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# Breads

## **Baking Powder Biscuits** - anon

This recipe is so simple that it can be easily memorized; I thought I had it memorized, but after a spell of not making them, I wished it was written down somewhere. To help memorize it, I give it as if I was making a half dozen normal biscuits. Only a hermit makes a half dozen biscuits, but this makes it easy to multiply for the actual quantity desired.

1 cp            flour (I really sift it!)  
1 1/2 tsp       double-acting baking soda  
1/2 tsp        salt  
1 Tbs          shortening  
1/3 cp         milk

Now, to really make biscuits for 6 people, here's what you do:

Preheat oven to 450 Farenheit.

Sift together:

3 cp            enriched white flour  
1 1/2 Tbs      baking powder  
1 1/2 tsp      salt

Cut in with a pastry cutter (or by hand if none available)  
3 Tbs          shortening (or margarine if you want)

When uniformly mixed, stir in  
1 cp            milk

Add more milk as needed (flours vary widely in this respect) to make a soft dough. Roll it out on a floured board until about 1/2 inch thick, and cut into circles with a drinking glass. Place the circles floured-side-down on a dry, shiny metal baking sheet (dark metal or glass tends to burn the bottoms), and bake at 450 F. for 7-10 minutes, until very lightly browned on top.

Serves about six people, so have them standing around with knives and butter when the biscuits come out of the oven.

## Breads

### **Boston Brown Bread** (Charlie)

Sift together;

1 cp Rye flour  
1 cp Yellow corn meal  
1 tsp Baking Powder  
1 tsp Salt

Stir in;

1 cp Graham flour  
3/4 cp Sweet Mollasses  
1 1/2 cp Sour milk or buttermilk  
1 cp raisins  
1 cp chopped walnuts or pecans

Place rounds of greased paper in bottoms of 1 lb. coffe cans. Grease the sides and fill 2/3rds full. Place on a rack in a large kettle. Add boiling water to 1/2 height of the molds. Cover kettle and boil gently for 3 hours, adding water as it boils away. When finished boiling, place in 400 degree oven for a few minutes to dry off the tops. Remove bread from cans immediately.

Makes three loaves.

# Breads

## **Sourdough Buckwheat Rye -- Paul**

Stir together in small cup;

3/4 cp warm water  
3 Tbs brewers yeast  
1 Tbs white sugar

Mix in large bowl with eggbeater;

1 1/3 cp Sourdough starter (extra sour is best)  
1 cp Plain yogurt  
1/2 cp Malt extract (with or without hops)  
4 Tbs Safflower oil  
3 Tbs Caraway seeds

Stir into the liquids;

the yeast mixture from above  
6 cps whole wheat flour  
1 2/3 cp Buckwheat flour  
2 1/2 cp Dark rye flour  
2/3 cp Gluten flour  
2 Tbs Salt

Knead until elastic, add Gluten flour if needed; roll out very thin with rolling pin, then roll up like a jelly roll; Allow to rise in a warm place until almost double in bulk (about 1 1/2 hr)

Bake about 50 mins at 350 degrees.

Makes two large loaves.

To double this recipe, make the slow version below;

Mix the day before baking;

1 cp Sourdough starter  
2 cp whole wheat flour  
2 cp rye flour  
2 cp water

Stir and leave lightly covered overnight at 70 degrees.

Use this sour batter instead of the starter and adjust all other ingredient quantities, remembering to cut down on liquids somewhat.

Makes four loaves, but is especially nice as approx. 20 large dinner rolls (small loaves really)

# Breads

## **Pumpernickel Bread** (WD magazine)

Sift together;

9 cp enriched flour  
3 cp rye flour

In a lrg bowl, stir together 2 cups of this mix with;

2 Tbs salt  
1 cp whole-bran cereal  
3/4 cp yellow corn meal  
2 pck active dry yeast

Combine in a sauce pan and heat to 125 degrees;

3 1/2 cp water  
1/4 cp molasses  
2 oz unsweetened chocolate  
1 Tbs butter or margarine

Stir liquids into bowl of dry stuff, then add

2 cp seasoned mashed potatoes (instant OK)  
1 cp flour mixture (from first step)

Mix well, adding

2 tsp caraway seed  
enough of flour mix for good dough

Turn out onto floured board and let rest covered for 15 minutes. Knead until smooth and elastic (about 15 mins). Allow to rise until doubled. Punch down and let rise for another 30 mins. Punch down, divide into 3 loaves, place in greased 8-inch round cake pans. Let rise 'til doubled. Bake at 350 degrees for about 50 mins, remove from pans, and cool on wire racks.

## Breads

### **Rye Crackers** (flour pack)

Blend together;

4 cp            Rye flour  
1/2 tsp        salt

Cut in with pastry cutter

1 cp            butter

Stir in;

1 cp            milk

Knead thoroughly, roll very thin on a floured board; cut into squares or rounds. Brush with water and sprinkle on salt. Bake on greased sheet at 425 until lightly browned. Makes six dozen medium crackers.



# Breads

## **Corn Sticks** - corn stick pan package

Preheat oven to 425 Farenheit;

Grease cast iron corn stick pan and preheat it as well.

Mix in a bowl;

1 cp            yellow corn meal

1/2 cp         white flour

1 Tbs          sugar

1/2 Tbs        baking powder

1 tsp          salt

Cut in until well blended;

3 Tbs          soft shortening or bacon grease

Beat until smooth;

1 lrg          egg

1 cp          buttermilk

Mix the wet and dry ingredients very briefly. Place the hot stick pan on an insulator and pour the batter in quickly, filling 3/4 full; do not keep it out of the oven longer than necessary. Bake at 425 Farenheit for about 15 minutes. Sticks should be very crisp and lightly browned on the outside, and soft and crumbly on the inside. Remove from stick pan by banging the pan against a wooden counter or somesuch. Serve with butter. If you are making multiple batches without multiple stick pans, be sure to preheat the corn stick pan at least 10 minutes between batches.

Makes about one dozen corn sticks.

## Breads

### Mexican Corn Bread - New York Times Natural Food Cookbook

1 c. stone-ground whole wheat flour  
1 c. stone-ground yellow corn meal  
4 t baking powder  
| t sea salt  
| t chili powder  
{ c. non-instant dry milk solid  
{ c. honey  
2 eggs lightly beaten  
| c. oil  
| c. milk  
{ c. finely chopped onion  
2 T chopped pimiento  
{ c. diced green pepper  
2 T chopped jalapena chiles

Preheat oven to 425°. In a bowl, mix the flour, corn meal, baking powder, salt, chili powder, dry milk. Add the rest of the ingredients, mix to moisten. Turn into oiled 8" baking pan. Bake 20 min or until done.

6 servings

Caution: as written, this recipe is a flame-out.

# Cheese Main Dishes

## **Carciofi Alla Parmigiana (KQED)**

Cook in big skillet until transparent;

1 Bermuda onion sliced very thin  
4 Tbs olive oil

Add to skillet;

6 cp cherry tomatoes, mostly smashed  
2 tsp salt (maybe more to taste)

Simmer this on low heat for about 20 mins. until thick sauce consistency and somewhat darker.

Meanwhile, prepare

6 med. artichokes

Break off outer leaves until they snap loudly. Cut off the bottom of the stem and peel the exposed layers upward to expose the heart. Cut off about 1/3 of the top of the remaining leaves, then trim around the base of these leaves, removing still more. Slice the exposed heart into quarters; remove the choke part in the middle. Finally, slice the remaining quarters 1/8th inch thick.

Soak these in juice from

2 lemons

Prepare slices for frying by drying and dipping in

1 1/2 c unbleached white flour  
5 lrg eggs well beaten

Heat hot enough that a drop of egg fries instantly;

1 1/2 Qt frying oil

Fry the slices until golden brown, remove and drain on paper.

Slice thin or grate coarsely;

1 lb Mozzarella cheese

Assemble in an oven-proof casserole; a layer of sauce, a layer of fried artichokes, a layer of sauce, and a layer of cheese. Repeat until all ingredients are used up.

Cover with a mix of

1/2 cp fine grated parmesan  
1/2 cp unseasoned bread crumbs

Bake at 375 degrees for about 20 mins, or until cheese melts and crumbs are toasty brown.

# Cheese Main Dishes

## Lucious Crepes (JC)

Add to blender jar in the following order;

1 cp	milk
1 cp	water
4	eggs
1/2 t	salt
2 cp	sifted unbleached white flour
4 T	melted butter

Cover and blend at highest speed for 1 min. Scrape sides free of adhering flour and blend for 2-3 more seconds. Cover and refrigerate at least 2 hours.

If some blanched spinach is available, blending a few tablespoons into the batter will make the crepes bright green and will make them somewhat easier to handle.

Use about 3 Tbs of batter for each crepe. If the first crepe appears too heavy (more than 1/10th inch thick), beat in a Tbs of water. If next crepe is still too thick, repeat until sufficiently thin.

Makes about 20-24 crepes 8 inches in diameter.

For Whole Wheat Crepes, use these ingredients;

3	Eggs
2 Tbs	Whole Wheat Pastry Flour
1 Tbs	water
1 Tbs	milk
1/8 tsp	salt
4 Tbs	vegetable oil

## Cheese Main Dishes

### **Sauce Mornay** (JC)

Cook together slowly for 2 minutes without coloring;

1/4 cp      flour  
4 T         butter

Away from heat, beat in;

2 1/2 c     boiling milk  
1/2 t       salt  
1/8 t       pepper  
1/8 t       nutmeg

Boil, stirring, for 1 minute.

Reduce to simmer and stir in;

1/3 cp      cream  
4 oz       coarsely grated swiss cheese

If sauce must be held for more than a few moments, sprinkle some of the cheese on top to avoid the formation of a film.

Makes 3 cups.

# Cheese Main Dishes

## **Mushroom or Chicken Liver Filling (JC)**

Saute

1 T butter

1/4 lb diced mushrooms or chicken livers

Season to taste, substitute for half of the cheese in recipe for cream filling with swiss cheese)

## Cheese Main Dishes

### **Pie Crust** (Paul)

For one large 9 inch pie crust, mix with pastry cutter;

1 1/4 cp flour (unbleached white or whole wheat pastry)  
1/2 tsp salt  
1/3 cp shortening

If for desert pie, cut in;

4 Tbs brown sugar

Toss lightly with a fork while adding

3 Tbs cold water

Roll out between two pieces of wax paper. Mold to fit a pie pan or spring form; perforate thoroughly and weight the crust with another pan or some dry beans. Bake at 425 for 10 mins.

## Cheese Main Dishes

### **Quiche Lorraine** (Marcy)

Fills a 9-inch pie crust

Fry til crisp

6 slices of bacon

Drain on paper and crumble

Scatter on bottom of pastry shell

In medium bowl beat together

3 eggs

1 egg yolk

1/2 cp milk

1 cp heavy cream

1/2 tsp salt

dash pepper

pinch nutmeg

Stir in

2/3 cp Swiss Cheese (finely grated)

Pour carefully into shell

Bake 35-40 mins at 350 degrees



## Cheese Main Dishes

### **Manicotti** -- Jan

Prepare about 16 ounces of your favorite tomato-based spaghetti sauce; Jan recommends Lawry's packaged mix using Marina Sauce for the tomato sauce it calls for.

Boil in a large uncovered pot of water until softened but not yet done:

24 Manicotti noodles (Stuff-A-Roni)

Meanwhile mix thoroughly:

1 pint	ricotta
12 oz	mozzarella cheese (diced or grated)
6 oz	grated parmesan
2	raw eggs
12 oz	chopped spinach
1 Tbs	chopped fresh parsley
dash	salt
dash	black pepper
pinch	fresh-ground nutmeg

Using a funnel and any help you can get, stuff the slippery noodles with the filling. The amount of filling specified should load 16 noodles nicely; the surplus was included for normal breakage in handling. Place the filled noodles on their sides in a baking tray with some sauce in it; cover with the remaining sauce and a sprinkling of parmesan cheese.

Cover tightly with foil and bake at 350 Farenheit for 30 minutes.

Remove foil and bake about 15 more minutes.

Serves six nicely.

## Cheese Main Dishes

### Chile Rellenos -- Cietha

2 cans        Ortega brand whole chiles [approximately 6 in can]  
3/4 lb        Monterey Jack (or longhorn cheddar)  
4 eggs        separated [use approx. 1/3 the number of chiles]  
              flour  
              oil to thoroughly cover skillet bottom [about 1/8 inch deep]

Cut the cheese into skinny strips and stuff into chiles. Roll each stuffed chile in flour and set aside. While oil is heating in skillet (use high heat), beat the egg whites until stiff, then fold in beaten egg yolks and about 2 TBS flour. When oil is ready, quickly dunk each floured chile into the batter holding onto it with a pair of forks or tongs. Coat it thoroughly and put it in the pan. Turn once. They cook very rapidly and are best when hot. Drain on paper and serve instantly. Supply some sort of sauce for topping.

Serve with refried beans and rice.

Serves four very well.

## Cheese Main Dishes

### Pesto Genovese-American - Mitch

1/2 cp	olive oil
2 med	cloves garlic
2 tsp	crumbled dry basil
3 Tbs	sunflower seeds
1 tsp	salt
1/4 tsp	pepper
2 cp	firmly packed parsley clusters (not stems)
1 cp	freshly grated Parmesan cheese
1 lb	linguine

In covered blender, blend on high speed until smooth the oil, garlic, and basil. Let stand 15 minutes for flavors to mingle.

Gradually add, with blades spinning, inner cap removed, and blend until smooth: the sunflower seeds, salt, and pepper.

## Chicken Main Dishes

### Curry Chicken Divine - Linda

Boil uncovered for 45 minutes;

3 whole chicken breasts  
1 sliced carrot  
1 sml onion chopped  
1 tsp salt

Drain and bone the chicken; cut into quarters.

If chicken is cooked in advance, leave it in the juice until time to finish the recipe.

Cook until almost tender and drain;

2 10 oz packs frozen brocolli

Heat oven to 350 F. Arrange brocolli and then chicken in a greased 2-quart casserole.

Combine lightly in a bowl;

1 10 oz can cream of chicken soup  
2/3 cp mayonaise  
1/3 cp evaporated milk  
1/2 cp grated cheddar  
1 tsp lemon juice  
1/2 tsp curry powder

Pour the sauce over the chicken.

