

Hearty breakfast fillets

Courtesy of
Richard Blunt

Ingredients

1/2 cup flour
kosher salt and freshly ground black pepper to taste
1 egg
1/2 cup milk
1 cup cornflake crumbs
1 lb. fish fillets (small thin fillets preferred)
1/2 cup peanut oil

Method

Equipment: 7-inch well-seasoned cast iron skillet or an equivalently sized skillet with a nonstick surface.

Combine and blend flour with salt and pepper in a shallow bowl.

In separate bowl, combine and blend egg with milk.

Place the cornflake crumbs in a third bowl.

Coat fillets with flour, then shake off any excess flour. Dip fillets in egg mixture, making sure that fillets have no dry spots.

Coat fillets with cornflake crumbs. Inspect fillets to ensure that each is completely coated with crumbs. If necessary redip the bare spot in the egg mixture, then back into the crumbs.

Heat oil over medium flame. Fry each fillet until golden brown on each side. Corn flake crumbs brown quickly, and the thin fillets cook equally as fast, so the whole process will only take a couple of minutes.

Raspberry ketchup

Courtesy of
Richard Blunt

Ingredients

1 1/2 cups fresh or frozen raspberries
1 to 3 pickled chili peppers (let your taste be the judge) or substitute 1/8 tsp. cayenne pepper
1/3 cup fresh or canned tomato puree
1/3 cup wine vinegar
1/4 cup medium or dry sherry
2/3 cup firmly packed light brown sugar
1/4 tsp. ground clove
1/4 tsp. ground ginger
1/2 tsp. freshly ground nutmeg
1/4 tsp. kosher salt
1 Tbsp. butter or margarine

Method

If you are using fresh raspberries, carefully pick them over and use only firm unblemished berries. If you are using home-pickled chili peppers, remove seeds and stems.

In stainless steel heavy-bottomed sauce pan, combine raspberries and pickled chili peppers with tomato puree, wine vinegar, and sherry. If you are substituting cayenne pepper for the peppers, do not add it at this time. Simmer mixture over low heat for 60 seconds.

Over a bowl put the mixture through a food mill or press the mixture through stainless steel strainer and discard pulp.

Return strained mixture to stainless steel saucepan along with sugar, ground clove, ground ginger, ground nutmeg, salt, butter, and, if you are substituting it for the pickled peppers, cayenne pepper. Return pan to stove and simmer for about 10 minutes over low heat until desired consistency is reached. If sauce appears to be too thick adjust the consistency with a little more vinegar mixed half-and-half with water.

Transfer sauce to a sanitized pint canning jar, and place in the refrigerator to cool. This sauce is at its best when warmed over low heat to just below the simmering point.

Baked barbeque beans

Courtesy of
Jackie Clay

Ingredients

2 cups dried beans
1 tsp. baking soda
1/4 lb. chopped ham or other smoked meat
1 cup barbecue sauce
1/2 tsp. salt
dash black pepper
1 Tbsp. molasses
1 medium onion, chopped

Method

Soak beans overnight, adding a little baking soda to the water. In the morning, cook them gently until skins begin to break. Drain off water, saving 1 cup. Empty beans into a baking dish, bury meat and onions in them and pour cup of water saved over them. Sprinkle with salt and pepper, and drizzle molasses and half the barbecue sauce over the beans. Cover and bake in a slow oven (about 300°) for 4-5 hours (or until tender) adding a little water, as needed, to keep them from drying out. When beans are done, add the rest of the barbecue sauce to the top of the beans and return to oven until your mouth waters.

Zucchini casserole

Courtesy of
Pat Ward

Ingredients

2 lbs. zucchini
1 large onion, chopped
1/3 cup raw long grain rice
1 can cream of mushroom soup
2 beaten eggs
2 Tbsp. butter or margarine
grated cheddar cheese

Method

Cook zucchini and onion until tender, drain.

Add rice, soup, eggs, and butter or margarine. Mix and pour into a 2-quart casserole. Top with lots of grated cheddar cheese. Bake 1 hour at 350°.

Lazy housewife pickles

Courtesy of
Jackie Clay

Ingredients

4 qts. small cucumbers
1 cup dry mustard
1 cup sugar
1 cup salt
1 gallon vinegar

Method

Wash the cucumbers, then pack them in glass jars. Mix the mustard, sugar, and salt together, then add the vinegar slowly, stirring well. Pour this over the pickles and seal the jars. Let the jars stand for at least a week in the refrigerator before using. The brine is not heated. Makes 4 qts.

Old-fashioned meat pie casserole

Courtesy of
Richard Blunt

Ingredients

1 4-5 lb. roasting chicken or stewing hen
2 cups low fat, low salt canned chicken broth
1 medium carrot, diced
1 medium onion, diced
3 celery stalks, cut into 1/2-inch pieces
2 bay leaves
1 cup pale dry sherry or other dry white wine
5 Tbsp. butter or margarine, room temperature
5 Tbsp. all-purpose flour
1-1/4 cups frozen baby carrots, diced medium
1-1/4 cups frozen pearl onions
1-1/4 cups frozen sugar snap peas
kosher salt to taste
fresh ground black pepper to taste

Topping ingredients:

1-1/2 cups all-purpose flour
1/2 cup cake flour
1 Tbsp. double acting baking powder
1 tsp. salt
1/4 cup shortening
3/4 cup whole milk

Method

After washing the chicken in cold water and removing the giblets, cut chicken into quarters with a sharp knife.

Combine chicken stock, fresh carrot, fresh onion, celery, bay leaves, wine, and quartered chicken in a heavy-bottomed stock pot and stew chicken over medium-low heat until chicken is cooked completely, about 1 hour.

Remove chicken from stock and set aside to cool.

Strain stock and discard vegetables and bay leaves.

Combine softened butter or margarine with flour and stir mixture into a smooth paste.

Return strained stock to stove and bring to a slow boil over medium heat.

Slowly stir flour paste into hot stock with a whisk to make a thickened sauce. Slowly cook this sauce for about 5 minutes.

Add frozen vegetables, salt and pepper to taste, and continue to cook mixture for another 5 minutes. Remove mixture from heat and set aside to cool.

Remove chicken from bones and cut large pieces into 1-inch chunks. Add boneless chicken to sauce, place mixture into a 10x10 x2-inch casserole. Cover the casserole and refrigerate overnight.

Biscuit topping:

Sift the 2 flours, baking powder, and salt together in bowl.

Blend shortening into flour with a pastry blender, two knives, or your fingers until mixture resembles grains of rice or smaller.

Using a heavy fork, stir milk into flour until all of the milk is incorporated and a slightly sticky dough is formed.

Turn dough onto a floured surface and lightly turn dough until stickiness is gone. Add a little more flour to the working surface if necessary.

Preheat oven to 450°.

Lightly roll dough to fit snugly on top of casserole.

Remove chilled casserole from refrigerator and let warm, at room temperature, for a few minutes.

Fit the biscuit topping onto the casserole and place in the oven. Cook casserole at 450° for 15 minutes, then turn oven down to 350°. Continue to cook until the casserole reaches serving temperature, about 30 minutes.

Barmbrack

Courtesy of
Richard Blunt

Ingredients

1/4 cup unsalted butter at room temperature
1/4 cup whole milk
1/2 cup water
1/2 tsp. sugar
1 pkg. active dry yeast
1 egg (at room temperature) slightly beaten
3 cups all-purpose flour (approximately)
1/2 tsp. kosher salt
1/2 tsp. grated lemon peel
1/2 cup dried currants
1/4 cup chopped mixed candied fruit

Method

Heat the butter, milk, and water in a small sauce pan to 115°, then combine with the sugar and yeast. Stir the mixture to dissolve the yeast. Set the mixture aside and let the yeast proof.

Add the beaten egg to the proofed yeast mixture.

Combine the yeast mixture with 1-1/2 cups of flour, the salt, and lemon peel and mix with a wooden spoon to combine.

Continue to stir in more of the remaining flour, 1/4 cup at a time, until the dough forms a shaggy mass and pulls away from the sides of the bowl. (This means you may need more or less than the 3 cups of flour.) Lift the dough from the bowl and place it on a floured work surface.

Knead the dough for about 10 minutes or until it becomes smooth and elastic. Place the dough in a greased bowl, cover and set aside until the dough has doubled in bulk.

Punch the dough down, remove it from the bowl and knead the fruit into the dough.

Shape the dough into a loaf and place it into a standard bread pan. Cover it and set it aside to rise a second time. When the dough is just above the edge of the pan it is ready for the oven.

Bake in a preheated 350° oven for about 45 minutes or until the loaf sounds hollow when tapped on top. Remove the loaf from the oven and set on a rack to cool.

Layered casserole

Courtesy of
Nathele Graham

Ingredients

1 cup uncooked rice
1 can whole-kernel corn, drained
2 cups tomato sauce
3/4 cup water
1/2 cup finely chopped onion
1/2 cup chopped green pepper
1 can green beans, drained
3/4 cup diced chicken (cooked or uncooked) or hamburger
4 slices bacon, cut into small pieces
salt and pepper to taste

Method

Pour rice and corn into the bottom of a large casserole. Mix tomato sauce and water. Pour 1/2 of mixture over corn and rice. Sprinkle with salt and pepper. Add the onion, green pepper, green beans, and meat. Sprinkle with salt and pepper. Pour the remaining tomato sauce over the top. Cover tightly.

Bake at 350° for 1 hour. Remove the lid and continue to bake for an additional 1/2 hour. Serves 4 or 5.

Crabapple jelly

Courtesy of
Charles A. Sanders

Ingredients

3 lbs. crabapples (about 10 cups, cut up)
4 cups water
2 cups sugar
2 Tbsp. lemon juice
1 pkg. Sure-Jell

Method

Add cut-up crabapples and water to a pot and bring to a boil. Simmer, covered, until fruit is soft. Put fruit in a jelly bag or similar cloth bag and allow to drain until you have about 4 cups of juice. Put the juice back on the heat and bring to a boil. Add Sure-Jell and mix well. Slowly stir in sugar. Allow to boil for about 15 minutes, stirring constantly to prevent scorching. Remove mixture from heat and pour into jars. Attach lids and allow to seal. Makes about 3 pints.

Basic biscotti cookie

Courtesy of
Richard Blunt

Ingredients for egg wash:

1 egg
2 Tbsp. milk

Ingredients for cookies:

1/4 cup unsalted butter
1/2 cup sugar-divided
1 tsp. almond extract
2 large eggs
1-1/2 cups all purpose flour
1/2 tsp. baking powder
1/4 tsp. kosher salt
1/2 cup whole blanched almonds (lightly toasted, cooled, and chopped fine)

Method

Preheat oven to 375°.

Prepare egg wash by combining 1 egg with 2 Tbsp. of milk and stir with a fork.

To prepare cookies, use an electric mixer to combine butter with 1/4 cup sugar and almond extract until mixture is light and fluffy. Beat in eggs, 1 at a time, making sure that each one is incorporated before adding another.

Sift flour together with baking powder and salt.

Fold dry ingredients into creamed mixture, stir in nuts, and form mixture into a round ball. Cover dough with plastic wrap and place in refrigerator for 30 minutes.

Divide dough in half. Sprinkle half of remaining sugar on a work surface and roll 1 piece of dough through the sugar to form a 12-inch long log, about 1-1/2 inches in diameter. Transfer log to a greased baking sheet. Repeat process with remaining half of dough.

Brush logs with egg wash and bake in oven for 20 minutes or until lightly golden. Cool logs for 20 minutes. Do not turn the oven off after removing logs.

Transfer logs to cutting board and cut diagonally into 1/2-inch thick slices. Lay slices, cut side down, on a cookie sheet. Return cookies to oven and bake for an additional 20 minutes, or until golden brown.

Beans for Sarah

Courtesy of
Richard Blunt

Ingredients

1 1/4 cups dried pinto beans
water to soak beans
3 Tbsp. extra virgin olive oil
12 oz. green cabbage (diced small)
2 cloves minced garlic
1 1/2 cups low salt chicken stock (fresh or canned)
1 cup apple cider
1 large onion (diced medium)
1 large carrot (peeled and diced medium)
1 stalk celery (diced medium)
1 bay leaf
3 whole cloves
4 oz. piece lean salt pork (optional, for additional flavor)
1 cup peeled, seeded, and diced fresh plum tomatoes
1 cinnamon stick (broken in half)
1/4 cup apple brandy (optional)
3 Granny Smith apples (peeled, cored, and diced medium)

Method

Soak beans for 4 hours in water. Drain and discard water.

In heavy-bottomed pan heat olive oil and sauté cabbage and garlic until cabbage is tender.

In large heavy-bottomed pot, combine beans, chicken stock, apple cider, onion, carrot, celery, bay leaf, and cloves. Bring to a boil over high heat and remove from heat immediately.

Transfer bean mixture to a bean pot or earthenware casserole, add salt pork, cabbage mixture, tomato, cinnamon stick, and apple brandy.

Cover casserole, place in a 325° oven for 1 hour, then add apples and bake until beans are tender, about 1 1/2 hours. Total cooking time 2-2 1/2 hours.

Potato soup

Courtesy of
Alice Brantley Yeager

Ingredients

4 cups peeled, diced Irish (white) potatoes
1 medium onion, coarsely chopped
3 Tbsp. flour
1 Tbsp. butter or margarine
1 qt. whole milk
1 egg, beaten
salt and pepper to taste
green onions, parsley, and grated carrots for garnish

Method

Boil potatoes and onion in just enough water to cover. When tender, add milk, salt, and pepper and reheat.

In small skillet, brown flour in butter and slowly blend into potato mixture. Add a bit of water to beaten egg and slowly stir into soup. Let simmer a few minutes to thicken. Stir often to keep from sticking. (I like to transfer this soup to a double boiler when it begins to simmer, as there's less danger of sticking.)

Garnish bowls of soup with chopped green onions, parsley, or grated carrots to add a touch of color.

Bean-beef casserole

Courtesy of
Tricia Blunt

Ingredients

1 lb. ground beef
1 large can baked beans
1 medium onion
1/2 cup brown sugar
2/3 cup ketchup
2-3 slices bacon
2 Tbsp. butter
salt
pepper

Method

Brown ground beef in butter with salt and pepper. Layer as follows: ground beef, beans, onions, ketchup and brown sugar. Repeat for a second layer. Top with bacon strips. Bake at 350° for 30-40 minutes.

Serves 4-6.

Dragon's breath chili

Courtesy of
Rodney Merrill

Ingredients

1/3 lb. kidney beans
1/3 lb. pinto beans
1/3 lb. navy beans
6 cups water
2 medium onions, chopped
1 garlic clove, minced
1 lb. lean ground beef (or lean ground turkey)
1 lb. pork or turkey sausage
1 can tomatoes (28 oz. or 1 qt. home-canned)
1 Tbsp. chili powder
1 tsp. cumin
1 tsp. paprika
1 tsp. salt
1/2 tsp. crushed red pepper
1/2 tsp. cayenne pepper

Method

Sort beans to remove any sand or pebbles, then wash and drain. Cover beans with 6 cups of water. Bring to a boil for about 15 minutes. Cover and let stand for about 1 hour.

(When cooking ground meats, stir gently to avoid smashing and compacting.)

Cook sausage on medium heat. Remove sausage with a slotted spoon and add to beans. Sauté onion and minced garlic in sausage fat until slightly golden. Add ground meat (beef or turkey) and cook on medium-high heat until meat is browned. Add to beans.

Break up tomatoes into bite-sized pieces and add to beans. (Hint: Press tomatoes against the inside of can (or jar) with sharp knife, or hold each tomato over pot and crush it between fingers). Add spices.

Simmer, uncovered, for about 1 1/2 hours. Taste-testing is the only sure way to know when chili is done. Beans should be slightly soft all the way through (no "gritty" texture in the middle) and should leave the taste-tester thinking only of water. Serves 5-6.

Earth's greatest cookies

Courtesy of
Darlene Campbell

Ingredients

2 sticks margarine (1 cup)
1 cup sugar
1 cup brown sugar
1 egg
1 cup vegetable oil
1 cup rolled oats
1 cup crushed cornflakes
1 cup shredded coconut
1 cup pecans
3 1/2 cups all-purpose flour
1 tsp. soda
1 tsp. vanilla

Method

Preheat oven to 350°. Cream margarine and sugar until light and fluffy. Add egg; mixing well after each addition. Add oats, cornflakes, coconut, and nuts. Blend well. Form into balls the size of a walnut and place on ungreased cookie sheet. Flatten with the bottom of a glass dipped in sugar, and bake until lightly browned.

Green tomato kosher dill pickles

Courtesy of
Marjorie Burris

Ingredients

small, firm green tomatoes
celery stalks
sweet green peppers, cut into fourths
garlic
1 qt. vinegar, 5% acidity
2 qts. water
1 cup pickling salt
dill

Method

Pack tomatoes into sterilized quart jars. To each jar add 1 stalk celery, 1 green pepper, and a bud of garlic. Make a brine of the vinegar, water, and salt. Boil with the dill for 5 minutes. Pour hot brine over vegetables to within 1/2 inch of top of jar. Put on cap. Process in boiling water bath 15 minutes. This amount of liquid fills 6 quarts. These pickles will be ready for use in 4-6 weeks.

Two beans and wild asparagus salad

Courtesy of
Jackie Clay

Ingredients

1/2 cup cut wax beans
1/2 cup canned red kidney beans or other red bean
1/2 cup cut asparagus spears
4 Tbsp. vegetable oil
4 Tbsp. vinegar
2 Tbsp. sugar or honey

Method

Cook the vegetables until tender. Drain well.

Make dressing by mixing the oil, vinegar, and sugar. You may also add a bit of French dressing if you wish.

Toss vegetables with dressing and place, covered, in refrigerator to marinate well. Serve chilled.

Old-fashioned baked beans

Courtesy of
Jackie Clay

Ingredients

2 cups dry navy beans
1/4 cup ham or bacon
1/2 cup dehydrated chopped onions
8 Tbsp. molasses
4 Tbsp. honey
1 Tbsp. dry mustard
3 Tbsp. vinegar
1/2 cup tomato sauce
1/4 cup ketchup

Method

Sort beans, soak overnight in enough water to cover. In the morning, drain beans, discarding water.

