

The Network Cookbook

by Ms. X

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Hacked by:
Yossi Gil.

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Chapter 1

Appetizers

24 Hour Wine-Cheese Omelette

Contributor: *babs@jfwhome.FUNHOUSE.COM (Babs Woods)*

Someone asked for something similar to this a few days ago. I took this off the net years ago and have been waiting for a chance to share it.

Ingredients

- 1 large loaf french bread (break into small pieces)
- 3/4 lb shredded swiss cheese
- (9 slices Genoa salami, chopped)
- 4 large scallions, chopped
- 1/8 tsp. red pepper
- 3 1/4 C. milk
- 16 eggs
- 6T unsalted, melted butter
- 1/2 lb shredded Monterey jack
- 1/2 C. white wine
- 1 tbsp. mustard
- 1/4 tsp. black pepper
- 2/3 C. grated parmesan cheese
- 1 1/2 C. sour cream

Preparation

Butter 2 3-qt baking pans (9" X 13"). Spread bread over bottom; drizzle butter over bread. Sprinkle with shredded cheeses (and salami).

Beat together eggs, milk, wine, scallions, mustard, and pepper until foamy. Pour over cheese.

Cover with foil and refrigerate 24 hours, or overnight. Remove from refrigerator 30 minutes before baking. Bake, uncovered, at 325F for one hour, or until set.

Uncover, spread sour cream over it, sprinkle with parmesan cheese and bake another 10 minutes, until browned.

Chevre, Pear, Prosciutto and Walnuts in Phyllo Bundles

Contributor: *allana@hpmwtd.HP.COM (Allan Armstrong)*

I recently made an appetizer at a dinner party that was very successful. Some of my friends asked for the recipe, so that means I'll have to write it down. I thought I'd also post it to the net in case anyone wants to give it a try. This is a fairly difficult, frou-frou dish with a fussy-looking presentation, but it only takes about an hour to make, assuming you already know how to deal with phyllo dough and how to nap a sauce.

Serves: 8

Ingredients

- 3 pears, peeled, cored, and diced
- 2 oz. prosciutto, sliced very thinly and julienned
- 1 tbl sage or pineapple sage, minced
- 1 cup butter, liquid
- garnish: chopped chives, 1 star fruit, 1 cucumber
- 12 oz. chevre
- 1/2 cup chopped walnuts
- 1 pkg phyllo dough
- 1 cup cream

Preparation

Combine diced pears, 8 oz. chevre, julienned prosciutto, chopped walnuts, and minced sage in a bowl. This is the filling.

Cut phyllo sheets in half so they are roughly square. You will use three sheets, or six half sheets per serving, but you'd better count to be sure you have enough. Lightly butter the bottoms of eight custard cups or ramekins and place on a sheet pan. Lay six half-sheets, buttered with a brush, over each other in a messy, offset pattern. Ease into a custard cup. Repeat for all eight custard cups. Divide the filling among the cups, placing it in the phyllo dough, and then twisting the tops into a bundle over the filling. Brush the top lightly with butter. Bake the bundles in a 350°F oven until nicely browned and the inside is hot, about 20 minutes.

Combine 4 oz. chevre with 1 cup cream over moderate heat. Stir vigorously to make the mixture smooth and reduce until the sauce coats a spoon.

To serve, divide the sauce among eight salad-sized plates. Tilt the plates to make the sauce evenly coat the inner area of the plate. Ease the phyllo bundles out of the custard cups by loosening the edges with a knife and then lifting it out with a spoon. Place a phyllo bundle in the center of each plate.

Optional garnish: Sprinkle snipped chives on the sauce on the bottom half of the plate. On the top half of the plate, place a thin slice of star fruit on the right and a cucumber fan on the left.

Many modifications on this recipe are possible. You could replace the walnuts with another nut that pleases you such as slivered almonds, or leave them out altogether. You might delete the prosciutto, or add chives or nutmeg, or even change the cheese to another you like better, perhaps a mix of feta and ricotta or gorgonzola and ricotta or even stilton. The combination of apple and fontina might be a possibility. You could even go crazy and make a lobster filling and serve it with a cognac, saffron, cream sauce and garnish it with orange zest. Hey, maybe I'll try that.

If you don't feel like making a fancy garnish, snipped chives would be quite fine, and if you happen to have chive flowers from the garden that would be an excellent garnish for the sauce. You can also serve them without the sauce, but they won't make good finger food for a stand-up party because they are too big for one bite and tend to fall apart if you hold them. For finger food, you're better off going with the traditional triangle shape of spanokopita.

Marinated Garlic and Olives

Contributor: *cindy@solan.unit.no* (Cindy Kandolf)

Ingredients

- 25 large cloves of garlic
- 1 dl. water
- 1/2 dl. apple cider vinegar
- 2 tsp. blended herbs
- 25 large olives
- 1 dl. olive oil
- 1 tsp. salt
- 1 bay leaf

Preparation

Peel garlic and boil in water 4-5 minutes. Mix garlic and olives together in a jar. Blend the marinade and boil. Pour, warm, over garlic and olives. Let the jar stand at room temperature for about 1 week, then store in a cool place.

Landpaté (Norwegian Chicken Liver Paté)

Contributor: *cindy@solan.unit.no (Cindy Kandolf)*

This freezes well and can be made far ahead of time. Also, you can make it in several small pans rather than one large pan.

Ingredients

- 400g. frozen chicken livers
- 300g. ground beef
- 1/4 tsp. black pepper
- 2 cloves of garlic, pressed
- 2 eggs
- 1-2 tbsp. cognac
- 1 onion
- 1 1/2 tsp. salt
- 1 tsp. thyme
- 2 tbsp. potato flour
- 2 1/2 dl. cream (heavy)

Preparation

Defrost chicken livers until just half-frozen and cut into bits. Preheat oven to 200C. Coarsely chop onion. Mix livers and onion in food processor or blender until finely ground. Add ground beef and remaining ingredients. Blend again until finely ground. Transfer to a greased pan, volume about 1 1/2 liter. Bake at 200C for 45-60 minutes. Cool and allow to rest at least until the next day in the refrigerator.

Wild Rice Pancakes Garnished in Two Ways

Contributor: *sdg@wag.caltech.edu (Siddharth Dasgupta)*

From the book - Southwest Tastes - ed. Ellen Brown

Pancakes:

Ingredients

- 2 cups cooked wild rice
- 2 tbsp. minced shallots
- 1/3 cup unbleached all-purpose flour
- salt and pepper to taste
- 2 tsp. oil
- 2 eggs
- 2 tsp. minced garlic
- 1/2 cup heavy cream
- 2 tbsp. clarified butter

Preparation

Place the wild rice, eggs, shallots, and garlic in a mixing bowl. Stir, then add the flour, cream, and salt and pepper to taste. Heat the clarified butter and oil in a skillet or saute pan over medium-high heat and add spoonfuls of the batter to form 1 pancake. Cook 4-5 mins., or until the top begins to look dry and the bottom is golden. Turn with a spatula and cook the other side for 3 minutes. Repeat until 8 pancakes are made. Keep warm.

To serve, arrange the chicken topping on half the pancakes and salmon topping on the other half.

Chicken with sherry vinegar topping:

Ingredients

- 4 tbsp. unsalted butter
- 1/2 lb. chicken tenderloins, or 1/2 lb. boned and skinned chicken breasts cut into 1" wide strips (chicken tenderloins are what fall off after deboning breasts - the thin flat side strip)
- 1 tbsp. minced garlic
- 1/4 cup sherry vinegar
- 2 tbsp. minced fresh parsley
- 1 tsp. oil
- salt and pepper to taste
- 1 tbsp. minced shallots
- 8 sun-dried tomato halves, sliced

Preparation

Melt 1 tbsp of the butter with the oil in a saute pan and add the chicken. Cook for a few minutes per side over high heat, seasoning with salt and pepper, then remove the chicken from the pan and add all the remaining ingredients except the remaining butter. Cook over medium high heat until no more of the liquid remains, then add the remaining 3 tbsp. of butter and stir. Remove from the heat, season with salt and pepper to taste, and return chicken pieces to pan to reheat.

Salmon and Madeira topping:

Ingredients

- 1/2 lb. salmon fillet, skin removed
- salt and pepper to taste
- 1 tsp. minced garlic
- 1/4 cup madeira
- 1 tsp. oil
- 1 tsp. minced shallots
- 2 small tomatoes, seeded and finely chopped

Preparation

Slice the salmon on the diagonal into 4 thin slices. Heat 1 tbsp. of the butter and oil in a saute pan and add the salmon, sprinkling it with salt and pepper to taste. Cook until lightly colored on the first side, about 2 mins., then turn and cook an additional min. The salmon should be slightly underdone. Remove from the pan, add the garlic and shallots along with the chopped tomatoes, and deglaze with the Madeira. Reduce slightly, swirl in the remaining butter, and remove from the heat.

Serves: 4

Goat Cheese Spread

Contributor: *ew2f+@andrew.cmu.edu (Elaine M. Weidenhammer)*

Ingredients

- 6 cloves garlic (unpeeled)
- 1/2 lb. fresh goat cheese
- 1 tbsp. olive oil
- 1/3 cup drained oil-packed sun-dried tomatoes, cut julienne

Preparation

Preheat oven to 350 F. Toss whole cloves with oil in heavy small baking dish. Bake until soft and brown, about 15 min. Cool slightly. Slip skins off garlic; transfer to medium bowl and mash to paste. Mix in goat cheese and tomatoes. Can be prepared 4 days ahead; refrigerate. Let stand 1 hour before serving.

Olive-Caper Spread

Contributor: *ew2f+@andrew.cmu.edu (Elaine M. Weidenhammer)*

Ingredients

- 1/2 cup pitted black Kalamata olives
- 1 tbsp. chopped fresh basil
- 2 garlic cloves, minced
- 3 tbsp. olive oil
- 1 tbsp. drained capers

Preparation

Puree olives with oil, basil, capers and garlic in processor. Transfer to bowl. Can be prepared 4 days ahead; refrigerate. Let stand one hr. at room temp before serving.

Mushrooms Tapenade

Contributor: *arielle@taronga.com (Stephanie da Silva)*

Ingredients

- 4 tablespoons capers
- 1 cup olive oil
- Freshly ground black pepper
- 6 anchovy fillets, drained
- 1/4 cup lemon juice
- 1 pound small mushrooms

Preparation

Rinse two tablespoons of capers and dry on a paper towel. Pound them and the anchovies in a mortar or press them through a sieve with a spoon. When the mixture is reduced to a paste, transfer it to a mixing bowl. Add the oil little by little, stirring as you do it. Add the lemon juice and pepper to taste. Let the sauce stand in a covered container at least 4 hours before serving. Remove the stems from the mushrooms and clean them with a damp paper towel. Place five on each plate and spoon three tablespoons of the tapenade over them. Garnish the plates with the remaining capers.

Julie's Sun-Dried Tomato Mousse

Contributor: *Julie Chapman (juliec@hpnmdla.sr.hp.com)*

High-fat version:

Ingredients

- olive oil (1/2 to 1 c.)
- goat cheese (4 oz.)
- fresh basil
- cream cheese (6 oz.)
- sun-dried tomatoes
- several cloves of garlic, pressed

Low-fat version:

Ingredients

- olive oil, 1 to 2 T.
- Neufchatel or lowfat cream cheese, 2-4 oz.
- fresh basil
- nonfat cottage cheese, 1/2 - 1 c., pureed in the blender/food processor
- sundried tomatoes
- several pressed cloves of garlic

Preparation

Throw everything into the food processor and pulse until smooth. Serve with breadsticks, sliced sourdough baguettes, etc.

Chapter 2

Cakes and Cookies

Hungarian Allspice Poppy Seed Wafers

Contributor: *blau@diphda.crd.ge.com (lauren h halverson)*

From Bon Appetit, Dec. 1991, page 106

Ingredients

- 2 cups cake flour
- 2 tsp. ground allspice
- 1 large orange
- 1 cup (2 sticks) unsalted Butter, room temp.
- 1 Cup powdered sugar
- Poppy seeds
- 2 tbsp. poppy seeds
- 1/4 tsp. salt
- 1 cup sugar
- 2 large egg yolks
- 2 tbsp. (approx) cream or milk

Preparation

Position rack in center of oven and preheat to 350 degrees. Grease heavy large cookie sheet. Combine flour, poppy seeds, ground allspice and salt in a bowl. Using vegetable peeler, remove peel from orange in strips and place strips in processor. Add sugar and process until peel is finely minced, about 2 minutes. Using electric mixer, beat butter and orange-sugar mixture in medium bowl until fluffy. Beat in egg yolks. Add dry ingredients and beat at low speed until smooth soft dough forms.

Transfer half of dough to pastry bag fitted with large (no. 7) star tip. Pipe dough onto prepared sheets in 1 inch mounds, spacing 2 inches apart. Repeat with remaining dough. Bake until cookies are golden on top and brown on bottom, about 12 minutes. Let cookies stand on sheets 3 minutes. Transfer to racks and cool completely.

For glaze: In small bowl, blend powdered sugar with enough cream or milk to form a smooth medium-thin glaze.

Spread glaze over cookies. Sprinkle with poppy seeds. Let stand until glaze sets, about 40 minutes. (Can be prepared ahead. Wrap airtight and let stand at room temp 1 week or freeze 1 month.)

(notes: The dough was stiff for a piped cookie, but I let the heat of my hand soften it through the piping bag and it worked ok. Some of us prefer these without the glaze)

Yield: about 36

Almond Bars

Contributor: *aem@mthvax.cs.miami.edu (a.e.mossberg)*

Ingredients

- 1 C. butter
- 1.75 C. sugar
- 0.5 tsp. salt
- 0.5 C. sliced almonds
- 1.25 - 1.5 C. almond paste
- 2 eggs
- 2 C. flour

Preparation

Cream together butter and almond paste. Beat in eggs and sugar until smooth. Stir in flour and salt (you may want to sift them together beforehand, but it works ok without). Pour into prepared 9x13 pan - dough will be thick, make sure to pat it into the corners. Sprinkle with sliced almonds, pat lightly to press into surface. Bake, 300 degrees for 40 minutes, or until edges are golden brown. Cool, then slice into bars. Store refrigerated. Freeze extremely well.

Crustless Pear and Almond Torte

Contributor: *walker@hsi86.hsi.com (Pauline Walker)*

Ingredients

- 1 1/4 C. whole blanched almonds
- 1/3 C. flour
- 2 eggs, room temp.
- 4 tbsp. melted butter + 1 Tb, cut into small bits
- 1/2 C. + 1 1/2 tbsp. Sugar
- 1/8 tsp. salt
- 1/4 C. milk
- 2 Lg. evenly sized Bartlett or Bosc pears (1/2 lb each)

Preparation

Preheat oven to 350 degrees. Butter a 9.50" baking dish or tart pan. In food processor, combine almonds and 1/2 C. sugar and process until finely ground. Do not overprocess the paste. Transfer into medium bowl and stir in the flour and salt until blended. In another medium bowl, whisk eggs until frothy. Whisk in the milk and melted butter until well blended. Add egg mixture to the almonds and stir to blend well. Pour the batter into the prepared dish and spread to form an even layer. Peel, quarter and core the pears. Cut each pear quarter crosswise into thin slices, keeping the slices assembled as you go. Slide one of the slices pear quarters onto metal knife and set it on top of th batter like the spoke of a wheel, Repeat with the remaining sliced pear quarters. Pressed the fanned pears down into the batter so that only the surface of the pears is showing. Sprinkle the remaining 1 1/2 tbsp. sugar evenly over the pears and batter. Scatter the cut up pieces of butter over the top. Bake the tart in the upper third of the oven until the batter is puffed and golden brown, 40-45 minutes. Let the tart cool and serve directly from baking dish.

Apple Day Cake

Contributor: *arj@cbnewsh.cb.att.com (anne.r.jacobson)*

This is a recipe that I got from the NY Times several years ago. It makes the most wonderful, moist apple cake. It is fairly straightforward to make, but the batter towards the end is VERY stiff and hard to mix. I usually use Granny Smith apples.

Ingredients

- 1 C. vegetable oil
- 2 C. sugar
- 2 eggs, beaten until foamy
- 1 tsp vanilla
- 1/2 Tbsp. cinnamon
- 1/2 tsp salt
- 1 tsp baking soda
- 2 C. flour
- 4 C. finely chopped, peeled apples
- 1/2 C. chopped nuts and/or raisins (optional)
- confectioner's sugar

Preparation

Preheat oven to 350 degrees. Grease and dust with sugar a 10 inch bundt pan.

Blend oil and sugar; beat in eggs and vanilla. Sift together cinnamon, salt, baking soda and flour; blend the flour mixture into the oil mixture. Stir in apples and nuts/raisins.

Bake for 60 to 65 minutes. Cool in pan before unmolding. Before serving, dust top with confectioner's sugar.

Applique Cookies

Contributor: *riacmt@ubvmsb.cc.buffalo.edu* (Carol Miller-Tutzauer)

From Martha Stewart's Christmas

Note: These cookies are created by putting an "applique" of one kind of cookie dough on top of another type of cookie dough. This results in a kind of two-tone cookie. Then you can drizzle with melted semisweet chocolate. They are prettiest with a white cookie on the bottom and a chocolate applique.

Ingredients

- 1 recipe Chocolate Pepper Cookie dough (see index)
- 1 recipe Sugar Cookie dough (see index)
- Beaten egg white
- Semisweet chocolate for drizzling on cookies, for decoration

Preparation

Roll out each dough until 1/8 inch thick. With cookie cutters or cardboard forms, cut cookie shapes of different sizes from each dough. Preheat oven to 350 deg F. and line baking sheets with parchment paper.

With a pastry brush, coat the underside of the smaller cookies with egg- white "glue"; place on top of contrasting-color larger cookies. Set 1 to 2 inches apart on baking sheets.

Bake for 8 to 10 minutes; do not allow to brown. Cool on racks.

Yield: 2 dozen

Baileys Fudge Cake

Contributor: *jdbolcer@amherst.edu*

Ingredients

- 1/2 cup butter, softened
- 4 large eggs
- 2/3 cup Baileys
- 1 cup flour
- pecan halves
- 1 cup brown sugar
- 1 cup chocolate syrup
- 1 tsp instant coffee (optional)
- 1/2 cup chopped pecans

glaze:

Ingredients

- 3/4 cup semi-sweet chocolate morsels, melted
- 1 Tbsp Baileys
- 1/4 cup sour cream, room temp.

Preparation

Preheat oven to 350F. Grease a 9" round cake pan. Cream butter and sugar, blend in eggs. Add chocolate syrup, Baileys, coffee crystals and flour, mixing until well blended. Fold in chopped pecans. Pour into prepared pan. Bake for 55-60 min., until center is firm and a toothpick inserted in center comes out clean. Remove from pan onto wire rack to cool.

Dip one end of pecan halves halfway into melted chocolate to coat, place on waxed paper and chill.

To remaining melted chocolate add sour cream and Baileys. Spread over top of cooled cake that has been placed on a serving platter, letting some chocolate drizzle down side of cake. Decorate with dipped pecans. Cool to set topping.

Baileys Marbled Cheesecake

Contributor: *marcelq@r-node.gts.org (Michel)*

Crust:

Ingredients

- 1/2 cup butter or margarine, melted
- 1/4 cup cocoa powder
- 1/4 cup granulated sugar
- 2 cups graham crumbs

Filling:

Ingredients

- 2 pkgs (250g each) cream cheese, softened
- 3 eggs
- 2 squares (2 oz) semi-sweet chocolate, melted
- 2/3 cup granulated sugar
- 1/2 cup Baileys Irish Cream

Preparation

For crust, combine butter, sugar, and cocoa powder. Stir in crumbs. Press evenly over bottom and 1-inch up sides of greased 9-inch springform pan.

Beat cream cheese until smooth. Gradually beat in sugar. Beat in eggs, one at a time, at low speed of mixer. Blend in Baileys.

Pour about 1/3 mixture into bowl and stir in melted chocolate until well blended. Pour half of plain mixture into prepared crust. Drizzle with half the chocolate mixture. Repeat layers. Make a marbled design by gently swirling batter with small knife.

Bake at 325 F for 50 to 55 minutes or until set. Loosen cake from rim of pan. Cool on rack. Then chill. Garnish with fresh fruit or as desired. Makes about 10 servings.

Blackbottoms

Contributor: *hamet@chrpuser.gsfc.nasa.gov (Lisa Hamet)*

First mixture

Ingredients

- 1 8-oz cream cheese
- 12 to 16 oz. chocolate chips
- 1 beaten egg
- 1/3 cup sugar

Second mixture

Ingredients

- 3 to 3 1/2 cups flour sifted
- 1/2 tsp. salt
- 2 tsp. baking soda
- 2/3 cup oil
- 2 tsp. vanilla
- 2 cups sugar
- 1/2 cup cocoa
- 2 cups water
- 2 tbsp. vinegar

Preparation

Prepare first mixture.

To prepare second mixture, sift together flour, sugar, cocoa, baking soda and salt. Add water, oil, vinegar and vanilla. Beat well.

Fill cupcake liner 1/2 full with second mixture. Drop 1/2 tsp of first mixture on top of each. (Note: I use about 1 tsp. You can be generous, because you will still probably have some of the cheese mixture left when the chocolate mixture is used up.) Bake at 350 degrees for 20 minutes.

Use mini-muffin pans. This makes 100-120 mini-muffins. It makes about 36-40 if you use regular sized muffin pans, and you'll probably have to bake them a little longer.

Brownies in the Round

Contributor: *uevans@mcnc.org* (Elizabeth A. Evans)

From Bon Appetit June 1989, page 92

Brownies:

Ingredients

- 1 1/2 cups all purpose flour
- 1/2 teaspoon salt
- 4 oz. semisweet chocolate, chopped
- 3 large eggs, beaten to blend
- 1/2 cups chopped hazelnuts
- 1 teaspoon baking powder
- 1/2 cup (1 stick) unsalted butter
- 1 1/3 cups sugar
- 1 teaspoon vanilla extract
- 1/2 cup semisweet chocolate chips

Glaze:

Ingredients

- 8 oz semisweet chocolate chips
- .25 cup Frangelico (hazelnut liqueur)

Preparation

Brownies: Preheat oven to 350 degrees F. Butter 10 inch diameter springform pan. Mix flour, baking powder, and salt in small bowl. Melt butter with 4 oz chocolate in heavy small saucepan over low heat, stirring until smooth. (I use the microwave instead.) Transfer mixture to large bowl. Add sugar and stir for 2 minutes. Add eggs and vanilla. Using electric mixer, beat batter 2 minutes. Mix in hazelnuts and

chocolate chips. Add dry ingredients and stir to combine (batter will be thick). Pour batter into prepared pan. Bake until top looks dry and edges begin to pull away from sides of pan, about 45 minutes. Cool.

Glaze: Melt chocolate in top of double boiler over barely simmering water, stirring until smooth. (I use the microwave.) Add Frangelico and stir until smooth. Pour glaze over brownies and spread evenly. Let stand until glaze sets. (Can be prepared 1 day ahead. Cover and let stand at room temperature.) Release pan sides. Cut brownies into wedges and serve.

Serves: 6 or more

Cheese Braid

Contributor: *belville@athena.mit.edu* (Sharon Belville)

Dough:

Scald 1 cup sour cream. Add 1/2 cup sugar, 1 tsp. salt, 1/2 cup melted butter. Cool to lukewarm. Dissolve 2 pkg yeast in 1/2 cup lukewarm water. Add to above lukewarm mixture. Add 2 eggs, beaten and 4 cups sifted all-purpose flour. Cover and chill 24 hours.

Remove from fridge and divide into 4 equal parts. Roll into thin rectangles. Spread each portion with 1/4 cream cheese mixture (below). Roll like a jelly roll. Cut 3 or 4 slashes in tops. (Mom always made 3 braids — couldn't figure out how to stretch it to 4.)

Place on lightly greased cookie sheets. Let rise until double in size (about 1 hour). Bake at 375F 15-18 minutes or until lightly browned. Place topping on each (below).

Cream Cheese Filling:

Ingredients

- 2 8 oz. pkgs softened cream cheese
- 1 egg
- 2 tsp. vanilla
- 1/4 cup sugar
- 1/2 tsp. salt

Mix until smooth. Fill the rectangle rolls above.

Topping:

Ingredients

- 2 cups powdered sugar
- 2 tsp. vanilla
- 4 tbsp. milk

Foamy Chocolate Quark in Pastry Flowers

Contributor: *jdbolcer@amherst.edu*

pastry:

Ingredients

- 2 eggs
- 1 cup ground almond
- 3 tablespoons butter
- 3oz sugar
- 2 tablespoons flour
- whole oranges, for shaping

chocolate quark:

Ingredients

- 1 egg, separated
- 4 tablespoons grated dark chocolate
- 1/2 cup heavy cream
- 1 cup Quark
- 2 tablespoons apricot jelly
- 1 liqueur glass apricot liqueur
- 3oz confectioner's sugar

Preparation

To make the pastry flowers, cream eggs and sugar together until light and frothy. Mix in the ground almonds with the flour and work in 2 tablespoons of the butter. Use the remainder of the butter to grease 2 baking sheets. Place spoonfuls of the mixture onto the sheets and spread out into 6 inch circles. Bake at a medium heat (180C/350F) until light brown. While still hot, remove from the baking sheets with the help of a spatula and place each one over an orange (or similar object). Gently pull into flower shapes. Leave for a few minutes to harden, then lift from the oranges. To make the chocolate Quark, mix the egg yolk with the apricot jelly, the grated chocolate, and the liqueur in a large bowl. Whisk the cream until thick. Whisk the egg white until stiff, then whisk in the confectioner's sugar. Fold the cream, the egg white, and the liqueur mixture into the Quark. Spoon the whole mixture into the pastry flowers

Some interesting variations: Lacking Quark, I have substituted it with 1 cup of ricotta cheese...the effect is somewhat different, but still delicious. Additionally, instead of using ground almonds, I prefer to use ground hazelnuts to make the pastry shells. Substituting Frangelico (hazelnut liqueur) for the apricot liqueur works particularly well in this case.

New York Style Cheesecake

Contributor: *aem@mthvax.cs.miami.edu (a.e.mossberg)*

Serves: approximately 12

Ingredients

- 2 8 oz. packages cream cheese
- 2 large eggs
- 1 1/2 tsp. lemon juice
- 1 1/2 tbsp. flour
- 8 ounces sour cream
- 3/4 cups sugar
- 1/2 tsp. vanilla extract
- 1 1/2 tbsp. cornstarch
- 2 tbsp. butter
- 1 can pie filling (for topping)

Preparation

Melt butter. Blend cream cheese in a large bowl. Gradually add sugar. Add eggs, beat well. Add lemon juice, vanilla, cornstarch, and flour. Add melted butter. Mix until smooth. Blend in sour cream. Add to greased springform pan (8 inch).

Bake at 325 Degrees F for 45 minutes. Remove cake from oven two hours AFTER completion of 45 minutes bake cycle. Refrigerate overnight; top with pie filling, fresh fruit, etc. and serve.

The cheesecake will be creamier if the cream cheese is softened in a microwave oven. Don't over due it — avoid melting!

To minimize/eliminate cracking, avoid overmixing the batter and comply with the two hour cool down requirement. If one suspects overmixing of the batter, allow the batter to stand (in the refrigerator) for one hour followed by a one-half to one hour stand at room temperature prior to bake cycle; this will allow trapped air to escape the batter.

If slicing the cheesecake proves too messy and/or difficult, try using dental floss — it works!

Chocolate Arabians

Contributor: *dianna@mips.com (Dianna Vosburg - Consultant)*

I found this recipe in a few years ago in the Santa Cruz Sentinel; these make excellent holiday treats. They taste like an exquisite cross between a brownie and a cookie.

You'll need a mini-muffin tin and mini baking liners before you start. I found liners with a Christmas motif at a local cooking supply store.

Ingredients

- 1/4 lb. unsalted butter
- 2 large eggs
- 1/2 C. all-purpose flour
- 1 tsp. instant espresso powder (or instant coffee)
- 24 large pecan halves
- 1/2 C. semi-sweet chocolate chips (3 oz.)
- 1 tbsp. coffee liqueur
- 3/4 C. sugar
- 1/2 C. pecans (2 oz.)

Preparation

In a medium saucepan, bring 2 inches of water to a simmer and remove from heat. Cut butter into 1-inch pieces and put into a heatproof bowl with the chocolate. Set the bowl over the hot water and stir until smooth. Cool slightly. Whisk in the eggs and liqueur, then stir in the flour, sugar, and espresso. Chop and stir 1/2 C. of the pecans into the batter.

Adjust oven rack to middle position and heat oven to 350 degrees F. Line two mini-muffin tins (each with 12 cups) with paper muffin cups. Spoon batter into cups, filling them three-quarters full and placing a pecan half in the center of each cup of batter. Bake until batter is set and a toothpick inserted into the centers comes out clean, about 20 minutes.

Cool 2-3 minutes in muffin tins, then transfer each piece to a wire rack. (can store in an airtight container for three days or freeze up to 1 month.)

May be served in the paper cups, or removed from papers before serving.

Biscotti Cioccolato

Ingredients

- 5 oz. (1 cup) whole blanched almonds
- 1/2 cup unsweetened cocoa powder (preferably Dutch process)
- 1/4 tsp. salt
- 4 oz. bittersweet or semisweet chocolate
- 1 tsp. vanilla extract
- 1 cup granulated sugar
- 1 3/4 cups unsifted unbleached flour
- 1 tsp. baking soda
- 2 tbsp. instant espresso or coffee powder
- 3 large eggs
- 1/2 tsp. almond extract

Preparation

Preheat oven to 350. Toast almonds in shallow pan for 12 minutes. Cool. Reduce heat to 300 degrees. Adjust racks to divide oven in thirds. Line two cookie sheets with foil, shiny side up.

Sift flour, cocoa, baking soda, salt and espresso powder together. With heavy knife shred chocolate finely. Place chocolate in food processor with metal blade. Add 1/2 cup of sifted ingredients and process for 20-30 secs till chocolate is fine.

In large bowl of elec. mixer beat eggs and extracts just to mix. On low speed add chocolate mixture, remaining sifted ingredients, and sugar. Beat to mix. Will be very stiff. Stir in almonds.

Turn dough onto floured surface. Form mound. Cut in half. Flour each half and form into sausage shape 12" long. Place sausage shape on baking sheet diagonally.

Bake two sheets at a time for 50 mins., reversing sheets top to bottom and front to back once to ensure even baking.

Remove sheets from oven. Let cool 10 minutes. Transfer baked strips to cutting board. With serrated knife, cut strips on sharp angle into cookies 1/2" wide.

Carefully place cookies, cut side up, on cookie sheets and bake again at 300 for 40 minutes, turning them upside down after 15 or 20 minutes, until cookies are completely dry and crisp.

Turn off heat, open oven door and let them cool in oven. Store in airtight cannisters.

Yield: about 40 biscotti

Moist Chocolate Cake

Contributor: *kuhnk@cernvax.UUCP (hans-karl kuhn)*

This recipe had a lot of success with my American colleagues during a recent stay at the Stanford Linear Accelerator. This is what my wife Ilse jotted down for me :

Ingredients

- 150 gr. (4 oz.) butter
- 150 gr. (4 oz.) sugar
- 150 gr. (4 oz.) chocolate powder
- 150 gr. (4 oz.) ground almonds
- 1 tea spoon of Baking soda
- 1 small packet vanilla sugar
- 6 eggs
- the ground off peel of 1 lemon
- 1 soup spoon of corn starch (Maizena)
- 4 soup spoons of Kirsch (distilled cherry of Swiss or Black Forest origin, e.g. Schladerer)

Preparation

Separate the egg yolks from the albumin. Beat foamy the sugar and the butter, then add the egg yolks, and stir again. Add the chocolate powder, the almonds, the lemon peel and the Kirsch. Strain thru a sieve and add, while continuously stirring, the Maizena, baking soda and the vanilla sugar. Beat the egg white (albumin) and stir into the above. Heat at 190oC (370oF) for about 20 min. and at 150oC (300oF) for another 20 min. A tooth pick inserted in the middle should come out just about clean.

The baking tin, preferably with a detachable rim, is laid out with an Alu foil, which in turn is smeared with butter. On removing the cake, detach the rim, and turn over cake. Remove bottom of tin and remove carefully the Alu foil. Then turn back over cake. Powder with confectioner's sugar. Bake 1-3 days before serving, holds excellently in a deep freeze, just let it thaw enough time (a day) ahead before serving. Baking tin diameter about 22cm (9 in). Cake height 3-4 cm (1.5 in).

Chocolate Lovers Cheesecake

Contributor: *hammonds@riacs.edu (Steve Hammond)*

This is from the Jan 1991 Bon Appetit, page 67.

This is a pull-out-all-the-stops, rich, delicious chocolate event, flavored with hazelnut liqueur and wrapped in a chocolate glaze that doubles as a crust. Serve the cake in small slices, but be prepared for everyone to ask for second helpings.

Filling:

Ingredients

- Nonstick vegetables oil spray
- 1 3/4 cup sugar
- 3 large eggs, room temp
- 2 tbsp. coffee liqueur
- 1 tsp. vanilla extract
- 2 1/2 lb. cream cheese, room temp. (very soft)
- 1 cup unsweetened cocoa powder, sifted
- 1/2 cup whipping cream
- 1 1/2 tbsp. Frangelico (hazelnut liqueur)

Chocolate Glaze:

Ingredients

- 1/4 cup coffee liqueur
- 2 tbsp. dark rum
- 1/4 cup whipping cream
- 1/4 cup Frangelico
- 12 oz. bittersweet chocolate (not unsweetened) or semisweet chocolate, chopped
- 1/4 cup (1/2 stick) unsalted butter

Preparation

For filling: Position rack in center of oven and preheat to 300F. Line bottom of 9-inch-diameter springform pan with 2 3/4"-high sides with waxed paper. Spray paper with nonstick vegetable spray. Using electric mixer, beat cream cheese and sugar in large bowl on low speed until smooth. Gradually mix in cocoa. Beat in eggs, 1 at a time. Gradually add cream, coffee liqueur, Frangelico and vanilla and beat until mixture is smooth.

Transfer filling to prepared pan. Bake until outer 3 inches of cake puff and center is gently set but moist looking, about 1 hour 30 minutes. Cool on rack. Cover and refrigerate until cake is well chilled, at least 6 hours. (can be prepared 1 day ahead)

For Glaze: Boil coffee liqueur, Frangelico and rum in heavy medium saucepan until reduced to 1/4 cup, about 3 minutes. Reduce heat to low and add chocolate, cream, and butter. Stir until mixture is smooth. Cool until mixture is thick but still pourable, stirring occasionally, about 45 minutes.

Using small sharp knife, cut around pan sides to loosen cake. Release and remove pan sides. Pour chocolate glaze over cake. Spread smoothly over top and sides covering completely. Chill until chocolate is firm, at least 2 hours.

Invert cake onto serving platter. Peel off paper. Smooth top. Using warm knife, cut into wedges and serve.

Yield: 12-16, very rich

Lora Brody's Chocolate Cherry Torte

Contributor: *aem@mthvax.cs.miami.edu (a.e.mossberg) (from the N.Y. Times)*

Ingredients

- 12 tbsp. butter plus butter for greasing the pan
- 1-24-ounce jar pitted sour or morello cherries
- 2/3 cup granulated sugar
- 1 teaspoon pure vanilla extract
- 1/2 cup ground almonds
- 2 tbsp. confectioners' sugar
- Chocolate glaze (see below)
- 3 tbsp. fine, fresh bread crumbs
- 6 ounces Sweet Chocolate, preferably Maillard Brand
- 3 large eggs
- 1/2 teaspoon almond extract or bitter-almond extract
- 2/3 cup flour
- 1 eight-ounce can almond paste
- Candied flowers for decoration

Preparation

Preheat oven to 350 degrees. Place a baking rack in the center of the oven. Butter the inside of a 9- or 10-inch springform pan. Add the bread crumbs and shake to coat the inside. Shake out excess. Set the pan aside. Drain the cherries well and set them aside. Put the chocolate in a small saucepan and set over simmering water until chocolate melts.

Put the 12 tbsp. butter and the granulated sugar into the container of a food processor or an electric mixer. Blend until light and creamy. Add two of the eggs, one at a time, and beat well after each addition. Beat in the vanilla and almond extracts. Stir in the chocolate and mix gently. If the food processor is used, turn it on and off to blend the ingredients. Mix in the almonds and flour. Beat in the remaining egg.

Pour and scrape the batter into the prepared pan. Smooth the top with a spatula. Arrange the cherries, close together, in concentric circles from the outside to the center. The entire surface should be covered with cherries. As you add the cherries, press them gently into the batter so that a small portion of the top of each cherry shows. If the surface of the cake is uneven, smooth it out with a wet rubber spatula. There may be a few cherries left over which may be put to another use.

Place the cake in the oven and bake 50 minutes to one hour. Take care not to overbake. The cake will look dry on top but should be quite moist inside.

Put a length of wax paper on a flat surface. Sprinkle with confectioners' sugar. Work the almond paste with the hands to make a flat round cake. Place this on the wax paper and turn it in the sugar. Cover with another sheet of wax paper. Roll out the almond paste into a circle the same diameter of the top of the cake and about one-sixteenth of an inch thick. Peel off the top layer of wax paper. If the round of almond paste tears, you may patch it. Scraps of almond paste can be recycled or may be used to fashion decorations for the top of the cake.

Cut the almond paste into a round to fit the top of the cake exactly. Cover the cake with the almond-paste round. Place the cake on a rack and place this on a sheet of wax paper to catch the drippings.

Pour the chocolate glaze over the cake, spreading it smooth with a spatula. The glaze should cover the bottom and sides of the cake. Chill the cake briefly and add a second coating of the glaze.

Decorate the top with candied flowers such as roses or violets or with almond paste cut into decorative shapes. This cake will keep for two days in a cool, unrefrigerated place. It may be refrigerated, but this will dull the cake's gloss.

Yield: 8-12 servings

Chocolate Glaze

Contributor: *aem@mthvar.cs.miami.edu (a.e.mossberg) (from the N.Y. Times)*

Ingredients

- 1/2 cup heavy cream
- 8 ounces sweet chocolate, preferably Maillard brand
- 2 teaspoons pulverized, instant espresso coffee

Preparation

Put the cream in a saucepan and add the coffee. Bring to a slow boil. Add the chocolate and stir gently until chocolate is melted and smooth. If there are any lumps, put the sauce through a fine strainer. Let the glaze cool briefly until it is spreadable.

Yield: About 1 1/2 cups

Chocolate Cake With Dried Cherries

Contributor: *aem@mthvax.cs.miami.edu (a.e.mossberg) (from the N.Y. Times)*

Ingredients

- 1 1/2 cups flour
- 1 tsp. baking soda
- 2 tbsp. cherry-flavored liqueur
- 1 cup sugar
- 1 cup buttermilk
- 3/4 cup cocoa
- 1 cup pitted dried cherries
- 8 tbsp. sweet butter, at room temperature
- 2 eggs
- 1/2 tsp. almond extract

Preheat oven to 350 degrees. Butter and flour a nine-inch tube pan. Sift together the flour, cocoa and baking soda and set aside. Place the cherries in a dish, stir in the cherry liqueur and set aside.

Cream the butter and sugar together until fluffy. Add the eggs one at a time, beating until smooth. Stir in the flour mixture alternately with the buttermilk, mixing only enough to combine the ingredients. Add the almond extract to the cherry mixture, then fold this mixture into the batter.

Spread the batter into the pan and bake for 45 minutes. Cool for 20 minutes in the pan, then remove from the pan and continue to cool on a rack.

Yield: 8-12 servings

Chocolate Logs

In a bowl, place 1 cup chocolate chips, 1/2 cup sweetened condensed milk, 1 tbsp butter/margarine. Either melt this mixture over hot water or (this is what I do) stick it in a microwave and heat it for 30 sec, then stir, then heat for 30 sec more, then stir, etc., until the whole mixture is melted and smooth. It will be thick.

In a medium-large mixing bowl, cream:

- 3/4 cup (1 1/2 sticks) butter/margarine
- 1 tsp. vanilla extract
- 3/4 cup firmly packed brown sugar

Add to that creamed mixture:

- 2 cups all-purpose flour
- 1/2 tsp. salt

You may need to add 1-2 tsp. milk if the mixture is too dry. A warning, though – the mixture should be just barely wet enough to stick together. Believe me, if you think it's too dry it probably isn't.

Thoroughly mix the dough, and divide into three equal portions. Place one of those portions between two sheets of plastic wrap. Pat and roll (with a rolling pin) to about a 10"x6" rectangle (ragged edges are fine). You may feel the need to chill the dough first, and that's fine, too. By this time, the chocolate mixture may have hardened. If so, reheat until creamy again, then spread one third of the chocolate mixture over the top of the rectangle (don't forget to take the plastic wrap off the top first :). You will likely have to use your fingers. If you lightly wet your fingers, the chocolate mixture will not stick to your fingers. If you wish, you may also add 1/4 cup chopped nuts on top of the chocolate (in general, you want the nuts to be finely chopped). Carefully roll the dough up to form a log, with dough on the outside, and a "swirl" of dough and chocolate on the inside. Repeat this for the other two logs. Bake them on a cookie sheet at 350 degrees for approximately 30 minutes (until light brown). Cool slightly. You may sprinkle them with powdered sugar if you wish.

When completely cool, slice them crosswise into slices approximately 1/2" thick. If you are planning on storing them for any length of time, carefully wrap them UN CUT in foil and a plastic zipper bag, and freeze them. Then again, why store them? They're too good!

Chocolate Mousse Cake "Saronno"

Contributor: *bcking@natasha.hq.ileaf.com (Christine King x4426)*

I got this recipe from my Mom, Kay King, who copied it out of the Ann Arbor Daily News some years ago, from a column called "Kitchen Mail Box", which is recipes of local cooks. Sorry that's all the better attribution I can give for it... Sure is good!

NOTE: This recipe calls for uncooked egg whites. Use it at your own risk of salmonella poisoning. At the very least, please be sure you keep the egg whites well chilled.

Ingredients

- 6 oz. (1 cup) chocolate chips
- 1/2 cup Amaretto di Saronno liqueur
- 1/4 cup water
- 1/3 cup sugar
- 4 egg whites, stiffly beaten
- 2 pkgs (3 oz each) ladyfingers, split
- 18 whole unblanched almonds
- 2 envelopes (2 T?) unflavored gelatin
- 4 egg yolks
- 2 cups milk
- 2 cups (1 pint) heavy cream, whipped

Preparation

Melt the chocolate chips over hot water, stirring. Dip the bottom half of each almond into the chocolate, and place them on waxed paper. Chill the dipped almonds.

Gradually stir the Amaretto into the remaining chocolate, and set the mixture aside. In a saucepan combine the gelatin and water. Stir in the sugar, egg yolks and milk. Stir over low heat until the mixture thickens slightly and coats a metal spoon. Stir in the chocolate mixture. Chill until the mixture mounds—but not too long, it gets too stiff!

Fold in the beaten egg whites. Set aside 1 cup of the whipped cream to decorate the top, and fold the rest of the whipped cream into the chocolate mixture. Chill.

NOTE: At this point the chocolate mixture can be spooned into parfait glasses and served with whipped cream: a less glamorous but quite delicious dish.

Line the bottom and sides of an ungreased 9-inch springform pan with split ladyfingers, standing them upright with tops outward around the edge. Pour in the chocolate mixture. Chill until firm.

When you're ready to serve this, unmold it carefully onto the serving plate. Pipe on 18 rosettes of whipped cream, and press a chocolate almond into each rosette. Refrigerate leftovers immediately.

Chocolate Pepper Cookies

Contributor: riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)

From Martha Stewart's Christmas

Note: These are the most delicious chocolate cookies, especially if made with a good quality cocoa. And the hint of pepper, though not recognizable, gives a slight bit of zip to the cookie.

Ingredients

- 1 1/2 cups (3 sticks) unsalted butter
- 2 large eggs, lightly beaten
- 1 1/2 cups unsweetened cocoa powder
- Pinch of cayenne pepper
- 4-6 oz semisweet chocolate, for decoration
- 1 1/4 cups sugar
- 3 cups sifted all-purpose flour
- 1/4 tsp freshly ground black pepper
- 1 tsp ground cinnamon

Cream the butter and sugar. Add the eggs and beat until fluffy. Sift together the dry ingredients. Add to the butter mixture and beat until well mixed; if dough seems too soft, add up to 1/4 cup more flour. Shape into a flattened round, wrap, and refrigerate at least 1 hour.

Preheat oven to 350 deg F. and line baking sheets with parchment paper. On a well-floured board, roll out the dough until 1/8 inch thick. (It's best to divide and roll out a quarter or third of the dough at a time, leaving the remainder in the refrigerator. Try to be careful not to get the flour dusted on the top of the dough as the cookies are not quite as pretty then.) Cut dough into shapes and set 1 to 2 inches apart

on baking sheets. Leftover dough can be rolled and cut once more. Bake for 8 to 10 minutes, or just until crisp; do not allow to darken. Cool on racks.

Melt the chocolate and drizzle over the cooled cookies in a haphazard fashion; allow to harden completely before serving.

Yield: 3-4 dozen

Rigo Jancsi (Chocolate Cream Slices)

Contributor: *billd@informix.com (William Daul)*

Cake:

Ingredients

- 2 tbsp. butter
- 3 oz. unsweetened chocolate
- 1/2 cup sugar
- Pinch salt
- 2 tbsp. flour
- 3/4 cup unsalted butter, softened
- 4 eggs, separated
- 1/2 cup sifted all-purpose flour

Filling:

Ingredients

- 1 1/2 cup heavy cream
- 4 tbsp. dark rum
- 10 oz. semisweet chocolate, broken in small pieces
- 1 tsp. vanilla

Glaze:

Ingredients

- 1 cup fine granulated sugar
- 7 oz. semisweet chocolate, broken in small pieces
- 1/3 cup water

Preparation

Cake: Preheat the oven to 350 degrees. Butter and flour an 11 × 17 inch jellyroll pan. Tap the edge of the pan on a table to knock out the excess flour. Melt the chocolate over low heat in a heavy 1-quart saucepan or in the top of a double boiler placed over simmering water. Set the chocolate aside to cool to lukewarm. Cream the unsalted butter and 1/4 cup of sugar by beating them against the side of a mixing bowl with a wooden spoon, continuing to beat until the mixture is light and fluffy. Add the melted chocolate and beat in the egg yolks, one at a time.

Beat the egg whites and a pinch of salt in another mixing bowl, preferably of unlined copper, with a wire whisk or rotary beater, add the remaining 1/4 cup of sugar and beat until the whites form stiff, unwavering peaks. With a rubber spatula, stir about 1/3 of the whites into the chocolate base, then pour the chocolate mixture over the rest of the whites. Sprinkle the flour lightly on top. Gently fold the flour into the mixture until no white streaks are visible.

Pour the batter into the prepared jellyroll pan, spreading it evenly with a rubber spatula. Bake in the middle of the oven for 15 to 18 minutes, or until the cake shrinks slightly away from the sides of the pan and a knife inserted in the middle comes out clean. Remove the cake from the oven, loosen it from the pan by running a sharp knife around the sides, and turn it out on a rack to cool.

Filling: Combine the cream and chocolate in a heavy 1-quart saucepan and stir over medium heat until the chocolate melts. Then reduce the heat to very low and simmer, stirring almost constantly until the

mixture thickens into a heavy cream. Pour it into a bowl and refrigerate for at least 1 hour. When the mixture is very cold, pour in the rum and vanilla and beat with a wire whisk or a rotary or electric beater until the filling is smooth and creamy and forms soft peaks when the beater is lifted from the bowl. Do not overbeat or the cream will turn to butter.

Cut the cake in half to make two layers, each 8 1/2 inches wide. Spread the filling, which will be about 2 inches thick over one layer. Set the other layer on top. Refrigerate on a rack for about 1 hour.

Glaze: Heat the sugar, water and chocolate in a heavy 1-quart saucepan over medium heat, stirring constantly, until the sugar and chocolate are dissolved. Remove the pan from the heat, cover and let the glaze cool for about 20 minutes. Set the rack holding the cake on a jellyroll pan and, holding the saucepan with the glaze in it about 2 inches about the cake, pour the glaze over it. Refrigerate the cake on the rack for 10 to 20 minutes longer, or until the glaze is firm.

Serve this dessert by cutting it into 35 small pieces (5 in each row across and 7 in each row down). Use a sharp knife that has been dipped in warm water for cutting. Rinse the knife and dip it again in warm water before each cutting.

