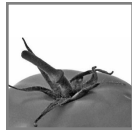


more food
for thought

more food for thought



An Editorial Cookbook



From Copyediting-L

www.Copyediting-L.info



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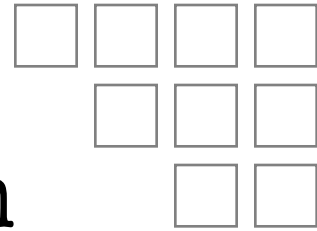
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dedication



This book is dedicated to the memory of David Ibbetson, also known as the Ib and the Ibid, a beloved subscriber to Copyediting-L, or CE-L. Listmate Margaret DeAngelis wrote a eulogy for him, which she submitted to the “Lives Lived” feature of the *Toronto Globe and Mail*:

David Noel Isserlis Ibbetson, a resident of the Woodsworth Housing Cooperative, died on March 23, 2005, after a brief illness. He was born in Wallington, England, on September 24, 1933. He received his education at the City of London School and the Imperial College, University of London, where he graduated at the top of his class. He was also an Associate of the Royal College of Science. During his college days he joined the Special Air Service Regiment and the Artists Rifle Association. He moved to Canada in the 1970s. Educated as a statistician, he worked in that profession until his retirement. He was also an active member of Mensa.

Those facts I know about David Ibbetson because they have been published as part of his death notice. As it happens, I never met him, but I counted him as a dear friend. I am one of the multitude who knew him through his participation in a number of e-mail discussion lists, lists populated by word lovers and editors and technical writers and fans of Dorothy Sayers.

David had myotonia congenita, a muscle wasting disease that limited his mobility and caused him great pain. He also had diabetes and several other health problems. The Internet was a great boon to him, allowing him to use his sharp mind and his prodigious knowledge to interact with others. Through his contributions to the various discussions, he developed friendships that expanded beyond the business of the lists.



The electronic signature I use for my discussion list contributions includes the address of my personal website. David's natural curiosity led him to investigate my work, personal essays about the life of a suburban American mother, someone with whom he would appear to have little in common. He wrote to me about the site and included technical advice for improving

the look and feel of the design of the page. I know that he continued to read my site from time to time and not infrequently sent notes commenting on my work and encouraging me.

David was a man of grace and wit. He had a base of knowledge that was broad and deep. He was generous, warm, and caring. Few days went by on the lists without a contribution from him, and when he fell silent in January list members expressed great concern. We learned of the fall that had sent him to the hospital and were kept informed as his condition appeared to improve but then worsened.

His death triggered dozens of messages to the lists expressing profound grief and recounting many memories of private exchanges with him. Almost no one who wrote had actually ever met David. If his character could be so indelibly impressed through the fairly sterile medium of e-mail, imagine what he was like in person.

Most of us will be unable to journey to Toronto for his memorial service in May, but I doubt that many of us will fail to stop and think of him in that hour. He remains in our hearts and on our hard drives, where many of us have retained in particular the birthday message he was known for, a droll message that involved dragons, frogs, and sincere wishes for a long and happy life. David's life was long by some measures, but too short for those of us who miss his voice.

This book contains both the birthday message Margaret mentioned (in the “Please Don’t Eat These” section) and David’s recipe for the perfect cup of tea (in the “Beverages” section).

There was an outpouring of sadness on CE-L after David’s death. Here are some listmates’ responses to the news of his death:

Who will be our kind curmudgeon now?

—Naomi Kietzke Young

*I have “known” David Ibbetson for more than a decade on a variety of lists, and will miss his presence greatly. He always sent me birthday greetings, and I always looked forward to his take on issues that came up on the list. I am currently reading Putnam’s book *Bowling Alone*, which focuses on how the group interaction that used to be such a major part of American life had faded in recent decades, and notes that the Internet has fostered very narrowly focused groups (collectors of left-handed monkey-wrenches, etc.), but I see CE-L is an exception. While editing is the glue that holds us together, this group has exposed me to such a wide variety of social, political, philosophical, linguistic, ethical, etc., etc., etc., issues, and the Ib was a very important part of that. We are the poorer for his absence, but much the richer for all he contributed over the years.*

—Elliot McIntire

Oh my. I am so sad. I’d like to dedicate the upcoming new CE-L cookbook to the memory of David Ibbetson, kindly list curmudgeon, if no one has any objections. Oh dear. I love you all, you friendly, cantankerous, picky, brilliant, silly people. You are family. Don’t any more of you go dying on us, you hear?

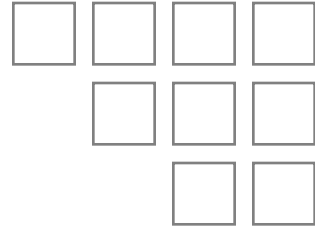
—Katharine O’Moore-Klopf

I am so sad. We have lost a treasure. . . . The Ib was almost always the first to respond to any question I had. He was such a dear. Wow. This hits hard.

—Kari Gulbrandsen

Mighty Ib, wherever you are now, know that you will always be in our hearts. We celebrate your life with every recipe in this book.

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about Copyediting-L

The e-mail list Copyediting-L, also known as CE-L, was founded in 1992 and is currently hosted by Indiana University; see www.Copyediting-L.info. The CE-Lery (list denizens) are some of the most intelligent, detail-oriented, and helpful people around. In the service of making prose safe for readers everywhere, the CE-Lery fearlessly discuss anything related to editing: sticky style issues; grammar and syntax, including dangles; philosophy of editing; newspaper, technical, book, journal, website, and other specialized editing; reference books; client relations; Internet resources; electronic editing and software; freelance issues; and so on.

Of course, you'd expect nothing less than a fine and sure hand in the kitchen from such folks. In this cookbook, you'll find their favorite recipes for everything from Cheese Scones to Green Chile Bread Pudding, from Tomato Pie to "Mom's on Deadline" Tortellini, from Myke's Escargots à la Romaine to Plummy Mushrooms, from Moambe to Killer Jambalaya . . . and even recipes for potpourri and drain cleaners. Generous folks that they are, the CE-Lery are donating all proceeds from cookbook sales to charity.



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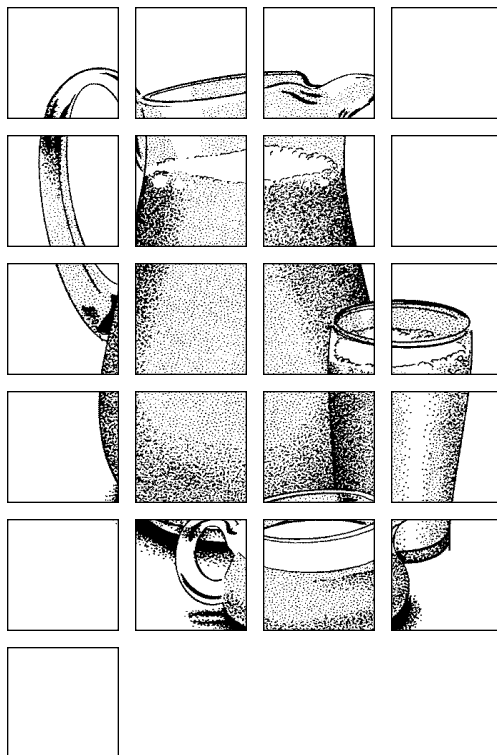
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10



the awesome “terry’s” smoothie

CONTRIBUTED BY ANN FOTHERGILL-BROWN

Yield: 2–3 servings

¼ cup Fox’s U-Bet chocolate
syrup
¼ cup frozen concentrated
orange juice

2 cups plain 2% yogurt*
4 or 5 ice cubes

Place all ingredients, in order, into a blender. Blend at the frappé setting until the ingredients are fully combined and the ice cubes are thoroughly crushed.

*For the best taste, avoid using skim or fat-free yogurt, which can taste chalky because of added cornstarch and gelatin. Choose a yogurt brand with active acidophilus cultures if possible. To boost the protein content of the smoothie, add a raw egg before adding the yogurt. (Raw eggs are not to everyone’s taste, and they can potentially be a source of Salmonella bacteria. For raw consumption, eggs must be fresh, free of cracks, and clean on the exterior. A smoothie containing raw egg should be consumed immediately after preparation.)

carol's grandma's boiled custard

CONTRIBUTED BY BARBARA MERCHANT

Note: The Carol in the title is a librarian friend of mine from Louisiana. This recipe has been in her family for ages. Despite its name, it is a beverage. She tends to make it around holiday time, particularly when the weather is cool.

½ gallon whole milk

1 cup sugar

9 eggs, separated

1 tablespoon vanilla

Heat milk until it starts to bubble. Add $\frac{3}{4}$ cup sugar to yolks, then stir in vanilla. Temper egg yolks with hot milk. Pour into pot. Heat until mixture just begins to boil. Whip egg whites. Add $\frac{1}{4}$ cup sugar. Temper with egg mixture. Pour into big pot and stir together. Can be drunk either hot or cold. Great with a sprinkle of cinnamon on top, too.

cappuccino

CONTRIBUTED BY BARBARA MERCHANT

Note: This is one of many beverage recipes I was given when I was in graduate school. I have mixed them all up at one time or another and given them as gifts. They're great if you put them in pretty containers and in a basket with something nice, such as a loaf of homemade bread or several pretty mugs.

½ cup instant coffee granules
¼ cup sugar

½ teaspoon dried orange peel,
crushed
1 cup nonfat dry milk powder

Combine all ingredients and mix well. Store in an airtight container. For each serving, stir 2½–3 tablespoons of the mix in a cup of hot water. Stir well. Garnish with orange slices.

david's eggnog

CONTRIBUTED BY DAVID HAYNES

Note: I normally make this recipe for my winter party, which usually has about 35 eggnog drinkers. The recipe generates enough to last a little more than half the party. Adapted from Rombauer and Becker, *Joy of Cooking*. This is 1½ times the original.

2 days	4½ cups rum (should be pretty good)
Big bowl (you are going to make about 2 gallons)	3 quarts whipping cream
Smaller (but not much) bowl	(<i>not</i> ultrapasteurized, if you can find it), <i>or</i> 1½ quarts whipping cream <i>plus</i>
18 eggs	1½ quarts half-and-half
1½ pounds confectioner's sugar	
4½ cups (36 ounces; what the hell—say a liter plus a snort)	
bourbon (should be fairly good)	

The night before you plan to use the stuff, separate the eggs, refrigerate the whites, and beat the yolks until light in color. Slowly beat in the sugar and then add slowly, mixing all the time, 1½ cups of bourbon and 1½ cups of rum.

Refrigerate (or put on the back porch if it's Christmastime) covered overnight.

Next morning, get it out and add, mixing constantly, the rest of the booze and the cream (or cream and half-and-half). Cover and return to the refrigerator (or back porch).

A couple of hours before serving, bring the egg whites to room temperature and beat them until stiff (but not dry). Fold the beaten whites gently into the other mixture, let stand for a half hour or so, and serve. (I find it convenient to split the mixture before folding in the whites because my biggest bowl is not quite big enough for the whole thing.)

Continues...

Provide whole nutmeg and a grater (or grated nutmeg) for your guests who like that sort of thing.

Enjoy.

Editor's note: Many medical authorities advise against consumption of raw eggs, especially for pregnant or nursing mothers, young children, and anyone whose immune system may be compromised. If you choose to use raw eggs, they must be clean, without cracks in the shell, and kept refrigerated. Drink the finished product as soon as possible after making it.



eggnog

CONTRIBUTED BY JOHN RENISH

6 eggs, separated	1½ quarts heavy cream
1 cup plus 2 tablespoons sugar	½ teaspoon freshly ground
2 teaspoons vanilla extract	nutmeg

Beat the egg yolks, sugar, and vanilla until thick and light yellow; transfer to a large bowl. Beat the egg whites until they form soft peaks and fold into egg yolk mixture. Beat the cream until it forms soft peaks and fold into the egg mixture. Fold in the nutmeg and chill—eggnog may need to be refolded before serving because it tends to separate if not kept very cold. Serve gold rum alongside (about 30% liquor by volume is a good rule of thumb) so that teetotalers can drink the eggnog. Early American colonists used equal amounts of rye whiskey and brandy instead of rum, and the flavor of this combination is both surprising and amazingly good.

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glühwein!

CONTRIBUTED BY TIFFANY CROTOGINO

Yield: 2 servings

On a blustery winter evening or after a day of romping about in the snowy outdoors, it sure feels good to sip something warm and chase away the chill for a while. In our family, these occasions call for a drink variously known as Glühwein, mulled wine, vin chaud, or even hot sangria!

2 cups red wine (just about *any*
bottle of red wine will do for
this purpose)

1 cup juice (I prefer cranberry
these days, but grape or apple
will also do nicely)

1 clementine, cut into two pieces,
or ½ orange

Several cloves

1 or 2 sticks cinnamon

1 star anise (if you happen to
have one handy)

⅓ cup sugar (or to taste)

½ cup port or brandy (optional)

Poke the cloves into the clementine or orange (this is so you don't have to fish them out later). Mix all of the ingredients in a nonreactive pot and heat to boiling, stirring occasionally to dissolve the sugar. Pour into two large mugs. Enjoy with good company. Repeat as needed.

mocha

CONTRIBUTED BY BARBARA MERCHANT

Note: This is one of many beverage recipes I was given when I was in graduate school. I have mixed them all up at one time or another and given them as gifts. They're great if you put them in pretty containers and in a basket with something nice, such as a loaf of homemade bread or several pretty mugs.

½ cup instant coffee granules

2 tablespoons cocoa

½ cup sugar

1 cup nonfat dry milk powder

Combine all ingredients and mix well. Store in an airtight container. To serve, stir 1 tablespoon plus 1 teaspoon of the mix into a cup of hot water. Stir well. Serve with a dollop of whipped cream.

mocha espresso

CONTRIBUTED BY BARBARA MERCHANT

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1 cup instant coffee granules

1 cup sugar

4½ cups nonfat dry milk powder

½ cup cocoa

Combine all ingredients and mix well. Store mix in an airtight container. For each serving, stir ¼ cup plus 2 tablespoons of the mix into a cup of hot water. Garnish with a dollop of whipped cream and a grating of dark chocolate.

russian tea

CONTRIBUTED BY BARBARA MERCHANT

Note: This is one of many beverage recipes I was given when I was in graduate school. I have mixed them all up at one time or another and given them as gifts. They're great if you put them in pretty containers and in a basket with something nice, such as a loaf of homemade bread or several pretty mugs.

2 cups Tang brand orange drink mix	½ cup instant lemonade 1 teaspoon cinnamon
¾ cup plain instant tea	1 teaspoon cloves
1 cup sugar	

Mix well. Makes more than one Maxwell House coffee-jarful. To use, stir 1 heaping tablespoon into hot water. Add more to taste.

smoothie

CONTRIBUTED BY CAROL LETH STONE

Note: This is a no-sugar recipe.

$\frac{3}{4}$ cup cold water or fruit juice
1 envelope vanilla Alba brand
dairy shake mix
 $\frac{1}{4}$ cup plain yogurt

2 tablespoons Sugar Twin brand
sugar substitute
2 ice cubes
 $\frac{1}{2}$ cup sliced bananas or other
fruit

Put in the cold water or fruit juice, shake mix, yogurt, and sugar substitute in a blender. Blend all ingredients until frothy. Add the ice cubes and bananas or other fruit.



tea made properly

CONTRIBUTED BY DAVID IBBETSON

Note: David, a beloved Copyediting-L subscriber who died in 2005, preferred English Breakfast tea.

Loose tea leaves

Boiling water

The only “container” you need for your tea is a teapot. Fill it with nearly boiling water to heat it. When the kettle boils, dump out the teapot, quickly add 1 teaspoon of loose tea per cup plus 1 for the pot. Pour in the freshly boiling water, cover the teapot, and let it steep. How long? Tastes vary.

The tea leaves will sink to the bottom of the pot; if you worry about an occasional one landing in your cup, pour the tea into the cup through a tea strainer. Silver, preferably.

I agree you need good loose tea; there are lots of places online where you can buy it. Some people say the teapot has to be brown, but that has been contested.



appetizer olives

CONTRIBUTED BY ANNA HALBERT

Note: These are something I reverse-engineered, having loved them at a restaurant up in Taos, New Mexico, called Joseph's Table. The proportions are fairly optional.

2 tablespoons olive oil

1 tablespoon fennel seeds

1 teaspoon red chili flakes

1 teaspoon lemon zest

1 teaspoon orange zest

2 cups Niçoise olives

Heat the olive oil in a skillet over medium heat. Toss in the fennel seeds and stir them around until they pop (or for 3 or 4 minutes). Add the red chili flakes and the lemon and orange zest, and stir them all together to get the flavors into the oil. Add the olives and heat until warmed through (15–20 minutes). Serve warm or cool.

apple and sausage stuffing for 12- to 15-pound turkey

CONTRIBUTED BY LISA A. SMITH

3 small onions, chopped	12 medium green apples, unpeeled, chopped
1 pound sweet Italian sausage, removed from casing	1 bunch parsley, chopped
1 ³ / ₄ cups seedless raisins, rinsed with boiling water and drained	2 teaspoons salt
Three 8-ounce packages Pepperidge Farm Herb Seasoned Stuffing	³ / ₄ teaspoon pepper
	³ / ₄ cup melted butter

Sauté sausage meat, breaking up with a fork. Add chopped onions to pan and brown. Mix browned onion and sausage with rest of ingredients. From room temperature, cook extra stuffing in covered, greased 9" × 13" pans for 30–40 minutes at 350°F.

TO STUFF TURKEY:

Just before roasting, spoon stuffing in lightly. Do not pack. Stuff neck cavity first. Skewer neck skin to back. Then stuff body. Tuck drumsticks carefully or skewer and lace opening and tie legs to tail.

Editor's note: If you wish to stuff the turkey itself, make certain that the stuffing is completely chilled before using it.

apple-cheese pockets

CONTRIBUTED BY MARK B. WISE

Yield: about 18 pockets

Note: These are delightful hot appetizers. I've made them with Stilton, Gorgonzola, and applewood-smoked cheddar.

1 tart apple (*not* mushy, vile Red
Delicious or similar)

1 tablespoon fresh lemon juice

1 package puff pastry sheets
(*not* phyllo)

$\frac{1}{4}$ pound sharp cheese

1 egg

Preheat oven to 400°F. Lightly oil a large baking sheet. The day before you plan to cook, move the pastry from the freezer to the refrigerator to thaw. Quarter and core the apple. (Peel it if you're feeling especially effete.) Cut it into very thin slices. Drizzle with lemon juice and toss gently to coat.

Lightly flour a work surface and roll the pastry to half its original thickness. Cut the dough into 5- to 6-centimeter circles. (I use a biscuit cutter.) You will be using half-circles as lids for the pockets, so use the edges of the pastry sheet, too. Make lids by splitting about $\frac{1}{3}$ of the circles.

Cut the cheese into bite-size chunks (about the size of a fingertip). Beat egg in a small bowl. Fan two or three apple slices on a circle. Add a cheese chunk. Brush half the circle's edge with egg. Top with a half-circle and pinch to seal.

Bake for approximately 10 minutes. They are done when the pastry is puffy and golden brown and the cheese is melted.

artichoke dip

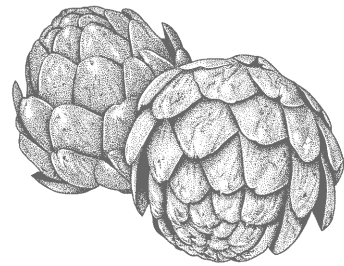
CONTRIBUTED BY ELLEN THORN

Note: This dip tastes best warm, but we enjoy spreading this on chunks of pita or a favorite bread even when it's been out of the oven for a while.

1 can artichoke hearts, drained
and dried

½ cup mayonnaise
1 cup Parmesan cheese, grated

Purée in a food processor or blender until smooth. Pour into a casserole dish. Bake at 350°F for 30 minutes. The aroma tells you when the dip is ready even before you see the brown crust.



asparagus roll-ups

CONTRIBUTED BY ELAINE RICCI

2 cans asparagus	8 ounces cream cheese, softened
2 loaves thin-sliced white bread	2 eggs
8 ounces blue cheese, crumbled	1 cup butter or margarine
1 tablespoon mayonnaise	

Cut crusts off bread. Roll slices of bread flat with rolling pin. (You will have to roll very hard. The pieces need to be as flat as possible.)

Mix cheeses, eggs, and mayonnaise. Beat well.

Put a teaspoon or so of the cheese mixture on each slice of bread. Place 1 or 2 spears (depending on size) of asparagus on top. Roll up, and seal with a small amount of the cheese mixture. Place roll-ups in a pan, and put into freezer until firm (about 1 hour).

Preheat oven to 350°F. Remove roll-ups from freezer. Cut rolls in halves. Dip rolls into melted butter and place in shallow, ungreased pan. Bake at 350°F for 20–30 minutes or until golden brown (this may take considerably longer, depending on your oven).

Let cool for 15 minutes, and then remove from pan with spatula. Enjoy.

baked wild rice

CONTRIBUTED BY CAROL EASTMAN

Yield: 8–10 servings

Note: My sister had a neighbor who went up north to pick wild rice every year. He would give her some of it, and he provided this recipe. It's very tasty, despite the mild seasoning, and is a good holiday dish.

1 cup wild rice	½ cup (or more) sliced almonds
½ cup butter or margarine	½ pound mushrooms, sliced
1 cup chopped celery	3 chopped green onions
1 clove garlic, minced	3 cups chicken broth

Preheat oven to 325°F. Place the rice in a 2-quart saucepan. Set pan under gently running water for ½ hour to rinse dust from wild rice. In 3-quart ovenproof and flameproof pot, melt the butter or margarine. Add the rest of the ingredients, except the chicken broth, in the order listed above. Sauté ingredients in butter 6 minutes. Meanwhile, drain wild rice. Stir rice into sautéed ingredients. Add the chicken broth. Cover and bake 2 hours. Uncover for last 15 minutes of baking.

blue cheese dip

CONTRIBUTED BY JANE SIDNEY OLIVER

Wedge or block blue or Roquefort cheese

Plain yogurt or buttermilk

Garlic, salt, and Worcestershire sauce to taste (onion dip may be substituted for the garlic)

2–3 tablespoons Hellman's Sandwich Spread (a spicy mayonnaise)

Soften (let stand at room temp and then mash) the blue or Roquefort cheese in plain yogurt or buttermilk. The latter is needed to convert the cheese to a dip consistency. Add garlic, salt, and Worcestershire sauce to taste, and the Hellman's Sandwich Spread if you can find it. Trust me: It's humble, but it's really, really good.

broccoli casserole

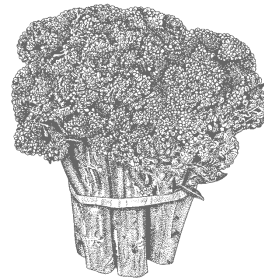
CONTRIBUTED BY MARIE MCHARRY

Note: My husband was the cook in the family, and this recipe is one of my favorites, as are the others I contributed to this book. He wrote it and the others to give to a friend for a wedding present.

1 pound cooked broccoli
1 cup mayonnaise
1 cup grated cheese
2 beaten eggs

1 small onion, chopped
1 tablespoon sherry or port
Crumbs for topping

Preheat oven to 350°F. Combine mayo, eggs, cheese, onion, and sherry. When well mixed, fold in broccoli. Turn all into casserole and top with crumb mixture. Bake 45 minutes at 350°F. Finished product should be brown and bubbly on top.



butternut squash

CONTRIBUTED BY ANNA HALBERT

1 medium butternut squash

Salt and pepper to taste

1 cup orange juice (fresh
squeezed preferred)

½ cup half-and-half

Fresh sage leaves or 1 tablespoon
dried sage

Preheat oven to 350°F. Peel 1 butternut squash and cut in half. Scrape out seeds and other stuff from middle. Slice the squash into ½-inch slices. Grease baking dish (preferably glass) and distribute the slices in it. Sprinkle with salt and pepper. Pour the orange juice over the squash and bake for about 30 minutes. Remove dish from oven and pour the half-and-half over the squash. Distribute the sage leaves across the squash (or sprinkle the dried sage across the squash). Bake until tender (30–45 minutes).

camarones borrachos (drunken shrimp)

CONTRIBUTED BY MARIE MCHARRY

2 pounds shrimp (the biggest you can find— <i>no</i> fresh-water shrimp)	4 fat cloves freshly peeled garlic, crushed with the flat of a knife or cleaver, for marinade
1 cup dark tequila	4 more cloves of peeled, crushed garlic, for stir-frying
¼ cup Nam Pla or quality soy sauce	2 tablespoons peanut oil
1 tablespoon Szechuan peppercorns, roasted in a dry skillet just until they smoke	1 tablespoon sesame oil
	1 tablespoon chili paste
	4 slices ginger, galangal, Laos...

There are many serving variations on this appetizer. Peel the shrimp. Lay each shrimp on its side and butterfly it by slicing through it horizontally about three quarters of the way through. Start slicing at the tail end of the shrimp and work forward. When cooked, they will look like tiny ram's horns, or butterflies.

Marinate them overnight in a mixture of the tequila or soy sauce, roasted Szechuan peppercorns, and garlic cloves.

Reserve marinade and set aside. Rinse shrimp to get the peppercorns off. Stir-fry over high heat with the peanut oil, sesame oil, chili paste, garlic cloves, and ginger, galangal, or Laos until shrimp are done—not long; keep 'em moving!

Now, you can put toothpicks in them and serve.

Strain marinade into 1 large can of V8 juice. Add juice of two limes. Chill. Drink. Enjoy!

Editor's note: There may be health risks associated with drinking the marinade in which the raw shrimp has been soaking.

cheese grits

CONTRIBUTED BY JANE SIDNEY OLIVER

Note: This is a great brunch dish—not recommended for dieters.

1½ cups grits (dry)

6 cups water

1 stick butter

1–1½ pounds sharp cheddar
cheese, grated

3 well-beaten eggs

3 teaspoons savory salt

Dash of Tabasco sauce

Gradually add the grits to 6 cups of boiling water, stirring frequently. Cook about 5 minutes. Add butter, cheddar, eggs, savory salt, and Tabasco sauce. Mix ingredients well and put into a buttered 9" × 13" casserole dish. Bake 1 hour 10 minutes at 350°F. Uncover to brown. Sprinkle paprika over the top in the last 10 minutes.

cheesy potato casserole

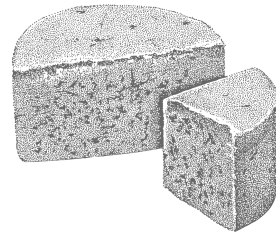
CONTRIBUTED BY MARIE MCHARRY

6 potatoes, sliced
2 cans potato soup
1 pint sour cream

8 ounces grated cheddar
½ cup Parmesan

Preheat oven to 375°F. Combine all ingredients into a 9" × 13" greased dish. Cover. Bake 1 hour at 375°F. Uncover for 30 minutes and continue baking until potatoes are tender.

Nota bene: This is almost the same as the recipe on the hash-brown bag, less the stick of butter and the topping. That turned out way too greasy. This one is probably better without all that butter.



chicken liver pat 

CONTRIBUTED BY EDNA OXMAN

1 pound chicken livers	1 teaspoon salt
1 large onion, chopped	1 teaspoon MSG (monosodium glutamate)
$\frac{1}{4}$ cup butter	1 tablespoon tarragon vinegar
4 tablespoons brandy	4 tablespoons flour
1 egg	
$\frac{1}{2}$ teaspoon pepper	

HERB MIXTURE, APPROXIMATELY 1 TEASPOON:

1 tablespoon tarragon	$\frac{1}{4}$ teaspoon coriander
1 teaspoon rosemary	$\frac{1}{4}$ teaspoon basil
$\frac{1}{2}$ teaspoon allspice	

Line 1-quart terrine with foil; oil the foil. Saut  livers in $\frac{1}{2}$ of the butter until pink is gone. Add brandy; burn. Saut  onion in $\frac{1}{2}$ of the butter. Put all in blender. Blend. Force through sieve into prepared terrine. Discard residue. Cover terrine and place in pan of hot water. Bake at 350 F for 1 $\frac{1}{2}$ hours covered. Place block on top and refrigerate. Best used the following day.

corn crème brûlée

CONTRIBUTED BY ANNA HALBERT

2 cups sweet corn (frozen works well)	½ teaspoon minced garlic
1 teaspoon butter	½ teaspoon minced ginger
2 cups heavy cream	3 egg yolks
1 cup whole milk	¼ cup granulated sugar
Pinch salt	Extra sugar for browning the tops of the custards
¼ teaspoon pepper	

In a nonstick skillet, melt the butter and sauté the corn kernels until they are cooked and have a few brown spots. In a medium saucepan, heat the cream, milk, salt, pepper, garlic, and ginger with half of the sautéed corn kernels, over medium heat, stirring occasionally, until the mixture comes to a boil. Immediately turn off the heat and set the pan aside for 15 minutes. Purée the still-warm mixture in a blender.

Preheat oven to 300°F. (The following process is easiest to do with a stand mixer but can be done with a hand mixer or a hand whisk.) Whisk the egg yolks with ¼ cup of the sugar. Continue whisking constantly, and gradually pour in the hot cream mixture. Strain the mixture into a pitcher. Distribute the remaining corn kernels into 7 or 8 oven-safe ramekins (8-ounce size is good). Pour the corn-cream mixture into the ramekins and arrange them in a hot water bath. Bake in the center of the oven until almost set, but still a bit soft in the middle, 30 to 40 minutes. Each custard should shimmy a bit when you shake the pan but will firm up as it cools. Remove the ramekins from the water bath and cool for 15 minutes. Cover each one tightly with plastic wrap and refrigerate at least 2 hours. (Make sure the plastic wrap does not rest on the custard's surface.)

Uncover the chilled custards and sprinkle them with the granulated sugar, pouring the extra sugar from each surface onto the next until all custards are well coated. (Discard any remaining sugar.) Brown the custards with a torch or by placing them on a baking sheet and putting them under a broiler, 1–3 minutes. Let cool 1 minute before serving.

corn pudding

CONTRIBUTED BY SABRA BISSETTE LEDENT

Yield: 4–6 servings

2 eggs

1 teaspoon salt

2 tablespoons flour

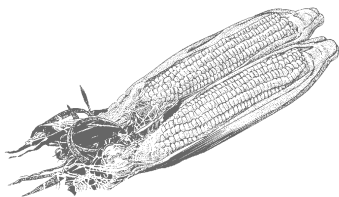
1 teaspoon sugar

2 cups milk

2–3 cups frozen corn, thawed

(or fresh, if you have it)

Beat together eggs, salt, flour, and sugar. Add milk and corn. Pour into greased baking dish (6" × 10" Pyrex) and dot with butter. Bake at 350°F for about 40 minutes.



cranberry-pear relish

CONTRIBUTED BY MAGGIE SECARA

Yield: 20 servings

Cooking time: about 1 hour

Note: This is a fantastic substitute for cranberry sauce, and yummy with any kind of meat. It's also good enough to warm up and put over vanilla or chocolate ice cream. Incidentally, this is an original recipe. I just found the grocery store produce department recipe card with the original on it, and discovered mine is wildly different! What a shock!

½ cup cider vinegar	3 pears (I like to make one of these a red pear), peeled, cored, and chopped
2½ cups light brown sugar	6-ounce package dried cranberries
1 teaspoon ground ginger	3 ounces (approximately) other dried fruits (especially cherries and apples)
2–3 teaspoons cinnamon	½ cup currants
½ teaspoon allspice	½ cup sultanas (golden raisins)
¼ teaspoon salt	1 tablespoon sherry (optional)
1½ cups water	
2 lemons	
1 large orange	

Remove the zest the citrus fruits, then remove and discard all the rest of the peels and seeds. Chop up the pulp. Dice up the zest into fairly small bits. Combine vinegar, sugar, spices, and water over high heat. Add fruit zest and flesh, dried fruit, and pears. Simmer for about 35 minutes, stirring regularly.

After the first 20 minutes, increase heat to a low boil and watch carefully. Let it reduce a little longer, then remove from heat. Actual thickening occurs in cooling. Cool for about 3 hours.

Store in an airtight container at the back of the refrigerator. This stuff keeps for at least a year.

do-ahead giblet gravy for a 12- to 15-pound turkey

CONTRIBUTED BY LISA A. SMITH

4 cans creamed chicken soup

Kitchen Bouquet

Milk

Giblets and neck from the turkey

Boil neck and giblets without liver for 3 hours. Add liver and cook for ½ hour more. Save water. Chop giblets. Remove meat from neck and shred. Add giblet water slowly to soup to desired consistency. (Can thin with milk.) Darken with Kitchen Bouquet. Add meat. Heat, or refrigerate and heat when needed.

easy crust

CONTRIBUTED BY LISA A. SMITH

Note: Made with oil instead of butter. Good for sweet pies or quiche or vegetable fillings. Perfect for people who don't own a rolling pin. Can be doubled for a 9" × 13" pan.

2 cups flour

3 tablespoons sugar

$\frac{2}{3}$ cup canola oil

3 tablespoons milk

Cinnamon (for fruit pies)

Measure flour and sugar into a 9-inch pie dish. Mix. In a bowl, whisk together the canola oil and milk. Pour the wet ingredients into the dry in the pie dish, and mix until a ball forms. Take out $\frac{1}{3}$ of the dough and set aside. With your fingers, press the rest into the pie dish, forming a crust. Prick with a fork. Pour in filling (fruit, quiche ingredients, pumpkin, etc.). Crumble balance of dough over filling. If fruit pie, sprinkle with cinnamon. Bake at time and temperature appropriate for the filling.

espinacas catalan (catalan spinach)

CONTRIBUTED BY JANIS FOSTER

Yield: 2 generous servings

Note: This recipe is from a Spanish restaurant in Santiago, Chile. You can use black or golden raisins (we prefer golden raisins, or sultanas) and pine nuts or almonds. I'm sure it would be almost as good made with frozen spinach. The recipe can be doubled or tripled.

10-ounce package fresh spinach
leaves
1–2 tablespoons butter
 $\frac{1}{4}$ cup pine nuts or blanched,
sliced almonds

2–3 tablespoons raisins
Salt and pepper to taste
3–4 tablespoons heavy cream to
taste

Wash the spinach leaves and cook in the smallest possible amount of boiling water for 2–3 minutes, until all leaves are lightly cooked. Drain, chop, and set aside. In the butter, sauté pine nuts or almonds and raisins until raisins are plump. Add spinach and stir gently. Add salt, pepper, and heavy cream. Stir gently until heated through, and serve.

faglioli con carne

CONTRIBUTED BY MAGGIE SECARA

Note: The original may be Basque. However, I am indebted for this, as for so many other good things, to Jay F. Rosenberg, the pretty well known professor of philosophy (you can look him up) and author of *The Impoverished Students' Book of Cookery, Drinkery, & Housekeepery* (Reed College, 1965). This wonderful book is now only available from the campus bookstore at Reed, either in person or via its website (bookstore.reed.edu). (All amounts in this recipe are approximate.)

