Marcie got the recipe and passed it to Mark Weiss of Finnigan-INCOS. Mark Weiss compiled it into his now famous cook book using what is now considered the first wood processor software which was written by Joel at INCOS. The cookbook was printed from the Stanford computer Christmas day in 1979, copied at Finnigan during the dark of night and distributed to its contributors who were acknowledged only by their street names.

For all that it's not a bad recipe.
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Breads
Baking Powder Biscuits - anon

This recipe is so simple that it can be easily memorized; I thought I had it memorized, but after a spell of not making them, I wished it was written down somewhere. To help memorize it, I give it as if I was making a half dozen normal biscuits. Only a hermit makes a half dozen biscuits, but this makes it easy to multiply for the actual quantity desired.

1 cp flour (I really sift it!)
1 1/2 tsp double-acting baking soda
1/2 tsp salt
1 Tbs shortening
1/3 cp milk

Now, to really make biscuits for 6 people, here's what you do:

Preheat oven to 450 Farenheit.

Sift together:
3 cp enriched white flour
1 1/2 Tbs baking powder
1 1/2 tsp salt

Cut in with a pastry cutter (or by hand if none available)
3 Tbs shortening (or margarine if you want)

When uniformly mixed, stir in
1 cp milk

Add more milk as needed (flours vary widely in this respect) to make a soft dough. Roll it out on a floured board until about 1/2 inch thick, and cut into circles with a drinking glass. Place the circles flour-side-down on a dry, shiny metal baking sheet (dark metal or glass tends to burn the bottoms), and bake at 450 F. for 7-10 minutes, until very lightly browned on top.

Serves about six people, so have them standing around with knives and butter when the biscuits come out of the oven.
Amadama Bread (Charlie)

1/2 cp yellow corn meal
2 cp Boiling water
2 tbs shortening
1/2 cp sweet mollases
1 tsp salt
1 cake yeast
1/2 cp lukewarm water
4 cp sifted white flour
2 cp whole wheat flour

Bring water to a boil, remove from heat and cool slightly. Stir corn meal into water very slowly with a wire whisk. Return to heat and boil for 5 minutes. Add shortening, mollases, and salt. Cool to avoid killing yeast, then add yeast softened in warm water. Add enough flour to make a stiff dough. Knead well. Let rise until slightly more than doubled in bulk. Shape into 2 loaves, place in greased loaf pans. Let rise until light. Bake in hot oven (400 degrees) for 45 mins to an hour. Makes 2 large loaves.
Boston Brown Bread (Charlie)

Sift together:
1 cp Rye flour
1 cp Yellow corn meal
1 tsp Baking Powder
1 tsp Salt

Stir in:
1 cp Graham flour
3/4 cp Sweet Molasses
1 1/2 cp Sour milk or buttermilk
1 cp raisins
1 cp chopped walnuts or pecans

Place rounds of greased paper in bottoms of 1 lb. coffee cans. Grease the sides and fill 2/3rds full. Place on a rack in a large kettle. Add boiling water to 1/2 height of the molds. Cover kettle and boil gently for 3 hours, adding water as it boils away. When finished boiling, place in 400 degree oven for a few minutes to dry off the tops. Remove bread from cans immediately.

Makes three loaves.
Rye Bread (Alan)

Dissolve and let stand 10 minutes:
1/2 c honey
2 Tbs yeast
3 1/2 c warm water

Stir in:
2 Tbs caraway seed (more if you like)
2 Tbs anise seed
2 Tbs unsweetened cocoa (enough to color dough deep brown)
2-3 Tbs salt
1/4 c salad oil

Stir in enough flour to make a good dough; the flour is a mixture of 1/2 rye and 1/2 unbleached white. Probably 13 or 14 cups in all. Make the dough stiff enough that it comes away from the bowl readily. Knead until it is quite smooth and springs back when pressed. Let it rise to double bulk twice, then form it into four round loaves. Let these rise for 15 minutes while preheating an oven to 375 degrees Farenheit.

Beat lightly;
1 egg
equal volume of milk

Paint the loaves with this eggwash, sprinkle them with caraway or poppy seeds, and bake for approximately 40 minutes.
Sourdough Buckwheat Rye -- Paul

Stir together in small cup;
3/4 cp warm water
3 Tbs brewers yeast
1 Tbs white sugar

Mix in large bowl with eggbeater;
1 1/3 cp Sourdough starter (extra sour is best)
1 cp Plain yogurt
1/2 cp Malt extract (with or without hops)
4 Tbs Safflower oil
3 Tbs Caraway seeds

Stir into the liquids;

the yeast mixture from above
6 cps whole wheat flour
1 2/3 cp Buckwheat flour
2 1/2 cp Dark rye flour
2/3 cp Gluten flour
2 Tbs Salt

Knead until elastic, add Gluten flour if needed; roll out very thin with rolling pin, then roll up like a jelly roll; Allow to rise in a warm place until almost double in bulk (about 1 1/2 hr)

Bake about 50 mins at 350 degrees.
Makes two large loaves.

To double this recipe, make the slow version below;

Mix the day before baking;
1 cp Sourdough starter
2 cp whole wheat flour
2 cp rye flour
2 cp water

Stir and leave lightly covered overnight at 70 degrees.

Use this sour batter instead of the starter and adjust all other ingredient quantities, remembering to cut down on liquids somewhat.

Makes four loaves, but is especially nice as approx.
20 large dinner rolls (small loaves really)
Wheatberry Bread (visitor)

Stir together:
2 T active dry yeast
2 cp warm water

Mix well in large bowl:
3 eggs
1/4 cp honey
1/4 cp sweet molasses
1/4 cp salad oil
1 cp instant non-fat dry milk
2 T salt

Add yeast mixture and enough water to bring total liquid to 6 1/2 cups.

Stir in 2/3 cup cracked wheat berries. Let soak for a few minutes, then add:
4 cp whole wheat flour
2 cp unbleached white flour

Add more flour in same ratio until stiff enough to knead. Knead well, cover with damp cloth, and allow to rise in a warm place until doubled in bulk. Punch down and divide into 4 parts. Form loaves by rolling out thin and then rolling up like a jelly roll. Seal seams by pinching with dampened fingertips. Place in greased 9 by 5 bread pans, cover, let rise until doubled again. Bake at 375 for 35-40 mins. Remove from pans immediately, cool on racks, covering the hot loaves with towels until completely cool.

Makes four medium loaves.
Pumpernickel Bread (WD magazine)

Sift together;
9 cp enriched flour
3 cp rye flour

In a lrg bowl, stir together 2 cups of this mix with;
2 Tbs salt
1 cp whole-bran cereal
3/4 cp yellow corn meal
2 pck active dry yeast

Combine in a sauce pan and heat to 125 degrees;
3 1/2 cp water
1/4 cp molasses
2 oz unsweetened chocolate
1 Tbs butter or margarine

Stir liquids into bowl of dry stuff, then add
2 cp seasoned mashed potatoes (instant OK)
1 cp flour mixture (from first step)

Mix well, adding
2 tsp caraway seed
enough of flour mix for good dough

Turn out onto floured board and let rest covered for 15 minutes. Knead until smooth and elastic (about 15 mins). Allow to rise until doubled. Punch down and let rise for another 30 mins. Punch down, divide into 3 loaves, place in greased 8-inch round cake pans. Let rise 'til doubled. Bake at 350 degrees for about 50 mins, remove from pans, and cool on wire racks.
Russian Black Bread (WD Magazine)

Stir together and set aside;
4 cp rye flour
3 cp enriched white flour

Stir together in large bowl;
2 cp flour mixture (above)
1 tsp sugar
2 tsp salt
2 cp whole bran cereal
2 Tbs caraway seed
2 tsp instant coffee (not freeze-dried)
2 tsp onion powder
1/2 tsp crushed fennel seed
2 pck active dry yeast

Melt together in sauce pan at low heat;
1/4 cp vinegar
1/4 cp dark molasses
1 oz unsweetened chocolate
1/4 cp butter or margarine

Beat into the dry stuff, then stir in enough flour for soft dough.
Follow directions for pumpernickel. When baked, brush with a glaze and return to oven for a couple of minutes to set the glaze.

GLAZE for bread; blend in sauce pan
1/2 cp cold water
1 tsp cornstarch

Boil for 1 minute, stirring constantly;
Rye Crackers (flour pack)

Blend together;
4 cp Rye flour
1/2 tsp salt

Cut in with pastry cutter
1 cp butter

Stir in;
1 cp milk

Knead thoroughly, roll very thin on a floured board; cut into squares or rounds. Brush with water and sprinkle on salt. Bake on greased sheet at 425 until lightly browned. Makes six dozen medium crackers.
Corn Sticks - corn stick pan package

Preheat oven to 425 Farenheit;

Grease cast iron corn stick pan and preheat it as well.

Mix in a bowl;
1 cp yellow corn meal
1/2 cp white flour
1 Tbs sugar
1/2 Tbs baking powder
1 tsp salt

Cut in until well blended;
3 Tbs soft shortening or bacon grease

Beat until smooth;
1 lrg egg
1 cp buttermilk

Mix the wet and dry ingredients very briefly. Place the hot stick pan on an insulator and pour the batter in quickly, filling 3/4 full; do not keep it out of the oven longer than necessary. Bake at 425 Farenheit for about 15 minutes. Sticks should be very crisp and lightly browned on the outside, and soft and crumbly on the inside. Remove from stick pan by banging the pan against a wooden counter or somesuch. Serve with butter. If you are making multiple batches without multiple stick pans, be sure to preheat the corn stick pan at least 10 minutes between batches.

Makes about one dozen corn sticks.
Cheese Main Dishes
Carciofi Alla Parmigiana (KQED)

Cook in big skillet until transparent;
1 Bermuda onion sliced very thin
4 Tbs olive oil

Add to skillet;
6 cp cherry tomatoes, mostly smashed
2 tsp salt (maybe more to taste)

Simmer this on low heat for about 20 mins. until thick sauce consistency and somewhat darker.

Meanwhile, prepare
6 med. artichokes

Break off outer leaves until they snap loudly. Cut off the bottom of the stem and peel the exposed layers upward to expose the heart. Cut off about 1/3 of the top of the remaining leaves, then trim around the base of these leaves, removing still more. Slice the exposed heart into quarters; remove the choke part in the middle. Finally, slice the remaining quarters 1/8th inch thick.

Soak these in juice from
2 lemons

Prepare slices for frying by drying and dipping in
1 1/2 c unbleached white flour
5 lrg eggs well beaten

Heat hot enough that a drop of egg fries instantly;
1 1/2 Qt frying oil

Fry the slices until golden brown, remove and drain on paper.

Slice thin or grate coarsely;
1 lb Mozzarella cheese

Assemble in an oven-proof casserole; a layer of sauce, a layer of fried artichokes, a layer of sauce, and a layer of cheese. Repeat until all ingredients are used up.

Cover with a mix of
1/2 cp fine grated parmesan
1/2 cp unseasoned bread crumbs

Bake at 375 degrees for about 20 mins, or until cheese melts and crumbs are toasty brown.
Torta Pasqualina - Italian Easter Tart (Deb)

1 1/2 lb Swiss Chard
3 eggs lightly beaten
2 cp (1 lb) ricotta
1/2 cp fine dry bread crumbs
3/4 cp grated parmesan cheese
1 cp shredded jack cheese
1/4 cp finely chopped onion
3/4 tsp salt
1/4 tsp Marjoram leaves
1/8 tsp ground black pepper
1/8 tsp ground nutmeg
10 oz pastry shells
6 hard-boiled eggs (peeled)

Discard stalks of chard and rinse the leaves; shake dry and chop finely. Mix with the lightly beaten eggs; Stir in all the ingredients except last two. Stack 4 of the pastry shells on a lightly floured board and roll them out to a 15-inch circle. Fit carefully into the bottom and sides of an 8-inch cheesecake pan with a quick release mechanism. Spoon in half of the filling, place the boiled eggs, and add the rest of the filling. Roll out the remaining pastry shells and into an 8-inch circle; cover the pan and pinch edges together to seal. Make a few slashes in top for venting. Bake at 450 degrees for 35-40 minutes until a wooden pick comes out clean in the center. If the top pastry starts to get too brown, cover it lightly with foil.

Makes a main dish for 6-8.
Lucious Crepes (JC)

Add to blender jar in the following order;
1 cp milk
1 cp water
4 eggs
1/2 t salt
2 cp sifted unbleached white flour
4 T melted butter

Cover and blend at highest speed for 1 min. Scrape sides free of adhering flour and blend for 2-3 more seconds. Cover and refrigerate at least 2 hours.

If some blanched spinach is available, blending a few tablespoons into the batter will make the crepes bright green and will make them somewhat easier to handle.

Use about 3 Tbs of batter for each crepe. If the first crepe appears too heavy (more than 1/10th inch thick), beat in a Tbs of water. If next crepe is still too thick, repeat until sufficiently thin.

Makes about 20-24 crepes 8 inches in diameter.

For Whole Wheat Crepes, use these ingredients;
3 Eggs
2 Tbs Whole Wheat Pastry Flour
1 Tbs water
1 Tbs milk
1/8 tsp salt
4 Tbs vegetable oil
Spinach Filling for Crepes (JC)

Prepare blanched spinach as follows:

Carefully wash 1 1/2 lbs of fresh spinach leaves. Strip any large stalks and veins by pulling on the stem while holding leaf creased at vein. Boil uncovered in stainless pot in 3 qts of water with 4 1/2 tsp salt for approximately 5 minutes. Drain with a plastic colander and immediately dice on a cutting board with a chef's knife.

Cook briefly in an enamel sauce pan;
1 T butter
1 T chopped shallots or spring onions

Add without removing from heat;
12 oz blanched chopped spinach
1/4 t salt

Stir over moderately high heat for 2-3 minutes in order to evaporate excess moisture.

Stir in;
2/3 cp Mornay Sauce (see elsewhere)

Cover and simmer slowly for 8-10 mins, stirring occasionally. Use immediately to avoid forming a skin on top.
Sauce Mornay (JC)

Cook together slowly for 2 minutes without coloring;
1/4 cp flour
4 T butter

Away from heat, beat in;
2 1/2 c boiling milk
1/2 t salt
1/8 t pepper
1/8 t nutmeg

Boil, stirring, for 1 minute.
Reduce to simmer and stir in;
1/3 cp cream
4 oz coarsely grated swiss cheese

If sauce must be held for more than a few moments,
sprinkle some of the cheese on top to avoid the
formation of a film.

Makes 3 cups
Fondue Au Gruyere (JC)

Cook together for 2 mins without coloring:
2 1/2 T butter
2 1/2 T white flour

Remove from heat, beat in with a whisk:
1 1/2 cp boiling milk
1/2 tsp salt
1/8 tsp fine ground white pepper
pinch nutmeg
pinch cayenne pepper

Return the sauce to heat and boil stirring for one minute.

Remove from heat, quickly beat in each item before adding the next one;
1 egg yolk
4 oz grated Swiss or Swiss and parmesian cheese
2 T butter

Fill crepes immediately, or else sprinkle some of the cheese on top to protect from filming.
Mushroom or Chicken Liver Filling (JC)

Saute
1 T butter
1/4 lb diced mushrooms or chicken livers

Season to taste, substitute for half of the cheese in recipe for cream filling with Swiss cheese)
Cheese Fondue (Dave Wilkins)

The following is for two people, so multiply by appropriate constant

Grate 1 lb of cheese of your choice (the better the cheese, the better the fondue), I recommend at least half of it be imported Swiss gruyere and the other half can also be gruyere or emmanthaler or even domestic swiss, adventurous souls can play around with things like raclette and so on

Take 2 cloves of garlic, rub the bottom and sides of your pan with them and throw them in the pan

Pour 1 1/2 cups of wine into the pan, once again it's a matter of taste, it must be dry and white, at $4 I would use a Swiss Fondant or a Johhannesberg Reisling, to make it cheaply I would use Almaden Dry Sautere at $1.67 per bottle

Heat the wine until the surface is covered with bubbles--at no time should you let it boil

Slowly add the grated cheese as you stir

Now it is too liquidy and you must add sifted white flour slowly as you stir, until the right consistency is reached (you know the right consistency from the last cheese fondue you had), You will add a few tablespoons of flour

Now add from 2 to 4 tablespoons of Kirsch to taste, stir it in and serve over a low flame

Cut half a loaf of slightly stale french bread into bite sized chunks for dipping (half a loaf is plenty)
Mushroom Quiche (JC)

Fills a 9-inch pie crust

Saute lightly;
1 cp chopped onions
1 cp sliced mushrooms

In medium bowl beat together
3 eggs
1/2 cp milk
1 cp whipping cream
1/2 tsp salt
1/8 tsp pepper

Sprinkle on bottom of shell
1 1/2 cp Swiss Cheese (finely grated)

Pour custard onto cheese in shell
Add mushrooms and onions on top
Bake 35-40 mins at 350 degrees
Quiche Lorraine (Marcy)

Fills a 9-inch pie crust

Fry til crisp
6 slices of bacon
Drain on paper and crumble
Scatter on bottom of pastry shell

In medium bowl beat together
3 eggs
1 egg yolk
1/2 cp milk
1 cp heavy cream
1/2 tsp salt
dash pepper
pinch nutmeg

Stir in
2/3 cp Swiss Cheese (finely grated)

Pour carefully into shell
Bake 35-40 mins at 350 degrees
Amazing Grace Pizza (Paul)

soften;
3 Tbs active dry yeast
2 cps warm water

mix yeast water with;
7 cps white flour (or half whole wheat)
1 tsp salt
2 tbs olive oil

knead until elastic; allow to rise at 80-90 degrees until doubled; punch
down and let double again; stretch onto 2 large shiny pizza pans (well
oiled); allow to rise for approx 1/2 hour;

spread with sauce made of;
3 small cans tomato paste
2-5 crushed garlic cloves
1 Tbs sweet basil
2 tsp oregano
1/2 tsp cracked black pepper

sprinkle with
1 lb sliced fresh mushrooms

sprinkle with shredded cheeses;
3/4 lb mozzarella
1/4 lb provolone
1/4 lb romano
1/4 lb parmesan

add assortment of:
green pepper, smoked clams, dry italian sausage, zucchini, anchovies,
sardines, shrimp, black olives, pepperoni, cherry tomatoes, artichoke
hearts, green onions, hamburger or breakfast sausage, salsiccia, etc.

Bake for approximately 40 minutes at 425 degrees. Feeds 6 very well.
Manicotti -- Jan

Prepare about 16 ounces of your favorite tomato-based spaghetti sauce; Jan recommends Lawry's packaged mix using Marina Sauce for the tomato sauce it calls for.

Boil in a large uncovered pot of water until softened but not yet done:
24 Manicotti noodles (Stuff-A-Roni)

Meanwhile mix thoroughly:
1 pint ricotta
12 oz mozzarella cheese (diced or grated)
6 oz grated parmesan
2 raw eggs
12 oz chopped spinach
1 Tbs chopped fresh parsley
dash salt
dash black pepper
pinch fresh-ground nutmeg

Using a funnel and any help you can get, stuff the slippery noodles with the filling. The amount of filling specified should load 16 noodles nicely; the surplus was included for normal breakage in handling. Place the filled noodles on their sides in a baking tray with some sauce in it; cover with the remaining sauce and a sprinkling of parmesan cheese.

Cover tightly with foil and bake at 350 Farenheit for 30 minutes. Remove foil and bake about 15 more minutes.

Serves six nicely.
Ricotta Lasagne Swirls -- Mitch & Paul

6 oz lasagne noodles (about 12 noodles)
2/3 lb fresh spinach (1 bunch)
4 Tbs parmesan cheese, grated finely
1 cp ricotta cheese (1/2 lb)
1/4 tsp nutmeg ground fresh
salt and pepper to taste

Sauce
2 cloves garlic, pressed
1 med onion, chopped
1/2 cp sliced fresh mushrooms
2-4 cp tomato sauce (or canned tomatoes if you have the time)
1/2 tsp basil
1/2 tsp oregano
salt to taste

Cook the noodles in salty water, then rinse in cool fresh water. Keep them moist but not soggy until the dish is assembled.

Steam the spinach until it is quite limp, but not mushy. You don't need any water to do this; just put the washed spinach in a pan that has a tight-fitting lid and cook it over low heat about 7 minutes. Chop.

Mix the spinach with the cheeses, nutmeg, salt, and pepper.

Spread each noodle with 2-3 Tbs of the mixture along its entire length, roll up, turn on end so that you see the spiral, and place in a shallow baking pan.

Use your favorite prepared spaghetti sauce or make the sauce using the ingredients above. If you wisely chose this delicious sauce, saute the garlic, onion, and mushrooms by adding them in that order to a hot skillet with some olive oil. When the onions are clear, add the remaining ingredients and cook only long enough to bring to a boil. If some other form of tomatoes is used instead of sauce, adjust the simmer time appropriately.

Pour the sauce over the rolled-up noodles. Either cover with foil to prevent drying out, or sprinkle with a generous topping of additional finely grated parmesan cheese. Bake at 350 degrees Farenheit for 20 minutes.

Makes about 4 immense servings.
Fettuccine al Marco -- Mitch

1/2 lb fettuccine or other noodles *
1 1/2 cups ricotta or cottage cheese
1/2 cup yogurt
1 egg
1/4 cup Parmesan cheese
1/2 cup parsley
(2 cups spinach leaves)
salt and pepper to taste

Garnish:
- choice of herbs (basil, e.g.)
- sliced black olives (or parsley)

Start cooking the fettuccine.

Blenderize until very smooth the ricotta, yogurt, egg, Parmesan cheese, parsley, spinach leaves, salt, and pepper.

Toss the sauce with the hot, cooked pasta. Garnish.
Serve immediately.

* Use white noodles and include spinach in sauce or use spinach noodles and omit spinach from sauce.

4 servings
Pesto Genovese-American - Mitch

\[
\begin{align*}
\text{1/2 cp} & \quad \text{olive oil} \\
\text{2 med} & \quad \text{cloves garlic} \\
\text{2 tsp} & \quad \text{crumbled dry basil} \\
\text{3 Tbs} & \quad \text{sunflower seeds} \\
\text{1 tsp} & \quad \text{salt} \\
\text{1/4 tsp} & \quad \text{pepper} \\
\text{2 cp} & \quad \text{firmly packed parsley clusters (not stems)} \\
\text{1 cp} & \quad \text{firmly grated Parmesan cheese} \\
\text{1 lb} & \quad \text{linguine}
\end{align*}
\]

In covered blender, blend on high speed until smooth the oil, garlic, and basil. Let stand 15 minutes for flavors to mingle.

Gradually add, with blades spinning, inner cap removed, and blend until smooth: the sunflower seeds, salt, and pepper.
Chicken Main Dishes
Terry-aki Chicken -- Mark

Marinade Ingredients; for each chicken
1/2 cp  Soy
1/2 cp  saki (green Hungarian if you're broke)
1 small onion
1 med  finger of fresh ginger
1/4 tsp black pepper
3 Tbs  sugar
4    dry hot red peppers

Other ingredients;
1    frying chicken
1    bunch green onions

Prepare the marinade by blenderizing all the ingredients until smooth.
Chop the chicken (including bones) into small pieces (a breast becomes 3-4
pieces). Use a chopper you don't really love, or the back of your favorite
one. Arrange the chicken in shallow baking dish and pour in the marinade.
The marinade should almost cover the chicken. Allow the meat to marinate at
least 8 hours at room temperature or overnight in the frig.

Broil the chicken for 25-35 minutes at about 3-4 inches from burner. Turn
the chicken often enough to prevent blackening, and brush with marinade
when you turn. During the last 5 minutes, sprinkle on top the finely diced
scallions.

Each chicken serves about three people.
Curry Chicken Divine - Linda

Boil uncovered for 45 minutes;
3 whole chicken breasts
1 sliced carrot
1 sml onion chopped
1 tsp salt

Drain and bone the chicken; cut into quarters. If chicken is cooked in advance, leave it in the juice until time to finish the recipe.

Cook until almost tender and drain;
2 10 oz packs frozen brocolli

Heat oven to 350 F. Arrange brocolli and then chicken in a greased 2-quart casserole.

Combine lightly in a bowl;
1 10 oz can cream of chicken soup
2/3 cp mayonaise
1/3 cp evaporated milk
1/2 cp grated cheddar
1 tsp lemon juice
1/2 tsp curry powder

Pour the sauce over the chicken.

