

# Ancestral Table

A Makarewicz Family Cookbook



Rev. Marion J. Makarewicz

I.C. Parish Press

Jefferson City, Missouri

*To Leonard and Mary Makarewicz*

ON THE OCCASION OF THEIR

**50th Wedding Anniversary**

*Thank you for so many wonderful meals, and a  
loving home to enjoy them in. Your children, Martin,  
Mark, Michael, Matthew, Marion, and Mary.*

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# Introduction

*Cookbooks were a reading staple in our house as we grew up. Woman's Day Encyclopedia of Cookery was the backbone of mom's collection. While we could spout off at length about aardvarks or anacondas and never about zithers or zydeco from the usual volume one of other encyclopedias, we actually had recipes for yams and roasted zebra, because we had the whole set! Many rainy days were spent looking up exotic recipes and trying them out. Recently I was going through that Encyclopedia and realized that everything that is current on the Food Network, I already read and forgotten about years ago at home. One other thing about collecting recipes: the biggest unwritten cookbook lies in the countless magazine or newspaper clippings under all the beds in the house. Mom collected cooking magazines or the food section of the Post-Dispatch and it was these places that she found an endless array of new menu items.*

*Mom and dad came from families that knew how to cook, and eat. Grandma Makarewicz would crank out the galumki and schave when we visited. Grandma Hemkens too seemed to know the value of browning meat and she passed that on. Most of our visits to St. Louis where all our relatives lived, centered around a meal. In the early years it was Thanksgiving at a Hemkens house. If we were really lucky, there would be a wedding party at Uncle Henry's. It seemed that we were members of a mystery religion whose communion consisted of sharing gruba sandwiches. Sedalia's inhabitants just didn't get it.*

*One thing though did happen by our move to Sedalia. We started a garden. Dad always had tomatoes and peppers. He even tried his hand at some dill pickles. We'd get fresh beans or corn from the neighbors. I think living out in the country, we all felt closer to the source of food. OK, we had a TV dinner or two, but by and large our meals were made from whole or fresh ingredients. There were some drawbacks though. Mom and dad were not openly critical about much as we were growing up. They were pretty respectful about the religious and political leaders of the time, but woe to the supermarkets that charged too much or had bad produce or meat. That was the most disrespect I would see coming from their mouths.*

*We rarely ate out when we were young. Most of us thought dining in restaurants was something you had to do because of extreme necessity, never something that you would choose to do if you had your druthers. Instead, we ate fresh, home-cooked meals around the kitchen table. Dad would take a turn at soups or chili on the weekends. Mom always had a breakfast for us in the morning before school and Sunday mornings generally were affairs with all the trimmings. Summer time was fun for experimenting. Mom would make drop doughnuts or pancakes or whatever you wanted! Lunches were primarily sandwiches. My dad ate a lunch at home prepared by mom for all our years in Sedalia. That's really an amazing thing. Most business men go out to lunch these days. I'm sure dad found better food at our house on Marshall Road.*

*The idea for a Makarewicz family cookbook has been floating around for years. Mark and Teresa gathered many of their recipes together. Linda and Michael have worked on it also through the years. I've been typing up recipes for quite a while. Most of them were the recipes I'd call mom or dad about, as I was just learning to cook. Everybody's contributed a bit by sharing their recipes or by demonstrating them at parties. It seemed that mom and dad's 50th would be the perfect time for publishing it. The present volume is a collection of recipes that all of us have tried at one time or another. Some of the recipes are pretty complicated. Some are pretty simple. All are worth trying at least once. I have tried to project in these recipes a spirit of culinary adventure, but always based on sound technique within reach of the ordinary cook. I hope that you and your family can enjoy the same life-giving meals which we had on so many occasions. This book is also for the next generation of cooks. We hope they carry on the traditions that mean so much to us.*

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# Appetizers

## Artichoke Dip

### Recipe I

- 1 large jar drained artichoke hearts
- 8 ounces softened cream cheese
- 4 ounces freshly grated Parmesan cheese
- 4 ounces grated Monterey Jack cheese
- 2 cups mayonnaise

Mix together all the ingredients and put in small casserole dish. Bake at 375° for 45 minutes or until top browns. Serve with assorted crackers.

Variations: Add cooked halibut or sea bass to the mixture before baking.

### Recipe II

- 1 large can artichokes in water (drained)
- 1 cup mayonnaise
- 1 cup grated Parmesan
- ¼ teaspoon garlic powder

Preheat oven to 400°. Chop the artichokes and mix with remaining ingredients in a greased, small 6 to 8-inch baking/serving dish. Garnish with fresh ground black pepper. Bake 20 minutes. Serve with crackers.



## Stuffed Mushrooms

- 1 8-ounce package cream cheese, softened to room temperature
- ½ pound pork sausage
- 1 tablespoon fresh chives, chopped (1 teaspoon dried)
- 1 pound white button mushrooms, brushed clean with stems\* removed

Preheat oven to 375°. Brown sausage in a skillet and crumble into fine bits. Drain and cool. Mix sausage, cream cheese and chives together. Place a heaping teaspoon of the mixture on overturned mushroom caps. Pack well. Place mushrooms on cooling racks over baking sheets. This helps keep mushrooms from getting soggy. Bake for 20 minutes until cream cheese browns. Serve warm.

\*Chuck and Steve's tip: stems can be chopped fine and added to cream cheese mixture or sliced and sautéed in olive oil with onions until brown. Pick large mushrooms for ease of service.



## Spinach Dip

- 1 package frozen chopped spinach, thawed with excess water squeezed out
- 1 cup mayonnaise
- 1 cup sour cream
- 1 package Knorr's Vegetable soup mix

Mix all ingredients thoroughly. Serve with crudité's or crackers.



## Polynesian Chicken Wings

- 3 pounds chicken wings, tips trimmed off and split into two pieces
- 2 tablespoons butter
- ¼ cup diced onion
- 1 cup crushed pineapple
- 1½ cup orange juice
- 2 teaspoons teriyaki sauce
- ¾ cup brown sugar
- ½ cup coconut
- 1 tablespoon of cornstarch
- 3 tablespoons orange juice (juice of one orange)

Bake the chicken wings at 375° for 45 minutes and drain off and reserve the drippings from the bottom of the pan. Melt butter in a sauce pan with reserved drippings on medium heat. Add the onion and sauté for 2 minutes until translucent. Add pineapple, orange juice, teriyaki, sugar and coconut and continue cooking. Mix cornstarch with 3 tablespoons orange juice and add to the above ingredients. Cook until sauce thickens. Pour sauce over the chicken wings and bake 15 minutes longer.



## Jezebel

- 16 ounces apple jelly
- 16 ounces pineapple jelly
- 4 ounces horseradish
- 2 tablespoons dry mustard
- 1 tablespoon black pepper
- cream cheese

Mix the jellies, horseradish, mustard and pepper together. Chill and serve over cream cheese with snack crackers. This will keep for quite a while in the refrigerator.



## Cowboy Caviar

*Father Greg Oligschlaeger*

### Beans (one day before serving)

- 1 cup black beans, drained
- ½ cup chopped black olives
- ½ cup chopped onion
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 3 tablespoons lime juice
- ½ teaspoon salt
- ½ teaspoon red pepper
- 2 teaspoons cumin
- ¼ teaspoon black pepper

### Garnish

- ½ cup diced red pepper
- 2 hard boiled eggs, grated fine\*
- 3 diced green onions

### Base

- 1 8-ounce package, room-temperature cream cheese

Spread the cream cheese in a thin smooth layer on a large plate. Using slotted spoon, spread bean mixture over cheese. Top with the garnish.

\*To hard boil eggs: put eggs in cold water to cover. Set on high heat. Bring to a boil. Cover and set a timer for 10 minutes. This ensures a hard center without discoloring the white. Boiling eggs too long will force the sulfur out of the yolk, into the white.

Serve with white corn chips. Serves 20 as an appetizer



## Salsa

*Pico di gallo in Spanish, or tomato-based salsa*

- 1 30-ounce can peeled, whole tomatoes, drained, seeded and diced
- ½ cup onion, chopped
- 2 cloves garlic, minced
- ½ cup green bell pepper, chopped
- 1 jalapeno pepper, seeded and deveined, chopped fine
- ¼ cup cilantro, chopped fine
- juice of 1 lime
- ½ teaspoon salt

Mix all the ingredients together in a non-reactive bowl. Serve with corn chips. The heat of this dish can be varied by adding more jalapeno pepper. To ensure a thick, chunky salsa, remove the core of the canned tomatoes and allow the chopped tomato to drain for fifteen minutes in a strainer. When using fresh tomatoes, scald the whole tomatoes in boiling water for 30 seconds and chill in ice water. The peels will slip off. Remove tomato seeds and watery pulp and use only the thick flesh of the walls of the tomato.

For guacamole, substitute for the tomatoes the flesh of 3-4 small, ripe avocados.



## Black Bean and Corn Salsa

16 ounces black beans, cooked or canned\*  
4 ripe tomatoes, coarsely chopped or 1 10-ounce can of chopped tomatoes  
1 small onion, chopped  
2 jalapeno chili peppers, minced fine  
½ green bell pepper, chopped  
2 cloves garlic, minced fine  
6 ears corn, freshly cooked, shock chilled and sheared off the cob  
½ bunch fresh cilantro, chopped fine  
juice of two limes  
salt and pepper to taste

Mix all the ingredients together, chill for 1 hour before serving with corn chips or Fritos. \*Canned black beans work well, but cooking your own allows you to control the flavor. To cook black beans, soak ½ pound of beans in six cups of water overnight, or at least four hours. (Pre-soaking is not absolutely necessary, but it does speed up the cooking time and keeps the beans from breaking apart.) Put beans and soaking water in a heavy bottom saucepan, adding enough water to cover beans one inch. Add ½ teaspoon salt, ½ teaspoon pepper, 1 teaspoon ground cumin, 1 tablespoon chili powder, 1 teaspoon dried oregano. Bring to a boil, reduce to a simmer and cook for 2 hours with the lid on. Chill.



## Roasted Red Pepper Crostini

2 large red bell peppers  
¼ cup olive oil  
1 tablespoon balsamic vinegar  
1 tablespoon chopped fresh basil or oregano  
½ teaspoon salt  
½ teaspoon pepper  
8 ounces goat cheese  
2 ficelles of French bread ( 2½ inch thick loaves) or a box of snack crackers

Char the skin of the peppers over an open flame. Put in a paper bag for 15 minutes. Peel the blackened skin. Carefully take out the core, the membranes and all the seeds while leaving the flesh intact. Save the juice that comes out. Slice the pepper into 1½ inch strips, then cut again to make 1½ inch squares. Reserve trimmings.

In a mini-chopper or with a stick blender process the oil, vinegar, pepper juice, pepper trimmings, herbs, and salt and pepper until smooth.

Slice the ficelles and toast. Put a pepper slice on each piece, a little goat cheese and a dab of the dressing. Serve cold, or toast for 5 minutes in a 400° oven.



## Sun-Dried Tomato Dip

*Julie Mueller*

Mix well together:  
1 8-ounce package cream cheese, softened to room temperature  
½ stick butter, softened to room temperature  
1 teaspoon garlic  
3 tablespoon onion flakes  
¼ cup sun-dried tomatoes

Spread over a heat-proof serving plate. Bake at 425° for five minutes.

Mix and pour over top of cheese:

- ¼ cup olive oil
- 3 tablespoons dried parsley
- 1 teaspoon paprika
- ½ teaspoon salt



## Dill Pickles

- 2 quarts water
- 1½ cup vinegar, 5% white
- ½ cup pickling salt
- 10-15 small cucumbers
- ⅛ teaspoon alum\*
- 2 sprays of fresh dill (or 2 teaspoons dill seed)
- \*2 hot chili peppers
- \*4 cloves garlic

Bring water, vinegar, and salt to a boil. Turn off heat and allow to return to room temperature.

Divide and pack cucumbers, alum, and dill (\*plus peppers and garlic if desired) into two quart jars. Fill to within ½ inch of the top with the brine. Seal and place in refrigerator for 10 days. Keep refrigerated and use within two months. \*Alum is used in older recipes to keep a pickle crisp. Use only in given amount. Note that these pickles are not meant to be canned and must be kept under refrigeration for safety's sake.



## Bread and Butter Pickles

*Teresa's Mom's*

- 1 gallon thinly sliced cucumbers
- 2 cups slices, small white onions
- ½ cup pickling salt
- 4 cups sugar
- 1 teaspoon turmeric
- 4 tablespoons white mustard seeds
- 1 tablespoon celery seed
- 1 quart white vinegar, 5%

Coat cucumber and onions slices with salt and place in a strainer. Let drain for 3 hours. Rinse lightly. Mix the cucumbers and onions with the remaining ingredients in an 8 quart, non-reactive stock pot, bring to bare simmer, stirring occasionally. Place in hot sterilized jars and seal. Process in a water bath for 30 minutes with water temp between 180-190°. For crisper pickles: Pack drained cucumbers and onions into pint jars, leaving ½ inch head space. Bring brine to a boil, then simmer on low for 10 minutes. Pour brine into jars, covering cucumbers and onions. Seal and store in fridge. Use before two months.



## Oriental Dressing

- 3 tablespoons honey
- 1½ teaspoon rice wine vinegar
- ¼ cup mayonnaise
- 1 teaspoon Grey Poupon Dijon mustard
- ⅓ teaspoon sesame oil

Blend all ingredients together. Serve on mixed greens or shredded Napa cabbage.



## Salmon Cornets

*These are the signature welcoming appetizers at The French Laundry in Yountville, California. You can use fresh salmon or try it with the gravlax recipe. You can eat it standing up, with a glass of Champagne or wine in one hand. At the French Laundry, a specially made Lucite holder serves these cones, but you might fill a bowl with rock salt, say, or peppercorns, and stand the cones up in this to serve them.*

### Cornets

- ¼ cup plus 3 tablespoons all-purpose flour
- 1 tablespoon plus 1 teaspoon sugar
- 1 teaspoon kosher salt
- 8 tablespoons (4 ounces) unsalted butter, softened but still cool to the touch
- 2 large egg whites, cold
- 2 tablespoons black sesame seeds

### Salmon Tartar (Makes about ¾ cup)

- 4 ounces fresh salmon fillet (belly preferred) or cold-smoked salmon, skin (and any pin bones removed (and very finely minced)
- ¾ teaspoon extra virgin olive oil
- ¾ teaspoon lemon oil
- 1½ teaspoons finely minced chives
- 1½ teaspoons finely minced shallots
- ½ teaspoon kosher salt, or to taste
- Small pinch of freshly ground white pepper, or to taste

### Sweet Red Onion Crème Fraîche

- 1 tablespoon finely minced red onions
- ½ cup crème fraîche\*
- ¼ teaspoon kosher salt, or to taste
- Freshly ground white pepper to taste
- 24 chive tips (about 1 inch long)

For the Cornets: In a medium bowl, mix together the flour, sugar and salt. In a separate bowl, whisk the softened butter until it is completely smooth and mayonnaise-like in texture. Using a stiff spatula or spoon, beat the egg whites into the dry ingredients until completely incorporated and smooth. Whisk in the softened butter by thirds, scraping the sides of the bowl as necessary and whisking until the batter is creamy and without any lumps. Transfer the batter to a smaller container, as it will be easier to work with.

Preheat the oven to 400°. Make a 4-inch hollow circular stencil. Place a Silpat (silicon baking mat) on the counter (it is easier to work on the Silpat before it is put on the sheet pan). Place the stencil in one corner of the sheet and, holding the stencil flat against the Silpat, scoop some of the batter onto the back of an offset spatula and spread it in an even layer over the stencil. Then run the spatula over the entire stencil to remove any excess batter. After baking first batch of cornets, you will be able to judge the correct thickness; you may need a little more or less batter to adjust the thickness of the cornets. There should not be any holes in the batter. Lift the stencil and repeat the process to make as many rounds as you have molds or to fill the Silpat, leaving about 1½ inches between the cornets. Sprinkle each cornet with a pinch of black

sesame seeds.

Place the Silpat on a heavy baking sheet and bake for 4 to 6 minutes or until the batter is set and you see it rippling from the heat. The cornets may have browned in some areas, but they will not be evenly browned at this point.

Open the oven door and place the baking sheet on the door. This will help keep the cornets warm as you work and prevent them from becoming too stiff to roll. Flip a cornet over on the sheet pan, sesame seed side down, and place a 4½ inch cornet mold (size #35) at the bottom of the round. If you are right-handed, you will want the pointed end on your left and the open end on your right. The tip of the mold should touch the lower left edge (at about 7 o'clock on a clock face) of the cornet. Fold the bottom of the cornet up and around the mold carefully roll upward and toward the left to wrap the cornet tightly around the mold; it should remain on the sheet pan as you roll. Leave the wrapped around the mold and continue to roll the cornets around the molds; as you proceed, arrange the rolled cornets, seam side down, on the sheet pan so they lean against each other, to prevent them from rolling. When all the cornets are rolled, return them to the oven shelf, close the door and bake for an additional 3 to 4 minutes to set the seams and color the cornets a golden brown. If the color is uneven, stand the cornets on end for a minute or so more until the color is even. Remove the cornets from the oven and allow to cool just slightly, 30 seconds or so.

Gently remove the cornets from the molds and cool for several minutes on paper towels. Remove the Silpat from the baking sheet, wipe the excess butter from it, and allow it to cool down before spreading the next batch. Store the cornets up to 2 days (for maximum flavor) in an airtight container.

For the Salmon Tartar: With a sharp knife, finely mince the salmon fillet (do not use a food processor, as it would damage the texture of the fish) and place it in a small bowl. Stir in the remaining ingredients and taste for seasoning. Cover the bowl and refrigerate the tartar for at least 30 minutes, or up to 12 hours.

For the Sweet Red Onion Crème Fraiche Place the red onions in a small strainer and rinse them under cold water for several seconds. Dry them on paper towels. In a small metal bowl, whisk the crème fraîche for about 30 seconds to 1 minute, or until it holds soft peaks when you lift the whisk. Fold in the chopped onions and season to taste with the salt and white pepper. Transfer the onion cream to a container, cover, and refrigerate until ready to serve for up to 6 hours. \*Make your own creme fraiche by adding one tablespoon of buttermilk to one cup of heavy cream. Allow to sit at room temperature for 8 hours. Chill.

To Complete: Fill just the top ½ inch of each cornet with onion cream, leaving the bottom of the cone empty. (This is easily done using a pastry bag fitted with a ¼ inch plain tip or with the tip of a small knife.) Spoon about 1½ teaspoons of the tartar over the onion cream and mold it into a dome resembling a scoop of ice cream. Lay a chive tip against one side of the tartar to garnish.

To Make the Stencil: Cut the rim from the top of a plastic container. Trace two concentric circles on the lid, the inner 4 inches in diameter, the outer about 4½ inches. Sketch a thumb tab that will make it easy to lift the stencil off the silicon-coated Silpat. Trim around the tab and outer circle. Remove the inner circle so that you have a hollow ring. The batter gets spread to the stencil's edges, then it's lifted off, leaving perfectly shaped rounds.



## Thomas Dill Dip

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- 1/8 cup mayonnaise
- 1/8 cup sour cream
- 1 tablespoon chopped parsley
- 1 tablespoon chopped onion
- 1 teaspoon dill weed
- 1 teaspoon Lawry's seasoning salt
- 1 tablespoon Worcestershire sauce
- 1 whole loaf, unsliced rye bread

Mix together all the ingredients together. Chill. Hollow out top of rye bread, reserve removed bread. Put dip into the hollowed out bread, and serve with bread, vegetables or crackers.





## Rumaki

- 1½ cups teriyaki sauce\*
- ½ teaspoon minced garlic
- ½ teaspoon minced fresh ginger root+
- 1 pound fresh chicken livers, halved
- 1 (4-ounce) can water chestnuts, drained and sliced+
- 12 slices bacon, cut in half

In a medium bowl, mix together teriyaki sauce, garlic and ginger root. Place chicken livers and water chestnuts in the mixture. Marinate in the refrigerator at least 2 hours. \* Use ½ cup soy sauce, ½ cup cooking sherry, ½ cup rice wine vinegar for a quick teriyaki sauce. +Ginger and water chestnuts are optional, but classic rumaki have that center crunch.

Preheat oven to 400° F. Wrap each half slice of bacon around one chicken liver half and a slice of water chestnut. Secure by skewering with small skewers or toothpicks. Arrange on a grate above a cookie sheet and bake for 15 minutes until bacon is crisp. Serve warm.



## Reuben Dip

- 1 8-ounce package softened cream cheese
- ½ cup sour cream
- 1 can drained sauerkraut, chopped coarsely
- ½ pound cooked corned beef, chopped coarsely
- 2 teaspoons finely chopped onion
- 1 tablespoon ketchup
- 2 teaspoons spicy brown mustard
- 1 cup grated Swiss cheese

Preheat oven to 375°. Combine of the ingredients in a bowl. Pour into a small casserole and cover. Bake 30 minutes until bubbly around the edges. Uncover and bake five more minutes until the top browns. Serve dip warm with crackers or toasted mini rye bread slices.



## Pigs-in-a-Blanket

*This one is great for kids learning to cook. It's very hands-on and tasty.*

- 1 package smoked, mini sausages (Little Smokies)
- 2 packages refrigerator biscuit dough (Pillsbury crescents or bread sticks)

Preheat oven to 375°. Remove dough from packages, separate pieces. Cut each piece of dough in 1/2. Stretch each small piece of dough slightly and wrap around a sausage. Bake for 12-15 minutes until golden brown.



# Soup

## Beet Soup

*Buraki or barszcz in Polish*

Stock:

4 pounds pork neck bones, rinsed  
4 quarts water  
1 medium onion  
3 stalks celery  
3 carrots  
2 bay leaves

Soup:

10 medium sized beets, cooked\*, skinned and diced  
¼ cup cider vinegar  
salt and pepper

Garnish:

3 medium sized potatoes, peeled and diced in small cubes, cooked  
sour cream

Stock: Rinse the neck bones to help keep any fine bone slivers out of the finished soup. Alternately you strain stock after it is finished before you add the sorrel and finishing onions. Add neck bones to a heavy-duty stock pot (non-reactive is the best since the vinegar tends to react with aluminum). Cover bones with up to one inch of water (generally 4 quarts for 4 pounds of neck bones). Too much water doesn't hurt to begin with as long as you have plenty of time for it to cook down. Bring to a boil and skim off top. Reduce to a good simmer. Leave the stock to simmer for at least 2 hours. Peel and quarter the onion, break up the carrots and celery into larger pieces and add these vegetables to the stock. Add the bay leaves. Simmer for 45 minutes longer. Strain stock or remove vegetables and bones with tongs. Remove remaining meat from bones and reserve the meat.

Bring stock to a boil, turn down heat to low. Add diced beets, reserved meat and vinegar; season to taste and simmer for 10 minutes.

Serve with potatoes and a dollop of sour cream. The meat and the diced potatoes make this soup appropriate as a main soup course, especially in the cooler months.

\*To cook beets: remove greens (leaving a scant ¼ so as to not cut into the skin, do not remove root end) and scrub the beets thoroughly. Place in a heavy pot and cover with water. Add 2 teaspoons salt. Bring water to a boil, reduce to a simmer, cover and cook for 30-40 minutes, or until a toothpick inserts easily. Plunge beets into ice water and peels will rub off. Alternately, clean beets and place in an envelope of heavy duty foil, with fresh thyme and marjoram, salt and pepper and 2 tablespoons of balsamic vinegar. Place on a baking sheet and roast at 400° for 30-40 minutes, until tender. Strain juice and reserve for soup.



# Sorrel Soup

*Schave in Polish*

Stock:

4 pounds pork neck bones, rinsed  
4 quarts water  
1 medium onion  
3 stalks celery  
3 carrots  
2 bay leaves

Soup:

2-3 pounds fresh sorrel\*  
½ medium onion, chopped finely  
3 medium sized potatoes, peeled and diced into small cubes  
1 teaspoon salt  
½ teaspoon pepper

Garnish:

hard boiled eggs  
sour cream

Stock: Rinse the neck bones to help keep any fine bone slivers out of the finished soup. Alternately you strain stock after it is finished before you add the sorrel and finishing onions. Add neck bones to a heavy-duty stock pot (non-reactive is the best since the sorrel tends to react with aluminum). Cover bones with up to one inch of water (generally 4 quarts for 4 pounds of neck bones). Too much water doesn't hurt to begin with as long as you have plenty of time for it to cook down. Bring to a boil and skim off top. Reduce to a good simmer. Leave the stock to simmer for at least 2 hours. Peel and quarter the onion, break up the carrots and celery into larger pieces and add these vegetables to the stock. Add the bay leaves. Simmer for 45 minutes longer. Strain stock or remove vegetables and bones with tongs. Remove remaining meat from bones and reserve the meat.

Remove the bigger stems from the sorrel and chop up the leaves. Add the chopped onions to reserved stock. Simmer for ten minutes, add the sorrel and the diced potatoes. Add reserved meat. Simmer for twenty more minutes. Adjust seasoning.

Serve with chopped hard boiled eggs and a dollop of sour cream. The meat and the diced potatoes make this soup appropriate as a main soup course, especially in the cooler months.

Alternately, to give the soup a lighter appearance, perfect for a small soup starter at a luncheon: do not add reserved meat. When sorrel and potatoes have finished cooking, put the cooled soup in a blender, ricer, or food processor. Reheat and immediately before serving, whisk in the sour cream, about a teaspoon per 10-ounce of soup. Garnish with chopped hard boiled egg.

\*Substitute spinach for sorrel and add 1/4 cup white vinegar. This soup can be made with chicken broth, as is more traditional in the Jewish cookbooks that contain schave recipes.



## Split Pea Soup

- 1 pound dried green peas, soaked in 4 cups water overnight
- 1 meaty ham bone or 2 ham hocks
- 3 quarts water
- 1 large onion, finely chopped
- ½ cup celery, chopped
- ½ cups carrots, diced
- 2 bay leaves

Bring peas, ham bone and water to a boil in a large stock pot. Reduce and simmer until peas are soft, about 2 hours. Add vegetables and bay leaves and simmer for another ½ hour. Remove ham bone and pull off any meat. Remove fat or gristle from meat, chop the meat and return to soup. Serves 8.



## Manhattan Clam Chowder

*Woman's Day Encyclopedia of Cookery*

- ¼ pound salt pork or bacon, small dice
- 1 medium onion, chopped
- ½ cup green pepper, chopped
- ½ cup celery, chopped

Brown bacon, sauté onion, pepper and celery in a stock pot. Add:

- ½ cup chopped carrots
- 1 16-ounce can chopped mushrooms
- 3 cups water
- 1 teaspoon salt
- ½ teaspoon dried thyme or 1 teaspoon fresh thyme
- 1 16-ounce can diced tomatoes
- ½ teaspoon pepper

Let the above simmer for 45 minutes then add:

- 1 pint clams and juice
- 2 cups diced potatoes
- chopped fresh parsley

Simmer for 15 minutes more. If fresh littlenecks clams are available: Wash about 24 clams well. Place in a basin of cold water with ½ cup cornmeal. Let stand for about one hour to disgorge excess sand. Drain well and rinse thoroughly. Drain again. Place clams in a kettle and add two of the three cups of water. Simmer with lid on tight until shells open. Strain juice and reserve for stock. Remove clam meat from shells and chop fine. Return to soup for the last five minutes.



## Ham and Bean Soup

### Ham Broth:

- 1 meaty ham bone and any leftover scraps of meat or 4 smoked ham hocks
- 1 pound dried navy beans, washed and soaked overnight.
- 4 quarts water

### Soup:

- 2 cups onion, coarsely chopped
- 1 cup carrots, small dice
- 1 cup celery, small dice
- 1 16-ounce can diced tomatoes
- 2 bay leaves
- salt and pepper to taste

Place beans, ham bone and meat scraps in a large stock pot (a 10-quart pot works well). Add approximately 4 quarts of water so that the meat and beans are covered. Bring to a boil. Reduce heat and simmer on low heat for 2 hours.

Add vegetables and bay leaves and simmer for another ½ to 1 hour, until beans are tender. Remove the ham bone and take off the meat, cutting it into small bits, discarding fat. Put the lean meat back into the soup pot.



## Barley Soup

### Ham Broth:

- 1 meaty ham bone and any leftover scraps of meat or 4 smoked ham hocks
- 4 quarts water
- 1 onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 2 stalks celery, washed and coarsely chopped

### Soup:

- 1½ cups pearled barley
- 2 cups onion, small dice
- 1 cup carrots, small dice
- 1 cup celery, small dice
- 1 16 ounce can diced tomatoes
- 2 bay leaves
- salt and pepper to taste

For the ham broth: Place vegetables, ham bone and meat scraps in a large stock pot (a 10-quart pot works well). Add approximately 4 quarts of water so that the meat and beans are covered. Bring to a boil. Reduce heat and simmer on low heat for 2 hours. Remove from heat, strain out vegetables, return meat and bones to the stock.

Add pearled barley (not quick cook), remaining vegetables and bay leaves and simmer for another ½ to 1 hour, until barley and vegetables are tender. Remove the ham bone and take off the meat, cutting it into small bits, discarding fat. Put the lean meat back into the soup pot.

Variations: In a separate pot, boil the ½ pound of ditalini pasta until just tender. Drain and add the pasta to the soup pot at serving time. Add 2 large russet potatoes, medium dice, along with vegetables. Makes 15 to 20 servings. Soup may be frozen.



## Mushroom Barley Soup

1½ pounds boneless beef chuck, cut into ¾ inch cubes  
1 tablespoon cooking oil  
2 cups finely chopped onion  
1 cup diced carrots  
½ cup sliced celery  
1 pound fresh mushrooms, sliced  
2 garlic cloves, minced  
½ teaspoon dried thyme  
1 can (14½-ounces) beef broth  
1 can (14½-ounces) chicken broth  
2 cups water  
½ cup medium pearl barley  
1 teaspoon salt  
½ teaspoon pepper  
3 tablespoons chopped fresh parsley

In a heavy pot, brown meat in oil. Remove meat with slotted spoon and set aside. Sauté onion, carrots and celery in drippings over medium heat until tender, about 5 minutes. Add mushrooms, garlic and thyme; cook and stir for 3 minutes. Add broths, water, barley. Season with salt and pepper. Return meat to pan; bring to a boil. Reduce heat; cover and simmer for 1½ to 2 hours or until barley and meat are tender. Add parsley.



## Cream of Broccoli Soup

5 tablespoons butter  
5 tablespoons flour  
2 14½-ounce cans of chicken broth  
2 cups broccoli, chopped  
½ cup cream or milk

Make a blond roux with the flour and butter by melting the butter, adding the flour and cooking for two minutes on medium heat until mixture slightly colors. Whisk in broth. Cook until it begins to thicken. Add broccoli and cook until tender. With a stick blender or potato masher, mash broccoli. Remove from heat and stir in cream or milk.

Variations: Sauté ¼ pound of bacon and one cup finely minced onion and use bacon grease for the roux instead of butter. Substitute asparagus or canned artichokes for the broccoli. Need cream of mushroom or cream of celery soup? Sauté mushrooms or celery in the butter until softened, then proceed as above.



## Vegetable Soup

2 pounds chuck or stew meat, cut into ½ inch cubes  
½ cup flour  
2 tablespoons vegetable oil  
3 quarts water or beef stock  
1 bay leaf  
4 carrots sliced  
1 onion diced  
2 stalks of celery sliced  
¼ head chopped cabbage  
salt and pepper  
4 potatoes diced  
1 quart chopped tomatoes  
1 cup frozen peas  
1 cup frozen corn

Lightly coat meat in flour and shake off any excess. In a heavy bottomed stock pot, brown meat in oil. Add water/stock, bay leaf, carrots, onion and celery. Bring to a boil. Reduce heat and simmer for 1½ hours, until meat is tender. Add remaining ingredients and simmer for ½ hour more. Adjust seasonings and serve.

For a minestrone type soup, add one can of kidney beans for the last ½ hour of cooking. Stir in ½ pound of cooked shell pasta before serving.



## Baked Potato Soup

*Looks complicated, but the effort is rewarding. Potatoes and bacon can be prepared ahead of time.*

4 large potatoes (baked with skins)  
8 slices bacon (cooked crisp and crumbled)  
1 stick butter  
½ cup flour  
1 14-ounce can chicken broth  
4 cups milk  
¾ teaspoons salt  
½ teaspoons pepper (white, if you have it)  
4 chopped green onions (use some of green stems)  
1¼ cup shredded cheddar cheese  
8 ounces sour cream

Bake potatoes and set aside to cool. Peel and dice. Fry bacon and set aside to drain well, then crumble. In 3½ quart saucepan, melt butter over medium heat. Add flour and whisk for 1 to 2 minutes until smooth. Cook for another minute until roux turns pale blond. Add broth, slowly add milk, whisking constantly, and cook until thick (do not boil) about 10 minutes. Add potatoes, pepper, salt, onions, bacon and cheese. Simmer until heated. Add sour cream.



## Chinese Hot Pot Soup

2 cans chicken or beef stock  
2¾ cup water  
½ pound ground beef, or julienne strips of beef or pork.  
1 package frozen stir fry vegetable mix  
½ cup instant rice  
¼ cup green onion, chopped fine  
1 tablespoon soy sauce  
salt and pepper to taste

Bring stock and water to a roiling boil. Add meat and cook for two minutes, stirring occasionally to break up meat. Add vegetable mix and rice and cook for two more minutes. Remove from heat and add green onion and soy sauce. Season to taste.



## Corn Chowder

4 ounces salt pork, jowl, or bacon, ground or minced fine  
6 ounces onions, small dice  
6 ounces celery, small dice  
4 ounces green peppers, small dice  
4 ounces red peppers, small dice  
4 ounces flour  
2 quarts chicken stock  
2 pounds corn, freshly shaved off uncooked cobs  
2 pounds potatoes, small dice  
1 bay leaf  
1 pint heavy cream, scalded  
1 pint milk, scalded  
½ teaspoon salt  
½ teaspoon white pepper  
½ teaspoon hot sauce  
1 teaspoon Worcestershire sauce

Render the salt pork; sweat the onions, celery, and peppers in the rendered salt pork. Add the flour and cook to make a blond roux, about 2 minutes on medium heat. Add the chicken stock gradually, whipping to work out lumps. Bring the soup to a simmer. Cook for 30 minutes.

Purée half of the corn and add it to the soup with the potatoes. Add the whole corn kernels and bay leaf and simmer until the corn and potatoes are tender.

Combine the heavy cream and milk; add to the soup. Remove and discard the bay leaf. Adjust the seasoning with salt, white pepper, hot sauce, and Worcestershire sauce.





# Chicken Soup

*This is a simple soup with simple ingredients. While it does take some planning, consider cooking it on a project weekend. Start the soup, do your three-hour project, return and it's done.*

stock:

- 2 whole chickens or 5 pounds of chicken parts
- 4 quarts water
- 2 medium onions, peeled and quartered
- 2 carrots, halved
- 2 celery stalks, quartered
- 1 bay leaf
- 1 teaspoon dried thyme
- a few sprigs fresh parsley
- 8 whole black peppercorns

soup:

- stock
- 1 cup chopped onion
- ½ cup chopped celery
- ½ cup diced carrot
- reserved chicken
- salt and pepper

In a large stockpot, combine the chicken with the water and bring to a boil, skimming off the scum that rises to the surface. Reduce heat, and simmer the mixture for 20 minutes, skimming occasional, and add remaining stock ingredients. Simmer for 2 to 3 hours. Remove from heat and strain, discarding vegetables. Remove meat from the bones and reserve. Discard the fat that rises to the surface (the best way to remove the fat is to chill the stock overnight. The fat will harden on top which makes it easy to scoop off). Return the stock to the cleaned stockpot and simmer with prepared vegetables. Add salt and pepper to taste. Return some of the reserved meat to the soup. Enjoy straight up with saltine crackers or add cooked rice or noodles.

For chicken gumbo soup, add to the soup vegetables:

- ½ cup diced bell pepper
- 1 cup sliced fresh or frozen okra
- 1 16-ounce can chopped tomatoes
- 1 teaspoon dried parsley
- 1 bay leaf
- dash of hot pepper sauce
- 1 cup rice



## Gazpacho

*In Spain, there is a red, tomato-based gazpacho; there is also a white, almond and garlic-based gazpacho. What we are more familiar with is the red, made only when the tomatoes are garden fresh.*

### Soup

2½ pounds tomatoes, concassé (peeled, seeded and diced)  
10 ounces cucumbers, peeled, seeded and diced  
10 ounces, diced  
10 ounces green peppers, diced  
10 ounces red peppers, diced  
2 cloves garlic, minced  
8 ounces white bread, cubed  
6 fluid ounces olive oil  
4 fluid ounces red wine vinegar  
10 basil leaves  
1 teaspoon salt  
½ teaspoon white pepper

### Garnish

2 ounces tomato, small dice  
2 ounces red pepper, small dice  
2 ounces green pepper, small dice  
2 ounces cucumber, small dice  
8 ounces croutons

Combine the soup ingredients; chill overnight for flavors to meld.

Purée the soup and put through a strainer to make a fine consistency. Serve, garnishing each portion separately. Variations: Add finely chopped jalapenos for some heat.



# Salads

## Seven Layer Salad

*This is a favorite for picnics and parties since it can be made up ahead of time.*

- 2 cups mayonnaise
- 2 tablespoons sugar
- 1 medium head lettuce, shredded into 1 inch bits
- 1 bell pepper chopped
- 2 stalks celery chopped
- 1 cup cauliflower florets
- 1 cup red onion rings
- 1 cup frozen peas
- ½ cup shredded sharp cheddar
- sliced water chestnuts (optional)
- ½ pound bacon, cooked and crumbled
- ¼ cup Parmesan cheese

Mix together mayonnaise and sugar to make a dressing. Layer remaining ingredients in the order given in container with a top that seals. Cover with the dressing. Before serving add bacon and Parmesan cheese and toss well. Remember to wash the lettuce and drain well in the refrigerator to crisp it up.



## Caribbean Squash Salad

- 1 pound butternut squash, peeled, seeded and cut into ¾ inch pieces (3 cups)
- ¼ cup orange juice
- 2 tablespoons snipped cilantro
- 2 tablespoons salad oil
- 1 tablespoon finely chopped jalapeno pepper (not seeded)
- 1 teaspoon sugar
- 1 cup chopped red pepper
- 1 cup chopped green pepper
- 3 tablespoons sliced green onion
- fresh cilantro leaves

Cook the squash covered, in a small amount of boiling water for 10 to 15 minutes until just tender; drain and chill.

Whisk together cilantro, oil, jalapeno and sugar in a large bowl. Add squash, bell peppers and onion. Toss lightly to mix. Marinate at room temperature for 2 to 4 hours. Garnish with additional fresh cilantro. Serves 4 to 6.



## Caesar Salad Dressing

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*It seems that the original salad made at Caesar's in Tijuana kept the leaves from sweet hearts of Romaine whole. The dressing was prepared at table side in the bowl of greens. Worcestershire was used instead of anchovies and a coddled egg was cracked on top. The brightness and contrast of the flavors remained evident on the dressing. No salad forks were needed since you had whole leaves to pick up by hand.*

In a large non-reactive bowl, whisk together:

- 2-3 cloves, finely minced garlic
- 2-3 anchovies (or 1 tablespoon Worcestershire sauce), chopped fine
- 1 generous teaspoon ground pepper
- 1 teaspoon salt
- 1 tablespoon Dijon mustard
- juice of one lemon
- one egg white

Slowly drizzle in 1 cup olive oil or walnut oil while whisking constantly to create an emulsion. Serve on fresh romaine lettuce with croutons and freshly grated Parmesan cheese. If one uses a stick blender or mini-chopper, the egg white can be omitted for a stable emulsion.