A package of frozen, Italian-cut green beans (those are the flat ones)	¼ cup chopped onions
Half a package (or a big handful) bulk pork sausage (mild, not hot)	2 teaspoon minced garlic
	Your favorite cooking sherry
	Oregano (a lot)
	Basil (a little)
	Salt and pepper

Brown the sausage in butter, onions, and garlic. Add a splash or two of sherry. Toss in the beans, right out of the package. Season with a *lot* of oregano, some basil, and salt and pepper. Toss lightly while cooking to keep everything from burning, and serve it forth.

fried rice

CONTRIBUTED BY JULIE ELEFANTE

Yield: 4–6 servings

Preparation time: 15–25 minutes

2 cups medium-grain rice
1 tablespoon oil
¼ cup green onion, chopped
2 cloves minced garlic (the stuff
in the jar works)
1 cup cooked chicken, ham, or
shrimp

Soy sauce
1½ cups chopped mixed vegeta-
bles (carrots, green beans,
peas, corn—I use microwaved
veggie medley—the kind
without lima beans)
2 scrambled eggs

Cook rice according to package directions. Heat oil in skillet or wok. Stir-fry onion and garlic for a few minutes. Add meat and fry until it meets health inspection standards. Add cooked rice and stir for a few minutes. Add soy sauce, stirring until all rice is an even, brown color. Stir in vegetables, eggs, and meat. Serve hot!

golden parmesan potatoes

CONTRIBUTED BY MARIE MCHARRY

¼ cup flour

¾ teaspoon salt

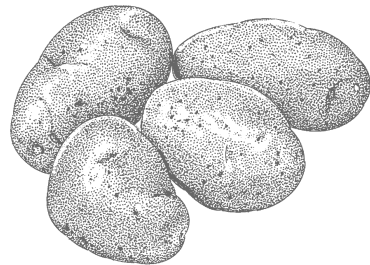
¼ cup Parmesan cheese

Pepper to taste

6 large potatoes

⅓ cup butter, melted

Preheat oven to 375°F. Combine flour, salt, cheese, pepper, and butter in bag. Cut potatoes into wedges. Brush potatoes with melted butter and shake to coat in bag with goodies. Put potatoes into 9" × 13" pregreased pan. Drizzle with remaining butter. Bake at 375°F for 1 hour, turning once.



gourmet potatoes

CONTRIBUTED BY DONNA MELTON

Note: From the recipe collection of my mother-in-law, Mary Lu.

6 medium potatoes	1/3 cup chopped onion
2 cups shredded cheddar cheese	1 teaspoon salt
1/4 cup butter	1/4 teaspoon pepper
1 1/2 cups sour cream	Paprika

Bake unpeeled potatoes until almost done. Cool and peel.
Slice thinly.

In saucepan over low heat, combine cheese and butter.* Stir until almost melted. Remove from heat and blend in sour cream, onion, salt, and pepper. Fold in potatoes and turn into a greased casserole dish. Sprinkle with paprika. Bake uncovered at 350°F for about 45 minutes.

*After years of making the cheese sauce in the microwave, I tried it without cooking the sauce first: Combine everything but the partially cooked potatoes and mix well. Fold in potatoes, put in greased casserole dish, and bake. Works great and it's much simpler. I usually add garlic to the sauce, and it's also good with chopped green onions or chives mixed in with the potatoes. The original recipe called for dotting the potatoes with butter right before baking, but these are buttery enough without the extra butter.

grape and avocado salsa

CONTRIBUTED BY DONNA MELTON

Yield: about 2 cups

Note: Sounds weird but is so good! This gets better with each bite. Chris and Chloe (my children) hate—despise—avocados, but they like this, much to their surprise. It's from the California Table Grape Commission.

1½ cups coarsely chopped seed-less grapes	2 tablespoons finely chopped fresh cilantro
1 medium avocado, diced ¼ inch	1 tablespoon fresh lime or lemon juice
1¼ cup chopped sweet red pepper	½ teaspoon garlic salt
2 tablespoons diced sweet onion	Dash of ground black pepper
2 tablespoons diced fresh Anaheim peppers	

Combine all ingredients and mix thoroughly. Cover tightly and refrigerate at least 30 minutes to allow flavors to blend. Serve with grilled fish or chicken. May be served with tortilla chips or toasted bagels.

green beans and dressing

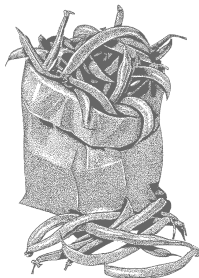
CONTRIBUTED BY CAROLYN HALEY

Fresh green beans

Salad dressing of choice

Steam green beans to desired degree of tenderness. Add salad dressing. Enjoy warm or cold.

I take this to work every day for an easy, tasty, and nutritious veggie addition to my lunch. Once a week I buy a load of green beans, cut them to size, and either steam the lot and refrigerate, dipping into the bucket daily for my dose, or steam half and refrigerate half to cook when I've run out.



green chili squash casserole

CONTRIBUTED BY ANNA HALBERT

Note: Green chili is commonly grown in New Mexico. The flavor is very different from that of jalapeños or bell peppers. I never use the tomatoes in this recipe, but they are in my family's official recipe.

- | | |
|--|---|
| 1 tablespoon butter | ½ cup Parmesan cheese, grated |
| 1 large yellow squash (zucchini
can be substituted), sliced | or shredded |
| 1 large zucchini, sliced | 1 cup cheddar cheese, shredded |
| 1 medium onion, chopped | 1 cup seasoned bread crumbs
(can be made with 1 cup plain
bread crumbs and 1 table-
spoon Old Bay Seasoning) |
| 1 small can stewed tomatoes
(optional) | |
| 8 ounces frozen diced green chili
(mild), thawed, or 2 small cans
diced green chili (mild) | |

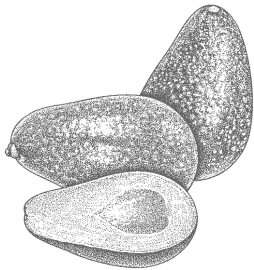
Preheat oven to 350°F. In a large casserole dish, melt butter, then sauté squash and onion until slightly soft. Thoroughly mix in tomatoes (optional) and green chili. Sprinkle with Parmesan cheese. Mix the bread crumbs and cheddar cheese together, and spread over the casserole. Cover and bake for 30 minutes. Remove cover and bake for 20 minutes or until cheese crust is golden brown. Serve hot. Adjust proportions of ingredients at will—I do.

guacamole

CONTRIBUTED BY ANNE WINTHROP ESPOSITO

2 ripe avocados	$\frac{1}{8}$ teaspoon chili pepper
2 tablespoons lime juice	Salt and freshly ground black
1 small red onion, minced finely	pepper
$\frac{1}{8}$ teaspoon cumin	

Peel and mash avocados; they should be lumpy. Mix well with lime juice. Fold in red onion and spices; add salt and pepper to taste. Serve with tortilla chips.



ham and cheese slaw

CONTRIBUTED BY CHER PAUL

Yield: 1 large pasta bowlful

SLAW:

1 ½ pounds cabbage (purple is
nice)

¾ pound ham

¾ pound Gruyère

DRESSING:

¾ cup olive oil

½ tablespoon brown, seeded

¼ cup red wine vinegar

mustard

Fresh garlic, pressed, to taste

Crumbled dry blue cheese for
garnish

Julienne, dress, and toss the slaw ingredients. If you like, garnish with crumbled Roquefort or any dry crumbled blue you like. You'll have dressing left over. This can easily get too salty. Although a sweet-cured ham wouldn't do, be sure to avoid the saltier ones. Also, some Gruyères are saltier than others. Taste before you buy. Every time I make this, I alter the proportions of cabbage, ham, and Gruyère, looking for that magic balance.

healthy hummus (chickpea dip)

CONTRIBUTED BY ROBIN NETHERTON

Yield: 2½–3 cups

Note: I developed this not-quite-traditional variation because I wanted something high-protein and low-fat. The tomatoes are completely nontraditional; I use them to correct the texture given the absence of olive oil. Of course, you can add olive oil if you want a richer, smoother hummus with more fat.

1–3 cloves peeled garlic, to taste
1 large or 2 small whole peeled tomatoes from a can
½ cup lemon juice (more for a smoother dip)
Two 15-ounce cans chickpeas (garbanzos), rinsed well and drained

½–1 tablespoon tahini (sesame paste, available in jars at ethnic groceries or in the ethnic section of some supermarkets; you can skip it if you have to)
Dash or more black pepper
¼ teaspoon cumin

Use a food processor; it should run continuously during the entire process, except when you scrape the bowl. Turn on the processor. Drop in the garlic and let it mince. Then add the tomatoes and process till liquefied. Add the lemon juice and let blend. Slowly add ½ of the chickpeas. Add the tahini, pepper, and cumin. Then slowly add the rest of the chickpeas. Process until smooth (about a minute or two), stopping once or twice to scrape down the bowl. If the mixture is too chunky, add more lemon juice (or a little olive oil) and process more.

If you wish, garnish with minced parsley or chopped tomato. Serve with vegetable sticks, crackers, or torn-up warm pita bread for dipping. For a vegetarian main dish, serve as a sandwich in whole-wheat pita or on whole-wheat or multi-grain bread.

The hummus keeps about a week in the refrigerator.

hot cabbage (polish)

CONTRIBUTED BY BILL BLINN

1 medium cabbage	½ cup bacon, finely diced
1 large yellow onion	⅓ cup apple cider vinegar
1 tablespoon salt	⅓ cup water
½ teaspoon pepper	

Early in the day, finely shred the cabbage and onion. Sprinkle with salt and pepper. Allow to sit at room temperature for at least 2 hours.

Then squeeze as much water as possible out of the cabbage and onion mix—do one handful at a time or put in a non-terry kitchen towel. The volume should be ⅓ to ½ the original.

Cook the bacon in a large saucepan or skillet at medium heat until brown. Add the vinegar and water to the cooked bacon without draining the fat.

Toss the cabbage in the dressing and warm for 1–2 minutes.

Serve warm.

jody's asparagus with lemon garlic sauce

CONTRIBUTED BY JODY BAILEY

Yield: 4 side or first-course servings

$\frac{3}{4}$ –1 pound asparagus	1 tablespoon Dijon mustard
3 tablespoons mayonnaise	Salt and pepper to taste
1 large clove garlic, minced	Extra-virgin olive oil
Juice of $\frac{1}{4}$ – $\frac{1}{2}$ lemon	

Clean and steam the asparagus until just crisp tender (you could also roast or grill it, though I would eliminate the next step with these cooking methods). After the asparagus is done, plunge the spears into an ice bath to stop the cooking and preserve the bright green color. After a few minutes, remove the spears from the ice water and place them on a paper towel or two to drain; wrap the spears in the towels and place them in the refrigerator until ready to serve.

For the sauce, mix together in a medium bowl the mayonnaise, garlic, lemon juice (start with less and add more at the end to taste), mustard, and salt and pepper. Using a whisk to mix, drizzle in enough olive oil to make the sauce the consistency of a salad dressing. Taste and adjust the lemon juice and seasonings or other ingredients as necessary.

To serve, place the asparagus on a flat serving plate and pass the sauce at the table.

This recipe may be easily doubled or tripled. It works very nicely as an elegant first course and is especially convenient, as it may be made several hours in advance of the meal.

lemon zest

CONTRIBUTED BY HILARY POWERS

As many lemons as you've got
(or can bear to deal with; prep
for a dozen lemons takes an
hour or so)
Sharp spoon

Scissors
Sugar (use enough to coat all the
zest, but not so much it piles
up on the pan)

After juicing the lemons and freezing the juice in ice cube-size lumps, I take a sharp little spoon—one of those souvenir spoons that's about half the size of a teaspoon and quite thin at the edge—and scrape the white out of the half-shells. (This works especially well with Meyer lemons, but I've also done it with Valencia oranges, regular lemons, and limes—not that I'd bother with limes again, as the zest wasn't particularly zesty.)

Anyway, it's possible to coax all the junk out of the inside of the peel, leaving the translucent colored part intact. Then use scissors to snip the peel into long strips about $\frac{1}{8}$ inch wide, spread them on a cookie sheet, sprinkle sugar all over them (tossing for good coverage), and dry them in the oven, set on the lowest-warm setting and with the door cracked open a bit, for 2–3 hours or so—until they're dry enough to snap. Stuff the strips into spice bottles and jelly-sample jars, breaking them up a bit in the process, and close 'em up; they keep a year or so if the jars are airtight.

Eat 'em like candy, or turn whatever you're baking into lemon-whatever with an inch or two of zest, snipped up very small.

low-carbohydrate chicken stuffing

CONTRIBUTED BY LAURIE RENDON

Note: This makes enough low-carbohydrate stuffing for three chickens. I freeze the portions I'm not using. The frozen stuffing turns out even better than the fresh—maybe because the flavors have had time to blend.

1 pound sausage (save the
drippings)

Celery, chopped, to taste

Onion, chopped, to taste

12 ounces fresh mushrooms

Salt, black pepper, poultry sea-
soning, and Italian seasoning
to taste

Eggs as needed

Sauté the sausage until cooked. Remove from pan (leave drippings in pan). Add the celery and onion to taste: Sauté the mixture in the sausage drippings. Remove vegetables from pan. Sauté the mushrooms in the sausage drippings. Mix sausage, celery, onion, and mushrooms together. Add salt, black pepper, poultry seasoning, and Italian seasoning to taste. If you're going to freeze part of the recipe, divide it in 3 at this point. Each third of the recipe is about 1 cup; it doesn't look like much, but it's enough to stuff 1 chicken.

When ready to stuff chicken, add 2 eggs to 1 cup of stuffing. Microwave and stir mixture until eggs are cooked—maybe 5 minutes total. The eggs help hold the stuffing together, but you have to cook the mixture before stuffing the chicken, or the raw egg will all run out and take half of the stuffing with it.

lumpia (filipino egg rolls)

CONTRIBUTED BY JULIE ELEFANTE

Yield: 5–10 (you can freeze unfried lumpia)

Preparation time: 1 hour, including cooling time

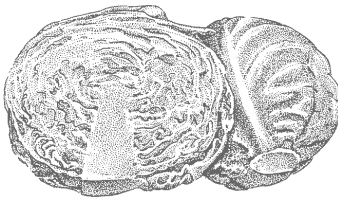
1 tablespoon vegetable oil	1 teaspoon ground pepper
1 pound ground pork, beef, or turkey	3 tablespoons soy sauce
½ cup chopped green onion	1 package spring roll wrappers
2 cloves minced garlic (the stuff in the jar works)	(This is important—get the kind that fries smooth, not bubbly like the Chinese egg rolls you get at the buffet joints. I use the 10-inch wrappers.)
½ cup julienned carrots	1 egg
¼ cup bean threads or rice noodles, soaked and squeezed dry	2 cups vegetable oil for frying
1 cup thinly sliced green cabbage (Cheaters can buy a bag of fresh coleslaw from the produce section of the grocery store.)	

Heat oil in a wok or skillet, fry onion and garlic for a few minutes, add meat and cook until done. Stir in vegetables, pepper, and soy sauce, and cook for about five minutes. Allow mixture to cool. Wrap mixture in spring rolls—a little less than 2 tablespoons, or whatever you can manage (some people like outlandishly large lumpia, others like cigarillo-like delicate ones). Whisk egg and use pastry brush to seal lumpia. Heat oil (if you want to time this right, start heating on medium when you start wrapping the lumpia). By the time you have 10 wrapped lumpia, the oil should be hot enough. When you dip a lumpia end in, it should start to fry immediately. If it doesn't, wrap 5 more. This method

Continues...

works only with somewhat of a novice lumpia wrapper. If you're a rookie, wrap 5; if you're a pro, wrap 13. Line colander (strainer) with paper towels, and place either a stack of newspapers or a plate under the strainer. Let oil drain off lumpia before serving. Try and find Filipino banana ketchup for the full lumpia experience. It's better than it sounds.

Add-ins: Bean sprouts, cooked rice noodles, and/or tofu can also be added... it's good to experiment.



macaroni and cheese

CONTRIBUTED BY CATHERINE M. ALBANO

1 tablespoon salt (for boiling water)	3 cups milk
1 pound macaroni (elbows, small shells, or bow ties work well)	2¼ cups shredded cheddar cheese
1 stick butter	8 ounces Velveeta, cubed
1 tablespoon flour	½ cup bread crumbs
	Salt and pepper to taste

Add salt to water. Boil. Cook macaroni in boiling water for time indicated on package. Drain.

In a large saucepan, melt butter. Add flour to butter and stir until mixed well and bubbling. Add milk to butter and flour mixture and heat. Do not boil milk. (If you do, it's no big deal—the solids just separate, and it will look curdled. It still tastes the same. It's just a little ugly.) When the milk mixture thickens, add 2 cups of the shredded cheese and all of the Velveeta. Turn heat very low and let cheese melt, stirring every few minutes. Season to taste with salt and pepper.

Put cooked macaroni in a 13" × 9" pan. Pour cheese mixture on top. Stir it to combine. Sprinkle bread crumbs on top, then remaining ¼ cup of shredded cheddar.

Bake at 350°F for about 45 minutes. When the top is golden brown and bubbly, it's done.

madhur jaffrey's gujarati-style green beans

CONTRIBUTED BY KAREN LOFSTROM

Yield: 4 servings

Note: Adapted for the lazy cook.

- | | |
|---|--|
| 2–4 tablespoons vegetable oil or ghee | 1 teaspoon Thai sweet chili sauce (if unavailable, some form of chili and a dash of sugar) |
| 1 tablespoon whole black mustard seeds (substitute white if black is unavailable) | ½ teaspoon salt |
| 4 cloves garlic, peeled and mashed, or 2 teaspoons commercially prepared garlic paste | Sprinkling of freshly ground black pepper |
| 1 pound frozen French-cut green beans | |

Heat the oil or ghee in a pan (cast-iron frying pan is nice) and add the mustard seeds. Sauté at medium temperature. You may want to cover the pan. When the seeds start to pop, add the garlic and sauté for a minute or so, then add the frozen green beans and chili sauce, turn the heat down a bit, and cover. Cook until beans are hot, stirring occasionally. Season to taste with salt and pepper.

If you are an intuitive cook, you will not need to measure anything after you've made this once or twice. You will probably want to adapt the quantities of oil, mustard seed, garlic, salt, pepper, chili, and sugar to your own tastes. Some will prefer this dish fiery hot and highly spiced, and some will prefer a more subtle—or perhaps timid—approach.

As to the chili: some people like fresh chilis, of various sorts, seeded and chopped. If you're lazy, like me, you use prepared chili paste, such as Thai chili sauce or Vietnamese *tuong ot*. Most Asian cuisines feature some sort of chili-garlic-sugar-vinegar mixture as a shortcut.

mustard sauce for ham

CONTRIBUTED BY DONNA MELTON

Note: From the recipe collection of my mother-in-law, Mary Lu. The original recipe calls for using a double boiler, but I use the microwave because I'm too lazy to stir constantly. Everyone raves about this stuff, but because of the color, it's sometimes mistaken for gravy. Definitely not good on potatoes.

1 cup brown sugar	3 tablespoons prepared mustard
1 cup vinegar (I use cider vinegar)	(any kind you like—spicy
4 eggs	brown is good)
	1 tablespoon flour
	12 ounces currant jelly

Mix the sugar and vinegar in a glass bowl. Beat the eggs lightly and add. Combine mustard with the flour, moisten the mixture with a little of the liquid ingredients, and add to the liquid mixture. Stir in the currant jelly. You'll have big lumps of uncooked jelly floating in the mixture—they'll disappear when the sauce is cooked. Microwave on 100% power until thick, stirring every minute. If you use a double boiler, stir constantly. If you don't stir thoroughly and often, the eggs will cook to tiny little lumps instead of blending in.

myke's escargots à la romaine

CONTRIBUTED BY MYKE WILDER

Yield: 2 servings as main course; 4 as appetizer

Preparation time: 10 minutes

Cooking time: 15 minutes

Note: This is my favorite “cheat” recipe. It is unbelievably easy but exotic enough to make people think you worked hard. I like to serve it as an appetizer when I have guests to dinner. If you don’t like spicy food, leave out the chili. If you like spicy food, adding a little cayenne pepper works. All garlic choices are personal.

Two 115-gram cans escargots
without shells (usually
marked *36 or more*)

1 hot chili pepper, diced fine

2–4 cloves garlic, diced fine

1 tablespoon vegetable oil or
cooking spray for sautéing

1 small onion, diced small

1 small green pepper, diced small

1 small red pepper, diced small
796-milliliter (or 28-ounce) can
of diced tomatoes

1 teaspoon oregano

½ teaspoon basil

Salt and pepper

Romaine or frizzy lettuce

Dump the escargots into a colander, rinse well and set aside to drain. Sauté the chili pepper and the garlic on medium heat for about 1 minute in the oil or cooking spray. Add the onion, green pepper, and red pepper and sauté until soft, about 5 more minutes. Add the tin of diced tomatoes, juice and all. Add the spices. Simmer for 10 minutes, adjusting the spices to taste. Add the escargots and simmer until they are heated through, about 3 minutes. Serve in a shallow bowl lined with a lettuce leaf. Goes great with crusty bread or garlic bread.

norwegian baked beans

CONTRIBUTED BY MARIE MCHARRY

Yield: 2–6 servings or 15-plus servings

	FOR 2–6 SERVINGS	FOR 15-PLUS SERVINGS
Dried baby limas and/or Great Northern beans (any dried beans will do, but limas and Great Northerns make a nice mixture)	1 pound	3 pounds
Canned tomatoes	1 #303 (2 cups or 1 pound)	2–3 pounds
Vinegar	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup
Honey	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup
Salt pork (Consumer bacon does not work well. Thick chunks off a slab of real bacon work fine. Chunks $\frac{1}{2}$ " thick— 1" \times 1" \times $\frac{1}{2}$ "—work fine.)	$\frac{1}{2}$ pound	1 $\frac{1}{2}$ pounds
Onion	1 large	2 large
Salt and pepper to taste		

Either soak beans overnight or bring to boil for 2 minutes. Let sit for 1 hour. Simmer until skins peel back when you blow on them in a spoon; 30 to 45 minutes usually does it.

Drain. Save liquid. Mix beans with all ingredients and add back enough liquid to cover beans. Bake uncovered until done—about 3 hours (see note for larger batches and timing). Stir each hour until liquid is gone and top is brown. Watch out for burning if convection oven is used.

Nota bene: When making large batches, be aware that timing varies greatly with amount. Large amounts take *a lot longer!* A 15-person batch takes 4-plus hours. A 30-person batch takes 6–8 hours. Allow for this.

pickled carrots

CONTRIBUTED BY DONNA MELTON

Yield: 10 pints

Note: I added the herbs and garlic to this recipe, but the vinegar-to-water ratio is from an established recipe and is safe for canning. To can, just boil the empty jars and lids in water for about 15 minutes and keep hot on stove. To process, cover the filled, closed jars with water and boil for stated time.

5 pounds carrots (the little
peeled carrots are good, but
you can use regular carrots;
just peel and cut into small
rounds or sticks)

3¾ cups vinegar

3¾ cups water

2½ cups sugar

5 teaspoons whole pickling spice

10 large or 20 small basil leaves

10 small sprigs oregano

10 cloves garlic

Boil carrots for about 5 minutes, until barely tender (you want them to be a little crunchy, like pickles, and they'll cook more during the processing). When done, flush with cold water to stop cooking process.

Bring vinegar, water, and sugar to a boil. Simmer for 3 minutes.

Drain carrots. Pack (but not too tightly) in hot jars. To each jar, add ½ teaspoon pickling spice, 1 basil leaf, 1 sprig oregano, and 1 garlic clove.

Cover carrots with hot vinegar-water-sugar liquid to about ½ inch from top of jar. Screw on hot lids. Process pints for 15 minutes. Let finished jars sit on counter for a day before putting away.

Let jars sit for a minimum of 2 weeks for optimum flavor. Refrigerate after opening.

If you don't want to can, reduce the recipe to a more manageable size and put everything into a bowl. Keep in the refrigerator until ready to eat. Best if made at least a few days ahead.

pirags

CONTRIBUTED BY ZINTA SAULKALNS

Note: I'm Latvian (well, half Latvian and half Dutch), and this is a traditional Latvian recipe.

2 packets yeast	1 teaspoon each rum, vanilla,
2 cups milk	and lemon extracts
5 cups flour	12 ounces bacon
1 teaspoon sugar	1 medium onion
1 heaping tablespoon salt	1 whole egg
½ pound butter	Black pepper, to taste
2 egg yolks	

Warm milk in pan. Mix yeast with a few tablespoons of the milk. Add a sprinkling of flour and the sugar. Let it rise. Put the salt in the milk. Add ½ cup of flour. Stir. Put in yeast mixture. Let it rise slightly.

Beat softened butter with mixer. Add the egg yolks. Beat again. Add the rum, vanilla, and lemon extracts.

When batter has risen, cut in the butter mixture. Add about another 3½ cups of flour (until it no longer sticks to your hands). Beat by hand for at least 10 minutes. Let rise (about 2 hours).

Cut bacon and onion into small pieces. Add a little pepper. Take a piece of dough and put a little of the bacon mixture on it. Wrap it up, shaping it into a small roll. Seal edges. Put on baking sheet. Lightly beat egg and brush on top.

Bake in oven preheated to 350°F oven. After 5 minutes, raise the oven temperature to 425°F. Bake until golden brown, about 20 minutes. Remove from oven. Brush with butter.

plummy mushrooms

CONTRIBUTED BY MICHELLE ZACHARIAS

Notes: Umeboshi are available at Asian food shops, and nothing else can provide their unique taste. Sometimes available as a paste in tubes. Some pastes may already be mixed with shiso leaves. Enoki are long, thin mushrooms with a mild taste.

2 bags (approximately 2 handfuls
with a 2-inch diameter) enoki
mushrooms

1 tablespoon white wine

Pinch salt

Shiso leaves (also known as perilla;
basil can be substituted if shiso
leaves are not available)

DRESSING:

2 umeboshi (pickled plums)

1 teaspoon mirin

Dash light soya sauce, to taste

Cut off the bottoms of the mushrooms to remove any dirt. Rinse them with water and place them in a small pot. Add the wine and sprinkle the salt. Heat over a medium heat. When the ingredients begin to boil, turn the heat down to low. Cook for 3 minutes and then let cool.

Remove the pits from the plums and cut the fruit into small pieces. Place the fruit into a bowl. Add the mirin and soya sauce.

Add the mushroom mixture to the dressing. Stir well.

Cut the shiso leaves into narrow strips with scissors or a knife. Sprinkle on top.

potatoes au gratin

CONTRIBUTED BY KARI GULBRANDSEN

2 pounds frozen hash browns

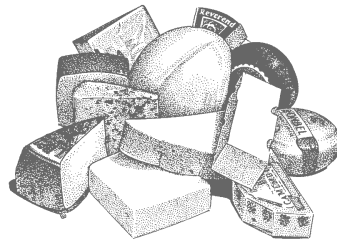
2 cans cream of potato soup

1 pint sour cream

8 ounces cheddar cheese

½ cup chopped onion

Mix all ingredients except cheddar in 9" × 13" pan. Sprinkle the cheddar on top. Bake at 350°F for 60–90 minutes.



retro clam dip

CONTRIBUTED BY DANA PARKER

6-ounce can minced or chopped
clams

8 ounces cream cheese, softened

$\frac{1}{4}$ cup minced onion

1 garlic clove, minced

$\frac{1}{2}$ teaspoon horseradish, or to
taste

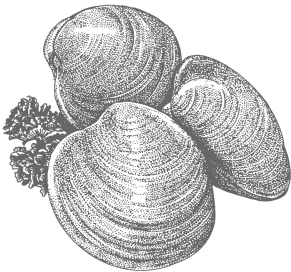
Dash Worcestershire sauce

1 tablespoon lemon juice

Salt and pepper to taste

Drain clams, reserving juice. Combine all ingredients and mix well with electric mixer. Add reserved clam juice to reach desired dippy consistency (almost all of it). Give the rest of the clam juice to the cat(s). Chill for at least 1 hour and serve with potato chips, crackers, or crudité's. Also delicious served warm with chunks of sourdough bread.

For a variation, add a 4-ounce can of diced green chiles to make Mexican clam dip. Serve with tortilla chips.



rice

CONTRIBUTED BY CHAD SKAGGS

- | | |
|---|---|
| 1 tablespoon butter (a bit more, saved for the end, is optional) | 2 cups chicken broth (Use regular, not low-sodium. You may use stock you make at home or broth from cubes or the dry stuff in the little jars or that is sold in liquid form. You may use plain water, but the rice won't be as good. You may use low-sodium broth, but if you do, you may want to increase the salt to $\frac{3}{4}$ teaspoon. After you've cooked this a time or two, you may apply salt to suit your taste.) |
| 1 tablespoon fresh chopped onion | |
| 2 cloves garlic | |
| 1 cup regular (not parboiled) raw rice | |
| $\frac{1}{4}$ teaspoon salt | |
| 1 sprig fresh thyme, <i>or</i> $\frac{1}{4}$ teaspoon dried thyme | |
| 1 bay leaf | |
| 1 tablespoon chopped parsley | |

In a 2-quart saucepan over low heat, sauté the onion and garlic in the butter until tender.

Add the rice, salt, thyme, bay leaf, and broth. Stir it all together.

Turn the heat up to medium or a bit higher, and watch the liquid in the pan carefully. When tiny bubbles appear at the pan walls, cover the pot with a well-fitted lid and turn the heat down to low. (On my old electric range, it's about right when the knob for that burner is set at 2.)

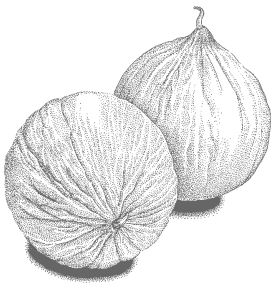
Let it simmer for 15 minutes, keeping the pan covered the whole time.

After the simmering, stir the rice with a fork, and taste a few grains for texture. If it needs a bit more cooking, replace the lid and return the pan to the burner for 3 minutes or so. You may taste it again, but it probably is correct now.

Continues...

After cooking, fluff up the rice with a fork. Some people add the optional butter at this point; some do not.

This delivers two generous side servings of rice. You can be fairly relaxed about everything here except the amounts of rice and liquid, and the timing. They should be right. The subtle flavor of this dish is so good that it should inspire a guest to propose marriage, or at least *something* interesting.



rice and tomatoes

CONTRIBUTED BY SHEILA WAWANASH

Note: This was one of the few things my mum used to make that I really enjoyed. I don't think you improve it by adding a lot. It's so simple—but really so good.

$\frac{2}{3}$ cup rice	Butter (optional; Mum used $\frac{1}{2}$ cup,
4 cups tomatoes, packed as solid	and no wonder I loved it—I use
as possible	1 or 2 teaspoons)
$1\frac{1}{2}$ cups evaporated milk (12-ounce	Chopped garlic and onion to
or 385-milliliter can), prefer-	taste (optional—these are my
ably skim or 2%, light or half-	additions)
and-half cream, or apple cider	2 teaspoons Italian seasoning or
$\frac{1}{2}$ cup milk	other fresh or dried herbs
Salt and pepper	(again, my additions to Mum's
	plain original)

Put all the ingredients in the top of a double boiler in the order given and don't stir (underlined by my mother). Cook it over hot water for 2 hours.

And that's it. If you have any room, you could add more of whatever you like. And in fact this is double what Mum said to use because this makes a simple but really great soup if you have any left. Just add stock, and perhaps more tomatoes, and an onion and garlic if you didn't find room in the pot in the first place.

As a side dish, this goes well with most things, from the lightest of fish to some good greasy spareribs. But be warned that you can't make enough if you also want soup. Is there anyone out there who doesn't want lots of tomato-rice soup?

rigatoni vodka

CONTRIBUTED BY CATHERINE M. ALBANO

2 tablespoons butter	½ teaspoon salt
⅓ cup vodka	½ cup heavy cream
½ teaspoon crushed red pepper	¼ cup grated cheese
1 can crushed tomatoes	1 pound rigatoni

Heat butter in large skillet over medium heat. Stir in vodka and crushed red pepper; heat gently for 2 minutes. Add crushed tomatoes and salt; cook over high heat, stirring to break up tomatoes, until thick (5 minutes). Stir in heavy cream; cook until thicker (5 more minutes). Stir in grated cheese. Pour over cooked rigatoni.

Red pepper may be added to sauce at any time—the longer it cooks, the spicier the sauce.

roast green beans

CONTRIBUTED BY GREG IOANNOU

Yield: 6–9 servings

Olive oil	2 largish onions
2 pounds green beans	Sea salt
2 heads (not cloves) garlic	Balsamic vinegar

Spread a layer of olive oil on a baking tray. Heat your oven to 375°F or a bit more. Wash the green beans and cut off their tops and tails. Spread them out evenly on the tray. Cut the onions into reasonably thin rings ($\frac{1}{2}$ centimeter or $\frac{1}{4}$ inch or so) and spread them out top of the beans. Peel all of the garlic and cut it into small chunks. Sprinkle the chunks over the beans and onions. Sprinkle a little sea salt over the veggies. Bake, stirring every 5 minutes or so. It is ready when some of the beans have started to turn brown. The beans change flavor when they start to brown, before they burn. The dish won't taste right if it isn't baked long enough. It is better to burn a few of the beans than to undercook the dish. Take the roast beans out of the oven just before serving. Then drizzle the hot beans with balsamic vinegar and toss.

ruth's mushroom-onion-wine broth

CONTRIBUTED BY RUTH E. THALER-CARTER

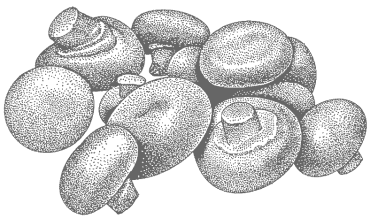
Yield: 4–8 servings

Note: Cooking time is about 15 minutes.

1 medium to large onion,
chopped (1 cup if using pre-
chopped onions)

1 container fresh mushrooms,
sliced or chopped
1 tablespoon butter
½ cup red wine

Melt butter in saucepan. Sauté onions and mushrooms. Add wine. Let simmer, uncovered, about 15 minutes. Add to 1 pound sautéed ground beef, or serve with or over steaks, burgers, pasta, or thick bread.



shrimp scampi appetizer

CONTRIBUTED BY STEPHANIE KOUTEK

3 tablespoons extra-virgin olive oil, plus more for finishing dish	1 tablespoon chopped fresh Italian parsley
3 cloves garlic, chopped fine, or equivalent amount of pre-chopped garlic	½ teaspoon crushed hot red pepper
1 pound large shrimp, completely shelled and deveined	Salt
1 tablespoon chopped fresh chives	Approximately 1 loaf sliced Italian or French bread (small in diameter—about ¼ inch thick and 2½ inches wide), toasted and kept warm
½ cup dry white wine	1 lemon, cut into slices (optional)
4 tablespoons unsalted butter, cut into 4 pieces	Whole chives and/or parsley sprigs (optional)
1 tablespoon lemon juice	

In this dish, high heat and speed are essential. Make sure the pan is hot when you add the shrimp and that it is wide enough to hold all the shrimp in a single layer (so the pan doesn't cool down as the shrimp go in). And be sure to have all your ingredients right by the stove. When the shrimp go into the pan, it's full speed ahead.