Mix and sprinkle over the sauce;
1 Tbs melted butter
1/2 cp dried bread crumbs

Bake the whole mess about 30 minutes.
Ginger Chicken with Beans -- Jed

Mix
2/3 cp flour
1 tsp thyme
1/2 tsp sage

Dust over
4 lbs chicken meat

Fry well done in
6 Tbs butter

Meanwhile, Fry in butter
2 small onions sliced thin
6 med potatoes (diced)

Toss all of above in large casserole and add
2 packs frozen French cut green beans
1 small pack of sliced almonds
1 med ginger root shaved
3 cps water

Bake at 350 degrees for 15 minutes

Serves 6 well.
Chicken and Clam Spaghetti Sauce -- Paul

Cook by any means possible
3-4 lb chicken (include giblets)

Saute in butter
3/4 lb tiny mushrooms (if not available, slice larger ones)
1 bundle chopped whole green onions
6-8 pressed garlic cloves

De-bone chicken and chop up.

Simmer in defatted chicken broth all of the above plus;
1 12 oz can tomato paste
1 med can tomato sauce
1 large can smoked baby clams in brine (don't drain)
1 med can pitted olive halves
1/2 tsp crumbled bay leaf
1 tsp Basil
1/2 tsp Oregano
1 tsp Cracked Black Pepper
2 tsp salt
2 med chopped green peppers (optional)

Simmer til thick. Goes nicely with whole wheat spaghetti.
Gorges 6
Brunswick Stew -- Paul

Pressure cook or boil until collapsed;
1 whole chicken, about 3 lbs.

When the chicken is done, lift it out of the broth to cool. Skim and discard as much of the fat from the broth as possible. You need 6-8 cups of broth, with one whole chicken worth of flavor in it.

Bring the broth back to a boil and add:
1/4 cp diced raw bacon
1 cp chopped green onions
2 cp chopped whole tomatoes
2 cp diced whole potatoes

While the veges boil, bone the chicken and remove all skin. Chop the chicken meat into bite-sized or smaller pieces, and return it to the broth.

Add the last two vegetables, timing them for proper serving time.
2 cp fresh baby lima beans (12 minutes before serving)
2 cp fresh sweet corn kernels (5 minutes before serving)

Season to taste, starting with these ingredients;
3 Tbs Worcestershire sauce
2 tsp salt
1 tsp fresh ground black pepper

This is a thick stew; it can be served in bowls like chili or on top of toast. It is the traditional southern answer to dealing with a tough chicken, because the meat is boiled until it falls apart. When fresh veges are not in season, frozen beans and corn and canned tomatoes can be substituted. This recipe serves about six.
Sesame Chicken -- Marcy

Cut up one fryer/broiler.

Combine
1 egg, lightly beaten
1/2 cp milk

In another small bowl, mix together
1/2 cp white flour
1/4 cp sesame seeds (roughly one box)
1 tsp salt
1/4 tsp fresh grated black pepper

Melt in a baking pan
1/4 cp butter

Dip chicken parts in wet mix, then in dry mix. Place in pan and roll so that butter coats all sides. Bake in a moderate oven (350 Farenheit) until tender, brown, and crisp (about 1 to 1 1/4 hours).

Serves four.
Chicken Breasts Piquant -- Marcy

Make a sauce by combining:
3/4 cp Ruby port
1/4 cp soy sauce
1/4 cp olive oil
2 Tbs water
2 med cloves garlic (pressed or minced)
2 tsp ground ginger
1 Tbs brown sugar
1/2 tsp oregano

Arrange in a casserole:
3 med chicken breasts, cut in half

Pour the sauce over the chicken, and bake 90 minutes at 350 Farenheit.

Turn the chicken a few times to bake a good coating of sauce onto all surfaces.

This is an ideal dish for dinners where the other projects (either dishes or friends) are demanding lots of time and/or attention.

If you want to use a mixture of chicken parts, put the smaller ones in later so that they don't dry out while the big parts cook.
Stir Fried Chicken Livers -- Ron

Wash and cut in half;
2 lbs chicken livers

If there is any fat with the livers, trim it and add to the cooking oil later.

Marinate for at least an hour in;
3/4 cp dry red wine
1/2 cp soy sauce
3/4 cp bread crumbs
3 tsp poultry seasoning (sage, etc.)
1 tsp salt
dash fresh-ground black pepper

Saute in a wok;
2 large onions, sliced into rings
2 Tbs oil for frying

When onions soften, add
3/4 lb tiny mushrooms, sliced in half

Stir fry until mushrooms are partially cooked, then add the livers and the marinade, turn up the heat, and cook rapidly until livers are no longer pink and the liquid is reduced to a sauce. Add more oil if livers try to stick to the wok. Serve with rice. Makes about 6 servings.
Meat Main Dishes
Creole Jambalaya - Sarah / New Orleans Cookbook

2 Tbs butter
4 cp chopped onion
2/3 cp chopped green pepper
1/3 cp thinly sliced green onion tops
1 Tbs pressed garlic
2 Tbs minced fresh parsley
1 lb lean pork, cut into 3/4 inch cubes
1 cp finely chopped baked ham
6 Louisiana Hot sausages sliced 1/2 inch thick
1 1/2 cp long grain white rice
3 cp beef stock (or from bouillon cubes)
2 1/2 tsp salt (less if you use bouillon cubes)
1/4 tsp fresh ground black pepper
1/8 tsp cayenne
1/2 tsp chili powder
1 med. whole bay leaves, crushed
1/4 tsp dried thyme
1/8 tsp cloves

Melt the butter in a heavy 8-quart pot or kettle; add the vegetables, parsley, pork, and ham; stir often over low heat for 15 minutes or until lightly browned. Add the sausage and seasonings; cook and stir for another 5 minutes. Stir in the rice and beef stock and raise the heat to a rolling boil. Reduce heat to simmer, cover the pot, and cook 45 minutes, uncovering occasionally to stir. Uncover the pot and raise the heat somewhat for the last 10 minutes to let the rice dry out. Stir constantly to avoid sticking. Serve immediately to six people.
Beef Stroganoff (Paul)

Slice into 1/8th thick strips;
2.5 lbs Whole Round

Simmer in covered pot 1 hour with;
1/2 cp Claret or Zinfandel
2 Tbs Tomato Paste
1 Tbs Worcestershire Sauce

Add and cook briefly;
1 cp chopped Green Onions
2 lbs small whole mushrooms

Stir in;
1 pt Sour Cream

sprinkle top with;
1 peeled, sliced, de-seeded lemon

Salt and Pepper to taste.

Serve with 12-16 oz Egg Noodles
to feed 5-6 people
Picadillo (from Spain) -- Marcy

3 Tbs olive oil
2 lbs ground beef
1 cp chopped onions
2 lrg cloves garlic (pressed or chopped)
3 med tomatoes; peeled, seeded, and chopped
   (or 1 cp drained canned tomato)
2 med apples; peeled, cored, and chopped
1/2 cp blanched slivered almonds
1 small can hot chili peppers (diced and maybe seeded)
1 small can mild diced peppers
3/4 cp raisins
2 dozen stuffed green olives, sliced thin
1/2 tsp ground cinnamon
1/2 tsp ground cloves
1 tsp salt
1/2 tsp fresh ground black pepper

Heat 2 Tbs of the oil in a deep, heavy skillet. Brown the meat; stir in
the onions and garlic. Reduce heat and cook at moderate temperature
for four or five minutes. Add all remaining ingredients except the almonds.
Simmer uncovered for 20 minutes, stirring occasionally.

In a small skillet, brown the almonds in 1 Tbs of oil for two or three
minutes. Drain and sprinkle on the picadillo just before serving.

Can be served with rice or as a filling for tomatoes, bell peppers, or taco
shells. Delicious with fried flour tortillas. With flour tortillas, figure
on two per person; in this form, recipe feeds about 6 people.

A note on the peppers; using the whole hot peppers in the quantity specified
creates a very hot picadillo; for a less fiery result, I remove the seeds
before dicing the hot ones. If you don't already know how hot you want it to
be, I suggest seeding and dicing a few peppers, stirring them in, and tasting
the results. You can always add peppers, but you can't remove them.
Babootie (Marcy)  
traditional So. African curry dish

2 lbs chopped lamb or beef  
2 onions diced  
2 firm bananas sliced  
1 apple diced  
1 small can apricots  
1/4 cp slivered almonds  
2 cloves garlic, chopped  
1 lb canned tomatoes  
2 Tbs Curry powder (see Marcy's Curry Powder)  
2 Tbs Vinegar  
Tomato juice as needed for thinning  
Salt to taste

Brown meat, drain fat, add rest, simmer gently for 30 mins.  
Stir frequently, add tomatoe juice if too dry.  
Serve with rice and sweet chutney and yogurt.

Serves 8. Takes 45 minutes.
Curry Powder (Marcy)

Grind together with mortar and pestil

2 tsp Coriander
2 tsp Cardoman
1 tsp cinnamon
1 tsp ginger
1 tsp Cumin
1 tsp Black Pepper
3 tsp Turmeric
1/2 tsp Cayenne

Best when freshly ground;
Store in tightly sealed jar.
Spinach Lasagna (John Nash)

Cook in salt water, drain, and lightly oil; 12 oz lasagna pasta (use whole wheat if available)

Saute briefly in large pot;
2 Tsp salad oil
1 med onion chopped
2 med cloves garlic pressed

Add and simmer for 30 minutes;
1 lrg bell pepper chopped
1 6 oz can tomato paste
2 1/4 Oz fresh or canned tomatoes
1/4 Cp fresh chopped parsley
1 Tsp dry oregano
1 crumbled bay leaf
1/2 tsp salt
pinch dry chili pepper flakes (BE CAREFUL)

Meanwhile, if you want meat in lasagna, fry and drain well;
3/4 lb hamburger meat
3/4 lb ground pork or sausage

Add the meat to the sauce and cover when it becomes thick.

With your third hand, cook and drain
1 lb chopped spinach (if you use frozen, 10 oz. will do)

Combine with drained spinach;
12 oz Ricotta cheese (cottage cheese only in emergencies)
1 lrg lightly beaten egg
2 Tbs finely grated Parmesan
1 tsp salt
1/2 tsp cracked black pepper

Grate and save for grand finale;
12 oz mozzarella cheese
3/4 Cp Parmesan

Assemble in large glass dish;
1/3 sauce in bottom, then
1/2 noodles, 1/2 ricotta mix,
1/2 mozzarella, 1/2 parmesan;
Repeat once, then cover with remaining sauce and cheese.

Bake at 350 for 30 to 40 minutes.
Serves eight hearty eaters.
Meat Loaf Cockaigne (Peggy)

Chop in blender, then set aside;
1 1/2 c dry stale french bread crumbs

Blend thoroughly at medium speed:
1 can cream of mushroom soup
1 med bunch fresh parsely
1 Tb basil
2 Tb chives
1 lrg clove garlic
1 tsp salt
2 tsp tarragon

Mix this paste with the bread crumbs in a large shallow caserole and add;
2 lb hamburger
1 sm1 can sliced water chestnuts
1 sm1 can chopped or sliced ripe olives (optional)

Knead well by hand; Bake at 375 for 40 minutes.
Pour off green oil, cover with topping sauce (try mushroom sauce elsewhere in this book), and serve to about 6 hungry folks.
Mousaka Dubrovnik (Hoe)

To prepare meat filling, sauté lightly in a large frying pan:
4 Tbs butter
3 large onions, chopped fine
1 clove garlic, pressed

Mix together in a bowl:
1 lb lean chopped lamb
1/2 lb ground lean pork
1/2 lb ground lean beef
2 whole eggs
1/2 tsp salt
1/4 tsp fresh ground black pepper
1/4 cp fine dry bread crumbs

Add meat mixture to the onions and stir over low heat til meat is crumbled and lightly browned.

Peel and cut into 1/2 inch thick slices:
3 med eggplants

Sprinkle the slices with salt and drain for 15 minutes.
Dust each piece with flour and dip in a batter of
5 eggs, lightly beaten

Brown a few slices at a time in hot vegetable oil.

Line a shallow 3 1/2 to 4 quart casserole with a layer of the eggplant slices, then alternate layers of meat and eggplant til all is used up. Be sure that the top layer is eggplant.

In a small saucepan, melt
4 Tbs butter

Blend in and cook lightly:
6 Tbs white flour

Stir in and cook (stirring constantly) until thick
2 cp milk
1/2 tsp salt
1/8 tsp nutmeg

Mix some of the hot sauce into
3 beaten egg yolks
and beat back into the sauce.

Pour the sauce over the eggplant and bake the whole schmear at 375 Farenheit for one hour. The finished casserole can be held for several hours in a warm oven. Cut into squares and serve with a dollop of sour cream on each.
Dolmades - Stuffed Grape Leaves (Marcy)

2 med onions, finely chopped
1/4 cp finely chopped heart of celery
2 Tbs butter
1/2 lb ground round
3/4 lb ground lamb
3/8 cp uncooked rice
1 Tbs finely chopped mint
1/4 cp finely chopped parsley
dash salt
dash fresh ground black pepper
1 jar (8 oz) grape leaves
1 cp beef stock or water (approx)
1 lemon worth of lemon juice
1/2 cp dry white wine or dry sherry

1 1/2 cp Avgolemono Sauce (see elsewhere in book)

Saute onion and celery in 1 Tbs butter until tender but not brown.

Blend thoroughly in a bowl the meats, onion and celery, rice, mint, parsley, salt, and pepper.

Rinse grape leaves in a colander under cold, gently running water. Separate the leaves, dry them gently, and place them individually on a flat surface with the shiny side of each leaf down. Place a small amount of filling in the center of each leaf and roll tightly from the stem end toward the point end of the leaf. Arrange the bundles in layers in a heavy saucepan.

Add the stock, lemon juice, and remaining butter. Pour in the wine and cover the top layer of leaves with a heavy plate to prevent the bundles from opening. Cook for one hour over low heat. There should be some liquid remaining for the sauce; if not, add a little more stock and return to a boil.

Transfer leaves to a hot platter and keep in a warm oven while preparing the Avgolemono sauce, then pour the sauce over the leaves and serve immediately.
Beef Teriyaki - Marcy

This is a quick dish; recommended for occasions when time is short.

Marinate for 1 hour at room temperature:
3/4 lb sirloin, cut in thin cross-grain strips
4 Tbs soy sauce
1 Tbs sugar
1 med clove garlic, crushed

Chop and set aside:
3 lrg celery stalks (cut in thin diagonal slices)
1 lrg bell pepper (cut into half-length thin strips)
5 lrg green onions (slit in half, then cut to 2-inch strips)
8 med mushrooms (slice thick or cut in eighths)
keep about 1 onion of this separate from the rest of the veges.

Brown quickly over high heat using minimal oil:
1 tsp thinly shaved and chopped fresh ginger root
on of the green onions prepared earlier
sprinkle fresh ground balck pepper

Remove the meat, add the marinade to the pan, add the veges, then the meat on top of the whole mess. Cover and steam over low heat 3-4 minutes, just enough to barely cook the vegetable while retaining crispness. Serve immediately over rice.

Serves 3-4.
Avgolemono Sauce (Marcy)

For Dolmades makes 1 1/2 cups.

4 med egg yolks
1 lemon lemon juice
1 cp cooking liquid from grape leaves

Beat the egg yolks well with a rotary beater. Add the lemon juice, then add the cooking liquid, still beating like crazy.
Fish
Cod Stew -- Bouilla baise de morue -- Annette

Saute lightly in a large pot:
3 Tbs olive oil (if you don't have good olive oil, use salad oil)
4 lrg leeks (chopped white part)
1 med clove garlic pressed or chopped
1 lb fresh tomato chopped small
3 Tbs saffron leaves (Mexican Saffron)

When leeks are clear and tomato is mushy, add and boil:
6 cp water
4 med white potatoes (cubed or sliced with peel)
3 med bay leaves
1/4 tsp rosemary
1/2 tsp fennel seeds
1/2 tsp thyme
1/2 tsp crushed black peppercorns
1 tsp salt (add more later to taste)

When potatoes are slightly soft, add:
2 lb fresh cod, boned and cut into bite size pieces

Boil a few more minutes until cod is flaky and white. Adjust seasoning and serve with hot sourdough french bread.

This recipe is an extremely simplified version of bouilla baise. If you have other seafood lying around, consider tossing it in. I recommend against fish like butterfish because I don't like the mushy texture. Serves six.
Butterfish with Vege Sauce - Barbara Butterworth

Make sufficient marinade to cover your fish, use roughly these proportions:
1-2
whole lemons of juice
1-2 cp white wine

Marinate in refrigerator for at least 6 hours
2-3 lbs filet of butterfish

Prepare a sauce by simmering for several hours
1 med can tomato juice
1 inch fresh ginger, sliced paper thin or grated
3 med cloves garlic, pressed
1 tsp cumin
dash cinnamon, cloves, whatever else you want
1/2 med bell pepper, chopped

Wash and slice
1 lb mushrooms

Start to broil the fish in a baking pan with some of the marinade in the bottom. When the fish is partially cooked, add the sliced mushrooms.
Return to the oven and broil some more. When the fish is nearly done, pour the tomato sauce over it and bake it for 5 - 10 minutes.

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Fish Baked in Wine - Tom Tompkins (Sunset's Favorite Recipes)

White fish, such as sole or halibut, are good for this recipe. Tom uses ocean perch.

2 lbs fish filets or slices
1 lrg onion, sliced
1 cp dry white wine
3 Tbs butter or margarine
2 lrg tomatoes, (peeled if you like) and sliced thin
1/2 bell pepper, sliced
2 tsp Worcestshire sauce

Sprinkle fish with salt and pepper; cover with sliced onion; pour wine over all and marinate 30 minutes.

Melt butter in a large, shallow baking pan; remove fish and onion from wine and place in the pan. Tom reports that he originally misread the recipe, and threw away the onion after marinating; he says it is good this way also. Cover with tomatoes and bell peppers. Sprinkle with salt.

Bake uncovered at 375 Farenheit for about 35 minutes, or until the fish flakes with a fork and is no longer translucent in the center. Baste frequently with a mixture of the fish marinade and the Worcestshire sauce.

Serves 4 to 6.
Invertebrates
Shrimp Piquante (Cajun Shrimp Creole) - Sarah / New Orleans Cookbook

2/3 cp vege oil
1/2 cp flour
1 3/4 cp thin sliced green onions
1/3 cp chopped celery
1 cp chopped onion
1/2 cp chopped green pepper
4 tsp pressed garlic
3 Tbs finely minced fresh parsley
15 oz canned Italian style whole peeled tomatoes
8 oz canned tomato sauce
1 Tbs minced chives
4 Tbs dry red wine
4 med whole bay leaves crushed
6 whole allspice
2 whole cloves
2 tsp salt
3/4 tsp black pepper
1/2 tsp cayenne (less for the weak-hearted)
1/4 tsp chili powder
1/4 tsp mace
1/4 tsp dry basil
1/2 tsp dry thyme
4 tsp lemon juice
2 cp water

2 lbs whole fresh shrimp, deveined and shelled
steamed rice

Make a medium brown roux of the oil and flour. Remove it from heat while mixing in the veges and parsley. Cook on low heat until veges brown, then add all other sauce ingredients except the water. Bring the sauce to a boil, then mix in the water. Bring to a boil and then simmer for 45 minutes. Add the shrimp and raise the heat until boiling. Cover and simmer for 20 minutes. Allow the pot to cool (covered) at room temperature for 10 minutes before serving. Serve with rice to 6-7 people.
Shrimp Creole -- Emily

1/3 cp butter
1/4 cp white flour
1 1/4 cp chicken or beef consumme (canned ok)
2 Tbs butter
1/2 cp chopped onion
1/2 cp chopped green pepper
2 crushed garlic cloves
1/4 cp minced parsley
8 oz can tomato sauce
1/2 lb mushrooms
1 slice lemon
1 Tbs Gumbo file
several dashes Tabasco Sauce
1 bay leaf
1 lb raw cleaned shrimp (in case of poverty, make substitutions)

Melt the butter over medium heat, stir in the flour, and cook til lightly browned. Remove from heat, add the consumme, blend well and cook until slightly thickened. Set aside.

In a skillet, saute lightly in the remaining butter the onion, pepper, garlic, parsley, and mushrooms. Add the lemon, Tabasco, bay leaf, and prepared sauce. Simmer for 20 minutes. Add the raw shrimp and cook five more minutes, just enough to pinken their cheeks. Remove from heat and allow an hour for flavors to swap around.

Just before serving, bring creole quickly to a boil and serve hot on white rice.

If dire poverty drove you to substitute cooked frozen or canned shrimp, you'll notice the recipe never told you when to put them in. You really shouldn't, but rather than throw them out, add them just before serving lest they should be further overcooked than they were when you bought them.

Serves 4-6.
Crab Souffle -- Cietha

Make a cream sauce of these ingredients:
4 Tbs butter
4 Tbs flour
1/2 tsp salt
1 1/2 cp milk
2 egg yolks

Add these ingredients and remove from heat:
1 cp sharp cheese (grated fine)
1/2 tsp cayenne
1/2 tsp parika
6 oz crab meat (1 can drained)

Beat 2 egg whites until stiff and fold into sauce.
Pour into greased souffle dish and bake at 350 F for 30 to 40 min.
Garden Snails to Escargot - (P.A. Times + Paul)

To eat backyard snails, follow simple preparation;

Don't use snail poison. If you have already, wait at least six weeks before collecting snails.

Collect them at any stage from pea-sized (about 10 days old) on up. Keep them in a fine-mesh cage and feed them lettuce and cornmeal until they are mature (1 to 1 1/2 inches in diameter). This is a good size because they grow this big fairly fast and smaller ones are not worth the trouble of shelling for their scant meat. If you can't wait, be prepared for lots of drudgery dealing with little ones.

Purge the snails of any off-flavors from previously eaten food. Place 1/2 inch of damp cornmeal in the bottom of a clean plastic or metal garbage can. Add the mature snails and cover tightly with a wire or net top which allows ventilation and observation, but keeps them captive. Keep the can in the shade and change the cornmeal every other day to prevent it from souring. The snails will eat the cornmeal and then climb up the sides to rest. When changing the cornmeal, discard any conspicuously inactive snails. Keep the snails in the purger for at least 72 hours before eating them. Any snail that fails to climb the walls is not healthy enough to eat. If more than a few of your snails flunk the wall climb, consider the possibility that your neighbors have been poisoning them; I wouldn't chance eating any fresh-gathered (not raised from pups) snails that showed a large number of inactive ones; rumor has it that they do migrate a bit.

Wash the snails in cold running water to remove the cornmeal and then blanch them by plunging into boiling water. Add a bay leaf, reduce heat, and simmer for 15 minutes. The water will foam, so watch out for boilover. Drain snails in a colander until cool enough to handle. Pick the meat out with a toothpick, nut pick, or pointed knife. My experience with the beasties is that they tend to tear rather than pulling neatly out of the shell. The solution I used was to break the tip of the shell, allowing in air to displace the meat. It might also help to cook them less while in the shell, so that natural toughness will keep them together during shelling. If you do the quick boil, simmer longer later.

Remove and discard the gall; this is the dark-colored organ about 1/4 inch long near the tail end of the body (where the shell is attached). Wash the meat several times in running water. If the meat is to be frozen, now is the time to do it.

Prepare the shells for fancy service. If your snails seem to have very thin shells, it is an indication that they have been growing very rapidly (devouring your lush garden, no doubt). I don't mess with the thin shells; they break too easily, adding crunch to the snails. Boil them empty for half an hour in water containing 1/4 tsp baking soda per pint of water. Drain and rinse in fresh water. After the fancy dinner, save the shells so you won't have to do this extra work next time.
Escargot Crepes - Paul

Simmer blanched escargot for 10 minutes in water with a spice basket loaded with garlic, bay leaves, thyme, allspice, and parsley.

Drain snails, and saute lightly in butter with a crushed garlic clove.

Prepare plain crepes and sauce mornay from cheese section of cookbook.

Assemble crepes; place some escargot on the open crepe, cover with sauce mornay, roll up crepe, and arrange in a baking pan or on a plate. Pour sauce mornay over the crepes, and warm in 200 degree oven. Serve immediately, preferably with a dry white wine.
Fried Snails - (P.A. Times)

Simmer cleaned, blanched snail meat for 10 minutes in water seasoned as desired with salt, bay leaf, Parsely, thyme, allspice, garlic, etc.

Roll cooked snail meat in fine bread crumbs seasoned with salt, pepper, and garlic powder.

Fry snails in oil until browned (like fried oysters). Sprinkle with lemon juice and serve.
Snails in Wine Sauce - P.A. Times

Combine in a casserole dish;
18 blanched snails
2 slices diced bacon
9 small boiling onions (or 1/2 cup chopped onion)
1 clove garlic, crushed
1 Tbs minced parsley
pinch thyme
1/4 tsp pepper
1 cup dry red wine

Bake covered for one hour at 275 degrees F. Just before serving, thicken the sauce with a butter and flour mixture. Serve over toast or croutons.

