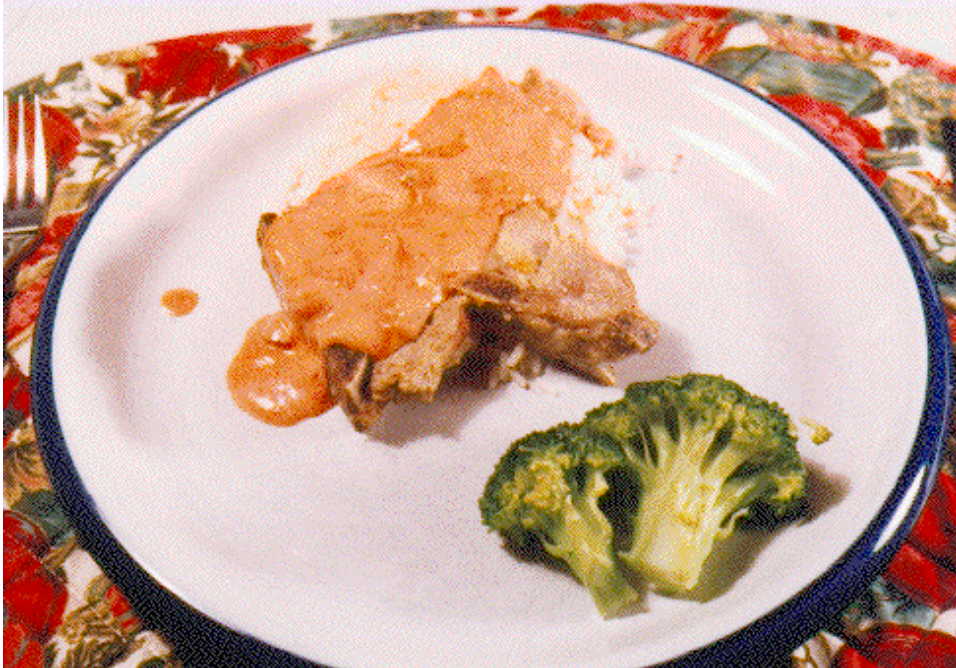


## Chicken Paprika

*This is the Hungarian "Chicken Paprikash."*

1 frying chicken, cut up	salt and pepper
1 medium onion, chopped	1/4 c flour
1 clove garlic, pressed	1/4 c light cream
1 fresh tomato or 2 canned plum tomatoes	1/2 c sour cream
1 green pepper, chopped	2 Tb butter
1 can chicken stock	1-1/2 Tb paprika



Heat the butter in a large covered pan. Sauté the onions and garlic until browned lightly. Add the paprika, salt and pepper, green pepper and 3/4 c stock. Cover and cook 10 minutes.

Add the chicken, cover and cook for about 30 minutes, until the chicken is tender. Add water or more stock to make up 1-1/4 cups of broth.

In a small saucepan, melt 2 more Tb butter and blend in the flour. Cook 30 seconds. Scoop out and add a cup of the broth and cook until thickened. Add the light cream and stir until uniform. Add the sauce back to the kettle. Add the sour cream and cook until heated through. Serve over noodles.

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## Curried Chicken

*Curry powder is an American invention. Authentic Indian curries are made from selected spices depending on the style of curry. For this dish, we suggest a bottled hot curry powder or a lot of the mild powder.*

1 frying chicken, cut up	4 Tb butter
1/2 c flour	1-3 Tb curry powder
salt and pepper	1 can chicken broth
2-3 large onions, sliced	a covered frying pan
2 cloves garlic, pressed	2 Tb oil

Combine the flour and salt and pepper in a pair of nested lunch bags and shake the chicken pieces in the flour. Shake off the excess flour. Melt the butter in a frying pan until it is foaming and add the onions and garlic. Cook until translucent. Add the curry powder and cook briefly.

Add the chicken pieces and brown on both sides. Add more oil if needed to keep from burning. Add the chicken stock and bring to a boil. Cover and cook for 30 minutes. Serve with condiments and rice.

### *Condiments to Serve with a Curry*

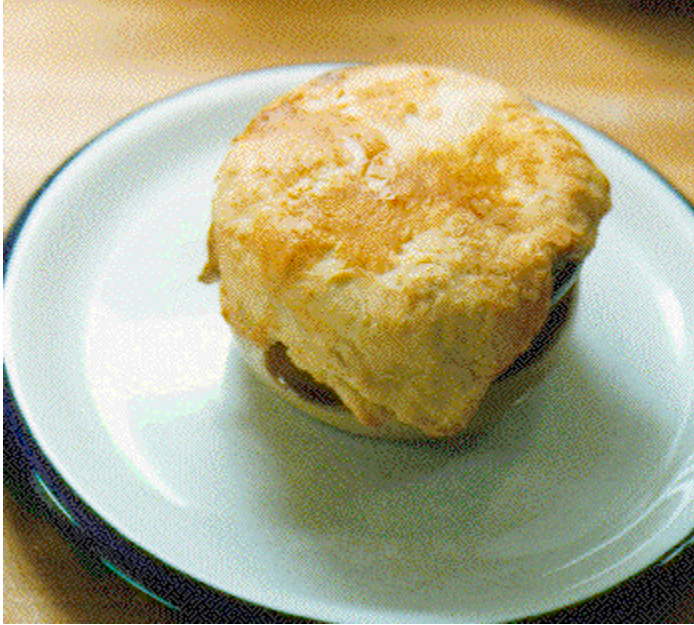
- Hard boiled eggs, chopped
- Raisins
- Peanuts
- Shredded coconut
- Green peppers, chopped
- Chutney

Put each condiment in a separate bowl and allow the diners to mix them on their plates.

---

## Chicken Pot Pie

*Once you've made yourself a real pot pie, you'll probably never go back to the frozen ones. The gravy in this recipe is much more flavorful, and of course, the quantity of chicken per pie is likely to be much larger than in frozen ones. You can freeze these, however, and still come out with a better dinner.*



2-3 lb chicken parts	1 onion, quartered
1 stalk celery, quartered	1 carrot, in coarse pieces
3 qt water	1 Tb salt
1 bay leaf	1 recipe pie crust or frozen puff pastry
2 carrots, sliced	1 onion diced
1 stalk celery sliced	1/2 lb frozen peas
2 Tb flour	2 Tb butter
1/2 cup cream	

Place the chicken parts in a large kettle and cover with salted water. The parts can be fresh or frozen, left-over from previous dishes, but should be uncooked. Bring the water to a boil and skim off any foam. Add the onion, carrot, celery and bay leaf.

Cook covered, simmering slowly for 30 minutes. Remove the chicken parts, cut off the meat and return the bones to the kettle and continue cooking for another 30 minutes. Remove and discard the chicken bones and vegetables. If the remaining liquid is voluminous, boil it down while you prepare the onion and celery below.

While the chicken is cooking, cook the sliced carrots in a saucepan with a small amount of water for 20 minutes. Drain.

Heat the oven to 350 degrees F.

In a saucepan, melt the butter and add onion and celery and sauté until the onions are tender. Add the flour and cook 30 seconds. Add 2-3 cups of the chicken cooking liquid and cook until thicken. Add the carrots, frozen peas and the chicken. Add the cream. and cook until thickened.

Pour the chicken mixture into individual soup crocks or one large casserole . Roll out the pie crust or thawed puff pastry and cover the dishes) with it. Brush with egg beaten with water and bake for 20 minutes, or until the sauce is bubbling.

---

### **Quicker Chicken Pot Pies**

Use precooked chicken pieces, or quickly sautéed chicken breast pieces and canned chicken stock. Use frozen piecrust or puff pastry for the tops.

---

### **Chicken ala King**

Prepare the chicken mixture above and serve on left-over or packaged biscuits, toast or rolls.

---

### **Chicken Salad**

*Chicken salad is a delightful hot weather meal. It's cool, but filling and deserves to be served with a chilled white wine.*

1/2 cup mayonnaise	5 cups diced cooked chicken
1/2 cup sour cream	1-1/2 cups celery, chopped
1 Tb dry mustard	1 small onion, diced
1 Tb lemon juice	salt and pepper
	white seedless grapes (optional)

If you start with uncooked chicken, poach it in a 1 quart of salted water with chopped onion, celery and a bay leaf for 15-20 minutes. Cool, remove meat from any bones, discard skin and vegetables.

To make the salad, cut up the chicken into small bite-sized pieces and mix with the above ingredients. Some people like to add white seedless grapes or pieces of walnuts or pecans to the salad mixture. Chill and serve on lettuce leaves.

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## Five Spice Chicken

*This recipe is from Dr. Brad Wade of the IBM Almaden Research Center.*

5 Spice Powder	½ cup orange marmalade
2 cloves garlic, pressed	¼ cup dry sherry
2 Tb molasses	Pepper
1 frying chicken, cut up	

Sprinkle the chicken liberally with the 5-spice powder. Mix the remaining ingredients together and marinate the chicken for 24 hours, or at least over night in this mixture.

Drain the marinade and save it. Bake the chicken at 350-degrees for 35-45 minutes, basting occasionally with the marinade.

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## Chicken livers

*Chicken livers are sometimes packed with the chicken hearts. Both will do fine in this recipe.*

1 lb chicken livers	1 medium onion, diced
2 slices ham or bacon	1 lb mushrooms
1 can beef stock	2 Tb sherry
1 Tb butter	1/2 cup flour
salt and pepper	

Slice the mushrooms and sauté in the butter. Remove to a bowl and return any butter and juices to the frying pan.

Chicken livers usually come with two lobes attached. Cut them into single pieces and shake with flour, salt and pepper. Shake off any excess flour using a colander.

Add the diced onion to a frying pan sauté. Add the livers and cook until browned. Add the diced ham, mushrooms and stock. Cook until thickened. Add the sherry and cook 1 minute. Serve over rice

## Pork

Pork can be used in a number of relatively inexpensive recipes. In recent years, U.S. farmers have been breeding ever leaner pigs to reduce fat content. Unfortunately, this also makes it harder to prepare pork without it drying out. Successful pork cookery requires juices, liquids, or sealing the meat inside a coating.

---

### Baked Pork Chops and Steaks

*Pork steaks are an inexpensive form of pork just south of the chop. They are a little bonier, but just as flavorful. You can use either in these recipes.*

2 pork steaks or chops	1/2 cup flour
salt and pepper	1/3 cup vegetable oil
a cast iron frying pan	a roasting rack

Brine the pork chops for about an hour before cooking.

Preheat oven to 350 degrees.

Heat the oil in the frying pan.

Shake the chops in flour and season with salt and pepper. Brown the chops in the oil on both sides.

Remove the chops from the oil and drain. Place a roasting rack in the frying pan and lay the pork chops on the rack. Bake for 15 minutes. Turn chops over and bake another 15 minutes. Serve chops with home fries, fresh vegetables or noodles.

### *Wine Sauce for Pork Chops*

3/4 cup dry white wine	2 tsp cornstarch
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Pour the fat out of the frying pan and add 1/2 cup white wine. Scrape up the brown particles and accumulated juices. Mix cornstarch with the remaining wine and add to pan. Stir until thickened and serve over chops.

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## Chinese Barbecued Spare Ribs

*This is a very simple meal to prepare. Most of the time is in the oven. Baste the ribs to keep them from drying out.*

2 lb spareribs or country ribs	1/2 cup soy sauce
1 clove garlic, pressed	1/4 cup water
1/2 Tb sugar	2 Tb red wine

Cut the ribs part way through. Mash the garlic, remove the peel and chop into small pieces. Combine the remaining ingredients and marinate the ribs in the liquid for 30 to 60 minutes. Preheat the oven to 350 degrees F. Place the ribs in an open pan or casserole and add 1/4 cup of the marinade. Bake for 45-60 minutes, turning and basting with the marinade every 10 minutes.

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## Pork Chops with Tomato and Sour Cream

*This is sort of a pork chop paprikash. It looks very festive but takes only a little effort.*

4 pork chops or steaks	1 6 oz can tomato paste
1 small onion, diced	1/2 cup water
1 small dill pickle or 4 slices, diced	2 Tb sherry
1/2 cup sour cream	a covered frying pan
2 Tb vegetable oil	

Cook the chops in 2 Tb oil until browned. Reduce the heat to low and cover. Cook for 15 minutes. Turn and cook another 10 minutes. Add the diced onion and cook another 5 minutes. Pour out any fat. Remove the chops to a platter and drain any fat onto paper towels.

Combine the tomato paste and water and add to the pan. Add the chopped pickle, sherry and sour cream, stir and heat through. Add the chops and warm through. Serve over rice or noodles.

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## Roast Pork

Pork roast must be cooked until fairly well done, but not until absolutely dry as some older cookbooks recommend. The reason for this direction is fear of trichinosis, an intestinal parasite now very seldom present in raw pork. It is killed by temperatures of 137 degrees F or greater. Rather than cooking pork to 170 or 180

## 108 Pork

as used to be recommended, 160 is plenty of margin and leaves the roast much more moist and tasty.

1 pork roast, 3 lb or greater      salt and pepper  
sage                                      bacon strips (optional)

Brine the roast for at least 1 hour.

Preheat the oven to 350 degrees F.

Dry the roast and season with salt and pepper. Rub with sage. If it has very little fat, cover it with 2-4 bacon strips. Roast in a preheated oven until a meat thermometer shows 160 degrees.

---

### **Pork Roast Stuffed with Dried Fruit**

1 pork roast, 3 lb or greater      1 cup apple cider  
10 Dried prunes and/or          1/2 cup dry white wine  
apricots  
1 apple                                1/4 cup brown sugar  
2 Tb flour                             salt and pepper  
1 brown-in oven bag               1/4 cup apple jack  
1 Tb butter                            1 Tb flour

If the roast is tied, untie it and lay prunes or apricots in the middle. Retie it with white twine.

Season the roast with salt and pepper and place in the oven bag. Add the flour and shake it to distribute it over the roast. Add the remaining dried fruit, the cider, wine, sugar, apple and apple jack.