Heat the olive oil in a large skillet over medium heat. Add the garlic and cook, shaking the pan, until light golden, about 2 minutes. Raise the heat to high, add the shrimp, and toss until they are bright pink and seared on all sides, about 2 minutes. Stir in the chopped chives; then add the wine, butter, and lemon juice. Bring to a boil; boil until the shrimp are barely opaque in the center and the sauce is reduced by half or more, about 2 minutes. Stir in the chopped parsley and crushed red pepper. Season with salt. Place one shrimp on each slice of bread. Decorate serving dish with lemon slices and with the parsley sprigs and/or whole chives, if using.

squash-cheese casserole

CONTRIBUTED BY SHEILA WAWANASH

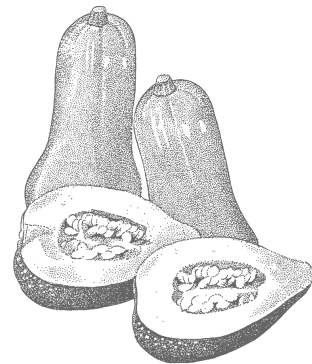
Note: This one came from a friend who calls it Lebanese, and I'm not too sure why. I don't really see squash in a Lebanese kitchen, or at least not the winter types. Then again, it's a basic timbale. In that sense, you could make it with anything. It's a meal in itself, but I like it with rich meat like a ham or roast pork or a duck or some turkey parts. You eat less of the meat because you pig out—so to speak—on the side dish. What I'm giving you here should be read as a guideline, a snapshot of one time I made it. I had squash from the last time the oven was on, roasted garlic, and Vidalias, and the chives were in bloom. The next time, like previous times, would be different. I have always used feta. But I don't see why brie bits, or even a blue, wouldn't make a nice change. Why not try it and see what you think?

2½ cups puréed, cooked squash
1 cup chopped Vidalia onion
(or green onions and/or
yellow or red pepper)
Salt and freshly ground pepper
1 very large egg
2 tablespoons yogurt
½–¾ cup crumbled feta

A small handful of chives, with
their blossoms in season,
snipped with scissors
1 small head roasted garlic,
chopped or puréed (or
chopped garlic to taste)
Sunflower seeds for the top

The result will depend a good deal on the squash that you start with, of course, but perhaps not as much as you'd think. I have made it with any and all winter squash I could find. If your squash is a pumpkin, put the cooked pieces into a strainer as you're scooping them out of the skin with a spoon and start mashing them there. It will drain off more liquid than you can imagine. Or just use sweet potatoes.

And from there, you just mix in some crunch and some binders and flavors and put the whole mess in a well-buttered dish (or use oil or a spray). Then you cover the top with some sunflower seeds, some squash seeds you've toasted or roasted, or a mixture of both. Bake at 350°F to 375°F for 1 hour or more, which of course will depend on the size of your dish. I put the quantities here in an 8-inch-square pan, and the whole thing was shallow. A smaller round dish would result in more squash and fewer seeds in a serving.



stuffed mushrooms

CONTRIBUTED BY EILEEN WIMSHURST

Note: Serve 1 or 2 mushrooms, depending on size, as a starter, or more with salad for a summer lunch. This recipe is adapted from Robert Carrier.

6–8 large cup mushrooms	1 teaspoon dried tarragon
1 clove garlic, finely chopped	Salt and freshly ground black
1 small onion, finely chopped	pepper
6 ounces (200 grams) pork or	Oil
beef sausage meat	1 tablespoon chopped fresh parsley
1 teaspoon dried parsley	2 tablespoons fresh white bread
1 teaspoon dried thyme	crumbs

Preheat oven to 190°C (375°F or Gas 5).

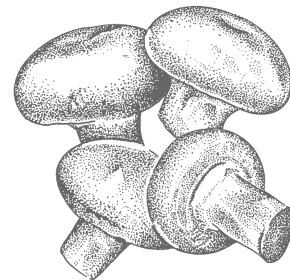
Remove stalks from mushrooms without breaking the mushrooms. Wipe and trim stalks, finely chop them, and place in a bowl. Add the chopped shallots or onion, garlic, sausage meat, and dried herbs; season with salt and freshly ground black pepper. Mix well (this is easier in a food processor).

Shape mixture into balls—make as many balls as there are mushrooms. (Tip: rinse your hands under cold water before shaping to stop the mixture sticking to your hands.) Flatten the balls slightly, then fry in oil until brown. (Tip: to avoid excess fat, grill the balls instead until brown on both sides to remove excess fat and avoid using oil.)

Peel or wipe mushrooms. Lightly brush a shallow ovenproof dish with oil. Place mushrooms in dish open side up. Season inside of mushrooms with salt. Place one sausage-meat ball into each mushroom, flattening slightly if necessary to fit. Mix chopped fresh parsley with fresh white bread crumbs and sprinkle this mixture over the stuffed mushrooms.

Place in a preheated oven for approximately 20–25 minutes until bread crumbs are golden and mushrooms cooked through.

Serve warm with salad.



tofu “chopped egg replacement” spread

CONTRIBUTED BY GEOFF HART

Note: For those with a fondness for chopped egg sandwiches but no tolerance for their cholesterol, here’s a simple recipe for a tofu-based replacement. The tofu should, of course, be of sufficiently high quality to be edible on its own; don’t “cheap out” and buy low-grade tofu. To simulate the chewy bits in a traditional egg salad made from hard-boiled eggs, use firmer, drier tofu; to create something more easily spreadable and less chewy, use softer, smoother, “silken” tofu.

1 pound tofu
Up to 2 tablespoons vegetable oil
(olive works well)
Up to 4 tablespoons Miracle Whip
Lite (alternative: mayonnaise)
Up to 2 tablespoons mild pre-
pared mustard (not a really
sharp mustard such as Dijon)

1 tablespoon fresh parsley (alter-
native: dried flakes if you soak
them first)
Real garlic, minced or crushed, to
taste, usually at least 2 medium
cloves (alternative: 1 teaspoon
low-salt garlic powder)
Vegetables for crunch, grated or
finely chopped: carrots, onion,
celery (all to taste)

Crumble the tofu into a bowl, then add the vegetable oil. Use only enough vegetable oil to soften the tofu (if necessary). With a fork, potato masher, or similar implement of destruction, crush the tofu into a paste. Leave chunks if you like the chewiness of chopped egg. Purée the tofu to a fine paste if you prefer something more easily spreadable. (A food processor helps, but you can do this with a fork if you chose good tofu.)

Stir the Miracle Whip Lite and mustard evenly into the tofu. Miracle Whip adds a tangier taste than regular mayonnaise; the Lite version reduces fat and cholesterol. Add enough to create a slightly creamy taste in the tofu. Mustard adds the delightful “sulfury” boiled egg taste; Dijon and other sharp mustards, lovely though they are in other recipes, overpower this aspect of the taste.

Evenly stir in the parsley and garlic. Fresh garlic is much nicer, but garlic powder will do (ahem) in a pinch.

To turn this into an “egg salad” or a more vegetable-rich spread, stir in fresh, crunchy vegetables. Mince them finely for more of a blended taste; leave them in larger chunks for more of a taste medley.

veggie pizza squares

CONTRIBUTED BY KARI GULBRANDSEN

2 crescent rolls	1 package dry ranch dressing
8 ounces cream cheese	mix
8 ounces cottage cheese	1 red pepper, diced
$\frac{3}{4}$ cup mayonnaise	1 green pepper, diced

Place crescent rolls on greased cookie sheet. Layer ingredients on crescent rolls. Bake 8–10 minutes in an oven at 375°F.

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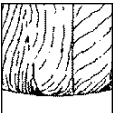
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artichoke and tomato pasta salad

CONTRIBUTED BY CAROL EASTMAN

Yield: 3–4 servings

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| ¼ cup olive oil | 1 teaspoon dried oregano |
| 2 or 3 cloves garlic, minced | ½ cup juice from canned artichokes |
| 1 cup very thinly sliced red onion rings | 1 tablespoon very finely chopped parsley |
| 3 plum tomatoes, coarsely chopped | 1 tablespoon very finely chopped fresh basil leaves |
| 3 canned artichoke hearts, quartered | 2 cups rotini |
| 1 medium red bell pepper, seeded and coarsely chopped | 1 package (7 ounces) no-drain tuna |
| 6 black olives, sliced | ½ cup cubed provolone (optional) |
| 1 teaspoon capers | |

Heat the olive oil and garlic over very low heat, uncovered, for 10 minutes. Add the red onion rings and heat 10 more minutes.

Place in large bowl the plum tomatoes, artichoke hearts, red bell pepper, black olives, capers, and oregano.

Add the artichoke juice to the onion mixture in a saucepan over medium heat. Cook until reduced by half. Pour over tomato mixture in bowl. Add the parsley and basil leaves. Allow to marinate at room temperature while preparing the pasta.

Add the rotini to boiling water and stir. Boil, stirring, 7 minutes or until almost cooked (rotini will soften further in salad). Drain and add to tomato mixture. Add the tuna and provolone. Toss to coat.

asian crunch salad

CONTRIBUTED BY TANIS STOLIAR

Note: This is a great salad to bring to a potluck. It makes a big salad, but there are never any leftovers!

SALAD:

1 large Napa cabbage, chopped	7 ounces slivered almonds
8 green onions, chopped	¼ cup sesame seeds
2 packages Ramen noodles (buy the soup mix and throw out the seasonings), crumbled	

DRESSING:

1 cup light salad oil	2 tablespoons soya sauce
¼ cup apple cider vinegar	Pepper
½ cup sugar (sounds like a lot, but the salad is not overly sweet)	

While chopping the cabbage and onions, brown the Ramen noodles, almonds, and sesame seeds in the oven. Watch them—they can burn easily! I use separate baking sheets for each and brown at 375°F.

Shake the dressing ingredients well. Mix the cabbage, browned items, and dressing and let sit in fridge for 30 minutes to 1 hour to blend.

auntie june's chicken salad

CONTRIBUTED BY KAREN L. LEW

Note: From my sister-in-law June Lee.

1 large roasted chicken, preferably rotisserie	Black pepper to taste, preferably fresh-ground
Salt to taste	½ cup sesame oil
Garlic salt to taste	3 stalks celery, shredded
½ cup sesame seeds	4–6 green onions, shredded (only the white part)
1 small can bamboo shoots, shredded	½ cup Chinese parsley (cilantro), fresh (can use American parsley)
½ package rice sticks (from local Asian market)	4 cups iceberg lettuce, shredded
Cooking oil	
2 heaping teaspoons dry mustard (mix in just enough water to make paste)	

Season chicken with salt and garlic salt and roast till tender. Set aside to cool. Brown sesame seeds on medium heat in about a 4-quart pot. Set aside. Lightly sauté bamboo shoots. Set aside.

Fry rice sticks. To fry rice sticks, put at least 1 inch of cooking oil in the pot used before. Heat at high temperature. Test oil by putting one rice stick in. When it puffs up quickly, oil is ready. Do a handful of rice sticks at a time. You may flip over the rice sticks to make sure all are puffed up. Drain off extra oil by putting them on paper towels.

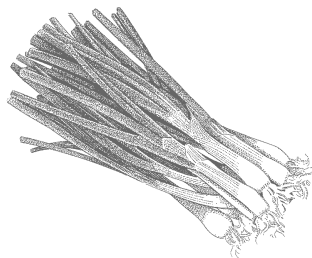
Shred chicken when cool. Mix together mustard, pepper, sesame seeds, and sesame oil. Toss mixture with shredded chicken in a big bowl until well mixed. Add in shredded vegetables. Gently mix in rice sticks just before serving.

blue cheese coleslaw

CONTRIBUTED BY DONNA MELTON

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|---|------------------------------|
| ½ head cabbage | 2 ounces blue cheese |
| 1 bunch green onions | ¼ teaspoon cumin |
| ½ cup mayonnaise | ¼ cup chopped fresh cilantro |
| 1 tablespoon horseradish sauce
or 1 teaspoon of the real stuff | |

Grate or chop cabbage. Chop green onions and add to cabbage. Mix remaining ingredients and toss with cabbage and onions. I've also added a little chili powder. After tasting this the first time, Ike, my father-in-law, implied that I would be less than welcome at the next family gathering unless I was accompanied by this coleslaw.



cabbage and miso

CONTRIBUTED BY MICHELLE ZACHARIAS

Note: Dashi is fish broth, available in powdered form at Asian food shops.

CABBAGE:

250 grams (scant 2 pounds)
cabbage leaves

Pinch of salt

DRESSING:

1 tablespoon miso
1 teaspoon sugar

1 tablespoon water or dashi

Cut the cabbage into bite-size pieces about 1 centimeter wide. Mix the miso, sugar, and water or dashi in a bowl. Boil a small amount of water in a pot. Add salt and cabbage. Cover for 2–3 minutes to steam the cabbage until it has softened but still remains slightly firm or al dente. Drain. Add the cabbage to the dressing. Stir well.

david's salad dressing

CONTRIBUTED BY DAVID HAYNES

Oil (I use regular old vegetable
salad oil.)

Vinegar (I use regular old white
vinegar.)

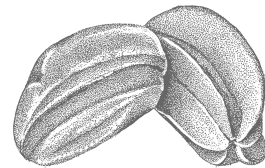
Garlic, fresh

Basil, dried

Tarragon, dried

Salt

This recipe has no set ingredient quantities because it is almost entirely a matter of taste. I normally make enough for about 4 individual salads, probably 2 or 3 ounces. I make it in any small ($\frac{1}{2}$ pint or large baby food) jar that has a good lid. Put equal portions of oil and vinegar in the jar. Add pressed garlic (I start with 4 cloves) and equal portions of basil and tarragon, each smashed in the palm with the thumb (I start with about 1 teaspoon of each). Add about half as much salt as basil, cap the jar, and shake well. Now taste the mixture and try to correct for each of the flavors. If it's too vinegary, add a little oil; if you can't taste the garlic, press in a couple more cloves; and so on. Shake well before use.



delicious italian bean and tomato salad

CONTRIBUTED BY ALEXINE HART

Yield: 2–3 servings

1 garlic clove, crushed
2 tablespoons olive oil
Fresh or dried herbs, such as
sage and thyme
1 can cannellini beans (Hanover
is significantly cheaper than
Goya.)

1 can diced tomatoes (I like the
kind with basil, garlic, and
oregano.)
Pinch salt and black pepper
 $\frac{2}{3}$ cup bite-size pieces of cooked
ham, prosciutto, or bacon
Fresh spinach or arugula

Heat the garlic in the olive oil 1 minute in a pan atop the stove. Remove garlic. Add fresh or dried herbs (about 1 teaspoon each). Add beans. Add tomatoes. Stir, and add a pinch of salt and pepper. Heat a minute. Stir in ham. Heat through. Remove from heat. Serve in bowl on top of fresh spinach or arugula. Serve a slice of French bread or a French roll on the side.

dutch potato salad

CONTRIBUTED BY CAROL EASTMAN

Yield: 6 servings

Note: My mother used to make this back in the days when no one worried about cholesterol. Not exactly heart-healthy, but tasty.

4 large or 6 medium potatoes	1 raw egg
6 slices bacon	6 tablespoons cider vinegar
¼ cup chopped onions	1 teaspoon salt
2 or 3 hard-cooked eggs, sliced	¼ teaspoon pepper

Scrub potatoes; for better flavor and texture, leave them unpeeled. Cut potatoes into slices. Bring 1½ inches water to boil in bottom of 3-quart steamer. Place potato slices in steamer basket; cover and steam over rapidly boiling water 10 minutes. Cut bacon slices into small pieces. Cook in frying pan over low heat until crisp. Drain bacon pieces on paper towels. Reserve fat in pan; allow to cool. When potatoes are done, place steamer basket over colander and uncover. Allow steam and water to disperse. Place potatoes, onions, and sliced hard-cooked eggs in large bowl. Add bacon pieces. Place raw egg in small bowl and beat slightly. Add vinegar, salt, and pepper; beat thoroughly. Add egg mixture to bacon fat in pan. Simmer over medium heat, stirring constantly, until thick. Pour bacon-fat mixture over potato mixture. Toss. Serve immediately.

french salad dressing

CONTRIBUTED BY DONNA MELTON

Note: From the recipe collection of my mother-in-law, Mary Lu. This one's not red and is really good.

½ cup vegetable oil

¼ cup vinegar

1 teaspoon garlic powder

3 teaspoons sugar

Salt

Lemon pepper

½ teaspoon dill weed

¼ teaspoon dry mustard

¼ teaspoon horseradish

Dash Tabasco sauce

Dash Worcestershire sauce

Dash paprika

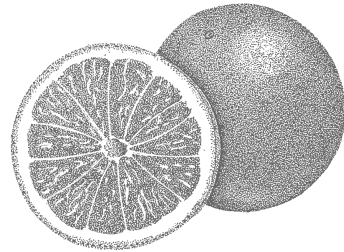
Combine all ingredients and shake well. Change the flavor by varying the type of vinegar you use. Red wine, white wine, and cider vinegars are all good in this recipe.

grapefruit salad or dessert

CONTRIBUTED BY SUE VESETH

2 or 3 grapefruits, white or pink or both	2 tablespoons Campari
2 or 3 oranges	2 tablespoons sugar
1 cup sweetened flaked coconut	½ cup pistachios, toasted

You can change the quantities of all of the ingredients to suit your taste. You can use all grapefruit or all oranges—just use good-quality fruit for this. Peel the fruit and remove the white pith. Break fruit into segments and cut the segments into bite-size pieces. Add the remaining ingredients except the pistachios. Refrigerate for at least 30 minutes or for several hours. Sprinkle on the pistachios just before serving.



hot bean salad

CONTRIBUTED BY DONNA MELTON

4 strips bacon	1 can (15–16 ounces) cut green
½ cup sugar	beans, drained
1 tablespoon cornstarch	1 can (15–16 ounces) cut wax
1 teaspoon salt	beans, drained
¼ teaspoon pepper	1 can (15–16 ounces) red kidney
⅔ cup vinegar (I usually use	beans, drained
cider vinegar.)	1 onion, sliced (I chop it.)

Cut bacon into small pieces into a 2-quart casserole dish. Microwave on high for 3–4 minutes. Remove cooked bacon with slotted spoon to paper towels to drain. To the bacon drippings in the casserole dish, add sugar and cornstarch, blending well. Stir in salt, pepper, and vinegar. Microwave on high 3–4 minutes, until thick. Add drained beans and onion slices to sauce in casserole, stirring well. Cover. Microwave on high for 6 minutes, stirring after 3. Let stand for 10 minutes before serving. Sprinkle cooked bacon over top and serve.

noncook's pasta salad

CONTRIBUTED BY NAOMI KIETZKE YOUNG

Note: I am probably violating a moral law by giving a “cheating” recipe to such a gourmet crowd. Do not disclose how easy this was, and you can bask smugly in undeserved compliments. Assemble this the night before the potluck or family appearance; all ingredient amounts can be scaled up or down to taste.

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| 1 medium-size bag vegetable
rotini (aka corkscrew noodles;
any pasta works here, but
prettiness counts!) | 1 small can chopped black olives,
drained |
| Pinch of salt | 2 cups frozen peas (Fresh would
be a waste; canned are an
abomination.) |
| 1 “plop” of olive oil | 1 bottle Russian dressing (The
cheap stuff at the no-brand
store works fine, but be as
elegant as you like.) |
| 1 large sweet onion, chopped
fairly fine | |

Boil the pasta in a large pot, with the pinch of salt and the plop of oil to minimize sticking and boiling over. (If you are a hard-core noncook, consult the package for how many minutes this takes.) You may add the peas in the last part of the boiling if you remember, but no harm is done if you don't. Drain the pasta, and combine it with all the remaining ingredients in a large bowl. Refrigerate overnight. If you think of it, or you have insomnia, shake or invert the bowl a few times while pasta is chilling. (If you invert the bowl to mix, first be sure the seal is good. Don't ask how I know.)

nutty cabbage salad with beets

CONTRIBUTED BY MICHELLE HORN

1 pound packaged coleslaw mix (shredded carrots and cabbage)	1½ cups mayonnaise
10 ounces shredded red cabbage	¼ cup blue cheese, crumbled
16 ounces canned beets, drained and thinly sliced	¼ cup chopped walnuts

Combine slaw, cabbage, and beets in a large bowl. Add mayonnaise and blue cheese and mix well. Toast walnuts in a small skillet over medium-high heat and cook until golden, shaking the pan, about 2–3 minutes. Top servings with the toasted walnuts

pasta alla caprese (tomato-basil pasta salad)

CONTRIBUTED BY MAGGIE SECARA

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| 1 pound cooked pasta (macaroni types are best, like penne or ziti) | ½ cup olive oil |
| | 1 teaspoon salt |
| | Ground pepper to taste |
| 12 plum (Italian) or 4 large tomatoes, sliced into thin strips or diced (about 5 cups) | 8 ounces mozzarella, grated coarsely |
| 3–4 smashed cloves of garlic | Freshly grated Parmesan for garnish |
| 20 leaves fresh basil, torn into bits, <i>or</i> about 2½ tablespoons dried basil | |

At least 1½ hours before serving, combine tomatoes, garlic, pepper, basil, oil, salt, and pepper in a bowl large enough to hold both the sauce and the pasta. Let stand without refrigeration so the flavors will meld. Cook, drain, and cool the pasta. When ready to serve, stir up the sauce to combat the separation of oil. Fold sauce into pasta. Stir in mozzarella. Serve immediately with Parmesan on the side.

Note: This travels well and can be made up the night before. Stir the sauce into the pasta just before leaving the house with the salad.

ruth's easy pasta salad

CONTRIBUTED BY RUTH E. THALER-CARTER

Yield: 4–8 servings

Note: Cooking time is about ½ hour.

1-pound box shell pasta (or penne or elbow noodles; shells look more elegant)	1 small package frozen peas
1 tablespoon butter	Salt
1 each small to medium green, red, yellow, and orange peppers	Lemon pepper
1 small half of an onion (8-ounce bag at most if using prechopped onions)	Oregano
	Garlic
	Vegetable oil

Follow directions on box for preparing pasta slightly al dente (set water to boil, add a dash of salt, add pasta), although I use only about 1 quart of water. While pasta is cooking, chop the peppers and onion. Melt butter in saucepan. Sauté veggies lightly in butter. Drain pasta and place in large, round bowl. Add frozen peas and sautéed veggies; toss. Add dash of salt, lemon pepper, oregano, garlic (or seasoned salt), and 1 tablespoon oil; toss. If for indoor use, add 1 tablespoon mayonnaise. Toss again. Cover with foil or plastic wrap. Let sit in fridge overnight.

Makes colorful, versatile picnic salad/side dish/vegetarian dish. Can be served fresh and warm, but flavors soak in best if salad sits in fridge overnight.

spicy blue cheese dressing

CONTRIBUTED BY ANNA HALBERT

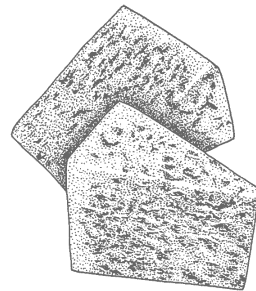
8 ounces blue cheese crumbles

$\frac{3}{4}$ cup oil (I use sunflower oil.)

4 tablespoons coarse ground
black pepper (more or less
depending on how much of
a pepper hound you are)

$\frac{3}{4}$ cup Worcestershire sauce

Mix all ingredients and chill. Proportions can be adjusted freely.
Shake well before serving. Keeps (refrigerated) for months.



spinach and eggs (a sort of warm salad) for two

CONTRIBUTED BY SHEILA WANAWASH

1–2 tablespoons olive oil	Salt and freshly ground pepper
1 small onion, sliced (if you think of it!)	Zest and juice of 1 lemon
2–5 cloves chopped garlic	Crumbled feta (whatever you've got—about ½ cup)
1 bag (10 ounces) or a large bunch of well-washed fresh spinach	4 eggs
	Paprika

Heat a very large frying pan and sauté the onion and garlic in oil until they start to get fragrant. Dump in all of the spinach and let it just start to wilt as you're salting and peppering. Add the zest if you really like lemon, just the juice if you're kind of indifferent, and then stir in the feta. As soon as the spinach comes down in the pan so you can push it around, try to make four rough "holes" and drop in the eggs. Make a cross of paprika on each egg and cover the pan till they're poached to your liking. Tip the whole into bowls and serve fresh crusty bread to dip into the eggs (if that's how you grew up) and to sop up the juices. Somehow, the spinach never burns or indeed overcooks once you've put in the eggs, and the sauce is a tasty but not too rich dressing. Try it again with a creamy blue cheese, almost any green you can think of—beet greens or endive are good—and I'm sure you'll be hooked.

spinach-bacon salad

CONTRIBUTED BY DONNA MELTON

Note: Long-time favorite from the recipe collection of my mother-in-law, Mary Lu.

SALAD:

2 pounds fresh spinach	½ pound bacon
2 heads red leaf lettuce	

DRESSING:

¼ cup sugar	⅓ cup cider vinegar
1 teaspoon salt	1 cup salad oil
1 teaspoon dry mustard	1½ cup small-curd cottage
1 tablespoon onion juice	cheese

Tear spinach and lettuce, combine. Fry bacon crisp and crumble.

Dressing: Combine all ingredients except cottage cheese and shake well. Add half of cottage cheese and shake again.

Before serving, toss together dressing with greens, remaining cottage cheese, and bacon. Everywhere this salad goes, people ask for the recipe.

tabbouleh (bulgur wheat salad), western galilee-style

CONTRIBUTED BY DEBORAH S. JACOBS

1 cup bulgur wheat (fine or medium)	4–6 hothouse cucumbers, unpared and diced
1 bunch parsley, leaves and stems	¼ cup virgin, cold-pressed olive oil
Water (2 tablespoons, × 4 or 5)	1 bunch green onions, sliced fine
½–1 bunch mint, leaves only	1 teaspoon salt
¼ cup lemon juice, preferably fresh	3 or 4 medium tomatoes, seeded and diced

My one attempt at preparing tabbouleh back in the States yielded disappointing results. Fortunately, this is a popular salad in the area of Israel where I've since relocated, and some years ago a fortuitous encounter with refugees from Southern Lebanon clued me in to the genuine article. The Lebanese ladies were appalled yet amused by my account of the American recipe that called for soaking the bulgur wheat and then squeezing out the excess moisture. They kindly instructed me to do as follows:

WHEAT:

This gets gradually reconstituted with water (room temperature) so that the wheat never becomes soggy. Place the wheat in a small, deep bowl, add 2 tablespoons water, and stir so that all the grains become moistened. Leave for 10–15 minutes (or more). Repeat this process 4 or 5 (or more) times till the grains of wheat are softened but still chewy.

DRESSING:

In a large bowl, mix lemon juice and oil together. (Note for nonpurists: You may wish to add further seasoning, such as crushed garlic and ground black pepper to taste.)

LEAVES:

The Lebanese original is based on a large quantity of the local mint, na'nah, which the dictionary says is spearmint. Western households may find the mint an acquired taste and prefer to use more parsley. A total of 2 bunches is not too much. Try using a finely serrated knife to mince the leaves (and parsley stems) with a shredding motion rather than chopping. Set aside.

VEGETABLES:

Cut and add to dressing, in that order.

MIXING:

Add mint and parsley and, lastly, the bulgur. Mix well and adjust seasonings. (Another note for nonpurists: The addition of a cup or so of canned, cooked chickpeas increases the salad's nutritional value and is compatible with its flavors; you might increase the amount of dressing if the chickpeas are bland.)

SERVING:

May be served cold or at room temperature. The Lebanese scoop up tabbouleh with Romaine lettuce leaves, which children enjoy immensely. For picnics and school lunches, packing the lettuce separately keeps it from wilting. This salad is best eaten the same day it is made.

warm caesar potato salad

CONTRIBUTED BY DEBBY ENGLISH

Note: This is quick and easy, with the flavors of the classic Caesar salad.

1¼ pounds red-skinned potatoes, cut into ¾-inch chunks	¼ teaspoon coarsely ground black pepper
2 tablespoons mayonnaise	¼ teaspoon anchovy paste
1 tablespoon grated Parmesan cheese	2 green onions (or scallions), sliced, or 1 small shallot, diced
2 teaspoons cider vinegar	1 tablespoon chopped fresh parsley
1 teaspoon Dijon-style mustard	
½ teaspoon coarse salt	

In a 3-quart saucepan, place the potatoes and enough water to cover; heat to boiling over high heat. Reduce heat to low, and cover; simmer for about 10 minutes or until the potatoes are fork-tender. Meanwhile, in a medium bowl, mix the remaining ingredients. Drain the potatoes, and gently toss with the dressing in the bowl. Serves 4 as a side dish.

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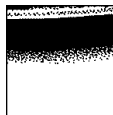
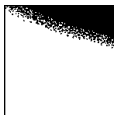
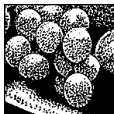
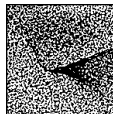
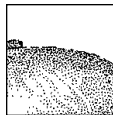
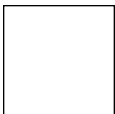
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adobo

CONTRIBUTED BY JULIE ELEFANTE

Yield: 4–6 servings

Note: The total preparation time is 90 minutes. Don't be afraid of the vinegar—it tenderizes the meat, which will fall off the bone when cooked. This dish is good with plain white rice.

3 pounds meat—either a whole, sectioned chicken or pork (pork ribs work)	½ cup distilled white vinegar ¼ cup water
5 cloves minced garlic (the stuff in the jar works)	3 whole bay leaves ½ tablespoon whole black peppercorns
¾ cup soy sauce	

Mix garlic, soy sauce, vinegar, water, bay leaves, and peppercorns. If you're brave, you can taste the mixture to see if it tastes all right, but unless you know what adobo should taste like, this is somewhat pointless until you become an adobo aficionado. Until then, just throw the meat and liquid together into a large pot. Cook on medium until liquid has boiled away. This can take roughly an hour. Stir when you remember to while you do other things such as read, practice your editing skills, or watch reality television.

baked orange chicken

CONTRIBUTED BY CHER PAUL

Chicken or turkey, skin optional	Triple Sec, or any orange-flavored liqueur
1 or 2 sweet, juicy oranges	Black pepper, sage, and salt (optional)
Sweet onions, cut into fairly big chunks	Chervil, sweet basil, or some other light, green herb
Safflower oil, or any oil with not much flavor of its own	Marjoram <i>or</i> rosemary, not both
Carrots, peeled or not, cut to bite-size pieces	Fresh ginger, grated
New potatoes, or any potato you like, cut to bite-size pieces	A few veggie bouillon cubes (the low-salt kind)

Clean and cut into chunks the carrots, onions, and potatoes, and set them aside.

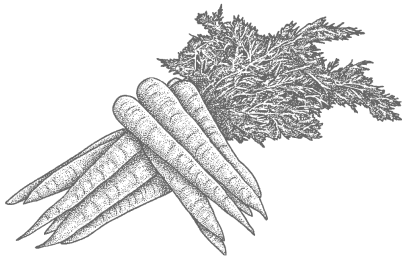
Lightly oil the pan. Have the meat at room temperature. Work it with your fingers and pierce it with a fork to loosen it up. Rub the meat with a cut orange, then rub in pepper, sage, salt, and ginger. Do all of each piece, not only one side.

Let's assume that you're using a roasting pan and you've left the skin on. Arrange the meat, skin side up, and veggies in the pan. Be sure meat doesn't overlap meat. Sprinkle the whole thing with the last two herbs, chervil or basil and marjoram or rosemary. Carefully grate some color from the orange rind and sprinkle that too. Mix a bouillon cube or two in not much hot water and add it to the pan. Put some sliced or grated ginger down in the juice.

When you put the veggies in depends on how big the pieces are and how crunchy you like them. Veggies can overlap meat because they're easier to move around, and eventually all this meat will have to be exposed to brown, but that's later.

Continues...

Cover the pan fairly tightly and bake at roughly 325°–350°F—cook low and slow. Baste anytime you like, whether or not it’s needed. About halfway through the cooking time, add the orange juice and some Triple Sec; dribble over everything while holding your head over the pan and inhaling deeply. Remember, only while you’re cooking this do you have it all to yourself, so enjoy. Re-cover and continue cooking. When the meat seems done, remove the cover, scoot the veggies aside, baste everything well one more time, and put it back in the oven to brown. Brown this after it’s cooked, not before, so it cooks while it’s still unsealed and vulnerable to all those flavors. You’ll have to turn it once to brown both sides. Let the veggies brown too. Err on the side of overcooking the meat, because this ain’t finger food.



baked ziti

CONTRIBUTED BY STEPHANIE KOUTEK

1 pound ziti (also good with penne, rotini, or other shapes)	8 ounces Mozzarella cheese (grated or slices)
16 ounces Ricotta cheese	2 teaspoons oregano
2 eggs	1 teaspoon salt
½ cup grated Parmesan cheese	1 teaspoon pepper
⅓ cup grated Mozzarella	26- to 28-ounce jar favorite spaghetti sauce

Cook ziti according to package directions. Drain and set aside. In a 13" × 9" casserole dish (lightly greased), pour ½ jar of spaghetti sauce. In a large bowl, mix Ricotta cheese, eggs, Parmesan cheese, ⅓ cup mozzarella, oregano, salt, and pepper. Stir in cooked ziti and mix well. Pour all into casserole pan. Top with remaining ½ jar of sauce and 8 ounces Mozzarella cheese. Bake 30–40 minutes (until bubbly) at 350°F. Serves a crowd! This recipe can be halved.

barbecued spare ribs

CONTRIBUTED BY CAROL LETH STONE

Note: Most commercial barbecue sauces contain sugar. My own recipe uses a no-sugar barbecue sauce.

MEAT:

4 pounds spare ribs

SAUCE:

2 tablespoons margarine

3 tablespoons chopped onion

½ cup chopped celery

2 tablespoons cider vinegar

1 tablespoon Worcestershire
sauce

¼ cup lemon juice

1 cup Heinz brand catsup

1 teaspoon dry mustard

Salt or salt substitute, pepper to
taste

Dash Tabasco sauce

SAUCE:

Melt the margarine in a skillet. Add the onion and celery. Process with the steel blade in a food processor. Return to skillet. Stir in the cider vinegar, Worcestershire sauce, lemon juice, catsup, mustard, salt and pepper, and Tabasco sauce. Cook until flavors blend (about 20 minutes). Makes 1½ cups of sauce.

