

Choriza
Babootie
Curry Powder
Spinach Lasagna
Alice's Restaurant Chili
Meatloaf Cockaigne
Mousaka Dubrovnik
Dolmades with Lemon Sauce
Avgolemono Sauce
Pizza Casserole
Creole Jambalaya
Carne de Puerco con Chile Verde
Beef Teriyaki

Fish: [Ivy]<Roberts>Recipe>Fish.rec]

Cod Stew
Butterfish with Vege Sauce
Fish Baked in Wine

Invertebrates: [Ivy]<Roberts>Recipe>Shellfish.Bravo

Shrimp Creole
Crab Souffle
Garden Snails to Escargot
Fried Snails
Snails in Wine Sauce
Snails in Garlic Butter
Fried Abalone
Escargot Crepes
Shrimp Piquante (Cajun Shrimp Creole)
Mussels Saint Jack

North Chinese Dishes: [Ivy]<Roberts>Recipe>NorthChinese.Bravo

Hot & Sour Soup
Sui-mi Ji Chicken with Peanuts and Cabbage
Kun-Po Chicken
Hot Pepper Oil
Chicken w/ Peking Sauce
Chicken Livers with Straw Mushrooms
Szechuan Chicken
Kuo Teh
Dry-Braised Prawns
Hot Bean Curd
Mongolian Beef
Szechuan Beef
Mu Shu Pork
Twice-cooked Pork
Pork with Hot Sauce
Pork with Peking Sauce
Red-Cooking Sauce
Red-Cooked Fish
Quick-Fried Spinach
Lemon Chicken

Brown Rice Souffle
Squash Souffle
Broccoli Souffle
Light Mushroom Sauce
Asparagus Cream Soup

Dessert Stuff: [Ivy]<Roberts>Recipe>Dessert.Bravo

Lemon Dainty
Chocolate Mousse
Frozen Maple Mousse
Whacky Cake
Coconut Cake
Incredible Date Cake
Fresh Apple Cake
Carrot Cake
Gramma's Coffee Cake
Scratch Here and Taste Cheesecake
Cheesecake for the Masses
Orange Cheesecake
Pumpkin Cheesecake Pie
Rhubarb Merangue Pie
Fruit Cobbler
Rhubarb Crisp
Brown Bag Apple Pie
Apple Crisp
Glazed Apples
Xin-ren Dou-fu Almond Gelatin
Ginger Bread
Pineapple Upside-Down Birthday Cake
Chocolate Fudge
Foodaholic Fudge
Chocolate Brownies
Crunchy Granola
Citrus Peel Candy
Apple Fritters
Date-Nut Torte
Pie Fillings
Banana Fool
Cruchon's Fudge Pie
Chocolate Cheesecake
Alice Briggs Pie Crust
Plum Good Cobbler
Clafouti aux Pommes (Apple Flan)
Carrot Cake
Bananas Foster
Frozen Almond Chocolate Mousse
Pecan Pie
Banana Cake
Sticky Finger
Lemon Merangue Pie
Jill's Avocado Pie

Ice Cream: [Ivy]<Roberts>Recipe>IceCream.Bravo

Plain Vanilla Ice Cream
Cherry Swirl Ice Cream
Blackberry Cheesecake Ice Cream

Appetizers: [Ivy]<Roberts>Recipe>Appetizers.Bravo

Cheese Balls
Curry Dip
Homine

Breads

Amadama Bread (Charlie)

1/2 cp	yellow corn meal
2 cp	Boiling water
2 tbs	shortening
1/2 cp	sweet mollasses
1 tsp	salt
1	cake yeast
1/2 cp	lukewarm water
4 cp	sifted white flour
2 cp	whole wheat flour

Bring water to a boil, remove from heat and cool slightly. Stir corn meal into water very slowly with a wire whisk. Return to heat and boil for 5 minutes. Add shortening, mollasses, and salt. Cool to avoid killing yeast, then add yeast softened in warm water. Add enough flour to make a stiff dough. Knead well. Let rise until slightly more than doubled in bulk. Shape into 2 loaves, place in greased loaf pans. Let rise until light. Bake in hot oven (400 degrees) for 45 mins to an hour. Makes 2 large loaves.

Breads

Rye Bread (Alan)

Dissolve and let stand 10 minutes:

1/2 c honey
2 Tbs yeast
3 1/2 c warm water

Stir in:

2 Tbs caraway seed (more if you like)
2 Tbs anise seed
2 Tbs unsweetened cocoa (enough to color dough deep brown)
2-3 Tbs salt
1/4 c salad oil

Stir in enough flour to make a good dough; the flour is a mixture of 1/2 rye and 1/2 unbleached white. Probably 13 or 14 cups in all. Make the dough stiff enough that it comes away from the bowl readily. Knead until it is quite smooth and springs back when pressed. Let it rise to double bulk twice, then form it into four round loaves. Let these rise for 15 minutes while preheating an oven to 375 degrees Fahrenheit.

Beat lightly;

1 egg
equal volume of milk

Paint the loaves with this eggwash, sprinkle them with caraway or poppy seeds, and bake for approximately 40 minutes.

Breads

Wheatberry Bread (visitor)

Stir together;

2 T active dry yeast
2 cp warm water

Mix well in large bowl;

3 eggs
1/4 cp honey
1/4 cp sweet mollasses
1/4 cp salad oil
1 cp instant non-fat dry milk
2 T salt

Add yeast mixture and enough water to bring total liquid to 6 1/2 cups.

Stir in 2/3 cup cracked wheat berries.

Let soak for a few minutes, then add;

4 cp whole wheat flour
2 cp unbleached white flour

Add more flour in same ratio until stiff enough to knead. Knead well, cover with damp cloth, and allow to rise in a warm place until doubled in bulk. Punch down and divide into 4 parts. Form loaves by rolling out thin and then rolling up like a jelly roll. Seal seams by pinching with dampened fingertips. Place in greased 9 by 5 bread pans, cover, let rise until doubled again. Bake at 375 for 35-40 mins. Remove from pans immediately, cool on racks, covering the hot loaves with towels until completely cool.

Makes four medium loaves.

Breads

Russian Black Bread (WD Magazine)

Stir together and set aside;

4 cp rye flour
3 cp enriched white flour

Stir together in large bowl;

2 cp flour mixture (above)
1 tsp sugar
2 tsp salt
2 cp whole bran cereal
2 Tbs caraway seed
2 tsp instant coffee (not freeze-dried)
2 tsp onion powder
1/2 tsp crushed fennel seed
2 pck active dry yeast

Melt together in sauce pan at low heat;

1/4 cp vinegar
1/4 cp dark molasses
1 oz unsweetened chocolate
1/4 cp butter or margarine

Beat into the dry stuff, then stir in enough flour for soft dough. Follow directions for pumpernickel. When baked, brush with a glaze and return to oven for a couple of minutes to set the glaze.

GLAZE for bread; blend in sauce pan

1/2 cp cold water
1 tsp cornstarch

Boil for 1 minute, stirring constantly;

Breads

Mexican Spoon Bread -- Sarah

Mix the following ingredients;

1/4 cp melted butter

2 eggs, beaten

3/4 cp yellow corn meal

3/4 cp milk

1 cp drained canned corn (a small can will do)

1/2 lb Jack cheese, grated

1 small can diced green chilis

(these last two ingredients can be replaced with hot chili cheese)

1/2 tsp baking powder

Pour mix into a greased baking dish, bake at 350-375 Farenheit for 45 minutes.

Breads

Whole Wheat Bread - Barb Everett

2 bowls:

I.
2 c. whole wheat flour
| c. oil
| c. honey
1 T salt
1 T cinnamon
1 c. raisins
1 c. raw sunflower seeds
2 c. boiling water

Mix, let stand.

II.
2 c. tepid water
2 c. white flour
1 T brown sugar
2 T yeast (T e pkg)

Mix, cover with clean towel. When II has risen and I is tepid, mix together. Add 4 to 6 more cups flour (much more than 2 of whole wheat will make it very ____ heavy bread) as you knead it.

Knead well, put in greased bowl with towel, let double in size. (30 min.)

Knead down, let double again. (30 min.)

Cut into loaf shapes (shaping gently), let sit in greased pans for 15-20 min.

Bake 350° 1 hour.

Cuts better when cool.

Makes 4-6 loaves.

Breads

Bran Muffins - Nabisco Package & Paul

Preheat oven to 400 Fahrenheit and grease a 12-hole muffin tin.

Beat together:

1 egg
1 cp milk
3 Tbs vege oil

Stir in and let stand 5 mins:

1 1/2 cp 100% bran cereal

Mix Well:

1 cp flour
1 Tbs baking powder
1/2 tsp salt
1/4 cp brown sugar (packed)

Stir the dry ingredients with the bran mush, using the bare minimum of stirring. Fill each muffin cup about 2/3 full and bake 18-20 minutes. As soon as they darken a bit on top, remove from oven and whack the tin upside down on a wooden chopping block. If they were done just right, all the muffins will tumble out without sticking. This trick doesn't work as well if they have cooled even a little bit first. I wrap them in a dry dishcloth to keep warm for serving; they tend to release a lot of moisture, so don't put them in anything that can make them soggy.

Makes 1 dozen medium muffins.

Cheese Main Dishes

Torta Pasqualina - Italian Easter Tart (Deb)

1 1/2 lb	Swiss Chard
3 eggs	lightly beaten
2 cp	(1 lb) ricotta
1/2 cp	fine dry bread crumbs
3/4 cp	grated parmesan cheese
1 cp	shredded jack cheese
1/4 cp	finely chopped onion
3/4 tsp	salt
1/4 tsp	Marjoram leaves
1/8 tsp	ground black pepper
1/8 tsp	ground nutmeg
10 oz	pastry shells
6	hard-boiled eggs (peeled)

Discard stalks of chard and rinse the leaves; shake dry and chop finely. Mix with the lightly beaten eggs. Stir in all the ingredients except last two. Stack 4 of the pastry shells on a lightly floured board and roll them out to a 15-inch circle. Fit carefully into the bottom and sides of an 8-inch cheesecake pan with a quick release mechanism. Spoon in half of the filling, place the boiled eggs, and add the rest of the filling. Roll out the remaining pastry shells and into an 8-inch circle; cover the pan and pinch edges together to seal. Make a few slashes in top for venting. Bake at 450 degrees for 35-40 minutes until a wooden pick comes out clean in the center. If the top pastry starts to get too brown, cover it lightly with foil.

Makes a main dish for 6-8.

Cheese Main Dishes

Spinach Filling for Crepes (JC)

Prepare blanched spinach as follows;

Carefully wash 1 1/2 lbs of fresh spinach leaves. Strip any large stalks and veins by pulling on the stem while holding leaf creased at vein. Boil uncovered in stainless pot in 3 qts of water with 4 1/2 tsp salt for approximately 5 minutes. Drain with a plastic colander and immediately dice on a cutting board with a chef's knife.

Cook briefly in an enamel sauce pan;

1 T butter
1 T chopped shallots or spring onions

Add without removing from heat;

12 oz blanched chopped spinach
1/4 t salt

Stir over moderately high heat for 2-3 minutes in order to evaporate excess moisture.

Stir in;

2/3 cp Mornay Sauce (see elsewhere)

Cover and simmer slowly for 8-10 mins, stirring occasionally.
Use immediately to avoid forming a skin on top.

Cheese Main Dishes

Fondue Au Gruyere (JC)

Cook together for 2 mins without coloring;

2 1/2 T butter
2 1/2 T white flour

Remove from heat, beat in with a whisk:

1 1/2 cp boiling milk
1/2 tsp salt
1/8 tsp fine ground white pepper
pinch nutmeg
pinch cayenne pepper

Return the sauce to heat and boil stirring for one minute.

Remove from heat, quickly beat in each item before adding the next one;

1 egg yolk
4 oz grated swiss or swiss and parmesian cheese
2 T butter

Fill crepes immediately, or else sprinkle some of the cheese on top to protect from filming.

Cheese Main Dishes

Cheese Fondue (Dave Wilkins)

The following is for two people, so multiply by appropriate constant

Grate 1 lb of cheese of your choice (the better the cheese, the better the fondue), I recommend at least half of it be imported Swiss gruyere and the other half can also be gruyere or emmentaler or even domestic swiss, adventurous souls can play around with things like raclette and so on

Take 2 cloves of garlic, rub the bottom and sides of your pan with them and throw them in the pan

Pour 1 1/2 cups of wine into the pan, once again it's a matter of taste, it must be dry and white, at \$4 I would use a Swiss Fondant or a Johhannesberg Reisling, to make it cheaply I would use Almaden Dry Sautere at \$1.67 per bottle

Heat the wine until the surface is covered with bubbles--at no time should you let it boil

Slowly add the grated cheese as you stir

Now it is too liquidy and you must add sifted white flour slowly as you stir, until the right consistency is reached (you know the right consistency from the last cheese fondue you had), You will add a few tablespoons of flour

Now add from 2 to 4 tablespoons of Kirsch to taste, stir it in and serve over a low flame

Cut half a loaf of slightly stale french bread into bite sized chunks for dipping (half a loaf is plenty)

Cheese Main Dishes

Mushroom Quiche (JC)

Fills a 9-inch pie crust

Saute lightly;

1 cp chopped onions
1 cp sliced mushrooms

In medium bowl beat together

3 eggs
1/2 cp milk
1 cp whipping cream
1/2 tsp salt
1/8 tsp pepper

Sprinkle on bottom of shell

1 1/2 cp Swiss Cheese (finely grated)

Pour custard onto cheese in shell

Add mushrooms and onions on top

Bake 35-40 mins at 350 degrees

Cheese Main Dishes

Amazing Grace Pizza (Paul)

soften;
3 Tbs active dry yeast
2 cps warm water

mix yeast water with;
7 cps white flour (or half whole wheat)
1 tsp salt
2 tbs olive oil

knead until elastic; allow to rise at 80-90 degrees until doubled; punch down and let double again; stretch onto 2 large shiny pizza pans (well oiled); allow to rise for approx 1/2 hour;

spread with sauce made of;
3 small cans tomato paste
2-5 crushed garlic cloves
1 Tbs sweet basil
2 tsp oregano
1/2 tsp cracked black pepper

sprinkle with
1 lb sliced fresh mushrooms

sprinkle with shredded cheeses;
3/4 lb mozzarella
1/4 lb provolone
1/4 lb romano
1/4 lb parmesan

add assortment of :
green pepper, smoked clams, dry italian sausage, zuchini, anchovies, sardines, shrimp, black olives, pepperoni, cherry tomatoes, artichoke hearts, green onions, hamburger or breakfast sausage, salsiccia, etc.

