter*

PROCEDURE (CRUST)

(1) Grease a 9-inch square cake pan.

(2) In a sauce pan combine the butter, sugar, cocoa, egg, and vanilla. Cook over medium heat stirring constantly, until smooth and slightly thickened.

(3) Stir in the remaining crust ingredients and press into prepared pan.

(4) Make the creamy center: cream the butter and gradually beat in icing sugar and egg. Spread over crumb mixture and chill for about 15 minutes.

(5) Make the chocolate topping: melt the chocolate and butter together over hot water or in a microwave, being careful not to burn. Spread on top of the previous parts.

(6) Chill until set. Cut into squares with a sharp knife.

RATING

Difficulty: Easy. *Time:* 1 hour preparation, several hours chilling. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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MOM STERN'S NOODLE KUGEL

NOODLE-KUGEL – Egg noodles, raisins, cinnamon, and apples

INGREDIENTS (Serves 12)

6	*eggs*
1½ cups	*sugar*
1 Tbsp	*baking powder*
1 Tbsp	*vanilla*
4 oz	*raisins* (1 small box)
4	*apples*
1 lb	*wide egg noodles* (one box)
4 oz	*butter* (1 stick)
	cinammon (for top)

PROCEDURE

(1) Peel the apples and and slice them into small wedges.

(2) Beat the eggs until they are foamy, add the sugar gradually and beat well.

(3) Cook the noodles according to package directions. Drain.

(4) Melt the butter in a 9×13 metal baking pan. Swirl it around to coat the pan, and then pour the excess butter into the egg mixture.

(5) Add baking powder and vanilla to egg mixture, mix well, and then slowly add drained noodles, apples and raisins. Mix thoroughly until all the noodles have been coated and look gooey.

(6) Pour the egg/noodle mixture into the metal pan, top with cinammon if you desire, and bake at for about 45 minutes to an hour, or until the top looks a little brown and crispy. The kugel should feel springy to the touch and not be "wet".

(7) Let cool, cut into squares, and serve.

NOTES

I use Muller's egg noodles. This feeds about 12 very hungry people (knoshers, as we call them) or 16 normal ones. What you don't eat right away you can wrap in aluminum foil and freeze for a month or two. If it's too sweet for your taste, you can use peaches or other fruit instead of the raisins.

Warning: this stuff sits very heavy in the ol' stomach, so don't try to eat more than 2 pieces in a 24-hour period.

Don't thank me, thank my mom.

RATING

Difficulty: easy to moderate. *Time:* 20 minutes preparation, 1 hour baking, ½ hour cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

From stern@tilt.FUN
--hal stern, princeton university computer science dept.
{ allegra, seismo, ihnp4 }!princeton!flakey!stern

AUNT MILDRED'S NOODLE KUGEL

NOODLE-KUGEL-2 – Noodle kugel using uncooked noodles

This recipe is interesting because you don't cook the noodles first.

INGREDIENTS (Serves 6)

¼ cup	*butter*
8 oz	*noodles,* uncooked
3	*eggs,* beaten
4 oz	*cottage cheese*
2 cups	*milk*
1/3 cup	*sugar*
1½ tsp	*vanilla extract*
12 oz	*crushed pineapple with juice*
	cornflake crumbs, to top

PROCEDURE

(1) Melt butter in a 9×13 pan.

(2) Add noodles.

(3) Combine remaining ingredients, except crumbs, spread evenly over noodles.

(4) Top with crumbs.

(5) Bake at for about an hour.

NOTES

This recipe is very simple, but it does taste a little pastier than recipes that require the noodles to be cooked first. It also comes out very flat×most of the kugel recipes I've made in the past use twice as many noodles in the same size pan. I found that some of the things can be increased, i.e., add more noodles, more pineapple, more cottage cheese.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 1 hour cooking. *Precision:* no need to measure.

CONTRIBUTOR

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NOODLE PUDDING

NOODLE-KUGEL-3 – A sweet egg noodle kugel

INGREDIENTS (Serves 8)

1 lb	*cooked egg noodles* (1 package)
2 cups	*sour cream*
3 oz	*cream cheese*
½ cup	*sugar*
1 tsp	*lemon juice*
1 Tbsp	*butter*
½ tsp	*vanilla or to taste*
2	*eggs*

PROCEDURE

(1) Cook the noodles the full time shown on the package for serving. Our packages here usually give a time for casseroles and a time for serving.

(2) Drain the noodles, place them in an oven-safe casserole and allow the butter to melt on them. Stir to mix the butter.

(3) Beat all the remaining ingredients and add to the cooked noodles.

(4) Bake uncovered at for one hour. The top should be golden brown.

NOTES

I usually add more vanilla, but this is the original recipe I took from my mother. If you like a soupier noodle pudding, increase the sour cream and cream cheese.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour baking. *Precision:* Approximate measurement ok.

CONTRIBUTOR

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HOT SPICY COLD NOODLES

NOODLES-SPICY – Easy spicy-hot cold noodles for summer

This recipe is an easy prepare-ahead dish for a hot summer day. It makes a good barbecue side dish for all of us who are tired of potato salads.

INGREDIENTS (serves 4–6)

1 lb	*fresh Chinese noodles*
4	*scallions* (or green onions), chopped
2 tsp	*chili oil*
2 tsp	*sesame seed oil*
2 Tbsp	*vinegar*
2 Tbsp	*sugar*
1½ tsp	*salt*
½ tsp	*black pepper* (fresh ground)
1 tsp	*MSG* (optional)
2	*fresh red peppers* chopped.

PROCEDURE

(1) Cook the noodles in boiling water for 3 minutes, then drain. Rinse them in cold water until they are cool, then set aside to drain.

(2) Make the sauce by mixing together all of the other ingredients.

(3) Heat 4 Tbsp oil in a wok. When it is hot, pour in the sauce mixture, and then the noodles. Stir well to cover the noodles with sauce, then remove and cool.

NOTES

You can serve this dish warm if you want, but it is better when cold. It is a good dish to prepare the previous day and leave in the refrigerator overnight.

RATING

Difficulty: easy. *Time:* 15 minutes to prepare, 2 or more hours chilling. *Precision:* No need to measure.

CONTRIBUTOR

Rob Horn
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{decvax,seismo!harvard}!wanginst!infinet!rhorn

OATMEAL BARS

OATMEAL-BARS – Chewy rolled oatmeal bar cookies

If I had ever dreamed that my oldest son would grow up to be the moderator of mod.recipes, I might have taught him how to make these cookies when he was young. They were his favorite cookies.

INGREDIENTS (Serves 6 children)

1 cup	*shortening*
1 cup	*brown sugar*
1 cup	*granulated sugar*
4	*eggs,* beaten well
1 tsp	*vanilla extract*
1½ cups	*white flour,* sifted
1 tsp	*salt*
1 tsp	*baking soda*
2 cups	*quick-cooking oats*
½ cup	*chopped walnuts* (optional)

PROCEDURE

(1) Preheat oven to

(2) Cream shortening and sugars. Add eggs and vanilla. Beat well.

(3) Sift flour, salt, and soda and add to creamed sugars. Add oatmeal and nuts, and mix well.

(4) Spread evenly into a greased 13×9×2-inch baking pan. Bake at for 20 minutes.

(5) While still warm, cut into squares and remove from pan.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 20 minutes baking. *Precision:* Measure the ingredients.

CONTRIBUTOR

Betty Reid
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{decwrl!mejac,yale,princeton}!spock!breid

OATMEAL HONEY BREAD

OATMEAL-BREAD – A yeast bread for people who like oatmeal

INGREDIENTS (makes 2 loaves)

2 cups	*uncooked oatmeal* e.g., Quaker's Old Fashioned Oatmeal
2/3 cup	*honey*
2 Tbsp	*salt*
3 Tbsp	*butter*
1 cup	*boiling water*
2 pkgs	*active dry yeast*
1 cup	*lukewarm water*
2/3 cup	*milk*
5–6 cups	*unbleached flour* (may substitute up to 2 cups whole wheat)
	oil

PROCEDURE

(1) Put the oatmeal, honey, salt and butter in a large mixing bowl. Add boiling water and mix together. Let stand for 45 minutes, stirring occasionally.

(2) Following the yeast package directions, add the yeast to lukewarm water, and let it soften for about 5 minutes. Add the yeast mixture to the oats and honey mixture. Mix in the milk and stir well.

(3) Stir in the flour, ½ cup at a time. When the dough is too stiff to stir, pour it out onto a well-floured surface, and knead it firmly, adding a little flour if necessary. Knead it until the dough is smooth and elastic (about 6–8 minutes). Form the dough into a ball. Place the dough into a large greased bowl, coating the entire ball of dough.

(4) Cover with a damp cloth, and place in a warm, cozy, humid place. (I put it in a cool oven, with a small saucepan of hot tap water sitting on the bottom of the oven.) Let rise for about 1½ hours, or until the dough has doubled in bulk.

(5) Punch down the dough, and split in half. Spread the dough into two greased loaf pans, coating the dough as before, and cover with a damp cloth, and let rise for about an hour in a warm, cozy, humid place.

(6) Bake at 350°F for 35-40 minutes, or until loaves sound hollow when tapped. Cool on a bread rack for about ten minutes.

NOTES

Kneading is difficult to describe in words, but many cookbooks have pictures. The idea is to exercise the dough and work some more flour into it. Bread freezes very well; give it an hour or so to thaw, then heat it up at 350°F for about ten minutes.

Instant and quick-cooking oatmeal is not satisfactory in this recipe. Besides the ubiquitous Quaker oats, you can use any commercial rolled oats or steel-cut oats. If you use the steel-cut oats, then soak for 1 hour in step 1.

RATING

Difficulty: easy if you already know how to knead dough, moderate otherwise. *Time:* 30 minutes preparation, 4½ hours waiting time. *Precision:* All amounts (including times) are approximate.

CONTRIBUTOR

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cbosgd!uvacs!hsd or decvax!mcnc!ncsu!uvacs!hsd

OATMEAL PANCAKES

OATMEALCAKES – Oatmeal and whole wheat pancakes

I got this recipe from a friend. As she was relating it to me, we agreed on some modifications.

INGREDIENTS (Serves 3–4)

½ cup	*whole wheat flour*
1½ cups	*rolled oats*
1 Tbsp	*baking powder*
1 tsp	*ground cinnamon,* or more to taste
½ tsp	*nutmeg,* or more to taste (optional)
1	*egg,* beaten
1 Tbsp	*honey*
1 Tbsp	*melted butter*
1½ cups	*milk*
1	*apple,* peeled, cored, and shredded, *or*
½ cup	*raisins,* or other fruit (optional)

PROCEDURE

(1) Combine the dry ingredients in a bowl.

(2) Add the honey, butter, milk and fruit to the egg, then combine with the dry mixture. The batter should be fairly thick. If it seems too thick, add a bit more milk.

(3) Cook on a hot, lightly buttered griddle.

RATING

Difficulty: easy. *Time:* 20 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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INVISIBLE OATMEAL COOKIES

OATMEAL-COOK-1 – Delicious high-fiber oatmeal drop cookies.

These oatmeal cookies are for cookie lovers to splurge with. Not only are they great tasting, but they are very high in fiber content and easy to make. The recipe is mine and is based on several different ideas in different cookbooks as how to best to make them. In fun, I call them ''Invisible Oatmeal Cookies'' because they are wont to disappear whenever unguarded. Enjoy.

INGREDIENTS (4 dozen cookies)

1 cup	*flour*
2 tsp	*baking powder*
½ tsp	*salt*
1 tsp	*ground cinnamon*
¼ tsp	*ground nutmeg*
½ cup	*butter* (softened to room temperature)
1 cup	*brown sugar* (packed firmly into measuring cup)
1½ cups	*quick cooking oats* (uncooked)
2	*large eggs* (lightly beaten)
1 tsp	*vanilla extract*
1 tsp	*almond extract*
1 cup	*raisins*
1 cup	*dates* (chopped)
1 cup	*pecans* (chopped)

PROCEDURE

(1) Preheat oven to Sift together flour, baking powder, salt, cinnamon, and nutmeg until well blended.

(2) In a separate bowl, stir softened butter with brown sugar until well mixed.

(3) Stir sifted dry ingredients into butter–sugar mixture. Stir in dry oats and beaten eggs. Add vanilla and almond extracts. Mix thoroughly. Stir in raisins, chopped dates, and chopped pecans. Mix well until batter is firm.

(4) Drop small dollops (each about 1 heaping teaspoon) about 2 inches apart onto a greased cookie sheet. Bake for 18 minutes in oven until golden brown. Remove from cookie sheet, lay flat, and cool for 10 minutes before serving.

NOTES

If any children (young or old) live within smelling distance of your stove, make extra cookies for when they suddenly show up for an unexpected visit.

The recipe may be halved, doubled, or whatever without harm. The batter as well as the baked cookies freeze well. Thaw batter on countertop. Thaw cookies either in microwave or in oven.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* measure the ingredients.

CONTRIBUTOR

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OATMEAL FUDGE COOKIES

OATMEAL-FUDGE – No-bake chocolate oatmeal cookies

This may be my all-time favorite cookie recipe. I don't remember where I got this particular version of the recipe but I remember my great-aunt making these cookies for us as kids.

INGREDIENTS (3 dozen cookies)

3 cups	*rolled oats*
1 tsp	*vanilla extract*
1 cup	*chopped nuts,* (optional)
2 cups	*granulated sugar*
½ cup	*cocoa powder*
½ cup	*evaporated milk*
¼ lb	*butter*

PROCEDURE

(1) Combine oats, vanilla and nuts in a bowl and set aside.

(2) Combine sugar, cocoa and evaporated milk in a heavy, 2-quart sauce pan.

(3) Bring to a full rolling boil over medium high heat, STIRRING CONSTANTLY. Let boil, while stirring, for 2 minutes.

(4) Remove pan from heat and add the butter. Stir until butter is melted and incorporated.

(5) Quickly add oat mixture to pan and stir until well mixed.

(6) Drop by the spoonful onto waxed paper. Let cool for 2 hours to set.

NOTES

My great-aunt never put nuts in these cookies. I like nuts but I find that they get lost in the recipe.

If you want the oats to be less prominent, use quick-cooking oats. They will fall apart somewhat in the final mixing.

A heavy sauce pan makes burning the fudge less likely but stir, stir, stir, anyway.

The cooking time at boil is important. Cooked too little the cookies will not set; too much and they start to harden before you get them out of the pan.

These cookies are better the next day, if there are any left.

RATING

Difficulty: easy to moderate. *Time:* 20 minutes preparation and cooking, 2 hours cooling. *Precision:* measure the ingredients, watch the cooking time.

CONTRIBUTOR

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"There is no such thing as too much chocolate!"

BRONWYN'S OATMEAL SLICE

OATMEAL-SLICE – Baked oatmeal biscuits (cookies)

This recipe comes from my wife's sister-in-law's grand-mother (seriously). Real good stuff.

INGREDIENTS (1 batch)

1 cup	*self-raising flour*
1 cup	*rolled oats*
1 cup	*dessicated coconut*
1 cup	*raw sugar*
1	*egg*
½ lb	*butter*
1 Tbsp	*golden syrup*

PROCEDURE

(1) Combine flour, oats, coconut, sugar and egg.

(2) Melt butter and add golden syrup, then pour over combined ingredients and mix.

(3) Spread over flat baking dish (½ inch thick), and cook for 25–30 mins at Slice when warm.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 30 minutes baking. *Precision:* Measure the ingredients.

CONTRIBUTOR

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BUTTERSCOTCH OAT SQUARES

OAT-SQUARES − Easy butterscotch oatmeal pan cookies

The easiest cookies (actually cookie-like objects) to make. My mother makes these, I don't know where the recipe is from.

INGREDIENTS (makes 30−40)

2 cups	*quick or instant oats*
1 cup	*brown sugar (packed)*
½ cup	*melted butter*
½ tsp	*vanilla*

PROCEDURE

(1) Mix oats and brown sugar, mix in butter and vanilla.

(2) Divide mixture evenly in 2 ungreased 8-inch square pans, spread evenly. Bake at for about 10 minutes or until it looks golden-brown. Squares will be soft, but will harden when cool.

(3) Allow to cool for 5 minutes, then mark in squares with a sharp knife. Loosen edges and allow to cool before removing from pans.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 15 minutes cooking and cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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HOT OLIVE CHEESE PUFFS

OLIVE-PUFFS – Delicious hot appetizers

INGREDIENTS (Makes about 25 puffs)

1 cup	*sharp cheddar cheese,* grated
3 Tbsp	*soft butter*
½ cup	*flour*
¼ tsp	*salt*
½ tsp	*paprika*
25	*olives* (approx)

PROCEDURE

(1) Blend cheese with butter.

(2) Add flour, salt, paprika. Mix well.

(3) Dry olives. Wrap a spoonful of dough around each and seal well.

(4) Bake at for 15 minuntes.

NOTES

You can freeze the unbaked cheese puffs on a cookie sheet and then store them in the freezer in a plastic bag.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 15 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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OMELET ARNOLD BENNETT

OMELET-1 – Omelet with cream and smoked fish filling

In the vein (sic) of artery cloggers, this recipe must be one of the highest-cholesterol dishes I've come across in years. It may sound unconventional, but delicious it most certainly is. I came upon it in the Bistro under the Everyman Theatre in Liverpool, circa 1978. The following is my reconstruction of the dish I had there.

INGREDIENTS (Serves 2)

6	*large eggs* (the fresher the better)
6 oz	*smoked haddock* (or other smoked large-flaked white fish)
2 oz	*finely grated sharp cheddar* (the light yellow New York/Vermont style is best)
2/3 cup	*heavy cream*
a little	*butter*
pinch	*dill*
pinch	*salt and pepper*

PROCEDURE

(1) Prepare the fish by poaching it lightly (5 minutess) and then breaking it up into nice large flakes.

(2) Whip the cream and fold in the grated cheese. Add the fish and set aside.

(3) The remaining steps are a basic omelet recipe and can be used with any filling. Crack the eggs, beat them up with the dill, salt and pepper.

(4) Meanwhile heat a frying pan. Add a knob of butter and let it melt. When it has stopped frothing and is just beginning to go brown...

(5) Slop in half the egg mixture and immediately return to the heat and stir the eggs two or three times; then with a fork draw the edges into the middle and allow the un-solidified egg to run onto the exposed pan.

(6) While it is still a mixture of fluffy and runny, add half of the haddock and cream mixture. Continue to cook until underside begins to turn golden brown.

(7) Fold over and serve on a hot plate with bread and butter immediately. (You can't leave it in the oven for ten minutes while you do another!) While it is being eaten, cook the second omelet.

NOTES

My guess, although I haven't yet tried, is that the smoked haddock could be substituted with any large-flaked smoked white fish, like cod perhaps. The important point is that it should not have an overpowering flavour. I bought mine in a Scottish specialty shop in Kearny, NJ. Also, you should grate the cheese as finely as possible so that it blends smoothly with the cream.

Now a diatribe on omelet pans. I have always been most successful with a small thin tinned-copper omelet pan (which loses its heat and reheats very quickly), and a heavy cast iron skillet, which maintains an even hot temperature (and doesn't need to be reheated after adding the egg mixture). Aluminum and stainless steel pans tend to cool down too much and then take too long to reheat which results in a dry leathery omelet. (But, there again, you may like 'em like that.)

RATING

Difficulty: easy to moderate. *Time:* 15 minutes. *Precision:* measuring spoils the fun.

CONTRIBUTOR

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"The way to a man's heart-attack is through his stomach..."

ONION SOUP

ONION-SOUP-1 – Easy onion soup

This recipe came from some ancient recipe cards we have. It makes a great starter and is almost trivially easy to prepare.

INGREDIENTS (Serves 4–6)

1½ lb	*onions*
4 cups	*beef stock*
2 oz	*butter*
	salt, pepper

PROCEDURE

(1) Peel and slice the onions thinly.

(2) Fry the onions in the butter until golden brown. This will take about 30 minutes.

(3) Add the stock and simmer for 30 minutes.

(4) Season and serve.

NOTES

The amount of onions can be varied down to about half the amount given above. Onion soup in no way makes me a cannibal.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 1 hour cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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WHITE OSSO BUCCO

OSSO-BUCCO – Braised veal shanks in white wine

This recipe is adapted from Marcella Hazan's *More Classic Italian Cooking.* Simple to make, this dish beats any "traditional" osso bucco with tomatoes and vegetables that I've had in the U.S. or Italy.

INGREDIENTS (serves 4)

8 slices	*veal shank,* each 1½–2 inches thick.
¼ cup	*olive oil*
1/3 cup	*unsalted butter*
2–3 cups	*dry white wine*
1	*lemon*
8 Tbsp	*fresh parsley,* chopped fine
	flour, salt, and pepper

PROCEDURE

(1) Dredge the veal shank pieces well in flour.

(2) In a large skillet with high sides, heat the olive oil and butter over moderately high heat until the butter stops foaming. If you do not have a skillet large enough to accommodate all of the meat in a single layer, use two smaller pans.

(3) Add the veal shanks to the skillet and arrange in a single layer. Cook over moderately high heat until browned on one side.

(4) Add a generous amount of salt and pepper.

(5) Turn meat and brown the other side, and add salt and pepper.

(6) Add enough white wine to nearly, but not quite, cover the meat. Reduce heat to a barely bubbling simmer. Cover with a well-fitting lid. Cook at a simmer for 2½ hours.

(7) Peel a thin layer of rind from the lemon. (I find that a vegetable peeler gives me a nice thin layer of rind.) Cut rind into fine strips.

(8) Remove veal shanks to a warm plate. The meat will be falling-off-the-bone tender, so a wide spatula is advised for this step to keep each shank intact. Keep meat warm through the next several steps.

(9) Add lemon peel and chopped parsley to the sauce and place over high heat. Boil vigorously for several minutes to reduce sauce slightly. Stir to loosen any brown bits from the pan and then frequently to prevent burning.

(10) Remove from heat and return shanks to skillet. Spoon sauce over shanks and replace skillet lid. Let sit for 3–5 minutes to reheat shanks.

(11) Serve with sauce over shanks.

NOTES

Veal shanks are a relatively inexpensive cut of meat. If possible, ask your butcher to use hind shanks which have more meat than do the forelegs. The key to this dish is the quality of the ingredients. I use the best olive oil (Italian, virgin first-press, cold-press) and table quality dry white wine (fume or sauvignon blanc) I can find at a reasonable price.

For dredging, rather than using a plate of flour, I put about 2/3 cup flour in a plastic bag, put in the shanks one at a time, and shake to thoroughly cover all sides of the meat with flour.

The flavor of the dish is light so I usually serve with a home-made pasta dish with a cream-based sauce and a steamed green vegetable. Be sure to have plenty of crusty bread on hand to soak up the sauce. For those who like the marrow, don't forget to spoon it out of the shanks.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 3 hours cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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ARTICHOKE OYSTER SOUP

OYSTER-SOUP – Chicken broth with artichokes and poached oysters

This is a modern cajun-style recipe that I adapted from a local convenience-food cookbook by Jean Durkee. It's an intriguing combination of modern American ingredients with traditional cajun flavorings.

INGREDIENTS (Serves 6)

6 Tbsp	*butter,* melted.
½ cup	*shallots* (chopped fine)
¼ tsp	*thyme*
1	*bay leaf*
½ tsp	*cayenne pepper*
2 Tbsp	*flour*
14 oz	*chicken broth* (more or less won't hurt)
4 cups	*oysters* Drained; reserve liquid. Or use less, to taste.
14 oz	*cooked artichoke hearts*
2 tsp	*salt*
1/4 tsp	*tabasco sauce*
1/2 cup	*whipping cream*
3 Tbsp	*parsley* (chopped fresh)

PROCEDURE

(1) In a 3-quart casserole, melt butter and sauté shallots. When shallots are translucent, add thyme, bay leaf, and cayenne pepper. Add flour and whisk well.

(2) Add broth, oyster water, artichoke hearts, salt, and tabasco. Bring to a boil.

(3) Add oysters and parsley. Simmer on medium, partly covered, for exactly 5 minutes. Add whipped cream and serve immediately.

NOTES

Fresh parsley tastes much better than dried parsley. If the oysters are bigger than a small bite-size, cut them up before adding them to the soup. Use the smallest oysters you can find.

When I'm not making a double recipe, I usually dump the entire 1-cup container of whipping cream into the soup, even though that's double what the recipe calls form.

The timing on cooking the oysters is fairly critical. If you overcook them, they will be rubbery.

RATING

Difficulty: easy. *Time:* 20 minutes. *Precision:* measure the spices.

CONTRIBUTOR

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BUTTERMILK PANCAKE MIX

PANCAKE-MIX – A make-it-yourself mix for buttermilk pancakes

This recipe comes from the *More Make-a-mix Cookery* cookbook put out by HP Books. The premise of this book and its predecessor, *Make-a-mix Cookery* is that you can save time and money by making your own mixes for every stage of dinner planning. It seems to work.

INGREDIENTS (10 cups of mix)

2 cups	*buttermilk powder*
8 cups	*all-purpose flour*
½ cup	*granulated sugar*
8 tsp	*baking powder*
4 tsp	*baking soda*
2 tsp	*salt*

PROCEDURE (Pancake mix)

(1) Sift the ingredients together well. Store in a container with a tight-fitting lid.

INGREDIENTS (10 pancakes)

1	*egg,* beaten
2 Tbsp	*vegetable oil*
1 cup	*water,* or more as needed.
1 ½ cups	*buttermilk pancake mix* (see above)

PROCEDURE (Pancakes)

(1) Mix ingredients until blended together.

(2) Let it stand five minutes.

(3) Cook some pancakes.

(4) Eat and enjoy.

NOTES

Use the mix within 6 months of when you make it.

The pancakes made from this mix aren't as sweet as those made from Aunt Jemima mix, but they are good. You can always add sugar, of course.

Although we haven't tried this (yet), you could probably vary the recipe by using a different type of flour to make, for example, your own buckwheat pancakes.

If you can't find buttermilk powder in your local grocery store, try a bulk food store.

RATING

Difficulty: easy. *Time:* 5 minutes to make the mix if you have the ingredients. *Precision:* measure the ingredients.

CONTRIBUTOR

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BREAKFAST PANCAKES

PANCAKES-2 – Light and fluffy breakfast pancakes

The formula comes from *The Joy of Cooking* by Irma S. Rombauer and Marion Rombauer Becker. I bought the book when I was visiting California a few years back. The pancakes are to my liking, but my wife has had to endure vast quantities of failures before I got the right technique. These pancakes are amazing for their stupifying ability. No more than three can be eaten in one day. A slow and painful death will result from exceeding these guidelines.

INGREDIENTS (8–10 6-inch pancakes)

1½ cups	*all-purpose flour*
1 tsp	*salt*
3 Tbsp	*sugar*
1 ¾ tsp	*baking powder*
¼ tsp	*vanilla essence*
2	*eggs*
3 Tbsp	*butter,* melted
10 floz	*milk*

PROCEDURE

(1) Put a frying pan on a low to medium heat and melt the butter.

(2) Whilst the butter is melting, measure the flour and sift into a large mixing bowl.

(3) Add the salt, sugar and baking powder.

(4) Measure the milk in a measuring jug.

(5) Separate the eggs and place the whites in a cup, adding the yolks to the milk.

(6) Add the melted butter from the frying pan. Remove as much from the pan as you can, but don't be too particular. The remaining butter in the frying pan will be used to cook the pancakes in. I use a rubber spatula to get most of it off the pan. Leave the ring on, but don't put the pan back on it. (I have an electric cooker which takes a long time to heat up). In this way you can start cooking the pancakes as soon as the batter is ready.

(7) When the butter has coagulated, add the liquid mixture to the dry ingredients and mix them up. I use a metal spoon. It is at this stage you can judge whether the mixture has the right consistency.

(8) Wash the measuring jug and dry it thoroughly. Pour the egg whites into it and whisk with an electric hand-held whisk. I whisk them until they are quite hard.

(9) If there are lumps in the batter, you can user the whisk to get rid of them.

(10) Using the spatula (from the butter, right?), transfer all the egg whites into the big bowl.

(11) Fold the egg whites into the batter with the metal spoon until they are all incorporated. The batter is now ready.

(12) Put the frying pan back on the heat and wait until it is to a reasonable temperature. I can't be more specific because it depends on your cooker and the frying pan that you are using.

(13) Make the pancakes one at a time, turning them over when the underside is cooked. Eat immediately with butter and maple syrup.

NOTES

The order that I do things is the result of much experimentation. I have a Creda Cavalier and use a Fissler German-made corrugated-bottom frying pan. With this combination I set the ring to 2.75-3.0.

One way to test is to place a small dollop of batter in the frying pan. It should take about 1-2 minutes to brown. As the underside is browning, bubbles should be forming on the top surface. The consitency of the batter and the temperature of cooking are correct when the bubbles fail to burst when the underside is fully cooked.

Now that I know what I'm doing, they're easy, but I had a awful lot of failures to start with. Don't expect success the first time. You won't be disappointed. The effort is worth it in the long run. What is important is to get the moisture content of the batter correct. If it is too sloppy; then the pancakes will be flat and stodgy. If the batter is too dry; then the pancakes will burn before they are cooked.

RATING

Difficulty: moderate until you learn the technique. *Time:* 30 minutes preparation, 30 minutes cooking. *Precision:* measure the ingredients.

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PATATAS POBRES

PATATAS-POBRES – Garlic fried potatoes

This recipe is adapted from *The Foods & Wines of Spain*, by Penelope Casas.

INGREDIENTS (serves 4)

3 Tbsp	*olive oil*
4	*medium potatoes,* in very thin slices
	salt
3 cloves	*garlic, minced*
1 Tbsp	*minced parsley*

PROCEDURE

(1) Heat the oil in a 9 or 10 inch skillet.

(2) Add the potato slices in layers, sprinkling each with salt. Add the minced garlic. Toss the mixture to coat potatoes evenly.

(3) Lower the heat, cover tightly, and cook 20 minutes or until tender, scooping and turning occasionally. (The potatoes will be separated, not in a cake.)

(4) Turn up the heat so that some of the potatoes brown. Sprinkle in the parsley and serve immediately.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 20 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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MUSHROOM-BACON PATE

PATE-1 – PARTY PATE WITHOUT LIVER

This is heavenly stuff for a buffet, and for those people who love to munch, but hate liver pate. We found it in a magazine some years ago. The magazine has long since been forgotten, but this I know by heart!

INGREDIENTS (1 large loaf)

2 lbs	*fresh mushrooms,* chopped very fine
½ lb	*bacon* (or more, to taste)
2/3 cup	*onion,* chopped very fine
2/3 cup	*celery,* chopped very fine
8 oz	*cream cheese,* at room temperature
4	*eggs*
½ cup	*parsley,* chopped very fine
2 cups	*dry bread crumbs*
1 tsp	*salt*
1 tsp	*dried rosemary*
1 tsp	*dried oregano*
¼ tsp	*ground black pepper*

PROCEDURE

(1) Fry the bacon and crumble it as fine as possible. Reserve some of the grease.

(2) Chop the mushrooms, onion, celery, and parsley as fine as possible. A food processor works best, but you can do it by hand if need be.

(3) Sauté the onion and celery in the bacon grease until soft, then remove from the grease, and drain.

(4) Meanwhile, beat the cream cheese slightly, and then beat in the eggs. Add all other ingredients to the eggs/cheese mixture. Mix thoroughly.

(5) Grease a large loaf pan or two small, line with foil, and then grease the foil. Pat the mixture into the loaf pan and cover loosely with foil. Bake for 1½ hours at

(6) Let cool completely before serving.

NOTES

This pate is actually best when refrigerated before serving. Serve with crackers, or with bread cut into shapes with cookie cutters.

American bacon is called "smoked back bacon" in many other places.

To make this a more elegant buffet dish, garnish the top with a thin layer of aspic.

RATING

Difficulty: easy if you have a food processor. *Time:* 20 minutes preparation, several hours baking and cooling. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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PAVLOVA I

PAVLOVA-1 – Pavlova (Australian meringue dessert)

This is a quintessentially Australian dish. The legend behind it is that it was created by a chef in Adelaide after he had seen Anna Pavlova dance, saying that he wanted to create a dessert that was as light and airy as her dancing.

Australians pride themselves on their ability to cook a good Pavlova. When important visitors come to an Australian household, they are likely to be served a Pavlova with plenty of fresh fruit. There are many variations on the recipe. This one comes from my friend Janet Wiles.

INGREDIENTS (Serves 6–8)

4	*egg whites* (at room temperature)
1 cup	*castor sugar*
1 Tbsp	*vinegar*
	cornflour

PROCEDURE

(1) With an electric mixer, beat the egg whites until soft peaks form, then gradually add the sugar (about 1 tsp every 30 seconds). This will take around 15 minutes. Beat until firm.

(2) Add the vinegar. When combined, turn out onto a flat baking sheet that has been greased and dusted with cornflour. Shape it so that there will be a hollow in the centre to hold the fruit.

(3) Cook in a pre-heated, warm oven for 10 minutes, then at for 40–50 mins.

(4) When cooked, turn the oven off, and allow to cool slowly in the oven for at least an hour, preferably overnight. Gradual cooling is important.

(5) Serve cold, topped with whipped cream and fresh fruit such as strawberries, bananas, and kiwi fruit.

NOTES

Castor sugar is known in North America as “granulated sugar.” Cornflour is likewise “cornstarch.”

The higher temperature initially is to form a crust on the outside of the meringue base—it should be crisp on the outside, though not browned, and soft inside. It’s important that the beaters and the bowl are really dry and clean. Uneven temperatures will cause the base to collapse (keep the oven door closed and let it cool *slowly*). Experienced Pavlova cooks claim that electric ovens work best because they heat more uniformly.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 1 hour cooking, 1 or more hours cooling. *Precision:* Measure the ingredients.

CONTRIBUTOR

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Transcribed by Kathy Morris (morris@diablo.ARPA), Stanford University

PAVLOVA II

PAVLOVA-2 – Pavlova (Australian meringue dessert)

INGREDIENTS (Serves 6–8)

4	*egg whites* (from large eggs)
1 cup	*castor sugar*
1 tsp	*cornflour*
1 tsp	*vinegar*
1 tsp	*vanilla flavour*

PROCEDURE

(1) Preheat oven to

(2) With an electric mixer beat the egg whites until soft peaks form, then gradually add the sugar. Beat until firm.

(3) Add the cornflour, vinegar and vanilla. When combined, turn out onto a flat tray that has been greased and dusted with cornflour. Try a circular shape with slightly more mixture at the edges so that it may be served by placing goodies in its centre depression.

(4) Cook in a pre-heated, cool oven for one hour. When cooked, turn the oven off, leave the oven door slightly ajar, and allow to cool slowly in the oven. This slow cooling works to prevent the loss of too much height.

(5) Serve cold, with whipped cream and fresh fruit pieces, strawberries and kiwi fruit for example.

NOTES

Cornflour is known in North America as cornstarch. Castor sugar is known there as granulated sugar.

Make sure that you start off with a clean bowl and beat the egg whites well. A bowl with smooth sides (glass, metal) will help the eggs to whip up. A plastic bowl with scratches prevents the eggs from attaining a very light texture. Also ensure that the sugar is fully dissolved before going on to the next step. I have never had troubles from over-whipping. The final texture should be meringue on the inside with a thin crust on the outside.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 1 hour cooking, 1 hour cooling. *Precision:* Measure the ingredients.

CONTRIBUTOR

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ED'S PEANUT BUTTER FUDGE

PBUTTER-FUDGE – An extremely rich candy

I got this recipe from a friend, Ed Firestone, who is arguably the best cook in Palo Alto. The results resemble Reese's Peanut Butter Cups that have attained Nirvana. Don't scrimp on the peanut butter; get the best you can find or make it yourself. If there's anything besides peanuts and salt in it, find another brand.

INGREDIENTS (3 lbs of fudge)

1 lb	*smooth natural peanut butter*
1 lb	*powdered sugar*
½ lb	*butter* (2 sticks—save the wrappers)
1 tsp	*vanilla extract*
12 ounces	*semi-sweet chocolate* (otherwise known as 1 bag of chocolate chips)

PROCEDURE

(1) Melt the chocolate in a bowl over hot water or the top of a double boiler. Make sure you don't get even a drop of water in the chocolate. Stir frequently with a spatula while doing the following steps and remove it from the hot water just as soon as it's melted.

(2) Melt the butter.

(3) Mix together the powdered sugar, the melted butter, and the vanilla. Don't bother sifting the powdered sugar. Just stir everything together with a wooden spoon until it's smooth and creamy.

(4) Stir in the peanut butter. This will break most flimsy wooden spoons if you're not careful. Mushing everything together with your hands works well and is lots of fun.

(5) Press the fudge into a buttered 8- or 9-inch square pan. You don't need much butter—just wipe the butter papers over the inside of the pan. You can also line the pan with foil and butter *that*; this works especially well if you're making several batches in a row to give to people as holiday presents. Press the fudge in firmly; you don't want any air bubbles in it. You will get your hands messy here.

(6) Pour the chocolate over the fudge and spread it in an even layer. The easiest way to do this is to shake the pan gently until the chocolate is even.

(7) Let the chocolate cool to room temperature. **Do not put it in the refrigerator.**

(8) Using a sharp knife cut the fudge into 1-inch squares. If you defied my instructions and put it in the refrigerator, the chocolate layer will shatter when you try to cut it.

(9) Unless you are going to serve it immediately, store it in the refrigerator. Let it come to room temperature before serving.

NOTES

Again, don't scrimp on the peanut butter! *Skippy* simply will not do.

Unless you use the foil method, you will inevitably destroy at least one piece getting it out of the pan. The best method is to line the pan with foil, let the fudge cool, lift it out, peel off the foil, put it back in the pan, and cut it. This keeps it from sticking to the pan. If you try to cut it out of the pan, it tends to fall apart.

RATING

Difficulty: moderate. *Time:* 20 minutes preparation, 15 minutes cooling. *Precision:* no need to measure.

CONTRIBUTOR

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"You got peanut butter on my chocolate!"

PEACHY BBQ RIBS

PEACH-BBQ – Pork ribs in peach tomato barbecue sauce

Moons ago my Mom made this for all us kids. Wouldn't eat it (ribs & peaches? YUCHH!). Years (literally) passed. Well, if you hadn't guessed, when I tried it, I decided to post it to the net (as soon as I grew up).

INGREDIENTS (Serves 4 to 6)

3 lbs	*pork spareribs,* cut into serving-size pieces
2 tsp	*salt*
1 lb	*peaches* (use one can of canned cling peaches)
1 cup	*ketchup*
2 Tbsp	*worcestershire sauce*
¼ cup	*onions* (chopped fine)
2 Tbsp	*flour* (gravy flour works best)
2 Tbsp	*prepared mustard*
½ tsp	*cloves* (Ground finely)
½ tsp	*pepper* (fresh-ground black pepper is best)

PROCEDURE

(1) Pre-heat oven to

(2) In shallow roasting pan, arrange ribs, meaty side up; sprinkle with 1 tsp salt. Drain peaches, save syrup.

(3) In saucepan, blend 1 cup of saved peach-packing syrup with ketchup, worcestershire sauce, onion, flour, cloves, 1 tsp salt, and pepper. Heat to boiling; pour over ribs. Bake about 1½ hours, or until fork tender, turning once.

(4) around ribs arrange peaches, bake about 5 minutes, basting with the sauce.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 1½ hours cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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PEANUT NOODLES

PEANUT-NOODLES – Chinese-style noodles with a spicy peanut sauce

This recipe is not authentic Chinese; it was created by combining readily available ingredients and double-checking against a Satay recipe. It's close to a Satay sauce but not quite the same thing. It's also similar to a recipe in the *Enchanted Broccoli Forest,* by Mollie Katzen.

INGREDIENTS (Serves 4)

1 pound	*fresh chinese-style noodles*
½ Tbsp	*garlic chili paste*
2 Tbsp	*good peanut butter* (without added sugar).
1 Tbsp	*nam pla* (fermented fish sauce)
½ cup	*water*
2 stalks	*chopped scallions*

PROCEDURE

(1) Boil a lot of water for the noodles; this is the most time-consuming step.

(2) Rinse and trim scallions, then slice thinly.

(3) In a small mixing bowl, combine peanut butter and chili paste with a fork. Mix thoroughly.

(4) Add water to the peanut mixture. This is tricky, since peanut butter and water do not want to mix. Start with a tiny bit of water, mix thoroughly until it is homogeneous, and then add some more water. You can begin to add larger quantities of water as the sauce gets thinner. The water and peanut butter really will mix, if you are patient.

(5) Continue adding water until the sauce has the consistency you want; I make it about the consistency of ketchup.

(6) Stir in the nam pla.

(7) Once the pot of water is boiling, cook the noodles until they are just done, and not mushy.

(8) Drain noodles and immediately mix in the sauce. Toss until the noodles are evenly coated.

(9) Garnish with scallions, and serve.

NOTES

The ingredients are readily available at oriental grocery stores. Substitute soy sauce if you can't find nam pla. For fresh noodles, you can substitute several packages of ramen noodles, discarding sauce powders.

This basic recipe may be varied by modifying quantities. Vary the chili paste to control hotness, and the nam pla to control saltiness (but the sauce will taste saltier before mixing with the noodles).

This will keep for at least a week in the refrigerator.

Serve with a good beer; it's too spicy for most wines.

If you use this as the main dish of a meal, it serves only two.

RATING

Difficulty: easy. *Time:* 5 minutes plus waiting for the water to boil. *Precision:* No need to measure.

CONTRIBUTOR

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SPICY PEANUT SAUCE

PEANUT-SAUCE-1 – A spicy peanut sauce for chicken, tempeh, or tofu

My wife and I got this recipe from the back of a package of Tempeh. We have successfully used it with chicken chunks also; in fact, we prefer it that way.

INGREDIENTS (Serves 3 or 4)

1 Tbsp	*garlic powder*
1 Tbsp	*onion powder*
2 cups	*water*
1 Tbsp	*oil*
¼ cup	*onion,* diced
2 Tbsp	*chili pepper,* ground. [see notes]
5 Tbsp	*peanut butter*
1 Tbsp	*soy sauce*

Choose One:

8 oz	*soy and rice tempeh,* cut into ¼-inch cubes
2–3	*boneless chicken breasts,* cut into ¼-inch cubes
1 lb	*tofu* cut into ¼-inch cubes.

PROCEDURE

(1) Combine the garlic powder, onion powder, water, and (tempeh/chicken/tofu) in a saucepan, and bring to a boil. Cover and simmer for 5 minutes. Remove the (tempeh/chicken/tofu). Drain and save the cooking liquid.

(2) Heat the oil in the saucepan and sauté the onion and chili until soft.

(3) Mix in the cooking liquid, peanut butter, and soy sauce. Bring to a boil.

(4) Add the (tempeh/chicken/tofu) and mix until coated with sauce.

(5) Serve over hot noodles or rice.

NOTES

This recipe, if made as suggested, can be very spicy. We normally cut the amount of chili powder by half, although that is personal preference. Experiment with it.

RATING

Difficulty: easy. *Time:* 10 minutes. *Precision:* approximate measurement OK.

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MICE

PEAR-MICE – A quick pear dessert

In general, a typical Australian dish is a typical British dish, which is to say a typical European or American dish with most of the subtleties of flavour (and difficulty in making) removed. The following dessert is a genuine Old Family Favorite in Australia.

