

Banana Muffins

3 ripe bananas (1 cup mashed)
1 t vanilla
6 T melted margarine/vegetable oil
1 t baking soda
½ c sugar
1 ½ c flour

½ c sugar
1 t baking powder
1 t salt
½ c walnuts (optional)
1 egg, well beaten

Mash bananas, oil, sugar and salt together. Beat until well mixed. Add egg, and vanilla. Sift dry ingredients and stir into oil mixture until just combined. Stir in nuts if desired. Crop by spoonfuls into 18 muffin cups. Bake 350°F for 15 to 20 minutes.

Black Forest Crepe Torte

2 c Béchamel sauce

1½ c Gruyere cheese, grated

16 Buckwheat Crepes

32 very thin slices of Black Forest ham
(look for the round shape)

8 T sweet butter

freshly ground black pepper, to taste

8 ounces Crème Fraiche

Preheat oven to 400°F. Warm béchamel sauce in a heavy saucepan over low heat until just hot. Add the cheese and whisk until smooth. Season with black pepper.

On a round heatproof platter spread 4 T of the béchamel and cheese in a crepe-size circle. Place a crepe on sauce and cover with 2 slices of ham. Dot with bits of butter. Continue this sequence of layers (crepe, ham, butter) until all crepes and ham are used, ending with crepe.

Pour remaining béchamel sauce over the torte. Bake for 20 minutes, or until browned and bubbling. To serve, cut into 6 wedges. Accompany with crème fraiche. 6 portions. Note: Good for Brunch. Have with crème fraiche.

Béchamel Sauce

4 T sweet butter	salt, freshly ground black pepper, and
6 T unbleached all-purpose flour	freshly grated nutmeg, to taste
2 c milk	

Melt butter in a heavy saucepan. Sprinkle in the flour and cook gently, stirring almost constantly, for 5 minutes. Do not let the flour and butter brown at all. Meanwhile, bring the milk to a boil. When milk reaches a boil, remove butter and flour mixture from heat and pour in the boiling milk all at once. As the mixture boils and bubbles, beat it vigorously with a wire whisk. When the bubbling stops, return the pan to medium heat and bring the béchamel to a boil, stirring constantly for 5 minutes. Season to taste with salt, pepper and nutmeg. Use at once, or scrape into a bowl, cover, and refrigerate until use. 2 cups thick sauce. Source: The Silver Palate Cookbook

Blintzes

Make a bunch of crepes, cooked on one side only and set them aside.

Filling

1 1/2 cups ricotta cheese or you can use small curd (dry smooth) cottage cheese

1 egg

1 teaspoon soft butter 1t vanilla or grated lemon rind

Mix the ingred together well and place about 2 T of filling in the middle of a crepe (on the cooked side). Roll up the edges on either side and roll up. Do this for all of them. Put 1/2 T of butter and a bit of veg oil in a pan and place the blintzes in it seam side down. Cook over med heat until golden brown, turning them once. (You might need to add more butter and oil as you continue to cook the rest)

Serve hot with yogurt or sour cream, cinnamon sugar and fruit. You can also put them uncooked in the fridge and cook the next day.

Top with fresh fruit yoghurt and cinnamon sugar. E.g. Strawberries, raspberries, blueberries & peeled sliced fresh peach.

Source: Based on 'Joy of Cooking'

Breakfast Casserole

16 slices bread – cut off crusts
ham slices

cheese sliced
buttered 9"x13" casserole

Mix together

3c milk
6 eggs
1 t dry mustard
½ t salt
dash Tabasco

½ t pepper
½ t Worcestershire
¼ c finely minced onion
¼ c finely chopped green pepper
(optional)

Line a buttered 9"x13" pan with 8 slices of bread. Cover with ham and cheese. Top with bread and pour egg mixture over. Cover and leave in fridge overnight. In morning mix 1-1/2 c crushed cornflakes mixed with ¼ c melted margarine. Sprinkle over top and bake in 350F oven for 1 hour.

Buttermilk Pancakes

2 cups flour

1 tbsp. Sugar

1 1/2 tsp. baking powder

1 tsp. baking soda

3 tbsp. Butter

2 eggs

2 cups buttermilk

Combine the flour, sugar, baking powder, and baking soda. Melt the butter, cool slightly, then beat in the eggs. Add the buttermilk to the egg mixture and blend well. Pour the liquid into the dry mixture. Mix sparingly until just barely combined. The batter will be thick.

Heat a nonstick griddle. Drop large spoonfuls of the batter onto the hot griddle. Fry until brown on the bottom, flip, then brown the other side.

Note: Good with a topping of: 2 large apples (peeled, cored, and sliced) sautéed in a little butter and water with cinnamon and brown sugar.

Cottage Cheese Pancakes

1 c cream style cottage cheese

4 eggs

½ c flour

¼ t salt

¼ c oil

½ c milk

½ t vanilla

Put all ingredients in blender or food processor and whirl at high speed until blended, or beat well with a mixer. Bake on lightly greased griddle (as per pancakes) until done. Make the pancakes small as they take a while to cook through.

Crepes

3/4 cup flour
1/2 t salt

1 T powdered sugar

Beat

2 eggs (or just 1 egg if large)

Add and beat

2/3 c milk
1/3 c water

1/2 t vanilla

Make a well in the dry ingredients and pour in liquid. Combine until more or less smooth. Heat a skillet and grease lightly with butter or oil. Pour in about 1/4 c of batter and swirl the pan around to spread the batter.

Cook over med heat until brown on the underside. Turn over and brown reverse.

Note: The recipe may need more milk to get the right consistency for crepes. Crepes should be as thin as possible while still holding together.

Source: Based on 'Joy of Cooking' French Pancakes

French Toast

bread
egg
milk

sugar
cinnamon
salt

French toast really doesn't have a recipe at least my version. I usually use about two eggs per person and add about 1T of sugar per person and add an equal amount of milk (a bit more) as egg. Stir it up well with a pinch of salt and a bit if cinnamon.

It is best to use French bread or something fairly coarse and substantial. Fresh plastic bread just disintegrates. Heat up a skillet with some margarine and soak the bread in the egg mixture. Be careful that you don't soak too long as it will all break apart as you try to get it onto the pan. Sometimes I soak it and get it onto the pan and then spoon on some extra egg mixture to get it nice and moist. Lower the heat to medium and cook until brown on one side then flip. You need

to cut it open a bit to make sure the egg mixture is cooked through and it is not runny. It really varies according to the amount of egg and the type of bread.

Granola

4 c old fashioned rolled oats (not instant or quick cooking)

2 c raw wheat germ

1 c hulled sunflower seeds

1 c sesame seeds

$\frac{3}{4}$ c honey

2T + cinnamon

$\frac{1}{2}$ c sunflower oil

Optional: allspice, clove, nutmeg

Optional: bran, flax seeds, any other interesting grains and seeds. If you are adding other grains than measure so that the wheat germ, sunflower seeds, sesame seeds and whatever else you add, make a total of 4 cups.

Optional: currents, dried cranberries or other dried fruit.

Stir up whole mess thoroughly. Bake in a flat pan in 200F oven for at least one hour, stirring occasionally (until lightly browned). Let cool then refrigerate.

Notes: You might want a little more oil and honey, especially if you add more optional ingredients. Depending on how deep the mixture in the pan (for double recipes) you might need to cook longer and stir more often. Add fruit at end, about 15min before finished so it doesn't overcook.

Maple Syrup

1 $\frac{3}{4}$ cup white sugar

$\frac{1}{4}$ c brown sugar

1 c water

Place in microwave proof bowl and stir well. Bring to a boil and boil for 1 minute (take about 6 minutes to boil). Cool slightly and add $\frac{1}{2}$ t vanilla and $\frac{1}{2}$ t maple syrup. Stir to mix thoroughly.

Note: If you can't have real maple syrup this is better than any of the commercial brands.

Orange Oatmeal Muffins

1 orange
¼ c sugar
1T baking powder
1 cup quick oatmeal

1 egg beaten
¼ c milk
3 T oil

Topping

2 T sugar
1 T flour

1 T melted butter
¼ t cinnamon

Finely grate orange (1t rind) and squeeze juice to make ½ c. Mix together flour, sugar, baking powder and oats. Make a well in center. Combine oil, egg, milk, peel and juice and add to flour mixture all at once. Mix only until combined. Fill greased muffin tins or paper muffin liners 2/3 full. Sprinkle with topping mixture and bake 400 (200) for 15 minutes until golden.

Overnight Cinnamon Rolls

Place:

2T yeast in 1 c warm water mixed with 2 t sugar. Let sit 10 min until bubbly.

Heat until butter melts:

½ c milk

½ c sugar

¼ c butter or margarine

1 t salt

Let cool until lukewarm. Add to yeast mix. Stir in 2 eggs and add 2 c flour. Mix well and gradually add in about 3 more cups flour. Knead 10 minutes until springy and elastic. Shape into ball cover with clean cloth and let rest 20 minutes

Divide dough in half and roll each into rectangle 9 x 18 inches.

Spread each rectangle with melted butter and sprinkle over half of a mixture of 1 ½ c brown sugar, 1T cinnamon (1 cup raisins optional)

Roll up like a jelly roll from the long side. Cut each into 12 pieces and place cut side down in a greased 8" or 9" square pan. Brush with a little oil or melted

butter. Cover with saran wrap and put in fridge overnight. Remove and let stand 20 minutes. Bake at 350F for 25 min.

Glaze with a mixture of icing sugar and milk when cool

Note: This is a nice thing to make for breakfast if you have house guests because you can make it the night before.

Refrigerator Bran Muffins

4 c whole wheat flour

3 c natural bran

¼ c brown sugar

1 t salt

2 t baking soda

1 c raisins

4 eggs

¾ c cooking oil

1-1/2 molasses

2-1/4 buttermilk

Combine dry.

Beat eggs add the rest of ingredients and mix with dry.

Store 24 hours before baking.

Bake in muffin tin 375°F 15-18min. Keeps 3-4 weeks.

Spicy Carrot Muffins

1½ c flour

¾ cup brown sugar

1 t baking soda

1 egg

1 t baking powder

1/3 c oil

½ t salt

½ t cinnamon

½ c sour milk (put ½ t vinegar in cup
and add enough milk to make ½ c)

½ c raisins (optional)

¼ t allspice or cloves

¼ t nutmeg

1 t vanilla

Pinch ginger

1 c finely shredded (grated) carrots

Combine all dry ingredients together in a bowl. Whisk egg, oil, milk and vanilla together and add to flour- mixing only until combined. Stir in 1 c carrots and raisins. Spoon into muffin cups and bake 375 for 20 to 25 minutes. Makes 1½ dozen.

Whole-wheat Pancakes

½ c flour sifted
1/2 t salt
½ t baking powder

3/4 t baking soda
1 c whole-wheat flour

Mix in a bowl. Combine in another container:

2 T sugar
1 egg

2 c buttermilk or slightly diluted yogurt
(or slightly sour milk)
2 T oil (not olive)

Mix in liquid into dry ingredients. Stir just to combine (a few lumps are OK). Heat griddle or Teflon fry pan until a drop of water will bounce and splutter. Lightly grease pan and drop on batter. Let cook until edges appear dry and bubbles JUST start to appear on the surface. Turn and let cook on other side.

Source: 'Joy of Cooking' called whole-grain griddle cakes

Note: It works out fine if you use all white flour.

Boursin

16 oz. Cream cheese
¼ c mayonnaise
2 t Dijon mustard

2 T finely chopped chives
2 T finely chopped dill
1 clove garlic, minced

Soften cheese, then using an electric mixer, thoroughly blend in mayonnaise, mustard, chives, dill and garlic. Spoon into a small serving bowl, cover and refrigerate for 24 hours.

Serve with bagels, crackers, Melba toast, rye bread, pumpernickel bread, celery, mushrooms or other raw vegetables.

Makes 2 ½ cups.

Source: 'The Harrowsmith Cookbook Volume 1'

Brie Pinwheel

1 whole ripe Brie, about 5 lb

1 c dried currants

1c finely chopped walnuts

1 c chopped fresh dill

½ c poppy seeds

1 c slivered blanched almonds

Carefully cut away the rind from the top of the Brie. Using the back of the knife, lightly mark the top of the Brie into 10 equal wedge-shaped areas.

Sprinkle half of the currants onto one of the wedge-shaped areas and press gently into the surface of the Brie. Repeat procedure with half of the walnuts, dill, poppy seeds and almonds, patting each garnish into a wedge-shaped area as you proceed around the top of the Brie. Use the remaining garnishes on the remaining wedges.

Wrap and refrigerate for no more than 4 hours. Allow to stand at room temperature for 30 minutes before serving. At least 20 portions.

Source: The Silver Palate Cookbook

Brie Wrapped in Filo

12 sheets of Filo pastry
1 lb sweet butter, melted

1 whole Brie, not fully ripe, about 5 lb

Butter a baking sheet large enough to hold the Brie.

Lay 5 sheets of filo on the baking sheet, brushing melted butter on each layer. Set Brie on top of the filo and fold the edges of the filo up around the cheese.

Cover top of cheese with 6 sheets of filo, brushing melted butter on each layer. Tuck ends of pastry under the cheese. Brush top and sides with butter. Preheat oven to 350°F.

Source: The Silver Palate Cookbook

Cheese Fondue

1 clove garlic

2 c dry white wine

3T flour

1lb gruyere or emmenthal cheese
(diced)

salt and pepper

pinch nutmeg

6 T kirsch or additional wine

1 large loaf French bread in cubes

Peel garlic and rub over bottom of chafing dish or casserole. Pour in wine and heat very slowly. Mix cheeses with flour and when wine starts to bubble add cheese mixture in small handfuls. Stir with a fork until cheese is melted and before adding another handful. When fondue is smooth and starts to bubble, season to taste and add nutmeg and additional wine or kirsch. Blend well.

Dip bread cubes into fondue with a metal fork.

Cheese Mushroom Fingers

½ c butter or margarine
1 lb mushrooms thinly sliced
1 lg onion finely chopped
2 cloves garlic minced
1 lg green pepper, chopped
10 eggs

1 pint small curd cottage cheese
4 c shredded jack cheese
½ c all purpose flour
1 t baking powder
¾ t each nutmeg, basil and salt

Melt butter in pan and add mushrooms , onions, garlic and cook until soft. About 10 minutes, add green pepper and cook for 1 minute longer. In bowl beat eggs lightly and add cheeses. Flour, baking powder, spices and blend well. Add mushroom mixture. Spread in well greased 10X15" pan , Bake 350F oven for 35 minutes until firm. Let cool 15 minutes, cut into ¾ X2 inch strips. Serve warm or at room temp. Can refrigerate for up to 2 days, reheat in 350F oven for 15 minutes.

Cheese Wafers

1 c flour

1 c shredded cheddar cheese

¼ to ½ c margarine or butter

½ c Rice Krispies

salt and pepper and cayenne

Mix flour and cheese together. Cut in margarine and add Rice Krispies. Season with salt and pepper and dash cayenne powder. Roll into small balls and press flat with tines of a fork. Bake in 325-350F oven for 10 minutes. Remove to rack and cool. Store in air tight container.

Country Terrine or Pate

¾ lb bacon	¼ c dry white wine or brandy
½ lb pork loin	¼ c whipping cream
½ lb boneless veal	salt & pepper
½ chicken livers	1 c shelled pistachios (optional)
1 small onion, finely chopped (optional)	good pinches or thyme, allspice, ground cloves, nutmeg
1 clove garlic, crushed	½ lb baked ham, ¼" thick, cut in strips
2 eggs	¼" wide

You will need a five-cup terrine or casserole with a tight-fitting lid. If possible, the terrine should have an air hole so the mixture can be tested with a skewer without removing the lid. Set oven to 350F.

Line the terrine or casserole dish with bacon, reserving a few slices for the top. In a food processor, meat grinder or blender grind the pork and veal and set aside. In the same machine, grind the livers. Sauté onion in 1 T of butter until limp and add to the livers along with garlic, eggs, wine cream, seasonings, nuts and herbs.

Mix well. Add ground pork and veal and mix for just a second to blend thoroughly. Spread a third of the meat mixture in the lined terrine, add a layer of half the ham strips and top with another third of the meat. Add the remaining ham slices and top with the rest of the meat. Lay reserved bacon slices on top, cover with a layer of heavy foil, place lid on top and cover with another piece of foil to seal well.

Set the terrine in a roasting pan about half full of boiling water and bake at 350F for 1 $\frac{3}{4}$ to 2 hours or until a skewer inserted through the hole in the lid into the center of the meat for 30 seconds is hot to the touch when withdrawn. If the lid has no hole, lift it to test the terrine. Leave the terrine to cool, weighing down with full cans or other heavy objects; Leave in roasting pan in case surplus fat spills over. When cool, remove weights and chill. Serve from the terrine or unmould and glaze with the jellied stock in the bottom of the pan. Slice and serve with French sour gherkins and baguette or regular French bread. Tightly sealed and stored in the refrigerator, the terrine will keep for up to five days but once cut into, its life is reduced to two days. Pates do not freeze well. They absorb too much moisture and lose some of their flavour.

Crostini

2 medium red onions cut into ½” rings
10 plum tomatoes in ¼” slices
3 T red wine vinegar
1 med eggplant unpeeled, cut into ½ “
slices
½ t salt

¼ t pepper`
1 clove garlic mashed
2 T parsley minced
1 loaf Italian or French bread ¾” thick
1T parmesan cheese

Spray 2 9 X 13 pans with oil. Toss onion and tomatoes with vinegar and spread evenly over one pan. In separate pan, arrange eggplant slices in one layer. Bake 450 until eggplant is browned (30 min) and edges of tomatoes are browned (45 min). Transfer to food processor, add seasonings (not cheese) and coarsely puree. Arrange bread on cookie sheet and toast under broiler for 1 2 min a side. Spread each with mixture and sprinkle with cheese. Serve warm.

Geri's Appetizer in a Loaf

1 cup real mayonnaise

1 cup sour cream

1 pkg Knorr Swiss Vegetable Soup

1 package frozen chopped spinach,
thawed, drained and squeezed

1 large loaf, 7-8 inches in diameter

The bread for this should be soft-crust, preferably sourdough. Mix first four ingredients in order in a bowl. Leave overnight or at least 4-6 hours to allow dry soup to soften. Cut off top of loaf and hollow out insides to form a bread bowl, leaving sides about 1 inch thick. Cut inside bread into cubes and set aside. Slice down sides of bread bowl at ½ to 1" intervals. Just before serving, fill bread bowl with reserved mixture and surround with bread cubes for dipping. When cubes are gone, the sides of the bread bowl may also be eaten.

Source: More 'Chef on the Run'

Happy Sticks

2 lb filo pastry
14 oz feta cheese, crumbled
3 eggs

1t chopped parsley , optional
½ t dried dill or 1 ½ t fresh dill

Mix cheese, eggs and seasonings. Brush one sheet of filo paper on both sides with melted butter. Cut sheet into thirds lengthwise. Fold each strip into thirds to form a square. Spread one edge with about ½ to ¾ t of cheese mixture and roll up jelly roll fashion to form a stick or finger.

Repeat with all of the filo and filling. Place sticks in layers between wax paper and freeze. Will keep in airtight containers in freezer for months. To serve, bake 400 (200) on ungreased cookie sheets for 10 minutes until crisp and golden.

Hot Crab Delight

8 oz cream cheese

1 ½ T milk or white wine

6 oz crabmeat

1 T finely chopped green onion

1/8 tsp Dijon mustard

Toasted slivered almonds

1/2t horseradish

1 T lemon juice

Cream cheese with milk or wine until soft and smooth. Add crabmeat, onion and mustard, horseradish and lemon juice and blend well. Place mixture in an oven-to-table dish and refrigerate overnight.

Bake in a 350deg F oven for about 20 to 25 minutes or until hot and bubbly. Sprinkle with almonds during the last five minutes and serve with assorted crackers. Serves 8-10.

Based on recipe in Chef on the Run.

Hummus

1 14 oz chick peas
½ c olive oil (optional)
Juice of 1 lemon
¼ c tahini (sesame paste)
2-3 cloves garlic
salt and pepper
crushed hot pepper flakes (optional)

Place chick peas in food process - do not drain. Add all of the other ingredients except oil. Add enough oil to make a smooth creamy mixture (or can use less oil and add water) Adjust seasonings to taste (i like a lot of garlic and lemon juice).

Note: Can also add yogurt to lighten if you want.

Nicole's Black Bean Salsa

2 c drained black beans	2T tomato juice
1/3 c diced red bell peppers	1T fresh lemon juice
¼ c finely chopped purple onion	1 ½ t fresh chopped thyme
¼ c diced unpeeled cucumber	½ t chili powder
2T diced celery	¼ t salt
1T minced jalapeno pepper	½ t ground cumin
1T chopped fresh basil	¼ t pepper
2 T olive oil	1 clove garlic, crushed

Combine all of above in bowl and stir well. Cover and chill at least 30 minutes. (If necessary can substitute dry basil and thyme but use about 1/3 of the fresh amount.)

Note: Can add corn also. This is more like a side dish than a salsa.

Pita Bread Triangles

Split pita bread into halves and spread each half with olive oil. Can sprinkle with salt and pepper or any flavoured salt. Cut into wedges and place on baking sheet. Bake in hot oven until golden brown -about 5 minutes.

Spinach Dip

1 c mayonnaise

1 c sour cream

1 pkg Knorr Swiss Vegetable soup mix

1 pkg frozen chopped spinach,
thawed, drained and squeezed and
coarsely chopped

Mix all ingredients in order in a bowl. Leave overnight or at least 4 hours to allow dry soup to soften. Cut off the top of a soft crusted loaf of bread - preferably a round sourdough or pumpernickel. Hollow out the loaf and cut the inside bread into cubes.

Slice down the side of the bread bowl at ½ to 1 inch intervals. Just before serving, fill the bread bowl with the dip mixture and surround with bread cubes for dipping. When cubes are gone, the sides of the bread can be eaten.

Tzatziki

1 large cucumber (English or peeled
and seeded regular) sliced finely

1 ½ c plain yoghurt

½ c sour cream

2+ garlic cloves

3 t green onions chopped

1T lemon juice

2t dill weed

½ t white wine vinegar

¼ t Dijon mustard

Sprinkle cucumber with salt and let stand 10 minutes in colander or sieve. Squeeze out excess liquid. Mix rest on ingredients and fold in cucumber, adding more or less lemon juice, garlic to taste. Refrigerate covered for 2 to 3 days.

Andrea's Tomato & Pasta Salad

6 fresh tomatoes coarsely chopped

1 c fresh basil chopped

1 c cheese curds (or goat or feta)

3 cloves crushed garlic

Olive oil

Salt and freshly ground pepper

2 c cooked pasta (spirals are good.

Something that's not smooth)

Mix everything except pasta and let stand about 2 hours. Add warm pasta right before serving.

Note: This is nice for a picnic. Proportions are all optional

Auntie Elaine's Napa Salad

Shred $\frac{1}{2}$ large napa into $\frac{1}{4}$ to $\frac{1}{2}$ inch wide slices

Take a package of Chinese instant ramen noodles and smash up the noodles.

Place on a baking sheet and broil in oven until golden brown. Turn frequently.

Put napa, ramen, $\frac{1}{3}$ c to $\frac{1}{2}$ c sliced toasted almonds, 5 green onions sliced.