Bake for approximately 40 minutes at 425 degrees. Feeds 6 very well.

Cheese Main Dishes

Ricotta Lasagne Swirls -- Mitch & Paul

6 oz lasagne noodles (about 12 noodles)
2/3 lb fresh spinach (1 bunch)
4 Tbs parmesan cheese, grated finely
1 cp ricotta cheese (1/2 lb)
1/4 tsp nutmeg ground fresh
salt and pepper to taste

Sauce

2 cloves garlic, pressed
1 med onion, chopped
1/2 cp sliced fresh mushrooms
2 cp tomato sauce
1/2 tsp basil
1/2 tsp oregano
salt to taste

Cook the noodles in salty water, then rinse in cool fresh water. Keep them moist but not soggy until the dish is assembled.

Steam the spinach until it is quite limp, but not mushy. You don't need any water to do this; just put the washed spinach in a pan that has a tight-fitting lid and cook it over low heat about 7 minutes. Chop.

Mix the spinach with the cheeses, nutmeg, salt, and pepper.

Spread each noodle with 2-3 Tbs of the mixture along its entire length, roll up, turn on end so that you see the spiral, and place in a shallow baking pan.

Use your favorite prepared spaghetti sauce or make a sauce using the ingredients above. To make the sauce above, saute the garlic, onion, and mushrooms by adding them in that order to a hot skillet with some olive oil. When the onions are clear, add the remaining ingredients and cook only long enough to warm thoroughly. If other forms of tomatoes are used instead of sauce, adjust the simmer time appropriately.

Pour the sauce over the rolled-up noodles. Bake at 350 degrees Fahrenheit for 20 minutes.

Makes about 4 immense servings.

Cheese Main Dishes

Fettuccine al Marco -- Mitch

1/2 lb fettuccine or other noodles*
1 1/2 cups ricotta or cottage cheese
1/2 cup yogurt
1 egg
1/4 cup Parmesan cheese

1/2 cup parsley
(2 cups spinach leaves)
salt and pepper to taste

Garnish:

choice of herbs (basil, e.g.)
sliced black olives (or parsley)

Start cooking the fettuccine.

Blenderize until very smooth the ricotta, yogurt, egg, Parmesan cheese, parsley, spinach leaves, salt, and pepper.

Toss the sauce with the hot, cooked pasta. Garnish.
Serve immediately.

* Use white noodles and include spinach in sauce or use spinach noodles and omit spinach from sauce.

4 servings

Chicken Main Dishes

Terry-aki Chicken -- Mark

Marinade Ingredients; for each chicken

1/2 cp Soy
1/2 cp saki (green Hungarian if you're broke)
1 small onion
1 med finger of fresh ginger
1/4 tsp black pepper
3 Tbs sugar
4 dry hot red peppers

Other ingredients;

1 frying chicken
1 bunch green onions

Prepare the marinade by blenderizing all the ingredients until smooth. Chop the chicken (including bones) into small pieces (a breast becomes 3-4 pieces). Use a chopper you don't really love, or the back of your favorite one. Arrange the chicken in shallow baking dish and pour in the marinade. The marinade should almost cover the chicken. Allow the meat to marinate at least 8 hours at room temperature or overnight in the frig.

Broil the chicken for 25-35 minutes at about 3-4 inches from burner. Turn the chicken often enough to prevent blackening, and brush with marinade when you turn. During the last 5 minutes, sprinkle on top the finely diced scallions.

Each chicken serves about three people.

Chicken Main Dishes

Chicken Enchiladas -- Mo

Boil and pick meat from
3.5 lb Chicken

Mix sauce of

3 cans Cream of Chicken soup
16 oz sour cream
1 1/2 cp chopped green onions
4 1/2 oz can chopped green chilis (Ortega)
4 med crushed garlic cloves
1 tsp powdered oregano
1/2 tsp basil
1 sml crumbled dried red chili

Wet in sauce one side of
18 lg Flour Tortillas

Fill tortillas with

1 lb finely grated longhorn cheddar
1/2 cp sliced black olives
Meat from the chicken

Roll tortillas and place in 9-inch wide greased pans.
Spread remaining sauce over tortillas

Bake 15-20 minutes at 350 degrees

Stuffs 6

Chicken Main Dishes

Chicken and Clam Spaghetti Sauce -- Paul

Cook by any means possible

3-4 lb chicken (include giblets)

Saute in butter

3/4 lb tiny mushrooms (if not available, slice larger ones)

1 bundle chopped whole green onions

6-8 pressed garlic cloves

De-bone chicken and chop up.

Simmer in defatted chicken broth all of the above plus;

1 12 oz can tomato paste

1 med can tomato sauce

1 large can smoked baby clams in brine (don't drain)

1 med can pitted olive halves

1/2 tsp crumbled bay leaf

1 tsp Basil

1/2 tsp Oregano

1 tsp Cracked Black Pepper

2 tsp salt

2 med chopped green peppers (optional)

Simmer til thick. Goes nicely with whole wheat spaghetti.

Gorges 6

Chicken Main Dishes

Sesame Chicken -- Marcy

Cut up one fryer/broiler.

Combine

1 egg, lightly beaten
1/2 cp milk

In another small bowl, mix together

1/2 cp white flour
1/4 cp sesame seeds (roughly one box)
1 tsp salt
1/4 tsp fresh grated black pepper

Melt in a baking pan

1/4 cp butter

Dip chicken parts in wet mix, then in dry mix. Place in pan and roll so that butter coats all sides. Bake in a moderate oven (350 Farenheit) until tender, brown, and crisp (about 1 to 1 1/4 hours). Serves four.

Chicken Main Dishes

Liver Pate - Sharon Veach

1 lb	chicken livers, quartered
2 med	onions
4 lrg	eggs, hardboiled & sliced
4 Tbs	butter (or chicken fat)
1/2 tsp	thyme
1 tsp	salt
1 tsp	fresh fine-ground pepper

Dice onion and saute on very low heat for 15 minutes. Add the chicken livers and saute until the pink goes away in the livers. Cool to room temperature or less. Blenderize the livers with the rest of the ingredients until the texture is smooth. Refrigerate until ready to use. Pate keeps 2-4 days in a refrigerator.

For a fluffier pate, chill the paste almost to the freezing point, then whip it with an electric beater. Keep it refrigerated until a few minutes before serving.

Serve with salty crackers as a super hor doerve. Makes about 20 oz. of pate.

Meat Main Dishes

Beef Stroganoff (Paul)

Slice into 1/8th thick strips;
2.5 lbs Whole Round

Simmer in covered pot 1 hour with;
1/2 cp Claret or Zinfandel
2 Tbs Tomato Paste
1 Tbs Worchester Sauce

Add and cook briefly;
1 cp chopped Green Onions
2 lbs small whole mushrooms

Stir in;
1 pt Sour Cream

sprinkle top with;
1 peeled, sliced, de-seeded lemon

Salt and Pepper to taste.

Serve with 12-16 oz Egg Noodles to feed 5-6 people

Meat Main Dishes

Avocado Burritos -- Paul

Cook with minimal water in pressure cooker at fifteen pounds for 1 hour;

2 1/2 lb beef or pork (use cheapest cut possible;
adjust the weight for bones and just leave them in)
6 bay leaves
dash papaya meat tenderizer

Meanwhile, prepare your favorite guacamole (or mine elsewhere in book); Make 6 avocados worth.

When the meat has had an hour to collapse, open the cooker and pick out the bones with tongs. The remaining meat should have decomposed into a mass resembling over-cooked stew. Simmer until liquid is greatly reduced, stirring and adding;

2 sml cans tomato paste
splash worchestershire sauce
sprinkle ground dry red chilis (BE CAREFUL)
1 tsp salt
1/2 tsp sweet basil

With your third hand, prepare a large pot of refritos; If you want to do it right, start the day before and soak the beans and cook them many hours. If you are lazy like me, do this;

Heat in a large pot with plenty stirring;

2 lrg cans Rosarita refried beans
1/3 cp water
2 tsp salt
sqirt random barbeque sauce

OPTIONALLY add the entire contents (drippings and meat) of some well fried bacon scraps.

Finally, warm in an oven one round (that's one each per diner) of ;

2 or 3 dozen flour tortillas

Carry everything to the table and demonstrate the technique of slopping a large spoonful each of meat, guacamole, and beans onto a tortilla, and rolling it with the end tucked so it doesn't drip on you.

Supply, but don't force on the weak-hearted, a jar of Salsa Jalapena for reinforcing the burritos.

Stuffs 8-9 hungry folks.

Be sure to provide lots of cold beer.

(To feed more people, increase the spices and beer.)

Meat Main Dishes

Babootie (Marcy)

traditional So. African curry dish

2 lbs	chopped lamb or beef
2	onions diced
2	firm bananas sliced
1	apple diced
1	small can apricots
1/4 cp	slivered almonds
2 cloves	garlic, chopped
1 lb	canned tomatoes
2 Tbs	Curry powder (see Marcy's Curry Powder)
2 Tbs	Vinegar
	Tomato juice as needed for thinning
	Salt to taste

Brown meat, drain fat, add rest, simmer gently for 30 mins. Stir frequently, add tomatoe juice if too dry. Serve with rice and sweet chutney and yogurt.

Serves 8. Takes 45 minutes.

Meat Main Dishes

Spinach Lasagna (John Nash)

Cook in salt water, drain, and lightly oil;
12 oz lasagna pasta (use whole wheat if available)

Saute briefly in large pot;
2 Tsp salad oil
1 med onion chopped
2 med cloves garlic pressed

Add and simmer for 30 minutes;
1 lrg bell pepper chopped
1 6 oz can tomato paste
2 lb fresh or canned tomatoes
1/4 Cp fresh chopped parsley
1 Tsp dry oregano
1 crumbled bay leaf
1/2 tsp salt
pinch dry chili pepper flakes (BE CAREFUL)

Meanwhile, if you want meat in lasagna, fry and drain well;
3/4 lb hamburger meat
3/4 lb ground pork or sausage

Add the meat to the sauce and cover when it becomes thick.

With your third hand, cook and drain
1 lb chopped spinach (if you use frozen, 10 oz. will do)

Combine with drained spinach;
12 oz Ricotta cheese (cottage cheese only in emergencies)
1 lrg lightly beaten egg
2 Tbs finely grated Parmesan
1 tsp salt
1/2 tsp cracked black pepper

Grate and save for grand finale;
12 oz mozzarella cheese
3/4 Cp Parmesan

Assemble in large glass dish;
1/3 sauce in bottom, then
1/2 noodles, 1/2 ricotta mix,
1/2 mozzarella, 1/2 parmesan;
Repeat once, then cover with remaining sauce and cheese.

Bake at 350 for 30 to 40 minutes.
Serves eight hearty eaters.

Meat Main Dishes

Meatloaf Cockaigne (Peggy)

Chop in blender, then set aside;

1 1/2 c dry stale french bread crumbs

Blend thoroughly at medium speed:

1 can cream of mushroom soup

1 med bunch fresh parsely

1 Tb basil

2 Tb chives

1 lrg clove garlic

1 tsp salt

2 tsp tarragon

Mix this paste with the bread crumbs in a large shallow caserole and add;

2 lb hamburger

1 sml can sliced water chestnuts

1 sml can chopped or sliced ripe olives (optional)

Knead well by hand; Bake at 375 for 40 minutes.

Pour off green oil, cover with topping sauce (try mushroom sauce elsewhere in this book), and serve to about 6 hungry folks.

Meat Main Dishes

Dolmades - Stuffed Grape Leaves (Marcy)

2 med onions, finely chopped
1/4 cp finely chopped heart of celery
2 Tbs butter
1/2 lb ground round
1/2 lb ground lamb [3/4 lb]
1/4 cp uncooked rice [3/8 cp]
1 Tbs finely chopped mint
1/4 cp finely chopped parsley
dash salt
dash fresh ground black pepper
1 jar (1 lb) grape leaves [8 oz]
1 cp beef stock or water (approx)
1 lemon worth of lemon juice
1/2 cp dry white wine [dry sherry]

1 1/2 cp Avgolemono Sauce (see elsewhere in book)

Saute onion and celery in 1 Tbs butter until tender but not brown.

Blend thoroughly in a bowl the meats, onion and celery, rice, mint, parsley, salt, and pepper.

Rinse grape leaves in a colander under cold, gently running water. Separate the leaves, dry them gently, and place them individually on a flat surface with the shiny side of each leaf down. Place a small amount of filling in the center of each leaf and roll tightly from the stem end toward the point end of the leaf. Arrange the bundles in layers in a heavy saucepan.

Add the stock, lemon juice, and remaining butter. Pour in the wine and cover the top layer of leaves with a heavy plate to prevent the bundles from opening. Cook for one hour over low heat. There should be some liquid remaining for the sauce; if not, add a little more stock and return to a boil.

Transfer leaves to a hot platter and keep in a warm oven while preparing the Avgolemono sauce, then pour the sauce over the leaves and serve immediately.

The changes in brackets are the way Marcy likes to modify this recipe.

Meat Main Dishes

Pizza Casserole (Terry's Mom)

1-2 lb ground beef

onions

mushrooms

pizza sauce with 1 or 2 eggs stirred in (depending on amount of meat)

8 oz mozzarella cheese

oregano

garlic ?

Mix, bake at 375 for 1/2 hour.

Can freeze.