INGREDIENTS (Makes 1 serving)

2	*pear halves* Preferably canned (for authenticity), but cooked fresh pear would do.
2	*blanched almonds*
	angelica (Cut two pieces of crystalized (candied) angelica, each 1/8 inch by 2 inches)

PROCEDURE

(1) Carefully halve the almonds along the natural split in the nut. (This is easiest after they are still wet from blanching.)

(2) Place the pear halves, round side up, in the serving dish.

(3) At the narrow end of each half, add two almond halves to make mouse ears. At the other end, insert the angelica to make a tail.

NOTES

Candied angelica is almost impossible to find in North America. Anything else with the appropriate properties of sweetness and shape may be substituted, e.g. a piece of chocolate or candy cut to size, such as an Ovation mint divided longitudinally.

RATING

Difficulty: easy. *Time:* 2 minutes. *Precision:* don't measure, count.

CONTRIBUTOR

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SPLIT PEA SOUP

PEA-SOUP-1 – Pea soup with bacon

Peas and beans make superior cold-weather soups. They are rich and full of protein. I developed this recipe as a response to the flavorful but bland ‘‘Senate Bean Soup’’. Split peas are very healthy, but when you go adding all of this bacon to them the healthfulness is diminished a bit in the interests of flavor.

INGREDIENTS (Makes 16 cups)

1 lb	*split peas*
1 lb	*bacon,* chopped into small squares
4 oz	*butter*
2	*celery stalks*
1½ cup	*yellow onion* (chopped)
1 cup	*instant mashed potato flakes* (or, if you are a purist, 2 cups of mashed potatoes)
3	*minced garlic cloves*
½ cups	*parsley* (fresh, chopped)
12 cups	*beef broth* (or any other kind of broth, or water)
1	*bay leaf*
12	*peppercorns* (cracked)
6	*green cardamom seeds* (cracked)
1 jigger	*good cognac*
½ tsp	*Chinese hot pepper oil*

PROCEDURE

(1) Soak the peas for 6 hours and no more. Use 1 teaspoon salt per quart of soaking water. Drain; discard the soaking water.

(2) Cook the bacon until crisp; drain, dry, and discard fat. The bacon should be crisp enough that the pieces will crumble as you stir the soup while it is cooking. I put it on my broiler pan and bake it for 30 minutes at

(3) In a stockpot, put the cooked bacon, the butter, the celery, and 1 cup of the onion. Sauté over medium heat until the onion begins to brown.

(4) Add the beef broth, the soaked and drained beans, the mashed potato flakes (or mashed potato) and the parsley. Simmer for 2½ hours, or until the peas are tender.

(5) Add the remaining ½ cup chopped onion, and the minced garlic.

(6) In a tea ball, or tied in cheesecloth, put the bay leaves, the peppercorns, and the cardamom seeds. Simmer for another ½ hour.

(7) Remove the tea ball or cheesecloth. Add salt to taste, being careful not to add more than 2 teaspoons.

(8) Pour in the cognac and the hot pepper oil, stir well, and serve immediately. Sprinkle some chopped fresh chives on top of each bowl after serving it. If you don’t have fresh chives, then stir some dried snipped chives into the soup 5 minutes before serving it.

NOTES

Some bacon is very salty. You can remove most of the salt from it without materially affecting its flavor by boiling the cut, uncooked bacon pieces for 1 minute in a few quarts of water, then discarding the water and then drying the pieces with paper towels before cooking.

Because the cooked peas have the ability to block your taste buds somewhat, make sure you rinse your mouth with a drink of water after each time you taste the soup while seasoning it, else you will overseason it. Incremental seasoning of legume soups is tricky, so if you are inexperienced, measure the seasonings carefully.

I like to serve soups like this with unbuttered fresh bread.

If you want to fool with the recipe, one of the places to fool with it is the spices that you put in the tea ball.

Try some combination of Indian seasonings (coriander and cumin and ginger and cloves) or try taking out the peppercorns and cardamom seeds and putting in mustard seeds.

Outside the tea ball, try adding sesame oil at the end instead of the cognac. Try adding rutabagas, chopped into cubes, at the beginning of the cooking. Try substituting olive oil for the butter, and adding a half cup of grated Peccorino Romano at the end, right before serving. And, of course, try using ham hocks instead of bacon.

RATING

Difficulty: easy to moderate (balancing the seasonings can be tricky). *Time:* 6 hours soaking, 45 minutes preparation, 3 or more hours cooking. *Precision:* Measure the seasonings.

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PECAN PIE

PECAN-PIE-1 – The traditional recipe for pecan pie

INGREDIENTS (makes 1 pie)

3	*eggs,* beaten
1 cup	*dark corn syrup*
1 cup	*sugar*
2 Tbsp	*butter*
1 tsp	*vanilla extract*
1½ cups	*pecans*
1	*unbaked pastry shell*

PROCEDURE

(1) Preheat oven to

(2) Blend eggs, corn syrup, sugar, butter, and vanilla together.

(3) Add pecans.

(4) Bake at for 10 minutes, then lower the temperature to and bake for another 45 minutes or so (until a knife inserted halfway between the edge and the center comes out clean.

(5) Remove and let cool.

NOTES

If you use pecan halves it will look nicer than pecan pieces, but be more difficult to cut.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour cooking. *Precision:* measure the ingredients.

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PECAN PRALINES

PECAN-PRALINES – Texas-style creamy pecan cookies

My family is from Texas, and we dearly love ‘‘authentic’’ Mexican food. Authentic as defined by my father: home-style Tex-Mex. (On a trip to Acapulco, he complained that he couldn’t find any real Mexican food in the whole damn town.)

We feel that the perfect ending to an orgy of tacos, enchiladas, tamales, beans, rice and *Dos Equis* beer is pralines. However, we have been consistently disappointed by the pralines served at restaurants. They are always either crystalline and crunchy, or sticky like undercooked taffy. Both are equally unacceptable.

At the age of 10, I decided to try my hand at making pralines, and happened on a recipe in a current (1958) issue of *The Ladies Home Journal*, which I accidently adapted to make the perfect praline—not gooey, not crunchy, but of a solid consistency that becomes creamy in texture as it is eaten. The secret is to first screw up the recipe (at this point you are tempted to throw the whole thing out, including the pot) and then rectify the mistake into a wonderfully sinful sugary concoction. Now, no Mexican dinner or Christmas candy plate at our house is complete without them.

INGREDIENTS (Makes 16–24)

1 cup	*milk*
1 cup	*white granulated sugar*
1 cup	*dark brown sugar,* firmly packed.
1 tsp	*vanilla extract*
3 Tbsp	*dark corn syrup*
8 oz	*pecan halves*
¾ cup	*boiling hot water*
24	*cupcake papers*

PROCEDURE

(1) Place the white sugar, brown sugar, milk and corn syrup in a heavy 3-quart saucepan over medium-high heat. Stir to thoroughly dissolve.

(2) Measuring the temperature with a candy thermometer, stir constantly with a long-handled wooden spoon. When the mixture reaches ‘‘jelly’’ temperature on the thermometer it will bubble furiously. Splattering is a danger (this is why you want a spoon with a long handle). You may wish to wear heavy rubber gloves for further protection. Continue stirring until mixture reaches (‘‘medium ball’’ stage).

(3) Remove from heat, add vanilla and let it sit for 10 minutes. During this time, set out the cupcake papers on the countertop and place 3–4 pecan halves in each paper.

(4) Beat the mixture by hand with the wooden spoon, while it is still in the pan, until it loses its glossy sheen. This can take up to 10 minutes or more, and calls for a strong arm.

(5) At this point, the mixture will very quickly begin to form lumps and harden in the pan. As this begins to happen, return the pan to low heat; add boiling hot water a tablespoon at a time, and beat out the lumps until nearly all are gone. Add just enough water so that the mixture is somewhat runny and has lost much of its previous lumpy consistency (no more than ¾ cup of water, and often much less.) Leaving a few lumps is permissible and often unavoidable.

(6) Remove from heat and spoon it into the cupcake papers. Let it harden for 20–30 minutes, then remove papers. Be sure not to let the papers remain on after the candy has hardened somewhat or they will be difficult to remove later.

NOTES

I prefer Karo brand corn syrup.

Store the pralines in an airtight container.

RATING

Difficulty: moderate to hard. *Time:* 30 minutes cooking, 30 minutes cooling. *Precision:* Measure the ingredients and the temperatures.

CONTRIBUTOR

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PECAN TARTS

PECAN-TARTS-1 – Miniature pecan pies

These are miniature pies, cooked in bite-size individual crusts in tiny muffin tins. They are quite delicious.

INGREDIENTS (4 dozen)

PASTRY

6 oz	*cream cheese*
½ lb	*butter or margarine*
2 cups	*all-purpose flour*

FILLING

3 cups	*brown sugar*
2 tsp	*vanilla*
1 cup	*chopped pecans*
4	*eggs,* beaten
4 Tbsp	*melted butter or margarine*

PROCEDURE

(1) Allow the butter and cream cheese to soften. Mix cream cheese and butter with a mixer until fluffy. Then (using your hands) mix in the flour. Separate mixture into four equal parts and flatten each into a rectangular shape. Allow the pastry to chill for several hours.

(2) Preheat oven to

(3) Prepare filling by mixing all ingredients gently. Use a spoon, not a mixer. Refrigerate until muffin tins are ready to fill.

(4) Take one unit of the chilled pastry and cut into 12 equal pieces. Roll each piece into a ball and then form the ball into the muffin tin in the shape of a crust. Fill each tart about ¾ full.

(5) Bake at for 20 to 30 minutes.

NOTES

You will need to purchase tiny muffin tins, sometimes called “nugget pans,” to make these tarts. They are inexpensive and you can use these for various other things. It is best to purchase enough to make four dozen at once. The entire four dozen will fit into the oven on one rack! It is best to spray these tins with cooking oil before putting the crust in.

There is a wooden utensil called a “tart-tamper” that is a real time-saver for this recipe. It might be difficult to find. It is used to smash the ball to fit the tin so you don’t spend a lot of time using your fingers. You dip the tip of the tamper in flour each time to prevent sticking to the pastry. It also makes the pastry look much more uniform and professional.

Bake these until *slightly* brown. To remove tarts, just turn the tin upside down onto paper towels and then turn the tart right side up on a baking rack to cool.

RATING

Difficulty: easy if you have a tart tamper; moderate otherwise. *Time:* 15 minutes pastry preparation; several hours chilling; 1 hour filling, baking, and cooling. *Precision:* Be precise for the pastry, filling may be approximate.

CONTRIBUTOR

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PECAN WILD RICE PILAF

PECAN-WILDRICE − Wheat and wild rice pilaf with pecans

I originally got this recipe from the Sunday magazine of the local paper, I served it last year for Christmas dinner, and it's very good.

INGREDIENTS (serves 8)

4 cups	*chicken broth*
1 cup	*wild rice,* rinsed well
1¾ cups	*wheat pilaf*
1 cup	*pecan halves*
1 cup	*dried currants*
1 bunch	*scallions,* thinly sliced
½ cup	*Italian parsley,* chopped
½ cup	*fresh mint leaves,* chopped
	grated zest of 2 oranges
2 Tbsp	*olive oil*
1 Tbsp	*orange juice*
	freshly ground black pepper

PROCEDURE

(1) In a medium saucepan, bring broth to a boil. Add wild rice to boiling broth. Bring back to a boil, reduce heat to medium-low and cook, covered, for 50 minutes or until rice is tender. Do not overcook. Remove to a large bowl.

(2) While the rice is cooking, in another saucepan bring 2¼ cups water to a boil. Stir in the pilaf, cover and bring back to a boil. Reduce heat to low and simmer 15 minutes, or until pilaf is tender. Remove from heat, let rest 15 minutes, and add to the (cooked) wild rice.

(3) Add remaining ingredients and toss well. Serve at room temperature.

RATING

Difficulty: easy. *Time:* 1 hour cooking, 1 hour cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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PECAN PUMPKIN PIE

PECN-PMPKN-PIE – Pecan-pumpkin pie

This pie is not as terribly sweet as straight pecan pie, and less ordinary than pumpkin pie. The recipe came originally from *Gourmet* magazine.

INGREDIENTS (1 pie)

CRUST

1 9-inch	*uncooked flaky pastry pie shell*

PUMPKIN LAYER

¾ cup	*pumpkin*
2 Tbsp	*packed light brown sugar*
1	*large egg*
2 Tbsp	*sour cream*
1/8 tsp	*cinnamon*
1/8 tsp	*grated nutmeg*

PECAN LAYER

¾ cup	*light corn syrup*
½ cup	*packed light brown sugar*
3	*large eggs,*
3 Tbsp	*melted unsalted butter* cooled
2 tsp	*vanilla,*
¼ tsp	*grated lemon rind*
1½ tsp	*lemon juice*
¼ tsp	*salt*
1 1/3 cups	*pecans*

PROCEDURE

(1) Prepare pie shell. Keep chilled.

(2) Whisk together until smooth pumpkin, 2 Tbsp brown sugar, 1 egg, sour cream, cinnamon, and nutmeg.

(3) In another bowl, combine corn syrup, ½ cup brown sugar, 3 eggs, 3 Tbsp butter, vanilla, lemon rind, lemon juice, and salt. Stir in pecans.

(4) Spread the pumpkin layer into the pie shell, then carefully spoon the pecan mixture over it. Bake in the upper third of a preheated oven for 20 minutes, then reduce to for 20–30 minutes more. The filling will puff slightly, but the center will not be completely set. Cool on a rack.

NOTES

Serve warm or at room temperature. Reheat in a preheated oven for 10 to 15 minutes.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 1 hour cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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ROASTED RED PEPPERS

PEPPER-ROAST – A low-calorie but flavorful red pepper salad

Safeway got in their first carload of really cheap red peppers yesterday, and I made roasted pepper salad.

Serve this at room temperature as a side dish for anything Nicoise or Spanish or Greek or Egyptian. Or make a meal of them by adding a bowl of yoghurt, a bowl of chopped onion, some black olives, radishes, and pistachios, and lots of warm pita bread. Or use it with sautéed garlic and pitted black olives and a little reduced white wine as a spaghetti sauce.

INGREDIENTS (Serves 4)

1 lb	*fresh red peppers* (sweet red capsicum peppers)
¼ cup	*lemon juice*
	salt

PROCEDURE

(1) Preheat broiler as hot as you can get it. Turn red peppers under the broiler until their skins come up in black bubbles. Cool the peppers until you can handle them comfortably.

(2) Remove the skins, stems, cores, and seeds. (This is messy work. I have tried removing the innards first, before putting the peppers under the broiler, and the result is not so good as this way.)

(3) Cut the peppers into finger shapes. Flavor them with fresh lemon juice and salt.

(4) Let them sit for several hours, draining off the liquid that forms.

NOTES

Now. Here is the real point about this recipe: These roasted peppers are insanely delicious, smooth and unctuous and aromatic, and yet they contain absolutely no calories. A full-sized red pepper is only 15 calories.

Of *course* I could lose weight if I never ate more than three tablespoons of anything. Any fool could do that. But I don't want to confine myself to three tablespoons. Perhaps my tastebuds work more slowly that other people's. I don't seem to get the hang of what I'm eating till the second serving, or sometimes the third.

At the same time, I want things that are really voluptuous and good to eat, full of interesting, complicated flavors that will satisfy me and make me feel happy and rewarded. Again, any fool could lose weight by eating celery stalks and carrots. Unfortunately, any number of carrot sticks over six makes me grumpish, and raw celery turns me positively surly in short order unless accompanied by delicious, fattening sour cream and cream cheese.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, several hours aging. *Precision:* no need to measure.

CONTRIBUTOR

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STEAMED PERSIMMON PUDDING

PERSIM-PUDDING – Holiday persimmon pudding with walnuts

This is a simple steamed pudding gotten from Sunset Magazine many years ago. It has become a holiday tradition with my family.

INGREDIENTS (Serves 6–10)

1 cup	*persimmon pulp,* puréed (about 2 large persimmons)
½ cup	*milk*
2 Tbsp	*butter,* melted
2 tsp	*vanilla extract*
2 cups	*regular all-purpose flour*
1 cup	*sugar*
1½ tsp	*baking soda*
1 tsp	*salt*
½ tsp	*cinnamon*
1 cup	*golden raisins*
½ cup	*chopped walnuts*

PROCEDURE

(1) Blend together the persimmon pulp, milk, butter, and vanilla.

(2) Sift flour, measure, and sift again with sugar, soda, salt, cinnamon.

(3) Combine the liquid ingredients with the dry ingredients, and stir in the raisins and nuts.

(4) Pour into a well-buttered 6-cup mold. Cover tightly with a buttered lid.

(5) Place the mold in a deep pan, using a rack or inverted perforated foil pan to keep the mold out of the water. Pour boiling water into the deep pan just up to, but not touching, the mold.

(6) Cover tightly and keep the water simmering; add boiling water as necessary. Steam the pudding for 1 hour 45 minutes to 2 hours, depending upon the size and shape of the mold. The pudding is done when a toothpick comes out clean.

(7) Cool about 10 minutes before unmolding. Serve warm, with hard sauce.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 2 hours steaming. *Precision:* approximate measurement OK.

CONTRIBUTOR

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PHEASANT AMERIND

PHEASANT-2 – Pheasant in the North American tradition

This recipe is adapted from the exceptionally good, controlled-circulation *Recipes Only* Magazine. The original dish was created by Mary Richard for use in her Teepee Restaurant, in Winnipeg. I found some of the ingredients hard to locate in a hurry and used what I had available with good results. You can substitute rock Cornish hen, guinea fowl, or chicken for the pheasant and hazelnuts, filberts or walnuts for the black walnuts.

INGREDIENTS (Serves 2)

2–2½ lb	*hen pheasant,* cleaned
1	*onion,* quartered
1	*bay leaf*
6	*peppercorns*
1	*small carrot,* sliced
1	*stalk celery,* sliced
1 tsp	*salt*
4 Tbsp	*butter*
pinch	*powdered thyme*
¼ tsp	*rosemary,* dried and crumbled
¼ cup	*chopped mushrooms*
2 Tbsp	*flour*
2 Tbsp	*black walnut meats,* finely chopped

PROCEDURE (BIRDS)

(1) Split pheasant down the breastbone (or have your butcher do this).

(2) Rinse the halves, place in a deep pot and barely cover with water. Add bay leaf, onion, carrot, celery, salt and peppercorns.

(3) Bring to rolling boil, then turn down heat and simmer for approximately 30 minutes, or until tender. Remove foam and scum as it forms. Remove bird(s) from broth, reserving the broth.

(4) Using a heavy skillet, sauté the halves in 2 Tbsp of the butter until golden.

(5) Place birds into small roasting pan or casserole with just enough water to cover the bottom of the pan. Sprinkle with thyme and rosemary.

(6) Bake, lightly covered with foil, for 30–40 minutes at

PROCEDURE (GRAVY)

(1) While the birds are in the oven, strain the broth and boil rapidly down to 2 cups

(2) Brown the mushrooms using the same skillet in which you browned the pheasant. Remove the mushrooms and keep them warm.

(3) Melt the remaining 2 Tbsp of butter in the skillet. Add the flour, stirring up the browning from the pan.

(4) Cook over moderately high heat until golden brown. Blend in the broth using a wire whisk.

(5) Add mushrooms and continue cooking approximately 1–2 minutes. Turn down heat, cover and keep warm until pheasant is roasted.

NOTES

When the pheasants are cooked, remove them from the oven and scrape the herbs from the skin. After placing the pheasant halves on a warm platter (or leaving them in the casserole), pour the gravy over the pheasant. Garnish with the chopped nutmeats and serve. This dish is particularly good with wild rice.

RATING

Difficulty: easy once you have the all the ingredients ready. *Time:* 40 minutes preparation, 80 minutes cooking. *Precision:* measure the spices.

CONTRIBUTOR

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PHEASANT A LA MODE PERRY

PHEASANT-PERRY – Pheasant for Thanksgiving

A couple of years ago, we decided that pheasant would be the perfect Thanksgiving meal for two. My husband conflated the best parts of all the pheasant recipes we could find (most came from the *Gourmet* cookbook) and came up with a recipe that I find wonderful. It's moist and tender; tastes like chicken gone to heaven. (One of pheasant's main problems, by the way, is that it tends to be dry.)

INGREDIENTS (Serves 2)

1	*pheasant*
1	*bay leaf*
2	*whole cloves* (or more to taste)
1	*clove of garlic*
1 Tbsp	*parsley,* chopped fine
2 Tbsp	*celery leaves,* chopped fine
1 slice	*lemon* (peeled and chopped)
6–12	*juniper berries* (or more to taste)
1	*tangerine* (peeled whole)
1½ cups	*port* (*NOT* ''cooking port'', real port. ''Cooking port'' has salt added.
¼ lb	*larding pork* (Bacon will do)
5	*onion slices* (slice thin)
2 Tbsp	*mushroom peelings*
1 cup	*chicken stock*
10	*peppercorns* (bruised)
¼ cup	*Mandarine Napoleon* (a tangerine liqueur; you could probably substitute Cointreau in a pinch. Use more or less, to taste.)
1 cup	*sour cream*

PROCEDURE

(1) Preheat oven to

(2) Rub pheasant inside and out with salt and pepper. Sprinkle with port. Stuff with bay leaf, cloves, garlic, parsley, celery leaves, lemon, juniper berries and tangerine.

(3) Sew the body cavity of the pheasant shut. Moisten the larding pork or bacon with port, and cover the breast.

(4) To the roasting pan add onion slices, mushroom peelings, 1 cup of port, chicken stock, salt to taste, peppercorns, more juniper berries to taste, and Mandarine liqueur.

(5) Roast 40–45 minutes, basting every 10 minutes at least.

(6) Strain gravy. Let stand and skim fat. Just before serving, add sour cream.

NOTES

(We usually stick the whole cloves into the tangerine, insert all the other spices into the body cavity, then add the tangerine.)

Some of these ingredients may be hard to find; feel free to omit them. ''Mushroom peelings'' are simply mushroom stems and leftovers, chopped fine. ''Bruised peppercorns'' are peppercorns that have been hit with a wooden mallet. Bon appetit, and good luck!

RATING

Difficulty: moderate. *Time:* 1 hour. *Precision:* approximate measurement OK.

CONTRIBUTOR

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"Ooh, ick!"--Penfold

PICADILLO

PICADILLO – Latin-American seasoned chopped beef

I got this recipe from net.cooks in the fall of 1983. It was posted by houxm!houxz!llf.

Picadillo is a great favorite throughout Latin America, and every country has its own version. In Mexico it is much appreciated as a filling for tacos, empanadas, tamales, and green peppers. In the north of the country it is popular on its own and is eaten as a main dish, accompanied by rice, beans, guacamole, and tortillas.

INGREDIENTS (serves 6)

3 Tbsp	*olive or vegetable oil*
2 lbs	*lean ground beef*
1	*large onion,* finely chopped
1	*garlic clove,* finely chopped
3	*medium tomatoes,* peeled and chopped
2	*tart cooking apples,* peeled, cored and chopped
1	*jalapeno chili,* seeded and chopped (or more to taste).
½ cup	*raisins* (soaked 10 minutes in warm water)
½ cup	*pimento-stuffed olives,* cut in half crosswise
½ tsp	*oregano*
½ tsp	*thyme*
	salt
	pepper
1 Tbsp	*butter*
½ cup	*slivered almonds*

PROCEDURE

(1) Heat the oil in a large, heavy skillet. Add the beef and sauté until it is lightly browned, stirring to break up any lumps.

(2) Add the onion and garlic and sauté for 5 minutes longer.

(3) Add all the remaining ingredients except the butter and the almonds. Mix well and simmer, uncovered, over moderate heat, stirring from time to time, for 20 minutes.

(4) In a small skillet, heat the butter and sauté the almonds until they are golden brown.

(5) Mound the beef onto a serving platter and sprinkle with the almonds. Surround it with a border of rice.

NOTES

Variatons: Instead of oregano and thyme, use a pinch or two of cinnamon and ground cloves. This makes an interesting difference in flavor, giving the dish an almost Middle Eastern taste.

In Chihuahua, the apple is left out and 4 medium potatoes, cooked and cubed, and 2 cups cooked green peas are added to the beef at the end of the cooking time for just long enough to heat them through. This makes a nice one-dish meal.

Picadillo de la Costa from the state of Guerrero, best known for the beach resort of Acapulco, uses the tropical fruits in which the region abounds, and instead of beef uses an equal mixture of ground pork and veal. The method is the same but the meats, with the onion, garlic, tomatoes, hot peppers, salt, and pepper, are cooked, uncovered, for 15 minutes. Then add 1½ cups pineapple chunks, 2 pears (peeled, cored, and cut in chunks) and 2 bananas (peeled and sliced) are added and the mixture simmered for 15 minutes longer over low heat. Sprinkle with almonds just before serving. This is a delicious summer dish, good with plain rice.

In addition to the almonds, I add fresh coriander leaves as a garnish.

RATING

Difficulty: easy. *Time:* 20 minutes preparation. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SEAFOOD PITA

PITA-SEAFOOD – Pita–Seafood Salad Sandwiches

This recipe is more of a formula than a recipe. It is excellent for a cool dinner in the summer (any time after February in Texas!)

INGREDIENTS (Serves 2–4)

½ lb	*scallops or shrimp*
¼ cup	*olive oil*
1	*medium onion*
1	*garlic cloves* (or more or less to taste)
1½ cups	*vegetable* (such as eggplant or zucchini)
¾ cup	*mushrooms*
to taste	*salt, pepper and spices*
1½ cups	*cooked couscous*
	pita bread

PROCEDURE

(1) Cut up the vegetables into small (½ inch) cubes. Slice the mushrooms.

(2) If using shrimp, peel and devein the shrimp and cut into small cubes.

(3) In a small amount of olive oil, sauté the onion and the optional garlic until the onion is soft but not quite transparent.

(4) Heat the remaining olive oil in a skillet and add the vegetable and mushrooms. Saute until the vegetables are almost soft. Taste and add salt, pepper and whatever spices strike your fancy (oregano, basil, and red pepper are good).

(5) Add the scallops or shrimp and cook until just done—about a minute or two. Scallops will turn opaque and shrimp will turn pink. Do NOT overcook.

(6) There should be an excess of oil and fluid. If not, add more oil and briefly heat. Transfer the mixture to a bowl. Add the couscous and mix thoroughly.

(7) Chill several hours or overnight.

(8) Stuff into the pita bread (maybe with some tomato) and serve.

NOTES

You could substitute almost any vegetable and crab or a firm fish. To use this for a picnic, don't stuff the pita bread until you are about to serve it. Err on the side of too much oil, since the couscous absorbs the oil (and a recent study says that olive oil may be good for you).

RATING

Difficulty: easy to moderate. *Time:* 30 minutes preparation, overnight chilling. *Precision:* no need to measure.

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PIZZA DOUGH

PIZZA-DOUGH-1 – Simple pizza dough

I don't remember where I learned this simple recipe for pizza dough. It makes enough dough for two 12×18 pan pizzas. I like it because it is so easy to memorize and it makes good pizzas.

INGREDIENTS (2 pizza crusts)

5 cups	*flour*
2 pkgs	*active dry yeast*
2 Tbsp	*sugar*
2 tsp	*salt*
2 cups	*water*

PROCEDURE

(1) Mix all of the dry ingredients first, then add the water. It will appear to be too dry. Do not add water. Keep working the dough until it is smooth. (This requires a little faith but it really works).

(2) Let the dough rise once (approx 1 hour). Punch it down and knead again.

(3) At this point you may choose to freeze some of the dough. If you do freeze it, be sure to wrap it well and freeze it quickly. With either fresh or thawed dough, let the dough rise a second time.

(4) After it has risen, punch it down and use it for your pizza. The dough will rise a little while you put the rest of your pizza toppings on it. Then bake as appropriate for pizza thickness and toppings.

NOTES

I have tried variations like whole wheat, and just about any flour combination that works for bread works for pizza dough.

RATING

Difficulty: easy. *Time:* 20 minutes preparation, 2 hours rising. *Precision:* measure the ingredients.

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PIZZA RUSTICA

PIZZA-RUSTICA – San Felese Easter pie

This dish is traditional in my family at Easter time. I don't know how to spell the Italian name of this pie, but it sounds something like "Pizza Gain"—my father translates it as "full pie" This recipe originated in the town of San Fele, east of Naples.

INGREDIENTS (serves 12)

CHEESE FILLING

2 lb	*ricotta cheese*
3	*large eggs*
¼ lb	*mozzarella cheese,* shredded or chopped
6 Tbsp	*romano cheese,* grated
6 Tbsp	*fresh parsley,* chopped
1½ Tbsp	*dried mint leaves* (do not use peppermint)
½ tsp	*black pepper*
	salt to taste—depends on salt content of cheeses.

MEAT FILLING

1 lb	*Italian sausage* ("mild" or "sweet")
2 oz	*Italian dry salami,* thinly sliced
2 oz	*prosciutto,* thinly sliced (or any other ham)

PIZZA

1½ lb	*pizza dough* (if you make your own dough, use about 3 cups of flour)
	flour
1	*egg,* separated

PROCEDURE

(1) Put ricotta and eggs into a large bowl and stir until well mixed. Blend in all other ingredients.

(2) Slice the sausage into rounds about 3/8 inch thick. Brown in a little oil until cooked through. Drain, and discard grease. Cut the salami and ham slices into strips about 1×¼ inches

(3) Make or thaw or unwrap the pizza dough.

(4) Mix the meats into the cheese filling. Roll the dough into two disks, one large enough to line a 10-inch round cake pan, the other large enough to cover it. Put the larger piece into the lightly-floured cake pan, molding it so that it completely lines the pan, with at least ½ inch hanging over the edge. Fill with the cheese-meat mixture. To allow for expansion, fill to about ½ inch below the top of the pan. Wet the exposed dough edge with egg white, place the other piece of dough on top, and pinch the two pieces together. Trim neatly to make a seal. Brush egg yolk over the top of the pie (this will brown during baking). Puncture the top of pie in several places with a knife (make sure the holes are large enough not to close up during baking). Bake at for about an hour, until the top is browned but not burned. Remove from pan and cool on a wire rack. Serve at room temperature.

NOTES

This recipe makes a very large pie. I couldn't find a big enough cake pan, so I used a cast-iron frying pan. You might try using half the quantity of ingredients in a 7-inch pan (make a little extra dough).

If possible, grate your own romano cheese. Some of the romano sold pre-grated in cardboard cylinders looks and tastes more like sawdust than cheese. "Romano" and "parmesan" are American names; the main difference is that romano is sharper. The mint you want to use is spearmint. It is sold as just plain "mint" in the spice section of supermarkets. Peppermint is entirely the wrong flavor.

Italian sausage is a 'fresh' sausage, *i.e.* uncured and uncooked. It must be cooked before eating. Depending upon where you live, the less-spicy version of it is called either "sweet" or "mild". When I'm really ambitious I make my own (that doesn't happen often!). The only ingredients are pork (about 20% fat), fennel seeds, salt, and a small amount of red pepper flakes, all coarsely ground and stuffed into natural hog casings. If you can't find Italian sausage, you might try a mixture of ground pork with the above seasonings, rolled into little patties. To adjust seasonings, just pan-fry a little bit of the mixture and taste.

The cheese filling given above (without the meats) is my standard filling for lasagna, manicotti, ravioli, etc.

This same recipe can be used to make calzone. Roll out a small disk of pizza dough, put a blob of cheese/meat mixture in the middle, fold it over, seal, and bake. This is a good way to use up any filling that doesn't fit into the pie.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 1 hour cooking. *Precision:* approximate measurement OK.

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PLAYDOUGH

PLAYDOUGH – Homemade playdough

I got this from a friend of mine. It even *smells* like the real thing.

INGREDIENTS (3 cups)

2 cups	*flour*
1 cup	*salt*
2 Tbsp	*cream of tartar*
2 cups	*water*
1 Tbsp	*mineral oil*
	food coloring

PROCEDURE

(1) Mix all ingredients in a saucepan. Cook over medium heat, stirring until stiff.

(2) Allow to cool; knead.

RATING

Difficulty: easy. *Time:* 10 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MARTHA'S PLUM CASSEROLE

PLUM-CASSEROLE – Simple beef casserole with plum and tomato

This is a delicious sweet beef casserole. I got it from a radio talk-back show a few years ago; it was a listener's old favourite.

INGREDIENTS (serves 4)

3 lbs	*cubed beef*
¾ cup	*plum jam*
1 cup	*tomato sauce*
1 cup	*Worcestershire sauce*
	flour

PROCEDURE

(1) Roll the beef cubes in the flour, and place them in an ungreased casserole dish.

(2) Mix together the other ingredients (plum jam, tomato sauce, worcestershire sauce).

(3) Cover the beef with the sauce mixture.

(4) Bake at for 1 hour.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 1 hour baking. *Precision:* no need to measure.

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PONCIT

PONCIT – Filipino cabbage in garlic and soy sauce

I got this from Lynne Fitzsimmons who got it from a Filipino friend of her mother's.

INGREDIENTS (serves 5)

¼ cup	*cooking oil*
2	*cloves garlic,* minced
1	*onion,* minced
1 cup	*boiled meat* (pork, chicken, or shrimp)
1	*large carrot* cut into thin strips
1	*small cabbage,* shredded
3 Tbsp	*soy sauce*
3 Tbsp	*broth*
1 bunch	*celery*
8 oz	*rice sticks or wheat noodles*
1 tsp	*salt*
1 tsp	*MSG*
1	*spring onion,* chopped

PROCEDURE

(1) Sauté garlic in cooking oil.

(2) Add onions, meat, carrot and cabbage. Season with soy sauce and fry for 2 more minutes.

(3) Add broth and simmer, then add celery.

(4) When vegetables are cooked, add rice sticks or noodles and season with salt and MSG. Garnish with spring onions.

(5) Serve with lemon.

NOTES

You will need a big frying pan to fit all the ingredients. You may leave out the salt and MSG if you like. I have successfully used lightly-microwaved bacon as the meat.

RATING

Difficulty: easy. *Time:* 20 minutes. *Precision:* approximate measurement OK.

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JORDAN POND HOUSE POPOVERS

POND-POPOVERS – Popovers from the Jordan Pond teahouse

In Acadia National Park, near Bar Harbor Maine, is Jordan Pond. A century ago the teahouse at Jordan Pond was a gathering place where the aristocracy had tea and popovers with strawberry jam each day at 4 o'clock.

The Jordan Pond Tea House burned down in 1978, but has been rebuilt. It now serves people sporting clothes announcing ''mommy and daddy went to Naugatuck, and all they brought me was this crummy shirt'', and who show up in station wagons, but the popovers are the same that were served to the idle rich of another era.

INGREDIENTS (2 large popovers)

2	*large eggs*
1 cup	*whole milk*
1 cup	*all-purpose flour* (Important! Sift before measuring!!)
½ tsp	*salt*
1/8 tsp	*baking soda*

PROCEDURE

(1) Preheat oven to Beat the eggs at high speed with an electric mixer for 3 minutes, or until the mixture turns lemon yellow.

(2) Slow the mixer to a crawl, and dribble in ½ cup of milk, taking about 20 seconds to pour it in.

(3) Into another bowl, sift the flour and measure 1 cup as exactly as you can, then add salt and baking soda and sift again. With the mixer still running on its slowest speed, add the dry ingredients to the eggs and milk.

(4) Turn the mixer off and use a rubber spatula to make sure that all of the flour has blended in with the liquid.

(5) Set the mixer to medium speed and dribble in the remaining milk. Blend for 1 minute.

(6) Turn the mixer to its highest speed and beat for 10 minutes (or 5 minutes if you have a Kitchen-aid style mixer that uses a wire whip for beating). Extra beating can't hurt.

(7) Filter the batter through a fine-mesh screen strainer to remove any lumps, then pour into well-buttered popover cups or custard cups. (If you must use a muffin tin, fill only the 4 corners.)

(8) Bake at for 15 minutes. Without opening the oven, turn heat to and bake for 15 more minutes (20 minutes if your oven door has a window).

NOTES

Serve immediately, with fresh jam and room-temperature butter.

These popovers turn out significantly better if they are baked in crockery custard cups rather than in metal or glass.

RATING

Difficulty: moderate. *Time:* 15 minutes preparation, 30 minutes baking. *Precision:* measure carefully.

CONTRIBUTOR

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POPPYSEED BUNDT CAKE

POPPYCAKE – A light, delicate cake

I got this recipe from my mom. I'm not sure where she got it.

INGREDIENTS (1 bundt cake)

1 cup	*butter or margarine*
1 ½ cups	*sugar*
2 ½ cups	*flour* (sift before measuring)
1 tsp	*baking soda*
2 tsp	*baking powder*
1 cup	*buttermilk*
2 oz	*poppy seeds* (about ¼ cup)
1 tsp	*almond extract* (or vanilla extract)
4	*eggs* (separated)
¼ cup	*brown sugar*
1 tsp	*cinnamon*

PROCEDURE

(1) Soak poppyseed in the buttermilk for 15 minutes.

(2) Cream together butter and sugar. Add yolks to creamed mixture. Add almond extract or vanilla.

(3) Add dry ingredients alternately with buttermilk mixture, a little at a time.

(4) Beat egg whites very stiff as for angel food. Fold egg whites into mixture.

(5) Pour half of this batter mixture into well-greased Bundt pan.

(6) Sprinkle with a mixture of ¼ cup brown sugar and 1 tsp cinnamon.

(7) Pour in remaining batter.

(8) Bake at for 1 hour.

(9) Cool and invert onto serving dish, then remove Bundt pan.

NOTES

When folding in egg whites, be gentle. Lift and turn the batter instead of using a stirring motion. Don't worry if a little bit of egg white remains unmixed; the egg whites will collapse if you mix it too much.

I have tried both vanilla and almond extracts with this recipe, and prefer the former.

RATING

Difficulty: easy to moderate (folding the beaten eggwhites into the batter takes some skill). *Time:* 30 minutes preparation, 1 hour cooking, 1 hour cooling. *Precision:* Measure carefully.

CONTRIBUTOR

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"Saints should always be judged guilty until they are proved innocent..."
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INDONESIAN BRAISED PORK

PORK-BRAISE-1 – Pork with lime and hot peppers

This recipe was originally based on one I found in a paperback cookbook. Over the years I have adapted it into what you see here. It is fairly hot, but always gets rave reviews from everyone, even from people who normally don't like hot food.

INGREDIENTS (Serves 6–8)

4 lbs	*pork,* cut into small bite-size pieces
1	*onion,* chopped
2 Tbsp	*crushed red peppers*
4	*garlic cloves,* minced
1 Tbsp	*lime juice*
2/3 cup	*soy sauce*
3 Tbsp	*brown sugar*

PROCEDURE

(1) Fry pork, onion, red peppers, and garlic over high heat in a heavy frying pan, stirring frequently for about 20 minutes or until well browned.

(2) Add lime juice, soy sauce, and brown sugar.

(3) Reduce heat and simmer for about 15 to 20 minutes.

(4) Put in a covered dish and keep warm in the oven while you make the rice to serve it over. This makes it easy to make the rice, and the pork actually browns a little more during this time.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 40 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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The best government is no government at all.

PORK CHOPS ITALIANO

PORK-CHOPS-1 – Pork chops simmered in tomato and onion

Apologies to anyone of Italian descent—I'm sure this dish will seem a slander on your culinary heritage, but that's the way I learned this recipe.

As much as I like grilled pork chops, I enjoy a change. This recipe isn't *haute cuisine*, but I think it is particularly good when you get home from work on a cold, wet evening. The preparation is fairly quick, and it leaves you time to warm up in front of the fire with a cup of tea and read a newspaper.

INGREDIENTS (Serves 2)

2	*pork loin chops*
10½ oz	*condensed tomato soup* (1 small can)
1	*green pepper,* sliced
1	*onion,* diced
1	*bay leaf*
	oil for frying
	salt and pepper

PROCEDURE

(1) Heat the oil in a saucepan or frying pan (choose one with a lid). Season both sides of the chops with salt and pepper to taste. Brown the chops quickly on both sides. Remove from the pan.

(2) Fry the onions until soft, but not brown. You may need to add a little more fat, but I prefer to use as little as possible.

(3) Return the chops to the pan, add the tomato soup, green pepper, and bay leaf. Bring to the boil, then simmer gently for 30–40 minutes, or until the chops are cooked.

NOTES

I serve this with rice. If you like brown rice, it has the advantage of taking as long to cook as the rest of the meal, so you get an uninterrupted half-hour.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 40 minutes cooking. *Precision:* No need to measure.

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SOUTHERN STYLE PORK CHOPS

PORK-CHOPS-2 – Pork chops in mushroom peanut-butter sauce

I originally found this recipe in the Woman's Day Encyclopedia of Cookery. It is very easy to prepare and makes a hearty main dish served over rice or noodles.

INGREDIENTS (serves 4)

4	*pork chops,* about ½ inch thick
	shortening or oil
4	*onion slices* (we like these fairly thick)
¼ cup	*peanut butter*
¾ cup	*condensed mushroom soup* (or make a mushroom-flavored white sauce)
¼ cup	*milk*
1 tsp	*Worcestershire sauce*
1 tsp	*salt*
1/8 tsp	*black pepper*

PROCEDURE

(1) In a frying pan big enough to hold all of the chops at once, brown pork chops on both sides in a little shortening or oil. Pour off fat, leaving chops in frypan.

(2) Place an onion slice on top of each chop.

(3) Mix peanut butter, mushroom soup, milk, Worcestershire sauce, salt, and pepper. Pour over chops.

(4) Cover and simmer over medium to low heat for 45 minutes. You may want to move the chops around in the pan from time to time to keep them from sticking.

NOTES

Smooth peanut butter is best. The chunky variety gives a strange consistency to this dish.

RATING

Difficulty: easy. *Time:* 5 minutes browning, 45 minutes simmering. *Precision:* no need to measure.

CONTRIBUTOR

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PORK LOIN BRAISED IN MILK

PORK-IN-MILK – Italian-style pork roast in milk

I got this recipe from a friend, who got it from a cookbook in Italy. It is very rich and flavorful. I have not seen this method of preparation in any other recipe.

INGREDIENTS (Serves 4–6)

2–5 lb	*pork loin roast* (You can also use a pork shoulder roast)
2 Tbsp	*butter*
2 Tbsp	*olive oil*
	salt
	black pepper freshly ground
	milk enough to cover roast; see instructions below
2–3 Tbsp	*warm water*

PROCEDURE

(1) Find a saucepan that fits the pork roast closely, but still allows you to turn the roast in it.

(2) Add the butter and oil to the pan. Heat at medium-high heat. Brown the roast on all sides.

(3) Add salt and pepper to taste. Add enough milk to cover ¾ of the meat.

(4) Cover the saucepan, but leave the lid ajar. Turn the heat down to medium and cook for 1½ to 2½ hours, until the sauce has reduced to thick, nut-brown clusters. If the sauce has not reduced after 2½ hours, remove the meat, keep it warm, and increase the heat to high until the sauce thickens.

(5) Remove the roast from the sauce, if you haven't already. Turn the heat down and skim the fat from the sauce. Add the water, turn the heat to high, and scrape the bottom of the saucepan (there will be a crust on the bottom that you'll want to get loose).

(6) Return the meat to the pan, warm it up, and serve it with the sauce.

NOTES

The cleanup for this recipe takes a while, because the saucepan gets a crust on the bottom.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 2–3 hours cooking. *Precision:* no need to measure.

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POTATO PANCAKE

POTATO-PANCAKE – German ‘‘Kartoffel Puffer’’

A traditional German potato recipe. Not for people with weight problems.

