

A Flotsam and Jetsam of Recipes from Mega-Carbon Company

The recipes that follow are a small compilation of many of our favorites that I have cooked over the years.

I hope you enjoy the somewhat eclectic selection that follows.

by Ken Robinson

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Soups

Root Cellar Soup with Ham

Bowls of this satisfying soup will help take the edge off hearty holiday appetites.

8 servings

<i>1/4 cup</i>	<i>butter (1/2 stick)</i>
<i>1/4 pound</i>	<i>smoked ham cut into 1/4 inch cubes</i>
<i>3</i>	<i>large carrots, chopped</i>
<i>1 1/2 cups</i>	<i>chopped leeks (white and pale parts only)</i>
<i>1/2</i>	<i>medium onion, chopped</i>
<i>1/2 tsp</i>	<i>dried thyme</i>
<i>2</i>	<i>bay leaves</i>
<i>5 cups</i>	<i>canned low-salt chicken broth</i>
<i>3</i>	<i>medium turnips (about 1 1/2 lbs), peeled, chopped</i>
	<i>Fresh parsley leaves</i>

Melt butter in heavy saucepan over medium heat. Add ham; saute until browned, about 5 minutes. Using slotted spoon, transfer ham to bowl. Add carrots, leek, onion, and bay leaves to saucepan. Cover; cook until onion and leek are translucent, about 5 minutes. Add 5 cups broth and turnips; bring to simmer. Cover partially; simmer until vegetables are tender, about 35 minutes. Discard bay leaves. Stir in ham. (Can be made 1 day ahead. Cover and chill.)

Bring soup to simmer, thinning with more broth, if desired. Garnish with parsley, if desired.

Cabbage Soup, Bavarian

TheThe Germans haven't been called Krauts for naught- They The Germans haven't been called Krauts for borrowed, or bought!

<i>1 medium</i>	<i>onion, sliced</i>
<i>1/2 head</i>	<i>cabbage, shredded</i>
<i>1/4 cup</i>	<i>sugar</i>
<i>1/4 pound</i>	<i>wide egg noodles</i>
<i>1 tsp</i>	<i>salt</i>
<i>1/2 tsp</i>	<i>white pepper</i>
<i>1/2 tsp</i>	<i>celery seed</i>
<i>pinch</i>	<i>dill weed</i>
<i>pinch</i>	<i>rosemary</i>
<i>1/4 cup</i>	<i>lemon juice</i>
<i>3-4 dashes</i>	<i>Tabasco sauce</i>
<i>1/4-1/2 cup</i>	<i>dry sherry</i>
<i>1 tsp</i>	<i>poppy seed</i>
<i>6 cups</i>	<i>beef consomme</i>

InIn a covered saucepan, saute over low heat, the onion and shreddedIn a covered saucepan, saute over low heat, the butterbutter until bulk is reduced by half (about 30 minutes). Stir occasionally. Uncover and cookbutter until bulk i highhigh heat uhigh heat until all mohigh heat until all moisture has evaporated. Add, stirring constantly, the sug glazedglazed and looks slightly carmelized. Add the consomme (or vegetable juices). Lowerglazed and looks slightly car simmersimmer for 30-45 minutessimmer for 30-45 minutes (untilsimmer for 30-45 minutes (until cabbage is tender). I ToTo the soup, add the salt, pepper,To the soup, add the salt, pepper, celery seed, dillTo the soup, add the salt, pepper, c andand simmer uncoveredand simmer uncovered for 15 minutes.and simmer uncovered for 15 minutes. Add the cooked taste for additional salt. Serve very hot with poppy seed.

Chicken and Lemon Soup, Albania

Albania Albania spawned the dynasty that Albania spawned the dynasty that led to King Farouk; A much more Albania lemon soup!

<i>7 cups</i>	<i>chicken stock</i>
<i>1 tsp</i>	<i>minced parsley</i>
<i>1/2 tsp</i>	<i>chevril</i>
<i>1/2 tsp</i>	<i>tarragon</i>
<i>1/2 tsp</i>	<i>chives</i>
<i>1 cup</i>	<i>heavy cream</i>
<i>2</i>	<i>eggs</i>
<i>1/4 cup</i>	<i>lemon juice</i>
<i>1 Tbs</i>	<i>brandy</i>
<i>1 cup</i>	<i>cooked rice or vermicelli</i>

*To the rich chicken soup, add minced parsley, chevril, tarragon, and chivTo the rich chicken soup, add minced p
LowerLower heat andLower heat and simmer 15Lower heat and simmer 15 minutes. In a bowl combine heavy cream;
BeatingBeating constantly, slowly blend in 1 cup soup. Add tBeating constantly, slowly blend in 1 cup soup. Add
belowbelow the boiling point. Serve (Do not let boil after eggs have been added!) Optional: 1 or 2 Tbs
cooked rice or vermicelli per soup plate.*

Kartoffelsuppe (Potato Soup)

<i>4 slices</i>	<i>bacon, diced</i>
<i>3 small</i>	<i>onions, diced</i>
<i>6-8 medium</i>	<i>potatoes, peeled and diced</i>
<i>1/2</i>	<i>bay leaf</i>
<i>1 tsp</i>	<i>paprika</i>
<i>1 cup</i>	<i>dairy sour cream</i>
<i>4-6</i>	<i>eggs</i>

CookCook baconCook bacon over moderate heat until crisp.Cook bacon over moderate heat until crisp. Remove for the

fat until fat until yellow and transparent, not brown. Add potatoes and cover with boiling water. fat until yellow and cook until the potatoes are tender. Add bay leaf, paprika, salt, and pepper to taste. Slowly stir in sour cream and bring to serving temperature. Break eggs into sour cream and bring to serving temperature. Break allowing 1 egg per serving. Cover and heat gently until eggs are cooked to the desired degree. Remove bay leaf. Remove eggs with slotted spoon. Remove bay leaf. Remove eggs with the top. Garnish with crisp bacon bits.

Peanut Soup, Columbia

This most unusual soup hails for Colombia. Better try this one on guest This most unusual soup hails for Co something off the accustomed path.

<i>2 Tbs</i>	<i>butter</i>
<i>1 medium</i>	<i>onion</i>
<i>1 large bunch</i>	<i>celery</i>
<i>6 cups</i>	<i>chicken stock</i>
<i>3 cups</i>	<i>peanut butter</i>
<i>1 cup</i>	<i>heavy cream</i>
<i>1 tsp</i>	<i>cinnamon</i>
<i>2 Tbs</i>	<i>tomato puree</i>
<i>2-3 drops</i>	<i>lemon juice</i>
<i>dash</i>	<i>powdered thyme</i>
<i>1/4 cup</i>	<i>dry sherry</i>
<i>2 pinches</i>	<i>sugar</i>
<i>1 handful</i>	<i>fresh tarragon or parsley</i>

Saute in butter until limp, chopped onion and leaves and trimmings of celery. Add chicken stock and simmer until vegetables are soft. Puree in a blender with the soft peanut butter. Return to saucepan with heavy cream; cinnamon; tomato puree; lemon juice; thyme and simmer over a low flame until soup is thick and hot. Stir often. Add 1/4 cup dry sherry. and pinch of sugar. Serve sprinkled sparingly with chopped tarragon or parsley.

Tante Rosemary's Pea Soup

Our German neighbor in St. Louis, Rosemary showed us how to make this hearty soup. It will feed a big crew of hungry people. Leave the bacon grease out if you want to keep the fat level down. It doesn't affect the flavor very much.

8 servings

<i>1</i>	<i>Ham bone or cup of diced ham</i>
<i>2</i>	<i>pkg. split peas</i>
<i>3</i>	<i>bouillon cubes</i>
<i>6-7</i>	<i>potatoes</i>
<i>5-6</i>	<i>large carrots</i>
<i>1/2 bunch</i>	<i>celery</i>
<i>1/2 lb</i>	<i>bacon</i>
<i>7</i>	<i>onions</i>
<i>4 Tbs.</i>	<i>soy sauce or Maggi</i>

Put ham bone in 1/2 pot water and simmer. Add 2 packages bouillon cubes; cover and let simmer. Peel potatoes and quarter; add 1/2 celery bunch (including leaves). Add all to pot. Bring to boil, then simmer until all vegetables are soft. Put contents of pot through colander and return to pot. Fry bacon and brown sliced onions in pan with it. If too thick, add water. Serve with smoked hot dogs.

Beet Soup-Russia

The Spasskaya Chimes drone out the hour of 5. Rays of the Spasskaya Chimes drone out the hour of 5. Rays of the river, river, stream through the street exits of the great Square. A mausoleum, homeriver, stream through the street exit incongruous incongruous now uincongruous now under the lengthened shadow of the onion-domed church. Sentine crunch crunch thrunch through their rcrunch through their rounds. Lights flash in windows above. A great star lee malevolent, malevolent, at the scurrying malevolent, at the scurrying few. Bitter winds rise from the river, sending flurries into the now-leaden sky. Cold, heavy, stillness settles down. This is Moscow, winter.

<i>4 cups</i>	<i>beef consomme</i>
<i>1 cup</i>	<i>tomato puree</i>
<i>1</i>	<i>large onion</i>
<i>1 Tsb</i>	<i>butter</i>
<i>2</i>	<i>medium carrots</i>
<i>3 stalks</i>	<i>celery</i>
<i>1/2</i>	<i>green pepper</i>
<i>1</i>	<i>small cabbage, shredded</i>
<i>1 cup</i>	<i>cooked potatoes</i>
<i>1 cup</i>	<i>cooked beets</i>
<i>1 cup</i>	<i>lima beans</i>
<i>2 Tbs</i>	<i>red wine vinegar</i>
<i>2 Tbs</i>	<i>sugar</i>
<i>1/4 tsp</i>	<i>ground cloves</i>
<i>1 T</i>	<i>Marsala</i>
<i>1 T</i>	<i>sour cream</i>
<i>generous pinch</i>	<i>salt and pepper</i>

Saute Saute 1 large onion, coarsely cut, in 1 generous Tbs of Saute 1 large onion, coarsely cut, in 1 generous T medium medium size carrots thinly sliced; medium size carrots thinly sliced; 3 medium size carrots thinly sliced; 3 stalks c slivers slivers and 1 slivers and 1 small cabbage, shredded. Saute all for 5 minutes. Add juice from 1 #2 can beets; sliver tomatotomato puree; 4 cups strongtomato puree; 4 cups strong beeftomato puree; 4 cups strong beef consomme and s AddAdd 1 cupAdd 1 cup each cooked potatoes; cookedAdd 1 cup each cooked potatoes; cooked beets; and cooked gr toto the pot ct to the pot cauliflower, cut to the pot cauliflower, cut green beans or peas). Simmer 30 minutes. Then a sugar, ground cloves, sugar, ground cloves, salt and sugar, ground cloves, salt and pepper to taste. Simmer 30 minutes

in 2 generous Tbs Marsala. Serve very hot, in deep soup bowls with a heaping spoonful of cream. This is an extremely hearty soup. Borscht is best if before serving.

Cheese Soup-Norway

This is one of creamy gold with a tinge of dawn, Like a midnight sun on a Norwegian fjord.