Meat Main Dishes

Carne de Puerco con Chile Verde - David Casserus (& Elena's Secrets)

3 lbs bonelss pork roast
4 12 oz cans of tomatillos, drained and mashed
3-6 4 oz cans of peeled green chiles (Ortega mild green)
5 med cloves garlic (pressed)
1 lrg onion (chopped)
} cp water
your favorite kind of fresh green chilis (optional)
salt and pepper to taste

Slice up the pork and trim away most of the fat. This is slow work, but it can be done in advance. Dice both the lean meat and the fat into cubes | to } inch on an edge; set the diced fat aside. In a heavy pot over a hot flame, cook the lean pork with the water, stirring from time to time until all the water is absorbed and the meat begins to brown. Add the onion and garlic and stir constantly, still over high heat, until the onion begins to turn clear. Reduce heat to a simmer and add the tomatillos and canned chilis. Cover the pot and simmer slowly for about an hour, stirring frequently enough to control the tendency to stick to the pan.

Meanwhile, render the diced fat pork into cracklings by sauteeing in a skillet over medium heat until the pieces turn brown. Drain and salt the cracklings as munchies; save the drippings for other dishes (frying eggs, making tamales, etc.).

After an hour of cooking, the pork should be pretty juicy but not watery. Add a little water if it is too dry. Add salt and black pepper to taste; if you want the whole mess to be hotter, add sliced fresh green chiles. In either case, cover and simmer for at least an additional half hour. Longer simmering times are heartily recommended.

Serve with Spanish Rice, thick flour tortillas, tamales without filling, the cracklings, and/or fresh chopped cilantro. Also lots of beer.

Feeds 6-8.

Fish

Cod Stew

Bouilla baise de morue - Annette

Saute lightly in a large pot;

- 3 Tbs olive oil (if you don't have good olive oil, use salad oil)
- 4 lrg leeks (chopped white part)
(use green onion and onion if not leek season)
- 1 med clove garlic pressed or chopped
- 1 lb fresh tomato chopped small
- 3 Tbs saffron leaves (Mexican Saffron)

When leeks are clear and tomato is mushy, add and boil;

- 6 cp water
- 4 med white potatoes (cubed or sliced with peel)
- 3 med bay leaves
- 1/4 tsp rosemary
- 1/2 tsp fennel seeds
- 1/2 tsp thyme
- 1/2 tsp crushed black peppercorns
- 1 tsp salt (add more later to taste)

When potatoes are slightly soft, add;

- 2 lb fresh cod, boned and cut into bite size pieces

Boil a few more minutes until cod is flaky and white. Adjust seasoning and serve with hot sourdough french bread.

This recipe is an extremely simplified version of bouilla baise. If you have other seafood lying around, consider tossing it in. I recommend against fish like butterfish because I don't like the mushy texture. Serves six.

Fish

Fish Baked in Wine - Tom Tompkins (Sunset's Favorite Recipes)

White fish, such as sole or halibut, are good for this recipe. Tom uses ocean perch.

2 lbs	fish filets or slices
	salt and pepper to taste
1 lrg	onion, sliced
1 cp	dry white wine
3 Tbs	butter or margarine
	(Tom omits this and uses spray-lube to save calories)
2 lrg	tomatoes, (peeled if you like) and sliced thin
	or 8 oz. tomato sauce if it's the wrong time of year
1/2	bell pepper, sliced
2 tsp	Worchestershire sauce

Sprinkle fish with salt and pepper; cover with sliced onion; pour wine over all and marinate 30 minutes.

Melt butter in a large, shallow baking pan; remove fish and onion from wine and place in the pan. Tom reports that he originally misread the recipe, and threw away the onion after marinating; he says it is good this way also. Cover with tomatoes and bell peppers. Sprinkle with salt.

Bake uncovered at 375 Farenheit for about 35 minutes, or until the fish flakes with a fork and is no longer translucent in the center. Baste frequently with a mixture of the fish marinade and the Worchestershire sauce.

Serves 4 to 6.

Invertebrates

Crab Souffle -- Cietha

Make a cream sauce of these ingredients:

4 Tbs butter
4 Tbs flour
1/2 tsp salt
1 1/2 cp milk
2 egg yolks

Add these ingredients and remove from heat:

1 cp sharp cheese (grated fine)
1/2 tsp cayenne
1/2 tsp parika
6 oz crab meat (1 can drained)

Beat 2 egg whites until stiff and fold into sauce.

Pour into greased souffle dish and bake at 350 F for 30 to 40 min.

Invertebrates

Fried Snails - (P.A. Times)

Simmer cleaned, blanched snail meat for 10 minutes in water seasoned as desired with salt, bay leaf, parsley, thyme, allspice, garlic, etc.

Roll cooked snail meat in fine bread crumbs seasoned with salt, pepper, and garlic powder.

Fry snails in oil until browned (like fried oysters). Sprinkle with lemon juice and serve.

Invertebrates

Snails in Garlic Butter - P.A.Times

Prepare garlic butter by creaming;

1/2 cp butter
3 Tbs finely chopped parsley
2 Tsp finely minced green onions (with tops)
1/4 tsp salt
1/8 tsp white pepper

Simmer for 10 minutes;

18 blanched snails
1 cup dry white table wine
onion
garlic
bay leaf
allspice
salt

Drain the meat, reserving the liquid.

18 washed and boiled snail shells
3/4 cp garlic butter
finely grated Swiss cheese
2 Tbs fine dry bread crumbs

Place a small amount of garlic butter in each empty shell. Stuff the shell with a snail and sprinkle with grated cheese. Seal the shell opening with a generous coating of garlic butter and sprinkle with bread crumbs. Place the snails in a shallow pan and add 2 Tbs of the water they were boiled in. Bake at 450 degrees F. for 7 minutes or until bread crumbs brown and the butter bubbles. Serve immediately.

Makes three servings.

Invertebrates

Escargot Crepes - Paul

Simmer blanched escargot for 10 minutes in water with a spice basket loaded with garlic, bay leaves, thyme, allspice, and parsely.

Drain snails, and saute lightly in butter with a crushed garlic clove.

Prepare plain crepes and sauce mornay from cheese section of cookbook.

Assemble crepes; place some escargot on the open crepe, cover with sauce mornay, roll up crepe, and arrange in a baking pan or on a plate. Pour sauce mornay over the crepes, and warm in 200 degree oven. Serve immediately, preferably with a dry white wine.

Invertebrates

Mussels Saint Jack - Craig Claiborne & Jack

Preheat oven to 400 F.

Stuff to boil:

1 1/2 lbs steamed, shelled mussels
1/2 tsp thyme (or 2 sprigs fresh)
1 bay leaf
1 sprig parsley
8 peppercorns
salt to taste
1/2 cp water
1/2 cp dry white wine

Sauce ingredients:

7 Tbs butter
3 Tbs flour
2 egg yolks
1 tsp lemon juice
pinch cayenne pepper
1/2 cp parmesan cheese grated fine

Trek to the beach in some month that has an "R" in it, and stand in shallow water picking mussels off the rocks with the old hunting knife that you must have left over from Boy Scout days. This requires a fishing license in Calif, and the rule book that comes with it sets some limit on how many mussels you can take in a day; I don't remember how many it is though, because the cold water and rising tide always sets the practical limit much lower.

When you get your mussels home, scrub the shells vigorously with a scouring pad (not a Brillo pad; you don't want to eat the soap and besides, the steel wool is much too fine for the task). Steam the mussels in a tightly-covered pot until they open. If you find some that didn't open, throw them away. Pry the mussels out of their shells, rinse the meat in fresh water, and put your galley slaves to work making the shells REALLY clean for use later in this recipe.

Put the mussels and the other boiling ingredients in a large sauce pan, and bring to a boil. Cover and simmer for 2 minutes. Drain, reserving the liquid. Discard the herbs and spices.

Melt 2 Tbs butter in sauce pan, stir in the flour with a whisk. When blended, add the cooking liquid, stirring constantly.

Remove sauce from heat and beat well with an electric beater, adding the remaining butter gradually. Beat in the egg yolks, lemon juice, and cayenne. Continue beating until the sauce is fairly cool.

Spoon some sauce into each of about two dozen cleaned mussel shells, place a mussel in each, and top with remaining sauce. Sprinkle with parmesan.

Bake 5-10 minutes, just long enough to make the sauce bubble and the cheese turn golden on top.

A great first course for 6-8 people. If this is the main dish for a crew of hard-working mussel hunters, better double or triple it.

North Chinese Dishes

Sui-mi Ji Chicken with Peanuts and Cabbage

(Good Food of Szechwan + Marcy)

3 whole chicken breasts, about one lb. each when boned

MARINADE:

3 Tbs cornstarch
3 Tbs rice wine or dry sherry
3 Tbs soy sauce

1 1/2 cp crushed peanuts (salted)
12 fresh or dried red peppers
3/4 head round cabbage
1/2 cp chopped green onion
3 Tbs finely chopped fresh ginger
3 Tbs pressed garlic
3 Tbs hot bean sauce

SEASONINGS:

1/4 cp cornstarch
1/4 cp rice wine or dry sherry
1/2 cp soy sauce
4 tsp. vinegar
4 tsp. sugar
8 tsp. sesame oil
2 2/3c. oil

TO PREPARE:

1. Bone chicken breasts and cut meat into 1/2 or 3/4 inch pieces.
2. Make marinade by mixing cornstarch with wine and soy sauce.
3. Mix marinade with chicken and let stand at least 15 minutes.
4. Crush peanuts with side of cleaver (pressing down on horizontal blade with the heel of your hand) or chop them .he peanuts should be crushed to rice-grain size but not powdered.
5. Cut peppers in half lengthwise and remove seeds with tip of knife. Cut peppers into slivers. Set aside with peanuts.
6. Press garlic, chop ginger finely, chop onions coarsely, and cut cabbage into pieces about 1 inch X 1 inch after removing the core.
7. Mix SEASONINGS, first mixing the cornstarch with wine and vinegar, then adding other ingredients.

TO COOK:

1. Heat 1/2 cp. cooking oil in wok or large frying pan until very hot.
2. Add cabbage and stir-fry very quickly. Remove and drain when cabbage starts to soften and looks slightly cooked. Arrange the cabbage on platter leaving a space in the center.
3. Heat 1/2-3/4 cp. cooking oil in wok until very hot. Add chicken pieces and cook quickly. If necessary use more oil and drain later, or cook chicken few pieces at a time.

North Chinese Dishes

Kun Po Chicken (Chef Chu and Jack)

1 large chicken (3 lb fryer)
12 med pieces dry red pepper
1 cp peanuts (shelled and skinned)
3/4 cp finely sliced green onion (white part only)
1 cp diced bamboo shoots
1 cp diced waterchestnuts

Chicken Coating;

2 T soya sauce
3 T cornstarch

Seasoning Sauce;

4 T soy sauce
2 T sherry
1 T chinese red wine vinegar
2 T sugar
2 tsp sesame oil
1 T hot pepper oil
2 tsp corn starch

Bone chicken and cut into 1" cubes. Stir in coating sauce and allow to soak for 10 mins.

Heat frying oil to a boil and fry red peppers until they begin to blacken. Add chicken cubes and stir fry for a few seconds. Add the vegetables.

Add the seasoning sauce and stir until thickened and hot. Remove from heat and add peanuts and green onion. Mix together and serve.

6 servings.

North Chinese Dishes

Chicken with Peking Sauce (Chef Chu)

Ingredients

1/2	frying chicken, boned and cut into 1/2 inch cubes
1	green pepper, diced into 3/4 inch squares
1	celery stalk, cut into 1/2 inch slices
1/2	onion, cut into 3/4 inch pieces
3 Tb	oil
pinch	MSG
1/2 C	Peking Sauce (see below for recipe)

Heat the wok on highest heat and add the oil. When the oil smokes, add the diced chicken and stir-fry until browned. Still at maximum heat, add the vegetables and stir-fry until any water produced by the vegetables has evaporated from the wok. If the wok is hot enough, the chicken should cook in a minute, and the vegetables take a second minute. At lower cooking temperatures, these times may double.

Still at highest heat, add the MSG and sauce. Stir until the sauce is almost evaporated and the sugar in it begins to caramelize (this is difficult if the wok isn't hot enough). Serve at once.

Serves 3-4

Peking Sauce combine:

1/2 c	Hoy Sin Sauce (in a can at your favorite chinese grocery)
1 Tb	soy sauce
1 tsp	sesame oil
pinch	white pepper

North Chinese Dishes

Szechuan Chicken -- Cietha

Mix and set aside in fridge for 15 min:

3 med boned, skinned and cubed chicken breasts
1 Tbs cornstarch
1 Tbs soy sauce
1 egg
2 cloves garlic, minced

If serving with rice, now is the time to cook it. When the rice is done, stir-fry in oil over high heat:

6 med jap hontaka dried chiles, broken up
 [be sure to wash your hands thoroughly after handling these chiles]

cook until chiles turn black then discard

[keep a window open while you cook these, the fumes are terrible]

Stir fry the chicken pieces in the pepper oil for about 5 minutes.

Pour on sauce:

4 Tbs soy sauce
4 Tbs sherry
4 tsp sugar
4 tsp vinegar
1 Tbs cornstarch
1 Tbs shaved fresh ginger

Add:

1 med chopped bell pepper and continue to stir-fry for 2 min
1/3 cp salted peanuts until browned

Serve over rice.

North Chinese Dishes

Dry-Braised Prawns (Chef Chu)

Ingredients:

1/2 lb	fresh prawns (21 to 25 per pound), peeled, deveined, butterflied, and dried.		
1 Tb	green onion, finely diced		
1 Tb	ginger root, finely diced		
1 Tb	garlic, finely diced		
1 Tb	onion, finely diced		Prawn Marinade
2-3 Tb	tomato catsup		
2 tsp	chili paste with garlic	1 tsp	dry sherry
1 Tb	hot pepper oil	1 egg	white, beaten
3 Tb	chicken stock	1 Tb	dry cornstarch
1 tsp	sugar	pinch	salt
1 tsp	salt		
1 tsp	sesame oil		
1-2 Tb	cornstarch solution		
3-4 c	oil for deep frying		

Combine the marinade ingredients and mix with the shrimp. Allow to marinate for at least ten minutes.

Deep fry the prawns in medium hot oil, in several batches if necessary to keep the oil from cooling. When they just turn white, remove them from the oil.

Remove all but 2-3 Tb oil from the wok and reheat. Stir-fry the onion, garlic, and ginger for half a minute, and then add the catsup, chili paste, hot pepper oil, stock, sugar, salt and MSG, stirring vigorously all the while. After only a few seconds, add cornstarch solution, stirring vigorously, until the sauce is moderately thick and most but not all of the oil is incorporated. After a few more seconds, stir in the green onion, sesame oil, and prawns.

