

JACK AND STEVE'S

HEART-POUNDIN', BLOOD-CURDLIN'

**HE-MAN
ADVENTURE
COOKBOOK**

featurin'

TWO-FISTED KITCHEN ACTION!

AND SUCH MANLY INGREDIENTS AS:

MEAT! CHEESE! EGGS! CREAM! BUTTER!

-- not for the weak-livered --

GUARANTEED TO PUT HAIR ON YOUR CHEST

caution advised for women and children



**Jack & Steve's He-Man Adventure Cookbook,
also known as**

THE BEARS' COOKBOOK

**By Steve Freitag
and Jack Garceau**

"Yum-o! Delish!"

-- Rachael Ray, cookbook author and Food Network host

**"Charming ... best of the bear
cookbooks."**

-- American Bear magazine (paraphrased)

NOTE: This .pdf version is minus certain pages (mostly photo pages).

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The Bears' Cookbook

A collection of recipes by Steve Freitag and Jack Garceau

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.pdf version, February 2007

THIS BOOK IS DEDICATED TO

YOU

**WHOSE EXQUISITE TASTE IN FOOD AND FRIENDS
IS BEYOND REPROACH**

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Introduction

When Jack and I visited his father, Alfred Garceau, in a Saratoga, N.Y., hospital, shortly before he passed away in late November 1996, his father insisted we take the wrapped sandwiches the nurses had brought him for lunch. He wasn't hungry, he said, and we should eat.

Jack remarked to me later that the gift of the sandwiches was his father's way of showing emotion. Nearing the end of his life, and wanting to tell his family how much he cared about them, his father may have been too self-conscious to bare his feelings to his son. He could show his love, however, by providing the gift of food.

Providing food and drink for others is a multi-leveled way of communicating. In the simplest meaning, it signifies care for the needs of others: *take this, eat this, satisfy your hunger*. As the food proffered becomes more than the basics needed to sustain life, it takes on additional significance: *take this, eat this, it will make you happy*. The gift of food becomes a blessing, a benediction, for continued happiness and contentment. Receiving the food is likewise a sign of trust that the food is good and nourishing. As the food becomes even more complex and bountiful and the preparation more time-consuming, it takes on additional significance: *this is more than the basics needed to sustain life, I have spent time on this, because your contentment and delight over a splendid meal are worth it*.

You are worth it.

If food is the gift of love (usually . . . I never did understand why my mom kept trying to serve us kids summer squash, which we hated), it follows that a cookbook is somehow related. So what could be a better Christmas gift for our loved ones, our friends and family, than a cookbook of our favorite recipes? We cribbed the idea from a co-worker, Michele Zellers, who was creating one as a wedding gift for a friend. Over a period of several months, we swapped ideas, shared some fonts and designs, but otherwise we have pretty much worked in a vacuum. We did it all ourselves (using just Microsoft Word and a paint program – no Photoshop, Quark, etc. was available), then had a local copy shop print up a little more than 100 copies.

Creating this book has been amusing (especially with all the in-jokes), with some tedium along the way -- mostly the lengthy, late-night process of inputting recipes, and trying to figure out things like how many each recipe would serve (take those recommendations with a grain of salt). Those recipes fall into three categories:

-- Time-tested, tried-and-true recipes that we know and love inside out. These are marked with 4 stars and the initial of whoever usually prepares the dish.

-- Reliable recipes that we have tried and liked. We may have been given the recipe from a friend and tried it only once, or we may have made it several times, but it tasted OK, and we liked it well enough to put in the book.

-- Untried recipes that have been given to us, or that caught our eye in a cookbook, a newspaper food story, on the worldwide web, or the back of the Bisquick box (don't laugh). They looked tasty, and we were wanting to try them, so this cookbook is as handy a place to keep the recipes as anywhere is. You can try them as we do, or even before we do. Let us know how they come out!

Inputting these recipes also gave me some insight into what we like to eat. Going by what showed up the most, we love foods that are creamy, or crunchy, or both (like macaroni and cheese with a crunchy, cheesy topping). When we cook to impress company, I'm likely to cook Italian and Jack is likely to cook French. Our middle-class/working class suburban background crops up in quite a few recipes. Going by number of times ingredients are mentioned, it appears we favor recipes that contain chicken (usually boneless), mushrooms, eggplant and sour cream. Cooking it all in one pot is a bonus -- fewer dishes to clean. Our "dream recipe" would probably be chicken and eggplant stroganoff, started with a mirepoix of celery and onion and then sautéed chicken, finished with mushrooms, a velouté sauce and sour cream, served over farfalle pasta. That recipe's not in the book, but it probably should be. Well, there's always volume II.

Welcome to our table. Sit, eat, enjoy.

*-- Steve Freitag
San Francisco, Calif.
November 1998*

One of the first Christmas gifts I can remember asking for was a Betty Crocker bake set. Not an Easy-Bake Oven; they didn't exist when I was 5. The set had miniature cake, pie and muffin pans, plastic bowls and spoons, and tiny packages of Betty Crocker cake, muffin and piecrust mixes, as well as a cookbook. I have to give my parents a lot of credit for actually giving this to me, and helping me make little desserts for myself and my stuffed animals. But I guess it was a natural response, since both Mom and Dad were excellent cooks themselves, delighting in feeding their family with dishes both mundane and exotic.

We didn't have a lot of money in those days, and food was one of the few real pleasures we could enjoy. After all, you have to eat, right? My father was a meat cutter by trade, so meat was central to almost every meal. We always had a large vegetable garden, so fresh produce was also often on the table (or home-canned or frozen). And regardless of the frugality of our weekday meals, Sunday afternoon was always a big dinner -- a beef or pork roast, a turkey (which we ate with all the trimmings much more often than Thanksgiving and Christmas), a big ham studded with cloves and pineapple and glazed with brown sugar and mustard, or a big boiled dinner with smoked pork shoulder, cabbage, potatoes, carrots and turnips or rutabaga. We ate Sunday dinner around two in the afternoon, then had a light

supper of scrambled eggs, pancakes or *galettes* (French-Canadian fried dough strips, eaten with butter and either salt or maple syrup). We subscribed to numerous food-oriented magazines (*Better Homes and Gardens*, *Good Housekeeping*, *Family Circle*) and each month Mom, Dad and I would take turns investigating the new recipes and menu plans.

Food was important in our family, and it followed naturally that the Garceau kids would all become capable cooks. All of us worked in food service as our first jobs, and I seriously considered attending the Culinary Institute of America in Hyde Park, N.Y., with the goal of becoming a famous chef. Well, I decided in the long run that computer programming was fun, paid the grocery bills, and allowed occasional splurges on truffles and chanterelles. And since, after all, you have to eat, I could cook for myself, my family and my friends anytime I wanted, plus do the occasional catering gigs and of course my friends Marilyn and Paul Reedy's wedding cake (with Andrea Cioppa Stewart -- took us four days and New Year's Eve to create).

Many of the recipes in this book are gleaned from cookbooks Steve and I treasure, as well as the special box I keep my favorite recipes in, including many Garceau family favorites (well, my favorites at least), and Steve's pick of Freitag family favorites. Others are original creations or variations on a basic recipe.

It is said that we are what we eat. Of course, in a way this is literally true, since the proteins, carbohydrates, fats, vitamins and minerals we ingest become for the most part physically part of our bodies. But the experience of enjoying good food, and sharing it with others, also becomes part of our consciousness; part of who we are. This book represents some of those experiences we have had -- and now we share them with you.

-- Jack Garceau
San Francisco, Calif.
November 1998

BREAKFAST

Tortilla Espanola

45+ minutes

6 servings

S: ★★★★★

½ cup	olive oil	6	eggs, lightly beaten
1 lb.	russet potatoes, sliced thin	dash	salt and pepper
1 medium	onion, sliced thin	dash	coarse salt

Directions: Heat oil in skillet over medium heat. Add potatoes and onion until they are coated with oil. Reduce heat to low and cook, stirring, about 12 minutes, until potatoes are cooked through. Remove to paper towels and let drain. Remove oil from skillet and wipe out to remove any trace of onion or potato. Put oil back in skillet. Put potatoes and onions in bowl, pour eggs over them, stir to coat, season with salt and pepper, and let stand 10 minutes. Heat slightly more than half the oil until hot and add potato and egg mixture, spreading evenly. Reduce the heat to moderately low. When the top is no longer liquid, about 10 minutes, cover the skillet with the plate and turn the tortilla out. Add the rest of the oil and return the tortilla, cooked side up, to the skillet and cook 5 minutes longer or until underside is browned. Let the tortilla rest until it comes to room temperature. When ready to serve, cut into wedges and garnish with coarse salt.

Notes: Can be served as breakfast, an appetizer, lunch or dinner. Probably not dessert.