RIBS:

Heat oven to 350°F. Sear spare ribs in a cast-iron pan on the stovetop. Coat with a no-sugar barbecue sauce, and add some water to the pan. Bake in the oven 2 hours, turning and basting once or twice. Be sure there is some water in the bottom of the pan throughout the cooking.

beef-and-macaroni casserole with italian vegetables

CONTRIBUTED BY KARI GULBRANDSEN

Yield: 8 servings (625 calories per serving)

16-ounce package elbow macaroni	1½ pounds ground beef
3 medium green peppers	1 garlic clove, minced
3 medium onions	1 28-ounce can tomatoes
½ pound mushrooms	¼ teaspoon pepper
3 tablespoons salad oil	8-ounce package mozzarella cheese, shredded (2 cups)
1½ teaspoons salt	

About 1 hour before serving, prepare macaroni as label directs; drain; spoon into 13" × 9" baking dish; keep warm. Meanwhile, cut green peppers into ¼-inch-thick strips. Thinly slice onions and mushrooms. In 12-inch skillet over medium heat, in hot salad oil, cook green peppers, onions, mushrooms, and ½ teaspoon salt until vegetables are tender, stirring occasionally. Reserve ⅓ cup vegetable mixture into baking dish with macaroni. Preheat oven to 350°F. In drippings remaining in skillet, cook ground beef and garlic over high heat until beef is well browned and all pan juices evaporate, stirring frequently. Stir in tomatoes with their liquid, pepper, half of the shredded mozzarella cheese, and 1 teaspoon salt. Spoon beef mixture into baking dish with macaroni and vegetables; toss gently to mix well. Sprinkle with remaining mozzarella cheese. Bake 20 minutes or until cheese is melted and mixture is hot and bubbly. Garnish with reserved vegetables.

That is the formal recipe. I call it Hungarian Goulash, because it was so much like the recipe that my mom made and called Hungarian Goulash. Past generations of Hungarians would probably roll over in their graves, though.

Continues...

I have modified the steps for the sake of time:

Prepare macaroni as label directs. Drain and return the macaroni to the pot that it was cooked in (it has to be fairly big to accommodate the rest of the ingredients). Meanwhile, cut green peppers into ¼-inch-thick strips. Thinly slice onions and mushrooms. (I am not that careful. It depends on how picky your eaters are—you know how kids are.) In 12-inch skillet over medium heat, in hot salad oil (it always seems as if I have to add more oil until I add the mushrooms), cook green peppers, onions, mushrooms, and ½ teaspoon salt (I don't cook with salt; I let people add it) until vegetables are tender, stirring occasionally. Remove vegetables and put in pot with macaroni. Cook ground beef and garlic in skillet until beef is well browned and all pan juices evaporate (the mushroom juice never evaporates—maybe I'm not patient enough?), stirring frequently. At this point, I just throw everything into the macaroni (I drain the grease from the hamburger) and then put the hamburger in the macaroni. Stir in tomatoes with their liquid, pepper, all the shredded mozzarella cheese, and 1 teaspoon salt. Then heat it up on the burner and stir until it is a yummy, gooey mess. It probably takes about an hour to make—lots of chopping and standing over the stove. I just throw everything into the pot that I cook the macaroni in. I don't put it in the oven, which saves time and cleanup.

bourbon-basted salmon

CONTRIBUTED BY SABRA BISSETTE LEDENT

Yield: 4 servings from the grill

1½ pounds salmon fillet

¼ cup brown sugar

3 tablespoons bourbon

3 tablespoons green onion,
chopped

2 tablespoons soy sauce

2 tablespoons vegetable oil

Combine all marinade ingredients and pour over salmon fillets in a shallow baking dish. Marinate in refrigerator at least 1 hour.

Remove salmon from marinade (reserve) and grill salmon on oiled grill, turning once, about 7 minutes per side. Brush with reserved marinade during cooking. While cooking, drink a bourbon and water.



caddy ganty halibut

CONTRIBUTED BY DEE LONGENBAUGH

Note: Caddy and Prosper Ganty owned some cold storages in Alaska for years. They liked to summer in Pelican, a village built around one of their cold storages. Caddy liked to cook and devised this halibut recipe. The summer it came to Sitka, sour cream sold out as soon as the barge delivered it to the grocery stores.

Halibut

Sour cream

Seasoned bread crumbs

White wine

1 sliced onion

Cut halibut into approximately 2-inch chunks. Place in bowl, slice onion on top, and cover with wine. Marinate at least 2 hours (longer is fine). Pour wine off and roll halibut in bread crumbs. Place fish in shallow baking pan. Slather on sour cream. Bake at 500°F (yes, 500°F) about 5 minutes.

Do not let dog or child near the oven or wine.

carolyn's good-for-you lasagna

CONTRIBUTED BY CAROLYN HALEY

Note: This is a dish for people who are not fussy cooks. Also good if you're watching calories and fat/salt/sugar intake. It comes out flat compared with other lasagnas, but it's gooey and yummy and satisfying and makes great leftovers: Just pop a refrigerated square into the microwave for an instant meal. DeBole's brand pasta is a key ingredient. This pasta is blended with Jerusalem artichoke flour, which makes for a lighter-weight, more flavorful, less "sticky" carbohydrate. It is also organically produced. Available in health-food stores and "better" supermarkets (that is, in the United States—I don't know its availability elsewhere. The idea is to use something besides the overrefined white starch that is most pasta. Choose what works for you.)

12 DeBole's lasagna noodles	Any quantity diced, cooked hot
26-ounce jar spaghetti sauce, lowest-salt variety you enjoy	sausage, <i>or</i> cooked ground beef/pork (optional)
15- or 16-ounce container fat- free ricotta cheese	A few cloves diced or pressed gar- lic or other vegetables, diced, cooked, or raw (optional)
1 red bell pepper, diced	Seasonings to taste (optional; a dollop of salsa adds zip; salt-free spice blends also work well)
4-plus ounces shredded cheese, any variety that melts well	

Cook noodles until pliable, rinse in cold water. While noodles are cooking, mix all vegetables and/or meat with ricotta cheese. Blend cheese mix with tomato sauce to desired consistency. Smear some tomato sauce on the bottom of the baking dish. Lay out 3 noodles lengthwise and 1 across to cover the floor of the dish. Spread half the cheese–tomato sauce mix evenly on this layer. Repeat noodles layer. Repeat mix layer. Top with final 3 noodles lengthwise and 1 across. Coat with straight tomato sauce and top with shredded cheese.

Continues...

Cover dish with aluminum foil. Bake approximately 30 minutes at 350°F, then remove foil and cook another 15 minutes. Remove and let stand before cutting into 8 squares.

Sides that go well with this dish and will feed a group:

- “Garbage” salad—tossed greens and veggies, the biggest variety you can put together, with a flavored oil-and-vinegar dressing
- Tropic-berry fruit salad—1 pint blueberries, 1-plus pint strawberries, 4 kiwis, 1 mango, all peeled and chopped as necessary, tossed together, then served as is, or with French vanilla ice cream or yogurt

chicken-avocado sandwiches

CONTRIBUTED BY KARI GULBRANDSEN

1½ cup cooked shredded chicken

6½ strips bacon, crumbled

1 ripe avocado, peeled, pitted,
and chunked

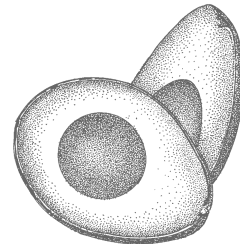
Dash curry powder

Mayonnaise as desired

English muffins

Cheese of your choice, grated

Mix all ingredients except mayonnaise and English muffins together. Spread the mayonnaise on English muffins, top with the mixture. Put the grated cheese on top. Broil the sandwiches until the cheese melts.



chicken cacciatore

CONTRIBUTED BY CATHERINE M. ALBANO

Yield: 4

4 chicken breasts and wings
(amount can vary)
1 large can tomato sauce
2 green peppers
1 onion

Salt, to taste
Pepper, to taste
Granulated garlic, to taste
Sweet basil, to taste

Skin the chicken breasts. Chop peppers and onion. Spray roasting pan and cover with nonstick cooking spray. Add half of sauce to pan. Add chicken, peppers, onion, salt, pepper, and garlic. Add remaining sauce. Add water (1:2 ratio to sauce). Add sweet basil. Cover and bake in oven at 350°F for 2½ hours.

chicken veronique

CONTRIBUTED BY TERRY SPENCER

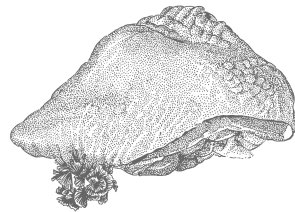
Yield: 4 servings

Note: Given to me by Debbie Braden, a California college roommate from long, long ago.

2 cans sweet 'n' sour sauce
1–2 pounds chicken breasts

1 can seedless grapes, drained
(or the equivalent in fresh
grapes)
Sliced almonds to taste

Place chicken breasts in baking dish. Pour sweet 'n' sour sauce over chicken. Bake at 350°F for 1¼ hours. Five minutes before chicken is done, add grapes and almonds.



chilaquiles for one

CONTRIBUTED BY MARY JOAN O'CONNELL

Note: Adapted from Recipe Cottage, at www.recipecottage.com.

2 stale corn tortillas	3 tablespoons soft Mexican
Cooking oil	cheese (queso fresco) or
1 slightly beaten egg	farmer cheese, divided
Pinch of salt	2 tablespoons water
$\frac{5}{8}$ cups bottled red salsa	1 tablespoon sliced green onion, divided

Tear tortillas into smallish pieces. Heat about $\frac{1}{2}$ inch oil in heavy saucepan or deep skillet. Fry tortilla pieces in hot oil for about a minute or until crisp. Remove with slotted spoon. Drain on paper towels.

Pour all but $\frac{1}{2}$ tablespoon oil from skillet and put tortillas back into skillet with egg and salt. Cook and stir until tortillas are coated and egg is set. Stir in red chile sauce, 2 tablespoons of the cheese, the water, and half the onion. Let simmer uncovered for 15 minutes. Serve topped with remaining cheese and onion.

cider-roasted chicken breasts

CONTRIBUTED BY JEANNETTE CÉZANNE

Note: The chicken needs to soak in cider brine for at least 8 hours, or preferably overnight, before the chicken can be cooked.

BRINE:

2 cups apple cider	6–8 chicken breasts/chicken thighs
2 tablespoons salt	
1 bay leaf	Large zip-top plastic bags (may be needed for marinating chicken in brine)
2 teaspoons black peppercorns	
6 cups water	

SAUCE:

2 cups apple cider	2 garlic cloves
½ onion	

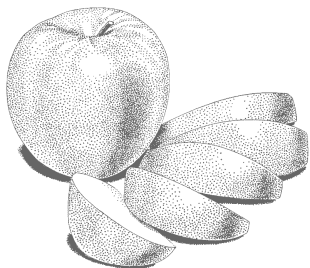
To make the brine, combine apple cider with salt, bay leaf, and peppercorns in a Dutch oven (extremely large pot). Bring to a boil. Remove from heat and add the water.

Rinse the chicken, pat dry, and cut off any excess fat. When the brine is cool, add the chicken, cover, and store in the refrigerator for 8–24 hours. (If there isn't enough room in the refrigerator for the Dutch oven, refrigerate the chicken and brine in large zip-top plastic bags.) Turn the pieces of chicken (or bags) occasionally.

When it is time to cook the chicken, preheat the oven to 350°F. In an uncovered saucepan, bring the cider to boil under a medium flame. Heat the cider for 15–20 minutes to thicken it. Meanwhile, chop the onion into small pieces and mince the garlic. Place the chicken in a baking pan and discard the brine. Baste the chicken with the thickened cider. Pour the excess cider into the baking pan.

Continues...

Sprinkle garlic and onion over the top surface of the chicken breasts. Cover the baking pan with aluminum foil. Bake for an hour. Check after 45 minutes to make sure that there is still some liquid in the pan. If it has all evaporated, add $\frac{1}{2}$ cup of water. If served the next day, may be a little dry unless stored with more thickened cider.



clam and tomato pasta sauce

CONTRIBUTED BY KAREN E. BLACK

Yield: 3–4 servings

This is more a list of ingredients than a recipe. All to your taste and preferences, of course. It's high in iron (I can't find anything higher than clams—even liver). It's also high in vitamins A, several Bs, and C and in fiber, and it's low in cholesterol, fats, and carbohydrates. In my search for a clam recipes through my dozens of cookbooks, I could find only one—for clam dip. Include/increase or exclude/decrease your ingredients as required. I've thrown in a half cup of frozen peas for more color and shot some hot sauce over the top a few times.

½ white (sweet) onion, chopped (white or Spanish onions are a good size—about ¾–1 cup)	2 tablespoons olive oil
1 large red pepper (sweet), cut in chunks	1 can baby clams, drained (or you could toss in a pound of mussels to steam)
3 cloves garlic, chopped or minced	½ large can diced Roma (plum) tomatoes (or 2–3 chopped fresh tomatoes; about 1½ cups)
3 tablespoon chopped fresh basil	1 cup canned black beans (turtle beans), rinsed and drained
1 tablespoon chopped fresh oregano (I use the Italian kind—much sweeter)	½ cup red or white wine (optional)
1 teaspoon ground cumin	1 tablespoon (approximate) feta cheese or goat cheese
Salt and pepper to taste	

Put a pot of water on to boil for pasta. In a large saucepan over medium-high, heat the olive oil and sauté the ingredients until tender (4–5 minutes). Stir in baby clams, Roma (plum) tomatoes, and black beans. You can throw in the red or white wine if you wish. Cover and simmer for about 20 minutes.

Continues...

Meanwhile, cook 1–2 cups of your favorite pasta (this doesn't make much pasta, so you can increase it—I use a high-fiber penne). Drain and add to the cooked pasta sauce.

Over each serving, crumble feta cheese or creamier goat cheese. Serve with a nice green salad.

coq au vin

CONTRIBUTED BY SABRA BISSETTE LEDENT

Yield: 4 servings

Note: Cook this in a red clay pot (Romertopf brand) if you have it, and serve it with a spinach salad (with a sweet dressing) and rice. Good winter dish.

$\frac{3}{4}$ cup red wine

$\frac{1}{4}$ cup soy sauce (Kikkoman is best)

2 tablespoons vegetable oil

2 cloves garlic, sliced

$\frac{1}{2}$ teaspoon garlic salt

1 teaspoon ginger

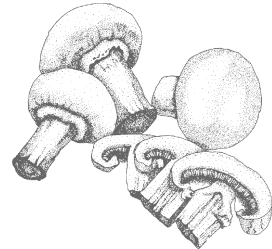
$\frac{1}{4}$ teaspoon oregano

1 tablespoon brown sugar

1 large chicken, cut into pieces

Handful of fresh sliced mushrooms

Combined all ingredients except the mushrooms and pour over chicken in covered baking dish. Cook at 350°F for 1 hour. Uncover, add mushrooms, and cook 15 more minutes. While this is cooking, drink a glass of red wine and prepare the spinach salad.



cornish pasty

CONTRIBUTED BY TERRY SPENCER

Yield: 8 servings

Note: Given to me by Dorothy Ferguson, ex-mother-in-law and farm wife.

2 piecrusts (uncooked)	1 onion, cubed and resting in
½ pound cubed sirloin steak (use	water
fat too), more or less, to taste	4 pats butter
2 medium potatoes, cubed and	4 tablespoons cream (to be
resting in water	added at end of baking)

Place bottom crust in regular pie pan. Lift potatoes and onions out of water with hands. Don't drain dry; just take them in your hand and water will drip. Put them atop the bottom crust with the meat, salt, pepper, and butter. Put on top crust. Seal the edges, but don't make slits. Bake at 350°F for 15 minutes. Turn down to 325°F and bake about 1½ hours. Make 2 small holes in crust and pour in about 2 tablespoons cream per hole. Bake an additional ½ hour at 325°F. Serve warm or let cool and freeze for later consumption. (They're even better after they've been frozen.)

deluxe chicken enchiladas

CONTRIBUTED BY ANDREA ZUERCHER

Yield: 4 hearty servings

FILLING:

1½ pounds boneless, skinless chicken breasts	⅓ cup grated Parmesan cheese
Water to cover	1 cup grated Monterey Jack cheese
½ cup chopped onion	2 leftover cooked pork chops, diced (optional)

SAUCE:

1 can Ro-Tel tomatoes (original style)	⅓ cup picante sauce
1 cup whipping cream	1 egg
	1 teaspoon grated coriander

SHELLS:

8 flour tortillas (large size)	1 cup Monterey Jack or cheddar cheese, grated
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Cook the chicken breasts in water until done; drain and cool, then shred chicken meat with two forks. In bowl combine chicken, onion, Parmesan cheese, and 1 cup Monterey Jack cheese (and optional leftover pork); set aside.

For the sauce: In blender or food processor, or in bowl with stick blender, combine Ro-Tel tomatoes, whipping cream, picante sauce, egg, and coriander. Set aside.

To assemble: Divide filling into eighths; place ⅛ at a time inside each tortilla. Roll tightly, place seam-side down in greased 13" × 9" baking dish. Pour sauce over all. Cover with 1 cup grated Monterey Jack or cheddar cheese. Place in preheated 350°F oven and bake 20–30 minutes or until browned and bubbly.

freelancer's no-fuss slow-roasted chicken

CONTRIBUTED BY KATHARINE O'MOORE-KLOPF

Note: I love editing while the delicious aroma from this dish fills the house. I don't have to do anything to the chicken after preparation, so I'm free to concentrate on work while it cooks. You can add vegetables, potatoes of any kind, and more or different spices to suit your taste.

1 white or red onion, chopped
4–8 cloves garlic, crushed
1 cup small fresh mushrooms,
sliced
5- to 7-pound chicken, whole,
with skin left on

Enough white grapes to fill the
inside of the chicken
Black pepper, ground
Paprika, ground
Oregano, ground
Thyme, ground

Chop the onion, crush the garlic, and slice the mushrooms, then set them all aside. Rinse the chicken under cold running water. Cover the chicken thoroughly with the spices, then place it, breast side down, in a large slow cooker. (I use a Crock-Pot brand slow cooker.) Stuff the grapes into the chicken's cavity. Sprinkle the onion, garlic, and mushrooms over the chicken. (Do not add *any* liquid to the slow cooker; cooking the chicken will produce plenty of broth.) If you want to eat the chicken within about 4 hours, turn on the slow cooker to High. If you're going to eat it in 6–7 hours, turn the cooker to Low. As the end of the cooking time nears, poke the chicken with a fork. If the fluids that run out are clear and the chicken is tender, it's done. Serve the chicken on a platter; don't forget to spoon out some of the onion, garlic, and mushrooms. Save the broth for making chicken soup, or use it instead of water when making instant mashed potatoes.

grilled chicken marinade

CONTRIBUTED BY CATHERINE M. ALBANO

Note: Good for those with diabetes. This dish must be cooked on a grill. It is not intended for oven baking.

1 egg

½ cup vegetable oil

1 cup white vinegar

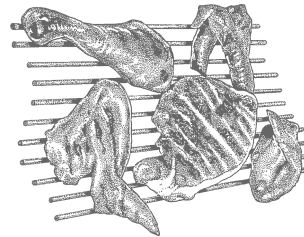
1 tablespoon salt

½ tablespoon poultry seasoning

1 teaspoon pepper

2-pound chicken

Beat egg well. Add other ingredients and mix until well blended. Marinate chicken in mixture for at least 1 hour. Overnight is best. Baste with mixture while grilling.



italian grilled cheese sandwiches

CONTRIBUTED BY DEE LONGENBAUGH

Note: You can teach an intelligent dog or a small child to do these.

2 slices bread

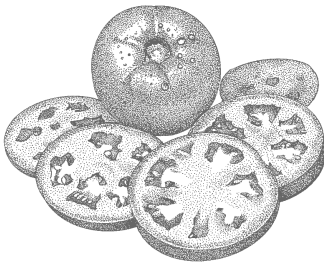
1 slice cheddar cheese

Italian seasoning

Onion slices

Tomato slices

Butter the bread, one slice on both sides. Add cheese, onion, tomato, Italian seasoning. Grill. Tastes like tiny pizza.



lazy roast of beef

CONTRIBUTED BY EDITH BAILES

Note: This recipe came from my sister, who has no idea where she got it.

1 beef roast, 3–4 pounds

Pinch of thyme

1 can condensed cream of mushroom soup, undiluted

Pinch of marjoram

1 package dry onion soup mix

Make sure you have a covered, ovenproof pot that will hold the meat without the cover touching the meat. If you don't, you can make a cover out of aluminum foil.

Put meat in pot. Spread the cream of mushroom soup all over. (Some of it will slide off; not to worry.) Sprinkle on herbs and then the packet of soup mix. Cover, place in oven, and cook at 250°F for about 5 hours (approximately 1 hour 20 minutes per pound) or until done.

This makes its own gravy, which may be thickened with a tablespoon or so of cornstarch mixed in a little cold water. Serve over rice or baked potato.

If preferred, this dish can be cooked in a slow-cooker by following the same directions and adding about ½ cup of water to the pot at the start. A bay leaf may also be added. Cover and cook on high for 5 or more hours or until done. If cooked on low, allow extra time.

linguine with clam sauce

CONTRIBUTED BY MARIE MCHARRY

2 bottles clam juice

The liquid from 3 cans of minced/chopped or whole baby clams (measure this liquid so that you have an idea of how much sauce you will end up with)

FOR EACH 1½ CUPS OF LIQUID,

YOU NEED:

¼ cup sweet butter

Some salt and pepper

¼ cup flour

A flick of Tabasco

This is an approximation. I didn't go out and test this, but it's about what I use. If things are too thick, you can always add a bit more clam juice or some chicken stock, okay? Okay!

Make a roux by melting the butter over low heat and, once melted, sprinkling the flour into it. Then, keep everything moving with a whip or a fork or something. The longer you do this, the better it's gonna be. For good gumbo, you should devote 60 to 70 minutes to the roux. This gives you a nice dark mahogany roux. Five to 10 minutes for clam sauce should do it.

Add the liquid bit by bit until it is absorbed into the roux and has become sauce.

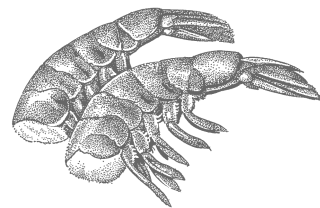
Nota bene: It is far, far easier to thin than to thicken. To thicken you should start over, or make more roux on the side and add it to the mixture. Better to start thick and add more liquid—stock, clam juice, white wine.

If you buy oysters or scallops, make sure you get some liquor with them and use it in the sauce. Ask for extra liquid at the seafood counter. Good stuff!

It is my opinion that you don't need a lot of herbs and spices in this. The natural flavors are hard to improve on. Even wine is a bit much. If things are a bit edgy, freshwise, you can drown everything in Madeira, and use a thick, thick sauce. Impresses the local talent no end, but I still like plain old clam juice with some salt and pepper, and that flick of Tabasco.

This is called a velouté sauce. A gourmand would retch and heave, but that's basically what it is—béchamel with stock instead of milk.

Do I have to tell you it's good with squid, shark chunks, scallops, shrimp, and so on? No, I didn't think so!



“mom’s on deadline” tortellini

CONTRIBUTED BY REBECCA PEPPER

Yield: 4 servings

Note: I always have the ingredients for this quick tortellini dish on hand for emergency dinners, when work overtakes the dinner hour. Fresh sage is best, and it’s easy to grow. I’ve adapted this recipe from *Simple Italian Food*, by Mario Batali.

1 package fresh or frozen
tortellini (about 1 pound)
4 tablespoons butter (½ stick)
8 fresh sage leaves, or about
½ teaspoon dried sage

Juice ½ lemon
¼ cup freshly grated Parmesan
cheese
¼ cup chopped chives (optional)

Cook the tortellini as the package directs. Meanwhile, melt the butter in a large sauté pan and cook over medium-high heat until a golden brown color appears in the thinnest liquid. Add the sage, remove from the heat, and stir in the lemon juice. Drain the tortellini well, add to the sauté pan, and return to the heat. Add the Parmesan cheese and chives, if using, toss to coat, and serve immediately.

mushroom quiche

CONTRIBUTED BY ALEX BIRMAN

Note: Adapted by my wife, Irit, from a recipe published in the Israeli daily *Maariv*.

4 eggs	2 large onions, cut into long, thin strips
1 cup self-rising flour	
½ cup vegetable oil	3½ ounces sun-dried tomatoes
¾ cup water	(in oil), drained and cut into strips
2 teaspoons salt	
½ teaspoon black pepper	10 ounces Monterey Jack cheese, grated
10 ounces mushrooms, sliced	½ pound grated feta cheese

Preheat oven to 350°F. In a large bowl beat eggs lightly. Mix in flour, oil, water, salt, pepper, and the strips from 1 onion. Sauté second onion in 4 tablespoons oil for 2 minutes. Add mushrooms to oil and stir for 2 more minutes. Add onion-and-mushroom mixture to flour mixture. Add sun-dried tomatoes. Add cheeses. Pour mixture into ungreased 10" × 12" pan. Bake for 50 minutes till light brown.

Note: ½ pound broccoli (4 heads without stems) and 1 onion may be substituted for the mushrooms and 2 onions above. Another alternative is 1 onion and a ½-pound combination of cauliflower and sweet potato.

noodle surprise

CONTRIBUTED BY TERRY SPENCER

Yield: 4 servings

Note: From Pat Kirsh, my best friend from high school, decades ago.

2 cups whole-wheat macaroni	1 cups grated cheese (generous
1 medium onion, chopped	cup of whatever kind you
6 large button mushrooms,	prefer for baking)
chopped	2 eggs, beaten
$\frac{2}{3}$ cups sunflower seeds (out of	$\frac{2}{3}$ cup yogurt
the shell)	2 pinches cayenne
3 tablespoons cooking oil	$\frac{1}{2}$ teaspoon Worcestershire sauce
	Whole-grain bread crumbs

Cook noodles until tender and drain. Sauté onion, mushrooms, and sunflower seeds in oil until veggies are soft and seeds are crisp. Combine noodles and veggies. Stir in cheese, eggs, yogurt, and seasonings. Turn into oiled casserole; top with bread crumbs and a little grated cheese. Bake at 350°F for 30 minutes, until casserole is firm.

oven-fried jerked pork chops

CONTRIBUTED BY KELLY SMITH

Note: Adapted from *Better Homes and Gardens New Cook Book*, Meredith Corporation, Des Moines, Iowa, 1996.

3 tablespoons butter	1/8 cup Jamaican jerk seasoning
4–6 pork loin chops, 3/4 inch thick (boneless works best)	(use more or less, to taste)
1 egg	1 tablespoon parsley flakes (or chopped fresh parsley)
2 tablespoons milk	2 teaspoons salt
1 cup cornmeal (not corn flour)	

Heat oven to 425°F. Melt the butter in oven in a large shallow pan (a cookie sheet with sides will work). Remove pan from oven. Rinse the pork loin chops and pat them dry. In a shallow dish, mix the egg and milk. In another shallow dish, mix the cornmeal, Jamaican jerk seasoning, parsley flakes, and salt. Coat the chops with egg mixture, dredge them through the cornmeal mixture, and place in pan. Bake for 10 minutes. Flip chops and bake for another 10 minutes, or until no pink remains. These are yummy with a green salad and mashed potatoes.

piroshki pie

CONTRIBUTED BY MAGGIE SECARA

Yield: 4–6 servings

Note: Make this with either good quality steak or ground sirloin. (The original uses ground beef.) Amounts for the herbs and spices are approximate. Nutmeg may sound odd, but it is the secret ingredient that makes the dish. Unless you're allergic to it, don't leave it out.

1 onion, chopped	½ teaspoon nutmeg (<i>not</i> optional)
2 tablespoons butter	1½ teaspoon thyme
2 tablespoons flour (optional)	Salt, pepper, and dried parsley, to taste
1 pound beef, either ground or in small pieces	Beef stock
8 ounces sliced mushrooms	Crust for a 2-crust pie (I use Pillsbury's All-Ready Pie Crust)
1 hard-cooked egg, minced or grated	1 egg for glaze

Lightly flour and season the meat and brown lightly in butter and spices. Add mushrooms and onions and continue cooking till the onions are translucent. (You may want to add more butter.) Remove from heat. Stir in the egg. Add beef stock to moisten the mixture.

Line a deep pie dish with crust. Pour in the meat mixture. Cover with top crust. Cut vents in the top, and paint with egg beaten with a little water, if desired.

Bake at 350°F for 25 minutes or till the crust is brown and pretty.

pork chops with low-carbohydrate “breeding”

CONTRIBUTED BY LAURIE RENDON

Note: You can buy fried pork rinds (also called pork skins or chicharrones) in the potato chip section of the supermarket.

2 small boneless pork chops

1 egg

1 tablespoon oil

1 ounce fried pork rinds

(chicharrones)

Pound the pork chops flat with a mallet. Break the egg into a flat plate. Add the oil to egg; beat mixture slightly. Dip pork chops in egg mixture. Crush the pork rinds (chicharrones) into fairly fine crumbs on a flat plate. Dip pork chops into crumbs. Fry in $\frac{1}{8}$ inch of oil; turn once. The thin pork chops cook quickly.

pork roast

CONTRIBUTED BY ANNA HALBERT

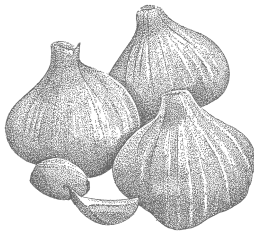
¼ cup salt

¼ cup pepper

¼ cup garlic powder

1 pork roast (the fatter, the better)

Preheat oven to 500°F. Mix the salt, pepper, and garlic powder, and rub the pork roast thoroughly with the mixture. Place the roast in a glass baking dish and put in hot oven for 5 to 10 minutes. Reduce heat to 300°F and roast 20 to 25 minutes per pound (or as long as it takes till you are comfortable with its doneness). Serve hot. Eat around the fat, but it's necessary: the more fat the roast has, the less dry the meat will be. The roast will have a bit of a crust. The drippings can be used to make gravy.



roast goose

CONTRIBUTED BY HILARY POWERS

Note: This works; tender, moist, but delightfully nongreasy meat, plus all that wonderful fat. I got the concept from a dear friend, who got it from his Eastern European granny (but the garlic and onions are my addition, as are the quantities and the wording).

1 goose, as large as you like	½ cup crushed fresh garlic (or
½ cup coarse salt (or more, if it's	likewise more)
a really big goose)	3 large onions

The evening before you plan to roast the goose, mix the salt and garlic. Coat the carcass with the mixture all over, inside and out, and let it rest in the fridge overnight.

In the morning, preheat the oven to 500°F.

Wash the carcass thoroughly, inside and out. Prick it all over with a knife point, especially where the fat is thickest. Set it on a rack in a roasting pan. Peel the onions; quarter one and put it into the cavity, and slice the others and shove them under the rack.

Put the pan in the oven and leave the temperature alone for half an hour, or until your nerve breaks. Draw off the fat after 15 minutes or so, storing it in clean jars, and continue to draw off fat at intervals—whenever it looks like it's getting deep. Spritz a little of the fat across the top of the bird occasionally after the first hour or so.

The later the fat comes off, the stronger the goose flavor it will have, so it's good to mix it with the earlier fat to spread the wealth around. It's the best cooking fat in the world, and makes a nice sandwich spread, too. (Which is just as well, as there's so much; I usually get more than a quart.) It keeps essentially forever in the freezer and a couple of months in the fridge.

Continues...

After the half hour, reduce the temperature to 325°F and roast for about 25 minutes per pound total (including the time at 500°F).

Remove the onions from the bottom of the pan when they get dark brown and save them; they're lovely. Leave the onions in the cavity and throw them away when the bird is roasted.

The effect is more like roast pork than like turkey or chicken; anything that goes well with pork will agree with a goose.

saag panela

CONTRIBUTED BY ANNA HALBERT

Note: This recipe is an example what happens when you don't know what you're doing. It doesn't come out much like real saag paneer, but it's good in its own way.

3 tablespoons salted butter	½ teaspoon garam masala
1 tablespoon finely chopped ginger (bottled okay)	1 pound fresh spinach, washed, de-stemmed, coarsely chopped (frozen is okay, but thaw it first)
2 large or 3 medium cloves garlic, sliced (optional)	½ cup half-and-half
½ cup diced onion (optional)	6 ounces panela, cut into small pieces (mozzarella or Mon- terey Jack okay as a substitute, but they will change the flavor)
¼ teaspoon salt	
¼ teaspoon ground cumin	
¼ teaspoon ground turmeric	
½ teaspoon ground coriander	

In a large nonstick skillet, melt the butter over medium heat. Add the ginger and sauté for 1 minute. Add the onions and garlic and sauté for 3 minutes. Stirring after each addition, add in the salt, cumin, turmeric, coriander, and garam masala. Stir in the spinach. Reduce heat and cook uncovered, stirring occasionally, for 20 minutes. Stir in half-and-half. Increase heat to medium and add the cheese. Stir frequently until the cheese is completely melted. Serve hot.

southern fried chicken

CONTRIBUTED BY DON DALE

2 tablespoons Crisco or more if needed	1½ cups flour
1 (3- to 4-pound) whole chicken, cut up	½ cup yellow cornmeal
1 tablespoon salt	2 teaspoons black pepper
	1 teaspoon paprika
	1 cup buttermilk or plain milk

Preheat oven to 375°F. Heat Crisco in oven in a large, deep cast-iron skillet. Place the flour and cornmeal in a brown paper bag; add salt, black pepper, paprika; and shake it up. Dip the chicken pieces in the milk and then add the chicken 3 pieces at a time to the bag. Shake well to coat each piece. Remove the hot skillet from the oven. Slowly add the chicken pieces to the hot pan skin-side down. Cook the chicken skin-side down in skillet on stovetop on medium-high heat just to brown it. Turn chicken skin side up and put skillet in oven. Bake for 35 to 40 minutes. *Do not turn the pieces.* Drain on paper towels and transfer to a platter.

spanish rice

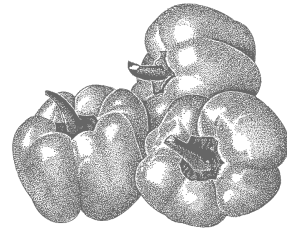
CONTRIBUTED BY TERRY SPENCER

Yield: 2 servings

Note: Recipe from Ann Spencer. This was one of the dishes I grew up on last century, and it continues to be one of my favorites.