Serve at once. If desired, this dish may be prepared ahead of time by keeping the prawns separate from the sauce and combining them just before reheating.

Serves 3-4, at 4-3 prawns per serving.

North Chinese Dishes

Mongolian Beef (Chef Chu)

Ingredients:

1/2 lb	flank steak, sliced 1/8 inch thick across the grain
10	thin slices ginger root
12	green onions, cut in one inch pieces
2 Tb	soy sauce
1 tsp	sugar
1 Tb	dry sherry
1 tsp	cornstarch solution
2-3 Tb	oil
pinch	MSG

Beef Marinade:

1	egg, beaten
1 tsp	dry sherry
1 tsp	dry cornstarch
pinch	white pepper
pinch	baking soda

Combine the marinade ingredients and stir the beef slices into this mixture.

Heat the wok at the highest heat possible and add the oil. When the wok begins to smoke (this is called 'the smell of the wok') add the beef and ginger and stir-fry until the meat has been browned on both sides. This should take place in less than a minute, and the beef should not quite be cooked through. It is most critical that the wok remain very hot during this quick cooking. If the meat sticks, there is not enough oil in the wok; if the meat floats, there is too much oil and some should be removed.

Immediately add the onion and all remaining ingredients except the cornstarch. Do not lower the heat; the onions will lower the temperature. Stir until the onions begin to wilt and darken.

Immediately add cornstarch until the sauce is medium thick and sticks to the meat. Serve at once. This is a very simple dish, and depends only on very high heat, rapid cooking (but not overcooking) the beef, and serving at once.

North Chinese Dishes

Mu Shu Pork (Chef Chu)

Ingredients

1/4 C	oil
2	eggs, beaten
1/2 lb	pork butt, sliced with the grain into 1/8 x 1/8 inch strips
1/4 C	green onion, green part cut into 1/2 inch slices
1/4 C	bamboo shoots, cut in 1/8 inch strips
1/4 C	dried tiger lily blossoms, soaked 10 minutes in water
1/4 C	dried black tree mushrooms, soaked 10 minutes
1 C	cabbage, sliced in 1/8 inch shreds
1 1/2 T	dry sherry
3 1/2 T	soy sauce
1 tsp	sugar
pinch	white pepper
1 T	cornstarch solution
6-8	thin pancakes, steamed
2 T	Hoy Sin sauce
2 T	green onion, white part, sliced in long fine slivers

Heat the oil until it begins to smoke. Pour the beaten egg into the oil. The egg should rise to the top rapidly and form a thin pancake. When it hardens, in half a minute, remove it and add the pork, stir frying about three minutes or until well done.

Now add to the pork the green onion tops, bamboo shoots, tiger lily blossoms, tree mushrooms, and the cooked egg. Stir fry, being sure to break up the egg. In less than a minute, the tree mushrooms will begin to darken. Quickly add the sherry, soy, sugar and pepper. Place the cabbage on top, and after one half minute, continue to stir.

When the cabbage begins to wilt, add cornstarch, stirring, until all liquid disappears and all sauce sticks to the other ingredients.

Place on a serving dish and serve at once with pancakes. Also serve the green onion and Hoy Sin sauce as garnishes.

Serves 3-4.

- Notes:
1. tiger lily blossom is also known as 'golden needle vegetable'
 2. black tree mushroom is aka 'cloud ear' or 'tree fungus'
 3. thin pancakes may be purchased from the Chinese Inn, 1310 El Camino Real, Menlo Park

North Chinese Dishes

Pork with Hot Sauce (Chef Chu)

Ingredients

1/2 #	pork butt, cut into 1/8" strips
1 1/2 C	bamboo shoots, cut into 1/8" strips
1 med	finger of ginger, cut into \F4very\F3 fine strips
5	water chestnuts, cut into strips
2 T	tree mushroom, soaked in water 10 minutes and chopped
2	scallions, cut into 1" slices
1 tsp	chili paste with garlic
1 tsp	garlic, finely chopped
1 tsp	cornstarch (make a paste with a dash of water)
2 T	oil

Sauce

1 T	Chinese red vinegar
1/4 C	stock or water
2 Tsp	hot oil
1 T	sugar
2 T	soy sauce
1 tsp	sesame oil

In a very hot wok, stir fry pork in a little oil until well done. Add garlic, ginger, shoots, and chili paste; stir fry for about a minute. Add the sauce, water chestnuts, onion, and tree mushrooms. Mix well, adding the cornstarch paste as needed. There should be some sauce which does not cling to the meat.

Serves 3-4.

North Chinese Dishes

Red-Cooking Sauce (Chizu Mayall)

Boil for 15 minutes;

2 cp	soy sauce
1 cp	sugar
2 cp	water
2	dried red chilis
1 slice	ginger
4	star anise
1/2 cp	peanut oil
1/2	lemon of juice
3 cloves	crushed garlic

This sauce is commonly used in northern China to boil all sorts of foods. It will keep indefinitely in a refrigerator if it is boiled every week or so. If used for seafood, a fishy flavor will remain in the sauce.

Try with harboiled eggs, chicken, pork, beef roasts, lamb, etc.

With variety meats, boil meat first in plain water then finally in Red Sauce.

[I've finally used the "try it with chicken" suggestion from Chizu Mayall in the Red-Cooking Sauce recipe; it turns out to be an amazingly fast and easy way to make an exotic-tasting dish. I simply boosted the red peppers a bit and boiled some cut-up chicken for 45 minutes in the red sauce. The smell brought my housemates running to the table, and the only leftovers were consumed as breakfast. Something about the sauce keeps the meat from getting too soft the way normal boiled chicken does. The flavor even permeated the bone marrow, leading to a more-total-than-usual demolition of the chicken by the food-crazed mob. Let me know if you find something else that works as well in this magic sauce. -PAM]

North Chinese Dishes

Quick-Fried Spinach -- Sheng-bian Buo-cai (Good Food of Sezechuan)

Wash and drain thoroughly;
1 lb fresh spinach (or chard)

Mix in a small bowl;
1 tsp rice wine
1/2 tsp vinegar
2 tsp soy sauce
2 tsp sugar
1 tsp salt

Heat in a wok until it smokes;
6 Tbs oil

Toss in spinach leaves and stir fry for 1 minute.

Add the seasoning mix and stir; add
1 tsp sesame oil

Stir briefly and serve.

South Chinese Dishes

Snow White Chicken (Chef Chu)

Ingredients

2	whole chicken breasts, boned	Chicken Marinade
4 C	oil for frying	
12	snow peas, strings removed	2 egg whites, beaten stiff
1/2 C	canned button mushrooms, sliced	2 Tb water
1 C	chicken stock	1 tsp cornstarch
1 Tb	dry sherry	pinch salt
1 tsp	sugar	pinch white pepper
1/2 tsp	salt, or to taste	
pinch	white pepper	
pinch	MSG	
1-2 tsp	cornstarch solution	

Combine the marinade ingredients. Slice the chicken across the grain as thinly as possible. Freezing the meat before slicing makes possible paper-thin slicing. Add chicken to the marinade.

Deep fry the chicken at medium heat. Toss it into the oil quickly so that the thin marinade doesn't drain off. The chicken should rise to the top of the oil. Stir vigorously to separate the pieces. After about one minute the chicken will turn white and should be removed to drain.

Pour off all oil from the wok and add the rest of the ingredients except the cornstarch. Boil for about 1-1/2 minutes, or until the snow peas just begin to change color. Add cornstarch, stirring, until the sauce is of medium consistency and will stick to the vegetables. Stir in the chicken and heat through. Serve at once.

Serves 3-4.

South Chinese Dishes

Asparagus Beef (Chef Chu)

Ingredients

1/2 #	fresh asparagus, cut diagonally into 1/4" slices
1/2 #	flank steak, sliced into 3/16" strips
2 Tbs	oil
1 tsp	black bean sauce
1 tsp	garlic, finely diced
2 T	soy sauce
1 tsp	sugar
1 T	sherry
1/4 C	chicken stock
dash	sesame oil
1 tsp	cornstarch

Heat wok to highest temperature; stir fry the beef in oil for one minute then add bean sauce, garlic, and asparagus. Mix well, cooking for 1/2 minute. Add stock, sugar, soy, and sherry; cook until asparagus is almost done. Thicken with cornstarch to a medium thin sauce, add a dash of sesame oil, and serve.

Serves 3-4.

South Chinese Dishes

Black Mushrooms with Bok Choy (Chef Chu)

Ingredients

12	small black mushrooms (soak 1/2 hour in water, discard stems, cut in half)
1 head	fresh bok choy, cut in strips 1 1/2" x 1/4"
dash	sesame oil
pinch	sugar
pinch	white pepper
1 tsp	salt (or to taste)
1/4 C	chicken stock
1 T	sherry
2 T	oil
1/2 tsp	cornstarch

Blanch bok choy in boiling water for 3 minutes. In a moderate wok, stir fry the vegetables for one minute. Add the sherry, salt, sugar, and pepper, and cook until most of the liquid has evaporated. Add only enough cornstarch to make a light sauce. Add a dash of sesame oil just before serving.

Serves 3-4.

Indian Dishes

Potato Curry -- Veg Ep

Wash and dice uniformly;
6 med russet potatoes

Cook spices 2-3 minutes;
3 Tbs ghee
1 tsp salt
1 tsp cumin seeds
1/2 tsp mustard seeds
1 tsp tumeric
1 tsp ground coriander
1/2 tsp ground cayenne pepper

Add the potatoes, stirring so they are coated evenly and cooking for 10 minutes until some are crispened.

Add the water and simmer with an occasional stir on low heat for 30 minutes.
2 cp water

Meanwhile, lightly cook and drain;
2/3 cp fresh green peas

When potatoes are tender, add the peas and;
1 cp yogurt

Stir and heat for 5 minutes; serves 4 to 6 people.

Indian Dishes

Mint Chutney - Carol at Peets

Wash and shake dry;

2/3 cp fresh-picked mint leaves (fairly tightly packed)

Blend in blender with the leaves;

1/4 cp distilled white vinegar

1 1/2 Tbs salt

Chop finely;

2 1/2 oz green chilis

4 med cloves

1/3 med onion

The magic ingredient for this recipe is Tamarind.

If you can get it fresh, remove the seeds and fibre and chop

1/3 lb fresh tamarind

If only the dried is available, discard seeds and add to the blender

3 oz dried tamarind

Either way, stir the chopped things with the blenderized things and put the paste in a bottle. Three days at 70 Farenheit is what the book from India suggests; keep for longer periods in the frig.

Indian Dishes

Nasturtium Seed Pickles - Carol at Peets

Pick while still green;
1 1/2 cp nastutium seed

Soak in brine for 4 days, changing the brine daily.
Drain the seeds and pack in jars.

Boil 15 minutes;
2 cps distilled vinegar
1/2 med onion (sliced very thin)
24 whole cloves
1 tsp ground mace
2 tsp sliced green chilis

Pour the pickling over the seeds, filling jars to the top.
Age 3 months at about 70 Farenheit.

Indian Dishes

Spiced Dahl - Vege Ep

Wash and then boil with frequent stirring until quite soft and not watery;

1 1/2 cp moong or urhad dal (else yellow split peas)
4 cp water
1 tbs salt

Heat together in a saucepan;

3 Tbs Ghee
1 tsp cumin seeds
2 tsp ground tumeric
1/2 inch stick cinnamon
1/4 tsp cayenne pepper
1/4 tsp ground ginger
1/4 tsp ground coriander
1/2 tsp mustard seeds
6 whole cloves

Cook the spices briefly, remove from heat, and stir in the cooked beans, avoiding the possible spatter from the hot ghee. Return the dahl to heat and simmer stirring until a thick sauce consistency is attained.

Makes 6 good servings.

Indian Dishes

Tamarind Chatney -- Barbara Butterworth
(she says that in Nepal, it's not "chutney")

1 pkg	dried tamarind pulp (Universal Imports, roughly 3x5x1.5) (try using a pound or so of dry whole tamarind)
2 Tbs	fresh grated ginger
6 med	cloves garlic pressed
4 Tbs	chopped bell pepper
1 cp	chopped onion
2 cp	white sugar (add more later if chutney is too sour)
2 Tbs	vege oil
1/2 tsp	curry powder
pinch	each of nutmeg, cloves, and cinnamon
10 med	crushed dry coriander seeds
1/2 tsp	black pepper
1 tsp	salt
1/2 tsp	red pepper (more for more hotness)
2 sml	cans tomato sauce
1+ cp	chopped cilantro (coriander leaves)

Soak the tamarind for a day or two in water, breaking up the chunks as they soften. If you used whole dried tamarind, pick off the dry shell as soon as practical. When the pulp is reduced to a thick sauce, strain it to remove the seeds. The pulp should be about 2 cups of thick goop.

Brown the ginger, garlic, peppers, and onions in the vege oil. When onions are clear, add the spices and stir for a few moments. Stir the sugar into the tamarind and add to the fried mix. Bring the whole mass to a boil, reduce heat, add the tomato sauce, and simmer for half an hour. Add the fresh cilantro, stir and simmer for a few minutes longer, serve. Barbara says that this recipe is quite flexible; variations are welcome.

Vegetables

Tabouli (Syrian salad) by Marcy

1 1/2 C bulgar or cracked wheat
1 bunch fresh mint leaves
1 bunch fresh parsley
1 bunch fresh green onions
1 lb fresh garden tomatoes
3 large lemons
1/3 C olive oil
2 tsp salt
large dash fresh ground black pepper
3 C boiling water

Pour boiling water over the bulgar wheat and let soak for one hour. Drain well Press out the remaining water with palms of your hands, then chill the wheat for at least an hour.

Chop the mint, parsley, and green onions finely, producing about a cup of each. The tomatoes can be peeled or not, according to your tastes; chop them into small pieces. Extract the juice and pulp from the lemons and discard peels and seeds.

Toss all the ingredients together and chill thoroughly before serving.
Keeps well and serves 6-8 people.

For authenticity, serve in scoops on grape leaves or romaine.