Mix and sprinkle over the sauce;

1 Tbs melted butter  
1/2 cp dried bread crumbs

Bake the whole mess about 30 minutes.

## Chicken Main Dishes

### **Ginger Chicken with Beans -- Jed**

Mix

2/3 cp flour  
1 tsp thyme  
1/2 tsp sage

Dust over

4 lbs chicken meat

Fry well done in

6 Tbs butter

Meanwhile, Fry in butter

2 small onions sliced thin  
6 med potatoes (diced)

Toss all of above in large casserole and add

2 packs frozen French cut green beans  
1 small pack of sliced almonds  
1 med ginger root shaved  
3 cps water

Bake at 350 degrees for 15 minutes

Serves 6 well.

# Chicken Main Dishes

## **Brunswick Stew -- Paul**

Pressure cook or boil until collapsed;  
1 whole chicken, about 3 lbs.

When the chicken is done, lift it out of the broth to cool. Skim as much of the fat from the broth as possible; you need 6-8 cups of broth, with one whole chicken worth of flavor in it.

Bring the broth back to a boil and add:

1/4 cp diced raw bacon  
1 cp chopped green onions  
2 cp chopped whole tomatoes  
2 cp diced whole potatoes

While the veges boil, bone the chicken and remove all skin. Chop the chicken meat into bite-sized or smaller pieces, and return it to the broth.

Add the last two vegetables, timing them for proper serving time.

2 cp fresh baby lima beans (12 minutes before serving)  
2 cp fresh sweet corn kernels (5 minutes before serving)

Season to taste, starting with these ingredients;

3 Tbs Worcestershire sauce  
2 tsp salt  
1 tsp fresh ground black pepper

This is a thick stew; it can be served in bowls like chili or on top of toast. It is the traditional southern answer to dealing with a tough chicken, because the meat is boiled until it falls apart. When fresh veges are not in season, frozen beans and corn and canned tomatoes can be substituted. This recipe serves about six.

# Chicken Main Dishes

## **Stir Fried Chicken Livers -- Ron**

Wash and cut in half;  
2 lbs chicken livers

If there is any fat with the livers, trim it and add to the cooking oil later.

Marinate for at least an hour in;  
3/4 cp dry red wine  
1/2 cp soy sauce  
3/4 cp bread crumbs  
3 tsp poultry seasoning (sage, etc.)  
1 tsp salt  
dash fresh-ground black pepper

Saute in a wok;  
2 large onions, sliced into rings  
2 Tbs oil for frying

When onions soften, add  
3/4 lb tiny mushrooms, sliced in half

Stir fry until mushrooms are partially cooked, then add the livers and the marinade, turn up the heat, and cook rapidly until livers are no longer pink and the liquid is reduced to a sauce. Add more oil if livers try to stick to the wok. Serve with rice. Makes about 6 servings.

# Meat Main Dishes

## Beef Empanadas -- Paul

To make the filling, use a pressure cooker to reduce to shreds;  
2 1/2 lb cheap beef (add more weight if bone is in)

While the beef is being subdued, prepare the crust as follows.

Sift together;

3 cp flour  
1 Tbs baking powder  
1 tsp salt

Blenderize or grind and toss in;

2 tsp anise seeds

Cut into the dry ingredients;

1 cp shortening

Add until the right consistency for rolling out;

2/3 cp milk

Knead the dough on a floured board until smooth, then roll out to 1/4 inch thickness and cut into 4 inch diameter circles.

Now that the beef has had about an hour to fall apart, take out the bones, all chunks of fat and connective tissue, and excess liquid, and simmer while stirring in;

2 Tbs tomato paste (or any other source of tomato)  
1 med clove garlic  
1 Tbs hot chili powder  
(if you can't get New Mexico, add some cayenne to mild chili powder)  
1/2 tsp cumin  
1/2 tsp black pepper

When liquid is almost gone, stir in;

1 small can diced green chilis  
1 small can chopped black olives

Simmer away the last of the liquid, and set the filling aside to cool. Preheat oven to 450 Fahrenheit, and grease two cookie sheets. Place about one heaping tablespoon of filling in each circle of dough, and pinch the edges shut all around (this is when you'll wish you really had boiled away the liquid). Place the empanadas on the baking sheet with the pinched side up; if you want them to be fancy, you should brush them with a little egg white at this point. It does make them look nice, but any spilled on the baking sheet burns horribly.

Bake the empanadas for 12 to 15 minutes at 450, until the thin edges start to brown. This recipe serves about eight people, at two empanadas apiece. These things are remarkably filling, so serve as a main dish with something light.



## Meat Main Dishes

### **Picadillo** (from Spain) -- Marcy

3 Tbs	olive oil
2 lbs	ground beef
1 cp	chopped onions
2 lrg	cloves garlic (pressed or chopped)
3 med	tomatoes; peeled, seeded, and chopped (or 1 cp drained canned tomato)
2 med	apples; peeled, cored, and chopped
1/2 cp	blanched slivered almonds
1 small	can hot chili peppers (diced and maybe seeded)
1 small	can mild diced peppers
3/4 cp	raisins
2 dozen	stuffed green olives, sliced thin
1/2 tsp	ground cinnamon
1/2 tsp	ground cloves
1 tsp	salt
1/2 tsp	fresh ground black pepper

Heat 2 Tbs of the oil in a deep, heavy skillet. Brown the meat; stir in the onions and garlic. Reduce heat and cook at moderate temperature for four or five minutes. Add all remaining ingredients except the almonds. Simmer uncovered for 20 minutes, stirring occasionally.

In a small skillet, brown the almonds in 1 Tbs of oil for two or three minutes. Drain and sprinkle on the picadillo just before serving.

Can be served with rice or as a filling for tomatoes, bell peppers, or taco shells. Delicious with fried flour tortillas. With flour tortillas, figure on two per person; in this form, recipe feeds about 6 people.

A note on the peppers; using the whole hot peppers in the quantity specified creates a very hot picadillo; for a less firey result, I remove the seeds before dicing the hot ones. If you don't already know how hot you want it to be, I suggest seeding and dicing a few peppers, stirring them in, and tasting the results. You can always add peppers, but you can't remove them.

## Meat Main Dishes

### **Choriza (Mo)**

Combine with hands;

1 lb	hamburger meat
1 lb	pork sausage
3 med	crushed garlic cloves
1/2	chopped small onion
1/2 tsp	ground comino
1/2 tsp	oregano liso
1/2 cp	vinegar
1 1/2 oz	Chili powder (1/2 bottle Gebhardt)
2 tsp	salt
1 tsp	black pepper

Refrigerate for a few hours to blend flavors

Spices are ground with a mochate

Serve fried with eggs as Huevos Rancheros

## Meat Main Dishes

### **Curry Powder** (Marcy)

Grind together with mortar and pestil

2 tsp	Coriander
2 tsp	Cardoman
1 tsp	cinnamon
1 tsp	ginger
1 tsp	Cumin
1 tsp	Black Pepper
3 tsp	Tumeric
1/2 tsp	Cayenne

Best when freshly ground;  
Store in tightly sealed jar.

## Meat Main Dishes

### Alice's Restaurant Chili (Marcy)

In bacon fat or oil 1/2" deep, saute til soft;  
3 med chopped onions  
3 med chopped green bell peppers  
3 large pressed cloves garlic

In another pan brown;  
2 lbs ground or shredded beef

Drain meat, combine with veges in large pot and add;  
2 16 oz cans tomatoes (don't drain)  
1 6 oz can tomato paste  
4-8 Tbs chili powder

Add while simmering at least 30 minutes to thicken;  
1 Tbs sugar  
          cracked black pepper  
1 tsp cumin  
1 tsp basil  
pinch cayenne  
          paprika  
          bay leaves  
          chili sauce to taste (optional)

Just before serving add;  
2 16 oz cans kidney beans (drained)

Serve with chopped onion on top of rice.  
Stuffs 6 pretty thoroughly.

[This ends up sweet. Try it without the sugar. -t]

# Meat Main Dishes

## Mousaka Dubrovnik (Moe)

To prepare meat filling, saute lightly in a large frying pan:

4 Tbs        butter  
3 large      onions, chopped fine  
1 clove      garlic, pressed

Mix together in a bowl:

1 lb         lean chopped lamb  
1/2 lb       ground lean pork  
1/2 lb       ground lean beef  
2            whole eggs  
1/2 tsp      salt  
1/4 tsp      fresh ground black pepper  
1/4 cp       fine dry bread crumbs

Add meat mixture to the onions and stir over low heat til meat is crumbled and lightly browned.

Peel and cut into 1/2 inch thick slices:

3 med       eggplants

Sprinkle the slices with salt and drain for 15 minutes. Dust each piece with flour and dip in a batter of

5            eggs, lightly beaten

Brown a few slices at a time in hot vegetable oil.

Line a shallow 3 1/2 to 4 quart casserole with a layer of the eggplant slices, then alternate layers of meat and eggplant til all is used up. Be sure that the top layer is eggplant.

In a small saucepan, melt

4 Tbs        butter

Blend in and cook lightly:

6 Tbs        white flour

Stir in and cook (stirring constantly) until thick

2 cp         milk  
1/2 tsp      salt  
1/8 tsp      nutmeg

Mix some of the hot sauce into

3            beaten egg yolks  
and beat back into the sauce.

Pour the sauce over the eggplant and bake the whole schmear at 375 Farenheit for one hour. The finished casserole can be held for several hours in a warm oven. Cut into squares and serve with a dollop of sour cream on each.

## Meat Main Dishes

### **Avgolemono Sauce** (Marcy)

For Dolmades makes 1 1/2 cups.

4 med	egg yolks
1 lemon	lemon juice
1 cp	cooking liquid from grape leaves

Beat the egg yolks well with a rotary beater. Add the lemon juice, then add the cooking liquid, still beating like crazy.

## Meat Main Dishes

### Creole Jambalaya - Sarah / New Orleans Cookbook

2 Tbs	butter
4 cp	chopped onion
2/3 cp	chopped green pepper
1/3 cp	thinly sliced green onion tops
1 Tbs	pressed garlic
2 Tbs	minced fresh parsley
1 lb	lean pork, cut into 3/4 inch cubes
1 cp	finely chopped baked ham
6	Louisiana Hot sausages sliced 1/2 inch thick (L.A. hots are hard to find in the Bay Area; JJ&F carries them)
1 1/2 cp	long grain white rice
3 cp	beef stock (or from boullion cubes)
2 1/2 tsp	salt (less if you use boullion cubes)
1/4 tsp	fresh ground black pepper
1/8 tsp	cayenne
1/2 tsp	chili powder
2 med	whole bay leaves, crushed
1/4 tsp	dried thyme
1/8 tsp	cloves

Melt the butter in a heavy 8-quart pot or kettle; add the vegetables, parsley, pork, and ham; stir often over low heat for 15 minutes or until lightly browned. Add the sausage and seasonings; cook and stir for another 5 minutes. Stir in the rice and beef stock and raise the heat to a rolling boil. Reduce heat to simmer, cover the pot, and cook 45 minutes, uncovering occasionally to stir. Uncover the pot and raise the heat somewhat for the last 10 minutes to let the rice dry out. Stir constantly to avoid sticking. Serve immediately to six people.

# Meat Main Dishes

## Beef Teriyaki - Marcy

This is a quick dish; recommended for occasions when time is short.

Marinate for 1 hour at room temperature:

} lb sirloin, cut in thin cross-grain strips  
4 Tbs soy sauce  
1 Tbs sugar  
1 med clove garlic, crushed

Chop and set aside:

3 lrg celery stalks (cut in thin diagonal slices)  
1 lrg bell pepper (cut into half-length thin strips)  
5 lrg green onions (slit in half, then cut to 2-inch strips)  
keep about 1 onion of this separate from the rest of the veges.  
8 med mushrooms (slice thick or cut in eighths)

Brown quickly over high heat using minimal oil:

the meat (drain the marinade first)  
1 tsp thinly shaved and chopped fresh ginger root  
one of the green onions prepared earlier  
sprinkle fresh ground black pepper

Remove the meat, add the marinade to the pan, add the veges, then the meat on top of the whole mess. Cover and steam over low heat 3-4 minutes, just enough to barely cook the vegetable while retaining crispness. Serve immediately over rice.

Serves 3-4.



# Fish

## **Butterfish with Vege Sauce - Barbara Butterworth**

Make sufficient marinade to cover your fish, use roughly these proportions:

1-2 whole lemons of juice  
1-2 cp white wine

Marinate in refrigerator for at least 6 hours

2-3 lbs filet of butterfish

Prepare a sauce by simmering for several hours

1 med can tomato juice  
1 inch fresh ginger, sliced paper thin or grated  
3 med cloves garlic, pressed  
1 tsp cumin  
dash cinnamon, cloves, whatever else you want  
1/2 med bell pepper, chopped

Wash and slice

1 lb mushrooms

Start to broil the fish in a baking pan with some of the marinade in the bottom. When the fish is partially cooked, add the sliced mushrooms. Return to the oven and broil some more. When the fish is nearly done, pour the tomato sauce over it and bake it for 5 - 10 minutes.

# Invertebrates

## Shrimp Creole -- Emily

1/3 cp butter  
1/4 cp white flour  
1 1/4 cp chicken or beef consomme (canned ok)  
2 Tbs butter  
1/2 cp chopped onion  
1/2 cp chopped green pepper  
2 crushed garlic cloves  
1/4 cp minced parsely  
8 oz can tomato sauce  
1/2 lb mushrooms  
1 slice lemon  
1 Tbs Gumbo file  
several dashes Tabasco Sauce  
1 bay leaf  
1 lb raw cleaned shrimp (in case of poverty, make substitutions)

Melt the butter over medium heat, stir in the flour, and cook til lightly browned. Remove from heat, add the consomme, blend well and cook until slightly thickened. Set aside.

In a skillet, saute lightly in the remaining butter the onion, pepper, garlic, parsely, and mushrooms. Add the lemon, Tabasco, bay leaf, and prepared sauce. Simmer for 20 minutes. Add the raw shrimp and cook five more minutes, just enough to pinken their cheeks. Remove from heat and allow an hour for flavors to swap around.

Just before serving, bring creole quickly to a boil and serve hot on white rice.