Cinnamon Rolls

Contributor: *yoda@intuit.com (Joseph Jacobs)*

Dough

Ingredients

- 1 stick (1/2 cup) butter
- 2 pkgs. yeast
- 1/2 cup sugar
- 1 1/2 tsp. salt
- 1/4 cup warm water
- 2 eggs
- 1 1/2 cup milk
- 5 cups flour

Filling

Ingredients

- 2/3 cup sugar
- 2 cups sugar
- 1 1/2 tsp. cinnamon
- cream or half-and-half

Melt butter and set aside. Put yeast in 1/4 cup warm water and set aside. Beat eggs. Stir in sugar, salt, and milk. Stir in butter and yeast. Add flour and mix well. Let rise at room temperature for 1 1/2 to 2 hours. Roll into rectangle and brush with melted butter. Sprinkle with mix of 2/3 cup sugar and 1 1/2 tsp. cinnamon. Roll up and slice 1 to 1 1/2 inches thick. Place in pan and let rise. After rising, cover with a combination of 2 cups sugar and just enough cream to make the sugar have a pudding-like consistency. Let set 10 minutes. Bake for 30-40 minutes at 350 degrees.

Cranberry Pinwheels

Contributor: *groll@DPW.COM (Jayne Gordon Groll)*

Ingredients

- 1/2 cup butter or margarine
- 1 cup granulated sugar
- 1 egg
- 1 tsp. vanilla
- 1 1/2 cup flour
- 1/4 tsp. baking powder
- 1 1/2 cups ground cranberries
- 1 cup ground walnuts
- 1 tbsp. grated orange peel
- 2/3 cup brown sugar
- 1/4 cup milk
- 1/4 tsp. salt

Preparation

In a large bowl, cream butter, sugar, egg and vanilla until light and fluffy. In a medium bowl, combine flour, baking powder and salt. Gradually add to creamed mixture until well combined. Gather dough into a ball, cover with plastic and refrigerate for two hours.

In a small bowl, combine the brown sugar and milk. Roll out the refrigerated dough on a lightly floured pastry board, creating a large rectangle. Spread the brown sugar mixture over the dough. Sprinkle with with the ground cranberries, walnuts and orange peel, leaving a 1/4 inch border on each of the narrow ends. Beginning at one of the narrow ends, roll the dough into a tight jelly roll. Wrap the roll with wax paper, seam side down, and freeze overnight.

Preheat the oven to 375 degrees. Grease 2 cookie sheets. Cut the frozen roll, seam side down, into 1/4 inch slices and place on greased cookie sheets, 3 inches apart. Bake for 12 to 15 minutes or until the edges are lightly browned. Remove from pan and cool on a wire rack.

Dirt Cake

Contributor: *kathy@edsr.ed.s.com (Kathy Carmichael)*

Ingredients

- 1 medium-size flower pot (about 8 inches in diameter works well, or use two small pots about 6 inches in diameter)
- 3 large gummy or plastic worms (optional)
- 1 16-ounce bag Oreo cookies
- 1 8-ounce package cream cheese, softened
- 1 teaspoon vanilla
- 3 cups milk
- 1 garden trowel
- Plastic flowers
- 1/2 cup (1 stick) butter or margarine, softened
- 1 cup confectioners' sugar
- 2 4-serving-size boxes instant chocolate-fudge flavor pudding
- 1 12-ounce tub whipped topping, thawed

Preparation

Crush cookies until they resemble potting soil, set aside. Cream butter, cream cheese, sugar and vanilla until smooth and fluffy. Set aside. Combine pudding mix and milk until well blended, then fold in the whipped topping. Gently fold cream cheese and pudding mixtures together. To put the cake together, layer 1/3 of the cookie crumbs followed by 1/2 the pudding mixture, 1/3 of the crumbs, the rest of the pudding mixture and topping with the remaining cookie crumbs. Refrigerate 10 to 12 hours. About 1/2 hour before serving, remove from refrigerator and decorate with flowers. Serve by digging out portions with the trowel. Serves 10 to 12. (If you have to ask about the worms, you should probably try some other recipe.)

Filled Speculas

Contributor: *Gerald de Jong and Erica van der Hoeff*

Ingredients

- 200 gram flour
- 160 gram butter
- 10 gram speculas spices (cinnamon,cloves etc)
- 400 gram almond icing
- 1 tbsp. lemon grind
- 1 egg
- 1 tsp. baking powder
- 150 gram brown sugar
- 2 tbsp. milk
- 2 eggs
- 1 tbsp. flour (for rolling dough)
- 25 gram blanched almonds

Preparation

Combine flour, baking powder, add the butter in pieces and cut the butter into the mixture until it is the size of peas. Add brown sugar, speculas spices and milk, and knead until the dough is stiff. Two hours in the fridge for stiffness. Mix almond icing and one egg. Roll the dough flat, about 3/4 cm thick. Cut it in half, push half into a buttered cookie sheet. Beat an egg and spread half of it on the dough. Put the almond icing on it, and spread the other half of the egg on top of the icing. Place the other half of the dough on the icing and press down slightly. Beat the last egg and spread it on the dough. Push the white almonds into the dough and bake in an oven preheated to 175 degrees (celsius) until its crust is golden (40 minutes).

Cool it, and cut in little squares. It's delicious, trust me!

kringles

Contributor: *mordes@b17d.ingr.com (Tony Mordeszewski)*

Ingredients

- 4 cups unbleached flour
- 1 teaspoon salt
- 3 large eggs, separated
- 1 cup milk heated to between 105 and 130 degrees
- Sugar icing (see below)
- 3 tablespoons sugar
- 1 cup (2 sticks) unsalted butter, softened slightly
- 1 package active dry yeast
- filling (see below)

Preparation

In a large mixing bowl, blend flour, sugar and salt on low speed of electric mixer. Add butter and cut in, using low speed.

In small bowl, beat egg yolks lightly. Add yolks and yeast to milk; stir to dissolve yeast; add mixture to dough. Mix on low speed until soft dough forms. Do not overbeat. Put dough in clean bowl, cover with plastic wrap and refrigerate at least 2 hours or up to 48 hours. (Dough will not rise in the bowl.)

Divide dough into 4 equal parts. Return 3 parts to bowl, cover and refrigerate while working with 1 part. On lightly floured board roll dough into 8- by 20-inch rectangle. Turn dough so 8-inch end is in front of you. Spread filling of your choice down center 3 inches of dough to within an inch of each 8-inch end.

In a grease free bowl, beat egg whites with spotless beaters on low speed until foamy. Then increase speed and beat until whites hold stiff peaks. Don't overbeat or whites will form clumps and be dry.

Spread 1/4 of whites over kringle filling. Fold over one side of dough, then the other so that there is a 1 1/2-inch overlap of doughs covering filling. Pinch dough together at seam to seal down length of dough and at both ends.

Gently place kringle seam side down on baking sheet, shaping into oval or horseshoe shape. Prick in several places with fork. Roll, fill and shape remaining 3 kringles; cover each with towel and let rise 30 minutes.

Preheat oven to 400 degrees. Bake each kringle individually 20-25 minutes, or until golden brown. Prepare sugar icing while kringles bake. While kringles are hot, gently press tops with hot pad to expel trapped air. Spread with sugar icing while hot. Makes 4 kringles.

Pecan filling

Ingredients

- 6 tablespoons unsalted butter
- 1/2 cup chopped pecans (or walnuts)
- 3/4 cup light brown sugar, packed

Preparation

In mixing bowl, cream butter and sugar until fluffy. Spread on 2 kringles doughs (as made in recipe above), then spread with beaten egg white as directed. Sprinkle with nuts. Makes enough filling for 2 kringles.

Almond filling

Ingredients

- 1/2 cup unsalted butter
- 1 can (8 ounces) almond filling
- 1/4 cup milk
- 1 cup sugar
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Preparation

In mixing bowl, cream butter and sugar until fluffy. Beat in almond filling and milk until smooth. Makes enough filling for 4 kringles.

Cherry filling

Ingredients

- 1 can (16 ounces) red tart pitted cherries in juice
- 1/8 teaspoon salt
- 1/4 teaspoon almond extract
- 1 cup sugar
- 3 tablespoons cornstarch

Drain juice from cherries to make about 2/3 cup. Add juice (reserving cherries) to 1-quart saucepan with sugar, salt and cornstarch; set aside 15 minutes. Place over medium heat; stir constantly while bringing to boil. Cook, stirring, until mixture thickens. Remove from heat; stir in almond extract and cherries; cool. Makes enough filling for 2 kringles.

Sugar icing

Ingredients

- 1 1/2 cups powdered sugar
- 1/4 teaspoon vanilla
- 3 tablespoons milk

In mixing bowl beat all ingredients to form thin icing. Makes enough for 4 kringles.

Lemon Squares

Contributor: jrtrint@pacbell.com (John Trinterud)

Ingredients

- 1 cup flour
- 1/4 cup powdered sugar
- 1 cup granulated sugar
- 1/4 teaspoon salt
- 2 tablespoons lemon juice
- 1/2 cup margerine or butter, softened
- 2 eggs
- 1/2 teaspoon baking powder
- 2 teaspoons grated lemon peel
- extra powdered sugar

For 1 - 8 × 8 pan, double for a 13 × 9 pan.

Preparation

Preheat oven to 350 degrees. Mix flour, margerine or butter and powered sugar throughly. Press evenly in an ungreased 8 x 8 pan, building up 1/2 inch edges. Bake 20 minutes. Don't begin the next step until the time is almost up.

Beat remaining ingredients except powered sugar until light and fluffy, about 3 minutes at high speed. Pour over hot crust. Bake just until no indentation remains when touched in the center, about 25 minutes. Cool, sprinkle with powered sugar. Cut in about 1 1/2 inch squares.

For lime squares, substitute grated lime peel and lime juice.

Mandelbrot

Ingredients

- 2 1/2 cups flour
- 2 tsp. baking powder
- 1 cup sugar
- 1/4 cup orange or lemon juice
- 1 tbsp. cinnamon
- Optional, dried baking fruit, raisins
- 1/2 tsp. salt
- 3 large eggs
- 3 tbsp. peanut oil
- 1 tsp. Pure vanilla extract
- 1 cup chopped blanched almonds

Preparation

Mix flour, salt and sugar. Beat eggs till thickened, while beating, add sugar, oil, lemon juice and vanilla. Gradually add the flour mixture and then the almonds, and fruit if you desire, making a soft dough. Lightly sprinkle the cinnamon mixed with a tbs sugar over the flattened loaves. Grease a cookie tin, and make two loaves. Flatten on top. About 2" high. Bake in a 350 for about 30 to 40 minutes till lightly browned, or a cake tester comes out clean. Cool and slice into 3/4" slices. Put slices on a baking tin, toast one side light brown, and then do the other side. Do this in oven under broiler, **carefully**.

Nut Torte

Contributor: *Vera Rohrlich*

Ingredients

- 8 eggs, separated
- 1 lemon
- 3 tbsp. dried breadcrumbs
- 200 gr. ground nuts
- 100 gr. bitter or baking chocolate
- 8 tbsp. granulated sugar
- 1 1/2 tsp. baking powder
- 2 tbsp. Rum or Cognac
- 12-20 whole nuts
- 200 cc heavy cream

Preparation

Cream the egg yolks with the sugar, baking powder, the grated lemon rind, the lemon juice. Whip the egg whites and add them to the creamed yolks. Mix for 2 minutes at medium speed. Add rum, breadcrumbs and nuts.

Grease a springform app. 25 cm (10") diameter. Bake 45 minutes in medium heat. Remove bottom part, cool and remove sides.

Melt the chocolate with a small amount of heavy cream, add the remaining cream and bring to boil. Cool it overnight. Whip to make whipped cream.

Cut the cake into half. Spread half of the filling on the lower part of the cake, cover with the other part. Spread the remaining filling on top and sides. Decorate with whole nuts.

Serves: 12

Chocolate-Dipped Almond (or Hazelnut) Cookies

Contributor: *riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)*

From “Martha Stewart’s Christmas ”

Ingredients

- 1 cup (2 sticks) unsalted butter
- 1 large egg yolk
- 2 cups sifted all-purpose flour
- 1 1/3 cups finely chopped blanched almonds
- 3 tbsps. unsalted butter
- Chopped almonds, for garnish
- 2/3 cup sugar
- 1 tsp vanilla extract
- 1/4 tsp. salt
- 6 oz semi-sweet chocolate
- 1 tbsps. hot water

Cream the butter and sugar until light and fluffy. Add the egg yolk and vanilla, then flour, salt, and finely chopped almonds, mixing well.

Shape the dough into 2 rolls, each 1 1/2 inches in diameter. Wrap rolls (using waxed paper or plastic wrap) and refrigerate until firm, about 2 hours.

Preheat oven to 350 deg F. and line baking sheets with parchment paper. With a sharp knife, cut the dough into 1/4-inch-thick slices. Place 1 to 2 inches apart on baking sheets and bake for 8 to 10 minutes, just until lightly browned. Cool on a rack.

In the top of a double boiler, melt the chocolate and butter for the topping. Add the hot water and stir until smooth. Dip an edge of each cookie into the chocolate, then sprinkle with the chopped almonds (I just put them in a cup and then dip the chocolate edge into the nuts, allowing some to stick). Cool on a rack until the chocolate hardens.

Yield: 6 dozen

Nut Wedges

Contributor: *riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)*

From Better Homes and Gardens Creative Ideas Series: Christmas Cookies, 1990.

Ingredients

- 1 11-oz package pie crust mix
- 1/3 cup sugar
- 2 tbsps. honey
- 1 cup finely chopped nuts (walnuts, hazelnuts, pecans, etc.)
- 1 tsp shortening
- 1/4 cup sugar
- 1 tsp. ground cinnamon
- 1 tsp. lemon juice
- 1/2 cup semisweet chocolate pieces

Stir together pie crust mix and 1/4 cup sugar. Add 3 to 4 tablespoons water to form ball. Divide in half. On floured surface, roll each half into a 9-inch circle. Spray a cookie sheet, preferably one of those air-insulated ones, with PAM or other non-stick spray. Transfer 1 circle to cookie sheet. Preheat oven to 375 deg F.

For filling, combine 1/3 cup sugar, cinnamon, honey, lemon juice, and chopped nuts. Spread over pastry. (Be careful to leave about 3/4-inch to 1-inch edge with no topping. You will seal along this edge. I also try to press the nut filling down, so it isn't too crumbly. Something I do is to take beaten egg white and brush around the edge of the pastry round with the nut filling. This will serve as a “glue”.) Top with other pastry round. Use tines of fork to seal edges (by pressing fork around the edge, making a fluted-like edging). Brush

with milk. (The milk makes for a shiny top crust.) Bake in 375 deg F. oven 15 to 20 minutes or until pastry starts to brown. Cool 10 minutes. while warm, cut into wedges. Cool.

Combine the chocolate pieces and shortening. Cook and stir over low heat, just till melted. Drizzle over wedges.

Yield: 16-20

Orange-glazed Cheesecake

Contributor: *manda@cs.mu.oz (Amanda Lynch)*

Ingredients

- 1.5 cups zwieback crumbs (about 18 zwieback pieces)
- 1/4 t cinnamon
- 2 (8-oz) pkgs cream cheese at room temperature
- 1/4 cup unsweetened cocoa powder
- 1/4 t almond extract
- 1 cup dairy sour cream
- 2 tbsp. cornstarch
- 1/4 cup orange flavoured liqueur (eg Grand Marnier)
- 2 tbsp. sugar
- 1/3 cup butter, melted
- 1 cup sugar
- Whipped cream if desired
- 2 eggs
- 1/3 cup sugar
- 3/4 cup orange juice
- 2 oranges, peeled and sectioned

Preparation

In a small bowl, combine zwieback crumbs, 2 tbsp. sugar, cinnamon and melted butter. Press on bottom and 1.5 inches up side of an 8-inch springform pan; refrigerate. Preheat oven to 350F (175C). In a large mixer bowl, cream the cheese, 1 cup sugar and cocoa. Add almond extract and eggs, beating until smooth. Stir in sour cream. Pour into prepared crust. Bake for 45 to 50min. Cool in pan several hours. In a small saucepan, combine 1/3 cup sugar and cornstarch. Stir in orange juice. Bring to a boil over medium heat, stirring constantly. Simmer 1 minute longer. Remove glaze from heat. Add liqueur. Cool to lukewarm. Spoon half of glaze over cooled cheesecake. Arrange orange sections on top of glaze, and spoon remaining glaze over orange sections. Chill until firm. Remove side of pan. Garnish with whipped cream if desired.

Serves: 8-10

Orange Pie with Pistachio Crust

Contributor: *dsr@philabs.philips.com (Deborah S. Rech)*

Ingredients

- 2 cups unsalted shelled pistachio nuts, finely ground
- 1/2 cup flour
- 2 cups fresh orange juice
- 4 large egg yolks
- 3/4 cup brown sugar
- 2 tablespoons butter, softened
- 3 cups sweetened condensed milk
- 2 tablespoons orange zest

Preparation

Preheat oven to 400 degrees F.

To make the crust, combine the ground nuts, sugar, flour and butter in a bowl and blend. Place the mixture in a deep 9-inch pie plate, and press the crust into shape with your fingers.

Bake the crust for 5 minutes. Remove from the oven and allow to cool.

Pour the orange juice into a saucepan, bring to a boil and reduce to 1/3 cup. Allow to cool to room temperature.

Meanwhile, prepare the filling. In a bowl combine the condensed milk and yolks and blend thoroughly with a whisk. Add the reduced juice and the orange zest. Pour the filling into the prebaked shell.

Bake the pie for 5 minutes. Remove the pie and refrigerate it overnight or for at least 12 hours so that the filling sets enough for easy slicing.

Ozne Haman (Hamantaschen)

Contributor: *saal@floyd.ATT.COM (Sam Saal,1A-110,6956,Cap Gemini)*

Ingredients

- 3 1/2 cups flour
- 1 cup grated carrots
- 3 tsp. baking powder
- 3 eggs
- 1 cup shortening
- 1 cup sugar
- 1 pinch salt

Preparation

Mix eggs well, add oil and mix well. Add salt and baking powder to to this mixture. Add the remaining ingredients and knead. Refrigerate for at least several hours.

Roll out in small circles to make the filled triangles. Bake in a hot oven (375-400 degrees F).

Apricot Puree

Ingredients

- apricots
- lemon juice
- spices - whatever you'd like (nutmeg, cinnamon....)

Preparation

Put apricots in a bowl, cover with water. Soak for a few hours. If the apricots are sour, add honey or sugar. Add a few drops of lemon juice and any other spices you'd like. (Cinnamon, nutmeg, clove, etc. Experiment!)

Cook over a low flame until the apricots are soft and the water is thick. Transfer to a food processor or blender and mash well.

The puree may be refrigerated. It should be spooned onto the dough before the dough circles are folded into the triangular hamantaschen.

Apricot/Pineapple Filling

Ingredients

- 10 oz. dried apricots
- juice of 1/2 lemon
- 1 tsp. ground cardamom
- 20 oz. pineapple in its own juice (1 can)
- 1/2 cup sugar
- 3 tbsp. poppy seeds

Preparation

Simmer the apricots in the juice from the pineapple and lemon until soft. Blend everything in blender or food processor until smooth with some chunks. Let cool and chill before using.

Pavlova

Contributor: *jfalkner@watfun.waterloo.edu (Julie Falkner)*

Ingredients

- 3 egg whites
- 3 tbsp. cold water
- 1 cup castor sugar
- 1 tsp. vinegar
- 1 tsp. vanilla essence
- 3 tsp. cornflour

Preparation

Beat egg whites until stiff, add cold water and beat again. Add castor sugar very gradually while still beating. Slow beater and add vinegar, vanilla and cornflour. Place on greased paper on greased tray and bake at 150 degrees C (300 degrees F) for 45 minutes, then leave to cool in the oven.

When Pavlova is cold, peel off paper and transfer to serving plate. Spread Pavlova with whipped cream and fruit. Cream can be flavoured with liqueur.

Garnish with lots of whipped cream and kiwifruit, strawberries, peach sliced, whatever.

Pear cake

Contributor: *arielle@taronga.hackercorp.com (Stephanie da Silva)*

Here's a good recipe for pears. Tends to surprise people who think upside-down cakes are only supposed to be made with pineapple, but you can also try it with apples, nectarines, peaches and cherries.

Ingredients

- 4 tbsp. butter
- 1/2 tsp. grated nutmeg
- 1 tsp. strained fresh lemon juice
- 3/4 cup sugar
- 1/4 tsp. salt
- 1/2 cup milk
- 1 egg
- 1/2 cup light brown sugar
- 2 cups peeled, cored pears, sliced thin
- 1 1/3 cups cake flour
- 1 3/4 tsp. baking powder
- 3 tbsp. butter at room temp
- 1 tsp. vanilla extract

Preparation

Melt the butter in an 8-inch (20 cm) square pan (I use a round one). Add the brown sugar and nutmeg and blend well. Remove the pan from the heat and place the pear slices, slightly overlapping them, on the brown sugar mixture. Sprinkle the pears with the lemon juice.

Sift the flour with the sugar, baking powder and salt. Stir the butter to soften it, then stir in the flour mixture, milk and vanilla extract. Mix until the flour is dampened.

Beat the batter for 2 minutes with an electric mixer at medium speed, or beat 300 strokes by hand. Add the egg and beat for 1 minutes longer, or 150 strokes by hand. Pour the batter over the pears.

Bake in a preheated 375 (190C) oven for 35 minutes. Cool the cake in the pan for 5 minutes, then invert it onto a serving plate, let it stand 1 minute more before removing the pan; serve warm.

Biscotti ai Pignoli

Ingredients

- 1 1/2 cup sugar
- 4 eggs
- 1/4 tsp. grated lemon rind
- 3 tbsp. pine nuts
- 2 1/8 cups cake flour
- 2 tbsp. xxx sugar

Preparation

Place sugar and eggs in top of double boiler over hot but not boiling water, beat until mixture is lukewarm. Remove from over hot water and beat until foaming and cool. Add lemon rind and flour slowly and gently. Drop by tsps. on a buttered and floured baking sheet, 1" space between each, sprinkle with xxx sugar and pine nuts, let stand 10 minutes. Bake at 375F for 15 minutes.

Giandua Semifreddo with Hot Rum Zabaglione

Contributor: *huggett@sequent.UUCP (Terri Huggett)*

From Gourmet June 1990.

Ingredients

- 2/3 cup hazelnuts
- 6 ounces good-quality semisweet chocolate, chopped
- 1/4 cup plus 3 tbsp. sugar
- 2 tbsp. rum
- 1/2 cup milk
- 3 large eggs, separated, the whites at room temperature
- 1 cup well-chilled heavy cream

Preparation

Line a metal loaf pan, 9×5×3 inches, with plastic wrap, leaving a 2-inch overhang on the ends, and chill it in the freezer. Toast the hazelnuts in one layer in a baking pan in a preheated 350 degree oven for 10-15 minutes, or until they are colored lightly and the skins blister. Wrap the hazelnuts in a kitchen towel and let them steam for 1 minute. Rub the hazelnuts in the towel to remove the skins. In a food processor or blender chop the hazelnuts fine, add the milk, heated, and blend mixture until it is smooth. In a large metal bowl set over barely simmering water melt the chocolate, stirring occasionally, until it is smooth and stir in the hazelnut mixture.

In the bowl of an electric mixer beat the egg whites until they are foamy, add 3 Tbsp. of the sugar, a little at a time, beating, and beat the whites until they just hold stiff peaks. In a bowl beat the cream until it just holds stiff peaks, fold in the whites gently but thoroughly, and fold one fourth of the cream mixture into the chocolate mixture. Fold in the remaining cream mixture gently but thoroughly, pour the mixture into the chilled pan, and freeze it, covered with plastic wrap for 8 hours or overnight.

In a metal bowl set over barely simmering water beat the remaining 1/4 cup sugar, the yolks and the rum for 5 minutes, or until the mixture is thick and quadrupled in volume. Unmold the semifreddo onto a serving dish and serve it sliced with the hot rum zabaglione.

Serves: 8

Speculas

Ingredients

- 1 cup unsalted butter, chilled
- 1/2 tsp. baking powder
- 1/2 cup rolled dark brown sugar
- 1 tbsp. speculaas spices¹
- 1/4 cup slivered almonds
- 2 cups whole-wheat flour
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 3 tbsp. whole milk
- 1/4 cup halved almonds

Preparation

Slice the chilled butter into small pieces and add it to the flour and baking powder. Add the salt, sugar and the spices. Add the milk and then work the dough with your hands until you have a malleable dough ball. Add the slivered almonds and work them into the dough. Allow the dough to rest overnight, covered. Dust flour on the speculaas mold. Press the dough into the mold and cut off the excess dough. Shake the molded cookie out onto a floured table and press the almond halves into the dough. Bake on greased cookie sheets for 20-25 min. at 350 degrees F or 180 degrees C in a preheated oven.

This makes enough for three large molds. You can also spread the dough on a cookie sheet, bake, and cut into squares, but this lacks some of the aesthetic qualities.

¹ Speculaas spices, which are made of a mixture of ground ginger, cinnamon, coriander, cloves and cardamom, are sold in many Dutch delicatessens throughout North America around Christmas

Spice Cookies with Candied Ginger

Contributor: *blau@diphda.crd.ge.com (lauren h halverson)*

From Bon Appetit, Dec. 1991, page 106

Ingredients

- 1 3/4 cups plus 2 tbsp. all-purpose flour
- 1/4 tsp. salt
- 1/2 cup plus 2 tbsp. sugar
- 1 large egg white
- 1 1/4 tsp. ground cinnamon
- 1 tsp. ground cloves
- powdered sugar
- 1 tsp. baking soda
- 3/4 cup (1 1/2 sticks) unsalted butter, room temp.
- 3 tbsp. finely chopped crystallized ginger (about 1 1/2 oz.)
- 2 tbsp. dark corn syrup
- 1 tsp. ground ginger
- sugar

Position rack in center of oven and preheat to 350 degrees. Grease heavy large cookie sheets. Combine flour, baking soda and salt in medium bowl. Beat butter, 1/2 cup plus 2 tbsp. sugar and crystallized ginger in another bowl until fluffy. At low speed, beat in egg white, corn syrup, cinnamon, ground ginger, and cloves. Add dry ingredients and beat just until moist clumps form. Press mixture together to form smooth dough.

Form level tbsp. of dough into 1 inch balls. Roll in sugar and place on prepared cookie sheet, 2 inches apart. Dip bottom of glass into sugar. Press cookies to 2 1/2 inch rounds with glass, dipping glass into sugar before each pressing. Bake until cookies are light brown, about 13 minutes. Let cookies stand on baking sheet 5 minutes. Transfer to rack and cool completely. sift powdered sugar over half of each cookie. (Can be prepared ahead. Wrap airtight and let stand at room temp 1 week or freeze 1 month.)

Yield: about 35

St. Patrick's Day Cheesecake

Contributor: *manda@cs.mu.oz (Amanda Lynch)*

Ingredients

- 1.5 cups chocolate cookie crumbs (about 42 1.5inch chocolate snaps)
- 2 tbsp. butter, melted
- 1 cup sugar
- 1/4 cup creme de menthe
- 4 oz. sweet cooking chocolate
- 1 tbsp. sugar
- 2 (8-oz) pkgs cream cheese at room temperature
- 3 eggs
- 2 tbsp. white creme de cacao
- 1/2 cup dairy sour cream

Preparation

In a small bowl, combine crumbs, 1 tbsp. sugar and melted butter. Press on bottom and 1.5 inches up the side of an 8-inch springform pan; refrigerate. Preheat oven to 350F (175C). In a large mixer bowl, cream the cheese and 1 cup sugar. Add eggs, beating until smooth. Stir in creme de menthe and creme de cacao. Pour into prepared crust. Bake 40 to 45 mins. Cool in pan. Melt chocolate; cool about 5 mins. Stir sour cream into melted chocolate. Spread over slightly cooled cheesecake. Refrigerate until set. Remove side of pan.

Serves: 8–10

Sugar Cookies

Contributor: *riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)*

From Martha Stewart's Christmas

Ingredients

- 1/2 cup (1 stick) unsalted butter
- 2 cups sifted all-purpose flour
- 1/2 tsp. baking powder
- 2 tbsp. brandy
- 1 cup sifted confectioners' sugar
- Food coloring
- 1 cup granulated sugar
- 1/4 tsp. salt
- 1 large egg, lightly beaten
- 1/2 tsp vanilla extract
- 1 large egg white

Preparation

Cream the butter and sugar. Sift together the dry ingredients; add to the butter mixture and beat well. Add the egg, brandy, and vanilla and beat again until well mixed. Shape dough into two flattened rounds, wrap, and refrigerate at least 1 hour.

Preheat the oven to 325 deg F. and line thick baking sheets with parchment paper. On a well-floured board, roll out the dough until 1/8 inch thick. Cut dough into shapes and set 1 to 2 inches apart on baking sheets. Leftover dough can be rolled and cut once more. Bake for 10 minutes; do not allow to brown. Cool on racks.

Mix the confectioners' sugar and egg white; divide among small bowls and tint each a different color. Spread or pipe onto the cooled cookies and allow to set.

Yield: 2 dozen

Walnut Dainties

Ingredients

- 3/4 C. soft butter
- 1 egg, beaten
- 1 1/2 C. flour
- 1/2 tsp. rum flavoring
- 1 1/2 C packed brown sugar
- 1 tsp. vanilla
- 1 tsp. baking powder
- 1 C. finely chopped walnuts

Preparation

Cream butter with brown sugar until light. Beat in egg and vanilla. Mix in flour, baking powder and flavoring. Add walnuts. Spread in greased 8" square cake pan. Bake at 350F for 35 minutes and cut into squares. Serve hot or cold, plain or with whipped cream or ice cream. Store in tin.

Christmas Chocolate Cookies

Contributor: *talmy@randvax.UUCP (Shel Talmy)*

Ingredients

- 3 eggs
- 1 pound brown sugar
- 1 t cinnamon
- 1/4 t cloves
- 1/2 pound unsweetened chocolate
- 1/2 pound cut nut meats
- 1 large cup sifted flour

Preparation

Melt chocolate. Beat eggs 'til foamy. Add sugar, spices, nuts and flour. Then add melted chocolate. Drop from spoon onto a well greased pan and bake at 300 degrees for 15 minutes.

You can also spread the batter about 1/2 inch thick in a jelly-roll pan. My grossmama baked hers this way, but since she used a wood stove, she gave no oven temperature (moderate) or baking time in her recipe.

Slovenian Nut Potica

Contributor: *ak399@cleveland.Freenet.Edu (Carole A. Resnick)*

Dough:

Ingredients

- 2 cakes compressed yeast
- 1 tbsp. sugar
- 3/4 cup sugar
- 1 cup milk, scalded and slightly cooled
- 2 beaten whole eggs
- 1/2 cup lukewarm milk
- 6 1/2 to 7 cups sifted all purpose flour
- 1 tsp. salt
- 4 beaten egg yolks
- 1/2 cup sweet butter, softened

Preparation

Crumble yeast into lukewarm milk; add 1 tbsp. sugar, stir and set aside till foamy. Sift flour, sugar and salt into a large bowl; make well in center. Add cooled scalded milk, beaten egg yolks and eggs, butter and yeast. Mix thoroughly. Knead until no longer sticky (about 10 minutes).

Form into soft ball and place in greased bowl. Cover and put in warm place till double, about 1 1/2 hour.

Filling:

Ingredients

- 1/2 pint sweet cream
- 1/2 cup honey
- 1 tsp. grated lemon peel
- 1 tsp. salt
- 2 egg whites, stiffly beaten
- 1/2 cup butter
- 2 pounds ground walnuts
- 1 tsp. vanilla
- 2 egg yolks
- 1 3/4 cups sugar

Preparation

Scald sweet cream, butter, and honey together; pour over ground nuts. Add lemon peel, vanilla and salt; mix. Fold in egg yolks, sour cream and stiffly beaten egg whites. Blend in sugar. Set aside.

Punch down risen dough. Divide into 4 parts. Place 1 section of dough on floured board. Roll to about 1/4-inch thickness to about 9" x 22". Spread nut filling on top of dough, leaving 1/2 inch plain dough on each side. Roll up as a jelly roll. Pinch seam of dough closed. Place seam side down in 9x5x3-inch greased bread pan. Repeat with other 3 sections of dough. Prick dough on top to prevent bubbles. Cover with cloth and allow to raise for 45 minutes. Brush tops with melted butter.

Bake in preheated oven for about 45 minutes to 1 hour. Let stand in pans for 10-15 minutes. Remove to cooling racks and allow to cool completely.

Chapter 3

Breads and Non-Sweet Baked Goods

Roggenbrot (Rye Bread)

Contributor: *ak399@cleveland.Freenet.Edu (Carole A. Resnick)*

Ingredients

- 2 pkgs. active dry yeast
- 1 1/2 C. lukewarm milk
- 1 tsp. salt
- 2 tbsp. butter
- 2 1/2 C. bread flour, unsifted
- 1/2 C. warm water (110-120 degrees)
- 2 tbsp. sugar
- 1/2 C. molasses
- 3 1/4 C. rye flour, Unsifted

Preparation

Dissolve yeast in warm water. In a large bowl combine milk, sugar, and salt. Use a mixer to beat in molasses, butter, yeast mixture and 1 cup of rye flour. Use a wooden spoon to mix in the remaining rye flour. Add white flour by stirring until the dough is stiff enough to knead. Knead 5 to 10 minutes, adding flour as needed. If the dough sticks to your hands or the board add more flour. Cover dough and let rise 1 1/2 hours or until double. Punch down dough and divide to form 2 round loaves. Let loaves rise on a greased baking sheet until double, about 1 1/2 hours. Preheat oven to 375 degrees F. Bake for 30 to 35 minutes.

Yield: 2 round loaves

Swedish Rye Bread

Contributor: *ak399@cleveland.Freenet.Edu (Carole A. Resnick)*

Ingredients

- 2 cakes compressed yeast
- 1/4 cup molasses
- 1 tablespoon grated orange rind
- 1 tablespoon anise seed
- 2 tablespoons softened butter
- 1-1/2 cups (85 deg. water)
- 1/2 cup sugar
- 1 tablespoon fennel seed
- 2 1/2 cups finely milled rye flour
- 2 1/2 to 3 cups sifted all purpose flour

Preparation

In a large bowl, crumble the yeast into the water, let rest for 10 minutes and stir until dissolved.

Stir in the molasses, sugar, orange rind and seeds. Add the flours and butter. Beat all these ingredients together until smooth.

If the dough is too soft to handle, use the larger amount of flour. To knead follow your own short cuts. Allow the dough to rise once in the bowl and once in the baking sheet. To shape, form into two slightly flattened ovals on a greased baking sheet, dusted with corn meal. Cover with a damp cloth and let rise until almost double in bulk, about 1 hour. Make four 1/4" deep diagonal slashes in the top of the loaves. Bake in preheated oven at 375 for 30 to 35 minutes. Test for doneness, tap bottom of pan to release it. Also if the loaf has shrank from the sides of the pan.

Yield: 2 loaves

Bagles

Contributor: *Mary Kay Petersen (mkay@sequent.com)*

Ingredients

- 4 1/4 to 4 3/4 c. all-purpose flour
- 1 1/2 c. warm water (120 to 130 deg F.)
- 1 pkg. active dry yeast
- 1/4 c. sugar

Preparation

Combine 2 cups of the flour and the yeast. Add warm water, 3 tbsp. of the sugar, and 1 tsp. salt. Beat w/electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed for 3 min. Using a spoon, stir in as much remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6-8 min. total). Cover, let rest 10 min. Working quickly, divide dough into 12 portions. Shape each portion into a smooth ball. Punch a hole in the center of each ball with a floured finger. Pull dough gently to make about a 2 inch hole, keeping bagel uniformly shaped. Place on a greased baking sheet. Cover, let rise 20 min. (Start timing after 1st bagel is shaped.) Broil raised bagels about 5 inches from heat, 3-4 min. turning once (tops should not brown). Meanwhile, in a 12 inch skillet or 4 1/2 qt. dutch oven bring 6 cups water and remaining 1 tbsp. sugar to boiling. Reduce heat and simmer bagels, 4 or 5 at a time, for 7 min., turning once. Drain on paper towels. Place drained bagels on well greased baking sheet. Bake at 375 deg F for 25-30 min. or till tops are golden brown. Makes 12 bagels.

Light Rye Bagels: Prepare as above, except stir 1 tsp. caraway seed, if desired, in with the yeast. Substitute 1 1/2 cups rye flour for 1 1/2 cups of the stirred-in all purpose flour.

Herb Bagels: Prepare as above, except stir 1 1/2 tsp. dried basil, crushed; 1 1/2 tsp. dried dillweed; or 1 to 1 1/2 tsp. garlic powder in with the yeast.

Onion Bagels: Prepare as above, except stir 2 tbsp. dried minced onion and, if desired, 2 tbsp. cooked bacon pieces into the flour with the yeast.

Whole Wheat Bagels: Prepare as above, except substitute 1 1/2 cups whole wheat flour for 1 1/2 cups of the stirred-in all purpose flour. Stir 3/4 cup raisins, if desired, in with 2 whole wheat flour.

Black Bread

Contributor: *wilkins@scubed.SCUBED.COM (Darin Wilkins)*

From James Beard's book, **Beard on Bread**

Ingredients

- 3/4 C. cold water
- 3/4 C. boiling water
- 1 tbsp. instant coffee granules
- 1 tbsp. salt
- 1 1/2 tsp caraway seeds
- 1/4 C. warm water 2 C. rye (dark) flour
- 1 C. whole-wheat flour
- 1 egg white, beaten with 2 tbsp. cold water
- 3/8 C. cornmeal
- 1 tbsp. unsweetened cocoa
- 2 tbsp. and 1 tsp. brown sugar
- 1 tbsp. butter
- 2 packages active dry yeast
-
- 2 C. unbleached all-purpose flour

Preparation

In small container, place the cold water, then stir in the cornmeal. Mix well. In large mixing bowl, place the boiling water, Add the cornmeal mixture and stir until thickened and bubbly. Dissolve the yeast in the warm water. Add to the mixture and stir well. Add the flours. Stir until you have a fairly sticky dough, adding more water if necessary.

Turn out on floured board and knead, adding more flour if necessary, until dough is smooth and elastic. Form into a ball and place in a well-greased bowl, turning the dough until it is coated all over. Place in warm, draft-free spot to rise until doubled in bulk.

Punch down the dough and knead for 2 or 3 min. Form into 2 balls and either roll and fit into 2 bread pans (8x4x2 inches) or shape into free-form loaves. (If the latter, the dough tends to spread too much if not contained somehow. Either place in 8 or 9 inch pie plates or skillets, or put a flan ring or similar guard around the dough for the second rising. After the second rising, turn the free-form loaves onto a baking sheet sprinkled with cornmeal.)

Let dough rise again, until almost doubled in bulk.

Brush the bread with the egg wash. Bake at 375 F (190 Centigrade) for 50–60 minutes, or until bread taps hollow. If you have doubts about whether the bread is done, let it cook longer. This bread is better a little overcooked than when undercooked.

Yield: 2 free-form or regular loaves

Steve's Mom's Cardamom Bread

Contributor: *hammonds@riacs.edu* (Steve Hammond)

Ingredients

- 9 cups flour
- 2 pkgs. dry yeast (2 heaping tbsp.)
- 1 cup sugar
- 2 tsp. salt
- 1 heaping tsp. ground cardamom seeds
- 2 cups lukewarm milk
- 1/4 cup water
- 3 eggs, room temperature
- 3/4 cup butter, room temp.

Preparation

Dissolve yeast in 1/4 cup water. Mix sugar, eggs, salt, milk, butter, and cardamom seeds and a small amt. flour; beat smooth. Add yeast and remaining flour, knead with hands until firm and smooth. Cover with a clean towel and let rise in a warm place until doubled in bulk, about 2 hours. Turn onto a lightly floured board and knead until smooth.

To shape loaves:

Divide the dough into 3 or 4 pieces and each piece into three more. Roll with hands into long ropes and braid. Place on buttered baking sheet (two loaves can fit each sheet), cover and let rise until almost double again. Brush with slight beaten egg. Sprinkle with sugar and slivered almonds.

Bake at 375 degrees for 25-30 minutes. It will turn golden brown on the outside.

Yield: 3-4 loaves

challah

Dough may also be used for cinnamon-raisin bread or onion rolls

Ingredients

- 1 tbsp. (1 envelope) dry yeast
- 1 tsp. sugar
- 1 1/3 C. lukewarm water
- 1/3 C. honey
- 3 C. flour (approx.)
- one more egg, or just yolk, beaten
- 1 1/3 tsp. salt
- grated peel of 1/2 lemon (omit lemon peel for onion rolls)
- 1/3 stick (2 2/3 tbsp.) margarine, melted
- 2 eggs, beaten
- 3 more C. flour

Preparation

Dissolve yeast and sugar in lukewarm water. When it is dissolved, add it to honey, beaten eggs, and 3 C. of the flour. Beat well and let stand in a warm place for at least 20 minutes (an hour, or until batter is very bubbly, if possible). Add salt, lemon peel, and melted margarine; beat; fold in remaining 3 C. flour; knead until dough is smooth and elastic (the “sponge” rising reduces the amount of kneading necessary); let rise until doubled. **To make a challah**, divide half the dough into 6 pieces and roll each into a long rope (about a foot long). Braid the six ropes together: join six ropes at one end; braid by leading the outside rope under the nearest 3 ropes, then back over one; then the same with the other outside rope. If you can find a copy of the Ashley Book of Knots, this is knot 3003. Brush the top with a beaten egg yolk or whole egg for a glaze.

To make cinnamon-raisin bread, flatten the other half of the dough into a big rectangle, sprinkle with raisins and cinnamon and a little brown sugar, roll up like a jelly roll; flatten again, sprinkle again, roll up again and place in a loaf pan.

Of course, you can make two challahs (challot) or two cinnamon-raisin breads.

Bake 350 degrees until done — I’m not sure how long, but check after 1/2 hour.

Dill Bread

Contributor: *jes0f@holmes.acc.Virginia.EDU (Judith E. Speck)*

Ingredients

- 2 pkgs yeast
- 2 C. warmed cottage cheese
- 2 tbsp. minced onion
- 2 tsp. salt (I skip it)
- 2 eggs
- 5.5 - 6.5 C. bread flour
- 1 C. warm water
- 4 tbsp. sugar
- 3 tsp. dill weed (I think it needs more)
- 1/2 t baking soda
- 1 T oil (I used margarine)

Preparation

Dissolve your yeast in the C. of water. Mix all other ingredients except the flour, beating well. Gradually add flour. Knead until smooth on a floured surface. Place in greased bowl and let rise until doubled; punch down. Divide dough into 3 portions and place in greased loaf pans (or divide in half and place in 2 greased 8-9" cake pans for a round loaf — I do this) and let rise again to proper size. Bake at 350F for 30 minutes then lay foil on top and bake for 15 minutes more. Vary time for the round loaves. I didn't pay attention to the clock — I just checked on them.

Pepparoni and cheese bread

Contributor: *shafer@rigel.dfrf.nasa.gov (Mary Shafer)*

Ingredients

- 2-1/2 cup warm (105-115 deg F) water
- 1 tbsp. sugar
- 1 tbsp. butter or margarine, softened
- 18 or 36 thin slices of provolone
- 1 egg, beaten
- 2 packets or tbsp. dry yeast
- 1 tbsp. salt
- 6-1/2 cup bread flour (all-purpose is OK)
- 8 to 12 oz. pepparoni, chopped

Preparation

Measure the warm water into a warm bowl. Sprinkle the yeast on the water and stir until dissolved. Add the sugar, salt, and butter and three cups of flour and beat until smooth (with the flat beater, if you have a KitchenAid or equivalent). Then add the remaining flour a cup at a time (with the dough hook if you have it) to make a soft dough. Knead it until it's smooth and elastic, about 8-10 minutes, with the hook or on a lightly floured surface. Place in a buttered bowl and turn to butter the top. Cover it and let it rise until doubled in size, about 1 hour.

Punch the dough down and divide it into three pieces. Roll each out to a 12 in. x 8 in. rectangle. Place 6 pieces (12 if you want) slices of provolone on each rectangle and then scatter 1/3 of the pepparoni on the cheese on it. Roll the rectangle up from the long side (jelly roll-like) and seal the seam. Repeat for each rectangle. Place the rolls on greased baking sheets (you can fit 2 on one sheet). Cover and let rise until doubled, about another hour.

Slash the tops in three or four places and brush the loaves with the beaten eggs. Bake at 400 deg F for 25-30 minutes or until done. Cool slightly and serve warm. Refrigerate any leftovers and reheat (around 20 minutes at 300 deg works well) to serve.

Pesto Bread

Contributor: *Julian Templeman juad1031@dircon.co.uk*

Ingredients

- 100g. pesto sauce
- garlic as required
- 2.5 tsp. active dried yeast
- 225g. wholemeal flour
- olive oil to thin
- 285ml. (1/2 pint) lukewarm water
- 1-2 tsp. salt
- 225g. unbleached white flour

Preparation

Dissolve the yeast in the water in your mixing bowl, and leave for 10 minutes. Then stir in the pesto, and mix well.

Mix the salt and wholemeal flour, and then fold this into the liquid. Then fold in the white flour, and turn it out onto a floured surface. Knead for 10-15 minutes, until the dough is elastic and silky. Shape into a ball, place in a clean, oiled bowl, cover with a damp tea-towel or clingfilm, and leave to rise in a warm place for about 1.5 hours, or until it has doubled in bulk.

Knock back the dough, divide in two, and knead each piece briefly. Then shape into two round loaves, place on an oiled baking sheet, cover and leave to rise for another 40-60 minutes, until doubled in size again.

Meanwhile, heat the oven to 450F. Slash the loaves with a sharp knife, and put them in the oven. Turn the heat down to 400F, and spray the oven and the loaf with water three times in the first 10 minutes of cooking, to produce a good crust. Bake for 40 minutes, or until the loaves are deep brown, and sound hollow when tapped. Remove from the oven, and cool on a wire rack.

Sour Rye Bread with Caraway Seeds

Contributor: *ak399@cleveland.Freenet.Edu (Carole A. Resnick)*

Ingredients

- 1 pkg. dry yeast
- pinch sugar
- 1 C. tepid (80 degree) water
- 3 tbsp. caraway seeds
- 1 C. gluten flour (available at health food stores- don't miss this)
- cornmeal for sprinkling pans
- 1/4 C. warm (110 degree) water
- 1 tbsp. salt
- 2 C. active Rye Sourdough Starter stirred down before measuring, at room temp. (see above)
- 1 C. medium rye flour, or as needed
- 2 1/2 c.-3 c. all-purpose flour
- Glaze: 1 tsp. cornstarch, cooked with 2/3 C. water until translucent (2-3 min.) then cooled.

Preparation

Combine the yeast, warm water and sugar and let stand 10 min. till foamy. Dissolve the salt in the tepid water and stir the mixture into the sourdough starter. Beat in the yeast mixture, then the caraway seeds. Beat in rye flour, 1/2 C. at a time, then the gluten flour.

Mix in 2 C. all-purpose flour a bit at a time until rough. Add more as needed to make a medium stiff dough. Scrape the mixing surface or bowl and dust with rye flour. Knead the dough until smooth surfaced and elastic. Don't over-flour, keep as close to medium stiff as possible. Form into a ball. Place the ball of dough into an ungreased bowl, cover with plastic and let rise till doubled about 1 hour.

Turn the dough out onto a work surface dusted lightly with rye flour. Expel the air from it and divide into 2 smooth balls. Cover with a towel and let rest 20 min. Meanwhile dust the baking sheets with cornmeal.

Flatten each ball of dough into an oval about 12" long + 1" thick. Beginning at a long edge, roll the dough up and pinch the seam closed. Make it slightly oval about 12" long and higher than it is wide. Place seam side down on the cornmeal covered sheets. Leave ample room between them for rising. Cover with a towel and allow to rise until they have reached 3/4 proof or not quite doubled. When they have reached this point, the light pressure of a finger should barely dent the loaf.

While loaves are rising, preheat oven to 425 degrees and place a shallow pan of water on the bottom or lowest shelf. Brush the loaves with the glaze. With a single edge razor, held almost parallel to the surface, cut 3 diagonal slashes 1/4" deep on the top of each.