For croutons: Preheat oven to 400°. Cut up a loaf of sturdy French bread into ½ cubes. Melt 3 tablespoons of butter and 3 tablespoons of olive oil in a small saucepan. Add two cloves of crushed garlic, 1 teaspoon of salt, ½ teaspoon pepper, and ½ teaspoon paprika. Cook on medium heat until water evaporates, about two minutes. Spread bread cubes out on a large baking sheet and drizzle the garlic butter mixture over the top. Toss well. Bake for 5 minutes. Toss cubes and spread out again. Bake another 5 minutes or until croutons are crisp and golden. Cool before adding to the salad.



## Thai Beef Salad (Yam Neua)

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- 1/3 cup whole mint or cilantro leaves
- 2 tablespoons snipped mint or cilantro leaves
- 2 tablespoons lime juice
- 4 teaspoons fish sauce (nam pla or nuoc mam) or soy sauce
- 2 teaspoons sugar
- 1/4 teaspoon ground cayenne pepper
- 4 cups torn mixed greens
- 2 medium tomatoes cut into wedges
- 1 medium cucumber halved lengthwise and sliced
- 3 green onions biased cut into 1 inch lengths
- 1 pound boneless top round steak, cut into bite-size strips
- 1 tablespoon peanut oil

Mix the herbs, lime juice, fish sauce, sugar and pepper in a large non-reactive bowl. Set aside.

Heat the oil in a wok or large iron skillet to high heat. Stir-fry the steak 2 to 3 minutes in two batches to brown.

Add the warm beef, tomatoes, cucumber, and onions to the dressing. Toss lightly to mix. Divide among the salad plates.



## Ramen Noodle Salad

*Aunt Teresa's Slaw*

Dressing:

2 tablespoons sugar  
3 tablespoons vinegar (rice wine vinegar gives a milder flavor)  
½ cup salad oil  
1 teaspoons salt  
½ teaspoon pepper  
flavor packet from the noodles

Salad:

½ large head cabbage, finely shredded (about 3 cups)  
6 green onions, chopped fine  
2 teaspoons sesame seed  
½ cup toasted slivered almonds  
2 tablespoons cup sunflower seeds (optional)  
1 package Top Ramen noodles (chicken sesame flavor)

variations:

shredded pork loin or chicken breast  
add soy sauce and sesame oil for a richer flavor

Mix dressing together and pour over cabbage and onion. Refrigerate for at least two hours. Immediately before serving add sesame seeds and almonds, and crunch up noodles and mix into salad.

For a lighter salad, shred up a head of Napa cabbage and marinate for only one hour.



## Copper Pennies

Mix together in a sauce pan:

¼ cup vinegar  
1 cup sugar  
½ salad oil  
1 teaspoon salt  
1 teaspoon dry mustard

Bring above to a boil and simmer for 2 minutes. Remove from heat and add:

2 pounds carrots sliced and cooked firm  
1 teaspoon Worcestershire sauce  
¼ teaspoon celery seed  
1 medium red onion, thinly sliced  
1 one green bell pepper, thinly sliced  
¼ cup celery, finely minced

Stir to coat. Chill for at least one hour. This can be served on a bed of Bibb lettuce with the onion and bell pepper slices on top as a garnish.



## Apricot Pecan Salad

- 1 8-ounce can of crushed pineapple
- 1 packet apricot-flavored gelatin
- 1 8-ounce packet cream cheese
- 1 4½-ounce jar apricot baby food
- ½ cup pecans
- 1½ cups non-dairy whipped topping

Drain pineapple juice into a large heatproof glass container and reserved the crushed pineapple. Microwave on high two to three minutes. Stir in gelatin and dissolve. Cut cream cheese into chunks and mix into the hot mixture. Stir until cream cheese is thoroughly mixed. Stir in reserved pineapple and apricot baby food and cool in the refrigerator.

Fold in ¼ cup of the nuts and all the whipped topping. Pour into 8 x 8 glass pan. Sprinkle with remaining nuts. Refrigerate until set.



## Broccoli Salad

- ½ cup mayonnaise
- ¼ cup sugar
- 1 tablespoon red wine vinegar
- 1 large head of broccoli chopped
- ½ Bermuda onion chopped
- 1 cup seedless red grapes
- 3 ounces sunflower seeds
- 1 cup raisins
- 10 slices fried bacon, crumbled

Mix mayonnaise, sugar and vinegar in a small bowl. Add to other ingredients in a large bowl. Mix well and chill until serving time. Serves 10



## Cranberry Relish

- 1 package cranberries, washed and dried well
- 3 apples, cored but not peeled
- 2 oranges, peeled and sectioned, zest reserved
- 1 lemon, peeled, sliced and zest reserved
- ½ cup chopped pecans
- 1 cup sugar

Pass the fruits through a food grinder or coarsely chop in a processor. Add nuts and sugar. Mix well. Chill for 2 hours before serving.

Variations: add 1 cup crushed pineapple, 1 tablespoon grated ginger, 1 tablespoon of fresh horseradish and 1 teaspoon black pepper. Add ½ cup Triple Sec or Cointreau.



## Insalata Caprese

*While the word salad comes from the Latin word meaning salted, this salad is anything but preserved in salt. It's the essence of fresh ingredients. Fresh mozzarella is a simple cheese to make, even at home; it isn't aged at all. Only do this with home grown tomatoes and fresh basil. Fast from it the rest of the year.*

2 balls fresh mozzarella  
3 tomatoes, size comparable to the mozzarella  
2 tablespoons extra-virgin olive oil  
6 leaves fresh basil  
kosher salt  
freshly ground pepper

Slice the mozzarella into thin slices; an egg slicer works well for this. Slice the tomatoes, setting aside the top and bottom slices. Alternate laying out a tomato slice and a mozzarella slice on top of each other. Drizzle the olive oil over the slices. Sprinkle the basil, salt and pepper on top. Serves two as an appetizer.



## Blue Cheese Dressing

1 cup mayonnaise  
½ cup sour cream  
½ cup buttermilk  
¼ cup milk  
1 teaspoon lemon juice  
1 teaspoon Worcestershire sauce  
1 clove garlic, mashed to a paste  
¼ teaspoon salt  
dash of freshly ground pepper or hot pepper sauce  
6 ounces crumbled blue cheese

Combine all ingredients together and mix to a smooth consistency. Chill dressing for at least one hour before serving. Reserve 2 ounces of blue cheese crumbles for a chunkier dressing.



## Bowtie Pasta Salad

3 cups cooked mini-bowtie pasta  
¼ pound cooked ham, cut into strips  
1 cup chopped pecans  
4 ounces blue cheese, crumbled  
½ cup fresh parsley or basil, chopped  
2 tablespoons fresh rosemary  
1 clove garlic, finely minced  
½ teaspoon coarsely ground pepper  
¼ cup olive oil  
½ cup grated Parmesan cheese

Combine all ingredients except the cheese. Mix well. Sprinkle top with cheese. Chill for one hour.



## Coleslaw

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- 1½ pounds shredded cabbage, salted and drained
- 1 cup mayonnaise
- 2 teaspoons lemon juice
- 2 teaspoons Dijon mustard
- 1 cup buttermilk
- 2 tablespoons sugar
- ½ pound shredded carrot
- ½ cup shredded green pepper

For a crisper slaw: mix the cabbage with 2 tablespoons of coarse kosher salt. Place in colander and drain for two to three hours. Rinse lightly.

Mix together mayonnaise, lemon juice, mustard, buttermilk, and sugar. Add to rinsed cabbage. Mix in carrot and pepper. Chill.



## Curried Orzo and Chicken Salad

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- 2 cups cooked chicken, in ½ inch chunks
- 3 cups orzo pasta, cooked, rinsed and drained
- 1 cup Bing cherries or red grapes, seeded and halved
- 1 cup feta cheese, crumbled
- ¼ cup celery, chopped fine
- 2 shallots, minced fine
- ¼ cup pine nuts, pistachios, or slivered almonds

Mix all ingredients together with the dressing below.

Dressing:

- ½ cup roasted red peppers with juice
- 4 cloves roasted garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon curry powder
- dash of hot sauce or ¼ teaspoon cayenne pepper
- 1 cup mayonnaise
- ½ cup olive oil

In a mini-chopper or food processor, mix all dressing ingredients together to make a flavored mayonnaise. Mix with salad ingredients. Chill.





## Smoked Salmon Salad

- 2 cups smoked salmon, chopped coarse
- ½ cup frozen peas, cooked and cooled
- ½ cup sliced celery
- ½ cup cooked and cooled green beans
- ½ cup cooked red potatoes, diced
- ½ cup minced onion
- 1 head lettuce, shredded
- 2 hard boiled eggs, sliced

Mix all the salad ingredients together.

### Dressing:

- ¼ cup white wine vinegar
- 2 tablespoons lemon juice
- ¼ teaspoon garlic salt
- ½ teaspoon hot sauce
- ¼ teaspoon pepper
- ¼ cup olive oil
- ¼ cup vegetable oil

Mix together vinegar, lemon juice, salt, hot sauce and pepper. Slowly whisk in oils to create an emulsion. Pour over salad ingredients and mix thoroughly.



## White Bean and Tuna Salad

- 1 12-ounce can of cannellini, navy, or great northern beans, drained
- ½ cup red onion, chopped
- ½ cup celery, chopped
- 1 clove garlic, mashed to a paste
- 1 6-ounce can of tuna, drained
- 2 tablespoons red wine vinegar
- 4 ounces olive oil
- 1 tablespoon fresh basil, chopped
- ½ teaspoon salt
- ½ teaspoon pepper

Mix together all the ingredients. Chill for ½ hour before serving.



## Honey-Mustard Dressing

*Add poppy seeds, use lime juice instead of vinegar and use yellow prepared mustard for poppy seed dressing.*

- 2 tablespoons cider vinegar
- 2 tablespoon honey
- 1 teaspoon prepared brown mustard
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- ½ cup oil

Whisk together citrus juice, honey, poppy seed, mustard and seasonings. Slowly drizzle in the oil, whisking constantly to emulsify the dressing. Chill.



## Thousand Island Dressing

- ½ cup mayonnaise
- 1 tablespoon ketchup
- 1 tablespoon chili sauce
- 2 tablespoons fresh lemon juice
- 2 tablespoons minced red bell pepper
- 1 tablespoon minced onion
- 1 tablespoon minced fresh parsley leaves
- 1 tablespoon sweet pickle relish
- 1 egg, hard-boiled, chopped fine
- a pinch of cayenne

Mix all ingredients well. Dressing keeps, covered and chilled, 1 week. Serve dressing with crisp lettuce, sliced tomatoes, or seafood salad.



## Western Dressing

*The basics of the dressing appear in many forms. How it evolved from French dressing or morphed into Russian dressing is a subject for nutritional anthropologists. What we have here is a sweet/tangy oil based dressing that has a prominent ketchup flavor that is balanced by the sugar and vinegar.*

- 1½ cup catsup
- 1½ cup sugar
- ¼ cup vinegar
- 2 teaspoon paprika
- ½ teaspoon dry mustard
- 1 teaspoon celery seed
- 2 teaspoon garlic salt
- 1½ cup salad oil

In a blender or food processor put catsup, vinegar and spices. Blend at high speed to blend well, Turn to a low speed and drizzle in oil to make a stable emulsion. Pour into jars, and refrigerate. Makes 1 quart.



## Ranch Dressing

*Try making this fresh sometime and put it on a crisp iceberg lettuce wedge. MSG is the food industry's evil narcotic. It does make a difference, but the purist may prefer not to add it.*

2 teaspoons minced onion  
½ teaspoon salt  
½ teaspoon garlic powder  
1 tablespoon parsley flakes  
½ teaspoon MSG  
1 cup buttermilk  
1 cup mayonnaise

Whisk together all very well in a metal or glass bowl.



## Ceviche

juice and zest from 2 limes  
1 clove garlic, mashed fine  
1 tablespoon red onion, diced fine  
1 tablespoon red bell pepper, diced fine  
1 tablespoon green bell pepper, diced fine  
2 tablespoons chopped fresh cilantro  
½ teaspoon salt  
¼ teaspoon pepper  
8 ounces firm fish (very fresh salmon, sea bass, scallop or shrimp), chopped fine or sliced wafer thin.

Mix all the ingredients except the fish together in a glass or stainless steel bowl. Allow to marinate for 1/2 hour. The acid from the citrus, onion and garlic will cure the fish. Serve as a taco with the usual accompaniments on a tortilla or with corn chips.



## Madison Salad

*Marcia Schweiss*

1 head iceberg lettuce, cleaned dried and shredded into bite-sized pieces  
1 head romaine lettuce, cleaned, dried and shredded into bite-sized pieces  
1 16-ounce can artichoke hearts, drained and quartered  
1/2 cup pimentos, diced and drained

Dressing:

1/3 cup red wine vinegar  
1 teaspoon salt  
½ teaspoon pepper  
2/3 cup olive oil  
2/3 cup freshly grated Parmesan cheese

Slowly whisk olive oil into the vinegar, salt and pepper. Pour over salad and mix thoroughly with cheese. This salad is also a standard at Rich and Charlie's in St. Louis.



## Vinaigrette

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*A one to three ratio of vinegar to oil is the backbone of this dressing. Matching a variety of vinegars to a variety of oils can give you a tremendous palette to work with. Adding different flavoring compounds, such as mustard or citrus juices, extends the range of flavors even more. Drop in some herbs or aromatics to round out the mixture. A stainless steel or glass bowl and a whisk are the only hardware you need in addition to knife and cutting board for the build. Practice the prep a bit and you can have a good dressing in two minutes. Use the table at the bottom to try the many variations of this standard. Use thin-leaf lettuce or greens like Romaine, red-leaf, arugula for the best effect.*

### Basic:

- 2 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 clove finely minced garlic
- ½ teaspoon dried herbs (basil, oregano or tarragon)
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1/3 cup canola oil (olive oil or walnut oil also is used in France)

Whisk together in a stainless steel or glass bowl all the ingredients except the oil. Slowly whisk the oil in a few drops at a time at first, gradually increasing until you pour thin stream out. It is essential that you continue to whisk vigorously so that an emulsion forms. You are actually coating very small drops of the liquid ingredients with the oil, putting it into suspension. An electric whisk (stick blender) does an excellent job in 30 seconds flat.

### Fruity:

- 2 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 clove finely minced garlic
- 3 tablespoons orange or mango juice or crushed and strained blueberries or raspberries
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ cup olive oil

### Italian:

- 2 tablespoon balsamic vinegar
- tablespoon finely minced red bell pepper
- 1 clove finely minced garlic
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1/3 cup olive oil

Vinegar	Emulsifier	Flavorings	Aromatics	Oil
red wine	Dijon Mustard	fruit juice	herbs	canola
balsamic	Chili Oil	berries	garlic	grapeseed
apple cider	wasabi	citrus juice	bell peppers	extra-virgin olive
rice wine	honey	caramelized onion paste	chives	walnut
tarragon	miso	anchovy paste	green onion	peanut
	tahini	Worcestershire Sauce		
	grated hard cheese			



# Seafood

## Linguini and Clams (Linguini alle vongole)

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*A strong linguini or thick spaghetti is essential for this dish to complement the toothsome clam. Clam juice and lemon give the flavor, while a wine reduction mounted with butter gives the texture. I like to dredge the chopped, canned clams in a bit of flour to help make a thicker sauce. Fresh clams are easy to work with too; and if you have a good chicken stock and add a bit more butter at the end, the sauce will be substantial enough to coat the pasta and stick. This recipe serves three.*

1/2 pound linguine or #12 spaghetti or Barilla thick spaghetti  
1 teaspoon kosher salt

2 tablespoons olive oil  
2 tablespoons butter  
1 6-ounce can of chopped clams, well-drained with juice reserved  
2 tablespoons flour  
4 cloves minced garlic  
2 shallots or 2 tablespoons sweet white onion  
½ teaspoon red-pepper flakes  
juice of one lemon  
½ cup semi-dry white wine  
½ cup chicken stock  
½ teaspoon kosher salt  
½ teaspoon fresh ground pepper  
1 tablespoon chopped fresh parsley  
2 tablespoons freshly grated parmesan cheese\*

Put 1 gallon of water to boil. While the water heats, prepare all ingredients. If using dried pasta, add pasta and salt. Stir to ensure all pasta is separated and allow to cook for 12 minutes at a solid boil. If using fresh pasta, hold off cooking it until sauce is almost ready so that pasta and sauce come together at the right moment. That will give you enough time to prepare the sauce.

For the sauce: Heat the olive oil and butter to medium high heat in a sturdy sauté pan. Toss the chopped clams with flour until all bits are separated and lightly coated. Add the clams to the oil and sauté, stirring occasionally. Cook for two minutes to ensure that all the flour is cooked. Turn heat to low and add garlic, onion and red-pepper. Sauté for another minute. Add lemon, wine, chicken stock and reserved clam juice. Turn heat up to high and deglaze the fond with a wooden spoon. Cook for 2-3 minutes or until sauce is reduced and thickens. Add salt and pepper as desired. Drain pasta. Add to sauté pan and toss well. Sprinkle on chopped parsley and cheese and serve. \*Traditionally in Italy one does not put grated cheese on seafood unless heavy cream is used. If adding, wait until pasta is thoroughly coated for best adhesion.

If using live clams still in the shell: Thoroughly wash about 30 small clams. Discard any that are not firmly closed. Proceed with the recipe as above, but add the clams to steam for about two minutes before adding the stock. Remove clams, discarding any unopened clams and reserve in a warm, covered bowl. Add stock. Turn heat to high and reduce by half. Remove from the heat. Add 2 tablespoons of butter and whisk until butter is melted. Add the pasta and seasonings. Coat well. Add parsley and cheese. Mix well. Divide up into serving portions and top with clams.

To double your flavor, Make the recipe using canned clams, but add the clams in the shell after adding the wine. Steam covered for 2 minutes, then proceed as with the directions with fresh clams.



## Gravlax

*Culinary Institute of America. Makes 20 portions.*

7 ounces kosher salt  
1 pound dark brown sugar  
¾ ounce cracked white peppercorns  
3 ounce chopped dill or cilantro  
2 fluid ounce lemon juice or lime juice  
1 fluid ounce olive oil  
¾ fluid ounce brandy or tequila  
3 pound salmon fillet

Combine salt, brown sugar, peppercorns, and herbs to make the dry cure. Combine the juice, oil, and spirits. Place the salmon on a piece of cheesecloth and brush this mixture on the salmon fillet.

Pack the cure evenly on the salmon fillet and wrap tightly. Place the wrapped fillet on a rack in a pan, top with a second pan, and set a weight in the second pan. Refrigerate this assembly and let marinate for 3 days.

Unwrap the salmon and scrape off the cure. Slice the salmon thinly on the bias to serve. Cold smoke for two hours for smoked salmon.



## Mustard Crusted Halibut

*This works well with any delicate fish like halibut or sea bass. Can also go on salmon filets.*

2 6-ounce filets of halibut  
2 tablespoons olive oil  
1 teaspoon chopped fresh oregano  
¼ cup brown spicy mustard  
¼ cup bread crumbs  
½ teaspoon kosher salt  
½ teaspoon pepper

Start a high heat fire in the grill. Pat fish filets dry. Coat liberally with olive oil. Sprinkle them with salt, pepper and oregano. With a spoon, carefully coat both side of the filets in mustard. Dip into bread crumbs.

It is essential to have well-cleaned and oiled grates and the fire hot so that the fish does not stick. Heat grate to very hot. Grill or broil one side for 2 minutes. Carefully with a wide, thin spatula, turn fish over and grill for two minutes on the other side. Serve with a slice of lemon and sprinkles of fresh oregano.



## Shrimp Scampi

*Purists may complain that this Italian-American specialty isn't really scampi (Adriatic crayfish)—but as its name promises, it really is shrimp cooked scampi-style. In Spain shrimp sautéed in garlic and oil or butter is a classic tapa.*

½ cup all-purpose flour  
¼ teaspoon salt  
½ teaspoon freshly ground black pepper  
¼ teaspoon cayenne pepper  
1½ pounds fresh shrimp, 12-15 count works well, shelled and deveined  
½ cup olive oil  
4 cloves garlic, minced  
1 shallot, chopped  
½ cup fresh parsley, minced  
½ teaspoon dried oregano, crushed  
2 tablespoons white wine  
2 tablespoons brandy

In a small bowl, combine flour, salt, pepper and cayenne pepper. Mix thoroughly. Dry the shrimp and dredge shrimp in flour mixture. Shake off excess flour.

In a large skillet, sauté dredged shrimp in olive oil for 2 minutes over high heat. Toss shrimp often to prevent burning. Transfer shrimp with a slotted spoon to a serving dish, leaving the oil in the pan.

In the same pan, sauté the garlic, shallot, parsley and oregano over medium heat for 3 minutes, stirring constantly. Spoon the mixture over the shrimp. Return pan to the heat. Preheat your broiler for medium heat.

Pour the wine and brandy into the skillet and ignite with a match or lighter. When the flames die down, stir to loosen any browned bits on the bottom of the skillet; pour over shrimp.

Place the serving dish of shrimp in a preheated broiler for about 2 minutes



## Croquetas de Atún

*Tuna Croquets: Mark, Teresa and Marion hit the tapas goldmine in Haro, Spain. This quaint farming town in the northern Rioja region of Spain had great warm tapas to go with their excellent red wines (Muga is a vintner to remember). These are the standard croquets which can contain a variety of ingredients. The starch base which hold all together is a puree of potatoes and the flavoring could be any cooked fish or vegetable.*

1 4-ounce can of tuna, drained and mashed fine  
2 Russet potatoes, cooked, drained and riced, or two cups mashed potatoes  
two tablespoons finely chopped onion  
1 tablespoon fresh parsley, chopped or 1 teaspoon dried parsley  
1 large egg  
salt and pepper to taste

Prepare a heavy skillet with 2 inches of cooking oil, preheat to 350°. Mix all ingredients thoroughly. Take two tablespoons of the mixture at a time and form into rolls about 1 inch thick and two inches long. Place a few croquets at a time into the hot oil and fry for 2 minutes, or until golden brown. Remove from oil and drain on a wire rack. Serve warm with a roasted red-pepper mayonnaise.



## Fish Breading

- 1 cup flour
- 1 cup corn meal
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon paprika

Mix all the ingredients well. Pat fish dry. Mix 1/2 cup of beer and 1 egg white. (Never use egg yolk in deep frying batters or breading. The fat of the yolk will attract the fat of the frying oil and the coating will not crisp or may fall off.) Dip fish into wet mixture, then coat evenly on both sides with the breading. Deep fry or pan fry at 350° in peanut or canola oil.



## Shrimp or Crawfish Étouffée

*This is probably my favorite Cajun dish. It is impossible in many areas to find crawfish meat, but you can substitute langostinos, the tiny crustaceans from Chile, if crawfish is not available. You can usually find them in the frozen seafood section of your supermarket. If not, you can also make a wonderful shrimp etouffee by using shrimp instead of crawfish*

- 1 cup onion, finely chopped
- 1 cup celery, finely chopped
- ½ cup green onions with tops, finely chopped
- ½ cup green pepper
- 4 tablespoons chopped shallots
- 2 cloves garlic, mashed
- 1 stick butter
- 2 tablespoons flour
- 2 cups chicken stock.
- ½ cup \*Rotel tomatoes or diced canned tomatoes
- salt to taste
- 1 teaspoon freshly ground black pepper
- dash cayenne pepper
- 1 Tablespoon Worcestershire sauce

- 2 pounds crawfish meat, langostinos, or shrimp
- cornstarch for thickening (if necessary)

In a heavy Dutch oven, sauté the onion, celery, green onions, peppers, shallots and garlic in the butter. Cook until these vegetables are soft but not brown. Stir in the flour and cook until light brown, stirring constantly. Gradually add the chicken stock, stirring constantly with a wooden spoon. Add the tomatoes and simmer for 10 minutes. Add the salt, pepper, cayenne, and Worcestershire to taste.

This should be spicy. If the crawfish meat has been frozen, it should be rinsed lightly and drained because it is often too salty. Add crawfish to étouffée mixture and cook over a low heat for 15 minutes.

Serve over rice. Serves 6-8.

\*Rotel is a brand name of spicy hot tomatoes with jalapeno peppers- if you cannot find these try some hot Mexican salsas with jalapenos; just do this to taste. I often use the whole can of Rotel (for some it may be too hot, for others it may be perfect).





## Grilled Mahi Mahi

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1 pound mahi mahi, fresh or frozen  
2 teaspoons olive oil  
2 teaspoons lemon juice  
¼ teaspoon salt  
2 cloves garlic minced  
Capers (optional)

Cut the mahi mahi into 4 serving-size portions. Brush both sides of the fish with the olive oil and lemon juice. Sprinkle with salt and pepper, then rub the garlic on the fish.

To grill place in a grill basket and grill over hot coals for 4-6 minutes. To serve, top with capers, if using. Serves 4. This recipe works with any firm fish; however, when using trout or salmon without a grill basket, keep the skin on, grill on flesh side first for a good brown crust. Carefully turn and cook on the skin side for half the time used for first side.



## Louisiana Crab Cakes

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*Tyler Florence's Ultimate: The key to a good crab cake is balancing the sweetness of the crab meat with the aromatics of the vegetables and herbs. If you are using lump crab meat, think of this recipe as a rough vegetable mousse with lumps of crab for texture.*

½ stalks celery heart, finely chopped  
¼ red bell pepper, finely chopped  
¼ medium white onion, finely chopped  
1 bunch of scallion, green part only, finely chopped  
1 teaspoons dried basil  
1 teaspoon fresh oregano leaves, chopped  
1 teaspoons fresh thyme leaves  
Salt  
Freshly ground black and white pepper  
½ teaspoon dill weed  
½ cup parsley leaves, finely chopped  
3 cloves garlic, finely chopped  
2 egg whites, beaten to stiff peaks  
¼ cup smoked salmon  
½ cup whipped cream  
1 tablespoon lemon juice  
Hot sauce or pinch of cayenne pepper  
½ pound jumbo lump crab  
1 cups seasoned bread crumbs  
3 tablespoons corn or vegetable oil, for frying  
2 tablespoons butter, for frying

In a big heavy bottomed frying pan sauté celery, peppers, onions, scallions in butter and oil. Add oregano, basil and thyme, salt and white pepper. Lastly add parsley and garlic and cook until soft. Leave to cool.

Finely chop smoked salmon, then flatten it, using the blade of a kitchen knife. Add the salmon to the whipped cream in a large mixing bowl. Add dill and season with salt and white pepper. Add ½ of the lemon juice and blend gently with spoon. Add 1 tablespoon of the sautéed vegetables and herbs to the mousse. Fold egg whites into mousse.

Check the crabmeat for pieces of shell and put in a large clean bowl. Season with a handful of bread crumbs, salt, pepper, hot sauce and remaining lemon juice. Fold in mousse, taking care not to over mix it. Fold in the rest of the vegetables and herbs and a handful of bread crumbs. Blend it together very carefully with your hands taking care not to break up any of the crabmeat and overwork the mousse.

Gently work into little cakes and bread them with more bread crumbs. Set aside. You can prepare these cakes and chill them for a short time as long as the mousse doesn't break down.

Heat the butter and oil in a large heavy-bottomed frying pan on medium high until water is cooked out of the butter. Fry the crab cakes until golden brown on each side. Only turn them once after the bottom side is browned. Serve with one of the following sauces.

#### Easy Roasted Red Pepper Sauce:

- ½ cup canned, roasted red peppers, chopped fine with liquid
- 4 cloves from a bulb roasted garlic
- 1 cup mayonnaise
- 1 tablespoon lemon juice.
- ½ cup olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon hot sauce or a few sprinkles of cayenne pepper

Place roasted red peppers and peeled garlic in a food processor. Pulse until smooth. Add mayonnaise and lemon juice, and pulse until thoroughly mixed. Start processor and drizzle in olive oil to keep an emulsion. Season to taste.

#### Blonde Remoulade:

- 1 cup mayonnaise
- 1 tablespoon red bell pepper, finely chopped
- 3 tablespoons green onion, finely chopped
- 1 garlic clove, finely chopped
- 1½ tablespoons Creole mustard
- ½ teaspoon Creole seasoning
- 1 teaspoon capers, roughly chopped
- 3 tablespoons parsley leaves, finely chopped
- 1 teaspoon hot sauce
- 1 teaspoon lemon juice

Chop all vegetable ingredients. Place in bowl and add remaining ingredients. Mix thoroughly then refrigerate. It's best if you can make it the day before. Using a food processor will make your sauce watery.



## Hot Smoked Salmon,

*Joe Meystrik*

- ¼ cup sugar
- ¼ cup kosher pickling salt maybe less according to taste
- 1 quart water
- 1 large skinless salmon fillet
- Sesame oil
- Maple syrup

Mix sugar, salt and water in a separate container until dissolved. Rinse Salmon under clean water. Place salmon in a large zip-topped bag. Add brining mixture.

Place salmon in fridge for about 12 hours. 24 hours is ideal. You can go longer if need be or shorter if in a time crunch. This brining is what makes salmon sweet and moist and removes fishiness. When brining is complete, remove salmon from brine. Dry gently with paper towel or other clean cloth.

Take a pan or layer of heavy duty aluminum foil and rub with sesame oil. Place salmon on pan or foil. Sprinkle top of salmon with sugar then rub top with sesame oil. Smoke at min of 200degree max of 350. until done. (salmon flakes to fork) longer at low temp is best. Use alder wood for best flavor. As salmon is nearing completion. Baste with maple syrup. Serve with a horseradish sauce.



# Fish in Papillott

## Sauce\*

2 cloves garlic, crushed  
 1 tablespoon, freshly grated ginger  
 1 ounce fish sauce  
 1 ounce soy sauce  
 1 tablespoon sesame oil

4 6-ounce fish fillets:  
 salmon, red snapper,  
 halibut, or tilapia  
 4 sheets, 12 x 20 parchment paper

1 medium yellow squash,  
 julienne  
 1 medium zucchini, julienne  
 1 medium onion, sliced thin  
 2 ounces shitake, crimini, or  
 button mushrooms, sliced thin  
 ½ red bell pepper, julienne

Preheat oven to 400° and place baking tiles or heavy sheet pan in oven. Mix up sauce and put it with the fish in a large zip-top bag and let marinate for 30 minutes.

Take a sheet of the paper and fold in half so that it is 10 inches wide. Cut a half a heart using the edges of the paper as a boundary. Open up and place one piece of fish with ¼ of the vegetables on one half of the paper. Pour a tablespoon of the sauce on top. Fold paper back over fish and vegetables. Beginning at the top indent, make small creases ½ inch over to seal edges. Follow completely around the whole package. Use a metal paper clasp to seal last crimp. Complete three remaining packages. Put packages in the oven and bake for 8 minutes. The packages will brown. Remove and serve, carefully opening up on a plate so as not to be burned with the steam. Serve with a rice pilaf. \*Use any of the marinades in the meat section for a sauce.

Note the accompanying chart with ingredients that go well with packet cooking.

Packet Cooking Guide					
Starch (quick cooking)	Vegetables (julienne)	Meat / Fish (6-oz. Portions)	Seasoning (¼ teaspoon dry)	Aromatics (shredded)	Liquid (1/2 - 1 ounce)
minute rice ramen noodles thinly sliced potato dumplings couscous orzo (parcooked)	mushrooms artichoke tomato peppers snow peas broccoli bokchoy Napa cabbage yellow squash zucchini	chicken breast turkey tender beef tenderloin pork tenderloin lamb tenderloin 10-12 count shrimp salmon halibut tilapia catfish	salt red pepper white pepper black pepper coriander cilantro lemon zest lime zest parsley basil honey	onion garlic scallions shallot celery fennel carrot ginger	sherry wine lemon juice lime juice tequila fish sauce worchestershire soy sauce tomato juice broth sesame oil olive oil mirin

Build your packets from the bottom up. Choose an optional starch as a base. Select two vegetables which will give moisture to the starch and take on the flavor of the meat or fish. Top the vegetable with the meat or fish portion. Season the meat or fish with salt and at least two other seasonings. Cover with the aromatics and sprinkle the whole thing with the liquid. Tightly seal the packet.

# Meats

## South of the Border Marinade

*The general idea of a marinade is to add flavor to leaner cuts of meat that will be quickly broiled or grilled. It also can break down the surface of the meat with some enzyme action. There is always a balance between an acid, an oil, and a major flavoring component. In this marinade the lime is the acid, the oil acts as a stabilizer, and the tequila and cilantro give the flavor. Distilled spirits act as solvents in recipes since certain herbs and spices release their flavor only with alcohol.*

Juice of 2 limes  
½ cup canola or peanut oil  
1 teaspoon salt  
1 teaspoon freshly ground pepper  
2 tablespoons tequila  
½ cup chopped cilantro  
2 cloves minced garlic

Process all the ingredients in a mini-chopper and marinate meat for at least one hour prior to grilling. Add a bit of heat to the dish by using one or two jalapenos.

Uses: Make a fajita marinade using chicken strips or skirt steak by adding ½ teaspoon cumin and ½ teaspoon chili powder per pound of meat. Excellent on salmon, halibut, sea bass or red snapper.



## Teriyaki Marinade

*Teriyaki dishes are found in many different type of cuisine nowadays, even in Mexican and Western dishes. Then, what is teriyaki? It is a way of Japanese cooking. The word, teriyaki is a combination of two Japanese words “teri” and “yaki.” Teri means luster and yaki means grill or broil. To make a teriyaki dish, ingredients are broiled, roasted or grilled after being marinated in or basted by teriyaki sauce. It is the teriyaki sauce that brings the shiny look (teri) to the ingredients. This is the real teriyaki, although any dish cooked with teriyaki sauce seems to be called teriyaki nowadays, whether the ingredients are Japanese or not. Use this as a marinade or for basting. Try to use brown sugar or molasses, if possible, instead of white sugar; using molasses adds a certain texture and quality. If you want to add some extra “bite” to the sauce, increase the measure of grated ginger and add two cloves crushed garlic. Add some fish sauce and sesame oil for a fuller flavor.*

1 cup soy sauce  
1 cup sake  
½ cup mirin  
¼ cup brown sugar  
2 tablespoons fresh ginger, grated

Method: Combine all the ingredients in a saucepan. Heat on stove until the brown sugar is dissolved and all the ingredients are thoroughly blended. If it is available, buy Japanese soy sauce in large plastic bottles. Look for a list of ingredients that has soy, wheat, and salt with no caramel or coloring agents. It is usually cheaper and lower in sodium. This is naturally fermented and tastes super.



## Middle Eastern Marinade

*Skewered meats, tender grill cuts, or lamb chops take on a distinct flavor with the addition of this marinade. Lemon, oregano, and olive oil are the essentials to this flavor.*

juice of 1 large lemon (2 tablespoons)  
1 teaspoon dried oregano (2 tablespoons fresh)  
1 teaspoon salt  
½ teaspoon freshly ground pepper  
¼ teaspoon cayenne pepper (or 1 teaspoon sweet paprika to cut the heat)  
¼ teaspoon nutmeg  
¼ teaspoon cinnamon  
½ cup olive oil

Mix together the lemon juice and spices in a non-reactive bowl. Slowly drizzle in olive oil while whisking to make an emulsion. Marinate fish or small cuts of meat for one hour before grilling or broiling.



## Mediterranean Marinade

2 tablespoons balsamic vinegar  
2 cloves garlic, finely minced  
10 fresh basil leaves, chopped fine (1 teaspoon dry)  
1 tablespoon fresh oregano (1 teaspoon dry)  
1 teaspoon salt  
½ teaspoon freshly ground pepper  
½ cup olive oil

Combine vinegar and spices together. Slowly drizzle in the olive oil, whisking vigorously. Use on chicken, lamb, fish, or pork.



## High Heat Roasting

*High and dry for loin, tenderloin and chicken breasts*

The place to buy cookbooks is at outlet malls where there are remaindered books of all types. There is where I purchased my copy of Barbara Kafka's book *Roasting* for \$12.00. You can still find it there even though the gourmet food stores still sell it for full price.

Her theory is that high heat roasting is the way to keep the most flavor in the meat. Know your cuts of meat (thanks to Dave Letterman) and use a heavy gauge roasting pan. Start the meat at 500°. Cook till the meat browns. (If you are afraid of 500°, start at 425° and see how that works.) Reduce heat and cook till desired internal temperature is reached. Let the meat rest for 10 to 20 minutes, depending on the thickness of the meat. Defat and deglaze pans and make a sauce. You may encounter a little smoke, but that's why there should be a good externally vented exhaust fan in your kitchen. Some cuts of meat need a longer braising period (brisket) with liquid added; others will be finished in 30 minutes total cooking time.

The texture of large cuts of meats determines whether or not to use high and dry heat. Ironically, the tenderest cuts of meat are not the most naturally flavorful (pork or beef tenderloin and chicken breasts). The toughest cuts of meat (chuck or shoulder roasts and round steak) can taste the best but require a longer, wet cooking method. Confusion can result because you can cook a loin too hard (high heat for a long time) and make it dry and tough. You can coax flavor back into it by dropping the temp and braising it in liquid; however, the meat generally becomes mealy and tasteless and all the flavor goes into the cooking juices.

The key to this is know your cuts of meat. Add flavor by marinades or rubs. Use a meat thermometer for

all high, dry cooking methods (this includes direct grilling) to reach just the desired temperature and coast to the end during a rest. The best way to test this method is with a whole pork loin.



## Roast Turkey

Don't be intimidated by this bird. Roasting a turkey is very simple. Simply follow the directions that come with your turkey. Don't forget to have your turkey totally thawed and room temperature. The quick thaw method is to submerge it in a large cooler of cold water. Change water every few hours. Better yet, unwrap the turkey, place it in a large container with a brine solution in the fridge. It's better not to use any stuffing since that would affect the cooking time and allows bacteria to incubate inside at its optimum temperature.

Remove giblets and neck and dry the turkey thoroughly. Spray on a thin coat of vegetable oil. Rub in pepper and salt. Place on a rack in a low-sided roaster in a preheated oven at 325°, breast up. Roast for 2½ hours to 3 for a 12-13 pound turkey. Check temp for doneness at 2 hours with an accurate meat thermometer. For the last ½ hour, loosely cover the breast with a foil tent. Avoid opening the oven before that time. Shoot at least for 170° deep in the thigh (not touching the bone) and allow for a 15 minute rest or up to a half hour if you keep the turkey covered. When you slice the turkey, make sure you have a warm platter to place the meat on so that the meat doesn't cool too fast.

To make a pan gravy: remove all but 6 tablespoons of fat from the roasting pan. Add 6 tablespoons of flour and mix with fat. Cook over a medium heat for 3-4 minutes until the flour turns light brown color. Add 6-8 cups of chicken or turkey broth (we always cooked the neck with some veggies for a quick stock) and whisk to combine well. Dislodge all the browned bits from the bottom of the pan. Bring to a boil and cook for several minutes until the gravy thickens. Adjust seasoning with salt and pepper.