<i>2 cup</i>	<i>celery</i>
<i>1/2</i>	<i>green pepper, chopped</i>
<i>2 cans</i>	<i>cream of mushroom soup</i>
<i>2 cans</i>	<i>milk</i>
<i>1/2 cup</i>	<i>tomato puree</i>
<i>1/4 tsp</i>	<i>coriander, ground</i>
<i>1/2 tsp</i>	<i>white pepper</i>
<i>1/4 cup</i>	<i>sour cream</i>
<i>2 cups</i>	<i>cheddar cheese, shredded</i>
<i>1/2 cup</i>	<i>dry sherry</i>
<i>2 Tbs</i>	<i>chopped parsley</i>

Cook chopped celery, green pepper, in water to cover until tender. Drain.

Over low heat, blend cream of mushroom soup with equal milk.

Puree the soup with vegetables in a blender. Cook in a double boiler over hot (not boiling) water.

Stirring, add tomato puree ground coriander, white pepper, sour cream, shredded cheddar cheese, until the mixture is smooth and hot. Finish with dry sherry and chopped parsley. (If too thick to your taste, thin with warm milk.) Serve very hot.

Cream of Carrot Soup with Curry

I first prepared this for my students that I teach at Northwestern. Some of my students were young women that were on a vegetarian diet and they really loved this selection.

4 servings

<i>1 lb</i>	<i>carrots, peeled, cut into 1/2 inch pieces</i>
<i>2</i>	<i>med russet potatoes</i>
<i>1</i>	<i>med onion, chopped</i>
<i>3 cups</i>	<i>chicken stock</i>
<i>1 Tbs</i>	<i>curry powder</i>
<i>2 tsp</i>	<i>grated peeled fresh ginger</i>
<i>1 tsp</i>	<i>ground coriander</i>
<i>1 tsp</i>	<i>fresh lemon juice</i>
<i>4 .slices</i>	<i>lemon, paper thin</i>

Combine carrots, potatoes, onion, stock, curry powder, ginger, and coriander in heavy large pot to boil. Cover, reduce heat, and simmer until carrots and potatoes are tender. Let mixture cool slightly (covered), approximately 10 minutes. Transfer all solids in saucepan to processor with slotted spoon. Puree until very smooth, Transfer all solids down sides of the work bowl as necessary. With machine running, gradually add stock. Return soup to saucepan. Bring to simmer. Season with salt if desired. Stir in and garnish with lemon slice and sliced green onion tops.

Southwestern Beef Stew

*This will heat up your insides on a cold December day. This is the favorite recipe from **National Live Stock and Meat Board***

<i>1 Tbs</i>	<i>vegetable oil</i>
<i>1 1/2 lbs</i>	<i>well trimmed beef tip roast cut into 1 inch pieces.</i>
<i>1/2 cup</i>	<i>coarsely chopped onion</i>
<i>1 clove</i>	<i>garlic, minced</i>
<i>1 1/2 tsp</i>	<i>dried oregano leaves</i>
<i>1 tsp</i>	<i>ground cumin</i>
<i>1/2 tsp</i>	<i>each of red pepper and salt</i>
<i>4</i>	<i>medium tomatoes, chopped and divided (about 4 cups)</i>
<i>1/2 cup</i>	<i>water</i>
<i>1 can (4 oz)</i>	<i>whole green chilies</i>
<i>1 Tbs</i>	<i>cornstarch</i>
<i>1/4 cup</i>	<i>sliced green onion tops</i>

Heat oil in Dutch oven over medium-high heat. Add beef pieces, onion, and garlic; cook until beef is browned. Pour off drippings. Combine oregano, cumin, red pepper, and salt; sprinkle over beef. Add 3 cups tomatoes and water; stirring to combine. Reduce heat to medium and simmer until beef is tender; stirring occasionally. Drain green chilies; set aside liquid. Cut chilies into pieces; add to beef mixture. Combine cornstarch and liquid; gradually stir into mixture. Combine cornstarch mixture with remaining tomatoes; garnish with green onion tops.

Crab Bisque

A tasty selection from Martha Stewart's Cook Book.

<i>3 cups</i>	<i>milk</i>
<i>5 or 6</i>	<i>scallions, white and green parts chopped</i>
<i>4 Tbs</i>	<i>unsalted butter</i>
<i>1/4 cup</i>	<i>all-purpose flour</i>
<i>1 1/2 cup</i>	<i>heavy cream</i>
<i>2 tsp</i>	<i>coarse kosher salt</i>
<i>1/2 tsp</i>	<i>ground mace</i>
<i>1/2 tsp</i>	<i>paprika</i>
<i>dash</i>	<i>Tabasco sauce</i>
<i>1 pound</i>	<i>lump crabmeat, picked over for shell and</i>

In a large, deep kettle, saute the scallions in the melted butter until softened, 3 to 4 minutes. Blend the mixture and cook, stirring over low heat for 5 minutes. Stir in the milk and cream and thicken.

Stir the salt, spices, and Tabasco to taste into the soup mixture, blending well. Heat gently (do not let boil) and serve.

Martha s Vineyard Salad
with Raspberry-Maple Dressing

<i>1 cup</i>	<i>white wine vinegar</i>	<i>1 cup</i>	<i>red wine vinegar</i>
<i>½ cup</i>	<i>raspberries</i>	<i>½ cup</i>	<i>olive oil</i>
<i>½ cup</i>	<i>vegetable oil</i>	<i>½ cup</i>	<i>maple syrup</i>
<i>2 Tbs</i>	<i>Dijon mustard</i>	<i>2 Tbs</i>	<i>dried tarragon leaves</i>
<i>Dash</i>	<i>salt</i>	<i>1 head</i>	<i>Bibb lettuce, washed</i>
<i>3 Tbs</i>	<i>pine nuts, toasted</i>		
<i>¼ cup</i>	<i>crumpled blue cheese</i>	<i>12 rings</i>	<i>red onion, ¼ thick</i>

First prepare a raspberry vinegar; combine red and white wine vinegars and raspberries. Cover and let sit 48 hours. Strain the vinegar and store at room temperature. (You can also use commercial raspberry vinegar which is available at specialty stores.)

To make Raspberry-Maple dressing, whisk together in a bowl ½ cup of the raspberry vinegar, the oils, maple syrup, mustard, tarragon, and salt.

Tear lettuce leaves by hand and toss in a large bowl with ¾ cup of dressing.

To serve, divide lettuce evenly onto 6 chilled plates and top each with the blue cheese, onion rings and toasted pine nuts.

Green Chile Corn Bread

Liptauer Cheese

In both Germany and Austria, you will nibble often on Liptauer cheese with goats' milk pot cheese. When it appears on the relish tray-- it disappears almost magically.

<i>8 oz</i>	<i>cottage cheese</i>	<i>8 Tbs</i>	<i>unsalted butter</i>
<i>1 Tbs</i>	<i>Hungarian paprika</i>		<i>black pepper</i>
<i>1/4 tsp</i>	<i>salt</i>	<i>2 tsp</i>	<i>caraway seeds</i>
<i>1 tsp</i>	<i>chopped capers</i>	<i>1 Tbs</i>	<i>finely chopped onions</i>
<i>1/2 cup</i>	<i>sour cream</i>	<i>3 Tbs</i>	<i>finely chopped chives</i>
<i>1 tsp</i>	<i>dry mustard</i>		

With a wooden spoon, rub the cottage cheese through a sieve into a mixing bowl. Cream the butter by beating it against the side of a mixing bowl with a wooden spoon. Beat in the cheese, the paprika, a generous grinding of black pepper, the salt, caraway seeds, mustard, capers, onions, and sour cream. Continue beating vigorously with a wooden spoon or by using an electric mixer at medium speed until the mixture forms a smooth paste. If the Liptauer cheese is to be used as a spread, shape it into a mound and decorate it with the chives, or shape it into a ball that may be rolled in the chives. Refrigerate it for 2 hours, or until it is firm. To make Liptauer dip, stir the extra sour cream into the paste with a wooden spoon or beat it in with an electric mixer. Sprinkle the chives over the dip after it has been poured into a serving bowl.

Baklazhannaia Ikra

Poor Man's Caviar is a close imitation to the real thing and we actually like it better since it isn't as salty.

<i>1</i>	<i>large eggplant</i>	<i>1 cup</i>	<i>finely chopped onions</i>
<i>6 Tbs</i>	<i>olive oil</i>	<i>½ cup</i>	<i>chopped green pepper</i>
<i>1 tsp</i>	<i>finely chopped garlic</i>	<i>2</i>	<i>large tomatoes, peeled, seeded and finely chopped.</i>
<i>½ tsp</i>	<i>sugar</i>	<i>pinch</i>	<i>ground black pepper</i>
<i>2-3 Tbs</i>	<i>lemon juice</i>	<i>2 tsp</i>	<i>salt</i>

Preheat the oven to 425^O F, Bake the eggplant on a rack in the center of the oven for about an hour, turning it over once or twice until it is soft and its skin is charred (poke a few small holes in it so it won't explode).

Meanwhile, cook the onions in 4 Tbs of olive oil over moderate heat for 6-8 minutes until they are soft but not brown. Stir in the green pepper and garlic and cook, stirring occasionally, for 5 minutes longer. With a rubber spatula, scrape the contents of the skillet into a mixing bowl.

Remove the skin from the baked eggplant with a small sharp knife, then chop the eggplant pulp finely, almost to a puree. Add it to the mixing bowl and stir in the tomatoes, sugar, salt, and a few grindings of black pepper. Mix together thoroughly. Heat the remaining 2 Tbs of olive oil in the skillet over moderate heat and pour in the eggplant mixture. Bring to a boil, stirring constantly, then turn the heat to low, cover the skillet and simmer for an hour. Remove the cover and cook for an additional half hour, stirring from time to time, until all moisture in the pan has evaporated and the mixture is thick enough to hold its shape in a spoon. Stir in 2 Tbs of lemon juice and taste for seasoning, adding more salt, pepper, and lemon juice to taste.

Transfer the "caviar" to a mixing bowl and chill, covered with plastic wrap, until ready to serve. Serve on squares of rye or pumpernickel bread or on some sesame seed crackers.

Main Courses

Country Captain Chicken

A traditional Southern dish. Serve chicken on platter surrounded with fluffy currents.

<i>1 cut-up</i>	<i>Frying Chicken</i>	<i>1 Tbs</i>	<i>parsley, chopped</i>
<i>1/4 cup</i>	<i>Butter</i>	<i>1 tsp</i>	<i>salt</i>
<i>1 medium</i>	<i>Onion, thinly sliced</i>	<i>1 tsp</i>	<i>curry powder</i>
<i>1 large</i>	<i>Bell Pepper, chopped</i>	<i>1/2 tsp</i>	<i>white pepper</i>
<i>1 clove</i>	<i>Garlic, crushed</i>	<i>1/2 tsp</i>	<i>thyme</i>
<i>2-1 lb cans</i>	<i>tomatoes</i>	<i>1/4 lb</i>	<i>blanched almonds</i>

Brown chicken in butter or oil. Put into a heavy casserole. Brown onion, pepper, and butter. Add tomatoes and simmer 10 minutes. Add parsley, salt, curry powder, pepper, and butter. Simmer 5 minutes more. Pour over chicken in casserole. Cook at 350° for 45 minutes. Add almonds to sauce in for 45 minutes. Add almonds to sauce in pan and pass for 45 servings.