Bake for 15 min. then lower to 350 degrees, remove the pan of water, bake bread for 30 min. longer. Brush with more glaze. Set them directly on the oven shelves (off of pan) for 10-15 min. or till there is a hollow sound when tapped.

Cool on a rack, uncovered. Do not attempt to eat warm. Wrap in plastic and store at room temp. Can be frozen but best eaten fresh.

Yield: 2 loaves

Sour Dill Rye Bread

Contributor: *ak399@cleveland.Freenet.Edu (Carole A. Resnick)*

From Bernard Clayton's **New Complete Book of Breads, New and Revised**

Ingredients

- 3 to 3-1/2 cups bread flour (approx.)
- 1 cup sour dill pickle brine
- 2 tbsp. vegetable shortening
- 1 egg, room temperature
- 1 tbsp. dried dillweed
- 1 tsp. dillseed
- 1-1/2 cups rye flour
- 1 baking sheet, greased or teflon, sprinkled with cornmeal
- 2 tbsp. active dry yeast (2 pkgs.)
- 3/4 cup hot water (120 to 130-degrees)
- 2 tbsp. sugar
- 2 tsp. salt
- 1 tsp. caraway seeds
- 1 tbsp. dillseed (sprinkle on top of loaf)
- 1 egg, beaten, mixed with 1 tbsp. milk

Preparation

Measure 2 cups bread flour into a mixing or mixer bowl. Add the yeast, pickle brine (I heated it with the water) and the hot water. Stir to form a thin batter. Add the shortening, sugar, egg, salt, dillweed, caraway seeds and the tsp. of dillseed. Beat by hand 100 strong strokes, or in the mixer with the flat beater for 3 minutes. Stop the mixer

Add the rye flour and beat it into the batter with 25 vigorous strokes. Stir in the balance of the white flour, 1/2 cup at a time, first with the spoon and then by hand, or with the dough hook in the mixer. The dough will be a rough, shaggy mass, more sticky than an all-white dough. Sprinkle on additional white flour to control the stickiness.

Place the dough under a mixer dough hook, or turn onto a lightly floured work surface and knead with the rhythmic motion of push- pull-turn-fold. If a film clings to the work surface, scrape it off with a dough blade or the edge of a metal spatula, and dust with flour. Occasionally crash the dough down on the work surface to break the kneading rhythm. Knead by hand or with the mixer for about 8 minutes. The dough should be smooth.

Knead the dough for 30 seconds to press out the bubbles, then divide it into 2 equal pieces and shape into balls. Place at opposite corners of the baking sheet, Cover the loaves with waxed paper (lightly oiled) and leave at room temperature until they have risen to double their size, about 45 minutes. (If prepared with a new fast-rising yeast at the recommended higher temperatures, reduce the rising time by half.)

Preheat the oven to 375-degrees 20 minutes before baking. With a razor blade or sharp knife, slash the top of each loaf into a design—parallel cuts, or a tic-tac-toe. Brush the loaves with the egg-milk wash and sprinkle with the tablespoon of dillseed.

Bake until the loaves are crisp and hard, 45 minutes. Tap one loaf on its bottom. If it sounds hard and hollow, it is done. If not, return to the oven for an additional 5 to 10 minutes.

Remove bread from the oven and place on a metal rack to cool.

Yield: 2 loaves

NY Sourdough Rye Bread Starter

Contributor: *ak399@cleveland.Freenet.Edu (Carole A. Resnick)*

Starter:

Ingredients

- 1 pkg. dry yeast
- 3 C. tepid (80 degree) water
- 3 1/2 C. medium rye flour
- 1 small onion, halved

Preparation

Dissolve the yeast in 2 C. water, then beat in 2 C. flour beating till there are no lumps. Add the onion, cover loosely with a cloth and let stand at room temp. for 24 hours.

Remove the onion, beat in 1 C. tepid water, then 1 1/2 C. flour. Cover again and let sit 24 hours longer. The starter should now be pleasantly sour-smelling, almost beery + bubbly. Depending upon the room temp. a slightly shorter or longer period of fermentation may produce this result.

The starter is now ready and can be refrigerated for up to 24 hrs. before use, without further feeding. If you must hold it longer, the night before you plan to use it add 1/2 C. tepid water and 3/4 C. flour and let stand overnight. You should feed the starter every 2 weeks or so, using 3 parts flour to 2 parts water. Let it stand overnight as before. Or freeze for future use. Just remember to thaw it, and let it ferment at room temp, before use.

Tomato-Herb Bread

Contributor: *zraa@marlin.jcu.edu.au* (Lynn Alford)

Ingredients

- 3 C. tomato juice (about 85 to 100 F)
- 1 package yeast
- 1/4 C. honey
- 1 egg
- 4 C. flour (Whole wheat, white or 2 C. of each)
- 1 tbsp. salt (optional)
- 1/4 C. oil (olive oil is good with the tomato, but vegetable oil is fine)
- 4 C. flour
- 2 T Italian seasoning
- 2 T basil
- 4 T parmesan cheese
- additional flour for kneading the dough (2 C. or more)

Preparation

Measure the tomato juice and pour it into a large bowl. Sprinkle the yeast over the juice and stir to dissolve. Add the honey. Beat in the egg. Add the first 4 C. of flour, one cup at a time, stirring briskly after each addition. After you have added the flour, beat the mixture about 100 strokes, until it is very smooth. Cover the bowl and let the dough rest for 45 minutes in a warm place. (If you want to, you can cut this time down. According to the book, this will make incorporating the rest of the ingredients easier, and lets the yeast start rising without the inhibiting presence of salt. Even 10-15 minutes of rest time will help, if you are pressed for time.)

Pour the oil on the dough, sprinkle on the salt and fold them into the dough. (Stir around the side of the bowl and fold mixture toward the center.) Add the remaining flour a cup at a time, and fold each cup in until incorporated into the dough. Once that flour has been incorporated, add Italian seasoning, basil and cheese. I just sprinkle some on top, mix it on, then add more, until it looks right so those amounts are approximate.

Flour the surface of your kneading board and put the dough on it. Lightly oil the bowl. Knead the dough, adding flour to the board when necessary. When the dough is elastic, place it in the bowl and cover with a towel. Let it rise for about an hour, then punch it down. Let it rise again for about 40 minutes then shape the dough and place it in oiled loaf pans. Cover and let rest for 15 minutes. Brush surface with one egg beaten with 1/4 C. water. Bake at 350 F for 50 to 70 minutes. Loaves are done if golden brown all over, and the loaf makes a hollow thump when tapped with finger.

Yield: two loaves

Zucchini Bread

Contributor: *jes0f@holmes.acc.Virginia.EDU (Judith E. Speck)*

Ingredients

- 3 eggs
- 2 C. shredded zucchini
- 2 tsp. vanilla
- 1 tsp. salt
- 1 tsp. baking powder
- 1/2 tsp. nutmeg
- 1/2 C. chopped nuts
- 2 C. sugar
- 1 C. oil
- 3 C. flour
- 1 tsp. soda
- 2 tsp. cinnamon
- 1/4 tsp. cloves
- 1/2 C. raisins (optional)

Preparation

Beat eggs until foamy; add sugar, zucchini, oil and vanilla. Gradually add remaining ingredients, stir nuts and raisins in last. Pour into bread pans which have grease only on bottoms. Bake at 325F for 60-80 minutes; cool for 10 minutes and remove from pans. Let cool completely.

Yield: 2 loaves

Chapter 4

Chicken and Other Birds

Chicken Breast Doria

Contributor: *twain@milton.u.washington.edu* (Barbara Hlavin)

Ingredients

- 2 whole chicken breasts, boned
- 2 tablespoons butter
- 1/2 cup white wine
- Salt and pepper to taste
- Flour for dredging
- 1/2 medium onion, chopped
- 1/2 cup heavy cream
- 1/2 cup diced, seeded, unpeeled cucumbers

Preparation

Cut the chicken breasts in half. Pound slightly and dredge in flour. Saute in the hot butter until brown. Remove the chicken and add the onion. Saute for a few minutes and add the wine and reduce. When the liquid has reduced by half, add the cream. Reduce again by half and add the salt, pepper and cucumbers. Heat and pour over the chicken.

Serves: 4

Zen Barbecue Chicken

Ingredients

- Chicken
- 1 bottle vinegar
- 1 bottle Open Pit barbecue sauce
- 1 jar orange marmalade
- 1 large onion
- 1 small box dark brown sugar
- 1/2 cup hoisin sauce
- hot sauce

Preparation

Start by bringing to a boil a bottle of vinegar with a large finely chopped onion. Simmer until the onion is very soft. Add a small box dark brown sugar (what's that- a pound?) and cook until dissolved and smooth. To this add a bottle of Open Pit barbecue sauce. Finally, add the Secret Ingredients (hoisin sauce, marmalade, hot sauce).

Don't add the sauce until the chicken is almost done. Brush and turn a couple of times. The finished product should be a sticky mess.

War su gai (almond boneless chicken)

Ingredients

- 2 whole chicken breasts, skinned, boned and cut in half
- 1/2 tsp. salt
- 1 tbsp. dry sherry
- Vegetable oil for frying
- 1 cup shredded lettuce
- 1/3 cup toasted, slivered almonds
- 1 green onion, finely chopped (green and white parts)

Sauce:

Ingredients

- 4 tbsp. cornstarch
- 3 cups chicken broth
- 3 tbsp. chicken fat or butter
- 3 tsp. chicken bouillon granules
- 3 tbsp. water
- 1-1/2 cups chopped mushrooms (optional)
- 2 tsp. soy sauce

Batter:

Ingredients

- 3 tbsp. cornstarch
- 1/2 tsp. baking powder
- 1 tbsp. water
- 3 tbsp. flour
- 1 egg, beaten

Preparation

Sprinkle chicken with salt and sherry. Set aside 15 min.

Prepare sauce: In a small saucepan, stir together cornstarch and water until smooth. Gradually stir in chicken broth, mushrooms (if desired), chicken fat, soy sauce and bouillon granules. Bring the mixture to a boil, stirring constantly. Let boil 1 minute. Keep warm.

Prepare batter: Beat together cornstarch, flour, baking powder, egg and water until smooth.

Coat each piece of chicken with batter. Pour vegetable oil into a large skillet or wok to the depth of 1/2 inch; heat to 375 degrees. Cook coated chicken pieces in oil, turning once, until golden – 5 to 7 minutes. Drain on paper towels.

Cut chicken diagonally into strips. Reassemble strips in chicken breast shapes and place on a bed of shredded lettuce. Sprinkle with almonds and green onion. Spoon sauce over chicken and serve immediately.

Serves: 4-6

Artichoke Chicken

Contributor: *margaret@infonode.ingr.com* (Margaret Wiginton)

Ingredients

- 1/3 cup flour
- 2-3 tsp. butter
- 1 cup chicken broth
- 1/2 tsp. garlic
- 1 pound boneless chicken
- 1 tsp. basil
- egg noodles
- 1/4 tsp. salt
- juice of 2 lemons
- 1/4 cup vermouth or sherry
- 1 bay leaf
- 2 tablespoons Worchester sauce
- 1 can artichoke hearts

Preparation

Combine flour and salt. Dredge chicken. Melt butter in large skillet. Add chicken. Cook 5 minutes each side. Remove. Add lemon juice, Worchester sauce, broth, vermouth, basil, garlic, and bay leaf. Bring to boil. Add chicken. Cook 15 minutes on medium heat. Add artichoke hearts. Cover and reduce heat. Simmer 15 minutes. Discard bay leaf. Serve over noodles.

Serves: 4

Basil Chicken

Contributor: *sdg@wag.caltech.edu (Siddharth Dasgupta)*

Ingredients

- Chicken - 1 combo pack skinned, washed and cut into smaller pieces
- 1" ginger - puree this and garlic with a little water to make paste
- 1 tbsp. cumin powder
- 1 tsp. cayenne powder
- 1 1/2 cup cilantro or basil or dill or fenugreek greens
- 1/2 cup oil
- 4 cardamoms
- 1/2 t black peppercorns
- 4 cloves garlic
- 1 large onion - sliced into half rings
- 1 tsp. turmeric powder
- 1 1/2 cup yogurt
- 2-4 Thai chiles or any other hot green chile available
- 2 cloves
- 1 small stick cinnamon
- 1 bay leaf

Preparation

Heat oil in deep vessel. When hot add the cloves, cardamoms, cinnamon stick, peppercorns and bay leaf. Should brown/fizzle in 10 sec. Add onion slices and fry over high heat at first and then med. high to brown onions, approx. 10 mins. Add garlic-ginger paste. Stir and cook for 2 mins. Add chicken pieces and stir to coat with oil and spices. Add turmeric, cayenne and cumin powder and coat evenly. Fry for 10-15 minutes.

Meanwhile add cleaned cilantro (or basil or dill or fenugreek greens) with chiles and yogurt into processor and puree. When the chicken is well fried, add this puree to the chicken. Add salt to taste.

Cook on high heat for 2-3 mins to bring to boil and then simmer on reduced heat for 5 more minutes. Serve warm.

Ch'ueh ch'ao chi ting (stir-fried chicken in bird's nest)

Ingredients

- 1 lb boned chicken

Marinade:**Ingredients**

- 1 tbsp. egg white
- 1 tbsp. soysauce (light)
- 1 C. diced green peppers (1/2 inch)
- 20 slices cooked carrot
- 1 tbsp. sliced ginger
- 1 1/2 tbsp. cornstarch
- 10 mushrooms (sliced)
- 1/2 C. sliced water chestnuts (or diced bamboo shoot)
- 3 tbsp. diced scallion

Seasoning Sauce:**Ingredients**

- 2 tbsp. light soysauce
- 1 tbsp. wine
- 1/2 tsp. sugar
- 1/2 tsp. sesame oil
- 1/2 tbsp. cornstarch
- 1/4 tsp. salt
- 1/4 tsp. black pepper

Bird's Nest:**Ingredients**

- 2/3 lb. potatoes
- 1 C. cornstarch
- 1/3 tsp. salt
- 8 C. oil

Preparation

Dice the chicken into 1/2 inch pieces and marinate for half an hour with marinating sauce (1 tbsp. of egg white, 1 1/2 tbsp. cornstarch, and 1 tbsp. soysauce). Fry in lukewarm oil until the meat becomes white and then drain.

Heat the pan with 3 tbsp. of oil and saute scallion, ginger, mushrooms, water chestnuts, carrot, green pepper. Then put in the chicken cubes and add the seasoning sauce. Turn up to high heat. Stir and pour into bird's nest.

Bird's nest: Cut the potatoes into thin shreds. Run through cold water, drain, and dry. Place into a bowl and mix with 1/3 tsp. salt, 1 cup of cornstarch. Then place potato shreds in one strainer and press upon it another strainer and submerge both in very hot oil. Deep fry about 4 minutes until golden brown. Drain and take the bird's nest out from the strainer.

Shred and deep fry some green vegetables or shred some lettuce and place under the nest for decoration.

Spicy Cardamom Chicken

Contributor: *twain@milton.u.washington.edu* (Barbara Hlavin)

Ingredients

- chicken breast
- garlic
- coriander
- coconut cream (or see below)
- hot chili oil or peanut oil
- cardamom pods
- fresh chiles
- roasted salted peanuts

Preparation

Rinse 1 whole skinned and boned chicken breast; pat dry and cut in half. In a large skillet, heat 1-2 tsp. hot chili oil or peanut oil over medium heat. Add 2 cloves thinly sliced garlic, 6 cardamom pods, and 1 tsp. coriander. Add chicken and brown lightly on all sides. Add 1-4 fresh chiles, seeded and finely chopped, and stir-fry for 12-15 minutes. Stir in 2 tbsp. coconut cream (if stiff paste forms, cut into chunks first, then add and stir until melted). Add up to 1/2 C. more water as needed to thin sauce to the consistency of cream (this will depend on the form of coconut cream used). Heat through and serve hot with 2 tbsp. roasted salted peanuts on top.

Serves: 2

Cashew Chicken

Ingredients

- boneless chicken, cubed
- 3 tbsp. Hoisin sauce
- 1 tbsp. sesame oil
- 3 tbsp. plum wine or 1 tbsp. plum sauce
- dry roasted, unsalted cashews
- 2 to 4 tbsp. cold water
- 1/4 cup soy sauce
- 1 tsp. chopped garlic
- 1 1/2 tsp. grated ginger root
- sliced mushrooms (optional)
- 1 to 2 tbsp. cornstarch

Preparation

Marinate chicken at least 20 minutes in soy sauce, hoisin sauce, garlic, sesame oil, ginger root and plum wine. Cook over medium-high heat (or in microwave) until chicken is opaque. Add sliced mushrooms and cook, then add cashews. In a separate container, mix cornstarch with cold water, then add to cooked mixture, and heat until thickened. Serve with basmati rice if you have it, otherwise white rice will do.

Zen Barbecue Chicken

Ingredients

- Chicken
- 1 bottle vinegar
- 1 bottle Open Pit barbecue sauce
- 1 jar orange marmalade
- 1 large onion
- 1 small box dark brown sugar
- 1/2 cup hoisin sauce
- hot sauce

Preparation

Start by bringing to a boil a bottle of vinegar with a large finely chopped onion. Simmer until the onion is very soft. Add a small box dark brown sugar (what's that- a pound?) and cook until dissolved and smooth. To this add a bottle of Open Pit barbecue sauce. Finally, add the Secret Ingredients (hoisin sauce, marmalade, hot sauce).

Don't add the sauce until the chicken is almost done. Brush and turn a couple of times. The finished product should be a sticky mess.

Sheng ch'ao chi sung (stir-fried minced chicken)

Ingredients

- 1/2 lb. Boned Chicken Breast
- 1/2 C. diced ham
- 1 C. diced white leeks (optional)
- 2 eggs
- 1 C. oil
- 1/2 C. diced mushrooms (or soaked black mushrooms)
- 1 C. diced bamboo shoot
- 1/2 C. green beans (cooked)
- 3 oz. rice noodles
- 20 Mandarin Dan Bing (or spring roll skins)

Marinade:

Ingredients

- 1/4 tsp. salt
- 1 tbsp. cold water
- 1 tbsp. cornstarch

Seasoning Sauce:

Ingredients

- 1 tsp. salt
- 2 tsp. cornstarch
- 2 tbsp. soup stock
- 1 1/2 tbsp. soysauce (light)
- 1 tsp. sesame oil
- 1/6 tsp. black pepper

Preparation

Heat oil until very hot. Deep fry the rice noodles until puffed and golden (only 2 or 3 seconds for each side). Put on a platter. Crush them with a fork or chopsticks.

Cut the chicken into 1/4 inch cubes. Marinate with salt, cornstarch and water at least 20 minutes. Then fry with 1 cup of hot oil only 30 seconds and drain.

Make a thin pancake with the beaten eggs. Cut into 1/4 inch cubes.

Heat 3 tablespoons of oil in a pan. Stir fry the mushrooms, the bamboo shoot, the green beans, and the ham. After 1 minute add fried chicken, egg cubes, and seasoning sauce. Stir fry over high heat until mixture thickens. Then, add the white leeks. Turn off the heat right away. Put on platter over fried rice noodles.

Serve with Mandarin Dan Bing or spring roll skin which will be used to wrap around the meat and noodle mixture.

Ch'ueh ch'ao chi ting (stir-fried chicken in bird's nest)

Ingredients

- 1 lb boned chicken

Marinade:

Ingredients

- 1 tbsp. egg white
- 1 tbsp. soysauce (light)
- 1 C. diced green peppers (1/2 inch)
- 20 slices cooked carrot
- 1 tbsp. sliced ginger
- 1 1/2 tbsp. cornstarch
- 10 mushrooms (sliced)
- 1/2 C. sliced water chestnuts (or diced bamboo shoot)
- 3 tbsp. diced scallion

Seasoning Sauce:

Ingredients

- 2 tbsp. light soysauce
- 1 tbsp. wine
- 1/2 tsp. sugar
- 1/2 tsp. sesame oil
- 1/2 tbsp. cornstarch
- 1/4 tsp. salt
- 1/4 tsp. black pepper

Bird's Nest:

Ingredients

- 2/3 lb. potatoes
- 1 C. cornstarch
- 1/3 tsp. salt
- 8 C. oil

Preparation

Dice the chicken into 1/2 inch pieces and marinate for half an hour with marinating sauce (1 tbsp. of egg white, 1 1/2 tbsp. cornstarch, and 1 tbsp. soysauce). Fry in lukewarm oil until the meat becomes white and then drain.

Heat the pan with 3 tbsp. of oil and saute scallion, ginger, mushrooms, water chestnuts, carrot, green pepper. Then put in the chicken cubes and add the seasoning sauce. Turn up to high heat. Stir and pour into bird's nest.

Bird's nest: Cut the potatoes into thin shreds. Run through cold water, drain, and dry. Place into a bowl and mix with 1/3 tsp. salt, 1 cup of cornstarch. Then place potato shreds in one strainer and press upon it another strainer and submerge both in very hot oil. Deep fry about 4 minutes until golden brown. Drain and take the bird's nest out from the strainer.

Shred and deep fry some green vegetables or shred some lettuce and place under the nest for decoration.

Cashew Chicken

Ingredients

- boneless chicken, cubed
- 3 tbsp. Hoisin sauce
- 1 tbsp. sesame oil
- 3 tbsp. plum wine or 1 tbsp. plum sauce
- dry roasted, unsalted cashews
- 2 to 4 tbsp. cold water
- 1/4 cup soy sauce
- 1 tsp. chopped garlic
- 1 1/2 tsp. grated ginger root
- sliced mushrooms (optional)
- 1 to 2 tbsp. cornstarch

Preparation

Marinate chicken at least 20 minutes in soy sauce, hoisin sauce, garlic, sesame oil, ginger root and plum wine. Cook over medium-high heat (or in microwave) until chicken is opaque. Add sliced mushrooms and cook, then add cashews. In a separate container, mix cornstarch with cold water, then add to cooked mixture, and heat until thickened. Serve with basmati rice if you have it, otherwise white rice will do.

Garlic Chicken

Ingredients

- 1 lb. skinned chicken breasts
- 1/3 tsp. salt
- 1 egg white
- 1/4 tsp. cornstarch
- 1/4 C. chopped garlic
- 1/3 cup sliced bamboo shoots or (slightly) cooked carrots
- 1/2 tsp. sugar
- 1/2 C. water
- 1 tsp. rice wine or dry sherry
- 1 tbsp. sesame oil
- 1 C. vegetable oil
- 3 tbsp. chicken broth
- 1/3 cup sliced water chestnuts
- 1/2 tsp. salt
- 3 tbsp. soy sauce
- 1 tsp. sesame oil

Preparation

Chop chicken breasts into 2-inch square pieces. Mix marinade ingredients in a medium bowl. Add chicken pieces, mix well. Let stand 20 minutes. Heat 1 cup oil in a wok over medium heat 1 minute. Add chicken pieces. Stir-fry until chicken is almost cooked, 3 to 4 minutes. Remove chicken, draining well over wok; set aside. Remove oil from wok except 4 tbsp. Dissolve cornstarch in chicken broth to make a paste; set aside. Heat oil in wok over medium heat 1 minute. Add cooked chicken, garlic, water chestnuts and bamboo shoots or carrots. Stir-fry about 2 minutes. Add salt, sugar, soy sauce, and water. Cover and cook over low heat 10 minutes. Add cornstarch paste. Stir-fry until sauce thickens slightly, about 30 seconds. Stir in 1 tsp. sesame oil.

War su gai (almond boneless chicken)

Ingredients

- 2 whole chicken breasts, skinned, boned and cut in half
- 1 tbsp. dry sherry
- 1 cup shredded lettuce
- 1 green onion, finely chopped (green and white parts)
- 1/2 tsp. salt
- Vegetable oil for frying
- 1/3 cup toasted, slivered almonds

Sauce:

Ingredients

- 4 tbsp. cornstarch
- 3 cups chicken broth
- 3 tbsp. chicken fat or butter
- 3 tsp. chicken bouillon granules
- 3 tbsp. water
- 1-1/2 cups chopped mushrooms (optional)
- 2 tsp. soy sauce

Batter:

Ingredients

- 3 tbsp. cornstarch
- 1/2 tsp. baking powder
- 1 tbsp. water
- 3 tbsp. flour
- 1 egg, beaten

Preparation

Sprinkle chicken with salt and sherry. Set aside 15 min.

Prepare sauce: In a small saucepan, stir together cornstarch and water until smooth. Gradually stir in chicken broth, mushrooms (if desired), chicken fat, soy sauce and bouillon granules. Bring the mixture to a boil, stirring constantly. Let boil 1 minute. Keep warm.

Prepare batter: Beat together cornstarch, flour, baking powder, egg and water until smooth.

Coat each piece of chicken with batter. Pour vegetable oil into a large skillet or wok to the depth of 1/2 inch; heat to 375 degrees. Cook coated chicken pieces in oil, turning once, until golden – 5 to 7 minutes. Drain on paper towels.

Cut chicken diagonally into strips. Reassemble strips in chicken breast shapes and place on a bed of shredded lettuce. Sprinkle with almonds and green onion. Spoon sauce over chicken and serve immediately.

Serves: 4-6

Chicken Cordon Bleu

Contributor: *kj@iguana.cis.ohio-state.edu (Kathy A. Johnson)*

Ingredients

- 4 chicken breast halves
- 2 oz. swiss cheese
- 1/2 tsp. seasoning salt or poultry seasoning
- 1 tsp. chicken bouillon granules
- 2 Tbsp. cream
- 4 oz. ham slices
- 1/2 C. flour
- 4 tbsp. butter (or margarine)
- 1/2 C. dry sherry

Preparation

Pound chicken breasts until flat (using 2 pieces of wax paper with the chicken in between works pretty well). In the center of each breast, lay a piece of ham and a piece of cheese. Fold breast over to make a triangle and secure with toothpicks (2 usually do it). Mix flour and seasoning. Melt butter in a 10" or larger skillet. Coat breasts with flour and brown on both sides in the butter. Add chicken bouillon and sherry, cover and simmer 20 min. Remove chicken and add cream to broth left in pan to make a sauce. Serve sauce over chicken.

Rock Cornish Game Hens a la Diable

Contributor: *mjk@sei.cmu.edu (Mary Jane Kelly)*

From the NY Times More 60-Minute Gourmet by Pierre Franey

Ingredients

- 4 hens, about 1 1/4 lb. each, split for broiling
- 1/4 cup peanut, vegetable or corn oil
- 1 tbsp. dry white wine
- salt and pepper
- 2 tbsp. mustard (Dijon or Dusseldorf)
- 1/2 cup fine fresh bread crumbs

Preparation

Preheat broiler to high. If the oven has a separate temperature control, set the oven heat to 450.

Place the split hens on a flat surface and pound them lightly with a flat mallet. Sprinkle hens on all sides with salt and pepper and rub with oil. Combine mustard and wine in bowl and set aside

Arrange halves in one layer, skin side down, on a baking sheet and place under broiler about 3 inches from element/flame. Broil about 8-9 minutes and turn halves. Return to broil for about 3 minutes. Remove halves and brush both sides with mustard mixture. Brush with pan drippings (or not) and sprinkle with bread crumbs.

Put hens in 450 oven and bake for 15 minutes. Serve with diable sauce.

Sauce Diable:

Ingredients

- 1 tbsp. butter
- 2 tbsp. finely chopped shallot
- 1/4 cup dry white wine
- 1 tsp. Worcestershire Sauce
- 1/2 cup chicken broth
- 1 tbsp. tomato paste
- 1/2 cup heavy cream
- 1 tbsp. mustard (Dijon/Dusseldorf)
- salt and pepper

Preparation

Melt butter in pan and add shallots. cook briefly stirring. Add wine and cook down to about 2 tablespoons.

Add the Worcestershire Sauce and broth. Stir in tomato paste and cook down to almost half. Add cream and stir. Add mustard, salt to taste, and a lot of pepper.

Yield: 3/4 cup

Magrets de canard aux bouchiers de Genève (duck in peppercorn sauce)

Contributor: *anderson@sapir.cog.jhu.edu* (Stephen R. Anderson)

Ingredients

- 1 large (or 2 small) half-breasts of duck per person, trimmed of excess skin and fat and with the skin pierced in lots of places
- peppercorns (pink or green); ca. 2 T for 2-4 persons.
- mustard
- raspberry, sherry or balsamic vinegar; ca. 1/2-3/4 cup for 2-4 persons
- heavy cream

Preparation

Soak peppercorns in vinegar for ca. 30 minutes; mix mustard with cream, proportions about 1 tbsp. mustard per half-cup cream (a bit less mustard if you're using pink peppercorns, since their flavor is rather more delicate).

Heat a saute pan large enough to hold the duck breasts in one layer over med-high heat. Put in the duck, skin-side down. Cook for about 10 minutes on heat as hot as possible without burning.

Pour off excess fat (save this! It's a crucial ingredient for frying potatoes and many other things), turn duck to flesh side for about 10 minutes more. Duck should be springy to the touch, pink but neither raw nor overdone.

Remove duck to warm oven to wait while you make the sauce. Again pour off any excess fat. Add the vinegar and peppercorns to deglaze the pan. Cook briefly to reduce. Add the cream and mustard, whisk and reduce briefly. Correct seasoning.

Slice the duck across the grain; return it and the juices that have accumulated in the plate to the sauce. Heat briefly and serve immediately — perhaps with plain pasta (something to put the sauce on), a salad, and a pretty potent red.

Chicken in Garlic Sauce

Contributor: *ST602390@brownm.brown.edu (Jodi Longobardo)*

Ingredients

- 2 boneless, skinless chicken breasts
- 1 teaspoon cornstarch
- 1 teaspoon vinegar
- 1/2 cup veg. oil
- 3 cloves of garlic, minced
- 1 can sliced water chestnuts
- 1 red pepper, diced large
- 1/2 cup sherry or light cooking wine (unsalted pref.)
- 1/8 cup sugar
- 2 teaspoons vinegar
- cornstarch paste
- handful of chopped scallions
- tablespoon wine
- 1 teaspoon baking soda
- a little chopped fresh ginger
- a few pieces of chopped scallions
- 1 teaspoon fresh minced ginger
- 1/2 cup mu er (black fungus/chinese black mushroom/wood ears)
- 1 cup broccoli florets (optional)
- 1/4 cup soy sauce
- 1/4 cup sherry
- few drops hot oil
- few drops sesame oil

Preparation

Cut chicken breast into medallions about 1.5 inch “square” and fairly thin. Place in a bowl and add 2 tbsp. wine, cornstarch, baking soda, 1 tsp. vinegar and chopped ginger. Stir, cover, and marinate for an hour or so minimum.

Heat oil in wok until a drop of water sizzles. Add chicken and cook until it loses its pinkness. Remove, drain, reserve. remove all oil except 2 teaspoons.

Add minced garlic and ginger to oil in wok and heat. when drop of water sizzles, add broccoli, water chestnuts, mu er, and red pepper. Stir to coat with oil and add 1/2 cup sherry or wine.

Cover and let steam 2-3 minutes or until vegetables are at the peak color. Return chicken to wok and stir.

Make a well in food, add soy sauce, sugar, 1/4 cup sherry and 2 tbsp. vingerar. Let heat, then add hot oil, and slowly the cornstarch paste. Stir food to coat, cook until sauce has thickened. Finish with sesame oil and scallions.

Garlic Chicken

Ingredients

- 1 lb. skinned chicken breasts
- 1/3 tsp. salt
- 1 egg white
- 1/4 tsp. cornstarch
- 1/4 C.chopped garlic
- 1/3 cup sliced bamboo shoots or (slightly) cooked carrots
- 1/2 tsp. sugar
- 1/2 C. water
- 1 tsp. rice wine or dry sherry
- 1 tbsp. sesame oil
- 1 C.vegetable oil
- 3 tbsp. chicken broth
- 1/3 cup sliced water chestnuts
- 1/2 tsp. salt
- 3 tbsp. soy sauce
- 1 tsp. sesame oil

Preparation

Chop chicken breasts into 2-inch square pieces. Mix marinade ingredients in a medium bowl. Add chicken pieces, mix well. Let stand 20 minutes. Heat 1 cup oil in a wok over medium heat 1 minute. Add chicken

pieces. Stir-fry until chicken is almost cooked, 3 to 4 minutes. Remove chicken, draining well over wok; set aside. Remove oil from wok except 4 tbsp. Dissolve cornstarch in chicken broth to make a paste; set aside. Heat oil in wok over medium heat 1 minute. Add cooked chicken, garlic, water chestnuts and bamboo shoots or carrots. Stir-fry about 2 minutes. Add salt, sugar, soy sauce, and water. Cover and cook over low heat 10 minutes. Add cornstarch paste. Stir-fry until sauce thickens slightly, about 30 seconds. Stir in 1 tsp. sesame oil.

Old Peking General Tsao's Chicken

Contributor: *otten@icase.edu (John Otten)*

Copied from The Fairfax Journal, Spring 1987

Ingredients

- 6 large chicken legs
- 2 tsp. salt
- 1 cup cornstarch
- 1 cup chicken broth
- 1 tbsp. Kikkoman soy sauce
- 1 tbsp. Hoisin sauce
- 1/4 tsp. Sichuan Chili sauce
- 6 tbsp. Sugar
- 1 tsp. sesame oil
- 1 bunch broccoli steamed until tender
- 3 eggs lightly beaten
- 1/2 cup plus 1 tbsp. soybean oil, divided
- Oil for deep frying
- 2 tbsp. Golden Label soy sauce
- 2 tbsp. mushroom soy sauce
- 1 tbsp. Oyster sauce
- 1/4 tsp. white pepper
- 2 tbsp. white vinegar
- 1/2 tbsp. cornstarch mixed with 2 tbsp. water

Preparation

Remove skin, fat, and bones from chicken and cut each leg into 6 to 8 pieces. Combine eggs, salt, 1/2 cup soybean oil and cornstarch. Coat chicken with mixture and marinate 1/2 hour.

Heat oil in a wok or deep skillet until very hot. Add chicken and fry 5 to 6 minutes. Remove and drain well. Drain all but 1/2 cup oil from wok.

Combine broth, soy, hoisin, oyster, and chili sauces, pepper, sugar, vinegar, sesame oil, cornstarch/water mixture and remaining 1/2 cup soybean oil. Heat oil remaining in wok and add broth mixture. Stir and add chicken. Stir fry 1 minute.

Arrange broccoli on a serving dish and pour chicken over top. Serve immediately with steamed rice.

Yield: 4 servings

General Tso's Chicken

Contributor: *otten@icase.edu (John Otten)*

Siam Oriental Restaraunt, as prepared by Chef Paul Kaewprasart Voted one of the top 10 dishes in Columbus by Columbus Monthly Magazine.

Ingredients

- 1/2 cup cornstarch
- 1/4 cup water
- 1 1/2 tsp. minced garlic
- 1 1/2 tsp. minced ginger
- 3/4 cup sugar
- 1/2 cup soy sauce
- 1/4 cup white vinegar
- 1 1/2 cups hot chicken broth
- 1 tsp. M.S.G. (optional)
- 3 pounds dark deboned chicken meat
- cut into large chunks
- 1/4 cup soy sauce
- 1 tsp. white pepper
- 1 egg
- 1 cup cornstarch
- 1 cup salad oil
- 2 cups scallions, diced
- 16 small dried hot peppers

Preparation

To make sauce, mix cornstarch and water together. Add garlic, ginger, sugar, soy sauce, vinegar and wine. Then add chicken broth and M.S.G. and stir until sugar dissolves. Refrigerate until needed.

In separate bowl, mix chicken, soy sauce and pepper. Stir in egg. Add cornstarch until chicken is coated evenly. Add oil to help separate chicken pieces. Divide chicken into small quantities and deep-fry at 350 degrees until crispy. Drain on a paper towel.

Place a small amount of oil in wok and heat until wok is hot. Add scallions and peppers and stir-fry briefly. Stir sauce; add to wok. Place chicken in sauce and cook until sauce thickens. Add either cornstarch or water as needed. Serve with rice.

Serves: 6–8

Lemon Chicken

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From The Chinese Restaurant Cookbook by Barbara Myers,

Ingredients

- 1 whole chicken breast (1 lb, or use 1/2 lb boneless)
- 2 tsp. kaoliang wine or vodka (or dry sherry)
- 1/2 tsp. salt
- 1/4 c water chestnut flour or cornstarch
- 1 piece fresh ginger (1 1/2 inches long)
- 1/4 cup chicken broth (canned is fine)
- Shredded iceberg lettuce
- 2 tsp. peanut or corn oil
- 1 1/2 tsp. light soy sauce
- 1/4 tsp. sesame oil
- 1 egg white
- 1 lemon (juice and rind)
- 2 tbsp. sugar
- 1 tsp. cornstarch dissolved in 1 tbsp. water
- 3 cup peanut or corn oil
- 1 1/2 tsp. kaoliang wine or vodka (or dry sherry)

Preparation

Split breast in half lengthwise. Bone, then remove tendons and skin. Split each half-breast lengthwise into 2 pieces. You will have 1/2-lb boneless meat. Combine soy sauce, 2 tsp. wine, sesame oil and salt. Add to chicken and let stand 10 to 15 minutes.

Beat egg white until frothy, not stiff, in a shallow bowl. Put water chestnut flour into a separate shallow bowl. Crush, using the back of a spoon, until fine and powdery. Water chestnut flour makes a crispier crust than cornstarch, which may be substituted.

Cut the lemon in half lengthwise. Cut rind from one-half in lengthwise strips, trying to remove only the zest, not the white, or the sauce will be bitter. Then slice strips into shreds as fine as possible. Grate the

zest from the remaining half lemon; set aside separately from shreds. Squeeze the juice from both halves to make 2 tbsp.; reserve. Peel ginger and cut lengthwise into very fine shreds to make the equivalent of 2 teaspoons; set aside with lemon shreds. (The fibers run lengthwise down the root and knobs; when shreds are cut with the fibers, they hold together better than when cut across them.)

Slice the cabbage across into 1/4- to 1/2-inch shreds. Rinse with water; drain well, then chill to crisp for garnish.

Heat the 3 cups peanut oil to 325 deg F in a wok or deep fryer. While oil is heating, dip the chicken strips in the egg white to coat, then roll in water chestnut flour; shake off excess.

One by one add the chicken breast strips to the hot oil. Deep-fry about 5 minutes, turning to fry evenly. The coating should turn crisp, but remain pale, not turn golden.

Remove chicken and drain on paper toweling. Keep warm in a 250 deg oven while preparing Lemon Sauce. Pour off oil from wok.

Add 2 teaspoons fresh oil to the wok (or use a small saucepan). Heat over medium heat. Add the ginger and lemon strips, sizzle 5 seconds. Add the lemon juice, sugar, broth and cornstarch and stir until thickened and glossy. Remove from heat, and stir in the grated lemon peel and the 1 1/2 teaspoons kaoliang or vodka.

Spread the crisp lettuce out on a small platter. Place chicken strips on a cutting board and slant-slice across in 1/3- to 1/2-inch slices. Transfer with Chinese cleaver to the shredded lettuce, retaining the original shape.

Pour the hot Lemon Sauce over the chicken and serve immediately to preserve the crispness.

Yield: 1 order, or 4 small appetizer servings

Ling Mung Gai (Lemon Chicken)

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From The Chinese Banquet Cookbook by Eileen Yin-Fei Lo

Ingredients

- 1 whole chicken, 3 lbs
- 1 1/4 fresh lemons (5 quarters), thin-skinned lemons preferred
- 1 1/2 tbsp. light soy sauce
- 2 tsp. sesame oil
- 2 tsp. sugar
- 3 to 3 1/2 tbsp. cornstarch
- 8 oz chicken cutlets
- 1 tbsp. white wine mixed with 1 tsp. ginger juice
- 1 tbsp. oyster sauce
- 2 tsp. salt (or less)
- 1/8 tsp. white pepper
- 15 sprigs of fresh coriander (cilantro, Chinese parsley) or parsley

Preparation

Chop chicken and chicken cutlets into bite-size pieces and rinse thoroughly and individually, to ensure that there will be no small pieces or chips of bone. Drain off excess water, dry chicken pieces with paper towel, and place in a very large mixing bowl.

Squeeze 5 lemon quarters over the chicken and place 4 quarters in with the chicken pieces. Add wine, soy sauce, sesame oil, salt, sugar, pepper and cornstarch. When all ingredients have been added to chicken, the entire mixture should be hand-tossed. Let the chicken and marinade stand for at least 1 hour.

Place chicken in a steamproof dish or cake pan and spread the pieces as much as possible. Pour remainder of marinade into the dish as well.

Steam the chicken from 30 to 50 minutes, turning chicken 2 or 3 times during cooking. The steaming process is complete when the chicken turns white.

Remove chicken from wok and place in a serving dish. Garnish with about 15 sprigs of coriander or parsley. Serve immediately.

Note: If chicken has too much liquid, add 1 teaspoon cornstarch mixed with 1 teaspoon cold water and stir constantly until blended. If cornstarch is added, increase steaming time by 5 minutes (once cornstarch mixture is added). During the steaming process keep additional boiling water at hand to replenish water in pot or wok.

Cantonese Lemon Chicken

Contributor: *riacmt@ubvmsa.cc.buffalo.edu (Carol Miller-Tutzauer)*

From The Gourmet Chinese Regional Cookbook by Calvin B. T. Lee and Audrey Evans Lee.

Ingredients

- 8 Chinese black mushrooms
- 1/4 c shredded bamboo shoots
- 4 tbsp. sugar
- 1/4 c chicken stock or water
- 1 chicken, about 3 lbs
- 1 tbsp. peanut oil
- 1/4 c shredded gingerroot (yes, this is correct)
- 2 tsp. cornstarch mixed with 1 tbsp. water
- 2 lemons
- 1 tsp. lemon extract
- 2 tsp. light soy sauce
- 2 1/2 tbsp. dark soy sauce
- Oil for frying
- 1/2 tsp. salt or to taste
- 1/4 c rendered chicken fat

Preparation

Soak the mushrooms in water for 30 minutes or until they are soft. Drain and shred finely. discard the tough stems.

Remove the skin from one of the lemons and shred it into strips the size of a matchstick. Finely grate the skin of the remaining lemon. Squeeze the juice from both lemons.

In a bowl combine the mushrooms, bamboo shoots, shredded and grated lemon skins, lemon juice, lemon extract, sugar, light soy sauce, chicken stock, and 1 tbsp. of the dark soy sauce.

Split the chicken in half. Dry with paper towels and rub with the remaining dark soy sauce. Allow the chicken to stand for 10 minutes.

In a skillet heat the oil to 375 deg F and deep-fry the chicken for 5 minutes on each side. Cut the chicken into 1 1/2- by 1-inch pieces and place them on a serving dish.

heat a wok or skillet over high heat until a drop of water immediately sizzles into steam. Add the peanut oil, salt, and gingerroot. Stir for about 30 seconds or until the gingerroot browns slightly. Lower heat to medium and add the lemon sauce mixture. Stir for 2 minutes to blend the flavors.

Add the chicken fat and stir for 1 minute. Add the cornstarch mixture to thicken the gravy, stirring constantly.

Pour the sauce over the chicken in the serving dish.

Mango-chicken stir fry

Contributor: *aa333@cleveland.Freenet.Edu (Robert N. Hartman)*

Ingredients

- 2 chicken breasts, skinned and boned
- 1 tbsp. soy sauce
- 1 tbsp. vinegar
- 2 tbsp. cornstarch
- 1 green pepper, cut in strips
- 2 soft mangos, peeled, seeded and sliced
- 1/4 cup vegetable oil
- 1/4 cup pineapple juice
- 2 tbsp. brown sugar
- 1/4 tsp. ginger
- 1/2 cup sliced almonds
- 3 cup hot cooked brown rice

Preparation

Cut chicken into 1-inch cubes; brown in hot oil in wok. Meanwhile, in small bowl combine soy sauce, pineapple juice, vinegar, brown sugar, cornstarch and ginger. Mix until smooth. Add green pepper and almonds to wok and stir fry until slightly tender. Add soy sauce mixture to wok, stir until thick. Reduce heat and add sliced mangos. Serve immediately over cooked brown rice. Makes 4 servings.

Turkey Meatloaf

Contributor: *mmr@cs.rit.edu (Margaret M Reek)*

Ingredients

- 1.5 lb. ground turkey
- 1 egg, slightly beaten
- 1/4 cup chopped onion
- 1/3 cup ketchup
- 1/2 tsp. dry mustard
- 1/3 cup barbecue sauce or chili sauce
- 3 slices old bread, crumbled
- 1/4 cup lemon juice
- 1 tsp. seasoning salt
- 1 tbsp. brown sugar (make sure there aren't any lumps)
- 1/4 tsp. allspice
- dash cloves

Use a round microwave dish (round is better, since it will cook more evenly, but you can fake it with a square one). Zap the onion for about a minute on medium high, so it is soft. Put the turkey, bread, egg, lemon juice and seasoning salt into the dish and mix together well. Smooth it out and make a hole in the center, for more even cooking and all the fat drains in there.

Make the sauce from all the remaining ingredients and smear evenly over the top of the mixture.

Cover the dish loosely with plastic wrap or cover, leaving some vent. If you have a probe, cook on high to 165 degrees and let stand 5 minutes to finish cooking (the standing time is important). If you have no probe, it'll be about 15 minutes to get to 165 degrees - depending on the power of your microwave. Check with a meat thermometer. Let stand 5 minutes.

Pastilla (Moroccan Chicken Stew)

Contributor: *bloch@wintermute.wustl.edu (Charlene Bloch Abrams)*

From "Naturally Good — International Whole Food Recipes" by David and Marlena Speiler

Ingredients

- 1 small to medium chicken
- 1/2 tsp. ground ginger
- 1/2 tsp. turmeric
- a 3" cinnamon stick
- 1/2 cup coarsely chopped coriander
- juice of 1/2 a lemon
- melted butter
- pinch saffron
- 1/2 tsp. cloves
- 3 cloves garlic
- 1/2 cup coarsely chopped parsley
- chicken flavoring (if needed)
- filo dough
- 1/2-2/3 cup toasted, coarsely chopped almonds
- 1/4 tsp. ground cloves
- 4-5 eggs
- 1/2 tsp. & 1 tbsp. cinnamon
- 1 tbsp. brown sugar
- 1/3 cup powdered sugar

Preparation

Place chicken (include the gizzards, etc) in a pot, add water to cover. Season with saffron, ginger, cloves turmeric, garlic, cinnamon stick, parsley, coriander and several cubes chicken flavoring if needed. Simmer for 1 - 2 hours, until fowl is meltingly tender.

Strain the stock, reserve the chicken (including gizzards) and discard any whole spices. Boil the strained stock until it's reduced to 1 cup. Add the lemon juice. Bone the chicken and cut into 1 inch pieces.

Brush the inside of a square or round baking dish approx. 12" x 12" x 3" with melted butter. Fit a sheet of filo dough into the dish so that its ends hang over the edge a bit. Brush with melted butter and repeat 5 or 6 times.

Scatter the almonds on top of the 6th layer. Sprinkle with 1/2 tsp. cinnamon, cloves and sugar. Beat eggs and combine with 1/2 cup stock. Cook slowly until creamy and forming soft curds. Layer 2/3 egg mixture over the almonds and spices. Top with 4 - 5 more layers of filo dough, buttering each sheet.

Now, arrange the boned chicken pieces and the rest of the eggs. Dribble several tbsps. of the remaining stock over this.

Top with another 5-6 sheets of buttered filo dough, tucking the overhanging edges from the bottom layers in between. Bake in a 350 degree oven (mark 4-5) 40 minutes until golden brown. Turn onto a platter and sprinkle with 1 tbsps cinnamon and 1/3 cup sifted powdered sugar.

Chicken in Peanut Butter Sauce

Contributor: *pjh@eng.cam.ac.uk (P.J. Hogben)*

Ingredients

- 4lb. (1.8 kg) chicken (with giblets) cut into 6 pieces
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 pint (570ml) chicken stock (made with the giblets)
- 1 tablespoon ground coriander
- 1/4 teaspoon hot chilli powder
- 2-3 tablespoons groundnut oil
- 1 clove garlic, crushed
- 8oz (225g) peanut butter
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- salt and black pepper

Preparation

Heat 2 tbsps. oil in a large flameproof casserole. Add onion, garlic and green pepper. Fry gently until onion is soft but not brown, (10 minutes). Remove vegetables to a plate. Turn up heat and add more oil. When hot add chicken and brown on all sides, return vegetables and remove from heat.

Mix together peanut butter, 4fl.oz (110ml) of the stock, turmeric, coriander, cumin, chili powder and salt and pepper. Stir this mixture into the chicken and simmer and stir for 5 mins.