Sauce: mix well and pour over

$\frac{1}{3}$ c white vinegar

$\frac{3}{4}$ cup canola oil

$\frac{1}{3}$ c sugar

2 T Chinese soy sauce

Note: Makes a lot of dressing

Baachan's Crab and Cucumber Sumono

5 sticks mock crab cut in half and shredded
½ English cucumber, partially peeled and thinly sliced

½ to 1 bunch Saifun (bean thread) noodles

Mix thoroughly in bowl

1 t toasted sesame seeds that have been ground or squashed with rolling pin
1/3 c sugar

1/3 c vinegar
½ t salt
2 drops sesame oil

Peel and slice cucumber very thinly and sprinkle lightly with sal. Let sit then squeeze out gently.

Soak saifun in pot of hot water until soft. Drain then pour boiling water over and let sit to cook. Drain again. Rinse with cold water and drain well. Cut into shorter

lengths. In serving bowl, put cucumber, etc and mix well. Refrigerate and let sit at least ½ hour before serving. Serve cold.

Broccoli and roasted Pepper salad

2 sweet red peppers	¼ t salt
2 bunches broccoli	¼ t pepper
3 T olive oil	½ c crumbled feta cheese
2 T balsamic vinegar	2 T toasted sesame seeds
1 large clove garlic mashed and diced	

Preheat broiler. Cut peppers in half and remove seeds. Place cut side down on shallow sided baking sheet and broil until skins are slightly blackened 12-14 minutes. Set aside to cool slightly - placing in brown paper bag helps loosened skin. Peel skins from peppers and cut into bite-size squares.

Cut broccoli in small bite-size florets. Wash and microwave covered 3-4 minutes (with only the water clinging to them) Should still be bright green. Rinse immediately with cold water and drain well. (Can STEAM OVER BOILING WATER FOR 4 -5 MINUTES)

Mix vegetables together. Whisk oil, vinegar, salt and pepper together and pour over vegetables. Toss to mix. Dot with feta cheese and sprinkle with sesame seeds.

Couscous Salad with Harissa Style dressing

Roasted vegetables

1lb skinned tomatoes	1 large onion chopped
1 small eggplant in chunks	2 large garlic cloves
2 zucchini cut into chunks	3 T olive oil
1 red & 1 yellow pepper cut to 1” squares	2 T fresh basil or 1T dried

Sprinkle zucchini & eggplant with 1T salt and leave in colander to drain 20 minutes. Rinse and squeeze out moisture in a clean tea towel. Mix all of the prepared vegetables in baking pan with the oil and basil. Roast in hot oven 400F on top rack for about 30-40 minutes.

18 oz (2 ½ c) of boiling veg stock	fresh coriander and or assorted lettuce
10 oz couscous	toasted sesame or pine nuts (optional)
4 oz feta or other goats cheese	

When ready to serve salad: pour 18 oz of boiling veg stock over 10 oz couscous and leave 5 minutes. Fluff with fork. In large bowl, layer the couscous, then roasted veg., (2 layers) 4 oz of feta or other goat's cheese, some fresh coriander and/or assorted lettuce and a bit of toasted sesame seeds or pine nuts (optional). Drizzle with a bit of dressing. Can be served warm or cold.

Dressing

4 oz (1/3 c) olive oil (can be much less)	2 T tomato paste
1 t cayenne pepper,	juice of 2 limes (4T)
1 T ground cumin	

Serve rest of dressing separately.

Creamy Herbed Pasta Salad

1 cup firmly packed basil
½ c firmly packed parsley
¼ c parmesan cheese
500 gm cottage cheese
1T Dijon mustard
1/3 c chicken stock

12 oz fusilli or other short pasta
1 sweet red pepper diced
3 green onions chopped
1 T lemon juice
1 can kidney beans drained

Chop parsley, basil and Parmesan in food processor for 30 seconds until herbs are finely minced. Add cottage cheese, lemon juice, mustard and black pepper. Puree for 20 seconds until smooth. Add chicken stock. Cook pasta in boiling water until al dente.

Toss pasta, beans peppers, green onions and sauce in bowl.
Can also add any other vegetables (broccoli, zucchini, green peppers, etc.)

Greek Salad

3 lbs. bow tie pasta, cooked & drained

1 lb feta crumbled

12 oz. Fresh spinach (use baby spinach)

16 oz olive oil

1 t chopped garlic

1 t oregano

1 t pepper

1 T salt

2 T lemon juice

8 oz red wine vinegar

cherry tomatoes (as much as you want)

sliced black olives (as much as you want)

Mix all ingredients in a VERY LARGE bowl. Add spinach, olives, feta & halved cherry tomatoes at the end. Best if made the day before served. Mix well before eating. This serves 50-60 people. I cut it in thirds and still had a lot.

Note: This is a restaurant recipe. You don't need this much!

Grilled Vegetable Salad

1 eggplant	1 each red and green peppers
2 each yellow and green zucchini	half Spanish onion
3 large carrots	8 oz asparagus

Cut eggplant into ½” rounds. Slice zucchini and carrots lengthwise into thirds. Cut peppers and onion into wedges (leave root end of onion intact to help it stay together)

Whisk together

1/3 c white wine vinegar	2 cloves garlic, minced
1/3 c olive oil	½ t each salt and pepper
1 t Dijon mustard	

Toss half with vegetables and grill vegetable over med hot grill for 10-15 min until tender crisp. Return to bowl and let cool. Cut into 1” pieces, returning vegetables and any juices to bowl. Cook 3 c rotini pasta until al dente, drain and add to

vegetable with remaining vinaigrette. Can cover and chill for 6 hours. Add $\frac{1}{4}$ c chopped fresh basil. Serve at room temp

Linguini with Tomatoes and Basil

4 large ripe tomatoes cut into ½ inch cubes

1 lb Brie rind removed and torn into small chunks

1 c clean basil leaves cut into strips

3 garlic cloves, peeled and minced

1 c plus 1 T best olive oil

2 ½ t salt

freshly ground pepper

1½ lb linguine

grated Parmesan

Combine tomatoes, basil, brie, garlic, 1 c of oil, ½ t salt and pepper in large bowl at least 2 hours before serving. Set aside covered at room temperature.

Bring 6 qt of water to boil and add 1T of olive oil and remaining salt. Add linguine and cook until al dente. Drain and immediately toss with tomato sauce. Serve immediately adding grated Parmesan if desired.

My Potato Salad

6 or 7 Potatoes

½ c olive oil

¼ c balsamic vinegar

2 t sugar

1 clove garlic

1 t Worcester sauce

1 t dry or Dijon mustard

salt & pepper

celery

green onions

mayonnaise

3 hardboiled eggs

Scrub well about 6 or 7 potatoes. Boil in their skins until soft (but not mushy) Drain and cool until easily handled. Peel away the skin and chop into bite size pieces. Put in bowl and marinate with a good vinaigrette dressing (1/2 c olive oil, ¼ c balsamic vinegar, 2 t sugar, 1 clove garlic minced or mashed, 1 t Worcester sauce, 1 t dry or Dijon mustard, black pepper and 1 t salt) Add some sliced celery (about 2 stalks) and 3 or 4 chopped green onions.

Let marinate a few hours at least or overnight. About 1 hour before serving, mix in some good mayonnaise (Hellmann's) and about 3 or 4 chopped hardboiled eggs. Adjust seasoning.

Nicole's Black Bean Salsa

2 c drained black beans	2 T tomato juice
1/3 c diced red bell peppers	1 T fresh lemon juice
¼ c finely chopped purple onion	1½ t fresh chopped thyme
¼ c diced unpeeled cucumber	½ t chili powder
2 T diced celery	¼ t salt`
1 T minced jalapeno pepper	½ t ground cumin
1 T chopped fresh basil	¼ t pepper
2 T olive oil	1 clove garlic, crushed

Combine all of above in bowl and stir well. Cover and chill at least 30 minutes. (If necessary can substitute dry basil and thyme but use about 1/3 of the fresh amount.

Note: Can add corn also. This is more like a side dish than a salsa.

Orange and Onion Salad

6 large, firm, juicy oranges

3 T red wine vinegar

6 T olive oil

1 t dried oregano

1 medium size purple onion, peeled,
and sliced paper-thin

1c imported black olives (ideally, tiny
black Nicoise olives, but Kalamata or
Alfonso olives will do)

¼ c fresh chives, snipped (garnish)

Freshly ground black pepper, to taste

Peel the oranges and cut each one into 4 or 5 crosswise slices. Transfer the oranges to a shallow serving dish and sprinkle them with the vinegar, olive oil and oregano. Toss gently, cover and refrigerate for 30 minutes.

Toss the oranges again, arrange the sliced onion and black olives over them decoratively, sprinkle with chives and grind on the pepper.

6-8 portions. From the Silver Palate Cookbook

Oriental Chicken Salad

4 c cooked chicken or turkey cut into
½ inch chunks

1 c fresh snow peas, trimmed or 1
package frozen snow peas, thawed

1 c raw broccoli flowerets, in small
pieces

¾ c green seedless grapes

½ c toasted slivered almonds
lettuce greens

Blanch fresh snow peas in boiling water for 1 minute. Drain well. Toss all together with dressing and turn into bowl lined with lettuce greens. Decorate with orange slices. A border of vertical snow peas also looks nice. If the salad seems a little dry, add more mayonnaise.

Dressing

2 c mayonnaise

2 T frozen orange juice concentrate

1 ounce white rum

1 t curry powder

Combine all ingredients and store, covered, in refrigerator.

Serves 8 to 10

Source: More 'Chef on the Run'

Salad Dressing

¼ salad oil (canola or olive)

1/3 c plain yoghurt

1 t wine vinegar

1t lemon juice

dash Worcester sauce

¼ t Dijon mustard

1 clove garlic crushed

½ t sugar

Combine everything and blend well, Pour over mixed greens and sprinkle with sesame seeds if desired.

Spinach, Orange and Mango Salad

1 lb fresh spinach
2 navel oranges

2 mangoes

Dressing

3 t grated onion
½ t salt
1 T Dijon mustard
2 T white wine vinegar

1 t lemon juice
2/3 c olive oil
salt and pepper to taste

Wash, dry and tear up spinach. Peel and section oranges. Peel mangoes and cut into bite sized strips. Combine all ingredients except oil in a small bowl. Mix well, then slowly beat in olive oil very slowly (can do in food processor) continue whisking until dressing thickens. Pour over spinach, oranges and mangoes and toss. Let stand 10 minutes to allow flavors to develop and serve.

Strawberry Spinach Salad

2 - 3 10-oz bags of fresh baby spinach
1 basket fresh strawberries

$\frac{3}{4}$ cup toasted slivered almonds or
pine nuts

Lemon Dressing

$\frac{1}{2}$ c fine white sugar
2 egg yolks

juice of two lemons
 $\frac{3}{4}$ c light salad oil

On the day ahead of serving, make the dressing by combining sugar and lemon juice and stirring until sugar is dissolved. Add egg yolks and beat until creamy. Then blend in the oil. The dressing will be thick. Pour into container and refrigerate until serving. Prepare spinach by washing well, tearing out the tough stems and drying.

Store in plastic bag in refrigerator. To serve, whisk dressing, divide spinach greens on individual salad plates, sprinkle with sliced strawberries and nuts and drizzle over some of the dressing. Pass more dressing if desired.

Source: More 'Chef on the Run'

Tabbouleh Salad

1 c fine bulgar or cracked wheat
¼ c fresh mint or 1T dried mint
4 large tomatoes
½ c chopped cucumber
1 c finely chopped parsley

4 green onions chopped
½ green pepper chopped or (mixture
of red and green pepper)
¼ c toasted sesame seed

Soak bulgar in boiling water to cover for 30-40 minutes. Rinse and drain well. Squeeze dry. Place in large salad bowl. Combine with rest of ingredients. Add dressing and toss well. Cover and refrigerate- improves with sitting for 2 or 3 days/

Dressing

1 clove garlic crushed
½ c olive oil

salt/pepper
½ c lemon juice

Combine and mix well.

Bean & Ham Soup

1½ cups dried lima beans
2 lbs. Ham, with bone
1 large onion, quartered
1 large clove garlic, crushed
8 ¾ cups water
½ tsp. White pepper
2 celery stalks
2 carrots

1 T Worcester sauce
1 vegetable Cube
1½ t thyme leaves
3 T Chopped parsley (1 T dried)
1 bouquet garni, consisting of 4
parsley sprigs, 1 spray thyme & 1 bay
leaf

Put beans in a bowl, cover with water and let soak overnight. Drain and place in a large saucepan with the ham, onion and garlic. Add water, place the pot on high heat and bring to a boil. Add the bouquet garni (all herbs) and pepper to the pot and stir well. Lower the heat and simmer the soup for 1½ to 2 hours, or until the beans are cooked.

Remove the meat and cut into pieces. Remove the bouquet garni and celery and discard. Puree some of the beans and return to soup to thicken. Stir in the ham pieces and the olives. Taste and add more salt and pepper if necessary. Pour the soup into bowls and garnish with parsley. Serves 6 to 8

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Black Bean & Corn Soup

Saute Fresh Garlic & Onion in olive oil

Add; 1 can corn niblets, sauté 2 min.

Add; 1 can black beans, 1 large can tomatoes, 6 cups veg. Or chicken stock, cumin, coriander. Bring to boil.

Simmer. Serve with fresh parsley on top.

Cauliflower Soup

1 head cauliflower in florets
2 c chicken stock
¼ c butter or marg
2 c milk or cream

1 med onion chopped
½ t Worcester sauce
2 T flour
1 c grated cheddar cheese

Cook cauliflower in 1 c water until soft. Drain and reserve liquid. In large pot melt butter and sauté onions until soft. Blend in flour and cauliflower cooking liquid, milk, Worcester and salt and pepper, and stir until thickened and blended. Add cauliflower and cheese and heat through.

Cheesy Onion & Potato Soup

3 medium onions, chopped	¼ t salt
2 T butter	Pepper
4 medium potatoes, peeled & cubed	3 c milk
2 c chicken stock	1 c shredded cheddar cheese

Cook onions in butter until soft but not brown. Add potatoes, stock, salt and pepper. Cover, bring to a boil, then simmer until potatoes are tender, about 15 minutes.

Remove from heat and blend in parts in blender or food processor. Return to saucepan, add milk cheese and reheat slowly until cheese melts. Do not boil. Makes 6 servings.

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Cold Avocado Soup

2 large rip avocados
1 large firm avocado for garnish
4 cups chicken broth
1 cup whipping cream
1 cup light cream

4 T white rum
½ t curry powder, or to taste
pinch salt and pepper
1 lemon, thinly sliced
1 lemon, in small wedges

A few hours before serving place two ripe avocados in blender or food processor along with all the rest of the ingredients except lemons and firm avocado. Blend until smooth, then cover and refrigerate. To serve, spoon into small bowls or sherbet dishes. Place a thin slice of avocado on top for garnish, then a thin slice of lemon. Pass lemon wedges.

Serves 8

Note: This can be served hot. If serving hot, heat very gently until soup is hot but not boiling.

Creamy Cauliflower Soup

The addition of Worcestershire sauce to this recipe gives the soup a pleasant bite. For those wishing a milder flavour, it could be omitted.

1 head cauliflower, cut into bite-sized pieces	2 c chicken stock
¼ c butter	2 c milk or cream
1 medium onion, chopped	½ t Worcestershire sauce
2Tbsp. Flour	¾ t Salt
	1 c grated Cheddar cheese

Cook cauliflower in about 1 cup water. Drain and reserve liquid. Set cauliflower aside. Melt butter, add onion and cook until soft. Blend in flour, add stock and bring to a boil, stirring well. Stir in 1 cup cauliflower liquid, milk, Worcestershire sauce and salt. Add cauliflower and cheese and heat through. Serves 6

Source: 'Joy of Cooking'

Curried Lentil Stew

1 onion, halved lengthwise and sliced thin crosswise.

2 tablespoons vegetable oil

¼ t turmeric

2 t ground coriander

1 t ground cumin

¼ t ground ginger

1/8 t ground cloves

2½ cups lentils, picked over and rinsed
a 14 to 16 oz can plum tomatoes including the juice

1 pound green beans, trimmed and cut into 1½" pieces

4 carrots, sliced thin crosswise

Accompaniments: Rice, plain yogurt, minced fresh coriander

In a kettle cook the onion in the oil over moderate heat, stirring, until it is golden, stir in the turmeric, the ground coriander, the cumin, the ginger, and the cloves, and cook the mixture, stirring, for 30 seconds. Add the lentils, the tomatoes with the juice and 9 c cold water, bring the liquid to a boil, and simmer the mixture, uncovered, stirring occasionally, for 15 to 20 minutes, or until the lentils are tender. The stew improves in flavor if made up to this point cooled to room temperature, uncovered, and chilled, covered, overnight. Stir in the bean and the

carrots and simmer the mixture, uncovered, stirring occasionally, for 12 to 15 minutes, or until the vegetables are tender. Serve the stew with the rice, the yogurt, and the fresh coriander. Serves 8.

Curried Squash Soup

4 T butter	2 medium size squash (butternut or acorn)
2 c finely chopped onion	3 c chicken stock
1 or 2 cloves garlic minced	2 apples, peeled, cored and chopped
½ inch slice ginger peeled and minced	1 c apple juice
4-5 t curry powder	

Melt butter in pot and sauté onions and garlic and ginger for 5 minutes over medium low heat. Do not burn! Add curry powder and cook covered over low heat for about another 5 minutes. Stir frequently.

Peel and chop squash. Add to pot along with stock and apples. Bring to boil. Reduce heat, partially covered and let simmer till squash and apples are very tender, about ½ hour. Stir in about 2 or 3 T of good quality chutney sauce about ½ way through cooking.

Pour soup through strainer (reserve liquid) process solids in blender/processor along with 1 cup of liquid till smooth. Return soup to pot and stir in apple juice and reserved liquid until desired consistency. Season to taste with salt and pepper.



Hot and Fiery Thai Soup

6 c chicken broth

¼ c fish sauce

2" fresh ginger

6 garlic cloves minced

1 t crushed red pepper

5 stalks lemon grass

2 c dried Chinese mushrooms

2 red peppers

1 bunch fresh coriander

8 green onions

1 bunch or about ½ bag of spinach

1 lb med shrimp

1 t hot oriental sauce (Sambal Oelek)

juice of 1 large lime

Bring broth, fish sauce, garlic, pepper flakes, unpeeled ginger piece, chopped white ends of green onions and lemon grass to a boil. Reduce heat to medium and boil gently uncovered 20 min. Strain and discard vegetables.

Soften dried mushrooms by pouring boiling water over top and let sit about 20 minutes. Add mushroom soaking liquid to cooked broth. Slice mushroom, discard stems. Add to broth. Can refrigerate or freeze broth at this point.

Chop green tops of green onions, dice red peppers . Chop coriander and shred spinach. Clean and devein shrimp. Bring broth to boil and add onions, peppers and shrimp, lime juice and hot sauce. Let cook until shrimp are bright pink and hot. Stir in coriander and spinach. Add more lime juice or hot sauce. Creamy.

Laurel Aseveido's Cold Cucumber and Spinach Soup

1 bunch scallions

2 T butter

3 c chicken broth

1 c spinach

4 c chopped cucumber

½ c potatoes cubed

Salt & Pepper

Lemon Juice

1 c light cream

Sauté 1 bunch scallions in 2 T butter till soft

Cook all but lemon and cream till potato is tender. Chill, Blend. Add lemon. Add 1 cup light cream, garnish with cucumber, scallions etc.

Note: You should use baby spinach. You can use more spinach than it says. Use English cucumbers if you can, coarsely peeled. You don't really need to measure the potato.

Leek and Potato Soup

1 slice bacon

1 oz. Butter

1 lb potatoes

2 large leeks

1 ½ c chicken stock

Salt & Pepper

½ c milk

½ c grated cheese

Parsley

Cut up the bacon and fry in butter. Peel and cut potatoes, and clean and cut up leeks. Add to the saucepan and fry for 5 minutes. Stir in stock, add salt and pepper taste. Cover and simmer for 30 minutes until the vegetables are tender. Add milk and reheat but do not boil. If desired, blend for a few seconds. Serve with grated cheese and parsley.

Serves 4

Note: It can be blended immediately before serving for a smoother texture.

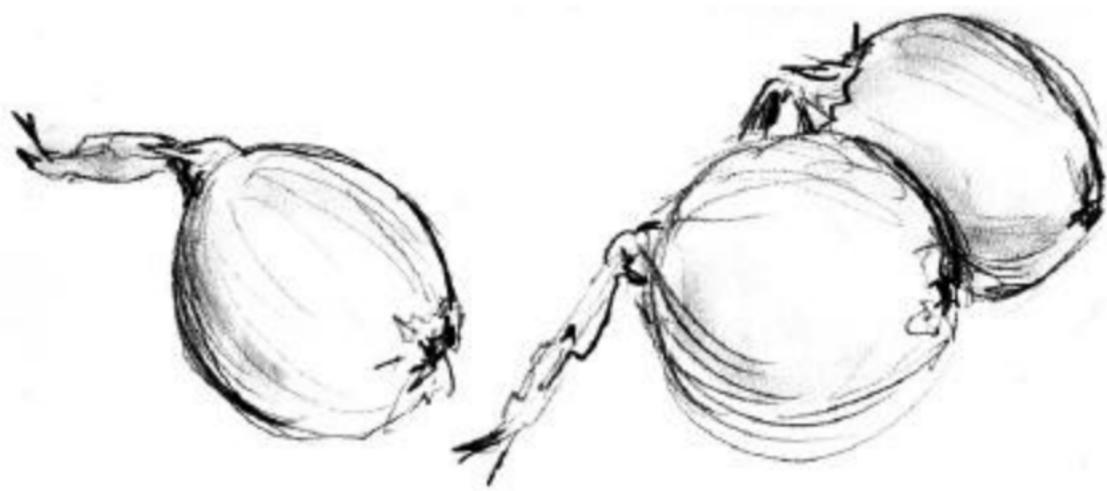
Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Onion Soup

1½ lb (5 cup) thinly sliced onions	½ t salt
2 qt beef stock (or 1 qt water and 3 or 4 beef cubes)	¼ t sugar
3 T butter	3 T flour
½ c dry white wine or red	salt and pepper to taste
1T oil	3 T cognac
	pinch thyme

Cook onions slowly with butter and oil in heavy pot for 15 minutes, Uncover and raise heat to moderate and stir in salt and sugar. Cook 30 to 40 minutes until onions are a deep golden brown! Sprinkle with flour and stir 3 minutes, Off the heat stir in the boiling beef stock. Add wine and seasonings to taste. Simmer partially covered for 30 to 40 minutes.

Ladle into oven safe bowls. Float a slice of lightly toasted French bread and a slice of gruyere cheese on top. Broil until cheese bubbles. Serve immediately.