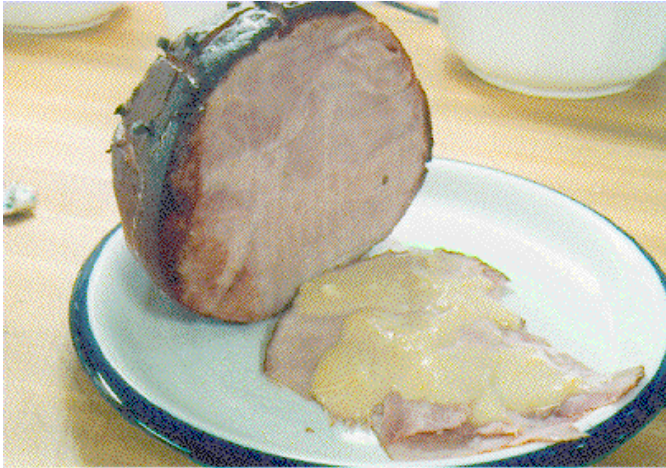
Tie the roasting bag, pierce it to make a couple of steam holes using a sharp fork and place in the oven on a roasting rack or pan. Roast about 1-1/2 hours or until a meat thermometer shows 160 degrees.

Remove the bag from the oven, cut it open and place the roast on a serving platter. Pour the accumulated juices into a pitcher or bowl. Add 1 Tb butter to a saucepan, melt and add 1 Tb of flour. Cook for 30 seconds and add the fruit sauce mixture from the roast. Heat, stirring to thicken and serve in a side dish with the roast.

---

## Baked Ham

1 3 lb or larger ham                      cloves



Preheat oven to 350 degrees.

Large hams are much too expensive and massive for small budgets, but sometimes small "daisy hams" are available at reasonable prices that would serve 2-3 people. All modern hams are precooked and need only be heated to have "baked ham."

Stud the ham with coves and place on a rack in a cast iron frying pan and roast until a meat thermometer registers 140 degrees.

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## Sweet Mustard Sauce

1 cup sugar	2 Tb dry mustard
1 Tb flour	1 cup milk
1 egg, beaten	1/2 cup vinegar

Mix the sugar, flour, and mustard. Add the egg, milk and vinegar and cook over low heat, stirring constantly until thick. Serve in gravy boat or sauce dish alongside ham.

---

## Baked Wieners and Beans

*Here is an enhanced version of baked beans.*

1 lb wieners	1/4 cup molasses
1 medium onion, diced	1/2 cup catsup

## 110 Pork

4 strips bacon, diced                      salt and pepper  
2 tsp dry mustard                          1 22 oz can baked beans

Preheat the oven to 350 degrees F

Combine the beans, onion, bacon, mustard, molasses., ketchup and spices in a small baking dish. Slit each wiener lengthwise, cutting only part way through and add to the beans. Bake about 30 minutes and serve.

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### **Kielbasa and Corn Fritters**

*This makes quite a filling meal. For another approach, see the scrapple recipe in the Breakfast chapter.*

1 -2 lb Kielbasa (Polish sausage)                      1 cup milk  
Syrup    1-1/2 cups flour  
2 cups fresh or frozen corn              2 tsp baking powder  
1 egg, beaten                                  1 tsp salt  
a covered frying pan                      a deep pan for frying



Cut the Kielbasa into 2-inch lengths and place in the frying pan. Prick the Kielbasa with a fork all over to facilitate the draining away of the fat while cooking. Fill half way up with water and cover. Simmer, covered, for 10-15 minutes until the Kielbasa is heated through.

Meanwhile, heat 2-4 cups of cooking oil in the deep pan to about 375 degrees.

Mix the egg and milk. Stir together the flour, salt and baking powder. Mix in the egg and milk and stir in the corn. The batter should be fairly thick, but not still floury. Drop tablespoons of batter into the hot fat and cook until golden brown. Turn with a

slotted spoon to make sure the fritters are cooked on both sides. Remove and drain on paper towels. Serve with syrup and the Kielbasa.

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## Curried Sausage

*Depending on how hot you like your sausage, you can use breakfast sausage, sweet or spicy Italian sausage or spicy Andouille sausage in this dish.*

4-6 Italian sausage links	1 medium onion, iced
1 celery stalk, sliced	1 tomato, diced
1 can beef bouillon	1 cup rice
1 green pepper, diced	1-2 Tb curry powder
2 Tb butter or oil	

Put the beef stock in a saucepan and add water to make 2 cups. Add the rice and cook covered, at low heat, for 25 minutes.

Meanwhile, add 1 Tb of oil to a frying pan and add the sausage. Cook, covered, over low heat until the sausage is done: about 10-15 minutes.

Remove the sausage and any excess fat. Add the other Tb of oil and sauté the onions, pepper, and celery. Add the curry powder and sauté for 30 seconds. Add the rice and the chopped tomato. Stir and add the sausage and warm through. Serve with cottage cheese for contrast.

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## Bratwurst

*A spoiled young person growing up in a household is sometimes said to go from Brat to wurst. I never sausage a person myself.*

1 lb Bratwurst	1 green pepper
1 medium onion	2 Tb oil

hot dog or long sandwich rolls

Cut a shallow diagonal cut around each bratwurst to aid in heating through. Sauté the Bratwurst, covered in the oil until well heated. Add the peppers and onions and sauté until transparent. Serve in the rolls topped with sausage, peppers and mustard

## Beef and Hamburger

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### **Cuts and Grades of Beef**

Beef comes in differing cuts, suitable for serving rare or for long slow cooking. In general, sirloin, and filets can be served rare, top round and flank may be served rare, and chuck, bottom round, and stew meat must be cooked slowly until tender, to soften the sinews of the meat. Beware of high priced filet mignon or chateaubriand-style meats with little fat on them: you will have a hard time cooking them without drying them out and they are very expensive.

Beef in the U.S. is also graded by the Department of Agriculture as Prime, Choice, Good and Commercial, according to tenderness and fat marbling. Nearly all Prime beef goes to restaurants, although some may be available in specialty shops for a song (actually, more like an opera). Most meat sold in markets is Choice graded. Look for good fat marbling in beef that you want to cook rare.

### ***Meat Bloom***

Package beef in the supermarket exhibits a bright red color because of oxygen which causes the myoglobin in the meat to redden. Below the surface, and even on the bottom side of the meat, the color will be much less red. However, if you cut the meat and allow it to set out in the air, those parts will redden as well in the short term. Eventually, a second reaction sets in causing the meat to brown, and soon after that the meat's flavor begins to deteriorate.

In order to encourage this bloom, butchers put their meat out in packages covered with semiporous wrapping material. Thus, this wrapping is not really suitable for long term freezing, since the meat will dry out in the freezer because of this porosity.

***Hamburger Grading***

Hamburger grading is rather confusing since the popular names don't really describe the cut of the meat at all, but only the percent fat.

Ground sirloin	10% fat
Ground round	15% fat
Ground chuck	20-% fat
Ground beef	25% fat or more

In general, select the ground round grade, since the sirloin grade may have too little fat to cook without burning.

---

**Hamburgers**

1/2 pound ground chuck	2 slices cheese
1 Tb butter	salt and pepper

A lot of scary things have been written about cooking and eating medium rare or rare hamburger. Since slaughterhouse cleanliness cannot be guaranteed, there is a risk of contamination in undercooked meat. This is particularly a problem if the beef is shipped already ground. If it is ground daily in the market where you buy it, there is little to fear.

Form the hamburger into two patties about 1/2 to 3/4 inches thick. Melt the butter in a frying pan and add the patties. Cook over medium low heat (about 300-325 degrees) until drops of juice form on the top of the patties. Turn them and season the top side with salt and pepper. Add a slice of cheese if you wish. Cook about another 2 minutes, until the juices run clear when you press on the patty and it feels springy rather than soft. Serve on a toasted bun.

***Variations***

1. Shake a few drops of Worcestershire sauce onto each side of the patties as you cook them.
2. Deglaze the pan with 3 Tb of red wine and serve over the patties
3. Mix herbs such as chives or thyme with 1/2 Tb butter and form inside the patties before cooking.

---

## Meatball Submarine Sandwiches

1 lb ground chuck	1 Tb basil
1 medium onion, diced	1 Tb dill oregano
1 stalk celery, chopped	1/4 lb mozzarella, sliced
1 egg	1 can Italian tomato sauce
1/2 bread crumb	1/4 c grated parmesan
3 Tb olive oil	submarine sandwich buns



Place the ground beef in a medium mixing bowl and add the onion, celery, egg, bread crumbs and spices. Mix with a wooden spoon. Heat the oil in a frying pan. Form the meat in 1-1/2 inch balls and brown in the oil. When the meat is browned, add the tomato sauce, cover and cook for 10-15 minutes. Taste the sauce: you may want to enhance it with more spices, sugar or red wine.

Preheat the oven's broiler. Cut a triangular wedge out of each sub roll and line the roll with 1-2 slices of mozzarella. Using tongs, place two or more meatballs in the roll. If they are fairly large, you may want to cut them in half. Sprinkle grated Parmesan cheese on the top and place the sandwiches on a baking sheet and toast under the broiler for 2-4 minutes, until the roll and cheese are just beginning to brown.

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## Stromboli Sandwiches

*For two sandwiches.*

1/2 lb ground chuck	1 green onion, chopped
1/2 lb fresh mushrooms	1 Tb dill weed
2 Tb butter	1 Tb sherry
2 hamburger buns	

Slice the mushrooms and sauté them in the butter. As you finish cooking them, add the chopped green onion. Add the sherry and cook for 30 seconds. Add the sour cream and dill weed and mix thoroughly.

Cook the hamburgers as above. Lay the buns on a flat baking sheet and put the patties on the buns. Spoon the sauce and mushrooms over the meat and heat under a broiler for 2-3 minutes until the bun is toasted and the sauce bubbling.

---

## Tacos

1 lb ground beef	chopped lettuce
2 Tb oil	chopped tomatoes
1 onion, diced	shredded cheese
1 can taco sauce	sliced ripe olives
6 tortilla taco shells	

Heat the oil in a cast iron frying pan and add the onion. Sauté until translucent. Add the ground beef and cook until browned. Pour off any accumulated fat. Add the taco sauce and mix. Spoon the meat mixture into the taco shells and serve with the chopped ingredients on the side.

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## Enchiladas

*Serves 2.*

1 lb ground beef	6 tortilla taco shells
2 Tb oil	2 Tb butter
1 onion, diced	2 eggs
1 can enchilada sauce	a small baking pan or casserole

Preheat the oven to 375 degrees F.

Heat the oil in a cast iron frying pan and add the onion. Sauté until translucent. Add the ground beef and cook until browned. Pour off any accumulated fat. Add the enchilada sauce and mix.

## 116 Beef and Hamburger

Spoon the meat mixture into the taco shells and place in a small baking pan. Bake 10 minutes. Meanwhile, fry 2 eggs in the 2 Tb butter, basting them to cook the tops. Lift out three enchiladas using a spatula onto each of two plates. Top each group with a fried egg.

---

### Broiled Marinated Flank Steak

1 to 1-1/2 lb Flank steak                      2 Tb prepared mustard  
2 Tb red wine                                      2 Tb Worcestershire sauce  
2 Tb lemon juice

Place the steak and other ingredients in a plastic bag and marinate for 30-60 minutes. Then, remove the steak from the bag draining off excess liquid. Place the steak on a rack in a small broiler pan and broil on each side for about 5 minutes, brushing with the marinade.

To serve, cut the steak into thin diagonal slices against the grain and serve with rice or baked potatoes.

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### Meat Loaf

*Again, there are hundreds of meatloaf recipes, each slightly different, and varying in cost of ingredients up to tens of dollars. This is the budget variety. You can use either all ground beef or meatloaf mixture which is a combination of beef pork and veal.*

1 can tomato paste                              1 stalk celery, chopped  
water to make 1 cup tomato                      1 tsp salt  
juice  
1 egg    3 grinds pepper  
3/4 c oatmeal cereal                                1 Tb Worcestershire  
1 medium onion, diced                            1-1/2 lbs ground beef or  
meatloaf mixture

Preheat oven to 350 degrees F.

Mix the tomato paste into water in a 1-cup pitcher, In a mixing bowl combine the tomato sauce with the egg, oatmeal, cereal, onion, celery and seasonings.

Add the ground beef and mix thoroughly with a wooden spoon. Grease a loaf pan and add the meat mixture. Bake 1 hour. Pour off the fat, let cool 5 minutes, loosen the loaf from the pan and invert on a serving plate.

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### Revoltillos

1 cup rice	salt and pepper
2 cups bouillon	2 lb ground beef
1/4 cup cooking oil	3/4 cup raisins
3 green peppers, chopped	3/4 cup ripe olives, pitted
2 cloves garlic, pressed	1/2 box bay leaves
1 medium onion, chopped	a covered frying pan

Cook the rice in the bouillon for 25 minutes.

Sauté the peppers, onions and garlic in a frying pan for 5 minutes. Add the ground beef and bay leaves, raisins and olives. Cover and cook for 30 minutes. Pick out most of the bay leaves. Stir in the rice and serve.

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### Chili

*This is traditionally served with toasted cheese sandwiches.*

3 Tb cooking oil	2 cups canned tomatoes with puree
1 lb ground beef	1-2 Tb chili powder
1 clove garlic, pressed	salt and pepper
2 medium onions, sliced	
1 can red kidney beans	



Sauté the onions and garlic in the oil. Add the ground beef and brown. Pour out any excess fat. Add the kidney beans, chili powder, tomatoes and salt and pepper. Simmer until uniform and thick., about 1 hour.

---

### Prize Winning Chile Con Carne

*In some circles, cooking chili becomes a contest as well as a culinary talent. Here is a prize-winning (and hot) recipe. Adam notes that if he had meant *chili con frijoles* he'd have said so.*

2 lbs or more chuck stew meat	2 medium onions
2-3 cans beef stock	2 cloves (or more) garlic
A variety of peppers (see below)	1 square unsweetened baking chocolate
Flour, salt and pepper for dredging	bacon fat

Obtain a nice mix of sweet and hot peppers. We recommend

3 polanos

2 banana peppers

1 green and 1 red bell pepper

1-4 jalapeno peppers

1-4 finger peppers (these are very hot)

You are going to cook this dish for quite a while, so the pepper's "heat" will reduce somewhat during cooking.

