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Introductions

Some years ago, my roommate and I were graduate students living together and reasonably disgusted with our culinary abilities and our general food situation. We decided to teach ourselves how to cook. We watched Julia Child and took notes (we couldn't afford her books, yet). We talked to our friends and parents and got advice and accumulated tools and learned techniques.

Gradually we discovered that this was really pretty simple and while you could spend a lot of money on fancy food ingredients, you could do pretty well with the basics and improve how you ate regularly. Finally, we decided that dinner parties were far cheaper ways of entertaining than taking dates out to restaurants, and we could serve what we like much more economically. It was through these dinner parties that we both met our wives, and we both have been happily married for over 35 years. And further, all four of us still cook!

So, Vicki and I decided to share what we learned cooking together, not only during graduate school, but what we have learned since. The fundamental message is:

It's fun to cook and lots cheaper than the alternatives.

We'd like to thank Mildred Thompson for dozens of her recipes, Lucia Payne for her Hot Fudge, Adam Gehr for his chili and Eric Marshall for vegetarian ideas.

Dedication

We dedicate our cookbook to grown-up children, but once students: Vaughn and Nicole.

Kinds of Recipes

Because we believe that cooking is even more fun when you share it with friends, we have included both simple weekday recipes and some elaborate "company meals" for entertaining. You can decide which they are. If they look easy, they probably are. Except for a couple of stews and roasts, none of these take more than an hour and many considerably less.

Some of the recipes are our own or our family's and some are adaptations of ones we found elsewhere. We give credit when we discovered them elsewhere. We've included a list of books we've found useful at the end of this book.

Jim Cooper
Vicki Cooper
Wilton, CT
March, 1996

Revised December, 2003

How Cooking Works

Cooking has two basic purposes: improving flavor and making the ingredients more edible and safe to eat.

Meats

Cooking meats makes them tenderer by converting the tough collagen in the connective tissue into soluble gelatin. It also causes the meat fibers to expand and untangle and coagulate, forming new bonds, which makes cooked meat more firm. As coagulation occurs, the fibers squeeze out the water that used to be trapped between them, causing juices to be released. Eventually, this juice is lost, so that well-done meat is far less juicy than medium rare meat.

Because meats need to be kept from drying out, some mixture of tiny fat pockets or marbling makes the meat more desirable and tasty. The higher graded meats generally have this marbling and are correspondingly more expensive. The recent trend towards lighter eating and less fat (rather than less quantity) has led farmers to breed lower fat animals. These actually make meat harder to cook because it dries out so easily.

Vegetables

Cooking vegetables has a similar purpose, only here we are dealing with the softening of cellulose fibers and the conversion of insoluble pectins into soluble pectins. The problem again is that overcooking can lead to degrading of flavor as well.

Fear of Feeding

As we have grown more health conscious, some extremes have bubbled up through our culture. Some people are actually afraid of food! This seems to us as silly as not owning an automobile because some careless people use them foolishly. Food is to be enjoyed in sensible quantities and in a balanced way. You can have too much of any good thing, and if you concentrate on our

richest recipes without moderation you will probably put on some weight. However, if you eat what you need and enjoy what you eat, you will be much happier. There are times for sensible eating and occasional times to splurge.

Notes on Low Calorie Eating

If you eat only the richest recipes in this cookbook, there is no doubt you will gain weight, unless you exercise a great deal. We have come to a balance on this and eat mostly low calorie meals during the week, but may splurge on weekends, and when entertaining.

In doing this, we have adopted a few rules from the Weight Watchers regimen that have helped us from becoming blimps.

1. Avoid butter and most fried foods. We generally use Brummel and Brown, a butter substitute based on yogurt, and a few teaspoons of olive oil in cooking.
2. Try oven baking or roasting over frying for chicken and fish.
3. Add more fiber to your diet, by using 3 g of fiber bread and cereals such as low calorie granola.
4. Have fruits and yogurt for lunch instead of sandwiches.
5. Use little or no mayonnaise, and use the low calorie variety.
6. For sandwiches, try turkey. Adding lettuce and tomatoes to a sandwich increases the bulk without increasing the calories.
7. Exercise as much as you can fit in. It makes you feel so much better.
8. Drink lots of water.

Cooking Techniques and Tools

Measurements

In U.S. kitchens, the British measurement system dominates: teaspoons, tablespoons, cups and pints. With the advent of metric education, people are less sure than they once were how these measures interrelate. So, here they are:

1 tsp	1 teaspoon	
1 Tb	1 tablespoon	There are 3 teaspoons in a tablespoon
1 Tb	1/2 oz	1/2 oz is the same as 1/2 ounce
1 c	1 cup	1 cup is 8 ounces (oz)
	<i>ergo</i>	There are 4 tablespoons in 1/4 cup. There are 16 tablespoons in a cup.
1 pint	16 oz	There are 2 cups in one pint
1 quart	32 oz	There are 2 pints (4 cups) in a quart
1 gallon	128 oz	There are 4 quarts in a gallon. Imagine how often you'll be cooking a gallon of anything!

Note that the ounces referred to here are "fluid ounces" and refer to the weight of water of that volume. Obviously denser materials like flour or sugar weigh more. However, they are usually measured by volume rather than weight, so a cup of water and a cup of flour have the same volume, but different weights.

Measurements as small as 1/4 or even 1/8 of a teaspoon are often found in recipes, although anything less than 1/4 teaspoon is really a *dash*, a *pinch* or a skoashe (*Midw. dial.*).

Cooking Techniques

In this and other cooking books, you will find a number of commonly used terms that you may not find clear. Here are a few of the more common ones.

Breading

This usually means to coat meat or vegetables with a layer of breadcrumbs or flour before frying. It gives a nice crispy crust.

Broiling

Broiling means placing meat or vegetables directly under intense dry heat, usually the oven element or gas flame. The temperature can be very high, up to 2000 degrees at the burner surface, and broiling thus is suitable for cooking relatively thin meats, since it is primarily surface cooking.

Braising

To braise means to cook covered with a small amount of liquid. The steam from that liquid becomes the actual cooking medium.

Stewing

Stewing is like braising, except that more liquid is used, which is intended to infuse the meat and exchange flavors with any accompanying vegetables.

Sautéing

Sautéing meat or vegetables means frying in an open pan with a moderate amount of fat. The temperature is fairly moderate compared to broiling, since you must take care not to burn the fat. Before sautéing meat, you should dry it off on paper towels so that browning can occur. Otherwise you are performing a limited edition of braising.

Deep Frying

Deep frying means they you immerse the item in hot fat, usually at 375-425 degrees F. You can usually cool and reuse deep frying oil from 2-4 times depending on how hot you heat it and for how long. This also depends on whether particles contaminate the oil. You should strain the oil through a metal strainer while pouring it back into the bottle. As deep frying oil is used, it discolors and gradually develops an off-taste or "skunky" taste. You should discard it rather than risking spoiling the taste of your food or ruining your digestion.

Stir Frying

Stir frying is carried out at high temperatures with a minimum amount of fat, and is most common in Chinese cookery. The meat and vegetables are cooked briefly but the vegetables retain their crispness.

Simmering

Simmering means cook, usually covered, at a low boil.

Searing

The concept of searing has a long and controversial history. The general theory was that cooking the outside of meat briefly at high temperature "sealed in the juices" and made the final product more juicy and nutritious. This idea was thoroughly discredited by actual measurements of fluid loss as early as 1930, but seems to continue to recur. *However*, many prefer to sear meat because the browning improves the flavor. This point is not in contention, although you must be careful not to cause too much liquid loss in the process.

Roasting

Roasting is the cooking of meat by dry heat in an oven.

Poaching

Poaching means cooking something in boiling liquid, usually water or stock.

Dredging

This peculiar term is used to mean shaking or rolling your food (usually meat) in flour and spices.

Brining

Brining means soaking meat in salted water. It generally improves the moistness of the meat, and is particularly useful for pork and chicken. You rinse the meat off afterwards, so moist of the saltiness does not remain with the meat.

Brining works by causing the meat proteins to untangle and entrap some moisture. Then they form a barrier that retains some of that moisture during cooking

Brining works best using kosher salt rather than table salt, because kosher salt is not iodized and does not impart any off-flavor to the meat. Further, kosher salt comes in larger crystals and contains more air, so it is less “salty” per cup.

Boiling Salted Water

Water with salt added boils at a higher temperature as well as imparting some flavor to the vegetable or meat you are cooking. You should add about 1 tsp of salt for every quart of boiling water.

Boiling water is just water whose vapor pressure equals that of the atmosphere, so at high altitudes water boils at a lower temperature and cooking takes longer. Further, since storms also occur in low pressure areas, it takes longer to cook food during a storm as well.

Water that is boiling slowly and water that is boiling vigorously have the same temperature and thus cook foods equally well. Vigorously boiling water may bump and damage foods and is to be avoided except where this agitation is especially desirable, such as when cooking pasta.

Cooking in a Microwave Oven

The microwave oven is a terrific tool for a certain limited set of tasks. It is terrific at thawing frozen foods and warming leftovers. It also can be used extremely well for cooking vegetables.

The microwave works by causing the water in the food to vibrate at high frequency, generating heat. Thus, dry foods need additional liquid to cook in a microwave. Further, microwave energy passes through glass and plastic dishes, but is stopped by metal. So don't try to cook in a metal container: it might actually damage the microwave transmitter.

You can cook some meats like fish and chicken breasts in a microwave, but since you can't brown food in a microwave,

other red meats don't do very well. Further, you can't bake anything very well in a microwave: better to use the oven.

You will find that for *warming* things, however, the microwave is unsurpassed. You can warm up milk without scorching it, and melt butter without burning it. You can also melt chocolate in it.

Techniques for Dealing with Common Foods

Butter and Margarine

Irrespective of the controversy surrounding the relative healthiness of these two, you should know that one US stick of butter is 1/4 pound and is also 1/2 cup. There are 8 tablespoons of butter in a stick and this is often marked on the wrappers.

Butter differs from margarine in that it is an emulsion of fat and water and thus is somewhat better for greasing pans and dishes before baking because the film of oil-water that forms lubricates a little better than oil alone. Butter also comes in both salted and unsalted varieties. This is primarily a matter of taste. Most butter in Europe is unsalted while most in the US is salted. Unsalted butter is preferred in baking of pastries and the like because it contains much less water than salted butter.

Because margarine is made by hydrogenating vegetable oils, it contains more saturated fat than butter and is considerably worse for you.

Pepper

Pepper has a much more vigorous flavor when it is freshly ground from a pepper mill. Black peppercorns are the most common form. You will also find white and green peppercorns in the stores. The white peppercorns have a milder flavor and can be used in white sauces to avoid discoloring them. Black pepper is made by picking the fruit green and allowing the fruit to dry and ferment in the sun. White pepper is made by allowing the fruits to ripen which turns it red, and then rubbing off the outer coating. It is naturally more expensive.

Green peppercorns are produced by picking the fruit green and pickling it instead of fermenting it. It has become trendy and is quite expensive.

Pepper can become quite bitter if cooked at high heats. So we recommend adding pepper at the end of cooking meats when you broil or roast them. If you are grilling or sautéing, you might compromise by peppering the *cooked* side after you turn the meat over on the grill.

Olive Oil

Olive oil comes in regular, virgin and extra virgin grades. The last has the most taste and the highest price. Ordinary olive oil from a reputable company will be fine for all the recipes in this book. Beware of cheap olive oil, which may contain many heavy oils that are hard to digest.

Cooking Oil

Vegetable oil from any major manufacturer is fine for all cooking. you should try to avoid the more saturated tropical oils, but recognize that even the priciest unsaturated oil quickly saturates and polymerizes at high temperatures. The *smoke point* of an oil is the temperature where the oil starts to smoke. As you use an oil, its smoke point lowers, so buying an oil with a higher smoke point means you can reuse it for deep frying more times. Hillman gives the following table of smoke points of common oils

Safflower	510
Soybean	495
Corn	475
Peanut	440
Sesame	420
Olive	375

Pam

Pam is a commercial name of an aerosol spray of an unsaturated oil like canola oil, a solvent like ethyl alcohol and a nonstick agent such as lecithin. It can be used to grease pans and in conjunction with a Teflon coated pan, you can actually fry things in a Pam-coated pan. You can also use it to grease baking pans lightly.

Chopping an Onion

Peel the onion by pulling off the brown, tough outer skins. The onion has a root end, where you may see a few vestigial rootlets growing and a stem end, which usually comes to a point and stops. Cut off the stem point, but leave the root end in place. Holding the onion by the root end, make several parallel cuts almost through to the root as if to slice the onion. Rotate the onion 90 degrees and make several more parallel cuts almost all the way through.



Then, cut slices of the onion perpendicular to both of the previous cutting planes, and diced onion will fall onto the cutting board. Discard the root end.

Peeling and Chopping Garlic

A great way to peel garlic in a hurry is with a garlic peeler. This is just a rubber cylinder that is slightly rough on the inside. You roll the clove inside the tube and presto! The skin is removed.

The best way to chop up garlic is using a garlic press. This shreds the garlic without having the cell walls break in such a way as to lose much of the flavor.

Garlic can leave a fairly strong smell on your hands. You can remove this smell by rubbing your hands with salt and then washing the salt off with soap and water.

Cracking Eggs

Strike the side of the egg smartly on the lip of a pan or cup. The intent is to break the shell less than halfway through. Turn the

cracked side up and pull the egg apart with your fingers. Always break eggs into a cup before adding to the main recipe, in case the egg is defective (spoiled). This also prevents adding extra calcium to your recipe if the shell shatters.

If you have a lot of eggs to experiment with, you can show off by breaking one in each hand simultaneously and pull them apart while holding one end in your little fingers and pulling them with your thumbs and forefingers.

Separating Eggs

Crack the egg as above, but instead of pouring the entire egg into the cup, let only the white pour out, holding the open end of the shell containing the yolk upright. Then pour the yolk from one shell half to the other, letting the remaining white pour into the cup. Repeat if needed. If you are making a meringue or other recipe requiring beaten egg whites, you should be careful not to let *any* of the yolk mix with the whites. Any trace of fat or oil will keep the whites from mounting up.

Hard Boiling Eggs

Place 1 to 3 eggs in a pan of salted water and bring to a rolling but not vigorous boil. If it is too bumpy, the eggs may crack. Do not drop cold eggs into boiling water: they will certainly crack. Boil for 10 minutes. Pour out the water and run cold water into the pan. These will cause the eggs to contract so they can be peeled more easily. Crack and peel under running water.

Mushrooms

Mushrooms come with traces of earth on them. You can brush it off with a dry brush, or wash them quickly, but not until just before you cook them! If you leave wet mushrooms standing, they will deteriorate quickly.

Generally we sauté them in butter or olive oil before using them. You must do this at rather high heat, since mushrooms contain a lot of water that must be evaporated. If a lot of liquid accumulates in your pan, you are just poaching them, and the taste and texture will be far less pleasing. Turn up the heat of the water is not evaporating.

Chicken and Beef Stock

You can make excellent chicken stocks by cooking left over chicken and bones with aromatic vegetables, but you can do nearly as well with canned chicken stock. Beef stock is also called beef *bouillon* and is made in a similar manner except that the bones are browned to make a browner color and richer taste in the stock.