Porcini Mushroom and Barley soup with Pancetta

4 ounces pancetta or thick bacon slices, cut into 1/2-inch-wide strips	low-salt chicken broth
1/2 c chopped shallots	1/2 c pearl barley
1/2 c finely chopped carrots	1/2 ounce dried porcini mushrooms,* brushed clean of grit
1/2 c finely chopped celery	2 large Swiss chard leaves, thinly sliced crosswise (about 2 cups packed)
2 garlic cloves, minced	Extra-virgin olive oil
2 c water	Shaved Romano cheese
2 c beef stock or canned beef broth	
1 1/2 c chicken stock or canned	

Cook pancetta over medium-high heat until crisp, about 6 minutes (if using bacon, drain off excess drippings). Add shallots, carrots, celery and garlic to pancetta in pot; cook until soft, about 5 minutes. Add 2 c water, stocks, barley and porcini and bring to boil. Reduce heat; simmer until barley is tender, stirring occasionally, about 40 minutes. (Can be made 1 day ahead. Cool slightly.)

Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before continuing.)

Add chard to soup; cook until wilted, about 1 minute. Ladle soup into bowls. Drizzle with oil. Top with cheese.

Note: This is good but quite expensive. It's nice as a dinner menu.

Source: www.epicurious.com

Potato and Roasted Garlic Soup

2 large head garlic unpeeled
2 T olive oil
2 med onions

4 lb boiling potatoes
8 c water

400°F oven. Smash garlic heads root ends up to break up cloves, leaving peels on. Place on foil and drizzle with oil. Sprinkle with salt and pepper and wrap tightly in foil. Bake 40 minutes until very tender. Unwrap and let cool. Squeeze out garlic into bowl, discarding skin.

Cook onions in remaining T of oil until softened. Add peeled potato chunks and water. Bring to boil and cook simmering until tender (about 20 minutes) Puree about half the potatoes with some liquid (in processor or blender) along with the roasted garlic. Transfer back to pot and season with salt and pepper. Serve with scallion puree garnish

Scallion Puree: $\frac{1}{2}$ c olive oil 2 c chopped scallions. Sauté about $\frac{1}{4}$ c oil in pan and cook scallions until just tender and bright green (do not brown) Puree mixture with remaining oil. Season with salt and pepper.



Bagels

9 cups all-purpose flour
4 T active dry yeast
3 c warm water (110F)

6 T sugar
1T salt

In large mixer bowl combine 3 c of the flour and the yeast. Combine water, sugar, and salt. Add to dry mixture in mixer bowl. Beat at low speed with electric mixer for ½ min, scraping sides of bowl constantly. Beat 3 min at high speed. By hand, stir in enough of the remaining flour to make moderately stiff dough. Turn out onto lightly floured surface and knead till smooth and elastic (8 to 10 min). Cover; let dough rest 15 min.

Cut into 24 portions; shape into smooth balls. Punch a hole in center of each with a floured finger. Pull gently to enlarge hole, working each bagel into uniform shape. Cover; let rise 20 minutes. (Optional step for glossy, smooth surface. Place raised bagels on ungreased baking sheet and broil 5" from heat for 1 ½ to 2 minutes on each side.)

In large kettle combine 1gallon water and 1 T sugar; bring to boiling. Reduce heat to simmering; Cook 4 or 5 bagels at a time for 7 min., turning once. Drain. Place on greased baking sheet. Bake at 375F for 30 to 35 min. (For bagels that have been broiled, bake about 25 min.) Makes 24.

Note: I started making bagels in Jamaica because they only had either hardtack or other unleavened bread. Every Sunday was a bread-making day. I would make either loaves of bread or bagels. The only great thing about baking in Jamaica was that because of the heat the rising time was halved. The kitchen wasn't air-conditioned so I didn't like to do this too often. We eked out the little bread we made over the week. It was such an ordeal.

Source: Better Homes and Gardens Homemade Bread Cook Book

Banana Muffins

3 ripe bananas (1 cup mashed)

1 t vanilla

6 T melted margarine or vegetable oil

1 t baking soda

½ c sugar

1 ½ c flour

½ c sugar

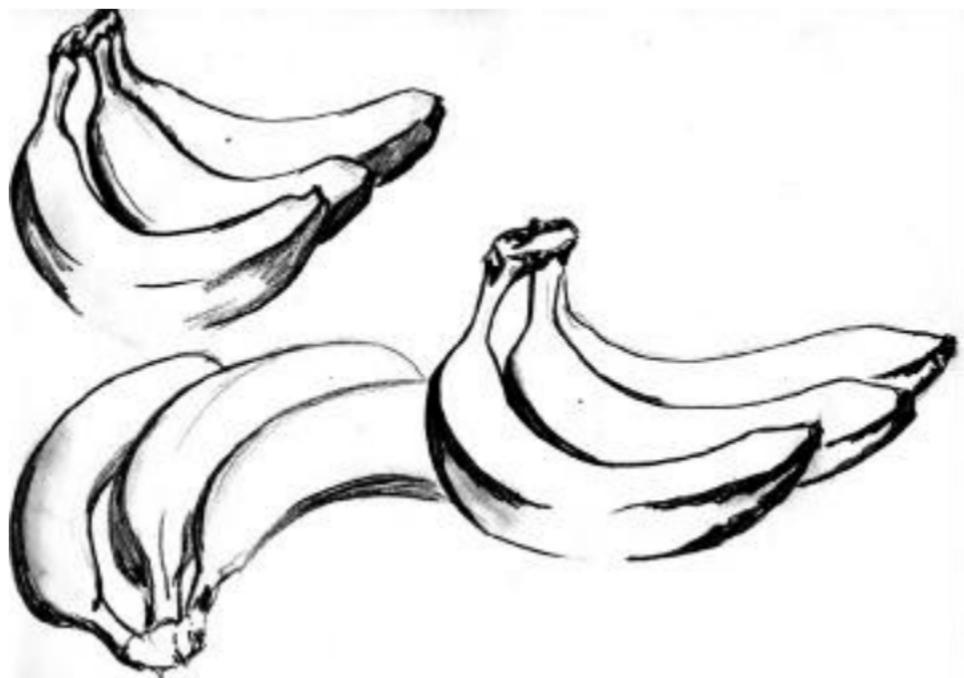
1 t baking powder

1 t salt

½ c walnuts (optional)

1 egg, well beaten

Mash bananas, oil, sugar and salt together. Beat until well mixed. Add egg, and vanilla. Sift dry ingredients and stir into oil mixture until just combined. Stir in nuts if desired. Crop by spoonfuls into 18 muffin cups Bake 350F for 15 to 20 min.



Cheese Bread

2 c flour	¼ t garlic powder
2 t baking powder	1 c shredded low fat sharp cheese
1 t baking soda	2 egg whites
1 T sugar	1T butter or margarine melted
½ t each dry mustard	2 T minced onion
salt	

325°F

Combine four and next 7 ingredients in large bowl. In small bowl whisk together buttermilk, egg whites, butter and onions. Add to flour mixture stirring until just moistened. Spray 8" loaf pan and pour batter in pan. Bake 45 minutes until toothpick comes out clean Cool in pan 10 min then remove from pan. Serve warm.

Ciabata Bread

Starter

½ t yeast

1 c lukewarm water

1 ½ c bread flour

Dissolve yeast in water and add flour and stir to mix. Pour into lightly oiled bowl and cover with plastic wrap and let rise till tripled in volume (4 hours) can Refrigerated to use the next day.

Dough

1½ t yeast

½ c lukewarm water

2 c ice cold water

1 c starter

5 c bread flour (27 oz)

1 T salt

Dissolve yeast in lukewarm water. Let stand 10 min. Combine yeast mix, ice water, starter and flour. Mix low speed 1 min.

Add salt and mix 2 more min. Let dough rest 20 min bowl. Increase speed and knead for 15-20 min. If bowl begins to heat up, stop and allow to cool, can also wrap ice-cold towel around outside to keep temp down. Scrape down often.

When dough pulls away from sides and bottom of bowl, decrease speed to medium and knead until smooth and satiny. 4-6 minutes.

Note: Fabulous bread but a lot of work. Janice used to make it in Jamaica where you couldn't get very good bread.

Cornbread

Sift together

1 c flour

¼ c sugar

4 t baking powder

¾ t salt

Add

1 c corn meal

In a bowl, mix together

2 eggs

1 c milk

¼ c oil

Pour into dry ingredients. Make sure dry ingredients are mixed well. Mix until just moistened (don't stir too much) and bake in greased 9" square pan for 20-25 min at 425°F.

Digestive Biscuits

½ c all-purpose flour

½ c rolled oats

1 c whole-wheat flour

¼ c wheat germ

¼ c sesame seeds

¼ t baking soda

¼ t salt

2 T skim milk powder

¼ c granulated sugar

½ c margarine

1/3 c cold water

1 t vanilla

In a large bowl combine thoroughly the all-purpose flour, rolled oats, whole-wheat flour, wheat germ, sesame seeds, baking soda, salt, skim milk powder and granulated sugar. Cut in margarine with pastry blender or knife until size of small peas.

Combine vanilla with water and drizzle over, mixing enough to make dough pack together into a ball between your palms. Pat and flatten on lightly floured board and roll to 1/8" thickness. Cut out with 2 ½" floured cutter. (A scalloped cutter gives them a more professional appearance.) Bake on greased baking sheets,

above 1/2" apart (they do not spread) and bake at 325F about 20 to 25 minutes. Watch them because they should not brown at all. Good with a piece of cheese between two.

Flour Tortillas

2c all-purpose flour
1 t salt
1 t baking powder

1 T lard or shortening
½ to ¾ cup warm water

In mixing bowl, stir together the dry ingredients. Cut in lard until mixture resembles cornmeal. Add ½ cup warm water and mix until dough can be gathered into a ball (if needed, add more water, 1T at a time).

Let dough rest 15 minutes. Divide dough into 12 portions, shape into balls. On a lightly floured surface, roll each ball into a 7 inch round. Trim uneven edges to make round tortillas.

Cook in an ungreased skillet over medium heat until lightly browned, about 1 ½ minutes per side. Stack hot tortillas in a napkin-lined basket to keep warm. Makes 12 7 inch tortillas.

To make taco shells. In a heavy skillet, heat $\frac{1}{4}$ inch cooking oil. Fry each tortilla 10 seconds or until limp. With tongs, fold tortilla in half, continue frying, holding edges apart with tongs. Cook $1\frac{1}{4}$ to $1\frac{1}{2}$ minutes longer or until crisp, turning once. Drain on paper towels.

To soften tortillas for filling: In small skillet heat 2 T cooking oil. Holding tortilla with tongs, dip each tortilla in the hot oil for 10 seconds or just until limp. Drain on paper towels. Repeat with remaining tortillas, adding more oil as needed.

Note: Andrea always asked for tortillas and chili for her birthday up at the cottage. I'd be cooking for 18 people with no rolling pun, just a wine bottle. There never seemed to be enough. No matter how many times I doubled the recipe we would always run out.

Olive and Oregano bread

1 ¼ c warm water
1 t yeast
pinch sugar
1 t olive oil
1 onion chopped
4 c flour

1 t salt
¼ t blk pepper
1/3 c olives roughly chopped
1T chopped fresh oregano
1T blk olive paste
1T fresh parsley

Put half warm water in jug and sprinkle with yeast. Add sugar mix well stand 10 min.

Heat oil and fry onion med heat till golden. Sift flour with salt and pepper. Make well add yeast, onion and oil, olive paste, herbs remaining water. Add extra water if needed to make soft dough.

Knead for 5 min until smooth and elastic. Cover let rise 2 hours till doubled

Knead again and shape into round loaf. Make crisscross cuts in top. Cover and let rise in warm place 30 min till well risen. Dust with flour
Bake 425F for 10 min Lower heat to 400F and bake 20 min longer

Overnight Cinnamon Rolls

Place

2T yeast in 1 c warm water mixed with 2 t sugar. Let sit 10 min until bubbly.

Heat until butter melts

½ c milk

½ c sugar

¼ c butter or margarine

1 t salt

Let cool until lukewarm. Add to yeast mix. Stir in

2 eggs

2 c flour

Mix well and gradually add in about 3 more cups flour.

Knead 10 minutes until springy and elastic. Shape into ball cover with clean cloth and let rest 20 minutes Divide dough in half and roll each into rectangle 9 x 18 inches.

Spread each rectangle with melted butter and sprinkle over half of a mixture of

1 ½ c brown sugar

(1 cup raisins optional)

1T cinnamon

Roll up like a jelly roll from the long side. Cut each into 12 pieces and place cut side down in a greased 8" or 9" square pan. Brush with a little oil or melted butter. Cover with saran wrap and put in fridge overnight. Remove and let stand 20 minutes. Bake at 350F for 25 min.

Glaze with a mixture of icing sugar and milk when cool.

Note: This is good to have when you have company. Dad loves them.

Pizza Dough

1 T yeast

1 c water

1 t sugar

2 2/3 cup flour

1 t salt

1 T olive oil

Mix yeast with water and sugar let stand 10 min. Put dry ingredients in food processor bowl. With steel blade running pour yeast mixture and let run 40 to 50 seconds (until all ingredients become a ball). Let rise in greased bowl about 1-1 1/2 hour. Cover with toppings and bake 400F for 30-40 min.

Notes: Works best if you cook on a pizza pan (with holes) and then put the on a pizza stone. This ensures that the bottom is crispy.

Spicy Carrot Muffins

1½ c flour

¾ cup brown sugar

1 t baking soda

1 egg

1 t baking powder

1/3 c oil

½ t salt

½ t cinnamon

½ c sour milk (put ½ t vinegar in cup
and add enough milk to make ½ c)

½ c raisins (optional)

¼ t allspice or cloves

¼ t nutmeg

1 t vanilla

Pinch ginger

1 c finely shredded (grated) carrots

Combine all dry ingredients together in a bowl. Whisk egg, oil, milk and vanilla together and add to flour- mixing only until combined. Stir in 1 c carrots and raisins. Spoon into muffin cups and bake 375 for 20 to 25 minutes. Makes 1 ½ dozen.

Zucchini Bread

3 eggs	¼ t baking powder
1 c oil	2 t baking soda
1 ½ c sugar	1T cinnamon
2 c grated unpeeled zucchini	1 c raisins
2 t vanilla	1 c chopped walnuts
2 c flour	Pinch salt

Beat eggs lightly with fork or whisk. Stir in sugar, oil, zucchini, and vanilla. Mix dry ingredients together and blend into sugar and oil mixture. Add raisins and walnuts, Pour into buttered loaf pans (2) and bake 350 for 1 hour

Note: This is a good thing to make if you have too many zucchinis in the fridge.

Fettuccini with Smoked Salmon Sauce

2 T butter	1T Dijon mustard
2 T olive oil	2 T lemon juice
1 c sour cream	½ lb fresh fettuccini
2T chopped shallot or 1 large garlic clove, chopped	8 oz smoked salmon
½ c whipping cream	4 finely chopped green onions

Heat butter and oil in skillet and sauté shallots or garlic for 5 minutes over med heat being careful not to burn. Whisk in creams and mustard, add lemon juice and white pepper. Remove from heat and toss with freshly cooked pasta. Cut smoked salmon in bite size pieces and sprinkle on top along with green onions. I think you can also use canned salmon and add directly into the sauce.

Linguine with Tomatoes and Basil

4 ripe large tomatoes, cut into ½ inch cubes

1 pound brie cheese, rind removed , torn into irregular pieces – or cheese curds

1 cup cleaned fresh basil leaves, cut into strips

3 garlic cloves, peeled and finely minced

½ cup olive oil

2 ½ tsp salt

½ tsp freshly ground black pepper

1 ½ pounds linguini

freshly grated imported Parmesan cheese (optional)

Combine tomatoes, Brie (or cheese curds), basil, garlic, olive oil, ½ tsp salt and the pepper in a large serving bowl. Prepare at least 2 hours before serving and set aside, covered at room temperature

Prepare linguini

Drain pasta and immediately toss with tomato sauce. Serve at once, passing the peppermill and grated Parmesan cheese if you like. 4-6 portions.

Source: Based on The recipe from 'The Silver Palate'.

Linguini with Oven Dried Tomatoes and Garlic

2 pounds fresh plum tomatoes
¾ pound (375 g) dry linguini pasta
4 t extra virgin olive oil, divided
3 cloves garlic, chopped

2 bocconcini (fresh mozzarella balls),
each about 1 ½ oz., diced
2 T chopped fresh basil
Salt and freshly ground pepper to taste
3 T freshly ground parmesan cheese

Preheat oven to 325. Cut tomatoes into wedges, quarters for small tomatoes, sixths for larger tomatoes. Place on a rack in a single layer then place rack over a baking sheet and bake for 1 ½ - 2 hours, or until tomatoes are dried slightly but still soft to touch. Be careful not to over dry. Remove from oven and allow to cool; cut tomatoes into ½ inch pieces. Set aside. In a large pot, cook pasta in lightly salted water. Drain.

In a large skillet over medium heat, heat 2 tsp olive oil; add chopped garlic and sauté for 30 seconds until fragrant. Reduce heat to medium-low and continue to sauté for 2 minutes, being careful not to brown the garlic. Add tomatoes and

heat over medium until mixture is warmed through and just beginning to simmer. Add cooked linguini and toss.

Remove from heat. Add bocconcini, being careful to distribute the pieces evenly. Toss with the remaining olive oil and chopped fresh basil. Season with salt and freshly ground pepper. Serve garnished with freshly grated Parmesan cheese.

Serves 4 – 6

Manicotti

1 lb fresh ricotta
7 oz mozzarella
1/3 parmesan
1 lb fresh spinach
1 egg and 1 yolk

3 T parsley
salt and pepper to taste
½ t freshly ground nutmeg
Italian tomato sauce (homemade or
good bottled type)

Manicotti tubes, homemade crepes or flat pasta rectangles (like lasagna)

Oven 350. Wash, trim and steam spinach. Drain well, cool and chop. Cook pasta al dente and drain and cool. Mix all of the other ingredients except for tomato sauce in large bowl. In large flat baking dish, spread tomato sauce over the bottom. Place about 2 T cheese mixture on each pasta or crepe and roll up. Place in pan, close together but not touching as they swell when cooking. Cover with remaining sauce and cover with foil or lid.

Cook 20- 25 minutes.

Marinated Tomato Sauce

2 lb small plum tomatoes coarsely
chopped
3 T olive oil
1T balsamic vinegar

1 clove garlic minced
¼ c chopped fresh basil
salt and freshly ground pepper

Optional ingredients

½ lb mozzarella cubed
½ c black olives
½ c chopped red onions

½ c parsley
1T minced anchovies or capers
3 T toasted pine nuts

Combine tomatoes, oil, vinegar, garlic, basil and salt and pepper in large bowl.
Let stand at room temperature 30 minutes.

Cook pasta in boiling water until al dente. Drain and serve tomato sauce over
pasta. Add optional ingredients as desired.

Noodle Pancake with Mixed Vegetables

8 oz spaghetti	4 med carrots sliced
2 T cornstarch	1 t minced ginger
½ lb snow peas	3 T soy sauce
½ lb mushrooms	1 ½ t sugar
1 bunch green onions	

Boil spaghetti until al dente drain well.

Mix cornstarch with ½ c water. In pot, heat 3 T oil and cook peas, mushrooms, green onions. Carrots, ginger stirring often - until vegetables are tender crisp. Stir in soy sauce, sugar and 2 c of water and then cornstarch mix. Cook until thickens. Keep warm

In 10 in skillet over M heat, in 2 T oil, arrange spaghetti to form pancake, pressing together with spatula. Cover and cook 5 minutes until golden brown on

bottom. Slide onto a plate. Heat another 2 T of oil and put in noodle pancake. Cover and cook 5 minutes until golden brown on other side

Serve pancake on platter spoon vegetables over it. Cut with sharp knife or kitchen shears.

Spinach and Cheese Cannelloni

Parmesan cheese crepes:

3 eggs

1 ¼ c milk

2 T oil

1 c flour

¼ c parmesan cheese

pinch salt

Blend all together with whisk or in food processor. Cover and refrigerate several hours or overnight. Bring to room temperature and cook as for crepes.

Filling

1 pkg frozen spinach chopped

1 ½ lb ricotta

¼ lb mozzarella

2 eggs

3 t béchamel sauce

¼ c chopped onion

salt and pepper

3T grated parmesan

1 clove garlic crushed

Sauté onions in butter. Remove to a bowl. Thaw spinach and wring out as much liquid as possible. Heat in pan to remove any remaining liquid. Add to onions in bowl and add rest of ingredients. Combine well.

Béchamel sauce

1 ½ c milk, 3T butter, 4 T flour

Melt butter until bubbly. Gradually add flour and blend well. Cook over low heat for a few minutes. Add warm milk gradually stirring constantly. Stir in ¼ c parmesan cheese.

Tomato sauce Sauté one onion, 1 or 2 cloves garlic in olive oil. Add one large can tomatoes. Add 1T oregano, 2t basil, 3 T sugar, salt and pepper. Simmer until flavors are melded.

Assembly: Butter a 13 X 9 Pyrex pan. Spoon one or two spoonfuls of tomato sauce in bottom. Place 2 or 3 T of filling in center of crepe and roll around filling. Place in single layer. Spoon béchamel sauce over and then tomato sauce. Sprinkle with mozzarella if desired. Can refrigerate or freeze at this point. If frozen defrost before baking uncovered 350F for 40 - 45 minutes until hot and bubbly. Can also use commercial cannelloni shells. Boil and drain well.

Barbecued Beef Braising Ribs

3 ½ lb beef braising ribs

3 T oil

1 clove garlic, minced

¼ c white vinegar

1 c tomato paste

1 c water

1 T Worcestershire sauce

¼ c brown sugar

½ c minced onion

½ t salt

¼ t pepper

1 T butter

Brown ribs in oil with garlic. Transfer ribs and drippings to roasting pan.

Combine remaining ingredients in a saucepan and simmer for 15 minutes. Pour over ribs and bake, covered, at 350F for 1½ to 2 hours, Stirring after 1 hour.

Serves 6

Barbecued Leg of Lamb

1 whole leg of lamb, boned
1 t black pepper
1 t basil
1 t marjoram
1 t rosemary

1 t salt
6 T dry white wine
4 T Worcestershire Sauce
4 T or more melted butter

Open leg out flat and hammer meat surface with a meat cleaver. Sprinkle herbs and seasonings onto surface of meat, rub all over with wine and Worcestershire sauce and leave to stand in a shallow pan for 6 to 12 hours. I find it easier to put the lamb into a large, strong plastic bag before adding the marinade, then tie the meat up tightly inside, so the meat keeps moist all over. When ready to cook, brush with melted butter and cook over a barbecue or under a grill for 20 minutes per side, until outside is crusty brown and inside a tender pink. Don't put the meat too close to the flames. A six-inch distance is about right. When cooking under a grill, place meat in shallow pan, not on a rack. When meat is done, remove and slice thinly. If grilling, add marinade to the pan juices to make a

sauce, thickened with a little beurre manie (2 T each of flour and butter blended together).

Note: Do not over cook.

Source: More Chef on the Run

Braised Short Ribs of Beef

1 t freshly ground black pepper, plus additional to sprinkle over ribs before cooking

4 lbs beef short ribs, cut into 2-in lengths

5 T best-quality olive oil

8 garlic cloves, peeled and finely chopped

1½ c canned Italian plum tomatoes, with juice

2 c sliced carrots, 1/8 in thick each

3 c sliced onion

8 whole cloves

½ c chopped Italian parsley

¾ c red wine vinegar

3 T tomato paste

2 T brown sugar

2 t salt

¼ cayenne pepper

3 c beef stock

Sprinkle pepper over short ribs. Heat olive oil in a Dutch oven or casserole. Sear ribs, 3 or 4 at a time, browning well on all sides. As they are browned, drain them on paper towels

Preheat oven to 350deg F

Return half of the ribs to the casserole. Sprinkle with half of the garlic. Layer half of each vegetable over the meat. Add 4 cloves and sprinkle with half of the parsley. Repeat with remaining ingredients, ending with a layer of chopped parsley.

In a bowl mix together vinegar, tomato paste, brown sugar, salt, 1 t black pepper and cayenne. Pour over meat and vegetables and then add beef stock just to cover.

Cover casserole, set over medium heat, and bring to a boil. Bake in the oven for 1 1/2 hours. Uncover and bake for 1 1/2 hours longer, or until meat is very tender. Taste, correct seasoning, and serve immediately.

6 portions. From The Silver Palate Cookbook

Burgundy Beef Stew

3 lbs lean round or chuck steak cut
into 2 inch cubes

Flour

Salt and pepper

8 strips bacon

2 cloves of garlic, crushed

1 oz brandy

1 can condense beef bouillon or beef
stock

2 c dry red Burgundy wine

2 T tomato paste

6 peppercorns, ground in pepper mill

Pinch of ground cloves

½ bay leaf

¼ t ground thyme

16 white pearl onions, peeled or 2
medium onions, peeled and quartered
(sauté)

10 carrot, peeled and thickly sliced

16 medium mushrooms, cleaned, left
whole (sauté)

A day or two ahead of serving shake beef cubes a few at a time in a little flour seasoned with salt and pepper. Sauté the bacon in a frypan until it begins to brown but is not crisp. Remove with slotted spoon and transfer to a large Dutch oven. Drain fat from fry-pan and add beef cubes, a few at a time, to brown lightly.

Add more oil as needed. When all the meat has been browned, transfer it all back to frypan, pour over the warm brandy and ignite. When the flame dies out, remove meat to Dutch oven. Add bouillon, wine, tomato paste, seasonings and onions. Cover and bake at 325F for 1 hour. Add carrots and continue baking for another hour. Cool and refrigerate.

Before serving, heat oven to 350F. Add whole mushrooms to the stew, stir gently and bake for ½ hour until hot right through. To thicken the sauce, blend 3 T flour with 4 T red wine, gently stir into the stew and continue baking for an additional ½ hour. (If too thick, thin with beef stock or red wine.)

Have ready a giant round loaf of sourdough bread that you have scooped out to make a bowl. At the last minute, ladle the stew into the bread, garnish and serve. This stew is also great with good old baked potatoes, which can cook in the oven alongside the stew, or buttered noodles sprinkled with poppy seed. Serves 8

Cabbage Rolls

12 large cabbage leaves, covered with boiling water 5 minutes.

Combine, place in leaves. Roll, brown in oil;

1¼ lb ground beef

1 c onion chopped

2 t salt

1 egg

Ground pepper

½ t poultry seasoning/Thyme

Combine. Stir onto cabbage. Simmer covered 1 hour.

2 cans (8 oz each) tomato sauce

¼ c water

1 T brown sugar

1 T lemon juice/vinegar

6 servings

Chicken-Artichoke Casserole

1½ t salt	2 T flour
¼ t Pepper	2/3 c chicken stock
½ t Paprika	3 T Sherry (or white wine)
3 lb fryer, cut up (regular chicken)	12 or 15 oz jar marinated artichoke hearts, drained
6 T butter	1 T Worcester sauce
¼ lb. Chopped mushrooms (sliced)	

Sprinkle salt, pepper and paprika over chicken pieces. Brown in 4 T of the butter, then place in a large casserole dish. In the remaining 2 T of butter, sauté the mushrooms for 5 minutes. Sprinkle flour over them and mix it in. Add chicken stock and sherry and stir. Cook for 5 minutes. Arrange artichoke hearts among the chicken pieces. Pour the mushroom- sherry sauce over them and bake, covered, at 375F for 40 minutes.

Serves 4 to 6

Note: Janice serves this with Uncle Ben's wild rice and mushroom mixture. Add extra mushrooms

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume Number 1'

Chicken Cacciatore

4 lb chicken pieces

¼ c olive oil

¾ c onion

1 green pepper

1 clove minced garlic

1 t salt

¼ t oregano

1 can tomato

½ c wine vinegar

mushrooms

Sauté chicken till golden. Sauté onions, green pepper, minced garlic and spices. Cook 10 minutes. Mix chicken. Add tomatoes. Cover cook over low heat 45 minutes. Add mushrooms cook 15 minutes longer.

Chicken in Filo Paper

Single chicken breasts, boned,
skinned and halved
Fresh spinach leaves, washed and
dried

Dill weed
Feta cheese
Filo paper
Melted butter, lukewarm

Keep butter slightly warm in saucepan and get filo paper ready, covered with plastic wrap to prevent it drying out. Brush one sheet very slightly on both sides with the melted butter. Cut the sheet lengthwise into 3" strips. Place a piece of chicken on the lower corner of one of the strips, cover with 1 or 2 fresh spinach leaves, sprinkle over about 1 t of feta cheese and dill to taste and place another spinach leaf on top. Fold filo paper over the filling, enclosing it from side to side, right to left, lengthwise to form a triangular package. Continue to stuff and wrap all the chicken pieces in the same manner and place them on a greased cookie sheet. Brush with a little more butter if the pastry starts to dry out. (At this point, the chicken packages can be refrigerated; wrap well.)

Bake chicken, uncovered, in pre-heated 375F oven for 20 to 25 minutes until golden. Don't overcook – the chicken should be moist and the filo crisp. I prefer two sheets of filo for a thicker wrapping

Note: Chicken breasts stuffed with fresh spinach, feta cheese and dill and wrapped in filo paper can be prepared a day ahead if necessary, then baked just before serving. Chicken Kiev: Chicken, black forest ham, cheese. Bake 30 minutes at 350F on greased cookie sheet – same sheet that will go in oven.

Source: Chef on the Run

Chicken Wings

Chicken
Egg

Flour
Oil

Disjoint so you get drumsticks & wing. Mix with egg and then flour. Raymond just deep-fries them. Mom puts them in oven at 450 F on a rack, turning them so they get crisp (spray with Pam). About 45 min, turning them once. Once they're done, put them in a pot and turn the heat to medium (or a little lower).

When the pot is hot. Make up:

1/3 c vinegar
1/3 c sugar
1/3 c shoyu

1/4 c water,
slivers of garlic

Stir so sugar is dissolved and pour into pot. Cover and shake until sauce is covering the chicken. Serve room temp.

Fresh Vietnamese Spring Rolls

16 rice paper wrappers (spray with a mister or wet with your hands and place between 2 damp towels to soften)

1 oz cellophane noodles - cover with hot water for 5 minutes to soften then drain and cut into 1 inch length.

16 cooked shrimp

8 leaves leaf lettuce halved
1 cup julienned English cucumber

1 c bean sprouts

½ c mint leaves (or 1t dried mint leaves)

8 garlic chives or chives halved

1T fish sauce

Lay rice wrapper on counter and halve each shrimp lengthwise. Place both on lower third of wrapper. Cover with lettuce leaf and top with a thin layer of noodles.

Combine cucumber, sprouts, mint, chives and fish sauce and place 1T of mixture beside noodle. Roll up like a cigar. Cut into thirds and serve with peanut dipping sauce.

Peanut Sauce:

2 red chili peppers seeded.

2 cloves garlic

¼ c chunky peanut butter

2T fish sauce

2T lime juice (more to taste)

2T water

1 T brown sugar

Put all ingredients in a food processor and blend. Instead of the chili peppers and garlic, can substitute chili sauce with garlic (2T)

Grilled Meat on Skewers

1¼ lb boneless sirloin, slightly frozen	1/3 c soy sauce
1 T sesame seeds (toasted/crushed)	2 T dry sherry
1 large clove garlic	1 T sesame oil
1 slice fresh ginger (1/2 inch pared)	3 T sugar
2 green onions and tops, cut into 1" pieces	½ t crushed red pepper flakes
	Tabasco

Using slicing disc, slice beef; place in medium bowl.

Insert steel blade. Place sesame seeds in bowl. With machine running, drop garlic and ginger through feed tube; process until minced. Add onions to bowl; process, using on/off technique, until minced.

Combine onion mixture with remaining ingredients. Pour over meat; stir. Let stand at room temperature 30 minutes.

Thread meat on wooden skewers. Broil, basting with remaining marinade, until meat is brown, about 2 minutes on each side.

Makes 4 servings

Source: Based on recipe in 'The ultimate food Processor Cookbook'

Gyoza

Pork Filling

¼ lb ground pork

½ c minced bamboo shoot

½ c finely diced nappa (Chinese cabbage)

1 ½ T Soya sauce

½ t sugar

1 T dry sherry

¾ t salt

1 T sesame oil

2 t cornstarch

2 T chicken stock

Buy frozen dumpling wrappers from China town. Put a 1T filling in center put water around edge then fold wrapper in half and crimp edges closed. Dumplings can be deep fried, boiled or pan fried.

Sauce

¼ c soya

¼ c red wine vinegar

1 T grated ginger

1 T chopped garlic

1 T heated oil

1 T sesame oil

Hamburgers

1lb lean ground beef
2 cloves garlic
1 onion chopped
1 carrot grated
1 egg

¼ c bulgar soaked
1 t cayenne pepper
salt & pepper
cheddar cheese pieces (optional)

Mix in bowl. Make patties and grill each side. You can put a piece of cheese in the patty before cooking to make cheese burgers.

Serve with fresh buns and lots of condiments and vegetable slices.

Meat-Loaf Ring

4 lb ground chuck	2 eggs, slightly beaten
4 c fresh breadcrumbs	5 t salt
1½ c minced onions	2 t dry mustard
1 c chopped parsley	2 t prepared horseradish
½ c minced green pepper	½ t pepper
½ c ketchup	1 12-ounce bottle chili sauce
½ c milk	

About 1 ½ hours before serving ro day before:

Preheat oven to 400F. In large bowl, with fork, toss together all ingredients but chili sauce. Pack mixture into a greased 3 quart ring mold. Bake 1 hour or until browned. Let stand 5 minutes: then drain liquid from meat loaf by carefully inverting meat loaf onto flat platter over the sink. Carefully transfer loaf to serving platter; serve immediately with chili sauce. Or, cover and refrigerate to serve cold. Makes 12 servings.

For picnic: Return cold meat loaf to ring mold for easier carrying; cover with plastic wrap or foil and pack in insulated container. Don't forget to bring the chili sauce!

Note: This is good served with scalloped potatoes

My Stir Fry (different every time)

Any leftover bits of meat or seafood or tofu
onions sliced lengthwise once then lengthwise into thin slices
2 garlic cloves minced
½ inch slice ginger minced
any combination of vegetables (zucchini, mushrooms, broccoli, celery, bean sprouts, carrots, peppers)
Soy sauce
oyster sauce
beef or chicken cube dissolved in water
cornstarch (1 T dissolved in 2 T water)
Asian chili sauce

Heat some oil in a wok, then cook the garlic and ginger lightly. Do not let it burn. Add meat if you are using meat. Cook until no longer pink. Remove from pan. Then lightly stir fry the rest of the vegetables. Onions first then the rest in the

order of cooking time. When all are in pan and almost cooked, add approx 2 T soy sauce, 2T oyster sauce, and about $\frac{1}{4}$ to $\frac{1}{2}$ c stock. Keep stir frying and then add the cornstarch mixture and bring to t boil. Taste for seasonings. Add chili sauce and or sesame oil if desired.

Paad Thai

½ lb dried flat rice noodles (¼ to ½ inch thick)
¼ lb firm tofu rinsed and patted dry
1 T tamarind (cut from a pliable block)
1T brown sugar
¼ c cornstarch
2 large eggs, beaten lightly
¼ c vegetable oil (plus more for frying tofu)

4 garlic cloves minced
¼ c dried small shrimp
1T chopped pickled salted radish (hau pak kad khem)
2 T Asian fish sauce
1 c fresh bean sprouts
¼ c chopped chives
1t hot red pepper flakes (or Asian chili sauce)

Cover rice noodles with cold water and soak 30 minutes or until softened. Drain.

Wrap tofu in paper towels and put a heavy weight over and let stand 30 minutes to press out excess liquid. In small bowl combine tamarind and ¼ c hot water and let stand 20 minutes stirring occasionally.

Strain through a sieve and discard solids. Stir in brown sugar. Cut tofu into ½ cubes and dredge in cornstarch. Shake off excess and dip in one ten egg. Fry in hot oil until golden. Drain on paper towel.

In heavy skillet eat 2 T oil until hot and add garlic then shrimp, radish, tofu and stir fry 3 minutes. Add remaining egg and stir until egg sets. Add noodles, tamarind mix, about 2 T more oil, fish sauce, stir well. Cook until noodles are al dente and most of the liquid is absorbed (about 5 minutes) Add bean sprouts, chives, red pepper flakes. Mound on serving platter and sprinkle with chopped peanuts and chive (also more bean sprouts)

Roast Lamb with Peppercorn Crust

3 T crushed dried peppercorns, and
equal mix of white, black and green
1 T fresh rosemary leaves, or 1½ t
dried
½ cup fresh mint leaves
5 garlic cloves, crushed

½ c raspberry vinegar
¼ c soy sauce
½ c dry red wine
1 boned but untied leg of lamb, about
5 pounds (weighed after boning)
2 T prepared Dijon-style mustard

Combine 1 T of the crushed peppercorns, the rosemary, mint, garlic, vinegar, soy sauce and red wine in a shallow bowl. Marinate the lamb in the mixture for eight hours, turning occasionally

Remove roast from marinade and drain; reserve marinade, roll the roast, tying it with kitchen twine

Preheat oven to 350deg F

Spread mustard over meat and pat 2 T of crushed peppercorns into the mustard. Set the roast in a shallow roasting pan just large enough to hold it comfortably and pour reserved marinade carefully around but not over roast

Bake for 1½ hours or 18 min per lb, basting occasionally. Roast will be medium rare. Bake for another 10 – 15 minutes for well-done meat. Let roast stand for 20 minutes before carving. Serve pan juices in gravy boat along with lamb.

6-8 portions

Source: The Silver Palate Cookbook

Stuffed Grape Leaves with Egg-Lemon Sauce

½ c parsley sprigs	½ t dill seeds
1 large onion, cut into quarters	1 t salt
1 lb lamb cut into 1" cubes	¼ t pepper
2 T olive oil	1 jar grape leaves
½ c uncooked white rice	3 T lemon juice
1/3 c pine nuts or slivered almonds	1 qt water or enough to cover
1/3 c dark raisins	Egg-lemon sauce (see next recipe)
1 t dried mint leaves	

Using steel blade, process parsley, onion and lamb (1/2 lb at a time) separately, using on/off technique, until chopped. Sauté onion in oil in skillet until tender, about 10 minutes. Combine all ingredients except grape leaves, lemon juice, water and Egg-Lemon Sauce in large mixing bowl. Gently unroll grape leaves; rinse well. Drain on paper toweling. Carefully separate about 40 whole leaves.

Set aside leaves that are broken or torn. Place 1 leaf, vein-side up, on a surface: place 1 T meat mixture at base of leaf. Fold in sides, and roll to completely seal filling.

Place layer of remaining whole and torn leaves in bottom of large saucepan. Arrange stuffed rolls in 2 layers; top with another layer of leaves. Add lemon juice and enough water to cover all but 1" of leaves. Heat to boiling; Reduce heat. Simmer covered for 30 minutes. Make Egg-Lemon Sauce. Remove stuffed grape leaves to serving platter.

Pour Egg-Lemon Sauce over all.

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Stuffed Grape Leaves with Egg-Lemon Sauce continued

Egg-Lemon Sauce

2T butter

2 eggs

2T all-purpose flour

3 to 4 T Lemon juice

1 c chicken stock

2 T cold water

Melt butter in saucepan. Stir in flour to make smooth paste; cook over medium heat, stirring constantly, 2 to 3 minutes. Stir in hot stock. Heat to boiling; cook, stirring constantly, until thickened, about 3 minutes.

Using steel or plastic blade, process eggs until foamy. Add lemon juice and water. With machine running, add chicken stock mixture through feed tube in a slow steady stream, process until blended.

Note: Can also be served cold as an appetizer. Omit egg-lemon sauce, garnish with lemon slices and cherry tomatoes.

Source: Based on recipe in 'The Ultimate Food Processor Cookbook'

Sushi

Measure and wash 4 c Japanese short grain rice. Add 4 cups of water and let sit in pot for an hour. Bring to boil and then lower heat and let steam gently for 30 minutes (better to use a rice cooker).

Gently turn out into a non-metallic pan or container. Add pour sushi liquid over- in small increments, turning rice and fanning all the while.

Sushi liquid

1/3 c sugar

1/3 c vinegar

1 T salt.

Maki Sushi

Toast the nori lightly and spread about ½ c seasoned rice evenly over nori, leaving about 1 ½ inch border at top. Layer fillings (cucumber, egg, fish, etc) then roll up. Dampen nori border with vinegar sugar solution to help the edges stick.

Roll each roll in waxed paper. If they must be kept for a few hours, place in a pan and cover with damp tea towel and then plastic wrap.

Tempura Batter (Baachan's)

In a small bowl, mix 1 cup all purpose flour

¼ c potato flour (or cornstarch) 1t baking powder

In a large bowl Mix:

1 ¼ c ICE cold water

¼ t salt

2T oil

Add flour mixture To the water with chopsticks in a side to side motion. Continue to add flour until it is of a fairly thick consistency. Dip shrimp, green peppers, sweet potato slices, shrimp etc. And deep fry.

Note: You can use self-rising flour and omit the baking powder and cornstarch.

Baked Polenta

1 qt water

1½ c yellow cornmeal

1 t thyme

1/8 t pepper

1½ t salt

1 c diced cheese

1 c diced red pepper

Bring 3 c water and salt to a boil. Mix cornmeal with remaining 1 c water to make a smooth paste. Slowly add cornmeal and keep water boiling. Stir until wooden spoon stands upright. 20 to 30 minutes. Remove from heat and stir in remaining ingredients. Spread into greased pan and refrigerate if possible. Bake for 20 minutes. Cut into squares.

Variations

Can sauté garlic and add to cornmeal mixture.

Barley Pilaf

4 dried Chinese mushrooms (shitake)	1¾ c pearl barley
2 small onions finely chopped	10 oz can beef bouillon
5 T butter	1 c water
½ lb mushrooms	

Soak dried mushrooms in 1 c water. Set aside. Slice the mushrooms finely - discarding the stems. In 2 T butter, sauté onions until slightly tender, Add dried and fresh mushrooms and sauté slightly. Remove from pan and drain juices. (I would save the juices). In pan melt butter and add barley. Toss until well coated and golden.

Place in casserole dish with mushrooms, onions, water and beef bouillon. Cover and bake 350 for 50-60 minutes until tender. Can be refrigerated and reheated 350 for 30 minutes.

Black Bean Tart with Chili Crust

Crust

1¼ c flour

1 t each cumin, chili pwdr, paprika

½ t salt

½ c unsalted butter in bits

2 T ice water

In food processor or with pastry blender , cut in butter into flour and spices until like coarse meal. Add ice water a little at time until mixture just forms a dough. Press dough into 10" tart pan with removable sides. Chill 15 min and then line with foil and weight with beans or rice. Bake 350 for 8-10 min, remove weights and bake 10 minutes more. Cool

Filling

½ lb dried black beans or 3 c canned,
rinsed and drained

1 bay leaf

1 med red onion

2 T sour cream

1 T oil

10oz frozen corn

1 red pepper chopped

½ c Monterey Jack cheese grated

½ c coriander chopped

2 jalapeno chilies seeded and
chopped fine

½ c chopped gr onions

Soak dried beans overnight and cook with bay leaf, onion and water to cover by 2 " until tender (simmer about 1 hr) Drain, discard bay leaf. Mash 1 c of beans (canned or cooked) with sour cream and season with salt and pepper. Sauté corn about 2 min. Cool. Stir corn, seasonings, pepper, cheese and green onions together. Spread bean puree in crust and mound with remaining filling, pressing down gently. Bake 20 min until hot and cheese is melted. Let cool 15 minutes and remove sides. Serve warm or at room temperature.

Serve with lime sour cream: 1 c sour cream whisked with 2 t fresh lime juice. Salt and pepper to taste.

Broccoli Onion Deluxe

2 c sliced onion	3 T butter
1 bunch broccoli chopped	3 T flour
4 oz cream cheese (or half cream and half cheddar cheeses)	1 c bread crumbs
2 T melted butter	1¼ c milk

Boil onion in salted water until tender. Cook broccoli until crunchy tender. Melt butter and stir in flour and milk. Stir until slightly thickened. Add cheese a little at a time and stir until well mixed and melted. Place broccoli in greased casserole dish and top with onion - pour sauce over all and combine melted butter and crumbs and Parmesan cheese and sprinkle on top. Bake 350 until lightly browned about 30 minutes

Source: Based on recipe in The Harrowsmith Cookbook Volume Two

Bulgar Wheat Pilaf

2 T butter

½ c finely chopped green onions

1 c uncooked bulgar wheat

1/3 c currants

¼ t oregano

salt and pepper

2 c chicken stock

2 T chopped parsley

1T grated orange rind

1/3 c chopped pecans (optional)

Melt butter in large sauce pan and sauté onions and bulgar until golden- about 4 minutes. Add rest of ingredients except parsley, rind and nuts. Simmer for about 15 minutes covered until all liquid is absorbed. Refrigerate,. To reheat, bake at 350 for 25 to 30 minutes until hot. Add parsley, rind and nuts. Toss and serve.

Cauliflower Cheese Pie

Grate 2 or 3 large potatoes
Grate or finely chop 1 onion.

Mix together with 1 egg and 2 T flour and salt and pepper. Spread in a greased baking pan. Bake in 375 oven for 20-30 minutes until lightly brown.

Filling: Cut cauliflower or broccoli into small pieces. Lightly cook (in microwave or in small amount of water) until just barely tender. Drain. Grate or dice cheese (any kind though Swiss or gruyere is traditional) Place in a layer on top of the potato crust, layer on vegetables. Mix up about 4 eggs and 1 qt of milk (adjust according to the size pan you have) and mix in salt and pepper and a pinch of dried thyme. Pour over vegetables and bake in 350 oven for about 40 minutes until set.

Chutney Cheese Torte

Cheese

12 oz cream cheese	1 t curry powder
2 c Monterey Jack cheese grated	1 T med dry sherry
2 c med cheddar grated	1 T mayonnaise
¼ t Dijon mustard	1 T sour cream
1/8 t Worcester sauce	1/3 c chopped green onions
1 clove garlic crushed	

Put all ingredients in food processor and process in two batches. Blend together until smooth and creamy. (Can cream together in mixer) Spread cheese in 9 to 10 inch spring form pan with removable bottom. Cover and chill at least 1 day. Just before serving spread on mixture of ½ c finely chopped green onions and ½ c finely chopped chutney(Major Grey's) Remove from pan and set on serving plate. Serve with plenty of plain crackers or water biscuits. Serves 25 to 30 as appetizer.