Cut up the peppers, leaving the bell peppers in larger strips. You can cut the hotter peppers more finely. If you're worried about the heat, remove the seeds from the hot peppers. Keep your hands away from your eyes and other tender parts of your body after handling them until you've wash your hands thoroughly.

Chop the onions, press the garlic and saute in a skillet, preferably in bacon fat. Put the chopped vegetables in the chili pot.

Cut the meat into 1x2" cubes. Shake with flour, salt and pepper. Shake of excess flour and brown in the skillet. Add to the chili cooking pot. Heat some of the beef broth in the skillet to deglaze it and add to the chili pot. Add the peppers and add enough beef broth to cover. Cook slowly for several hours. After it has become uniform and smooth, add the chocolate.

This chili improves on standing. You can refrigerate it at this point (covered) and cook again for about an hour the next day before serving.

During the last half hour of cooking, add the finger peppers to bring up the "heat" to where you like it. If you're serving to a group, you might want to serve these on the side to allow people to make their own final adjustments. Label the peppers so the timid aren't rudely surprised if they were expecting salsa.

---

## Beef Stroganoff

*Serves 4*

2 lb sirloin steak	1 medium onion, diced
1 lb fresh mushrooms, sliced	1 can beef bouillon
4 Tb butter	1 Tb dill seeds
2 Tb dry sherry	1 c sour cream
a cast iron skillet	

## 120 Beef and Hamburger



Heat 2 Tb of the butter until foaming and add the sliced mushrooms. Cook over medium high heat until the mushrooms give up their liquid and cook through. Remove the mushrooms to a medium bowl.

Cut the steak into small, uniform pieces, about 1/2 inch thick and 3/4" wide. Dry the pieces on a paper towel so they won't spatter and will brown better. Sauté a few at a time in 2 Tb of the butter over medium high heat. You want to cook at a high enough temperature to brown the beef but not burn it. Add the diced onion while cooking the beef. When the pieces have reached medium rare, remove them to the bowl with the mushrooms and continue sautéing the remaining pieces. Add more butter if needed.

When you have cooked all the beef, add the can of beef bouillon and raise the heat to high. Add the liquid that has accumulated in the bowl with the mushrooms and beef and boil the mixture down to a few tablespoons. Add the sherry, boil briefly, and then add the sour cream and dill seeds. Heat through and add the meat and mushrooms. Heat until warmed through, without allowing the sour cream to reach a boil, and serve over rice.

---

### **Beef Stew**

*A stew is a long slow cooking dish where the meat and vegetable flavors meld with the cooking liquid. You should plan on taking a couple of hours to make one. They are an ideal way to use lower cost cuts of beef. Serves 2-3.*

1 lb stewing beef or beef cut from a chuck steak	4 Tb olive oil
2 onions	1 bay leaf
2 stalks celery, sliced	1 tsp thyme
2 carrots	salt and pepper
1 c flour	1 c water
2 tsp sugar	3 medium potatoes

Cut the beef into 3/4" cubes. Dry the beef on paper towels and shake the pieces in the flour mixed with sugar salt and pepper. Heat the oil in a large kettle and brown the beef, a few pieces at a time. Peel and slice the onions and cook until just tender in the same oil. Add the beef and celery and the water. Add the bay leaf and thyme. Cover and cook slowly until the beef is tender, about 1 to 1-1/2 hours. Add water if needed while cooking to keep the beef from going dry.

Meanwhile, peel and slice the carrots and cook separately in 1/2 c of water in a small saucepan. Peel and quarter the potatoes and cook until nearly done in another saucepan.

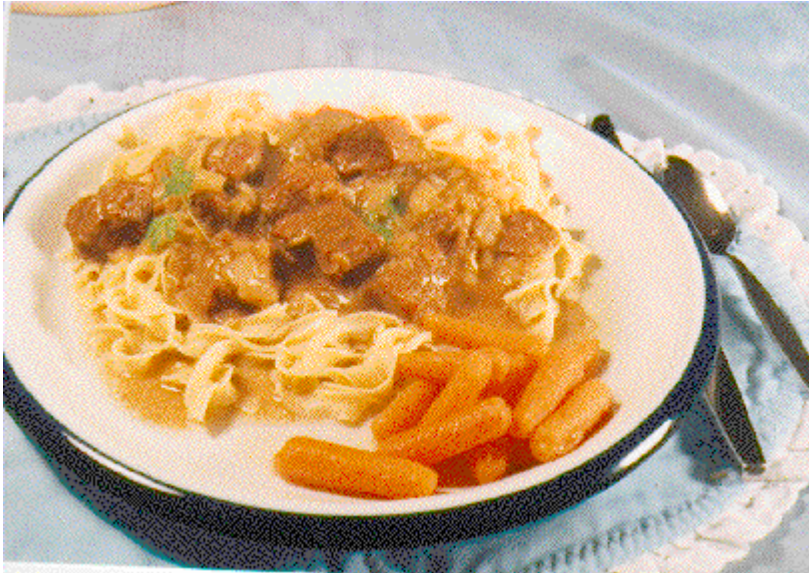
Check the beef by pricking it with a fork. It should be quite tender. When it is done, add the potatoes and carrots and cook together for 10- 15 minutes more. Serve with noodles and crusty bread.

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### **Carbonnades ala Flamande**

*This famous Belgian dish is a beef stew with onions cooked in beer.*

1 lb stewing beef, cut into 1 inch cubes	1 clove garlic, pressed
flour	1 12 oz bottle of beer
salt and pepper	1 Tb parsley, chopped
1/4 cup vegetable or olive oil	1 bay leaf
3 sliced medium onions	1/2 tsp thyme



Dry the beef on a paper towel. Combine the flour, salt and pepper and shake the pieces of beef in the mixture.

Heat the oil in a cast iron skillet. Cook the sliced onions and garlic and remove them to a dish. Shake the excess flour from the beef using a colander, and brown the beef pieces in the hot oil. Add more oil if needed.

Add the onions, beer and spices, cover and cook over low heat for one to 1-1/2 hours, until the meat is tender.

Serve with noodles.

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### **Beef Bourguignon**

*Bourguignon is just an elaborate beef stew with red wine instead of water. It elevates every day cooking to a company dish.*

2 Tb olive oil	1 c burgundy wine
2 slices bacon	1 can beef broth
2 lb chuck or stew beef	1 bay leaf
salt and pepper	1 tsp thyme
1 c flour	12-15 small pearl onions
3 carrots, sliced	1 lb mushrooms, sliced
1 clove garlic, pressed	2 Tb butter

Cut the beef into 3/4" cubes, dry it and shake with the flour, salt and pepper. Cut the bacon into small slivers. Heat the olive oil in

a large kettle and add the bacon. Remove the bacon when it is brown and add the floured beef cubes a few at a time. Remove the beef pieces when they are browned on all sides. When you have browned all the beef, add the carrots and garlic, and then the wine, beef broth, bay leaf and thyme. Cover and cook slowly for 1-2 hours, adding more wine or water if needed.

While the beef is cooking, slice the mushrooms and sauté in the butter.

When the beef is tender, add the onions and mushrooms and cook for 10-15 minutes. Serve over rice or noodles.

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## Steak Bearnaise

*Here is an quick elegant dish for a special occasion. Serves 2.*

2 sirloin steaks  
4 Tb olive oil

Bearnaise sauce



Dry the steaks on paper towels. Heat the oil in a cast iron frying pan. Add the steaks and cook quickly over medium high heat.

Always use tongs to run steak. Using a fork causes the stick to lose juices. When juice droplets appear on the surface of the steaks, turn them and cook until medium rare. You can judge doneness by cutting into the steaks with a sharp knife. However, remember that the beef will cook even after removed from the heat, so it is best to underdo it. You can always return them to the pan if after consideration, they still seem too rare.

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Ladle a generous helping of Bearnaise over each steak and serve with a baked potato and a fresh salad.

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### **Bearnaise Sauce**

1/2 c (1 stick) butter	3 egg yolks
1/2 c dry white wine	2 Tb butter
3 tsp tarragon	salt and pepper
2 green onions, chopped	

Place the stick of butter in a small pan and melt over very low heat. Do not allow the butter to bubble or burn.

In another small saucepan, place the wine, 2 tsp of the tarragon, salt and pepper and the chopped green onion. Boil down the wine rapidly to about 2 tablespoons. Strain the solids out, catching the liquid in a small bowl or pitcher. Press the remaining liquid out of the strainer using a wooden spoon. Discard the solids. Wash out the saucepan, return the strained liquid to it and add the 3 egg yolks. Mix with a wire whisk.

Place the pan over high heat and add 1 Tb of the solid butter. Stir vigorously to keep it from burning. Remove the pan from the heat if it cooks too rapidly. You want to avoid scrambling the eggs, but want to thicken them quickly. As the mixture begins to thicken, add the second Tb of butter. After this second Tb is blended in, begin adding the melted butter by droplets with constant stirring, to keep the mixture liquid but just thickening. Remove the pan from the heat if it thickens too much. Add more of the melted butter before returning it to the heat. When all of the butter is added, you should have a sauce like thick cream. Beat in the remaining tsp of tarragon and serve over steak.

If the sauce curdles or separates, place 1 Tb of white wine in a clean dry bowl and beat the sauce into it a little at a time to reconstitute the emulsion.

---

### **Pot Roast**

*Here is a great way to serve an inexpensive roast and have a delicious meal.*

1 3-4 lb chuck roast	6 Tb cooking oil
1 cup flour	1 cup boiling water
1 tsp salt	3 carrots, peeled and slice

1 Tb sugar pepper	2 stalks celery, sliced 4 medium potatoes, peeled and quartered
1 large onions, sliced	1/2 cup frozen pearl onions a large covered kettle

Dry the roast off on paper towels. Mix the flour with sugar, salt and pepper. Dredge the roast in the flour mixture and shake off any excess.

Heat the oil in the kettle to medium heat and brown the roast slowly, turning with a fork and spatula until the roast is browned on all sides. Add one of the sliced onions and sauté briefly while you heat the water to a boil. Add the water and cover the kettle. Simmer slowly for 1 to 1-1/2 hours. Add additional water if needed to avoid burning.

When the roast is nearly tender, add the pearl onions, carrots, celery and potatoes and cook covered until the vegetables are tender. You can speed this up by cooking the vegetables separately and adding at the last minute.

Serve the pot roast on a platter, with the vegetable decorating the sides. Serve the sauce separately in a gravy boat.

---

## Roast Beef

*This differs from pot roast in that you roast it rather than braising it, and that it requires meat that can be served rare, such as rib roast, sirloin tip or top round. This can be quite an expensive roast, so plan this only for special occasions.*

1 3-4 lb rib roast	1 Tb flour
4 slices bacon	salt and pepper
1 can beef bouillon	a meat thermometer

Preheat the oven to 450 degrees.

Dry off the roast, and if it does not have fairly substantial fat layer and marbling, lay the strips of bacon over it to keep it basted. Insert the meat thermometer in the thickest part. Place the roast on a rack in an open roasting pan or cast iron fry pan in the oven and roast for 25 minutes.

Reduce the heat to 325 degrees and roast until the temperature is about 135 degrees. Remove the roast from the oven and place it on a platter or carving board and let it rest for 10 minutes so that

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the juices re-absorb. The beef will continue cooking even after removed and reach about 140 degrees which is medium rare.

Pour off all but about 2 Tb of the fat in the roasting pan and place the pan on the stove. Add the Tb of flour and heat until cooked, about 30 seconds. Add the beef bouillon and stir until thickened, scraping up any brown particles in the roast pan and mixing to the gravy. Serve with the roast.

## Veal and Lamb

OK, so veal costs too much for a budget cookbook. You might want to try it for a special occasion. It doesn't take much veal to feed people, if you pound it thin and bread it as we do in the parmesan recipe below. You can also substitute chicken breasts in these recipes and still make interesting meals.

Veal cutlets comes in two varieties: veal shoulder and veal cutlets. The first is the cheaper variety and somewhat tougher. You should always buy pale milky veal which is from calves less than 3 months old.

Calves up to 4 months old are now being fed nutrient solutions that keep them anemic and keep their meat quite pale. However, the texture becomes much coarser and the taste is quite different, lacking the creamy taste of real veal.

You should also avoid "veal" with a deep red color: it is too far along maturity. Such "veal" is actually "baby beef," or beef from young cows. Do not be deceived: baby beef has no flavor whatever, neither the delicate flavor of veal nor the flavor of beef.

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### Pounding Veal

Veal has much more collagen than mature beef. The pounding breaks this up somewhat and also stretches an expensive meat. To pound veal, place one or two small pieces flat between layers of waxed paper. Pound with a wooden mallet or other heavy object until doubled in width. Turn the paper over and pound again from the other side. Cut the flattened veal into small cutlet sized pieces. Repeat with the remaining slices.

---

### Veal Scaloppini

1 lb veal, cut into small thin slices	2 Tb butter
flour	1/2 c sherry or Marsala
salt and pepper	1/4 c beef broth



Pound the veal very thin as described above. Put flour and bread crumbs in two bowls and break the egg into a third bowl. Beat the egg with 1/4 c water. Bread the cutlets by dipping them in the flour, then in the egg mixture and finally in the bread crumbs. Set them aside for browning.

Heat the olive oil and butter in a iron skillet until the butter is foaming and add a few cutlets at a time until all have been browned on both sides.

Pour a thin layer of Marinara sauce onto the bottom of the casserole and lay the cutlets on top, one layer thick. Put 1 tsp chopped chives on each cutlet and cover with a thin slice of prosciutto or ham and lay a slice of provolone on top. Pour the remaining Marinara sauce over the cutlets and sprinkle with ground parmesan cheese. Bake for 20 minutes and serve with Spaghetti carbonara..

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### Marinara Sauce

1 Tb butter	2 c canned plum tomatoes or tomato sauce
1 Tb olive oil	1 Tb oregano
3 cloves garlic, pressed	1 Tb basil
12 sprigs Italian parsley	6 anchovy filets

Chop the garlic and parley together. Heat the butter and oil in a saucepan until foaming. Add the parsley and garlic and sauté until the garlic and parsley are wilted. Add the canned tomatoes or sauce and the oregano and basil. Cover and cook for 30 minutes.

