

AUNT NANCY'S
COOKBOOK

by

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WITH THANKS TO ALL WHO CONTRIBUTED....

For years, whenever I have gotten creative in the kitchen and invented something I really like, I've written it down before I can forget it. So, the majority of the recipes in this cookbook I either invented from scratch or adapted (often extensively) from recipes I have found in print.

Some of the recipes, however, are thanks to family and friends. The oldest is from my maternal grandmother, Cora Bugby Applegate – a wonderful chocolate cake that I remember making as a teenager. It is very light, in both texture and flavor. Several recipes I adapted from my mother, Eleanor Applegate Lambert, who may well have gotten them from her mother. These include Swedish meatballs with 1-2-3 dip, beef Stroganoff, and chicken breasts in sour cream sauce. (The original of that won her a prize in the National Chicken Cooking Contest, Senior Division, at the 14th Annual Delmarva Chicken Festival of 1961! She called it "Working Wives' Party Chicken," and qualified it thus: "Total time from hanging up the coat to dinner on the table, one hour, including running a comb through the hair and fresh lipstick.") About all three of these recipe she used to say, "If you use enough butter, sour cream, sherry, and nutmeg, you can make anything taste good!" The pie crust technique I also learned from Mom. And she and I developed the bouillabaisse recipe when I was in college. The fudge is also Mom's. She made it every year at Christmas time for presents and entertaining. The recipe is simple, but her technique was flawless. She was the world's best maker of sinfully creamy fudge, and she had an unerring ability to judge when it was cooked exactly the right amount -- not too soft or too hard. (A skill I haven't quite mastered.)

The roasted curried vegetables are from La Belle Niece, Jennifer Lyn Lambert. The lemon tea bread, lemon bars, chocolate truffle cake ("bete noir"), liqueur brownie topping, almond toffee brickle, and Ghirardelli truffles are from her Mom, Carolyn Sattel Lambert. Lyn also provided the Magic Cookie Bars, a confection that I have known from childhood as "Hello Dollies." I have no idea where that name came from; my mother may have invented it. Lyn also provided the inspiration for the chocolate eclair cake and the recipe for the icing.

The almond toffee crunch is from an info biz friend, Holly Chong-Williams. (Note the differences between this and the almond toffee brickle. Lyn's, which is cracker-based, is crunchy. Holly's is chewy. Both are great.) The two Greek cookie recipes are from a good friend back in Minnesota, Anna Wafler. Anna also provided input for the moussaka recipe. The gumbo I invented along with another Minnesota friend, Bartow Culp, for a church supper. In case you were wondering, the "PBS" stands for "Pearls before swine"; let me know if you want an explanation of that. Also from Minnesota – from the 3M cafeteria, believe it or not – are the holiday dream bars. (Which they used to serve at special 3M functions, and which are indeed dreamy!) The jambalaya is from Mike Wilkes, one of my favorite information-world buddies. Mike used an old technique of mine: He looked at a lot of recipes and put together a composite that incorporated the best parts of all of them. Mike also provided the beef tenderloin roast. The fettuccini Alfredo is from Tony Trippe, another info-world buddy. (It's pretty sinful; Tony says his wife won't let him make it any more.) The cheese fondue is from Edlyn Simmons, one of the Patent Gurus. The homemade caramels are from Carla Schrader, yet another Minnesota friend. The recipe makes

spectacular caramels; and I thank her for letting me include it, since she kept it secret until now. The baklava is from Marlyce Paulson, a former 3M colleague. The lemon curd is from my friend Sandy Malloy. The hot fudge pudding is from my Carnegie Tech roommate of my sophomore and junior years, Judy Gardner. The spiced nuts and the liqueur pie are from a childhood friend, Lane Casey (the finest pewter sculptor in the country). And the milk punch is from Jim Bank, a Unitarian minister and friend of my brother Bob.

Some of these recipes started off in restaurants. The beer cheese soup started out at Byerly's, the famous Minnesota grocery-store-cum-restaurant, who freely give out their recipes. I adapted it with enough additional vegetables and seasonings to make it my own. The seafood pasta in bourbon cream sauce I adapted from an appetizer recipe given to me (much to my astonishment, since I was joking when I asked for it) by our waitress in a little Washington, D.C., restaurant. The dish had been highly recommended by an info-business friend and fine-food junkie, Elliott Linder. (He was right.) The New Orleans barbecued shrimp came from our obliging waiter at Mr. B's, a famous restaurant in the French Quarter (right across the street from the equally famous Monteleone Hotel). And the seafood risotto I stole shamelessly from Kuleto's, a famous Italian restaurant in San Francisco. Well, its chef had handed it out at a cooking demonstration, so why not? I then adapted it with less fat and more veggies. (Elliott, try it and see how it compares to your memory of the dish.)

And some of these recipes I have, quite frankly, purloined more or less as-is from published sources. They are ones I want to have at my fingertips.

My guarantee: Everything in this cookbook tastes great! These are all recipes I've made and served with considerable success. Some taste as good as you know they will from a glance at the ingredients and instructions. Others are synergistic: They taste a lot better than you'd guess from the recipe. (The hot fudge pudding and the wassail fall into this category.) So try, enjoy, and don't be scared off by how long many of the recipes are. Yes, I tend to use a lot of ingredients; but mostly the recipes are long because I try to explain everything in fool-proof detail. (Which as we know, is almost impossible – fools are so ingenious!)

Speaking of which, one friend told me that when she read the pie crust instructions about cutting the flour and shortening together with two knives, she had wild visions of sabers flashing in the air, but otherwise no clue as to what I was talking about. It's a hard concept to explain verbally. Try picturing two blades pressed together along their sharp edges and sliding past each other, not unlike scissors blades. If you still share her confusion, get an experienced-cook friend to show you. Or use a pastry cutter.

The August 2006 edition of Aunt Nancy's Cookbook was probably the last to appear in print (since I no longer have access to free copyng resources). Still, the computerized version can continue to grow. I've added to this edition a fantastic recipe for a baked sweet potato casserole that I invented for a Seder (not nearly as gooey as usual; no marshmallows) and a straightforward but perfect pumpkin pie. I also added The Most Obvious Recipe in the World, California dip, for nostalgia's sake. Also fairly new, and highly recommended: the *roti de porc avec sauce Dijon*; the Thai green curry; and the two-garlic hummus. Let me know if you have any suggestions for the next edition

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SWEDISH MEATBALLS WITH 1-2-3 DIP

2 Tbs. butter (¼ stick)
1 onion, peeled and finely diced
3 to 4 cloves garlic, peeled and finely diced or put through a garlic press
½ carrot, shredded
½ red bell pepper, seeded and finely diced
¼ cup dry sherry
2 eggs, lightly beaten
½ tsp. salt, or to taste
Lots fresh-ground black pepper
1½ tsp. ground nutmeg
A few dashes Worcestershire sauce
1½ Tbs. catsup
¾ cup sour cream (light sour cream is fine)
2 Tbs. dry sherry
¼ cup uncooked quick oatmeal
3 to 4 oz. cracker crumbs (you can crush them with a rolling pin. I like a mix of Ritz, Wheat Thins, and Rye Toasts) or equivalent amount of unseasoned bread crumbs
1½ lb. extra-lean ground beef

In a frying pan, heat the butter and saute the vegetables over low heat for a few minutes. Add the ¼ cup sherry, increase the heat, and cook until most of the liquid has evaporated off. Cool. Add the eggs, seasonings, catsup, sour cream, and the other 2 Tbs. of sherry, and mix well. Stir in the oatmeal and cracker/bread crumbs, just enough to take up the moisture but not enough to make the mixture dry. (**Note:** Let the mixture sit a few minutes after you've added the oatmeal and cracker/bread crumbs. If it has gotten too dry, moisten it with more sherry.) With your hands, combine this mixture with the ground beef.

Form into walnut-sized meatballs and arrange these on cookie sheets lightly greased with olive oil. Bake at 350° for about ½ hour, or until they are nicely browned. Serve as appetizers with 1-2-3 sauce as a dip. Serves 12-15.

Note: Also makes a great meatloaf. Form into a loaf and bake on a lightly oiled pan for 50 minutes. Serve hot and pass the 1-2-3 sauce.

1-2-3 SAUCE:

Combine 1 part Dijon mustard, 2 parts hot catsup or chili sauce (or use catsup and a few dashes of Tabasco sauce), and 3 parts mayonnaise (light mayonnaise is okay) with a few dashes Worcestershire sauce. Mix well. Serve as a dipping sauce for the meatballs.

MEXICAN EIGHT-LAYER DIP

1 medium can jalapeno (spicy) refried beans
½ cup salsa, as hot as you like it
3 to 5 (depending on their size) green onions, finely chopped
2 medium-size ripe avocados
2 Tbs. lemon juice
2 cloves garlic, peeled and finely diced or put through a garlic press
Salt and pepper
2 Tbs. salsa
2 medium or 1 very large ripe tomatoes, chopped
⅓ cup mayonnaise (light mayonnaise is fine)
⅔ cup sour cream (light sour cream or sour half-and-half are fine)
½ packet taco seasoning mix
1 small can chopped ripe olives
8 oz. Monterey jack cheese, shredded

Assemble this dip in layers on a large dinner plate, or (for easier travel) in an 8" or 9" springform cake pan. (Remove the outside of the springform pan before serving.)

FIRST LAYER: The refried beans
SECOND LAYER: The ½ cup salsa
THIRD LAYER: The chopped green onions
FOURTH LAYER: Guacamole, made from the avocados, lemon juice, garlic, salt and pepper, and the 2 Tbs. salsa mixed together
FIFTH LAYER: The chopped tomatoes
SIXTH LAYER: The mayonnaise, sour cream, and taco seasoning, blended
SEVENTH LAYER: The ripe olives
EIGHTH LAYER: The shredded jack cheese

Serve with large round taco chips. To eat the dip, scoop through all eight layers with a taco chip. Serves 12-15 as an appetizer or party dish.

CALIFORNIA DIP

1 pint sour cream (light sour cream is fine)
1 envelope Lipton's onion soup mix

Combine the ingredients and mix well. Let stand at least an hour before serving. Serve as a dip with potato chips or corn chips.

Note: Oh, go ahead and make it at least once – it's a great nostalgia food from when we were young, back in the '50s.

CLAM DIP

- 1 6-oz. can minced clams
- 1 8-oz. package cream cheese (light cream cheese is fine)
- 3 Tbs. freeze-dried chopped chives
- 1 tsp. extra-spicy Mrs. Dash
- 1½ tsp. dried dill weed
- ½ tsp. dried thyme leaves
- ¼ tsp. Old Bay seafood seasoning (optional)

Drain the juice from the minced clams into a medium mixing bowl. Add the cream cheese and beat until smooth. Add the clam solids and all the herbs and spices and stir well. Refrigerate for at least ½ hour (it will thicken some) and stir again before serving. Serve as a dip with corn chips. Serves 8-10.

CHICKEN LIVER PATE

- ⅓ cup butter (⅔ stick)
- 1 very large or 2 smaller Spanish or Bermuda or other mild onions, peeled and coarsely chopped
- 1 lb. fresh chicken livers
- 6 to 8 cloves garlic, peeled and diced
- 2 tsp. imported sweet paprika
- Lots fresh-ground black pepper
- ⅓ cup each burgundy and dry sherry
- 10 to 12 strips bacon
- 6 to 8 oz. cream cheese
- Fresh parsley sprigs for garnish

In a frying pan, melt the butter. Add the onions and cook over medium heat, stirring frequently, until they caramelize (brown somewhat -- but *don't* let them burn). Add the chicken livers and garlic, and saute a few minutes, turning the chicken livers at least once. Add the paprika, black pepper, burgundy, and sherry. (**Note:** No salt. The butter, cream cheese, and bacon will make it salty enough.) Increase the heat, bring to a boil, and cook for about another 5 to 8 minutes, stirring frequently, until the chicken livers are cooked through and liquid is reduced by about two thirds and has become fairly syrupy. Remove from heat and let cool a few minutes. (**Note:** At this point you could serve it over pasta as sauteed chicken livers – a delicious dish on its own.)

Cook the bacon until it is very crisp. Drain it and crumble it a bit. Put the chicken liver mixture, the bacon, and the cream cheese (in pieces) into the bowl of a food processor. Process until smooth. Pour into a buttered mold and chill. Unmold by dipping the outside of the mold into hot water for 10-15 seconds and inverting on a plate. (Alternatively, line the mold with plastic wrap before pouring in the liver pate; carefully remove the plastic wrap after unmolding.) Garnish with fresh parsley sprigs. Serve as an appetizer with

crackers (Triscuits are perfect), corn chips, or toast fingers. Serves 15-20. **Note:** Not a dish for dieters or those prone to gout.

CHEESE FONDUE

1 clove garlic, cut in half lengthwise
¾ cup dry white wine
1 Tbs. cornstarch
2 Tbs. Kirsch
6 oz. good Swiss cheese (Emmentaler, Gruyere, Jarlsberg, or a mix), grated
Fresh-ground black pepper
Dash of nutmeg

Rub a fondue pot with the garlic clove. Heat the wine in the pot until it bubbles. Add the cheese and stir until melted. Mix the cornstarch with the Kirsch, add to the cheese, and stir until it thickens. Grind in pepper to taste and stir in the nutmeg.

To eat, prong a cube of fresh bread (preferably top-quality San Francisco sourdough bread) with a fondue fork, dip into the hot cheese mix, and enjoy one of the world's finest guilty pleasures. Serves 2. **Note:** You may toast thick slices of the bread and cut these into cubes.

Note: If you're a garlic lover, you may slice thinly two additional cloves of garlic, saute the garlic slices separately in a little butter until they're fairly soft, and add this to the fondue pot along with the wine.

BEER-BATTER TEMPURA

2 cups white flour
½ tsp. salt
12 oz. beer
3 egg whites, beaten until soft peaks form
Various vegetables, sliced ¼" thick (makes great onion rings!)
Fish, cut into ¾" thick strips
Shrimp, shelled and deveined (tails may be left on)
Flour to dredge the shrimps and fish
Vegetable oil for deep-frying

In a bowl, combine the flour, salt, and beer; mix well. Stir in a small amount of the beaten egg white to soften the batter; then fold in the rest lightly but thoroughly. Heat the oil to 375° in a deep fryer, deep pan, or wok. For vegetables, choose onion rings, bell peppers, carrots, white or sweet potatoes, broccoli, cauliflower, green beans, or any vegetable that can be deep-fried. Dry the vegetables and dip them one at a time in the batter. Fry in the hot oil until puffed and golden. Dry the fish pieces and shrimps (whole shrimps if they are small; butterfly the large ones, or cut them in half vertically) and dredge them in the flour, coating completely. Dip the pieces one at a time in the batter and fry as above. Drain the

fried veggies and fish/shrimps on paper towels and serve immediately. May be served with a tempura dipping sauce (available at Asian grocery stores).

MIXED GRAIN SESAME BREAD

3 cups warm water
1/3 cup honey
1/3 cup light molasses, preferably unsulfured
2 packets yeast (about 1½ Tbs; quick-rise yeast is fine)
2 tsp. salt
1 cup gluten flour (available in food co-ops or health food stores; expensive, but *absolutely essential* to the bread's texture); or substitute ¼ cup gluten and ¾ cup extra unbleached white flour
1 cup whole wheat flour
1 cup rye flour
1½ cups oat flour (grind about 2 cups raw oatmeal in a food processor or blender)
¾ to 1 cup toasted sesame seeds
2½ to 3 cups unbleached white flour or white bread flour

In a large mixing bowl, combine water, honey, molasses, and yeast. Let sit for a few minutes until the yeast proofs (starts foaming). Add the gluten or gluten flour and several cups of unbleached white flour and beat by hand for 200 strokes. Add all the other ingredients except the last cup of white flour (use only ¾ cup of the sesame seeds), and mix well. Knead by hand or in a mixer with a bread hook for 10-15 minutes, adding the rest of the white flour as needed. The dough should still be a little sticky at the end.

Cover the mixing bowl with a damp kitchen towel and let the dough rise in a warm place, preferably 75-80°, until double in bulk, about 1 hour. (*Note:* In cold weather, warm the oven by turning it on for about 30 seconds; let the bread rise in the warmed oven. Re-warm the oven after each rising. The pilot light of a gas oven will provide enough heat without the warming step.) Punch down, cover and let rise again. Knead down and form into 3 to 5 loaves (for large or medium-small bread pans respectively). If desired, roll the loaves in more toasted sesame seeds. Place each loaf into a buttered bread pan, turning the loaf to butter the top. Place the loaves in a cool (or slightly warmed, as described above) oven, cover loosely with a damp towel, and let rise until double. Carefully remove the towel, turn the oven on to 350°, and bake the bread for ½ hour, or until the loaves are nicely browned. Remove the loaves from the pans and cool them on wire racks; leave unwrapped until completely cold (if you haven't eaten them all by then). Will keep up to a week at room temperature, well-wrapped in foil and in plastic bags.

Freezes fairly well but tends to get a bit dry. Toasts very well after the first day.

FRENCH BREAD

2 cups warm water
1 packet dry yeast (about 2½ tsp.; quick-rise yeast is fine)
1 Tbs. white sugar
½ cup gluten flour (available in health food stores and co-ops); or 2 Tbs. gluten
½ cup oat flour (grind about ¾ cup raw oatmeal in a food processor or blender)
2 tsp. salt
4 to 4½ cups unbleached white flour

In a large mixing bowl, combine the water, yeast, and sugar. Let sit for a few minutes until the yeast proofs (starts foaming). Add all the other ingredients except the last cup of white flour, and mix well. Knead by hand or in a mixer with a bread hook for 10-15 minutes, adding the rest of the white flour as needed. The dough should be very smooth and elastic, and not too dry.

Cover the mixing bowl with a damp kitchen towel and let the dough rise in a warm place, preferably 75-80°, until double in bulk, about 1 hour. (*Note:* In cold weather, warm the oven by turning it on for about 30 seconds; let the bread rise in the warmed oven. Re-warm the oven after each rising. The pilot light of a gas oven will provide enough heat without the warming step.) Punch down, cover and let rise again. Knead down, divide the dough into two parts, and form each into a long, cylindrical tube, rolling the dough under your hands like a rolling pin to get an even thickness.

Butter the inner surfaces of a French bread pan. (*Note:* A French bread pan is two long U-shaped valleys of black metal, attached side-by-side along one edge. The rounded bottoms and sides permit the bread to bake into the traditional French loaf shape.) Put the dough into the pan, stretching out each tube of bread dough so that the loaf is almost as long as the pan, and turning the dough once to butter the top. Cut two or three long diagonal slashes in the top of each loaf with a very sharp knife, place the loaves in a cool (or slightly warmed, as described above) oven, cover loosely with a damp towel, and let rise until double. Carefully remove the towel and turn the oven on to 350°.

With a plant sprayer, spray the tops of the loaves with a little hot water at the start of the baking process, again 5 minutes later, and again 10 minutes later. Bake the bread for ½ hour, or until the loaves are golden brown. (*Note:* This water-spraying gives the bread the characteristic crunchy French bread crust. A friend of mine who was serious about his French bread ran a tube from a stove-top water kettle into the oven, so that the bread would have continual steam while it baked. That made great bread. This was the same friend who invented the gumbo with me.)

Remove the loaves from the pans and cool them on wire racks. Serve them about 5 minutes after they come out of the oven (if you can wait that long). You can refresh days-old French bread by wetting the crust and baking unwrapped at 450° for 5 minutes.

OATMEAL BREAD

1½ cups boiling water
1 cup raw oatmeal
¾ cup light unsulfured molasses
3 Tbs. soft butter
2 tsp. salt
1 Tbs. dry yeast (about 1½ packets)
2 cups lukewarm water
8 cups white bread flour or unbleached white flour (you may use part rye flour)

In a mixing bowl, pour the boiling water over the oatmeal and let it stand for 30 minutes. Add the molasses, butter, and salt. Dissolve the yeast in the warm water and add to the oat mixture. Beat in enough of the white flour to make a medium-soft dough. Knead by hand or in a mixer with a bread hook for about 10 minutes, or until the dough is smooth, adding more white flour as needed (up to 8 cups total). The dough will still be fairly sticky.

Put the dough in a clean buttered bowl, turn to butter the top, cover with a damp kitchen towel and let rise in a warm place until doubled in bulk, about one hour. (*Note:* In cold weather, warm the oven by turning it on for about 30 seconds; let the bread rise in the warmed oven. Re-warm the oven after each rising. The pilot light of a gas oven will provide enough heat without the warming step.) Turn out onto a board and knead down. Form the dough into three loaves, put in well-oiled bread pans, turn to oil the tops, cover with a damp kitchen towel, place in a cool or slightly warmed oven (see above) and let rise until doubled in bulk, about 45 minutes. Carefully uncover, turn the oven on to 350°, and bake for 30 to 40 minutes, until the bread is nicely browned on top and the loaves sound slightly hollow when tapped.

WORLD'S BEST BISCUITS

2 cups white flour
4 tsp. baking powder
2 tsp. sugar
½ tsp. cream of tartar
¼ cup each butter and shortening
¾ cup milk

Preheat the oven to 450°. Stir together all the dry ingredients. Add the butter and shortening and cut in until the mixture resembles coarse crumbs. Make a well in the center; add the milk all at once. Stir just until the dough clings together. Turn out on a lightly floured surface and knead gently a few strokes. Roll or pat the dough to ½ inch thickness. Cut with a 2½-inch cookie cutter, cutting straight down and dipping the cutter in flour between biscuits. Bake on an ungreased baking sheet for 10 to 12 minutes, or until risen and golden brown. Makes 10 biscuits.

CURRENT SCONES

4½ cups unbleached white flour
½ cup white sugar
1 to 2 Tbs. baking powder (depending on how fluffy you like your scones)
½ tsp. salt
1 tsp. nutmeg (optional)
1 tsp. cinnamon (optional)
Grated zest (outer colored part of the peel) of three oranges (optional)
Grated zest of three lemons (optional)
1 cup butter (2 sticks), cut into small pieces
1 cup currants
2 eggs
1 to 1¼ cups cream
Glaze (optional):
 1 egg beaten with 2 Tbs. milk
 ⅓ cup brown sugar

Preheat the oven to 400°. Combine all the dry ingredients and the grated orange and lemon zest. Put into a food processor, add the butter, and pulse until the butter and dry ingredients are blended and the mixture resembles cornmeal. (*Note:* If you use unsalted butter, increase the salt to 1 tsp.) Place in a large bowl and stir in the currants.

Beat the eggs and 1 cup of cream together. Pour over the dry ingredients and mix lightly with a fork just until it forms a ball and holds together. If it is too dry, add up to 2Tbs. more cream.

Loosely press the dough together and turn it out onto a floured board. Knead a few strokes (2 or 3 at most) to blend well. Divide the dough into four even pieces and press each out into a circle, about 1” thick. Cut each circle into four wedges and separate the wedges a little. (Alternatives: Press out all the dough into a sheet 1” thick and cut scones with a 2” cookie cutter. Be sure to press the cutter straight down into the dough; do *not* twist the cutter, or the scones won’t rise properly. Or, form the scones with an ice cream scoop and flatten them to 1” thick.)

Place the scones on cookie sheets (preferably insulated cookie sheets) and brush with the egg-milk wash. Sieve the brown sugar over the tops. Bake for 15 minutes, or until the scones are golden brown and the sugar has caramelized. Serve hot with butter, clotted cream, lemon curd (see the recipe in this cookbook), fruit preserves (see the recipe in this cookbook), or whatever you like.

Note: You can substitute other dried fruits for the currents. Fresh fruits, like blueberries, will probably work too. You can, of course, omit the currents and make plain scones.

ITALIAN DRESSING

1 cup olive oil (extra-virgin if you like the taste; light olive oil also works well)
¼ cup fresh-squeezed lemon juice
3 Tbs. balsamic vinegar
3 small or 2 large cloves garlic, peeled, finely minced and crushed; or put through a garlic press
1 tsp. Dijon mustard
Few dashes Worcestershire sauce
½ tsp. each dried basil, tarragon, oregano, dill weed
2 Tbs. chopped (freeze-dried) chives
¼ cup finely (and freshly) grated asiago or *Parmesano reggiano* cheese
Fresh-ground black pepper

Combine all ingredients; mix well. Let stand at least an hour before serving. Makes about 1 pint. Can be stored, well covered, in the refrigerator for a month or more. Before using, let stand at room temperature long enough to liquify the olive oil, which solidifies in the refrigerator. Use sparingly; it has lots of flavor.

Note: You can crush minced garlic by putting it into a small plastic bag and whacking it thoroughly with a hammer. Then invert the bag over one hand and scrape the crushed garlic off.

Note: If you prefer, you can omit the grated cheese from the dressing and add it directly to the salad with the dressing.

CHIVE OIL

Put the first four ingredients of the Italian dressing (use the light olive oil) plus 1 bunch of fresh chives, chopped, into a food processor and process until smooth.

BLUE CHEESE DIP/DRESSING

1 pint sour cream (light sour cream or sour half-and-half are fine)
5 oz. crumbled blue cheese (Roquefort or Maytag Bleu Cheese is best; Danish blue is okay. You might want to experiment with Stilton or Gorgonzola, as well)
2 to 3 cloves garlic, peeled, finely diced, and mashed; or put through a garlic press
2-4 Tbs. fresh-squeezed lemon juice (depending on how lemony you like it)
3 Tbs. dried chives, or ¼ cup fresh chives, snipped
1 tsp. dried dill weed
½ tsp. Extra-Spicy Mrs. Dash

Combine all the ingredients; mix well. Let stand at least an hour before serving. Serve as a salad dressing or as a dip for raw veggies. Especially great with cucumbers, bell peppers,

celery, raw broccoli, and jicama. Can be stored, well covered, in the refrigerator for a month or more.

CAESAR SALAD

SALAD AND DRESSING INGREDIENTS

2 cloves garlic, finely minced and crushed (or put through a garlic press)
Juice of ½ lemon
1 tsp. Worcestershire sauce
1 tsp. Dijon mustard
1 to 2 Tbs. red wine vinegar (depending on how sharp you like it)
1 raw egg yolk (egg may be coddled, i.e. boiled 1 minute)
Lots fresh-ground black pepper
½ cup olive oil (extra virgin if you like the taste; otherwise, extra light)
½ of a small can of anchovy fillets, chopped and (optionally) crushed
1 large head Romaine lettuce, bitter stems removed, leaves torn into bite-sized pieces; or
leave them whole (traditional)
½ cup (packed) fresh-grated aged Asiago or *Parmesano reggiano* cheese

Crush the two cloves of garlic into a large wooden salad bowl. Add the next 6 salad/dressing ingredients; mix well. Add the olive oil slowly, beating well to emulsify. Add the anchovies.

Alternatively: Place the garlic, lemon juice, vinegar, egg yolk, anchovies, and seasonings in a blender or food processor. Add the olive oil in a slow stream while the mix is blending/processing. This makes a creamy, thin-mayonnaise-like consistency.

Combine some of the dressing (enough to cover but not enough to drench) with the Romaine lettuce and half the grated cheese, and toss well. Toss the garlic croutons with the salad and serve immediately. Pass the extra cheese. Serves 6-8.

GARLIC CROUTONS

1 cup unseasoned croutons
1 clove garlic, finely minced and crushed
2 Tbs. butter

Melt the butter in a frying pan, add the last clove of garlic and cook over low heat for a minute or two. Toss the croutons in this mix for a few minutes more.

TURKEY VEGETABLE SOUP

Or, what to make after Thanksgiving and Christmas dinners

STOCK

1 turkey carcass with all bones, wing tips, etc; meat removed
Leftover turkey gravy, giblets, etc.

Separate the turkey carcass into pieces and put into a non-aluminum stock pot. Add the gravy, bones, and leftover turkey parts. Cover with cold water (no more than 4 quarts), cover the pot, bring to a boil, and simmer over low heat, covered, for 4-5 hours. Strain the stock (*Note:* rinse the bones with a little water and add the water to your stock), discard the bones and other solid waste, return the stock to the pot, chill it at least overnight, and remove the hardened fat.

SOUP

The defatted turkey stock (about 4 quarts)
2 medium onions, peeled and diced (or use 1 onion and the white part of 2 to 3 leeks)
5 to 6 large cloves garlic, peeled and finely diced or put through a garlic press
3 stalks celery, diced
3 to 4 large carrots, scrubbed and diced
1 tsp. salt (a few packets of powdered chicken stock may be substituted for the salt)
Lots fresh-ground black pepper
1 tsp. poultry seasoning, or a mix of dried sage and thyme
1 tsp. dried basil leaves
½ tsp. extra-spicy Mrs. Dash
½ tsp. dried tarragon
3 Tbs. fresh rosemary leaves, stripped from the stalks and chopped
2 to 3 cups leftover turkey meat, cubed
1 large or 2 medium bell peppers, seeded and diced (red is prettier; green is cheaper)
½ lb. green beans, cut into 1-inch lengths
½ lb. mushrooms, sliced
2 cups wide noodles (optional)
2 medium zucchini, cut into chunks
1 cup brown rice, or a mix of brown and wild rice, cooked in 2 cups water
1 cup each frozen corn kernels and petite green peas

Bring the turkey stock to a boil and reduce the heat. Start cutting up and adding the vegetables in the order given, through the carrots, bringing the soup back to the boil after each one is added. Add the seasonings and turkey meat and cook 5 to 10 minutes. Continue cutting up and adding the rest of the vegetables in the order given, through the mushrooms. Add more water if the soup starts getting too thick/strong. After the soup has cooked about 40 minutes total, add the noodles, cover and cook another 5 minutes. (*Note:* If you plan to freeze the soup, omit the noodles. Pre-cooked noodles may be added to and heated with the thawed soup.) Add the zucchini and more salt and pepper, if needed. Turn

off the fire and stir in the cooked brown rice, corn, and peas. Serves 12 as a main course.
Note: Works fine with chicken and chicken stock.

SPLIT PEA VEGETABLE SOUP

Soup stock: 4 to 5 smoked ham hocks, boiled 6 hours or overnight in 2 quarts water, drained, chilled, and completely defatted. After cooking, remove the meat from the hocks, cut into bite-sized pieces, and set aside. Discard the skin, fat, and bone.

3 cups green split peas (1½ 1-pound bags)
1 large or 2 medium onions, peeled and diced
2 to 3 large carrots, diced
3 stalks celery, diced
1 head garlic (12-15 cloves), peeled and coarsely chopped (*yes, I know...*)
2 spears broccoli, florets and peeled stems, diced
2 unpeeled potatoes, scrubbed and diced
1 turnip, peeled and diced
1 small or ½ large bunch spinach, washed, destemmed, and coarsely chopped (optional)
1 large green bell pepper, seeded and diced
1 Tbs. Worcestershire sauce
3 Tbs. tomato paste, or ¼ cup tomato catsup or barbecue sauce (or more, to taste)
Salt and fresh-ground black pepper to taste
1 tsp. Extra-Spicy Mrs. Dash
1 tsp. each ground coriander and cumin (optional)
1½ to 2 lb. kielbasa or hot polish sausage (Lowfat version: Omit the sausage, or boil it for 10 minutes between slicing and browning it; or use lowfat sausage)
½ cup sherry

Slice the sausages into $\frac{1}{3}$ inch lengths and cook in a dry frying pan until browned. Drain well on paper towels, squeezing out as much fat as possible. Cut each slice in half. Set aside.

In a large (6 quart) soup pot, heat the ham stock and another quart of water. Bring to a boil, add the ingredients in the order listed through the turnip, cover, and cook over low heat, stirring occasionally, for about 30 minutes. Add the spinach, green pepper, Worcestershire sauce, tomato products, and seasonings. Cook another 15 minutes, or until all the vegetables are soft. Puree in batches in a blender or food processor. Return the soup to the pot and add more water if the soup is too thick. Bring back to the boil and add the sausage and reserved meat from the ham hocks. Cook 10 minutes, add the sherry, bring back to the boil, and cook another 5 minutes. Add more salt and pepper, if needed.

Serves a whole mob. Freezes well, keeps well, and improves (and thickens) with age.

Note: For a colorful effect, omit the green pepper and use a large red bell pepper, very finely diced. Add it after the soup is pureed, along with the sausage and ham.

Note: For navy bean soup, substitute 3 cups of navy beans for the split peas. Soak the beans at room temperature for 8 hours before cooking. Drain the beans and discard the soaking water. Cook the soup 50 minutes to 1 hour total, depending on how *al dente* you

like your beans. If it tastes dull, jazz it up with some extra barbecue sauce and Worcestershire. Also, add 1 cup each frozen peas and corn. Do *not* puree the bean soup!

NEW ENGLAND SEAFOOD CHOWDER

6 strips bacon (“Seafood vegetarian” version: Omit the bacon and add ½ tsp. salt)
2 Tbs. butter (¼ stick)
2 onions, peeled and diced; or use 1 onion and the white part of 3 leeks, cut in half lengthwise, well-washed, and diced
4 cloves garlic, peeled and finely diced or put through a garlic press
2 stalks celery, including the leaves, finely diced
3 Tbs. white flour
1 quart strong seafood stock (made from salmon heads, other fish skin/bones, shrimp shells, clam juice, or any combination)
⅓ lb. mushrooms, sliced (or more)
2 unpeeled potatoes, scrubbed and diced
1 red or green bell pepper, seeded and diced (red is prettier; green is cheaper)
1½ tsp. dried thyme leaves
1 tsp. dried dill weed
½ tsp. ground nutmeg
Salt and fresh-ground black pepper to taste
½ cup dry sherry
3 to 4 pounds soup fish: Any combination you like of raw fin fish (salmon, swordfish, cod, halibut, bass), raw shellfish (shrimps, scallops, live clams and mussels), or pre-cooked fish (crab, lobster, canned clams)
3 cups half-and-half
Extra milk, if needed

In a large soup pot, cook the bacon until crisp. Remove, drain, and crumble the bacon; set it aside. Pour off most of the bacon fat, but leave the brown bits. Add the butter, let it melt, and add the onions, garlic, and celery. Saute a few minutes over low heat, stirring occasionally, until the onions are transparent. Stir in the flour and cook a minute or so more. Add the seafood stock and bring to the boil, stirring gently. Cook about 10 minutes. Add the mushrooms, potatoes, bell pepper, seasonings, and reserved crumbled bacon. Cook until the potatoes and bell pepper are almost done (15-20 minutes more). Add the sherry and the raw fish/shellfish, bring back to the boil, and cook about another 5 minutes. Add the pre-cooked fish/shellfish. Add the half-and-half. Add milk if the soup is too thick/strong. Correct the seasonings. Heat to serving temperature and serve immediately. Add more sherry at serving time, if desired.

Serves 8-10 as a main course.

BOUILLABAISSE

6 slices bacon (“Seafood vegetarian” version: Omit the bacon and add ½ tsp. salt at the end.)
2 Tbs. extra-virgin olive oil
1 tsp. saffron strands, or ¼ tsp. ground saffron (traditional, but optional: *very expensive*)
1 medium onion, peeled and chopped
2 leeks, chopped
4 to 5 cloves garlic, peeled and finely diced or put through a garlic press
1 large (28 oz.) or 2 medium cans peeled and diced tomatoes, or 4 to 5 large ripe tomatoes, peeled, deseeded, and chopped (about 1 qt.)
1 bulb fennel (anise), chopped
2 stalks celery, chopped
2 medium carrots, finely chopped
1½ to 2 quarts strong fish stock (made from salmon or other fish heads and skins, shrimp/crab/lobster shells, etc.), or 4 to 5 bottles clam juice
1 pint water
1 Tbs. wine vinegar
¼ cup seafood cocktail sauce
1 tsp. Worcestershire sauce
2 tsp. dried thyme leaves, or 3 to 4 Tbs. fresh
2 bell peppers, seeded and diced (red is prettier, green is cheaper)
1 very large or 2 medium unpeeled potatoes, scrubbed and diced
¼ tsp. cayenne or ground red pepper (more if you like it spicy)
½ tsp. Extra Spicy Mrs. Dash
¼ tsp. dry mustard
½ to 1 tsp. seafood seasoning (Old Bay)
1 bay leaf
1 tsp. dried basil, or 2 to 4 Tbs. fresh, chopped
1 tsp. dried oregano, or 2 to 4 Tbs. fresh
½ tsp. dried dill weed
½ tsp. paprika
Lots fresh-ground black pepper
⅓ lb. mushrooms, sliced
½ cup dry sherry or white wine
Soup fish: about 4 lbs. total of shellfish (any combination of scallops, shrimp, clams, mussels, oysters, lobster, crab) and fin fish (salmon, halibut, swordfish, cod, bass).
You may use canned whole baby clams instead of fresh. If you do, drain them and add the juice to the stock.

Prepare the soup fish: Remove all skin, bones, shells, etc. Devein the shrimp. Cut the lobster, crab meat, and fin fish into bite-sized pieces. If the shrimps are large, cut them in half length-wise. If the scallops are large, slice them in half crosswise. If you are using live lobster or crab, pre-boil and remove the meat. If you are using live clams or mussels, scrub them well and de-beard the mussels. (**Note:** Do all this ahead of time so that you can boil up the fish bones and skins, shrimp shells, etc. with the pint of water that you're adding to the soup, to enhance the stock.)

In a large (non-aluminum) soup pot, cook the bacon until very crisp. Remove the bacon, drain it, crumble it, and set it aside. Pour off most of the bacon fat and add the olive oil. Add the saffron, crushing it into the oil with a spoon. Add the onions, leeks, and garlic, and saute, stirring frequently, over low heat for a few minutes. Add the crumbled bacon, tomatoes, fennel, celery, carrots, fish stock/clam juice, water, vinegar, cocktail sauce, Worcestershire, and 1 tsp. thyme, and simmer about 15 minutes. Add the bell pepper, potato, and the rest of the herbs and spices, and simmer another 15 minutes. Add the mushrooms and simmer another 5 minutes. (If the soup gets too thick or strong, add more water. But don't thin it too much; remember that you're adding sherry at the end.)

Add the live clams/mussels and the raw soup fish, bring to a boil, and cook covered (so the clams/mussels will steam) another 4-5 minutes. Add the pre-cooked soup fish and the sherry, and cook a final minute or so.

Add more sherry at serving time, if desired. Serve hot with crusty French bread and cheeses and a green salad. Serves 10-12 as a main course.

Note: If you prefer your seafood fresh every time (reasonable enough), make just the soup base ahead of time -- everything except the actual fish and shellfish -- and freeze it. Then, thaw just as much as you want at any one time, heat it, add an appropriate amount of fresh seafood, cook just till it's done (5 more minutes or so), add an extra dollop of sherry, and serve.

VEGETABLE BEEF SOUP

SOUP STOCK

15 pounds mixed soup bones: neck bones, shank, marrow bones. (Ask your butcher for a couple of cow legs and have him cut them up. They're the best marrow bones.) Remove as much meat as possible from the shank and neck bones and cut it into bite-sized pieces. Cut 2 lb. of lean chuck into bite-sized bits, add it to the shank and neck meat, and set all the meat aside. Place all the bones in a roasting pan and roast at 400° for about half an hour, until they are nicely browned. Place the roasted bones in a large stock pot and barely cover with cold water. (Use some hot water to wash in the drippings and brown scrapings from the roasting pan.) Bring to a boil, reduce the heat, cover, and simmer 6-8 hours or overnight.

Remove and discard the bones, strain the stock, and return it to the pot. (*Note:* Rinse the bones with a little water and add the water to your stock.) Add the reserved meat, bring to a boil, and cook about 10 minutes. Remove from the heat, cool, and chill. Remove the hardened fat/scum from the top and discard. This makes enough meat stock for two pots of soup. The stock freezes well.

SOUP

½ the soup stock with beef (2 to 3 quarts)
1 cup burgundy (Gallo Hearty Burgundy works fine)
½ envelope Lipton's onion soup mix (or 2 envelopes Lipton's Onion Cup-a-Soup)
1 large (28 oz.) and one small (14 oz.) cans peeled tomatoes, chopped; or 6 to 7 large fresh tomatoes, peeled, seeded, and diced
1 large onion, peeled and diced
6 to 8 large cloves garlic (or more), peeled and finely diced or put through a garlic press
2 stalks celery, diced
2 to 3 broccoli stems, peeled and diced
2 large carrots, scrubbed and diced
1 parsnip, scrubbed and diced
1 turnip, peeled and diced
¼ cup barbecue sauce (or ¼ cup catsup if you don't like the barbecue taste)
1 Tbs. Worcestershire sauce
1 tsp. Extra-Spicy Mrs. Dash
Lots fresh-ground black pepper
1 tsp. each dried sweet basil and oregano (or use 2 to 3 Tbs. each fresh)
1 large unpeeled potato, scrubbed and diced
1 large or 2 medium bell peppers, seeded and diced (red is prettier; green is cheaper)
½ lb. green beans, cut into 1-inch lengths
½ lb. mushrooms, sliced
2 medium zucchini, cut into chunks
1 cup raw brown rice, or a mix of brown and wild rice, cooked in 2 cups water
1 cup frozen corn kernels

1 cup frozen petite green peas

Put the soup stock and beef, burgundy, onion soup mix, and tomatoes in a large soup pot (at least 5 quarts). Bring to a boil and reduce the heat. Start cutting up and adding the vegetables in the order given, through the turnip, bringing the soup back to the boil after each one is added. (**Note:** If you don't have help cutting the veggies, you may want to pre-cut at least half of them before you start cooking the soup. Otherwise you might not finish chopping the last before the first are overcooked.) Add the barbecue sauce/catsup and spices and cook 5 to 10 minutes. Continue cutting up and adding the rest of the vegetables in the order given, through the mushrooms. Add more water if the soup boils down too much. After the soup has cooked about 50 minutes to an hour total, stir in the raw zucchini and cooked rice, turn off the fire and stir in the corn and peas. Serves 10-12 as a main course.

BEER CHEESE SOUP

½ cup butter (one stick)
3 large shallots or one onion, peeled and finely diced
4 large cloves garlic, peeled and finely diced or put through a garlic press
1 large stalk celery, finely diced
1 red bell pepper, seeded and finely diced
1 carrot, scrubbed (not necessarily peeled) and shredded
6 large or 9 medium mushrooms, chopped
⅔ cup white flour
1 tsp. each paprika and powdered mustard
½ tsp. each ground cumin, ground nutmeg, and ground sage
¼ tsp. cayenne or ground red pepper
A few dashes Worcestershire sauce
Fresh-ground black pepper to taste (no salt – the cheeses add enough salt)
2 cups strong chicken stock
1 12-oz. bottle beer (or up to 2 if you like the slightly bitter beery taste)
1 quart milk
12-14 oz. best-quality, three-year-aged, ultra-sharp white cheddar cheese, shredded
1 to 2 oz. gorgonzola cheese, crumbled, and/or aged asiago cheese, shredded (optional)
½ cup dry sherry

In a heavy soup pot, melt the butter. Add all the vegetables and saute over very low heat 10 to 15 minutes, stirring occasionally, until they are soft. Puree the vegetable mix to a smooth paste in a food processor, and return the puree to the pan. Stir in the flour and the seasonings and cook over low heat, stirring constantly, another 1 to 2 minutes. Stir in the chicken stock and beer to make a smooth paste. (You may need to use an immersion mixer to make it smooth.) Cook over medium heat, stirring constantly, until the soup comes to a gentle boil and thickens. Add the milk and heat again almost to the boil, stirring occasionally. Remove from the heat, stir in the shredded cheese just until it is melted, and stir in the sherry. Adjust the seasonings. Serves 6-8.

Note: For a Southwestern treat, make black beans (see the recipe in this cookbook) with an extra 2 cups of liquid. Puree the final product and add more liquid, if necessary, to

make a medium-thick soup. Ladle the cheese and bean soups side-by-side into a wide soup bowl. Or, ladle the cheese soup around an island of full-thickness black beans. Wonderful!

CHEDDAR CHEESE - CORN CHOWDER

¼ cup butter (½ stick)
1 large onion, peeled and diced
5 large cloves garlic, peeled and finely diced or put through a garlic press
¼ cup white flour
3 pints (six cups) strong chicken stock
2 stalks celery, finely chopped
1 large carrot, shredded or finely chopped
1 large or 2 small stalks broccoli, florets and peeled stem, cut into small pieces
1 large unpeeled potato, scrubbed and diced
1 large red bell pepper, seeded and diced
½ lb. mushrooms, sliced
Corn from 4 ears sweet corn, or 1 1-lb. package frozen sweet corn kernels
½ tsp. ground cumin
1 tsp. dried sage leaves, or ½ tsp. ground sage
1 tsp. dried dill weed
Fresh-ground black pepper to taste
2 cups half-and-half
2 cups milk
½ tsp. ground nutmeg
1 cup frozen petite peas
1 lb. best-quality, three-year-aged, ultra-sharp white cheddar cheese, shredded
¼ lb. asiago or Parmesao Reggiano cheese, shredded

In a large soup pot, melt the butter, add the onions and garlic, and saute over low heat 8-10 minutes, stirring occasionally, until they are soft and transparent but not browned. Stir in the flour and cook over low heat, stirring constantly, a minute or two more. Add the chicken stock and stir until the mix is smooth. Add the next seven vegetables (celery through corn) in the order given, bringing back to the boil after each one. After the corn is in, add the seasonings. Continue cooking until the vegetables are tender, about 30-35 minutes total.

Still stirring, add the half-and-half, the milk, and the nutmeg, and heat almost to the boil. Add the peas. Add more salt and pepper, if needed. Add more milk if the soup is too thick. Turn off the fire, let cool about 5 minutes, and add the shredded cheeses. Stir carefully until the cheese melts. Serve immediately. Serves 8-10 as a main course.

Note: This soup is best eaten fresh; it can curdle when it is reheated. So, serve it for a family gathering or a dinner party. Alternatively, subdivide the soup before you add the cheese, and add cheese only to the part you're going to eat right away. Add cheese to the other portions when each in turn is heated and served.

Note: Some people might prefer this dish without the cheese. It makes an excellent cream of vegetable soup. If you omit the broccoli and peas, increase the corn kernels to 4 cups, and add a can of creamed corn, you have **corn chowder**. If you omit the broccoli, potato,

peas, and corn, and increase the mushrooms to 2 to 3 pounds, you have *cream of mushroom soup*. (Compare to the recipe for cream of wild mushroom veloute in this cookbook.)

EAST INDIAN MULLIGATAWNY

2 Tbs butter (¼ stick)
1 turnip, diced
1 carrot, diced
1 onion, peeled and diced
6 large cloves garlic, peeled and finely diced or put through a garlic press
1 large broccoli stem, peeled and diced
1 large tart apple, peeled and diced
1 Tbs. corn starch
2 quarts strong chicken stock
1 tsp. paprika
1 tsp. curry powder
⅛ tsp. mace (or nutmeg)
Salt to taste (or substitute powdered chicken stock)
Lots fresh-ground black pepper
Bouquet garni of:
 1 bay leaf
 2 parsley springs
 1 thyme sprig
 6 to 8 peppercorns
 5 whole cloves
 ½ tsp. cumin seeds
3 Tbs tomato paste, or ¼ cup catsup or chili sauce (optional)
½ cup raw chickpeas, soaked overnight and pre-cooked; or 1 cup canned garbanzo beans
1 tsp. garam masala (mixed Indian spices; available at Indian grocery stores)

In a large soup pot, melt the butter. Saute the vegetables and apple in the butter for a few minutes. Add the chicken stock, the corn starch (add this while the stock is still cold), and all the seasonings except the garam masala. Simmer, uncovered, for about an hour. Add the chickpeas and about ½ cup of their cooking water (or the canned garbanzos with their juice) and the garam masala, cover, and simmer for another ½ hour or so. Remove the bouquet garni and puree the soup in a blender or processor. Heat and adjust the seasonings. Serves 8-10 as a main course.

Traditionally, the soup stock is made with a whole fresh chicken, and chicken meat is added after the soup is pureed.

This soup keeps and reheats very well.

LOBSTER BISQUE

3 live lobsters, 1½ to 1¾ lb apiece
1 Tbs olive oil
1 cup each coarsely chopped onion, leek, and celery
1 coarsely chopped carrot
4-5 cloves garlic, crushed (skins on)
1 cup white wine
1 cup tomato juice (or bloody Mary mix)
1 Tbs *herbes de Provence*
1½ tsp dried tarragon
Dash cayenne pepper
½ cup heavy cream
3 Tbs cognac

Plunge the lobsters headfirst into 4 cups boiling water in a nonreactive (non-aluminum) pan. Cook for about 5 minutes, then turn off the heat and let them cool in the liquid another 30 minutes. Reserve half the cooking liquid for the bisque.

In a separate pan, remove the tails and claws from the cooled lobsters and shell them. Reserve the liquid that comes out of them during shelling. (The meat should be barely cooked.) Cover the claws with a kitchen towel (to prevent spattering) and crack them with a hammer. Reserve all the lobster meat.

Discard the claw and tail shells. Cut the lobster body shells with the appendages into 5-6 pieces each and place in one layer in a large saucepan with the olive oil. Cook for 15-20 minutes altogether, until all the moisture has evaporated and the pieces are well browned. Add the onion, leek, celery, garlic, and carrot, and cook 2-3 minutes. Add the wine and tomato juice, the juice from shelling the lobsters, and the reserved lobster cooking liquid. Add the *herbes*, tarragon, and pepper. Bring to a boil and cook gently, partly covered, 30-40 minutes.

Strain through a colander, pressing with a spoon to extract all the liquid. Discard all the solids and strain the liquid again through a fine strainer, so it is very smooth. If you wish, add some or all of the lobster meat, cut into bite-sized chunks, and cook a few minutes. Add the cream and cognac and bring to a boil right before serving.

Note: *Herbes de Provence* are a mix of herbs, typically containing marjoram, thyme, and savory, with smaller amounts of basil, rosemary, and sage.

SHRIMP BISQUE

Follow the recipe for lobster bisque, with the following changes: Substitute 2 lb. large *fresh* shrimps or prawns for the 3 live lobsters. (No need to kill the shrimps.) Add the whole shrimps to the sauteed vegetables and cook for about 4 to 5 minutes, stirring constantly, until they are red and curled up. Remove the shrimps, let them cool a little, shell them, and set aside the meat. Chop the shells and put them back into the pot.

Continue with the recipe. After the 45 minutes of simmering, grind the shrimp shells in the food processor and then return them to the pot, along with three-fourths of the shrimp meat, finely-chopped. Finish the recipe. Serve the bisque garnished with the rest of the shrimp meat, sliced.

CREAM OF WILD MUSHROOM VELOUTE

4 Tbs. butter
2 stalks celery, chopped
3 large shallots, peeled and finely chopped
3 leeks, white part only, well-washed and diced
5 large cloves garlic, peeled and finely chopped
1½ lb. wild mushrooms, cleaned and coarsely chopped
1 red bell pepper, seeded and diced
3 cups strong chicken stock
2 bay leaves
¾ tsp. each ground cumin, nutmeg, tarragon, and Extra-Spicy Mrs. Dash
Salt and fresh-ground black or white pepper to taste
1 large onion, peeled and chopped
3 cups half-and-half
½ cup dry sherry

Melt 3 Tbs. of the butter in a large, heavy pot. Add the celery, shallots, leeks, and garlic and cook for five minute, stirring once or twice. Add the mushrooms and bell pepper and cook over medium heat, stirring occasionally, for about 10 minutes. Add the chicken stock, bay leaves, and seasonings. Bring to a boil, reduce heat, and simmer 25 minutes. In the meantime, caramelize the onion (saute it in the remaining 1 Tbs. butter over medium-low heat, stirring frequently, until it is browned; about 25 minutes). Add the onion to the soup, remove from the heat and let cool a few minutes. Discard the bay leaves. Working in batches, puree the soup in a blender or processor until very smooth. Return to the pot, stir in the half-and-half and sherry, and heat gently. Adjust seasonings. Serve in large mugs or soup bowls. Serves 4-6.

Note: For mushrooms, choose a combination of portobellos, shiitaki, chanterelles, oyster mushrooms, crimini, brown mushrooms, and porcini (bolitas, cepes). **Note:** For a sinful but fantastic pasta sauce, make this recipe omitting the chicken stock and using 1½ cups of cream. Saute the vegetables over low heat, stirring occasionally, for an additional 10

minutes before adding the cream and seasonings; then cook just an additional 5-10 minutes. Toss the pureed mushroom cream sauce with fresh al dente fettuccini.

CURRIED CAULIFLOWER SOUP

(The best-tasting health soup you've ever eaten)

1 to 2 Tbs. ghee (toasted clarified butter) or butter
2 medium onions, diced
4 to 5 cloves garlic, diced
2 to 3 tsp. curry powder (good quality; available in Indian grocery stores)
1 tsp. ground cumin, or 2 tsp. cumin seeds crushed with a mortar and pestle
½ tsp. ground nutmeg
1 tsp. ground coriander
½ tsp. turmeric
½ tsp. cayenne pepper, or more if you like it hot (optional)
½ tsp. Extra-Spicy Mrs. Dash (optional)
6 cups chicken stock (vegetarian version: water or vegetable stock)
1 cup green or yellow split peas
2 stalks celery, diced
1 large head cauliflower, broken into florets (about 5-6 cups florets)
2 large russet or 4 to 5 red-skinned potatoes, scrubbed and diced (*not* peeled)
2 large carrots, scrubbed and diced
1 large bell pepper, seeded and diced (**Note:** If you're using green split peas, use a green bell pepper. If you're using yellow split peas, use a red, orange, or yellow bell pepper.)
2 to 3 tsp. garam masala (mixed Indian spices; available in Indian grocery stores)
1 tsp. salt, or to taste (omit if you're using salted chicken stock/broth)
Lots fresh-ground black pepper
1 cup low-fat yogurt

In a large (5 to 6 quarts), heavy soup pot, melt the ghee/butter. Add the onions and garlic and saute over low heat for a few minutes, stirring occasionally, until they start to turn transparent. (*Do not* let them brown.) Stir in all the spices except the garam masala and the salt and pepper, and cook for another minute or so, stirring constantly. Add the stock or water, bring to a boil, add the split peas and celery, cover, and cook over low heat about 10 minutes. Add all the other vegetables. Add another cup of stock or water if the vegetables stick too far out of the stock. (They don't have to be completely covered, however. They will produce some juices of their own as they cook down.) Bring back to a boil, cover, and cook over low heat 30 to 40 minutes, stirring occasionally, until all the vegetables are soft. Add the garam masala and salt and pepper to taste.

Working in batches, puree the soup in a food processor or blender. Return the soup to the pot. Add more stock or water if the pureed soup is too thick. Stir up the yogurt until all the lumps are smoothed out and stir it into the soup.

Adjust the seasonings and serve hot. (*Do not* boil again after you've added the yogurt.) Serves 10-12. The soup has a marvelous, subtle taste compounded of the split peas, the veggies, the Indian spices, and the yogurt tang.

CREAM OF MUSHROOM SOUP

(Note: Compare to Cream of Wild Mushroom Veloute)

¼ cup butter (½ stick)
1 large onion, peeled and diced
5 large cloves garlic, peeled and finely diced or put through a garlic press
2 Tbs white flour
3 pints (six cups) strong chicken stock
2 stalks celery, finely chopped
1 large carrot, shredded or finely chopped
1 large red bell pepper, seeded and diced
2 lb. mushrooms (mix of your favorite varieties), sliced
½ tsp. ground cumin
1 tsp. dried sage leaves, or ½ tsp. ground sage
1 tsp. dried dill weed
½ tsp. ground nutmeg
Salt (or use powdered chicken broth) and fresh-ground black pepper to taste
2 cups half-and-half
2 cups milk
1 cup frozen petite peas
½ cup dry sherry

In a large soup pot, melt the butter, add the onions and garlic, and saute over low heat 8-10 minutes, stirring occasionally, until they are soft and transparent but not browned. Stir in the flour and cook over low heat, stirring constantly, a minute or two more. Add the chicken stock and stir until the mix is smooth. Add the next four vegetables (celery through mushrooms) in the order given, bringing back to the boil after each one. Add the seasonings. Continue cooking another 10 minutes, or until the vegetables are tender (about 30-35 minutes total).

Still stirring, add the half-and-half and the milk, and heat almost to the boil. Add the peas. Add more salt and pepper, if needed. Add more milk if the soup is too thick. Turn off the fire, let cool about 5 minutes, and add the sherry. Serves 8-10 as a main course.

CRUCIFEROUS CHEESE CHOWDER

(Note: Compare to Beer Cheese Soup)

2 to 3 spears broccoli
1 small head cauliflower
2 quarts strong chicken stock (vegetarians use vegetable stock)
1 12-oz. bottle dark beer or ale
2 cups water
1 large onion, peeled and chopped
2-3 leeks, diced (white part only)
8 to 10 large cloves garlic, peeled and diced
2 stalks celery, chopped (including the leaves)
3 carrots, scrubbed and diced
1 parsnip, scrubbed and diced
2 red bell peppers, seeded and diced
½ lb. mushrooms, chopped
1½ tsp. each paprika and powdered mustard
¾ tsp. each ground cumin, ground nutmeg, and ground sage
¼ tsp. cayenne or ground red pepper (more if you like it hot)
1 tsp. Extra Spicy Mrs. Dash
1 Tbs. Worcestershire sauce
1 tsp. Tabasco sauce
½ tsp. salt
Lots of fresh-ground black pepper
1 quart milk
1 cup dry sherry
1-1/2 lb. best-quality, five-year-aged, ultra-sharp white cheddar cheese, shredded
2 oz. gorgonzola cheese, crumbled, and/or aged asiago or *parmigiano reggiano* cheese, shredded

Separate the broccoli crowns into very small florets. Peel and dice the broccoli stems. Separate the cauliflower into small florets and discard the cauliflower stem.

In a large soup pot, bring the stock, water, and beer to a boil. Add the broccoli, onion, garlic, and celery, and simmer about 10 minutes over low heat. Add the leeks, cauliflower, carrot, and parsnip, and simmer another 10 minutes. Add the bell pepper, mushrooms, and all the seasonings, cover, and simmer half an hour, or until all the vegetables are soft.

Puree the soup in batches in a food processor, making a very smooth puree. Return this to the soup pot, bring back to the boil, add the milk and sherry (and more water if the soup is still too thick), and heat the soup almost to the boil. Turn off the heat, add all the cheese, and stir until the cheese is completely melted. Taste for seasonings and add more salt if needed. Serve hot. Serves 12 as a main course, 16-20 as an appetizer. Freezes and reheats well.

Note: The soup without the cheese makes a wonderful, flavorful cream of vegetable puree.
Try it!

SEAFOOD PASTA IN BOURBON CREAM SAUCE

¼ lb. each fresh medium-to-large shrimp, sea scallops, and salmon

¼ cup (about 2 oz.) fresh crab meat (optional but *very* good)

(**Note:** Fresh, not previously-frozen, seafood; real crab meat, not "sea legs." If you're going to do this dish, do it right.)

2 Tbs. butter (¼ stick)

1 Tbs. extra-virgin olive oil

2 cloves garlic, peeled and finely diced or put through a garlic press

1 shallot, peeled and finely diced (2 to 3 Tbs.)

Seafood stock (see below)

1 cup heavy cream

3 Tbs. bourbon

⅛ to ¼ tsp. cayenne pepper (depending on how spicy you like it)

2 Tbs. tomato paste

A little salt and fresh-ground black pepper

1 9-oz. package fresh pasta (fettucini, linguini, or cappellini/angel's hair), cooked *al dente*

Shell and devein the shrimp, and cut each in half lengthwise. Leave the small scallops whole and slice the larger ones crosswise into two or three pieces (depending on the size). Remove all skin and bone from the salmon and cut the fish into bite-sized pieces. To make seafood stock, put the shrimp shells and any salmon skin and bones with about ½ cup water into a small saucepan. Bring to a boil, cover, and cook over very low heat for about ½ hour. Strain and reserve the stock. Drain off any juice from the crab meat and add it to the stock.

In a medium frying pan, heat the butter and the olive oil. Add the garlic and shallot and saute over very low heat for 2 to 3 minutes. Add the seafood stock, increase the heat, and cook, stirring frequently, until most of the liquid has evaporated. Add the shrimps, the scallops, the cream, the bourbon, and the cayenne pepper. Bring to the boil and cook 2-3 minutes, stirring frequently, until the shrimps and scallops are done. Remove the shrimps and scallops with a slotted spoon and set aside. Add the tomato paste to the sauce, stir in, and continue cooking the sauce over medium heat, stirring constantly, until it has reduced by about one third and thickened. Add salt and black pepper to taste. Add the salmon, bring back to the boil, and cook about two minutes. Return the shrimps and scallops to the pan and continue cooking just until they are re-heated.

Toss with hot, *al dente* pasta and sprinkle 1 Tbs. fresh crab meat over each serving. Serves 4-5 as an appetizer or side dish. (This is really too rich to serve as a main course.)

This dish can also be served as an appetizer without the pasta. Provide plenty of fresh or toasted sourdough bread for your family/guests to sop up the sauce.

FETTUCINI WITH SHRIMP AND ROASTED GARLIC SAUCE

1 medium-to-large head garlic (about 15-20 cloves)
1 lb. large shrimp
1 bottle clam juice
½ cup dry sherry
1 Tbs. butter (low-fat version: 1 tsp.)
1 Tbs. extra-virgin olive oil (low-fat version: 1 tsp.)
½ onion or 1 to 2 shallots, peeled and thinly sliced
1 small (1 lb.) can peeled tomatoes, diced and drained, juice reserved; or 2 to 3 fresh tomatoes, peeled, deseeded, and diced, seed pulp strained and juice reserved
1 medium red bell pepper, seeded and cut into about 2" long thin julienne strips
¼ lb mushrooms (5 to 6 large) or more, sliced
1 medium zucchini, seeds removed, flesh cut into julienne strips
Salt and fresh-ground black pepper to taste
¾ tsp. dried basil
½ tsp. dried oregano
¼ tsp. dried thyme
1 9-oz. package of fresh fettucini

Cut the raw garlic head in half crosswise. Rub a little olive oil on the outside of the head and the cut surfaces. Put the two halves back together, wrap the whole head in foil, and roast in a 375° oven or toaster oven for 45 minutes. Remove and cool. Unwrap and squeeze all the garlic pulp into a bowl. Set aside.

Peel the shrimps and set aside. Place the shells in a saucepan, add the clam juice and ½ cup of water, bring to the boil, cover, and simmer for half an hour. Drain the clam/shrimp stock into a large frying pan, add the sherry and about ¼ cup of the reserved tomato juice, and reduce over high heat until only about ¼ cup liquid is left. Lower the heat and stir in the butter and olive oil.

In a large pot, start boiling the water to cook the fettucini. (Fresh fettucini cooks in about 2 minutes. Time it so that the fettucini finishes at the same time as the sauce.)

Add the onions/shallots to the frying pan and saute a few minutes, until they start to turn transparent. Add the drained tomatoes and bring back to the boil. Add the bell peppers and mushrooms, return to the boil, and cook about 3-4 minutes, stirring/tossing gently but frequently to make sure the vegetables cook evenly. Add the salt (if needed), black pepper, herbs, the zucchini, and the roasted garlic pulp, stir well, and cook about 2 minutes more. Add all the peeled shrimp. Continue cooking, turning the shrimp periodically, until the shrimp have turned pink (another 3-4 minutes). Keep the pan uncovered and the heat fairly high during all this, adding more of the reserved tomato juice as the liquid evaporates. The final sauce should be juicy but not overly runny.

Toss the sauce with the cooked fettucini and serve immediately. Topping with fresh-grated asiago or *Parmesano reggiano* cheese is permitted but not required. Serves 3 as a main course, 4-5 as an appetizer or side dish.

Note: Try this with scallops instead of shrimp. Remove the feet (if necessary) and slice the scallops in half horizontally. Add where you would have added the shrimp.

Note: This also works well with chicken. Use 1 lb. of chicken breast meat, cut into julienne strips or small cubes (these should cook in the same 3 to 4 minutes allotted for the shrimp). Substitute 1 cup chicken stock for the clam/shrimp stock. Retain the basil but substitute 1 tsp. tarragon for the oregano and thyme; or come up with your own herb mix.

Note: Roasted garlic is a treat in itself. Scoop out the roasted cloves and spread them on toasted sourdough French bread for an appetizer, optionally also with some brie or stilton cheese. Or stir some roasted garlic into mashed potatoes (see the recipe in this cookbook), or soup, or tomato sauce. If you want an herby taste, rub rosemary or oregano on the cut garlic surfaces before putting the halves back together, wrapping in foil, and roasting.

PASTA WITH ZUCCHINI, SHRIMP, AND SAFFRON

3 Tbs. extra-virgin olive oil
3 medium zucchini, cut into thin rounds
1 9-oz. package fresh pasta (fettucini, linguini, or cappellini/angel's hair), cooked *al dente*
½ cup strong chicken or vegetable stock
½ tsp. saffron threads
1 lb. medium shrimp, peeled, deveined, and cut into ½ inch pieces
2 ripe tomatoes, peeled, seeded, and chopped
2 cloves garlic, peeled and finely minced or put through a garlic press
10 fresh basil leaves, thinly sliced (about ¼ cup)
1 Tbs. butter
Salt and fresh-ground black pepper to taste
Fresh-grated aged asiago or *Parmesano reggiano* cheese

In a large frying pan, heat 2 Tbs. oil and brown the zucchini slices on both sides until golden brown, about 2 to 3 minutes. (Work in batches.) Remove them with a slotted spoon and drain them on paper towels.

In a small saucepan, combine the stock and saffron and bring just to the boil. Set aside. Add the rest of the olive oil to the frying pan in which you cooked the zucchini; heat, add the shrimp, and cook, stirring, for 1 minute. Add the tomatoes, garlic, and saffron/stock, bring back to the boil, and cook over high heat, stirring, another 3 to 4 minutes. Add the fresh basil, butter, and salt and pepper.

Cook the pasta in at least 1 quart boiling unsalted water, timing it so that it finishes cooking at this point. Drain it well and add it to the sauce in the frying pan. Toss over low

heat until combined. Taste for seasonings. Serve immediately and pass the cheese.
Serves 3-4.

PRAWNS PRIMAVERA

1/3 cup butter (2/3 stick)
3 cloves garlic, peeled and finely diced or put through a garlic press
1 carrot, thin-sliced diagonally
1/2 cup peeled and sliced broccoli stems
5 green onions with a few inches of the green stem, sliced diagonally
1/2 red bell pepper, seeded and cut in julienne strips 1 to 2 inches long
1/3 lb. mushrooms, sliced
1 lb. raw prawns (large shrimps), peeled and deveined
1 cup heavy cream
Lots fresh-ground black pepper
1 cup fresh-grated asiago or *Parmesano reggiano* cheese
1 1/2 9 oz. packages fresh fettucini (about 14 oz. total)
4 to 5 slices of bacon, cooked very crisp and drained.

Melt half of the butter in a large frying pan. Add the garlic, carrot, and broccoli stems, and cook over low heat for a few minutes. Add the green onion, bell pepper, and mushrooms, increase the heat, and cook, stirring frequently, until the mushrooms start to release their juice. Add the prawns and saute until they are nearly cooked (about 3-4 minutes). Set aside, let rest a few minutes, and drain off and reserve any accumulated juices.

In another large frying pan, melt the rest of the butter and add the reserved prawn/vegetable juices. Cook over high heat, stirring frequently, until the most of the liquid has evaporated. Add the cream, heat, and cook, stirring frequently, until the mixture is reduced by about one third and starts to thicken. Grate in the black pepper.

While this is going on, cook the fettucini in 3-4 quarts boiling water until just *al dente* (only a minute or two for fresh pasta). Drain well but do not rinse. Add the cooked fettucini, the prawn-vegetable mix, and the grated cheese to the cream mixture, and toss together over medium heat until the sauce is smooth and thickened and coats the pasta evenly.

Serve immediately. Top each serving with an extra grate of cheese and black pepper and a slice of the cooked bacon, finely crumbled. Serves 4-5 as a main dish, 7-8 as an appetizer or side dish.

THE ULTIMATE FETTUCCINI ALFREDO (To be made once a year *maximum*)

1/2 cup butter (1 stick)
2 cloves garlic, peeled and finely diced or put through a garlic press (about 2 tsp.)
1 cup heavy cream
1 1/2 cups freshly-grated *Parmesano reggiano* cheese (best quality)
Fresh-ground white (traditional) or black pepper

1 9-oz. package of fresh fettuccini

Melt the butter in a large frying pan. Saute the garlic gently for a few minutes. Add the cream, heat, and cook for a few minutes, stirring often. Stir in the cheese, grind in the pepper, and cook until the sauce has thickened somewhat. Pour the sauce over the freshly-cooked hot pasta and toss gently. Serves 3 as a main dish, 4-5 as an appetizer or side dish.

Note: The sauce freezes and reheats well, if you want to make a lot and eat it a bit at a time. Reheat the sauce over *very* low heat, whisking constantly. **Note:** For a super treat, add a good dollop of Genovese pesto sauce (see the recipe in this cookbook) to the Alfredo sauce and mix well before tossing it with the pasta.

LINGUINI WITH WHITE CLAM AND SCALLOP SAUCE

2 Tbs. butter (Lowfat version: 1 Tbs.)
2 shallots, finely diced
2 to 3 large cloves garlic, peeled and finely diced or put through a garlic press
 $\frac{1}{3}$ lb. mushrooms, sliced
1 10 oz. can whole baby clams
1 large red bell pepper, seeded and cut in julienne strips 1 to 2 inches long
 $\frac{3}{4}$ lb. sea scallops
 $\frac{3}{4}$ tsp. each dried oregano and dried thyme leaves
Lots fresh-ground black pepper
1 pkg. (9 oz.) fresh linguini or cappellini (angel's hair) pasta

In a large skillet or medium saucepan, melt the butter. Saute the shallots, garlic, and mushrooms over low heat for about 2 minutes. Drain the clams, set the clams aside, and add the clam juice to the pan. Add the bell peppers, bring to the boil, and cook over medium-high heat about 3 to 4 minutes, or until the bell peppers are tender-crisp.

Leave the small scallops whole; slice the larger ones crosswise into two or three pieces (depending on the size). Add the scallops, the herbs, and the black pepper to the pan, bring to the boil, and cook over high heat about 1 minute. Remove from the heat and drain all the accumulated fish and vegetable juices into another medium-large saucepan. Set the solids aside. Boil the juices uncovered over high heat until they are reduced by about one-half.

In the meantime, in a large saucepan, bring 2 quarts water to the boil and add the pasta and a few drops olive oil. Bring back to the boil and cook until *al dente* (2 to 3 minutes for linguini, 1 minute for cappellini). Drain well but do not rinse. Add the cooked pasta to the pan with the reduced juices and toss the mixture over high heat for a minute or so, until the pasta has absorbed much of the juice. Add the reserved clams and the seafood and vegetable solids. Continue tossing gently until everything is hot, and serve. Serves 3 as a main course, 4-5 as an appetizer or side dish.

Note: If you don't like the texture of clams, you may omit the canned clams and add another $\frac{1}{2}$ lb. scallops or fresh shrimp, salmon, or other seafood of choice. Add a bottle of

clam juice or a cup of seafood stock after sauteeing the initial vegetables and before adding the bell pepper.

TOMATO SAUCE

20+ large ripe tomatoes, peeled and deseeded; or 4 to 5 large (28 oz.) cans peeled and diced or Italian plum tomatoes in juice
1 large (28 oz.) can crushed tomatoes in puree (do *not* use tomato paste)
3 large onions, peeled and diced
5 to 6 stalks celery, diced
2 to 3 large red bell peppers, seeded and diced
2 carrots, scrubbed (not necessarily peeled) and grated/shredded
1 cup fresh basil leaves (packed)
½ cup fresh oregano leaves (or 2 to 3 Tbs. dried leaves)
½ cup of fresh rosemary leaves, stripped from the stalks and chopped
1 full head garlic (at least 15 large cloves), the cloves peeled and coarsely chopped
3 Tbs. extra-virgin olive oil
Lots fresh-ground black pepper

Peel the fresh tomatoes by dunking them into boiling water for 30 seconds, then into ice water. Cut out the stems and slip off the skins. Deseed the fresh tomatoes by cutting them in half crosswise and squeezing out the seed pulp. (**Note:** Strain the seed pulp through a sieve to get rid of the seeds; what comes out is a delicious fresh tomato juice.) If you're using canned tomatoes, use everything, including the juice.

Puree the fresh/canned tomatoes in a blender or food processor. Put these and the can of crushed tomatoes in puree into a large (at least 6 quarts) heavy non-aluminum pan. (**Note:** You may add part of the tomatoes at the start and add the rest later when the sauce has cooked down somewhat.) Bring to a boil, reduce the heat to medium, and simmer uncovered. As soon as you start heating the tomatoes, start cutting up and adding the onions, celery, bell peppers, and carrots. Cook the tomatoes and other vegetables for about 2 hours total, stirring frequently, until the sauce has thickened almost to serving consistency. (Be careful not to let the sauce burn on the bottom of the pan; turn the heat down and stir *very* frequently toward the end.)

Chop the fresh herbs fairly fine and add them. Combine the garlic and olive oil in a food processor; process to a rough paste. Stir the garlic-olive oil paste and the black pepper into the tomato sauce and simmer about another 5-10 minutes. (It will smell *wonderful!*) Taste after 5 minutes and add more herbs if needed. Use as is for a chunky tomato sauce; puree in the blender or food processor for a marinara or pizza sauce. Freezes well.

Note: This is a light, fresh-tasting tomato sauce, very different from sauces made with tomato paste or canned tomato puree. A lot of other recipes in this cookbook call for tomato sauce and refer back to this recipe. Try it at least once and see if you don't agree that it's worth the work!

Note: A delicious traditional appetizer or main dish is Tricolor Pasta (the colors of the Italian flag). Serve one small portion each of fettuccini with tomato sauce, fettuccini Alfredo, and fettuccini with pesto sauce, arranged in a row or in a triangle. (See the recipes in this cookbook.)

PASTA WITH TOMATO SAUCE, ITALIAN SAUSAGE, AND MUSHROOMS

1 lb. hot or sweet Italian sausage links (low-fat are fine)
1 quart tomato sauce (see the recipe on the facing page)
 $\frac{2}{3}$ lb. mushrooms, sliced
 $\frac{1}{3}$ cup dry sherry
2 9-oz. packages of fresh pasta (fettucini, linguini, or cappellini/angel's hair), or 1 lb. dried pasta
Fresh-grated asiago or *Parmesano reggiano* cheese

Slice the sausages into $\frac{1}{2}$ inch lengths and cook in a dry frying pan until well browned. Drain well on paper towels, squeezing out as much fat as possible. Stir the sausages into the tomato sauce, bring to a boil, and simmer about 10 minutes, covered, over low heat. Add the mushrooms and sherry, increase the heat, and simmer another 10 minutes, stirring frequently, until the sauce has thickened to serving consistency.

Serve over hot, lightly buttered *al dente* pasta. (Low fat version: Omit the butter.) Top each serving with a few tablespoons freshly grated asiago or *Parmesano reggiano* cheese. Serves 5-6 as a main course, 8-10 as an appetizer or side dish.

Note: If you are making a full batch of tomato sauce and want to make it all into this Italian-sausage-and-mushroom sauce, use the following quantities and timing:

4 lb. hot or sweet Italian sausage links
3 lb. mushrooms, sliced
 $1\frac{1}{3}$ cups dry sherry
7 9-oz. packages fresh pasta, or 4 lbs. dry pasta, cooked *al dente* in a very large pot. (Or, cook in batches.)

While the tomato sauce is cooking: Slice, brown, and drain the sausages as described above. About half an hour before the sauce is finished, stir in the sausages. Simmer, uncovered, 10 minutes and then add the mushrooms, sherry, herbs and the garlic/olive oil mixture. Increase the heat to medium to cook down the sauce (the sherry will thin it) and cook about another 20 minutes, stirring frequently.

Serve over hot, lightly buttered *al dente* pasta. (Low fat version: No butter.) Top each serving with a few tablespoons freshly grated asiago or *Parmesano reggiano* cheese. Serves 16-20 generously.

GENOVESE PESTO SAUCE

2 cups (packed) fresh sweet basil leaves
½ cup (packed) fresh parsley leaves, preferably Italian parsley
5-6 cloves garlic, peeled and sliced
1 cup freshly grated asiago or *Parmesano reggiano* cheese
¼ cup each toasted pine nuts and walnuts (walnuts are optional)
¼ cup butter (½ stick)
⅓ cup extra-virgin olive oil
1 tsp. lemon juice

Combine all the ingredients in a food processor. Process to a nearly-smooth paste. Let stand at least 1 hour before serving. (The lemon juice helps keep the basil from oxidizing and turning color.) To serve, toss 1 cup of warm pesto with 1 9-oz. package of fresh fettucini, cooked *al dente*. Add another spoonful of pesto on top of each serving, if desired. Serves 2-3 as a main course, 4-5 as an appetizer or side dish.

Keeps several weeks in the refrigerator or a year or more (well wrapped) in the freezer. To warm up, stand a bowl of (thawed) pesto in a larger bowl of hot water; stir occasionally as it softens. Do not heat over direct flame; the sauce should not cook. **Note:** For creamy pesto sauce, stir some pesto into hot Alfredo sauce (see the recipe in this cookbook), or into ½ cup cream heated with ¼ cup grated asiago or *Parmesano reggiano* cheese. A spoonful of pesto is very good stirred into vegetable beef soup (see the recipe in this cookbook). Pesto also makes an excellent sauce for roast lamb.

TRADITIONAL LASAGNA

1 lb. ricotta cheese
1 large egg
4 Tbs. fresh chopped chives (or 2 Tbs. dried)
2 tsp. fresh chopped oregano (or ½ tsp. dried)
½ tsp. fresh-ground black pepper (or Mrs. Dash)
1 cup grated aged (sharp) asiago or *Parmesano reggiano* cheese
1½ lb. mozzarella cheese, shredded or cut into thin slices
1½ quarts tomato sauce (see the recipe in this cookbook)
Fillings (choose what you like):
 1½ lb. hot Italian sausage
 2 medium eggplants
 3 cups total primavera vegetables (a mix of carrots, broccoli, zucchini, onions)
 1 lb. mushrooms, sliced, cooked in ¼ cup dry sherry
 1 lb. fresh spinach, washed and destemmed, cooked in 1 Tbs. olive oil
 1 lb. zucchini
12 to 16 strips lasagna pasta (4 layers of 3 to 4 each)

Beat together the ricotta cheese, egg, chives, oregano, black pepper, and ½ cup grated cheese. Heat the tomato sauce.

Prepare the fillings. *If you're using sausages:* Slice the sausages ½ inch thick, brown the slices well in a frying pan, and squeeze them in paper towels to remove as much of the fat as possible. Cut the cooked sausage slices in half. *If you're using eggplant:* Slice the eggplants into ½-inch-thick slices, salt the slices on both sides and let drain for ½ hour, press dry between paper towels, brush the slices lightly on both sides with olive oil, and broil on both sides until they're lightly browned (about 10 minutes total). *If you're using primavera vegetables:* Slice them fairly thin and steam or saute them separately until they are tender-crisp; mix together. *If you're using mushrooms:* In a saucepan, heat the sherry, add the mushrooms, and cook uncovered over medium-high heat for about 10 minutes, stirring frequently. Drain and reserve the juice for soup stock. (Or as a dip for toasted sourdough French bread.) *If you're using spinach:* Heat 1 Tbs. olive oil in a large pan. Add the spinach and cook, covered, over high heat just until the spinach has wilted. Drain the spinach well, chop it, and mix it in with the ricotta mix. *If you're using zucchini:* Slice the zucchini ¼ inch thick and bake the slices at 350° on a lightly olive-oiled pan until they're lightly browned and somewhat softened, about 15 to 20 minutes.

Cook the lasagna noodles in a lot of boiling water with a little salt and olive oil, until they're just *al dente* (about 2 minutes less than the package directions). Drain the noodles and return them to the pot, adding just enough cool water to cover them. (Squeegee the water off each noodle with your fingers as you take it from the pot.) Rub a deep 9x12" lasagna baking dish with a little olive oil and assemble the layers.

Use your imagination here! In general, the spinach-ricotta mix should go into its own separate layer (where a "layer" is defined as "between layers of lasagna noodles"). The sausage, mushrooms, eggplant, primavera veggies, and zucchini should each be in its own layer over a generous portion of tomato sauce and topped with mozzarella and Parmesan/Asiago cheese. If you're using just the spinach-ricotta and one other filling, add a third layer of just tomato sauce and cheeses, so you won't skimp on those ingredients. In any case, start with a layer of noodles and end up with a layer of noodles topped with tomato sauce and mozzarella. Here's one possible scenario (for which you will need a baking dish at least 3" deep):

First layer: One layer of pasta, one third of the tomato sauce, the sausages (or eggplant slices, or primavera vegetables), one third of the mozzarella, and ¼ cup Parmesan/Asiago cheese.

Second layer: Second layer of pasta and the ricotta mix (optionally the ricotta-spinach mix).

Third layer: Third layer of pasta, one third of the tomato sauce, the drained mushrooms, one third of the mozzarella, and ¼ cup Parmesan/Asiago cheese..

Fourth layer: Fourth layer of pasta, the rest of the tomato sauce, and the rest of the mozzarella cheese. *Note:* You should wait and add the rest of the cheese after the lasagna has baked 45 minutes and you uncover it to finish the baking.

Cover the baking dish with a lid or aluminum foil and bake 45 minutes to an hour (depending on how deep it is) at 375°. Uncover, add the rest of the mozzarella, and continue baking 15 minutes. Let sit at least 10 minutes before cutting into squares and serving. Serves 8-12. Serve with more tomato sauce, if desired. **Note:** Low-fat ricotta and mozzarella cheeses work fine. Non-fat mozzarella won't melt right.

RAVIOLI-MUSHROOM BAKE

1 lb of fresh or frozen (thawed) cheese-spinach ravioli (available at Costco)
1 Tbs. butter
2 lb. mushrooms, cleaned and sliced
¼ cup dry sherry
1 quart tomato sauce (see the recipe in this cookbook)
1 lb. mozzarella cheese, in thin slices or shredded
½ lb. good-quality parmesan cheese (preferably *Parmesano reggiano*), grated

In a saucepan, melt the butter and add the sliced mushrooms and sherry. Saute over medium heat, stirring frequently, until the mushrooms have softened and released their juices. Drain the mushrooms and preserve the mushroom juice for another use. (Dunk toasted sourdough bread into the warm mushroom juice – major treat!)

Preheat the oven to 375°. Rub the bottom and sides of a large square Corning Ware casserole with olive oil. Spoon in half the tomato sauce. Arrange the ravioli in a fairly thick even layer, overlapping the raviolis a little. (*Note:* You don't pre-cook the ravioli.) Add half the parmesan and mozzarella cheeses evenly over the top. Add the drained mushrooms in an even layer. Top with the rest of the tomato sauce. Cover and bake for 45 minutes. Uncover and continue baking until the casserole is bubbling throughout. Add the rest of the parmesan and mozzarella cheeses evenly over the top and continue baking, uncovered, for another 15 minutes, or until the cheeses are bubbling and lightly browned.

Cool at least 15 minutes before cutting and serving. Serves 6-8 as a main course, 12 as a pasta side dish. Similar to lasagna, but simpler to make.

MEAT OR SEAFOOD LO MEIN **(A Chinese pasta dish)**

2 dried Chinese mushrooms
8 oz. pork, chicken, or fresh shrimp
3 to 4 cloves garlic
5 to 6 water chestnuts (canned is okay)
2 stalks bok choy or Chinese celery cabbage
½ red or green bell pepper, seeded and sliced (red is prettier; green is cheaper)
4 green onions, including some of the green stems
½ cup of sliced bamboo shoots (canned is okay)
Sauce:
 ¼ cup strong chicken broth (or shrimp stock made from the shrimp shells)
 2 Tbs. dark (for pork) or light (for chicken or shrimp) soy sauce
 1 Tbs. Chinese rice wine or pale dry sherry
 1 Tbs. hoisin sauce
 1 tsp. cornstarch
Peanut oil for stir-frying
5 oz. Chinese fresh or dried lo mein noodles
1 tsp. sesame oil

Soak the dried mushrooms in ½ cup of warm water for 30 minutes. Discard the soaking water and the stems, and cut each mushroom cap into narrow strips. Cut the pork or chicken into julienne strips, or peel the shrimps and cut them in half lengthwise. Peel and mince the garlic; slice the water chestnuts; cut the other vegetables into julienne strips. Mix the sauce ingredients. Have everything ready.

Boil a large pot of water for the noodles. Heat a wok over high heat for 30 seconds, add 2 Tbs. peanut oil, and heat another 30 seconds. Add the meat/shrimp and garlic and stir-fry about 2 minutes. In the meantime, add the dried noodles to the boiling water. Add the bok choy/celery cabbage, the bell pepper, and the green onions to the wok and stir-fry for another 2 to 3 minutes; at the same time, as the noodles cook, break them up with a fork. Add the bamboo shoots, water chestnuts, and mushrooms to the wok and stir-fry another 1 or 2 minutes, keeping the heat high.

Drain the noodles thoroughly and add them to the wok. Add the sauce and stir-fry everything for another minute. Add the sesame oil, stir in, and serve immediately.

Serves 3 as a main course, 4 to 6 as part of a Chinese dinner.

VEGETABLE QUICHE

½ bunch spinach, destemmed, washed, and drained
2 Tbs. butter (¼ stick)
1 small or ½ large onion, peeled and chopped
1 leek (white part only), cut in half vertically, washed and sliced
2 to 3 cloves garlic, peeled and finely diced
1 small red bell pepper, seeded and diced
¼ lb. mushrooms, chopped
1 tsp. dried dill weed
Lots fresh-ground black pepper
6 oz. Swiss cheese (Gruyere, Emmenthaler, or a mix), grated
2 oz. Asiago or *Parmesano reggiano* cheese, grated
2 whole eggs
2 egg yolks
1¼ cups half-and-half, or ½ cup light cream and ¾ cup milk
6 to 7 strips bacon, cooked very crisp and crumpled
8 4-inch stalks asparagus (optional), blanched 1 minute in boiling water and cooled

Put a few Tbs. water into a large saucepan, bring to the boil, add the spinach, cover, and steam just until it is wilted. Chop the spinach and drain well. Melt the butter in a large heavy saucepan. Saute the onion, leek, garlic, bell pepper, and mushrooms over low heat until they start to soften. Add the drained spinach, dill, and black pepper, and cook over high heat a few minutes more, stirring frequently, until most of the liquid has evaporated. Cool.

In a large bowl, beat the eggs and egg yolks. Add the half-and-half or milk/cream and beat until well mixed. Stir in the grated cheeses and the sauteed vegetable mix.

Prepare a single-crust pie shell (see instructions under "lemon meringue pie"). Fit it carefully into a 9" deep-dish ceramic (glass, pottery, stoneware, porcelain) pie pan so that as little air as possible is trapped between the crust and the pan. Pre-bake the pie shell for 5 minutes at 400°.

Cool the pie shell for a few minutes. Spread the crumpled bacon evenly over the bottom. Pour the milk-eggs-cheese-veggie mixture over the bacon. If you are using asparagus, arrange the spears on top radiating out from the center like the spokes of a wheel. Bake at 350° for 50 minutes to an hour, or until the quiche has browned nicely and jiggles only a little in the center.

Let the quiche cool enough to finish setting. Serve warm. Serves 8. Freezes well, keeps well in the refrigerator, and reheats very nicely -- ½ hour in a 350° oven after thawing. Do *not* reheat in the microwave oven unless you like a soggy crust.

Vegetarian quiche: Omit the bacon. Add ½ tsp. salt to the milk-eggs-cheese-veggie mixture.

BRINED ROAST TURKEY WITH APPLE-WALNUT-VEGETABLE STUFFING AND LOW-FAT GRAVY

BRINED ROAST TURKEY

1 small to medium turkey, about 10-14 lb.

Brine mix:

2½ gallons water

1 cup salt and ½ cup sugar

½ head garlic, peeled and put through a garlic press

3 stalks fresh rosemary, the leaves peeled from the stems and chopped

1 Tbs. each dried thyme and sage leaves; or use ¼ cup each fresh

4 oz. butter (1 stick)

2 tsp. poultry seasoning; or up to ½ cup of the fresh herbs, finely chopped

Preferably, use a fresh turkey. If you are using a frozen turkey, have it thawed. Remove the neck and giblets and set aside. Wash the turkey inside and out. In a very large stock pot, mix the brine solution and stir until the salt and sugar are dissolved. Place the turkey in the pot breast side down, making sure that the brine covers the turkey completely. (If not, add more water.) Cover and refrigerate for 12-24 hours.

Melt the butter and mix with the poultry seasoning or chopped herbs. Dry the turkey with paper towels and baste it with part of the butter mix. Place the turkey breast side down on a rack in a large roasting pan. Put into a pre-heated 375° oven. Roast for about one hour. Turn the turkey to breast-side-up, baste with the rest of the butter mix, slice between the leg-thigh portions and the body of the turkey to let the dark meat cook more evenly, and continue to roast for another hour or so, until it is nicely browned all over. When the turkey has produced enough pan juices to permit this, baste the turkey with its own juices every 15 minutes or so. *Note:* For a larger turkey, roast at 325°-350° for a longer time. A 14 pound turkey will take about four hours at the lower temperature.

APPLE-WALNUT-VEGETABLE STUFFING

4 Tbs. butter (½ stick)

2 stalks celery, chopped

1 large or 2 small onions, peeled and diced

5 to 6 cloves garlic, peeled and finely diced

1 large carrot, shredded

1 large red bell pepper, deseeded and finely chopped

¼ to ½ lb. mushrooms, chopped

2½ cups water or chicken broth

1 Tbs. poultry seasoning

1 tsp. each ground sage, thyme leaves, and rosemary

Fresh-ground black pepper to taste

1 tsp salt (*only* if you're using water or unsalted chicken broth and unseasoned bread cubes)

1 14-oz package of dried bread stuffing cubes (or make your own – see below)

1 large or 2 small Granny Smith apples, cored and finely diced (about 2 cups)

1 cup chopped walnuts

Melt the butter in a large, heavy saucepan. Add the celery, onion, and garlic, and saute over low heat about 6 to 8 minutes, or until the vegetables are getting soft. Add the carrot, bell pepper, and mushrooms, and saute a few minutes more. Add the water or stock and the seasonings, bring to the boil, and cook a few minutes more. Remove from the heat, add the bread cubes, diced apples, and chopped walnuts, and toss well to mix.

Stuff the turkey right away, while the mix is still hot, and start roasting the turkey immediately. Or, bake the stuffing separately in a casserole dish for about 45 minutes. Leave uncovered for a crisp crust.

Home-made bread cubes or croutons: Remove the heels and cut the rest of a 1 pound loaf of good, dense sourdough French bread into small or medium cubes. Spread on a cookie sheet and bake at 350° for 15 minutes. Let cool and sit overnight, uncovered, until dried and crisp.

LOW-FAT GRAVY

Put the turkey giblets and neck into a saucepan with an onion, a large carrot, a stalk of celery, a red or green bell pepper, and several cloves of garlic, all cut up. Cover (just barely) with cold water, bring to the boil, lower the heat, cover, and simmer for about 2 hours. Strain. Set aside the stock and the giblets separately.

When the turkey is roasted, remove it from the roasting rack to a serving plate and keep it warm. Pour off all the juices accumulated in the roasting pan and run them through a gravy separator to get rid of the melted fat. Do the same with the stock from the giblets and neck.

Make a flour-and-water mixture using about ¾ cup white flour or 1 cup Wondra with enough water to make a mix that flows easily but is not too runny. Strain this, if necessary, to get rid of the flour lumps. Put the roasting pan on the stovetop over a high flame. If you like, deglaze the pan with about ½ cup of dry sherry or dry white wine. Add the defatted roasting juice and stock, plus any vegetable juice that you might have on hand (for instance, the cooking water from green peas, beans, zucchini, or broccoli). Also pour in any juices that the turkey has released. Add 1 tsp. poultry seasoning and some fresh-ground black pepper.

Bring to a boil over high heat and then start adding the flour-water mix, very slowly, stirring briskly as it goes into the pan so that it will be incorporated before it has a chance to lump up. Continue adding the flour-water mixture until the gravy is the desired

thickness (you won't necessarily need all that you've mixed; or you might need more). Add salt and more poultry seasoning to taste, and cook, stirring constantly, a few minutes more to be sure all the raw flour taste is cooked away. For giblet gravy, dice the giblets finely and add them at this point.

Serve generously over turkey, stuffing, and mashed potatoes, and enjoy thoroughly with no guilt.

CHINESE BARBECUED CHICKEN

SAUCE:

¾ cup barbecue sauce (I use K.C. Masterpiece)

¼ cup hoisin sauce (Chinese sweet black bean sauce)

2 Tbs. each soy sauce, sesame oil, and honey

½ to 1 tsp. Chinese hot oil or black bean hot sauce (depending on how spicy you like your chicken)

3 large cloves garlic, peeled and grated or put through a garlic press

A 2-inch piece of fresh ginger, peeled and grated

3 whole chicken breasts, halved, skinned (optional), and defatted; or a mix of chicken breast pieces, thighs, and drumsticks, skinned (optional) and defatted

Mix the sauce ingredients together. Rub a generous coating of this sauce over the chicken pieces and let them sit (in the refrigerator) at least half an hour before cooking. Grill the chicken over a barbecue, basting once more halfway through; or bake in a 400° oven for 30 to 35 minutes, basting once more halfway through. Optionally, serve with extra sauce, pre-cooked (see below). This chicken is excellent hot and also makes world-class cold chicken to take on a picnic.

Note: You probably won't use all this sauce on just six pieces of chicken. The sauce will keep, well covered in the refrigerator, for at least a month. If you do store the sauce, or if you serve extra sauce with the chicken, it's best to pre-cook the sauce. Just pour it into a saucepan, bring to the boil, and cook over medium heat about 2 minutes, stirring constantly.

ROAST CHICKEN (Simple but great!)

1 3-5 lb. frying or roasting chicken (no bigger than 5 lb.)

3-4 Tbs. poultry seasoning (that contains sage and thyme, plus other stuff)

1-2 Tbs. garlic powder (*not* garlic salt!)

Preheat the oven to 400° F. Remove the giblets and neck from the chicken; pull off the large blobs of fat at the neck opening. (Reserve these for stock.) Wash and dry the chicken. Rub it all over with a generous coating of poultry seasoning; sprinkle all over with a generous coating of garlic powder.

Place breast-side down on a rack in a roasting pan and roast, uncovered, for 30-40 minutes (depending on the size of the chicken). Turn the chicken over to breast-side up and roast, uncovered, another 30-40 minutes, or until it's well browned and the juices run clear. Let rest 10 to 15 minutes before carving. Serves 4-6. The skin will be brown and crisp and irresistible; the chicken will be very moist and tender.

Note: If you don't make gravy, be sure to use all the chicken drippings, chicken carcass and bones, and the giblets, neck, and fat to make chicken stock. Three chickens' worth of this stock is enough for the chicken version of turkey vegetable soup (see the recipe in this cookbook).

CHICKEN PAPRIKASH

CHICKEN STOCK

Bring 3 cups of water to the boil. Add the backs, wings, necks, innards, and skin of the two chickens used in the recipe below. Add 1 each carrot, onion, and stalk of celery. Bring back to the boil, cover, and cook over low heat for at least 2 hours. Cool, strain, and remove all the fat. (If you don't have a proper separatory cup, make the stock the day before, chill it, and remove the hardened fat.)

MAIN DISH

2 Tbs. butter (¼ stick)
1 large onion, peeled and diced
6 cloves garlic, peeled and chopped
Legs, thighs, and half-breast pieces from 2 chickens, skinned and defatted
Imported Hungarian sweet paprika, or a mix of sweet and hot (be careful!)
3 cups chicken stock
6 carrots, cut into quarters
1½ cups raw brown rice (or a mix of brown and wild rice)
Salt and fresh-ground black pepper to taste
Cayenne pepper to taste (at least ¼ tsp.)
½ lb. mushrooms, sliced
2 cups frozen petite green peas

In a large heavy pot or dutch oven, melt the butter, add the onion and garlic, and cook a few minutes over low heat until the onion is transparent. Coat the chicken pieces all over with a thick layer of the paprika (you should use up as much as half a bottle of paprika) and brown them lightly in the butter and onion. Add the chicken stock, carrots, rice, salt, and black and cayenne pepper to taste; use enough salt to make the broth taste slightly too salty, since the rice will absorb much of the salt. Cover tightly and cook over low heat 45 minutes to 1 hour, or until the rice has absorbed most of the liquid and the rice and carrots are tender. Add the mushrooms, cover again, and cook another 10 minutes. Add the peas, remove the pan from the heat, and let it sit, covered, for about 10 minutes. Stir well before serving. Makes a whole meal in one pan. Serves 6-8.

Note: For a low-fat alternative: Use 3 whole skinned, deboned, defatted chicken breasts, cut into pieces. Omit the butter. Start with boiling chicken stock (or substitute boiling water and 3 packets powdered chicken broth, in which case omit the salt), add the raw rice, onions, garlic, and carrots, and cook about 20 minutes before adding the chicken pieces, well-dredged in paprika. (The deboned chicken pieces need only 20-25 minutes' cooking.) Continue as above.

Note: If you prefer, cook the brown rice separately. Make the paprikash with just 1 cup of extra-strong chicken stock, so that you get a strong-flavored, slightly thick sauce. Serve over the brown rice.

CHICKEN BREASTS IN SOUR CREAM SAUCE

3 Tbs. butter (about $\frac{1}{3}$ stick)
2 whole chicken breasts, halved, skinned, defatted, and deboned (thick pieces may have to be split horizontally into thinner pieces)
1 cup raw brown rice, or a mix of brown and wild rice
3 to 4 cloves garlic, peeled and finely diced or put through a garlic press
4 green onions, sliced (with a few inches of the green stem)
1 small carrot, scrubbed and finely diced
 $\frac{1}{2}$ red bell pepper, seeded and finely diced
 $\frac{1}{4}$ lb. mushrooms, sliced
 $\frac{1}{2}$ cup strong chicken stock
 $\frac{1}{2}$ cup dry sherry
Salt and fresh-ground black pepper to taste
1 tsp. nutmeg
 $\frac{1}{4}$ tsp. ginger
Few dashes Worcestershire sauce
 $\frac{1}{2}$ cup sour cream (light sour cream is fine)
Salt to taste
 $\frac{1}{3}$ cup roasted pepita nuts (watermelon seed nuts) or slivered blanched almonds

To cook the rice: Bring 2 cups water to the boil, add the rice and $\frac{1}{2}$ tsp. salt, stir once, cover tightly, reduce the heat to very low, and let cook without further stirring for 45 minutes, or until the rice has absorbed all the water and is tender.

While the rice is cooking, melt 1 Tbs. of the butter in a frying pan. Saute the chicken pieces over medium-high heat for about 4-5 minutes per side, until they are cooked through and nicely browned. Set them aside and keep them warm.

Melt the remaining 2 Tbs. of butter in the frying pan. Add the carrot and garlic and cook, stirring gently, over low heat for about 2 minutes. Add the other vegetables, increase the heat to medium, and cook a few minutes more, until the mushrooms start to release their juices. Add the chicken stock, sherry, about $\frac{1}{2}$ tsp. salt, lots fresh-ground black pepper, the nutmeg, ginger, and Worcestershire sauce. Increase the heat to high and reduce the liquid to about $\frac{1}{2}$ the original volume. Remove from the heat and stir in the sour cream. Taste and adjust the seasonings.

Arrange the chicken pieces over the rice on a serving platter. Pour the sauce and vegetables over everything. Sprinkle with the nuts. Serves 4.

Note: Also very good over pasta. Use a 9-oz. package of fresh fettuccini, cooked *al dente* and very lightly buttered.

COLORFUL LEMON CHICKEN STIR-FRY

1 lb. boneless, skinless chicken meat, cut into small cubes (vegetarians use firm tofu cubes)
¼ cup sherry (to deglaze)
1 head broccoli, top part only, separated into small florets
6 cloves garlic, peeled and finely diced
1 each small red, green, and yellow bell peppers
½ lb. small mushrooms, quartered
6 green onions, sliced diagonally

Sauce:

¼ cup sherry
2 to 3 Tbs. soy sauce
½ to 1 packet of powdered chicken stock
Grated zest (outer colored part of the peel) and juice of 1 lemon
1 tsp. Chinese hot oil or Chinese black bean hot sauce
1 tsp. sesame oil
1 Tbs. cornstarch
½ cup brown garlic sauce or black bean garlic sauce (available at Chinese groceries)

Cut up the chicken and all the vegetables; mix all the sauce ingredients. Have everything close at hand. Heat a wok over high heat, add one Tbs. of the oil, and heat until it's almost smoking. Add about ¼ lb. chicken and stir-fry over high heat for about 2 minutes, or until it has just started to brown. Remove the chicken and set aside. Repeat until all the chicken is seared. Add ¼ cup sherry to deglaze the wok; boil it down by at least ½, cool it a little, and add it to the sauce mix.

Add the other 1-2 Tbs. of oil to the wok, heat for a minute, and add the broccoli and garlic. Stir-fry over high heat for 3 or 4 minutes, or until the vegetables start to cook. (*Optional:* If you don't want the broccoli too crunchy, next add about ¼ cup hot water, cover the wok, and cook over high heat for a few minutes.) Add the bell peppers and mushrooms, and continue to stir-fry for another 3 or 4 minutes, or until all the vegetables are tender-crisp. Add the green onions and return the chicken and any juices to the wok. Add the sauce, bring to the boil, and stir-fry for about another 2 minutes.

Serve over plain or saffron rice (see the recipe in this cookbook). Serves 4-5.

TANDOORI CHICKEN

4 to 5 cloves garlic, peeled and put through a garlic press (or finely chopped and crushed)
2-inch piece of fresh ginger root, peeled and grated
2 Tbs. fresh lemon juice
1 8-oz. container plain yogurt
1 Tbs. ground cumin
2 tsp. ground coriander
1 tsp. salt
Lots fresh-ground black pepper
1 tsp. paprika (sweet or hot -- your choice)
1 tsp. ground turmeric
½ tsp. ground black cardamom, or the seeds from 4 cardamom pods, crushed
¼ tsp. red or cayenne pepper (more if you like it hot)
¼ tsp. each ground cinnamon, nutmeg, cloves, and allspice
12 pieces of skinless, boneless chicken (breast halves or thighs)

Mix together the garlic, ginger root, lemon juice, yogurt and all the spices. Cut several slits in each of the chicken pieces (be careful not to cut all the way through), and coat the chicken well with the marinade, working some into the slits. Cover and refrigerate for several hours or overnight.

Grill the chicken on an oiled rack until done, about 7 minutes on each side, basting with extra marinade half way through. Or, bake uncovered at 400° for 30 minutes, turning and basting once halfway through. Or, saute in a hot frying pan with a little olive oil, basting with extra marinade halfway through.

Serves 8 to 12. Serve with saffron basmati rice, curried dal, and either vegetable korma or roasted curried veggies (see all these recipes in this cookbook). You'll have a feast!

LEMON-GARLIC-BASIL CHICKEN

8 pieces chicken (half-breasts, thighs, or a combination), skinless and boneless
8 cloves garlic, coarsely chopped
½ cup fresh basil leaves, packed
Juice of 3 lemons
2 Tbs. olive oil
2 Tbs. butter
Salt and fresh-ground black pepper to taste
½ cup dry white wine
⅔ cup chicken broth
4 oz. slivered almonds, lightly toasted

Combine the garlic, basil, lemon juice, olive oil, and some salt and pepper, and process in a blender or food processor until smooth. Cut some slits in the chicken pieces and coat them well with the marinade, working some into the slits. Cover and refrigerate overnight (or up to 2 days). Remove and drain the chicken, and reserve the marinade.

Heat the butter in a large frying pan. Add the chicken pieces and saute for 10 to 15 minutes, or until the meat is cooked through. Turn pieces several times while cooking. Remove, set aside, and keep warm.

Deglaze the pan with the wine. Cook over high heat until reduced by half. Add the chicken broth and the reserved marinade and cook over high heat until reduced to $\frac{1}{2}$ to $\frac{3}{4}$ cup, stirring frequently.

Pour the sauce over the chicken and garnish with the almonds. Serves 4-6.

CRAB AU GRATIN

3 Tbs. butter
2 Tbs. white flour
1½ cups milk
1 pinch cayenne pepper
¼ tsp. ground nutmeg
Fresh-ground pepper (black or white) to taste
¼ tsp. each dried thyme leaves and Old Bay seafood seasoning
¾ cup heavy cream
¼ cup dry sherry
2 egg yolks
2 small or 1 large shallot, peeled and finely chopped
1 lb. fresh lump crab meat, shell and cartilage removed
¼ cup freshly grated Gruyere or Parmesan cheese

Melt 2 Tbs. of the butter in a saucepan over medium heat. Add the flour and blend well. Add the milk and cook, stirring, until blended and smooth. Add the seasonings. Add the cream, bring to a boil, and simmer 3 to 4 minutes. Add half the sherry, remove from the heat, let cool a little, and beat in the egg yolks.

Melt the remaining 1 Tbs. butter in a skillet over medium-high heat. Add the shallots and cook them briefly until somewhat softened. Add the crab meat and stir gently. Sprinkle with the remaining sherry. Spoon the crab meat mixture evenly into a shallow baking dish. Pour the sauce over it and sprinkle the top with the cheese. Place the dish under a pre-heated broiler and broil until it's golden brown and bubbling hot. Serves 4.

TRADITIONAL EASTERN SHORE CRAB CAKES

1 lb. lump crabmeat, any cartilage and bone removed
1 egg, lightly beaten
2 Tbs. mayonnaise
1 tsp. dry mustard
¼ tsp. each dried thyme leaves and Old Bay seafood seasoning
4 Tbs. chopped fresh parsley
1 small shallot, finely minced
4 Tb. dry bread crumbs
Grated zest (colored outer part) of 1 lemon
3 Tbs. butter

Put the crabmeat into a mixing bowl. Combine the rest of the ingredients except for the butter, add to the bowl, and mix lightly. (Try not to shred the crabmeat too much.) Melt the butter in a skillet over medium-high heat. Form the crab mixture into plump patties about three inches in diameter. Place the crab cakes into the skillet and fry for three or four minutes, until a golden brown crust forms on the bottom. Flip the crabcakes over and fry on the other side for another three or four minutes. Serve with tartar sauce. Makes 12 crab cakes.

CRAB CAKES WITH ANDOUILLE SAUSAGE

1½ cups fresh bread crumbs
1 Tbs. olive oil
¾ lb. fresh lump crab meat, shells and cartilage removed
2 to 3 oz. Andouille sausage, minced and sauteed until crisp
1 small stalk celery, finely minced
¼ red onion, peeled and finely minced
¼ cup mayonnaise
1 Tbs. Dijon mustard
1 Tbs. chopped parsley (can be dried)
1 tsp. minced fresh thyme (or use ½ tsp. dried)
¼ tsp. Old Bay seafood seasoning
1 tsp. Worcestershire sauce
Dash of Tabasco sauce
2 egg yolks
2 egg whites whipped to stiff peaks.
Olive oil for sauteing

In a bowl, drizzle the bread crumbs with the 1 Tbs. olive oil, toss, and let stand 20 minutes. Add the crab and the rest of the ingredients through the egg yolks. Blend well. Fold in the whipped egg whites. Form the mixture into 12 cakes, each about 1½" wide. Saute in olive oil in a heavy skillet until brown on both sides and hot throughout. Serves 4-6 as a main course, 12 as an appetizer.

BARTOW AND NANCY'S PBS GUMBO

Seasoning mix:

- 1 tsp. salt
- 1 tsp. fresh-ground black pepper
- ½ to 1 tsp. cayenne or ground red pepper (or more if you like it really hot)
- 2 bay leaves
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- 1 Tbs. sweet paprika

- ⅓ cup oil
- ⅓ cup white flour
- 2 Tbs. butter (¼ stick)
- 2 large onions, peeled and coarsely chopped
- 2 large bell peppers, seeded and coarsely chopped (red is prettier; green is cheaper)
- 2 to 3 stalks celery, diced (including the leaves)
- 5 cloves garlic, peeled and chopped
- 1 quart strong chicken stock
- 2 cups tomato sauce (see the recipe in this cookbook)
- 1 Tbs. Tabasco sauce
- Legs, thighs, and half-breast pieces from 1 chicken, skinned and defatted and cut into bite-sized pieces; or use the meat from two whole chicken breasts
- 1 lb. Andouille sausage (or substitute kielbasa), sliced, pre-browned, and squeezed in paper towels to remove as much fat as possible
- 1½ cups cut okra
- 2 lb. seafood (shrimp, oysters, scallops)

In a frying pan, heat the oil and stir in the flour. Cook over medium heat, stirring constantly and making sure it does not burn, until the mixture has turned the color of milk chocolate (making a brown roux). Set aside.

In a large soup pot, melt the butter and cook the onions, bell pepper, celery, and garlic until they are somewhat softened. Add the chicken stock, tomato sauce, and Tabasco. Stir in the roux by spoonfuls. Bring to the boil, reduce the heat, and cook over low heat for about half an hour. Add the chicken, sausage, okra, and spice mixture, bring to a boil, reduce the heat, and cook, covered, for about 15 minutes. Skim off any visible fat. Taste for seasonings and add more salt and/or pepper, if needed. Add the seafood and cook another 5 minutes or so.

Serve over rice, or by itself in a soup bowl. Remove the bay leaves before serving. Serves 6-8.

MIKE WILKES'S ULTIMATE JAMBALAYA

2 lb. fresh shrimp
2 Tbs. bacon drippings
2 lb. raw chicken, chopped into bite-sized pieces
1½ lb. Andouille sausage, sliced (or use spicy kielbasa or smoked hot sausage)
2 large onions, peeled and chopped; about 2 cups
4 to 5 stalks celery, chopped; about 1½ cups
2 bell peppers, seeded and chopped; about 1½ cups (red is prettier, green is cheaper)
8 to 10 large cloves garlic, peeled and diced (¼ cup)
3 bunches green onions, finely chopped
1 quart strong chicken stock (or use a mix of chicken and shrimp stock; see below)
3 14-oz. cans chopped tomatoes in juice (*not* in puree)
1 small bunch fresh parsley, chopped; about ½ cup
1 small bunch fresh oregano, chopped; about ¼ cup
Tabasco sauce to taste (start with at least 1 Tbs.)
Fresh-ground black pepper to taste
2 to 2½ cups long-grain white rice (depending on how soupy you want the final product)

Shell and devein the shrimp and set aside. Boil the shells with 2 cups of water, covered, over low heat for at least half an hour to make shrimp stock. Strain and set aside.

Heat the bacon drippings in a very large heavy pan or dutch oven. Brown the chicken and sausages for at least 20 minutes, stirring often and being careful not to burn them. Remove the chicken and sausage with a slotted spoon and drain it on paper towels. Scrape all the fat and juices from the pan into a small container, return 1 Tbs. of the fat to the pan, and put the container into the refrigerator to harden.

Add all the vegetables to the pan and cook over medium heat, stirring often, until they are soft and starting to brown (caramelize). Watch very carefully to prevent burning, especially toward the end. Return the meat to the pan and add the chicken/shrimp stock, tomatoes, parsley, oregano, Tabasco sauce, and black pepper. Cook over low heat for one hour.

Remove the hardened fat and juices from the refrigerator, pull off the jellied stock from the bottom and put it in the pan, and discard the fat. Add the rice to the pan, bring to the boil, and cook over very low heat, covered, for 20 minutes, until the rice has absorbed most of the liquid and is tender. Stir in the raw shrimp, cook for a minute or so more, stirring, and then cover, remove from the heat, and let sit for at least another five minutes. (The shrimp will finish cooking from the heat of the mixture.) Serves 8-10.

Note: Mike feels that this dish improves if you start it the day before, cook it until just before you add the rice, and leave it overnight to let the flavors blend. The next day, bring it back to the boil, add the rice, and finish cooking. **Note:** You can also cook it without

the rice and then serve it over cooked rice like a gumbo. If you do, use stronger stock, and less of it. **Note:** I use Basmati rice, just to be eclectic. It works fine.

STEAMED CLAMS/MUSSELS

3 lb. live clams in the shell (Littleneck or Manila clams; no bigger than 1½ inches across),
or 1½ lb. mussels, or 2 lb. mixed
1 Tbs. each butter and olive oil (Lowfat version: 1 Tbs. total)
½ onion or 1 large shallot, peeled and chopped
2 to 3 cloves garlic, peeled and chopped
¼ lb. mushrooms, sliced (Shiitake or oyster mushrooms, or a mix, are very good)
1 medium to large ripe tomato, peeled, deseeded, and chopped
½ tsp. dried oregano
½ tsp. dried thyme leaves
Fresh-ground black pepper
½ cup chardonnay or other dry white wine
¼ cup bottled clam juice
1 9-oz. package fresh linguini or cappellini (angel's hair) pasta

Scrub the clams and mussels well, remove the beards from the mussels, and set aside. (Discard any that have opened and don't close again when they're tapped; they're dead.) In a large heavy pot, heat the butter with the olive oil, and saute the onion, garlic, and mushrooms over low heat for a minute or so. Add the tomato, herbs, and pepper, and saute a minute more. Add the wine and clam juice, bring to a boil, and cook over medium-high heat until the liquid is reduced by about half. Add the clams and mussels, cover tightly, bring back to the boil, and steam over high heat for 5 minutes. Turn off the heat and leave them covered another 5 minutes. (**Note:** You don't need any salt. The shellfish provide plenty.)

While the clams and mussels are steaming, cook the pasta *al dente*. Pour the clams and mussels with all their vegetables and cooking liquid over the pasta. Serve immediately. Serves 2-3.

Note: You may serve the clams and mussels in their shells over the pasta and leave to the diners the work of deshelling the seafood; this makes for a more dramatic presentation. Or, you may deshell the clams and mussels and put the meat back into the liquid and veggies before pouring it over the pasta.

Note: If you find the final product too watery for a pasta sauce, you can drain the juice into a second saucepan, reduce it over high heat until it has the desired flavor, and recombine it with the seafood and vegetable solids.

Note: Instead of putting them over pasta, you may want to serve the steamed clams/mussels as a soup, with fresh-toasted garlic bread to soak up the juices. This would be preferably home-made, from chewy San Francisco sourdough or Italian bread.

SAFFRON RISOTTO WITH SCALLOPS AND SHRIMPS

2 carrots, chopped
1 onion, chopped
2 stalks celery, chopped
1 spear broccoli, chopped, the stem peeled and diced
5 to 6 cups chicken or (preferably) shrimp stock
2 Tbs. extra-virgin olive oil
1 tsp. of Spanish saffron threads, not packed, or ¼ tsp. powdered Spanish saffron
(essential; the flavor is very distinctive to this dish)
2 cups Arborio rice (Italian risotto rice)
1 shallot, peeled and finely diced
4 cloves garlic, peeled and diced
1 large or 2 small red bell peppers, seeded and diced
½ lb. mushrooms, chopped
Salt (1 to 2 tsp.) and fresh-ground black pepper to taste
1 cup dry white wine
¼ cup finely-chopped sun-dried tomatoes
⅓ cup (packed) fresh basil leaves, coarsely chopped
¾ lb. each shrimp, peeled and deveined, and sea scallops

Make shrimp stock by boiling lots of shrimp shells and tails in some combination of water, chicken stock, and clam juice. If you have bought extra fresh shrimp, e.g. for shrimp cocktail, so much the better. Boil them separately for a few minutes, remove and drain them, peel them, and return their shells to the stock pot for another hour of cooking.

Prepare everything ahead. Chop all the vegetables, the fresh basil leaves, and the sun-dried tomatoes. Cut the shrimps in half vertically if they are large; butterfly them if they are small. Leave the small scallops whole; slice the larger ones into two or three pieces (depending on their size). Have everything at hand.

In a medium saucepan, bring the stock to a boil, add the carrots, onion, celery, and broccoli, cover, and cook over low heat, covered, for about 15 minutes. Remove the vegetables and set aside. Keep the stock simmering.

Put the saffron threads into a large (wider than tall), heavy saucepan and crush them with the back of a spoon. Add the olive oil and stir with a wooden spoon over medium heat until the oil starts to turn slightly yellow. Add the rice and stir over medium heat for a few minutes, until the rice is evenly coated with the yellowish oil. (Don't omit this step to save fat – it's essential.)

Add the shallot, garlic, bell peppers, and mushrooms. Add about two cups of the simmering stock, cook and stir until the liquid is absorbed, then continue adding the stock about a cup at a time, cooking and stirring after each addition until the liquid is absorbed. Total cooking time should be about 20 minutes. (**Note:** If you use 6 cups of stock, the final product will be quite soupy, although it will thicken on standing. Use just 5 cups for

a less gooey dish.) Add the salt and pepper with the last cup of stock. When all the stock is added, stir in the reserved vegetables.

Bring the wine to a boil in the stock saucepan and add the hot wine, the sun-dried tomatoes, the basil, and all the seafood to the rice pot. Cook another five minutes or so, stirring frequently. Taste for seasoning and for doneness; each grain of rice should be fully cooked but still a little firm in the center, like *al dente* pasta. Cover and let sit a few minutes before serving. Serves 6 as a main course, 8-10 as an appetizer or side dish.

Note: The seafood is expensive, the saffron is ridiculously expensive, and (depending on where you live) the sun-dried tomatoes, fresh basil, and Arborio rice can be a pain in the neck to find. But this dish is worth it. And it tastes even better when it's reheated the next day.

COLORFUL ORANGE BEEF STIR-FRY

2 to 3 Tbs. peanut oil
1 lb. tender beef, cut into bite-sized cubes (vegetarians use firm tofu cubes)
1 large white onion, peeled, coarsely diced
4 to 6 large cloves garlic, peeled and diced
1 small head broccoli, separated into florets
1 carrot, sliced very thin on the diagonal
1 each medium red and yellow bell peppers, seeded and coarsely diced
½ lb. small mushrooms, quartered

Sauce:

¼ cup each of dry sherry, Hoisin sauce, and orange juice
¼ cup strong beef/chicken/vegetable stock (or ½ boullion cube dissolved in ¼ cup water)
2 to 3 Tbs. dark soy sauce
1 tsp. Chinese hot pepper sauce or hot oil (I use a black bean hot paste)
Grated zest (outer colored part of the peel) of two oranges (about 2-3 Tbs.)
1 2" piece fresh ginger, peeled and grated (about 2-3 Tbs.)
2 Tbs. corn starch
1 tsp. sesame oil

Cut up the beef and all the vegetables. Mix all the sauce ingredients. Have everything close at hand. Heat a wok over high heat, add one Tbs. of the oil, and heat until it's almost smoking. Add about ¼ lb. beef and stir-fry over high heat for about 2 minutes, or until it has just started to brown. Remove the beef and set aside. Repeat until all the beef is seared.

Add the other 1 to 2 Tbs. of oil, heat for a minute, and add the onion, garlic, broccoli, and carrot. Stir-fry over high heat for 3 or 4 minutes, or until the vegetables start to cook. (*Optional:* If you don't want the broccoli and carrots too crunchy, next add about ¼ cup hot water, cover the wok, and cook over high heat for a few minutes.) Add the bell peppers and mushrooms and continue to stir-fry for another 3 or 4 minutes, or until all the vegetables are tender-crisp. Return the beef and any juices to the wok. Add the sauce, bring to the boil, and stir-fry for about another 2 minutes.

Serve over plain or saffron rice (see the recipe in this cookbook). Serves 4-5.

GREEK STUFFED PEPPERS

½ cup raw brown rice
2 Tbs. olive oil
1 onion, peeled and finely diced
3 to 4 large cloves garlic, peeled and finely diced or put through a garlic press
1 Tbs. dried dill weed
1 tsp. dried oregano
½ tsp. ground cinnamon
½ tsp. salt
Lots fresh-ground black pepper
1½ cups tomato sauce (see the recipe in this cookbook)
1 lb. lean ground lamb (grind lean cubed lamb meat in a food processor)
2 eggs, lightly beaten
4 very large green bell peppers with tops, seeds, and white membrane removed
½ cup fresh-grated kefalotiri (or asiago, or *Parmesano reggiano*) cheese

First, cook the rice. In a small heavy saucepan, bring 1 cup plus 2 Tbs. water to a boil, add the rice and ½ tsp. salt, stir once, cover tightly, and cook without further stirring over very low heat until the rice has absorbed all the water and is tender. (Check after 40 minutes.)

While the rice is cooking, heat the olive oil in a skillet. Saute the onion and garlic over low heat until transparent (7-8 minutes). Mix in the seasonings and ½ cup tomato sauce. Cook over high heat, stirring constantly, for a few minutes, until most of the liquid has evaporated. Let the mixture cool at least 10 minutes. Add the ground lamb and egg and mix well. Stir in the cooked rice.

Stuff the raw green peppers with this meat and rice mixture, mounding the stuffing if necessary. Rub a baking dish or casserole with olive oil and stand the peppers, open end up, in the dish. Spoon the other cup of tomato sauce around the peppers. Top the peppers with the grated cheese. Cover and bake at 350° for 45 minutes. Uncover and bake another 15 minutes, or until the meat filling is cooked through. Spoon the tomato sauce over the peppers and pass extra grated cheese. Serves 4. **Note:** See the recipe for Italian meat and vegetable loaf in this cookbook for another idea for stuffed peppers.

SPANAKOPITA (Greek cheese-spinach pie)

FILLING

2 lbs. fresh spinach, washed, de-stemmed, and drained
¼ cup extra-virgin olive oil
1 yellow onion, peeled and diced
5 to 6 green onions, diced, with the green part
Optional and not traditional, but very tasty: ¼ lb. fresh mushrooms, 1 small red bell pepper (seeded), and 5-6 cloves peeled garlic, all finely diced

2 Tbs. dried dill weed, or ¼ cup chopped fresh dill weed
Lots fresh-ground black pepper (no salt – the cheese will add enough salt)
4 eggs
¾ lb. Greek feta cheese, crumbled

In a large heavy non-Teflon pan, bring about 2 Tbs. water to the boil, add the spinach, cover, and steam until the spinach is just wilted. Chop the spinach and drain it well. In a large saucepan, heat the ¼ cup olive oil and saute the yellow and green onions and the other optional vegetables for a few minutes. Add the drained spinach, dill, and black pepper, and cook uncovered over high heat, stirring frequently, for another few minutes, until most of the juices have evaporated. Let cool. Beat the eggs lightly and add these and the crumbled feta cheese to the spinach. Mix well.

PASTRY

About ½ to ¾ lb. Filo pastry leaves, available frozen anywhere or fresh from the Shaharazad Bakery at 1586 Noriega Street, San Francisco (I strongly recommend the fresh)
2 parts clarified butter to 1 part olive oil, heated together until the butter is melted (about ½ cup total)

Assemble the pie in a 9 x 13" oblong pan. Using a pastry brush or your fingers, lightly grease the bottom of the pan with the melted olive oil-butter mixture. Add 12 layers of the filo pastry, oil-buttering lightly between each layer. Try to use no more than 1 tsp. of the oil-butter mix for each layer. (*Note:* The pastry leaves will be larger than the pan, but probably not large enough to fill the pan when they're folded in half. Use your imagination here. I tend to alternate two layers in which I've folded the excess pastry in at the edges, with one layer in which I've folded the sheet in half and centered it in the pan.) Add the spinach mixture in an even layer. Continue with the layers of filo and oil-butter, adding another 12 layers. Lightly oil-butter the top layer. Bake at 300° for about 1½ hours, or until the pie is nicely browned. Cut into squares and serve warm. Serves 8-12. *Note:* The pie freezes well and reheats well in a conventional oven but not in a microwave. Heat cold thawed pieces uncovered at 325° for 45-50 minutes. Heat on an open rack or turn once halfway through.

SPINACH-MUSHROOM CASSEROLE

1 recipe Spanakopita filling, made with the stems only of 12 large or 24 small/medium mushrooms
The mushroom caps
½ cup shredded *Parmesano reggiano* cheese
1 cup shredded mozzarella cheese

Preheat the oven to 375°. Oil a 7x12 (or thereabouts) glass baking dish with olive oil. Spoon the spinach mix into this and smooth out. Top with an even square array of the mushroom caps, the tops lightly rubbed with olive oil. Bake for ½ hour. Sprinkle the *Parmesano*

reggiano and mozzarella cheeses evenly over the top. Continue baking for another 10 to 15 minutes, or until the cheeses are melted and starting to brown. Serves 7-8 as a main course, 12 as a side dish. **Note:** Don't fill the dish too full. Use a larger dish if necessary.

MOUSSAKA (Eggplant and lamb casserole)

EGGPLANT LAYER

3 large or 4 to 5 medium eggplants, sliced ½ inch thick
Salt and olive oil to treat the eggplant

Sprinkle the eggplant slices on both sides with salt, arrange on racks, and let sit for at least 30 minutes. Squeeze dry between paper towels. (This gets rid of the bitter eggplant juices.) Coat the slices very lightly on both sides with olive oil and broil until lightly browned on both sides, turning once (about 10 minutes total).

LAMB AND TOMATO LAYER

2 Tbs. olive oil
2 onions, peeled and diced
4 large cloves garlic, peeled and finely diced or put through a garlic press
2 pounds extra-lean ground lamb (grind lean cubed lamb meat in a food processor)
½ cup red wine (I use Gallo Hearty Burgundy)
¾ cup tomato sauce (see the recipe in this cookbook)
2 Tbs. tomato paste
2 tsp. dried oregano
¾ tsp. ground cinnamon
½ tsp. salt, or to taste
Lots fresh-ground black pepper
2 eggs, lightly beaten

While the eggplant is cooking, make the lamb-tomato layer. Heat the olive oil in a large frying pan. Add the onion and garlic and saute a few minutes over low heat, stirring occasionally. Crumble in the ground lamb and brown well over medium heat, stirring frequently to break up the lumps. Add the rest of the ingredients except the eggs and cook until the meat is completely cooked and most of the liquid has evaporated. Cool the meat sauce and stir in the 2 beaten eggs.

BECHAMEL SAUCE

4 Tbs. butter (about ½ stick)
4 Tbs white flour
2 cups milk
½ tsp salt
Fresh-ground black pepper
½ tsp ground nutmeg
2 eggs, lightly beaten

3 cups freshly grated kefalotiri (or asiago or *Parmesano reggiano*) cheese

Melt the butter in a saucepan. Stir in the flour and cook over low heat for a minute or two, stirring constantly. Pour in the milk slowly, still stirring, add the seasonings, and cook, stirring, until the mixture thickens. Cool and beat in the eggs.

PUTTING IT ALL TOGETHER

To assemble the casserole, lightly oil a deep 9 x 13" oblong baking dish with olive oil. Arrange a layer of $\frac{1}{3}$ of the eggplant slices on the bottom of the casserole, cover with an even layer of half of the meat mixture, and sprinkle on 1 cup of cheese. Repeat these layers, and top with a third layer of eggplant slices. Top with the bechamel sauce and sprinkle the rest of the cheese on top. Bake at 375° for 45 minutes, uncovered, until it's browned and bubbly. Remove from the oven and let it rest at least 5-10 minutes before cutting into squares and serving. Serves 8. **Note:** Best if made a day ahead and reheated before serving.

BEEF TENDERLOIN ROAST

1 whole beef tenderloin, 4 to 5 lb.
½ stick (2 oz.) butter, melted
2 Tbs. Worcestershire sauce
Lots fresh-ground black pepper, ground coarse

Trim the tenderloin well, cutting off all visible fat, gristle, and membrane. (You may need to separate the roast into several smaller pieces if a wall of gristle runs down the center.) Melt the butter, stir in the Worcestershire sauce, and grind in the pepper, using a coarse grind if possible. (Use at least 1 Tbs.; or use several Tbs. cracked black peppercorns if you want a roast *au poivre*.) Rub the meat all over with the butter mixture. Place the roast on a rack in an open roasting pan and roast at 200° for 2 hours *without* opening the oven door. Turn off the oven and leave the door closed for another half hour or longer. Serve warm or at room temperature, sliced thin, with crusty French bread and such condiments as horseradish sauce. Serves 10-12 as a main dish or 12-20 as part of a party buffet.

Note: This cooking method makes a roast that is nicely brown on the outside, evenly rare throughout, and fork-tender. The cooking time is relatively independent of the size of the roast, as long as it isn't too thick. The method also works well with a less expensive cut of beef, such as a small rump or eye of round roast. For a London broil, reduce the cooking time to 1-1½ hours.

BEEF BURGUNDY (Pot roast or beef stew)

- 1 3-lb beef roast (top round, top sirloin, eye of round), trimmed of all fat; or 3 lb. extra-lean stewing beef cubes
- 2 Tbs. cooking oil
- White flour to cover the beef
- 1 fifth-gallon bottle burgundy (I use Gallo Hearty Burgundy)
- 1 envelope Lipton's Onion Soup mix, or 4 envelopes Lipton's Onion Cup-a-Soup
- 1 large onion, peeled, cut in half lengthwise and the halves sliced
- 1 medium head garlic (at least 12 cloves), peeled and coarsely chopped
- 6 large carrots, halved (pot roast) or cut into 1-inch chunks (stew)
- 4 large or 8 small unpeeled potatoes, halved/left whole (pot roast) or cut into 1-inch chunks (stew) *Note:* Potatoes are optional. See below.
- 2 red or green bell peppers, seeded and coarsely diced (red is prettier; green is cheaper)
- ½ lb. mushrooms, sliced
- 2 cups frozen petite green peas

Dredge the beef well in flour, covering all sides, and shake off the excess. Heat the oil in a large, heavy cooking pot or dutch oven. Brown the beef very well on all sides, scraping up the brown bits and trying not to let them burn. Pour on the burgundy and the onion soup mix, stir, cover, and cook over low heat for two hours (pot roast) or one hour (beef stew). Turn the pot roast after one hour; stir the stew beef occasionally. Add the onion, garlic, and carrots, cover, and cook over low heat another 30 minutes. Add the potatoes, cover, and cook another 20 minutes for the pot roast, 15 for the stew. Add the bell peppers and mushrooms, cover, and cook another 10 minutes, or until all the vegetables are tender. At any point, if the cooking juices are getting too thick or strong, add some water. Turn off the heat, let cool a little, and stir in the peas.

Slice the pot roast and arrange on a platter surrounded by the vegetables, with the sauce on the side. Serve the stew as is. Serves 8.

Note: If you are not using potatoes in the pot, the stew can be served over baked or roasted potatoes, noodles, or rice. The pot roast can similarly be served with baked/roasted potatoes, noodles, or rice on the side. If you are planning to freeze the pot roast or stew, don't cook it with potatoes.

Note: For an interesting Asian variation, serve the stew over salad greens.

LOW-FAT ITALIAN MEAT AND VEGETABLE LOAF/STUFFED PEPPERS

1 cup tomato sauce (see the recipe in this cookbook)
½ cup barbecue sauce (I use K.C. Masterpiece)
½ cup burgundy
1 onion, peeled and chopped
3 to 4 cloves garlic (more if you like garlic), peeled and finely diced or put through a garlic press
1 stalk celery, chopped
2 broccoli stems, peeled and chopped
1 bell pepper, seeded and diced (red is prettier; green is cheaper)
2 large carrots, shredded; or the solid part of 4 to 5 carrots, juice extracted (see *note*)
8 to 10 mushrooms, chopped
1½ tsp. dried oregano (If you have fresh in your garden, so much the better--use a lot, chopped)
1 tsp. dried basil
1 tsp. Extra Spicy Mrs. Dash
Fresh-ground black pepper to taste
3 eggs
1 cup bread or cracker crumbs, or however much you need to take up the liquid. Non-fibrous crackers (Ritz, Cheez-Its, etc.) may be crushed with a rolling pin to make crumbs; any crackers may be ground in a food processor.
Salt and fresh-ground black pepper to taste
1 to 1½ lb. extra-lean ground beef

In a large frying pan or wide saucepan, heat the tomato sauce, barbecue sauce, and burgundy. Add the onion, garlic, celery, and broccoli stem, and simmer over low heat for about 5 minutes, stirring often. Add the rest of the vegetables and the herbs and spices. Raise the heat, bring to a boil, and cook, stirring often, until most of the liquid has evaporated. Cool. **Note:** If you have a vegetable juicer, juice 4 to 5 carrots and use the carrot solids. Stir them into the cooked vegetable mix at this point; they need not be pre-cooked. Drink the juice over ice; it's delicious.

In a large bowl, combine the vegetable mix with the eggs and enough bread crumbs that the mix is not runny but not too stiff. Taste for salt and add more if needed. (You won't need it if you used salted cracker crumbs.) Add the ground beef. Mix well, squishing with your hands to get the beef blended in. Put the mix into two oiled (or Pammed) loaf pans or one large casserole or pie pan. Bake at 350° for 50 minutes. Serve as is or with more tomato sauce. Serves 8-10. Reheats well in the microwave.

Makes an excellent filling for stuffed peppers. Core raw peppers, fill with the mix, place in a large baking dish, add a little water around the peppers, and bake at 375°, covered, 45 minutes. Uncover and bake another 15 minutes. Serve with more tomato sauce and (optionally) fresh-grated *Parmesano reggiano* or Asiago cheese. One batch fills 8 large green peppers or 10 extra-large green pepper halves. **Note:** Stir the juice that bakes off the peppers into the tomato sauce that you serve with the peppers.

Vegetarian version: Omit the meat. Add 2 cups cooked brown rice, or a mix of brown and wild rice. (This may make a rather fall-apart meat loaf, but it should be fine to stuff bell peppers.)

SAVORY VEGGIE BURGERS

½ cup brown rice and ¼ cup wild rice, cooked together in 1½ cups water
2 Tbs. butter
1 large onion, peeled and finely chopped
5-6 cloves garlic, peeled and finely diced or put through a garlic press
1 very large or 2 small bell peppers, seeded and finely diced (red is prettier; green is cheaper)
1 lb. mushrooms, finely chopped (about 5 cups chopped)
1 large carrot, shredded
½ cup dry sherry
1 cup frozen petite corn (optional)
½ cup raw oatmeal
1 tsp. each ground cumin and Extra Spicy Mrs. Dash
1½ tsp. dried thyme leaves
Lots fresh-ground black pepper
2 cups finely shredded mozzarella cheese
8 oz. feta or gorgonzola cheese, finely crumbled
3 large eggs, lightly beaten
¾ cup bulgur wheat

Cook the rice in a small saucepan, tightly covered. While it is cooking, melt the butter in a large frying pan. Add the onion and garlic and saute over low heat about 5 minutes. Add the rest of the vegetables (except for the corn) and the sherry, and cook until all the vegetables are soft. Stir in the corn (if used), the oatmeal, and the seasonings, and let cool. Stir in the cooked and cooled rice, the cheeses, the eggs, and the bulgur wheat. Stir well to combine ingredients evenly.

Form into patties about 3 inches across and ½ inch thick. Fry over low to medium heat in a little butter or oil until dark brown and crisp on both sides. (Handle carefully; they are fragile.) Serve on toasted English muffins with your favorite hamburger toppings. Makes about 18 patties.

BEEF STROGANOFF

3 Tbs. butter (about ⅓ stick)
1 large onion, peeled, cut in half vertically, the halves sliced
4 to 5 cloves garlic, peeled and finely diced or put through a garlic press
1½ lb. beef tenderloin, all visible fat removed, cut into bite-sized slices
White flour to coat the beef
1 cup beef stock (canned stock or bouillon will do)
½ lb. mushrooms, sliced
½ cup dry sherry or bordeaux wine
2 Tbs. chile sauce or catsup
1 tsp. Worcestershire sauce

1 tsp. each ground nutmeg and sweet paprika

Salt and fresh-ground black pepper to taste

½ cup sour cream (light sour cream or sour half-and-half is fine)

In a large, heavy, non-aluminum pan, melt the butter. Add the onions and garlic and cook over low heat for few minutes, until the onions are softened and transparent. Shake the beef slices in a plastic or paper bag with the flour until each piece is lightly coated; shake off the excess flour. Add the beef to the pot, increase the heat, and brown the beef slices, turning them to brown all sides evenly. Add the stock, bring to the boil, and cook uncovered over medium heat, stirring frequently, for about 10 minutes. Add the mushrooms, wine, chile sauce/catsup, Worcestershire sauce, and seasonings, bring back to the boil, and cook about 10 minutes more, stirring frequently and making sure the sauce doesn't stick to the bottom of the pan. Remove from the heat and stir in the sour cream. Serve over noodles (preferably fresh pasta). Serves 5-6.

Note: I had always made this dish with sherry until this summer, when I made it for a friend I was visiting on the French Riviera. She had no sherry in the house, so I used some bordeaux, a mild red wine, instead. It was great! I also used the local creme fraiche instead of sour cream, again with good results.

SZECHUAN SHRIMPS

¾ lb. fresh shrimp, peeled, deveined, and cut in half lengthwise (large shrimp)
3 cloves garlic, peeled and diced
½ red or green bell pepper, seeded and diced (red is prettier; green is cheaper)
1 large bamboo shoot, diced (about ½ cup; canned is okay)
6 to 8 water chestnuts, sliced
8 to 10 small to medium fresh mushrooms, cleaned and quartered
4 green onions, sliced diagonally (include some of the green stem)
¾ cup green peas (optional; frozen is okay)
Sauce:
 2 Tbs. Chinese rice wine or pale dry sherry
 ¼ cup strong shrimp stock (made from the shrimp shells)
 2 Tbs. light soy sauce
 1 tsp. Chinese hot oil or black bean hot sauce (or more if you're brave)
 2 tsp. corn starch
1 tsp. sesame oil
¼ cup cashews or peanuts

Prepare the shrimps and vegetables. Make a little strong stock with the shrimp shells for the sauce. Mix the sauce ingredients. Heat a wok over high heat for 30 seconds, add 2 Tbs. peanut oil, and heat 30 seconds more. Add the garlic and bell peppers and stir-fry for a few minutes. Add the shrimps and stir-fry 2 minutes more, or until they turn pink and curl up. Add the rest of the vegetables (except for the peas, if you're using frozen) and stir-fry 2 to 3 minutes more. Add the sauce and stir-fry for another minute, or until it comes to the boil and thickens a bit. Add the peas. Remove from the heat, stir in the sesame oil and nuts, and serve immediately over rice. Serves 2-3.

Note: If you want to make a traditional Kung-Pao Shrimp, omit the Chinese hot oil from the sauce and add 8 to 10 small dried Chinese hot peppers to the wok with the garlic and bell peppers. You may serve the dish with the peppers, but warn your guests not to eat them!

MU-SIU PORK

(Soft-fried shredded pork and eggs in Mandarin pancakes)

½ cup dried tiger lily buds (available in Chinese grocery stores)
½ cup dried cloud ears (available in Chinese grocery stores; also called tree ears)
2 to 3 large cloves garlic
½ to ¾ lb. lean pork
¼ of a green bell pepper, seeded and sliced (optional)
1 stalk bok choy or Chinese celery cabbage (optional)
4 green onions
4 eggs
Sauce:
 1½ Tbs. dark soy sauce
 2 Tbs. Chinese rice wine or pale dry sherry
 1 tsp. corn starch
 1 to 2 Tbs. hoisin sauce
Peanut oil for stir-frying
1 tsp. sesame oil

Soak the tiger lily buds and the cloud ears (separately) in warm water for about 30 minutes. Break the cloud ears into small pieces; cut the tiger lily buds in half. (Discard the soaking water.) Finely mince the garlic. Cut the pork and all the fresh vegetables into long, thin julienne. Lightly beat the eggs. Mix the sauce ingredients. Have everything close at hand.

Heat a wok for about 30 seconds over high flame; add about 2 Tbs. peanut oil and heat another 30 seconds. Pour in the beaten eggs and scramble them lightly. (Don't let them brown.) Remove them, chop into small pieces, and set aside.

Add another 2 Tbs. oil, heat, add the shredded pork and garlic and cook over high heat, stirring constantly, until the pork loses its pink color (3-4 minutes). Add the tiger lily buds and stir-fry another minute or so. Add the rest of the vegetables and stir fry another 2-3 minutes. Add the sauce and stir-fry another minute or so. Add the eggs and stir-fry another 30 seconds or so. Stir in the sesame seed oil.

Serve the dish with a plate of warm Mandarin pancakes, a dish of hoisin sauce, and (optionally) a dish of shredded green onions. Each guest takes a pancake, spreads it with a light coating of hoisin sauce, puts on a generous spoonful of the mu-siu pork, sprinkles on some green onion, folds the whole thing up like a Chinese burrito, and eats it with the fingers. Serves 4 as a main course or 8 as part of a Chinese dinner.

Note: For mu-siu shrimp, substitute ¾ to 1 lb. shrimp, peeled, deveined, and cut in half lengthwise, for the pork. You can also use chicken, cut into julienne strips.

Note: This is the more traditional mu-siu recipe. See the following for a version that's more adventurous – and healthier, with lots of fresh veggies.

MU-SIU VEGETABLES

½ cup dried tiger lily buds (available in Chinese grocery stores)
1 carrot, cut into julienne strips
1 large fresh lotus root, peeled and cut into julienne strips
2 large fresh bamboo shoots, peeled and cut into julienne strips
1-2 heads baby bok choy, or 3-4 stalks full-sized bok choy, leaves removed and stems cut into julienne strips
1 large red or green bell pepper, seeded and cut into julienne strips
1 bunch green onions (5-6), cut into slices diagonally
4 large cloves garlic, peeled and put through a garlic press
1 1-inch piece of ginger, peeled and grated
1 package fresh wood ears (also called cloud ears, tree ears – soft, small black mushrooms), chopped
4 eggs, scrambled and chopped

Sauce:

3 Tbs. Hoisin sauce
1 tsp. black bean hot sauce
¼ cup sherry
1 Tbs. each light and dark soy sauce (use good-quality Chinese, not Kikkoman)
2 tsp. corn starch

Peanut oil for stir-frying

1 to 2 Tbs. sesame oil (depending on how much you like the smell and flavor)

Soak the dried tiger lily buds in warm water for at least half an hour. In the meantime, prepare all the vegetables. Bring some water to a boil in a saucepan, add the carrot and lotus root julienne strips, bring back to the boil, and blanch for one minute. Drain and rinse with cold water to stop the cooking. Mix the sauce. Have the sauce and vegetables on hand.

Heat about 2 Tbs. peanut oil in a wok. When it is almost smoking, add the bamboo shoots and stir-fry over very high heat about a minute. Add the blanched carrots and lotus root and stir-fry another two minutes. Add the bok choy and bell peppers and stir-fry another two minutes. Add the green onions, garlic, and ginger, and stir-fry another two minutes. Add the wood ears and stir-fry another minute. Add the eggs, give the sauce a final stir, add the sauce, and stir-fry a final minute or two, or until the sauce has coated everything and thickened a little. Add the sesame oil and stir in. Serve immediately in Mandarin pancakes or over rice. (Brown basmati rice is good.) Serves 5-6.

Note: All the fresh vegetables, Hoisin sauce, black bean hot sauce, good soy sauce, and sesame oil are available at the 99 Ranch Market in the Pacific East Mall in Albany (on Pierce Street, a bit north and west of Berkeley). If you're not lucky enough to live in the Bay Area, find yourself a good Asian grocery store.

Note: For an excellent Mu-siu shrimp (or pork, chicken, beef, whatever), pre-cook a pound or so of the meat (shrimps peeled but left whole, meat in julienne strips) in a little

peanut oil in a very hot frying pan and add it to the veggie mix at the same time you add the wood ears.

MANDARIN PANCAKES

(In case you *really* want to make them yourself)

2 cups all-purpose white flour
¾ cup boiling water
1 to 2 Tbs. sesame oil

Sift the flour into a mixing bowl, make a well in the center, and pour in the boiling water. With a wooden spoon, gradually mix the flour and water together until it forms a soft dough. On a lightly floured surface, knead gently for 10 minutes, or until the dough is smooth and elastic. Cover with a damp towel and let rest for 15 minutes.

On a lightly floured surface, roll the dough into a circle about ¼ inch thick. With a 2½" cookie cutter or a glass, cut as many circles of dough as you can, kneading the scraps together, re-rolling, and re-cutting as necessary to use up the dough. (You should get about 2 dozen circles altogether.) Brush the sesame oil lightly on one face of half the circles, and top each oiled circle with an unoiled circle, sandwich-wise. With a rolling pin, flatten each pair into a 6-inch circle, rolling carefully from the center outward and rotating the sandwich an inch or so clockwise with each roll so that the circle keeps its shape. Turn each pair once so that you roll both sides. Cover the rolled pancakes with a towel.

Heat a heavy skillet over high heat for 30 seconds. Reduce heat to moderate and cook the pancakes, one at a time, in a dry pan, turning them over as they puff up and little bubbles appear on the surface. As each pancake is finished, separate the two halves carefully (trying not to burn your fingers or tear the pancakes) and stack on a plate. Serve at once or refrigerate or freeze. Heat pancakes, tightly wrapped, in a steamer or preheated 350° oven for about 10 minutes.

EGGS BENEDICT

6 English muffin halves, toasted
6 slices of Canadian bacon, grilled
6 eggs, poached, the yolks still soft
1 batch Hollandaise sauce (see the recipe in this cookbook). Suit yourself on whether you make it with the garlic powder and dill, or leave it plain.

Poach the eggs: Crack them one by one into a small bowl, pour each one carefully into an egg-poaching form immersed in a pan of boiling water, and cook for 3 to 4 minutes. Remove them with a slotted spoon, being careful not to break the yolks.

Put two freshly-toasted English muffin halves each on three luncheon plates. Lightly spread each muffin half with a little Hollandaise sauce and top each with a slice of Canadian bacon. Top that with one poached egg each. Spoon the rest of the Hollandaise sauce evenly over the eggs.

Serves 3 non-dieters. Makes an elegant brunch with fresh-squeezed orange juice and fresh fruit. Easy to make, and think of what you'd pay at Brennan's in New Orleans for them!

NEW ORLEANS BARBECUED SHRIMP

1 lb. jumbo shrimp
1¼ tsp. each ground and cracked black pepper
1½ tsp. Creole seasoning (see below)
3 cloves garlic, peeled and finely diced or put through a garlic press
¼ cup Worcestershire sauce
3 Tbs. shrimp stock
Juice of ½ large or 1 small lemon
1 cup (2 sticks) cold unsalted butter, cut into cubes

Peel and devein the shrimps. To make the shrimp stock, put the shrimp shells into a small saucepan, add ½ cup water, bring to the boil, cover, and cook over very low heat for ½ hour. Drain the stock and set aside.

In a saute pan over high heat, place all the ingredients except the butter. Cook until the shrimp are almost but not quite done. Then start adding the butter, a piece at a time, stirring constantly. When all the butter is melted and the sauce is hot, remove from heat. Serve over rice; or serve in soup bowls with slices of French bread for dipping the sauce. Serves 3-4.

CREOLE SEASONING

2 Tbs. salt
1 Tbs. each onion and garlic powder or granules
½ Tbs. each ground black pepper and paprika
1 tsp. each cayenne pepper, dried thyme, and dried oregano

Blend all ingredients in a mixing bowl. Store in a sealed container. *Note:* If you prefer to use salted butter in this dish, omit the salt from the Creole seasoning and use just 1 tsp. of the Creole seasoning.

BROILED SALMON (Simple but great!)

1 whole side of salmon, filleted; or six individual-serving salmon fillets or steaks
4 Tbs. butter, melted
Juice of 1 large lemon
1 tsp. dried dill weed

Preheat the broiler and arrange the shelf and broiling pan so that the fish will be no farther than 3" from the heat. Combine the butter, lemon juice, and dill. Skin and debone the fillet (you can feel the bones and pull them out easily with tweezers); leave the steaks as is. Brush the surface of the fish with half of the butter-lemon-dill mix; place on aluminum foil on a broiler pan. Broil 5 to 7 minutes on the first side (depending on the thickness); turn, brush the other side with the rest of the butter-lemon-dill mix, and broil another 4 to 6

minutes. Serve optionally with Hollandaise sauce (see the recipe in this cookbook) or lemon butter. Serves 6.

ROTI DE PORC AVEC SAUCE DIJON (Roast pork with Dijon mustard sauce)

1 3-pound loin of pork, all visible fat trimmed off
2 Tbs. butter
2 onions, coarsely chopped
1 large stalk celery, coarsely chopped
10-12 large cloves garlic, peeled
2 carrots, coarsely chopped
1 red bell pepper, coarsely chopped
½ cup dry vermouth
2 tsp. dried thyme leaves
1 tsp. powdered mustard
Fresh-ground black pepper to taste
¼ cup Dijon mustard
¼ cup heavy cream
Salt to taste

Preheat the oven to 350°. Melt 1 Tbs of the butter in a heavy saute pan large enough to hold the pork loin. Brown the pork well on all sides over medium-high heat. Place the pork in a casserole dish large enough to hold the entire loin plus the vegetables. Add the other Tbs. butter and all the vegetables except the red bell pepper to the pan in which you browned the pork. Brown the vegetables lightly over medium-high heat, stirring often. Pile the vegetables around the pork in the casserole dish, cover, and bake for 1 hour. Add the red bell pepper chunks and continue baking, covered, for another ½ hour, basting several times toward the end with the juice that has cooked off the pork and veggies.

Remove the pork to a serving platter and keep warm. Skim any visible fat off the roasted veggies and juice (there may not be any) and put them into a food processor; puree until smooth. Scrape the veggie puree into a saucepan; add the vermouth, the thyme, the powdered mustard, and a generous amount of fresh-ground black pepper; bring to the boil; and simmer for a few minutes, stirring frequently, until the alcohol has cooked off. Stir in the Dijon mustard and cream, and add salt to taste. Serve the pork in slices and pass the Dijon sauce to spoon on top. Serves 10-12.

Note: Costco sells a pork loin marinated in onion and garlic that is very salty. If you use this, rinse it thoroughly and dry it before browning the pork, and use no salt in the sauce.

SCARBOROUGH CHICKEN **(A special variety of Chicken Provencale)**

1 large chicken (4-5 pounds)
30-40 cloves garlic (depending on their size), peeled but not chopped
1 bunch each fresh parsley, sage, rosemary, and thyme
1 large carrot, cut into chunks
1 large onion, cut into eighths
½ large or 1 small red bell pepper, cut into chunks
A few cloves of elephant garlic, peeled and cut into chunks (optional)
1 large stalk celery, cut into chunks
½ cup vermouth
1 tsp. powdered mustard
Salt and fresh-ground black pepper to taste
¼ cup Dijon mustard
¼ cup cream

Preheat the oven to 350°. Wash the chicken and remove the innards and all visible blobs of fat. Put the 30-40 garlic cloves and about half each of the sage, rosemary, and thyme into a layer in the bottom of a large ceramic casserole dish. Put the chicken on top of this breast side up, stuff the chicken with the more of the herbs, and arrange the rest of the herbs on top of the chicken. Put all the cut-up vegetables around the chicken. Cover the dish.

Bake for about 1¼ to 1½ hours, basting a few times the last half hour with the juices formed in the bottom of the casserole from the chicken and vegetables. Remove from the oven, put the chicken on a platter and keep it warm. Remove and discard any visible herb stems. Put all the vegetables and a little of the juice into a food processor and puree until very smooth. Scrape the puree into a saucepan and add the rest of the juice (defatted if necessary), the vermouth, the powdered mustard, and some salt and pepper. Bring to the boil and cook until the alcohol has cooked off and the sauce reduced a little (if necessary). Turn off the fire and stir in the Dijon mustard and cream.

Carve the chicken and serve it with a little of the sauce over it, sprinkled with parsley. Pass the extra sauce.

Note: This will make more sauce than you will need for one chicken. Save what's left over and use it later with plain baked chicken (or pork, or meatloaf, or vegetables, or just about anything) – it's delicious! It freezes well.

Note: You may omit the fresh parsley and thyme from the baking, and add 1 Tbs. dried parsley flakes and 1 tsp. dried thyme leaves to the sauce. But don't omit the fresh sage and rosemary – they're essential!

CHICKEN TIKKA MASALA WITH VEGETABLES

CHICKEN AND MARINADE

1 cup plain yogurt
2 Tbs. lemon juice
2 tsp. each ground cumin and fresh-ground black pepper
1 tsp. each ground red pepper, cinnamon, and salt
½ tsp. each ground nutmeg and cardamom
1-inch piece of fresh ginger root, grated
2 cloves of garlic, peeled and put through garlic press
1½ lb. boneless skinless chicken meat, cut into bite-sized pieces

VEGGIES AND SAUCE

1 cup each water and strong chicken stock
1 large carrot, scrubbed but not peeled, cut into thin slices horizontally
2 Tbs. ghee (toasted, clarified butter), or use unsalted butter
1 large onion, coarsely diced
4 cloves garlic, put through a garlic press
2 jalapeno chiles, deseeded and finely diced (extra-spicy: use some of the seeds and pith)
3 tsp. ground coriander
2 tsp. ground cumin
1 tsp. each paprika and ground cardamom
½ tsp. each ground cinnamon and nutmeg
1½ cups of tomato sauce, pureed (see the recipe in this cookbook)
1-inch piece of fresh ginger, grated
1 large red bell pepper, deseeded and coarsely diced
½ lb. mushrooms, wiped clean and coarsely chopped
10-12 small green Thai eggplants, destemmed and quartered (optional)
1 tsp. garam masala
½ tsp. salt (if needed)
1 cup cream
1½ cups of frozen peas

Combine all the marinade ingredients and stir in the chicken pieces. Cover and let marinate in the refrigerator for 5 to 8 hours. Remove the chicken from the marinade (a lot will still cling) and put it in a single layer over foil on a large broiler pan. Broil 3-4 inches from the fire for 5-8 minutes, until the chicken is just starting to turn black around the edges. Remove the chicken and set it aside.

In a medium sauce pan, combine the water, chicken stock, and sliced carrots. Bring to the boil and pre-cook for 10 minutes, or until the carrots are no longer raw but still a bit crunchy. In the meantime, melt the ghee in a large saucepan and add the onion, garlic, and jalapeno. Saute for a few minutes, stirring often. Then add all the spices except the garam masala and salt. Stir for about a minute and then pour in the carrots and water/stock. Add the tomato sauce, ginger, bell pepper, and the chicken pieces with their juices. Bring to the boil and cook for about 5 minutes, then add the mushrooms, Thai eggplants (if used), and garam masala. Bring to the boil and cook for another 5 minutes, check for flavor, and add some salt if necessary. Turn off the heat and stir in the cream. Add the peas. (The heat from the mixture will cook the peas enough.) Add more water or stock if the sauce is too thick.

Serve over rice (preferably brown Basmati). Serves 6-8 as a main course, 10-12 as part of an Indian dinner.

THAI GREEN CURRY

SAUCE

2 13½ oz. cans of unsweetened coconut milk
3 Tbs. Thai fish sauce (vegetarians use 2 Tbs. light soy sauce)
4-5 Tbs. Thai green curry paste (vegetarians make sure it doesn't include shrimp paste)
4 Tbs. brown sugar
6-8 large double Kaffir lime leaves, or proportionally more of small ones, finely chopped
1 bunch of Thai basil (at least ½ cup packed), chopped
3-4 green Serrano chilis, deseeded and finely diced (optional – only if you like it *really* hot)
1 cup unsalted strong chicken or shrimp stock (vegetarians use vegetable stock)
2 stalks lemon grass, the bulb ends crushed with a rolling pin or hammer

CURRY

1 Tbs. peanut oil
1 large carrot, scrubbed and cut horizontally into circles about 1/8 inch thick.
1 large onion, peeled and coarsely diced
6-8 cloves of garlic, peeled and put through a garlic press
2 lb. chicken meat, cut into bite-sized cubes; or 2 lb. fresh shrimp, peeled and deveined
(Vegetarians use pre-fried tofu)
1 large red bell pepper, deseeded and coarsely diced
8 large brown or white mushrooms, coarsely diced
8-10 small Thai green eggplants, destemmed and quartered
3 medium or 2 large zucchini, destemmed and coarsely diced

Make the sauce: Combine the first three ingredients, bring to the boil, and simmer for a few minutes. Add the rest of the ingredients except the lemon grass. Put the lemon grass bulbs into the sauce and use their stalks as handles to stir the sauce as it cooks; the flavor of the lemon grass will cook into the sauce. Simmer for another 8-10 minutes and discard the lemon grass.

Make the curry: In a large wok or saute pan, heat the peanut oil and stir-fry the carrot slices over medium heat for a few minutes. Add the onions and garlic, and stir-fry a few minutes more. Add all the sauce at this point and bring to the boil. Add the chicken (if you're using chicken) and simmer a few minutes. Add the bell peppers and mushrooms and simmer a few minutes. Add the Thai eggplants and simmer about a minute. Add the shrimps or pre-fried tofu (if you're using them) and bring back to the boil. Add the zucchini, stir well, and turn off the heat. Let the pot sit a few minutes; the shrimp and zucchini will finish cooking in the heat of the mixture.

Serve over steamed rice (brown basmati rice is good). Serves 8 as a main course, 12-14 as part of a Thai dinner.

SPICY BARBECUED BAKED BEANS WITH SAUSAGE

2 cups dried beans: navy beans, red beans, pink beans, baby limas, black-eyed peas, or a mix
1 12-oz. bottle dark beer
2 onions, peeled and diced
5 to 6 large cloves garlic, peeled and chopped
2 bell peppers, seeded and diced (red is prettier; green is cheaper)
6 strips bacon, cooked crisp, drained and crumbled (optional if you're using sausage)
½ cup brown sugar
¼ cup light molasses (unsulfured)
⅔ cup barbecue sauce (I use K.C. Masterpiece)
1 Tbs. Worcestershire sauce
1 tsp. powdered mustard
2 Tbs. Dijon mustard
1 tsp. dried thyme leaves
½ tsp. ground cloves
½ tsp. ground cumin
1 tsp. extra-spicy Mrs. Dash (or use lots fresh-ground black pepper plus a little cayenne)
2 lb. kielbasa or smoked hot sausage, sliced about 1/3" thick, pre-browned in a dry frying pan and squeezed in paper towels to remove as much fat as possible

Soak the beans in water 8-12 hours at room temperature. Drain. Put beans in a pan and add the beer. Add just enough water to cover the beans (no more than ½ cup). Bring to a boil, reduce the heat to low, and cook about 40 minutes, covered, until the beans are barely tender.

In a large (5 quart), heavy dutch oven or ceramic (glass, porcelain, stoneware, pottery) pot, combine the beans and their cooking liquid with all the rest of the ingredients except the sausage. Cover and bake at 250° about 6 hours, adding the pre-browned sausages for the last hour. Stir occasionally the last hour and add more water if the beans are getting too thick/dry. If the beans are being taken to a potluck, picnic, etc.: Bake 5 hours, add the sausage, cover and set aside. Just before serving, heat on a stove top or barbecue grill, stirring frequently, until the beans are hot and thickened to the right consistency. **Note:** If they get too thick, add some water.

Serves 8-10 as a main course, or 16+ as part of a picnic. **Note:** For fat-free vegetarian beans, omit the bacon and sausage and add 1 tsp. salt to the bean mix before baking.

BLACK BEANS

2 cups dried black beans (a 1-pound bag)
12 to 15 large cloves garlic, peeled and sliced
4 cups strong ham stock, defatted (vegetarian: use vegetable stock or water)
1 large can (28 oz.) crushed tomatoes in puree; or 5 to 6 large fresh tomatoes, peeled, deseeded, and chopped, plus 2 Tbs. tomato paste
1 very large white onion, peeled and chopped
2 carrots, scrubbed (not necessarily peeled) and shredded
1 each large red and green bell peppers, seeded and diced
3 to 4 jalapeno peppers, seeded and finely diced
½ to ¾ cup fresh cilantro leaves (or use 2 to 3 Tbs. dried cilantro leaves)
2 tsp. ground cumin (or grind 3 tsp. cumin seeds with a mortar and pestle)
¼ tsp. cayenne or ground red pepper (optional)
Fresh-ground black pepper to taste
2 cups fresh or frozen corn kernels
1 lb. smoked Polish sausage, hot sausage, or chorizo, sliced, well browned, and drained in paper towels (optional)
Shredded sharp cheddar cheese

Wash the beans in several changes of hot water. Drain. Put the beans in a large heavy pot, cover with the stock or water, add 2-3 cloves worth of sliced garlic, bring to the boil, reduce heat to very low, cover, and simmer for 45 minutes, or until the beans are fairly tender but still somewhat *al dente*. Add more (pre-heated) liquid if necessary while cooking; you should have 1 to 2 cups of liquid left after cooking. Add the tomatoes, onion, carrots, and the rest of the garlic. Bring to a boil, cover, reduce the heat, and simmer 15 minutes. Add all the peppers, the cilantro, and the seasonings, stir well, cover, and simmer over low heat for about another half hour. Add the corn and sausage slices and cook another 5 minutes. Adjust the seasonings. Serve hot over brown rice topped with some shredded cheese, or in flour tortillas (as part of a burrito), or with beer cheese soup (see the recipe in this cookbook). Serves 8-10.

HERB RICE STUFFING

4 Tbs. (1/2 stick) butter (low-fat version: 2 Tbs.)
1 large onion, peeled and finely chopped
4 cloves garlic, peeled and finely diced or put through a garlic press
1 stalk celery, finely chopped (and/or 1½ tsp. celery salt -- see below)
1 large red bell pepper, seeded and finely chopped
½ lb mushrooms, sliced
½ to 1 tsp. salt (omit if you're using celery salt)
Lots fresh-ground black pepper
2 Tbsp. dried oregano
1 tsp. each dried sage and thyme
1 to 2 cups frozen petite green peas (your preference)

1¼ cups brown rice (or a mix of brown and wild rice), cooked without salt

To cook the rice: In a heavy saucepan, bring 2½ cups water to the boil. Add the rice, stir once, cover tightly, reduce the heat to very low, and let cook without further stirring for 45 minutes, or until the rice has absorbed all the water and is tender.

While the rice is cooking, melt the butter in a large frying pan. Add the onion, garlic, and celery (if you're using celery), and cook over very low heat until they are transparent but not browned (about 10 minutes). Add the bell pepper and cook another 5 minutes. Add the mushrooms and all the herbs and spices and cook another 10 minutes. Add the peas and cook just long enough to defrost them. Add the cooked rice and toss well.

Serve by itself as a side dish, or use to stuff game hens, chickens, or a turkey. (Double the recipe for a turkey.) Serves 6-8.

Note: I rarely use products like celery salt, but in this dish it works very well; I actually prefer it to the fresh celery. However, fresh celery makes for a more healthful dish. You could use both.

RATATOUILLE **(Spicy vegetable dish from Provence)**

2 Tbs. extra-virgin olive oil (low-fat version: 1 Tbs.)
1 large or 2 small onions, peeled, cut in half vertically, and sliced across the rings
6 large cloves garlic, peeled and finely diced or put through a garlic press
2 medium cans diced tomatoes (14 oz. each), or 5 to 6 fresh tomatoes, peeled, deseeded, and chopped (or more if you like it tomatoey)
1 large red or green bell pepper, seeded and coarsely diced
1 medium eggplant, unpeeled, treated as described below
1 large or 2 medium zucchini, cut into chunks
1 tsp. each dried basil and oregano
½ tsp. Extra-Spicy Mrs. Dash
Salt and black pepper to taste
Cayenne or ground red pepper to taste (at least 1/8 tsp.)

Cut the eggplant into ½-inch-thick slices, salt on both sides, and let the slices rest on a rack for at least 30 minutes. Squeeze dry between paper towels. This removes some of the bitter eggplant juice. Cut the slices into cubes.

In a large, heavy pot, heat the olive oil. Add the onions and garlic, cook gently for a few minutes, add the tomatoes, and then add the rest of the vegetables in the order given, cooking a few minutes between each. Add the seasonings and cook, covered, over low heat 8-10 minutes or until the vegetables are crisp-tender. (Use your own judgment on how soft you want them.) Correct the seasonings. Serve in soup bowls with the accumulated vegetable juices. Serves 4-6.

Note: If you don't like eggplant, try substituting 1½ to 2 cups of green beans, cut into one-inch lengths. Not a traditional ratatouille, but very tasty.

POTATO SALAD

3 lb. small red potatoes
2 Tbs. red wine vinegar
1 Tbs. light olive oil
1 to 2 stalks celery, coarsely chopped
1 green bell pepper, seeded and coarsely chopped
½ red salad onion, chopped
6 hard-boiled eggs, coarsely chopped
¾ cup mayonnaise (light mayonnaise is fine)
½ cup sour cream (light sour cream or sour half-and-half are fine)
1-2 Tbs. Dijon mustard
½ tsp. powdered mustard
½ tsp. extra-spicy Mrs. Dash
1 tsp. dried dill weed
½ tsp. salt
Fresh-ground black pepper to taste
A little imported Hungarian sweet paprika
2 to 3 hard-boiled eggs, sliced (optional)

Scrub the potatoes but do not peel them. Cover them with water in a medium saucepan and boil them ½ hour, or until they are cooked but still moderately firm. Drain the potatoes and, while they are still hot, cut them into medium-coarse cubes. Spread the potato cubes in a single layer in a 9x13" pan, beat the vinegar and olive oil together, and sprinkle or brush it as evenly as possible over the potato cubes. Refrigerate the potato cubes for about an hour.

In a large bowl, toss the potato cubes with the celery, bell pepper, onion, and chopped eggs. Mix the mayonnaise, sour cream, Dijon and powdered mustard, Mrs. Dash, dill, salt and pepper together. Toss this dressing lightly with the solid ingredients. Sprinkle a light coating of paprika over the top. If you like, garnish with hard boiled egg slices. Chill well before serving. Serves 10-12 at a picnic or potluck lunch.

EGG SALAD

6 hard-cooked eggs
3 to 4 Tbs. mayonnaise (light mayo or a mix of light and regular is okay)
2 tsp. Dijon mustard (or more if you like your egg salad mustardy)
2 Tbs. freeze-dried chives (or use 3 Tbs. chopped fresh chives)
½ tsp. dried dill weed
¼ tsp. salt
A pinch of cayenne pepper (up to ⅛ tsp.)
Lots fresh-ground black pepper
1 large or 2 small stalks celery, finely diced
1 small or ½ large green bell pepper, seeded and finely diced

Cook the eggs: Pierce the large end with a pin to let the air escape, immerse the eggs in cold water in a saucepan, add 1 tsp. salt (to prevent the egg shells from sticking), bring to the boil, lower the heat, and cook for 12 minutes. Cool the eggs in cold water. Peel the eggs, cut them in half, and separate the yolks and whites. Mash the yolks in a bowl and mix well with the mayonnaise, mustard, chives, dill, salt, and peppers. Taste and adjust the seasonings. Dice the egg whites. Add the egg whites and the diced vegetables to the mix and stir in. Serve over hot toasted English muffin halves or other bread. Serves 2-3.

DEVILLED EGGS

Follow the recipe for egg salad, eliminating the celery and bell pepper and leaving the egg white halves intact (don't dice them). Stuff the egg white halves evenly with the egg yolk mixture. Garnish with a sprinkle of paprika, olive slices, some minced parsley, baby shrimps, or whatever you like. Serves 3. **Note:** If you like, you can pipe the egg yolk mixture back into the egg white halves using a cookie press with a decorative tip.

SALMON/TUNA SALAD

1 lb. fresh salmon; about 2 cups, flaked (use up to 20% smoked salmon – kippered; not lox)
1 to 2 stalks celery, finely diced
½ red or green bell pepper, seeded and finely diced (red is prettier; green is cheaper)
2 to 3 green onions, finely chopped
¼ cup mayonnaise (light mayonnaise is fine)
3 Tbs. sour cream (light sour cream or sour half-and-half is fine)
1 Tbs. fresh lemon juice
1 tsp. dried thyme leaves
1 tsp. dried dill weed
3 Tbs. dill pickle relish (Vlasic makes this)
½ tsp. extra-spicy Mrs. Dash (or lots fresh-ground black pepper)
½ tsp. Old Bay seafood seasoning

Cook the fresh salmon by poaching it 5-10 minutes (depending on how thick the piece is) or wrapping it in foil and baking it 15-20 minutes. Cool the salmon, remove and discard all the skin and bone, and flake the meat. Combine with the rest of the ingredients, adding a little more mayonnaise and/or sour cream if it's too dry. Use as sandwich filling, serve on greens as a salad, stuff a ripe tomato or avocado half, etc. Serves 4-6.

Note: Recipe works fine with tuna, also. Use two or three cans (depending on how high you want your tuna-to-veggie ratio) of water-packed tuna, well drained. (Give the tuna water to your cat -- he'll love it!) Increase the dill pickle relish to 4 to 5 Tbs. You may also add two or three hard-boiled eggs, chopped. (**Note:** The tuna may require more mayonnaise and sour cream than the salmon. Add it to taste.)

VEGETARIAN STUFFED MUSHROOMS

2 Tbs. each butter (¼ stick) and extra-virgin olive oil (low-fat version: 2 Tbs. total)
12 large mushrooms (about 1 lb.), cleaned, the stems removed
The mushroom stems, finely diced
½ red bell pepper, seeded and finely diced
5 to 6 green onions, finely diced
3 to 4 cloves garlic, peeled and finely diced or put through a garlic press
½ cup dry sherry
1 tsp. tarragon
4 Tbs. minced fresh parsley, or 2 Tbs. dried
¼ cup unseasoned bread crumbs
¼ cup sour cream (light sour cream is fine)
½ cup fresh-grated aged asiago or *Parmesano reggiano* cheese
Fresh-ground black pepper to taste

Melt the butter in a large frying pan; add the olive oil. With your fingers, rub the outside of each mushroom cap with a little of the butter-oil mix. Arrange the mushroom caps in a shallow baking dish, cap side down. To the remaining butter-oil, add the mushroom stems, bell pepper, green onion, and garlic. Saute a few minutes over low heat. Add the sherry and tarragon, increase the heat, and cook until most of the liquid has evaporated. Remove from the heat and cool a few minutes. Add the rest of the ingredients and mix. Use this mixture to stuff the mushroom caps. Top with a little more grated cheese. Bake at 375° for 30 minutes, adding about ¼ cup boiling water to the dish (pour the water between, *not* directly over, the mushrooms) the last 10 minutes. Serves 4-6. **Note:** Mushroom liquid will bake out and accumulate in the dish. Don't discard it! It is the distilled essence of mushroom. For a major treat, dunk toasted sourdough bread into it.

CRAB-STUFFED MUSHROOMS

12 large mushrooms (about 1 lb.), cleaned, the stems removed
3 Tbs. butter
1 Tbs. flour
½ cup milk
½ tsp. dill weed
¼ tsp. each thyme leaves, ground nutmeg, and Old Bay seafood seasoning
Salt and fresh-ground black pepper to taste
5 to 6 green onions, finely chopped
2 to 3 cloves garlic, peeled and finely diced or put through a garlic press
½ lb. fresh lump crab meat, shell and cartilage removed
1 Tbs. Cognac
1 egg yolk
A few dashes Tabasco sauce
3 Tbs. melted butter
¼ cup grated Asiago or *Parmesano reggiano* cheese

Preheat oven to 400°. Chop the mushroom stems. In a small saucepan, melt 1 Tbs. butter and add the flour, stirring. When blended, add the milk, stirring rapidly. Add the dill, thyme, nutmeg, Old Bay, salt and pepper. Cook for a few minutes, until the sauce thickens. Cool a little.

In another saucepan, heat 2 Tbs. butter and add the mushroom stems, green onions, and garlic. Cook, stirring, 4 minutes. Add the crab meat and Cognac and stir to blend. Beat the egg yolk and Tabasco sauce into the white sauce and add this to the crab mix. Blend gently.

Place the mushrooms, hollow side down, in a buttered baking dish. Brush with half the melted butter and bake for 10 minutes. Remove and let cool. Turn the mushrooms hollow side up and stuff evenly with the crab mixture, heaping it up and smoothing it over. Arrange in the baking dish, sprinkle with the cheese, and dab on the remaining melted butter. Bake 20 minutes.

WILD MUSHROOM QUESADILLAS

4 or 5 red ripe tomatoes, peeled, seeded, and chopped
1 clove garlic, peeled and finely chopped or put through a garlic press
½ onion, finely chopped
1 jalapeno pepper, seeded and finely chopped
1 to 2 Tbs. chopped cilantro
Salt to taste
½ lb. mixed wild mushrooms, cleaned and coarsely chopped
2 Tbs. butter or oil
8 fresh corn tortillas or small flour tortillas
½ lb. Jack cheese, thinly sliced.

Make salsa by combining the tomatoes, garlic, onion, jalapeno pepper, and cilantro. Season to taste with salt. In a frying pan, saute the mushrooms (a mix of shiitaki, chanterelles, oyster mushrooms, crimini, and/or porcini/bolitas/cepes) in butter until they are lightly browned, about 3 to 4 minutes. Set aside.

On a griddle, heat one tortilla to soften, then place ⅛ of the sliced cheese on ½ of the tortilla, fold over, and continue to heat, turning, until the cheese melts. Repeat with the remaining tortillas and cheese. Open the cheese-filled tortillas and fill each with a few spoonfuls of sauteed mushrooms and a spoonful of salsa. Serve immediately. Serves 4.

SPICY CORN STEW

8 ears of fresh sweet corn, the corn cut from the cobs (reserve the cobs)
6 strips bacon
3 Tbs. butter
1 large or 2 small shallots, peeled and chopped
2 cloves garlic, peeled and finely diced or put through a garlic press
½ cup dry white wine
2 cups chicken stock
1 green bell pepper, seeded and diced
1 large jalapeno pepper, seeded and finely diced
Salt and fresh-ground pepper to taste
1 Tbs. finely minced fresh cilantro
Juice of ½ lime
12 to 15 cherry tomatoes, quartered

In a large, wide saucepan, cook the bacon until crisp. Crumble the bacon and set it aside. Pour off most of the bacon fat, add 2 Tbs. butter, the shallots and garlic, and saute about 5 minutes over low heat. Add the wine, chicken stock, and corncobs, and simmer 30 minutes, uncovered. Discard the corncobs, add both peppers, and cook another 5 minutes. Add the corn kernels, cover, and cook another 10 minutes. Stir in the last Tbs. of butter, the seasonings, cilantro, and lime juice. Add the bacon and tomatoes and mix lightly. Serve warm, or cold as a salad. Serves 4-6.

ROASTED CURRIED VEGGIES

2 baking potatoes, scrubbed, quartered, and cut into bite-size wedges
3 T. canola oil or light olive oil, divided
2 medium onions, peeled and cut into wedges
3 medium carrots, peeled and sliced crosswise into ½" pieces
6 cloves garlic, peeled
2 red bell peppers, stemmed, seeded, and cut into 1" pieces
2 Tbs. curry powder
1 14-oz. can plum tomatoes, drained and crushed
1 cup vegetable broth
2 Tbs. fresh lime juice
Black pepper to taste

Heat oven to 500°. Put the potatoes in an 18x13x2" roasting pan and drizzle with 2 Tbs. of the oil. Bake 15 minutes with the rack in the center of the oven. Push the potatoes to the side of the pan and add the onions, carrots, garlic, and peppers in the center of the pan. Drizzle with the remaining 1 Tbs. of oil and roast 15 minutes. Combine the curry powder with the tomatoes and toss with the vegetables. Roast another 15 minutes. Remove from the oven and transfer the vegetables to a large serving bowl. Put the roasting pan over high heat and add the broth. Bring to a boil, scraping the pan to remove the crispy bits. Add the lime juice and pepper. Pour the sauce over the vegetables and serve warm.

CURRIED DAL (DRIED PEAS) WITH VEGETABLES

3 Tbs. ghee (see note below)
2 tsp. ground coriander
1 tsp. ground cumin
1 tsp. ground turmeric
½ tsp. ground ginger
½ tsp. ground red pepper (more, if you like it hot)
¼ tsp. each ground cinnamon, cloves, and allspice
Lots fresh-ground black pepper
1 large white onion, peeled and chopped
8 to 10 large cloves garlic, peeled and diced
1 large can (28 oz.) peeled tomatoes, chopped (*not* in tomato puree)
2 cups lentils or yellow split peas (or, if you have access to an Indian food store, use mung dal, a small dried yellow pea)
5 cups water (start with 4 cups if you're using mung dal)
½ to 1 tsp. salt (depending on whether the tomatoes are salted)
2 carrots, shredded
2 bell peppers, seeded and chopped (red is prettier; green is cheaper)
1 tsp. garam masala (mixed Indian spices; available in Indian grocery stores)

In a large, heavy pan, melt and heat the ghee. Stir in the spices (except for the salt and the garam masala) and heat over medium heat, stirring constantly, for a minute or so. Add the onion and garlic, reduce the heat to low, and cook, stirring often, for a few minutes. Add the tomatoes, lentils (or dal), water, and salt, bring to the boil, reduce the heat, cover, and cook for about 15 minutes. Add the carrots and bell peppers, mix well, cover, and cook for another 30 to 45 minutes, or until the lentils/dal are tender. Stir in the garam masala and cook another 5 minutes. Serve over saffron basmati rice. Serves 10-12.

Note: I prefer this dish made with mung dal. It has a milder flavor than the lentils and lets the flavor of the Indian spices stand out.

Note: Ghee (toasted clarified butter) is a traditional Indian cooking fat. You can make ghee yourself: Melt 1 lb. of butter in a heavy saucepan and cook it, uncovered, over the lowest possible heat for 30 minutes, skimming off the foam as it rises. Cool a little and strain carefully through cheesecloth to remove all the foam and milk solids. Ghee will keep indefinitely in the refrigerator.

Note: Fat-free version: Omit the ghee. Start with the canned tomatoes, stir in the spices, onions and garlic, cook for a few minutes, add the lentils (or mung dal), and continue as above.

SAFFRON BASMATI RICE

4 cups boiling water
2 cups basmati rice (or brown basmati rice)
1 tsp. salt
2 Tbs. ghee (see note under "Curried Dal")
1 tsp. ground black cardamom, or 1½ tsp. of the seeds, ground with mortar and pestle
1 tsp. saffron threads, or ¼ tsp. ground saffron
1 tsp. ground cumin
½ tsp. ground cinnamon
¼ tsp. each ground cloves and allspice
Lots fresh-ground black pepper
1 onion, peeled and diced
4 to 5 large cloves garlic, peeled and finely diced
1 tsp. garam masala (mixed Indian spices; available in Indian grocery stores)
1 Tbs. dark brown sugar
½ cup raisins (optional)
½ cup pine nuts and/or chopped cashews (optional)

In a medium-sized saucepan, bring the water to a boil, add the salt and rice, cover, turn the heat low, and cook for 20 minutes (white basmati rice) or 45 minutes (brown basmati rice). In a medium-large frying pan or saute pan, melt and heat the ghee. Stir in the spices (except for the garam masala) and heat over medium heat, stirring constantly, for a minute or so. Add the onion and garlic, reduce the heat to low, and cook, stirring often, until the vegetables are soft. Add the garam masala and brown sugar, and mix well. Add the cooked rice. Mix gently and cook a minute or two more. If you're using the raisins and/or nuts, stir them in just before serving.

Serves 6-8. Serve with curried dal (see that recipe) or other curried meats or vegetables. Or, be non-traditional: Serve with beef burgundy, or beef Stroganoff, or chicken breasts in sour cream sauce, or orange beef / lemon chicken stir-fry, or black beans, or cheese soup, or ratatouille, or.... (See all those recipes in this cookbook.)

Note: Basmati rice is worth the effort to find it. It has a lovely, nutty aroma and flavor that Uncle Ben's Converted will never approach.

VEGETABLE KORMA

3 Tbs. ghee (see note under "Curried Dal")
2 tsp. ground coriander
2 tsp. ground cumin
1 tsp. ground turmeric
½ tsp. red or cayenne pepper (more if you like it hot), ground cinnamon, nutmeg, and ginger
¼ tsp. each ground cloves and allspice
Lots fresh-ground black pepper
1 large onion, peeled and chopped
6 to 8 cloves garlic, peeled and diced
1 large can (28 oz.) peeled tomatoes (*not* packed in puree), chopped; or 3 to 4 large fresh tomatoes, peeled, deseeded, and chopped
Up to 1 tsp. salt, or to taste (depending on whether you use salted canned tomatoes)
1 small cauliflower, separated into florets
1 lb. green beans, cut into 1-inch lengths
2 large red bell peppers, seeded and coarsely chopped
1 tsp. garam masala (mixed Indian spices; available in Indian grocery stores)

In a large, heavy pan, melt and heat the ghee. Stir in all the spices (except the salt and the garam masala) and cook over medium heat for a minute or so, stirring frequently. Add the onion and garlic and cook over low heat, stirring frequently, for another 5 minutes. Add the tomatoes and the salt (if you're using salt). Bring to a boil and add the cauliflower. Cover and cook over low heat for about 5 minutes. Add the green beans and bell peppers, bring back to the boil, add a little water if necessary (as little as possible, since the vegetables will produce their own juice), cover, and cook for another 10 minutes, or until all the vegetables are tender-crisp. Stir in the garam masala.

Serve with saffron basmati rice. Serves 8-10.

Low-fat version: Eliminate the ghee. Start with the tomatoes, add all the spices except the salt and the garam masala, and then start adding the vegetables in the order given. Continue with the recipe above.

Note: For an elegant briyani, layer half a recipe of saffron basmati rice, a recipe of vegetable korma (a little undercooked), and the other half recipe of saffron basmati rice in a large casserole dish. Sprinkle cashews and raisins between the layers and top off with some extra cashews and raisins. Cover tightly and bake at 350° for 30 to 45 minutes, depending on whether you're starting with hot or room-temperature components.

GREEN BEAN-RED BELL PEPPER CONCOCTION

1 lb green beans, destemmed and halved
3 Tbs. butter (about $\frac{1}{3}$ stick)
1 large onion, peeled and diced
3 cloves garlic, peeled and put through a garlic press
1 large red bell pepper, deseeded and cut into julienne strips
 $\frac{1}{2}$ lb. mushrooms, sliced
Salt and fresh-ground black pepper to taste (not much salt)
1 tsp. dried oregano
 $\frac{1}{2}$ cup slivered almonds

Steam the green beans for about 5-7 minutes, or until they are still *al dente*. In the meantime, melt the butter in a large frying pan and saute the onion and garlic over low heat for about 3 minutes, until they start to soften. Add the bell pepper, mushrooms, and seasonings and saute another 5 minutes or so, stirring frequently.

Drain the *al dente* beans and toss them with the hot veggie mix. Stir in the slivered almonds and serve immediately. Serves 6-8.

BROCCOLI-CHEESE BAKE

1 head of broccoli crowns (at least 3 large crowns), separated into florets
2 Tbs. olive oil
1 large onion, cut in half and the halves sliced
4-6 large cloves garlic, peeled and put through a garlic press
 $\frac{1}{2}$ pound extra-sharp white cheddar cheese, cut into small cubes or shredded
 $\frac{1}{4}$ pound *Parmesano reggiano* cheese, shredded

Preheat the oven to 400°. Steam the broccoli until it is just *al dente*, still slightly crisp. In the meantime, heat the olive oil in a frying pan and add the onion slices. Cook over medium-high heat, stirring frequently, until the onion is partly caramelized (lightly browned). Add the garlic and stir-cook a few minutes longer.

Toss the steamed broccoli with the onion-garlic mix. Place in a casserole dish and spread the mixed cheeses evenly over the top. Bake 10-15 minutes, until the cheese has melted and started to brown a little. Serve immediately. Serves 4-6.

ROASTED GARLIC WHIPPED POTATOES

1 large head garlic
A little olive oil
8 small-to-medium-sized Yukon Gold potatoes (best) or red skinned potatoes (very good),
or 4 medium-sized Idaho or russet baking potatoes (acceptable)
3 Tbs. (about $\frac{1}{3}$ stick) butter (low-fat version: 1 Tbs. butter)
 $\frac{1}{2}$ cup milk, or enough to make soft whipped potatoes (low-fat version: skimmed milk)
Salt and fresh-ground black pepper to taste

Cut the raw garlic head in half crosswise. Rub a little olive oil on the outside of the head and the cut surfaces. Put the two halves back together, wrap the whole head in foil, and roast at 375° for 45 minutes. Remove and cool. Unwrap and squeeze all the garlic pulp into a bowl. Set aside.

Scrub the potatoes (but don't peel them) and cut them into $\frac{1}{2}$ -inch slices. Put in a saucepan, barely cover with cold water, bring to the boil, cover, reduce the heat to low, and boil 20 to 30 minutes (depending on the variety), or until the potatoes are tender when pierced with a fork.

Drain the potatoes and discard the cooking water. Heat the milk. Add all the roasted garlic pulp, the butter, some milk (start with $\frac{1}{4}$ cup), and some salt and pepper. Beat with electric beaters until smooth, adding more milk as needed to make a soft mix. The potatoes should seem a little softer than you want, since they will stiffen as they cool. Add more salt and pepper to taste, if needed. Serves 4-6. You may serve these with gravy, but they're wonderful just as they are, with maybe a dab of butter. Fantastic with grilled salmon.

FRENCH TOAST

3 eggs
 $\frac{1}{4}$ cup orange juice
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. nutmeg
4 medium-thick slices absorbent multi-grain bread (or sourdough bread, or French bread....)

In a large bowl, beat the eggs with the orange juice and spices. Soak the bread slices in the egg mixture. Fry over medium-low heat on a pre-heated, buttered griddle until brown on both sides. Serve with butter and heated maple syrup, or sweetened strawberries and whipped cream, or lemon curd (see the recipe in this cookbook), or your favorite jam, or any other favorite topping.

HOLLANDAISE SAUCE (Nancy's version)

2-3 Tbs. fresh-squeezed lemon juice (Meyer lemons, if you can get them)
2 egg yolks
¼ tsp. garlic powder (optional)
½ tsp. dried dill weed (optional)
½ cup (1 stick) butter, very cold, cut into 6 pieces

In a small but fairly heavy saucepan, whisk together the lemon juice, egg yolks, and seasonings. Start heating this over very low heat and add the butter, one piece at a time, stirring it in with a small whisk and adding another piece when the previous piece has almost finished melting. Never stop whisking vigorously, and never let the mix get too warm before adding the next piece of cold butter. When all the butter is in and melted, keep whisking until the mixture has thickened almost to the consistency of mayonnaise. When this happens, remove the pan from the heat and keep whisking for at least another 30 seconds. Serve immediately. Serves 4-5.

This is a truly sinful sauce for dieters, but a dab on salmon (broiled, grilled, poached, blackened -- they all work) or steamed asparagus or broccoli is worth the subsequent penance, at least once a year. And then there's eggs Benedict! (See the recipe in this cookbook.)

Note: For an especially sharp sauce, substitute a tsp. or so of vinegar for an equal amount of lemon juice. *Note:* This is one time you don't want to use fresh garlic, unless you pre-cook the garlic. Raw garlic won't cook enough in the sauce. I haven't tried roasted garlic here, but it might work.

Note: The major danger with Hollandaise sauce is that it tends to curdle easily. This shouldn't happen if you use freshly-separated egg yolks, follow the instructions carefully, never stop whisking, and don't keep cooking the sauce too long after the butter is melted. But if it does, don't despair. Just remove the sauce from the heat, add 1 tsp. water, and beat vigorously. The sauce will miraculously smooth out; although it will be a bit thinner than before.

SPICED ORANGE CRANBERRY SAUCE

1 12-oz. bag of fresh cranberries, washed and picked over, stems removed
1 cup fresh-squeezed orange juice
Finely grated zest (outer colored part of the peel) of 2 to 3 oranges; about 2 Tbs.
½ tsp. each ground cinnamon and ground ginger
¼ tsp. each ground nutmeg, ground cloves, and ground allspice
½ cup dark brown sugar, packed
¼ cup honey
3 Tbs. Grand Marnier, Curacao, Triple Sec, or other orange-flavored liqueur

Combine all the ingredients except the liqueur in a medium-sized heavy saucepan. Bring to the boil and cook over low heat, stirring frequently, for about 5 minutes, or until the cranberries have popped. Taste for sweetness and add more brown sugar and/or honey if needed. It should be moderately tart. Cool the sauce and stir in the liqueur. Serve either chilled or at room temperature. Serves 4-6.

SAFFRON WILD RICE WITH WILD MUSHROOMS AND PEAS

¾ cup each wild rice and raw brown rice (preferably brown basmati rice)
Salt and fresh-ground black pepper
4 Tbs. butter (1/2 stick)
1 very large or 2 medium onions, peeled and coarsely diced
1 tsp. Spanish saffron threads
6 large cloves garlic, peeled and finely diced or put through a garlic press
1 lb. mixed wild mushrooms (cepes/porcini, chanterelles, shitaki, other mild varieties), coarsely diced
½ cup dry sherry
1 tsp. each dried thyme and oregano leaves
1 to 2 cups fresh or frozen green peas (if frozen, use the petite peas)

In a saucepan, bring 3 cups of water to a boil. Add 1 tsp. salt, some fresh-ground black pepper, and both rices, and stir once. Cover, turn the heat to very low, and cook for 40-45 minutes, or until all the water is absorbed.

While the rice is cooking, first caramelize the onion: Melt the 4 Tbs butter in a large heavy saucepan or large saute pan, add the onion, and cook over medium heat, stirring frequently, until it turns golden brown (about half an hour). Add the saffron, garlic, and mushrooms, and cook another 5 minutes. Add the sherry, turn up the heat, and cook until most of the liquid has evaporated. Add the thyme and oregano and the fresh peas and cook a few minutes more. Stir in the cooked rice and add salt and fresh-ground black pepper to taste. *Note:* If you're using frozen peas, stir them in with the cooked rice. Serves 6-8.

BAKED SWEET POTATO CASSEROLE

6 sweet potatoes (or 3 of the huge ones; about 4 pounds)
1 cup orange juice
Grated zest of 2 oranges
½ cup brown sugar
⅓ cup white sugar
1 tsp cinnamon
½ tsp each ginger, nutmeg, cloves, allspice
2 Tbs butter
1 tsp salt

Peel the potatoes (optional; you can just scrub them) and cut into medium cubes. Combine the rest of the ingredients in a saucepan, bring to the boil, and simmer about 5 minutes.

Pour mix over potatoes in a buttered casserole. Bake uncovered at 400° for one hour, basting several times during baking. (Use a basting bulb to suck up the sauce.) Serve hot. Serves 8-10.

TWO-GARLIC HUMMUS

1 lb. dried chick peas (garbanzo beans)
½ tsp. baking soda
1 15-oz can tahini
⅔ to 1½ cups lemon juice
2 tsp. Extra Spicy Mrs. Dash
2 tsp. ground cumin
2 Tbs. hot chile paste, or to taste
12 to 16 cloves of garlic, peeled and put through a garlic press
2 heads roasted garlic
3 to 4 Tbs. olive oil
1 tsp. salt (or more, to taste)

Soak the chick peas in water for 8 to 10 hours. Drain and put in a large saucepan with about 6 cups of water and the baking soda. Bring to the boil, skim the foam, cover, and cook over low heat until the chick peas are fairly soft (start testing after about 45 minutes). Cool and drain; reserve some of the bean juice.

While the chick peas are cooking, roast the garlic: Cut each head in half crosswise, put the two halves back together, wrap tightly in aluminum foil, and roast in a 450° oven (a toaster-oven works fine) for 45 minutes to an hour, depending on the size of the head of garlic. Cool and dig out the garlic pulp.

In the bowl of a food processor, put half the drained chick peas, half the can of tahini, some lemon juice (start with ⅓ cup), and half of all the other ingredients. Process until smooth. If the mix is too stiff, add a little of the bean juice. Repeat the process with the rest of the chick peas and the rest of the other ingredients. Mix the two batches of hummus together, taste, and adjust the seasonings and the lemon juice to taste. *Note:* I use Meyer lemons, which are milder than normal lemons, so I needed the whole 1½ cups of lemon juice to give the hummus the proper lemony tang. (And with that much lemon juice, I needed very little bean water). Suit your own taste on how lemony, garlicky, and spicy you want your hummus.

This recipe makes about 5 pints – enough for you and your four best friends. It also freezes very well.

MRS.-FIELDS-CLONE COOKIES

2 cups raw oatmeal (either regular or quick)
1¾ cups unbleached white flour
¼ cup cornstarch
1 tsp. baking soda
1 tsp. salt
Pinch of cinnamon (less than ¼ tsp.)
½ cup shredded coconut (optional)
2 Tbs. Ghirardelli ground chocolate, or 1 oz. semisweet chocolate, grated (optional)
3 cups chocolate chips (semi-sweet or a mix of flavors)
1½ cups each chopped walnuts and raisins
1¼ cups salted butter (2½ sticks)
1 cup brown sugar
¾ cup white sugar
1 tsp. vanilla
2 large eggs

Grind the oatmeal in a food processor to make oat flour. Mix the oat flour, white flour, cornstarch, soda, salt, cinnamon, coconut, and ground/grated chocolate; set aside. In a separate bowl, combine the chocolate chips, nuts, and raisins; set aside. Soften the butter; warm the eggs to room temperature.

In a large bowl, cream the butter with the brown and white sugars and the vanilla. Add the eggs one at a time, beating well after each one. Add the flour mixture gradually, beating just enough to blend. Mix in the chocolate chips, walnuts, and raisins by hand.

Preheat the oven to 400°. Form the cookies with an ice cream scoop (filled not quite full) and place on an ungreased cookie sheet (preferably an insulated cookie sheet), leaving at least 2" of space between scoops. Indent the center of each scoop deeply with your thumbs, pinching the cookie out so that the edges are thicker than the middle, making a bird's-nest shape. Bake for 8 minutes, or until the cookies have just started to brown. (They will darken more the first few minutes out of the oven.) Cool the cookies on the baking sheet for 5-10 minutes and then carefully remove them to a cooling rack or a sheet of waxed paper. This recipe makes about 3 dozen large cookies.

These cookies are best eaten about 15 minutes after they come out of the oven. Older cookies can be refreshed by heating them at 400° for 3-4 minutes in a conventional oven or toaster oven, or 30 seconds in a microwave.

Note: The cookie dough, scooped but not indented, may be chilled, wrapped well, and kept in the refrigerator for a few weeks. Warm the cookie scoops to room temperature before indenting and baking them.

Note: Tradition calls for semi-sweet chocolate chips. But milk chocolate, white chocolate, mint chocolate, butterscotch, and peanut butter chips, in various combinations, all work well. (Don't mix the mint with the butterscotch or peanut butter....)

SCOTCH SHORTBREAD

1 cup (2 sticks) butter, salted or a mix of salted and sweet (*not* margarine)
¼ cup powdered sugar
¼ cup white sugar
1½ cups white flour
½ cup rice flour

Preheat the oven to 300°. Cream softened butter thoroughly with both sugars. Stir in the flours and mix by hand just until smooth. (Alternatively, put cold butter, cut into chunks, and the other ingredients into a food processor and pulse until you have an even grain.) Pat the dough evenly into an 8x12" pan and prick all over with a fork. Bake for about 45 minutes, or until it is a very light brown. (*Note:* See the recipe for Amaretto Mud Cake for a description of how to insulate the sides of the pan for evenly-cooked shortbread.) Immediately cut into squares or bars. Cool completely and store in a cool, dry place, lightly covered.

Variations:

- Shape the dough into flat rounds about 6 inches in diameter, and cut into wedges after baking. (For petticoat tails. I'll bet you didn't know they got their name from the French, "petits gateaux tailles," or little cut cakes.)
- Pat the dough into shortbread molds and bake.
- Add a little almond flavoring when creaming the butter and sugar or processing.
- Stir in 2 Tbs. fresh-grated lemon zest when creaming the butter and sugar or processing.
- Stud the unbaked shortbread with cloves, one clove per square. (Remove them before eating the shortbread.)
- Sprinkle the hot shortbread with a little extra powdered or granulated sugar before or after cutting.

MELAMACARONA (Greek honey cookies)

1 egg yolk
¼ cup orange juice
2 Tbs. whiskey
½ cup sugar
¼ tsp. baking soda
1¼ cups oil
¼ tsp. salt
3½ cups white flour
2 tsp. baking powder
¾ tsp. dried orange peel, or the grated zest (outer colored part of the peel) of one orange
¾ tsp. ground cloves
1 tsp. cinnamon
Honey for dipping, heated to a simmer

Finely chopped walnuts

Preheat the oven to 350°. Combine the egg yolk, orange juice, whiskey, sugar, and baking soda in a food processor. Add the oil gradually while processing to make a mixture with a mayonnaise-like consistency. Combine the rest of the ingredients and add. (This can be done in the processor, if it has a large enough bowl; or the liquid can be removed to a mixing bowl and the dry ingredients stirred in by hand.) Break off walnut-sized pieces of the dough, roll into cylinders, and press onto a cookie sheet with three fingers (to form a cookie with two horizontal ridges). Bake 20-25 minutes. Immediately after removing from oven, dip each cookie into simmering honey; place on a rack to cool. (Work as quickly as you can, before the honey cooks too thick; heat the honey in small batches, or get a friend to help with the honey dipping.) If desired, sprinkle with chopped nuts.

KOURAMBIETHES (Greek powdered sugar tea cookies)

¾ cup walnuts
1 egg
2 cups butter (4 sticks), part unsalted, melted
⅓ cup powdered sugar
6 cups white flour
Powdered sugar for coating the cookies

Preheat the oven to 375°. Grind the nuts to a coarse meal in a food processor. Add the egg, the melted butter, and the powdered sugar. Add the flour, a cup at a time, processing briefly after each addition. (If you don't have a large-bowl processor, you can transfer the ingredients to a mixing bowl and stir in the flour by hand; or you can mix the dough half a recipe at a time. Beat the egg before trying to divide it in half!)

Compress the dough (which will be crumbly) into walnut-sized round or crescent shapes. Bake for 20 minutes, or until a very light golden brown. Dredge while hot in powdered sugar; cool on waxed paper. Sprinkle with more powdered sugar after cooling. Let cool completely, preferably overnight, before serving.

JAM SHORTBREAD COOKIES

2 cups butter (4 sticks), at least part salted butter, softened
1 cup white sugar
1 egg yolk
4 cups sifted white flour
Finely chopped walnuts or pecans
Your favorite jam, or a variety of flavors (and colors)

Preheat the oven to 300°. Cream the butter. Add the sugar and egg yolk and beat well. Add the flour and mix in gently by hand.

Shape the dough into small walnut-sized balls, roll the balls in the chopped nuts, place them on ungreased cookie sheets (leaving at 1" space between each), and press each in the center with your thumb to form an indent. Bake 20 minutes. Remove from the oven, add 1 tsp. of jam to each indent, return to the oven, turn off the oven, and leave the cookies inside until they have cooled.

MERINGUE COOKIES

3 egg whites
¼ tsp. cream of tartar
¾ cup white sugar
¼ tsp. almond extract (optional)

Preheat the oven to 200°. Line a large cookie sheet with baking parchment or clean brown paper bag sections.

In a clean metal (preferably copper) or ceramic (glass, pottery, porcelain, stoneware) bowl, beat the egg whites with the cream of tartar until soft peaks form. Gradually add the sugar and flavoring and beat at high speed until the egg whites are stiff and shiny.

Make 8 mounds of egg whites on the baking parchment. Smooth each one out and, using the back of a spoon, make an indentation in each mound. Bake one hour. Turn off the oven, leave the oven door closed, and let the meringues dry in the oven overnight. They should be completely dried out and very crisp. Handle carefully; they are fragile!

Use the meringues as the base for ice cream sundaes or low-fat strawberry shortcake; or fill with sherbert or sorbet and top with whipped cream; or fill with lemon curd or frozen lemon mousse (see the recipes in this cookbook), top with sweetened strawberries, raspberries, or blackberries, and top with whipped cream; or otherwise use your imagination.

MAGIC COOKIE BARS ("HELLO DOLLIES")

½ cup (1 stick) butter, melted
1½ cups graham cracker crumbs
1 cup walnuts, chopped
1 cup semisweet chocolate chips (or use milk chocolate or butterscotch chips)
1⅓ cups flaked coconut
1½ cups (1 15-oz. can) sweetened condensed milk

Preheat the oven to 350°. Pour the melted butter into the bottom of a 9x13" cake pan. Pour the graham cracker crumbs evenly over the butter and press in. Add the walnuts, chocolate chips, and coconut in even layers. Pour the sweetened condensed milk evenly over the top.

Bake for 25 minutes. Cool in the pan for 15 minutes and cut into bars.

Note: My mother's recipe had slightly different proportions of ingredients, and was easier to remember: One of everything. (One stick butter, 1 cup graham cracker crumbs, 1 cup shredded coconut, 1 cup chopped walnuts, 1 cup chocolate chips, 1 can sweetened condensed milk.) Assemble the layers in that order and bake as per the instructions above.

LEMON BARS

CRUST

1 cup (2 sticks) butter
½ cup powdered sugar
2¼ cups flour

TOPPING

4 eggs
2 cups sugar
5 Tbs. lemon juice
Grated zest (outer colored part of the peel) of 1 to 2 lemons (optional)
More powdered sugar for topping

Preheat the oven to 325°. Mix the butter, powdered sugar, and flour together. Press evenly into the bottom of a 9x13" baking pan. Bake for 15 to 20 minutes, or until the crust is a very light golden brown.

Beat the eggs with the sugar, lemon juice, and (optionally) lemon zest. Pour this over the crust; bake for another 30 to 35 minutes. Cool. Sprinkle with more powdered sugar. Cut into bars.

HOLIDAY DREAM BARS

CRUST

½ cup butter (1 stick)
½ cup dark brown sugar
1 cup white flour

TOPPING

2 eggs
1 cup dark brown sugar
1 tsp. vanilla
2 Tbs. flour
½ tsp. baking powder
¼ tsp. salt
½ cup shredded coconut
1 cup chopped walnuts
1½ Tbs. powdered sugar

Preheat the oven to 350°. Combine the crust ingredients until crumbly. Press into a 9x13" cake pan and bake for 10 minutes. (*Note:* See the recipe for Amaretto Mud Cake for a description of how to insulate the sides of the pan for evenly-cooked bars.) Cool a little.

In a bowl, beat the eggs. Add the brown sugar and vanilla and beat well. Add the flour, baking powder, and salt, and beat lightly. Stir in the coconut and walnuts.

Spread the mixture evenly over the crust. Bake another 20 minutes, until lightly browned. Cut into bars, cool for 10 minutes, and sprinkle with the powdered sugar. Cool completely before serving. Makes 24 bars.

Note: The 3M cafeteria used to make these bars for special in-house celebrations. They're great!

PUMPKIN BARS

2 cups white flour
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
2 tsp. cinnamon
4 eggs
2 cups sugar
1 cup oil
2 cups canned pumpkin puree
1 cup chopped walnuts (optional)

Preheat the oven to 350°. Grease well and flour a 12x18" cake pan, or a jelly roll pan or cookie sheet with an edge at least ½" deep. Sift the dry ingredients together and set aside. Beat the eggs well with the sugar. Add the dry ingredients alternately with the oil and mix lightly. Stir in the pumpkin and (optionally) the nuts.

Pour the ingredients into the prepared pan. Bake until the top springs back when touched lightly (start testing after 20 minutes).

Cool completely and ice with cream cheese icing (see white icing recipes in this cookbook). Optional: Sprinkle finely-chopped walnuts over the icing. Cut into bars. Makes 24 3" square bars.

OATMEAL CARMELITAS

14 oz. caramels (or use a scant 2 cups homemade caramel – see the recipe in this cookbook)
5 Tbs. light cream
1 cup flour
¾ cup dark brown sugar
1 cup quick oatmeal
½ tsp. baking soda
¾ cup melted butter (1½ sticks)
1 cup chopped walnuts or pecans
1 cup (one 6 oz. package) chocolate (dark or light) or butterscotch chips, or a mix

Preheat the oven to 350°. Melt the caramels in the cream in the top of a double boiler. Combine the flour, brown sugar, oatmeal, and baking soda in a bowl; add the butter and mix in until the butter is absorbed and the mixture is crumbly. Press half the mixture in the bottom of a 9" square pan and bake for 10 minutes. Remove from oven and cool a few minutes. Cover this evenly (and carefully) with the caramel and cream mix. Sprinkle evenly with the chocolate chips and nuts. Top with the rest of the crumb mix and bake 15

to 20 minutes, or until lightly browned. Cut into bars while warm and let cool. Makes 16 bars.

GHIRARDELLI BROWNIES (with some modifications by Nancy)

1 cup Ghirardelli ground chocolate
½ cup unsweetened powdered cocoa (use a really good cocoa, like Scharffen-Berger)
1¹/₃ cups white flour
½ tsp. baking powder
½ tsp. salt
4 eggs
1½ cups sugar
2 tsp. vanilla
1 cup (2 sticks) butter, melted
2 cups chopped walnuts

Pre-heat oven to 350°. Grease the bottom and sides of a 9x13" baking pan; dust it with powdered unsweetened cocoa. (*Note:* See the Amaretto Mud Cake recipe for a description of how to insulate the sides of the pan for evenly-cooked brownies.) Sift the first five ingredients together; set aside. Beat the eggs with the sugar and vanilla until they are pale and ribbony (at least 5 minutes). Add the melted butter and beat well. Add the dry ingredients and stir just until blended. Stir in the walnuts. Pour the mixture into the pan and spread it evenly. Bake for 20-25 minutes, or until the brownies jiggle only slightly when the pan is shaken. (Check after 20 minutes, and do not overbake, or they will be dry rather than chewy.) Cool to room temperature and ice with ½ a recipe of Cocoa Fudge icing or 1 recipe of chocolate eclair icing (see the chocolate icing recipes in this cookbook). Chill well before serving. Makes 18 to 24 brownies.

LIQUEUR-ICED BROWNIES

2 cups powdered sugar
¼ cup (½ stick) each salted and unsalted butter
4 to 5 Tbs. liqueur (crème de menthe, Amaretto, Kahlua, Frangelico, Grand Marnier, etc.)
1 cup semi-sweet chocolate chips
6 Tbs. (¾ stick) butter, at least half of it unsalted

Make a batch of brownies as described above, optionally omitting or reducing the nuts. Beat together until smooth the powdered sugar, the two ¼ cups butter, and liqueur (enough to make a soft but spreadable icing). Ice the cooled brownies. Chill well. Melt the chocolate chips with the 6 Tbs. butter in the microwave or over very low heat, stirring frequently to make a very smooth glaze. Coat the iced, cooled brownies evenly with the warm chocolate glaze. Cool to room temperature and cut the brownies. Chill before serving.

GERMAN CHOCOLATE BROWNIES

Make the brownies as described above. Make half a recipe of German chocolate cake topping (see the recipe in this cookbook), using $\frac{3}{4}$ cups heavy cream, $\frac{3}{8}$ cup each white and brown sugar, $\frac{3}{4}$ stick butter, 2 egg yolks, $\frac{1}{2}$ tsp. vanilla, and $\frac{3}{4}$ cup each coconut and nuts. Spread the filling evenly over the cooled brownies, and top with the chocolate glaze as described above.

AMARETTO MUD CAKE

2 cups white flour
1½ tsp. baking soda
1 cup water
5 squares (ounces) unsweetened chocolate or 8 ounces semisweet chocolate
1 cup (2 sticks) butter (at least 1 stick unsalted)
1²/₃ cups sugar (1 cup if you're using semisweet chocolate)
1 cup Amaretto liqueur
½ tsp. almond extract
2 eggs, lightly beaten

Generously grease the bottom and sides of a 9" springform cake pan; dust it with unsweetened powdered cocoa. For an even-rising, extra-moist cake, wrap the outside of the pan with commercial insulated baking strips. Or, make baking strips of at least four layers of cotton knit fabric, wet down and wrap around the cake pan, and pin in place. Or, fold long strips of paper towels to 2 inches wide, dampen and wrap around the outside of the cake pan, and pin or staple closed. (**Note:** You can also use a Bundt pan – uninsulated, of course.)

Preheat the oven to 275°. Sift together the flour and baking soda; set aside. Combine the water, chocolate, and butter in a pan; heat over hot water or low heat until the butter and chocolate are melted. Remove from heat, stir in the sugar, and let cool a few minutes. Add the Amaretto and the almond flavoring. Add the eggs and beat until smooth. Beat in the dry ingredients lightly.

Pour into the prepared cake pan and bake for 1¾ hours, or just until the cake springs back when lightly touched. (The Bundt cake will be done in 1¼-1½ hours.) Cool in the pan for 15 minutes and turn out (inverted) on a cake plate. Cool completely and ice with your favorite chocolate icing or glaze, with Cocoa Fudge icing, or with a Chocolate Buttercream (see the chocolate icing recipes in this cookbook). Serve alone or with sweetened whipped cream or vanilla ice cream. Serves 12-16.

This cake also works well with other chocolate-compatible liqueurs. Replace the almond flavoring with 1 tsp. vanilla extract. For a *Mandarin mud cake*: Use 1 cup Curacao or Grand Marnier, substitute orange juice for the 1 cup of water, and add the grated zest of 2 to 3 oranges to the batter. For a *mocha mud cake*: Use 1 cup Kahlua, and substitute coffee for the 1 cup water (or add 1 to 2 tsp. instant coffee to the water). For a *hazelnut mud cake*: Use 1 cup Frangelico. For a *grasshopper mud cake*: Use ¹/₃ cup creme de menthe and ²/₃ cup creme de cacao. For a *Black Forest mud cake*: Use 1 cup Peter Heering liqueur or Kirsch; garnish with cherries and serve with sweetened whipped cream. Otherwise, use your imagination!

TRADITIONAL MISSISSIPPI MUD CAKE

Follow the recipe above, using 1½ cups of strong coffee with ½ cup of bourbon, and increase the sugar to 1¾ cups. Ice with a chocolate glaze, or choose one of the chocolate icing recipes in this cookbook; or just sprinkle with powdered sugar.

BETE NOIR (Chocolate truffle cake)

7 oz. unsweetened chocolate (If you can find it and afford it, use Scharffen-Berger chocolate)
5 oz. semisweet or bittersweet chocolate (ditto)
½ cup water
1⅓ cups sugar
½ pound unsalted butter (2 sticks) at room temperature, cut into small pieces
5 extra-large eggs at room temperature

Preheat the oven to 350° with a rack in the center of the oven. Butter a 9-inch cake pan (not a springform) and place a circle of parchment or wax paper over the bottom, covering it completely. Butter the paper. (**Note:** Use a normal (thin) metal cake pan, not a thick glass or ceramic pan. Otherwise the cake won't cook from the bottom.)

Chop both the chocolates into fine pieces and set them aside. (**Note:** If you like your cake extra bittersweet, use 8 oz. unsweetened chocolate and 4 oz. semisweet or bittersweet chocolate.) Combine the water with one cup of the sugar in a heavy 1½ quart saucepan. Bring to a rapid boil and cook about 2 minutes over medium heat. Remove the saucepan from the heat and immediately add the chocolate pieces. Stir until they are completely melted. Then add the butter, piece by piece, stirring to melt it completely. (**Note:** If the sugar syrup-chocolate mix is very thick, you may melt the butter before stirring it in.)

Place the eggs and the remaining ⅓ cup sugar into a mixing bowl. For a cake with a crunchy crust, beat the eggs and sugar with an electric mixer until they have tripled in volume. For a smooth top, beat the eggs and sugar only until the sugar dissolves.

Add the chocolate/butter mixture to the eggs and mix to incorporate completely. Do not overmix; this causes bubbles. Pour the batter into the prepared cake pan. (**Note:** The pan will be fairly full. This is all right; the cake doesn't rise much.) Place the pan into a slightly larger pan or a sturdy jelly-roll pan. Set both in the oven and pour hot water into the outer pan. Bake for 25 minutes, or until the cake is almost set. (It will still be a little jiggly in the center.) Remove the cake pan from the water bath, let cool in the pan for 10 minutes, and then run a sharp knife around the sides to release the cake. Cover with plastic wrap and unmold onto a plate. Remove the parchment or wax paper from the bottom of the cake. Invert a serving plate over the cake and flip it over, so the cake is on the serving plate with the top of the cake facing up. Remove the plastic wrap and chill well before serving.

Serve each slice on a bed of raspberry sauce and top with whipped cream; or top with your favorite chocolate glaze or Cocoa Fudge icing or Chocolate Buttercream (see the chocolate icing recipes in this cookbook); or serve with white chocolate sauce (see the white icing recipes in this cookbook). Serves 12-16 -- a little goes a long way!

Note: For a smaller cake: Use 4 oz. bitter chocolate, 3 oz. semisweet or bittersweet chocolate, a scant ⅓ cup of water, ¾ cup plus 1 Tbs. white sugar (save ¼ cup of this to

beat with the eggs), 1 stick plus a scant 2 Tbs. unsalted butter, and 3 extra-large eggs. Follow the directions above and bake in a 7" round cake pan. Serves 7-10.

COCOA FUDGE CARROT CAKE

2¼ cups unbleached white flour
1 tsp. cinnamon
1 tsp. baking soda
1 tsp. salt
1 cup unsweetened powdered cocoa (use a good cocoa, like Scharffen-Berger, or a Dutch-processed cocoa.)
3 eggs
1 cup brown sugar
1¼ cups white sugar
1⅓ cups oil
2 cups grated carrots, packed
1 cup crushed pineapple packed in unsweetened pineapple juice (1 8-oz. can)
1 cup shredded coconut
1 tsp. vanilla
¼ cup orange juice

Preheat the oven to 325°. Sift together the flour, cinnamon, baking soda, salt, and cocoa; set aside. Beat the eggs until foamy; add the brown and white sugars and beat well. Add the oil and beat well to emulsify. Add the carrots, pineapple, coconut, vanilla, and orange juice, and beat well. Stir in the dry ingredients, mixing just enough to incorporate.

Pour the batter into a well greased and floured Bundt pan and bake for 1 to 1¼ hours, or until the center of the cake springs back when touched lightly. Cool the cake in the pan for 15-20 minutes and invert on a cake plate to remove the pan. Cool completely and ice with a chocolate glaze or Cocoa Fudge icing (see the chocolate icing recipes in this cookbook); or serve with white chocolate sauce (see the white icing recipes in this cookbook); or dust with powdered sugar and serve with sweetened whipped cream. Serves 12-16.

Note: You can also bake this cake in a 9 x 13" oblong pan, or two or three 9" round layers. Reduce the baking time accordingly (45-50 minutes for the oblong, 35-40 minutes for the layers).

I adapted this recipe from my classic carrot cake recipe. It makes an incredibly moist, slightly fruity-flavored chocolate cake.

CHOCOLATE CHESTNUT TORTE/SQUARES

18 oz. semisweet chocolate (if you're feeling *really* extravagant, use Scharffen-Berger chocolate)
1 cup sugar
½ cup brandy
6 Tbs. unsalted butter (¾ stick)
3 egg yolks
5 eggs
⅓ cup heavy cream
2 Tbs. cornstarch
2 15-oz. cans chestnut puree

Melt together over low heat or hot water the chocolate, brandy, sugar, and butter. Partially cool. In a large mixing bowl, beat together the eggs, yolks, cream, and cornstarch for 3 minutes. Add the chestnut puree and beat well. Add the chocolate mixture and beat until smooth. (You will have to do the final beating in batches in a food processor to get rid of all the chestnut puree lumps.)

For a torte: Bake in a buttered 10" springform pan at 300° for 1 hour and 15 minutes. Cover the pan with foil and bake another 30 minutes. *For squares:* Bake in a buttered 9 x 13" oblong pan at 300° for 1 hour (or up to 15 minutes more if the center is still jiggly). Turn off the oven and leave the pan in for another ½ hour. *For both torte and squares:* Cool in the pan ½ hour, then turn out on a plate and finish cooling completely. Ice with Chocolate Buttercream icing (see the chocolate icing recipes in this cookbook), either plain (flavored with vanilla) or mocha (flavored with coffee). Refrigerate. Cut into small wedges (the torte) or squares. Serves 12-16.

GERMAN CHOCOLATE CAKE

1 recipe Grandmother Applegate's chocolate cake (see recipe in this cookbook)
1½ cups heavy cream
¾ cup each white and brown sugar
¾ cup (1½ sticks) butter
4 egg yolks, lightly beaten
1 tsp. vanilla
1½ cups each shredded coconut and chopped nuts (pecans or walnuts)
1 recipe eclaire icing, or ½ recipe cocoa fudge icing (see recipes in this cookbook)

Bake the cake in two 9" cake pans and cool it. Combine the cream, sugars, butter, egg yolks, and vanilla in a heavy saucepan and cook over medium heat, stirring constantly, for a few minutes after it comes to the boil. Stir in the coconut and chopped nuts. Cool at least half an hour.

Put one cake layer on a cake plate and spread half the coconut-nut filling over it. Top with the other layer and spread the rest of the filling on top. Ice the sides of the cake with the chocolate icing. If you like, press more finely chopped nuts into the chocolate icing.
Serves 10-12.

GERMAN-CHOCOLATE-TOPPED UPSIDE DOWN CAKE

Topping:

¼ cup butter (½ stick), plus extra butter for the cake pan

½ cup dark brown sugar, packed

½ cup each of shredded coconut and chopped pecans or walnuts

½ cup semisweet or milk chocolate chips

1 recipe yellow cake (see the “English Trifle” recipe in this cookbook)

Preheat the oven to 350°. Butter the bottom and sides of a 9" round cake pan. In a saucepan, melt the ¼ cup butter. Remove from heat and stir in the brown sugar. Add the rest of the topping ingredients and stir in. Spread evenly in the cake pan.

Prepare the yellow cake batter according to the recipe. Spoon the batter evenly over the nut-chocolate mixture. Bake 25-30 minutes, or until the cake bounces back when touched lightly in the center. Cool in the pan 5 minutes and turn out (upside down) on a serving plate. Scrape out any topping that sticks to the pan and apply it evenly to the cake. Cool before serving. Serve with ice cream or sweetened whipped cream. Serves 6-8.

HOT FUDGE PUDDING

1 cup white flour

2 tsp. baking powder

¼ tsp. salt

¾ cup white sugar

1½ Tbs. powdered cocoa (use a good cocoa, like Scharffen-Berger, or a Dutch-processed cocoa)

½ cup milk

1 tsp. vanilla extract

¼ cup melted butter (½ stick)

1 cup chopped walnuts (optional)

1 cup brown sugar

¼ cup powdered cocoa

¼ tsp. cinnamon (optional)

1¾ cups boiling water

Preheat the oven to 350°. Sift together the flour, baking powder, salt, white sugar, and 1½ Tbs. cocoa. Stir in the milk, vanilla, and melted butter, mixing until smooth. Stir in the chopped walnuts. Pour into a well-greased ceramic (glass, porcelain, stoneware, pottery) baking dish.

Combine the brown sugar with the ¼ cup cocoa and the cinnamon. Pour over the batter. Pour the boiling water over everything. Bake 45 minutes. Amazing things happen when this dish bakes! The final product is a layer of rich chocolate (nut) cake baked over a layer

of chocolate custard sauce. Serve warm or chilled, topped with sweetened whipped cream.
Serves 6-8.

CHOCOLATE CAKE (HERSHEY'S PRIZE-WINNING RECIPE)

½ cup butter
2 cups white sugar
1 tsp. vanilla
2 eggs
1¾ cups milk
¾ cup powdered unsweetened cocoa (use a good cocoa, like Scharffen-Berger, or Dutch-processed cocoa)
1¾ cups unsifted flour
¾ tsp. each baking powder and baking soda

Preheat the oven to 350°. Generously grease and flour two 9-inch round cake pans or one 9x13" cake pan. Combine the dry ingredients and set aside. Cream the butter, sugar, and vanilla together until they are light and fluffy. Add the eggs, one at a time, and beat well. Add the milk alternately with the dry ingredients, beating until just blended in.

Pour into prepared cake pans. Bake for 30 to 35 minutes (round layers) or 40 to 45 minutes (rectangular pan), or until the cake bounces back when lightly touched in the center. Cool the round layers for 10 minutes and remove from pans. Finish cooling completely, then assemble and ice the layer cake with cocoa fudge icing (see the chocolate icing recipes in this cookbook) or your favorite icing. Cool the rectangular cake completely and ice.

COCOA CREAM CAKE

Chocolate cake, baked according to recipe above
2 cups heavy whipping cream, very cold, whipping bowl and beaters well chilled
¼ cup powdered sugar
1 tsp. vanilla
2 tsp. gelatin, softened in 2 Tbs. warm water and microwaved just till it dissolves.
1 recipe of cocoa fudge icing (see the chocolate icing recipes in this cookbook).

Make the chocolate cake in two 9-inch layers. (**Note:** You may use other chocolate cake recipes, although the ultra-dense ones, like Amaretto Mud Cake, probably won't work too well. Try it with the cocoa fudge carrot cake!) Cool completely and split both layers in half crosswise. Whip the cream until foamy, then add the powdered sugar and vanilla and whip until fairly stiff. Pour in the dissolved gelatin (directly over the beaters, while beating) and beat a few seconds more. **Note:** The gelatin will keep the whipped cream from collapsing after a few hours.

Put the bottom half of one layer on a cake plate and top evenly with a third of the whipped cream. Add the top half of that layer and spread on another third of the whipped cream. Add the bottom half of the second layer and top with the rest of the whipped cream. Add the last half-layer of cake and chill well, until the cream is set. Ice the top and sides with

chocolate icing. Serve chilled. Slice with a thin, sharp knife, sawing gently so as not to squeeze out the whipped cream. Serves 10-12.

GRANDMOTHER APPLGATE'S CHOCOLATE CAKE

1 cup coffee (optional; may use 1 cup water)
2 oz. unsweetened chocolate
¼ cup each butter and shortening
2 cups flour
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
2 large eggs
1 cup brown sugar
1 cup white sugar
1 tsp. vanilla
¼ cup each sour cream and plain yogurt (or use ½ cup light sour cream)

Preheat the oven to 350°. Grease and flour two 9" round cake pans. Heat the coffee and melt the chocolate, butter, and shortening in it. Sift together the dry ingredients and set aside.

In a mixing bowl, beat the eggs. Add both the sugars and beat at least 5 minutes, until the mixture is satiny and forms ribbons. Beat in the melted chocolate mixture and the vanilla. Stir together the sour cream and yogurt and stir into the batter alternatively with the dry ingredients.

Divide the batter between the two cake pans and bake for 30-40 minutes, or until the cake bounces back when touched lightly in the center. Ice with your choice of chocolate or white icing or glaze. *Note:* This makes a very light chocolate cake with a wonderfully tender texture.

SIMPLE CHOCOLATE SOUFFLE

3 Tbs. milk
5 Tbs. white sugar
4 oz. semisweet chocolate, coarsely chopped (use a good chocolate, like Scharffen-Berger)
2 egg yolks
3 egg whites

Preheat the oven to 375°. Put the milk and 4 Tbs. of the sugar in a small saucepan and stir over medium-low heat until the sugar dissolves, about 45 seconds. Add the chocolate and stir until melted. Transfer to a metal or glass bowl, cool for 5 minutes, and beat in the egg yolks.

In a metal (preferably copper) or ceramic bowl -- *not* plastic -- beat the egg whites until foamy. Add the 1 Tbs. sugar and beat until stiff peaks form.

Butter a small souffle dish (6" diameter *maximum*; otherwise the souffle won't rise) and dust it lightly with sugar. Gently mix a third of the beaten egg whites into the chocolate mixture, then fold in the remaining whites. Spoon the batter into the souffle dish. Bake until puffed, about 25 minutes. Dust with powdered sugar and serve *immediately*. Serves 3-4.

CHOCOLATE MOUSSE (With thanks to Julia)

4 eggs, at room temperature
¾ cup white sugar
¼ cup strong coffee
6 oz. semisweet chocolate (use a good one like Scharffen-Berger if you can afford it)
¼ cup liqueur (Grand Marnier, Curacao, Kahlua, or Amaretto)
½ cup (1 stick) butter
A pinch each of salt and cream of tartar
1 cup heavy whipping cream
½ tsp. vanilla
2 Tbs. powdered sugar

Separate the eggs. Beat the yolks until they are pale. Melt the sugar in the coffee, heat almost to a boil, and slowly pour this into the egg yolks, beating constantly. Continue beating over warm water until the mixture forms a thick custard. Remove from heat and continue beating another 5 to 10 minutes, until the mixture is cool, expanded, thick, and very creamy.

Melt the chocolate in the liqueur over very low heat or hot water. Beat until smooth, and then beat in the butter. Fold this into the egg yolk mixture.

Beat the egg whites with the salt and cream of tartar (preferably in a copper bowl, otherwise in a metal or ceramic (glass or pottery) bowl; do *not* use a plastic bowl) until they are fairly stiff. Stir a spoonful of this into the chocolate mixture, and then fold in the rest, being careful not to deflate the egg whites. Chill well.

In a pre-chilled bowl with chilled beaters, beat the whipping cream with the vanilla and powdered sugar until it is fairly stiff. You then have some options:

1. Fold the whipped cream into the chilled mousse, to lighten it. (The mousse is very rich and very strongly chocolate.)
2. Marble the whipped cream with the mousse.
3. Layer the mousse and the whipped cream in parfait glasses.
4. Just top the mousse with the whipped cream.

Note: For a mousse charlotte, line the bottom of a mold with waxed paper, coat the sides of the mold with a little of the mousse (to act as adhesive), line the sides of the mold with ladyfingers or cookies (such as Milanos) stood upright, and fill the center of the mold with the mousse, up to the tops of the cookies. Freeze. Unmold by dipping the mold in hot water for about 10 seconds. Serve with sweetened whipped cream.

BOSTON CREAM PIE

1 recipe yellow cake (see the recipe in this cookbook, under "English trifle")
½ recipe custard (see the recipe in this cookbook, under "English trifle")
1 recipe eclair icing or ½ recipe cocoa fudge icing (see the chocolate icing recipes in this cookbook)

Bake the yellow cake in a 9" round cake pan. Let it cool completely and chill it. Using a long, sharp (preferably serrated) knife, split the cake horizontally into two layers. Place the bottom half on a cake plate and close the outside part of a 9" springform cake pan around it.

Make the custard according to the directions, halving the ingredients and using 1 egg and two egg yolks. Let it cool a little. Pour the custard over the bottom half of the cake and top with the top half of the cake. Chill well. Remove the springform pan and ice the top of the cake with the chocolate icing. Chill well and serve cold, slicing with a thin, sharp, preferably serrated knife. Serves 8-10.

CHOCOLATE GRAHAM CRACKER ECLAIRE CAKE

1 box graham crackers
1 recipe custard (see the recipe in this cookbook, under "English trifle")
1 cup heavy whipping cream, very cold, bowl and beaters well chilled
2 Tbs. powdered sugar
½ tsp. vanilla
1 tsp. powdered gelatin, softened in 1 Tbs. warm water and microwaved just enough to dissolve the gelatin
1 recipe eclair icing (see the chocolate icing recipes in this cookbook)

Make the custard according to the directions and chill well. Put the whipping cream in the chilled bowl, add the powdered sugar and vanilla, and whip until fairly stiff. Pour in the dissolved gelatin (directly over the moving beaters) and beat well. Fold the whipped cream into the chilled custard.

Butter the bottom and sides of a 9x13" cake pan. Add a layer of graham crackers, then a third of the custard cream, and continuing alternating layers until you have four layers of graham crackers and three of custard cream (end with a graham cracker layer on top).

Ice with the eclair icing. Chill well before serving. Serves 10-12.

Note: Chocoholics may prefer making this with chocolate custard. Follow the custard instructions but add between ¼ and ½ cup powdered unsweetened cocoa, depending on how intensely chocolate you want it; and up to an extra cup of sugar, depending on how

sweet you want it – start with an extra $\frac{1}{4}$ cup of sugar, taste as you're cooking the custard, and add more sugar as necessary.

CHOCOLATE ICINGS

CHOCOLATE BUTTERCREAM ICING

6 oz. semisweet chocolate (preferably Scharffen-Berger)
¼ cup water
1 cup (2 sticks) unsalted butter, softened to room temperature
3 egg yolks
3 Tbs. maple syrup
1¹/₃ cup powdered sugar
Flavoring, depending on the cake: A dash of vanilla, almond, orange, peppermint, or cherry extract, or 1-2 tsp. instant coffee.

Melt together the chocolate, coffee (if used), and water. Cool almost to room temperature - not until it's hardened, but until it's cool enough not to melt the butter. Add the rest of the ingredients and beat well. Ice the cake or chocolate chestnut squares. Refrigerate before cutting.

COCOA FUDGE ICING

3 Tbs. each butter and shortening
½ cup unsweetened powdered cocoa (preferably Scharffen-Berger)
3 cups sifted powdered sugar
½ cup hot scalded milk
1 tsp. vanilla

Melt the butter and shortening in a saucepan and stir in the cocoa. Scald the milk. (Heating almost to the boil in the microwave will do; but don't omit this step, or the icing won't set.) Add the hot milk, vanilla, and powdered sugar to the chocolate mixture. Place the pan in ice water and beat until the mixture cools and sets. (It will lose some of its gloss and turn paler in color.) This takes 5 or more minutes of beating, depending on how much you're making.

ECLAIRE ICING

6 Tbs. unsweetened cocoa (preferably Scharffen-Berger)
2 Tbs. each oil and light corn syrup
3 Tbs. each melted butter and milk
1 tsp. vanilla
1½ cups powdered sugar

Beat all the ingredients together. Use to ice brownies, cocoa cream cake, chocolate graham cracker eclair cake (see the recipes in this cookbook), or other cakes or cookies.

LEMON TEA BREAD

BATTER

1¼ cups flour
1 tsp. baking powder
1 tsp. salt
⅓ cup melted butter
1 cup sugar
2 eggs
Grated zest (outer colored part of the peel) of one lemon
½ cup milk

GLAZE

¼ cup sugar
Juice of one lemon (3 Tbs.)

Preheat the oven to 350°. Dissolve the ¼ cup of sugar in the lemon juice to make the glaze, and set aside to let the sugar dissolve in the lemon juice. Sift together the flour, baking powder, and salt; set aside. Beat the butter with the sugar. Add the eggs and lemon zest and beat well. Beat in the milk. Stir in the dry ingredients just until blended. Bake in a greased loaf pan for 45 to 50 minutes, or until the top is golden brown and the center of the cake springs back when touched lightly. Remove from the oven and immediately pour the glaze over the top. (You may want to pierce the top all over to help the glaze soak in.) Let cool 10 minutes and remove from the pan.

SCANDANAVIAN COLD SOUR CHERRY SOUP

4 lb. fresh sour cherries (about 8 cups pitted) and their pits
1 bottle (750 ml) Gewurtztraminer or Riesling wine
2 cups water
1½ to 3 cups sugar (depending on how sour the cherries are; start with 1½ cups)
Grated zest (colored outer part of the peel) and juice of 2 lemons (about ⅓ cup juice)
2 cinnamon sticks
½ tsp. ground nutmeg
¼ tsp. ground cloves
2 Tbs. corn starch
2 tsp. almond extract
1 cup cherry liqueur (Peter Heering or Kirsch)

Put the cherry pits in a saucepan. Add the white wine, 1½ cups of the water, sugar, lemon zest and juice, and spices. Bring to the boil and boil for 5 minutes. Turn off the heat and let steep another 5 minutes. Strain, rinse the cherry pits with ¼ cup of the remaining water, discard the cherry pits, and return all the liquid and the cinnamon sticks to the pan. Dissolve the corn starch in the remaining ¼ cup water and stir in. Add the cherries and the almond extract, bring to the boil, reduce the heat, and simmer uncovered about 10 minutes. Puree 2 to 3 cups of the cherry solids in a food processor and return them to the soup. Taste for sweetness and add more sugar if necessary. (It should still be fairly tart.) Cool to room temperature and add the cherry liqueur. Chill well before serving. Add more cherry

liqueur if you like. Serve with sweetened whipped cream or a scoop of vanilla ice cream.
Makes about 12 1-cup servings.

LINDY'S GENUINE OLD-FASHIONED NEW YORK CHEESECAKE (They say)

PASTRY

1¼ cups white flour
¼ cup sugar
1 tsp. each grated lemon and orange zest (colored outer part of the peel)
½ cup softened butter (1 stick)
1 egg yolk
A dash vanilla

Preheat the oven to 400°. In a medium bowl, mix the flour with the sugar and grated zest. Make a well in the center and add the butter, egg yolk, and vanilla. Mix with your hand until blended. Butter the sides and bottom of a 10" springform cake pan. (*Note:* Don't use a modern black-on-the-outside cake pan; it will burn the crust. Use an old-fashioned shiny -- or tarnished, for that matter -- aluminum or stainless steel pan.) Line the bottom with baking parchment and butter again. (*Note:* You can use waxed paper, but it will be a little difficult to remove from the bottom of the cake after baking.) Press or roll about half of the dough evenly over the bottom of the pan. Bake until light brown (about 10 minutes, but watch it carefully). Remove from oven and let cool.

FILLING

2½ lb. cream cheese (5 8-oz. packages)
2 tsp. each grated lemon and orange zest
½ tsp. vanilla
1¾ cup white sugar
5 whole eggs plus 2 egg yolks
3 Tbs. white flour
¼ cup heavy cream

In a large bowl, beat the cream cheese with the grated peel. Add the vanilla and sugar and beat well. Add the eggs and egg yolks, one at a time, beating after each. Add the flour and cream and beat just until blended.

Assemble the springform pan. Press the rest of the pastry dough in an even layer about 2" high around the side of the pan, being sure to seal the seam between the raw side crust and the pre-baked bottom crust.

Heat the oven to 500-525°. Pour the filling into the crust-lined pan, being careful to keep it within the crust (not overflowing to touch the pan). If the crust extends above the top of the filling, push it down gently with your fingers to form an even ridge just above the top of the filling. Bake 5 to 10 minutes, or until the top of the cake is just barely starting to

brown (the time/temperature for this may vary *considerably* with the oven). Then turn the oven down to 200° and bake the cake for another hour and 15 minutes. (I haven't tried this in a self-cleaning oven; it may not cool down fast enough.) Cool the cake completely, remove from the pan, carefully remove the baking parchment, and place the cake on a plate. Serve well-chilled with lemon sauce and whipped cream (or strawberries, blueberries, raspberries, chocolate sauce....) Serves 10-12.

LEMON SAUCE

1 whole egg and 2 egg yolks
Grated zest of 2 lemons
½ cup sugar (more if needed)
2 Tbs. corn starch
Juice of 2 to 3 lemons (about ⅓ cup)
Enough water added to the lemon juice to make 1 cup liquid
¼ cup butter (½ stick)

Mix the egg and yolks, grated zest, sugar, and corn starch in a non-aluminum pan. Blend well with a wire whisk. Add the lemon juice and water and mix well. Cook over medium heat, whisking constantly, and reducing the heat to low as the mixture starts to thicken. Taste and add more sugar if necessary. After the sauce thickens, remove it from the heat and stir in the butter. Stir it occasionally as it cools; when it has cooled to room temperature, stir until smooth and refrigerate.

Make meringue cookies with the five egg whites left over from all this! (See the recipe in this cookbook.) Or, if you mix them with five whole eggs, a little skimmed milk, and salt and pepper, they make enough light scrambled eggs to serve 3-4.

Note: For a smaller cheesecake: Use an 8" or 9" springform pan. For an 8" pan, make the crust with 1 cup flour, 6 Tbs. (¾ stick) butter, and 3 Tbs. sugar; leave the rest of the ingredients as is. For a 9" pan, follow the original crust recipe. Make the filling with:

8" pan:

1½ lb. cream cheese (3 8-oz. packages)
1½ tsp. each grated lemon, orange zest
zest
A dash of vanilla
1 cup plus 1 Tbs. white sugar
3 whole eggs plus 1 egg yoke
2 Tbs. white flour
3 Tbs. heavy cream

9" pan:

2 lb. cream cheese (4 8-oz. packages)
Scant 2 tsp. each grated lemon, orange
zest
½ tsp. vanilla
1⅓ cups plus 1 Tbs. white sugar
4 whole eggs plus 1½ egg yolks
2½ Tbs. white flour
3½ Tbs. heavy cream

Assemble and bake the cheesecake as described for the larger cake.

FRUIT PIES

CRUST (for a 9" pie)

2½ cups unbleached white flour
½ cup shortening (Crisco)
½ cup butter (1 stick), softened
1 tsp. salt
Boiling water

Note: This pie crust technique was handed down to me by my mother, from her mother, and so on back through the generations. Some hereditary witchcraft is no doubt involved, since we (and the friends and family members we've taught) are the only people on earth to make pie crust with boiling, rather than cold, water. But it works! This technique makes the flakiest pie crust ever. **Note:** Always use a ceramic pie pan (glass, porcelain, stoneware, pottery), never a metal pie pan.

Put the flour into a medium-to-large bowl. Add the shortening, butter, and salt. Cut together with two table knives or a pastry cutter until the shortening and butter lumps are the size of small peas. While cutting, stir occasionally with a table knife to be sure the flour and fat are evenly distributed. When you have finished cutting, trickle in a little boiling water and work it gently into the dough with the flat of one knife. Repeat adding the water, if necessary, using just barely enough to make the dough hold together in a ball; no more than ¼ cup total. (It should *not* be sticky.)

Working quickly (the dough gets hard to handle when it's cold), sprinkle flour on one sheet of waxed paper. Form a little over half the dough into a ball, flatten it, put it on the waxed paper, flatten it further into an even circle, sprinkle more flour on the dough, and cover with another sheet of waxed paper. Roll into a round crust a few inches larger than the pie pan. (Work with your rolling pin from the center outward in all directions. Also work across the edges to even the shape and seal any cracks that form.) Remove the top sheet of waxed paper, invert the crust into the pie pan, carefully remove the other sheet of waxed paper, and gently ease the crust into the pan, lifting it down the edges so that it doesn't stretch too much. Patch where necessary and trim the edges.

Repeat this process with the rest of the dough and the trimmings from the first crust, up to where you've rolled out the crust and removed the first sheet of waxed paper. (Make the top crust slightly smaller than the bottom.) Fill the pie pan with your fruit filling (see the next page). Brush a little water on the outside edge of the bottom crust. Invert the top crust and center it on the pie, remove the other sheet of waxed paper, and carefully press the edges of the top and bottom crusts together. Trim the edges. Make a fluted edge or press all around the edge of the crust with the tines of a fork, if desired. Cut half a dozen air vents in the top crust, to let steam escape. Brush a light coat of melted butter on the top crust (*not* the edges), and sprinkle it lightly with white sugar and ground cinnamon.

FRUIT FILLING

5 to 6 cups of apple slices (Granny Smith, Jonathan, Pippin, Winesap, other tart crisp apples; *not* Delicious or Romes); or 4 to 5 cups peach slices, pitted fresh sour cherries, blueberries, blackberries, other compact fruit

¾ cup sugar (most fruits), or 1 to 1½ cups sugar (sour cherries or extra-sour other fruit).

(*Note:* I like to use about half brown and half white sugar.)

1½ Tbs. white flour (A little more for berries or very juicy fruits;

1½ Tbs. corn starch a little less for rather dry fruits)

1 to 1½ tsp. ground cinnamon

½ to 1 tsp. ground nutmeg (essential for apple pie, optional for other fruits)

1 to 2 Tbs. lemon juice (if the fruit isn't tart enough)

Preheat the oven to 425°. Toss all the ingredients together; use to fill a two-crust 9" pie. (Apple slices should be mounded up fairly high in the pan; they shrink while cooking. The other fruits should be mounded up only slightly.) Bake at 425° for 10 minutes; turn the oven down to 375° and bake another 45-50 minutes, or until the pie is nicely browned and bubbling. (*Note:* After the pie has baked about ½ hour, place a sheet of aluminum foil on a separate rack below the pie to catch the drippings.) Cool at least 1 hour before serving. Serves 6-8.

Note: I leave my apples and peaches unpeeled; I like the texture the cooked peels add to the fruit filling, and I don't want to throw away the vitamins. Suit yourself on that one.

APPLE CRISP

TOPPING

1 cup flour

1 cup raw oatmeal

1 cup sugar (a mix of white and brown)

¼ tsp. each allspice, cinnamon, and nutmeg

¾ cup (1½ sticks) butter, in small pieces

1 cup chopped walnuts (optional)

FILLING

6 Granny Smith apples

½ cup brown sugar

2 tsp. cinnamon

½ tsp. nutmeg

2 tsp. lemon juice

Preheat the oven to 350°. Butter a 9x13" rectangular baking dish. Mix together the dry topping ingredients (flour, oatmeal, sugar, spices) in a large bowl. Add the butter and cut in with two knives or a pastry cutter until the butter is finely divided. Blend until the mixture just begins to come together, being careful not to overmix. Stir in the walnuts

Peel (optional), core, and slice the apples. Toss the filling ingredients together in a large bowl. Spoon the filling into the baking dish and sprinkle the topping mixture over the fruit. Bake for 45 to 60 minutes, or until the apples are tender and bubbling and the

topping is browned and crisp. Serve warm with a scoop of vanilla ice cream or sweetened whipped cream. Serves 6 to 8.

LEMON MERINGUE PIE

Preheat the oven to 400°. Following the technique described under "Fruit pies," make a single pie crust, using 1¼ cups flour, 4 Tbs. (¼ cup) each shortening and butter, and ½ tsp. salt. Fit/patch the crust carefully into a 9" pie pan, easing it down the sides of the pan. (If you stretch the crust, it will shrink while baking.) Flute the edge, and prick the bottom and sides of the crust all over with a fork to let steam and trapped air escape. Bake the crust for 15-20 minutes, or until it's a light golden brown. Check after 5 minutes and prick any bubbles with a fork. Cool the crust a little before filling.

LEMON FILLING

½ cup fresh-squeezed lemon juice, preferably Meyer lemons (about 3 large lemons)
Grated zest of 3 large (preferably Meyer) lemons
3 egg yolks
5 Tbs. cornstarch (¼ cup plus 1 Tbs.)
¾ cup sugar, or more if needed (taste and add more while cooking)
1¼ cups water
¼ cup butter (½ stick)

Combine the lemon zest and juice, egg yolks, cornstarch, and sugar in a medium non-aluminum saucepan. Mix well with a whisk. Add the water and mix well. Cook over medium heat, whisking constantly and turning the heat down as the mixture starts to thicken. Taste and add more sugar if needed. When the filling is thickened and translucent, remove the pan from the heat and add the butter, whisking until it is melted. Pour the filling into the baked pie crust. (**Note:** The filling should be fairly thick. If it seems too runny, whisk in more cornstarch dissolved in a little water and bring back to the boil before removing from the heat and stirring in the butter.)

(**Note:** This makes a great cake filling, too. Reduce the water by ¼ cup.)

MERINGUE

3 egg whites
¼ tsp. cream of tartar
¼ cup white sugar

Turn the oven down to 350°. Put the room-temperature egg whites into a copper (preferably), stainless steel, or ceramic (glass, porcelain, stoneware, pottery) bowl. (**Note:** Do *not* use a plastic bowl. Also, the bowl must be absolutely clean and grease-free. The slightest trace of egg yolk or other fat will prevent the whites from whipping up.) Beat with an electric mixer at low speed until the whites are frothy; add the cream of tartar and 2 Tbs. sugar, increase the speed to high, and beat until soft peaks form. Gradually add the rest of the sugar and beat until the sugar is dissolved and firm peaks form. (Do *not* overbeat; the whites should still be smooth and glossy.) Spread the meringue carefully over the hot lemon filling, being sure to seal it to the edge of the crust all around. Bake 15

minutes, or until a light golden brown. Cool to room temperature and refrigerate until completely chilled. Serves 6-8.

MINCE PIE

GREEN TOMATO MINCEMEAT

1½ pints apples (Granny Smith, Jonathan, Pippin, Winesap, other tart crisp apples),
chopped
1 pint chopped green tomatoes
2 tsp. cinnamon
1 tsp. each salt, allspice, nutmeg, ginger, and ground cloves
1 cup brown sugar
1 to 2 cups white sugar (to taste; depending on apples' tartness)
1 lb. raisins
¼ cup apple cider vinegar
¼ cup finely chopped beef suet (traditional, but optional); or use ¼ cup (½ stick) butter
Finely grated zest (colored outer part of peel) of 2 lemons
½ cup brandy

Combine all ingredients except the brandy (starting with 1 cup of the white sugar) in a heavy saucepan, bring to a rapid boil, and simmer uncovered over medium-high heat, stirring frequently (especially toward the end), for 30 to 45 minutes, until the mixture has darkened in color and thickened somewhat. (It will thicken more as it cools.) Taste for sweetness about halfway through and add up to 1 more cup of white sugar. Cool slightly and stir in the brandy.

Store in sterilized jars, tightly capped, in the refrigerator; or freeze in tightly-covered containers. Keeps indefinitely.

MINCE PIE

Following the technique described under "Fruit pies," make enough crust for a two-crust pie. Mix about 3 cups mincemeat with 1 cup chopped walnuts and 2 Tbs. flour. Fill the bottom crust with this mixture. Top with the top crust and continue with the technique in "Fruit pies." Bake at 425° for 10 minutes, then turn down to 375° and continue baking 45-50 minutes, or until the crust is nicely browned and the filling is bubbling.

Serve warm or at room temperature. Serves 6-8.

APPLE-MINCE PIE

For a tasty alternative, put just 1½ cups mincemeat, mixed with 1 Tbs. flour and (optionally) ½ cup chopped walnuts, into the pie shell. Make half a recipe of apple pie filling (see above, under "Fruit pies – Fruit filling"). Spread this over the mincemeat, top with the top crust, and finish and bake as before.

SPICED PECAN OR WALNUT PIE

Preheat the oven to 400°. Following the technique described under "Fruit pies," make a single pie crust, using 1¼ cups flour, 4 Tbs. (¼ cup) each shortening and butter, and ½ tsp. salt. Fit/patch the crust carefully into a deep-dish 9" pie pan, easing it down the sides of the pan and being sure not to leave any air bubbles under the crust. (If you stretch the crust, it will shrink while baking.) Flute the edge. Pre-bake the crust for about 5 minutes, remove from the oven, and cool a bit.

FILLING

½ cup each light and dark corn syrup
¾ cup brown sugar
¼ tsp. salt
¼ tsp. cinnamon
⅛ tsp. each of ground ginger, cloves, nutmeg, and allspice
½ cup (1 stick) butter
1 cup pecan or walnut pieces
3 eggs, slightly beaten
1 tsp. vanilla extract
½ to ¾ cup pecan or walnut halves (the top layer)
1 Tbs. melted butter

In a heavy saucepan, combine the corn syrups, sugar, salt, spices, ½ cup butter, and the cup of pecan or walnut pieces. Bring to the boil over medium heat, stirring constantly. Remove from the heat and cool for 15 minutes. In a separate bowl, beat the eggs and vanilla together. Pour in about ½ cup of the warm sugar mixture, whisking constantly, then stir the egg mixture into the rest of the sugar mixture.

Pour the filling into the chilled pie crust. Top the filling with a layer of the nut halves, arranged in concentric circles starting from the outside. Push them lightly into the filling and brush the 1 Tbs. melted butter lightly over the top.

Bake at 400° for 10 minutes, reduce the oven temperature to 325°, and bake another 30 to 40 minutes, until the pie is set at the edges and has started to puff in the middle. (It will not be completely set.) Remove from the oven and cool to room temperature (the pie will finish setting while it cools). Chill before serving, or serve at room-temperature or warmed in the oven (*not* the microwave), Serve with sweetened whipped cream or vanilla ice cream. Serves 8.

Variations: For chocolate pecan or walnut pie, add ¼ cup powdered unsweetened cocoa and an extra ¼ cup brown sugar to the filling. Or, sprinkle ½ cup semi-sweet chocolate chips over the bottom of the crust before pouring in the filling. For bourbon or Kahlua

walnut or pecan pie, reduce the dark corn syrup to $\frac{1}{4}$ cup and stir in $\frac{1}{4}$ cup of bourbon or Kahlua liqueur. Or, combine the Kahlua with the chocolate!

CANDIED WALNUT APPLE PIE

FILLING

3 large or 4 medium apples (Granny Smith, Winesap, Macintosh, other tart crisp apples)
4 oz. cream cheese
 $\frac{1}{3}$ cup sour cream
 $\frac{1}{2}$ cup sugar
1 Tbs. white flour
 $\frac{1}{4}$ tsp. salt
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. nutmeg
1 tsp. vanilla

TOPPING

$\frac{1}{2}$ cup chopped walnuts
2 Tbs. white flour
3 Tbs. dark brown sugar
3 Tbs. white sugar
1 tsp. cinnamon
4 Tbs. butter ($\frac{1}{2}$ stick)

Preheat the oven to 400°. Following the technique described under "Fruit pies," make a single pie crust, using $1\frac{1}{4}$ cups flour, 4 Tbs. ($\frac{1}{4}$ cup) each shortening and butter, and $\frac{1}{2}$ tsp. salt. Fit/patch the crust carefully into a deep-dish 9" pie pan, easing it down the sides of the pan and being sure not to leave any air bubbles under the crust. (If you stretch the crust, it will shrink while baking.) Flute the edge. Pre-bake the crust for about 5 minutes, remove from the oven, and cool somewhat.

Peel the apples or not, depending on your preference, and slice them. Cream the cheese and sour cream with the sugar. Stir in the flour, salt, cinnamon, nutmeg, and vanilla. Fold in the apples. Fill the crust. Bake at 400° for 10 minutes, reduce the heat to 350°, and bake 40 minutes.

Combine topping ingredients until crumbly. Spoon over the pie. Bake at 350° for 10 minutes more. Serve warm.

LIQUEUR PIE

CRUST

3 cups fine chocolate wafer crumbs
½ cup white sugar
½ cup butter (½ stick), melted

FILLING

1 envelope unflavored gelatin
¼ cup water
6 egg yolks
¾ cup white sugar
¼ tsp. salt
⅔ cup total liqueur
1 pint heavy cream
1 Tbs. powdered sugar
1 tsp. vanilla

Preheat the oven to 450°. Make the cookie crumbs by crushing the cookies with a rolling pin and then pressing them through a sieve. Mix the crumbs with the sugar and butter. Press the mixture evenly over the bottoms and sides of two well-buttered 9" pie pans. Bake for 5 minutes and cool.

Soften the gelatin in the water; heat until the gelatin is just dissolved. In a separate bowl, beat the egg yolks well. Gradually add the sugar and beat until thick and pale (at least 5 minutes). Beat in the salt and the liqueur. Beat in the gelatin-water mix. Chill until it has slightly thickened.

In a well-chilled bowl, whip the cream with the powdered sugar and vanilla until stiff. Beat in the liqueur-egg yolk mixture and a few drops of food coloring if desired (green for grasshopper pie, red for pink squirrel pie, etc.). Pour the mix into the chocolate pie shells. Top with chocolate curls, slivered almonds, or other desired decorations. Chill until firm. Makes two 9" pies.

The mixture may also be poured over a layer of baked shortbread in a 9x13" cake pan, chilled, and cut into squares.

Note: For grasshopper pie, use ⅓ cup each green crème de menthe and crème de cacao. For pink squirrel pie, use ⅓ cup each crème d'almond and crème de cacao. For Black Forest pie, use ⅓ cup each Peter Heering liqueur and crème de cacao. For mocha pie, use ⅓ cup each Kahlua and crème de cacao. For mandarin chocolate pie, use ⅓ cup each Grand Marnier (or Curacao) and crème de cacao. Otherwise, use your imagination!

PUMPKIN PIE

FILLING

1 15-oz can pumpkin puree (*not* sweetened pumpkin pie mix)
¾ cup brown sugar (low-sugar version: use a scant ¾ cup Splenda and 2 Tbs light molasses)
3 eggs
1¼ cups half-and-half (low-fat version: use evaporated 2% milk)
1½ tsp cinnamon
½ tsp each ginger, nutmeg, allspice, cloves, salt

CRUST

Preheat the oven to 400°. Following the technique described under "Fruit pies," make a single pie crust, using 1¼ cups flour, 4 Tbs. (¼ cup) each shortening and butter, and ½ tsp. salt. Fit/patch the crust carefully into a deep-dish 9" pie pan, easing it down the sides of the pan and being sure not to leave any air bubbles under the crust. (If you stretch the crust, it will shrink while baking.) Flute the edge. Pre-bake the crust for about 10 minutes, remove from the oven, and cool a bit.