Source: *"The Dean & DeLuca Cookbook"* by David Rosengarten, who we met at an AIDS benefit in Troy, N.Y., in late 1996. Even got him to sign our copy of his cookbook. Our friend Joe, who runs an inn in the Catskills, thinks he's a poseur, though.

Hangtown Fry

40 minutes

2-3 servings

5	eggs	3 TB.	butter
2 TB.	whipping cream	3 slices	bacon, cooked
¼ lb.	raw shucked oysters, drained	dash	salt
½ cup	flour	dash	pepper
3 TB.	cracker crumbs		

Directions: Beat eggs with cream until blended; set aside. Rinse oysters and pat dry. Coat with flour, shaking off excess. Dip in egg mixture, roll in crumbs, and place on rack to dry for 20 minutes. In a frying pan, melt 2 TB. butter over medium-high heat. When butter is hot, add oysters and cook, turning once, until golden (about 2 minutes). Lift out and drain on paper towels. Melt remaining 1 TB. butter in pan and pour in remaining egg mixture. Sprinkle crumbled bacon on top. Cook, lifting edges to let uncooked portion flow underneath, until eggs are almost set but still slightly moist on top. Add oysters and flip one side over the other and cook one more minute. Slide onto warm serving platter.

Notes: A Gold Rush-era favorite of the San Francisco area.

Source: *Adapted from "Sunset Less Than 7 Ingredients Cookbook"*

Buttermilk Biscuits

30 minutes

12 servings

S: ★★★★★

2 cups	flour	½ tsp.	baking soda
1 TB.	baking powder	1 cup	buttermilk
¾ tsp.	salt	5 TB.	Crisco, chilled

Directions: Preheat oven to 425°. In a large bowl, sift together flour, baking powder, salt and baking soda. Using a pastry blender or 2 knives, cut the shortening into the flour mixture until coarse crumbs form. Add the buttermilk, tossing with a fork until dough forms. Turn dough onto lightly floured surface. Knead lightly until smooth. (Can refrigerate at this point.) Pat the dough to ¼" thick. Using a biscuit cutter or a glass dipped in flour, cut out biscuits. Place the biscuits 2" apart on an ungreased baking sheet. Gather dough trimmings, pat to ¾" thick, and cut out more biscuits. Bake until golden, 12 to 15 minutes. Serve hot.

Notes: For flakier biscuits, be sure not to overhandle the dough.

Source: "Great American Home Baking"

Cream Biscuits

30 minutes

many servings

4 cups	flour	¾ cup	butter, chilled
lg. dash	salt	1 qt.	heavy cream
2 tsp.	baking powder		

Directions: Sift flour with salt and baking powder. Cut butter in small pieces and work into flour with a pastry cutter. Add cream and knead a few minutes. Roll to ¼" thickness, cut in 2" rounds. Bake at 400° about 15 minutes or until lightly browned.

Source: "The Bad For You Cookbook" by Chris Maynard and Bill Scheller

Gravy for Biscuits

15 minutes

many servings

½ cup	fat from sausage, plus pan juices	3 cups	milk, heated
½ cup	pork sausage, fried, crumbled	dash	salt and pepper
½ cup	flour		biscuits

Directions: In a saucepan, heat fat (from cooking pork sausage) until it starts to bubble slightly. Add flour, stir well, and cook for several minutes over medium heat. Do not allow to brown. Add milk (or water) to pan juices and simmer until thickened, stirring often. Meanwhile, heat biscuits and arrange on plates. Add salt, pepper and sausage to gravy, mix well, and pour over biscuits.

Notes: Add more fried, crumbled sausage for meatier gravy. To dress it up, sauté chopped onion and mushroom in the fat. For cream gravy, use hot cream instead of milk or water.

Source: "The Bad For You Cookbook" by Chris Maynard and Bill Scheller

Tender Dutch Baby

20 minutes

2-4 servings

S: ★★★★★

3	eggs	6 TB.	milk
6 TB.	flour	3 TB.	butter
1 TB.	granulated sugar	2 TB.	powdered sugar

Directions: In a food processor, whirl eggs, flour, granulated sugar and milk until smooth, scraping sides. Place butter in a 10" or 12" ovenproof frying pan and set in a 425° oven. When butter is melted (about 4 minutes), remove pan and tilt to coat bottom and sides. Quickly pour in batter, return to oven, and bake until puffed and golden, about 15 minutes. Sprinkle with powdered sugar and cut into wedges.

Notes: The first time Steve made this sweet popover, he left out the milk, which makes for a Cranky Dutch Baby. Similar to the High-Rise German Pancake.

Source: "Sunset Less Than 7 Ingredients Cookbook"

High-Rise German Pancake

30 minutes

2 servings

3	eggs	pinch	nutmeg
½ cup	milk	1½ TB.	sugar
½ cup	flour	4 TB.	butter (2 TB. melted)
½ tsp.	salt	2 TB.	confectioners' sugar
pinch	cinnamon	½	lemon

Directions: Preheat oven to 425°. Beat eggs with milk. Sift dry ingredients and whisk into eggs. Beat in 2 TB. melted butter. Heat 2 TB. butter in a 12" ovenproof nonstick skillet until it bubbles but before it browns. Pour batter into hot butter and then put immediately into hot oven. Bake 15 minutes, reduce heat to 375°, then bake 5 to 7 minutes more, until sides are golden brown, high and dry, and the center is soft but set. Slide onto heated plate. Sprinkle with sugar and spritz with lemon.

Notes: Could be breakfast, could be dessert. Similar to the Tender Dutch Baby.

Source: James Beard, famed cookbook author, as adapted in Jane and Michael Stern's "American Gourmet"

Ivan's Oatcakes

30 minutes

several servings

6 cups	flour	dash	salt
2 cups	rolled oats	1+ cups	butter or margarine, melted
2 cups	sugar	2 cups	water
8 tsp.	baking powder		

Directions: Combine dry ingredients. Add butter or margarine and mix well. Add water and mix. Form into puck-like cakes and roll in additional oats. Bake at 350° for 20 minutes.

Source: Ivan, a friend from New Brunswick who now lives in Vermont

City Scrapple

3+ hours

several servings

2 lbs.	pork sausage	¼ tsp.	pepper
1¼ cups	corn meal	½ tsp.	sage
4½ cups	chicken broth	2	eggs
½ tsp.	salt	3 TB.	butter

Directions: Sauté sausage meat in large frying pan over medium heat, breaking it up, until it loses pink color. In a saucepan, place corn meal, and by dribbles stir in broth. Bring to simmer, stirring, and simmer 5 minutes, until it becomes a thick mush. Cover and set in a large pan of simmering water, cook 40 minutes, stirring occasionally. Uncover, and stir over moderately high heat until thick. Combine sausage and cornmeal over moderately low heat, stir well with salt, pepper and sage. Remove from heat, cool slightly, and beat in eggs one at a time. Preheat oven to 350°. Pack scrapple into greased baking pan and cover with buttered aluminum foil. Bake for 30 minutes. Let cool for an hour, then chill in refrigerator. Run a knife around the sides, then unmold and slice. Dredge in cornmeal, and then sauté in butter until browned lightly on each side.

Notes: One of the few scrapple recipes not to be totally made with unpleasant areas of the pig.

Source: "The Way to Cook" by Julia Child

Sunshine Day Baked Eggs

25 minutes

6 servings

½ cup	parsley, chopped	6	eggs
½ cup	ham, cubed	¼ cup	heavy cream
½ cup	cheese, cubed	dash	salt and pepper

Directions: In a greased baking dish place mixed parsley, ham and cheese. Break eggs over ham mixture and drizzle cream over eggs. Season with salt and pepper. Place baking dish in larger roasting pan. Fill roasting pan with 1 inch of water. Bake at 400° for 15 to 20 minutes.

Source: "Alice's Brady Bunch Cookbook" by Ann B. Davis, Ron Newcomer and Diane Smolen. Yeah, right, like she really served this to the fictional Brady family

Eggs Interalliés

30+ minutes

8 servings

1 lb.	mushrooms	2 cups	milk, heated
1½ sticks	butter	1 cup	heavy cream
2 TB.	shallots or scallions, minced	¼ tsp.	lemon juice
6 TB.	flour	12 to 16	eggs
½ cup	Parmesan, cheddar and/or Swiss cheese	dash	salt and pepper

Directions: Trim and clean the mushrooms, then cut into quarters. Sauté in 3 TB. butter over high heat for 5 minutes or until beginning to brown. Stir in shallots or scallions and toss over moderate heat for 1 minute. Season with salt and pepper, then set aside. For the sauce, melt 5 TB. butter in a saucepan. Blend in the flour and stir over moderately low heat until butter and flour are frothy for 2 minutes. Remove from heat and beat in hot milk with a whisk. Beat in half the cream, and salt and pepper to taste. Boil slowly, stirring, 4 to 5 minutes. Thin the sauce with additional cream, beaten in by dribbles, until sauce coats a spoon but is not too thick. Beat in lemon juice to taste, and set aside. Beat the eggs until just blended. In a skillet, heat 3 TB. butter, then pour in the eggs and stir over moderately low heat. When eggs begin to thicken, in about 2 to 3 minutes, stir rapidly until they form very soft curds. Immediately remove from heat and stir in 1 TB. of butter. Season to taste. (Better to have the eggs slightly underdone, since they will finish cooking in the oven.) Spoon a thin layer of sauce on the bottom of a lightly buttered baking and serving dish. Sprinkle over it 2 TB. of cheese. Spread on half the eggs. Fold a cup of the sauce into the mushrooms and spoon over the eggs, sprinkling on 3 more TB. of cheese. Cover with the rest of the eggs, then the rest of the sauce. Sprinkle with the remaining cheese, then dot with remaining butter. Preheat broiler and place dish an inch from heating element until lightly browned, and serve hot.