If you have to feed a large crowd, it might be better to have two smaller turkeys. This cuts down on the cooking time. Larger birds are harder to roast since the breast often dries out before the thighs are completely cooked. It also give you more bones for turkey soup! When roasting two turkeys, make sure you have a large enough pan that the turkeys are not touching each other. Depending on the size of your oven, you might have to figure on a bit more cooking time since it will be roasting a larger mass. Go to [www.butterball.com](http://www.butterball.com) for excellent advice on roasting a turkey.



## Baked Ham

We are talking about baking a wet-cured, smoked, bone-in ham or what Burgers calls a "city ham". Note that this is baked, not roast ham, since the ham is usually cooked and you are merely warming it through. You might have a large 15-20 pound whole ham that includes the hip bone (aitch bone) or you might be just roasting the shank half (part closest to hoof) without the whole upper thigh muscles that weighs 12-15 pounds. Don't even think about getting a boneless ham. You would deprive yourself of half the flavor and have no bone for bean soup! Resist the temptation to get a spiral sliced ham or have the butcher slice the ham. You are trading taste for convenience. A sliced ham dries out too easily.

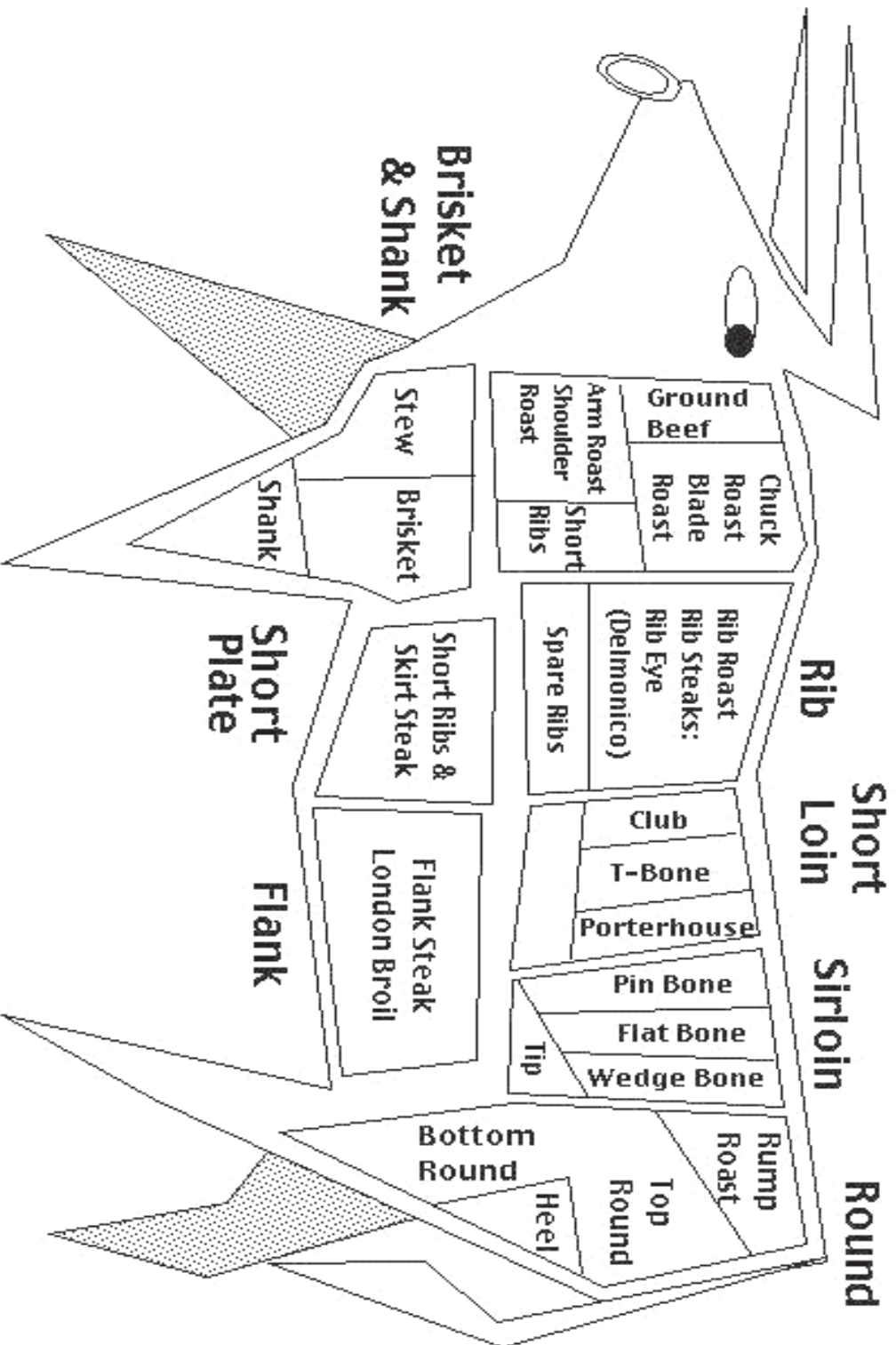
Preheat the oven to 325°. Do not use high heat or you will drive the moisture from the ham. Score the outside fat of the ham into a diamond pattern and stud the center with whole cloves. Bake for 1½ hours. Remove from the oven and coat with a brown sugar and apple juice solution, some other glaze, or lay pineapples and cherries on top. Bake for another ½ hour until internal temperature reaches 140°. Remove from the oven and allow to rest for 15 minutes before slicing.

To avoid drying out the meat, a thermometer is essential. **NEVER** overbake a fully cooked ham. Note that a country ham is dry-cured. Rubbed with salt, smoked, and air dried, they need a little coddling to bring back to life. Soak fully submerged for at least 12 hours in two changes of water. This will rehydrate the ham and draw some of the salt out. If the ham is labeled "fully cooked", proceed as directed above for the city ham. If it is already spiral sliced, use an oven cooking bag and a 325° oven. You will only need about an hour to warm the ham all the way through.



# Beef Diagram

*Courtesy of Alton Brown*





## Jamaican Jerk

*This method of cooking pork, goat, lamb and chicken dates back to the Carib-Arawak Indians who inhabited Jamaica. After capturing an animal and thoroughly cleaning and gutting it, the Indians placed it in a deep pit lined with stones and covered with green wood, which, when burned, would smoke heavily and add to the flavor. But first, the carcass was “jerked” with a sharp object to make holes, which were stuffed with a variety of spices. The holes also allowed heat to escape without loss of moisture. The results were superb. The meat was not only wonderfully spiced, but moist and tender. This is a complicated paste, but the food processor does a wonderful job cutting the time down.*

- 1 tablespoon ground allspice
- 1 bunch cilantro
- 1 tablespoon fresh thyme (1 teaspoon dried thyme)
- 1½ teaspoons cayenne pepper
- 1½ teaspoons freshly ground black pepper
- ¾ teaspoon ground nutmeg
- ¾ teaspoon ground cinnamon
- 6 cloves garlic
- ¼ cup brown sugar
- ½ cup canola or peanut oil
- juice of 2 limes
- 2 scotch bonnet peppers (habanero)
- 3 green onions, chopped
- 1 cup onion, finely chopped

In a processor, combine the ingredients and process till it is a thick paste, about 2 minutes.

This really works for large cuts of meat on the grill or rotisserie. A leg of lamb or pork shoulder is excellent cuts for this technique. Grill roasted or rotisseried meat tames the heat given off by the hot peppers.

Marinate large roasts overnight. Marinate whole chickens for 4 hours. For a milder version, use jalapeno chilis.



## Dry Rib Rub

- ¼ cup garlic powder
- ¼ cup onion powder
- ¼ cup black pepper
- ¼ cup good paprika
- ¼ cup ground thyme
- ¼ cup dry mustard
- ¾ cup brown sugar
- ¼ cup coarse kosher salt

Use back ribs for best results, taking off the tough membrane under the ribs. Coat ribs evenly with rub. Wrap in plastic and let marinate overnight.

Smoke at 225° for four hours with hickory chips. Works equally well with a beef brisket or a pork shoulder (butt) roast.





## Brining Meat

*Large cuts of pork, whole chickens, turkeys or wild game benefit by the brining process. It adds flavor and moisture to what can be dry cuts of meat. Diffusion and osmosis act to bring the meat into an equilibrium with the surrounding environment. On its way to delivering the flavoring salt, sugar and spices, the brine brings with it moisture. These recipes are formulated for kosher salt which is best for brining because it lacks additives. Two formulae are necessary since high heat roasting or grilling could burn too high a sugar concentration. Use a cooler for large cuts of meat like turkeys or whole fresh hams.*

### Basic Roasting (375° oven)

- 1 quart water
- ½ cup kosher salt
- ½ cup sugar

Use one quart of brine per pound of meat, up to 2 gallons of brine which would be enough to handle a large turkey or fresh ham. Brine chilled for 1 hour per pound, but not more than 8 hours.

### High-heat roasting or grilling

- 1 quart water
- ¼ cup kosher salt
- 2 tablespoons sugar

Use one quart of brine per pound of meat, up to 2 gallons of brine which would be enough to handle a side of salmon or a pork loin. Brine chilled for 1 hour per pound, but not more than 8 hours.

After the brining process is complete, make sure that the surface of the meat is patted dry and left in the refrigerator for a time to air dry. This ensures a better browned surface. For variations add chopped fresh herbs, smoked paprika, or garlic and onion powder.



## Herb Roasted Boneless Pork Loin

*Note that this is a loin, generally about 3.5 to 5 inches in diameter. Often they are sold as half a loin. A whole loin is about 18-22 long. Do not confuse with tenderloin.*

- 2 tablespoons canola or peanut oil\*
- 3 6-inch sprigs fresh rosemary
- 6 4-inch sprigs fresh thyme
- 2 cloves garlic, finely minced
- 2 teaspoons coarse kosher salt
- 1 teaspoon coarsely ground black pepper
- 2½ to 3½ pound, boned and rolled pork loin (about 8-10 inches), well-dried
- ½ cup Pinot grigio or other semi-dry white wine
- ½ cup pork or chicken stock

Preheat oven to 500°. Drizzle the oil over the meat and gently pat until whole surface is covered. Finely chop herbs and mix with garlic, salt and pepper. Sprinkle over a clean work surface and roll the loin over the herb mixture, gathering up all the spices. Pat mixture into meat until all is clinging to the surface.

Place meat in a low-sided roasting pan; roast for 20 minutes, turn and roast for 20 minutes more until meat reaches an internal temperature of 140°. The meat might have a blush of pink, but this is fine. Don't overcook the roast, or it will be dry and tough.

Remove roast to a platter and cover, allowing it to rest for at least 10 minutes. The internal temperature will continue to rise. In the meanwhile, move pan to high heat on a burner. Deglaze the pan with the wine and stock. Cook until sauce is reduce by half. Serve by slicing the roast into ¼ inch slices and drizzling with the sauce. (\*Peanut or canola oil works best since it has a high smoke point. An oil mister works great for this recipe.)



## Korean Flanken Ribs

*Flanken ribs are the tips of the beef rib bones cut from a rib roast. Also called short ribs.*

- 4 pounds flanken ribs (crosscut short ribs, ¼ thick)
- 2 teaspoons sesame oil
- 1½ cup soy sauce
- 1 cup water
- 3 green onions, chopped fine
- 1 teaspoon msg
- ½ cup white sugar
- ½ teaspoon black pepper
- 2 cloves garlic, finely minced
- 1 tablespoon sesame seeds

Rinse and pat dry ribs. Place in large re-sealable bag.

Mix together remaining ingredients, except sesame seeds and pour onto ribs and allow to marinate for one to two hours.

Bake in 350° for one hour or until meat is tender and easily separates from bones. Serve garnished with sesame seeds. This recipe also works well with chicken wings.



## Beef Stroganov

*What gives this dish of Russian origin its distinctive flavor is the taste of mushrooms and the tang of the dill and vinegar in the pickle juice balanced by the sour cream. It seems that noodles were the favorite accompaniment of this dish, but rice goes well with it.*

- 2 pounds of sirloin steak
- 2 tablespoons butter
- 2 cloves of garlic
- ½ cup of minced onion
- 8 ounces Fresh or canned mushrooms (drained)
- ¼ cup of dill pickle juice
- 1 cup beef broth
- ½ cup sour cream
- salt and pepper
- 1 teaspoon fresh dill
- Steamed rice or cooked egg noodles

Slice the ½ thick steak thinly in strips about two inches long and ¼ inch thick across the grain. In small amounts, brown the meat in a hot skillet. It is very important not to add too much meat at a time or the meat will steam and not brown. Place browned meat in a bowl to reserve, adding salt and pepper as needed. After browning all the meat, allow the pan to cool. Add the butter. Add the garlic and onions and sauté until the onions are clear. Don't brown the onions or garlic as that will add a bitter taste. Sauté fresh mushrooms for about a minute, or merely add canned mushrooms. Add pickle juice and beef broth and put the meat back into the pan to simmer for about 10-15 minutes to allow the meat to finish cooking and pick of the flavor of the juices.

Remove pan from heat and stir in sour cream. Do not cook the sour cream, or it may curdle. Add the dill. Serve in a separate dish or pour over rice and noodles.



## Roast Pork

*The sirloin roast comes from the part of the loin closer the small of the back and contains no ribs. If it were sliced into pork chops, it would have a short “t-bone” in it. Generally it holds a little bit of tenderloin. Its flavor comes from its distinctive bone scaffolding and it has muscle that is worked a bit more than the rib section of the loin. Brining isn’t necessary, but it does make for a juicier roast. I think this is mom’s favorite roast. It certainly is mine. To understand pork cuts, confer <http://porcine.unl.edu/>.*

- 1 3-4 pound pork roast (sirloin)
- 2 tablespoons peanut or canola oil
- 1 tablespoon pepper
- 1 tablespoon salt

Preheat an iron skillet or large Dutch oven to 500° in the oven. Pat the room temperature meat dry. Rub oil all over the meat and season with the salt and pepper. Roast meat, bone side down for 10 to 15 minutes until it starts to brown. Reduce heat to 375°, cover with tin foil or lid. Roast until an internal temperature of 140° is reached (about 1 hour for a 4-pound roast). Remove from oven and keep covered. Rest meat for at least 15 minutes. The carry-over temperature will boost the inside to about 150°, well in the safety range for pork. Remove meat from the pan and make a pan-drippings gravy by browning two tablespoons of flour in the pan fat. Add two cups of potato water or chicken stock. Cook for several minutes to thicken.



## Roast Beef

*While a rib roast may be the king of large, tender beef cuts for roasting, a top round roast, rump roast or a sirloin tri-tip, when you can find it, gives great flavor and is somewhat tender and makes great gravy. The top round comes from the upper, inner portion of the hind leg closest to the tail. It is marketed as a “family-priced roast” specifically for a dry roast cooking method. A rump roast comes from the upper portion of the hind leg where the back starts to rise over the hip and is generally rolled and tied, but there is some confusion since “rump” is used differently by American and English butchers. Bottom round and eye of round roasts can be dry-roasted, but they are somewhat tougher cuts and work best by roasting, slicing thin, returning to the pot with gravy and finishing off covered in a braise. This link, [www.ams.usda.gov/lsg/imps/imps100pc.pdf](http://www.ams.usda.gov/lsg/imps/imps100pc.pdf), gives the USDA guide to beef cuts, complete with diagrams and photos. IMPS numbers identify specific cuts of meat (Institutional Meat Purchase Specifications.) Go to the University of Nebraska’s bovine myology site (cow muscles!) to get the CAT scans of beef primals at <http://bovine.unl.edu>.*

- 1 4-5 pound top round roast (IMPS 169)
- 2 tablespoons canola or peanut oil
- 1 tablespoon kosher salt
- 1 tablespoon coarse black pepper

Preheat an iron skillet or large Dutch oven to 500° in the oven. Pat the room temperature meat dry. Rub oil all over the meat and season with the salt and pepper. Roast meat, fat side up for 10 to 15 minutes until it starts to brown. Reduce heat to 375°, cover with tin foil, dull side out, or lid. Roast until an internal temperature of 130° is reached (about 1 hour for a 4-pound roast). Remove from oven and keep covered. Rest meat for at least 15 minutes. The carry-over temperature will boost the inside to about 140°, well in the safety range for beef. Remove meat from the pan and make a pan-drippings gravy by browning two tablespoons of flour in the pan fat. Add two cups of potato water or beef stock. Cook for several minutes to thicken.



## Stewed Chicken

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This concept dish can be dressed with many different flavors. Think of it as a basic braise. The French term is *fricassée*. The meat is browned on both sides. Aromatics, seasonings and a braising liquid are added. After a gentle simmer of about an hour, the poultry is removed (works great for turkey thighs, saddles of rabbit, or guinea fowl) and a sauce is made with the cooking juices. This is a simple dish, taking 15-20 minutes initial prep time and 10 minutes finishing time. The one hour braise allows you to take care of other things while the meal cooks itself. Serve with rice and an additional vegetable and you have a complete meal.

1 fryer chicken, cut into eight pieces or eight thighs or eight boneless breasts  
1 tablespoon salt  
1 teaspoon pepper  
enamel Dutch oven or heavy-bottom stainless steel pot  
¼ cup fat (canola oil, peanut oil, chicken fat or bacon fat)  
2 cups aromatics (root or flavorful vegetables)  
1½ cups braising liquid  
Fresh herbs

Dry the chicken pieces well and season. Brown on both sides in hot fat. Remove and reserve. Brown aromatics. Remove extra fat. Return chicken to the pot. Add ½ herbs and the braising liquid. Cover and simmer on low for one hour. Remove chicken from the pot. Strain cooking liquid and return to pot. Reduce by half by boiling on high heat for about 5 minutes until the sauce thickens. Add remaining spices. Serve chicken with sauce poured on top.

**Tarragon Chicken:** use one medium onion and ½ cup chopped celery as an aromatic. Braise in 1 cup white wine and ¾ cup chicken stock with 1 tablespoon chopped tarragon. Finish strained sauce by adding ¾ cup heavy cream, reduce again by half. Finish with 1 more tablespoon of chopped fresh tarragon.

**Coq au Vin:** Begin with rendering about 6 strips of bacon cut into bits for the fat. Use button mushrooms, garlic and pearl onions for the aromatics. Brown veggies with 2 tablespoons flour and 2 tablespoons ketchup or tomato paste. For braising liquid use a red wine made from pinot or syrah grapes and chicken stock. For seasoning use fresh thyme and parsley. There is no need to strain this cooking liquid, but the sauce does need to be reduced by boiling.

**Chicken Cacciatore:** One large red bell pepper, one medium onion and six cloves of garlic serve as the aromatic base. Pinot grigio and chicken broth are the cooking liquid with one 16-ounce can of crushed tomatoes. Fresh basil, 2 smashed anchovy filets and a teaspoon of red pepper flakes are the seasoning.

**Chicken gumbo:** The holy trinity of onions, celery, and green bell peppers are the aromatics. Stew about a pound of okra with the chicken in a crushed tomato and chicken stock braising liquid. Flavor comes from spicy andouille sausage added to the stew with garlic and crushed red pepper flakes. Finish with chopped fresh parsley.

**Curried Chicken:** Use a large onion and 1 cup of diced carrot for the aromatics. Season the meat lightly with prepared curry powder then add 1 tablespoon curry powder to the braise. Adjust curry flavor to personal preference with minced garlic, stick cinnamon, cumin, and cayenne pepper. After reducing braising liquid to half, finish by stirring in one cup plain yoghurt and two tablespoons chopped fresh cilantro.

**Forty Clove Garlic Chicken:** Omit the braising liquid and instead stew the chicken in the oven with forty cloves of garlic, a half cup of olive oil and fresh thyme.



## Pan-Seared Pork Chops or Chicken Breasts

*Pan-fried, breaded pork chops or chicken is an American staple. However, there is a much healthier cooking method, one that respects the muscle structure of a slice of pork loin or a boneless, skinless chicken breast, actually providing a more flavorful, moister and faster way to serve these relatively cheap cuts of meats without stinking up your kitchen.*

4 ¾ inch slices of boneless pork loin, or 4 halves of boneless, skinless chicken  
Any of the meat marinades or the brining solution found in this meat section

Place marinade or brine and the meat in a zip-top bag. Allow the meat to marinate for one hour. 20 minutes before serving, remove meat from bag, discard liquid. Thoroughly dry the meat with a paper towel. Press meat flat on an unheated, non-stick skillet and set on a medium high burner. Cook for 5-6 minutes, until meat starts to brown. Turn meat, press down and lower heat to medium-low. Cover and cook for 3 minutes. Check internal temp with a meat thermometer. When pork is 140° or chicken 150°, remove to a warm platter, tent with foil and let rest for 5 minutes. The internal temperature of the meat will continue to rise and finish the cooking. Use pan drippings to make a sauce as found on page 52.



## Chicken with Dumplings

### Chicken:

1 plump chicken (4-5 pounds)  
6 cups water  
½ teaspoons poultry seasoning  
2 carrots, peeled and sliced thin  
3 stalks celery, washed sliced thin  
4 large potatoes, peeled and medium diced  
1 large onion, peeled and chopped  
½ cup dry sherry  
1 tablespoon salt  
1 teaspoon pepper

### Dumplings:

½ teaspoon salt  
½ teaspoon baking powder  
1 egg  
¼ cup milk  
¾ cup all-purpose flour

Method: Cut chicken into joints and stew in simmering water with salt, poultry seasoning, pepper, half the carrots, celery and onions, until tender, about one hour.

Remove chicken and strain broth, to remove vegetables. Remove meat from bones and reserve. Return stock to the pot, adding water if necessary to make 6 cups. Add remaining vegetables, potatoes and sherry, bring to a low boil. Cook for ½ hour.

In a bowl blend flour, salt, and baking powder. In a separate bowl, mix together egg and milk, then stir into the dry ingredients to make a soft, sticky dough.

Add 1 teaspoonful of dough at a time to simmering stock. Cover pot tightly and simmer for 10 minutes. Return chicken to pot and gently stir in, warming through.

Serve garnished with chopped parsley and sweet paprika.



## Broiled, Butterflied Chicken

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1½ teaspoons black peppercorns  
4 garlic cloves, minced  
½ teaspoon kosher salt  
1 lemon, zested  
Extra virgin olive oil  
Onions, carrots and celery cut into 3 to 4-inch pieces  
3 to 4-pound broiler/fryer chicken  
1 cup red wine  
8 ounces chicken stock  
2 to 3 sprigs thyme  
Canola oil

Position the oven rack 8 inches from the flame/coil and turn broiler to high. Crack peppercorns with a mortar and pestle (or your coffee/spice grinder) until coarsely ground. Add garlic and salt and work well. Add lemon zest and work just until you can smell lemon. Add just enough oil to form a paste. Place vegetables in a deep roasting pan. Place chicken on a plastic cutting board breast-side down. Using kitchen shears, cut ribs down one side of back bone and then the other and remove back bone. Open chicken like a book and remove the keel bone (cartilage) separating the breast halves by slicing through the thin membrane covering it, then by placing two fingers underneath the bone and levering it out. Turn chicken breast-side up and spread out like a butterfly by pressing down on the breast and pulling the legs towards you. Loosen the skin at the neck and the edges of the thighs. Evenly distribute the garlic mixture under the skin, saving 2 teaspoons for the jus. Drizzle the skin with oil and rub in, being sure to cover the bird evenly. Drizzle oil on bone side of chicken as well. Arrange bird in roasting pan, breast up, atop vegetables.

Place pan in oven being sure to leave the oven door ajar. Check bird in 10 minutes. When the skin is a dark mahogany, hold the drumstick ends with paper towels and flip bone-side up. Cook 12 to 15 minutes or until the internal temperature reaches 165°. Juices must run clear. Remove and place chicken into a deep bowl and cover loosely with foil. Tilt pan so that any fat will pool at corner. Siphon this off with a bulb baster. (This fat is great in vinaigrettes). Set pan over 2 burners set on high. Deglaze pan with a few shots of red wine and scrape brown bits from bottom using a carrot chunk held with tongs. Add chicken stock, thyme, the remaining garlic paste and reduce briefly to make a jus. Strain out vegetables and discard. Slice chicken onto plates or serve in quarters. Sauce lightly with jus and serve. This recipe is easy and can be adapted to all kinds of flavors. Use the jerk paste or any of the marinades in this cookbook. Chicken diavolo would use this same technique but add cayenne pepper, paprika and lime to the party.



## Chicken and Cream

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1 cup all-purpose flour  
2 teaspoons garlic powder  
2 teaspoons white pepper  
1 tablespoon salt  
2 teaspoons paprika  
⅓ cup chopped fresh parsley  
2 chickens, quartered  
1½ cups heavy cream  
1½ cups water

Preheat oven to 350°. Stir together flour, garlic powder, white pepper, salt, paprika, and parsley in a large bowl. Rinse chicken and lightly pat dry. Dredge in flour, knocking off excess, and arrange, skin sides up, in a large roasting pan. Stir together cream and water and pour over chicken.

Bake chicken in middle of oven 1½ hours, or until skin is golden and crisp.



## Baked Chicken and Rice

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- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 3 cups milk
- 2 cups rice
- ½ teaspoon pepper
- 2 chickens, butterflied\* and seasoned with salt and pepper

Preheat oven to 375°. Coat a 10 x 15 inch baking dish with cooking spray. Add the soups, milk, rice, and pepper. Mix well. Set two chickens butterflied in half. Bake 1 hour or until thighs reach 160°. Serves 8. Butterfly means to split in half and lay flat. To butterfly a chicken, use a kitchen shears or heavy knife to cut through the back bone. Crack the breast bone or remove it and lay the whole bird flat.



## Pot Roast

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*The term **pot roast** can be used to describe either the cut of beef or the cooking method. A pot roast is usually browned then covered and braised with vegetables in some liquid. After cooking, the remaining liquid is often thickened or cooked down to make a gravy or sauce, and the meat might be served with potatoes or sliced and served over noodles. Pot roasts can be cooked on the stove top, in a crock pot or in the oven. It's easier to find tasty and tender beef cuts today, but inexpensive chuck is still the preferred cut for the most flavorful and juicy pot roast. Other good choices are brisket, rump roast, and top and bottom round. Grocery stores often stick a helpful label on roasts to indicate the best method of cooking, and some even indicate what cuts of meat are good in the crockpot.*

*Preparation usually includes seasoning then browning the meat, which enhances the flavor and adds color. Liquids might include water, broth, wine, cola or beer, and a variety of vegetables can be added to flavor the meat or make it a complete meal. The easiest way to eliminate excess fat is to cook the pot roast in advance then refrigerate for several hours or overnight; the fat will solidify on the top of the liquid for easy removal. Make the gravy, warm the meat in the microwave, then serve with vegetables. There are a variety of ways to cook a pot roast, and the flavoring and seasoning possibilities are endless. Sauerbraten is a pot roast that has been marinated in a specific mixture of spices for several days. For our purposes, a pot roast is one that is done in a heavy iron skillet and finished on the stove. This technique is called braising. Like most main dish recipes, pot roast is very adaptable, so don't be afraid to substitute with the ingredients you have on hand. Enjoy!*

- 3 to 4 pound boneless chuck or rump roast
- 2 tablespoons oil
- 2 cups beef broth or water
- 1 large onion
- 6 carrots, sliced in 2" pieces
- 6 medium potatoes, peeled and quartered
- 2 tablespoons flour mixed with ¼ cup cold water

Bring roast to room temperature. In a large iron skillet, brown roast on both sides in oil on high heat; remove roast and set aside. Add 2 cups beef stock or water. Heat to boiling. Return roast to pan. Reduce heat to low. Cover and simmer for 2 hours, Add potatoes and carrots. Cover and cook for another 20 minutes, or until vegetables are tender. Remove meat and vegetables to serving platter. Gradually stir the flour and water mixture into the sauce in pan, stirring until sauce boils and thickens. Serve thickened sauce over roast and potatoes.

This recipe can be adapted for an oven by simply doing the braising portion in a 325° oven. Simply put the covered roast in the oven. Finish the gravy over the stove top.





## Pot Wurst

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*This is a true heirloom recipe. It was passed on to us from the Hemkens side of the family. It's a traditional Christmas snack after Midnight Mass.*

- 3½ pounds chuck, preferably close to the neck
- 1 tablespoon salt
- 1 teaspoon pepper
- 6 cups water
- 1 large onion, peeled and quartered
- 1 teaspoon dried thyme
- 1 cup oatmeal

Simmer meat with the salt and pepper in the water until tender in heavy stock pot, about 2 hours. Add onion and cook for another 15-20 minutes until soft. Remove meat and onion from broth and reserve broth. Pass meat and onion through coarse plate of meat grinder.

Return broth to a simmer, add oatmeal and cook on low for 15-20 minutes, until oatmeal is cooked and all broth is absorbed. Return meat and onion mixture to the pot, mix well and warm thoroughly.

Serve warm at breakfast with a slice of babka.



## Flawless Brisket

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- 6-pound brisket, trimmed but not completely fat free, room temperature
- 1 tablespoon coarse kosher salt
- 2 teaspoons coarsely ground black pepper
- 2 cups beef stock or canned chicken broth
- 1 can beer

Preheat oven to 500°. Pat brisket dry and sprinkle salt and pepper all over. Put into a large roasting pan fat side down. Roast for 30 minutes. Turn fat side up and roast for 15 minutes more. Pour in broth and beer. Reduce heat to 325°. Cover and cook at for 2½ to 3 hours, until meat is tender. Remove from pan and allow to rest.

Make a pan gravy by skimming off all but 4 tablespoons of fat. Put pan on high heat burner and add 4 tablespoons of flour. Brown flour to a nut color. Deglaze by adding 6 cups water from boiled potatoes or beef or chickens stock. Stir well and simmer for 3 minutes until gravy thickens. Serves 6 to 8.



## Grilled, Skewered Meat

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*Shish kebab in Turkish, shashliki in Greek, spiedini in Italian, espetadas in Spanish, yakitori in Japanese, brochettes in French, spiese in German.*

Make shish kebabs by marinating with your choice of the previous marinades ½ inch chunks of top sirloin skewered with chunks of bell pepper, onion, mushrooms and cherry tomatoes. Pork or lamb loin work well as do boneless chicken breasts. Grill over medium high heat.





## Matambre

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*Argentinian Stuffed Flank Steak. Rolled and tied flank steak without the stuffing is bracirole in Italian.*

- 1 (2½ pound) flank steak, trimmed
- Extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- ¼ pound fresh spinach, washed and drained, stems trimmed
- 2 large carrots, peeled and slice lengthwise in half
- 4 large hard boiled eggs, peeled and quartered lengthwise
- 1 cup large pitted green Spanish olives, halved lengthwise
- 1 large onion, sliced into rings
- ¼ cup freshly grated Parmesan
- 1 teaspoon red pepper flakes
- 1 (750 ml) bottle dry red wine (recommended: Argentine Malbec)
- 1 head garlic, halved
- 1 large onion, halved
- 1 handful fresh thyme sprigs
- 1 handful fresh oregano sprigs
- 2 bay leaves

Butterfly the steak by slicing lengthwise and opening it up like a book. Pound the meat gently with a mallet to flatten and even out the thickness; rub all sides with olive oil and generously season with salt and pepper.

With the steak lying lengthwise a large sheet of plastic wrap, scatter the spinach leaves evenly over the surface of the meat, leaving a 1-inch border all around. Arrange the carrots in long rows across the steak, about 2 inches apart. Put the egg strips and olives between the carrot rows. Scatter the onion rings and cheese over the filling, sprinkle with salt and red pepper flakes. Carefully roll the meat up over the filling, from bottom to top, into a long thick cylinder (jellyroll-style) by pulling up on one side of the plastic wrap. Tie with butcher's twine to hold it together, as you would a roast.

Coat a large Dutch oven or pan with olive oil and put over moderate heat. Lay the stuffed steak in the hot oil and sear until browned on all sides, 5 to 7 minutes. Pour in the wine and enough water to come up almost to the top of the meat. Toss in the head of garlic, onion, and herbs to flavor the broth. Cover, and slowly simmer on medium-low heat until the meat is fork-tender, about 1 1/2 hours, turning the meat over once halfway through cooking. Taste the broth before serving and adjust spices, if necessary.

Transfer the matambre to a cutting board and let rest for 15 minutes. Remove the kitchen strings and cut crosswise into 1-inch slices – the colors of the filling will look absolutely gorgeous spiraled in the steak. Spoon some of the sauce over the meat and serve. Matambre is good hot, room temperature, or cold.



## Lamb-Stuffed Pork Tenderloin

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### Stuffing:

- 1 pound ground lamb
- ½ cup pitted black olives, coarsely chopped
- ¼ cup minced onion, sweated until translucent
- 4 cloves garlic, finely minced
- ½ teaspoon pepper
- 1 egg
  
- 2 whole pork tenderloins
- 4 strips of bacon, sliced into long strips
- ½ teaspoon pepper
- ½ teaspoon salt
- 1 tablespoon fresh thyme, minced

Mix the stuffing ingredients with a ¼ cup of crushed ice in an electric stand mixer for three minutes. This

will bind the stuffing together.

Butterfly the meat by laying a tenderloin flat on a cutting board and slice lengthwise a ¼ inch flap using long carving knife. Gently roll the tenderloin while continuing to slice open. Repeat with other tenderloin. Lay both tenderloins next to each other, slightly overlapping, flat with heavy duty plastic wrap on top. Firmly flatten the meat with a rolling pin or a flat ended meat tenderizer.

Lay the strips of bacon in a lattice pattern on a large sheet of plastic wrap. Place the square of meat on top. You should have a large flat piece of meat about 14 x 9. Spread the stuffing about ¼ inch thick on the surface of the meat, leaving a final edge of about an in along one long end. Gently pull the opposite side of the plastic wrap up to roll the meat, jelly-roll fashion. Continue rolling so that there is a tight seal and completely wrap the meat in the plastic wrap. Chill for three hours.

Preheat oven to 375°. Remove from the fridge, carefully remove plastic wrap and season the meat with salt, pepper, and thyme. Preheat a slightly oiled, low sided roasting pan or heavy-duty cookie sheet with turned up edges. Brown the meat roll on all sides. Place in oven and roast until internal temp is 140°, about 30 minutes. Remove from oven to a plate, cover and allow to rest. Make a sauce by deglazing with ½ cup white wine and adding 1 cup of a heavy brown stock. Add one spring fresh thyme and place on a burner to reduce by half. Serve roll sliced with sauce on top.



## Beef Stew

*This is the basic recipe. You can add lots of flavor to the party by marinating the meat for several hours in red wine seasoned with orange zest, tomato paste, fresh herbs and juniper berries.*

- 3 tablespoons vegetable oil
- 2-3 pounds beef chuck (shoulder), cut into 2-inch cubes
- 2 teaspoons salt
- 1 tablespoon pepper
- 2 cups beef stock or broth
- 2 bay leaves
- 3 large sprigs fresh thyme
- 1 large onion, coarsely chopped
- 4 large carrots, peeled and cut into ½ inch slices
- 2 large russet potatoes, cut into ½-inch chunks
- 1 cup fresh or frozen peas

Heat the oil in a large, heavy-bottomed pot. Dry meat thoroughly and brown on all sides in batches. Remove to a bowl and season with salt and pepper. Add half of the onion to the pot and brown. Return meat to pot, add broth, bay leaves and thyme. Cook on medium heat until liquid starts to thicken. Cover and simmer for 2 hours. When meat is tender, add remaining onion, carrots, potatoes and peas. Recover and simmer for twenty minutes more.



## Broiled Pork Tenderloin

*Often you can find a 2-pound package of two filets of pork under \$4.00 per pound. That is a good deal for feeding four to six people such tender meat. Works great on a hot grill.*

Unwrap tenderloins and rinse. Pat dry and place in a plastic bag with your choice of marinade for at least a half hour. Preheat broiler and broiler pan for 10 minutes on top rack. When pan is hot, spray a skiff of canola oil on the pan and lay the tenderloins on the pan. Return to the oven and broil for six to eight minutes. Turn tenderloins on to their sides on a new hot spot on the pan. Broil for another 5 minutes or until internal temperature is 135°. Remove from oven, cover, and let rest for 10 minutes before carving.

## Meat Loaf

Preheat oven to 350°.  
4 pounds ground beef, well-chilled  
1 and ½ teaspoons of salt  
1 and ½ teaspoons pepper  
2 tablespoons ketchup  
2 tablespoons Worcestershire Sauce  
1 tablespoons soy sauce  
½ cup chopped onions  
2 cloves garlic, finely minced  
6 slices American cheese, chopped  
1 cup Italian style or plain bread crumbs  
2 eggs

Add all ingredients in mixer and mix for three minutes at slow speed to get a nice consistency. Shape into three loaves and arrange in a greased iron skillet. Bake for 50 minutes to an hour or until internal temp is at least 150°.

To make gravy: Remove meat, place on platter, and cover with tinfoil to rest for 10 minutes. This makes for nicer slicing. Drain fat from pan (not darker juices) until 2 tablespoons remain. Brown 2 tablespoons of flour in the pan. Add two cups reserved potato water and cook for five minutes until gravy thickens. Salt and pepper to taste. To be served with mashed potatoes, cooked fresh carrots, and a salad. Variation: these days mom likes to put a can of crushed tomatoes into the mix, drained of the juice.



## Paprika Pork Stew

1 pound boneless pork shoulder, cut into 1-inch cubes  
2 tablespoons all-purpose flour  
2 tablespoons sweet paprika  
1 teaspoon salt  
2 teaspoons vegetable oil  
½ cup water  
1 medium onion, cut in half lengthwise and sliced  
4 small red new potatoes, quartered  
2 tablespoons water  
½ cup nonfat sour cream OR plain yogurt

Combine flour, paprika and salt; mix well. Dredge pork in flour mixture. Reserve excess flour mixture. Brown pork in oil in a large skillet or Dutch oven. Pour off drippings. Add ½ cup water and onion, cover tightly and cook over low heat for 30 minutes. Add potatoes and continue cooking, covered, 20-30 minutes or until pork and potatoes are tender. Combine reserved flour with 2 tablespoons water; stir into pork mixture and cook until thickened, stirring occasionally. Remove from heat and stir in sour cream. Serves 4.



## Pork Sausage Casserole

2 pounds pork sausage  
1 cup chopped onion  
4 cloves minced garlic  
½ cup chopped celery  
½ of a red pepper, chopped  
½ of a green pepper, chopped  
1 pound mushrooms or 8 ounces canned mushrooms.  
2 tablespoons butter  
2 tablespoons flour  
1 teaspoons salt  
½ teaspoon ground pepper  
1½ cups rice  
1½ cups chicken broth  
1½ cups milk  
½ cup shredded cheese, American or cheddar

Brown pork sausage in a heavy skillet and reserve. Sauté onions, garlic, celery, peppers, and mushrooms until soft. Add butter and flour. Cook on medium heat for two minutes. Deglaze with chicken broth and milk. Pour vegetables, meat, and rice into a 9 x 14 Casserole. Mix the liquids thoroughly in.

Cover with tinfoil and bake at 375°. Stir after 20 minutes. Remove cover. Check again after another twenty minutes. If the mixture is too dry and the rice is not done, add more broth. Casserole should be done between 50 - 60 minutes total baking time.