PIE

Combine all the pie filling ingredients in a bowl and beat well. Fill the partially-pre-baked crust and bake at 350° for 50-60 minutes, or until the pie is set and evenly raised and the crust is golden brown.

Cool. Serve well chilled with sweetened whipped cream. (*Note:* Try sweetening the cream with brown sugar and adding a little cinnamon. Or, serve the pie with cinnamon ice cream.)

BAKLAVA

¾ lb. clarified butter
4 cups finely chopped walnuts
2 cups finely chopped pecans
¾ cup white sugar
1 Tbs. ground cinnamon
About ¾ to 1 lb. Filo pastry leaves (available frozen anywhere or fresh from the Shaharazad Bakery at 1586 Noriega Street, San Francisco; I strongly recommend the fresh)

SYRUP

2 cups white sugar
1 cup water
3 Tbs. lemon juice
1 4-inch stick of cinnamon
2 Tbs. honey

To clarify the butter, melt it in a heavy saucepan over low heat without letting it brown. Skim off the foam as it rises to the surface. Remove the pan from the heat, let it rest a few minutes, and spoon off the clear butter, or strain it through cheesecloth. Discard the milky solids at the bottom of the pan.

Preheat the oven to 325°. Combine the chopped nuts with the sugar and cinnamon. Cut the 12x16" sheets of filo pastry in half. Spread a thin coat of the clarified butter on the bottom of an 8x12" baking pan and put in one layer of filo pastry. Continue layering the filo, spreading as thin as possible a layer of the melted clarified butter over each sheet, until you have 10 layers of filo. Sprinkle about 1 cup of the nut mixture evenly over this and drizzle on a little of the melted butter. Top with another 4 filo-butter layers, sprinkle on another 1 cup of the nut mixture, and drizzle on a little more melted butter. Repeat four more times, until you have six layers of the nut mixture. Top with another 10 layers of the filo. (40 layers of filo pastry altogether.)

Cutting about ½ inch deep, cut a series of parallel lines about 1½" apart along the length of the pan. Cross them with diagonal cuts of the same width, to form diamond shapes. (Or just cut into 1½" squares.) Bake for 30 minutes, reduce the oven temperature to 300°, and bake another 45 minutes, or until the top is crisp and golden brown.

When the baklava has almost finished baking, make the syrup. Combine the sugar, water, lemon juice, and cinnamon stick in a saucepan and, stirring constantly, cook over medium heat until the sugar dissolves. Increase the heat to high and cook, uncovered, for about 5 minutes. Remove from the heat and stir in the honey. Remove the cinnamon stick just before pouring the syrup.

When the baklava is baked, remove it from the oven and cut the pieces all the way to the bottom of the pan. Pour the hot syrup over the hot baklava. Cool completely and remove

the pieces carefully. Makes about 30 pieces.

ZUCCHINI LEMON CAKE

2¾ cups cake flour
1 tsp. salt
1 tsp. baking soda
¾ tsp. baking powder
¾ cup butter (1½ sticks)
1⅔ cups sugar
3 eggs
Grated zest (colored outer part of the peel) of 3 lemons
Juice of 1 lemon (about ¼ cup)
1 tsp. lemon extract
2 cups (packed) grated unpeeled zucchini
1 tsp. vanilla

Preheat the oven to 325°. Grease and flour the baking pan(s). Sift together the flour, salt, baking soda, and baking powder. Set aside. In a mixing bowl, cream the butter with the sugar. Add the eggs one at a time, beating well after each. Beat in the lemon zest, lemon juice, lemon extract, zucchini, and vanilla. Stir the dry ingredients lightly into the zucchini mixture, just until they are incorporated. Pour the batter into greased pan(s) and bake until the cake top bounces back when pressed lightly – 35-45 minutes for 4 small loaf pans, 40-55 minutes for 2 large loaf pans or a 9x13” sheet pan, or 1 to 1¼ hours for a Bundt pan.

Cool in the pans for ½ hour. Turn out onto cooling racks, cookie sheet, or cake plate (depending on pans used) and finish cooling. Ice with lemon cream cheese icing (see the white icing recipes in this cookbook.) Let the iced cakes sit for several hours, until the icing has crusted over, before wrapping or covering the cakes. *Note:* This cake is best if covered and allowed to sit for a day or so at room temperature.

ZUCCHINI ORANGE GINGER CAKE

Make the cake according to the recipe above, substituting ⅓ cup orange juice, 4 Tbs. grated orange zest, and 1 tsp. orange extract for the lemon juice, lemon zest, and lemon extract. Add 1 Tbs. peeled, grated fresh ginger root. Bake as above. Ice with orange cream cheese icing (see the white icing recipes in this cookbook).

LEMON POPPY SEED CAKE

Make the cake according to the recipe above, omitting the grated zucchini and adding 2 Tbs. poppy seeds and ¾ cup buttermilk, and lightly mixing in the buttermilk alternately with the dry ingredients. Bake as above. Serve warm without icing; or cool and dust with powdered sugar; or ice with lemon cream cheese icing (see the white icing recipes in this cookbook).

FROZEN LEMON MOUSSE

MOUSSE

8 egg yolks
1¼ cups white sugar
⅔ cup fresh-squeezed lemon juice, preferably Meyer lemons (about 4-5 lemons)
Grated zest of 4-5 large (preferably Meyer) lemons
1 cup heavy cream, well chilled
5 egg whites
¼ tsp. cream of tartar

TOPPING

1 cup heavy cream, well chilled
3 Tbs. powdered sugar
½ tsp. vanilla
3 to 4 cups sweetened fresh or thawed blackberries

Put the egg yolks and sugar into a non-aluminum saucepan and beat for at least 5 minutes, or until they are smooth and pale in color. Add the lemon juice and zest and beat until mixed. Cook over medium heat, whisking constantly, and turning the heat down to very low as the mixture starts to thicken. (Don't let it boil!) When the mixture has thickened to a mayonnaise-like consistency, remove from the heat, continue whisking for a minute or so, let cool and chill thoroughly.

Whip the first cup of cream until it is fairly stiff and fold it into the lemon mixture. In a clean metal (preferably copper) or ceramic (glass, porcelain, stoneware, pottery – *not* plastic) bowl, beat the egg whites with the cream of tartar until they are stiff but still smooth and glossy. Fold the egg whites into the lemon-cream mixture, making the final product fairly smooth.

Pour the mixture into a pre-chilled bowl or mold. Freeze at least 5 to 6 hours.

At serving time, whip the second cup of cream with the powdered sugar and vanilla until it is fairly stiff. Serve the lemon mousse with about ⅓ cup of the blackberries and a good dollop of the sweetened whipped cream. Serves 10-12. **Note:** If the mousse is frozen hard, you may want to let it soften in the refrigerator for an hour before serving.

Note: In this and other lemon dessert recipes, I give separate instructions for Meyer lemons. I have a Meyer lemon tree in my back yard, so for me they're easy to find. For others, especially Minnesotans and east-coasters, they will be difficult to come by. But if you ever have a chance to buy them, *do it* and use them in one of these recipes. Their taste, and especially their aroma, is indescribably wonderful. **Hint:** If you are lucky enough to get a lot of them, you can zest them, squeeze them, and freeze the zest and juice mixed together.

BEST EVER, RICH AND TART LEMON CURD

3 whole eggs plus 3 egg yolks (*low-cal version*: use 5 whole eggs, or 4 whole extra-large eggs))
Grated zest of 3 large (preferably Meyer) lemons
Scant $\frac{3}{4}$ cup sugar (or more if it's too tart) (*low-cal version*: use Splenda; start with $\frac{1}{2}$ cup)
 $\frac{1}{2}$ cup fresh-squeezed lemon juice, preferably Meyer lemons (about 3 large lemons)
 $\frac{1}{4}$ cup butter ($\frac{1}{2}$ stick) (*low-cal version*: omit butter)

In a medium-sized heavy non-aluminum saucepan, beat the eggs and egg yolks, lemon zest, and sugar together thoroughly with an electric mixer. Add the lemon juice and mix well. Cook over medium heat, whisking constantly, and turning the heat down to very low as the mixture starts to thicken. (Don't let it boil!) When the mixture has thickened to a mayonnaise-like consistency, remove from the heat and beat in the butter, in three or four pieces, whisking constantly until the butter is melted and incorporated. Cool the lemon curd to room temperature, whisking a few times. Optionally, strain through a medium-mesh sieve to remove the lemon zest (which makes for a rather chewy product). Chill in the refrigerator several hours. Whisk once more until it is smooth and store in the refrigerator in a covered jar.

This recipe makes about 2 cups of lemon curd. It will keep in the refrigerator up to a month. It's wonderful on toast, English muffins, scones, or croissants; or just in spoonfuls out of the jar. The ultimate treat is a lemon curd tart: Fill a pre-cooked pie crust with a half-inch (or deeper) layer of lemon curd, top with sweetened fresh fruit (blackberries, raspberries, or sliced strawberries) and whipped cream.

Note: If you are using small Meyer lemons, increase the number of lemons to 4, or however many it takes to get at least $\frac{1}{2}$ cup juice, using the zest from all the lemons. Reduce the sugar to $\frac{1}{2}$ cup to start with. Taste while cooking and add more sugar if it is too tart.

STRAWBERRY SHORTCAKE

1 recipe of biscuits (see the recipe in this cookbook), made with 3 Tbs. white sugar
3 pints fresh strawberries
 $\frac{1}{2}$ cup white sugar (more or less, depending on how tart the strawberries are)
 $1\frac{1}{2}$ cups whipping cream, chilled very cold
3 Tbs. powdered sugar
1 tsp. vanilla
Optional toppings: Vanilla ice cream, lemon curd (see the recipe in this cookbook)

Hull the strawberries and slice them. Toss them gently with the sugar and refrigerate them for at least 1 hour, until the sugar has drawn the strawberry juices and dissolved to form a syrup. Whip the cream in a chilled bowl with the powdered sugar and vanilla just before serving.

Bake the biscuits according to the recipe. Split each warm biscuit in two. Top each bottom half with ice cream and/or lemon curd, a generous portion of strawberries, and whipped cream. Lay the top half of each biscuit on top at an angle. Serves 10.

CARROT CAKE

2¼ cups unbleached white flour
2 tsp. cinnamon
½ tsp. nutmeg
1 tsp. ginger
¼ tsp. ground cloves
¼ tsp. ground allspice
1 tsp. baking soda
1 tsp. salt
3 eggs
1 cup each dark brown and white sugar
1¼ cup oil
2 cups grated carrots, packed (about 3 large carrots)
1 cup crushed pineapple in unsweetened pineapple juice (1 small can)
1 cup shredded coconut (optional)
1 tsp. vanilla
1 cup each raisins and chopped walnuts

Preheat the oven to 325°. Sift together the flour, spices, soda, and salt; set aside. Beat the eggs until foamy; add the brown and white sugars and beat well. Add the oil and beat well to emulsify. Add the carrots, pineapple, coconut, and vanilla, and beat well. Stir in the dry ingredients, mixing just enough to incorporate. Stir in the raisins and walnuts.

Pour the batter into a well-greased and floured Bundt pan and bake for 1¼ hours, or until the cake springs back when touched lightly. Cool the cake in the pan for 15-20 minutes and invert on a cake plate to remove the pan. Cool completely and ice with classic cream cheese icing (see the white icing recipes in this cookbook). Let the cake sit for several hours, until the icing has crusted over, before wrapping or covering the cake. Serve at room temperature. Serves 12-16. **Note:** This cake is best if covered and allowed to sit for a day or so at room temperature.

WHITE FRUITCAKE

1 cup each sliced almonds and pecan halves
1 cup golden raisins
1 cup candied cherries, pieces cut in half
1 cup candied pineapple, pieces cut in half
1 cup dried apricots, diced
4 cups white flour, sifted
1½ cups (3 sticks) butter
2 cups white sugar
6 eggs, separated
½ cup cognac
¼ cup sherry

1 tsp. cream of tartar

Preheat the oven to 275°. Generously butter a 9” springform pan. Line the bottom with parchment paper or waxed paper and butter the paper. Combine the fruits and nuts in a mixing bowl, sift ½ cup flour over the mixture, and toss to coat the fruit and nuts.

In a separate bowl, cream the butter, gradually add the sugar, and cream until light and fluffy. Add the egg yolks one at a time, beating well. Add the cognac and sherry alternately with the remaining 3½ cups of flour, blending well. Fold in the fruit-nut mixture.

In a very clean metal (preferably copper) or ceramic (glass, porcelain, stoneware, pottery – *not* plastic) bowl, beat the egg whites until they form stiff peaks, adding the cream of tartar part way through beating. Fold the egg whites thoroughly into the cake batter. Spoon the batter into the prepared pan and bake for 1½ to 2 hours, or until the cake bounces back when touched lightly in the center. Let stand at room temperature for at least 1 hour. Sprinkle with some additional cognac. Remove from pan and cool completely. Ice the top of the cake with marzipan icing and drizzle vanilla glaze over the top of the icing and the sides of the cake. (See the white icing recipes in this cookbook.) After the glaze has set, wrap the cake in foil or store in an airtight container. Serves 16.

ARBORIO RICE PUDDING

1 quart milk (low-fat version: 2% or 1% milk)
1 cup arborio rice (Italian risotto rice)
½ tsp. salt
Fresh-grated zest (colored outer part of the skin) of 2 lemons
⅓ cup each white and dark brown sugar
1 cinnamon stick
1 tsp. fresh-ground nutmeg
1 tsp. vanilla extract, or 1 vanilla bean, split in half lengthwise
2 Tbs. butter (low-fat version: Omit butter)
1 cup raisins, currants, or your choice of chopped dried fruit (optional)
Extra ground cinnamon and nutmeg

Place the milk, rice, salt, lemon zest, both sugars, cinammon stick, nutmeg, and vanilla into a heavy non-aluminum saucepan. Bring to the boil, reduce the heat to low, and cook, stirring occasionally, for 20 to 30 minutes, or until the rice has cooked completely and is no longer *al dente*. Stir in the butter until it is melted and incorporated. (**Note:** The pudding will still be very runny at this point. It will thicken on cooling.) Turn off the heat, stir in the dried fruit, cover, and let sit until it cools to room temperature. Remove the cinnamon stick (and vanilla bean, if you used one) and stir again. Spoon into serving dishes and sprinkle the tops lightly with ground cinnamon and nutmeg. Chill well before serving. Serves 5-6.

Note: For a lower-sugar version, omit the white sugar and stir an equivalent amount of artificial sweetener into the cooked and cooled pudding.

ENGLISH TRIFLE A LA NANCY

YELLOW CAKE

1½ cups white flour
1¼ tsp. baking powder
½ tsp. Salt
⅓ cup (about 6 Tbs.) butter, softened
1 cup minus 2 Tbs. sugar
1 large egg
1 tsp. vanilla
½ cup plus 2 Tbs. milk

Preheat the oven to 350°. Sift together the flour, baking powder, and salt; set aside. Beat the butter and sugar together until soft and fluffy (at least 5 minutes with an electric mixer). Add the eggs and vanilla, and beat well. Mix in the dry ingredients alternately with the milk, beating lightly.

Grease and flour an 8" or 9" round pan. Pour in the cake batter and bake for 35 to 40 minutes, or until the center of the cake springs back when touched lightly. (*Note:* See the Amaretto Mud Cake recipe for a description of how to insulate the sides of the cake pan for an even-rising cake.)

CUSTARD

3 egg yolks
2 eggs
6 Tbs. corn starch
1 cup sugar
Grated zest (outer colored part of the peel) of 2 lemons
3 cups skim milk
1 cup light cream
3 Tbs. salted butter

Beat together the eggs and yolks, corn starch, sugar, and grated zest. Stir in the milk and cream. Cook over medium heat, whisking constantly, and reducing the heat to low as the mixture starts to thicken. After the custard thickens, remove it from the heat and add the butter, whisking until it is melted and incorporated.

ASSEMBLING THE TRIFLE

3 cups fresh or frozen unsweetened raspberries, thawed, tossed with ½ cup white sugar
3 cups fresh or frozen unsweetened peach slices, thawed, tossed with ½ cup white sugar
⅓ cup peach Schnapps liqueur
⅓ cup Chambourg (raspberry) liqueur
2 cups heavy cream, whipped with ¼ cup powdered sugar and 1 tsp. vanilla

Put the peach slices and raspberries into separate bowls; thaw them (if necessary) and sugar them. Wait until the sugar has dissolved and syrup formed. Drain the syrup from both fruits into a third bowl and combine with the liqueurs. Make the custard and cool it some, but not until it is cold and set.

Bake the cake. When the cake has cooled enough to handle (about 15 minutes), remove it from the pan and cut it with a long, sharp, (preferably) serrated knife into two even layers horizontally. Place the bottom half layer into a large serving bowl or traditional clear glass trifle bowl, cut side up. Pour half the syrup-liqueur mix evenly over the cake and let it soak in a few minutes. Pour on half the custard and top evenly with the peach slices. Add the top cake layer, cut side up, pour the rest of the syrup mix evenly over the cake, and let it soak in. Pour on the rest of the custard and top with the raspberries. Put the bowl in the refrigerator and chill at least several hours. Top with the sweetened whipped cream just before serving. Serves 10-12.

Note: If you want smaller trifles, mix the raspberries and peaches together, and make two trifles with one layer each of cake, syrup mix, custard, fruit mix, and half the whipped cream.

OLD-FASHIONED COCONUT CAKE WITH LEMON FILLING

Double recipe of yellow cake (see the recipe in “English Trifle”)
Single recipe of lemon filling (see the recipe in “Lemon Meringue Pie”)
Single recipe of white silk icing (see the white icing recipes in this cookbook)
1 cup sweetened shredded coconut

Make the cake according to directions and bake it in a 9” round springform pan. (The double recipe will require at least 1 hour to bake.) Cool in the pan for 10 minutes and turn out on a cake rack to cool completely. Using a long, sharp (preferably serrated) knife, cut the cake horizontally into three even layers.

Make the lemon filling with just one cup water, and let it cool a little. Place the bottom layer of the cake on a cake plate, spread half the lemon filling carefully and evenly over it, top with the middle layer of cake, spread with the other half of the lemon filling, and top with the top layer of cake. Refrigerate until the lemon filling is set. (**Note:** If you prefer, you may use lemon curd for the filling. See the recipe in this cookbook.) Ice with white silk icing. Pat the coconut evenly over the top and sides of the cake. Serves 10 to 12.

WHITE ICINGS

LEMON CREAM CHEESE ICING

4 oz. cream cheese
¼ cup butter (½ stick)
Juice of one lemon
3 cups powdered sugar
1 tsp. vanilla

Beat the softened cream cheese and butter with the other ingredients, adding more lemon juice if necessary to get a fairly soft icing.

ORANGE CREAM CHEESE ICING

Make the cream cheese icing as described above, using orange juice (preferably fresh-squeezed) instead of lemon juice. Start with ¼ cup orange juice and add more if needed.

CLASSIC CREAM CHEESE ICING

1 8-oz. package cream cheese
¼ cup butter (½ stick)
1 lb. powdered sugar (about 3½ cups)
2 tsp. vanilla

Beat all the ingredients together well. (The icing will seem stiff at first but will soften on beating.)

WHITE SILK ICING

¼ cup each shortening and butter
2½ Tbs. flour
¼ tsp. salt
½ cup milk
3 cups sifted powdered sugar
½ tsp. vanilla

Melt the shortening and butter in a saucepan. Remove from the heat and blend in the flour and salt. Stir in the milk slowly. Bring to the boil and boil 1 minute, stirring constantly. Remove from the heat, put the pan in ice water, and beat in the powdered sugar and vanilla. Keep beating until the icing is cooled and set.

MARZIPAN ICING

1 cup (8 oz.) almond paste
½ cup powdered sugar
¼ cup (½ stick) butter, room temperature, cut into pieces
¼ cup (4 Tbs.) whipping cream

Combine all the ingredients and mix thoroughly until smooth and of spreading consistency. Start with 3 Tbs. cream and add more if necessary.

VANILLA GLAZE

4 cups powdered sugar
¼ cup cold water
1 tsp. vanilla

Combine 1 cup of the powdered sugar with the water in a saucepan and cook over medium-low heat, skimming several times, until the syrup forms threads when a little is dropped from the spoon (220°). Stir in the rest of the powdered sugar to make a creamy consistency (it should not be thick). Stir in the vanilla. Remove from heat and set the pan over hot water. Continue stirring until the glaze is lukewarm and pourable.

WHITE CHOCOLATE SAUCE

9 oz. white chocolate
1 cup heavy cream
½ cup liqueur (Kahlua, Grand Marnier, Sabra, Frangelico, Drambuie, etc.)

Cut the white chocolate into small pieces. Scald the cream. Remove from the heat and stir in the chocolate. If the milk solids don't dissolve, process in a food processor. Add the liqueur and stir until smooth.

CHAMPAGNE PUNCH

4 cups apricot nectar
3 cups apple cider
4 oz. frozen orange juice concentrate, thawed
2 cups club soda or seltzer water
2 bottles champagne

Have all the ingredients well chilled. Combine the first three ingredients; mix well. Combine in a chilled punch bowl with the club soda and champagne, and stir gently. Add decorative ice (frozen in a mold, or with strawberries, or whatever). Serves 12-16.

Note: You may use 2½ cups of fresh-squeezed orange juice, well chilled, instead of the orange juice concentrate and club soda/seltzer water.

MILK PUNCH

1 cup sugar
1 cup brandy
1 cup whiskey or bourbon
1 cup rum
9 cups milk
1 pint vanilla ice cream, in small scoops
grated nutmeg

Combine the first four ingredients; mix well and let sit until the sugar dissolves completely. Chill. Combine in a chilled punch bowl with the cold milk, float the ice cream scoops on top, and sprinkle with grated nutmeg. Serves 12-16. *Note:* Makes a very tasty lower-fat substitute for eggnog.

WASSAIL

1 quart tart apple cider
1 orange, peeled and sliced
Brown sugar to taste (start with ½ cup)
3 whole cinnamon sticks
6 each whole cloves and allspice
½ tsp. each ground nutmeg and ginger
1 bottle red wine
1 bottle dry sherry or Madeira
1 cup brandy

Heat the cider with the orange, brown sugar, and spices. Simmer gently 10-15 minutes. Add the red wine and sherry. Heat again almost to the boil and add the brandy. Serve hot. Serves 12-16.

HOT BUTTERED RUM

FLAVORING MIX (enough for about 15 drinks)

1 cup dark brown sugar, packed
8 Tbs. butter (one stick), softened
1 tsp. ground cinnamon
1 tsp. ground (preferably fresh-grated) nutmeg
½ tsp. ground allspice
½ tsp. ground cloves

Mix all ingredients well. Refrigerate any unused portion.

For each drink, mix in a pre-heated coffee mug (or pewter tankard, if you want to be *really* authentic):

1 to 1½ Tbs. flavoring mix (depending on how sweet you want it)
1½ oz. dark rum
½ cup boiling apple cider
Twist of lemon peel

Stir well. Grate some extra nutmeg over the top if you like. Enjoy on a cold winter night in front of a crackling fire.

ALMOND TOFFEE BRICKLE

40 Saltine crackers
1 cup (2 sticks) butter
1 cup packed brown sugar
1 12 oz. bag of semi-sweet chocolate, milk chocolate, or butterscotch chips
½ cup finely chopped almonds

Preheat the oven to 400°. Cover the bottom and sides of a cookie sheet with aluminum foil. Arrange the crackers on the foil in a rectangle of 8 by 5 crackers (do not overlap).

Melt the butter in a heavy saucepan. Add the brown sugar and bring to a full rolling boil. Boil *exactly* three minutes, stirring. Pour the syrup immediately over the crackers, spreading it evenly with the back of a spoon. Bake for *exactly* five minutes.

Remove from the oven and sprinkle the chocolate chips over the toffee. Let them melt for a few minutes and spread them evenly with the back of a spoon. Sprinkle on the chopped almonds and press in gently.

Refrigerate at least two hours. Peel the foil from the back of the crackers and break the toffee into pieces. Store in the refrigerator in a plastic container.

ALMOND CRUNCH

1 cup (2 sticks) butter
⅓ cup honey
1 cup white sugar
⅓ cup heavy cream
4 cups almonds, slivered or sliced
1 12 oz. bag of semi-sweet chocolate, milk chocolate, or butterscotch chips

Combine the butter, honey, sugar, and cream in a heavy saucepan. Bring to the boil and boil for one minute over medium heat. Add the almonds.

Line the bottom and sides of a 9x13" cake pan with aluminum foil. Butter the foil. Pour the candy-and-nut mix into the pan and spread evenly. Bake at 375°F for 20 to 25 minutes, or until the candy is well browned (but not burned). Remove from the oven and pour the chocolate chips over the top. Give them a minute or so to melt and then spread the chocolate evenly with the back of a spoon.

Cool completely in the pan, then remove and peel off the foil. Break into serving-sized pieces.

THE ULTIMATE FUDGE

CHOCOLATE FUDGE

- 1 cup whole milk
- 3 ounces (3 squares) unsweetened baking chocolate
- 3 cups white sugar
- ½ cup (1 stick) butter
- 1 Tbs. vanilla extract
- Optional additions:
 - 1 cup chopped walnuts or pecans
 - 1 cup shredded coconut
 - 1 cup raisins
 - 1 cup walnut or pecan halves

Put the milk, chocolate, and sugar into a heavy saucepan. Heat over medium heat, stirring gently, until the mixture comes to a boil. Let boil for about 4 minutes more, stirring a few times and washing down the side of the pan with a wet pastry brush to eliminate any remaining sugar crystals.

Begin testing for doneness. You need to cook the candy to the soft-ball stage (238° on a candy thermometer). To test, drop a half-teaspoon or so of the syrup into a bowl of cold water. After a second or two, reach into the bowl and form the syrup into a ball. If the ball remains together, soft but with a slightly firm edge to it (*not* hard -- you've gone too far!), and doesn't dissolve, the syrup is done.

Remove the pan from the heat and add the butter and vanilla. (Just drop them in very gently; don't stir.) Cool the fudge almost to room temperature *without moving or vibrating the pan at all*. This is vital; the least disturbance can cause the fudge to crystallize, and you'll end up with chocolate sand.

Beat the almost-cooled fudge with an electric mixer until it loses its gloss and turns a bit paler in color. Stir in the chopped nuts, coconut, or raisins. Pour into a well-buttered 8" square pan, let it finish cooling, and cut into squares. You may top each square with a walnut or pecan half, if you haven't added anything else to the fudge.

VANILLA FUDGE

Follow the recipe above, but omit the chocolate.

Candied fruits (red and green candied cherries, yellow candied pineapple) make colorful and tasty additions to vanilla fudge, along with nuts.

PRALINE FUDGE

Follow the recipe above, but omit the chocolate and substitute either dark or light brown sugar, or a mix, for the white sugar.

Chopped pecans are a traditional addition to praline fudge.

THE ULTIMATE CARAMEL

1 cup (2 sticks) butter
2¼ cups brown sugar
¼ tsp. salt
1 cup light corn syrup
1 can (15 oz.) sweetened condensed milk
1 tsp. vanilla

Melt the butter in a heavy three-quart saucepan. Add the brown sugar and salt. Stir in the corn syrup; mix well. Gradually add the sweetened condensed milk, stirring constantly. Cook, stirring, over medium heat until the candy reaches the soft-ball to firm-ball stage (235-245°F on a candy thermometer), depending on how hard you want the candy.

Remove from the heat and stir in the vanilla. Butter a 9x9" pan, line with waxed paper, and butter again. Pour in the candy. Cool to room temperature. Cut into squares and wrap in waxed candy wrappers.

Note: For homemade turtles: Pour the slightly cooled candy onto buttered waxed paper in individual patties, each about 1 inch across. Top each with a large pecan half, cool, and dip into melted milk or dark chocolate.

Note: For the ultimate caramel apple, dip Granny Smith apples into hot caramel and then chill them.

TRADITIONAL CHOCOLATE TRUFFLES

6 oz. very good bittersweet chocolate
2 egg yolks
2 Tbs. heavy cream
2 Tbs. brandy, rum, Amaretto, or other liqueur
4 Tbs. (½ stick) sweet butter

Melt the chocolate in a double boiler. Whisk in the egg yolks and heavy cream. Beat with a wooden spoon until it's cool enough to handle. Add the liquor. Using a wooden spoon, beat the butter in, 1 Tbs. at a time. (The chocolate must not be hot enough to melt the butter.)

Chill well. Roll the chocolate into smaller-than-walnut-sized balls, dipping your hands into ice water occasionally (and drying them afterward) so that the chocolate doesn't melt. Roll the balls into powdered unsweetened cocoa, preferably Dutch cocoa, or (for sweeter variations) into Ghirardelli ground chocolate or powdered sugar. Refrigerate or freeze.

GHIRARDELLI CHOCOLATE TRUFFLES

⅓ cup unsalted butter
1⅓ cups Ghirardelli ground chocolate
¼ cup cream
1 Tbs. rum or flavored liqueur of choice

In a non-metal dish or pan, melt the butter, stir in the ground chocolate and cream, and microwave for 2 minutes at medium. Add the rum or liqueur and stir until very smooth. Chill well. Form into smaller-than-walnut-sized balls, dipping your hands into ice water occasionally (and drying them afterward) so that the chocolate doesn't melt. Roll the balls into powdered unsweetened cocoa, preferably Dutch cocoa, or (for sweeter variations) into Ghirardelli ground chocolate or powdered sugar. Chill and age at least overnight. Refrigerate or freeze. Makes about 20 truffles.

NO-SUGAR CHOCOLATE TRUFFLES

2 cups half-and-half
4 egg yolks
1 tsp. vanilla extract
1 tsp. rum extract
2 cups sugar-equivalent of Splenda (sucralose sweetener)
2 cups unsweetened powdered cocoa (the best you can get – I use Scharffen Berger)
Additional aspartame/Nutrasweet/Equal sweetener to taste

1 stick (½ cup) unsalted butter, softened

In a heavy saucepan, combine the half-and-half, egg yolks, vanilla and rum extracts, and Splenda, and cook over medium-low heat, whisking constantly, until the custard is hot and starts to cook (coats the whisk). Remove from the heat, cool a few minutes, and whisk in the cocoa powder to make a paste. Taste for sweetness and add Nutrasweet to taste. (I use about 12 envelopes, the equivalent of another ½ cup of sugar; it should still taste a little bittersweet.) Cool to room temperature and beat in the butter with an electric mixer. (It's very important to cool the chocolate enough that the butter does not melt.) Continue beating until the mixture is very smooth.

Butter an 8" square cake pan and line it with waxed paper. Spread the chocolate mixture evenly in the pan and chill until it is cold and completely set. Dip the bottom of the pan into hot water for a few seconds to loosen the chocolate, turn the chocolate out onto a cutting board, and peel off the waxed paper. Cut into 1" squares. Store in the refrigerator and serve chilled. *Optional:* Dust the pieces lightly with more powdered cocoa.

Makes 64 1" squares of chocolate truffles, each about 40 calories and very low-carb. *Note:* This makes fairly generous pieces. You can use a 9" square cake pan and cut the candy into 81 1" squares at about 30 calories each.

ROSCOFF'S HOT FUDGE SAUCE

8 oz. best-quality dark chocolate, chopped
7 Tbs. softened butter
½ cup white sugar
½ cup heavy cream
¼ cup hot water
1 tsp. vanilla

Combine the first 5 ingredients in the top of a double boiler. Heat over simmering water at medium-low heat, stirring with a wooden spoon, for about 5 minutes. Remove from heat and stir in the vanilla. Serve warm over ice cream. Reheat in a microwave or double boiler.

SCHRAFFT'S STRINGY CARAMEL AND HOT FUDGE SAUCES

CARAMEL SAUCE

$\frac{2}{3}$ cup each white and dark brown sugars
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ cup white corn syrup
 $\frac{1}{3}$ cup hot water
 $\frac{1}{2}$ cup heavy cream
 $\frac{1}{3}$ cup milk, plus more if needed

In a heavy saucepan, blend the two sugars and the salt. Measure the corn syrup into the pan; then rinse its cup with the $\frac{1}{3}$ cup hot water and add it to the pan. Bring to the boil, swirling pan by its handle; remove from heat, and swirl and stir until the sugars are completely dissolved. (*Very important, to prevent the syrup from crystallizing later.*) Set over high heat, cover the pan, and boil for 2 to 3 minutes, or until the bubbles are thick and syrupy. Uncover the pan and continue to boil the syrup until it reaches the hard-crack stage (290°). (**Note:** Test the syrup at various stages by dribbling a little into ice water and forming the dribbles into balls with your fingers.)

Remove from heat and let cool several minutes, until it stops bubbling. Then, in a thin stream, dribble in and blend the $\frac{1}{2}$ cup of cream. Bring to the boil again and continue boiling, uncovered, to the very-hard-ball stage (260°). Remove from heat, let cool until the bubbling has stopped, and dribble and blend in the $\frac{1}{3}$ cup of milk. Bring to a rolling boil, uncovered, for 3 to 4 seconds, and remove from heat. Stir occasionally as it cools; it should be a smooth, heavy syrup.

Store in the refrigerator. To serve, warm in a saucepan until it liquifies. If it is too thick, thin it with a little more milk. Makes about $1\frac{2}{3}$ cups.

HOT FUDGE SAUCE

1 cup of the caramel sauce
3 Tbs. butter
 $\frac{1}{4}$ cup unsweetened cocoa
3 Tbs. milk
2 tsp. vanilla

Combine the caramel sauce with 2 Tbs. of the butter and cook to the firm-ball stage (245°). Remove from heat and let cool until it stops bubbling. Mix the cocoa with the milk until it is very smooth and blend the mix into the caramel sauce. Bring to a full rolling boil for 3 to 4 seconds. Remove from the heat and beat in the vanilla and the last Tbs. of butter. Store and serve like the caramel sauce. If it is too thick on re-heating, thin with a little milk. Makes about $1\frac{1}{3}$ cups.

SPICED NUTS

¼ cup water
1 cup white sugar
½ tsp. ground cinnamon
¼ tsp. each ground cloves, allspice, nutmeg, and ginger
1 tsp. grated orange zest (outer colored part of the peel)
3½ to 4 cups nuts (walnuts, pecans, almonds, hazlenuts, Brazil nuts -- mix what you like)

In a heavy frying pan, heat the water, sugar, spices, and orange zest together over high heat for a few minutes, until the mixture foams and the sugar has cooked to the soft-ball stage. (See the fudge recipe for how to test for this.) Add all the nuts and stir them around the pan very quickly for a minute or so, until they are all evenly coated. Dump out on a greased cookie sheet and immediately separate the nuts using two forks.

Store in an airtight container in a cool, dry place. Makes a wonderful holiday gift.

FRUIT PRESERVES

8 cups sweet fruit (whole strawberries, raspberries, blueberries; sliced peaches), *or*
6 cups sour fruit (fresh sour cherries, pitted)
4 cups sugar
¼ cup lemon juice
1 2-oz. box fruit pectin for low-sugar jams and preserves
Paraffin for sealing

Combine the fruit, sugar, lemon juice, and pectin in a large pot. Bring to a boil and cook about 10 minutes, stirring frequently. Skim off the foamy skum that forms while the fruit is boiling. While the preserves are cooking, sterilize the jars and their lids by immersing in water and boiling for 10 minutes.

Spoon the preserves carefully into the sterilized jars, being careful not to spill any around the edges. (A canning funnel will help.) Let the preserves and jars cool. Put the paraffin into a small saucepan and melt over a very low flame, watching it the whole time to be sure it doesn't smoke or catch fire. Pour a thin layer of the melted paraffin over the preserves in each jar and let it set. Pour another layer over the first and let that set. The total paraffin layer should be at least ¼ inch thick.

Store the preserves in a cool place. They will keep a year or more in the refrigerator.

Note: If you want jam rather than whole-fruit preserves, remove the fruit solids after the mix has cooked and pulse them in a food processor to chop them. Return the chopped fruit to the mix and spoon the jam into the sterilized jars. Or, chop the fruit before you start cooking the jam.