

Breads



Asiago Cheese Bread

Contributed by Bonnie Briscoe

The aroma and flavor of this bread make it a favorite in my household. It's an excellent sandwich bread, and it makes garlic toast an experience not soon forgotten. If Asiago cheese is not available, use a good sharp cheddar instead.

If you are using an automatic bread machine, adding gluten (according to the recipe) or using a flour with a high gluten content will significantly improve the height and texture of the loaf. Kneading the bread develops and stretches the strands of gluten and makes the dough elastic. The gluten strands form a "network" that traps the gas bubbles given off by the growing yeast; as the bubbles expand, the dough rises. Bread machines are programmed to knead the dough for a set amount of time (not necessarily until the dough is adequately developed), so adding a small amount of wheat gluten produces better bread.

To make one 1½-pound loaf:

- 1 tablespoon sugar
- 2 teaspoons active dry yeast
- 9 ounces (1 cup plus 2 tablespoons) warm water (105 to 115°F)
- 2 tablespoons extra-virgin olive oil
- 1¼ teaspoons salt
- 3 ounces Asiago cheese, finely shredded (1 cup lightly packed)
- 1 ounce Romano or Parmesan cheese, shredded (generous ⅓ cup)
- ½ tablespoon caraway seeds (optional)
- ½ cup yellow cornmeal
- 2¾ cups bread flour or unbleached all-purpose flour

Instructions for automatic bread machines:

1. Place all the ingredients in the pan of the bread machine in the order listed or in the order recommended for your machine. (I usually mix the grated cheese with the cornmeal before adding it to the pan to decrease clumping.) If you use a Zojiruchi or other machine that has a kneading pin and a total programmed kneading time greater than 20 minutes, add the cheese about 5 to 10 minutes before the end of the kneading cycle. If you add the cheese earlier in these machines, the fat from the cheese will weaken the gluten strands; the loaf will rise but then collapse during baking, producing a heavy, coarse, compact loaf.
2. Set the controls for "basic bread with medium crust" and start the machine.

**Instructions for traditional bread-making:**

1. Heat the water to about 110°F. Stir the sugar into the water, then sprinkle the yeast over the top and let it stand until frothy.
2. Stir in the remaining ingredients, except 1½ cups of the bread flour; mix well. Gradually add enough bread flour to make a soft but workable dough.
3. Turn the dough out onto a floured cloth or board and let it rest 10 to 15 minutes.
4. Knead the dough until smooth and elastic (about 8 minutes), adding only enough flour to control stickiness.
5. Place the dough in a greased bowl, turning to grease all sides.
6. Cover the dough with a cloth and leave it in a warm, draft-free place until the dough nearly doubles in size (about 1 to 1½ hours, depending on the temperature). The dough has risen enough when you press firmly with your finger and a deep indentation remains.
7. Punch the dough down and turn it out onto a lightly floured board. Cover it with a towel and let it rest 10 minutes. Shape it into a loaf, and place it in a well-greased 9x5x3-inch loaf pan. (Or divide it in two and shape as for French bread; place the loaves on a greased baking sheet that has been sprinkled with cornmeal.) Cover with the towel and let the loaf rise until it nearly doubles in size. The dough is ready when you press it lightly with a fingertip and a slight dent remains. (Don't let it rise too much, or it might deflate while baking.) Preheat the oven to 375°F.
8. Bake 25 to 30 minutes or until the bread sounds hollow when you tap it (time will vary according to the size and shape of the loaf). Remove the bread from the pan and cool on a rack.



Sauerkraut Rye Bread

Contributed by Bonnie Briscoe

This dense, moist, flavorful loaf makes wonderful sandwiches—try it with ham, corned beef, or a full-flavored cheese, such as Swiss or aged Gouda. The Gold-n-White flour specified in the recipe is a brand of flour that contains the wheat germ but not the bran found in whole wheat flour. Substituting white bread flour will produce a somewhat lighter loaf. If you use a high-gluten white bread flour, decrease the vital wheat gluten to 2 tablespoons.

If you are using an automatic bread machine, adding gluten (according to the recipe) or using a flour with a high gluten content will significantly improve the height and texture of the loaf. Kneading the bread develops and stretches the strands of gluten and makes the dough elastic. The gluten strands form a “network” that traps the gas bubbles given off by the growing yeast; as the bubbles expand, the dough rises. Bread machines are programmed to knead the dough for a set amount of time (not necessarily until the dough is adequately developed), so adding a small amount of wheat gluten produces better bread.

To make one 1½-pound loaf:

1 cup warm water (105 to 115°F)
 2 tablespoons unsulfured “light” molasses (you can use regular molasses, but the flavor is different)
 3 tablespoons extra-virgin olive oil
 1¼ teaspoons salt
 2 tablespoons Dijon mustard
 1½ tablespoons caraway seeds
 ¾ cup sauerkraut, chopped and thoroughly drained
 3 tablespoons gluten flour or vital wheat gluten
 ¼ cup buttermilk powder

1¼ cups pumpernickel (dark) rye flour
 1 cup whole wheat bread flour
 1¼ cups Gold-n-White flour
 2½ teaspoons active dry yeast

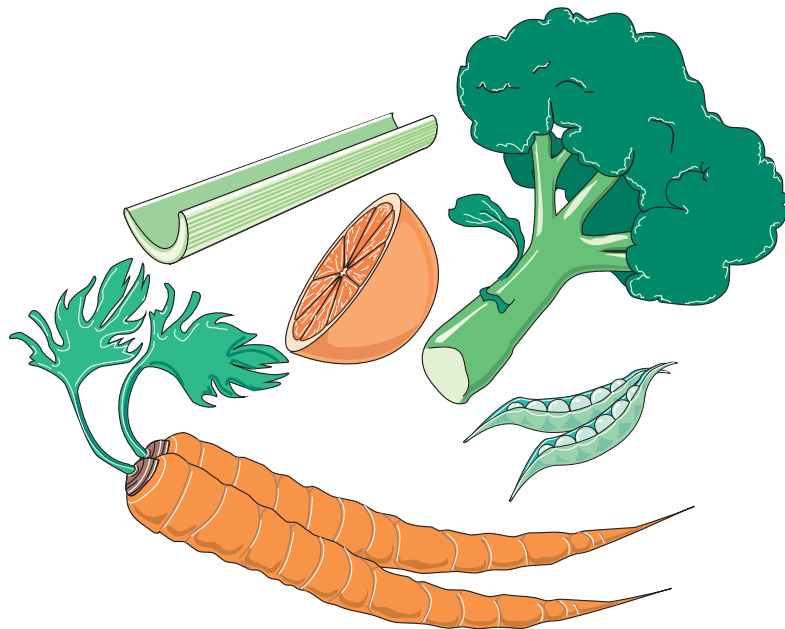
Instructions for automatic bread machine:

1. Place all ingredients in the bread pan in the order listed or in the order recommended for your machine.
2. Set the controls for “whole wheat bread with medium crust” and start the machine. The moisture content of sauerkraut varies, so you may have to add more flour. Check the dough after about 5 minutes of kneading; if it’s sticky and hasn’t formed into a ball, sprinkle in more white or whole wheat flour, a tablespoonful at a time, until the dough is firm enough.

**Instructions for traditional bread-making:**

1. Prepare the sauerkraut and set it aside.
2. In a large mixing bowl, dissolve the yeast in warm water (you can add a teaspoon of sugar to feed the yeast, if desired); let the mixture stand until foamy.
3. Blend in the molasses, olive oil, salt, mustard, caraway seeds, and sauerkraut; mix well.
4. Stir together the wheat gluten, buttermilk powder, and rye flour (to decrease clumping), then add to the liquid mixture and blend until smooth.
5. Add the whole wheat flour and mix well.
6. Add enough Gold-n-White flour to make the dough firm enough to handle easily. Cover the bowl with a towel and let the dough rest 10 minutes to allow the flour to absorb the liquid.
7. Place the dough on a floured board and knead about 10 to 12 minutes or until smooth and elastic; add only enough flour to control stickiness. (If you're using a mixer with a dough hook, knead about 8 to 10 minutes.)
8. Place the dough in a greased bowl, turning the dough so that all sides will be lightly greased. Cover it with a cloth and leave it in a warm, draft-free place to rise until nearly double in size (about 1 to 1½ hours, depending on temperature).
9. Punch the dough down and turn it out onto a lightly floured board. Cover it with a towel and let the dough rest 10 minutes. Shape into a round or oblong loaf, as desired. For a round loaf, place the dough on a lightly greased baking sheet sprinkled with cornmeal. For an oblong loaf, place it in a greased 9x5x3-inch loaf pan. Cover it with a cloth and let rise about 1 hour; the dough is ready when you press it lightly with a fingertip and a slight dent remains. (Don't let it rise too much or it might deflate while baking.) Preheat the oven to 375°F.
10. Bake the bread in the center of the oven for about 30 to 40 minutes (a short, round loaf will take less time), or until the bread is brown and sounds hollow when you tap on the bottom of the pan. Remove from the pan and cool on a rack.





Salads and appetizers



Cilantro–Spinach Pesto

Contributed by Kim Saccio-Kent

This lively little pesto was inspired by the chefs at *Greens* (in San Francisco), but has undergone several revisions. My little niece and nephew like it so much they refuse to eat anything but “green noodles” when they visit!

To generously dress 12 ounces of pasta or cover a 16-inch round pizza:

¼ cup olive oil
1½ cup fresh spinach, coarsely chopped (stems removed)
½ cup fresh cilantro (coriander leaves), coarsely chopped (stems can be included)
2 tablespoons pine nuts or raw almonds
2 tablespoons fresh lemon or lime juice
1 clove of garlic, coarsely chopped
½ teaspoon salt
1 *small* fresh jalapeño or other pepper, coarsely chopped; remove the seeds if you don't want it too hot (optional). You can also use dry chili or cayenne pepper.

1. Put all ingredients in a blender or small food processor and blend until they form a fine puree.
2. Toss the pesto with cooked pasta—a sturdy pasta like fusilli (spiral) or moscatelli (tube-shaped) works best—or use in your usual pizza recipe.



Bill's Baked Beans

Contributed by Bill Blinn

I used this recipe when I learned that I'd be cooking dinner for my in-laws-to-be. I needed something that they'd like (everybody likes *these* baked beans), that I could cook (boiling water can be such a challenge), and that was cheap (I was the underpaid news director of a radio station at the time).

**To serve 4 to 12 people,
depending on how
hungry they are:**

One 2-pound can of pork
and beans (or beans
and bacon)

$\frac{2}{3}$ cup brown sugar

$\frac{1}{2}$ cup ketchup

$\frac{1}{4}$ pound bacon, chopped

1 tablespoon dry mustard

$\frac{1}{4}$ cup molasses

1 medium onion,
chopped fine

1. Preheat oven to 300°F. Combine all ingredients.
2. Bake covered for at least 2 hours.
3. Remove the cover and continue baking for at least 15 minutes, until the beans are too thick to stir.





Corn-Black Bean Salad

Contributed anonymously.

To serve 4 as a main dish (8 as a side dish):

One 16-ounce can black beans, rinsed and drained
One 16-ounce can corn kernels, drained
 $\frac{1}{2}$ cup celery, diced
 $\frac{1}{2}$ cup red pepper, diced
 $\frac{1}{2}$ cup cilantro (coriander) leaves, chopped
2 tablespoons pickled jalapeño peppers, chopped
2 cloves garlic, minced
1 teaspoon ginger root, minced
3 tablespoons sesame oil
2 tablespoons rice vinegar
1 tablespoon lime juice
Green onion, chopped (to taste)
Lettuce leaves, tomato slices and lime wedges (for a garnish)

1. Combine the black beans, corn, celery, red pepper, cilantro, peppers, garlic and ginger in a large bowl.
2. To make the dressing, whisk the oil, vinegar and lime juice together in a small bowl.
3. Pour the dressing over the bean mixture and toss the salad to combine. Top with the green onion.
4. As a main dish, serve on plates lined with lettuce leaves; garnish with tomato slices and lime wedges.