If willing to abandon authenticity, try this delicious variation;

Boil and bone
3 1/2 lb chicken

Chop the meat small and chill thoroughly. Mix with the Tabouli and allow to marinate while chilling.

Vegetables

Guacamole -- Paul

Mash together with a tough whisk;

6 med very ripe avocados
1 lrg bunch green onions, sliced thin
2 med cloves garlic, pressed
1 med can diced green chilis
1 sml can chopped black olives (OPTIONAL)
1 Tbs lemon juice
1 tsp New Mexico hot chili powder
dash salt
dash cumin (Comino)

If the avocados weren't perfectly ripe, stir in;

1/2 cp plain yogurt
(or sour cream for more calories)

If you like, stir in or top with quartered cherry tomatoes. Don't add them til after all the heavy mashing is over with.

This stuff is best with California avocados in the summer, but if you can't wait, use the Florida green things and pretend.

The amount in the recipe will supply enough dip for about 3-4 dozen corn tortillas cut into 16ths and flash fried in hot oil. (Drain on newspaper before serving)

Also good in burritos (see recipe elsewhere in this book).

Veges

Crusty Cornbread Bean Pie - Cietha

Crust- makes one 9 inch crust

1 cp yellow cornmeal
1/2 tsp salt
2 Tbs brewer's yeast
3 Tbs oil
1/2-3/4 cp hot stock [enough to make a stiff batter]

Filling-

saute in oil:

1 chopped onion
1/2 chopped carrot
1 chopped stalk of celery

mix with:

1 cp cooked kidney beans
pinch cayenne
1 tsp cumin
1/4 cp stock
3 Tbs soy sauce

Bake at 350 F for 25 minutes, then sprinkle with 1/3 cup grated cheddar cheese and bake 5 more minutes.

Vegetables

Country Sun Red Delicious Salad Dressing - John Hall

Blenderize til smooth;

12 oz	tomato paste
1 cp	salad oil
1 cp	cider vinegar
1/2 cp	honey
2 1/2 tsp	garlic powder
1 1/3 cp	water
1 1/2 tsp	powdered ginger
4 tsp	salt
1 Tbs	parsely
1 Tbs	basil
2 tsp	thyme
2 tsp	oregano
2 tsp	marjoram

Serve chilled; keep refrigerated. Makes quite a bit.

Veges

Citrus Salad

Toss together any proportions of following items; serve chilled.

mandarin orange sections
grapefruit sections
bland variety of lettuce

Vegetables

Cold Spinach Salad (Nancy Bright)

Combine and blenderize til smooth;

1 Cp salad oil
1/2 Cp ketchup
3/4 Cp cane sugar
1/4 Cp distilled vinegar
1 Tbs Worcestershire sauce
1 med onion diced
2 tsp salt

Pour onto;

6-8 oz water chestnuts, sliced
1/2 lb bean sprouts
4 hardboiled eggs, diced
1/4 lb bacon, fried and crumbled

Serve over;

3 lbs spinach leaves, washed, blotted, and refrigerated

Vegetables

Watermelon Rind Pickles (Marcy's Gramma)

slice and peel a watermelon worth of rinds; Stand overnight in cold brine. Drain. Boil in fresh water until soft enough to insert fork easily. Drain well, add to syrup.

To make the syrup, mix in large pot;

2 cp	vinegar
2 cp	water
4 cp	sugar
1 stick	cinnamon
1 tsp	whole cloves
1	peel of lemon

Bring to boil, then slowly add the rind. Cook at low boil until clear (about 45 mins). Pack in hot sterile jars and seal.

Vege

Black Olives

Make the lye 3 Tbs/gal, soak until only skins penetrated; start checking at three hours, then every half hour. Drain lye and air the olives for one day. Repeat process until penetrated 1/16th inch. Air. Soak for 1/8th to 3/16 inch. Air. Now mix lye solution 4Tbs/gal. Penetrate to pits, air for one day, proceed as with green olives.

Mummies

4 lbs ripe olives and 1 lb salt. Mix well, cover with 1/2 lb more salt. Leave for 6 weeks. Dust salt off the olives and dip in olive oil. Keep in frig until used.

Vegetables

Cuban Black Beans - Ita

Cook in a pressure cooker * at 15 lbs for 30 minutes, (or boil in open pan for 3-4 hours until tender);

3 cp dry black beans (about 1 1/2 lbs)
2 qt water (use more if your pressure cooker is the kind that spills steam)

Cook in a frying pan until onions are golden;

1/2 cp olive oil
4 strips bacon or salt pork (chopped small)
3 med sliced onions
2 med cloves garlic, pressed or minced
1 sml chopped bell pepper

Add fried goodies to the beans, and simmer while adding;

1/2 tsp oregano
1 sprig chopped fresh parsley
dash fresh cracked black pepper
1/4 tsp sweet basil
1 med bay leaf
 salt to taste

Simmer until beans are creamy in texture; about 1 hour. Add additional water and stir to the bottom of the pot as needed. Before serving, garnish with;

1 Tbs olive oil
1 Tbs white vinegar

Serve as a main dish for eight people or as a dip for a multitude.

* There is a danger to be considered in using a pressure cooker with any kind of dry beans. The bean skins can allegedly plug the vent hole in the pressure cooker, leading to overpressure failure. If your cooker is the kind that uses a gauge rather than a continuous leak (like mine), there is probably insufficient flow of steam to place a bean skin in the magic spot. I've never heard any definitive answers on the controlled leak pressure cookers; I know people who believe it is dangerous and others who do not, but no one who can explain the mechanisms involved and/or precautions to follow.

Vegetables

Stuffed Eggplant (The Green Thumb Cookbook)

brought to us by Terry Roberts@maxc2, Bill VanMelle@sumex, and Lyle Ramshaw@maxc2

Preheat oven to 375 F.

1 cp	grated mozzarella cheese
1/2 cp	grated Parmesan
1/3 cp	ricotta cheese
2 lrg	eggs
1/4 cp	chopped parsley
	salt and pepper to taste
2 Tbs	whole wheat flour
1/3 cp	milk
1 Tbs	salad oil
2	eggplants
	whole wheat flour
1/4 cp	olive oil
2 Tbs	butter
	tomato sauce

1. In mixing bowl combine mozzarella, Parmesan, ricotta, 1 egg, 1 Tbs parsley, salt and pepper to taste. Blend to a smooth paste. Chill mixture thoroughly.

2. In another bowl, mix flour, add remaining egg, milk, and oil. Beat until smooth. Peel eggplants. Cut into thin, lengthwise slices. Dip in flour and shake off excess. Heat olive oil and butter together. Dip eggplant slices in prepared batter until they are coated. Saute in hot oil until browned on both sides. Drain. Place 2 Tbs of chilled cheese mixture on each slice. Roll loosely. Arrange rolls seam side down on baking pan. [This whole operation is easier to do with 2 people.] Cover with tomato sauce.

3. Bake in moderately hot (375 F.) oven for 15 minutes. Sprinkle with the remaining chopped parsley and serve immediately.

Makes 6 servings.

Vegetables

Stuffed Zucchini - Sarah / New Orleans Cookbook

2 1/2 lb	fresh zucchini (8 small ones)
5 Tbs	butter
1/2 lb	ground pork sausage
1/4 tsp	salt
1/4 tsp	fresh ground black pepper
5 Tbs	heavy cream
2 Tbs	finely minced fresh parsley
1/4 cp	french bread crumbs
3 Tbs	grated parmesan cheese
1/2 tsp	dried rosemary
1/8 tsp	dried thyme
1/16 tsp	cayenne (whew!)
1/4 tsp	pressed garlic
1/2 cp	chicken stock

Prepare the zucchini; wash, dry, trim off the ends, and split in half lengthways. Scoop out the pulp with a sharp teaspoon, leaving the skin and 1/8 to 1/4 inch of flesh intact. Saute the pulp in 2 Tbs butter until it is soft and wilted. Meanwhile, lightly brown and drain the sausage in a different skillet. Add the drained sausage to the zucchini pulp, lower the heat, and stir in the salt, pepper, 2 Tbs cream, parsley, bread crumbs, 2 Tbs parmesan, rosemary, thyme, cayenne, and garlic. Cook about 4 minutes, stirring.

Fill the zucchini halves with the stuffing and arrange them in a shallow buttered baking dish. Sprinkle with the remaining 1 Tbs parmesan, 3 Tbs butter, and 3 Tbs cream. Pour the chicken stock into the pan around the zucchini but not in them. Bake at 350 for 30 minutes, or until the zucchini are tender when probed with a fork and the stuffing is browned on top. Remove the zucchini from the chicken stock, drain, and serve 4-6 people.

Veges

Chile Relleno Casserole - Bob Sproull

2 15-oz cans refried beans
2 4-oz cans chopped green chiles
| - 1 lb Monterey jack, chopped into |" cubes
4 eggs, separated
3-4 T flour
1 t baking powder

Preheat oven to 350".

In greased 2-quart casserole, smooth beans on bottom. Add | of the peppers, all of the cheese, and the other | of the peppers.

Beat egg whites until firm. Beat yolks and add to the whites. Add flour and baking powder. Spread on top.

Bake 30-40 min.

Sauce:

10-oz can green chile salsa
1 t oregano

Heat together.

Vegetables

Spanish Rice, Costa Rican style - David Casseres

3 cps rice (exactly)
6 cps water (exactly) measured and ready to pour
1 med tomato, halved and sliced
1 med onion, halved and sliced
3 med cloves garlic, pressed
 salt
 oil

Pour about { inch oil into a heavy pot over a hot flame. Add onions and garlic , stirring continuously until the onion begins to turn transparent. Immediately add the rice and stir continuously. The rice grains will begin to change from translucent to a brilliant opaque white. A few may pop; just ignore them. When most the grains have become opaque white, quickly reduce the heat (to very low) and add all the water. It will spatter and threaten you, so use a container with a long handle. Add the tomato, stir once, cover tightly, and simmer over low heat for about 30 minutes. Do not remove the cover until the rice has simmered at least 20 minutes, and do not stir for any reason.

Serve with anything.

Vegetables

Rice Pudding - Marcy & JOC

This is the classic solution to last night's leftover white rice; some of us tend to overestimate the rice just to have some leftover for this recipe.

Preheat oven to 325 Farenheit.

Use an eggbeater to make a smooth mix of:

1 1/3 cp	milk
3	eggs
1/2 cp	brown sugar (packed)
1 Tbs	softened butter
1 tsp	vanilla
1/8 tsp	salt

Stir in:

2 cp	cooked white rice
1/2 tsp	grated lemon peel
1 Tbs	lemon juice (this is 3* JOC; we like it this way)
2/3 cp	raisins

Grease a baking dish, pour in the mix, Sprinkle the top with fresh-ground cinnamon, and bake until set in the middle, about 55 minutes.

Serve either hot or cold. Makes about 6 servings.

Vegetables

Tiffany's Bean Pot Soup - David Wall

2 c.	dry pinto beans	1 tsp	salt
1 lb	ham, cubed	1 tsp	crushed bay leaves
2 pints	water	1 tsp	oregano
27 oz	tomato juice	tsp	ground cumin
4 c.	chicken stock	tsp	crushed rosemary leaves
1 onion,	chopped	tsp	celery seed
3 cloves	garlic, minced	tsp	ground thyme
3 tbs	chopped parsley	tsp	ground marjoram
{ c	chopped green pepper	tsp	sweet basil
4 tbs	brown sugar	{ tsp	curry powder
1 tbs	chili powder	4	whole cloves
1 tsp	MSG (if desired)	1 c	sherry

Thoroughly wash and soak beans overnight; drain. Add remaining ingredients except sherry. Bring to boil. Reduce heat and simmer, covered, until beans are tender (about 1 hour). Add sherry; heat to serving temperature.

I'm told the soup freezes nicely, but I've noticed a tendency for the beans to get mushy. If you don't mind, go ahead and freeze it.

Yield: 6 quarts.

Vegetables

Dry-Cooked String Beans - Dick Sweet & Pei Mei's cookbook

1 lb String Beans, broken into large pieces
{ cp Onion, chopped fine
2 Tbs Ginger, chopped fine
2 cloves Garlic, chopped fine
5 cp Oil
3-4 dried chili peppers, seeded

Seasoning Sauce

1 Tbs Sugar
| Tbs Rice Vinegar
1 tsp Salt
1 tsp Sesame Oil
2 Tbs Chicken Stock
| tsp MSG (optional, of course)

Deep fry beans in very hot oil approximately 3-4 minutes, they will wrinkle and maybe turn a bit dark in places. Cook small enough batches so the oil stays hot.

Remove all but 2 Tbs of the oil and cook peppers until they turn black, discard. (a good ventilating hood is helpful here)

Stir fry minced vegetables a short while, then add beans and seasoning sauce. Stir over high heat until liquid is gone.

Serve immediately.

Vegetables

Andrea's French Onion Soup - Marcy (from the Monitor)

4 Tbs	butter
2 Tbs	olive oil
2 Tbs	brown sugar (NOT packed)
6 lrg	onions (sliced)
2 Tbs	flour
3 15 oz	cans beef consume or broth
3	cans water (to dilute the canned consume)
1/2 tsp	dry mustard powder
	salt and peper to taste
1 loaf	sourdough french bread
8 oz	Gruyere cheese (sliced thin)

Melt butter with olive oil in a heavy kettle. Stir in sugar until dissolved. Add the onions and cook at moderate heat until they are lightly browned and the rings have separated and begun to break up. Sprinkle in the flour and stir (still at medium heat) until the mixture begins to thicken and loses its flour taste. Add the beef consume and water slowly, a cup at a time with constant stirring. Add the seasoning, cover, and simmer slowly for 90 minutes.

The original recipe suggests that if you have time, you should set the soup aside in a cool place for eight hours to allow the flavors to meld together; I've never had the time, and the soup has always been superb without the waiting period.

Serve in bowls with a slice of french bread and a slice of cheese floating on top. I sometimes cover the bowls briefly to allow the steam to help melt the cheese.

Serves a hearty course to 4-6 people; I like this too much to serve less than a large amount of it.