Makes three servings.
Snails in Garlic Butter - P.A. Times

Prepare garlic butter by creaming;
1/2 cp butter
3 Tbs finely chopped parsley
2 Tsp finely minced green onions (with tops)
1/4 tsp salt
1/8 tsp white pepper

Simmer for 10 minutes;
18 blanched snails
1 cup dry white table wine
onion
garlic
bay leaf
allspice
salt

Drain the meat, reserving the liquid.

18 washed and boiled snail shells
3/4 cp garlic butter
finely grated Swiss cheese
2 Tbs fine dry bread crumbs

Place a small amount of garlic butter in each empty shell. Stuff the shell with a snail and sprinkle with grated cheese. Seal the shell opening with a generous coating of garlic butter and sprinkle with bread crumbs. Place the snails in a shallow pan and add 2 Tbs of the water they were boiled in. Bake at 450 degrees F. for 7 minutes or until bread crumbs brown and the butter bubbles. Serve immediately.

Makes three servings.
Fried Abalone (Dennis and Paul)

Obtain by whatever means some live, legal (7-inch or larger) abalone.

Shell them by scraping loose from the shell with a rounded ab iron. Cut loose the intestines and discard. Peel the entire mollusk, using a Tuffy plastic scouring pad to remove the skin wherever it is very thin. Scrape the foot to remove any sand residue. Wash the meat in fresh running water.

To tenderize, wrap in a dish cloth and swat the meat with an abalone paddle (a fraternity initiation type will do). Try about ten licks on each side and a good swatting around the edges. If the ab still seems rubbery, get a bit more violent. If you pound to much, the texture gets mealy; not enough and it's like rubber.

Slice the ab like a giant mushroom, making the slices about 1/4 inch thick. Bread the slices lightly in whatever you like, and fry in hot oil until breading is browned. Drain and serve with lemon or lime juice on top. If you are making quite a few, keep the fried abs warm in a 200 degree oven.

Three barely legal abs will serve six people nicely; if there are too many abalone, slice them into thick fillets and broil as steaks. I've always had too many people instead, so I can't give details here.
Latin American Dishes
Mexican Spoon Bread -- Sarah

Mix the following ingredients:
1/4 cp melted butter
2 eggs, beaten
3/4 cp yellow corn meal
3/4 cp milk
1 cp drained canned corn (a small can will do)
1/2 lb Jack cheese, grated
1 small can diced green chilis
(these last two ingredients can be replaced with hot chili cheese)
1/2 tsp baking powder

Pour mix into a greased baking dish, bake at 350-375 Farenheit for 45 minutes.
Chicken Enchiladas -- Mo

Boil and pick meat from
3.5 lb Chicken

Mix sauce of
3 cans Cream of Chicken soup
16 oz sour cream
1 1/2 cp chopped green onions
4 1/2 oz can chopped green chilies (Ortega)
4 med crushed garlic cloves
1 tsp powdered oregano
1/2 tsp basil
1 sml crumbled dried red chili

Wet in sauce one side of
18 lg Flour Tortillas

Fill tortillas with
1 lb finely grated longhorn cheddar
1/2 cp sliced black olives
Meat from the chicken

Roll tortillas and place in 9-inch wide greased pans.
Spread remaining sauce over tortillas

Bake 15-20 minutes at 350 degrees

Stuffs 6
Salsa de Jitomate -- Jack & Sunset

Saute
3 Tbs Finely chopped onion
1 med clove garlic (pressed)
1 Tbs butter

When onion is clear, stir in
15 oz Spanish-style tomato sauce
1/3 cp water
1/4 tsp salt
1/4 tsp crumbled oregano

Simmer uncovered for 15 minutes. Makes about 2 1/2 cups.
Very good on chile rellenos.
Salsa de Chili Coban - David Casseres

Coban is a town in Guatemala, famous for its small red dry chilis, 1/2 to 1 inch long. If you are going to Guatemala (or sending your trusty agents), you should know that these gems are sold in major marketplaces across Guatemala and are definitely worth getting and hauling home in appropriately immense quantities. They are very tasty, very hot, and have a special smoky flavor that comes from being dried over a wood fire.

Since you can't get them, substitute some other fiery little dry red chili. Try your Mexican market, substitute Chili Japones (also known as Hontaka), or use the tiny Chili Pequin or Tepin. The tiny ones require 3 or 4 to substitute for one of the larger ones.

At this point, the reader is warned to discount the barbaric sounds which follow in this recipe, and recognize as an article of faith that the result is indeed a noble and delicate sauce, even when it is made very hot.

The essential implements are a large heavy iron skillet that is capable of withstanding some abuse (it may need to be reseasoned afterwards), and some means of grinding the sauce to a coarse texture. A Mexican molcajete (granite mortar and pestle) is ideal; any approximation you think of will probably work. Be forewarned that a blender or food processor will make the sauce too smooth unless you're very careful and somewhat talented besides.

5 med tomatoes (the best whole ones you can get)
5-10 Coban chilis or equivalent (use 5 for mild, 10 for pretty hot)
1/2 lrg onion, minced very fine
juice of one lime (a lemon is a very poor second best)
salt
vegetable oil or rendered pork fat for frying

Open all windows to the cooking area. Place a bit of oil or pork drippings (pork drippings are better they can withstand high heat) in the pan and carefully toast the chilis until they are black on all sides (just like Szechuan cooking). Remove the chilis from the pan the instant they turn black; otherwise the fumes will kill you and all your household. Add a bit more fat to the pan, turn the heat all the way up, and proceed to burn the tomatoes. The goal is to blacken as much tomato skin as possible. As soon as a spot turns black, roll the tomato to some other position, blackening as much of the surface as possible. Continue this burning, adding small amounts of fat as needed to keep the pan lubed. Do not cook the insides of the tomatoes any more than necessary, and do not allow them to break open. When each tomato is well burnt, remove it from the pan.

Grind the chilis coarsely with the mortar, and dump into a serving bowl. Next grind the tomatoes to a coarse texture, and dump them into the bowl. Add the minced onion and the lime juice. Stir well. Add salt, little by little, stirring and tasting until the salt becomes detectable, then stop.

Serve the sauce at room temperature as a dip (for the hard-core aficionados), or with eggs, meat, or you name it. Especially recommended are Tortas de Calabacita (zucchini pancakes) as a carrier for this sauce.

Makes barely enough.
Chile Rellenos -- Cietha

2 cans Ortega brand whole chiles [approximately 6 in can]
3/4 lb Monterey Jack (or longhorn cheddar)
4 eggs separated [use approx. 1/3 the number of chiles]
flour
oil to thoroughly cover skillet bottom [about 1/8 inch deep]

Cut the cheese into skinny strips and stuff into chiles. Roll each stuffed chile in flour and set aside. While oil is heating in skillet (use high heat), beat the egg whites until stiff, then fold in beaten egg yolks and about 2 TBS flour. When oil is ready, quickly dunk each floured chile into the batter holding onto it with a pair of forks or tongs. Coat it thoroughly and put it in the pan. Turn once. They cook very rapidly and are best when hot. Drain on paper and serve instantly. Supply some sort of sauce for topping.

Serve with refried beans and rice.

Serves four very well.
Beef Empanadas -- Paul

To make the filling, use a pressure cooker to reduce to shreds;
2 1/2 lb cheap beef (add more weight if bone is in)

While the beef is being subdued, prepare the crust as follows.

Sift together;
3 cp flour
1 Tbs baking powder
1 tsp salt

Blenderize or grind and toss in;
2 tsp anise seeds

Cut into the dry ingredients;
1 cp shortening

Add until the right consistency for rolling out;
2/3 cp milk

Knead the dough on a floured board until smooth, then roll out to 1/4 inch thickness and cut into 4 inch diameter circles.

Now that the beef has had about an hour to fall apart, take out the bones, all chunks of fat and connective tissue, and excess liquid, and simmer while stirring in;
2 Tbs tomato paste (or any other source of tomato)
1 med clove garlic
1 Tbs hot chili powder
(if you can't get New Mexico, add some cayenne to mild chili powder)
1/2 tsp cumin
1/2 tsp black pepper

When liquid is almost gone, stir in;
1 small can diced green chilies
1 small can chopped black olives

Simmer away the last of the liquid, and set the filling aside to cool. Preheat oven to 450 Farenheit, and grease two cookie sheets. Place about one heaping tablespoon of filling in each circle of dough, and pinch the edges shut all around (this is when you'll wish you really had boiled away the liquid). Place the empanadas on the baking sheet with the pinched side up; if you want them to be fancy, you should brush them with a little egg white at this point. It does make them look nice, but any spilled on the baking sheet burns horribly.

Bake the empanadas for 12 to 15 minutes at 450, until the thin edges start to brown. This recipe serves about eight people, at two empanadas apiece. These things are remarkably filling, so serve as a main dish with something light.
Beef and Avocado Burritos -- Paul

Cook with minimal water in pressure cooker
at fifteen pounds for 1 hour;
2 1/2 lb beef or pork (use cheapest cut possible;
adjust the weight for bones and just leave them in)
6 bay leaves
dash papaya meat tenderizer

Meanwhile, prepare your favorite guacamole
(or mine elsewhere in book); Make 6 avocados worth.

When the meat has had an hour to collapse,
open the cooker and pick out the bones with tongs.
The remaining meat should have decomposed into
a mass resembling over-cooked stew.
Simmer until liquid is greatly reduced, stirring and adding;
2 smi cans tomato paste
splash -- worcestershire-sauce
sprinkle ground dry red chilis (BE CAREFUL)
1 tsp salt
1/2 tsp sweet basil

With your third hand, prepare a large pot
of refritos; If you want to do it right, start the
day before and soak the beans and cook them
many hours. If you are lazy like me, do this;

Heat in a large pot with plenty stirring;
2 lrg cans Rosarita refried beans
1/3 cp water
2 tsp salt
sqirt random barbeque sauce

OPTIONALLY add the entire contents (drippings and meat)
of some well fried bacon scraps.

Finally, warm in an oven one round (that's one each per
diner) of:
2 or 3 dozen flour tortillas

Carry everything to the table and demonstrate the
technique of slopping a large spoonful each of meat,
guacamole, and beans onto a tortilla, and rolling it
with the end tucked so it doesn't drip on you.

Supply, but don't force on the weak-hearted, a jar of
Salsa Jalapena for reinforcing the burritos.

Stuffs 8-9 hungry folks.
Be sure to provide lots of cold beer.
(To feed more people, increase the spices and beer.)
Guacamole -- Paul

Mash together with a tough whisk;
6 med very ripe avocados
1 lrg bunch green onions, sliced thin
2 med cloves garlic, pressed
1 med can diced green chilis
1 smi can chopped black olives (OPTIONAL)
1 Tbs lemon juice
1 tsp New Mexico hot chili powder
dash salt
dash cumin (Comino)

If the avocados weren't perfectly ripe, stir in;
1/2 cp plain yogurt
(or sour cream for more calories)

If you like, stir in or top with quartered cherry tomatoes.
Don't add them till after all the heavy mashing is over with.

This stuff is best with California avocados in the summer,
but if you can't wait, use the Florida green things and pretend.

The amount in the recipe will supply enough dip for
about 3-4 dozen corn tortillas cut into 16ths and
flash fried in hot oil. (Drain on newspaper before serving)

Also good in burritos (see recipe elsewhere in this book).
Carne de Puerco con Chile Verde - David Casserus (& Elena's Secrets)

3 lbs boneless pork roast
4 12 oz cans of tomatillos, drained and mashed
3-6 4 oz cans of peeled green chiles (Ortega mild green)
5 med cloves garlic (pressed)
1 lrg onion (chopped)
3/4 cp water
your favorite kind of fresh green chilis (optional)
salt and pepper to taste

Slice up the pork and trim away most of the fat. This is slow work, but it can be done in advance. Dice both the lean meat and the fat into cubes 1/2 to 3/4 inch on an edge; set the diced fat aside. In a heavy pot over a hot flame, cook the lean pork with the water, stirring from time to time until all the water is absorbed and the meat begins to brown. Add the onion and garlic, and stir constantly, still over high heat, until the onion begins to turn clear. Reduce heat to a simmer and add the tomatillos and canned chiles. Cover the pot and simmer slowly for about an hour, stirring frequently enough to control the tendency to stick to the pan.

Meanwhile, render the diced fat pork into cracklings by sauteeing in a skillet over medium heat until the pieces turn brown. Drain and salt the cracklings as munchies; save the drippings for other dishes (frying eggs, making tamales, etc.).

After an hour of cooking, the pork should be pretty juicy but not watery. Add a little water if it is too dry. Add salt and black pepper to taste; if you want the whole mess to be hotter, add sliced fresh green chiles. In either case, cover and simmer for at least an additional half hour. Longer simmering times are heartily recommended.

Serve with Spanish Rice, thick flour tortillas, tamales without filling, the cracklings, and/or fresh chopped cilantro. Also lots of beer. Feeds 6-8.
Choriza (Mo)

Combine with hands;
1 lb hamburger meat
1 lb pork sausage
3 med crushed garlic cloves
1/2 chopped small onion
1/2 tsp ground comino
1/2 tsp oregano liso
1/2 cp vinegar
1 1/2 oz Chili powder
(1/2 bottle Gebhardt)
2 tsp salt
1 tsp black pepper

Refrigerate for a few hours to blend flavors

Spices are ground with a mochate

Serve fried with eggs as Huevos Rancheros
Alice's Restaurant Chili (Marcy)

In bacon fat or oil 1/2" deep, saute til soft:
- 3 med chopped onions
- 3 med chopped green bell peppers
- 3 large pressed cloves garlic

In another pan brown:
- 2 lbs ground or shredded beef

Drain meat, combine with veges in large pot and add:
- 2 16 oz cans tomatoes (don't drain)
- 1 6 oz can tomato paste
- 4-8 Tbs chili powder

Add while simmering at least 30 minutes to thicken:
- 1 Tbs sugar
- cracked black pepper
- 1 tsp cumin
- 1 tsp basil
- pinch cayenne
- paprika
- bay leaves
- chili sauce to taste (optional)

Just before serving add:
- 1 1/2 16 oz cans kidney beans (drained)

Serve with chopped onion on top of rice. Stuff 6 pretty thoroughly.
Cuban Black Beans - Ita

Cook in a pressure cooker * at 15 lbs for 30 minutes, 
(or boil in open pan for 3-4 hours until tender); 
3 cp dry black beans (about 1 1/2 lbs) 
2 qt water (use more if your pressure cooker is the kind that spills steam)

Cook in a frying pan until onions are golden; 
1/2 cp olive oil 
4 strips bacon or salt pork (chopped small) 
3 med sliced onions 
2 med cloves garlic, pressed or minced 
1 sml chopped bell pepper

Add fried goodies to the beans, and simmer while adding; 
1/2 tsp oregano 
1 sprig chopped fresh parsley 
dash fresh cracked black pepper 
1/4 tsp sweet basil 
1 med bay leaf 
salt to taste

Simmer until beans are creamy in texture; about 1 hour. 
Add additional water and stir to the bottom of the pot as needed. 
Before serving, garnish with; 
1 Tbs olive oil 
1 Tbs white vinegar

Serve as a main dish for eight people or as a dip for a multitude.

* There is a danger to be considered in using a pressure cooker with any kind of dry beans. The bean skins can allegedly plug the vent hole in the pressure cooker, leading to overpressure failure. If your cooker is the kind that uses a gauge rather than a continuous leak (like mine), there is probably insufficient flow of steam to place a bean skin in the magic spot. I've never heard any definitive answers on the controlled leak pressure cookers; I know people who believe it is dangerous and others who do not, but no one who can explain the mechanisms involved and/or precautions to follow.
Spanish Rice, Costa Rican style - David Casseres

3 cps rice (exactly)
6 cps water (exactly) measured and ready to pour
1 med tomato, halved and sliced
1 med onion, halved and sliced
3 med cloves garlic, pressed
salt
oil

Pour about 1/4 inch oil into a heavy pot over a hot flame. Add onions and garlic, stirring continuously until the onion begins to turn transparent. Immediately add the rice and stir continuously. The rice grains will begin to change from translucent to a brilliant opaque white. A few may pop; just ignore them. When most the grains have become opaque white, quickly reduce the heat (to very low) and add all the water. It will spatter and threaten you, so use a container with a long handle. Add the tomato, stir once, cover tightly, and simmer over low heat for about 30 minutes. Do not remove the cover until the rice has simmered at least 20 minutes, and do not stir for any reason.

Serve with anything.
Tortas de Calabacitas (Zucchini pancakes) - David Casseres (from Elena's)

This is the answer to the annual zucchini glut... a delicious thing to do with zucchini when you're already tired of zucchini. It is one more of the wonderful recipes from Elena's Secrets of Mexican Cooking by Elena Zelayeta.

1 cps (about 1 pound) grated raw zucchini
1/2 cp white flour
1 tsp baking powder
1 egg, beaten
salt
butter, oil, or pork drippings for frying

Mix all the ingredients well, then fry the batter-like pancakes. Serve hot or cold with sour cream and/or a good Mexican sauce or Salsa Coban.

Warning: do not use a blender to prepare the zucchini; it must be grated rather than pureed. A food processor with grating blades for the zucchini and plastic blades to mix the batter is a better choice.
North Chinese Dishes
Hot & Sour Soup (Chef Chu)

6 cp chicken stock
1/2 cp chopped green onions
4 Tbs Red rice vinegar or white vinegar
7 med shrimp (shelled and cut in half)
1 stalk celery, sliced
1/2 lb hard tofu cut into strips
2 Tbs shredded bamboo shoots
2 eggs (lightly beaten)
1/2 cp pork or ham strips (raw or cooked)
1/2 tsp finely diced ginger
2 Tbs dry black mushrooms or tree fungus
   (cut in small pieces and soak 20 mins in warm water)
1/2 Tbs soy sauce, or more to taste
1/2 tsp sugar
1 Tbs bland oil (any will do)
3 Tbs sherry (optional)
dash M.S.G. (optional)
2-3 Tbs cornstarch (make a paste with water)
1 Tbs sesame oil
2 tsp white pepper
1 Tbs hot pepper oil (actually do this to taste)

Bring stock to boil and add shrimp, celery, tofu, bamboo shoots, pork strips, ginger and black mushrooms.

Boil for about 10 minutes, adding sherry and M.S.G.

Skim to remove grease, then stir in cornstarch paste.

When somewhat thickened, turn off heat and stir in beaten eggs.

Add soy sauce to taste and sesame oil.

Pour into serving bowl and add vinegar. Salt to taste. DO NOT boil the vinegar.

Sprinkle with chopped green onions and white pepper. Add hot pepper oil to taste. Serve.

6 big servings.
Sui-mi Ji -- Chicken with Peanuts and Cabbage (Good Food of Szechwan & Marcy)

3 whole chicken breasts, about one lb. each when boned

MARINADE:
3 Tbs cornstarch
3 Tbs rice wine or dry sherry
3 Tbs soy sauce
1 1/2 cp crushed peanuts (salted)
12 fresh or dried red peppers
3/4 head round cabbage
1/2 cp chopped green onion
3 Tbs finely chopped fresh ginger
3 Tbs pressed garlic
3 Tbs hot bean sauce

SEASONINGS:
1/4 cp cornstarch
1/4 cp rice wine or dry sherry
1/2 cp soy sauce
4 tsp. vinegar
4 tsp. sugar
8 tsp. sesame oil
2 2/3c. oil

TO PREPARE:

1. Bone chicken breasts and cut meat into 1/2 or 3/4 inch pieces.
2. Make marinade by mixing cornstarch with wine and soy sauce.
3. Mix marinade with chicken and let stand at least 15 minutes.
4. Crush peanuts with side of cleaver (pressing down on horizontal blade with the heel of your hand) or chop them. The peanuts should be crushed to rice-grain size but not powdered.
5. Cut peppers in half lengthwise and remove seeds with tip of knife. Cut peppers into slivers. Set aside with peanuts.
6. Press garlic, chop ginger finely, chop onions coarsely, and cut cabbage into pieces about 1 inch X 1 inch after removing the core.
7. Mix SEASONINGS, first mixing the cornstarch with wine and vinegar, then adding other ingredients.

TO COOK:

1. Heat 1/2 cp. cooking oil in wok or large frying pan until very hot.
2. Add cabbage and stir-fry very quickly. Remove and drain when cabbage starts to soften and looks slightly cooked. Arrange the cabbage on platter leaving a space in the center.
3. Heat 1/2-3/4 cp. cooking oil in wok until very hot. Add chicken pieces and cook quickly. If necessary use more oil and drain later, or cook chicken a few pieces at a time.
4. When chicken is white add ginger, garlic, onion, peanuts, and peppers. Stir briefly, then add hot bean sauce.
5. Cook, stirring, for another 10-15 seconds, or until the hot bean sauce is well-distributed and you can smell the ginger and hot bean sauce.
6. Then stir the SEASONINGS and add them to the wok.
7. Cook for a few more seconds, stirring, then remove the contents of the wok to the center of the serving dish between the piles of fried cabbage.
8. Serve hot.

NOTE:
An alternate method of cooking is to use slightly less pre-fried cabbage and to add it after the hot bean sauce but before the SEASONINGS.
Kun Po Chicken (Chef Chu and Jack)

1 large chicken (3 lb fryer)
12 med pieces dry red pepper
1 cp peanuts (shelled and skinned)
3/4 cp finely sliced green onion (white part only)
1 cp diced bamboo shoots
1 cp diced waterchestnuts

Chicken Coating;
2 T soya sauce
3 T cornstarch

Seasoning Sauce;
4 T soy sauce
2 T sherry
1 T Chinese red wine vinegar
2 T sugar
2 tsp sesame oil
1 T hot pepper oil
2 tsp cornstarch

Bone chicken and cut into 1" cubes. Stir in coating sauce and allow to soak for 10 mins.

Heat frying oil to a boil and fry red peppers until they begin to blacken. Add chicken cubes and stir fry for a few seconds. Add the vegetables.

Add the seasoning sauce and stir until thickened and hot. Remove from heat and add peanuts and green onion. Mix together and serve.

6 servings.
Hot Pepper Oil (Jack)

To make your own hot pepper oil, start with the flavorful Chinese sesame oil and flavor it with the aromatics from hot peppers and garlic. Specifics are given below, but most any specifics will do. Before using hot pepper oil in a recipe, you should taste a drop and compare it to your mental standard in order to determine how much to use. Since both potency and taste vary widely, a policy of adding a little at a time with tasting at each step is also a good idea.

Heat together slowly:
1/2 cp sesame oil
2 doz dried hot peppers, crumbled (wash your hands!)
2 med cloves garlic, crushed

When the mixture starts to smoke, reduce heat. Continue cooking until peppers are solidly black. Allow to sit overnight, or longer for hotter oil, then strain the oil and keep in an airtight bottle, away from light.

If you are in a hurry and/or don't mind producing poisonous-smelling smoke in your kitchen, the whole process can be speeded up by just cooking the oil faster and hotter, allowing it to smoke profusely, and then straining and using it immediately.

Whenever you heat oil to the stage of smoking, you are risking a fire; the visible smoke is an indication that highly flammable vapor is also in the air. If this should ignite, remember that smothering the flames is the best approach to extinguishing them. If you have a lid for the wok, keep it nearby so you can slip it on in event of fire. If you don't have a tight fitting lid, set out an open box of baking soda so you can quickly fling the baking soda into the hot oil to extinguish it. Above all else, remember never to use water on grease fires; the grease explodes the water into steam, spraying the hot grease everywhere, i.e. on you and into the gas flame.
Chicken with Peking Sauce (Chef Chu)

Ingredients

1/2 frying chicken, boned and cut into 1/2 inch cubes
1 green pepper, diced into 3/4 inch squares
1 celery stalk, cut into 1/2 inch slices
1/2 onion, cut into 3/4 inch pieces
3 Tb oil
pinch MSG
1/2 C Peking Sauce (see below for recipe)

Heat the wok on highest heat and add the oil. When the oil smokes, add the diced chicken and stir-fry until browned. Still at maximum heat, add the vegetables and stir-fry until any water produced by the vegetables has evaporated from the wok. If the wok is hot enough, the chicken should cook in a minute, and the vegetables take a second minute. At lower cooking temperatures, these times may double.

Still at highest heat, add the MSG and sauce. Stir until the sauce is almost evaporated and the sugar in it begins to caramelize (this is difficult if the wok isn't hot enough). Serve at once.