If dire poverty drove you to substitute cooked frozen or canned shrimp, you'll notice the recipe never told you when to put them in. You really shouldn't, but rather than throw them out, add them just before serving lest they should be further overcooked than they were when you got them.

Serves 4-6.

# Invertebrates

## **Garden Snails to Escargot -- P.A. Times + Paul**

To eat backyard snails, follow simple preparation;

Don't use snail poison. If you have already, wait at least six weeks before collecting snails.

Collect them at any stage from pea-sized (about 10 days old) on up. Keep them in a fine-mesh cage and feed them lettuce and cornmeal until they are mature (1 to 1 1/2 inches in diameter). This is a good size because they grow this big fairly fast and smaller ones are not worth the trouble of shelling for their scant meat. If you can't wait, be prepared for lots of drudgery dealing with little ones.

Purge the snails of any off-flavors from previously eaten food. Place 1/2 inch of damp cornmeal in the bottom of a clean plastic or metal garbage can. Add the mature snails and cover tightly with a wire or net top which allows ventilation and observation, but keeps them captive. Keep the can in the shade and change the cornmeal every other day to prevent it from souring. The snails will eat the cornmeal and then climb up the sides to rest. When changing the cornmeal, discard any conspicuously inactive snails. Keep the snails in the purger for at least 72 hours before eating them. Any snail that fails to climb the walls is not healthy enough to eat. If more than a few of your snails flunk the wall climb, consider the possibility that your neighbors have been poisoning them; I wouldn't chance eating any fresh-gathered (not raised from pups) snails that showed a large number of inactive ones; rumor has it that they do migrate a bit.

Wash the snails in cold running water to remove the cornmeal and then blanch them by plunging into boiling water. Add a bay leaf, reduce heat, and simmer for 15 minutes. The water will foam, so watch out for boilover. Drain snails in a colander until cool enough to handle. Pick the meat out with a toothpick, nut pick, or pointed knife. My experience with the beasties is that they tend to tear rather than pulling neatly out of the shell. The solution I used was to break the tip of the shell, allowing in air to displace the meat. It might also help to cook them less while in the shell, so that natural toughness will keep them together during shelling. If you do the quick boil, simmer longer later.

Remove and discard the gall; this is the dark-colored organ about 1/4 inch long near the tail end of the body (where the shell is attached). Wash the meat several times in running water. If the meat is to be frozen, now is the time to do it.

Prepare the shells for fancy service. If your snails seem to have very thin shells, it is an indication that they have been growing very rapidly (devouring your lush garden, no doubt). I don't mess with the thin shells; they break too easily, adding crunch to the snails. Boil them empty for half an hour in water containing 1/4 tsp baking soda per pint of water. Drain and rinse in fresh water. After the fancy dinner, save the shells so you won't have to do this extra work next time.

# Invertebrates

## **Snails in Wine Sauce** - P.A. Times

Combine in a casserole dish;

18	blanched snails
2 slices	diced bacon
9 small	boiling onions (or 1/2 cup chopped onion)
1 clove	garlic, crushed
1 Tbs	minced parsely
pinch	thyme
1/4 tsp	pepper
1 cup	dry red wine

Bake covered for one hour at 275 degrees F. Just before serving, thicken the sauce with a butter and flour mixture. Serve over toast or croutons.

Makes three servings.

# Invertebrates

## **Fried Abalone** (Dennis and Paul)

Obtain by whatever means some live, legal (7-inch or larger) abalone.

Shell them by scraping loose from the shell with a rounded ab iron. Cut loose the intestines and discard. Peel the entire mollusk, using a Tuffy plastic scouring pad to remove the skin wherever it is very thin. Scrape the foot to remove any sand residue. Wash the meat in fresh running water.

To tenderize, wrap in a dish cloth and swat the meat with an abalone paddle (a fraternity initiation type will do). Try about ten licks on each side and a good swatting around the edges. If the ab still seems rubbery, get a bit more violent. If you pound too much, the texture gets mealy; not enough and it's like rubber.

Slice the ab like a giant mushroom, making the slices about 1/4 inch thick. Bread the slices lightly in whatever you like, and fry in hot oil until breading is browned. Drain and serve with lemon or lime juice on top. If you are making quite a few, keep the fried abs warm in a 200 degree oven.

Three barely legal abs will serve six people nicely; if there are too many abalone, slice them into thick fillets and broil as steaks. I've always had too many people instead, so I can't give details here.

# Invertebrates

## **Shrimp Piquante** (Cajun Shrimp Creole) - Sarah / New Orleans Cookbook

2/3 cp	vege oil
1/2 cp	flour
1 3/4 cp	thin sliced green onions
1/3 cp	chopped celery
1 cp	chopped onion
1/2 cp	choped green pepper
4 tsp	pressed garlic
3 Tbs	finely minced fresh parsley
15 oz	canned Italian style whole peeled tomatoes
8 oz	canned tomato sauce
1 Tbs	minced chives
4 Tbs	dry red wine
4 med	whole bay leaves crushed
6	whole allspice
2	whole cloves
2 tsp	salt
3/4 tsp	black pepper
1/2 tsp	cayenne (less for the weak-hearted)
1/4 tsp	chili powder
1/4 tsp	mace
1/4 tsp	dry basil
1/2 tsp	dry thyme
4 tsp	lemon juice
2 cp	water
2 lbs	whole fresh shrimp, deveined and shelled
	steamed rice

Make a medium brown roux of the oil and flour. Remove it from heat while mixing in the veges and parsley. Cook on low heat until veges brown, then add all other sauce ingredients except the water. Bring the sauce to a boil, then mix in the water. Bring to a boil and then simmer for 45 minutes. Add the shrimp and raise the heat until boiling. Cover and simmer for 20 minutes. Allow the pot to cool (covered) at room temperature for 10 minutes before serving. Serve with rice to 6-7 people.

## North Chinese Dishes

### Hot & Sour Soup (Chef Chu)

6 cp	chicken stock
1/2 cp	chopped green onions
4 Tb	Red rice vinegar or white vinegar
7 med	shrimp (shelled and cut in half)
1 stalk	celery, sliced
1/2 lb	hard tofu cut into strips
2 Tb	shredded bamboo shoots
2	eggs (lightly beaten)
1/2 cp	pork or ham strips
1/2 tsp	finely diced ginger
2 Tb	dry black mushrooms or tree fungus (cut in small pieces and soak 20 mins in warm water)
1/2 Tb	soy sauce, or more to taste
1/2 tsp	sugar
1 Tb	bland oil (any will do)
3 Tb	sherry (optional)
dash	M.S.G. (optional)
2-3 Tb	cornstarch (make a paste with water)
1 Tb	sesame oil
2 tsp	white pepper
1 Tbs	hot pepper oil (actually do this to taste)

Bring stock to boil and add shrimp, celery, tofu, bamboo shoots, pork strips, ginger and black mushrooms.

Boil for about 10 minutes, adding sherry and M.S.G.

Skim to remove grease, then stir in cornstarch paste.

When somewhat thickened, turn off heat and stir in beaten eggs.

Add soy sauce to taste and sesame oil.

Pour into serving bowl and add vinegar. Salt to taste. DO NOT boil the vinegar.

Sprinkle with chopped green onions and white pepper. Add hot pepper oil to taste. Serve.

6 big servings.

## North Chinese Dishes

4. when chicken is white add ginger, garlic, onion, peanuts, and peppers. Stir briefly, then add hot bean sauce.
5. Cook, stirring, for another 10-15 seconds, or until the hot bean sauce is well-distributed and you can smell the ginger and hot bean sauce.
6. Then stir the SEASONINGS and add them to the wok.
7. Cook for a few more seconds, stirring, then remove the contents of the wok to the center of the serving dish between the piles of fried cabbage.
8. Serve hot.

**NOTE:**

An alternate method of cooking is to use slightly less pre-fried cabbage and to add it after the hot bean sauce but before the SEASONINGS.

SERVES 6.



# North Chinese Dishes

## Hot Pepper Oil (Jack)

To make your own hot pepper oil, start with the flavorful chinese sesame oil and flavor it with the aromatics from hot peppers and garlic. Specifics are given below, but most any specifics will do. Before using hot pepper oil in a recipe, you should taste a drop and compare it to your mental standard in order to determine how much to use. Since both potency and taste vary widely, a policy of adding a little at a time with tasting at each step is also a good idea.

Heat together slowly;

1/2 cp	sesame oil
2 doz	dried hot peppers, crumbled (wash your hands!)
2 med	cloves garlic, crushed

When the mixture starts to smoke, reduce heat. Continue cooking until peppers are solidly black. Allow to sit overnight, or longer for hotter oil, then strain the oil and keep in an airtight bottle, away from light.

If you are in a hurry and/or don't mind producing poisonous-smelling smoke in your kitchen, the whole process can be speeded up by just cooking the oil faster and hotter, allowing it to smoke profusely, and then straining and using it immediately.

Whenever you heat oil to the stage of smoking, you are risking a fire; the visible smoke is an indication that highly flammable vapor is also in the air. If this should ignite, remember that smothering the flames is the best approach to extinguishing them. If you have a lid for the wok, keep it nearby so you can slip it on in event of fire. If you don't have a tight fitting lid, set out an open box of baking soda so you can quickly fling the baking soda into the hot oil to extinguish it. Above all else, remember never to use water on grease fires; the grease explodes the water into steam, spraying the hot grease everywhere, i.e. on you and into the gas flame.

## North Chinese Dishes

### **Chicken Livers with Straw Mushrooms** (Good Food of Szechuan)

Feng-gan Cao-gu

Boil together in wok for 20 minutes;

3/4 lb	chicken livers sliced in quarters
4	stars (the five-point pieces) star anise
6	very thin shavings fresh ginger
2 med	green onions, sliced thin
2 tsp	saki or sherry
1 tsp	salt
1 tsp	sugar
1 cp	water
4 Tbs	soy sauce

Drain the livers, discarding the juice.

Stir fry briefly;

4 Tbs	cooking oil
	the boiled livers

When slightly browned, set aside in a bowl; if this dish is being prepared ahead of time, this is the point at which to suspend the operation; simply ready the remaining ingredients and do the final cooking immediately before serving.

Stir fry in moderate wok;

4 Tbs	cooking oil
8 oz	canned straw mushrooms (well drained)

When the mushrooms are slightly fried, stir in the fried livers and toss over high heat.

Quickly stir in remaining ingredients and serve.

1 Tbs	corn starch suspension
2 tsp	sesame oil

Makes a serving for 4; this is a fairly standard size dish.

## North Chinese Dishes

### **Kuo Teh** (Chef Chu)

Pan-fried pork dumplings

2 1/2 c	unbleached white flour
1 c	cold water
1 lb	pork (ground or shredded)
1 lb	chinese cabbage (squeeze dry)
1/2 cp	chopped water chestnut
6	chopped green onions
1 tsp	chopped ginger
2 tsp	M.S.G.
2 tsp	soya sauce
1 T	sherry
1 tsp	sesame oil
2 T	oil (for frying)
2/3 c	water
1 T	oil (for 2nd frying)

Mix cold water and flour. Stir with chop sticks and knead well. Cover with clean cloth and let stand at least 15 minutes.

In a large bowl, mix the pork, cabbage, waterchestnut, green onion, ginger, M.S.G., soya sauce, sherry, and sesame oil until uniform.

Knead the dough on a floured board until smooth, then divide into 20-30 pieces. Flatten each piece by hand and roll out to thin rounds about 2 1/2" in diameter. Fill with pork mixture and pinch edges to make a half-circle. Carefully stretch to make a little bit longer and thinner.

Heat oil very hot in large flat frying pan then add enough dumplings to cover the bottom of the pan without overlapping. Cook until bottom is golden (about one minute). Add the water, cover pan, and cook until all water has evaporated.

Add remainder of oil to pan and fry until brown (about 1/2 minute). Place serving plate over pan and quickly invert both. Serve.

12 servings.

# North Chinese Dishes

## Hot Bean Curd (Chef Chu)

### Ingredients

1 lb	soy bean cake (tofu), cut in 1/4 inch cubes
1/4 lb	ground meat (try country sausage)
1 clove	garlic, finely chopped
1 tsp	soy sauce (or more to taste)
1 tsp	sugar
1/2 c	chicken stock
2 Tb	oil
2-4 Tb	cornstarch solution
1/2 tsp	Chili Paste with Garlic
1 Tb	hot pepper oil
pinch	Szechuan peppercorn, ground (also called "Fa Ja")
1	medium green onion (whole onion, 1/8 inch dice)

Heat the wok to medium heat. Stir-fry the meat and garlic in the oil until the garlic turns golden, about one or two minutes.

Now add the stock, tofu, sugar and soy sauce. Boil for three or four minutes to allow the flavors to penetrate into the bean cake.

Add cornstarch solution while stirring. When the right amount has been added, the sauce won't be runny, but it won't all be sticking to the tofu either. Boil a few seconds more.

Mix in the hot pepper oil and chili paste. Place on a serving plate and sprinkle the Szechuan pepper and green onion on top.

This dish may be prepared ahead and reheated.

Serves 3-4.

# North Chinese Dishes

## Szechuan Beef (Chef Chu)

### Ingredients

1/2 lb	flank steak, cut across the grain into 1/8 inch thick slices	
4 C	oil for frying	Beef Marinade
1/4 lb	chinese rice noodles	
1 tsp	ginger root, finely diced	1 beaten egg
1 tsp	garlic, finely diced	1 tsp sherry
1 tsp	green onion, finely diced	2 Tb dry cornstarch
1/4 C	soy sauce	pinch white pepper
2 Tb	dry sherry	
2 Tb	chinese red wine vinegar	
2 Tb	sugar	
2 tsp	sesame oil	
1/4 C	chicken stock	
2 Tb	cornstarch solution	
1 Tb	hot pepper oil	
1 1/2 tsp	chili sauce with garlic	

Combine marinade ingredients and evenly coat the beef slices with this mixture. At the highest possible temperature, deep fry the beef slices. Add each slice separately to prevent sticking. When the slices turn golden brown, remove them from the oil.

Now fry the rice noodles in the oil. Test a few first; the oil should be hot enough so that they rise and puff at once. Fry the noodles a handful at a time; they will be done in a few seconds. Remove to a serving plate.