Often times, you have one kind of stock and wish you had the other. This is the time to visit the stock exchange. Or, as my economist roommate note, go down to the gold market and get some bullion.

Sugar, Brown Sugar and Molasses

More rubbish has been written about "refined sugar" than almost any other superstition. Sugar (sucrose) is obtained from sugar cane or sugar beets. Since sugar is a pure crystalline compound, there is no difference in whether sugar is obtained from cane or beets: the compound is identical.

Sucrose is known as a *disaccharide* since it is made up of two simpler sugar units: glucose and fructose. Glucose is also known as *dextrose* and fructose is also sometimes called *levulose*, because of the directions that their solutions rotate polarized light.

Sugar is crystallized from the juice pressed from cane or sugar beets. The initial unpurified residue is called *raw sugar*. It is purified by filtering the particles from a dissolved sugar solution, and using charcoal to adsorb the impurities on its surface. The charcoal is then filtered out. Sugar is then crystallized from this solution. The resulting white crystals are purified or *refined* sugar. It is pure sucrose and contains no significant impurities.

Commercial molasses is obtained from the residual crystallizing liquid and is a mixture of sucrose and other related sugars such as glucose and fructose. Brown sugar is manufactured by spraying molasses on white sugar. It is an attempt to simulate the raw sugar that is no longer sold. "Real" molasses has a very dark, bitter flavor and is the residue after all sugar has been crystallized several times. It is generally sold for animal feed.

Honey

Honey starts out as a syrup of sucrose. However, bees secrete an enzyme called *invertase* which causes the sucrose to divide into its two component smaller sugar units: glucose and fructose. Honey also contains excess fructose and is thus somewhat sweeter than sugar. However it has the same nutritional value as a sugar solution. Any differences in taste are caused by traces of the nectars from the flowers. Since honey is mostly a mixture of glucose and fructose that rotates polarized light the opposite way from sucrose, it is sometimes called *invert sugar*. It has the chemical formula



Corn Syrup

This is a syrup of sugar prepared from corn, and is primarily glucose.

Chocolate

Chocolate comes in three sweetnesses: unsweetened or baking chocolate, semisweet or German sweet, and sweet chocolate. Baking chocolate seems bitter or relatively tasteless, since it has no sugar content. Semisweet chocolate is used in chocolate chips and in making German chocolate cakes. Sweet chocolate is used primarily in candy making, and is most often lighter colored milk chocolate that has milk added.

Melting chocolate should be done over very low heat, in a microwave or over a double boiler. It is easy to scorch melting chocolate if you aren't careful.

Freezing




Freezing is the only safe way to store meats for more than a couple of days. If you buy fresh meat, you should decide within 24 hours whether to eat it or freeze it. Once you have frozen meat and thawed it, do not refreeze it: this will cause so many cells to break down in the meat that it will become mushy and




tasteless. In general beef and pork freeze with the least deterioration: chicken freezes alright but with more loss in flavor.

Since refrigerators are naturally dehydrating because of their automatic defrosting capabilities, you should wrap anything you want to freeze tightly in foil or plastic. The packages meat comes in from the supermarket are porous and should not be used for long term freezing.

Kitchen Tools

Recommended tools

	Apple slicer/corer a simple tool for slicing an apple and removing the core at the same time.
Baking sheet, round	actually a flat pizza pan
	Bulb baster For basting roast meats and removing grease
Casserole	covered baking dish
Colander	For straining and draining. Plastic ones are fine
Cutting board	The plastic ones can easily be washed
Dish washing soap	Liquid for hand washing and powder for automatic dishwashers
Electric mixer, hand size	Invaluable for whipping and beating eggs, batters and potatoes
	Flour sifter for sifting together flour and other dry ingredients
Fork, meat	large cooking fork

Frying pan, large covered	For cooking main dishes. An electric frying pan is ideal
Frying pan, medium	For sautéing
Frying pan, cast iron	for most cooking and frying
Garlic peeler	For peeling garlic cloves in a hurry.
	
Garlic press	This makes a real difference in keeping the flavor in garlic. Be sure to get a well-made press, since you apply a lot of squeeze pressure to crush garlic cloves. A cheaply made press will just snap after a few uses. Currently we are using an Oxo press which seems stronger than most.
	
Grater	For cheese, potatoes, whatever
	
Griddle	large flat fry pan, electric fry pan or actual griddle. Ideal for pancakes and French toast
Knife, paring	For all kinds of delicate cutting
Knife, large	For carving and chopping
Lettuce keeper	the ubiquitous plastic covered green bowl for keeping lettuce from drying out

Loaf pan	for meat loaf (and bread if you get adventuresome)
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Measuring pitcher	1 or 2 cup
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Measuring cups	cup, half cup, etc.
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Measuring spoons	teaspoons and tablespoon
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Meat tongs	To avoid pricking the meat and letting the juices out.
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Mixing bowls	small, medium and large
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Paper towels	for drying meat and drawing off grease
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Pasta fork	For lifting spaghetti out of the pan or bowl.
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Pastry blender

A simple inexpensive hand tool for cutting and blending shortening into flour



Pepper mill



For "freshly ground pepper, sir?"

Pizza pan, flat

also doubles as a baking sheet

Pot holders

for lifting hot pans

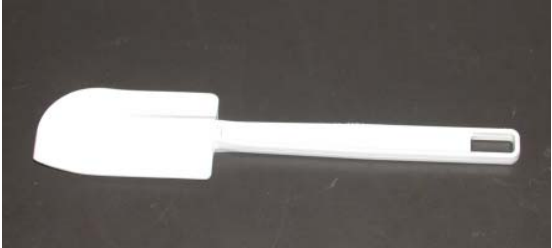




Potato spikes

For baking potatoes



Roasting rack

Either a broiler pan from your over or a rack to fit in your large frying pan

Rubber spatula	For scraping and folding. You can't have too many of these.
	
Saucepan, 2 qt	For making sauces, nest with larger for double boiler
Saucepan, 4 qt	For steaming vegetables
Scouring pad, plastic	For removing stuck on food without scratching
Slotted spoon	For lifting things from water or oil and draining them
	
Spaghetti cooker	A large kettle with an interior strainer. Ideal for all pasta and any time you need a big kettle.
	
Spatula, small	For going around the edges of baking pans.
	
Spatula, large	For turning large things like pancakes and French toast
	
Sponges	For cleaning off your counter and stove
Thermometer, oven	For discovering if your oven matches the dials

Thermometer, meat

for roasting – this one is instant read



Towels

Hand towels both for drying your hands and for covering dough

Vegetable peeler



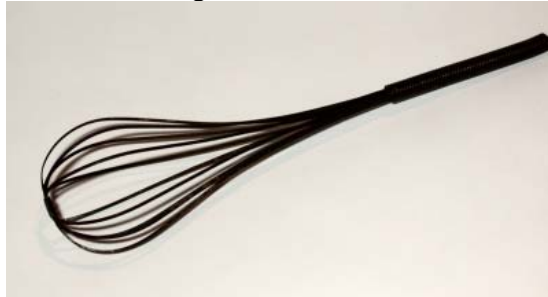
Vegetable steamer

For cooking fresh vegetables in a pan



Wire whisk

The ideal mixing tool



Wooden spoon	For stirring both hot sauces and thick mixtures
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Optional tools

Blender, electric	for making hollandaise and cute drinkies
Electric fry pan	for main dishes
Electric griddle	for pancakes, hamburgers, French toast
Toaster	cheaper way of making toast
Toaster oven	for making toast
Wooden mallet	for pounding veal

Suggested Items for Your Pantry

Baking soda	For baking (this is sodium bicarbonate)
Baking powder	for baking (this is sodium bicarbonate along with the mild acids calcium acid phosphate and sodium aluminum sulfate to promote foaming when water is added.)
Basil	For Pizza and Italian dishes
Bread crumbs	for decoration and breading
Carrots	Flavoring and cooking and salads and snacks
Cayenne pepper	red pepper, to be used sparingly
Celery	Flavoring and salads and casseroles
Cheddar cheese	avoid processed "American"
Cinnamon	for seasoning and baking
Cornstarch	for thickening
Flour	For cooking, thickening and baking. Get 5 lbs
Garlic	Get heads of garlic, not that bottled dreck!
Lemon juice	used in salads and sauces
Mustard prepared	for your sandwiches
Mustard, dry	for seasoning your cooking
Noodles	for eating
Olive oil	for many cooking chores
Onions	get a bag
Oregano	For Pizza and Italian dishes
Pam	minimal spray shortening for non stick cooking
Paper towels	for soaking grease up
Paprika	for flavor as well as decoration, but hot Hungarian paprika
Parmesan cheese	solid or grated
Potatoes, white	for baking
Potatoes, red	for boiling
Red wine	any modest jug red wine will do
Rice	Regular or converted
Rosemary	Powerful spice, used in pizza and Italian cooking
Sage	goes well with pork
Salt	for cooking and seasoning
Sherry	for flavoring cooking, or if you're a wino
Solid shortening	the white stuff, Crisco or the store brand. Mostly for baking
Soy sauce	for Chinese cooking
Sugar	for drinks as well as cooking. Get 5 lbs

Sugar, brown	for baking and topping
Syrup	for pancakes and French toast
Tabasco sauce	small bottle lasts forever
Tarragon	Aromatic spice used in Béarnaise sauce
Thyme	for many meat dishes
Tomato paste	keep a can or two around
Tomatoes, canned	get the plum tomatoes packed in puree
Vanilla extract	artificial is fine: you'll never know the difference
Vegetable oil	for frying and deep frying
Vinegar, wine	for cooking
Vinegar, white	for poaching eggs: very cheap
White wine	any modest jug dry white wine will do
Worcestershire sauce	for macaroni/cheese and hamburgers
Yeast	get 3 packets and see if you use them

Frying Pans

Teflon coated pans

Teflon coated frying pans are invaluable for low fat cooking. You can cook in just a few drops of oil or Pam. However, they do scratch and you need to treat them with a little care. Teflon coated pots are of little use and are seldom sold any more, although Teflon coated griddles and sandwich grills are the general rule. If you have something stick to a Teflon pan, remove it with a dish brush or plastic scouring pad, rather than with steel wool or a spatula.

Cast Iron pans

Cast iron frying pans distribute heat well and are over proof so they can be used for baking after browning. When you are done using a cast iron pan, you should drain out any oil, and try to clean it with hot water only, perhaps with scrubbing, but should avoid soap if you can. Cast iron pans have a fairly rough microsurface and it is smoothed out but a coating of oil that cooks into the surface. Once this has been done to a pan, it is considered "seasoned." It then has much less tendency to stick to your food. If you have to use soap to get it clean, dry the pan and

rub a few drops of oil into the pan with a paper towel before putting it away.

Stoves

Electric Stoves

Electric stoves heat more slowly than gas stoves do, so you should always start by turning the electric burner to High and then, once it heats up, turning it down to the desired temperature. If you set the burner directly to the desired temperature, the stove will slowly and asymptotically approach the temperature you select.

Gas Stoves

Today's gas stoves incorporate an electric "striker" or starter to ignite the gas instead of the old-fashioned pilot light. Thus the stove surface and the surrounding kitchen are cooler than in the past. Most such stoves require that you turn the gas up to High or "Start" to ignite the flame and then down to the desired temperature. You should turn the burner setting away from Start once the flame has ignited to avoid wearing out the striker. You should also be careful not to turn the stove down so low that the burner goes out while the unburned gas continues to flow, as methane (natural gas) is toxic.

Grease fires

Everyone has a little flameout on the stove from time to time. Keep a pan lid handy so that you can smother any flames that might develop. Obviously, you shouldn't put out a grease fire with water: it will only spatter and may actually spread the fire so that the spatters catch as well. If this ever happens, be sure to turn off the burners. You can smother isolated patches of flame with flour.

Apartment Cleanliness

Cooking and keeping food in an apartment can be more of a problem than in a house because there is so much food in among the apartments that even a few spills can end up attracting bugs. If you buy sugar or flour in large sacks, you should put them in

plastic bags and seal with twist ties once you have opened them. Bread and rolls should also be kept sealed tightly. Avoid spilling cooking oil. While you can refrigerate bread to keep it from attracting wildlife, this tends to dry it out and make it rather leaden. You can also freeze rolls to only minor detriment.

Appetizers, Soups and Salads

Stuffed Mushrooms

A great idea for a TV-watching party or an introduction to a fancy meal.

1 lb large mushrooms	1 oz sausage, chopped
3-4 Tb butter	1 Tb flour
2 green onion	1/2 c cream
1/2 tsp thyme	1/4 c grated cheese

Pull the stems from each mushroom and chop all the stems finely. Wash the mushroom caps and butter the outside of each cap so they won't stick to the baking pan. Chop the green onions, including the green part, into small pieces. Heat the butter in a frying pan till it is foaming and add the chopped mushroom stems. When the water from the stems has evaporated and the pieces are sautéing, add the chopped green onions. Cook 3-4 more minutes and add the chopped sausage and the thyme. When the sausage has cooked, pour out any excess fat and add the flour. Cook about 30 seconds and then add the cream a little at a time until a thick paste is formed.

Using a spoon, fill each mushroom cap with some of the filling and sprinkle with grated cheese. Place the mushrooms on a baking sheet and place the pan under the preheated broiler element in the oven. Cook until the mushrooms begin to brown and the filling starts to bubble. Serve on a platter with paper napkins on the side.

Rumaki

1/2 lb chicken livers	1/2 cup soy sauce
1 can water chestnuts	1/2 tsp ginger
1/2 lb bacon slices	1 clove garlic, pressed
green onions, sliced into strips	toothpicks

Slice the chicken livers and wrap around a half water chestnut. Wrap bacon and an onion strip around that and impale on a toothpick. Marinate the little stuck blobs on the soy sauce, garlic

and ginger for an hour. Place on a greased cookie sheet and bake under a broiler, turning 2-3 times, until the bacon is well done. Serve hot, with the toothpicks included.

Pita Bread Pizzettes

1 package pita bread 1 can Italian tomato sauce
 1/4 lb mozzarella slices 1/2 lb pepperoni, sliced
 1/2 lb mushrooms, sliced

Cut the pita bread in half and into small squares. Spread each slice with tomato sauce and top with a small piece of mozzarella and 1 slice of pepperoni or a slice of mushroom. Place on a cookie sheet and cook under a broiler until the cheese is melted. Serve hot.

Rye Bread Mini-Reubens

1 loaf party rye bread 1/2 lb Swiss cheese slices
 OR 1/4 lb Corned beef
 1 loaf rye bread cut into small 1 can sauerkraut
 squares

To make each Reuben, place a slice of corned beef on the rye bread square, followed by 1/2 tsp sauerkraut, followed by a slice of Swiss cheese. Place the mini-Reubens on a greased cookie sheet and broil until the cheese is melted: about 5 minutes.

Caesar Salad

You can prepare all of these ingredients ahead of time but you should toss the salad and dressing at the last minute.