Pork Chops, Baked—Rumania

Stick your fork in this pork--- Straighten you shoulders with pride; Stick your will have it inside.

<i>8 chops</i>	<i>pork chops</i>	<i>1/4 tsp</i>	<i>fennel</i>
<i>1 jar</i>	<i>sauerkraut</i>	<i>1/4 tsp</i>	<i>cloves</i>
	<i>seasoning salt</i>	<i>1/4 tsp</i>	<i>cinnamon</i>
	<i>brown sugar</i>		<i>salt</i>
<i>2 medium</i>	<i>onions, thinly sliced</i>		<i>pepper</i>
<i>2</i>	<i>tart apples</i>	<i>1/4 cup</i>	<i>dry sherry</i>
<i>6 stalks</i>	<i>celery</i>	<i>1 cup</i>	<i>beer, flat</i>

Use loin chops, about an inch thick, allow drained sauerkraut about 1/4 inch deep. Sprinkle with seasoning salt and brown sudrained sauerkraut about chop on sauerkraut. (Do not overlap). Cover chops with 2 onions. 2 tart apple celery trimmed and sliced thin; flat beer gingerale; fennel, cloves, Cover pan-bake at 350° for 1 hr 15 minutes. Uncover. Pour over dry sherry. Bake about 20

Three-Pepper Linguine (vegetarian)

On New Years Day, you can feel less guilty if you start the year with this tasty dish.

2 Tbs	olive oil	2 cloves	garlic, minced
1	green bell pepper, chopped	1 cup	plum tomatoes, canned
1	red bell pepper, chopped	9 oz	spinach linguine
1	yellow bell pepper, chopped	1/2 cup	pesto sauce*
1/2	onion, chopped	Grated	Parmesan cheese

Heat oil in heavy skillet over medium heat. Add bell peppers, 6 minutes. Stir in tomatoes and simmer 7 minutes. Top with pesto sauce. Sprinkle with Parmesan and serve.

**Put 1 1/2 cups dry basil (3 cups fresh), 3/4 cup olive oil, 1/4 tsp salt in a blender. Process until smooth. Add 1/2 cup Parmesan and 3 TBS Romano pecorino cheese or Parmesan. Mix to blend. Taste adjust for seasoning. Makes 1 cup.*

Skiers Goulash

I prepare this each year for my family when we go skiing in Colorado. It really satisfies your appetite after a day on the mountains. It is a real tradition in the Robinson family; just ask my sons, Jeff and Reid.

2 pounds	lean beef cut in cubes	3 Tbs	paprika
5	medium onions	1/2 tsp	garlic salt
1	small can tomato puree	1/2 tsp	marjoram
2 1/2 cups	water	1 tsp	salt
1 tsp	grated lemon rind	1/2 tsp	caraway seed
1/4 cup	shortening		

Saute julienned onions in shortening until transparent. Add garlic salt, salt, marjoram and lemon rind. Gradually add the tomato puree, blending thoroughly. Cover and simmer until meat is tender, and goulash becomes dry during cooking, add additional water. The Austrians serve this goulash with small sausages, hard-cooked egg slices, and salted cucumbers. Serves 6.

Szekely Gulyas

Transylvania Goulash

1 lb	sauerkraut, fresh or canned	2 Tbs	lard
1 cup	chopped onions	1/4 tsp	chopped garlic
2 Tbs	paprika	3 cups	chicken stock
1 1/2 tsp	caraway seeds	1/4 cup	tomato puree
	salt	1/2 cup	sour cream
1/2 cup	heavy cream	2 Tbs	flour
2 Tbs	Hungarian paprika	2 lbs	boneless pork shoulder, cut in 1 inch cubes.

Wash the sauerkraut thoroughly under cold water, then soak it in cold water to reduce its sourness. Melt the lard in a 5-quart casserole and add the onions. Cook them over moderate heat, stirring occasionally, for 6 to 8 minutes or until they are lightly covered, then add garlic and cook a minute or 2 longer. Off the heat, stir in the paprika, continuing to stir until the onions are well coated. Pour in 1/2 cup of the stock or water and bring it to a boil; then add the pork cubes.

Now spread the sauerkraut over the pork and sprinkle it with the caraway seeds. In a small bowl, combine the tomato puree and the rest of the stock or water, and pour the mixture over the sauerkraut. Bring the liquid to a boil once more, then reduce the heat to the lowest point, cover the casserole tightly and simmer for 1 hour. Check every now and then to make sure the liquid has not cooked away. Add a little stock or water if it has; the sauerkraut should be moist.

When the pork is tender, combine the sour cream and heavy cream in a mixing bowl. Beat the flour into the cream with a wire whisk, then carefully stir this mixture into the casserole. Simmer for 10 minutes longer. Taste for seasoning. Serve Transylvania goulash in deep individual plates, accompanied by a bowl of sour cream.

Eszterhazy Rostelyos

Steaks Eszterhazy is very rich and a delicious way to serve round steak. It will definitely satisfy the appetite of you and your guests ; no one will leave your house hungry.

	salt		ground black pepper
2 lbs	round steak, 1/2 " thick		flour
3 Tbs	lard	1 1/2 cups	finely chopped onions
1/2 tsp	finely chopped garlic	1/2 cup	chopped carrots
3 Tbs	flour	3 cups	beef stock
3 whole	allspice	3	medium bay leaves
4	peppercorns	1/8 tsp	thyme
1/8 " wide	strip lemon peel	4 slices	lean bacon, chopped
2 Tbs	finely chopped parsley	1/4 cup	white wine vinegar
3/4 cup	heavy cream	1 tsp	lemon juice
2	parsnips, scraped and cut into 3x1/2" julienne strips	1	medium carrot cut into 3x1/2" julienne strips
4	sour gherkin pickles, cut into 3 x 1/2 " julienne strips		

Salt and pepper the steaks, then dip them in flour and shake them to remove the excess. Heat the lard in a 12 inch skillet until a light haze forms over it, then brown the steaks over high heat for about 3 minutes on each side. Remove them to a platter and reduce the heat to medium.

Add the onions, garlic, and carrots and cook for about 8 minutes, stirring frequently, until the vegetables are lightly colored. Off the heat, stir in the 3 Tbs of flour, continuing to stir until all the flour is absorbed. Return the skillet to heat, add the stock and bring to a boil, stirring constantly with a whisk until the sauce is smooth and thick. Add the allspice, bay leaves, peppercorns, thyme, lemon peel, bacon, parsley, and vinegar. Return the meat to the skillet and bring the stock to a boil again. Reduce the heat to low, partially cover the pan and simmer for 50 minutes to an hour, or until the steaks show no resistance when pierced with the tip of a small sharp knife.

Drop the parsnip and carrot strips into a saucepan of boiling, lightly salted water. Boil

uncovered for 2 or 3 minutes, or until the vegetables are slightly tender, then drain in a colander or sieve. Arrange the steaks on a platter and keep them warm in a 200° while you prepare the sauce.

Strain the contents of the frying pan, pressing hard on the vegetables before discarding them. Skim off the surface fat from the sauce. Whisk the cream and lemon juice into the sauce and add the carrot, parsnip, and gherkin strips. Simmer for 2 or 3 minutes. Taste for seasoning. Pour the vegetables and the sauce over the steaks and serve at once.

Thai-Style Sweet-Sour Scallops

If you need to lighten up on New Year's Day, this may be just for you

1 Tbs	grated lemon peel	1	large garlic clove
1	jalapeno chili, stemmed	2	small onions
3 Tbs	peanut oil	1 lb	sea scallops
1	red bell pepper	1	green bell pepper
6 large	green onions, thinly sliced	7 Tbs	seasoned rice vinegar
3 Tbs	Thai fish sauce (nam pla)	1 1/2 tsp	sugar
1/8 tsp	salt	1 large	tomato, seeded diced
	Freshly cooked rice	3 Tbs	cilantro leaves

With processor running, drop grated lemon, garlic, and jalapeno through the process process until minced. Scrape down sides of work process until minced. Scrape down sides of coarsely coarsely chopped, using on/off turns. Heat oil in wok coarsely chopped, using on/off turns. Heat contents contents of work bowl and stir-fry 10 seconds. Add scallops, contents of work bowl and stir-fry 10 green green onions. green onions. stir-fry until scallops are almost opaque, about 3 minutes. Add vinegar, g sauce, sauce, sugar and salt. Cook 1 minute longer. Mix in tomato. tomato. Adjust seasonings. spoon scallops over hot rice. Garnish with cilantro and serve.

Spicy Baked Shrimp

Another selection to ease your waistline

1/2 cup	olive oil	2 Tbs	Cajun or Creole seasoning
2 Tbs	fresh lemon juice	2 Tbs	chopped fresh parsley
1 Tbs	honey	1 Tbs	soy sauce
Pinch	Cayenne pepper	1 lb	large shrimp, shelled , deveined
	lemon wedges		French bread

Combine first seven ingredients in 9x13 inch baking dish. Add shrimp and toss to combine. Refrigerate for 1 hour. Preheat oven to 450 °F. Bake until shrimp are done, stirring occasionally, about 10 minutes. Garnish with lemon wedges and serve shrimp with French bread.

Fettucine with Bacon and Red Peppers

You can whip this together in about 30 minutes. Its great when you are short on time but aren't up to eating another one of those delicious Big Macs.

2 Tbs	olive oil	1	small onion
2	bacon slices, chopped	3	garlic cloves
1	7-oz jar roasted red bell peppers, drained and sliced	1 cup	frozen peas
1/4 cup	canned chicken broth	12 oz	fettucine, freshly cooked
	Freshly grated Parmesan cheese		

Heat oil in heavy skillet over medium-high heat. Add onion, bacon, onion is tender and bacon is cooked, stirring occasionally, about 8 minutes. Add peas, and broth and simmer 1 minute. Transfer mixture to a large bowl. Season, passing grated Parmesan separately.

Seafood Gumbo

One of our Dow corporate friends (Al Harvey) in Plaquemine, Louisiana, sent me a gumbo cook book last winter. This is the one my Illinois guests really like and you get to make a roux which is usually a first time event for anyone who isn't from the South. Incredibly delicious!!

3 lbs	whole catfish, or 2 lbs fillets
12	whole crawfish
1 lb	shrimp , peeled
6 cups	water
1 ½ tsp	salt
1 stick	butter
3 Tbs	flour
1 cup	chopped onion
1 cup	chopped bell pepper
2 cups	chopped celery
1 lb	chopped okra, fresh or frozen
1- 28 oz can	can tomatoes
½ tsp	salt, pepper, and red pepper or K's Cajun Seasoning*
1 Tbs	chopped parsley

Cook cleaned fish in boiling, salted water till it breaks apart with a fork (only takes a few minutes). Remove fish, debone, cut into chunks and reserve stock (fillets are a lot less trouble). Melt butter in skillet; add flour and stir until lightly browned. Don't get in a hurry as a good roux is the key to good gumbo. Don't burn the roux. Mix everything together except seafood, in a pot with stock and simmer about an hour. Add seafood and simmer 30-45 minutes. Serve over rice with a sprinkle of chopped parsley.