Curried Barley

Mince 1 inch piece ginger and 3 garlic cloves together (either by hand or in processor) Add $\frac{1}{4}$ c water until is smooth paste.

Heat $\frac{1}{4}$ oil in pan and fry 1 bay leaf, and 2 t cumin seed until seeds turn a shade darker (5 seconds). Add 1 large onion minced, and $\frac{1}{4}$ t red pepper flakes.

Cook until onion turns golden brown. Add 2 cups barley (washed well and drained) and fry gently until barley is golden brown 2-4 minutes). Add ginger garlic paste and cook stirring until liquid evaporates.

Add

4 cloves

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

$\frac{1}{4}$ t nutmeg

$\frac{1}{4}$ t turmeric

Cook for 1 minute longer stirring all the while. Add 4 c chicken stock and bring to boil. Cover and bake 350 oven for 45 minutes until barley is tender. Fluff and let stand 10 minutes.

Fry 1 onion sliced in some oil over mod high heat for 2 to 3 minutes until golden brown. Drain on paper towel and sprinkle over barley.

Eggplant Parmigiana

2 small eggplants

salt

2 c ricotta cheese

2 eggs

¼ c grated Parmesan

1 c chopped Italian parsley

½ c olive oil

2 c tomato sauce

½ lb mozzarella

Slice eggplant into ½" slices and layer in colander, salting each layer. Set aside for 30 min. Combine ricotta, eggs, parmesan, and parsley. Season to taste. Rinse eggplant slices and pat dry.

Heat 2 T of oil in Teflon pan and add a single layer of eggplant. Turn slices quickly to coat and fry until lightly browned on both sides. Do not add more oil. (Alternatively, can brush lightly with oil and broil in oven until lightly brown on both sides - uses less oil)

Spread $\frac{1}{2}$ c tomato sauce over bottom of 9 X 12 pan. Layer one layer eggplant. Spread about 1T ricotta mixture over each eggplant and the $\frac{1}{3}$ c mozzarella over all. Repeat, making sure next layer of eggplant covers gaps in first layer.

Add final layer of eggplant then cover well with remaining tomato sauce and spoon on remaining ricotta and mozzarella. Bake 400F for 25 - 30 min or until well browned and bubbling. Let sit 10 min before serving.

Feta Cheese Pie

¾ lb feta cheese

1 c light cream (half & half)

3 eggs

½ t dried thyme

1 t cornstarch

dash pepper

1 small garlic clove, crushed

9 large black olives

7 large green olives

1 pimento in strips

Make pie shell and prick with fork. Bake pie shell for about 10 min at 425 (210). Cool. In blender or processor, blend cheese, cream and eggs. Add thyme, cornstarch, pepper and blend again. Stir in garlic and pour into pie shell.

Bake 10 minutes. Arrange olives attractively on top and bake 25 minutes longer or until filling is set. Decorate with pimento strips. Can be made the day before and reheated in 350 (180) oven for 15 minutes. Serve warm.

Filo Triangles

Keep unused sheets covered with damp cloth. Brush sheet with butter and cut into fifths the short way. Place teaspoon of filling in center of strip about 1" from top. Fold a corner across the filling and continue to fold keeping triangle shape. Do not fold too tightly.

Place on buttered sheet and brush top with butter. (Can be refrigerated for up to 24 hours before baking or can be frozen on the sheets overnight then bagged in plastic bags. DO NOT THAW before baking, as they get soggy)

To bake 350F for 25 minutes in upper third of oven (frozen triangles bake for 45 minutes) 1lb of filo will make about 60 triangles.

Spinach Feta filling

10 oz frozen chopped spinach - thawed, drained and squeezed well.

Sauté ½ c finely chopped onion in 3T olive oil - about 20 minutes until tender and golden. Add spinach and cook over low heat stirring constantly (15 minutes) until mixture is dry. Season to taste with salt and pepper, nutmeg.

Put into bowl and let cool to room temp.

Stir in

½ c fresh mint or dill (or 1 T dried)

¼ c feta cheese

1/3 c ricotta cheese

Fulford's Black Beans

Wash and soak overnight 1 lb black beans. Cook in lots of water (cover beans by about 1 inch) until tender but not soft. 1- ½ hours

Sauté lots of chopped onions and garlic in some olive oil (about 2 or 3 onions). Chop and add 1 green pepper. Add 1 T cumin, 2 T chili powder, crushed red pepper flakes and aji molido (if possible), 2 Bay leaves.

Stir over low heat for a few minutes (do not burn) stirring constantly. Add the beans and liquid and 1 small can of tomato paste (or 1 can tomatoes and 3 T tomato paste) Let simmer until beans become quite soft. Serve over rice.

Note: Can also add chorizo and ginger or anything else you might fancy.

Garden Vegetable Curry

Heat 3 T oil in pan and add and fry lightly (do not brown):

2 med onions finely chopped
2 cloves garlic minced

¼ inch slice ginger finely minced

Add

2 T curry powder
1 t tumeric

1 t cumin (seed or powder)

Continue to cook for 3 to 4 minutes stirring all the time to prevent burning.

Add 1 c chopped tomatoes (or canned tomatoes)

Add various vegetables:

½ cabbage cubed
1 cauliflower in florets
3 med carrots diced

4 or 5 potatoes in ¾" cubes
3 c green beans

Stir until all are covered by sauce. Add a pinch of salt and reduce heat and simmer 30-40 minutes until vegetables are cooked. Add more water or chicken stock if sauce gets to be below the 2/3 depth on vegetables. About 15 minutes before serving add 1T lemon juice and more salt if needed.

Gingery Carrots

1 lb carrots
1 inch piece ginger cut into 4 slices
4 T butter

3 T finely chopped green onions or shallots
1 T lemon juice
1 T honey

Peel carrots and slice into julienned strips. Steam over a little water until barely tender - or in microwave. Melt butter in pan and add onions and ginger and sauté until soft. Add lemon juice and honey and simmer for a minute or so over low heat. Add carrots and coat well. Can be prepared to this stage and refrigerated. Just before serving reheat gently until carrots are tender and hot. Remove ginger and serve.

Serves 6

Source: More Chef on the Run

Grilled Eggplant Vinaigrette

1 large eggplant

Cut eggplant into 1 inch slices, sprinkle with salt (coarse preferably) and let sit for about 1/2 hour (this step isn't really necessary but removes any bitter flavor) then rinse off and pat dry. Brush with olive oil and either grill on BBQ or under broiler until brown on both sides.

Put in dish and pour over a balsamic vinaigrette. maybe 1/2 cup oil and 1/2 c balsamic vinegar, 2 t sugar, some Dijon mustard, Worcester sauce, lots of garlic and salt and pepper.

Indonesian style grilled eggplant with spicy peanut sauce

1 eggplant cut into ½ inch slices	2 t sesame oil
1 garlic clove minced	¼ c ground roasted peanuts (or peanut butter)
1 shallot or green onion minced	2 t soy sauce
2 inch long fresh hot chili chopped fine (use rubber gloves) or ¼ t hot pepper flakes	1 t sugar
	2 t fresh lime juice

Sprinkle eggplant with salt and let drain in colander for one hour and then pat dry. In small saucepan, cook garlic, shallot, the chili in sesame oil over moderately low heat until vegetables are softened. Add peanuts and cook, stirring, for one minute. Add soy sauce, sugar, lemon juice and 1 cup water. Boil the mixture until is thickened slightly and add salt and pepper to taste. Brush eggplant with vegetable oil and then grill on oiled rack until just cooked. About 10 minutes.

Serve with spicy sauce.

Marinated Vegetable Platter

- | | |
|-------------------------------------|-----------------------------|
| 1 head cauliflower in florets | 1 4½ oz jar pimento chopped |
| 5 carrots peeled and into 2" strips | 1 cup large green olives |
| 5 stalks celery into 2" strips | 1½ c white wine vinegar |
| 2 green peppers in 2" strips | 1 c salad oil |
| 1 t oregano or 3t fresh oregano | 1 c water |
| 2 t basil or 6t fresh basil | |

Two or three days before serving, combine vinegar, oil and water in large pot and bring to boil. Add rest of ingredients. Reduce heat, cover pot and simmer for about 8 minutes. Do not over cook; the vegetables should still be crisp. Cool and refrigerate everything in covered container for at least 24 hours. To serve, drain well and arrange on serving plate.



No Fry Falafels

1/3 c bulgar	½ t coriander
2 cloves garlic	1 t cumin
1 19oz can chickpeas	salt and pepper
1 small onion chopped	hot sauce (or hot chillis)
1 c cubed whole wheat bread	½ c parsley
2 T lemon juice	

Soak bulgar in hot water for 30 minutes then drain well. Process the rest (except parsley) in food processor till smooth then pulse in parsley and bulgar.

Make into 12 patties and place on well greased baking sheet. Flatten slightly and bake 20 minutes at 400F (turn over half way) Brush with oil and broil under broiler for 2 minutes to brown. Place 2 or 3 patties in opened pita bread. Top with chopped onions, tomatoes, shredded lettuce and yogurt mixed with crushed garlic and some cumin or yogurt mixed with lemon juice and tahinee.

One Step artichokes

6 whole artichokes trimmed	¼ c lemon juice
3 carrots peeled and finely diced	1T dried oregano
1 med onion peeled and finely diced	1T dried basil
½ c olive oil	1 t black pepper
¼ c parsley	½ t salt

Place artichokes in deep heavy pot and just cover with water. Add rest of ingredients and cook partially covered at gentle boil until leaves pull away easily- about 40 minutes.

Transfer to a large serving platter. Strain cooking liquid and strew vegetables and herbs over artichokes. Garnish with more parsley.

Serve hot or at room temp. Serve with lemon butter (8 T sweet butter, juice of 2 lemons and 2 T chopped Italian Parsley) or herb mayonnaise (1 c good quality

mayo combined with 1 c water cress minced, $\frac{1}{4}$ c Italian parsley, $\frac{1}{4}$ snipped chives - blended in process till smooth).

Polynesian Rice Mingle

¾ c wild rice

1¼ c uncle Ben's long-grain rice

2/3 c butter

4 c chicken stock

dash garlic salt

3 T minced green onions

3 T soy sauce

½ c coarsely chopped macadamia nuts

chopped parsley

Put wild and white rice in a casserole dish and pour over enough boiling water to cover. Let sit about 30 minutes, then strain rice and rinse well with cold water until all starch is removed. Drain well. Melt the butter in a large casserole, add drained rice and stir over medium heat until all the butter is absorbed – about 5 minutes. Pour chicken stock over the rice and sprinkle with garlic salt, green onion and soy sauce. Stir well. Cover and refrigerate for up to two days ahead of time, or overnight.

On the day of serving, remove casserole from the refrigerator two hours before baking. Stir rice gently and bake at 375F for about 1 ½ hours. Seal casserole well

with aluminum foil under the lid to keep it airtight. Check rice after an hour – it must not dry out. When done, the rice should have absorbed all the liquid and be light and fluffy. Sprinkle with macadamia nuts and parsley and garnish with slices of orange.

Potatoes Romonoff

6 or more large potatoes

1 bunch green onions

1 large container sour cream

1½ t salt

1½ c shredded cheddar cheese

¼ t pepper

Cook potatoes in their jackets until tender. Peel and shred in large bowl. Mix in other ingredients (save ½ c cheddar cheese for topping) and turn into buttered 2 qt casserole, Top with remaining cheese. Cover and refrigerate if desired, Bake uncovered 350 for 30 to 40 minutes. Serves 8

Note: This is good for a buffet

Source: Based on Recipe In More Chef on the Run

Roasted Eggplant with Tomato and Feta

2 small eggplants cut in half lengthwise and each half cut into 4 slices (keeping stem intact) Sprinkle with coarse salt and let stand 30 minutes on wire rack. Rinse and pat dry.

2 med tomatoes into 2 inch slices

2 T white wine vinegar

1 clove garlic

1 t olive oil

1 t sugar

30 grams feta

1 T fresh basil shredded

Place tomato slice between each eggplant slice. Mix vinegar, garlic, oil and sugar together and drizzle over each eggplant slice. Sprinkle with crumbled feta. Bake 350 for 30 minutes. Baste with pan juices and Bake another 35 min. Serve with shredded basil.

Roasted Vegetable Napoleons

½ c olive oil

1 lb eggplant cut into 1/3" slices
crosswise

1¼ lb zucchini into 1/3" slices
crosswise

4 lg plum tomatoes lengthwise into
1/3" slices

2 red onions cut 1/3"

1 lb red potatoes into 1/3" slices

¾ c ricotta

½ lb mozzarella

6 sprigs fresh rosemary

Oven 450F and brush two baking sheets with oil. Arrange as many vegetables as possible in one layer on the baking sheets. Brush with remaining oil and roast in middle and lower third of oven until just tender and lightly browned - 10 - 15 min. (Can be done the day before, chilled and wrapped. Bring to room temp before proceeding) Stir together ricotta, thyme and salt and pepper. Place eggplant on lightly oiled sheet and spread on ricotta mixture. Cover with 2 slices potato, 2 slices zucchini, 1 onion, 1 mozzarella, 2-3 tomato, 2 more zucchini and 1 onion. Spread 1 T ricotta over onion and top with eggplant. Make 5 more napoleons in

same way. Insert skewer through center to make hole and insert sprig of rosemary. Bake 450 for 5 min until mozzarella is melted.

Sarah's Spinach Triangles

Dough

2 T yeast
2 c water
2 t sugar

5 1/3 cup flour
2 t salt
2 T olive oil

Mix yeast with water and sugar let stand 10 min. Put dry ingredients in food processor bowl. With steel blade running pour yeast mixture and let run 40 to 50 seconds (until all ingredients become a ball). Let rise in greased bowl about 1-1 1/2 hour. (Do this in two batches so it fits in processor). If you do not have a processor kneed until smooth then let rise.

Filling

2 pkg frozen chopped spinach
squeezed VERY dry
juice from 2 lemons
2 chopped onions

2 hot chili peppers chopped (optional)
1/2 to 1 c olive oil
salt & pepper

Mix all ingredients in a bowl. Make little balls of the dough about 1" in diameter. Roll out to about 4" circles. Place about 2 T spinach mixture in middle of circle and close in mixture by folding up dough at three places to make a triangular package (like a tricorn hat).

Place seam side down on cookie sheet with olive oil on it and brush with olive oil and bake 35 minutes at 350F or until golden brown on top. Makes about 25

Scalloped Potatoes

8 Potatoes

½ c butter

¼ c flour

1½ c milk

Salt & Pepper

Peel and slice potatoes (about ¼"). Layer in casserole. Sprinkle each layer with flour, butter, salt and pepper. Pour milk over it until potatoes are submerged. Bake in oven. This always takes longer than you think (over an hour). Bake with lid on until the end then take it off to brown the top.

The other way to make it is to make a white sauce on the stove and pour it into the casserole. Janice thinks it seems like twice the effort that way.

Sky High Vegetable Pie

1T butter

½ c each chopped celery and onion

1 clove garlic minced

6 cups slightly stale whole wheat
bread cubes

½ t each oregano, basil, sage, thyme
and pepper (or 2t poultry seasoning)

1/3 c chicken broth

Sauté celery, onions and garlic in butter till softened. Toss with bread crumbs and seasonings. Sprinkle broth over all and toss again. Line a spring form pan with foil and press crumb mixture in bottom of pan.

Filling

Sauté 2 c sliced mushrooms and ½ c chopped onions in non-stick pan for 5 min. Remove from heat and stir in 5 oz of thawed, squeezed dry spinach. Spread ½ c shredded cheese over crust. Top with ½ of spinach mixture and then sprinkle with ½ c thinly sliced red peppers and 1 c broccoli florets. Sprinkle with cheese then remaining spinach mixture and top with tomato slices. Beat 4 eggs and add

1½ c milk. Pour over vegetable. Bake 45 min until set. Let cool 5 min and loosen sides to serve.

Spanakopetes

½ lb Filo pastry

½ lb feta

3 eggs

8 oz small curd cottage cheese

1 med onion chopped fine

½ lb fresh spinach chopped

or 2 pkg frozen spinach thawed and drained

½ c finely chopped parsley

2 T fresh dill (1T dill weed)

½ c bread crumbs

½ c butter or margarine

Combine cheeses and eggs and beat well. Sauté onions in ¼ c butter and add spinach. Sauté until all moisture is gone. Add spices and breadcrumbs. Stir well and let cool. Stir in egg and cheese mixture.

Preheat oven 375F. Butter a 9 X 13 pan well and line with 8 or 9 sheets filo buttering each layer. Spread filling on top and to with 8 or 9 more layers. Gently push the edges of the filo down the sides of the pan. Sprinkle with a few drops of water to prevent curling and bake for 1 hour. Serve hot or room temp.

Spinach Casserole

4 eggs beaten

1 t Worcester sauce

2/3 c milk

1 t salt

1/4 c melted butter

1/2 c chopped onion

1/2 t thyme

4 T chopped parsley

1/2 t nutmeg

Combine all ingredients and then add 2 (10 oz) pkg frozen spinach (thawed and squeezed) or 3 bags fresh (chopped, cooked and drained) and 2 cups cooked rice and 2 c shredded cheddar cheese. Pour into 9 X 12 greased pan and bake 30 minutes at 350F for 30 minutes or until center is set. Cut into squares and serve.

Spinach Squares

2 pkg (10oz each) frozen chopped
spinach, thawed
3 T butter/margarine
1 med onion finely chopped
½ lb mushrooms thinly sliced
4 eggs

¼ c fine dry bread crumbs
½ c grated Parmesan
1/8t each of pepper, basil, oregano
1 c light cream
¼ t salt

Drain spinach and squeeze out as much liquid as possible. Melt butter in pan over med heat and cook onions and mushrooms until onion is soft and mushroom are lightly browned and liquid has evaporated about 12-15 min.

Beat eggs, stir in cream, ¼ of cheese, seasonings, mushroom mixture, spinach. Turn into well-greased 9" pan. Sprinkle with remaining cheese. Bake 325F oven for about 35 min or until set when lightly touched in center. Cool slightly then cut into 1 inch squares. Serve warm or at room temperature. Can refrigerate and reheat in 325F oven for 15 minutes.

Turnip Puff

6 cups sliced raw turnip (about ½ large turnip)	1 T brown sugar
2 T butter	¾ t salt
2 eggs, beaten	1/8 t pepper
2 T flour	pinch nutmeg
1 t baking powder	½ dry breadcrumbs
	2 T melted butter

Butter a 1 ½ quart casserole dish. Boil turnip until soft. Drain well and mash. Add butter and eggs, beat well with a wooden spoon. In a separate bowl mix the flour, baking powder, brown sugar, salt, pepper, and nutmeg. Add this to the turnip mixture and mix well. Pour it into the casserole dish and sprinkle with the breadcrumbs and melted butter mixture.

Bake in a 350 oven for 25 minutes until puffy and golden brown. Will keep for three days in the fridge or can be frozen.

Twice Baked Potatoes

6 medium potatoes

½ t salt

Pepper

4 T butter

¼ c sour cream

Shredded mozzarella cheese

Parsley

Wash potatoes and bake at 400F until done, about 1 hour. Remove from oven, split tops and scoop out insides. Place this in a bowl and mash, combining with all other ingredients except cheese and parsley.

When well blended, scoop mixture back into potato shells. Top with cheese, sprinkle with parsley. Put back into oven at 300f. Serve when cheese has melted.
Serves 6

Note: Almost any filling can be mixed with the cooked potatoes. Some suggestions are cooked bacon, ham, mushrooms, onions or other vegetables.

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Veggie Burgers

1 t vegetable oil	½ c quick cooking oats
1 onion finely chopped	3 T parmesan cheese
1 c chopped mushrooms	2 T pine nuts or pecans
½ t thyme	¼ t pepper
1 can (19 oz) lentils, drained & rinsed	

In skillet, heat oil and add onions. Sauté until translucent. Add mushrooms and cook until mushrooms are softened. Add thyme and continue to cook until all liquid is evaporated. In bowl mash lentil coarsely and add oats, cheese, nuts and mushroom mixture.

Shape into 4 patties and then cook over medium high heat about 4 minutes per side or until lightly brown.

Vietnamese Spicy Tofu Stir Fry

Marinade

½ t chili garlic sauce or dried hot
pepper flakes
2 t soy sauce

2 t Chinese cooking wine (or white
wine)
2 t sesame oil

Ingredients

1 pkg extra firm tofu cut into ¼" slices
¼ veg oil
1T ginger chopped
1 or 2 cloves garlic minced
1½ c mushroom sliced

2 green onions sliced on the diagonal
2 celery stalks sliced on the diagonal
1 small zucchini sliced
2 cups bok choy chopped
¼ c water

Sauce

1 T soy sauce
1 T sesame oil

½ t chili garlic sauce
1 T cornstarch dissolved in 2 T water

Prepare marinade. Add tofu and let sit 15 minutes. Combine sauce ingredients in a bowl. Heat oil in frying pan and fry tofu until golden brown. Remove tofu and drain and remove almost all oil from pan. Sauté ginger and garlic then add rest of vegetables, and water and cover with a lid. Let simmer 5 minutes. Pour sauce over and add tofu. Stir gently until heated through and sauce comes to a boil.

Andrea's Smoothie

Frozen strawberries

Frozen raspberries

Frozen blueberries

Soft banana

Optional: Orange juice, yogurt

Blend all until smooth. Serve as a drink or a sherbet depending on consistency.

Note: This is good no matter what proportions of fruit you use. It is easiest if you have one of those handheld blenders.

Elaine's Adult Slushie

4 c water

2 c sugar

Boil and let cool. Add:

1 can frozen lemonade or fruit punch

1 can orange juice

28oz pineapple juice

1 26oz bottle vodka

Mix and freeze. Scoop out and top with 7Up or sprite

Frozen Margarita

1 c ice cubes water

Juice from 3 limes

1 can frozen concentrated lime juice

6 tablespoons triple sec

6 tablespoons tequila

1 teaspoon grated lime peel

Blend all in mechanical blender.

Wipe rim of glass with a lime wedge and dip edge in a bit of salt before pouring margarita slush.

Mulled Wine

Red wine (nothing too expensive)

1 orange/mandarin

½ c Orange juice

¼ c Sugar

1 Mulled wine sachet

Cloves

Poke lots of cloves into orange until it looks like a Christmas decoration. Mix everything into a pot and heat on stove until hot but not boiling. Serve.

Note: This is a winter drink. It's nice after a long ski trip.

Preserves

Auntie Elaine's Antipasto

Baachan's Chili Sauce

Chutney (apple, peach or mango)

Kimchee

Raspberry Peach Freezer Jam

Strawberry Freezer Jam

Zucchini Chutney

Auntie Elaine's Antipasto

3 medium carrots (peeled)
5 celery stalks
25 med mushrooms
10 small plum tomatoes (peeled
chopped)
1-375ml jar sweet gherkins(drained)

Chop all of above in food processor

½ to ¾ small cauliflower

Chop by hand into small pieces

1 -375 ml jar green sliced salad olives
1 -375 can sliced pitted black olives
1 -125 ml jar capers drained
1 -369 ml can tomato paste
1-1¼ c canola oil
1 c white vinegar

2 c red or green peppers
1 ½-2 med purple onions
1 banana pepper (no seeds)
2 two inch green finger hots
6 lg cloves garlic- minced

2 c chopped green beans (300 gr)

1T granulated sugar
3 T lemon juice
1t Tabasco sauce
1 ¼ t dried crushed chili peppers
2 -7 oz tins chunk light tuna, drained

In large (non-aluminum pot) lightly sauté garlic and onions in a little oil. Add all of the other ingredients except the tuna, and stir well. Cover and bring to boil and boil 1 minute. Turn heat to medium and simmer 20 min, covered. Stir occasionally. Break tuna into pieces and add to sauce, simmer again UNCOVERED for 15 minutes stirring occasionally. Bottle in sterilized preserving jars. Yield: 14 -375 ml jars.