Place beans in 6-quart or larger heavy pot with 12 cups water and simmer, covered just long enough for beans to get tender (older beans require longer cooking). Drain and discard water.

In a 3-quart or larger casserole, mix beans with other ingredients and bake at 350° for 1-1/2 to 2 hours, adding water if necessary to keep beans from drying out. Serve hot with fresh whole wheat bread for a comforting, hearty meal.

Cajun-baked turnip

Courtesy of
Richard Blunt

Ingredients

2 lbs. white turnip, peeled and diced
6 Tbsp. unsalted butter
1/4 cup red bell pepper, diced medium
1 tsp. whole grain mustard
2 Tbsp. brown sugar
1/2 tsp. kosher salt
1/4 tsp. garlic powder
1/8 tsp. ground nutmeg
1/8 tsp. cayenne pepper
1/4 tsp. dried thyme leaf
1/4 tsp. dried basil leaf
1/4 cup distilled apple cider
1/4 cup whole wheat bread crumbs

Method

Cook turnip pieces in lightly-salted water until just tender. Drain and set aside.

Melt butter in heavy-bottomed skillet, add diced bell pepper, and sauté until the pepper is tender.

Combine mustard, brown sugar, salt, garlic powder, nutmeg, cayenne pepper, thyme, and basil with the apple cider and blend with a fork. Add this mixture to the sautéed bell pepper.

Toss mixture with the blanched turnip in an oven casserole. Sprinkle the whole wheat bread crumbs on top and bake in a 375° oven for about 20 minutes, or until the top is lightly browned and the turnip is to a desired tenderness.

Ruth's old-fashioned zucchini pickles

Courtesy of
Richard Blunt

Ingredients

7 lbs. zucchini or yellow summer squash
1 large sweet red pepper
4 large white onions
1/3 cup coarse sea salt or kosher salt
ice water to cover
2 cups cider vinegar
3-1/2 cups sugar
1 tsp. turmeric
1-1/2 tsp. celery seed
2 Tbsp. mustard seed

Method

Wash squash and pepper in plenty of cold water and drain. Slice squash on the diagonal into 1/2-inch pieces. Cut pepper in half, remove seeds and slice into pieces that are 1 inch long by 1/4 inch thick.

Peel onions, cut in half, and slice lengthwise into 1/4-inch strips.

In a large stainless steel bowl, mix squash, pepper, and onions with salt. Add just enough ice water to cover vegetables. Let vegetables stand for 3 hours, then drain.

In a sauce pan, mix together cider vinegar, sugar, turmeric, celery seed, and mustard seed. Bring this mixture to a boil over medium heat while stirring constantly. Remove from heat as soon as it starts to boil.

Combine hot liquid with drained vegetables in a large sauce pan and bring mixture to a boil once again. Turn off heat as soon as the boil starts.

With a slotted spoon, fill jars with hot vegetables to 1/2 inch from the top. Divide hot pickling brine evenly among the jars without exceeding the 1/2-inch head space. Remove any trapped air from the jars by running the narrow blade of the spatula down the sides of the jar. Carefully wipe the rim of the jar with a clean cloth that has been wet with boiling water to remove any traces of food. Set the sealing lid on the rim of the jar and screw on the band until it is firmly in place. Do not force or over-tighten the band. Put jars in the canner. As you are placing the jars in the canner, set them so they are not touching each other or the side of the canner.

Add enough boiling water to the canner to cover the jars with 2 inches of water. Do not compromise this step; proper processing requires at least a 2-inch covering of rapidly boiling water. Less water may cause the whole procedure to fail. Process the jars in the hot water bath for 10 minutes. Store the pickles in a cool dark place for 3-4 weeks.

Lentil and meat stew

Courtesy of
Habeeb Salloum

Ingredients

4 Tbsp. butter
1/2 lb. beef, cut into 1/2-inch cubes
2 medium onions, chopped
4 cloves garlic, crushed
1 small hot pepper, finely chopped
1 cup lentils, rinsed
5 cups water
4 medium potatoes, peeled and diced into 3/4-inch cubes
4 medium tomatoes, chopped
1-1/2 tsp. salt
1 tsp. cumin
1/2 tsp. pepper
1/2 tsp. turmeric

Method

Melt butter in a saucepan; sauté beef for 5 minutes. Add onions, garlic, and hot pepper, then stir-fry for another 10 minutes. Add remaining ingredients and cook over medium heat until meat and lentils are well-done, adding more water if necessary. Serve hot with cooked rice.

Root vegetable casserole

Courtesy of
Richard Blunt

Ingredients

2 cups medium parsnips (peeled and diced medium)
1-1/2 cups medium carrots (peeled and diced medium)
1-1/2 cups white turnip (peeled and diced medium)
3 Tbsp unsalted butter
1/4 cup onion (diced fine)
1 Tbsp flour
1 cup hot milk
1/4 tsp. fresh grated nutmeg
kosher salt to taste
1/2 cup grated cheddar cheese
bread crumbs to top casserole

Method

Cook parsnips, carrots, and turnips separately in lightly-salted boiling water until tender. Drain and combine in a greased oven casserole.

Melt butter in a heavy bottomed pan over medium heat and saute onion until it's translucent. Stir in flour and cook mixture over medium heat for 5 minutes while stirring constantly to prevent burning. Add hot milk and stir mixture over low heat until sauce is thickened and smooth. Add nutmeg, salt, and grated cheese and stir until cheese is melted.

Pour sauce over vegetables, coat with toasted bread crumbs, and place in 400° oven for about 5 to 10 minutes. Serve hot.

Pastoral bread

Courtesy of
Richard Blunt

Ingredients

2 pkg. active dry yeast
2 Tbsp. sugar
1/3 cup peanut oil
3 cups warm water (110°-115°)
5 cups hard wheat bread flour
2 tsp. kosher salt
4-5 cups additional bread flour as needed
shortening

Method

Combine the yeast, sugar, peanut oil, and warm water in a bowl and mix with a wooden spoon or wire whisk. Set the mixture aside for the yeast to proof, about 15 minutes.

In a large bowl mix 5 cups of flour with the salt. Add yeast mixture and beat with a wooden spoon to form a heavy batter. Stir in additional flour, 1 cup at a time, until the mixture forms a stiff dough that does not stick to sides of bowl. Turn dough onto a floured surface, then knead until the dough is smooth, does not stick to the surface, and springs back into shape when poked with finger. This requires 15 minutes, minimum.

Coat the inside surface of a large mixing bowl with shortening, place dough inside, cover with a clean cloth, and allow dough to rise until triple in bulk. This will take about 1 hour.

Punch dough down and knead into a smooth ball. Coat the inside of the Dutch oven and lid with shortening. Place dough inside and put lid in place. Let dough rise until it touches the lid. Watch this rising carefully; you do not want the rising dough to lift the lid.

Place the loaf in a preheated 375° oven. Bake for 10 minutes, with the lid in place. Remove the lid and continue baking until the loaf sounds hollow when tapped. This will take between 35 and 50 minutes. Remove the fully-baked loaf from the pot and place it on a rack to cool.

Zucchini with green chilies

Courtesy of
Pat Ward

Ingredients

2 lbs. zucchini, cubed into 1/2-inch thickness
1 large onion, diced
2 Tbsp. olive oil
1 6-oz. can of diced green chilies
salt and pepper to taste
1 lb. jack cheese, sliced in 1/4-inch thick slices

Method

In a frying pan, cook the zucchini and onion in olive oil until most of the moisture has been cooked out of the zucchini. Pour off any excess liquid. Add the green chilies, salt and pepper and stir well. Use the slices of jack cheese to cover the squash, then cover the fry pan and let it sit until the cheese has melted, and serve.

Spiced red beans

Courtesy of
Richard Blunt

Ingredients

1 cup dried red kidney beans
5 cups cold water to soak beans
3 cardamom pods
1 cinnamon stick, 2 inches long
2 bay leaves
3 Tbsp. peanut oil
1 large onion, thinly sliced
3 cloves fresh garlic, chopped fine
1 Tbsp. fresh ginger root, peeled and chopped fine
1/2 tsp. ground turmeric
1 tsp. garam masala
1/4-1/2 tsp. powdered cayenne pepper
4 fresh plum tomatoes, peeled, seeded, and chopped
1 cup low salt chicken stock, fresh or canned
1/2 tsp. kosher salt

Method

Pick over beans to remove any foreign matter or damaged and discolored beans. Soak beans in 5 cups cold water for 12 hours or overnight.

Drain soaked beans, discard soaking water, then rinse beans under cold running water. Put beans and 5 cups fresh water in a pot that will hold everything with room to spare. Bring beans to a boil over medium-high heat, reduce heat and let beans cook at slow simmer for 1 hour or until they become tender. Drain beans and set aside.

Heat a heavy-bottomed skillet over medium heat for 1 minute, then add the cardamom, cinnamon stick, and bay leaf. Roast spices for 1 minute, being careful not to let them burn.

Add oil. When spices start to sizzle, add onion and cook until onion starts to brown. Add garlic and ginger and continue cooking mixture until onions turn a medium brown. Add turmeric, garam masala, and cayenne pepper, and cook for another minute, stirring constantly to prevent burning.

Add chopped tomatoes, chicken stock, salt, and beans. Adjust heat to lowest possible point, cover skillet, and slowly simmer mixture for about 10 minutes. Let beans rest after cooking for 10 minutes before serving.

Boston brown bread

Courtesy of
Darlene Campbell

Ingredients

1-1/2 cups yellow cornmeal
2 cups all-purpose flour
2 tsp. baking soda
1 tsp. salt
1-1/3 cups milk
1-1/3 cups buttermilk
3/4 cup molasses
1 cup raisins

Method

Sift cornmeal, flour, baking soda and salt into a large bowl. In a small bowl, combine the molasses, milk and buttermilk. Slowly add the molasses milk mixture to the flour mixture. Mix with a spoon. Stir in raisins. Spoon dough into well-greased coffee cans, filling 2/3 full. Cover the cans with foil and place on a rack in deep kettle. Add boiling water to the kettle to come halfway up sides of cans. Cover the kettle and steam 2-1/2 to 3 hours, adding more water as needed. Remove loaves from cans and cool on a rack.

Tomato and coriander salad

Courtesy of
Habeeb Salloum

Ingredients

5 medium-sized tomatoes, quartered, then thinly sliced
3/4 cup chopped fresh coriander leaves
1 tsp. salt
1/2 tsp. pepper
1/8 tsp. cayenne pepper
3 Tbsp. lemon juice
3 Tbsp. olive oil

Method

Place tomatoes and coriander leaves in a salad bowl, then gently toss and set aside.

In a small bowl, thoroughly mix remaining ingredients. Pour over tomatoes and coriander, then toss just before serving. Serves about 6.

Zucchini custard pie

Courtesy of
Sandra L. Toney

Ingredients

1 cup shredded zucchini
1 egg
1 tsp. vanilla extract
2 1/2 Tbsp. flour
1 cup sugar
2 Tbsp. butter or margarine
1 cup evaporated milk
1 9-inch unbaked pastry or pie shell
cinnamon
nutmeg

Method

Preheat oven to 450°.

Mix zucchini (and any excess liquid), egg, vanilla, flour, sugar, butter, and evaporated milk in a blender until thoroughly blended. Pour mixture into unbaked pastry shell. Sprinkle top of pie with cinnamon and nutmeg until it is lightly covered.

Bake pie for 20 minutes at 450°. Lower the oven temperature to 350° and bake for 10 minutes more. Let cool completely.

Elissaburgettes

Courtesy of
Jan Cook

Ingredients

1 can buttermilk biscuits
1 lb. hamburger
1 medium onion, chopped
1/4 cup ketchup
1/8-1/4 cup mustard
1 cup shredded cheddar cheese

Method

Grease 10 cups of a muffin tin. Press 10 biscuits on the bottom and up the sides to form a biscuit cup. Fry hamburger and onion, drain. Combine ketchup and mustard with meat and onion and spoon into biscuit cups. Bake at 375° for 10-15 minutes. Top with grated cheese and bake for another 2-3 minutes until melted.

Fermented dill pickles

Courtesy of
Olivia Miller

Ingredients

50-60 smooth small cucumbers
1 oz. whole mixed spices
dill
1 lb. pure salt
1 gallon water
1 pint cider vinegar

Method

Place a layer of dill in the bottom of a clean, 4-gallon crock. Add 1/2 oz. whole mixed spices. Pack cucumbers to within 3 inches of top of crock. Then add another 1/2 oz. whole mixed spices and a layer of dill.

Make a cold brine of the salt, water, and vinegar. Pour brine over cucumbers. Cover with a china plate. Weight the plate down to keep cucumbers below surface of brine. Cover top of crock with cloth.

Remove any scum that forms on surface of liquid.

Just as soon as bubbling ceases and active fermentation stops, place pickles in standard canning jars. Pour brine over pickles, screw on lids firmly tight, and immerse in a kettle of tap-temperature water. Bring to a boil and boil for 15 minutes. When jars are cooling, you can tell when each one vacuum-seals because the lid will click down into a little indentation.

Store in a cool, dry, dark place.

Gritted bread

Courtesy of
Thomas C. Tabor

Ingredients

2 cups gritted corn (see below*)
1/2 cup sweet milk
1 tsp. sugar
1 tsp. salt
2 Tbsp. soft butter
1/2 tsp. baking soda
1/4 cup flour

Mix ingredients together, adding flour as needed. Bake in greased iron pan at 400° for approximately 25 minutes.

*Gritted corn is made by scraping ear corn with a grater. The corn must be past roasting ear maturity, but not too hard. If a grater was not available, homesteaders sometimes made one by puncturing a piece of tin with a nail. This porous scraper was then used to grate the corn while still on the cob.

Hamburger soup

Courtesy of
Darlene Campbell

Ingredients

1 lb. ground beef
4 carrots, cut in 2-inch chunks
3 potatoes, quartered
1 onion, chopped
1/2 bell pepper, sliced
1 16-oz. can tomatoes
1 6-oz. can tomato paste
1 cup water or stock
1 tsp. thyme
1/4 tsp. each black pepper and garlic powder
1 bouillon cube

Method

In a large soup pot, cook the ground beef over medium heat until brown and crumbly. Drain off excess fat. Add remaining ingredients and simmer, stirring occasionally, until vegetables are fork tender. I do not use salt in this recipe, but if you omit the bouillon cube, you may add salt to taste.

For variety, substitute stewed tomatoes for regular canned ones, or add celery or corn. Serve with hot biscuits.

Breakfast Sausage Casserole

Courtesy of
Nancy Janus

Ingredients

1 pound pork sausage
6 slices white bread, toasted and cubed
1/2 pound shredded cheddar cheese
1 teaspoon mustard powder
1/2 teaspoon salt
4 eggs, beaten
2 cups milk

Method

Remove sausage meat from casing. Crumble sausage into a medium skillet. Cook over medium heat until evenly browned, then drain.

In a medium bowl, mix together the cooked sausage, toasted white bread, Cheddar cheese, mustard powder, salt, eggs and milk. Pour into a greased 9x13 inch baking dish. Cover, and chill in the refrigerator 8 hours, or overnight.

Preheat oven to 350 degrees.

Bake covered for 60 minutes. Uncover, reduce temperature to 325 degrees and bake for an additional 30 minutes, or until set.

Twice Cooked Pork

Courtesy of
Connor Brown

Ingredients

1 pound boneless pork butt
8 ounces chicken broth
2 tablespoons cooking oil
8 small dried red chillies
1 tablespoon chopped garlic
3 scallions, cut into 1-in lengths
8 ounces napa cabbage, cut into bite-size pieces
2 tablespoons hoisin sauce
2 teaspoons dark soy sauce
2 teaspoons light soy sauce
1/8 teaspoon salt
2 teaspoons cornstarch dissolved in 1 tablespoon water

Method

In a pan, combine the pork and chicken broth. Bring to the boil over high heat. Reduce the heat to low, cover and simmer until tender, 40 to 45 minutes. Remove the pork from the pan and let cool. Reserve the broth. Cut the pork into thin slices.

Place a wok pan over medium-high heat until hot. Add the oil, swirling to coat the sides. Add the chillies and garlic then cook, stirring, until fragrant, about 10 seconds. Add the pork and stir-fry for 1 minute. Add the scallions and cabbage and stir-fry for 30 seconds.

Add the reserved broth, hoisin sauce, dark and light soy sauces, and salt. Cook until the cabbage is tender-crisp, about 3 minutes. Add the cornstarch solution and cook, stirring, until the sauce boils and thickens.

Vegetable Scramble

Courtesy of
Mattie Silverman

Ingredients

8 ounces tiny new red potatoes
4 to 8 ounces asparagus spears, chopped
1/2 red bell pepper, chopped
1/2 small onion, chopped
6 egg whites
3 whole eggs
1 tablespoon fresh chopped parsley
1 teaspoon fresh rosemary **or** 1/2 teaspoon dried rosemary, crushed
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon Parmesan cheese
1 large tomato, chopped

Method

Slice potatoes into 1/4-inch thick slices. In large covered nonstick skillet, cook potatoes in a small amount of boiling water for 5 minutes. Add the asparagus, bell pepper and onion. Cover and cook 5 to 7 minutes more or until the vegetables are tender. Drain and remove vegetables to a covered bowl.

Dry the skillet. Spray the skillet with nonstick spray coating or rub with a small amount of oil.

In medium bowl combine egg whites, eggs, parsley, rosemary, salt, and pepper and beat to mix well. Pour into skillet. Cook over medium heat. As eggs begin to set, draw a spatula through egg mixture creating large curds. Continue cooking mixture until it is moist but set. Remove from heat.

Top with the vegetables and cheese. Cover and let stand for 3 to 4 minutes to allow cheese to melt slightly.

Spoon onto plates and top with some tomato.