*K's Cajun Seasoning: 1-26 oz box salt, 3 Tbs black pepper, 2 Tbs garlic powder, 1 tsp onion powder, 1 tsp nutmeg, 2 Tbs Accent (optional), 2 Tbs dried parsley flakes, 4 Tbs red pepper (Cayenne) 2 Tbs chile powder.

Sauerbraten with Gingersnap Gravy

I sometimes forget and let the beef marinate for 3-4 days before I cook it and it gets extremely tender. My sons always clean their plate on this one. I like to serve over noodles with parsley potatoes.

4 pounds	Beef roast		water
1 1/2 Tbs	salt	2 Tbs	shortening
1	onion, sliced	2 Tbs	flour
10	peppercorns	2 Tbs	sugar
3	each bay leaves and whole cloves	5-6	small gingersnaps
1 cup	vinegar	1/2 cup	red wine

Wipe meat with damp cloth and trim off gristle. Rub with salt. Put water to cover meat. Refrigerate 2-3 days, turning meat twice daily. Combine onion, peppercorns, bay leaves, cloves and vinegar. Pour over meat, add liquid. Brown meat on all side in shortening. Put into roasting pan. Brown flour in liquid. Brown meat on all side in shortening. Put into roasting pan. Brown flour in Add sugar, ginger snaps, salt, and pepper. Stir in 2 cups reserved and creamy. Pour over meat. Bake at 350 F, allowing 20-30 minutes per pound. Baste with sauce. The last half-hour of baking, add wine. If necessary, add wine. Serve with noodles. Makes 8 servings.

Holiday Breads and Treats

Potica (Yugoslavian Christmas Spiral)

Bread ingredients

3 ½ cups	all purpose flour	1 tsp	salt
1 cup	milk	1	egg
2 Tbs	sugar	1 pkg	yeast
2 Tbs	butter		

Walnut filling

2 cups	ground walnuts	2 Tbs	butter, melted
1	egg, beaten	1 tsp	cinnamon
1/4 cup	brown sugar or honey	½ tsp	vanilla
2 Tbs	milk		

In a large mixer bowl, stir together 1 ½ cups flour and yeast. Heat milk, butter, sugar and salt until warm, stirring constantly until butter melts. Beat egg. Beat at low speed with electric mixer for ½ minute at high speed. By hand, stir in enough of the remaining dough to make a moderately stiff dough. Turn out onto floured surface; knead 6-8 minutes. Place in bowl, turning once. Let rise till double (about one hour).

Meanwhile prepare the walnut filling. In bowl, combine walnuts egg, brown sugar, butter and spices. Set aside.

Punch dough down; cover and let rest 10 minutes. Punch dough down; cover and let rest 10 minutes. Stretch gently, working thin to about 30 x 20 inches. Spread with walnut filling. Starting at long thin in a jelly roll fashion. Pinch edge to seal. Place one end of roll in center of baking sheet. Coil dough in a snail-shaped spiral; seal end. Cover, let rise in warm till nearly double, about 30 to 45 minutes. Bake in 350° oven for 30 to 35 minutes or till golden brown. Makes 1 coffee bread.

Dark Chocolate Mint Fudge

This rich and creamy fudge is a snap to prepare.

6 oz	bittersweet or	1/4 cup	marshmallow
1 1/2 oz	unsweetened	1/2 tsp	peppermint extract
1 1/2 cups	sugar	3/4 cup	sweetened
1/3 cup	water	1/3 cup	whipping cream
1/4 cup (1/2 stick)	unsalted butter	24	candied

Line 9 x inch loaf pan with foil, overlapping sides. Place first 4 ingredient(chocolate marshmallow, and peppermint) in metal bowl. Mix sugar, milk, water, cream, and butter in 3-quart sauce pan. Stir over medium-low heat until sugar dissolves. Brush down sugar crystals from sides of pan using pastry brush dipped into water. Increase heat to high; bring to rolling boil. Reduce heat to medium-high; stir slowly with wooden spoon until clip-on thermometer registers 232 F, about 9 minutes.

Pour boiling mixture over ingredients in bowl; do not scrape pan. Stir vigorously with wooden spoon until chocolate melts and fudge thickens slightly, about 2 minutes. (Mixture should still be very soft and glossy). Immediately pour fudge into prepared pan; smooth top with rubber spatula. Refrigerate fudge until firm enough to cut, approximately 2 hours.

Lift fudge from pan, using foil as aid. Fold down foil sides. Trim ends of fudge. Cut into 24 pieces. Press candied violet into center of each, if desired. (Can be made one week ahead. Chill in air tight containers. Serve at room temperature.)

NEW YEAR S EVE MENU

2000

DRIVE OUT THE WINTER CHILL WITH A CARIBBEAN FEAST

Contributed by my close friend and fellow cook,

John R. Taylor, Amhurst, New Hampshire

APPETIZERS

Stamp and Go
Enid Donaldson s Chicken Roll
Eggs stuffed with Crabmeat
Smoked Fish Salad
Black-Eyed Pea Salad

SEAFOOD

Shrimp and Crab Pilau
Minced Lobster

POULTRY

Jerk Chicken

MEAT

Roast Beef with Black Sauce
Cuban Pork Roast

VEGETABLES

Rice and Peas
Corn and Sweet Pepper Sauté

VARIOUS DESSERTS

Stamp and Go
(Salt Cod Fritters, an hors d oeuvre))

Serves 8 to 10

For dipping sauce

½ cup mayonnaise
2 TB ketchup,
1 TB Matouk s hot sauce, or to taste
a splash of Cognac, or to taste

For fritters

1 LB skinless boneless salt cod (center cut)	2 TB Matouk s hot sauce, or to taste
6 scallions	1 ½ cups whole-wheat flour
1 small onion	2 tsp. baking soda
2 large eggs	4 cups vegetable oil for deep-frying
1 ½ cups milk	

Make dipping sauce:

In a small bowl whisk together sauce ingredients until combined well and season with salt and pepper. Keeps covered and chilled for two days.

Make fritters:

Cut salt cod into 1 inch pieces and in a colander rinse well. In a large bowl cover cod with cold water by 2 inches. *Soak cod, chilled, changing water several times, for 24 hours.*

In colander drain cod. In a saucepan cover cod with water by 2 inches. Bring water to a boil and simmer until cod just flakes, about 3 minutes. Drain cod in colander and, when cool enough to handle, finely chop. Transfer cod to a large bowl. Chop scallions and onion and add to cod. In a bowl whisk together eggs, milk, and hot sauce and stir into cod mixture. Sift flour and baking soda over cod mixture and stir until combined well. *Let batter stand, covered and chilled, 1 hour.*

In a 4-quart heavy kettle heat oil over moderate heat until a deep-fat thermometer registers 375 F. Working in batches of 6, drop heaping teaspoons of batter into oil and fry, turning fritters occasionally, until golden brown, about 3 minutes. Transfer fritters as fried with a slotted spoon to paper towels to drain. Return oil to 375 F, before each batch.

Serve fritters with dipping sauce. Makes about 42 fritters.

Enid Donaldson s Chicken Roll

Makes 6 servings

2 TB butter	6 deboned chicken breast halves
1 onion chopped	1-tsp. sugar
4 day old white bread slices, crumbled	2 tsp. Pickapeppa Sauce
1 ½ tsp. salt	2 hard cooked eggs, chopped
½ tsp. freshly ground black pepper	

Preheat oven to 350 F. Melt butter in a medium skillet over medium heat. Add onion and cook until softened. Add breadcrumbs, ½ tsp. of the salt and the black pepper. Mix thoroughly, then cool.

Pound chicken breasts halves with flat side of a mallet, being careful not to break up meat, then season with remaining salt, pepper to taste, sugar and Pickapeppa Sauce. Cover each breast with a thin layer of stuffing and chopped eggs, roll carefully and secure with a wooden tooth pick. Place rolls in a baking pan. Bake in reheated oven 1 ½ hours. Cool and slice into bite size pieces.

Eggs Stuffed with Crabmeat

Makes 6 servings

½ cup crabmeat	¼ tsp. chopped parsley
6 hard cooked eggs	1 pinch salt
½ stalk celery, finely chopped	Freshly ground black pepper to taste
1 TB mayonnaise	1 tsp. dry mustard
¼ tsp. chopped garlic	Hot pepper sauce to taste

Shred crabmeat: discard any shells or cartilage. Peel eggs and cut them in half lengthwise. Remove yolks and mash these thoroughly in a medium bowl; set whites aside. Add remaining ingredients and mix well. Stuff each egg half with filling. Cover and refrigerate until chilled before serving.

Smoked Fish Salad

Makes 6 servings

2 pounds smoked fish of choice	½ cup mayonnaise
6 cups mixed salad greens, bite sized	2-tsp. sugar
2 cups green peas, cooked, drained	Salt and freshly ground black pepper to taste
1 cup julienned Swiss cheese (4 oz.)	4 bacon slices, cooked, crumbled
1 red onion cut in rings	Cherry tomatoes

Remove and discard all skin and bones from fish, then break flesh into flakes. In a large bowl, combine salad greens, peas, cheese, onion and fish. Cover and refrigerate until thoroughly chilled. To serve, combine mayonnaise and sugar in a small bowl, then season to taste with salt and black pepper. Pour dressing over salad and toss lightly. Sprinkle with crumbled bacon and cherry tomatoes.

Black-Eyed Pea Salad

Makes 6 servings

1-cup black-eyed peas	¼ pound boiled shrimp, peeled, chopped
1 TB vegetable oil	¼ pound ham, diced
1 medium onion, chopped	Salt to taste
1 garlic clove, chopped	1 TB lemon juice
2 TB tomato paste	

Wash peas then combine peas and enough water to cover by 2 inches in a medium saucepan. Bring to a boil, reduce heat and simmer 45 minutes, then drain them well.

Heat oil in a medium skillet over medium heat. Add onion and garlic; cook until soft but not browned. Stir in tomato paste, shrimp and ham. When these are just heated through, remove from heat and stir in cooked peas. Season to taste with salt; sprinkle with lemon juice. Cover and refrigerate until chilled.

Shrimp and Crab Pilau

Makes 4 servings

¼ cup butter	Salt and freshly ground black pepper to taste
1 medium onion, minced	1 ½ cups uncooked white rice
3 cloves garlic, minced	3 cups unsweetened coconut milk
1 scotch bonnet chili, minced	½ pound crabmeat, picked over
1 tomato, diced	20 large shrimp, peeled and deveined
2 TB curry powder	1 cup cooked petite peas

Melt the butter in a saucepan over medium heat. Add the vegetables and sauté 5 to 7 minutes or until softened, stirring occasionally. Add the seasonings and sauté 2 minutes. Stir in the rice and cook 2 more minutes, coating the rice with the seasoning mix. Add the coconut milk and cook over low heat 20 minutes.