Variations: If you find yourself pressed for time and have the canned goods on hand, use one can of cream of mushroom soup and one can of cream of celery. Add a small jar of pimentos instead of red bell pepper. Use Uncle Ben's Wild Rice mix for an earthier flavor. Serves 8. Serve with biscuits.



## Chili con Puerco

2 pounds boneless pork shoulder roast  
2 tablespoons bacon drippings or shortening  
3 cups chopped onions  
3 cloves garlic, minced  
3 cups chopped fresh tomatoes\*  
1/3 cup chili powder\*  
1 tablespoon dried oregano leaves  
1-2 teaspoons cumin  
1 teaspoon salt  
½ teaspoon hot pepper sauce, or to taste  
1 bay leaf  
1 can (14½ oz.) chicken broth

Slice pork roast into ¾-inch slices; cut slices into ¾-inch cubes. Heat bacon drippings in Dutch oven over medium-high heat. Brown pork. Add onions and garlic; cook and stir until onions are tender. Stir in remaining ingredients. Simmer, uncovered, about 1½ -2 hours or until meat is very tender and liquid is thickened. Stir occasionally. Serves 8. \*For a green chili con puerco, use 16 ounce can of Anaheim chilies, 6 crushed tomatillos and omit the chili powder.



## Pork Loin Scaloppini

*You really can do this in 10 minutes. It has endless variations of flavorful sauces and is pretty cheap. Pork cutlets or cube steaks are inexpensive but flavorful. You can pick up a packet of six for \$3.00. They are tenderized pork loin slices and are excellent for fast cooking. Make your own by picking up ½ to ¾ inch slices of pork loin. Put one between two sheets of plastic wrap, or in a large zip top bag. With a heavy skillet, meat tenderizer or rolling pin, flatten the boneless loin chops (I think that might be an oxymoron) to ¼-inch thickness. Pound boneless chicken breasts thin and use them in this recipe. Wiener schnitzle or cotoletta Milanese can be made out of this simply by dipping the floured cutlet into an egg/milk mixture and then dredging with breadcrumbs.*

2 pork cube steaks  
½ cup flour  
½ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon paprika  
1 tablespoon canola oil  
1 tablespoon butter

Mix flour and seasonings. Coat both sides of the cutlets well, shaking off any extra flour. Reserve 1 teaspoon flour.

Heat oil on medium high in a 10 inch skillet. Add butter and melt, cooking until water in the butter evaporates and it stops bubbling. Put the pork cutlets in the skillet. Fry on one side for two minutes. Turn over and fry the other side for two minutes. Remove the cutlets, lay on a paper towel on a warm plate and put it in the microwave or oven to rest.

1. Lemon Piccata: Add one tablespoon fresh lemon juice to the pan to deglaze. Cook down until almost all evaporated. Add ¼ cup water or rich chicken stock. Finish de-glazing pan (picking up the bits of flavor in the pan. You are also pre-cleaning!) Add a teaspoon of capers or a ½ teaspoon dried thyme, parsley or marjoram. Warm thoroughly. Remove from heat and add one tablespoon cold butter. Keep swirling butter around pan until completely melted. Pour over the cutlet and serve.
2. Mushroom Sauce: Add ¼ cup chopped onion or shallots and ½ cup chopped mushrooms. Sauté for two minutes. Add teaspoon of reserved seasoned flour. Cook for one minute. Add 2 tablespoons brandy, sherry or ¼ cup Marsala wine. Deglaze pan. Add some fresh or dried herbs (tarragon, thyme or sage). Add ¼ cup water or chicken stock. Cook for 1 more minute on high, stirring constantly. Pour over cutlets.
3. Tomato Piccata: Add ¼ cup shallots or onions. Sauté until brown. Add ½ cup tomato sauce. Return cutlets to the pan and coat fully. Cook, covered for 2 minutes. Add some fresh basil or oregano. Season with salt and pepper.
4. Tarragon Scaloppini: Add one tablespoon of vinegar, cook until almost evaporated. Add 1 teaspoon reserved seasoned flour, cook for one minutes. Add ¼ cup water or stock. Deglaze pan. Reduce by ½. Add 1 teaspoon tarragon. Remove from heat. Swirl in one tablespoon cold butter, whisking lightly until melted. Pour over reserved cutlet
5. Prune (or dried apples) and Brandy: Before cooking the meat, cover 1/3 a cup of chopped pitted prunes or dried apples with 1/4 cup brandy and let stand. While scaloppini is resting, pour pan juices in a small bowl. Sauté 1 tablespoon minced shallot or onion until softened in the skillet with 1 teaspoon of vegetable oil. Remove pan from heat. Add prunes and brandy, return to medium high heat and cook until brandy is reduced by half. Return pan juices to skillet. Remove from heat and whisk in 2 teaspoons fresh thyme and 3 tablespoons butter. Season with salt and pepper to taste. Pour over scaloppini and serve immediately.
6. Mustard-Sage Sauce: While scaloppini is resting, pour pan juices in a small bowl. Sauté 1 tablespoon minced shallot or onion until softened in the skillet with 1 teaspoon of vegetable oil. Add 1/2 cup low-sodium chicken broth, return to medium high heat and cook until reduced by half. Return pan juices to skillet. Remove from heat and whisk in 1 teaspoons fresh, chopped sage, 1 tablespoon Dijon mustard and 3 tablespoons butter. Season with salt and pepper to taste. Pour over scaloppini and serve immediately.



## Milwaukee Pork Stew

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4 pounds pork shoulder (pork steaks or butt roast), cut into ½ -inch cubes  
1½ teaspoons salt  
¼ teaspoon black pepper  
3 tablespoons vegetable oil  
3 large onions, peeled and chopped coarsely  
2 clove garlic, minced  
¼ cup chopped fresh parsley  
1½ teaspoon caraway seed  
1 bay leaf  
1 can (14½ ounces) chicken broth  
1 can (12 ounces) beer  
2 tablespoons red wine vinegar  
1 tablespoon packed brown sugar

Coat pork with salt and pepper. Heat oil in Dutch oven; brown meat over medium-high heat. Add onions and garlic. Cook and stir 5 minutes. Pour off drippings. Stir in remaining ingredients. Bring to a boil. Turn down heat and simmer covered, stirring occasionally over medium-low heat 1 to 1¼ hours or until meat is very tender. Stir occasionally.

Serve over egg noodles or rice. Servings: 10



## Carolina Barbecue

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1 5-pound pork shoulder (pork steaks or butt roast)  
2 teaspoons vegetable oil  
1½ cups water  
1 8-ounce tomato sauce  
¼ cup cider vinegar  
¼ cup Worcestershire sauce  
¼ cup brown sugar  
Salt and pepper, to taste  
1 teaspoon celery seeds  
1 teaspoon chili powder  
Dash hot pepper sauce

Randomly pierce the surface of the roast with a sharp knife. In a Dutch oven, brown roast on all sides in hot oil. In a mixing bowl, combine remaining ingredients and mix well. Pour sauce over roast and bring to a boil. Reduce heat, cover and simmer 2 hours or until pork is fork-tender. Baste roast with sauce during cooking time. Slice or chop to serve. Serves 20

For smoked pulled pork, rub salt, pepper, sugar, chili powder and celery seeds all over meat. Smoke for 4-6 hours at 275 or until meat falls from bone. Shred up 1/2 head of cabbage, one large onion. Add this to the pork that you have removed from the bone and shredded. Simmer with tomato sauces and water for ½ hour.



# Tamales

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*Tamales are about as basically Mexican as you can get. They are everyday street food. They are fiesta and holiday food. They are family food. Making them isn't rocket science, however it is a bit of a fiddle and it will take some practice. You may put just about any good tasting filling in your tamales that you want. It's the filling, wrapping and steaming that takes the learning.*

*I strongly suggest that you make your fillings on one day and then to the wrapping and filling on another day. Also, tamales are labor intensive and require a lot of hand work. Tamales should be a family affair. Then, on a weekend when the family is home, gather everyone in the kitchen and have a tamale making party.*

*A word about the fillings; the recipes for the fillings may seem over seasoned. Remember that there is going to be a small amount highly seasoned filling surrounded by a larger amount of bland dough. The fillings need to be highly seasoned in order for there to be any flavor.*

## Tamale Dough Made with Masa Harina Flour

- 3 cups masa harina flour
- 1½ teaspoons salt
- 2 teaspoons sugar
- 2 teaspoons baking powder
- ½ cup unsalted softened butter, lard or chicken fat, at room temperature
- ½ cup vegetable shortening, at room temperature
- 2 cups chicken broth

Place the masa harina, salt, sugar and baking powder in the bowl of an electric mixer. Add the two fats and beat together for 3 minutes until thoroughly incorporated. Add the broth and beat for 2 minutes longer, stopping the mixer to scrape down the sides of the bowl with a spatula as necessary. Perform the float test. Put a ½ teaspoon dollop of the dough into a cup of cold water. If it floats, the cooked tamale dough will be tender and light. If it doesn't, beat a little longer.

Let the dough rest for 30 minutes at room temperature or up to 2 hours refrigerated so the dough can thoroughly absorb the moist ingredients. Beat up to ¼ cup additional broth or water into the batter to bring the mixture to the consistency it had before. It should hold its shape softly on a spoon but not be runny. Makes about 20 medium tamales. You can use fresh masa bought from a tortillaria by using only one cup of broth.

## Filling:

- Chili con Puerco
- Taco Meat
- Jerked Chicken
- Chunks of Jack Cheese and canned green chilis

To assemble the tamales: remove corn husks from their package and sort by size. Any broken or torn ones can be used to tear into strips and use as ties. Remove any silks that may remain. Put the husks in a large bowl and pour boiling water over them. Since they will float, to keep them submerged, set another bowl full of water on top of them. Leave for several hours or overnight.

When ready to begin folding your tamales, remove the corn husks from the water, drain and pat dry. Put in a plastic bag to stay moist and remove only a few at a time as you need them. Choose the largest of the corn husks. Lay one on a flat surface in front of you. Put a large tablespoon of prepared masa on the corn husk and flatten with the back of the spoon or with another corn husk. The dough should be no more than ¼ inch thick. Leave at least a ½ inch border on each long side of the corn husk that has no masa and at least 1½ inches at top and bottom.

Put about a tablespoon of the filling in a line down the center of the masa. Bring the two long sides of the corn husk over the masa and filling and overlap them a bit. Then fold the two ends over. You may leave the tamale like this and simply put it into the steamer, folded side down or you may use thin strips of corn husk or thin kitchen twine to tie them shut.

Steaming Tamales: traditionally in Mexico a large clay pot is used to steam the tamales. Clean twigs are put in the bottom to keep the tamales out of the hot water. However, since you most likely do not have one of these, you may use any steamer you happen to have. I usually use my oriental bamboo baskets that sit on



top of my wok. If you don't have a steamer, just sit something in the bottom of a large pot, (a canning kettle is good) that will keep the tamales out of the water.

Stack your prepared tamales in the steamer, put water in the bottom, bring the water to a boil, cover with a lid and steam for about 1½ hours. Keep a kettle of water on the stove at just below the boiling point for topping off the steamer with hot water whenever necessary. You don't want the steamer to boil dry. Your tamales are ready to eat as soon as they come out of the steamer. They also freeze well. For my money, I think they are far better reheated a day or two after they are made than they are when fresh.



## Hamburgers

*Things to know before you fry a hamburger. 1. Know your cuts of meat. Ground chuck or ground round come from two totally different parts of a cow. Ground round gets a great browned flavor, but gives up a bit in the juiciness department since it is leaner (has less fat). Ground chuck is cheaper, but the fat in it can do a Jackson Pollock on your stove top with the grease it splatters off. Just buy something that is at least 80% lean and you will have a juicy burger that doesn't drown in fat. 2. Use the heaviest skillet you have. Cast iron on gas is optimal, even if you have to cook outside on your gas grill. Actually this is a good idea because you won't grease up the kitchen or smoke up the house. 3. Season the meat just before frying, but only season the surface. Mixing adulterating ingredients into the ground beef works at odds against developing a good Maillard (browning/caramelizing of sugars or protein) reaction. Salt and pepper work great, but you can use a Montreal steak seasoning type seasoning. It has MSG which is a flavor enhancer and many people like its spice. 4. Knead the meat just a bit. Like making sausage, you will actually be teasing out the protein strands a bit, which helps bind the burger together, essential if you are cooking on a grill. It also helps bring the meat to room temperature, hence faster cooking. 5. Shape it into a good ball and press it flat. You don't want to go thicker than one inch or you will might burn the outside before the inside is cooked. ¾ of an inch is optimal. This way you only have to turn the burger once and it will brown on both sides while cooking the middle to 140° (probably a safe idea since contaminated ground beef is one of the most frequent food recalls.) 6. Iron skillets rule because cleanup is a snap. While it is still hot, carefully pour about 2 cups of water in it. That will take off all the browned bits. Let it set while you are eating. Take steel wool or a rough scotch-brite pad and wash it out under warm water. Rinse it well. Towel it dry and store it with a thin coating of vegetable oil spray.*

2 pounds ground beef  
salt  
pepper  
1 heavy skillet  
one wide spatula

Make up six round balls and squash them flat between plastic wrap to about ½ an inch.

Heat up skillet on medium high heat. The surface should be about 375°, but that's hard to check unless you have a laser thermometer (perfect for checking your brick bread oven's temperature). Just get it hot. If it's cast iron, it won't hurt it. If it is heavy duty stainless steel, you'll notice it starting to turn blue. If it's aluminum, get another pan because aluminum warps too easily at high heat.

Slap a burger on the pan, or two if you have a 12-inch skillet. Stand back and leave it alone for 4 minutes. Slide your spatula under and flip that burger. Stand back and leave it alone for 4 minutes. Slide the burger off and put it on a warm plate and cover it with another plate, upended. Let it rest for 2 minutes. Now is the time for adding cheese if you are going to. Put it on a bun and top it as you wish.





## Taco Meat

- 2 pounds ground beef
- 1 medium onion, chopped fine
- 2 cloves garlic, minced fine
- 2 tablespoons chili powder
- 1 tablespoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons tomato paste and ½ cup water or 8 ounces plain tomato sauce

Brown the ground beef in a large skillet over high heat. Add onions and cook till translucent. Add seasonings and tomato product. Stir well and simmer for five minutes, until almost all moisture has evaporated. Serve with hard or soft tortillas, shredded cheese, lettuce, chopped tomatoes and onions, and salsa. A bit of sour cream rounds it all out.



## Veal Sausage

*Buck Sausage or Bockwurst*

- 5 pounds veal
- 5 pounds pork shoulder
- 2 pounds back fat
- 3½ ounces nonfat dry milk
- 3½ ounces salt
- 3½ ounces soy protein concentrate
- 1 teaspoon onion powder
- 1 teaspoon dry parsley
- 1 ounce ground mustard
- 1 tablespoon ground white pepper
- 1 teaspoon ground celery seed
- 1 teaspoon mace
- 1 ounce powdered dextrose
- 1 quart ice water

Chunk up and par-freeze meat and fat. Pass through the fine plate of a grinder. Mix together spices and ice water. Add to meat mixture and mix in a large mixer for 10 minutes. Do not allow meat to rise above 50°. If using a smaller mixer, mix in separate batches.

Stuff into 1-inch casings, twisting into links at 6-inch intervals.

Use fresh bockwurst within two days or poach sausages in 160° water until internal temperature of meat rises to 160°. Shock chill in an ice water bath. Refrigerate for up to 4 days or freeze for up to 6 months.



## Smoked Polish Deer Sausage

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*Rytek Kutas's Great Sausage Recipes and Meat Curing is the go-to book for anyone wishing to make some serious sausage. Bruce Aidell, the West Coast sausage guru, has also published a book, more adaptable to the home cook. Hand meat grinders and sausage stuffers can be found for the cheap at antique stores. You can buy sausage casings at many large grocery stores. Just ask the butcher. They are used to selling them to hunters. For a quick sausage, a Kitchen-Aid mixer and grinder attachment is all you need; however, I have found that if you are making more than 5 pounds of sausage, this stuffer attachment just doesn't feed the ground mixture fast enough.*

*Just remember to have the meat and other ingredients very cold. In fact, it is recommended to get a slight freeze onto the meat. This ensures that the fat and fibers don't break down easily, aside from cutting down on the microbial action. Don't be surprised at the amount of liquid in sausage recipes. It is necessary to have enough water to lubricate the mixture and carry the seasonings. Also, the sausages will not be dry. Fat is also essential to have. The fat from the back of a pig is the best texture, but in a pinch, fresh pork sides will do. Some added protein is also necessary to have good binding. These powders, along with a good mixing, tease out long protein strings which make for a well-textured sausage.*

*Smoking is easier than you think. Get a big box, about the size of a TV. Line it with foil. Put a cast iron skillet on a hot plate. Put hickory chips or sawdust in a foil package in the skillet. A digital probe thermometer helps to check the temperature.*

- 1 pound ice water (1 pint)
- 2 cups soy protein concentrate or non-fat dry milk
- 5 tablespoons salt
- 1 tablespoon sugar
- 2 level teaspoons of tinted curing mix\*
- 1 tablespoon coarsely ground black pepper
- 4 large cloves of fresh garlic, chopped very fine
- 1 heaping teaspoon of fresh marjoram
- 1 tablespoon cardamom
- 6 pounds deer meat, partially thawed
- 4 pounds pork butt (shoulder roast), par-froze

Mix together ice water and seasonings. Cut the meats into 3 inch cubes. Pass the deer through the 3/8-inch plate of the grinder. Pass the pork through the 1/8-inch plate of the grinder. Mix seasoned water and meat in a large mixer for five minutes. Do not allow the mixture to rise above 45°. Add ice if necessary to cool.

Stuff into brat sized casings. Hang on wooden dowels and allow to dry overnight, refrigerated. This helps develop the pellicle and allows the meat to season well. It also dries out the casings and cuts down on smoking time. Alternately smoke the sausages with dampers open for one hour. Smoke at 160° under heavy smoke until the internal temperature reaches 155°. Remove from smoker and shower with cold water until temperature is reduced to 110°. Hang at room temperature for thirty minutes so that flavors bloom throughout the sausage. Place in refrigerator overnight.

When serving, heat the sausages by simmering in water for five minutes. \*Tinted curing mix is a mixture of salts that cures sausages. It is usually tinted pink to keep in separate from regular salt. Use exact amounts only.



## Bratwurst

- 1 pint whole milk ice cold
- 3 whole eggs
- 2 cups soy protein concentrate or powdered milk
- 1 tablespoons ground white pepper
- 1 tablespoon mace
- 1 teaspoon dried, ground ginger
- 1 tablespoon nutmeg
- 5 tablespoons salt
- 2 pounds boneless veal
- 5 pounds fresh pork shoulder
- 3 pounds lean pork trimmings

Mix milk with dry ingredients and reserve refrigerated.

Cut meat into 2-inch chunks. Chill thoroughly. Grind meat through medium die. Mix meat and reserved liquid thoroughly in a large mixer for five minutes. If meat raises over 45°, re chill.

Stuff into 1-inch casings, twisting into links every six inches.



## Hungarian Goulash

*This stew gives a basic technique for braising small pieces of beef. Omit the paprika and sour cream, add carrots and celery and you have beef stew. Short plate or the meat next to the rib is well-marbled and tender. When it is on sale, it makes a sweet tasting beef stew, pairing well here with the sweet paprika.*

- 4 slices bacon, chopped
- 3 pounds boneless beef shank or chuck, or short plate trimmed and cut into 2-inch cubes
- Kosher salt and freshly ground black pepper
- 3 tablespoons all-purpose flour
- 2 tablespoons olive oil
- 2 medium onions, chopped
- 3 garlic cloves, minced
- 2 roasted red bell peppers, peeled and sliced
- 3 tablespoons Hungarian sweet paprika
- 2 teaspoons caraway seeds, toasted and ground
- 2 tablespoons red wine vinegar
- 1 (15-ounce) can whole peeled tomatoes, hand crushed
- 6 cups low-sodium beef broth
- 4 russet potatoes, peeled and diced
- ½ cup sour cream
- Chopped flat-leaf parsley, for garnish

Place a large heavy pot over medium heat and add the bacon. Fry for about 5 minutes until crisp and remove to a paper towel and reserve. Add the beef in batches to the hot bacon fat and brown it evenly on all sides, turning with tongs; season generously with salt and pepper. When the beef is all browned, sprinkle the flour evenly in the pot and continue to stir to dissolve any clumps.

Toss in the onions, garlic, roasted peppers, paprika, and caraway; cook and stir for 2 minutes until fragrant. Add a little oil if necessary to keep the meat from sticking to the bottom of the pot. Stir in the vinegar, tomatoes, and broth. Bring to a boil, then lower to a simmer and cook for 1 hour, covered, stirring occasionally.

Add the potatoes. Crumble the reserved bacon into the stew and continue to simmer for 30 minutes, partially covered, until the potatoes are tender. Season with salt and pepper. Remove from heat and stir the sour cream into the goulash just before serving. Garnish with the chopped parsley



## Sausage Pan Gravy

*This is the basic recipe for all flour-based gravies or sauces. The flavor of the fond— those lovely browned bits in the pan —swims in an emulsion of a flavorful liquid and a fat-starch bond. Substitute the sausage with browned ground beef, some onion and some canned mushrooms, use beef broth instead of milk, and add a few herbs or spices and you have your own hamburger helper.*

- 1 pound ground breakfast sausage
- 3 tablespoons butter (if needed)
- 3 tablespoons flour
- 3 cups milk
- ½ teaspoon salt
- ½ teaspoon ground pepper

Brown crumbled sausage in a heavy skillet. Drain all but three tablespoons drippings. If the sausage is lean, add enough butter to bring to three tablespoons fat.

Add 3 tablespoons of flour to drippings. Cook drippings and flour on medium heat to brown the flour, making a roux, approximately 2-3 minutes. Add salt and pepper.

Stir 3 cups of milk into the roux. Cook until thickened, about five minutes on medium heat. Serve with biscuits.



## Sloppy Joes

- 2 pounds hamburger
- 1 medium onion, finely chopped
- ½ cup celery, finely chopped
- ½ cup finely chopped green pepper
- 1 16-ounce can tomato sauce
- ¼ cup ketchup
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon dried ground oregano
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon cider or white vinegar
- 1 tablespoon sugar
- ½ teaspoon paprika

Brown ground beef in a large skillet. Add onions and celery and sauté until onions are translucent. Add remaining ingredients, stir and cook on medium heat until sauce thickens, about 10 minutes. Adjust seasonings.



## Swedish Meatballs

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1 cup fresh bread crumbs, dried out  
¾ cup milk  
6 tablespoons unsalted butter  
4 shallots, minced  
2 garlic cloves, minced  
1 teaspoon caraway seeds, toasted and ground  
Kosher salt and freshly ground white pepper  
1 pound ground beef  
1 pound ground pork  
1 large egg  
1 handful fresh flat-leaf parsley, chopped, plus more for garnish  
1 handful fresh dill, chopped  
2 tablespoons all-purpose flour  
1½ cups chicken broth  
¾ cup sour cream

In a small bowl, combine the bread crumbs and the milk; stir with a fork and let stand for 5 minutes. Put 3 tablespoons of the butter in a small skillet and let it melt over medium heat. Add the shallots, garlic, and caraway; season with salt and pepper. Sauté until softened but not browned, about 2 minutes. Put the ground beef and pork in a large bowl. Add the sweated shallot mixture, egg, parsley, and dill; season with salt and pepper. Squeeze the milk out of the soaked bread crumbs, add the bread to the meat mixture, and mix well using an electric mixer. This will give a fine texture and a lightness to the meatballs. Pinch off about 2 tablespoons worth of the meat mixture and roll it around in your moistened hands to shape it into a meatball. Continue forming the meatballs and putting them on a platter.

Melt 2 tablespoons of the butter in a large skillet over moderate heat. When the foam starts to subside, add the meatballs in batches so you don't overcrowd the pan. Sauté the meatballs until well-browned on all sides, about 7 minutes total. Remove the meatballs to a platter lined with paper towels as they are done.

Discard most of the fat from the skillet and return it to the heat. Add the remaining tablespoon of butter and swirl it around to coat the pan. Sprinkle in the flour, and stir with a wooden spoon to dissolve into the fat. Pour in the chicken broth, and stir with a wooden spoon to loosen the bits from the bottom of the pan. Simmer and stir until the liquid is reduced and a sauce starts to form; season with salt and pepper. Lower the heat and stir in the sour cream. Return the meatballs to the sauce. Simmer until the sauce thickens slightly and the meatballs are heated through, about 15 to 20 minutes. Shower with chopped parsley and transfer to a serving bowl. Serve the Swedish meatballs over noodles or rice.



## Egg Bake

2 pounds pork sausage  
6 slices cubed bread  
2 cups shredded cheddar  
6 eggs  
2 ¼ cups milk  
½ teaspoon dry mustard  
Salt and Pepper  
1 can Cream of Mushroom Soup  
½ cup milk

Brown the sausage in a skillet, drain then place in a 9 x 13 glass baking dish. Add the bread and cheese. Mix thoroughly. In a separate bowl mix eggs, 2 ¼ cup milk, dry mustard and salt and pepper. Pour over the mixture in the baking dish. Cover with plastic wrap and refrigerate overnight.

Serving day, preheat oven to 350°. Mix cream of mushroom soup and milk together in a separate bowl, pour over the top of the mixture in the baking dish. Bake for 1 hour. Let the mixture rest for 10 minutes to set up before serving.

Variations: add 4 ounces chopped mushrooms to the mixture along with 4 ounces chopped canned pimentos or roasted red peppers.



## Corn Dogs

1 cup flour  
½ cup yellow cornmeal  
2 tablespoons sugar  
1½ teaspoons baking powder  
¼ teaspoon dry mustard  
1 egg, lightly beaten  
¾ cup milk  
2 teaspoons vegetable oil  
Vegetable oil to fry in  
8 thick hot dogs  
8 thick, wooden skewers or chopsticks

Sift together flour, cornmeal, sugar, baking powder, and mustard into a bowl. Whisk together egg, milk, and oil in another bowl. Add milk mixture to flour mixture, beating with a whisk until batter is smooth.

Pour frying oil into a large, heavy pot to a depth of 3 inches. Heat oil over medium heat to 350°. Meanwhile, dry hot dogs with paper towels, then skewer them with wooden skewers. Dip hot dogs into batter until evenly coated. Gently place battered hot dogs in hot oil and fry, turning once or twice, until crisp and golden, about 3 minutes. Drain on a rack over paper towels. Serve with mustard and ketchup if you like.



## Meatloaf Balls

½ cup milk  
½ cup breadcrumbs  
1 teaspoon salt  
4 tsp onion minced onion  
pepper  
1 pound ground meat

Preheat oven to 375°. Mix ingredients well, shape in to 4 balls. Place in sprayed baking pan and top with the following:

½ cup ketchup  
½ cup brown sugar  
2 teaspoon vinegar

Bake at 375° for 30-40 minutes.



## The Basic Stir Fry

*Stir-frying is an Asian technique for cooking meat and vegetables quickly, so that they retain texture and flavor. Stir-frying typically involves a quick sauté over high heat, occasionally followed by a brief steam in a flavored sauce.*

1. **Hardware:** While you can stir-fry in any old skillet, the traditional shape of a carbon steel wok gives you a large surface with variable heat as you go up the sides. You must have a gas burner to use one, although most home LP burners don't get hot enough to handle all but the smallest amount of food. Think of an outdoor, propane burner, like a turkey-fryer setup. It will give you plenty of heat and keep the smoke outdoors. For indoor electric ranges use a heavy-bottomed stainless steel or a well-seasoned cast iron skillet. Non-stick woks or skillets generally can't stand up to the heat necessary for stir-frying.
2. **Software:** As in packet cooking, a stir-fry is balancing a flavorful sauce, a meat, fish and/or vegetables, and aromatics. Prepare everything you need before you begin to stir-fry. Cut all your vegetables and meats uniformly and small enough to cook. Stir-frying is fast; you won't really have time to chop the broccoli while the onion is cooking. Marinate the meat or fish in the sauce with a little corn starch for at least 15 minutes. That will help browning and later thicken the sauce.
3. **Staging:** Lay out all the ingredients in the order you will use them. Generally the order is a) aromatics like garlic and ginger b) meat, fish or main vegetable c) onion, carrot or peppers d) other vegetables and e) remaining sauce for a short, covered steam.
4. **Procedure:** Remove the meat or fish from the marinade and let it drain. If it is too wet, you won't be able to brown it. Heat the wok, then add oil. When the oil has the first wisp of smoke, add aromatics, such as ginger and garlic, and stir-fry for a few seconds. If you've have more than four ounces of meat to fry, stir-fry the meat completely in batches first, then add it back in at the end. (This works well for a large assemblage of ingredients, because you ensure the meat cooks fully but not too much.) If not batch frying, push the first ingredients up the side of the wok or to the outer edge of a skillet and add the other ingredients, according to their approximate cooking times, into the center of the pan. Resist the urge to turn the heat down. Control the heat by adding the ingredients. When the food is about two-thirds done, add your sauce. If the food will take more than a few minutes more to cook, cover and steam until done. If it will take less time, continue to stir-fry.

Stir-fry sauce:

- 2 tablespoons soy sauce (or other flavored liquid like nut butters or fruit juices)
- 2 tablespoons water or broth
- 1 tablespoons plain or rice vinegar
- 1 tablespoons mirin (sweet rice wine), shaoxing or sake, (dry rice wine) or dry sherry
- a pinch of sugar or teaspoon of molasses
- 1-2 teaspoons of chili garlic sauce or hot sauce
- 1 teaspoon cornstarch
- fish sauce or oyster sauce if desired
- additional water or broth for final steaming as needed

<u>Aromatics</u>	<u>Main Ingredient</u>	<u>Vegetables</u>	<u>Additions for Sauce</u>
freshly grated ginger	thin strips of top sirloin	onion	coconut milk
minced garlic	thin slices of pork loin	broccoli	lemon juice
minced chilis	boned and skinned chicken	napa cabbage	lime juice
citrus zest	peeled and deveined shrimp	bok choy	curry paste
whole curry spices	cleaned and scored squid	carrot	hoisin sauce
fermented black beans	ham	cauliflower	peanut butter
	scallops	bean sprouts	pineapple
	firm white fish	peppers	sesame oil
	clams	asparagus	ketchup
	oysters	baby corn	egg
		water chestnuts	cilantro
		mushrooms	five spice powder
		green beans	star anise
		scallions	Worcestershire
		snow peas	nuts

Sweet and Sour Sauce

- ¼ cup white vinegar
- 2 tablespoons soy sauce
- ¼ cup ketchup
- ½ cup water
- 3 tablespoons sugar
- salt to taste
- 1 tablespoon cornstarch dissolved in 2 tablespoons water

In a small pan combine vinegar, soy sauce, ketchup, water, sugar and salt, and boil for 2 minutes. Add cornstarch mixture and cook for another 2 minutes on medium until sauce thickens..

Batter for Sweet and Sour Chicken or Pork

- 1 egg white, beaten
- 1/3 cup water
- 1/2 cup cornstarch
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt

Dip chicken or pork chunks in the batter and deep fry at 350° until golden. Sauté thin carrot medallions and green pepper chunks in the wok. Add pineapple chunks and sweet and sour sauce, Cook until mixture boils. Add fried meat and coat thoroughly.





# Secret Weapons in the Kitchen

*Emeril has his essence. Alton Brown has his nutritional anthropologist. Julia Child has her three pounds of butter. What should you have in your kitchen to make your food distinctive? Here follow a few culinary weapons that can make your food memorable.*

**Homemade vanilla extract:** Sure, there are artificial vanillas packed with flavor, but having your homemade extract says you are cooking for the long haul. Small bottles make perfect gifts. Just take two vanilla beans and split them in half lengthwise. Drop them into a 5th of plain vodka. Put it away for two months and you have your own vanilla essence.

**Coriander Chutney:** Check out an ethnic grocery store sometime, or go to the ethnic section of a large grocery store in a city. You'll find all kinds of prepared sauces, relishes, and condiments. While most of these can be made up fresh, they can come in hand in a pinch. Swad's Coriander Chutney is one ingredient that can do serious "bammage" to your food. You may not always have fresh cilantro, but this little jar of flavor is always ready to help.

**Roasted red peppers:** The fall of communism opened a new flood of Eastern European immigrants to the U.S. Almost every big city in the U.S. has a burgeoning population of new ethnic groups that have brought their foodways with them. Immigrants from the Balkans have brought with them their red peppers. In St. Louis, the grocery stores in the south county area carry whole aisles of all different varieties. Pick some up. They add a wonderful flavor to every dish. Use them instead of canned tomatoes in just about every recipe. They're sweet, they're pretty, and they're available now.

**Essential cookbooks:** Join a cookbook of the month club for one year. Get a basic stock, and drop the membership. What may help you break through to the next level: *The Joy of Cooking*, Irma Brombauer and others. This cook has all the basic recipes, has the technique, and explains the ingredients. Best all around cookbook. *Roasting* by Barbara Kafka. See "high heat roasting" on page 26. The *Dean & DeLuca Cookbook*, by David Rosengarten; this book or its doppelganger, *The Whole Foods Cookbook*, have recipes for the party foods you would love to make. If you want to get serious about making good European style bread (maybe soon we can start saying good American-style bread, since the U.S. now has so many good artisanal bakeries.), purchase *The Bread Baker's Apprentice*, by Peter Reinhart and *Artisan Baking Across America* by Maggie Glezer. *Flatbreads & Flavors: A Bakers Atlas* and *The Seductions of Rice* by Jeffrey Alford and Naomi Duguid will give you the world's basic flavors in two small volumes. They aren't just about bread or rice, they are about the foods people eat with their daily staples. Note that many of these cookbooks are James Beard Foundation award winners. You can't go wrong if you buy the best.

**Baking stones:** Go to Lowes or Home Depot. Go to the ceramic tile section. Ask for six, 8-inch unglazed quarry tiles. Ask them to cut 1½ inches off the edge of two of the tiles ( what you need to make them fit into your oven). Pay no more than \$6.00. You have just saved yourself \$30. Does your oven heat unevenly? Put these tiles on the bottom rack. Preheat. You won't have that problem anymore.

**Fresh herbs:** A can of cream of mushroom soup has 850 milligrams of sodium. That's where its flavor comes from. Make your own with fresh mushrooms, a roux, and milk. Cut down on the salt and instead put in some fresh herbs. Thyme or marjoram sprinkled over your sauté makes it come alive. Put some basil leaves on your next BLT. As Chairman Kaga of the Gourmet Academy would say, "Instead of the salt, reach for the herbs."

**Knives:** Get an 8-inch chef's knife and use a steel on it before every use. You really don't need to put a new edge on it with a stone but once a year, if you use it properly. Get a 6 or 7-inch knife if your hands are small. Serrated knives are good only for tomatoes and bread.

**Room temperature meats:** There is one recipe you won't find in this book, "disputed prime rib". How to cook this king of roasts fueled many an argument. Dispel any doubt by making sure the meat you cook is up to room temperature. Get a digital probe thermometer with a wire lead to keep in the meat with the oven closed.

**Tea:** It's in. Buy Lipton loose tea in a box. Get a good tea pot and an electric kettle with a detachable

base. The ritual of making tea is itself soothing. In Japan it's an art form. When you take a tea break, you involve all your senses in a totally different realm of being. It is cooking in its simplest form. Fresh, handcrafted. What kind of break is it to just pop the top off a soda and slam it down? Tea has antioxidants and all kinds of good things in it. Four thousand years of Chinese history can't be wrong.

**Late Night Roast Chicken:** Sometimes you can get lucky and pick up a roast chicken at the grocery store late in the evening for half price. Any time you can get it under \$4.00, buy it. \$5.00 is a good bargain considering what you can make with it. Strip it of its meat and use it for tacos, enchiladas, quesedillas, chicken salad. Take the skin and bones, toss them in a pot. Put a ½ gallon of water in the pot. Bring it to a boil, turn it down to a simmer and let it go for one hour. Chop up one onion, two carrots, 2 stalks of celery. Add it to the pot and simmer for ½ an hour. Remove skin and bones. Add some diced chicken and some cooked egg noodles and you have chicken soup. Or leave skin, bones and veggies in the pot and cook for another hour. Strain. You have your homemade broth. Take it back to the heat, simmer it until it reduces by half and you have the foundation for many classic French dishes.

**Restaurant supply stores:** Here's where you'll get tongs cheap. Cookie sheets and cooling racks that utilize your oven's full capacity. Pick up some used equipment for next to nothing. This is gadget heaven.

**Saveur Magazine:** Started in 1994, this culinary magazine focuses on food and wine in their native habitats. In a world increasingly standardized, *Saveur* remains committed to discovering the authentic regional foods of the world. It celebrates ingredients, discovers unique locations, and praises the local food hero. Back issues can be found for \$5.00 on Ebay, although the first ten issues go for significantly higher sums. *Cook's Illustrated* is another excellent food magazine. It follows the *Consumer Reports* model and does a tremendous amount of testing of both old and new recipes. It's the best all-around cooking technique magazine.

**The Broiler:** We tend to neglect this oven feature for one reason or another, mostly because we think it's a hassle to clean the broiler pan. The professional broiler in restaurants is called a salamander, and it is used for many dishes. Mom and dad used the broiler for marinated flank steak (ketchup, crushed garlic, salt and pepper and Worcestershire sauce marinade). Cleanup is a snap if you spray some canola oil release on the surface of the pan. Preheat the pan too when broiling to speed cooking time. If there are stubborn food stains, an overnight soak is all you need. One tip about electric broilers: leaving the oven door slightly ajar will keep the broiler going full heat without cycling off.

**Rice:** There are three types of rice, long grain, medium grain and short grain. The proportion of length to width is what determines its category. There are also variations within the size as to the manner in which it loses its starch content when cooking. The final texture of the cooked rice also varies from one rice to another. There are five main rices that you should have on stock for the different dishes that appear in this cookbook. Converted rice is hulled, polished and parboiled so it needs only about 20 minutes total cooking time. It works well as a rice in baked dishes. Try to wean yourself off of Uncle Ben's and Rice-a-Roni. You'll be surprised at the varied flavors that different rices have all on their own. Risotto can only be made with arborio rice (carnaroli is the premium type), a short grained rice that gives the dish its creamy texture. Valencia rice (bomba is the premium type) is a medium grained rice that works in jambalayas and gumbos or Mexican rice. It is the preferred paella rice. Basmati rice is what you want for a pilaf or a curry. It is a thin, long grain rice with a magnificent perfume. Sushi rice is a sticky, Asian rice that makes a difference when you are trying to eat with chop sticks.

**Frozen Flavor:** There are two items that preserve well in the freezer and you can take them out for quick flavor enhancement. Buy a large hand of ginger. Peel it and cut it into 1-inch chunks. Wrap each chunk individually in plastic wrap and put all the little packets in a zip top bag. When you need ginger, unwrap one of the chunks and grate on a microplane grater. It works without needing to thaw the ginger. Basil also freezes well. Grow your basil during the summer. Wash the basil well and dry it. Chop it fine. Mix it with a little olive oil, just enough to wet it. Fill in a icecube tray with the mixture. Freeze overnight. Remove basil cubes and wrap individually. Store in a zip-top freezer bag.