Stir in remaining stock, cover and simmer on top of the stove for a further 30 mins. Uncover casserole and cook for a further 15 mins or until chicken is tender. Taste to check seasoning and serve with brown rice or ribbon noodles.

Serves: 6

Indonesian Chicken

Contributor: *katherle@daisy.uwaterloo.ca (Kate Atherley)*

Ingredients

- 6 chicken thighs
- 2 tbsp crunchy peanut butter
- 2 tomatoes, seeded and chopped
- 1 clove garlic, crushed
- 1 - 1 and 1/2 cups chicken stock
- 2 green onions, chopped
- handful of peanuts
- pinch cayenne pepper, or to taste

Preparation

Preheat oven to 350 degrees Fahrenheit. Grease a shallow baking dish, and place the chicken in it. Mix together the remaining ingredients, and pour over the chicken. Bake until chicken is cooked, and sauce is bubbling, approx. 40 minutes. Baste once or twice during cooking. Serve over rice.

Serves: 2 or 3, but adaptable as necessary

Aji de Gallina (Peruvian Chicken)

Contributor: *PAUL.EDMONDS@c3.uws.edu.au*

Ingredients

- 4 lbs. chicken
- 1/2 lb. of chopped nuts
- 6 chilis liquidized
- 1 large tin of evaporated milk
- 1 large onion, finely chopped
- 6 yellow potatoes
- 1/2 cup of oil
- 2 tsp. ground garlic
- 4 slices of bread
- 4 oz. grated parmesan cheese
- salt and pepper to taste
- olives, hard boiled eggs

Preparation

Boil the chicken in salted water. Remove from bone and break into bite size pieces. In a saucepan heat the oil and fry the onion, garlic and chili peppers, salt and pepper to taste. Fry until golden and add the bread which has been soaked in the chicken broth, having removed the crusts. Cook slowly for 10 minutes then add chopped nuts, grated cheese and chopped chicken. Two or three minutes before serving add the evaporated milk.

Decorate the dish with halved potatoes and eggs quartered lengthwise and olives. Serve with the boiled rice.

Serves: 8

Chicken (or Lamb) in Pomegranate Sauce (Khoresh-t-e Fesenjan)

Contributor: *riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)*

From Persian Cooking: A Table of Exotic Delights, by Nesta Ramazani

Ingredients

- 2 large onions, chopped or sliced
- 1 large fryer chicken or 5 whole chicken breasts
- 1 cup water
- 4-5 tbsp. pomegranate syrup (substitute sour cranberry juice)
- 2-3 tsp. salt
- 1/4 tsp. cinnamon
- 1/4 tsp. pepper
- 5 tbsp. butter
- 1 can beef bouillon or consomme
- 2 1/2 cups finely ground walnuts
- 2-3 tbsp. sugar
- 1/2 tsp. saffron (or turmeric)
- 1/4 tsp. nutmeg
- 2 tbsp. lemon juice

Preparation

Saute the onions in 2 tbsp. of the butter until golden brown. Remove from the pan. Add 3 more tbsp. of butter and saute the chicken pieces until light brown. Add the bouillon and sauteed onions. cover and simmer gently for 30 minutes. Cook and bone.

Prepare the sauce by stirring the water into the ground walnuts. Stir in the pomegranate syrup and sugar, and simmer gently over a low heat for 10-15 minutes.

Combine the cooked, boned chicken and most of its drippings with the walnut sauce; add the seasonings and the lemon juice; cover and simmer gently for another hour. Adjust the seasonings by adding a little sugar if too sour, or more pomegranate syrup if too sweet. The chicken pieces should be coated with a rich, dark, sweet-sour sauce; there should be plenty of thick sauce. Serve with rice.

Roast Chicken with Herbs and Potatoes

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 1 3-lb whole chicken
- 2 tbsp. plus 2 tbsp. plus 6 tbsp. olive oil
- 1/4 cup wine or chicken stock
- Salt
- 5 medium potatoes
- 1 bunch herbs (sage, oregano, thyme, rosemary, or a combination)
- another 1/4 cup wine, chicken stock, or water
- freshly ground black pepper

Preparation

Rub the chicken with 2 tbsp. olive oil. Rub bird inside and out with salt and pepper. Pin wing tips backwards against back and set on top of the bunch of herbs in the roasting pan. (This will keep the back from sticking to the bottom of the pan while also imparting a wonderful flavor to the meat juices. If you have enough, also put a sprig or two of herbs into the chicken cavity.) Pour wine (or chicken broth) over bird and drizzle with another 2 tbsp. olive oil. Preheat oven to 425 deg F (yes, very hot!). In the meantime, clean potatoes and cut into quarters. Add 6 tbsp. olive oil in a large, shallow baking dish (one large enough to hold the potatoes in a single layer), making sure to coat entire bottom and sides. Place potatoes in olive-oiled dish and toss to coat with olive oil. Salt and pepper as desired. Place the chicken (roasting pan) and the potatoes (baking dish) in the pre-heated oven. Roast for 20 minutes, basting chicken every 7 minutes. At the end of the 20 minutes, turn potatoes over. Continue cooking both chicken and potatoes for another 20 minutes, basting chicken occasionally. At the end of the second 20 minutes, take some kitchen shears (this is easiest; or a knife) and cut the chicken into pieces. Place pieces on top of potatoes. Now use a bit of broth, wine, or water (1/4 c) to "scrape" the chicken drippings from the roasting pan. Pour these over chicken and potatoes. Roast another 10 minutes or so until chicken juices run clear when poked with a fork. Great served with rice, bread, and a green salad if you want a complete meal. Sauteed asparagus or carrots is also a nice accompaniment.

Quail on Croutons

Contributor: *warren@mdcbbs.com*

Ingredients

- 6 quail with giblets
- 1 tsp. salt
- 3/4 c. butter
- 1 c. sherry
- 12 slices thick sliced bread
- Grated rind and juice of 1 lemon and 1 orange
- 3/4 c. flour
- 1/2 tsp. pepper
- 1 lg. onion, finely chopped
- 1/2 c. dry white wine
- 1 c. red currant jelly
- 1/2 tsp. dry mustard

Preparation

Clean quail. Remove giblets and set aside. Preheat oven to 350 deg. Split birds in half. Mix flour, salt and pepper in large paper bag. Add quail. Shake to coat well. Heat 4 T. of the butter in large skillet. Saute onions and giblets 5 minutes or till done. Remove onions. Transfer giblets to bowl. Mash with remaining butter, 1/2 c. sherry, and salt and pepper to taste. Brown split birds well on both sides in same skillet (add more butter if needed). Transfer birds to roasting pan. Add white wine and remaining sherry to skillet, scraping to loosen browned bits. Bring to boil, pour over birds. Cover and place birds in oven. Bake 45 minutes to 1 hour. Toast bread lightly. Spread with giblet paste. Arrange on large platter. Top each with half a bird. Melt jelly over high. Add lemon/orange juice/rind and dry mustard. Bring to boil. Serve separately. Garnish platter, serve immediately.

Chinese Chicken Salad

Contributor: *whitney@shalom.sybase.com (Whitney Martin)*

Ingredients

- 1 head Napa cabbage or bok choy, chopped
- 1/2 red bell pepper, seeded and chopped
- 1/2 bunch cilantro, chopped
- 2 scallions, sliced
- 1 can bamboo shoots, sliced
- 1 pkg. ramen noodles (flavor doesn't matter)
- 2 chicken breasts, cooked and shredded
- 1 carrot, shredded
- 1/2 cup bean sprouts
- 1 can water chestnuts, sliced
- 1 pkg. slivered almonds

Dressing:

Ingredients

- 1/2 cup vegetable oil
- 3-4 Tbsp. soy sauce
- hot chili oil (or red pepper flakes) to taste
- onion powder to taste
- 1/4 cup rice vinegar
- 3-4 Tbsp. sesame seeds
- garlic powder to taste
- salt & pepper to taste

Preparation

Combine all ingredients for salad except for almonds and ramen noodles. Mix well. Make dressing in separate bowl. Add gradually to salad, tossing and tasting as you go so as not to get too much dressing. Just before serving, add crumbled ramen noodles and almonds (otherwise, they get soggy).

Chinese BBQ Chicken Salad

Adopted from Flora Chang's "Creative Chinese Cooking Made Easy".

Marinade:

Ingredients

- 1 tsp. salt
- 2 tbsp. sherry
- 1 tbsp. soy sauce

Sauce:

Ingredients

- 2 tbsp. red wine vinegar
- 2 tbsp. dark sesame oil
- 2 tsp. hoisin sauce
- 1/4 cup soy sauce
- 2 tbsp. sugar
- 2 stalks green onion shredded

Salad:

Ingredients

- 3/4 head lettuce, torn into small pieces
- 1 or 2 boneless, skinless chicken breasts
- Mai Fun Noodles or Sai Fun Noodles (Chinese Rice Noodles)
- bean sprouts (equivalent amount to 1/4 head lettuce)
- 3 tbsp. sesame seeds
- Oil for deep frying

Preparation

The night (or morning) before serving: mix marinade ingredients, cut chicken into cubes about 3/4 inch or smaller, and mix chicken pieces with marinade.

Bake chicken and marinade in dish large enough so that chicken pieces are spread out (not in a big pile). Bake approximately 25 to 30 minutes at 350 degrees until chicken pieces are cooked. After sufficient cooling period, place chicken in refrigerator to chill/store.

While baking chicken, mix sauce. Place in refrigerator to chill.

Anytime before serving: Pour oil in wok or pan until it is at least one inch deep (two or three inches is much better!). Heat to 375 or 400 degrees. Place a single Mai Fun noodle in hot oil to test. If the oil is hot enough, the noodle will instantly expand like crackly popcorn.

Place small quantities of noodles in the hot oil. They will expand instantly. Be sure all noodles are cooked. Sometimes the expansion will lift noodles out of the oil before they cook. Flip the uncooked noodles into the hot oil so they cook too. The cooked noodles don't retain much oil.

Cook enough noodles to match the amount of lettuce/bean sprouts. The noodles will shrink when you add the sauce.

Before serving: Mix lettuce and bean sprouts. Place in bowl twice as large as the lettuce/bean sprouts. Remove the chicken from the refrigerator. Mix with the lettuce and bean sprouts. Add the noodles. Mix with the salad. Sprinkle sesame seeds on top of salad. Remove the sauce from the refrigerator. Stir and pour over salad. Serve immediately.

Sate Ayam (Chicken grilled on skewers)

Contributor: anne@ariel.ucs.unimelb.edu.au (Anne Williamson)

Ingredients

- 750 g chicken breast (1 1/2 lb.)
- 2 medium onions, roughly chopped
- 2 tbsp. lemon juice
- 2 tbsp. light soy sauce
- 2 tbsp. sesame oil (important)
- 1/2 cup thick coconut milk
- 2 red chillies or 1/2 tsp. sambal oelek
- 3 tsp. finely chopped fresh ginger
- 1 1/2 tsp. salt
- 2 tbsp. dark soy sauce
- 2 tbsp. palm sugar or substitute (ordinary sugar is fine)

Preparation

Bone chicken and remove skin. Cut into small cubes. In container of electric blender put seeded and roughly chopped chillies, onions, ginger, lemon juice, salt and soy sauce. Blend until smooth, pour into a bowl and stir in oil and sugar. Add chicken and stir until each piece is well coated with the marinade. Cover and marinate for one hour. Chicken can be marinated overnight in the refrigerator. There will be a generous amount of marinade, because this is used as the base for a sauce to serve with the satay.

Thread pieces of chicken on bamboo skewers which have been soaked for 1 - 2 hours in cold water, leaving at least half the skewer free at the blunt end. Grill over glowing coals or under a pre-heated griller (broiler), about 5 cm (2 in) from heat source, for 5 - 8 minutes or until chicken is crisp and brown. Brush with extra oil during grilling, once on each side.

Pour remaining marinade into a small saucepan, add thick coconut milk and simmer over low heat until smooth and thickened, stirring constantly. Pour into a small bowl and serve with the satay.

Serves: 6

Sesame Chicken

Contributor: *lah11@krebs.acc.Virginia.EDU (Lawrence A. Hite)*

Stir Fry Ingredients

Ingredients

- 1-2 lbs. deboned chicken (white or dark meat)
- 5 stalks celery, chopped
- 3/4 lb. broccoli, cut into small pieces
- 1/4 lb. mushrooms, sliced
- 1 large green pepper, cut in strips
- 1 tsp. ginger root, diced
- peanut oil for stir frying
- marinade (see below)
- 5 carrots, sliced
- 1/4 lb. snow peas, trimmed and halved
- 1 medium onion, coarsely chopped
- 3 cloves garlic, diced
- 2 Tbs. sesame seeds

Marinade:

Ingredients

- 1/2 C. white wine
- 2 Tbs. lemon juice
- 3 cloves garlic, crushed
- 3 Tbs. sesame oil
- 1/3 C. vinegar
- 1/4 C. soy sauce
- 1 tsp. ginger root, diced
- 2 tsp. chili oil

Seasonings:

Ingredients

- 1/4 cup chicken broth
- 1/4 cup vinegar
- 1 tsp. chili oil
- 1/4 cup soy sauce
- 1 tsp. honey

Preparation

Wash the chicken and chop into approximately 1/2 inch cubes. Mix together marinade ingredients in a medium sized bowl and add chicken pieces. If there is not enough marinade to cover all of the chicken, add more wine, soy sauce and vinegar. Place in refrigerator for at least one hour (but better if overnight).

Warning! This marinade is acidic and will tend to remove the seasoning on your wok! If this is a concern of yours, then in the sections below use a large stainless steel pan or a wok which you haven't taken so much care to season.

When ready to cook, heat 2-3 tbsp. peanut oil in wok until just barely smoking. Quickly add garlic and ginger and the vegetables (it is often easier to split the vegetables into 2 to 3 batches so that they cook evenly and quickly). Stir fry the vegetables stirring constantly until just cooked, but still crisp, then remove to a bowl.

Drain marinade from chicken and reserve for later. Heat 2-3 Tbs. peanut oil in wok, then add chicken and stir fry until cooked. Remove chicken with a slotted spoon, leaving juices in wok.

Add marinade to juices in wok and boil rapidly to reduce volume slightly. After about 5 minutes (with constant stirring) taste broth and adjust using the ingredients listed above under "Seasonings". Note that honey can be added to lessen the sourness if there is too much vinegar for your taste (dissolve honey in 1/4 C. hot water before adding).

You can serve this dish either hot or cold:

- To serve hot dissolve about 2 tbsp. corn starch in about 1/4 cup water and add to the broth in the wok and stir constantly under low heat until it starts to thicken. Return chicken and vegetables to wok and stir to coat with sauce. Serve over rice.
- To serve cold add a little more sesame oil, vegetable oil and vinegar. The idea is to get enough liquid to adequately marinate the partially cooked vegetables. As always taste the mixture as you go and adjust accordingly. Put it in a (non-metal) bowl and refrigerate overnight to allow the flavors to mix. If desired, strain broth away before serving. You can also add your favorite variety of cooked pasta.

Sheng ch'ao chi sung (stir-fried minced chicken)

Ingredients

- 1/2 lb. Boned Chicken Breast
- 1/2 C. diced ham
- 1 C. diced white leeks (optional)
- 2 eggs
- 1 C. oil
- 1/2 C. diced mushrooms (or soaked black mushrooms)
- 1 C. diced bamboo shoot
- 1/2 C. green beans (cooked)
- 3 oz. rice noodles
- 20 Mandarin Dan Bing (or spring roll skins)

Marinade:

Ingredients

- 1/4 tsp. salt
- 1 tbsp. cold water
- 1 tbsp. cornstarch

Seasoning Sauce:

Ingredients

- 1 tsp. salt
- 2 tsp. cornstarch
- 2 tbsp. soup stock
- 1 1/2 tbsp. soysauce (light)
- 1 tsp. sesame oil
- 1/6 tsp. black pepper

Preparation

Heat oil until very hot. Deep fry the rice noodles until puffed and golden (only 2 or 3 seconds for each side). Put on a platter. Crush them with a fork or chopsticks.

Cut the chicken into 1/4 inch cubes. Marinate with salt, cornstarch and water at least 20 minutes. Then fry with 1 cup of hot oil only 30 seconds and drain.

Make a thin pancake with the beaten eggs. Cut into 1/4 inch cubes.

Heat 3 tablespoons of oil in a pan. Stir fry the mushrooms, the bamboo shoot, the green beans, and the ham. After 1 minute add fried chicken, egg cubes, and seasoning sauce. Stir fry over high heat until mixture thickens. Then, add the white leeks. Turn off the heat right away. Put on platter over fried rice noodles.

Serve with Mandarin Dan Bing or spring roll skin which will be used to wrap around the meat and noodle mixture.

Ban-Ban Ji (Cold Chicken with Sesame and Spice Sauce)

Contributor: *Ted.Taylor@p4214.f104.n109.z1.FidoNet.Org (Ted Taylor)*

Ingredients

- 2 pounds of chicken breasts, poached and shredded into matchstick-sized pieces
- 4 tbsp. finely chopped garlic (7 large cloves)
- 12 tbsp. red oil (about 4 fl.oz.)
- 4 tbsp. light soy sauce
- 1 teaspoon Szechuan “flower” pepper, ground
- 5 tbsp. finely chopped fresh ginger
- 12 tbsp. sesame paste (Tahini)
- 4 tsp. Chinese vinegar
- 3 tbsp. sugar
- 5 tbsp. sesame oil

Preparation

Shred the chicken breasts after cooking. Blend all other ingredients well, using a kitchen blender if possible.

Serve with sauce over chicken.

Variation of Tandoori chicken

Contributor: *micki@napalm.valid.com (Michelle Stone)*

Ingredients

- 1 medium white onion
- 1 tsp. ground cloves
- 1 tsp. coriander
- 1 tsp. salt
- 1 tbsp. honey
- 1 tsp. orange food coloring
- 6 cloves garlic
- 1.5 tsp. turmeric
- 2 tsp. garam masala
- pinch of freshly ground pepper
- 1 pint non fat yogurt

Preparation

Chop onion and garlic and blend in blender until smooth. Add other dry ingredients and honey and blend. Pour in large bowl and blend with yogurt and food coloring.

Skin a chicken. Divide into parts and cut the breast portions in half (this means you have 4 breast parts). Score the larger pieces. Place chicken in bowl and completely cover with sauce. Marinate for at 2 to 3 days in refrigerator. Turn chicken often. Cook for a minimum of one hour in clay pot. Chicken should be cooked dry. Can also be cooked in a Weber.

Chicken with Tomatoes and Balsamic Vinegar

Contributor: *twain@milton.u.washington.edu* (Barbara Hlavin)

Ingredients

- 1/3 cup chicken broth
- 3 tablespoons balsamic vinegar
- 1 tsp. fresh chopped rosemary, or 1/2 tsp. dried rosemary, crumbled
- 1 can (1 pound 12 ounces) plum tomatoes, drained
- 1/4 teaspoon salt
- 2 tablespoons olive oil
- 1/2 cup chopped onions
- 1 teaspoon finely minced garlic
- 3 whole chicken breasts, cut in half
- Freshly ground black pepper

Preparation

Combine chicken broth, vinegar and rosemary; pour over chicken, cover, and refrigerate overnight.

Remove chicken and pat dry, reserving marinade. Heat oil in a heavy frying pan and brown chicken in two batches. Remove chicken from the pan; add onions and garlic. Saute over medium heat for 5 minutes, until onions are softened. Add marinade to pan and bring to a simmer. Add chicken, baste with some of marinade, cover and simmer 25 minutes.

Remove chicken and keep warm. Add tomatoes, salt and pepper; simmer about 5 minutes, or until thickened. Pour sauce over chicken.

Pavo a la Catalana (turkey stuffed with dried fruit and nuts)

Contributor: *claudiak@spider.co.uk* (Claudia Kale)

Ingredients

- 1 turkey, preferably a hen, about 9 lb.
- butter or dripping for roasting
- 4 oz. chopped onion
- 5 oz. chopped, pitted, dried prunes
- 5 oz. chopped, dried apricots
- 2 oz. whole almonds (blanched or not, take your pick!)
- 4 fl. oz. port (or substitute brandy)
- salt and pepper
- 12 oz. sausage meat
- 4 oz. blond raisins (sultanas)
- 5 oz. chopped, pitted, dates
- 5 oz. chopped, dried figs
- 2 oz. pine nuts (pignoli)

Preparation

Fry the sausage meat gently with the chopped onions, drain off the fat that tries out. Stir in the dried fruits, nuts, pine nuts, salt and pepper to taste, and the port. Mix it well and stuff the washed and dried turkey.

Truss the turkey, rub with butter or dripping and roast in the way you normally do a turkey, allowing 20 minutes per pound of bird in a two-phase oven: have the oven at 425F (220C) when you first put the bird in. **immediately** turn the oven down to 325F or 170C, and leave it at that temp for the duration of roasting.

Serves: 6–8

Chicken with White Wine

Contributor: *twain@milton.u.washington.edu* (Barbara Hlavin)

This very simple preparation is inspired by French country cooking. Garlic, when boiled or baked, loses its bite and becomes mild and very flavorful. For variety, substitute halved Cornish game hens for the chicken. Serve with potatoes sauteed with onions and herbs, and a green salad. Accompany with the dry white wine you use for the cooking.

Ingredients

- 4 chicken breasts
- 2 cups quartered mushrooms
- 1 head of garlic
- 1 cup dry white wine
- 1 cup shredded Gruyere cheese

Wash and pat dry the chicken breasts, skin on; salt and pepper. Broil the chicken in a shallow pan or rimmed baking sheet about 4-5 inches from the heat for approximately 5-7 minutes per side, or until well browned. Remove the chicken from the broiler and set aside. While the chicken is broiling, boil the head of garlic for about 15 minutes, or until tender. Drain the garlic, cool and peel the individual cloves. Scatter the cloves around the chicken, add the wine and mushrooms to the pan, and bake at 400 degrees for 10 minutes. Sprinkle the shredded cheese on top of the chicken and continue to bake, lowering the heat to 375 degrees, for another 10-15 minutes or until done.

Serves: 4

Chapter 5

Desserts and Endings

Chocolate Pears

Contributor: *aa519@cleveland.Freenet.Edu (Scotty Meredith)*

Ingredients

- 2 cups water
- 2 Tbs. Lemon juice
- 4 firm Bosc pears (1 3/4 lbs.)
- 1/2 cup sugar
- 2 Tbs. butter or margarine
- 3/4 cups sugar
- 1 (3" long) Cinnamon stick
- 1/4 cup half-half
- 2 squares (1-oz. size) Unsweetend Chocolate
- 1 tsp. almond extract

Preparation

In a two quart microwave safe casserole, mix water, 3/4 cup sugar, lemon juice, and cinnamon. Microwave, covered, at HIGH (100) Meanwhile, leaving stems on, pare pears; then core them through bottom. Cut thin slice off each bottom so pears will stand up. Place pears in hot syrup turning to coat with syrup. Microwave, covered at HIGH 10 minutes, turning pears in syrup after 5 minutes and rotating dish. Let pears cool in syrup; chill 2 hours or overnight.

Before serving, make sauce: In a medium-size glass bowl, mix half and half and 1/2 cup sugar. Microwave, uncovered, at HIGH 2 minutes, stirring after 1 minute. Add chocolate; microwave at HIGH 30 seconds. Stir until chocolate is melted. Stir in butter until melted, then extract. Spoon 2 tablespoons sauce onto each serving plate; top with pear. Spoon 1 tablespoon sauce over each.

Serves: 4

Molotov Cocktails

Contributor: *Germaine A. L'Eveque germaine@cs.columbia.edu*

Ingredients

- 1 qt. vanilla ice cream
- 1 qt. vodka
- 2 cups double strength coffee

Preparation

Mix ingredients in blender (must to in at least two batches to fit all ingredients). Sprinkle top of each portion with a little ground cinnamon or nutmeg.

Out Of This World Irish Coffee

Contributor: *Sallijan Snyder jsnyder@scdt.intel.com*

Ingredients

- strong black coffee
- your fave Irish
- brown sugar (I use dark brown)
- unsweetened (or slightly sweetened) whipped cream

Preparation

I won't give proportions as I vary these depending on my drinking mood: if I want to drink several during an evening, I use less whiskey; if I want to get to sleep, I weaken the coffee a bit or use more whiskey. In fact, my usual home-brew coffee is half-n-half decaf and French Roast.

P&D's Irish coffee

Contributor: *Pete Bellas bellas@ttidca.tti.com*

Ingredients

- 1 shot Old Bushmills
- 1/2 shot Irish Mist
- 1 shot Irish Cream
- 2 tsp. sugar

In a large mug place all the ingredients and fill with strong brewed coffee. Top with whipped cream and a sprinkle of shaved chocolate

Spanish Coffee

Contributor: *Toki Noguchi tokin@hpmwmat.sr.hp.com*

Ingredients

- 1 lemon wedge
- 1 1/2 ozs of Kahlua (jigger)
- coffee
- 1 Tbsp brandy
- sugar
- whipped cream

Rub lemon around the rim of the glass, then dip into a dish of sugar. In front of and alcohol burner or Sterno, rotate the glass over the flame to caramelize the sugar. Place spoon on glass to prevent cracking. Warm brandy in a pan or a chafing dish. Pour into glass and ignite. Add jigger of Kahlua and ignite. Pour in hot coffee, leaving about 1 1/2". Add whipped cream, level to the top of the glass.

Variations:

- Dutch Coffee — Same procedure as the Spanish coffee substituting Vandermint for Kahlua and brandy.
- French Coffee — Same procedure as Spanish coffee substituting Grand Marnier for Kahlua and brandy.
- Irish Coffee — Same procedure as Spanish coffee substituting Irish Whiskey for Kahlua and brandy.
- Israeli Coffee — Same procedure as Spanish coffee substituting Sabra for Kahlua and brandy.
- Italian Coffee — Same procedure as Spanish coffee substituting Amaretto for Kahlua and brandy.
- Jamaican Coffee — Same procedure as Spanish coffee substituting Rum for Kahlua.
- Roman Coffee — Same procedure as Spanish coffee substituting Galliano for Kahlua.
- Cafe Royale — Same procedure as Spanish coffee substituting Brandy for Kahlua and brandy.

Cafe Brulot

Contributor: *Pete Bellas bellas@ttidca.tti.com*

Ingredients

- 7 sugar cubes
- 1 lemon twist
- 2 cinnamon sticks
- 4 cups strong, hot coffee
- 8 oz. brandy (6 jiggers)
- 2 orange twists
- 10 whole cloves

Preparation

Place all ingredients except coffee in a chafing dish. Heat gently, stirring constantly until well warmed. Ignite and allow to burn for 1 minute. Slowly pour in coffee. Ladle coffee into demi-tasse cups, being careful not to get any of the spices into the cups.

Serves: 6–8

Cafe Diabie

Contributor: *Pete Bellas bellas@ttidca.tti.com*

Ingredients

- 2 tbsp. sugar
- 2 orange twists
- 2 1" cinnamon sticks
- 5 oz. dark rum or brandy
- 10 whole cloves
- 5 cups strong, hot coffee

Preparation

Place all ingredients except the coffee in a chafing dish. Heat gently, stirring constantly. Ignite and allow to burn for 1 minute. Slowly add coffee. Ladle into cups, remove the spices.

Serves: 4–6

Mocha Brandy

Contributor: *Pete Bellas bellas@ttidca.tti.com*

Ingredients

- 1 cup milk
- 1/4 cup strong coffee
- sugar
- 3 heaping tsp. Nestle Quik
- 1 1/2 oz (jigger) brandy
- whipped cream

Preparation

Heat milk and stir in Quik. Combine hot chocolate, coffee and brandy. Stir in desired sugar and top with whipped cream.

Almeria

From The Barkeepers Helper.

Ingredients

- 1-1/2 oz. rum
- 1 oz. coffee
- 1 oz. brandy
- 1 egg white

Preparation

Blend the ingredients with ice cubes. Strain into a glass.

Bourbon Fog

From The Barkeepers Helper.

Ingredients

- 1 quart bourbon
- 1 quart vanilla ice-cream
- 1 quart strong coffee

Preparation

Chill the coffee. Mix all the ingredients in a punch bowl. Serve with a small amount of ice.

Cafe Amaretto

From The Barkeepers Helper.

Ingredients

- 1/2 oz. Amaretto
- 1 cup hot coffee
- 1/2 oz. Kahlua
- whipped cream

Preparation

Pour the liqueurs into the coffee and top with the whipped cream.

Cafe Royal

From The Barkeepers Helper.

Ingredients

- sugar cube
- hot coffee
- brandy

Preparation

Put sugar cube well soaked in brandy in a teaspoon: ignite. When flame is out, drop into the coffee.

Iced Coffee Phillip

From The Barkeepers Helper.

Ingredients

- 2 teaspoons Kahlua
- cooled strong coffee

Preparation

Mix together in a glass and chill before serving.

Italian Coffee

From The Barkeepers Helper.

Ingredients

- 1-1/2 oz. Amaretto
- 1-1/2 teaspoon coffee ice-cream

Preparation

Mix the above in a glass and fill with hot coffee. Sprinkle with ground coriander.

Jamaican Coffee

From The Barkeepers Helper.

Ingredients

- 1 oz. coffee brandy
- 1 oz. light rum

Preparation

Mix together in a glass. Fill the glass with hot coffee. Sprinkle with nutmeg.

Mexican Coffee

From The Barkeepers Helper.

Ingredients

- 1 oz. Kahlua
- 1/2 oz. tequila
- very hot coffee
- whipped cream

Preparation

Mix the liquids in a glass. Top with the whipped cream.

Cranberry-Citrus Sauce

Contributor: *hammonds@riacs.edu (Steve Hammond)*

This is from Nov 1990 issue of Bon Appetit.

Ingredients

- 1 small orange (unpeeled), sliced
- 2 cups sugar
- 2 12 oz. packages cranberries
- 2 1/3 cups orange juice (fresh squeezed preferable)
- 2 tbsp. plus 2 tsp fresh lemon juice
- 3 tbsp. plus 1 tsp triple sec or other orange liqueur (optional)

Preparation

Finely grind orange in food processor. Combine orange juice, sugar, and lemon juice in large sauce pan. Bring to a boil, stirring until sugar dissolves. Reduce heat and simmer for 5 minutes. Add ground orange and cranberries and cook until cranberries start to pop, stirring occasionally, approximately 8 minutes. Remove from heat. Stir in triple sec. Cool completely. Can be prepared 4 days in advance. Cover and refrigerate.

Yield: 5 cups

Lemon Crepe Batter

Contributor: *cplma@marlin.jcu.edu.au (Lynn M Alford)*

Ingredients

- 3 eggs
- 2 egg yolks
- 1/4 c lemon juice
- 3/4 c milk
- 1 cup plain flour
- 1 tbsp.sugar
- 1/2 tsp.salt
- 1 1/2 tbsp.vegetable oil
- 2 tsp.grated lemon rind

Preparation

Beat the eggs, egg yolks, and lemon juice together. Add the milk and stir well. Sift flour, salt, sugar together and gradually add to the egg mixture. Add vegetable oil and blend thoroughly. If batter appears lumpy, pour through a sieve. Stir in lemon rind and set aside for at least one hour before use. Check just before starting to cook and if it is too thick, thin with another tablespoon or two of milk. Pour two tablespoons of batter in center of hot, lightly oiled pan. Tip pan to spread the batter. Cook until top is dry. Turn over and cook other side for 15 seconds.

Chocolate Crepe Batter

Contributor: *cplma@marlin.jcu.edu.au (Lynn M Alford)*

Ingredients

- 3 eggs
- 1 1/4 cup buttermilk
- 1/2 tsp.vanilla
- 1 cup plain flour
- 2 tbsp.sugar
- 1 1/2 tbsp.vegetable oil
- 2 tbsp.cocoa

Preparation

Beat the eggs, then add buttermilk and vanilla. Mix well. Sift flour, cocoa, sugar together and gradually add to the egg mixture. Add vegetable oil and blend thoroughly. If batter appears lumpy, pour through a sieve. Stir in lemon rind and set aside for at least one hour before use. Check just before starting to cook and if it is too thick, thin with another tablespoon or two of milk. Pour two tablespoons of batter in center of hot, lightly oiled pan. Tip pan to spread the batter. Cook until top is dry. Turn over and cook other side for 15 seconds.

Hot Fudge Crepes

Contributor: *cplma@marlin.jcu.edu.au (Lynn M Alford)*

Ingredients

- 12 Chocolate crepes
- 1/2 cup butter
- 1 cup sugar
- 3/4 tsp.instant coffee
- 1/3 cup cocoa
- 1 cup cream
- 1 1/4 tsp.vanilla
- Chocolate ice cream

Preparation

Make crepe and set aside. Melt butter in saucepan and add sugar, coffee, and cocoa. Blend thoroughly. Gradually add creme and cook over medium heat, stirring constantly for about five minutes. Remove from heat and add vanilla. Put small scoops of ice cream on each crepe and fold over. Pour hot fudge over crepes, sprinkle with chopped nuts and serve immediately.

French Chocolate Silk Ice Cream

Contributor: *jfile@bmers193.bnr.ca (Jonathan File)*

Ingredients

- 1 cup sugar
- 1.5 cups milk
- 1/3 cup cocoa
- 3 egg yolks
- 2 cups cream
- 1 tsp vanilla

Preparation

Beat milk and egg yolks together. Blend in sugar. Cook over medium heat, stirring constantly, until thick enough to coat the spoon. Remove from heat, sift cocoa into the mixture, then beat until well blended. Cool. Add cream and vanilla. Mix well. Refrigerate overnight. (Note, I usually add the cream and vanilla the next day). Freeze in ice cream maker according to its instructions.

Yield: 1 quart

French Vanilla Ice Cream

Contributor: *jfile@bmers193.bnr.ca (Jonathan File)*

Ingredients

- 3 eggs
- 2 cups cream
- 2 tsp vanilla
- 1 cup sugar
- 2 cups milk

Same cooking instructions as for French Chocolate Silk ice cream.

Yield: 1 quart

Honey Vanilla Ice Cream

Contributor: *jfile@bmers193.bnr.ca (Jonathan File)*

Ingredients

- 3 eggs
- 2 cups cream
- 2 tsp vanilla
- 1/2 cup honey
- 2 cups milk

Same cooking instructions as for French Chocolate Silk ice cream.

Yield: 1 quart

Variations:

Use pint amount (or double the ingredients below for quart amounts) with either the French or Honey Vanilla bases.

- Rum Raisin — Soak 2 tbsp. raisins in 2 tbsp. rum for 30 mins. Chop and then continue soaking. Add toward the middle of the freezing process.
- Rum Coconut — Add 2 tbsp rum. and 1/4 cup grated coconut.
- Egg Nog — 1 tbsp. brandy and 1 tbsp. rum. Dash of nutmeg.
- Peppermint — Add 1/4 cup crushed peppermint candy. Optional: add a few drops red food coloring and/or 1/8 tsp mint extract.
- Peanut Brittle — Add 1/2 cup crushed peanut brittle.
- Macaroon — Crumble about 5 macaroons into cream mixture. Optional: add 1/4 tsp almond extract; macaroons may be soaked in sherry (about 1/4 cup) before added.
- Mint Chocolate Chip — Add 1/4 tsp. mint extract and 1/4 cup semi-sweet mini chocolate chips (or shaved chocolate). Optional: add a few drops of green food coloring.
- Chocolate Chip — Add 1/3 cup semi-sweet mini chocolate chips.
- Grasshopper — Add 2 tbsp. creme de menthe and 1/3 cup (about 6) crumbled chocolate cookies (sandwich or wafer type). Remember to add the creme de menthe toward the end of freezing.
- Butter Pecan — beat softened or melted butter (1 tbsp.) in with egg and sugar until completely blended. Add 1/2 cup chopped pecans (plain or roasted).
- Kahlua and cream — add 4 tbsp. Kahlua mid-way through freezing.
- Toasted Coconut — add 1/2 cup lightly toasted shredded coconut. Optional: add 1/4 tsp. almond extract.

- Coffee — increase sugar to 1/2 cup. Dissolve 1.5 tbsp. instant coffee in smallest amount of very warm water. Add to base.
- Cookies and cream — Add 1/2 cup (about 8) crumbled chocolate cookies.

Caramel Ice Cream

Contributor: *jfile@bmers193.bnr.ca (Jonathan File)*

Ingredients

- 1/2 cup sugar
- 3/4 cup milk
- 1 tsp. vanilla
- 2 egg yolks
- 3/4 cup cream

Preparation

Heat sugar slowly in a skillet until melted and light brown, stirring constantly. In a saucepan, scald milk and pour into sugar. Cook to dissolve sugar. In a large bowl, beat egg yolks and add hot milk and sugar mixture slowly, stirring constantly. Cook slowly until thickened. Cool. Add cream and vanilla. Stir. Refrigerate overnight. Freeze in ice cream maker according to its instructions.

Yield: pint

Homemade Bailey's Irish Cream

Contributor: *leel@boulder.Colorado.EDU (Lee Lawrence)*

Ingredients

- 1 pint half and half
- 1 1/2 cup Irish whiskey (Canadian Club works too)
- dash cinnamon
- 2 eggs
- 2 tblsp. chocolate syrup
- 1 tsp. vanilla

In blender, combine all the ingredients. Blend until mixed well, serve cold. Stores up to two weeks in the fridge.

Kahlua

Contributor: *IO80214@MAINE.BITNET (Douglas Howell)*

Ingredients

- 1 qt. water
- 4 cup sugar
- 1 quart vodka
- 1/4 cup instant coffee
- 1 pint brandy
- 1 oz. vanilla

Preparation

In saucepan, combine water, instant coffee, and sugar. Bring to boil. Remove from heat and cool. Add brandy, vodka, and vanilla.

Mocha Mousse

Contributor: *Corwin John Joy* jcj11+@andrew.cmu.edu

Ingredients

- 1/4 cup powdered sugar
- 2 to 4 tablespoons grand marnier
- 2 teaspoons powdered instant coffee (not freeze dried) dissolved in 1/8 c. water
- 2 cups whipping cream
- optional: fresh strawberries
- 2 to 4 tablespoons rum
- 6 oz high quality milk chocolate (e.g. Lindt etc.)
- 2 stiffly beaten egg whites
- 1 grated orange peel

Preparation

Cut the milk chocolate into small pieces. Place chocolate, coffee and rum in a medium size heatproof bowl. Bring 1 inch of water to a simmer in a wide skillet. Turn the heat off and wait 30 seconds (milk chocolate burns easily — do not turn the heat back on unless you absolutely must). Set bowl of chocolate in pan of hot water. Stir chocolate mixture constantly until melted and smooth. Remove chocolate from heat and let cool until a small dab on your upper lip feels slightly cool, about 85 F.

Whip egg whites until stiff, but not dry, and fold half of them into the chocolate. In a second bowl, whip the 2 cups of cream until just before soft peaks form. Add 1/4 of powdered sugar and then gently fold **half** of the cream into the cooled milk chocolate mixture (when adding cream to egg whites be careful to always stir in the same direction to avoid breakage, a rough grainy appearance, if this should happen it can be fixed with an electric mixer). To the remaining half of the cream, add the gran marnier and grated orange peel; then fold the remaining egg whites into this mixture .

That's it! Now just layer the chocolate and orange mousse mixtures in a wine glass, chill for at least two hours, and decorate with fresh strawberries before serving.

Yield: about 4 cups

Truffles (simple)

Contributor: *mrd@ddd.prepnet.com* (*Michael DeCorte*)

Ingredients

- 2/3 cup of cream
- 4 tbsp. of butter softened
- 7 oz. of bittersweet chocolate finely chopped
- 1 cup of cocoa

Preparation

heat cream until just boiling, add chocolate, mix until smooth, add butter, mix until smooth. Chill. Make little balls and roll them in cocoa. Eat.

Quicker version: before chilling, smooth into foil lined jelly pan. dust top with cocoa, chill, cut up into little squares.

variation: 1 part cocoa, 1 part powdered sugar.

variation: add 1-4 tbsp. of your favorite booze at the end.

Truffles

Contributor: *mrd@ddd.prepnet.com* (*Michael DeCorte*)

Ingredients

- 1 lb. of bittersweet chocolate finely chopped
- 6 egg yolks
- 1/2 lb. of butter softened
- 6 tbsp. of rum

Preparation

Melt chocolate, add butter, yolks, rum. mix until smooth. Chill. Make little balls and roll them in cocoa mixed with powdered sugar.

variation: use something other than rum.

Tropical Truffles

Contributor: *mrd@ddd.prepnet.com (Michael DeCorte)*

Ingredients

- 1/4 cup of finely chopped dried papaya or pineapple
- 1/2 stick butter
- 1 egg yolk
- 1/4 cup of La Grande Passion or Grand Marnier
- 8 oz. white chocolate, finely chopped
- 1 cup of macadamia nuts, rinsed of salt, toasted and chopped

Preparation

Soak fruit in booze. Melt chocolate, add booze, fruit, egg. Beat with mixer (they say it will curdle then go back together - didn't happen with me). Chill, make little balls, roll in nuts.

Complicated Truffles

Contributor: *mrd@ddd.prepnet.com (Michael DeCorte)*

Ingredients

- 1 cup of cream
- 12 oz. of bittersweet chocolate
- 1.5 tps. of lemon zest
- powdered sugar
- 1/2 vanilla bean
- 2 tbsp. butter
- 1 tbl cognac

coating:

Ingredients

- 8 sugar cookies
- 1.25 lbs of bittersweet chocolate
- 1.25 cups of toasted slivered almonds

Preparation

Make a ganache: heat cream with split vanilla bean until boiling. remove bean. Add chocolate. mix until smooth. add butter, zest, cognac. (They have a step in here to chill and then soften again which I don't do.) Beat on high in mixer 30-60 seconds until lightens in color. (don't over beat it will get grainy and your work is ruined.) Pipe out little balls with a pastry bag. Chill. make the balls perfect and roll in the sugar and let them sit to for 30-60 minutes to form a thin crust (I don't bother with the sugar)

Now coat: Temper chocolate. Coat all balls with a thin layer of chocolate. (dab some chocolate in palm and roll ball around messy but works). Mix the cookies and almonds into the chocolate. Give all the balls a second coating. (i've tried to use dipping forks - the coating is too thick)

Variation:

Ingredients

- 2/3 cup of creme fraiche or cream
 - 12 oz. of white chocolate
 - powered sugar
 - 1 vanilla bean
 - 1 tbl of cognac
 - 1.25 lbs of white chocolate
- Prepare as above, coat with two layers of tempered white chocolate.

Variation:

Ingredients

- 1/2 cup of sugar
- 1/4 tsps. lemon juice
- 1/2 vanilla bean
- 2 tbsp. of butter
- 1.25 lbs of bittersweet chocolate
- 3 tbsp. of water
- 3/4 cup plus 2 tbsp. of cream
- 10 oz. of bitter sweet chocolate
- 2 tbsp. of dark rum
- 3 cups of alkalized cocoa powder

Preparation

Make a dark carmel from the sugar, water and lemon juice. cool, chop up in your blender until fine. Then proceed as above, adding carmel to other truffle ingredients while cooking the mixture.

Temper chocolate, coat each ball once. Then coat each ball again and after coating roll in cocoa.

Variation:

Ingredients

- 1/3 cup of sugar
- 1/8 tsps. lemon juice
- 3/4 cups + 2 tbsp. of cream
- 10 oz. of bittersweet chocolate
- 10 sugar cookies finely chopped
- 1.25 lbs of milk chocolate
- 1/5 tbsp. water
- 1/3 cup of toasted hazelnuts chopped
- 1/2 vanilla bean
- 3 tbsp. of hazelnut liqueur (Capella, Frangelico)
- 1 cup of finely chopped hazelnuts

Preparation

Make dark carmel from sugar, water, lemon juice when you take it off of the heat add the hazelnuts. Cool, chop up fine and proceed as above.

For the coating, temper chocolate. Make 1 coating on each ball. Add nuts and cookies to tempered chocolate, make another coating on each ball.

Chapter 6

European Recipes

Swiss Cheese Fondue

Contributor: *anne@CYPRESS.CRAY.COM Tue Oct 9 10:52:08 1990*

Ingredients

- 1/2 lb. Gruyere cheese (from Switzerland)
- 1/2 lb. Tilsit cheese (from Denmark) or Vacherin (Swiss)
- 1-2 cups dry white wine
- Potato starch mixed with water, as thickener
- 1/2 lb. Appenzeller cheese (from Switzerland)
- 2-5 cloves garlic (or as much as you want)
- 2-4 Tbsp Kirsch
- Freshly grated black pepper

Preparation

Shred or cube cheese; melt in fondue pan with garlic, 1/2 cup wine, and kirsch (on the stove). Stir often. Add more wine if the cheese seems too dry as it's melting. When cheese is melted, add a little potato-starch-water mixture to thicken. Add pepper to taste. Transfer fondue pan to a fondue burner, and eat fast! Stir as each bread cube is dunked (stir with the bread), to prevent cheese from clumping.

She adds that one should not drink cold beverages with cheese fondue, or your stomach will be sorry. She says white wine or tea is best, and warm-ish Coke or mineral water is OK. She said NEVER drink beer with Swiss fondue. (She was quite firm on this last point.)

Cheddar-Beer Fondue

Contributor: *sasart@ella.unx.sas.com*

Ingredients

- 2 oz./person beer
- cheddar and emmenthaler cheese, grated, in roughly 3:1 proportion
- worcestershire
- garlic
- dry mustard
- fresh ground black pepper

Preparation

Warm the beer in the fondue pot until it is almost, but not quite boiling. Add some minced garlic; as much as you like. Add cheese and keep stirring until it becomes the right consistency. Now add a dash of dry mustard, a dash of worcestershire, and some fresh ground black pepper. Stir. Serve with assorted cubed breads, fresh vegetables and fruit (apples go well in the cheddar).

French Ham Fondue (casserole)

Ingredients

- 3 cups French bread, cubed (include crusts)
- 3 cups sharp Cheddar, cubed or grated
- 4 eggs beaten and mixed with 3 cups milk
- 3 cups cubed baked ham
- 1/4 c. melted butter
- 3 tablespoons white flour combined with 1 tbs. dry mustard

Preparation

Butter 9 inch by 13 inch baking dish with 1/4 of total butter in recipe. Layer 1/3 of bread in bottom of pan, followed by 1/3 of cheese and 1/3 of ham. Sprinkle 1/3 of flour-mustard mixture on that layer; then drizzle another 1/4 of recipe's total butter. Repeat for two more layers. Pour milk-egg mixture over all. Refrigerate overnight.

Bake at 350 F for 1 hour or until puffy and golden. Let stand 5-10 minutes.

Yield: 8-12 servings

Pierogi

Contributor: *U27468@uicvm.uic.edu (Nancy Bulinski)*

Ingredients

- 2 cups all purpose flour
- 1/2 teaspoon salt
- 2 eggs
- 1/3 cup water

Preparation

Mound flour on a bread board and make a well in the center. Drop eggs and salt into well. Add water; working from the center to outside of flour mound, mix flour into liquid in center with one hand and keep flour mounded with other hand. Knead until dough is firm and well mixed. Cover dough with a warm bowl and let rest 10 min. Divide dough into halves. On floured surface, using half of dough at a time, roll dough as thin as possible. Cut out 3 inch rounds with biscuit cutter. Place a tablespoon of filling a little to one side of each round of dough, moisten edge with water, fold over and press edges together - I use a fork to make *sure* the edges are sealed, the way you would a pie crust.

Note: Pierogi can be frozen at this point. Layer carefully in freezer container, be sure to separate layers with wax paper.

Drop pierogi into boiling (lightly salted) water. Cook gently 3 to 5 minutes, or until pierogi float. Lift out of water with perforated spoon.

If you want to lightly saute them: first fry some bacon and crumble it; reserve bacon fat. Saute some chopped onion in same pan; remove and add to crumbled bacon. Add a little butter and lightly saute the drained pierogi in same pan.

Pierogi Mushroom Filling

Contributor: *U27468@uicvm.uic.edu (Nancy Bulinski)*

Preparation

Tradition is to use Polish Mushrooms, which are very expensive, and often very hard to come by. I use a combination of shiitake and button mushrooms. Soak shiitake mushrooms in warm water for at least an hour. Chop 1 lb. button mushrooms roughly and 1/2 medium onion and saute in butter until mushrooms cook down. Chop Shiitake mushrooms fine and add mushrooms and water they have been soaking in to pan and simmer 5-6 min, until liquid starts to evaporate. Salt and pepper lightly. (This holds nicely in the refrigerator - if you make the mushrooms the day before you make the pierogis, they will absorb more flavor from the cooking liquid.)