Serves 3-4

Peking Sauce combine:

1/2 c Hoy Sin Sauce (in a can at your favorite chinese grocery)
1 Tb soy sauce
1 tsp. sesame oil
pinch white pepper
Chicken Livers with Straw Mushrooms (GF Szech)
Feng-gan Cao-gu

Boil together in wok for 20 minutes;
3/4 lb chicken livers sliced in quarters
4 stars (the five-point pieces) star anise
6 very thin shavings fresh ginger
2 med green onions, sliced thin
2 tsp saki or sherry
1 tsp salt
1 tsp sugar
1 cp water
4 Tbs soy sauce

Drain the livers, discarding the juice.

Stir fry briefly;
4 Tbs cooking oil
the boiled livers

When slightly browned, set aside in a bowl; if this dish is being prepared ahead of time, this is the point at which to suspend the operation; simply ready the remaining ingredients and do the final cooking immediately before serving.

Stir fry in moderate wok;
4 Tbs cooking oil
8 oz canned straw mushrooms (well drained)

When the mushrooms are slightly fried, stir in the fried livers and toss over high heat. Quickly stir in remaining ingredients and serve.
1 Tbs corn starch suspension
2 tsp sesame oil

Makes a serving for 4; this is a fairly standard size dish.
Szechuan Chicken -- Cietha

Mix and set aside in fridge for 15 min:
3 med boned, skinned and cubed chicken breasts
1 Tbs cornstarch
1 Tbs soy sauce
1 egg
2 cloves garlic, minced

If serving with rice, now is the time to cook it.
When the rice is done, stir-fry in oil over high heat:
6 med jap hontaka dried chiles, broken up
[be sure to wash your hands thoroughly after handling these chiles]
cook until chiles turn black then discard
[keep a window open while you cook these, the fumes are terrible]

Stir fry the chicken pieces in the pepper oil for about 5 minutes.

Pour on sauce:
4 Tbs soy sauce
4 Tbs sherry
4 tsp sugar
4 tsp vinegar
1 Tbs cornstarch
1 Tbs shaved fresh ginger

Add:
1 med chopped bell pepper and continue to stir-fry for 2 min
1/3 cp salted peanuts until browned

Serve over rice.
Kuo Teh -- Pan-fried pork dumplings (Chef Chu)

2 1/2 c unbleached white flour
1 c cold water
1 lb pork (ground or shredded)
1 lb Chinese cabbage (squeeze dry)
1/2 cp chopped water chestnut
6 chopped green onions
1 tsp chopped ginger
2 tsp M.S.G.
2 tsp soy sauce
1 T sherry
1 tsp sesame oil
2 T oil (for frying)
2/3 c water
1 T oil (for 2nd frying)

Mix cold water and flour. Stir with chop sticks and knead well. Cover with clean cloth and let stand at least 15 minutes.

In a large bowl, mix the pork, cabbage, waterchestnut, green onion, ginger, M.S.G., soy sauce, sherry, and sesame oil until uniform.

Knead the dough on a floured board until smooth, then divide into 20-30 pieces. Flatten each piece by hand and roll out to thin rounds about 2 1/2" in diameter. Fill with pork mixture and pinch edges to make a half-circle. Carefully stretch to make a little bit longer and thinner.

Heat oil very hot in large flat frying pan then add enough dumplings to cover the bottom of the pan without overlapping. Cook until bottom is golden (about one minute). Add the water, cover pan, and cook until all water has evaporated.

Add remainder of oil to pan and fry until brown (about 1/2 minute). Place serving plate over pan and quickly invert both. Serve.

12 servings.
Dry-Braised Prawns (Chef Chu)

Ingredients:

1/2 lb fresh prawns (21 to 25 per pound), peeled, deveined, butterflied, and dried.
1 Tb green onion, finely diced
1 Tb ginger root, finely diced
1 Tb garlic, finely diced
1 Tb onion, finely diced
2-3 Tb tomato catsup
2 tsp chili paste with garlic
1 Tb hot pepper oil
3 Tb chicken stock
1 tsp sugar
1 tsp salt
1 tsp sesame oil
1-2 Tb cornstarch solution
3-4 c oil for deep frying

Prawn Marinade

1 tsp dry sherry
1 egg white, beaten
1 Tb dry cornstarch
pinch salt

Combine the marinade ingredients and mix with the shrimp. Allow to marinate for at least ten minutes.

Deep fry the prawns in medium hot oil, in several batches if necessary to keep the oil from cooling. When they just turn white, remove them from the oil.

Remove all but 2-3 Tb oil from the wok and reheat. Stir-fry the onion, garlic, and ginger for half a minute, and then add the catsup, chili paste, hot pepper oil, stock, sugar, salt and MSG, stirring vigorously all the while. After only a few seconds, add cornstarch solution, stirring vigorously, until the sauce is moderately thick and most but not all of the oil is incorporated. After a few more seconds, stir in the green onion, sesame oil, and prawns.

Serve at once. If desired, this dish may be prepared ahead of time by keeping the prawns separate from the sauce and combining them just before reheating.

Serves 3-4, at 4-3 prawns per serving.
Hot Bean Curd (Chef Chu)

Ingredients

1 lb soy bean cake (tofu), cut in 1/4 inch cubes
1/4 lb ground meat (try country sausage)
1 clove garlic, finely chopped
1 tsp soy sauce (or more to taste)
1 tsp sugar
1/2 c chicken stock
2 Tb oil
2-4 Tb cornstarch solution
1/2 tsp Chili Paste with Garlic
1 Tb hot pepper oil
pinch Szechuan peppercorn, ground (also called "Fa Ja")
1 medium green onion (whole onion, 1/8 inch dice)

Heat the wok to medium heat. Stir-fry the meat and garlic in the oil until the garlic turns golden, about one or two minutes.

Now add the stock, tofu, sugar and soy sauce. Boil for three or four minutes to allow the flavors to penetrate into the bean cake.

Add cornstarch solution while stirring. When the right amount has been added, the sauce won't be runny, but it won't all be sticking to the tofu either. Boil a few seconds more.

Mix in the hot pepper oil and chili paste. Place on a serving plate and sprinkle the Szechuan pepper and green onion on top.

This dish may be prepared ahead and reheated.

Serves 3-4.
Mongolian Beef (Chef Chu)

Ingredients:

1/2 lb flank steak, sliced 1/8 inch thick across the grain
10 thin slices ginger root
12 green onions, cut in one inch pieces
2 Tb soy sauce
1 tsp sugar
1 Tb dry sherry
1 tsp cornstarch solution
2-3 Tb oil
pinch MSG

Beef Marinade:

1 egg, beaten
1 tsp dry sherry
1 tsp dry cornstarch
pinch white pepper
pinch baking soda

Combine the marinade ingredients and stir the beef slices into this mixture.

Heat the wok at the highest heat possible and add the oil. When the wok begins to smoke (this is called 'the smell of the wok') add the beef and ginger and stir-fry until the meat has been browned on both sides. This should take place in less than a minute, and the beef should not quite be cooked through. It is most critical that the wok remain very hot during this quick cooking. If the meat sticks, there is not enough oil in the wok; if the meat floats, there is too much oil and some should be removed.

Immediately add the onion and all remaining ingredients except the cornstarch. Do not lower the heat; the onions will lower the temperature. Stir until the onions begin to wilt and darken.

Immediately add cornstarch until the sauce is medium thick and sticks to the meat. Serve at once. This is a very simple dish, and depends only on very high heat, rapid cooking (but not overcooking) the beef, and serving at once.
Szechuan Beef (Chef Chu)

Ingredients

1/2 lb flank steak, cut across the grain into 1/8 inch thick slices
4 C oil for frying
1/4 lb chinese rice noodles
1 tsp ginger root, finely diced
1 tsp garlic, finely diced
1 tsp green onion, finely diced
1/4 C soy sauce
2 Tb dry sherry
2 Tb chinese red wine vinegar
2 Tb sugar
2 tsp sesame oil
1/4 C chicken stock
2 Tb cornstarch solution
1 Tb hot pepper oil
1 1/2 tsp chili sauce with garlic

Beef Marinade

Combine marinade ingredients and evenly coat the beef slices with this mixture. At the highest possible temperature, deep fry the beef slices. Add each slice separately to prevent sticking. When the slices turn golden brown, remove them from the oil.

Now fry the rice noodles in the oil. Test a few first; the oil should be hot enough so that they rise and puff at once. Fry the noodles a handful at a time; they will be done in a few seconds. Remove to a serving plate.

Remove all but 1 Tb of the oil from the wok. At moderate heat, stir fry the ginger, garlic, and green onion until the garlic is golden. Add the rest of the ingredients except cornstarch and boil for one minute. Now add cornstarch until the sauce is very thick; it should be almost solid.

Quickly toss the meat into the sauce and pour over the noodles. Serve at once.

Serves 3-4

Note: to make the beef even more crunchy, dredge the meat heavily in dry cornstarch before coating it with the marinade.
Mu Shu Pork (Chef Chu)

Ingredients

1/4 C oil
2 eggs, beaten
1/2 lb pork butt, sliced with the grain into 1/8 x 1/8 inch strips
1/4 C green onion, green part cut into 1/2 inch slices
1/4 C bamboo shoots, cut in 1/8 inch strips
1/4 C dried tiger lily blossoms, soaked 10 minutes in water
1/4 C dried black tree mushrooms, soaked 10 minutes
1 C cabbage, sliced in 1/8 inch shreds
1 1/2 T dry sherry
3 1/2 T soy sauce
1 tsp sugar
pinch white pepper
1 T cornstarch solution
6-8 thin pancakes, steamed
2 T Hoy Sin sauce
2 T green onion, white part, sliced in long fine slivers

Heat the oil until it begins to smoke. Pour the beaten egg into the oil. The egg should rise to the top rapidly and form a thin pancake. When it hardens, in half a minute, remove it and add the pork, stir frying about three minutes or until well done.

Now add to the pork the green onion tops, bamboo shoots, tiger lily blossoms, tree mushrooms, and the cooked egg. Stir fry, being sure to break up the egg. In less than a minute, the tree mushrooms will begin to darken. Quickly add the sherry, soy, sugar and pepper. Place the cabbage on top, and after one half minute, continue to stir.

When the cabbage begins to wilt, add cornstarch, stirring, until all liquid disappears and all sauce sticks to the other ingredients.

Place on a serving dish and serve at once with pancakes. Also serve the green onion and Hoy Sin sauce as garnishes.

Serves 3-4.

Notes: 1. tiger lily blossom is also known as 'golden needle vegetable'
2. black tree mushroom is aka 'cloud ear' or 'tree fungus'
3. thin pancakes may be purchased from the Chinese Inn, 1310 El Camino Real, Menlo Park
Twice-Cooked Pork (Chef Chu)

Ingredients

1/4 # pork butt, untrimmed, boiled until well done, sliced 1/8" thick
1 1/2 C cabbage, 1" cubes
1 small bell pepper, 1/2" cubes
1 clove garlic, crushed
5 scallions, white part in 1/2" slices
1/4 C chicken stock
1 1/2 T Hoy Sin sauce
1 1/2 T bean sauce
2 tsp hot oil
1 tsp chili paste with garlic
1 T soy sauce
2 T oil
1 T cornstarch

Stir fry the pork slices with garlic in hot oil until they begin to brown. Add all vegetables and stir fry for 2 minutes.

Add the rest of the ingredients; stir until ingredients are well mixed and the cabbage begins to soften. Add cornstarch if necessary to thicken; all of the sauce should stick to the vegetables.

Serves 3-4.
Pork with Hot Sauce (Chef Chu)

Ingredients

1/2 # pork butt, cut into 1/8" strips
1 1/2 C bamboo shoots, cut into 1/8" strips
1 med finger of ginger, cut into F4veryF3 fine strips
5 water chestnuts, cut into strips
2 T tree mushroom, soaked in water 10 minutes and chopped
2 scallions, cut into 1" slices
1 tsp chili paste with garlic
1 tsp garlic, finely chopped
1 tsp cornstarch (make a paste with a dash of water)
2 T oil

Sauce

1 T Chinese red vinegar
1/4 C stock or water
2 Tsp hot oil
1 T sugar
2 T soy sauce
1 tsp sesame oil

In a very hot wok, stir fry pork in a little oil until well done. Add garlic, ginger, shoots, and chili paste; stir fry for about a minute. Add the sauce, water chestnuts, onion, and tree mushrooms. Mix well, adding the cornstarch paste as needed. There should be some sauce which does not cling to the meat.

Serves 3-4.
Pork with Peking Sauce (Chef Chu)

Ingredients

1/4 lb pork butts, cut into long 1/8 inch strips
1 C bamboo shoots, cut similarly
2 Tb oil
1/2 tsp garlic, finely diced
2 Tb sherry
6 Tb Peking Sauce
1 green onion, white part, cut in slivers

Stir fry the pork at high heat until almost cooked. Add garlic and cook a little longer. Add the sherry and bamboo shoots, stir frying until no liquid remains. Now add the peking sauce and heat through. Garnish with the onion slivers and serve.

Serves 3-4.

Peking Sauce

combine

1/2 c Hoy Sin Sauce (in a can at your favorite chinese grocery)
1 Tb soy sauce
1 tsp sesame oil
pinch white pepper
Red-Cooking Sauce (Chizu Mayall)

Boil for 15 minutes;
2 cp soy sauce
1 cp sugar
2 cp water
2 dried red chilis
1 slice ginger
4 star anise
1/2 cp peanut oil
1/2 lemon of juice
3 cloves crushed garlic

This sauce is commonly used in northern China to boil all sorts of foods. It will keep indefinitely in a refrigerator if it is boiled every week or so. If used for seafood, a fishy flavor will remain in the sauce.

Try with harboiled eggs, chicken, pork, beef roasts, lamb, etc.

With variety meats, boil meat first in plain water then finally in Red Sauce.
Red-Cooked Fish (Chizu Mayall)

Mix stuffing;
1/2 lb ground pork
1 Tbs soy sauce
1/2 tsp cornstarch
1/2 tsp sugar
1/2 tsp salt
1/2 tsp minced ginger

The fish;
1 2 lb Rock cod or other firm white fish
1 tsp salt
2 Tbs flour

Wash and dry the fish; make diagonal cuts in the sides. Sprinkle with salt and coat in flour, shaking off excess. Put stuffing into the cavity, and press flaps together.

Sauce ingredients;
3 Tbs oil
1 clove garlic, crushed
1/4 cp wine
1/2 cp chicken stock
5 Tbs soy sauce
1 tsp sugar
2 whole green onions, shredded
4 slices ginger

To cook, use a skillet or wok at moderate temperature. Brown the fish and garlic in the oil for about 5 minutes. Carefully turn the fish over, using spatulas to avoid breaking it. Add the liquids and scatter ginger and onions on top. Cover and simmer 15 minutes. Baste with the liquid and recover, simmering another 15 minutes.

To serve, discard onion and ginger, cut the top layer of fish into 1 1/2 inch pieces and serve with the sauce. When top is gone, remove backbone and serve bottom half also sliced.
Sheng-bian Bu-o-cai -- Quick-Fried Spinach (GF Szech)

Wash and drain thoroughly;
1 lb fresh spinach (or chard)

Mix in a small bowl;
1 tsp rice wine
1/2 tsp vinegar
2 tsp soy sauce
2 tsp sugar
1 tsp salt

Heat in a wok until it smokes;
6 Tbs oil

Toss in spinach leaves and stir fry for 1 minute.

Add the seasoning mix and stir; add
1 tsp sesame oil

Stir briefly and serve.
Dry-Cooked String Beans - Dick Sweet & Pei Mei's cookbook

1 lb  String Beans, broken into large pieces
1/4 cp  Onion, chopped fine
2 Tbs  Ginger, chopped fine
2 cloves  Garlic, chopped fine
5 cp  Oil
3-4 dried chili peppers, seeded

Seasoning Sauce

1 Tbs  Sugar
1/2 Tbs  Rice Vinegar
1 tsp  Salt
1 tsp  Sesame Oil
2 Tbs  Chicken Stock
1/2 tsp  MSG (optional, of course)

Deep fry beans in very hot oil approximately 3-4 minutes, they will wrinkle and maybe turn a bit dark in places. Cook small enough batches so the oil stays hot.

Remove all but 2 Tbs of the oil and cook peppers until they turn black, discard. (a good ventilating hood is helpful here)

Stir fry minced vegetables a short while, then add beans and seasoning sauce. Stir over high heat until liquid is gone.

Serve immediately.
South Chinese Dishes
Snow White Chicken (Chef Chu)

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>whole chicken breasts, boned</td>
<td>2</td>
</tr>
<tr>
<td>snow peas, strings removed</td>
<td>12</td>
</tr>
<tr>
<td>canned button mushrooms, sliced</td>
<td>1/2 C</td>
</tr>
<tr>
<td>chicken stock</td>
<td>1 C</td>
</tr>
<tr>
<td>dry sherry</td>
<td>1 Tb</td>
</tr>
<tr>
<td>sugar</td>
<td>1 tsp</td>
</tr>
<tr>
<td>salt, or to taste</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>white pepper</td>
<td>pinch</td>
</tr>
<tr>
<td>MSG</td>
<td>pinch</td>
</tr>
<tr>
<td>cornstarch solution</td>
<td>1-2 tsp</td>
</tr>
<tr>
<td>egg whites, beaten stiff</td>
<td>2</td>
</tr>
<tr>
<td>oil for frying</td>
<td>2</td>
</tr>
<tr>
<td>water</td>
<td>2 Tb</td>
</tr>
<tr>
<td>chicken stock</td>
<td>1 tsp</td>
</tr>
<tr>
<td>pinch</td>
<td>pinch</td>
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</tbody>
</table>

Combine the marinade ingredients. Slice the chicken across the grain as thinly as possible. Freezing the meat before slicing makes possible paper-thin slicing. Add chicken to the marinade.

Deep fry the chicken at medium heat. Toss it into the oil quickly so that the thin marinade doesn't drain off. The chicken should rise to the top of the oil. Stir vigorously to separate the pieces. After about one minute the chicken will turn white and should be removed to drain.

Pour off all oil from the wok and add the rest of the ingredients except the cornstarch. Boil for about 1-1/2 minutes, or until the snow peas just begin to change color. Add cornstarch, stirring, until the sauce is of medium consistency and will stick to the vegetables. Stir in the chicken and heat through. Serve at once.

Serves 3-4.
Sweet and Sour Pork (Joe Zingham)

Cut into 3/4" cubes.
6 lb Pork shoulder roast or ham (ham is outasight!)

Beat together a batter of:
1 cp flour
4 lrg eggs
1 Tbs salt
1 1/2 cp water

Dip the pork cubes in the paste and deep fry a dozen chunks at a time in
1/2 cp oil (some can be rendered from fat trimmed off pork)
Cooked pork should be drained on paper and kept hot in oven

Meanwhile, prepare in large pot
4 cp water
1 cp white vinegar
1/2 cp sweet molasses
1/2 cp tamari sauce
1/2 cp brown sugar,

Bring to a boil, add in order
4 med yams, peeled and sliced
4 med bell peppers cut into strips
1 lb canned pineapple chunks
1 lb canned crushed pineapple
3 med sliced peeled tomatoes (peel by quick-dip in boiling water)

Return to a rolling boil; pour in 1/4 cup water mixed with
4 tbs corn starch

Just before serving, mix meat into the sauce.
Serve over approximately 4 1/2 cups steamed rice.
Feeds 12-15.
Asparagus Beef (Chef Chu)

**Ingredients**

1/2 # fresh asparagus, cut diagonally into 1/4" slices
1/2 # flank steak, sliced into 3/16" strips
2 Tbs oil
1 tsp black bean sauce
1 tsp garlic, finely diced
2 Tbs soy sauce
1 tsp sugar
1 Tbs sherry
1/4 C chicken stock
dash sesame oil
1 tsp cornstarch

Heat wok to highest temperature; stir fry the beef in oil for one minute then add bean sauce, garlic, and asparagus. Mix well, cooking for 1/2 minute. Add stock, sugar, soy, and sherry; cook until asparagus is almost done. Thicken with cornstarch to a medium thin sauce, add a dash of sesame oil, and serve.

Serves 3-4.
Prawns with Lobster Sauce (Chef Chu)

Ingredients

1 lb  large prawns, washed, deveined, and cut in half
1   green pepper, cut in 1/2 inch squares
1/2  medium onion, cut in 1/2 inch squares
1/2 C  water chestnuts, sliced
1 Tb  salted black beans (Dow See)
1 tsp  garlic, finely diced
1/2 C  oil
1 C  chicken stock
2 Tb  sherry
1-2 Tb  soy sauce, to taste
1 tsp  cornstarch solution

Prawn Marinade

1 tsp  sherry
1   egg white, beaten
1 Tb  cornstarch
pinch  salt

In a hot wok, stir fry the prawns, garlic and black beans until the prawns just turn white. Stir in the vegetables and add the sherry, soy, and stock. Add cornstarch solution to the sauce until it is slightly thick. While stirring, slowly pour the beaten egg into the sauce. Cook only until the egg droplets begin to harden and serve at once. This dish can be reheated, adding the egg at the last moment.

Serves 3-4.
Black Mushrooms with Bok Choy (Chef Chu)

Ingredients

12 small black mushrooms
   (soak 1/2 hour in water, discard stems, cut in half)
1 head fresh bok choy, cut in strips 1 1/2" x 1/4"
dash sesame oil
pinch sugar
pinch white pepper
1 tsp salt (or to taste)
1/4 C chicken stock
1 T sherry
2 T oil
1/2 tsp cornstarch

Blanch bok choy in boiling water for 3 minutes. In a moderate wok, stir fry the vegetables for one minute. Add the sherry, salt, sugar, and pepper, and cook until most of the liquid has evaporated. Add only enough cornstarch to make a light sauce. Add a dash of sesame oil just before serving.

Serves 3-4.
Orange Curry Soup -- Veg Ep

Cook the spices lightly;
1 Tbs ghee
4 whole cloves
1 inch stick cinnamon
1/4 tsp cumin seeds
pinch cayenne
1/4 tsp mustard seed
1 tsp fresh ginger, grated
2 pods of cardamon seeds

Add and simmer slowly for 20 minutes;
1 qt fresh-squeezed orange juice

Serve hot in small bowls; makes six little servings.
Potato Curry -- Veg Ep

Wash and dice uniformly;
6 med russet potatoes

Cook spices 2-3 minutes;
3 Tbs ghee
1 tsp salt
1 tsp cumin seeds
1/2 tsp mustard seeds
1 tsp turmeric
1 tsp ground coriander
1/2 tsp ground cayenne pepper

Add the potatoes, stirring so they are coated evenly and cooking for
10 minutes until some are crispened.

Add the water and simmer with an occasional stir on low heat for 30 minutes.
2 cp water

Meanwhile, lightly cook and drain;
2/3 cp fresh green peas

When potatoes are tender, add the peas and;
1 cp yogurt

Stir and heat for 5 minutes; serves 4 to 6 people.
Carrot Curry -- Veg Ep

Wash and slice on a slant to uniform thickness;
5 cp sliced carrots

Simmer in a pot with the carrots for 5 minutes;
1 cp fresh orange juice
1 tsp salt
water to cover

Meanwhile, cook the spices;
4 Tbs ghee
5 pods cardamom seeds (just the seeds)
1 1/2 tsp turmeric
1 1/2 tsp mustard seeds
4 whole cloves
1 Tbs cumin seeds
1/4 tsp cayenne

When the spices are moderately cooked, add the carrot concoction and;
1 ripe banana, sliced very thin
3 Tbs raisins or currants

Simmer slowly for 30 minutes; if sauce is too thin, mix some with cornstarch and return it to the pot.

This curry can stand the addition of some curry powder, if you have an interesting one on hand.

Serves 4 to 6.
Mint Chutney - Carol of Peets

Wash and shake dry;
2/3 cp fresh-picked mint leaves (fairly tightly packed)

Blend in blender with the leaves;
1/4 cp distilled white vinegar
1 1/2 Tbs salt

Chop finely;
2 1/2 oz green chilis
4 med cloves
1/3 med onion

The magic ingredient for this recipe is Tamarind. If you can get it fresh, remove the seeds and fibre and chop
1/3 lb fresh tamarind

If only the dried is available, discard seeds and add to the blender
3 oz dried tamarind

Either way, stir the chopped things with the blenderized things and put the paste in a bottle. Three days at 70 Farenheit is what the book from India suggests; keep for longer periods in the frig.
Sweet Lime Chutney - Carol of Peets

Quarter and peel but don't section; 25 fresh limes

Rub the exposed surfaces with salt and dry in a slow oven, turning to expose all surfaces. The original recipe called for 3 days of Indian sunshine, so don't be so impatient.