**Internet Resources:** Google any recipe name you are looking for and you'll come up with lots of help. [www.foodtv.com](http://www.foodtv.com) is an excellent place to start. [www.cooks.com](http://www.cooks.com) is just loads of all kinds of recipes. [www.epicurious.com](http://www.epicurious.com) contains the resources of several eminent cooking magazines. [ww2.kingarthurflour.com](http://ww2.kingarthurflour.com) has illustrated recipes for shaping the breads that look as beautiful as they taste.



# Vegetables

## Ratatouille

- 1 onion
- 1 green pepper
- 1 red bell pepper
- 1 yellow bell pepper
- 2 small zucchini
- 1 eggplant, peeled and chunked (salt eggplant pieces and allow to drain in a colander to remove excess moisture for one hour. Rinse thoroughly)
- 2 cloves garlic, finely minced
- 3 tablespoons olive oil
- 4-5 fresh tomatoes or 1 16 ounce can stewed tomatoes
- 12 leaves fresh basil, finely chopped
- 4-5 slices thickly sliced firm French bread (English muffins work too)
- 1 teaspoons salt
- ½ teaspoon ground pepper

Cut up the vegetables in 1½ inch pieces. Heat up 3 tablespoons olive oil in a large non-reactive skillet. Sauté onions and peppers until beginning to soften, add zucchini and garlic and cook until slightly softened. Add tomatoes and eggplant and cook for 5 minutes on medium heat. Add salt and pepper to taste. Add basil and cook for 5 more minutes.

Before serving mix in enough bread pieces to soak up excess liquid. Add to flat bottomed serving bowl and sprinkle with Parmesan cheese.




















































## Creamed Spinach a la Lawry's

- 2 packages (10-ounce each) frozen chopped spinach, thawed
- 4 slices bacon, cut into ½ inch bits
- 1 small onion, minced
- 2 cloves garlic, minced
- 2 tablespoon flour
- 1 teaspoon Lawry's Seasoned Salt
- ½ teaspoon freshly ground black pepper
- 2 cups milk (or one pint half and half for ultra creamed spinach)
- pinch of nutmeg
- 2 hard-boiled eggs, chopped

Drain spinach well and squeeze out excess moisture with hands. Chop finely and set aside. Fry bacon in heavy skillet until crisp; remove and drain. Sauté onion and garlic in bacon drippings; add flour, Seasoned Salt and pepper and blend thoroughly. Cook for two minutes on medium heat to brown the flour. Slowly add milk, stirring constantly. Cook until thickened. Add spinach and bacon; heat thoroughly. Top with nutmeg and chopped egg. Makes 4-6 servings.



## A Veggie Table

bacon & onion 	marinate and grill 	steam, butter/olive oil 	sauté, butter or citrus and herb 	stir fry with soy sauce 	roast with balsamic and herbs 	ham and cheese sauce 
carrots 	canned peas 	fresh asparagus 	red cabbage 	canned beets 	bok choy 	yellow squash 
frozen spinach 	fresh cauliflower 	frozen lima beans 	canned artichokes 	frozen stir fry medly 	fresh beets 	eggplant 
fresh spinach 	canned asparagus 	cabbage 	canned corn 	fresh green beans 	zucchini 	canned stewed tomatoes 
bell peppers 	endive 	canned sauerkraut 	leeks 	frozen peas 	fresh broccoli 	frozen Italian broad beans 
fresh/frozen brussell sprouts 	onions 	canned green beans 	frozen sugar snap peas 	Swiss chard 	fennel 	canned palm hearts 
turnips 	canned spinach 	okra 	celery 	frozen fava beans 	acorn/butternut squash 	snow/sugar snap peas 

## Pickled Beets

*Grandma Stephens*

- 1 gallon small beets, cooked and peeled
- 3½ cups vinegar
- 2 cups sugar
- 1 long stick cinnamon
- 1 teaspoon salt
- 1 tablespoon allspice
- ½ cup water (Leah puts none in.)

Simmer vinegar, sugar and spices together for 15 minutes. Add beets to syrup and heat thoroughly. Serve warm or cold.



## Sauerkraut with Pork

- 1 pound pork chops, country ribs or pork steaks
- 2 16-ounce cans sauerkraut
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 bay leaves
- 1 teaspoon caraway seed
- 1 teaspoon juniper berries
- 1 pound smoked Polish sausage, cut in 4-inch lengths.
- ½ cup quick-cook or pearled barley

Combine pork chops or pork steaks with sauerkraut in a medium size pot. Add onion and garlic. Barely cover mixture with about 4 cups cold water. Bring to a boil. Reduce to simmer. Add salt and pepper. Add bay leaves, caraway seed and juniper berries. (If using pearled barley, not quick-cook, add barley at this time, adjusting with one added cup of water). Lower heat and cover. Simmer at very low heat for 45 minutes with lid on.

Add Polish sausage, ½ cup of quick cook barley. Simmer for another 10-15 minutes until the barley cooks and the mixture thickens. Serve with mashed potatoes.

Variations: To recreate the Alsatian origins of this dish, add a smoked ham hock to the meat. Substitute 1 cup of white wine for water. Add a 12-ounce can of broad or butter beans with the sausage. Serve sprinkled with chopped parsley.



## Grilled Baby Cabbage

*Look for miniature heads of cabbage at the farmers' market late in the cabbage season, or in the fall. Ask the vendors if they have them back at the farm. These gems are about the size of a racquetball and form after the main head has been picked. They are sweet and tender.*

- 4 heads baby cabbage
- 2 ounces vinaigrette

Preheat grill to high heat. Cut cabbages in half along the core. Marinate for 15 minutes in the vinaigrette. Grill on round side first for 2 minutes, turn and grill on flat side for another 2 minutes. Serve warm.



## Stuffed Cabbage Rolls

*Galumpkis, gahwuhmpkees*

### Tomato Sauce

- 2 tablespoons extra-virgin olive oil
- ½ cup finely chopped onion
- ½ cup finely chopped carrots
- ½ cup finely chopped celery
- 1½ quarts crushed tomatoes
- 2 garlic cloves, smashed
- 1 tablespoon sugar
- Kosher salt and freshly ground black pepper

### Cabbage Rolls:

- 1¼ cup extra-virgin olive oil
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- Splash dry red wine
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 pound ground beef
- 1 pound ground pork
- 1 large egg
- 1½ cups steamed white rice
- Kosher salt and freshly ground black pepper
- 2 large heads green cabbage, about 3 pounds each

To make the sauce: Coat a 3-quart non-reactive saucepan with the oil and place over medium heat. Add the chopped onion, carrots, celery, and garlic and sauté for 1 minute. Add the tomatoes and cook, stirring occasionally, for 5 minutes. Reduce heat. Add the sugar and simmer until the sauce thickens, about 20 minutes. Season with salt and pepper and remove from the heat. Cool and puree in a blender or use a stick blender.

Place a skillet over medium heat and coat with 2 tablespoons of the olive oil. Sauté the onion and garlic for about 5 minutes, until soft. Stir in the tomato paste, a splash of wine, parsley, and ½ cup of the prepared tomato sauce, mix to incorporate and then take it off the heat. Combine the ground meat in a large mixing bowl. Add the egg, the cooked rice, and the sautéed onion mixture. Toss the filling together with your hands to combine, season with a generous amount of salt and pepper.

Bring a large pot of salted water to a boil. Remove the large, damaged outer leaves from the cabbages and set aside. Cut out the cores of the cabbages with a sharp knife and carefully pull off all the rest of the leaves, keeping them whole and as undamaged as possible, (get rid of all the small leaves and use them for coleslaw or whatever.) Blanch the cabbage leaves in the pot of boiling water for 5 minutes, or until pliable. Run the leaves under cool water then lay them out so you can assess just how many blankets you have to wrap up the filling. Next, carefully cut out the center vein from the leaves so they will be easier to roll up. Take the reserved big outer leaves and lay them on the bottom of a casserole pan, let part of the leaves hang out the sides of the pan. This insulation will prevent the cabbage rolls from burning on the bottom when baked. Use all the good looking leaves to make the cabbage rolls. Put about ½ cup of the meat filling in the center of the cabbage and starting at what was the stem-end, fold the sides in and roll up the cabbage to enclose the filling. Place the cabbage rolls side by side in rows, seam-side down, in a casserole pan.

Preheat the oven to 350° F. Pour the remaining tomato sauce over the cabbage rolls. Fold the hanging leaves over the top to enclose and keep the moisture in. Drizzle the top with the remaining 2 tablespoons of olive oil. Bake for 1 hour until the meat is cooked.



## Skillet Glazed Carrots

1 pound carrots, peeled and sliced into oblique medallions  
1 cup chicken broth  
salt and pepper to taste  
1 tablespoon sugar

Place carrots in a skillet. Add just enough chicken broth to cover. Sprinkle sugar over the top of the carrots and broth. Cover and simmer until carrots at medium low to medium around 10-12 minutes until you have the proper texture for the carrots. If the broth cooks down too fast just add more as needed. Season to taste. These look pretty on any dinner plate.



## Garlic Broccoli

*Lisa Schmitz*

1½ pounds broccoli  
2 tablespoon toasted sesame oil  
1½ tablespoon corn oil  
¾ teaspoon crushed red pepper  
¼ cup soy sauce  
2 cloves garlic, minced  
1 tablespoon sugar  
1 tablespoon lemon juice

Prep: Cut out stems and florets. Cut stems into 1½ inch sections and set aside.

Dressing: Combine sesame oil and corn oil in a heavy saucepan. Heat until very hot but not smoking.

Add red pepper to sauce pan and remove from heat. Set aside ten minutes. Add garlic, soy sauce, sugar, and lemon juice to the oils and red pepper.

Broccoli: Cook broccoli to tender crisp. Drain and transfer to bowl. Add dressing to coat. Serve at room temperature or chilled.



## Herbed Brussel Sprouts

*While not everyone's favorite, these mini-cabbages pack a load of flavor. They need to be balanced with some other savory flavors to balance the bitterness. This is from Mike Schweiss.*

1 pound fresh brussel sprouts  
8 slices bacon, cut into ½ inch bits  
1 tablespoon chopped fresh thyme (1 teaspoon dried)  
salt and pepper

Wash and trim the sprouts. Blanch in one quart of boiling water for 2 minutes. Drain and cut each in half. Fry up the bacon, drain, leaving 1 tablespoon of the fat in the skillet. Turn heat to high and sauté the sprouts for one minute. Remove from heat and sprinkle with the thyme, salt, and pepper.





## 'Reen Beans

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### *Green Bean Casserole*

- 1 can cream of mushroom soup, 10 ¾ ounce
- 4 cups cooked green beans
- 1/8 teaspoon pepper
- ¾ cup milk
- 1 1/3 cups fried onions

Mix soup, milk and pepper in a 1 ½-quart casserole dish. Stir in beans and 2/3 cup of the fried onions. Bake for about 25 minutes at 350 degrees F. Top with the remaining 2/3 cup fried onions and bake about 5 more minutes, until onions are lightly browned. Serves 6.

### Fresh Green Bean Casserole

- 2 tablespoons butter
- 1 pound mixed fresh mushrooms, button and shitake, chopped coarsely
- ½ cup chopped onion
- 2 tablespoons flour
- 1 cup chicken stock
- 1 cup milk
- 2 pounds fresh green beans, cleaned and cut into 2 inch lengths
- 1 can fried onions.

Melt butter in a heavy skillet and add mushrooms. Sauté mushrooms and onion on medium high heat until most of the water in the mushrooms has been sweated out and mushrooms brown. Add the 2 tablespoons of flour and cook for two minutes, until flour turns a light brown. Deglaze pan with stock and milk. Cook for five minutes until mixture thickens.

In the meanwhile cook the fresh green beans in boiling salted water for 2 minutes. Remove with a strainer and shock chill in ice water to preserve the green color. Drain. Mix green beans with mushroom mixture in a large casserole and bake at 350° for thirty minutes. Top with fried onions and bake for five more minutes.



## Marinated Grilled Vegetables

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- 2 yellow squash
- 2 small zucchini
- 1 large red bell pepper
- 1 large green bell pepper

### Marinade

- 2 tablespoons balsamic vinegar
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ cup olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil

Cut the squash and zucchini into long planks, about ¼ inch thick. Core the peppers and cut into 2 inch wide strips. Mix the marinade and coat the vegetables well. Allow to marinate 15 minutes. Heat the grill up to high, with a clean, oiled grate. Grill vegetables for 2 minutes per side. Serve warm.





## Green Beans

*Here's how you doctor up canned green beans.*

- 4 strips bacon
- ½ cup chopped onion
- 1 tablespoon flour
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 16-ounce can green beans

Cut bacon into ½ inch pieces. Fry in a skillet until brown. Remove bacon and reserve. Drain all but one tablespoon bacon grease. Add onions and cook until translucent. Add flour and cook until light brown color, about 2 minutes on medium heat. Add salt and pepper. Add liquid from the green beans, turn heat on high and stir. Cook until mixture slightly thickens. Add green beans and heat thoroughly.



## Kraut 'n' Taters

*A Missouri twist on the English classic, Bubble and Squeak. Michael came up with this one.*

- 1 pound breakfast sausage
- 1 small onion, chopped
- 4 cups frozen-hash browns, frozen French fries, or left-over baked potatoes
- salt and pepper
- 1 can sauerkraut

In a large, heavy-bottomed skillet (cast iron works best) brown sausage and crumble up. Add onion and sauté until brown. Add potatoes and brown. Season with salt and pepper. When potatoes start to come together and sticks as a mass at the bottom in the pan, add sauerkraut. The juice from the sauerkraut will deglaze the pan. Stir and warm mixture throughout. Serve with lots of ketchup.



## Roasted Beets

*This works equally well with other root vegetables such as turnips and parsnips.*

- 6-8 2-inch diameter beets, scrubbed and 1/2 inch of top remaining
- 1 1/2 teaspoons kosher salt
- 2 tablespoons cider or balsamic vinegar
- 3 sprigs fresh thyme or tarragon
- 3 sprigs fresh marjoram

Preheat oven to 400°. Open a sheet of aluminum foil about 14 inches long, shiny side up. Place beets on center. Drizzle with salt and vinegar. Lay fresh herbs on top. Seal up edges of the foil by bringing sides to the middle over the beets. Crimp along edges to seal. Fold ends up and seal. Bake for 45 minutes on preheated stone or heavy baking sheet. Remove from oven. Open foil to cool for five minutes. Carefully remove beets without losing juices. Peel under cold water by simply wiping with a clean dish towel. Slice as desired. Serve top with reserved, strained juice.



## Stuffed Acorn Squash

4 small acorn squash  
2 slices rustic Italian bread, diced  
1 cup fontina cheese, ¼-inch dice  
Fine sea salt  
Freshly ground black pepper  
1 teaspoon freshly grated nutmeg  
½ cup heavy cream  
2 teaspoons truffle oil  
About 4 cups coarse salt to cover bottom of pan\*

Preheat the oven to 300°F. Cut the top ¾-inch off the squashes and set aside. Hollow the squashes out with a spoon and cut the pulp into small dice.

In a bowl, stir together the bread, cheese, and squash cubes. Season with salt, pepper, and nutmeg. Toss with the cream and the truffle oil and stuff the squashes with this mixture. Line a baking pan with enough coarse salt to cover the bottom to a height of 1 inch. Put the tops back on the stuffed squashes and place them on the pan, cover with aluminum foil, and bake for about 40 minutes. Remove the foil and bake for 20 minutes longer. \*The salt helps even the heat out and give flavor to the squash. Most importantly it holds the squash up during baking. Eliminate the salt and use beans, or save money and cut off the bottom 1/2 inch of the squash to hold it upright.



## Braised Red Cabbage

1 head red cabbage, about 2 pounds  
2 tablespoons butter  
1 onion, sliced  
2 Granny Smith Apples, cored, peeled and sliced  
1 tablespoon chopped dill, plus more for garnish  
2 bay leaves  
½ cup chicken broth, low sodium  
⅓ cup cider vinegar  
2 tablespoons sugar  
Salt and pepper, to taste

Quarter the cabbage and cut away the core, then cut the quarters into shreds. Rinse in cold water and set aside. In a large stockpot, melt butter over medium heat. Sauté the onion and apples for 2 minutes until they begin to soften. Add the chopped dill, bay leaves, cabbage, and broth. Cook for 5 minutes until it begins to wilt. Stir in the vinegar to preserve the red color. Add sugar, salt, and pepper and cook for 20 minutes until the cabbage is soft, stirring occasionally. Garnish with fresh dill before serving.



## Stir-fried Zucchini

2-3 small zucchini, about 6-8 inches long, cut into 1-inch cubes, skin intact  
1 small onion, cut into large dice  
2 tablespoons olive oil  
1 tablespoon fresh basil, chopped  
1/2 teaspoon salt  
1/4 teaspoon pepper

Heat oil in a wide skillet on medium high heat. Add zucchini and onions. Saute for 2 minutes, stirring occasionally. Remove from skillet to serving bowl. Sprinkle with seasonings.



## Champignons Polonaise

*Mushrooms in the Polish Style*

- ¾ pound mushrooms, thinly sliced
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced onion
- ¼ cup butter or margarine
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 tablespoon flour
- 2 tablespoons grated Parmesan cheese
- 1 cup heavy cream
- 2 egg yolks, slightly beaten
- 2 tablespoons soft bread crumbs

Preheat oven to 375°. Sprinkle mushrooms with lemon juice. Sauté mushrooms with onion in 3 tablespoons butter for about three minutes on medium high heat. Season with salt and pepper; stir in the flour and cook for two more minutes. Remove from heat and cool.

Beat together cream and egg yolks, add Parmesan cheese and mushroom mixture. Pour into a baking dish (or individual ramekins) and sprinkle bread crumbs on top. Dot with remaining butter. Bake for 15 minutes or until bread crumbs brown.



## Zucchini Boats

- 4 small zucchini, about 6 inches long
- 2 tablespoons butter
- 6 ounces mushrooms, chopped fine
- ¼ cup onion, minced
- 2 cloves garlic, minced
- ½ cup breadcrumbs
- ½ cup grated Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon basil or oregano

Preheat oven to 375°. Slice zucchini lengthwise in half. With a melon baller, scoop out centers of each, leaving a hollow shell about 1/4 inch thick. Mince the zucchini flesh that has been scooped out.

Sweat minced zucchini, mushrooms, onion, and garlic in the butter over medium heat for about three minutes. Remove from heat. Add breadcrumbs, cheese and seasonings and mix well. Fill the zucchini boats with the stuffing. Bake for 15-20 minutes until tops begin to brown.



## Curried Cauliflower

- 2 tablespoons butter, recipe follows
- 1 yellow onion, coarsely chopped
- 1 tablespoons curry powder
- 1-inch piece fresh ginger, peeled and minced
- 4 vine-ripened, plum tomatoes, chopped
- ½ cup chicken broth
- 1 head cauliflower (about 1 pound), cut into florets

1 can chickpeas or white beans, drained and rinsed  
1 teaspoon kosher salt  
1 teaspoon coriander chutney  
½ cup plain yoghurt (optional)

Heat the butter in a skillet that has a lid over medium flame. Add the onion, curry powder, and ginger; cook and stir for a few minutes to soften the onion. Add the tomatoes and cook, stirring, until the tomatoes break down and soften, about 6 minutes. Mix in the cauliflower, chickpeas or beans, and 1/2 cup of chicken broth; stir everything together. Reduce the heat to medium-low, cover, and simmer until the cauliflower is tender, about five minutes. Uncover, and continue cooking until the excess moisture has evaporated and the cauliflower and chickpeas are coated with a thick gravy. Season with salt, to taste, and mix in coriander chutney and yoghurt right before serving.



## Fresh Garden Vegetables

*Fresh green beans, broccoli, cauliflower, corn on the cob, asparagus and peas are packed with flavor and nutrition. Hard cooking will destroy the flavor and rob the food of its nutrients. Essential to any kitchen is a little steamer insert. Properly preparing the vegetables also makes a difference. Cutting the vegetables to a uniform size aids in cooking.*

Bring to a boil about an inch and a half of water in the bottom of a sauce pan with a steamer insert. Add the vegetable, lightly salted, and cook until just tender. For fresh vegetable, not more than a couple minutes. Asparagus steams in about two minutes (peel the bottom two inches of the stalk to eliminate the tough stem); Broccoli and cauliflower, four minutes. You know that it is cooked too long when the vegetables are mushy or taste like they are canned. Alternately there is big pot cooking. Bring a large pot of salted water to a boil. Having a large amount of water boiling speeds up the time the vegetables get to temp. Toss with just a smidged of real butter, olive oil or fresh herbs.



## Cheese Sauce

*This is a béchamel-based sauce. The classic French name is Mornay, using gruyère. We grew up with American cheese. Cheddar works well, but only in a modest proportion as the starch content is what keeps the cheese from clumping.*

2 tablespoons butter  
2 tablespoons flour  
2 cups milk  
8 ounces American, Swiss or Cheddar cheese  
pinch of salt

**Microwave:** On medium heat, melt butter. Add flour and mix well. Cook for 30 seconds on medium heat. Remove and stir well. Return and heat for another 30 seconds. Stir well. Continue to heat and stir two more times for a total of 2 minutes. The flour will be mostly cooked by then. Slowly add milk, mixing all the time. Return to microwave and heat for 1 minute on medium. Stir. Heat again for 1 minute. Stir and heat again until mixture begins to thicken. Add cheese and heat for one more minute.

**Stovetop:** In a heavy saucepan melt butter on medium high heat. Add flour and mix well. Cook for 2 minutes until flour begins to turn tan. Whisk in milk gradually until all lumps are gone. Cook for 2-3 minutes until it begins to thicken. Add cheese, reduce heat and stir until melted completely.

Pour over steamed broccoli, cauliflower or asparagus.



# Potatoes

## Peruvian Potato Salad

- 2 pounds red potatoes
- 1 cup pickled beets, medium dice
- 1 cup frozen peas
- 1 cup frozen white corn kernels
- 4 hard boiled eggs, chopped
- 1 medium onion, finely minced
- 1 cup mayonnaise
- 1 tablespoon chopped cilantro
- 1 teaspoon salt
- ½ teaspoon ground pepper

Boil potatoes until just tender all the way through. Cool off, peel and dice into ½ inch cubes. Mix remaining ingredients into potatoes. Chill for one hour before serving.



## Classic American Potato Salad

- 2 pounds red potatoes
- 1 medium red onion, finely chopped
- ¼ cup chopped dill pickles
- ¼ cup chopped green or red bell pepper
- ¼ cup celery, chopped
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon fresh dill
- 1 tablespoon fresh parsley
- 1 cup mayonnaise
- 2 tablespoons yellow mustard
- 4 hard boiled eggs, chopped

Cook potatoes in the skins until just tender, about 20 minutes for 3 inch size potatoes. Cool and peel. Cut potatoes into a ½ inch dice. Thoroughly mix ingredients together except for the mayo, mustard and eggs. Add remaining ingredients and coat all evenly. Chill for two hours.



## German Potato Salad

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½ pound smoked jowl or bacon, cut into ¼ inch cubes  
1 medium onion, chopped  
1 tablespoon all-purpose flour  
½ cup water  
¼ cup cider vinegar  
1 tablespoon sugar  
1 tablespoon prepared mustard  
½ teaspoon salt  
½ teaspoon pepper  
½ teaspoon celery seed  
5 cups cooked, sliced red potatoes  
2 tablespoons chopped fresh parsley

Cook jowl in a large skillet until crisp, rendering out all the fat; drain well, reserving 2 tablespoons dripping in skillet. Reserve jowl.

Sauté onion in bacon drippings until tender. Add flour, stirring until smooth. Gradually add water, cook over medium heat, stirring until thickened.

Add next sugar, mustard, salt, pepper and celery seed; stir well, and bring to a boil. Stir in potatoes, coat well and warm through. Add jowl and parsley. Mix well and serve warm.



## Scalloped Potatoes

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*Advertising does strange things to us, convincing us that boxed, dehydrated potatoes are a convenience and actually taste good. While this may make sense if you do not like to keep potatoes in stock, home-made scalloped potatoes are a simple dish to make if you have real potatoes on hand. I think mom and dad had a fling with instant potatoes for a while and may have served boxed scalloped potatoes a couple times, but by and large we were spared the unfortunate phenomenon of boxed, instant food. Certainly freshly-made food always taste better than prepared food products. Convenience should not be found in a box but in simplifying ingredients and cooking methods. Minute Rice or any kind of complete rice dishes like Rice-a-roni, dehydrated potato products, Stove-Top Stuffing and Hamburger Helper trade flavor for the convenience of only 10 minutes less cooking time or not needing to have a few extra ingredients and spices on hand.*

2 pounds russet potatoes, peeled and sliced 1/8 inch thick  
2 cups cold milk  
2 cups heavy cream\*  
½ teaspoon salt  
¼ teaspoon white pepper  
pinch nutmeg  
5 ounces Gruyere or Emmental cheese, grated  
4 ounces Parmesan cheese, grated  
6 tablespoons butter

Put the sliced potatoes in the cold milk in a saucepan. Bring to a boil. Reduce heat and simmer until the potatoes are par cooked, firm, not soft. Add the cream and seasonings. Layer the potato mixture in a large, buttered baking dish, alternating layers with sprinkles of cheese. Dot the top with butter.

Bake the dish in a 350° oven for thirty minutes, until top is brown. \*Substitute 2 cups of bechamel, made by cooking two tablespoons of butter and two tablespoons of flour in a saucepan for two minutes. Add two cups milk and cook until thickened, about 5 minutes.



## Microwave Scalloped Potatoes

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5-6 medium potatoes, peeled and thinly sliced  
1 cup grated cheddar cheese, divided  
½ cup milk  
½ teaspoon garlic salt  
2 tablespoons butter  
pepper

Place potatoes and half the cheese in greased microwave safe dish. Salt to taste. Cook milk, butter, garlic salt and pepper in microwave until boils. Pour over potatoes. Cook covered in microwave for 8 minutes (stir half way thru). Uncover and top with remaining cheese. Cook for 5 minutes more to melt the cheese.



## Hash Brown Casserole

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*Marcia Schweiss*

2 pounds frozen hash browns, thawed  
½ cup melted butter  
½ teaspoon pepper  
½ cup onion  
1 can cream of chicken  
1 cup milk  
1 cup sour cream  
2 cups grated Velveeta or American cheese

Mix all the ingredients together and pour into a baking dish. Top with 2 cups corn crushed corn flakes mixed with ¼ cup melted butter. Bake at 350° for 45 minutes.



## Rosemary-Roasted New Potatoes

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*The starch of newly dug potatoes is unique. It contains a higher sugar and water content and upon cooking is not so dry and mealy. This is an excellent way to respect fresh produce.*

*1-2 pounds new, white potatoes, about 1 1/2 inch in diameter or quartered if larger  
2 tablespoons olive oil  
1 tablespoon fresh rosemary leaves, chopped  
1 teaspoon salt  
½ teaspoon freshly ground pepper*

Preheat oven to 400°. Scrub potatoes, but keep skins intact. Dry and place in a mixing bowl. Drizzle with olive oil, rosemary leaves, salt and pepper. Mix to coat well. Put onto a heavy baking sheet and roast for ½ hour. Remove and turn potatoes. Roast for another 15 minutes until potatoes start to brown. Serve warm or cool and use to make potato salad.



# Pasta, Rice, and Beans

## Red Sauce

*The many Italian names of this sauce marinara, putanesca, pomodoro really describe one simple combination of ingredients. Spaghetti is the number one pasta to accompany it. Cook this sauce and you will be amazed at how fresh it tastes compared to any commercially prepared sauces.*

- 3 tablespoons olive oil
- ½ medium onion, finely diced
- 2 cloves garlic
- 1 15.5-ounce whole canned tomatoes or 2 pounds fresh roma tomatoes, peeled and seeded
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

In a non-reactive sauce pan, over medium heat, sweat the onion and garlic in the olive oil for about three minutes until onion is translucent. Crush tomatoes and add to the pan. Simmer for 20 minutes until sauce starts to thicken. Add salt and herbs. Cook for five more minutes. For arabiata, use four cloves of garlic and ½ teaspoon red pepper flakes.



## Bowties and Sausage Pasta

- 2 tablespoons olive oil
- 1 pound Italian sausage, chopped coarse
- ½ teaspoon dried red pepper flakes
- ½ cup diced onion
- 3 cloves garlic, minced
- 1 28-ounce can Italian plum tomatoes, diced
- 1½ cups whipping cream
- 3 tablespoons minced parsley or basil
- 2 ounces grated Parmesan cheese
- 1 teaspoon salt
- 1 pound bowtie pasta

Bring a large pot of salted water to a boil for cooking the pasta. In the meanwhile, in a large sauce pan or skillet brown the sausage in the olive oil. Add red pepper and onion. Cook until onion begins to color. Turn heat down and add garlic, sauté for one minute. Add tomatoes and cook until sauce thickens, about five minutes on medium high heat. Add cream and cook until sauce reduces a bit and thickens. Add salt.

When pasta is done and well-drained, add to sauce mixture. Mix to coat well. Remove mixture to a serving bowl and sprinkle with herbs and cheese.





## Pesto

30 leaves fresh basil  
3 cloves garlic  
½ cup pine nuts (pecans or slivered almonds will do)  
½ teaspoon freshly ground pepper  
½ teaspoon kosher salt  
6 ounces freshly grated Parmesan cheese  
1 cup extra virgin olive oil

Take the basil leaves and cut off the tough stem. Roughly chop then place in small food chopper. Process a bit. Add three large, peeled cloves of garlic. Process. Add chopped pine nuts, almonds or pecans. Process. Put into a glass bowl and add one cup of good olive oil to the basil, nut and garlic mixture. Stir well. Add ½ teaspoon of fresh ground pepper and ½ teaspoon salt. Stir well. Add six ounces of freshly grated Parmesan cheese and stir. Set aside.

Add a pound of spaghetti to boiling, salted water 15 minutes before serving time, Cook for 12 minutes until pasta is just done. Drain well. Do not rinse or cool. Add the pesto to the spaghetti and mix well. It is important to wait until the last minute to cook the pasta and mix so that the pasta doesn't get mushy.



## Artichoke Pasta

2 tablespoons olive oil  
1 pound Italian sausage  
½ cup chopped onion  
½ cup red bell pepper, chopped  
½ cup button or shitake mushrooms, chopped  
3 cloves garlic, chopped  
1 12-ounce can artichoke hearts, well drained and quartered  
1 pound bowtie pasta  
12 fresh basil leaves, finely minced  
½ cup freshly grated Parmesan or pecorino cheese  
½ teaspoon freshly ground pepper

Start pasta water in a large stock pot with at least 2 quarts of water and 1½ teaspoons salt. When it comes to a boil, add pasta, stir, reduce to a low boil and cook for 10 minutes.

Meanwhile heat up olive oil in a large skillet. Add sausage and brown. Add onion, bell pepper, mushrooms and garlic and sauté for about 2 minutes on high heat. Drain pasta and add to the skillet. Stir well. Remove from heat, add basil, cheese, and pepper. Stir again to coat the pasta. Transfer to a serving bowl or dish up onto plates warm. Serves 4-6.



## Fettuccini Alfredo

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*While it may not be necessary to be a slave to tradition, sometimes returning to an original recipe can reveal certain flavors in their simplicity. A classic Alfredo sauce, as found in Rome, is simply a marriage of cream and Parmesan cheese with freshly made egg pasta. Try it this way and you won't need to add anything.*

### Fresh egg pasta:

- 4 large eggs
- 3 cups all-purpose flour
- 4 teaspoons water\*
- 1½ teaspoons salt

In a food processor pulse the eggs and salt for 10 seconds. Add the flour and pulse 10 times. Add water in ½ teaspoon increments until dough comes together into balls the size of large peas. Do not add more water to form a large ball of dough or it will be too sticky. Gather up the little crumbs of dough into a firm ball and knead by hand about 20 turns. Pat into a flattened circle about 2 inches thick, wrap and let rest for at least an hour if rolling by hand, or ½ hour if using a pasta roller.

Roll out dough into a thin sheet, dusting liberally with flour. Roll the sheet up onto itself, and with a sharp knife cut strips about ¼ inch wide. Or roll through pasta rollers and cut with the fettuccini cutter. \*For spinach or basil pasta, blanch a good handful of either. Dry well and process fine.

### Sauce:

- 3 tablespoons butter
- 1 cup cream
- pinch of nutmeg
- salt and freshly ground white pepper
- ½ cup freshly grated parmigiano-reggiano cheese

Combine butter and cream in a large sauté pan over medium heat. The cream will come to a low boil. Stir frequently, until the cream has reduced by half. Add nutmeg, salt and pepper. Remove from heat and set aside.

Cook the freshly-made pasta in a large pot of salted water for 2-3 minutes. Do not skimp on the water or the pasta will not cook and will become pasty. When the pasta is done, drain well and add it to the sauce in the sauté pan. It is essential that you coat the pasta with the cream first. Add the cheese and toss until the pasta is well coated. Taste for salt and pepper. Serve at once.

### Other cream sauces:

1. Sauté shallots in the butter before adding cream. Add ½ ounce of chopped dried porcini mushrooms to the cream while it reduces and serve over bowtie (farfalle) pasta for a distinct cream pasta dish.
2. Add chopped smoked salmon to the cream.
3. Sauté matchstick sized bits of ham with some onions. Add fresh peas, ½ way through the reduction. Serve with half white pasta and half spinach or basil pasta for *paglia e fieno*.
4. A four-cheese sauce traditionally uses gruyère, Parmesan, pecorino romano, and emmental. Use large rigatoni.
5. Gorgonzola sauce uses ½ cup Parmesan and ¼ cup gorgonzola or blue cheese.



## Lasagna

*Makes 9x13 pan*

### Sauce

- 1 pound hamburger
- ½ cup chopped onion
- 1 minced garlic clove
- 1 quart whole tomatoes
- 1 12-ounce can tomato paste
- 1 small package sliced pepperoni
- 12 ounces water
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- salt and pepper
- 1 8-ounce package of cream cheese, softened
- 12 ounces shredded mozzarella
- 1 pound lasagna, cooked, drained and cooled

Brown hamburger and onion; reduce heat, add the garlic and lightly sauté. Add pepperoni, tomatoes, paste and water. Reduce heat and simmer for two hours until sauce is thickened. Add seasonings and remove from heat.

Coat a 9x13 baking dish with cooking spray. Add one third of the meat sauce to the bottom of the dish. Add a layer of noodles. Add 1/3 of cheeses. Do two more layers of ingredients.

Bake at 350° for 1 hour. Use 325° in a glass pan.



## Carbonara

- 1 pound spaghetti
- 1 pound, thick-cut bacon
- 3 eggs
- ½ teaspoon garlic salt
- ½ cup grated Parmesan
- ½ teaspoon freshly ground black pepper

Cook spaghetti in boiling salted water. In the meanwhile, cut bacon into ½ inch pieces. Fry and drain, reserving 2 tablespoons of drippings.

In a separate bowl, mix eggs thoroughly until smooth. Add cheese, salt and pepper. Working quickly — toss the hot, drained spaghetti with reserved bacon drippings. Add the cheese and egg mixture. Toss again. Sprinkle with crumbled bacon. Serve promptly. Makes 4 generous servings.



## Stove Top Macaroni and Cheese

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½ pound elbow macaroni  
4 tablespoons butter  
2 eggs  
6 ounces evaporated milk  
½ teaspoon hot sauce  
1 teaspoon kosher salt  
Fresh black pepper  
¾ teaspoon dry mustard  
10 ounces sharp cheddar, shredded

In a large pot of boiling, salted water cook the pasta to al dente and drain. Return to the pot and melt in the butter. Toss to coat.

Whisk together the eggs, evaporated milk, hot sauce, salt, pepper, and mustard. Stir into the pasta and add the cheese. Over low heat continue to stir for 3 minutes or until creamy. Yield: 6 to 8 servings



## Spaghetti with Meat Sauce

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*In the food hound's search for "authentic" recipes, we are often side-tracked by looking for that special ingredient or secret combination of flavors that makes it the true recipe. Ethnic cooking though really can't be tied down to the one recipe. Ethnic cooking thrives on variation, but is based on local fresh ingredients. Italy's tomato based sauces are no exception. Bolognese sauce is what you would look for in a restaurant in Italy if you desire a red meat sauce. What you want to shoot for is a bright tomato flavor that is melded to a meat gravy. Carrots can be added if your tomatoes aren't sweet enough. Try this with with fresh, home grown Italian plum tomatoes some time and you will be amazed at the difference. If tomatoes aren't in season, buy canned whole tomatoes and chop them up before adding to the meat. These are the only ingredients in the recipe from Anna Loretoni, a girl from Florence whom I met while studying German in Vienna. I've been adjusting the ingredients proportions through the years, but I pretty well stick to this plan. It is the recipe mom had me make when I first started cooking on Keebler Tuesdays.*

3 tablespoons olive oil  
1 medium onion, finely chopped  
1 pound ground beef, room temperature  
1 carrot, peeled and finely chopped  
2 cloves of garlic, minced fine  
1 16-ounce can of whole plum tomatoes, chopped fine  
1 tablespoon finely chopped fresh basil (1 teaspoon dry)  
1 teaspoon salt  
½ teaspoon pepper

Heat the oil in a large non-reactive skillet. Sauté onion until it starts to color. Add the ground beef and cook that until it browns. Add carrots and cook until soft, then add the garlic and sauté for a minute to heat through. Add the tomatoes. Scrape bottom of skillet to remove the fond. Stir well, turn to low and simmer until the sauce thickens. If you use a skillet, it takes less time to reduce, since the surface area is proportionally much larger. It should take no more than ½ hour, stirring occasionally. Add the basil, salt and pepper. Cook for five more minutes. Adjust seasoning.

In the meanwhile, cook 1 pound of spaghetti (the traditional pasta with a meat sauce in Italy is tagliatelle, a flat pasta about ¼ inch wide. I actually prefer rigatoni). Drain pasta and mix with the sauce. Sprinkle with freshly grated Parmesan cheese.



## Penne e Lenticchi

*An easy sauce of tomatoes and lentils, Bishop John R. Gaydos*

2 tablespoons olive oil  
½ red onion, cut into slivers  
2 cloves garlic, crushed  
1 pound fresh spinach, chopped coarse  
salt and pepper  
1 16-ounce can Progresso Lentil Soup  
1 16-ounce can of chopped tomatoes  
1 pound penne pasta

Start bringing a large pot of salted water to a boil.

In the meanwhile, in a sauté pan on medium heat sweat the red onion for two minutes, add garlic and cook for one minute. Add spinach and cook until wilted. Remove from pan and reserve. Add the lentil soup to the pan and bring to a good simmer. Add chopped tomatoes, cook for ten minutes, until the tomatoes start to break down. Salt and pepper to taste.