When done, chop the anchovy filets and add to the sauce.

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### Veal, Swiss Style

*This dish is also called "Zurig'schnetzlets," and is spelled in hundreds of ways. It is the most popular restaurant dish in Zurich.*

1/2 lb veal cutlets	1 can chicken broth
1 lb mushrooms, sliced	1/2 c white wine
4 Tb butter	1 cup light cream
1 green onion, white part only	1/4 c sour cream



Sauté the mushrooms in the butter and remove to a bowl.

Pound the veal and cut into small pieces. Sauté the veal in the butter, a few pieces at a time. Chop the white part of the green onion and add it to the sauté. Remove the veal to a bowl and add the wine and chicken broth and any liquid from the meat and mushrooms. Boil down to about 1/4 cup.

Add the cream and the veal and mushrooms and heat through. Place in a serving bowl and drop the sour cream as a dollop on top. Stir in before serving. Serve with hash-browned potatoes (the Swiss call them *rosti*).

---

## Roast Lamb

*Lamb kegs are cut into shank and rump halves. The shank half is prettier, easier to carve and more expensive. The rump half is cheaper and nearly as tasty.*

1 3 lb leg of lamb                      garlic cloves  
1 can chicken stock                    a meat thermometer  
2 Tb flour

Preheat the oven to 350 degrees F.

Cut the garlic into slivers and insert into the fat of the lamb leg. Insert the meat thermometer into the thickest part and place the lamb on a rack in a roasting pan. Roast for 1-2 hours depending

on the size of the lamb. Lamb should be cooked to a medium rare state, where most of meat remains pinkish. Remove the roast from the oven when the thermometer reads about 137 degrees F. Let the roast rest for 5-10 minutes before serving. It will continue to cook, but the juices will draw back into the meat.

While the meat is resting, add the flour to the roasting pan and cook over high heat for 30 seconds. Add the chicken stop and stir with a spatula, scraping up any brown particles in the pan. When the gravy has thickened, remove and serve with the lamb.

Serve with baked or garlic mashed potatoes.

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## Lamb Burgers

*This is a variation on the Greek Souvlakia as fast food.*

1 lb ground lamb	chopped tomatoes
salt	chopped onions
red (cayenne) pepper	pita (pocket) bread



Divide the lamb into 1/3 or 1/4 lb sections and roll into cylinders. Season each cylinder with salt and red pepper. Brown and cook in a cast iron frying pan until the meat is at least medium rare.

Cut each pita pocket into a semicircle, open the bread and place a cylinder in each. pocket. Serve with chopped tomatoes and ones for garnish.

## Quick Meals

On a day to day basis, you need any number of quick meals. Some of these have been shown in other chapters, including

- Hamburgers
- Wieners and beans
- Lamb burgers
- Sherry baked chicken
- Pork chops
- Meatball subs
- Tacos and enchiladas
- Macaroni and cheese
- Baked fish

Here are some more simple recipes you can try for every day cooking

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### Broiled Chicken Breast Sandwiches

2 whole chicken breasts	2 Tb olive oil
sliced tomato	mayonnaise
lettuce leaves	Hamburger buns
salt and pepper	1 onion, sliced

Pound the chicken breasts between waxed paper if they are too thick. Place the breasts on a roasting rack and brush with olive oil. Place under a broiler for 5 minutes per side. Meanwhile toast the hamburger buns.

Spread the buns with mayonnaise and add the one chicken breast slice to each. Top with tomato slice and lettuce and a slice of onion.

***Microwave tip***

You can also cook the chicken breasts in a ceramic dish in a microwave oven. Cook about 5 minutes total.

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**Pork Chop Sandwiches**

*This is a Western dish. You actually use a patty of ground pork.*

1 lb ground pork	2 Tb olive oil
ground sage	
sliced tomato	mayonnaise
lettuce leaves	Hamburger buns

Mix the ground sage, salt and pepper with the ground pork and shape into patties. Fry slowly in a covered frying pan, turning several times, until the juices run clear. Drain and serve on toasted bun with lettuce, tomato and mayonnaise.

---

**Hot Roast Beef Sandwiches**

*You can use left over roast beef, either rare or pot roast, as well as slices from a delicatessen.*

1/4 lb sliced roast beef	1 can beef bouillon
1 Tb butter	1 Tb flour
bread	

Melt the butter and add the flour and cook 30 seconds. Add the can of beef broth and stir until thickened. Add the beef slices and stir until heated through. Place a slice of beef on a slice of buttered bread., add another slice of bread, and pour the gravy over the entire sandwich. Serve with mashed or baked potatoes or potato salad.

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**Club Sandwiches**

*This is great when it is too hot (or too tired) to cook.*

4 slices bacon	1/4 lb roast beef
1/4 lb ham	bread
1/4 lb turkey breast	mayonnaise
tomatoes	lettuce
toothpicks	

Fry the bacon and drain on a paper towel. Toast 3 slices of bread for each club sandwich. Butter the bottom slice and put bacon,

turkey an lettuce on it. Put mayonnaise on both sides of the middle slice and place the middle slice on the growing pyramid. Add a slice of roast beef, a slice of tomato and a slice of ham. Add the top slice.

Place a toothpick through the three slices at the center of each side of the bread. Cut the sandwich diagonally across both corners and serve with potato salad or chips.

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### **Reuben Sandwiches**

1/2 lb corned beef                      1/4 lb Swiss cheese  
1 small can sauerkraut              rye bread  
butter

Place a slice of corned beef on the rye bread, followed by a Tb of sauerkraut. Add a slice of Swiss cheese. Add the second slice of the rye bread. Butter the outside of each slice of bread.

Toast in a sandwich grill or in a small frying pan over medium heat. Turn and toast the second side until the cheese is melted.

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### **Grilled Ham and Cheese**

1/2 lb baked ham                      1/2 lb cheddar cheese  
rye bread                                  mustard dill mayonnaise  
butter

Assemble sandwiches of ham and slices of sharp cheddar cheese. Butter the outside of the rye bread and toast in a sandwich grill or frying pan as above. Serve with mustard dill mayonnaise.

#### ***Mustard Dill Mayonnaise***

1/4 cup mayonnaise                      2 tsp dry mustard  
2 tsp dill weed

Mix above and serve with ham and cheese sandwiches.

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### **Chicken Breasts and Noodles**

2 whole chicken breasts              2 Tb olive oil  
2 cups noodles                          2 Tb butter or margarine  
parsley                                      1 green onion

Cut the chicken breasts into small pieces and sauté in the olive oil. Add the green onion and cook 30 seconds more.

Cook the noodles for 8 minutes or according to package directions. Drain and add to the skillet with the chicken breasts. Add the butter and toss together. Serve

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### Chipped Beef

1/4 lb chipped beef	1/2 stalk celery, chopped
4 Tb butter	1/2 tsp thyme
1 small onion, diced	3 Tb flour
2 cups milk	

Melt the butter and sauté the onion and celery. Add the chipped beef and sauté until the edges curl. Add the flour and cook 30 seconds. Add the milk and cook and stir until smooth. Add the thyme. Serve over toast or biscuits.

## Chinese Dishes

Chinese style cooking implies stir fry cooking, where a number of meats and vegetables are stirred and fried very quickly in a minimal amount of hot oil to keep the vegetables crisp and meats juicy. If you have a wok, use it in these recipes, but a frying pan works nearly as well.

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### Rice

*Makes 3 cups, enough for 2-3 people.*

2 c water	1 c rice
1/2 tsp salt	1 Tb butter

Cooking rice is so easy that is surprising that so many myths have grown up about it. Converted rice is simply rice that has had some of the starch coating steamed away. This makes it a little easier to avoid sticky rice, but also makes it a little more expensive. You can do just as well with ordinary long grain Carolina rice. In both cases, the proportions are 2 parts water to 1 part rice.

Put the water, salt and butter in a medium saucepan and bring to a boil. Add the rice, cover the pan and simmer over very low heat for about 25 minutes. One myth is that you should never uncover a pot of cooking rice. This is silly: how could you tell you fast it is boiling or if it is done? After 15 minutes, inspect the rice. If you stir the rice, you should always use a fork to avoid breaking the rice kernels. Cook until all the liquid has evaporated.

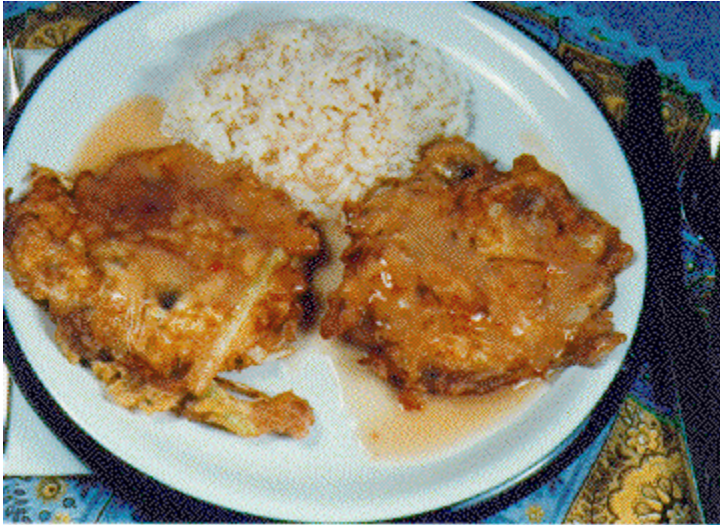
### *Variations*

1. Use 1 can of chicken stock and water to make 2 cups.
2. Use beef broth instead of water
3. Add chopped onions or peppers to the cooking rice

## Egg Foo Yung

*Serves 2. Vegetarians can omit the meat or substitute tofu.*

7 eggs	1 medium onion, diced
1 cup bean sprouts	1 c cooked pork or chicken
1/2 c celery cut in thin strips	1 Tb sherry
1/2 lb sliced mushrooms	1/2 c cooking oil



Bean sprouts are now widely available fresh. Avoid the canned ones: they simply have no crunch left. Put the eggs and bean sprouts into a large mixing bowl. Cut the celery in narrow strips along the grain so it mimics the bean sprouts in size and texture. Add the sliced mushrooms and the onion. Cut the pork or chicken into small strips and add to the bowl. Add the sherry. Fold the entire mixture slowly with a rubber spatula or wooden spoon by lifting and turning the spatula. This mixes the ingredients without breaking them into smaller pieces.

Heat the oil in a large skillet at 350-degrees F. Drop 1/2 cup portions of the mixture into the oil and cook slowly until the eggs are set. Turn each patty and cook on the second side for about 2 minutes. Keep them warm until you have made 2 batches. Serve with rice and the gravy shown below.

### *Gravy for Egg Foo Yung*

1 can chicken broth	2 Tb butter
2 Tb flour	1 Tb soy sauce

Melt the butter in a saucepan and add the flour. Cook for 30 seconds. Add the broth and soy sauce and heat and stir until thickened.

---

### Sweet and Sour Pork

1-1/2 lb pork, cut into 1" cubes	2 Tb sherry
1/2 c white vinegar	1/2 tsp chopped fresh ginger
1 cup pineapple cubes	1 green pepper, sliced
1/2 c sliced celery	1/4 c brown sugar
1/2 tsp salt	1 tsp Worcestershire sauce
1 large tomato, cut into cubes	3 Tb cornstarch
1 Tb catsup	Olive oil
Red food coloring	1 Tb cornstarch mixed in 1/4 c water
1/2 c snow peas	



Shake the pork with the cornstarch in 2 nested lunch bags. Shake off the excess in a colander. Heat the olive oil to medium hot in a large nonstick skillet and brown the pork, a few pieces at a time, so that it is fully cooked and has a crisp crust. Remove the pork to a bowl.

Wipe out the skillet and add more olive oil. Add the vegetables and sauté briefly. Add the pineapple and heat briefly. Add the vinegar, pineapple juice, sugar, salt, and Worcestershire and bring to a boil. Add the cornstarch and water and heat and stir

until thickened. Add the tomato cubes. Add the pork last and heat briefly. Serve immediately over rice.

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### **Beef with Pea Pods and Oyster Sauce**

*Oyster sauce contains oyster extract, but goes well with beef and other meats. Use only fresh pea pods to have a crisp dish, frozen ones seldom compare and are very expensive.*

1-1/2 lb flank or round steak	1 Tb shredded fresh ginger root
1 tsp sugar	2 Tb oyster sauce
3 tsp cornstarch	1 Tb soy sauce
1/4 c cooking oil	1 Tb sherry
1/2 lb Chinese pea pods	2 Tb water
3 green onions	

Cut the meat into thin strips. This is easy if the meat is partially frozen. Place the meat in a bowl and add the soy sauce, sugar and 2 tsp of cornstarch. Allow to stand 10-15 minutes.

Heat the oil in a cast iron skillet and cook the beef, a few strips at a time. Remove the beef when it is half cooked and drain in a colander over a bowl.

Pull the stem and string from each pea pod along with any flower blossom debris. Cut the green onions into 1" lengths, including the green part. Heat the oil again and add the pea pods and onions and cook quickly. Pour out any excess oil.

Combine the oyster sauce, water, sherry and cornstarch in a pitcher.

Return the meat to the pan along with the pea pods. Heat through and pour the oyster sauce mixture over it. Stir briefly and serve, over rice.

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### **Stir Fried Chicken**

*The easiest way to make several variations on this dish in a hurry is to cook up the chicken separately and then add it to the other ingredients to make the various dishes. Remember, if you don't have the ingredients or don't like one recipe, improvise and try one of your own.*

1 lb boneless chicken breast	1 Tb sherry
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## 140 Chinese Dishes

1 Tb soy sauce                      1 tsp cornstarch  
1/4 c cooking oil

Cut the chicken breasts into small bite sized pieces and place in a bowl with the soy sauce, sherry and cornstarch. Mix and allow to stand for 30 minutes.

Heat the oil in a cast iron skillet. Cook the breast pieces over medium heat until done, usually 2-3 minutes.