When filling pierogis, squeeze liquid from mushrooms - if filling is too moist it will run out of the dough.

Raclette

Contributor: *eacj@theory.tn.cornell.edu* (*Julian Vrieslander*)

Ingredients

- Raclette cheese, about 1/3 lb. per person
- small boiling potatoes, or larger potatoes cut into bite size hunks
- pickled cocktail onions — the kind that go into Martinis
- small pickles — my Swiss friend like the sweet gherkins
- good french bread

Preparation

Boil the potatoes until they are almost soft. While they are cooking cut the Raclette into slices about 3/8 to 1/2 inch thick and place each slice into an oven-proof dish or bowl. Put the potato hunks around the cheese, dot with a little butter, and dust with salt and paprika. Put in moderate oven until the cheese is melted through but not overly runny. The consistency should be thicker than a soupy cheese fondue — it should be a bit chewy. You might want to put it under the broiler for a minute to toast it just a bit. Remove from oven, and garnish with the onions and pickles. Serve with the french bread and a nice white wine.

To eat the stuff, you grab some of the onion, pickles, potato, bread or combination of the above, and scoop up some cheese with it.

Vareniks (fruit dumplings) with Cherries

Contributor: *margaret@b17a.ingr.com* (*Margaret Wiginton*)

Ingredients

- 600 g. cherries
- 220 g. sugar
- 1 cup flour
- 1/2 cup water
- 1 egg
- salt according to taste

Preparation

Pit cherries, add 200 g. sugar and stir. Put the flour in a bowl, add water, egg, salt, 20 g. sugar, mix and knead the dough. Leave it for 20 minutes, then roll the dough into a thin layer, and cut into small squares. Put several cherries into the middle of each square, moisten edges of square with whisked egg, connect two opposite corners of square together, and wrap up varenik. Leave vareniks in refrigerator for one hour, then put them into boiling salted water and boil them until they float. Eat vareniks with sour cream.

Russian Pancakes

Contributor: *margaret@b17a.ingr.com (Margaret Wiginton)*

Ingredients

- 600 g. flour
- 5 tsps. butter
- 25 g. yeast
- 4 cups milk
- 1 tbsp. sugar
- 1 egg
- one tsp. salt
- 3-4 tbsp. olive oil

Preparation

Heat 2 cups milk to 30-35 degrees C., dissolve yeast in it, add 1/2 tbsp. sugar, salt, egg yolk, and melted butter. Stir and add 300 g. flour. Knead dough. Cover dough with towel, and put it in a warm place to rise. After 2 hours, when doubled, add to the dough the rest of the milk, warmed to 50 degrees C., the rest of the flour, the sugar, and gradually pour the whisked white of egg into it. Knead dough again and let it rise. Dough must rise about 3 hours in total. Then lightly oil frying pan and let it warm. Ladle the dough carefully into the frying pan. When lower side of pancake will start to brown, turn it over. When the second side browns, take the pancake and put it in a saucepan, wrapped with a towel. Don't stir the dough when cooking.

Pancakes are eaten with warm melted butter, or with sour cream, or with honey, or with jam. A traditional Russian dish is pancakes with sturgeon (black) or salmon (red) caviar, though regrettably people begin to forget such traditions today.

Chapter 7

Seafood

Escargot

Contributor: *shan@niwot.scd.ucar.edu (Val Shanahan)*

Ingredients

- large fresh mushrooms — as many as you have
- fresh garlic
- escargot
- butter
- brie cheese
- pesto

Preparation

Remove stems from mushrooms and place an escargot in each cap. Melt butter and lightly sautee garlic in whatever form you prefer (chopped,slivered,etc.). Pour garlic and butter over escargot. Put a dab of pesto on each escargot and top with a small piece of brie. Put all of this in a shallow pan or on a cookie sheet with melted butter in the pan or on the sheet. Broil until the cheese bubbles and is maybe a little brown on top - your preference.

Escargots de Bourgogne — chez Marguerite

Contributor: *aa333@cleveland.Freenet.Edu (Robert N. Hartman)*

Ingredients

- 1 dozen snails, canned (with shells for serving)
- 1/4 lb. salted butter
- 2 tsp. Worcestershire Sauce
- Salt and White Pepper to taste
- 1 clove garlic, crushed
- 3 shallots, crushed (or chopped green onions)
- 1 tbsp. finely chopped parsley
- the juice of 1/4 lemon
- 2 drops Tabasco Sauce
- 1 tbsp. fine cracker crumbs
- additional fine cracker crumbs to garnish each shell
- lemon wedges for serving

Preparation

Combine butter, Worcestershire Sauce, salt and white pepper, garlic, shallots, and parsley. Add lemon juice, Tabasco Sauce and cracker crumbs.

Saute the drained, canned snails in regular butter until tender. Cool. Spoon a small amount of the seasoned butter into each shell, insert a snail, fill the shell with more seasoned butter and top with additional fine cracker crumbs. Bake in a 350 degree F oven for 10 minutes until the butter bubbles and begins to turn brown.

Serve immediately with lemon wedges and plenty of hot French bread.

A variation is to substitute large mushroom caps for the shells.

Serves: 3-4

Quenelles of Orange Roughy (Sole) with Caper Cheese Sauce

Contributor: *aem@mthvax.cs.miami.edu (a.e.mossberg)*

Ingredients

- 2 lbs orange roughy filets
- 1/4 cup butter or margarine
- 3/4 cup water
- 1 cup all-purpose flour
- 3 eggs
- 1/4 tsp pepper
- 1 tsp salt
- 1/8 tsp nutmeg
- 2 tsp chopped parsley
- 2 Tbl heavy cream
- 2 tsp lemon juice
- boiling water

Preparation

Grind or process finely and drain fish. Set aside. Heat butter and water in saucepan over medium heat. When mixture boils, reduce heat and quickly stir in flour, mixing vigorously until mixture leaves sides of pan in a ball. Place mixture in bowl. Beat in eggs, one at a time, beating 30 seconds after each addition. Add fish, pepper, salt, nutmeg, parsley, cream. Beat 1 minute. Refrigerate mixture for 30 minutes.

Shape mixture into 12 ovals using two large serving spoons. Arrange ovals in a greased 12-inch skillet. Carefully add lemon juice and boiling water into side of pan until quenelles are immersed. Simmer 15 minutes over medium heat. Drain well and serve immediately with Caper Cheese Sauce.

Yield: 5-6 servings

Caper Cheese Sauce

Ingredients

- 2 Tbl butter or margarine
- 3 Tbl all purpose flour
- 3/4 cup milk
- 1 cup shredded swiss cheese
- 1 Tbl chopped capers
- 1/4 tsp tarragon
- 1 Tbl chopped parsley
- 1/4 tsp salt
- 1 tsp peper
- 1/2 cup heavy cream
- 1 Tbl dry vermouth

Preparation

Melt butter in saucepan over medium heat. Add flour and cook 2 minutes, stirring constantly. Gradually add milk, stirring until thickened. Add cheese, capers, tarragon, parsley, salt, pepper, cream, and vermouth. Cook and stir over low heat until cheese melts.

Yield: 1 1/2 cups

Curried Shrimp Phyllo Bundles

Contributor: *nuchatl!xclud!glnserv!kati*

Ingredients

- 1/3 cup Yogurt
- 1/4 cup Peanuts, chopped
- 1 tsp. Curry powder
- 4 1/2 oz Shrimp
- 1/2 cup Butter
- 1/4 cup Coconut
- 2 tbsp. Chutney
- 1/4 tsp. Ginger
- 6 ea Phyllo dough sheets

Preparation

In small mixing bowl, stir together yogurt, coconut, finely chopped peanuts, chopped chutney, curry powder, and ginger. Gently stir in shrimp. Preheat oven to 375. Unfold phyllo dough. Place one sheet of phyllo dough on a waxed-paper-lined cutting board. Cover remaining sheets with a damp paper towel. Keep covered to prevent drying. Generously brush with butter. Top with another sheet of phyllo, then brush with more butter. Repeat with a third sheet of phyllo and butter. Using a sharp knife, cut the stack of buttered phyllo sheets into twelve 4" squares. Place about 2 tsp. filling in the center of each square. For each bundle, bring the 4 corners together; pinch and twist slightly. Repeat with remaining phyllo dough and butter to make 24 bundles total. Arrange bundles on ungreased baking sheet. Bake 18-20 minutes, until golden. To freeze: prepare phyllo bundles as directed, except do not bake. Freeze unbaked bundles on baking sheet, then transfer to storage container. Do not thaw before baking.

Serves: 24

Smoked Salmon Cheesecake

Contributor: *wilkins@scubed.com (Darin Wilkins)*

From Bon Appetit.

Crust:

Ingredients

- 1 1/2 Tbl butter (for pan)
- 1/4 C finely grated Gruyere cheese
- 1/2 C fine French breadcrumbs, lightly toasted
- 1 tsp minced fresh dill or 1/4 to 1/2 tsp dried

Preparation

Butter 9-inch springform pan. Mix crumbs, cheese and dill. Sprinkle into pan, turning to coat. Refrigerate.

Cake:

Ingredients

- 3 Tbl butter
- 1 3/4 lbs cream cheese, room temperature
- 1/2 C grated Gruyere cheese
- 1/2 tsp salt
- 1 medium onion, minced
- 4 eggs
- 1/3 C half and half (light cream)
- 1/2 pound smoked salmon, coarsely chopped

Preparation

Over low heat, melt butter in a heavy medium skillet and cook onion until translucent, about 10 minutes. Stir occasionally.

In a blender or food processor, mix the cream cheese until smooth. Add eggs, cheese, cream and salt and mix until smooth. Add onions and salmon. Blend, but do not overmix. Filling should retain some texture.

Pour filling into prepared pan. Set pan in a larger roasting pan. Add enough hot water to roasting pan to come halfway up the sides of the springform pan. Bake at 325 for 1 hour and 20 minutes. Turn oven off and cool cake about 1 hour with door ajar. Transfer to rack and cool to room temperature before removing from pan and serving.

Serves: 12

Salmon with Garlic Sauce

Contributor: *dklur@attmail.com (david.s.klur)*

Ingredients

- 2 tbsp. vegetable oil
- 1/4 tsp. freshly ground white pepper
- 2 tbsp. soy sauce
- 1/2 pound broccoli, cut into 3 inch florets
- 4 garlic cloves, minced
- 1 tsp. sugar
- 1/2 pound fresh asparagus, trimmed 5 inches long
- 2 8-ounce skinned salmon fillets

Preparation

In a small skillet heat 1.5 tsp. of oil over moderate heat until hot. Add garlic and cook, stirring, until light brown. Reduce heat to low and add white pepper, sugar, and soy sauce. Cook, stirring, for about 30 seconds. Remove from heat and set aside.

In a steamer, steam broccoli and asparagus until bright green and tender. Drain and cover to keep warm.

Preheat broiler. Place salmon on broiler pan and brush with remaining 1.5 tbsp. oil. Broil salmon on one side only until brown and crusty on the outside and slightly translucent in the center, about 4 to 5 minutes.

Place grilled salmon on warm dinner plates and top with the garlic sauce. Serve with warm asparagus and broccoli.

Serves: 2

Microwaved Shrimp Scampi

Contributor: *bixenman@ccop1.ocpt.ccur.com (michael bixenman)*

Ingredients

- 1 lb. cleaned uncooked shrimp
- 2 tbsp. parsley flakes
- 1 large clove of garlic
- a splash of dry sherry (optional)
- 1/2 cup margarine (or butter)
- 2 tbsp. lemon juice, fresh
- 1/2 tbsp. salt
- other spices according to taste

Preparation

Cut up the margarine and put in casserole dish for melting (1 1/4 to 2 1/2 minutes) in microwave, don't burn it! Remove. Stir in all the ingredients except the shrimp. Add the shrimp, tossing until evenly coated. Cover the dish. Put back into the microwave.

Cook until the shrimp is cooked, (4 to 7 minutes), stirring twice during this time.

Remove. Sprinkle with paprika and serve with linguine or whatever you have in mind.

Oven-Roasted Snapper with Vegetables

Contributor: *nsh3@cunixf.cc.columbia.edu (Nadine S Harris)*

Ingredients

- One 4-lb. red snapper (cleaned and scaled)
- 1 lemon, sliced crosswise in 1/4 inch slices
- 2 medium onions, coarsely chopped
- 1 large red bell pepper, sliced in 1/4-inch strips
- 1 medium tomato, sliced crosswise 1/2-inch thick
- 3/4 cup dry white wine
- Sea salt or kosher salt
- 1/2 cup plus 2 tbsp. olive oil
- 2 lbs. small new potatoes, peeled and sliced 1/4 inch thick
- 1 large green pepper, sliced in 1/4-inch strips
- 1 teaspoon saffron threads, crumbled
- 2 tbsp. dry bread crumbs

Preparation

Soak saffron in wine mixed with breadcrumbs.

Rinse the fish inside and out and pat dry with paper towels. With a sharp knife, make 3 deep vertical slashes, almost to the bone, on both sides of the fish. Sprinkle a little salt over each lemon slice and press a slice into each of the slashes. Tuck the remaining lemon slices into the belly cavity.

In a large skillet, heat 2 tbsp. of the olive oil over moderately low heat. Add the onions and cook, stirring occasionally, until softened, about 12 minutes. Using a slotted spoon, remove the onions from the oil and spread them on a roasting pan large enough to hold the fish (I used a standard elongated stainless steel fish poacher, which was ideal because it has one of those racks with handles for removing the fish whole from the pan without damage.)

Preheat the oven to 400 degrees. Add 1/4 cup of the remaining oil to the skillet and heat over moderately high heat. Add the potatoes and fry, turning once or twice, until golden brown, about 15 minutes. Drain the potatoes on paper towels, then scatter them in the baking dish. Add the red and green pepper strips to the skillet and cook, stirring occasionally, until softened, about 5 minutes. Set the fish on top of the potatoes and distribute the softened pepper strips and tomato slices around it.

In a small bowl, whisk the remaining 1/4 cup of oil with the saffron and white wine until blended. Pour over the fish and vegetables and sprinkle the bread crumbs and 1 tsp. salt on top.

Bake for 35 to 40 minutes, until the fish is firm and cooked through. Remove from the oven, cover, and set aside for 5 to 10 minutes before serving.

Serves: 6

Squid with Yellow Peppers

Contributor: *sfisher@wsl.dec.com (Scott Fisher)*

Ingredients

- 1 yellow bell pepper, diced into 3/4" squares
- 1 medium yellow onion, diced
- Splash of white wine
- Marjoram, salt, and pepper to taste
- Squid mantles, cleaned and cut into rings 1/2" thick
- 2 or 3 cloves of garlic, minced
- Olive oil

Preparation

Heat oil in a large saute pan until wavy. Add garlic, onions, and herbs. Saute quickly; add yellow pepper. When the temperature comes back up, add the squid; toss quickly till they turn opaque and curl at the edges. Add white wine, salt and pepper as desired, and cook till the wine thickens. Remove from heat and serve with rice or risotto made with the tentacles.

Chapter 8

Meat

Grilled Sirloin with Tangy Sauce

Contributor: *thester@isis.cs.du.edu (Uncle Fester)*

Ingredients

- 1 boneless sirloin steak, cut 1 in. thick
- 3/4 c. ketchup
- 1/4 c. water
- 1 Tbs. vinegar
- 1 tsp. dry mustard
- Few drops hot pepper sauce
- 1-2 Tbs. Worcestershire sauce
- 1 med. onion, finely chopped
- 1/4 c. margarine or butter
- 1 tsp. lemon pepper seasoning
- 1/4 tsp. cayenne pepper

Preparation

Combine all ingredients except steak in small saucepan. Bring to a boil; reduce heat and simmer 10 min. Place steak on grid over med. coals. Grill steak 16-20 min. for rare (140 deg. F) to med. (160 deg. F), turning once. Brush cooked side frequently with sauce. Carve steak into thin slices and serve with remaining sauce. 4 servings.

Beef Stroganoff Crepes

Contributor: *cplma@marlin.jcu.edu.au (Lynn M Alford)*

18 crepes 2 tsp. Worcestershire Sauce 1/3 cup butter 1/3 cup tomato sauce (ketchup) 1 onion 1/3 cup red wine 2 cloves garlic 1/2 tsp. black pepper 250 g (1/2 lb) mushrooms 1/3 cup beef stock 1 kg (2 lb) rump steak 2 tsp. salt 1/4 tsp. ground cumin 2 cup sour cream 1/4 tsp. marjoram chopped chives

Make basic crepes (note not recipes above but plain ones.) Saute onion and garlic in butter until the onion is soft. Slice the mushrooms thinly and add to pan. Cook five minutes. Cut steak into thin strips and add to pan along with cumin, marjoram, worcestershire and tomato sauce. Stir frequently and cook until the meat browns. Add the wine, stock, salt, pepper and cook until meat is tender. Add sour cream and heat just until warm.

Now fill each crepe with stroganoff mixture. Fold over and put into shallow buttered baking dish. Bake at 350F (180C) in oven for 20 minutes. Sprinkle with chives and serve.

Real Ginger Beef

Contributor: *gummitch@techbook.com (Jeff Frane)*

From Bruce Cost's Ginger: East to West

Ingredients

- 1 lb. flank steak, sliced as thinly as possible across the grain
- 1 tbsp. dark soy sauce
- 1/2 tsp. freshly ground white pepper
- 1 1/2 tsp. sugar
- 1 cup peanut oil
- 1 tbsp. cornstarch
- 1 tbsp. sesame oil
- 1 cup finely shredded ginger
- 3 tbsp. Shao Xing rice wine (or dry sherry)
- 2 cups fresh coriander leaves, lightly chopped and firmly packed

Preparation

Marinate the beef in the cornstarch, soy sauce, sesame oil and pepper for 30 minutes in the refrigerator.

Meanwhile, in a small bowl, toss the ginger with the salt and set aside for 20 minutes; then squeeze the shreds to extract most of their moisture, and set aside. Combine the sugar and wine and set aside.

When the beef has marinated, heat the oil in a wok or skillet to a warm-hot temperature. Add the meat, stirring to separate the pieces. When the pieces change color remove them to a colander to drain. (Some of the meat may still be pink.) Remove all but 3 tbsp. of the oil from the pan. (It may be strained and saved for another use).

Heat the 3 tbsp. of oil in the pan and add the ginger. Stir rapidly for 15 seconds, add the beef, and cook stirring for another 15 seconds. Stir in the coriander leaves and the wine mixture, and cook just until the dish is heated through, and serve.

Serves: 3-4

Chicken and Sausage Jambalaya

Contributor: *bash@tware.com (Paul Bash)*

Ingredients

- 1 package chicken thighs (6 count)
- 1/2 bell pepper, chopped
- 3 large white onions, chopped
- 1/4 cup peanut oil
- 2 1/2 cups water
- flour to coat chicken
- 1 teaspoon thyme
- Salt to taste
- 1/2 package Polish Kielbasa (or other smoked sausage), sliced
- 5 stalks celery, chopped
- 2 cloves garlic, chopped fine
- 2 cups regular white rice
- 1 12oz beer
- 1 1/2 teaspoons rosemary
- A handful of chopped parsley
- Lots of cayenne pepper

Preparation

Start off by washing the chicken and placing it skin side down on a plate (you can remove the skin if you want). Now, depending on how spicy you want it, coat the chicken with Cayenne pepper until very red (I use a LOT of Cayenne in mine). Don't worry about getting it too hot, since this is the majority of the pepper you are going to add and it will cook into the rest of the dish. Turn the chicken pieces over and lightly coat the skin side. Let sit for 15 minutes or so to soak it all up.

Heat the oil in the bottom of a large heavy cast iron or aluminum pot (don't use thin aluminum or stainless steel since the rice will tend to stick and burn if you're not really careful). Place the flour in a paper bag (season the flour lightly with salt, cayenne pepper, black pepper, garlic powder, etc). Place a couple of pieces of chicken at a time into the bag and shake to coat.

Fry the chicken in the oil until golden brown. Don't worry about cooking it all the way through just yet. Remove the chicken. Now place the onions, celery, garlic and bellpepper into the pot (along with a bit more

oil if necessary) and saute them until the onions are transparent, scraping the bottom of the pot often. Add the rosemary, thyme and parsley and cook for a minute or so.

Place the sausage slices, chicken, and a little water into the pot and mix well with the vegetables. Turn heat low, cover and simmer for about 30 minutes (until the chicken is tender). Stir the mixture frequently, always scraping the bottom to keep things from burning (break the chicken up a bit with the spatula as it cooks. It should break up naturally as the dish cooks, but this just helps things a little).

When the chicken is cooked, add the washed rice and stir it into everything for a couple of minutes. Pour the warm beer and the water in and stir things for another minute or so. Taste it at this point and adjust the salt if necessary. Now, keeping the heat low, cover the pot and cook until the rice is tender (anywhere from 30 minutes to an hour). Stir the mixture every now and then, scraping the bottom of the pot.

Colorful Beef Kabobs

Contributor: *thester@isis.cs.du.edu (Uncle Fester)*

Ingredients

- 1 lb. boneless beef sirloin steak, cut 1 in. thick
- 1 Tbs. each fresh lemon juice and water
- 1 tsp. honey
- 1/4 tsp. pepper
- 12 lg. mushrooms
- 2 Tbs. vegetable oil
- 2 tsp. Dijon-style mustard
- 1/2 tsp. dried oregano leaves
- 1 med. green, red or yellow bell pepper, cut into 1 in. pieces

Preparation

Cut steak into 1 in. pieces. Whisk together oil, lemon juice, water, mustard, honey, oregano and pepper in lg. bowl; add beef, bell pepper and mushrooms, stirring to coat. Alternately thread pieces of beef, bell pepper and mushrooms on each of four 12 in. skewers. Place kabobs on rack on grid over med. coals. Grill 8-11 min. Season with salt, if desired. 4 servings. Serve with long grain and wild rice.

Roast Lamb with Port Sauce

Contributor: *jane@latcs2.lat.oz.au (Jane Philcox)*

Ingredients

- 1.75–2 kg. (3.75-4.5 lb.) leg of lamb
- 1 teaspoon ground ginger
- 2 teaspoons sugar
- 2 tablespoons cream
- 2 tablespoons flour
- 1 clove garlic, thinly sliced
- 1 teaspoon dry mustard
- 1 cup strong black coffee
- 2 tablespoons port
- 1/2 cup redcurrent jelly

Preparation

Trim excess fat from lamb. Make 2 or 3 slits on the surface of the lamb, and insert garlic slices. Combine ginger and mustard and rub over surface of lamb. Bake in a moderate oven (180 deg C, 355 deg F) for 1 hr. Dissolve sugar in the coffee, stir in the cream and port, pour over the lamb. Bake a further 45 minutes, for the lamb to be a little pink near the bone, 1 1/4 hours for well done lamb, basting occasionally. Lift the lamb onto a serving platter and keep warm. Skim the fat from the pan juices and reserve. Add water to the meat juices to make 1.5 cups, and set aside. Put 2 tablespoons of the reserved fat into the roasting dish, stir in the flour and cook for 2 minutes. Gradually add pan juices, stirring constantly. Cook until smooth and thickened. Blend in redcurrent jelly, and cook until melted. Serve the sauce separately.

This goes very well with a good red wine.

Marmalade Glazed Pork Kabobs

Contributor: *thester@isis.cs.du.edu (Uncle Fester)*

Ingredients

- 1 lb. boneless lean pork loin cut into 1 inch cubes
- 1/4 cup orange juice
- 1/8 tsp. cloves, ground
- 1 cup orange marmalade
- 4 Tbsp. margarine

Preparation

Combine orange marmalade, orange juice, margarine, and cloves. Heat until margarine is melted. Place pork cubes in bowl and cover with orange marmalade mixture. Cover and refrigerate overnight. Remove pork cubes from sauce. Thread pork cubes onto skewers. Grill 6 inches over hot coals for 10 to 15 minutes, turning once. Baste once on each side with sauce.

Serves: 4

West African Groundnut Stew

Contributor: *pjh@eng.cam.ac.uk (P.J. Hogben)*

Ingredients

- 1lb. (450g) cubed stewing beef
- 2 medium onions, chopped
- 3 fresh chillies
- pinch of mixed herbs
- Salt
- 7oz (200g) black-eyed beans soaked overnight
- 6 tablespoons peanut butter
- 1lb (450g) ripe tomatoes, peeled and chopped or a 14oz tin Italian chopped tomatoes
- 1lb. (450g) carrots (or a mixture of carrots, turnips, and courgettes to make up 1lb)
- 1" (2.5cm) piece of grated fresh root ginger or 1 heaped tsp. dried ginger
- pepper
- 7fl.oz (200ml) long grain rice

Preparation

This is all cooked on top of the stove in a very heavy saucepan with a tight fitting lid, as the meat needs to cook in its own juices, or a flameproof casserole. If you have a pressure cooker use it as an ordinary saucepan, as it seals in the steam beautifully. Also, if you are not sure of the fitting of your casserole or saucepan lid then use a double sheet of foil to line it and give it a more secure fit.

Deseed chillies and chop finely. Combine with peanut butter, ginger, herbs, vegetables and tomatoes and mix well.

Place meat in pan, followed by vegetable mixture and some seasoning. Put on close fitting lid and cook very slowly on top of the stove for approximately 1.5 hours or until meat is tender. Don't worry about apparent lack of liquid because the meat and vegetables will provide enough.

Cook beans for one hour. Cook rice in double its volume of salted water for 15-20 mins.

Season beans with salt and pepper and mix with rice. Serve as an accompaniment to the stew.

Serves: 4

Veal Roast with Artichokes

Contributor: *jb64@prism.gatech.EDU (Butterfield, Jill I.)*

Ingredients

- 1 veal roast
- 10–15 pearl onions
- 2 tbsp. canola oil
- 3 roma tomatoes, chopped
- basil
- 2–3 artichokes
- 3 cloves of garlic, minced
- 2 tbsp. butter
- 2 cups chicken stock
- pepper

Preparation

First, prepare the artichoke hearts (I guess you could cheat and use canned hearts). Peel the thick skin off the stems of the artichoke, and also cut off the top 1/2 inch or so. Cut away the harder outer leaves. Cut the artichoke in quarters and remove the “choke”.

Cut as much fat off of the veal as you can. Coat the veal generously with basil and pepper. Brown on all sides (about 10 minutes) in the oil and butter.

Remove the veal from the pan. Throw in the pearl onions, garlic and artichoke hearts. Put the veal back in on top and pour in the chicken stock around the veal. Cover and simmer for about 15 minutes.

Throw in the tomatoes, cover and simmer for about 20 more minutes.

Sprinkle with chervil (or parsley) before serving. Remember to let the roast stand for about 10 minutes before carving.

Veal With Sun-Dried Tomatoes, Capers and Herbs

Contributor: *ted@isgtec.uucp (Ted Richards)*

From Bon Appetit magazine, Dec 1988, p. 24

Ingredients

- eight 3/8 inch thick veal loin medallions
- 1 cup low-salt beef broth
- 1/4 cup chilled unsalted butter, cut into pieces
- 1/4 cup vegetable oil
- 2 large shallots, finely chopped
- 1 tbsp. minced fresh tarragon or 1/2 tsp dried, crumbled
- 1 tbsp. snipped fresh chives
- 3 tbsp. drained capers
- salt and freshly ground white pepper
- 1/4 cup unsalted butter
- 1 Tbsp minced fresh thyme or 1/2 tsp dried, crumbled
- 1/2 cup dry white wine
- 3/4 cup drained oil-packed sun-dried tomatoes, sliced

Preheat oven to 300 F. Season veal with salt and pepper. Melt 1/4 cup butter with oil in heavy large skillet over high heat. Add veal in batches; brown on all sides.

Add shallots to butter and oil mixture in same skillet and saute 2 minutes. Add wine and bring to a boil, scraping up any browned bits. Add sun-dried tomatoes and capers and boil until liquid is reduced by 1/3. Remove from heat.

Bake veal in oven about 2 minutes for medium. Gradually whisk chilled butter into warm sauce. Mix in herbs. Divide veal among plates. Spoon sauce over and serve immediately. Serves 4.

Chapter 9

Middle Eastern Recipes

Tadeek — Persian Rice

Contributor: *jrtrint@PacBell.COM*

TADEEK

“Tadeek” (phonetic spelling) is usually a flour tortilla, lavosh or potato layer in the bottom of your rice pan. More pride, heartache and boasting is involved with tadeek than any other single item in Persian food.

You’ll need a heavy-bottomed pan with a tight fitting lid, probably holding 2 to 3 quarts for a normal sized rice dish.

To learn tadeek making, start with flour tortillas. Cut in strips about 1/2 inch wide, and then crosswise to form squares. Put 2 or 3 tablespoons of oil and the same amount of butter in your pan and warm over low heat to melt the butter. Remove from the heat and carefully cover the bottom evenly with the tortilla squares. Do take your time, as this will be graded for artistic merit by your guests.

Layer in your rice as in the chelo recipe below, don’t pack it in. I add 1 to 2 tablespoons of oil when the pan is full, simply pouring it on top.

Place a dish towel on top of the pot, cover with the lid, and rubber band the excess towel around the knob. Turn it to “High” until the elements turn red, and then turn down the heat to just above “simmer” for 20 to 25 minutes.

If you did everything perfectly, you can invert the pot onto a serving platter, and the entire dish will slide out perfectly, with the tadeek golden brown and crusty on top. If it sticks, carefully spoon it out and put it on top of the rice.

The trick is consistent low heat across the entire bottom of the pan. If you have a hot spot, the tadeek will brown unevenly. Thin bottomed aluminum pans are the worst thing to use.

Advanced tadeek: Use potato slices, cut about 1/8 inch thick. Grind a bit of saffron threads with white sugar in a mortar and pestle, and tumble the potato slices until they’re coated. Line the bottom of the pan as before. This version burns VERY easily, so make sure you have your process under control with the tortilla version before you waste saffron.

Chelo (Persian Steamed Rice)

Ingredients

- 2 cups imported Iranian rice, or substitute other uncooked long-grain white rice
- 4 tbsp. butter, melted, plus 4 individual pats of butter
- Freshly ground black pepper
- Salt
- 4 raw egg yolks
- Dried sumak, a slightly sour Persian spice, from the berry of a non-poisonous variety of sumac (optional)

Preparation

If you are using Iranian rice, start at least 6 hours ahead. Spread it on a clean surface and pick out and discard any dark or discolored grains. Then wash it in a fine sieve or colander set under warm running water until the draining water runs clear. Finally place the rice in a large bowl or pot, add 1/4 cup of salt and enough cold water to cover it by about 1 inch and soak overnight, or for at least 6 hours. If you are using other long-grain rice, wash it in the same way, but soak it in the salt water for about 2 hours.

In a heavy 3–4 quart saucepan equipped with a tightly fitting lid, bring 6 cups of fresh water to a boil over high heat. Drain the rice thoroughly and pour it into the boiling water. in a slow, thin stream so the water does not stop boiling. Stir once or twice, then boil briskly, uncovered for 5 minutes. Drain in a sieve.

Pour 1 cup fresh water and the melted butter in the saucepan and pour in the parboiled rice, mounding it slightly in the middle of the pan. Cover the pan tightly with a strip of aluminum foil and set the lid in place. Simmer the rice over moderate heat to 15 to 20 minutes, or until the grains are tender and have absorbed all the liquid in the pan.

Serve at once. Traditionally, when served with skewered broiled meat or chicken, the rice is served mounded into individual portions with a well in the center of each. A pat of butter is placed on top, a raw egg yolk is dropped in, and the top is sprinkled with salt, a grindings of pepper and if desired a little dried sumak.

Serves: 4–6

Chelo Seebzamini (Steamed rice with saffron potatoes)

Ingredients

- 2 cups imported Iranian rice, or substitute other uncooked long-grain white rice, soaked and drained as in chelo recipe
- a pinch of sugar
- 5 tbsp. melted butter, plus 1 tbsp. butter cut into 1/4 inch pieces
- 1/2 tsp saffron threads
- 1 tsp. warm water
- 1 small baking potato, peeled and sliced 1/16 inch thick

Preparation

In a heavy 3–4 quart casserole equipped with a tightly fitting lid, bring 6 cups of water to a boil over high heat. Pout in rice in a slow, thin stream so the water does not stop boiling. Stir once or twice, boil briskly for 5 minutes, then drain in a sieve.

Meanwhile, with a mortar and pestle, mash the saffron and sugar together to a powder. Stir in the 5 tbsp. of melted butter. Add the potatoes and turn them about with a spoon until they are thoroughly coated. Spread the potatoes out flat so that they cover the entire bottom of the casserole and spoon the rice over them, mounding it slightly in the center. Dot the top of the rice with the remaining 2 T of butter. Cover tightly and cook over high heat for 5 minutes. Then place a sheet of aluminum foil over the casserole to seal it completely and set the lid back in place. Reduce the heat to lowest possible point and steam the rice and potatoes for 45 minutes, or until tender.

To serve, spoon the rice in a mound on a heated serving platter. Gently lift out the potato slices and arrange them browned side up on the rice. Chelo Seebzamini is traditionally served with a khoresh or stew.

Serves: 4–6

Chicken with Pomegranates and Walnuts

Ingredients

- 2 1/2 to 3 lb. fryer
- 3 tbsp. shortening
- 1/2 tsp. poultry seasoning
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 large onion (finely chopped)
- 2 cups walnuts, finely chopped
- 3 1/2 cups water
- 1 tsp. salt
- 1/2 tsp. cinnamon
- 2 tbsp. lemon juice
- 1 cup fresh pomegranate juice (or 2-3 tbsp. syrup)
- 2 tbsp. tomato sauce
- 3 tbsp. butter
- 1 tbsp. sugar

Preparation

Wash and prepare the chicken for frying. Saute the chicken with seasoning in shortening until light brown on all sides. As an alternate method, the chicken may be baked at 350 degree oven for 45 minutes.

Saute the onions in 3 tbsp. butter until golden brown. Add tomato sauce and saute for a few minutes. Add walnuts to the sauteed onions and saute over medium fire for about 5 minutes, stirring constantly. Be careful not burn the walnuts. Add water, seasoning, lemon juice, and pomegranate syrup. Cover and let cook on a low fire for about 35 minutes.

Taste the sauce and if you find it a little sour add the sugar. Arrange chicken pieces in this sauce. Cover and let simmer for 20-25 minutes. Serve with white rice.

Tah Chin (Persian chicken with rice)

Ingredients

- 5 cups basmati rice
- 2 1/2 lb. chicken breast or chicken pieces (allow for bones)
- 1/8-1/4 tsp. turmeric
- 1/8 tsp. pepper
- 1 1/2-2 cups yogurt
- 1/2 lb. butter
- salt
- 1 medium onion, quartered
- 3-4 lemons, juiced (use pulp too)
- 4 eggs
- 1/4-1/2 tsp. saffron/ sugar dissolved in warm water

Preparation

Soak rice in salty water. Cook chicken in water with turmeric, onion, and 1/2 tsp. salt. When chicken is tender, take out and cool; cut in chunks. Marinade cooked chicken in lemon juice, pepper, and 1/2 tsp. salt. Let broth cook down to 1/2 cup.

Put water from soaking rice and additional water in pan and bring to boil. Add rice and boil till almost done. Drain in colander.

Mix 4 eggs, yogurt, and saffron/sugar. Melt 2/3 stick butter in pan from rice with 1/2 cup oil. Add about 1/2 of rice to this yogurt/saffron mixture, then start layering: yogurt/rice, chicken, yogurt/rice, chicken etc. ending with plain rice in non-stick pan. Cook till done (begin on medium heat then turn down to low). If it dries out, add more butter and water mixed together.

To serve: turn out on platter (like a cake) and cut into wedges. Crust should be golden. Serve with salad.

Lubia Polo (Persian Lamb Stew)

Ingredients

- 2 lb. lamb steak, cubed (meat from leg of lamb is good too)
- 1 green pepper, short slices
- 2 lemons, juiced
- 2 large carrots, shredded
- 1 (6 oz.) can tomato paste
- basmati rice preferred
- 1 lb. green beans, cut in 1/4" slices
- 2 med onion, cut in half then slice
- 1/8 tsp. saffron, grind with a little sugar
- 1 tsp. salt
- 5 tbsp. butter, melted

Preparation

Saute onion in oil; add meat and cook till browned. Add green beans and peppers. Cook till crisp-tender; add salt and tomato paste, then enough water to cover everything. Let simmer 1 hour - or till meat is very tender. (Don't let it dry out - you want it saucy). Add lemon juice.

Meanwhile, soak 5 cups rice in water to cover with 3 tbsp. salt (you want the water to taste salty). Pour rice water into pan and add a little more water. Boil water, then dump in rice. Cook till rice is almost done (basmati will float on top and look longer and more even). Drain rice in colander.

Also, while rice and meat are cooking, saute carrots in butter/oil (you want them tender and sweet, so don't add salt).

Put a little oil/butter in large non-stick pan. Follow layers: 1) Rice, 2) meat/veg, 3) rice... in thin layers. Then pour saffron/sugar that has been mixed with a little hot water over top. Cover tightly. Steam until done (15 - 30 min on low). [you can pour a little butter/water mixture over top if rice dries out before it is done].

Serve on platter with crisp rice from bottom of pan over top, then carrots. Pour melted butter on top. Serve with salad.

Serves: 6-8

Sabzi Koofteh (Persian meatballs)

Ingredients

- 1 lb. ground meet (beef or lamb)
- large handful of fresh mint
- salt
- 1 egg
- tomato paste
- rice
- 2 medium onion
- large handful of fresh watercress
- turmeric
- butter
- split peas

Preparation

Cook some of rice and split peas (1/2-3/4 cup each) in pan — with not too much water for 5-10 min. Chop onion with mint and watercress. Add about 1/2 tsp. salt and 1/4-1/2 tsp. turmeric on rice, then add onions and mix with meat. Add 1 egg. Mix well.

Coarsely chop 1 medium onion and put in pan with a little oil and about 3 tbsp. butter. Saute, then add about 1/2 tsp. turmeric, 3 tbsp. tomato paste, salt (1/2 tsp.), and water (about 1/2 saucepan). Bring to a boil.

Make palm-sized meatballs and place in boiling mixture. Cook about 1/2 hour. Serve in bowls with broth. Yogurt and pickles on the side.

Khoresht Karafs (Persian Celery)

Ingredients

- 1 lb. lamb, cut in chunks (use tender pieces)
- 1 celery heart, or small bunch of celery (with leaves) cut into 1 to 1 1/2" pieces
- 1/2 to 4 lemons, juiced (depends on how sour you want it)
- 1/8 to 1/4 t. cinnamon
- turmeric
- 1-2 medium onion, cut into small chunks
- 2 c. goormeh sabzi (dried veg), crushed
- salt
- 1 t. tomato puree

Preparation

Soak goormeh sabzi in water.

Saute onion in oil with turmeric added (just sprinkle some on the oil). Add lamb and brown. Add water and simmer till tender. Drain goormeh sabzi then saute in pan with celery leaves (use butter and/or oil). Add celery and goormeh sabzi to meat, lemon juice, salt (to taste), cinnamon and tomato puree. Simmer till celery and meat is done.

Serve with hot rice (prefer basmati)

Goormeh Sabzi can be found in Persian or Middle Eastern stores, it is a dried vegetable combination with herbs.

Ghaima Bademjune (Persian chicken)

Ingredients

- 1 lb. chicken breasts
- 1/2 cup yellow split peas
- 2-3 dried lemons (you could substitute dried lemon peel)
- salt
- 2 medium onions, cut one in large pieces for frying, and other into quarters for cooking with chicken
- 6 oz. can tomato puree or paste (puree is preferred)
- 3-4 zucchini or 1-2 eggplant (japanese preferred), sliced 1/4" thick (slice lengthwise)
- oil

Preparation

Fry onion. Cook chicken in water with onion. When well done add fried onion and split peas. After cooked well, add tomato paste/puree, dried lemon peel, and simmer till very well done.

Fry zucchini and eggplant slices in oil with turmeric after sprinkling with salt.

Put chicken and sauce in dish and place veg. slices on top. Warm in oven or microwave.

Serve with Hot basmati rice.

Beef Pita, Greek Style

Contributor: *kati@glnserv.UUCP (Lady Dragon)*

Ingredients

- 2 lb Ground Beef
- 4 ea Small Cloves Garlic, Minced
- 1 ea Bay Leaf
- 1/2 t Chili Powder
- 1/4 t Cinnamon
- 1/3 c Burgundy Or Rose Wine
- 8 oz (1 pk) Cream Cheese, Softened
- 1/2 c Crumbled Feta Cheese
- 8 oz (1/2 Pk) Phyllo Leaves
- Parsley Sprigs
- 1 ea Med. Onion, Chopped
- 1/2 lb Fresh Mushrooms, Sliced
- 1 1/4 t Salt
- 1/2 t Cumin Powder
- 8 oz (1 cn) Tomato Sauce
- 1 ea Large Egg
- 1 c Creamed Cottage Cheese
- 1/2 c Unsalted Butter, Melted
- 1/4 c Dry Bread Crumbs
- Cherry Tomatoes

Preparation

Combine ground beef, onion and garlic in a large frying-pan; cook, stirring frequently until beef loses pink color. Pour off drippings. Add mushrooms, bay leaf, salt, chili powder, cumin powder, and cinnamon; cook, stirring frequently, until mushrooms are tender about 5 minutes. Stir in tomato sauce and wine; cook, covered, 10 minutes, stirring occasionally. Remove bay leaf. Cool while preparing cheese filling. Combine egg and cream cheese in medium bowl, beat with electric mixer until smooth. Stir in cottage and feta cheeses and blend. Brush 13 x 9-inch baking pan with melted butter. Line pan with 1 sheet of pastry, fitting pastry to contour of pan. (Pastry will come up over edges of pan.) Brush pastry with butter. Layer with 3 more pastry sheets, brushing each with butter. Sprinkle bread crumbs evenly over top. Spoon 1/5 of meat filling in layer over crumbs and 1/5 of the cheese filling over meat. Place 1 pastry sheet over cheese filling, crinkling to fit inside dimensions of pan; brush with butter and layer with 1/5 of the meat and 1/5 to the cheese fillings. Repeat with 3 more pastry sheets, crinkling each, brushing with butter and topping with fillings. Turn bottom pastry ends up over filling. Place remaining 8 pastry sheets smoothly over top, brushing each with butter. Using spatula, tuck top pastry sheets around inside edges of pan. With sharp knife, score top lightly in half lengthwise and sixths crosswise. (Do not cut through) Bake in moderate oven (350 degrees F.) 1 hour or until top is golden brown. Cool at least 10 minutes before cutting along scored lines. Place a cherry tomato on each of 12 small wooden picks and insert pick in center of each serving. Garnish with parsley. Garnish individual servings with fresh fruit kabobs, if desired.

Serves: 8

Quinces Stuffed with Rice and Split Peas

Contributor: nadel@aero.org (*M.H. Nadel*)

Preparation

What I prefer to do with quinces is to core them, fill the cores with a mixture of rice and yellow split peas cooked about halfway and seasoned with onions, garlic and cinnamon, and bake them. (Put about an inch of water in the bottom of the baking pan and add a little lemon juice.) This is done when the quinces are soft - maybe 45 minutes if you bake them at 350 degrees.

Moroccan Meat Stew

Contributor: mike@idca.tds.philips.nl (*Mike Corrall*)

Ingredients

- 1 large chicken, jointed, plus 2 tablespoons butter, or 2-1/2 lb. cubed mutton or lamb
- bunch parsley, chopped
- salt
- paprika pepper
- 1 lb quinces (or more to taste)
- 2 large onions, finely chopped
- 1/2 tsp. ginger, ground
- black pepper
- 3 oz. butter

Preparation

Put meat into a large pan with the onions and parsley. Just cover with water and season with ginger, salt and pepper. Bring to boil and simmer about an hour, until cooked. Slice and core the quinces (leave peel on), brown them very lightly in the extra butter and add them to the stew half an hour before the end of cooking.

Chapter 10

Miscellaneous

Microwave Spiced Almonds

Contributor: *wilkins@scubed.SCUBED.COM (Darin Wilkins)*

From the Sunset Microwave Cook Book.

Ingredients

- 1 cup blanched or unblanched whole almonds
- 2 tsp. salad oil
- curry mixture or garlic mixture

Preparation

In a shallow, microwave-safe dish, spread almonds in a single layer. Microwave, uncovered, until golden, about 8–10 minutes. Stir occasionally.

When nuts are golden, drizzle oil evenly over the top of the nuts. Sprinkle with either curry mixture or garlic mixture (recipes follow) and stir well. Cook uncovered 2 to 3 minutes longer, stirring often to blend flavors.

Cool and store in airtight container.

Curried Almonds: stir together

Ingredients

- 1 tsp. curry powder
- 1/2 tsp. seasoned salt
- 1/8 tsp. garlic powder

Garlic Almonds: stir together

Ingredients

- 1/2 tsp. garlic salt
- 1/4 tsp. garlic powder
- 1/4 tsp. paprika

German Apple Pancake

Contributor: *thompson@gumby.mgi.com*

From Oct 90 Bon Appetit

Ingredients

- 3 large eggs
- 1/2 cup all purpose flour
- 4 tbsp. sugar
- pinch of salt
- 1 teaspoon powdered sugar
- 2/3 cup half and half
- 4 tbsp. unsalted butter, melted
- 3/4 tsp. ground cinnamon
- 1 large green apple, peeled, halved, cored

Preparation

Place eggs, half and half, flour, 2 tbsp. melted butter, 1 tbsp. sugar, 1/4 tsp cinnamon and salt in food processor work bowl. Process (using steel knife) until mixture is smooth, scraping down sides of work bowl once, after about 20 seconds. (can be prepared 1 day ahead. Transfer batter to bowl. Cover and refrigerate. Stir thoroughly before using.)

Preheat oven 450 degrees F.

Stand apple in feed tube. Slice using medium pressure with medium slicer. Transfer apple to small bowl.

Brush remaining 2 tbsp. butter over bottom and sides of 10 inch cast-iron or other ovenproof skillet. Add apple slices. Sprinkle remaining 3 tbsp. sugar and 1/2 tsp. cinnamon over apples. Cook over medium-high heat until slices are just tender, stirring occasionally to prevent burning or sticking, about 6 minutes. Pour batter over apples. Place skillet in oven and bake until pancake is puffed and deep brown, about 15 minutes. Remove hot skillet from oven. Cut around pancake. Invert onto platter. Sift powdered sugar over and serve.

Serves: 2

Bacon And Onion Muffins

Contributor: *ak399@cleveland.freenet.edu (Carole A. Resnick)*

Ingredients

- 1/2 lb. bacon, diced
- 2 1/4 cup unbleached flour, sifted
- 1/2 tsp. baking soda
- 2 each large eggs, slightly beaten
- 1 cup dairy sour cream
- 1/4 cup chopped onion
- 3 tsp. baking powder
- 1/2 tsp. salt
- 1/3 cup milk
- sesame seeds

Preparation

Fry bacon until crisp in skillet. Remove with slotted spoon and drain on paper towels.

Saute onion in 1 tbsp. bacon drippings until tender (do not brown). Set aside to cool.

Sift together flour, baking powder, baking soda and salt in large mixing bowl. Combine eggs, milk and sour cream in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Stir in bacon and sauteed onion.

Spoon batter into greased 2 1/2-inch muffin-pan cups, fill 2/3rds full.

Sprinkle with sesame seeds.

Bake in 375 degree F. Oven 18 to 20 minutes or until golden brown. Serve hot with homemade jelly or jam.

Serves: 6

Hushpuppies

Contributor: *burdick@hditest1.crd.ge.com (William E. Burdick KWC-1604 5585)*

From Chef John Folse's "The Evolution Of Cajun and Creole Cuisine"

Ingredients

- oil for deep frying
- 1/2 cup flour
- 1 teaspoon sugar
- 1 teaspoon cracked black pepper
- 1 egg, beaten
- 1/2 cup whole kernel corn
- 1-1/4 cup yellow corn meal
- 3 teaspoons baking powder
- 1 pinch of salt
- 1 small onion, finely diced
- 1/2 cup milk
- 1/4 cup sliced green onions

Preparation

In a deep fryer, heat oil according to manufacturer's directions. In a large bowl, combine corn meal, flour, baking powder, sugar, salt, and pepper. Mix until all ingredients are well blended. Add diced onion, egg, milk, corn, and sliced green onions. Continue to mix until all ingredients are well blended. The batter should be smooth and free of any lumps. Using a soup spoon or a small ice cream scoop, dip one hushpuppy and deep fry as a sampler. The hushpuppy will be done when it floats and is golden brown. Correct seasonings and cooking time, if necessary. Continue to fry until all are done.