Notes: Child calls this recipe simple yet unusual, as well as easy to make. Right!

Source: *Julia Child's "Julia Child & Company"*



What is your favorite dinner menu to impress company?

Steve: Chicken breasts or boneless pork chops stuffed with something (sausage, pesto, roasted red peppers, etc.) then rolled up, sautéed and baked. A fancy vegetable, like celeriac remoulade or Brussels sprouts with chestnuts. An unusual salad, like Martha's Salad. And a spectacular dessert, like Italian cream cake or bombe de trois chocolat. I also like to be able to make as much of it in advance as possible.

Jack: Cold cream of cucumber soup, poulet poche aux aromates a la Bretonne, green salad, and chocolate mousse. Runner-up: jambalaya, green salad, and pecan pie.

What were your favorite foods prepared by your parents?

Steve: For my dad, hamburgers cooked on the grill. For my mom, pot roast and gravy accompanied by carrots, onions and potatoes, and her homemade vegetable soup, which I rarely have been able to duplicate (mine usually comes out too mushy – which is why there's no recipe in this cookbook for plain vegetable soup).

Jack: Meatloaf, fried chicken, spaghetti sauce, Thanksgiving dinner, roast pork. They both made these dishes the same way.

What is your favorite quick meal?

Steve: Cheese strata (not that quick, actually, but it uses up leftovers), pasta with tomato sauce, or frozen pizza (with additional toppings).

Jack: Scrambled eggs with cheese or a cheese omelet.

APPETIZERS, SNACKS & BEVERAGES

Deviled Eggs

40 minutes

6 servings

S: ★★★★★

12 eggs
2 slices bacon, cooked, crumbled
¼ cup mayonnaise
paprika
2 tsp. prepared mustard
salt and pepper to taste

Directions: Cover eggs with cold water, cover pot and place on high heat until vigorous boil. Remove from heat and let eggs sit in hot water for 18 minutes. Pour out water and shake pan to crack shells. Pour cold water on eggs and let sit for a few minutes until eggs are cool. (Add more cold water if eggs are still hot.) Shell eggs. Cut eggs in half and scoop out yolks into a bowl. Stir in enough mayonnaise and mustard to make a soft paste. Stir in crumbled bacon and add salt and pepper. Spoon yolk mixture back into whites. Sprinkle with paprika and refrigerate until ready to eat.

Notes: The bacon may be omitted. You may also replace some of the mayonnaise with sour cream for an extra-luscious egg. Other options: add pickle relish, chopped green onion or curry powder. Top with a slice of green olive for a '50s cocktail party feel.

Source: *Steve's traditional recipe*

Shrimp and Ground Pork Toast

20 minutes

10 servings

½ cup ground pork
1 egg
½ cup shrimp, shelled, cleaned, minced
½ tsp. pepper
1 TB. spring onion, minced
1 cup vegetable oil
1 TB. cilantro, minced
2 TB. hot sauce
1 tsp. garlic salt
10 slices bread

Directions: In a bowl mix ground pork and minced shrimp with chopped spring onion and cilantro, garlic salt, pepper and egg. Trim crust off bread. Spread the ground pork mixture over each. Fry in deep hot fat for 2 minutes with the ground mixture side down; turn over and continue cooking for 2 more minutes until brown. Drain on paper towels and serve hot with hot sauce.

Notes: The Thai name for this dish is *Ka Nom Pang Tot*.

Source: *Adapted from "Cookbook of International Market and Restaurant" by Patti Kopsombut Myint. This Nashville dive was a favorite of Steve's Vanderbilt chums, although he never actually went there until after he graduated from college.*

Rumaki

80 minutes

16 pieces

4	scallions	½ cup	soy sauce
1/3 lb.	chicken livers, halved	¼ tsp.	ground ginger
8 strips	bacon, halved	¼ tsp.	curry powder
1 8-oz. can	water chestnuts		

Directions: Cut scallions into 1" lengths. Wrap a water chestnut, a piece of chicken liver, and a strip of scallion with half a slice of bacon. Secure with a toothpick. Marinate 1 hour in mixture of soy sauce, ginger and curry powder. Place broiler rack 4 inches below broiler. Preheat broiler. Broil rumaki about 7 minutes; then turn and broil 7 more minutes.

Notes: Add garlic or 5-spice powder to the marinade for a different taste. This is a classic retro appetizer, very big in '60s suburbia.

Source: "Square Meals" by Jane and Michael Stern

Toasted Ravioli

20 minutes

many servings

frozen ravioli	vegetable oil for deep-frying
milk	Parmesan cheese, grated
dry bread crumbs	meat, tomato or butter sauce, for dipping

Directions: Heat oil in deep-fat fryer or pot to 375°. Dip frozen ravioli in milk, then bread crumbs. Deep-fry in hot oil until done, about 3 to 4 minutes, or until golden brown. The squares will sink at first, then rise to top of oil when done. Turn squares as they fry to promote even cooking. Remove from oil; drain well. Sprinkle at once with Parmesan cheese. Serve as is, or with a tomato sauce, meat sauce or butter sauce for dipping.

Notes: Canned, brine-packed ravioli, well-drained, may also be used.

Source: *The Pasta House Company of St. Louis, where this regional favorite hails from*

Hush Puppies

15 minutes

several servings

2 cups	cornmeal	1	egg, beaten
1 TB.	flour	½ cup	milk
2 tsp.	baking powder	½ cup	buttermilk
1 tsp.	sugar	6 TB.	onion, finely chopped
1 tsp.	salt		oil for deep frying

Directions: Sift dry ingredients together. Mix egg with milk, buttermilk and onion. Stir into dry ingredients. Heat oil to 375°. Drop batter by tablespoonfuls into hot oil. Drain on paper towels.

Source: *Adapted from "Real American Food" by Jane and Michael Stern*

Fried Mushrooms

15 minutes

many servings

1 lb.	mushrooms	1	egg, beaten
½ cup	flour		milk
¼ tsp.	baking powder		vegetable oil
¼ tsp.	salt		

Directions: In a bowl, combine flour, baking powder, salt, egg and enough milk to make the batter thick. Dip mushrooms in batter and fry in hot oil 3-4 minutes. Drain on paper towels.

Notes: Another good way to fry mushrooms is to dip mushrooms in dry flour mixture, then in beaten egg, then in panko breadcrumbs (available at Asian groceries).

Source: "Old-Fashioned Mushroom Recipes"

Mushrooms a la Bordelaise

10 minutes

8 servings

1 lb.	mushrooms, sliced	1 clove	garlic, minced
2 TB.	butter	2 TB.	breadcrumbs
1 TB.	olive oil	dash	salt
2 TB.	scallions, chopped	dash	pepper

Directions: Heat butter and oil in skillet until bubbly. Sauté the sliced mushrooms for 3 minutes. Add white parts of scallions with the minced garlic and breadcrumbs. Stir well. Shake the skillet for about 3 minutes to coat mushrooms with crumb mixture. Sprinkle with salt and pepper.

Source: "Mushroom Cookery" by Rosetta Reitz

Swiss Cheese Ring

25+ minutes

several servings

1 cup	milk	1 cup	Swiss cheese, grated
4	eggs, beaten	1 cup	flour
½ cup	butter		

Directions: Preheat oven to 400°. Grease pie pan. Heat milk and butter to rolling boil. Stir in flour. Beat vigorously until it forms a ball under low heat (1 minute). Remove from heat. Add eggs all at once. Continue to whip until smooth. Fold in 2/3 cup cheese. Drop dough by spoonfuls into pie pan and spread with spatula into ring. Sprinkle top with remaining cheese. Bake until puffed and golden. (Hint: Bake 5 minutes after it has risen all that it's going to.) Let cool or eat hot.

Notes: Variation of a Loire Valley Gruyere Cheese Ring recipe.