INGREDIENTS (serves 4)

2½ lb	*potatoes,* peeled
2	*onions,* chopped fine
1	*egg,* beaten
¼ cup	*flour*
1 tsp	*salt*
1 cup	*oil* (or lard)

PROCEDURE

(1) Grate the peeled raw potatoes with a fine grater. Squeeze dry in a towel.

(2) Mix the potatoes with all other ingredients (except the oil). Leave it for a while.

(3) Heat the oil or lard in a frying pan. Form pancakes from 2 Tbsp of batter, press flat, and fry until both sides are golden brown.

NOTES

Serve the hot pancakes with any kind of stewed fruit.

Be sure you make enough pancakes. They have the same effect as salted peanuts: you can't stop eating!

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 5 minutes cooking. *Precision:* approximate measurement OK.

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POTATO PAPRIKASH

POTATO-PAPRKSH – Hungarian potato paprikash

(From *Cuisines of the world*, Exeter Books)

A hearty dish, good as either a side dish or a vegetarian main course. Suitable for Passover.

INGREDIENTS (Serves 4 as main course)

4 oz	*cooking oil*
2	*onions,* finely chopped
1 clove	*garlic,* crushed
¼ tsp	*caraway seeds*
1 tsp	*paprika*
1–2 cups	*water*
4 lbs	*potatoes,* peeled and sliced thin.
2	*green peppers,* seeded and cut into strips
4	*tomatoes,* peeled, seeded, and chopped
	salt (You can vary the amount of salt according to preference.)

PROCEDURE

(1) In a heavy-bottomed casserole, heat the oil and fry the onions and garlic.

(2) Add the caraway seeds, paprika, and water.

(3) Add the potatoes, peppers, and tomatoes.

(4) Simmer for thirty minutes.

NOTES

This makes a very good main course or side dish for Passover.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 30 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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BACON POTATO PIE

POTATO-PIE-1 – A brunch casserole with potatoes, eggs, bacon, and cheese

This is a very easy brunch dish, similar to a fritatta in texture, but full of traditional breakfast ingredients. The recipe comes from a cookbook published by the Contra Costa (California) *Times* newspaper, called "Tastes of the Times".

INGREDIENTS (Serves 4–6)

1 lb	*bacon,* thick-sliced and lean
1	*onion*
1 lb	*baking potatoes*
½ lb	*cheddar cheese*
8	*eggs*

PROCEDURE

(1) Cut the bacon slices into square pieces. Fry the pieces until well-cooked, then drain on paper towels.

(2) Peel the potatoes, then grate them. To prevent the grated potatoes from discoloring while you prepare the other ingredients, you can put them into a bowl of cold water. When you're ready to use them, be sure to drain well and squeeze them dry.

(3) Grate the cheese. Mince the onion.

(4) Butter a 9×13 inch shallow baking dish. Preheat the oven to

(5) Beat the eggs in a large bowl. Add all the other ingredients and stir. Pour the mixture into the baking dish and bake in the preheated oven for about 45 minutes, or until the eggs are cooked. Serve hot, warm or at room temperature.

NOTES

It really does make a difference if you use good meaty bacon for this. I find the best bacon at my local butcher shop.

You can prepare part of this ahead. I think egg dishes are better if they haven't been refrigerated. So if you want to work ahead, you can cook the bacon, grate the cheese and potatoes and mince the onion the night before. Store all these things separately in the refrigerator, covering the potatoes with water. Then in the morning just mix it all up and bake it.

RATING

Difficulty: moderate (tedious). *Time:* 30 minutes preparation, 1 hour baking and cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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POTSTICKERS

POTSTICKERS – Delicious Northern Chinese snack and hacker's staple

Hackers on both coasts and most places in between love potstickers (though if you're from the Right Coast, you probably know them as Peking Ravioli, or just *ravs*. This recipe is based on one found in *Chef Chu's Distinctive Cuisine of China*. Total preparation time is about 45 minutes. They don't come out as good as the ones from Cho's in Mountain View, but if you don't happen to be within 45 minutes of Mountain View, they'll do very nicely, thank you.

INGREDIENTS (Makes about 2 dozen)

DOUGH

2 cups	*all-purpose flour*
½ cup	*water*

FILLING

½ lb	*ground pork*
½	*small Chinese (Napa) cabbage,* cored and chopped
1	*green onion,* coarsely chopped
2	*thumb-sized slices fresh ginger,* minced
2	*water chestnuts,* chopped
1 tsp	*salt*
½ tsp	*sugar*
pinch	*white pepper*
1 tsp	*sesame oil*

TO COOK

5 Tbsp	*vegetable oil*
1 cup	*water*

SAUCE

hot chili oil
red rice vinegar
soy sauce

PROCEDURE

(1) In a bowl, combine flour and water, mixing to form a ball. Remove to a floured board and knead with your palm for about 3 minutes. Shape into a ball, cover with a damp towel, and let stand for about 10 minutes.

(2) Make the filling by combining the *Filling* ingredients above. Refrigerate until ready to use.

(3) To shape and assemble, knead dough for about 3 minutes. Roll into a cylinder that is about 1 inch in diameter. Cut off the ends, then cut into about 24 pieces, each about ¾-inch wide. With the cut side up, press the dough down with your palm to flatten. Use a rolling pin to make pancakes about 2½–3 inches in diameter. (They get quite thin; that's what you want.)

(4) Spoon 1 tablespoon of filling into the center of each pancake. Fold the dough over to make a half circle and pleat the edges firmly together.

(5) To pan-fry, heat cast-iron or other heavy-bottom skillet over moderate heat. Add 3 Tbsp oil, swirling to coat bottom. (Watch out, it sizzles quite a bit. Don't get burned!) When oil is hot, place potstickers, seam side up, in skillet and agitate (shake) for 30 seconds. Pour in water, cover, and gently boil over moderate heat for 7 to 8 minutes. When oil and water start to sizzle, add remaining 2 Tbsp oil. Tip skillet to distribute oil evenly; watch carefully (uncovered) to prevent sticking. When bottoms are brown (usually several minutes later), remove from heat and carefully lift out potstickers with spatula.

(6) To serve, turn potstickers over (dark side up) and arrange on serving platter. Combine chili oil, vinegar, and soy sauce in proportions to suit your taste and offer sauce for dipping. Alternatively, cut up a hot chili pepper into red rice vinegar.

NOTES

You can freeze uncooked potstickers for later use, if you squeeze out the water from the cabbage during preparation (in a colander or cheesecloth). Freeze potstickers separately on cookie sheets until firm, then put them in plastic bags.

When rolling out the pancakes, leave the centers slightly thicker than the edges. A thicker center will hold up better during the browning.

If you prefer, steam potstickers for about 12 minutes over boiling water instead of pan-frying. (No self-respecting hacker would be caught eating steamed potstickers, though.)

These are really not hard to make, and come out quite nicely! Following the dough recipe above leads to a fairly dry and floury dough; this makes it hard to roll out and pleat. Feel free to add a little more water. There are also now commercially available potsticker presses that take care of folding and pleating; they're cheap and plastic and work rather well.

The perfect potsticker is uniformly brown with a thick brown area on the bottom (where it sticks to the pot); it seems that achieving this only comes with practice. I tend to fry both sides a bit before adding the water; this helps. Beware of too much heat; the bottom will bubble and crack. This doesn't taste any different, but doesn't look as nice.

If you don't cook the whole batch at once, store the potstickers so that they don't touch; the dough tends to stick to itself, so the potstickers may tear as you remove them.

Many restaurants serve Hoy Sin sauce instead of hot sauce.

RATING

Difficulty: moderate. *Time:* 45 minutes. *Precision:* measure the ingredients.

CONTRIBUTOR

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ORANGE POUND CAKE

POUND-CAKE-1 – A luscious orange-flavored pound cake

Absolutely the best cake I have ever eaten! I got the recipe from the mother of a friend. I think Don's mom got the recipe off the back of a sugar box.

INGREDIENTS (1 cake)

1 lb	*butter*
1 lb	*powdered sugar*
2 Tbsp	*grated orange rind*
6	*large eggs*
3½ cups	*sifted all purpose flour*
½ tsp	*mace*
¼ tsp	*salt*
¼ cup	*orange juice*
1 cup	*apricot jam,* strained
2 Tbsp	*shredded orange peel*

PROCEDURE

(1) Preheat oven to

(2) Cream butter until light and fluffy. Gradually add sifted sugar and rind. Cream thoroughly. Add eggs, one at a time, mixing well after each addition.

(3) Sift the flour before measuring, then combine the dry ingredients. Sift.

(4) Gradually add sifted dry ingredients to butter mixture. Add orange juice and combine thoroughly.

(5) Turn into buttered and floured 10-inch tube pan. Bake at for 50–60 minutes or until toothpick inserted in center comes out clean and cake is golden brown. Cool for 5 minutes.

(6) Turn into wire rack and cool thoroughly. Brush with jam and top with orange peel.

NOTES

If you try to make a pound cake with margarine or shortening you will end up with a tasteless mess. Butter is the major taste in a pound cake; even if it weren't, butter and margarine have different properties in baking, and this recipe is adjusted for butter.

Don't make this cake if you don't have an electric mixer or *very* strong wrists. I figure I spend nearly half an hour beating butter and such when I make this cake. Also, this cake is easier to handle if you have a tube pan that comes apart into two pieces.

RATING

Difficulty: easy to moderate. *Time:* 30–40 minutes preparation, 1 hour baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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CREAM CHEESE POUND CAKE

POUND-CAKE-2 – A pound cake made with cream cheese

I got this recipe from Annette Hall at Computer System Resources, in Georgia. (annette@gacsr.UUCP). She posted it to net.cooks, claiming that it's the best pound cake you'll ever taste. She's right!

INGREDIENTS (One large cake)

¾ lb	*butter*
3 cups	*granulated sugar*
½ lb	*cream cheese*
6	*eggs* (large)
3 cups	*cake flour* sifted
¼ tsp	*salt*
1½ tsp	*almond extract*
1 tsp	*vanilla extract*

PROCEDURE

(1) Pre-heat oven to

(2) Cream the butter, sugar, and cheese together until the mixture is light and fluffy.

(3) Add salt, vanilla, and almond extract. Beat well.

(4) Add eggs, one at a time, blending well after each.

(5) Stir in flour. Don't be vigorous; mix it just enough to incorporate the flour.

(6) Spoon into a greased tube pan. Bake in preheated oven for 1½ hours.

(7) Cool for 15–20 minutes, then invert the cake onto a serving dish and remove the tube pan. If you wait too long, it will stick.

NOTES

RATING

Difficulty: easy *Time:* about 2 hours and 15 minutes *Precision:* measure carefully.

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POZOLE

POZOLE – A simple New Mexican holiday stew

This stew is from New Mexico. It is traditionally served on special days, such as Christmas Eve or New Year's Eve.

INGREDIENTS (Serves 4–4)

3 lb	*pork shoulder* (or shoulder chops), with bones in
29 oz	*white hominy* (one can), with packing juice
5–6	*garlic cloves*
2 Tbsp	*chili powder* (or more to taste)
2 tsp	*salt*

PROCEDURE

(1) Put the pork shoulder piece(s) in a large kettle. Don't bother to cut them up. Cover with cold water, about 10 cups.

(2) Slowly bring to a simmer, uncovered. As it simmers for the first 10 minutes or so, skim off any scum that rises to the surface. (It will stop appearing after this.)

(3) Simmer, partially covered, for at least two hours. Don't let too much water boil away; just leave the lid a bit ajar so a small amount of steam can escape.

(4) Remove from heat. Remove the pork pieces from the broth, and cut the meat from the bones. Discard the bones. Cut the meat in medium chunks (whatever size is appropriate for stew) and return it to the broth.

(5) Crush or mince the garlic. Add the hominy with its juice, garlic, chili powder and salt to the pork and broth. Adjust the chili powder to your taste. The estimate here is for a mild store-bought unblended spice, and will produce a mild pozole. If you grind your own chiles, they may be hotter. If you use a blend of chili powder and other spices (which is not recommended), you will probably want to reduce the salt. Remember that chili powder becomes mellowed and less spicy as it cooks.

(6) Return to heat, and simmer (partially covered as before) for another two hours. By this time, some of the meat will still be in chunks, and some will be shredded. Skim the grease from the top; there may be quite a bit. Check for salt before serving. (Don't try to add anything else at the end; chili powder and garlic need time to cook.)

NOTES

I serve this with corn tortillas, wrapped in foil and warmed in the oven for ten or fifteen minutes.

An alternate way of cooking the stew is to simmer the pork for at least one hour, remove the bones and add the other ingredients as described above, and cook covered in a slow oven for several hours.

RATING

Difficulty: moderate. *Time:* 1 hour preparation, 2 hours cooking. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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PRINZREGENT TORTE

PRINZ-TORTE – Austrian 8-layer chocolate cake

I made this recipe for my boyfriend on his birthday and he asked me to marry him (I did). I'm not saying for sure that the Prinzregent Torte is why Don wanted to marry me, but I've always worried that it might have been. It is a magnificent recipe that always evokes incredulous cries of pleasure from people that I serve it to. The cake is a lot of work, so I only make it about once a year, but the people that I make it for feel very special.

INGREDIENTS (Serves 2–8)

CAKE

9 oz	*salted butter*
9 oz	*sugar*
1/8 tsp	*vanilla extract*
4	*eggs,* (large, or 5 medium) beaten.
1 2/3 cups	*cake flour* (sift before measuring!!)
½ cup	*cornstarch*
1 tsp	*baking powder*

FILLING

2 cups	*chocolate pudding* (extra strong)
7 oz	*unsalted butter*
1 2/3 cup	*powdered 10X sugar*

FROSTING

1 oz	*bitter cocoa powder*
1 oz	*melted sweet butter*
3–4 Tbsp	*boiling water*

PROCEDURE

(1) In an electric mixer, whip the salted butter. Add sugar, vanilla, and eggs. Beat smooth.

(2) Mix flour with cornstarch and baking powder and sift a second time (you sifted it once before you measured it, right?). Add flour mixture to egg mixture, stirring constantly.

(3) Make 8 layers, each less than ¼ inch thick, by baking each in the bottom of an 8-inch spring-form layer pan. Do this by cutting a round of baker's parchment that exactly fits the bottom of the layer pan, then using a spatula to spread the dough evenly over the parchment. Make sure that it doesn't get too thin at the edges.

(4) Bake each layer for 7 minutes in a preheated oven. Stack the layers separated by waxed paper.

(5) Make the pudding. Use more chocolate in the pudding than you would normally use. If you want to be lazy and use pudding from a mix, then add a tablespoon of top-quality cocoa to the pudding mix. Stir the pudding while it cools so that it does not congeal.

(6) Beat the unsalted butter until it is very smooth. When the butter and pudding are about the same temperature, add the pudding to the butter to get an even, smooth buttercream.

(7) Use the pudding/butter mixture as mortar, and layer the cake together, spreading the pudding/butter evenly between the layers. Make sure the layers are even, and parallel; if they are not, or if one is not straight, you can mend things with a little extra pudding here and there. Do not put pudding on top of the topmost layer, and try not to get too much on the outside edges.

(8) Make a chocolate frosting: sift the powdered 10X sugar and cocoa together, add the melted butter while stirring constantly, then add boiling water.

(9) Frost the cake, taking pains to make sure the sides are perfectly smooth and the top is perfectly smooth. Let the cake sit at cool room temperature for at least an hour before serving.

NOTES

If you are not an experienced baker, you should be warned that in recipes like this it is important to measure exactly and to follow the instructions exactly. People who prefer to cook by testing, tasting, and adding more ingredients should avoid intricate baking.

These layers are baked in the bottom of a springform pan. Such a pan bottom is 8 inches in diameter, and has a raised lip that is about 1/8 inch high. It resembles a miniature pizza pan. I have never succeeded in making this torte with layers bigger than 10 inches; 8 inches is easier. The baker's parchment is crucial and there is no good substitute, though buttered kraft paper (from shopping bags) will work in a pinch. Use a new piece of parchment for each layer. If you don't make the layers straight, then when you pile them up, the cake will be mounded up in the middle or will sag down in the middle or will tilt to one side.

If you are not an experienced cake froster, then make double the recipe of frosting. Unskilled frosters usually use too much frosting, and you don't really want to run out. You can charge money to people who want to lick the spoon if there is any left over.

RATING

Difficulty: rather difficult. *Time:* 1 hour. *Precision:* measure carefully.

CONTRIBUTOR

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HALF MOON BAY PUMPKIN BREAD

PUMPKIN-BREAD – A dessert bread made from pumpkins

Every year in Half Moon Bay, California there is a Pumpkin Festival, at which prizes are given for the largest pumpkin in the world. Never mind that for the last two years the winner has been in Nova Scotia: the citizens of Half Moon Bay take pumpkins very seriously.

At Christmastime in Half Moon Bay, people give each other little tins of this bread as presents. I also take it backpacking, because it's pretty resistant to being squashed (and tastes fine even when it is).

INGREDIENTS (3 1-pound loaves)

3 cups	*granulated sugar*
3½ cups	*all-purpose flour*
½ tsp	*salt*
2 tsp	*baking soda*
1 tsp	*cinnamon*
1 tsp	*nutmeg*
4	*large eggs*
1 cup	*vegetable oil*
2 cups	*cooked pumpkin*
2/3 cup	*water*
1½ cups	*chopped walnuts*
	cream cheese (optional; for serving)

PROCEDURE

(1) Preheat the oven to

(2) Butter your containers well.

(3) Sift the dry ingredients together into a large bowl.

(4) Make a well in the center of the dry ingredients, and add the eggs, oil, pumpkin and water. Beat thoroughly. It's easier to get all the lumps out if you use an electric mixer.

(5) Stir in the walnuts with a wooden spoon.

(6) Pour the batter into the containers, filling each only half to two-thirds full.

(7) Bake for 60–90 minutes, depending on the sizes of your containers. If you're using a very small container, start checking much sooner. The bread is done when a toothpick in the middle comes out clean.

(8) Cool about ten minutes, then loosen the edges of the bread with a knife, and turn out of the pans to cool the rest of the way on a rack.

NOTES

For baking containers, you can use a loaf pan, metal cans, or whatever. I usually use 1-pound coffee cans, and it takes three of them. If you want tiny loaves, you could probably use soup cans.

I think the nuts are important in this recipe. Unless you absolutely hate them, leave them in.

It's not necessary, but you can serve some good cream cheese with it to spread on the slices if you like.

RATING

Difficulty: easy to moderate. *Time:* 15 minutes preparation, 90 minutes cooking. *Precision:* measure the ingredients.

CONTRIBUTOR

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PUMPKIN CHEESECAKE

PUMPKIN-CAKE – A cheesecake rich with pumpkin flavor

INGREDIENTS (1 10-inch cake)

1½ cups	*graham cracker crumbs*
½ cup	*walnuts,* finely chopped
3 Tbsp	*sugar*
¼ tsp	*pumpkin pie spice mixture*
1½ tsp	*pumpkin pie spice mixture*
6 Tbsp	*butter* (melted)
1 lb	*creamed cottage cheese* (small curd)
4	*large eggs*
1½ lb	*cream cheese,* softened by warming
1 cup	*sugar*
2 Tbsp	*flour*
1 tsp	*orange rind* (grated)
¼ tsp	*salt*
16 oz	*cooked pumpkin* (*not* pumpkin pie filling)
16 oz	*sour cream*
¼ cup	*orange marmalade* (or more to taste, up to 1 cup)
some	*orange slices* for garnish (optional)

PROCEDURE

(1) Preheat oven to

(2) Mix graham cracker crumbs, walnuts, sugar, ¼ tsp of the pumpkin pie spice, and the butter.

(3) Press evenly into the bottom of a 10-inch springform pan. Bake 10 minutes, then cool. (Leave the oven on).

(4) Mix cottage cheese and eggs in a blender until smooth. Beat the cream cheese, sugar, flour, orange rind, 1½ tsp pumpkin pie spice, salt and cottage cheese mixture in a large mixing bowl until smooth. Fold in the pumpkin.

(5) Pour over the graham cracker crust. Bake at for 1½ hours. Turn the oven off, and leave the cheesecake in the oven with the door ajar for 1 hour.

(6) Remove cake from oven. Heat the oven to

(7) Mix the sour cream and the marmalade. Spread over the top of the cheesecake.

(8) Bake 10 minutes. Cool slightly, garnish with orange slices if you like, then refrigerate.

NOTES

A North American pumpkin is not the same vegetable as a European or Asian pumpkin, but it will probably taste nice anyhow.

RATING

Difficulty: Moderate. *Time:* 40 minutes preparation, 2 hours cooking, 1 hour cooling. *Precision:* Measure carefully.

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PUMPKIN DESSERT

PUMPKIN-CAKE-2 – Fluffy whipped pumpkin upside-down cake

Someone brought this to an office party last year and ended up having to make about thirty copies of the recipe for people who tasted it.

INGREDIENTS (1 cake)

1 cup	*granulated sugar*
3	*eggs,* beaten
29 oz	*pumpkin* (1 large can)
2 tsp	*cinnamon*
½ tsp	*ginger*
¼ tsp	*ground cloves*
½ tsp	*salt*
12 oz	*evaporated milk* (1 large can)
1 lb	*yellow cake mix* (1 standard box of cake mix)
1 cup	*chopped nuts*
4 Tbsp	*sweet butter,* melted
	whipped cream

PROCEDURE

(1) Preheat oven to

(2) Mix together sugar, eggs, pumpkin, cinnamon, ginger, cloves, salt and milk. Line a 9×13-inch pan with wax paper and pour the mixture in.

(3) Sprinkle the dry cake mix on top, then sprinkle the nuts. Pour melted butter evenly over the cake mix and nuts.

(4) Bake at for 50–60 minutes.

(5) *Cool* (very important). Flip over and remove from pan. Remove the wax paper.

(6) Top with whipped cream (which would dissolve if the cake weren't cooled first).

RATING

Difficulty: moderate. *Time:* 15 minutes preparation, 1 hour baking, 30 minutes cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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PUMPKIN CHEESECAKE

PUMPKIN-CAKE-3 – A holiday alternative to pumpkin pie

This cheesecake has to be tried to be believed. It was developed by Karen Reynolds, a charming lady, fine programmer, and amazing cook.

PASTRY

1 cup	*flour*
¼ cup	*sugar*
1 tsp	*vanilla*
1	*egg yolk*
¼ cup	*butter,* softened

FILLING

2½ lb	*packaged cream cheese,* softened
¾ cup	*packed light brown sugar*
1 cup	*sugar*
3 Tbsp	*flour*
¾ tsp	*ground allspice*
¾ tsp	*ground ginger*
½ tsp	*ground cinnamon*
1 lb	*canned pumpkin*
2	*egg yolks*
5	*eggs*
1 tsp	*vanilla extract*
¼ cup	*heavy cream*

PROCEDURE (PASTRY)

(1) Preheat the oven to Grease the bottom and sides of a 9 inch diameter 3 inch deep springform pan.

(2) Prepare the pastry by stirring flour and sugar together in a bowl. Cut in butter, egg yolk and extract. Work the dough (which will be very crumbly) with hands to complete the mixing. Evenly press the dough on the bottom and up the sides (to within ½ inchcm" of the top) of the springform pan. Bake in the preheated oven for 10 minutes, or until golden brown. Remove and set aside to cool while preparing the filling.

PROCEDURE (FILLING)

(1) Increase the oven temperature to

(2) Beat the cream cheese in a large bowl until smooth and soft. Beat in the sugars, flour, spices and pumpkin until well blended. Add egg yolks and eggs one at a time, beating well after each addition. Add vanilla extract, beat in well. Stir in the cream.

(3) Pour filling into the pastry crust. Bake for 12 minutes. Without opening the oven door, reduce the oven temperature to degrees and leave the cheesecake in the oven for an additional 1 hour and 15 minutes. At the end of the baking time, turn off the oven, but leave the cheesecake sitting inside (without opening the door) until the oven cools (about 2 to 3 hours). Remove from the oven, refrigerate overnight.

RATING

Difficulty: moderate. *Time:* 1 hour preparation, several hours baking. *Precision:* measure carefully.

CONTRIBUTOR

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THANKSGIVING PIE

PUMPKIN-PIE-2 – A rich pie with pumpkin and pecans

I've been cooking this recipe for a few years, and my people love it. It combines the best of the flavors of pumpkin and pecan.

INGREDIENTS (1 9-inch pie)

1	*deep dish unbaked pie crust*
3	*eggs*
1 cup	*dark corn syrup*
1½ cups	*sugar*
¼ cup	*melted butter* (or margarine)
1 cup	*pumpkin*
1 tsp	*vanilla*
1 cup	*pecan halves*

PROCEDURE

(1) Preheat oven to

(2) Beat eggs. Add other ingredients except pecans, and beat well.

(3) Put pecans in bottom of pie crust and slowly pour egg mixture over nuts.

(4) Bake 45 minutes, or until knife inserted one inch from edges comes out clean.

(5) Let pie cool (if cut warm, the pie will be runny) Serve with whipped cream.

NOTES

You can use choopped pecans, but pecan halves are prettier.

RATING

Difficulty: easy to moderate. *Time:* 10 minutes preparation, 1 hour baking and cooling. *Precision:* measure the ingredients.

CONTRIBUTOR

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PUMPKIN PIE III

PUMPKIN-PIE-3 – A Pumpkin Pie with flour

This is my mother's recipe for her traditional Thanksgiving dinner pumpkin pie. It is different from most other pumpkin pie recipes in that flour and brown sugar are used in the batter. Even my wife, who is not a big pumpkin pie fan, thought this was a yummy pie.

When my parents first got married, every pumpkin pie my mom made for my dad was rejected with the comment "it's not like mother used to make." She even tried to use his mother's recipe, but she could not follow it: his mother used ordinary kitchen utensils for measuring devices (like a teacup for a "cup," a real table spoon for a "tablespoon," etc.). She finally found a recipe that looked similar to grandma's. Through the years she has altered it slightly to make the pie even more tastier.

INGREDIENTS (Makes one pie)

2 Tbsp	*butter,* melted
1¾ cup	*pumpkin* (one standard can)
2	*eggs*
2 Tbsp	*flour*
1 cup	*evaporated milk*
½ cup	*dark brown sugar*
½ cup	*white sugar*
1 tsp	*ginger*
1 tsp	*cinnamon*
¼ tsp	*mace*
¼ tsp	*cloves,* ground
½ tsp	*salt*
1	*standard uncooked pie shell*

PROCEDURE

(1) Preheat the oven to

(2) Beat the eggs until frothy.

(3) Mix in the sugars and the flour.

(4) Mix in the spices and the salt.

(5) Mix in the pumpkin.

(6) Mix in the melted butter.

(7) Finally, mix in the milk.

(8) Pour the mix into the pie crust and bake at for 15 minutes.

(9) Decrease heat to and bake for an additional 45 minutes.

(10) Remove the pie from the oven and set it out to cool.

NOTES

Don't be surprised if the pie rises slightly. It will go down again after it cools.

Make sure you get just pumpkin. Don't use a can of "pumpkin pie mix" instead! If you were very ambitious, you could gut a pumpkin yourself for this recipe, but I have never had the time or courage to do that.

You can buy a pie shell crust or you can make your own. Certainly, the results are better when you make your own.

Light brown sugar can be used instead of dark, but the result isn't as good.

RATING

Difficulty: easy to moderate. *Time:* 20 minutes preparation, 1 hour cooking, plus desired cooling time. *Precision:* measure the ingredients, especially the spices.

CONTRIBUTOR

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PUMPKIN SCONES

PUMPKIN-SCONES – Pumpkin scones

Scones (pronounced with a short ‘o’, rhymes with ‘Fonz’) are a popular accompaniment to afternoon tea. They are often served with jam and whipped cream. In this variation the scones are flavoured with pumpkin. It is not a typical scone recipe.

Pumpkin scones can be eaten in place of bread with a meal. This recipe was made famous by the wife of the Premier of Queensland.

INGREDIENTS (Serves 4–6)

1 Tbsp	*butter*
½ cup	*sugar*
1	*egg*
1 cup	*cold mashed cooked pumpkin*
2 cups	*self raising flour*
1/8 tsp	*salt*

PROCEDURE

(1) Grease a scone tray or baking tray.

(2) Cream together the butter and sugar until light and fluffy.

(3) Add egg and beat well.

(4) Add pumpkin, flour and salt and fold in by hand. Knead lightly and cut into 1–inch squares.

(5) Place close together on the scone tray and bake at until well risen and golden on top (about 15 minutes).

NOTES

To an Australian, a pumpkin is a large round, squat, green or blue-green vegetable that is orange on the inside. There are many varieties, all of species *Cucurbita maxima*. In North America a good substitute is acorn squash (*Cucurbita pepo*); elsewhere a butternut squash (*Caryoka nuciferum*) would be a fair substitute.

Serve hot, with butter.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 15 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MEXICAN QUICHE

QUICHE-MEXICAN – Shrimp quiche in a Mexican style

I found this recipe in the New York Times magazine a while back, called "Dave and Janis Murray's Mexican Quiche." It's not hard to make, and it's quite good.

INGREDIENTS (serves 3)

1	*quiche shell,* 9 or 10 inches in diameter
½ lb	*large shrimp,* about 12–14, peeled and deveined
½ cup	*chopped green chilies* (Ortegas, not jalapenos).
½ cup	*colby cheese,* grated
½ cup	*Monterey Jack cheese,* grated
5 oz	*light cream*
3	*eggs,* beaten
1/3 cup	*chives,* chopped (fresh or dried)
1/3 cup	*sour cream*
¼ cup	*salsa,* green or red, but fairly hot (use taco sauce if nothing else is available)

PROCEDURE

(1) Preheat oven to

(2) Bring about 1 quart of water to the boil in a saucepan. Add the shrimp and cook for 2 minutes or until they loose their raw look, no more. Drain the shrimp in a colander.

(3) Reserve 6 nice-looking shrimp for later. Chop the rest.

(4) Spread the chopped shrimp over the bottom of the quiche shell. Use half the chilies to make a layer over the shrimp, then a layer of Jack cheese, another layer of chilies, and a layer of Colby. Spread things evenly.

(5) Mix cream, eggs, chives, and a little salt (if you want) in a bowl; beat to blend. Pour this into the quiche shell; it shouldn't overflow.

(6) Place the quiche on a baking sheet and bake for 15 minutes at Reduce the heat to and bake about 35 minutes longer, or until the filling is set.

(7) Remove quiche from oven; let it cool for 15 minutes.

(8) Spoon 6 Tbsp of sour cream in round spots around the top of the quiche. Dip each of the reserved shrimp into the salsa and then put them on the spots of sour cream. Spoon the leftover salsa on top of the shrimp.

(9) Cut into six wedges and serve.

NOTES

This goes well with a salad and a white wine strong enough to stand up to the salsa. If you serve bread, you might be able to feed six people; otherwise, count on feeding 3 or 4.

For the quiche shell, see a French cookbook, or buy a frozen shell in your market. The Monterey Jack cheese might be hard to grate. If so, then just chop it into bits with a knife.

RATING

Difficulty: easy (except perhaps if you make your own pastry); deveining the shrimp is tedious but not difficult. *Time:* 30 minutes preparation, one hour to bake and cool. *Precision:* Measure the filling ingredients.

CONTRIBUTOR

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BUSY DAY COBBLER

QUICK-COBBLER – An extremely quick cherry cobbler dessert

This recipe came from a PTA recipe collection from my Aunt's school a number of years ago. It's not a true, classic cobbler, but I think it's better. My favorite dessert!

INGREDIENTS (serves 6)

¼ cup	*butter* (or margarine, if you must)
½ cup	*sugar*
2/3 cup	*milk*
1 cup	*flour*
2 tsp	*baking powder*
13 oz	*tart cherries* (one normal U.S. can)
2 Tbsp	*sugar* to sweeten and thicken (use less or more as needed)

PROCEDURE

(1) Preheat oven to

(2) Drain cherries, saving liquid.

(3) Cream butter and sugar together.

(4) Alternately add in milk and sifted dry ingredients.

(5) Pour into a buttered and floured casserole dish.

(6) Top evenly with cherries. Sprinkle sugar on top and cover with saved liquid/juice.

(7) Bake 45–50 minutes.

NOTES

The batter will expand and surround the cherries so they're evenly mixed throughout the cobbler. The juice will congeal to fruity and puddinglike. Serve warm topped with cream, milk or ice cream. (I prefer milk). If any is left, it's good cold, too.

As the name implies, this is a very quick recipe to make. Depending on how soft the butter is to start with, or whether or if you use a food processor (I don't, but it should work) this recipe takes only 5 to 10 minutes to mix.

You can use any unsweetened canned fruit for this recipe. You can also use frozen fruit, by thawing it before adding to the pan. Berries or peaches are standard substitutes. Yesterday I made one with crushed pineapple. I used brown, rather than white sugar atop the fruit. It tasted very much like pineapple upside down cake (though the appearance was a bit different).

RATING

Difficulty: easy, I've been making this since I was about 8 or 9. *Time:* 5 minutes preparation, 45 minutes cooking. *Precision:* approximate measurement OK.

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PEPPER RAINBOW SOUP

RAINBOW-SOUP – A light summer soup with multicolored peppers

Every year in late summer, produce counters fill with multicolored bell (capsicum) peppers. Green bell peppers, red bell peppers, yellow bell peppers. Even purple bell peppers. Creative chefs try hard to take advantage of the splash of colors, and make rainbow salads or rainbow appetizers. Here is a different way to rejoice in multicolored peppers: pepper soup. The peppers float to the top of a light broth and artfully dodge your spoon as you try to eat them.

INGREDIENTS (Serves 6–8)

6 cups	*chicken broth*
1	*medium onion,* chopped
2 cups	*cooked rice*
4	*bell peppers,* in assorted colors.
½ tsp	*savory*
2 tsp	*chives*
2	*egg yolks*
2 Tbsp	*lemon juice*
	salt and pepper, to taste

PROCEDURE

(1) Bring the broth to a boil. Cook the rice.

(2) Chop the onion and sauté the pieces until they are golden brown. Add to the broth. Add the savory and chives to the broth.

(3) Clean the seeds and cores from the peppers and chop the cleaned peppers into pieces. Set chopped peppers aside.

(4) Add the rice to the broth and cook for 5 minutes.

(5) Add the chopped peppers to the boiling broth and simmer for 1 minute. Meanwhile, beat the egg yolks in a 2-cup bowl.

(6) Thicken the soup with the egg yolks by adding the hot soup to the beaten yolks a little bit at a time, stirring constantly, until a cup or two of soup has been added to the yolks. Dump this mixture back into the simmering broth. Add the lemon juice. Season to taste with salt and pepper. Serve.

NOTES

The thickening technique is identical to that used in *avgolemono* recipes, which you can consult for more details.

The flavor and texture balance of the soup depends on the amount that the peppers are cooked. The more you cook them, the more their flavor exudes into the broth but the more they lose their texture. I find that about 2 minutes in simmering broth is the right amount.

You can have fun with colored geometric patterns as you cut the peppers. They don't have to be chunks. You can cut the yellow peppers into circles and the green peppers into long strips and the red peppers into cross sections and the purple peppers into stocky triangles. Be creative. The colored shapes will float to the top of the broth and play hide-and-seek with each other.

RATING

Difficulty: moderate (egg yolk thickening and pepper cooking require some practice). *Time:* 10 minutes preparation, 10 minutes cooking. *Precision:* No need to measure.

CONTRIBUTOR

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JEFFREY'S RASTA REDFISH MARINADE

REDFISH-RASTA – A marinade for redfish

From Jeffrey's restaurant in Austin, Texas, our *favorite* place to go for good food in the city. Marinate a fresh redfish in this for 12 hours, then broil it.

INGREDIENTS (5-6 cups of marinade)

2 oz	*dried tamarind*
½ cup	*boiling water*
4 lbs	*unripe mangos*
2 cups	*malt vinegar*
1 cup	*sugar*
½ cup	*raisins*
½ cup	*ginger root,* chopped
1 tsp	*garlic,* chopped
1 tsp	*fresh hot chilies,* chopped
½ tsp	*ground allspice*
2 Tbsp	*salt*

PROCEDURE

(1) Place the tamarind in a bowl and pour boiling water over it. Soak for an hour. Drain, pressing down hard with the back of a spoon before discarding the seeds and fibers.

(2) Peel each mango and cut flesh away from seed. Cut into one-inch cubes.

(3) Combine the mangos and vinegar and bring to a boil over high heat and cook for 10 minutes.

(4) Stir in the sugar, raisins, ginger root, garlic, chilies, allspice, and salt. Reduce heat to low and simmer uncovered for 45 minutes. Cool.

(5) Purée the mixture in a blender and it's ready for the fish.

NOTES

Marinade can be stored in the refrigerator for 2 weeks. Mangos are a seasonal fruit.

RATING

Difficulty: moderate. *Time:* 1 hour soaking, 30 minutes preparation, 1 hour cooking, 12 hours marinating. *Precision:* approximate measurement OK.

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RED BRAISED PORK SHOULDER

RED-PORK – A Chinese method of cooking a pork roast

I got this recipe originally from the San Francisco Chronicle. It uses some ingredients that might be hard to get in some parts of the country, but suggests alternatives.

INGREDIENTS (Serves 10–15)

5 to 7 lb	*pork shoulder,* with bone and rind
	water
¾ cup	*dry sherry or Shaoxing wine*
1/3 cup	*dark soy sauce*
6 crystals	*Chinese yellow rock sugar* (each crystal about 1 inch square). Or use 1/3 cup granulated sugar.
1½ tsp	*salt* (or to taste)
6	*star anise cloves*
1	*cinnamon stick* (2 inches long)
4	*small dried chili peppers* (optional)
3	*pieces dried tangerine peel* (optional)
6	*garlic cloves* (crushed)
4	*thick slices ginger*
1	*whole scallion* trimmed
2	*bunches spinach* washed

PROCEDURE

(1) Put the pork in a large pot with water to cover. Bring to a boil, simmer for 2 minutes, then drain and rinse.

(2) Again add the pork to the pot with fresh water to cover, add the wine, and bring to a boil. Turn the heat to medium, partially cover, and cook for 30 minutes.

(3) Add the rest of the ingredients (except the spinach), and simmer the pork for another 2½ to 3 hours. The rind and the fat should be very soft when it's done.

(4) Remove the pork from the liquid and keep it warm. Strain the sauce into a large skillet and reduce it over high heat. This may take a while, depending on how much liquid you end up with.

(5) Meanwhile, steam the spinach until just wilted, salt it lightly, and keep it warm. When the sauce is reduced (it should be the consistency of a thin syrup), put the pork shoulder in the center of a large platter, arrange the spinach around it, and pour the sauce over.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 3-4 hours cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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"Saints should always be judged guilty until they are proved innocent.."

EGGPLANT RELISH

RELISH-1 – Eggplant relish vinaigrette

This is my mother's recipe. It can serve as either an appetizer or a relish.

INGREDIENTS (several cups)

1	*eggplant* (medium)
1	*egg,* hard boiled.
1	*green pepper*
1	*onion* (medium)
	oil
	vinegar
	garlic
	salt
	pepper
	sugar

PROCEDURE

(1) Bake eggplant until soft.

(2) Grind together the baked eggplant, egg, green pepper and onion.

(3) Add oil, vinegar and seasonings to taste. Chill. Serve cold.

RATING

Difficulty: easy. *Time:* 20 minutes baking, 5 minutes mixing. *Precision:* no need to measure.

CONTRIBUTOR

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CHILI RELLENO CASSEROLE

RELLENO-CASS – An easier way to make chili rellenos

A friend of mine, Cynthia Ojeda, cooked this recipe for me once. I told her it was good enough to share with the Usenet community, so she wrote it down for me. Serve it with plenty of Spanish rice and salsa.

INGREDIENTS (Serves 4–6)

6	*large eggs*
1 lb	*jack cheese*
1 lb	*longhorn cheese* (colby)
8 oz	*whole green chilies* (1 large can)

PROCEDURE

(1) Preheat the oven to

(2) Separate whites from yolks. Whip whites until stiff. Beat yolks until smooth. Fold yolks into whites. Season, salt & pepper, as wished.

(3) Grate cheeses and combine together.

(4) Grease a 9×13-inch casserole dish.

(5) Spread small amount of egg mixture in dish.

(6) Split open green chilies and layer on top of mix in dish.

(7) Sprinkle grated cheese on top.

(8) Spread some more egg on top of that.

(9) Repeat steps 6–8 until the ingredients are gone (finish with egg).

(10) Bake for 25 minutes, or until brown.

NOTES

Serve warm with salsa.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 25 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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RHUBARB AND BANANA FOOL

RHUBARB-FOOL – A delicious dessert with fruit and soft cheese

This is based on a recipe that a friend of mine found on the top of a Sainsburys quark tub. It's delicious.

INGREDIENTS (serves 4–6)

1 lb	*rhubarb*
¼ cup	*soft brown sugar*
1¼ tsp	*preserved ginger*
2	*large bananas,* thinly sliced
2	*egg whites*
1 Tbsp	*castor sugar*
8 oz	*quark (soft cheese)*

PROCEDURE

(1) Cook and purée the rhubarb, and allow to cool.

(2) Add the sugar, ginger, and most of the banana (leave some for decorating). Mix well.

(3) Gradually beat the above mixture into the quark.

(4) Fold in the egg whites.

(5) Transfer into individual dishes and chill.

(6) Top with the rest of the banana and serve.

(7) Enjoy.

RATING

Difficulty: easy. *Time:* 15 minutes to prepare, 5 minutes to eat. *Precision:* No need to measure.

CONTRIBUTOR

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RICE AND BEAN CASSEROLE

RICE-BEAN-BAKE – A vegetarian bean, rice, and cheese casserole

INGREDIENTS (Serves 4–6)

3 cups	*cooked pink beans*
2½ cups	*cooked brown rice*
6 oz	*tomato paste*
1 cup	*lowfat cottage cheese*
¼ cup	*chopped onion*
1 cup	*milk*
¼ cup	*wheat germ*
1 Tbsp	*chopped parsley*
2 cloves	*garlic*
1 tsp	*tamari soy sauce*
¼ tsp	*ground nutmeg*
¼ tsp	*basil*
¼ cup	*sesame seeds* (or use less or more, to taste)

PROCEDURE

(1) Mix the beans, rice, tomato paste.

(2) Blend the garlic, onion, milk, and soy sauce.

(3) Combine everything but sesame seeds into a baking dish.

(4) Shake the sesame seeds on top.

(5) Bake at for 40 min.

NOTES

Optional additions: 1 egg, ¼ tsp rosemary, 1 tsp molasses, grated parmesan cheese on top, mace (to taste).

Substitutions: (I have not tried all combinations!)
beans: pinto or almost any kind
rice: barley for some or all
cottage cheese: plain yoghurt or tofu
wheat germ: grape nuts, bulgur wheat, oatmeal, etc.
milk: anything from water to whole milk
nutmeg: cinnamon
egg: tapioca flour and starch paste
molasses: blackstrap molasses or honey

RATING

Difficulty: easy. *Time:* 15 minutes preparation (if rice is already cooked), 45 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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If you have rocks in your head, open a quarry.

GUMBO-STYLE RICE

RICE-GUMBO – A basic steamed rice for gumbo dishes

If you are making the gumbo for appetizer servings, make a 1/3 recipe. If you make this ahead, leave out the bell peppers, since they sour quickly.