When leathery dry, remove the seeds and blenderize the limes with 1 cp distilled white vinegar

Add the blended lime paste to:
- 2 Tbs salt
- 1/2 cp raisins
- 1/2 cp chopped dates
- 1 oz thinly shaved ginger root
- 5 med cloves garlic (pressed or chopped finely)
- 1/2 oz crumbled dried red chilis (or to taste)
- 3 Tbs black mustard seeds
- 1/2 cp brown sugar

Bring the whole mess to a boil, simmer slowly for 30 minutes.
Cool and bottle; it's ready to enjoy immediately.

Makes more than you'll know what to do with.
Tamarind Chatney -- Barbara Butterworth
(she says that in Nepal, it's not "chutney")

1 pkg dried tamarind pulp (Universal Imports, roughly 3x5x1.5)
   (try using a pound or so of dry whole tamarind)
2 Tbs fresh grated ginger
6 med cloves garlic pressed
4 Tbs chopped bell pepper
1 cp chopped onion
2 cp white sugar (add more later if chutney is too sour)
2 Tbs vege oil
1/2 tsp curry powder
pinch each of nutmeg, cloves, and cinnamon
10 med crushed dry coriander seeds
1/2 tsp black pepper
1 tsp salt
1/2 tsp red pepper (more for more hotness)
2 sml cans tomato sauce
1+ cp chopped cilantro (coriander leaves)

Soak the tamarind for a day or two in water, breaking up the chunks as they soften. If you used whole dried tamarind, pick off the dry shell as soon as practical. When the pulp is reduced to a thick sauce, strain it to remove the seeds. The pulp should be about 2 cups of thick goop.

Brown the ginger, garlic, peppers, and onions in the vege oil. When onions are clear, add the spices and stir for a few moments. Stir the sugar into the tamarind and add to the fried mix. Bring the whole mass to a boil, reduce heat, add the tomato sauce, and simmer for half an hour. Add the fresh cilantro, stir and simmer for a few minutes longer, serve. Barbara says that this recipe is quite flexible; variations are welcome.
Nasturtium Seed Pickles - Carol of Peets

Pick while still green;
1 1/2 cp nasturtium seed

Soak in brine for 4 days, changing the brine daily.
Drain the seeds and pack in jars.

Boil 15 minutes;
2 cps distilled vinegar
1/2 med onion (sliced very thin)
24 whole cloves
1 tsp ground mace
2 tsp sliced green chilis

Pour the pickling over the seeds, filling jars to the top.
Age 3 months at about 70 Farenheit.
Banana Raita - Vege Epicure

Melt in a skillet;
1 tsp Ghee or butter

Pound together lightly with mortar and pestil;
1 1/2 tsp cumin seeds
1/4 tsp cardamom seeds
1/4 tsp ground coriander
1/4 tsp cayenne pepper

Add the spices to the hot oil; stir around for a few minutes, then quickly stir in;
2 cp ripe bananas, mashed til smooth

Remove the skillet from heat, add the spiced bananas to a serving dish with;
2 cp plain yogurt

Refrigerate and serve well chilled.
Spiced Dahl - Vege Ep

Wash and then boil with frequent stirring until quite soft and not watery;
1 1/2 cp moong or urhad dal (else yellow split peas)
4 cp water
1 tbs salt

Heat together in a saucepan;
3 Tbs Ghee
1 tsp cumin seeds
2 tsp ground turmeric
1/2 inch stick cinnamon
1/4 tsp cayenne pepper
1/4 tsp ground ginger
1/4 tsp ground coriander
1/2 tsp mustard seeds
6 whole cloves

Cook the spices briefly, remove from heat, and stir in the cooked beans,
avoiding the possible spatter from the hot ghee. Return the dahl to heat
and simmer stirring until a thick sauce consistency is attained.

Makes 6 good servings.
Sweet Rice Balls - Chron

1 cp steamed rice (well done and pasty)
1 tsp cardamom powder (several crushed seeds)
1/4 tsp crushed cinnamon stick
1/4 cp white sugar
1/4 cp black raisins
1/4 cp dried apricots
1/4 cp dates

Stew the fruit for 10 minutes in
1 1/2 cp water
3 whole cardamom seeds

Strain the fruit well, reserving the liquid
Chop the fruit, mix it with the rice and spices.
Using greased hands or a press, form the rice mixture into balls.
Refrigerate the rice balls.

Add the sugar and some red food color to the fruit water.
Optionally, thicken it a bit with rice flour or corn starch.

Serve the rice balls cold in a bowl with the room-temperature sauce poured over them.
Veges
Stuffed Zucchini - Sarah / New Orleans Cookbook

2 1/2 lb fresh zucchini (4 small ones)
5 Tbs butter
1/2 lb ground pork sausage
1/4 tsp salt
1/4 tsp fresh ground black pepper
5 Tbs heavy cream
2 Tbs finely minced fresh parsley
1/4 cp french bread crumbs
3 Tbs grated parmesan cheese
1/2 tsp dried rosemary
1/8 tsp dried thyme
1/16 tsp cayenne (whew!)
1/4 tsp pressed garlic
1/2 cp chicken stock

Prepare the zucchini; wash, dry, trim off the ends, and split in half lengthways. Scoop out the pulp with a sharp teaspoon, leaving the skin and 1/8 to 1/4 inch of flesh intact. Saute the pulp in 2 Tbs butter until it is soft and wilted. Meanwhile, lightly brown and drain the sausage in a different skillet. Add the drained sausage to the zucchini pulp, lower the heat, and stir in the salt, pepper, 2 Tbs cream, parsley, bread crumbs, 2 Tbs parmesan, rosemary, thyme, cayenne, and garlic. Cook about 4 minutes, stirring.

Fill the zucchini halves with the stuffing and arrange them in a shallow buttered baking dish. Sprinkle with the remaining 1 Tbs parmesan, 3 Tbs butter, and 3 Tbs cream. Pour the chicken stock into the pan around the zucchini but not in them. Bake at 350 for 30 minutes, or until the zucchini are tender when probed with a fork and the stuffing is browned on top. Remove the zucchini from the chicken stock, drain, and serve 4-6 people.
Preheat oven to 375 F.

1 cp grated mozzarella cheese
1/2 cp grated Parmesan
1/3 cp ricotta cheese
2 lrg eggs
1/4 cp chopped parsley
salt and pepper to taste
2 Tbs whole wheat flour
1/3 cp milk
1 Tbs salad oil
2 eggplants
whole wheat flour
1/4 cp olive oil
2 Tbs butter
tomato sauce

1. In mixing bowl combine mozzarella, Parmesan, ricotta, 1 egg, 1 Tbs parsley, salt and pepper to taste. Blend to a smooth paste. Chill mixture thoroughly.

2. In another bowl, mix flour, add remaining egg, milk, and oil. Beat until smooth. Peel eggplants. Cut into thin, lengthwise slices. Dip in flour and shake off excess. Heat olive oil and butter together. Dip eggplant slices in prepared batter until they are coated. Saute in hot oil until browned on both sides. Drain. Place 2 Tbs of chilled cheese mixture on each slice. Roll loosely. Arrange rolls seam side down on baking pan. (This whole operation is easier to do with 2 people.) Cover with tomato sauce.

3. Bake in moderately hot (375 F.) oven for 15 minutes. Sprinkle with the remaining chopped parsley and serve immediately.

Makes 6 servings.
Tabouli -- Syrian salad (Marcy)

1 1/2 C bulgar or cracked wheat
1 bunch fresh mint leaves
1 bunch fresh parsley
1 bunch fresh green onions
1 lb fresh garden tomatoes
3 large lemons
1/3 C olive oil
2 tsp salt
1 large dash fresh ground black pepper
3 C boiling water

Pour boiling water over the bulgur wheat and let soak for one hour. Drain well. Press out the remaining water with palms of your hands, then chill the wheat for at least an hour.

Chop the mint, parsley, and green onions finely, producing about a cup of each. The tomatoes can be peeled or not, according to your tastes; chop them into small pieces. Extract the juice and pulp from the lemons and discard peels and seeds.

Toss all the ingredients together and chill thoroughly before serving. Keeps well and serves 6-8 people.

For authenticity, serve in scoops on grape leaves or romaine.

If willing to abandon authenticity, try this delicious variation;

Boil and bone
3 1/2 lb chicken

Chop the meat small and chill thoroughly. Mix with the Tabouli and allow to marinate while chilling.
Watercress Potage -- Marcy

Saute in butter;
2-3 med pressed cloves garlic
1 bunch leeks, washed and chopped

Add to pan and simmer 15 minutes;
1 Qt thin-sliced potatoes
3/4 cp water

Add to pan and simmer another 15 minutes;
1 1/2 cp milk
1 1/2 cp water
1 Tbs salt
1/2 tsp fresh ground black pepper
1 bunch watercress, washed and chopped
(substitute spinach if watercress is unavailable)

Process the soup through a food mill or blender to produce
a uniform smooth texture, but don't over-do it.

Beat together lightly in a small bowl;
2-3 egg yolks
1/2 cp half-and-half or light cream

Stir into the soup, heat to a little less than boiling, and
serve immediately.

Makes 6 to 8 medium servings; a dynamite soup.
Curried Avocado Soup - Barbara Butterworth

Cook together a few minutes:
2 Tbs melted butter
1 tsp curry powder (your favorite kind)

Stir in and boil for 7 minutes:
2 cp water
1 packet Lipton's Chicken Noodle Soup

Blenderize the soup at medium speed until smooth, then blend in:
2 1/2 medium-sized avocados

When soup is again smooth, stir in:
2 1/2 cp half and half (use more cream or more milk by taste)

Refrigerate until thoroughly chilled before serving. Garnish with:
1/2 avocado, diced finely

Serves 6 as a first course.
Mushrooms Berserkeley (Veg Ep)

Saute lightly;
1 med onion
1/2 cp butter

Meanwhile, mix in a blender;
2 Tbs Dijon mustard
2 Tbs Worcestershire sauce
1/2 cp brown sugar
3/4 cp mellow red table wine

Prepare;
1 lb tiny fresh mushrooms (slice big ones if necessary)
2 med bell peppers cut into 1-inch squares

When the onion is clear, add the mushrooms and bell peppers.
Saute a few minutes with profuse stirring; when the mushrooms begin
to shrink and brown, add the wine sauce from blender.

Add lovingly;
1 lg dash fresh ground black pepper
2 tsp salt

Simmer with occasional stirring for 45 minutes; The recipe is ready
when the sauce is thick and deadly black.

Serves 6 as a side dish.
Crusty Cornbread Bean Pie - Cietha

Crust- makes one 9 inch crust

1 cp yellow cornmeal
1/2 tsp salt
2 Tbs brewer's yeast
3 Tbs oil
1/2-3/4 cp hot stock [enough to make a stiff batter]

Filling-

saute in oil:
1 chopped onion
1/2 chopped carrot
1 chopped stalk of celery

mix with:
1 cp cooked kidney beans
pinch cayenne
1 tsp cumin
1/4 cp stock
3 Tbs soy sauce

Bake at 350 F for 25 minutes, then sprinkle with 1/3 cup grated cheddar cheese and bake 5 more minutes.
Potato Pancakes - Blender Booklet & Paul

I like potato pancakes, and I hate using up my fingers on a grater, so I was pleased to discover this trivial recipe which consumes little time and no fingers.

Brush clean and remove any uglies from about 2 pounds of fresh potatoes. I like the peels, but I guess you could peel them if you really wanted to. Chop into pieces a bit smaller than golf balls. Peel and quarter a medium onion. Toss the veggies into a blender and add:

2 eggs
1/4 cp flour
1/2 tsp baking powder

Blenderize the whole mess until the texture is rough; I haven’t tried getting it smooth because I wanted to approximate the grated variety of potato pancake.

Ladle about 1/4 cup per pancake onto a hot oiled griddle, and fry until browned on both sides and firm enough to withstand lifting by a spatula under only part of the pancake.

Serve as a replacement for other starchy foods; the maiden run on this recipe was instead of making bread to go with chili!

Makes 4-6 servings.
Split Pea Soup (Paul)

Cook 25 minutes at 15 lbs in a pressure cooker;
2 cps split peas
6 cps water
2 lbs meaty ham hock (cut up a bit)
6 bay leaves
dash fresh-ground black pepper

When cooker is cool enough to open, add;
1 lrg. onion, sliced

Simmer 10 minutes with enough to stirring to avoid sticking.
This is a very thick soup; when it cools a bit it can be eaten with
a fork. If the soup is not thick enough, thicken with rye flour stirred
in during the last 10 minutes of cooking. Depending on how salty
the ham hocks were, you may need to add salt before serving.

Serve with hot sourdough bread and fresh fruit.

It is difficult to make this soup/stew without a pressure cooker since
the peas must be constantly stirred to avoid sticking once the soup
thickens. In a pressure cooker, the moisture stays in to avoid drying
at the bottom. If a cooker is not available, simmer an hour or more
and stir the mix regularly with a spatula to avoid sticking. You may
need to add water to replace boil-away.

Serves six.
Red Beans & Rice - Sarah .. New Orleans Cook Book

1 lb dry red beans (or kidney beans)
4 med cloves garlic, pressed
2 onions, chopped
2 bay leaves
2 sticks celery, sliced
2-4 Tbs parsley, chopped
1/4-1/2 lb bacon strips, cut into 2 inch pieces
some bacon drippings from frying the bacon
salt to taste
6 Louisiana Hot sausages, cut to 1/2 inch slices *
red peppers, crushed, to taste

Soak the red beans 8-12 hours in approximately twice their volume of water.

Add about 2 cups water and bring beans to a boil. Add garlic, onion, bay leaves, celery, and parsley. Fry bacon until crisp, then add bacon and bacon drippings to taste to the beans. Simmer the beans about an hour more, stirring more as liquid is reduced. Adjust the salt, add peppers if not hot enough, and serve over white rice.

Serves 6 as a main dish.

* Louisiana Hot sausages are sold in sandwiches as L.A. Hots. JJ&F grocery in Palo Alto is the local source of choice. Their sausages are quite hot, so we use no crushed red peppers with them. If you get milder sausages, use enough crushed red peppers to make up the difference.
Burnt Nut Salad - Marcy

This salad doesn't really have burnt nuts in it, but the method of preparation used originally was to burn the first batch of nuts, throw them away, and then watch the second batch more carefully. While not recommended, this method is demonstrably effective.

Bake in a shiny, light-weight metal tray:
1 1/2 cp mixed sunflower seeds and crumbled walnuts

About 10 minutes is adequate; the slightest browning is the sign to quit. Cool the nuts in a freezer. If you used a foil tray for baking, just put the whole thing in to cool.

Pile in alternate layers and toss together:
2 lrg green onions, quartered and chopped finely
6 oz alfalfa sprouts
3/4 cp currants

the baked nuts from previous step

Use as much as you like of this dressing:

Shake together:
3 oz wine vinegar
1/4 tsp garlic powder (not garlic salt!)
1 1/2 tsp Dijon mustard
1 1/2 tsp dill weed
big pinch sweet basil, crushed

Add and shake again:
6 oz salad oil

Makes 6-8 servings. Very good with Japanese dishes.
Yogurt Salad Dressing - Andrea West
(also good as chip dip or sandwich spread)

3/4 cp plain yogurt (use Continental bulgaris or homemade descendant thereof)
1 1/2 cp oil
1/3 cp vinegar
1 tsp each of:
  Spike (seasoned vegy salt)
  onion powder
  garlic powder
  mustard powder
  basil
1 Tbs brown sugar

Put all ingredients in blender and mix. You may want to vary the spices according to taste.
Country Sun Red Delicious Salad Dressing - John Hall

Blenderize til smooth;

12 oz  tomato paste
1 cp   salad oil
1 cp   cider vinegar
1/2 cp honey
2 1/2 tsp garlic powder
1 1/3 cp water
1 1/2 tsp powdered ginger
4 tsp  salt
1 Tbs  parsley
1 Tbs  basil
2 tsp  thyme
2 tsp  oregano
2 tsp  marjoram

Serve chilled; keep refrigerated. Makes quite a bit.
Honey-Poppy Seed Salad Dressing (Ginny)

1/3 cp mild honey
1/4 tsp salt
2 Tbs distilled vinegar
1 Tbs prepared mustard
3/4 cp salad oil
1 Tbs finely chopped green onion
1 Tbs poppy seeds

In a blender, combine honey, salt, vinegar, and mustard. While blending, gradually add salad oil until mix is well blended. Stir in (don't blend) the onion and poppy seeds. Chill several hours before serving. Nice with citrus salad.

Citrus Salad

Toss together any proportions of following items; serve chilled.

mandarin orange sections
grapefruit sections
bland variety of lettuce
Chester's Birthday Salad (John Hall)

Toss together and leave in frig;
1 1/2 cp Bean sprouts
3 Bunches Washed Spinach leaves

Mix together, let stand for 1 hour;
1 cp Sesame or Peanut oil
1/2 cp Tamari soy sauce
4 Tbs lemon juice
3 Tbs grated onion
3 Tbs sesame seeds
1 tsp sugar
1 tsp cracked black pepper
1 cp thinly sliced water chestnuts

Toss the wet with the greens and serve;
Cold Spinach Salad (Nancy Bright)

Combine and blenderize til smooth;
1 Cp salad oil
1/2 Cp ketchup
3/4 Cp cane sugar
1/4 Cp distilled vinegar
1 Tbs Worcestshire sauce
1 med onion diced
2 tsp salt

Pour onto;
6-8 oz water chestnuts, sliced
1/2 lb bean sprouts
4 hardboiled eggs, diced
1/4 lb bacon, fried and crumbled

Serve over;
3 lbs spinach leaves, washed, blotted, and refrigerated
Spanakopitta (Greek spinach & cheese pie) - Ita

Wash, trim stems, and chop;
2 lbs fresh spinach leaves

Stew spinach gently with;
2 Tbs butter
dash salt
dash pepper
1/4 tsp nutmeg (fresh grated if possible)

Drain excess water, and stir in;
1/4 lb grated cheese (feta is authentic; gruyere or parmesian also good)

Unroll and brush with butter (all at once or as used)
8-10 large sheets filo pastry
1/2 cp melted butter

Butter a large, deep baking dish. Cover bottom and sides with four layers of filo pastry, folding each layer to reach up the sides to the top. Spread the spinach mix in the dish and cover with remaining sheets. Tuck and lap the edges to join top to bottom. Brush extra butter over the top.

Bake for 45 minutes in an oven preheated to 375 Farenheit. Turn oven to 475 Farenheit for 5-10 minutes until crust is crisp and golden.
Marinated Mushrooms -- Helen Albinson

1/2 lb small mushrooms (or chopped big ones)
1/4 cp wine vinegar
2 Tbs olive oil
1/2 tsp salt
1/4 tsp oregano
dash fresh ground black pepper
1 Tbs chopped fresh parsley
1 clove garlic (sliced in half)

Wash mushrooms and cook in small amount of boiling water for 5-10 minutes. Drain and add the marinade. Marinate at least 6 hours (overnight is better).

Makes 1/3 quart.
Icicle Pickles - Bessie May Martin (my grandmother)

The crispest pickle I've ever eaten; makes as much noise as biting a raw carrot....

2 gals fresh cukes (either use little ones or cut to finger size)
1 gal brine made with
1 pt salt

Bring brine to a boil and pour over the pickles. Let stand for 1 week, stirring every day. Drain pickles and pour 1 gallon of boiling water over them. Let stand 24 hours, then drain.

Boil pickles in 1 gallon of water with 2 Tbs of powdered alum. Let stand 24 hours, then drain.

Mix and pour hot over the pickles:
2 qt cider vinegar (3 cp vinegar; 1 cp water)
7 pts sugar
1 box pickling spices (or a little less) (in a spice holder bag)

Reheat this syrup and pour hot over the pickles the next 2 mornings in succession. On the next morning, heat the pickles with the syrup, pack the pickles into jars, cover with the syrup, and seal while hot.

Makes a whole bunch, but be sure you have 2 weeks to do it....
Watermelon Rind Pickles (Marcy's Gramma)

Slice and peel a watermelon worth of rinds; Stand overnight in cold brine. Drain. Boil in fresh water until soft enough to insert fork easily. Drain well, add to syrup.

To make the syrup, mix in large pot;
2 cp vinegar
2 cp water
4 cp sugar
1 stick cinnamon
1 tsp whole cloves
1 peel of lemon

Bring to boil, then slowly add the rind. Cook at low boil until clear (about 45 mins). Pack in hot sterile jars and seal.
Green Olives (Keplers)

Early in the morning make the lye solution of:
4 Tbs. flake lye
1 gal water

Spread a tarp under tree and shake loose the olives. Wash well in fresh water and add a little dish detergent if the olives have a clinging film of road grit on them.

Put the clean olives into GLASS containers with the lye solution. Most any metal will corrode in the lye solution, so be careful. Keep a few untreated olives so you can compare to them.

Every three hours, fish a few olives out of the lye and cut them open. The lye should color the flesh where it penetrates to a yellowish-green. Compare to fresh olive if unsure. Lye must penetrate all the way to the pit but NOT be allowed to soak into the pit. Usually takes from 8-12 hours, but if you lose, may take 24-48 hours. To halt the process for some sleep, simply drain off the lye solution and replace with fresh water.

Once lye reaches the pits, drain it off and replace with plain water. Change the water 3 times a day for about a week or until taste of lye disappears from olives. Don't taste them the first two days.

Prepare a brine of 7 Tbs salt to 1 gallon water. Soak olives 2-3 days before eating them. Olives will only keep two weeks in the frig.

To preserve, add white vinegar to taste (and any pickling spices) and then process in jars at 10 lbs pressure for 60 mins. Remember that olives are no longer an acid fruit after the lye treatment, so process carefully to avoid botulism.

Olives can also be stored for reasonable periods in 1/2 lb salt/gallon brine in jars sealed with parafin, but must be soaked in fresh water overnight before using.
Black Olives

Make a lye solution of 3 Tbs/gal, soak clean fresh olives until only skins penetrated; start checking at three hours, then every half hour. Drain lye and air the olives for one day. Repeat process until penetrated 1/16th inch. Air. Soak for 1/8th to 3/16 inch. Air. Now mix lye solution 4Tbs/gal. Penetrate to pits, air for one day, proceed as with green olives.

Mummies

4 lbs ripe olives and 1 lb salt. Mix well, cover with 1/2 lb more salt. Leave for 6 weeks. Dust salt off the olives and dip in olive oil. Keep in frig until used.
Jalapeno Jelly - Dick Sweet

When peppers are out of season;
7 3/4 oz bottle DelMonte hot chili peppers (little yellow ones)
3/4 cp apple juice
3 cp sugar
1 pack (1-3/4 oz) Sure Jell (pectin)
green food color (if you insist!)

Thoroughly blenderize the peppers and the liquid they are packed in.
Strain the mess through cheesecloth (wear rubber gloves or you may be very sorry) into a sauce pan. Add apple juice and pectin, then bring to a boil. Dissolve the sugar, boil for one more minute, then pour into sterile jars. Put lids on the jars and place inverted in boiling water. After a few minutes, remove the jars and allow to cool. Any jar that doesn't suck in its lid (pop the metal bulge inward) didn't seal and should be dealt with. Either the jar has a chip or the lid is defective, so replace the culprit and redo it.

Dick says he has experienced occasional problems with runny jelly; if it doesn't jell, reboil per directions on Sure Jell package.

Makes about two cups of jelly; depending on your tastes, this could well be a life-time supply!
Cakes & Pies
Whacky Cake (IHTCB)

Sift together into a greased 9x9 pan:
1 1/2 c sifted white flour
3 Tbs cocoa powder
1 tsp baking soda
1 cp brown sugar
1/2 tsp salt

Pour onto the other ingredients:
5 Tbs cooking oil
1 Tbs white vinegar
1 tsp Vanilla extract
1 cp cold water

Beat a while with a spoon, bake at 350 degrees for 30 mins.
Coconut Cake (Nancy Bright)

For icing, stir together in a bowl:

16 oz sour cream
18 oz frozen coconut (don't defrost)
2 cp white sugar

Refrigerate the icing for at least 24 hours.

Make a two-layer yellow cake, cool thoroughly, and slice each layer into two thin layers. Assemble cake with the cut sides up and gobs of icing between the layers. When completely iced, refrigerate again for 1 or 2 days. No explanation of the long times in refrigerator, but many people are very convinced; claiming the cake tastes terrible if not aged properly in the frig.

This cake must stay in refrigerator except when serving or the sour cream will spoil.
Incredible Date Cake (John Hall)  
(from Roger Leverette)

Mix:
2 cp boiling water
2 cp pitted dates, chopped into sixths
1 tsp baking soda

Cream together:
1 cp butter
2 cp sugar

Add the dates and soaking liquid and:
4 eggs
2 tsp vanilla

Mix:
3 cp flour
2 tsp baking powder
1 tsp cinnamon
1/2 tsp salt

Combine the wet and dry ingredients; bake in well-greased 9x14 pan 40 mins at 350F.