Remove all but 1 Tb of the oil from the wok. At moderate heat, stir fry the ginger, garlic, and green onion until the garlic is golden. Add the rest of the ingredients except cornstarch and boil for one minute. Now add cornstarch until the sauce is very thick; it should be almost solid.

Quickly toss the meat into the sauce and pour over the noodles. Serve at once.

Serves 3-4

Note: to make the beef even more crunchy, dredge the meat heavily in dry cornstarch before coating it with the marinade.

## North Chinese Dishes

### Twice-Cooked Pork (Chef Chu)

#### Ingredients

1/4 #	pork butt, untrimmed, boiled until well done, sliced 1/8" thick
1 1/2 C	cabbage, 1" cubes
1 small	bell pepper, 1/2" cubes
1 clove	garlic, crushed
5	scallions, white part in 1/2" slices
1/4 C	chicken stock
1 1/2 T	Hoy Sin sauce
1 1/2 T	bean sauce
2 tsp	hot oil
1 tsp	chili paste with garlic
1 T	soy sauce
2 T	oil
1 T	cornstarch

Stir fry the pork slices with garlic in hot oil until they begin to brown. Add all vegetables and stir fry for 2 minutes.

Add the rest of the ingredients; stir until ingredients are well mixed and the cabbage begins to soften. Add cornstarch if necessary to thicken; all of the sauce should stick to the vegetables.

Serves 3-4.

# North Chinese Dishes

## **Pork with Peking Sauce** (Chef Chu)

### Ingredients

1/4 lb	pork butts, cut into long 1/8 inch strips
1 C	bamboo shoots, cut similarly
2 Tb	oil
1/2 tsp	garlic, finely diced
2 Tb	sherry
6 Tb	Peking Sauce
1	green onion, white part, cut in slivers

Stir fry the pork at high heat until almost cooked. Add garlic and cook a little longer. Add the sherry and bamboo shoots, stir frying until no liquid remains. Now add the peking sauce and heat through. Garnish with the onion slivers and serve.

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

## Red-Cooked Fish (Chizu Mayall)

### Mix stuffing;

1/2 lb ground pork  
1 Tbs soy sauce  
1/2 tsp cornstarch  
1/2 tsp sugar  
1/2 tsp salt  
1/2 tsp minced ginger

### The fish;

1 2 lb Rock cod or other firm white fish  
1 tsp salt  
2 Tbs flour

Wash and dry the fish; make diagonal cuts in the sides. Sprinkle with salt and coat in flour, shaking off excess. Put stuffing into the cavity, and press flaps together.

### Sauce ingredients;

3 Tbs oil  
1 clove garlic, crushed  
1/4 cp wine  
1/2 cp chicken stock  
5 Tbs soy sauce  
1 tsp sugar  
2 whole green onions, shredded  
4 slices ginger

To cook, use a skillet or wok at moderate temperature. Brown the fish and garlic in the oil for about 5 minutes. Carefully turn the fish over, using spatulas to avoid breaking it. Add the liquids and scatter ginger and onions on top. Cover and simmer 15 minutes. Baste with the liquid and recover, simmering another 15 minutes.

To serve, discard onion and ginger, cut the top layer of fish into 1 1/2 inch pieces and serve with the sauce. When top is gone, remove backbone and serve bottom half also sliced.



# North Chinese Dishes

## Lemon Chicken - Chef Chu & Paul

Have ready:

8 cp oil for deep frying  
6 slices lemon (seeded)

Remove skin and bones and cut into strips 2" x 4":

6 lrg chicken breasts

Marinate for 10 minutes in:

1/2 tsp salt  
1/4 tsp white pepper  
1/2 Tbs water  
1/2 Tbs cooking sherry

Prepare the lemon sauce by bringing to a boil:

1 cp water  
1/2 cp sugar  
1/2 cp Rose's lime juice  
1/4 fresh lemon, squeezed  
pinch salt  
3 drops yellow food coloring

Reduce heat and stir in:

1 Tbs cornstarch suspended in  
1 Tbs water

Stir together a coating mix of:

1/2 cp cornstarch  
1/4 cp flour

Remove chicken from marinade and dredge each piece in the coating. Deep fat fry the chicken pieces at low heat (250 F) about 1 minute or until golden. Remove chicken and raise the oil temperature to very hot (350 to 400 F). Deep fry the chicken for 10 more seconds. Drain the chicken, then cut each piece into 5 or 6 pieces.

Place chicken on a heated platter, pour the hot lemon sauce over the chicken, and garnish with the lemon slices. Serve immediately. Makes 8 small servings.

Note: JOC says five things can make cornstarch fail as a thickener; too much heat (more than 185 F), too much stirring, too much cornstarch, too much acid, or too much sugar. This recipe treads the thin line on all counts! If you would be shattered by producing a runny sauce, take the precaution of using a double boiler to make the sauce. If you just plunge ahead and the sauce is too runny, %\*do not add more cornstarch%\* (as I did) since it won't help.

Another note: If you like your chicken crispy, you may wish to cut the pieces small to start with so that all surfaces of the final chunks will be covered with crisp-fried coating. I think I prefer it this way.

## South Chinese Dishes

### **Sweet and Sour Pork** (Joe Zingham)

Cut into 3/4" cubes.

6 lb Pork shoulder roast or ham (ham is outasight!)

Beat together a batter of:

1 cp flour

4 lrg eggs

1 Tbs salt

1 1/2 cp water

Dip the pork cubes in the paste and deep fry a dozen chunks at a time in  
1/2 cp oil (some can be rendered from fat trimmed off pork)

Cooked pork should be drained on paper and kept hot in oven

Meanwhile, prepare in large pot

4 cp water

1 cp white vinegar

1/2 cp sweet molasses

1/2 cp tamari sauce

1/2 cp brown sugar,

Bring to a boil, add in order

4 med yams, peeled and sliced

4 med bell peppers cut into strips

1 lb canned pineapple chunks

1 lb canned crushed pineapple

3 med sliced peeled tomatoes (peel by quick-dip in boiling water)

Return to a rolling boil; pour in 1/4 cup water mixed with

4 tbs corn starch

Just before serving, mix meat into the sauce.

Serve over approximately 4 1/2 cups steamed rice.

Feeds 12-15.

## South Chinese Dishes

### **Prawns with Lobster Sauce** (Chef Chu)

#### Ingredients

1 lb	large prawns, washed, deveined, and cut in half
1	green pepper, cut in 1/2 inch squares
1/2	medium onion, cut in 1/2 inch squares
1/2 C	water chestnuts, sliced
1 Tb	salted black beans (Dow See)
1 tsp	garlic, finely diced
1/2 C	oil
1 C	chicken stock
2Tb	sherry
2	eggs, beaten
1-2 Tb	soy sauce, to taste
1 tsp	cornstarch solution

#### Prawn Marinade

1 tsp	sherry
1	egg white, beaten
1 Tb	cornstarch
pinch	salt

In a hot wok, stir fry the prawns, garlic and black beans until the prawns just turn white. Stir in the vegetables and add the sherry, soy, and stock. Add cornstarch solution to the sauce until it is slightly thick. While stirring, slowly pour the beaten egg into the sauce. Cook only until the egg droplets begin to harden and serve at once. This dish can be reheated, adding the egg at the last moment.

Serves 3-4.

## Indian Dishes

### **Orange Curry Soup** -- Veg Ep

Cook the spices lightly;

1 Tbs	ghee
4	whole cloves
1 inch	stick cinnamon
1/4 tsp	cumin seeds
pinch	cayenne
1/4 tsp	mustard seed
1 tsp	fresh ginger, grated
2 pods	of cardamon seeds

Add and simmer slowly for 20 minutes;

1 qt	fresh-squeezed orange juice
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Serve hot in small bowls; makes six little servings.

# Indian Dishes

## Carrot Curry -- Veg Ep

Wash and slice on a slant to uniform thickness;  
5 cp sliced carrots

Simmer in a pot with the carrots for 5 minutes;  
1 cp fresh orange juice  
1 tsp salt  
water to cover

Meanwhile, cook the spices;

4 Tbs ghee  
5 pods cardamon seeds (just the seeds)  
1 1/2 tsp tumeric  
1 1/2 tsp mustard seeds  
4 whole cloves  
1 Tbs cumin seeds  
1/4 tsp cayenne

When the spices are moderately cooked, add the carrot concoction and;

1 ripe banana, sliced very thin  
3 Tbs raisins or currants

Simmer slowly for 30 minutes; if sauce is too thin, mix some with cornstarch and return it to the pot.

This curry can stand the addition of some curry powder, if you have an interesting one on hand.

Serves 4 to 6.

# Indian Dishes

## **Sweet Lime Chutney** - Carol at Peets

Quarter and peel but don't section;  
25 fresh limes

Rub the exposed surfaces with salt and dry in a slow oven, turning to expose all surfaces.  
The original recipe called for 3 days of Indian sunshine, so don't be so impatient..

When leathery dry, remove the seeds and blenderize the limes with  
1 cp distilled white vinegar

Add the blended lime paste to:

2 Tbs salt  
1/2 cp raisins  
1/2 cp chopped dates  
1 oz thinly shaved ginger root  
5 med cloves garlic (pressed or chopped finely)  
1/2 oz crumbled dried red chilis (or to taste!)  
3 Tbs black mustard seeds  
1/2 cp brown sugar

Bring the whole mess to a boil, simmer slowly for 30 minutes.  
Cool and bottle; it's ready to enjoy immediately.

Makes more than you'll know what to do with.

## Indian Dishes

### **Banana Raita** - Vege Epicure

Melt in a skillet;

1 tsp            Ghee or butter

Pound together lightly with mortar and pestil;

1 1/2 tsp        cumin seeds

1/4 tsp          cardamon seeds

1/4 tsp          ground coriander

1/4 tsp          cayenne pepper

Add the spices to the hot oil; stir around for a few minutes, then quickly stir in ;

2 cp             ripe bananas, mashed til smooth

Remove the skillet from heat, add the spiced bananas to a serving dish with;

2 cp             plain yogurt

Refrigerate and serve well chilled.

# Indian Dishes

## Sweet Rice Balls - Chron

1 cp steamed rice (well done and pasty)  
1 tsp cardamon powder (several crushed seeds)  
1/4 tsp crushed cinnamon stick  
1/4 cp white sugar  
1/4 cp black raisins  
1/4 cp dried apricots  
1/4 cp dates

Stew the fruit for 10 minutes in

1 1/2 cp water  
3 whole cardamon seeds

Strain the fruit well, reserving the liquid

Chop the fruit, mix it with the rice and spices.

Using greased hands or a press, form the rice mixture into balls.

Refrigerate the rice balls.

Add the sugar and some red food color to the fruit water.

Optionally, thicken it a bit with rice flour or corn starch.

Serve the rice balls cold in a bowl with the room-temperature sauce poured over them.



## Indian Dishes

### **Curried Avocado Soup** - Barbara Butterworth

Cook together a few minutes:

2 Tbs           melted butter  
1 tsp            curry powder (your favorite kind)

Stir in and boil for 7 minutes:

2 cp            water  
1               packet Lipton's Chicken Noodle Soup

Blenderize the soup at medium speed until smooth, then blend in:

2 1/2           medium-sized avocados

When soup is again smooth, stir in:

2 1/2 cp half and half (use more cream or more milk by taste)

Refrigerate until thoroughly chilled before serving. Garnish with:

1/2             avocado, diced finely

Serves 6 as a first course.

# Vegetables

## **Watercress Potage** -- Marcy

Saute in butter;

2-3 med      pressed cloves garlic  
1 bunch      leeks, washed and chopped

Add to pan and simmer 15 minutes;

1 Qt          thin-sliced potatoes  
3/4 cp        water

Add to pan and simmer another 15 minutes;

1 1/2 cp      milk  
1 1/2 cp      water  
1 Tbs        salt  
| tsp        fresh ground black pepper  
1 bunch     watercress, washed and chopped  
(substitute spinach if watercress is unavailable)

Process the soup through a food mill or blender to produce a uniform smooth texture, but don't over-do it.

Beat together lightly in a small bowl;

2-3          egg yolks  
1/2 cp        half-and-half or light cream

Stir into the soup, heat to a little less than boiling, and serve immediately.

Makes 6 to 8 medium servings; a dynamite soup.

# Veges

## **Mushrooms Berserkeley (Veg Ep)**

Saute lightly;

1 med onion  
1/2 cp butter

Meanwhile, mix in a blender;

2 Tbs Dijon mustard  
2 Tbs Worcestershire sauce  
1/2 cp brown sugar  
3/4 cp mellow red table wine

Prepare;

1 lb tiny fresh mushrooms (slice big ones if necessary)  
2 med bell peppers cut into 1-inch squares

When the onion is clear, add the mushrooms and bell peppers. Saute a few minutes with profuse stirring; when the mushrooms begin to shrink and brown, add the wine sauce from blender.

Add lovingly;

lrg dash fresh ground black pepper  
2 tsp salt

Simmer with occasional stirring for 45 minutes; The recipe is ready when the sauce is thick and deadly black.

Serves 6 as a side dish.

# Vegetables

## **Split Pea Soup (Paul)**

Cook 25 minutes at 15 lbs in a pressure cooker;

2 cps	split peas
6 cps	water
2 lbs	meaty ham hock (cut up a bit)
6	bay leaves
dash	fresh-ground black pepper

When cooker is cool enough to open, add;

1 lrg	onion, sliced
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Simmer 10 minutes with enough to stirring to avoid sticking. This is a very thick soup; when it cools a bit it can be eaten with a fork. If the soup is not thick enough, thicken with rye flour stirred in during the last 10 minutes of cooking. Depending on how salty the ham hocks were, you may need to add salt before serving.

Serve with hot sourdough bread and fresh fruit.

It is difficult to make this soup/stew without a pressure cooker since the peas must be constantly stirred to avoid sticking once the soup thickens. In a pressure cooker, the moisture stays in to avoid drying at the bottom. If a cooker is not available, simmer an hour or more and stir the mix regularly with a spatula to avoid sticking. You may need to add water to replace boil-away.

Serves six.

## Veges

### **Honey-Poppy Seed Salad Dressing** (Ginny)

1/3 cp	mild honey
1/4 tsp	salt
2 Tbs	distilled vinegar
1 Tbs	prepared mustard
3/4 cp	salad oil
1 Tbs	finely chopped green onion
1 Tbs	poppy seeds

In a blender, combine honey, salt, vinegar, and mustard. While blending, gradually add salad oil until mix is well blended. Stir in (don't blend) the onion and poppy seeds. Chill several hours before serving. Nice with citrus salad.