INGREDIENTS (makes 6 cups)

2 cups	*white rice,* preferably converted
2½ cups	*chicken stock,* homemade or canned
1½ Tbsp	*onions,* very finely chopped
1½ Tbsp	*celery,* very finely chopped
1½ Tbsp	*green bell pepper,* very finely chopped.
1½ Tbsp	*unsalted butter,* melted
½ tsp	*salt*
1/8 tsp	*garlic powder*
pinch	*white pepper, cayenne and black pepper*

PROCEDURE

(1) Preheat the oven to

(2) Combine all the ingredients in a 5×9inch loaf pan. Seal the pan snugly with aluminum foil. Bake until the rice is tender, about 1 hour and 10 minutes.

NOTES

You can use the rice right away, or leave it in the oven to stay warm for a couple of hours. If you save it longer than that, reheat in the top of a double boiler or stir it in a skillet with a little butter.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 70 minutes cooking. *Precision:* measure the ingredients.

CONTRIBUTOR

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RUM BALLS

RLZ-RUM-BALLS – Zeek Rum Balls

Robin Zeek's famous rum balls. A great holiday treat.

INGREDIENTS (Makes 2½ dozen)

2½ cups	*crushed vanilla wafers*
1 cup	*crushed walnuts*
2 Tbsp	*cocoa*
3 Tbsp	*dark corn syrup*
¼ cup	*rum*
1 cup	*powdered sugar*

PROCEDURE

(1) Mix all of the above ingredients in a large bowl.

(2) Roll the mixture into small balls.

(3) Roll the balls in powdered sugar.

NOTES

You can substitute your favorite spirits for the rum.

RATING

Difficulty: easy to moderate. How good were you in kindergarten clay-1? *Time:* 15 minutes preparation, 15 minutes rolling and powdering. *Precision:* measure the ingredients.

CONTRIBUTOR

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ROCKET SALAD DRESSING

ROCKET-SALAD – A mild oil and vinegar salad dressing

This is a mild and slightly sweet dressing. I got it from my mother, who has made it for years.

INGREDIENTS (1 cup)

1 Tbsp	*sugar*
1 tsp	*salt*
1 tsp	*paprika*
1 tsp	*dry mustard*
¼ tsp	*pepper*
	garlic powder
¼ cup	*vinegar*
¾ cup	*vegetable oil*

PROCEDURE

(1) Mix dry ingredients with the vinegar and shake well

(2) Add the oil and shake again. Shake before using.

NOTES

This gets its name from the red color the paprika gives the dressing. It works best with mild mustard, if you can find any.

RATING

Difficulty: trivial. *Time:* 45 seconds preparation. *Precision:* measure the ingredients.

CONTRIBUTOR

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BUTTERSCOTCH ROLLED COOKIES

ROLLED-COOKIES − Rolled cookies for the Christmas holidays

I almost never make these cookies except at Christmas time. They just seem to be Christmas cookies. (I did make a batch of heart shaped ones last Valentine's day for my then-fiance.) I usually make these cookies in Christmas shapes and frost them with green and red frosting. This is a good recipe for kids to help out with.

INGREDIENTS (3 dozen)

COOKIES

1 cup	*brown sugar*
½ tsp	*salt*
½ cup	*soft butter*
1	*egg*
½ tsp	*vanilla*
1¾ cups	*flour,* sifted
½ tsp	*baking powder*
¼ tsp	*baking soda*
¼ tsp	*cinnamon*

GLAZE

1½ cup	*confectioners sugar*
1	*egg white,* slightly beaten
1 Tbsp	*melted butter*
1/8 tsp	*salt*
½ tsp	*vanilla*
	food coloring (optional)

PROCEDURE

(1) Mix sugar, salt and butter thoroughly. Add egg and vanilla, and beat till fluffy.

(2) Sift flour, baking powder, soda, and cinnamon and add to mixture.

(3) Chill well, several hours, or over night.

(4) Make the glaze: mix the glaze ingredients together until smooth.

(5) Roll the dough out until it is 1/8 inch thick. Cut into fancy shapes and bake on ungreased cookie sheet for 8−10 minutes at Let cool, and glaze.

NOTES

It helps to keep most of the dough in the refrigerator while you are cutting shapes. It cuts much better when it is cold.

These are time-consuming and fairly difficult, but worth it.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, overnight chill, 1 hour cutting and baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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RUM/BOURBON BALLS

RUM-BALLS – Intoxicating chocolate snack with rum or bourbon

I got this from my mom who uses more alcohol than the original recipe called for but less than I like to use. It makes a great party snack.

INGREDIENTS (Makes about 30 small balls)

3 cups	*vanilla wafers* (crushed)
1 cup	*powered sugar*
1 1/2 cups	*chopped nuts*
1 1/2 Tbsp	*cocoa powder*
2 Tbsp	*white corn syrup* (honey also works well)
1/2 cup	*rum or bourbon*

PROCEDURE

(1) Mix all dry ingredients and set aside.

(2) Mix corn syrup or honey with rum or bourbon to thin the syrup.

(3) Blend wet mixture into dry ingredients with fork. Mix well. Allow to sit for 1–2 hours.

(4) At this point, if you let it sit a couple of hours, you can come back and add another ½ cup of rum or bourbon and let sit again. This process may be repeated a few times to your taste. The last time, the mix should sit a couple of hours so it's not *really* moist. There's a good midpoint between too moist and too dry where rolling into balls won't be difficult (too wet) or cause crumbling (too dry).

(5) Roll into balls, then roll in powered sugar to make a sugar coating.

NOTES

When rolling in powered sugar, the moister they are, the more sugar will be absorbed over time. They may need another roll in the sugar right before serving.

RATING

Difficulty: easy to moderate. *Time:* ½ to 1 hour preparation; 3 or more hours waiting. *Precision:* approximate measurement OK.

CONTRIBUTOR

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RUM BALLS

RUM-BALLS-2 – Chocolate rum truffles

My mother makes this recipe. It is very simple and easy.

INGREDIENTS (makes 16)

4 oz	*semi-sweet chocolate*
1 Tbsp	*whipping cream*
2 Tbsp	*rum*
1 1/3 cups	*icing sugar, sifted*
2–3 oz	*chocolate vermicelli*

PROCEDURE

(1) Over slow heat, melt the chocolate and stir in cream and rum.

(2) Beat in the icing sugar until mixture is fairly stiff.

(3) Roll into small balls and coat with the chocolate vermicelli.

(4) Place on a cookie sheet, and refrigerate for several hours.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, several hours cooling. *Precision:* approximate measurement OK.

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HOT RUM TODDY

RUM-TODDY – Ultimate hot buttered rum recipe

I started making hot buttered rum from a Trader Vic recipe 15 years ago, and I have gradually evolved it by adding more spices, more butter, and less rum.

The way you make a hot buttered rum is to add some ''batter'' to some rum, and heat it. I like to keep a made-up batch of the batter in the refrigerator in an old margarine tub. For parties I make up a fresh batch.

INGREDIENTS (Serves 12)

1 lb	*dark brown sugar*
½ lb	*salted butter*
1 tsp	*ground nutmeg*
1 tsp	*ground cinnamon*
1 tsp	*ground cloves*
1 tsp	*ground white cardamom*
750 ml	*top-quality dark rum* (A standard ''fifth'' bottle, 750 ml, will serve 12)

PROCEDURE MAKING THE BATTER

(1) Put all batter ingredients (everything but the rum) in a food processor and run it until the mixture turns creamy. Fold it down once with a rubber spatula to make sure the spices are blended in, and run the food processor some more.

(2) Scoop the mixture into a plastic container, and refrigerate. It will keep for many months in the refrigerator, even though it contains butter.

PROCEDURE MAKING THE DRINKS

(1) Fill a coffee mug half full of boiling water. The easiest way to do this is to put a mug of hot water in the microwave. If you don't have a microwave, then fill the mug with boiling water, pour it out, then fill it half full of boiling water.

(2) Add 2 generous tablespoons of batter. Stir until the batter dissolves in the hot water. I use a small wire whisk for this stirring.

(3) Add 2 jiggers (3 oz) of the best rum you can afford. When I make this in quantities for parties I like to use Myers Dark Rum.

NOTES

One theory of hot-toddy making is that it is impossible to use too much batter and you should keep stirring more in until you are bored with stirring. Another theory of hot-toddy making is that it is impossible to use too much rum, and that you should keep stirring in more until your friends panic.

RATING

Difficulty: easy. *Time:* 5 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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SHABBOS-CHOULNT

SABBATH-STEW – European Jewish traditional sabbath stew

This is a food that religious Jewish people eat on Saturday afternoon. Religious people do not cook on Saturday, so this food must be put on the stove on Friday, before sunset. It then cooks overnight, filling the house with a delicious aroma, until after services Saturday afternoon. *Shabbos* means ‘‘Saturday’’ in Hebrew, and *choulnt* means ‘‘a mishmosh’’ in Yiddish. (*choulnt* in fact comes originally from the French *chaud lent* which means ‘‘warm slowly’’) The amount of each ingredient depends on what taste one likes, how much is available, and the tradition handed down by one’s parents or Rebbitzin (Rabbi’s wife).

INGREDIENTS (Serves 4–6)

1 lb	*meat*
1 lb	*meat bones*
1 lb	*potatoes*
½ cup	*barley*
¾ cup	*red beans*
¾ cup	*lima beans*
5	*small onions*
¼ lb	*carrots*
4–5 cups	*water*
	salt
	seasoning, to taste

PROCEDURE

(1) Put everything in a big pot, season to taste, and let it cook over a low fire over night. It should cook 18 to 24 hours.

(2) The water should not boil dry, nor should a high fire be used, or it will burn.

NOTES

Variations: Some communities add some eggs (in the shell), and lots of curry. (in which case it is called *Chamin*, which means ‘‘warm food.’’)

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1 day cooking. *Precision:* no need to measure.

CONTRIBUTOR

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SAGH

SAGH – An Indian spinach side-dish

This recipe is from *Indian Cookery: A Practical Guide*, by Dharamjit Singh, which is undoubtedly translated into English, as many of the phrases are awkward.

INGREDIENTS (serves 6)

2 lb	*raw spinach*
1 Tbsp	*butter*
2 Tbsp	*water*
1 tsp	*ground ginger*
pinch	*sugar*
	salt, to taste

PROCEDURE

(1) Chop spinach (a food processor comes in handy) and mix well with other ingredients.

(2) Cook over high heat for 2 minutes. Cover, and cook for 20 minutes on medium heat, stirring fairly often.

(3) Salt to taste.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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MEXICAN CHEF'S SALAD

SALAD-MEXICAN – A simple main-dish salad with Mexican seasonings

I got this recipe from an old roommate, Ann-Marie Tarter. My husband revised it to use chicken instead of the hamburger that her version called for. It's a very simple, tasty hot-weather main dish. It doesn't keep as leftovers: you have to eat all of it immediately or else throw it away. I like to serve it accompanied by Aztec soup (SOUP-AZTEC).

INGREDIENTS (Serves 6–8)

1 lb	*boneless chicken,* diced
1 lb	*kidney beans*
½ tsp	*salt*
1 tsp	*chili powder*
1	*medium onion,* chopped
3	*medium tomatoes,* diced
1 lb	*lettuce,* chopped (about half of a large head)
¼ lb	*cheddar cheese,* grated
1 cup	*thousand island dressing*
¼ cup	*picante sauce* (or more or less, to taste)
1	*large avocado,* sliced
¾ lb	*corn tortilla chips*

PROCEDURE

(1) Bone and dice the chicken. Heat a small amount of vegetable oil in a large frying pan until it starts to smoke. Add the chicken cubes and fry over medium-high heat, stirring frequently, until they are browned (2 or 3 minutes).

(2) To the chicken, add the drained kidney beans, salt, and chili powder. Reduce heat and simmer 10 minutes.

(3) Chop the tomatoes, onion, and lettuce. Grate the cheese. Toss them together in a salad bowl with the salad dressing and picante sauce.

(4) Slice the avocado and add to the salad. Break the tortilla chips into flakes, and add to the salad.

(5) Mix the cooked chicken and beans into the cold salad. Decorate with extra chips and slices of avocado and tomato.

(6) Serve immediately.

NOTES

The chips get soggy within 5 to 10 minutes after the meat has been added to the salad, so don't do that step until you are ready to eat.

This recipe works best with iceberg lettuce. The more exotic varieties of lettuce wilt instantly when the hot chicken and beans are mixed in; iceberg lettuce keeps its crunch.

RATING

Difficulty: easy. *Time:* 15 minutes preparation. *Precision:* no need to measure.

CONTRIBUTOR

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SALMON PATTIES

SALMON-PATTIES – Salmon burgers for snack or main course

This is a very nice finger food—great for lunch on a hike. Or they can be served hot as a main course.

INGREDIENTS (Serves 4)

1 lb	*canned salmon,* (either pink or red)
pinch	*salt*
1	*small onion,* diced
¼ cup	*bread crumbs,* plain or spiced
2	*eggs*
1 tsp	*lemon juice*

PROCEDURE

(1) Mix all of the ingredients together in a bowl.

(2) Form into patties about ½ – ¾ inch thick and 2½ – 3 inches diameter. This should make about 8 patties

(3) Fry in oil or butter until brown and crispy, or else bake in a well-greased pan at until brown (about 15 minutes).

NOTES

I usually make a double batch.

These are great either hot or cold. If you take them out of the freezer in the morning and put them in your backpack, they'll be just right by lunchtime.

RATING

Difficulty: easy, especially if you like squishing stuff with your hands. *Time:* 5 minutes preparation, 15 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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COUNTRY SALMON PIE

SALMON-PIE – A salmon and cheese pie flavored with sour cream

This is a country cousin to the quiche—even real men will eat it. My mother says this is called ‘‘country’’ salmon pie because it uses canned salmon, which is the only kind you can catch out in the country.

INGREDIENTS (Serves 8)

PARMESAN CRUST

1½ cups	*flour*
½ cups	*grated parmesan cheese*
¾ cups	*shortening*
3–4 Tbsp	*water*

FILLING

15½ oz	*canned salmon* (1 large can)
1	*large onion,* diced
1	*garlic clove,* minced
2 Tbsp	*butter*
2 cups	*sour cream*
4	*eggs*
1½ cups	*gruyere cheese,* shredded
1 tsp	*dill weed*
¼ tsp	*salt*

PROCEDURE

(1) Preheat oven to

(2) Make parmesan crust: Combine flour and parmesan cheese. Cut in shortening until mixture resembles size of small peas. Sprinkle with 2 Tbsp water. Form into a dough, adding more water as needed. Press into an 8–inch springform pan. Bake at for 10 minutes.

(3) Make filling: Sauté onion and garlic in butter until onion is soft.

(4) Beat sour cream and eggs until blended.

(5) Drain salmon and break into bite-size pieces. Stir into sour cream mixture along with vegetables, 1 cup gruyere, crumbled dill weed, and salt.

(6) Pour into baked crust; top with remaining gruyere. Bake at oven for 65 to 70 minutes. Cool 15 minutes in pan. Remove sides of pan and serve.

RATING

Difficulty: Easy. *Time:* 20 minutes to prepare, 1¼–1½ hours to bake and set. *Precision:* Measure the ingredients.

CONTRIBUTOR

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SALMON-SPINACH LOAF

SALMON-SPINACH – A baked salmon and spinach loaf

This recipe is a pleasant compromise between a salmon loaf and a spinach souffle. It can be made with stale spinach and canned salmon. It does not have a strong flavor or texture of spinach, as do some cooked spinach dishes.

INGREDIENTS (Serves 4)

1 lb	*salmon* (1 large can)
¾ lb	*fresh spinach*
2	*eggs*
10¾ oz	*condensed mushroom soup* (1 can)
1 cup	*cornflakes* (uncrushed)
¼ cup	*all-purpose flour*
2 Tbsp	*grated fresh onion*

PROCEDURE

(1) Preheat oven to Rinse spinach thoroughly.

(2) Cook spinach with a small amount of water for 5–10 minutes, or until tender. Discard cooking water.

(3) Clean salmon as desired, and drain excess liquid.

(4) Place salmon, spinach, eggs, undiluted soup, cornflakes, flour, and onion in large mixing bowl. Beat with electric mixer at medium speed for about three minutes or until ingredients are chopped and mixture is blended. Stop to scrape bowl and beaters as needed.

(5) Grease a 9×5×2½-inch loaf pan and pack the mixture in. Bake for 40 to 50 minutes or until set and lightly browned.

(6) Cool slightly before serving. Do not try to unmold; serve directly from baking pan. The finished loaf will have the consistency of spoonbread.

NOTES

You can substitute concentrated dried cream-of-mushroom soup for canned condensed soup, or use a thick flavored white sauce.

There is no point in using good-quality salmon in this recipe; chum or pink salmon are fine.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour baking and cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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TENO SALMON

SALMON-TENO – Traditional salmon dish from Lappland

This is the traditional way to prepare salmon on the river Teno (the northern border river between Norway and Finland).

INGREDIENTS (serves 1 person)

¾ lb	*salmon, per person*
	water, butter, salt

PROCEDURE

(1) Cross cut 1-inch slices from the salmon. I prefer slices about the size of my palm but also smaller ones will do. Use toothpicks to bind them into round cutlets.

(2) Pour ¼ inch water into a frying pan, and bring it to a boil.

(3) Add cutlets and simmer until the water has evaporated. Turn cutlets once during cooking.

(4) Add butter, fry lightly on both sides.

(5) Add salt to taste and remove toothpicks.

NOTES

Serve with boiled or mashed potatoes and sliced lemon. (Lemon is not traditional, but...)

RATING

Difficulty: very easy. *Time:* 5 minutes to prepare, 20 minutes to cook. *Precision:* don't let water cover the cutlets.

CONTRIBUTOR

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TOMATO SALSA

SALSA-1 – Tomato salsa for chicken or fish

This makes a very flavorful topping for broiled chicken or fish. I got it from a column in the local paper about "bright young chefs". The recipe is from chef Cincy Pawlcyn at Mustards Grill, Yountville, CA.

INGREDIENTS (serves 6 to 8)

2	*scallions* (cleaned, 3 inches green left on, slivered lengthwise)
1/3 cup	*fresh lemon juice*
½ lb	*cilantro* (Typically 2 bunches; use the leaves only).
2	*garlic cloves* (peeled and finely minced)
¼ cup	*basil leaves,* slivered
4	*ripe plum tomatoes* (seeded and cut into tiny dice)
¼ cup	*purple onion,* peeled and cut into tiny dice
1½ tsp	*ginger root,* peeled and grated
1 Tbsp	*Balsamic vinegar*
¼ cup	*olive oil*
	salt and white pepper

PROCEDURE

(1) In a small bowl, soak scallions in lemon juice for 30 minutes.

(2) Drain scallions; reserve half of the lemon juice. Mince the scallions.

(3) In a medium-sized bowl, combine minced scallions, reserved lemon juice and remaining ingredients. Mix together well. Serve over grilled, broiled or roasted chicken or fish.

NOTES

The original recipe calls for double this amount of olive oil, but that seemed excessive.

RATING

Difficulty: easy if you have a food processor. *Time:* 5 minutes preparation, 30 minutes soaking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SAMBAL BAJAK

SAMBAL-BAJAK – Fried chili-pepper sambal relish

Indonesia is not known to have nuclear weapon capability, but visitors to Djakarta often suspect that if enough Sambal Bajak is put into an artillery shell it will have the same general effect. Indonesian hosts normally warn Westerners that this is "an acquired taste."

INGREDIENTS (makes 1 cup)

½ lb	*fresh red hot chilies,* chopped coarsely
1	*large onion*
6	*cloves garlic*
8	*kemiri nuts,* chopped fine
3 Tbsp	*peanut oil*
½ tsp	*laos powder*
1 Tbsp	*trasi* (dried shrimp paste)
1 tsp	*salt*
5 Tbsp	*tamarind liquid*
2 Tbsp	*sugar*

PROCEDURE

(1) Chop the chilies, onion, and garlic in a food processor.

(2) In a small frypan, sauté this mixture in oil until well cooked. Do not brown.

(3) Add the kemiri nuts, laos, trasi, and salt. Stir and mash until it is well blended.

(4) Add the tamarind liquid and sugar; simmer until the oil separates out.

(5) Cool, and serve cold.

NOTES

Laos is a form of ginger. Other names for it are galangal, Java root, galingale, or lengkuas. If you can't find it, use 1 tsp of powdered ginger mixed with ¼ tsp of powdered cinnamon. Trasi is shrimp paste; it can be left out. Tamarind liquid is made by soaking dried tamarind pulp in hot water for 1 hour and then straining. To make 5 Tbsp of tamarind liquid, use ¼ cup of pulp and ½ cup of hot water.

RATING

Difficulty: easy if you have the ingredients. *Time:* 30 minutes. *Precision:* approximate measurement OK.

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SAMBAL DABO LILANG

SAMBAL-LILANG – Indonesian relish with lime, chili, and basil

This recipe comes from the Time/Life *Pacific and Southeast Asian Cooking*. I've been unable to find a recipe even remotely resembling it in any other Indonesian cookbook. I like to cross-reference recipes and learn where they came from, but only the Time/Life reporters seem to have found this one. In any event, it's quite wonderful. Not for the faint of heart.

INGREDIENTS (makes 2 cups)

1	*medium onion,* cut into thin strips
1	*small ripe tomato,* cut into small cubes
1 tsp	*fresh basil,* chopped fine
1	*small fresh hot red chili,* stemmed, seeded, and cut into thin strips
1	*small fresh hot green chili,* stemmed, seeded, and cut into thin strips
¼ cup	*fresh lime juice*
1	*lime rind,* chopped into tiny pieces

PROCEDURE

(1) Mix all of the ingredients together in a bowl. Let it sit for several hours, stirring occasionally.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 2 hours sitting. *Precision:* no need to measure, but count the chili peppers.

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SLOPPY SARDINES

SARDINE-FRY – Sardines with garlic and tomato

A quick and easy meal for two people. This is a recipe conjured up by my friend Carole Senior.

INGREDIENTS (serves 2)

2	*cans of sardines*
1	*small onion* chopped
½	*green pepper,* chopped
6 oz	*tomatoes* (1 small can)
½	*garlic clove,* crushed
pinch	*salt and pepper*
2 Tbsp	*cooking oil*
1 cup	*uncooked white rice*
2 cups	*water*

PROCEDURE

(1) Heat the oil in a small frying pan.

(2) At the same time place the water, rice and a pinch of salt into a small saucepan and simmer for 15 minutes.

(3) Place the chopped onion and pepper in the frying pan and cook until the onion becomes soft.

(4) Add the tomatoes, garlic, sardines, salt and pepper to the frying pan and cook until for 10 to 15 minutes, stirring occasionally.

(5) Serve over the rice.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 15 minutes cooking. *Precision:* measure the rice.

CONTRIBUTOR

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SATAY I

SATAY-1 – Indonesian barbecued beef

This is my favorite satay recipe.

INGREDIENTS (serves 8–10)

SATAY

2 lbs	*beef, chicken, or mutton*
6 Tbsp	*castor sugar*
1½ cups	*ground peanuts*
1 piece	*lemon grass*
1 tsp	*cumin* (ground or use powdered)
1 tsp	*salt*
1–2	*large onions*
5 cloves	*garlic*
1 tsp	*turmeric*
2 Tbsp	*coriander* (roasted pounded or use pre-ground)
1 oz	*lengkuas* (or substitute ginger)
¼ cup	*vegetable oil*
¼ cup	*water*

SATAY GRAVY

1½ lb	*peanuts*
5 cloves	*garlic*
2 pieces	*lemon grass*
½ cup	*sesame seeds*
2 Tbsp	*dried ground chili pepper* (or substitute fresh chopped red chilies)
1 Tbsp	*dried shrimp paste*
2	*large onions*
3 oz	*tamarind*
½ cup	*sugar*
1 piece	*lengkuas* (or substitute ginger)
4 tsp	*salt*
6 cups	*coconut milk* (or substitute water)

PROCEDURE Satay

(1) Cut meat into strips, pound meat, then cut into cubes and season with meat tenderizer.

(2) Pound separately garlic, onions, lemon grass, and langkuas.

(3) Mix together meat, pounded ingredients, salt, and sugar. Marinate for at least 4 hours, preferably overnight.

(4) Thread meat onto skewers. Sprinkle oil mixture (½ oil, ½ water) over meat and grill until done.

PROCEDURE Gravy

(1) Make the tamarind paste: add the tamarind to water and soak for 2 hours. During this time, squeeze the tamarind so that it becomes pulpy. Filter the liquid through a strainer to remove seeds, stem and skin of the fruit.

(2) Pound the onions, garlic, and lengkuas.

(3) Roast the peanuts, remove skins, and grind finely.

(4) Fry the shrimp paste on medium heat for a few minutes. Add the onion and garlic paste to the frying pan. Fry the onions until white. Don't brown them.

(5) Add the lemon grass, lengkuas, dried chilies, peanuts, sesame seeds, coconut milk, sugar, salt and tamarind paste.

(6) Cook until the gravy is thick.

NOTES

Lengkuas is the Malay word for the root known in English, Spanish, and German as galangal; it is otherwise known as *laos* (Indonesia), *souchet long* (Vietnam), or *kha* (Thai and Laotian). If you don't have any, then use a mixture of 4 parts ginger to 1 part cardamom.

RATING

Difficulty: Moderate. *Time:* 2 hours preparation, ½ hour cooking. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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It is better to travel happily than to arrive

SAUSAGE BALLS

SAUSAGE-BALLS – A spicy snack to be eaten with cocktail sauce

I got this from my sister who got it from my mother. My mother has been cooking it for a long time.

INGREDIENTS (Serves 10–12 as appetizer)

1 lb	*bulk hot sausage*
3 cups	*biscuit mix* (e.g. "Bisquick")
1 lb	*sharp cheddar cheese,* grated

PROCEDURE

(1) Preheat the oven to Grate the cheese.

(2) Combine all the ingredients and knead until well mixed. You may need to add a little beef broth to get it to stick together.

(3) Shape into 1-inch balls and place on a cookie sheet or broiler pan.

(4) Bake at for 25 minutes.

NOTES

Don't put too many on a cookie sheet or the grease will fill it up and run off into your oven. These should be served with cocktail sauce. They are very rich. They can be made ahead and frozen until your party, then warmed before serving.

Cooks outside North America should remember that a biscuit is a scone. If you don't have any biscuit mix, you can make some by cutting together 2½ cups of flour, 4 tsp of baking powder, and ½ cup of vegetable shortening or butter.

RATING

Difficulty: easy. *Time:* 15 minutes preperation, 30 minutes cooking and cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SAUTEED SWEET POTATOES

SAUTE-SWEEPTO – Sweet potatoes sautéed in lime and tequila

INGREDIENTS (Serves 4)

2	*large sweet potatoes*
¼ lb	*butter* (1 stick)
2/3 cup	*tequila*
¼ cup	*lime juice*
3 Tbsp	*sugar*

PROCEDURE

(1) Grate the sweet potatoes into pieces about 1 inch long and ¼ inch thick.

(2) Sauté the sweet potatoes in the butter for 5 minutes.

(3) Add the tequila, lime juice, and sugar, and cook covered, over moderate heat, for 5 minutes.

NOTES

Rosie's lime juice, a common brand, has a substantial amount of added sugar. Try to find lime juice wtithout added sugar, or leave all the sugar out of the recipe if you can't find it. Naturally you will get the best results if you squeeze fresh limes to get the lime juice.

RATING

Difficulty: trivial. *Time:* 10 to 15 minutes, most of it spent grating the potatoes. *Precision:* No need to measure.

CONTRIBUTOR

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VAGUELY-THAI SCALLOPS

SCALLOPS-1 – Sautéed scallops with snow peas in fish sauce

This is something I invented with what I had around after I bought some scallops on impulse. It's inspired partly by a recipe of Madeline Kamman's and partly by Thai and Chinese recipes, although scallop recipes are rare in my Asian cookbooks. It's not spicy and probably has very little to do with real Thai cooking, but the taste of Nam Pla (Thai fish sauce) is an interesting complement to the scallops. Serve it with rice.

INGREDIENTS (4 servings)

1 lb	*scallops* preferably the large (sea) kind, but small bay scallops should be ok
½ lb	*snow peas*
½ cup	*white wine*
3 Tbsp	*nam pla* (Thai fish sauce)
3	*garlic cloves* chopped
2 Tbsp	*fresh ginger,* chopped
4 Tbsp	*butter*
1 Tbsp	*lime juice*
	freshly ground pepper

PROCEDURE

(1) Start some rice cooking, so it will be done when the scallops are done.

(2) If you're using large (sea) scallops, slice them into strips about ¼ inch thick. If you're using small (bay) scallops, don't bother slicing them.

(3) Rinse and drain the snow peas and remove the strings. Cut the pods into 1-inch lengths.

(4) Heat a small saucepan or skillet, then put in a little butter. Add the ginger and saute for 30 seconds, then add the garlic and saute for another 30 seconds.

(5) Add the wine and fish sauce, and reduce the mixture by half, stirring often. Keep this hot during the next few steps, but stir it so that it doesn't burn.

(6) Heat a skillet large enough to hold the scallops in one layer, and melt the rest of the butter. Over moderately high heat, add the scallops and pepper to taste. Add the snow peas and stir-fry until the peas have change color and the scallops have turned opaque, about 2 minutes. Don't overcook the scallops, just cook them until they've lost their translucent look.

(7) Add the sauce and lime juice to the skillet and stir everything for a few seconds, until well-mixed.

(8) Serve immediately.

NOTES

Nam Pla is available in asian markets or some supermarkets. Substitute soy sauce if you cannot find it. Do not add salt; the *Nam Pla* is salty enough.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 10 minutes cooking. *Precision:* Experiment with the proportions.

CONTRIBUTOR

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SCRAPPLE

SCRAPPLE-1 – Eastern-style scrapple (a breakfast food like sausage)

I grew up in Maryland, and in Maryland people eat scrapple for breakfast. Among my schoolmates, the story was that if you ever found out what was in commercial scrapple you would stop eating it, and I did stop eating it for many years. But now I know how to make my own. I got this recipe from the University of Maryland poultry farming people, though I have added more seasonings because they seem to like blander foods than I do.

INGREDIENTS (serves 6 hungry farmers)

3 cups	*chicken broth*
1 1/3 cups	*cornmeal* (yellow)
1 Tbsp	*flour*
1 1/2 tsp	*salt*
1/4 tsp	*sage,* ground fine
1/4 tsp	*thyme,* ground fine
1/4 tsp	*cayenne*
2 pounds	*chicken parts*
1	*onion,* chopped
6	*peppercorns* (cracked—hit them with a hammer, perhaps)

PROCEDURE

(1) Bring the chicken broth to a boil; add chopped onion and peppercorns. Add chicken and cook until the meat falls off the bones (about 1 hour).

(2) Strain the cooked chicken out of the broth and save the broth. Remove the bones and inedible parts from the cooked chicken, then chop or grind the cooked meat into fine pieces. Be careful if you use a food processor, so that you don't purée the meat.

(3) Simmer the chicken broth in a large pan.

(4) Mix cornmeal, flour, salt, thyme, sage, and cayenne with 1 cup of cold water. Stir well. Now slowly stir this mixture into the simmering broth.

(5) Add the cooked, ground chicken to the simmering pot. Simmer and stir for about 5 minutes.

(6) Pour hot mixture into well-greased loaf pans. Chill until firm.

(7) To serve: remove from pan, cut into slices, roll in flour or cornmeal, and fry in a greased frying pan.

NOTES

Vary the amount of salt in this recipe to suit your taste. You can make scrapple out of almost any meat, though chicken and pork are traditional. For a different, and truly authentic Maryland taste, leave out the salt and cayenne and substitute 2 tsp of *Old Bay* seasoning.

A loaf of home-made scrapple will keep for 10 days in the refrigerator, or it can be cut into slices and frozen.

RATING

Difficulty: easy. *Time:* 1 hour preparation and cooking, several hours cooling, 5 minutes to fry. *Precision:* no need to measure.

CONTRIBUTOR

Carole Miller

CRUSTY SCRAPPLE

SCRAPPLE-2 – A rough, livery, crusty scrapple

INGREDIENTS (6 to 8 servings)

3 pounds	*pork ribs*
1 tsp	*salt*
1	*bay leaf*
2 tsp	*thyme leaves* (not ground thyme)
5	*whole cloves*
2	*yellow onions*
1 cup	*corn meal* (coarse)
½ tsp	*cayenne*
½ tsp	*sage leaves* (not powdered sage)
1 lb	*pork liver*
3	*garlic cloves*
¼ lb	*butter* (1 stick)

PROCEDURE

(1) Peel and dice one onion. Simmer pork ribs with salt, bay, thyme, cloves, and onion in the water till the meat falls off the bones.

(2) Remove the bones and gristle, rub the meat into fibers (with your fingers), and reduce this pork liquor to 4 cups by further boiling.

(3) Cool 1 cup of the pork liquor and mix it with coarse corn meal and cayenne. Add the sage, rubbing it between your fingers to crush it as you put it in.

(4) In your Cuisinart, using the steel blade, grind pork liver, the other onion, and the garlic cloves.

(5) Fry the resulting slurry in butter. Add the cornmeal mixture and the pork-liver mixture to the pork liquor and simmer the whole thing over a very low flame (or in the top of a double boiler) for half an hour.

(6) Spread thin into two 9-inch-square pans to cool. (The pans needn't be greased.)

(7) To serve, cut and fry squares or fingers with sunny-side-up eggs on the side.

RATING

Difficulty: easy *Time:* 1 hour preparation; several hours cooking; some hours cooling. *Precision:* no need to measure.

CONTRIBUTOR

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SENATE BEAN SOUP

SENATE-SOUP – Bean soup as served in the U.S. Senate dining room

I lived in suburban Washington DC for most of my formative years. One of the things that formed in the aforementioned years was a strong impression that the government was full of beans. One day on a school visit to my senator I learned just how it was that the government got to be so full of beans, and I came away with the recipe. This is one of the best soups I have ever tasted. Serve it with a big loaf of fresh hot home-made whole-wheat bread, from which people just tear the bread with their fingers.

The House of Representatives serves a version without the onions and garlic and mashed potatoes.

INGREDIENTS (Serves 6)

1 lb	*dried Navy beans*
1	*ham bone* (get one with plenty of meat on it)
12 cups	*water*
3	*medium onions,* chopped fine.
3 cloves	*fresh garlic,* minced.
3	*celery stalks,* chopped fine.
1/4 cup	*fresh parsley,* (chopped fine)
1 cup	*mashed potatoes*
1 tsp	*salt* (or less to taste)
1/4 tsp	*pepper*
1/4 cup	*chopped fresh chives*

PROCEDURE

(1) Wash the beans and remove those that float in the wash water. Soak beans overnight in enough water to cover them by several inches. Drain.

(2) In a large kettle, place 3 quarts of cold water. Add the drained beans and the ham bone, and bring to a boil. Reduce heat and simmer, partially covered, for 2 hours. If scum forms on the surface, skim it off.

(3) Chop the onions, garlic, celery, and parsley. Add to the pot. Add the mashed potato to the pot. Simmer 1 more hour. Check the beans. If they are not yet tender, then simmer some more.

(4) Add salt and pepper. Remove the ham bone and pull the meat from it. Cut the meat into small chunks, and toss them back into the soup.

(5) Serve piping hot into preheated bowls, and sprinkle chopped fresh chives atop each.

NOTES

Great Northern beans are an adequate substitute for Navy beans. If you forgot to soak them overnight and still want to make the soup, you can simmer them for an hour and then discard that water. The beans end up with slightly more flavor if you cold-soak them.

You can almost certainly get away with using instant mashed potato flakes to acquire the 1 cup of mashed potatoes that this recipe calls for.

RATING

Difficulty: easy. *Time:* 8 hours soaking, 10 minutes preparation, 3 hours cooking. *Precision:* no need to measure.

CONTRIBUTOR

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HOT SESAME SEED BEEF

SESAME-BEEF – Very hot, very simple, very good beef stir-fry

This recipe has been floating around for years back east, where it's also known as "Hot flaming death".

INGREDIENTS (Serves 4)

MARINADE

1 Tbsp	*rice wine*
½ tsp	*sugar*
2 tsp	*cornstarch*
½ tsp	*baking powder*
5 tsp	*sesame oil*
5 tsp	*soy sauce*

TOPPING

1 Tbsp	*sesame seeds*
1½ tsp	*hot bean paste*
1½ tsp	*hoisin sauce*
1½ tsp	*oyster sauce*

BEEF

1 tsp	*minced ginger*
2/3 lb	*beef tenderloin flank*
3–4	*lettuce leaves* (Use bok-choy if you can get it)
2–4 Tbsp	*peanut oil*

PROCEDURE

(1) Mix together all of the marinade ingredients.

(2) Slice the beef across the grain into thin, diagonal pieces (about the size of your smallest finger). Marinate for about half an hour.

(3) Heat the wok until a drop of water dropped into it dances around as it boils. Add enough oil to coat the wok and sauté the ginger. Stir-fry the lettuce. Stir-fry the beef (in batches so the wok doesn't cool down too much).

(4) Reduce the heat. Return the vegtables to the wok. Add the topping. Stir around until everything is mixed and heated evenly. Serve.

NOTES

Also add any other vegtables that you feel like. Sliced carrots or broccoli are especially nice.

Hot bean paste also goes by the name Szechuan bean sauce etc. This is the main ‘‘spicy’’ ingredient and should be handled with care. Vary this ingredient to taste.

RATING

Difficulty: easy. *Time:* preparation: 20 minutes, cooking: 3 minutes. *Precision:* No need to measure.

CONTRIBUTOR

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SEVICHE ACAPULCO

SEVICHE – A tasty marinated fish appetizer from Mexico

This recipe comes from the *Delicias Culinarias* cookbook that I brought from Mexico. The introduction to the recipe reads: ‘‘Seviche is prepared with raw marinated fish. It is very popular in Ecuador, Peru, and in the north of Chile. Depending on the region in Mexico, there exist several different styles to prepare it. This recipe comes from the Acapulco region’’.

I am sure that you have tasted this appetizer if you have ever been to a beach in Mexico. It is usually served right where you are ‘‘roasting’’ in the sun or swimming. Yes, the fish in this recipe is raw. However it is ‘‘cooked’’ by marinating it in lime juice.

INGREDIENTS (Serves 6)

1 lb	*turbot fish,* in fillets.
1	*onion,* chopped.
2	*tomatoes,* chopped.
1	*avocado,* chopped.
1 cup	*small green olives*
6 Tbsp	*olive oil*
2 Tbsp	*chopped parsley*
1 cup	*lime juice*
1	*serrano chile,* chopped.
1 Tbsp	*ketchup*
1 Tbsp	*white wine*
2	*jalapeno chilies,* chopped.
2 oz	*capers*

PROCEDURE

(1) Cut the fish fillets into 1-inch cubes. Marinate it for at least 6 hours (preferably overnight) in ½ cup of lime juice.

(2) Rinse the fish in a colander and let it dry for 5 minutes. Put it in a large bowl along with the rest of the lime juice.

(3) Put in the rest of the ingredients. Add salt, pepper and oregano to taste. Mix.

(4) Serve with salted crackers.

NOTES

Use fresh lime juice.

You can use any kind of fish that you like with the condition that it does not fall apart after marinating. For instance, it does not work with white fish.

RATING

Difficulty: easy. *Time:* 20 minutes (after marinating the fish). *Precision:* no need to measure.

CONTRIBUTOR

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SHERBET AND GINGER ALE PUNCH

SHERBET-PUNCH – A non-alcoholic party punch recipe

This is a super non-alcoholic punch with lots of possible variations.

INGREDIENTS (16 cups of punch)

½ gallon	*sherbet* (use your favorite flavor or one that complements the occasion)
2 quarts	*ginger ale*

PROCEDURE

(1) Scoop sherbet into punch bowl. Slowly pour ginger ale over the sherbet.

(2) Serve.

(3) Replenish sherbet and/or ginger ale as needed.

NOTES

Different sherbet flavors or mixtures of flavors make for many variations. I once made a variation that replaced ½ of the ginger ale with lemonade. Super!

RATING

Difficulty: very easy. *Time:* 2 minutes. *Precision:* no need to measure.

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ALMOND SHORTBREAD BISCUITS

SHORTBREAD-1 – Shortbread-like biscuits

This recipe was given to my Great Aunt when she lived in Scotland, by a friend who worked in a bakery in Leven Fife. It is based on the standard short bread recipe.

INGREDIENTS (20 biscuits)

4 oz	*butter*
2 oz	*margarine*
8 oz	*soft brown sugar*
3¼ cups	*plain flour*
¾ cup	*flaked almonds*
1	*small egg*

PROCEDURE

(1) Rub butter and margarine into the flour.

(2) Add sugar, beaten egg and almonds.

(3) Knead the mixture thoroughly.

(4) Form mixture into an oblong shape about two inches square at the end.

(5) Wrap in silver foil and leave in the refrigerator over night.

(6) Cut into about 1/8-inch-thick slices using a serrated knife.

(7) Place on greased baking sheet and cook for 10−15 minutes at

RATING

Difficulty: easy to moderate. *Time:* 10 minutes preparation, overnight wait, 15 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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SOFT SHORTBREAD

SHORTBREAD-2 – Soft shortbread

My mother makes this; she got the recipe from a friend.

INGREDIENTS (serves 4–6)

1 cup	*soft butter*
1 cup	*flour*
½ cup	*corn starch*
½ cup	*icing sugar*
1 tsp	*vanilla*

PROCEDURE

(1) Preheat oven to

(2) Beat butter and vanilla until foamy.

(3) Add dry ingredients and blend. Do not overstir.

(4) Spoon onto an ungreased pan.

(5) Bake at until done (10–20 minutes depending on thickness)

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 20 minutes cooking and cooling. *Precision:* approximate measurement OK.

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SHORTBREAD III

SHORTBREAD-3 – Rich shortbread cookies

This recipe is from *The Cookbook*, by the Worchester Museum of Art.

INGREDIENTS (makes 6-8 dozen cookies)

2 cups	*butter*
1 cup	*brown sugar*
5 cups	*flour*

PROCEDURE

(1) Preheat oven to Cream the butter and sugar.

(2) Gradually add the flour.

(3) Roll out dough until it is about ¼ inch thick.

(4) Cut into squares, or any other shape you desire.

(5) Bake on greased cookie sheet for 20–30 minutes at The cookies are done just before they start turning brown.

NOTES

These cookies store well in cans.

RATING

Difficulty: easy if you have an electric blender; else moderate. *Time:* 15 minutes preparation, 30 minutes baking. *Precision:* measure the ingredients

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STUFFED SHRIMP WITH BACON

SHRIMP-BACON – A high-cholesterol appetizer with shrimp, cheese, and bacon

INGREDIENTS (Serves 2–4)

12	*large shrimp* (The larger the better)
1 lb	*low moisture mozzarella*
1 lb	*bacon* (as little fat as possible)

PROCEDURE

(1) Steam shrimp lightly—just about 30–60 seconds after they begin to turn orange.

(2) Plunge shrimp into ice water to cool. Do this immediately.

(3) Peel and butterfly the shrimp.

(4) Cut the mozzarella into strips that are a little smaller than the shrimp.

(5) Put mozzarella in shrimp and (this is important) roll shrimp from tail to head while it is open (butterflied). This keeps the cheese from leaking.

(6) Wrap shrimp-cheese roll in ½ slice of bacon and put on skewer.

(7) Cook on grill or barbecue, over moderate heat, until bacon looks done.

NOTES

When shrimp are butterflied, cut them almost all the way through so they can lay flat when open. This makes them easier to roll. The fire will flare up due to bacon fat. Turn the skewers often to cook evenly. The bacon should be slightly charred when done. The reason why the shrimp are cooked lightly first is that they tend to cook slower than the bacon.