1 bunch Romaine lettuce 1 egg, boiled 1 minute
 1/2 cup croutons 1 clove garlic
 1-2 tsp salt A wooden salad bowl
 1 tsp dry mustard 2 Tb olive oil
 1 Tb lemon juice 2-4 anchovy filets, chopped
 2 Tb grated Parmesan cheese

Rinse the romaine and dry it on paper towels. Sprinkle the salt into the bottom of the salad bowl. Cut the garlic clove in half and rub it in the salt to make garlic salt in the bowl. Discard the garlic clove. Add the mustard, oil and lemon juice and mix vigorously in the bowl. Tear the romaine into small pieces and

add to the bowl. Add the croutons, anchovies and break the partially cooked egg over the salad. Toss the ingredients with your hands and garnish with the parmesan cheese.

Spinach Salad

You can prepare all of these ingredients ahead of time but you should toss the salad and dressing at the last minute.

1 package fresh spinach	2 hard-boiled eggs
6 slices crisp cooked bacon	1 clove garlic
2 Tb lemon juice	4 Tb olive oil
2 tsp sugar	1/2 tsp salt

To cook hard-boiled eggs, place them in a small saucepan and cover with water. Bring to a boil and boil gently for 10 minutes. Remove from heat, pour out the hot water and run cold water into the pan to loosen the shells to facilitate peeling them. When they are cool, remove the shells under running water. Chop the eggs and set aside.

Fry the bacon in a small frying pan until it is browned and crisp. Drain on paper towels, chop and set aside.

Sprinkle salt into a wooden salad bowl, cut the garlic clove in half and rub the garlic in the salt. Discard the clove. Add the sugar, mustard, olive oil and vinegar and mix vigorously. Tear the spinach leaves into small pieces, discarding the heavy stems. Add the spinach to the salad bowl and toss with your hands. Garnish with the chopped bacon and chopped eggs.

Waldorf Salad

Here is a sweet, decorative salad you can make in about 5 minutes.

2 large apples, cored.	1/2 c mayonnaise
1 stalk celery, chopped	1/2 c pecans or walnuts, chopped
1/2 c raisins	lettuce

Cut the cored apple into segments and the segments into slices. Place in a medium mixing bowl. Add the chopped celery and the raisins, mayonnaise and chopped nuts. Mix thoroughly. Line a

salad bowl with lettuce leaves. Spoon in the apple mixture and serve.

Potato Salad

4 medium potatoes	2 hard boiled eggs, chopped
1/2 cup celery, chopped	salt and pepper
1 medium onion, diced	celery salt
1/2 cup mayonnaise	1 tsp dry mustard
1 sweet pickle, chopped	lettuce leaves

Cut the potatoes in half and cook in salted water, until tender. Drain and run cold water over the potatoes. Cut into small pieces and place in a medium mixing bowl. Add the onion, eggs, pickle and seasonings and mix. Chill in the refrigerator for 1-2 hours, with the bowl covered with plastic wrap or foil. Place the lettuce leaves in a serving bowl and arrange the salad over the lettuce. Decorate with paprika.

Homemade Chicken Soup

A soup like this is a whole meal served with fresh bread. The Belgians are noted as masters of soup making. Many of the best Belgian soups use a leek for flavoring, so we include one here.

Use it if leeks are available at reasonable prices in your area.

2 lb chicken parts	4 qt water
1 large onion, peeled	2 carrots, peeled
2 stalks celery, washed	1 tsp thyme
1 leek (optional)	1 Tb salt
2 carrots, peeled and sliced	1 package noodles

The chicken can be left-over frozen pieces, a couple of Cornish hens, or some inexpensive chicken parts. You should have about 1 lb of good, meaty chicken parts and another pound of pieces like wings and backs.

Add the chicken to the water and add the salt and bring to a boil. Cook covered for 15-20 minutes, then remove the meaty pieces and cut off the meat and save it in a bowl. Put the bones back into the pot and add the whole peeled onion, the carrots and celery. If you have a leek, cut off the bottom, slit it in half and wash the layers to remove any sand or silt. Cut into 3-inch lengths and add to the pot. Cover the pot and cook for an hour.

While the stock is cooking, place the sliced carrots in a saucepan, cover with a small amount of water and simmer slowly for 15 minutes or until tender. Remove from heat .

Remove all the bones and vegetables. Add the carrots, chicken and noodles and cook for 10 minutes or as required on the noodles package.

Serve with fresh, crusty bread.

French Onion Soup

6 servings

This revised recipe is adapted from on in Cooks Illustrate. And further, it only takes an hour to make.

5 medium red onions	2 Tb olive oil
6 cs canned chicken broth	¼ c red wine
2 sprigs parsley	1 /2 tsp thyme
1-3/4 c canned beef broth	
1 bay leaf	1 Tb red wine vinegar or balsamic vinegar
6 slices French bread	4 oz sliced Swiss cheese
Grated Parmesan cheese	Oven proof bowls

Peel and slice the onions. Put the oil in a large pan over medium high heat. Add the onions. Cook covered over low heat, stirring frequently, being careful to keep the onions from burning until the onions are reduced and syrupy and the inside of the pot is beginning to be coated with a brown crust.

Stir in the chicken and beef broth, wine, parsley and spices. Scrape the pan to loosen any browned bits and simmer for 20 minutes, covered. Add the vinegar and stir. You can make the soup in advance to this point, and even freeze it.

When you are ready to serve, heat the soup through, pour it into the bowls, float a slice of French bread on each one, add a slice of Swiss cheese and sprinkle with the grated cheese. Place the soup bowls in the oven under the broiler and heat until the cheese melts and the bread browns. Cool slightly and serve.

Potato Leek Soup

6 c cold water	3 slices bacon, diced
1 large onion, chopped	4 medium potatoes

1 large leek, chopped	salt and pepper
2 Tb butter	1 Tb flour
2 c milk	1 c light cream

Cut off the base of the leek and any brown parts of the top. Slit the leek and wash out any silt. Chop the entire leek, reserving 2-3 Tb of the green part for garnish. Peel and chop the onion.

Peel and cube the potatoes and boil in a medium cover pan for 10-15 minutes, until tender. Drain and save 2 cups of potato water. Place the diced bacon in a large, dry saucepan and cook over medium heat. Add the butter, and the onion and leek and cook until tender. Add the flour and cook 30 seconds. Add the potato water and cook until well mixed. Add the potatoes and the milk and warm slowly, being careful not to scald the milk, which will give a burned taste. Add the cream, warm and serve, dotted with a few green pieces of uncooked diced leek. You can avoid scorching the milk and cream by performing the final heating on a microwave oven.

Clam Chowder

This recipe is adapted from one in *The Legal Seafoods Cookbook*, by Alan Berkowitz.

1-2/3 cups chopped clams	1 clove garlic
1 c water	2 oz bacon, chopped
2 c chopped onions	3 Tb flour
1-1/2 lb potatoes, peeled and cubed	4-1/2 c clam broth
3 c fish stock	2 c light cream
2 carrot, chopped fine	2 sprigs parsley, chopped

Slowly cook the bacon in a skillet in a large pot. Remove bacon, chop and set aside. Cook the onions slowly in the bacon fat, adding olive oil if needed, for about 6 minutes, until cooked but not browned. Add the carrots and cook briefly. Stir in the flour and cook, Add the clam juice and stir until smooth. Add the fish stock. Bring the liquid to a boil and add the potatoes and cook about 15 minutes. Add the clams, parsley and bacon. Bring to a boil. Then add the light cream and heat through. Serve with oyster crackers.

Scotch Broth

There was a time when you get could soup bones for free or a song. Now you have sing a couple of verses and a chorus at least. Makes 6-8 servings, but you can freeze it.

2 lb meaty beef soup bones	1 chopped turnip
2 quarts water	2 stalks chopped celery
6 whole peppercorns	2 large chopped onions
1-1/2 tsp salt	1/4 cup barley
2 chopped carrots	

In a large kettle, combine the soup bones, water, peppercorns and salt. Cover and simmer for 2-1/2 hours or until the meat comes off the bones easily. Meanwhile scrape the carrots and slice, peel and dice the onions and turnips and wash and chop the celery.

Remove the bones, and strain the scuzz out of the broth. Cut the meat off the bones and cut it into small pieces. Return the meat to the broth along with the vegetables and barley. Cover and simmer an hour until all the ingredients are tender. Serve with fresh bread for a whole meal,

Gazpacho

This is the famous cold soup made from fresh garden vegetables. All you need are some vegetables and a blender.

1 clove garlic, mashed	4 eggs
1 medium onion, sliced	salt
1 cucumber, sliced	cayenne pepper
4 tomatoes	1/4 cup vinegar
1 green pepper, sliced with seeds removed	1/4 cup olive oil

Puree the above vegetables in a blender and season with the salt, pepper, vinegar and olive oil.

1 cup cubed bread	1 clove garlic, minced
2 Tb olive oil	1 cucumber, chopped
1 onion, diced	1 green pepper, chopped

Put the bread cubes on a baking sheet, drizzle with olive oil and sprinkle the garlic over it. Toast in a 350-degree oven for 10 minutes.

Put the cold soup in bowls and garnish with croutons and pieces of onion, pepper and cucumber

Breakfasts

Grandma Neely's Buttermilk Pancakes

This heirloom recipe is probably more than 100 years old. It is so easy to remember that it was passed down through the family as 2-2-2-1-1-1/2. A little less baking soda improves the buttermilk flavor.

2 c flour
2 tsp baking powder
3/4 tsp baking soda
about 3 c buttermilk
maple syrup

2 eggs
1 Tb sugar
1/2 tsp salt
1/2 Tb butter
sausage



Preheat a griddle to 350 F or a cast iron frying pan to medium high. Grease the hot griddle or pan with 1/2 tsp butter. Combine all the dry ingredients and mix with a wire whisk. Add the eggs. Add the buttermilk until it forms a thickish batter, a little heavier than heavy cream. A thicker batter will make taller, fluffier pancakes that must cook a bit longer; a thinner batter will make thinner pancakes. Pour about 1/3 c of batter on the griddle or pan for each pancake and cook until bubbles form on the top of the batter. Turn each pancake and cook about 1-2 minutes longer. Serve with warmed syrup and butter or margarine accompanied with sausage or bacon.

Blueberry Pancakes

Blueberry pancakes are incredibly festive. You should make them when blueberries are in season or when you find a bargain on frozen ones. Canned blueberries are small and very expensive.

Prepare the buttermilk pancakes above and top with blueberry sauce. While some suggest mixing blueberries into the batter, frozen blueberries simply lead to gummy uncooked spots in the pancakes and are best omitted.



Blueberry Sauce

1 c fresh or frozen blueberries 2 tsp corn starch
 1/2 c sugar 1 tsp lemon juice
 1/2 c water

Combine all ingredients and bring to a boil. Boil about 4 minutes and remove from heat. Serve warm. If you have extra blueberry sauce after breakfast, you can save it for ice cream, or freeze it and reheat it in a microwave for future pancakes.

Buttermilk Biscuits

2 c flour 1/2 tsp salt
 3 tsp baking powder 1/3 c solid shortening
 1/4 tsp baking soda 1 c buttermilk



Preheat the oven to 450 F. Sift together the dry ingredients. Cut the shortening into the flour using a fork and knife or a pastry blender until the shortening pieces are about the size of small peas. Add the buttermilk and mix with a fork until just blended. Roll out the dough on a floured cutting board about 1/2" thick. If the dough is too sticky to roll, add more flour to the board, but try not to knead it too much more or the biscuits will be tough. Cut the dough into 2-3" circles using a drinking glass or cookie cutter and place on an ungreased cookie sheet. Bake for about 10 minutes. Watch the biscuits carefully as ovens vary at high temperatures. They should be brown on top and light brown on the sides.

Orange Pecan Waffles

1/3 cup butter 2 eggs
 1-1/2 cups cake flour 1/2 cup orange juice
 2-1/2 tsp baking powder 1/2 cup milk

1/2 tsp salt
2 Tb sugar

1/2 cup chopped pecans
a waffle iron

Plug in and begin heating the waffle iron.

Melt the butter over very low heat. Sift together flour, baking powder salt and sugar. Separate the eggs. Beat the whites in a small mixing bowl with an electric mixer. Combine the yolks, milk and orange juice and mix with a wire whisk. Add the flour mixture and stir until blended. Add almost all the butter. Stir in the pecans. Fold in the egg whites using a rubber spatula.

Brush the waffle iron with some of the remaining butter. Add about 12 oz of batter and close the iron. Cook until the waffle iron is no longer heating, and its thermostat light goes out. Makes 2 large waffles.

Egg Introduction

You can buy eggs in medium, large, extra large and jumbo. All of our recipes and those in most other cookbooks assume that you are using large size eggs. In New England you find both brown and white eggs and in the rest of the country you usually find only white. Some measurements have indicated that brown eggs have slightly thicker shells and thus will stay fresh longer. When cooking breakfast eggs, use the freshest ones since they will stay together best in the pan. If eggs spread out while you are poaching or frying them, they are getting old and should be used soon in other kinds of cooking or discarded.

Bacon

To fry bacon, place frying pan on high heat and put in strips of bacon. Turn the heat down to medium and cook until brown on one side. Then turn and cook for a minute to two on the second side. Drain on paper towels and keep warm on a plate while you make eggs.

Bacon these days is cured in brine instead of dry salt, and thus will always have some entrained moisture, which will cause it to spatter. Cook at a moderate temperature and raise it as the water evaporates. Plan on washing your stove.

Microwaved Bacon

You can also cook bacon rather ineffectively in a microwave. It generally comes out tougher and drier than fried bacon. The advantage is that it doesn't dirty a pan. The disadvantages are that it may spatter the insides of your microwave oven and that the bacon fat is not then available for frying eggs.

To cook bacon in a microwave, place it on a paper towel on a ridges dish or paper plate and cover with another sheet of paper towel. Cook at high power for 2 to 3 minutes. Discard the towels and serve with eggs or pancakes.

Fried Eggs

2 eggs

bacon fat or 2 Tb butter



If you are using bacon fat, reduce the heat in the bacon pan to low and be sure the bacon pan has cooled down a bit from the bacon temperature before adding the eggs. If you are using butter, melt it at low heat. Break each egg into a cup to make sure that the yolk is not broken and then pour the egg into the bacon fat or melted butter. Cook slowly over low heat. When the egg has set thoroughly and is fairly well cooked, baste the top with fat, using a spoon until the top is cooked and the yolk has

cooked on top from yellow to whitish. Using a large pancake turner, remove to the warm plate with the bacon and serve with toast or biscuits.

To make "over easy" eggs, lift each egg when it is well cooked on the bottom and turn and cook for about 30 seconds. Remove at once.

Poached Eggs

2 large eggs	1/2 tsp salt
	Boiling water
1 tsp cooking oil or Pam spray	Toast

We used to recommend adding vinegar to the poaching water to keep the eggs from spreading, but we now feel it is too likely to leave a taste on the eggs. Instead, search out fresh eggs and make sure the water is not boiling too vigorously.

Using a tiny amount of oil or Pam spray, oil the bottom of a flat-bottomed saucepan so the eggs won't stick to it. Alternatively, use a Teflon coated frying pan to boil your water.