While lentils and tomatoes are simmering, cook one pound of penne, farfalle, rigatoni, or strozzapreti until al dente. Drain. Add to lentil mixture, and add reserved spinach and onion mixture. Mix to coat pasta well. Serve with freshly grated Regiano Parmeggiano



## President's Chili

*Dad used to make it for the company fishing trips which the execs took every year from Town & Country Shoes. The president of the company always requested it and so it is called President's Chili.*

3 pounds ground beef  
1 large onions, chopped  
1 green bell peppers, diced  
1 red bell peppers, diced  
3 cloves garlic, finely minced  
2 14.5-ounce canned tomatoes, crushed or whole  
3 14.5-ounce cans chili beans (preferably Brooks chili hot beans)  
salt  
pepper  
3 tablespoons chili powder  
1 tablespoon cumin

Brown ground beef. Dad uses a separate skillet so he can get a good brown on the meat and he does it in batches. Sauté vegetables after removing meat from the skillet until slightly cooked. Add seasonings into the sauté mixture and cook for a couple minutes. If using whole canned tomatoes, dice up the tomatoes into smaller bits. (It is desirable to have small chunks of tomatoes which match the small bits of peppers.) Use the tomatoes to deglaze the skillet. Combine all sauté ingredients into a large stock pot. Add chili beans. Simmer for half an hour. Taste and adjust seasonings. Simmer for another half hour.

For a hotter chili: add a few chopped anchos or anaheims to give a nice heat cooked into the chili; but this amount should not be too hot. Double the amount of garlic. For a fiery chili, use three or four fresh jalapenos or serranos in addition to the anchos or anaheims.

This recipe can be easily doubled.



## White Chili

1 tablespoon olive oil  
4 boneless, skinless chicken breast halves, cubed or 2 pounds ground pork  
1 cup chopped onion  
2 teaspoons minced garlic  
2 4-ounce cans chopped green chiles  
2 teaspoons ground cumin  
1½ teaspoons dried oregano  
¼ teaspoon ground cloves  
¼ teaspoon ground cayenne pepper  
2 cans Great Northern or white beans, rinsed and drained  
3 14.5-ounce cans low sodium chicken broth  
Salt and pepper to taste  
12 ounces Monterey Jack or Cheddar cheese  
Sour Cream, for garnish

Heat the olive oil over medium-high heat in a Dutch oven or heavy stockpot. Add the chicken/pork and onion and sauté 5 minutes, until chicken/pork is no longer pink. Stir in the minced garlic, green chilies, cumin, oregano, cloves and cayenne. Sauté for 3 minutes to blend the flavors. Stir in the beans and the chicken broth and simmer 15 to 20 minutes. Season with salt to taste. Serve in bowls topped with the cheese and a dollop of sour cream. Makes 8 servings.



## Scrapple

3 cups water  
2 cups cooked, shredded pork  
1 cup corn meal  
Salt to taste

Boil water in a sauce pan. Add corn meal stirring until it thickens, about 15 minutes. Remove from heat, add pork, and salt to taste. Pour into a greased loaf pan. Cool, cover and refrigerate overnight.

Slice scrapple in to 3/8 inch slices. Dredge with flour and fry in lard or shortening until golden brown in a heavy skillet. Serve with your favorite topping: Syrups, jellies or preserves, or mustard.



## Triple Baked Beans

1 16-ounce can red kidney beans  
1 16-ounce can lima beans  
1 16-ounce can pork and beans  
6 strips bacon, cut up  
3 large onions, sliced in rings  
¾ teaspoons garlic powder  
½ cup brown sugar  
¼ cup vinegar

Brown bacon in a large casserole. Add onions and garlic, sauté for 5 minutes. Add sugar and vinegar. Mix well the three kinds of beans. Bake for one hour at 350°.



## Old Settlers Baked Beans

- 1 16-ounce can kidney beans
- 1 16-ounce can butter beans
- 1 16-ounce can pork and beans
- 1 pound lean ground beef
- 1 small onion, chopped
- 2/3 cup brown sugar
- ¼ cup molasses
- ½ cup catsup
- 2 tablespoons prepared mustard
- ½ cup barbecue sauce
- ¼ teaspoon chili powder
- 3 slices bacon, cooked and crumbled

Cook beef in a large skillet until lightly browned. Add onion and cook until tender. Add remaining ingredients except bacon; stir well. Pour into 3 quart casserole, top with bacon, and bake at 350 degrees, for 1 hour. Serves 8.



## Chicken and Wild Rice Casserole

- 1 Box Uncle Ben's Wild Rice (fastcook)
- 2 cup cooked cubed chicken
- 1/4 cup butter
- 1/3 cup chopped onion
- 1/3 cup flour
- 1/3 cup pimentos
- 1/4 cup slivered almonds
- 1 cup chicken stock
- 1 cup half and half
- ¼ cup parsley flakes
- Salt and Pepper

Cook rice and set aside. Melt butter, add onion and cook until tender. Add flour and salt and pepper and cook for 2 more minutes. Gradually add broth and half and half. Add pimentos, chicken rice, and parsley flakes. Pour into greased 9x13" baking pan and top with almonds. Bake at 350 ° for 30 minutes.



## Valencia's Traditional Paella

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*Paella a la Valenciana: Here is the paella that started it all, the paella once made for lunch over an open fire in the fields of Valencia by day laborers. You can see why: All the ingredients were at hand, and it is quick cooking and needs no kitchen facilities to prepare. The Spanish tradition is never to mix seafood and meats.*

*I have made two modifications, however; I have added a small amount of chicken broth for extra flavor and have finished the paella in the oven, since a home-size stove burner, even if the pan is turned occasionally, is not large enough to cook the rice evenly. If you choose to use an outdoor grill, by all means do all the cooking over the flame.*

*I have omitted the land snails that are typical in this paella since they are not easy to find. When they are unavailable in Valencia, sprigs of rosemary are substituted. I'm not sure what the connection is, but the rosemary does give the rice an enticing scent. If you choose to use only chicken or rabbit, instead of a combination of both, just double the amount. For this paella to be authentic, it must have a sucarrat—a thin layer of rice at the bottom of the pan that becomes brown and crusty and is considered the quintessence of the paella. It is scraped off after the rice is served and passed around so everyone can have a share of it.*

2 cups chicken broth, canned or homemade  
6 sprigs rosemary or ½ teaspoon dried rosemary leaves  
Kosher or sea salt  
¼ teaspoon crumbled thread saffron  
Half of a 2½ - to 3-pound chicken  
Half of a 2 to 2½ -pound rabbit  
8 tablespoons olive oil  
2 medium green frying ("Italian") peppers or 1 green bell pepper, finely chopped  
1 medium onion, finely chopped  
8 cloves garlic, minced  
½ pound green beans, preferably broad, flat beans, ends snapped off and cut in half crosswise  
1 ½ pound snap peas or snow peas, strings removed  
4 frozen or canned artichoke hearts, in quarters  
2 medium tomatoes, finely chopped  
2 tablespoons minced parsley  
1 teaspoon paprika, preferably Spanish smoked  
3 cups imported Spanish or Arborio short-grain rice

Heat the broth, rosemary, salt, saffron, and 4 cups water in a covered pot over the lowest heat for 20 minutes. Remove the rosemary.

Cut the chicken wings in 2 parts, discarding the tip. Chop off the bony end of the leg. Divide the rest of the chicken into quarters, then cut with kitchen shears into 2-inch pieces. Do the same with the rabbit. Sprinkle all over with salt. Put aside a few snap peas for garnish.

Keep the broth hot over the lowest heat. Preheat the oven to 400° F for gas oven, 450° F for electric.

Heat the oil in a paella pan measuring 17-18 inches at its widest point (or in a shallow casserole of a similar size), over 2 burners if necessary or an open fire (a kettle grill works great). Sauté the chicken and rabbit over high heat until brown (it should not be fully cooked), about 5 minutes, turning once. Add the green peppers, onion, and garlic, and cook until slightly softened, keeping the heat high. Stir in the green beans, snap peas, and artichokes, and cook on high for about 3 minutes. Add the tomatoes and parsley, cook 1 minute, then mix in the paprika.

Stir in the rice and coat well with the pan mixture. Pour in the hot broth and bring to a boil. Taste for salt and continue to boil about 5 minutes, stirring and rotating the pan occasionally, until the rice is no longer soupy but enough liquid remains to continue cooking the rice, about 5 minutes.

Arrange the reserved snap peas over the rice and transfer to the oven. Cook, uncovered, until the rice is almost al dente 10-12 minutes in a gas oven, 15-20 minutes electric.

Remove to a warm spot, cover with foil, and let sit 5-10 minutes, until the rice is cooked to taste. Return the paella to the stove over high heat and cook, without stirring, until a crust of rice forms at the bottom of the pan (be careful not to burn it).





## Louisiana Red Beans and Rice

6 cups water  
1 pound dried red kidney beans or bacon  
4 tablespoons butter  
1 cup finely chopped scallions (use tops)  
1 cup finely chopped onions  
1 rib celery chopped  
1 teaspoon finely chopped garlic  
1 ham bone with generous amount of ham or two 1 pound smoked ham hocks  
1 teaspoon salt  
1 bay leaf  
1 teaspoon freshly ground pepper  
dash red pepper  
1 teaspoon cumin to taste  
4 cups cooked rice

Drop beans in boiling water and boil briskly for 2 minutes. Turn off heat and let beans soak for 1 hour. Melt butter in heavy casserole and cook scallions, onions, celery, and garlic until soft but not brown. Stir in beans and liquid, the ham bone, hocks and sausage, and the seasonings. Bring to boil then reduce and simmer partially covered for 3 hours until beans are very soft. If the beans seem dry, add hot water a few tablespoons at a time. Stir frequently.

Remove ham bones, cut meat from the bone and return meat to beans. Remove bay leaf. Serve with steaming rice. Garnish with chopped scallions sprinkled over the top. Serves 4-6.



## Rice Pilaf

1½ cup uncooked basmati rice (or long grain rice)  
2 tablespoons clarified butter  
½ cup pine nuts or shelled pistachio nuts  
½ cup chopped green onion  
3 cups chicken stock (or water)  
1 teaspoon salt  
½ cup golden raisins  
½ cup loosely packed fresh mint leaves or cilantro  
1 teaspoon curry powder (or ¼ teaspoon each of cardamom, cinnamon and allspice and tumeric)  
Fresh ground pepper to taste

Rinse the rice several times until the water runs clear. This will help keep the rice grains separate, the proper texture for a pilaf. Heat butter over medium heat in a heavy saucepan. Stir in the nuts and toast until aromatic but unbrowned, about 2 minutes. Remove with a slotted spoon and reserve.

Add onion, cook, stirring occasionally, over low heat until soft, about 5 minutes. Add the drained rice and cook over medium heat until the grains turn slightly opaque, about 5 minutes, stirring frequently.

Stir in the stock and add salt to taste (if using canned broth, go easy on the salt). Stir in the raisins, herbs, and spices. Cover and cook on low until the liquid is absorbed, about 15 to 18 minutes. Stir with a fork. (If the rice is not yet tender at this point, add another ¼ to ½ cup stock; cover and cook another 5 to 7 minutes, then stir again.) Cover the pan after stirring and remove it from the heat; let stand 5 minutes.

Gently stir again and mix in the reserved nuts before serving or reheating.



## Taco Chili Soup

*Father Greg Oligschlaeger*

- 1 pound lean ground beef
- 1 onion
- 1 can corn, undrained
- 3 cans beans, undrained black, pinto, or kidney
- 1 15-ounce can diced tomatoes
- 1 small can of green chiles or Rotel tomatoes
- 1 packet taco seasoning mix
- 1 packet Hidden Valley Ranch dry mix
- 2 tablespoons chili powder
- 1 tablespoon cumin

Brown hamburger and then sauté onion. Add rest of ingredients and simmer for 15 minutes.



## Chicken Livers and Rice

### Rice

- 1 tablespoon butter
- ½ cup chopped onion
- 1 cup converted rice
- 2 cups water
- 1 teaspoon chicken bullion

Melt butter in a saucepan. Sauté onions until translucent. Add rice and sauté until rice turns clear. Add water and bullion. Stir well. Bring to a boil. Turn heat down to a simmer and cover pot. Set timer for 20 minutes.

### Livers

- 1 pound chicken livers
- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon paprika, thyme or marjoram
- 1 tablespoon canola or peanut oil.
- 1 tablespoon butter
- 1 cup water or milk

Rinse livers well. Slice each liver into the two lobes. Trim off any fat or connective tissue. Pat dry. Mix flour and seasonings together in a bowl. Reserve one tablespoon. Add the chicken livers and coat thoroughly. Shake off extra. Heat oil in a skillet on medium and add the butter. When the butter melts and water is cooked out, distribute oil throughout the pan. Add the livers and Sauté for 2 minutes per side.

Remove the livers from the pan and place on towel to drain. Add the reserved flour and cook for 2 minutes to make a chestnut colored roux. Whisk in water or milk. Return livers to the pan and cook on medium heat until sauce thickens. Add rice when cooked. Stir and serve topped with fresh thyme or marjoram.



## Pierogi

For the pierogi dough:

- 3 cups flour
- 1 teaspoons salt
- 1 tablespoon sour cream
- 3 whole eggs
- two tablespoons butter
- Sour cream and fresh chopped dill for serving.

In food processor combine flour, salt eggs, sour cream and water. Process until mixture forms a dough. Dough should be pliable but not sticky. Turn dough out onto a lightly floured board and knead 12-13 times. With a sharp chef's knife or kitchen shears, cut dough into three equal portions. Cover and set aside two of the portions.

On a lightly floured board, roll out one portion of the dough to a thickness of about 1/16-inch. Cut out rounds with a 3-3½ inch plain cookie or biscuit cutter. Complete remaining portions.

Place one tablespoon of selected fillings (below) in center of each circle. Fold dough over filling, making a turnover or half moon shape and pinching cut edges firmly together to seal. Set pierogi aside on a floured surface, without touching, cover and continue cutting and filling until all the dough has been used. Meanwhile, lightly brush bottom and side of an oblong oven-proof baking dish or pan with butter. Set aside and keep warm while cooking pierogi.

Bring a large saucepan or stockpot of lightly salted water to a gentle boil. Carefully drop pierogi for 5-6 minutes, or until they float to the top. Stir periodically to keep them from sticking to bottom of pan. As pierogi float to top, remove with a spider strainer to a colander. Immediately rinse and drain in cold water. Transfer to prepared dish or pan and drizzle lightly with melted butter to keep them from sticking together. Serve topped with sour cream and chopped fresh dill or parsley. Serves 6-8. Alternately, one can fry the pierogi in a little butter on low heat until golden on both sides.

### Potato Filling

- 2 pounds white rose potatoes
- 8 ounces cheddar cheese, grated
- ¼ cup butter or margarine, melted
- 1 cup sour cream
- ½ cup chopped green onion
- 1 teaspoon salt
- ¼ teaspoon ground white pepper

Scrub potatoes clean. Cook, unpeeled, in boiling salted water until fork tender. Drain well. While potatoes are still warm, peel and coarsely shred into a large bowl or pass through a ricer. Add grated cheese and stir in until melted. Stir in the melted butter, sour cream, green onion and seasonings. Mix well.

### Cheese Filling:

- 1 whole egg
- 2 egg yolks
- 1 teaspoon salt
- 6 tablespoons granulated sugar
- 8 ounces softened cream cheese
- 2 pounds ricotta or cottage cheese

Beat together egg yolks and whole egg. Add the remaining ingredients and beat until smooth.

### Mushroom Filling:

- 6 tablespoons butter or margarine
- 1 large onion, minced
- 1 pound button mushrooms, cleaned and minced
- 2 tablespoons flour
- ½ cup sour cream
- ¼ teaspoon dried thyme leaves, crushed
- 1 teaspoon salt

In a large skillet melt butter over medium-high heat. Add the onions and mushrooms and cook until tender, stirring occasionally. Stir in the crumbs, flour, sour cream, thyme and salt. Remove from heat and let cool before using to fill pierogi.



## Black Beans

1 pound of black beans  
2 tablespoons olive oil  
1 large onion, chopped  
1 green bell pepper, chopped  
1 red bell peppers, chopped  
3-4 cloves garlic, minced fine  
one or two jalapeno peppers  
2 tablespoons chili powder  
1 tablespoon cumin  
4 cups chicken broth or water  
8 ounces of crushed tomatoes  
salt and pepper

Garnish:

½ shredded cheddar or monterey jack cheese  
½ cup sour cream  
¼ minced green onion  
½ cup chopped fresh tomato

The day before serving, place the beans in a large pot and add water to extend 3 inches above the beans. Soak overnight. (Or if you forget to soak the beans the night before, place them in a large pot and cover with water 3 inches above the beans. Bring to a boil and immediately turn off the heat. Cover and let sit for about 1½ hours.)

In a heavy stock pot, heat the olive oil over medium heat. Add the onions and cook until translucent, about 5 minutes. Add peppers and garlic and cook for 2 minutes. Add the chili powder and cumin and stir to coat the vegetables. Let cook 2 minutes, stirring constantly so the spices will not burn. Add the beans and cover with the stock and tomatoes. Bring to a boil and skim off the foam from the beans. Partially cover and reduce the heat to a simmer. Simmer gently until the beans are cooked through but not mushy, about 1 hour. Add salt and pepper to taste. For a thicker consistency, remove the cover and boil some of the liquid away. Remove beans to a serving bowl. Garnish with cheese, sour cream, onion, tomato and cilantro. Serve immediately.



## Crusted Paella with Pork, Chicken, and Sausage

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*(Arroz con Costra) A deliciously flavored rice of pork, chicken, and sausage with an interesting twist: a tasty egg crust that allows the rice to be cut like a deep-dish pizza. This age-old recipe is similar to one found in the classic Libre del Cuiner, a sixteenth-century cookbook written by Ruperto de Nida, Catalan chef to the Spanish king of Naples. (Naples was at the time a part of Spain's empire.) I prefer to use chicken thigh meat for this recipe because it is the most succulent, and I find bratwurst sausage (somewhat like Catalan butifarra sausage) properly firm and low in fat. Because of the egg coating and the fact that the rice can be "sliced," this paella is great for brunch. Serves 4*

1 cup canned chickpeas (reserve the liquid)  
3 cups chicken broth  
¼ teaspoon crumbled thread saffron  
¼ pound boneless chicken, preferably thigh meat, cut in ½ -inch cubes  
¼ pound lean boneless pork loin, cut in ½ inch cubes  
Kosher or sea salt  
Freshly ground pepper  
4 tablespoons olive oil  
¼ pound sausage, preferably bratwurst, cut on the diagonal in ½-inch slices  
1 small onion, finely chopped  
1 large clove garlic, minced  
½ red bell pepper  
1 small to medium tomato, finely chopped  
1 tablespoon minced parsley  
¼ teaspoon sweet paprika, preferably Spanish smoked  
1¾ cups Spanish or arborio short-grain rice  
4 eggs

Drain the chickpeas and combine the liquid with the chicken broth and saffron to make 3½ cups. Mash half of the chickpeas through a strainer into the broth mixture. Keep the broth hot over the lowest heat.

Preheat the oven to 400° F for gas oven, 450° F for electric.

Sprinkle the chicken and pork all over with salt and pepper. Heat the oil in a paella pan (or cazuela) that measures about 13 inches at its widest point (or in a casserole of a similar size). Sauté the Chicken, pork, and sausage until lightly browned (they should not be fully cooked). Remove to warm platter. Add the onion, garlic, and red pepper, and sauté until slightly softened. Add the tomato and parsley, and cook 2 minutes more. Stir in the paprika, then add the rice and coat with the pan mixture.

Add the hot broth to the pan and bring to a boil. Taste for salt and stir in the remaining half the chickpeas and the reserved chicken and pork (the sausage will be added later). Continue to simmer, stirring occasionally, until the rice is no longer soupy but sufficient liquid remains to continue cooking the rice, about 5 minutes.

Transfer to the oven for 10-12 minutes in a gas oven, 15-20 minutes electric, until the rice almost al dente. Remove from the oven.

Raise the oven temperature to 550°. In a small bowl, beat the eggs well with a fork, adding little salt. Pour the egg over the rice and garnish with the sausage. Return to the oven for about 10 minutes, until the egg coating is golden brown. Remove to a warm spot and let sit, covered, for 5 minutes. To serve, cut in wedges and transfer to individual plates using a metal spatula.



## Risotto

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- 1 medium-size yellow onion
- 4 tablespoons butter (1/2 stick)
- 5 cups or more chicken broth, canned or homemade
- 2 cups Arborio rice (available in many supermarkets or specialty food stores)
- Salt and pepper to taste
- 3/4 cup freshly grated Parmesan cheese

**Preparing the Rice:** Peel and finely chop the onion. Melt the butter in a 4-to-5-quart saucepan over medium heat, stirring regularly. Add the onion and cook, continuing to stir, until it turns soft and translucent. Turn the heat down if the onion starts to brown. Meanwhile, pour the chicken broth into a separate saucepan, set over medium heat, and bring to a gentle simmer. Adjust the heat as needed to maintain this simmer the whole time you are preparing the risotto. Once the onion is soft, add the rice and cook over medium heat, stirring constantly, for about 3 minutes. Adjust the heat as necessary — if the rice is cooked at too high a heat, it will turn brown and take on an undesirable flavor.

**Adding the Liquid to the Rice:** Using a ladle, scoop up about 1/2 to 3/4 cup of broth. Pour it in the pan with the rice, stirring constantly with a spoon. After the first addition of broth, the rice mixture will look a bit soupy. As the rice begins to cook, stir it constantly, making sure that you scrape along the bottom of the pan so that it does not stick. You should see little bubbles popping up on the liquid from time to time. If it bubbles more vigorously than this, turn the heat down to medium-low. When most of the liquid is absorbed into the rice and the rice begins to look a bit dry, add another ladle of broth to the pan and stir constantly, as before.

**Determining When the Risotto Is Cooked:** Continue to add the broth in 1/2-to-3/4-cup batches and stir the rice until you have used most of the broth (this will probably take about 20 minutes). It is now time to test whether the risotto is cooked. Spoon up a grain of rice and bite into it — it should be tender without being too mushy. If it is still crunchy and tastes a bit starchy, you will need to continue adding liquid and cooking further. If it looks as if you will run out of chicken broth and your rice is still not cooked, don't be alarmed. Because of variations in individual stoves and cooking temperatures, you may need more liquid than called for in the recipe. Simply heat up another cup or 2 of chicken broth. If you run out of broth, use hot water. When the rice is tender and the risotto has a creamy consistency, almost like thick oatmeal, it is done. Add salt and pepper to the risotto, about 1/4 teaspoon at a time, until it seems well seasoned to you. Stir. Add the grated Parmesan cheese and stir well. Serve the risotto immediately in warm bowls and have extra grated Parmesan on hand.



## Tortilla Española

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- 1/4 cup olive oil
- 6 medium russet potatoes, peeled, quartered, and thinly sliced
- 1 medium yellow onion, peeled, halved, and thinly sliced
- 6 eggs
- salt and pepper to taste

Heat oil over medium-high heat in a 10 inch sauté pan. Add potatoes and onions and cook, lifting and turning, until potatoes are soft but not brown, about 20 minutes. Beat eggs in a large bowl until pale yellow. Transfer sautéed potatoes and onions with a slotted spoon to beaten eggs. Reserve oil.

Heat one tablespoon reserved oil in the same pan over medium heat. Add egg and potato mixture, spreading potatoes evenly in the pan. Cook uncovered until the bottom is lightly browned, about 3 minutes. Gently shake pan so tortilla doesn't stick, then slide a spatula along edges and underneath tortilla. Place a large plate over pan and quickly turn plate and pan over so tortilla falls onto plate. Slide tortilla back in (uncooked side down), carefully tuck in sides with a fork, and continue cooking over medium heat until eggs are just set, about 3 minutes. (Instead of flipping, you can finish the top in a medium heat broiler.)



# Breads

## Dinner Rolls

*Fleischmanns Make It Easy Cookbook. Makes 2½ or 3 dozen rolls*

5-6 cups unsifted flour  
½ cup sugar  
1½ teaspoons salt  
2 packages active dry yeast  
1 cup mild  
2/3 cup water  
¼ cup butter  
2 eggs (at room temperature)  
peanut or canola oil

In a large bowl thoroughly mix 2 cups of the flour, sugar, salt, and undissolved yeast.

Combine milk, water, and butter in a saucepan. Heat over low heat until liquids are very warm (120-130° F). Butter does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, with paddle, scraping bowl occasionally. Add eggs and ¾ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough remaining flour to make a stiff dough. Switch to a dough hook and kneed for 5 minutes, until dough is smooth and elastic, or kneed by hand eight minutes. Cover with plastic wrap, then a towel. Let rest 20 minutes. When using the dough hook, kneading time is reduced.

Punch dough down; divide into 3 equal pieces. Proceed according to desired shape.

**Pan Rolls:** (Jane's usual selection) Form each piece of dough into a roll about 10 inches long. Cut into 10 equal pieces; form into smooth balls. Place in 3 greased 8-inch round cake pans.

**Cloverleaf Rolls:** (Grandma Cecil Strodman's favorite) Divide each piece of dough into 12 equal pieces. Form each piece into 3 small balls. Place 3 balls in each section of greased muffin pans.

Brush rolls with vegetable oil. cover baking sheets or pans loosely with plastic wrap. Refrigerate 2-24 hours.

When ready to bake, remove from refrigerator. Uncover rolls carefully. Let stand at room temperature 10 minutes.

Bake at 375° F. 15-20 minutes, or until done. Remove from baking pans or sheets and cool on wire racks. If desired, brush with melted Butter. Serve warm.

Variations: for sticky buns, sprinkle the bottom of the pan 1/3 cup white sugar and ¼ cup light brown sugar and ½ cup chopped pecans.



## Mrs. Thomas's Light Rolls

### Sponge:

- 2 ¼ teaspoons yeast
- 1 teaspoon salt
- 2 cups water
- 3 cups flour

Let this sit for 2 hours

### Add:

- 1 cup oil
- 1 cup sugar
- 2 well beaten eggs
- 1 cup water
- 6 cups flour
- additional flour for kneading

Knead lightly for 8 minutes. At this point, the dough can be refrigerated for up to 5 days. Roll into 2 inch diameter balls and place side by side in a baking pan. This makes about 60 dinner rolls or 30 cinnamon rolls. Let rise covered for at least one hour. Bake at 375° for 15-18 minutes.



## Bread Machine French Bread

### Sponge:

- 1 cup water
- 1 cup King Arthur's All-Purpose Flour
- 1 teaspoon instant yeast

Mix the three ingredients together well in a glass or stainless steel bowl until a thick batter forms and gluten develops a slight resistance (about 150 stirs). Cover and allow to develop at least six hours but 12 to 18 hours is better for development of texture and flavor. The flour makes a difference since it is unbleached.

### Dough:

- sponge
- 1 teaspoon yeast
- 2½ cups King Arthur's All-Purpose flour
- 1 teaspoon salt
- ½ cup lukewarm water

Pour sponge into the bread machine. Add yeast and salt. Start on dough setting. Pour one cup of flour in. Let it mix a few turns. Add the water and remaining flour. When dough is fully incorporated (after a minute or two of the kneading cycle) check and see if more flour is needed. Scrape any flour out of corners of the pan. You want a moist dough, satiny but not watery. When kneading cycle is done, turn off machine. Leave dough in for at least an hour and a half. Preheat oven to 450° with a baking stone or quarry tiles on the middle rack.

Shaping a ficelle or baguette style loaf requires several steps. You gently coax the dough into shape while keeping the elasticity intact: Pour dough onto a floured work surface and divide in two. Gently flatten both pieces of dough into rectangles. Cover and let rest for 10 minutes. Fold dough onto itself like a letter fold, sealing seams with a pinch. Turn over, seam side down. cover and let rest for 10 minutes. Gently crease down the center line of the dough and fold dough over again in a letter fold. Cover and let rest for 10 minutes. Gently roll dough out into two tubes, about 2 inches in diameter. Cover with a towel and let proof until doubled in bulk.

Gently lift baguettes onto the baking stone and slash diagonally about ½ inch into the top of the dough, spaced about three inches apart to control crust cracking. Carefully throw ½ cup of water into the bottom of the oven to create the steam for a good crust. Close oven, turn down to 400° and bake for 25-30 minutes.





## Cinnamon Rolls

### Dough:

- 1 cup lukewarm milk
- 2 teaspoons yeast
- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 egg
- ½ stick melted butter

### Filling:

- ½ cup brown sugar
- 2 tablespoons cinnamon
- ½ stick melted butter

### Optional:

- ½ cup chopped pecans
- ½ cup raisins

Dissolve yeast in water and put in bread machine. Add remaining ingredients. Put on dough setting. When dough is fully incorporated (after a minute or two) check and see if more flour or water is needed. You want nice dough, satiny but not too wet.

Leave dough in for the complete rising cycle. Remove dough and spread out in a thin rectangle (little thinner than a ½ inch). Spread with melted butter, brown sugar, cinnamon (and nuts and raisins.) Roll tightly in shape of a log and then cut individual rolls. Place on a coated baking sheet or pan. Cover and let proof for 20 minutes. Bake at 375° for 25-30 minutes.

### Icing:

- 1 cup sifted powdered sugar
- ¼ teaspoon vanilla
- 3-4 teaspoons milk

For Icing: In a small mixing bowl stir together powdered sugar and vanilla. Stir in enough milk or orange juice to make a smooth icing of spreading consistency. Spread over rolls. Serve warm or cool.



## Wearever French Toast

- 2 eggs beaten
- 2 tablespoons sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup milk
- 1 tablespoon butter or shortening
- 6 to 8 slices of white bread or thickly sliced French bread.

Heat griddle to 375° or heat heavy gauge frying pan to a medium high heat.

Combine eggs, sugar, cinnamon and salt. Add milk. Coat surface of hot griddle with butter, cooking spray or shortening. Dip the bread in the mixture, coating well on both side. Fry on both sides till golden brown. Serve with favorite topping of syrup or cinnamon and sugars.



## Polish Easter Bread

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*Traditional Easter celebrations in Poland are old and elaborate. One week before Palm Sunday, housewives stopped baking bread through the fear that the bread they baked throughout the rest of the year would spoil. Not until the Holy Week did they start baking. In some parts they began to do so on Good Friday, in others, it was not permitted to bake anything at all that day. If any housewife violated this ban, the entire village would be in danger of a long drought, which could be repelled only by throwing the pots and guilty housewife into a pond. Cakes were very important ingredients of Easter breakfast: gigantic cakes called “baby”, (babka) as well as “mazurki” were prepared only for those occasion. The “baby” were either plain vanilla, steamed, saffron-flavored, grated with egg yolk, almond flavored, layered, chocolate-flavored, fluffy, lemon-flavored, bread-like, or many other different kinds. On top of this, imaginative decorations were placed, such as eggs of icing; willow branches made of marzipan, chocolate flowers, and other delicacies. Artistic letters made of cream read “Hallelujah” – joy of the Resurrection.*

*Aunt Gen’s mom, Busha, would make these giant breads, baking them in a roasting pan. The slices make great sandwiches with kielbasa, gruba (thick Cracow style sausage), or pot wurst.*

2 yeast packages  
pinch ground saffron  
½ cup warm water  
½ cup sugar  
½ cup butter  
4 teaspoon salt  
2 cups hot milk  
½ cup cool water  
4 eggs  
9 cups flour  
1 cup white raisins

Soften yeast in warm water. Put saffron, sugar, butter, salt, and milk in bowl and stir to melt butter. Add cold water and stir in eggs (beaten), yeast mixture and raisins. Add gradually 9 cups of flour. Knead on floured surface until smooth

Let rise in a warm place until tight and double in size. Punch dough down, fold edge toward center, turn upside down in bowl and cover. Let rise for one hour, carefully divide in 2 to 4 parts, without degassing the dough too much, and place in 2 two pound loaf pans or 4 one pound loaf pans. Or place in a small enamel roaster. Let rise again. Bake 375° for 35-40 minutes.



## Sourdough Bread

*Pain de campagne is a traditional country loaf that is made throughout France in numerous variations. It is usually made as a large loaf of between four and six pounds, with a dark, almost caramelized crust that is lightly dusted with flour. The best loaves of French country bread are made with a natural sourdough starter (levain) that, along with the loaf's size, allows it to remain quite edible for close to a week.*

*Although this recipe takes six days, most of the time is spent in waiting for the several successive starters to rise. This is an authentic recipe that was used several hundred years ago by home bakers who made bread for their families once a week and baked the hearty loaves in a communal brick oven. When the method is used in some of today's French and American village bakeries, the entire process (including up to three refreshments of the starter) can be done in twenty-four hours. A piece of dough from the mixed batch is pulled back to serve as the chef levain (or chief leavening agent) that will continue the strain of active ferments for the next day's bread.*

Makes one 2-pound round loaf:

### The Chef:

½ cup of whole wheat flour  
Scant ¼ cup warm water  
⅛ teaspoon ground cumin  
½ teaspoon milk

This is equal to the large golf ball-size piece of starter reserved from the finished dough of the previous batch.

### The First Refreshment

¾ cup whole wheat flour  
2 tablespoons *chef* from the previous step (the walnut size piece)  
1/3 cup warm water

### The Second Refreshment

¾ cup whole wheat flour  
½ cup unbleached white bread flour  
½ cup (4 ounces; the size of a racquetball) *levain* from the previous step  
½ cup water

### The Dough

3 cups organic, unbleached white bread flour  
1½ cups (12 ounces; about the size of a softball) *levain* from the previous step  
1 ¼ cups very warm water  
2½ teaspoons salt

1.) If you are starting without a piece of starter from the previous batch (If you are using a previous starter, the times may be shortened considerably. You will have to go by the texture and size. Usually a four hour rising at room temperature at least doubles the dough size, indicating that the levain is ready to lift a full dough)

Slowly work into the ½ teaspoon of milk and ¼ cup of warm water (115 degrees) the cumin and the ½ cup wheat flour. Go gradually and mix completely. In this whole recipe, add flour slowly and consistently a heaping tablespoonful at a time. Incorporate that in for about 30 seconds and then add the next dose. The more mixing you do in the early stages, the better your crumb (the texture of the bread being firm, not dry and springy.)

When the dough is totally mixed, kneed for at least five minutes. The dough becomes elastic and the gluten strands develop which will trap the CO<sub>2</sub> let off by the yeast. Put in a plastic or ceramic bowl and cover with a damp cloth. (Make sure you have rinsed all soap or bleach out of the towel!) The bowl should not be too wide or the surface area of the dough becomes too great and a crust develops. The yeast spores are more likely to reside on the flour used, so do not worry about giving it air or leaving it open to “wild

yeast". In three days (2½ ) you will notice that the dough has flattened, spread out, become spongy, and has developed a faint tangy smell. When it is spongy, then you can proceed with the first refreshment.

2.) The first refreshment: Take the starter from the previous batch that has warmed up completely to room temperature if it has been refrigerated) or the new *chef* that you have made, and feed it with more flour and water. Pour the ½ cup of warm water in a bowl and break up the *chef* into tiny pieces. If there are rubbery pieces still in the water, you may remove a few of the tougher pieces. When the *chef* is dissolved, slowly add the ¾ cups of wheat flour. Use a wooden spoon and slowly mix. Knead for five minutes after the mixing. Ball it up, place it in a suitably sized bowl, and cover with a damp cloth as before. This will have to rise four about 24 hours and will be noticeably inflated.

3.) The second refreshment: The dough by now is ravenous. It needs some more flour to make more gas. Break the *levain* (what the *chef* becomes after the first refreshment) up into pieces and dissolve it into the ½ cup of warm water. Mix the ¾ cup of wheat flour with the ½ cup of white flour in a bowl. Slowly incorporate the previously mixed flours into the soupy *levain*. Once again, make sure you mix it gradually with a wooden spoon and give it five minutes of good kneading. Place this in a covered bowl to rise for 10 hours.

4.) To mix the dough: Take the *levain* and dissolve it into the 1 ¼ cup of warm water. In a strong mixer with a dough hook or a bread machine, slowly add the three cups of white bread flour. Knead it for ten minutes at least.

This dough needs to rise for ten hours in a warm place. (Cut off a piece of dough after this time and reserve it as the starter.) Shape the dough into a ball (*boule*) and let it rise in a cloth-lined basket for six hours. Make sure the cloth is dusted heavily with flour. Gently lift the ball out after six hours. Lay the towel on the baking sheet and slowly unroll the towel from underneath and drop the loaf on the baking sheet (covered with baking paper if possible, or use a baking stone.) Slash a tic-tac-toe design on the top to allow the splits to follow a pattern.

The oven MUST be well preheated. Bake this in a 425° oven for one hour. If your oven is very hot, check it after forty-five minutes. You may want to bake it at 400° in that case.



## Banana Bread

- 3 overripe bananas
- 1½ cups sugar
- ½ cup oil
- 2 eggs
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cup flour
- 3-5 tablespoon milk
- ¼ cup sugar mixed with 1 teaspoon cinnamon for topping

Preheat oven to 350°. Mash bananas. Mix all ingredients, except milk, on low speed for 2 minutes. Add milk and mix for another minute. Pour into 2 well greased loaf pans that have been lined with wax paper. Bake for 10 minutes then sprinkle with a cinnamon-sugar mixture. Finish by baking an additional 35 minutes. Remove from pans to cool.



## Dressing

*Why have boxed dressings? For every loaf of bread you eat, save the crust or one slice to put into a zip-top bag for freezing. When you accumulate enough bread, make dressing.*

### Giblet Dressing

- Giblets from the turkey
- 1 medium onion, diced
- 1 stalk celery, diced
- 2 tablespoons vegetable oil
- 8 cups dried white bread, broken into pieces.
- 3½ cups turkey or chicken broth\*
- 2 eggs, lightly beaten
- ½ teaspoon pepper
- ½ teaspoon salt (if using unsalted broth)

Pass the gizzard through the coarse plate of a meat grinder, or chop very fine. Chop up liver. Heat the oil in a large skillet over medium heat and cook the giblets until brown. Add onion and celery and cook until the vegetables are tender. Combine giblet mixture, bread, and remaining ingredients, stirring well.

Spoon mixture into a greased 13 x 9 x 2" baking dish. Bake, uncovered, at 350° for 35 to 40 minutes or until lightly browned and thoroughly heated. Yield: 8 to 10 servings. \*If you are cooking a turkey, put the neck into a sauce pan and add 1 quart of water, 1 stalk celery, one carrot, and ½ cup onion. Simmer for two hours.

### Sausage and Sage

- 1 pound mild or hot ground pork sausage
- 2 stalks celery, diced
- 1 medium onions, diced
- 8 cups white bread cubes, dried
- 1 teaspoons rubbed sage
- ¼ teaspoon pepper
- ½ teaspoon salt (if using unsalted broth)
- 3½ cups chicken or turkey broth\*

Cook the sausage, onion and celery in a large skillet over medium heat until sausage is browned and vegetables are tender, stirring until sausage crumbles. Drain. Combine sausage mixture, bread, and remaining ingredient, stirring well.

Spoon mixture into a greased 13 x 9 x 2" baking dish. Bake, uncovered, at 350° for 35 to 40 minutes or until lightly browned and thoroughly heated. Yield: 8 to 10 servings. \*If you are cooking a turkey, put the neck into a sauce pan and add 1 quart of water, 1 stalk celery, one carrot, and ½ cup onion. Simmer for two hours.



## Pizza Dough

½ cup milk  
¾ cup water at 125 degrees  
2 tablespoons dry yeast  
2 2/3 cups cake flour or tipo 00 flour  
1/3 cup all-purpose flour  
¾ teaspoon salt

Bread Machine method: Mix the above ingredients and run on the dough cycle.