Vegetables

Brown Rice Souffle - Chron

3 Tbs butter or margarine
3 Tbs white flour
1 1/4 cp milk
2 cp grated sharp cheddar cheese
4 eggs, separated
1 cp cooked brown rice
1/4 tsp fresh grated nutmeg
 salt

Make a roux of butter and flour, adding milk then cheese to make a light sauce. Remove the sauce from heat. Add the well-beaten egg yolks and the brown rice to the sauce. Add nutmeg and salt to taste. Beat egg whites until stiff, fold in with the liquid mix, and pour into a greased 1 1/2 quart souffle dish. Make a shallow crease about 1/2 inch in from the edge to increase the crown effect as the souffle rises. Bake at 350 Fahrenheit for 40 minutes, until lightly browned and puffed.

Vegetables

Broccoli Souffle - Chron

1 1/2 cp chopped broccoli (10-12 oz)
3 Tbs butter or margarine
3 Tbs white flour
1 cp milk
2 Tbs finely grated onion
1 Tbs lemon juice
4 eggs, separated
salt

Steam the broccoli until barely tender, then drain well and chop very fine. Make a roux of butter and flour, adding milk slowly and stirring to make moderately thick sauce. Remove the sauce from heat and stir in the onion, lemon juice, and broccoli. Beat the egg yolks until smooth, stir into the the sauce, and salt to taste.

Beat egg whites until stiff, fold in with the liquid mix, and pour into a greased 1 1/2 quart souffle dish. Add a foil collar if your dish is shallow, and bake at 350 Farenheit for 40 minutes, until lightly browned and puffy.

Serve covered with mushroom sauce. Feeds about 4.

[Well, I tried the Broccoli Souffle and mushroom sauce last night, and it definitely gets the seal of approval. I had extra egg whites, so I threw them in and got an unusually light souffle; presumably it "works" without them. I would suggest that the broccoli be chopped small before steaming it, as the steaming would probably cook it more evenly and you wouldn't suffer the delay associated with trying to chop very hot broccoli....Paul]

Vegetables

Asparagus Cream Soup - P.A. Times

3 Tbsp	butter
1 med	onion
1 stalk	celery, chopped
1 lb	asparagus, cut in 1 inch pieces
pinch	curry powder (optional)
2 cups	chicken or vegetable broth
	herb salt and pepper to taste
1/2 cup	heavy or light cream

Garnish:

sour cream or whipped cream
chopped chives

Melt butter in a saucepan and saute onion and celery until soft. Add asparagus and curry powder, if desired, and mix well. Add broth, herb salt, and pepper. Bring to a boil. Reduce heat, cover, and simmer 30 minutes, or until tender. Cool slightly, then puree in the blender until very smooth. Force mixture through a fine sieve to remove any strings. Return to saucepan and add cream. Heat until hot, but do not boil. Ladle into bowls and garnish with a spoonful of sour cream or whipped cream and a small amount of chives.

Makes 4 servings.

[Straining this was awkward. It would probably work to start out with slightly smaller hunks of asparagus and omit the straining step completely, if your audience is not perfectionists. I also suggest saving the asparagus tips and adding them to the soup after the blenderizing, to provide more texture and context. -t]

Dessert Stuff

Chocolate Mousse -- Andy Moorer

Whip with beater;
1 pt heavy cream

Whip in another bowl with a clean beater;
6 egg whites

Combine in a blender HALF of;
24 oz chocolate chips
6 egg yolks
2/3 cp boiling water

Blend until mushy; dump into a third bowl;

REPEAT this process for the other half; add it to the third bowl.

Mix all three bowls into one, folding carefully to retain as much fluff as possible.

Pour into six small desert cups and chill in a freezer.
Serve when thoroughly chilled or even frozen.

Dessert for 12.

Dessert Stuff

Whacky Cake (IHTCB)

Sift together into a greased 9x9 pan:

1 1/2 c sifted white flour
3 Tbs cocoa powder
1 tsp baking soda
1 cp brown sugar
1/2 tsp salt

Pour onto the other ingredients:

5 Tbs cooking oil
1 Tbs white vinegar
1 tsp Vanilla extract
1 cp cold water

Beat a while with a spoon, bake at 350 degrees for 30 mins.

Dessert Stuff

Incredible Date Cake (John Hall) (from Roger Leverette)

Mix:

2 cp boiling water
2 cp pitted dates, chopped into sixths
1 tsp baking soda

Cream together;

1 cp butter
2 cp sugar

Add the dates and soaking liquid and;

4 eggs
2 tsp vanilla

Mix;

3 cp flour
2 tsp baking powder
1 tsp cinnamon
1/2 tsp salt

Combine the wet and dry ingredients; bake in well-greased 9x14 pan 40 mins at 350F.

To frost, boil 10 minutes;

2 cps water
1 cp brown sugar
1 cp cane sugar

Add to the boiling syrup;

1 cp minced dates
1 cp butter
1 cp chopped nuts

Dessert Stuff

Carrot Cake - Uncle Gaylords

Preheat the oven to 325 F. and grate the carrots called for below.

Beat well:

4 eggs

Stir in these ingredients in order:

3/4 cp safflower oil
1 cp white sugar
1 cp brown sugar
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
2 tsp cinnamon
1/2 tsp nutmeg
2 cp sifted white flour
1/2 cp chopped walnuts
3 cp grated carrots

Turn into a buttered and papered 9x13 baking pan, bake at 325 F. for one hour.

To make the topping, blend together:

6 oz cream cheese
4 Tbs softened butter

Stir in

3 cp powdered sugar

Add vanilla and salt to taste. Spread topping on cake as soon as it is cool.

Dessert Stuff

Scratch Here and Taste Cheesecake -- Ken & Sandy

Preheat your oven to 350 Farenheit.

Crust:

Blend together and pack into a springform;

18 Zweibach cookies or 1 pack graham crackers (fine grind)
1/4 cp melted butter
1/2 cp white sugar

Batter:

Beat 20 minutes at high speed;

24 oz cream cheese
3/4 cp white sugar
4 whole eggs
1 Tbs cornstarch
1 Tbs vanilla extract

Pour the batter into the encrusted springform and bake 30 minutes at 350 Farenheit, until the the middle is firm. Remove from oven and crank the oven up to 500 F.

Topping:

Mix until smooth

8 oz sour cream
3/4 cp white sugar
2 tsp vanilla extract

Spread the topping onto the cheesecake, and bake at 500 for 5 minutes. Refrigerate the cheesecake at least 4 hours before serving, overnight if possible.

This is so rich, it will serve at least 10 people.

Dessert Stuff

Orange Cheesecake (Coop)

Crust....

Blend thoroughly;

1 cp crushed vanilla wafers (about 25)
2 Tbs melted margarine
1 Tbs orange juice
1 Tbs sugar

Press evenly on bottom and sides of 9-inch pie pan.

Filling....

Blend with beater;

8 oz cream cheese
1/4 cp orange juice

Beat in until fluffy;

2 eggs (well beaten)
3/4 cp sugar
1 tsp grated orange rind

Pour into the crust and bake at 350 for 40 minutes, or until knife comes out clean. Cool and decorate top with orange sections.

Dessert Stuff

Rhubarb Merangue Pie (Marcy's Gramma)

Make a sweetened 9+ inch pie crust (see elsewhere)

Mix in large sauce pan;

1 1/4 cp sugar
1/3 cp Half and Half
2 Tbs white flour
2 1/2 cp chopped rhubarb
1/4 tsp nutmeg

Bring to a boil, then add;

3 egg yolks

Cook until thick and then pour into baked crust.

Beat until light;

3 egg whites
6 Tbs brown sugar

Add to pie and brown for a few minutes at 375 degrees.

Dessert Stuff

Rhubarb Crisp (Marcy's Gramma)

Mix with wire whisk in small bowl;

1 egg (beat lightly)
1/2 tsp vanilla extract
3 Tbs white flour
1 cp brown sugar (packed)

Pour this stuff into bottom of 8-inch square pan.

Mix with a pastry cutter in a large bowl;

1 cp brown sugar
1/2 cp white flour
1 cp whole wheat pastry flour
2/3 cp margarine

Save half of this mix in separate bowl;

To the remainder, add and toss together;

4 or 5 cp thinly sliced fresh rhubarb

Pour this stuff into the pan.

Add to the half saved earlier;

4 Tbs finely grated orange or lemon peel
2/3 cp Oatmeal

Sprinkle this into the pan.

Bake for 15 mins at 375 degrees, then reduce heat to 300 degrees and bake until evenly browned on top (approx 40 mins more).

Dessert Stuff

Apple Crisp (Paul)

Mix with pastry cutter in medium bowl until crumbly;

1 1/2 cp loose brown sugar

3/4 cp whole wheat flour

1 cp rolled oats

1 tsp cinnamon

1 tsp nutmeg

1/3 cp soft margarine

Spread half of this mix in 8x10 baking pan.

Mix together;

4 cp sliced cored pippin apples

3/4 cp raisins or chopped dates

Add to the pan;

Sprinkle remaining pastry into pan.

Bake for 30 mins at 375 degrees.

Dessert Stuff

Xin-ren Dou-fu Almond Gelatin -- Shirley Rasmusen

5 tsp powdered unflavored gelatin
2 cp water
1 cp milk
1 Tbs almond extract

Syrup:

2 cp water
1 cp sugar
1/2 cp milk
large can mandarin oranges

Soften gelatin in 1/2 cp water; bring the remaining water to a boil and stir in the softened gelatin. When gelatin is thoroughly dissolved, stir in the milk and almond extract. Pour the gelatin mix into a shallow pan and refrigerate until set.

Mix the syrup and refrigerate until well chilled.

Cut the gelatin into 3/4 inch cubes and serve in a large bowl with the syrup.

Serves 6.

Dessert Stuff

Pineapple Upside-Down Birthday Cake (Paul)

Grease well a 10 1/2 by 15 inch pan;
Line with wax paper; Cover bottom with;
1 15 oz can sliced pineapple
1 8 oz can crushed pineapple

Sprinkle with
1/2 cp Dark brown sugar
2 Tbs Melted butter

Carefully pour in a double recipe of
Gingerbread Cake (see elsewhere).

Bake approximately 55 mins. at 350 Allow to cool to barely touchable (a nice serving temperature) and flip onto a platter. Peel off the wax paper, stud with candles, and surprise the birthdayee.

Feeds at least 15 people.

Dessert Stuff

Foodaholic Fudge (Kathy at ISIB)

----- To make bar -----

1/2 cp butter (= 1/4 lb = 1 stick)
1 oz. (square) unsweetened chocolate
1 cup white sugar
1 cup white flour
1 cup chopped nuts (optional)
1 tsp baking powder
1 tsp vanilla
2 eggs

Preheat oven to 350. Grease and flour a 13 x 9 inch pan.

In large saucepan, melt butter and chocolate.
Add rest of bar ingredients. Mix well. Spread in pan.

----- To make filling -----

8 oz. pkg. cream cheese (softened) **** (RESERVE 2 oz.) ****
1/2 cup white sugar
2 Tbs white flour
1/4 cup butter (1 stick)
1 egg
1/2 tsp vanilla
1/4 cup nuts (optional)
6 oz. pkg. chocolate chips
2 cup mini marshmallows (or big ones chopped up)

Combine 6 oz. cream cheese with next 5 filling ingredients (stop short of the nuts). Blend until smooth and fluffy. Stir in nuts. Spread over chocolate bar already in pan. Sprinkle with chips. Bake 25 minutes. Sprinkle with marshmallows, bake 2 minutes longer.

----- To make Frosting -----

1/4 cup butter (1/2 stick)
1 oz (square) unsweetened chocolate
2 oz cream cheese **** I hope you reserved it! ****
1/4 cup milk
3 cup (1 lb. box) powdered sugar
1 tsp vanilla

Melt the butter, chocolate, cream cheese, and milk. Stir in powdered sugar and vanilla until smooth. Immediately pour over marshmallows at the top of the assembled goody and swirl together.

Refrigerate. Cut in small squares to serve. 10,000 calories per square inch.

Dessert Stuff

Crunchy Granola (Ann Provo)

Stir together in a large bowl;

6 cps	Oatmeal
1 cp	Wheat germ
1 cp	chopped or sliced nuts
1 cp	Sunflower seeds
1/3 cp	Brown Sugar

Mix in large measure cup;

1/3 cp	Honey
2/3 cp	Sesame Oil
1/3 cp	Water
1 tsp	Salt
1 tsp	Vanilla extract

Pour liquids onto dry ingredients and toss;

Bake in shallow pans 45 mins to 1 hour at 325 degrees;
Stir every 10 minutes to prevent burning.

Add raisins after cooling.

Try using fruit-flavored yogurt instead of milk on granola.

Dessert Stuff

Apple Fritters -- Mitch

12 thin slices of peeled apple
5 Tbs sugar
2 Tbs brandy
1 1/2 cups sifted flour
1/2 tsp salt
1 tsp baking powder
1 egg
1 cup milk
2 Tbs melted butter
butter for frying

Sprinkle the apple slices with 4 Tbs of the sugar and the brandy. Set aside.

Sift the flour, salt, and baking powder into a bowl. Beat the egg, milk, and melted butter together and add to the flour mixture gradually, beating until smooth.

Heat a little butter in a large skillet. The next operation must be done quickly. Pour about 1 Tbs of the batter into the pan, place an apple slice over it and cover with more batter. Repeat until all the batter and apple slices are used up. Brown on both sides.

Dessert Stuff

Pie Fillings -- Mitch
for 9-inch pie

Apple

6 cups peeled, sliced apples
3/4 cup sugar
1/8 tsp salt
2 tsp lemon juice
1/2 tsp cinnamon

Berry

4 cups blueberries, raspberries, or blackberries
3/4 cup sugar
2 Tbs flour
2 tsp lemon juice
1/8 tsp nutmeg

Cherry

2 cans (#2) sour red cherries, drained
1 cup sugar
1/8 tsp salt
2 Tbs flour
1/4 tsp almond extract

Put your choice in an uncooked pie shell, cover with strips of dough if desired, and bake about 40 minutes at 350 Fahrenheit, until crust is browned.

Dessert Stuff

Cruchon's Fudge Pie - Tom Thompkins

Preheat oven to 350:

Warm to room temperature:

6 lrg eggs

Melt in double boiler:

7 oz butter

6 oz unsweetened chocolate

Cool the melted chocolate.