Gently add the crabmeat, shrimp and peas, reduce heat and cook until the rice has absorbed all the liquid and the shrimp are firm and pink, 5 to 10 minutes.

Minced Lobster

Makes 6 servings

3 chicken lobsters	4 large tomatoes, peeled, seeded, diced
½ cup vegetable oil	½ tsp. fresh thyme

1/3 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1/4 cup diced bacon
1/4 cup tomato paste

1/ tsp. freshly ground black pepper
1 scotch bonnet chili, finely chopped
Salt to taste
1 TB water
Cooked white rice

Bring 6 to 8 inches of water to a boil in a large stockpot. Add lobsters. Partially cover; bring water to a simmer. Cook about 7 minutes. Remove lobsters with tongs. Cool and remove meat from shell. Shred meat by hand.

Heat oil in a medium skillet over medium-high heat. Add celery, onion, bell pepper, bacon and tomato paste; cook 4 to 5 minutes. Add minced lobster and tomatoes. Cook, stirring often, 4 to 5 minutes more. Add thyme, black pepper, chili, salt to taste and the water. Simmer about 3 minutes to reduce liquid. Serve over rice.

Jerk Chicken

Makes 4 servings

1 medium onion quartered
1 garlic clove halved
1 scotch bonnet chili
1/3 cup low-sodium soy sauce
1/4 cup red wine vinegar
2 TB light brown sugar
1 TB vegetable oil

1 tsp. ground allspice
1/2 tsp. thyme
1/2 tsp. freshly ground black pepper
1/4 tsp. ground cloves
1/4 tsp. cinnamon
4 skinless, boneless chicken breasts halves

Combine the onion, garlic and chili in a food processor and pulse until coarsely chopped. Add the soy sauce, vinegar, brown sugar, oil, allspice, thyme, pepper, cloves and cinnamon and process to a coarse paste.

Arrange the chicken breasts in a 10 inch microwaveable baking dish with the thinner ends slightly over lapping in the center. Pour the marinade evenly over the chicken, cover and let stand at room temperature for at least 10 minutes.

Cover the dish with wax paper and cook in the microwave on high or full power for 1 1/2 minutes; do not let the marinade boil. Transfer the chicken to a plate and pour the marinade into a microwaveable 2 measure.

Grill or broil the chicken for 3 to 4 minutes per side, brushing occasionally with the marinade, until lightly charred and just cooked through. Bring the remaining marinade to the boiling point and serve alongside the sliced chicken breasts.

Roast Beef with Black Sauce

Makes 10 servings

5 black peppercorns, cracked	1-5 pound boneless, rolled, choice rib roast
¾ tsp. ground cloves	1/3 cup diced ham
2 tsp. dried leaf oregano	8 prunes, pitted, halved
5 tsp. salt	15 pimento-stuffed Spanish olives
2 TB olive oil	1 ½ cups packed brown sugar
1 ½ TB cider vinegar	4 cups beer
1 ¾ cup gold rum	

Make a marinade by mixing together peppercorns, cloves, oregano, salt, olive oil, vinegar and rum in a large glass bowl. Add roast and marinate overnight.

Next day combine ham, prunes and olives in a small bowl; set aside. Drain meat, reserving marinade. Cut several slits in roast and stuff with ham mixture. Place in a roasting pan, add sugar and beer to reserved marinade; pour over roast.

Pre heat oven to 350 F. Roast in preheated oven about 20 minutes per pound until internal temperature of meat reaches 120 F, basting frequently. Let roast stand 15 to 20 minutes before slicing. Pour off sauce, degrease and reduce until syrupy in a saucepan over high heat. Serve sauce with roast.

Cuban Pork Roast

Makes 6 servings

1 3 LB pork loin roast, boned, rolled & tied	1 tsp. dried leaf basil
3 garlic cloves, slivered	1 tsp. freshly ground black pepper
4 scotch bonnet chilies, chopped	½ tsp. ground cinnamon
1 medium green bell pepper, chopped	1 bay leaf
1 onion, coarsely chopped	Juice of 2 limes
2 garlic cloves minced	1 15-oz. can of tomato puree
1 tsp. ground cumin	

Make slits on top and bottom of roast and stuff garlic slivers into the slits. Set roast in a large bowl. To prepare the marinade, place a large skillet over medium-high heat; add chilies, bell pepper, onion, garlic, cumin, basil, pepper, cinnamon and a bay leaf. Cook, stirring, until vegetables are lightly charred. Remove skillet from heat and stir in limejuice. Pour over the roast and turn to coat thoroughly. Cover with plastic wrap and refrigerate overnight, turning occasionally.

Preheat oven to 350 F. Remove roast from marinade and place in a roasting pan, reserving marinade. Cook the roast 35 minutes per pound, or until meat thermometer registers 160 F.

Combine the tomato puree with the reserved marinade in a small saucepan. Bring to a boil, then reduce heat and simmer 5 minutes. Taste and adjust seasonings. Remove bay leaf. Strain, if desired. Transfer the roast to a serving platter and let stand 10 minutes before slicing. Spoon the

sauce over the sliced meat.

Rice and Peas

Makes 6 servings

1 cup kidney beans, soaked overnight	1 thyme sprig, finely chopped
1-quart coconut milk	3 cups uncooked rice
1 garlic clove, minced	2 tsp. salt
2 green onions, finely chopped	1 TB sugar

In a medium saucepan, mix soaked beans and coconut milk; cook over medium heat until tender, but not mushy. Add garlic, onions, thyme, rice, salt and sugar. Cook covered, over medium heat, stirring once or twice, until rice reaches desired texture. Add additional water if necessary.

Corn and Sweet Pepper Sauté

Makes 6 servings

4 cups fresh or frozen corn (about 8 ears)	½ cup half-and-half
½ green bell pepper, diced	½ tsp. salt
½ red bell pepper, diced	Freshly ground black pepper to taste
¼ cup butter, melted	

Combine corn, bell peppers and butter in a large skillet. Cover and cook over medium heat 2 minutes. Reduce heat. Add half-and-half, season with salt and pepper and cook, uncovered, over low heat 5 to 7 minutes more, or until liquid is absorbed. Stir frequently during cooking.

A Southwestern Feast

by John R. Taylor, Amhurst, NH.

Fiesta Shrimp

Serves 8 10

Marinade

3 TB vegetable oil 1 TB balsamic vinegar
2 cloves garlic, minced 1 Serrano chili, seeded and minced
1 tsp. dry mustard 1/8 tsp. ground cayenne pepper
1 tsp. salt 2 TB fresh cilantro, minced
1/4 cup fresh lemon juice 1 lime, thinly sliced

Shrimp

1 1/2 lb shrimp 1/2 cup thinly sliced red onion
1 lime, halved and thinly sliced 1/2 cup black olives, pitted
1/2 cup roasted red pepper, diced

Whisk together all the marinade ingredients in a medium bowl.

Make a court bouillon and bring to boil. Add shrimp, turn off heat and let stand 5 minutes. Drain and when cool enough peel and devein.

In a large bowl, toss together the onion, lime, olives, bell pepper and marinade. Add the shrimp; cover and refrigerate for up to 3 hours.

Creamy Chicken Nachos

Makes about 96

1 Whole boneless chicken breast	1 tsp. powdered cumin
8 oz cream cheese at room temperature	1 tsp. chipotle chili powder
2 jalapeños, seeded and minced	6 oz coarsely grated Monterey jack cheese
3 TB minced red onion	salt and freshly ground black pepper to taste
2 garlic cloves, minced	12 oz flat, round tortilla chips (approx. 100)

Poach and shred chicken breast.

Cream all ingredients, except the tortilla chips, with an electric mixer until well blended. Refrigerate until ready to use, but bring to room temperature before assembling so that the mixture can be easily spread.

Spread each chip with a generous amount of the mixture. Arrange the chips on a baking sheet and broil about 3 inches away from the broiler until puffed and golden.

Crab and Roasted Pepper Nachos

Makes about 36

2 TB unsalted butter	Salt and freshly ground white pepper to taste
½ cup finely chopped sweet onion	8 oz fresh or frozen, well-drained crabmeat
1 cup heavy cream	1 roasted red pepper diced
8 oz cream cheese at room temperature	2 Anaheim chilies, roasted, peeled, cored, diced
¼ cup grated asadero or provolone cheese	5 oz round flat tortilla chips (approx. 36)
1/8 tsp. cayenne pepper	

Cut cream cheese into pieces and bring to room temperature.

Heat the butter over medium-high heat in a skillet. Add the onion and sauté until slightly softened, about 2 minutes. Add the cream; bring to a boil and cook, stirring occasionally, until the cream is reduced by half. Add the cream cheese and stir until blended. Stir in the cheese, cayenne pepper, salt and white pepper. Fold in the crabmeat, roasted pepper and chilies. The mixture can be refrigerated until needed.

Spread each tortilla chip with about 1 TB of the crab-pepper mixture and place on a baking sheet. Broil about 3 inches from the broiler until the nachos are hot and bubbly, 2-3 minutes.

Southwestern Caesar Salad

Serves 8

2 eggs	¼ tsp. cayenne pepper
3 garlic cloves	2/3 cup extra-virgin olive oil
1 chipotle chili in adobo sauce	1/3 cup corn oil
¼ tsp. ground cumin	<u>salt and freshly ground pepper to taste</u>
1 TB Dijon mustard	vegetable oil for frying
2 tsp. anchovy paste	4 corn tortillas cut into ¼ by 3 inch strips.
1 TB balsamic vinegar	1 tsp. chili powder
1 TB fresh lime juice	1 heads romaine lettuce
1 shallot	½ cup crumbled cotija or Parmesan cheese

Place the eggs in boiling water for 1 minute. Remove from water and separate; reserve the white for another use. Place the yolks and all the remaining dressing ingredients except the oils and salt and pepper in a medium bowl and whisk until well blended. Slowly add the olive oil, then the corn oil. Add salt and pepper.

Pour ¼ inch of vegetable oil into a skillet. Heat oil to medium-high. Sprinkle the tortilla strips with the chili powder and fry in the hot oil until crisp and lightly browned. Drain on paper towel.

Toss the lettuce with the dressing; gently mix in the cheese and tortilla strips.

Shellfish Fajitas with Ancho Cream

Serves 8 to 12

1 very small sweet potato (3 or 4 oz)	3 TB diced red bell pepper
2 cups heavy cream	3 TB dices yellow bell pepper
3 TB corn oil	3 TB dices green bell pepper
3 Ancho chilies, cored and seeded	1 TB chopped fresh basil
1 lb shrimp, peeled, deveined and diced	1 TB chopped fresh cilantro
½ cup corn kernels	salt and pepper to taste
½ lb bay scallops	3 cups chicken stock
1 TB maple syrup	12 6 inch flour tortillas
Cilantro, diced tomatoes and chopped sweet onion for garnish	

Peel sweet potato and cut into small dice. Place diced sweet potato in a saucepan and cover with the chicken stock. Add ½ tsp salt and the maple syrup; bring to a boil. Reduce heat and simmer for 4 minutes. Strain reserving the stock. Plunge the sweet potato into ice water and drain again. Set aside.