Source: Lauri Hyatt

Beer Battered Onion Rings

45 minutes

2-3 servings

1 cup + 2 TB.	flour	¼ tsp.	cayenne
1 tsp.	salt	1 cup	beer
½ tsp.	pepper	2 lg.	onions, pref. sweet
½ tsp.	white pepper	4-8 cups	vegetable oil

Directions: Combine flour, peppers, salt and cayenne in bowl. Add beer and whisk until smooth. Let sit for 30 minutes. Pour oil into fryer or wok to depth of 2-3 inches and heat to 375°. Preheat oven to 250°. Stir batter -- it should be thicker than pancake batter. Dip onion rings in batter. Add onion rings, several at a time, to oil. Fry, without crowding, until golden brown, about 3 min., turning if necessary. Drain on paper towels and keep warm in oven. Repeat until all onion rings are fried.

Notes: You can fry other vegetables using the same batter.

Source: Adapted from "Onions Onions Onions" by Linda & Fred Griffith

Best Cheese Log Ever

60+ minutes

many servings

Log:	1 pkg. cream cheese (8 oz.) (softened)	3 pkgs. sharp cheese spread (8 oz. ea.)
	1 pkg. (4 oz.) smoked cheese	2 TB. spicy brown mustard
	1 pkg. (4 oz.) blue cheese	1 tsp. onion salt
	½ tsp. garlic powder	

Frosting:	3 eggs	1 pkg. (8 oz.) cream cheese, softened
	¼ cup milk	chopped parsley

Directions: For the log, combine all ingredients and whip until smooth. Spread on waxed paper (about 21" long). Mold into 12-15" rectangle. Wrap in waxed paper and refrigerate until firm. *Frosting:* Whip cream cheese and milk. Spread on top and sides of log. Hard-boil eggs, then chop egg whites and sieve yolks. Sprinkle on top in any design you like. Press chopped parsley into sides.

Notes: May be frozen for 2 to 4 weeks. Thaws quickly. Can be divided into two good-sized logs.

Source: Jack's friend Marilyn Hyland Reedy

Bar Cheese

20+ minutes

many servings

1 sm. bottle	buttermilk salad dressing	1 pkg. (8 oz.)	Velveeta
1 sm. bottle	Heinz 57 sauce	1 jar (8 oz.)	Cheese Whiz

Directions: Mix together and cook 20 minutes on top of double boiler.

Notes: Use to spread on crackers. Cheesy, but good.

Source: Jack overheard the recipe on the radio

Cocoa Mix

5 minutes

many servings

2 cups **nonfat dry milk** ¾ cup **sugar**
2/3 cup **cocoa** 2 TB. **non-dairy creamer**

Directions: Sift ingredients together 4-5 times. Add 8 oz. of hot water to 3 TB. of mix to make 1 cup of hot cocoa.

Source: *Lost in the mists of time*

Crunchy Pecans

45 minutes

many servings

1 cup **sugar** 1 lb. **pecans**
2 **egg whites, stiffly beaten** 1 stick **butter**

Directions: Melt butter in jelly roll pan at 325°. In large bowl beat egg whites until stiff but not dry. Add sugar and stir. Fold in pecans – coat well with egg white mixture. Spoon mixture on melted butter and turn to coat using a spatula. Bake for 30 minutes, stirring and salting every 10 minutes.

Notes: You may have to bake a little longer, until all the butter is absorbed. Cool and store in tins in a cool, dry place. Keeps up to 3 weeks.

Source: *Al and Dee Krantz, from St. Stephen's Church in Delmar, N.Y.*

Spicy Pecan Snacks

35 minutes

many servings

¼ cup **butter** 1 TB. **garlic salt**
½ tsp. **Tabasco sauce** 2 cups **pecans**
1 tsp. **Worcestershire sauce**

Directions: Melt butter and add spices. Pour over nuts in a bowl and mix well so nuts are coated. Bake 20 to 30 minutes at about 325° to 350°. Watch so they don't get too brown.

Source: *Al and Dee Krantz*

Sugar 'n' Spice Nuts

60+ minutes

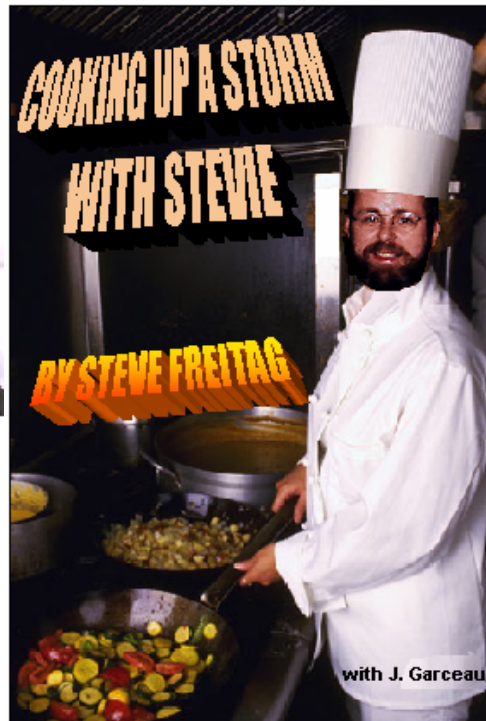
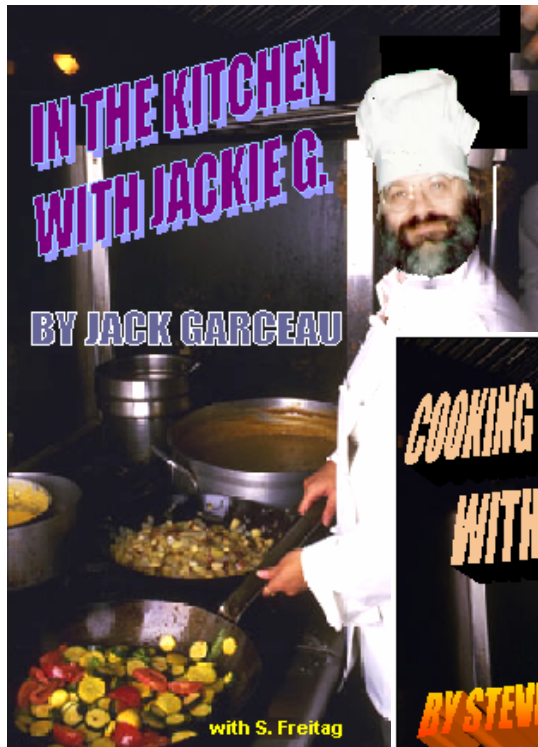
many servings

3 cups **mixed unsalted nuts** 1 tsp. **cinnamon**
1 **egg white** ½ tsp. **ground ginger**
1 TB. **orange juice** ½ tsp. **allspice**
2/3 cup **sugar** ¼ tsp. **salt**
1 TB. **grated orange rind**

Directions: Heat oven to 275°. Place nuts in a large bowl and set aside. In small bowl, beat egg whites and orange juice (or water) until frothy. Add sugar, orange rind (optional), spice and salt. Mix well and pour over nuts, stirring to coat well. On a greased jelly roll pan or large shallow roasting pan, spread nuts so they do not touch. Bake, stirring every 15 minutes, until light brown and crisp, 45 to 55 minutes. Cool and store in an airtight container in a cool place up to 1 month.

Source: Al and Dee Krantz, who must be big nut fans

Rejected covers (too one-sided)



SOUPS

Roasted Vegetable Soup

45+ minutes

4 servings

S: ★★★★★

3 TB.	olive oil or olive oil non-stick cooking spray	6 cups	chicken stock or vegetable broth
2	tomatoes, ripe, sliced 1-inch thick	2 TB.	fresh basil, chopped
1 small	eggplant, peeled, sliced ½-inch thick	4 cloves	garlic, minced
1 large	red bell pepper, cored and quartered	dash	salt and pepper
1	onion, sliced ½-inch thick	dash	cayenne pepper
4 cloves	garlic, minced		

Directions: Brush vegetables with olive oil (or spray with cooking spray) to coat on all sides; season with salt, pepper. Broil vegetables on rack closest to broiler element. Broil until vegetables are tender but not burned, about 4 minutes for the tomatoes and 10-12 minutes more for eggplant, red pepper and onion. In a 5-qt. pot, sauté the garlic over medium heat with a teaspoon of olive oil. When garlic is golden, add vegetables, stock, basil and cayenne. Heat to boiling, then lower heat and cook 4 to 6 minutes. Puree mixture in batches in a blender until soup reaches desired consistency. Garnish as desired, with sour cream, yogurt, parsley, whatever.

Notes: You may grill the vegetables instead of broiling them. You may also use other vegetables -- mushrooms, zucchini, cabbage, etc. -- or vary the amount of type of vegetable to your taste.