- | | |
|--|-------------------------------|
| ½ pound hamburger | 1 large tomato, cut in wedges |
| 2 cups instant rice | (or 1 can diced tomatoes) |
| 8 ounces tomato sauce | 1 medium yellow onion, wedged |
| 1 cup water or beef broth (if the
meat is really lean, use beef
broth) | or diced in large chunks |
| 1 medium green bell pepper,
diced | Chili powder, to taste |
| | Salt and pepper, to taste |

Brown meat, onions, bell pepper, and chili powder. Add all other ingredients except rice. Bring to slow boil. Remove from heat and stir in instant rice. Cover for 5 minutes or until rice is set.



special squash casserole

CONTRIBUTED BY SUSIE THURMAN

Yield: 6–8 servings

2 pounds yellow squash	1-ounce package Hidden Valley
1 cup chopped onion	Ranch Original Dressing Mix
2 eggs	(For cooks who do not have
$\frac{1}{2}$ cup mayonnaise	the brand available, this is a
$\frac{1}{2}$ cup sour cream	dry mix for ranch dressing.)
$\frac{3}{4}$ cup milk	1–2 cups bread crumbs, buttered
12 saltine crackers, crumbled	2 cups shredded cheese

Boil squash and onions in salted water until desired tenderness. Drain. Mix other ingredients, except bread crumbs, and fold into squash-and-onion mixture. Pour into a 2-quart casserole dish and top with bread crumbs. Bake in a 350°F oven for 45–55 minutes, or until heated through and brown on top.

spicy corned beef

CONTRIBUTED BY CAROL EASTMAN

Yield: Many servings

1 corned beef brisket, 3–4 pounds	½ teaspoon dried rosemary
1 orange, sliced	6 whole cloves
1 large onion, quartered	1 stick cinnamon, about 3 inches long
2 stalks celery, sliced	1 bay leaf
2 cloves garlic, peeled and halved	
1 teaspoon dill seed	

In large pot, cover corned beef with cold water. Add remaining ingredients. Cover and simmer 1 hour per pound or until tender, skimming foam from water as necessary. Remove meat from liquid; discard vegetables.

GLAZE (OPTIONAL)

¼ cup brown sugar	12 peppercorns, loosely crushed
1½ tablespoons prepared mustard	

Mix all ingredients in small bowl. Spread on fat side of corned beef. Bake at 350°F 30 minutes or until glaze is set.

spinach quiche

CONTRIBUTED BY MAGGIE SECARA

Yield: 6 servings as a main course, 10 servings as a side dish

Note: This travels very well, even on camping trips. Some people think it's even better after a day in the ice chest than fresh out of the oven!

2 tablespoons butter	¼ teaspoon nutmeg
2 tablespoons sliced green onions	¾ cup freshly grated Parmesan cheese
2 packages frozen chopped spinach	1¼ cups heavy cream
½ teaspoon salt	4 eggs, lightly beaten
¼ teaspoon pepper	9-inch piecrust

Cook spinach according to package directions, then drain and press out all excess water. Let cool. In a bowl, combine spinach, onions, spices, and ½ cup of the cheese. Beat cream and eggs together and combine with the spinach mixture. Pour into the pie shell and sprinkle the rest of the cheese over the top. Bake at 450°F for 15 minutes. Lower the temperature to 325°F and continue baking for about 25 minutes, or until a knife inserted into the center comes out clean.

tamale pie III

CONTRIBUTED BY MARIE MCHARRY

THE CHILE

3 cups of dried pinto beans
cooked until tender, or 3 cans
of pinto beans
3 kilos (about 6½ pounds) of
pork steak
1 onion, about the size of a soft-
ball, or two large onions.
1 bud of garlic—not a clove but
the entire bud, the whole head

3 jalapeños, the size of an old
woman's thumb
3 chile anchos, toasted and
ground, or ½ cup plus of
Gebhardt's Eagle Brand Chili
Powder
1 can of beer
¼ cup of masa harina, either
Quaker or Maseca
Some salt

You've either bought canned beans or run some up in the pressure cooker, right? The beans are available for when they're needed? Good!

Put the pork steak in the freezer for half an hour so it gets good and stiff and then cut it into cubes. Half-inch cubes or a bit larger will do fine. Were it me, I would try to shred the pork steak with a cleaver so it gets all raggedy and loose. Browns and fries better this way. Cubes are fine. Put it in a big cast-iron skillet and cover it with water. Add some salt. If you don't use salt, don't add any. Turn on the heat real low and get it up to something beyond a simmer, but not much, and let all of the water boil away. Best take about an hour to do this. A little more is good. Just before all of the water is gone, start watching. Poke it some with a wooden spoon so it doesn't stick. What you are aiming for is a pan full of carnitas, just as you'd use for real tacos.

While the pork is cooking, chop the garlic and the onion and the jalapeños (*No!* Do not throw away the seeds! Keep the seeds and use them too.) Add the garlic, onion, and jalapeños to the pork. If things look a bit dry in the pan, add some beer. Get the onions to sweat and the peppers to soften.

Add the chile powder.

Continues...

Take a look at the mixture and see what the texture is doing for you. This is a filling, not a real chile, and you want it kind of stiff. But not hard. Add some beer to loosen it up, add the masa harina to thicken it and add a nice Mexican corny flavor. Taste it! Adjust the flavor to suit yourself. You want a strong chile with a rich, robust flavor—think of a good espresso coffee with some anejo in it. Doesn't have to be especially hot.

Add the beans. Stir it up. Pour the chile into a large casserole and make sure you have at least an inch left at the top for the filling. Two inches is better. Get ready to do the crust.

THE CRUST

1 package of Doritos, or tortilla chips of some kind	2 cups College Inn Chicken Broth, or homemade if you have it
1 package of Monterey Jack cheese with jalapeños	1 cup masa harina
	2 eggs, separated

Grate the cheese and set aside. Crush enough of the Doritos to make about three cups. Eat the rest. Bring the broth to a boil in a large pot. Stir in the masa harina a bit at a time until the masa harina and the broth are as one.

Remove from heat. Stir in the egg yolks. Beat the whites until stiff and fold them into the masa harina mixture. Spread the crushed Doritos over the chile. Spread the topping over the Doritos. Spread the cheese over the topping.

THE PIE

Bake for 35 minutes at 375°F or 6–8 minutes at full power in a microwave. Check it from time to time so it doesn't cook over.

Mucho gusto!

tomato pie

CONTRIBUTED BY SUSAN TROPEANO

Note: This is a very versatile recipe; the ingredients can be changed to suit your taste.

5 big garden tomatoes*	Pepper or lemon pepper
1 Pillsbury All-Ready Pie Crust	2 jumbo eggs
½ cup dried lemon thyme, basil,	1 cup cheddar cheese†
parsley, savory	½ cup Parmesan cheese

Preheat oven to 375°F. Line a deep pie plate with crust.

Mix herbs together and heavily coat the piecrust with herbs. Lightly press the herbs into the crust. (It is not necessary, but you can partially cook this pie shell. It helps keep the crust from being soggy later, which it tends to do. If you have those beads used for cooking an empty pie shell, use them and cook it until almost done. If you don't, keep your eye on the crust. It can start to rise.)

Slice tomatoes about ¼ inch thick. Use big round slices for the most part, but you'll also need little pieces for filling in spots. Let them sit in a strainer to drain a bit.

Layer pie with tomatoes and shredded cheese. Start with a layer of tomatoes and try to place them to get maximum coverage. Sprinkle with pepper or lemon pepper if you want. Then add a thin layer of cheese. You can usually get four layers. Make sure you end with a layer of cheese.

Continues...

*This recipe is best with home-grown, fully ripe garden tomatoes. While it would probably be good with store-bought ripe tomatoes in season, I don't think it would be good with store-bought tomatoes bought out of season.

†The cheeses can be varied. I have used Romano, Swiss, and Muenster as well. I tried blue cheese once, but it wasn't good.

Scramble the eggs and pour into nooks and crannies of pie.

Bake at 375°F until top is golden brown. Tip the pie a bit to make sure there isn't any liquid in there.

If you are making a lot of these, you may want to add a layer of something else for a little variety. Artichoke hearts and ham work well.



what the old jamaican fishmonger said to do with a halibut steak

CONTRIBUTED BY GREG IOANNOU

2-pound halibut steak

Chunk of ginger

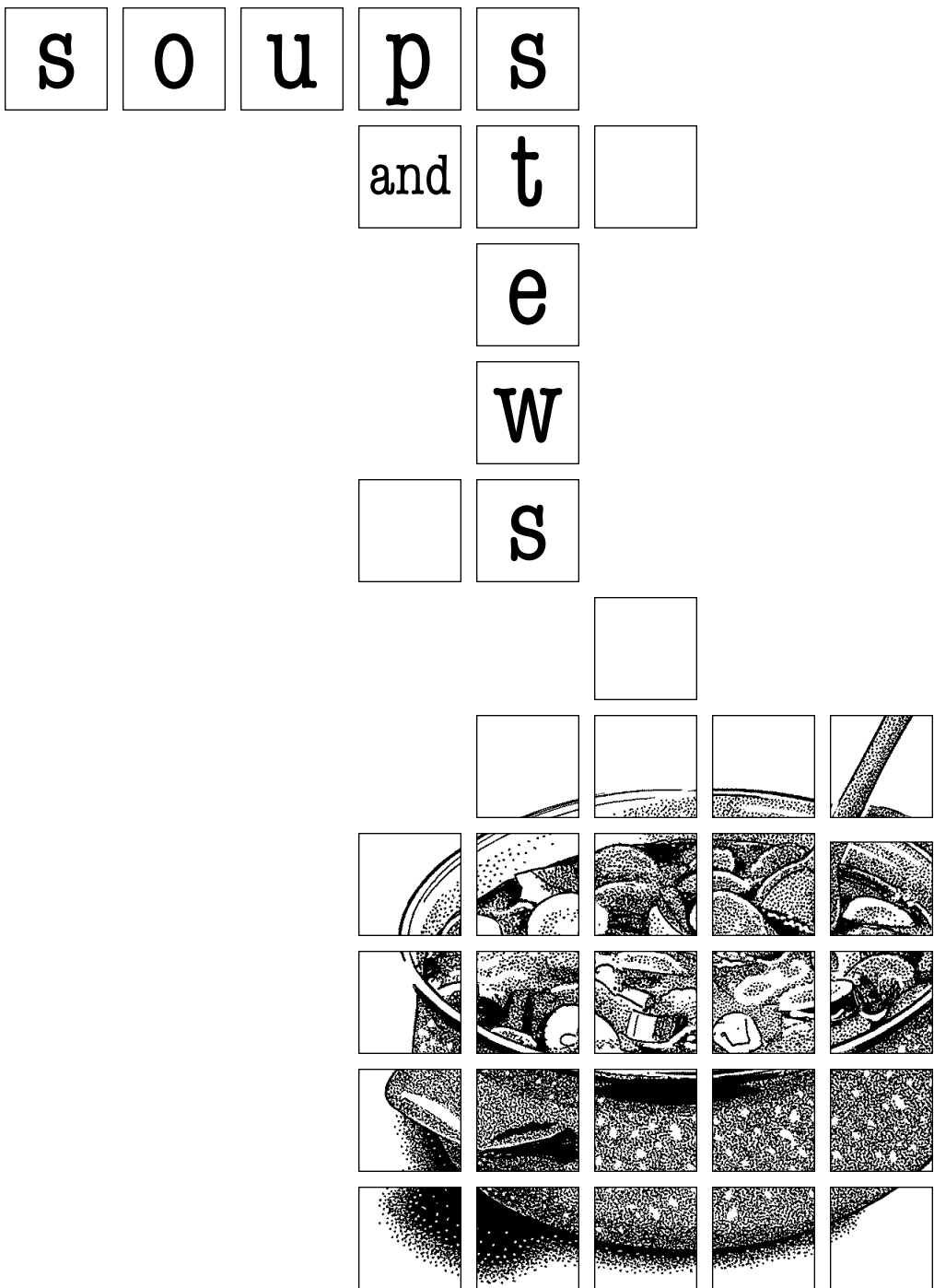
6–8 limes

Pepper

Bunch of fresh cilantro

(coriander)

Peel the ginger. (I use about half the standard chunk they sell in the stores.) Throw the ginger into the food processor and gronch it. It makes a great sound as it gronches. Put the gronched ginger into a skillet. Put the juice of 2 limes in with it. Put the skillet on the stove at medium. If the ginger starts to brown very quickly, the heat is too high. If nothing happens, it is too low. Throw the halibut onto the bed of ginger, skin side down. Lightly pepper it. Drizzle it with lime juice. As the halibut cooks, keep drizzling with lime juice every time things start to look a bit dry. After a few minutes you'll be able to peel off the skin and discard it (or feed it to the cat). Flip the fish over every 5 minutes or when you get bored. The fish is ready when it gets really flaky around the edges. Just in case, check the thickest part with a knife. It usually cooks in about 20–30 minutes, but it really depends on how thick the steak was. Cut the fish into serving-size pieces. (If you can't cut it easily with your spatula, it isn't cooked enough.) Chop up the cilantro and spread it out on the serving plate. Put the pieces of fish onto the bed of cilantro. Arrange the cooked ginger among the pieces of fish. Decorate with lime wedges. Serve the fish (making sure to give the cat a small taste) with wild rice (cook half a pound and be sure to use real wild rice, not the mixed-with-white-rice stuff—shudder!), roasted green beans, and a bottle or two (or more) of well-chilled sauvignon blanc.



broccoli soup

CONTRIBUTED BY LINDA M. DEVORE

1 large head of fresh broccoli	½ stick butter (not margarine)
Salt and pepper to taste	1 cup heavy cream (may substitute milk for less fat)
1 large onion	
2 cups lightly chopped fresh mushrooms	

Bring a large pot of salted water to boil. Use enough to make the amount of soup you want, and multiply ingredients as necessary. Chop broccoli, including stems, and leave some small chunks of both stems and heads. Add broccoli to water and boil on medium high for 15 minutes. Meanwhile, coarsely chop onion and mushrooms. Sauté onions and mushrooms in butter in separate saucepan until both are tender. Add to broccoli the onions, mushrooms (including butter), and pepper to taste, and reduce heat to simmer.

Add heavy cream to soup, cover, and simmer for 2 hours. (My recommendation is to serve with baked sweet potatoes.)

cioppino

CONTRIBUTED BY ANDA DIVINE

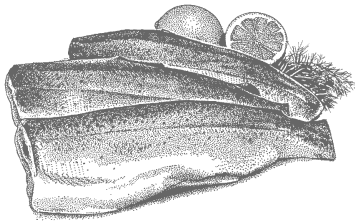
Yield: 6 generous servings

Note: Cioppino (“catch of the day” or “fish stew” in Genoese dialect) was originally made by Italian-American and Portuguese fisherman along the central California coast. It is San Francisco’s answer to bouillabaisse, made with a variety of the freshest fish and shellfish possible. In San Francisco the mixture included Dungeness crab, which adds a unique flavor, but if crab is not available, substitute another shellfish. No clams? Try mussels or scallops. The texture of the white fish you choose is important, though; delicate fish, such as flounder, sole, or tilapia, will disintegrate during cooking. Accompany with fresh mesclun salad and crusty artisanal bread.

Good-quality olive oil	28-ounce can stewed or diced tomatoes
1 bell pepper, seeded and sliced	8-ounce can tomato purée (or 3 tablespoons tomato paste)
1 medium onion, chopped	1 pound fresh white fish of solid texture (e.g., cod, halibut, or even skinned swordfish), cut into 1-inch cubes
1 or 2 cloves garlic, peeled and minced	1 pound fresh shrimp, peeled and cleaned but with tails intact
2 good-size bay leaves, crumbled	1 dozen fresh clams or mussels in shells, washed and scrubbed
1 teaspoon sugar	1 cup good-quality white wine, perhaps the same one served with the meal
1 teaspoon salt, or to taste	
¼ teaspoon freshly ground black pepper, or to taste	
1 or 2 tablespoons fresh lemon juice	
1 bunch fresh parsley, stemmed and chopped	

Continues...

Gently sauté the bell pepper, onions, and garlic in a small amount of olive oil for about 4 minutes. Add the tomatoes, tomato purée or paste, and seasonings and simmer for about 10 minutes. Layer the fish and shellfish in a deep nonaluminum, noniron cooking pot. Cover with the sauce and simmer at least 20 minutes (until the clams or mussels open). Add the wine, lemon juice, and parsley during the last 10 minutes of cooking. Discard any shellfish that do not open during cooking.



clam chowder

CONTRIBUTED BY CLAYTON BENNETT

2 small yellow onions, peeled and minced	1 teaspoon salt ⅛ teaspoon white pepper
3 tablespoons butter	2 cups milk
1 pint fresh clams (do not drain)	1 cup light cream
2 cups peeled, diced potatoes	¼ teaspoon paprika

Sauté onions in 2 tablespoons butter in a large saucepan over moderate heat until golden (5–10 minutes). Drain liquid from clams into pan; add potatoes, salt, and pepper; cover and simmer until potatoes are nearly tender (about 10–12 minutes), stirring occasionally. Add clams, milk, and cream; cover again and heat for 5–7 minutes just to heat through (any longer makes the clams tough and may scald the milk and cream). Add the remaining butter and stir until melted. Ladle into hot soup bowls, sprinkle with paprika, and serve with popovers.

easy chicken noodle and vegetable stew

CONTRIBUTED BY LISA A. SMITH

Yield: 6 servings

Note: Takes about 1.5 hours, start to finish.

Olive oil	8-ounce can tomato sauce
3 pounds chicken thighs, skinned and boned	½ teaspoon salt
1 onion	¼ teaspoon pepper
2 cups chicken broth	16-ounce package of frozen peas and carrots
28-ounce can tomatoes, undrained	12 ounces egg noodles, cooked

In a large, heavy pot, heat the olive oil. Remove peas and carrots from freezer. Brown the chicken thighs. Meanwhile, slice the onion. When chicken is browned, add the onion, broth, tomatoes, tomato sauce, salt, and pepper. Bring to a boil, cover, and simmer 30 minutes, stirring occasionally. Then stir in the peas and carrots and noodles. Bring mixture to a boil again. Cover and simmer about 10 minutes longer, stirring occasionally.

escarole and orzo soup with turkey-parmesan meatballs

CONTRIBUTED BY SABRA BISSETTE LEDENT

Yield: 4 main-course servings

Note: This is dinner in a dish. Healthy and delicious.

1 large egg	$\frac{3}{4}$ teaspoon salt
2 tablespoons water	$\frac{1}{4}$ teaspoon black pepper
$\frac{1}{4}$ cup plain, dry bread crumbs	8 cups (or more) chicken broth (I used canned or boxed)
12 ounces lean ground turkey	1 cup chopped peeled carrots
$\frac{1}{4}$ cup grated Parmesan cheese	$\frac{3}{4}$ cup orzo (rice-shaped pasta)
2 tablespoons fresh parsley, chopped	4 cups coarsely chopped escarole (about half a medium head)
2 cloves of garlic, minced	

Whisk together the egg and water in bowl and mix in bread crumbs. Let stand 5 minutes. Add turkey, Parmesan, parsley, garlic, salt, and pepper and stir to blend. Using wet hands, shape turkey mixture into 1 $\frac{1}{4}$ -inch meatballs. Place on baking sheet and chill for 30 minutes.

Bring 8 cups of chicken broth to a boil in a large pot. Add carrots and orzo; reduce heat to medium and simmer uncovered 8 minutes. Add turkey meatballs and simmer 10 minutes. Stir in chopped escarole and simmer until meatballs, orzo, and escarole are tender, about 5 minutes longer. Season soup with salt and pepper and serve with extra Parmesan.

freezer vegetarian chili

CONTRIBUTED BY ALICE FALK

Yield: 4 moderate servings

Note: This is adapted from a recipe by Katherine Tallmadge that was printed in the *Washington Post* a few years ago. It's great comfort food on a cold day, and it's very easy to make.

2 tablespoons olive or canola oil	16-ounce can kidney or black beans
1 large onion, diced	
3 large garlic cloves, minced	Dried peppers (chili or Thai)
3 tablespoons hot chili powder	or fresh seeded and minced
1 large green bell pepper, diced	jalapeño peppers, to taste
½ cup boiling water (for the bulghur)	(optional)
½ cup bulghur (cracked wheat)	Freshly ground black pepper,
28-ounce can Italian plum tomatoes, including the liquid	to taste

Put the bulghur in a small bowl; pour the water over it and let it soak. In a large saucepan over low heat, heat the oil. Add the onions and garlic; cook until softened (about 20 minutes). Add the chili powder and cook, stirring frequently, for 2–3 minutes. Add the bell pepper and cook another 7 minutes.

Meanwhile, put the tomatoes into a large pot; squish them in one hand until they are broken into small pieces. Add the beans and optional peppers, and bring the mixture to a simmer so that it is hot by the time the onion and green pepper mixture is done. At that point, dump the contents of the saucepan into the pot, and add black pepper to taste. (If you're a fan of Cincinnati chili, you can add a little ground cinnamon.)

Cook until the beans are of the consistency you like; or, if you're like me and like your beans soft, cook for about 10 minutes to allow the flavors to blend, and then freeze the chili, thereby magically softening everything.

french onion soup

CONTRIBUTED BY MAGGIE SECARA

Yield: 3–4 servings

Note: Cooking time is 45–60 minutes. If stock isn't available, I use a can each of Campbell's Beef Broth and Consommé and 1 can of water.

2 large onions, sliced very thin

$\frac{1}{3}$ cup butter

$\frac{1}{2}$ teaspoon Dijon mustard

Pepper to taste

$1\frac{1}{2}$ quarts beef stock

2 tablespoons Better than

Bouillon beef base, *or*

2 bouillon cubes

2 cups water

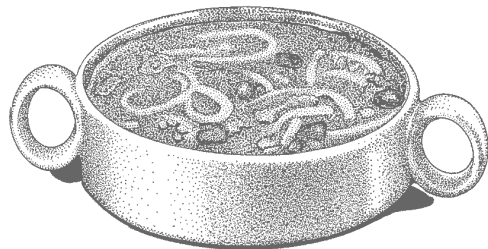
$\frac{3}{4}$ cup dry white wine

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

French bread, sliced into rounds

Parmesan cheese

Cook onions in butter till translucent but not soft. Stir in mustard and pepper. Add broth, bouillon, water, wine, and sherry. Simmer for 30–45 minutes. Top with French bread and Parmesan.



gazpacho

CONTRIBUTED BY CAROL LETH STONE

Note: This recipe has a convoluted lineage. It's based on a recipe given to me years ago by my friend Jessie, who got it from her Spanish teacher, who had spent a summer vacation in Spain. I think it's much better than any other gazpacho I've eaten.

3 medium tomatoes, cut in half	1 teaspoon Lea & Perrins brand
1 medium cucumber, cut in quarters and seeded	Worcestershire sauce
1 medium onion, cut in quarters	$\frac{1}{4}$ cup cider vinegar
2-ounce can pimientos	$\frac{1}{4}$ teaspoon salt or salt substi- tute, pepper
1 clove garlic, sliced	2 cups tomato juice
2 tablespoons extra-virgin olive oil	Dash Tabasco sauce (optional)

Combine all ingredients in a blender and blend. Chill the gazpacho thoroughly before serving it.

kelly smith's beef soup

CONTRIBUTED BY KELLY SMITH

Note: This recipe is perfect for cold winter days. It can easily be doubled or added to if you need to feed a crowd, or, if you are like me and enjoy having leftovers. There is a lot of chopping and prep work involved, so it's great for when you have idle hands in the kitchen. If you don't like red meat, you could probably substitute ground chicken or turkey. I use mostly frozen veggies, but you can use fresh if you like, and you can substitute almost any vegetable you like, or add more or less of something depending on what you have on hand. If you like a thinner soup, just add more water and spaghetti sauce.

1 pound lean ground beef	½ cup corn kernels
1 onion, diced	½ cup cauliflower
2 or 3 ribs celery, diced	¾ cup broccoli florets
2 cloves garlic, minced	1 teaspoon each salt, oregano, and basil
1 green pepper, diced	Pepper to taste
2 carrots, peeled and diced	1 cup elbow macaroni, uncooked
1 cup sliced mushrooms	1 jar spaghetti sauce, any flavor
½ cup peas	

Brown the meat in a large wok or saucepan. Add onion, celery, and garlic and cook over medium-high heat until onions soften. Add remaining vegetables and cook for 3–5 minutes, stirring frequently. Add seasonings and cook until the vegetables soften slightly and liquid comes out of them (about 4–5 minutes). Add 2–3 cups of water and macaroni. Cover and cook 5–6 minutes. Add spaghetti sauce and cook until heated through. Top soup with shredded cheese and serve with a fresh salad and a nice crusty bread.

killer jambalaya

CONTRIBUTED BY CAROL EASTMAN

Yield: 4 servings

Note: Adapted and simplified from several Chef Paul Prudhomme recipes.

1½ teaspoons ground red pepper	1 pound andouille sausage,
1½ teaspoons dried oregano	chopped (kielbasa [Polish
1¼ teaspoons ground white pepper	sausage] can be substituted)
1 teaspoon ground black pepper	½ teaspoon Tabasco sauce
¾ teaspoon dried thyme	1 can (14½ ounces) diced
1½ cups chopped onion	tomatoes
1 cup chopped celery	1 can (8 ounces) tomato sauce
1 cup chopped green pepper	1 cup good-quality chicken stock
1 tablespoon minced garlic	2 cups uncooked white rice
2 tablespoons margarine	½ cup chopped green onion

Combine in small bowl and set aside: ground red pepper, oregano, ground white pepper, ground black pepper, and thyme. Place in medium bowl and set aside: onion, celery, green pepper, and minced garlic. In large, cast-iron skillet, melt margarine. Add andouille sausage. Stir, sautéing andouille over medium heat until crisp, about 5 minutes. Add chopped onion mixture and sauté about 5 minutes, stirring occasionally. Add combined seasonings and Tabasco sauce. Cook several minutes, stirring constantly to prevent sticking. Stir in tomatoes, tomato sauce, and chicken stock. Bring to a boil. Stir in uncooked white rice and green onion. Cover and cook over low heat 20 minutes or until rice is done.

lentil stew

CONTRIBUTED BY CHER PAUL

8-quart pot (will be more than half full)	14-ounce can and 22-ounce can peeled, diced tomatoes
4–5 cloves fresh garlic, crushed	1 pound peeled carrots, sliced
2 medium onions, chopped	Fresh parsley, snipped with scissors until you're tired or bored
4 leeks, sliced thin	Worcestershire sauce to taste
1 medium celery heart (6–7? inner stalks) with leaves, sliced	1 teaspoon ground ginger
8 ounces (1 cup) red lentils, rinsed (no need to soak)	1 teaspoon ground turmeric
	1 teaspoon curry powder

Heat oil in the bottom of the pot. Add garlic, onion, leek, and celery. Stir to coat with oil, then cook slowly until onion is transparent but nothing is at all browned. Stir now and then to be sure it doesn't stick.

Add everything else, stir well, and gauge the thickness. You can get away with 4 cups additional water by the time the lentils swell up. Half water and half something flavorful is better, such as tomato juice or V8 brand vegetable juice. And the half-water can include a veggie bouillon cube or two; be sure to get the kind that isn't all salt.

Simmer slowly until the carrots are a little crisper than you like them. (Note: nuking to reheat doesn't mush the carrots as much as simmering on the stove does.)

Serve with chipotle bread and garnish with sour cream or yogurt.

lois wickham's (hickory hill's) brunswick stew

CONTRIBUTED BY HELEN GLENN COURT

3- to 4-pound chicken or rabbit	3 cups baby butter beans
2 cups diced potatoes	1 cup baby okra (1 inch long or less, not bigger)
6 ears (3 cups) corn	1 tablespoon butter
8 good (3 cups) rough chopped tomatoes	1 or 2 onions
6 strips cooked and drained center- cut bacon, finely chopped	1 tablespoon salt
	½ teaspoon black pepper

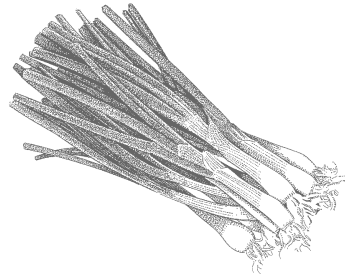
Cut chicken; put in large kettle with bacon, seasonings, cold water to cover. Bring water slowly to boil; simmer until meat falls off bone. Cut chicken into fairly large pieces and return to pot. Add onions, potatoes, butter beans, okra; cook until potatoes are ready. Add tomatoes, corn, and bacon. Cook 25–30 minutes. Thicken with a little flour.

mimi's cold zucchini soup

CONTRIBUTED BY HELEN GLENN COURT

6 small zucchini	2 tablespoons mixed fresh herbs
2 tablespoons olive oil	2 tablespoons lemon juice
2 tablespoons sweet butter	1 cup sour cream with 1 table-
2 onions, finely chopped	spoon chives (optional)
2 garlic cloves, finely chopped	½ cup heavy cream (optional)
5 cups chicken stock	

Slice but do not peel zucchini; salt and put in sieve for 30 minutes. Heat olive oil and butter, add onion and garlic, and cook 5 minutes without browning. Dry zucchini with paper towel and add to skillet; cook 5 minutes. Add chicken stock and cook 15 minutes. Cool soup and purée in blender. Add herbs and lemon juice, salt and pepper, celery salt. Chill. Can be thinned with cream.



moambe

CONTRIBUTED BY JANIS FOSTER

Yield: 4 servings

Note: I got the original recipe from the *Foreign Service Journal* several years ago, but I've altered it somewhat. The author called it "Almost Moambe," because the real thing—in Africa—is made with fresh palm nuts. It's a very flexible recipe. I've made it with chunky peanut butter; with extra tomato paste instead of both paste and whole tomatoes; with the onions, garlic, and fresh hot pepper chopped instead of puréed. It always tastes good.

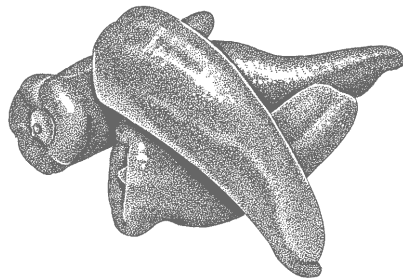
4 chicken breast halves, bone in or boneless	$\frac{3}{4}$ cup smooth peanut butter
3 tablespoons oil	$\frac{1}{3}$ cup tomato paste
2 onions	$\frac{1}{4}$ teaspoon red pepper, or to taste
1 small fresh hot pepper	1 bay leaf
2 large cloves garlic	$\frac{1}{2}$ teaspoon thyme
1 can peeled and seeded toma- toes, drained	$\frac{1}{2}$ teaspoon salt
2 cups chicken stock	Black pepper to taste
	Cooked white rice

In a large skillet over medium-high heat, brown chicken in oil. Remove pieces as they brown.

Purée onions, garlic, fresh hot pepper, and half the tomatoes in a food processor or blender. Fry the purée in the skillet over medium heat (you may need to add more oil) until it begins to thicken and a third of the liquid has evaporated. Return chicken to pan. Add stock and salt. Cover and simmer 15 minutes, stirring occasionally.

In a small bowl, mix peanut butter, tomato paste, and $\frac{1}{4}$ – $\frac{1}{2}$ cup liquid from the skillet. Stir into chicken mixture along with remaining tomatoes and seasonings. Cover and simmer until chicken is very tender, about 40 minutes. Taste sauce and correct seasonings if necessary. Serve over rice.

This is very good the next day. Reheat the sauce gently; don't boil.



pluma moos (fruit soup)

CONTRIBUTED BY JOYCE NICKEL

Note: My name is Joyce and I am a Mennonite (and as someone else said, a cultural and not a religious Mennonite, and yes, there definitely is such a thing). This is my mom's recipe for fruit soup.

- | | |
|---------------------------------------|---|
| 1 quart water | 1 cup canned peaches, pears, or |
| 1 cup raisins | a combination of the two |
| 1 apple, peeled, cored and
chopped | (reserve ½ cup liquid from the
canned fruit) |
| 1 quart canned cherries | 1 package red Jell-O gelatin |
| 1 cup dried prunes or canned
plums | 1 cup sugar |
| | 2 tablespoons cornstarch |

Bring all ingredients except the Jell-O, sugar, and cornstarch to a boil. Remove pot from heat. Add the Jell-O. (Any red flavor will do. I'm sure my grandmother used plain gelatin, and I'm not sure what they would have used in 1920s Ukraine.) Sweeten to taste; my mom says she uses about 1 cup of sugar. Thicken with the cornstarch dissolved in the reserved fruit juice. Bring to a boil again. Cool and eat. It lasts forever if you keep it in a jar in your fridge.

polish hunter's stew

CONTRIBUTED BY LEILANI WEATHERINGTON

Note: Instead of using fresh meat, this recipe can be adapted to use almost any cooked meat left over from a roast beef or pork, or poultry (chicken, turkey, duck). Keep a bag in the freezer for meat and accumulate until ready.

6 slices of bacon, cut in 1-inch pieces	6-ounce can mushrooms
1 large onion, chopped	½ cup dry wine (or additional liquid)
½ pound beef stew cubes	1 tablespoon paprika
½ pound boneless pork, cut in cubes	½ teaspoon salt
½ pound Polish sausage, sliced	1 bay leaf
2 cups beef broth	Two 16-ounce cans sauerkraut, drained and rinsed

In 5-quart Dutch oven, cook bacon and onion; set aside. Brown beef and pork, drain off fat. Stir in the rest of the ingredients and the bacon and onion. Simmer for 2 hours. Remove bay leaf. Serve with potatoes. Substitute other meats as desired—chicken, smoked pork hocks, more sausage, etc. This recipe is easily adapted for a slow cooker. Brown onion and bacon (and other fresh meat) in a skillet, then add to the slow cooker with the rest of the ingredients and follow cooking times for “stew”—about 4–6 hours on high.

posole

CONTRIBUTED BY ANNA HALBERT

Note: Green chili is commonly grown in New Mexico. The flavor is very different from that of jalapeños or bell peppers.

Water	4 cloves garlic, sliced
12-ounce bag frozen posole (hominy; if substituting dried posole, soak overnight)	½ teaspoon oregano
1–2 pounds pork, cubed (Pork roast, steak, chops are all fine. Use what's on sale.)	4–8 ounces frozen red chili sauce (mild or hot), thawed (¼–½ cup red chili powder may be substituted)
1 chopped onion	1 tablespoon salt
4–8 ounces frozen diced green chili (mild or hot), thawed (canned green chili may be substituted)	

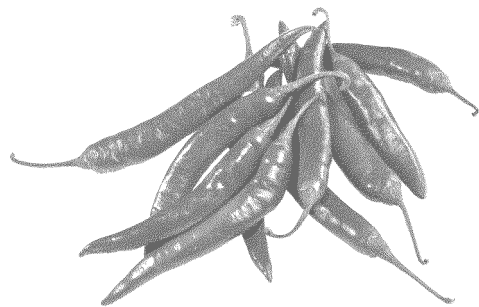
Rinse the posole (hominy) and put it in a large pot (at least 5-quart capacity). Add water to cover, plus 2 inches. Cover and simmer for 2 hours to soften, adding water as needed and stirring occasionally.

Stir in onion, garlic, 4 ounces of the green chili, and oregano. Add in red chili slowly, tasting as you go to make sure you haven't made it too spicy. Once you're out of red chili, if you would like it spicier, add in the rest of the green chili. (If you know you like spicy food, just chuck in all the green and red chili right off the bat.)

Bring the water back to a boil. Add in the cubed pork. Cover and simmer for another 2–3 hours, adding water as needed and stirring occasionally.