Yield: 15-20

Stuffed French Bread

Contributor: *mjk@sei.cmu.edu (Mary Jane Kelly)*

Ingredients

- 3 3-oz packages of cream cheese
- 1 tbsp. capers or chopped sour pickle
- 1 tsp. grated onion
- 3 dashes tobasco sauce
- 1/2 cup butter, at room temperature
- 1 tbsp. fine soft bread crumbs
- 1 can anchovy fillets, rubbed to a paste
- 2 tbsp. chili sauce
- 1 tsp. Worcestershire sauce
- salt to taste
- 1/2 cup minced watercress
- 1 long loaf French bread

Preparation

Cream the cheese until smooth. Add the anchovy paste, capers, chili sauce, onion, Worcestershire, tobasco, and salt. Thin to a stiff spreading consistency with liquid from the caper or anchovy container. Cream the butter, add the watercress and crumbs and mix.

Split the bread lengthwise and remove the center. Spread the entire cavity of the upper half with watercress butter. Fill the cavity of the lower half with the cheese mixture, piling it up so that when the top half of the loaf is pressed over the lower, the entire cavity will be filled. Wrap in foil and chill well. Using a sharp knife, cut into this slices before serving.

Yield: 24-36 slices

Chapter 11

Oriental Recipes

Indian Spinach dish

Contributor: *arielle@taronga.com (Stephanie da Silva)*

Ingredients

- 2 tbsp. vegetable oil
- pinch of cumin seed
- 1 stick cinnamon
- 2 whole cloves
- 1 tsp. chopped fresh garlic
- 1 teaspoon black pepper
- 2 teaspoons salt
- 1/2 teaspoon turmeric
- 1/2 teaspoon garam masala
- 1 teaspoon tomato puree
- Paneer (recipe below)
- 1 large onion, chopped
- 2 cardamom seeds
- 2 or 3 bay leaves
- 1 tsp. chopped fresh ginger
- 1 small fresh tomato, sliced
- 1/2 pound fresh spinach, chopped
- 1 teaspoon cumin powder
- 1 teaspoon coriander
- 1 cup whipping cream
- Fresh cilantro leaves

Preparation

Heat oil in saucepan and saute onion until light brown. Add cumin seed, cardamom, cinnamon stick, bay leaves, cloves, ginger, garlic, tomato and pepper and saute, stirring until it begins to change color. When it goes dark green, it means it is about half cooked and still remains crunchy.

Add salt, cumin, turmeric, coriander powder and garam masala. Mix well with spinach while it is sauteeing. Add cream, tomato puree, cilantro and paneer. Cook it well, stirring so it doesn't scorch. When cream boils, cook another 1 1/2 minutes over high heat.

Paneer:

Preparation

Bring 1 quart of milk to a boil. Maintain at a very gentle simmer. Add 2 tablespoons lemon juice, a teaspoon at a time, mixing continuously. After about half the lemon juice has been added, the milk will begin to curdle.

Stop adding lemon juice at the point where the liquid portion is no longer very milky. Pour into a sieve formed by three thicknesses of cheesecloth laid in a colander. Let drain, then hang the cheese up for a couple of hours. Cut into cubes.

Japanese Fondue

Contributor: *jberetta@lib.uwo.ca (Janet Beretta)*

Ingredients

- Beef, Chicken and/or Pork
- assorted vegetables (e.g. mushrooms, zucchini, eggplant, onion, peppers) all cut to bite sized pieces
- 3 green onions, chopped
- 1/2 zucchini, coined
- 1 block of rice vermicelli noodles
- 3 cups of beef or chicken broth
- assorted dipping sauces (e.g. black bean, spicy szechuan, plum sauce, Hoisin sauce)
- 1 carrot, peeled and coined
- 1/2 head Bok Choy, julienned

Preparation

Heat broth to simmering and transfer to fondue pot. Enjoy your fondue. At the end of your fondue, add green onions, carrot, zucchini, bok choy and noodles, cover and simmer for 5-10 minutes and serve as soup!

Apple Chutney — Seb ki Chatni

Contributor: *U15297@uicvm.uic.edu (Shyamala Parameswaran)*

From Vijay Madhavan's *Cooking the Indian Way*:

Ingredients

- 3 tart cooking apples, peeled, cored, and coarsely chopped
- 1/2 cup golden raisins
- 2 tsps. finely chopped fresh ginger
- 1/4 tsp. cayenne pepper
- 1 1/2 cups sugar
- 1 cup chopped dried fruit such as peaches, apricots and pears
- 3 cloves garlic, chopped
- 1 tsp. salt
- 1 cup white-wine vinegar

Preparation

In a heavy saucepan, combine all ingredients and mix well. Bring to a boil over medium heat. Reduce heat and simmer for about 45 mins, stirring occasionally or until mixture is thick. Remove saucepan from heat and cool chutney to room temperature.

Pour chutney into a non-metallic, covered container and refrigerate until ready to use.

Yield: 3 cups

Nectarine Ginger Chutney

adapted from Fettucini to Sugarplums, Virginia Plainfield.

Ingredients

- 1/2-1 pound fresh ginger, peeled and minced
- 3 cups cider vinegar
- 8 pounds nectarines (about 24 medium), pitted and cubed
- 1 1/2 cups lemon juice
- 1 cup raisins
- 6 cups granulated sugar
- 6 cloves garlic, peeled and mashed
- 2 medium onions, chopped
- 1 cup golden raisins

Preparation

Cover ginger with water in a saucepan and bring to a boil, turn down heat and simmer until tender, 35-40 minutes. In a large non-aluminum pot, mix ginger water, ginger, sugar, vinegar, and garlic. Bring to a boil and add remaining ingredients. Cook until thick, about 1 1/2 hours.

Yield: 8 pints

Date Chutney

Ingredients

- Pitted dates
- Garlic
- Salt
- Raisins — optional
- Dried red pepper — any good *hot* variety
- Vinegar
- Sugar

Preparation

Grind the dates, red pepper and garlic in your favourite grinding implement(a blender works fine - you may first want to grind the pepper and garlic fine and then add the dates) adding enough vinegar to obtain the right consistency. Transfer this to a heavy saucepan, add enough salt and simmer for about 15 minutes, the idea here is to cook the garlic and pepper, so that you won't get a raw smell. Taste and add sugar if necessary. You could add the raisins when you start cooking the stuff. Keeps well in the fridge.

Garlic Chutney

From Dharamit Singh, Indian Cookery

Ingredients

- 2 oz. peeled garlic
- 1 large bunch coriander or parsley
- 2 green chillies
- 1 large red chilli (or 3/4 tsp. cayenne)
- 3-4 Tbsps amchoor (dried mango powder)
- 1 tsp salt
- 4-6 Tbsps mustard oil (or olive oil)

Preparation

Grind, pound and blend all the ingredients except the oil with a little sprinkling of water. Mix, add oil, chill and serve.

In practice, because of someone who is allergic to coriander and to green peppers, we cut out the green chillies and use parsley instead of coriander.

It turns brownish. That's perfectly ok.

Green Tomato Chutney

Ingredients

- 3 lb green tomatoes
- 1/2 lb apples
- 1/2 lb demarera sugar
- 2 Tbls salt
- 1/2 lb onions
- 1 pt vinegar
- 1/2 oz mixed pickling spice

Preparation

Cut up tomatoes. Peel and chop apples and onions. Tie spice in muslin bag. Put all ingredients in saucepan and boil until tender and thick. Remove spice and pour into hot dry jars. Tie down. Spice vinegar may be used instead of mixed spice.

Sweet-and-sour Tamarind Chutney

Ingredients

- 1/2 c. tamarind paste, dissolved in 1/4c. hot water
- 1 in. peeled, fresh ginger root
- salt to taste
- 2 tsp. sugar
- 1/2 c. ketchup
- 6 cloves garlic
- 2 tsp. soy sauce

Preparation

Combine in a blender. Add additional water to get the right consistency.

Tomato-Date Conserve

Ingredients

- 3 lbs ripe tomatoes, diced
- 3-4 tbsps brown sugar
- 1/4 tsp. fenugreek seeds
- 1/4 tsp. black onion seeds (nigella)
- 3 bay leaves
- 1/2 tspn cayenne pepper
- 3 tbsp. oil
- a large handful pitted dates
- 1/4 tsp. mustard seeds
- 1/4 tsp. cumin seeds
- 1 tsp. fennel seeds
- 3 whole dried red chillies
- 1 tspn tamarind concentrate
- salt to taste

Preparation

Warm oil. Drop the seeds, bay leaves and red chillies into it. When the seeds start popping, add the cayenne pepper powder. Gently slide the diced tomatoes into the wok and stir fry on medium heat. Add jaggery, salt, tamarind paste and let simmer on low heat, stirring every now and then. When the water from tomatoes is reduced by half, add the dates and continue to simmer for another ten minutes or so till the tomato takes on a thick chutney like appearance. Cool and enjoy with rice dishes, pita bread, as topping on long fried, japanese eggplant halves etc.

Shao-mai (Steamed Pork Dumplings, Cantonese Style)

Contributor: margoli@watson.ibm.com (Larry Margolis)

Ingredients

- 1/2 pound ready-made shao mai wrappers (available in Chinatown or many oriental groceries)
- 1 tbsp. soy sauce
- 2 stalks celery cabbage
- 1 pound boneless pork shoulder finely ground
- 1 tbsp. corn starch
- 1 tbsp. Chinese rice wine, or pale dry sherry
- 2 tsp. salt
- 1 tsp. sugar
- 1/4 cup finely chopped canned bamboo shoots

Preparation

With a cleaver or heavy, sharp knife, cut off the flat ends and trim away any wilted green tops from the cabbage stalks. Wash the stalks under cold running water, then drain them thoroughly and chop into a very fine dice. Place the chopped cabbage into a kitchen towel or double layer of cheesecloth and squeeze it firmly to extract as much of its moisture as possible.

In a bowl, combine the pork, wine, soy sauce, salt, sugar and corn starch, and, with a large spoon, mix them thoroughly together. Stir in the cabbage and bamboo shoots.

To fill each dumpling, place a shao mai wrapper on the palm of your hand and cup it loosely. Place one tablespoonful of the filling in the cup. Then, with your other hand, gather the sides of the wrapper around the filling, letting the wrapper pleat naturally. Squeeze the middle gently to make sure that the wrapper fits firmly against the filling, and to give the cylinder a faintly wasp-waisted look. Tap the dumpling to flatten its bottom so it can stand upright.

When all the dumplings are made, place them on a greased heatproof plate 1/2 inch smaller in diameter than the pot in which you plan to steam them. Cover with plastic wrap and refrigerate until you are ready to cook them - but no longer than 2 to 3 hours.

Pour enough boiling water into the lower part of a steamer to come within an inch of the cooking rack. Place the plate of dumplings on the rack. Over high heat, bring the water in the steamer to a rolling boil. Cover the pan tightly and steam for 30 minutes.

If the dumplings must be made in 2 or more batches, keep the finished dumplings warm as you proceed with the rest by covering them with a saucepan lid. Or they may be reheated in the steamer for a minute or so before serving. In any case, during the steaming process, it is wise to keep a kettle of boiling water at hand if the water in the steamer boils away and needs replenishing.

Serve the dumplings on the steamer plate set directly on a platter or, with chopsticks, tongs or a slotted spoon, transfer the finished dumplings to a heated platter.

For a dipping sauce, pour about 4 parts soy sauce in a small bowl with one part vinegar, a splash of sesame oil, and a little finely sliced scallion for garnish.

Fish with Red Curry Sauce

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From Keo's Thai Cuisine by Keo Sananikone.

Ingredients

- 2 lb. whole fish (any firm white fish)
- Oil for deep frying
- 1/4 cup oil
- 1 cup coconut milk
- 10 to 15 fresh sweet basil leaves
- 2 tbsp. cornstarch
- 1/2 small head cabbage, chopped
- 3 tbsp. red curry paste (available at Asian market)
- 2 to 4 tbsp. fish sauce (Squid brand is good)

Preparation

Clean fish. Score fish on both sides on the diagonal in a crosshatch pattern every 3/4-inch, cutting half way to the bone. Coat fish lightly with the cornstarch. Heat oil for deep frying to 350 deg. F. Fry fish for 15 to 30 minutes or until fish is cooked and crisp, being careful not to overcook. Line a serving platter with chopped cabbage and place fish on top. Set aside. Heat the 1/4 cup oil on medium-high heat and saute red curry paste for 3 minutes. Stir in coconut milk and cook for 2 minutes. Reduce heat to medium-low; stir in fish sauce and basil. Cook for 3 minutes. Pour over fish. Makes 3 to 4 servings.

Steamed Fish with Coconut Sauce

Contributor: *riacmt@ubvmsa.cc.buffalo.edu (Carol Miller-Tutzauer)*

From Barbara Hansen's Taste of Southeast Asia.

Ingredients

- 1 (1 and 3/4 lb.) whole lean fish (red snapper is good)
- 1/8 tsp. white pepper
- 1 cup coconut milk
- 1 1/2 tbsp. minced gingerroot
- 1 tsp. grated lemon peel
- 1/4 tsp. white pepper
- 1/2 tsp. salt
- 2 lemon grass stalks, cut into 1-inch lengths, or 4 large strips lemon peel, yellow portion only
- 8 shallots, finely chopped
- 1/2 to 1 fresh red chili, finely chopped
- 1/2 tsp. salt
- 1 tsp. chopped fresh coriander or parsley

Preparation

Place fish on a platter. Season with 1/2 tsp. salt and 1/8 tsp. white pepper. Arrange lemon grass or lemon peel over top. Place on a rack in a large steamer over simmering water. Cover and steam until fish has turned from translucent to opaque when tested with a fork, about 25 minutes. Meanwhile, combine coconut milk, shallots, gingerroot, chili, lemon peel, 1/2 tsp. salt, and 1/2 tsp. white pepper in a small heavy saucepan. Bring to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally. With aid of 2 large spatulas, transfer cooked fish to a heated large platter, discarding liquid. Pour coconut sauce over fish; garnish with fresh coriander or parsley.

Serves: 4

Ginger Sauce Benihana

Contributor: *wilkins@scubed.SCUBED.COM.*

Ingredients

- 3 (1/2 inch) cubes peeled ginger root, chopped
- 1/4 cup vinegar
- 1/2 cup soy sauce
- 1 large onion, sliced

Preparation

Place all ingredients in blender. Blend at high speed 2 min, or until ginger and onion are minced. Makes about 3/4 cup.

Benihana's Magic Mustard Sauce

Contributor: *wilkins@scubed.SCUBED.COM.*

Ingredients

- 1/4 cup dry mustard
- 2 tbsp. whipping cream
- 1 tbsp. crushed sesame seeds
- 1/4 cup water
- 1/2 cup soy sauce
- 1 tsp. grated lemon peel

Preparation

In small mixing bowl, mix mustard and water until mixture is the consistency of paste. Stir in cream and soy sauce. Add crushed sesame seeds and lemon peel. Place in blender and blend at high speed 3 seconds. Makes 1 cup.

Hot and Sour Soup

Ingredients

- 1/4 cup of lean pork, cut julienne
- 1 Tbsp. rice wine, sherry, or scotch
- 2-3 shitake mushrooms
- 6 cups chicken stock
- 1 tsp. salt
- 2 Tbsp. oyster sauce (optional but wonderful)
- 1/2 tsp. white pepper (to taste, more for hotter)
- 3 Tbsp. cornstarch mixed with 1/4 c. cold water
- 2 Tbsp. soy sauce
- 1 Tbsp. corn starch
- 2 cloud-ears (wood ears)
- 1/2 cup canned bamboo shoots, julienne cut
- 1 Tbsp. soy sauce
- 1 square of firm bean curd, cut in strips or cubes
- 3 Tbsp. white vinegar
- 1 egg, beaten

Preparation

Marinate the pork, for 30 min. in 2 Tbsp. soy sauce, rice wine and 1 tbsp. corn starch.

Soak mushrooms for about 30 minutes, cut out woody stems, and thinly slice in julienne.

Quick stir-fry pork in a little bit of peanut oil. Pour in chicken stock, and heat to boiling. Add cut-up mushrooms, bamboo shoots, salt, 1 tbsp. soy sauce, oyster sauce, tofu, pepper and vinegar. Stir cornstarch mixture into boiling soup. After the cornstarch solution has thickened the soup to the amount you like, slowly drizzle the beaten egg into the boiling soup, while only barely stirring the pot. Garnish with sliced green onions and serve.

Hot and Sour Soup

Ingredients

- 1/4 cup of lean pork, cut julienne
- 1 Tbsp. rice wine, sherry, or scotch
- 2-3 shitake mushrooms
- 6 cups chicken stock
- 1 tsp. salt
- 2 Tbsp. oyster sauce (optional but wonderful)
- 1/2 tsp. white pepper (to taste, more for hotter)
- 3 Tbsp. cornstarch mixed with 1/4 c. cold water
- 2 Tbsp. soy sauce
- 1 Tbsp. corn starch
- 2 cloud-ears (wood ears)
- 1/2 cup canned bamboo shoots, julienne cut
- 1 Tbsp. soy sauce
- 1 square of firm bean curd, cut in strips or cubes
- 3 Tbsp. white vinegar
- 1 egg, beaten

Preparation

Marinate the pork, for 30 min. in 2 Tbsp. soy sauce, rice wine and 1 tbsp. corn starch.

Soak mushrooms for about 30 minutes, cut out woody stems, and thinly slice in julienne.

Quick stir-fry pork in a little bit of peanut oil. Pour in chicken stock, and heat to boiling. Add cupt-up mushrooms, bamboo shoots, salt, 1 tbsp. soy sauce, oyster sauce, tofu, pepper and vinegar. Stir cornstarch mixture into boiling soup. After the cornstarch solution has thickened the soup to the amount you like, slowly drizzle the beaten egg into the boiling soup, while only barely stirring the pot. Garnish with sliced green onions and serve.

Garam Masala

Contributor: *edo2877@usl.edu (Ott Edward D)*

Ingredients

- 5 - 3" pieces of cinammon stick
- 1/2 cup whole cumin seed
- 1/2 cup whole cloves
- 1 cup whole cardamom pods (green)
- 1/2 cup whole black peppercorns
- 1/2 cup whole coriander seeds

Preparation

Dry the ingredients in an oven. Do not let them turn brown. Remove the seeds from the cardamom pods. Pound cinnammon stick into smaller size. Combine ingredients until they are well mixed and blend at high speed for 2 or 3 mins. till completely pulverized

Dry Potatoes (Soaka Aln)

Contributor: *edo2877@usl.edu (Ott Edward D)*

Ingredients

- 4 medium size potatoes
- 1 tsp. salt
- 1/4 tsp. hot pepper
- 4 tbsp. oil (to fill pan to 2")
- 2 tsp. Cumin seeds
- 2 tsp. Mango powder
- 2 tsp. Garam Masala

Preparation

Boil potatoes until cooked but not overdone. Peel and cut into 1/2" cubes. Heat oil very hot, add and brown cumin seeds. Add potatoes and fry until they are golden brown. Use enough oil that the potatoes will not need to be stirred often, and thus avoid breaking them up. Add the remaining ingredients and fry for 2-3 minutes more. Remove from oil with a slotted spoon. Serve hot.

Serves: 4-6

Onion and Tomato Yoghurt (Raita)

Contributor: *edo2877@usl.edu (Ott Edward D)*

Ingredients

- 8 oz. plain yoghurt
- 1/2 tsp. salt
- 1/2 tsp. chat masala (optional)
- 1/4 cup milk
- 1 small onion
- 1 small tomato
- 1/2 tsp. ground black pepper

Preparation

Beat yoghurt and milk till smooth Chop onion and tomatoes and add to yoghurt. Add salt and pepper, sprinkle the chat masala over, and serve.

Serves: 4-6

Chicken Curry (Murga)

Contributor: *edo2877@usl.edu (Ott Edward D)*

Ingredients

- 2 to 2 1/2 lb. skinned chicken
- 3 tsp. salt
- 1/4 cup vegetable oil
- 1 1/2 cup finely chopped onion
- 1 tsp. finely chopped garlic
- 1 dried chili (optional)
- 1 tsp. Garam Masala
- 1 cup fine chopped tomato
- 1/2 cup water
- 1 1/2 tsp. chopped fresh ginger
- 1 tsp. vinegar

Preparation

Cut chicken, separate legs and thighs, back and split breast. Heat oil over high heat. Add onions fry till golden brown. Take care not to burn them. Add garlic, ginger and tomatoes. Fry till a smooth paste. Add chicken, add water, bring to a boil, add salt. Cover pot and lower heat. Add chili to make it hot if desired. Stir constantly to avoid burning and coat the chicken pieces evenly. After the chicken is done, add vinegar and cook for another 5 minutes on a very slow fire. Sprinkle Garam Masala and serve.

Serves: 4-6

Savory Fritters (Pakorras)

Contributor: *edo2877@usl.edu (Ott Edward D)*

Ingredients

- 1/2 cup besan (dried chickpea flour)
- 1/4 tsp. red pepper
- 1/2 tsp. Garam Masala
- 1 small onion
- few spinach leaves
- 5 oz. warm water
- 3/4 tsp. salt
- paprika (optional)
- 1 potato
- oil for deep frying

Preparation

In a bowl put the besan and half the water and stir until it becomes a thick batter. Beat hard for 5 minutes gradually add the rest of the water and leave to swell for 30 minutes Add salt and pepper and Garam Masala and beat again. Wash, peel and slice onion and potatoes. Wash and pat dry spinach leaves.

Heat Oil till smoking hot and dip the vegetables in the batter and deep fry till golden brown. Serve hot.

Curried Mushrooms

Contributor: *edo2877@usl.edu (Ott Edward D)*

Ingredients

- 1/2 lb. mushrooms
- 1/4 tsp. turmeric
- 2 lg. tomatoes
- 1 lg. onion
- salt and chili to taste
- oil

Preparation

Scrub and wash mushrooms. Slice finely. Slice onion finely. Heat oil and add turmeric and onions. Fry until soft. Add the sliced tomatoes and cook for 3 mins. stirring all the time. Add the mushrooms, cover and simmer for 15 to 20 mins. Remove cover and dry out all the water. Serve hot.

Naan

Contributor: *mattson@mbongo.ucsd.edu (Jim Mattson)*

Ingredients

- 2/3 cup hand-hot milk
- 2 tsp. active dry yeast
- 1 tsp. salt
- 1/4 cup butter melted
- 1 large egg lightly beaten
- 2 Tbsp butter melted
- 3 tsp. extra fine sugar
- 3 3/4 cups all-purpose flour
- 1 tsp. baking powder
- 2/3 cup plain yoghurt lightly beaten
- 1/4 tsp. vegetable oil
- poppy seeds

Preparation

Mix the milk with 1 tsp. of the sugar. Proof the yeast in this mixture.

In a large bowl, sift together 3 cups flour, salt, baking powder, and remaining sugar. Add the yeast mixture, melted butter, yoghurt, and egg. Mix, and form into a ball of dough, adding only as much of the remaining flour as necessary. The dough should be moist, but not sticky.

Knead the dough for 10 minutes, or until smooth. Shape into a ball, and coat the ball with the vegetable oil. Put the ball of dough in a bowl, cover, and set aside in a warm place until it has doubled in bulk (about 1 hour).

Put your heaviest baking sheet in the oven and preheat the oven to its highest temperature. Preheat your broiler as well.

Punch down the dough. Knead. Divide the dough into 8 equal balls. Keep the remainder covered as you work with each one.

Remove the baking sheet from the oven. Roll each ball into a tear-shaped naan, about 10 in long, and about 5 in wide at its widest point. Place the naan on the baking sheet, brush it with melted butter, and sprinkle poppy seeds over the top.

Bake the naans for about 5-10 minutes, or until they just begin to brown on the top. Then, place the baking tray under the broiler for about 30 seconds, or until the naans are brown on top.

Serve while still hot.

Yield: 8 small breads

Seeni Sambal (Onions in Coconut Milk)

Contributor: *vak@infonode.ingr.com (Vansantha Kandasamy)*

Ingredients

- 3 medium yellow onions
- 1 tsp. powdered hot red peppers (adjust if necessary)
- pinch of ground cloves
- or 1" dia. ball of tamarind pulp, extract juice in 0.25 cup water
- 1 tbsp. sugar
- 0.25 cup unsweetened coconut milk
- 0.5" cinnamon stick, broken into small pieces
- 0.5 tsp. tamarind concentrate dissolved in about 0.25 cup water
- 1 tsp. salt or to taste
- oil

Peel the onions. Halve the onions lengthwise and then slice them thin, again lengthwise. Heat a few table spoons of oil in a dutch oven. Add the sliced onions and fry, stirring frequently, until the onions begin to turn brown. This will take about 10 mins on medium high heat. In a large saucepan (if the dutch oven above isn't too brown at the bottom you can use that without washing it) combine the rest of the ingredients and simmer gently for about 10 mins. Add the onions, mix well and cook for an additional 10 mins.

Pad Thai

Contributor: *fielden@spot.Colorado.EDU (fielden j.a.)*

From Thai Home Cooking From Kamolmal's Kitchen by William Crawford and Kamolmal Pootaraksa

Ingredients

- 1/2 pound dried rice noodles 1/8 inch wide
- 1/2 pound shrimp, chicken, pork or combination
- 1/4 cup + 2 tablespoons granulated sugar
- 1 teaspoon paprika
- 1/2 cup vegetable oil
- 2 eggs
- ground roasted chillies
- Lime wedges
- Warm Water
- 1/4 cup fish sauce
- 1/4 cup + 2 tablespoons white vinegar
- 4 green onions
- 1 teaspoon chopped garlic
- 3/4 pound bean sprouts
- ground unsalted roasted peanuts

Preparation

Soak noodles for 20-25 minutes in enough warm water to cover them. They should be flexible and soft, but not so soft that they can be mashed easily with the fingers. Later cooking in liquid will soften them more. Drain them thoroughly in a colander while preparing the other ingredients. Traditionally they are left in full-length strands, but you may cut them into 8 inch lengths if you find it easier to stir-fry then that way.

Peel and devein the shrimp leaving the tails intact. Slice chicken, pork into 1/8 inch strips 1-2 inches long.

Mix the fish sauce, sugar, vinegar, and paprika in a bowl and stir until the sugar dissolves. Set aside. Slice green onions both the green and white parts, diagonally into 1-1/2 inch long pieces. Set aside.

Heat a wok, add the oil and swirl over the surface. Add the garlic and stir fry until light golden. Add the meat and stir-fry until shrimp is pink. If using chicken or pork stir-fry until pink disappears. Add the noodles and toss lightly to coat with oil and the distribute meat and garlic.

Add the fish sauce mixture and bring it to a boil rapidly, gently folding the noodles without breaking them. Reduce heat to medium and boil the mixture, folding frequently until the noodles have absorbed the liquid(I find a pasta server works great for this step).

Lift the noodles gently from one side of the wok. Pour a little oil along the side of the wok, then break the egg and slip it into the oil. Break the yolk and cover the egg with the noodles immediately. Repeat this on the opposite side with the other egg. Allow eggs to cook undisturbed, over moderate heat until they are set and almost dry. Additional oil may be added if the eggs or the noodles begin to stick to the wok.

When the eggs are set and almost dry, fold them gently but rapidly into the noodles. Try not to break the noodles, which will be soft and fragile at this point. An effective way is to insert the scoop under the eggs, lift it through, and fold the mixture over. Continue the lifting and folding motion until the eggs are broken up and well distributed.

Add the green onions (and bean sprouts if you prefer them mixed in) and toss the entire mixture quickly and gently, still avoiding breaking the noodles. Cook for about 2 minutes or until onions are tender.

Take a large platter spread with bean sprouts (if you left them out above). Spread Pad Thai from wok over top. Sprinkle ground chillies (see note) and ground peanuts over the top and squeeze lime over the top. Or serve toppings separately for each diner to add according to taste.

Variation: Omit shrimp, pork and or chicken and ignore instructions for them. Substitute 1/4 pound tofu and 1/4 pound dried shrimp. Put the tofu on a triple layer of paper towels, cover it with another layer of triple towels, put a plate on top of that and a 2-pound can on the plate. Let stand for 20-30 minutes to press out the excess water. Put the dried shrimp in a sieve, rinse them quickly under hot running water and set them aside to drain. After tofu has been pressed, slice into 1/4 inch cubes. Add the tofu and shrimp in step 5 of the instructions.

Note on chillies: Buy whole dried chiles and grind since pre-ground often lack the “bite” of whole ones. Thai chillies may be used or milder American chides may be used. The Thai chillies are know as Prig hang.)

Serves: 6-8

Indian Rice with Lentils and Mushrooms

Ingredients

- 1 tbsp. butter
- 3 cups hot stock
- 1 cup rice (white or brown)
- 1 tbsp minced gingerroot
- pinch cinnamon
- 2.5 cups sliced onions
- 2 cups quartered mushrooms
- 1/2 cup green lentils
- 1 tsp. curry powder
- 2 cloves garlic, minced

Preparation

In heavy skillet, melt butter over medium heat. Cook onions over low heat, stirring occasionally for 25 mins, or until very tender and lightly browned.

Meanwhile, in saucepan, stir together stock, mushrooms, rice, lentils, ginger, curry powder, cinnamon and garlic. Bring to a boil. Cover, and let simmer for 25/45 mins (25 - white rice/45 - brown rice) until rice and lentils tender, and liquid is absorbed.

Top each serving with onions.

Lemon Rice

Contributor: *chittamu@pogo.cs.umass.edu (Satish Chittamuru)*

Ingredients

- 3 cups rice, cooked
- 1/4 tsp. turmeric
- 1/2 tsp. mustard seeds
- 2 tsp. urad dhal
- 3/4 cup peanuts
- a pinch asofoetida
- 1/2 cup lemon juice
- 1 heaped tsp. salt
- 2 tsp. channa dhal
- 2 dried red chillies
- 4 tsp oil

Preparation

Add the salt and the turmeric to the lemon juice and mix well until the salt dissolves completely.

Heat the oil in a saucepan, on a medium flame. Put in the mustard seeds. As soon as the mustard seeds begin to pop, add the Channa Dhal, Urad Dhal, Peanuts. Break the chillies into 2 or 3 pieces and add them to the Oil. Fry the mixture, stirring often, until the peanuts turn a light brown.

Now add the lemon juice mixture to the pan. (Take care while doing this. The oil will sputter and the mixture will give off a lot of steam.) Sprinkle the asofoetida on the mixture and boil for about 5 seconds. Remove from heat and let it cool.

Spread out the rice in a shallow vessel. Pour a little of the lemon mixture on the rice and mix well. Add more of the lemon mixture, mixing well until the rice is well coated and the taste is to your satisfaction.

Tamarind Rice

Contributor: *chittamu@pogo.cs.umass.edu (Satish Chittamuru)*

Ingredients

- 3 cups rice, cooked
- 1/3 tsp. turmeric
- 1/2 tsp. mustard seeds
- 2 tsp. urad dhal
- 3/4 cup peanuts
- 1 tsp cumin seeds
- a pinch asofoetida.
- 2" cube tamarind (raw tamarind, not concentrate. if you wish to use concentrate, use 2 tsps. of concentrate. the resulting product will be a lot darker than with raw tamarind)
- 1 heaped tsp. salt
- 2 tsp. channa dhal
- 2 dried red chillies
- 1/2 tsp fenugreek seeds
- 6 tsp oil

Preparation

Cut the tamarind into small pieces, remove seeds, and soak in 3/4 cup of hot water. From time to time squeeze the tamarind and make it into a smooth paste. Set aside.

Heat a small frypan over a low flame. When the pan is hot, put in the fenugreek and cumin seeds and dry roast them for about a minute. Remove from flame, cool and then crush the seeds into a powder.

Heat the oil in a saucepan, on a medium flame. Put in the mustard seeds. As soon as the mustard seeds begin to pop, add the Channa Dhal, Urad Dhal, Peanuts. Break the chillies into 2 or 3 pieces and add them to the Oil. Fry the mixture, stirring continuously, until the peanuts turn a light brown. This procedure is similar to the one used for Lemon Rice.

Filter the tamarind paste with a small-slotted spoon (or with your fingers) into the saucepan. Throw away the left-over fibers. Take care to see that the steam doesn't burn your hand. Add the turmeric, salt and the fenugreek-cumin powder to the mixture and cook for about 5 minutes, adding a little water if it becomes too thick. The tamarind sauce should have lost its raw taste by now. Sprinkle the asofoetida on the mixture and boil for another 10 to 15 seconds. Remove from heat and let the sauce cool.

Spread out the rice in a shallow vessel. Pour a little of the tamarind sauce on the rice and mix well. Add more of the sauce mixing well until the taste is to your satisfaction.

Vegetable Pullao

Contributor: *chittamu@pogo.cs.umass.edu (Satish Chittamuru)*

Ingredients

- 1 1/2 large onions, diced fine
- 1 inch piece of ginger, diced
- 3/4" cinnamon stick
- 5 small bay leaves
- 3 medium sized carrots, diced into 1" long pieces
- 2 medium size potatoes, peeled and diced into 1" cubes
- 1/2 tsp turmeric
- 2 cups rice
- 4 cloves garlic, diced
- 2 green chillies, diced
- 8 cloves
- 5 tbsp butter
- 1 cup cut green beans
- 1 cup green peas, fresh or defrosted
- 1 1/2 tsp salt

Preparation

Soak the rice in water for about an hour. Drain and set aside.

Put 1/2 an onion and all the garlic, ginger and chillies into a blender along with 4 or 5 tbsp of water and blend into a smooth paste.

Break the cinnamon into small pieces. Also break each of the cloves into 2. Heat a large pan (preferably non stick) on a medium flame. Put in the butter and as soon as it melts, add the cinnamon, cloves and bay leaves. Stir for a few seconds and add the rest of the diced onions. Stir and fry till the onion starts to turn brown. Now add the mixture from the blender and fry for about a minute, stirring often. Take care to see that the mixture doesn't get burnt. Add the drained rice to the pan and continue frying until the rice becomes translucent (You may have to add more butter).

Now add 4 cups of water to the pan. Put in all the all the vegetables, salt and turmeric. Cover and cook until the rice is done.

Raitha

Contributor: *chittamu@pogo.cs.umass.edu (Satish Chittamuru)*

Ingredients

- 16 oz plain yoghurt
- 2 med. size ripe tomatoes
- 1 large red onion
- 1/2 tsp salt

Preparation

Dice the red onion (not too fine). Dice the tomatoes into 1" pieces. Add the salt to the yoghurt and beat lightly with a spoon. Add the onions and tomatoes and mix well.

Tomato Rice

Contributor: *chittamu@pogo.cs.umass.edu (Satish Chittamuru)*

Ingredients

- 4 cups cooked rice
- 1 large onion, finely diced
- 2 tsp channa dhal
- 1 tsp salt
- 5 med. sized ripe tomatoes, cut into small cubes
- 1/2 tsp mustard seeds
- 1/2 tsp chili powder (you can substitute this with 2 medium-sized green chillies or 1 jalapeno pepper, cut into long thin slices)
- 4 tsp oil

Preparation

Heat the oil in a saucepan over a medium flame. Put in the mustard seeds. As soon as the seeds start to pop, put in the diced onion and channa dhal. Fry until the dhal turns light brown (if you are using green chillies, add them now and fry for another 15 to 20 seconds).

Put in the tomatoes and salt and fry until the tomatoes turn into a thick, saucy mixture. Add the chili powder and mix well. Remove from heat.

Spread the rice in a shallow vessel. Add the tomato paste to the rice and mix well. Adjust salt to taste.

Fried Rice

Contributor: *chittamu@pogo.cs.umass.edu (Satish Chittamuru)*

Ingredients

- 2 1/2 cups rice
- 2" cinnamon bark, broken into pieces
- 5 cloves
- 1 cup green beans, cut into 1" length
- 1 tsp. salt
- 5 tbsp. butter
- 3 dried bay leaves
- 2 medium sized carrots, cut into 1" strips about 1/2" thick
- 1/2 cup green peas, fresh or defrosted

Preparation

Soak the rice in 2 cups of water for about an hour. Drain and set aside.

In a heavy bottomed pot, preferably non-stick, melt the butter over a medium flame. As soon as the butter melts, put in the cinnamon, Break the Bay leaves and cloves in half and add to the pot. Fry for a minute. Now add the drained rice to the pot and fry for about 5 minutes or until the rice becomes

translucent. Add the vegetables, salt and 4 1/2 cups of water to the pot, cover and cook on a medium until most of the water is evaporated. Now reduce heat to low and simmer till all the water is absorbed. If the rice isn't done by now, add about 1/2 cup of water and simmer some more.

Serve with Raitha.

Vinegar Fried Rice

Contributor: *chittamu@pogo.cs.umass.edu (Satish Chittamuru)*

Ingredients

- 4 cups cooked rice
- 3 dried bay leaves
- 2 medium size green bell pepper, cut into thin strips
- 1/4 cup soy sauce
- 1 tsp salt
- 5 tbsp. butter
- 5 cloves
- 1/2 cup green peas, fresh or defrosted
- 1/4 cup vinegar

Preparation

In a heavy bottomed pot, preferably non-stick, melt the butter over a medium flame. As soon as the butter melts, break the Bay leaves and cloves in half and add to the pot. Fry for a minute. Now add the strips of bell pepper and peas to the pot and fry for about 2 minutes. Add about a tablespoon of soy sauce and fry for about 3 minutes or until the pepper strips and peas are cooked. Now add the cooked rice and mix well till the rice is coated with butter. Add the remaining soy sauce, the vinegar and salt. Fry for 3 more minutes, stirring well all the time. Remove from heat and serve hot.

A garnish of sliced or slivered hard boiled egg goes well with this.

Singing Rice

Contributor: *Larry Margolis (margoli@watson.IBM.com)*

Preparation

Singing (or sizzling) rice, is made by pouring soup or a regular dish (with extra sauce) over deep-fried rice crust. The "singing" noises are made by the absorption of liquid into the rice crust.

To make rice crust, cook rice on the stove, but when the rice boils, instead of turning the heat to low, turn it to medium for about 5 minutes, then to medium-low for 30 minutes. After you remove the soft white rice for standard use, you should have a thick golden crust on the bottom. Two hints: a thick bottomed pot works best to distribute the heat and minimize the chance of burning, and smell the vapors frequently during the 5 minutes at medium. If you catch the slightest hint of burning, lower the heat immediately.

After you've scooped out all the soft rice, leave the pot uncovered overnight. The crust should dry, contract, and separate itself from the pot making it easy to remove. If part sticks, pry it loose with a spatula.

Break the crust into pieces about 2 inches in diameter. You can use it right away or store it in an air-tight container for future use.

To use, have your soup or regular dish with extra gravy prepared. Heat oil for deep-frying to medium temperature (350-365 F). Drop in the chunks of crust, fry til golden brown on both sides, scoop out with strainer, and drain on paper towels. Place in preheated plates or soup bowls enough fried rice crust to cover the bottom. Immediately bring to the table the dishes and the food or soup. Ladle the food or soup onto the rice crust at the table, and listen to it sing.

Evil Jungle Prince with Chicken (or with Mixed Vegetables)

Contributor: *riacmt@ubvmc.cc.buffalo.edu (Carol Miller-Tutzauer)*

Ingredients

- 1/2 lb boneless chicken breast (or 1/2 lb mixed vegetables, see note below)
- 1/2 stalk fresh lemon grass
- 2 tbsp. oil
- 1/2 teaspoon salt
- 10 to 15 basil leaves
- 2 to 6 small red chili peppers
- 2 kaffir lime leaves
- 1/2 cup coconut milk
- 1 to 4 tbsp. fish sauce, based on personal taste (omit for vegetable version)
- 1 cup chopped cabbage

Preparation

Thinly cut chicken into 2-inch strips. (If doing vegetable version, cut vegetables into thin strips.) Grind together red chili peppers, lemon grass, and kaffir lime leaves in a food processor or pound in a mortar. Heat oil to medium-high and saute pepper mixture for 3 minutes. Stir in coconut milk and cook for 2 minutes. Add chicken (or vegetables) and cook for 5 minutes or until cooked (same time for veggies). Reduce heat to medium-low. Stir in fish sauce (if using), salt, and basil. Serve on a bed of chopped cabbage.

Note: For mixed vegetables, choose from among bell peppers, string beans, water chestnuts, tomatoes (small cherry tomatoes are best), bamboo shoots, miniature corn, asparagus, cucumbers, zucchini, Japanese eggplant, and mushrooms. I particularly like string beans or asparagus, a few cherry tomatoes, shredded (rather than sliced) bamboo shoots, miniature corn, and some straw mushrooms or slender (Japanese) eggplant.

Serves: 3-4

Chicken (or Scallops or Beef) with Fresh Sweet Basil

Contributor: *riacmt@ubvmc.cc.buffalo.edu (Carol Miller-Tutzauer)*

Ingredients

- 1/2 lb. boneless chicken breast (or 1/2 lb. fresh scallops or beef)
- 3 cloves garlic, chopped
- 1/2 cup mushrooms (preferably straw mushrooms)
- 3 tbsp. oyster sauce
- 15 basil leaves
- 2 tbsp. oil
- 3 kaffir lime leaves, cut in thin strips
- 1/4 cup shredded bamboo shoots
- 2 to 4 red chili peppers, seeded and chopped (optional)
- 2 cups chopped cabbage (optional)

Preparation

Thinly slice chicken (or beef) into 2-inch strips (or, if using scallops, rinse scallops and score diagonally). In a wok heat oil, garlic, and kaffir lime leaves on high heat, until oil bubbles. Add chicken (or scallops or beef), mushrooms, bamboo shoots, oyster sauce, and red chili peppers; stir fry for 5 minutes or until chicken (or scallops or beef) is cooked. Mix in basil and serve on a bed of chopped cabbage (if desired).

Serves: 2-4

Eggplant with Chicken (or Tofu)

Contributor: *riacmt@ubvmc.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 3/4 lb. Japanese eggplant (about 3 cup sliced)
- 6 tbsp. oil
- 1 to 5 red chili peppers, seeded and chopped
- 1 to 3 tbsp. yellow bean sauce (Yellow bean sauce from Thailand is saltier than sauce from Hong Kong or China. Season to taste.)
- 1/3 lb. boneless chicken breast (or 1/4 lb. tofu)
- 2 to 3 cloves garlic, crushed
- 10 to 15 basil leaves

Preparation

Slice unpeeled eggplant crosswise into slices 1/8-inch thick. Thinly slice chicken (or, if using tofu, cut tofu into 1/2-inch cubes). Heat oil in a wok; add garlic and stir fry until light brown. Add eggplant and chicken (or tofu) and cook for 5 to 7 minutes. Add red chili peppers, basil leaves, and yellow bean sauce; mix well. Serve immediately, since eggplant and basil turn dark if dish sits after cooking.

Serves: 3–4

Beef or pork Saty

Contributor: *memg7944@uxa.cso.uiuc.edu* (Maria Emerita Muyot)

Marinade for beef Satay: (good for 2 1/2 pounds lean beef cut into cubes.)

Ingredients

- 4 cloves garlic
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt
- 2 tablespoons Indonesian-style soy sauce (ketjap)
- 1 tablespoon brown sugar
- 1 cup coconut milk

Marinade for pork: (good for 2 1/2 pounds lean pork, cut into 1-inch cubes)

Ingredients

- 1/2 cup ketjap
- 1/2 teaspoon ground cumin
- 1 teaspoon brown sugar
- 1 1/2 teaspoons ground coriander
- 4 cloves garlic
- 1/2 teaspoon salt

Preparation

Marinate the meat for at least one hour in the refrigerator. Thread the meat on skewers and grill over a charcoal fire, turning continuously and basting with the remaining marinade until cooked. Serve with Saus Kacang on the side.

Cold Glass Noodle and Chicken Salad in Peanut Sauce

Contributor: *memg7944@uxa.cso.uiuc.edu* (Maria Emerita Muyot)

Ingredients

- 1 8-ounce package cellophane noodles (glass noodles, Sai Fun, bean threads)
- 2 tablespoons peanut butter
- 5 tablespoons light soy sauce
- 1 cucumber
- 1/4 teaspoon salt
- 1 cup cooked chicken, cut into julienne sticks
- 2 chicken bouillon cubes
- 4 tablespoons hot water
- Red Pepper oil or Tabasco or Red Chili Paste with Garlic or cayenne to taste
- 1 tablespoon rice wine vinegar
- 2 teaspoons sesame oil
- 1/4 cup dry roasted peanuts, chopped

Preparation

Soak the noodles in water to cover for an hour, and then add the bouillon cubes. Simmer for about 10 minutes, or until the noodles are tender but not mushy. Drain nearly all the broth and cool the noodles in the refrigerator. Mix the peanut butter with the hot water. Stir with a fork until it has the consistency of heavy cream, you may need a bit more water. Add the 3 table- spoons soy sauce and the red pepper sauce or etc. Drain the noodles and toss with this dressing. Cut the cucumber into small julienne pieces, and marinate in a sauce of 2 tablespoons soy sauce, the rice vinegar, sugar and sesame oil. Arrange the cucumbers on top of the noodles. Garnish with the chicken and chopped peanuts.

Deep-Fried Tofu with Peanut Sauce

Contributor: *riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)*

From: Practical Thai Cooking by Puangkram C. Schmitz and Michael J. Worman

Ingredients

- 1 lb. (450 gram) tofu
- 1 coriander root (if available), coarsely chopped
- 1/2 t salt
- 1/4 c sugar + 1/4 c hot water
- 2 c peanut oil (or vegetable oil) for frying tofu
- 2 t red pepper flakes
- 2 cloves garlic, coarsely chopped
- 3 dried red chili peppers, seeded, soaked, and coarsely chopped
- 1/2 c rice vinegar (cider vinegar is fine)
- 3/4 c finely chopped or crushed peanuts
- 2 t chopped fresh coriander leaves

Preparation

Cut the tofu in 1 1/2 inch square pieces. Set aside. Make a paste (with such small quantities, a mortar and pestle are probably the easiest method) of the garlic, coriander root, 3 seeded chili peppers, and salt. Add the vinegar and mix.

Dissolve the 1/4 c sugar in 1/4 c hot water and add it to the paste along with the 1/4 c of chopped peanuts. Mix well (the food processor helps here) and put it in a serving bowl. Sprinkle with coriander leaves and red pepper flakes.

Put the 2 c of peanut oil in a wok or frying pan over medium-high heat. Deep-fry the tofu (even the already deep-fried stuff) in hot (360 deg. F, 180 deg. C) oil for 1 minute (the fresh tofu for 5 minutes), until a light gold. Drain on paper towels.

Place the tofu on a serving plate and the bowl of peanut sauce next to it. Use the peanut sauce as a dip. Serve either hot or at room temperature.

Eggplant with Tofu

Contributor: *riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)*

From Keo's Thai Cuisine by Keo Sananikone

Ingredients

- 3/4 lb. Japanese eggplant (about 3 cups sliced)
- 6 T oil
- 1 to 5 red chili peppers, seeded and chopped
- 1 to 3 T yellow bean sauce
- 1/4 lb. tofu
- 2 to 3 cloves garlic, crushed
- 10 to 15 sweet basil leaves

Preparation

Slice unpeeled eggplant crosswise into slices 1/8-inch thick. Cut tofu into 1/2-inch cubes. Heat oil in skillet; add garlic and stir-fry until light brown (don't burn!). Add eggplant and tofu and cook for 5 to 7 minutes. Add remaining ingredients; mix gently. Serve immediately, since eggplant and basil turn dark if dish sits after cooking.

Serves: 3-4

Thai Chicken Coconut Soup

Ingredients

- 3-4 cans coconut milk
- 1 to 3 tsp. lemon grass
- tofu, cubed into smallish pieces.
- mushrooms
- juice from 8 of limes
- 1 tsp. galanga powder
- 3 tbsp. chopped scallions
- cilantro
- chicken, also cubed to bite size.
- 1 carrot, grated
- serrano chillies

Preparation

Heat the coconut milk in a pot. Add everything else. As the lemon grass is inedible, put it in a tea ball and immerse the ball in the soup so you can retrieve it later. Cook until the chicken is done and the soup is hot (30 minutes). Taste to see if it needs more limes (it always does) or more hot peppers (it's better to start mild and build up to the desired level of spiciness).