To frost, boil 10 minutes:
2 cps water
1 cp brown sugar
1 cp cane sugar

Add to the boiling syrup:
1 cp minced dates
1 cp butter
1 cp chopped nuts
Banana Cake - Ed Birss

****** Cake *******

3/4 cp butter
1 1/2 cp sugar
2 eggs
1 cp mashed ripe bananas
2 cp sifted cake flour
1 tsp baking powder
1 tsp baking soda
1/2 cp buttermilk
1/2 tsp salt
1 tsp vanilla
1/2 cp chopped pecans

Cream together the butter and sugar until light and fluffy; add the eggs and beat two minutes at medium speed. Add mashed bananas and beat 2 minutes. Sift together flour, baking powder, soda, and salt. Add the dry ingredients, buttermilk, and vanilla to the batter and mix well. Stir in the nuts. Turn the batter into 2 greased and floured 9-inch layer cake pans. Bake at 375 Farenheit for 30 minutes or until cake tester comes out clean. Remove from pans, cool, and frost with Banana Cake Frosting.

****** Frosting *******

1/2 cp sugar
2 Tbs flour
1/2 cp heavy cream
2 Tbs butter
1/4 tsp salt
1 tsp vanilla
1 cp flaked coconut
1/2 cp pecans (chopped)

Combine the sugar, flour, cream, and butter in a small sauce pan. Cook and stir until thick. Reserve 3 Tbs of syrup for filling between layers of the cake. Stir in pecans and 3/4 cp coconut, salt, and vanilla. Cool the topping. Spread the reserved syrup on the bottom layer of the cake and sprinkle it with 1/4 cp of coconut. Place the top layer over the bottom, and spread the icing over the entire outside surface.
Fresh Apple Cake (Mo)

Mix well:
2 cp Sugar
1 tsp cinnamon
1 1/2 cp Cooking oil
2 beaten eggs
2 tsp Vanilla extract
3 cp chopped fresh apples
1/2 cp chopped walnuts
1/2 cp Raisins (plumped in hot water)

Sift together:
1 tsp baking soda
3 cp all purpose flour

Add to above and mix well.
Bake in large pan (9" x 15") 1 hour at 300 degrees.
Gets a nice crust so doesn't need frosting.
Carrot Cake - Uncle Gaylords

Preheat the oven to 325 F. and grate the carrots called for below.

Beat well:
4 eggs

Stir in these ingredients in order:
3/4 cp safflower oil
1 cp white sugar
1 cp brown sugar
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
2 tsp cinnamon
1/2 tsp nutmeg
2 cp sifted white flour
1/2 cp chopped walnuts
3 cp grated carrots

Turn into a buttered and papered 9x13 baking pan, bake at 325 F. for one hour.

To make the topping, blend together:
6 oz cream cheese
4 Tbs softened butter

Stir in
3 cp powdered sugar

Add vanilla and salt to taste. Spread topping on cake as soon as it is cool.
Pineapple Upside-Down Birthday Cake (Paul)

Grease well a 10 1/2 by 15 inch pan;  
Line with wax paper; Cover bottom with; 
1 15 oz can sliced pineapple  
1 8 oz can crushed pineapple

Sprinkle with 
1/2 cp Dark brown sugar  
2 Tbs Melted butter

Carefully pour in a double recipe of  
Gingerbread Cake (see elsewhere).

Bake approximately 55 mins. at 350  
Allow to cool to barely touchable (a nice serving temperature)  
and flip onto a platter. Peel off the wax paper, stud with candles,  
and surprise the birthdayee.

Feeds at least 15 people.
Ginger Bread (Marcy)

Preheat oven to 350 degrees

Sift together:
2 1/3 cp Sifted whole wheat pastry flour
1 tsp Baking powder
1/2 tsp salt

Blend together in medium bowl:
1/2 tsp Baking soda
1 tsp Ground Ginger (or use a bunch of shaved fresh ginger)
1/2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp allspice
1/2 cp softened butter

Add, mixing each before adding next:
1 cp Brown sugar
2 eggs
1/2 cp Sweet molasses

Add alternately the dry ingredients and:
3/4 cp Hot water

Bake 45 mins in greased 9 inch square pan

9 servings;
Gramma's Coffee Cake - David Levy

Sift into a medium bowl:
3 cp white flour

Make a well in the flour; fill with:
2 packs active dry yeast
1 tsp sugar

Bring almost to scalding temperature:
1/2 cp whole milk

Cool milk, adding:
1 Tbs sour cream

Add milk to the well, stir with some flour to make a paste, let rise 15 mins.

Meanwhile, melt and set aside for later:
1/2 lb butter (try a mix of sweet butter and margarine)

To the batter, add with constant stirring:
1/2 cp sugar
3/4 tsp salt
3 eggs

Mix with most of the melted butter:
1/2 cp sour cream

Stir this in with the batter, adding sifted flour until a soft dough consistency is achieved. About 1/2 cp or more flour is recommended.

Allow dough to rise 20 to 30 minutes; punch down; repeat three times.

Dust cinamon sugar on a board; roll out the dough to approx 8 by 20;
Dust more cinnamon sugar on the dough, add some of the melted butter,
Sprinkle the dough with:
1/2 cp walnut pieces
2/3 cp blond raisins

Roll the dough the long way into a snake; pinch it sealed and cut into 7 parts.
Dust each piece with more cinnamon sugar to facilitate handling.
Butter the insides of a deep glass dish, coat each dough piece in butter, and arrange the pieces into the dish. Add more walnuts and cinnamon sugar on top.
Let rise to top of pan, bake at 325 for 40-45 minutes.
Preheat your oven to 350 Farenheit.

Crust:
Blend together and pack into a springform;
18 Zweibach cookies or 1 pack graham crackers (fine grind)
1/4 cp melted butter
1/2 cp white sugar

Batter:
Beat 20 minutes at high speed;
24 oz cream cheese
3/4 cp white sugar
4 whole eggs
1 Tbs cornstarch
1 Tbs vanilla extract

Pour the batter into the encrusted springform and bake 30 minutes at 350 Farenheit, until the middle is firm. Remove from oven and crank the oven up to 500 F.

Topping:
Mix until smooth
8 oz sour cream
3/4 cp white sugar
2 tsp vanilla extract

Spread the topping onto the cheesecake, and bake at 500 for 5 minutes. Refrigerate the cheesecake at least 4 hours before serving, overnight if possible.

This is so rich, it will serve at least 10 people.
Cheesecake for the Masses (Debby Livingston)

Crust (Graham Cracker)
1 1/4 C Graham cracker crumbs
6 T Brown sugar
3 T butter

Blend well and line giant breakaway pan:

Filling

Mix well at each stage;
24 oz Cream cheese
1 Cp sugar
5 Beaten egg yolks

Combine in another bowl;
3/4 Cp Heavy cream
1 T White flour

Add to main mix;

In another bowl, beat until stiff;
5 egg whites
1 tsp Vanilla

Fold into mixture, pour into pan;
Bake at 350 degrees for 1 hour (don't peek).
Leave in oven with door open and oven off for additional hour.
Orange Cheesecake (Coop)

Crust....

Blend thoroughly;
1 cp crushed vanilla wafers (about 25)
2 Tbs melted margarine
1 Tbs orange juice
1 Tbs sugar

Press evenly on bottom and sides of 9-inch pie pan.

Filling....

Blend with beater;
8 oz cream cheese
1/4 cp orange juice

Beat in until fluffy;
2 eggs (well beaten)
3/4 cp sugar
1 tsp grated orange rind

Pour into the crust and bake at 350 for 40 minutes, or until knife comes out clean. Cool and decorate top with orange sections.
Pumpkin Cheesecake Pie (Dick Sweet)

Prepare an unbaked 9-inch pie crust.

Blend with a mixer in a large bowl;
8 oz cream cheese (softened)
3/4 cp cane sugar
2 Tbs white flour

Beat in until smooth:
1 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp ginger
1 tsp grated lemon peel
1 tsp grated orange peel
1/4 tsp vanilla
3 eggs
1 lb cooked pumpkin

Pour into the uncooked pastry shell; cover the edge with a 3 inch strip of foil to prevent over-browning the crust. Bake at 350 for 40 minutes, then remove the foil and bake for 10 to 15 minutes longer, until a knife comes clean in the center. Immediately spread with sour cream topping; cool and then refrigerate at least 4 hours before serving.

Sour Cream Topping

Blend together:
3/4 cp sour cream
1 Tbs cane sugar
1/4 tsp vanilla
Chocolate Cheesecake - Vege Ep II
(this is exactly from the book; it's too good for me to change)
Anna Thomas says "You only live once, so do it."

Crust:
1.5 cp fine Graham cracker crumbs
1/2 cp softened butter (T.R. suggests a bit less)
3 Tbs sugar

The cheesecake:
1.5 cp soft cream cheese
2 cp sugar
3 lrg eggs
8 oz semisweet chocolate
3 Tbs heavy cream
1 cp sour cream
1/4 cp dark rum
3/4 tsp cinnamon
3/4 tsp almond extract

The topping:
1 cp sour cream
1 cp confectioner's sugar
1 cp fresh strawberries

Work the crust ingredients together by hand until it is well blended. Press it evenly into the bottom of a 10-inch springform pan, using a potato masher or somesuch to press it flat.

Beat the cream cheese with an electric beater or food processor until it is fluffy, then gradually beat in the 2 cups sugar and the eggs. Continue beating until perfectly smooth. Melt the chocolate with the heavy cream in a small sauce pan, then beat into the cheese along with 1 cup of sour cream. Add the rum, cinnamon, and almond extract, and beat a few minutes more. Pour the cheese mixture into the springform and bake in a preheated oven at 350 Farenheit for a short hour. Cool in the pan, trim any uneven edges, and remove the springform.

Beat together 1 cup sour cream and the confectioner's sugar. Cover top of the cake, but not the sides. Wash and half the strawberries, arranging them (tip inward) in a ring around the edge of the cake. Chill at least 90 minutes before serving.

Serves 12.
Date-Nut Torte -- Mitch

2 Tbs bread crumbs
8 egg yolks
1 1/4 cups sugar
2 cups chopped walnuts or pecans
2 cups chopped dates
4 Tbs flour
8 egg whites, stiffly beaten

Grease a 9" spring-form pan and dust it with the bread crumbs.
Beat the egg yolks; gradually add the sugar. Beat until thick.
Mix together the nuts, dates, and flour. Stir into the egg-yolk mixture.
Fold in the egg whites thoroughly. Turn into the spring form.
Bake in a 325 Farenheit oven 40 minutes.
Cool and remove the sides of the pan.
Fruit Pie Fillings -- Mitch
for 9-inch pie

Apple
6 cups peeled, sliced apples
3/4 cup sugar
1/8 tsp salt
2 tsp lemon juice
1/2 tsp cinnamon

Berry
4 cups blueberries, raspberries, or blackberries
3/4 cup sugar
2 Tbsp flour
2 tsp lemon juice
1/8 tsp nutmeg

Cherry
2 cans (#2) sour red cherries, drained
1 cup sugar
1/8 tsp salt
2 Tbsp flour
1/4 tsp almond extract

Put your choice in an uncooked pie shell, cover with strips of dough if desired, and bake about 40 minutes at 350 Farenheit, until crust is browned.
Pie Crust (Paul)

For one large 9 inch pie crust, mix with pastry cutter;
1 1/4 cp flour (unbleached white or whole wheat pastry)
1/2 tsp salt
1/3 cp shortening

If for desert pie, cut in;
4 Tbs brown sugar

Toss lightly with a fork while adding
3 Tbs cold water

Roll out between two pieces of wax paper.
Mold to fit a pie pan or spring form; perforate thoroughly and weight the crust with another pan or some dry beans. Bake at 425 for 10 mins.
Alice Briggs Pie Crust -- Sue

Dump these ingredients together and mix by hand until smooth.
2 cp white flour
1 pinch salt
3/4 cp vegetable shortening
1/4 cp water

Roll into a ball, and refrigerate at least 30 minutes.

Bake this pie crust at 350 Farenheit until slightly browned.

Makes 2 single layer 9-inch pie crusts or one top and bottom.

This recipe is unusual in its carelessness of preparation. I first wrote it down from just a list of ingredients and the injunction to refrigerate it. When I showed the recipe to Sue, she told me I had fancied it up. She just tossed things together and it worked great.

I don't see anything special about this list of ingredients; it is within epsilon of the more standard pie crust that I've made for years. The result is quite amazing however, so I'm switching to this one. I guess the refrigeration and showing the ingredients who's boss constitute the only real trick.

I've had one other pie crust that was as flaky and delicious; Marilyn Veeman made it from a traditional recipe that is fairly standard except she uses goose grease instead of shortening.

P.S. Alice Briggs is apparently a good old fashioned New England grandmotherly type who wins county fair cooking prizes and routinely makes 100+ pot pies for the church bake sale.
Cruchon's Fudge Pie - Tom Thompkins

Preheat oven to 350:

Warm to room temperature:
6 lrg eggs

Melt in double boiler:
7 oz butter
6 oz unsweetened chocolate

Cool the melted chocolate.

Beat eggs with:
2 2/3 cp sugar
1 tsp vanilla

When egg mix is smooth, beat in the chocolate. Pour into two unbaked pie shells.
Fills 8-inch shells very full, a bit shallow in 9-inch ones.

Bake at 350 Farenheit for 30 minutes; check for possible early done-ness.
Pecan Pie - Ed Birss

1 cp brown sugar
1 cp dark corn syrup
1/2 cp butter
1/2 tsp salt
3 eggs
1/2 Tbs vanilla
2 cp pecans, chopped

Mix sugar, syrup, butter, and salt. Cook until sugar dissolves. Beat eggs until foamy, then add the eggs, vanilla, and nuts to the mixture and pour into and unbaked eight inch pie shell. Bake at 325 Farenheit for 30 to 40 minutes.

As a variation, some of the pecans can be kept as halves and used to decorate the top, but the recommended way is as taty and easier to make.
Rhubarb Merangue Pie (Marcy's Gramma)

Make a sweetened 9+ inch pie crust (see elsewhere)

Mix in large sauce pan;
1 1/4 cp sugar
1/3 cp Half and Half
2 Tbs white flour
2 1/2 cp chopped rhubarb
1/4 tsp nutmeg

Bring to a boil, then add;
3 egg yolks

Cook until thick and then pour into baked crust.

Beat until light;
3 egg whites
6 Tbs brown sugar

Add to pie and brown for a few minutes at 375 degrees.
Plum Good Cobbler - Lynn

Put in bottom of a 8x14 pan or glass dish:
5 cps plums, peeled (optional) and pitted

Mix:
3 Tbs flour
1 tsp cinnamon powder
1/2 cp brown sugar

Sprinkle onto the plums (don't mix it in).

Mix the topping:
1 cp flour (mostly whole wheat, some white)
1 cp brown sugar
1/2 tsp mace
1/2 tsp salt
1/2 tsp baking powder
1 cp granola
(Lynn recommends Honey Orange granola from Earth Sign, a crunchy, tangy granola)

Beat one egg and stir it into the dry stuff.

Sprinkle (or deposit if too goopy) the topping onto the plums.

Melt 1/2 cp butter and pour it on top.

Sprinkle on top of everything:
1 cp granola

Bake at 375 for 25-30 minutes or until golden brown on top.

Serves 6 for a dessert.
Fruit Cobbler (Debe)

Produce by Gramma's recipe or from a can:
8 oz. Biscuit dough

Spread dough over the bottom of a greased 9" square baking dish.

Cover dough with sliced fresh fruit;
Approximately 2-3 cups of apple or peaches recommended.

Bring to a boil in small sauce pan:
1/4 C Butter
1/2 C Brown sugar
1/2 C Evaporated milk
1/2 C Dark corn syrup

Pour this sauce over the other ingredients and bake at 375 degrees for 30-35 minutes.
Rhubarb Crisp (Marcy's Gramma)

Mix with wire whisk in small bowl;
1 egg (beat lightly)
1/2 tsp vanilla extract
3 Tbs white flour
1 cp brown sugar (packed)
Pour this stuff into bottom of 8-inch square pan.

Mix with a pastry cutter in a large bowl;
1 cp brown sugar
1/2 cp white flour
1 cp whole wheat pastry flour
2/3 cp margarine

Save half of this mix in separate bowl;

To the remainder, add and toss together;
4 or 5 cp thinly sliced fresh rhubarb
Pour this stuff into the pan.

Add to the half saved earlier;
4 Tbs finely grated orange or lemon peel
2/3 cp Oatmeal
Sprinkle this into the pan.

Bake for 15 mins at 375 degrees, then reduce heat to
300 degrees and bake until evenly browned on top
(approx 40 mins more).
Brown Bag Apple Pie (Cietha)

Pare and cut into eighths;
5 large tart apples

Work into a mixture of;
2 Tbs flour
1/2 cp sugar
1/4 tsp nutmeg
1/4 tsp cinnamon
2 Tbs lemon or lime juice

Arrange in a 9-inch uncooked pastry shell

Mix crudely and sprinkle on top of pie;
1/2 cp sugar
1/2 cp flour
1/2 cp margarine

Place pie in a brown paper bag, tuck the open end under,
and bake at 425 degrees for 10 minutes. Reduce heat to
350 degrees and bake an additional 40 minutes.

This is a filling desert, but always make two to be safe.
Apple Crisp (Paul)

Mix with pastry cutter in medium bowl until crumbly;
1 1/2 cp loose brown sugar
3/4 cp whole wheat flour
1 cp rolled oats
1 tsp cinnamon
1 tsp nutmeg
1/3 cp soft margarine
Spread half of this mix in 8x10 baking pan.

Mix together;
4 cp sliced cored pippin apples
3/4 cp raisins or chopped dates
Add to the pan;

Sprinkle remaining pastry into pan.
Bake for 30 mins at 375 degrees.
Dessert Stuff
Lemon Dainty -- Emily

3/4 cp sugar
3 Tbs white flour
3 Tbs butter
2 lrg eggs, separated
1 med lemon, juice and grated rind
1/8 tsp salt
1 cp milk
1/4 cp sugar

Heat oven to 350 Farenheit and grease a one quart baking dish.

Mix thoroughly the sugar, flour, butter, and beaten egg yolks; mix in the milk, lemon juice and rind and the salt. In a different bowl, whip the egg whites to stiff peaks, then whip in the remaining sugar. Fold the merangue into the custard and turn gently into the baking dish. Place the baking dish in a pan of hot water approximately 1 inch deep. Bake the whole shebang about 50 minutes, or until nicely browned and set.

Serve with whipped cream to a few select friends; makes a small serving for 5-6 but be careful about doubling; probably should just make it twice in parallel.
Chocolate Mousse -- Andy Moorer

Whip with beater;
1 pt heavy cream

Whip in another bowl with a clean beater;
6 egg whites

My blender is too small for this next step, so combine in a blender HALF of;
24 oz chocolate chips
6 egg yolks
2/3 cp boiling water

Blend until mushy; dump into a (big) third bowl;

REPEAT this process for the other half; add it to the third bowl.

Mix all three bowls into one, folding carefully
to retain as much fluff as possible.

Pour into a dozen small desert cups and chill in a freezer.
Serve when thoroughly chilled or even frozen.

Dessert for 12
Frozen Almond Chocolate Mousse - Chronicle (via Terry Roberts & Bill VanMelle)

2/3 cp natural almonds
1/2 cp graham cracker crumbs
3 Tbs granulated sugar
3 Tbs melted butter
1 pt vanilla or coffee ice cream
6 oz semi-sweet chocolate pieces
2 lrg eggs, separated
1 cp whipping cream
3 Tbs dark rum

Toast almonds in oven at 300 for 15-20 minutes; chop fine while warm. Combine 1/3 cup almonds with the crumbs, 1 Tbs sugar and the butter. Pack into bottom of oiled 8-inch springform pan. Bake at 350 for 10 minutes, cool and place in freezer until chilled. Spoon ice cream over crust, spreading in even layer. Return to freezer.

Melt chocolate. Beat egg whites to soft peaks. Beat in remaining 2 Tbs sugar. Beat cream to soft peaks (use same beater). Beat egg yolks, then beat in warm chocolate and the rum. Fold in egg whites and cream. Fold all but 2 Tbs of remaining almonds into chocolate mixture. Turn into pan over ice cream. Sprinkle reserved almonds on top. Freeze.
Rice Pudding - Marcy & JOC

This is the classic solution to last night's leftover white rice; some of us tend to overestimate the rice just to have some leftover for this recipe.

Preheat oven to 325 Farenheit.

Use an eggbeater to make a smooth mix of:
1 1/3 cp milk
3 eggs
1/2 cp brown sugar (packed)
1 Tbs softened butter
1 tsp vanilla
1/8 tsp salt

Stir in:
2 cp cooked white rice
1/2 tsp grated lemon peel
1 Tbs lemon juice (this is JOC; we like it this way)
2/3 cp raisins

Butter a baking dish, pour in the mix, Sprinkle the top with fresh-ground cinnamon, and bake until set in the middle, about 55 minutes.

Serve either hot or cold. Makes about 6 servings.
Glazed Apples (Chef Chu)

3 med  pippin apples
2 lrg  egg whites
2 Tbs  unbleached white flour
2 Tbs  cornstarch
1 tsp  sesame seeds (white or black)
dash  salt
4 cp  deep fat frying oil
1/3 cp  water
6 Tbs  light corn syrup
1 cp  sugar
large bowl  iced water (larger the better)

Cut apple into 8 sections and core. If apple is large, half the sections to make nice size chunks. Place in water with salt.

Beat egg white and mix with flour and cornstarch until smooth.

Drain apples and coat in egg batter.

Heat oil to 375 degrees and deep fry apples until golden brown. To avoid sticking, drop them in one at a time and do not overcrowd in the frying oil. Drain well.

Bring corn syrup, sugar, and water to boil, stirring until all sugar dissolves. Boil covered (so condensation washes sugar crystals down the sides) until the syrup will form hard candy instantly upon being dropped in ice water. Stir in 1 Tbs oil. Stir the fried apples and sesame seeds into the syrup.

Remove the well-coated apples to a lightly greased serving plate; dip each piece briefly into bowl of iced water just before eating.

Six large servings.
Xin-ren Dou-fu -- Almond Gelatin (Shirley Rasmusen)

5 tsp powdered unflavored gelatin
2 cp water
1 cp milk
1 Tbs almond extract

Syrup:
2 cp water
1 cp sugar
1/2 cp milk
large can mandarin oranges

Soften gelatin in 1/2 cp water; bring the remaining water to a boil and stir in the softened gelatin. When gelatin is thoroughly dissolved, stir in the milk and almond extract. Pour the gelatin mix into a shallow pan and refrigerate until set.

Mix the syrup and refrigerate until well chilled.

Cut the gelatin into 3/4 inch cubes and serve in a large bowl with the syrup.

Serves 6.
Sticky Finger - The Blue Cheer Gang

This is good finger food for an authentic dirty-hippie party; it was invented and christened on just such an occasion. Its name was chosen because it violates the implicit rule that party finger food should be neat.

It is served as a small table covered with bowls of goodies, a warmer or two of melted goodies, and a bowl of ice water for intermediate dips.

Place in bowls the following goodies and any others that you like:

- crushed walnuts
- whole skinned peanuts and/or cashews
- toasted sunflower seeds
- pecan crumbs
- slivered almonds
- grated coconut
- grated lemon or orange rind
- sliced marashino cherries
- raisins
- currants
- citron (chopped fairly small)
- dates (chopped small)
- granola
- graham cracker crumbs
- powdered sugar
- shaved bittersweet chocolate
- crunchy peanut butter
- honey
- caramel sauce (or cake icing)
- sticky fruit jam
- marshmallow cream

Keep melted in a warmer:
- semi-sweet chocolate sauce
- any other sauce that will harden in cold water

To make a Sticky Finger, first dip the chosen finger in something sticky, then load it with dry goodies until they have consumed all the stickiness. At this point you can decide that you have enough already, or loop.