Jerusalem artichokes with brown rice

Courtesy of
Richard Blunt

Ingredients

4 Tbsp. extra virgin olive oil
1 medium carrot, peeled and diced small
1 small red onion, peeled and diced small
1/4 cup fresh mushrooms, diced
2 cloves garlic, minced fine
3 cups Jerusalem artichokes, scrubbed and diced medium
1/4 cup long grain brown rice
1/2 cup fresh chicken stock
1 Tbsp. lemon juice
1 Tbsp. fresh mint, diced fine
kosher salt and fresh ground black pepper to taste

Method

Heat the oil in a large skillet. Add the carrots, onion, mushrooms, and garlic and sauté for about 5 minutes. Add the Jerusalem artichokes and continue to sauté until the artichokes are just tender.

In oven casserole combine vegetable mixture with rice, chicken stock, lemon juice, and mint. Add kosher salt and fresh ground pepper to taste. Cover casserole and bake in a preheated 350° oven for about 20 minutes, or until the rice is tender.

Stuffed Eggplant

Courtesy of
Skylar Gillam

Ingredients

4 large eggplants
1/4 cup oil
12 ounces ground pork
12 ounces ground beef
3 egg yolks
1 teaspoon garlic salt
1 teaspoon black pepper
1 tablespoons breadcrumbs, soft
5 tablespoons brandy
Romano cheese, grated

Method

Cut the eggplants in half lengthwise Place on baking sheet, brush with oil and bake at 400 degrees for 30 minutes.

Carefully remove flesh from the eggplants to a large mixing bowl, keeping the shell intact. Add the remaining oil, the ground pork, ground beef, eggs, breadcrumbs, brandy, salt, and pepper and mix well.

Fill the eggplant shells, then sprinkle each with about a half-tablespoon of grated cheese. Bake 30 minutes at 400 degrees.

Vidalia Onion Pie

Courtesy of
Mattie Silverman

Ingredients

3 medium Vidalia Sweet Onions
1/2 cup butter
3 eggs, lightly beaten
1 cup low-fat sour cream
1/4 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon cayenne red pepper
1 9-inch pie shell, unbaked
1/2 cup grated Parmesan cheese

Method

Preheat oven to 450 F. Thinly slice onions, then cut each slice into quarters. Saute onions in butter until soft and transparent. Combine eggs, sour cream, salt, pepper and cayenne red pepper until smooth. Pour onions into pie shell, then pour egg mixture over onions. Sprinkle with cheese. Bake at 450 F. for 15 minutes, then lower oven to 325 F. and bake for an additional 15-20 minutes or until lightly browned and set. Serve warm.

Betty's Bread Pudding with Whiskey Sauce

Courtesy of
Elizabeth Ann Forman

Ingredients

Bread Pudding:

3-1/2 cups milk
20 slices stale or dried bread, broken into cubes
1 cup raisins, soaked in rum
1 can apple pie filling
1/2 cup butter
1-1/4 cup sugar
4 egg yolks, beaten
1/8 teaspoon salt
2 teaspoons. vanilla
1/4 to 1 teaspoon cinnamon (to taste)
1/8 to 1/2 teaspoon nutmeg (to taste)

Sauce:

1/2 cup butter
1 cup sugar
1 egg, beaten well
1/4 to 1 cup whiskey (to taste)
1-1/2 cups heavy cream

Method

pudding:

Heat the milk in a large heavy bottom pan until just before boiling. Remove the pan from heat, add the bread, and soak until soft, but not mushy.

In a large bowl, beat together the butter and sugar until creamy. Add the eggs, salt, vanilla, cinnamon, and nutmeg and mix well. Add the bread mixture, raisins, and apples and mix well.

Pour into a buttered casserole dish. Place the casserole dish into a shallow pan along with an inch or so of boiling water. Bake 40 minutes at 350 degrees. Serve with the Whiskey Sauce.

Sauce:

In a saucepan, melt the butter. Add the sugar and stir until all the sugar is dissolved. Add the egg and stir. Remove from heat and cool.

When cooled, add the whiskey and cream. Blend until light and fluffy. Cool in the refrigerator for at least an hour before serving.

Ham & Kidney Bean Soup

Courtesy of
Beverly Rossman

Ingredients

1 pound spicy or sweet Italian sausage	1 (28 oz) can Stewed tomatoes, cut up
2 Smoked pork hocks, sawed in half by butcher.	1/2 teaspoon ground Black pepper
3 medium Potatoes, peeled and cubed	1 (28 oz) bottle Chili Sauce
3 Celery stalks with leaves, sliced fairly thin	5 Bay Leaves
2 Tablespoons Dried Parsley	1/2 teaspoon Garlic Powder
3 (15 oz) cans Kidney beans	3 Tablespoons Worcesterstershire Sauce
1 (15 oz) can Tomato Sauce	1 medium Onion, Chopped fine
	1 Cup Water

Method

Boil sausage to remove excess fat and salt, changing the water once, until the sausage is cooked through. Remove sausage from pan, let cool, then cut into 1/4" slices.

Remove and discard the skin from the pork hocks, then soak in cold water, changing water several times, to remove salt. DO NOT BOIL, as that will remove not only salt but a lot of the flavor. You may leave the hocks soaking over night.

Brown sausage & pork hocks in a frying pan sprayed with cooking spray.

Drain off excess fat, if any, then transfer to the soup pan.

Add the canned goods, including any liquid, then add the remaining ingredients.

Bring to a boil, then reduce to simmer. Cover & continue to simmer for 2-3 hours.

Remove pork hocks. Let cool & cut into bite-size pieces. Return meat to pot and serve.

Makes about 10 servings

Indian Fry Bread

Courtesy of
Beverly Rossman

Ingredients

2 Cups all-purpose flour
1/4 Cup Instant nonfat dry milk powder
2 teaspoon Baking powder
1 teaspoon Salt
1 Tablespoon Butter or Lard
3/4 Cup Warm water
Cooking oil for deep frying

Method

Stir together, flour, nonfat dry milk powder, baking powder & salt. Cut in the butter or lard until mixture resembles coarse crumbs. Stir in water. Turn out onto floured surface.

Knead to a smooth ball, 10-12 strokes. Divide dough in eight balls. Cover and let rest 10 min.

On floured surface, roll each ball to a 6" circle. With finger, make a hole in center of each.

Fry, one at a time, in deep hot fat (400) till golden brown, about 1 1/2 min turning once.

Drain on paper towels.

Makes 8

Serving Options

Eat as is, spread on some butter, and/or sprinkle with sugar or cinnamon sugar.

Heat the contents of one can of blueberry pie filling until warm. Stir in a little lemon juice to taste. Place in a bowl for dipping small pieces of the fry bread.

Baked Beans

This week we have two variations of baked beans. They came in at roughly the same time, so we thought we'd let you enjoy both recipes.

Baked Beans, One

Courtesy of
Doreen Weidman

Ingredients

10 cans Campbell's Pork & Beans
1 pound light brown sugar (1 lb.)
1 pound sliced bacon
2 Tablespoons ground mustard
Ketchup

Method

In a lasagna type pan, put in and spread evenly half of the beans. Mix the box of brown sugar and ground mustard. Spread half of that over beans. Spread the rest of beans in the pan, then rest of the sugar mixture. Cut the bacon slices in 1" pieces then lay them over the beans to cover the entire pan. Over that, evenly spread a layer of ketchup. Bake in a 325 degree oven for 3 1/2 hours. You won't believe how good these beans are!!

Baked Beans, Two

Courtesy of
Beverly Rossman

Ingredients

4 (11 oz cans) Campbells Pork & Beans
5 thick slices of Bacon
1 cup onion, coarsley chopped
1/2 cup light molasses
1/2 cup catsup
1 teaspoon dry mustard

Method

Make these beans the day day before you are going to serve them so the flavors can blend.

Preheat oven to 400 degrees. Empty the cans of beans into a 3-quart casserole.

In a skillet, saute the bacon until lightly browned. Remove the bacon, from pan, put the onion into the bacon grease & cook until transparent.

Remove from heat. Add crumbled bacon, the onion, molasses, catsup, and dry mustard to the beans and mix well.

Bake, uncovered, 45 min.

On the day you are going to serve them, heat in a 400 degree oven for 20 min. You do not want to serve these hot but serve them at room temperature. I usually heat these in the morning and then they are cooled down by serving time.

Makes 8-10 Servings.

Polish Chicken

Ingredients

1 roasting Chicken, cut up, at room temperature	3 Tbsp. Water
3/4 cup Flour	2 cups Sour Cream
2 Eggs	5 Tbsp. Butter
1 cup unflavored Breadcrumbs	Salt and Pepper

Method

Place flour in a bowl and breadbrumbs in a second bowl. In a third bowl, beat eggs and water together. Wash chicken pieces in cold water and dry with a damp cloth. Immediately press chicken into flour, coating all over. When all pieces are coated with flour, dip each piece in the egg mixture and then in the breadbrumbs, pressing crumbs to coat all over. Set coated chicken aside for about 20 minutes to dry slightly. While chicken is drying, preheat oven to 375 degrees and prepare a baking pan, large enough to hold all the pieces of chicken, by coating the bottom with 1 tablespoon of the butter. Melt remaining butter in a large heavy skillet. When very hot, brown the chicken on both sides, a few pieces at a time. As each piece is browned, remove from skillet and place in baking pan. When all pieces are in baking pan, sprinkle with salt and pepper to taste. Place chicken in oven. After 30 minutes, spoon 1/3 of the sour cream over the pieces. 15 minutes later, spoon another 1/3 of the sour cream over the pieces. After another 15 minutes, spoon the remaining 1/3 of the sour cream over the pieces and continue baking for 30 minutes or more, until done. Most or all of the sour cream will soak into the pieces each time. Serve with, or without, the following gravy:

Chicken Gravy

Ingredients

2 cups Milk
2 Tbsp. Butter
2 Tbsp. Flour
Salt
Paprika

Method

Immediately after removing chicken pieces from baking pan, place butter in the pan and melt. Add flour and mix with the butter. Add the milk. Place pan over heat and stir constantly for 3 or 4 minutes, scraping the bottom of the pan to dissolve all the browned juices. Season with salt and paprika to taste.

Potato Latkes

Courtesy of
Erica Bernstein

Ingredients

8 large potatoes (about 2-1/2 pounds)
2 medium onions
2 large eggs
1-1/2 teaspoons salt
1/2 teaspoon ground white pepper
1/4 cup flour
Peanut or vegetable oil for frying

Method

Preheat oven to 250 F. Line a tray with paper towels for draining latkes and have a baking sheet ready for keeping latkes warm.

Peel and grate potatoes and onions on the large holes of a grater or with a food processor fitted with a coarse grating disk, alternating onion and potato. Transfer grated onion and potato to a colander. Squeeze mixture by handfuls to remove as much liquid as possible.

Put potato-onion mixture in a bowl. Add eggs, salt, pepper and flour and mix well.

Heat 1/2 cup oil in a deep, large, heavy skillet. For each latke, drop about 2 tablespoons of potato mixture into pan. Flatten with back of spoon so each pancake is 2-1/2 to 3 inches in diameter. Do not crowd them in pan. Fry over medium heat 4 to 5 minutes on each side, or until crisp and golden brown. Turn carefully with 2 slotted spatulas so oil doesn't splatter. Transfer to paper towels. Stir batter before frying each new batch. Add more oil to the pan as necessary, and heat it before adding more latkes. After frying about half the batter, put latkes on baking sheet and keep warm in oven.

Pat tops of latkes with paper towels before serving. Serve hot or warm.

Veal Goulash

Courtesy of
Steven Burns

Ingredients

2 lb. Veal leg	4 Tbsp. Butter
1 lb. fine egg noodles	1 Tbsp. Paprika
3 Roma Tomatoes	1 cup Sour Cream
3 large Onions	Salt & Pepper to taste
1 green Bell Pepper	Water
1 oz. Capers (with liquid)	

Method

Start heating pot of water for noodles.

Remove stem and seeds from pepper and peel onions. Chop into small pieces.

Remove meat from bone and chop into very small pieces.

In a large heavy bottom pot, melt butter over medium heat. When hot, add onion and saute until golden brown. Add the veal, salt, pepper, and paprika and continue cooking until meat browns, stirring occasionally to prevent sticking and burning.

When meat is browned, add tomato, green pepper, and two tablespoons of water. Cover and simmer for 45 minutes, adding a bit of water from time to time as necessary.

After 45 minutes, add capers and liquid and sour cream and cook. Simmer for three or four minutes more. Turn off heat and cover.

Cook noodles according to package directions. Drain and place on large platter or in large serving bowl.

Pour goulash over noodles and serve.

Cauliflower-Ham Chowder

Courtesy of
Edna LaFleur

Ingredients

2½ cups cubed, fully cooked Ham	1 chicken Bouillon cube or 1 tsp. granules
2 cups sliced Cauliflowerets	1/8 tsp. ground Nutmeg
2 cups peeled, cubed Potatoes	1/8 tsp. ground white Pepper
1/2 cup chopped Onion	2 Tbsp. all-purpose Flour
3 cups milk	2 Tbsp. fresh snipped Parsley
1 cup water	

Method

In a large saucepan, heat water to boiling. Add potatoes, onion, and bouillon and simmer covered for 10 minutes. Add cauliflower and simmer 10 minutes more or until tender.

Stir in 2½ cups milk, the ham, nutmeg and pepper and bring to a boil. Blend remaining milk with flour. Stir into hot mixture and cook, stirring constantly until thickened and bubbly. Garnish with the parsley before serving.

Chicken with galanga in coconut milk soup

Courtesy of
John Silveira

This excellent recipe requires a few unusual ingredients. You should be able to find them at any Asian market though, and it is well worth the trouble. (Coconut milk is NOT the juice from a fresh coconut. It comes canned.) Those who do not care for "spicy" food should substitute mild chilies for some or all of the hot ones and leave out the chili pepper flakes. Also, I have made this using powdered galanga instead of fresh with excellent results.

-- Oliver Del Signore

Ingredients

6 oz. Chicken, dark meat, thinly sliced	3 oz. sliced mushrooms
10 oz. Coconut milk (shake can well before opening)	1 Tbsp. peanut (or other) oil
10 oz. Chicken stock	1-1/2 Tbsp. Shrimp paste
1/2 cup young Galanga, thinly sliced	1-1/2 Tbsp. Fish sauce
2 fresh, hot Chili peppers	1-1/2 tsp. Sugar
1 stem Lemon Grass, cut into 1-1/2" lengths and pounded	1 Tbsp. Lime juice (or Lemon juice)
4 Kaffir lime leaves	1/4 tsp. Dried chili pepper flakes (or to taste)
	1 Tbsp fresh Cilantro leaves (or to taste), coarsely chopped

Method

Smooch the chili peppers (smack with a mallet or other implement to partially squash, but not pulverize), then fry in the oil until cooked.

In a soup pot, heat coconut milk with chicken stock over medium heat and bring to a boil. Add galanga, lemon grass, smooched chilies, lime leaves and continue to boil for a few minutes. Add shrimp paste, fish sauce, sugar, lime juice and pepper flakes. Stir to mix. Drop chicken pieces one at a time into the broth. Do not stir until chicken is cooked. When chicken is done, stir in sliced mushrooms and removed from heat. Sprinkle with cilantro.

Serves 2.

Chicken Curry

Courtesy of
Martha Winford

Ingredients

2 lbs boneless, skinless chicken, cut to serving size pieces	1/2 tsp. ground cardamom
2/3 cup peanut or vegetable oil	1 tbsp. finely minced garlic
1-1/2 cups coarsely grated onion	1 tbsp. grated fresh ginger
2 cups water	1 tsp. tumeric
1 cup yogurt	2 tsp. paprika
1/2 cup heavy cream	1 tsp. ground ginger
1 4 inch cinnamon stick	1/2 tsp. ground cumin
Salt	1 tsp. ground coriander

Method

Heat oil in a large, heavy bottom pot. Add onion and cook over medium heat for about 5 minutes until onion is dry but not browned. Add the cinnamon stick and cardamom and continue cooking until onion is golden brown.

Add the garlic, 1/4 cup water, and the yogurt and continue cooking about 5 minutes, stirring often.

Add the grated ginder, ground ginger, tumeric, paprika, cumin, corriander and 1 cup water, then cook for another 5 minutes, stirring often.

Add the chicken pieces, salt to taste and cook 30 minutes, stirring often and, if necessary, adding remaining water after about 20 minutes.

Add the cream, bring to a boil, and cook for 2 minutes.

Serve hot with a good Indian rice.

Tortellini Soup

Courtesy of
Martha Desimone

Ingredients

6 cups chicken broth
3/4 cup onion, chopped
1 cup carrot, diced fine
4 to 6 green chiles, diced
2 cloves garlic, minced
1 teaspoon dried basil
1 tablespoon olive oil
10 to 12 ounces baby spinach leaves
2 cups diced Italian tomatoes
2 cups tortellini, cheese-filled, fresh or frozen
Freshly grated Parmesan or Romano cheese

Method

Heat oil in a large soup pot. Sauté onion, carrot, chiles, and garlic about two minutes.

Add broth, tomato, and basil. Bring to a boil, then cover, reduce heat, and simmer for 10 minutes.

Bring back to a boil, then add tortellini and spinach and simmer, uncovered, about 15 minutes, stirring frequently the first five minutes.

Ladle into bowls and sprinkle with cheese.

Kentucky Country Ribs

Courtesy of
Beverly Rossman

Ingredients

3 to 3 1/2 pounds pork country ribs, cut into single-rib sections
3/4 cup water
1/3 cup bourbon whisky (or apple juice)
1/2 cup light brown sugar
1/4 cup soy sauce-regular or low salt
1/4 cup minced onion
1 clove garlic, minced
1/4 teaspoon powdered ginger

Method

Place ribs in single layer in baking dish and cover with foil. Bake at 350 degrees about 1 hour, until ribs are partially done but not browned. Remove from oven and pour off accumulated fat. Discard fat and let ribs cool.

In small saucepan, combine water, bourbon or apple juice, brown sugar, soy sauce, onion, garlic and ginger. Cook 10 minutes over low heat, stirring occasionally. Cool. Place cooled ribs in a utility dish or heavy plastic bag. Cover with marinade, shaking or stirring until ribs are coated. Store in refrigerator at least 6 hours or overnight, stirring or shaking occasionally.

Remove ribs from marinade and cook on a grill, about 5-7 inches above the coals, continuously turning and basting with marinade. The ribs also could be cooked under the oven broiler, with the meat 6-7 inches below the broiler unit.