Cut one of the ancho chilies into julienne and set aside. Soak the other 2 ancho chilies in very hot water until softened, about 20 minutes. Remove from the water and purée in a blender. Strain into a bowl and set aside. In a medium saucepan, boil the cream to reduce it to 1 cup. In a separate saucepan, boil the remaining reserved potato cooking liquid to reduce to ½ cup. In a sauté pan, heat the corn oil over medium heat until lightly smoking. Add the shrimp, julienned ancho and corn; sauté for 1 minute. Add the scallops, peppers, ancho purée, basil, cilantro, reduced cream, reserved sweet potatoes and reduced cooking stock. Bring to a boil, reduce heat and simmer for 1 minute. Add salt and pepper to taste.

Wrap the flour tortillas in damp paper towel, place on microwave proof plate and cook on high for 1 ½ minutes, or until hot. Serve immediately.

Baked Southwest Chicken with Jack Cheese and Peppers

Serves 6

3 TB Southwest Seasoning Mix	1 ½ tsp. chili powder
3 TB dry bread crumbs	2 TB minced cilantro
6 boneless, skinless half chicken breasts	Salt and ground black pepper to taste
12 thin slices of Monterey jack cheese	1 avocado, diced & tossed
1 red bell pepper cut into ¼ by 3 inch strips	with 1 TB lime juice, for garnish
1 yellow bell pepper cut into ¼ by 3 inch strips	1 ripe tomato, diced for garnish
Red Pepper Sauce	

Preheat an oven to 375 F. Lightly oil a baking dish large enough to hold the chicken breasts in a single layer. In a small bowl, stir together the seasoning mix and the bread crumbs; set aside.

Cut a pocket along the length of each chicken breast and keeping one edge attached, fold back the top of the pocket. Line each pocket with a slice of cheese and top with rows of red, then yellow bell peppers. Sprinkle ¼ teaspoon chili powder, 1 tsp. cilantro, salt and pepper over the last row of peppers and top with a second slice of cheese. Fold the top back over the filling and secure with toothpicks.

Coat both sides of each stuffed chicken breast with the seasoned bread crumb mixture. Place the breasts in the baking pan; cover and bake for 10 minutes. Uncover and bake another 10 minutes. Transfer the breasts to a cutting board, remove the toothpicks and slice the breasts diagonally into ½ inch slices. Fan the slices on a platter and sprinkle with the avocado and tomato. Serve with red bell pepper sauce.

Southwest Seasoning Mix

1 TB chili powder	1 tsp. sugar
1 TB paprika	1 tsp. salt
1 tsp ground cumin	½ tsp. freshly ground pepper
1 tsp ground coriander	½ tsp. cayenne pepper

Red Pepper Sauce

1 Garlic clove, minced	1 cup chicken stock
2 shallots, chopped	2 roasted red bell peppers
1 red jalapeño or Serrano chili diced	salt and freshly ground pepper to taste

In a small saucepan over medium-high heat, bring the garlic, shallots, chili and chicken stock to a boil; reduce heat and simmer for 15 minutes. Transfer the mixture to a blender; add the diced bell peppers and purée until smooth. Add salt and pepper. Can be made up to 3 days ahead and refrigerated. Reheat before serving.

Pork Tenderloin Stuffed with Serrano, Cheese and Piñons

Serves 6

2 Garlic cloves, minced	2 TB olive oil
¼ cup finely chopped green onions	Salt and freshly ground pepper to taste
1 TB minced fresh cilantro	2 pork tenderloins (approx. 12 oz each)
1 serrano chili, minced	½ cup grated jalapeño jack cheese
1 TB grated fresh ginger	¼ cups piñon nuts, toasted
2 TB fresh lime juice	

In a ceramic bowl, whisk together the garlic, green onions, cilantro, chili, ginger and lime juice. Slowly whisk in the olive oil and salt and pepper. Spread half of the mixture on a flat side of one of the tenderloins. Sprinkle the cheese and pine nuts over the marinade mixture. Fit the second tenderloin over the first, matching the thin ends to the thick to make an even roast; tie securely with cotton string. Spread the remaining marinade over the outside of the tenderloins. Place in a glass or ceramic dish; cover and refrigerate several hours or overnight.

Preheat an oven to 400 degrees. Cook the tenderloins on a rack in a baking sheet until they reach an internal temperature of 150 degrees, about 40 to 50 minutes. Remove from the oven, cover loosely with aluminum foil and let sit for 10 minutes. Remove the string and cut into slices. Reserving any juices to spoon on top.

Stuffed Rib Roast with Ancho Chili Sauce

Serves 16

1 8 lb. rolled rib roast	4 TB fresh oregano, minced
4 heads of garlic	Salt and freshly ground pepper to taste
2 TB olive oil	3 Anaheim chilies, roasted and peeled

Ancho Chili Sauce

10 ancho chilies	Salt and freshly ground pepper to taste
10 poblano chilies roasted and peeled	1 cup heavy cream

Preheat oven to 350 degrees. Rub the heads of garlic with the olive oil; wrap the garlic in aluminum foil and bake in the oven for 1 hour. Make a paste of the puréed garlic, oregano, and salt and pepper. Make a slit along the top of the rib roast and generously rub the inside of the slit with the garlic mixture. Place strips of the Anaheim chilies in the slit and close. Season the roast with salt and pepper and place in oven until it reaches 130 degrees, internal temperature. To make the sauce, place the ancho chilies in a bowl and cover with very hot water; let soak for 45 minutes. Reserve 2 cups of the water in which chilies were soaked; place ancho and poblano chilies in a blender with the water and purée until smooth. Strain into a small saucepan and add salt and pepper and cream. Heat and adjust the seasonings.

Serve meat and spoon a little sauce over each slice.

Southwest Barbecued Beef Brisket

Serves 12

For dry rub

½ cup paprika	3 TB sugar
3 TB freshly ground black pepper	2 TB chili powder
3 TB coarse salt	

For basting liquid

12 oz. beer	¼ cup vegetable oil
½ cup cider vinegar	2 TB Worcestershire sauce
½ cup water	2 TB minced jalapeño chilies

1 8 lb. untrimmed whole beef brisket	5 lb. natural lump charcoal
4 cups hickory wood. (Soak in cold water for 30 minutes if in chip form.)	
1 cup barbecue sauce of choice	1 TB chili powder

Transfer 1 TB dry rub to small bowl to save for basting liquid. Spread remaining dry rub all over brisket. Cover with plastic and chill overnight.

Mix basting ingredients plus reserved dry rub and heat in saucepan for 5 minutes. Reserve ½ cup for use in barbecue sauce. Chill all liquid until ready to use.

Start fire in smoker and bring smoker up to about 225 degrees. Add some hickory and place brisket, fat side up, on rack in smoker. Cover and cook until tender when pierced with a fork and meat thermometer registers 185 degrees, about 10 hours. Every 1 ½ to 2 hours add enough charcoal to maintain single layer and to maintain 200 to 225 degrees. Add more hickory wood.

Brush brisket with basting liquid each time charcoal is added. When done transfer brisket to platter and let stand 15 minutes. (Can be made 1 day ahead. Cool 1 hour. Wrap in foil and chill. Before continuing, re-warm brisket, still wrapped, in 350 degree oven about 45 minutes.) Combine barbecue sauce and chili powder in small saucepan. Add any accumulated juices from brisket and bring to boil, thinning sauce with some of reserved ½ cup of basting liquid, if desired.

Slice across grain and serve with sauce.

Chipotle Baked Beans

Serves 8 to 10

6 bacon slices	3 TB packed dark brown sugar
1 ½ cups chopped onion	2 TB Worcestershire sauce
1 ¼ cups barbecue sauce of choice	1 TB soy sauce
¾ cup dark beer	4 to 6 tsp. minced canned chipotle chilies
¼ cup light molasses	6 16 oz. cans great northern or navy beans
3 TB Dijon mustard	Chopped fresh parsley
1 TB adobo sauce from chipotle chilies	

Preheat oven to 350 degrees. Cook bacon in skillet until crisp. Drain on paper towel. Transfer 2 ½ TB bacon drippings from skillet to large bowl. Finely chop bacon and add to bowl. Add onion and next 8 ingredients to bowl and whisk to blend. Whisk in 4 to 6 tsp. chipotle chilies. Stir in drained beans. Transfer bean mixture to 13 x 9 x 2 inch glass baking dish. Bake uncovered until liquid bubbles and thickens slightly, about 1 hour. Cool 10 minutes before serving, sprinkled with parsley.

Southwestern Rice

Serves 6

¼ cup vegetable oil	1/3 cup tomato paste
1 cup long-grain rice	2 garlic cloves, minced
2 TB diced red bell pepper	2 ½ cups cold water
¼ cup finely chopped onion	¾ tsp. salt
1 TB minced fresh parsley	

Heat the oil in a large, heavy saucepan over medium heat. Add the rice and cook, stirring constantly, until the rice is golden, about 5 minutes. Add the red pepper and onion and cook another 5 minutes, stirring. Reduce heat; add the parsley, tomato paste and garlic; stir well. Add the water salt, raise heat and bring to a boil. Cover tightly and reduce heat to low; simmer for 20-30 minutes, or until the water is absorbed. Remove from heat and let sit for 10 minutes before serving.

Southwestern Zucchini

Serves 6

2 TB olive oil	2 TB minced fresh basil
4 cups thinly sliced zucchini	½ cup Salsa Fresca
½ cup finely chopped celery	salt and freshly ground pepper to taste
1 cup finely chopped red onion	1 cup grated Monterey jack cheese
1 red bell pepper diced	

Heat the olive oil in a large, heavy skillet over medium-high heat. Add the zucchini, celery, onion and bell pepper; sauté, stirring constantly, until the vegetables begin to soften, about 5 minutes. Add the basil, salsa, salt and pepper. Cover and lower heat; simmer for another 5 minutes. Uncover, add the cheese and stir until the cheese is melted and the vegetables are tender. Serve immediately.

Margarita Roulade

Serves 12

Cake

4 Eggs, separated	2 tsp. grated lime zest
¼ cup granulated sugar	¼ tsp. salt
1 TB fresh lime juice	½ cup sifted unbleached flour

Soaking syrup

1 TB fresh lime juice	1 TB tequila
2 TB Triple Sec	

Lime Cream

3 egg yolks	2 TB tequila
¼ cup Triple Sec	1 tsp. gelatin, dissolved in 2 TB of cold water
2 tsp. grated lime zest	¼ cup heavy cream, whipped until stiff
2 TB fresh lime juice	

Filling and Topping

½ cup Margarita Jam or lime marmalade	Sifted confectioners' sugar for dusting
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Preheat an oven to 375 degrees. Butter a 10 by 15 inch jellyroll pan. Line the bottom with waxed paper and butter the paper. Dust the pan with flour and tap out any excess.

Beat the egg yolks with an electric mixer. Gradually add the sugar, then the lime juice, lime zest and salt. Beat until the mixture is thick and pale, about 5 min. In a large bowl beat the egg whites until stiff but not dry. Fold one third of the egg whites into the egg yolk mixture. Sift one third of the flour over the batter and gently fold in until blended. Repeat with another one third of whites, then flour. Finish folding in the whites and flour and fill the prepared pan with the batter, spreading it evenly. Bake for 15 minutes, or until the cake is lightly browned and the edges have started to pull away from the sides of the pan. Let cool for 5 minutes.