Veggie Sandwich Spread

Contributed by Geoff Hart

This dish is a relatively low-cholesterol, high-protein substitute for chopped egg or egg salad sandwich spread. I reverse-engineered it from (i.e., based it on) a commercial product, so vary the ingredients to suit your personal taste. For lower cholesterol, used cholesterol-reduced or fat-reduced mayonnaise, or reverse the proportions of mayonnaise and mustard. To improve a meal's protein content, combine the spread with something corn-based (e.g., serve on corn bread or with corn chips).

To make about 6 sandwiches:

- 1 pound tofu, drained
- 2 tablespoons vegetable oil (more if the tofu is very dry)

Modify the following ingredients to fit your personal taste:

- 4 tablespoons mayonnaise (Miracle Whip Lite works well)
- 2 tablespoons mild mustard (Dijon is acceptable if it's not too sharp)
- 1 tablespoon garlic powder, unsalted (powder mixes in better than raw garlic)
- 1 tablespoon parsley flakes (or 2 to 3 times this much fresh chopped parsley)
- 1 or 2 carrots, shredded or finely chopped
- 1 small onion, diced

1. Blend the tofu with the vegetable oil until no large chunks remain. You can do this by hand, but it's very difficult work and the flavors won't blend very well; I recommend a good food processor or blender for this step.
2. Mix in the mayonnaise and mustard.
3. Mix in the garlic and parsley.
4. Mix in the chopped vegetables. Refrigerate and serve cold.



Marinated Parsley Salad

Contributed anonymously

To make four 1-cup servings:

1½ cups parsley leaves
(packed, washed, no stems)

¼ cup (1 ounce)
Parmesan cheese,
freshly grated

Dressing:

1½ tablespoons red-wine
vinegar

1 teaspoon sugar

Pinch of pepper, freshly
ground

1 large garlic clove,
minced

1 teaspoon
Worcestershire sauce

1 teaspoon Dijon mustard

2 teaspoons freshly
squeezed lemon juice

¼ cup water

1 teaspoon olive oil

½ cup sun-dried tomatoes
(not the kind packed in
oil), cut into thin strips

1. Make the salad: Pat the parsley dry with a paper towel or tea towel to remove all moisture.
2. Toss the parsley with the dressing and grated cheese.

1. Make the dressing: Mix the vinegar and sugar in a medium bowl until the sugar dissolves.
2. Add the pepper, garlic, Worcestershire sauce, mustard, lemon juice, water and oil, and mix thoroughly.
3. Add the sun-dried tomatoes and marinate for several hours or overnight to soften the tomatoes and infuse their flavor throughout the dressing.



Potato Salad

Contributed by Diane Frank

For a very large gathering or for people who like leftovers.
You'll need a really, really large serving bowl

To serve 8-10 (but they've got to be hungry):

8 baking potatoes
2 bunches of scallions
(green onions),
chopped
6 large stalks of celery,
no leaves
8 hard-boiled eggs (6
chopped, 2 sliced)
6 sweet gherkin pickles,
chopped
slices of peppers
(optional)
Salt and pepper, to taste
Paprika (optional)

Sauce:

¼ cup vegetable oil
¼ cup cider vinegar
2 tablespoons yellow
mustard
2 teaspoons gherkin juice
Mayonnaise

1. Boil the potatoes until you can put a fork in them easily (not overcooked).
2. While the potatoes are cooking, make the sauce: mix the sauce (vinegar, oil, mustard, gherkin juice, and mayonnaise) in a 2-cup measuring cup. Add enough mayonnaise to raise the level to 12 ounces, then beat the ingredients together until the mixture is relatively smooth.
3. Mix the scallions and celery in a small bowl, then add them to the sauce.
4. When the potatoes are done, peel them while still hot. Let them cool for a while and then chop them into cubes.
5. Put one-third of the potatoes in the large serving bowl. Add salt and pepper to taste.
6. Add one-third of the cut greens and the egg chunks, then add one-third of the sauce and mix gently so the potatoes don't break.
7. Repeat Step 6 twice, but before the final time, add the chopped gherkins and mix the gherkin juice into the sauce.
8. Decorate the top with two sliced eggs, peppers, paprika, or whatever makes it look nice.
9. Refrigerate at least 4 hours before serving.



Baba Ghanoush

Contributed anonymously

This is a low-fat version of the delicious Lebanese eggplant dip. Serve with pita bread wedges or crackers as a spread. You will need enough aluminum foil to wrap the eggplant.

To serve 2 as a main dish (6 as an appetizer):

1 large or 2 small eggplants, washed
1 clove garlic, minced and ground with $\frac{1}{4}$ teaspoon salt
1 teaspoon lemon juice (ideally, fresh)
1 tablespoon white wine vinegar
1 tablespoon tahini (sesame seed paste)
 $\frac{1}{4}$ cup chopped parsley or cilantro

1. Preheat the oven to 350°F or start a barbeque at medium heat.
2. Pierce the eggplant a few times with a fork, then wrap it in aluminum foil. Roast in the oven or on the barbeque grill for about 1 hour, until the eggplant is soft and dark. (I usually roast the eggplant while I'm using the oven or grill for the main dish or dessert.)
3. Remove the eggplant from the heat and let it cool. Cut the eggplant in half lengthwise and scrape the inner meat out into a bowl. Save the skin for the compost pile.
4. Add the garlic (grinding it beforehand with a mortar and pestle reduces any bitterness), lemon juice, vinegar and tahini. Mash the mixture together with the eggplant to an even consistency.
5. Stir in the chopped parsley or cilantro.



Chicken and Fruit Salad

Contributed anonymously.

This light, simple salad is especially refreshing on a hot summer day.

To serve 4 to 6:

2 chicken breasts
1 small onion, chopped
2 teaspoons salt
Whole black pepper (to taste)
1 cup celery, sliced
2 tablespoons green onion, chopped
2 tablespoons lemon juice
One 11-ounce can of mandarin oranges, drained
One 9-ounce can of pineapple chunks, drained
 $\frac{1}{2}$ cup slivered almonds, toasted
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ teaspoon grated lemon peel

1. In a medium saucepan, cover the chicken breasts in water seasoned with the chopped onion, 1 teaspoon of the salt, and black pepper. Bring the water to a boil, then lower the heat and simmer until the chicken is tender (about 30 minutes).
2. Cool the chicken breasts, then dice them into $\frac{3}{4}$ -inch cubes.
3. Combine the chicken with the celery, green onion, 1 teaspoon of the salt, and lemon juice. Cover and chill for several hours.
4. Before serving, add the oranges, pineapple, and almonds.
5. Combine the mayonnaise and lemon peel, then mix with the chicken and fruit salad.



Bahzerghan

Contributed by Alice Falk

A great summer appetizer, served with pita—it's delicious and requires no cooking. A friend of mine got the recipe from Bloomingfoods in Bloomington (Indiana); after dividing their version by a very large number, she came up with this recipe.

To make 6 cups:

2 cups dry bulghur
2 cups boiling water
 $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon tamarind
paste (available in
oriental groceries and
health food stores)
One 12-ounce can tomato
paste
1 teaspoon salt, or to
taste
 $\frac{1}{2}$ teaspoon cayenne
pepper, or to taste
 $\frac{1}{2}$ tablespoon chili
powder
4 cloves garlic, crushed
 $\frac{3}{4}$ cup olive oil
4 teaspoons cumin
1 onion, minced
Lemon juice, to taste

1. Pour the boiling water over the bulghur and cover; let stand 30 minutes.
2. Mix the other ingredients well and add the bulghur; mix thoroughly (using your hand is the easiest way).
3. Serve chilled or at room temperature.



Chicken Fusilli Salad

Contributed by Heather Ebbs

On a summer day so hot that blinking brought sweat, I put together this simple cold salad from what I could find in my cupboard and refrigerator. It has since become a family favorite. (“Ask Heather to bring that ‘silli chicken pasta thing!’”)

**To serve 4 (generously)
as a main dish:**

½ pound fusilli noodles
(rainbow colored is pretty)
1 whole breast of
boneless chicken, cut
into bite-sized pieces
½ medium sweet onion
(purple is nice),
chopped
Pepper, to taste
(optional)
1 handful of snowpeas,
sliced diagonally
⅓ cup red wine vinegar
⅓ cup vegetable (e.g.,
olive) oil
1 tablespoon sugar
Parmesan cheese, grated
(optional)

1. Cook the pasta according to the package directions and rinse it in cold water. Drain.
2. Fry the chicken until it is cooked through and slightly browned; add the onions when the chicken is about half done. If desired, add pepper (to taste) during cooking. Set the cooked chicken aside.
3. In a small saucepan, boil enough water to cover the snowpeas. When the water is boiling, add the snowpeas and boil (covered) for 2 minutes. Rinse immediately in cold water to preserve the bright green color. Drain.
4. Mix the noodles, chicken, onion, and snowpeas in a serving dish.
5. Shake together the vinegar, oil and sugar. Pour this dressing over the noodle mixture and stir enough to coat everything.
6. Chill, and stir before serving. If desired, sprinkle grated parmesan cheese over the top before serving.



Hummus Platter

Contributed by Kay Koller

A friend from Lebanon taught me the basic hummus recipe. The addition of fresh chopped vegetables makes a beautiful festive platter. Fast, easy, delicious and good for you!

To serve 3 as a meal (8 as an appetizer):

Two 15-ounce cans of chickpeas, one drained and one not drained
3 cloves garlic, peeled (more, if you like)
 $\frac{1}{4}$ cup tahini
Juice of one lemon
Pinch of cayenne pepper (optional)
 $\frac{1}{2}$ teaspoon salt
2 tablespoons olive oil
1 cup fresh parsley, chopped
1 large cucumber, seeds removed then chopped
2 large tomatoes, chopped
6 scallions (green onions), chopped
6 pita breads

1. Puree the chickpeas, garlic, tahini, lemon juice, cayenne, and salt in a food processor or blender until smooth.
2. Spread the results onto a large platter, and drizzle the olive oil over the top.
3. Adorn with the chopped vegetables in a decorative pattern. I like to use a round platter and make concentric circles of the different vegetables, but you may strew them wildly if you wish.
4. Warm the pita bread in the oven or microwave. For an appetizer, you can cut the pita breads into eighths and toast them in the oven until crisp.
5. Scoop up the hummus with pieces of the pita bread. A bowl of good olives and some garlicky pickles make nice accompaniments.



Red Potato Salad with Wilted Spinach

Contributed by Julie Peterson

There are two versions of this recipe, both tasty: one with pork and lots o' saturated fat, one without. I developed the recipe during 9 weeks of unemployment in 1989.

To make 12 servings:

5 pounds small red potatoes, scrubbed but not peeled
2 bunches fresh spinach
1 pound sliced bacon or $\frac{1}{4}$ cup olive oil
Salt and pepper, to taste
3 tablespoons brown or Dijon-style prepared mustard
 $\frac{1}{4}$ cup red wine vinegar

1. Boil the potatoes with just enough water to cover them, until they are fully cooked but still firm. Remove them from the heat, and replace the hot water with cold water.
2. While the potatoes boil, remove the spinach roots and wash the leaves. Cut into bite-sized pieces with kitchen shears, and drain well.
3. If you use bacon: Cook the bacon in a skillet until crisp, then break it into small pieces in a large serving bowl. Reserve the bacon grease for wilting the spinach.
4. Place the spinach, a handful at a time, in the bacon grease in the skillet over a medium heat. It will "wilt". Remove it immediately to the mixing bowl. If you don't use bacon, steam the spinach briefly over hot water or in a dish in the microwave oven before adding it to the bowl.
5. Drain the potatoes, cut them into large chunks, and place the chunks in the mixing bowl.
6. Add salt and pepper to taste. (Remember, if you're using bacon, it's already quite salty.) Gently mix the bowl contents.
7. Mix the vinegar and mustard together. If you didn't use the bacon, add olive oil to the vinegar-mustard mixture. Pour the mixture into the bowl and toss thoroughly.
8. Serve the salad warm or chilled.