## Vegetables

### **Chester's Birthday Salad** (John Hall)

Toss together and leave in frig;

1 1/2 cp Bean sprouts

3 Bunches Washed Spinach leaves

Mix together, let stand for 1 hour;

1 cp Sesame or Peanut oil

1/2 cp Tamari soy sauce

4 Tbs lemon juice

3 Tbs grated onion

3 Tbs sesame seeds

1 tsp sugar

1 tsp cracked black pepper

1 cp thinly sliced water chestnuts

Toss the wet with the greens and serve;

# Vegetables

## **Marinated Mushrooms** -- Helen Albinson

1/2 lb        small mushrooms (or chopped big ones)  
1/4 cp        wine vinegar  
2 Tbs        olive oil  
1/2 tsp       salt  
1/4 tsp       oregano  
dash fresh ground black pepper  
1 Tbs        chopped fresh parsley  
1 clove      garlic (sliced in half)

Wash mushrooms and cook in small amount of boiling water for 5-10 minutes. Drain and add the marinade. Marinate at least 6 hours (overnight is better).

Makes 1/3 quart.

# VegeS

## **Green Olives** (Keplers)

Early in the morning make the lye solution of;

4 Tbs.       flake lye  
1 gal         water

Spread a tarp under tree and shake loose the olives. Wash well in fresh water and add a little dish detergent if the olives have a clinging film of road grit on them.

Put the clean olives into GLASS containers with the lye solution. Keep a few untreated olives so you can compare to them.

Every three hours, fish a few olives out of the lye and cut them open. The lye should color the flesh where it penetrates to a yellowish-green. Compare to fresh olive if unsure. Lye must penetrate all the way to the pit but NOT be allowed to soak into the pit. Usually takes from 8-12 hours, but if you lose, may take 24-48 hours. To halt the process for some sleep, simply drain off the lye solution and replace with fresh water.

Once lye reaches the pits, drain it off and replace with plain water. Change the water 3 times a day for about a week or until taste of lye disappears from olives. Don't taste them the first two days.

Prepare a brine of 7 Tbs salt to 1 gallon water. Soak olives 2-3 days before eating them. OLives will only keep two weeks in the frig.

To preserve, add white vinegar to taste (and any pickling spices) and then process in jars at 10 lbs pressure for 60 mins. Remember that olives are not an acid fruit when treated so follow closely to avoid botulism.

Olives can also be stored for reasonable periods in 1/2 lb salt/gallon brine in jars sealed with parafin, but must be soaked in fresh water for overnight before using.



# Veges

## **Spanakopitta** (greek spinach & cheese pie)- Ita

Wash, trim stems, and chop;  
2 lbs fresh spinach leaves

Stew spinach gently with;  
2 Tbs butter  
dash salt  
dash pepper  
1/4 tsp nutmeg (fresh grated if possible)

Drain excess water, and stir in;  
1/4 lb grated cheese (feta is authentic; gruyere or parmesian also good)

Unroll and brush with butter (all at once or as used)  
8-10 large sheets filo pastry  
1/2 cp melted butter

Butter a large, deep baking dish. Cover bottom and sides with four layers of filo pastry, folding each layer to reach up the sides to the top. Spread the spinach mix in the dish and cover with remaining sheets. Tuck and lap the edges to join top to bottom. Brush extra butter over the top.

Bake for 45 minutes in an oven preheated to 375 Farenheit. Turn oven to 475 Farenheit for 5-10 minutes until crust is crisp and golden.

# Veges

## **Zucchini Casserole** (Terry's Mom)

diced zucchini  
onion  
tomato sauce or stewed tomatoes  
mushrooms  
diced cheese: Monterey jack, mozzarella, etc.  
green beans ?  
sausage ?  
oregano  
basil  
garlic

Saute in butter, let simmer.

# Vegetables

## **Potato Salad** (Carla Edlefson)

1. Boil 4 eggs and some potatoes. Cool. Chop up potatoes (peeled) and 3 of the eggs. (Save 1 egg to slice on top.)
2. Chop up an onion. Also add celery, pickles, and whatever else. Amounts don't have to be exact.
3. Enough mayo to fill little glass dish. Add mustard to taste. Also celery salt or whatever. Salt and pepper.
4. Put sliced egg and paprika on top.

# Vegetables

## Red Beans & Rice - Sarah .. New Orleans Cook Book

1 lb	dry red beans (or kidney beans)
4 med	cloves garlic, pressed
2	onions, chopped
2	bay leaves
2	sticks celery, sliced
2-4 Tbs	parsley, chopped
1/4-1/2 lb	bacon strips, cut into 2 inch pieces
some	bacon drippings from frying the bacon
	salt to taste
6	Louisiana Hot sausages, cut into 1/2 inch slices *
	red peppers, crushed, to taste

Soak the red beans 8-12 hours in approximately twice their volume of water.

Add about 2 cups water and bring beans to a boil. Add garlic, onion, bay leaves, celery, and parsley. Fry bacon until crisp, then add bacon and bacon drippings to taste to the beans. Simmer the beans about an hour more, stirring more as liquid is reduced. Adjust the salt, add peppers if not hot enough, and serve over white rice.

Serves 6 as a main dish.

\* Louisiana Hot sausages are sold in sandwiches as L.A. Hots. JJ&F grocery in Palo Alto is the local source of choice. Their sausages are quite hot, so we use no crushed red peppers with them. If you get milder sausages, use enough crushed red peppers to make up the difference.

# Vege

## **Icicle Pickles** - Bessie May Martin (Paul's grandmother)

2 gals      fresh cukes (either use little ones or cut to finger size)  
1 gal      brine made with  
1 pt      salt

Bring brine to a boil and pour over the pickles. Let stand for 1 week, stirring every day. Drain pickles and pour 1 gallon of boiling water over them. Let stand 24 hours, then drain.

Boil pickles in 1 gallon of water with 2 Tbs of powdered alum. Let stand 24 hours, then drain.

Mix and pour hot over the pickles:

2 qt      cider vinegar (3 cp vinegar, 1 cp water)  
7 pts      sugar  
1 box      pickling spices (or a little less) (in a spice holder bag)

Reheat this syrup and pour hot over the pickles the next 2 mornings in succession. On the next morning, heat the pickles with the syrup, pack the pickles into jars, cover with the syrup, and seal while hot.

Makes a whole bunch, but be sure you have 2 weeks to do it...

## Vegetables

### **Tortas de Calabacitas** (Zucchini pancakes) - David Casseres (from Elena's)

This is the answer to the annual zucchini glut... a delicious thing to do with zucchini when you're already tired of zucchini. It is one more of the wonderful recipes from Elena's *Secrets of Mexican Cooking* by Elena Zelayeta.

1 cps	(about 1 pound) grated raw zucchini
cp	white flour
1 tsp	baking powder
1	egg, beaten
	salt
	butter, oil, or pork drippings for frying

Mix all the ingredients well, then fry the batter like pancakes. Serve hot or cold with sour cream and/or a good Mexican sauce or Salsa Coban.

Warning: do not use a blender to prepare the zucchini; it must be grated rather than pureed. A food processor with grating blades for the zucchini and plastic blades to mix the batter is a better choice.

# Vegetables

## **Burnt Nut Salad - Marcy**

This salad doesn't really have burnt nuts in it, but the method of preparation used originally was to burn the first batch of nuts, throw them away, and then watch the second batch more carefully. While not recommended, this method is demonstrably effective.

Bake in a shiny, light-weight metal tray:

1 | cp            mixed sunflower seeds and crumbled walnuts

About 10 minutes is adequate; the slightest browning is the sign to quit. Cool the nuts in a freezer. If you used a foil tray for baking, just put the whole thing in to cool.

Pile in alternate layers and toss together:

2 lrg            green onions, quartered and chopped finely  
6 oz            alfalfa sprouts  
} cp            currants  
                 the baked nuts from previous step

Use as much as you like of this dressing:

Shake together:

3 oz            wine vinegar  
{ tsp            garlic powder (not garlic salt!)  
1 | tsp          Dijon mustard  
1 | tsp          dill weed  
big pinch      sweet basil, crushed

Add and shake again:

6 oz            salad oil

Makes 6-8 servings. Very good with Japanese dishes.

# Veges

## **Comprehensive Plum Jam** - Alan Borning

This jam is considerably less sweet than the usual recipes, and is cooked down more. Also, it doesn't use any pectin, but rather relies on the natural plum pectins (I don't have any good reason for relying on natural plum pectins, but the idea pleases me esthetically). It takes longer to make, but the result is delicious! If you haven't made jam before, read the appropriate section of the Joy of Cooking [called JOC in this cookbook] for helpful hints.

Pick a bunch of ripe local plums. If you don't have any, ask around - there are lots of plum trees in Palo Alto. The jam comes out best if the plums aren't overripe - they have less pectin when they get too ripe, and the flavor isn't as good. Wash and pit them, but don't peel them. The skins add flavor, and peeling them would probably be a huge hassle. Pitting is best done by simply squishing the plum over a big pan and holding onto the pit. Be careful to keep track of each pit ... they are dentally disasterous if they find their way into the jam. (Other people cook the jam pits and all, and strain them out; but I don't like that way as much.)

Get everything ready BEFORE you start cooking the jam. You will need a large pan for cooking it (12 quarts is a good size), because it will spatter around a lot. Stainless steel is best - we got a nice one at Sander's Restaurant Supply in Menlo Park especially for jam making. Enameled is also ok. Don't use aluminum - it gives the jam an off taste. You will also need something to put the jam in - we usually use canning jars with lids; you can also use wax on top of the jars. You will end up with about half as much jam as raw fruit, but have some extra jars just in case.

Start sterilizing all the canning jars and lids before cooking the jam. An easy way to do this is to wash them thoroughly, and then set the jars upside down in shallow flat pans of boiling water. The water doesn't have to fill the jar - the steam will do the trick. Put the lids and rings, and tongs for picking up the lids, in the boiling water as well. A canning funnel is also handy - if you use one, put it in too. Sterilize everything this way for at least 20 minutes, but just leave them in the boiling water until they are needed. [Note: this is called water bath sterilization; it is standard for home canning acid foods. To avoid botulism when canning meats and non-acid fruits, you must use the pressure cooker method. PAM]

Use a maximum of 2 1/2 quarts of plum pulp per batch of jam. Mix 4 parts pulp with 1 part honey. Cook it over high heat, stirring constantly with a wooden spatula. You will probably want to wear rubber gloves. Cook it until it turns much thicker, and begins spattering as it boils. This will take a long time - maybe 40 minutes. Cook for 5 more minutes. It's best to have two people during canning. Take each jar out of the boiling water, and fill it to within 1/4 inch of the top with jam. Try not to get jam on the rim of the jar (a jelly funnel helps here). If necessary, wipe off the rim with a clean paper towel so that the lid will seal. Quickly put a lid and a ring on the jar, and tighten the ring. Let the jars cool. You can tell if the lid seals if it pops down.

Variations: apricot and plum split half and half is good. In trying other mixtures with this recipe, be sure to use some fruit that is high in pectin, [because without sufficient pectin you get syrup instead of jam]. See JOC for a list of such fruits.

Enjoy!



# Vegetables

## Potato Pancakes - Blender Booklet & Paul

I like potato pancakes, and I hate using up my fingers on a grater, so I was pleased to discover this trivial recipe which consumes little time and no fingers.

Brush clean and remove any uglies from about 2 pounds of fresh potatoes. I like the peels, but I guess you could peel them if you really wanted to. Chop into pieces a bit smaller than golf balls. Peel and quarter a medium onion. Toss the vegetables into a blender and add:

2	eggs
{ cp	flour
tsp	baking powder

Blenderize the whole mess until the texture is rough; I haven't tried getting it smooth because I wanted to approximate the grated variety of potato pancake.

Ladle about { cup per pancake onto a hot oiled griddle, and fry until browned on both sides and firm enough to withstand lifting by a spatula under only part of the pancake.

Serve as a replacement for other starchy foods; the maiden run on this recipe was instead of making bread to go with chili!

Makes 4-6 servings.

# Vege

## Jalapeno Jelly - Dick Sweet

When peppers are out of season;  
7 3/4 oz bottle DelMonte hot chili peppers (little yellow ones)  
3/4 cp apple juice  
3 cp sugar  
1 pack (1-3/4 oz) Sure-Jell (pectin)  
3 drops green food color (optional, of course)

Thoroughly blenderize the peppers and the liquid they are packed in. Strain the mess through cheesecloth (wear rubber gloves or you may be very sorry) into a sauce pan. Add apple juice and pectin, then bring to a boil. Dissolve the sugar, boil for one more minute, then pour into sterile jars. Put lids on the jars and place inverted in boiling water. After a few minutes, remove the jars and allow to cool. Any jar that doesn't suck in its lid (pop the metal bulge inward) didn't seal and should be dealt with. Either the jar has a chip or the lid is defective, so replace the culprit and redo it.

I usually object to food coloring on the grounds that the natural color is more esthetic; however, I added food coloring to this jelly after one too many people asked why I was keeping a "urine sample" in my kitchen.

Dick says he has experienced occasional problems with runny jelly; if it doesn't jell, reboil with an additional package of pectin and seal as before. I tried to cheat and make a batch using half-again as much chilis but only one package of pectin; I got burned by it not jelling. Whereas runny fruit jelly can always be passed off as pancake syrup, there is not much excuse for runny Jalapeno jelly. I keep mine refrigerated once it is open, on the off chance that some hardy micro-organism can "stomach" the stuff.

Makes about two cups of jelly; depending on your tastes, this could well be a life-time supply!

# Vegetables

## Squash Souffle - Chron

3 Tbs	butter or margarine
3 Tbs	white flour
1 3/4 cp	milk
1 1/2 cp	grated Swiss cheese (stronger ones heartily recommended)
2 cp	any variety of squash, chopped small
1 tsp	tarragon
5	eggs, separated
	salt
	cayenne

Make a roux of butter and flour, adding milk then cheese to make a light sauce. Remove the sauce from heat. Your parallel task is to steam the squash until barely tender, then blenderize it with the tarragon and egg yolks until smooth. Blend in the cheese sauce, then add salt and cayenne 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 Fahrenheit for 40 to 45 minutes, until lightly browned and fluffy.