Source: *An Associated Press newspaper food story; author unknown*

Brown Lentil Soup

55 minutes

4 servings

2 TB.	vegetable oil	1	bay leaf
2	onions, diced	1 tsp.	ground cloves
1 stalk	celery, diced	2 tsp.	garlic, minced
2/3 cup	brown lentils	2-inch	cinnamon stick
2½ cups	beef stock		

Directions: Sauté onions and celery in oil for 3 to 5 minutes in 2-qt. pot. Add remaining ingredients and bring to a boil. Reduce heat and simmer 45 minutes or until lentils are soft. Remove bay leaf and cinnamon stick before serving.

Notes: For a thicker soup, some of the soup may be pureed and added back to the remainder.

Source: *Marie Deitch, a former co-worker of Steve's back in Connecticut*

Cold Cream of Cucumber Soup

2+ hours

4-6 servings

J: ★★★★★

2 8" cucumbers (1 lb.)	½ tsp. dried dill or tarragon
2 TB. butter	3 TB. farina (cream of wheat)
½ cup scallions or shallots	dash salt and white pepper
4 cups chicken broth (clear)	1 cup sour cream
1 tsp. wine vinegar	1 TB. dill or chopped parsley

Directions: Peel cucumbers. Cut 12 to 18 paper-thin slices for garnish; seed and chop the rest into ½ inch chunks (about 3 cups). Melt butter in large saucepan; add chopped shallots or scallions and cook for 1 minute, then add cucumber chunks, chicken broth, vinegar, and dill or tarragon. Bring to boil; stir in farina. Simmer uncovered 20 minutes or until farina is very tender. Puree in food processor or blender, thin out with milk or more broth if necessary and overseason slightly with salt and pepper. Beat in ½ cup sour cream and allow soup to cool; cover and chill. To serve, ladle into chilled soup cups or bowls; garnish with a spoonful of sour cream, cucumber slices and dill or parsley.

Notes: Jack made a champagne-accented version of this for Carl and Joyce Freitag when Steve and Jack visited them in Florida in July 1995.

Source: *Julia Child's "The French Chef Cookbook"*

Cream of Broccoli Soup

60 minutes

6-8 servings

2 quarts chicken stock	2 lbs. broccoli (or any vegetable)
½ pint milk	1 small onion
2 oz. butter	salt, to taste
1 cup flour	pepper, to taste

Directions: In a large pot, add broccoli and grated onion to chicken stock and simmer for one hour. After 50 minutes, prepare roux by melting butter in a large saucepan, adding flour and mixing quickly. Heat roux for two minutes. Strain broth into another pot. Slowly stir enough roux into broth to bring to desired thickness. Now you have the base. On the side, heat milk. Add remaining broccoli and heated milk to base and whip (with whisk if possible) until desired consistency is reached. If it is not thick enough, continue to simmer entire mixture for 10 to 15 minutes.

Notes: Originally titled Mayflower Cream of Broccoli Soup.

Source: *Mayflower Restaurant in Albany, N.Y.*



What is your earliest food memory?

Steve: Eating vanilla wafer pudding at my paternal grandmother's home in Buffalo, N.Y., just before we moved to an air force base in West Germany. This would have to be 1964, so I was 3 years old.

Jack: Eating cream of wheat or another gloppy breakfast cereal. My clearest memory of a specific dish is when my Mom made toast with a hole in it for the egg, like I had seen on TV's "Ding Dong School" with Miss Frances.

Chile Corn Chowder

30 minutes

5 servings

6	green New Mexican chiles	2 cups	corn
3 cups	chicken broth	1 cup	heavy cream
1	potato, peeled and diced	1	onion, chopped
1 cup	cheddar cheese, grated		

Directions: Roast and peel chilies, and remove stems and seeds. Chop. Combine all ingredients except for cheese and cream in a large pot and cook over low heat until potatoes are tender. Add cream and cheese and heat until cheese is melted.

Source: *"The Whole Chile Pepper Book"* by Dave DeWitt and Nancy Gerlach

Corn Chowder

60 minutes

4 servings

4 slices	bacon	½ tsp.	salt
1 med.	onion, chopped	¼ tsp.	paprika
3 ribs	celery, chopped	3 TB.	flour
1	bell pepper, chopped	1 cup	milk
1 cup	potatoes, diced	1 can	cream-style corn
3 cups	water or chicken broth	2 cans	whole corn

Directions: Sauté bacon with onion, celery and bell pepper. Add potatoes, water or broth, salt and paprika. Simmer 45 minutes until potatoes are tender. Mix in flour. Add milk and corn. After adding milk, do not boil.

Notes: Can use fresh or frozen corn. Recipe lends itself well to experimentation: add more milk, more corn, reduce the other vegetables, omit the bacon, add mushrooms, etc.

Source: *"The Joy of Cooking"* (second edition, not the lousy third edition) by Irma Rombauer and Marion Rombauer Becker

Garlic Soup

50 minutes

6 servings

7 TB.	oil	dash	nutmeg
16 cloves	garlic, minced	3	egg yolks, beaten
6 cups	water or stock	6 slices	whole-wheat bread
1½ cups	white wine	3	egg whites, beaten stiff
dash	salt		

Directions: In soup pot, sauté garlic in oil for a few seconds while stirring constantly. Add the water or stock, wine, salt and nutmeg and bring to a boil. Reduce heat to low-medium and cook for 30 minutes. Add the egg yolks, stirring continuously. Simmer covered for another 15 minutes. When time to serve, reheat soup to a boil. Place a slice of bread in each soup bowl and spoon a portion of the egg white over top. Pour ladlefuls of soup over the bread and egg whites. Serve hot.

Source: *"Twelve Months of Monastery Soups"* by Victor-Antoine d'Avila-Latourrette

French Onion Soup

75 minutes

4-6 servings

S: ★★★★★

5 cups	onions, thinly sliced	3 TB.	flour
3 TB.	butter	½ cup	dry white wine
1 TB.	olive oil	dash	salt and pepper
1 tsp.	salt	6-8 slices	French bread
¼ tsp.	sugar	3 TB.	cognac or brandy (opt.)
2 qts.	beef broth	1½ cups	Swiss cheese, grated

Directions: In a covered saucepan, cook the onions in butter and oil over low heat for 15 minutes. Uncover, raise heat to medium, add salt and sugar. Cook 25 minutes, stirring, until onions are brown. Meanwhile, bring broth to boil in separate pot. Sprinkle flour onto onions. Stir for 3 minutes more. Remove from heat. Pour boiling broth onto onions. Stir in wine (or Vermouth), salt and pepper. Return to heat and simmer, partially covered, 30 minutes. To serve, place bread in bowls, add soup and optional cognac or brandy, then top with cheese.

Source: Adapted from "Mastering the Art of French Cooking" by Julia Child

Gazpacho

10 minutes

4 servings

¼ lb.	French bread	6 oz.	red bell pepper
12 oz.	ripe tomatoes	2 TB.	olive oil
2/3 cup	onion, chopped	¼ cup	red wine vinegar
2 cloves	garlic, minced		salt and pepper
6 oz.	cucumbers		black olives + croutons

Directions: Tear crustless French bread into chunks. Pour water over bread to cover, then drain. Squeeze out excess water. Cut tomatoes into chunks. Peel and seed cucumbers, then cut into chunks. Seed bell pepper, then cut into chunks. Put everything except black olives and croutons in food processor. Process until desired consistency. Garnish with sliced black olives and croutons.

Notes: Best made at the height of summer, when the weather is hot and the produce is fresh.

Source: Adapted from "The Dean & DeLuca Cookbook" by David Rosengarten

Portuguese Kale Soup

2+ hours

6 servings

1 lb.	dry white beans	5 to 6	potatoes, sliced thick
2 lbs.	kale, washed and chopped	dash	salt
1 lb.	linguica sausage, sliced	dash	pepper

Directions: Wash the beans and boil them in 4 or 5 qts. of water for an hour or until tender. Add the fresh kale, linguica and potatoes. Season with salt and pepper. Add more water to cover all ingredients if necessary. Simmer gently for an hour.

Notes: Restaurants in Provincetown, Mass., do this up a treat.

Source: Traditional recipe, found in "The Bad For You Cookbook"

Clam Chowder

12+ hours

2-4 servings

1-2 large	onions, chopped	2 large	potatoes, diced
1 bottle	clam juice	4 cups	milk
2 cans	clams, minced	2 cups	cream
1 can	clams, whole	2 TB.	butter

Directions: Sauté onions in butter. Add bottle of clam juice plus liquid from two cans of minced clams. Add potatoes; cook until tender. Add minced clams, whole clams, milk, cream. Heat to boiling. Refrigerate overnight.

Notes: Originally titled *Shellfishy Good Clam Chowder*.