---

### Chicken and Spinach

1 c cooked chicken from above    1/2 tsp sugar  
1/4 c pine nuts or pecans            1 tsp cornstarch  
(optional)  
1 lb fresh spinach                    1 c chicken stock  
1/2 c cooking oil

Tear the spinach leaves into smaller pieces, removing the large central stem. Dry on paper towels if necessary.

Heat the oil to almost smoking and add the nuts. Remove the pan from the heat and lift out the nuts with a slotted spoon. Discard all but 3 Tb of the oil and reheat to moderate. Add the spinach leaves and stir fry quickly. Add the sugar and chicken and brown quickly. Add the chicken stock stirred with the cornstarch and bring to a boil. Serve over rice.

---

### Kung Pao Chicken

*This one is highly spiced, but you can control it by the number of slices of hot pepper you add. This recipe is adapted from one given by Craig Claiborne and Virginia Lee.*

1 c cooked chicken from above    1/2 c cooking oil  
1 c peanuts                            1 Tb sherry  
2 Tb yellow bean sauce            1 Tb red wine vinegar  
1 Tb hoi sin sauce                    4 cloves garlic, pressed  
1 Tb Szechwan paste (chili        1-2 jalapeno peppers chopped  
paste with garlic)  
1-1/2 tsp sugar

Combine the bean sauce, hoi sin, chili paste with garlic, sugar, wine and vinegar.

Heat the oil in a cast iron skillet almost to smoking and add the peanuts. Turn off the heat. They will darken very rapidly.

Remove them in 30-45 seconds and set aside. Pour out all but 3-4 Tb of the oil.

Add the garlic and chopped peppers and cook quickly in the oil. Add the chicken and warm through. Add the sauce mixture and the peanuts, heat through and serve.

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### Thai Chicken

1 c cooked chicken from above    3 green onions, chopped  
10 broccoli flowerets                4 Tb Thai peanut sauce

Add the green onions and broccoli to the pan with the chicken and cook for 1-2 minutes. Add the Thai peanut sauce and stir until the ingredients are coated. Serve with rice.

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### Noodles with Hot Sour Bean Sauce

Here is a terrific vegetarian Chinese meal

8 Chinese dried black mushrooms	1 Tb sesame oil
2 tsp cornstarch	2 Tb vegetable oil
1/2 cup bean paste	3 cloves garlic, peeled and pressed
2 Tb chili paste with garlic	3 slices ginger root
1 Tb soy sauce	3 green onions, sliced
3 Tb white vinegar	1 Tb toasted sesame seeds
3-1/2 Tb sugar	3/4 lb Chinese noodles or thin spaghetti (vermicelli)

Soak the dried mushrooms in 1-1/2 cups hot water for half an hour. Drain and slice.

Mix the cornstarch, 1-1/4 cups water, bean paste, soy sauce, vinegar, sugar, chili paste and sesame oil in a medium bowl.

Heat the vegetable oil in a wok or frying pan and quickly stir fry the mushrooms and scallions. Add the sauce and stir together. Set aside.

Cook the noodles or spaghetti in boiling water until *al dente*. Drain and place in a bowl. Spoon the sauce over the spaghetti and garnish with the sesame seeds.

## **Fried Rice**

4 mushrooms, thinly sliced	1 cup bean sprouts
3/4 cup Chinese cabbage (bok choy)	6 green onions, chopped, including green part
3 cups cooked rice	1/4 cup chives
1 egg	

Stir fry the mushrooms in a frying pan or wok in a few Tb of oil. Add the chopped cabbage and cook until translucent. Drain.

Put fresh oil in the pan and add the rice. Break an egg into the center and stir rapidly into the rice while cooking over medium heat. Add the bean sprouts and green onions and chives. Cook for a minute and add the cabbage and mushrooms.

## Pasta Dishes

Pastas encompass many cuisines from Italian to Chinese to American Midwest. Here are a few selected recipes.

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### Macaroni and Cheese

*This recipe takes this traditional dish out of the dull average, by adding Worcestershire, onions and green peppers. We also use cheddar instead of processed cheese. Vegetarians can simply omit the wieners.*

1 lb shell or elbow macaroni	2 c milk
1 lb wieners	1/2 lb cheddar cheese, grated
1 small onion, chopped	1 Tb Worcestershire sauce
1/2 green pepper, chopped	salt and pepper
2 Tb butter	1/4 bread crumbs
2 Tb flour	an oven proof casserole



Preheat the oven to 375 degrees F.

Cook the macaroni in a large quantity of boiling salted water in a spaghetti cooker for about 15 minutes or according to package directions. Do not undercook or the pasta will absorb the liquid from the casserole, leaving it dry. Drain and set aside.

In a medium saucepan, melt the butter and sauté the onion and pepper until soft. Add the flour and cook about 30 seconds. Add 1 cup of the milk and stir and heat until thickened. Add the cheddar cheese and the Worcestershire sauce and cook until melted in. Add the remaining cup of milk and heat until thickened and uniform.

Slice the wieners part way through lengthwise so they will heat evenly. Place a layer of macaroni in the bottom of a casserole and add the wieners. Add as much of the remaining pasta as will fit. Pour the sauce over it and top with bread crumbs. Bake for 20 minutes or until bubbling and brown.

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### Lasagna

½ lb sweet Italian sausage	½ lb ground chuck (20% fat)
1 Tb basil	2 cloves garlic
1 1-lb can chopped plum tomatoes	1 ½ tsp salt
½ c red wine	2 6-oz cans tomato paste
10 oz lasagna noodles	2 Tb sugar
1 ½ c creamy cottage cheese	1 ½ c Ricotta
2 Tb chopped parsley	½ c grated Parmesan cheese
1 tsp salt	2 eggs, beaten
1 lb sliced Mozzarella cheese	½ tsp pepper



Preheat oven to 375 degrees F.

Brown the sausage and hamburger slowly, spooning off excess fat. Add the garlic, basil, salt, tomatoes, tomato paste, sugar, and red wine.. Simmer uncovered for 60 minutes, stirring occasionally. Add additional salt and pepper to taste.

Cook the noodles in a large kettle of salted water, rinse and drain.

Combine the Ricotta, cottage cheese, Parmesan, parsley, eggs, salt and pepper in a bowl and mix thoroughly.

Place half the noodles in a 13 x 9 x 2 inch baking disk and spread them with half the cheese mixture. Then add half the mozzarella and half the meat sauce. Repeat to make a second layer. Top with more grated cheese.

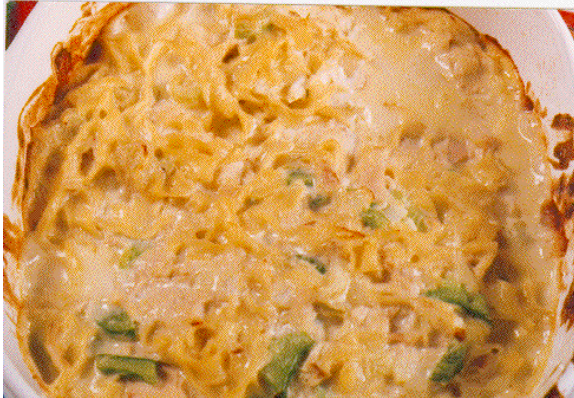
Bake for about 30 minutes, until heated through and bubbling. Remove from the oven and let it stand for about 10 minutes before cutting.

This recipe freezes well after cooking, so make a double recipe and freeze one for another time.

## Tuna Noodle Casserole

*Canned tuna can actually be any of several species. The most tasty is called white albacore.*

3-1/2 c dry noodles	1 /2 c mayonnaise
2 6 oz or 1 12 oz can of tuna	1 can cream of celery soup
1 c sliced celery	1/2 c milk
	1 tsp salt
1 medium onion, chopped	1 c shredded cheddar cheese
1/2 green pepper, diced	slivered almonds (optional)



Preheat the oven to 425 degrees F.

Cook the noodles in boiling water according to package directions, or for about 10 minutes. Drain and set aside.

Put the canned soup to a small saucepan and add the milk. Heat through and add the shredded cheese. Cook until melted.

In a large mixing bowl, combine the celery, onion, pepper, and mayonnaise. Add the tuna and break up any large lumps. Add the soup mixture and the noodles.

Put the contents of the mixing bowl in a large over proof casserole and top with slivered almonds. Bake for about 20 minutes until bubbling throughout.

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## Spaghetti with Meat Sauce

*Spaghetti comes in various diameters, all at about the same price. One of the narrowest and nicest to cook with is vermicelli. Cooking a good spaghetti sauce takes an hour and a half or so. You can take short cuts by starting with a bottled sauce and enhancing it. Vegetarians can simply omit the ground beef and still have a very tasty meal.*

3/4 lb vermicelli	1 22 oz can plum tomatoes with tomato puree
1 Tb olive oil	1/2 can tomato paste
salt	2 tsp sugar
1 lb ground beef	1/2 c red wine
1 large onion, sliced	1 Tb oregano
2 cloves garlic, pressed	1 Tb basil
2 Tb olive oil	1/8 tsp cayenne
salt and pepper	grated parmesan cheese

In a large cast iron skillet, add 2 Tb of the olive oil and the ground beef, crumbled. Cook until browned and add the onion and garlic and cook for until the onion is transparent. Add the canned tomatoes and paste and mix thoroughly chopping the tomatoes with your spatula. Add the sugar, red wine and spices and stir. Cook slowly covered, for at least 1 to 1-1/2 hours. After half an hour, begin tasting to adjust the ingredients. Consider adding more salt, sugar, red wine or spices as needed.

After an hour's cooking, begin boiling the water for the spaghetti. Add salt and 1 Tb of olive oil to keep the pasta from sticking together. Cook the spaghetti according to package directions or for 9-11 minutes, so it is still *al dente*.

Serve spaghetti and sauce separately with a bowl of grated cheese and some crusty Italian bread.

### ***Enhanced Bottled Sauce***

Starting with a jar of prepared Italian sauce, cook onions and garlic in olive oil, add the bottled sauce and the red wine and cook 15 minutes.

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## Meatballs and Spaghetti

Prepare the meatballs as described under Meatball Subs. Prepare the sauce above without the meat. Add the meatballs after the sauce begins to cook down.

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## Spaghetti Carbonara

*This is allegedly spaghetti in the style for charcoal makers, although it is not clear how those hard workers had time to make it. This recipe is derived from one given by the Romagnolis.*

*Vegetarians can omit the bacon, or replace it with spun soy bits.*

3/4 lb vermicelli	1 22 oz can plum tomatoes with tomato puree
1 Tb olive oil	1/2 can tomato paste
salt	2 tsp sugar
1 lb ground beef	1/2 c red wine
1 large onion, sliced	1 Tb oregano
2 cloves garlic, pressed	1 Tb basil
2 Tb olive oil	1/8 tsp cayenne
salt and pepper	grated parmesan cheese
4 slices bacon	4-6 Tb grated parmesan cheese
3 Tb olive oil	1 lb spaghetti
3 large eggs	fresh ground black pepper



Sauté the bacon in the olive oil and set aside. Cook the spaghetti in boiling water as above. When the pasta is cooked, drain it and

put directly in a large serving bowl. Break the eggs one at a time into the hot pasta and toss with two forks. Add the pan bacon and olive oil and toss again. Finally, add the grated Parmesan cheese and ground pepper to taste and toss again. Serve at once.

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## **Fettuccine Alfredo**

*Here we will cheat and use packaged pasta: fettuccine or any other common noodle will do*

8 Tb butter (one stick)                      8 Tb Parmesan cheese  
1/2 c cream                                      1 lb fettuccine or other noodle

Place the butter and cream in the top of a double boiler, or one small saucepan inside a larger one filled with boiling water. When the butter has melted, stir in 2/3 of the cheese. Keep warm until the noodles are done.

Cook the noodles according to package directions. Put in a serving bowl and add the cream sauce. Sprinkle with the remaining grated cheese.

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## **Ravioli**

*Unless you are a big Boy-ar-dee fan, stay away from canned ravioli. The frozen ones are not very expensive and are much more flavorful.*

1 package frozen ravioli                      1 can Italian tomato sauce  
1/4 lb provolone or mozzarella              2 Tb Parmesan cheese

Prepare the frozen ravioli according to the package directions. Drain and place in a casserole with the tomato sauce. Cover with slices of provolone or mozzarella. Spoon a little more tomato sauce on top and sprinkle with Parmesan cheese,

Bake at 350 for 15-20 minutes, until bubbling.

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## **Vegetarian Black Bean Lasagne**

*This is delicious and filling recipe, but don't forget that you have to soak the black beans over night before you start. This recipe is a simplified version of one given by Diana Shaw.*

2 cups dried black beans                      2 tsp oregano  
1 red pepper                                      2 tsp cumin

## 150 - Pasta

1 green or yellow pepper	1/2 tsp red (cayenne) pepper
3 mild jalapeno peppers	1 cup corn
1 large red onion, quartered	2 cups cottage cheese
4 garlic cloves, split	1/2 lb cheddar cheese, shredded
1/4 cup cilantro leaves	1/2 lb Monterey Jack cheese, shredded
1 large can plum tomatoes	1/3 cup plain yogurt
1 Tb lemon rind, grated	1 lb lasagne noodles
1 Tb chili powder	grated Parmesan cheese

Soak the beans for half an hour, rinse them and soak over night.

Cover the beans with water in a deep saucepan and simmer for an hour. Cool and drain.

Cook the lasagna noodles for about 15 minutes in boiling salted water, or as specified on the package.

Chop the peppers, onions, garlic and cilantro together. Sauté in a small amount of oil in a large frying pan. Add the tomatoes and cook slowly, cutting them into smaller pieces with your spatula. Simmer about 15 minutes. Stir in the corn and beans and cook another 5 minutes.

Preheat the oven to 350 degrees F.

Combine the cottage cheese, shredded cheeses and yogurt in a mixing bowl.

Grease a large baking pan lightly and pour a small amount of the bean sauce over the bottom. Place a layer of noodles over it and spread with the cheese mixture. Repeat these layers until all the ingredients are used, finishing with the bean mixture. Sprinkle parmesan cheese over the top.

Bake covered, for 50 minutes. Uncover and bake for 7-10 minutes more, until the cheese is browned on top. Remove from the oven and let stand for 10 minutes before serving.