Mondegreen Salad

Contributed by Jeanne Lese

A perfect salad for copyeditors: it demands only a few high-quality, yet earthy ingredients, and it's sweet and tart at the same time. Proportions can be expanded or contracted, depending on the number of people you want to feed. Use the best ingredients you can find: treat yourself to some really good vinegar, a nice, mild olive oil, and some fine cheese. Try to use greens with contrasting flavors and textures. Enjoy.

To serve 4 as a side salad (2 as a main dish):

- ¼ pound (approximately) mixed salad greens—such as “spring mix” or a combination of any mild-tasting lettuce (Boston, butter, leaf, etc., but not iceberg) and “bitter” greens (curly endive, arugula, any young leaves from the mustard family, etc.).
- 2 pears, firm yet ripe, diced (any variety; I leave them unpeeled for color)
- 4 ounces gorgonzola or other blue cheese, crumbled
- 2 ounces almond slices or chopped walnuts, toasted for 5 minutes in a 325°F oven and cooled

Raspberry vinaigrette:

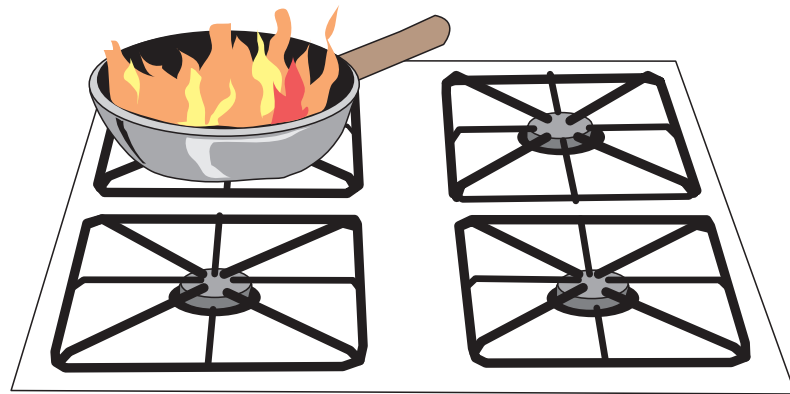
- 3 tablespoons olive oil
- 3 tablespoons raspberry vinegar (or according to taste; see at right)
- ¼ teaspoon salt
- ⅛ teaspoon pepper

1. Place the salad greens in a large bowl.
2. Add the pears, cheese, and nuts.
3. Before serving, add the vinaigrette as needed and toss lightly. Serve with warm, crusty rolls or bread.

Tip: If you need to prepare the ingredients ahead of time, toss the diced pears with some of the vinaigrette to prevent the pears from discoloring.

Tip: If raspberry vinegar is not available in your area, substitute another good fruit-based vinegar.

Mix everything with a fork and taste. Add more vinegar, oil, salt or pepper as needed. To complement the pears and cheese, the dressing should be light, slightly tart, and distinctly fruity.



Main courses



Grandma Bessie's Chopped Chicken Liver Lecture

Contributed by Miriam Bloom

Get some nice fresh chicken livers—8 to 12 for four people unless they're starving. Hard-boil 4 eggs or so and let them cool before you try to peel them or you'll end up with pieces of shell in the liver. Feh!

Get a good, *zofitig* chicken—not one that went to bed hungry—and pull out all the chunks of fat from the openings. Rinse off the fat, chop it coarse, and brown it in a frying pan; save the chicken for soup. You can chop the neck skin and add that too, but really, the neck's better for *kishke*. Chop a big onion—two is better—and when the *grebene* [Editor's note: the crispy little remnants that curl up in the pan] are almost done, add the onions and fry until golden brown. Smell! Then add the chicken livers to the pan and cook, but not too much. Let it all cool a little or you'll burn yourself.

Spill the livers, *grebenes*, onions, and all the fat into a wooden bowl. Add the eggs (better to throw out the whites and just add the yolks) and chop it all together. Add salt and pepper—but not too much. And when you clean up, don't soak the bowl.



Chicken Sicilian

Contributed by Krista De Groot

I learned how to make Chicken Sicilian when I worked at the Carousel restaurant (Winter Park, Colorado) way back in '86 before I got my first real job in communications. It comes from the Nigro family, compliments of Kathy Nigro's Nanna. The family still owns and operates the "historic" Rapids restaurant (Grand Lake, Colorado) at the headwaters of the Colorado River. It's a very easy dish and usually gets good reviews from guests. I serve it with a side of pasta with marinara sauce, a big green salad and lots of garlic bread.

To serve 4:

4 boneless chicken breasts
Dry bread crumbs, flavored with basil and parsley
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ cup butter
One 6-ounce jar marinated artichoke hearts, including marinade
 $\frac{1}{2}$ cup dry (dry, dry!) white wine
2 lemons

1. Pound chicken breasts until they're about $\frac{1}{4}$ inch thick. Dredge them in the bread crumbs.
2. Heat the olive oil and butter in a skillet and sauté the chicken breasts at medium heat until they're cooked about halfway through and they're crispy on the bottom. Turn the breasts and sauté the other side.
3. While that side is browning, pour artichokes and their marinade over the chicken breasts, then add the wine and the juice of one lemon. Cooking takes 5 to 10 minutes.
4. Slice the other lemon and use the slices to garnish the chicken breasts when you remove them from the pan. (If you put the sliced lemons on the meat while it's cooking, the peel will give off a bitter flavor.)
5. Place the breasts on a platter or individual plates, top with a generous helping of the sauce, garnish with lemon slices, and serve.

Chicken Enchilada Casserole

Contributed by Nancy McGuire

You don't need to take any special precautions—this recipe's about as foolproof as they come. This dish freezes well, so you can prepare it in advance or save the leftovers. If you can't find green chilies, bell peppers will do, but only if you are not a native of the southwestern U.S. (it's a matter of principle with us). I have found canned green chilies in the Mexican food sections of several grocery stores in the Midwest and Northeast (U.S.). A "small can" is the 4-ounce size, or approximately ½ cup.

To serve 6 to 8:

One package (8 to 10)
corn tortillas
One can cream of
mushroom soup
Milk or water
1 teaspoon cumin or
cilantro (optional)
Two small cans chopped
green chilies (not
jalapeños)
One baked chicken, meat
removed from bones
(or use a canned
whole chicken)
One large onion
4 ounces cheese
(cheddar or Monterrey
Jack), shredded

1. Preheat the oven to 350°F. Dilute the mushroom soup with about half a can of milk or water, until it is fluid but not runny. Add the green chilies.
2. Add cumin, cilantro, and any other herbs or spices that appeal to you. Heat the mixture on medium setting until just before it boils.
3. Grease a large casserole pan. Tear the tortillas into fourths, and line the bottom of the pan with one layer of tortilla pieces.
4. Slice the onion thinly and separate it into rings. Place a layer of chicken meat on top of the tortillas and cover it with a layer of onion rings. Pour about a third of the mushroom soup mixture on top of this.
5. Repeat the layers (tortillas, chicken, onions, soup) until you run out of ingredients. Sprinkle the shredded cheese on top.
6. Bake for about 30 minutes, until the mixture is bubbly and the cheese is browned.



Anonymous Mince (Ground Beef Casserole)

Contributed by Matthew Stevens

This is my favorite dish. It has the name “Anonymous” because it has no name. You must follow the recipe to the letter, or it isn’t authentic Anonymous Mince. Any variation, even if it may be just as nice, is called Erroneous Mince.

You will need a 1-gallon oven-proof baking dish, a frypan or large saucepan suitable for the stove-top, and a rice cooker.

To serve 6:

1 large onion, finely chopped
1 to 2 sticks of celery, thinly sliced
1 large capsicum (bell pepper or sweet pepper), chopped moderately fine
Cooking oil
1½ pounds of minced (ground) topside beef
One ¾-pound can of tomatoes or 4 to 6 fresh tomatoes, roughly chopped
A dash of cayenne pepper (go easy on this)
2 cups of white rice
1 to 2 cups of grated cheese (mozzarella is good)

1. In the saucepan, sauté the onion, celery, and capsicum (pepper) in the oil. When these soften, remove them to another pot or plate. Begin boiling the rice in a separate pot before you begin the next step.
2. Sauté the minced (ground) beef until it is all browned, breaking up the lumps as you go. Return the vegetables to the saucepan and mix them into the meat. Add the tomatoes and cayenne pepper, and cook at a moderate heat for about 15 minutes.
3. Preheat the oven to 425°F. Pour the meat mixture into the oven-proof dish and add the rice. Mix well, press it down, then cover the top with the grated cheese.
4. Bake uncovered for 30 minutes or until the cheese is lightly browned.
5. Serve on its own or with vegetables.



Autumn Lasagna

Contributed by Tiffany Crotogino Munoz

This lasagna came about after a trip to the local farmer's market. I came home with bags of vegetables in wonderful fall colors. The result appeals to the eye as well as the stomach. If the ingredients aren't available in the color or variety described, don't worry. This lasagna tastes very good regardless of the color scheme!

The noodles (makes one 7x11-inch lasagna):

6 (or 8) whole-wheat lasagna noodles (cook a couple of spares, in case any of the noodles break)
A pinch of salt
1 tablespoon olive oil

The meat sauce:

1 tablespoon olive oil
2 cloves garlic, minced
1 medium-sized red onion, chopped finely
1 pound ground chicken (or beef, turkey, lamb, etc.: all work well in this recipe)
1 orange bell pepper, diced
2 medium-sized yellow zucchini, diced
One 19-ounce tin of tomatoes, cut up (I usually buy the diced ones to avoid having to cut the tomatoes up myself)

1 tin tomato paste
1 bay leaf
1 teaspoon crushed thyme
Salt and white pepper, to taste

The bechamel sauce:

2 tablespoons butter
2 tablespoons flour (whole wheat or white)
1½ cup milk (skim, 2% or whole, as you prefer)
½ cup grated parmesan cheese
½ teaspoon salt
¼ teaspoon ground nutmeg
¼ teaspoon ground white pepper

Other:

1½ cup grated mozzarella (skim, part-skim, or whole)
1 large red tomato, sliced (should give 6 to 8 slices)

**Preparing the component parts:**

1. Preheat the oven to 350°F. In a large pot, boil enough water to cook the lasagna noodles. Add salt and olive oil. Cook the noodles for as long as required (see package instructions). When the noodles are cooked *al dente*, drain them, rinse with cold water, and set aside.
2. While the noodles cook, heat 1 tablespoon olive oil in a deep frying pan.
3. Add the garlic and onion to the hot oil. Sauté until fragrant, then add the ground meat. Stir until completely browned.
4. Stir in the bell pepper and zucchini. Cook for about 5 minutes.
5. Stir in the tin of tomatoes and heat until the mixture is bubbling. Then stir in the tomato paste, bay leaf, and thyme.
6. Simmer for about 30 minutes, then season with salt and white pepper (to taste).
7. While the meat sauce simmers, gently melt the butter in a medium saucepan.
8. When the butter is bubbling (don't let it brown!), stir in the flour and cook for about 2 minutes.
9. Remove the saucepan from the heat and gradually stir in the milk. Stir until no flour lumps remain.
10. Return the pan to a medium heat and bring the mixture to a gentle boil, stirring constantly to keep it from scalding.
11. When the sauce thickens, stir in parmesan, salt, pepper, and nutmeg.

Assembling the component parts:

12. In the bottom of a greased 7x11-inch pan, place a thin coat of meat sauce (just enough to cover the bottom of the pan).
13. Place a layer of noodles on top of the meat sauce. Cover it with half of the remaining meat sauce and one-third of the grated mozzarella.
14. Add another layer of noodles. Cover it with half of the bechamel sauce and half of the remaining mozzarella.
15. Add another layer of noodles. Mix the remaining bechamel sauce with the remaining meat sauce and cover the noodles with the mixture. Arrange the sliced tomato on the sauce. Cover this final layer with the remaining mozzarella.
16. Bake the lasagna for 35 to 40 minutes, until heated through and bubbling. If the mozzarella begins to brown, cover the dish loosely with aluminum foil.