Source: *The Queen Mum*

Thai Hot and Sour Shrimp Soup

20 minutes

4 servings

1 quart	water	20 med.	shrimp, shelled, cleaned
10 thin	ginger root slices, peeled	2	lemongrass stalks, sliced, or ½ tsp. lemongrass powder
3 TB.	lemon juice	3 TB.	fish sauce
2 to 4	serrano chilies, seeded, cored, sliced	4	kaffir lime leaves, coarsely broken
½ tsp.	salt	2 TB.	cilantro leaves

Directions: In a 2-qt. saucepan bring water to a boil. Add gingerroot and lemongrass. Add shrimp to saucepan and bring to a boil. Add lemon juice, fish sauce, chilies, lime leaves and salt. Boil 2 minutes or just until shrimp turns pink. Ladle into bowls and garnish with cilantro leaves.

Notes: Lemongrass, fish sauce and kaffir lime leaves are available at Asian markets. This soup (usually called "Tom Yum Goong") is one of Steve's favorite Thai dishes. Add a little hot chili oil for extra bite. Add some sliced onions and mushrooms for extra body.

Source: Adapted from *"Taste of Southeast Asia"* by Barbara Hansen

Vichyssoise

60+ minutes

6 servings

4 cups	leeks, sliced (white parts only)	1½ tsp.	salt
4 cups	potatoes, diced	½ cup	sour cream
6-7 cups	water		

Directions: Bring leeks, potatoes, water to boil in saucepan. Salt lightly, cover partially, let simmer 20-30 minutes or until vegetables are tender. Stir in sour cream; then chill soup in refrigerator. Garnish with minced chives or parsley.

Source: *"The Way to Cook"* by Julia Child, given to Jack by Bert Baker

Greek Lentil Soup

75 minutes

4-6 servings

2 cups	brown lentils	¼ cup	olive oil
3 large	celery ribs, chopped	5 tsp.	salt
1 large	onion, chopped	1/8 tsp.	white pepper
1	carrot, shredded	10 cups	water
2 cloves	garlic, minced	¼ cup	red wine vinegar
2	bay leaves	¼ cup	flat-leaf parsley, chopped
3 TB.	tomato paste		

Directions: Pick through lentils, removing any foreign matter. Place in large saucepan and cover by ½ inch with cold water. Bring to a boil over high heat. Reduce the heat and simmer for 15 minutes. Drain and rinse well. Return lentils to pan. Add the remaining ingredients, except for ¼ cup olive oil, vinegar and chopped parsley, and bring to a boil. Lower the heat and simmer, uncovered, for 45 to 50 minutes, until lentils are very soft. Stir in remaining olive oil and vinegar just before serving. Ladle into soup bowls and sprinkle with parsley.

Source: *Adapted from some anonymous Greek cookbook*

Mushroom Chowder

50 minutes

servings

1 lb.	mushrooms	2 cups	milk
4 slices	bacon	½ tsp.	salt
1 large	onion, chopped	¼ tsp.	pepper
2 cups	potatoes, diced	2 TB.	butter
2 cups	water	1+ cups	light cream

Directions: Cut bacon into ¼" strips. Sauté in large pot until pieces are brown. Drain on paper towels. Sauté onion in bacon fat until golden. Pour off half the fat and discard. Add potatoes, water, salt and pepper. Boil, covered, for 30 minutes. Cut mushrooms into quarters and add to pot with milk. Simmer slowly for 10 minutes. Return bacon to the pot. Swirl in butter and pour 1 cup or more of cream into soup.

Source: *"Mushroom Cookery" by Rosetta Reitz*

Pumpkin Soup

15 minutes

2-3 servings

¼ cup	butter	½ tsp.	salt
1	onion, chopped	½ tsp.	ground nutmeg
1 16-oz. can	pumpkin	½ tsp.	sugar
1 1/3 cups	water		pepper, to taste
3 cups	milk		croutons

Directions: Sauté onion in butter until tender, stirring often. Stir in pumpkin, water, milk, salty, nutmeg, sugar and pepper. Heat just to boiling, stirring constantly. Garnish with croutons.

Notes: Original version used soymilk and margarine. **Source:** *PETA*

Hot and Sour Soup

30 minutes

4 servings

2 TB.	vegetable oil	¼ cup	cilantro, chopped
1 can (8 oz.)	sliced water chestnuts, drained	1 pkg. (6 oz.)	frozen Chinese pea pods, drained
4	scallions, sliced	¼ cup	rice wine vinegar
2	carrots, thinly sliced	2 TB.	soy sauce
2 cloves	garlic, minced	1 tsp.	sesame oil
¼ lb.	mushrooms, sliced	1 cup	water
2 cans	chicken broth	½ tsp.	white pepper

Directions: In a wok, heat oil over high heat. Add scallions, carrots and garlic and stir-fry until crisp-tender, 2 to 3 minutes. Add mushrooms. Cook, stirring, until softened, 2 to 3 minutes. Add chicken broth and 1 cup water. Bring to a boil. Reduce heat to medium. Simmer 5 minutes. Add cilantro, pea pods and water chestnuts. Cook 2 minutes. Stir in vinegar, soy sauce, pepper and sesame oil. Cook 2 minutes.

Notes: You can add cloud ear or other mushrooms, minced pork or chicken, tofu . . . the possibilities are endless.

Source: *Steve's adaptation of traditional Chinese recipe*

Czech Mushroom Soup

30 minutes

4 servings

½ lb.	mushrooms, sliced	4 TB.	flour
1 quart	water	2 pints	sour cream
4	potatoes, diced	1 tsp.	dill, dried (or 1 TB. fresh)
1 tsp.	caraway seed	¼ tsp.	pepper
2 tsp.	salt	2	eggs

Directions: Put water in 3- or 4-qt. pot and add caraway seed and salt. Boil diced potatoes for 15 minutes. Stir flour into sour cream and mix thoroughly. Stir into potato pot. (Don't worry if it curdles – it will smooth out.) Add the mushrooms. Cover and simmer for 10 minutes. Turn the heat off. Sprinkle with dill and pepper. In a small bowl beat 2 eggs and spoon some hot soup over them. Stir. Add a little more soup and pour this soup-egg mixture into the soup pot and stir again.

Notes: Nothing beats Eastern European soups on a cold day.

Source: *"Mushroom Cookery" by Rosetta Reitz*

Pasta and Lentil Soup

65+ minutes

6 servings

½ cup	olive oil	2 (8-oz.) cans	tomato paste
1 large	onion, chopped	1	bay leaf
2/3 cup	mushrooms, chopped	¼ tsp.	ground ginger
4 cloves	garlic, minced	dash	salt and pepper

8 cups **water (or stock)** 1 cup **small pasta**
 1 lb. **brown lentils** **grated Parmesan**

Directions: In large soup pot, sauté the onions, mushrooms and garlic in the oil over low-medium heat for 2 to 3 minutes, stirring continually. Add water, lentils and tomato paste. Bring to a boil over high heat, stirring. Reduce heat to medium. Add bay leaf, ginger, salt and pepper. Stir, cover, and cook for 40 minutes. Remove bay leaf. Add the pasta, cover pot, and simmer for 15 minutes or until pasta is cooked. Serve immediately, with grated Parmesan sprinkled on top as a garnish.

Source: From "Twelve Months of Monastery Soups" by Victor-Antoine d'Avila-Latourrette

Mint-infused Carrot Soup

60 minutes

4 servings

12 med. carrots	1 med. onion, chopped
1 bunch mint, fresh	1 TB. ginger, chopped
2½ cups vegetable stock	dash salt and pepper
1 cup orange juice	1 tsp. sesame seeds
2 TB. butter	

Directions: Peel and cut carrots into 1" lengths. Peel and chop ginger. Melt butter in a heavy saucepan. Add chopped onion and ginger and cook over medium heat until translucent. Add carrots and sauté for 5 minutes. Add vegetable stock and bring to a boil. Add the mint, tied into a bouquet. Reduce heat to medium-low and simmer 30 to 45 minutes, until carrots are tender. Discard the mint and add the orange juice. Transfer soup to a food processor and puree until smooth. Season with salt and pepper and garnish toasted sesame seeds and perhaps a sprig of mint.

Source: Mourad Lahlou of *Kasbah in San Rafael*, as quoted in the *SF Examiner Magazine*

Cheesy Potato Florentine Soup

30 minutes

4 servings

2 tsp. butter	1 16-oz. can chicken broth
2 cups leeks, thinly sliced	¾ cup shredded cheese
2 cups frozen hash-brown potatoes, thawed	1 10-oz. pkg. frozen chopped spinach, thawed
1½ cups water	¾ cup skim milk
¼ tsp. ea. salt and pepper	

Directions: Melt butter in saucepan over medium-high heat. Add leek and sauté 4 minutes. Add hash browns, water, salt and pepper, chicken broth and spinach. Bring to a boil, then reduce heat and simmer 5 minutes, stirring occasionally. Using food processor, process potato mixture until smooth. Return pureed potato mixture to pan. Stir in cheese and milk; cook 1 minute until heated and cheese has melted.