Fill the pan with water at least 3 inches deep and add salt. Bring the water to a low boil. Break each egg into a cup and slip the egg into the water carefully so it stays together. Cook 2-3 minutes until the egg white is completely set and the yolk remains soft. Remove with a pancake turner or a slotted spoon, allowing the egg to drain thoroughly. Serve on buttered toast. If you have a number of eggs to make for company, you can keep them warm in a bowl of warm water.

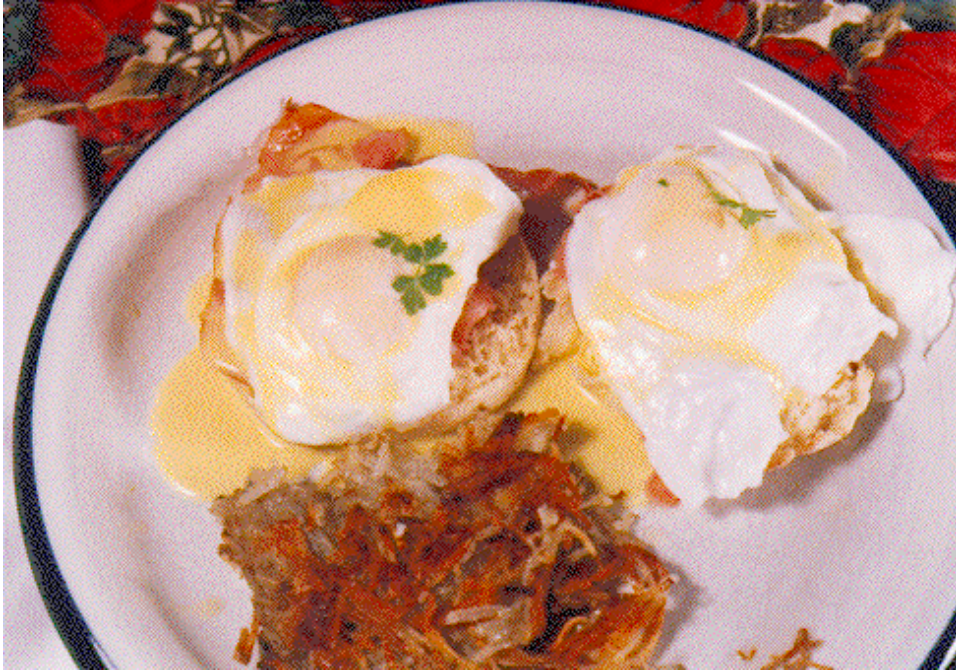


Scrambled Eggs

3-4 large eggs	1/2 tsp salt
2 Tb butter	1/3 c milk

Break the eggs into a mixing bowl and add the salt and milk. Mix with a fork or wire whisk. Melt the butter in a frying pan over medium low heat and add the eggs. Stir occasionally with a spatula, turning eggs until cooked to soft set stage when they have begun to firm up. By the time they begin to separate from the pan, you should remove them. Serve with toast, biscuits or croissants.

Eggs Benedict



Here is a fine, elegant special occasion or weekend breakfast or brunch, or a unique evening meal.

For 2:

4 eggs	2 English muffins
4 slices baked ham	3 Tb butter
Hollandaise sauce	Parsley

Melt 1-2 Tb butter in a small frying pan and cook the ham slices until lightly browned. Toast the muffins and butter them while warm. Poach the eggs as described above. Place two muffins on each plate, add a slice of ham and a poached egg. Top with hollandaise and garnish with a sprig of parsley.

Blender Hollandaise

If you have a blender or can borrow one, this is far and away the fastest way to make hollandaise. It is not quite as thick as the

cooked variety, but the difference is minimal and the taste identical.

For 2-3 servings:

3 egg yolks	1 Tb lemon juice
1/4 lb (1 stick) butter	dash of salt
a few grains cayenne pepper	an electric blender

Melt the butter over very low heat. You don't want it to bubble or burn. To separate eggs, break each one on the side of a cup, allowing the white to pour out while keeping the yolk in one shell half. Pour the yolk into the other shell half to allow the remaining white to escape into the cup. Put each yolk into the blender as it is separated. Add the lemon juice, salt and cayenne and blend briefly until mixed. When the butter is completely melted, but still quite hot, turn on the blender and slowly pour the butter through the small hole in the top. When all the butter has been added, let the sauce sit a few minutes in the blender or in a bowl to thicken a bit more.

Cooked Hollandaise

Cooked Hollandaise is thicker and creamier. It has the same taste as Blender hollandaise, but you run the risk of it curdling if you cook it too long. We describe how to re-emulsify separated or curdled hollandaise below.

3 egg yolks	1 Tb lemon juice
1/4 lb (1 stick) butter	dash of salt
a few grains cayenne pepper	two small saucepans

Melt the butter in one saucepan over very low heat. Separate 3 eggs and add the yolks to the second saucepan. Add the lemon juice, salt and pepper and mix with a wire whisk. Heat a stove burner to low heat and put the egg yolk mixture pan on this burner and stir vigorously with the whisk. As soon as the mixture begins to thicken, add the melted butter by droplets with constant stirring. If the mixture thickens too rapidly remove it from the burner and keep stirring. Add more butter and keep stirring. Return the pan to the stove as more butter cools it down and more heating is required to thicken it. When all the butter

has been added, stir over heat until the sauce is just thickened: if you overdo it, the sauce may clot or separate after you remove it from the stove.

Faint Hearted Hollandaise

Prepare the above cooked hollandaise in a double boiler or, lacking that, in a small saucepan floating inside a larger one containing boiling water. The smaller pan should not contact the bottom of the outer pan or this will negate the insulating effect of the water jacket.

To Rescue Separated Hollandaise

Put 1/2 Tb of lemon juice or white wine in a small clean bowl and add the hollandaise a little at a time with constant stirring using a wire whisk. Keep adding and stirring and the sauce should re-emulsify.

Soft Boiled Eggs

2 eggs	salt
a small saucepan	buttered toast
water to cover eggs	

Place the eggs in a small pan and cover them with salted water. Bring the water to a boil. From the time the water is at a rolling boil, cook for 3 minutes 15 seconds. Remove the pan from the stove, pour out the hot water and run cold water over the eggs. Remove them from the pan, one by one, dry them off and cut each egg in half with a table knife. Scoop the insides out and place in a serving bowl. Serve with toast or buttered toast cut into small croutons.

Sour Cream Coffee Cake

1 egg	1-1/2 c sifted flour
3/4 c sugar	2 tsp baking powder
1 Tb melted butter or margarine	1/4 tsp baking soda
1 c sour cream	1/4 tsp salt
1 tsp vanilla	Brown sugar and nut topping

1/2 c chopped pecans or
walnuts

A 9-inch square pan



Preheat oven to 375-degrees F. Melt the butter. Break the egg into a mixing bowl and add the sugar and butter. Mix with a wire whisk. Add the sour cream and vanilla and beat until smooth.

Sift the flour, baking powder, salt and soda together into a bowl. Then add slowly and mix into sour cream mixture.

Butter the 9-inch pan and scrape in the batter. Cover with the brown sugar topping and add the chopped nuts. Bake for 30 minutes at 375 degrees. Test the coffee cake with a toothpick to be sure that it is cooked in the middle. Remove from oven, cut into 9 pieces and serve.

Brown Sugar Topping

1/2 c brown sugar	2 Tb flour
2 Tb butter	1/2 tsp cinnamon

Mix the ingredients using a fork or pastry blender. Sprinkle on the coffee cake.

French Toast

For a really impressive breakfast, use French bread.

2 eggs	1 Tb sugar
1-1/2 c milk	6 slices bread

1 cup corn meal 1 tsp salt
1 cup milk 2-3/4 cup boiling water

Brown the pork sausage in a small frying pan, cutting it into small pieces. Drain and cool.

Combine the corn meal, salt, sugar and milk in a medium sauce pan. Gradually stir in the hot water. Cook over medium heat until very thick.

Stir in the sausage. Spoon into a greased casserole dish and cover with plastic wrap to keep it from drying out. Let cool in refrigerator.

To cook the scrapple, remove the loaf from the casserole and slice it thin. Fry it in oil or bacon fat in a large frying pan over medium heat. Avoid too high a temperature to prevent it burning. Serve with syrup.

Baked Breakfast Breads

See the recipes for cherry ring, cinnamon buns, sticky buns and blueberry muffins in the Bread and Rolls chapter.

Vegetables

Frozen Vegetables

You can cook most frozen vegetables in a covered saucepan with a minimum amount of water (say 1/4 to 1/2 cup) in 5-10 minutes. The exception is mature lima beans that may take 20-30 minutes. Frozen broccoli or asparagus are best cooked by steaming and are described below.

In cooking frozen vegetables, you want to minimize the water to preserve the flavor and nutrition that can get leached away in large amounts of water. Always add a dash of salt for flavor during cooking. Drain the vegetables and add a Tb of butter or margarine. Cover the pan while the butter melts and then serve.

Green vegetables such as beans are best cooked uncovered. This prevents a buildup of acids in the cooking water which reduce the green color, because the acids are much more volatile than the water.

Microwaved Vegetables

You can cook many green vegetables in almost no water in a covered dish in a microwave. This is, in fact one of the best main dish uses for the microwave. Put the vegetables in a covered glass or ceramic dish, add 3 Tb water and a Tb of butter and put in the microwave for about 5 minutes. This depends on the power of your microwave and you should check the manual or experiment before blindly assuming any cooking time is the right one.

Green Beans

Fresh green beans are available almost year round all around the country and have much more flavor than frozen. Buy beans that look green and crisp. If they look limp or brown or have very large seeds, skip them.

1 lb fresh green beans 6 qt water
1 Tb butter salt and pepper

Snap the bean ends off and if they are large, break them in half. Boil water in the largest kettle you have: a spaghetti cooker is a good choice, and when the water is at a rolling boil, add the beans all at once. This will allow them to cook in boiling water without reducing its temperature much, and will keep them fresh and green looking. Cook uncovered for 10 minutes.

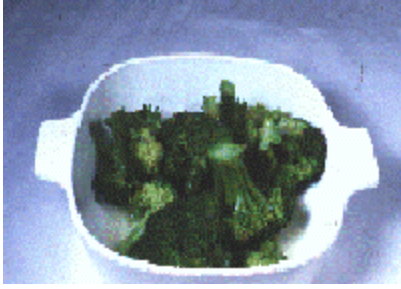
Pour out the boiling water and run cold water into the kettle. This refreshes the beans and turns them a bright green again. Just before serving, drain the beans and put them in a saucepan. Add 1 Tb butter and salt and pepper. Heat the beans over high heat to evaporate the water and melt the butter. Serve.

Microwave notes: Green beans are better cooked in boiling water. They actually take longer in a microwave and come out less crisp.

Steamed Broccoli

Fresh vegetables like broccoli and asparagus are best cooked by steaming them. This just means suspending them in a basket above boiling water. Vegetable steamers are available for just a few dollars in supermarkets and kitchen stores.

To prepare fresh broccoli, cut it into flowerets and discard much or all of the stem. While the stem is edible, it is much more fibrous and takes longer to cook, so that the flowerets would become mushy. Place the flowerets in the steamer basket and place in a saucepan filled with 1-2 inches of water. Place over medium heat for 10-15 minutes, until the broccoli is just tender. Do not overcook or the broccoli becomes mushy. Remove the steamer basket using a fork or the steamer lifter, pour out the water and place the broccoli in the pan with a Tb of butter. Cover until ready to serve.



Microwave notes: Fresh or frozen broccoli cooks very well in a microwave. Just put a few Tb of water and one Tb of butter in a covered ceramic disk and cook for about 5 minutes.

Broccoli Casserole

Here is an old church supper favorite that makes almost a whole meal out of broccoli.

1 head fresh or 1 pkg frozen broccoli	1 small onion, diced
1 can cream of chicken soup	salt and pepper
1 Tb flour	1 Tb butter
1/2 cup sour cream	3/4 cup bread cubes or stuffing mix

Preheat oven to 350 degrees F.

Steam broccoli until just tender. Brown the bread cubes in the butter. Mix remaining ingredients and stir in drained broccoli. Place in greased casserole, top with soup mixture and dot with the croutons. Bake for 30 minutes.

Steamed Asparagus

Asparagus is prepared just like broccoli. Cut the tough bottom inch or two of each asparagus stalk and place them in a steam basket and cook as above. Be sure not to overcook asparagus: it should not be still limp.

Corn on the Cob

According to folklore, corn on the cob should not be picked until the water is boiling and then should be cooked and eaten

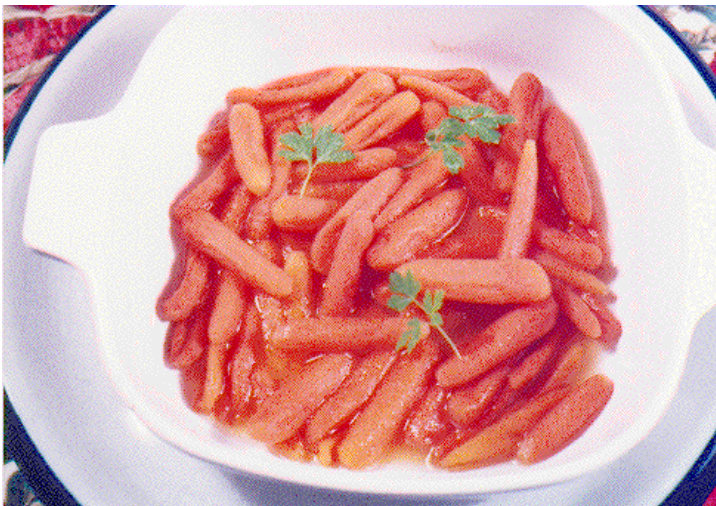
immediately. The reason for this is that the sugars begin to convert to starch so the corn loses its sweetness. Modern varieties hold their sweetness a little longer than that, so unless you have your own corn patch, you will have to buy the freshest corn you can find and eat it the same day if possible.

To prepare corn, strip off the husks and remove as much of the corn silk as you can with a vegetable brush or dish brush. Drop each ear into boiling, unsalted water and cook for 5 minutes. Serve at once. Some cookbooks recommend adding 1/2 c milk to the corn water. Try it and see if you appreciate the difference. Corn is traditionally cooked in unsalted water because there is some calcium chloride in table salt (nominally sodium chloride) that will toughen corn kernels.

If you really don't want to wrestle with corn ears at the table, you can cut off the kernels after boiling and still have much tastier corn than you can buy frozen or canned.

Carrots

You can make a delicious dish of carrots in 15 minutes or so by peeling and slicing large carrots or using packaged fresh carrot fingerlings.



1 lb sliced whole carrots or fingerlings	1/3 c water
salt	2 Tb honey or brown sugar

1 Tb butter

Combine all the above ingredients and cook slowly, covered, over low heat for 15-20 minutes. Be sure that the pan does not go dry, but you should try to have most of the water evaporate, leaving a glaze over the carrots.

Microwave notes: Glazed carrots cook very well in a microwave. Just put the above ingredients in a covered ceramic dish and cook for about 10 minutes.

Artichokes

There is no vegetable quite so elegant as the artichoke, served with hollandaise. The artichoke is really a kind of thistle, and in order to prepare and eat it, you have to cut off all the sharp points.

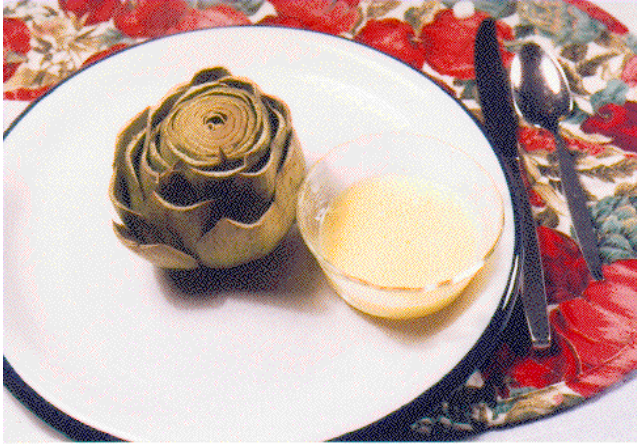
4 artichokes
a vegetable steamer
salt

1 Tb lemon juice
a large covered saucepan
Hollandaise sauce



To prepare artichokes, pull off the first layer of outer leaves that are usually dry and have almost no meat on them. Then, cut off the stem flush with the base of the bulb and, using scissors, trim off the "claws" on each remaining leaf. You can probably remove all the topmost points at once by simply slicing off the top of the bulb with a knife.

Place the artichokes in a steamer in a saucepan with 1-2 inches of salted water with the lemon juice added. Cook covered over medium heat for 20-30 minutes, until the outer leaves pull off easily and the bulb seems soft when pierced with a fork.



To serve artichokes, put a little hollandaise in bowls by each person and give them their artichoke in a bowl that they can use as a leaf discard pile. To eat the artichoke, pull off each outer leaf, dip it in the hollandaise and pull off the meat on the inside of each leaf on your lower teeth. As the leaves get smaller near the center of the bulb, pull all of them off together and discard them. This reveals the "choke," a fibrous bit of thistle in the center. Using a table knife, lift out the choke. The part underneath is called the heart and is pure meat. Pour a little hollandaise in it and eat with gusto (or a fork).

Cranberry Sauce

Bob and Ray had a classic sketch interviewing a cranberry farmer. However, he had no idea that cranberries could be eaten or even used as decorations. He just dumped them. Start with the sauce.

4 cups fresh cranberries 2 cups sugar

1-1/2 cups water

Combine the ingredients in a large saucepan. Bring to a boil and boil about 10 minutes, until the berries have popped open. Add a little more water if needed. Serve warm or chilled.

Cranberry Meat Sauce

You can make a sauce to serve on pork or ham by adding

1/3 cup Worcestershire 1 Tb brown sugar
2 tsp prepared mustard

Spinach

1 10 oz package frozen 2 hard boiled eggs
spinach leaves.
3/4 c salted water 1 Tb butter

Cook the spinach in a covered pan in salted water while you hard boil the eggs. Drain the spinach thoroughly by pressing the water out with a slotted spoon. Add the butter and allow to melt. Serve with sliced eggs on top.

Fresh spinach: Tear the thick central stems from each leaf, rinse the leaves and tear into half-leaf pieces. Then proceed as above.

Zucchini

1 medium zucchini squash salt and pepper
3 Tb butter or margarine 1/3 c grated cheddar cheese

Slice the zucchini and cook in a frying pan with the butter over high heat, making sure the moisture evaporates. Sprinkle on the cheese and heat through.

Cauliflower with Cheese Sauce

1 head cauliflower 2 Tb flour
2 green onions or 1 small 1/3 lb grated cheddar cheese
onion, chopped
3 Tb butter or oil 1 c milk

Pull all the leaves from the cauliflower and place the head in a vegetable steamer, forcing the steamer stem into the bottom of

the head. Place in a pan with salted water and cook over medium heat until the cauliflower is crisp-tender, about 20 minutes.

Meanwhile, melt the butter in another saucepan and add the chopped onion. Sauté until tender. Then add the flower and stir for 30 seconds. Add the milk and stir until thickened. Then add the cheese and stir until melted.

Remove the cooked cauliflower to a serving bowl and pour the cheese sauce over it.

Brussels Sprouts

1 lb Brussels sprouts	1 Tb butter
salted water	caraway seeds

Pull any loose, dry leaves from each sprout and cut the stem flush with the bottom of each sprout. Place the sprouts in a vegetable steamer and cook for 10-15 minutes, until tender. Drain and place the sprouts in the hot, empty pan. Add the butter and caraway seeds and toss together until the butter is melted.

Microwave notes: Place 3 Tb of water in a covered ceramic disk, along with the Brussels sprouts, butter and caraway seeds. Cook for 5-6 minutes.

Tomato Sauce

If you know a home gardener or become one, you will find that they almost always have a surplus of tomatoes in late August. This is the time collect a basket of them and make some fresh tomato sauce. You can use it for sauce on pasta, for making meatball subs or in veal dishes all year round.

½ bushel fresh plum tomatoes	1 Tb salt
20 fresh basil leaves	2 Tb oregano
1 Tb sugar	10 sprigs parsley, chopped
4 bay leaves	2 large onions, diced

Wash the tomatoes, cut off the stem ends and cut in half. If you have a food processor, chop the tomatoes in it. Otherwise, chop them by hand with a large knife. If you have a cutting board with a drain around the edge, it will keep the tomato juice from dripping everywhere. Place the chopped tomatoes in a large (16 qt) pot as you chop them.

Bring the tomatoes to a boil and allow to simmer, partially covered for about one hour. Then pour the sauce into a food mill to remove the skin and seeds.



Put the strained sauce back into the kettle, add the diced onion, sugar and spices. Cover and simmer 1-2 more hours until the sauce is thicker and smooth.

To can tomato sauce, put 5-6 clean mason jars into a clean kettle along with new, clean lids. Boil for 15 minutes to sterilize. Remove each jar with tongs or forceps and fill with tomato sauce. Wipe the rim clean with a paper towel, place the lid on the jar and tighten it.

Place the jars back into the kettle and boil to sterilize for 30 minutes. When the jars cool, each lid should pop downward and seal.



Vegetarian Recipes

This chapter contains a few vegetarian recipes that don't fall in any of the other categories. However, you should look in the breakfast, pasta, Chinese and potato chapters for more vegetarian dishes.

Many vegetable side dishes can, in combination make a fine vegetarian meal, but since many are really designed to accompany meat dishes they often need enhancement. In addition to the recipes in this chapter, you should look at

- Macaroni and cheese
- Mediterranean Omelets
- Spaghetti with Tomato Sauce (without the meat)
- Pizza
- Gazpacho
- Potato Leek soup
- Potato Torte
- Cauliflower with Cheese Sauce
- Cheese fondue
- Quiche Lorraine
- Cheese Soufflé
- Spaghetti Carbonara
- Fettucini Alfredo
- Black Bean Lasagna
- Egg foo yung
- Noodles with Hot Sour Bean Sauce
- Fried rice

Chilled Cucumber Soup

1 cup water	1 tsp honey or sugar
1/3 cup rolled oats	1 Tb lemon juice
1 clove garlic, peeled and pressed	1/2 cup plain yogurt
1 large cucumber	paprika
1 Tb minced chives	salt and pepper
2 cups buttermilk	minced green onions

Bring the water to a boil and cook the oats for 5 minutes, or according to package directions.

Peel the cucumber and slice it.

Combine the cucumber, garlic, chives, buttermilk, honey and lemon juice in a blender or food processor and puree. Stir in the yogurt. Refrigerate for 1-2 hours. Serve garnished with paprika and chopped green onions.

Baked Spinach Squares

1 tb butter	2 large eggs, beaten
1 garlic clove, pressed	2 tsp lemon juice
5 green onions, chopped	1/4 c Parmesan cheese
6 sprigs parsley, chopped	1/4 cup bread crumbs
1 Tb mint	1 10 oz package frozen spinach
5 oz soft tofu	salt and pepper
1/2 Tb soy sauce	sesame seeds

Preheat the oven to 375 degrees F.

Cook the frozen spinach and squeeze it dry.

Sauté the garlic, green onions and parsley until softened. Stir in the mint.

Combine the tofu and eggs in a blender or mixing bowl. Add the soy sauce and lemon juice and beat until smooth. Stir in the Parmesan cheese, bread crumbs and the spinach, green onion mixture and season with salt and pepper.

Spoon into a baking dish and garnish with sesame seeds. Bake for 30 minutes, cool and cut into squares.

Strawberry Soup

Here is a cool, delicious soup to serve as a starter to any meal.

1 qt fresh strawberries	1 cup orange juice
1/4 cup sugar	1/2 cup plain yogurt
1 Tb cornstarch	

Wash the strawberries and cut off the stem ends. Slice them and place them in a small bowl and sprinkle with the sugar. Let them stand (macerate) at least 30 minutes so that the strawberry juice is drawn out.

Put about 3/4 of the strawberries in a blender and puree them. Pour the puree into a medium saucepan and bring to a boil.

Dissolve the cornstarch in the orange juice and add slowly to the hot puree, with stirring. Cook over low heat until the mixture thickens. Remove from the heat, add the sliced strawberries that remain and cool the mixture in the refrigerator or in a bowl of ice.

Just before serving, stir 2 Tb of yogurt into each serving.

Curried Vegetable Stew

1 medium onion, diced	3 medium tomatoes, chopped
2 garlic cloves, pressed	1 small cauliflower
2 slices ginger root, minced	1 egg plant, peeled and cubed
2 tsp cumin	10 oz spinach, cooked and drained
1 tsp coriander	1/2 cup plain yogurt
1 tsp paprika	4 Tb shredded coconut
16 cilantro leaves, chopped	
1/2 tsp cayenne pepper	

Sauté the onion, garlic and ginger in a large frying pan, until tender. Add the spices, and stir.

Add the tomatoes and cook, cutting them up with the spatula as they cook. Add the cauliflower and eggplant and cover. Cook until the cauliflower is tender. Stir in the yogurt and spinach.

Top the stew with the coconut and serve with rice.

Ratatouille

In "The History of the World, Part I," Mel Brooks tells of the starvation in Paris, where citizens are forced to eat rats. He shows a barker, selling rat cakes, rat pies and ratatouille.

Fortunately, the real dish is a kind of vegetable stew.

olive oil	3 Tb flour
2 cloves garlic, pressed	2 green peppers, cut in strips
1 large onion, diced	5 ripe tomatoes, sliced
2 zucchini	salt and pepper
1 small eggplant	1 Tb capers

Heat the oil in a large skillet, and add the garlic and onion and sauté until soft.

Slice the zucchini and peel and cube the eggplant. Shake the pieces with the flour in a paper bag, shake off the excess flour and add to the skillet. Sauté briefly to brown, and then cover and cook over low heat for about an hour.

Add the tomatoes and cook uncovered until smooth. Stir in the capers in the last few minutes of cooking. Serve hot or cold.

Shepherd's Pie

Shepherd's pie can be almost anything baked under a crust of mashed potatoes. It can be meatless or meaty. This is a vegetarian version.

2 large red potatoes	1 eggplant, peeled and cubed
chives or parsley	1 green pepper, chopped
3 Tb butter	1/2 tsp thyme
1/2 cup milk	1/2 tsp oregano
2 large onions, diced	1/2 tsp basil
1 garlic clove, pressed	1 cup frozen peas
salt and pepper	1/2 cup grated cheddar cheese
1 stalk celery	1 Tb vinegar
12 oz mushrooms, sliced	1 tsp paprika

Preheat the oven to 350 degrees F.

Peel and cook the potatoes in boiling water. Drain and mash with the butter, chives or parsley and whip in some of the milk until smooth but not too thin.

Sauté the onions and garlic in some of the butter until they are translucent. Add the celery, mushrooms and eggplant and cook slowly, covered, but with frequent stirring.

Add the pepper and peas and cook another 5 minutes. Stir in the cheese and vinegar and spread into a buttered casserole. Spread the mashed potatoes on top and garnish with paprika.

Bake for about 35 minutes.

Potatoes

Potatoes come in two basic kinds: bakers and general purpose (sometimes called boilers). Bakers are generally russets (sometimes called Idahos, since many are grown there) and are drier and mealier than boilers. They have the thicker skins more suitable for baking. Buy russets primarily for baking, although they can be used for any purpose.

General-purpose potatoes have thin skins and a more waxy character and are better suited to boiling and for mashed potatoes. Since they hold their shape better, they are preferable for use in soups or salads. Red potatoes such as Red Pontiac and yellows such as Yukon Gold are excellent examples.

In picking potatoes at the market, avoid any with green skins or green flesh when you peel them. The green color indicates the presence of *solanine*, a toxic substance that could cause stomachaches and indigestion. If you find green on a potato you are peeling, cut it all off and cut about 1/2" deep and discard all of that as well. The remaining potato should be edible.

You really only need to peel potatoes for mashed or scalloped potatoes. The rest of time leave the skin on as it has much of the nutrition and adds flavor. Peel potatoes under lukewarm running water to rinse off the mud. If you are not peeling them, wash them off under running water, using a dish or vegetable brush if needed.

Whipped Potatoes

Serves 2-4

4 medium potatoes	pinch of salt
1 c milk	1 Tb butter
salt and white pepper	dash of paprika

Peel the potatoes and cut in half. Place potatoes in a medium saucepan and cover with water. Add dash of salt, cover and cook

at a medium boil for 15-20 minutes, until tender. You can cook the potatoes more quickly by cutting them in smaller pieces, but more of the flavor will be lost in cooking.

While the potatoes are cooking, put the milk and butter in a small saucepan and place over very low heat to warm the milk so that butter melts. Do not let the milk boil or bubble. You can also heat the milk in a microwave to avoid scorching it.

When the potatoes are cooked, drain off all the water. For best results, put the potatoes back over medium heat and stir the pan with a wooden spoon to dry out any remaining water. Place the potatoes in a mixing bowl, season with salt and white pepper and beat with an electric beater until no lumps remain. The key to smooth potatoes, is to make sure they are beaten smooth *before* you add the milk.

Add the warm milk a little at a time until the potatoes are smooth and creamy. Since they become thicker on standing, it is better to make them a little thinner than you want them to end up than to err on the side of too thick. Garnish with paprika.

Mashed Potatoes

These differ from *whipped* potatoes mainly in that you add no milk. Cook them as above, but after drying them out by stirring over heat on the stove, beat in 2-4 Tb of butter instead of milk. They are firmer and somewhat more flavorful and go well with veal and beef.



Baked Potatoes

4 russet potatoes potato spikes
1 c sour cream 1 Tb chopped chives

Potato spikes serve the dual purpose of conducting heat to the center of the potato so they cook more rapidly and preventing the potato from exploding.

Wash the potatoes and place a potato spike through each one. Bake in a 400 degree F oven for 45 minutes or until they seem completely cooked when you prick them with a fork. Serve with sour cream topped with chopped chives.

Baked potatoes are best cooked without any wrapping. The traditional steak house foil-wrapped potatoes are not really baked at all, but steamed inside the foil wrapping. The flavor and texture are inferior to real, baked potatoes.

Microwave hints: Forget it. Microwaved baked potatoes are a mealy disaster. You can sometimes rescue a slightly underbaked potato with a minute in the microwave, but even this changes the texture.