RATING

Difficulty: easy to moderate. *Time:* 5 minutes preparation, 5 minutes cooking. *Precision:* no need to measure.

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GREEN SHRIMP SOUP

SHRIMP-SOUP – Fine pea soup with shrimp and champagne

This is a recipe out of a German low-calorie cookbook. It is a simple recipe for a really delicate soup.

It can be served as a festive appetizer or as a gourmet snack.

INGREDIENTS (serves 4)

1	*medium onion*
1	*large carrot* (5 oz)
1½ Tbsp	*butter*
3 cups	*hot meat broth*
1 Tbsp	*savory* (fresh, chopped fine)
1 tsp	*tarragon* (fresh, chopped fine)
1 lb	*peas* (cooked in light salted water)
5 oz	*shrimp* (deveined, cooked, and cut into small pieces)
½ cup	*dry white wine*
2 Tbsp	*cream*
1 cup	*champagne* (demi sec)

PROCEDURE

(1) Chop the onion and carrot finely. Heat the butter in a pan and fry the vegetables for 5 minutes stirring continuously. Add the hot meat broth. Boil for 10 minutes.

(2) Add savory, tarragon and peas. Bring to a boil and let cook for 8 minutes.

(3) Strain the soup and put it back into the pan.

(4) Add shrimp. Simmer 5 minutes on medium heat. (Be sure the soup is not boiling.)

(5) Add white wine and cream. Take from the heat. Season if necessary.

(6) Add champagne and serve immediately.

NOTES

The fresh spices can be substituted by dried spices.

If you use canned shrimp, never let them boil. They would become tough and lose their delicate taste.

RATING

Difficulty: easy to moderate. *Time:* 40 minutes. *Precision:* approximate measurement OK.

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SHU MEI

SHU-MEI – Steamed dumplings (meatballs)

This recipe is an adaptation of the one in *The Frugal Gourmet* by Jeff Smith. The bigger the batch, the better. There are never leftovers.

INGREDIENTS (makes 35–40)

DUMPLINGS

2 lbs	*ground turkey*
1½ Tbsp	*corn starch (cornflour)*
1½ Tbsp	*dry sherry*
3 Tbsp	*light soy sauce*
1 Tbsp	*ginger,* grated or finely chopped
6	*cloves garlic,* crushed, minced or pressed
6	*green onions,* chopped
1 Tbsp	*brown sugar*
1 Tbsp	*sesame oil*
1 pkg	*wonton wrappers*
	peanut oil

DIPPING SAUCE

1½ cup	*fish sauce* (You may want to dilute this with water, depending on its strength)
1 cup	*vinegar*
1 cup	*sugar*
6	*cloves garlic,* finely minced or pressed
1 Tbsp	*ginger,* finely minced or grated
1 Tbsp	*red pepper,* crushed

PROCEDURE

(1) Make the dipping sauce by mixing together all of its ingredients. Store in the refrigerator until you are ready to use it.

(2) Stir together everything but the wrappers and the peanut oil. Mix vigorously by hand until it begins to bind together. (About 1 minute or so.)

(3) Place 1½–2 Tbsp of filling in the middle of a wonton wrapper. Fold the sides up around the meat so that you have a little bag or cup. Press the bottom flat so that the bag doesn't fall over.

(4) Oil racks of the steamer with peanut oil. Place dumplings in racks.

(5) Steam for 15 to 20 minutes in covered rack over boiling water.

(6) Serve hot with dipping sauce.

NOTES

These little gems would probably go just fine with a favorite hoisin or chili dipping sauce.

The steamer racks I recommend are the Chinese bamboo ones. You can stack them quite nicely (I find that three racks work well) and they sit at just the right height above the boiling water in a wok. The real advantage is that water will not condense on your food if you use a bamboo steamer.

The dipping sauce is an adaption of one served at the Phoenix Vietnamese restaurant in Saint Paul Minnesota; it was originally served with eggrolls, but works splendidly with these dumplings.

The original recipe calls for ground pork, but I find ground turkey preferable. The flavor is lighter and the calories far fewer. Pork is fine, though, and even hamburger could be used in a pinch.

RATING

Difficulty: easy, but tedious. *Time:* 45 minutes preparation, 15–20 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MA FOSTER'S SLOPPY JOES

SLOPPY-JOES – A spicy and simple sloppy joe

This recipe comes from my wife's mom, who got it from her mother-in-law in western New York state. It's very easy to make and tastes a lot better than any mix.

INGREDIENTS (Serves 4)

1 lb	*ground beef*
1	*onion,* chopped
1 cup	*catsup*
2 Tbsp	*vinegar*
2 Tbsp	*sugar*
2 Tbsp	*mustard*
2 Tbsp	*Worcestershire sauce*
1 tsp	*celery seed*
	salt and pepper, to taste

PROCEDURE

(1) In a frying pan, brown ground beef and onion.

(2) Add remaining ingredients and cook slowly for 15 minutes or more.

(3) Serve hot by scooping the mixture onto toasted buns.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 15 minutes cooking. *Precision:* approximate measurement OK.

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ESCARGOT AND CHANTERELLE PIZZA

SNAIL-PIZZA – A pizza-like dish smothered in escargot and mushrooms

I was recently at a potluck party where everyone was asked to bring an interpretation of ‘‘French pizza’’—of what pizza would have tasted like if it had been invented in Rennes instead of in Naples. I concocted this dish for the occasion, and it was a success. If you aren’t sure you like escargot, this is not the dish to experiment with!

INGREDIENTS (1 large pizza)

1 recipe	*French bread dough* (Craig Claiborne’s French bread recipe works well.)
10 oz	*small French snails* (The smaller the better. Burgundy snails taste best to me.)
2 oz	*dried chanterelle mushrooms*
1.5 lbs.	*raclette cheese* (shredded).
8 oz	*tomato sauce*
2 cloves	*fresh garlic*
2 Tbsp	*fresh parsley*
1/2 lb	*butter*

PROCEDURE

(1) Make the French Bread dough recipe at least 1 day beforehand if you can. Roll the dough out into the shape of a pizza, put it on a pizza pan,and set it aside. It will keep in the refrigerator overnight.

(2) Preheat the oven to Prepare the dried mushrooms according to published recipes (soak, wash, cut, resoak, wash, drain).

(3) If the snails are too large (larger than a garlic clove), then cut them in pieces. Drain the snails well. Melt the butter in a baking dish, add the snails, crushed garlic, ½ tsp salt, and ground black pepper to taste.

(4) Put the bread-dough pan on the top rack of the oven and the snails on the bottom rack of the oven, and cook them both in the preheated oven for 10 minutes. Take them out, and drain the cooking butter from the snails.

(5) Spread the tomato sauce in an even layer on the bread, then sprinkle the Raclette cheese over it. Add the snails, and then the mushrooms. Sprinkle with fresh parmesan cheese, salt, and pepper.

(6) Bake at in the top rack for 12 minutes (bottom rack will burn the crust).

NOTES

The first time I made this recipe I made it with morel mushrooms. Their flavor overwhelmed even the garlic snails. It was good, but it didn’t have the balance I was looking for. Chanterelles seem to fit better. If you’re unable to find or afford chanterelles, you can substitute Chinese straw mushrooms, which are available in cans wherever Chinese groceries are sold. European dried mushrooms seem always to have rocks and dirt in them; Asian dried mushrooms never do. I guess the Asians wash them better before they dry them. It’s impossible to get *all* of the rocks out.

Raclette cheese is so much better than any other kind of cheese in this recipe that it is worth looking for. If you absolutely cannot get it, use fondue cheese or a Gruyere.

Raw butter also tastes more ‘‘authentic’’ in this recipe. What you really want to use is Normandy butter, but it’s hard to get in North America. Alta Dena raw butter is available in California; it makes a noticeable difference in the flavor of the escargot. I don’t know of any other states in which it is legal to buy raw butter.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes. *Precision:* approximate measurement OK.

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SNOWBALL COOKIES

SNOBOL-COOKIES – Nut-butter holiday cookie with a sugar coating

Great for the holidays when sampling lots of cookies. Just pop one in your mouth and enjoy!

INGREDIENTS (4 dozen)

2 cups	*all-purpose flour*
½ tsp	*salt*
¾ cup	*softened butter or margarine*
½ cup	*sugar*
1	*egg*
1 tsp	*vanilla extract*
1 cup	*chopped walnuts*
	confectioner's sugar

PROCEDURE

(1) Preheat oven to

(2) Grease cookie sheets lightly with unsalted shortening.

(3) Sift together flour and salt.

(4) Work butter in a bowl until creamy.

(5) Add sugar and beat until well blended.

(6) Add egg and vanilla and beat well.

(7) Gradually add sifted dry ingredients, beating well after each addition. Stir in walnuts.

(8) Shape dough into small balls about ¾ inch in diameter.

(9) Place balls about 2 inches apart on prepared cookie sheets. Bake 12–15 minutes or until lightly browned.

(10) Roll balls in confectioners sugar while still warm. Roll again in sugar when cooled.

NOTES

Store these in a tight container. Powered sugar makes this recipe a little messy.

RATING

Difficulty: moderate (dexterity required). *Time:* 30 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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DIRTY SNOWBALLS

SNOWBALL-2 – Chocolate cookies with powdered sugar coating

This recipe was handed down to me from my step-sister who got it from her mother.

INGREDIENTS (Several dozen)

½ cup	*vegetable oil*
2 cups	*granulated sugar*
4 oz	*unsweetened chocolate*
4	*eggs*
2 tsp	*vanilla*
2 tsp	*baking powder*
2 cups	*flour*
1 cup	*powdered sugar*

PROCEDURE

(1) Melt chocolate in double boiler or microwave.

(2) Combine melted chocolate, granulated sugar, vanilla, and vegetable oil in a mixer.

(3) Add eggs, one at a time, blending well each time. Sift (or stir) together flour and baking powder, add to wet mixture. Mix well.

(4) Let stand in refrigerator for a few hours or overnight. Roll dough into small balls (no more than 1 inch in diameter), and roll in powdered sugar until coated.

(5) Bake for 12 minutes in a preheated oven.

NOTES

The temperature is very important: any lower and the cookies won't bake properly; any higher and the powdered sugar will glaze.

If you coat your palms with powdered sugar before attempting to roll the balls your hands will get less sticky. Put the dough back in the refrigerator whenever you are not actively using it; it is easier to work when cold.

You don't actually have to bake these: they make a reasonable fudge when left uncooked, but if left in the refrigerator for several days before baking they will become dried out. When done, the unused powdered sugar will have small shards of chocolate in it; these can be strained out and the sugar will be re-usable.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, overnight chilling, 20 minutes baking and cooling. *Precision:* measure the ingredients.

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SOAP

SOAP – A nice body and face soap

This is a luxurious and gentle handmade soap. It's a lot of work to make, but it's also a lot of fun. It is a good use for huge quantities of fat left over from cooking something.

One of the main ingredients in soap is lye (sodium hydroxide, NaOH). Lye is *extremely* caustic even at room temperature, and in this recipe it is heated. Because of this, you need to exercise extreme care when you make soap. You should always wear shoes (not sandals), long pants, a long-sleeved top, and gloves (I use rubber gloves). Also, *be sure to wear eye protection.* If you get lye on your skin, you can quickly run to the sink and wash it off with LOTS of cold water; if you get lye in your eyes, rinsing it off may involve going to the emergency room. You should make certain that children and pets are somewhere else and will not interrupt you. There is no room for mistakes when dealing with lye.

INGREDIENTS (6 pounds of soap)

9 pounds	*suet* (this is also called tallow or beef fat)
1 container	*lye* (see note)
3 cups	*water*
2 cups	*lemon juice*
¼ oz	*volatile fragrance oil* (optional; see note)

TOOLS

You will need a large pot (metal or ceramic), at least 2 gallons, with a lid. This is for rendering the fat.

One long wooden spoon (at least 10 inches). This should be a spoon that you can sacrifice, because the lye will eat away the wood.

You will need a large ceramic or glass bowl. This must be capable of holding all the water, lemon juice, and fat with some room to spare. I use a ceramic tub that is about 6 inches high and 24 inches in diameter. do not use metal, as it will corrode. Even stainless steel will corrode.

Finally, you will need some glass, ceramic, and/or wooden molds to pour the soap into. I use glass baking dishes; two 8½×14-inch glass pans will make bars of soap that are about 1 to 1½ inches thick Again, DO NOT USE METAL CONTAINERS, as they will corrode.

PROCEDURE

(1) Render the fat. To do this, cut the fat into hand-sized pieces and place in a large pot and cover it. Heat on a medium heat until all the fat is melted. You should stir it occasionally. You should probably plan to turn the fan on high or open your kitchen windows while you are doing this. (Note that if you are starting with a pure fat, such as coconut oil or olive oil, you don't need to do this. Skip to Step 4.)

(2) Cool the fat so that it is below the boiling point of water. Add an equal volume of water to the fat, and bring the mixture to a boil. Cover and let cool over night.

(3) Take the fat out of the pot. I find the easiest way to do this is to slice the fat in half with a knife and then cut wedges. You can push the first wedge down into the water and then lift its neighboring wedge out. Scrape all the non-fat gunk off the bottom of the fat (the side of the fat that was at the fat-water interface).

(4) Measure out six pounds of rendered fat (be accurate with this measurement). Cut the fat into small pieces (about the size of a tennis ball, but squarish, not round) and place in a bowl.

(5) Set up your soap-making work area. It should be outside, in a very well ventilated area. It's supposed to help to do it on a warmer day rather than a cooler day, but I've never noticed the difference. Also, clear your stove top and open the window in the kitchen before you start making the soap.

On a table, put your ceramic tub, the bowl of fat, the opened container of lye, a container with the water, and a container with the lemon juice. If you will be adding scent, keep its container nearby. Also place your soap mold containers nearby.

Put on all your safety gear.

(6) Make the soap: Pour the water into the ceramic tub. Very carefully pour the lye into the tub. This is an exothermic reaction: it gives off heat, which is used to melt the fat. It also gives off odors which you don't want to breathe, so keep your head back. Stir the lye to dissolve it in the water. Then start adding the fat to the water/lye mixture, stirring with the long wooden spoon. Add the fat a bit at a time and stir until it's all melted. Then stir in the lemon juice, scent (if you are using it), and pour into molds. When the soap is firmer but not yet hard, cut into bars with a knife. It should be hard in an hour or so; you can test it with your finger.

(7) Wrap in clean cotton rags and store in a cool, airy place for 3-6 months.

(8) When you clean up the pan that you made the soap it, be somewhat careful as there is probably still some unreacted lye in the pan. The only time I've had a problem with this is when I've tried to scrape the dry soap that lines the pan off with my fingernail and then a few minutes later I notice that the skin under my fingernail is burning. The easiest solution is just to wear gloves when you're cleaning the pan. It probably also helps to wash with extremely hot water so that the remaining soap (and fat if there is any) melts and dissolves in the water.

NOTES

In the U.S., Red Devil lye comes in 12-oz containers. In Europe it generally comes in 350-g containers, which is about 3% more. You don't want to measure lye—you want to use the whole container. If your container is not this size, then scale the recipe up or down accordingly. Leftover lye is a serious disposal problem.

Where to buy 9 pounds of fat? If you're using an animal fat (beef or pork), you can buy it from your butcher. What I find I have to do is reserve it, because they normally don't keep the fat after they've cut up their cow. Sometimes they will charge you for the fat (I've paid anywhere from 10 to 45 cents a pound); sometimes they won't. I've only ever made soap with beef fat; this makes a hard, mild, slow-lathering soap. The recipe will work equally well with other animal fats to produce a similar result. Coconut oil yields a softer, quick-lathering soap. Olive oil and other vegetable cooking oils yield a very soft soap that never completely hardens. Unfortunately, these oils are sensitive to air and light, and soap made from cooking oils will spoil in a few weeks unless it is refrigerated.

Volatile fragrance oils, also called essential oils, are highly concentrated scent ingredients. You can usually buy them at health-food stores, and you can sometimes find exotic fragrances at specialty food-and-spice shops. The amount that you should use depends on how fragrant you want the soap to be. A few drops of musk oil is enough to scent an entire batch of soap; less-potent fragrances such as a fruit oil might require a teaspoon or two. Soap scented with herbs is also popular; herbs like lemon thyme or verbena or lavender work well. To scent with herbs, make an herbal oil by packing a ½-cup container with herbs and then filling it with a pleasant-smelling vegetable oil such as almond oil. Let this mixture sit for a few weeks, stirring it every day, then heat in a double boiler for 10 minutes, then cool and strain the oil.

The soap works just fine with no fragrance at all, and many people prefer it that way. I certainly do.

You may run into problems at the stage "Add the fat and stir until it's all melted." I almost always do. What happens is that the water/lye mixture runs out of heat before all the fat melts. What you have to do is add heat somehow. The way I do this is to grab the tub (which now contains all the fat), go into the kitchen, put it on top of a burner, and turn the burner (and the fan) on high. (Make sure the windows are all open too.) When all the fat is melted, I go back outside and continue, adding the lemon juice.

The lemon juice lowers the pH. The finished soap will have a pH of about 9; you can lower this by adding more lemon juice.

RATING

Difficulty: challenging. *Time:* Day 1: 30 minutes preparation; 1−2 hours cooking. Day 2: usually about 1 hour. *Precision:* Be precise. Also be careful.

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IRISH SODA BREAD

SODA-BREAD – Two white soda loaves

This is a basic soda bread, following the Irish mode. I scaled up the recipe from one of Beard's, and changed it some. It is quite crusty, and really all-purpose. This soda bread takes around a third the time and a half the effort of a comparable yeast bread. Since no yeast bread is much like it, I don't know what would be comparable. People who have never tried a soda bread will note many differences, like the order you add things (flour and then the liquid...).

INGREDIENTS (2 loaves)

8 cups	*white flour (unbleached)*
3–4 cups	*buttermilk,* at room temperature
1 tsp	*salt*
2 tsp	*baking powder*
1.5 tsp	*baking soda*
1 cup	*currants* (optional)
1 tsp	*butter or oil*

PROCEDURE

(1) Sift together the flour, baking powder, baking soda, and salt.

(2) Preheat the oven to

(3) Stir in buttermilk, a cup at a time. You should make a fairly soft dough that will nonetheless hold its shape. Thus, you may need the full amount of buttermilk.

(4) Turn the dough out onto a well-floured board (this is a stock phrase; do it anyway). Knead until it is smooth and soft, probably about 7 minutes. You should have to keep adding a little flour to the board for the first few minutes to keep the dough from sticking.

(5) Are you using currants? Knead them in, then. Or don't, accordingly.

(6) Tear the dough in half. Form each half into a ball. With a knife, slash a cross in the top.

(7) Place the balls, cross up, well apart, on a greased baking sheet.

(8) Put this sheet, bread side up, into the oven.

(9) Bake for 35 or 40 minutes. The loaves are done when they sound hollow at a knocking hand. They should also get to be a nice light brown color. The cross will split open, and the resultant points will get hard and dark brown. Soda bread has a tendency to crack in the oven. This is no big deal.

NOTES

You can substitute, per James Beard's recommendation, about 4 cups of whole-wheat flour for half the white. Since this will be heavier, use about 40% more baking powder. The bread made this way is markedly different.

RATING

Difficulty: easy to moderate. *Time:* 30 minutes building, 45 minutes baking. *Precision:* Measure the ingredients.

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SOPA AZTECA

SOUP-AZTEC – Aztec soup: a simple cheese, tomato, and beef soup

I got this recipe from my mother, who got it from a friend in Tucson, Arizona. The recipe is extremely simple and extremely quick. I like to serve it with Mexican chef's salad (SALAD-MEXICAN).

INGREDIENTS (Serves 4–6)

2 cups	*consommé*
2 cups	*cream of tomato soup* (use the recipe of your choice, or open a can)
4 oz	*green chilies,* diced (or use more or less, to taste)
¼ lb	*corn tortilla chips,* crumbled
½ lb	*Monterey Jack cheese,* cut into half-inch (or smaller) cubes.

PROCEDURE

(1) Mix soups and bring to a boil.

(2) Fill each soup bowl about 1/3 full with crumbled tortilla chips. Place a layer of cheese cubes on top of the chips. Put one or two spoonfuls of diced, drained chilies on top of the cheese.

(3) When ready to serve, ladle boiling soup on top of the mixture in the soup bowls. Do not stir. Serve immediately.

NOTES

The boiling soup melts the cheese, but it also begins to make the chips soggy as soon as you pour it on. If you chop the cheese into finer cubes, it will melt more quickly, but if you chop it too fine, or if you grate it, then the cheese will form a layer on top of the soup instead of remaining as disctinct chunks.

RATING

Difficulty: easy. *Time:* 5 minutes preparation. *Precision:* no need to measure.

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GERMAN FRIENDSHIP CAKE

SOURDOUGH-CAKE – A 10-day Sourdough cake

This is known as the friendship cake—it's a bit like a chain letter in that you have to find a set of friends to pass on the starter to.

During preparation put the starter into a very large bowl (it foams up), and cover with a lid or withcling film.

INGREDIENTS (Starter and one cake)

1 cup	*cake starter*
STARTER FOOD	
1 cup	*normal milk*
1 cup	*self-raising flour*
1 cup	*sugar*
CAKE	
2 cups	*self-raising flour*
1 cup	*sugar*
2/3 cup	*oil*
2 tsp	*cinnamon and vanilla*
2	*eggs*
½ cup	*raisins*
½ cup	*nuts* (or other fruits)
15oz	*pineapple chunks,* drained (one can)

PROCEDURE (STARTER)

(Day 1)
Blend the "starter feed" together, and then *hand mix* in the starter. I find it easiest to mix the flour and sugar together dry, add the milk to the starter, and then slowly add the flour and sugar to the liquid. The starter should *never* be beaten with a blender or refrigerated. Pour the mixture into a large bowl, cover with cling-film or a damp towel, and leave to brew.

(Day 2)
Thoroughly mix the sourdough, then leave to brew again.

(Day 5)
As day 1

(Day 6)
As day 2

(Day 10)
Print off three copies of this recipe. Here now is why this is called a friendship cake. Take 3 cups of Sourdough mixture, and give them away with copies of the recipe as starters to your friends. Then proceed with the baking.

PROCEDURE (MAKING THE CAKE)

(1) Blend all ingredients thoroughly with remaining starter.

(2) Pre-heat oven to (English gas mark 4)

(3) Pour mixture into a well-greased baking tin.

(4) Bake for 1¾ hours (less in a fan oven), cool.

NOTES

If you don't get cake starter from a friend, you can probably buy it in a baking supply store.

Vary the spices to taste. The cake is quite pleasant if you forget them.

RATING

Difficulty: easy. *Time:* 10 days brewing starter, 30 minutes preparing cake, 2 hours baking and cooling. *Precision:* measure the ingredients.

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SOURDOUGH FRENCH BREAD

SOUR-FRENCH – An old-fashioned sourdough French bread

This is a hearty bread, possibly heavier than many people are used to. The flavor is wonderfully tangy, and complements just about any meal. Try it with garlic butter!

This bread is slow raising. I usually spend two days on it—start the dough one day, let it rise overnight, then form the loaf and bake the next day. This recipe is from *The Complete Sourdough Cookbook*, by Don and Myrtle Holm.

INGREDIENTS (1 loaf)

1 cup	*sourdough starter*
½ cup	*milk* (any type, but I prefer whole milk)
1 Tbsp	*sugar*
2 tsp	*salt*
2 Tbsp	*shortening*
2½ cups	*flour*

PROCEDURE

(1) Combine milk, sugar, salt, and shortening in a pan. Heat until shortening melts, then cool to lukewarm (about

(2) Stir milk into starter. Add flour gradually, forming dough that pulls away from sides of the bowl.

(3) Kneed until smooth (about 15 min.), adding flour as needed to keep the dough from sticking to the board. When done, the dough will be fairly heavy, but smooth in texture.

(4) Place in a well-greased bowl and raise in a warm place until doubled.

(5) Form into a long loaf (about 16 inches long). Place on a greased baking sheet and let rise again, until almost doubled.

(6) Cut diagonal slits in top of loaf with a sharp knife, and bake in a 400 degree oven until done, about 30–35 min.

(7) Remove from pan, and let cool in a draft-free location.

NOTES

Be careful that the milk mixture has cooled before adding it to the starter. If it's too hot, you'll kill the starter and the bread won't rise.

Since the dough rises for a long time, I usually cover it with a damp towel to keep it from drying out.

If you want a chewy crust, brush the top of the loaf with a mixture of corn starch and water before baking. Also, placing a pan of water in the oven while baking will make the crust a little softer. I usually brush the loaf with butter after baking.

RATING

Difficulty: moderate. *Time:* 1 hour preparation, long rising time, ½ hour baking. *Precision:* measure the ingredients.

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SOUR MILK CAKE

SOURMILK-CAKE – Aunt Georgie's chocolate cake

Don't cry over sour milk; make a chocolate cake out of it. This cake is from the "Farm Journal's Choice Chocolate Recipes" cookbook, and was originally posted to net.cooks by kathyd@azure. It is moist and rich and does not need frosting Mint chocolate ice cream and a slab of this cake makes an outrageous dessert.

INGREDIENTS (Serves 1 or more)

1½ cups	*sifted flour*
1 cup	*sugar*
3 Tbsp	*baking cocoa*
1 tsp	*baking soda*
½ tsp	*salt*
1	*egg*
¼ cup	*butter or margarine,* melted
1 cup	*sour milk*
¼ cup	*hot water*
1 Tbsp	*vanilla*

PROCEDURE

(1) Preheat oven to Sift together flour, sugar, cocoa, baking soda and salt into mixing bowl.

(2) Add egg, butter, sour milk, hot water and vanilla.

(3) Beat (preferably with an electric mixer) at medium speed for 2 minutes.

(4) Pour batter into a greased 13×9×2-inch baking pan.

(5) Bake at for 20 minutes or until it tests done (a toothpick or fork comes out clean). Cool in pan.

NOTES

To sour sweet milk, place 1 Tbsp vinegar in a measuring cup and add enough milk to make 1 cup.

RATING

Difficulty: easy. *Time:* 15 minutes mixing, 20 minutes baking. *Precision:* Measure the ingredients.

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SOUR CUCUMBER PICKLES

SOUR-PICKLES-1 – The most lip smackin' pickles you ever tasted.

This recipe came from my wife's grandmother.

INGREDIENTS (makes 4 cups)

4 cups	*small cucumbers*
4 tsp	*sugar*
2 tsp	*canning/pickling salt*
2 tsp	*dry mustard*
1/8 tsp	*alum*
	cider vinegar
	water

PROCEDURE

(1) Wash cucumbers in cool water and pack into a canning jar big enough to hold them.

(2) Add sugar, salt, dry mustard, and alum.

(3) Fill jar about 2/3 full with vinegar. Fill remaining portion of jar to cover cucumbers with water.

(4) Put lid on jar.

(5) Agitate lightly every day for about a week to mix spices in with cucumbers. Then put in a cool dark place for about 3 months while the cucumbers work.

NOTES

Don't be too impatient to try the pickles. They taste terrible if they haven't worked. Also, you do not have to seal these jars. They will keep for quite some time if stored in a cool/dark location.

RATING

Difficulty: easy *Time:* 10 minutes preparation, 3 months waiting. *Precision:* Approximate measurement OK.

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SOURDOUGH STARTER

SOUR-START − Starter culture for making sourdough bread

Many people think of sourdough as something from the Gold Rush days. Not so! Sourdough was the first way raised breads were made. ‘‘Way back then,’’ there was no such thing as active dry yeast, and all breads (along with a number of other goodies) needed sourdough starter to rise.

There are a number of recipes for sourdough starter, but this is one I've used, and it works fairly well. It came originally from the cookbook *The Complete Sourdough Cookbook* by Don Holm.

INGREDIENTS (makes 3 cups)

2 cups	*warm water* (about
2½ cups	*flour*
1 pkg	*active dry yeast* (optional)

PROCEDURE

(1) Get a container for the starter. Crockery is best, but just about anything can be used, **except metal**. Try to get something with a lid. I use a vinyl plastic food-storage container.

(2) Mix flour and water (and optionally yeast).

(3) Let the starter sit (uncovered or loosely covered) in a warm place until bubbly and sour, about 3−5 days.

NOTES

If you do a lot of bread baking, there will probably be enough yeast spores floating around your kitchen so that the added yeast isn't needed. The less yeast you add to the starter, the more ‘‘authentic’’ the flavor.

If the starter starts turning orange or green, throw it away. Other nasty things have started growing in it!

After the starter is ready, it can be used immediately. Try to use some of the starter once every few days, or it will start to die. The starter can be refrigerated to last longer (use at least every other week). Make sure the starter is at room temperature before using.

After using some of the starter, replenish what you take with equal amounts of warm water and flour. Let the starter sit until nice and bubbly before using again.

Usually, the first starter made will need a while to ‘‘come up to strength.’’ Best bets for first recipes are ones that don't require much raising, such as pancakes, or ones that have additional yeast.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 5 days waiting. *Precision:* no need to measure.

CONTRIBUTOR

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SPAGHETTI WITH CLAM SAUCE

SPAGH-CLAM-1 – Garlic, clam, and tomato spaghetti

This recipe originally appeared in *Lowbush moose (and other Alaskan recipes)* by Gordon R. Nelson. I've modified it somewhat.

INGREDIENTS (Serves 4–6)

8	*cloves garlic,* minced
4 Tbsp	*clarified butter*
24 oz	*canned clams with juice* (2 standard cans)
8 oz	*tomato paste* (1 standard can)
1 lb	*canned tomatoes,* with liquid
1 tsp	*parsley*
1 tsp	*oregano*
1 tsp	*salt*
1 lb	*spaghetti*
1 Tbsp	*cooking oil*
¼ cup	*parmesan cheese,* grated

PROCEDURE

(1) Sauté the garlic in 2 Tbsp of clarified butter until lightly browned.

(2) Stir in the clam juice, tomato paste, tomatoes and liquid, parsley and oregano. Simmer until reduced by about half.

(3) Add the clams and remove from heat. This sauce should be reheated just prior to serving.

(4) Cook and drain the spaghetti. In the empty cooking pot, melt the remaining clarified butter, and return the spaghetti to the pot and stir until coated uniformly.

NOTES

Serve with lots of garlic bread and a dry white wine.

You can use oil instead of clarified butter, at some sacrifice in flavor.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* approximate measurement OK.

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SAUSAGE SPAGHETTI SAUCE

SPAGH-SAUCE-1 – Spaghetti sauce with sausage, mushrooms, and eggplant

I made up this recipe the other day to use up some eggplant. It was an instant hit.

INGREDIENTS (serves 13)

1 lb	*Italian sausage*
2	*medium onions*
½ lb	*mushrooms*
1	*small eggplant*
1	*small green pepper* (or use frozen diced pepper)
1	*medium tomato*
8 oz	*tomato sauce* (1 standard can)
	salt, pepper, oregano to taste

PROCEDURE

(1) Slice the sausage into bite-size morsels and sauté until browned. While the sausages are browning, cut up the vegetables as indicated in step 2. Remove from pan leaving fat for next step.

(2) Slice the onions and the mushrooms. Cut the peppers into ½-inch squares and dice the tomato. Cut the eggplant into a julienne style.

(3) Add a little oil to the pan and sauté the onions, peppers, mushrooms, eggplant and tomato until the onions are transparent and soft. Add the tomato sauce and the spices and return the sausage to the pan. Cook about 15 minutes. Serve with fettucine.

NOTES

Zucchini can be substituted for the eggplant, and canned tomatoes can be substituted for the tomato and sauce. The sauce should be relatively thick. The sausage can be hot or mild Italian sausage, but if you use mild sausage you will need to add more spices.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* no need to measure.

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SPAGHETTI SAUCE

SPAGH-SAUCE-2 – Very easy and cheap spaghetti sauce

This recipe is from *Consumer Reports*, which rated it as much better than most bottled sauces—and cheaper.

You can add whatever additional ingredients you like (mushrooms, tomatoes, etc.) to this basic recipe.

INGREDIENTS (Serves 4)

3 Tbsp	*olive oil*
1	*garlic clove*
1	*small onion,* chopped
28 oz	*crushed tomatoes*
16 oz	*tomato paste*
1 cup	*water*
2 tsp	*dried basil*
¼ tsp	*black pepper*
¾ tsp	*salt* (or less to taste)
	oregano (optional)

PROCEDURE

(1) Brown the garlic in the olive oil in a 6-quart pan.

(2) Add the onion and brown until transparent. (You can sauté a tomato in here also if you want.)

(3) Add the rest of the ingredients and simmer for 30 minutes, stirring often. (Longer cooking won't hurt.)

NOTES

It is better than bottled sauces!

RATING

Difficulty: easy. *Time:* 5 minutes chopping, 30 or more minutes cooking. *Precision:* no need to measure.

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MICHAEL'S SPAGHETTI SAUCE

SPAGH-SAUCE-3 – An exotically spiced spaghetti sauce with meat

This is a very adaptable sauce which can be used in any recipe requiring tomato sauces. Best on spaghetti with garlic bread!

INGREDIENTS (8 cups)

TOMATO PRODUCTS

12 oz	*tomato paste*
16 oz	*tomato sauce*
28 oz	*tomato puree*
28 oz	*crushed tomatoes*

SEASONINGS

4	*garlic cloves*
1	*large bay leaf*
1 Tbsp	*sugar*
½ tsp	*ground black pepper*
1 Tbsp	*oregano*
1 Tbsp	*thyme*
1 tsp	*coriander*
1–2 tsp	*cilantro* (optional)
2 tsp	*rubbed sage*
2 Tbsp	*parsley*
2 tsp	*basil*
½ tsp	*crushed red pepper*
1	*medium onion*
1/3 cup	*olive oil*
1 Tbsp	*sesame oil*

MEATBALLS

½ lb	*sweet Italian sausage*
½ lb	*lean ground beef*
4 Tbsp	*Worcestershire sauce*
2 tsp	*sesame oil*
2 Tbsp	*olive oil*
1/3 cup	*bread crumbs*
1 tsp	*sage*
2 tsp	*rosemary*
1 tsp	*thyme*
1 tsp	*basil*
½ cup	*sherry*

PROCEDURE

(1) Chop the garlic very finely. Chop the onion.

(2) Combine in a suitable pot the tomato products and seasonings. Bring to a simmer.

(3) In a bowl, combine the meatball ingredients except the sherry. Break this mixture apart into small balls or bits according to preference.

(4) Heat a wok or skillet and sauté the meat mixture until cooked to 'rare'. Do not overcook or singe the meat.

(5) Remove the grease from the meat mixture by straining in a colander, then return to the hot wok or skillet and reheat. Add sherry and reduce. Add this to the sauce in the pot.

(6) Simmer this mixture on the lowest possible heat for 6 or 7 hours. Stir occasionally.

NOTES

I have found that Hunt's tomato products deliver the best flavor for this sauce; they are somewhat sweeter and less acidic than other brands. I always use Lea and Perrins Worcestershire sauce.

This spaghetti sauce is the work of about 2 years expermimentation. It has won some of the local cooking contests here in Maine.

RATING

Difficulty: easy but tedious. *Time:* 1 hour preparation, 7 hours cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SPAGHETTI SQUASH TETRAZZINI

SPAG-SQUASH – Spaghetti squash in a chicken tetrazzini

This recipe, from Bert Greene's *Greene on Greens*, is a fancy way to serve up spaghetti squash.

INGREDIENTS (serves 4)

1	*medium spaghetti squash* (about 2–3 lb)
1	*garlic clove,* crushed
1	*medium onion,* chopped
¼ cup	*parsley,* chopped
pinch	*basil*
pinch	*ground clove*
1½ cups	*chicken broth*
1	*chicken breast* (whole)
4 Tbsp	*butter*
2 Tbsp	*shallots or scallions,* chopped
1 cup	*mushrooms* sliced
2 Tbsp	*flour*
¾ cup	*whipping cream*
2 tsp	*dry vermouth*
1 tsp	*lemon juice*
¼ cup	*grated parmesan cheese*
	hot sauce
	ground pepper and salt, to taste

PROCEDURE squash

(1) Boil squash in large pot for 45 minutes until soft. Drain and let cool. Preheat oven to

(2) Divide squash in half and remove the seeds. Scrape the squash out into a bowl.

PROCEDURE chicken

(1) Boil onion, garlic, clove, parsley, basil and chicken broth in a skillet. Reduce heat and add chicken. Cook for 4 minutes each side.

(2) Remove chicken. Reduce broth to 1 cup. Cut chicken into strips.

PROCEDURE mushrooms

(1) Sauté shallots or scallions in 2 Tbsp of butter for 2 minutes.

(2) Add mushrooms, continue cooking until soft.

PROCEDURE sauce

(1) Melt remaining butter in saucepan.

(2) Add flour, and cook for two minutes stirring continuously.

(3) Add vermouth, nutmeg, dash of hot pepper sauce, lemon juice and salt (if desired) and pepper. Cook until thick (4 minutes). Combine everything into a greased baking dish and top with parmesan cheese. Bake for 20 minutes until lightly browned

RATING

Difficulty: moderate *Time:* 60 minutes preparation, 20 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SPANAKOPITA

SPANAKOPITA – Greek spinach and cheese pie

This recipe is from the *Vegetarian Epicure* by Anna Thomas. It takes lots of time to make, but is well worth it.

INGREDIENTS (serves 8)

2 lbs	*fresh spinach*
1 lb	*filo dough*
½ lb	*feta cheese*
7	*eggs*
1	*onion,* diced

PROCEDURE

(1) Dice the onion and sauté it until golden brown.

(2) While the onion is cooking, wash the spinach. Put it in a bowl and rub lots of salt into it. Let the spinach/salt sit for 15 minutes. This is meant to reduce the volume of spinach. An alternative to this is to barely steam the spinach (30–60 seconds).

(3) Beat the eggs. Crumble the feta cheese and add to the eggs. Note that feta cheese is fairly salty. You can replace half or all of it with ricotta cheese.

(4) Rinse all the salt out of the spinach. Add it and the onions to the eggs/cheese and mix. Also add some spices. The original recipes calls for salt, pepper, and oregano. I use basil.

(5) Melt some butter (at least 2 oz.)

(6) Butter the bottom of a 9 inch baking dish. Lay the filo down one layer at a time, brushing butter on each layer. Turn each successive layer a little so they are not all piled directly on top of each other. The filo will hang over the sides of the dish. Continue until you have 3–5 sheets of filo left.

(7) Pour the filling into the filo.

(8) Fold the filo that hangs over the side over the filling. Place the last pieces of filo on top, buttering each as you go. Trim off the filo that hangs over the edge of the dish. These last pieces serve to cover the filling.

(9) Make two or three slits with a knife in the top layers of filo that go all the way down to the filling.

(10) Bake at for 50 minutes.

NOTES

You can vary the filling to suit your tastes. We've thought of adding mushrooms.

My husband complains about how thick and hard to cut the bottom of the spanakopita is. His suggestions (none of which I've tried) include using more butter, and alternating laters of filo and filling.

RATING

Difficulty: moderate. *Time:* 45 minutes preparation, 1 hour cooking. *Precision:* no need to measure.

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SPANAKOPITA

SPANAKOPITA-2 – Greek spinach and feta cheese pie

This recipe is from a greek cookbook, with my modifications and the addition of my mother's secret ingredient—leeks. ''fillo'' or ''fyllo'' is the greek word for ''leaf''.

INGREDIENTS (about 20 pieces)

1 lb	*fillo dough*
½ cup	*olive oil*
3 lb	*spinach* (5 packages, if you use frozen spinach)
½ cup	*unsalted butter*
1	*medium onion,* chopped.
3	*leeks,* washed and chopped.
1 lb	*feta cheese*
5	*eggs*
1 cup	*breadcrumbs*
1 cup	*milk*
1 tsp	*salt*
	pepper

PROCEDURE

(1) If you are using fresh spinach, wash it, dip it for a minute or two in boiling water to blanch it, and then chop it. Drain the spinach and squeeze most of the water out of it.

(2) Wash thoroughly and chop the white part of the leeks. Peel and chop the onion. Sauté the chopped leeks and onion in the butter.

(3) Add the spinach, salt and pepper. Mix everything together and simmer for 20 minutes.

(4) While the spinach is cooking, grate the feta cheese (I use a food processor). Alternatively, you can crumble it into small chunks.

(5) Remove the spinach from heat and add the cheese, eggs (beaten), breadcrumbs and milk. Mix everything together and set aside.

(6) Grease a square baking pan with a little olive oil. Take one sheet of dough and place it on the bottom of the pan towards one of the corners, in such a way that the dough sticks out a little from two of the sides of the pan. Brush the sheet with olive oil. Repeat this step until you have used about two thirds of the dough, alternating corners and always brushing each sheet of dough with olive oil.

(7) Pour the spinach mixture into the pan. Level it, and fold in the sides of the assembled crust. Brush the dough with olive oil.

(8) Take one sheet of dough and place it on top of the pie, this time without any bias towards any of the corners. Brush the sheet with olive oil. Repeat this step until you have used all the remaining dough, always brushing each sheet with olive oil.

(9) Gently tuck the edges of the top sheets of dough under the sides of the pie. Brush the top with olive oil. Using a sharp knife cut the top of the pie as if you were cutting it to serve it, but don't go all the way to the bottom. Sprinkle the pie with 1 Tbsp of water and bake it at for 45 minutes.

(10) Let the pie cool, and serve.

NOTES

I find that frozen spinach works wonderfully for this recipe. Also, it's cheaper and somewhat easier to prepare.

Unless you work quickly when assembling the dough layers, the unused pieces of dough will dry out. Until you become nimble with this process, you can cover the unused dough pieces with a damp dishcloth to prevent them from drying out while you fumble with the construction of the pie.

The pie keeps well out of the refrigerator for a few days and can (indeed, some claim must) be eaten at room temperature.

Because of the way the pie is constructed, pieces cut from the corners and sides of the pan are particularly crunchy, and a lot of people consider them the best part of the pie. This suits me just fine, because I like the middle pieces which have more filling!

The original recipe called for twice the amount of olive oil, but I find that I don't need that much.

RATING

Difficulty: moderate. *Time:* 1 hour preparation, 45 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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CASTILLIAN HOT CHOCOLATE

SPANISH-COCOA – Thick, rich Spanish hot chocolate

I first tasted this wonderful beverage while touring in northern Spain with a choir. It's not like any hot chocolate I've had anywhere else, and I was delighted to find a recipe in *The Vegetarian Epicure Book Two*. It is the best hot chocolate in the world (at least to me.)

INGREDIENTS (Serves 6)

½ cup	*unsweetened powdered cocoa*
1 cup	*sugar*
7 tsp	*cornstarch* (cornflour)
½ cup	*water*
4 cups	*milk*

PROCEDURE

(1) Mix the cocoa and sugar together.

(2) Dissolve the cornstarch (cornflour) in the water and combine with the cocoa-sugar mixture in a medium-sized saucepan. Stir this until it is a smooth paste.

(3) Begin heating this mixture, continuously stirring it with a whisk. Gradually pour in the milk. Continue stirring as you bring it to a simmer.

(4) Simmer, stirring often, for about 10 minutes. The cocoa is ready when it thickens and is glossy and smooth.

NOTES

The consistency of the finished product should resemble chocolate pudding that didn't quite set. If you halve this recipe, you'll get just the right amount for two large mug-fulls. This cocoa is especially fantastic when you dip churros into it (a churro is a sugary, deep-fried, doughnut-like stick, and if anyone wants to send out a recipe, I'd be most grateful).