Place a damp towel on 2 wire racks placed side by side and turn the cake out onto the towel. Remove the waxed paper. Stir together all the soaking syrup ingredients and sprinkle it even over the cake. Starting with a long side, fold one edge up about 2 inches. Continue to roll up the cake in the towel, with the towel between the layers. Let sit until cool, at least 15 minutes, but not longer than 1 hour.

To make the lime cream, in a heavy non-aluminum saucepan, combine the egg yolks, Triple Sec, lime zest, lime juice and tequila. Whisk over medium heat until the mixture is thick enough to leave a trace as the whisk is pulled through it, about 10 min. Beat in the dissolved gelatin and whisk over heat just until well blended. Strain into a bowl and cool over a bowl of ice water, stirring occasionally for about 10 min., or until cold. Fold the cooled mixture into the whipped cream. Cover and refrigerate until almost set, about 30 minutes.

To serve, unroll the cake. Spread a thin layer of the jam evenly over the cake. Spread the lime cream over the jam. Roll the cake up again without the towel, allowing 2-3 inches for the first fold. Wrap in plastic wrap and refrigerate for at least 3 hours or up to 2 days before serving. Just before serving, sprinkle with confectioners' sugar and cut into slices. Serve with caramel sauce.

Orange Bizcochitos

Makes about 24

2 ½ cups unbleached all-purpose flour	2 eggs lightly beaten
1 tsp. baking powder	2 tsp. Triple Sec
1 ½ cups plus 1 TB sugar	½ tsp. orange zest
1 cup unsalted butter at room temperature	1 TB ground cinnamon
1 ½ tsp. aniseed, crushed	

Sift together the flour and baking powder. Cream together 1 ½ cups sugar and the butter; add the aniseed, eggs, Triple Sec and orange zest. Stir in the flour mixture and mix to a soft dough. Shape the dough into a disk, wrap in plastic and refrigerate for at least 2 hours or until firm enough to roll.

Preheat oven to 375. Lightly butter a baking sheet. On a floured board, roll the dough to ¼ inch thickness and cut out with cookie cutters. Mix the cinnamon and the remaining 1 TB sugar together and sprinkle liberally over the cookies. Transfer to the prepared baking sheet and bake for 10 minutes, or until lightly browned. Let cool on a rack.

Caramel Sauce with Piñons

Makes 1 ½ cups

1 cup sugar	1 cup heavy cream
¼ cup water	½ cup toasted piñon nuts

In a heavy saucepan, bring the sugar and water to a boil over high heat, stirring occasionally. Continue to boil until the sugar melts and begins to turn brown, about 10-15 minutes. Remove the pan from heat and immediately add the cream, stirring until completely blended. Stir in the toasted nuts and let cool to room temperature. Keeps refrigerated for up to 1 week.

Margarita Jam

Makes 4 cups

2/3 cup tequila	2 TB lime zest
1/3 cup Triple Sec	3 cups sugar
2/3 cup fresh lime juice	1/3 cup liquid pectin

In a heavy saucepan, stir together the tequila, Triple Sec, lime juice, the zest and sugar. Bring to a boil over medium heat, stirring, until the sugar is dissolved. Add the pectin and stir for 1 minute. Ladle into hot, sterilized jars and seal. If sealed with paraffin, the jam will keep for 2 months un-refrigerated. If kept covered in the refrigerator, the jam will keep up to 2-3 months.

A Culinary Tour of the World

by John R. Taylor, Amhurst, NH

Maryland Style Crab Cakes with Lemon & Green Peppercorn Remoulade

Makes 16 appetizer portions

1 large egg	¼ tsp. freshly ground black pepper
4 TB. Mayonnaise	¼ tsp. salt
1 TB. Dijon mustard	1 lb. lump crab, picked over
¼ cup chopped bottled pimiento	¾ cup finely crushed Ritz crackers
3 TB. Minced flat leaf parsley	2 TB olive oil
1 tsp. Old Bay seasoning	1 TB unsalted butter
1 tsp. Worcestershire sauce	lemon wedges as an accompaniment
2 dashes of Tabasco or to taste	lemon & green peppercorn remoulade

Whisk together the egg, mayonnaise, the mustard, the pimiento, the parsley, the Old Bay Seasoning, the Worcestershire sauce, the Tabasco, the pepper, and the salt. Add the crabmeat and ¼ cup of the crushed crackers, and toss the mixture gently. Spread the remaining ½ cup crackers on a plate, form the crab mixture into patties of 16 equal portions.

Coat the top and bottom of each patty with the crushed crackers, and transfer to a piece of waxed paper. In a large non-stick skillet heat the oil and the butter over medium-high heat until the foam subsides and sauté in batches for 1 to 2 minutes per side until they reach a golden brown. Transfer to platter and serve with lemon wedges and remoulade.

Lemon & Green Peppercorn Remoulade

1 cup mayonnaise	2 tsp. green peppercorns
1 TB Dijon mustard	1 tsp. anchovy paste
2 TB chopped parsley	1 TB chopped dill pickle
1 TB chopped fresh chives	1 tsp. fresh lemon juice
1 TB chopped capers	fresh ground pepper to taste

Mix the mayonnaise and mustard until completely blended. Stir in the rest of the ingredients and serve with crab cakes.

Danish Lachs-Tartar with Black Caviar

Makes 8 servings

1 lb smoked salmon, finely chopped	¼ tsp freshly ground black pepper
2 ex-large hard boiled eggs, finely chopped	4 tsp black caviar, preferable beluga
2 TB finely minced shallots	Lemon slices & watercress for garnish

MixMix salmon, eggs, shallotsMix salmon, eggs, shallots andMix salmon, eggs, shallots and pepper in food processor until f
chillchill until ready to use.chill until ready to use. Place wilted watercress leaves aboutchill until ready to use. Place wilted
make indentation for caviar andmake indentation for caviar and garnish with lemon slices. Serve with small squares of bla
crackers.

Andalusian Meatballs with Hot Pepper-Nut Sauce

Approx. 6 servings

*1 lb lean ground pork 1 lb lean ground beef
1/2 lb chorizo, minced 1/4 cup minced parsley
3 TB dry sherry 2 eggs
1 small onion, minced 3 cloves garlic, minced
1 tsp dried oregano 1 tsp salt
3/4 tsp nutmeg 1/4 tsp allspice
Grated peel of 1 lemon*

Combine all ingredients thoroughly. (Can be prepared a day ahead of time and refrigerated in an airtight container.)

Form walnut sized balls. Dredge lightly in flour, shaking off excess, and fry in batched in a large skillet that has 1/4 inch of oil heated to about 400 degrees. Shake frequently browning on all sides until cooked through, about 10 minutes. Remove with slotted spoon and drain on paper towel. (Can be kept warm in chafing dish or low oven, for about 1 hour before serving.)

Hot Pepper-Nut Sauce

*2 Small ripe tomatoes peeled and seeded. (Use canned tomatoes when out of season.)
1 Garlic Clove 1/2 tsp salt
1/4 cup blanched almonds 1/8 tsp hot chili powder
1/2 cup olive oil 1 TB red wine vinegar*

Mince garlic and put in food processor together with almonds, chili powder, salt and tomatoes. Mix until smooth. With machine running pour olive oil through feed tube in slow steady stream and mix thoroughly. Sauce will be smooth and thick. Add vinegar and blend well. Refrigerate sauce until ready to serve.

Serve warm meatballs in chafing dish with sauce for dipping.

German Husumer Shrimp Salad

Makes 6 Servings

Salad:

½ lb cooked small shrimp

2 ex-lg. hard boiled eggs, coarsely chopped

1 cup drained, cooked peas

1 TB finely chopped fresh chives

2 TB finely chopped fresh dill

2 TB minced parsley

Dressing:

½ cup mayonnaise

1 TB Dijon mustard

¼ cup heavy cream whipped to stiff peaks

1 TB fresh lemon juice

1/8 tsp salt

1/8 tsp freshly ground black pepper

Lightly toss all salad ingredients together in a bowl. Combine all dressing ingredients in a 2 cup measure, pour half over the salad, cover, and refrigerate for at least 1 hour. Cover and refrigerate the remaining dressing. Just before serving, toss the salad well, adding a little more dressing, if necessary. Also correct seasonings at this point. Serve with the remaining dressing.

WuXi Boc Choy Salad

1 Large head of Boc Choy or Chinese cabbage - shredded

1 bunch green onions - sliced

2 pkgs. Ramin oriental chicken noodles

¾ cup slivered almonds

6 T. wine vinegar

4 T (or less) sugar

½ cup oil

2 season packets from the noodles

Mix the cabbage and onions and store in a Zip Lock bag.

Break up the noodles and place them on cookie sheet with the almonds. Roast at 275 for 30 minutes stirring once. Cool and store in a separate bag.

Mix the last four ingredients and store in a jar. Refrigerate all the ingredients. Just before serving mix all together (Salad will wilt when left standing for very long).

Lasagne Bolognese

Serves 8 as a main course

For the Ragu:

*5 TB extra-virgin olive oil
3 TB unsalted butter
1 carrot, finely chopped
1 medium onion, finely chopped
1 celery rib, finely chopped
2 garlic cloves, chopped
¼ lb sliced pancetta, cut in 4 pieces
1 lb ground veal
1 lb ground pork
1/3 cup tomato paste
1 cup whole milk
1 cup Pinot Grigio
1 tsp salt
½ tsp freshly ground black pepper*

*½ tsp extra-virgin olive oil
Approx. 4 cups of unbleached flour*

For the Béchamel

*5 TB unsalted butter
¼ cup all-purpose flour
3 cups whole milk
1 ½ tsp salt
½ tsp freshly grated nutmeg*

To assemble the lasagne

*2 TB salt
2 TB extra-virgin olive oil
9 TB finely grated Parmigiano-Reggiano*

For the pasta dough

*1 TB salt
1 cup firmly packed spinach
4 extra large eggs
About 4 cups of unbleached flour*

Special equipment

*Pasta machine
13 x 9x2 inch roasting pan*

Make ragu

Heat oil and butter in a wide 8 quart heavy pot over moderate heat until butter is melted, then cook carrot, onion, celery, and garlic stirring occasionally, until tender but not browned. About 10 to 12 minutes. While vegetables are cooking finely chop the pancetta.

When vegetables are tender, increase heat to high and stir in veal, pork, and pancetta. Cook stirring occasionally, breaking up any lumps, until meat is starting to brown, 12 to 15 minutes. Stir in tomato paste, milk, and wine and gently simmer, uncovered, over low heat, stirring occasionally, until almost all liquid has evaporated but ragu is still moist, 1 to ½ hours. Stir in salt and pepper and remove from heat.

Make pasta dough

Bring about 3 quarts of water to a boil and add 1 TB salt. Place a large bowl of ice water next to stove. Blanch spinach in water about 45 seconds. Drain in sieve and chill completely in ice bath. Drain spinach and squeeze dry in kitchen towel. Chop very fine. Stir together spinach, eggs, and oil in a bowl until well mixed.