Parslied Boiled Potatoes

These are particularly good with new potatoes.

4 medium potatoes, 1 Tb butter
cut in half
boiling, salted water 2 Tb chopped parsley

Cut the potatoes into halves or quarters and cook in boiling, salted water until relatively tender. Then, drain thoroughly, and toss with the butter and parsley. Serve.

Home Fries

4 medium potatoes 1 medium onion
1 green pepper 2 Tb butter
salt and pepper

Chop the onion and green pepper. Cut the unpeeled potatoes into 1/2-inch cubes. Melt the butter in a frying pan and add the

onions and green pepper. Cook until soft and add the potatoes. Season with salt and pepper and cook, covered, over medium low heat until the potatoes are soft.

Hash Browns

In Switzerland, these are also called rosti.

4 medium potatoes 4 Tb butter
salt and pepper

Using a grater, grate the potatoes into long thin strips. Melt the butter in a large cast iron frying pan. Add the potatoes and cook over medium heat until the bottom is browned. Turn the entire patty as a single unit. Reduce heat and cover and cook for 15 minutes. Uncover, raise the heat and brown on the second side. Serve with steak, veal Swiss style or ground beef.

Scalloped Potatoes

Here is a classic Midwestern dish. It also turns out that the boxed scalloped potatoes are not too bad, although they are more expensive.

2 Tb butter salt and pepper
1 Tb flour 3 medium potatoes, peeled and
 sliced thin
1-1/2 cups milk 1 small onion, minced
a covered casserole 1/2 cup shredded cheddar
 cheese

Preheat the oven to 350 degrees F.

Heat the butter until foaming add the minced onion. Cook until translucent. Then add the flour and cook about 30 seconds. Add the milk and heat and stir until thickened. Add the cheese and stir in.

Grease the casserole and add half the potato slices. Pour on half the sauce. Add the remaining potatoes and sauce. Bake covered for about an hour. Uncover and bake until browned.

Twice Baked Potatoes

Serves 4

4 baking potatoes salt and pepper

2 Tb butter

1/4 lb cheddar cheese, grated



Bake the potatoes using spikes as described above. Remove from oven and remove spikes. Cut each potato in half and scoop out the potato with a large spoon and put it in a small mixing bowl. Add 1 Tb of the butter. Beat the potatoes with an electric mixer until smooth and add salt and pepper. Scoop the potato mixture out of the pan and put back into the potato shells. Butter the outside of the shells and place in a small baking dish. Grate the cheddar cheese and sprinkle over the potatoes. Return to the 400-degree oven and bake until the cheese melts.

Garlic Mashed Potatoes

These go especially well with roast lamb. Two heads of garlic may sound like an enormous amount, but it becomes very mild upon baking. If you use less, you'll regret it.

2 heads garlic

a small saucepan

a small covered baking dish

4 medium potatoes

1 can chicken stock

1/2 cup milk

1 Tb flour

Preheat the oven to 325 degrees.

Peel, halve and boil the potatoes in a covered saucepan.

Boil water in another small saucepan.

Place the garlic heads in a small covered baking dish with ½ can chicken stock. Bake for 15 to 20 minutes until the cloves are tender but not browned. Mash the cloves with a wooden spoon and remove the peel.

Put the garlic and remaining stock in a small saucepan and mash until smooth with a wooden spoon. Add the flour and cook 30 seconds. Add the milk and cook until thickened.

Mash the potatoes using an electric mixer as above and add the garlic sauce instead of milk.

French Fries

It is possible to get frozen French fries that are modestly edible, but real ones are made in hot oil in a deep pan or fryer.

4 russet potatoes 3 cups vegetable oil

Begin heating to oil to 375 degrees F. Cut the potatoes into thin strips. Dry the potatoes off and drop them, a few at a time into the hot fat. Cook for about 10 minutes, or until they begin to brown. Potatoes give off a fair amount of water when they are frying, and you should be sure that the oil stays hot enough that the potatoes continue to fry instead of poaching in their own water vapor.

Low Calorie Oven “French” Fries

4 russet potatoes 2 Tb vegetable oil

Preheat the oven to 400 degrees F. Cut the potatoes into thin strips and dry them on paper towels. Spray a baking sheet with non-stick spray. Put some of the vegetable oil on your hands and handle all the potatoes pieces as you lay them on the baking sheet. Put the baking sheet in the oven and bake for 20 minutes. Turn over the fries and bake another 10-15 minutes. Be careful not to overcook them.

Add salt after you take them from the oven.

These low-calories fries will taste just as good with much less fat.

Potato Torte

This is scalloped potatoes on steroids. You can serve it as a side dish, but it is just as easily a vegetarian main dish.

1 onions, diced	1/2 cup provolone cheese
2 Tb olive oil	1/2 cup grated Parmesan cheese
1 can plum tomatoes, chopped	1/3 cup chopped parsley
4 large potatoes	1 Tb oregano
2 eggs, beaten	1Tb olive oil
1/2 cup mozzarella cheese	salt and pepper

Preheat the oven to 350 degrees F.

Peel the potatoes and boil until just cooked. Drain.

Saute the onion in the olive oil. Add the tomatoes and salt and pepper. Cook until smooth.

Mash the potatoes with a wooden spoon or electric mixer. Mix in the cheeses, eggs parsley and oregano.

Butter a small to medium casserole and spread about 1/3 of the potato mixture. Spread on about half of the tomato sauce. Repeat with the potato mixture and tomato sauce, finishing with a third layer of potatoes. Brush the olive oil on the top and bake for 45 minutes. Cover with foil and bake another 15 minutes, until a knife comes out clean.

Cool and serve at room temperature or chilled.

Bread and Rolls

Notes on Yeast Doughs

Yeast

Yeast is a single celled plant that consumes sugars and starches in dough. It gives off carbon dioxide gas, which causes the dough to rise, and ethanol that gives bread rising its characteristic smell. Generally yeast is available as a dry powder, either in small packets or in jars. You generally dissolve the yeast in warm water before using it: be careful, however, of high temperatures which will kill the yeast: Water should be at about 95 - 100 degrees F and not much hotter. Luke warm to the touch is fine: hot will probably kill the yeast.

Kneading Dough

The purpose of kneading of yeast dough is to stretch the gluten in the flour. Gluten is a long tangled chain molecule that initially is tangled randomly when you mix the dough with water. By kneading, you are stretching these molecules and orienting them more in one direction. To knead yeast dough, push it down on a floured board and push into the front of the dough with the heel of your hands. Then fold the back of the dough over the front and repeat. After a few minutes kneading (or a few seconds in a food processor or bread machine), the dough will become smooth and elastic and somewhat shiny.

Dough Rising

You let dough rise covered with a damp cloth to prevent it drying out, and generally until it is doubled in bulk. According to the *Fleischman's Yeast Book*, dough is doubled when you can stick two fingers about a half inch into the top of the dough and the holes remain when you remove your finger. If they spring back right away, let it rise another 15 minutes and try again.

Dough rising is influenced by room temperature, and sugar content of the dough. You can also slow the rising of dough by adding salt to it. Slower rising yields an finer textured dough. Faster rising can yield an "over risen" dough with a yeasty taste and large air pockets.

Homemade Pizza

3-1/2 cup flour	1-1/4 cup warm water
1 pkg dry yeast	1/4 tsp salt
1 tsp sugar	
A pizza stone	A pizza peel

Put the pizza stone in the oven and preheat it to 460 degrees F.

Dissolve yeast in the warm water, add the sugat and set aside. Put the flour in a mixing bowl and add the salt. Add the yeast mixture and while you mix with a wooden spoon. Mix until you form a soft dough. Flours vary: you may need more or less water. (If you have a food processor you can carry out the above in the processor). Knead for 5 minutes. Cover the dough with a damp towel and allow to rise until doubled in bulk (about 1 to 1-1/2 hours). While the dough is rising, prepare the pizza sauce.

Pizza Sauce

1 6-oz can tomato paste	2 cloves garlic
6 oz water	1/4 tsp red pepper
1 Tb oregano	1 tsp rosemary
1 Tb basil	1/2 tsp sugar
1 Tb olive oil	

Mix the tomato sauce and water in a blender. Press the garlic and add to the blender. Add the spices and sugar to the tomato sauce mixture, blend and let stand until the dough is ready.

When the dough has risen, remove it from the bowl, and punch it down on a floured board. Roll out the dough using a rolling pin and fit it onto a pizza pan. Cover the pizza pan with a thin layer of cornmeal to prevent sticking. Spread the sauce on the pizza.

If you have a pizza peel (a large flat "shovel" for putting the dough in the oven) you should dust it with corn meal and then roll the dough out and place it directly on the peel. Otherwise put the cornmeal on the pizza pan, put the dough on it and assemble the pizza there.



Pizza Toppings

1/2 lb sliced mozzarella	fresh sliced tomatoes
1/2 lb sliced pepperoni	1/2 lb sliced mushrooms
1/2 lb Andouille (Cajun) sausage	1/2 lb chopped sausage
1 green or red pepper, sliced thin	1 medium onion, sliced thin
sun dried tomatoes	Broccoli

While you can either slice or grate the mozzarella, you should avoid pre-grated mozzarella as it is quite expensive and much of taste is lost by oxidation of all the cheese surfaces. Add the mozzarella and any other desired toppings. If you add greasy toppings like sausage or pepperoni, it is better to put them on top of the cheese. Then you can remove any accumulated fat with a paper towel after baking.

Slide the pizza from the peel or flat pan directly onto the hot stone in the oven.



Bake for 15 minutes and use the peel to remove the pizza. Cool slightly and cut into slices.



Peking Duck Pizza

You can use sliced duck breast, pieces of duck or substitute chicken.

1/2 cup bean sprouts

1/2 cup Hoi Sin sauce

1/2 lb sliced duck

10 green onions

1/2 lb sliced
mozzarella

1/2 lb sliced
mushrooms

Spread the Hoi sin sauce on the pizza dough. Add bean sprouts, mushrooms and duck meat. Cut the green onions into slivers and add most of the white parts. Cover with mozzarella and decorate with the slivered green parts of the onions. Bake about 15 minutes.

Thai Chicken Pizza

1/2 lb chicken breast, sliced	1/3 cup Thai peanut sauce
10 green onions	1/2 lb sliced mozzarella
1/2 cup bean sprouts	1/4 c shredded carrots
1/4 c peanuts (optional)	

Spread the peanut sauce on the dough, and add the chicken, bean sprouts, carrots, peanuts and green onions. Cover with mozzarella and decorate with a few green slivers of onion.

Grandma Kintner's Famous Dinner Rolls

Of all the recipes we have made, we have had more requests for this one than any other.

1/2 cup warm water	1/4 cup sugar
1 package dry yeast	1/2 tsp salt
1/2 cup milk	about 3-4 cup flour
1/3 cup solid shortening	1 egg
4 Tb melted butter	a muffin tin

Put 1/2 cup of luke-warm water into a measuring pitcher and add the yeast. Mix with a spoon and allow it to stand for a few minutes. Place the milk in a small saucepan and add the sugar, shortening and salt and warm on the stove (or in the microwave) until bubbles appear. The shortening does not need to melt completely.

Pour the milk mixture into a mixing bowl and add 1 cup of the flour and mix with a wire whisk. Add the yeast mixture and the egg and mix vigorously. Add the remaining flour until it forms a soft dough. Remove the dough to a floured board and knead for 5 minutes. Meanwhile, wash out the bowl and oil the bottom

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with a few drops of salad oil. Place the dough in the bowl, rotate it and invert it so that the oiled side is up. Cover with a damp cloth and allow to rise for 1 to 1-1/2 hours until doubled in bulk.



When the dough has risen, melt the butter in a small saucepan and remove from heat. Remove the dough from the bowl and roll out about 1/2 inch thick. Cut dough into 3-inch circles using a large drinking glass. Dip each circle in the melted butter, fold into quarters and place in a muffin tin. Cover the rolls with a damp cloth and let rise about an hour, until doubled in bulk.

Bake at 375-degrees for about 10 minutes until browned. Remove the rolls from the oven, and brush with the melted butter. Serve warm.



Cherry Ring

A festive holiday breakfast favorite!

1 recipe Grandma's dinner rolls 1/2 cup brown sugar
1/2 cup chopped pecans 1/4 cup butter
1/2 cup flour 1 can red pitted cherries
Confectioner's sugar frosting

Prepare the dinner roll recipe and allow to rise until doubled in bulk (about 1 to 1-1/2 hours).

Melt the butter and combine with the brown sugar and flour.

When the dough has doubled in bulk, punch down the dough, divide in half and roll out each half on a floured board into a 6 x 18-inch rectangle. Sprinkle half the cherries, half the brown sugar mixture and half the pecans over the surface and then roll into a long tube, pinching the ends to make a contiguous tube. Repeat with the second half.

Place each tube on a separate greased round baking sheet, such as a pizza pan and join and pinch the ends together. Cut about 3/4 of the way into the tube from the outside, leaving it joined in the middle, about every 3/4 inch. Take each slice and rotate it so that the cherry mixture is more or less horizontal. Cover each ring with plastic wrap and with a damp towel and put in a cool environment such as a basement, and allow to rise over night.



You can let it rise in a refrigerator, but will have to be sure that the dough is sealed so it doesn't dry out, and you may have to let it rise briefly outside the refrigerator in the morning as well.

When the dough has risen, preheat the oven to 375-degrees F. Place both rings in the oven and bake until brown, about 15 minutes. Remove the rings to cool and ice with confectioner's sugar frosting. Makes two rings, each of which serve 2-4 people.



Confectioner's Sugar Frosting

1/4 lb softened butter

1 lb confectioner's
(powdered) sugar

about 1/4 cup milk

Place the sugar in a bowl and combine with the butter using a fork or pastry blender. You can also combine this mixture quickly using a food processor. Using a fork beat the mixture continuously as you add the milk slowly by droplets. When the mixture is smooth and somewhat thin, spread over the coffee ring.

Sticky Buns

What a fine leisurely breakfast treat this can make.

1 recipe Grandma's dinner rolls	1 cup brown sugar
1/2 cup chopped pecans	1/2 c(1 stick) butter
1/2 tsp cinnamon	1/2 whole pecans

Prepare the dinner roll recipe as above and allow it to rise until doubled in bulk, about 1 to 1-1/2 hours.

Melt 4 Tb of the butter and add 1/2 cup brown sugar and the cinnamon and chopped pecans.

Butter two 8-inch square pans and strew the bottom with the remaining brown sugar, the whole pecans and 4-5 thin pats of butter.

Punch down the dough on a floured board and divide in half. Roll out each half to a 6 x 18-inch rectangle. Spread half the brown sugar-pecan mixture on the dough and roll up into a long tube. Slice the tube into thirds, and each third into thirds making 9 pieces. Arrange over the sugar, butter and pecans in one of the baking pans. Repeat with the other half of the dough.

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Cover the pans with plastic wrap or foil and allow to rise in a cool place overnight. If you let them rise in the refrigerator, they may need to rise further in the morning.

Preheat the oven to 375-degrees F, uncover the pans and bake for 10-15 minutes, until the rolls are browned and the topping is bubbling. Invert each pan over a serving plate, so that the whole pecan side is now on top. Serve at once. Makes 18 buns.