RATING

Difficulty: easy. *Time:* 15 minutes. *Precision:* measure the ingredients.

CONTRIBUTOR

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SPANISH CREAM

SPANISH-CREAM – Exquisite New Zealand custard dessert

This dessert was a family favourite, and although we used to eat it in conjunction with some flavored jellies, it's delicious in its own right. The recipe comes from my mother, and I don't know what the *Spanish* part signifies.

INGREDIENTS (serves six)

2½ cups	*milk* (one Imperial pint)
4 tsp	*gelatine*
2	*eggs*
½ tsp	*vanilla essence*
cup	*sugar*

PROCEDURE

(1) Save a small amount of the milk; put the rest in a saucepan, together with the sugar and vanilla, and heat.

(2) Separate the egg whites and save for later. Beat the egg yolks with the remainder of the milk and add to the heating mixture.

(3) Stir to ensure the sugar is dissolved and bring to near boiling point to thoroughly cook the eggs. Do not actually boil.

(4) Take the saucepan off the heat. Dissolve the gelatine in ¼ cup of boiling water and stir into hot custard.

(5) Pour into serving dish and put into refrigerator to cool.

(6) When mixture has cooled and almost set (it should be *shivery* at this point) thoroughly beat the egg whites until stiff and fold them in using a metal spoon. Return mixture to refrigerator to properly set.

NOTES

The texture of this dessert is supposed to be *semi-fluffy*. In this regard, step 6 is somewhat critical. If you fold in the egg whites too soon, the liquid custard won't support them and you end up with a two-layer result—solid custard on top, very light on the bottom. Some people may like this, but it's not the way I make it. On the other hand, if you leave things too long, it becomes difficult to fold in the egg whites at all.

It's a good idea to whip the custard a little with a fork prior to folding in the whites. This breaks up the custard a little.

Depending on sweetness of taste, you may wish to alter the amount of sugar. Our family had a sweet tooth, and I've reduced the original quantity as it is.

One of the amazing things about this dessert is that it's *so* easy to make, and yet tastes so good.

RATING

Difficulty: easy. *Time:* 20 minutes + setting. *Precision:* approximate measurement OK.

CONTRIBUTOR

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HERBED SPINACH BALLS

SPINACH-BALLS – A delicious appetizer or vegetable dish

I learned this recipe from my mother. I think she originally found it in the Troy (NY) *Times Record*.

INGREDIENTS (Serves 12–20)

20 oz	*frozen spinach,* chopped
2 cups	*herb stuffing mix*
¾ cup	*parmesan cheese,* grated
1 tsp	*garlic,* finely minced
1	*medium onion,* finely chopped
3	*eggs,* beaten
¼ lb	*butter,* melted

PROCEDURE

(1) Preheat oven to Thaw spinach and remove excess liquid.

(2) Add remaining ingredients (stuffing mix, parmesan cheese, garlic, onion, eggs, and butter) and mix well.

(3) Form the mixture into small balls and place on a baking sheet.

(4) Bake for 15 minutes at

NOTES

These can be made up ahead of time and frozen. If frozen, increase cooking time by 10–15 minutes.

Herb stuffing mix is a commercial preparation of bread crumbs and herbs and seasonsings that is packaged for stuffing a turkey or chicken. You can make your own using recipe BREAD-STUFF-1 if you like.

This recipe makes about 80 appetizer-size balls, or about 40 larger balls to use as a vegetable dish at a meal.

RATING

Difficulty: easy. *Time:* 20 minutes preparation. 15–30 minutes baking. *Precision:* Approximate measurement ok.

CONTRIBUTOR

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SPINACH CASSEROLE

SPINACH-CASS – Spinach casserole with yogurt and cheese

Here is a recipe for a spinach casserole that is delightfully cheesy. It might even make you love spinach.

INGREDIENTS (Serves 4)

10 oz	*spinach,* chopped. Either frozen or fresh may be used.
2 Tbsp	*butter or margarine*
1	*small onion,* chopped
2 Tbsp	*flour*
1–2 cups	*plain yogurt*
1–2 cups	*cheddar or parmesan cheese,* grated.
	salt
	pepper

PROCEDURE

(1) Rinse and chop the spinach. Place the chopped spinach in a heavy skillet, cover, and steam until wilted, stirring occasionally. There is no need to add water other than what clings to the leaves from washing. (If you are using frozen spinach, place over low or medium heat to thaw and allow excess water to evaporate) Transfer to small bowl.

(2) In a skillet, melt the butter or margarine. Add the onion and cook until soft.

(3) Add the flour and stir for 1 minute over medium heat.

(4) Season the mixture to taste with salt and pepper, and then gradually whisk in the yogurt.

(5) Add the spinach and turn to coat the leaves.

(6) Remove from heat and blend in the cheese.

(7) Pour into a greased 8×4 inch loaf pan, and bake for 20 minutes at

NOTES

Don’t skimp on the cheese, and use fresh cheese rather than prepackaged grated cheese.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 20 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SPINACH AND CHEESE CURRY

SPINACH-CURRY – Indian vegetarian spinach and cheese curry

This is a dish I learned from an Indian lady, at a cooking class. It's simple to make and has a beautifully subtle flavor. As per true curries, it uses raw spices instead of some prepackaged curry powder.

INGREDIENTS (Serves 4 to 6)

1½ lbs	*fresh spinach*
½ lb	*fresh ricotta cheese* (see note)
3	*medium brown onions*
1½ inches	*fresh ginger,* chopped fine
1	*medium tomato*
1½ tsp	*cummin seeds*
½ tsp	*turmeric*
½ tsp	*red chile powder* (cayenne) (or more to taste)
2	*cloves*
pinch	*nutmeg*
pinch	*mace*
1 Tbsp	*ghee* (or use melted butter or oil)
	salt (to taste)

PROCEDURE

(1) Cook the spinach and chop it up.

(2) Cut the cheese into ¾-inch cubes and deep fry a few pieces at a time in oil (a wok is good for this).

(3) Fry the chopped onions in the ghee. When almost brown, add the finely-chopped ginger. Use a medium to high heat.

(4) When the onions are golden, reduce the heat and add the skinned and chopped tomato, then the spices and salt.

(5) Cover for a few minutes, then add the spinach and salt.

(6) Cover and simmer about 5 minutes to let spices penetrate.

(7) Add the cheese pieces, mix, and serve.

NOTES

We eat this dish as a meal with rice, although you can use it as one dish along with others.

The quantities given for the spinach and cheese are very flexible. I never measure them, just putting in what seems right. Experiment. Similarly, it can be kept hot for a while with no loss in taste or texture.

In North America, most Ricotta cheese is packed as a pot cheese. This recipe calls for a more solid form of the cheese. Specialty ethnic markets in large cities will carry solid Ricotta. You can make your own by buying a tub of pot Ricotta and wrapping it in a clean cloth to wick the moisture out, leaving the whole assembly in the refrigerator for a week or so, and changing the cloth every day. With such treatment the cheese will gradually solidify enough that you can slice and fry it. Buffalo-milk Mozzarella is a fair substitute, and ordinary Mozzarella is a last-chance substitute.

Don't fry the cheese too long. It should have a golden exterior and have a marshmallow texture inside. Frying too long makes it hard and dry.

Use whole cummin seeds and cloves, not the ground variety.

Like most curries, this reheats splendidly.

RATING

Difficulty: easy to moderate. *Time:* 1 hour. *Precision:* Approximate measurement OK.

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SPINACH DIP

SPINACH-DIP – Party dip with spinach and water chestnuts

People like this dip. It's a hit a parties. It is good to dip vegetables into, or to spread on crackers.

INGREDIENTS (makes 4 cups)

1 cup	*sour cream*
1 cup	*mayonnaise*
8 oz	*water chestnuts,* drained and diced (one large can)
5	*green onions,* chopped (with tops)
10 oz	*cooked spinach,* drained well. Use one package of frozen spinach.
1 envelope	*Knorr dry vegetable soup mix,* (a Swiss import)

PROCEDURE

(1) Mix everything together and refrigerate overnight.

(2) Stir again before serving.

NOTES

Serve with sturdy dip-ables or crackers, as it will break chips.

RATING

Difficulty: trivial. *Time:* 15 minutes preparation. *Precision:* Approximate measurement OK.

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SPINACH DIP II

SPINACH-DIP-2 – Simple party dip with spinach, leek, and sour cream

Anything that tastes this good couldn't be good for you.

INGREDIENTS (makes 2 cups)

12 oz	*cooked spinach,* chopped
1 pkg	*dried leek soupmix* (dried soup mix sufficient to make 4 cups of soup)
1½ cups	*sour cream*
1 cup	*mayonnaise*
1	*scallion* (green onion)

PROCEDURE

(1) Cook or thaw the spinach, then squeeze it dry.

(2) Mix the spinach with the mayonnaise, sour cream, green onion, and soup mix.

(3) Refrigerate for 30 minutes before serving.

NOTES

Knorr brand soupmix is available worldwide, but other brands will work. one package, approximately enough to make a liter of soup.

Serve with triscuits or a sliced baguette.

RATING

Difficulty: trivial. *Time:* 10 minutes preparation, 30 minutes waiting. *Precision:* no need to measure.

CONTRIBUTOR

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SPINACH CHEESE CASSEROLE IN PUFF PASTRY

SPINACH-PASTRY – Spinach and cheeses in a puff pastry crust

A recipe of this type appeared in *Cuisine* Magazine. The dish is hearty enough to be a main course, but can also be a side dish to a meat entré.

INGREDIENTS (Serves 4 to 6)

10 oz	*chopped spinach* (fresh or frozen)
1 cup	*cottage or ricotta cheese*
1 cup	*feta cheese* (crumbled, and drained of any brine)
¼ cup	*grated parmesan or romano cheese*
¼ cup	*chopped scallions*
4	*large eggs*
2 Tbsp	*butter*
pinch	*salt*
pinch	*pepper*
12 oz	*puff pastry* (frozen pastry thawed to room temperature, or homemade)

PROCEDURE

(1) Preheat oven to Cook the spinach in boiling water. Drain, rinse with cool water, and squeeze out as much moisture as you can.

(2) Melt the butter in a small skillet. Cook the scallions until slightly soft.

(3) In a large mixing bowl, combine the cheeses and the eggs. Mix well. Add the spinach, the butter and scallions, the salt and pepper and mix again.

(4) Lightly butter the bottom and sides of an 8-in square baking dish.

(5) Roll out a sheet of puff pastry on a floured surface to make a 14-in square. Roll out a second sheet to make a 9-in square.

(6) Lay the bigger pastry sheet in the buttered dish, draping the extra pastry over the edges.

(7) Spread the spinach and cheese mixture evenly in the dish.

(8) Put the remaining pastry sheet on top. Trim excess pastry if necessary and seal the edges closed. Use scraps of pastry dough to decorate the top of the pie. Brush top with additional melted butter if desired.

(9) Bake for 45 minutes at or until pastry is golden brown. Let rest for 10 minutes before serving.

NOTES

The casserole may be prepared through step 3, then covered and refrigerated for up to 8 hours.

As an alternative to puff pastry, you might try using sheets of filo dough, overlapped to make the bottom and top crusts. I have also baked this dish in a pie pan using filo dough. One way to cut down on the calories in this dish is to omit the bottom crust entirely. This is a very flexible recipe. Other vegetables can be substituted for the spinach, and other ingredients like sautéed garlic and mushrooms can be added.

RATING

Difficulty: moderate. *Time:* 30 minutes preparation, 1 hour baking and cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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"The apple never falls far from the tree"

ROSALIE'S CHEESE AND SPINACH PIE

SPINACH-PIE – A rich spinach pie with ham and cheese

I ate this dish at Cafe Le Rat in Middleburg, Virginia, and was delighted to find their recipe in *Gourmet* magazine in the late 1970's. I have modified the recipe somewhat from the published version to make it less stringy and sticky.

INGREDIENTS (1 pie)

1 lb	*skim-milk ricotta cheese*
4 oz	*Gruyere cheese,* grated (or substitute Swiss cheese)
1	*egg,* lightly beaten
10 oz	*cooked spinach* (1 package of frozen spinach, or use fresh)
2	*small zucchini,* thinly sliced
¼ cup	*yellow onion,* diced
5–6	*large mushrooms,* thinly sliced
2 oz	*Danish-style ham,* diced
2 Tbsp	*butter*
	nutmeg, salt, and white pepper, to taste
	olive oil

PROCEDURE

(1) Preheat oven to

(2) Cook the spinach. Drain thoroughly and squeeze out all moisture possible.

(3) Heat butter over medium high flame until foamy. Add onion, zucchini, and mushrooms, and sauté until onion is soft and translucent.

(4) Add ham and spinach, and sauté briefly to warm through. Remove from heat.

(5) In mixing bowl, mix together ricotta cheese and vegetables. Add grated cheese and blend. Add beaten egg and blend thoroughly. Season to taste with nutmeg, salt and white pepper.

(6) Grease quiche pan with just enough olive oil to coat. Pour in mixture and smooth the top with a spatula. Dot with 3–4 pats of butter.

(7) Bake at for about 30–40 minutes, until top is browned and knife inserted in center comes out clean.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 45 minutes baking and cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

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MANA'S SPINACH RICOTTA ROLL

SPINACH-ROLL-1 – An Italian vegetable casserole with spinach and cheese

Mana's spinach ricotta roll is a dish my roommate makes. She got the recipe from her Italian mother. I hope you like it as much as I do.

INGREDIENTS (Serves 4)

12 oz	*cooked spinach* (fresh or frozen)
2 cups	*ricotta cheese*
1 Tbsp	*fresh parsley,* chopped
3	*egg whites*
1 cup	*all-purpose flour*
1 1/3 cups	*water*
½ cup	*Parmesan cheese,* finely grated
2 cups	*marinara sauce*
	olive oil

PROCEDURE

(1) Preheat oven to Cook or thaw spinach and squeeze dry. Season with a little salt and pepper; set aside.

(2) Mix ricotta cheese with grated Parmesan cheese and chopped parsley; set aside.

(3) Make the crepe batter: mix together egg whites, flour and water, then beat with a wire whisk to get rid of lumps.

(4) Cook the crepes: lightly coat a crepe pan with olive oil and heat to medium. Ladle 2½ Tbsp crepe batter into heated pan. The crepe batter should lightly cover the bottom of the pan in a thin layer. Tilt pan to cover evenly. When edges of crepe turn lacy and brown and crepe is cooked through, remove crepe and stack on a plate. Continue until all the batter is used.

(5) When the crepes are cooked, assemble the rolls: spoon 2 rounded Tbsp of ricotta cheese mixture and 1 Tbsp spinach mixture on each crepe. Fold or roll each crepe to seal in mixture.

(6) Make and cook the casserole: place rolled crepes in a greased rectangular casserole dish. When the pan is full, spoon marinara sauce over crepes. Bake at for 15 to 20 minutes. Serve with grated Parmesan cheese.

NOTES

If you don't have a crepe pan, you can use a small (6-inch) frying pan. You can make your own marinara sauce, or use a prepared marinara or spaghetti sauce.

RATING

Difficulty: moderate. *Time:* 1 hour preparation, 20 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SPINACH SALAD

SPINACH-SALAD – A spinach salad for summertime

This is one of the scrap pieces of paper floating around in my kitchen. I think it came from Kay Dasch.

INGREDIENTS (serves 6)

¾ cup	*sugar*
1	*egg*
1 tsp	*salt*
½ cup	*white vinegar*
1	*white onion,* chopped
1/8 tsp	*dry mustard*
1/8 tsp	*worchestershire sauce*
2 lb	*spinach*
¼ lb	*bacon*
1–2	*hard boiled eggs*
	water chestnuts
	sunflower seeds
	mushrooms
	bean sprouts

PROCEDURE

(1) Heat in a sauce pan the vinegar, egg, sugar and salt, until just boiling and slightly thick. Then add the chopped onion, mustard and Worcestershire sauce.

(2) Transfer to a bowl and refrigerate.

(3) When ready to serve toss the remaining ingredients with the dressing

NOTES

You can toss the salad without the dressing and keep it in the refrigerator until you are ready to serve it. Don't add the dressing until you serve the salad or the spinach will wilt.

RATING

Difficulty: easy. *Time:* 20 minutes preparation. *Precision:* measure the dressing ingredients.

CONTRIBUTOR

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CREAM OF SPINACH

SPINACH-SOUP – Easy cream of spinach soup

INGREDIENTS (Serves 4-6)

1 bunch	*fresh spinach*
¼ cup	*medium onion,* minced (about ½ medium onion)
¼ cup	*celery* (chopped, including leaves)
1 Tbsp	*butter*
2 Tbsp	*flour*
3 cups	*chicken broth*
½ cup	*cream*
¼ cup	*medium sherry*
¼ tsp	*nutmeg*
to taste	*salt, white pepper*

PROCEDURE

(1) Wash spinach carefully, and discard any thick stalks.

(2) Melt butter over medium heat.

(3) Add onion and celery and sauté until onion is translucent (about 3 minutes.)

(4) Stir in flour, add salt and pepper, and cook for 2 minutes.

(5) Add chicken stock, stirring well. Heat until it starts to boil, stirring frequently.

(6) Add spinach and simmer for 15 minutes. Remove from heat and allow to cool for 15 minutes.

(7) Using a food processor with steel blades, or a blender, purée the mixture in batches until it is smooth with dark green flecks.

(8) Return to a medium heat, taste and correct seasoning.

(9) Stir in cream, sherry, and nutmeg. Do not allow to boil. Serve immediately.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 30 minutes simmering, 15 minutes cooling. *Precision:* approximate measurement OK.

CONTRIBUTOR

Rod Williams
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POTATO AND SPINACH SOUP

SPUD-SPIN-SOUP – A rich cream-style potato and spinach soup for a cold winter day

This recipe is one that the U.S. Department of Agriculture used to distribute to potato growers in the 1930's. It is rich and thick, almost a meal in itself, and is very easy to make.

INGREDIENTS (serves 4)

½ cup	*chopped fresh onion*
2 Tbsp	*butter*
2 cups	*water*
1 tsp	*salt*
2 cups	*potatoes* (about 1 pound of raw potatoes)
2 cups	*cooked chopped spinach* (Fresh or frozen)
13 oz	*evaporated milk* (one standard can)
1 tsp	*Worcestershire sauce*
1/2 lb	*grated cheese* (cheddar and Swiss work best, but any kind will do)

PROCEDURE

(1) In a 3-quart saucepan, sauté the onion in the butter until the onion is translucent (about 3 minutes).

(2) Add water, potatoes, spinach, and salt. Cook until potatoes are tender (about 20 minutes). Longer cooking does not hurt, but turn down the heat to a simmer.

(3) Add milk and Worcestershire sauce. Reheat to near boiling, but do not boil.

(4) Stir in grated cheese. Serve immediately.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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BUTTERNUT SQUASH SOUP

SQUASH-SOUP – Makes a meal with cheese, bread, and red wine.

Here is a rich soup which is easy to make and popular with guests. I like this best with cheese, bread and red wine as a winter meal, but you can serve it as a first course. The original recipe came from *Food & Wine* magazine a couple of years ago.

INGREDIENTS (Serves 6)

2 Tbsp	*unsalted butter*
1	*small onion,* chopped
1 tsp	*rosemary*
1	*small butternut squash,* peeled and cut into chunks
6 cups	*chicken stock*
1 cup	*heavy cream*
1 tsp	*salt*
½ tsp	*freshly ground white pepper*
	hot pepper sauce
½ cup	*chopped walnuts,* toasted

PROCEDURE

(1) Melt the butter over moderate heat in a large heavy saucepan. Add the onion and rosemary. Cook for about 5 minutes until the onion is soft.

(2) Add the squash, chicken stock, cream, salt, pepper and hot pepper sauce. Reduce the heat and cover. Simmer, stirring occasionally, for about 2 hours until the squash is very soft.

(3) Use a food processor or blender to puree the hot soup. Add additional stock if the soup is too thick.

(4) Toast and chop the walnuts. Ladle the soup into bowls and garnish with the walnuts.

NOTES

As a variation, you may chop some or all of the walnuts in the food processor or blender while the soup is pureed. This will give the soup a slightly different taste and texture.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 2 hours cooking. *Precision:* measure the hot pepper sauce.

CONTRIBUTOR

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STOLLEN

STOLLEN – Traditional German Christmas bread

Germans traditionally eat Stollen around Christmastime. This recipe comes from someone I went to school with. She, and her parents, who are from southern Germany, recommended it as quite an authentic recipe. It is indeed a very tasty and rich bread.

INGREDIENTS (Makes 1 large or 2 small loaves)

¼ oz	*active dried yeast* (1 package)
¾ cup	*warm water*
½ cup	*granulated sugar*
3	*large eggs*
1	*egg yolk*
½ cup	*soft butter*
3 ½ cups	*flour*
1 cup	*chopped blanched almonds*
½ cup	*citronat (candied lemon peel),* cut into small pieces
½ cup	*orangenat (candied orange peel),* cut into small pieces
½ cup	*raisins*
1 Tbsp	*grated lemon peel*

PROCEDURE

(1) Dissolve the yeast in the water and proof it.

(2) Add the sugar, eggs, egg yolk, butter and half of the flour. Beat for 10 minutes.

(3) Blend in the remaining flour, nuts, fruits, and peel.

(4) Let rise about 1½ hours, until doubled.

(5) Punch down, cover, and refrigerate overnight.

(6) Knead the dough.

(7) Roll into one or two rectangles, butter it, and fold over the edges to make a rolled loaf.

(8) Place on a greased cookie sheet with the folded edges down. Spread with a combination of 1 egg white and 1 Tbsp water. Let rise until doubled in size (45 to 60 minutes).

(9) Bake 30–35 minutes at until golden brown.

NOTES

My loaves of stollen come out somewhat wide and short. Some traditionalists make them long and narrow. You can also make them in normal bread pans instead of on cookies sheets, in which case you should increase the baking time somewhat.

RATING

Difficulty: moderate. *Time:* hand-on time: 30 minutes; rising times: 1 ½ hours + overnight + 1 hour; baking time: 30-35 minutes. *Precision:* measure the ingredients, though you can experiment with the fruits and nuts.

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DOUBLE STOUT

STOUT-DOUBLE – Double stout beer

I would not recommend making this as your first beer, but if you are into brewing, and like a *strong* stout, then give this one a try. Don't be in a hurry to drink it, though, it really benefits from a long aging. I got the original recipe from Peter Lester in rec.food.drink, and formatted it for my local brewfriends. Then I thought that the net at large might enjoy it, too, so here it is with some additional notes from my experience at making it.

INGREDIENTS (Makes about 2 cases)

3 U.S. gallons	*water*
2½ oz	*Bullion hops*
10 lbs	*dark malt extract*
1 lb	*black patent malt*
2 lbs	*crystal malt*
½ lb	*flaked barley*
¼ lb	*roasted barley*
½	*licorice stick* (see note below)
1 tsp	*ascorbic acid*
½ tsp	*citric acid*
1 tsp	*Irish moss*
1½ oz	*Golding hops*
2 tsp	*yeast nutrient*
¾ oz	*ale yeast* (three standard packages)

PROCEDURE

(1) Combine water and Bullion hops. Boil for 20 minutes.

(2) Add dark malt extract. Boil for 20 minutes.

(3) Add black patent malt through Irish moss. Boil for 5 minutes.

(4) Remove from heat and add Golding hops. Steep for 5 minutes.

(5) Cool and add yeast nutrient and ale yeast.

(6) When fermentation has "stopped", add priming sugar and bottle.

NOTES

Lester's initial specific gravity was 1.086 and his final specific gravity was 1.020 (alcohol about 8%). His fermentation time was 11 days (a slow batch).

My batch fermented in about a week (house temperature ranging between 60 and 68). It was barely drinkable after 6 weeks, but delicious after 3 months. As far as I can tell, it's still getting better (a year later), so try not to drink it all up right away.

Ingredient note: I didn't know what a "licorice stick" was, until I asked the clerk at my brewstore. The one he gave me was about 1/3 inch in diameter and 3 inches long. It was dark black, and not sweet to the taste at all. It seems to be a standard brewing ingredient. Sorry I can't be more specific about it.

RATING

Difficulty: For experienced beer brewers only. *Time:* 1 hour preparation, 2 weeks fermenting, 6 months aging. *Precision:* measure the ingredients.

CONTRIBUTOR

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STRAWBERRY-RHUBARB PIE

STRAW-RHU-PIE – A sweet and tart dessert

This recipe came from the *Los Angeles Times* about 15 years ago.

INGREDIENTS (serves 8)

PIE CRUST

2¼ cups	*flour*
¾ cup	*shortening*
5 Tbsp	*cold water or milk* (milk preferred)

PIE FILLING

1 cup	*sugar*
6 Tbsp	*tapioca* (tapioca starch preferred, but quick-cooking tapioca is ok too)
1 lb	*rhubarb,* cut into ½-inch pieces
4–6 cups	*strawberries*

PROCEDURE

(1) Cut the stawberries in half. Place in a bowl with the rhubarb and add the sugar and tapioca. Mix and let sit for at least 15 minutes.

(2) Make the pie crust: Cut the shortening and flour together. This can be done with two knives, with a pastry cutter, or with some electric mixers. (I do mine in a Kitchenaid food processor/mixer.) When the mixture has an even consistency (it should resemble coarse sand), add in the milk (or water). Take about 5/8ths of the dough and roll out on a floured board until it is a little bit larger than a 10-inch pie pan. Put this in the pie pan. (The rest of the dough is for the top of the pie.)

(3) Pour the strawberries and rhubarb mixture into the pie crust.

(4) Roll out the remainder of the pie crust. Place on top of the pie, crimping the edges of the top and bottom crusts together. Make one or two slits in the top of the crust for steam to escape.

(5) Bake 45 to 50 minutes at or until syrup boils with heavy bubbles that do not burst.

NOTES

Strawberries and rhubarb are both seasonal fruits. Their season is late spring/early summer.

You can use ¾ cup sugar if you like it less sweet.

I recommend putting a piece of aluminum foil under the pie as it is cooking, because it invariably leaks. This will save you from having to clean up the oven.

RATING

Difficulty: easy. *Time:* Preparation: 20–25 minutes; baking: 45–50 minutes; cooling: 30 minutes. *Precision:* Measure the crust ingredients!

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BEEF STROGANOFF

STROGANOFF-1 – Sumptuous beef Stroganoff

This easy recipe can be served either on steamed rice or on noodles.

INGREDIENTS (Serves 4)

1 ½ lbs	*round steak or other beef fillet*
8 oz	*canned sliced mushrooms*
12 oz	*sour cream*
4 oz	*white wine*
2 Tbsp	*chopped onion*
2 Tbsp	*Worcestershire sauce*
1 tsp	*nutmeg*
1 Tbsp	*chopped chives*
1 tsp	*minced garlic* (or more to taste)
	salt
	pepper
	pasta or steamed rice

PROCEDURE

(1) Cut meat into ½-inch thick by 2 inch long strips.

(2) Sauté the onions in butter until brown.

(3) Place meat in pan with onions. Sear quickly in frying pan along with onion. (This seals the juices inside.) Avoid overcooking the meat.

(4) Add mushrooms, and stir in the wine, chives, and garlic for about 5 minutes.

(5) Finally add sour cream, Worcestershire sauce, and chives, and simmer until it almost boils.

(6) Serve on noodles or steamed white rice.

NOTES

You may want to vary the thickness of the sauce. I do this by adding sour cream to thicken, or adding wine to lighten.

RATING

Difficulty: easy. *Time:* 30 to 45 minutes cooking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SUGAR COOKIES

SUG-COOKIES-1 – Delicate and buttery sugar cookies

INGREDIENTS (makes 10 dozen)

1 cup	*butter,* softened
1 cup	*salad oil*
1 cup	*powdered sugar,* sifted if it is lumpy
1 cup	*sugar*
2	*eggs*
1 tsp	*vanilla*
4 cups	*flour*
1 tsp	*baking soda*
2 tsp	*cream of tartar*
½ tsp	*salt*
	extra sugar (for dipping)

PROCEDURE

(1) Cream the butter and sugars, then add oil and mix well.

(2) Add the eggs and vanilla and mix well.

(3) Sift the flour, baking soda, cream of tartar and salt together, then add to above and mix well.

(4) Refrigerate overnight, or until dough is firm. If you want to speed this up, put the dough in the freezer, but keep an eye on it.

(5) Preheat oven to

(6) Drop dough in ½tsp amounts on an ungreased cookie sheet. Dip a glass in dough and wipe excess off. Then dip the glass in sugar and flatten a cookie. Repeat the dip-in-sugar flatten-cookie sequence until all are done. The cookies won't spread in baking, so you can easily judge how far apart to put them (you want room to cook, but not to grow). If you find that the dough is getting too soft to flatten easily, put it in the refrigerator between batches.

(7) Bake for about 5−6 minutes, until the edges are JUST beginning to turn golden brown. Take off the cookie sheet and put on waxed paper or foil to cool.

NOTES

You can add 2−3 Tbsp cocoa to about 1½ cups dough for chocolate cookies, or add cinnamon to the dipping sugar for spice cookies. I like the sugar cookies plain, so I've never actually tried this.

These cookies don't freeze well, because they pick up the flavors of the other things in the freezer. Make only as many as you can eat before they go stale.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 8 or more hours in refrigerator, 30 minutes final preparation and baking. *Precision:* Measure the ingredients.

CONTRIBUTOR

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SUKIYAKI

SUKIYAKI-1 – An oriental-style cook-at-the-table dinner

INGREDIENTS (Serves 4)

4 Tbsp	*oil*
4 cups	*celery or water chestnuts* sliced thin
2	*mild onions,* sliced thin
3 cups	*mushrooms,* sliced thin
1 cup	*bamboo shoots,* diced
2	*tomatoes,* peeled, sliced thin
1 cup	*beef broth*
½ cup	*soy sauce*
4 cups	*whole fresh spinach leaves*
1 lb	*sirloin steak,* sliced very thin

PROCEDURE

(1) Heat oil in skillet. Add all vegetables except spinach. Cook a few minutes, stirring occasionally.

(2) Pour broth and soy over vegetables. Stir. Add spinach and beef.

(3) Simmer 5 minutes. Serve hot over rice.

RATING

Difficulty: easy, but preparation tedious. *Time:* 45 minutes preparation, 10 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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KATE ASHCROFT'S SUMMER PUDDING

SUMMER-PUDDING – Uncooked fruit and bread pudding

Here is my friend Kate Ashcroft's Yorkshire version of the dessert known as ''summer pudding''.

INGREDIENTS (Serves 8)

6 cups	*bramble fruit* (see note)
1 lb	*whole wheat bread*
	raw sugar
	heavy cream

PROCEDURE

(1) In a two-quart pudding mold, crush but don't sieve the fruit. Sweeten to taste with raw sugar (not brown sugar).

(2) Tear into small pieces enough homemade whole-wheat bread, crust and all, to pack the mold till it's full.

(3) Refrigerate the pudding for something between 6 and 24 hours.

(4) Don't even dream of unmolding it, just spoon it out and serve it with heavy unsweetened cream.

NOTES

For ''bramble fruit'' use some berry that grows on a brambly vine. Raspberries, blackberries, presumably huckleberries and ollalie berries. Some currants are OK, some gooseberries are OK, even some blueberries are OK, but no strawberries, they don't fit the mood.

Day-old bread is better than dead fresh for this recipe, but not older than a day.

For contrast, here is the standard version: In a two-quart pudding mold, truck out one pint of Woolworth's raspberry jam with enough Golden Syrup to make a quart and a half of goo. Tear into small pieces enough stale crumb, not crust, of bakery white bread to pack the mold till it's full. Refrigerate the pudding for six weeks. Serve with Bird's Custard Sauce.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 6 hours cooling. *Precision:* no need to measure.

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SWEET POTATO PIE

SWEEPTO-PIE – A very simple holiday sweet potato pie

This is an extremely simple and extremely good pie recipe. You can even cheat and use store-bought pie crusts, in which case the whole thing takes about 5 minutes to put together.

INGREDIENTS (Serves 3–8)

1½ lb	*sweet potatoes*
1 cup	*granulated sugar*
12 Tbsp	*unsalted butter* (or use corn-oil margarine)
2	*eggs*
1 tsp	*vanilla*
½ tsp	*nutmeg*
1	*pie crust,* unbaked

PROCEDURE

(1) Boil potatoes until tender (20–30 minutes). Drain and peel.

(2) In a blender, put the potatoes, sugar and butter. Mix up a little, then add eggs, vanilla and nutmeg.

(3) Blend ingredients together well, until mixture is very smooth.

(4) Pour into unbaked pie shell and bake at for 45–55 minutes until filling is set.

NOTES

If you don't want to make your own pie shell, I find that the Pet Ritz factory pie shells work well.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 1 hour baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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SWEET POTATOES

SWEET-POTATO – Mashed sweet potatoes with marshmallows

This recipe is traditional in my family for holiday dining. It comes from my great-grandmother.

INGREDIENTS (Serves 6–8)

2 ¼ lb	*sweet potatoes* (canned or precooked)
2 cups	*milk*
3 Tbsp	*brown sugar*
3 Tbsp	*melted butter*
½ tsp	*salt*
dash	*pepper*
dash	*cinnamon*
¼ cup	*raisins*
	marshmallows

PROCEDURE

(1) Mash sweet potatoes by putting through a sieve or beating in an electric beater or using a potato masher or food mill.

(2) Add milk gradually (if you add it too fast it splashes and is hard to mix in).

(3) Mix in remaining ingredients.

(4) Put in buttered casserole.

(5) Heat through (bake in slow oven for 20–30 minutes, or in microwave).

(6) Cover top with marshmallows.

(7) Return to oven until marshmallows are slightly melted and a bit brown (if the oven is too hot, the marshmallows will disappear!) This step cannot be done in the microwave.

RATING

Difficulty: easy with an electric mixer. *Time:* 15 minutes preparation, 30 minutes baking. *Precision:* approximate measurement OK.

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RED PEPPER SWORDFISH

SWORDFISH-1 – Swordfish steaks cooked with sweet red peppers

This recipe was handed out to people buying swordfish at my local fish monger; I tried it and it was delicious. It is also very quick and simple to make.

INGREDIENTS (Serves 6)

6	*swordfish steaks* (each about ½ lb and 1 inch thick.)
1 large	*sweet red pepper*
2	*lemons*
3 Tbsp	*fresh oregano*
1 cup	*olive oil*
1 tsp	*salt*
½ tsp	*fresh ground black pepper*
	dry white wine

PROCEDURE

(1) Remove seeds and ribs from pepper and cut into ¼ inch cubes. Put in a bowl and mix well with the juice of the two lemons, the olive oil, salt, pepper, and the oregano.

(2) Heat broiler and pour wine to a depth of 1/8 inch in a broiler pan. Lay swordfish steaks in wine and broil for 3 minutes.

(3) Pour the seasoned lemon, oil and oregano mixture over the fish and cook for 3 to 4 minutes more (until fish is cooked through and lightly browned.)

(4) Immediately transfer fish to a warmed serving dish.

(5) You may need to reduce the sauce slightly by boiling vigorously and stirring for 2 minutes more.

(6) Pour sauce over fish and serve.

NOTES

I served fresh asparagus with this, but any light vegetable would be fine. Boiled new potatoes would be nice, too.

RATING

Difficulty: easy. *Time:* 20 minutes. *Precision:* no need to measure.

CONTRIBUTOR

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TAGLIATELLE

TAGLIATELLE – Tagliatelle with bacon and cream

A quick yet rich recipe, originally published in the recipe column in BBC *Radio Times* magazine.

INGREDIENTS (serves 3)

15 oz	*tagliatelle*
3 oz	*butter*
2	*egg yolks*
2 Tbsp	*grated parmesan*
6 Tbsp	*double cream*
4 oz	*bacon* (chopped)
	salt and freshly-milled pepper

PROCEDURE

(1) Bring a large saucepan of water to the boil, add some salt and a few drops of oil and cook the tagliatelle for 8 minutes.

(2) Meanwhile, melt 1 oz of butter in a small pan and cook the chopped bacon for 3–4 minutes.

(3) Beat the egg yolks together with the remainder of the butter, the parmesan cheese, the cream, and some freshly-milled black pepper.

(4) Drain the tagliatelle and put it back in the pan quickly so as not to lose heat.

(5) Add the bacon and its juices to the pasta, pour in the egg and cream mixture, and toss well. (If you've done this quickly enough, the heat from the pasta will cook the egg yolks to a creamy sauce).

(6) Season with salt and pepper if desired, then serve with more parmesan.

NOTES

Serve accompanied with green vegetables such as courgettes (zucchini) or leeks, or with a green salad.

For aesthetic reasons, green tagliatelle looks best when served.

‘‘Double cream’’ is a product not normally available in North America. It has 40% butterfat; ‘‘whipping cream’’ has 30% butterfat. If you make this recipe with whipping cream instead of double cream, then use 1 Tbsp more butter.

RATING

Difficulty: moderate (timing is critical). *Time:* 15 minutes. *Precision:* measure carefully.

CONTRIBUTOR

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TARAMOSALATA

TARAMOSALATA-1 – Greek smoked fish-roe pate

This is a particular family favorite at my parents' house. The word *Taramosalata* means ''fish egg salad'' in Greek.

INGREDIENTS (serves 6)

½ cup	*smoked cod roe*
1 cup	*olive oil*
1	*garlic clove*
2 Tbsp	*lemon juice*
2 Tbsp	*chopped parsley*
1 Tbsp	*finely chopped onion* (or more to taste)
	freshly milled black pepper

PROCEDURE

(1) Cover cod roes for a few minutes in boiling water to loosen skins, then peel them.

(2) Crush garlic and rub around a mixing basin (bowl). Discard garlic.

(3) Dice roe, add 2 Tbsp oil, and stand for 15 minutes to soften.

(4) Pass roe through sieve into garlic-rubbed basin and beat until smooth.

(5) Add half the lemon juice, gradually beat in the rest of the oil, adding the remainder of the lemon juice at the half-way stage.

(6) Stir in the chopped onion, parsley and black pepper to taste.

(7) Chill and serve.

NOTES

This recipe can be made with any kind of fish roe. Greeks sometimes add ½ cup of cooked potatoes.

The only tricky bit comes in adding the oil: you should do it a little at a time like preparing mayonnaise, and be careful not to let the oil separate. If it does begin to separate, add another dash of lemon juice.

Taramosalata will keep for about a week under refrigeration.

RATING

Difficulty: moderate. *Time:* 40 minutes off and on. *Precision:* approximate measurement OK.

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FRIJOLES EN OLLA

TEXMEX-BEANS – Tex-Mex style pinto beans.

This is known in Mexico as “frijoles en olla”—beans in the pot. This is the basis for refried beans (*frijoles refrito*), but we also like it as well as a side dish.

INGREDIENTS (Serves 4–6)

1 lb	*dried pinto beans*
1	*large onion,* quartered
3–4	*bacon slices*
1 Tbsp	*salt*

PROCEDURE

(1) Pick through the dried pinto beans to remove small rocks (processors never seem to get rid of all of them).

(2) Rinse beans well several times until water runs clear and all grit is removed.

(3) Place beans in a large pot with enough water to reach 2/3’s of the way up the pot. Bring water to a boil and add 1 large quartered onion and 3-4 slices of bacon. During the cooking process, the onion will become mush. This and the bacon add real flavor to the beans.

(4) Cook over low heat for 3–4 hours until the beans are very soft and tender. Beans should just bubble, not boil, during the cooking process.

(5) During the first 90 minutes, stir and check frequently. The beans absorb a large amount of water and you will have to add some periodically to prevent burning.

(6) Add salt during the last 30 minutes. Finished beans should have the consistency of bean soup—which I guess this is.

RATING

Difficulty: easy. *Time:* 4 hours. *Precision:* no need to measure.

CONTRIBUTOR

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CHALUPAS

TEXMEX-CHALUPA – Tex-Mex style tostada

You will need to first make a batch of frijoles refritos. This dish is more properly known in Mexico as *tostadas*.

INGREDIENTS (Makes 12 chalupas)

	vegetable oil
12	*corn tortillas* (the thinner the better)
5–6 cups	*frijoles refritos*
½ lb	*sharp cheddar cheese,* grated
1	*large tomato,* chopped
3 cups	*shredded lettuce*

PROCEDURE

(1) In a small skillet, heat about ½ inch of vegetable oil. Test the oil for proper temperature by putting in a small piece of tortilla. When the oil reaches the temperature where it immediately begins to bubble frantically over the tortilla as soon as it is put in the oil and the tortilla piece becomes crisp quite quickly, you are ready to cook the chalupa shells. This is important because there is nothing worse than a soggy chalupa shell which results from the oil not being hot enough.

(2) Fry tortillas completely flat on both sides until very crisp. Drain and keep warm on a newspaper-covered cookie sheet in a warm oven.

(3) Spread about a ¼-inch-thick layer of refried beans on each fried tortilla. Top with a generous amount of grated sharp Cheddar cheese and 1 Tbsp chopped onion.

(4) Place assembled chalupas on a cookie sheet and brown under broiler until cheese melts. Watch them carefully under the broiler—they can burn quite quickly.

(5) Top with shredded lettuce and tomato, and serve.

RATING

Difficulty: easy to moderate. *Time:* 15 minutes, plus preparation time of *frijoles refritos*. *Precision:* no need to measure.

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TEX-MEX STYLE ENCHILADAS

TEXMEX-ENCHIL – Central Texas style Mexican enchiladas

We cook beef enchiladas in two ways—the traditional rolled enchilada and the easier-to-cook New Mexico stacked style. Both procedures are given. Also, we used to cook the enchilada sauce/chili from scratch but more recently began using a shortcut with canned Old El Paso brand enchilada sauce, since it is not only faster (20 minutes vs. 4+ hours) but also has a very authentic spice combination.

INGREDIENTS (Serves 6–8)

2 lb	*extra lean ground beef* (as little fat as possible)
2	*medium onions,* chopped
4 Tbsp	*flour*
2½ cups	*enchilada sauce* (2 standard cans)
1 lb	*sharp cheddar cheese,* grated

PROCEDURE (SAUCE AND FILLING)

(1) Brown ground beef and 1 chopped onion in a large skillet. There should be enough fat in the beef to eliminate any need for extra oil and also to sauté the onions at the same time. While you are browning the beef (it should be completely cooked with no pink or red color left), be sure to break it up so that it is granular in texture, as opposed to chunky, when completely browned. Onions should be limp and translucent but not brown.

(2) Add about 4 Tbsp of flour and sauté until flour is completely incorporated into the meat mixture.

(3) Add the enchilada sauce. Heat over low heat. If the mixture is too thick, add a little water. The consistency should be that of a thick gravy, but not soupy. Simmer over low heat for 20–30 minutes.

PROCEDURE (ROLLED ENCHILADAS)

(1) Rolled enchiladas are tougher to assemble, but more authentic. Have ready a large baking pan—we always use an oblong Pyrex pan.

(2) One at a time, dip each tortilla in the enchilada sauce just enough to coat and slightly soften.

(3) Lay the tortilla flat in the baking pan, spoon about 3 Tbsp of the enchilada sauce in a line down the middle, top with about 1 tsp chopped onion and about 3 Tbsp of grated cheese.

(4) Roll the tortilla tightly into a cylinder *with the seam on the bottom*, and position against the bottom edge of the baking pan. Repeat until the pan is full. This can get tricky (but it is possible) as the pan gets full. Assembling the enchilada outside of the pan is usually a messy disaster. Depending on the size of the pan and how tightly each enchilada is rolled, you can get 8−12 enchiladas in a pan. This recipe should make about 16−24 enchiladas.