Source: "Cooking Light" magazine



TERMS USED IN COOKING

APPETIZER	A small serving of food that kills your appetite
BAN-MARIE	What you've done when Marie isn't allowed in the kitchen anymore
BOMBE	A dessert that doesn't go over well
BUNDT	What you do when your batter is weak
CLARIFY	To remove confusion; i.e., the instruction "Boil in a moderately hot oven" needs to be clarified
COCKTAILS	Often advertised on signs of East Coast diners right after STEAKS and CHOPS
CONFIT	Healthy cooking for prisoners
COOKBOOK	A testament to the bad taste of another
DOUGH	What you'll need to buy groceries to make this stuff
DRIPPINGS	Something that falls from a pan onto the nice clean floor
FILET, FILÉ, FILLY	All ingredients used in Cajun cookery
GRAVLAX	Seriously smoked salmon
MANDOLINE	A musical instrument that cuts your fingers off when you play it
MARINATE	To make suitable for a U.S. Marine to eat
MINCE	To prance about the kitchen in a la-de-dah fashion
PARBOIL	The usual amount of boiling for this course
PUREE	What French food is called when it is unsullied, free of contamination
REMOULADE	Uppity coleslaw
SIMMER	The season when it's too hot to cook
TOURTIERE	What it's like waiting for that meat pie to come out of the oven

SALADS

German Potato Salad

60+ minutes

8 servings

S: ★★★★★

5 lbs.	potatoes (not baking kind)	1 TB.	salt
1 TB.	celery seed	¼ cup	flour
½ cup	onion, chopped	½ cup	white vinegar
1 cup	celery, chopped	1 cup	water
½ lb.	bacon	¼ cup	parsley flakes
¼ cup	sugar		

Directions: Boil potatoes with skins on until tender. Peel and slice while still warm, and set aside in large casserole dish. Cook bacon in skillet until crisp, then remove and crumble into pieces. Add onions, celery and celery seed to bacon drippings, cooking over medium heat until onions are translucent. Add sugar, salt and flour to mixture and blend. Add vinegar and water. Cook and stir until smooth and thickened. Gently fold in sauce over potatoes and then fold in bacon. Place mixture in warm oven (300 degrees) for 30 minutes. Garnish with parsley.

Notes: Salad can be created a day ahead and then reheated.

Source: *Cindy Hart, a former co-worker of Steve's from the Albany Times-Union. Steve made this as a side dish for Jack's birthday dinner in August 1996.*

Martha's Salad

20+ minutes

6 servings

J: ★★★★★

½ head	lettuce	3-4	green onions, chopped
½ cup	celery, chopped	1 can	mandarin oranges
1 to 2 TB.	parsley, chopped	½ cup	caramelized almonds

Dressing:

1/3 cup	sugar	1 tsp.	salt
1-2 tsp.	dry mustard	1/3 cup	white wine vinegar
1 cup	salad oil	1 TB.	celery seeds

Directions: Caramelize almonds by placing almonds and 2 TB. sugar in skillet over medium heat. Stir until caramelized, 10 minutes. Remove and separate. Assemble salad. Dressing may be made ahead. Add dressing to salad just before serving.

Notes: Jack's friend Tom loves this salad, but when he came out to San Francisco to visit recently, he skipped dinner and went out with his friend Kay to Lee Hooker's Boom-Boom Room instead. And Steve had made the salad special for him too.

Source: *Jack's roommate Bert Baker, who says it was named after his mother's friend Martha, who invented it*

Thai Cucumber Salad

15 minutes

4 servings

2 large	cucumbers	2 TB.	sugar
1 large	red onion, sliced	¼ cup	lime juice
2 tsp.	lime zest, minced	2 TB.	fish sauce
2 TB.	chili pepper, slivered	2 TB.	cilantro leaves

Directions: Wash the cucumbers and score down the sides with a fork. Slice on the diagonal very thinly and place in a bowl. Cut onion into very thin slices and place in bowl. Add lime zest and chili slices and toss well. In a separate mixing bowl, whisk sugar with lime juice until well blended. Whisk in fish sauce. Pour over cucumbers and blend well. Garnish with cilantro leaves.

Source: Adapted from "The Dean & DeLuca Cookbook" by David Rosengarten

Cole Slaw

20 minutes

4 servings

J: ★★★★★

6 cups	cabbage, shredded	1 cup	mayonnaise
1 cup	carrot, shredded	2 TB.	vinegar
½ cup	green pepper, chopped	1 tsp.	prepared mustard
2 TB.	sugar	1 tsp.	celery seed
½ tsp.	salt		

Directions: Mix everything together and refrigerate.

Notes: Use a sugar substitute and light mayonnaise if you want a lower-calorie version.

Source: Jack's mom

Mom's Broccoli Slaw

30 minutes

several servings

S: ★★★★★

1 lb. pkg.	broccoli slaw	1 pkg.	beef-flavor ramen noodles
¾ cup	sunflower seeds	½ cup	scallions, sliced
1 4-oz. pkg.	almonds, slivered		

Dressing:

¼ cup	cider vinegar	1/3 cup	sugar
½ cup	vegetable oil	1 packet	beef flavoring from ramen

Directions: Break up ramen noodles, mix with almonds, and roast in oven for 10 minutes at 325°. Cool. Mix with slaw, sunflower seeds and scallions. Mix dressing well and add just before serving.

Notes: Better while the noodles are still crunchy.

Source: Steve's mom, Billie Freitag

Chicken and Tortellini Salad

45 minutes

several servings

1 lb. chicken breasts, boneless, skinless, cut into ½" strips	2 cups vegetables (sweet red or yellow peppers, cauliflower, chopped red cabbage, sliced mushrooms, carrots or cherry tomato halves)
3 cups broccoli florets	1 lb. cheese tortellini
¼ cup red onion, chopped	1 cup cashews, whole

Honey-Tarragon Dressing:

3 cloves garlic, minced	2 TB. tarragon leaves
¾ cup red white vinegar	¼ tsp. dill weed
¾ cup honey	1 tsp. black pepper
2 TB. Dijon mustard	¾ tsp. salt
2 TB. fresh parsley, minced	1 ½ cups corn or safflower oil

Directions: Sauté the chicken just until done and set aside. Cook the tortellini in boiling, salted water. When pasta is nearly done, add the broccoli and cook only until blanched. Drain the pasta and broccoli and rinse with cold water. Combine with the chicken, the other vegetables of your choice and the dressing. Serve the salad on a bed of fresh greens and garnish with cashews. *Dressing:* Except for the oil, put all ingredients in a food processor or blender and whirl until processed. Gradually add oil in a steady stream and mix until well blended.

Notes: Full name: Denise Nagengast's Chicken and Tortellini Salad with Honey Tarragon Dressing. Original recipe called for garlic-herb tortellini, which may be hard to find.

Source: *Denise Nasengast, a former chef at the Victory Cafe in Albany, N.Y.*

Black-Eyed Pea Salad

10 minutes

4 servings

2 cups black-eyed peas, cooked or canned	¼ cup Italian parsley, chopped
2 stalks celery, finely diced	2 TB. red wine vinegar
¼ cup red onion, diced	2 TB. olive oil
¼ cup sweet red pepper, diced	½ tsp. salt
¼ cup green pepper, diced	¼ tsp. pepper

Directions: Combine all ingredients in a salad bowl and toss gently.

Notes: Cooked black beans can be substituted for the black-eyed peas. Remember to eat black-eyed peas on New Year's Day and you'll have good luck all year long.

Source: *Adapted from Steven Raichlen's cookbook "Miami Spice"*

Thai Beef Salad

2 hours

4 servings

1 1-lb.	flank steak	1 head	red-leaf lettuce
6 cloves	garlic, minced	1 head	radicchio
2 TB.	soy sauce	1 head	Boston lettuce
¼ cup + 2 TB.	lime juice	¼ cup	cilantro, chopped
1 TB.	sugar	3	scallions, julienned
2	jalapeños, seeded and julienned	1 large	tomato, seeded and julienned
¼ cup	mint, chopped	1	cucumber, cut in half, seeded, sliced thin
1 tsp.	black pepper	2 cups	rice, cooked

Directions: Place meat on rack and broil until medium rare, turning over once, about 8 minutes total. Remove, refrigerate until chilled, then slice thin across the grain. Meanwhile, make dressing: blend garlic, soy sauce, lime juice and sugar in a blender; remove from blender and add cilantro, mint and pepper. Set aside. Cut up lettuces (use smaller heads) and mix. Place on four plates. Mix scallions, jalapeños, tomato, cucumber, beef and dressing, and place on top of greens. Top with dressing and serve with rice on the side.

Notes: Add some crushed red pepper flakes for a hotter salad.

Source: *Adapted from a recipe in the New York Times food section*

Protein Salad

30 minutes

4-6 servings

J: ★★★★★

2 cups	bulghur wheat	2 TB.	tamari
3 cups	boiling water	dash	Worcestershire sauce
½ tsp.	salt	½ tsp.	curry powder
2 TB.	scallions, minced	1 clove	garlic, minced
½ cake	tofu, cut in ½" cubes	3 TB.	wine vinegar
1 can (15 ½ oz.)	chickpeas (or 2 cups cooked chickpeas)	3 TB.	olive oil
	parsley, to taste		dill weed, to taste
	black pepper, to taste		

Directions: Add boiling water to bulghur and salt; cook and let stand 20 minutes. Add remaining ingredients. Season to taste. Serve hot or cold, but it is best at room temperature. Makes lots.

Source: *Invented by Jack during his vegetarian period*

Turkish Chickpeas

40 minutes

4 servings

1 cup **dried chickpeas, soaked overnight (or 2½ cups drained canned chickpeas)** 1½ cups **red onion, diced**

Vinaigrette:

1½ tsp. **cumin seeds, crushed** 6 TB. **olive oil**
3 TB. **chopped herbs: mint, thyme, cilantro, tarragon, parsley** 1 **jalapeño, minced**
2 TB. **red wine vinegar** 4 cloves **garlic, minced**
salt and pepper

Directions: If using dried chickpeas, cook in water to cover until tender, 2 hours or longer. Plunge into cold water, then run them between fingers to remove the skins. Rinse and drain. If using canned, drain and rinse. Toss chickpeas in a bowl with onions. For the vinaigrette, whisk olive oil with jalapeño, garlic, herbs, vinegar or lemon juice, cumin, salt and pepper. Pour over salad and mix thoroughly. Adjust with salt and vinegar and let stand at room temperature for 30 minutes or longer.

Source: *Ayla Algar's "Classical Turkish Cooking"*

Mock Lobster Salad

10 minutes

several servings

1 lb. **tofu, firm or extra firm** ½ cup **mayonnaise (low fat OK)**
2 ribs **celery, minced** 1 tsp. **kosher salt**
1 TB. **fresh dill, minced** 1 tsp. **hot sauce**
½ tsp. **celery seeds** 1 **lemon, juiced**
1 tsp. **paprika**

Directions: Drain, rinse and crumble tofu. Combine all ingredients well. Do not overmix or the tofu will break up.

Notes: Looks more like lobster salad than tastes like it. But tastes OK.

Source: *Some men's magazine Steve read ages ago*

Greek Pasta Salad

30 minutes

4 servings

¾ lb. **shell or tube pasta** 1 large **red onion, diced**
¾ cup **olive oil** 3 small **cucumbers, diced**
8 oz. **feta cheese, crumbled** 1½ tsp. **oregano**
¾ cup **black olives** dash **salt and pepper**
2 medium **tomatoes, diced** dash **Tabasco sauce**

Directions: Cook pasta in boiling water until al dente. Drain and rinse. Add ¼ cup olive oil to pasta, toss and set aside. Combine ½ cup olive oil and remaining ingredients in large bowl, then add pasta. Chill.

Notes: Originally titled Pasta Salad with Black Olives and Feta Cheese.

Source: *A 1992 food story in the Albany Times-Union*

Black Bean Salad

6½+ hours

6 servings

1 lb.	black beans, dried	2 TB.	parsley, chopped
½ tsp.	thyme	2 TB.	cilantro, chopped
½ tsp.	salt	2 TB.	green onion, chopped
¼ tsp.	fennel seeds	1 TB.	ground cumin
2 cloves	garlic, sliced	1/8 tsp.	cayenne pepper
1	bay leaf	¼ cup	olive oil
½ cup	red onion, chopped	10 TB.	lime juice
½ cup	sweet red pepper, chopped	dash	salt and pepper

Directions: Place beans in pan and cover with cold water. Let beans soak 5 hours. Drain and rinse well. Place beans in pan and add fresh water until about 1½ inches above beans. Add thyme, salt, fennel seeds, garlic and bay leaf. Bring to boil. Reduce heat and simmer, uncovered, until beans are tender but not mushy, 1 to 1½ hours. Drain beans and rinse under cold water to stop cooking process. Discard bay leaf. For the dressing, mix together the onion, sweet red pepper, parsley, cilantro, green onion, cumin, cayenne, oil, lime juice and salt and pepper. Add beans and toss well.

Source: *Rob Kasper of The Happy Eater column in the Baltimore Sun*

Tabouli

2+ hours

4 servings

2/3 cup	bulghur wheat	1 small	cucumber, diced
2 2/3 cup	boiling water	1 large	tomato, diced
1 ½ TB.	olive oil	½ TB.	dried mint
3 TB.	fresh lemon juice	¼ cup	parsley, chopped
1 small	red onion, chopped		

Directions: In large bowl combine bulghur and boiling water. Cover and allow to stand for 1 hour. Drain through cheesecloth-lined colander, pressing to extract most of the liquid. Toss in remaining ingredients, cover and refrigerate for 1 hour. Serve chilled or at room temperature.

Notes: Bulghur wheat should be available at most supermarkets. If you don't have cheesecloth, use a paper towel, but it will be messier.

Source: *Marie Deitch, a former co-worker of Steve's in Connecticut*

BREAD, SANDWICHES & PIZZA

Cheese Strata

50 minutes

6 servings

S: ★★★★★

12 slices	bread	4	eggs, beaten
5 slices	cheese (or 2 cups)	¾ tsp.	salt
2 2/3 cups	milk	¼ tsp.	dry mustard

Directions: Preheat oven to 350°. Butter the bread. Arrange in casserole dish, layering with cheese. Top with remaining bread. Beat other ingredients together and pour over bread and cheese. Bake 45 minutes or until puffed and golden.

Notes: You can be very creative with this dish. Add a layer of sautéed vegetables (onion, green pepper, mushroom) or chopped ham or bacon in with the bread and cheese. For a richer strata, add another egg and use heavy cream instead of milk. For a sharper strata, replace 1 cup of the milk with beer. One of the best stratas we've had contained sautéed onions, and sour cream replaced half the milk.

Source: "More-With-Less Cookbook"

Hearty Country Cornbread

50 minutes

8 servings

S: ★★★★★

2 pkg.	pork sausage	3 TB.	sugar
3 TB.	butter	2	eggs, beaten
2¼ cups	cornmeal	2 2/3 cups	buttermilk
¾ cup	flour	½ cup	butter, melted
1½ tsp.	baking soda	4 oz. can	green chilies, diced, drained
1½ tsp.	salt		

Directions: Brown sausage in frying pan; drain on paper towels. Meanwhile, place 3 TB. butter in 10" x 15" x 1" jelly roll pan. Bake in 425° oven for 5 minutes until butter is melted. Combine cornmeal, flour, soda, salt and sugar in large mixing bowl. Mix until blended. Add eggs, buttermilk and melted butter from jelly roll pan. Stir until combined. Fold in drained sausage. Pour into heated jelly roll pan and bake at 425° for 25 minutes or until browned. Remove from oven and drizzle with ½ cup melted butter. Sprinkle diced green chilies over top. Cut into squares.

Notes: To spice it up, add finely chopped hot peppers to the batter.

Source: Freitag family traditional recipe. Also appeared in the cookbook of Steve's mom's side of the family, "Choate Family Cookbook."

Mexican Torta

30 minutes

6 servings

S: ★★★★★

3	dried ancho chilies	10	soft tortillas, 6"
1 (15 oz.) can	tomato sauce	1 can	black beans
½ cup	water	3 cups	cheese, shredded
2 cloves	garlic, minced		

Directions: Heat oven to 400°. Spray 12" pizza pan with nonstick cooking spray. Remove stems and seeds from chilies; coarsely chop. Place tomato sauce, chilies, water and garlic in food processor and blend on high speed. Place 5 tortillas in circle, overlapping, on pizza pan to form a 12" round. Top with half the tomato sauce mixture, half the beans (drained and rinsed) and half the cheese. Place remaining tortillas over cheese, then add another layer of tomato sauce, then beans, then cheese. Bake for 10 to 15 minutes. Let stand 5 minutes before cutting into wedges.

Notes: You can garnish slices with a little sour cream and chopped green onion.

Source: Adapted from "Make It Easy Mexican"

Crazy Crust Pizza

60 minutes

4 servings

S: ★★★★★

1 cup	flour	1½ lbs.	ground beef or sausage
1 tsp.	salt	1 cup	pepperoni, sliced
1 tsp.	Italian seasoning	½ cup	onion, chopped
¼ tsp.	pepper	1 can	mushrooms
2	eggs	1 cup	pizza sauce
2/3 cup	milk	1 cup	mozzarella cheese, grated

Directions: Preheat oven to 425°. Brown ground beef or sausage. Drain. Lightly grease and dust with cornmeal or flour a 14-inch or 12-inch pizza pan or jelly roll pan. In small bowl, mix flour, salt, Italian seasoning, pepper, eggs and milk. Pour batter into pan, tilting pan so batter covers bottom. Arrange toppings over batter. