

Your Dish Is Granted



RECIPES FROM THE
TBI & SCI GRANTS



JERRY WRIGHT
and the
STAFF *of the*
TBI & SCI GRANTS

*Your Dish
Is Granted*

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bigsquid design

YOUR DISH IS GRANTED
Jerry Wright and the Staff of the TBI & SCI Grants
bigsquid design *Publishers*

YOUR DISH IS GRANTED. CopyWright © 2000. Most rights reserved. On busy nights reservations are essential, but on slow nights sometimes we can sneak you in. It all depends on who you know, you know? Anyway, go ahead and freely copy whatever you want. I think a good deal of the recipes may have fallen off of the back of a truck.

FIRST EDITION
Designed by Jerry Wright
bigsquid design
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ACKNOWLEDGMENTS

THIS cookbook would not have been possible without the help of the TBI & SCI Grants staff, both current and past, who contributed most of the recipes. So, thank you Pat Bennet (O'Hare), Debra Burdsall, Tamara Bushnik, Debbie Cottingham (Cook), Jeffrey Englander, Mary Lou Gustafson, Karyl Hall, John Hatten, Laura Jamison, Dan Mayclin, Mark Olson, Rich Patterson, Mary Ann Reilly, Sherri Rogers, Joycelyn Russo, Mego Tracy, Valarie Viramontes, Peter Werner, and Janie Whiteford.

You couldn't ask to know a better group of people.

Hmmm. We should also acknowledge all of the people who *originally* created some of these recipes. When the call went out for recipes, I instructed those interested to beg, borrow, or steal the best recipes they could find. I don't know which ones are begged and which ones stolen, and I don't want to know. So, if you see a recipe here that's yours, please take it as a high compliment. Someone liked your recipe enough to include it here.

Mark Olson and Mary Lou Gustafson offered to proofread, so please attribute all of the mistakes to them. Just kidding.

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PREFACE

THE Traumatic Brain Injury (TBI) and Spinal Cord Injury (SCI) Grants at Santa Clara Valley Medical Center are a special set of projects and programs to help people affected by these serious conditions. Funded through the National Institute on Disability and Rehabilitation Research, the Grants do a combination of research, community programs, and clinical enhancements. It is serious work. But also good work. In the 20-plus years the Grants have been in existence they have been responsible for numerous publications and model programs that have significantly improved the lives of people affected by TBI and SCI. The Grants also attract special people to come and work on these projects. I've gotten to know, and shared quite a few meals with these people.

I've been wanting to put together a TBI and SCI Grants cookbook for a long time. Ten years of potlucks, birthdays, going-away-parties, showers, graduations, and holiday parties can do that to a guy. Yes, I've seen a lot of Grant food. I can also say that I ate a lot of Grant food, or at least my share...

And food is important. At one point, Jeff DiMarco told me that I should start to incorporate food questions in to my interview screen for new employees. "If you were to go to a potluck, what dish would you bring? Are there any special dishes that you are known for?" I don't think he ever forgave me when I didn't hire an applicant that had published her own cookbook.

Potlucks have never been the same after Mego left, but I still use a lot of her recipes (which are included here). And yes, Karyl, we will invite you for the next all-dessert potluck.

The collection that follows was collected from present and past Grant staff in a non-systematic matter. If I happened to see or talk to someone I would pester them for recipes. This went on until I had enough for this book.

You can still send me recipes, though...

APPETIZERS & SNACKS

SMOKED OYSTER PUFFS

Tamara Bushnik

CHEX MIX

Sherri Rogers

BAKED PITA CHIPS

Mark Olson

CHUNKY ARTICHOKE SALSA

Mark Olson

MARKO'S FAMOUS GREEN STUFF -GUACAMOLE

Mark Olson

STUFFED ZUCCHINI

Jerry Wright

SMOKED OYSTER PUFFS

8 ounces cream cheese
6 tablespoons milk
¼ cup onion, minced
½ teaspoon Worcestershire sauce
1 clove garlic, minced
1-3¼ ounce can smoked oysters, drained and chopped
1 loaf firm white bread (can substitute round melba toast)

CREAM the cream cheese, milk, onions, Worcestershire sauce, and garlic with an electric mixer until light and fluffy. Fold in the oysters.

Cut two rounds from each slice of bread. Toast on one side and butter the other side. Spread a generous teaspoonful of mixture onto buttered side of each round.

When ready to serve, place under broiler and toast until mixture is lightly browned and puffed. Serve hot.

Makes 40-50 puffs.

This can also be made with clams or shrimp.

TAMARA BUSHNIK



Food is an important part of a balanced diet.

—Fran Lebowitz

CHEX MIX

¼ cup butter
2 tablespoons Worcestershire sauce
1¼ teaspoon salt
3 teaspoons tabasco
6 cups cereal
 cheerios
 corn chex
 rice chex
 wheat chex
1 cup peanuts
1 cup nacho cheese nips crackers

PREHEAT oven to 250°. Melt butter and seasoning in a large bowl and gradually add all the other stuff. Stir until all is coated. Bake one hour stirring every 15 minutes. Spread out on paper towels to cool.

SHERRI ROGERS

BAKED PITA CHIPS

4 pita rounds

PREHEAT oven to 400°. Stack the pita rounds. Cut rounds in half. Cut each half into eight triangles. Arrange pita triangles in a single layer on a cookie sheet or baking stone. Bake 8-10 minutes or until lightly browned and crisp.

Yield: 64 pita chips.

MARK OLSON

CHUNKY ARTICHOKE SALSA

1 jar (6.5 ounces) marinated artichoke hearts
 ¼ cup pitted ripe olives, chopped
 2 tablespoons red onion, chopped
 3 medium plum tomatoes, coarsely chopped
 1 garlic clove, pressed
 2 tablespoons fresh basil leaves, snipped
 salt and ground black pepper, to taste
 lettuce leaves

DRAIN marinade from artichokes into bowl. Chop artichokes and add to bowl with olives, onion, tomatoes, garlic, and basil. Mix gently. Season with salt and pepper. Spoon salsa into bowl lined with lettuce leaves. Surround with pita chips.

MARKO'S FAMOUS GREEN STUFF—GUACAMOLE

2 large ripe avocados
 2 cloves garlic, crushed
 2 teaspoons salt
 juice of 1 squeezed lime
 1 red pepper, diced (remove seeds for less heat)
 ½ cup fresh cilantro (leaves only, no stems)
 1 small tomato, diced
 1 green onion, diced

COMBINE ingredients.

Optional:

Add one or more teaspoon tabasco for added heat and flavor.

Add ¼ cup of your favorite salsa.

Add sour cream if the guacamole seems too spicy.

MARK OLSON

STUFFED ZUCCHINI

8 small tender zucchini
6 slices day-old bread
2 eggs, beaten
salt and pepper
½ teaspoon dry oregano
1 medium onion, chopped fine
olive oil
½ cup grated parmesan cheese
paprika

PREHEAT oven to 350°.

Wash zucchini well. Remove stem and blossom ends. Parboil zucchini for 5 minutes in salted water. (Parboiling means to partially cook. In this instance, place zucchini in boiling water.) Allow to cool slightly. Split lengthwise and scoop out the pulp.

Pour cold water over broken bread slices and squeeze dry. Mix chopped pulp with bread and eggs, salt, pepper, oregano, and onion.

Fill zucchini with the mixture. Drizzle a little olive oil over the top. Cover with parmesan cheese. Sprinkle paprika over the top.

Bake for 30 minutes, or until squash is tender, in a greased baking dish.

JERRY WRIGHT



The beginning is the most important part of the work.

—Plato

SOUP

WILD MUSHROOM SOUP
Barbara and Peter Werner

ITALIAN SAUSAGE SOUP
Mary Ann Reilly

LENTIL SOUP
Mary Lou Gustafson

CREAM OF CARROT SOUP
Mego Tracy

WINTER VICHYSOISE – LEEK SOUP
Tamara Bushnik

TOM KAH GAI – CHICKEN IN COCONUT SOUP
Deborah Cook

TURKEY BONE GUMBO
Jerry Wright

WILD MUSHROOM SOUP

- ½ ounce dried morels*
- ½ ounce dried cèpes*
- 1 cup Sercial Madeira
- 2 shallots, minced
- 1 small onion, minced
- 2 garlic cloves, minced
- 1½ sticks (¾ cup) unsalted butter
- ¾ cup cultivated mushrooms, chopped coarse
- 4 cups chicken stock or canned chicken broth
- 1 teaspoon dried thyme, crumbled
- 1 bay leaf
- 1 cup crème fraîche*
- ¾ cup (apx. 3 ounces) prosciutto, chopped
- ¾ cup cooked wild rice
- ¼ teaspoon Tabasco sauce
- ¼ teaspoon freshly grated nutmeg
- 4 scallions, sliced thin diagonally for garnish

*available at specialty stores and some supermarkets

IN a small saucepan combine the morels, the cèpes and the Madeira and bring the Madeira to a boil over moderate heat. Remove the pan from the heat and let the mushrooms soak, covered for one hour. Strain the liquid through a fine sieve (lined with a double thickness of rinsed and squeezed cheesecloth) into a bowl and set it aside.

Rinse the wild mushrooms, drain them and then chop them. In a kettle cook the shallots, the onion, and the garlic in the butter over moderately low heat, stirring until the onion is softened. Add the cultivated mushrooms and cook the mixture, covered (but stirring frequently) for five minutes.

Add the reserved mushroom liquid, the stock, the thyme, and the bay leaf and simmer the mixture (partially covered) for 30 minutes. Discard the bay leaf and in a blender pureé the mixture in batches. Transfer the pureé to the kettle, stir in the crème fraîche, the prociutto, the wild rice, the Tabasco, the nutmeg, and the wild mushrooms. Heat the soup over moderately low heat but do not let it boil.

Ladle the soup into heated bowls and garnish with the scallions. Makes about 9 cups, serving 8.

ITALIAN SAUSAGE SOUP

1½ pounds mild Italian sausage, cut into 1/2-inch lengths
2 cloves garlic, minced
2 large onions, chopped
1 (28 ounce) can pear-shaped tomatoes
3 (14 ounce) cans beef broth
1½ cup dry red wine
½ teaspoon dried oregano, crumbled
½ teaspoon dried basil leaves, crumbled
3 tablespoons chopped parsley
1 medium green pepper, chopped
2 medium zucchini, sliced 1/4-inch
3 cups (5 ounces) uncooked bow-tie macaroni
grated parmesan cheese

IN large Dutch oven, over medium heat cook sausage until lightly browned.