(5) Spoon enchilada sauce over the assembled enchiladas to thinly cover. Sprinkle generously with grated cheese. Bake at for 20 minutes.

PROCEDURE (STACKED ENCHILADAS)

(1) This is the New Mexico style. It is much easier to assemble. Have plates ready. One at a time, submerge each tortilla in the enchilada sauce (which should be cooking on low heat during this process) and cook until limp but not falling apart—this may take a little practice to gauge the time.

(2) Remove the tortilla from the sauce and place flat on a plate. Spoon a little sauce, including meat, over the tortilla, add 1 Tbsp chopped onion and about 4 Tbsp grated cheese.

(3) Repeat the process untill you have a stack of 3−4 tortillas on a plate, depending on the appetite of the person who will eat them. Top the last tortilla with a generous amount of sauce and cheese. Serve immediately.

NOTES

The fundamental difference between these two styles is the method used to cook the tortillas. In the rolled style, the sauce is cooked into the tortilla through the baking process. In the stacked style, the tortilla is cooked directly in the sauce. Only the appearance differs—the taste is the same with either style.

I always use Old El Paso canned enchilada sauce, though it is possible to make your own.

RATING

Difficulty: moderate. *Time:* 1 hour. *Precision:* approximate measurement OK.

CONTRIBUTOR

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FRIJOLES REFRITOS

TEXMEX-REFRIED – Tex-Mex style refried beans.

You will first need to make a batch of frijoles en olla for this recipe.

INGREDIENTS (serves 4–6)

3–4 cups	*drained cooked pinto beans*
	Broth from cooked pinto beans
2 Tbsp	*vegetable oil*

PROCEDURE

(1) Heat oil in a medium skillet.

(2) Add drained cooked pinto beans to the skillet and mash up into a paste. (I use an old hand potato masher but a perforated metal cooking spoon also works well).

(3) Sauté the beans over medium heat for about 5 minutes, stirring frequently to prevent burning and adding a little bean broth as necessary for proper consistency. The finished beans should be like thick library paste in texture.

RATING

Difficulty: easy. *Time:* 10 minutes, plus cooking time of *frijoles en olla*. *Precision:* no need to measure.

CONTRIBUTOR

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TEX-MEX STYLE TACOS

TEXMEX-TACOS – San Antonio, Texas style tacos

My dad is from east Texas and my mom from southern Oklahoma, but they developed their definition of Tex-Mex from several years in San Antonio. Since they now live in D.C., they feel extremely deprived—none of the chain restaurants come anywhere near the taste they developed in San Antonio.

Tex-Mex cooking is based on peasant-style dishes from the areas of Mexico bordering Texas. The primary ingredients of Tex-Mex cooking are corn tortillas (the thinner the better), ground beef, pinto beans, and hot chile powder, sharp Cheddar cheese, and onions.

INGREDIENTS (1 dozen tacos)

2 lb	*extra lean ground beef*
1	*medium onion,* chopped fine.
½ tsp	*salt*
4 Tbsp	*chile powder* (or more to taste)
	vegetable oil
12	*corn tortillas* (the thinner the better)
½ lb	*sharp Cheddar cheese,* grated
1	*large tomato,* chopped.
3 cups	*shredded lettuce*

PROCEDURE

(1) Brown the ground beef and chopped onion in a large skillet. There should be enough fat in the beef to eliminate any need for extra oil and also to sauté the onions at the same time. While you are browning the beef (it should be completely cooked with no pink or red color left), be sure to break it up so that it is granular in texture, as opposed to chunky, when completely browned. Onions should be limp and translucent but not brown.

(2) Drain off as much fat as possible. Add salt and chile powder and continue to sauté until the chile is completely incorporated into the meat mixture. Cover skillet and leave on extremely low heat—just enough to keep the meat hot.

(3) Put about ½ inch of vegetable oil in a small skillet, and heat it. Test the oil for proper temperature by putting in a small piece of tortilla. When the oil reaches the temperature where it immediately begins to bubble frantically over the tortilla as soon as it is put in the oil and the tortilla piece becomes crisp quite quickly, you are ready to cook the taco shells. This is important because there is nothing worse than a soggy taco shell (which results from the oil not being hot enough).

(4) Using tongs, put the tortillas in the oil, one at a time, and cook for 30–60 seconds until the underside just starts to become crisp. With the tongs, turn the tortilla over and, using a spatula, bend in half to form the shell. Cook each side of the bent tortilla until crisp, about 30–45 seconds per side. Remove the shell from the oil and drain on a newspaper-covered cookie sheet. The cooked shells can be kept warm in the oven at very low heat.

(5) To assemble, fill each shell about 2/3's full of the meat and top with cheese, tomato and lettuce. We like to add extra zap with a shot of Tabasco sauce.

NOTES

Don't try to use instant onion in this recipe. In San Antonio, people consider that the best chile powder is *Gebhardt's* or *Eagle Brand*.

RATING

Difficulty: easy. *Time:* 20 minutes. *Precision:* measure the spices.

CONTRIBUTOR

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TOFU BALLS

TOFU-BALLS – Vegetable and tofu

This recipe comes from the *New Recipes from Moosewood Restaurant* cookbook. They said that these vegetarian balls are ‘‘one of our most popular standard lunch items’’. I was skeptical, so I gave it a try and indeed, they are quite tasty.

INGREDIENTS (3 dozen)

3 Tbsp	*vegetable oil*
4	*cloves garlic,* crushed
1	*large onion,* finely chopped
1	*large carrot,* grated
1	*green pepper,* finely chopped
1½ tsp	*dried basil*
1 tsp	*ground fennel*
¾ tsp	*dried oregano*
2	*large eggs*
1 cup	*bread crumbs*
¾ cup	*walnuts,* very finely chopped
¼ cup	*fresh parsley*
2 Tbsp	*Dijon mustard*
1½ Tbsp	*sesame oil*
1 Tbsp	*tamari soy sauce*
3	*firm tofu cakes*
	black pepper

PROCEDURE

(1) Preheat oven to

(2) Sauteathe garlic, onion, carrot, pepper, basil, fennel and oregano in the oil for 10 minutes or until tender.

(3) In a large bowl, beat the eggs, then add all other ingredients except the tofu.

(4) Mash the tofu and add it to the other ingredients. Mix well.

(5) Form the mixture into 1½-inch balls. Spread on a greased baking sheet.

(6) Bake for 20–30 minutes at or until golden brown.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 30 minutes baking. *Precision:* approximate measurement OK.

CONTRIBUTOR

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TOFU TO NIKU DONBURI

TOFU-MEAT – A Japanese tofu recipe with meat

This recipe is originally from "Japanese Country Cookbook" by Russ Rudzinski. This is our version of the recipe. The grated carrots give it a very nice flavor.

INGREDIENTS (serves 3–4)

6 oz	*tofu* (2 squares)
2	*carrots,* shredded
2	*green onions,* chopped fine
½ cup	*parsley,* chopped fine
4–8 oz	*shrimp, crab, or crab blend*
2 Tbsp	*oil* (for frying)
3 Tbsp	*soy sauce*
2 tsp	*sugar*
2	*eggs*

PROCEDURE

(1) Heat the oil and sauté all the vegetables until tender (3–4 minutes).

(2) Mash the tofu with a fork.

(3) Add the shrimp or crab, tofu, soy sauce, and sugar to vegetables. Mix well. Cook until everything is heated.

(4) Beat the eggs and pour over mixture in Step 3. Cook until eggs are done.

(5) Serve in a bowl over rice.

NOTES

This recipe can be made with beef, chicken, or pork instead of shrimp or crab.

RATING

Difficulty: easy. *Time:* 10 minutes. *Precision:* no need to measure.

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BEEFY TORTILLA CASSEROLE

TORTILLA-CASS – A simple Mexican-style casserole with beef and cheese

This a conglomeration of several of my favorite Mexican casserole recipes. I took what I liked best from each one and this is what it turned out to be. My family devoured it instantly and completely, and it has become one of our favorites.

INGREDIENTS (Serves 4–6)

1½ lbs	*ground beef*
1	*large onion,* chopped
3–4	*cloves garlic,* chopped
1	*green bell pepper* (capsicum), chopped
1 Tbsp	*chili powder*
1 tsp	*cumin*
3–6 sprigs	*cilantro*
1 cup	*chopped olives*
1 lb	*tomatoes*
1¼ cups	*enchilada sauce*
6–8	*corn tortillas*
½ lb	*cheddar cheese,* grated
½ lb	*Monterey jack cheese,* grated
1 cup	*crushed corn chips*

PROCEDURE

(1) Brown ground chuck; drain any excess fat.

(2) Add (chopped) onion, garlic, and bell pepper; cook until soft.

(3) Cut tomatoes into chunks and add to beef mixture (including liquid). Add enchilada sauce, chili powder, cumin, and cilantro. Add salt and pepper to taste.

(4) Bring to a boil; reduce heat and simmer uncovered for 20 minutes.

(5) Grease a 3-quart casserole. Steam (or fry) tortillas. Put approx. 1/3 of the meat mixture in the casserole dish followed by a layer of tortillas, cheese, and olives. Repeat twice. Sprinkle crushed corn chips around the edges and bake at for 20 minutes or until heated through. Cut into wedges.

NOTES

You can adjust the seasonings to suit your own tastes; I listed conservative amounts (for me, anyway!). You can also add salsa (homemade is best) to the casserole, if desired. Serve with fried rice (plain or flavored) and green salad.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 20 minutes cooking. *Precision:* approximate measurement OK.

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TORTILLA SOUP

TORTILLA-SOUP – A spicy soup with cheese, tomatoes, and corn

This is a recipe from Salmagundi, a San Francisco soup restaurant chain.

INGREDIENTS (Serves 12)

3 lbs	*chicken pieces*
16 cups	*water*
1 tsp	*celery seed*
1 tsp	*black peppercorns*
2	*garlic cloves,* peeled
1 lb	*canned whole peeled tomatoes* (do not drain—reserve the liquid)
1	*onion,* cut into ½-inch pieces.
1	*green pepper,* cut into ½-inch pieces.
3	*sprigs fresh cilantro*
½ tsp	*ground cumin*
¼ tsp	*cayenne or chili powder*
¼ tsp	*ground white pepper*
1	*clove garlic,* minced
10 oz	*frozen corn*
4	*green onions,* coarsely chopped
	salt
1 cup	*cooked rice* (cook 3 oz of raw rice to get that much cooked rice)
2 tsp	*minced parsley*
4 oz	*tortilla chips*
½ lb	*grated cheddar cheese*

PROCEDURE

(1) Combine chicken and water in stockpot. Add celery seed, peppercorns and garlic tied in cheesecloth. Cover, bring to a boil, reduce heat and simmer for about 45 minutes.

(2) Remove chicken from broth and let cool. Strain broth and return to pot.

(3) Add tomatoes, onion, green pepper, cilantro, cumin, cayenne, white pepper and garlic. Cover and simmer 30 minutes.

(4) Add corn and green onion. Simmer 10 minutes. While this is cooking, skin and bone the chicken pieces and cut the meat into bite-size pieces.

(5) Add salt to taste. Add the chicken, rice and parsley to the broth, and heat through.

(6) Garnish each bowl with a few crisp tortilla chips (homemade are best, or those made in a homemade style) and some grated cheddar cheese.

NOTES

I usually make this with leftover chicken. You don't actually need a whole chicken worth—even a small amount will do. In this case, I use a mixture of chicken broth and water (about 2/3 chicken broth) for the liquid.

RATING

Difficulty: easy. *Time:* 2 hours, most of it simmering. *Precision:* approximate measurement OK.

CONTRIBUTOR

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TORTILLA SOUP

TORTILLA-SOUP2 – A soup with crispy tortillas

This is my recipe for a soup that is very popular in Mexico. If you have ever wondered what to do with some leftover tortillas that are in your refrigerator, then read this recipe. If you haven't wondered, then do it with fresh tortillas.

INGREDIENTS (Serves 4)

12	*corn tortillas*
2 cups	*tomato sauce* (2 standard cans)
¼ cup	*chopped onion*
	chopped mozzarella cheese
	crushed pork rinds
	chopped avocado
	oil for frying

PROCEDURE

(1) Cut the tortillas into strips (about 1 inch wide).

(2) Fry the tortillas in the oil until golden brown and crispy. Dry them in a paper towel and add a little salt.

(3) To make the soup: In a medium kettle sauté the onions in a bit of oil until they become translucent. Mix 2 cups of water with the tomato sauce and bring to a boil. Set aside. Add salt and pepper to taste.

(4) To serve: pour the soup into 4 soup bowls. Put some tortilla strips in each bowl. Bring them to the table along with the cheese, pork rinds, and avocado. Each person adds the rest to his/her soup to their taste.

NOTES

You can add some tabasco sauce to the soup to make it hot or use any cheese that will melt when added to the soup.

Pork rinds are a typical Mexican snack that is sold in many supermarkets in bulk or in the snack area.

RATING

Difficulty: easy *Time:* 10 minutes *Precision:* no need to measure.

CONTRIBUTOR

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TRIFLE I

TRIFLE-1 – 1000 calorie-a-bite trifle

The title says it all. This recipe is my own invention.

INGREDIENTS (one trifle)

FRUIT

3	*pears*
8 oz	*raspberries* (tinned or fresh)
1	*passion fruit*
1 bottle	*dry sherry*

SPONGE CAKE

½ cup	*butter*
10 Tbsp	*castor sugar*
1¼ cups	*self-raising flour*
2	*eggs* (slightly whisked)

CUSTARD

2	*eggs*
pinch	*salt*
pinch	*nutmeg*
10 oz	*double cream* (or use whipping cream)

TOPPING

10 oz	*double cream*
	roast almonds

PROCEDURE

(1) Peel and slice pears, drain raspberries if tinned, and scoop out passion fruit. Place fruit in large trifle bowl and add an ample quantity of sherry. Leave for twenty-four hours to soak in the refrigerator.

(2) Preheat oven to Cream butter and sugar until light and fluffy. Add eggs and 2 Tbsp of flour and beat. Fold in rest of flour. Bake in 7-inch square tin for 25–30 mins until brown. Let cool. Slice into fingers and arrange on top of fruit. More sherry may be added at this point.

(3) Pour one large glass of sherry. Mix eggs and add all ingredients to small bowl. Place bowl in pan of simmering water. Stir continuously with wooden spoon, sipping sherry, until custard thickens. This takes about ten minutes. Pour custard on top of sponge. Chill in fridge.

(4) Whip cream until stiff and smooth over top of custard. Arrange almonds decoratively.

RATING

Difficulty: moderate *Time:* 1 hour preparation, 1 day waiting, 10 minutes cooking. *Precision:* no need to measure.

CONTRIBUTOR

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VEGETABLE-STUFFED TROUT

TROUT-1 – Stuffed trout cooked in a microwave oven

I prefer fish cooked in the microwave to ordinary baked fish, because it doesn't get dried out. The texture is similar to what you get when you cook fish wrapped in aluminum foil outdoors over a wood fire. It's also much less work!

INGREDIENTS (Serves 2)

2	*trout,* about ½ pound each
1 Tbsp	*margarine*
2 Tbsp	*lemon juice*
1	*green pepper*
½	*onion*
	assorted seasonings (salt, pepper, bay leaf, basil, dried parsley, etc.)

PROCEDURE

(1) Clean and scale the trout. Wash carefully. You can leave the heads on if you like.

(2) Cut up the green pepper and onion into bite-size chunks. If you're feeling experimental, try adding a bit of tomato (or whatever).

(3) Melt the margarine in a microwavable dish big enough to accommodate the fish. Stir in the lemon juice.

(4) Roll the fish around in the lemon-butter mixture, and sprinkle with seasonings to taste. Add the vegetables to the dish (don't put them in the trout yet).

(5) Cover loosely to prevent spatters (a paper plate or wax paper works fine) and microwave on high power for about 7 minutes, or until the fish is opaque and flaky and the vegetables are tender. Flip the fish over and stir the vegetables once or twice during this time. Scoop some of the vegetables and sauce into the body cavity before serving.

NOTES

This recipe is for a standard 600 to 700 watt microwave oven.

RATING

Difficulty: easy if you know how to clean a trout. *Time:* 5 minutes preparation, 10 minutes cooking. *Precision:* No need to measure.

CONTRIBUTOR

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CHOCOLATE TRUFFLES I

TRUFFLES-1 – French-style chocolate confectionery

For those of you who are crazy enough about chocolate to go to the extremes that I do, here is the recipe for the chocolate truffles that I make. The formula is taken from Paul Bocuse's *French Cooking*, but the directions are my own.

INGREDIENTS (5 pounds of truffles)

3 lb	*chocolate* (semi-sweet or semi-bittersweet)
4 cups	*very heavy cream*
½ lb	*sweet butter* (i.e. unsalted butter)
	cocoa powder

PROCEDURE

(1) Melt the chocolate in the top of a double boiler. Do not cook the chocolate. This should be done SLOWLY over minimum heat.

(2) Boil the cream. Once the chocolate is completely melted, and the cream just boiled, combine in the top of the double boiler.

(3) Take off the top pan from the water, and (off heat) mix until completely combined. Keep stirring until it is relatively cool. Allow to sit until it is cool enough to put into a refrigerator.

(4) Refrigerate *overnight* (NO SHORT CUTS HERE!!!).

(5) The next morning, melt this wonderful mixture again in a double boiler. When it is completely melted again, mix in the butter until it is completely absorbed. Whip, either with a hand whisk or a very slow electric gizmo, until the butter is completely absorbed and the mixture is cool again. This can take an hour or longer, depending upon the chocolate, etc. Let cool, and refrigerate overnight once more (this is not as critical as the first cooling; a few hours will be enough).

(6) Heat once again, and whip until cool. Refrigerate until it is thick enough to pipe through a pastry bag. Using a half-inch ozzle, make little balls on a big piece of parchment paper that has cocoa powder spread on it. Roll in the powder. Keep chilled until just before serving. Let them return to just above room temperature before eating.

NOTES

If you like Grand Marnier or Kahlua or rum or whatever in your chocolate, the last melting (step 6) is the time to add. I think it's a small but forgivable sin myself.

I recommend Guittard chocolate. You can buy their semisweet chips in 12 ounce bags. You can also buy it in 10 pound bars. You can also buy big bars of Guittards "French Vanilla Semi bittersweet" which is so good you might eat all of it before you cook with it. Guittard makes five types of bittersweet if you like you chocolate really bitter

Use genuine, real-live, honest "heavy cream" and not ultrapasteurized whipping cream. Try a wholesale dairy.

I only use Challenge sweet butter. Under no circumstances should you use anything but unsalted butter in this recipe. I use Hershey's Cocoa. Still the best for my taste.

RATING

Difficulty: quite difficult (melting the chocolate 3 times requires tremendous care). *Time:* 3 or 4 hours of preparation during a 3-day period. *Precision:* measure the ingredients.

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CHOCOLATE TRUFFLES II

TRUFFLES-2 – Classic chocolate confectionery

These are as good—or better—than anything you can buy in a store.

INGREDIENTS (makes 10 dozen)

2 lb	*dark coating chocolate*
6 oz	*unsweetened baking chocolate* (or more, to taste)
3 oz	*unsalted butter*
1¼ cup	*Cointreau*

PROCEDURE

(1) Chop the chocolate. Melt together with the butter over simmering water. Stir continuously with a rubber spatula. Don't let water get into the chocolate.

(2) Warm the Cointreau to the same temperature as the chocolate. Slowly blend the Cointreau into the chocolate (still over the water). Stir continuously. Do this slowly (as if you were making hollandaise). Using an electric mixer, beat the mixture until cool and somewhat thickened. (Takes about 5 minutes; you'll need a good mixer.)

(3) Line a large baking sheet (11×17 inches) with wax paper. Pour in the truffle mix. (This will fill the pan.) Chill in the refrigerator until solid (several hours).

(4) Use a pizza cutter to cut the stuff into strips (peel off the wax paper first), then into squares. Take each one, mash it in your palm, and roll in cocoa. Chill some more.

NOTES

I recommend Merckens Yucatan or Lindt Extra Bittersweet for the dark coating chocolate. In place of the Cointreau, try substituting other liqueurs (Chambord, Amaretto, Kahlua) and coatings (chopped roasted almonds, finely chopped candied orange peel, coffee beans run through a nutmeg grinder, etc.)

Truffles rolled in cocoa are "classic"—here are some rough and ready instructions for coating anything with chocolate, abstracted from *Making Chocolates* by Alec Leaver, published in 1975 by Weathervane Books by arrangement with Michael Joseph Ltd. (The book is out of print.)

Melt some chocolate over hot water, let it cool slowly until it just thickens (80–84°F). Now warm the chocolate gently and slowly until it thins slightly. The temperature should be above but below This maximum working temperature is absolutely crucial. The temperature of the room you work in should not exceed

Pre-bottom all centers—that is, smear a little couverature on what will be the bottom of the center with the back of a spoon and place it, bottom side up, on a plate. This lets you check that the couverature is properly tempered.

After the bases have set and hardened a little, stir the couverature thoroughly, trying not to get too many air-bubbles in. Drop a center into the couverature, bottom down and, with an ordinary fork, slightly warmed, push it down to submerge it fully. Immediately, pick it out with the fork, tap the fork on the side of the bowl in order to settle the chocolate, and wipe any excess from underneath the fork. Transfer the center to a sheet of wax paper. Stir the couverature after depositing each center to keep it well mixed.

The basis of the truffle centre is ganache paste, a mixture of melted chocolate and warm cream well blended and cooled until it hardens. Orange, honey, peppermint, rum or vanilla can be added to give flavor, but it is important that the final mixture should be hard enough to be moulded to shape and be capable of standing up to being coated with chocolate. The texture of ganache paste depends upon the kinds of cream and chocolate and the proportions in which they are used. Plain chocolate is harder than milk chocolate, so more cream can be added to it. Single cream is thinner than double so must be used in smaller quantities. Incorporating cream or other liquids fulfills two functions: it softens the chocolate and it gives flavor.

After the centre has been made and moulded to shape, it is coated with chocolate to seal it and help to keep it moist. It is then rolled in a final decorative coating, and this can cocoa sweetened with a little icing sugar, or chopped mixed nuts.

RATING

Difficulty: moderate for classic truffles, quite difficult for coated centers. *Time:* most of a day. *Precision:* measure carefully.

CONTRIBUTOR

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SIMPLE CHOCOLATE TRUFFLES

TRUFFLES-3 – Easy-to-make candies with chocolate and creamcheese

Here's a good recipe for lazy chocolate freaks. They're not as good as the ones you buy in good candy stores, but they're still yummy.

INGREDIENTS (makes 2 dozen)

4 cups	*powdered sugar*
8 oz	*cream cheese* (one large package or 3 small packages less a nibble)
1 tsp	*vanilla extract*
5 oz	*unsweetened chocolate*
	assorted toppings (cocoa, powdered sugar, crushed nuts, jimmies, etc.)

PROCEDURE

(1) Mix the powdered sugar into the softened cream cheese a little at a time, making sure it is well blended after every addition.

(2) Melt the chocolate in a double boiler and add it to the cream cheese mixture along with the vanilla. Mix well.

(3) Chill for a couple hours. Roll mix into one-inch balls, then roll them in a topping. Chill.

NOTES

If you're adventurous, try substituting the liqueur of your choice for the vanilla.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 2 hours chilling, 20 minutes rolling. *Precision:* measure the ingredients.

CONTRIBUTOR

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CHOCOLATE TRUFFLES IV

TRUFFLES-4 – Very simple chocolate truffles

I found this recipe in the flight magazine for a trip from London to Vienna. I think Vienna is probably the best place in the world for cakes and sweets. Whatever you do, never go to Vienna if you are on a diet. This is also the only recipe I have ever collected that is in cups rather than grams!

INGREDIENTS (Makes 25–30)

1 cup	*sugar*
¾ cup	*powdered chocolate*
½ cup	*whipping cream*
¼ cup	*unsalted butter*

PROCEDURE

(1) Put all ingredients in a solid sauce-pan, mix while bringing slowly to the boil.

(2) Boil gently.

(3) After two minutes you will have a wonderful icing for cakes, and a sauce for ice cream.

(4) After six minutes (or a little longer if you want your truffles harder) take sauce-pan off heat and allow the mixture to cool slightly. At this point you can add dark rum or any other liqueur if you wish. Cool in the refrigerator for about one hour.

(5) Form into balls about the size of large marbles and roll them in powdered chocolate. Cool to room temperature, or chill.

RATING

Difficulty: easy. *Time:* 30 minutes preparation, 1 hour cooling, 1 hour forming balls. *Precision:* measure the ingredients.

CONTRIBUTOR

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MINDERBINDER

TRUFFLES-MILO – Chocolate covered cotton

This is a recipe I invented after I had cornered the cotton market and couldn't get rid of the stuff.

While good orlon can be substituted for the cotton, the resulting product won't have the same flavor or texture as the real thing. Your friends will be able to tell that you've been skimping. Egyptian cotton works best.

INGREDIENTS (About fifty servings)

50	*plain cotton balls*
OR	
3 by 6 feet	*cotton wool*
2 lb	*bittersweet chocolate* [optional]
½ cup	*any favorite liqueur*

PROCEDURE

(1) If starting from cotton wool, divide it into about 50 pieces, making sure they are well formed, round, and the rough edges have been worked back into the mass to make a smooth surface.

(2) Melt the chocolate in a double boiler being careful not to get any water in the chocolate.

(3) In batches of about ten put the balls of cotton on a fine rack or grate. Sprinkle with the liqueur if you're using it. [Be careful! Too much will overpower the other flavors.]

(4) Slowly pour enough chocolate over each ball of cotton to coat it thoroughly, letting excess drip off.

(5) Allow the chocolate coating to cool before taking the chocolate covered cotton from the rack.

NOTES

Keep stored in a closed container in a cool place away from light. Munitions boxes work well for this.

As a special cold-weather treat, use wool instead of cotton.

RATING

Difficulty: moderate. *Time:* 2 hours. *Precision:* no need to measure.

CONTRIBUTOR

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TUCSON TOSTADAS

TUCSON-TOSTADA – A toasted cheese tortilla snack popular in southern Arizona

I first discovered this recipe in 1978 when I went to Tucson to visit my prospective in-laws. Such visits are often tense; Loretta's parents knew that I liked Mexican food, so they took me to their favorite restaurant, *Casa Molina*. The appetizer, a toasted cheese tostada, was so good that I forgot my nervousness and just chowed down on serving after serving. I think that her parents remembered from that visit more about my appetite than my personality.

I tried several times to make Tucson tostadas, but they always ended up tasting like pizza. Then a recipe appeared in the April 1986 issue of *Sunset* magazine, and after reading it, I was able to reconstruct this replica of the *Tostada Casa Molina*. The secret is to use Mexican cheeses.

INGREDIENTS (Serves 6)

3	*medium flour tortillas* (buy the largest flour tortillas that will fit in your biggest frypan)
½ lb	*Oaxaca cheese,* shredded
½ lb	*Monterey jack cheese,* shredded
1/3 lb	*anejo cheese,* grated
½ lb	*poblano peppers,* sliced (or any other mild chili pepper)
¼ cup	*fresh coriander,* chopped fine
	lard or oil for frying

PROCEDURE

(1) Preheat oven to

(2) If you are using fresh poblanos, roast them and remove their skins and seeds, If you are using canned poblanos, wash and drain them. Slice the peppers into thin decorative slices.

(3) In a big frypan, fry a tortilla in lard or oil until it is golden brown. Remove to paper towels, drain well, then place on a baking sheet or pizza pan. Although lard is bad for you, the grim truth is that tortillas taste very much better when they have been fried in lard. Live dangerously.

(4) When the tortilla has cooled and hardened, cover it with a thin layer of Oaxaca cheese, then with the jack cheese. Crumble anejo on top of those layers, then sprinkle finely-chopped coriander on top of that.

(5) Arrange the pepper slices in a geometric pattern on top of the cheeses. Bake for 5 minutes, or until the cheese has melted but not browned. Remove from the oven, and use a pizza cutter to slice into individual portions. Serve immediately.

NOTES

Oaxaca (pronounced ''oh-HOCK-a'') cheese is a Mexican string cheese. You can substitute any Mexican cheese marked ''asadero'' (melting cheese). If you're desperate, you can use Armenian mozzarella, which has the right texture but the wrong flavor.

Monterey jack is a bland American cheddar; you can substitute good-quality Muenster.

Anejo cheese is somewhat like Parmesan, dry and crumbly. You can substitute Mexican cotija cheese, but that is probably pointless, because a store that carries cotija will probably also carry anejo. Fresh-ground parmesan will do in a pinch, though it is not the right flavor. In one of my many attempts to get this recipe right, I tried a mixture of Greek feta and cow's-milk romano cheese. It tasted very interesting, though not at all authentic.

RATING

Difficulty: easy once you have found the ingredients. *Time:* 10 minutes each. *Precision:* no need to measure.

CONTRIBUTOR

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TURKEY LEFTOVER SOUP

TURKEY-SOUP – A Hearty winter soup with turkey and wild rice

This is a traditional after-Thanksgiving soup, and a wonderful use of turkey leftovers. It is a hearty winter soup, suitable as a main course, especially when served with fresh bread or biscuits.

INGREDIENTS (Serves 8)

6 cups	*clear chicken broth*
¼ cup	*uncooked white rice*
¼ cup	*uncooked wild rice*
½ cup	*green onions,* chopped fine
½ cup	*butter*
¾ cup	*flour*
½ tsp	*salt*
¼ tsp	*pepper*
2 cups	*milk* (or a mixture of milk and cream)
1 ½ cups	*cooked turkey,* cubed (or use chicken)
8	*bacon slices,* cooked crisp and crumbled
3 Tbsp	*dry sherry* (optional)

PROCEDURE

(1) In a large sauce pan combine chicken broth, rice and onions. Bring to a boil, reduce heat and simmer 40 minutes.

(2) In a medium sauce pan or skillet melt butter. Stir in the flour, salt, and pepper, cook 1 minute stirring until smooth and bubbly.

(3) Slowly stir in the milk and cook until slightly thickened.

(4) Slowly stir the milk mixture into the rice mixture, add remaining ingredients and heat gently, do not boil.

RATING

Difficulty: Easy to moderate. *Time:* 1 hour. *Precision:* approximate measurement OK.

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STEAMED TURNIP CAKE

TURNIP-CAKES – An easy recipe for Cantonese salty turnip cakes

We usually make this cake in winter time. I got this recipe originally from a magazine in Hong Kong. It is a new and easy way to make this Cantonese specialty. I have tried this recipe on about ten Americans. They all like it.

INGREDIENTS ()

1 lb	*corn starch*
3 cups	*cold water*
6 lb	*turnips,* peeled and grated
10 oz	*Cantonese sausage* (about 8 sausages)
½ cup	*Chinese dried shrimps*
6 Tbsp	*cooking oil*
1 tsp	*soy sauce*
½ tsp	*sugar*
2 cups	*chicken broth* (or use water and bouillon cubes).
½ cup	*water*
1 Tbsp	*cooking wine*
1 Tbsp	*sugar*
1½ Tbsp	*salt*
1 tsp	*ground pepper*

PROCEDURE

(1) Soak dried shrimps in lukewarm water until softened, drain. Mix well the corn starch with 3 cups of cold water, by hand.

(2) Dice the sausages. Heat 2 Tbsp of oil in a pan and stir fry the sausages and dried shrimps for about 7 mins. Add the soy sauce, cooking wine, and ½ tsp sugar. Stir fry for 1 more minute, remove from heat, and set aside.

(3) In a large stock pot, heat up 4 Tbsp of oil, the chicken broth, ½ cup of water, 1 Tbsp sugar, salt, and ground pepper. Add the grated turnip and mix well. Cook, covered, over high heat for about 15 minutes.

(4) Grease four 9-inch round cake pans with some shortening.

(5) Add sausages to the cooked turnip mixture and mix well. Then add the cornstarch mixture and stir quickly over low heat until it looks transparent, about 7 mins.

(6) Place cake mixture in greased pans, and steam over high heat for 1 hour and 20 mins.

(7) Let the cakes cool completely before cutting. Cooled cakes can be easily taken out of pans upside down. Turnip cakes taste better when served warm and topped with soy sauce and a little bit of chili sauce. Or they can be cut up into thin slices and pan fried slightly with oil before serving.

NOTES

If you don't have a steamer, a 16 quart stock pot can be a very good steamer. Any casseroles that can fit in your steamer can be used instead of cake pans.

Cantonese sausages are usually made with pork cubes. They are made by dehydrating the sausages with cold air and are usually available in the winter time. The diameter is about the same as American breakfast sausages but is about 5 to 6 inches long. The sausages have to be cut into very fine cubes so that they mix well with the turnips. The cake tastes good partly because of the flavor of the sausages. I have never tried anything else. But I think bacon bits might be able to mix well with the turnip mixture. Of course, the cake will taste different with bacon bits.

RATING

Difficulty: moderate. *Time:* 1 hour preparation, 2 hours cooking and cooling. *Precision:* measure the ingredients.

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SWEET-POTATO TZIMMES

TZIMMES − Vegetable and fruit casserole for Passover

The original version of this recipe came from *the Jewish Holiday Cookbook*, by Gloria Kaufer Greene. It benefits from being made ahead and then heated for the Seder.

INGREDIENTS (serves 8)

4	*large sweet potatoes,* peeled and diced
1	*butternut squash,* peeled and diced
4	*tart apples,* peeled, cored, and diced
½ lb	*prunes,* pitted and halved
1/3 cup	*water*
1/3 cup	*sweet red Passover wine*
1/3 cup	*sugar*
1 tsp	*ground cinnamon*
½ tsp	*ground nutmeg*
½ tsp	*ground ginger*

PROCEDURE

(1) Combine all of the ingredients in a large bowl. Mix well to distribute the liquid evenly.

(2) Dump into a baking dish and seal the baking dish tightly with aluminum foil and a lid.

(3) Bake 1 hour at Cool.

(4) To serve, reheat, then empty into a serving dish. Don't serve it out of the pan you cooked it in (the movement into the serving dish squeezes juices out of the fruit).

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour cooking. *Precision:* no need to measure.

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RUBEN VILLAVICENCIO'S VEGETABLE PIE

VEGETABLE-PIE – A wonderful vegetable pie

This recipe is originally from the *Los Angeles Times*. It takes a lot of time to make, but it's quite good.

INGREDIENTS (serves 3–4)

3 cups	*packed, grated raw potato* (about 3 large potatoes)
1 tsp	*salt*
4	*eggs*
1¼ cups	*onion,* grated (or more to taste)
2 Tbsp	*oil*
1	*garlic clove,* crushed (or more to taste)
3 Tbsp	*butter*
1 bunch	*broccoli,* broken into small florets
½ tsp	*dried basil*
	thyme
2 cups	*cheddar cheese,* grated
1 cup	*milk*
	paprika

PROCEDURE

(1) Drain the potatoes and squeeze dry. Add ½ tsp salt, 1 egg, and ¼ cup (or more to taste) grated onion.

(2) Pat potato mixture into well-oiled 10-inch pie pan and bake at for 30 minutes. Brush potato crust with oil, reduce oven temperature to and bake for another 5–10 minutes, until crust is brown.

(3) While crust is baking, sauté 1 cup chopped onion and garlic in butter. If you like a lot of onion and garlic, use more. Add broccoli, ½ tsp salt, basil, a dash of thyme, and cook covered, stirring occasionally, for a few minutes.

(4) Spread half of cheese over baked crust. Top with sautéed vegetables and remaining cheese.

(5) Beat together remaining 3 eggs and milk, and pour over vegetable/cheese mixture. Sprinkle paprika on top.

(6) Bake at for 35 to 40 minutes until custard is set.

NOTES

This recipe can be made in two stages: you can make the crust in advance and then can make the vegetable topping and bake it later.

An electric grater is a real time-saver for the crust ingredients.

RATING

Difficulty: moderate. *Time:* 1½–2 hours. *Precision:* no need to measure.

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WINTER VEGETABLE SOUP

VEG-SOUP-1 – A rich vegetable soup for cold weather

I submitted this recipe to a local paper for a cooking contest a few winters back. The recipe won an honorable mention in the Staten Island Advance. I make it at least twice a winter. It is very rich, and something my family looks forward to.

INGREDIENTS (Serves 4)

1	*leek,* chopped
1	*large onion,* chopped
4	*carrots,* chopped
1 bunch	*watercress,* chopped
½ lb	*butter*
1	*large blanched tomato,* chopped
4	*celery stalks,* chopped
½ cup	*fresh mushrooms,* sliced
½ cup	*heavy cream*
	salt
	black pepper
	white pepper

PROCEDURE

(1) In a large saucepan, combine the butter, leeks, carrots, onions, celery, and spices. Cover with water and simmer until the vegetables are tender.

(2) When vegetables are tender, place ¾ of the contents of the saucepan into a blender and puree until creamy. Pour contents back into the saucepan.

(3) Add cream, chopped tomatoes, mushrooms, and watercress. Season to taste with salt, black pepper, and white pepper. Simmer for 10 more minutes. Serve with french crusty bread and enjoy!

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 45 minutes cooking. *Precision:* no need to measure.

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WINTER VEGETABLE BEEF SOUP

VEG-SOUP-2 – A thick and hearty vegetable beef soup

This soup is almost thick enough to be called a stew. It is great on a cold day or after skiing.

INGREDIENTS (20 cups)

1 lb	*beef soup bones* (As meaty as possible. Meaty neck or cross-cut shank bones are particularly good.)
12 cups	*water*
1	*onion* (medium to large, quartered. Don't try to use instant onion in this recipe)
2 lb	*peeled whole cooking tomatoes* (2 large cans)
¼ lb	*fresh green beans*
2	*small carrots*
½ lb	*unshelled green peas*
1 ear	*fresh corn*
3	*bay leaves*
4–5 Tbsp	*dried basil* (or ½ chopped fresh basil)
1–2 Tbsp	*dried oregano* (or 2–4 Tbsp chopped fresh oregano)
1 Tbsp	*dried thyme* (or 2 Tbsp chopped fresh thyme)
	salt and pepper

PROCEDURE

(1) In a large heavy pot, bring 12 cups of water to boil.

(2) Add beef bones, cover and bring back to full boil.

(3) Reduce heat to low simmer. Skim occasionally during first 30 minutes to remove scum. Cook for 3–4 hours until meat is tender and nearly falls off of bones.

(4) Remove bones from broth. Remove all meat and marrow from bones and return to the pot.

(5) Add tomatoes (including juice) onion, and herbs. Simmer for 20 minutes.

(6) Remove tomatoes, break up into quarters or smaller, and return to the pot. Continue to simmer during next step.

(7) Clean green beans and break into pieces. Clean carrots and slice into thin slices. Slice kernels from ear of corn. Shell peas. Add vegetables to pot. Simmer for 30 minutes.

(8) Add salt and pepper to taste, and serve.

NOTES

I prefer beef neck or shank bones over what markets call "soup bones" which are nearly devoid of meat. Individual-serving size cans of green beans, corn and green peas may be substituted if fresh vegetables are not available. These are the basic vegetables I use, but I have also added mustard greens, chinese cabbage, zucchini and yellow squash (add just 5 minutes before serving or they become mush) turnips and any other fall/winter vegetables that look good in the market. Serve with cornbread, sourdough or another strong flavored bread. This soup improves with age.

RATING

Difficulty: easy to moderate. *Time:* Several hours of intermittent attention. *Precision:* approximate measurement OK.

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WAFFLE CONE

WAFFLE-CONE – Waffle ice-cream cone, pizelles

This recipe comes from a recent issue of *Canadian Living* magazine. Waffle cones look like round waffles shaped into a cone, and have a wonderful taste. (I admit it—I'm hooked on them.) This recipe is actually for a type of cookie called the pizelle, but it tastes just like the waffle cones you can get at an ice-cream parlor.

INGREDIENTS (about 20 cones)

3	*eggs*
¾ cup	*granulated sugar*
½ cup	*butter,* melted
2 tsp	*vanilla*
1½ cups	*flour*
2 tsp	*baking powder*

PROCEDURE

(1) Beat the eggs and gradually beat in the sugar until the mixture is creamy.

(2) Stir in the melted butter and vanilla.

(3) Combine the flour and baking powder, and then add it to the mixture. Blend it in well.

(4) Drop about 4 tsp of the batter into a heated pizelle iron, and cook both sides over medium-high heat for about 1 minute each, or until golden brown.

(5) Remove the waffle from the pizelle iron and immediately shape it into a cone while it is still pliable.

NOTES

A pizelle iron looks like a round waffle iron. There are ''manual'' irons, and electric ones too. If you don't have a pizelle iron, another idea is to use an ordinary waffle iron and have ice-cream on top of the waffle. Not having either a waffle iron or a pizelle iron, we tried making these on an electric griddle, but since the batter is fairly thick it wouldn't spread into a large enough circle to make cones from.

When you form the cones, there will probably be a small hole in the bottom of them that ice-cream can drip out of. One idea for plugging this hole is to put miniature marshmallows in the bottoms of the cones.

RATING

Difficulty: easy to moderate. *Time:* 5 minutes preparation, 1–2 minutes (per cone) cooking. *Precision:* approximate measurement OK.

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WALNUT HORNS

WALNUT-HORNS – Rolled, walnut-filled cookies

This recipe has been in the family for a while. These cookies make great Christmas gifts.

INGREDIENTS (makes about 60 cookies)

2 cups	*flour*
1 cup	*butter*
8 oz	*sour cream*
1	*egg yolk*
1 cup	*brown sugar*
1 cup	*ground walnuts*
½ tsp	*cinnamon*
	butter

PROCEDURE

(1) Cream the flour and butter.

(2) Mix in the sour cream and the egg yolk.

(3) Divide the dough into four parts, wrap in plastic wrap, and chill for several hours.

(4) Mix together the brown sugar, walnuts, and cinnamon.

(5) Roll each dough section on a floured surface until about 1/8 inch thick.

(6) Spread about ¼ of the sugar/walnut/cinnamon mixture over each rolled dough section. Cut the dough into pie-shaped wedges and roll, beginning at the wide end.

(7) Place cookies on an ungreased cookie sheet. Brush with melted butter (2 Tbsp should be enough).

(8) Bake for about 20 minutes at If you remove the cookies from the oven before they turn brown, the dough will be softer and flakier. If you remove them after they have browned slighly, the dough will be crisper.

(9) Remove cookies from cookie sheet before they have cooled completely, or else they stick to the cookie sheet.

NOTES

During my childhood, these cookies tasted wonderful. However, now they strike me as a bit sweet. You could probably decrease the amount of brown sugar by ¼ to ½ and make up for the loss in volume by increasing the amount of nuts.

RATING

Difficulty: easy to moderate. *Time:* Initial preparation: 10 minutes; chilling: at least 2 hours; final preparation: 20 minutes; baking: 20 minutes. *Precision:* Measure the dough ingredients.

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WATERCRESS SOUP

WATERCRESSSOUP – Watercress soup, hot or cold

This thick, creamy soup is equally good whether served hot or cold. I have had watercress soup in restaurants, and my mother sometimes makes it, too, but this recipe is my own interpretation of the idea.

INGREDIENTS (Serves 4)

1 bunch	*watercress*
1/2	*onion* (medium sized, coarsely chopped.)
1	*potato* (medium sized, roughly diced.)
1/2 clove	*garlic* (chopped)
1/2 oz	*butter* (or your favourite oil or margarine)
3 cups	*water*
1 Tbsp	*heavy cream* (Whipping cream is roughly the same thing)
1 oz	*black caviar* (lump fish roe is fine.)
4	*water biscuits* (bite size)
pinch	*salt and pepper* (to taste)

PROCEDURE

(1) Gently fry onion and garlic in a small amount of butter until transparent.