Roast Lamb with Couscous

Contributed by Matthew Stevens

This is one of the easiest yet tastiest meals I know of. Couscous is a pasta product made from precooked semolina. It is popular in North Africa but requires no specialized skills to use. You will need a covered baking dish (ideally a schlemmertopf or römertopf clay pot), a stove-top casserole dish, and a large heat-proof jug.

To serve 4 to 6:

Half a leg of lamb
1 to 2 cloves of garlic,
roughly chopped
6 potatoes, cleaned and
wrapped in aluminum
foil
Olive oil
1 moderate onion, finely
chopped
1 to 2 zucchini (cour-
gettes) or substitute,
thinly sliced
One $\frac{3}{4}$ -pound can of
tomatoes or 4 to 6
fresh tomatoes,
coarsely chopped
Extra water
1 cup of couscous
A knob of butter

1. Place the lamb in the baking dish, smear it with garlic, then place the covered dish in a moderate oven (425°F) and cook for 1½ to 2 hours. You don't need to add water or fat. An hour before you plan to take the meat out of the oven, place the potatoes in the oven.
2. While the meat and potatoes cook, sauté the onion in the oil. Add the zucchini and sauté that too. Add the tomatoes and cook the mixture for 5 to 10 minutes, adding water as necessary.
3. Take the lamb and potatoes out of the oven. Carve the meat into bite-sized pieces and add them to the vegetables. Unwrap the potatoes, cut these into bite-sized pieces too, and add them to the meat and vegetables. Add more water if necessary to produce a sloppy consistency, then cook for 5 minutes.
4. Place the couscous in the heat-proof jug. Boil some water and pour it over the couscous. Stir intermittently for a few minutes until all the water is absorbed, then mix in the butter.
5. Serve the meat and sauce on top of the couscous.



Pork and Rice

Contributed by Rebecca Pepper

The adults and the children at our house love this mild curry, which makes it a five-star recipe in my book. If you're a leftover luncher like me, you'll also like the fact that it warms up nicely the next day.

To serve 8:

2 tablespoons vegetable oil
2 pounds boneless pork, cut into 1-inch cubes
2 cups onion, finely chopped
1½ teaspoons salt
½ teaspoon freshly ground black pepper
¼ teaspoon dried thyme
2 bay leaves
1 teaspoon curry powder, or more (to taste)
4 cups boiling water
1½ cups uncooked rice

1. Heat the oil in a large saucepan. When hot, brown the pork cubes on all sides.
2. Add the onions and sauté until they're soft.
3. Add salt, pepper, thyme, bay leaves, curry powder, and the boiling water. Cover and cook over a low heat for 30 minutes.
4. Add the rice (and more water, if necessary). Cover and continue to cook over low heat for about 25 minutes, until the rice is ready.



David's Pork Chops

Contributed by David Haynes

I developed this recipe a few years ago when my chef was in Belize for a couple of months, and I had to “root, hog, or die”. Traditionally, in the South, pork chops come from the market about $\frac{1}{4}$ inch thick and are fried to resemble shoe leather (gotta kill that trichinosis, don't ya know). I convinced a butcher to cut some $\frac{3}{4}$ -inch chops, and I went to work.

To serve 4:

2 or 3 tablespoons oil
 $\frac{1}{4}$ cup green onions (or yellow onions—what the heck), chopped
 $\frac{1}{4}$ cup mushroom pieces, sliced
 3 to 4 cloves garlic, diced
 Flour (to coat the meat)
 4 pork chops, $\frac{3}{4}$ to 1 inch thick
 $\frac{1}{2}$ Knorr beef bouillon cube
 $\frac{1}{4}$ to $\frac{1}{2}$ cup white wine
 $\frac{1}{2}$ teaspoon dry tarragon
 $\frac{3}{4}$ teaspoon dry basil
 $\frac{1}{4}$ teaspoon rubbed sage

1. Heat the oil in a skillet that you can cover and that's big enough to hold your chops in one layer.
2. Sauté the onions until clear, add the mushrooms, then sauté until they're slightly brown. Add the garlic and stir for a minute or two. Don't let anything burn.
3. Remove the onion, garlic, and mushrooms, and keep warm.
4. While you're sautéing this stuff, dredge the pork chops in flour.
5. Brown the chops well in the same oil, then remove them and keep them warm. Meanwhile, mix $\frac{1}{2}$ cup hot water with the bouillon cube. (It won't dissolve, so just mix it up as well as you can.)
6. Dump this mixture in the skillet and add $\frac{1}{4}$ cup (bad) or $\frac{1}{2}$ cup (good) white wine.
7. Rub the tarragon and basil in your palm, then add them and the sage.
8. Return the chops to the pan, cover the pan, and simmer for 5 to 10 minutes (longer for thicker chops). The meat is cooked when a typical chop is grey throughout.
9. Add the onion mixture to the skillet and, stirring up the good stuff, boil the mixture on a high heat until it thickens enough to form a good sauce.
10. Serve the chops smothered with the thickened sauce.



Italian Meat Sauce

Contributed anonymously.

I got this recipe from a Canadian I met while working in Tokyo. It makes a huge pot of sauce that freezes and reheats well, so you can have it again and again. I love the way the house smells when the sauce is cooking.

To serve 8:

1 to 2 large onions,
chopped finely
1 large carrot, chopped
finely
3 cloves garlic, chopped
finely
1 stalk celery, chopped
finely
Virgin olive oil (to fry the
meat)
3 tablespoons fresh
parsley, chopped finely
Mushrooms (optional)
1 pound ground beef
1 pound ground pork
5 cans Italian tomatoes
1 can tomato paste
2 bouillon cubes
 $\frac{1}{2}$ wine glass (according
to your taste!) Italian
red wine
2 to 3 teaspoons salt
2 teaspoons black pepper
2 teaspoons oregano
1 teaspoon sweet basil
(optional)
1 bay leaf
Pasta (your choice of
shapes, enough for all
your dinner guests)

1. Chop the vegetables finely. Then, in a large cooking pot, lightly fry the vegetables with virgin olive oil.
2. Add the ground meat and fry it with the vegetables until it's brown.
3. Add the tomatoes, tomato paste, bouillon cubes, and red wine to the pot.
4. Add the spices.
5. Cook over a low heat for 2 to 3 hours. Stir every 5 minutes to keep the bottom from burning.
6. Cook the pasta shortly before you're ready to serve dinner. Remove the bay leaf from the sauce before serving. Extra sauce can be frozen and reheated.



Hoppin' Don Chili

Contributed by Don Dale

Here in Dixie we treasure Hoppin' John (or my version thereof). You'll find as many recipes as you'll find authentic Southern cooks, but almost all of the guidelines specify blackeye peas and sausage of some sort. Here at the Virginia Museum of Fine Arts a year or so ago, we had a chili cookoff among the staff to raise money for the employee fund. I decided to enter, but when I set to making the chili the night before, I was short a few ingredients. What I came up with was quite popular the next day—my pot sold out early. I think I came in second or third.

To serve 6 hungry people (or 8 polite eaters):

1 tablespoon shortening
or vegetable oil
1 pound ground beef
1 pound sausage (use
“hot” or “mild”, to your
taste)
1 cup chopped onions
¼ cup green pepper,
chopped
2 cloves garlic, minced
Two 16-ounce cans
tomatoes or 4 cups
fresh tomatoes,
chopped and peeled
¼ to ⅓ cup chili powder
(to taste)
1½ teaspoons salt
2 cans blackeye peas (14
to 16 ounces each),
drained
2 cups white rice (brown
rice optional)

1. Sauté the onions, green pepper, ground beef and sausage in shortening or oil until the meat loses its pink color and the onions are translucent. Drain the grease if you prefer.
2. Add tomatoes and their liquid, plus the blackeye peas, chili powder, and salt, and heat until the mixture boils.
3. Reduce the heat and simmer, covered, for 1 hour.
4. While the chili simmers, boil the rice. Serve the chili over the rice.



Hoi Polloi Chili

Contributed by Renee Cornelisen

A quick dish to appease the starving masses and that won't drive you crazy, in spite of their jumble of dietary restrictions. Bread sticks, crackers, tortillas or corn bread are good with it.

To serve 8:

1 pound ground or diced meat (beef and chicken work well; optional)
Cooking oil
28 to 30 ounces of pinto beans, canned
15 ounces of red kidney beans, canned
One 16-ounce jar of medium-spicy salsa
One 14- to 15-ounce can of stewed or peeled tomatoes
2 to 3 tablespoons chili powder

1. If your starving masses like meat, brown this first in a pot; add 1 teaspoon of salt if you use a non-stick pot, or 1 tablespoon of oil otherwise.
2. Mix the remaining ingredients together in the pot, and heat on a medium heat for about 10 minutes until the mixture bubbles.



One-Legged Chili

Contributed by Bob Allen

This recipe was written for fun in 1984, but the chili is pretty good. One-Legged Chili is not merely to be eaten; it is to be experienced. It goes beyond the basic definition of food—it is an existential concept, a sensory gestalt, a warm sensuous reflection of cultural philosophy. It is exciting, macho, right-on stuff. One-Legged Chili cannot be thrown together from a simple recipe: it requires careful planning and preparation of both your personal life and the ingredients. Only after you have prepared yourself can you attempt to make One-Legged Chili. (Note: measurements and ingredients are approximate.)

Self-preparation:

Live a sedentary life. Get old enough that your body starts to reflect the vicissitudes of your life style (say 40 or so). Spend a week skiing and screw up your knee. The doctor will wrap your knee, give you some pills and a pair of crutches. Standing on one leg, supported by the crutches, you are now prepared to make One-Legged Chili.

Chili preparation:

1½ pounds lean ground beef (extra lean is better)
 One 16-ounce can whole tomatoes
 One 15-ounce can dark red kidney beans, drained
 1 can tomato paste
 1 medium onion (or maybe 2)
 1 clove garlic
 2 teaspoons chili powder
 1 teaspoon ground cumin
 Fresh ground pepper (no sissy pre-ground pepper), to taste
 Cayenne pepper (yes!), to taste
 Tabasco (red pepper) sauce, to taste
 Salt substitute (we're over 40... no time to screw around with high blood pressure)
 Oregano, to taste
 1 bottle of beer (no pop-tops, no left-wing light beer)
 1 jalapeño pepper (2 if you're really macho)



1. Put the ground beef in a cast iron skillet (no sissy Teflon-coated, copper-bottomed, stainless steel frying pans; use a real down-to-earth cast iron skillet).
2. Brown the meat over a medium heat, stirring. While it browns, chop the onion. (You can use a food processor: I know it's not macho, but being sedentary was part of the deal.) Finely dice the garlic (use a big knife or a meat cleaver, not some two-bit weenie paring knife). Sip the beer (don't guzzle, don't spit back in the bottle).
3. Remove the fat that cooks off of the meat (there's nothing macho about pouring saturated fats into an over-40 body with hypertension). Add the chopped onions and garlic. Keep stirring and sipping (no spitting).
4. Add the salt substitute and pepper (one good sprinkle over the surface of the meat), a couple shakes of cayenne pepper, a few dashes of Tabasco, chili powder, cumin, and a sprinkle of oregano (I told you the measures were approximate). Stir until done. (If you can't tell when ground meat is done, you've got no business working on a complicated project like this.)
5. Put the meat in a pot (not a sauce pan; see comment on the cast iron skillet), then add the tomato paste, jalepeños, kidney beans, and undrained tomatoes. Stir well. If too dry, add a little beer (I told you not to spit back in the bottle).
6. Simmer over low heat 1½ hours, stirring every 10 to 15 minutes. After an hour, sniff and taste, and adjust the seasoning (that's the existential part). If the mixture is too wet, leave the lid off to let the steam escape. When the chili is done, leave the lid on for 5 minutes.
7. Remove the pot from the heat and let the chili stand covered overnight (simmering sterilizes it; it won't spoil if you leave the lid on, trust me). Reheat and serve the next day. (It's always better the next day, so maybe I should have called it One-legged Next-Day Leftover Chili...)