Drain off fat. Add garlic and onions, cook, stirring until limp. Stir in tomatoes (including liquid) breaking them into pieces. Add broth, wine, oregano, and basil. Simmer uncovered 30 minutes. Add parsley, pepper, zucchini, and macaroni. Simmer uncovered about 25 minutes or until macaroni is tender.

Pass grated cheese to sprinkle over individual servings.

MARY ANN REILLY



Before I knew its meaning, I thought the word “saucisson” so exquisite that it seemed the perfect name to give a child—until I learned it meant “sausage”! —Olivia de Havilland

LENTIL SOUP

1½ cup dried lentils
 5 slices bacon, finely chopped
 1 cup onions, chopped
 1 cup carrots, diced
 1 cup celery, diced
 1 clove garlic, chopped
 2 cups raw potatoes, diced
 1 medium-sized can tomato purée
 2 whole cloves
 2 bay leaves
 6 cups cold water
 4 cups beef broth
 1 tablespoon salt
 dash white pepper
 2 tablespoons red wine vinegar
 sliced German sausage
 thinly sliced leeks

IN a six-quart kettle sauté the bacon. Add the onion, carrots, celery, potatoes, and garlic; cook for a few minutes. Add the lentils, bay leaves, tomato puree, cloves, water, beef broth, salt and pepper. Simmer, covered, for about 1½ hours or until lentils are tender. Add vinegar, sausage and leeks. Best if made the day before it's served.

MARY LOU GUSTAFSON



Worries go down better with soup.

—*Yiddish proverb*

CREAM OF CARROT SOUP

4 carrots, peeled and chopped
1 onion, chopped
2 stalks celery with leaves, chopped
3 tablespoons butter
5 cups chicken broth
2 medium potatoes, peeled and chopped
½ cup sherry
1 cup half & half or milk

SAUTÉ carrots, onion, and celery in butter for 15 minutes. Add broth, potatoes, and sherry and simmer for 20 minutes. Purée in blender. Add 1 cup half & half or milk. Add salt and pepper to taste.

MEGO TRACY

WINTER VICHYSOISE—LEEK SOUP

4 large leeks, chopped, white only
1 small onion, chopped
¼ cup melted butter
2 large potatoes, peeled and diced (2 cups)
5 cups chicken stock (2-10 ounce tins & 2 tins water)
¼ teaspoon white pepper
salt to taste
1 cup light cream
2 ounces white wine (optional)

IN large pot, cook leeks and onion in butter until soft, ~15 minutes. Add potatoes and stock. Cook for 20-30 minutes until potatoes are soft. Add white pepper and salt. Blend in blender until very smooth. Return soup to pot; heat to boiling. Add cream and wine. Heat again but do not boil. Taste and adjust seasonings.

Serves 6.

TAMARA BUSHNIK

TOM KAH GAI—CHICKEN IN COCONUT SOUP

- 2 tablespoons vegetable oil
 - 4 garlic cloves, crushed
 - 4 tablespoons green onion, finely chopped
 - 1 stalk lemon grass, cut into 2-inch lengths*
 - 1 teaspoon ground black pepper
 - 1 teaspoon Thai red curry paste*
 - 2 green chilies, finely chopped
 - 4 kaffir lime leaves*, or add additional lime juice
 - 1 one-inch piece dried galangal (Kha)*, or substitute ginger
 - 3 cups water
 - 1 pound chicken breast, finely sliced
 - 2 tablespoons cornstarch
 - 1 can coconut milk (14 fl. ounce)*
 - 1 can straw mushrooms (15 ounce), drained*
 - ¼ cup fish sauce (Nam Pla)*
 - ½ cup fresh lime juice
 - 6 tablespoons fresh cilantro, chopped
- *available at Asian markets

IN a medium-sized pot with oil, stir-fry the garlic, green onion, lemon grass, pepper, curry paste, green chilies, kaffir leaves, and galangal for 2 minutes. Add the water and bring to a boil. Coat the sliced chicken with the cornstarch and add to the soup. Cook for four minutes. Add the coconut milk, mushrooms, fish sauce, lime juice, and simmer for 2 more minutes. Garnish with fresh coriander.

Serve with steamed white rice.

Serves 4-6.

DEBORAH COOK



Only the pure of heart can make a good soup.

—Ludwig van Beethoven

TURKEY BONE GUMBO

Turkey Broth

1 turkey carcass
3 ribs celery, cut into 4-inch pieces
2 medium onions, quartered
4 quarts water
2 teaspoons salt
1 tablespoon black peppercorns
4 bay leaves

Gumbo

$\frac{3}{4}$ cup vegetable oil
2 cups chopped onions
 $\frac{1}{2}$ cup chopped bell peppers
 $\frac{1}{2}$ cup chopped celery
1 teaspoon salt
 $\frac{1}{2}$ teaspoon cayenne
 $\frac{1}{2}$ pound smoked sausage, chopped
2 quarts turkey broth
reserved turkey meat
2 tablespoons chopped parsley
2 tablespoons chopped green onions

PLACE the carcass in a large stockpot. Add the other broth ingredients. Bring to a boil, then simmer, uncovered for 2 hours. Strain through a large fine-mesh sieve. Reserve any meat.

Combine the oil and flour in a large cast-iron pot over medium heat. Stir slowly and constantly for about 20 minutes to make a dark brown roux (the color of chocolate). A roux is the term for the cooked flour. It will be the thickening and coloring agent for this soup.

Add salt, cayenne, and vegetables to the roux. Stir until soft, about 5 minutes. Add the sausage and cook, stirring, about 5 minutes. Add the broth and bring to a boil. Simmer uncovered for about 45 minutes. Add the reserved turkey meat and cook about 10 minutes longer. Top with parsley and green onions.

Serve in soup bowls with steamed rice.

JERRY WRIGHT

SALADS

STRAWBERRY SPINACH SALAD
Mary Lou Gustafson

SPECIAL SPINACH SALAD
Mark Olson

TOP RAMEN COLE SLAW
Janie Whiteford

RED POTATO SALAD
Debbie Burdsall

MARINATED POTATO SALAD
Rich Patterson

GREEK ORZO SALAD
Jerry Wright

CAESAR SALAD
Jeffrey Englander

STRAWBERRY SPINACH SALAD

1 bag of spinach or 2 bunches chopped
2 pints of strawberries, hulled

Dressing

½ cup sugar
2 tablespoons sesame seeds
1 tablespoon poppy seeds
1½ teaspoon minced onion
¼ teaspoon Worcestershire sauce
¼ teaspoon paprika
½ cup vegetable oil
¼ cup apple cider vinegar

CLEAN spinach, if necessary. Put spinach and strawberries in serving bowl. Add dressing ingredients to blender, and mix 1-2 minutes. Dress salad just before serving.

MARY LOU GUSTAFSON

SPECIAL SPINACH SALAD

2 cleaned bunches spinach, stems removed
2 slices bacon, cooked and chopped (or Baco's)
½ cup sugar
1 teaspoon salt
1 teaspoon dry mustard
½ cup cider vinegar
1 cup salad oil
1 tablespoon onion juice (scraped or pressed)
1 teaspoon poppy seeds
1½ cup cottage cheese

ADD bacon to spinach. Combine sugar, salt, mustard, vinegar, oil, and onion juice. Combine well. Add poppy seeds and cottage cheese. Pour over spinach.

MARK OLSON

TOP RAMEN COLE SLAW

Slaw

1 head cabbage, diced

3-4 green onions, diced

1 chicken flavored Top Ramen Noodle packet, crumble uncooked noodles

sunflower seeds or slivered almonds, as many as you like

chicken slivers, to taste (optional)

Dressing

1 tablespoon sugar

½ cup oil

1 teaspoon salt

1 teaspoon Accent

½ teaspoon ground black pepper

3 tablespoons vinegar

½ to ¾ of the Top Ramen seasoning packet

Mix the cabbage, green onions, noodles, sunflower seeds, and chicken slivers in a large bowl. In a separate bowl mix together the ingredients for the dressing. Toss the cabbage with the dressing. Depending on the amount of cabbage, you may need more dressing.

JANIE WHITEFORD



My salad days, when I was green in judgment.

—William Shakespeare

RED POTATO SALAD

4 pounds small red potatoes
salt
4 slices bacon
3 large shallots, chopped
½ cup cider or red wine vinegar
¼ cup olive oil
2 teaspoons sugar
2 teaspoons dijon mustard
¼ teaspoon pepper
2 green onions, chopped

QUARTER potatoes. Add potatoes to salted water. When water boils turn to low heat. Cover and simmer 10-12 minutes. Combine vinegar, oil, sugar, pepper, and green onions. Cook bacon and drain reserving a small amount of fat. Cook shallots in bacon fat. Add to oil/vinegar mix. Pour over potatoes. Crumble in bacon and mix. May be served hot or cold.

DEBBIE BURDSALL

MARINATED POTATO SALAD

¾ pound whole tiny red potatoes
¾ cup vinaigrette or other oil and vinegar dressing
1 13¾ ounce can artichoke hearts, drained and halved
1 small green bell pepper, cut into strips
6 cherry tomatoes, halved
½ small red onion, sliced and separated into rings
¼ cup pitted black olives, halved
¼ cup fresh parsley, minced

IN covered saucepan cook potatoes in boiling salted water for 15-20 minutes or until tender. Drain well. Cut potatoes into quarters. In a large bowl, pour dressing over the potatoes. Add remaining ingredients and toss gently. Cover and chill for 4 to 24 hours, stirring occasionally.

RICH PATTERSON

GREEK ORZO SALAD

1 box (1 pound) orzo pasta
½ cup olive oil
2 lemons, juiced or ¼ cup balsamic vinegar
1 jar (7-ounce) roasted red peppers, chopped
 or 2 roasted red peppers, skinned and chopped
½ cup sun-dried tomatoes and their oil
1 cup Feta cheese, crumbled
3 tablespoons fresh rosemary, chopped or 1 tablespoon dried
½ cup pine nuts, toasted for 5 minutes
salt and pepper to taste

COOK orzo in boiling water for 10 minutes, or as per the box's instructions. Drain. Add oil and lemon juice, toss. Then add remaining ingredients and toss.

Best served at room temperature. May need additional lemon juice or vinegar.

Variations: add leftover grilled chicken, shredded or fresh basil, chopped.

JERRY WRIGHT



Reminds me of my safari in Africa. Somebody forgot the corkscrew and for several days we had to live on nothing but food and water.