Baachan's Chili Sauce

15 ripe tomatoes (peeled and diced)
1 lg green pepper diced
1 red chili pepper

or 1/2t + crushed chili pepper
2 small onions diced

Put all ingredients in stainless steel pot.

Add

1 c apple cider vinegar
¼ white sugar
1 ½ c brown sugar (slightly less)
1 T salt
1t dry mustard

1 t cinnamon
1 t nutmeg
1 t whole cloves
1 t whole allspice (tied in a
cheesecloth bag)

Combine and simmer for 4 hours or until 1/3 of it evaporates. Pour into sterilized mason jars. Makes 4-pint jars.

Chutney (apple, peach or mango)

6 cloves garlic	4 c cider vinegar
2 medium onions, cut into quarters	2 c golden raisins
3 lb tart cooking apples (Granny Smith, greening), pared, cored, cut into halves	2 T mustard seeds
3 lb peaches peeled & sliced	4 t ground ginger
2 small lemons	1 t salt
6 c packed brown sugar	½ t crushed red peppers flaked or 2 hot red chili peppers

Insert steel blade. With machine running, drop garlic through feed tube. Add onion to bowl. Process, using on/off technique, until coarsely chopped. Using slicing disc, slice apples and lemon.

Place all ingredients in stainless steel or enamel Dutch oven. Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, until chutney has

thickened and fruit in tender, about 1 ½ hours. Cool, Chutney can be stored covered in refrigerator up to 3 months.

If making Mango chutney use:

10 mangoes

2 cinnamon sticks

6 limes

1 ginger root grate

Source: Based on Bengal chutney in 'The Ultimate Food Processor Cookbook'.

Kimchee

2 Napa cabbage cut in $\frac{1}{2}$ lengthwise and salted with about $\frac{1}{4}$ c coarse salt and weighted down for a few days.

Rinse off and cut into slices and mix with crushed pepper, $\frac{1}{4}$ c green onions, 4 or 5 cloves of garlic finely chopped and 2t grated ginger. Let sit for a while then eat.

Raspberry Peach Freezer Jam

Read notes at end before starting

3 c crushed raspberries (crush. Sieve ½ of the pulp to remove some seeds)

1 cup finely chopped peaches

3 cups sugar

1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin

1 cup water.

Measure fruit into large bowl. Measure sugar into large saucepan. (Scrape excess sugar from cup with spatula to level for exact measure)

Stir 1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin into sugar until thoroughly mixed. Stir in 1 cup water. Bring mixture to boil on medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat.

Stir fruit quickly into hot pectin-sugar mixture. Stir 1 minute or until thoroughly mixed. Pour quickly into clean freezer containers; cover with lids. Let stand at room temperature 24 hours to set.

For immediate use, store in refrigerator up to 3 weeks. Freeze remaining containers up to 1 year. To use, thaw in refrigerator.

Note: Use ripe fruit at room temperature for best results. Do not double recipe. Mixture may not set. Rinse clean freezer containers and lids with boiling water. If using a food processor to crush, pulse to chop. Do not puree. Do not reduce sugar or use sugar substitutes. The exact amounts of sugar, fruit and pectin are necessary for a good set.

Makes 6 cups

Source: The pectin packet

Strawberry Freezer Jam

Read notes at end before starting

4 cups fresh Strawberries (crush with potato masher)

3 cups sugar

1 box SURE-JELL FOR LOWER SUGAR RECIPES fruit Pectin

1 cup water.

Measure strawberries into large bowl. Measure sugar into large saucepan.
(Scrape excess sugar from cup with spatula to level for exact measure)

Stir 1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin into sugar until thoroughly mixed. Stir in 1 cup water. Bring mixture to boil on medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat.

Stir strawberries quickly into hot pectin-sugar mixture. Stir 1 minute or until thoroughly mixed. Pour quickly into clean freezer containers; cover with lids. Let stand at room temperature 24 hours to set.

For immediate use, store in refrigerator up to 3 weeks. Freeze remaining containers up to 1 year. To use, thaw in refrigerator.

Note: Use ripe fruit at room temperature for best results. Do not double recipe. Mixture may not set. Rinse clean freezer containers and lids with boiling water. If using a food processor to crush, pulse to chop. Do not puree. Do not reduce sugar or use sugar substitutes. The exact amounts of sugar, fruit and pectin are necessary for a good set.

Makes 6 cups

Source: The pectin packet

Zucchini Chutney

1½ lb zucchini sliced

1½ T salt

8 oz tomatoes skinned & chopped

4 oz onions chopped

4 oz raisins

1T grated orange rind

1 lb sugar

12 oz cider vinegar

1t cinnamon

2 oz walnuts

Put zucchini in colander and sprinkle with salt. Leave 2 hours and rinse and dry.

Put in pan with remaining ingredients except walnuts. Heat gently, stirring constantly until sugar has dissolved, Simmer until thickened. Stir in walnuts. Pack into hot sterilized jars and seal. Makes about 3 lb.

Adult Chocolate Cake

8 oz best European bittersweet chocolate

8 oz unsalted butter

8 oz sugar

5 eggs.

Melt chocolate and butter over low heat or in microwave. Stir well and cool slightly. Mix in sugar. Beat eggs until frothy and then add to chocolate mixture. Blend very well! Grease and line (with waxed paper or baking paper) an 8 inch pan. Preheat oven 350°F.

Put into a bain marie (into a larger pan filled with enough hot water to come up to inch around chocolate dish) Cook for 1 hour and let cool completely. Chill overnight in fridge.

Turn out of tin, giving it a good thump. Serve with whipped cream if desired. Can also add 2 t of instant coffee to the melted chocolate mixture.

Alice's Restaurant Pound cake

Cream 1 pound butter

Gradually add: 2 ½ c sugar Beat until light and fluffy

Add 10 eggs one at a time. Beat well after each addition.

Sift together:

4 c sifted flour pinch salt

scant T baking powder

Add flour mixture gradually to cream mixture. Add juice of 2 oranges (1 cup) Beat well. (Can add some grated orange rind if desired) Pour into lightly greased tube pan.

Bake 325F for 1 ½ hours. Remove and let cool. Remove from pan and sprinkle with icing sugar.

Almond Florentines

1 package graham crackers

1 c butter

1 c brown sugar

1 c sliced not slivered almond

Preheat oven 375. Generously grease and baking sheet (with sides) or a jelly roll pan. Cover pan completely with graham crackers. In small saucepan over med heat, combine brown sugar and butter. Melt butter and then cook 5 minutes. DO NOT BOIL.

Spoon over crackers and sprinkle with sliced almonds. Place in oven and bake 7 minutes. Turn off heat and open oven door. Let sit in oven for one hour. Remove to counter and when cool enough to handle , cut into slices about 1 ½ " X 3". Use a pizza cutter. (Must cut while still warm as otherwise they will stick to the pan).

Apple Brown Betty

¼ c sugar

¼ t cinnamon

¼ t grated lemon rind

2 T lemon juice

3 c sliced apples

¼ c butter (melted)

2 c soft bread crumbs

½ c water or apple juice

Mix sugar, cinnamon, lemon juice and rind. Add the melted butter to the crumbs and mix well. Put ¼ of crumbs and ½ of the apple mixture in lightly buttered casserole dish. Sprinkle with additional ½ c brown sugar. Repeat. Put remaining crumbs on top. Add water or juice and cover container. Bake slowly (325F) for about 45 minutes. When apples are soft, remove cover and brown crumbs. Serve with warm with warm lemon sauce:

Lemon sauce: ¼ c sugar mixed with 1T cornstarch.

Add 1 c boiling water and cook for 10-15 minutes stirring constantly. Remove from heat and add 1T butter, 1T lemon juice and 1 t rind.

Apple Cheesecake

Crust

1¼ c fine dry breadcrumbs

½ t grated lemon peel

½ c ground almonds

½ c butter, melted

½ t vanilla

¼ c sugar

Combine all ingredients and press in springform pan bottom. Bake 400°F for 8 to 10 minutes. Cool.

Filling

Peel, core and slice 3 apples into ½ inch thick rings. Melt ¼ c butter in pan and add 2 t sugar. Sauté apple slices until glazed. Arrange in crust.

In blender or processor:

4 eggs

1 c cottage cheese

8 oz cream cheese

¾ c sugar

2 t vanilla

¼ t salt

Grated peel of one lemon

1 c whipping cream

Blend for one minute and add whipping cream. Blend at low speed until combined. Pour into pan and Bake 450 for 10 minutes. Reduce heat to 300 and bake addition 55 minutes. Cool and refrigerate.

Apple Crisp

Combine

3 c sliced apples

1T flour

¼ c sugar

1 t cinnamon

pinch salt

Place in greased baking pan or casserole dish.

Cut together with pastry blender or with finger tips:

½ c rolled oats

¼ t salt

¼ c margarine/butter

1/3 c brown sugar

1 T flour

Sprinkle on top of casserole. Bake 375F oven for 35 minutes.

Note: If the apples are sweet squeeze in some lemon juice

Apple Pie

Line 9" pie pan with crust. (no fail pastry)

Pare and slice about 5 to 6 cups apples (Macintosh, Courtland etc)

Mix with $\frac{1}{2}$ to $\frac{2}{3}$ c sugar (a mixture of brown and white)

pinch of salt

1 to $1\frac{1}{2}$ T cornstarch

1 t cinnamon

Grating of nutmeg

Stir until apples are well coated. Place in pie shell and dot with butter. Cover with top crust. Brush crust with a little milk and sprinkle on cinnamon sugar.

Bake 450 for 10 minutes and then reduce heat to 350 and bake 35 to 45 minutes longer until golden brown.

Note: Cut slits on top pastry. Make the slits by folding the top into four and folding along edges.

Cut apples into thin pieces so they stack well but aren't mushy, about a quarter inch (large pieces collapse too much and leave a hollow under top) Cut the apples into the pie dish to judge quantity then put them into a big bowl to mix with other ingredients.

Bonnie Stern's Free Form Plum Tart

Cookie crust

2 c flour

1 pinch salt

3 T sugar

mix together in bowl. Add 2/3 c butter to make crumbly mixture- use food processor or cut in with pastry blender.

Mix 1 egg yolk and 1/3 c cold water and add to mixture and process till it forms a ball. Refrigerate for 15 minutes. Roll into 16X24 inch rectangle

Combine

1/2 c finely chopped almonds

1/4 c flour sprinkle over crust

1/4 c sugar

Cut and pit plums (into quarters or eighths) and lay over sugar mixture. Make a border on the crust if the plums are juicy. Sprinkle with $\frac{1}{2}$ c sugar (I sometimes add a bit of cinnamon to the sugar) and bake 375F for 40 –50 minutes.

Also can heat $\frac{1}{2}$ c of apricot jelly and drizzle on top to glaze.

Brown Sugar Brownies

½ c melted butter

1 c flour

½ c cocoa

¼ t baking soda

1½ c dark brown sugar

2 eggs beaten

½ t vanilla

1 c chopped walnuts

Swirl melted butter in 9 X 12 inch pan. Sift all dry ingredients together into a mixing bowl. Make well in center. Add melted butter, along with eggs and vanilla, Mix well to blend then mix with an electric mixer until very smooth and light colored. Mixture will be very stiff. Fold in nuts, Scrape mixture into previously buttered pan and bake 350 (180) for 20 to 25 minutes or until center tests done. Do not over bake. Cool cut into squares. Can frost with chocolate frosting.

Butter Tarts

Pastry for 14-16 tart shells

1½ cups brown sugar

2 eggs

1-2 t butter, softened

1 t vanilla

1 t vinegar

½ c raisins

4 T milk

½ c chopped walnuts

Combine all ingredients except pastry and mix until just blended.

Line tart shells with pastry and fill two-thirds full with mixture. Bake at 350F for 15 minutes, until filling is firm.

Makes 14 to 16 tarts.

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Chocolate Bark

Grease a jelly roll pan or cookie sheet with sides
Cover bottom with salted soda crackers

Melt 1 cup butter and stir in 1 cup brown sugar. Mix well. Pour over crackers.
Bake 350 for 5 minutes. Smooth out crackers and return to oven for another 10
minutes

Melt 1 package of semisweet chocolate bits in microwave and pour over cracker
mixture. Spread out evenly. Refrigerate 2 to 3 hours. Crack into pieces.

Chocolate Cheesecake with Tà Maria

Crust

1¼ c chocolate wafer crumbs or 1 c
graham wafer crumbs & ¼ c cocoa

2 T sugar
¼ c melted butter

Filling

16 oz. Cream cheese
½ c sugar
2 large eggs
6 oz semisweet chocolate, melted &
cooled

1 t vanilla
1/3 c Tà Maria
2/3 c sour cream

Topping

2 oz semisweet chocolate
1 t shortening

Grated chocolate on top.

Combine crumbs, sugar and melted butter and press into bottom and halfway up sides of greased 8-inch springform pan. Chill while make filling.

Beat cream cheese until smooth. Beat in sugar gradually. Beat in eggs one at a time at low speed. Add cooked chocolate, flavourings, Tà Maria, and sour cream. Beat at low speed until thoroughly blended then pour into prepared pan.

Bake at 300°F for 1 hour. Turn off heat and leave cake in oven for 1 hour longer. Cool in pan at room temperature, then chill for at least 24 hours in refrigerator.

For topping, melt chocolate with shortening and spread over top of cake.
Serves 8.

Chocolate Chiffon Cake

Oven 350F

Stir until smooth

½ c cocoa powder and ¾ c boiling water

let cool

Sift together

1 c flour

1T baking powder

1 t salt

2/3 c sugar

Add the chocolate mixture to dry ingredients along with ½ c veg oil, 6 egg yolks and 1 t vanilla. Beat until smooth (about ½ minute with mixer)

Beat to form soft peaks

6 egg whites

½ t cream of tartar

Gradually beat in 2/3 c sugar until egg whites are very stiff and shiny.

Fold a bit of meringue into egg yolk mixture to lighten, and then fold lightened egg yolk mixture into the meringue.

Turn into un-greased 10-inch tube pan.

Bake 55 to 65 min @ 350F until cake springs back when touched. Invert and cool in pan. Loosen edges and remove.

Chocolate Chip Cookies

1 cup butter, softened
¾ cup granulated sugar
¾ cup packed brown sugar
1 egg
2½ cups all-purpose flour*

1 tsp. baking soda
½ tsp. salt
1 cup coarsely chopped nuts
18 oz. semisweet chocolate chips

Heat oven to 375 degrees. Mix margarine, sugars and egg. Stir in flour, baking soda and salt (dough will be stiff). Stir in nuts and chocolate chips.

Drop dough by rounded teaspoonfuls about 2 inches apart onto un-greased cookie sheet.

Bake until light brown, 8-10 minutes. (Centres will be soft.) Cool slightly; remove from cookie sheet.

Note: If using self-rising flour, omit baking soda, baking powder and salt.

Chocolate Mousse Cake

13 oz plain good quality chocolate
(bittersweet)
1T brandy
1 t instant coffee granules

6 oz carton heavy (whipping) cream
3 eggs
¼ c sugar
2 T butter

Grease and line an 8" round tin with baking paper 9 (or with waxed paper). Break 7oz of the chocolate into a small bowl with the instant coffee. Melt over a pan of simmering water, stirring from time to time. Allow to cool. Whip 4oz of the cream until it just holds its shape then whisk in the brandy. Whisk the eggs and sugar in separate bowl until pale and thick.

Fold in the melted chocolate into the egg mixture, followed by the cream, making sure the ingredients are thoroughly mixed. Pour into the prepared tin and place in bain marie (pour enough hot water in a large baking tin to allow water to come up at least halfway up the sides of the chocolate baking tin) Bake at 180°C

(325°F) for about 45 min to 1 hour or until just firm in centre. Cool and turn out onto serving plate.

Topping

Place remaining chocolate and cream in small pan and melt over low heat stirring until melted. Add butter stir until melted and cool stirring occasionally. Spread on top Chill till just firm but serve at room temperature. Can freeze. Thaw at cool room temp for 1- 2 hours. Serve with lightly sweetened cream or vanilla custard.

Chocolate Mousse Cake 2

12 oz semi sweet choc	1/3 c sugar
½ lb unsalted butter	¾ c whipping cream, whipped
5 extra large eggs, separated (6 large)	1 t vanilla
¼ c Kahlua or Tña Maria	

Melt choc and butter in top of double boiler. Transfer to mixing bowl and let cool to room temperature. Add yolks and liqueur and stir well. In another bowl. Whip egg whites until stiff adding sugar a spoonful at a time. Whisk a small portion of whites into chocolate mixture, then gently fold into remaining whites. Pour about 4 cups into a buttered springform pan and bake 350F(180C) for 25 minutes.

Remove from oven and chill for about 15 minutes in refrigerator. Pour remaining 2 cups of batter into a mixing bowl, stir in vanilla and fold in stiffly beaten whipping cream. Remove cake from pan and gently place on serving dish. Frost cake top and sides with the chocolate mousse mixture and refrigerate at least 2

hours or overnight. Decorate with melted white choc or swirls of whipped cream and choc curls. Serves 12 to 16

Note: This alternative mousse recipe is for people who are afraid to eat uncooked egg.

Chocolate Pecan Crisps

2 oz unsweetened choc
1 c soft butter
 $\frac{3}{4}$ c sugar
1 t vanilla

2 c flour
 $\frac{1}{2}$ c finely chopped pecans
pecan halves
 $\frac{1}{4}$ c sugar mixed with $\frac{1}{2}$ t cinnamon

Melt chocolate. Cream butter and sugar until light and fluffy. Stir in vanilla and cooled chocolate, Stir in flour and chopped pecans. Form into 1 inch balls and roll in cinnamon sugar/ Press pecan halves on top and bake on un-greased cookie sheet for 10 to 12 minutes at 350.

Chocolate Pecan Meringues

3 oz semi sweet choc melted

3 egg whites

1 c berry sugar

2/3 c chopped pecans

1/2 t vanilla

Beat egg whites until stiff. Gradually add sugar one spoon at a time beating well after each addition. This is important in order to get a crisp meringue. Beat until all sugar is added and mixture is stiff.

Gently fold in melted chocolate, 1/2 c of nuts and vanilla. Chill 10 to 15 minutes. Place teaspoonfuls about 5 cm apart on greased cookie sheet, and sprinkle with rest of nuts. Bake 325 (160) for 25 minutes until firm and brown. Cool store in airtight container. 3 dozen

Chocolate Rads

4 large eggs

1½ c sugar

¼ c unsalted butter soft

16 oz choc chips melted and cooled

1 T vanilla

1T espresso coffee

½ c cake flour

¼ t salt

1 t baking powder

1 c walnuts chopped

Beat sugar and eggs for 4 -6 minutes until mixture is thick and pale. Add melted chocolate, butter, vanilla, espresso, flour, salt and baking powder. Beat on low speed until mixture is combined well. Add choc chips and nuts. Mix well. Form into a log about 4 inches in diameter and wrap in waxed paper. Chill at least 3 hours.

Cut into 1 inch slices and place 2 inches apart on lined or greased baking sheets. Bake 350 oven for 15 minutes until tops are shiny and cracked slightly. Cookies will be very soft. Transfer to rack and let cool completely before removing them from baking sheets. (Cookies will firm up as they cool).

Chocolate Torrone

4 c almonds (whole) toasted at 400F until skin cracks (about 15 min)

2 c semi sweet choc chips

500 grams mini marshmallow

1/4 lb unsalted butter

2 sheets rice paper (bought at cake decorating store) in med size saucepan over LOW heat, melt butter and add choc chips. When choc is melted, add marshmallows. Keep mixing until there are no white strands of marshmallow remaining. Add almonds and mix well.

Place open sheet of rice paper in pan just big enough to hold it (the rice paper I got was probably about (9" x 11") Pour in choc mixture making sure to spread it to the corners. Cover with the second sheet of rice paper and press on it with cutting board to other flat surface.

Cool completely. Cut into 4 or 5 bars. Remove from pan and wrap in foil. Keeps for weeks. To serve cut into 3/4" slices.

Cinnamon Sour Cream Coffee Cake

1 c butter	1 ½ t baking powder
1 ¼ c sugar	1 t vanilla
2 eggs	¾ c finely chopped walnuts
1 c sour cream	1 ½ t cinnamon
2 c flour	3 T brown sugar
½ t baking soda	

Combine nuts, cinnamon and brown sugar and set aside. In bowl, combine butter, sugar, eggs and beat until light and fluffy. Slowly add sour cream. Sift together flour, soda, baking powder and add to egg mixture along with vanilla. Beat until just blended.

In a greased 9 X 13 pan, spread half the batter, sprinkle with half the nut mixture and then repeat. Bake 350 for 35 minutes or until tests done. Can also be baked in a 9-inch (22cm) bundt or tube pan - increase baking time to 50 minutes. Can also add ¾ c choc chips to the nut mixture.

Cock-Eyed Cake

1½ c sifted flour
3 T cocoa
1 t baking soda

1 cup sugar
½ t salt

Resift all into a greased 9 inch pan

Make 3 holes or grooves in the dry ingredients and pour each of the following into the grooves.

5 T cooking oil
1 T vinegar

1 t vanilla

Pour 1 c cold water over all. Beat until fairly smooth with a wooden spoon.
Bake 350F for 30 minutes.

Coffee Cream Torte

4 large eggs
1 c whole milk
3 T butter
pinch salt

2 c sugar
2 c flour
2 t baking powder
2 t vanilla

Beat eggs until thick and pale yellow about 5 minutes. Add salt, vanilla and sugar gradually, beating until fluffy. Heat milk until warm and add butter- stir until butter melts. Add to eggs and beat one minute. Blend flour and baking powder together and add to eggs. Gently fold into batter. Line two 20cm tins with waxed paper and divide batter between the two. Bake 350 for 25 minutes. Cool then wrap and store in refrigerator.

Sauce

½ c double strength coffee (3 t instant
coffee in ½ c hot water)

½ sugar
3 T white rum

Heat coffee and sugar slowly until comes to a boil. Simmer 15 minutes add rum. Let cool. If doing in the microwave put in a large bowl as it will boil over.

Filling

2 pt whipping cream

4 T rum

4T sugar

4T T& Maria

Whip until thick.

Assembly

Cut each cake horizontally into 2 layers. Place one layer cut side up on serving plate and drizzle about 2 T of syrup and 2T of T& Maria on top. Spread some whipping cream over and repeat with all four layers. Refrigerate overnight. This is very rich so serve in small slices. Can freeze any remaining bits.

Source: Based on Recipe in 'Chef on the Run

Coffee Mocha Cream Torte

Crust

1 pkg choc wafer, crushed

½ c melted butter

Combine and press in bottom of spring form pan.