Makes 4 servings

Pizza Casserole

Courtesy of
Michael Pirazi

Ingredients

1-1/2 pounds Italian sausage
1/2 cup chopped onion
1/4 cup chopped green olives
1 cup sliced mushrooms
1 teaspoon salt
1/4 teaspoon oregano
1/4 teaspoon pepper
12 ounces thin egg noodles
2-1/2 cups (20 ounces) pizza sauce
1 cup tomato sauce
1 cup milk
1 cup sliced pepperoni
8 to 16 ounces shredded mozzarella cheese

Method

Remove sausage from casing and brown with the onions, olives, mushrooms, salt, oregano, and peppers. Drain as much fat as possible and place into a lightly greased 4 quart baking dish.

Cook noodles until firm and drain. Add the noodles, 1/2 of the pepperoni, 1/2 of the cheese, the milk, the pizza sauce, and the tomato sauce to the sausage mixture and mix well. Bake covered in a 350 degree oven for 45 minutes.

Remove cover, sprinkle the remaining cheese over the top, then dot with the remaining pepperoni and then bake uncovered for an additional 15 minutes or until cheese is melted and pepperoni browned at the edges.

Cheddar Breakfast Pizza

Courtesy of
Martin Rimmele

Ingredients

1 package (15 ounces) refrigerated pie crust
1 cup ricotta cheese
6 slices bacon, cooked, drained and crumbled
1-1/4 cups apple pie filling
2 tablespoons brown sugar
1/2 teaspoon ground cinnamon
3/4 cup toasted pecans, coarsely chopped
1 cup cheddar cheese, shredded
1 cup mozzarella cheese, shredded
Cooking spray

Method

Preheat oven to 425°F. Allow crust to stand at room temperature 10 minutes. Unfold crust and place on a 12-inch vented pizza pan that has been sprayed with cooking spray. Prebake 5 minutes. Once cooled, spread ricotta cheese over the crust. Sprinkle bacon over the ricotta. Spoon the pie filling over bacon and spread evenly. In a bowl, combine brown sugar, cinnamon and pecans. Reserve 3 tablespoons. Sprinkle on top of the apple mixture. Top pizza with Cheddar and mozzarella cheeses. Sprinkle with remaining 3 tablespoons of brown sugar mixture. Bake 8-10 minutes, or until the crust is golden brown and the cheese is melted. Let pizza cool slightly before cutting.

Elk Roast With Cranberries

Courtesy of
Daisy Wallace

Ingredients

2 - 3 pound Elk roast*
2 tablespoons Oil
2 cups raw Cranberries
1 small stalk Celery, chopped
1 teaspoon Nutmeg
1-1/2 tablespoons Maple Sugar
1/4 cup all purpose Flour
1 small Onion, chopped
1 tablespoon Sweet Herbs**
2 whole Cloves
1 teaspoon Salt
1 teaspoon Pepper
1/4 cup Apple Cider
Cornmeal

Method

Sprinkle the roast with salt and pepper, then dust with the flour.

Heat the oil in a heavy bottom pot. Brown the roast on all sides, then remove from pot and set aside.

In the remaining oil, sauté the onions and celery until onions are translucent.

Return the meat to the pot. Add the cider, cranberries, nutmeg, maple sugar, sweet herbs, and cloves. Cook over low heat until meat is tender, about 2-1/2 to 3 hours, adding more liquid (cider or water) as necessary.

When almost done, thicken the sauce with a little cornmeal.

* Other wild game and or beef can be substituted for the elk.

** Sweet Herbs - any mixture of your favorite herbs like parsley, thyme, savory, marjoram, rose geranium, lavender, lemon balm, mints, pineapple sage, lemon verbena, etc.

Apple and Potato Soup

Courtesy of
Don Peterson

Ingredients

Soup:

4 Tablespoons butter
2 Leeks (white part only) , cleaned and sliced
5 cups tart Apples, peeled, cored, and chopped
6 cups Chicken Stock
2 cups Potatoes, peeled and chopped
1 cup heavy Cream
2 teaspoons apple brandy
1/8 teaspoon Cinnamon
Salt, to taste
White Pepper, to taste

Garnish:

2 tart Apples, peeled, cored, and diced
2 Tablespoons Butter

Method

Soup:

Saute the leeks in the butter over medium heat, covered, for 3-4 minutes. Add the apples and cook, uncovered, for about 5 minutes, coating them well with the butter. Pour in the stock, add the potatoes, and bring to a boil. Reduce heat and simmer for 45 minutes.

When the apples and potato are soft, carefully puree in a blender, solids first, until smooth. Return to the saucepan and stir in the heavy cream, brandy, and cinnamon. Stir well, then add salt and pepper to taste.

Refrigerate until cold. Adjust salt, pepper and cinnamon to taste. (If serving warm, skip this step.)

When ready to serve, (warm or cold) ladle into soup bowls and top with the apple garnish.

Garnish

Saute the diced apples in the butter for 4 or 5 minutes, then let drain on paper towels until you are ready to serve.

Beef & Wild Mushroom Lasagna

Courtesy of
Gail Strong

Ingredients

1 pound lean ground beef
2 tablespoons olive oil
1 pound assorted wild mushrooms (such as shiitake, oyster and cremini), sliced
1/4 teaspoon salt
1 jar (approximately 26 ounces) prepared roasted garlic or roasted garlic and onion spaghetti sauce
1 can (14 1/2 ounces) diced tomatoes with basil, garlic and oregano, undrained
1 carton (15 ounces) part-skim ricotta cheese
1 egg, slightly beaten
10 uncooked lasagna noodles (not oven-ready)
4 cups (16 ounces) shredded pizza cheese blend

Method

Heat oven to 375 degrees. In large nonstick skillet, heat oil over medium heat until hot. Add mushrooms. Cook and stir 4 to 6 minutes or until tender.

In same skillet, brown ground beef over medium heat 6 minutes or until outside surface is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings. Season with salt. Stir in spaghetti sauce and tomatoes.

In medium bowl, combine ricotta cheese and egg.

Spread 2 cups beef sauce in 13 x 9-inch baking dish. Place 4 noodles lengthwise and 1 noodle crosswise (break to fit) in a single layer; press lightly. Spread ricotta mixture evenly over noodles; top with mushrooms. Sprinkle with 2 cups shredded cheese. Spread 2 1/2 cups sauce over cheese. Cover with remaining noodles; press lightly into sauce. Spread remaining sauce over noodles.

Bake, uncovered, 45 to 50 minutes or until noodles are tender. Sprinkle with remaining cheese. Tent lightly with aluminum foil; let stand 15 minutes before serving.

Makes 9 servings.

Chicken Enchiladas

Courtesy of
Ilene Duffy

I learned to make this recipe with my roommates and friends in college. It makes a nice dish when serving company. This takes a while to prepare, but it's worth it. The chicken can be boiled the day before to save time.

We should bug John Silveira into sending in his chicken soup recipe to make use of the broth created from boiling the chicken.

--Ilene Duffy

Ingredients

1 whole chicken, giblets removed.	2 cans cream of chicken soup
2 Tbsp. butter	10 to 15 mushrooms
4 stalks of celery, chopped	½ bell pepper, chopped (any color or a variety)
1 onion, chopped	3 or 4 green onions, chopped (optional)
1 lg. can enchilada sauce	1 lb. jack cheese, grated (or use ½ lb. of cheddar and ½ lb. of jack)
1 or 2 small cans tomato sauce	1 dozen flour tortillas
	1 can black olives, some cut in half, some left whole

Method

In a stock pot, cover chicken with water and boil chicken till tender. Save broth to make chicken soup. Pick off all meat and cut into chunks.

In a large pan, fry onion, celery, mushrooms, bell pepper, and green onions in the butter until just tender. Add cooked chicken, 1 can of cream of chicken soup, ½ can of the enchilada sauce, and some of the tomato sauce. Mix and heat in the fry pan.

In a separate sauce pan, heat the other ½ of the enchilada sauce, the other can of soup, and some more tomato sauce. Use as much tomato sauce as desired. More sauce makes the enchiladas moister, less makes them drier. Both ways are good. Slightly warm the tortillas in a microwave or in a frying pan on the stove, then spoon some of the sauce on a tortilla, spreading it with the spoon. Add a large dollop of the chicken mixture in the tortilla, add some cheese and a few chopped olives. Wrap up and place in a 9x13 pan. Continue filling and wrapping the tortillas, squeezing them against each other in the pan. I usually can't fit it all in one pan, so I continue with a 9x9 baking pan.

Pour any leftover sauce over the top and sprinkle with remaining cheese.

Bake uncovered at 325° for about ½ hour til nicely warm and bubbly. Add the whole olives as a garnish at the end and warm for another 5 minutes.

Indian Pudding

Courtesy of
Joanne Marshfeld

Ingredients

4 Cups whole Milk	2 Tbsp Butter/Margarine; Melted
1/2 Cup whole Milk, cold	1 Tsp Salt
1/2 Cup yellow Cornmeal	1/4 Tsp ground Cinnamon
1/2 Cup Maple syrup	3/4 Tsp ground Ginger
1/3 Cup Brown Sugar	2 Eggs, slightly beaten
1/4 Cup light Molasses	

Method

Pour the four cups of milk in the top of a double boiler and heat until very hot. Slowly stir cornmeal into hot milk. Cook over boiling water for 20 minutes, stirring occasionally.

Preheat oven to 300 F. Lightly grease a 2-quart baking dish. (8-1/2" round)

In small bowl, combine all the other ingredients except the cold milk. Stir into cornmeal mixture and mix well.

Turn the cornmeal mixture into the baking dish, then gently pour the cold milk on top, without stirring.

Bake uncovered for 2 hours or until just set but quivery on top. Do not overbake.

Let stand at least 30 minutes before serving. Serve warm, topped with vanilla ice cream or light cream.

Black Beans & Rice

Courtesy of
Betty Marx

It won't be exactly the same, but you can save a considerable amount of time by using canned black beans.

Ingredients

1 lb. dried Black Beans (3 cups), picked over and rinsed	1 red Bell Pepper, chopped
8 cups Water	1 Tbsp. Ground Cumin
6 cloves Garlic, crushed	1 Jalapeno Pepper, seeded and chopped
2 Tbsp. dried Oregano	2 Tbsp. Balsamic Vinegar
1 Bay Leaf	1 tsp. Salt
2 tsp. Olive Oil	Freshly ground Black Pepper to taste
1 large Onion, chopped	2 cups long-grain white Rice
	1 Lime, sliced into 8 Wedges

Method

Soak the beans in cold water overnight making sure all beans are covered by 2-inches of water.

Drain and rinse the beans. Place them in a large soup pot or Dutch oven. Add 4 cups of water, the garlic, oregano, and bay leaf. Bring to a boil, then reduce heat to low. Cover and simmer until beans are tender, approximately 2-hours. Drain the beans and return to the pot or Dutch oven.

Heat the olive oil in a large skillet over medium heat. Add the onion and pepper, and cook, stirring occasionally until softened, about 5-minutes. Add the cumin and jalapeno, and cook, stirring until softened, about 1-minute more.

Stir the onion mixture and vinegar into beans. Season with salt and pepper to taste.

Meanwhile, in a medium saucepan, bring the remaining 4 cups of water and 1 tsp. salt to a boil. Add the rice, cover, reduce heat to low, and simmer until the rice is tender and the liquid is absorbed, approximately 15 to 20-minutes.

Serve the beans over the rice with the lime wedges on the side of the serving dish.

Turkey Tetrazzini

Courtesy of
Katie O'Leary

Ingredients

2-1/2 cups cooked pasta	1/4 cup Butter
1-1/2 cups leftover turkey, chopped	1 Tbsp chopped fresh Parsley
1 cup Milk	1 tsp dried whole Tarragon
1 cup Chicken Broth	1/8 tsp ground black Pepper
1/2 cup shredded Swiss Cheese	1 dash ground Nutmeg
1/3 cup chopped Onion	chopped Parsley for garnish
1/3 cup fresh sliced Mushrooms	Lemon slice halves for garnish
1/4 cup each flour	red Pepper strips for garnish

Method

Melt butter in a large, heavy bottom frying pan. Over medium high heat, saute the onion and mushrooms together until the onions are just tender. Add the flour, stirring well. Cook for one minute, stirring constantly.

Combine the milk and chicken broth and gradually stir them in. Reduce heat to medium and cook, stirring constantly, until the mixture is thick and bubbly.

Add the parsley, tarragon, pepper and nutmeg. Stir well.

Add the spaghetti, turkey, and half of the cheese, stirring well.

Pour the mixture into a greased 1-1/2 quart casserole. Bake at 350 degrees for 20 minutes.

Sprinkle the remaining cheese over the top, then bake an additional 5 minutes or until cheese is melted.

Garnish with parsley, lemon slices, and pepper strips before serving.

Potato Bread

Courtesy of
Dolly Wilcox

Ingredients

15 cups whole wheat Flour	3 packages active dry Yeast (1/4 oz per package)
1 medium Potato, peeled	1/2 cup warm Water (110 degrees F/45 degrees C)
2 cups Water	1 teaspoon white Sugar
1 teaspoon Salt	
1/3 cup white Sugar	
1/3 cup Oil OR Shortening	
1 tablespoon Salt	
6 cups warm Milk	

Method

Dissolve the yeast and 1 teaspoon of sugar in the 1/2 cup warm water. Set aside.

Add 1 teaspoon salt to 2 cups water. Bring to a boil. Add potato and boil until soft. Remove potato, reserving the water. In a bowl, mash the potato, then add the potato water, 1/3 cup of sugar, oil, 1 tablespoon salt, and milk. Mix well.

Making sure the potato mixture is warm, and add the yeast. Stir in 15 cups of whole wheat flour. Mix until dough forms.

Turn dough out onto a lightly floured surface. Knead for 10 - 12 minutes. Place in greased bowl, turning the dough to coat the surface. Cover with a damp cloth, and allow to rise about 1-1/2 hours until doubled. Punch down, and knead again for 3 minutes. Place the dough back in bowl, and allow to rise again about 1 hour, until doubled. Punch down. Divide into four parts and place them into greased 9 x 5 inch bread pans. Allow the dough to rise again for 30 - 60 minutes.

Bake at 325 degrees F (165 degrees C) for about 1 hour until browned.

Venison Chili

Courtesy of
Jolene Shelton

Ingredients

1 pound ground Venison	1 Tbsp. Chili Powder
3 cans Pinto Beans, drained	1 Tbsp. Oregano
3 small Chili Peppers (hot or mild)	1 Tbsp Cumin
½ to 1 cup Cheddar Cheese, shredded	4 Tbsp. Flour
1 large Onion, chopped	1 Tbsp. Oil
4 Beef Boullion cubes	1 quart Water
2 cloves Garlic, chopped fine	4 Tbsp. Water

Method

In a heavy bottom saucepan or pot, add the quart of water and boullion cubes. Heat until boullion is dissolved. Cover and reduce heat to simmer.

Meanwhile, heat the oil in a frying pan and brown the venison. When browned, add the onion, peppers, garlic and seasonings and cook until vegetables just start to brown. Add 2 tablespoons of water and deglaze the pan. Dissolve the flour in the other 2 tablespoons of water, add to the venison and cook 1 minute or until thickened.

Add the beans and venison mixture to the water and simmer for one hour or until reduced and thickened.

Serve over a bed of rice or nacho chips. Top with cheddar cheese.

Anne's Sausage and Cabbage

Courtesy of
Elizabeth Flora

Ingredients

8 slices Bacon
4 Italian Sausages, casings removed
1 large Onion, chopped
1 large Cabbage, shredded
1-1/2 cups Chicken Broth
Salt & Pepper to taste
Cayenne Pepper to taste
1/2 tablespoons Garlic, minced

Method

In a large deep frying pan, cook the bacon until crisp. Remove the bacon and drain all but 1 tablespoon of the fat. Return the pan to the heat, add the sausage meat, and fry for 3 or 4 minutes, periodically mixing and dividing the meat so there are no large clumps. Add the onion and garlic and continue to sauté for about 10 minutes or until onion starts to brown. Add the shredded cabbage and crumbled bacon. Add salt, pepper and cayenne pepper to taste and mix well. Add the chicken broth, cover and simmer until cabbage is wilted. Remove the cover, mix well again, then simmer about 30 minutes or more until broth is reduced. Serve hot.

Garlic Soup

Courtesy of
Brad Delmonico

Ingredients

6 cups Vegetable Stock
6 slices Italian Bread, cut into 1-inch cubes
12 cloves garlic, quartered (use more if you like)
1/2 cup dry red Wine
2 Tbsp. Butter
1 Tbsp. Olive Oil
1 Tbsp. chopped fresh Parsley
Salt and Pepper to taste

Method

In a heavy pot, melt the butter with the olive oil over low heat. Add the garlic and cook 2 minutes, being careful not to burn it. Add the bread to the pot and toss. Add the wine, stock, and parsley. Bring to a boil over medium heat, reduce heat to low, and cook 10 minutes.
Season with salt and pepper. Serve immediately.

Spicy Beef

Courtesy of
Elaine Driver

Ingredients

8 ounces top round steak, fat trimmed, cut into strips
2 fresh hot chilis, minced
2 cloves garlic, finely chopped
2 tablespoons soy sauce
1-1/2 tablespoons fresh cilantro, coarsely chopped
1 tablespoon ginger, minced
1-1/2 teaspoons lime zest, finely grated
1 teaspoon white peppercorns
1 teaspoon salt
1 teaspoon oil

Method

Heat a small skillet dry on high heat. Toast the peppercorns until fragrant, about 1 minute. Cool the peppercorns, then transfer to a spice grinder and crush coarsely.

In a bowl add the garlic, cilantro, ginger, chilis, lime-zest, peppercorns, salt, and mash to a coarse paste.

Heat a skillet on high, then add oil. Reduce the heat to medium add the beef and spice paste, and stir-fry until cooked, about 2 minutes. Stir in the soy sauce and transfer to serving bowls.

Baked Bean Soup

Courtesy of
Oliver Del Signore

When I saw "Baked Bean" listed under "Soups" in the Fannie Farmer cookbook I could not imagine the two going together. I looked at the recipe and the text described it as "delicious." So I tried it. And it was! I used B&M brand beans. You can make your own beans or use another brand, but stick to the ones in molasses.