Spoon Method: Mix milk and water together. Add yeast and let it sit until it bubbles (also called proofing the yeast.) If the yeast does not bubble start over with new yeast. Place the flour, salt and yeast mixture in a large mixing bowl and stir with a wooden spoon rapidly until mixed. Knead the dough on a floured surface. Keep adding flour until the dough just past the sticky stage. This should take about 10 minutes. Lightly oil the bottom and sides of a large bowl with olive oil. Form the dough into a ball. Place the dough in the bowl and cover tightly with a wrap. Let rise at room temperature until double in size or about 2 hours. This will make 4 6-inch pizzas or 1 large round pizza. You can shape the dough, let it rest 10 minutes then cook it on a stone that has been pre-heated to 450°.

Some are talented enough to dress the pizza on a peel and place it on a hot baking stone. For those not ready for the peel method this is what you can do: Have your toppings, sauce and cheeses ready to go. Pull the rack upon which your pizza stone lies out from the oven and sprinkle it with some cornmeal. Place the dough on the stone. It will begin to rise as you put on the sauce and toppings. Place the topped pizza back into the oven. Bake approximately 6 minutes for a 6 inch pizza and 16 minutes for a large round pizza.



## Creamed Cornbread

2 cups yellow cornmeal  
1 teaspoon kosher salt  
1 tablespoon sugar  
2 teaspoons baking powder  
½ teaspoon baking soda  
1 cup buttermilk  
2 eggs  
1 cup creamed corn  
2 tablespoons canola oil

Preheat oven to 425°. Place a 10-inch cast iron skillet into the oven.

In a bowl, combine the cornmeal, salt, sugar, baking powder, and baking soda. Whisk together to combine well.

In a large bowl, combine the buttermilk, eggs, and creamed corn, whisking together to combine thoroughly. Add the dry ingredients to the buttermilk mixture and stir to combine. If the batter will not pour, add more buttermilk to the batter.

Add 2 tablespoons canola oil to the cast iron skillet. Pour the batter into the skillet. Bake until the cornbread is golden brown and springs back upon the touch, about 20 minutes.



# Desserts

## Pancakes

*Recipe courtesy of Alton Brown. Why buy a box mix when you can make your own? Keep this mix on hand and you can whip up pancakes in no time.*

Instant pancake mix:

- 6 cups all-purpose flour
- 1½ teaspoons baking soda (check expiration date first)
- 3 teaspoons baking powder
- 1 tablespoon kosher salt
- 2 tablespoons sugar

Combine all of the ingredients in a lidded container. Shake to mix. Use the mix within 3 months.

“Instant” Pancake Batter

- 2 eggs, separated
- 2 cups buttermilk\*
- 4 tablespoons melted butter
- 2 cups “Instant” Pancake Mix, recipe above
- 2 tablespoons butter for greasing the pan
- 2 cups fresh fruit such as blueberries, if desired

Heat an electric griddle or frying pan to 350° F. Heat oven to 200° F.

Whisk together the egg whites and the buttermilk in a small bowl. In another bowl, whisk the egg yolks with the melted butter.

Combine the buttermilk mixture with the egg yolk mixture in a large mixing bowl and whisk together until thoroughly combined. Pour the liquid ingredients on top of the pancake mix. Using a whisk, mix the batter just enough to bring it together. Don’t try to work all the lumps out.

Check to see that the griddle is hot by placing a few drops of water onto to the griddle. The griddle is ready if the water dances across the surface.

Lightly butter the griddle. Wipe off thoroughly with a paper towel. (No butter should be visible.)

Gently ladle the pancake batter onto the griddle and sprinkle on fruit if desired. When bubbles begin to set around the edges of the pancake and the griddle-side of the cake is golden, gently flip the pancakes. Continue to cook 2 to 3 minutes or until the pancake is set.

Serve immediately or remove to a towel-lined baking sheet and cover with a towel. Hold in a warm place for 20 to 30 minutes. Yield: 12 pancakes. \*Buttermilk adds extra lift because its acid activates the baking powder. Milk works fine.



## Pancake Batter

*Made to order batter. This is Madeline Slater's favorite; she likes them with brown sugar on top.*

1½ cup flour  
3½ teaspoon baking powder  
1 teaspoon salt  
3 tablespoon sugar  
1¼ cups milk  
1 egg  
3 teaspoon oil

Mix all together with wire whisk until just incorporated. Bake on a hot skillet.



## Waffles

2 eggs separated  
2 cups flour  
½ cup oil or butter  
1 ¾ cups of milk  
1 tablespoon sugar  
2 teaspoons baking powder  
¼ teaspoon salt

Preheat the waffle iron. In a bowl beat egg whites to soft peaks. Beat the egg yolks with a hand beater in a separate bowl until light and smooth. Mix in remaining ingredients in until just incorporated, so as not to develop the gluten in the flour. Carefully fold in egg whites.

Pour batter from a cup or pitcher onto the center of the buttered iron. Bake about 5 minutes or until the steaming stops.

For Belgian waffles, use 2 teaspoons of yeast instead of the baking powder and allow the batter to develop overnight in the refrigerator. Carefully pour the batter out without deflating it too much.





## Cherry Slices

1 cup soft butter  
1¾ cup sugar  
4 eggs  
1 teaspoon vanilla  
2½ cups flour  
½ teaspoon baking powder  
⅛ teaspoon salt  
21-ounce can cherry pie filling

Combine sugar, butter, eggs, vanilla and beat for 2 minutes. Add flour, baking powder, salt and beat. Reserve 1 and a ½ cups batter in a small bowl. Spread the remaining batter on to a sheet cake pan and cover with cherry pie filling. Then drop the reserved batter by spoonful over the cherry pie filling. Bake at 350° for 35-40 minutes.

Icing:

2 cups powdered sugar  
4 Tablespoons soft butter  
2 Tablespoons boiling water  
1 teaspoon vanilla

Mix with spoon. May need to add more water. Drizzle over slices.



## Chocolate Mousse

*Recipe courtesy Alton Brown*

1¾ cups whipping cream  
12 ounces quality semi-sweet chocolate chips  
3 ounces espresso or strong coffee  
1 tablespoon dark rum  
4 tablespoons butter  
1 teaspoon flavorless, granulated gelatin

Chill 1½ cups whipping cream in refrigerator. Chill metal mixing bowl and mixer beaters in freezer.

In top of a double boiler, combine chocolate chips, coffee, rum and butter. Melt over barely simmering water, stirring constantly. Remove from heat while a couple of chunks are still visible. Cool, stirring occasionally to just above body temperature.

Pour remaining ¼ cup whipping cream into a metal measuring cup and sprinkle in the gelatin. Allow gelatin to “bloom” for 10 minutes. Then carefully heat by swirling the measuring cup over a low gas flame or candle. Do not boil or gelatin will be damaged. Stir mixture into the cooled chocolate and set aside.

In the chilled mixing bowl, beat cream to medium peaks. Stir ¼ of the whipped cream into the chocolate mixture to lighten it. Fold in the remaining whipped cream in two doses. There may be streaks of whipped cream in the chocolate and that is fine. Do not over work the mousse.

Spoon into bowls or martini glasses and chill for at least 1 hour. Garnish with fruit and serve.

(If mousses are to be refrigerated overnight, chill for one hour and then cover each with plastic wrap)

Yield: 6 to 8 servings



## Bread Pudding

1 loaf French bread  
1 quart milk  
3 eggs  
2 cups sugar  
2 tablespoons vanilla  
3 tablespoons margarine or butter  
1 cup raisins

Soak bread in milk; crush with hands till well mixed. Then add eggs, sugar, vanilla and raisins and stir well. Pour margarine in bottom of thick pan and bake in 350° oven till very firm. Let cool; then cube pudding and put in individual dessert dish; when ready to serve, add sauce and heat under broiler. Serve with Whiskey Sauce.

### Whiskey Sauce

1 cup sugar  
1 egg  
1 stick of melted margarine or butter  
2 ounces whiskey

Cream the sugar and egg until well mixed. Add melted margarine and continue to dissolve. Add whiskey to taste which should make sauce creamy smooth.



## Easy Goopy Butter Coffee Cake

sweet dough  
2 eggs  
4 Tablespoons butter  
one box yellow cake mix

sweet filling  
8 ounces cream cheese  
2 eggs  
1 tablespoon vanilla  
1 pound powdered sugar

To make the dough: Cream softened butter and room temperature eggs together. Mix in yellow cake mix. Divide dough into half and spread on the bottom of a greased and floured 8"x 8" cake pan. Moisten or oil fingers and press dough evenly on bottom of pans.

To make the sweet filling: Soften cream cheese and mix with the eggs and vanilla. Beat in the powdered sugar. Divide filling into half and spread evenly over dough. Trying not to let any filling touch the sides of the pan, leave about a quarter of an inch of space between filling and pan so dough can rise up.

Bake at 325° for 30 minutes or until top is slightly brown. Cool and top with sprinkles of powdered sugar.

For variations, put sliced fresh strawberries or peaches on top of the filling before baking.



# Classic Goopy Butter Cake

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*A St. Louis Original*

For sweet dough:

- ¼ cup granulated sugar
- ½ stick softened butter
- 1 large egg
- 1 envelope dry yeast
- ¼ cup warm milk
- 2½ cups all-purpose flour
- ¼ teaspoon salt
- 1 tablespoon vanilla extract

For Goopy Butter:

- 1 cup granulated sugar
- 1 cup (2 sticks) butter, softened
- ½ cup shortening
- ¼ teaspoon salt
- 2 large eggs
- ¾ cup light corn syrup
- ¾ cup all-purpose flour
- ½ cup milk
- 1 tablespoon vanilla extract
- Confectioners' sugar

To Prepare Sweet Dough:

Mix sugar with shortening. Add egg; beat with electric mixer 1 minute until well-blended. Dissolve yeast in warm milk and water. Add flour and salt, then milk-yeast mixture and vanilla to sugar mixture. Mix 3 minutes with electric mixture (use dough hook, if possible).

Turn dough out on floured board and knead for 1 minute. Place in a lightly greased bowl, cover with a towel and set in a warm place to rise for 1 hour.

Then divide dough into 2 equal pieces. Place in 2 well-greased 9x9x2-inch square cake pans. Crimp dough halfway up the sides of the pan so goopy butter will not run out underneath. After dough is spread out, punch holes in dough with a fork to keep dough from bubbling when baking.

To Prepare Goopy Butter: Combine sugar, butter, shortening and salt. Add egg and corn syrup. Mix enough to incorporate. Add flour, milk and vanilla. Mix until light and fluffy. Divide goopy butter in 2 equal parts; spread over dough in each pan. Let cakes stand for 20 minutes.

While cakes are standing, preheat oven to 350°. Bake for 30 minutes. Do NOT over bake or the topping will not be goopy if cakes are too done. Let cakes cool completely, then sprinkle with confectioners' sugar.

\*NOTE: These cakes can also be baked in two 9-inch round cake pans instead of square pans, or make 1 (one) larger cake, using this recipe in a 10 inch spring form pan. If using a spring form pan, let cake cool, release sides of pan, serve at room temperature. Store any un-eaten cake in refrigerator.



## New York Cheesecake

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2 8-ounce packages cream cheese, softened  
1 pound ricotta cheese  
1½ cups sugar  
4 large eggs, room temperature  
½ stick butter, melted and cooled  
3 tablespoons all-purpose flour  
3 tablespoons cornstarch  
2½ teaspoons vanilla  
2 cups sour cream

Preheat oven to 325°. Cream together the cream cheese and ricotta with the sugar. Beat in eggs, one at a time, beating well after each addition. Add butter, flour and cornstarch. Fold in sour cream.

Pour batter into a spring form pan, greased and floured with the bottom lined with parchment. Bake for one hour at 325°. Turn oven off and leave cake to cool in the oven for two hours to prevent the top from cracking. Take out of oven and cool completely to room temperature. Wrap loosely and chill for two hours in the refrigerator.

When completely chilled, remove sides of the pan and carefully slide cake off of bottom pan onto a serving plate.



## Two-Toned Cheese Cake

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For the crust:

1¼ cup graham cracker crumbs  
¼ cup melted butter  
¼ cup sugar

1<sup>st</sup> Filling:

1 pound (2 8-ounce packages) softened cream cheese  
½ cup sugar  
2 large eggs  
¾ teaspoon vanilla

2<sup>nd</sup> Filling:

1 pint sour cream  
¼ cup sugar  
1 teaspoon vanilla

Preheat oven to 325°. Mix together graham cracker crumbs, melted butter, and sugar. Press into a greased and floured 10-inch spring form pan.

Mix together the cream cheese, sugar, eggs, and vanilla of the 1<sup>st</sup> filling and pour into the crust (add 1 tablespoon of cocoa powder to make a marked color difference).. Put into fridge to set up slightly. Mix together the sour cream, sugar and vanilla of the 2<sup>nd</sup> filling and carefully pour over top of the 1<sup>st</sup> filling to create an even layer.

Bake in a hot water bath at 325°. Turn oven off and let cool gradually so as to avoid cracking the filling. Refrigerate for at least 8 hours.



## Cheesecake Diamonds

### Crust:

5 tablespoons butter  
1/3 cup brown sugar  
1/2 cup chopped nuts  
1 cup flour

Combine (reserving 1 cup of mixture for garnish.) Press into a 9x13 pan hold reserve. Bake 15-20 minutes at 350°.

### Filling:

1/2 cup sugar  
8 ounces cream cheese  
2 eggs  
2 tablespoons milk  
1 tablespoon lemon juice  
1 teaspoon vanilla

Combine and spread on crust. Garnish with the 1 cup of crust mixture. Bake for 25 minutes at 350°.



## Glazed Almond Amaretto Cheesecake

### Crust:

2 cups graham cracker crumbs  
1/4 cup finely chopped almonds  
1/2 cup butter or margarine, melted

### Filling:

2 8 ounce packages of softened cream cheese  
1 cup sugar  
3 eggs  
1 cup dairy sour cream  
1/2 cup whipping cream

### Topping:

1/2 cup sugar  
1/4 cup water  
1 cup sliced almonds  
1 teaspoon amaretto

Pat crust into a 9 inch cake plate. Cream together in a large bowl the cream cheese and sugar. Add one egg at a time and incorporate fully. Add sour cream and whipping cream. Pour over crust.

Mix together sugar, water, almonds and amaretto (add 1 tablespoon of cocoa powder to give a more distinct color) in a small sauce pan and cook on low until sugar is completely dissolved. Cool and pour over cream cheese mixture.

Bake in a hot water bath at 325° for one hour. Turn oven off and let cake cool in oven. Remove and chill for at least eight hours before serving.



## Chocolate Sheet Cake

2 cups sugar  
2 cups sifted cake flour  
1 teaspoon baking soda  
½ teaspoon cinnamon  
⅛ teaspoon salt  
2 eggs  
¾ cup milk or buttermilk  
1 teaspoon vanilla  
1 cup butter or margarine  
¾ cup water  
¼ cup unsweetened cocoa

Preheat oven to 350°. Sift together sugar, flour, baking soda, cinnamon and salt and put on a parchment sheet or cutting roll. Beat eggs, milk and vanilla together until well blended. Set aside.

In a small sauce pan, melt butter, add water and cocoa and bring to a boil. Mix well. Pour into a large mixing bowl. Gradually mix in dry ingredients. Gradually add egg mixture, and mix well.

Pour into a floured jelly-roll pan and bake in a 350° oven for thirty to thirty-five minutes.

### Frosting

¼ cup butter  
2 tablespoons cocoa powder  
3 tablespoons milk or cream  
2½ cups powdered sugar  
1 teaspoon vanilla

In a heavy saucepan bring butter, cocoa and milk to a boil. Remove from heat. Beat in powdered sugar and vanilla until smooth. Pour over warm cake.



## Ozark Pudding

¾ cup sugar  
2 eggs, beaten  
2 tablespoons all-purpose flour  
½ teaspoon salt  
½ teaspoon baking powder  
½ cup peeled and finely chopped tart apples  
½ cup chopped nuts

Beat sugar into eggs. Add remaining ingredients and mix well. Pour into a greased 8-inch pie pan. Bake in preheated oven at 325° for about 30 minutes. Serve with cream or ice cream. 4-5 servings



## Red Velvet Cake

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Vegetable oil for the pans  
2½ cups all-purpose flour  
1½ cups sugar  
1 teaspoon baking soda  
1 teaspoon fine salt  
1 tablespoon cocoa powder  
1½ cups vegetable oil  
1 cup buttermilk, at room temperature  
2 large eggs, at room temperature  
2 tablespoons red food coloring (1 ounce)  
1 teaspoon white distilled vinegar  
1 teaspoon vanilla extract  
Cream Cheese Frosting, recipe follows  
Crushed pecans, for garnish

Preheat the oven to 350 degrees F. Lightly oil and flour 3 (9 by 1½-inch round) cake pans.

In a large bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In another large bowl, whisk together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla.

Using a standing mixer, mix the dry ingredients into the wet ingredients until just combined and a smooth batter is formed.

Divide the cake batter evenly among the prepared cake pans. Place the pans in the oven evenly spaced apart. Bake, rotating the pans halfway through the cooking, until the cake pulls away from the side of the pans, and a toothpick inserted in the center of the cakes comes out clean, about 30 minutes.

Remove the cakes from the oven and run a knife around the edges to loosen them from the sides of the pans. One at a time, invert the cakes onto a plate and then re-invert them onto a cooling rack, rounded-sides up. Let cool completely.

Frost the cake. Place 1 layer, rounded-side down, in the middle of a rotating cake stand. Using a palette knife or offset spatula spread some of the cream cheese frosting over the top of the cake. (Spread enough frosting to make a ¼ to ½-inch layer.) Carefully set another layer on top, rounded-side down, and repeat. Top with the remaining layer and cover the entire cake with the remaining frosting. Sprinkle the top with the pecans.

### Cream Cheese Frosting:

1 pound cream cheese, softened  
4 cups sifted confectioners' sugar  
2 sticks unsalted butter (1 cup), softened  
1 teaspoon vanilla extract

In a standing mixer fitted with the paddle attachment, or with a hand-held electric mixer in a large bowl, mix the cream cheese, sugar, and butter on low speed until incorporated. Increase the speed to high, and mix until light and fluffy, about 5 minutes. (Occasionally turn the mixer off, and scrape the down the sides of the bowl with a rubber spatula.)

Reduce the speed of the mixer to low. Add the vanilla, raise the speed to high and mix briefly until fluffy (scrape down the bowl occasionally). Store in the refrigerator until somewhat stiff, before using. May be stored in the refrigerator for 3 days. Yield: enough to frost a 3 layer (9-inch) cake



## Cream Cheese Braids

8 ounces, sour cream  
½ cup sugar  
1 teaspoon salt  
½ cup melted butter or margarine  
2 packages dry yeast (quick rise works well)  
½ cup warm water (105° - 115°)  
2 eggs beaten  
4 cups all purpose flour  
Cream Cheese Filling  
Glaze

Heat sour cream over low heat; stir in sugar, salt, and butter; cool to lukewarm. Sprinkle yeast over warm water in a large mixing bowl, stirring until yeast dissolves. Add sour cream mixture, eggs; flour; mix well. Cover tightly; refrigerate overnight.

The next day, divide dough into four equal parts; roll out each part on a well-floured board into a 12x8 rectangle. Spread ¼ of cream cheese filling on each rectangle; roll jelly roll fashion, beginning at long sides. Pinch edges together, and fold ends under slightly. Place the roll seam side down on greased baking sheets.

Slit each roll at 2 inch intervals about ½ of way through dough to resemble a braid. Cover and let rise in a warm place, until doubled in bulk (about 1 hour). Bake at 375° for 15 minutes. Spread with Glaze while warm. Yields: 4 (12" loaves)

### Cream Cheese Filling

2 (8 oz.) packages cream cheese softened  
¾ cup sugar  
1 egg beaten  
½ teaspoon salt  
2 teaspoon. vanilla extract

Combine cream cheese and sugar in a small mixing bowl. Add eggs, salt and vanilla. Mix well. Yields about 2 cups.

### Glaze

2 cups powdered sugar  
4 tablespoons milk  
2 teaspoons vanilla extract

Combine all ingredients in a small bowl, mix well. Yields: about 1 cup.





## Deep Dark Chocolate Cake

*No one ever said no to a really rich, really dark chocolate cake. Here's a Hershey's Classic.*

1¾ cups unsifted all-purpose flour  
2 cups sugar  
¾ cup Hershey's Cocoa  
1½ teaspoons baking soda  
1½ teaspoons baking powder  
1 teaspoon salt  
2 eggs  
1 cup milk  
½ cup vegetable oil  
2 teaspoons vanilla  
1 cup boiling water

Combine dry ingredients in large mixer bowl. Add eggs, milk, oil and vanilla; beat at medium speed for two minutes.

Remove from mixer; stir in boiling water (batter will be thin). Pour into two greased and floured 9 inch or three 8 inch layer pans or one 13x9 inch pan. Bake at 350° for 30-35 minutes until cake tester inserted in center comes out clean. Cool ten minutes on rack. Remove from pans; cool completely.

### One-Bowl Buttercream Frosting:

6 tablespoons butter or margarine, softened  
2-2/3 cups powdered sugar  
½ cup HERSHEY'S Cocoa or HERSHEY'S Dutch Processed Cocoa  
1/3 cup milk  
1 teaspoon vanilla extract

Beat butter in small bowl. Add powdered sugar and cocoa alternately with milk; beat to spreading consistency (additional milk may be needed). Stir in vanilla. About 2 cups frosting.



## Applesauce Cake

2 cups unsweetened applesauce  
1 cup sugar  
½ cup butter  
2½ cups flour  
2 teaspoons baking soda or part baking powder  
½ teaspoon ground nutmeg  
½ teaspoon ground cinnamon  
½ teaspoon ground cloves  
½ teaspoon ground allspice  
½ teaspoon salt  
1 cup raisins, dates or nuts

Cream butter and sugar together in a mixing bowl. Add remaining ingredients.

Coat an 8x8 or 9x13 with cooking spray. It also works great in muffin pans for individual servings. Bake at 350° for 30 minutes.

This cake is moist and doesn't need icing but cream cheese icing is nice with this if you prefer icing.

### Cream Cheese Icing

1 pound powdered sugar  
8 ounces cream cheese  
2 tablespoons milk

Mix softened cream cheese and sugar. Add milk to until you create the consistency that you desire.



## Pie Crust

3 cups flour  
1 cup cold lard or chilled shortening  
½ cup water  
1 teaspoon salt

Cut flour, lard and salt together in a mixing bowl with a pastry cutter or two knives. Make crumbs about the size of large peas. Slowly add water in small amounts until dough comes together. Do not overmix or the crusts will be tough and not flaky. Divide dough into 4 equal pieces and shape into round disks, about and 1½ thick. Wrap tightly with plastic wrap and refrigerate for at least one hour for the dough to relax and the lard to re-chill.

Remove from refrigerator and let sit for 5 minutes. Roll out on a floured surface about ⅛ inch thick. This will make 4 crusts.

### Apple filling:

8 large apples, mix between tart and sweet, peeled, cored and sliced.  
1 tablespoon lemon juice.  
½ cup sugar  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon salt  
2 tablespoons butter  
½ cup tapioca or ¼ cup flour

### Peach filling:

10-12 large peaches, peeled and sliced  
¼ cup sugar  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon salt  
2 tablespoons butter  
½ cup tapioca or ¼ cup flour

Mix together all the ingredients and pour into a pie shell. Place top crust on, seal edges, cut air vents and bake at 400° for 15 minutes. Brush with milk. Sprinkle with sugar and bake at 375° for 15-20 more minutes.



## No Roll Pie Crust

1½ sticks of butter melted  
2 cups flour  
¼ cup sugar  
1 tablespoon powdered sugar

Mix all together with a fork, press into greased pie plate and fill with desired filling.



## Shortcake

2 cups flour  
2 teaspoon baking powder  
¼ teaspoon salt  
2 teaspoon sugar  
¼ cup shortening or lard  
¾ c milk

Cut shortening into the dry ingredients. Add milk. Stir until just comes together. Pat dough into a greased 9 inch cake pan or an 8 x 12 pan. Bake at 350° for 20 minutes.



## Pecan Pie

*Dinah Shore's recipe.*

1¼ cup corn syrup  
1 cup brown sugar, packed  
4 eggs, beaten  
1 teaspoons vanilla  
4 tablespoons butter  
1½ cup pecans, chopped  
1 deep-dish pie shell

Mix in heavy saucepan corn syrup and brown sugar together with a dash of salt. Bring to a boil, and boil for about three minutes. Ladle a small amount of the hot mixture in the 4 beaten eggs, and stir. Pour the egg mixture slowly into the rest of the hot syrup, stirring constantly. Add vanilla, butter and chopped pecans to the mixture. When all of the butter has melted, pour into deep-dish pie shell. (You can dress up pie by arranging pecan halves around the sides of the pie.) Bake at 350° for about 30 minutes.



## Dark Pecan Pie

*For a less custard-like pie that highlights the flavor of the pecans, this recipe fits the bill. The creaming method gives a lift to the darker sugars. The toasted pecans echo the roasted coffee flavor.*

4 tablespoons butter  
¾ cup brown sugar, packed  
3 eggs  
¾ cup dark corn syrup  
1 teaspoons vanilla  
1 ounce coffee liquor or 1 ounce espresso  
pinch of salt  
1 cup pecans, chopped  
1 cup pecans, halves  
1 deep-dish, unbaked pie shell

Preheat oven to 350°. Toast the nuts for ten minutes on a baking sheet, stirring occasionally. In a mixing

bowl, cream the butter and the brown sugar on high for two minutes. Reduce speed and add eggs, one at a time, waiting until each egg is full incorporated before adding the next. Add the dark corn syrup, coffee liquor, vanilla and salt. Beat until creamy. With a spoon or spatula mix in the chopped nuts. Pour mixture into the pie shell. Dress up pie by arranging pecan halves on the top of the pie. Bake at 350° for about 30 minutes.



## Black Walnut Cake

*One of Mark and Teresa's favorites.*

- ½ cup butter or margarine, softened
- ½ cup shortening
- 2 cups sugar
- 4 eggs
- 3½ cups all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1½ cups buttermilk
- 2 teaspoons vanilla extract
- 1½ cups ground walnuts

In a large mixing bowl, cream butter, shortening and sugar. Add eggs, one at a time, beating well after each addition. Combine flour, baking soda and salt; add to the creamed mixture alternating with small measures of buttermilk and vanilla. Beat on low speed just until combined. Stir in walnuts. Pour into three greased and floured 9-inch round cake pans. Bake at 350° for 20-25 minutes or until an inserted toothpick comes out clean. Cool for 5 minutes; remove from pans to a wire rack to cool completely. Frosting follows:

Frosting:

- 1 8-ounce package cream cheese
- ¾ cup butter or margarine, softened
- 5 cups powdered sugar
- 1½ teaspoons vanilla extract
- 1½ cup finely chopped walnuts

Beat cream cheese and butter in a mixing bowl. Gradually add sugar and mix well. Add vanilla; beat until smooth. Spread between layers over top and sides of cake. Sprinkle with walnuts. Store in refrigerator.



# Long John or Doughnut Dough

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*Kitchen-Klatter Magazine, October 1968*

Combine:

- ½ cup shortening
- 1 cup boiling water

Stir in:

- 1 cup evaporated milk
- ½ teaspoon lemon zest or lemon flavoring

Dissolve then add to above mixture:

- 3 packages dry yeast
- ½ cup warm water

When well blended add remaining ingredients, adding just enough flour to knead well.

- 2 eggs, beaten
- ½ teaspoon nutmeg
- ½ cup sugar
- 2 teaspoons salt
- 8 ½ - 9 cups flour

Knead lightly for 5 minutes. Let rest for 10 minutes. Roll out ¼ inch thick. Cut into 1x6 inch strips or cut out with doughnut cutter. Cover with a clean towel and let rise one hour.

Deep-fat fry at 375° until light brown on both sides. (Hint: Slip raised side into hot fat first, then turn. This gives the flat side a chance to raise as the dough cooks.) Drain on paper towels and frost with the following.

Frosting

Boil 3 minutes:

- ¼ cup butter
- ½ cup (brown or white) sugar

Add to make of spreading consistency:

- 2 tablespoons cream
- Powdered sugar
- Flavorings (Maple or Vanilla) as desired



## Gigi's Carrot Cake

### Cake:

- \*3 sticks, plus 1 tablespoon unsalted butter
- 2 cups granulated sugar
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 4 large eggs
- 1 teaspoon pure vanilla extract
- 3 cups grated carrots
- 1 cup chopped toasted pecans

### Pecan Cream Cheese Icing:

- 8 ounces cream cheese
- \*1 stick unsalted butter
- 1 (1-pound) box confectioners' sugar
- 1 teaspoon pure vanilla extract
- 1 cup chopped toasted pecans

Preheat the oven to 350° F. Butter 3 (9-inch) cake pans with 1 tablespoon of the butter and set aside. (To ensure release of cake, cover bottom with parchment or waxed paper.) In a large bowl, cream the butter with an electric mixer. Add the sugar, and beat. In a medium bowl or on a piece of parchment, combine the flour, baking soda, cinnamon, and salt, and mix well.

Add the dry ingredients, alternating with the eggs, beating well after the addition of each. Add the vanilla extract and mix. Add the carrots and beat on medium speed until well incorporated, about 2 minutes. Fold in the nuts. Divide between the 3 cake pans and bake until set and a cake tester inserted into the middle comes out clean, 25 to 30 minutes. Remove from the oven and let rest in the cake pans for 10 minutes. Invert onto wire racks, remove from the pans, and let cool.

For the Frosting: In a large bowl, cream together the cream cheese and butter until light and fluffy. Add the sugar gradually, beating constantly. Add the vanilla and pecans.

When the cake is cool, place 1 cake layer on a cake plate or stand. Spread the top with cream cheese frosting and top with a second and third cake layer, spreading the icing between each layer. Spread the icing around the sides of the cake and let harden slightly before serving. To serve, cut into wedges.

\*Instead of butter, Teresa K.'s recipe uses 1½ cup corn oil (Mazola) for the cake and ½ stick oleo for the icing. One can also add golden raisins to the cake.



## Apple Butter

*Grandma Charlotte Slater*

- 2 quarts cooked apple pulp
- 4 cups sugar
- 2 teaspoons cinnamon
- ¼ teaspoon cloves

To get cooked apple pulp, peel and core and cook about 10 pounds of apples until mixture begins to thicken. Run through ricer or food mill. Measure pulp and add sugar. Cook 15 minutes, add spices and cook a few minutes more or until mixture is the consistency of soft butter. Fill jars and process in water bath 10 minutes. Can be frozen.



## Spice Peach Jam

*Sandy Bexten*

4 cups peaches, chopped  
2 tablespoons lemon juice  
1 box fruit pectin  
½ teaspoon butter  
½ teaspoon ground cloves  
¼ teaspoon ground allspice  
1 teaspoon cinnamon  
5 cups sugar

Add lemon juice to peaches as fruit is prepared to retard browning. In a heavy saucepan over high heat add fruit, pectin and butter. Bring mixture to a full boil, stirring with a wooden spoon or silicon spatula. Stir in spices. Continue stirring. Add sugar all at once, stirring constantly. Bring to a rolling boil and cook for 1 minute stirring constantly. Remove from heat. Continue to stir for another 7 minutes to ensure an even consistency. Pour into sterile jars. Seal and process in a water bath for 10 minutes.



## Dundee Style Marmalade

2 pounds Seville oranges  
3 pounds sugar  
water to cover  
4 cups water to set aside for the syrup

Weigh the oranges. For every 1 pound of oranges, measure out 1½ pounds sugar and 2 cups cold water and set aside separately.

Thoroughly wash oranges in hot water to remove any wax film, then put into a large pot, cover with cold water (not the water you have set aside), and bring to a boil over high heat. Reduce heat to medium-low and simmer for 1 hour. Drain oranges and set aside until cool enough to handle.

Quarter oranges lengthwise. Working over a large sieve set over a large, heavy-bottomed, non-reactive pot. Firmly squeeze out seeds, juice and most of the pulp from the oranges, setting peels aside. Transfer the seeds and pulp to a 12" square of cheesecloth, gather corners together, and tie shut with kitchen twine. Add pouch to pot. Cut peels in half lengthwise, then thinly slice crosswise and add to pot.

Put the sugar and water you have set aside into the pot and bring to a boil over high heat, stirring often until sugar dissolves. Reduce heat to medium-low and simmer, stirring occasionally, until peels are very soft, liquid is deep golden, and temperature reaches 222° on a candy thermometer, about 2 hours. To check whether marmalade is thick enough to set, spoon about 1 tablespoon onto a small plate, transfer to the freezer for 2 minutes, then tilt plate; if jam “wrinkles”, it’s done. When done, firmly press pouch between two slotted spoons, releasing liquid into pot; discard pouch. Spoon hot marmalade into 4 hot, sterilized 12-ounce canning jars. Set lids on top and seal. Set jars aside to cool completely, then store in a cool, dark place for at least 2 months before serving (marmalade will keep, unopened, for up to 1 year).



## Chocolate Lava Muffins

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8 ounces semisweet chocolate chips  
1 stick butter  
½ teaspoon vanilla extract  
½ cup sugar  
3 tablespoons flour  
¼ teaspoon salt  
4 eggs  
Butter to coat muffin tin  
1 tablespoon cocoa powder  
1 cup vanilla ice cream  
1 teaspoon espresso powder

Preheat oven to 375°. Place a small metal bowl over a saucepan with simmering water. Melt the chocolate and butter in the bowl. Stir in vanilla.

In a large mixing bowl, combine sugar, flour and salt. Sift these into the chocolate and mix well with electric hand mixer. Add eggs one at a time, fully incorporating each egg before adding the next. Beat at high until batter is creamy and lightens in color, approximately 4 minutes. Chill mixture.

Coat the top and each cup of the muffin tin with butter. Dust with the cocoa powder and sugar and shake out excess. Spoon mixture into pan using a 4-ounce scoop or ladle. Bake for 10 to 11 minutes. Outsides should be cake-like and centers should be gooey.

While muffins are in oven, melt the ice cream in a small saucepan. Stir in the espresso powder. Serve over warm muffins. Yield: 1 dozen.



## Mexican Chocolate Pots de Crème

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Water as needed  
2 cups milk  
¾ cup heavy cream  
½ vanilla bean  
6 egg yolks  
2 tablespoons sugar  
¼ teaspoon ground cinnamon  
¾ cup grated Ibarra Mexican Chocolate  
¾ cup chopped bittersweet chocolate

Preheat the oven to 325°. Place an oven rack on the lowest rung of the oven. In a medium saucepan, heat water to a boil for a water bath.

Meanwhile, combine the milk and cream in a saucepan. Split the vanilla bean in half. Scrape out the seeds and add the seeds and the pod to the milk, bring to a simmer.

Blend the egg yolks, sugar and cinnamon in a medium bowl. Pour about a cup of the hot milk mixture into the eggs to temper. Add the egg mixture to the saucepan. Add the Ibarra chocolate and bittersweet chocolate. Reduce the heat to low and allow the mixture to thicken on the stove, about 3 minutes.

Place the six 6-ounce ramekins or custard cups in a roasting pan with 2-inch tall sides. Pour equal amounts of the custard into each of the cups. Carefully transfer the boiling water to the roasting pan for the hot water bath. Be careful not to splash water into the custard. Fill the pan until the water is halfway up the sides of the custard cups. Bake for 40 to 45 minutes at 325°. The custard is done with the pan is gently wiggled and the custard stands firm.

When the custard is cooked, remove the pan from the oven and leave the cups in the hot water. Allow the water to cool to room temperature, then remove the cups and refrigerate. Allow the custard to chill before covering with plastic to avoid condensation droplets.





## Fig Cake with Cream Cheese Frosting

For the cake:

- 3 eggs
- 1 cup sugar
- 1 cup vegetable oil
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 1 teaspoon salt
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 2 cups preserved figs coarsely chopped\*
- 1 cup chopped pecans

The frosting:

- 12 ounces cream cheese, softened
- 5 tablespoon butter, softened
- 1 teaspoon vanilla extract
- 2 cups sifted confectioners' sugar

For the cake: Preheat oven to 350°. Combine eggs, sugar, and oil in the bowl mixer and beat until fluffy and yellow. Meanwhile, sift together flour, baking soda, cinnamon, cloves, nutmeg, and into a bowl, Add buttermilk and egg mixture, beating until well mixed, gradually beat in flour mixture until is smooth. Fold figs and pecans into batter,

Divide batter between two 9" floured, spring form pans. Bake until a toothpick inserted in the middle comes out about 45 minutes. Allow cakes to cool completely, remove from pans, and place on racks.

For the frosting: Beat together cheese, butter, and vanilla in the bowl electric mixer until smooth, about one minute. Gradually add confectioners' sugar and continue beating until smooth, about 2 minutes.

Place one cake on a plate and spread a layer of frosting on top. Place second top of frosted cake, then evenly frost top sides of cake with remaining frosting.

\*Preserved figs are not dried figs, like prunes or dried apricots. These are fresh figs that have been process canned in a lemon and sugar syrup.



## Cherry Dessert

- 1 cherry pie filling
- 1 large can crushed pineapple
- 1 white or yellow cake mix
- 1 stick butter

Preheat oven to 350°. Mix pie filling and pineapple in a greased 9x13 pan. Sprinkle dry cake mix over the filling mixture. Slice the butter thinly and lay over the surface of the dry mix. Bake for 35 to 40 minutes until golden.



## Apricot Scones

- ½ cup butter
- 2½ cups all-purpose flour
- 2½ teaspoons baking powder
- ½ teaspoon baking soda
- $\frac{2}{3}$  cup sugar
- $\frac{3}{4}$  cup dried apricots\*, chopped
- 1 large egg
- ½ cup half-and-half

Preheat oven to 400° F (205° C). Mix flour, baking powder, and baking soda. Add butter and cut in with a pastry blender. Add apricots and sugar; mix well.

Whisk the half and half with the egg, and add to dry ingredients; stir until just blended. Turn out onto a floured surface and knead 8 to 10 times.

Pat into a 9-inch circle onto a lightly greased baking sheet and score top into 12 wedges. Bake for 12 to 15 minutes or until lightly browned. Makes 12 servings. \* Substitute dried currants or raisins.



## Pineapple Upside Down Cake

### Topping:

- 1 stick butter
- 1 cup brown sugar
- ½ cup chopped nuts
- 1 can pineapple slices, drained juice reserved
- maraschino cherries

### Batter:

- 3 egg, separated
- ½ cup pineapple juice.
- 1 cup flour
- 1 teaspoon baking powder.

In an iron skillet melt butter and sugar together. Coat bottom of pan evenly. Sprinkle nuts on bottom of pan. Arrange pineapple slices to cover whole pan. Put a maraschino cherry in the center of each slice.

Sift together flour, salt, and baking powder and reserve. In a mixing bowl, beat eggs until pale in color. Slowly add pineapple juice that has been heated to boiling, mixing constantly. Add one cup of sugar. Gradually add flour mixture and mix for two minutes. Whip egg whites to stiff peaks and fold into mixture. Pour over pineapple in the skillet. Bake for one hour at 350° about 45 minutes.

Remove from oven and let cool for five minutes. Turn over onto serving plate and allow too cool, replacing any pineapple or cherries that have come dislodged.