—W. C. Fields

CAESAR SALAD

large wooden salad bowl that you don't use for fruit salad
 1 large head romaine, in pieces, washed and refrigerated after washing
 1 garlic clove, minced
 long squirt of anchovy paste
 1 egg, boiled 1 minute
 1 tablespoon Dijon mustard or 1 teaspoon dried mustard
 3-4 tablespoons best olive oil
 croutons or toasted pieces of leftover bread
 2-3 tablespoons parmesan cheese, grated
 fresh grated black pepper

TEAR lettuce by hand, rinse, spin and refrigerate. It must be cold.

Rub minced garlic into bowl, keep the excess in the bowl. Squirt anchovy paste, crack egg into bowl. Whisk mustard and oil into bowl until it tastes right.

When ready to serve, add lettuce from fridge, croutons and parmesan cheese and toss vigorously. Pass pepper grinder around for each to use.

JEFFREY ENGLANDER



Et tu, Brutus?

—*Julius Caesar*

VEGETABLES

SWEET AND SOUR RED CABBAGE

Jerry Wright

CHEDDAR CORN PANCAKES

Jerry Wright

PAUL'S HOME OF THE BRAVE CRANBERRY RELISH

Jerry Wright

RICE AND GREEN CHILI CASSEROLE

Valarie Viramontes

POTATOES ROMANOFF

Debbie Burdsall

SHIRLEY'S FAMOUS CHEESE ESCALLOPED POTATOES

John and Shirley Hatten

POTATO CASSEROLE

Tamara Bushnik

KADU BOURANEE—AFGHAN PUMPKINS

Jerry Wright

PUMPKIN RISSOTO

Jerry Wright

SPINACH MADELINE

Tamara Bushnik

PASTA RAPHAEL

Jeffrey Englander

SWEET AND SOUR RED CABBAGE

1 small head red cabbage
3 tablespoons bacon fat or butter
salt and freshly ground pepper
1 cup red wine
2 apples, peeled, cored, and diced
2 tablespoons brown sugar
 $\frac{1}{4}$ cup red wine vinegar
 $\frac{1}{2}$ jar red currant jelly

CUT the cabbage in quarters and slice out the core. Shred finely. Put shredded cabbage in a bowl of cold water for 15-20 minutes. Drain well.

Put bacon fat in a large saucepan over medium heat. Add cabbage and stir several minutes to coat with the fat. Add salt and pepper and then the wine.

Simmer several more minutes, then add apples, brown sugar, and wine vinegar. Simmer covered at least one hour. Add more wine, if necessary. You want most of the liquid to eventually be absorbed/evaporated. Add red currant jelly and cook for 5-10 more minutes on low heat.

JERRY WRIGHT



To eat is human, to digest divine.

—Mark Twain

CHEDDAR CORN PANCAKES

1¼ cups flour
1 tablespoon sugar
4 teaspoons baking powder
1 teaspoon salt
2 eggs
1 to 1¼ cup milk
4 tablespoons butter, melted and cooled
1 7-ounce can corn niblets, drained
butter for frying pancakes
2 cups grated cheddar cheese

Mix together flour, sugar, baking powder, and salt.

Beat eggs and 1 cup milk together. Stir in melted butter.

Combine both mixtures and add corn, stirring enough only to blend. If mixture seems too thick to pour, stir in up to ¼ cup milk.

Over medium-high heat, melt butter on a griddle or skillet. When butter begins to sizzle, pour out pancakes about 4 or 5 inches in diameter. Sprinkle each with about ¼ cup cheddar cheese. When bubbles begin to pop on the surface of the pancake, flip and cook until cheese is crusty and gold.

Makes about 16 pancakes.

JERRY WRIGHT

PAUL'S HOME OF THE BRAVE CRANBERRY RELISH

- 2 cups fresh cranberries, chopped well
- 1 small onion, grated
- ½ cup sugar
- ¾ cup sour cream
- 2 tablespoons horseradish

MIX all items well. Freeze overnight. Remove at least one hour before serving.

JERRY WRIGHT

RICE AND GREEN CHILE CASSEROLE

- 1 cup dairy sour cream
- 1 can (4 ounce) peeled and chopped green chiles drained
- 3 cups cooked rice
- ¾ pound Monterey Jack cheese cut into strips
- ½ cup shredded cheddar cheese

MIX sour cream and chiles. Layer 1 cup of rice, ½ sour cream mixture and ½ cheese strips in greased 1.5-quart casserole dish, repeat layers. Cover with remaining rice. Cook uncovered in 325° oven until bubbly, about 30 minutes. Sprinkle with cheddar cheese then return to oven until cheese melts.

VALARIE VIRAMONTES



Eat safely—use condiments.

—Vinnie Tonelli

POTATOES ROMANOFF

4 cups diced cooked potatoes
2 cups creamed cottage cheese
1 cup sour cream
¼ cup chopped green onions
1 clove garlic, minced
salt to taste
2 cups grated cheddar cheese
paprika

COMBINE cottage cheese, sour cream, onions, garlic, and salt. Stir in potatoes. Put mixture into a greased 2 quart casserole. Top with cheese and sprinkle with paprika. Bake uncovered at 350° for one hour.

DEBBIE BURDSALL

SHIRLEY'S FAMOUS CHEESE ESCALLOPED POTATOES

4-5 large baking potatoes
1-2 cans Campbell's Cream of Celery soup
1-2 onions or onion flakes
salt & pepper
2 cups of shredded cheese
1 can evaporated milk or 1 cup milk
4 pats of butter

PREHEAT oven to 350°.

Peel potatoes and slice into thin rounds. Place 1 layer of potatoes in baking/casserole dish. Add salt, pepper, and onion flakes. Spoon on ¼ to ½ can of cream of celery soup. Add shredded cheese on top.

Repeat layers to top of dish.

Dot with butter and pour milk on top.

Bake for 1 to 1½ hours.

JOHN AND SHIRLEY HATTEN

POTATO CASSEROLE

Ingredients

2 pounds frozen hash browns (1 kilogram)
1 medium onion, chopped
1 large container sour cream (500 ml)
1-19 ounce can cream of mushroom/chicken/celery soup
1 pound shredded cheddar cheese

Topping

Crushed cornflakes or Chinese fried noodles
½ cup melted butter

Mix all above ingredients (not topping). Place in greased 15x9-inch pan. Top with crushed cornflakes or Chinese fried noodles mixed with ½ cup melted butter. Bake at 350° for 30-45 minutes.

TAMARA BUSHNIK



What I say is that, if a fellow really likes potatoes, he must be a pretty decent sort of fellow.

—A. A. Milne

KADU BOURANEE—AFGHAN PUMPKINS

2 pounds fresh pumpkin or butternut squash

¼ cup corn oil

Sweet tomato sauce:

1 teaspoon crushed garlic

1 cup water

½ teaspoon salt

½ cup sugar

4 ounces tomato sauce

½ teaspoon fresh ginger, chopped fine

1 teaspoon ground coriander seeds

¼ teaspoon ground black pepper

Yogurt Sauce:

¼ teaspoon crushed garlic

¼ teaspoon salt

¾ cup plain yogurt

Garnish

dry mint leaves

PEEL the pumpkin and cut into 2-3 inch cubes; set aside. Heat oil in a large frying pan that has a lid. Fry the pumpkin on both sides for a couple of minutes until lightly browned. Mix together ingredients for the sweet tomato sauce in a bowl and then add to the pumpkin mixture in the pan. Cover and cook 20-25 minutes over low heat until the pumpkin is cooked and most of the liquid is gone. Mix together the ingredients for the yogurt sauce.

To serve: spread half the yogurt sauce on a plate and lay the pumpkin on top. Top with the remaining yogurt and any cooking juices. Sprinkle with dry mint. Good served with basmati rice (chalow) and naan or pita bread.

JERRY WRIGHT

PUMPKIN RISOTTO

1 tablespoon olive oil
1 cup finely chopped shallots or onions
generous teaspoon dried sage leaves
1½ cups arborio rice
3½ to 4 cups vegetable stock
1 pound pumpkin or butternut squash, peeled, seeded, and cut into 1-inch chunks (about 3 cups)
1 teaspoon salt
¼ cup grated Parmesan cheese or balsamic vinegar to taste
freshly ground pepper to taste
2 tablespoons parsley, minced

HEAT the oil in a heavy pot (or pressure cooker*). Cook the shallots over medium heat for 1 minute. Add the pumpkin and cook for about 10 minutes. Add the sage and rice, stirring to coat the rice with the oil. Add 1 cup of stock, stir and let the rice absorb the liquid. Continue adding stock, 1 cup at a time until the rice is tender (around 20 minutes). Stir in salt, cheese, pepper, and parsley. Remove from the heat and cover. Let stand for 3 minutes, then serve.

*Pressure cooker variation

Do not sauté the pumpkin. Add it with the stock. Instead of adding stock a little at a time, add all of the stock (3½ cups), the salt, and the pumpkin. Lock the lid in place. Cook at high pressure for 5 minutes. Release the pressure with a quick release method. If the risotto isn't creamy, stir in a bit more stock. Stir in Parmesan cheese, pepper, and parsley.

JERRY WRIGHT

SPINACH MADELINE

2- 10 ounce packages frozen chopped spinach
4 tablespoons butter
2 tablespoons flour
2 tablespoons chopped onion
1 clove garlic, finely minced
½ cup vegetable liquid from spinach
½ cup evaporated milk or light cream
ground black pepper to taste
¾ teaspoon celery seed
8 ounces jalapeno pepper cheese, grated
1 teaspoon Worcestershire sauce
cayenne pepper to taste
cornbread stuffing mix or cracker crumbs

THAW spinach over small amount of water or in microwave oven, but do not fully cook. Drain, reserving ½ cup of spinach liquid for sauce.

Melt butter in heavy saucepan over a low heat. Add flour, stirring for 2-3 minutes but do not brown. Add the onion and the garlic and cook until soft, but do not brown. Add the milk and spinach liquid, stirring to avoid lumps. Add the pepper, celery seed, cheese, Worcestershire sauce, and red pepper. Stir until the cheese is melted. Combine with the spinach.

Pour into a buttered casserole dish and cover with the cracker crumbs or dressing mix. At this point the casserole can be refrigerated. Bake at 350° until hot and bubbly, usually 15 minutes (may take longer if starting cold).

Serves 6 as a vegetable side dish.

Can be served as a hot dip.

TAMARA BUSHNIK



This would be a better place for children if parents had to eat the spinach.

—Groucho Marx

PASTA RAPHAEL

large sauté pan
 2 tablespoons good olive oil
 1 large onion or 2 medium, chopped
 4-5 cloves garlic, minced or chopped fine
 2 peppers, chopped, different colors are nice
 ½ teaspoon red pepper flakes
 fresh basil and oregano chopped fine
 ¼ cup red or white wine (optional)
 fresh tomatoes or 14 ounce can of chopped tomatoes with juice
 6 to 12 ounces marinated artichoke hearts cut into bite-size pieces
 marinade from artichoke hearts

SAUTÉ onion and garlic until transparent. Add peppers, herbs and continue to sauté. Add wine if desired. When simmering add tomatoes, simmer at least 15 minutes. Add artichoke hearts, simmer 5-10 minutes. Add marinade from hearts and simmer some more.

Serve immediately or put in the fridge and warm in a microwave or on stove while pasta is cooking.

Makes enough for 2 pounds of linguine. Keeps in fridge for 2 weeks.

(adapted from Silver Palate Cookbook)

JEFFREY ENGLANDER



Life is a combination of magic and pasta.

—Federico Fellini

SEAFOOD

PAN BARBECUED SHRIMP
Tamara Bushnik

CRYSTAL SHRIMP
Mary Lou Gustafson

SEAFOOD CASSEROLE
Rich Patterson

CALIFORNIA STREET CIOPPINO
Jerry Wright

THE TUNA CASSEROLE
Mark Olson

PAN BARBECUED SHRIMP

2 pounds large uncooked, unpeeled shrimp
1 tablespoon parsley, minced
1 stick unsalted butter
3 tablespoons olive oil
1 teaspoon paprika
1 tablespoon Worcestershire sauce
1 tablespoon lemon juice
½ lemon, thinly sliced
1 teaspoon ground red pepper
¾ teaspoon liquid smoke
½ teaspoon dried oregano
¼ teaspoon Tabasco
½ teaspoon salt
½ teaspoon ground black pepper

WASH shrimp and slit down the back so that they will be easy to peel. Traditionally, the shrimp are cooked in the barbecue sauce in the shell. Combine remaining ingredients in a saucepan; simmer for 10 minutes. Pour over shrimp and mix thoroughly. Cover and refrigerate at least 2-3 hours, stirring occasionally.

Preheat oven to 300°. Place shrimp and sauce in a shallow pan or black iron skillet. Bake shrimp, turning frequently, until they just turn pink, about 15-20 minutes. Do not overbake.

Serves 4-6.

TAMARA BUSHNIK

CRYSTAL SHRIMP

- 1 pound shrimp, salt-leeched*
- 2 tablespoons peanut oil
- 3 cloves garlic, minced
- 1 slice fresh ginger root, minced
- 4 scallions, minced
- 1 tablespoon thin soy sauce
- 1 tablespoon Shaoxing wine or dry sherry

HEAT oil in a wok. Stir-fry the shrimp quickly to coat them. Add the garlic, ginger, and scallions, and stir-fry for a moment. Then add the soy sauce and rice wine or sherry. Continue stirring until the shrimp are cooked (about two minutes). Serve immediately.

*Salt-leeching cuts through the sticky film on the outside of shelled shrimp, makes the shrimp crunchy, and gives them a glossy cast. It does not wash away flavor, but rather gives the shrimp what can only be called a cleaner taste.

Toss the shrimp in salt (use 2 teaspoons course, kosher salt per pound). Let stand about 1 minute. Rinse and drain the shrimp. Repeat the salting and draining procedure twice more. Then pat the shrimp dry with paper towels.

MARY LOU GUSTAFSON



Fish to taste right, must swim three times—in water, in butter and in wine in the stomach.
— Polish proverb

SEAFOOD CASSEROLE

3 cups cooked macaroni shells
1 can mushroom soup
1 can shrimp
1 can tuna
1 can crab
1 can water chestnuts, sliced
 $\frac{3}{4}$ cup mayonnaise
1 cup celery, chopped
2 teaspoons parsley, chopped
2 teaspoons grated onion
paprika
milk
sliced mushrooms, optional

Mix together all ingredients with just enough milk as you think. Salt and pepper to taste. Put in a casserole and bake 30 minutes at 350°.

RICH PATTERSON



A seafood diet... If you see food, eat it!

—Miss Piggy

CALIFORNIA STREET CIOPPINO

½ red onion, chopped
1 cup olive oil
½ stalk celery, chopped
1 carrot, peeled and chopped
1 tablespoon fresh fennel, chopped (optional)
1 stalk leek, chopped (white part only)
3½ cups, chopped, cooked tomatoes (canned is fine)
1 tablespoon tomato paste
3½ cups water
salt and pepper
½ teaspoon oregano
2 teaspoons fresh basil, chopped
½ teaspoon fresh thyme or ¼ teaspoon dried
4 bay leaves
dash cayenne pepper
½ pound halibut
½ pound swordfish
8 sea scallops
2 tablespoons flour
2 large dungeness crabs, cooked and cleaned
8 large shrimp, deveined
½ cup small shrimp, deveined
24 or more steamer clams
1 tablespoon garlic, minced
½ cup dry white wine
1 tablespoon parsley, chopped

IN a heavy saucepan, sauté onion in ½ cup olive oil over medium heat for 1 minute. Add celery, carrot, fennel, and leek. Cook 5 minutes more. Add tomatoes, tomato paste, water, herbs, and spices (not parsley). Simmer for 2 hours, stirring regularly.

Cut halibut and swordfish into cubes. Lightly dust fish and scallops with flour. In a large heavy skillet, sauté garlic in remaining ½ cup of olive oil over high heat for a few seconds. Add all of the seafood except for the clams. Sauté about 2 minutes or until fish and scallops have turned golden. Add wine and stir, cook for 1 minute. Add sauce and clams, cover pot. Cook for 5 minutes over low heat. Cioppino will be done when clams have opened. Sprinkle with parsley. Serve over cooked pasta or with sourdough or garlic bread.

THE TUNA CASSEROLE

1 small onion, chopped
½ cup celery, chopped
½ cup green pepper, diced
1 can cream of mushroom soup
1 cup sour cream
1 (9.25 ounce) can tuna
1 can fried onion rings
2 cups noodles, cooked
¼ teaspoon oregano
1 tablespoon parsley
¼ teaspoon garlic powder
⅛ teaspoon basil
1 cup cheese grated

BBROWN onion, celery, and bell pepper. Add to large bowl, then add soup (without water), sour cream, tuna (drained), fried onion rings, noodles, and seasonings. Put in casserole dish and sprinkle cheese on top. Bake at 350° for 30-40 minutes.

MARK OLSON



I never see any home cooking. All I get is the fancy stuff.

—Prince Philip, Duke of Edinburgh

POULTRY

40 CLOVE CHICKEN
Jerry Wright

CHICKEN YUM-YUM
Tamara Bushnik

CHICKEN PUEBLO
Pat O'Hare

ARTICHOKE CHICKEN
Mego Tracy

POACHED CHICKEN BREAST WITH ARTICHOKE HEARTS
Mary Lou Gustafson

SPICY ASIAN PASTA
Debbie Burdsall

MICROWAVE CHICKEN CACCIATORE
Rich Patterson

LIME-ROASTED CHICKEN
Debbie Burdsall

CHICKEN PAPRIKASH
Jeffrey Englander

CHICKEN SATAY WITH SPICY PEANUT SAUCE
Jerry Wright

BARBECUED TURKEY
Jerry Wright

40 CLOVE CHICKEN

3½- to 4-pound chicken, cut into serving pieces
salt and freshly ground pepper
40 cloves of garlic (about 4 heads), peeled
1 to 2 tablespoons olive oil
several sprigs of parsley and one of thyme
½ cup dry white wine
thick slices of sourdough bread, fried in olive oil, or toasted

PREHEAT the oven to 325°.

Season the pieces of chicken with salt and pepper. Check the garlic for any bad spots and trim. Heat the olive oil in a flame-proof casserole or dutch oven (use one with a lid). Brown the chicken pieces on all sides. Do this in batches, removing pieces to a dish when done.

Put the garlic cloves in the casserole and sauté them for 2-3 minutes, until they soften and begin to brown at the edges.

Remove the casserole from the heat. Return the chicken pieces. Add the parsley, thyme and white wine. Mix in casserole. Cover the casserole with foil and press on the lid. Bake for 1½ hours.

Serve the chicken with the fried crusts of bread, to be spread with the soft garlic.

JERRY WRIGHT



A nickel will get you on the subway, but garlic will get you a seat.

—old New York proverb

CHICKEN YUM-YUM

As good as the name and very easy.

- 1 8-ounce bottle Russian dressing
- 1 envelope onion soup mix
- 1 10-ounce jar pineapple or apricot jam
- ¼ teaspoon curry
- 6-8 pieces of chicken

COMBINE first four ingredients. Place chicken pieces in one layer in pan. Pour mixture over chicken.

Bake 1½ hours at 325°.

Good served over rice.

TAMARA BUSHNIK

CHICKEN PUEBLO

- 4 chicken breasts, cooked and shredded
- 2 cups cooked rice
- 1 large (32 ounce) can stewed tomatoes
- 1 small can green chiles
- 1 small can sliced olives
- 1 medium onion, chopped and sautéed
- 1 small container sour cream
- 2 cups grated cheese

LAYER rice, chicken, onions, tomatoes, chiles, olives, sour cream and cheese in a large 9x13-inch casserole. Bake at 350° for 30 minutes.

PAT O'HARE

ARTICHOKE CHICKEN

¼ cup butter
6 chicken breasts, sprinkled with salt, pepper, and paprika
¼-½ pound sliced mushrooms
14 ounce artichoke hearts
2 tablespoons flour
⅔ can chicken broth
4 tablespoons dry sherry

PUT chicken in shallow 9x13-inch pan. Sauté mushrooms in butter. Add to pan with chicken. Add artichokes to pan with chicken. In frying pan mix flour, broth and sherry. Cook until thick and bubbly. Pour sauce over chicken.

Cook covered for 30 minutes at 375°. Cook uncovered for 10 additional minutes.

MEGO TRACY



Ask your child what he wants for dinner only if he's buying.

—Fran Lebowitz

POACHED CHICKEN BREAST WITH ARTICHOKE HEARTS

1 cup chicken broth
1 can artichoke hearts (not marinated)
4 tablespoons butter
¼ cup flour
¾ cup milk
½ cup Parmesan cheese, grated
2 tablespoons sherry
½ teaspoon rosemary
¼ pound mushrooms
4 chicken breasts
salt and pepper to taste

PREHEAT oven to 325°. Poach breasts in broth in a shallow skillet until tender. Save broth. Cool, skin, and bone. Arrange chicken in a small, shallow casserole. Sauté mushrooms in ¼ cup of broth. Distribute mushrooms and artichoke heart pieces over chicken. Melt 4 tablespoons butter in skillet. Stir in flour, salt, pepper, ¾ cup chicken broth and milk. Cook until thickened. Add grated Parmesan cheese, sherry and rosemary. Pour over chicken. Bake uncovered for 30 minutes.

Serve over rice or noodles.

MARY LOU GUSTAFSON



Appetite comes with eating.

— *French proverb*

SPICY ASIAN PASTA

- 1 whole boneless, skinless chicken breast
- 2 tablespoons sesame seeds
- 3 cloves garlic
- 1 tablespoon red wine vinegar
- 1 tablespoon brown sugar
- 6 tablespoons chunky-style peanut butter
- ¼ cup soy sauce
- 1 tablespoon hot chili oil (optional)
- 1 bundle asparagus, cut into bite-size pieces (or 1/2 pound pea pods)
- dash salt
- 1 pound spaghetti
- 1 bunch scallions, chopped, including some green parts
- 1 small cucumber, peeled and diced

POACH the chicken breast in water until its cooked through. Drain the poached chicken and let it cool.

Toast the sesame seeds in a small heavy skillet over medium heat, shaking them lightly to prevent burning. Set aside.

In a food processor or blender, mince the garlic. Add the vinegar, brown sugar, peanut butter, soy sauce, and chili oil. Blend well and set aside.

Blanch the asparagus or pea pods in boiling water for a few minutes. They should still be bright green and crunchy. Rinse in cold water to stop the cooking, drain and set aside. Shred the chicken when it has cooled.

Cook the pasta in boiling, salted water until al dente. Drain and transfer to a large serving bowl. Toss the pasta with the peanut sauce, add the chicken and asparagus or pea pods, and mix well. Sprinkle the scallions, cucumber and toasted sesame seeds on top. Serve immediately or at room temperature.

Serves 4-6.

DEBBIE BURDSALL

MICROWAVE CHICKEN CACCIATORE

¼ cup cooking oil
1 broiler-fryer chicken cut in serving pieces
1 medium onion, coarsely chopped
1-2 cloves garlic, minced
1 medium green pepper, seeded and coarsely chopped
1¼ teaspoon salt
½ teaspoon pepper
1 bay leaf
1 can (16 ounce) Italian stewed tomatoes
2-3 tablespoons dry white wine
chopped parsley

POUR oil into 8-inch square glass baking dish. Cut large pieces of chicken in half. Put in baking dish and turn so that all pieces are coated with oil. Place breasts in center and surround with other pieces of chicken. Sprinkle onion and garlic on top of chicken. Cook 5-7 minutes.

In separate bowl, combine green pepper, salt, pepper, bay leaf, tomatoes, and wine. Stir and pour over chicken.

Cook uncovered for about 40-50 minutes or until chicken is fork tender.

Serve with cooked spaghetti, garnish with parsley.

RICH PATTERSON



Laughter is the brightest where the food is plentiful and the company cordial.

—Irish proverb

LIME-ROASTED CHICKEN

4 chicken breasts
salt and pepper
4 limes
2 teaspoons white wine vinegar
5 tablespoons olive oil
2 teaspoons chopped fresh basil
1 sprig fresh basil

RUB the chicken with salt and pepper, place it in an ovenproof dish and set aside. Use a lemon zester to pare away the rind from 2 limes, then cut them in half and squeeze the juice. Mix the lime juice and the rind with the wine vinegar and 4 tablespoons of the oil, pour over the chicken, cover and refrigerate for at least 4 hours, overnight if possible, basting occasionally.

Baste the chicken thoroughly, then bake in a preheated oven at 375°F for 30 minutes until tender. Meanwhile, peel and slice the remaining limes.

Heat the remaining oil and fry the lime slices and basil for one minute until beginning to soften. Arrange the chicken on a warmed serving platter with the lime slices, pour the sauce over, and garnish with the basil sprig. Serve with creamed potatoes and steamed snow peas lightly tossed in butter.

Serves four.

Vary the recipe using lemons and thyme instead of lime and basil for a sharper taste.

DEBBIE BURDSALL



Part of the secret of success in life is to eat what you like and let the food fight it out inside.
—Mark Twain

CHICKEN PAPRIKASH

This is a Hungarian dish my grandmother used to make, although she used sour cream (I prefer it without).

2 chickens cut in pieces or 8-10 legs cut into pieces,
breasts should be cut in 2 (can include neck and back)
2 tablespoons olive oil
4-8 cloves garlic, minced
1 large or two medium onions, sliced thinly
1-2 red or green peppers, julienned
4 tablespoons sweet paprika
½ teaspoon red pepper flakes (optional)
fresh or dried basil and or oregano
8 ounce package of farfel (could use orzo, but it's not as good)
¼ to ½ cup red wine
28 oz can tomatoes chopped into pieces, including juice
large Dutch oven or soup pot

THIS can be made several days ahead of time and reheated. It gets better each time you warm it up because the farfel absorbs more flavors.

Remove excess fat from the chickens, skin them if you want the lowest fat version, soak chickens in water for 15-20 minutes while preparing other ingredients.

Heat oil in the pan. When just hot, sauté garlic and onion until transparent. Drain chickens and brown with above. Add peppers, paprika, basil/oregano. When chickens are well browned, add farfel and mix everything well for 4-5 minutes. Add wine. When it simmers, add tomatoes and juice. Cook until chicken is tender.

Serves 8.

JEFFREY ENGLANDER

CHICKEN SATAY WITH SPICY PEANUT SAUCE

Chicken Satay

- 4 boneless, skinless chicken breast halves
- 1 cup coconut milk
- 3 garlic cloves, minced
- 1 tablespoon curry powder
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 teaspoon salt
- 16 bamboo skewers, soaked in water

Peanut Sauce

- 1 cup coconut milk
- 1 tablespoon red curry paste*
- 1 tablespoon satay or chili paste*
- 2 tablespoons creamy peanut butter
- 2 tablespoons sugar
- 1 tablespoon tamarind juice* or lime juice
- ½ teaspoon salt

*found in Asian markets

CUT each breast half into 3 long strips (removing the tenderloin from the underside), and place in medium bowl.

In a separate bowl add coconut milk, garlic, curry, coriander, paprika, and salt. Mix. Pour over chicken and allow to marinate in the refrigerator for at least 2 hours.

For the sauce, bring coconut milk to a boil in a sauté pan. Reduce heat to medium and whisk in curry and satay pastes. Stir in remaining ingredients. Simmer for 10 minutes until slightly thickened. Remove from heat and let sauce cool at room temperature.

Prepare grill. Thread each piece of chicken on to a skewer. Grill for 5 minutes on each side until lightly browned and cooked through. Serve chicken with a bowl of the peanut sauce. A cucumber salad makes a nice accompaniment.

JERRY WRIGHT

BARBECUED TURKEY

1 turkey (<12 pounds)
oil
lemons or limes
paprika or chili powder
salt and pepper
wood chunks or chips

I used to be intimidated by turkeys. Such a big bird. Barbecuing a turkey is a great way to cook a holiday bird. It frees up the oven, and it requires very little attention.

Wash the turkey thoroughly and pat dry. Rub on oil and then lemon juice. Sprinkle the paprika, salt and pepper inside and outside the bird. Put the squeezed lemons inside the turkey and inside the neck cavity. Lock the wings behind the back.

Prepare a fire using the indirect method (*or use a gas grill with more than one burner). Position the hot coals around the side of the grill so that a drip pan full of water can be placed in the very center (under the cooking grate). If you have wood chunks (hickory, oak, pecan, mesquite), place them on the coals. If you soak the wood ahead of time, it will smoke longer. Place the turkey, breast side up, over the drip pan. The pan may be smaller than the bird. Cover the grill, leaving the vents open.

The bird may take 2½ to 3 hours to cook to 180° internal temperature. When the turkey is cooked, the legs will seem slightly loose, and juices will be clear.

Check on the turkey every half an hour. Pretend like your doing something important outside while you have a beer or soda. Actually the bird will cook itself. Its pretty foolproof. Just don't use a still-frozen bird, don't stuff the turkey, and don't buy one bigger than your grill.

*If using a gas grill, turn on only one side of the grill (try for about 350°), put the turkey in a roasting pan, on the side of the grill that is off. Put soaked wood chips in foil. Wrap up foil, and poke holes in it with a fork. Put foil packet over burners that are on. Baste the turkey with juices in pan every half an hour. After about an hour, turn the roasting pan around, so that the other side is facing the heat.

JERRY WRIGHT

PORK AND BEEF

PORK TENDERLOIN BALSAMICO
Debbie Burdsall

MU SHU PORK
Mary Lou Gustafson

KIT'S BAD ATTITUDE CHILI
Jerry Wright

MICROWAVE CHILI CON CARNE
Rich Patterson

CHILI CON CARNE
Mark Olson

TERRY'S TACOS
John Hatten

EL DORADO BEEF CHEESE CASSEROLE
Mark Olson

MOM'S BEEF STROGANOFF
Jerry Wright

PORK TENDERLOIN BALSAMICO

4 cloves garlic, minced
 2 tablespoons fresh rosemary, chopped
 1 tablespoon grated lemon peel
 2 teaspoons each salt and pepper
 2 pork tenderloins (1½ - 2 pounds. each)
 2 tablespoons extra virgin olive oil
 ½ cup beef broth
 ½ cup balsamic vinegar
 2 tablespoons butter
 2 tablespoons capers

PREHEAT oven to 450°. Combine garlic, rosemary, lemon peel, salt and pepper. Press mixture onto tenderloins.

In a large skillet with an oven-proof handle, heat oil over medium heat. Add tenderloins and cook, turning frequently until browned, 8-10 minutes. Transfer to oven. Roast 10 minutes. Remove pork from pan and keep warm.

Set pan over high heat and stir in broth and vinegar, scraping up browned bits. Bring to boil and cook until reduced by ⅓ to ½. Whisk in butter, 1 tablespoon at a time. Stir in capers.

Cut tenderloins into thick slices and serve with the sauce.

Serves 4-6.

DEBBIE BURDSALL



You can put wings on a pig, but you don't make it an eagle.

—Bill Clinton

MU SHU PORK

1 tablespoon Shaoxing wine or dry sherry
 1 tablespoon thin soy sauce
 1 teaspoon cornstarch
 ½ pound boneless pork butt or shoulder, shredded
 ½ cup shredded lily stems
 ¼ cup tree ears, soaked, squeezed dry, and shredded
 4 scallions, shredded
 ¼ cup bamboo shoots, shredded
 5 tablespoons peanut oil
 4 eggs, lightly beaten
 3 tablespoons chicken broth
 ½ teaspoon sugar
 1 tablespoon Shaoxing wine or dry sherry
 1 teaspoon thin soy sauce
 2 teaspoons sesame oil
 salt to taste
 12 pancakes
 hoisin sauce

MARINATE the shredded pork in 1 tablespoon Shaoxing wine or sherry, 1 tablespoon soy sauce, and the cornstarch for 20 to 30 minutes.

In a bamboo steamer, heat the pancakes.

Heat two tablespoons of the oil in a wok over a moderate flame and pour in the beaten egg. As soon as the egg begins to cling to the wok, scoop it and fold it over to scramble it. Work fast because the egg solidifies quickly, and it can overcook. As soon as it solidifies, remove it from the wok and set it aside.

Stir fry the pork over high heat in 1 tablespoon of the oil for 30 seconds, or until it no longer looks raw. Remove it from the wok and set it aside.

In the remaining 2 tablespoons of the oil, stir-fry the vegetables, more to combine them and heat them through than to cook them. Add the pork and mix it well. Add the eggs, breaking them up to form bite sized lumps. Add broth, sugar, remaining wine, soy sauce, and sesame oil. Combine well and allow to thicken slightly. Remove from heat.

Serve with 1 teaspoon of hoisin sauce and two tablespoons of filling inside each pancake.

KIT'S BAD ATTITUDE CHILI

In time, this recipe has taken on a life of its own. It has been known to change major weather patterns, cement faltering relationships, depose minor dictatorships, and affect the outcome of the Superbowl. Remember to use its power for good.

2 pounds pork roast, cut into 1-inch pieces
 2 pounds cheap ground beef (you'll need the fat, this isn't health food)
 ½ cup good chili powder
 1 huge onion, roughly chopped
 1 head of garlic, peeled and minced
 8 New Mexican green chiles, roasted, peeled, seeded, chopped
 1 tablespoon hot Hungarian paprika
 1 tablespoon ground cumin
 4 beef boullion cubes
 1 28-ounce can crushed tomatoes (Don't worry. You won't even know they are there.)
 1 bottle amber Mexican beer
 ¼ cup bourbon
 2 squares bitter baker's chocolate
 salt to taste

SAUTÉ ¼ of the garlic and onions until translucent. Add ¼ of the meat and chili powder and brown. Salt the meat while cooking. Put into your chili pot. Repeat until all of the meat is done. Put the rest of the ingredients in your chili pot and simmer for at least one hour.

If you are going to add beans, pintos or black beans are good. Kidney beans are a sin.

Serves 6-8.

JERRY WRIGHT

MICROWAVE CHILI CON CARNE

1 pound ground beef
½ cup chopped onions
1-2 cloves garlic, minced
2-3 teaspoons chili powder
1 teaspoon salt
1 can (16 ounce) tomato sauce
1 can (1 pound) kidney beans.

CRUMBLE ground beef into a 2-quart microwave-safe casserole. Add onion and garlic.

Microwave uncovered for 7-8 minutes, or until meat loses its red color.

Add remaining ingredients. Cook, covered, approximately 15 minutes or until piping hot. Stir occasionally during cooking period.

RICH PATTERSON



Wish I had time for just one more bowl of chili.

—last words of Kit Carson

CHILI CON CARNE

1½ cups dry red or kidney beans*
 1 large onion, sliced
 1 green pepper, chopped
 1 pound ground beef
 1 1-pound can (2 cups) tomatoes)
 1 8-ounce can (1 cup) seasoned tomato sauce
 1 to 1½ tablespoons chili powder
 1½ teaspoons salt
 1 bay leaf
 paprika
 cayenne pepper

RINSE beans; then add to 1½ quarts cold water and let stand overnight. Add 1 teaspoon salt to beans and the soaking water, cover, and simmer until tender, about one hour. Drain, reserving the bean liquid.

Brown onion, green pepper, and meat in a little hot fat. Add beans, tomatoes, tomato sauce, chili powder, salt, bay leaf, dash paprika, and dash cayenne. Cover; simmer 1½ hours, adding reserved bean liquid or water, if needed. Makes 6 servings.

*Or use two one pound cans (4 cups) red or kidney beans. Drain beans, add to meat mixture with tomatoes.

MARK OLSON



Chili is much improved by having had a day to contemplate its fate.

—John Steele Gordon

TERRY'S TACOS

1 pound ground beef (the leaner the better)
1 8 oz can tomato sauce
rosemary, cumin, and oregano
2-3 tomatoes, diced
1-2 stalks celery, diced
½ to ¼ head lettuce, shredded
hot sauce, salsa, and or diced hot peppers
grated Monterey Jack cheese (Tillamook is best)
salt and pepper
1 package corn tortillas
1 potato, mashed (optional: for a *different taste*, Terry's own words)

CRUMBLE ground beef into large skillet, brown meat and drain off liquid. Pour in tomato sauce and stir in rosemary. Continue to heat until nearly boiling. Add salt and pepper to taste. Add mashed potatoes if desired. Add oregano at the end.

Put diced tomatoes, diced celery, shredded lettuce, and grated cheese in individual bowls at the table, with hot sauce/salsa/peppers.

When meat is almost done, put tortillas, one at a time into a hot oiled pan or wok. Flip over immediately and then remove and place on a paper towel.

Put meat, tortillas, spices, and toppings on table so that people can assemble their own tacos.

JOHN HATTEN

EL DORADO BEEF CHEESE CASSEROLE

1 pound ground beef
1 tablespoon minced onion
½ teaspoon garlic
2 cans tomato sauce
1 cup black olives
salt
1 cup sour cream
1 cup small curd cottage cheese
1 small (6.5 ounce) can diced green chiles
1 package tortilla chips
2 cups grated jack cheese

SAUTÉ beef until crumbly. Drain and add onions, garlic, tomatoes, olives, and salt. Combine sour cream, cottage cheese and chiles. Slightly crush ¾ package of the chips. Place crushed chips in a well buttered 2½-quart casserole. Cover with half of the meat mixture and half of the sour cream mixture. Sprinkle with half of the grated cheese. Repeat layers.

Bake, uncovered at 350° for 30-35 minutes. Garnish with remaining whole tortilla chips.

MARK OLSON



Sacred cows make the best hamburger.

—Abbie Hoffman

MOM'S BEEF STROGANOFF

Marinade

- 4 tablespoons oil
- 1 teaspoon cornstarch
- 1 teaspoon soy sauce

Stroganoff

- 2 pounds beef (use round steak and marinate or a good tender filet, sirloin, or New York)
- ¼ cup cooking oil
- 6 tablespoons butter
- 1 cup onion, chopped
- 1 pound mushrooms, sliced ¼-inch thick
- 1 clove garlic, minced
- 3 tablespoons flour
- 2 teaspoons meat extract paste
- 1 tablespoon catsup
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 can beef bouillon soup
- ¼ cup dry white wine
- 1 tablespoon fresh dill
- 1½ cup sour cream
- 1½ cup cooked wild rice
- 4 cups cooked white rice

SLICE beef in strips. Marinate if it is not tender (about ½ hour).

Make a paste of the flour, meat extract, catsup, salt and pepper.

Quickly stir fry the meat in a little hot oil and remove to another plate. Saute onion and mushrooms in butter with garlic. Cook until onion is golden (25 minutes), stirring often. Remove from heat and add flour/extract paste. Stir in.

Over low heat, gradually add in beef broth, stirring constantly. Simmer for 5 minutes. Flour will thicken up. Add wine and dill, stir. Add sour cream. Stir till well combined. Add beef. Just let it all get hot. Do not overcook sour cream. Serve over rice or noodles.

JERRY WRIGHT

COOKIES, CANDY & CUSTARDS

SELMA'S BEST OATMEAL COOKIES

Janie Whiteford

POPPY SEED COOKIES

Mego Tracy

SPICY BROWN SUGAR SHORTBREAD

Debbie Burdsall

BEST BROWNIES

Rich Patterson

NANAIMO BARS

Tamara Bushnik

EGGNOG COOKIES

Tamara Bushnik

HONEY MILK BALLS

Laura Jamison

MOM'S CHOCOLATE CHIP OATMEAL COOKIES

Dan Mayclin

GREAT-GRANDMOTHER'S ANISE BISCOTTI

Joycelyn Russo

DAD'S FUDGE- STERLING HALL

Karyl Hall

BURNT CRÈME (CRÈME BRULÉE)

Valarie Viramontes

LA BOHEME'S CRÈME BRULÉE

Karyl Hall

SELMA'S BEST OATMEAL COOKIES

These bear the same relationship to the ordinary oatmeal cookie that the Rolls-Royce does to the bicycle.

1 cup shortening
 1 cup white sugar
 ½ cup brown sugar
 1 egg, beaten
 1½ cups flour
 1 teaspoon baking soda
 1 teaspoon cinnamon
 1½ cups quick rolled oats
 ¾ cup finely chopped walnuts or pecans
 1 teaspoon vanilla
 butter
 white sugar

CREAM together the shortening, white and brown sugar. Add the beaten egg. Sift together the flour, baking soda, and cinnamon. Add to the sugar mixture. Add the oats, walnuts, and vanilla and mix.

Chill for one hour. Place walnut-sized pieces on a greased cookie sheet. Butter the bottom of a glass, dip it in granulated sugar, and flatten out the little pieces. Just keep doing this, you don't need to rebutter the glass bottom, just resugar it each time.

Bake at 350° for ten minutes.

JANIE WHITEFORD



The secret of staying young is to live honestly, eat slowly, and lie about your age.

—Lucille Ball

POPPY SEED COOKIES

1 cup butter
1 cup sugar
1 egg yolk
½ teaspoon cinnamon
½ teaspoon ground ginger
1 tablespoon vanilla
¼ teaspoon salt
2- 2½ cups flour
1½ cup almonds
½ cup poppy seeds

CREAM together butter and sugar. Add egg yolk and vanilla.

In a separate bowl sift together spices and flour. Add to the butter mixture. Mix in almonds and poppy seeds.

Make into rolls 1-inch thick. Cover in plastic wrap and refrigerate for at least one hour. Cut thick (¼-inch). Put on parchment covered baking sheet. Bake for 12 minutes in a 325° oven. Don't over bake.

MEGO TRACY



Too much of a good thing can be wonderful.

—Mae West

SPICY BROWN SUGAR SHORTBREAD

1 cup butter, softened
1¼ cups, packed dark brown sugar
2 cups all-purpose flour
1½ tablespoons ground cinnamon
1½ tablespoons ground ginger
1 teaspoon finely grated orange zest
1 teaspoon baking soda
½ teaspoon ground cloves
¼ teaspoon salt

HEAT oven to 325°. With electric mixer, beat butter and brown sugar. Stir together remaining ingredients, then gradually beat into butter mixture until blended thoroughly. Divide dough in half. Pat each piece into buttered 8-inch round cake pans (preferably with removable bottoms). Bake about 25 minutes, until the edges brown slightly. Cool 5 minutes in pans on rack. With a sharp knife, cut each pan of shortbread into 16 pie-shaped pieces. Prick each wedge randomly with a pick. Remove shortbread from pan to rack and cool completely.

Makes 32 wedge-shaped cookies.

DEBBIE BURDSALL



Shortbread has beneficial effects on the soul. The warm glow it gives is better than alcohol, and more readily available than sex.

—Lucy Ellman

BEST BROWNIES

1 cup (2 sticks) butter or margarine, melted
2 cups sugar
2 teaspoons vanilla extract
4 eggs
 $\frac{3}{4}$ cup cocoa powder
1 cup flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
1 cup chopped nuts (optional)

HEAT oven to 350°. Grease a 9x13-inch baking pan.

Mix together butter, sugar, and vanilla. Add eggs, one at a time, beating well with a wooden spoon after each addition. Add cocoa and beat until well blended. Add flour, baking powder, and salt and beat well. Stir in nuts if desired. Pour batter into greased baking pan.

Bake 30-35 minutes or until toothpick inserted in the middle comes out clean. Cool in pan on wire rack. Cut into bars.

Makes about 36 brownies.

RICH PATTERSON

NANAIMO BARS

Crust

½ cup butter
¼ cup sugar
5 tablespoons cocoa
1 egg, lightly beaten
1 teaspoon vanilla
1½ fine or 2 cup coarse graham wafer crumbs
1 cup dessicated coconut
½ cup chopped walnuts (optional)

Filling

¼ cup softened butter
3 tablespoons milk
2 tablespoons vanilla custard powder
2 cup sifted icing sugar

LIGHTLY grease 9-inch baking dish. Melt butter in a heavy bottomed pan. Stir in sugar and cocoa. Remove from heat and whisk in egg and vanilla. Stir in graham wafer crumbs. Stir in coconut and walnuts. Press into bottom of pan.

In small bowl, cream butter, milk, custard powder and icing sugar. Spread over crust. Place in freezer for at least 7 minutes (or until hardened).

Topping: Melt 4 ounces semi-sweet chocolate and spread in a thin layer over top of cooled bars. Score top (to make cutting easier) when chocolate semi-hard. Refrigerate at least 1 hour.

Makes ~18 bars.

TAMARA BUSHNIK



Never eat more than you can lift.

—Miss Piggy

EGGNOG COOKIES

2 cups flour
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
¾ cup butter
1 cup sugar
2 egg yolks
1 teaspoon vanilla
½ cup eggnog
nutmeg

COMBINE flour, baking powder, salt, and spices. In separate bowl, beat butter and sugar until combined. Beat in egg yolks and vanilla. While beating mixture, gradually add eggnog (eggnog substitute – ½ cup milk and 1 egg yolk). Beating on low, gradually add flour mixture. Beat just until moist. Drop cookies onto ungreased baking sheet. Sprinkle tops with nutmeg. Bake at 325° for 15-18 minutes.

TAMARA BUSHNIK

HONEY MILK BALLS

½ cup honey or corn syrup
½ cup peanut butter
1 cup dry milk solids
1 cup uncooked rolled oats or 1½ cups graham cracker crumbs

MIX well, then knead by hand until blended. Shape into small balls.

Makes two dozen.

Variations: Shape dough around a nut. Roll in coconut.

LAURA JAMISON

MOM'S CHOCOLATE CHIP OATMEAL COOKIES

1 cup butter
¾ cup brown sugar
¾ cup white sugar
1 teaspoon salt
1 teaspoon vanilla
2 eggs
1 teaspoon baking soda
1 tablespoon hot water
1½ cups flour
2 cups oatmeal
1 package chocolate chips
½ cup chopped walnuts

WITH mixer, beat butter, brown & white sugar, and vanilla together, until creamy. Add eggs one at a time, beating them in. Mix flour, baking soda, hot water, and salt in a bowl. Add the two mixtures together, folding the nuts in as well.

Put teaspoon-size dollops on a greased cookie sheet and bake at 350° in a preheated oven for 8-11 minutes.

Makes about 50-60 cookies.

DAN MAYCLIN



Never put off till tomorrow what you can eat today.

—Miss Piggy

GREAT-GRANDMOTHER'S ANISE BISCOTTI

1 cube shortening
1 cup sugar
2-3 teaspoons anise seeds
1 jigger whiskey or brandy
2 eggs
1 cup nuts, chopped
2½ cups flour
2 teaspoons baking powder
¼ teaspoon salt

CREAM shortening, sugar, and anise seed. Add remaining ingredients. Mix thoroughly. Divide into 3 parts. Knead dough. Form 3 loaves. Bake at 350° for 25 minutes or until brown. Slice at angle ½-inch thick. Return to oven to dry at 400°.

Cool on wire rack.

JOYCELYN RUSSO



I've been on a diet for two weeks and all I've lost is two weeks.

—Totie Fields

DAD'S FUDGE- STERLING HALL

2 cups sugar
½ cup whole milk
3 tablespoons Karo syrup
1½ small blocks bittersweet Bakers chocolate
½ teaspoon salt
½ cube margarine or butter
(add vanilla and nuts after cooking)

SLOW boil ingredients in pan until all ingredients dissolved. Then put lid on until full boil is achieved. Take lid off until small bubbles appear. Then test for ball (put some fudge in a cup of cold water, then pour out water and ball up fudge on finger). If fudge balls up, remove from heat. Add one teaspoon vanilla and cool for 25-30 minutes (until you can keep your hand on the bottom of the pan: 110°). Then beat vigorously (whip) by hand until stiff. Add crudely chopped walnuts. Pour quickly into greased serving dish such as a pyrex pie plate. Lick the spoon and pan. Hmmmmm.

Warning: this is candy and is therefore temperamental. If at first you don't succeed, eat it anyway and try again, following the directions exactly.

KARYL HALL



The two biggest sellers in any bookstore are the cookbooks and the diet books. The cookbooks tell you how to prepare the food and the diet books tell you how not to eat any of it.

— Andy Rooney

BURNT CRÈME (CRÈME BRULÉE)

1 pint whipping cream
4 egg yolks
½ cup granulated sugar
1 tablespoon vanilla extract
granulated sugar for topping

PREHEAT oven to 350°. Heat cream over low heat until bubbles form around edge of the saucepan. Beat egg yolks and sugar together until thick, about 3 minutes. Gradually beat cream into egg yolks. Stir in vanilla extract and pour into (6) 6 oz. custard cups. Place custard cups in baking pan that has approximately ½-inch water in the bottom. Bake until set, about 45 minutes. Remove custard cups from water and refrigerate until chilled. Sprinkle each custard with 2 teaspoon of sugar and place on top rack under the broiler and cook until topping is medium brown. Chill before serving.

VALARIE VIRAMONTES



I'm not interested in dishes that take three minutes and have no cholesterol.

—Julia Child

LA BOHEME'S CREME BRULÉE

½ quart whipping cream
½ quart half & half
½ teaspoon pure vanilla extract
¾ cup granulated sugar
8 egg yolks
½ cup golden brown sugar
pinch salt

WARM heavy cream, half and half, vanilla and salt in a bain-marie. Mix egg yolks and granulated sugar together until well blended. Add sugar/yolk mixture to cream mixture and blend well.

Pour mixture into individual 4 ounce ramekins. Place ramekins in baking pan and add water to reach mid-point of ramekins. Bake at 300° for 40 minutes or until surface is lightly browned. Let cool and refrigerate if not to be enjoyed for several hours. If refrigerated, bring to room temperature prior to service and sprinkle brown sugar over crème brulée and glaze under broiler/salamander until sugar melts and browns. Serve at once, warm, with a fan wafer cookie.

Serves 8

KARYL HALL



Those food labels that say “no fat, no cholesterol” might as well say “no taste, no fun”.

—Julia Child

BREADS, PIES & CAKES

BANANA BREAD—*Laura Jamison*

SPICED PUMPKIN BREAD WITH WALNUTS AND CURRANTS
Jerry Wright

OATMEAL RAISIN COOKIE PIE
Jerry Wright

ANGIE'S HERSHEY BAR PIE—*Karyl Hall*

BURNT SUGAR WALNUT PIE
Jerry Wright

KEY LIME PIE—*Mego Tracy*

HOME RUN LEMON PIES—*John Hatten*

APPLE CAKE—*Mark Olson*

GUINNESS STOUT CHOCOLATE CAKE
Mary Ann Reilly

BUSY DAY CAKE—*Laura Jamison*

LEMON POPPY SEED CAKE—*Mark Olson*

CHOCOLATISSIMO GRANDE—*Jerry Wright*

TEXAS SHEET CAKE—*Mego Tracy*

NANA'S EASY MARSALA WINE CAKE
Jerry Wright

BANANA BREAD

- 1¼ cup all-purpose flour
- ⅔ cup sugar
- 2 teaspoons baking soda
- ¼ teaspoon salt
- 1 cup mashed ripe bananas (2-3 medium bananas)
- ⅓ cup shortening, margarine, or butter
- 2 tablespoons milk
- 2 eggs
- ¼ cup chopped nuts

IN a large mixer bowl combine 1 cup of the flour, the sugar, baking soda, and salt. Add mashed banana, shortening, and milk. Beat with an electric mixer on low speed until blended, then on high speed for 2 minutes. Add eggs and remaining flour, beat till blended. Stir in nuts.

Pour batter into a greased 8x4x2-inch loaf pan. Bake in a 350° oven for 55 to 60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes on a wire rack. Remove from the pan; cool thoroughly on a wire rack. Wrap and store overnight before slicing.

Makes 1 loaf (16 servings).

Laura Jamison



All's well that ends with a good meal.

—Arnold Lobel

SPICED PUMPKIN BREAD WITH WALNUTS AND CURRANTS

½ cup oil, plus extra for greasing pan
2 eggs
1 cup sugar
1 cup solid-pack canned pumpkin
½ cup dark corn syrup
1 tablespoon vanilla extract
1½ cups flour, plus extra for preparing pan
1 teaspoon baking soda
2½ teaspoons cinnamon
½ teaspoon allspice
1 teaspoon salt
1 cup chopped walnuts
½ cup dried currants

BEAT oil, eggs, and sugar with mixer until thick, about one minute. Add pumpkin, corn syrup and vanilla and mix well.