Add salt right before serving, or leave unsalted and let people add salt to their taste (the hominy will absorb the salt, and you'll end up adding tons to make it taste salty enough). Serve hot. Can be topped with sour cream and/or shredded cheddar cheese. Posole is one of those stews that tastes better the next day, so feel free to refrigerate it and reheat the next day.

Note: When microwaved, hominy kind of explodes. It's better to reheat the posole on the stove, but if you prefer to microwave, cover it with a paper towel.



quick and easy spinach-bean soup

CONTRIBUTED BY PEG DUTHIE

Yield: enough for 1–2 editors, depending on appetite and accompaniments

1 clove of garlic, minced

1 teaspoon olive oil

1 can of Northern beans
(12–16 ounces)

2 fistfuls of fresh spinach

Salt and pepper to taste

Using a quart-size pot, warm the oil briefly over high heat. Toss in the garlic and turn down the heat immediately, letting it sizzle in the oil for about 10–20 seconds until golden and fragrant. Add in the can of beans and a canful of water, stirring until blended; turn the heat back up to medium high. When mixture starts to bubble, add the spinach. Stir occasionally until soup is heated through; add salt and pepper to taste. Consume with a can of Coke (if working) or a glass of wine (if relaxing). Variations include adding a pinch of red pepper flakes and stirring in some pesto.

salmon chowder

CONTRIBUTED BY JEANNETTE CÉZANNE

1¼ pound fresh salmon filet	8 ounces of frozen or fresh white corn
2 cans beef or chicken broth (29–32 ounces altogether)	¼ cup fresh parsley, chopped or 2 teaspoons dried
1 medium-size Spanish or Vidalia onion	1 teaspoon salt
2 tomatoes	1 teaspoon oregano
1 can diced tomatoes (14.5-ounce Contadina brand)	1 teaspoon sweet basil
1 can (14-ounce generic brand) sliced potatoes, preferably unsalted	¼ teaspoon thyme
	¼ teaspoon freshly ground black pepper
	2 teaspoons olive oil
	1 cup whole or skim milk

Pour the broth into a Dutch oven (or a very large pot) and cook on low heat. Chop the onion and then cook in the microwave for 2 minutes. Add to broth.

Wash the tomatoes and chop them up. Add to broth. Add the canned tomatoes.

Drain the liquid from the canned potatoes and rinse them. Add to broth. Add the frozen corn and the chopped parsley. Add the salt, oregano, sweet basil, thyme, pepper, and olive oil. Add the skim milk. Stir. Bring to a boil. Then cook on low heat for 15 minutes. Meanwhile, remove the skin and the gray meat from the fish. Cut into bite-size pieces and add it to the chowder. Cook for 5 minutes and serve.

san antonio jail chili

CONTRIBUTED BY JOHN RENISH

Yield: 6 servings

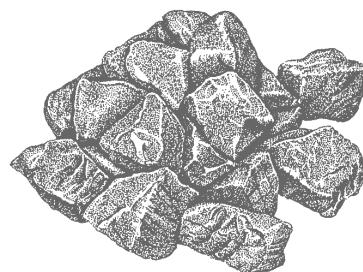
Note: Some Texans claim chili was developed by the cook at the San Antonio city jail as a way of dealing with the tough, cheap cuts of Texas Longhorn beef available to him. If this story is true, it is arguably the only example of an institutional cook inventing a dish to match the best of any nation's cuisine. Many purists insist that chili should never contain beans, but all agree that kidney beans are unacceptable. As for the tomato-or-no-tomato argument, if you must have tomatoes, you've missed the point. This version is the result of years of dedicated tinkering with near perfection. You can substitute old elk, pronghorn, or camel for the beef—it'll taste just as good. This recipe can be expanded to accommodate a small army by adding beans and scaling up all the listed ingredients. Serve with hot soft corn tortillas. Note that the flavor is improved by refrigerating the chili and then reheating it before serving. Cooking time may exceed 5 hours, depending on type of meat available. Requires heavy cast-iron pan or Dutch oven.

2 pounds of the cheapest, toughest beef you can find (ideally USDA Utility or Canner grade), cut into $\frac{3}{4}$ -inch cubes
3–4 ounces beef suet or similar dense fat, chopped coarsely
2–3 medium onions, peeled and chopped into $\frac{1}{4}$ -inch cubes
6–8 garlic cloves, peeled and chopped coarsely
2 dried California chiles, cut into $\frac{1}{4}$ -inch slices, including seeds
2 dried ancho chiles, cut into $\frac{1}{4}$ -inch slices, including seeds

2 dried pasilla chiles, cut into $\frac{1}{4}$ -inch slices, including seeds
2 or more dried chiles de arbol or chiles Japones (Japanese chiles), broken up (optional—these are hot; I usually use 4–6, depending on size and heat)
2–8 tablespoons ground cumin to taste (generally, more is better)
1 tablespoon dried oregano leaf
Salt to taste
Water

Heat the pan over medium heat and add the suet. Add the onions and cook them until they soften—do not let them brown. When the onions are nearly done, add the garlic and stir a few times. Remove the onions and garlic with a slotted spoon and leave the fat in the pan. Increase the heat until the fat just starts to smoke, and then dump in the meat. Cook, stirring constantly, until it starts to brown a little. Return the onions and garlic to the pan, add the chiles, oregano, and cumin, and stir until your eyes burn. Add water to cover, scrape the pan bottom with a wooden spoon, and reduce temperature to a very slow simmer. Every half hour or so, scrape the pan bottom again and add water as necessary—it's a stew, not a soup. When the meat is very tender, correct the seasoning and the chili is done.

If you must have beans, use only dried or canned pinto beans. For dried beans, soak about 2 cups overnight and simmer slowly with fresh water to cover (salt to taste only when nearly done). Marry the drained beans to the chili before serving or refrigerating.



tempeh chili

CONTRIBUTED BY KAREN L. LEW

Yield: 4 servings

8 ounces White Wave tempeh	¼ teaspoon garlic powder
2 tablespoons soy sauce	¼ teaspoon onion powder
2 tablespoons water	1 tablespoon soy or sesame oil
6 tablespoons olive oil	1 teaspoon cumin
½ teaspoon oregano	1 tablespoon chili powder
1 teaspoon mustard powder	
1 green pepper, chopped	28-ounce can whole, peeled
1 onion, chopped	tomatoes, chopped (plus
1 teaspoon salt	juice)
¼ teaspoon black pepper	15-ounce can kidney beans
2 tablespoons soy sauce	(plus juice and water to make
1 tomato, fresh, chopped	1 cup)

Marinate tempeh with next five ingredients (top block of ingredients) for 1 hour (turning after 30 minutes). Grate tempeh and set aside with marinade. Heat next five ingredients (next block) in large saucepan. Add green pepper, onion, and tempeh (with marinade) and sauté. Combine all ingredients, bring to boil, and simmer 30 minutes. Serve hot and top with grated cheddar cheese.

tex-mex easy soup

CONTRIBUTED BY ELSA KAPITAN-WHITE

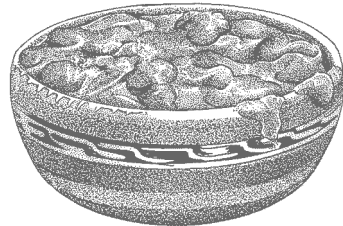
Note: This is the perfect meal for a cold, dreary evening after you've dragged yourself home, exhausted from a hard day—easy comfort food.

1 can refried beans

$\frac{1}{4}$ –1 cup picante sauce, to taste

1 can creamed corn

Mix the beans and corn together in a medium bowl. Add the picante sauce. Heat and enjoy. This recipe does double duty as a dip.



three-c soup

CONTRIBUTED BY KATE DANIEL

Note: The three C's stand for *celery*, *chicken*, and *cucumber*. It first appeared in *Serve It Forth: Cooking With Anne McCaffrey*, 1996, Warner Books. And it's my very own recipe.

1 bunch celery	½ teaspoon dill weed
1 large sweet onion	1 cup creamy <i>plain</i> yogurt or
Chicken broth	1 cup sour cream
Peeled cucumber, equal to the celery	

Clean and chop the entire bunch of celery and the onion. Place in a saucepan with just enough chicken broth to cover and cook until falling-apart tender. Let cool.

Drain the celery and onion, reserving the liquid. Using a blender or food processor, liquefy the cooked celery–onion mixture with an equal quantity of raw peeled cucumber. Add reserved liquid until the soup is the consistency you desire. Strain to remove any remaining fibrous bits, then stir in the yogurt or sour cream and the dill. Chill until ice cold.

To serve, garnish with an extra spoonful of yogurt or sour cream, sprinkled with chopped chives and more dill weed. Serve with a good bread and butter for a light summer supper. Also makes a great dish for potlucks!

tomato dumplings

CONTRIBUTED BY PAM HATLEY

Note: This is a delicious one-pot meal, especially wonderful on a cold day. It happens to be vegetarian and can easily be made vegan by substituting olive oil for the butter.

SAUCE:

2 tablespoons butter	28-ounce can of tomatoes,
2 tablespoons olive oil	undrained and coarsely
1 small onion, diced	chopped
1 small green bell pepper, diced	2 teaspoons brown sugar
2 ribs celery, diced	½ teaspoon salt
1 bay leaf	¼ teaspoon ground pepper
	1 tablespoon chopped fresh basil

DUMPLINGS:

1 cup flour	1 large egg, lightly beaten
1½ teaspoons baking powder	⅓ cup milk or soy milk
½ teaspoon salt	1 tablespoon minced fresh parsley
1 tablespoon butter, cut into small pieces	

In a large saucepan, melt the butter and olive oil over medium heat. Add the onion, bell pepper, celery, and bay leaf and sauté for 5 minutes. Stir in the tomatoes, brown sugar, salt, pepper, and basil. Bring the mixture to a boil, reduce the heat, and let it simmer while you make the dumplings.

In a medium bowl, combine the flour, baking powder, and salt. Cut in the butter until the mixture is crumbly. Add the egg, milk, and parsley, stirring just until the dry ingredients are moistened. Drop the dough by tablespoonfuls into the simmering tomato mixture. Cover the pan and cook 20 minutes over medium-low heat. Remove the bay leaf before serving.

yucatan-style chicken, lime, and orzo soup

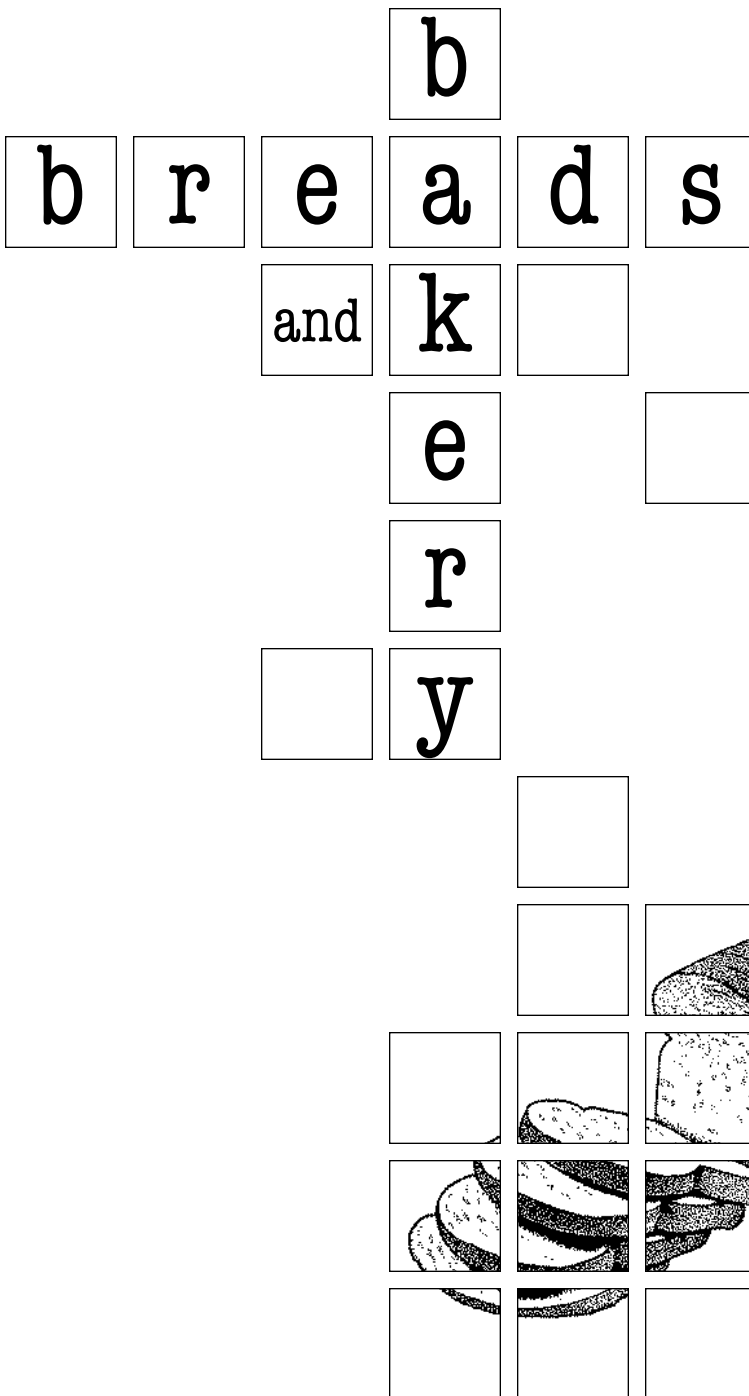
CONTRIBUTED BY REBECCA PEPPER

Yield: 4 servings

Note: Quick to fix and amazingly good for the sniffles, this soup is redolent of chile and lime. I've adapted the recipe from an old issue of *Bon Appetit*. The original recipe called for 2 jalapeños, so if you like more heat, go for it!

1 cup cooked orzo	1 pound boneless, skinless
1½ tablespoons olive or	chicken breasts, thinly sliced
vegetable oil	7 cups low-salt chicken broth
1 medium white onion, thinly	¼ cup fresh lime juice
sliced	1 large tomato, seeded and
6 cloves garlic, thinly sliced	chopped
1 jalapeño chile, thinly sliced	¼ cup chopped cilantro
	Salt

Cook the orzo in a pot of boiling salted water until just tender. Drain well. Heat the oil in a soup pot over medium-high heat. Add the onion, garlic, and chiles and sauté until the onion begins to brown, about 5 minutes. Add the chicken; sauté for 1 minute. Add the broth, lime juice, and tomato. Bring to a simmer; let simmer until the chicken is cooked through, about 3 minutes. Stir in the orzo and then the cilantro. Season to taste with salt and serve.



baking powder biscuits

CONTRIBUTED BY DONNA MELTON

Note: Adapted from *Better Homes and Gardens New Cookbook*. If there's publication information in this edition, they've hidden it well, but it's the book with the red diagonal-plaid cover—this edition is probably from the 1960s. If you follow the directions and don't overwork the dough, these are light, flaky, and fluffy.

2 cups flour	2 teaspoons sugar
4 teaspoons baking powder	½ cup lard or shortening
½ teaspoon salt	⅔ cup milk
½ teaspoon cream of tartar	Softened butter for tops

Try the lard instead of shortening—heaven, and how often are you going to make these that a little lard is going to make a difference?

Mix dry ingredients well. Cut in shortening (until like coarse crumbs) with a pastry blender or fork. Add milk. Stir just until blended and dough follows fork around the bowl. Dough will be soft and slightly sticky. Turn onto lightly floured surface.

Knead 10–12 strokes. Pat dough into a circle about $\frac{3}{4}$ inch thick. Cut with $2\frac{1}{2}$ -inch biscuit cutter (or any shape cookie cutter if it's deep enough). Place about $\frac{1}{2}$ inch apart on cookie sheet. Wipe a little softened butter on top of each biscuit. Bake at 450°F for 10–12 minutes, or until just golden.

I started making these when I was in junior high. One day, my brother Kenny suggested I spread butter on the top of each biscuit so they would taste buttery after baked. I did. They didn't taste buttery, but the tops were the best kind of flaky. I don't make these very often because, fresh out of the oven, I can eat them by the dozen.

banana-cake bread

CONTRIBUTED BY ELSA KAPITAN-WHITE

5 ripe bananas

3 eggs

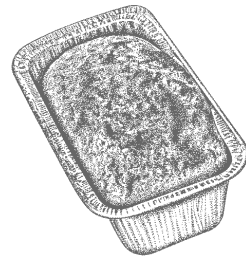
1 box cake mix (two-layer size)

1 teaspoon vanilla extract

Preheat oven to 350°F. Grease a 9" × 5" loaf pan.

Mash bananas in a bowl and add the cake mix, eggs, and vanilla extract. Stir to blend ingredients slightly and then beat with a hand electric mixer at medium speed (or by hand) for 2 minutes. Pour into prepared pan and bake for at least 1 hour or until inserted toothpick pulls out clean.

Any kind of cake mix works with this easy recipe, even the kind including pudding mix. This is also an especially good recipe for kids to help with—counting out ingredients, mashing bananas, and holding the mixer.



bran muffins

CONTRIBUTED BY MICHELLE ZACHARIAS

¼ cup shortening	2 teaspoons baking powder
¼ cup brown sugar	½ teaspoon baking soda
¼ cup honey, molasses, or maple syrup	½ teaspoon salt
3 eggs, beaten	½ cup raisins (optional)
1 cup milk	Extra honey
1½ cup bran cereal	¼–½ cup sesame seeds (not toasted)
1 cup flour	

Mix milk and bran. Soak overnight in the fridge. Mix shortening, sugar, honey,* and eggs in a large bowl. Add milk and bran. Stir. In a separate bowl, mix flour, baking soda, baking powder, salt, and raisins.† Add wet ingredients to dry. Mix well. Brush the bottom of each muffin cup with honey. Sprinkle with sesame seeds. Add batter until muffin cup is $\frac{2}{3}$ full. Sprinkle top with sesame seeds. Bake at 15–20 minutes at 400°F (200°C).

*Use molasses for a traditional, strong-flavored muffin; honey will produce a very mild muffin; maple syrup results in a mild but flavorful muffin.

†Dried blueberries, cherries, currants, or cranberries could be substituted for raisins. The fruit could also be completely omitted.

cheese scones

CONTRIBUTED BY CHRIS DAVEY

This recipe from England was passed to me by my grandmother, who used to sell these cheese scones at the local women's co-op on Saturday mornings.

2 cups white flour	¼ teaspoon dry mustard
2½ teaspoons baking powder	(For more bite, double or
⅓ cup fat (I usually use butter or	treble the amount.)
a butter-vegetable shortening	Pepper to taste (at least 1 or
mix, but margarine or lard	2 healthy pinches)
should, in theory, work as well.)	1 large or 2 small eggs
2 cups sharp cheddar cheese,	
grated	

Set oven to 375°–425°F. Rub fat into flour. Add cheese, mustard, and pepper. Mix well. Add eggs and water (usually no more than 5 tablespoons) to make a soft dough. Lightly roll out dough to 1½-inch thickness. Cut out scones. (My grandmother favored triangles.) Bake on greased cookie sheet for 15–20 minutes, or 12–15 minutes or until golden underneath.

Note: My grandmother was unwilling to commit to a specific oven temperature or cooking time. Splitting the difference on temperature (400°F) and checking after 10 minutes is probably a good place to start!

Serve warm with butter and Marmite. Uneaten scones should keep a week in an airtight container.

cocoa banana bread

CONTRIBUTED BY ROBIN NETHERTON

Yield: 2 loaves in $8\frac{1}{2}'' \times 4\frac{1}{2}''$ glass pans or $9'' \times 5''$ metal pans

Note: For gifts, divide the batter into 5 mini-loaf pans ($6'' \times 3\frac{1}{2}''$), set them on a cookie sheet, and bake about 40 minutes. These keep a week or so in the refrigerator, or much longer in the freezer.

3 cups flour

$\frac{1}{3}$ cup cocoa

2 teaspoons baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon salt (optional)

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

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

2 eggs

2 cups mashed overripe banana

1 cup chocolate chips (mini chips
are nice)

Preheat oven to 325°F . Grease or spray two loaf pans. In a medium bowl, combine the flour, cocoa, baking powder, soda, and salt. In a large bowl, use an electric mixer on medium speed (or a hand mixer on high speed) to beat the oil, sugar, and eggs until well blended. Beat in the bananas. With a wooden spoon or rubber spatula, stir in the dry mixture all at once, mixing just till combined. Stir in chocolate chips. Pour batter immediately into prepared pans and bake for 50–60 minutes or till a toothpick comes out clean.

cranberry cornmeal muffins or bread

CONTRIBUTED BY SUZANNE GORAJ

Note: Moist, tangy, and ultra-low-fat.

1¼ cups white flour	⅓ cup canola oil
¾ cup cornmeal	⅓ cup honey*
2½ teaspoons baking powder	2 capsful orange extract
½ teaspoon salt	1 tablespoon dried orange peel
1 or 2 eggs	1 cup chopped fresh cranberries
1 cup low- or nonfat vanilla yogurt	

Mix together dry ingredients in large bowl. Mix together wet ingredients in medium bowl. Make a well in dry ingredients and pour in wet ingredients; beat together swiftly. Pour into loaf pan or muffin tin and bake as indicated below.

MUFFINS: Bake at 400°F for 20–25 minutes.

BREAD: Bake at 350°F for 45–50 minutes.



*Best to use a dark, strong-flavored honey (e.g., buckwheat, wildflower). All flavors come through and really thrill the taste buds.

dot's (chalfonte) buttermilk biscuits

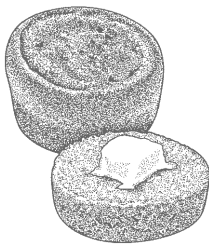
CONTRIBUTED BY HELEN GLENN COURT

2 cups all-purpose flour	¼ teaspoon baking soda
2 teaspoons baking powder	4 tablespoons Crisco shortening
½ teaspoon salt	¾ cup buttermilk
Pinch sugar	

Mix by hand the flour, baking powder, salt, sugar, and baking soda. Blend in the shortening until well mixed; run fingers through, over and over and over. Add, very gradually, the buttermilk until the dough is manageable. Don't let it become too sticky.

Roll the dough on a floured board to about ¼ inch thick. Cut out with floured small juice glass or the like (silver dollar size).

Bake in greased pan at 400°F until brown on top, approximately 15–20 minutes.



green chile bread pudding

CONTRIBUTED BY ANNA HALBERT

Note: Green chile is commonly grown in New Mexico. The flavor is very different from that of jalapeños or bell peppers.

4 large eggs	½ cup shredded Monterey Jack
1 cup whole milk	cheese
⅔ cup heavy cream	1 cup frozen diced green chili
1 teaspoon red chili powder	(mild), thawed, or 4 small cans
¼ teaspoon salt	diced green chili (mild)
¼ teaspoon ground cumin	6 cups trimmed and cubed
¼ teaspoon dried oregano	(1-inch) somewhat stale bread
1 cup shredded sharp cheddar	(anything that's not sweet will
cheese	work)

Preheat oven to 350°F. Generously grease a 12-cup muffin tin. In a large bowl, whisk the eggs, milk, and cream to blend thoroughly. Mix in the chili powder, salt, cumin, and oregano. Mix in the cheeses and green chile. Add the bread; mix thoroughly. Let the mixture sit for 10 or 15 minutes so the goo can soak into the bread. Divide the mixture evenly among the muffin tin cups. Bake 25–30 minutes, or until a knife blade inserted into the centers comes out clean (or as clean as the cheese will let it be). Cool 5–10 minutes. Slide a knife blade around puddings to loosen them; lift out of molds with a small spatula. Serve warm or at room temperature.

Note: To use ramekins or custard cups, place the filled cups on a baking sheet and bake for about 20 minutes. To use mini-muffin pans, bake for slightly less time.

jalapeño beer bread

CONTRIBUTED BY ALAN SALO

Yield: 1 loaf

Note: This no-rise bread is easy and quick. Substitute $\frac{1}{2}$ cup of whole-wheat flour for white to make a wheat version. Different cheeses or beer types can be used to create infinite variations.

3 cups all-purpose flour
5 teaspoons baking powder
3 tablespoons white sugar
1½ teaspoons salt
½ cup shredded pepper jack
cheese (mild cheddar,
Monterey Jack okay too)

1 small jalapeño pepper (finely
minced)
1½ cups (12 ounces) lightly
hopped ale or lager
Butter to sauté jalapeño and
brush on top of loaf

Sauté pepper in butter to reduce heat. Drain on paper towel before adding to mixture.

Mix all dry ingredients thoroughly. Add shredded cheese and jalapeño and mix again. While stirring mixture, slowly add beer, creating as little foam as possible. Mix thoroughly.

Pour batter into greased 9" × 5" bread pan and level. Bake at 350°F for 1 hour or until golden brown. Remove from pan and place on cooling rack. Immediately brush top with melted butter.

krautkuchen

CONTRIBUTED BY JOHN RENISH

DOUGH:

2 cups buttermilk

2 teaspoons active dry yeast or
1 cake moist yeast

Scald buttermilk and cool to lukewarm. Stir in yeast.

3 egg yolks

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

$\frac{1}{2}$ cup cooking oil

1 teaspoon salt

In a large bowl, beat yolks, then add oil by drizzles to develop a thin mayonnaise. Beat in sugar and salt.

Buttermilk and yeast mixture

Egg yolk mixture

$\frac{1}{2}$ teaspoon soda

5 cups flour (approximate)

Stir soda into buttermilk and yeast mixture. Pour into egg yolk mixture and mix thoroughly. Add flour and beat to make a very soft dough. Cover and set in warm place until almost doubled in bulk. Punch down and let rise again until doubled.

FILLING:

1 pound mixture of ground beef
and ground pork

Salt and pepper to taste

Place meat in skillet and stir with fork until meat is crumbled and heated through. Season, remove from skillet, and cool.

Continues...

1 medium head cabbage
2 medium onions

Salt and pepper to taste

Dice onions and chop cabbage (not too fine). Heat oil in heavy skillet and add vegetables. Cook at low heat, stirring often until very nearly done. Add meat and set aside to cool.

FINAL ASSEMBLY:

Dough

Filling

Preheat oven to 400°F. Take any amount of dough (about $\frac{3}{4}$ cup is a good size), flatten out on a floured board to about $\frac{3}{16}$ inch, and add filling, making a pastylike shape but with the seam on the bottom. Place in a greased pan, allowing space for rising. Bake at 400°F for 15–20 minutes.

lemon-raisin bread or muffins

CONTRIBUTED BY SUZANNE GORAJ

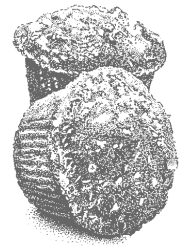
2 cups white flour	1 cup (or 8-ounce carton) lemon
2 teaspoons baking powder	yogurt
½ teaspoon salt	1 capful lemon extract
Pinch baking soda	¼ cup canola oil
½ cup golden raisins	¼ cup honey
1 or 2 eggs	1 tablespoon dried lemon peel

Mix together dry ingredients in large bowl. Mix together wet ingredients in medium bowl. Make a well in dry ingredients and pour in wet ingredients; beat together swiftly. Pour into loaf pan or muffin tin and bake as indicated below.

(*Option:* To make a nice glaze on top, sprinkle white sugar on loaf or muffins before baking. If you really love lemon, you can also sprinkle more lemon peel on top.)

BREAD: Bake at 350°F for 45–50 minutes.

MUFFINS: Bake at 400°F for 20–25 minutes.



newboro house daily bread (bread machine version) www.newborohouse.com

CONTRIBUTED BY ANN FOTHERGILL-BROWN

Note: This bread is made from almost 50% whole grains and yet it rises high, has a light texture, and appeals to children who normally shun brown bread. The Golden Syrup contributes a faint flavor of caramel.

In a busy family, this bread will disappear fast, which is good, because the Golden Syrup also causes the bread to dry out a little faster than is usual in a homemade loaf. (Use the dried-out ends to make terrific bread crumbs for other recipes.)

If you want a loaf that stays moister longer, substitute potato cooking water for the milk and honey for the Lyle's Golden Syrup. Or, alternatively, slice the cooled fresh loaf, wrap it tightly in vapor-proof wrap, and freeze. Remove individual slices from the frozen loaf as needed.

1¼ cups 1% milk	1 cup whole-wheat bread flour
2 tablespoons butter	2 cups unbleached all-purpose flour
3 tablespoons Lyle's Golden Syrup	2–4 tablespoons milled golden flax seed*
1 teaspoon salt	1 heaped teaspoon bread-machine yeast
½ cup rolled oats (regular, not instant)	

Place all ingredients, in the order shown, into the bread machine baking pan. Process using the machine's dough-making cycle.

*If you buy milled flax seed strictly for bread baking, make sure to keep the package, tightly closed, in the refrigerator or freezer. The oil in the milled seed will turn rancid if left for an extended time at room temperature.

At the end of the cycle, tip the finished bread dough onto a lightly floured counter, punch the dough down, and form into a loaf. Place the formed dough into a nonstick or lightly sprayed or oiled 9" × 4" loaf pan. Allow to rise for 50 minutes, or until doubled in size.

Near the end of the rising time, preheat the oven to 375°F. Set the risen loaf in the oven and bake for about 40 minutes, or until the bread sounds hollow when tapped on the bottom.

Cool, slice, and serve.

(If you must, you can bake the loaf in the bread machine. Use the regular bread cycle.)

popovers

CONTRIBUTED BY CLAYTON BENNETT

Yield: 12–15 popovers

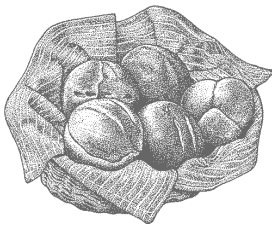
4 eggs

2 cups all-purpose flour, sifted

2 cups milk (whole is best)

$\frac{1}{2}$ teaspoon salt

Beat eggs with milk and salt. Add flour, and beat well. Grease popover pans. Fill cups to $\frac{3}{4}$ full; fill any empty cups with water. Place in cold oven; turn oven to 400°F. Set timer for 40–45 minutes. Serve fresh only.



poppy seed quick bread

CONTRIBUTED BY ELSA KAPITAN-WHITE

Note: Requires no traditional kneading.

1 package dry yeast	1 tablespoon butter or margarine, melted
1¼ cups warm water (105°–115°F)	1 teaspoon salt
2 tablespoons sugar	3½–4 cups all-purpose flour
2 tablespoons poppy seeds	

Dissolve the yeast in the warm water in a large bowl and let stand for 5 minutes. Add sugar, poppy seeds, butter, and salt and beat with an electric mixer at low speed until smooth. Gradually beat in enough flour to make a soft dough.

Place the dough in a greased bowl and turn to grease the top. Cover and let rise in a warm area, free from drafts, until doubled (about 45 minutes to 1 hour).

Punch down the dough and turn out onto a lightly floured surface. Knead it a few times and shape into a loaf to fit into a greased 9" × 5" × 3" loaf pan.

Cover dough in pan and let rise again until doubled. Bake at 375°F for 45 minutes or until the bread sounds hollow when tapped.

spoon bread

CONTRIBUTED BY DON DALE

4 cups whole milk

1 cup yellow cornmeal

4 tablespoons butter

1 $\frac{3}{4}$ teaspoons salt

4 eggs, beaten well

Preheat oven to 425°F. Heat milk in pot, stirring constantly until bubbles form around the edges. Add cornmeal and stir until thickened. Add butter and salt. Remove pot from stove. Add eggs slowly while stirring to prevent the eggs from cooking. Put in greased 2-quart casserole dish and bake for 45 minutes or until dark golden brown crust forms and tester inserted in center comes out clean.

The spoon bread will rise like a soufflé and is best eaten right after cooking. If not, the soufflé will fall. It's still good after it falls, but it's prettier before it falls.

wheat crackers

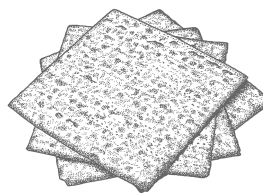
CONTRIBUTED BY TERRY SPENCER

Note: This recipe was given to me by Janet Reynolds, a Montana ranch wife who helped me make these for my wedding reception decades ago.

2 cups wheat flour (fresh ground
is best, if you have it)
1½ teaspoons salt

4 tablespoons oil
½ cup water
1 tablespoon (heaping) honey

Oil 2 cookie sheets (3 if they're small). Combine all ingredients into malleable dough. Form dough into marble-size balls and place on cookie sheets. Flatten balls until very thin. They will not spread out when baked. Bake at 350°F for 10–15 minutes, checking occasionally, until light browned. Remove from sheets immediately (to pile on clean countertop or plate) to cool.



zucchini bread

CONTRIBUTED BY PAM HATLEY

Yield: 2 loaves

This nutty quick bread is great when you want something sweet but not too sweet. It keeps well for about a week in an airtight container and freezes well.

3 cups flour	Seeds from 1 inch of a vanilla
1 teaspoon cinnamon	bean, <i>or</i> 1 teaspoon vanilla
1 teaspoon sea salt	extract
1 teaspoon baking soda	½ cup vanilla or plain yogurt
¼ teaspoon baking powder	(nonfat or low-fat okay)
3 large eggs	2 cups grated zucchini
2 cups turbinado sugar	(2 medium)
1 cup mild-tasting olive oil or canola oil	1 cup chopped walnuts

Preheat the oven to 350°F. Grease two loaf pans, unless they are nonstick.

In a large mixing bowl, combine the flour, cinnamon, sea salt, baking soda, and baking powder and make a well in the center. In a medium bowl, lightly beat together the eggs, sugar, oil, vanilla seeds, and yogurt. Add this to the dry ingredients along with the zucchini and nuts. Mix thoroughly, but do not overmix.

Pour the batter into the loaf pans. Bake at 350°F for 45 minutes to 1 hour, until a toothpick inserted into the center of the loaf comes out clean. Cool the loaves for about 10 minutes in the pans, then remove them from the pans and cool them on a wire rack.

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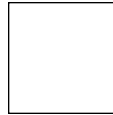
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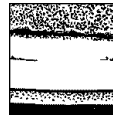
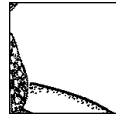
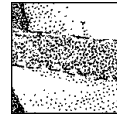
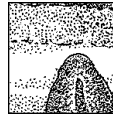
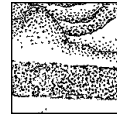
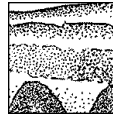
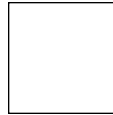


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absent friends cookies

CONTRIBUTED BY MARK B. WISE AND SUSAN ORTON-FIELD

Yield: about 1 dozen cookie sandwiches

Note: This decadent dessert was a happy accident after some friends couldn't attend a dinner.