Ingredients

6 cups water
4 cups Baked Beans (in molasses)
1-1/2 cups canned tomatoes
1 large onion, chopped
3 stalks celery, chopped
1-1/2 teaspoons chili powder
Salt and pepper

Method

Put the water, 3 cups of the baked beans, the onion, celery, tomatoes, and chili powder in a large pot. Bring to a boil, reduce the heat and simmer, partially covered, for 30 minutes.
Carefully puree the mixture in a blender or food processor, or mash and beat by hand until smooth. Return to the pot, add the reserved 1 cup of beans and reheat after adding salt and pepper to taste.
Serve with a salad and some nice, dense bread.

Apple Coffee Cake

Courtesy of
Beverly Rossman

This is an old family recipe. I can remember my dad, Robert Werner, getting up in the middle of the night in his pajamas to put this coffee cake together. He would do everything but the baking. In the morning, when he got up, he'd put it in the oven. What a great smelling house it was to wake up to!

Apple Coffee Cake

Ingredients

Cake

1 Cup Milk
1/4 Cup Butter
1/4 Cup Sugar
1 tsp. Salt
1 Pkg Dry yeast
1/2 Cup Lukewarm water
1 Egg, beaten
4 Cups Flour

Topping

2 Cup peeled and thinly sliced tart
apples
12 Tbsp. Sugar
2 Tbsp. Cinnamon
1 tsp. nutmeg
4 Tbsp. Butter

Method

Soften the yeast in the lukewarm water. Scald the milk, then add the butter, sugar and salt. Cool to lukewarm and add the yeast and the beaten egg. Mix, then gradually stir in the flour to form a soft dough. Beat vigorously until all ingredients are well blended.

Turn the dough out into a greased bowl, cover with a damp towel, and let rise till it doubles in volume.

When risen, pat the dough in 2 greased 9" round layer cake pans or one 9" x 13" cake pan. Let rise until almost doubled in bulk.

Arrange apples over the top of the dough, in even rows, pressing slightly into dough. Mix together the sugar, cinnamon, and nutmeg. Sprinkle over the apples, then dot with the butter. Let rise another 15 min.

Preheat oven to 350 degrees. Cover the pan(s) with foil and bake 10 minutes. Remove the foil and finish baking for 35-40 min.

Remember -- to be official when doing this, you MUST be in your pajamas, like my dad was.

Baked Spaghetti

Courtesy of
Beverly Rossman

Ingredients

8 ounces thin spaghetti
28 ounces Stewed tomatoes, undrained
1 pound bacon
3 links Italian sausage, meat removed from casings
1 Onion, chopped
4 ounces cheddar cheese, grated
Grated Parmesan cheese for topping
1 teaspoon dried oregano
Dried or fresh parsley, to taste
Salt and pepper to taste

Method

Spray with non-stick cooking spray or coat with oil a 9 x 13 pan.

Cook spaghetti and set aside, in large bowl.

Dice the bacon and fry until crisp. Remove bacon from pan and put into bowl with spaghetti. Save the bacon grease.

Fry the sausage meat in the bacon grease until done (break up all big pieces). Remove from pan and put into bowl with spaghetti and bacon. Save the bacon grease.

Fry the onion in bacon grease until cooked thru but not browned. Remove from pan and add to spaghetti mixture. Now you can throw away bacon grease!

Add stewed tomatoes to spaghetti mixture and mix well. Add oregano, parsley, salt and pepper and again, mix well.

Put spaghetti mixture into the 9 x 13 pan. Sprinkle the grated cheddar cheese on top and the parmesian cheese on top of that, covering the spaghetti well.

Bake in 350 degree oven for about 30 minutes or until top is nicely browned.

Italian Pot Roast

Courtesy of
Mama Jo D'Ascanio and Beverly Rossman

Ingredients

4 pounds lean chuck roast	1 Tablespoon oregano
4 garlic cloves, crushed	2 teaspoons thyme
4 medium onions, chopped	1 teaspoon and 6 whole fresh basil leaves
3 Tablespoons olive oil	1/4 teaspoon cinnamon
4 (6 oz) cans tomato paste	2 teaspoons salt
6 cups water	1/2 teaspoon black pepper
1-1/2 pounds thin noodles	1 teaspoon sugar
Grated Parmesan cheese	
Chopped chives, preferably fresh	
Flour to roll meat in, before browning	

Method

Mix tomato paste with water in a bowl. Add all herbs and spices, mix well, and set aside.

Roll meat in flour and then brown meat slowly on all sides in hot olive oil. Remove meat and lower heat.

Add garlic and onion, saute about 5 minutes, being careful not to burn garlic.

Return meat to pot. Pour tomato/herb/water mixture over meat.

Bring to full boil, then lower heat and cover loosely. Simmer slowly about 3-4 hours, turning meat occasionally.

When meat is tender, cook noodles and drain. Slice meat, arrange over noodles, and cover with sauce. Sprinkle with cheese and chives as desired.

Hummingbird Cake

Courtesy of
Beverly Rossman

Ingredients

Cake:

3 cups flour
2 cups sugar
1 teaspoon baking soda
1 teaspoon ground nutmeg
1/2 teaspoon salt
3/4 cup unsalted butter
3 eggs
2 cups mashed ripe bananas (3-4 bananas)
1 (8 oz) can crushed pineapple, undrained
2 teaspoons vanilla
1 cup chopped pecans, lightly toasted

Frosting:

1 (12) oz Cool Whip-thawed
1 (8 oz) cream cheese, at room temperature
1 (3.4 oz) instant vanilla pudding
1 cup milk
1 large can crushed pineapple, well drained

OPTIONAL:

1-1/2 cups flaked coconut
3/4 cup pecans, coarsely chopped, lightly toasted

Method

Hummingbird Cake

In medium mixing bowl, stir together flour, sugar, soda, nutmeg and salt and set aside. In a large mixing bowl, beat butter with electric mixer on medium speed for 30 seconds. Add eggs, banana, undrained pineapple and vanilla. Beat until combined. Add the flour mixture all at once and beat on low speed until combined. Beat on medium speed one minute and fold in pecans.

Spread batter in well greased and floured 10" bundt pan. Bake in 325 degree oven for 70-75 minutes until toothpick inserted near center comes out clean. Cool cake in pan on wire rack for 10 minutes. Invert onto cake plate and cool completely. When cake is cool, frost with Hummingbird Frosting.

Hummingbird Frosting

Mix milk and pudding for 1 min. Beat in cream cheese and Cool Whip with electric hand mixer. By hand, mix in pecans until blended into frosting.

Frost cake and sprinkle coconut on top.

Corned Beef Cakes

Courtesy of
Eugene Mora

Ingredients

1 (7 ounce) can corned beef
1 pound sweet potatoes or yams
1 small onion, chopped
2 eggs, beaten
1/4 cup milk
2 cups bread crumbs for coating
1 tablespoon finely chopped parsley
1 teaspoon cayenne pepper (optional)
salt and pepper to taste
Deep fat for frying

Method

Peel the potatoes or yams. Wash. then boil them in salted water until tender. Drain and mash.
Add the milk to the eggs and set aside.
Add the chopped onions, corned beef, parsley and pepper or cayenne and mix well.
Add two tablespoons of the egg mixture and mix well.
Form into flat cakes of desired size. Brush both sides with the egg mixture and coat with bread crumbs.
Fry in oil until golden brown. Drain on paper towels and serve hot.

Broccoli-Turkey Casserole with Mushroom Sauce

Courtesy of
Lisa Cardillo

Ingredients

3 cups Broccoli florets
2 cups leftover Turkey, chopped
1 medium Onion, chopped
1 medium green Bell Pepper, chopped
1 cup Cheddar Cheese, shredded
1/2 cup Pepperjack or Jalapeno
cheese, shredded
2 stalks Celery, chopped
3 Tbsp. Butter
1/2 tsp. Salt
1/4 tsp. Pepper
1 cup cooked rice

For mushroom sauce:

2 Tbsp. Butter
4 ounces Mushrooms, sliced
2 Tbsp. Flour
1/4 teaspoon Salt
1/4 tsp. Pepper to taste
1 cup Chicken stock or broth
2 Tbsp. dry white Wine
1/2 cup Sour Cream

Method

Place broccoli in a deep frying pan, add a little water, cover and steam until just tender. Drain any remaining water, then place the broccoli in a greased 2 quart casserole dish, cover, and set aside.

Melt 3 tablespoons of butter in the frying pan and sauté the onion, bell pepper, and celery until just tender. Shut off heat, then add the turkey, rice, salt and pepper and mix well. Add to the casserole dish.

In a saucepan over medium heat, melt 2 tablespoons of butter. Add the sliced mushrooms and saute until tender, about 5 minutes. Stir in the flour, salt, and pepper, then add the stock and stir until thickened, about 2 minutes. Stir in the wine, then remove from heat and blend in sour cream. Pour into the casserole dish, add the shredded cheeses and mix well.

Bake, uncovered at 375 degrees for 30 minutes or until well heated

Baked Macaroni and Cheese to Kill For

Courtesy of
John Silveira

Ingredients

2 cups uncooked elbow Macaroni	1-1/2 cups (8 ounces) diced Sharp Cheddar Cheese, divided
3/8 cup Butter	4 oz. Mozzarella Cheese, cut into strips
1/2 cup Flour	1 cup Ricotta Cheese
1-3/4 cups Milk	1 15 oz. can whole, peeled Tomatoes, drained and quartered (or, if large, cut into 6ths)
1/2 cup Sour Cream	1 cup diced Ham
1/2 cup grated Parmesan Cheese	
1/2 tsp. Salt	
1 tsp. Pepper, freshly ground	
1 tsp. dry Mustard, freshly ground, if possible	

Method

Preheat oven to 350°.

Cook macaroni in salted boiling water according to package directions. Drain and rinse with cold water. Pour into a 2-quart baking dish.

In a saucepan, melt butter and stir in flour. Cook and stir for one minute. Gradually stir in milk. Add sour cream, Parmesan cheese, salt, pepper and mustard. Cook over medium-low heat, stirring constantly, until sauce bubbles and thickens. Stir in half of the Cheddar cheese until melted.

Toss macaroni with remaining Cheddar cheese, the mozzarella cheese, ricotta cheese, tomatoes, and ham. Pour sauce over this macaroni mixture and mix thoroughly.

Bake, uncovered, for about 1 hour, or until bubbly and brown. Yield: 6 servings.

Honey Roasted Pheasant

Courtesy of
Mike Willard

Ingredients

1 Pheasant
3/4 cup Honey
1/2 cup creamy Peanut Butter
2 Tbsp. Cider Vinegar
2 Tbsp. Soy Sauce

Method

Combine the honey, peanut butter, vinegar, and soy sauce in a saucepan and cook over low heat until peanut butter is melted, stirring frequently. Allow to cool slightly.

Place the pheasant in a roasting pan, then pour the honey-peanut sauce over the bird. Cover tightly and refrigerate overnight.

Remove from refrigerator an hour or so before cooking. Preheat oven to 350 degrees.

Roast uncovered for 1 hour or until done, basting frequently with the drippings.

Liver Fricassee

Courtesy of
Robert Waite

Ingredients

1 pound beef liver
3 large or 6 small white onions, peeled and chopped
3 medium green bell peppers, seeded and chopped
1 (14 -16 oz.) can whole tomatoes, drained and cut into bite-size pieces
2 cups boiling water
4 slices bacon
1/4 cup all-purpose flour
1/2 teaspoon salt, or to taste
1/2 teaspoon celery salt
1/2 teaspoon poultry seasoning
1/8 teaspoon black pepper, or to taste
1/2 pound (dry) egg noodles, cooked

Method

Wash the liver, then place in a bowl. Pour the boiling water over the liver and let stand 5 minutes. Drain the liver, reserving the water. Pat the liver dry.

Cut the liver into 12 to 16 pieces. Combine the flour, salt and pepper and dredge the liver in the flour mixture.

Fry the bacon in a large skillet until crisp. Remove from the skillet, leaving fat in the pan. Drain the bacon. When it is cool, crumble and set aside.

Place the liver in the skillet and quickly brown the dredged liver in the hot bacon fat. Add the tomatoes, green peppers, onions, crumbled bacon, reserved water from liver, celery salt and poultry seasoning. Cover and simmer 45 minutes. Serve the liver and vegetables over the cooked noodles.

Venison Stew

Courtesy of
Jamie Flanders

Ingredients

2 pounds venison, cubed 6 medium potatoes, cubed 3 large carrots, chopped 24 ounces canned chopped tomatoes 12 ounces tomato paste 2 stalks celery, chopped 1/4 cup chicken stock 2 large hot peppers, sliced thin 1 medium onion, chopped 2 Tablespoons butter 2 cups water, or more

Method

In a heavy bottom skillet, melt the butter, then brown the venison. Drain the grease, reserving 1 tablespoon.

In a large pot, add the reserved grease, then saute 1/2 the onion and a little of the hot pepper until slightly browned. Add the water and scrape the bottom of the pan to deglaze. Add all the remaining ingredients, mix well and cook, covered, on medium heat, for 1 1/4 hours, stirring occasionally.

Serve with bread and a salad.

Braised rabbit with red wine

Courtesy of
Alicia Fleiss

Ingredients

1 2-1/2 pound Rabbit	1 Tbsp. Tomato Paste
1/2 pound small Mushrooms	1/2 tsp. Salt
1/4 pound small White Onions	1/2 tsp. Pepper
1-1/2 cups dry red Wine	2 Bay Leaves
1/2 cup Chicken Bouillion	1/2 tsp. dried Thyme
2 Tbsp. Oil	6 sprigs fresh Parsley
1 Tbsp. freshly chopped Garlic	

Method

Wrap the parsley, thyme and bay leaves in a small piece of cheesecloth, securing with string to form an herb bouquet.

Sprinkle the rabbit pieces with salt and pepper.

Over high heat, heat the oil in a large, heavy bottom pot or dutch oven. Add the rabbit pieces to the pot and brown for about 5 minutes, stirring constantly to prevent sticking. Drain off the fat. Add to the pot the mushrooms, onions and garlic. Cook the rabbit and vegetables together for another 5 minutes, stirring constantly.

Add the wine, bouillion, tomato paste and herb bouquet to the pot. Bring to a boil, then reduce heat and simmer, covered, for about 40 minutes, or until the rabbit is tender. Remove the herb bouquet.

To reduce and thicken the gravy, uncover the pot and cook over medium heat for about 5 more minutes.

Blueberry Vareniki

(Blueberry Filled Dumplings)

Courtesy of
Madd Russian

Ingredients

Dough

3 cups all-purpose flour
1 teaspoon salt
3 egg yolks
1/2 cup cold water

Filling

3-1/2 cups blueberries
1/2 cup sugar
1/2 to 1 teaspoon cinnamon (to taste)
3/4 tablespoons all-purpose flour

Also

2 egg whites, lightly beaten (for sealing the vareniki)
2 cups sour cream for dipping

Method

Combine all the dough ingredients in the bowl of a electric mixer with the dough hook in place. Mix for 1 minute at low speed, then raise the speed to moderate and beat for 2 minutes; the dough should be well blended, smooth, and elastic.

However you knead the dough, form it into 2 balls. Dust lightly with all-purpose flour, cover tightly with plastic wrap, and allow to rest for 30 minutes or more. *Note: These amounts should yield 56 vareniki, more or less, made with 3-inch circles.*

When risen, roll out the dough about 1/8 inch thick and cut into 3-inch circles.

Prepare a pan of boiling water for cooking the varenikis.

Just before filling the rounds, lightly toss the blueberries with the sugar and cinnamon. Spread on a plate and dust with the flour.

Place a scant tablespoon of blueberries in the center of each round. Brush the side edges with egg whites, then fold over, press the edges together and seal the edges with your fingers or a fork.

When completed, cook in boiling water. They are done when they float.

Serve hot with sour cream for dipping. They are best when eaten right after cooking.

Caribbean Barbecued Pork Steaks

Courtesy of
Willy Borsheim

Ingredients

1 1/2 pounds boneless pork chops/steaks, about 1/2-inch thick
1 large red onion, sliced
3/4 cup fresh lime juice
1 teaspoon salt
1/2 teaspoon cayenne pepper

Method

Lay pork in a glass or enamel 12x9-inch baking dish. Cover with the sliced onions.

Mix together the lime juice, salt and cayenne pepper. Pour over the pork, then cover and refrigerate for several hours.

Lift pork steaks out of marinade, brushing off onions. Broil or cook over hot coals, 3 inches from heat, for 8-10 minutes, turning once.

While pork is cooking, heat the onions and lime juice to boiling. Serve the onions, and tortillas, if desired, with the cooked pork.

Duck with Mushrooms

Courtesy of
Sharon Selvig

Ingredients

2 ducks, cut in pieces
1 clove garlic, minced
1/8 teaspoon thyme
4 ounces ham, in 1/4" cubes
1 teaspoon fresh parsley, chopped
1/2 pound mushrooms, sliced thick
3 tablespoons butter
1 small jar pearl onions (about 12)
1 tablespoon flour
Salt and pepper, to taste

Method

Brown the pieces of duck in the butter. When browned, add the ham, mushrooms, garlic, thyme, and flour. Saute for 10 minutes, stirring often.

Add enough water to cover the mixture half-way. Simmer for 15 minutes. Add onions, and the salt & pepper, to taste, and simmer for another 15 minutes, or until done.

Puerto Rican Rice With Pork

Courtesy of
Susan DiBracco

Ingredients

1 pound boneless pork loin
1 large onion, minced
1/2 cup green bell pepper, diced
2 large cloves garlic, minced
30 pimiento-stuffed green olives
2 cups long-grain white rice
4 cups chicken broth, hot
1/2 cup canned tomato sauce
2 tablespoons olive oil
Salt and black pepper, to taste
1/2 cup fresh parsley, minced, for garnish

Method

Trim all visible fat from the pork and cut into one inch cubes. In a large heavy bottom pot over medium heat, sauté the pork in 1 tablespoon of the oil for about 10 minutes, turning several times, until the outside is cooked.