Fish Steaks with Captain's-Last-Beer Marinade

Contributed by Joanne Sandstrom

The recipe works best if the fish used is caught on a trolling line as your yacht sails off the wind in the vicinity of Tahiti. If you've really used the last beer, be ready to walk the plank. Remember, the better the beer, the better the marinade!

To serve 4 to 6:

4 to 6 fish steaks (bonito, albacore, mahi-mahi, swordfish)

One 12-ounce bottle (or can) of tasty beer (no "lite" beer, no "beer" made with corn syrup, etc.)

½ cup cooking oil

1 clove garlic, chopped (or ⅛ teaspoon garlic powder if that's all you have aboard)

2 tablespoons lime (or lemon) juice, preferably fresh

1 tablespoon brown sugar (or molasses or honey)

1 teaspoon salt

3 whole cloves (or ½ teaspoon ground cloves, if that's all you have aboard)

1. Prepare the barbeque or grill for use in about an hour if you want to barbeque or grill the fish instead of frying it.
2. Combine all ingredients except the fish steaks and mix well. Pour into a shallow pan.
3. Marinate the fish steaks for at least 1 hour, turning them several times.
4. Drain the steaks, then cook them on the barbeque or grill. For frying, heat 1 tablespoon of cooking oil in a frying pan and fry the marinated steaks until done (typically 3 to 5 minutes each side).



Pasta alla Marinara

Contributed by Matthew Stevens

This is a very simple recipe that turns out a delicious meal. Seafood is popular and easy to come by in Australia. I use an assortment of fresh seafood, including prawns (not quite the same as shrimp), fish pieces, baby octopus, mussels, and scallops, but any variation, fresh or frozen, will do just as well. You will need a large frypan or saucepan and a pot for cooking pasta.

To serve 4:

1 medium or large onion,
finely chopped
2 to 3 cloves of garlic,
finely chopped
Olive oil
1½ pounds of assorted
fresh seafood (washed)
One ¾-pound can of
tomatoes or 4 to 6
fresh tomatoes, roughly
chopped
4 ounces of tomato paste
Chili sauce to taste (any
type of sauce or even
fresh chilies will do)
12 fluid ounces fish stock,
or 1 teaspoon of fish
sauce (nam pla)
Basil, to taste
Extra water
1 pound pasta

1. In the frypan, sauté the onion and garlic in a little oil. When they soften, add the seafood.
2. Cook on a high heat for 5 to 10 minutes, then add the tomatoes, tomato paste, basil, stock (or fish sauce), and chili sauce.
3. Cook on a low heat for 30 minutes. Add water as necessary.
4. While the sauce cooks, boil the pasta, then serve with the seafood sauce.



Pasta Puttanesca

Contributed by Mari Schindele

The title of this dish, loosely translated, means “pasta in the style of the prostitute”. There are a number of explanations for the title; the most likely is that prostitutes in Italy were only allowed out to shop at limited times each week, so they had to use a lot of canned items in their cooking. Talk about making a virtue of necessity! Serve this dish with a spinach salad and a hearty red wine.

To serve 4:

2 teaspoons salt
1 pound of penne or raddiatore pasta, or any curly pasta that holds lots of sauce (I use tricolor raddiatore)
¼ cup extra-virgin olive oil
2 garlic cloves, finely minced
1 teaspoon fresh rosemary (about 1 sprig), minced
Red (chili) pepper flakes and ground black pepper, to taste
One 28-ounce can whole tomatoes
1 tablespoon sundried tomato paste (or 3 chopped sundried tomatoes)
1 tablespoon capers
8 to 12 Kalamata olives, pitted and minced
4 anchovy fillets, soaked in ½ cup milk for 30 minutes

1. Put a large stockpot of water on to boil. When the water boils, add 2 teaspoons of salt and then the pasta. Boil the pasta until *al dente*, then drain it.
2. While the pasta cooks, heat the olive oil in a large frying pan. Add garlic, rosemary, and black and red (chili) peppers. Sauté briefly (for 30 to 45 seconds); don't let the garlic brown.
3. Add tomatoes, but not the liquid in the can, breaking the tomatoes up loosely with your fingers as you add them to the skillet (be careful of splatters). If the sauce looks too dry, add a bit of the tomato liquid as well.
4. Simmer the sauce at a medium heat, adding the sundried tomato paste, capers, and olives, and stirring frequently.
5. Rinse the anchovies and chop them. Add them to the sauce and stir until they dissolve (about 30 seconds).
6. Return the pasta to the stockpot and add the sauce. Mix thoroughly, then serve in large pasta bowls.



Salmon Patties

Contributed anonymously.

A delicious, low-fat way to get fish and other good things into your kids without them saying “Yuck!” Note: You can substitute tuna for salmon, but add an extra egg. Adjust the quantities of oatmeal and water to obtain the same thick paste consistency.

**To make
approximately 6
patties:**

One 15-ounce can of red salmon, undrained
1 extra-large egg
 $\frac{1}{2}$ cup oatmeal (as much as you need to produce a thick paste consistency)
Low-fat cooking spray
Onion powder, garlic powder and paprika, to taste

1. Preheat the oven to between 400 and 450°F (use a “broil” setting). Mash the salmon in a bowl with a fork. (You can remove the bones first, or mash very soft ones to increase the calcium content.)
2. Mix the egg and oatmeal together with the salmon. The mixture should be the consistency of a thick paste; add water if the mixture is too dry, or more oatmeal if the mixture is too wet.
3. Spray a low-fat cooking spray on a broiling pan.
4. Wet your hands with cold water and shape the salmon mixture into patties approximately $2\frac{1}{2}$ inches in diameter and $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Spray the cooking spray lightly on top of the patties. Sprinkle onion powder, garlic powder, and paprika on the patties (to taste). Broil until the paprika turns brown and no liquid is visible on the patties. Flip the patties, spray their tops with cooking oil, and sprinkle with paprika. Broil until the paprika turns brown.



Tatw Rost (“Roast potatoes”)

Contributed anonymously.

This recipe is Welsh; my mother’s mother used to make it when my mother was small. It would originally have been cooked in a cast iron pot over an open fire, but I find a saucepan and a hot plate produce good results. It’s a simple but tasty dish. The secret is in the cooking: the slower the better, to give the flavours time to mingle. The original recipe calls for a thin layer of “dripping” (the juices left over from roasting meat) on the bottom of the saucepan, to enhance the flavor and to stop the potatoes from sticking to the bottom of the pan. I omit this step. You can serve this dish alone, or accompanied by other vegetables, as preferred.

To serve 4:

2 large potatoes, sliced
(about $\frac{1}{3}$ inch thick)
2 large carrots, sliced
(about $\frac{1}{3}$ inch thick)
2 large onions, sliced
(about $\frac{1}{3}$ inch thick)
4 rashers (slices) of
bacon, cut in half
(streaky bacon is best)
Salt and pepper, to taste

1. Put 1 inch of water in a large saucepan.
2. Layer the vegetables in the saucepan: potatoes on the bottom, carrots on the potatoes, onions on the carrots.
3. Arrange the bacon in layers on top of the onions.
4. Add salt and pepper to taste.
5. Cover the saucepan and steam for at least 30 minutes or until vegetables are soft.
6. Serve as a stew.



One-Pot, Two-Bean Pasta

Contributed by Terri Mauro

Use any kind of pasta, substitute canned vegetables for the beans, or throw in a little leftover meat—this dish welcomes plenty of improvisation. It's also quick to make and, because you heat the sauce in the warm pasta pot, quick to clean up.

To serve 8:

One 16-ounce package
of elbow macaroni or
other dry pasta

One 26-ounce jar pasta
sauce

One 19-ounce can
kidney beans, drained

One 19-ounce can
chickpeas (garbanzo
beans), drained

About 8 ounces nonfat
cottage cheese

Several handfuls of
shredded mozzarella

1. Cook the pasta in a large pot according to the package directions. When it's cooked, drain it in a colander.
2. While the pasta drains, pour the sauce into the hot cooking pot from the pasta and heat over a low heat. Stir in the kidney beans and chickpeas.
3. Return the pasta to the pot and remove the pot from the heat. Stir in the cottage cheese.
4. Sprinkle liberally with shredded mozzarella, stir gently and cover to allow the heat from the pasta to melt the cheese. Wait a few minutes, then serve.



Meatless Walnut Meatballs

Contributed by Arlene Forbes

Our family is split between omnivores and vegetarians. This recipe satisfies both sides of the table. It's much better than the meat substitutes I find at the grocers. The recipe came to me from my sister-in-law, who is a nutritionist.

To serve 4:

1 cup walnuts, finely
grated
½ cup oatmeal
½ cup wheat germ
½ cup mozzarella cheese,
grated
½ medium onion, grated
2 portions bouillon
(chicken, or vegetable
broth for a vegetarian
version)
2 eggs
Oil for frying
32 ounces of tomato or
spaghetti sauce (your
choice)

1. Mix all ingredients except the tomato sauce, and form the mixture into balls.
2. Sauté the "meatballs" until cooked.
3. Add the tomato sauce and cook for 10 to 15 minutes.



Arroz Cubano

Contributed by Ann Stewart

This recipe combines several necessities of life: the dish is quick, mindless, and cheap; it tastes good; and, eaten regularly, it normalizes certain bodily functions. This recipe assumes that the cook knows how to make rice. This dish stores very well, and refrigeration improves its flavor. The black beans in the recipe can usually be found in specialty shops if they're not in your local grocery.

**To serve 6 or so
(depending on size of
stomach):**

1½ cups dry rice, either
white or brown
(makes 3 cooked cups)
Two 14-ounce cans black
beans
Two 14-ounce cans diced
tomatoes and hot
peppers (or use diced
tomatoes and add your
own hot peppers—be
careful!), drained
2 to 5 slices of jalapeño
pepper (for maso-
chists: use hot ones),
fresh, canned or jarred
1 tablespoon marjoram
1 tablespoon oregano
1 tablespoon sage
1 tablespoon basil
1 tablespoon cumin

1. *Lightly* salt the rice (note: the bite of the jalapeños makes up for whatever's lacking in salt), then boil it.
2. While the rice is cooking, combine the remaining ingredients and heat the mixture on a medium heat.
3. When the rice is done, add the bean mixture to it, mix it all up, serve, and eat.





Soups



Käthe's Newfoundland Pea Soup

Contributed by Käthe Roth

This soup is adapted from one my friend Pansy from Fogo Island used to make on cold winter nights. It comes out very thick and hearty. The amount of water can be increased if you prefer it less thick.

To make 6 large bowls:

2 tablespoons olive oil
 3 medium onions,
 chopped coarsely
 ½ pound pancetta (I
 prefer spicy) or salt
 pork, soaked and cut
 into chunks
 6 cups water
 1½ cups dried split peas
 5 cloves of garlic, minced
 ½ teaspoon salt (or to
 taste; more if you used
 unsalted meat)
 1 teaspoon sugar (or to
 taste)
 1 to 2 bay leaves
 ¼ teaspoon thyme (or to
 taste)
 ¼ teaspoon Tabasco (red
 pepper) sauce (or to
 taste)
 3 carrots, grated coarsely
 1 turnip, grated coarsely

1. In a large soup pot, sauté the meat and onions in olive oil for 2 minutes.
2. Add the water and peas, bring the mixture to a boil, and then let it simmer. Add the garlic, salt, sugar, bay leaves, thyme, and Tabasco sauce.
3. Add the carrots and turnips. Simmer until the peas are tender (1 to 2 hours), stirring occasionally.



Bean-Tortilla Soup

Contributed anonymously

This spicy, high-fiber soup is low in fat because the tortilla “chips” are dry-crisped rather than deep-fried in oil.