Quick Sticky Buns

Use a tube of packaged refrigerated roll dough. Place the dough circles on top of the ingredients above in a square baking pan. Allow rising and baking as above.

Cinnamon Rolls

1 recipe Grandma's dinner rolls	1 cup brown sugar
1/2 cup raisins	1/2 tsp cinnamon
Buttercream frosting	2 8-inch square baking pans

Prepare the dinner roll recipe as above. Combine the cinnamon, brown sugar and raisins in a small bowl. Allow to rise until doubled in bulk. Punch down on a floured board and divide in half. Roll each half into a 18 x 6-inch rectangle. Sprinkle on half the sugar mixture and roll up the dough lengthwise. Slice into thirds and each third into thirds. Arrange the 9 slices in one of the baking pans and repeat with the other half of the dough. Allow to rise covered with a damp cloth for at least an hour, or overnight in a cool place. If you put the rolls in the refrigerator, be sure to cover them tightly so they don't dry out.

Heat the oven to 375 degrees and bake for about 15 minutes, until medium brown. Allow the rolls to cool for 10-15 minutes and ice with buttercream frosting. Serve at once. (These also freeze well)

Cornbread

1-1/4 cup flour	1/2 tsp salt
3/4 cup yellow corn meal	1 cup milk
1/4 cup sugar	1/4 cup vegetable oil
2 tsp baking powder	1 egg

Preheat the oven to 400 degrees F. Grease a 9-inch square baking pan.

Combine the flour, corn meal, sugar, baking powder and salt in a mixing bowl, and stir with a wire whisk. Place the milk in a 2-

cup pitcher and add the egg and oil. Mix with a fork and add all at once to the dry ingredients. Stir until moistened uniformly and pour into the baking pan. Bake 20-25 minutes, until golden brown. Cut into 9 squares and serve warm.

Blueberry Muffins

1-3/4 cup flour	1 egg, beaten
1/4 cup sugar	3/4 cup milk
2-1/2 tsp baking powder	1/3 cup salad oil
3/4 tsp salt	1 cup fresh or frozen blueberries
12 foil or paper muffin cups	a muffin pan
6 tsp sugar for topping	

Preheat the oven to 400 degrees F. Place 12 foil or paper muffin cups in a muffin pan.

Sift the dry ingredients together into a mixing bowl. Put the egg, milk and salad oil in a 2 cup pitcher and mix with a fork. Pour all at once into the dry ingredients and mix until moistened. Add the blueberries and mix together with a wooden spoon. Add about 1/4 cup of batter to each muffin cup and divide up any remaining batter equally. Sprinkle the top of each cup with up to 1/2 tsp sugar.

Bake for 25 minutes. Makes 12.

Zucchini Bread

This recipe is from Dr. Lucille Palubinskas of Tufts University, who served it our endless committee meetings. At last, a use for zucchini! They say that in California you have to keep your trunk locked in the summer or people will run up at stop signs and throw their extra zucchinis in your car. These loaves freeze very well.

4 eggs	3/4 tsp baking powder
2 cups sugar	1/2 tsp nutmeg
1 cup vegetable oil	1-1/2 tsp vanilla
3-1/2 cups flour	2 cups grated zucchini
1 tsp salt	1 cup chopped walnuts or pecans
1 tsp cinnamon	1 cup raisins

Preheat the oven to 350 degrees. Put the eggs, sugar and oil in a large mixing bowl and beat vigorously with a wire whisk. Add the flour, salt, cinnamon, baking powder, vanilla and nutmeg and mix with a wooden spoon. Grate the zucchini and wring it in your hands to remove excess water. Measure it and then add it to the bowl and stir until uniform. Add the nuts and raisins and mix. Pour half of the batter into 2 greased loaf pans. Bake for 55 minutes, or until a toothpick comes out clean when inserted in the middle. This could take up to 10 minutes longer. Allow the loaves to cool for 10 minutes or so and then remove from the pans. Cool to room temperature and wrap in foil. If you plan to freeze them place the foil-wrapped loaves in a plastic zipper bag, label with the date and freeze.

Popovers

These are a stunning but simple addition to any dinner or breakfast.

1 cup milk
1 cup flour
3 eggs

2 tsp salad oil
1/2 tsp salt
a muffin or popover pan



Preheat the oven to 425 degrees F. Combine the above ingredients in a mixing bowl using a wire whisk. Grease the muffin pan using a small amount of oil or butter. Pour batter into each section of the pan and place in the hot oven. Cook for 20 minutes. Reduce the heat to 350 degrees and cook for another 20 minutes.

Makes 5-10 popovers depending on the size of the pan.

Bagels

Sometimes called lead circles with a hole in the middle, bagels have spread from New York nearly completely across the US. Frozen bagels are quite good now, but fresh bagels do have a special taste, and are great if you need quantities.

4 cups flour	2 Tb vegetable oil
1/2 Tb salt	2 eggs, slightly beaten
1/2 Tb sugar	2 Tb sugar
1 package dry yeast	2 qt boiling water
1 cup lukewarm water	corn meal (optional)

Mix the dry ingredients in a large mixing bowl. Soften the yeast in 1/3 cup of the lukewarm water and add to the flour mixture. Add the eggs and stir with a wooden spoon to form a dough ball.

Knead the dough on a lightly floured board for 10 minutes. The dough must be firm. Add more flour if necessary. Put a few drops of vegetable oil in the bottom of the bowl and return the flour ball to the bowl, rotating it so the top is now oiled. Cover the dough with a damp cloth and let it rise about an hour or until it doubles in bulk.

Punch the dough down and knead until smooth and elastic. Pinch off pieces of the dough and roll them between your hands to form 6" by 3/4" ropes. Pinch the ends together firmly to form a doughnut shape.

Preheat the oven to 450 degrees F. If the oven is not hot enough, the bagels will be rather leaden.

Bring the water to a boil and add the 2 Tb of sugar. Drop several bagels at a time into the water and as they come to the surface turn them over with a slotted spoon. Boil one minute on the second side.

Place the bagels on a greased cookie sheet and bake until the crust is crisp and brown, about 10-15 minutes. For a more authentic bagel bottom, dust the baking sheet with a small amount of corn meal instead of greasing it.

Soft Pretzels

Bagel dough

Kosher salt

Prepare the bagel dough as above. Twist the dough ropes into a simple knot and pull the ends down to the circle and pinch in place. Boil the pretzels as described above for bagels. Dust the pretzels with kosher salt and bake at 425 degrees F for 20 minutes on a greased cookie sheet.

Baking Bread

Baking bread is a fun weekend afternoon project, and it is actually pretty hard to have fail. Your bread will improve as your kneading technique improves, but the only real problems to avoid are over rising which can give the bread a yeasty taste, and under baking which can give you a doughy loaf. This recipe makes 2 loaves and should take you about 3-1/2 hours elapsed time.

5 - 6 cups flour	1-1/2 cups warm water
3 Tb sugar	1/2 cup milk
2 tsp salt	3 Tb butter or margarine
1 pkg dry yeast	1 tsp cooking oil
2 greased bread loaf pans	

Dissolve the yeast in about 1/2 cup of warm water. Place 2 cups of flour, sugar and salt in a large mixing bowl. Warm the milk and butter in a saucepan. The butter does not need to melt and the temperature should not be more than 100 degrees or it may kill the yeast. Add the milk mixture to the flour and add the remaining cup of water and the yeast mixture. Mix with a wooden spoon and the beat with a wire whisk for a minute or two until smooth.

Add the remaining flour a little at a time and mix with a wooden spoon. Add the flour until you have a soft dough. Flours vary you may need a little more or less. Flour a cutting board and turn

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the dough onto the board and knead until smooth and elastic, about 5- 10 minutes.

Wash out your mixing bowl with hot water so the bowl is warmed. Dry the bowl and add 1 tsp cooking oil. Place the dough back in the bowl and turn the dough so the top is greased. Cover with a damp cloth and allow the dough to rise for about an hour, until doubled in bulk.

Punch the dough down and turn out the floured board. Invert the bowl over the dough and allow the dough to rest for 15 minutes. Divide the dough in half and shape it into loaves. Pinch the dough underneath so that the top is smooth and round. Set in the dough in the loaf pans, cover with a damp towel and allow to rise for another hour until again doubled.

Heat the oven to 400 degrees F. Bake the dough for about 30 minutes. You can tell if the loaves are done if they sound hollow when you remove the loaf from the pan and tap the bottom. Bake longer in 5-minute increments if the bottom is not firm and it does not sound rather hollow when tapped.

Cheese Dishes

Cheese Fondue

Fondue was invented to use of leftover dry cheese and dry bread. This simple recipe is from the Swiss pavilion at Expo 67 in Montreal. To serve this at the table you needed a heated pot such as a chafing disk or fondue pot, heated either with a flame or Sterno, or electrically.

1 lb Swiss cheese ends	3 Tb brandy (or kirsch)
3 Tb flour	Pepper or paprika to taste
1 clove garlic	2 loaves crusty French or Italian bread, cut into cubes
2 cups dry white wine	a fondue pot or chafing dish
1 Tb lemon juice	fondue forks

Dredge the cheese lightly with the flour. Slice the garlic and rub the garlic over the inside of the pot. Discard the garlic. Pour in the wine and set over moderate heat on the stove. When air bubbles begin to rise, add the lemon juice. Then begin adding the cheese by handfuls, stirring with a wooden spoon until the cheese is melty. Add the brandy and spices, stirring until blended.

Serve in a heated pot, adjusting the heat to keep the pot bubbling but not burning. Using long fondue forks, spear pieces of bread, dunk them and place on the plate to cool and eat.

Tradition dictates that the woman who loses her bread in the pot has to kiss the man on her left. This can clearly be expanded in scope.

Quiche Lorraine

Quiche Lorraine is the classic cheese and cream quiche.

3 slices bacon	4 oz Swiss cheese
an uncooked pie crust shell	2 Tb butter
3 eggs	salt and pepper
1-1/2 cups light cream	pinch of nutmeg



Preheat the oven to 400 degrees.

Place the pie crust on a 8 or 9-inch pie pan or quiche pan and prick all over. Place foil inside the crust and fill with dried beans to hold the crust down. Bake 8-9 minutes. Remove the beans and bake 2 minutes more. Reduce the heat to 375 degrees.

Brown the bacon in a small frying pan. Remove the bacon and drain on paper towels. Chop the bacon and press into the crust.

Beat the eggs, cream and cheese together in a mixing bowl. Set the pie crust in the middle of the preheated oven and pour the cheese mixture into the pie crust. Drop a few dots of butter on top. and close the oven. Bake for 25- 30 minutes.

In the above photo, we used a removable bottom quiche pan, so we could drop the sides away and serve the quiche with the crust sides showing.

Cheese Soufflé

A deep casserole
3 Tb butter
3 Tb flour
1 cup milk
salt and pepper

5 egg whites
3/4 cup Swiss cheese, grated
pinch of nutmeg

4 egg yolks

Preheat the oven to 400 degrees.

Melt the butter in a saucepan and cook the flour for 30 seconds. Add the milk and stir until thickened. Add the seasonings. Remove from heat.

Separate the eggs and one by one drop the egg yolks into the hot mixture and stir with a whisk until blended. Stir in all but a tablespoon of the cheese.

In a mixing bowl, beat the 5 egg whites with a pinch of salt until stiff. Stir about one quarter of the egg whites into the sauce with a wire whisk to lighten the sauce. Then fold in the rest of the egg whites carefully using a rubber spatula, twisting and lifting but avoiding stirring which will break down the egg foam.

Pour into a butter casserole and sprinkle with the remaining tablespoon of cheese. Place in the oven and reduce the heat to 375 degrees. Bake for 25-30 minutes, until it is puffed and brown on top. The middle should just be set. Inspect with a sharp knife to make sure, being careful not to deflate the soufflé.

Serve at once before it starts to sink back down.

Chicken

Selecting a Chicken

A chicken should be fresh, of good color and should not smell sour. If you buy a fresh chicken, you should plan to use it within 24 hours or freeze it. Frozen chickens have somewhat less taste than fresh since many cell walls deteriorate with freezing and thawing. A frozen chicken will have darker bones in the drumstick and thigh but will taste nearly as good as fresh. If you have to thaw a frozen chicken, do it over night in the refrigerator or in a microwave oven to avoid salmonella growth.




In preparing raw chicken, you need to be careful of possible *salmonella* contamination. Wash all knives and cutting boards in hot soapy water after cutting chicken and do not use the tools for any other purpose before they are washed.

Modern chickens seem to be quite fatty. In all the following recipes, you should pull the skin from the breasts and thighs. You can pull it from the drumsticks as well, but this is more difficult. Leave the skin on the wings, as it is seldom very fat there.


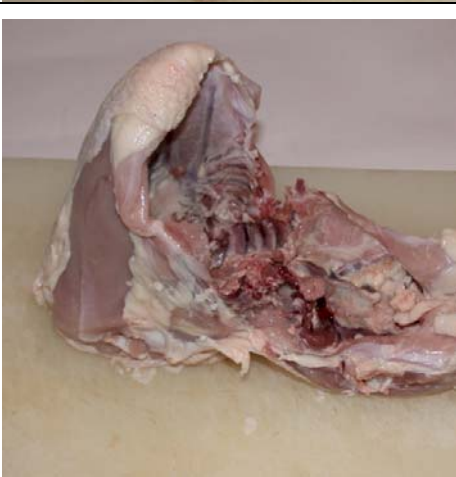
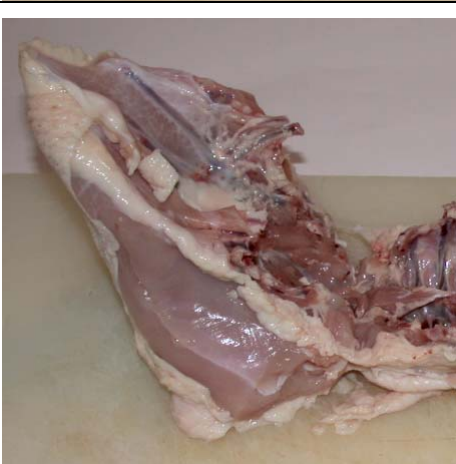
Blood in Cooked Dark Meat

One of the great panics new (and even experienced) cooks encounter is cooking chicken to perfection, only to find that the leg or thighs are still red or bloody inside near the bone. While this may be unsightly in some dishes, it is actually relatively harmless. Chicken bones, particularly from frozen chickens, contain hemoglobin which leaches out of the bone during cooking. You want to cook long enough to avoid this, for cosmetic reasons, but the chicken meat is perfectly well cooked.

How to Cut Up a Chicken

	<p>Starting with a whole chicken usually is cheaper, and since it has been handled less, it may well be a bit fresher. To cut up a chicken, you need a large sharp knife and a cutting board.</p>
	<p>Cut between the leg and the rib cage, keeping the thigh and drumstick together.</p>
	<p>Lift up on the thigh from underneath so the hip bone pops out of the joint, and then cut between the joint and the rib cage.</p>

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	<p>Pop the wing-bones out of their joints in a similar fashion, and cut through the separate the wings from the body.</p>
	<p>Cut through the body between the breast and back, and pull down on the back.</p> <p>Cut through to separate the upper back from the lower back.</p>
	<p>Cut through the ribs to separate the lower back from the breasts.</p> <p>Set aside the backs for making soup, gravy or stock.</p>



Cut through or alongside the breastbone, dividing the breast in half vertically.



Cut the breast in half horizontally so there are four pieces.

	<p>Cut through the joint between the drumstick and thigh. Cut off the wing tips and discard.</p>
	<p>This should give you 8 usable pieces of chicken, plus the 2 backs and wing tips (and the neck) for making stock.</p>
	<p>Remove the skin to reduce the fat content. The fat should lift right off, except for the drumsticks. Remove the fat from the drumsticks by pulling it off like a sock. If it stick at the joint, just cut it off.</p> <p>We do not in general remove the fat from the wings, since it is too much trouble.</p>

Fried Chicken

Here is the traditional fried chicken recipe. Everyone has a favorite. This one is adapted from one given by Paul Prudhomme.

1 2-1/2 lb frying chicken or chicken parts	1 tsp paprika
1 c milk	1 tsp onion powder
1/2 tsp Tabasco	1/2 tsp garlic powder
1-1/2 c flour	1/2 tsp ground black pepper
1 tsp thyme	1/4 tsp cayenne pepper
1/2 c vegetable oil	2 tsp salt
a cast iron or electric frying pan	

Place the milk in a medium bowl and add the Tabasco. Soak the chicken in the milk for 10-30 minutes.

Meanwhile, use two nested paper lunch bags to mix the breading flour. Put the flour in the bag. If you have a mortar and pestle, grind the spices together. Otherwise, just add them all to the bags and shake to mix.

Put the oil in a large cast iron or electric frying pan and heat to medium, about 350 degrees F.

Remove the chicken pieces from the milk and shake to drain. Then put 1-3 at a time in the paper bags and shake to cover. Remove each piece and place directly in the hot oil in the frying pan. When all of the chicken has been added and has begun to brown, turn the chicken and reduce the heat so it fries slowly without burning, about 325 degrees.

Cook the chicken, turning every 5-10 minutes for about 30 minute total, or until juices run clear when the dark meat (legs and thighs) are pricked. Remove the chicken pieces to a platter covered with 2 paper towel sheets to absorb any oil that drips. Cover the chicken or put it in a warm oven to keep it warm while you make gravy. Serves 2-4. Serve with mashed potatoes and a vegetable.

Cream Gravy

drippings from fried chicken	2 Tb flour
1 to 1-1/2 c milk	salt and pepper
chicken gizzard cut up	chicken heart

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After chicken is fried, remove and keep warm. Pour out all but 2 Tb of oil, but keep all the brown particles. Heat up the pan and add the flour. Stir with the drippings and cook for 30 seconds. Add 1 cup of the milk and cook until thickened, scraping the pan to stir in any brown particles. Add more milk if the gravy is too thick. Season with salt and pepper and serve with mashed potatoes.

Lower Calorie Oven Fried Chicken

This recipe is adapted from one by Weight Watchers.

1 3 lb frying chicken	2 c Buttermilk
3 drops Tabasco sauce	2 c cornflakes
Spices as above	3 Tb cooking oil
2 Tb flour	Non-stick spray
A baking sheet	



Preheat the oven to 350-degrees F.

Cut the chicken up and remove the skin. Soak in the buttermilk with the Tabasco for about 30-60 minutes.

Crush the cornflakes, but putting them in a bag and running a rolling pin over it a number of times. Mix in 1 tsp of the spices and the flour.

Spray the baking sheet with non-stick spray. Drain the chicken and roll it in the cornflake-flour mixture. Place each piece on the backing sheet. When all the pieces are coated, put a drop or two of cooking oil on each piece.

Bake in the oven for 20 minutes. Turn the chicken and bake about 15 minutes more.

Honey Mint Chicken

This takes traditional fried chicken and raises it to an elegant company meal.

1 2-1/2 lb frying chicken, cut up, or chicken parts	1 can chicken stock
1 c flour	1 tsp dried thyme
salt and pepper	1-1/2 c light cream
1/2 honey	1/2 c white wine
2 Tb wine vinegar OR	1-1/2 Tb chopped mint leaves
1 Tb raspberry vinegar and	1 tsp lemon juice or rind
1 Tb wine vinegar	
1/2 c cooking oil	a cast iron or electric frying pan

Mix the honey and vinegar in a large mixing bowl and add the chicken parts. Marinate for at least half an hour, turning several times to coat the chicken.

Heat the oil in the frying pan to 350 degrees F.

Mix the flour, salt and pepper in two nested paper lunch bags. Drain the chicken pieces one by one, shake in the flour mixture and lay in the hot oil in the frying pan. When all of the chicken is frying, reduce the heat and cook slowly. Since the honey coating will burn easily, be sure to turn the pieces frequently and keep the temperature down at a slow sauté rather than frying vigorously. Reserve two Tb of the marinade for use in the final sauce.

When the chicken has cooked for about 30 minutes and the juices of all pieces run clear (instead of pink), remove the chicken to a platter and drain on paper towels. Keep it warm while you prepare the sauce.

Pour out most of the oil, but leave any brown particles behind. Add the chicken stock and white wine and boil down by half.

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Add the cream, thyme, lemon juice and mint and two Tb of the marinade. Cook until the total volume is about 2 cups.

Strain the sauce to remove the mint leaves and brown particles and serve over the chicken. Serve with mashed potatoes.

Chicken Baked in Cream

This recipe takes almost no effort: in 45 minutes you can have a great meal.

1 frying chicken, cut up	1-1/2 c light cream
1 medium onion, diced	1/4 c dry sherry
6 Tb butter	salt and pepper
a large frying pan	a covered casserole dish

Preheat the oven to 375 degrees F.

Melt the butter in a frying pan. Add the diced onion and the chicken and brown on all sides. Season with salt and pepper while cooking.

Add the chicken to the casserole and add the cream and sherry. Cover the casserole and if it is flameproof bring the liquid to a boil on top of the stove. Put the casserole in the oven and bake for 40 minutes. At the end of this time, you should have a rich, clotted sauce. Serve over rice or noodles.

Sherry Baked Chicken

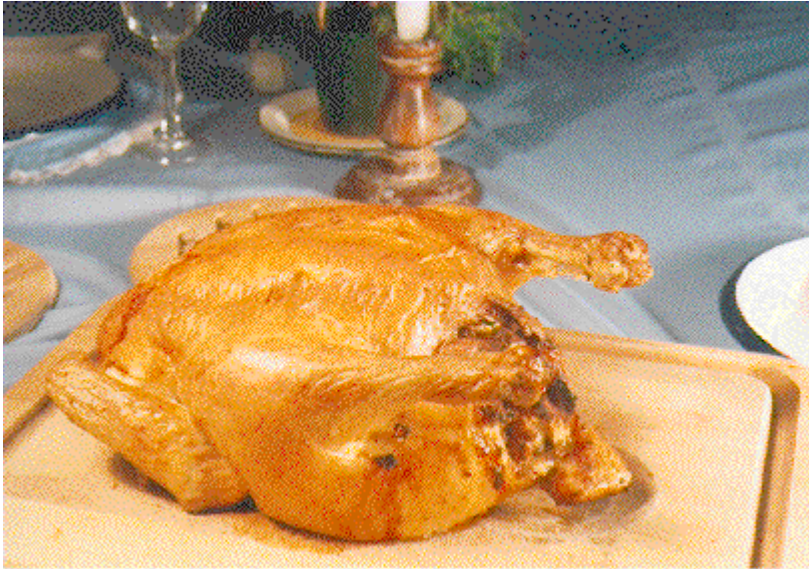
1 frying chicken, cut up	1 medium onion, diced
3/4 cup sherry	1 celery stalk, chopped
1 Tb olive oil	salt and pepper

Preheat the oven to 375 degrees F.

Oil the bottom of a baking dish or casserole dish. Add the onion and celery and top with the chicken pieces, arranged in a single layer. Sprinkle with salt and freshly ground black pepper. Add the sherry. Cover the dish and bake for 20 minutes. Uncover, turn the chicken in the dish and bake uncovered an additional 15 minutes. Serve with rice or noodles.

Stuffed Roast Chicken

While it takes 10 minutes or so to stuff the chicken, there is almost no additional effort in preparing a roast fowl. Chicken is much more juicy and flavorful than turkey and more suited to small families or groups.



1 roasting chicken 3-4 lbs	1/4 lb sausage
4 -6 slices of bread, toasted	salt and pepper
1 stalk celery, chopped	1 tsp thyme
1 medium onion, diced	1 tsp sage
1 small apple, chopped	2 Tb butter

Preheat the oven to 375 degrees F.

Remove the giblets and neck bones from the chicken cavity and season with salt and pepper. Discard the liver, but put the neckbones, gizzard and heart in a saucepan and cover with water. Boil the chicken parts, covered for about an hour to make stock to use in making gravy.

Prepare the stuffing by buttering each piece of toast and sprinkling with salt and pepper. Cut toast into small cubes and place in a large mixing bowl. Add the celery, onion, apple and sausage. Mix in the thyme and sage.

Stuff the cavity with the prepared stuffing and tie the legs closed with string if needed. Roast the chicken for 1-1/4 to 1-1/2 hours, until it reaches an internal temperature of 180 degrees or when the supplied indicator pops up.

Make cream gravy, using some of the prepared stock in lieu of all milk and add chopped gizzard, meat from the neckbones, and the heart.

Roast Turkey

Turkey is somewhat harder to do well because it is much easier to dry out and has less flavor to start with. We recommend roasting turkey in an oven bag or in foil. Frozen turkeys are also more prone to drying out and are difficult to thaw. The safest way to thaw one is in the refrigerator for 24-36 hours. Leaving a turkey out to thaw can easily lead to salmonella growth. Some cooks are now brining turkeys for several hours before cooking them to improve their moistness.

1 10-15 lb fresh turkey.	a large roasting pan
an oven bag or heavy duty aluminum foil	Double the stuffing shown above

Preheat the oven to 450 degrees. Remove the giblets and neck bones from the cavities. Stuff the turkey and tie the legs to hold the stuffing in. Butter the outside to keep it from sticking to the bag or foil. Wrap the turkey loosely in foil but seal by folding over the edges. Roast for about 3 hours. Place a meat thermometer in the thigh meat just inside the drumstick and roast until it reaches a temperature of 167 degrees.

Unwrap the top of the turkey and with assistance, lift it out and place on a carving board. Remove the remaining foil bits and make gravy from the accumulated juices. serve with mashed potatoes and all that. See the cranberry sauce recipe in the vegetables chapter.

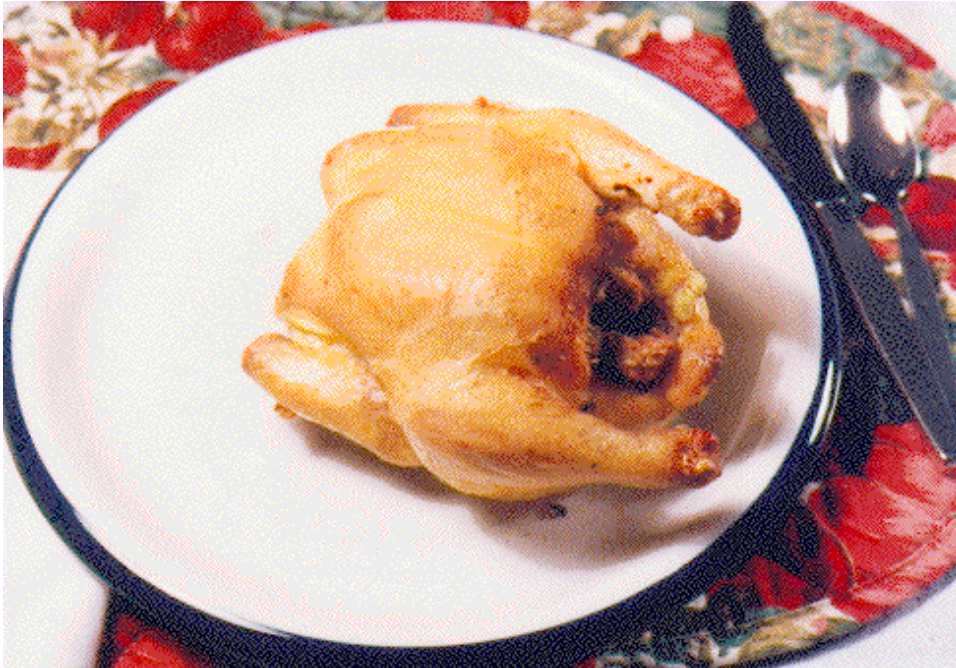
Storing Leftover Turkey and Stuffing

Cut all the meat off the turkey and store in foil wrapped packages. Freeze all of the meat that you can't use in 48 hours and thaw it only as needed. Do not leave the meat on the turkey in the refrigerator, as it will grow bacteria and is harder to keep from drying out.

Stuffing should be discarded after the initial meal, since it has been sitting out at room temperature while the turkey cools and during dinner. By after dinner, it will begin to provide an extremely fertile ground for bacteria growth.

Cornish Hens

Cornish hens are a popular turn on roast chicken. They have a similar but distinct flavor and everyone can have a whole bird on their plate to play with. For 2.



Brine the birds in a plastic bag containing 2-3 quarts of water and $\frac{1}{2}$ cup kosher salt for at least one hour. Rinse and dry the birds.

Prepare about half the stuffing described above for roast chicken. Remove giblet packages and neck bones from each hen and season the cavity with salt and pepper. Cut away any flaps of fat. Stuff the bird as above and roast in a 375-degree oven for 75 minutes. Prepare gravy as above.

Coq au Vin

There are as many versions of this recipe as there are cooks. It has been made with both red and white wines. This version is made with red wine.

1 frying chicken, cut up	1 sprig parsley
1/2 c flour	1/2 tsp thyme
1 frying pan	1 covered casserole
2 Tb butter and 2 Tb oil	1 bay leaf
12-15 small frozen pearl onions	salt and pepper
1 clove garlic, pressed	1 slice ham, chopped
1/2 lb mushrooms, quartered	1 c dry red wine

Preheat the oven to 300 degrees F.

Shake the chicken in flour and brown in a frying pan with the butter and oil.

Put the chicken in the casserole and add the remaining ingredients. Cover and bring to a boil on top of the stove. Bake in the oven about 1 to 1-1/2 hours, until the chicken is done, but is not falling off the bones. Serve with rice or noodles.

Chicken Cacciatora

This rustic Italian dish simple means "hunter's chicken." This recipe follows one from Marcella Hazan.

1 frying chicken, cut up	salt and pepper
2 Tb olive oil	1/2 c dry white wine
1 c onions, sliced thin	1 1/2 c canned plum tomatoes
2 garlic cloves, pressed	a covered frying pan

Heat the olive oil in a frying pan skillet and sauté the onions until they are transparent. Add the minced garlic and the chicken. Brown the chicken on both sides. Add the salt and pepper and the wine and let it evaporate by about half. Add the plum tomatoes, cutting them up with the spatula as you stir them in.

Cover the pan and simmer about 30 minutes, until the chicken is done. Add more water if needed to keep the pan moist while simmering.