Red or Green Thai Curry

Contributor: *Carol Miller-Tutzauer (riacmt@ubvms)*

Ingredients

- 2 T red or green curry paste
- 3/4 lb. boneless chicken meat, cut into 3/4-inch pieces OR 1 c tofu, sliced into strips about 1/4-inch thick and 1 to 2 inches long
- 2 cans (unsweetened) coconut milk
- 1/2 c baby corns
- 1/2 c sliced bamboo shoots
- 1/2 t salt (or to taste)
- if red curry, 1/2 red bell pepper, cut into matchstick-size strips
- 3 T vegetable oil
- 1 c water or chicken broth
- 1/2 c straw mushrooms
- 5 kaffir lime leaves
- if green curry, 10 fresh basil leaves

Preparation

Fry curry paste in oil in saucepan until fragrant. Add chicken (if using) and saute for about 1 minute over medium high heat. Add remaining ingredients except basil leaves or red bell pepper. Bring just barely to a boil; reduce heat and simmer 20-30 minutes. Just before serving, stir in basil leaves or red bell pepper. Serve with cooked Thai Jasmine rice.

Green Bean Curry

Ingredients

- 1 lb. fresh green beans
- 2 T vegetable oil
- 6 c chicken broth
- 2 T Thai Curry Paste
- Bamboo shoots

Preparation

Clean and pick green bean tips. In a dutch oven (or equivalent size vessel), heat oil. Add curry paste and "fry" until fragrant, about 1 minute. Add broth, green beans, bamboo shoots (or other vegetable). Bring to a rapid boil and cook like that for about 15-20 minutes (watching that liquid doesn't reduce too much; add water as necessary). Reduce heat to a hard simmer and continue cooking until green beans are very done and have absorbed the flavor of the curry broth. Serve in bowls over rice.

Peanut Marinade (for Satay)

From *The Grill Book: New Foods and Flavors for the Grill* by Kelly McCune

Ingredients

- 1/2 c chunky peanut butter (no salt or sugar added)
- 1/4 c white wine vinegar
- 1/4 c fresh lemon juice (approx. 1 large lemon)
- 8 cilantro sprigs, minced
- 2 t chopped fresh ginger
- 1/2 c peanut oil
- 1/4 c tamari (or substitute low-sodium soy sauce)
- 4 garlic cloves, minced
- 1 whole dried red chili pepper, minced, or 2 t dried red pepper flakes

Preparation

Combine all ingredients in a blender or food processor. Blend well to emulsify, adding a few drips of water if the mixture is too thick. Marinate beef or chicken (or pork) overnight.

Notes: The traditional thick dipping sauce for satay, the Indonesian skewered beef (or chicken or pork) dish, is the inspiration for this marinade. To create satay skewers, thread thin, 1-inch-wide slices of marinated beef or chicken (or pork) onto wood skewers and grill them 2 minutes per side over red-hot coals. Serve the marinade as a dipping sauce, if desired.

Satay Sauce

From *Practical Thai Cooking* by Puangkram C. Schmitz and Michael J. Worman

Mixture A:

Ingredients

- 3 large fresh chili peppers, coarsely chopped
- 2 cloves garlic, coarsely chopped
- 3 shallots, coarsely chopped
- 2 slices fresh (or dried and soaked) galanga, coarsely chopped

Mixture B:**Ingredients**

- 1 T chopped fresh lemon grass (or 1 1/2 T powdered)
- 1/4 t ground mace
- 1/4 t ground cinnamon
- 1 T coriander seeds
- 1/4 t ground nutmeg

Ingredients

- 2 c coconut milk (unsweetened)
- 3 T tamarind water
- 1/2 c white sesame seeds
- 1 1/2 T raw sugar
- 1 1/2 T fish sauce (nam pla)
- 1 1/2 c coarsely chopped or crushed peanuts

Preparation

Place all mixture A ingredients in a dry frying pan and cook over low heat, stirring constantly, just until they begin to change color. Remove from heat.

In a blender, food processor, or a mortar, make mixtures A and B into a smooth paste.

Place 1/2 c of the coconut milk in a frying pan and heat it over medium heat. Add the paste and stir until the aroma is released – about 1 minute. Add the remaining 1 1/2 c coconut milk, bring to a boil over medium heat, and boil gently for 3 minutes. Add the sugar, tamarind, water, and fish soy. Simmer for 4 more minutes and use these last 3 ingredients to adjust the flavor to taste. Remove from heat.

Toast the white sesame seeds and grind them roughly in a mortar. Add the peanuts and the sesame seeds to the sauce. Let the sauce cool. Place in a serving dish and sprinkle with coriander leaves before serving with the satay (see recipe below). Serve at room temperature.

Thai Satay

From Practical Thai Cooking

Ingredients

- 1 lbs. boneless chicken meat (breast is best), skin removed and reserved (strips of beef or pork are also good)
- 1/2 t salt
- 1/2 c coconut milk
- another 1/2 c coconut milk
- 1 1/2 T curry powder
- 1 T sugar
- 1 T rice vinegar (or other mild vinegar)
- 20 bamboo skewers (about 5 inches long)

Preparation

Skin the chicken, wash it, and pat it dry. Cut the meat into 1/8 by 1 x 4-inch pieces. Cut the skin into 1-inch squares (I don't bother with the skin). Mix the curry powder, salt, and sugar. Add this to the chicken strips and chicken skin and marinate for 5 minutes. Add the first 1/2 c of coconut milk and mix thoroughly. (Use your hands.) Add the vinegar and marinate the chicken for at least 1 hour at room temperature (or in refrigerator for several hours).

Thread the skewers using first a piece of chicken meat and then a piece of chicken skin. Broil over a hot charcoal fire until cooked through – turning only once. After turning, sprinkle some of the second 1/2 c of coconut milk on the meat.

Serve at once with cucumber pickle and satay sauce.

Very Minty, Vegetable Biryani

Contributor: *U15297@uicvm.uic.edu*

Ingredients

- 1 inch ginger, fresh, peeled
- 4 chillies, green
- 6 tomatoes, medium, diced
- 6 cloves
- 1 tsp. turmeric powder
- 2 tsp. coriander powder
- 1 bunch coriander leaves, fresh, chopped
- 5 chillies, green, slit
- 2 medium-large onions, sliced very thin
- 5 cup water
- 1 cup carrots, slivered
- 4 bay leaves (tez patta)
- 1 star anise, broken
- 4-5 garlic cloves
- 2 cups yogurt, thick
- 6 cardamoms
- 6 cinnamon sticks
- 1 tsp. garam masala
- 1/2 tsp. red chili powder
- 1 bunch mint leaves, fresh, torn
- 2.5 cup rice (basmati preferred), washed and well drained
- 4 tbsp. ghee
- 2 cups beans, slivered
- 2 cups cauliflower, cut into small florets
- 1 tsp. (heaped) fennel seeds

Preparation

Pre-heat oven to 400.

Grind to paste the ginger, garlic, and 4 chillies. Add to yogurt along with tomatoes, cardamoms, cloves, cinnamon, turmeric, garam masala, coriander powder, red chili, coriander leaves, mint and slit chillies. Mix well and set aside. For best results let this soak for 2-3 hours.

Fry half the sliced onions in 3 tbsp. ghee until translucent. Add the rice, stir till coated with ghee and fry until a little crisp. Add water, cover and cook on low, low heat till three-fourths done. Remove from heat. Removing rice off heat after it is three-quarters done should leave some fluid content that will get absorbed in the baking process. Baking allows the flavors to seep in evenly as well as make the rice fluffy.

Heat 4 tbsp. oil plus 1 tbsp. ghee. Add tez patta, fennel, star anise (a must!). Add remaining sliced onion and fry until clear. Add vegetables, stir until crisp cooked. Add yogurt mix, salt to taste and cook it down till thick and spoonable.

Spread some rice in a large aluminum baking pan, then spread on some of the yogurt mix. Repeat, alternating rice and yogurt mix till everything is used up. Cover tightly with foil wrap by crimping foil over edges of pan. Bake for 30 mins.

Serve with a cold raita and a light curry of your choice.

Pad Thai with Vegetables

Contributor: *stssmem@st.unocal.com (Mary Murphy)*

Form Bon Appetit, February 1991.

Ingredients

- 6 ounces rice sticks or rice vermicelli
- 1/2 cup dry roasted peanuts
- 7 whole fresh cilantro sprigs
- 1 jalapeno chili, stemmed
- 2 eggs
- 1 large zucchini, diced
- 1/2 tsp. salt
- 2 tbsp. plus 1 tsp. fresh lemon juice
- 1 1/2 tbsp. Thai fish sauce (nam pla)
- lemon wedges for garnish (optional)
- 2 1/2 cups fresh bean sprouts
- 2 stalks fresh lemongrass or 1 tbsp. grated lemon peel
- 4 large garlic cloves
- 1 medium carrot, peeled, cut into 1-inch pieces
- 1/4 cup peanut oil
- 4 large green onions, thinly sliced
- 2 tbsp. plus 1 tsp. sugar
- 2 tbsp. catsup
- more cilantro sprigs for garnish

Preparation

Soak rice sticks (breaking up noodles into shorter pieces) in hot water to cover until soft, about 30 minutes. Drain thoroughly.

In food processor fitted with steel knife, coarsely chop peanuts. Put in bowl for later. Trim root end and outer leaves of lemongrass stalks, leaving about 2 1/2 inches of small white core. In food processor, mince cilantro sprigs, lemongrass, garlic, and jalapeno. Add carrot pieces and process until carrots are pea size, using on/off turns. Transfer carrot mixture to bowl. Beat eggs in processor.

Heat oil in wok or heavy large skillet over high heat. Add carrot mixture, diced zucchini, half of green onions, and salt. Stir-fry just to heat through, about 1 minute. Add sugar, lemon juice, catsup, and fish sauce and toss to blend. Add beaten eggs and let set partially, about 30 seconds. Scramble eggs lightly. Add noodles and bean sprouts and stir-fry until eggs are cooked and the mixture is well mixed and heated through. Mix in chopped peanuts and remaining green onions. Adjust seasonings. Transfer pad Thai to warm platter. Garnish with fresh cilantro and lemon wedges, and serve.

Lemon Grass Chicken

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From Barbara Hansen's Taste of Southeast Asia

Ingredients

- 6 chicken thighs, boned, skinned (about 1 1/4 lbs. trimmed meat)
- 1/4 cup soy sauce
- 2 tbsp. chicken broth
- 1 tsp. minced fresh red chili or serrano chili or 1/4 tsp. hot-pepper flakes
- 2 tsp. water
- 1/4 cup vegetable oil
- 1 tsp. minced gingerroot
- 2 lemon grass stalks, minced
- 1/4 tsp. salt
- 1 tsp. sugar
- 1/2 tsp. cornstarch
- 1/2 medium-size onion
- 1 tsp. minced onion
- 1 tsp. minced garlic

Preparation

Cut chicken into 1-inch square pieces. Place in a medium bowl. Stir in lemon grass, 2 tbsp. of the soy sauce, and salt. Mix well. Cover and refrigerate 2 hours or longer. Bring to room temperature before cooking. Combine chicken broth, remaining 2 tbsp. soy sauce, sugar, and chili in another small bowl; set aside. Cut onion in half lengthwise; cut each piece into 4 wedges; separate layers. Heat wok over medium-high heat. Add oil and heat. Add minced onion, gingerroot, and garlic; stir-fry 15 seconds. Do not burn. Increase

heat. Add chicken; stir-fry 2 minutes. Add sliced onion; stir-fry 1 minute. Add chicken broth mixture; cook, stirring, 1 minute. Stir cornstarch mixture to blend in cornstarch that has settled. Add to the chicken mixture; cook until sauce is thickened, about 30 seconds. Spoon onto a heated platter; serve at once.

Serves: 4

Hot Beef Salad

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From Barbara Hansen's Taste of Southeast Asia

Ingredients

- 1 (1-lb) flank steak, partially frozen
- 1 tbsp. vegetable oil
- 3 garlic cloves, minced
- 2 small dried chillies
- 2 tbsp. beef stock
- 1/2 tsp. sugar
- 2 medium size tomatoes, each cut into 6 slices
- 2 tbsp. soy sauce
- 1/2 tsp. sugar
- 1 medium size onion
- 2 tbsp. soy sauce
- 5 tbsp. vegetable oil
- 12 red-leaf-lettuce leaves
- 16 cilantro sprigs

Preparation

Cut meat lengthwise into 2 or 3 strips; cut strips diagonally into 1/8-inch-thick slices. Place in a medium-size bowl. Add 2 tbsp. soy sauce, 1 tbsp. oil, 1/2 tsp. sugar, and garlic. Mix well. Cover and marinate in refrigerator at least 2 hours. Mix again and bring to room temperature before cooking. Cut onion in half lengthwise. Cut each half into quarters, making 8 wedges. Separate onion layers; set aside. Soak chillies in warm water about 30 minutes or until softened. discard seeds and stems, and mince chillies. Combine chillies, remaining 2 tbsp. soy sauce, and beef stock in a small bowl. Heat wok over high heat. Add 4 tbsp. oil and heat. Add onion; stir-fry 1 minute. Remove onion with a slotted spoon, draining oil back into pan; place onion in a small bowl. Add steak to wok; stir-fry 3 minutes. Remove steak and any liquid in wok; add to onion. Heat remaining 1 tbsp. oil in wok. Add remaining 1/2 tsp. sugar. As soon as sugar melts, stir in chili mixture. Return steak and onion to wok; stir-fry 1 minute. Remove from heat. Arrange 3 lettuce leaves on each of 4 lightly heated large individual plates or platters. Place 1/4 of beef in center of each serving. Arrange 3 tomato slices around beef. Arrange 4 cilantro sprigs on each serving.

Serves: 4

Buddhist Monk's Soup

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From The Classic Cuisine of Vietnam by Bach Ngo and Gloria Zimmerman

Ingredients

- 1 quart water
- 1 sweet potato, peeled and cut into chunks
- 1/3 cup dried mung beans, soaked for 30 minutes and drained
- 1 square bean curd
- 1/2 ounce cellophane noodles (also called mung bean thread), soaked for 20 minutes in warm water, then drained and cut into 1-inch crosswise sections
- 1 lb pumpkin or butternut squash, peeled and cut into large chunks
- 1/2 cup raw peanuts, shelled and red skin removed, soaked for 30 minutes then drained and roughly chopped
- 3 tbsp. vegetable oil
- 1 quart coconut milk, fresh or canned

Preparation

Bring the water to a boil. Drop in the pumpkin or squash, sweet potato, peanuts, and mung beans. Cook over medium heat for 35 minutes. While the soup is cooking, prepare the bean curd. Heat the oil in a small frying pan and fry the bean curd on both sides until light brown. Slice lengthwise into strips 1/4" wide and reserve until needed. After 35 minutes of cooking, check to make certain that the mung beans are soft. If they are, add the coconut milk. Add salt. Bring to a boil and drop in the cellophane noodles and fried bean curd. Serve with rice and Buddhist Nuoc Leo (see below).

Buddhist Nuoc Leo:

Ingredients

- 1 tbsp. granulated sugar
- 2 tbsp. water
- 1 tbsp. roasted peanuts, coarsely chopped
- 2 tbsp. tuong (Vietnamese soy sauce)
- Fresh hot red chili slices to taste (optional)

Preparation

Mix the sugar with the tuong and water. Add some slices of fresh red chili pepper, if desired, and sprinkle with roasted peanuts.

Fish Simmered in Fish Sauce

Contributor: riacmt@ubvmsa.cc.buffalo.edu (Carol Miller-Tutzauer)

From *The Classic Cuisine of Thailand* by Bach Ngo and Gloria Zimmerman

Ingredients

- 1 tbsp. vegetable oil
- 1/2 lb raw shrimp, shelled and deveined, tail section of shell left attached
- 1 tbsp. plus 1 tsp. granulated sugar
- Sprinkling of freshly ground black pepper
- 1 clove garlic, chopped
- 3 tbsp. fish sauce (nuoc mam; Squid brand is good)
- 2 tsp. Caramelized Sugar (see below)

Preparation

Heat the oil in a small saucepan over a high flame. Add the garlic and stir briefly, then add the shrimp. Turn the heat down to medium and continue to stir as you add the remaining ingredients – fish sauce, sugar, caramelized sugar, and pepper. After you have added these ingredients, cover the saucepan and continue to cook for 3 minutes. Uncover; half the liquid should have evaporated. Serve with rice.

Caramelized Sugar:

Ingredients

- 1/2 cup granulated sugar
- 1 tsp. lemon juice
- 3/4 cup water

Preparation

Put the sugar and 1/4 cup of the water into a dry, 8-inch frying pan over high heat. When it starts to brown, start to stir and then stir constantly. When the sugar turns dark brown and you see steam forming, stir well, remove from the heat, and add the remaining 1/2 cup water. Continuing to stir, return to high heat for about 5 minutes. Add the lemon juice, giving a few quick stirs, and remove from the heat. Allow to cool and transfer to a jar.

If you wish to make a very small amount, enough for one dish, prepare the syrup in a small pan as directed but using:

Ingredients

- 1 tbsp. granulated sugar
- a squeeze of lemon
- 1/4 cup water

Stir Fried Mixed Vegetables

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From The Complete Asian Cookbook by Charmaine Solomon

Ingredients

- 4 dried Chinese mushrooms
- 1 tbsp. dark soy sauce
- 2 tsp. sugar
- 1/4 medium cabbage or white chinese cabbage
- 1 small lettuce
- 1 clove garlic, finely minced
- 1 tbsp. oil
- 1/4 cup water
- 1/2 cup water
- 1 tsp. sesame oil
- 3 stalks celery
- few leaves of mustard greens or spinach leaves (preferably some bok choy, if you can get it)
- 3 spring onions
- 1/2 tsp. finely minced fresh ginger
- 1 1/2 tbsp. light soy sauce
- 1 tsp. cornstarch

Preparation

Soak dried mushrooms in hot water for 30 minutes. Remove and discard stems, slice tops thinly, then simmer in a small saucepan with half cup water, soy sauce, sesame oil, and sugar until liquid is almost all absorbed. Slice celery diagonally into bite-size pieces, cut white cabbage, mustard cabbage/greens, and lettuce into bite-size squares and spring onion into short lengths. Fry garlic and ginger in oil over medium low heat for a few seconds only. Add stems of vegetables and stir fry over high heat for 2 minutes, then add leafy parts and fry 30 seconds. Add sauce and prepared mushrooms and mix together. Add water, bring to the boil,

thicken with cornstarch blended with a little cold water and stir until it boils and thickens. Serve at once with rice.

Baked Vegetable and Seafood Won Tons

Contributor: *ak399@cleveland.Freenet.Edu (Carole A. Resnick)*

Ingredients

- 1 envelope vegetable soup mix
- 1/2 pound imitation crabmeat, chopped
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable or olive oil
- 15 ounces ricotta cheese
- 1/4 teaspoon garlic powder
- 40 won ton wrappers

Preparation

Preheat oven to 350 F.

In a medium bowl, combine soup mix, cheese, crab, garlic powder and pepper. Place 1 Tablespoon mixture on center of each won ton. Brush edges with water; fold each corner into center and press to seal. Arrange seam side down on lightly greased cookie sheet; brush wontons with oil. Bake 25 minutes or until crisp and golden brown, turning once.

Variation: Use 1 1/2 cup chopped shrimp in place of crab.

Note: If not going to bake immediately, cover filled won tons with damp cloth until ready to bake, then brush with oil.

Chapter 12

Pasta

Pasta With Artichoke Hearts and Capers

Contributor: *mwoo@pyrnova.pyramid.com (Margaret Woo)*

Ingredients

- 1/2 package fettucine
- 1 large shallot, minced
- 1 tbsp butter
- 1/4 cup white wine
- 1 can artichoke hearts (16 oz.) drained well (or 8 or so fresh prepared fresh)
- 1/2 cup parmesan cheese, freshly grated
- parmesan cheese to top
- water to boil
- 2 tbsp olive oil
- 1 large clove garlic, crushed
- 1/4 cup chicken stock
- 2 tbsp capers, drained
- salt and white pepper to taste
- chopped parsley to garnish

Preparation

Cook fettucine to package directions. When almost al dente, cook the shallots in the butter and oil until translucent. Add garlic and cook until soft. Deglaze pan away from heat with wine. Add stock, artichokes, and capers and let the sauce reduce by half. Add cheese, and taste sauce. Add salt and white pepper to taste. Keep warm.

Drain fettucine well. Spoon a little sauce on a platter, add fettucine and mix up a little. Pour rest of sauce over fettucine, sprinkle more parmesan on top, and garnish with chopped parsley.

Serves: 2

Fetuccine Primavera with Toasted Almonds

Contributor: *mcrae@cs.ubc.ca (Valerie McRae)*

Ingredients

- 2 cups broccoli florets
- 1 cup asparagus or green bean pieces
- 1/4 c. olive oil (less)
- 1 carrot, chopped
- 4 cloves garlic chopped
- 2 Tbsp chopped fresh basil (or dried)
- 1/2 cup Parmesean cheese
- 2 cups cauliflower florets
- 1 lb fresh fettuccine
- 1 onion, chopped
- 1 small sweet red pepper, chopped
- 1/2 cup vegetable stock or water
- 1/4 tsp pepper
- 1/2 cup toasted silvered almonds

Preparation

Steam broccoli, cauliflower and asparagus for 5-8 minutes or until tender-crisp. Meanwhile in large saucepan of boiling salted water, cook fresh fettuccine for 5 - 7 minutes, (if using dried 12 - 15 minutes) or until tender but firm. Drain well.

Meanwhile, in large skillet, heat oil over medium-high heat; saute onion for 3-5 minutes or until golden brown. Add carrot, red pepper and garlic; saute for 2-3 minutes or until vegetables are tender-crisp. Add to drained pasta along with broccoli mixture, stock, basil and pepper. Toss with Parmesean. Arrange on serving platter, sprinkle with almonds.

Yield: 4 servings

Spicy seafood pasta

Contributor: *sfisher@wsl.dec.com (Scott Fisher)*

Ingredients

- 1 pound fresh pasta
- 1/3 pound bay scallops
- 4 or 5 shallots, minced
- 1 teaspoon powdered chile pepper or hot Hungarian paprika
- 1/3 pound small shrimp
- 3 or 4 slices of bacon
- 1 tablespoon sun-dried tomato paste
- 4-6 ounces heavy cream

Preparation

Boil sufficient water to cook the pasta. Dice the bacon into 1/4" squares and cook over medium-high heat or until cooked and slightly crispy. Add shallots and saute till clear. Turn heat to high and add shrimp; turn. Add scallops when both sides of shrimp are pink; stir-fry scallops and shrimp until mostly cooked, about three to five minutes. During this time, add the red pepper.

Put pasta in boiling water (salted and oiled) and cover. Add cream to shellfish-bacon mixture and keep cooking over high heat to reduce and thicken the sauce. Add the sun-dried tomato paste and mix into the cream while the cream reduces. When fairly thick (about the time that the noodles are done), remove from heat. Drain noodles and place in warmed serving bowl; cover with sauce, toss well, and serve with grated parmesan cheese.

Puttanesca

Contributor: *Ted.Taylor@p4214.f104.n109.z1.FidoNet.Org (Ted Taylor)*

From Bon Appetit, 5/77.

Ingredients

- 2 tbsp. olive oil
- 1 celery rib, minced
- 1 2lb., 3 oz can Italian plum tomatoes (4.5 cups)
- 8 stuffed green olives, sliced
- 1 teaspoon capers 1 tsp. basil
- 2 garlic cloves, minced
- 1 sweet red pepper, minced (optional)
- 8 anchovies, chopped
- 8 pitted black olives, sliced
- 1/4 tsp dried red pepper

Preparation

Heat olive oil in a large skillet. Saute garlic, celery, and sweet red pepper until soft. Press tomatoes thru a food mill and add to skillet along with anchovies. Simmer for 10 minutes. Stir in olives, capers, basil, and dried red pepper. Simmer, uncovered for 20 minutes. Serve with hot pasta tossed with butter.

Vegetable Lasagna

Contributor: *aa333@cleveland.Freenet.Edu (Robert N. Hartman)*

Ingredients

- 1 lb. spinach, fresh
- 1 lb. carrots, cleaned and sliced
- 2 cup vegetable broth
- 1/2 cup onion, chopped
- 1/2 cup flour, all-purpose
- 1 cup parmesan cheese, grated
- 4 oz. provolone cheese, shredded
- 2 cup tomato sauce
- 2 tbsp. margarine
- 2 cup broccoli flowerets
- 1 cup milk, low-fat
- 6 tbsp. margarine
- 1/2 cup wine, dry white
- 4 oz. swiss cheese, shredded
- 10 lasagna noodles, cooked

Preparation

Remove stems from spinach. Wash leaves thoroughly; cook spinach in a small amount of boiling water 5 to 8 minutes or until tender. Drain; place spinach on paper towels, and squeeze until barely moist. Finely chop spinach. Combine chopped spinach, 2 tbsp. margarine, and salt and pepper to taste; set aside.

Cook carrots and broccoli in boiling water to cover 8 to 10 minutes or until tender; drain well. Combine spinach, carrots, and broccoli, and set aside.

Combine vegetable broth and milk in a saucepan. Cook over medium heat until warm; remove from heat, set aside.

Saute chopped onion in 1/4 cup plus 2 tbsp. margarine in large skillet until tender. Add flour, and cook 3 minutes, stirring constantly. Add warm broth mixture and wine; simmer 5 minutes or until mixture is thickened, stirring constantly. Remove from heat and set aside.

Combine cheeses. Arrange 5 lasagna noodles in lightly greased 13x9x2-inch baking dish (grease with Pam type product). Layer 1/4 white sauce, 1/2 vegetables, 1/3 cheese, then 1/4 white sauce again. Repeat layers. Spread tomato sauce over top. Sprinkle with remaining 1/3 cheese. Bake uncovered, at 350 degrees F for 35 minutes. Let lasagna stand 10 minutes before serving.

Serves: 8

Chapter 13

Central and South American Recipes

Empanadas

Contributor: *mmr@cs.rit.edu (Margaret M Reek)*

Dough:

Ingredients

- 8 cup flour
- 6 tbsp. margarine
- 2/3 cup vegetable oil
- 1.5 cup water
- 1/2 cup dry white wine
- 1/2 cup milk
- 1.5 tbsp. salt

Preparation

Put the oil and margarine in a small sauce pan and put over low heat until the margarine is melted. Add water, milk and salt and bring pot to a boil over medium heat. In a big bowl put the flour, the wine, and the hot mix. Stir gently as for a pie dough (don't work it too much). Cover and let rest for at least 45 minutes.

Roll out the part of the dough (only as much as you can comfortably work in 5-10 minutes, keep the rest under cover) on a lightly floured surface to 1/16th inch thickness. Cut into circles about 8 inches in diameter for meal-sized empanadas or smaller for appetizer sized ones. For large ones, use about 1/4 cup filling, place on half the circle. Paint the edges with a little water and fold the dough over the filling, pressing the air out. Seal the edges (you can roll them over like a hem, or use a fork, or any number of other methods). Just before baking, prick with a fork 3 times on top.

Put empanadas on an ungreased cookie sheet and cook for 10 minutes at 400. Reduce heat to 350 and cook for about 20 more minutes.

You can also cook them by frying them in oil. Heat vegetable oil in deep pan (2-3 inches of oil). Fry empanadas a few at a time until golden brown, turning once (about 5 minutes). Drain on a paper towel.

These freeze well either cooked or uncooked. If cooking from a frozen state, let them thaw out on a cookie sheet then bake as directed.

Filling:

Ingredients

- 3 very large onions, coarsely chopped (6-8 cup)
- 3 cloves garlic, minced
- 1 tbsp. salt
- 2.5-3 lbs ground beef
- 2 tsp. black pepper
- 3 envelopes sazón seasoning (can use paprika in a pinch)
- 3 tsp. ground cumin

Preparation

Saute the onions until translucent, add the beef and brown it. Drain off the excess fat. Add the seasonings and a mix of 2 tbsp. flour in 1/2 cup water. Heat for 3 minutes or so, until it is thick and quite dry. Let cook and refrigerate until ready to use. You can make the filling a day or two ahead, so you don't have to do everything all at once.

For each empanada, add 2-3 black raisins and a slice of hard boiled egg.

Fajitas

Contributor: riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)

Ingredients

- 2-3 lbs beef skirt (untrimmed, untenderized, unscored) or substitute flank steak
- 1 beer
- 1 1/2 tsp. garlic powder
- 3-4 small limes (juiced)
- 1 large onion (minced)
- 1 tbsp. Worcestershire sauce
- 1 bay leaf
- One 8-oz bottle herbs and garlic oil-based salad dressing
- 3 tbsp. chili powder
- 2 tbsp lemon pepper
- 2 tsp. cumin
- 1 tbsp. minced cilantro (or parsley)
- 1 tsp. cayenne pepper

Preparation

Preheat pit. Mix all ingredients except beef together to make a marinade. Pour over meat in a non-reactive container. Cover and stir occasionally for 6-8 hours prior to cooking. Cook in either of these ways:

If you have the space, smoke the fajitas for about 30 minutes with pure mesquite smoke, then cook over direct heat (mesquite coals are best) for about 4-7 minutes per side. Baste with marinade while cooking.

Cook over direct heat (mesquite coals are best) for 6-10 minutes per side depending on how done you like your meat. Baste with marinade while cooking.

Immediately slice meat (at a 45 deg diagonal cut to the grain of the meat). Serve with guacamole and pico de gallo in warm flour tortillas. Figure 1/2 lb. of meat and 3-4 flour tortillas per person.

Chapter 14

Soups

Baked Potato Soup

Contributor: *arielle@taronga.com (Stephanie da Silva)*

Ingredients

- 4 large potatoes
- 2/3 cup flour
- salt and pepper to taste
- 1 cup sour cream
- 5 ounces Cheddar cheese, grated
- 2/3 cup butter
- 1 1/2 quarts milk
- 4 green onions, chopped
- 2 cups crisp-cooked, crumbled bacon

Preparation

Heat oven to 350F degrees and bake the potatoes until fork tender. Melt butter in a medium saucepan. Slowly blend in flour with a wire whisk until thoroughly blended. Gradually add milk to the butter-flour mixture, whisking constantly. Whisk in salt and pepper and simmer over low heat, stirring constantly.

Cut potatoes in half, scoop out the meat and set aside. Chop half the potato peels and discard the remainder. When milk mixture is very hot, whisk in potato. Add green onion and potato peels. Whisk well, add sour cream and crumbled bacon. Heat thoroughly. Add cheese a little at a time until all is melted in.

Garbanzo Bean

Contributor: *twain@blake.u.washington.edu (Barbara Hlavin)*

Ingredients

- 2 c. dried garbanzo beans (chickpeas), presoaked
- 1 tsp. crumbled oregano leaf
- 1 c. grated zucchini
- 1 c. grated yellow squash (substitute zucchini if yellow squash not available)
- 3 med. cloves garlic, pressed or minced
- 2 tsp. sea salt
- 3 tbsp. tamari, or to taste
- 1-1/2 c. shredded red cabbage
- 8 c. water
- 2 c. chopped yellow onion
- 1-1/2 c. chopped celery
- 1 1-lb. can stewed tomatoes (drain and chop tomatoes coarsely)
- 1 c. thinly sliced carrots (1/8" thick), cut on diagonal
- 2 tsp. crumbled basil leaf

Preparation

Check beans carefully, discarding rocks if any, and wash thoroughly. Soak beans in 4 cups water for 12 hours.

In a 6–8 quart pot, bring to a boil: 8 cups water, presoaked beans, onion, celery, and garlic. Reduce heat to medium-low and simmer, tightly covered, about 25 minutes. Add sea salt and continue simmering, covered, until beans are tender, about 25-30 minutes.

Add carrots, basil, and oregano. Simmer ten minutes.

Add red cabbage, zucchini, yellow squash, tomatoes and additional water, as needed, and simmer until added veggies are tender, about 5-10 minutes. Add tamari. Adjust seasonings to taste. Serve.

Cream of Carrot Soup

Contributor: *Ted.Taylor@p4214.f104.n109.z1.fidonet.org (Ted Taylor)*

Ingredients

- 1/2 teaspoon sugar
- 1/2 cup water
- 2 tablespoons chopped onions
- 2 tablespoons flour
- 2 teaspoons dill weed
- 1 tablespoon chicken stock base
- 1 cup heavy cream
- 1 carrot, grated
- 1/2 teaspoon marjoram
- 4 cups sliced carrots
- 2 tablespoons butter
- 2 cups milk
- 1/4 teaspoon thyme
- 2 cups half-and-half
- salt and white pepper to taste
- curry to taste

Preparation

This soup can be served chilled, but omit the grated carrot. When re-heating, do not boil.

Stir sugar and marjoram into boiling water. Add carrots and onion. Steam until tender. Stir in butter until melted. Sprinkle with flour. Cook and stir until lightly browned. Add milk gradually, stirring until smooth. Season with 1 teaspoon of the dill and the thyme. Simmer 30 minutes, stirring occasionally. Puree in blender or food processor and return to soup pan. Add chicken stock base, half-and-half, cream, and season to taste. Refrigerate until serving time. Reheat and stir in grated carrots. Garnish with remaining dill weed.

Beer-Cheese Soup

Contributor: *hammonds@riacs.edu (Steve Hammond)*

Ingredients

- 1 cup diced onions
- 1 cup diced carrots
- 3/4 cup butter
- 1 tsp. dry mustard
- 1 bunch broccoli
- 6 oz. cheddar cheese, grated
- salt
- 1 cup diced celery
- 1 cup diced mushrooms
- 1/2 cup flour
- 5 cups chicken or vegetable stock
- 11 oz. beer
- 2 tbsp. grated parmesan cheese
- pepper

Preparation

Saute the diced vegetables in butter. Mix flour and mustard into sauted vegetables. Add the chicken or vegetable stock to mixture and cook for five minutes.

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

Add beer and cheeses to the soup. Simmer 10-15 minutes. Check seasonings.

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

Hungarian Sour Cherry Soup (Meggy Leves)

Contributor: *anderson@ee.eng.ohio-state.edu (Bettylise Anderson)*

Ingredients

- 2 pounds sour cherries, washed and pitted
- salt to taste
- 2 egg yolks
- 1/2 cup sugar
- Juice of one lemon, or to taste
- 1 cup light cream

Preparation

Boil 2 quarts of water in a pot and add cherries. Cook for 10 minutes, gradually adding the sugar, salt, and lemon juice.

Mix the egg yolks with cream and add to the soup. Heat soup on low, stirring constantly until it thickens. Serve soup hot or chilled.

Variation: This soup can also be prepared from red currants. In many homes half of the currants are passed through a sieve into the soup.

note: In finer kitchens, in order to bring out the deep and rich flavor of the sour cherries, they add a well-reduced liquid made from cherry its, water, cinnamon, cloves, and vanilla. The soup is garnished with sweetened, beaten egg whites and sliced, toasted hazelnuts.

Tarragon Cream of Tomato Soup

Contributor: *jdravk+@cs.cmu.edu (Jeanette Dravk)*

Ingredients

- 6-8 large, ripe (the riper the better) tomatoes
- 2 tbsp. butter
- 2 cup milk
- salt and pepper
- 2 medium white onions
- 1/2 cup cream
- 4 tbsp. sugar
- tarragon

Preparation

First peel the skin off of the tomatoes and slice into chunks. Mince the onions into whatever size pieces you like and saute thin the butter until they are soft but not brown. Put the tomatoes which in with the onions. Cook for about 15 minutes. (feel free to mash the tomatoes if you like a less-chunky soup). Add milk and cream. (If you don't have cream, using all milk still works fine). Add the sugar and salt and pepper to taste.

Let all of this simmer for about 10 minutes, stirring occasionally.

When it's about done, add the tarragon. Serve soup with sprigs of fresh parsley.

Greek Egg and Lemon soup (soupa avgolemono)

Contributor: *kyp@sirius.csustan.edu* (Ken Pergrem)

Ingredients

- 2 10 3/4 oz. cans condensed chicken broth
- 2 teaspoons dried parsley
- 2 eggs
- 2 soup cans water
- 1/3 cup raw long-grain rice
- juice of one fresh lemon

Preparation

Combine the chicken broth, water and parsley. Bring to a boil. Add the rice. Cover and cook for 25 minutes.

Meanwhile, beat the eggs well. Slowly add the lemon juice to the eggs while continuing to beat them. Slowly pour 1 cup of the hot soup into the egg mixture while beating. Slowly pour the egg and soup mixture back into the soup pot while stirring vigorously. Cook over very low heat for a few minutes, stirring constantly, until slightly thickened. Do not boil, as the mixture will curdle.

The chicken-broth mixture can be made in advance and reheated, but do not add the egg and lemon-juice mixture until just before serving. This soup does not reheat well.

Serves: 4

Garlic Soup

Contributor: *stcmille@copper.ucs.indiana.edu* (Stephen C. Miller)

Ingredients

- 1 head garlic — smashed and peeled
- 2 medium onions — peeled and sliced
- some other herbs (your choice)
- olive oil
- 1 lime
- 1 quart chicken broth
- cardamom (whole)
- 4 eggs — separated
- butter

Preparation

Melt about 1 tbsp. butter in a big frying pan. When it quits foaming, add a tbsp. of olive oil. Throw in the garlic and onion. Fry gently, being careful not to allow garlic to brown. Toss in the herbs, too.

Meanwhile, heat the chicken broth in a pot. Throw in 10-20 cardamoms. When the garlic and onions are well cooked, toss them into the chicken broth, using a bit of the broth to deglaze the frying pan. Let all this boil for maybe a half hour. Then remove the onions and garlic with a strainer, and then press them through the strainer and add back to the broth.

Now for the parts that make it unique and good. Whisk about a tbsp. or two of olive oil into the yolks, and add the mixture to the soup. This gives it a “creamy” texture. (The soup should be barely boiling here - it is delicate.) Add the juice of the lime. Add a little water to the whites and mix them well. Just before you serve the soup swirl it quickly and add the whites in a thin stream.

Zuppa d’Agljo

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From La Cucina di Andrea’s: New Orleans Extra Virgin Recipes by Chef Andrea Apuzzo, Roberto de Angelis, with Tom Fitzmorris.

Ingredients

- 3 heads fresh garlic
- 1 medium-large onion, cut up
- 1 cup dry white wine
- 1 gallon chicken stock
- 1 cup whipping cream
- 5 sprigs fresh thyme leaves
- 1/2 tsp. white pepper
- 1 tsp. extra virgin olive oil
- 1/4 cup olive oil
- 2 ribs celery, cut up
- 1/4 cup all-purpose flour
- 1 medium potato, peeled and cut up
- 10 chopped fresh basil leaves
- 2 tsp. salt (or less)
- 1/2 tsp. Tabasco
- 2 cloves garlic, sliced very thin, for garnish

Preparation

Cut two of the garlic heads in half across and remove the papery outer skin. Put these cut side down on a very hot surface — a griddle or black iron skillet — until they're black. Peel all the garlic completely.

Heat the olive oil in a large saucepan and saute the onions, celery and the garlic until lightly browned at the edges. Add the wine and bring to a boil.

Sprinkle in the flour and stir the pot thoroughly, but don't let it brown. Add the chicken stock, 1/2 gallon water, and the potato. Whisk the pot well and bring to a boil. Reduce to a rapid simmer and cook for about an hour and 15 minutes.

Strain out the solids from the soup, and puree them in a blender or food processor, along with enough broth to ease things along. Return the puree to the soup and restore the boil. Add the whipping cream, basil, thyme, salt, pepper, and Tabasco.

Heat the extra virgin olive oil in a skillet very hot. In it toast the slivers of garlic until brown around the outside.

Ladle the soup into bowls and garnish with roasted garlic slivers. Float a toasted, garlic-buttered slice of French bread on top.

Serves: 8–12

Soup a l'Ail

Contributor: *golden@math.psu.edu (Oliver John Golden)*

Ingredients

- 1/2 cup peeled garlic cloves
- 4 tbsp. olive oil
- 3 egg yolks
- 1/2 tsp. salt
- pinch of nutmeg
- 2 tbsp. butter
- 4 cups chicken bouillon
- 1 tbsp. fresh parsley (garnish)
- cayenne to taste and/or tabasco
- 6 slices (thick) of French bread

Preparation

Peel the cloves, and, in a 2 qt. sauce pan, saute the garlic for about 15 minutes over low heat in the butter and 1 Tb. of olive oil, turning often so as to avoid browning. Pour in chicken stock and raise the heat to bring it to a boil. Cover the pan loosely and lower the heat. Simmer about 20 minutes.

In a small bowl beat the egg yolks until they thicken. Add the oil while beating until you get a thick mayonnaise.

Stir a couple teaspoons of soup into the mayonnaise, and then add the soup-mayo mixture to the soup, stirring all the while. Heat until not quite boiling. Now pour the soup through a sieve into heated tureen. Mash the garlic through the sieve, perhaps saving a few cloves to put in whole. Add the salt, cayenne and nutmeg. Stir until completely blended. Serve over the bread, garnished with parsley.

Serves: 6

La Vielle Maison Soup

Contributor: *golden@math.psu.edu (Oliver John Golden)*

Ingredients

- 6 garlic cloves
- 4 tbsp. butter
- 4 cups chicken stock
- 1 raw egg per serving
- 1 oz. whipping cream per serving
- pinch of thyme
- 6 large onions (finely diced)
- 1 tsp. flour
- 2 cups white wine
- 1 oz. swiss cheese (grated) per serving
- salt and pepper to taste

Preparation

Peel the garlic cloves and saute with the onions over low heat in the butter. Add flour and fry until well coated. Add spices and wine, bring to a boil and continue cooking for a half hour. Add the stock and bring to a boil. Put the soup into a casserole and cook at 350 for an hour.

To serve, you will need serving size oven-proof bowls or casseroles. Beat an egg into each serving and cover each with cheese. Bake for 10 more minutes at 350. When ready to serve, add 1 oz. cream to each serving.

Serves: 4-6

German Sausage Chowder

Contributor: *spectra!va6210.dnet!johnson@nosc.mil*

Ingredients

- 1 pound cooked bratwurst or knackwurst cut in 1/4 in. pieces (Polish sausage works good too)
- 1 medium onion, chopped (1/2 cup)
- 1 can whole kernel corn (optional)
- 3 tablespoons all-purpose flour
- snipped parsley (if desired)
- 2 medium potatoes, peeled and coarsely chopped (2 cups)
- 1 small head cabbage, shredded (4 cups)
- 3 cups milk
- 1 (4 ounces) cup shredded aged Swiss cheese

Preparation

In a large saucepan or Dutch oven combine sausage, potatoes, onion, 1/2 teaspoon salt, and dash pepper. Add 2 cups water. Bring to boiling; reduce heat. Cover; simmer for 20 minutes or until potatoes are nearly tender. Stir in cabbage (and corn if desired); cook 10 minutes more or till vegetables are tender. Stir in 2 1/2 cups of the milk. Stir remaining 1/2 cup milk into flour; stir into soup. Cook and stir till thickened and bubbly. DON'T LET IT SCORCH! Stir in cheese till melted. Garnish with parsley. Makes 6 servings.

Potato Cheese Soup

Contributor: *peter@julian.uwo.ca (Peter Marshall)*

Ingredients

- 4 potatoes, peeled and sliced in thick slices
- 2 large celery stalks, chopped
- 2 tbsp. butter
- 1 1/2 cups milk
- 1 tsp. basil
- black pepper
- 4 cups chicken or beef broth
- 1 medium onion, chopped
- 1 tbsp. dried tarragon
- 1 cup packed grated cheddar cheese
- 1/2 tsp. garlic powder

Preparation

Boil the broth, and cook the potato slices in it for 20-22 minutes.

Heat butter in a frying pan and then add the celery and fry it for a minute. Add the onion and cook until they are soft, 5-10 minutes.

When the potatoes are done (the pieces will break easily with a spoon), add the celery and onion from the frying pan to the pot. Stir in tarragon.

Ladle about half of the mixture into a blender and puree. Be sure to get lots of liquid in the first half. Pour the pureed mixture into a measuring cup and then puree the remainder. Pour the lot back into the saucepan.

Add milk, cheddar cheese, basil, .garlic powder, black pepper.

Heat on medium heat for 5 to 10 minutes, stirring frequently to prevent the cheese from burning to the bottom. The mixture probably will not boil.

Serves: 6

Hot and Sour Scallop Soup

Contributor: *stssmem@st.unocal.com* (Mary Murphy)

Ingredients

- 1 tsp. grated ginger root
- 2 tsp. minced garlic
- 2 tsp. chili oil
- 1/4 tsp. Chinese 5-spice powder
- 2 tsp. lemon juice
- 6 cups chicken broth, preferably low-sodium
- 1 tsp. cornstarch mixed with 1 tsp. cold water
- Scallop Dumplings
- 1 tsp. sherry
- 2 tsp. soy sauce
- 2 tsp. grated lemon zest
- 2 tbsp. minced cilantro
- 1 tbsp. rice vinegar
- 3 large mushrooms, thinly sliced
- oil
- 2 small green onions, thinly sliced

Preparation

Combine ginger, Sherry, garlic, soy sauce, chili oil, lemon zest, 5-spice powder, cilantro, lemon juice, rice vinegar, and chicken broth in a 2-quart pot. Simmer, covered, for 15 minutes. Stir in cornstarch mixture. Strain soup.

Heat oil in small skillet over medium-high heat. Add mushrooms and saute about 4 minutes, stirring often. Add to soup.

(Soup can be made ahead to this point and refrigerated for 1 day, or frozen up to 3 months.)

Before serving, drop Scallop Dumplings into the boiling soup. Cook 1 minute. Garnish with sliced green onions. Adjust seasonings to taste. Serve hot.

Serves: 8

Scallop Dumplings

Ingredients

- 1 tsp. sesame oil
- 1/2 tsp. grated ginger root
- salt, optional
- 1 slice white bread
- 1/2 pound bay or sea scallops

Preparation

Combine sesame oil, bread, ginger, and scallops in food processor fitted with metal blade. Season to taste with salt, if desired. Process until just pureed. Do not overprocess. Dip melon baller into cold water and scoop out about 16 (1-inch) dumplings. (Can be made several hours ahead and kept at room temperature.) Makes 16. (Note: Not having a melon baller, I just used 2 small spoons to form dumplings.)

Spinach soup

Contributor: *saastamoinen@kylk36.uku.fi*

Ingredients

- 1 tbsp. butter
- 0.5 liter vegetable/meat broth
- 100 g. spinach, finely chopped
- 0.5 dl. cream
- 1.5 tbsp. flour
- 0.25 liter milk
- 1 egg yolk
- salt and pepper to taste

Preparation

Put butter and flour in saucepan. Heat, constantly stirring. Gradually add broth, stirring all the time. Add spinach and milk. Add salt and pepper to taste.

Put egg yolk and cream in tureen. Whisk thoroughly and slowly add the soup (preferably with electric mixer).

Serve hot, put in each portion a diagonally cut, hard-boiled egg.

Gaeng Dom Yam Gai (Chicken and Coconut Milk Soup)

Contributor: *chris@asylum.gsfc.nasa.gov (Chris Shenton)*

From Jennifer Brennan's book "The Original Thai Cookbook".

Ingredients

- 5 cups "thin" coconut milk
- 3 stalks lemon grass, brised and cut into 1 inch lengths
- 3 green onions, finely chopped
- 4 - 6 fresh serrano chillies, seeded and chopped
- juice of 2 limes
- 1 small chicken, sectioned and cut into bite-sized pieces (bone in)
- 2 tsp. laos powder (ka) (galangal)
- 2 tbsp. coriander leaves, chopped
- 3 tbs fish sauce (nam pla)

Preparation

In a sauce pan, bring the "thin" coconut milk to a boil. Add chicken pieces, lemon grass, and Laos powder. Reduce heat and simmer until chicken is tender, about 15 minutes. Do not cover as this will tend to curdle coconut milk. When chicken is tender, add green onions, coriander leaves, and chillies. Bring heat up just below boiling. Remove pan from heat, stir in lime juice, fish sauce. Serve.