Mound about 3 ½ cups of flour in the center of a large wooden cutting board. Make a well in the center of the mound and add the egg mixture. Using a fork, beat egg mixture, incorporating a flour a little at a time, starting with the inside wall of mound and being careful to not break through the mound. Use your other hand to keep wall intact. When you have a thick paste that you can't beat anymore start kneading dough with both hands and incorporating some of the flour from board. Once you have a cohesive mass (you will have some flour leftover) remove dough from board and scrape board clean.

Dust board with fresh flour and continue kneading until dough is elastic, about 8 minutes. You may need to dust from time to time to keep the dough from sticking to board. Wrap dough in plastic wrap and allow dough to rest for about 45 minutes, at room temperature.

Make Béchamel while dough rests

Melt butter in a 3 quart heavy saucepan over medium heat. Whisk in flour until smooth, then cook, whisking frequently, until pale golden brown, 4 to 6 minutes. Meanwhile heat the milk until just about to boil. Add milk 1 cup at a time whisking constantly until very smooth. Bring sauce to a boil and cook for 30 seconds whisking constantly. Remove from heat and whisk in salt and nutmeg. Cover with a buttered round of wax paper and cool to room temperature stirring occasionally.

Roll out pasta while Béchamel cools

Cut pasta dough into 8 equal pieces. Cover 7 with plastic wrap and press 1 into a flat rectangle. Dust with a little flour. Set rollers on the pasta machine to the widest setting and feed the pasta rectangle through the machine. Fold the pasta in half and feed the folded end through the pasta machine 6 or 7 more times. Dust with flour to prevent sticking, if necessary.

Turn dial to next setting and feed dough without folding. Continue rolling once at each setting until narrowest setting is reached. Lay pasta sheet on a lightly floured surface to dry until slightly firm but still flexible, about 10 minutes. Roll out remaining 7 pieces of dough in same fashion.

Trim ends and cut crosswise into 5 inch pieces. Cover with barely dampened kitchen towel.

Assemble and bake lasagne

Put oven rack in middle of oven and preheat to 375 degrees. Bring 6 quarts of water to boil in 8 quart pot and add 2 TB of salt. Have a bowl of ice water next to the stovetop and add a little olive oil to ice bath. Drop 6 pieces of pasta into pot and cook 1 minute. Transfer with slotted spoon to ice bath to chill and then lay flat on kitchen towels and pat dry.

Lightly oil the lasagne pan and spread 1 cup ragu over bottom. Sprinkle with 1 ½ TB of Parmigiano-Reggiano, then cover with cooked pasta pieces overlapping slightly. Spread ½ cup Béchamel over pasta.

Repeat above procedure 4 more times. The final layer of Béchamel will be 1 cup. Sprinkle top with remaining 3 TB of cheese

Bake lasagne, uncovered, until top is pale golden in spots and sauces are bubbling, about 45 minutes. Let stand 10 minutes before serving.

***Shrimp Laced with Mild Spices
(Masala Jheengari)***

For 6 persons

<i>2 LB shrimps (about 28 to 32 per pound)</i>	<i>2 tsp. ground coriander</i>
<i>½ tsp. turmeric</i>	<i>1 ½ tsp. paprika</i>
<i>½ cup mixture of oil and usli ghee (p. 11)</i>	<i>¼ cup of plain yogurt</i>
<i>1 ½ cups finely chopped onions</i>	<i>1 ½ tsp. Kosher salt</i>
<i>2 tsp. finely chopped garlic</i>	<i>2 green chilies, seeded and minced</i>
<i>1 ½ tsp. ground roasted white poppy seeds</i>	<i>¼-1/3 cup heavy cream</i>
<i>1 tsp. ground cumin</i>	<i>2 TB finely chopped fresh coriander leaves</i>

Shell and de-vein shrimps and wash them thoroughly. Bring 1 quart of water to a boil on high heat. Add turmeric and shrimps, and cook for 4 minutes (reduce the cooking time if you are using smaller shrimps). Immediately drain the shrimps, reserving the water, and set aside.

Heat oil in a large heavy-bottomed pan, preferably one with a non-stick surface, and add onions. Over high heat, fry the onions until they turn golden brown (about 8 minutes), stirring constantly to prevent burning. Add garlic, and cook for an additional ½ minute. Reduce heat, and add ground poppy seeds, cumin, coriander, and paprika. Stir rapidly for 5 seconds, and add half the reserved liquid in which the shrimps were cooked. Increase heat to high and boil rapidly, uncovered, for 10 minutes. Add the remaining liquid, and continue boiling, uncovered, until the sauce reduces to a thick pulpy gravy (about 20 minutes). Stir occasionally to ensure that the sauce does not stick to the pan. Add yogurt, salt, chilies, and continue cooking for an additional 2-3 minutes, stirring constantly. Add cooked shrimps, and stir to mix. Reduce heat and gently simmer, covered, for a couple of minutes, or until the shrimps are heated through and absorb some of the gravy. Turn off heat, and stir in cream. Let the dish rest at least 1 hour. When ready to serve, gently simmer until heated through. Check for salt, stir in the chopped coriander leaves, and serve sprinkled with a few more chopped leaves.

Note: This dish improves with keeping. For best results, prepare it the day before you are going to serve it, and refrigerate. Reheat gently, taste and if necessary add salt, cream, and chopped coriander before serving.

Thai Red Chicken with Cherry Tomatoes

Serves 8

<i>2TB sunflower oil</i>	<i>6 fresh kaffir lime leaves</i>
<i>2 lb skinless, boneless chicken breasts</i>	<i>1 lb sweet potato</i>
<i>4 garlic cloves, crushed</i>	<i>2 pints coconut milk</i>
<i>4 TB Thai red curry paste</i>	<i>1 lb cherry tomatoes, halved</i>
<i>4 TB grated fresh galangal or ginger root</i>	<i>6 TB chopped fresh coriander</i>
<i>2 TB tamarind paste</i>	<i>Jasmine rice</i>

Peel and dice the sweet potato. Thinly slice the chicken breasts. Heat the oil in a large preheated wok or frying pan. Add the chicken to the pan and stir-fry for 5 minutes. Add the garlic, curry paste, galangal, tamarind paste and lime leaves to the pan and stir-fry for 1 minute.

Add the coconut milk and sweet potato to the mixture in the pan and bring to the boil. Simmer for 20 minutes, or until the juices begin to thicken and reduce.

Add the cherry tomatoes and coriander to the curry and cook for a further 5 minutes, stirring occasionally. Transfer to serving plates and serve hot with jasmine rice.

English Roast Beef

Serves 12 to 16

<i>7 to 8 lb choice, rolled rib roast</i>	<i>kosher salt and black pepper</i>
<i>1 TB dry mustard (Coleman s)</i>	<i>2 TB flour</i>
<i>2 TB Dijon Mustard</i>	<i>2 cups beef bouillon</i>
<i>2 TB granulated sugar</i>	

Combine the dry mustard, Dijon mustard and sugar and rub the mixture over the entire roast. Refrigerate roast for 3 hours or overnight.

Heat the oven to 450 degrees and place the roast on a rack in a shallow roasting pan. Salt and pepper the roast.

Roast for 15 to 20 minutes at 450 degrees then lower the oven to 350 degrees and continue roasting the meat, basting every 20 minutes. After roasting for approximately 10 minutes a pound, check the internal temperature. It should be 120 degrees for rare. Remove the roast from pan and transfer to platter and cover with foil and let stand at least 15 minutes.

Remove all but about 2 TB of fat, return pan to medium heat and stir in the flour scraping up the brown bits on the pan's bottom. Cook about 2 minutes. Add the bouillon and cook until the gravy thickens. Season with salt and pepper, to taste, and add any juices that accumulate in the platter where the roast is resting.

Thai Pork with Soy and Sesame Glaze

Serves 8

<i>4 10 oz pork fillets</i>	<i>2 TB sesame seeds</i>
<i>4 TB dark soy sauce</i>	<i>2 onions, thinly sliced into rings</i>
<i>4 TB clear honey</i>	<i>2 TB plain flour seasoned</i>
<i>4 garlic cloves, crushed</i>	<i>sunflower oil, for frying</i>

Preheat oven to 400 degrees. Trim pork fillets and place in a wide glass dish. Mix the soy sauce, honey and garlic together in a small bowl and then spread over the pork, turning to coat evenly. Sprinkle evenly with sesame seeds and place pork in a shallow baking pan. Roast the pork in the oven for 20 minutes, spooning any juices over pork. Cover loosely with foil to prevent over browning and roast for a further 10-15 minutes or until meat is done or 140 degrees internally.

Meanwhile dip the onion slices in the seasoned flour and shake off excess. Heat the oil in a small frying pan and fry the onions until golden and crisp, turning occasionally. Serve the pork in slices with the fried onions.

Mixed Vegetables, Castile Style

Serves 8

<i>6 TB extra virgin olive oil</i>	<i>2 heads broccoli, separated into florets</i>
<i>4 TB butter</i>	<i>4 red peppers, seeded & coarsely chopped</i>
<i>4 cloves garlic, mashed</i>	<i>½ tsp salt</i>
<i>½ cup chopped prosciutto ham</i>	<i>freshly ground black pepper, to taste</i>
<i>2 small onions, peeled and sliced</i>	<i>4 TB dry sherry</i>
<i>4 carrots, peeled and thinly sliced</i>	<i>4 TB cognac</i>
<i>2 cups sliced mushrooms</i>	<i>Grated Parmesan cheese</i>

In a large skillet, heat the oil and butter and sauté the garlic, ham and onion until onion is soft. Add the carrots, mushrooms, broccoli, red peppers, salt and pepper and sauté over high heat, shaking the pan briskly, until vegetables are almost tender. Add the sherry and cognac and flambé until flames subside.

Remove to serving dish and sprinkle with Parmesan cheese. Serve immediately.

Holt Road Cheesecake

Vanilla Wafer Crust

3, 8 oz cream cheese pkgs., softened

1 cup sugar

3 eggs

8 oz sour cream

½ tsp vanilla extract

1-1/3 cups (8 oz pkg.) heath Milk Chocolate

Toffee Bits, divided

Vanilla Wafer Crust: Combine 1-3/4 cups vanilla wafer crumbs (about 55 wafers) and 2 tablespoons sugar; stir in ¼ cup (1/2 stick) melted butter. Press onto bottom and 1 inch up side of 9-inch spring form pan. Refrigerate about 30 minutes.

Beat cream cheese and sugar in large bowl on medium speed of mixer until well blended. Add eggs, one at a time, beating well after each addition. Add sour cream and vanilla; beat on low speed until blended.

Pour half of cheese mixture into crust. Reserve ¼ cup toffee bits for topping; sprinkle remaining toffee bits over cheese mixture in pan. Spoon in remaining cheese mixture.

Bake 1 hour or until filling is set. Cool 15 minutes. Sprinkle reserved toffee bits over top. With knife, loosen cake from side of pan. Cool completely; remove side of pan. Cover; refrigerate at least 4 hours before serving. Cover; refrigerate leftover cheesecake. 12 to 16 serving