Filling

1 pkg gelatin

6 egg yolks

¼ c cold coffee

1 c sugar

1/3 c Tia Maria

2/3 c choc chips

1 pint whipping cream. Soak gelatin in cold coffee, then heat to dissolve. Melt chocolate chips and add to coffee along with the Tai Maria. Beat egg yolks until thick then add sugar beating constantly. Fold in cool gelatin mixture and gently fold in whipped cream. Pour into wafer lined pan and wrap well and freeze. Can be served frozen or as a refrigerated mousse. Garnish with extra whipped cream and fruit.

Cottage Cheese Cake

1 container cottage cheese
3 oz cream cheese
2 eggs
 $\frac{3}{4}$ C (6oz) yoghurt
1 c cream whipped
2 T flour

1 T custard mix (or instant vanilla
pudding powder)
 $\frac{1}{2}$ c sugar
1T vanilla
 $\frac{1}{4}$ c lemon juice
1t cinnamon

Mix cheeses, eggs and sugar together until well blended. Add spices, custard mix and lemon juice and mix well. Gently fold in whipped cream. Pour into springform pan with crust (graham cracker crumb crust) and bake 300°F for 1 $\frac{1}{2}$ hours.

Crusader Cookies

2 1/3 c flour
1 t baking soda
1/2 t salt
2 eggs
1 t vanilla

12 oz choc chips
1 c butter or margarine
3/4 sugar
3/4 c brown sugar

Cream sugars and butter. Add eggs and vanilla. Sift dry ingredients and stir into creamed mixture. Stir in choc chips. Drop by heaping teaspoonfuls on ungreased cookie sheet and flatten slightly with a fork. Bake 375 for 10 min. Let cool for a few minutes then transfer to a rack. Make 4 dozen

Custard Plum Tart

Pastry

1 ½ c flour

¼ c sugar

½ t salt

¼ t baking powder

1 T grated orange rind ½ c cold butter
in cubes

1 egg beaten with 1 t water

1 lb purple plums pitted and halved

Topping

3 T sugar

2 t flour

1/3 c light cream

1 T Grand Marnier (optional)

1 egg

½ t vanilla

Combine flour, sugar, salt and baking powder. Using fork toss in rind. Using pastry blender or fingers, cut in butter until mixture resembles coarse corn meal. Stir in egg and water until just moistened and dough begins to clump. Work dough with hands gently to form a smooth ball. Wrap in plastic wrap and refrigerate 30 min.

Press dough evenly into 10 inch flan or springform pan. Place plums cut side down over pastry bake 375F for 30 minutes. In small bowl, combine sugar and flour. Whisk in cream Grand Marnier, egg and vanilla. Pour over plums and bake 15 min longer or until custard is puffed and golden. Cool remove from pan.

Note: You can buy the dried orange rind in bulk food stores.

Dutch Baby

2 eggs

½ cup flour

2 Tbs .melted butter.

½ tsp salt

½ cup milk

Preheat oven 400F. Beat eggs with whisk until well blended. Sift flour and salt together and add with milk to the eggs. Beat until smooth. Add butter. Pour into well greased 9 inch skillet with oven proof handle. Bake on bottom shelf for 20 minutes. Prick shell and reduce heat to 350F and bake additional 10 minutes.

Remove and drizzle with lemon juice. Sprinkle with icing sugar and fill with assorted fruit. Serve in wedges along with yoghurt or sour cream and cinnamon sugar.

Note: Check at end if it has gone puffy and prick a hole to deflate. Brown sugar can be used instead of icing sugar.

Flan or Fake Crème Brule

1 can sweetened condensed milk (like Eagle Brand) 3 eggs
2 cans of whole milk 1 t vanilla

In a heavy pan over medium heat, stir about $\frac{3}{4}$ c white sugar until it slowly turns golden then melts. When it is completely liquefied, pour into a baking pan or mold.

Mix together in a bowl the sweetened condensed milk, eggs, vanilla and milk. Pour over sugar mixture then place in a bain marie (a large pan with about 2 inch water) in 350F oven. Bake until custard is cooked through- about 50 minutes.

Knife inserted into middle should come out clean. Let cool and refrigerate. When ready to serve, set pan in hot water for a couple of minutes then invert onto a serving dish (with a lip so that the sugar part doesn't spill over).

Frozen Grand Marnier Soufflé

2 large oranges
2 large lemons
1½ T gelatin
9 egg yolks
1¾ c sugar

3 egg whites
1½ c milk
½ c Grand Marnier
2 c whipping cream

Grate rind from oranges and lemons and reserve. Squeeze juice (about 1 cup). Sprinkle gelatin over juice to soften. Beat yolks with sugar until mixture falls from beaters in ribbons. Scald milk and add to yolks in steady stream, stirring constantly.

Transfer to double boiler and cook stirring with wooden spoon until mixture coats a metal spoon. DO NOT BOIL. Add gelatin mixture and stir until dissolved. Add rind and Grand Marnier, put over a bowl of crushed ice and let cool until thick but not set - stir frequently. In separate bowl, beat egg whites until stiff. Whip cream until thick. Fold the two mixtures together gently and then fold gently into the cold

custard. Turn into soufflé dish and freeze for at least 6 hours. Serve with fresh raspberries or strawberries.

Source: More Chef on the Run

Fruit Torte

Hot Milk Sponge Cake

Add 2T butter to ½ c milk. Heat to melt butter.

Beat 2 eggs well and gradually add 1 cup sugar. Mix

1 c flour

1t baking powder

¼ t salt.

Mix with wooden spoon until just blended.

Gradually add the hot milk mixture. Add 1 t vanilla. Mix quickly but gently. Pour into buttered and floured torte pan. (The kind that has a fluted edge and a raised central portion). Release air pockets by rapping pan on table. Bake 350F for 20 minutes. Cool 10 minutes. Invert.

Arrange fruit on cake (the underside of the cake) and glaze with fruit juice that has been thickened with "Tortengubklar" and 2 t sugar. (Heat juice and add the tortengubklar and sugar mix. Bring to boil and stir off the heat.

Can also mix 4 oz of cream cheese with sweetened whipped cream (about 1 cup whipped) and 1 t vanilla. Spread on bottom of cake and top with fruit and glaze.

Ginger snaps

Cream thoroughly

1 c shortening

$\frac{3}{4}$ c brown sugar

$\frac{3}{4}$ c white sugar

Dissolve: 1 t baking soda into $\frac{2}{3}$ c molasses . Add to creamed mixture along with 2 T vinegar

Blend or sift together

5 + c flour

1 $\frac{1}{2}$ t cloves

1t salt

1 t cinnamon

2 $\frac{1}{2}$ t ginger

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

Add to creamed mixture and combine thoroughly. Turn out dough onto floured board and roll out to $\frac{1}{8}$ " thickness. Cut with floured cookie cutters or can roll into logs about 2 inches in diameter. Wrap in waxed paper to store. When ready to bake, remove and cut into slices about $\frac{1}{4}$ " thick.

Place on greased cookie sheet and bake 350F oven for 8 to10 minutes. Makes 10 dozen cookies.

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Glazed Corn and Nut Clusters (Auntie Elaine)

1 cup butter (room temperature!)
½ c corn syrup
1 ½ c sugar

2 qt popped corn (about ½ c un-
popped)
1 ½ -2 cups nuts (pecans or almonds)
1t vanilla

In 2 ½ qt microwaveable container (with handle preferable) combine and mix well butter, syrup and sugar. Microwave high for 9-15 minutes (stirring every 3 min) until brittle threads formed when dropped in cold water. (in 700 w oven takes 11 min.)

Butter the sides of a roasting pan lightly and pour in popped corn. Add vanilla and nuts when syrup at right consistency and stir. Pour immediately over popped corn and stir with a meat fork until mixture is well coated. Spread mixture in single layer on waxed paper and let set until firm and cool. Break up and store in airtight container.

Variation: Reduce butter to $\frac{3}{4}$ c and stir in 1 cup each lightly toasted and chopped pecans, hazelnuts, almonds. Pour onto a warmed baking sheet and spread quickly. When cool spread with melted semi-sweet chocolate (melt a bit of butter to help consistency).

Hammentaschen

Cream cheese pastry

¼ lb butter or margarine in chunks

¼ lb cream cheese in chunks

1 c flour

2 T sugar (optional)

Combine all ingredients in processor bowl. Mix with steel blade about 18 to 20 seconds until it forms a ball on the blades. Can be frozen if desired.

Prune Filling

1 med seedless orange

12 oz pitted prunes

1 ½ c raisins

2 T sugar

Cut orange into quarters but do not peel. Process 20 seconds, add rest of ingredients and process until fine (need to do in half batches).

Apricot Raisin Filling

1 med orange
8 oz dried apricots

1 ½ c raisins
3-4 T sugar

Divide dough into 4 equal pieces. Flour each piece and roll out to ¼ inch thick. Cut into 3 inch circles. Place spoonful into center and bring up sides to make a three corner hat. Place on greased cookie sheet. Can brush with egg yolk blended with 1 t water. 400F 15 minutes

Heavenly Orange Cheesecake

1 cup chocolate wafer crumbs
3 T margarine or butter melted
1 envelope unflavoured gelatin
½ c orange juice

3 8oz pkgs Cream cheese softened
¾ c sugar
1 cup whipping cream
2 t grated orange peel

Combine crumbs and margarine in bottom of spring form pan. Bake 350F for 10 minutes

Soften gelatin in juice, stir over low heat until dissolved. Combine cream cheese and sugar mixing at medium speed until well blended, Gradually add gelatin mixture and mix until blended. Chill until slightly thickened. Whip cream and fold into cream cheese mixture along with peel. Chill. Garnish with orange sections and mint leaves.

Kiwi Fruit Cream

1 cup mashed kiwi fruit (about 5)
1 whole kiwi
2 eggs, separated
pinch salt
2 T cornstarch

5 T sugar
1 t vanilla
1 c whole milk, hot
½ c whipping cream, whipped

Strain mashed kiwi to remove excess juice. Whisk egg yolks in top of double boiler with a wire whisk until creamy and yellow. Add salt, cornstarch, half of sugar, vanilla and hot milk. Beat well. Cook over boiling water until custard thickens, about 8 to 10 minutes.

Cool, Beat egg whites until stiff and gradually add rest of sugar. Fold into the cooked custard (fold a little egg white into custard to lighten then add egg white mixture to custard). Add drained kiwi and whipped cream. Pour into wine goblets and chill. Garnish with slice of kiwi. Make this the day you plan on serving it as it does not keep well. Serves 6

Klaflutie

Preheat oven 375F

Butter 2 qt oven proof dish, and sprinkle with 2 T brown sugar. Put in an assortment of fruit - whatever is in season (peeled, sliced peaches, pears, apples, gooseberries, blueberries, pitted cherries, etc.)

Blend for 30 sec

3 eggs

pinch salt

¼ c flour

¼ c brandy, rum or 1 t vanilla

4 t brown sugar

Pour over fruit and bake 45 minutes. Cool slightly and sprinkle with brown sugar. Serve plain or with ice cream or whipping cream (sweetened and flavoured with rum or brandy).

Kristen's Crème Caramel

Caramel

1 cup granulated sugar

1 T water

Custard

3 eggs

¼ tsp. salt

2 c milk (Kristen uses skim milk)

1 tsp. vanilla

¼ cup granulated sugar

Heat 1 cup of sugar in a heavy pan over medium heat. Stir as sugar melts, and keep stirring until sugar is completely melted and it turns a rich caramel colour. If light it has no flavour, if too dark it will be bitter. (Add water carefully. It will sputter with a vengeance.) Stir until blended well. It will thicken as it blends. Pour into bottom of 6 custard cups, ring pan or glass casserole dish. Tilt cups to distribute caramelized sugar over bottom and part way up sides as well.

Custard:

Beat eggs lightly in mixing bowl. Add milk, sugar, salt and vanilla. Beat together slightly. Pour into custard cups. Set cups in a pan with hot water ½ inch deep. Bake 325 degrees for about 35 minutes to an hour until a knife inserted near surface comes out clean.

La Boucher Douce

12 small meringues, about 2 inch diameter

16-ounce package semi-sweet chocolate chips (170 g)

3 T water (45 ml)

2 pints whipping cream (1L)

2/3 cup icing sugar (150 ml)

3 T white rum, Cointreau or other orange-flavoured liqueur (45 ml)

2 or 3 cups fresh strawberries, sliced

3 Kiwi fruit, peeled and sliced, optional, a few whole strawberries for garnish

Break the meringue into large chunks. Add water to chocolate chips and melt over hot water, stirring until smooth. Whip cream with icing sugar and liqueur until stiff. Spoon a thick (3/4 inch) (2cm) layer of cream in bottom of serving bowl. Cover with a layer of meringue pieces and drizzle meringue with a thin coating of melted chocolate. Put a layer of sliced strawberries and kiwi fruit on top and spread with another layer of whipped cream. Repeat layers, ending with a topping of whipped cream. Decorate with whole strawberries. Serves 8 to 10

Notes: Use the meringue recipe included in the section. You can use other fresh fruit like raspberries or blueberries if in season. . Leave the assembly until a few hours before serving so the meringue stays crisp, and serve it in your prettiest glass bowl.

This desert was always a huge hit at dinner parties but I think David and Andrea thought Janice made it too often.

Source: Based on recipe in 'Chef on the Run' by Diane Clement

Lemon Bars

Crust

1 c flour

¼ c sugar

½ c butter

Blend well and press into an unbuttered 9" square pan. Bake 20 min at 350F

Filling

1 c sugar

juice of 1 lemon (3 T)

2 T flour

grated rind of one lemon

¼ t baking powder

2 eggs, beaten

Mix filling ingredients well and pour over cooked bottom layer. Bake 350F for 25 minutes. Remove from oven and let cool. Glaze with a mixture of icing sugar and lemon juice. (about ½ c icing sugar, 1 t softened butter and enough juice to make a thin glaze) or can sprinkle with icing sugar.

Lemon Cookies Eating Well

2 ½ c flour

1 t baking powder

1 t baking soda

½ t salt

1 c sugar

½ c apple sauce

¼ c canola oil

2 T lemon juice

4 t grated lemon rind

Sift flour, baking soda, powder and salt. In another bowl, whisk rest of ingredients until smooth. Make well in dry ingredients and add liquid. Stir until blended. Cover with plastic wrap and refrigerate until chilled (30 min to 1 hour) Will keep refrigerated up to 3 days. Oven 350F. Lightly oil two baking sheets

Place ¼ c sugar in bowl and using floured hands roll dough into 1 ½” balls. Roll balls into sugar to coat and place 2 “ apart on baking sheet. Bake one sheet at a time for 12-14 min until lightly browned. The longer they bake the crispier they become, Cool for 1 minute then transfer to rack Will keep 3 days in air tight tin, otherwise freeze. 2 dozen

Lemon Meringue Pie

1 c sugar

6 T cornstarch

¼ t salt

2 cups milk

3 eggs, separated

3 T butter

1/3 c lemon juice

1 T grated lemon rind

¼ T sugar

½ t vanilla

Combine the sugar, cornstarch and salt in the top of a double boiler. Slowly add the milk, stirring constantly. Cook and stir these ingredients over hot water until the mixture thickens, about 15 minutes. Cover the pan and allow to cook 10 minutes longer. Stir occasionally.

Remove from heat. Beat the egg yolks in a separate bowl and add about ½ c of the thickened milk. Then stir this mixture back into the double boiler. Cook and stir over boiling water for 5 to 6 minutes. Remove from heat and stir in butter, lemon juice and lemon rind. Cool this custard, stirring gently every 10 minutes or so. When cool, pour into pie shell.

For the meringue, beat egg whites with cream of tartar until they are stiff but not dry. Beat in sugar, $\frac{1}{2}$ t at a time, flavored by vanilla. Heap onto pie and spread with spatula so that meringue goes all the way out to the crust, around the whole pie. Use a light back and forth motion of the spatula to make decorative waves in the meringue. Bake at 350F for 12 to 15 minutes until the meringue is delicately browned on top. Serves 6.

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Lemon Meringue Torte

Crust

3 c crushed vanilla wafer crumbs

½ c melted butter

Filling

6 large eggs separated

¾ c sugar

2 (14oz) tins sweetened condensed
milk

1 pt whipping cream, whipped

1 12oz can frozen lemonade, thawed

Combine wafers and butter and press in 13 x 9 inch pan. Bake 350 for 7 minutes.
Cool

Beat yolks, add sweetened milk, lemonade (undiluted) and fold in whipping cream. Pour into cooled crust. Beat egg whites until foamy and beat in 1T of sugar at a time and continue beating until stiff. Spread over filling and place under broiler (4 inches away) to brown meringue. Takes seconds so be careful.

Cover without crushing meringue, wrap and store in freezer. Remove from freezer about 20 minutes before serving to soften slightly. Cut into 2 inch squares. Serve with strawberries.

Can halve recipe to make a 9 inch pie pan.

Note: This is pretty easy

Source: Base on the Recipe in Chef on the Run

Lemon Squares

Crust

1 c flour

½ c butter

¼ c sugar

pinch of salt

Blend all ingredients well and press in bottom of 9inch pan. Bake 350 for 20 minutes.

Filling

1 c sugar

2 T flour

¼ t baking powder

juice of one lemon (3 T)

grated rind of one lemon

2 eggs beaten

Mix well and pour over crust. Bake 350 for 25 minutes. Remove and let cool. Glaze with a mixture of icing sugar(½ c) and lemon juice (1-2T) or sprinkle with powdered sugar.

Light Lemon Mousse

1 T gelatin

¼ c cold water

5 eggs separated

2 t grated lemon rind

¾ c fresh lemon juice

1¼ c white sugar

1 c whipping cream

Sprinkle gelatin over cold water to soften. Mix yolks with juice and ¾ c sugar and cook over double boiler stirring constantly until mixture is thick enough to coat a metal spoon about 10 minutes.

Remove from heat and stir in gelatin mixture, Chill for about 10 minutes, Beat egg whites until stiff and gradually add in rest of sugar and continue to beat. Whip cream until stiff and fold gently into lemon custard mixture. Pour into individual goblets and chill or can be frozen.

Serves 6

Meringue

Preheat oven to 225F

Have egg whites at about 70F. Beat until foamy in an electric mixer or by hand:
4 egg whites

Add

1 teaspoon vanilla (1/8 teaspoon cream of tartar)

Add, while continuing to beat, 1 tablespoon at a time

1 cup sifted, finely powdered sugar of 1 cup minus 1 tablespoon sifted sugar (1/2
teaspoon cinnamon)

When the mixture stands in stiff peaks on the beater, it is ready for baking. Do not over beat. For a glaze, you may dust the meringue lightly with Granulated sugar

Bake on baking sheets covered with parchment paper about 1 hour or longer, depending on the size. The reason for the use of paper is not only to prevent

sticking but to diffuse the heat. In some famous kitchens the meringues are baked on a thick board or a pan, both greased and floured. Do not remove from the oven at once, but turn off the oven, open the door and leave them for at least 5 minutes. Cool gradually, away from a draft. Remove them from the sheet when cool. If kisses are to be filled, crush the bottom lightly with the thumb while still warm.

Source: 'Joy of Cooking'

Mo's Oatmeal Squares

In a large bowl mix

3 c oatmeal

2/3 c sugar

1/2 c flour

1/2 t salt

Cut in

3/4 c butter or margarine (with hands)

Add

1t vanilla

Press firmly into a greased pan 13" x 9"

Bake 350F for 25 minutes. Cut into squares while still warm.

Mocha Pavlova

4 egg whites
pinch cream of tartar
pinch salt
1 c berry sugar

1t vinegar
1 t instant coffee
2 t cocoa power
1T cornstarch

Beat egg whites, cream of tartar and salt until stiff. Gradually add sugar one spoonful at a time- beating thoroughly after each addition before adding next spoonful. (This is crucial!) Fold in vinegar, coffee, cocoa and cornstarch. Line a cookie sheet with aluminum foil and mound the egg mixture into a circle about 22 cm in diameter. Bake 1 to ¼ hour at 275F(140C) until outside is firm. Turn off oven and let meringue cool in oven. Just before serving, fill with Coffee Cream

Coffee Cream Filling

1 c whipping cream
1 T icing sugar
1t instant coffee

2T kahlua
1T cocoa powder

Dissolve instant coffee in Kahlua and combine with cream and icing sugar in bowl. Beat until thick. Decorate filled pavlova with shaved chocolate. Accompany with strawberries and kiwi

Mom's Sour Cream Rhubarb Pie

4 c cubed rhubarb
1 ½ c sugar

1/3 c flour
1 c sour cream

Topping

½ c flour
½ c brown sugar

¼ c soft butter

Arrange rhubarb in pie shell. Mix flour and sugar together, stir in sour cream. Pour over rhubarb.

Combine topping mixture until crumbly and sprinkle over top. Bake 450F for 15 min and then an additional 45 min at 350 until fruit is tender and filling is set. (It has taken more than 50 minutes for a larger pie shell).

Nanaimo Bars

Base

½ c butter

¼ c sugar

5 T cocoa

1 t vanilla

1 egg

¾ c chopped walnuts

2 c graham cracker crumbs

Place butter, sugar, cocoa, vanilla and egg in bowl and place bowl over a pan of boiling water (or use double boiler). Stir until mixture resembles a custard, Add crumbs and walnuts. Blend well. Press into 9 inch pan.

Icing: Cream ¼ butter. Add 3 T milk and 2 T Bird's vanilla custard powder (or instant vanilla pudding). Blend in 2 c icing sugar. Spread over base as evenly as possible) Let stand while you melt 4 oz semi sweet chocolate with 1 T butter over boiling water (or low heat in microwave). Let cool slightly then spread over custard icing. Refrigerate and cut into small squares.

No Fail Pastry

4 c unsifted flour (lightly spooned in cup)

1 T sugar

2 t salt

1 $\frac{3}{4}$ c solid veg shortening Crisco

1 large egg

1 T white or cider vinegar

$\frac{1}{2}$ c cold water

Put first three ingredients in bowl and mix well with fork. Add shortening and mix with fork until crumbly. In small bowl beat together all other ingredients and combine the two mixtures, stirring with fork until all ingredients are moistened. Divide dough into 4 or 5 portions - depending on how large the pie pans are. Shape each into a flat round patty and wrap in wax paper. Chill for at least $\frac{1}{2}$ hour before rolling out on lightly floured board.

Pastry can be kept in refrigerator up to three days or can be placed in plastic bag and frozen. Thaw until soft enough to roll out.

Notes: Dough can be left in fridge 3 days. Can be frozen- thaw till soft enough to roll. Recipe makes 4 shells or 20 tart shells. Baked shell: prick well bake 12-15 min @ 450F

NY Times Plum Torte

½ c unsalted butter

¾ c sugar

1 c flour, sifted after measuring

1 t baking powder

pinch of salt (omit if using salted butter)

2 eggs

lemon juice and extra sugar

24 pitted plums cut in half

Oven 350F

Cream sugar and butter till light and fluffy. Add eggs and mix well. Add flour, baking powder, salt and beat well.

Spoon into a springform pan (9 Or 10inches) Place plum halves skin side up on top of batter. Sprinkle lightly with lemon juice and cinnamon sugar, depending on sweetness of fruit.

Bake 45- 1 hour Remove cool and remove sides of pan.