To make 10 cups (4 servings):

1½ cups onions, coarsely chopped

2 cloves garlic, minced

One 16-ounce can whole tomatoes in juice, including the liquid

2 cups chopped vegetables (any combination of zucchini, yellow squash, carrots, greens, or bok choy)

Two 16-ounce cans beans, rinsed and drained (any combination of pinto, black, kidney, or garbonzo beans)

2 cups liquid (water or broth; 1 cup can be beer)

One 4-ounce can chopped green chilies
2 teaspoons chili powder
1 teaspoon whole cumin seeds

½ teaspoon dried oregano

4 corn tortillas, each cut into 12 wedges

1. Cook the onion and garlic in a little liquid (oil, water, or broth—cook’s preference) in a 4- to 5-quart pot, over a medium heat, until the onion is translucent (about 8 minutes).
2. Add the remaining ingredients (except the tortilla wedges) to the pot. Cover the pot and bring the soup to a boil, then reduce the heat and simmer for about 30 minutes (until the vegetables are tender).
3. Put the tortilla wedges in a nonstick frypan or a cast-iron skillet and cook over a medium to high heat for 3 to 5 minutes, stirring often, until toasted. This may require several batches, depending on the size of the pan.
4. Stir the crisped tortilla wedges into the soup and cook another 5 minutes until they soften slightly.



Vegetarian Cajun Gumbo

Contributed by Julie Peterson

We made this gumbo for the buffet supper my sister hosted when I was on the television game show *Jeopardy!* in 1993. For \$200, the answer is “Francophones from Nova Scotia who settled in Louisiana before it was part of the United States”. And the question is “Who are the Cajuns (Acadians)?” When you cook dry beans, ensure they spend at least 2 minutes at a full boil early in the process. Otherwise they will never get soft enough to eat.

To serve 20 as a side dish (12 to 15 as a main course):

1 pound dry black-eyed peas (also known as cowpeas; you can substitute any small, firm bean with a mild flavor)
 22 to 32 ounces of canned stewed tomatoes (more if you're fond of tomatoes—it won't hurt anything)
 1 large or 2 small onions, chopped
 4 cloves garlic, minced
 Spices (to taste): salt, black pepper, Cajun seasoning (mostly cayenne pepper, with salt, black pepper, and garlic powder added)
 2 pounds fresh or frozen cut okra (substitute: thick slices of zucchini or the largest green beans you can find)
 2 pounds fresh or frozen yellow corn kernels
 About 1 tablespoon cornstarch or arrowroot starch (optional)

1. Wash the dry peas and remove any stones or other contaminants. Cover the peas with water in a big pot (the water should be 2 or 3 inches above pea level). Soak the peas overnight or boil them for 2 minutes, remove them from the heat, and soak them for 1 hour in the hot water.
2. Discard the soaking water and rinse the peas again to remove some starch and unpleasant flavor. Cover the peas with 6 cups of water in a big pot, bring the water to a boil, and then reduce the heat and simmer for about 2 hours (until the peas are soft enough to eat). Stir the pot occasionally while you perform the remaining steps.
3. When the peas have begun to simmer, add the tomatoes, onion, and garlic. Add spices in *small* amounts and taste about 30 minutes later, adding more if desired. (The soup gets spicier as the spices cook in.)
4. When the peas are about halfway cooked, add the okra and corn. Add more water or leave the cover off the pot to cook away some water, as needed. (Vegetables give off water as they cook, but okra has a thickening effect. To thicken the gumbo



without using okra, you can instead add a little cornstarch or arrowroot starch, mixed first in a small amount of cold water until the mixture is smooth.)

Note: You can also make this dish in an automatic slow-cooker. After the peas are soaked and have boiled for 2 minutes (in either order), combine all ingredients in the slow-cooker and cook all day at the low heat setting. Use a little less water, because none of it will escape. The whole recipe is usually too much gumbo for one slow-cooker. You could make a half-recipe or refrigerate or freeze half of the ingredients and cook them later.





Gazpacho

Contributed by Maria Calleja Weitkowitz

Gazpacho is a cold, vegetable soup that tastes of summer. This is a traditional dish in Spain, full of vitamins and flavor. It is served with garnishes we call *tropezones* (“stumbles”): chopped vegetables, olives, hard-boiled eggs, or bacon (as a variation of the traditional recipe in honor of my American friends). You will need a food processor to prepare this soup.

To serve 4:

2³/₄ pounds ripe tomatoes, peeled if so desired
2 small cucumbers, peeled
2 green bell peppers
1 sweet onion
1 clove of garlic, minced
½ pound stale bread (baguette)
2 tablespoons vinegar
½ cup good extra-virgin olive oil
Ice cubes
Salt
“Stumbles”: chopped vegetables, hard-boiled eggs, bacon, etc.

1. Set aside 1 tomato, 1 cucumber, 1 pepper, ½ onion, and some bread for later in the recipe.
2. Blend the remaining tomatoes, cucumber, pepper, onion, and garlic in a food processor.
3. Wet the bread with the vinegar and some water, then blend it into the vegetables.
4. When the mixture is very smooth, add (while mixing) the olive oil.
5. Adjust the seasonings to suit your taste and refrigerate for no more than 2 hours.
6. To prepare the garnishes, dice the tomato, cucumber, pepper, onion, and bread that you reserved in step 1. Dice and fry the bacon.
7. Serve the soup with ice and provide the “stumbles” in small bowls so that guests can make their own additions.



Squash and Pear Soup

Contributed by Sue Veseth

Adapted from a recipe from the Domaine Chandon Restaurant, California. Don't take the ingredients or proportions in this recipe too seriously. It doesn't matter what variety of winter squash or pears you use, and the ratio between them is flexible. You can add ginger or nutmeg or other complementary spices or herbs if you want to.

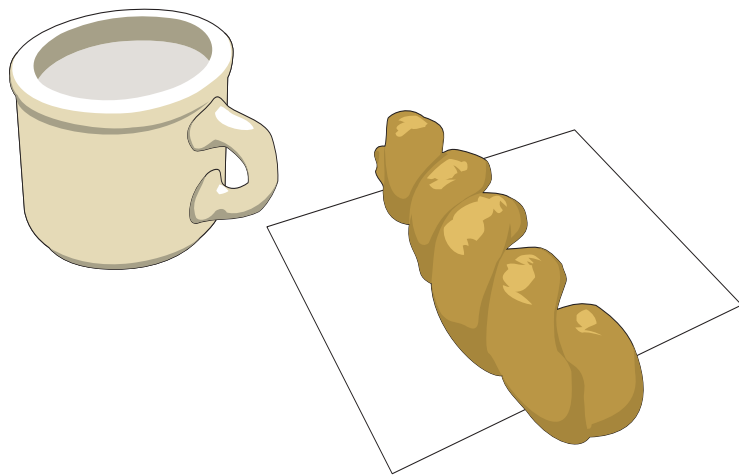
To serve 8 to 10:

½ cup hazelnuts,
chopped
1 small pumpkin or other
winter squash
4 ounces butter or
margarine
1 onion, diced
2 sprigs fresh sage
4 pears, peeled, seeded,
and diced
1 quart chicken stock
Salt and pepper, to taste
Blue cheese for garnish

Notes: This can become a vegetarian dish if you substitute olive oil for the butter and vegetable stock for chicken stock. The soup can be reheated (and may even taste better the second day).

1. If you have roasted hazelnuts, chop them coarsely, and set them aside. If you're using raw hazelnuts, toast the nuts at 400°F until light brown (about 15 minutes) before chopping.
2. Lower the oven to 350°F.
3. Cut the pumpkin or squash in half, remove the seeds, and place the squash cut-side down in a baking dish with a little water. Bake until tender (45 to 60 minutes). If you prefer, you can steam the squash. Remove the cooked squash from its shell.
4. In a large soup pot, sauté the onions and sage with butter or margarine for 5 minutes over a medium heat.
5. Add the cooked squash, diced pears, and chicken stock to the onions. Cook over medium heat for 20 minutes.
6. Puree the soup in a mixer or food processor.
7. Add salt and pepper to taste.
8. Divide the soup into warmed soup bowls. Garnish with blue cheese and sprinkle with toasted hazelnuts.





Desserts

Hilary Cake

Contributed by Hilary Powers

A meta recipe (i.e., a recipe for creating recipes), ideal for editors—do whatever you want with it, and it always works! Makes two solid fruit loaves, tasting of whatever you put into them. You will need two 1½ quart casseroles sprayed with no-stick stuff, or greased.

Dry ingredients:

- 3 cups ground grain: oatmeal, any sort of flour, two or three kinds
- 2 cups sweet stuff: brown sugar, white sugar, honey, syrup, etc.
- 1 teaspoon cinnamon
- Other spices to suit: the cinnamon is enough, but all sorts of “sweet” spices can be good; use whatever suits the fruit.
- 2 cups crunchy stuff: nuts of any sort (toasted filberts are especially good), chocolate chips, coconut, etc.
- 2 cups chewy stuff: dried fruit of any sort, chopped into raisin-sized bits.
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- A pinch of salt

Wet ingredients:

- 2 eggs
- 1 cup milky substance: sweet milk, buttermilk, yogurt, cream (probably soy milk, too, but I haven’t tried that)
- 2 cups gooey stuff: fruit puree, applesauce, persimmon pulp (anything of that consistency)
- 3 tablespoons runny, fatty stuff: melted butter or whatever else you feel you have to substitute for the real thing
- 1 teaspoon vanilla

1. Figure out what you’re going to do (i.e., choose the various ingredients).
2. Mix the dry ingredients in a large bowl. Make sure that the ground grain gets all over the crunchy stuff and the chewy stuff.
3. Make a well in the mound of assorted stuff and break the eggs into the well; beat them until the yolks and the whites are well mixed.

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4. Add the milky stuff and gooey stuff; mix lightly.
5. Add the fatty stuff; mix.
6. Add the vanilla and mix; make sure none of the dry stuff is still dry.
7. Fill each casserole about $\frac{2}{3}$ full of batter.
8. Turn the oven to 325°F. Put the cakes in the oven at once, without preheating; bake until the sides pull free from the pan and a toothpick inserted in the cake comes out clean (typically $1\frac{1}{2}$ to 2 hours).
9. Turn the cakes out of the pans and cool them on racks. They will keep for a couple of weeks in the fridge, or indefinitely if frozen.

Dan's Marvelous Pineapple Cake

Contributed by Maggie Hatten

This recipe was created by Dan Hatten, assistant professor of physics, for his wife, Maggie.

To make a 13x9x2-inch cake:

3 eggs
2 cups sugar
 $\frac{3}{4}$ cup butter or
margarine, softened
1 teaspoon almond
extract
2 cups all-purpose flour
One 20-ounce can of
crushed pineapple,
drained
Whipped cream
(optional)

1. Preheat the oven to 350°F. In a mixing bowl, beat the eggs together with the sugar until slightly thickened and light in color (about 5 minutes).
2. Add the butter and almond extract, and beat for 2 minutes.
3. Stir in the flour until it is just combined with the other ingredients, then stir in the pineapple.
4. Spread the mixture in a greased 13x9x2-inch baking pan, and bake for 35 to 45 minutes (until a wooden toothpick inserted near the center comes out clean).
5. If desired, serve with whipped cream.



Mom's Strawberry Shortcake

Contributed by Krista De Groot

To serve 4 to 6:

Six 10- to 12- inch flour
tortillas

Oil for frying

2 cups heavy cream

½ cup brown sugar

½ pound fresh
strawberries, washed,
stems removed, sliced

1. Fry the tortillas in 1 inch of oil at a medium-high heat until brown and crispy. Drain on newspaper or paper towels and keep warm in the oven.
2. Whip the heavy cream with brown sugar until stiff. If you want to do this ahead of time, keep the tortillas warm and the strawberries and cream cold and assemble the dessert just before serving.
3. Layer the tortillas, strawberries, and whipped cream on a plate; start with a tortilla and finish with whipped cream. One variation is to use small tortillas to make individual desserts, using two tortillas per person. My mom usually sweetens the strawberries with sugar, which you may want to do if you like your desserts sweeter.
4. Cut into four or six wedges (place a large chef's knife on top and push it through—because the tortillas are crisp, you won't be able to slice this as you would a pie) and serve.



Cheesecake

Contributed by Alice Falk

A very gratifying recipe: everyone will tell you this cheesecake is wonderful, and no one will believe how easy it is to make. The key is the steam. You will need a 9-inch spring-form or soufflé pan.