Good with whole wheat bread and a light salad. Feeds about 4.

# Vegetables

## Light Mushroom Sauce - Chron

2 Tbs	butter or margarine
1 cp	sliced fresh mushrooms
2 Tbs	white flour
1 cp	milk
	fresh grated nutmeg
	salt

Saute mushrooms until tender, sprinkle with flour, and cook until roux is smooth. Add milk slowly, stirring until a thick sauce is formed. Season to taste with nutmeg and salt.

Serve with cheese dishes; original use was for souffles.

[The mushroom sauce gave me a scare at the moment when I started to add the milk; it looked doomed to lumpiness, but then magically smoothed out. Maybe I was just imagining it, since I was already in panic mode rushing dinner...Paul]

## Dessert Stuff

### Lemon Dainty -- Emily

3/4 cp	sugar
3 Tbs	white flour
3 Tbs	butter
2 lrg	eggs, seperated
1 med	lemon, juice and grated rind
1/8 tsp	salt
1 cp	milk
1/4 cp	sugar

Heat oven to 350 Farenheit and grease a one quart baking dish.

Mix thoroughly the sugar, flour, butter, and beaten egg yolks; mix in the milk, lemon juice and rind and the salt. In a different bowl, whip the egg whites to stiff peaks, then whip in the remaining sugar. Fold the merangue into the custard and turn gently into the baking dish. Place the baking dish in a pan of hot water approximately 1 inch deep. Bake the whole shebang about 50 minutes, or until nicely browned and set.

Serve with whipped cream to a few select friends; makes a small serving for 5-6 but be careful about doubling; probably should just make it twice in parallel.

## Dessert Stuff

### **Frozen Maple Mousse** -- Paul & Old Fashioned Ice Cream Book

Note: this is an unusual mousse in that it must be frozen in an ice cream crank.

Stir until blended;

| cp            maple syrup (the real stuff!)  
1 cp            whole milk

Chill by placing the original bowl into a larger bowl of ice chips. While it is chilling, whip until stiff in another bowl;

1 cp            whipping cream (chilled)

Fold the whipped cream into the maple milk, and stir in;

{ cp            chopped walnuts

Freeze the mousse by cranking like ice cream in an ice cream freezer. Don't bother to get it very stiff; it will harden in the freezer compartment of a refrigerator.

Serves 4 very well.

## Dessert Stuff

### **Coconut Cake** (Nancy Bright)

For icing, stir together in a bowl;

16 oz	sour cream
18 oz	frozen coconut (don't defrost)
2 cp	white sugar

Refrigerate the icing for at least 24 hours.

Make a two-layer yellow cake, cool thoroughly, and slice each layer into two thin layers.

Assemble cake with the cut sides up and gobs of icing between the layers.

When completely iced, refrigerate again for 1 or 2 days. No explanation of the long times in refrigerator, but many people are very convinced; claiming the cake tastes terrible if not aged properly in the frig.

This cake must stay in refrigerator except when serving or the sour cream will spoil.

## Dessert Stuff

### Fresh Apple Cake (Mo)

Mix well:

2 cp	Sugar
1 tsp	cinnamon
1   cp	Cooking oil
2	beaten eggs
2 tsp	Vanilla extract
3 cp	chopped fresh apples
cp	chopped walnuts
cp	raisins (plumped in hot water)

Sift together:

1 tsp	baking soda
3 cp	all purpose flour

Add to above and mix well. Bake in large pan (9" x 15") 1 hour at 300 degrees. Gets a nice crust so doesn't need frosting.



## Dessert Stuff

### Gramma's Coffee Cake - David Levy

Sift into a medium bowl;  
3 cp white flour

Make a well in the flour; fill with;  
2 packs active dry yeast  
1 tsp sugar

Bring almost to scalding temperature;  
1/2 cp whole milk

Cool milk, adding;  
1 Tbs sour cream

Add milk to the well, stir with some flour to make a paste, let rise 15 mins.

Meanwhile, melt and set aside for later;  
1/2 lb butter (try a mix of sweet butter and margarine)

To the batter, add with constant stirring;  
1/2 cp sugar  
3/4 tsp salt  
3 eggs

Mix with most of the melted butter;  
1/2 cp sour cream

Stir this in with the batter, adding sifted flour until a soft dough consistency is achieved.  
About 1/2 cp or more flour is recommended.

Allow dough to rise 20 to 30 minutes; punch down; repeat three times.

Dust cinamon sugar on a board; rol out the dough to approx 8 by 20; Dust more cinnamon sugar on the dough, add some of the melted butter, Sprinkle the dough with;  
1/2 cp walnut pieces  
2/3 cp blond raisins

Roll the dough the long way into a snake; pinch it sealed and cut into 7 parts. Dust each piece with more cinnamon sugar to facilitate handling. Butter the insides of a deep glass dish, coat each dough piece in butter, and arrange the pieces into the dish. Add more walnuts and cinnamon sugar on top. Let rise to top of pan, bake at 325 for 40-45 minutes.

## Dessert Stuff

### **Cheesecake for the Masses** (Debby Livingston)

#### Crust (Graham Cracker)

1 1/4 C      Graham cracker crumbs  
6 T          Brown sugar  
3 T          butter

Blend well and line giant breakaway pan:

#### Filling

Mix well at each stage;

24 oz        Cream cheese  
1 Cp        sugar  
5            Beaten egg yolks

Combine in another bowl;

3/4 Cp      Heavy cream  
1 T         White flour

Add to main mix;

In another bowl, beat until stiff;

5            egg whites  
1 tsp        Vanilla

Fold into mixture, pour into pan; Bake at 350 degrees for 1 hour (don't peek). Leave in oven with door open and oven off for additional hour.

## Dessert Stuff

### **Pumpkin Cheesecake Pie** (Dick Sweet)

Prepare an unbaked 9-inch pie crust.

Blend with a mixer in a large bowl;

8 oz           cream cheese (softened)  
3/4 cp        cane sugar  
2 Tbs         white flour

Beat in until smooth:

1 tsp         cinnamon  
1/4 tsp       nutmeg  
1/4 tsp       ginger  
1 tsp         grated lemon peel  
1 tsp         grated orange peel  
1/4 tsp       vanilla  
3             eggs  
1 lb          cooked pumpkin

Pour into the uncooked pastry shell; cover the edge with a 3 inch strip of foil to prevent over-browning the crust. Bake at 350 for 40 minutes, then remove the foil and bake for 10 to 15 minutes longer, until a knife comes clean in the center. Immediately spread with sour cream topping; cool and then refrigerate at least 4 hours before serving.

### Sour Cream Topping

Blend together:

3/4 cp        sour cream  
1 Tbs         cane sugar  
1/4 tsp       vanilla

## Dessert Stuff

### **Fruit Cobbler (Debe)**

Produce by Gramma's recipe or from a can:

8 oz.            Biscuit dough

Spread dough over the bottom of a greased 9" square baking dish.

Cover dough with sliced fresh fruit; Approximately 2-3 cups of apple or peaches recommended.

Bring to a boil in small sauce pan;

1/4 C            Butter

1/2 C            Brown sugar

1/2 C            Evaporated milk

1/2 C            Dark corn syrup

Pour this sauce over the other ingredients and bake at 375 degrees for 30-35 minutes.

## Dessert Stuff

### **Brown Bag Apple Pie** (Cietha)

Pare and cut into eighths;  
5 large tart apples

Work into a mixture of;

2 Tbs        flour  
1/2 cp        sugar  
1/4 tsp       nutmeg  
1/4 tsp       cinnamon  
2 Tbs        lemon or lime juice

Arrange in a 9-inch uncooked pastry shell

Mix crudely and sprinkle on top of pie;

1/2 cp        sugar  
1/2 cp        flour  
1/2 cp        margarine

Place pie in a brown paper bag, tuck the open end under, and bake at 425 degrees for 10 minutes. Reduce heat to 350 degrees and bake an additional 40 minutes.

This is a filling desert, but always make two to be safe.

## Dessert Stuff

### Glazed Apples (Chef Chu)

3 med	pippin apples
2 lrg	egg whites
2 Tbs	unbleached white flour
2 Tbs	cornstarch
1 tsp	sesame seeds (white or black)
dash	salt
4 cp	deep fat frying oil
1/3 cp	water
6 Tbs	light corn syrup
1 cp	sugar
large	bowl iced water (larger the better)

Cut apple into 8 sections and core. If apple is large, half the sections to make nice size chunks. Place in water with salt.

Beat egg white and mix with flour and cornstarch until smooth.

Drain apples and coat in egg batter.

Heat oil to 375 degrees and deep fry apples until golden brown. To avoid sticking, drop them in one at a time and do not overcrowd in the frying oil. Drain well.

Bring corn syrup, sugar, and water to boil, stirring until all sugar dissolves. Boil covered (so condensation washes sugar crystals down the sides) until the syrup will form hard candy instantly upon being dropped in ice water. Stir in 1 Tbs oil. Stir the fried apples and sesame seeds into the syrup.

Remove the well-coated apples to a lightly greased serving plate; dip each piece briefly into bowl of iced water just before eating.

Six large servings.

## Dessert Stuff

### Ginger Bread (Marcy)

Preheat oven to 350 degrees

Sift together;

2 1/3 cp Sifted whole wheat pastry flour

1 tsp Baking powder

1/2 tsp salt

Blend together in medium bowl;

1/2 tsp Baking soda

1 tsp Ground Ginger (or use a bunch of shaved fresh ginger)

1/2 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp allspice

1/2 cp softened butter

Add, mixing each before adding next;

1 cp Brown sugar

2 eggs

1/2 cp Sweet mollasses

Add alternately the dry ingredients and;

3/4 cp Hot water

Bake 45 mins in greased 9 inch square pan

9 servings;

## Dessert Stuff

### **Chocolate Fudge** (Marcy's Mom)

Mix thoroughly in large flat cake pan;  
3 pkg           Chocolate chips (7-8 oz pkg)  
1 jar           Marshmallow cream (8 oz)  
1/2 lb           Butter  
2 cp            Chopped nuts  
2 Tbs           Vanilla

Heat to a rolling boil stirring often;  
4 1/2 cp Sugar  
1 lg can Pet evaporated milk

Boil carefully for 7 mins stirring to avoid scorching the milk mixture. Pour boiling mixture over other ingredients and stir til chips melt. Refrigerate.



## Dessert Stuff

### **Chocolate Brownies** (Mark Weiss)

Mix, in order;

3 eggs  
1 1/2 cp sugar  
1 tsp vanilla  
1/4 tsp salt  
1/2 tsp Baking powder (omit for solid chewy brownies)

Melt together and add;

1/2 cp butter  
3 oz baking chocolate

Stir in;

1 cp white flour  
chopped nuts or M&M candies if desired

Scoop into a baking dish that has been buttered and coated with sugar, not flour. Use a heavy dish (like Corningware). Bake at 350 for 30 mins. (for gooey ones) to 45 mins. (for well done).

## Dessert Stuff

### **Citrus Peel Candy** Nancy Bright

Peel of 6 grapefruit (or oranges, lemons, limes, etc. with same volume)

Boil peels in brine (3 tsp salt and water to cover) for 30 minutes.

Drain and boil in fresh water for 30 minutes.

While still hot, scrape excess white from peels and discard.

Prepare a candy syrup from

4 cps	cane sugar
2 cps	hot water
1/2 cp	light corn syrup

While syrup boils gently, cut the peels into strips 1/4 inch wide.

Add the peel to the syrup and boil with occasional stirring until it reaches soft ball stage (230 Fahrenheit on candy thermometer). Syrup will be nearly all absorbed and peels will be transparent. Remove the peels from syrup a few at a time, drain, and roll in dry granulated sugar. Allow to cool before packing.

## Dessert Stuff

### **Date-Nut Torte** -- Mitch

2 Tbs bread crumbs  
8 egg yolks  
1 1/4 cups sugar  
2 cups chopped walnuts or pecans  
2 cups chopped dates  
4 Tbs flour  
8 egg whites, stiffly beaten

Grease a 9" spring-form pan and dust it with the bread crumbs.

Beat the egg yolks; gradually add the sugar. Beat until thick.

Mix together the nuts, dates, and flour. Stir into the egg-yolk mixture.

Fold in the egg whites thoroughly. Turn into the spring form.

Bake in a 325 Farenheit oven 40 minutes.

Cool and remove the sides of the pan.

## Dessert Stuff

### Banana Fool - Mitch

3 doz	small Italian ladyfingers
1/2 cp	rum mixed with
1/2 cp	water
2 pkgs	vanilla pudding (not the instant kind)
10-12	dried apricots, chopped coarsely
1/4 cp	cognac
1/4 cp	water
3 Tbs	sugar (or to taste)
1 1/2	ripe large bananas
2 Tbs	lemon juice

Make this in a clear glass bowl or footed compote with straight sides, about three inches deep and of about 2-qt capacity.

Bake the ladyfingers in a 400 Fahrenheit oven for 5 minutes -- they are usually a bit too soft and spongy. Cool them and dip them quickly into the mixed rum and water. Split them (they come that way normally) and line the sides and bottom of the glass bowl, arranging the rounded side against the glass.

Make the vanilla pudding according to the package directions and cool it.

Cook the apricots in the cognac, water, and sugar, which they should absorb in about 10 minutes.

Slice the bananas and turn them in the lemon juice to keep them from discoloring.

Mix the cooled (tepid) pudding, the apricots, and the bananas (drained of the lemon juice) together.

Fill the ladyfinger-lined bowl with this and chill until serving time. If you want to serve this with whipped cream, leave it unsweetened.

Raspberry Charlotte. (a variation)

Line a charlotte mold with the ladyfingers, as above, but use kirsch instead of rum.

Soften 1 quart of raspberry sherbert.

Make a sauce of fresh or frozen unsweetened raspberries.

Put half the sherbert in the mold, smoothing it down. Spread the raspberry sauce over this. Cover with remaining sherbert. Cover tightly and freeze until half an hour before serving time. Transfer to the refrigerator to soften slightly.

Cut into wedges with a silver knife dipped in hot water after each slice.