Chilled Tomato Carrot Soup

Contributor: *millerj@belize.crd.ge.com*

Ingredients

- 2 Tb. Butter or margarine
- 1 c. chopped onion
- 8 medium fresh tomatoes (about 2 lbs) peeled and chopped
- 1/2 tsp. each basil and thyme, crushed
- 1/8 tsp. each, peper and nutmeg
- Chopped parsley
- 1 lb. carrots, peeled and thinly sliced
- 1 clove garlic minced
- 1 can chicken borth (to make this vegetarian I use vegetable broth)
- 1/2 ts. salt
- 1 cup milk

In large suacepan, melt butter. Add carrots, onion and garlic; cook five minutes. Add seven of the tomatoes, chicken broth, basil, thyme, salt, pepper and nutmeg. Bring to a boil. Reduce heat, cover and simmer 30 mintues or until vegetables are tender. In electric blender or food processor fitted with metal blade, puree thoroughly in batches. Pour into large bowl and stir in milk. (For freezing do not put in milk until you thaw it out). Chill thoroughly, Stir in remaining chopped tomato. Sprinkle with parsley.

Serves: 6

Cafe Cartier's CREAM of TOMATO SOUP

Contributor: *dhtucker@digilonestar.org (Doug Tucker)*

Ingredients

- 2 tbsp. butter
- 8 oz. fresh mushroom, sliced
- 1 14 oz. can whole, peeled tomatoes
- 1 16 oz. can tomato sauce
- 1/2 tsp. white pepper
- 1 pint heavy cream
- 1 cup onion, finely chopped
- 2 tbsp. flour
- 1 cup hot water
- 2 beef bouillon cubes, dissolved in 1/4 cup water
- 1 tsp. sugar

Preparation

Saute onions and mushrooms in butter 5 minutes or until onions become translucent. Add flour, mixing well. Cook until bubbly. Add hot water, tomato sauce, bouillon mix and pepper, stirring well after each addition. Cook until soup bubbles.

Remove from heat, add sugar and cream, mixing well. Heat through, adjusting seasonings to taste.

Vegetable Soup

Contributor: *kra@sdd.hp.com (K. R. Albitz)*

Ingredients

- 1-2 lb good roast beef (optional), trimmed of fat and cut into large chunks
- 6 medium carrots, cut in 1/4" pieces
- 3 large potatoes (optionally peeled), cubed
- 2 cups okra, cut into 1/2" pieces (essential)
- 1 small jalapeno pepper, minced
- 50 whole peppercorns
- 1 teaspoon thyme leaves
- 6 ears of corn, cut off cob
- 5 lbs fresh ripe tomatoes, cored, peeled and chopped
- 3 medium onions, chopped
- 2 cups lima beans
- 2-4 Tablespoons salt (start with 2, add rest to taste at end of cooking)
- 25 whole cloves (essential)
- 1 teaspoon marjoram leaves

Preparation

Tie peppercorns, cloves, thyme and marjoram in a cheesecloth. Put all ingredients in a *large* soup pot. Add water to barely cover ingredients. Bring to almost boiling at medium high heat. Turn to very low heat and simmer, uncovered, all day, or until veggies are of the preferred texture and meat is well done. Remove large chunks of beef, shred them and return shreds to pot. Remove tea ball or cheesecloth with spices, discard spices.

Makes about 2 gallons, freezes very well. Can be doubled. Cloves and okra are the essential "secret" ingredients for this soup.

Chapter 15

Vegetable Dishes

Spicy Chili Beans

Contributor: *acarlson@hpdblpy.cup.hp.com (Amelia L. Carlson)*

Ingredients

- 3 cups mixed dry beans
- 3 onions, chopped
- 2 stalks celery, chopped
- 1 tomato, chopped
- 1 15-16 ounce can stewed tomatoes
- 2 teaspoons ground cumin
- 1/8 teaspoon cayenne (more if you like it)
- 5 cups water
- 1 green pepper, chopped
- 2 cloves garlic, chopped
- 1 cup tomato sauce
- 4 tablespoons chili powder
- 1/4 teaspoon crushed red pepper

Preparation

Place the beans and water in a large pot. Bring to a boil, cover, reduce heat, and simmer for 2 hours. Add the remaining ingredients and cook an additional 2 hours.

Caponata (Italian Eggplant Salad)

Contributor: *isppb03@disc.dla.mil (sam frajerman)*

Ingredients

- 1/2 cup olive oil
- 1 1/2 cups coarsely chopped onions
- 2 cups chopped tomatoes
- 2 tablespoons tomato paste
- 24 small stuffed green olives, sliced into thirds
- 2 ounces anchovies, drained and chopped
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon salt
- 3 cups diced eggplant (3/8" dice) (about 1 medium)
- 1 cup celery in 1/4" slices
- 3 tablespoons minced garlic
- 1/4 cup wine vinegar
- 1/2 cup small capers, drained
- 1 tablespoon sugar
- 1/2 cup lightly packed minced parsley
- 1/2 teaspoon pepper

Preparation

In a large skillet, heat the olive oil. Add the eggplant and saute several minutes until partially soft. Add the onions, celery, tomatoes, and garlic and cook for about 10 minutes, stirring occasionally. Remove from

the heat, add the remaining ingredients and toss lightly. Chill until ready to serve. Serve chilled or at room temperature.

Serving suggestions: As an appetizer, serve on a bed of greens accompanied by black bread or crisp pita toasts. As an hors d'oeuvre, pass with toasted Italian bread slices or pita triangles. Try as an omelet filling; as an accompaniment to cold roast meats; tossed with pasta for a cold salad; or even mounded hot on black bread, topped with mozzarella, and broiled for a quick snack.

Caponata

Contributor: *BSS_GRAEME@vd.seqeb.gov.au*

Ingredients

- 2 medium eggplants
- 1 tblsp salt
- 6 plum tomatoes
- 1 large green pepper
- 1 large onion
- 5 celery stalks
- 1/4 cup olive oil
- 5 tblsp wine vinegar
- 1 tblsp sugar
- 1/4 cup drained tiny capers
- 1/4 tsp freshly ground black pepper
- 1 tblsp pignoli
- 1/2 cup olives

Preparation

Peel eggplants, removing all green pith. Cut into 1" cubes. Toss with 2 tblsp salt in colander and leave for 1 hour to drain. Drop plum tomatoes into boiling water for 10 seconds, drain and peel. Roughly chop them. Wash and halve the pepper, removing seeds and membrane, cut into 1" squares. Coarsely chop onions and celery. Dry each piece of eggplant with paper towels, pressing moderately hard to express as much moisture as possible. Saute in oil for 10 mins. stirring often, drain and transfer to a plate. Add a little more oil to the pan, if necessary, and saute the pepper for 5 minutes. Remove & drain to the plate with eggplants. Simmer onion and celery together until celery is tender, approx 15 mins. Add tomatoes, cover and cook for 10 mins. Meanwhile mix vinegar, sugar, capers, remaining teasp. salt and pepper together in a small pot. Simmer uncovered for 1 minute. Return eggplant and pepper to saute pan. Add vinegar mixture, the pignoli and olives. Stir all together well and simmer, uncovered for 10 mins. Let cool before serving or bottling. Keeps well in refrigerator.

Melanzane con la Mozzarella (Baked Eggplant with Mozzarella)

Contributor: *BSS_GRAEME@vd.seqeb.gov.au*

3 pounds eggplant 1 cup Southern Italian Tomato salt sauce 1 pound mozzarella 1 1/2 cups olive oil 2 eggs 5-6 tblsp freshly ground parmigiano freshly ground black pepper

Peel eggplants, cut in 1/2 inch rounds. Salt them generously, allow to sit on edge of colander for 30 mins. Cut mozzarella into half as many rounds as there are eggplant. Beat eggs together with a little salt and papper and 1/2 cup of the tomato sauce. Heat 1/2 inch olive oil to 350 degrees F in a small heavy based saute pan. Dry eggplant with kitchen paper, pressing to exude moisture. Fry the rounds a few at a time until golden brown. Remove to drain on paper towels. Preheat oven to 400 degrees F. Oil a baking dish large enough to hold half the eggplant rounds on base. Lay out eggplant rounds. Cover each round with a slice of mozzarella and top with remaining half of eggplant rounds. Briefly beat egg/sauce mixture to re-combine it, and pout it over the eggplant. Top with the remaining tomato sauce and sprinkle on the grated cheese. Bake for 15 mins. Let cool briffly before serving.

You could also make a humongous batch of Ratatouille, or simply use the eggplant as the thickener in stews/casseroles. It is also delicious when sliced into rounds coated in an egg batter dipped in a mixture of breadcrumbs/parmigiano and fried until golden on both sides. Bon Apetit.... Philippa

- Philippa Wightman Email: bss_graeme@seqeb.gov.au *~~~~~* Never trust a skinny cook ...!!!!!! *|||||*

Sauteed Green Beans and Red Peppers with Garlic and Herbs

Contributor: twain@milton.u.washington.edu (Barbara Hlavin)

Ingredients

- 3 pounds tender, young green beans
- 3 medium sweet red peppers
- plus more if needed
- 1 cup grated imported Parmesan cheese
- (preferred) or 2 tablespoons dried
- Salt
- 6 tablespoons unsalted butter
- 4-1/2 tablespoons minced garlic
- 1/2 cup chopped fresh basil
- Freshly ground pepper

Preparation

Wash and trim beans. Bring 5 quarts water to boil in large heavy saucepan and add salt. Add beans and cook, uncovered, until tender, 8 to 10 minutes. Drain beans in colander and rinse them under cold running water. Pat dry. (Beans may be prepared several hours ahead. Wrap in kitchen towel and then plastic wrap and refrigerate.)

To prepare peppers, remove stems, seeds and membranes and discard. Cut peppers into 1/4-inch thick strips. (Peppers can be prepared several hours ahead. Cover and refrigerate.)

Heat butter in large heavy skillet over medium-high heat. When hot, add red peppers and saute, tossing and stirring, until softened, 4 to 5 minutes. Add garlic and cook 1 minute more. Make certain beans are dry and add them to the pan. Stir and cook several minutes until beans are heated. If necessary, add additional butter when sauteing.

Add cheese and basil. Toss and cook 1 minute more. Season to taste with more salt if necessary and general amounts of pepper. Serve hot.

Serves: 8

Maque Choux (Cajun Corn Stew)

Contributor: riacmt@ubvmsa.cc.buffalo.edu

Ingredients

- 2 quarts fresh corn cut off the cob (about 15-20 ears of fresh corn; also see note below on how to shave the corn from the cob) or frozen kernels
- 1 lb. tomatoes, pureed (add some water if necessary)
- 1/4 cup vegetable oil
- 1/2 tsp. salt
- 1/4 tsp. garlic powder
- Hot cooked rice
- 1 medium onion, chopped
- 2 cup (low sodium) vegetable broth or tomato juice
- 1 tsp. sugar (increase to 1 tbsp. if using frozen corn)
- 1/2 tsp. cayenne pepper (more or less to taste)
- 1/4 tsp. freshly ground black pepper

Preparation

Heat oil in dutch oven or other large pot (cast iron is best, but use what you are comfortable using) over medium heat. Saute onions for about 5–10 minutes, or until they begin to caramelize. Add the tomato puree and cook for another 5 minutes, stirring occasionally. Add 2 cups vegetable broth (or tomato juice), corn, sugar, salt, cayenne pepper, garlic powder, and pepper. Bring to a boil over high heat, stirring and scraping bottom well so it doesn't stick to the pan bottom and scorch. When mixture reaches a boil, remove from heat and let sit for about 15-20 minutes. Before serving, heat and serve immediately with rice.

Note on shaving corn from cobs: This dish is good with frozen corn but it is absolutely phenomenal if you can get fresh corn. Peel husks and “stringy” hair from the corn; wash ears. Now take a sharp knife and cut only partway down so you get the “tip” of the corn kernels. Then cut another “slice” down the corn around all the sides. (Be sure not to cut too far or you will get the tough “cob” part.) Now take your knife and scrape the “juice” from the corn into the bowl holding your kernels.

Mushroom Butter

Contributor: *dc@mgt3.sci.com (D. C. Sessions)*

Preparation

Whenever I get a particularly good deal on mushrooms I make up a big batch of mushroom butter. Melt a half-pound or so of butter in a large saucepan. Clean and halve the mushrooms, then slowly add to the butter. As the first ones cook down, they make room for the next handful. A little onion or garlic is good too, but tastes differ.

Simmer the mushrooms gently for a few hours (covered). When they're done, separate the solids and stock from the fat and store both. They both freeze wonderfully. The mushrooms are great in dozens of ways, including mixed with sour cream as a dip and in egg dishes. The stock is great in sauces and cream soups etc. The butter is absolutely heavenly on bagels and anywhere else you can stand the sinful luxury of animal fats (technically clarified butter, despite the added flavor; it can stand more heat than fresh butter will. I use it for egg dishes whenever possible.)

Oyster Mushrooms and Glazed Onions

Contributor: *seb1@leia.dr.att.com (Sharon Badian)*

Ingredients

- 1 lb oyster mushrooms
- 1 dozen small white boiling onions, trimmed and peeled
- 1 tsp. sugar
- 1 1/2 cloves garlic
- 1 sun dried tomato, drained and finely chopped
- 3 springs fresh thyme, leaves only or 1/4 tsp. dried
- chopped parsley
- 4 large fresh basil leaves or 1 tsp. dried
- 3 tbsp. butter
- 1/3 cup chopped yellow onion
- 1 tbsp. sherry vinegar
- 4 large, very ripe tomatoes, peeled and coarsely chopped
- salt and freshly ground pepper to taste

Preparation

Wipe mushrooms clean and trim bases. Cut into slices 1/2” thick. Crush the fresh basil leaves in your hand and set aside.

Combine white onions, 1 tbsp. butter and sugar in a small, heavy bottomed saucepan with a cover. Cover and cook over medium high to high heat for 20 minutes, shaking pan vigorously from time to time. The onions should be slightly caramelized, but do not allow to burn. You'll have to watch them carefully because on high heat they are liable to burn. Uncover and set aside.

Melt the remaining butter in a large skillet over moderately high heat until it bubbles. Add the sliced mushrooms and saute until they begin to color. Lower the heat and cook for an additional 5 minutes. Using a slotted spoon, transfer the mushrooms to a bowl and set aside. I found that there was very little liquid left in the skillet so a slotted spoon wasn't necessary.

Add the chopped yellow onions to the skillet. Squeeze the garlic through a press and add to the onions. Raise the heat to medium and cook, stirring occasionally, until the onions begin to color. Stir in the vinegar, raise the heat to high and cook until the vinegar evaporates, then mix in both kinds of tomatoes, basil and thyme. Lower the heat, and cook until the vegetables have been reduced to a soft pulp, about 12 minutes.

Remove the basil leaves and discard. Return the mushrooms to the skillet and add the glazed onions. Season with salt and pepper to taste and simmer an additional 2 to 3 minutes to reheat. Garnish with chopped parsley and serve.

Serves: 6

Mushroom Stew

Contributor: *huggett@sequent.com*

The sauce:

Ingredients

- 2 tbsp. Dijon-style mustard
- 2 tbsp. brown sugar
- 1 tbsp. soy sauce
- 2 tbsp. Worcestershire sauce
- 3/4 cup dry red wine
- freshly ground pepper

Preparation

Combine all the ingredients in a bowl and set aside.

The vegetables:

Ingredients

- 1 1/4 lb. mushrooms (combination of chanterelle, oyster, shitake, domestic button)
- 1 onion, diced
- 1 large red bell pepper, diced
- chopped cilantro or parsley for garnish
- 2 tbsp. butter
- salt
- 1/4 lb. tofu cut into small cubes

Preparation

Halve or quarter the larger fresh mushrooms. Melt butter in a large, heavy-bottomed pan, add the onion, salt lightly, and cook over medium heat for 3-4 minutes or until the onions are transparent. Add the mushrooms and the peppers and cook for a few minutes, stirring often, until the mushrooms begin to color; then add the sauce. Add the tofu and simmer slowly until the sauce has reduced and thickened, about 40 minutes. Serve in soup plates with rice or noodles and garnish with cilantro or parsley.

Serves: 4

Sesame Noodles

Contributor: *Shyamala Parameswaran (U15297@uicvm.uic.edu)*

Ingredients

- 1 lb. packet durum wheat spaghetti
- 1/4 cup sesame butter
- 1/4 cup tamari
- 3 tbsp. apple concentrate or 2 tbsp. brown sugar
- 1/2 inch ginger, crushed
- 2 tbsp. sesame oil
- 2 bunches green onions, chopped into 1/2 inch bits
- 1/4 cup very hot water
- 1/4 cup good cider vinegar
- 4 cloves garlic, crushed
- 2 tbsp. of hot chili oil or 3/4 tsp. cayenne powder

Preparation

Cook noodles in salted water, al dente, as directed on package. Drain.

Beat sesame butter in hot water till well blended and add all remaining ingredients except green onions. Pour over noodles, top with green onions and toss well.

Sweet and Sour Eggplant

Contributor: *Shyamala Parameswaran (U15297@uicvm.uic.edu)*

Ingredients

- 1 large purple eggplant, diced
- 3 medium onions, chopped fine
- 3 cloves garlic
- 1 tsp. tamarind concentrate
- 1 tsp. kala jeera (nigella)
- salt to taste
- Coriander leaves for garnishing
- 2 medium tomatoes, diced
- 3 green chillies
- 3/4 inch ginger
- 2 tbsp. sugar
- touch turmeric
- 3 tbsp. oil

Preparation

crush chillies, garlic and ginger together. Warm oil. Drop kala jeera/nigella. In a couple of minutes, add onions and fry to a uniform medium brown. Add garlic-ginger-chili paste. Stir for a couple of minutes. Add turmeric, stir, add tomatoes. When tomatoes are soft, add eggplant cubes, salt to taste. Mix. Drop the tamarind concentrate and sugar. Cover and let cook for about 40 mins. You may need to add a little water if it tends to stick, so watch out every few minutes.

When done garnish with coriander.

Orange-Spinach Salad

Contributor: *Shyamala Parameswaran (U15297@uicvm.uic.edu)*

Ingredients

- 1 tbsp. juice from crushed ginger
- 1/4 cup honey
- 5 tsp. white wine vinegar
- 3 tsp. good olive oil
- 3/4 cup low-fat yogurt
- 1/4 cup orange concentrate
- 1/2 tsp. ground yellow mustard

Preparation

Mix all of the above well and chill for two hours. Pour over rings of peeled, deseeded orange slices on a bed of washed, drained spinach leaves.

New Potatoes Baked with Bay Leaves and Lemon

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From Bon Appetit, Oct. 1988

Ingredients

- 2 lbs red new potatoes, quartered (or substitute larger red potatoes cut into 1 1/2 inch chunks)
- 1 1/2 tsp. dried oregano, crumbled (optional)
- 1 tsp. salt
- 1/2 cup olive oil
- 1/4 cup plus 2 tbsp. fresh lemon juice
- 1 tsp. grated lemon peel (optional)
- 1/4 tsp. freshly ground pepper
- 20 bay leaves

Preparation

Preheat oven to 375 deg F. Lightly oil a large shallow baking dish. Add potatoes to dish. Mix lemon juice, oregano, lemon peel, salt, and pepper in a bowl. Whisk in oil. Pour over potatoes; toss well. Tuck bay leaves around potatoes. Bake until potatoes are golden brown and knife pierces centers easily, turning potatoes every 10 minutes, about 45 minutes. (Note: Depending on the age and water content of your potatoes, this can vary greatly. We have baked them as little as 30 minutes and as long as an hour and a half.)

Variation: Use some other herb in abundance in place of the bay leaves. Lots of oregano is nice, as is thyme.

Greek-Style Potatoes

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 7 medium potatoes
- 2 tbsp. tomato paste
- 1 can chicken broth (or 1 1/2 cup homemade stock)
- 1/2 tsp. salt
- 1/4 cup olive oil
- juice of 2 lemons
- 1 tbsp. Greek oregano
- Salt and freshly ground black pepper for adjusting seasonings just prior to serving

Preparation

Peel potatoes and quarter length-wise. Place in an oiled casserole dish (covered) and microwave or bake until tender. In the meantime, make marinade by heating olive oil in a saucepan. Add tomato paste and fry for 30–45 seconds. Add remaining ingredients and simmer for 5 minutes. Pour over cooked potatoes. Let stand 15 minutes or more. If you happen to be grilling outside, remove potatoes from marinade (reserve marinade) and brown briefly on grill, then return to marinade to serve. If not grilling anything, spread potatoes into shallow baking dish and broil (under heating element) until slightly browned or just bake in a 400 deg F oven for another 15-20 minutes. Adjust seasonings (salt and pepper) to taste before serving.

Note: If you want to simplify this whole dish, you can just put all ingredients into a shallow baking dish and bake until potatoes are tender.

Dum Aloo (Whole Potatoes in Spicy Yogurt Gravy)

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 12 even-sized small boiling potatoes
- 1 1/2 cup finely chopped onions
- 2 tsp. ground cumin
- 1 tsp. turmeric
- 1 tsp. Mughal garam masala
- 2/3 cup plain yoghurt
- 2/3 cup heavy cream (optional)
- 7 tbsp. light vegetable oil
- 1 tbsp. finely chopped ginger root
- 4 tsp. ground coriander
- 1/2 to 1 tsp. red pepper
- 2 cup chopped or pureed fresh tomatoes, or 1 cup canned tomato sauce
- 4 tsp. Kosher salt

Preparation

Peel potatoes and prick them in 4 or 5 places. Put them in a bowl of cold water until you are ready to cook them.

Heat 5 tbsp. of the vegetable oil in a large non-stick pan that can hold all the potatoes in one layer (such as a 5-quart casserole; cast iron dutch oven is great) over medium-high heat. When the oil is very hot, drain the potatoes, pat them dry on paper towels, and add to pan with oil. Fry them until they acquire several tiny browned spots and a crust (about 8-10 minutes), turning and tossing them to ensure even browning. (This is an essential step, as the browning prevents the potatoes' falling apart during prolonged cooking.) With a slotted spoon, transfer them to a bowl.

Add the rest of the oil to the pan along with the onions. Fry until the onions turn caramel brown (the onions will become kind of sticky and the oil will separate from them – about 15 minutes), stirring constantly so that they do not burn. Add ginger, and fry for an additional 30 seconds. Add cumin, coriander, turmeric, red pepper, and Mughal garam masala all at once, and stir rapidly for 15 seconds. Add tomatoes, yoghurt, salt, and the fried potatoes (in one layer), and bring to a boil. Reduce heat and simmer very gently, covered (we also crimp some aluminum foil around the lid edges to ensure a good seal), for 35 minutes or until the potatoes are fully cooked. Check during cooking to make sure the gravy is not sticking and burning. The gravy should be thick enough to coat the potatoes. If it looks thin and runny, increase heat and boil rapidly, uncovered, until it reduces to the desired consistency. If, on the other hand, the gravy is too thick, add a few tablespoons of water.

Add cream, stir, and simmer until heated through. If you want the dish to taste milder and subtler, stir in a little more oil (about 2 T). Check for salt, and serve.

Note: This dish improves with keeping. For best results make it at least a few hours before you are going to serve it. It can be refrigerated for up to 4 days without loss of flavor.

Rosemary Roasted Potatoes (Pommes Peabody)

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

From Lucinda Hutson, The Herb Garden

Ingredients

- 2 medium size Idaho potatoes, scrubbed, peeled, and cut into 1/4-inch slices
- 2-3 tbsp. minced shallots or green onions
- 1 generous sprinkling fresh rosemary sprigs (or substitute 1 tbsp. dried)
- 1/4 tsp. crushed dried red chili pepper (or more!)
- 1 tbsp. melted butter
- 2 tbsp. best quality olive oil (extra virgin)
- 1 tbsp. fresh lemon juice
- 1/4 tsp. freshly grated nutmeg (optional)
- Salt and freshly ground pepper to taste

Preparation

Preheat oven to 400 deg F. Lightly coat a 10-12-inch cast-iron skillet with olive oil. Place the potatoes in a single layer overlapping slightly and lining the sides of the pan. Sprinkle with shallots and lemon juice. Tuck small sprigs of rosemary between the potato slices (or sprinkle with dried rosemary after you have rubbed or crushed it between your palms); drizzle with the remaining olive oil. Sprinkle with the grated nutmeg, crushed red chili, salt, and pepper. Cook for 50-55 minutes until lightly crisp and golden. Drizzle with melted butter and cook another 5 minutes. Serves 4 as a side dish.

Note: The author notes that she often combines rosemary sprigs with fresh sage, thyme, and savory sprigs. If desired, you can generously sprinkle Parmesan on top of the butter before the last 5 minutes of cooking (I pass on that suggestion, myself.)

Stir-fried potatoes in Hot Bean Sauce

Contributor: *riacmt@ubvmsa.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 2 medium potatoes, peeled, quartered, and cut into 1/8" slices
- 2 cloves garlic, minced
- 2 tbsp. hot bean sauce (or substitute chili paste with garlic, a prepared Szechuan sauce, or something similar)
- 1 tbsp. soy sauce
- 3 to 4 tbsp. vegetable oil
- 3 slices gingerroot, minced
- 1 tbsp. dry sherry (preferred) or white wine

Preparation

Heat oil in wok. Add garlic and gingerroot; saute for about 30 seconds or until fragrant. Add potatoes and stir fry until they start to get tender (it may take a while as potatoes were really not ever intended to be stir-fried and eaten half-crunchy). You can, if you like, add a couple tablespoons of water, cover, and reduce the heat to steam the potatoes a bit so they start to get done quicker. Before potatoes are entirely tender, add sauce mixture and toss. Continue to stir-fry (increase the heat if you have previously reduced it) until most of the moisture is gone.

Country-Style Breakfast Potatoes

Contributor: *riacmt@ubvmsa.cc.buffalo.edu (Carol Miller-Tutzauer)*

Ingredients

- 2 medium potatoes, peeled, quartered, and sliced into 1/8" pieces
- 3 to 4 tbsp. vegetable oil
- 1 small onion, chopped
- Lots of salt and freshly ground pepper

Preparation

Heat oil over high heat. Add potatoes and fry, turning every once in a while, until they begin to brown in places. Add onion and fry for about 1 minute. Add salt and pepper; toss to distribute. Now add about 3 tbsp. water, immediately cover, reduce heat, and simmer until potatoes are tender (about 3 to 5 minutes).

Potato Picatta

Contributor: *riacmt@ubvmsa.cc.buffalo.edu (Carol Miller-Tutzauer)*

Ingredients

- 2 or 3 medium potatoes, pre-cooked with skins on if possible
- 2 to 3 cloves garlic, minced
- 1 tbsp. capers
- 3 tbsp. olive oil
- juice of 1/2 lemon
- salt and lots of freshly ground black pepper

Preparation

Slice pre-cooked potatoes into thin slices. Heat olive oil in non-stick skillet. Add garlic and saute briefly. Lower heat to medium and saute potatoes until warmed through. Add capers, squeeze lemon juice over, and add salt and pepper as desired. Toss until lemon juice is absorbed and capers are warmed through. If you want some "juice" with this, you can add a bit of broth. I personally like them kind of "dry".

Cheesy Spaghetti Squash

Contributor: *donnam@palomar.SanDiego.NCR.COM (Donna Mitchell)*

Ingredients

- 1 spaghetti squash, about 4 lbs.
- 1/4 cup minced onion
- 1/4 cup diced green pepper
- 1/4 tsp. marjoram
- 1/4 tsp. minced garlic
- 2 cup shredded Jack Cheese
- 2 tbsp. butter
- 1/4 cup diced red pepper
- 1/2 tsp. oregano
- 1/4 tsp. basil
- salt, pepper
- 1 can (2 1/4 oz) sliced black olives

Preparation

Pierce squash with fork several places. place on baking sheet and bake at 350 for 45 minutes. Turn and bake 45 minutes longer or until shell gives to pressure. When cool enough to handle, cut squash in half. Scoop out and discard seeds. Remove strand with fork.

Melt butter in skillet. Saute onion, green and red peppers until tender. Add squash strands, oregano, basil, marjoram, garlic, salt and pepper to taste, cheese and olives. Toss until cheese is evenly distributed. Place in 1 1/2 quart casserole and return to oven until cheese is melted, about 10 minutes.

Serves: 6

Confetti Spaghetti Squash

Contributor: *donnam@palomar.SanDiego.NCR.COM (Donna Mitchell)*

Ingredients

- 1 medium spaghetti squash (3 lb)
- 1 tbsp. olive oil
- 1/2 cup diced green pepper
- 1/4 cup diced onion
- 1/4 tsp. ground cumin
- 1/4 cup chicken broth
- 1 tsp. wine vinegar
- 1/2 cup diced sweet red pepper
- 1/4 cup minced fresh parsley
- 1 small glove garlic, minced

Preparation

Cook squash according to microwave directions. Split crosswise. Remove and discard seeds. With a fork, scoop strands into a bowl. Toss to separate strands.

Combine stock, oil, vinegar, green pepper, red pepper, onion, parsley, cumin and garlic.

Either cover and microwave on high for 2 minutes, or saute until tender.

Add squash and toss, evenly distributing colors. Cover and microwave on high for 2 minutes.

Serve piping hot, or refrigerate for 2 hours and serve cold.

Serves: 4-6

Spicy Peanut Noodles

Contributor: *springer@khonshu.Colorado.EDU (Jann Springer)*

Ingredients

- 1/4 C. corn oil
- 1 t. crushed dry red pepper
- 2 T. soy sauce
- 8 oz. dried spaghetti
- 1/4 C. chopped, roasted peanuts
- 1 T. roasted sesame seeds
- 3 T. sesame oil
- 3 T. honey
- 1 t. salt
- 2 T. chopped cilantro (optional)
- 1/4 C. minced green onions
- cilantro seeds for garnish (optional)

Preparation

In a saucepan, stir red pepper and oils over medium heat for two minutes. Add honey, soy sauce, and salt. Stir to combine and set aside. Cook spaghetti in boiling water until tender, about 9 minutes. Drain well and combine with soy sauce mixture. Cover and refrigerate for at least four hours or overnight. When ready to serve, add chopped cilantro, peanuts, and green onions to noodles, toss together and sprinkle with sesame seeds. Garnish if desired.

Serves: 4

Spanish Rice and Lentil Pilaf

Contributor: *mcrae@cs.ubc.ca (Valerie McRae)*

Ingredients

- 2 cups vegetable stock
- 1/2 cup brown rice
- 1-1/2 tsp dried basil
- 1 cup shredded Cheddar cheese
- 1/2 cup green lentils, rinsed
- 1 can (19 oz/540ml) stewed tomatoes
- salt and pepper

Preparation

Conventional method: In saucepan, combine stock, lentils, rice, tomatoes and basil; bring to boil. Reduce heat, cover and simmer for 50-60 minutes or until lentils and rice are tender and most of the liquid is absorbed.

Microwave method: In 12-cup microwaveable casserole combine all ingredients except salt and pepper and cheese. Microwave at medium for 40-45 minutes or until lentils and rice are tender and most of the liquid is absorbed. Let stand covered, for 5 minutes.

both methods: Season with salt and pepper to taste. Spoon onto plates and sprinkle with cheese.

Yield: 4 servings

Souffleed Acorn Squash

Contributor: *hammonds@riacs.edu (Steve Hammond)*

@indexsquash, acorn!souffleed

From M. Urvater and D. Liederman, "Cooking the Nouvelle Cuisine in America".

Ingredients

- 2 small (3/4 pound) acorn squash
- 4 tsp. brown sugar
- grating of fresh nutmeg
- salt
- 4 tbsp. butter
- scant 1/4 tsp. ground cinnamon
- 1 large egg separated
- freshly ground pepper

Preparation

Preheat oven to 400 F. Wash outside of squash well to rid it of any grit. Using a sharp knife, cut a very thin slice off of both ends of the squash so that, when presented on a plate, each half stays stable on the dish and doesn't wobble. Cut the squash in half and with a spoon, scoop out the seeds and discard them.

Place the halved squash, skin side up, in 1/2 inch of water in a baking dish so that the flesh steams and remains moist while it bakes. Bake for 30 minutes.

Remove the baking dish from the oven. With a large spoon and tongs, turn the squash cut side up and place 1 tbsp. of butter in each half. Return the squash to the oven and continue baking for another 30 minutes or until squash is tender. Using tongs, very carefully remove each squash half from the baking pan. As you remove them, pour the melted butter from the center of each into a mixing bowl.

Carefully so as not to pierce the soft shell, spoon out the cooked squash from each and place it in a bowl. Make sure to leave some flesh all around the inside of the cavity of each half. Do not pierce the skin or the souffle mixture will run out.

In a blender or food processor, puree the squash (in two batches if necessary to prevent the mixture from "exploding" from the heat as you puree it) and reserved melted butter with sugar, 1/2 tsp salt, 1/4 tsp pepper, and egg yolk. Pour this into a mixing bowl. In another bowl, whip the egg white with a pinch of

salt until stiff. Fold into squash mixture. Pour equal amounts of the souffle mixture into each hollowed-out cavity and bake on a baking sheet for 25 minutes or until the tops are nice and brown and begin to crack.

Serve in the squash shells as an appetizer or side dish.

Serves: 4

Pasta With Artichokes, Black Olives and Sun-Dried Tomatoes

Contributor: *ted@isgtec.uucp (Ted Richards)*

Ingredients

- 10 sun-dried tomatoes, cut julienne
- 2 cups tomato sauce
- 1 lb compact pasta, such as penne, shells or rotini (spirals), cooked and drained
- 14-oz can artichoke hearts, halved or quartered
- 4-8 cloves garlic, chopped
- 8 large water-packed black olives, drained and chopped

Preparation

Combine all ingredients except pasta in a saucepan. Simmer 5 minutes until sun-dried tomatoes are soft. Toss with hot pasta, and serve with grated Romano cheese.

Serves: 4

Tofu Marinated in Sesame Oil and Rice Vinegar with Scallions

Contributor: *riacmt@ubvmsd.cc.buffalo.edu (Carol Miller-Tutzauer)*

Ingredients

- 2 1-lb packages “firm” tofu, drained
- 3 tbsp. rice vinegar or distilled white vinegar
- 2 tbsp. dark sesame oil
- 4 tbsp. tamari, or soy sauce

Preparation

To prepare the tofu: Cut the drained tofu into four 3/4-inch slices. Mix the sesame oil, rice vinegar, and tamari. Marinate the tofu, turning frequently, for 1 hour. Soak 2 wood skewers in water for 15 minutes or so. With the tofu pieces lying flat, insert the skewers parallel to each other horizontally into the tofu.

To grill: Cook 5 minutes, turn, and cook another 8 minutes, until the outside is slightly crispy and brown.

Cold Soba Noodles

Contributor: *riacmt@ubvmsd.cc.buffalo.edu (Carol Miller-Tutzauer)*

Ingredients

- 1/2 lb. soba noodles
- 3 tbsp. rice vinegar or distilled white vinegar
- 1 tsp. dark sesame oil
- 1 tbsp. coarsely chopped fresh cilantro
- Sesame seeds
- 2 tbsp. peanut or safflower oil
- 2 tsp. tamari or soy sauce
- 1 1/2 tsp. minced fresh ginger
- 1 carrot, cut into small 1” sticks

Preparation

Place the noodles in a large pot of boiling salted water and boil 5 to 7 minutes, until tender. Drain and rinse under cool water set aside to drain. Mix the oil, vinegar, tamari, sesame oil, ginger, and cilantro together in a bowl. Add the noodles and carrot and toss well. Garnish each serving with sesame seeds.

Grilled Polenta with Pesto

Contributor: riacmt@ubvmsd.cc.buffalo.edu (Carol Miller-Tutzauer)

Ingredients

- 1 tsp. salt
- 1 cup dry polenta
- Olive oil
- 4 cup water
- 2 tbsp. margarine
- Pesto

Preparation

To prepare the polenta: (Note: Should be prepared an hour or more before cutting; can be made a day ahead if desired.) Bring salted water to a boil in a large, heavy saucepan. Slowly add the polenta, stirring constantly with a wooden spoon. Reduce the heat and continue stirring, pressing the lumps out against the side of the pan. Cook over low heat for 45 minutes, stirring frequently, until it is thick and well congealed and pulls away from the sides of the pan. Beat in the margarine. Spread the polenta into a greased (margarine) 8-inch-square pan or a 10-inch pie pan. Cool for an hour or more. Cut into squares, wedges, or strips.

To grill: Brush the slices with olive oil. On an open grill over medium-hot coals, grill the polenta 10 minutes per side. Serve with a dollop of pesto on top.

Grilled Mushrooms

Contributor: riacmt@ubvmsd.cc.buffalo.edu (Carol Miller-Tutzauer)

Ingredients

- 16 to 20 medium-sized mushrooms
- Raspberry Vinegar Marinade (see below)

Preparation

To prepare the mushrooms: Wash and trim the stems. Marinate the mushrooms in some of the Raspberry Vinegar Marinade for 15 minutes. Soak 4 wood skewers in water for 15 minutes or so. Place 4 or 5 mushrooms on each skewer.

To grill: On an open or covered grill over medium-hot coals, grill the mushrooms 15 minutes, turning frequently to brown all sides.

Raspberry Vinegar Marinade

Contributor: riacmt@ubvmsd.cc.buffalo.edu (Carol Miller-Tutzauer)

Ingredients

- 3/4 cup red raspberry vinegar
- 1/4 cup olive oil
- 2 shallots, coarsely chopped
- 1/2 cup lightly mashed fresh (or thawed frozen) raspberries (optional, for a more pronounced raspberry flavor)
- 1/2 cup dry white wine
- Juice of 1/4 lemon
- 2 tbsp. chopped fresh basil, or 2 tsp. dried
- Freshly ground black pepper

Preparation

Combine all the ingredients in a bowl. Whisk to emulsify.

Grilled Apple Slices

Contributor: *riacmt@ubvmsd.cc.buffalo.edu (Carol Miller-Tutzauer)*

Ingredients

- 3 apples, firm and slightly tart
- White wine vinegar
- Walnut oil

Preparation

Wash, core, and cut the apples into 1/4-inch slices. Rub with walnut oil and sprinkle with vinegar.

On an open grill over medium-hot coals, cook the apples until tender when pierced with a skewer, approximately 3 minutes per side.

Grilled Baby Leeks

Contributor: *riacmt@ubvmsd.cc.buffalo.edu (Carol Miller-Tutzauer)*

Ingredients

- 1/4 cup olive oil
- 6 or 7 thin slices of orange zest
- Freshly ground white pepper
- 1/4 cup white wine vinegar
- 1 tsp. chopped fresh thyme, or a pinch of dried
- 12 baby or 2 large leeks (scallions left whole are also good)

Preparation

Combine the oil, vinegar, orange zest, thyme, and pepper in a bowl and let stand while you prepare the leeks.

To remove the grit from small leeks, split down the middle lengthwise to 2 inches from the base. Rinse the grit out from between the layers and shake dry. Trim off about 3 inches of the green top and trim the base, if desired. Marinate 15 to 30 minutes in the oil-vinegar mixture. For larger leeks, split in half lengthwise, rinse, secure the layers with toothpicks, and marinate.

On an open grill over medium-hot coals, grill the leeks on all sides until browning and tender, 10 to 15 minutes.

Grilled Peppers Stuffed with Eggplant

Contributor: *riacmt@ubvmsd.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 1 medium-sized eggplant
- 1/4 cup olive oil
- 2 garlic cloves, minced to a paste with a pinch of salt
- 1/4 cup pine nuts
- 1 tbsp. chopped fresh herb leaves, such as basil, marjoram, thyme, or oregano
- 6 red or yellow bell peppers
- salt
- 1 cup bread crumbs
- 1/2 cup finely grated Parmesan cheese
- 1/4 cup chopped fresh Italian parsley
- 1 egg, beaten

Preparation

Slice the eggplant into 1/4-inch-thick slices. Salt lightly and set aside on paper towels to drain for one-half hour. Rinse lightly and pat dry. Chop coarsely. In a large skillet, heat the oil and saute the eggplant over high heat until browned and tender, approximately 5 minutes.

Chop the cooked eggplant again and combine it with the bread crumbs, garlic, Parmesan, pine nuts, parsley, and herbs in a bowl. Add the beaten egg and mix well. Cut the tops off the peppers and remove and discard the seeds and white-ish core from both the tops and from inside the peppers. Reserve the tops.

Stuff the eggplant mixture loosely into the peppers. Secure the tops to the peppers with toothpicks. Cook the peppers in a covered grill over a medium-hot to low fire for 1 hour turning occasionally.

Grilled Skewered Summer Squash with Rosemary Oil

Contributor: *riacmt@ubvmsd.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- Rosemary Oil (see below)
- Salt
- 6 assorted summer squashes, such as crook-neck, summer, zucchini, or pattypan

Preparation

Prepare the Rosemary Oil and set aside. Soak 6 wood skewers in water for 15 minutes.

Cut the squash into 1-inch pieces. Skewer the squash pieces, alternating the varieties. Brush with the flavored oil and sprinkle with salt. Grill on an open or covered grill over a medium-hot fire for about 10 minutes, turning occasionally.

Rosemary Oil:

To a 16-ounce bottle of oil add a large sprig of fresh rosemary and several black peppercorns. Let stand for as little as an hour (for just a hint of flavor), or up to several weeks for a stronger infusion.

Smoked Parmigiano with Assorted Breads

Contributor: *riacmt@ubvmsd.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 3 slices imported parmesan or Romano cheese, 1/3 to 1/2 inch thick (approximately 1 1/2 lbs. total)
- 1 tbsp. chopped fresh herb leaves, such as rosemary, oregano, marjoram, or thyme
- freshly ground black pepper to taste
- grapevine cuttings or other mild-flavored smoking chips
- olive oil
- 1 jar large grape leaves
- assorted breads

Preparation

Soak 4 or 5 grapevine cuttings (or a handful of other mild-flavored smoking chips) in water for 30 minutes.

Rub the Parmesan slices well with olive oil and sprinkle one side with herbs. Drain and pat dry 12 to 14 grape leaves and lightly rub them with oil. Arrange them in three stacks at least an inch wider all around than a Parmesan slice.

Put the damp cuttings on medium-hot to low coals and allow them to smoke for a minute or two. Place the leaf stacks on the grill and put a cheese slice in the center of each one. Cover the grill. Melt and smoke the cheese for 3 to 5 minutes.

With a large spatula, lift the grape leaves and cheese slices onto a warm plate and sprinkle with pepper. Serve immediately with assorted breads.

Bruschetta with Grilled Eggplant

Contributor: *riacmt@ubvmsd.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 1 large eggplant
- 1 small red bell pepper
- 2 garlic cloves, minced to a paste
- 1/4 cup chopped fresh Italian parsley
- 1 loaf crusty Italian bread
- salt
- 1/2 cup olive oil
- 1 tsp. balsamic vinegar
- Salt and freshly ground pepper to taste
- 1/4 cup capers, drained

Preparation

Trim the ends and slice the eggplant into 1/2-inch-thick slices. Sprinkle the slices lightly with salt and allow to drain on paper towels for 30 minutes. Rinse lightly and pat dry.

meanwhile, char the red pepper over red-hot coals until blackened all over. Place the pepper in a closed brown paper bag for 10 minutes. Remove and scrape off all the blackened skin with the dull side of a knife. Do not rinse. Stem and seed the pepper and slice it into 1-inch-long thin slivers.

Brush the eggplant slices lightly with some of the olive oil. Grill the slices over medium-hot coals until browned and tender when pierced with a skewer, approximately 4 minutes per side.

Chop the cooked eggplant and mix in the peppers, garlic, 1 tbsp. of the oil, vinegar, and parsley. Add salt and pepper and set aside until ready to use.

Slice the bread into 1/3-inch-thick slices. Pour the remaining olive oil onto a plate. Grill the bread on both sides until browned. Dip one side quickly in the olive oil. Spread a spoonful of the eggplant mixture on the toasted bread and sprinkle a few capers on top. Serve immediately.

Ingredients

- Salad of Grilled Potatoes and Fennel

Contributor: *riacmt@ubvmsd.cc.buffalo.edu* (Carol Miller-Tutzauer)

Ingredients

- 3/4 cup mayonnaise, preferably homemade
- 1 small garlic clove, minced to a paste
- 2 tsp. sugar
- 1 large fresh fennel bulb, or 2 small bulbs
- olive oil
- 2 tbsp. heavy cream or half and half
- 2 green onions, white part and half the green, minced
- Salt and freshly ground black pepper to taste
- 4 medium-sized boiling or red potatoes, scrubbed but not peeled

Preparation

Into the mayonnaise whisk the cream or half and half, garlic, green onions, and sugar until smooth. Season with salt and pepper and refrigerate until ready to use.

Slice the white bulb of the fennel vertically into 1/4-inch-thick slices, securing the layers with skewers. Reserve several sprigs of fennel leaves for garnish. Slice the potatoes into 1/4-inch-thick slices. Brush the fennel and potato slices with olive oil. Grill the potatoes in a covered grill over medium-hot coals until browned and tender when pierced with a skewer, 3 to 5 minutes per side. Grill the fennel slices for 2 minutes per side. Allow both to cool. Slice the fennel into sticks.

Arrange the cooked potato slices on a platter and pile the fennel sticks in the center. Drizzle with the mayonnaise dressing, and sprinkle the fennel leaves on top.

Vegetable in Phyllo

Contributor: *omaya@seachg.uucp* (Omayya Elguindi)

Ingredients

- 1 onion, chopped
- 3 cups assorted chopped vegetables
- 1 tsp. dried basil
- salt
- sesame seeds
- 1 clove garlic, chopped
- 2 ripe tomatoes, cubed
- 1 tsp. ground black pepper
- 8-10 sheets phyllo dough

Preparation

Brown the onion and garlic in some margarine. Add vegetables, tomatoes and seasonings. Stir on medium heat for about 5 minutes or until vegetables are half cooked.

Preheat oven to 425 F. Prepare 8-10 sheets of phyllo like you would for the baklava. (i.e. spread melted butter between every 2 or 3 sheets)

Roll the vegetables in the phyllo like a swiss roll. Place on cookie sheet. Sprinkle with sesame seeds.

Bake for 20 minutes or until golden brown.

Wild Rice and Mushroom Casserole

Contributor: *wgoble@BBN.COM*

Ingredients

- 1/2 cup wild rice
- 1 large stalk celery
- 1/4 lb. (1 stick, 1/2 cup) butter
- 1 large onion
- 1/2 lb. fresh mushrooms
- sage, thyme, salt, pepper, to taste

Preparation

Rinse wild rice, put in a pot of boiling water (c. 3-4 C), cover, boil gently until rice grains burst and are quite soft (c. 40 minutes). Drain. Dump in a cup or so of cold water to fluff, drain. This gives you around 3 cups of cooked rice.

Mince onion fine. Mince celery fine. Melt about 2/3 of butter in pan, add onion and celery, and saute for about 3 minutes, stirring. Add to rice.

Clean mushrooms, slice coarsely. Melt remaining butter in pan, add mushrooms, and saute gently until mushrooms barely start releasing liquid. Add all to rice.

Add flavorings to taste, toss rice, serve if hot.

Wild Rice

Contributor: *rbw00@juts.ccc.amdahl.com (Richard Wilmot)*

From the **New Laurel's Kitchen**.

Ingredients

- 1 cup wild rice
- 1 carrot
- 6 green onions
- 2 tablespoons oil
- 1 teaspoon marjoram
- pinch rosemary
- dash pepper
- 1/3 cup brown rice
- 1 large stalk celery
- 1 garlic clove
- 5 cups boiling water
- 1/4 teaspoon thyme
- 1 teaspoon salt
- 1/3 cup toasted almonds

Preparation

Rinse the grain (wild rice) well, taking out any gravel, etc. Chop carrot and celery in 1/4" cubes. Chop green onions and saute them with garlic in oil. Crush garlic cloves with fork. Add water and bring to a boil. Stir in vegetables, rice, herbs, salt and pepper. Bring to a boil. Cover, reduce heat, and cook gently for an hour or more, until rice is tender (and puffed up with the water - use a big pot). Chop the almonds and add them about 20 minutes before serving. Makes about 5 cups (6+ if you add the Basmati or other 1/3 cup of rice).

Zucchini Pizza

Contributor: *ames@biostat.washington.edu (Diane Ames)*

Crust:

Ingredients

- 4 cups shredded zucchini, squeezed dry
- 1/2 cup cheddar cheese, grated
- 1/2 cup mozzarella cheese, grated
- 2 slightly beaten eggs

Preparation

Combine ingredients and press into pizza pan. Bake at 400 degrees for 10 minutes.

Topping**Ingredients**

- garlic/onions to taste
- 1 8 oz. can tomato sauce
- 1/2 cup mozzarella cheese, grated
- 1/3 cup parmesan cheese, grated
- (additional toppings as desired)
- 1/2 cup cheddar cheese, grated

Preparation

Fry garlic and onions. Add tomato sauce, and spread over crust. Add other toppings of choice, and add final layer of cheeses. Bake the concoction at 400 degrees for 30 minutes.

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