To make one 9-inch cake:

Margarine for greasing
the pan

3 graham crackers,
crushed into fine
crumbs (put the
crackers into a bag and
apply a rolling pin)

1½ pounds cream cheese

4 ounces ricotta cheese

4 eggs

¼ cup sugar

⅓ to ½ cup honey

The rind and juice from
one good-sized lemon,
grated

(Optional: berries or
other fresh fruit)

1. Preheat the oven to 300°F. Fill a kettle with water and bring it to a boil.
2. Grease the spring-form pan or soufflé dish. Sprinkle graham cracker crumbs in the pan until the sides and bottom are coated.
3. Cream together the cream cheese and ricotta, then beat in the eggs, sugar, honey, lemon juice, and grated rind. Beat until the batter is smooth and light (you definitely want to use an electric mixer here). The amounts of honey and sugar can vary according to your taste.
4. Pour the batter into the prepared pan.
5. Place the pan in a larger pan in the oven, and fill the larger pan with the boiled water; the cake can instead sit over the pan, but the cake is more likely to crack. Bake for 1½ hours.
6. Let the cheesecake cool slowly in the oven with the door closed for about 30 minutes, then remove from the oven and let cool on a rack. This cake tastes better after several hours of refrigeration.
7. Serve with fresh berries or other fruit, if desired.



Orange Cappuccino Marble Cake

Contributed by Julie Peterson

You can reduce the fat content of this cake by replacing the oil or shortening in the instructions with an equal amount of applesauce. I'm not sure how well this works in a "from scratch" cake. The size of the cake will be determined by the packaged ingredients described below.

To make one big cake:

1 package of cake mix for a yellow or pound cake

Any eggs, shortening, etc. that the cake mix calls for

Orange juice (to replace water in the cake recipe)

1 package of brownie mix

Any eggs, shortening, etc. that the brownie mix calls for

Cold brewed coffee (to replace water in the brownie recipe)

Powdered sugar, melted chocolate, or a glaze made of orange juice mixed with sugar (to garnish the cake)

1. Grease and flour a tube or Bundt cake pan and preheat the oven according to the instructions on the cake mix package.
2. Prepare the cake mix as directed, but using orange juice instead of water.
3. In a separate bowl, prepare the brownie mix as directed, but using coffee instead of water.
4. Pour one-third of the cake batter into the pan. Spoon the brownie batter into the remaining cake batter, distributing it as evenly as possible. Use a spatula to blend the two batters just a little.
5. Add the blended batter to the pan. Drop the pan three times from a height of 2 or 3 inches to release air pockets in the cake.
6. Bake and cool as directed on the cake mix. Remove the cake carefully from the pan, because the density of the brownie part can make it break easily.
7. Garnish with drizzled chocolate, a dusting of plain sugar, or a glaze of orange juice mixed with sugar.



Apple Torte

Contributed by Amy J. Schneider

My mother's been making this wonderful snack cake for years. Macintosh apples work best, but any red-skinned baking apple will do (I've even used Red Delicious in a pinch). The torte is very moist, so store it loosely covered to allow it to dry a little. Tastes even better the next day. A foolproof recipe—even *I* can make it!

To make one 13x9x2-inch torte:

3½ to 4 cups unpeeled apples, diced
2 cups sugar
1 cup chopped walnuts
2 eggs
6 tablespoons melted butter
1 teaspoon vanilla
2 cups flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon

1. Preheat the oven to 350°F. (You can dice the apples while the oven heats.)
2. Mix the apples, sugar, and nuts together in a large mixing bowl.
3. Beat together the eggs, butter, and vanilla, and add them to the apple/nut mixture.
4. Sift together the flour, baking soda, salt, and cinnamon, and add it to the liquid ingredients. Mix thoroughly.
5. Press the batter into a greased and floured pan.
6. Bake for 50 minutes.

Strawberry-Lavender Sorbet

Contributed by Neal O'Briant

To make 8 servings:

1 lemon
1 cup sugar
2 tablespoons lavender blossoms
2 cups fresh strawberries, hulled
2 cups dry white wine

1. Peel the zest off the lemon.
2. Combine the lemon peel ("zest"), sugar, lavender, and about 3 cups of water in a medium saucepan. Bring to a boil, then reduce the heat and simmer for 5 minutes. Cool to room temperature.
3. Strain the liquid into a blender. Add the strawberries and puree the mixture. Stir in the wine and the juice of the lemon. Refrigerate for at least 4 hours.
4. Freeze in an ice-cream maker according to the manufacturer's directions.



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Arlene's Chocolate Cake

Contributed by Rosalie Wieder

A cake for true chocolate lovers.

To make one round 10-inch cake:

1³/₄ cups sugar

²/₃ cup margarine

2 eggs

1 teaspoon vanilla

2¹/₂ cups flour, sifted

1¹/₂ teaspoons baking
soda

¹/₂ teaspoon salt

1 cup buttermilk (or
regular milk)

¹/₂ cup unsweetened
cocoa

¹/₂ cup boiling water

1. Preheat the oven to 350°F. Butter and flour a Bundt or tube cake pan.
2. Cream the sugar and margarine together; add the eggs and vanilla. In another bowl, sift together the flour, baking soda, and salt.
3. Add the dry ingredients and the buttermilk to the creamed mixture, alternating between the dry and the wet ingredients.
4. Make a paste from the cocoa and boiling water. Let it cool slightly, then blend it in well with the other ingredients.
6. Pour the batter into the prepared pan, and bake for about 55 minutes (until a toothpick inserted into the middle of the cake comes out clean).





Bullet's Chocolate Chip Cookies

Contributed by Dee Summers

This recipe resulted from failed attempts to follow the instructions on a commercial recipe for chocolate chip cookies.

To make 50 to 60 cookies:

1 cup cold butter
 $\frac{3}{4}$ cup white sugar
 $\frac{3}{4}$ cup brown sugar
2 eggs
1 teaspoon vanilla
 $2\frac{1}{4}$ cups unbleached flour
1 cup oatmeal, ground into flour with a blender
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder
12 ounces semisweet chocolate chips
 $\frac{1}{2}$ cup walnuts or macadamia nuts, coarsely chopped

1. Preheat the oven to 325°F. In a large bowl, cut the butter into chunks with a pastry cutter.
2. Add the sugars to the butter and cream them together (small chunks of butter can remain).
3. Add the eggs and vanilla and mix lightly.
4. Mix the flour, oat flour, salt, and baking powder together in a separate bowl.
5. Add the flour mixture to the butter and sugar mixture, and mix well.
6. Add the chocolate chips and nuts.
7. Put spoon-sized amounts of dough at least 2 inches apart on an ungreased cookie sheet, and bake for 10 to 11 minutes. Don't overbake: the cookies should not be brown around the edges.
8. Let the cookies cool on the cookie sheet for 1 minute, then remove them to a cooling rack.



Betty's Brownies

Contributed by Judy Grobe Sachs

Adapted from a Betty Crocker recipe by my mother, Betty Grobe, and further modified by me. If you use a microwave (to melt the butter and chocolate) and a food processor (to mix the brownies and to chop the nuts), this recipe is easy to make. To mix the brownies in the processor, start by creaming the eggs, sugar, and vanilla, add the melted butter-chocolate mixture, then proceed with the remaining ingredients in the order listed. If you use whole nuts, you'll need to process them for a long time, or they will be "chunked" rather than chopped. No icing recipe is included, so choose your own favorite, or eat them as is.

To make an 8-inch square by 2-inch deep pan (double the recipe for a 9x13-inch rectangle):

2 eggs
1 cup sugar
1 teaspoon vanilla
2 squares unsweetened chocolate
 $\frac{1}{4}$ cup butter (nothing else will be as good!)
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup chopped nuts

1. Preheat the oven to 350°F, and grease the pan.
2. Melt the chocolate and butter (I use a microwave oven). Remove them from the heat and blend the butter/chocolate mixture with the sugar.
3. Beat the vanilla and eggs, and combine them with the sugar/chocolate/butter mixture.
4. Mix the flour, baking powder, and salt.
5. Stir the dry ingredients into the wet ingredients, then mix in the nuts.
6. Spread the mixture in the pan and bake for 30 to 35 minutes, until a slight imprint remains when you touch the brownies lightly with your finger. (If you don't bake the batter long enough, it's very crumbly; if you bake it too long, it gets hard!)
7. Top with your favorite icing recipe.



Sticky, Chewy, Easy Brownies

Contributed by Rebecca Staffel

Here's my recipe for sticky, chewy brownies. I'm sure it's a classic, but since I've had it memorized since seventh grade, I'll call it mine.

To make an 8-inch round cake:

2 ounces unsweetened chocolate
1/3 cup butter
2 eggs
1 cup sugar
2/3 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla
(Option: 1/2 cup chocolate chips, chopped nuts or dried apricots. It depends on what's in your larder!)

1. Preheat the oven to 325°F. Grease the cake pan.
2. Melt the chocolate and the butter over a low heat, stirring occasionally. Remove from the heat and allow to cool slightly.
3. In a large mixing bowl, beat the eggs until they lighten in color. Beat in the sugar, then the chocolate mixture, and mix well.
4. Add the flour, baking powder, and salt, and mix well. Add the vanilla. At this point, you can add in the optional ingredients.
5. Pour the mixture into the prepared pan and bake for about 25 minutes. Add five minutes for "cakier" brownies. The recipe is ready when you can stick a fork into the brownies and it comes out clean.



Eva Dehn's Old-Fashioned Peanut Brittle

Contributed by Bonnie Briscoe

This is my grandmother's recipe. Legend has it that she judged the candy's readiness by the blue haze that appeared over the kettle. I've never had the gift of seeing the blue haze, so I use a candy thermometer instead—less romantic, but it gives consistent results. This candy takes about an hour to make, and it's worth every minute you invest in it. This recipe is even better if made with fresh, homegrown, raw peanuts. And please, don't even think about using margarine or imitation vanilla! You will need a candy thermometer.

Ingredients:

2 cups granulated white sugar
1 cup light corn syrup
½ cup water
2 cups (12 ounces) raw peanuts
2½ tablespoons butter
1 teaspoon pure vanilla extract
⅛ teaspoon salt
2 teaspoons baking soda

1. Butter two 10x15-inch baking sheets (at least 1 tablespoon butter per pan) and set them aside. Assemble all the ingredients so they'll be ready when you need them.
2. Combine the sugar, syrup, and water in a heavy 3-quart saucepan; mix well. Cook over a medium heat, stirring constantly with a wooden spoon, until the sugar dissolves.
3. Continue cooking, stirring frequently to prevent scorching, until the mixture reaches 255°F (about 25 minutes of cooking). To determine if the candy is ready, raise the stirring spoon a few inches, at an angle that lets the syrup pour into the pan. (Wooden spoons are fairly flat, so we're not dealing with very much syrup here.) As the stream of syrup dwindles, small threads the size of a hair will spin off to the sides and float above the steam rising from the kettle if the mixture is ready.
4. Add the peanuts, and continue to cook slowly over a medium heat until the mixture turns golden and reaches 285°F (about 12 more minutes of cooking time).
5. Remove from the heat and stir in the butter, vanilla, and salt. Return the mixture to the heat and cook to a temperature of 295°F (or until you see the blue haze above the pan!).
6. Add the baking soda, and stir quickly (the mixture will foam up). Quickly pour the mixture onto the prepared baking sheets, and spread it thinly. Cool completely, then break into pieces.

Food for Thought



Mom's Rice Dessert

Contributed by John Vollmer

To fill one 13x9-inch pan:

2½ cups rice, mostly but not completely cooked, drained
3 to 4 tablespoons melted butter
Cinnamon to taste
3 eggs, beaten
12 ounces sour cream
1 to 1½ cups sugar
(Option: raisins, plumped by placing in hot water)

1. Preheat the oven to 350°F. Combine the rice, eggs, sour cream, and sugar, then pour them into a greased pan.
2. Top the mixture with cinnamon and butter.
3. Bake the mixture, and check after 30 minutes. It will be a nice brown when it's done.