## Raspberry Trifle

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*This recipe is a really delicious. It uses a layer cake and custard recipe with fruit and whipping cream.*

### Genoise Layer Cake:

- ¼ cup butter
- 6 eggs
- 1 cup sugar
- 1 teaspoon of vanilla
- 1 cup sifted cake flour

Preheat oven to 350°. Melt and put aside the butter. Break into the top of a double boiler over – not in – boiling water until they are lukewarm the eggs. Add and beat with a rotary or electric mixer at medium speed 7 minutes 2/3 a cup of the sugar. Add the remaining 1/3 cup sugar and increase speed and beat 2 minutes longer or until it is lemony in color. Add the vanilla. Fold in 1 cup sifted cake flour. Add the melted butter with a folding motion. Pour batter into greased and floured pans and bake about 30 to 40 minutes or until done. Turn out to cool on a rack immediately to cool.

### Rich Custard:

- ¾ cup sugar
- 2 tablespoons cornstarch
- ⅛ teaspoon salt
- 1 cup milk
- 1 cup heavy cream
- 4 well beaten egg yolks
- 2 tablespoons butter
- 1½ teaspoon vanilla
- 1 cup whipped cream\*

Mix in the top of a double boiler the sugar, cornstarch, and salt.

Gradually stir in the milk and cream. Cook covered, over – not in – boiling water 8 minutes without stirring. Uncover and cook about 10 minutes more. Add egg yolks and butter. Continue to cook and stir these ingredients 2 minutes longer. Cool, stirring occasionally to release steam, then add vanilla. Remove from double boiler and fold in whipped cream. Chill the custard. It will have the consistency of a heavy whipped cream.

Layering the trifle: Slice the layer cake horizontally. Sprinkle with Irish Mist or Rum. Then cut each piece into wedges. Then spread the pieces with: ½ cup raspberry jam or jelly. Put a layer of ½ of the cake in a deep glass dish and up the sides. Sprinkle with fresh raspberries. Sprinkle with blanched slivered almonds. Spread a layer of ½ of the rich custard. Add another cake layer, more fresh raspberries, almonds and custard. Top with whipped cream and a few berries.

Chill for at least two hours and serve.

\*To whip cream: heavy cream should be very cold. The bowl and beaters should be very clean. Chill beaters and metal bowl in the freezer for five minutes. Start on medium speed until cream begins to stiffen slightly. Add 1 tablespoon powdered sugar. Turn mixer to high. Beat until firm peaks form when beaters are lifted. Do not overbeat or you may end up with butter.



## Strawberry Cake

- 1 package white cake mix
- 1 small package strawberry flavored gelatin
- ½ cup oil
- ½ cup water
- 4 egg whites
- 1 cup frozen \*Buser's strawberries
- ¼ cup of strawberry juice drained from frozen strawberries

Mix together cake mix, gelatin, oil and water for two minutes at low speed. Add unbeaten egg whites and strawberries and beat 2 more minutes. Bake 40-60 minutes at 325°

Icing:

- 1 stick butter, softened
- ¼ cup reserved strawberry juice
- 1 pound powdered sugar

Mix together butter and juice. Beat in powdered sugar ¼ cup at a time. \*If you don't have Buser's strawberries, any brand will do.



## Grandma Hemkens' Pound Cake

- 3½ cups all-purpose flour (one pound or one powdered sugar box full), plus more for the pan
- ½ teaspoon fine salt
- 6 large eggs, at room temperature
- 1 teaspoon pure vanilla extract
- 1½ cups unsalted butter (3 sticks), at room temperature, plus more for the pan
- 1 pound (one box) powdered sugar

Place a rack in the lower third of the oven and preheat to 350° F. Butter and flour the pan of your choice, a tube pan, Bundt pan, or two 9 by 5 inch loaf pans.

Sift the flour and salt into a medium bowl and set aside. Whisk the eggs and the vanilla together in a 4-cup measuring cup or bowl, and set aside.

In a heavy duty mixer fitted with the paddle attachment, beat the butter at a medium speed until smooth, about 1 minute. Lower speed and gradually add in the sugar, ¼ cup at a time, to cream and lighten the butter. (This should take about 3 minutes. This is important since there is no leavening agent in the recipe.) Once all the sugar is added, turn the machine off and scrape down the sides of the bowl and paddle with a rubber spatula. Continue to beat the butter mixture at medium speed until light and fluffy, about 4 minutes. Turn the machine off and scrape the sides of the bowl again to assure even incorporation of the ingredients.

Turn the mixer to its lowest setting. Gradually pour in the flour, ¼ cup at a time, and beat the batter for 30 seconds. Gradually add the egg mixture. (It should take about a minute to pour all of it into the batter.) Remove the bowl from the mixer, scrape any batter off the paddle, and finish stirring the egg mixture into the batter with a rubber spatula. Take care not to over mix the batter, but make sure that you scrape the bottom of the bowl to evenly incorporate all of the ingredients.

Spoon the batter into the prepared pan and smooth over the top with a spatula. Put the cake in the oven and reduce the temperature to 325° F. Bake until a toothpick inserted into the center comes out clean, and the top springs back when lightly pressed, about 1 hour and 30 minutes, for the tube or Bundt pans; and 50 minutes to 1 hour for loaf pans.

Cool the cake, in the pan, on a rack, for 10 to 15 minutes. Invert the cake onto a flat plate or cardboard. Re-invert the cake and set it right side up on the rack to cool completely. If not serving the same day, wrap in plastic wrap and store at room temperature, for 4 to 5 days or freeze for 1 month.



## Pineapple Angel Cake

- 1 1-step angel food cake mix
- 1 large can crushed pineapple

Mix in a 9x13 baking dish. Bake 30 minutes. Can be served with fresh fruit, fruit topping or whipped cream. Note: Do not bake in a tube pan. It will fall.



## Autumn Coffee Cake

- 2 cups sugar
- 2 cups self-rising flour\*
- 3 eggs
- ½ teaspoon salt
- ¼ to ½ teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 cup cooking oil
- 1 cup pecans, chopped
- 2 small jars strained apricots (baby food) approximately 10 ounces total

Stir all ingredients together by hand. Do not use a mixer. Stir only until flour is blended. Grease and flour a bundt cake pan and pour in mixture. Bake 55 minutes in a preheated 350° oven. Remove from oven and let stand 10 minutes; turn upside down and continue cooling. Sprinkle with powdered sugar while cake is still warm. \*If you don't have self-rising flour, add 1½ teaspoons baking powder to 2 cups all-purpose flour.



## Banana Split Brownie Pizza

- Brownie base
- 21-ounce brownie mix
- Mix and bake according to package directions in a 12 inch pizza pan. Cool.

Spread over cooled brownie:

- topping
- 8 ounces cream cheese
- 2/3 cups sugar
- 8 ounces crushed pineapple, drained
- 2 bananas, sliced
- 1 pint strawberries, sliced
- ¼ cup chopped nuts
- ½ cup Chocolate syrup
- whipped cream

Cream together cream cheese and sugar. Spread over brownies. Spread fruit over cream cheese mixture. Sprinkle chopped nuts over the top. Drizzle on the syrup. Top with dollops of whipped cream.

Cut in squares or pizza slice shapes.



## Vanilla Gelato

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*Gelato has a lower milk fat content than American ice cream. It is denser also, hence the flavors of fruits or berries are much more vibrant. The fat content of American ice cream, along with its high volume of air (up to 100% overrun, the technical term of air in ice cream) works against its flavor on the tongue. The fat molecules isolate the flavor components. Vanilla and chocolate ice cream work fine with this arrangement, but more delicate flavors like peach, strawberry, or blueberry come alive in a gelato recipe.*

2¼ cups whole milk  
¾ cup heavy cream  
1 vanilla bean split lengthwise, seeds scraped  
¾ cup sugar  
2 tablespoons cornstarch  
1 egg yolk

Put 1¼ cups of the milk, the cream and the vanilla in a heavy saucepan over medium heat until mixture almost boils. It will have very small bubbles on the surface. Put remaining 1 cup of milk, sugar and cornstarch in a small bowl until well combined. Remove the saucepan from the heat, stir in the cornstarch mixture. Return the saucepan to the heat, stirring frequently, 8-10 minutes until the mixture thickens slightly. Remove the saucepan from the heat.

Put the egg yolk in a bowl and whisk until slightly thickened. Pour one cup of the hot milk mixture into the yolk to temper it, mixing constantly. Pour yolk mixture back into the saucepan, stirring constantly with a wooden spoon or silicon spatula. Set aside to cool, stirring occasional. Cover and refrigerate overnight to condition. Remove vanilla bean and process according to ice cream freezer's directions.



## Sicilian Style Chocolate Gelato

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3 cups milk  
¾ cup sugar  
2 tablespoons cornstarch  
¾ of a cup of unsweetened cocoa

Bring 2 cups of milk to a simmer in a sauce pan over medium heat. Remove from the heat. In another dish combine the remaining one cup of milk, sugar, cornstarch and cocoa. Add this to the mixture that you removed from the stove. Mix well.

Return to medium heat and simmer for 10 minutes, stirring constantly, until mixture slightly thickens. Remove from heat and allow to cool, stirring occasionally. Cover and allow the mixture to condition overnight. Process according to freezer's directions.

For a fruit gelato: substitute for the chocolate, one cup of puréed fresh fruit (peaches and ginger, blueberries, or strawberries) cooked for 10 minutes on medium heat with ½ cup sugar. For pistachio gelato, grind fine one cup shelled and peeled pistachios. Use instead of the chocolate. Strain mixture before freezing.



## Brownies

Soft butter, for greasing the pan  
Flour, for dusting the buttered pan  
4 large eggs  
1 cup sugar, sifted  
1 cup brown sugar, sifted  
8 ounces melted butter  
1¼ cups cocoa, sifted  
2 teaspoons vanilla extract  
½ cup flour, sifted  
½ teaspoon kosher salt

Preheat the oven to 300 degrees F. Butter and flour an 8-inch square pan.

In a mixer fitted with a whisk attachment, beat the eggs at medium speed until fluffy and light yellow. Add both sugars. Add remaining ingredients, and mix to combine.

Pour the batter into a greased and floured 8-inch square pan and bake for 45 minutes. Check for doneness with the tried-and-true toothpick method: a toothpick inserted into the center of the pan should come out clean. When it's done, remove to a rack to cool. Resist the temptation to cut into it until it's mostly cooled



## Italian Cream Cake

½ cup shortening  
½ cup softened butter  
2 cups sugar  
5 eggs  
2 cups flour  
1 teaspoon baking soda  
1 cup buttermilk  
1 teaspoon vanilla extract  
3.5 ounces sweetened flaked coconut  
1 cup chopped pecans

### Frosting

1/3 cup softened butter  
12 ounces softened cream cheese  
6½ cups sifted powdered sugar  
1½ teaspoons vanilla extract

Heat oven to 350°F. Grease and cover bottom of three 9 inch round cake pans with wax or parchment paper. Beat shortening and butter together till fluffy. Gradually add sugar. Add eggs one at a time, beating well after each addition. Combine flour and baking soda and add to creamed mixture alternately with buttermilk, beginning and ending with flour mixture. Stir in vanilla, coconut and pecans. Divide evenly among prepared pans. Bake 20-25 minutes till toothpick inserted near centers comes out clean. Cool in pans on rack 10 minutes before removing to racks to cool completely.

Frosting: Beat butter and cream cheese together till smooth. Gradually add powdered sugar. Stir in vanilla. Spread frosting between layers and on top and sides of cake. Store cake in refrigerator.



# Cookies and Candies

## Oatmeal Raisin Cookies

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1 cup butter (softened)  
1 cup firmly packed brown sugar  
½ cup granulated sugar  
2 eggs  
1 teaspoon vanilla  
1½ cups all-purpose flour  
1 teaspoon baking soda  
½ teaspoon salt  
3 cups dry oatmeal  
1 cup raisins

Preheat oven to 350°. Beat together butter and sugars until creamy. Add eggs and vanilla and beat well. Combine and add flour, salt, and baking soda mixing well. Add raisins and oats and mix well. Drop by rounded tablespoons onto an ungreased cookie sheet.

Bake 10-12 minutes or until golden. Cool one minute on the cookie sheet then remove to a wire rack to complete cooling. This recipe makes about 4 dozen cookies.



## Toffee Almond Sandies

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1 cup butter softened  
1 cup sugar  
1 cup confectioners' sugar  
1 cup vegetable oil  
2 eggs  
1 teaspoon almond extract  
3½ cups all-purpose flour  
1 cup whole wheat flour  
1 teaspoon baking soda  
1 teaspoon cream of tartar  
1 teaspoon salt  
2 cups chopped almonds  
1 package (6 ounces) English toffee bits  
Additional granulated sugar for dusting

In a mixing bowl, cream butter and sugars. Add oil, eggs and extract; mix well. Combine flours, baking soda, cream of tartar and salt; gradually add to creamed mixture. Stir in almonds and toffee bits. Shape into 1-inch balls; roll in sugar. Place on ungreased baking sheets and flatten with a fork. Bake at 350 for 12-14 minutes or until lightly browned. Yield: about 12 dozen.





## Russian Tea Cakes

1 cup butter, softened  
½ cup powdered sugar  
1 teaspoon vanilla  
2½ cups flour  
¼ teaspoon salt  
¾ cup chopped pecans

Mix butter, powdered sugar and vanilla together on low speed until creamy. Gradually stir in flour and salt until just incorporated. Stir in nuts. Chill dough for one hour.

Roll dough into ¾ inch balls and place on a baking sheet at one inch intervals. Bake at 400° for 10-12 minutes. Roll in powdered sugar while warm.



## Peanut Clusters

3 pounds white chocolate  
2-12 ounce bags chocolate chips  
40 ounces Spanish peanuts

Melt chocolates in a double boiler over low heat. Remove. Add peanuts. Using a large tablespoon, drop onto wax paper.



## Marshmallow Crème Fudge

Bring to a full boil in a heavy sauce pan or Dutch oven and boil for 9 minutes stirring constantly:

4 cups sugar  
¼ cup butter  
1 large can sweetened condensed milk

Turn off heat and add:

12 ounce semi-sweet chocolate chips  
1 pint of Hip-o-lite Marshmallow Crème  
1 cup of nuts (optional)  
1 teaspoon vanilla

Pour into a buttered 9x13 dish. Cool and cut into 1 inch squares. Store covered tightly.



## Bourbon Balls

60 vanilla wafers (about three cups when processed)  
½ cup walnuts  
1 cup sifted confectioners' sugar  
2 tablespoons unsweetened cocoa powder  
¼ cup bourbon  
¼ cup light corn syrup  
granulated white sugar for dusting

Break vanilla wafers up into fine crumbs by processing in a food processor in batches. Remove crumbs to a bowl. Process nuts into a fine grind; add to vanilla wafer crumbs. Combine confectioners' sugar and cocoa with crumb mixture. Stir in bourbon and corn syrup. If necessary, add about a small amount of water, just enough so that the mixture will hold its shape. Form into ¾ inch balls. Roll in granulated sugar. Store in a tightly covered container. Yield: 4 dozen

Variation: Substitute Grand Marnier or Triple Sec for the bourbon and frozen orange juice concentrate for the corn syrup. Dust with finely chopped coconuts.



## Chewy Chocolate Cookies

*If you like chocolate in cookies, wait 'til you try cookies that are all chocolate. These are soft and chewy—perfect with a glass of cold milk.*

1 ¼ cups softened butter or margarine  
2 cups sugar  
2 eggs  
2 teaspoons vanilla  
2 cups unsifted all-purpose flour  
¾ cup Hershey's cocoa  
1 teaspoon baking soda  
½ teaspoon salt

Cream butter or margarine and sugar in a large mixer bowl. Add eggs and vanilla; blend well. Combine flour, cocoa, baking soda and salt; gradually blend into creamed mixture.

Drop by teaspoonfuls onto an ungreased cookie sheet. Bake at 350° for 8-9 minutes (Do not overbake. Cookies will be soft. They will puff during baking, flattening upon cooling.) Cool on cookie sheet until set, about 1 minute; remove to wire rack to cool completely. Makes about 4½ dozen cookies

Variations:

2 cups peanut butter or chocolate chips  
1 cup chopped pecans

Add chips and nuts to mixed batter before dropping onto the cookie sheet.



## Hermit Cookies

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### Dough:

- 1 cup packed brown sugar
- ¼ cup shortening
- ¼ cup butter
- ¼ cup cold coffee
- 1 egg
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1¾ cup flour

### Filling:

- 2 cups snipped dates
- ¾ cup sugar
- ¾ cup water
- ½ cup chopped nuts

Preheat 375 degrees. Cream sugar, shortening and butter until smooth. Add coffee and egg. Mix well. In a separate bowl or on paper, mix together all the dry ingredients and pour gradually into batter. Mix until smooth.

Heat dates, sugar and water stirring until it thickens. Stir in nuts.

Drop cookie dough onto a baking sheet by teaspoonfuls. Dot with some ½ teaspoon of filling. Bake 8 to 10 minutes. Allow to cool for 2 minutes on the sheet, then remove to a rack to cool completely.



## Chrust Czyli Faworki

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### *Crunch Cakes or Favors*

- 2 tablespoons butter
- 2 cups sifted all-purpose flour
- 5 egg yolks, lightly beaten
- ¼ cup milk
- ¼ teaspoon salt
- 1 tablespoon rum
- Flour for flouring board
- Oil or shortening for deep frying
- Vanilla Confectioners' Sugar

Cut butter into the flour; add egg yolks and milk mixed with salt and rum. The dough should not be so wet that it will stick to the floured board. If too wet, add a little more flour. Beat the dough against the board until bubbles appear, then set aside, covered, for 3 minutes. Working with a small amount of the dough at a time, roll out to a sheet ½-inch thick. Cut into long strips, about one-inch wide by 4 inches long, cutting ends diagonally. Make a slit two inches long in center of each strip and pull one end through the slit.

Heat oil to 350° on a frying thermometer. Fry only a few cakes at a time in order not to crowd. If frying in a skillet in a few inches of fat, brown first on one side, then on the other. When ready, drain on paper towels. When all are done sprinkle with powdered sugar. Makes about 48.



## Toll House Chocolate Chip Cookies

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2 ¼ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup (2 sticks) butter or margarine, softened  
¾ cup granulated sugar  
¾ cup packed brown sugar  
1 teaspoon vanilla extract  
2 large eggs  
2 cups (12 ounce package) Nestlé Toll House Semi-Sweet Chocolate Morsels  
1 cup nuts, chopped

Preheat oven to 375° F. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

Variations: For thinner cookies, add another ½ teaspoon of baking soda and don't substitute butter for margarine or vegetable shortening. For a crispier cookie, use 1 full cup of white sugar and ½ cup of light brown sugar. Cream butter and sugar together very well before adding the remaining wet and dry ingredients. For light and chewy cookies, use butter-flavored vegetable shorting, use 1½ teaspoons of baking powder, add another ½ teaspoon of vanilla, and use cake flour instead of A-PF. Chill the batter well before forming balls of dough.



## Chocolate Truffle Cookies

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4 squares (1 ounce each) unsweetened chocolate  
2 cups (12 ounces) semisweet chocolate chips, divided  
1/3 cup butter or margarine  
1 cup sugar  
3 eggs  
1½ teaspoons vanilla extract  
½ cup all-purpose flour  
2 tablespoons baking cocoa  
¼ teaspoon baking powder  
¼ teaspoon salt  
Confectioners' sugar

In a microwave or double boiler, melt unsweetened chocolate, 1 cup of chocolate chips and butter; cool for 10 minutes. In a mixing bowl, beat sugar and eggs for 2 minutes. Beat in vanilla and the chocolate mixture. Combine flour, cocoa, baking powder and salt; beat into chocolate mixture. Stir in remaining chocolate chips. Cover and chill for at least 3 hours. Remove about 1 cup of dough. With lightly floured hands, roll into 1 inch balls. Place on ungreased baking sheets. Bake at 350° for 10-12 minutes or until lightly puffed and set. Cool: on pan 3-4 minutes before removing to a wire rack to cool completely. Repeat with remaining dough. Dust with confectioners' sugar. Yield: about 4 dozen



## Coconut-Cranberry Chews

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*The mixture will look dry until it comes together as a dough. If it's too crumbly to form into balls, the dough needs to be mixed longer until it is smooth.*

- 1 ¼ cups butter or margarine, room temperature
- 2 cups sugar
- 1 tablespoon grated orange peel
- 2 teaspoons vanilla
- 3 ¼ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1½ cup dried cranberries
- 1½ cups sweetened flaked dried coconut

Preheat oven to 350°. In a large bowl, with a mixer on medium speed, cream the 1½ cups butter, sugar, orange peel, and vanilla until smooth.

In a medium bowl, mix the flour, baking powder and salt. Add to butter mixture, stir to mix, then beat on low speed until dough comes together, about 5 minutes. Mix in cranberries and coconut.

Shape dough into 1-inch balls and place about 2 inches apart on buttered baking sheets. Bake at 350° until cookie edges just begin to brown, 8-11 minutes (longer for a crispy cookie, shorter for a chewy cookie). Rotate pans half-way through baking time if using two pans. Let cookies remain on sheets until cool enough to handle. Then use a wide spatula to transfer to cooling racks.



## Black Walnut Cookies

---

- 1 cup softened butter
- 2 cups packed brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 3½ cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 cups chopped black walnuts, divided

In a mixing bowl, cream the butter and brown sugar. Beat in eggs and vanilla. Combine flour, baking soda and salt; gradually add to the creamed mixture. Stir in 1 ¼ cups of walnuts. Finely chop the remaining nuts. Shape dough into two 15-inch logs. Roll logs in chopped nuts, pressing gently. Wrap each in plastic wrap. Refrigerate for 2 hours or until firm. Unwrap and cut into ¼-inch slices. Place 2 inches apart on greased baking sheets. Bake at 300° for 12 minutes. Cool on wire racks. Yield: 10 dozen.



## Peanut Brittle

- 2 cups sugar
- ¾ cups white syrup
- ½ cup water
- ¼ cup butter
- 1 pound raw peanuts
- 1 teaspoon salt
- 1 teaspoon baking soda

Mix sugar, syrup, water, and butter in a heavy gauge sauce pan over medium heat until sugar is dissolved. Cook on medium-high without stirring until soft-ball stage (240° on candy thermometer.) Add peanuts and cook stirring constantly until the mixture is honey colored and flavorful peanut smell develops and some of the peanuts start to split as they cook (305°). Remove from heat and add salt and baking soda. Stir well to incorporate.

Pour onto buttered foil. Spread and cool. Break and store tightly.



## Cocoa Krispy Peanut Logs

- 1 package miniature marshmallows
- 1 package semisweet chocolate morsels
- ½ cup smooth peanut butter
- 8 cups Cocoa Krispy breakfast cereal

Melt marshmallows on high in the microwave until softened. Remove and stir until marshmallows have creamed. Add chocolate morsels, mix well. Return to microwave and heat until chocolate begins to melt, about 30 seconds. Add peanut butter and mix until smooth, heating if necessary. Add cereal and mix well. Pour out onto a buttered sheet pan. Chill well. Cut into squares for serving. Variations: use chunky peanut butter or mix in 1 cup roasted peanuts.



## Peanut Butter Fudge

- 4 cups sugar
- 1-2/3 cups milk
- 1 cup butter
- 1 pint marshmallow cream
- 1 cup peanut butter
- 2 teaspoons vanilla

Mix sugar, milk, butter together in a heavy gauge sauce pan over medium heat until dissolved. Cook to soft-ball stage (250 degrees) without stirring. Remove from heat and add marshmallow cream and peanut butter; mix with an electric mixer. Spread mixture into in a buttered 9x13 pan. Cool and cut into 1-inch squares. Store tightly.



## Churros y Chocolate

*Spanish hot chocolate with churros. In Spain, hot chocolate is most often served with churros, ensaimadas, bread fried in olive oil (or toast), or migas. Serves 2-4.*

Chocolate (Spanish Style Hot Chocolate) :

- 4 cups milk
- 8 squares (8 ounces) sweetened chocolate, shaved
- 2 tablespoons cornstarch
- 4 tablespoons sugar

Heat 2 cups of the milk to just below the boiling point in a saucepan. Add the chocolate, stirring constantly with a wooden spoon. When chocolate is melted, mix together remaining 2 cups of milk and the cornstarch. Add to the hot chocolate and heat thoroughly. It should be very thick and somewhat foamy. Serve hot.

Churros (eclair, profiterole, cream puff dough):

- ½ cup water
- ½ cup milk
- ½ cup butter
- Pinch of salt
- 1 cup all-purpose flour
- 3 eggs
- Canola or peanut oil sufficient for deep frying
- Confectioners' sugar
- ¼ teaspoon ground cinnamon (optional)

Heat the water, milk, butter and salt in a saucepan. Bring to boiling point, turn heat to low and begin to add the flour slowly, beating briskly and thoroughly. Whisk for about 1 minute until a firm but moist ball forms. Remove from heat. Add egg and beat until the dough is light. Let dough cool and fill a pastry bag with a large star tip.

Heat oil in a pan for deep frying. Make churros either in the form of sticks or make a medium sized circle with the dough. Brown. Sprinkle with powdered sugar. Churros are normally dunked in the hot chocolate for breakfast or as an afternoon merienda



## English Toffee

- 1 pound butter
- 2 cup sugar
- 5 tablespoons water
- 2 teaspoon vanilla
- ½ teaspoon salt
- 1 cup slivered almonds
- 6 plain Hershey bars
- chopped pecans

Melt butter, add sugar, water, vanilla, salt and almonds. Blend well. Place on hot fire and stir constantly until almonds and syrup are dark golden (300°).

Pour onto buttered cookie sheet. Lay Hershey bars on top. Spread when melted. Top with chopped pecans. Break into pieces when completely cooled.



## Nutty Caramel Corn

Combine in a large roaster pan:

- 6 quarts fresh popped corn
- 1 cup pecan halves
- 1 cup cashews

Caramel:

- 1 cup butter
- 2 cups firmly packed brown sugar
- ½ cup light corn syrup
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon vanilla

Bring the butter, sugar, and syrup to a boil in a large, heavy gauge sauce pan over medium heat stirring constantly: When a full boil, cook for 5 minutes with out stirring to 250° on a candy thermometer. Remove from heat and add salt, vanilla, and baking soda. The mixture will foam up so be prepared to continue to stir.

Pour the mixture over the corn and nuts in the roaster. Bake at 225° for 1 hour stirring every 15 minutes. Cool and break apart. Store in an airtight container.



## Grandma Charlotte's Penuche

*Penuche is the Spanish term. Literally, brown sugar candy, it is a caramel type of candy with the consistency of fudge.*

- 3 cups light brown sugar
- 1 cup evaporated milk
- ¼ teaspoon salt
- 3 tablespoons butter
- 1½ teaspoons vanilla
- ¾ cup chopped nuts

Combine sugar, milk and salt in heavy pan over low heat. Cook to 236° or soft ball stage. Stir frequently to prevent sticking or curdling. Remove from heat, drop in butter and stir. Cool to lukewarm. Add vanilla and beat until candy is creamy and loses its gloss. Add nuts and turn into greased pan to cool.





## Fig Cookies

*Cuccidati are a traditional Sicilian Christmas treat.*

### Cookies:

- 5 cups all-purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 2 sticks (one cup) cold butter
- 4 large eggs
- 1 teaspoon vanilla
- ½ cup sugar
- ½ cup water

### Filling:

- ½ pound calymari figs
- ½ pound raisins
- ½ pound pitted dates
- ½ cup mixed candied fruit
- ½ cup chopped walnuts
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup honey
- powdered sugar for dusting

Mix together flour, salt and baking powder. Cut butter into flower mixture. Add eggs, one at a time, and mix thoroughly after each. Add vanilla and sugar. Mix well. Add water and mix until a smooth dough results. Set aside to rest for one hour

In a food processor, chop up figs, raisins, dates and fruit. Mix in walnuts, cinnamon, salt, pepper and honey.

Preheat oven to 375°. Traditional shape: Roll out dough in a large rectangle, 8 x 16 inches, about 1/3 inch thick. Cut dough into eight squares, 4 x 4 inches. Place about 2 tablespoons of dough in the center of one side of the dough. Fold dough over and lightly seal. Make four cuts along the folded side, slightly bend each pastry at the seem side so that so that filling is exposed. Lay on a greased baking pan, spaced about one inch apart and bake for 10-12 minutes. Remove from oven and dust with powdered sugar.

Pinwheel shape: Roll out dough into two large rectangle, 4 x 16 inches, about 1/3 inch thick. Spread a small tube of filling along the dough, leaving about one inch uncovered on one long side. Brush uncovered strip with water. Roll dough and filling together, jelly-roll fashion, and seal the uncovered strip. Slice the roll into 2-inch sections. Lay on a greased baking pan, spaced about one inch apart, and bake for 10-12 minutes. Remove from oven and dust with powdered sugar.



## Frosted Peach Squares

---

½ cup sugar  
3 tablespoons cornstarch  
1 egg yolk  
29 ounces peach slices in juice — undrained  
4 cups flour  
1 teaspoon sugar  
1 package yeast  
½ cup milk  
½ cup water  
1 cup butter  
4 egg yolks  
Frosting  
2 cups powdered sugar  
½ teaspoon vanilla  
2 tablespoons milk

Filling: Mix ½ cup sugar, cornstarch and salt in saucepan. Stir in yolk and undrained peaches, cook until mixture comes to a boil. Cool.

Dough: In a mixing bowl combine 1 ¼ cups flour, salt and yeast. In a microwave safe bowl, combine butter, milk and water, heating until warm and butter melts (liquid must remain below 115° so as not to kill the yeast. Add to flour mixture and beat 2 minutes on medium speed.

Add yolks and ½ cup flour. Beat 2 more minutes at high speed. Stir in enough flour to make a soft dough. Divide dough in half and roll out to fit a 15x10 inch jelly roll pan. Top with cooled peach filling. Roll remaining dough for top, seal edges together. Snip top of dough for steam vents, cover and let rise 1 hour. Bake 375 ° for 35-40 minutes. Cool on wire rack. Frost while warm with frosting.



# Drinks

## Banana Fruit Punch

2 cups water  
4 cups sugar  
2 tablespoons lemon juice  
2 bananas  
1 pint frozen or fresh strawberries  
46 ounces canned pineapple juice  
24 ounces orange juice made up from concentrate  
1 liter Seven-up or ginger ale or sparkling wine

To make a simple syrup, bring the water, sugar and lemon juice to a boil, reduce and simmer for 10 minutes. Take off heat and cool by adding ice to bring mixture up to 10 cups.

In a blender mix the bananas and strawberries together with one cup of the syrup. Add fruit and juices to the syrup and mix well.

Freeze mixture in plastic zip bags or in ring molds.

Before serving, let the mixture thaw for ½ hour at room temperature. Serve by pouring the soda or sparkling wine over the mixture. Break up frozen mixture so that each serving gets a bit in it.



## Swedish Glogg

### *Spiced Wine*

½ gallon port wine  
1/5 of whiskey  
6 whole cloves  
1 tablespoon whole cardamom seeds  
1 cup raisins  
1 cup sugar  
1 orange, sliced thin

Add all ingredients in a heavy, non-reactive stock pot and simmer, covered, for one hour. Allow to cool, covered, completely. Strain through a fine mesh strainer or cheesecloth, reserving raisins, and bottle. Serve warm with a few raisins in each glass or mug.



## Bloody Mary Cocktail

3 quarts chilled Clamato Juice (spicy)  
1 pint vodka  
4 teaspoons lemon juice  
2 tablespoon Worcestershire sauce  
3 teaspoons celery salt  
1 teaspoon Tabasco Sauce

Garnish with celery sticks or skewers of pepperoni, olive, green pepper, cherry tomatoes.



## Cranberry Tea

6 quarts boiling water  
3 cups sugar  
2 lemons, sliced  
4 oranges, slice  
8 cinnamon sticks  
4 teaspoons whole cloves  
6 small teabags  
1 quart cranberry juice

Dissolve sugar in the hot water. Add the citrus and spices. Steep for 3 minutes. Add teabags and steep for 5 more minutes. Strain, add cranberry juice. Serve hot.



## Wine

The flavor of a wine depends greatly on the variety of grape that is predominant in the mixture. Most whites contain wine made from only one variety of grape (aka varietal), but most red wines have one predominant grape and are blended with wine from other grape varieties for balancing out flavors. The second main distinction in wines after white and red grapes is table wine versus estate wines. The greatest amount of wine consumed in the world is bottled (or boxed) as common table wine. Wine is made from grapes that come from many vineyards. It is blended for a uniform taste and is generally inexpensive. There are some large box table wines from California that are a great bargain for any occasion.

Estate wines are the third main classification of wine. The wine is made from grapes of a distinct vineyard harvested in from one growing season. There are strict labeling guidelines for these wines. The varietal best suited for a vineyard determines the wine produced. What follows is a quick run-down of the main varietals. You can begin your education in wine tasting by simply noting if you like a certain varietal. Stick with that type of wine for a while and you will educate your palate to the main characteristics. Why the confusion? Certain varieties of grapes do better in certain environments. Moisture, temperature, soil, hours of daylight a make a huge impact on what's possible to draw out of a grape. The weather during a particular growing season determines the fourth major distinction to make, vintage. The merits of a buying a 2000 cabernet over a 1998 is best argued by people with lots of disposable income and time enough to waste on studying weather charts for Chateau Petrus.

Most countries use the grape variety as the main appellation or label, but the better French wine is known by its regions and sub-regions. It adds a layer of complication to understanding the geography of French wines; however, a little practice will allow you to associate the predominant grape variety with the region's

wine. If you go into a wine shop and you know you like wine from the syrah grape, ask for a \$15.00 Rhone wine. They'll be glad to help you with the selection and it will save you from having to learn that the Chateaufeuf du Pape and Crozes-Hermitage regions are Rhone wines, and so forth. When a wine is called dry, its sweetness, or lack thereof, is being referred to. The following is an adaptation of David Rosengarten's work. This list omits some grapes that produce great amounts of wine but which are used in blends or everyday table wine and thus lose a taste distinction. One way of avoiding the whole appellation problem is to be patriotic and say that duty compels you only to buy American wines! American wines have come a long way in forty years. The entry for wine in the *Encyclopedia of Cookery* has only four short paragraphs for American wines after three pages on French wines. New York shares equal billing with California, and Napa and Sonoma have not been branded but are labeled "sleepy backroads north of San Francisco."



## White Wine Grapes

*Chardonnay*: [shar-dough-nay] Chardonnay is low in varietal character—that is, the grape itself does not have immediately recognizable, identifiable flavors. It ripens well, meaning that the wine can be rich, a little sweet, high in alcohol. In America the oak barrels give a more pronounced tannin. The Chablis region of France uses the Chardonnay grape, as do whites produced in Burgundy.

*Sauvignon Blanc*: [saw-ving-yawn blahnk] This is a medium dry wine generally with a pronounced fruit in the flavor. The whites of the Sancerre region of France come from this grape.

*Riesling*: [reece-ling] Wines from this grape tend to the sweeter side, although many German and Austrian Rieslings can be somewhat dry. This was actually the favorite white wine grape a century ago. It is the grape variety for Rhine wines.

*Gewurztraminer*: [geh-vurts-trah-meen-er] The "spice" referred to in its German name can manifest itself in many ways. These wines are generally sweet but can be dry (auslese-spatlese difference).

*Trebbiano*: [treh-bee-ahn-oh] This is the Ford of Italian grapes. While not offering complex flavors, the Italian whites made from the Trebbiano are cheap enough for everyday consumption. Soave from the Veneto region of Italy is perhaps the most recognizable name for wines from this grape.

*Pinot Gris*: [pee-noh-grees] Most Italian wines from this grape variety have the Italian version of the name, Pinot Grigio [gree-jee-oh], right on the label. This is a medium dry wine that gives some great value. A side-by-side taste test between a French gris and an Italian grigio will demonstrate the incredible breadth of character that is possible in winemaking.

*Viognier*: [vee-on-yay] This is a grape variety only recently catching on in California, but having a long history in the northern Rhone region of France. It should be consumed young to enjoy its fruit. An excellent stepping stone between white zin and chardonnay.

*Seyval*: [seh-vahl] A common Missouri grape, planted to bridge the gap between the sweet whites that are most common in the state and the warmer climate, dry chardonnays that sell like hot-cakes in California. Always adaptable to any menu as a table wine.

*Vidal blanc*: [vee-dahl blahnk] A grape common in the northeastern US that produces some excellent wines, sweet but without a syrupy cling. It is gaining popularity in Missouri.



## Red Wine Grapes

*Cabernet Sauvignon*: [cah-bear-nay saw-ving-yawn] If Chardonnay is the vanilla of today's commercial climate, Cabernet Sauvignon is the chocolate. Historically, cabernet sauvignon is the major grape variety used in the great wines of Bordeaux's Medoc region in western France. These tend to the expensive side, one because of the demand, and two because of the stressing of the grapes that leads to low yield but high flavor. Aging does magic on these wines. In fact, they are not bottled until a few

years in oak barrels. Think light herbal and vegetable notes for flavor.

*Merlot:* [mare-**low**] Merlot is another grape in the classic Bordeaux blend. The tell-tale Merlot quality—look for it in wines named for the French Pomerol and Saint-Emilion regions—is a scent reminiscent of the floor of a pine forest with lots of fallen needles. Merlot, too, can be fruity, even jammy, in youth, and then can age into something complex, mysterious and magnificent. American merlots can be quite interesting for the price. California merlots are quite pleasant and usually a good bargain.

*Pinot Noir:* [**pee**-noh nwar] Burgundy, in eastern France, usually makes red wine from one grape alone, and that grape is the incomparable pinot noir. Pinot is more delicate and subtle than cabernet sauvignon or merlot, offering a berry flavor. In youth, pinot—though it can be tannic—is rarely as austere as Cabernet; Pinots can be enjoyed rather young, but lay down a bottle of the good stuff for 20 years and you will experience its complex history throughout its tasting.

*Syrah:* [seer-**ah**] One of the greats of southeastern France's Rhone Valley, syrah is a grape with power and weight. Syrah is the backbone of such thick wines as those from the French appellations of Cote Rotie, Cornas and Hermitage. Often quite dark and purple in youth, textbooks call it “peppery,” as in freshly ground black pepper. Much syrah was planted in California in the '90s, and shiraz—the Australian name for syrah—is the workhorse red grape of the Australian wine industry.

*Zinfandel:* It is indisputably California's grape today, with almost no winemakers in other places producing it. The quintessential Zin-ness is red fruits and berries. White zinfandel is made by leaving the skins in the ferment for just a short period of time. It is a sweet rosy-colored wine (blush) that many people who don't like other wines prefer.

*Gamay:* The grape of southern Burgundy's Beaujolais region is used to make wines that will be consumed very young. There is quite a lot of fanfare around the first drinking of the new vintage of Beaujolais in November. Most American wines labeled gamay are in fact not made from this grape, but try to imitate the Beaujolais style.

*Sangiovese:* Italy sells its wines by regions, much like France. The Chianti region of Tuscany uses the sangiovese grape and can produce some excellent wines. California sangiovese is a good bargain.

*Malbec:* This grape predominates Chilean and is common in Argentinean red wines. It doesn't have the dominating dryness of a cabernet and is a good bargain.

*Norton/Cynthiana:* The state grape of Missouri produces some interesting medium-dry, award-winning red wines. Complexity develops with some bottle aging. It's nice to know that the home state can produce a respectable dinner wine.





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