1 batch chocolate chip cookies,
cooled
½ cup heavy cream

8 ounces good bittersweet
chocolate
3 tablespoons cocoa powder

Chop the chocolate into pea-size or smaller pieces and place in a medium bowl. Scald the cream. Pour it over the chocolate. When the chocolate has melted, whisk it into the cream. Cool this mixture, a ganache, till it is spreadable consistency. Whip it until it is fluffy and slightly lighter in color. It should be the consistency of stiff cake icing. Make sandwiches with the cookies and the ganache. Chill the sandwiches until the ganache is firm. Roll the edges in the cocoa powder.

apricot muffins

CONTRIBUTED BY CAROL LETH STONE

Yield: 12 muffins, or 1 loaf

Note: For blueberry muffins, substitute 1 cup fresh blueberries or $\frac{3}{4}$ cup drained, canned (without sugar) blueberries for the apricots.

$\frac{1}{4}$ cup Mazola brand salad oil

$\frac{3}{4}$ cup puréed apricots

$\frac{1}{2}$ teaspoon vanilla

3 eggs

2 cups Bisquick brand baking mix

$\frac{2}{3}$ cup Sugar Twin sugar substitute

$\frac{1}{2}$ cup Kretschmer brand wheat
germ or chopped nuts

Heat oven to 400°F. Put paper liners in a 12-muffin pan. In a bowl, stir all ingredients until moistened, then beat for 1 minute. Pour the batter into the liners. Bake the muffins for 20–23 minutes, or until a toothpick inserted in a muffin comes out clean. This can also be baked in a loaf pan for 1 hour at 350°F.

aunt mary's noodle kugel

CONTRIBUTED BY CAROL LETH STONE

2 tablespoons butter

2 eggs

$\frac{1}{2}$ -pound package broad noodles,
boiled

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

1 medium can applesauce,
unsweetened

$\frac{1}{4}$ cup Sugar Twin brand sugar
substitute (white or brown)

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{2}$ teaspoon cinnamon

Heat oven to 350°F. Melt the butter in a glass baking pan. In a bowl, mix together the eggs, boiled noodles, raisins, unsweetened applesauce, Sugar Twin sugar substitute, and nutmeg. Put the mixture into the baking pan and sprinkle the cinnamon on top. Bake the kugel for 45 minutes, or until it is medium brown.

blender peach ice cream

CONTRIBUTED BY TERRY SPENCER

Yield: 8 servings

Note: Adapted from *Woman's Day* magazine.

1½ pound peaches (about
7 medium)

2 tablespoons lemon juice

½ cup sugar

½ cup light corn syrup

¼ teaspoon almond extract
(optional)

⅛ teaspoon salt

1 cup sour cream

Slice peaches into blender or food processor. Add juice, sugar, syrup, extract, salt, and sour cream. Whirl until smooth. Pour into 8-inch-square metal pan. Freeze uncovered about 1½ hours or until set at edges. Turn into medium bowl. Beat until smooth. Return to pan, cover airtight, and freeze until firm.



blueberry cheesecake dessert

CONTRIBUTED BY KELLY SMITH

Note: When I made this, I used frozen blueberries. They kept their shape and juiciness even after they were baked. When you eat this dessert, the berries just kind of burst in your mouth. It's delicious!

CRUST:

1 cup flour

½ cup sugar

½ cup cold butter

2 tablespoons icing sugar
(confectioner's sugar)

FILLING:

8 ounces cream cheese, softened

1 egg

½ cup sugar

¼ teaspoon vanilla

TOPPING:

3 cups fresh or frozen
blueberries

Mix the crust ingredients with a pastry blender. Press crust into a 12-inch tart pan. Chill for 30 minutes. Mix the filling ingredients with an electric mixer (or by hand). Heat oven to 425°F. Bake crust for 10 minutes. Cool it slightly. Spread filling over the crust. Top with blueberries. Put tart pan on a larger pan to catch any dripping berry juice. Bake for 20 minutes. Cool and chill. Cover and store in refrigerator.

bon-bon cookies

CONTRIBUTED BY TERRY SPENCER

Yield: 1½ dozen cookies

Note: From Dorothy Ferguson, ex-mother-in-law and farm wife. My favorite is chocolate wrapped around maraschino cherries, with chocolate icing.

COOKIES:

½ cup soft butter	½ cup brown sugar, packed, in
¾ cup sifted confectioner's sugar	place of confectioner's sugar
1 tablespoon vanilla	(if penuche dough is desired)
1½ cups sifted flour	1–2 tablespoons cream (if dough
⅛ teaspoon salt	is dry)
1 ounce unsweetened baker's	Filling of choice (such as nuts,
chocolate, melted (if choco-	gumdrops, dates, maraschino
late dough is desired)	cherries)

ICING:

1 cup confectioner's sugar	¼ cup cream (if chocolate icing
1 teaspoon vanilla	is desired)
2 tablespoons cream	Food coloring (if desired)
1 ounce unsweetened chocolate	
(if chocolate icing is desired)	

Mix thoroughly butter, confectioner's sugar (or brown sugar, if penuche dough is desired), and vanilla. Mix in by hand flour and salt. Mix in chocolate, if chocolate dough is desired. If dough is dry, add cream. Wrap tablespoon of dough around filling of choice. Place 1 inch apart on ungreased baking sheet. Bake until set but not brown (12–15 minutes at 350°F). Ice, if desired.

bourbon balls

CONTRIBUTED BY TERRY SPENCER

Yield: 4½ dozen bourbon balls

Note: From Ann Spencer, my mother. My father was a U.S. Air Force pilot. According to my mother, these were a favorite not only of his but also of all of his flight crews. I know they've disappeared first anytime I've served them at a party.

6 ounces chocolate chips
½ cup sugar
3 tablespoons light corn syrup
⅓ cup bourbon

7¼ ounces Vanilla Wafers cookies, crushed
1 cup chopped walnuts (or pecans)

Melt chocolate in double boiler. Remove from heat and stir in sugar, corn syrup, and bourbon. Combine crumbs and nuts; add chocolate mixture; stir well. Form into 1-inch balls. Store 1 week before serving.

brandysnaps

CONTRIBUTED BY BETH FRIEDMAN

Yield: approximately 30 brandysnaps

½ cup sugar

½ cup flour

½ cup maple syrup

2 tablespoons ginger

1 stick (½ cup) butter

Place all ingredients in a small saucepan and heat on stove, mixing well. Drop by tablespoonfuls on a greased cookie sheet, 3 or 4 cookies per sheet. Bake 6–8 minutes or until brown in a 350°F oven. Let cool about a minute, then remove from sheet with spatula while still warm and roll to form cylinder or cone.

Can be eaten plain or with one end dipped in couverture chocolate and the brandysnap filled with whipped cream.

buckeyes

CONTRIBUTED BY EDNA OXMAN

Note: This one is good (sorry to say); I picked it up while living in Ohio.

½ cup butter, softened

1½ cups peanut butter

1 box (1 pound) confectioner's
sugar, sifted

6 ounces chocolate chips

Mix first three ingredients together and form into small balls. Put peanut butter balls in the refrigerator for 3 hours or overnight. Melt the chocolate chips on top of a double boiler. Dip the balls into the chocolate several times, using a wooden pick. Place balls on wax paper-lined cookie sheet until set. I don't see any reason why they have to be ball-shaped, other than the name. Surely you could make small bars.

butter tarts

CONTRIBUTED BY EDWARD FRANCHUK

Note: This is Canada's national pastry. Opinions are sharply divided over such issues as whether they should include raisins, how gooey they should be, how thick and/or well cooked the pastry shell should be, whether the top should be crispy, etc., etc., etc. My choice of versions is governed by the fact that I am firmly in the with-raisins camp.

2 eggs

2 cups brown sugar, packed

2 tablespoons vinegar

1 teaspoon vanilla

½ cup melted butter

1⅓ cups raisins

Beat eggs. Add the other ingredients. Mix well. Pour into tart shells and bake at 450°F for 10 minutes, and then at 350°F for 20–25 minutes. To die for.



cherry cake

CONTRIBUTED BY NORMA ELLIOTT

8-ounce package cream cheese,
softened

1 cup butter

1½ cups sugar

1½ teaspoons vanilla

4 eggs

2¼ cups flour

1½ teaspoons baking powder

¾ cup cherries

Combine first five ingredients. Sift 2 cups of the flour with the baking powder. Add to mixture. Toss remaining flour with cherries. Fold into batter. Grease a 10-inch tube pan. Pour in batter. Bake at 325°F for 1 hour 10 minutes. Cool 5 minutes, then remove from pan.

cher's fantasy cookies

CONTRIBUTED BY CHER PAUL

Ingredients listed on the Nestlé

Tollhouse Morsel bag

12 ounces semisweet morsels or
chunks of chocolate

1 pound roasted, unsalted

macadamia nuts

12 ounces (or more) raw coco-
nut flakes

Double the recipe from the Nestlé Tollhouse Morsel bag, except decrease the brown sugar and increase slightly the flour. Stir in the additional semi-sweet morsels or chunks of chocolate, the macadamia nuts, and the coconut flakes. Bake 9–11 minutes, per the bag's instructions. The cookies should be baked through but chewy.



chewy chocolate gingerbread cookies

CONTRIBUTED BY JANE CARNALL

Yield: 24 fair-sized cookies

Note: I use American measuring cups for the dry ingredients. You can make the dough up to 2 days before you bake the cookies.

1½ cups flour	1 tablespoon freshly grated ginger
1 tablespoon baking cocoa	½ cup firmly packed dark brown sugar
2 teaspoons ground ginger	4 tablespoons molasses
1 teaspoon ground cinnamon	8 ounces of dark chocolate
¼ teaspoon ground cloves	White sugar for rolling the cookies in
¼ teaspoon ground nutmeg	
Smidgen of fine salt	
4 ounces butter	

Mix flour, cocoa, ground ginger, cinnamon, cloves, nutmeg. Set aside.

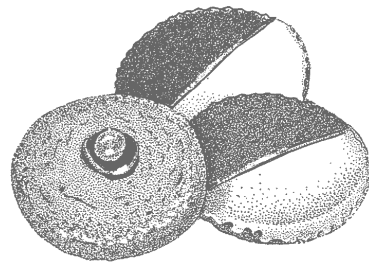
Cream the butter and fresh ginger; add brown sugar and mix well. Add molasses; beat until well combined. Gradually add the flour and spices.

Break the chocolate up into pieces. (I use Fair Trade eating chocolate, at least 70% cocoa solids, which comes in thin 4-ounce bars and shatters into the right size if you hit the bar with a rolling pin several times while it's still in its wrapper. Then you unwrap the shattered bar and tip the pieces into the bowl. You can break up any bits that are too large, but with practice, you get chip-sized bits quite readily.) Mix the chocolate bits well into the cookie dough.

Very lightly oil a large piece of cling film, put the cookie dough on the film, and wrap it round. Refrigerate for at least 4 hours. (I've left it in the fridge for up to 48 hours with no problem.)

Then preheat the oven to 325°F (or 160°C or Gas Mark 3 or “very moderate heat”).

Roll dough into balls and roll in sugar; place on baking trays. (If they're not very good nonstick trays, grease and flour the trays; this is sticky dough.) Bake for 11–15 minutes or until the surfaces crack slightly. (This takes practice, but is worth it: The sugary, cracked surface is a very pretty effect.) Let cool 5 minutes, then transfer to wire rack to cool completely.



chip and cherry cake (bishop's cake)

CONTRIBUTED BY TERRY SPENCER

Yield: 1 loaf

Note: From Mary Alice (Soule) Spencer, my sister-in-law. She used to make these every Christmas, but now she makes them for my birthday and her sister's birthday.

3 eggs, beaten well	1 cup chopped nuts
1 cup granulated sugar	1 cup chopped dates
1½ cups flour	1 cup (about 11 ounces) halved
1½ teaspoons baking powder	maraschino cherries (red and/
1 teaspoon salt	or green)
¼ pound semisweet chocolate	
chips	

Combine eggs and sugar; beat well. Sift together dry ingredients. Add nuts, fruit, and chips. Fold dry mixture into egg mixture. Line loaf pan with wax paper. Pour mixture into loaf pan. Bake 1½ hours at 325°F, until crusty brown.

chocolate and orange meringue cake

CONTRIBUTED BY SHEILA ALEXANDER

Yield: 8 servings

Note: The New Zealanders claim this recipe as their own, but so do the Aussies—a real source of contention whenever the two meet. Who cares? It's good!

No-stick cooking spray	About 14 ounces heavy whipping cream, whipped with
Crisco shortening	1 teaspoon vanilla
1 tablespoon cornstarch	2 oranges, carefully peeled into
4 egg whites	slices with most pith removed
Pinch of salt	$\frac{1}{4}$ cup chocolate syrup
1 cup sugar	1 cup chocolate morsels
1 teaspoon white vinegar	
1 teaspoon vanilla	

Preheat oven to 350°F. Spray a flat baking tray with cooking spray and line with baking paper or waxed paper. Grease paper with shortening and sift over lightly with cornstarch.

Use a 9-inch cake pan or plate and a skewer to mark out a circle on the paper in the cornstarch.

Beat egg whites and salt until very stiff. Add sugar gradually, 1 tablespoon at a time, beating well after each addition. After all sugar is in, stir in vinegar, cornstarch and vanilla.

Pile or pipe the meringue onto the tray, staying within the marked-out circle. Smooth the top so it resembles a flat cake. It's important to have the cake at least 2–3 inches high to get the proper consistency inside. Reduce oven temperature to 250°F and bake for 75 minutes. Remove from oven and turn onto a large decorative plate. Remove waxed paper.

Continues...

Using the tip of a small knife, lightly cut a smaller circle in the surface crust, allowing it to sink in a bit. Fill the sunken bit with the vanilla whipped cream. Just before serving, gently pile peeled slices of oranges on the whipped cream. Drizzle $\frac{1}{4}$ cup chocolate syrup over the cake and pile 1 cup chocolate morsels on the oranges and whipped cream, sprinkling some over the rest of the cake.



chocolate snowball cookies

CONTRIBUTED BY NORMA ELLIOTT

Note: These are the moist and fudgy type with a soft texture. They are fantastic even frozen, just like the ones my Nan used to make. Dry snowballs, bleach!

2 cups granulated sugar

$\frac{3}{4}$ cup milk

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

3 cups rolled oats (not quick oats)

1 cup unsweetened fine coconut

5 tablespoons cocoa

Boil *gently* for 5 minutes the sugar, milk, and butter. Fold in rolled oats, coconut, and cocoa. Chill mixture, form in balls, and roll in more coconut. Some tips for getting the texture of these correct:

- Be precise with your measurements and do not substitute ingredients.
- Boil for no more than 5 minutes, and time it from the point it starts to boil.
- Do *not* stir the mixture as it boils. This can cause crystallization of the sugar and result in a dry, hard end product.

chocolate whipped-cream cake

CONTRIBUTED BY BETH FRIEDMAN

1 box chocolate wafer cookies (Nabisco's Famous brand)	2 eggs, divided
Three 8-ounce cartons whipping cream	3 tablespoons boiling water
½ pound German sweet choco- late (8 ounces chocolate chips works too)	1 teaspoon vanilla
	Chocolate bar for shavings

Melt chocolate and add water. Remove from heat and cool. Add slightly beaten egg yolks; add to chocolate mix and vanilla, and beat until shiny. Beat egg whites until stiff. Beat 2 cartons whipping cream until stiff and then fold in egg whites. Then fold with chocolate mixture. Butter a 9-inch spring-form pan.

Put chocolate cookies on bottom and around side (you will have to break up cookies to cover the surface completely), then a layer of chocolate whipped cream. Cookies. Chocolate whipped cream. End with cookies. Refrigerate.

Next day: Whip third carton of whipping cream. Cover top of cake and decorate with chocolate shavings.

crunchy fudge sandwiches

CONTRIBUTED BY SUSIE LEBLANC

Note: Now, as a kid I loathed butterscotch. So I was shocked—*shocked*, I tell you—to find it in this recipe. And as laborious as this rendition is, it is worth the effort, though I make the effort only occasionally. I can eat an entire pan myself. I’ve been known to be quite snarly toward anyone who dares to extend an arm toward My Pan O’Treats.

6-ounce package of butterscotch morsels

½ cup peanut butter

4 cups Rice Krispies brand cereal

6-ounce package chocolate chips

½ cup sifted confectioner’s sugar

2 tablespoons butter

1 tablespoon water

Melt the butterscotch morsels with the peanut butter in a heavy saucepan over low heat, stirring till blended. Stir in the Rice Krispies. Press half of the mixture into a buttered 8-inch square pan. Chill. Set remainder aside.

Stir over hot water the chocolate chips, the confectioner’s sugar, butter, and water till chocolate melts. Spread over chilled mixture. Top with reserved peanut butter mixture. Chill.

doris's velvet chocolate cake

CONTRIBUTED BY BETH FRIEDMAN

Yield: One 8-inch cake; serves 10–12

Note: Doris Schechter, owner of the My Most Favorite Dessert Company bakery, shares her recipe for this flourless chocolate cake. For a taller cake, Doris suggests increasing this recipe 1½ times.

10 tablespoons (1¼ sticks) unsalted margarine, cut into chunks, plus more for pan
1 pound semisweet or bittersweet chocolate, coarsely chopped

1 tablespoon instant espresso or instant coffee (I used 1½ teaspoons ginger instead; next time I'll try a tablespoon of ginger.)
5 extra-large eggs, separated
1 tablespoon granulated sugar
Confectioners' sugar, for dusting

Preheat oven to 350°F. Lightly coat an 8" × 3" round cake pan with margarine and line bottom with a round of parchment paper; set aside.

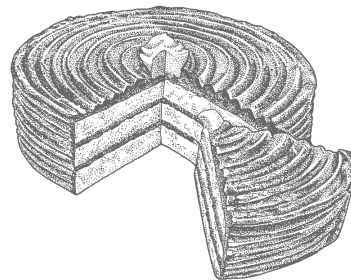
In a heat-proof bowl or the top of a double boiler set over a pan of simmering water, melt the chocolate with the margarine and instant espresso, stirring until smooth and glossy. Remove bowl from pan of water and let mixture cool slightly. Whisk in egg yolks one at a time, beating well after each addition.

In the bowl of an electric mixer fitted with the whisk attachment, beat egg whites on high speed to soft peaks. With machine running, slowly add granulated sugar, beating until stiff glossy peaks form. Stir about ¼ of the whites into chocolate base to lighten it. Gently but thoroughly fold in remaining whites until thoroughly combined.

Pour batter into prepared cake pan. Place in a roasting pan, and pour hot water into roasting pan to come halfway up sides of cake pan. Carefully transfer to oven, and bake until top of the cake is just set in the center, about 35 minutes. Transfer to a wire rack to cool completely, then transfer to refrigerator for at least 4 hours and up to overnight.

Run a paring knife around edges of cake to release from pan, and unmold. (If the cake doesn't come out of pan, briefly dip bottom of cake pan in warm water; do not leave in water too long, or cake will melt.) Invert cake onto serving platter, and dust top with confectioners' sugar. Serve in very thin slices.

For a low-carbohydrate version of this cake, use unsweetened high-quality chocolate and sweeten with Splenda, and instead of dusting the cake with sugar, serve with unsweetened whipped cream.



easy diet ice cream (low-carbohydrate or fat-free)

CONTRIBUTED BY LAURIE RENDON

Note: The directions below are for the low-carbohydrate version, which is fantastic! For a fat-free variation, replace half-and-half and cream with $\frac{1}{2}$ cup of water or juice and one 12-ounce can of fat-free evaporated milk; that will be $\frac{3}{4}$ cups of water altogether. If making fat-free, try adding $\frac{1}{2}$ teaspoon of butter flavor. If you use the el cheapo vanilla (as I do), use about 50% more vanilla than the recipe directs. Each recipe makes 1–1 $\frac{1}{2}$ quarts. You can experiment with other flavors, but these are my favorites.

chocolate ice cream

$\frac{1}{4}$ cup water	3 tablespoons cocoa
1 package (1 tablespoon) Knox brand gelatin	1 teaspoon vanilla or brandy flavoring
8 ounces half-and-half	Sweetener equivalent to 1 cup sugar
8 ounces whipping cream	

Heat water to boiling in glass measuring cup in microwave. Add gelatin to hot water and stir for 2 minutes. Set up ice cream machine. Add half-and-half and whipping cream to gelatin mixture. Turn on machine, then pour in gelatin-cream mixture. Add cocoa and vanilla or brandy flavoring to mixture in machine. Stir mixture down once or twice to make sure everything mixes and freezes evenly. Ice cream is done when mixture stands still. Serve immediately.

creamsicle-flavor ice cream

¼ cup water	Sweetener equivalent to ½ cup
1 package sugar-free orange	sugar
Jell-O gelatin	2 teaspoons vanilla
8 ounces half-and-half cream	2 tablespoons lemon juice
8 ounces whipping cream	

Heat water to boiling in glass measuring cup in microwave. Add Jell-O to hot water and stir for 2 minutes. Set up ice cream machine. Add half-and-half and whipping cream to gelatin mixture. Turn on machine, then pour in gelatin-cream mixture. Add sweetener, vanilla, and lemon juice to mixture in machine. Stir mixture down once or twice during freezing process to make sure everything mixes and freezes evenly. Ice cream is done when mixture stands still. Serve immediately.

Continues...



two-fruity ice cream

8-ounce can crushed pineapple
(or half a 15-ounce can)

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

1 package (1 tablespoon) Knox
brand gelatin

4 ounces half-and-half cream

8 ounces whipping cream

Sweetener equivalent to $\frac{1}{2}$ cup
sugar

1 teaspoon vanilla

10 maraschino cherries

Drain the pineapple, reserving the juice. Heat the water to boiling in glass measuring cup in microwave. Add the gelatin and stir for 2 minutes. Set up ice cream machine. Add reserved pineapple juice, half-and-half, and whipping cream to gelatin mixture. Turn on machine and add gelatin-cream mixture. Add sweetener and vanilla to mixture in machine. Cut each maraschino cherry into 8 or 10 pieces and set aside. When ice cream stands still, add crushed pineapple and cherry pieces. Stir in slightly. Ice cream will start moving again. When it stands still a second time, ice cream is ready to serve. (Okay, this isn't really low-carbohydrate, but it sure is good!)

five-layer cookie

CONTRIBUTED BY MAGGIE SECARA

Note: This is my mom's recipe.

1 stick butter	1 cup semisweet chocolate chips
1 cup graham cracker crumbs	1 cup chopped walnuts
1 cup butterscotch or peanut butter chips	1 cup (packed) shredded coconut

Melt the butter in the bottom of a 9" × 11" baking pan. Over this, layer graham cracker crumbs, butterscotch or peanut butter chips, semisweet chocolate chips, chopped walnuts, and coconut. Bake at 350°F for 30 minutes or till browned and the edges bubble. Cool and cut into squares.

french silk chocolate pie

CONTRIBUTED BY TERRY SPENCER

Yield: one 8-inch pie

Note: From Ann Spencer, my mother.

8-inch pie shell, baked and cooled	1 teaspoon vanilla
$\frac{1}{2}$ cup butter (margarine works okay)	2 eggs
$\frac{3}{4}$ cup sugar	Mini marshmallows to taste (optional)
1 ounce baking chocolate, melted and cooled	Chopped nuts to taste (optional)
	Whipped cream (optional)

Cream the butter. Add sugar gradually, creaming well. Blend in melted and cooled baking chocolate and vanilla. Add eggs, one at a time. After each addition, beat 5 minutes with electric mixer at medium speed. Add mini-marshmallows and nuts, if desired. Turn into pie shell. Chill 1–2 hours. Pie can be topped with whipped cream and nuts if desired.

fresh ginger cake

CONTRIBUTED BY NADINE FIEDLER

Note: Adapted from *Room for Dessert*, by David Lebovitz (HarperCollins, 1999). I made this for a Portland, Oregon, Copyediting-L gathering, topped with whipped cream blended with lemon curd. Conversation stopped for a while. . . .

4 ounces fresh ginger, peeled and chopped finely, or grated finely	2½ cups flour
1 cup molasses	1 teaspoon ground cinnamon
1 cup sugar	½ teaspoon ground cloves
1 cup vegetable oil (peanut is good)	½ teaspoon ground pepper
	1 cup water
	2 teaspoons baking soda
	2 room-temperature eggs

Preheat oven to 350°F with the rack in the center of the oven. Line a 9" × 3" round cake pan or a 9½-inch springform pan with parchment paper.

Combine molasses, sugar, and oil. In another bowl, sift together the flour and cinnamon, cloves, and pepper.

Boil the water. Stir in the baking soda. Mix this into the molasses mixture. Add the ginger.

Gradually mix the dry ingredients into the wet ingredients. Add the eggs and continue to mix until combined well. Pour the batter into the prepared pan and bake for 1 hour, until the top springs back lightly when pressed or when a tester comes out clean.

Cool the cake 30 minutes. Loosen edges of pan with dull knife. Remove cake from pan and peel off parchment paper.

Serve with fruit compote, lemon curd, and whipped cream mixed, or sugared fruit.

frosted ginger creams

CONTRIBUTED BY TERRY SPENCER

Yield: 5½ dozen cookies

Note: From Dorothy Ferguson, ex-mother-in-law and farm wife.

1 cup shortening	1 tablespoon baking soda
1 cup brown sugar, firmly packed	½ teaspoon baking powder
2 eggs	1 teaspoon salt
1 cup dark molasses	2 tablespoons butter
2 tablespoons vinegar	2 cups confectioner's sugar
5 cups sifted flour	1 teaspoon vanilla
1 tablespoon ground ginger	3 tablespoons whole milk or cream

COOKIES:

Cream together shortening and brown sugar until light. Beat in eggs, one at a time, beating well to blend. Add molasses and vinegar. Sift together 4 cups flour and the ginger, soda, baking powder, and salt; stir into batter. Add additional flour to make a soft dough that is easy to roll. Roll dough on lightly floured surface; cut in 2-inch to 3-inch circles. Place circles about 1 inch apart on lightly greased baking sheet. Bake 10–15 minutes at 375°F. Remove cookies and cool on wire racks.

FROSTING:

Meanwhile, blend together butter and confectioner's sugar. Add vanilla and milk and beat until smooth. Spread over tops of cooled cookies, leaving a ¼-inch rim of brown cookie showing. Store in airtight containers.

grandma g's soft oatmeal cookies

CONTRIBUTED BY ANDREA ZUERCHER

2 cups sugar	2 teaspoons baking soda
1½ cups shortening, softened (I use Crisco.)	1 teaspoon baking powder
4 eggs	1 teaspoon each cinnamon, cloves, salt
1 cup sour milk (Sour milk can be made by adding 1 table- spoon vinegar to 1 cup milk.)	4 cups oatmeal
4 cups flour	1 package chocolate chips (12 ounces)

Cream shortening and sugar together. Add eggs one at a time and beat until fluffy. Add sour milk. Sift flour. Measure and add salt, soda, baking powder, and spices. Sift again. Add sifted dry ingredients to creamed mixture. Stir until smooth. Stir in oatmeal and chocolate chips. Drop by rounded teaspoonfuls onto a greased cookie sheet. Bake at 350°F for 10–12 minutes. Makes a whole pile of soft, cakelike cookies.

grandma z's oatmeal chocolate chip cookies

CONTRIBUTED BY ANDREA ZUERCHER

2 cups brown sugar
2 cups granulated sugar
2 cups shortening
4 eggs
3 cups flour

1 teaspoon salt
2 teaspoons soda
6 cups oatmeal
1 package chocolate chips
1 cup chopped nuts

Cream shortening and sugar together. Add eggs one at a time and beat until fluffy. Sift flour. Measure and add salt and soda. Add sifted dry ingredients to creamed mixture. Stir in oatmeal, chocolate chips, and nuts. Drop by rounded teaspoonfuls onto a greased cookie sheet. Bake at 375°F until light brown (they will be crunchier the longer you leave them in the oven). Makes a whole bunch of cookies.

grasmere gingerbread

CONTRIBUTED BY BETH FRIEDMAN

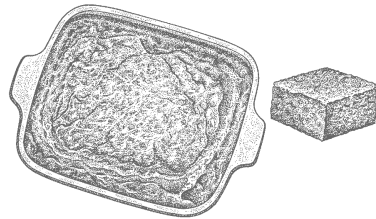
Yield: 30 pieces

2¾ cups all-purpose flour
2 teaspoons ginger (I actually
triple this.)
1 teaspoon baking soda

1 teaspoon cream of tartar
1 cup (2 sticks) margarine or
sweet butter
1 heaping cup brown sugar

Preheat the oven to 300°F. Sift together the flour, ginger, baking soda, and cream of tartar. Rub in the margarine or butter, then add the sugar and mix well. Grease a 10" × 12" flat pan (1 inch deep) and press the mixture into it.

Bake for about 35 to 40 minutes or until cake is firm to the touch and shrinks from the sides of the pan. Let cool slightly before cutting.



grasshopper pie

CONTRIBUTED BY JOANNE SANDSTROM

18 marshmallows, cut up	3–4 tablespoons butter, melted
½ cup half-and-half	3–4 tablespoons crème de menthe
2 cups crumbs of crushed chocolate cookies (Chocolate wafers are best, but you can use sandwich cookies; just scrape out the filling.)	½ pint whipping cream

Melt together marshmallows and half-and-half. Set aside to cool. Prepare chocolate cookie crust by mixing crumbs of crushed chocolate cookies with melted butter. Press into 8- or 9-inch pie pan to make a crust. Add crème de menthe to the marshmallow mixture. Whip whipping cream until peaks form. Fold marshmallow mixture into whipped cream. Pour into pie shell. Garnish top with a few chocolate crumbs, if desired. Refrigerate overnight.

hazelnut plum cake

CONTRIBUTED BY LINDA L. KERBY

Yield: One 8-inch round cake

Note: Can be prepared in 45 minutes or less.

3 tablespoons unsalted butter	¼ teaspoon salt
1 teaspoon vanilla	2 medium plums (about ½ pound), sliced thin
½ cup (about 2 ounces) whole hazelnuts or natural almonds	1½ teaspoons granulated sugar
½ cup firmly packed light brown sugar	Confectioner's sugar for sifting over cake
⅓ cup all-purpose flour	Accompaniment: vanilla ice cream
3 large egg whites	

Preheat oven to 425°F and butter and flour an 8-inch round cake pan, knocking out excess flour. In a small saucepan, melt butter over moderate heat and cool. Stir in vanilla. In a food processor, blend together nuts, brown sugar, and flour until nuts are ground fine. In a bowl with an electric mixer, beat egg whites with salt until they hold stiff peaks and fold in nut mixture gently but thoroughly. Fold in butter mixture (batter will deflate) and spread batter in prepared pan. Arrange plum slices evenly over batter and sprinkle with granulated sugar. Bake cake in middle of oven 20–25 minutes, or until a tester comes out clean. Turn cake out onto rack and cool, plum side up, 5 minutes. Sift confectioner's sugar onto cake and serve cake warm with ice cream.

hermine and ceil's three-layer cookies

CONTRIBUTED BY LYNNE RANIERI

Note: This recipe was developed by my mother, Hermine, and her sister Ceil when they tried to replicate a (Hungarian?) cookie that their mother used to make. Their mother was apparently an extraordinarily talented cook, and shortly after she came to the United States from Austria, she was asked to run the kitchen of a small, privately owned local hospital (lucky patients!). She could barely speak English, but her food was legendary. These cookies are a bit time-consuming to make, but everyone raves about them, and they are the ones I pick out first when my mother gives us our much-coveted box of her homemade Christmas cookies. Permission to submit this recipe, my mother's favorite "family secret" cookie recipe, was granted by my mother. This is also one of many food items that my mother always made without a recipe in front of her. After I nagged her to write it all down, she did so.

1 pound butter (oleo can be substituted for *some* of the butter)
½ pound finely ground almonds
20 ounces flour
½ pound sugar
2 teaspoons vanilla

Very large plain chocolate candy bar (Nestlé or Hershey's; by this, my mother means a *giant* chocolate bar, one of those that is so big that you would have a hard time holding it in one hand)

Mix all ingredients *by hand* in a large bowl and work it until it forms a large ball.

Divide the dough into 3 equal pieces and chill.

Roll out 1 piece between two sheets of waxed paper, rolling it the exact size of a cookie sheet. Pull off the top sheet of waxed paper and slide the dough onto an *inverted* cookie sheet, so you won't be encumbered by the upright sides of the cookie sheet. Leave the bottom sheet of waxed paper on the sheet while baking the cookie.

Bake at 325°F until slightly brown on the edges—about 20 minutes. (*Note:* Despite the fact that they may not look brown enough, do *not* bake the layer much more than 20–25 minutes.)

When the first layer is cooled, it can be easily pulled off the cookie sheet by carefully inserting a long spatula under it, all around. Place the loosened layer onto a flat surface (tray, board, cardboard, etc.). *Do not loosen the second and third layers in this manner.*

After it has completely cooled, spread the top of the first layer with a mixture of apricot lekvar and apricot preserves. Generally, using only preserves (not jelly) makes it too liquid and that will be absorbed by the cookie dough. Using all lekvar tends to make it too hard to handle and to spread. Thus the mixture of lekvar and preserves is best to use.

(*Editor's note:* At this point the recipe grows complicated and involves making one's own lekvar. Lynne's mother says just to use the Solo brand apricot filling.)

When the second layer is baked and cooled, just *flip it on top of the first one*, but do *not* loosen it first. Flip it over so that the cookie sheet is now on top. You are, in fact, just turning the sheet upside down. The layer does not fall off onto the first one because the waxed paper is sealed, or melted, onto the sheet.

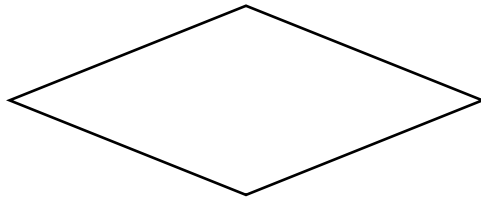
Do the filling and the third layer the same way.

When all is *completely cool*, spread some melted milk chocolate on top of the third layer. The chocolate is prepared in the following manner:

Melt chocolate bar in a double boiler. Add *nothing* to the chocolate, not even milk. Spread the chocolate evenly and smoothly over the third layer and allow it to set. It may take an unreasonably long time to cool and become hard. (*Note:* I let it harden overnight before cutting it).

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My mother only cut the smaller cookies out of this giant single cookie as she needed them, so that they didn't dry out. Her signature way of cutting them is to make diagonal cuts in one corner of the giant cookie, then to make diagonal cuts the other way. In this way, each small cookie is shaped like this



and should measure about $2\frac{1}{2}$ inches wide by 1 inch high. My mother is emphatic that cookies should be small and delicate!

honey-almond biscotti

CONTRIBUTED BY REBECCA PEPPER

Yield: about 20 biscotti

Note: This is my current favorite biscotti recipe. It's printed on the flour bag from Bob's Red Mill, a great local mill in the Pacific Northwest. The original recipe calls for hazelnuts, but I prefer almonds. The honey gives these a nice mellow flavor. Increase the amount of anise seed if you like.