Remove the pork to a plate with a slotted spoon. Add the remaining tablespoon of oil to the pan juices. Sauté the onions, bell pepper, and garlic over medium heat until the onions are golden brown

Add the rice and sauté it, stirring, for about 4 minutes. Stir in the chicken broth and tomato sauce. Bring to a boil, then reduce the heat, add the pork, cover, and simmer until the rice is tender, and all the liquid has been absorbed, about 25 minutes.

Stir in the green olives. Add salt and black pepper to taste.

Transfer to serving bowl or plate and garnish with the parsley.

Pot Roast With Spaghetti

Courtesy of
Beverly Rossman

Ingredients

3 pounds beef arm or blade pot roast
1 8 ounce can (1 cup) seasoned tomato sauce
1 6 ounce can (2/3 cup) tomato paste
1/2 cup chopped onion
2 cloves garlic, minced
2 teaspoons oregano leaves
1 teaspoon thyme leaves
1/2 teaspoon basil leaves
1 teaspoon salt

7 ounces spaghetti, cooked & drained
Shredded Parmesan cheese

Method

Trim excess fat from roast. Heat fat in Dutch oven. When you have about 2 tablespoons of melted fat, remove the trimmings. Brown meat nicely on all sides in the hot fat.

Combine tomato sauce, tomato paste, onion & seasonings. Pour over meat.

Simmer covered 2-1/2 to 3 hours or until tender. Remove meat to hot platter.

Simmer the sauce uncovered till of desired consistency. Skim off excess fat.

Serve the sauce with meat & hot cooked spaghetti.

Pass the Parmesan cheese.

Makes 8-9 servings.

Mexican Stuffed Shells

Courtesy of
Rebecca Weinstein

Ingredients

18 uncooked jumbo pasta shells
32 ounces tomato sauce
1 teaspoon chili powder
3 teaspoons ground cumin
3/4 pound extra-lean ground beef
1 small onion, chopped
1 teaspoon ground cumin
1 tablespoon fresh cilantro, chopped
1 (4 ounce) can chopped green chilies, drained
1 (15 ounce) can chili beans in sauce, undrained
1 cup shredded part-skim mozzarella cheese

Method

Preheat oven to 350 degrees. Cook and drain pasta according to package directions.

Mix the tomato sauce, chili powder and 2 teaspoons cumin and set aside.

Cook ground beef and onion in a medium saucepan over medium heat, stirring occasionally until browned. Drain the fat. Add the remaining 1 teaspoon cumin, the cilantro, green chilies and chili beans to the browned meat.

Pour 1 cup of tomato sauce into ungreased rectangular baking dish (13x9x2 inches). Spoon about 1-1/2 tablespoons beef mixture into each pasta shell. Place filled sides up on sauce in baking dish. Pour remaining tomato sauce over shells and sprinkle with cheese. Cover and bake 30 minutes; let stand uncovered for 10 minutes.

Makes 6 Servings

Country-style Pork Stew

Courtesy of
Frances Straight

Ingredients

3/4 pound boneless pork shoulder, trimmed of separable fat
Nonstick cooking spray
1-1/4 cups water
1-1/4 teaspoons instant chicken bouillon granules
1 14-1/2-ounce can tomatoes, cut up
2 small onions, cut into wedges
1/2 cup sliced celery
1 teaspoon dried oregano, crushed
1 teaspoon ground cumin
2 cloves garlic, minced
1 bay leaf
1 cup yellow summer squash or zucchini cut into 1/2-inch slices
1 9-ounce package frozen cut green beans
1 tablespoon cornstarch
1 tablespoon water

Method

Cut meat into 1-inch cubes. Lightly coat a Dutch oven or large saucepan with cooking spray. Preheat over medium-high heat. Brown pork in the hot pan; drain fat.

Add the 1 1/4 cups water and the bouillon granules. Stir in the undrained tomatoes, onions, celery, oregano, cumin, garlic, and bay leaf. Bring to boiling; reduce heat. Cover and simmer 45 to 60 minutes or until pork is tender.

Stir in squash and green beans. Return to boiling; reduce heat. Simmer 5 minutes more. Combine cornstarch and the 1 tablespoon cold water. Stir into pork mixture. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Remove bay leaf.

Ten Marinades For Summer

All of these marinades may also be used for basting. Make extra, and set aside, to brush on while the food is cooking. Try them on your favorite meats, seafood, and vegetables.

For each marinade, simply combine all the ingredients, mix well, set aside some for basting, if desired, then pour the rest over the food to marinate. Also, try preparing the marinade a day ahead of time and storing it in the fridge to let the flavors combine.

Southwestern Marinade

1 cup salsa
1/2 cup lime juice
1/2 cup beer
2 cloves garlic, minced
1 tablespoon fresh cilantro, chopped fine
1-1/2 teaspoons ground cumin
1/4 teaspoon ground red pepper
1/4 teaspoon black pepper

Olive Oil-Lemon Marinade

1 cup olive oil
Juice of three lemons
2 teaspoons lemon thyme, if available
1 teaspoon black pepper, or to taste

When basting, mix with the brush to keep the oil and lemon combined.

Hawaiian Marinade

2 cups pineapple juice
1/2 cup honey
2 tablespoons soy sauce
1/4 cup chopped green onion
2 cloves garlic, minced

Asian Fusion Marinade

1/2 cup light soy sauce
1/2 cup oyster sauce
1/4 cup rice vinegar
1/4 cup peanut oil
1/4 cup cilantro, chopped
4 cloves garlic, chopped
3 scallions, chopped (white and green parts)
1 tablespoon fresh ginger, grated
2 teaspoons sugar
1 chile pepper, chopped fine

Bloody Mary Marinade

3/4 cup V-8 or tomato juice
1/4 cup vodka
1 teaspoon prepared horseradish
1 teaspoon lemon juice
1/2 teaspoon soy sauce
1/2 teaspoon hot pepper sauce, or to taste

Italian Marinade

2 cloves garlic, minced
1/2 cup balsamic vinegar
1/2 cup olive oil
1 teaspoon fresh lemon juice
1 teaspoon salt
1/2 teaspoon freshly ground pepper
4 tablespoons fresh basil, chopped

Orange Spice Marinade

1 cup olive oil
1/2 teaspoon cinnamon
1/2 cup red wine vinegar
2 tablespoons lemon juice
1/4 cup grated orange rind
1 scallion, chopped (white and green parts)
1/4 teaspoon ground clove

Dill & Scallion Marinade

1/2 cup scallions, chopped (white and green parts)
1/2 cup fresh dill, chopped fine
1/3 cup olive oil
4 tablespoons fresh lemon juice
1/2 teaspoon Dijon mustard

Raspberry Peppercorn Marinade

4 cups raspberry puree
1 cup honey
1/4 cup black peppercorns, crushed
1 small onion, minced
2 cloves garlic, minced fine
1/2 cup fresh parsley, chopped
2 tablespoons red wine vinegar
2 tablespoons fresh lemon juice

Lemon- Apricot Marinade

1/2 cup apricot preserves
1/4 cup pitted green olives, chopped
3 tablespoons fresh lemon juice
1 tablespoon lemon rind, grated
1 teaspoon freshly ground black pepper
1/4 teaspoon salt

Boston Baked Beans

Courtesy of
Elinor McFee

Ingredients

2 cups dry navy beans
2 quarts cold water
1/2 teaspoon salt
1/2 cup molasses
1/3 cup brown sugar
1 teaspoon dry mustard
4 ounces salt pork
1 medium onion, chopped

Method

Pick through and rinse beans. Add to water in a heavy bottom saucepan. Bring to boiling and simmer 2 minutes; remove from heat. Cover; let stand 1 hour.

Add the salt to beans and water, cover and simmer till beans are tender, about 1 hour. Drain, reserving liquid.

Measure 2 cups liquid, adding water if needed, Mix with the molasses, brown sugar, and mustard.

Cut the salt pork in half. Score one half. Grind or thinly slice the other half.

In 2-quart bean pot or casserole, combine the beans, onion and ground salt pork. Pour the molasses mixture over the beans then top with scored pork.

Cover and bake in a 300 degree oven for 5 to 7 hours. Check occasionally and add more liquid if needed.

French Onion Soup

Courtesy of
Richard Blunt

Thirty-some years ago the publisher, Dave Duffy, the food editor, Richard Blunt, and I all lived in or near Boston. Butch, that's Richard Blunt, had a real job and he was on his way to becoming a real chef. I can't remember what Dave was doing at the time. I, however, was playing in low stakes poker games trying to make ends meet and all I remember now is that Dave and I were perennially broke. Nonetheless, Dave and I liked the good life, or whatever we could afford of it, and one of our luxuries was a restaurant Dave had found near the Public Gardens, on Tremont Street, called Dino's. There he discovered one of the best soups he had ever had. It was a thin onion soup they served with melted cheese and croutons. It was the cheapest thing on the menu. But it was like heaven. Soon, whenever we scraped together enough money between us, the two of us were at Dino's having a bowl of this incredible soup along with a glass or two of wine. Life didn't get any better than this for two poor slobs like us.

Of course, we couldn't keep this a secret from Butch and, pretty soon, we invited him along on one of our forays. And once again, we dined on this elegant soup and drank our wine, talking all the time, while Butch quietly ate his soup.

"What do you think?" Dave asked him. "Good, huh?"

Butch was noncommittal.

And when we finished, we left, glad to have shared Dave's find with another friend. And right there this story would have ended, except that about a week later, and after Dave and I had made several more trips to the restaurant, I got a call from Butch.

"Why don't you guys come over?" he asked. "I've got something I want you to try."

So later that day, Dave and I were at his door.

"Come in," he said.

We walked in and the place smelled different. It smelled great.

"Into the kitchen," Butch said, and we followed him.

"Have a seat."

So we sat. And the three of us talked and joked while Butch pattered around. We watched him put some pots, that looked like little bean pots, into the oven. (To someone from Boston, lots of things look like bean pots.)

"What is it?" I asked.

"You'll see," he replied.

Several minutes later he opened the oven door again and, with pot holders, he took each of the little pots out of the oven and placed one in front of each of us. I now saw that each little pot had a cover that was made of toast with cheese melted on it. He handed each of us a spoon.

Dave and I stared.

"How do we eat it?" I asked.

Butch hesitated for a moment. "Well, you take your spoon, poke a hole through the crust, and eat the soup inside. Or you can pull the toast off and eat it that way. But I like to break it into the soup like croutons.

I broke mine into the soup. So did Dave. And we began to eat.

"Holy cow, what is this," I asked.

"Onion soup," he said. "I thought I'd try making it after you guys had me try it at Dino's."

I looked around as I ate it. There were just these three pots. So I savored what was in front of me knowing that, once it was gone, there would be no seconds.

Slowly, he began to talk about how he made it. How told us how he had made his stock, how he had chosen the bread and the cheese, and what he thought was missing from the soup at Dino's.

As a result of that afternoon, I was never able to go back to the restaurant. I don't think Dave did either. I don't want to say their soup was garbage...actually, I do, but maybe it wasn't. What I do want to say is that I have added this soup to my list of favorite soups which include a good homemade chicken soup, the Portuguese soup called kale soup, a Filipino soup made with a tamarind base that's called pangsinigang sa sampalok, and a Thai soup made with chicken, galanga, and coconut milk that's called gai tom kar.

Years later Butch mentioned that this soup was the first one he ever mastered. And master it he did.

And today, we at Backwoods Home Magazine, are putting it on line to share with the world.

--John Silveira

When folks see "Classic French" preceding a recipe, visions of complex procedures and exotic ingredients often come to mind. In many recipes this is true. It is due to the fact that the recipe is the end product of the one or several innovators adding what they believe are contemporary improvements to an ancient and simple recipe they feel needs more sophistication and complexity.

French Onion soup is a classic because it is at it's best when prepared with only basic ingredients, using long standing and simple preparation procedures.

Herbs and spices are noticeably non-existent in this recipe, simply because they do not enhance the flavor or aroma of this wonderful soup. When an experienced chef wants to add a little flair to this soup, he or she will serve it Gratinéed, which

Simply means topping the partially cooked soup with croutons made from home baked French or Italian bread that have been topped with shredded Gruyere cheese and baking the soup in a moderately hot oven until bubbly. When prepared this way you serve the soup with a large mixed green salad, more fresh baked bread and your favorite wine. Simple pleasures like this fully represent classic French cooking.

--Richard Blunt

INGREDIENTS

4 Tbsp light olive oil
8 cups thinly sliced onions
1/2 tsp granulated sugar
1 level Tbsp flour
2 1/2 qts your best home made beef stock
4 Tbsp good brandy

Note: *Homemade beef and chicken stocks, when made properly, do not contain flavor enhancers like salt and pepper. This important feature makes homemade stock more versatile in many different recipes, and absolutely essential in this one. (See below for Bonus recipe - Julia Child's Beef Stock)*

METHOD

1. Set a heavy bottom sauce pan over medium heat and add the oil. When the oil is hot, add the onions. Cover the pan and cook the onions slowly until they are tender and translucent. This will take about ten minutes.
2. Remove the lid, raise the heat to medium high, and stir in the sugar. Continue to cook the onions, stirring frequently, until they take on a dark walnut brown color. This will take about 20 to 25 minutes.
3. Sprinkle in the flour and continue to cook the onions while stirring for an additional 2 minutes.
4. Remove the onions from the heat and set them aside (without removing them from the pot) to cool a little.
- 5 While the onions are cooling, heat the stock to a slow simmer. Stir about 3 cups of hot stock into the onions along with the brandy. Return this mixture to the stove over medium high heat and bring it to a simmer. Cook this mixture while gently stirring for about 3 minutes.
6. Add the remaining stock, loosely cover the pot, and slowly simmer the soup for about one and a half hours.
7. Adjust seasoning with salt and freshly ground black pepper before serving

Well my friends, there is the recipe. I hope you will have fun preparing and eating this classic example of basic French cooking.

--Richard Blunt

Julia Child's Beef Stock

There are endless variations of this cook's essential ingredient.

Over the years I have prepared and used many of them. The following is a recipe that Julia Child demonstrated on her cooking show so long ago that I can't remember the year. It is, in my opinion, the best tasting and most versatile stock you can make.

She started the show shouting, "WHAM, WHAM," as she broke a number of large beef bones into smaller pieces, using a huge tenderizing mallet and bigger cleaver. I have to admit that I was, initially, more curious as to whether she was going to cut her arm off than I was about the recipe she was demonstrating. But she only slobbered a couple of times as her face vibrated from the force that she was exerting on the mallet.

This recipe requires about a 6-hour shift in the kitchen, most of which is hurry-up-and-wait time. So make sure that you have some other interesting activity that will keep you close to the kitchen and help fill in the dead time.

--Richard Blunt

INGREDIENTS

4 pounds beef bones (cut into 3 inch pieces)

2 each large carrots, onions, and celery ribs (roughly chopped)

7 quarts cold water (if you have lousy tap water, buy bottled)

3 large cloves fresh garlic (Smashed or as Julia would say, "WHAM, ")

1/2 cup canned Italian plum tomato (roughly chopped)

1 each herb bouquet

Tie, in a piece of cheese cloth, 4 allspice berries, 6 black peppercorns, 1/2 tsp dried thyme, 1 small bay leaf, and 4 sprigs of fresh parsley (roughly chopped)

METHOD

1. Preheat your oven to 450 degrees. Arrange the bones and 1/2 cup of each vegetable in a large roasting pan to form a single layer. Roast this mixture, turning frequently, until the bones turn a walnut brown. Transfer the roasted bones and vegetables to a suitable size stock pot.
2. Discard the fat and then de-glaze the pan. To do this: set the pan on the large burner on the stove top, add 2 cups of water to the pan, bring the mixture to a boil over medium high heat. Use a wooden spoon to scrape the bottom of the pan. Add the pan juices to the bones and the vegetables in the pot.
3. Add the herb bouquet and the rest of the vegetables to the pot along with enough water to cover the ingredients by at least two inches. Bring this mixture to a simmer on top of the stove. Initially there will be a grayish scum that will rise to the top of the pot. Keep alert for this and continuously scoop it out until it no longer appears.
4. Loosely cover the pot. Continue to cook the stock at a constant slow simmer for at least 4 hours. Skim off any fat that forms on top and add a little boiling water from time to time, especially if you notice that the stock level in the pot has dropped.
5. Strain the stock through a colander into large bowl and carefully remove any grease that rises to the surface. Strain the stock again. This time, line the colander with a double layer of cheese cloth.
6. Pour the stock into a clean roasting pan and allow it to cool at room temperature. This step must be complete in less than 2 hours to prevent the growth of spoilage bacteria.
7. Transfer the cooled stock into suitable size container and refrigerate or freeze.

Ham and sausage jambalaya

Courtesy of
Tom Barth

Ingredients

1/2 tsp. salt
1/2 tsp. black pepper
1/2 tsp. white pepper
1/2 tsp. cayenne pepper
1/2 tsp. paprika
1/2 lb. chicken breast (¾ inch dice)
3 Tbsp. vegetable shortening
2 onions, chopped
3 (or more) cloves garlic, minced
1 rib celery, chopped
1 tomato, diced
1 cup raw, long grain rice
1-1/2 cups chicken stock
3/4 lb. smoked sausage, such as Kielbasa, sliced thin
1 lb. cooked ham, diced
8 green onions, chopped
1/4 cup minced parsley

Method

In a bowl, mix salt, peppers, paprika and coat chicken with mixture.

In a large, heavy pot with a tight-fitting lid, heat shortening. Add chicken and sear on medium heat until brown, about 3 minutes. Set aside. Add onions, garlic, and celery to pot and sauté until soft, about 2 minutes. Add tomatoes and blend. Add rice and cook until it is golden, about 2 minutes. Add stock, reserved chicken, sausage, and ham. Bring to a boil, stirring. Lower heat and cover. Cook over low heat for 30 minutes. Check rice for tenderness. If it seems too dry, but rice is not yet tender, add a little more stock, cover, and continue cooking. When rice is done add green onions and parsley and toss lightly to combine.

Yield: 4 servings.