(2) Season lightly with salt and pepper, and add water and potato and boil until soft.

(3) Pick over watercress and chop 4 or five sprigs and set them aside. Puré the onion mixture in a blender. Add most of watercress, blend, re-season to taste and return to heat.

(4) Bring mixture to boil and simmer for 2 or three minutes. Stir gently to prevent soup from sticking to bottom. Remove from heat.

This is the decision point. Either set aside to cool, then chill, or carry on to serve the soup hot.

(5) Stir in cream and chopped watercress. Heap a teaspoon of caviar on each of the water biscuits and float one on each bowl of soup immediately prior to serving.

NOTES

Use the minimum amount of butter, oil, or margarine that will turn the onion transparent. Those who are particularly diet-conscious could dispense with this step, and with the cream. Don't overdo the garlic, 1/2 a small clove is ample since it is a background flavour, not one that you should be aware of.

A caution regarding seasoning. Potatoes absorb a lot of salt so you may find it undersalted. The caviar on the other hand, is very salty. This, for me, is a delightful and important contrast. Guests can always add extra salt if they choose.

Water biscuits are made by Carr's, amongst others, and can be found in most supermarkets, possibly in the gourmet food section. They are variously known as water biscuits, water crackers and table water crackers. To my mind the best for eating with cheese are the high-bake ones, but the regular type are better for this recipe. If you can't find them, then any round dry bland low-salt cracker will do.

A 2 oz jar of lumpfish caviar costs a little under $3.00, but it does keep in the fridge so you can get two batches of four servings from one jar. I suppose if budget is a prime consideration one could dispense with the caviar, too, but that would be like serving a martini without the olives.

RATING

Difficulty: easy to moderate. *Time:* 20 minutes of preparation, 1/2 hour of simmering. *Precision:* Approximate measurement OK.

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WELSH CAKES

WELSHCAKES – Traditional Welsh biscuity cakes

This is a very old traditional Welsh recipe from my boyfriend's family. It was passed on to his mother from his grandmother, whose family ran the village bakery in Ammanford, near Swansea, Wales. The family name is Morgan, of course. They claim to be related to Captain Morgan the pirate.

The Welsh for welsh cakes is *teisen lap* (tea 'ion lap) which means ''plate cake''. It is traditionally cooked on a ''maern''(pronounced marn), which is a half-inch thick piece of cast iron placed on the fire or cooker. A heavy frypan or griddle will do.

INGREDIENTS (Makes 40–50)

½ lb	*flour*
½ lb	*self-raising flour*
4 oz	*butter*
4 oz	*lard*
3 oz	*currants*
¾ cup	*sugar*
1 tsp	*mixed spice* (see note)
1 tsp	*ground nutmeg*
1	*large egg*
	milk, to mix

PROCEDURE

(1) Sieve flour and spices into a mixing bowl.

(2) Add fat and mix to crumbs like pastry.

(3) Stir in remaining dry ingredients.

(4) Break up the egg in a separate bowl.

(5) Add broken egg to dry ingredients, mix well until it starts to form a lump.

(6) If it is s not sticking together, add a little milk (it should be moister than pastry but should not be soggy)

(7) Roll out on a floured board to about ¼ to ½ inch thick.

(8) Cut into rounds using a biscuit cutter.

(9) Heat ''pan'' (see above) grease ''pan'' and when fat has melted wipe off with absorbent paper. This leaves a residue of fat, the cakes actually cook in their own fat. The ''pan'' is hot enough when you can hold your hand just above it for about a minute.

(10) Place some cakes on ''pan'' and wait till they turn a speckled golden brown colour.

(11) Turn them over and repeat on the other side. They are better cooked quite slowly about 3–5 minutes each cake.

NOTES

Mixed spice is a mix of ground spices that is available premixed here in England. It is typically 60% coriander, 30% cinnamon, 5% nutmeg, with small traces of ginger and clove. Sometimes it has 10–15% caraway or 10% cassia (Saigon cinnamon) mixed in. Since almost all ''cinnamon'' sold in North America is really cassia, and cassia has a stronger flavor than true cinnamon, a North American formula for mixed spice would be 70% coriander, 15% cinnamon, 5% nutmeg, and 10% caraway.

Welsh cakes are great eaten hot or cold, with or without butter, though I never use butter myself. I usually make a double batch because they don't keep. But to store them, allow to go cold and place in an airtight box. They will keep for up to a week.

I often add a little more of the spices to give them more of a kick.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 20 minutes cooking. *Precision:* Measure all ingredients.

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[Life is hard in the fast lane of life
and slow in the fast lane of the M1]

SUPERIOR WHIPPING CREAM

WHIPPED-CREAM – A simple way to make whipped cream extra yummy

There is almost no dessert that can't be improved by adding a dollop of whipping cream. Unfortunately, most people seem to be afraid of actually whipping the cream, so they buy the awful stuff that comes in a pressurized can, or spend money on expensive devices to inject gas into the cream. (Or worse, they use Cool Whip.) The truth is that making your own whipped cream is trivial, with the appropriate mechanical aids.

INGREDIENTS (makes about 2 cups)

1	*blender or food processor*
½ cup	*whipping cream*
2 tsp	*vanilla sugar* (or use white sugar and ½ tsp vanilla extract)

PROCEDURE

(1) Shake the carton of whipping cream well, and pour it into the blender or food processor.

(2) Add the vanilla sugar (see below if you don't know what vanilla sugar is.)

(3) Whip the cream in the machine. If it's a food processor, leave the pushing device out; if a blender, remove the center of the lid, or just cover the top of the jar with your hand. The trick is to allow lots of air into the cream. Run the machine for no more than five seconds at a time, to avoid making butter. The cream is done when it holds a peak.

NOTES

If you don't know what vanilla sugar is, don't panic. My mother makes this variation in a separate sugar container; fill the container with sugar, add a vanilla bean, and wait. After a week or two, the sugar will take on the vanilla flavor. Use this sugar whenever a recipe calls for sugar and vanilla extract; just remember to keep the container full.

If you don't have vanilla sugar around, use regular sugar and vanilla extract for the cream.

RATING

Difficulty: easy. *Time:* 1 minute. *Precision:* no need to measure.

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RYBA W SOSIE CHRZANOWYM

WIGILIA-1 – Fish in horseradish sauce

This recipe is the first of the 12 dishes that make up the traditional Polish Chrismas-eve meal, which is eaten after sundown on Christmas eve. The Polish word for "Christmas eve" is *Wigilia* (pronounced VI-gee-lee-ah). Its root is like the English "vigil": waiting for Christ to be born. At the end of the Wigilia meal the family goes off to midnight mass at church.

There are usually 12 dishes in a Wigilia meal to symbolize the 12 apostles, though some families serve 13 because they include Christ in their count. The meal starts when the first star can be seen; this symbolizes the star of Bethlehem. Although The Wigilia is meatless (Advent, the season of penance, continues until midnight), it is still festive and delicious. The tradition of Wigilia, though centuries old, is still current in Poland. There is no fixed set of rules for what the 12 (or 13) dishes must be; the items in the meal change somewhat according to location and availability of ingredients. Nevertheless, all of the dishes are traditional, and in addition there are many traditions for the serving of the meal. For example, some people place straw under the tablecloth to symbolize the manger in which Christ was born. Most families set an extra place, for the stranger who might be passing by. This is my family's traditional Wigilia meal:

Fish in horseradish sauce
Pike Polish style
Pickled beets
Pickled herring in sour cream
Stewed sauerkraut with mushrooms
Christmas eve kutia
Almond soup
Noodles with poppy seed and raisins
Poppy-seed rolls
Christmas bread
Baked apples with red wine
Marzipan
12-fruit compote

With this first recipe you will notice a similarity with my last name. Now you know a word of Polish (namely chrzan = horseradish ie. "hot stuff").

INGREDIENTS (Serves 6)

FISH

2	*carrots*
2	*stalks celery*
1	*parsley root*
1	*onion,* quartered
5	*peppercorns*
1	*bay leaf*
2 tsp	*salt*
6 cups	*water*
2 lbs	*fish fillets* (carp, sole, pike or similar fillets)

SAUCE

3 Tbsp	*butter*
3 Tbsp	*flour*
¾ cup	*prepared cream-style horseradish*
1 tsp	*sugar*
¼ tsp	*salt*
2/3 cup	*sour cream*
2	*hard-cooked eggs,* peeled and sieved

PROCEDURE

(1) Combine vegetables, dry seasonings, and water in a saucepan or pot. Bring to a boil; simmer 20 minutes, then strain.

(2) Cook fish in the strained vegetable stock 6 to 10 minutes, or until fish flakes easily.

(3) Remove fish from stock. Arrange on serving platter and cover with plastic wrap. Chill.

(4) Strain fish stock and reserve ¾ cup for horseradish sauce; cool.

(5) For horseradish sauce, melt the butter in a saucepan, then blend in flour until smooth, making what the French would call a roux.

(6) Add the cooked fish stock gradually, stirring constantly. Cook and stir until the sauce boils and becomes thick and smooth.

(7) Remove from heat and stir in horseradish, sugar, salt, sour cream, and eggs. Cool for 15 minutes.

(8) Pour the horseradish sauce over the chilled fish, and garnish with shredded lettuce.

RATING

Difficulty: moderate. *Time:* 1 hour. *Precision:* approximate measurement OK. Experiment.

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PLACEK SWIATECZNY

WIGILIA-10 – Christmas Bread

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Makes 1 loaf)

5	*eggs*
2½ cups	*all-purpose flour*
2 cups	*icing sugar*
2 tsp	*baking powder*
¾ cup	*walnuts or pecans,* chopped fine
2/3 cup	*raisins*
4 oz	*orange peel,* chopped fine
½ tsp	*salt*
1 cup	*butter*
1 Tbsp	*grated lemon peel*
1 tsp	*vanilla*
3 Tbsp	*vodka or brandy*

PROCEDURE

(1) Preheat oven to Beat eggs with sugar using an electric mixer for 5 minutes at high speed.

(2) Mix chopped nuts, raisins, and orange peel with 2 tablespoons of flour. Mix remaining flour with baking powder and salt.

(3) Cream together the butter, lemon peel, and vanilla extract until fluffy. Beat in vodka, then add egg mixture gradually, beating constantly. Add the flour mixture and beat for 5 minutes. Fold fruit-nut mixture into the batter. Turn into a greased and floured 9×5×3-inch pan or a 1½ quart ring mold.

(4) Bake at for 1 hour.

(5) Cool cake in pan on wire rack for ten minutes, then turn cake out onto rack and cool completely.

(6) Wrap in plastic wrap and set aside to mellow for a couple of days.

RATING

Difficulty: easy. *Time:* ½ hour preparation, 1½ hours cooking and cooling, 2 days aging. *Precision:* Approximate measurement OK.

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JABLKA NA WINIE CZERWONYM

WIGILIA-11 – Baked apples with red wine

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Serves 8)

8	*apples,* cored
	cherry or strawberry jam
½ cup	*sugar*
½ tsp	*mace or nutmeg*
1 cup	*red wine*
½ tsp	*vanilla*

PROCEDURE

(1) Place apples in a buttered casserole or baking dish. Fill each with jam.

(2) Blend sugar and mace and stir in wine and vanilla. Pour over apples and cover.

(3) Bake at for 1 hour.

(4) Refrigerate for 2 to 4 hours before serving.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 1 hour cooking. *Precision:* Approximate measurement OK.

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MARCEPAN

WIGILIA-12 – Marzipan

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Makes 2 lbs)

1 lb	*blanched almonds,* finely ground
1 lb	*powdered sugar* (confectioner's sugar)
2 Tbsp	*orange water or rose water* (Can be obtained from your local drugstore)
	food colouring and decorations

PROCEDURE

(1) Combine ground almonds, sugar and flavouring in a saucepan. Cook until mixture leaves side of pan.

(2) Roll almond mixture on a flat surface to a ½-inch thickness. Cut into shapes, mold, paint with food colouring, decorate, etc.

(3) Place on wax paper to dry for 2 hours.

RATING

Difficulty: easy. *Time:* ½ hour plus time to decorate. *Precision:* Approximate measurement OK.

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KOMPOT W SPIRYTUSIE

WIGILIA-13 – 12-fruit compote with spirits

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Serves 12)

3 cups	*water*
1 lb	*mixed dried fruit* (pears, figs, apricots, and peaches)
1 cup	*pitted prunes*
½ cup	*raisins*
1 cup	*pitted sweet cherries*
2	*apples,* peeled and sliced
½ cup	*cranberries*
1 cup	*sugar*
1	*lemon,* sliced
6	*whole cloves*
2	*cinnamon sticks*
1	*orange*
½ cup	*grapes, pomegranate seeds, or pitted plums*
¾ cup	*brandy*

PROCEDURE

(1) Combine water, mixed dry fruits, prunes, and raisins in a pot large enough to hold all the ingredients. Bring to a boil, cover and then simmer for about 20 inutes (or until the fruit is plump and tender).

(2) Add cherries, apples, and cranberries. Stir in sugar, lemon, and spices. Cover and simmer for about 5 minutes.

(3) Grate orange peel and set aside. Peel and section the orange (removing the skin and white membrane). Add to fruits in kettle.

(4) Stir in grapes and brandy. Bring just to boiling and then remove from heat. Stir in the orange peel, cover and let stand 15 minutes.

RATING

Difficulty: easy. *Time:* 1 hour. *Precision:* No need to measure.

CONTRIBUTOR

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SZCZUPAK PO POLSKU

WIGILIA-2 – Pike Polish style

This recipe could be used as part of a 12 course meal known in Polish as Wigilia or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Serves 4–6)

FISH

2	*carrots*
2	*stalks celery*
1	*onion,* quartered
10	*peppercorns*
1	*bay leaf*
2 tsp	*salt*
	water
1	*fish,* dressed (perch, sole, pike or similar white fish)

TOPPING

¼ cup	*butter*
1 Tbsp	*fresh dill or parsley,* chopped
¾ tsp	*salt*
¼ tsp	*pepper*
¼ cup	*lemon juice*
6	*hard-cooked eggs, finely chopped*

PROCEDURE

(1) Combine fish, vegetables, dry seasonings, and enough water to cover in a saucepan or pot. Boil gently for about 15 to 20 minutes or until the fish flakes easily.

(2) Meanwhile, heat butter in a skillet. Add the chopped eggs, lemon juice, dill, salt, and pepper. Cook 5 minutes, stirring frequently.

(3) When the fish is cooked, set it on a warm platter and then spoon the topping over the fish. Serve with rice or potatoes.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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CWIKLA

WIGILIA-3 – Pickled beets

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Serves 4–6)

3 cups	*cooked or canned beets,* sliced
1 Tbsp	*fresh horseradish,* grated (or use 4 tsp prepared horseradish)
8	*whole cloves* (or use ½ tsp caraway seed)
2 cups	*vinegar*
1 Tbsp	*brown sugar*
2 tsp	*salt*

PROCEDURE

(1) Layer beets in a glass or earthenware bowl, sprinkling layers with horseradish and cloves.

(2) Boil vinegar with sugar and salt 2 minutes. Pour over the beets. Cover and refrigerate for 24 hours.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1 day pickling. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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SLEDZIE MARYNOWANE W SMIETANIE

WIGILIA-4 – Pickled Herring in Sour Cream

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Serves 4–6)

6	*pickled herring,* drained
1	*large onion,* peeled and chopped
1	*clove garlic,* crushed
6	*hard-cooked eggs,* peeled and chopped
1	*apple,* cored and chopped
1 tsp	*lemon juice*
1 cup	*sour cream*
¼ tsp	*salt*
¼ tsp	*pepper*
2 Tbsp	*fresh dill or parsley,* chopped

PROCEDURE

(1) Cut herring into small cubes. Mix herring with onion, eggs, apple, and lemon juice.

(2) Combine sour cream, garlic, salt and pepper; add to herring mixture and mix well. Sprinkle with dill or parsley.

(3) Serve with rye bread.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* approximate measurement OK.

CONTRIBUTOR

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KAPUSTA KISZONA Z GRZYBAMI

WIGILIA-5 – Stewed Sauerkraut with Mushrooms

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve. This tastes better if you make your own sauerkraut (but that's another recipe).

INGREDIENTS (Serves 6)

1 oz	*dried mushrooms* (or use ¼ lb fresh mushrooms)
½ cup	*warm water*
1	*large onion*
2½ Tbsp	*butter*
1½ lbs	*sauerkraut,* rinsed and drained
1/3 cup	*water*
2 Tbsp	*flour*
	salt and pepper

PROCEDURE

(1) Soak the dried mushrooms in ½ cup of warm water for 1 hour.

(2) Sauté mushrooms and onion in butter in a skillet 3 minutes.

(3) Add sauerkraut to mushrooms; cook and stir for 10 minutes.

(4) Blend 1/3 cup water into flour. Mix with sauerkraut and simmer for 15 minutes. Season to taste with salt and pepper.

NOTES

I usually like to add ¼ cup of dark rum after cooking. That reminds me of the recipe I have for *bigos* (similar in construction but with more ingredients).

RATING

Difficulty: easy. *Time:* 1 hour. *Precision:* Approximate measurement OK.

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KUTIA WIGILIJNA

WIGILIA-6 – Christmas Eve Kutia

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Serves 4–6)

1 cup	*cracked wheat or bulgur*
2 cups	*hot water*
½ cup	*poppy seeds*
1 cup	*honey*
2 cups	*water*
1 tsp	*salt*
	festive spirits

PROCEDURE

(1) Soak wheat in 2 cups of hot water for 30 minutes. Bring to a boil and cook covered until tender.

(2) Mix in poppy seed.

(3) Cook honey with remaining 2 cups of water for 20 minutes. Cool and serve with wheat and poppy seed mixture.

(4) For added enjoyment a liberal amount of festive spirits may be added. In Poland the festive spirit is usually called *Spiritus*, which is grain alcohol.

RATING

Difficulty: easy. *Time:* 1 hour. *Precision:* Approximate measurement OK.

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ZUPA MIGDALOWA

WIGILIA-7 – Almond Soup

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Serves 6–8)

5 cups	*milk*
½ lb	*blanched almonds,* finely ground
1 tsp	*almond extract*
2 cups	*cooked rice*
1/3 cup	*sugar*
¼ cup	*raisins or currants*

PROCEDURE

(1) Heat milk just to simmerring in a large saucepan.

(2) Add all the ingredients; stir until well mixed. Cook over low heat 3 to 5 minutes.

(3) Serve hot as is traditional for Christmas, or chill before serving.

RATING

Difficulty: easy. *Time:* ½ hour. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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KLUSKI Z MAKIEM I RODZYNKAMI

WIGILIA-8 – Noodles with Poppy Seed and Raisins

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Serves 4–6)

6 cups	*boiling water*
1 tsp	*salt*
3 cups	*egg noodles*
2 Tbsp	*butter,* melted
12 oz	*poppy seed cake and pastry filling*
1 tsp	*vanilla extract*
1 tsp	*lemon juice*
1½ tsp	*grated lemon peel*
1/3 cup	*raisins*

PROCEDURE

(1) Combine boiling water and salt in a large saucepan. Add noodles and cook until tender, then drain and cool.

(2) Toss noodles with butter in the saucepan.

(3) Combine poppy-seed filling with vanilla extract, lemon juice and lemon peel, and raisins. Add to noodles and mix well. Cook just until heated through.

RATING

Difficulty: easy. *Time:* 30 minutes. *Precision:* Approximate measurement OK.

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STRUCLE Z MAKIEM

WIGILIA-9 – Poppy seed rolls

This recipe could be used as part of a 12 course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve.

INGREDIENTS (Makes 2 rolls)

ROLLS

½ oz	*active dry yeast* (two standard envelopes)
½ cup	*warm water*
4½ cups	*all-purpose flour*
¾ cups	*sugar*
½ tsp	*salt*
½ cup	*butter*
2	*eggs*
2	*egg yolks* (save whites for the filling)
½ cup	*sour cream*
1 tsp	*vanilla*

POPPY SEED FILLING

2 Tbsp	*butter*
10 oz	*poppy seeds,* coarsely ground
2 Tbsp	*honey*
2 tsp	*lemon juice*
2	*egg whites*
½ cup	*sugar*
¼ cup	*candied orange peel,* chopped fine
¼ cup	*steamed raisins* (steamed, or soaked in hot water, until soft)
2 tsp	*grated lemon peel*

ICING

1 cup	*powdered sugar*
2 Tbsp	*lemon juice*

PROCEDURE

(1) Make the dough: soften the yeast in warm water in a bowl.

(2) Mix flour with sugar and salt. Cut in the butter until mixture has a fine, even crumb.

(3) Beat eggs and extra yolks; mix with yeast, then stir into the flour mixture. Add the sour cream and the vanilla and mix well.

(4) Knead dough on floured surface for 5 minutes. Divide in half and roll each half into a 12 inch square. Cover.

(5) Make the filling: melt butter in a large pan. Add poppy seed and stir-fry for 3 minutes.

(6) Add honey, lemon juice, and raisins to poppy seeds. Cover and remove from heat. Let stand for 10 minutes.

(7) Beat egg whites with sugar until stiff moist peaks form. Fold in orange and lemon peels and then gently fold in poppy seed mixture.

(8) Spread half of the filling on each dough square (after you uncover them). Roll up as you would for a jelly-roll and seal the edges. Place on greased baking sheets and cover. Let rise until doubled in bulk (approx. 1½ hours).

(9) Preheat oven to Bake about 45 minutes, then remove from oven and cool.

(10) Make the icing: mix powdered sugar and lemon juice until smooth. Spread this mixture evenly over the rolls.

NOTES

You can grind poppy seeds in a mortar and pestle. Specialty food stores sell grinders specifically designed for poppy seeds. Some spice shops sell poppy seeds already ground, but like all spices they lose their freshness much more rapidly after they are ground. This year (1987) in Poland, the people are having a very hard time finding enough poppy seeds for their *strucle z makiem* because there is a government crackdown on the growing of all poppies in an attempt to control opium production.

RATING

Difficulty: moderate. *Time:* 3–4 hours including yeast rising time. *Precision:* Approximate measurement OK.

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FROZEN CHRISTMAS PLUM PUDDING

XMAS-ICECREAM – A southern-hemisphere Christmas plum pudding

We here in the Southern Hemisphere have a summer Christmas so we have adapted some of the more traditional festive fare to local conditions. Here is one example. It is very easy, and it can be made up to a week ahead of using.

INGREDIENTS (Serves 8–10)

4 cups	*mixed dried fruits,* finely chopped
1 tsp	*grated orange rind*
2 Tbsp	*cocoa*
½ cup	*brandy or masala*
2 tsp	*gelatine*
1 Tbsp	*boiling water*
1 gal.	*vanilla ice cream,* slightly softened but not melted

PROCEDURE

(1) Combine fruit, spice, orange rind, cocoa and brandy in a large saucepan. Over medium heat, bring almost to a boil, stirring occasionally.

(2) Cool, stirring occasionally.

(3) Mix gelatine and boiling water; simmer in a small pan for a few seconds, until evenly melted. Blend into fruit, chill.

(4) Fold the fruit into the softened ice cream, blending evenly.

(5) Pack into foil lined bowl, cover with foil and freeze overnight or longer.

(6) To serve, unmould onto a serving plate, cut into wedges and serve with cinnamon-flavoured whipped cream.

NOTES

The original recipe called for the use of a microwave to do the heating and cooking. This works well for melting the gelatine but is a bit of a nuisance otherwise.

RATING

Difficulty: easy to moderate (timing matters). *Time:* 15 minutes preparation, overnight freezing. *Precision:* approximate measurement OK.

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NANA MOON'S CHRISTMAS PUDDING

XMAS-PUDDING – Old-fashioned Christmas boiled pudding

This recipe was first written down by my great-grandmother. It's an old-fashioned boiled pudding, and was always a special part of Christmas in my family. Nana Moon's family came from Sofala, the site of the 1851 gold rush in New South Wales, Australia, where they raised sheep (before the gold rush). It's probably based on an English recipe.

This recipe differs from others I've seen in that it uses no spices—just dried fruit and brandy. Perhaps spices were too difficult to get—it tastes great anyway.

INGREDIENTS (Makes two puddings)

3 cups	*flour* (unbleached)
½ lb	*suet* (see note below)
1 cup	*brown sugar*
1 cup	*bread crumbs*
¾ lb	*raisins*
¾ lb	*sultanas* (or golden raisins)
¼ lb	*currants*
1 cup	*brandy* (or orange juice, or a mixture of both)
1 Tbsp	*golden (cane) syrup*
5	*eggs*
½ tsp	*baking soda*
1 Tbsp	*milk*

PROCEDURE

(1) Combine the suet, flour, sugar, breadcrumbs, fruit and brandy.

(2) Cover, and allow to stand overnight.

(3) Add the syrup and beaten eggs.

(4) Dissolve the baking soda in the milk, and add to mixture. Stir until everything's combined. (The mixture will be fairly thick. My mother used to get help at this stage by telling us that if we stirred it three times and made a wish, the wish would come true. This only works with Christmas puddings.)

(5) Place in two 1 ½ quart pudding basins, cover with paper and several layers of aluminium foil, and steam for 4 hours.

(6) When you're going to eat it, steam it for a further 2 hours. Serve by turning it out of the bowl, and pouring flaming brandy over it (see below). Serve with brandy butter (hard brandy sauce).

NOTES

This pudding needs time to age between when you cook it and Christmas. My mother generally makes it about a month before. Keep it in the refrigerator until the day you will be eating it.

Each pudding will serve about 8-10 people. If you halve the recipe, use 3 eggs. You can also add cherries, figs, almonds, and so on when you're adding the fruit.

The suet can be replaced with some other form of shortening. The packaged suet we used to be able to get in Australia was only about 35% suet, the rest was cornflour (cornstarch). Avoid that at all costs. For a few years, we bought suet from the butcher and grated it ourselves (ok, we used a blender), but no one should have to do that (at least, not during an Australian summer).

If you decide to go for authenticity and use a pudding bag, here's how:

Get a large piece of calico (it must have a tight weave), and boil it for a few minutes. Rub flour into the inner surface. Place ½ the mixture on it, and bring the corners together, leaving room for the mixture to rise. Tie with string. Cook by immersing in boiling water—when you add extra water, it must be already boiling, or the pudding will get soggy. The pudding will be rounder, and have a better crust than one steamed in a pudding bowl. A good crust means that the brandy won't soak in when you light it, so it'll burn for longer. Age the pudding by hanging it in a cool, dry place. The problem with using a pudding bag is that it tends to grow mold if the climate is too humid.

To light the pudding, heat about ¼ cup of brandy in a saucepan. Light it, then pour over the pudding and carry it to the table.

RATING

Difficulty: moderate. *Time:* 1 day waiting, 30 minutes preparation, 4 hours cooking, 1 month aging. *Precision:* approximate measurement OK.

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CHRISTMAS STARS

XMAS-STARS – Frosted cookie-cutter cookies

My mom got this recipe many years ago in a cookbook that came in installments, so it didn't have a name on the binder and I don't know what it was called. She had us (the kids) make these cookies every year.

INGREDIENTS (2–4 dozen)

COOKIES

1 cup	*solid shortening* (not butter)
2/3 cup	*granulated sugar*
2	*eggs*
1 tsp	*salt*
1 tsp	*vanilla*
1 tsp	*almond flavoring*
2¾ cup	*flour*

FROSTING

1½ cup	*powdered sugar*
2 Tbsp	*cream or milk*
1½ tsp	*vanilla* (not Mexican, unless you like tan frosting)
	food coloring

PROCEDURE

(1) Cream together the shortening and sugar. Beat in the eggs, salt, and flavorings.

(2) Stir in the flour until blended.

(3) Chill in the refrigerator for an hour or two.

(4) Preheat oven to

(5) Roll out on a floured surface to a thickness of 1/8 to ¼ inch. Cut with the cookie cutters of your choice (this was always a cause for argument in our family).

(6) Bake on ungreased cookie sheets until tan around the edges—about 8–10 minutes.

(7) Allow to cool.

(8) Make the frosting by beating together the sugar, milk, and vanilla until smooth. Divide and color each portion.

(9) Frost the cookies.

NOTES

These cookies are about the only ones I know that taste better cooked and cold than as raw dough.

Cinnamon red hots make good eyes for animals or Santas.

RATING

Difficulty: easy to moderate. *Time:* 15 minutes preparation, 2 hours chilling, 15 minutes rolling and baking. *Precision:* measure the ingredients.

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YAM CURRY

YAM-CURRY − Yams in yogurt and spices—good lamb curry substitute

The yams in this dish are cooked in a sauce very much like that traditionally used for meat. Serve with chapatis and rice. The recipe is derived from one in *The Hamlyn Curry Cookbook*, by Meera Taneja, which I recommend highly.

INGREDIENTS (Serves 4)

1 lb	*tender yams*
1−2 Tbsp	*salt*
3 cups	*vegetable oil for deep frying*
2 in	*fresh ginger root*
1	*garlic clove*
2−3 Tbsp	*vegetable oil*
1 tsp	*cumin seeds*
2	*green cardamoms*
1	*bay leaf*
4	*peppercorns*
1 inch	*stick cinnamon*
1 tsp	*turmeric*
½ tsp	*chili powder* (or use cayenne pepper)
1 tsp	*ground coriander*
½ tsp	*garam masala (optional)*
to taste	*salt*
4 oz	*fresh tomatoes* (or use 8 oz canned tomatoes)
4 Tbsp	*yogurt*
1 ½ cups	*water*
1 Tbsp	*chopped coriander leaves (cilantro)*

PROCEDURE

(1) Peel the yams, cut them into 1 inch cubes, place in a colander and sprinkle liberally with salt. Let stand 10−15 minutes, then dry on paper towels.

(2) Meanwhile, finely chop the onion, ginger, and garlic, and roughly chop the tomatoes. Heat the il over a moderate flame, add the cumin seed, and cook until they begin to splutter. Add the chopped onion, ginger, and garlic. Cook until the onion is a rich golden color. Add all the spices and season with salt to taste. Cook a few seconds more, and then add the tomatoes. Let this cook while you continue as below.

(3) Heat the oil for deep frying to and cook the yam cubes, a few at a time, until golden brown. Drain on absorbent kitchen paper. Set aside.

(4) Add the yogurt to the tomato mixture, and continue to cook until the oil begins to separate out. Add the water and bring to a boil. Let boil a few minutes, then add the yam cubes, reduce heat, and simmer, covered, for about 25 minutes.

(5) Serve hot, garnished with the chopped coriander.

RATING

Difficulty: easy to moderate. *Time:* 1 hour preparation, 30 minutes cooking. *Precision:* measure the ingredients.

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EASY REFRIGERATOR ROLLS

YEAST-ROLLS – An utterly reliable recipe for yeast rolls.

I believe this recipe started its life on the back of a Fleischman's Yeast package, but it has been memorized and modified for about ten years now. It is the most reliable yeast recipe I've ever seen: it's never failed on me, and it always does an amazing amount of rising (my family calls them mushroom rolls).

INGREDIENTS (Makes 24 rolls)

6¼ cups	*all-purpose flour*
½ cup	*sugar*
2 tsp	*salt*
2 Tbsp	*dry yeast* (each package is about 1 Tbsp)
½ cup	*milk*
1½ cups	*water*
¼ cup	*butter*
1	*egg*
	vegetable shortening or more butter

PROCEDURE

(1) Combine 2 cups of flour, sugar, salt, and undissolved yeast.

(2) Heat milk, water, and butter until liquids are very warm Add to dry ingredients.

(3) Beat 2 minutes at medium speed (I've never used an electric mixer, by the way. Just stir until things are evenly combined and not terribly lumpy.)

(4) Add egg and 1 cup flour. Beat at high speed 2 minutes. Add enough additional flour to make a soft dough. This is where the arm muscles get their exercise!

(5) Grease top of dough (with butter or vegetable shortening). Cover the bowl and refrigerate it overnight.

(6) Divide the dough into 24 equal pieces. Shape them into balls, and place each in a greased muffin cup.

(7) Cover; let rise in a warm place until doubled. This will take between 1 and 1 ½ hours. Towards the end of the rising period, preheat the oven to

(8) Bake at for 12 to 15 minutes. Store the rolls tightly covered—that is, if there are any left.

NOTES

This is the first really good yeast bread recipe I discovered when I started making bread in the sixth grade. Done carefully, it can approach a delicate, cakelike texture. It doesn't have to be shaped into rolls, of course -- try it in a regular bread pan, or in fancy shapes.

I use Fleischman's dry yeast. I suppose cake yeast can be used, but it always seemed like a nuisance to me.

RATING

Difficulty: easy. *Time:* 1 hour of work spread over 2 days. *Precision:* measure the ingredients.

CONTRIBUTOR

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"I choose this place to call my own;
The only grace I've ever known.
I never tire of legends grown;
We dream too much, and time has flown...."

YOGURT PANCAKES

YOGURT-CAKES – Amazingly good baking-powder and yogurt pancakes

Cooks like to show off by making fancy glamorous recipes to serve to their friends by candle light. Here is a simple ordinary recipe to serve to your family for breakfast in the morning.

I love pancakes and I make many varieties and I am an inveterate experimenter. This recipe is the one I have developed over the years to replace buttermilk pancakes because I never have buttermilk on hand in the refrigerator like my grandmother did. I made this recipe this very morning with blueberries in it. I do have yogurt in my fridge, though, and the yogurt can substitue for the buttermilk.

INGREDIENTS (Serves 4–6)

5	*large eggs* (or 6 medium eggs)
1¼ cups	*milk*
8 oz	*plain yogurt* (I use Dannon and Knudsen. Other brands might require different amounts)
½ cup	*vegetable oil* (or less for dieters; but use at least 2 Tbsp)
2 1/3 cups	*white flour* (measure carefully, after sifting)
4 tsp	*baking powder*
1 Tbsp	*sugar*
1/2 tsp	*salt*

PROCEDURE

(1) Preheat griddle and oil very very lightly.

(2) Separate the eggs; beat the yolks in a bowl big enough to hold the whole recipe. Add the yogurt and beat again; add the milk and oil and beat again. Rinse the eggbeater.

(3) In a separate bowl, mix all the dry ingredients (flour, baking powder, sugar, and salt). Sift together. I use a flour sifter for this, but if you insist on measuring your flour without sifting it, then you can try using a wire whip to blend the dry ingredients.

(4) Using a clean eggbeater, beat the eggwhites until they are fluffy.

(5) Dump the dry ingredient mixture into the big bowl containing the milk mixture, stir for about 2 seconds just to get the dry ingredients under the surface of the liquid, and then dump the beaten eggwhites into the big bowl.

(6) Now beat this mixture lightly and slowly with a fork until it is more or less uniform. If you beat too much, or too fast, then it will get gummy. Don’t try to get rid of lumps.

(7) Cook on the hot griddle.

NOTES

I like to put fresh blueberries in these pancakes after I pour them on the griddle. Make sure that your maple syrup is hot and that your butter is soft. You can heat syrup in the microwave or you can heat it by sticking the syrup jar in a pan of boiling water.

This same recipe also makes really good waffles if you reduce the milk to 1 cup, but if you are going to make waffles, you shouldn’t cut back on the oil. If you are dieting, stick to pancakes.

RATING

Difficulty: easy to moderate. *Time:* 10 minutes plus cooking time. *Precision:* measure carefully.

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FRUITY FROZEN YOGURT

YOGURT-FROZ-1 – A low-calorie frozen dessert with yogurt and fruit

This refreshing and healthful dessert can be made with any of several types of fruit, such as bananas or strawberries, for a low calorie summer-time treat.

INGREDIENTS (Serves 6–8)

2/3 cup	*sugar* (or vary based on sweetness of fruit)
½ cup	*orange juice*
2 cups	*fruit,* cut into pieces
2 tsp	*lemon juice*
1 cup	*plain yogurt*
2	*egg whites*

PROCEDURE

(1) Combine sugar and orange juice in a saucepan. Heat and stir until sugar is dissolved. Set aside to cool.

(2) Whirl fruit and lemon juice in blender until fruit is pulp. Add yogurt, blending well. With motor running, add cooled orange juice mixture.

(3) Pour into a 9-inch square flat pan and place in freezer for two hours or until mixture is frozen into a slush.

(4) Break up mixture and put in mixer bowl. Beat until smooth, adding eggs one at a time. Continue beating until light and fluffy.

(5) Return to pan or freezer-proof dessert containers and freeze until firm, about one hour.

NOTES

For very juicy fruit, such as raspberries or frozen fruit, the orange juice may be decreased in proportion to the amount of juice. Increase the lemon juice by 1 tsp for each 1/8 cup the orange juice is decreased.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 3 hours freezing. *Precision:* approximate measurement OK.

CONTRIBUTOR

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ZUCCHINI SHREDS WITH GINGER

ZUCCHINI-GING – Zucchini with ginger and chili peppers

This is a nice spicy vegetable dish. It goes well with fish, especially catfish. I've always used zucchini, though it works as well with carrots or cucumbers. You can serve it as an appetizer or as a side dish, hot or cold.

The recipe is originally from *Travel & Leisure* magazine.

INGREDIENTS (Serves 4–6)

2 Tbsp	*vegetable oil*
1 tsp	*whole cumin*
1 Tbsp	*ginger,* shredded
1 Tbsp	*green chili peppers,* shredded
1 lb	*zucchini,* cut into long thin strips (1/8 × 3 inches)
1	*medium ripe tomato,* peeled, seeded and shredded
1½ tsp	*lemon juice*
	salt to taste
1 Tbsp	*fresh coriander,* chopped

PROCEDURE

(1) Heat the oil in a large frying pan over high heat for 3 minutes.

(2) Add the cumin, let the oil darken slightly (about 10 seconds) and add ginger and chili. Cook for 30 seconds, stirring frequently.

(3) Add the zucchini and stir-fry for 3–4 minutes. Add tomato during the last 2 minutes of cooking.

(4) Turn off the heat. Sprinkle lemon juice and salt to taste, mix, transfer to a serving plate and garnish with coriander.

NOTES

I've found that this recipe works best if you use small zucchini, so that each slice has some peel (skin?) attached. Center slices without peel/skin fall apart.

RATING

Difficulty: easy. *Time:* 10 minutes. *Precision:* approximate measurement OK.

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FLORENTINE ZUCCOTTO

ZUCCOTTO – Ladyfingers with cream and rum

This makes a great dessert for a party. It only takes about an hour to make (more if you bake a cake yourself instead of buying one) and only requires a few seconds to get ready when served.

INGREDIENTS (Serves 10–20)

10–12 oz	*cake or lady fingers* (lady fingers, pound cake, or sponge cake. If you make sponge cake, a 6-egg cake is about right)
3 cups	*whipping cream*
¼ cup	*spirits* (rum or amaretto or whatever you like. See step 2 for quantity hints.)
assorted	*flavorings* (chocolate, nuts, coffee, liqueurs, extracts...)
2 tsp	*unflavored gelatin* (optional)
3 Tbsp	*powdered sugar* (or more or less, to taste)

PROCEDURE

(1) Line a large hemispherical bowl with the cake or lady fingers. If you use cake, cut slices in half diagonally to make large triangles and arrange them in a sunburst pattern. If you use lady fingers, cut some in half diagonally and arrange in a flower-like pattern.

(2) Douse generously with spirits; cake should be quite wet but not soggy.

(3) Dissolve the gelatin in 2 tablespoons hot water in a cup; place the cup in a bowl of very hot water so the gelatin melts. Check occasionally to make sure the surrounding water stays hot. (I suppose you could use a microwave for this, but I've never tried.)

(4) Divide the cream into two very cold bowls. Whip each until stiff; if the flavoring for either half isn't sweet, add powdered sugar to taste at this point. Beat the dissolved gelatin into the cream. Flavor each half separately. Spread one half around the inside of the cake-lined bowl; fill with the other half.

(5) Top with more cake and douse with more spirits. Since this part doesn't show you don't need to be creative.

(6) Cover with plastic wrap and chill overnight.

(7) Turn out onto a platter and garnish with chopped nuts, grated chocolate, or powdered sugar if desired. Cut into wedges; serves about 10–20 people depending.

NOTES

The most recent zuccotto I made used rum to flavor the lady fingers. The first filling had powdered sugar, vanilla extract, and 1½ oz chopped semi-sweet chocolate. The second had 5 oz melted semi-sweet chocolate mixed with about 2 tsp instant coffee dissolved in a little boiling water, and another 1½ oz chopped semi-sweet chocolate. (Just chop 3 of the squares of chocolate and melt the other 5). Chopped hazelnuts or almonds are also quite good.

You can make a smaller one by using less, of course!

RATING

Difficulty: moderate. *Time:* 60 minutes preparation, overnight cooling. *Precision:* no need to measure.

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"Is there a center for someone who feels he never knows what's going on?"
-C. Brown

ZWETSCHGENDATSCHI

ZWETSCHGEND – A Bavarian plum delicacy for dessert

My mother and grandmother make this Bavarian specialty without a recipe; this recipe is from my mother, after I pressed her to write it down so I could make my own. It also includes variations from a few other folks that you might like to try. Roughly translated from Bavarian to German, this is *Pflaumenkuchen*, which, roughly translated from German to to English is *Plum cake*. However, *Zwetschgen* aren't ordinary plums, a *Datschi* isn't really a *Kuchen*, and a *Kuchen* is most definitely **not** a cake!

This dessert is made of the slightly tart Italian plums, which are unfortunately only available at certain times of the year. Don't try to make it with ordinary plums; they're too sweet and too juicy.

INGREDIENTS (Fills one round cake pan)

¼ lb	*butter*
1/3 cup	*sugar*
½ tsp	*vanilla* (or use vanilla sugar)
1	*egg*
1 pinch	*salt* (only if you use unsalted butter)
1 tsp	*lemon peel*
1 Tbsp	*sour cream*
1¾ cup	*flour*
1 tsp	*baking powder*
2 cups	*Italian plums*

OPTIONAL STREUSEL TOPPING

6 Tbsp	*butter*
¾ cup	*flour*
1/3 cup	*sugar*
½ tsp	*cinnamon*

PROCEDURE

(1) In a large bowl, cream the butter, add the sugar (and vanilla), add the egg, (salt,) lemon peel, and sour cream. Mix the flour and baking powder, and add that.

(2) Pit the plums, splitting them into halves or thirds. Grease the pan and spread the dough. Liberally spread plums over the dough, meat side up. If the plums are sour (as opposed to just tart), sprinkle them lightly with sugar.

(3) To make the optional *Streusel* topping, cream the butter, add flour, sugar and cinnamon. Sprinkle over the plums.

(4) Bake for 30–45 minutes in the middle rack at Be careful not to let the bottom burn!

(5) Serve liberally topped with freshly-made whipping cream.

NOTES

A *Datschi* may actually be made with any fruit; I happen to love it with *Zwetschgen* the best.

I don't know this with *Streusel* on top, and never prepare it that way, but several of my acquaintances swear by it. Made with other fruit, I would be more likely to accept the *Streusel*.

If you like, you may sprinkle rum or cinnamon over the fruit before baking. Also, you might try substituting rum for the sour cream in the dough, or just adding both.

If you want to make a cookie-sheet-sized *Datschi*, simply double the recipe.

RATING

Difficulty: moderate. *Time:* 20 minutes preparation, 20 minutes baking. *Precision:* approximate measurement OK.

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