## Dessert Stuff

### **Chocolate Cheesecake** - Vege Ep II

(this is exactly from the book; it's too good for me to change)

Anna Thomas says "You only live once, so do it."

#### Crust:

1.5 cp        fine Graham cracker crumbs  
1/2 cp        softened butter  
3 Tbs        sugar

#### The cheesecake:

1.5 lb        soft cream cheese  
2 cp        sugar  
3 lrg        eggs  
1/2 lb        semisweet chocolate  
3 Tbs        heavy cream  
1 cp        sour cream  
1/4 cp       dark rum  
3/4 tsp      cinnamon  
3/4 tsp      almond extract

#### The topping:

1 cp        sour cream  
1 cp        confectioner's sugar  
1 cp        fresh strawberries

Work the crust ingredients together by hand until it is well blended. Press it evenly into the bottom of a 10-inch springform pan, using a potato masher or somesuch to press it flat.

Beat the cream cheese with an electric beater or food processor until it is fluffy, then gradually beat in the 2 cups sugar and the eggs. Continue beating until perfectly smooth. Melt the chocolate with the heavy cream in a small sauce pan, then beat into the cheese along with 1 cup of sour cream. Add the rum, cinnamon, and almond extract, and beat a few minutes more. Pour the cheese mixture into the springform and bake in a preheated oven at 350 Fahrenheit for a short hour. Cool in the pan, trim any uneven edges, and remove the springform.

Beat together 1 cup sour cream and the confectioner's sugar. Cover top of the cake, but not the sides. Wash and half the strawberries, arranging them (tip inward) in a ring around the edge of the cake. Chill at least 90 minutes before serving.

Serves 12.

## Dessert Stuff

### Plum Good Cobbler - Lynn

Put in bottom of a 8x14 pan or glass dish:  
5 cps plums, peeled (optional) and pitted

Mix:  
3 Tbs flour  
1 tsp cinnamon powder  
1/2 cp brown sugar

Sprinkle onto the plums (don't mix it in).

Mix the topping:  
1 cp flour (mostly whole wheat, some white)  
1 cp brown sugar  
1/2 tsp mace  
1/2 tsp salt  
1/2 tsp baking powder  
1 cp granola  
(Lynn recommends Honey Orange granola from Earth Sign, a crunchy, tangy granola)

Beat one egg and stir it into the dry stuff.

Sprinkle (or deposit if too goopy) the topping onto the plums.

Melt 1/2 cp butter and pour it on top.

Sprinkle on top of everything:  
1 cp granola

Bake at 375 for 25-30 minutes or until golden brown on top.

Serves 6 for a dessert.

## Dessert Stuff

### **Carrot Cake** (American Airlines, via Elisabeth Hansot)

1-1/2 cups Wesson oil  
2 cups sugar  
3 eggs  
2 cups flour  
2 tsp cinnamon  
2 tsp baking soda  
2 tsp vanilla  
1 tsp salt  
2 cups shredded carrots  
1 cup chopped nuts  
1/2 cup crushed pineapple

Combine all ingredients in a large bowl and mix until well blended. Pour batter into a 9" x 13" pan and bake at 350 F for 1 hour.

After cooling, ice with a cream cheese icing:

1 small pkg (3 oz) cream cheese  
1-1/4 cups powdered sugar  
1/2 cup margarine  
1/8 cup crushed pineapple  
1/4 cup chopped walnuts

Cream the margarine, cream cheese, and powdered sugar until just slightly fluffy, then mix in pineapple and walnuts.

## Dessert Stuff

### **Frozen Almond Chocolate Mousse** (Chronicle)

2/3 cup natural almonds  
1/2 cup graham cracker crumbs  
3 T sugar  
3 T melted butter  
1 pint vanilla or coffee ice cream  
6 oz semi-sweet chocolate pieces  
2 large eggs, separated  
1 cup whipping cream  
3 T dark rum

Toast almonds in oven at 300 for 15-20 minutes; chop fine while warm. Combine 1/3 cup almonds with the crumbs, 1 T sugar and the butter. Pack in bottom of oiled 8-inch springform pan. Bake at 350 for 10 minutes, cool and place in freezer until chilled. Spoon ice cream over crust, spreading in even layer. Return to freezer.

Melt chocolate. Beat egg whites to soft peaks. Beat in remaining 2 T sugar. Beat cream to soft peaks (use same beater). Beat egg yolks, then beat in warm chocolate and the rum. Fold in egg whites and cream. Fold all but 2 T of remaining almonds into chocolate mixture. Turn into pan over ice cream. Sprinkle reserved almonds on top. Freeze.



## Dessert Stuff

### Banana Cake - Ed Birss

#### \*\*\*\*\* Cake \*\*\*\*\*

} cp        butter  
1 | cp        sugar  
2            eggs  
1 cp        mashed ripe bananas  
2 cp        sifted cake flour  
1 tsp        baking powder  
1 tsp        baking soda  
| cp        buttermilk  
| tsp        salt  
1 tsp        vanilla  
| cp        chopped pecans

Cream together the butter and sugar until light and fluffy; add the eggs and beat two minutes at medium speed. Add mashed bananas and beat 2 minutes. Sift together flour, baking powder, soda, and salt. Add the dry ingredients, buttermilk, and vanilla to the batter and mixwell. Stir in the nuts. Turn the batter into 2 greased and floured 9-inch layer cake pans. Bake at 375 Farenheit for 30 minutes or until cake tester comes out clean. Remove from pans, cool, and frost with Banana Cake Frosting.

#### \*\*\*\*\* Frosting \*\*\*\*\*

| cp        sugar  
2 Tbs      flour  
| cp        heavy cream  
2 Tbs      butter  
{ tsp      salt  
1 tsp      vanilla  
1 cp        flaked coconut  
| cp        pecans (chopped)

Combine the sugar, flour, cream, and batter in a small sauce pan. Cook and stir until thick. Reserve 3 Tbs of syrup for filling between layers of the cake. Stir in pecans and } cp coconut, salt, and vanilla. Cool the topping. Spread the reserved syrup on the bottom layer of the cake and sprinkle it with { cp of coconut. Place the top layer over the bottom, and spread the icing over the entire outside surface.

## Dessert Stuff

### **Lemon Merangue Pie** - David Casseres & JOC

Prepare a baked 9-inch pie shell. Refrigerate it.

Combine in a double boiler:

3/4 cp        sugar  
5-6 Tbs     cornstarch  
1/8 tsp      salt

Stir in very gradually while over boiling water:

1 1/3 cp      milk (or water if you are allergic to latose)

Stir and cook for 8-10 minutes until the mix thickens.

Cover and cook with occasional stirring for another 10 minutes.

Remove the custard from heat and pour a little of it into:

4             beaten egg yolks

Beat the egg mix until smooth, stir it into the custard, and return the double to heat. Cook and stir gently about 5 more minutes over boiling water, then remove from heat.

Beat into the custard:

3 Tbs        butter  
1 cp         fresh-squeezed lemon juice  
1 1/2 Tbs    grated lemon rind (this is a lot!)

Grate the lemon rind finely or coarsely, according to your preference in texture of the pie.

Cool filling by very gentle stirring; this releases steam that would thin the filling if it were allowed to condense.

Pour the cool filling into the chilled pie shell. Cover with merangue and bake as explained in Merangue recipe.

### **Merangue Pie Topping** - David Casseres

Preheat oven to 325-350 Farenheit.

Whip until frothy:

2             egg whites

Add:

1/4 tsp      cream of tartar

Whip whites until they are stiff, but not dry. They will stand in peaks that lean over slightly when the beater is removed.

Beat in, 1/2 Tbs at a time

3 Tbs        granulated sugar OR  
4 Tbs        powdered sugar

Do not overbeat. Beat in:

1/2 tsp      vanilla

Bake 10-15 minutes, depending on the thickness of the merangue.

# Ice Cream

## **Plain Vanilla Ice Cream** (Paul & Dave)

If you wish to keep this ice cream for any appreciable length of time, you should scald the half and half to make it stay together better. Unscalded milk seems to have enzymes that make the icecream get icy during storage. We always eat it instantly, so we don't worry about scalding anything.

If you do scald it, use a double boiler very lightly greased with butter; otherwise it will surely stick and give a boiled flavor which you won't like.

Stir in until smooth;

2 1/2 cp sugar

1/2 tsp salt

3 qts half and half

1/2 cp vanilla extract (better use real)

Cool in refrigerator before cranking if time is available.

Crank until stiff, pack with salt ice and allow to set for 30 mins.

Makes 4 quarts, but it fluffs up enough that there isn't much room for more in a five quart crank.

# Ice Cream

## **Blackberry Cheesecake Ice Cream (Paul)**

For a 5 qt ice cream cylinder, mix until lumps are tiny;

1 cp	Brown Sugar
1 1/2 c	Honey (use less for sweet fruit )
1 qt	half & half
1 pt	blackberry yogurt
1 pt	sour cream
1/2 tsp	salt
2 Tbs	vanilla extract
2 Tbs	cognac
6	whole eggs lightly beaten
1 qt	fresh blackberries (mash some, use some whole)

Add enough whole milk to make 4 qts total liquid.

If your dasher is the new-fangled plastic variety, it may clog with frozen berries. The various cures for the malady range from replacing the dasher with a movable wooden one, using shredded berries, or stirring the berries in after the cranking is done. If the dasher is right, cranking in salt ice for approx. 30 mins. will be sufficient. Steady, slow, absolutely uninterrupted cranking is the key to smooth ice cream.

To produce firm ice cream, harden the contents of the tub in more salt ice for 45 mins. This is especially important for this recipe because the large amounts of alcohol in the vanilla and the cognac act as anti-freeze

Makes 5 quarts; enough to serve exactly the number of people who are standing around when the tub is opened.

# Ice Cream

## **Napolean Ice Cream** (Uncle Gaylord)

a Mocha desert

Mix until smooth;

2 qt	half and half
2	eggs, well beaten
1/2 tsp	salt
1 1/3 cp	cane sugar
1 cp	cocoa
1 Tbs	freeze-dried coffee

Add enough milk to bring mixture to 4 quarts liquid, crank for 15 -20 minutes.

# Ice Cream

## **Cantalope Sherbert & Friends (Sunset)**

Beat til light and creamy;

4 egg yolks  
1/4 tsp salt  
1 cp sugar

Prepare the fruit puree as specified below, stir in

2 cps sugar

Stir the sweetened fruit puree into the eggs a little at a time. Add;

2 qts buttermilk

Beat in a large bowl til soft peaks;

4 egg whites

Beat egg whites to stiff peaks while adding;

1 cp sugar

Fold the whites and custard together, fill the cylinder (past the fill line since this stuff doesn't grow like most ice cream), and crank as usual. Makes 5 quarts. Does not keep especially well (I've rarely had any to try to keep).

Blend approximately 12 cups fresh Berries yielding 6 cps smooth puree; add

2 Tbs lemon juice  
2 Tbs vanilla  
2 tsp grated lemon peel

Blend approx. 5 pounds of very ripe Cantalope to yield 7 cups puree; add

4 Tbs lemon juice  
2 tsp vanilla  
2 tsp grated lemon peel  
1/4 tsp ground ginger (or a dozen shavings of fresh ginger)

Puree 8 medium-sized Mangos yielding 6 1/2 cups puree; add

1/2 cp fresh orange juice  
2 tsp grated orange peel  
4 tsp lemon juice  
4 tsp vanilla

Blend 8 medium Papayas for 7 cups puree; add

1/2 cp lime juice  
1 Tbs vanilla  
2 tsp grated lime peel

Blend 4 lbs very ripe Peaches or Nectarines for 7 cups puree; add

6 Tbs lemon juice  
2 Tbs vanilla  
1 Tbs grated lemon peel  
1/2 tsp almond extract (optional)

Blend 4 lbs Plums for 6 cups puree; add

3 Tbs lemon juice  
4 tsp vanilla  
1 tsp lemon peel  
2/3 cup sugar (adjust for sweetness of the plums)

# Ice Cream

## **Chocolate Orange Curacao Ice Cream** (Old-Fashioned Ice Cream Cookbook & Paul)

6-8 oz	unsweetened chocolate (use the larger amount if you're a chocolate junky)
1 qt	whole milk
2 qt	half and half
2.5 cp	cane sugar
trace	salt
3 cp	fresh-squeezed orange juice (6-9 oranges) (tangerines are dynamite !)
6 Tbs	orange Curacao

Melt the chocolate in a double boiler, then stir in a little milk to make a paste. Slowly add the remaining milk and scald for one minute, stirring. Remove from heat and strain to remove any lumps. Stir in the sugar and salt until dissolved, then add fresh orange juice, half & half, and Curcao. Crank and allow to set until quite firm.

Makes about five quarts.

# Ice Cream

## **Frogurt** - Uncle Gaylords

Blend until smooth:

9 cp	plain yogurt
1/2 cp	brown sugar
3 Tbs	vanilla extract

Crank for about 15-20 minutes. This is the most basic recipe, so feel free to elaborate with fruit, etc. This frogurt has about 20 calories per ounce, as opposed to the roughly 50 calories per ounce in ice cream.



# Ice Cream

## **Tutti Frutti Ice Cream** - Nancy Bright

Note.... I have not made this recipe yet, nor eaten the ice cream. Cannot extend the usual guarantees of goodness until such time. Try it if you think you like tutti frutti, and tell me how it came out....Paul

Drain and save juice from;

1 med        can crushed pineapple (light syrup or adjust sugar)  
1 med        jar marishino cherries

Stir the juice to dissolve;

3 cp        granulated sugar

Combine the drained fruit in a blender with;

1 sml        can frozen orange juice  
2 lrg        eggs

Mix the prepared ingredients with

2 Tbs        vanilla extract  
2 sml        cans evaporated milk  
              whole milk to make a bit less than a 1 gallon

Crank it normally. If you blended the fruit to a slush, it can probably be allowed to set quite hard; if the fruit is chunky, serve while still a bit soft.

Makes 1 gallon.

# Ice Cream

## **Cranberry Sherbet - Paul**

A winter sherbet (for those of us who are too impatient to wait for summer) that can be made from frozen concentrate. I decided to make cranberry sherbet in January, but discovered that Ocean Spray has a virtual monopoly on cranberries (at least on the West coast). They apparently sell the berries only at Thanksgiving and Christmas, and use them for making juice during the remainder of the year. Sadly, they do not sell the juice directly, but only in the form of "Cranberry Cocktail", a mix that contains more water and sugar than juice. The only hope is to buy the frozen "Cranberry Cocktail" concentrate from Welch's. The recipe takes the added sugar of the frozen stuff into account by reducing the sugar used elsewhere in the sherbet.