Glazed spiced mocha brownies

Courtesy of
Richard Blunt

Ingredients

soft shortening
5 oz. bittersweet chocolate
6-1/2 oz. unsalted butter
1/8 tsp. kosher salt
1/2 tsp. powdered, instant espresso coffee
1/2 tsp. freshly ground black pepper
1/4 tsp. freshly grated nutmeg
1/2 tsp. pure vanilla extract
1 cup dark brown sugar, firmly packed
3 large eggs
3/4 cup sifted all-purpose flour
1 cup pecans, broken into large pieces
Ingredients for semisweet chocolate glaze:
4 oz. semisweet chocolate
2 oz. sweet butter

Method

Brownies:

Prepare a 12-inch square baking pan by coating sides and bottom with soft shortening. Place a piece of waxpaper, cut to fit, on bottom of pan. Coat wax paper with soft shortening, dust with flour, and shake off excess. Set prepared pan aside.

Place bittersweet chocolate in a double boiler over medium heat. When chocolate is melted, stir with a wire whisk until smooth and set aside to cool slightly.

Cream butter in large bowl of an electric mixer. Add salt, instant coffee, black pepper, nutmeg, vanilla extract, and brown sugar. Beat mixture until all of the ingredients are blended. Add eggs, 1 at a time, beating mixture just enough to incorporate each egg. Scrape bowl with a rubber spatula after incorporating each egg.

With mixer on low speed, add melted chocolate, then flour to mixture. Stir using a rubber spatula to get mixture away from sides, then continue mixing, at low speed with the electric mixer, until all ingredients are incorporated.

Remove bowl from mixer and stir in nuts, using a wooden spoon.

Turn mixture into pan, smooth the top, and bake for about 30 minutes or until a toothpick inserted into middle of brownie comes out slightly moist. It is critical not to overbake this brownie. Doing so will give it a dry crumbly texture.

Remove brownie from oven and let cool in pan for 30 minutes. Place a cake rack over the pan and invert pan and rack together. Remove pan and peel off wax paper. Turn brownie right side up by placing another cake rack over it and inverting once again.

Glaze:

Combine semisweet chocolate pieces with butter in small double boiler over medium heat. When chocolate is melted, stir mixture with a wire whisk until smooth.

Remove chocolate from heat and set in refrigerator to cool. Stir occasionally until it is thick enough to spread without running down the sides of the brownie.

Spread the glaze on the brownie with a narrow-blade spatula, and place the brownie in the refrigerator until the glaze is set.

Thai fried rice

Courtesy of
John Silveira

Ingredients

6-8 oz. thinly sliced chicken (shrimp can be used *)
2-1/2 oz. cooking oil
1 egg
4 cups cooked rice
2-4 oz. chicken stock
2 Tbsp. fish sauce
1 Tbsp. seasoning sauce
1-1/2 tsp. sugar
4 oz. sliced onions
3 oz. peas and carrots
1 whole sliced tomato
4 oz. pineapple chunks
2 cloves crushed garlic

Method

Heat oil in a frying pan over medium heat until hot. (Use medium heat so you don't dry out the rice.) Add chicken* and cook until almost done. Move chicken to the side of the wok and add a little oil and break an egg into the pan, add rice, and mix. Add a little bit of chicken stock, fish sauce, seasoning sauce, and sugar. (Add the liquids around the side of the wok.) Cook for a minute then add the vegetables and pineapple. Cook a few more minutes until the vegetables are done, then add some crushed garlic and remove from heat.

*If shrimp has been used, don't add it until just before the vegetables are added.

Chicken chili

Courtesy of
Arthur Vernon II

Ingredients

5 Tbsp. vegetable oil
3 large onions, chopped (about 6 cups)
3 fresh or canned jalapeño peppers, seeded, finely chopped
3 Tbsp. minced garlic (about 9 medium cloves)
2 Tbsp. chili powder
1 Tbsp. ground cumin
2 tsp. dried coriander
1 tsp. ground cinnamon
4 cups chicken broth
2 12-oz. beer cans
2 16-oz. cans crushed tomatoes
3 15-oz. cans pinto or kidney beans, drained
8 cups cubed cooked chicken or turkey
1 oz. unsweetened chocolate, grated
2 Tbsp. fresh lime juice
2 tsp. salt
3 medium yellow or red bell peppers, seeded, cut into ½ inch pieces
Sour cream, salsa, grated sharp cheddar cheese, and chopped scallions or red onion for garnish (optional)

Method

Heat 3 Tbsp. oil in Dutch oven or large saucepan over medium heat. Add onion and sauté until softened, 5 minutes. Add jalapeño peppers, sauté 1 minute. Add garlic, chili powder, cumin, coriander, and cinnamon. Cook 1-2 minutes stirring to coat thoroughly. Stir in broth, beer, and tomatoes. Cook 1 hour stirring occasionally. Add beans and cook uncovered 30 minutes. Add chicken, chocolate, lime juice, and salt to Dutch oven stirring until chocolate is melted. Taste and adjust seasonings.

Meanwhile, heat remaining 2 Tbsp. oil in medium skillet over medium heat. Add bell pepper and sauté only until crisp-tender, 3-5 minutes.

Serve chili hot with sautéed bell peppers, sour cream, salsa, grated cheddar cheese, and scallions or red onions, if desired. Serves 12.

Humble stew

Courtesy of
Richard Blunt

Ingredients

1 cup dried red beans
6 cups plus 8 cups cold water
3 cups fresh beef, chicken, or vegetable stock
1/2 cup dry red wine
8 Tbsp. margarine or butter
8 oz. onion, peeled and diced medium
4 oz. celeriac, coarsely grated
4 cloves fresh garlic, peeled and minced
4 Tbsp. flour
4 medium carrots, peeled and cut into 1/2 inch pieces
4 small to medium fresh beets (without greens), peeled and cut into 1/2 inch chunks
1/2 lb. peeled rutabaga cut into 1/2-inch pieces
4 medium parsnips, peeled and cut into 1/2-inch pieces
1 tsp. dried basil leaf
1/2 tsp. dried oregano leaf
kosher salt to taste
freshly ground black pepper to taste
1/4 tsp. cayenne pepper (more or less according to taste)
2 cups canned whole plum tomatoes (with the juice), diced medium

Method

Soak beans in 6 cups cold water for at least 4 hours. Drain and rinse beans, discarding soaking water. In a large sauce pot combine beans with 8 cups fresh water and bring to a boil. Reduce heat and allow beans to cook slowly for about 45 minutes. Rinse partially cooked beans in cold water to cool, drain and set aside.

Combine stock with wine and heat almost to the boiling point over a medium heat.

Melt butter in a large sauce pot, and add onion, celeriac, and garlic and sauté for about 2 minutes or until onion becomes translucent. Stir in flour and continue cooking mixture over low heat for another 2 minutes. Add hot stock to this roux while stirring with a wire whisk. Cook over medium heat until sauce thickens.

Add remaining vegetables, beans, basil, oregano, salt, black pepper, cayenne pepper, and plum tomatoes. If you have a large earthenware casserole, transfer vegetables into casserole, cover and place in a 350° oven for 45 minutes to 1 hour. Or simply cover the sauce pot, reduce heat to low, and cook vegetables on top of stove about 45 minutes, or until everything is tender.

Homemade pizza

Courtesy of
Jackie Clay

Ingredients

3 cups flour
2 Tbsp. olive oil
1 Tbsp. mixed spices (oregano, basil, onion flakes)
1-1/2 cups warm water
1 Tbsp. dry yeast
cornmeal
3/4 of 1 pint homemade tomato sauce
1/2 tsp. oregano
1/2 tsp. basil
1 Tbsp. brown sugar
toppings as desired such as: pepperoni, olives, mushroom, onion, etc.
sundried tomatoes, optional
3/4 lb. mozzarella cheese, grated

Method

Mix spices into flour and add olive oil. In a separate bowl, sprinkle yeast onto warm water. Let rest for 5-10 minutes. Add water to flour mixture. The dough should be soft, not sticky. Depending on the humidity of the day you can adjust the flour and water. Put dough in bowl and let rise until double. Add a handful of cornmeal to the dough, working in gently til dough is coated with cornmeal.

Grease pizza pan liberally with olive oil and grease your hands too. Spread out dough on pan. Bake dough by itself in oven at 350° for about 10 minutes. Dough should not get too brown. Take out of oven.

Mix ½ tsp. oregano and ½ tsp. basil with tomato sauce. Spoon sauce over dough. Sprinkle with 1 Tbsp. brown sugar. Layer with desired toppings. I like to add sundried tomatoes. Top with mozzarella cheese. Bake at 350° until cheese is golden brown. Let stand 5 minutes. Makes 1 large pizza.

Nameless salad and dressing

Courtesy of
Rodney Merrill

Salad Ingredients

2 cups lettuce, coarsely diced
3 stalks green onion, 1/4-inch slices
1 medium tart green apple, 1/4-inch cubes
1 medium sweet red apple, 1/4-inch cubes
1 small grapefruit, segments cut into thirds
2 small or 1 large ripe banana, 1/4-inch slices
2 cups miniature marshmallows
1 cup raw unsalted trail mix

Salad Method

Combine ingredients in a large bowl. Toss to mix thoroughly. Stir in Nameless salad dressing (below) 15-20 minutes before serving. Lightly toss until salad is evenly coated.

Dressing Ingredients

1/3 cup plain nonfat yogurt
1/3 cup extra-lowfat sour cream
1/4 cup nonfat Italian dressing
1/4 cup lowfat mayonnaise
1/4 cup mild-flavored honey (orange or avocado)

Dressing Method

Combine all ingredients in any order. Blend lightly with a wire whip just until dressing is uniform and smooth. Beating will make the dressing too thin.

Jambalaya stew

Courtesy of
Richard Blunt

Special Equipment:

1 seasoned 5-qt. Dutch oven with lid

Ingredients:

2 Tbsp. peanut oil
3 oz. smoked sausage, chopped medium (Andouille, Kielbasa or other smoked sausage)
6 oz. smoked country ham, chopped medium
12 oz. boneless pork, cut into ½ inch cubes
1 medium green pepper, seeded, deveined and diced medium
2 medium onions, diced
4 ribs celery, diced (about 1½ cups)
1 tsp. dried cilantro (1 Tbsp. of fresh cilantro if you can find it at a decent price)
2 bay leaves
1 tsp. cayenne pepper
1 tsp. dried oregano
1 tsp. dried thyme
½ tsp. ground cumin
1 tsp. kosher salt
1-½ tsp. freshly ground black pepper
¼ tsp. freshly ground nutmeg
4 cloves fresh garlic, diced fine
1 28 oz. can Italian plum tomatoes (drained and chopped)
¾ cup juice from the tomatoes
2 cups Basmati rice, rinsed in cold water and drained
2 cups fresh chicken stock (or 1 cup canned chicken stock and 1 cup of water)
½ cup scallions, chopped
8 oz. bay scallops (optional)

Method

Special Note: Do all of your measuring and dicing before you start cooking. You will then be able to devote all your attention to the progress of this delicate dish.

Heat peanut oil over medium heat, add sausage and ham, and cook until well-browned. You will notice considerable shrinkage, but don't be alarmed. This is meant to add flavor and color to the stew, not bulk.

Raise heat and add pork and sauté until pork loses its pink color and starts to brown.

With heat still raised, add green pepper, onions, and celery and sauté until onions become translucent. Stir frequently with a good wooden spoon, scraping bottom to prevent anything that sticks from burning.

Reduce heat to medium and add herbs, spices, salt, and garlic. Continue cooking mixture for 1 minute. Add chopped tomatoes and continue cooking until pork is cooked through and tender. This should not exceed 10 minutes because pork, by its nature, is not a tough meat.

Add tomato juice, rice, chicken stock, and scallions and allow mixture to come to a boil. Reduce heat to bring mixture to a slow simmer. Put lid on Dutch oven and allow rice to cook for exactly 10 minutes. Remove lid from Dutch oven and place scallops on top of mixture; replace lid and continue to cook stew for exactly 2 minutes, and remove from heat.

Allow pot to sit covered for 15 minutes before serving, then remove lid and gently fold scallops into stew.

Fresh cucumber delight

Courtesy of
Jackie Clay

Ingredients

3 qts. sliced cucumbers
1/4 oz. mustard seed
1/2 lb. non-iodized salt
1/2 oz. celery seed
9 pints water
1/2 oz. black pepper
1 lb. brown sugar
1 qt. vinegar

Method

Slice fresh medium-small cukes into thin slices. Place immediately into a solution of 1/2 lb. of salt and 9 pints of water. Let stand overnight. Next morning, drain, pack into jars, and cover with a cold, sweet liquid made up from the remaining ingredients. Seal tightly and store in the refrigerator. This recipe makes 3 qts.

Fail-proof white bread

Courtesy of
Jackie Clay

Ingredients

1 Tbsp. dry yeast
1/2 cup warm water
1/2 tsp. honey
4 cups hot water
3 Tbsp. shortening
1 Tbsp. salt
3 Tbsp. honey
8 cups unbleached flour
butter

Method

Stir the yeast into 1/2 cup warm water and add the 1/2 tsp. of honey. Let sit until you are ready for it.

In a large bowl, add the hot water, shortening, salt, and the rest of the honey. Stir until honey is dissolved and the shortening has melted.

Sift 5 cups of flour into the liquid in large bowl and beat well with a whisk or wooden spoon. Let mixture cool to lukewarm and add yeast mixture. Again beat well. Add the remaining flour, 1 cup at a time. You want a dough that you can barely mix with a wooden spoon, held just above the spoon part.

Flour your kneading surface and dump the dough out onto the board. Flour your hands and begin kneading the dough. Add flour, as needed (no more than 1/2 cup at a time). If it is sticky, add more flour, a bit at a time, under the dough, and on your hands. When it seems more "workable," let it rest on the floured board while you wash out the mixing bowl with hot water. Dry it and return to your kneading.

Knead the dough ball until it feels alive and springy. Grease the bowl and rub the top of the ball in this grease, then turn it over so the top is nicely greased. Cover with a warm, damp kitchen towel and let rise in a warm place until doubled.

When the dough is ready (2 finger indentations on top remain for a minute), punch it down well. Grease 2 bread pans and form the dough into 2 loaves, leaving the tops smooth and the ends neatly tucked under. Again, cover with kitchen towel and let rise until nearly double. Preheat oven to 400°. Bake for 45 minutes until the top is nicely browned and sounds hollow when tapped with finger.

Remove the bread from the oven and butter the tops to soften them and give them a beautiful sheen. Remove from the pans and let them cool.

Minestrone-hamburger soup

Courtesy of
Nathele Graham

Ingredients

1 lb. hamburger
1 cup diced onion
1 cup cubed potatoes
1 cup sliced carrots
1/2 cup diced celery
1 cup shredded cabbage
1/4 cup rice
4 tsp. salt
1/8 tsp. pepper
1/4 tsp. basil
1/2 tsp. thyme
1 small bay leaf
1-1/2 qts. water
1 large can of tomatoes

Method

Cook hamburger and onion in a large kettle until meat is slightly brown. Add water, potatoes, carrots, celery, cabbage, and tomatoes. Bring to a boil. Sprinkle rice into kettle. Add remaining ingredients. Cover and simmer for 1 hour. Serve with Parmesan cheese or shredded cheddar cheese on top.

Fudge macaroon pie

Courtesy of
Jean Winfrey

Ingredients

3 squares Bakers unsweetened chocolate
1/2 cup butter or margarine
3 eggs, slightly beaten
3/4 cup sugar
1/2 cup flour
1 tsp. vanilla
2/3 cup sweetened condensed milk
2-2/3 cup Bakers Angelflake coconut

Method

Melt chocolate and butter in saucepan over low heat. Stir in eggs, sugar, flour, and vanilla. Pour into greased 9-inch pie plate. Combine milk and coconut, spoon over chocolate mixture, leaving approximately 1/2-inch edge.

Bake at 350° for 30 minutes. Cool and serve.

Baked chili relleno casserole

Courtesy of
Nathele Graham

Ingredients

1 8-oz. can whole green chilies
1/2 lb. jack cheese
4 eggs, separated
4 Tbsp. melted butter

Sauce:

1 8-oz. can tomato sauce
1/4 cup chopped onion
1/4 tsp. garlic powder
1/4 tsp. ground cumin
1/4 tsp. oregano leaves

Method

Drain and split chilies. Remove seeds. Cut cheese into strips and stuff into chilies.

Beat egg whites until stiff, moist peaks form. DON'T WASH BEATERS and beat yolks until lemon colored. Fold into whites.

Brush bottom and sides of a shallow baking dish with butter. Spoon in half of the egg mixture. Arrange chilies on top. Spoon in the remaining egg mixture and drizzle with butter. Bake at 350° for 25-30 minutes or until brown and puffy.

Sauce:

Combine all ingredients in a saucepan. Heat and simmer 10 minutes.

Pour over casserole before serving. Makes about 4 servings.

Blunt family chili

Courtesy of
Richard Blunt

Ingredients

6 Tbsp. peanut oil
3 lb. lean ground beef chuck, chili grind
1-1/2 lbs. lean pork, cut into thin strips about 1-inch long by 1/2-inch wide
2 medium yellow onions, diced
6 garlic cloves, diced fine
4 Tbsp. chili seasoning
1 16-oz. jar chunky salsa, medium or hot
1 14-oz. can low-fat beef stock
1 12-oz. bottle brown ale, precooked to boil off the alcohol
1 28-oz. can crushed tomato in puree
1 oz. bittersweet chocolate
salt and pepper to taste

Method

Heat 2 Tbsp. oil in heavy-bottomed skillet or Dutch oven. Add ground beef and sauté over medium-high heat until meat loses its pink color and starts to brown. Remove cooked beef and hold in bowl or other container.

Heat 2 Tbsp. oil in same pot and sauté pork over medium-high heat until it loses its pink color and is browned to suit your taste. Add cooked pork to beef.

Heat remaining 2 Tbsp. oil and sauté onions over medium heat until translucent and are starting to brown. If you have the patience to bring your onions to an even light brown color, it will add a pleasant light sweetness to your chili.

When onions are done add garlic and continue to cook mixture for about 30 seconds.

Add chili seasoning and continue to cook mixture for another 30 seconds.