If the finger full of dry stuff goes through the hot dip, you can harden it with the ice water dip to add structural stability to your creation. There are only two subtle hazards to look out for: 1. If insufficient insulation has been added, you can burn yourself royally using the hot dip. Just use the ice water at the first sign of overheating. 2. Remember that the finger you bite may be your own; the finished product looks like a candy bar, but it has a tender interior!
Chocolate Fudge (Marcy's Mom)

Mix thoroughly in large flat cake pan;
3 pkg Chocolate chips (7-8 oz pkg)
1 jar Marshmallow cream (8 oz)
1/2 lb Butter
2 cp Chopped nuts
2 Tbs Vanilla

Heat to a rolling boil stirring often;
4 1/2 cp Sugar
1 lg can Pet evaporated milk

Boil carefully for 7 mins stirring to avoid scorching the milk mixture. Pour boiling mixture over other ingredients and stir till chips melt. Refrigerate.
Foodaholic Fudge (Kathy at ISIB)

To make bar

1/2 cp butter (*= 1/4 lb = 1 stick)
1 oz (square) unsweetened chocolate
1 cp white sugar
1 cp white flour
1 cp chopped nuts (optional)
1 tsp baking powder
1 tsp vanilla
2 eggs

Preheat oven to 350. Grease and flour a 13 x 9 inch pan.

In large saucepan, melt butter, and chocolate.
Add and mix well the rest of bar ingredients. Spread in pan.

To make filling

8 oz pkg. cream cheese (softened) **(RESERVE 2 oz)**
1/2 cp white sugar
2 Tbs white flour
1/4 cp butter (1/2 stick)
1 egg
1/2 tsp vanilla
1/4 cp nuts (optional)
6 oz pkg. chocolate chips
2 cp mini marshmallows (or big ones chopped up)


To make Frosting

1/4 cp butter (1/2 stick)
1 oz (square) unsweetened chocolate
2 oz cream cheese **I hope you reserved it!**
1/4 cp milk
3 cp (1 lb box) powdered sugar
1 tsp vanilla extract

Melt the butter, chocolate, cream cheese, and milk. Stir in powdered sugar and vanilla until smooth. Immediately pour over the marshmallows at the top of the assembled goody and swirl together.

Refrigerate. Cut in small squares to serve. 10,000 calories per square inch.
Chocolate Brownies (Mark Weiss)

Mix, in order;
3  eggs
1 1/2  cp  sugar
1  tsp  vanilla
1/4 tsp salt
1/2 tsp Baking powder (omit for solid chewy brownies)

Melt together and add;
1/2  cp  butter
3 oz  baking chocolate

Stir in;
1  cp  white flour
      chopped nuts or M&M candies if desired

Scoop into a baking dish that has been buttered and coated with sugar, not flour. Use a heavy dish (like Corningware). Bake at 350 for 30 mins. (for gooey ones) to 45 mins. (for well done).
Crunchy Granola (Ann Provo)

Stir together in a large bowl:
6 cps Oatmeal
1 cp Wheat germ
1 cp chopped or sliced nuts
1 cp Sunflower seeds
1/3 cp Brown Sugar

Mix in large measure cup:
1/3 cp Honey
2/3 cp Sesame Oil
1/3 cp Water
1 tsp Salt
1 tsp Vanilla extract

Pour liquids onto dry ingredients and toss;

Bake in shallow pans 45 mins to 1 hour at 325 degrees;
Stir every 10 minutes to prevent burning.

Add raisins after cooling.
Try using fruit-flavored yogurt instead of milk on granola.
Citrus Peel Candy -- Nancy Bright

Peel of 6 grapefruit (or oranges, lemons, limes, etc. with same volume)

Boil peels in brine (3 tsp salt and water to cover) for 30 minutes.

Drain and boil in fresh water for 30 minutes.

While still hot, scrape excess white from peels and discard.

Prepare a candy syrup from
4 cps cane sugar
2 cps hot water
1/2 cp light corn syrup

While syrup boils gently, cut the peels into strips 1/4 inch wide.

Add the peel to the syrup and boil with occasional stirring until it reaches
soft ball stage (230 Farenheit on candy thermometer). Syrup will be nearly
all absorbed and peels will be transparent. Remove the peels from syrup
a few at a time, drain, and roll in dry granulated sugar. Allow to cool before
packing.
Malcheski's Doughnuts - newswire

2 oz dry yeast
2 cp hot water
2 cp milk
1/2 cp melted shortening
3 eggs
3/4 cp white sugar
1/2 tsp salt
3-4 lb flour
Oil for frying

Dissolve yeast in hot water. Combine milk, shortening and eggs. Stir in yeast mixture. Add sugar and salt and mix well. Add half the flour to form a sticky dough. Add more flour gradually for a dough you can handle, but one that's soft, not tough. Knead dough until smooth and satiny. Let rise in greased bowl 30 minutes.

Punch dough down. Divide in half for easy handling. Roll out 1/2-inch thick. Cut into doughnut shapes. Place on greased cookie sheet and let rise about 45 minutes until double in size. Deep fry in hot oil, about 350 degrees, until doughnuts are browned on one side; turn over and fry other side, less than 5 minutes in all. Remove to paper towel-lined plate. Serve plain or sprinkled or glazed with sugar.

Makes 7 to 8 dozen.
Apple Fritters -- Mitch

12 thin slices of peeled apple
5 Tbs sugar
2 Tbs brandy
1 1/2 cups sifted flour
1/2 tsp salt
1 tsp baking powder
1 egg
1 cup milk
2 Tbs melted butter
butter for frying

Sprinkle the apple slices with 4 Tbs of the sugar and the brandy. Set aside.

Sift the flour, salt, and baking powder into a bowl. Beat the egg, milk, and melted butter together and add to the flour mixture gradually, beating until smooth.

Heat a little butter in a large skillet. The next operation must be done quickly. Pour about 1 Tbs of the batter into the pan, place an apple slice over it and cover with more batter. Repeat until all the batter and apple slices are used up. Brown on both sides.
Bananas Foster - Sarah / New Orleans Cookbook
(a decadent dessert)

4 Tbs  butter
6 Tbs  brown sugar
1/2 tsp powdered cinnamon
4 med bananas, sliced lengthwise
1/2 cp banana liqueur
1/2 cp rum
1+ qt French Vanilla ice cream (a rich, eggy vanilla)

Melt the butter in a heavy skillet, mix in the sugar and cinnamon, and sauté the bananas until they soften. Pour in the liqueur and half the rum; continue cooking over low heat. Bring the remaining rum quickly to a boil, pour over the bananas, and ignite. Prolong the flambe as long as possible by tipping and swirling the pan and basting the bananas with the flaming sauce (using a long handled spoon). When the flames die, serve the bananas on top of the ice cream, ladling on plenty of the sauce.

Serves 4 to 6, dependent largely on space available.
Banana Fool - Mitch

3 doz  small Italian ladyfingers
1/2 cp  rum mixed with
1/2 cp  water
2 pkgs  vanilla pudding (not the instant kind)
10-12  dried apricots, chopped coarsely
1/4 cp  cognac
1/4 cp  water
3 Tbs  sugar (or to taste)
1 1/2  ripe large bananas
2 Tbs  lemon juice

Make this in a clear glass bowl or footed compote with straight sides, about three inches deep and of about 2-qt capacity.

Bake the ladyfingers in a 400 Farenheit oven for 5 minutes -- they are usually a bit too soft and spongy. Cool them and dip them quickly into the mixed rum and water. Split them (they come that way normally) and line the sides and bottom of the glass bowl, arranging the rounded side against the glass.

Make the vanilla pudding according to the package directions and cool it.

Cook the apricots in the cognac, water, and sugar, which they should absorb in about 10 minutes.

Slice the bananas and turn them in the lemon juice to keep them from discoloring.

Mix the cooled ( tepid) pudding, the apricots, and the bananas (drained of the lemon juice) together.

Fill the ladyfinger-lined bowl with this and chill until serving time. If you want to serve this with whipped cream, leave it unsweetened.

Raspberry Charlotte. (a variation)

Line a charlotte mold with the ladyfingers, as above, but use kirsch instead of rum.

Soften 1 quart of raspberry sherbert.

Make a sauce of fresh or frozen unsweetened raspberries.

Put half the sherbert in the mold, smoothing it down. Spread the raspberry sauce over this. Cover with remaining sherbert. Cover tightly and freeze until half an hour before serving time. Transfer to the refrigerator to soften slightly.

Cut into wedges with a silver knife dipped in hot water after each slice.
Ice Cream
Plain Vanilla Ice Cream (Paul & Dave)

If you wish to keep this ice cream for any appreciable length of time, you should scald the half and half to make it stay together better. Unscalded milk seems to have enzymes that make the ice cream get icy during storage. We always eat it instantly, so we don't worry about scalding anything.

If you do scald it, use a double boiler very lightly greased with butter; otherwise it will surely stick and give a boiled flavor which you won't like.

Stir in until smooth;
2 1/2 cp sugar
1/2 tsp salt
3 qts half and half
4 Tbs vanilla extract (better use real)

Cool in refrigerator before cranking if time is available.
Crank until stiff, pack with salt ice and allow to set for 30 mins.
Makes 4 quarts, but it fluffs up enough that there isn't much room for more in a five quart crank.

Cherry Swirl Ice Cream (Carol M.)

An amazingly good thing to do to your plain-jane vanilla ice cream is to load it with swirls of fruit. The recipe above has room for about a pint of fruit thrown in when the dasher is pulled. Since it can certainly stand more fruit than that, try using at least a quart and serving the portion that didn't fit in the crank on top of the ice cream.

Some fruits freeze so hard that their frozen form is a hassle to eat; if the fruit you want suffers this problem, either serve it on top of the ice cream, or blenderize it into tiny chunks.

Pit carefully;
1 quart fresh bing cherries

Blenderize half and stir into the ice cream when you pull the dasher.
Throw in as many more as will fit. Serve the rest with the ice cream.
Blackberry Cheesecake Ice Cream (Paul)

For a 5 qt ice cream cylinder, mix until lumps are tiny:

1 cp  Brown Sugar
1 1/2 c  Honey (use less for sweet fruit)
1 qt  half & half
1 pt  blackberry yogurt
1 pt  sour cream
1/2 tsp salt
2 Tbs  vanilla extract
2 Tbs  cognac
6  whole eggs lightly beaten
1 qt  fresh blackberries (mash some, use some whole)

Add enough whole milk to make 4 qts total liquid.

If your dasher is the new-fangled plastic variety, it may clog with frozen berries. The various cures for the malady range from replacing the dasher with a movable wooden one, using shredded berries, or stirring the berries in after the cranking is done. If the dasher is right, cranking in salt ice for approx. 30 mins. will be sufficient. Steady, slow, absolutely uninterrupted cranking is the key to smooth ice cream.

To produce firm ice cream, harden the contents of the tub in more salt ice for 45 mins. This is especially important for this recipe because the large amounts of alcohol in the vanilla and the cognac act as anti-freeze

Makes 5 quarts; enough to serve exactly the number of people who are standing around when the tub is opened.
Lotus Cream Ice Cream (Uncle Gaylord)
from Mrs. Hiram F. Brandon, Forrest City, Arkansas

For 5 quart freezer, mix:

2 qt. half and half
2 eggs, well beaten
1/2 tsp salt
2 cp cane sugar
2 whole lemons (grate peel, squeeze juice)
4 oz lemon juice (in addition to above)
1 tsp almond extract
1 cp sliced almonds

Should freeze in 15-20 minutes with proper salting. A good ice cream for when fresh fruits are not in season.
Lotus Cream Ice Cream (Uncle Gaylord)  
from Mrs. Hiram F. Brandon, Forrest City, Arkansas  

For 5 quart freezer, mix;  

4 qt half and half  
4 eggs, well beaten  
1 tsp salt  
4 cp cane sugar  
4 whole lemons (grate peel, squeeze juice)  
1 cp lemon juice (in addition to above)  
2 tsp almond extract  
2 cp sliced almonds  

If the freezer isn't full to fill mark, the icecream will be very fluffy like whipped cream. If you don't want this, add milk to the fill line.  

Should freeze in 15-20 minutes with proper salting. A good ice cream for when fresh fruits are not in season.
Napolean Ice Cream (Uncle Gaylord)  
a Mocha desert

Mix until smooth:
2 qt  half and half
2  eggs, well beaten
1/2 tsp salt
1 1/3 cp  cane sugar
1 cp  cocoa
1 Tbs  freeze-dried coffee

Add enough milk to bring mixture to 4 quarts liquid, crank for 15-20 minutes.
Cooked Custard Ice Cream (Janet Sweet)

For 1 gallon basic vanilla;
Mix together in a large sauce pan;
2 1/4 cp cane sugar
6 Tbs white flour
1/2 tsp salt

In a double boiler
(or sauce pan if you want to watch it carefully) scald;
1 qt whole milk

Add the milk to the sauce pan and cook over low heat for 10 minutes, until slightly thickened.

Beat moderately in a large bowl;
6 eggs

Slowly beat some of the hot mixture into the eggs, then stir the egg mix into the sauce pan and cook for 1 more minute. Overcooking causes custard to separate and produces a scrambled egg flavor in final product. Remove from heat and let it cool. When completely cool, strain to remove lumps or skin.

Stir into the custard;
1 qt half and half
1 cp whole milk
4 Tbs vanilla extract

Freeze in a 1 gallon crank.

Creme de Menthe Ice Cream (a decadent dessert)
Add to the basic recipe;
3/4 cp Creme de Menthe
dash green food coloring

This will be slower to freeze, so keep cranking.
Cantalope Sherbet (Sunset + Paul)

These sherbets are all light and fruity; there is no cream flavor (because there's no cream), so the fruit flavor is the essence. When cantalope sherbet is made from perfectly ripe fruit, it is somehow more like cantalope than cantalope itself. Because the fruit is so important, it is essential to use only perfectly ripe ingredients. I like the cantalope sherbet so much that I once attempted it so early in the season that even the best cantalopes available were only partially ripe; that was the only time I've ever been disappointed by the cantalope sherbet.

The moral of this sad tale is that you must choose which sherbet to make by observing which fruit is available in perfect ripeness. If you are off season for all of these, consider Mexican papaya which can be obtained very early in some parts of the Bay Area, fresh frozen berries from fancy supermarkets, or making one of the ice creams that depend on fruit for accent rather than essence. Lotus cream ice cream tastes like some imaginary fresh fruit was used in it, and can be made year round.

Beat in a large bowl til soft peaks;
4 egg whites

Beat egg whites to stiff peaks while adding;
1 cp sugar

Beat til light and creamy (you can use the "dirty" beater from the whites);
4 egg yolks
1/4 tsp salt
1 cp sugar

Prepare a fruit puree as specified below or on the next page;
Blend 5 pounds of very ripe Cantalope to yield 7 cups puree; add
4 Tbs lime juice
2 tsp vanilla
2 tsp grated lime peel
1/4 tsp ground ginger (or a dozen very thin shavings of fresh ginger)

Stir into the puree;
2 cps sugar

Stir the sweetened fruit puree into the eggs a little at a time to make a smooth mixture. Fold in the merangue, then stir in as much as will fit of;
2 qts buttermilk

Fill the cylinder (past the fill line since this stuff doesn't fluff up as much as ice cream), and crank as usual. If you are in a hurry and use a sturdy hand crank, you can crank this mix beyond normal stiffness and serve it immediately without waiting for it to set. Sherbet does not keep especially well (I've rarely had any to try to keep); if you keep some in the freezer, move it to the fridge about an hour before serving.

Makes 5 quarts.

Note that some of the ingredients for these sherbets (e.g. lemon rind or shaved ginger) will add a texture to the final product. If you don't want this, blenderize the coarse ingredients with a bit of the fruit puree to make a smooth suspension.

Cantalope sherbet is such a favorite of mine that I have tried a number of other melons with the same basic recipe. Each one I've tried is good enough that I let the choice of sherbet flavor depend first on finding ripe melons and then secondly on my preferences among melons.
Persian melon is a stronger tasting melon along the same lines as cantaloupe; allegedly it figures in the genetic background of cantaloupe; as sherbet it gets my highest recommendations. Honeydew and crenshaw melons are milder and blander; using as much lime juice as with cantaloupe tends to hide some of the melon flavor. Casaba is an interesting flavor off to one side of the spectrum holding the others; I liked it, but couldn't classify it with the others. An exotic new variety called the Charlene melon is lurking about the bay area. I've never made sherbet from it, but eating it as fresh fruit has convinced me that I've gotta try it. The Overland Vege Stagecoach had it on occasion before their demise. It is a cross between cantaloupe and honeydew with flesh a bit closer to blue than honeydew and flavor that is both powerful and different from its parents. It should be more popular in the future.
Alternate Sherbets

The weights of fruit shown are estimates for shopping; the cups yield of puree is the important measure in all cases. All purees are made in a blender.

Blend 12 cups fresh Berries yielding 6 cps smooth puree; add
2 Tbs lemon juice
2 Tbs vanilla
2 tsp grated lemon peel

Puree 8 medium-sized Mangos yielding 6 1/2 cups puree; add
1/2 cp fresh orange juice
2 tsp grated orange peel
4 tsp lemon juice
4 tsp vanilla

Blend 8 medium Hawaiian (or 4 lbs Mexican) Papayas for 7 cups puree; add
1/2 cp lime juice
1 Tbs vanilla
2 tsp grated lime peel (or just grate peels and squeeze juice from 4 limes)

Blend 4 lbs very ripe Peaches or Nectarines for 7 cups puree; add
6 Tbs lemon juice
2 Tbs vanilla
1 Tbs grated lemon peel
1/2 tsp almond extract (optional)

Blend 4 lbs Plums for 6 cups puree; add
3 Tbs lemon juice
4 tsp vanilla
1 tsp lemon peel
2/3 cup sugar (adjust for sweetness of the plums)
An important point to consider; to peel or not to peel. Peeling plums makes the flavor much blander, and is a lot of work if you are using small plums. On the other hand, eating huge amounts of plum peel has a laxative effect, so if you plan to pig out, peel the plums.

Blend 5 lbs perfectly ripe (remove any brown stuff) Bananas for 6 cps puree;
1/2 cp lemon juice
1 Tbs grated lemon peel (these two ingredients are 2 medium lemons)
2 Tbs vanilla
(consider using minute amounts of cinnamon; test the flavor on a sample of the puree so you won't "ruin" the whole batch)
Cranberry Sherbet - Paul

A winter sherbet (for those of us who are too impatient to wait for summer) that can be made from frozen concentrate. I decided to make cranberry sherbet in January, but discovered that Ocean Spray has a virtual monopoly on cranberries (at least on the West coast). They apparently sell the berries only at Thanksgiving and Christmas, and use them for making juice during the remainder of the year. Sadly, they do not sell the juice directly, but only in the form of "Cranberry Cocktail", a mix that contains more water and sugar than juice. The only hope is to buy the frozen "Cranberry Cocktail" concentrate from Welch's. The recipe takes the added sugar of the frozen stuff into account by reducing the sugar used elsewhere in the sherbet.

For 6 quarts of sherbet, use six 6-oz cans of frozen concentrate, diluted with approximately one cup of water. Don't do the diluting until final taste testing, because you may decide to use cream instead.... Ignore the instructions on the can that specify adding 18 oz of water to each can.

Mix Juice with:
2 tsp grated lemon peel
4 Tbs lemon juice
2 Tbs vanilla

Use as the fruit puree in the Cantalope sherbet recipe, but DON'T add the cup of sugar specified for the fruit. That is, for the total recipe, use only 2 cups of sugar instead of the 3+ specified. Taste the mix just before cranking; if it seems to astringent, add sugar to your own taste. If the bite is still there after a bit of sugar, stir in 8 oz of sour (or sweet) cream; somehow the butterfat seems to buffer the sharp edge of the berries. The tasters for the first batch I made all loved it, but split evenly over whether it needed more or less sweetness.

I'll put together a version to use fresh cranberries whenever they become available again......Until then, I'll make do with the frozen stuff.
Watermelon Sherbet - nice guy at Di Martini's

This is a perversion of the original recipe; this version is made in an ice cream crank, whereas the original was made in a freezer tray with sporadic stirring. To make any freezer tray sherbet, you must include quite a bit of emulsifier to avoid large ice crystals (i.e., crunchy or icy texture); since an ice cream crank solves this problem mechanically, we can decrease the egg white and still get a smooth texture in the final product. I generally prefer to minimize the emulsifier as this results in a "wetter" taste; with heavily emulsified commercial ice creams I find myself drinking a glass of water afterwards to get rid of the stickiness in my mouth.

The reason that watermelon sherbet is not made the same way as the other fruit sherbets is implicit in its name; watermelon is more watery than the other fruits. In order to concentrate more watermelon flavor in a given quantity of sherbet, we use more fruit and concentrated milk. Because watermelon is quite sweet and evaporated milk does not have the bite of buttermilk, we reduce the sugar 25%. If you suspect your watermelon of being sweeter than average, don't add the last cup of sugar until the rest of the mixture is complete. Taste the mix; if it seems a bit too sweet, it will freeze to the right flavor. If it is just right unfrozen, you should add more sugar before freezing it. My theory about this is that the sweetness sensors in the human mouth lose sensitivity when almost frozen, but I'm just guessing.

Prepare a stiff merangue of
4 egg whites
1 cp sugar
Beat till light and creamy (you can use the "dirty" beater from the whites);
4 egg yolks
1/4 tsp salt
1 cp sugar

Blenderize enough diced, seeded watermelon to yield 12 cups puree; add
6 Tbs lemon juice
1-4 Tbs sherry (optional)
1 1/2 tsp grated lemon peel

Stir into the puree;
1 cp sugar

Stir the sweetened fruit puree into the eggs a little at a time to make a smooth mixture. Fold in the merangue, then stir in:
4 cps evaporated milk

Fill the cylinder (past the fill line since this stuff doesn't fluff up as much as ice cream), and crank as usual. If you are in a hurry and use a sturdy hand crank (or a powerful electric like the ones made by White Mountain), you can crank this mix beyond normal stiffness and serve it immediately without waiting for it to set.

Makes 5-6 quarts.
Chocolate Orange Curacao Ice Cream (Old-Fashioned Ice Cream Cookbook & Paul)

6-8 oz unsweetened chocolate
(use the larger amount if you're a chocolate junky)
1 qt whole milk
2 qt half and half
2.5 cp cane sugar
trace salt
3 cp fresh-squeezed orange juice (6-9 oranges)
(tangerines are dynamite!)
6 Tbs orange Curacao

Melt the chocolate in a double boiler, then stir in a little hot milk to make a paste. (The orange juice seems to do a good job here as well). Slowly add the remaining milk and scald for one minute, stirring. If you don't care about keeping the ice cream, just bring it to scalding temperature but don't bother to hold it there. Remove from heat and strain to remove any lumps. Stir in the sugar and salt until dissolved, then add fresh orange juice, half & half, and Curacao. Crank and allow to set until quite firm.

Makes about five quarts.
Chocolate Rum Raisin Ice Cream (Old-Fashioned Ice Cream Cookbook)

6 oz unsweetened chocolate
3 qt half and half
3 C cane sugar
trace salt
2 Tbs vanilla extract
3/4 C light rum
1 1/2 C raisins

Melt chocolate in double boiler, add some hot milk to make a paste, then slowly stir in remaining milk. Scald for one minute stirring. Remove from heat and strain for lumps. Dissolve sugar and salt then chill thoroughly. Add the vanilla and rum and crank for a long time (rum is anti-freeze; if you want to accelerate the freeze, use rum extract for part of the rum). When firm, remove dasher, stir in raisins, and allow to set until hard.

Makes about one gallon.
Banana Ice Cream - Nancy Bright

Beat to smooth consistency;
4 lrg eggs
3.5 cp brown sugar

Blend in the following ingredients;
1 sm1 can evaporated milk
1 13 oz can Eagle condensed milk
3 Tbs vanilla extract
1 qt half and half
8-10 mashed, very ripe bananas
3+ qts whole milk

Mix makes about 5 quarts of ice cream so adjust for your crank.
This ice cream is best when frozen quite solidly (hard frozen banana chunks are not too crunchy), so I suggest you let it set for as much as two hours.
Tutti Fruiti Ice Cream - Nancy Bright

Note.... I have not made this recipe yet, nor eaten the ice cream. Cannot extend the usual guarantees of goodness until such time. Try it if you think you like tutti fruiti, and tell me how it came out....Paul

Drain and save juice from;
1 med can crushed pineapple (light syrup or adjust sugar)
1 med jar marishino cherries

Stir the juice to dissolve;
3 cp granulated sugar

Combine the drained fruit in a blender with;
1 sml can frozen orange juice
2 lrg eggs

Mix the prepared ingredients with
2 Tbs vanilla extract
2 sml cans evaporated milk
whole milk to make a bit less than a 1 gallon

Crank it normally. If you blended the fruit to a slush, it can probably be allowed to set quite hard; if the fruit is chunky, serve while still a bit soft.