1½ cups unbleached flour	2 tablespoons unsalted butter
1 teaspoon anise seed	½ cup sugar
½ cup coarsely ground almonds	¼ cup honey, warmed
¼ teaspoon salt	1 egg
1½ teaspoons baking powder	1 teaspoon vanilla

Preheat the oven to 325°F. Grease a large baking sheet.

Combine the flour, anise seed, almonds, salt, and baking powder in a small bowl and set aside.

In a separate bowl, cream the butter, sugar, honey, egg, and vanilla until smooth. Add the dry ingredients and mix well.

Divide the dough into 2 equal pieces. Shape each into a 12-inch log, and place them 4–5 inches apart on the baking sheet, flattening them slightly. Bake for 30 minutes, or until firm to the touch.

Continues...

Remove from the oven and let cool slightly; then, using a serrated knife, slice the logs diagonally into ½-inch slices. Lay them flat on the baking sheet (one cut side down) and return them to the oven for about 8 minutes. Flip them over and bake for another 8 minutes or so. They will harden as they cool. You want them to be nice and crunchy.

Dunk in coffee or tea.



hungarian flourless hazelnut cake

CONTRIBUTED BY BETH FRIEDMAN

Note: I made this with walnuts, and it was delicious.

12 ounces hazelnuts	6 egg whites
2 teaspoons baking powder	1 pint heavy cream
6 egg yolks	⅛ cup hazelnuts, chopped
⅝ cup Splenda* brand artificial sweetener	

Preheat oven to 325°F. Grease and flour a 9-inch springform pan. Grind hazelnuts until very fine. Add baking powder and set aside.

In a large bowl, whip the egg yolks with the Splenda until pale yellow in color. Beat in the ground-hazelnut mixture.

In a separate clean bowl, with a clean whisk, whip the egg whites until stiff. Quickly fold ⅓ of the egg whites into the yolk mixture, then add the remaining whites and fold in until no streaks remain.

Pour into a 9-inch springform pan. Bake in preheated oven for 60–75 minutes, or until top of cake springs back when lightly tapped. Cool on wire rack.

When cake is cool, slice horizontally into 3 layers. Whip the cream until stiff, and spread generously between layers, on top, and on the sides of the cake. Sprinkle chopped hazelnuts on top for decoration.

*It's sold in various forms, but the version called for here is the stuff that measures just like sugar. You can also use cyclamate sweetener—but not saccharine or aspartame.

krispy kreme bread pudding

CONTRIBUTED BY NAOMI KIETZKE YOUNG

Note: Adapted from a recipe found at the Food Network (www.foodnetwork.com).

3 dozen Krispy Kreme doughnuts
(Need I say that I mean the
glazed classic style? I suppose
you could use some lesser
brand, but I won't vouch for
the results.)

1 (14-ounce) can sweetened con-
densed milk (not evaporated)

One 15-ounce can fruit cocktail
in heavy syrup, with about
one third of the fruit taken
out (The original recipe called
for two 4.5-ounce cans, but
I could not find such a crea-
ture in my area. You probably
could dump in all the fruit;
I didn't.)

2 eggs, beaten

Pinch of salt

1–2 teaspoons ground cinnamon

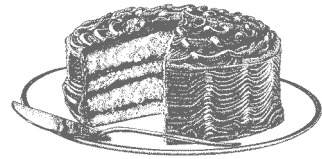
Preheat oven to 350°F. Cube 2 dozen doughnuts into a large bowl. Pour other ingredients on top of doughnuts and let soak for a few minutes. Mix all ingredients together until doughnuts have soaked up the liquid as much as possible. Bake for about 1 hour until center has jelled. In the meantime, consume the remaining fruit cocktail and the other dozen doughnuts. You can pour a glaze over this, top with whipped topping, or douse in milk. It isn't pretty, but it is tasty.

marie's chocolate cake

CONTRIBUTED BY SIOBHAN SHEEHAN

2 cups flour	½ cup vegetable oil
2 cups sugar	1 cup milk
¾ cup cocoa	2 eggs
2 teaspoons baking soda	1 cup black coffee
1 teaspoon baking powder	1 teaspoon vanilla

Beat together flour, sugar, cocoa, baking soda, baking powder, oil, milk, and eggs. Add coffee and vanilla; mix well. Pour into two 8-inch round pans or a 9" × 13" pan and bake at 350°F for approximately 30 minutes, or until a toothpick inserted in the middle comes out clean. For a special treat, mix some creamy peanut butter into store-bought chocolate frosting to make chocolate peanut butter frosting.



mary helen dale's raisin-coffee frosting

CONTRIBUTED BY DON DALE

Yield: Frosts a 2-layer cake. Use any spice-cake recipe for cake or a good spice-cake boxed mix.

Note: This is from handwritten recipe, ca. 1991, although Mary Helen adapted the recipe in the 1950s.

3 tablespoons softened butter

½ cup confectioner's sugar

¼ teaspoon salt

1½ cups confectioner's sugar

3 tablespoons hot coffee

½ cup raisins, chopped

½ cup pecans chopped

½ cup coconut

Cream the butter. Add ½ cup sugar and mix together. Add salt, raisins, nuts, and coconut. Add 1½ cup sugar alternately with coffee and beat the mixture until it's smooth and easy to spread. (You might need to add a few extra drops of coffee.)

massachusetts apple cobbler

CONTRIBUTED BY CAROL LETH STONE

Note: This is rather loosely based on a recipe for “apple slump” that is rumored to have been Louisa May Alcott’s original recipe.

6 tart apples

½ cup brown Sugar Twin sugar
substitute

½ teaspoon nutmeg

1 teaspoon cinnamon

1½ cups Bisquick baking mix

1 egg, beaten

½ cup milk

1 stick (½ cup) margarine

Heat oven to 350°F. Lightly grease a 9-inch-square baking pan. Peel, core, and slice the apples, then toss them in a bowl with the Sugar Twin sugar substitute, nutmeg, and cinnamon. Place them in the baking pan and bake for 20 minutes. While they bake, put the Bisquick baking mix in a large mixing bowl. Using the bowl you used for mixing the apples and spices, melt the margarine in the oven or microwave. Add the beaten eggs and milk. Add this mixture to the Bisquick, stirring just until combined. Spread this topping over the apples and bake the cobbler for 25 minutes. Serve it warm.

moroccan orange cake

CONTRIBUTED BY SHEILA WAWANASH

Note: This cake uses almonds and eggs, plus a very small amount of baking powder you could no doubt omit if you worked the eggs more. Below is how it came from a friend in England who was explaining it to an idiot—it's fool-proof. The only changes I make are to make it in layers and save some of the orange water to make fudgy icing, and I often use clementines. Nigella Lawson has a very similar recipe with clementines (though I started doing it before I saw hers), and another that adds in some cocoa. And friends make it with any citrus they have: blood oranges, limes, even (red) grapefruit.

2 large oranges (unwaxed
preferred)

6 eggs

½ cup ground almonds

½ cup sugar

1 teaspoon baking powder

Juice of ½ a lemon

If you can get unwaxed oranges, all the better, but if not, wash them first. Then put them in a pan large enough and with enough water to cover them well. Bring the water to a boil and simmer them for 2 (yes, 2) hours, adding water if need be to keep them covered. Of course, oranges do float a bit, so let the rolling simmer make sure they get cooked fairly evenly. But don't worry too much—it'll all be mixed up later anyway. After 2 hours, take out the oranges, throw away the water, and put the oranges in a blender. Whiz the oranges—peel, pips, and all—to a purée, then let the purée cool a little. Then beat the eggs lightly and add them to the orange purée. Then add the almonds, sugar, baking powder, and lemon juice to the orange-and-egg mix. Stir it all together. Butter and flour a cake tin. I use one that is 8¼ inches in diameter and 2 inches deep. Pour the mixture into it. Bake for 60 minutes in an oven prewarmed to 180°C (350°F or Gas 4). The cake should be firm but still moist. Cool before turning out of the tin. You can serve it with cream and raspberries.

mrs. swenson's truffles

CONTRIBUTED BY CAROL LETH STONE

½ cup butter (softened)

2 cups confectioner's sugar

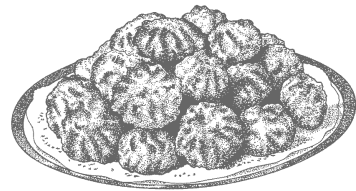
5 ounces unsweetened chocolate, melted and cooled

3 tablespoons whipping cream

A little rum or vanilla

Chocolate shot *or* colored sugar

Beat until smooth the butter, confectioner's sugar, chocolate, whipping cream, and rum or vanilla. Chill until firm (1–2 hours). Form into small balls, using palms of hands. Roll in chocolate shot or colored sugar. Store in covered container in refrigerator.



my mama's chocolate sludge

CONTRIBUTED BY NINA K PETTIS

Yield: Sickens 4, serves 6

<i>Reserved ingredients:</i> 1 cup nuts;	½ teaspoon baking soda
1 cup brown sugar mixed with	¾ cup sugar
4 tablespoons cocoa; 1¾ cup	2 tablespoons vinegar, plus
boiling water	enough milk to make ½ cup
1 cup sifted flour	liquid*
¼ teaspoon salt	2 tablespoons melted butter
2 tablespoons cocoa	

Sift together the flour, salt, cocoa, soda, and sugar. Mix together the vinegar-and-milk solution and the butter. Combine wet and dry ingredients; add 1 cup nuts, mix well. Turn into greased baking dish. Cover top with the brown sugar and cocoa. Pour the boiling water over top of mix and bake 40 minutes at 350°F. Invert squares. Top with whipped cream, Cool Whip, or ice cream. Add nuts to taste, and serve.

*Buttermilk would probably do as well; this looks like a substitution.

my mom's whacky cake

CONTRIBUTED BY EDWARD FRANCHUK

Note: I don't know where my mom got this recipe, but it was during World War II (during which I was born), so is indubitably in the public domain by now. Mom made it frequently, as it was (and continues to be) the uncontested favorite of both my brother and me. *Whacky* is a variant of *wacky*, but my mom always pronounced it with the *h*, so even though I don't pronounce it that way, *Whacky* is the name of the cake!

CAKE:

- | | |
|---|---|
| 1½ cups (375 milliliters) flour
(Mom used white; I use whole wheat.) | 1 cup (250 milliliters) sugar |
| 1 teaspoon (5 milliliters) baking soda | 1 teaspoon (5 milliliters) vanilla |
| 1 teaspoon (5 milliliters) baking powder | 1 tablespoon (15 milliliters) vinegar |
| 3 tablespoons (45 milliliters) cocoa | 5 tablespoons (75 milliliters) melted margarine (Butter is better.) |
| | 1 cup (250 milliliters) <i>warm</i> water |

PEANUT BUTTER ICING:

- | | |
|---|---|
| 1 cup (250 milliliters) firmly packed brown sugar | 2 level tablespoons (30 milliliters) flour (Mom used white; I use whole wheat.) |
| 1 tablespoon (15 milliliters) peanut butter (smooth or chunky—your choice; all-natural is best) | 1 tablespoons softened margarine (Butter is better.) |
| | 3 tablespoons (45 milliliters) <i>very hot</i> water |

Continues...

CAKE:

Preheat oven to 350°F (180°C). In a medium-size bowl, mix together the flour, baking soda, baking powder, cocoa, and sugar. Add vanilla, vinegar, and melted butter. Mix with fork and add warm water. Mix until smooth. Bake for 25 minutes.

Remove from oven, allow to cool on a rack, and spread with Peanut Butter Icing (absolutely essential; see below).

ICING: Combine ingredients and mix until smooth.

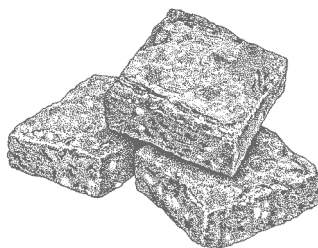
my mother's brownies

CONTRIBUTED BY SABRA BISSETTE LEDENT

2 squares unsweetened
chocolate
½ cups butter
1 cup sugar
½ cups flour

2 eggs
1 teaspoon vanilla
Pecans (optional)
Chocolate chips (optional)

Melt chocolate and butter and add other ingredients. Add pecans or chocolate chips, if you like. Pour into a greased 8-inch baking pan and bake at 350°F for 15–20 minutes. Check often after 15 minutes; it's very important *not* to overcook these. They are very fudgy.



negrinhos

CONTRIBUTED BY KAREN BOJDA

Yield: about twenty 1½-inch negrinhos

Note: Negrinhos (neh-green-yooz), meaning “blackies,” are fudgelike Brazilian candies that I became addicted to when I lived in Rio Grande do Sul. Elsewhere in Brazil they’re known as brigadeiros (breeg-ah-day-rooz, meaning “brigadiers”). Luckily for me, they’re extremely simple to make from ingredients that are readily available in North America. Speaking of terminology, in my family chocolate sprinkles, commonly known as jimmies, are called foogies (with a long *oo* as in *cool*).

14-ounce can of sweetened condensed milk

1 tablespoon of butter

2–3 tablespoons of cocoa powder

Chocolate sprinkles (foogies)

Put the milk, butter, and cocoa in a saucepan. Cook over medium-low heat, stirring constantly, until the mixture thickens and leaves the bottom of the pan clean for a second or two if you scrape it to one side of the pan (about 15–20 minutes). Cool the mixture until it can be handled. Grease your hands with butter, and roll the mixture into balls. (Walnut-size negrinhos are most common, but I’ve also seen ones as big as golf balls.) Roll them in sprinkles, and put them in paper candy cups.

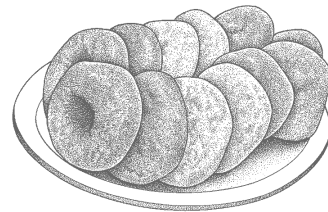
peanut butter oatmeal cookies

CONTRIBUTED BY DONNA MELTON

Note: I don't remember where this recipe came from, but these cookies are really good, especially if you bake them until they're barely golden on the bottom.

1 cup sugar	2 teaspoons vanilla
1 cup brown sugar	2 cups flour
1 cup shortening	1 cup oatmeal
2 eggs	1 teaspoon salt
1 cup peanut butter	

Cream together sugars, shortening, eggs, peanut butter, and vanilla. Stir in dry ingredients. Roll into balls, place on cookie sheet, and smooch with a floured fork or meat pounder (tenderizer). The meat pounder makes an interesting design. Bake at 350°F for 8–12 minutes. Don't overbake.



plum cake

CONTRIBUTED BY JODY BAILEY

Note: This recipe came to me from my mom, Bert Bailey, who died in August 2004, so it's quite sentimental for me. I don't think she invented the recipe, so its source is unknown; most likely, she got it from a friend. Every time I take it to a potluck gathering, people rave about it. It's the one of the few from-scratch cakes I make, but it's super easy. We've always called it Plum Cake, but it's really more of a spice cake.

CAKE:

2 cups sugar	3 eggs
2 cups self-rising flour	1 junior-size (i.e., larger) jar
1 teaspoon cinnamon	plum or plum with apples
1 teaspoon powdered cloves	baby food
1 cup nonflavored vegetable oil (e.g., corn or canola)	1 cup pecans, chopped

GLAZE:

1 cup confectioner's sugar	2 tablespoons fresh lemon juice
----------------------------	---------------------------------

CAKE:

Preheat oven to 350°F. Grease and flour a tube or decorative Bundt pan. Put all ingredients in a mixing bowl and beat 3 minutes on medium speed. Pour cake batter into prepared pan. Bake for 1–1½ hours; cake is done when toothpick inserted in center comes out clean. Cool 10 minutes; remove cake from pan and place on a serving plate. Allow cake to cool thoroughly before glazing.

GLAZE:

In a small bowl, use a spoon or whisk to mix confectioner's sugar with lemon juice; use a spoon to drizzle the glaze over the cake.

pumpkin chiffon praline pie

CONTRIBUTED BY JOANNE SANDSTROM

Note: This recipe is older than my older son, meaning pre-1962.

9-inch piecrust, unbaked	totaling 1½ teaspoons, with
⅓ cup butter	more cinnamon than the
⅓ cup brown sugar (packed, as	other spices)
brown sugar should always be)	½ teaspoon salt
⅓ cup chopped pecans (or	4 egg yolks, beaten
walnuts)	1 pound (or 15 ounces, given
¾ cup granulated sugar	downsizing) canned pumpkin
1 envelope (1 ounce? 1 table-	(plain pumpkin, not “pie
spoon?) unflavored gelatin	ready”), or about 2 cups fresh
(Knox)	puréed pumpkin
1½ teaspoons pumpkin pie spice	¾ cup milk
(or a mixture of cinnamon,	4 egg whites
cloves, nutmeg, and allspice	¼ cup granulated sugar

Bake crust in hot (375°F) oven for about 10 minutes or until browned. While crust bakes, cream butter and brown sugar. Add nuts. Gently spread on bottom of partly baked piecrust. Bake crust for another 5 minutes or until crust is done (butter–brown sugar–nuts mixture will be bubbling). Set crust aside to cool.

Combine ¾ cup granulated sugar, gelatin, pumpkin pie spice, and salt in top of double boiler. Stir in beaten egg yolks, pumpkin, and milk. Cook over very hot (not boiling) water, stirring constantly, for about 15 minutes (or until gelatin is dissolved). Remove from heat and cool to lukewarm.

Beat egg whites until foamy. Slowly add granulated sugar and keep beating until mixture is at soft meringue stage. Put in fridge for a few minutes (or beat whites in bowl set in pan of ice). Beat pumpkin-gelatin mixture until fluffy. Gently fold into meringue.

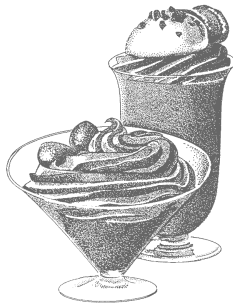
Pour mixture into piecrust. Chill (the crust and the baker). Serve (with whipped cream if you're fond of gilding the lily).

rum-chocolate mousse

CONTRIBUTED BY CAROL LETH STONE

- | | |
|--|------------------------|
| 1 small package Jell-O chocolate
no-sugar pudding mix | ¼ teaspoon rum extract |
| 1 teaspoon Hershey's cocoa | 2 cups skim milk |

Put all ingredients in a saucepan. Heat them just to boiling. Remove mixture; once it has cooled, place it in a bowl. Refrigerate the mousse until it is solid. This can be made in a microwave oven instead of on the range. The time will depend on your individual oven. See your microwave oven's directions for puddings.



scotcheroos

CONTRIBUTED BY JANE LYLE

Note: These were my former husband's favorite treat—and a must on a cold winter Sunday when we had friends over to watch football. I made them so many times over the years that I can still make them from memory.

1 cup of sugar	6 cups of Rice Krispies cereal
1 cup of light corn syrup	6 ounces of chocolate chips
1 cup of peanut butter	6 ounces of butterscotch chips

Put the sugar and syrup in a large pan and cook over medium heat until it boils, stirring until the sugar is dissolved. Remove pan from heat and stir in the peanut butter until it melts. Add the Rice Krispies and stir until coated. Spoon mixture into a 13" × 9" pan and press it down (I use wax paper). Combine chocolate chips and butterscotch chips in the top of a double boiler (a heavy regular pan over low heat works fine, too, if you're careful) and stir until melted. Spread over the warm, gooey cereal mix and then put the pan in the refrigerator to cool. Cut into large squares and eat until you're sick. Try not to think about the calories.

shortbread

CONTRIBUTED BY DONNA MELTON

Note: When we stayed in Muir of Ord, Scotland, we told our neighbor, Maureen Ritchie, that we liked the shortbread from the local grocer. “Och! Rubbish!” she said, and made these for us. I’ve written the directions exactly as she gave them to me, with translations where it might be helpful. These are really good—don’t let the cornstarch scare you.

9 ounces plain flour	4½ ounces castor sugar (white
4½ ounces corn flour (cornstarch)	sugar)
9 ounces margarine (I use butter.)	Pinch of salt

Beat sugar and margarine or butter. Then add dry ingredients. This mix will be quite soft.

Press into tins 7 inches square (enough to make two 7-inch tins). Fork all over with fork prongs to make small holes. Take the back of a spoon and make a pattern around the edges. Bake at 340°F until golden. When cooked, make into fingers while hot and sprinkle with castor sugar.

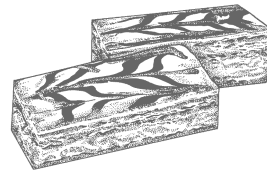
sour cream cake

CONTRIBUTED BY EDNA OXMAN

¼ pound butter
1 cup sugar
2 eggs
1 cup sour cream
1 teaspoon baking soda
1½ cups flour
1½ teaspoons baking powder

1 teaspoon vanilla
¼ cup thoroughly mixed white
sugar, cocoa powder, and
ground cinnamon (You can
use more or less of each in-
gredient according to taste.)

Cream the butter and sugar. Mix the dry ingredients. Add sour cream, eggs, sugar mixture, then vanilla. Pour into two greased cake pans. Top with sugar-cocoa-cinnamon mixture and swirl through the batter. Bake at 350°F for 25–30 minutes.



spiced walnuts

CONTRIBUTED BY EDNA OXMAN

1 cup sugar

$\frac{1}{4}$ teaspoon salt

2 teaspoons cinnamon

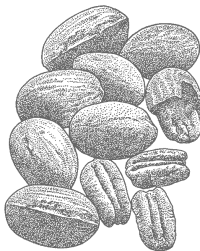
$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{2}$ teaspoon cloves

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

2 cups Diamond brand walnuts,
halves or large pieces

Boil sugar, salt, cinnamon, nutmeg, cloves, and water to 236°F on candy thermometer (soft ball stage). Remove from heat and add walnuts. Stir until creamy. Turn out on waxed paper; separate walnuts, using two forks.



stephanie's m&m oatmeal cookies

CONTRIBUTED BY STEPHANIE KOUTEK

1 cup shortening	1 teaspoon baking powder
1 cup brown sugar	½ teaspoon baking soda
1 cup granulated sugar	½ teaspoon salt
2 eggs	2 cups quick-cooking rolled oats
1 teaspoon vanilla	1 cup M&M's
1½ cups sifted all-purpose flour	

Thoroughly cream shortening and sugars. Add eggs and vanilla; beat well. Combine dry ingredients and add slowly to creamed mixture. Add oats and then M&M's. Drop from teaspoon onto cookie sheet. (Do not pack them; put the batter loosely on the cookie sheet in clumps.) Bake at 375°F about 10–12 minutes. (Some ovens take as long as 14–16 minutes.) Remove from oven before they look completely done—cookies should be very light brown when removed. Wait 3–5 minutes; gently remove from cookie sheet with spatula.

two best passover cakes

CONTRIBUTED BY ESTHER HECHT

Note: The egg whites are the leavening agent in these cakes. I think you can substitute regular flour for the matzo meal if you are making these not for Passover, but I've never tried it. The Passover Date Torte recipe is adapted from one that appeared in the *Boston Globe*; the Paradise Torte recipe is adapted from one that appeared in *The Jerusalem Post*. The Paradise Torte is great without the optional Honey Cloud Frosting; I've always served it without.

passover date torte

Yield: 14 servings

8 extra-large eggs, separated	¼ teaspoon ground cloves
1⅞ cups sugar	¼ teaspoon ground allspice
Juice and grated rind of 1 lemon and 1 orange	25 pitted dates, diced
1½ cups matzo meal	½ cup chopped nuts (walnuts or pecans)
2 tablespoons unsweetened cocoa	1 apple, grated (no need to peel it)

Beat eggs with sugar. Stir in lemon juice and orange juice and grated rinds. Sift dry ingredients into the batter. Mix well. Stir in dates, nuts, and apple. In a clean bowl with clean beaters, beat the egg whites until stiff. Fold the whites into the batter. Bake in an *ungreased* 9-inch springform pan, lined with waxed paper or parchment paper, at 350°F for about 1¼ hours. If the pan is Teflon, you don't need the paper. Test with a straw.

paradise cake

1 ³ / ₄ ounces (32.5 grams) bitter-sweet chocolate (I usually double the amount of chocolate.)	8 eggs, separated
³ / ₄ cup blanched almonds	1 cup sugar
1 cup matzo meal	¹ / ₄ cup honey
2 teaspoons cinnamon	¹ / ₂ cup orange juice
	¹ / ₂ cup sweet red wine
	1 tablespoon grated lemon rind

Chop chocolate and almonds in a food processor (or just use a knife). Mix matzo meal and cinnamon. Beat egg yolks with sugar until thick and lemon colored. Gradually beat in the honey, orange juice, wine, and lemon rind. With mixer at very low speed, slowly add the matzo meal and cinnamon. Stir in the chocolate and almonds. In a clean bowl with clean beaters, beat the egg whites until stiff. Fold the whites into the batter. Turn into two ungreased 9-inch cake pans lined with waxed paper or parchment paper, or into one (unlined and ungreased) angel food pan. Bake at 350°F 35–40 minutes for 9-inch cake pans or about 1 hour for angel food pan (or until cake springs back when touched lightly). Loosen sides of cake in cake pan with spatula; remove from pan and place onto cake rack to cool. If you use an angel food pan, set the whole pan on a cake rack to cool, and loosen sides of cake with spatula before serving.

Continues...

optional honey cloud frosting

¼ teaspoon salt

2 egg whites

¾ cup sugar

¼ cup honey

1 teaspoon lemon rind

Add salt to egg whites and beat until frothy. Add sugar gradually, beating until smooth and glossy. Add honey slowly and continue beating until frosting makes stiff peaks. Fold in lemon rind. Makes enough frosting for top and sides of two 9-inch layers.

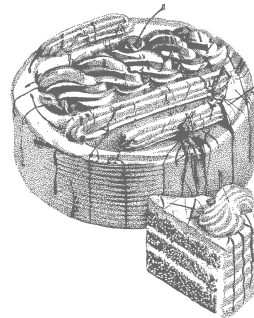
unbelievables (aka peanut butter 1 + 1 + 1 cookies)

CONTRIBUTED BY JOANNE SANDSTROM

1 cup peanut butter (I prefer
chunky.)

1 cup sugar
1 egg

Combine all ingredients. Beat well. Drop by spoonfuls onto an ungreased baking sheet. With a fork, crosshatch each cookie to flatten. Bake at 325°F for 12–13 minutes.



p l e a s e

d o n' t e a t

t h e s e

drain volcano

CONTRIBUTED BY ANNA HALBERT

Note: I use the volcano periodically to clear any unseen goo out of the kitchen drains. At best it probably scours the inside of the pipe lightly with a mild abrasive, but it's *fun*.

1 cup (or more) of baking soda

White vinegar as needed

To do the volcano, pour a cup or so of baking soda into the drain (both drains if you have two). If it sticks to the edges of the drain, mush it through the holes with your fingers or poke it through with a chopstick or similar item. Once the drain is nicely full of baking soda, pour white vinegar into it (if you have two drains, pour vinegar in one, then immediately into the other, to get the combined effect). Then stand back and enjoy the show. Once the fizzing dies down, add a bit more vinegar, and keep doing that until you have used up the baking soda. Then run hot water through the drains for good measure.

I will probably eventually break down and put food coloring in the vinegar, but I haven't yet.

human vinaigrette

CONTRIBUTED BY AMY J. SCHNEIDER

Note: Here's the handiest household tip I've ever gotten, from my dear husband, Boyd, who actually got it from an old girlfriend (the only good thing he got out of that relationship, but I digress).

1 bathtub cool water	1 sunburned human
3 glugs and a gurgle white vinegar (about 2 cups) or "to taste"	

Add the vinegar to the tub of cool water. Slowly immerse human and soak as long as desired. Guaranteed to take out the sting of a bad burn. You will smell weird but feel much better!

peanut butter suet cakes

CONTRIBUTED BY LEILANI WEATHERINGTON

Note: These are for your feathered friends.

1½ cups peanut butter (can be
smooth or crunchy)

2½ cups quick-cook oats

2½ cups cornmeal

1½ cups lard or other clean meat
fat*

1½ cups white flour

1 cup minced raisins (optional)

Melt the fat and the peanut butter; stir in remaining ingredients. Pour the mixture into a square pan so it is about 1½ inches thick. Allow to cool, cut into squares, and store in the freezer. Save wormy raisins or insect-infested flour, oatmeal, and cornmeal to use in this. If peanut butter is too pricey for your budget, add an extra 1½ cups of lard or meat fat.

*Any clean fat from cooked meat can be used. To clean meat fat, pour into a pan with water, boil for a few minutes, and then refrigerate. The fat will rise to the top and protein and other solids will stay in the water. Peel off the fat from the water after it cools and save until enough is accumulated.

the perfect birthday greeting

CONTRIBUTED BY DAVID IBBETSON

Note: David, a beloved Copyediting-L subscriber who died in 2005, always sent this delightful greeting to listmates on their birthdays. Many listmates consider it the perfect birthday greeting. (Shorthand for *Copyediting-L* is *CE-L*. Besides the *CE-Lery*, another nickname for list subscribers is *CELmates*, which sometimes mutates to *Cellmates*.)

Health, wealth, and happiness are standard.

For eternal youth you must kiss the right frog (*rana*) or kill the right dragon.

[Under Canadian law we must offer the same choices to our male and female Cellmates.]

[Under US law, our US Cellmates may pick their own selection from the items we offer; and Californians may opt to kill a frog that does not have red legs, or to kiss a dragon, but not if they are care-givers to these animals.]

[Our Australian Cellmates are restricted to kissing bearded dragons.]

[British Cellmates may not hunt dragons, but may shoot tree frogs (*hyla*) from hides.]

[Cellmates must take care to distinguish between dragons emerging from caves and trains emerging from tunnels. Cellmates in the EC and candidate countries are particularly warned that dragons are now endemic in all European tunnels. This includes Russia in Europe and all of Cyprus. We have no information on Turkey in Asia.]

[Cellmates in certain jurisdictions must obtain government permits before breathing, kissing, or killing.]

[Revised on 4 January 2003 in accordance with the latest research.]

sidewalk chalk

CONTRIBUTED BY BARBARA MERCHANT

1 cup plaster of Paris
½ cup (approximately) water
Tempera paint (either liquid or
powdered)

Molds (The plastic trays that
hold manicotti noodles work
great!)

Combine most of the water with the plaster of Paris, stirring as you do. Add 2–3 tablespoons of tempera paint, mixing until you get the color you want and the color is evenly dispersed. Add a little more water should the mixture be impossible to stir. It needs to be thick, but not unreasonably thick. Pour into molds and allow several hours to a day to dry. When the chalk is completely dry, dump it out and head for the nearest sidewalk.

simmering spice potpourri

CONTRIBUTED BY ANDREA ZUERCHER

Note: Quantities in this recipe are entirely up to you, and you may think of some other ingredients I didn't. I love the way it makes the house smell, all winter long! If you have a wood stove, as I do, you can place some of this in water on top of the stove and let the heat carry the spicy smell all over the house.

Cinnamon sticks or cinnamon
bark chips

Whole allspice berries

Star anise

Rosemary leaves

Lavender leaves/buds

Whole cloves

Bay leaves

Cardamom pods

Juniper berries

Dried orange and/or lemon peel

Dried lemongrass

Mix all ingredients together and store in an airtight container until ready to use. Use 2–3 tablespoons in a potpourri simmering pot or in a kettle on the stovetop, over very low heat, with a 1 or 2 cups of water; replenish water when it runs low.

The information on this page first appeared in *Food for Thought*, the first Copyediting-L cookbook, which was edited by Geoff Hart. It is included here with his permission. To download *Food for Thought*, go to www.Copyediting-L.info and look for the “Food for Thought” heading.

metric conversion factors

WEIGHTS:

1 pound = 454 grams

VOLUMES:

1 cup = 250 milliliters

1 teaspoon = 5 milliliters

1 tablespoon = 15 milliliters

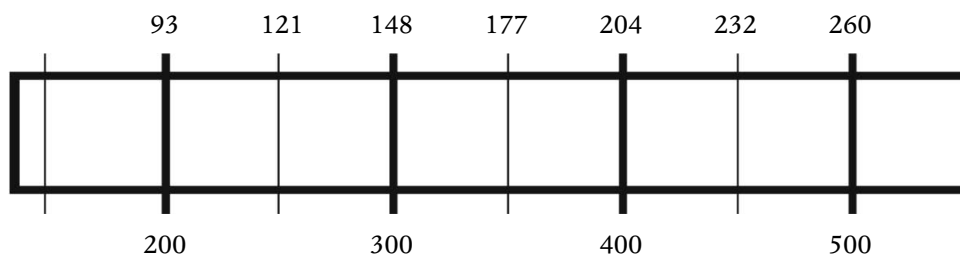
1 gallon (4 quarts) = 4 liters (approximately)

SIZES:

1 inch = 2.54 centimeters = 25.4 millimeters

TEMPERATURES:

Celsius/metric



Fahrenheit

international conversion chart

These are not exact equivalents; they have been slightly rounded to make measuring easier.

LIQUID MEASUREMENTS

<i>American</i>	<i>Imperial</i>	<i>Metric</i>	<i>Australian</i>
2 tablespoons (1 oz.)	1 fl. oz.	30 ml	1 tablespoon
$\frac{1}{4}$ cup (2 oz.)	2 fl. oz.	60 ml	2 tablespoons
$\frac{1}{3}$ cup (3 oz.)	3 fl. oz.	80 ml	$\frac{1}{4}$ cup
$\frac{1}{2}$ cup (4 oz.)	4 fl. oz.	125 ml	$\frac{1}{3}$ cup
$\frac{2}{3}$ cup (5 oz.)	5 fl. oz.	165 ml	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup (6 oz.)	6 fl. oz.	185 ml	$\frac{2}{3}$ cup
1 cup (8 oz.)	8 fl. oz.	250 ml	$\frac{3}{4}$ cup

SPOON MEASUREMENTS

<i>American</i>	<i>Metric</i>
$\frac{1}{4}$ teaspoon	1 ml
$\frac{1}{2}$ teaspoon	2 ml
1 teaspoon	5 ml
1 tablespoon	15 ml

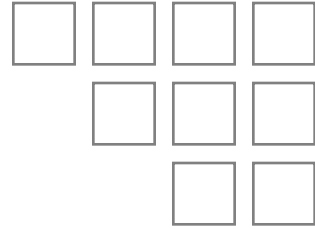
WEIGHTS

<i>US/UK</i>	<i>Metric</i>
1 oz.	30 grams (g)
2 oz.	60 g
4 oz. ($\frac{1}{4}$ lb.)	125 g
5 oz. ($\frac{1}{3}$ lb.)	155 g
6 oz.	185 g
7 oz.	220 g
8 oz. ($\frac{1}{2}$ lb.)	250 g
10 oz.	315 g
12 oz. ($\frac{3}{4}$ lb.)	375 g
14 oz.	440 g
16 oz. (1 lb.)	500 g
2 lb.	1 kg

OVEN TEMPERATURES

<i>Fahrenheit</i>	<i>Centigrade</i>	<i>Gas</i>
250	120	$\frac{1}{2}$
300	150	2
325	160	3
350	180	4
375	190	5
400	200	6
450	230	8

*Adapted from a chart by
Prima Publishing*



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