Add salsa, beef stock, pre-cooked ale, and crushed tomato to pot and heat mixture to slow, even simmer. Gently stir in meat and return stew to same slow, even simmer. Cook chili for 1-1/2 to 2 hours.

Add the chocolate during the last 1/2 hour of cooking. Salt and pepper to taste.

If at any time during the cooking the chili seems too dry for your taste, add more liquid of your choice.

Hungarian venison stew

Courtesy of
Tom R. Kovach

Ingredients

1 lb. (or a little more) of chopped venison (ground venison works, too)
3 slices of bacon, chopped
1 medium green pepper cut into 1-inch pieces
1/2 cup onions, chopped
4 cups chopped, cooked potatoes
1 clove garlic, minced
1 16 oz. can tomatoes, cut up (or fresh or frozen)
1 10-3/4 oz. can condensed tomato soup
1 tsp. sweet or hot Hungarian paprika
dash of salt
dash of pepper

Method

In a large skillet (a 4-qt. Dutch oven will work), cook venison, bacon, green peppers, and onions until meat is browned and vegetables are tender.

Boil the potatoes in a pan on the side until done. Stir in remaining ingredients and bring to a boil, then reduce heat. Simmer uncovered for about 5 minutes or until heated through.

This makes about 4 servings

Asparagus au gratin

Courtesy of
Jackie Clay

Ingredients

2 lbs. tender wild asparagus spears
1 cup sharp cheddar cheese, grated
2 Tbsp. butter
2 Tbsp. flour
1 tsp. salt
pinch black pepper
1 cup buttered crackers or dry bread bits
1 cup milk or cream

Method

Butter a baking dish, put in whole asparagus spears or cut pieces in layers, sprinkling grated cheese between the layers.

In a small saucepan, melt the butter and stir in the flour. Cook a minute. Add the milk (or cream), salt, and pepper. Stir well until thickened to a medium white sauce. Pour this over asparagus. Cover with crumbs and grated cheese. Bake at 300° until nicely browned.

Apple butter

Courtesy of
Anne Westbrook Dominick

Ingredients

5 lbs. apples, stems removed and quartered
2 cups cider or cider vinegar
brown sugar
2 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. ground cloves
1/2 tsp. nutmeg

Method

Put apples and cider or cider vinegar in pan and cook slowly until apples are soft. Put apples through food mill or sieve. Measure the pulp and add 1/2 to 2/3 cup sugar, depending on taste, for each cup. Add spices and cook over low heat, stirring constantly until the mixture sheets from a spoon or until a small quantity dropped on a plate does not form a liquid rim around the edge. Ladle into hot sterilized jars and seal immediately. Makes about 3 pints.

Honey whole wheat bread

Courtesy of
Jackie Clay

Ingredients

1/2 cup warm water
2 Tbsp. dry yeast
1/2 tsp. honey
2 cups warm water
1 Tbsp. salt
2 Tbsp. honey
1 Tbsp. shortening
1/4 cup chopped sunflower seeds
6 cups whole wheat flour
butter

Method

Stir 1/2 cup warm water, yeast, and 1/2 tsp. honey into a cup to proof. In large bowl, add 2 cups warm water, salt, 2 Tbsp. honey, and shortening. Beat until the shortening has melted. Add the chopped sunflower seeds, then add 1 cup flour at a time until you have a medium batter. Add the yeast mixture. Add flour, while beating well. Stir the thickened dough with a wooden spoon until it is ready to knead, adding more or less flour, as needed. Turn out onto a floured board and knead for 10 minutes. Grease the top and place dough in a greased bowl and cover with a warm, damp towel until it rises to double in size. Punch down the dough and divide it into 2 loaves, or punch down the dough, and let it rise a second time for a finer loaf.

Place loaves in greased bread pans and let rise until nearly doubled. Preheat oven to 350°.

Bake bread about 45 minutes until tops are golden and sound hollow when tapped with a finger. When done, butter tops and sprinkle with chopped sunflower seeds or sesame seeds, if desired.

Dark moons

Courtesy of
Tanya Kelley

Ingredients

1 cup butter (not margarine)
1 cup confectioner's sugar
2 tsp. vanilla
1-1/2 cup flour
1/2 tsp. baking soda
1 cup of rolled oats
1 7-oz. chocolate bar, milk or dark chocolate

Method

Cream butter and sugar until fluffy. Add vanilla and rolled oats. Sift flour and baking soda together and add to mix. Mix thoroughly.

Shape dough in a 2-inch roll and chill in refrigerator for 1 hour. Slice in 1/4-inch slices. Bake on an ungreased cookie sheet at 325° for 25 minutes, until the cookies are lightly browned.

When the cookies are cool, melt the chocolate until it can be stirred smooth. Dip the side of each cookie in the chocolate, rotating it to make the crescent moon shape.

Pheasant and dumplings

Courtesy of
Jackie Clay

Ingredients

1 pheasant (or equivalent other bird)
2 Tbsp. butter
2 Tbsp. flour
2 cups broth from cooking
1/2 pint sliced canned carrots
1 small onion, sliced
1/2 pint canned mushrooms
1/2 cup dehydrated peas, rehydrated
1/2 pint canned celery
1/2 tsp. black pepper
1/2 tsp. salt

Dumplings:

2 cups flour
1 tsp. salt
2 tsp. baking powder
2 Tbsp. shortening
milk

Method

Cook, cool, and debone pheasant. Chop meat into large pieces. In a deep cast iron frying pan, melt butter, stirring in flour to make roux. Slowly add broth and stir until thickened to medium consistency. Add more broth if necessary. Mix in vegetables and seasonings.

For dumplings, combine flour, salt, and baking powder in a medium mixing bowl. Cut in shortening until it is the size of peas. Mix in enough milk to make a slightly sticky dough. Spoon on top, in individual dumplings.

Cover and bake at 300° for 20 minutes. Do not cheat and peek or your dumplings will not be light and fluffy.

Nana V's holiday corn bread

Courtesy of
Richard Blunt

Ingredients

8 oz. (raw weight) good quality smoked bacon
1 cup grated sharp cheddar cheese
2 cloves fresh garlic (chopped fine)
1 tsp. salt free butter
1 cup skim milk
2 pkg. dry yeast (not the rapid rise type)
1 Tbsp. honey
6 Tbsp. salt free butter
2 medium eggs (slightly beaten)
3/4 cup buttermilk
3 Tbsp. maple syrup (real or artificially flavored)
3-3/4 cups bread flour
1-3/4 cups yellow corn meal
2 tsp. kosher salt
a little reserved buttermilk
a few teaspoons of corn meal

Method

Lay bacon slices on a cookie sheet and cook in 375° oven until crisp. Drain on paper towels. When cool, chop into bits and combine with shredded cheddar cheese.

Sauté the garlic in 1 tsp. butter over medium heat for about 60 seconds, cool and add to the cheese and bacon.

Heat skim milk over medium heat to 115° and blend with yeast and honey. Set aside for 5 minutes to proof.

Melt the remaining 6 Tbsp. of butter over low heat and blend with eggs, buttermilk, and maple syrup. Add yeast mixture and cheese mixture and stir lightly. In a large bowl combine mixture with flour, corn meal, and salt and blend with a wooden spoon. The batter will be rather stiff when mixed.

Divide dough into 2 medium 8 x 4 inch loaf pans, cover and let rise until dough is almost doubled in size.

Preheat oven to 375°. Brush tops of loaves with a little buttermilk and sprinkle them with a few teaspoons of corn meal. Bake for about 40 minutes. When tops are medium-brown and a thin bladed knife inserted into a loaf comes out clean and dry, remove the loaves from the oven. Remove loaves from pans and cool.

Skillet Spanish rice

Courtesy of
John Silveira

Ingredients

1 lb. lean ground beef
8 oz. sweet Italian sausage
2 small red or green bell peppers, seeded and chopped
1 medium onion, chopped
1 rib celery, chopped
1 1/2 cups hot water
1 1/4 cups uncooked converted-style rice
1 8-oz. can tomato sauce
1 tsp. chili powder
1 tsp. Worstershire sauce
1/2 tsp. each seasoned salt, ground cumin, and black pepper

Method

Crumble beef and sausage into large skillet. Add vegetables; stir over medium heat until meat is no longer pink. Drain fat; stir in remaining ingredients. Bring to a boil. Reduce heat, cover and simmer 20 minutes until rice is tender.

Hoppin' John with fresh asparagus beans

Courtesy of
Alice Brantley Yeager

Ingredients

1 cup uncooked rice (not instant)
1 lb. pork sausage broken into small pieces
3 1/2 cups water
1 lb. asparagus beans, rinsed and snapped.
1 medium onion, chopped
1 green bell pepper, chopped
1/8 tsp. cayenne pepper
1 tsp. salt
1 tsp. dried sweet basil

Method

Cook rice according to directions on package. (Directions will vary with different types of rice.)

While rice is cooking, sauté sausage to a light brown in a large iron skillet. Drain off most of grease, but leave a bit for flavor. Add the rest of the ingredients and simmer, covered, for 30-40 minutes or until asparagus beans are tender.

Combine sausage mixture with cooked rice and serve hot. A dash of Tabasco (hot) sauce is in order for those who enjoy the Cajun touch.

Served with a salad and drink, this recipe should serve 4-5 people.

Stuffed Mushrooms - Greek Style

Courtesy of
Fran Chiodo

Ingredients

1 large pkg whole white mushrooms (around 25 count)
2 pkg (10oz.) chopped frozen spinach (thawed and drained)
1 can or jar (about 5oz) Greek black olives (chopped)
3-4 chopped onions
1 pkg (3.5oz) feta cheese (crumbled)

Method

Wash mushrooms thoroughly. Remove stems & chop...set aside. Dry mushroom caps

Saute onions in olive oil. Add spinach & mushroom stems. Cook a few minutes. Mix in olives & feta cheese.

Stuff mushrooms & set on oiled baking dish. Set oven to 325 degrees & bake until mushrooms are tender. Cool & serve

Salmon loaf

Courtesy of
Ilene Duffy

Ingredients

1 large can of salmon, drained
1 egg
1 generous Tbsp. of ketchup
1 tsp. soy sauce
1/2 tsp. Worcestershire sauce
a few good shakes of Mrs. Dash seasoning
breadcrumbs

Method

Mix all the ingredients except the breadcrumbs in a bowl. Spoon into lightly-greased loaf pan. Bake at 350° covered for about 20 minutes. Uncover and sprinkle on the breadcrumbs. Bake uncovered for another 5-10 minutes.

Emergency casserole

Courtesy of
Jan Cook

Ingredients

3 lb. yellow squash, sliced
2 medium onions, chopped
2 carrots, slivered
1/2 pint sour cream
2 cans cream of chicken soup
1 jar pimentos
1 pkg. herb-seasoned dressing mix
1 stick butter or margarine, melted
1 whole, cooked chicken
salt and pepper to taste

Method

Cook first 3 ingredients in a small amount of salted water and drain.

Remove chicken from bones and cut in small pieces.

Combine cooked vegetables and chicken, sour cream, soup and pimentos. Add butter to dressing mix.

Alternately layer vegetable-chicken mixture with dressing, beginning and ending with dressing mix.

Bake at 350° for 30 minutes or until heated through. Serves 8-10.

Breakfast Cereal

Courtesy of
C.L. Fitzmaurice

Ingredients

5 cups quick-cook oatmeal
1 cup brown sugar
2/3 cup light corn syrup
1 cup wheat germ or cracked wheat
1 cup raisins
1 cup coconut
1/4 teaspoon cinnamon
2 teaspoons. vanilla
1/2 teaspoon salt

Method

Place all dry ingredients together in a bowl and mix well. Sprinkle vanilla and corn syrup over mixture. Mix well. Pour into shallow pans.

Toast at 200 degrees F. for 20 to 30 minutes or until it starts to turn brown. Cool and store in a tight container. Serve with milk.

Basic brown stock

Courtesy of
Richard Blunt

Ingredients

5 lbs. raw beef bones (it helps if some of them are meaty)
5 qts. cold water
2 large carrots, chopped
3 ribs of celery, chopped (*if you decide to use the leaves, avoid the green ones, because they turn bitter with long cooking, but the yellow leaves in the middle are fine*)
1 medium onion, chopped
1 cup fresh tomato, chopped
1 small white turnip, chopped
6 whole black pepper corns
4 sprigs fresh parsley
1 clove unpeeled fresh garlic
1 tsp. dried leaf thyme
1 bay leaf
6 whole cloves

Method

Preheat oven to 450°.

Mix chopped onion, carrots, and celery and place beef bones along with 1 cup of this chopped vegetable mixture in a roasting pan. Arrange bones and vegetables into a single layer. Place in upper part of oven to brown. Turn bones and vegetables a few times to ensure even browning. Browning should take 30-40 minutes.

Transfer browned bones and vegetables to stock pot and discard all the extracted fat.

Add the water, along with remaining chopped vegetable mixture and other ingredients, to the stock pot. Transfer about 3 cups of the water to roasting pan, after you have discarded the fat, and bring this to a slow simmer on top of stove. While this is simmering, scrape bottom of roasting pan with a wooden spoon until all brown glaze on bottom has dissolved into water and transfer this liquid to the stock pot.

Bring stock to a boil over high heat then immediately reduce to a slow simmer. Remember to remove the grey mass as it appears.

Place a lid on the stock pot so that it covers about 3/4 of the pot. Continue the slow simmer for about 4-5 hours.

Remove stock pot from heat and taste stock. If it isn't flavorful enough, return to a simmer and reduce some more. When it tastes good, strain and cool it.

Poor man's shrimp cocktail on perch

Courtesy of
Pat Ward

Ingredients

3/4 cup ketchup
1 Tbsp. horseradish
2 tsp. Worcestershire Sauce
1 Tbsp. lemon juice
Tabasco to taste
about 2 lbs. filleted perch

Method

Mix the ketchup, horseradish, Worcestershire, lemon juice, and Tabasco in a bowl and place the mixture in the refrigerator to let the flavors marry. Clean the perch by removing the heads and internal organs. Place the cleaned fish in a frying pan, in a single layer, with enough cold water to just cover them. Heat the fry pan over a high heat until the water just starts to boil, then remove the pan from the heat and let it sit for 1 minute. Pour off the hot water and rinse the fish under cold water until they are thoroughly cooled through. They should no longer be cooking. Skin and remove all the bones (a miserable job). Chill the fish in the refrigerator and serve with the cocktail sauce.

Blonde brownies

Courtesy of
Rhoda Denning

Ingredients

1/2 cup butter (no substitutes)
2 cups lightly packed brown sugar
2 eggs
1 tsp. vanilla
1 cup chopped pecans, toasted
2 cups flour
2 tsp. baking powder
1/2 tsp. salt

Method

Melt butter in saucepan, remove from heat. Stir in sugar. Add eggs and vanilla. Stir in dry ingredients and nuts. Spread into greased 13 x 9 " pan. (Mixture will be thick.) Bake for 20-25 minutes in a preheated 350° oven.

Six Chile Chicken

Courtesy of
Adam Kingman

A very spicy dish. Substitute milder chiles to lower the heat.

Ingredients

3 pounds chicken pieces
1/2 cup lemon juice
1/2 cup water
2 tablespoons vegetable oil, divided
2 tomatoes, skinned and crushed
6 hot green chiles, seeds and stems removed, minced
1/2 inch piece of ginger root, grated
1/2 pound of okra, cut up
2 cups of chicken stock
Salt
Black pepper

Method

Remove the skin and visible fat from the chicken pieces. Combine the water and lemon juice in a glass or stainless steel bowl. Add the chicken and soak for 10 to 15 minutes to acidulate.

While the chicken is acidulating, heat one tablespoon of the oil in a skillet and sauté the crushed tomatoes, chiles, grated ginger root, and okra for about 8 minutes. Remove sauteed ingredients from the skillet and set aside.

Remove the chicken from the water and dry with paper towels. Add the remaining oil to the skillet and brown the chicken. When browned, add in the stock and sauteed ingredients, cover, and simmer for about an hour.

Add salt and pepper to taste, and serve over rice.

Creamed Carrot Soup

Courtesy of
Geoff C.

Ingredients

5 tb butter
2 cups onions, coarsely chopped
4 cups carrots, coarsely chopped
4 tablespoons flour
5 cups beef broth
3 cups half-and-half
1 pinch salt
1/4 teaspoon nutmeg

Method

Melt butter in sauce pan. Saute vegetables until onions are clear. Blend in flour.

Add in broth just to cover, and stir until smooth. Simmer covered 30 minutes. Put soup through blender to puree and return to pan. Add a pinch of ground nutmeg. Stir in Half-and-Half and heat through.

Serve with a dash of nutmeg over and a sprig of fresh parsley if you want to be extra fancy.

The amount of cream can be varied according to preference. Milk can be substituted. This soup will freeze well if the cream is withheld until it is reheated.

Great fall/winter soup that offers a splash of seasonal color. It can be slurped straight out of a mug or served in more elegant style.

Makes 8 servings

Uncooked Peanut-butter Candy

Courtesy of
Ruth Dasche

Ingredients

1/2 cup smooth or crunchy peanut butter
1/2 cup honey (any kind you like)
3/4 to 1 cup powdered milk

Method

Using a 1 quart or larger bowl, add the ingredients, combine, and stir well

Turn out onto oiled or buttered wax paper and press to thickness of 3/4 inch; cut into cubes.

Refrigerate until firm, about 1/2 hour

Bread pudding

Courtesy of
Marjorie Burris

Ingredients

2 cups cubed dry bread
4 cups milk, scalded
1 Tbsp. butter
1/4 tsp. salt
3/4 cup sugar
4 eggs, beaten
1 tsp. vanilla
1/2 cup raisins
nutmeg

Method

Use the butter to grease a 2-quart baking dish. Beat the eggs in the dish. Set aside. Scald the milk in a sauce pan. Soak the bread in the hot milk, add salt, sugar, vanilla, and raisins. Pour over eggs in baking dish, stir lightly. Sprinkle generously with nutmeg. Bake at 350 degrees until firm, about 50 minutes. Cover tightly the last 10 minutes if it starts to get too brown on top. This will puff up, then settle back down in the dish. Good hot or cold.