Makes 1 gallon.
Frogurt - Uncle Gaylords

Blend until smooth:
9 cp plain yogurt
1/2 cp brown sugar
3 Tbs vanilla extract

Crank for about 15-20 minutes. This is the most basic recipe, so feel free to elaborate with fruit, etc. This frogurt has about 20 calories per ounce, as opposed to the roughly 50 calories per ounce in ice cream.
Frozen Maple Mousse -- Paul & Old Fashioned Ice Cream Book

Note: this is an unusual mousse in that it must be frozen in an ice cream crank.

Stir until blended;
1/2 cp maple syrup (the real stuff!)
1 cp whole milk

Chill by placing the original bowl into a larger bowl of ice chips;
While it is chilling, whip until stiff in another bowl;
1 cp whipping cream (chilled)

Fold the whipped cream into the maple milk, and stir in;
1/4 cp chopped walnuts

Freeze the mousse by cranking like ice cream in an ice cream freezer.
Don't bother to get it very stiff; it will harden in the freezer compartment of a refrigerator.

Serves 4 very well.
Cookies
Sesame Ginger Thins -- Emily

In a small pan over medium heat, brown stirring for about 4 minutes
1 cp sesame seeds
set aside and allow to cool.

Beat together at each stage;
3/4 cp softened butter
2 cp sugar
2 lrg eggs
1/2 cp molasses (unsulfured)
2 T lemon juice
1/2 tsp grated lemon peel
1/2 tsp vanilla

In another bowl, mix together
3 1/2 cp unsifted white flour
1 1/2 tsp baking soda
1 Tbs fresh-ground ginger
1 tsp fresh-ground cloves

Gradually blend the dry into the wet; when smooth, refrigerate until well chilled (at least one hour).

Roll chilled dough into 1 inch diameter balls, roll the balls in the sesame seeds. Place the balls at least 3 inches apart on a greased cookie sheet, and flatten with the bottom of a glass. Bake 10-12 minutes at 350 Farenheit.

Makes seven dozen
Gingerbread Men (Paul)

Preheat Oven to 375 F.

Bring to a boil in double boiler;
1 cp sweet mollasses

Add stirring;
1/2 cp brown sugar (white will do)
6 Tbs butter
2 Tbs milk

While that junk simmers, grind together;
2 tsp fresh nutmeg (one small nut)
2 tsp cinnamon stick (med stick)
2 tsp whole cloves
2 tsp dried whole ginger root (candied is okay)
(whatever you use must be dry or it clogs the grinder)

Sift together into a big bowl;
the ground spices
1 tsp baking soda
1 tsp salt
2 cp white flour
2 cp whole wheat flour

Stir in the liquid from the boiler, and add additional white flour if needed to form a dough that is thick enough to handle well.
Roll the dough to 1/4 inch thick or less. Cut with shaped cutter or a sharp knife. Bake for about 8 minutes on a heavy, shiny, ungreased cookie sheet at 375 F. Decorate while still hot with raisins, candies (M & M's), citron, or frosting.

Makes about 2 dozen medium men.
Peanut Butter Cookies (Marcy)

Beat together thoroughly;
2 Cps brown sugar
2 sticks margarine (soft or melted)
1 tsp vanilla

Beat in;
2 lrg eggs

Add and stir well;
1 Cp crunchy old-fashioned peanut butter
3 Cps white flour
1 tsp salt
2 tsp baking soda

Optionally, stir in:
12 oz semi-sweet chocolate chips

Use two forks, alternately soaking one in hot water while scooping tablespoons of dough and mashing them flat with the other. Switch forks when the dough starts to stick.

Bake on an ungreased cookie sheet for 10-12 minutes at 375.

Makes three dozen.
Jam-Filled Oatmeal Drops (Marcy)

Combine and beat until fluffy;
1/2 cp dark brown sugar
1/4 cp light karo syrup
1/2 cp shortening
1 egg (unbeaten)
1 tsp vanilla extract
1/2 tsp lemon extract

Stir in;
2 cp quick oats

Sift together in separate bowl;
1 cp flour
1/2 tsp soda
1/2 tsp salt
1/2 tsp baking powder

Add to other ingredients and mix well.
Drop stiff dough by tsp. onto greased cooky sheet.
Make shallow depression in center of each dough drop
and fill with thick red jam.

Bake at 350 for 15 mins.

Makes 3 1/2 to 4 dozen
Chocolate Chip Cookies - Mitch

1/2 lb butter or margarine
1 1/2 cp brown sugar
2 lrg eggs
2 1/4 cp sifted flour
1 tsp salt
1 tsp baking soda
2 Tbs hot water
1 tsp vanilla extract
12 oz chocolate bits
1 cp chopped walnuts

Cream the butter and beat in the sugar until mixture is smooth

Beat in the egg until mixture is light and fluffy.

Sift together the flour, salt, and baking soda. Work into the
butter mixture.

Stir in the hot water, vanilla, chocolate bits, and nuts.

Crop by the tsp onto a greased cooky sheet.

Bake in a 375 Farenheit oven 10 minutes or until browned.

Makes about 4 dozen cookies.
Ultra Chewy Chocolate Chip Cookies (Patte Wood)

Add nutmeg and cinnamon (1 tsp each) to the recipe on Tollhouse chips pack

Very important to slightly under-cook them in order to make nice chewy cookies.
Oatmeal Lace Cookies (Sharon Veach)

Stir together with a wire whisk:
2 cp melted butter or margarine
2 cp brown sugar
1 tsp vanilla extract
1 tsp maple flavoring

Stir in with a big spoon:
2 cp flour
6 cp rolled oats
1 tsp baking soda dissolved in
1/2 cp boiling water
1/2 tsp salt

Place heaping spoonfuls on a lightly greased cookie sheet. Use a fork dipped in hot water to flatten them into circles about 3 inches in diameter and quite thin.
Bake at 325 degrees for about 10 to 15 minutes.

Makes a whole bunch!
Oatmeal Cookies (Marcy)

Beat together til creamy:
3/4 cp shortening (1/2 butter)
1 cp packed light brown sugar
1/2 cp granulated sugar
2 eggs
1/4 cp water
1 tsp vanilla

Stir in:
1 cp whole wheat flour
1 tsp salt
1/2 tsp baking soda

Add last:
3 cps milled oats
1 pkg butterscotch chips *
1 cp walnuts *

* means optional
Bake on greased cookie sheet at 350 for 12-15 mins.  
Yields 5 doz medium cookies
Oatmeal Raisin Cookies (Paul)

Beat together;
1 cp Margarine
1 1/2 cp Brown Sugar
1 1/2 cp Granulated Sugar
2 tsp Vanilla
2 Eggs

Sift in;
1 1/2 cp white Flour
1 tsp Baking Soda
1 tsp Salt

Stir in;
2 cps Oatmeal
2 cps Raisins
1 cp Chopped Nuts

Bake in 375 degree oven on greased sheet 8-10 mins.

Makes 6 dozen little ones
Chewy Oatmeal Cookies (Quaker)

Sift together
1 cp flour
3/4 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
1/4 tsp nutmeg

Beat in
3/4 cp soft shortening
1 1/3 cp brown sugar
2 eggs
1 tsp vanilla

Stir in
2 cps oatmeal (not the quick kind)
1 cp raisins

Bake heaping teaspoons on greased cookie sheet
for 12-15 minutes at 350 degrees

Makes 3-4 dozen
Oatmeal Rocks - Sunmaid package

Combine and let stand while doing the rest of recipe;
3 cp quick oatmeal (5 minute variety)
1/2 cp milk

Sift together in a bowl;
2 cp white flour
2 tsp salt
1.5 tsp baking powder
1/2 tsp nutmeg

Cream together;
1 cp shortening
1.5 cp dark brown sugar
2 lrg eggs
2 tsp vanilla

Blend in flour mixture, then the oatmeal mush. Stir in;
1 cp currants
1/2 cp chopped walnuts

Drop heaping teaspoons onto a greased baking sheet. Bake about 10 minutes at 400 Farenheit until lightly browned. Leave on cookie sheet for one more minute, then remove and cool. Makes 4 dozen cookies each about 2.5 inches diameter.
Greatest Cookies in the Whole World (Amy Levy)

1/2 Cp butter or shortening
1 Cp sugar
1 egg, slightly beaten
1/4 Cp honey
3-4 T milk
1/4 Cp raisins
1 1/2 Cp old-fashioned rolled oats
1 3/4 Cp flour
3/4 tsp baking soda
1/2 tsp allspice
1/2 tsp cinnamon
1/2 tsp salt

Cream shortening and sugar, then add egg, honey and milk. Continue to cream until light and fluffy.

Soak raisins in hot water for five minutes; drain well. Combine with oatmeal and add to creamed mixture. Sift flour with the remaining dry ingredients and add to mixture. Mix until well-blended. Drop a quarter of a cup at a time onto a lightly greased cookie sheet, leaving at least three inches between each cookie. (A No. 16 scoop works perfectly.) Flatten cookies slightly.

Place on center rack of a preheated 300-degree oven. Bake 12 to 18 minutes. Cookies will be delicately brown and slightly soft in the center when done, about 4 1/2 inches in diameter. Cool.

[Note: The cookies may have to bake for 1/2 hour or more.]
Fresh Apple Cookies (Paul)

Sift together and set aside:
2 tsp Baking soda
4 cps flour

Mix with beater in large bowl:
2 cps dark brown sugar
2/3 cp Honey
1 cp shortening
1 tsp Salt
3 Tbs cinnamon
2 Tbs cloves
1 1/2 tsp nutmeg
2 eggs
1/2 cp Apple juice or milk

Add all of these goodies and anything else that sounds good:
2 cps Raisins
3 cps Chopped apple (don't peel)
2 cps chopped nuts

Spoon heaping tsps onto greased sheet,
Bake 10 to 14 minutes at 425 degrees.
Makes 7 dozen little ones.
Date Pinwheels -- Geneva Martin

Cook in a sauce pan until thickened;
1 lb dates, chopped tiny
1/2 cp water
1/2 cp brown sugar

While the date paste is cooling thoroughly, cream together;
1/2 cp shortening
1/2 cp granulated sugar
1/2 cp brown sugar

Add to the mix and beat in;
1 egg
1/2 tsp vanilla

Sift together and blend into the dough;
2 cps white flour
1/2 tsp baking soda
1/2 tsp salt

Divide the dough in half and refrigerate until thoroughly chilled.
Roll each half out on floured board to form a rectangle about a foot wide
and 1/4 inch thick. Spread evenly with the date goop and sprinkle with;
1 cp chopped walnuts

Roll each rectangle up like a jelly roll, wrap in wax paper, and place in
the freezer until quite firm. When solid, slice into 1/4 inch thick rounds.
Bake at 400 Farenheit for 8-10 minutes, or until lightly browned.

Makes 6 dozen cookies.
Mother's Butter Cookies - Carolyn

1 cp butter
4 Tbs sugar
1 tsp vanilla
2 1/2 cp sifted flour (measure after sifting)

Red jelly (strawberry, blackberry)

1. Cream butter and sugar.
2. Add vanilla.
3. Mix in flour.
4. Take about 1 Tbs dough and roll in palm of hand until round and smooth. Press a hole in top with finger.
5. Place cookies on greased cookie sheet.
6. Bake 10 minutes at 350.
7. Remove from oven and carefully put jelly in each indentation.
8. Return to oven for approximately 5 minutes.

They should be golden, but be careful not to burn bottoms.

Suggestion: For recipes calling for butter, Carolyn usually uses half margarine and half butter + pinch salt. Cuts down on cholesterol (and it’s cheaper).
Norwegian Cookie - Karen Bjornard of Berkeley (from Carolyn)

1 stick butter
1 stick margarine
2 cp sugar
2 eggs
3 cp flour
2 tsp baking powder
pinch salt

1 egg (lightly beaten to brush on top)
1 cp chopped nuts (pecans or walnuts)

1. Cream butter, margarine and sugar.
2. Blend in eggs.
5. Take handful of dough; flatten out by hand as thin as possible on cookie sheet.
6. Brush dough with beaten egg.
7. Sprinkle chopped nuts on top; press in a little.
9. Cool about 5 minutes; then cut into square shapes; cool on rack.
Causes and Such
Comprehensive Plum Jam - Alan Borning

This jam is considerably less sweet than the usual recipes, and is cooked down more. Also, it doesn't use any pectin, but rather relies on the natural plum pectins (I don't have any good reason for relying on natural plum pectins, but the idea pleases me esthetically). It takes longer to make, but the result is delicious! If you haven't made jam before, read the appropriate section of the Joy of Cooking [called JOC in this cookbook] for helpful hints.

Pick a bunch of ripe local plums. If you don't have any, ask around - there are lots of plum trees in Palo Alto. The jam comes out best if the plums aren't overripe - they have less pectin when they get too ripe, and the flavor isn't as good. Wash and pit them, but don't peel them. The skins add flavor, and peeling them would probably be a huge hassle. Pitting is best done by simply squishing the plum over a big pan and holding onto the pit. Be careful to keep track of each pit ... they are dentally disasterous if they find their way into the jam. (Other people cook the jam pits and all, and strain them out; but I don't like that way as much.)

Get everything ready BEFORE you start cooking the jam. You will need a large pan for cooking it (12 quarts is a good size), because it will spatter around a lot. Stainless steel is best - we got a nice one at Sander's Restaurant Supply in Menlo Park especially for jam making. Enameled is also ok. Don't use aluminum - it gives the jam an off taste. You will also need something to put the jam in - we usually use canning jars with lids; you can also use wax on top of the jars. You will end up with about half as much jam as raw fruit, but have some extra jars just in case.

Start sterilizing all the canning jars and lids before cooking the jam. An easy way to do this is to wash them thoroughly, and then set the jars upside down in shallow flat pans of boiling water. The water doesn't have to fill the jar - the steam will do the trick. Put the lids and rings, and tongs for picking up the lids, in the boiling water as well. A canning funnel is also handy - if you use one, put it in too. Sterilize everything this way for at least 20 minutes, but just leave them in the boiling water until they are needed. [Note: this is called water bath sterilization; it is standard for home canning acid foods. To avoid botulism when canning meats and non-acid fruits, you must use the pressure cooker method. PAM]

Use a maximum of 2 1/2 quarts of plum pulp per batch of jam. Mix 4 parts pulp with 1 part honey. Cook it over high heat, stirring constantly with a wooden spatula. You will probably want to wear rubber gloves. Cook it until it turns much thicker, and begins spattering as it boils. This will take a long time - maybe 40 minutes. Cook for 5 more minutes. It's best to have two people during canning. Take each jar out of the boiling water, and fill it to within 1/4 inch of the top with jam. Try not to get jam on the rim of the jar (a jelly funnel helps here). If necessary, wipe off the rim with a clean paper towel so that the lid will seal. Quickly put a lid and a ring on the jar, and tighten the ring. Let the jars cool. You can tell if the lid seals if it pops down.

Variations: apricot and plum split half and half is good. In trying other mixtures with this recipe, be sure to use some fruit that is high in pectin, [because without sufficient pectin you get syrup instead of jam]. See JOC for a list of such fruits.

Enjoy!
Hollandaise Sauce (James Beard)

Blend in double boiler over hot (not boiling) water;
4 egg yolks
1/2 tsp salt
1/4 tsp hot mustard powder
dash Tabasco
1 Tbs lemon juice

In a small sauce pan heat to gentle bubbling;
1/2 cp butter

Pour butter into eggs over low heat and stir constantly.
Allow to cool as soon as it thickens. If sauce curdles, stir in
a little heavy cream.

Makes enough for one pound of asparagus tips.
Mushroom Sauce for Meats (Paul)

Saute
1 1/2 lb sliced mushrooms
3 Tb butter

When liquid is reduced, lift out mushrooms and add
4 Tb butter
1/3 cp enriched white flour

Cook a few minutes over medium heat, then stir in
1 1/2 cp whole milk or buttermilk
1 tsp paprika
1/2 tsp white pepper
1 tsp salt

Stir until smooth, return mushrooms, and pour over meat.
Serves 6 well.
Sweet Lemon Sauce (Moe)

Mix in small sauce pan:
3/4 cp sugar
1/4 cp flour
1 cp water

Bring to boil, stirring til thickened; Add:
1 tsp grated lemon rind
1/2 cp lemon juice
1/4 tsp salt
2 Tb butter

Chill in fridge until quite cold.
Serve on sliced strawberries or other fresh fruit;
Yogurt (KQED)

For each qt of Yogurt
Mix in blender

1 qt milk (at least some fresh)
2 Tbs powdered milk
2 Tbs good yogurt

Warm mix to 110 degrees
Do NOT exceed 130 degrees

Keep as near to 110 degrees as possible for 3-8 hours

Tighten lids and put in refrigerator. Fruit flavors can be made by adding un-diluted frozen juice concentrates.
Tofu Mayonaise -- Sandy

Blenderize until smooth:
6 oz Tofu (optionally drained and pressed)
2 Tbs lemon juice or rice vinegar
2 Tbs salad oil
1/4 tsp dill seeds
1 med clove pressed garlic
1/2 tsp salt (or use miso)
dash black pepper

Don't more than you need at one time, because even with refrigeration, this mayonaise only keeps for 1-2 days.

This is a much higher protein, lower fat mayonaise than any commercial recipe. Use for anything that calls for mayonaise.

If you wish to drain and press your tofu, slice it like cheese, lay the pieces on a cloth-covered board, cover with another cloth, and prop the whole contraption at an angle for drainage. Leave it for at least 30 minutes. If you are in a bigger hurry, lay another board on top and weight it to speed the draining. Change the cloth a few times in the speedo method.
Drinks
New Orleans Gin Fizz - Jack (New Orleans Cookbook)

Blend at high speed until light and airy (about 1 1/2 minutes)
1 1/2 oz  dry gin
2-3 tsp  orange flower water
2 large  egg whites
5 tsp  superfine granulated sugar
1/2-3/4 tsp  lemon juice
2 oz  half and half
1/2 tsp  vanilla extract
1/2 cp  coarse ice

Serve at a genuine New Orleans brunch
(it's genuine if the brunch lasts all afternoon).
Alameda House Kickapoo Joy Juice (anon)

For approximately 2 gallons of punch, mix

1 gal rotgut vin rose or pink chablis
2 qts ginger ale
1 large can of frozen lemonade concentrate
1 cp cranberry cocktail
1 cp 95% ethanol filtered through 1/3 cup activated charcoal

NOTE: be absolutely SURE alcohol is not 100% since that requires drying it with benzol and benzol is quite poisonous.

Add dry ice to cool and cause a fog around the bowl.
This punch is guaranteed not to cause blindness and/or death but fistfights, unwanted pregnancies, and general raucous behavior must be expected.
Kaluha Coffee Liquor (Mo & Paul)

Kaluha is a coffee liquor; the final liquor will be no better than the coffee used to make it. Therefore, taste a number of kinds of coffee with Kaluha-making in mind and choose an appropriate coffee for your own taste. I recommend Sumatran, a fairly dark but not overpowering bean.

Prepare a coffee concentrate by stirring together and then filtering;
2 1/4 cp coffee beans, finely ground
2 1/2 cp water, slightly cooler than boiling
(after filtering, only 2 cups of the water will drip out)

OR, if you don't really care what coffee is in your booze, mix;
2 oz instant coffee
2 cp boiling water

If the coffee concentrate has cooled very much, it may help to warm it in a double boiler so it will dissolve the sugar.

Mix with the coffee concentrate;
4 cps sugar
1 large chopped vanilla bean

Stir in;
1 fifth brandy
(if you used instant coffee above, use rotgut here)

Store in dark bottle at room temperature.
Wait with baited breath for 30 days while flavors blend.
Filter if you don't like to chew vanilla beans.
Sangria Red (David & Amy)

1/5 gal dry red wine
3 Tbs cognac
1 oz triple sec
1 oz maraschino juice
1 orange, sliced
1 lemon, sliced
1 peach, sliced
1 Tbs sugar
6 oz club soda

Prepare 24 hours in advance and refrigerate until one hour before use. Add the club soda at the last minute for maximum fizz.
Orange Sangria (Dick Sweet)

Orange  

<table>
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<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>1 med orange</td>
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<tr>
<td>1/4 cp sugar</td>
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<tr>
<td>2 cps fresh-squeezed orange juice</td>
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<tr>
<td>1 fifth dry red wine</td>
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<tr>
<td>1/2 cp Triple Sec (or other orange-flavored liqueur)</td>
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Cut a few garnishing slices from the orange, then thinly peel one half of it. Use a spoon to bruise the thin peel in a bowl containing the sugar; this releases the orange oil into the sugar. Squeeze the juice from the peeled orange into the bowl; stir in the remaining ingredients. Chill 15 minutes covered, then remove the orange peel to avoid overdosing on orange oil. Just before serving, garnish with the orange slices.

Makes two half-cup servings each for six people.
Serve with spicy munchies.
Stout (Bo)

Makes 5 US gallons

3 lbs total of malted barley and black patent malt (grains)
vary proportions to suit taste, try starting with 2 light to 1 black.
crush grains with rolling pin or coffee grinder.

1 can (2 1/2 lbs or so) dark malt extract (EDME SFX or suchlike)
approximately 1 oz powdered gypsum (water hardener)

As much water as you can get into your pot, up to 5 gal.

Cook the whole schmear at 150°F ±5 for 2 hrs. Temp over 160 will kill
the enzyme, so be careful.

Over about 1/2 hr, gradually raise the temp to boiling and boil the
bejeezus out of it for 1/2 hr (sterilizes it).

Strain liquid into a clean container. If total volume <5 gal, pour
boiling water through the grains (exxtract what goodies you can) to
make it up.

Put as much as you can back into the pot with 4 oz hops. Boil for
1/2 hr or so. Drain fluid over 1/2 oz hops, the fresher the better.

Let it cool to <70°F. Check SG and add sugar (dextrose is preferrable
to sucrose) to bring up to 1.0045. If you want to take the trouble
to do it really right, boil the sugar up in some of the wort.

Add yeast starter, record the SG, cover with plastic bag, let it ferment.
Check SG once a day and "rouse" the yeast if it seems to have settled.
When the SG has dropped to 1.020 or less, rack over into a sealable
container. Seal with a fermentation lock and leave it until the SG
has stopped going down. Try to keep the temp between 60 and 70.

Rack out of the jug, add 1 tsp ascorbic acid (antioxidant)
10 oz sugar, bottle. Should stay in bottles at least 4 weeks.
Yeast Starter (Bo)

Yeast starter. Do this 48 hrs before you plan to add yeast to brew.

In 1/2 gal bottle, mix up 1 qt sterile water, 1/4 cup either corn sugar or malt extract, if sugar then about 1/8 tsp brewing salts (yeast nutrient). Stir in yeast if liquid. If dry yeast, mix up to a paste with water and add to bottle. Seal with a fermentation lock and store in a dark place at 60-70 F. If temp is below 60, allow more time.

Recommended yeast is an "ale yeast" such as Grey Owl liquid, or Vierka dark lager yeast (dry).
**Black Death Porter -- Charlie**

**Ingredients:**

- 8 oz black patent malt (crack the grains)
- 5 gal water
- 2 lbs dark malt extract
- 2 oz cascade hops (reserve 2 Tbs)
- 2-3 Tbs unsweetened cocoa
- 3 lbs dark brown sugar
- 1 pack (approx 7 grams) top-fermenting yeast
- 12 oz corn syrup (welfare if possible)

**Procedure:**

Mash the patent malt by adding to the water and slowly heating to boiling. When the liquid is boiling, add the malt extract, hops, cocoa, and sugar.

Boil the liquid gently for about 30 minutes, keeping the pan covered.

Remove the solids from the wort by pouring the liquid through a cheesecloth and funnel while still quite hot. Return the liquid to the covered kettle, add the reserved 2 Tbs of hops, and cover until cool.

When the temperature has dropped to 95 degrees Fahrenheit, stir in the yeast. Place the covered kettle in a warm place and allow to ferment. The scum should be skimmed from the surface occasionally, and the specific gravity of the brew checked and recorded. The initial specific gravity when the yeast was added should have been about 1055-1060. When the SG drops to 1040, rack the stout into a secondary fermenter with an adequate airlock. When the SG reaches 1010, add the corn syrup and bottle immediately.

The stout should develop an acceptable head in a week and should be quite good in two. The fermentation proceeds best when the ambient temperature is maintained as near 95 F as possible without ever exceeding it.
Fake Shake (Paul)

Fill blender almost full of ice cubes, add
1 cp Instant powdered milk
4 Tbs Brown sugar
2 tsp vanilla
1 egg
1 banana (more optional than other ingredients)

Add milk (whole or skim) to completely fill

Run blender for at least 5 minutes of the highest speed available in "burst" mode. If an air bubble forms around the blades, remove it and continue blending.
Burst mode is best because it allows fast chopping and control of the bubble-lock problem.

Makes 32 oz.