## Seafood

Most fish recipes suggest that you use the catch of the day: whatever is fresh and moderately priced. On the East Coast this is "scrod," which usually means cod or flounder. Other places, it may be bass, trout or your favorite local fish. Note that scrod is not pluperfect subjunctive.

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### Fish and Chips

1 lb fresh cod	salt and pepper
1 c milk	4 c cooking oil
1 egg	Tartar sauce
1 c flour	3 medium potatoes

Beat the egg into the milk in a medium mixing bowl. Cut the fish into serving size slices and put in the bowl. Allow to stand 10 minutes.

Slice the potatoes lengthwise into small French fry sized strips, leaving the skin intact.

Heat the oil in a large kettle or electric frying pan, to a temperature of 375 degrees F.

Shake the fish in the flour, salt and pepper in nested paper lunch bags. Shake off the excess flour in a colander. Drop the fish a few at a time into the hot fat and cook until golden brown. Remove fish and drain on paper towels and keep warm.

When all fish have been cooked, reheat the oil to at least 375 degrees and add a handful of potatoes to it. Cook the potatoes at medium high heat so they don't become soggy or greasy. Cook until light brown. Drain on paper towels.

Serve the fish and chips with malt vinegar and tartar sauce.

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### Homemade Tartar Sauce

1 egg, hard-boiled	1/2 cup mayonnaise
--------------------	--------------------

## 152 Seafood

1 tomato  
1 green onion, chopped  
1 Tb capers, chopped  
(optional)

1/4 cup white wine  
1 sweet pickle, chopped or 1 Tb  
relish

Chop up the tomato and add the white wine. Boil down to less than half of original volume. Add to the mayonnaise. Add the chopped green onion, pickle or relish and optional capers. Force the hard boiled egg through a fine sieve over the sauce and mix together.

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### **Baked Breaded Fish**

*Here is a slightly healthier version of fish and chips that doesn't get your kitchen so greasy.*

1 lb flounder or cod or fish of the day  
1 c milk  
1 egg  
Pam spray

1 c bread crumbs  
4 Tb butter  
Tartar sauce  
a baking sheet

Preheat the oven to 375 degrees F.

Beat the egg into the milk in a medium mixing bowl.

Cut the fish into serving size pieces and soak in the milk for 10 minutes. Place the bread crumbs on a flat plate. Drain the fish and roll in the bread crumbs. Spray a baking sheet with Pam and lay each breaded filet on the sheet. Top each with 1/2 Tb of butter.

Bake the fish in the oven for 15 minutes. Switch the oven to broil and broil the fish for 3-4 minutes, until the crumbs darken. Serve at once.

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### **Baked Orange Roughy**

1 lb orange roughy or other mild fish  
6 Tb softened butter  
1 orange

1/2 c pecans  
1 tsp sugar (optional)

Prepare the baked fish as above.

Chop the pecans very fine on a cutting board and mix into the butter in a small mixing bowl. Peel the zest (orange part) from the orange and copy very fine. Squeeze 1/8 c juice from the orange. Add the juice and zest to the butter. Add 1 tsp sugar if desired.. Form the butter into round balls and serve alongside the baked fish.

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### **Fish Mediterranean**

1 lb flounder, cod or other fish	few drops Tabasco
1 onion, chopped	1 small can plum tomatoes
1 clove garlic, pressed	1/2 c white wine
1 green pepper chopped	a cast iron frying pan
3 Tb olive oil	an oven proof casserole

Preheat the oven to 375 degrees F.

### ***Sauce Mediterranean***

Heat the oil in a skillet, and sauté the onion, garlic and peppers until clear. Add the tomatoes, Tabasco and white wine and cook covered for 15 minutes.

### ***The Fish***

Cut the fish into serving size filets. Spray a casserole with Pam or olive oil and lay the filets in the bottom. Cover with the tomato mixture and bake for 15 minutes, or until the fish flakes easily. Serve with rice or home fries.

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### **Baked Stuffed Scallops**

1 lb scallops	1/2 c bread crumbs
1 c milk	1 Tb paprika
1 egg	4 Tb butter
salt and pepper	a medium baking dish

Preheat the oven to 400 degrees.



Beat the egg into the milk and add the scallops. Soak 10 minutes

Shake the scallops with the bread crumbs, salt, pepper and paprika. Shake off excess bread crumbs and put the scallops in the baking dish. Add the butter.

Bake 15 minutes, then turn the oven to broil and brown the scallops for a minute or two. Serve with rice.

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### **Shrimp Scampi**

1 lb shrimp	a covered baking dish
4 Tb butter	1/2 c white wine
2 clove garlic, pressed	

Preheat oven to 375 degrees

Peel the shrimp and, using a the point of a bottle opener, dig out the black vein from the inner curve of each shrimp. Place the shrimp, butter and garlic in the baking dish, cover and bake for 20-25 minutes. Uncover, add the white wine and cook an additional 5 minutes. Serve over rice.

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### **Beer Batter Shrimp**

*This simple batter recipe is from Craig Claiborne.*

1 lb shrimp	1/2 c beer
1/2 c flour	1 egg white beaten stiffly
dash of salt	4 c cooking oil
1 beaten egg	1/2 c catsup

1 Tb melted butter                      4 drops Tabasco

Sift the flour and salt and stir in the butter and egg. Add the beer gradually, stirring only until smooth. Let the batter stand in a warm place for 1 hour. Then fold in the beaten egg white.

Peel the shrimp and, using a the point of a bottle opener, dig out the black vein from the inner curve of each shrimp.

Heat the oil to 375 degrees. Dip the shrimp into the batter and then fry a few at a time until golden brown. Remove the shrimp and drain on paper towels.

When all shrimp are cooked, serve with seafood sauce made of catsup and Tabasco, with lemon wedges on the side.

### **Microwave Baked Scrod Bonne Femme**

*Bonne femme means the good wife made t with mushrooms*

1 lb fresh scrod                      2 Tb olive oil  
 1/2 lb mushrooms, sliced            1 green onion chopped  
 salt and pepper

Place the oil in a ceramic dish. Add the sliced mushrooms and the green onion.

Place the fish slices on top pf the mushrooms and brush with a little more olive oil. Cover and microwave for about 5 minutes. Check the fish. It should be just flaking. If not, microwave 2 minutes more and check again until done.

### **Shrimp and Dirty Rice**

*Here is a simplified version of the Cajun specialty*

1 lb shrimp                              1/2 tsp thyme  
 1 Tb butter and oil                    1 small garlic clove, pressed  
 1/2 cup tomato sauce                1/2 cup cream  
 1 small onion, diced                6 green onions, chopped  
 1/2 green pepper, chopped        1/2 tsp red pepper  
 1/2 stalk celery, chopped        2 cups rice, cooked  
 salt and pepper



Peel the shrimp and put the shells in a saucepan with a 1-qt salted water. Cover and simmer while you prepare the rice. Devein the shrimp using the point of a bottle opener.

After the rice is done, turn off the shrimp stock, discard the shells and save about 1 cup of stock. Saute the peppers, onion and garlic in the butter and oil. Add the tomato sauce and spices and cook for 5 minutes. Add the stock and cook another 10 minutes. Add the cream and cook until heated through. Add the shrimp and cook until they are done, about 3-5 minutes. Add the green onions and rice and heat through. Serve at once.

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### **Swordfish with Avocados and Multicolor Potato Chips**

1 lb swordfish  
1 sweet potato  
3 green onions  
Flour  
Juice of ½ lime

1 avocado  
1 baking potato  
3 Tbs mayonnaise  
Olive oil  
1 yellow or green pepper

Preheat oven to 400 degrees F. Slice the white potato and the sweet potato very thin, using a knife, or a vegetable slicer. You can also use a rather expensive tool called a *mandoline* that slices things extremely thin. There are plastic versions for about \$20, but a really high quality one costs over \$100. (Put it on your holiday gift list). Spread a few tsp of olive oil on a baking sheet, and place the potato slices on the sheet, and drop a few more drops of olive oil on top. Reserve a few slices of sweet potato. Bake for about 10 minutes. Turn using a spatula. As the sweet

potatoes darken (they contain more sugar) remove them. Keep baking the white potato slices until slightly browned. Remove and keep warm.

Peel the avocado, remove the pit and cut into slices. Chop the green onion quite fine. Mix the green onion, the avocado and the lime juice together with the mayonnaise to make a smooth guacamole.

Slice the pepper and sauté with the remaining sweet potato slice for 1-2 minutes.

Cut the swordfish into serving pieces, dip in flour and brown in a non-stick skillet with a bit of olive oil. Place the fish on a rack in a frying pan, top with the pepper and sweet potato slices and bake for about 15 minutes. Turn and bake another 10 or so minutes.



Serve by placing 3 Tbs of the guacamole on the plate, and place a piece of swordfish on top. Garnish with the sautéed pepper and sweet potato. Decorate the place with alternating sweet and white potato chips. Serve with rice.

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### Oven Brownd Halibut with Tomato Coulis

1 lb halibut or other firm-fleshed fish	2 c tomato sauce
1 green pepper sliced	1 red pepper sliced
1 onion, peeled and sliced	2 cloves garlic
2 Tb olive oil	6 cherry tomatoes
1 c flour	Salt, pepper

Non-stick cooking spray

rice

Preheat the oven to 350-degrees F. Drain the tomato sauce through a fine sieve or strainer to remove the pulp and any seeds. This should produce a smooth tomato broth. Sauté the onions and peppers in a non-stick pan using a minimum amount of olive oil. Put the garlic cloves through a garlic press and add the garlic to the cooking vegetables. Add the tomato broth and cook to warm through. Remove sauce to a bowl and keep warm. Wipe out the pan.

Cut the halibut into serving pieces. Mix the flour, salt and pepper and dust the fish lightly with the flour mixture. Brown the halibut briefly in the nonstick pan with a little more olive oil. The fish need not be cooked through.

Spray a cookie sheet with on-stick spray and place the browned fish piece on it. Slice the cherry tomatoes in half and place one half on top of each piece of fish. Put the cookie sheet in the oven, and bake for about 15 minutes, until the fish is firm and begins to flake. Place 2 pieces of fish on each plate and spoon the tomato mixture over each piece. Serve with rice.

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## Crab Cakes



- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 1 lb lump crab meat                 | 1 ½ Tb butter or olive oil            |
| 1 garlic clove, pressed             | 1 Tb finely chopped onion             |
| 2 Tb finely diced sweet red pepper  | 2 Tb finely dice sweet green pepper   |
| 4 Tb dry mustard                    | 1 Tb chopped herbs: parsley or chives |
| ½ tsp cayenne pepper                | 2 ½ Tb flour                          |
| ¼ c light cream                     | 1 ½ Tb prepared spicy brown mustard   |
| 1 ½ Tb freshly squeezed lemon juice | 2 egg yolks                           |
| Salt and pepper                     | Bread crumbs                          |

Pick over the crabmeat, removing any cartilage or shells. Heat the butter or oil in a large skillet and add the garlic, peppers and onion. Cook until wilted. Add the dry mustard, chopped herbs and cayenne pepper and stir to blend. Sprinkle with flour and cook briefly. Add the cream and cook until thickened.

Stir in the brown mustard and crabmeat. Add the lemon juice, egg yolk, salt, and pepper.

Scrape into a mixing bowl and chill.

When chilled, form into patties; roll in breadcrumbs and brown in a clean skillet using more olive oil. Serve with Tartar sauce.

## Desserts

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### Chocolate Chip Cookies

*You can make these in less than 25 minutes, and wash all your dishes while they are baking.*

6 Tb brown sugar	1/2 tsp salt
6 Tb white sugar	1 c flour
1 egg	3/4 tsp baking soda
1/2 c solid shortening	1 c chocolate chips
1 tsp vanilla	1/2 c chopped walnuts or pecans
1 tsp water	a greased baking sheet



Preheat oven to 375 degrees.

Mix together the sugars, egg, shortening, vanilla and water. Beat with a wire whisk until smooth and fluffy. Add the flour, soda and salt and mix with a wooden spoon until smooth. Add the chocolate chips and nuts and mix until uniform.

Using a spoon, drop batter in 1-2 Tb size increments onto the cookie sheet. Keep them fairly well spaced, with about 12 per cookie sheet. Bake for about 10 minutes. Check the cookies regularly to make sure they are not burning, since ovens vary.

Remove the cookies from the oven when they are brown on the top but still rather soft when you pick them up with a spatula. They will harden when cool.

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## Butterscotch Brownies

*What the heck. Like rectangular chocolate chip cookies, but richer and chewier.*



1/4 c melted butter	1 tsp baking powder
1 c brown sugar	1/2 tsp vanilla
1 egg	1/2 c pecans or walnuts
1/4 tsp salt	1 c chocolate chips
3/4 c flour	a greased 8 " square baking pan

Preheat oven to 350 degrees.

Combine the butter, sugar and egg and mix until fluffy with a wire whisk. Add the salt, flour, baking powder and vanilla and mix with a wooden spoon until smooth. Add the chocolate chips and nuts and stir until mixed in.

Scrape the batter into the greased pan and bake for about 25 minutes. Cut into rectangles before the pan cools completely.

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## Chocolate Brownies

*Brownies are essentially a cake that failed. Because they don't rise much, they are almost impossible to screw up.*

1/4 c butter	1/2 cup flour
2 oz unsweetened chocolate	1 tsp vanilla
2 eggs	1/2 cup pecans or walnuts
1/4 tsp salt	a greased 8 " square baking pan
2 cups sugar	

Preheat the oven to 325 degrees F.

Melt the butter and chocolate in a small saucepan over low heat or in a double boiler. Stir in the sugar and beat in the eggs. Add the flour, salt, vanilla and nuts and mix with a wooden spoon. Pour into the baking pan and bake about 30-35 minutes, until the top is dry to the touch. Remove from the oven and cut into squared while still warm. When cool remove from the pan with a spatula and store in a covered container.