Combine flour, baking soda, cinnamon, allspice, salt, walnuts and currants in medium bowl. Add to pumpkin mixture and mix well.

Pour into buttered and floured 9x5-inch loaf pan. Bake at 350° until dark and toothpick inserted in center comes out clean, about one hour, 10 minutes. Cool in pan 5 minutes. Turn onto wire rack to cool completely. Best if made 1 or 2 days ahead, wrapped in foil.

JERRY WRIGHT

OATMEAL RAISIN COOKIE PIE

1 graham cracker pie crust (or make your own)
 3 eggs
 1 cup light corn syrup
 ½ cup packed brown sugar
 3 tablespoons melted butter
 ¾ cup quick-cooking oats
 1 tablespoon flour
 1 teaspoon ground cinnamon
 ¼ teaspoon salt
 ¾ cup raisins

HEAT oven to 325°. Beat together eggs, corn syrup, sugar, and butter. Add remaining ingredients and mix well. Pour into crust.

Place on baking sheet and bake 45-50 minutes or until top is golden brown and filling is just set in the center. Cool.

JERRY WRIGHT

ANGIE'S HERSHEY BAR PIE (NOT RECOMMENDED FOR DIETING)

3 cups Oreo cookie wafers sans creme (crumbled)
 1 cup butter, softened
 1 large Hershey bar
 1 pint whipping cream

Mix finely crumbled cookie wafers with butter. Place in pie dish and form to dish for crust. Melt Hershey bar in double boiler, saving some shavings for top before melting. Whip cream, then fold in melted chocolate. Pour into crust and add shavings on top as decoration. Then freeze. Fantastic!

KARYL HALL

BURNT SUGAR WALNUT PIE

2 cups sugar
¼ cup hot water
¾ cup heavy cream
1 premade crust or pastry for a 1 crust pie
3 eggs
½ teaspoon vanilla
pinch of salt
4 tablespoons butter, melted
1 cup walnut halves
whipped cream flavored with vanilla (optional)

PREHEAT the oven to 450°.

Put the sugar in a heavy saucepan, and stir over a medium flame until it melts to a golden syrup. The flame should not be so hot that the sugar becomes dark brown.

When there are no more undissolved bits of sugar, carefully pour in, drop by drop, the hot water. (The sugar will boil up violently, so be careful not to add too much water at a time.) Let this syrup cool slightly and then stir in the cream.

Beat the eggs till frothy with the vanilla and salt, then beat in the melted butter and lastly the burnt sugar syrup. Arrange the nuts in the bottom of the pie crust, then pour over the sugar-egg mixture.

Bake for 10 minutes, then turn down the oven to 325° and bake 30 minutes longer. Serve with whipped cream.

JERRY WRIGHT



A waist is a terrible thing to mind.

—Ziggy

KEY LIME PIE

9-inch pie shell (premade is fine)
 4 teaspoons lime rind, grated
 $\frac{3}{4}$ cup plus 2 tablespoons plus 1 teaspoon lime juice
 3 eggs, separated
 2 cans (14-ounce) sweetened condensed milk
 6 tablespoons sugar

PREHEAT oven to 350°.

Beat the egg yolks until “ribboned”. Add condensed milk and $\frac{3}{4}$ cup plus 2 tablespoons lime juice. Mix and add lime rind. Add immediately to the pie shell.

Starting with a clean bowl, beat the egg whites until frothy. Add 1 teaspoon lime juice. Mix in the the sugar, gradually. Beat until whites peak.

Spoon egg whites on top of pie and peak-up with the back of a spoon.

Bake for 15-20 minutes. Cool and refrigerate until serving.

MEGO TRACY

HOME RUN LEMON PIES

Home Run Lemon Pies, as many as you can carry

TEAR off end of packaging for Home Run Lemon Pie.

Eat pie and glory in the moment.

Repeat until full, or out of pies. To avoid this problem in the future, learn to carry more pies, get stronger, or have someone deliver them to you direct, by the truck-load.

Serves 1

JOHN HATTEN

APPLE CAKE

Cake ingredients

4 cups raw apples, peeled and diced
½ cup oil
2 teaspoons vanilla
2 teaspoons ground cinnamon
½ teaspoon salt
2 eggs, beaten
2 cups sugar
2 cups flour
2 teaspoons baking soda
1 cup chopped nuts

Cream cheese frosting

2 (3-ounce) packages cream cheese, softened
1½ cup powdered sugar
2 teaspoons vanilla
3 tablespoons soft butter
pinch salt

PLACE cake ingredients in a large bowl and mix by hand with a large spoon. Batter will be thick. Bake in a 9 x 13-inch greased pan for 45 minutes in a 350° oven. Cool before frosting.

Mix frosting ingredients with electric beater until creamy. After frosting cake, refrigerate.

MARK OLSON



'Tis an ill cook that cannot lick his own fingers.

—William Shakespeare

GUINNESS STOUT CHOCOLATE CAKE

¼ cup cocoa powder (for dusting baking pans)
2 sticks butter or margarine
1 cup Guinness Stout
⅔ cup Dutch-process dark cocoa powder
1 teaspoon salt
2 cups unbleached flour
2 cups sugar
1¼ teaspoons baking soda
2 extra-large eggs
½ cup sour cream

HEAT oven to 350°. With cocoa powder, lightly dust two greased 8-inch springform pans. In a heavy saucepan or microwave oven, heat butter, Guinness, and cocoa powder until melted. Cool.

Sift dry ingredients together, add the Guinness-cocoa mixture, and beat for 1 minute on medium speed. Add eggs and sour cream and beat 2 minutes on medium speed.

Pour batter into pans, and bake at 350° for 25 to 30 minutes, or until a knife inserted into the middle comes out clean. Place pans on a wire rack, cool 10 minutes, remove the springform sides and let cool.

Use a long serrated knife to even the tops of the cakes. Using a flexible spatula, spread each layer with a thin coating of your favorite chocolate frosting; stack and cover the sides with frosting.

MARY ANN REILLY



Lead me not into temptation; I can find the way by myself.

—Rita Mae Brown

BUSY DAY CAKE

1½ cups all -purpose flour
⅔ cup sugar
2 teaspoons baking powder
⅔ cup milk
¼ cup margarine or butter, softened
1 egg
1 teaspoon vanilla
whipped cream and fresh fruit

IN a bowl combine flour, sugar, and baking powder. Add milk, margarine or butter, egg, and vanilla. Beat with an electric mixer on low speed till combined. Beat on medium speed for one minute. Pour batter into a greased and floured 8x1½-inch round baking pan.

Bake in a 350° oven for 25 or 30 minutes or till a toothpick inserted near the center comes out clean. Cool in the pan on a wire rack for five minutes. Remove cake from pan. Cool thoroughly. Serve with whipped cream and fresh fruit.

Makes 8 servings.

Laura Jamison

LEMON POPPY SEED CAKE

1 cake mix (white or yellow)
1 (3½-ounce) package instant lemon pudding
1 cup water
½ cup oil
4 eggs
4 teaspoons poppy seeds
2 teaspoons sugar
1 teaspoon cinnamon
1 teaspoon allspice

Mix together cake mix and pudding. Add water and oil; mix well. Add eggs and poppy seeds; mix well. Grease bundt pan. Mix together sugar, cinnamon and allspice; dust pan with this mixture. Pour in cake mixture.

Bake in 350° oven for 45 minutes. Cool 15 minutes and remove from pan. You can top this with a lemon or vanilla glaze or whipped cream, but we like it plain. This freezes very well.

Serves 16.

MARK OLSON



You better cut the pizza in four pieces because I'm not hungry enough to eat six.

—Yogi Berra

CHOCOLATISSIMO GRANDE

10 tablespoons unsalted butter
½ cup sugar
12 ounces semisweet chocolate
1 tablespoon brandy
4 large eggs, separated at room temperature
1 teaspoon vanilla
pinch of salt
powdered sugar

MAKE the cake a day ahead of when you want to serve it.

Preheat oven to 425°. Place butter and ¼ cup sugar in a saucepan set over low heat. Stir until sugar dissolves, then add chocolate and let it melt. Stir until smooth, remove from heat and stir in brandy. In a bowl, beat egg yolks until quite thick and pale, then stir in chocolate and vanilla.

In another bowl, beat whites with salt until they hold soft peaks, then add remaining sugar, bit by bit. Fold one third of the whites into the chocolate mixture, then gently fold the rest.

Butter a 9-inch springform pan. Add some sugar to the pan and swirl to coat completely, then tap out the excess. Pour the mixture into the pan and bake 15 minutes, or until the top forms a crust but the center of the cake is still undercooked. Remove and let sit at room temperature overnight.

Run a knife around the edge of the cake, then remove the sides of the springform. Put powdered sugar in a sieve and sprinkle over the top.

Serves 8.

JERRY WRIGHT

TEXAS SHEET CAKE

2 cups flour
2 cups sugar
½ teaspoon salt
1 teaspoon baking soda
1 cup water
4 tablespoons Droste cocoa
2 sticks butter
½ cup sour cream
2 eggs
1½ teaspoons vanilla

Frosting

1 stick soft butter
1 box powdered sugar
4 tablespoons Droste cocoa
½ cup sour cream
2 teaspoons vanilla

PREHEAT oven to 350°.

Mix together flour, sugar, salt, and baking soda.

Bring to a boil the water, butter, and cocoa. Cool, then add to the flour mixture.

Beat in the sour cream, eggs, and vanilla. Pour into greased sheet cake pan. Bake 15-20 minutes. Cool the frost.

For frosting, beat all ingredients well.

Keep cake in the refrigerator until serving.

MEGO TRACY

NANA'S EASY MARSALA WINE CAKE

1 package lemon cake mix
1 package instant lemon pudding
1½ teaspoons nutmeg
4 eggs
¾ cup Marsala or Madeira wine
¾ cup vegetable oil

PREHEAT oven to 350°.

Place all ingredients in large bowl. Beat for 5 minutes or until the batter is very smooth. Grease bundt pan generously and dust with flour. Pour mixture in and bake for 40 to 45 minutes. Place upright on a rack for 5 minutes and cool. Turn out cake and dust with powdered sugar.

Best made 2 to 3 days before serving.

JERRY WRIGHT



This wine should be eaten, it is too good to be drunk.

—Jonathan Swift

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