Can also use recipe to make apple-cranberry torte. Peel seed and quarter 2-3 large baking apples. Arrange $\frac{1}{2}$ cup of raw cranberries on batter and top with apple slices.

Sprinkle generously with cinnamon sugar and squeeze $\frac{1}{2}$ -1 T of lemon juice.

Peach Raspberry Kuchen

Pastry

Melt $\frac{1}{2}$ c unsalted butter in pan over moderate heat until golden brown. Let cool until it is no longer liquid. Cream butter together with $\frac{1}{3}$ c sugar, 2T brown sugar. Beat in 1 large egg and $\frac{1}{2}$ t vanilla, $\frac{1}{4}$ t almond extract. Sift $1\frac{1}{2}$ c flour with 1 t baking powder and $\frac{3}{4}$ t salt. Beat into dough until it is just combined. Chill 30 minutes then press into bottom and sides of 9 inch tart pan(with removable sides)

Filling

Blanch 2 ripe peaches under hot water to remove skins. Slice in $\frac{1}{8}$ inch slices. Arrange in tart shell, overlapping slightly. Sprinkle with 2 T sugar. Bake in lower third of 375 oven for 20 minutes. Sprinkle on $\frac{1}{2}$ pt raspberries and bake 10 more minutes. Transfer kuchen to a rack and brush fruit with $\frac{1}{4}$ c currant jelly melted and cooled to glaze. Let cool 15 minutes and remove sides of pan.

Peanut Butter Bonbons

2 c peanut butter

½ c margarine

1 lb icing sugar

3 c rice krispies

12 oz choc chip pieces

Melt peanut butter and margarine in saucepan or in microwave. Combine sugar and cereal in large bowl. Pour peanut butter mixture over cereal and blend together with hands, Form into ½ inch balls. Chill until firm. Melt chocolate chips in double boiler or in microwave (with a little butter) Dip balls into chocolate mixture. Chill. Makes about 80 balls.

Plum (or Apple-Cranberry) Torte

½ c unsalted butter

¾ c sugar

1 cup all-purpose flour, sifted

1 t baking powder

2 eggs

pinch of salt

24 pitted purple plums

Oven 350°F. Cream sugar and butter, Add dry ingredients and eggs. Beat well. Spoon batter into a spring form pan (8, 9 or 10 inches) Place plum halves, skin side up, on top of batter, Sprinkle lightly with some lemon juice, sugar and cinnamon _ sugar dependent on how sweet fruit is. Bake 45min to 1 hour. Remove and cool. Can freeze. Serve lukewarm and serve plain or with whipped cream.

Variation

Use peeled seeded and sliced raw apples instead of plums.

Sprinkle 1/2 cup raw cranberries over batter and top with apple slices.

Sprinkle with lemon juice and sugar and cinnamon.

Pumpkin Cheesecake

Crust

1½ c ground gingersnap cookies
2 T brown sugar
4 T melted butter

¾ c toasted finely ground hazelnuts,
almonds or pecans

Combine ingredients and pat mixture onto the bottom and sides of a 9 inch springform pan.

Filling

8 oz cream cheese, softened
¼ c sugar
2 T rum or 1 t vanilla essence
1 egg
14-oz can pumpkin
small can evaporated milk

½ cup sugar
2 eggs, slightly beaten
1 t ginger
½ t nutmeg
2 T rum

Topping

2 c sour cream
3 T brown sugar

2 T white rum

On the day ahead, combine cheese, sugar rum or vanilla and cream well. Add egg and beat until smooth. Pour into prepared pan and chill. Combine rest of ingredients and mix well. Pour gently over cheese layer. Bake at 325F for about 1½ hours or until set. The top will be golden and it will probably have a few cracks in it. Remove from oven. Combine topping ingredients, spread gently over the top and return to oven for another 5 minutes. Cool and chill. Decorate with toasted nuts.

Serves 8 generously.

Source: 'More Chef on the run'

Pumpkin Pie

Make a piecrust from no fail pasty recipe.

Filling

2 eggs slightly beaten

1 can pumpkin

1 cup brown sugar

½ tsp. nutmeg

1-1/2 tsp. ginger

1 tsp. cinnamon

¼ tsp. salt

1 can evaporated milk. (1-2/3 cups)

Blend thoroughly in order. Bake at 425F 10 min. Bake 350F 35 min.

Quick Apple Strudel

Pastry

1½ c flour

¼ c sugar

1 egg yolk

¼ t salt

2 T milk

½ c butter

1t lemon juice

Filling

14 c fine dry bread crumbs

¼ c finely chopped walnuts

3 T butter melted

2 medium apples sliced (2 cups)

2 t lemon juice

1 t cinnamon

1/3 c sugar

¼ c raisins (opt)

½ t grated lemon rind

Pastry

Sift flour, sugar and salt, Cut in butter. Blend egg yolk, milk, lemon juice and stir into flour mixture. Roll dough to 8 X 13 rectangle on plastic wrap. Gently invert onto baking sheet. Remove plastic wrap

Filling

Combine crumbs, walnuts and 1 T melted butter. Sprinkle over dough. Drizzle apples with remaining butter and 2 t lemon juice. Add rest of ingredients and toss gently. Place apple mixture down lengthwise down center of dough. Using a spatula loosen dough from baking sheet and fold over the filling , just past the center. Do the other side, overlapping the first. Press together gently and seal edges. Brush dough with lightly beaten egg white. Bake 400 F for 30 minutes. Loosen with spatula and let cool

Rhubarb Strawberry Crumb Pie

Pastry for 9 inch pie shell

3 cups chopped rhubarb
4 cups strawberries, sliced
1 cup sugar
1/3 cup flour

1 cup sour cream
1/2 cup flour
1/2 cup brown sugar
1/4 cup soft butter

Arrange rhubarb and strawberries in unbaked pie shell. Mix sugar and 1/3 cup flour with sour cream and pour evenly over fruit.

Combine 1/2 cup flour, brown sugar and butter until crumbly and sprinkle over top. Bake at 450 degrees F for 15 minutes, reduce heat to 350 degrees and bake another 30 minutes, until fruit is tender. Chill before serving.

Note: Can add cornstarch to thicken. 1 tbsp cornstarch to flour, sugar, sour cream mixture.

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Rice Pudding

This dish is a good way to use your leftover rice.

2 c leftover rice

2 eggs

½ c Brown sugar

Cinnamon

Raisins

1½ c milk (make sure there is enough
milk to cover the rice)

Put it in a bain marie and bake in 325 oven for about 45 minutes until no longer jiggly. Make sure you butter your casserole dish well before you put in the mixture.

Rum Cake

2 cups sifted white flour
2 teaspoons baking powder
Pinch salt
¼ t baking soda
½ cup butter
1 cup white sugar

2 eggs, separated
1 t grated orange rind
½ cup orange juice
3 T white rum
¼ t almond extract
¼ t vanilla

Grease two 9" layer cake pans and cover the bottoms with waxed paper, cut to fit. Heat oven to 350F. In a bowl, mix flour, baking powder, salt and baking soda. In another bowl with electric mixer beat butter until soft and creamy; gradually add ¾ cup sugar and continue beating until light and fluffy. Add egg yolks, one at a time, then the orange rind. Combine orange juice, rum and flavourings and blend with egg yolk mixture. Gradually add flour mixture, eating at low speed. In a medium bowl, beat egg white to soft peaks, gradually blend in the remaining ¼ cup sugar and continue beating until stiff peaks form. Fold egg whites gently into batter, then pour into the prepared pans. Bake for about 25 minutes or until

tops spring back when lightly pressed. (They will not rise very high.) Cool in pans on wire racks for ten minutes, then remove. Cool, then refrigerate or freeze. If you freeze the cakes, take them out to thaw two days before assembly. Split cake layers in two and sprinkle each layer with 4 T rum. Spread whipped cream filling between layers and ice top with chocolate icing. Decorate with chocolate coffee beans or chocolate curls.

Whipped Cream Filing

2 t unflavoured gelatin

2 t cold water

1/3 c white rum

1 pint whipping cream

½ cup icing sugar

In a small saucepan, combine gelatin and water and heat over low flame until dissolved. Add rum and set aside to cool. Combine cream and icing sugar and beat until thick. Gradually blend in the cooled gelatin mixture with spatula. Refrigerate until needed.

Rum Cake continued...

Chocolate Icing

4 squares unsweetened chocolate

2 large eggs

1 cup icing sugar

6 t soft butter

2 T hot water

In a double boiler over hot not boiling water melt the chocolate. Remove from heat and with a large spoon or beater gradually beat in icing sugar and water. Then beat in eggs, one at a time, the butter, 2 T at a time and continue to beat until smooth. Spread while still warm.

The cake should be taken from the refrigerator about 30 minutes before serving to allow the icing to soften for easier cutting.

Serves 18.

Note: This should be made the day ahead of serving and is well worth the effort for a special occasion.

Source: Chef on the Run

Rum Cake

1 large angel food cake

1/3 c rum or brandy

1 envelope gelatin unflavoured

3/4 c chopped toasted salted almonds

1/4 c cold water

3/4 c butter

4 egg whites

1 c icing sugar

pinch salt

4 egg yolks

1 c whipping cream

Break cake into small pieces. Soften gelatin in water for about 5 minutes then dissolve over hot water (in double boiler). Cream butter. Add sugar gradually and beat in egg yolks one at a time. Beat well after each addition. Add rum and almonds. Carefully fold in warm gelatin.

Beat whites and salt until stiff. Whip one c cream. And fold both whites and cream into almond mixture. Pour mixture over cake pieces and blend slightly. Put into 10" springform pan and refrigerate 3 hours. Unmold and decorate with

remaining whipped cream (whip and sweeten slightly with icing sugar and rum or brandy).

Note: The other Rum Cake recipe is a bit better but this one is much easier

Rum Cream Torte

Crust

1 package chocolate wafers crushed
(2 cups)

½ cup melted butter

Filling

1 package unflavoured gelatin
¼ cup coffee
2/3 cup chocolate chips
1/3 c Tia Maria

1/3 cup white rum
6 egg yolks
1 cup white sugar
1 pint whipping cream, whipped

Garnish

Kiwi fruit, peeled and sliced
Mandarin oranges, drained
Maraschino cherries, halved

Combine wafers and butter and press on bottom and sides of a 9" springform pan. Soak gelatin in coffee to dissolve, mix in chocolate chips then cool slightly. Add 1/3 c Tia Maria. Add rum and set aside. Beat egg yolks until thick, then slowly add sugar, beating constantly. Fold in the cool gelatin mixture, then gently fold in the whipped cream. Pour into wafer-lined pan, wrap well and freeze. This can be made weeks ahead and will keep in the freezer for several months. It can be served frozen or as a refrigerated rum mousse. To serve, remove from pan and decorate with fruit. This recipe makes enough filling for three 8" pies if you prefer.

Source: Based on Recipe in 'Chef on the Run'

Ruth's Plum Kuchen

Pastry

1 c flour
1T sugar
pinch salt

½ c cold butter in cubes
1 egg yolk beaten

Topping

1 c cake crumbs (you can substitute plain cookie crumbs)
½ lb of purple plums pitted and quartered

2 T slivered of sliced almonds
1 t sugar

Combine flour, sugar and salt. Rub in butter until the texture of cornmeal. Stir in egg yolk and stir until mixture begins to clump. Work dough gently with hands to form a ball and press into a lightly greased 8 or 9 inch round baking pan covering bottom only.

Sprinkle with crumbs arrange plum quarter skin side up in concentric circles to cover surface of pastry. Sprinkle with almonds and then sugar. Bake 400F 30 minutes until plums tender and crust is golden.

Note: 1c of cookie crumbs might be too much

Soufflé Frangelico or Grand Marnier

8 oz cream cheese cut into chunks	½ c sugar
5 large eggs	¼ c Frangelico or Grand Marnier
¾ c whipping cream	1/3 c chopped hazel nuts

Place all ingredients except nuts in food processor or blender and blend for 2 minutes. Pour into 4 to 5 cup soufflé dish which has been buttered and coated with sugar. (Size of the dish is important for the soufflé to rise) Refrigerate. About 30 minutes before baking, remove from refrigerator and leave at room temperature. Sprinkle with nuts. Bake at 375°F (190°C) for 55 to 60 minutes until firm, golden and risen to the top of the dish. Serve at once with Frangelico/Grand Marnier Cream

Cream

4 egg yolks	¼ whipping cream
¼ c sugar	¼ liqueur (Grand Marnier or Frangelico)
¾ c light cream	

Beat yolks and sugar together in heavy saucepan until thick and lemon colored. Gradually add the two creams and liqueur, turn heat to medium and continue to cook, stirring well until mixture coats a wooden spoon - about 7 minutes. Watch that it does not curdle. Cool, cover and refrigerate overnight. Serve at room temperature. Makes about 1 ½ c.

Sour Cream Apple Pie

Peel, core and thinly slice about 5 to 7 tart apples (Macintosh/Cortlands/etc.) May need more for a tart pan.

Whisk together

1 c sour cream
2/3 c brown sugar
2 eggs
1/4 t salt

4½ T flour
1 t cinnamon
grating of nutmeg

Pour mixture over apples and toss well to coat. Spoon apples into pastry lined pan. (Use No Fail Pastry recipe)

Streusel Topping

3 T brown sugar
3 T granulated sugar

1 t cinnamon
1 c walnuts

Mix together and sprinkle over apple filling.

Can use remaining pastry to make a lattice topping over pie. Set in middle of 350F oven and bake for 55 to 60 minutes. If crust browns too quickly, cover loosely with foil. Bake until apples are tender and juices are bubbling. Serve warm or cool with whipped cream or ice cream.

Sour Cream Peach Pie

1 c sour cream

$\frac{3}{4}$ c brown sugar

pinch salt

2 egg yolks well beaten

1 t vanilla

1 T amaretto liqueur (optional)

2 T flour

2 $\frac{1}{2}$ c fresh or canned sliced peaches

Beat together sour cream, sugar, yolks, vanilla, liqueur and set aside.

Sprinkle 1 T flour over bottom of pie crust and arrange peaches on top. (If using canned peaches drain well) Sprinkle remaining flour on top and spread sour cream mixture over peaches.

Bake 425°F for 10 minutes. Reduce heat to 350(180) and bake additional 40 minutes until pie is set and golden. Decorate with whipped cream flavored with brown sugar and amaretto or vanilla.

Pie Crust

½ c soft butter

3 T dark brown sugar

½ c finely chopped walnuts

1 egg beaten

½ t almond extract

1 1/3 c flour

Cream butter and sugar in bowl, add walnuts, egg and extract. Mix in flour to blend. Press dough in bottom and sides of greased quiche pan with removable bottom. Chill 10 minutes

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Tia Maria Angel Delight

1 angel food cake

$\frac{3}{4}$ c Kahlua or Tia Maria

12 small Almond Roca bars

2 pint whipping cream

3 T icing sugar

3 T Tia Maria or Kahlua

Cut cake into 3 layers and lay out on counter. Puncture each layer with a skewer and drizzle liqueur evenly over each layer. Combine whipping cream with sugar and extra liqueur and whip until fluffy.

Assemble cake, putting lots of cream in between each layer and along sides and top. Refrigerate overnight or all day to let liqueur soak in. Just before serving, sprinkle top and sides with crushed Almond Roca bars, and decorate with fresh strawberries.

Toasted Almond Shortbread

½ lb butter
½ c fruit sugar (fine sugar)
1 t almond extract or vanilla
¼ t cream of tartar

2 ¾ c cake flour or 2 ½ c flour
½ c toasted almonds, finely chopped
16 oz semi sweet choc melted

Cream butter and blend in rest of ingredients except nuts and chocolate. Cream well using hands if necessary to make stiff dough (add more flour if necessary) Fold in nuts,. Shape into fingers and curve some into crescents. Bake on un-greased sheet in 325 oven for about 10 minutes until just golden. Cool then dip ends into melted choc. Put on racks to harden and store in airtight tins, separating layers with foil or waxed paper.
Makes about 2 dozen.

Note: Only need 8oz of chocolate chips if placed on outside of cookie, not dipped.

Source: Chef on the Run

Walnut Peach Torte

Beat 4 egg whites until stiff
Gradually add $\frac{3}{4}$ c sugar

Fold in $\frac{3}{4}$ c finely chopped walnuts, 2 T melted butter, $\frac{1}{4}$ c flour

Pour into 3 eight-inch pans lined with greased paper. Bake 350f for 15 min or until done

Whip 1 c heavy cream with 2 T icing sugar and some brandy. Layer the cakes with the cream and sliced peaches. Refrigerate at least $\frac{1}{2}$ hour before serving.

Zucchini Oatmeal Cookies

½ c softened butter

¾ c honey

1 egg

2 c whole wheat flour

1 t baking soda

½ t cinnamon

¼ t cloves

¼ t nutmeg

1 c oats

1 c raisins

1 c grated zucchini

Cream butter, honey and egg in a large bowl.

Combine flour and spices in a small bowl, and the oats and raisins in another bowl. Add both to moist ingredients a little at a time. Stir in zucchini gradually until well mixed.

Drop by teaspoonful onto greased cookie sheets and flatten with a fork. Bake at 375°F for 10 to 13 minutes. Makes 5 dozen cookies.

Source: The Harrowsmith Cookbook Volume Two.

Auntie Elaine's Antipasto

3 med carrots(peeled)
5 celery stalks
25 med mushrooms
10 small plum tomatoes (peeled
chopped)
1-375ml jar sweet gherkins(drained)

2 c red or green peppers
1 ½-2 med purple onions
1 banana pepper (no seeds)
2 two inch green finger hots
6 lg cloves garlic- minced

Chop all of above in food processor

½ to ¾ small cauliflower
2 c chopped green beans (300 gr)

Chop by hand into small pieces

1 -375 ml jar green sliced salad
olives
1 -375 can sliced pitted black olives
1 -125 ml jar capers drained
1 -369 ml can tomato paste
1 -1 ¼ c canola oil
1 c white vinegar

1T granulated sugar
3 T lemon juice
1t Tabasco sauce
1 ¼ t dried crushed chili peppers
2 -7 oz tins chunk light tuna,
drained

In large (non-aluminum pot) lightly sauté garlic and onions in a little oil. Add all of the other ingredients except the tuna, and stir well. Cover and bring to boil and boil 1 minute. Turn heat to medium and simmer 20 min, covered. Stir occasionally. Break tuna into pieces and add to sauce, simmer again UNCOVERED for 15 minutes stirring occasionally. Bottle in sterilized preserving jars. Yield: 14 -375 ml jars.

Baachan's Chili Sauce

15 ripe tomatoes (peeled and
diced)

1 lg green pepper diced

1 red chili pepper

or 1/2t + crushed chili pepper

2 small onions diced

Put all ingredients in stainless steel pot.

Add:

1 c apple cider vinegar

¼ white sugar

1 ½ c brown sugar (slightly less)

1 T salt

1t dry mustard

1 t cinnamon

1 t nutmeg

1 t whole cloves

1 t whole allspice (tied in a
cheesecloth bag)

Combine and simmer for 4 hours or until 1/3 of it evaporates. Pour into
sterilized mason jars. Makes 4 pint jars

Chutney (apple, peach or mango)

6 cloves garlic	4 c cider vinegar
2 medium onions, cut into quarters	2 c golden raisins
3 lb tart cooking apples (Granny Smith, greening), pared, cored, cut into halves	2 T mustard seeds
3 lb peaches peeled & sliced	4 t ground ginger
2 small lemons	1 t salt
6 c packed brown sugar	½ t crushed red peppers flaked or 2 hot red chili peppers

Insert steel blade. With machine running, drop garlic through feed tube. Add onion to bowl. Process, using on/off technique, until coarsely chopped. Using slicing disc, slice apples and lemon.

Place all ingredients in stainless steel or enamel Dutch oven. Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, until chutney

has thickened and fruit is tender, about 1 ½ hours. Cool, Chutney can be stored covered in refrigerator up to 3 months.

If making Mango chutney use:

10 mangoes

2 cinnamon sticks

6 limes

1 ginger root grate

Source: Based on Bengal chutney in 'The Ultimate Food Processor Cookbook'.

Kimchee

2 Napa cabbage cut in $\frac{1}{2}$ lengthwise and salted with about $\frac{1}{4}$ c coarse salt and weighted down for a few days.

Rinse off and cut into slices and mix with crushed pepper, $\frac{1}{4}$ c green onions, 4 or 5 cloves of garlic finely chopped and 2t grated ginger. Let sit for a while then eat.

Raspberry Peach Freezer Jam

Read notes at end before starting

3 c crushed raspberries (crush. Sieve ½ of the pulp to remove some seeds)

1 cup finely chopped peaches

3 cups sugar

1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin

1 cup water.

Measure fruit into large bowl. Measure sugar into large saucepan. (Scrape excess sugar from cup with spatula to level for exact measure)

Stir 1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin into sugar until thoroughly mixed. Stir in 1 cup water. Bring mixture to boil on

medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat.

Stir fruit quickly into hot pectin-sugar mixture. Stir 1 minute or until thoroughly mixed. Pour quickly into clean freezer containers; cover with lids. Let stand at room temperature 24 hours to set.

For immediate use, store in refrigerator up to 3 weeks. Freeze remaining containers up to 1 year. To use, thaw in refrigerator.

Note: Use ripe fruit at room temperature for best results. Do not double recipe. Mixture may not set. Rinse clean freezer containers and lids with boiling water. If using a food processor to crush, pulse to chop. Do not puree. Do not reduce sugar or use sugar substitutes. The exact amounts of sugar, fruit and pectin are necessary for a good set.

Makes 6 cups

Source: The pectin packet

Strawberry Freezer Jam

Read notes at end before starting

4 cups fresh Strawberries (crush with potato masher)

3 cups sugar

1 box SURE-JELL FOR LOWER SUGAR RECIPES fruit Pectin

1 cup water.

Measure strawberries into large bowl. Measure sugar into large saucepan. (Scrape excess sugar from cup with spatula to level for exact measure)

Stir 1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin into sugar until thoroughly mixed. Stir in 1 cup water. Bring mixture to boil on medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat.

Stir strawberries quickly into hot pectin-sugar mixture. Stir 1 minute or until thoroughly mixed. Pour quickly into clean freezer containers; cover with lids. Let stand at room temperature 24 hours to set.

For immediate use, store in refrigerator up to 3 weeks. Freeze remaining containers up to 1 year. To use, thaw in refrigerator.

Note: Use ripe fruit at room temperature for best results. Do not double recipe. Mixture may not set. Rinse clean freezer containers and lids with boiling water. If using a food processor to crush, pulse to chop. Do not puree. Do not reduce sugar or use sugar substitutes. The exact amounts of sugar, fruit and pectin are necessary for a good set.

Makes 6 cups

Source: The pectin packet

Zucchini Chutney

1 ½ lb zucchini sliced	1T grated orange rind
1 ½ T salt	1 lb sugar
8 oz tomatoes skinned & chopped	12 oz cider vinegar
4 oz onions chopped	1t cinnamon
4 oz raisins	2 oz walnuts

Put zucchini in colander and sprinkle with salt. Leave 2 hours and rinse and dry.

Put in pan with remaining ingredients except walnuts. Heat gently, stirring constantly until sugar has dissolved, Simmer until thickened. Stir in walnuts. Pack into hot sterilized jars and seal. Makes about 3 lb.