Auntie Clarette's Rice Pudding

Contributed by Lisa A. Smith

A dessert that evokes feelings of comfort and home, especially when served warm. If your willpower is strong, make it ahead of time and serve it cold. If you want to be sure there's some left for you, make two batches.

To make 8 servings:

1 quart whole milk
¼ teaspoon salt
1 cup white rice
1 cup raisins, rinsed in hot water and drained
2 eggs
½ cup sugar
1 teaspoon vanilla
1 cup evaporated milk
1 dash of cinnamon sugar

1. Heat the whole milk over a medium heat until it starts to simmer.
2. Add the salt, rice, and raisins.
3. Simmer uncovered for 15 to 20 minutes, until the milk is absorbed. Stir occasionally with a wooden spoon.
4. While you wait, use a fork to beat the eggs, sugar, vanilla, evaporated milk, and cinnamon sugar together in a large bowl.
5. When the rice mixture is ready, add it slowly to the bowl, one spoonful at a time, stirring as you go.
6. Serve warm or cover and refrigerate.

Shoo-Fly Pie

Contributed by Nancy Gendell

A Pennsylvania Dutch treat if you really like molasses; if not, skip this one entirely. There are 3 kinds of shoo-fly pie: wet bottom, dry bottom, and cakey. This one is usually a wet-bottom pie; that is, the liquid doesn't soak entirely into the crumbs. If the pie overcooks and becomes cakey at the bottom, just tell everyone that you made dry-bottom pie this time. (The actual cake kind has everything mixed together from the start.) This pie is best when it's cool, such as the next morning for breakfast.

You will need a large bowl to prepare the crumbs; a pastry blender makes the preparation much easier, but a fork will do. Green-label molasses is best, or a half-and-half mixture of gold-label and blackstrap molasses (blackstrap is too strong by itself); don't bother making the pie without molasses.

Crust:

2 uncooked single 9-inch pie crusts (your favorite recipe or deep-dish frozen crusts)

Filling (bottom):

1 teaspoon baking soda

1 cup (plus about a tablespoon more) of boiling water

1 cup (plus about a tablespoon more) dark molasses

(Option: 1 beaten egg)

Crumbs (top):

4 cups flour (unbleached white is best)

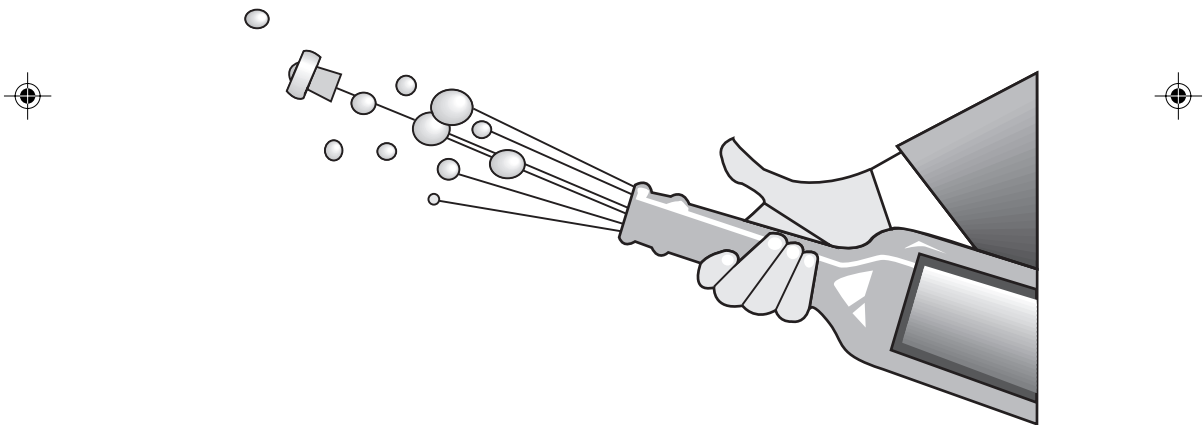
2 cups dark brown sugar

1 cup (2 sticks) margarine or butter

$\frac{3}{4}$ teaspoon salt (don't forget this!)

1. Preheat the oven to 350 to 375°F. Put the baking soda in a bowl, and add the boiling water. (The mixture will fizz.)
2. Stir in the molasses. If you use the egg, let the mixture cool while you prepare the crumbs; otherwise the egg will cook.
3. Mix the ingredients for the crumbs thoroughly and cut in the butter or margarine. The resulting mixture won't be smooth, but it should be even, with no chunks of any one ingredient.
4. If you've chosen to use the egg, now's the time to beat it and add it to the molasses mixture.
5. Place the pie crusts into the two pans, then pour equal amounts of the molasses filling into each crust.
6. Spoon the crumbs over the top. Spread the crumbs right out to the edge of the pie so that the filling doesn't boil up and spill over. There will be much more top than bottom to these pies.
7. Bake until done (about half an hour or until the crust looks brown).

Food for Thought



Miscellany



Easy Party Beverages

Contributed by Julie Peterson

For those occasions when telling your guests to “grab a cold one from the fridge” is not enough.

Iced Mocha

(Makes about 48 ounces):

12 heaping teaspoons of hot cocoa mix (the kind with the powdered milk already included)

1 carafe of strong hot coffee (approximately 48 ounces)

Whipped cream, cocoa powder, ground cinnamon, and nutmeg (optional; to taste)

1. Stir the cocoa mix into the coffee, vigorously, until it dissolves, then chill the mixture.
2. Stir again, then serve over ice. Let your guests top their mocha with whipped cream and whatever they wish.

Autumn Wine Punch

(Makes about 1¼ gallons):

64 ounces carbonated, sweetened lemon-lime beverage, chilled
48 ounces mild white wine, chilled (I like Sauterne, which is a little drier in the United States than a French Sauterne would be)

48 ounces apple juice, chilled

Mix and serve chilled.

Caribbean Punch

(Makes about 1¼ gallons)

If you can't find the exact juice blends listed below, just try to get as varied a combination of fruit flavors as you can.

64 ounces carbonated, sweetened lemon-lime beverage, chilled

64 ounces unflavored seltzer or soda, chilled

One 12-ounce can of frozen orange-pineapple-banana juice concentrate

One 12-ounce can of frozen cranberry-strawberry juice concentrate

Dark rum (optional, to taste)

1. Mix all ingredients except the rum until the juices thaw.
2. Serve chilled. (Let guests put a shot of rum in the bottom of their glasses first if they wish.)



Rosemary–Pineapple Punch

Contributed by Neal O'Briant

This punch is a favorite of the members of the Wake County Herb Society.

To make 5 quarts:

1 cup fresh rosemary ($\frac{1}{2}$ cup dried), plus fresh rosemary stems for garnish (optional)
One 46-ounce can unsweetened pineapple juice, chilled
2 liters of 7-Up, chilled
1 liter of ginger ale, chilled

1. Heat about 2 cups of water containing the rosemary to a boil. Remove from the heat and let steep for 30 minutes.
2. Pour the liquid through a strainer set over a bowl. Discard the rosemary.
3. Add the strained liquid to the chilled pineapple juice, 7-Up, and ginger ale.
4. If desired, garnish with a wreath made from fresh rosemary stems.





Garner's Heartstopping, High-Cholesterol Pizza Sauce

Contributed by Jim Garner

My late mother used to do the bacon-tomato bit years ago and pour it over toast. It later occurred to me that it would make an admirable pizza sauce, and it does.

To cover one 12-inch pizza:

4 rashers (slices) side
bacon
1 small onion, chopped
 $\frac{1}{2}$ a sweet green pepper
(capsicum), chopped
3 large field tomatoes,
diced
1 teaspoon of dried
oregano
Salt and pepper, to taste
1 teaspoon of flour or
cornstarch (*not* corn
flour)
One 12-inch (30 cm)
pizza crust
6 to 8 ounces,
mozzarella, brick or
Monterrey Jack cheese,
grated

1. Preheat the oven to 400°F. Fry up the bacon while the oven warms.
2. Sauté the onion and green pepper in the bacon fat.
3. Add the tomatoes to the mix.
4. Fry at a high heat for 2 minutes, then reduce the heat to simmer.
5. Add the spices, then simmer for 10 minutes.
6. Thicken the sauce with the flour or cornstarch. To avoid lumps, dissolve the thickener in a tablespoon of cold water before adding it to the sauce.
7. Pour the mixture over a pizza crust, then add any other pizza ingredients you desire (not really necessary), and top with the cheese. Bake until the cheese is bubbly (about 25 minutes).



Killer Marinade

Contributed by Julie Peterson

This is almost too easy, but people keep asking me how to make it. It's especially good for grilling or stir-frying. If you are grilling a large piece of London broil (a boneless cut of beef from the shoulder or flank) or some other tough cut of beef, make several deep slashes in the meat before marinating, and the wine will help tenderize it. Note: To avoid food-borne illness, treat used marinade the same as raw meat—don't leave it out at room temperature, and don't add it to a dish unless it will be thoroughly cooked. [Editor's note: Failure to observe this precaution may make the recipe's title unfortunately accurate.]

Make enough of this mix to marinate the meat you have chosen:

1 part soy sauce
4 parts Burgundy or Chablis wine

The following flavorings, to taste:

Garlic, minced fresh or dried
Ground ginger
Crushed dried red peppers (or use chili powder or cayenne pepper)
Brown sugar or honey (optional)

1. Mix all the ingredients.
2. Add the raw meat. (Don't marinate fish in this mixture; the wine will start to "cook" it. You can add similar seasonings to fish immediately before cooking it.)
3. If necessary, prepare and add more marinade, depending on the amount of meat and the size of the container.
4. Leave the dish alone in the refrigerator for at least 3 hours. If the meat isn't fully submerged, turn it once, halfway through the time.
5. Cook the meat, as desired.



Sharp cheddar spread

Contributed by Dana Buckelew

Tangy cheese spread is a dorm-room favorite that holds up well for grownup parties. It's best on sturdy crackers or pumpernickel toast.

To make about 2 cups:

One 8-ounce package of cream cheese or Neufchatel, softened
 $\frac{1}{2}$ to 1 pound sharp cheddar, grated
1 medium or two small cans deviled ham
1 tablespoon onion, grated
2 teaspoons prepared Dijon mustard
1 teaspoon Worcestershire sauce
1 tablespoon of horseradish or a dash of Tabasco (red pepper) sauce

1. Thoroughly mix all ingredients in a large bowl or food processor.
2. Chill several hours or serve immediately, straight from the bowl, depending on the formality of the occasion.



“Tantus cibus, scanto cron”, the words that appear on the cover of this book, are a pseudo-Latin version of my family's unofficial motto: “so much food, so little time”.

—Geoff Hart

Useful stuff





Metric Conversion Factors

Weights

1 pound = 454 g

Volumes

1 cup = 250 mL

1 teaspoon = 5 mL

1 tablespoon = 15 mL

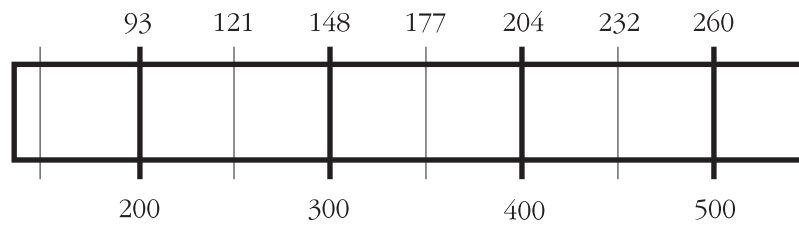
1 gallon (4 quarts) = 4 L (approximately)

Sizes

1 inch = 2.54 cm = 25.4 mm

Temperatures

Celsius/metric



Fahrenheit





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Food for Thought is a collection of some 60 recipes from Canada, the United States, Australia, England, Wales, and Spain. The recipes range from the simple and familiar to the mildly exotic. Each one was a “gift from the heart”, provided by contributors who offered their time and a favorite recipe in support of various charitable causes. Neither the author nor the contributors are collecting any royalties for the sales of this book.