Beat eggs with:

2 2/3 cp sugar

1 tsp vanilla

When egg mix is smmoth, beat in the chocolate. Pour into two unbaked pie shells. Fills 8-inch shells very full, a bit shallow in 9-inch ones.

Bake at 350 Farenheit for 30 minutes; check for possible early done-ness.

Dessert Stuff

Alice Briggs Pie Crust -- Sue

Dump these ingredients together and mix by hand until smooth.

2 cp	white flour
1 pinch	salt
3/4 cp	vegetable shortening
1/4 cp	water

Roll into a ball, and refrigerate at least 30 minutes.

Bake this pie crust at 350 Farenheit until slightly browned.

Makes 2 single layer 9-inch pie crusts or one top and bottom.

This recipe is unusual in its carelessness of preparation. I first wrote it down from just a list of ingredients and the injunction to refrigerate it. When I showed the recipe to Sue, she told me I had fancied it up. She just tossed things together and it worked great.

I don't see anything special about this list of ingredients; it is within epsilon of the more standard pie crust that I've made for years. The result is quite amazing however, so I'm switching to this one. I guess the refrigeration and showing the ingredients who's boss constitute the only real trick.

I've had one other pie crust that was as flaky and delicious; Marilyn Veeman made it from a traditional recipe that is fairly standard except she uses goose grease instead of shortening.

P.S. Alice Briggs is apparently a good old fashioned New England grandmotherly type who wins county fair cooking prizes and routinely makes 100+ pot pies for the church bake sale.

Dessert Stuff

Clafouti aux Pommes (Apple Flan) (Lance and Linda)

Preheat oven to 350 F.

Take about 1-1/4 lbs. crisp apples--peel, core, and cut them into lengthwise slices 1/4" thick. You should have about 3 cups. Saute to brown very lightly in 3-4 Tbsp butter, then let stand in the skillet for 1/2 hour with

1/2 cup Calvados (apple brandy), dark rum, or good brandy,
1/8 tsp cinnamon, and
1/3 cup sugar.

Place the following ingredients into a blender jar in the order listed, cover, and blend at top speed for 1 minute.

1-1/4 cups milk
1/3 cup granulated sugar
3 eggs
1 Tbsp vanilla extract
2/3 cup sifted all-purpose flour

Pour a 1/4-inch layer of batter into a 7- to 8-cup lightly-buttered fireproof (Pyrex or similar) baking dish. Set over moderate heat for a minute or two until a film of batter has set in the bottom of the dish, and remove from heat. Spread the apple mixture over the batter, then pour on the rest of the batter and smooth the surface with the back of a spoon.

Place in the middle position of preheated oven and bake for about an hour. It is done when it has puffed and browned, and a needle or knife plunged into its center comes out clean. Sprinkle top of clafouti with powdered sugar just before bringing it to the table. Serve warm.

[This is high-class French cuisine, and yet with a blender, it's very easy. Its impress/effort ratio is the highest of any recipe we know.] [It does not work to prepare this dish at home and then transport it somewhere. It also does not work to partly prepare it, transport it, and then bake it. The fluffiness of the batter can be lost easily. -t]

Dessert Stuff

Bananas Foster - Sarah / New Orleans Cookbook
(a decadent dessert)

4 Tbs	butter
6 Tbs	brown sugar
1/2 tsp	powdered cinnamon
4 med	bananas, sliced lengthwise
1/2 cp	banana liqueur
1/2 cp	rum
1+ qt	French Vanilla ice cream (a rich, eggy vanilla)

Melt the butter in a heavy skillet, mix in the sugar and cinnamon, and saute the bananas until they soften. Pour in the liqueur and half the rum; continue cooking over low heat. Bring the remaining rum quickly to a boil, pour over the bananas, and ignite. Prolong the flambe as long as possible by tipping and swirling the pan and basting the bananas with the flaming sauce (using a long handled spoon). When the flames die, serve the bananas on top of the ice cream, ladling on plenty of the sauce.

Serves 4 to 6, dependent largely on space available.

Dessert Stuff

Pecan Pie - Ed Birss

1 cp	brown sugar
1 cp	dark corn syrup
cp	butter
tsp	salt
3	eggs
Tbs	vanilla
2 cp	pecans, chopped

Mix sugar, syrup, butter, and salt. Cook until sugar dissolves. Beat eggs until foamy, then add the eggs, vanilla, and nuts to the mixture and pour into an unbaked eight inch pie shell. Bake at 325 Farenheit for 30 to 40 minutes.

As a variation, some of the pecans can be kept as halves and used to decorate the top, but the recommended way is as tasty and easier to make.

Dessert Stuff

Sticky Finger - The Blue Cheer Gang

This is good finger food for an authentic dirty-hippie party; it was invented and christened on just such an occasion. Its name was chosen because it violates the implicit rule that party finger food should be neat.

It is served as a small table covered with bowls of goodies, a warmer or two of melted goodies, and a bowl of ice water for intermediate dips.

Place in bowls the following goodies and any others that you like:

crushed walnuts
whole skinned peanuts and/or cashews
toasted sunflower seeds
pecan crumbs
slivered almonds

grated coconut
grated lemon or orange rind
sliced marashino cherries

raisins
currants
citron (chopped fairly small)
dates (chopped small)

granola
graham cracker crumbs
powdered sugar
shaved bittersweet chocolate

crunchy peanut butter
honey
caramel sauce (or cake icing)

Keep melted in a warmer:
semi-sweet chocolate sauce
any other sauce that will harden in cold water

To make a Sticky Finger, first dip the chosen finger in something sticky, then load it with dry goodies until they have consumed all the stickiness. At this point you can decide that you have enough already, or loop.

If the finger full of dry stuff goes through the hot dip, you can harden it with the ice water dip to add structural stability to your creation. There are only two subtle hazards to look out for: 1. If insufficient insulation has been added, you can burn yourself royally using the hot dip. Just use the ice water at the first sign of overheating. 2. Remember that the finger you bite may be your own; the finished product looks like a candy bar, but it has a tender interior!

Dessert Stuff

Jill's Avocado Pie - Juanita

This is a dessert that isn't too sticky sweet... good for chasing a heavy meal.

Filling:

2 med ripe avocados
2 lrg lemons, juiced
14 oz can of Eagle brand condensed milk

Crust:

?? cp Graham Cracker crumbs (3/4 pkg)
1/4 cp butter (softened)
1 Tbs honey

Prepare a 9-inch crust by cutting together the crust ingredients, pressing into an appropriate pan, and chilling. Peel and pit the avocados, and blenderize them with the other filling ingredients until smooth. Pour into the crust and chill before serving. Serve with whipped cream. Makes dessert for 4-6.

Ice Cream

Cherry Swirl Ice Cream (Carol M.)

An amazingly good thing to do to your plain-jane vanilla icecream is to load it with swirls of fruit. The recipe above has room for about a pint of fruit thrown in when the dasher is pulled. Since it can certainly stand more fruit than that, try using at least a quart and serving the portion that didn't fit in the crank on top of the icecream.

Some fruit freezes so hard that it becomes a hassle to eat, so if the fruit you want falls in the instant freeze category, either serve it on top of the ice cream, or blenderize it into tiny chunks.

Pit carefully;
1 quart fresh bing cherries

Blenderize half and stir into the ice cream when you pull the dasher. Throw in as many more as will fit. Serve the rest with the icecream.

Ice Cream

Lotus Cream Ice Cream (Uncle Gaylord)
from Mrs. Hiram F. Brandon, Forrest City, Arkansas

For 5 quart freezer, mix;

2 qt	half and half
2	eggs, well beaten
1/2 tsp	salt
2 cp	cane sugar
2 whole	lemons (grate peel, squeeze juice)
4 oz	lemon juice (in addition to above)
1 tsp	almond extract
1 cp	sliced almonds

Should freeze in 15-20 minutes with prpoer salting. A good ice cream for when fresh fruits are not in season.

Ice Cream

Cooked Custard Ice Cream (Janet Sweet)

For 1 gallon basic vanilla;
Mix together in a large sauce pan;
2 1/4 cp cane sugar
6 Tbs white flour
1/2 tsp salt

In a double boiler (or sauce pan if you want to watch it carefully) scald;
5 cps whole milk

Add the milk to the sauce pan and cook over low heat for
10 minutes, until slightly thickened.

Beat moderately in a large bowl;
6 eggs

Slowly beat some of the hot mixture into the eggs, then stir the egg mix into the sauce pan and cook for 1 more minute. Overcooking causes custard to separate and produces a scrambled egg flavor in final product. Remove from heat and let it cool. When completely cool, strain to remove lumps or skin.

Stir into the custard;
2 cps whipping cream (strain for lumps)
2 cps half and half
4 1/2 Tbs vanilla extract

Freeze in a 1 gallon crank.

Creme de Menthe Ice Cream (an appropriately decadent dessert for such occasions)

Add to the basic recipe;
3/4 cp Creme de Menthe
dash green food coloring

This will be slower to freeze, so keep cranking.

Ice Cream

I made the cantalope sherbet with lime peel and juice instead of the lemon called for, and it seemed even better than before; also the peach sherbet should probably have a bit less lemon flavor if the peaches aren't perfectly ripe (less ripe ones are easier to overwhelm by other flavors).

Ice Cream

Chocolate Rum Raisin Ice Cream

from "The Old-Fashioned Ice Cream Cookbook"

6 oz	unsweetened chocolate
3 qt	half and half
3 C	cane sugar
trace	salt
2 Tbs	vanilla extract
3/4 C	light rum
1 1/2 C	raisins

Melt chocolate in double boiler, add some milk to make a paste, then slowly stir in remaining milk. Scald for one minute stirring. Remove from heat and strain for lumps. Dissolve sugar and salt then chill thoroughly. Add the vanilla and rum and crank for a long time (rum is anti-freeze). When firm, remove dasher, stir in raisins, and allow to set until hard.

Makes about one gallon.

Ice Cream

Banana Ice Cream - Nancy Bright

Beat to smooth consistency;

3 lrg eggs

3 cp granulated sugar

Blend in the folloeing ingredients;

1 sml can evaporated milk

1 13oz can Eagle condensed milk

2 Tbs vanilla extract

1 pt half and half

4-5 mashed, very ripe bananas

2 qts whole milk

Mix makes about 1 gallon of ice cream so adjust for your crank. This ice cream is best when frozen quite solidly (hard frozen banana chunks are not too crunchy), so I suggest you let it set for as much as two hours.

Ice Cream

Watermelon Sherbet - nice guy at Di Martinni's

This is a perversion of the original recipe; this version is made in an ice cream crank, whereas the original was made in a freezer tray with sporadic stirring. To make any freezer tray sherbet, you must include quite a bit of emulsifier to avoid large ice crystals (ie crunchy or icy texture); since an ice cream crank solves this problem mechanically, we can decrease the egg white and still get a smooth texture in the final product. I generally prefer to minimize the emulsifier as this results in a "wetter" taste; with heavily emulsified commercial ice creams I find myself drinking a glass of water afterwards to get rid of the stickiness in my mouth.

The reason that watermelon sherbet is not made the same way as the other fruit sherbets is implicit in its name; watermelon is more watery than the other fruits. In order to concentrate more watermelon flavor in a given quantity of sherbet, we use more fruit and concentrated milk. Because watermelon is quite sweet and evaporated milk does not have the bite of buttermilk, we reduce the sugar 25%. If you suspect your watermelon of being sweeter than average, don't add the last cup of sugar until the rest of the mixture is complete. Taste the mix; if it seems a bit too sweet, it will freeze to the right flavor. If it is just right unfrozen, you should add more sugar before freezing it. My theory about this is that the sweetness sensors in the human mouth lose sensitivity when almost frozen, but I'm just guessing.

Prepare a stiff merangue of

4 egg whites
1 cp sugar

Beat til light and creamy (you can use the "dirty" beater from the whites);

4 egg yolks
{ tsp salt
1 cp sugar

Blenderize enough diced, seeded watermelon to yield 12 cups puree; add

6 Tbs lemon juice
1-4 Tbs sherry (optional)
1 | tsp grated lemon peel

Stir into the puree;

1 cp sugar

Stir the sweetened fruit puree into the eggs a little at a time to make a smooth mixture. Fold in the merangue, then stir in:

4 cps evaporated milk

Fill the cylinder (past the fill line since this stuff doesn't fluff up as much as ice cream), and crank as usual. If you are in a hurry and use a sturdy hand crank (or a powerful electric like the ones made by White Mountain), you can crank this mix beyond normal stiffness and serve it immediately without waiting for it to set.

Makes 5-6 quarts.

Cookies

Sesame Ginger Thins -- Emily

In a small pan over medium heat, brown stirring for about 4 minutes

1 cp sesame seeds
set aside and allow to cool.

Beat together at each stage;

3/4 cp softened butter
2 cp sugar
2 lrg eggs
1/2 cp molasses (unsulfured)
2 T lemon juice
1/2 tsp grated lemon peel
1/2 tsp vanilla

In another bowl, mix together

3 1/2 cp unsifted white flour
1 1/2 tsp baking soda
1 Tbs fresh-ground ginger
1 tsp fresh-ground cloves

Gradually blend the dry into the wet; when smooth, refrigerate until well chilled (at least one hour).

Roll chilled dough into 1 inch diameter balls, roll the balls in the sesame seeds. Place the balls at least 3 inches apart on a greased cookie sheet, and flatten with the bottom of a glass. Bake 10-12 minutes at 350 Fahrenheit.

Makes seven dozen ?

Cookies

Peanut Butter Cookies (Marcy)

Beat together thoroughly;

2 Cps brown sugar
2 sticks margarine (soft or melted)
1 tsp vanilla

Beat in;

2 lrg eggs

Add and stir well;

1 Cp crunchy old-fashioned peanut butter
3 Cps white flour
1 tsp salt
2 tsp baking soda

Optionally, stir in;

12 oz semi-sweet chocolate chips

Use two forks, alternately soaking one in hot water while scooping tablespoons of dough and mashing them flat with the other. Switch forks when the dough starts to stick. Bake on an ungreased cookie sheet for 10-12 minutes at 375.

Makes three dozen.

Cookies

Chocolate Chip Cookies - Mitch

1/2 lb	butter or margarine
1 1/2 cp	brown sugar
2 lrg	eggs
2 1/4 cp	sifted flour
1 tsp	salt
1 tsp	baking soda
2 Tbs	hot water
1 tsp	vanilla extract
12 oz	chocolate bits
1 cp	chopped walnuts

Cream the butter and beat in the sugar until mixture is smooth

Beat in the egg until mixture is light and fluffy.

Sift together the flour, salt, and baking soda. Work into the butter mixture.

Stir in the hot water, vanilla, chocolate bits, and nuts.

Crop by the tsp onto a greased cooky sheet.

Bake in a 375 Farenheit oven 10 minutes or until browned.

Makes about 4 dozen cookies.

Cookies

Oatmeal Lace Cookies (Sharon Veach)

Stir together with a wire whisk;

2 cp melted butter or margarine
2 cp brown sugar
1 tsp vanilla extract
1 tsp maple flavoring

Stir in with a big spoon;

2 cp flour
6 cp rolled oats
1 tsp baking soda dissolved in
1/2 cp boiling water
1/2 tsp salt

Place heaping spoonfuls on a lightly greased cookie sheet. Use a fork dipped in hot water to flatten them into circles about 3 inches in diameter and quite thin. Bake at 325 degrees for about 10 to 15 minutes.

Makes a whole bunch !

Cookies

Oatmeal Raisin Cookies (Paul)

Beat together;

1 cp Margarine
1 1/2 cp Brown Sugar
1 1/2 cp Granulated Sugar
2 tsp Vanilla
2 Eggs

Sift in;

1 1/2 cp white Flour
1 tsp Baking Soda
1 tsp Salt

Stir in;

2 cps Oatmeal
2 cps Raisins
1 cp Chopped Nuts

Bake in 375 degree oven on greased sheet 8-10 mins.

Makes 6 dozen little ones

Cookies

Greatest Cookies in the Whole World (Amy Levy)

1/2 Cp butter or shortening
1 Cp sugar
1 egg, slightly beaten
1/4 Cp honey
3-4 T milk
1/4 Cp raisins
1 1/2 Cp old-fashioned rolled oats
1 3/4 Cp flour
3/4 tsp baking soda
1/2 tsp allspice
1/2 tsp cinnamon
1/2 tsp salt

Cream shortening and sugar, then add egg, honey and milk. Continue to cream until light and fluffy.

Soak raisins in hot water for five minutes; drain well. Combine with oatmeal and add to creamed mixture. Sift flour with the remaining dry ingredients and add to mixture. Mix until well-blended. Drop a quarter of a cup at a time onto a lightly greased cookie sheet, leaving at least three inches between each cookie. (A No. 16 scoop works perfectly.) Flatten cookies slightly.

Place on center rack of a preheated 300-degree oven. Bake 12 to 18 minutes. Cookies will be delicately brown and slightly soft in the center when done, about 4 1/2 inches in diameter. Cool.

[Note: The cookies may have to bake for 1/2 hour or more.]

Cookies

Date Pinwheels -- Paul's Mom

Cook in a sauce pan until thickened;

1 lb dates, chopped tiny
1/2 cp water
1/2 cp brown sugar

While the date paste is cooling thoroughly, cream together;

1/2 cp shortening
1/2 cp granulated sugar
1/2 cp brown sugar

Add to the mix and beat in;

1 egg
1/2 tsp vanilla

Sift together and blend into the dough;

2 cps white flour
1/2 tsp baking soda
1/2 tsp salt

Divide the dough in half and refrigerate until thoroughly chilled. Roll each half out on floured board to form a rectangle about a foot wide and 1/4 inch thick. Spread evenly with the date goop and sprinkle with;

1 cp chopped walnuts

Roll each rectangle up like a jelly roll, wrap in wax paper, and place in the freezer until quite firm. When solid, slice into 1/4 inch thick rounds. Bake at 400 Farenheit for 8-10 minutes, or until lightly browned.

Cookies

Mother's Butter Cookies - Carolyn

1 cp butter
4 Tbs sugar
1 tsp vanilla
2 1/2 cp sifted flour (measure after sifting)

Red jelly (strawberry, blackberry)

1. Cream butter and sugar.
2. Add vanilla.
3. Mix in flour.
4. Take about 1 Tbs dough and roll in palm of hand until round and smooth. Press a hole in top with finger.
5. Place cookies on greased cookie sheet.
6. Bake 10 minutes at 350.
7. Remove from oven and carefully put jelly in each indentation.
8. Return to oven for approximately 5 minutes.

They should be golden, but be careful not to burn bottoms.

Suggestion: For recipes calling for butter, Carolyn usually uses half margarine and half butter + pinch salt. Cuts down on cholesterol (and it's cheaper).

Cookies

Fudge Cookies - Tom Thompkins' grandmother

Melt together in a double boiler over very low heat:

2 Tbs butter
12 oz semisweet chocolate (his grandmother used chips)

Remove from heat and mix in in order:

15 oz Eagle condensed milk (one can)
1 tsp vanilla
1 cp white flour
1 1/2 cp chopped walnuts or pecans

Mix in more flour if needed to make a moderately stiff dough. Drop the dough by teaspoons about 2 inches apart on a lightly greased cookie sheet. Bake about 10 minutes at 375 Farenheit, watching for the first appearance of hairline cracks. Immediately remove from oven and place on a cooling rack (or newspapers: the important thing is to get them off the hot cookie sheet).

Makes only 2 dozen, barely enough for the chef and his newly enlarged group of intimate friends.

These cookies are good enough to accomplish miracles like bribing good service from folks as jaded as the waitresses at The Old Waldorff!

Sauces and Such

Mushroom Sauce for Meats (Paul)

Saute

1 1/2 lb sliced mushrooms
3 Tb butter

When liquid is reduced, lift out mushrooms and add

4 Tb butter
1/3 cp enriched white flour

Cook a few minutes over medium heat, then stir in

1 1/2 cp whole milk or buttermilk
1 tsp paprika
1/2 tsp white pepper
1 tsp salt

Stir until smooth, return mushrooms, and pour over meat.
Serves 6 well.

Sauces and Such

Yogurt (KQED)

For each qt of Yogurt
Mix in blender

1 qt	milk (at least some fresh)
2 Tbs	powdered milk
2 Tbs	good yogurt

Warm mix to 110 degrees
Do NOT exceed 130 degrees

Keep as near to 110 degrees as possible for 3-8 hours

Tighten lids and put in refrigerator. Fruit flavors can be made by adding un-diluted frozen juice concentrates.

Sauces and Such

Salsa de Jitomate -- Jack & Sunset

Saute

3 Tbs Finely chopped onion
1 med clove garlic (pressed)
1 Tbs butter

When onion is clear, stir in

15 oz Spanish-style tomato sauce
1/3 cp water
1/4 tsp salt
1/4 tsp crumbled oragano

Simmer uncovered for 15 minutes. Makes about 2 1/2 cups.
Very good on chile rellenos.

Sauces and Such

Salsa de Chili Coban - David Casseres

Coban is a town in Guatemala, famous for its small red dry chilis, | to 1 inch long. If you are going to Guatemala (or sending your trusty agents), you should know that these gems are sold in major marketplaces across Guatemala and are definitely worth getting and hauling home in appropriately immense quantities. They are very tasty, very hot, and have a special smoky flavor that comes from being dried over a wood fire.

Since you can't get them, substitute some other firey little dry red chili. Try your Mexican market, substitute Chili Japones (also known as Hontaka), or use the tiny Chili Pequin or Tepin. The tiny ones require 3 or 4 to substitute for one of the larger ones.

At this point, the reader is warned to discount the barbaric sounds which follow in this recipe, and recognize as an article of faith that the result is indeed a noble and delicate sauce, even when it is made very hot.

The essential implements are a large heavy iron skillet that is capable of withstanding some abuse (it may need to be reseasoned afterwards), and some means of grinding the sauce to a coarse texture. A Mexican molcajete (granite mortar and pestle) is ideal; any approximation you think of will probably work. Be forewarned that a blender or food processor will make the sauce too smooth unless you're very careful and somewhat talented besides.

5 med	tomatoes (the best whole ones you can get)
5-10	Coban chilis or equivalent (use 5 for mild, 10 for pretty hot)
lrg	onion, minced very fine
	juice of one lime (a lemon is a very poor second best)
	salt
	vegetable oil or rendered pork fat for frying

Open all windows to the cooking area. Place a bit of oil or pork drippings (pork drippings are better they can withstand high heat) in the pan and carefully toast the chilis until they are black on all sides (just like Szechuan cooking). Remove the chilis from the pan the instant they turn black; otherwise the fumes will kill you and all your household. Add a bit more fat to the pan, turn the heat all the way up, and proceed to burn the tomatoes. The goal is to blacken as much tomato skin as possible. As soon as a spot turns black, roll the tomato to some other position, blackening as much of the surface as possible. Continue this burning, adding small amounts of fat as needed to keep the pan lubed. Do not cook the insides of the tomatoes any more than necessary, and do not allow them to break open. When each tomato is well burnt, remove it from the pan.

Grind the chilis coarsely with the mortar, and dump into a serving bowl. Next grind the tomatoes to a coarse texture, and dump them into the bowl. Add the minced onion and the lime juice. Stir well. Add salt, little by little, stirring and tasting until the salt becomes detectable, then stop.

Serve the sauce at room temperature as a dip (for the hard-core aficionados), or with eggs, meat, or you name it. Especially recommended are Tortas de Calabacita (zucchini pancakes) as a carrier for this sauce.

Makes barely enough.

Drinks

Alameda House Kickapoo Joy Juice (anon)

For approximately 2 gallons of punch, mix

1 gal	rotgut vin rose or pink chablis
2 qts	ginger ale
1	large can of frozen lemonade concentrate
1 cp	cranberry cocktail
1 cp	95% ethanol filtered through 1/3 cup activated charcoal

NOTE: be absolutely SURE alcohol is not 100%
since that requires drying it with benzol and benzol
is quite poisonous.

Add dry ice to cool and cause a fog around the bowl. This punch is guaranteed not to cause blindness and/or death but fistfights, unwanted pregnancies, and general raucous behavior must be expected.

Drinks

Sangria Red (David & Amy)

1/5 gal	dry red wine
3 Tbs	cognac
1 oz	triple sec
1 oz	maraschino juice
1	orange, sliced
1	lemon, sliced
1	peach, sliced
1 Tbs	sugar
6 oz	club soda

Prepare 24 hours in advance and refrigerate until one hour before use. Add the club soda at the last minute for maximum fizz.

Drinks

Stout (Bo)

Makes 5 US gallons

3 lbs total of malted barley and black patent malt (grains) vary proportions to suit taste, try starting with 2 light to 1 black. crush grains with rolling pin or coffee grinder.

1 can (2 1/2 lbs or so) dark malt extract (EDME SFX or suchlike)

approximately 1 oz powdered gypsum (water hardener)

As much water as you can get into your pot, up to 5 gal.

Cook the whole schmear at 150 F +-5 for 2 hrs. Temp over 160 will kill the enzyme, so be careful.

Over about 1/2 hr, gradually raise the temp to boiling and boil the bejeezus out of it for 1/2 hr (sterilizes it).

Strain liquid into a clean container. If total volume <5 gal, pour boiling water through the grains (extract what goodies you can) to make it up.

Put as much as you can back into the pot with 4 oz hops. Boil for 1/2 hr or so. Drain fluid over 1/2 oz hops, the fresher the better.

Let it cool to <70 F. Check SG and add sugar (dextrose is preferable to sucrose) to bring up to 1.0045. If you want to take the trouble to do it really right, boil the sugar up in some of the wort.

Add yeast starter, record the SG, cover with plastic bag, let it ferment. Check SG once a day and "rouse" the yeast if it seems to have settled. When the SG has dropped to 1.020 or less, rack over into a sealable container. Seal with a fermentation lock and leave it until the SG has stopped going down. Try to keep the temp between 60 and 70.

Rack out of the jug, add 1 tsp ascorbic acid (antioxidant) 10 oz sugar, bottle. Should stay in bottles at least 4 weeks.

Drinks

Black Death Porter -- Charlie

Ingredients:

8 oz	black patent malt (crack the grains)
5 gal	water
2 lbs	dark malt extract
2 oz	cascade hops (reserve 2 Tbs)
2-3 Tbs	unsweetened cocoa
3 lbs	dark brown sugar
1 pack	(approx 7 grams) top-fermenting yeast
12 oz	corn syrup (welfare if possible)

Procedure:

Mash the patent malt by adding to the water and slowly heating to boiling. When the liquid is boiling, add the malt extract, hops, cocoa, and sugar. Boil the liquid gently for about 30 minutes, keeping the pan covered.

Remove the solids from the wort by pouring the liquid through a cheesecloth and funnel while still quite hot. Return the liquid to the covered kettle, add the reserved 2 Tbs of hops, and cover until cool.

When the temperature has dropped to 95 degrees Farenheit, stir in the yeast. Place the covered kettle in a warm place and allow to ferment. The scum should be skimmed from the surface occasionally, and the specific gravity of the brew checked and recorded. The initial specific gravity when the yeast was added should have been about 1055-1060. When the SG drops to 1040, rack the stout into a secondary fermenter with an adequate airlock. When the SG reaches 1010, add the corn syrup and bottle immediately.

The stout should develop an acceptable head in a week and should be quite good in two. The fermentation proceeds best when the ambient temperature is maintained as near 95 F as possible without ever exceeding it.

Drinks

New Orleans Gin Fizz - Jack (New Orleans Cookbook)

Blend at high speed until light and airy (about 1 1/2 minutes)

1 oz	dry gin
2-3 tsp	orange flower water
2 large	egg whites
5 tsp	superfine granulated sugar
- } tsp	lemon juice
2 oz	half and half
tsp	vanilla extract
cp	coarse ice

Serve at a genuine New Orleans brunch (it's genuine if the brunch lasts all afternoon).

Appetizers

Curry Dip (Elisabeth Hansot)

cottage cheese
mayonnaise
curry powder
powdered mustard

Mix, adding the seasonings until it tastes right.

Good for dipping vegetables; low calorie.