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## Sour Cream Christmas Cutout Cookies



1-1/2 cups sugar	1/2 tsp baking soda
1/2 cup sour cream	1/2 tsp salt
1/2 cup margarine (or butter), softened at room temperature	1/2 tsp baking powder

3-1/2 cups flour	1 tsp vanilla
2 eggs	colored sugars

Cream the butter and sugar together using an electric mixer. Add the sour cream, baking powder, baking soda, salt and vanilla. Add the beaten eggs and mix well.

Add flour to make a soft dough. Chill in the refrigerator for an hour or so.

Roll out a small amount at a time, keeping the reminder chilled. Cut out cookies using shaped cookie cutters and place on a greased cookie sheet. Bake at 325 for about 7-9 minutes depending on the thickness. Watch them carefully: they should only brown very slightly.

Allow the cookies to cool on a rack. Ice with butter cream icing and decorate with colored sugar.

### Hot Fudge Sauce

*You can make hot fudge sundaes or you can pour it over brownies.*

2 oz unsweetened chocolate	1 c sugar
1 Tb butter	2 Tb corn syrup
1/3 c boiling water	1 tsp vanilla or 2 tsp rum

Melt the chocolate in a double boiler or over very low heat on the stove. Add the butter and allow it to melt. Place the mixture in a small saucepan over direct heat and add the boiling water. Add the sugar and corn syrup. Mix once but do not stir constantly.

Allow the sauce to boil readily. For ordinary sauce, boil for 5 minutes and for sauce that will harden over ice cream, boil for about 8 minutes. Just before serving add the vanilla or rum.

### Microwave Hot Fudge

Combine the water, and butter and stir. Add the chocolate squares and microwave for 1-2 minutes, until melted. Add the sugar and corn syrup and stir. Microwave 2 minutes, and stir. Microwave 2 more minutes.

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### Bittersweet Chocolate Sauce

*This is a delicious alternative to classic Hot Fudge, which has a darker, richer flavor and is very good served over ice cream, cake or, probably, rocks. It was given to us by Lucia Payne.*

8 oz unsweetened chocolate	2 c sugar
1 5 oz can evaporated milk	2 Tb coffee
dash of salt	1 tsp vanilla

Melt the chocolate slowly in a double boiler or in a pan over very low heat. Add the remaining ingredients and stir frequently until the sauce thickens: about 5 minutes.

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### Strawberry Shortcake

*This is a summer delight. You can start finding good strawberries in most of the country in May and by June they are extremely inexpensive. Avoid trying this with frozen strawberries, though since they tend to turn into colorless mush, even though their flavor persists.*

1 pint strawberries	1/2 tsp salt
1/2 c sugar	1/2 c softened butter
2 cups sifted flour	1 beaten egg
2 Tb sugar	2/3 c light cream
3 tsp baking powder	1 c whipping cream
	1/4 c powdered sugar

Preheat oven to 450 degrees F.



Cut the tops off the strawberries and cut them in half or quarters depending on the size. Place in a small mixing bowl and allow to stand.

Sift together the flour, sugar, baking powder and salt. Using a pastry blender or a knife and fork, cut the butter into the flour to make a mixture with pieces the size of small peas. Combine the egg and cream and add to the dry mixture. Stir to moisten throughout.

Place the dough on a floured board and roll out about 1/2 to 3/4 inches thick. Cut the dough into large 3-inch biscuits and place on an ungreased baking sheet. Bake about 10 minutes.

Beat the whipping cream in an electric mixer and add the powdered sugar. Split each biscuit and fill with strawberries and top with whipping cream.

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### **Peach Orange Marmalade**

This recipe is well over 100 years old, handed down at least from my grandmother to my mother to me. It produces a delicious chunky marmalade that you can serve to company, spread on breakfast toast or on nice rolls.

24 peaches  
7 cups sugar

4 oranges  
A large 16 qt kettle



Fill two saucepans with water. Keep one cool and bring the other to a boil. Drop the peaches into the saucepan 3 or 4 at a time, and boil for one minute to loosen the skin. Remove using a slotted spoon and place in the cool water. When the peaches are cool enough to handle. You can pull off the skin with your hands. Then, split each peach, pull out the pit and cut each peach half into small thin slices. Put the peach slices into the kettle.

When you have peeled and chopped all the peaches, peel the 4 oranges, chop them loosely and add to the kettle. Cut each orange skin into thin strips and add these as well. Add the sugar and allow to stand (and macerate) overnight.

The next day, bring the peach mixture to a slow boil, taking care not to let the fruit scorch onto the bottom of the pan, and cook slowly for 1-1/2 to 2 hours, until the mixture is the consistency of marmalade.

Put 5-6 mason jars and new lids in a clean kettle, such as the spaghetti cooker, and boil for 15 minutes to sterilize. Remove the jars from the water, and drain upside down on clean paper towels. Pour the hot marmalade into the jars. Clean off each jar rim with a damp paper towel, and then seal with the jar lids. After standing, the jar lids should pop down and seal.

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## **Piecrust**

*Lots of people think that piecrust is hard to make. It's really very simple as long as you remember that you shouldn't over-knead it and should keep it from getting too warm. Your objective is to*

*cut together layers of shortening and flour, not mix it to a homogeneous mixture, since it is the layers that make it flaky and tender.*

2 c flour  
1 tsp salt

2/3 c solid shortening  
about 1/3 c cold water



Mix the flour and salt in a medium mixing bowl. Add the shortening and cut in with a pastry blender or a knife and fork, until the lumps are the size of small peas. Add the water a little at a time, until the mixture has the consistency of Play Doh. Flours vary, so you may not need all the water. Divide the dough in half and roll out into two circles on a floured board.

You can freeze the pie dough as patties or in pie pans. Keep it well wrapped.

For an unbaked pie shell, roll out and place in a pie pan. Proceed with the pie.

For a prebaked shell, roll out and place in the pan. Prick all over with a fork to prevent it puffing while baking. Place another pan inside the shell or a sheet of aluminum foil filled with dried beans. Bake at 450 degrees for 7 minutes. Remove the pie pan liner or beans and bake 2-3 minutes longer.

---

## Cherry Pie

*This recipe is adapted from one in the Better Homes and Gardens cookbook.*

½ to ¾ c sugar

4 c drained canned cherries

! Tb butter

6-8 drops almond extract

½ c chopped pecans

A 9-inch pie pan

1-1/2 Tb cornstarch

1 c juice from cherries

Dash salt

Red food coloring (optional)

Pie pastry

Aluminum foil



Preheat oven to 425 deg F.

In a saucepan, combine sugar, cornstarch, and salt. Gradually add cherry juice, stirring until smooth. Cook and stir until thick and clear. Add butter and extract. Add optional red food coloring. Cool.

Roll out a little more than half of 1 recipe of pie pastry. Line a 9-inch pie pan with it. Add cherries to the cooled cornstarch mixture and pour into the pie pan. Sprinkle the pecans on top of the filling. Top with a lattice crust. Sprinkle a little sugar on the lattice.

Fold a strip of aluminum foil loosely around the edge of the pie. Bake for about 30 minutes. Remove strip, and bake up to 10 more minutes.

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## Blueberry Pie

*You can make this delicious pie in about 5 minutes plus the baking time. Blueberries become plentiful in early summer and you might well consider freezing some, since they do not deteriorate much upon freezing and can be used to make excellent pies and sauces all year round.*

1 recipe pie crust dough

1 c sugar

4 c fresh blueberries	3 Tb flour
1/2 tsp grated lemon peel	1/2 tsp cinnamon
1 tsp salt	1/2 tsp nutmeg



Preheat oven to 400 degrees.

Line a pie pan with one of the pie crust circles, so it overlaps the edges. Prick the crust so it does not rise during baking. Add the blueberries, lemon peel, sugar, flour, salt and spices.

Lay the upper crust ring on top and seal to the pie using fork tines pressed against the edge all the way around, or by pinching the edge into an alternating scallop patten. Cut off any excess crust.

Bake for 35 to 40 minutes, until the pie is bubbling. It will take a little longer if the berries were frozen. Serve with whipped cream or ice cream.

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## **Pecan Pie**

*Pecan pie is a rich Southern dessert that is now served widely throughout the country. You simply make up an unbaked pie shell and pour 5 simple ingredients into it. Don't overcook this pie, it will harden some when it cools. It's better treated as medium custard.*



- |                     |                      |
|---------------------|----------------------|
| ½ recipe pie pastry | 1 c dark corn syrup  |
| 3 eggs              | 1/3 c melted butter  |
| 2/3 c sugar         | 1-1/2 c pecan halves |

Preheat oven to 350 degrees F. Roll out the piecrust and fit it to the bottom of a 9 inch pie pan. Press the dough to the top edge of the pie pan with the tines of a fork.

Beat the eggs together and add the sugar, corn syrup and butter. (If you only have light corn syrup, use it and add 2 Tb molasses). Add the pecans. Pour into the pie shell and bake 50 minutes.

### Easy Strawberry Pie

*Here is a simple, delicious pie that requires a box of gelatin dessert mix and a packaged graham cracker crumb pie shell. Then mix and chill and you have a great pie.*

- |                                 |                           |
|---------------------------------|---------------------------|
| 1 qt strawberries               | dash salt                 |
| 1 cup sugar                     | 3 oz strawberry Jello mix |
| 2 Tb corn starch                | 1 cup water               |
| 1 graham cracker crumb piecrust | whipped cream             |

Wash the strawberries and cut off the stems. Split or quarter them if large. Drain them and chill, covered in the refrigerator.

Combine the sugar, cornstarch, salt, Jello mix, and water in a medium saucepan. Cook with stirring until the mixture boils. Cool the pan in an ice-water filled bowl or the refrigerator until it begins to set.

Place the strawberries in a graham cracker crumb crust and pour the cooling mixture over it. Refrigerate until set and served with whipped cream.

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## Pumpkin Pie

*Here is the classic Thanksgiving pumpkin pie. Serve it with whipped cream.*

1 22-oz can pumpkin	1 tsp ginger
3/4 cup sugar	3 eggs, beaten
1/2 tsp salt	1 1/4 cups milk
1 tsp cinnamon	1 can evaporated milk
1/2 tsp nutmeg	1 unbaked pie shell
1/4 tsp powdered cloves	

Preheat oven to 400 degrees F.

Prepare the pie shell by rolling out pie crust dough and placing it in a 9-inch pie pan. Flute the edges between your thumb and forefinger so that they stand up and make a taller wall to contain the filling.

Using a wire whisk, mix the pumpkin, eggs, milk, and spices in a medium mixing bowl. Pour into an unbaked pie shell and bake for 50 minutes, or until a knife comes out clean. Avoid overbaking it as it will start to dry out.

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## Pumpkin Chiffon Pie

*Here is a classic Midwestern chiffon pie version of the old pumpkin standby. It's lighter and even more delicious.*

2/3 cup sugar	1/3 cup sugar
1 envelope plain gelatin	3/4 cups milk
1 tsp cinnamon	1 cup pumpkin
1/2 tsp salt	1 graham cracker crust
1/4 tsp nutmeg	1 cup whipped cream
3 eggs separated	sweetened shredded coconut

Beat the egg whites in a small mixing bowl and add 1/3 cup of the sugar a little at a time while beating to stiff peaks.

Combine 2/3 cup sugar with the gelatin, cinnamon, nutmeg and salt. In a medium saucepan, combine the egg yolks and milk and

add the gelatin mixture. Stir over low heat until it begins to thicken. Stir in the pumpkin.

Chill the pan mixture in a bowl of ice water stirring occasionally until the gelatin begins to mound up.

Fold in the beaten egg whites using a rubber spatula. Pour into the pie shell, piling the mixture high in the center of the pan. Chill until firm. Serve topped with whipped cream and shredded coconut.

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## Never Fail Bread Pudding

*This recipe from the heartland goes back for generations.*

2 cups milk	1/2 cup sugar
3 eggs, beaten	1/3 cup water
3 Tb sugar	2 Tb butter
1/4 tsp nutmeg	1 tsp vanilla or nutmeg
2 slices toast or 2 or 3 left over rolls or doughnuts	1/4 cup raisins (optional)

Preheat the oven to 400 degrees F.

Mix the milk, eggs, sugar and nutmeg together and put in a greased casserole. Drop in 2 or 3 left over doughnuts or sweet rolls or 2 slices of toast, broken into small pieces. Place the casserole in a pan of boiling water in the oven and bake at 400 degrees for 15 minutes.

Reduce the heat to 375 and bake for another 30 minutes until a knife comes out clean.

### ***Sauce for Bread Pudding***

Melt the butter, and add the sugar, water, vanilla and optional raisins. Warm through and pour over the pudding.

---

## Chocolate Meringue Pie

*Here is everyone's favorite "comfort food."*

1 baked pastry shell bottom	3 egg yolks
1 c sugar	2 Tb butter
1/3 c flour	1 tsp vanilla
2 c milk	2 oz unsweetened chocolate

1/4 tsp salt

1 recipe Meringue

Preheat the oven to 450 degrees F.

---

### Chocolate Custard

Put the sugar, flour and salt in a saucepan and stir in the milk with a wire whisk. Add the chocolate, broken into small pieces. Cook slowly with constant stirring over medium heat until the mixture boils and thickens. Remove the pan from the heat. Separate the eggs and save the white for the meringue. Beat the egg yolks in a small bowl and add a little of the thickened sauce and stir them together. Add the sauce-yolk mixture back to the flour milk mixture and stir it in. Heat for 2 minutes carefully to avoid burning until the mixture thickens a little more. Pour into the baked pie shell and dot with butter to prevent a crust from forming on the custard. Chill in the refrigerator until shortly before serving time and then make the meringue.

---

### Meringue

3 egg whites

1/2 tsp vanilla

1/4 tsp cream of tartar

6 Tb of sugar

Preheat the oven to 350 degrees F.

Put the egg whites in a clean, dry glass or metal bowl. Avoid plastic as it will entrain oil or soap, which are fatal to meringues. Be sure that there are no traces of egg yolk in the egg whites as this also will prevent the egg whites from mounting up. While you can do this with a wire whisk, it will be much easier with an electric hand mixer.

Beat the egg whites and cream of tartar at high speed until they start to foam up. Add the vanilla and beat until soft peaks form. Add the sugar a tablespoon at a time with constant beating. The meringue should be stiff and glossy.

Spread the meringue over the pie with a rubber spatula, sealing it to the edges. To make the pie more decorative, press the spatula onto the meringue and lift suddenly making peaks. Bake 8 to 10 minutes until the peaks are golden brown.

---

## Meringue Shells

*These shells are light, crisp little containers for ice cream and fruit desserts. They have to bake very slowly over night do be dry and crisp without either burning or becoming gummy.*

Make a double recipe of meringue as above. Place sheets of typing paper or baking parchment on a cookie sheet. Using a pastry bag or a spoon., pipe or arrange circular shells with a depression in the center. Bake at 250 degrees for 1 hour. Turn off the oven and allow to set overnight.

Remove from the oven, peel off the paper, and keep covered until ready to serve.

Serve filled with ice cream topped with fruit or chocolate sauce.

---

## Making Candy

Fudge, peanut brittle and related candies are based on a concentrated syrup of sugar and water cooked to a specific temperature where the candy will hold together when dropped into a cup of cold water. This can also be measured by temperature using a candy thermometer.

stage	deg F	deg C
Soft ball	236	113.33
Hard ball	250	121.11
Hard crack	290	143.33

---

## Peanut Brittle

2 cups sugar	1/4 tsp salt
1 cup corn syrup	1 tsp butter
1 cup water	1/4 tsp soda
2 cups peanuts	

Combine the sugar, water and corn syrup in a heavy pan. Cook slowly until the sugar dissolves and cook to the soft ball stage.

Add the peanuts and salt and cook to the hard crack stage stirring constantly. Add the butter and soda and stir in.

Pour onto a large buttered plate. Cool initially by lifting the edges with a spatula. Turn the patty over and stretch to make the center thinner. Cool and break into pieces when cold.

---

### Chocolate Fudge

2 cups sugar	1 tsp corn syrup
3/4 cup milk	2 Tb butter
2 squares unsweetened chocolate	1 tsp vanilla
salt	

Butter a heavy saucepan. Add the sugar, milk, chocolate, salt and corn syrup. Cook over medium heat to the soft ball stage (236 degrees F), stirring only as needed.

Remove from heat, add the butter and cool to lukewarm without stirring. Add the vanilla. Beat with a wooden spoon until the fudge becomes thick and less glossy. Spread onto a butter plate or pan and cool, cutting into pieces while still slightly warm. Cool, break apart and serve.

---

### Chocolate Brandy Pie

*This is the recipe we always called "booze pie." You can make it with almost any flavored liqueur. This recipe is from Dick Taeuber and was published originally in the New York Times.*

a graham cracker or cookie crust	dash of salt
1/4 cup melted butter	3 eggs, separated
1/2 cup cold water	1/2 cup creme de cacao
1 envelope unflavored gelatin	1 cup whipping cream
2/3 cup sugar	

Put the water into a saucepan and sprinkle with the gelatin. Add 1/3 cup sugar, salt and egg yolks and stir to blend. Place over low heat and stir until the gelatin dissolves., but do not boil. Stir in the liqueur and chill until the mixture mounds slightly when stirred.

Beat the egg whites until stiff, add the remaining 1/3 cup sugar and beat until the peaks are firm. Fold into the liqueur mixture.

Whip the cream and fold into the mixture. Pour into the commercial crust. Chill over night.

---

### Chocolate Cake

2 8-inch round cake pans	1 tsp vanilla
wax paper	2 eggs
3 1 oz squares unsweetened chocolate	2 c sifted cake flour
2/3 c sugar	1 tsp baking soda
1/2 c milk	1/4 tsp salt
1 egg, beaten	2/3 c milk
1/2 c solid shortening	

Preheat oven to 350 degrees F.

Cut wax paper rings the size of the bottoms of the cake pans. Butter the cake pan sides and bottoms and lay the rings in the pans. Butter the top sides of the wax paper rings as well.

Put the chocolate, sugar, 1/2 c milk and the beaten egg in a saucepan. Cook slowly over low heat while stirring with a wire whisk until the mixture thickens and the chocolate melts. Cool.

Put the shortening in a mixing bowl and stir to soften, either with a wire whisk or an electric mixer. Add the 1 cup sugar slowly while beating with an electric mixer or whisk. Add the 2 eggs and vanilla and beat until light and fluffy.

Sift the flour, soda and salt together. Add it to the creamed mixture alternating with the 2/3 c milk. Blend in the chocolate mixture.

Pour the batter into the two lined cake pans and bake for 25-30 minutes until a toothpick inserted in the center of the cake comes out clean and the cake has pulled away from the sides of the pans.

Remove the cake pans and allow to cool about 10-15 minutes. Then invert the pans over a roasting rack and tap the pans slightly to remove the cake. Peel off the waxed paper and allow to cool to room temperature and then ice.

---

## Buttercream Frosting

*You can use this frosting on cookies and cakes, either plain or flavored with chocolate or other flavors.*

1/2 c (1 stick) butter	1 lb confectioners sugar
3-6 Tb milk	1 tsp vanilla

Cream the softened butter with the sugar using a whisk, a hand mixer or a food processor. Add all of the sugar and milk by droplets until of spreading consistency. Add to squares of melted chocolate for chocolate frosting.

---

## How to Ice a Cake

Place one of the layers rounded side down on the cake serving platter. If you want to keep the platter from getting goopy, slip some half sheets of wax paper under the edges of the cake. Using a rubber spatula or metal spreading spatula, spread the filling on the top of the bottom layer. If the cake is crumbly or the day humid, the cake may start to crumble or tear. If this happens dip your spatula into a little milk and spread it over the cake surface before icing. Ice only the top of the middle layer. This can be a different flavor of icing than that on the outside and top of the cake.

Place the top layer on top of the icing, flat side down (rounded side up). Ice the top of the upper layer and then spread the remaining icing along the sides.

---

## German Chocolate Cake



*This recipe is right off the wrapper for Baker's German Sweet Chocolate. Nonetheless, you'll know what ingredients you'll need.*

4 oz German Sweet Chocolate	2-1/2 c sifted cake flour
1/2 c boiling water	1 tsp baking soda
1 c softened butter	1/2 tsp salt
2 c sugar	1 c buttermilk
4 egg yolks	4 egg whites, beaten stiffly
1 tsp vanilla	3 lined 9-inch round cake pans

Preheat the oven to 350 degrees F.

Melt the chocolate in the boiling water. Cream the butter and sugar together using an electric mixer or whisk. Add the egg yolks one at a time, beating well after each addition. Add the vanilla and blend in the chocolate mixture.

Sift the flour, soda and salt together and add to the chocolate mixture alternately with the buttermilk.

Fold in the beaten egg white by mixing 1/4 of them in with a wire whisk, and mixing the rest using a rubber spatula, dipping and turning the blade to mix without deflating the egg whites.

Line the 3 8-inch pans with butter wax paper as above. Add the cake batter and bake for 30 to 35 minutes. Remove the pans and allow to cool 10-15 minutes. Invert the pans over a roasting rack

and remove the cake layers. Peel off the waxed paper and allow the layers to cool to room temperature. Ice with chocolate and coconut pecan frostings.

---

### Coconut Pecan Frosting

*German chocolate cake is sometimes completely covered with this frosting and sometimes filled and topped with this frosting and with chocolate butter cream icing on the outsides.*

1 c evaporated milk	1 tsp vanilla
1 c sugar	1-1/3 c sweetened shredded coconut
3 beaten egg yolks	1 c chopped pecans
1/2 c butter	

Combine the evaporated milk, sugar, egg yolks, butter and vanilla. Cook and stir over medium heat until thickened. Stir constantly to prevent burning. Allow the liquid to come to a slow boil but keep stirring to prevent sticking. Add the coconut and pecans. Cool in the refrigerator or in ice water until thick enough to spread.

---

### Chocolate Mousse Cake

12 oz bittersweet chocolate (get the best kind you can afford)	1/4 cup Gran Marnier or other orange liqueur
1/2 cup sugar	4 eggs
1/3 cup water	whipped cream
2 sticks (1 cup) unsalted butter, cut up	orange zest, mint leaves

Preheat the oven to 300 degrees F.



Butter a round 8" cake pan. Line the bottom with baking parchment and butter the paper. Chop the chocolate very fine. Combine the sugar and water in a saucepan and bring to a boil over low heat with stirring. Remove from heat and stir in the chopped chocolate and the cut up butter. Cover the pan and let stand for 5 minutes. Then whisk the mixture until it is smooth.

Whisk the Gran Marnier together with the 4 eggs and whisk in the chocolate mixture. Pour the batter into the buttered pan and set the pan in a ceramic dish and fill it with warm water about 1-inch deep, taking care not to let it overflow onto the chocolate. Place the pans in the preheated oven and bake for about 45 minutes, until the cake is set and slightly dry to the touch. Remove the cake from the water bath and let it cool on a rack.

When the cake is cool, unmold it by running a knife around the cakepan and invert it onto a serving platter. Peel off the parchment. Cover the cake with plastic wrap and refrigerate it.

Before serving, decorate with piped whipped cream and strips of orange zest (the outermost orange peel) and mint leaves if you have them.

---

## Sour Cream Pound Cake

*A pound cake can make a dessert by itself or a base to serve berries and/or whipped cream or ice cream. A small slice goes a long way.*

1/2 lb (2 sticks) butter	2 tsp vanilla
3 cups sugar	1 cup sour cream
6 eggs	3 cups flour
1/2 tsp soda	1 cups sugar

Preheat oven to 325 degrees F.

Soften the butter by pounding it while still wrapped in sticks, using a mallet or heavy glass jar. Cream the butter and sugar together in a large mixing bowl, by beating them using an electric mixer. Add one egg at a time and beat until uniform.

Mix the soda a vanilla into the sour cream and add alternately with the flour into the egg-butter mixture. Mix well and pour into a well greased Angel food or Bundt cake pan. Bake for about 80 minutes until a toothpick comes out clean.

---

## Minetry's Miracle

*Miss Minetry was a Southern lady whose astonishingly rich recipe appeared in the New York Times in the 1960s. Even though this "cake" is the standard size, it is so rich it can easily serve 16-20 people. You will amaze any party where you serve this relatively simple, but elaborate dessert. Beware, though, that you must start the day before since this cake must chill overnight.*

1 lb butter, softened	1 cup chopped pecans
2 cups sugar	2 dozen lady fingers, split
1 dozen eggs, separated	1 cup whipping cream
4 dozen amaretti (Italian macaroons)	A 10-inch spring form (angel food cake) pan
4 oz unsweetened chocolate	
1 tsp vanilla	
1 cup bourbon	

Melt the chocolate in a double boiler. Soak the macaroons in the bourbon. Cream the butter with the sugar using an electric mixer.

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Add the egg yolks and beat until fluffy. Add the chocolate and beat until uniform. Stir in the pecans, and the vanilla.

Beat the egg whites until light and fluffy. Stir 1/4 of the egg whites into the butter mixture with a wire whisk. Fold in the rest.

Butter and line a 10-inch spring form pan with split lady fingers. Arrange them vertically with the flat side out. Alternate layers of soaked macaroons with the chocolate mixture in the lined pan. Chill overnight.

To serve, unmold the spring form pan and decorate with whipped cream. Cut tiny slices for your guests. They may ask for more. One friend told us it was "so rich it made your teeth ache!"

---

## Thumbprint Cookies



¼ c butter  
1 egg yolk  
¼ c brown sugar  
¼ tsp salt  
1 egg white

¼ c shortening  
1 c flour  
½ tsp vanilla  
¾ c crushed nuts  
1 Tb water

Preheat the oven to 375 degrees. Cream the butter and sugar in a mixer bowl, and add the egg yolk. Mix until smooth. Add the flour, salt and vanilla and mix until smooth. Mix the egg white with the water. Roll the dough into small balls. Dip each ball in the egg white mixture and roll in the crushed nuts. Place the balls

on a greased cookie sheet. Bake for 5 minutes. Remove from the oven and make a thumbprint in each cookie. Bake another 8 minutes. Remove and cool. Fill thumbprints with any filling you like, such as butter cream icing, crushed dates, chocolate.

---

### Date Filled Cookies



½ c brown sugar  
 ½ c shortening  
 2 ½ c flour  
 ¼ tsp nutmeg  
 1 Tb buttermilk

#### **Filling**

½ lb dates, chopped  
 ¼ c sugar

½ c white sugar  
 2 eggs  
 1 tsp baking soda  
 ¼ tsp salt

½ c orange juice  
 ½ c chopped nuts

Preheat the oven to 350 degrees F.

Cream the sugars and shortening until creamy. Beat in eggs one at a time.

Sift together the flour, soda, nutmeg and salt and stir into the creamed mixture with the buttermilk. Blend well and chill at least one hour, until stiff enough to be rolled.

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Meanwhile prepare the date mixture by placing the dates, orange juice and sugar in a small saucepan and bring to a boil, stirring. Cook until it reaches spreading consistency. Cool, and add the nuts.

Take one fourth of the dough at a time, and roll it out on a floured board to about 1/8 inch thickness.

Cut into 2-inch rounds, or larger. Place half of the rounds on a baking sheet, and put a spoonful of filling on each. Place a second round on top and pinch them together.

Bake about 10 minutes, until golden. Cool on a rack.

---

### Seven Layer Cookies



- |                                     |  |
|-------------------------------------|--|
| ¼ lb butter                         | 1 c graham cracker crumbs              |
| 1 c coconut                         | 1 6-oz pkg (1 c) chocolate chips       |
| 1 6-oz pkg (1 c) butterscotch chips | 1 11-oz can Eagle brand condensed milk |
| 1 c nuts, chopped coarsely          |  |

Preheat the oven to 350 degrees F.

Melt the butter and pour into a 10 x 13-inch pan.

Sprinkle the ingredients in one at a time: graham crackers crumbs, coconut, chocolate chips, butterscotch chips, Eagle brand milk, and nuts.

Bake for about 30 minutes. Cool and cut into bars.

**Notes:** If you can get butterscotch chips other than Nestle you will have a better flavor. The Nestle chips have a marked artificial flavor. Eagle brand (Actually made by Borden's) condensed milk is a sweetened and very thick condensed milk. Do not use regular condensed milk.

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