For 6 quarts of sherbet, use six 6-oz cans of frozen concentrate, diluted with approximately one cup of water. Don't do the diluting until final taste testing, because you may decide to use cream instead.... Ignore the instructions on the can that specify adding 18 oz of water to each can.

Mix Juice with:

2 tsp	grated lemon peel
4 Tbs	lemon juice
2 Tbs	vanilla

Use as the fruit puree in the Cantalope sherbet recipe, but DON'T add the cup of sugar specified for the fruit. That is, for the total recipe, use only 2 cups of sugar instead of the 3+ specified. Taste the mix just before cranking; if it seems to astringent, add sugar to your own taste. If the bite is still there after a bit of sugar, stir in 8 oz of sour (or sweet) cream; somehow the butterfat seems to buffer the sharp edge of the berries. The tasters for the first batch I made all loved it, but split evenly over whether it needed more or less sweetness.

I'll put together a version to use fresh cranberries whenever they become available again.....Until then, I'll make do with the frozen stuff.

# Cookies

## **Gingerbread Men** (Paul)

Preheat Oven to 375 F.

Bring to a boil in double boiler;  
1 cp            sweet mollasses

Add stirring;  
1/2 cp        brown sugar (white will do)  
6 Tbs        butter  
2 Tbs        milk

While that junk simmers, grind together;  
2 tsp        fresh nutmeg (one small nut)  
2 tsp        cinnamon stick (med stick)  
2 tsp        whole cloves  
2 tsp        dried whole ginger root (candied is okay)  
              (whatever you use must be dry or it clogs the grinder)

Sift together into a big bowl;  
              the ground spices  
1 tsp        baking soda  
1 tsp        salt  
2 cp        white flour  
2 cp        whole wheat flour

Stir in the liquid from the boiler, and add additional white flour if needed to form a dough that is thick enough to handle well. Roll the dough to 1/4 inch thick or less. Cut with shaped cutter or a sharp knife. Bake for about 8 minutes on a heavy, shiny, ungreased cookie sheet at 375 F. Decorate while still hot with raisins, candies (M & M's), citron, or frosting.

Makes about 2 dozen medium men.

# Cookies

## **Jam-Filled Oatmeal Drops** (Marcy)

Combine and beat until fluffy;  
1/2 cp dark brown sugar  
1/4 cp light karo syrup  
1/2 cp shortening  
1 egg (unbeaten)  
1 tsp vanilla extract  
1/2 tsp lemon extract

Stir in;  
2 cp quick oats

Sift together in separate bowl;  
1 cp flour  
1/2 tsp soda  
1/2 tsp salt  
1/2 tsp baking powder

Add to other ingredients and mix well. Drop stiff dough by tsp. onto greased cookie sheet.  
Make shallow depression in center of each dough drop and fill with thick red jam.

Bake at 350 for 15 mins.

Makes 3 1/2 to 4 dozen

# Cookies

## **Ultra Chewy Chocolate Chip Cookies** (Patte Wood)

Add nutmeg and cinnamon (1 tsp each) to the recipe on Tollhouse chips pack

Very important to slightly under-cook them in order to make nice chewy cookies.

# Cookies

## Oatmeal Cookies (Marcy)

Beat together til creamy:

3/4 cp shortening (1/2 butter)  
1 cp packed light brown sugar  
1/2 cp granulated sugar  
2 eggs  
1/4 cp water  
1 tsp vanilla

Stir in:

1 cp whole wheat flour  
1 tsp salt  
1/2 tsp baking soda

Add last:

3 cps milled oats  
1 pkg butterscotch chips \*  
1 cp walnuts \*

\* means optional

Bake on greased cookie sheet at 350 for 12-15 mins.

Yields 5 doz medium cookies

# Cookies

## **Chewy Oatmeal Cookies** (Quaker)

Sift together

1 cp flour  
3/4 tsp baking soda  
1/2 tsp salt  
1 tsp cinnamon  
1/4 tsp nutmeg

Beat in

3/4 cp soft shortening  
1 1/3 cp brown sugar  
2 eggs  
1 tsp vanilla

Stir in

2 cps oatmeal  
1 cp raisins

Bake heaping teaspoons on greased cookie sheet for 12- 15 minutes at 350 degrees

Makes 3-4 dozen

# Cookies

## Fresh Apple Cookies (Paul)

Sift together and set aside:

2 tsp Baking soda  
4 cps flour

Mix with beater in large bowl;

2 cps dark brown sugar  
2/3 cp Honey  
1 cp shortening  
1 tsp Salt  
3 Tbs cinnamon  
2 Tbs cloves  
1 1/2 tsp nutmeg  
2 eggs  
1/2 cp Apple juice or milk

Add all of these goodies and anything else that sounds good;

2 cps Raisins  
3 cps Chopped apple (don't peel)  
2 cps chopped nuts

Spoon heaping tsps onto greased sheet,  
Bake 10 to 14 minutes at 425 degrees.  
Makes 7 dozen little ones.



# Cookies

## Apricot Newtons - Sunset

### \*\*\*\*\* Crust \*\*\*\*\*

1 cp	whole wheat flour
1 { cp	white flour
{ cp	wheat germ
{ tsp	salt
{ tsp	baking soda
cp	( { lb) margarine or butter
cp	granulated sugar
cp	brown sugar
2	eggs
tsp	vanilla

Combine the flours, wheat germ, salt, and soda. Beat the butter til creamy, then gradually beat in the sugars. Beat in the eggs and vanilla. Blend in the dry mix. Knead dough lightly until smooth. Cover and chill at least one hour (overnight is best).

### \*\*\*\*\* Filling \*\*\*\*\*

3 cp	dried apricots
cp	chopped walnuts or almonds
1/3 cp	sugar
cp	water
1 tsp	grated orange peel
2 Tbs	lemon juice

Chop dried fruit coarsely, then stir all ingredients over medium heat until filling boils about 5 to 8 minutes and becomes very thick. Cool thoroughly.

### \*\*\*\*\* Assembly \*\*\*\*\*

Remove half the dough from refrigeration, leaving the other half cold. Roll out on a floured board, forming a sharp-edged rectangle 9"x15". Cut into three strips each 3 inches wide. Repeat for the other half of dough, then divide the filling 6 ways and spread evenly down the middle of each strip. Fold the sides of the doaguh strips over the filling, forming a slight overlap. Press to seal dough, flip over, dust off excess flour, and bake at 375 Farenheit for 15 minutes, or until well browned. Cool on rack, and slice to length. When thoroughly cool, seal and refrigerate to retain freshness.

# Cookies

## Norwegian Cookie - Karen Bjornard of Berkeley (from Carolyn)

1 stick butter  
1 stick margarine  
2 cp sugar  
2 eggs  
3 cp flour  
2 tsp baking powder  
pinch salt

1 egg (lightly beaten to brush on top)  
1 cp chopped nuts (pecans or walnuts)

1. Cream butter, margarine and sugar.
2. Blend in eggs.
3. Stir in dry ingredients.
4. Grease cookie sheet first time.
5. Take handful of dough; flatten out by hand as thin as possible on cookie sheet.
6. Brush dough with beaten egg.
7. Sprinkle chopped nuts on top; press in a little.
8. Bake at 350 Farenheit for 10-15 minutes.
9. Cool about 5 minutes; then cut into square shapes; cool on rack.

## Sauces and Such

### **Hollandaise Sauce** (James Beard)

Blend in double boiler over hot (not boiling) water;

4	egg yolks
1/2 tsp	salt
1/4 tsp	hot mustard powder
dash	Tabasco
1 Tbs	lemon juice

In a small sauce pan heat to gentle bubbling;

1/2 cp	butter
--------	--------

Pour butter into eggs over low heat and stir constantly. Allow to cool as soon as it thickens. If sauce curdles, stir in a little heavy cream.

Makes enough for one pound of asparagus tips.

## Sauces and Such

### **Sweet Lemon Sauce (Moe)**

Mix in small sauce pan;

3/4 cp      sugar  
1/4 cp      flour  
1 cp        water

Bring to boil, stirring til thickened; Add:

1 tsp        grated lemon rind  
1/2 cp       lemon juice  
1/4 tsp      salt  
2 Tb        butter

Chill in fridge until quite cold.

Serve on sliced strawberries or other fresh fruit;

## Sauces and Such

### **Tofu Mayonaise** -- Sandy

Blenderize until smooth:

6 oz	Tofu (optionally drained and pressed)
2 Tbs	lemon juice or rice vinegar
2 Tbs	salad oil
1/4 tsp	dill seeds
1 med	clove pressed garlic
1/2 tps	salt (or use miso)
dash	black pepper

Don't more than you need at one time, because even with refrifgeration, this mayonaise only keeps for 1-2 days.

This is a much higher protein, lower fat mayonaise than any commercial recipe. Use for anything that calls for mayonaise.

If you wish to drain and press your tofu, slice it like cheese, lay the pieces on a cloth-covered board, cover with another cloth, and prop the whole contraption at an angle for drainage. Leave it for at least 30 minutes. If you are in a bigger hurry, lay another board on top and weight it to speed the draining. Change the cloth a few times in the speedo method.

## Sauces and Such

### **Apricot-Sherry Sauce** - Terry's Mom

2 8-oz jars    apricot jam  
1 oz            ReaLemon juice  
| tsp           powdered ginger

Mix thoroughly and place over high heat. Stir constantly until mixture comes to boil. Remove from burner and stir in 2 oz cream sherry wine. Return to burner, stirring constantly, and bring just to hard boil again. Turn off or reduce heat--serve warm.

## Sauces and Such

### **Yogurt Salad Dressing** - Andrea West

(also good as chip dip or sandwich spread)

} cp	plain yogurt (use Continental bulgaris or homemade descendant thereof)
1   cp oil	
1/3 cp	vinegar
1 tsp	each of:
	Spike (seasoned vegy salt)
	onion powder
	garlic powder
	mustard powder
	basil
1 Tbs	brown sugar

Put all ingredients in blender and mix. You may want to vary the spices according to taste.

## Drinks

### **Kaluha Coffee Liqueur** (Mo & Paul)

Kaluha is a coffee liqueur; the final liqueur will be no better than the coffee used to make it. Therefore, taste a number of kinds of coffee with Kaluha-making in mind and choose an appropriate coffee for your own taste. I recommend Sumatran, a fairly dark but not overpowering bean.

Prepare a coffee concentrate by stirring together and then filtering;

2 1/4 cp coffee beans, finely ground  
2 1/2 cp water, slightly cooler than boiling  
(after filtering, only 2 cups of the water will drip out)

OR, if you don't really care what coffee is in your booze, mix;

2 oz instant coffee  
2 cp boiling water

If the coffee concentrate has cooled very much, it may help to warm it in a double boiler so it will dissolve the sugar.

Mix with the coffee concentrate;

4 cps sugar  
1 large chopped vanilla bean

Stir in;

1 fifth brandy  
(if you used instant coffee above, use rotgut here)

Store in dark bottle at room temperature. Wait with baited breath for 30 days while flavors blend. Filter if you don't like to chew vanilla beans.



## Drinks

### **Orange Sangria** (Dick Sweet)

1 med	orange
1/4 cp	sugar
2 cps	fresh-squeezed orange juice
1	fifth dry red wine
1/2 cp	Triple Sec (or other orange-flavored liqueur)

Cut a few garnishing slices from the orange, then thinly peel one half of it. Use a spoon to bruise the thin peel in a bowl containing the sugar; this releases the orange oil into the sugar. Squeeze the juice from the peeled orange into the bowl; stir in the remaining ingredients. Chill 15 minutes covered, then remove the orange peel to avoid overdosing on orange oil. Just before serving, garnish with the orange slices.

Makes two half-cup servings each for six people.  
Serve with spicy munchies.

# Drinks

## **Yeast Starter (Bo)**

Do this 48 hrs before you plan to add yeast to brew.

In 1/2 gal bottle, mix up 1 qt sterile water, 1/4 cup either corn sugar or malt extract, if sugar then about 1/8 tsp brewing salts (yeast nutrient). Stir in yeast if liquid. If dry yeast, mix up to a paste with water and add to bottle. Seal with a fermentation lock and store in a dark place at 60-70 F. If temp is below 60, allow more time.

Recommended yeast is an "ale yeast" such as Grey Owl liquid, or Vierka dark lager yeast (dry).

## Drinks

### **Fake Shake** (Paul)

Fill blender almost full of ice cubes, add

1 cp	Instant powdered milk
4 Tbs	Brown sugar
2 tsp	vanilla
1	egg
1	banana (more optional than other ingredients)

Add milk (whole or skim) to completely fill

Run blender for at least 5 minutes of the highest speed available in "burst" mode. If an air bubble forms around the blades, remove it and continue blending. Burst mode is best because it allows fast chopping and control of the bubble-lock problem.

Makes 32 oz.

## Appetizers

### **Cheese Balls** (Terry's Mom)

2            8-oz Philadelphia cream cheese  
1 stick or 1/4 lb butter  
4 oz        grated cheddar cheese (or more)  
2 t         steak sauce  
2 T         milk

Mix, chill, divide into thirds.  
Roll in walnuts or pecans.  
Freezes well.

# Appetizers

## Homine - Scott McGregor

Approximate directions:

- 1 15 oz can chick peas
- 1 large lemon
- 1 oz sesame seeds
- 1/4 oz sesame oil
- 1/2 oz dry vermouth
- 1/2 tsp cumin
- generous pinch of mint
- 1 garlic clove
- salt to taste

Throw everything into the blender and blend until smooth.

Tahini makes a good replacement for the sesame seed if you have it. Dip is best if thick, if your blender won't hack it, add more of the oil, vermouth, or lemon juice. Make sure to drain the chick peas and discard the liquid.

Serve with pieces of pita bread. Garnish dip with some Hungarian paprika on the top, and a few drops of sesame oil around the edge to be authentic.

Vermouth is not part of the original Lebanese dish, but it is my kitchen's universal liquid additive. Feel free to be creative on this point.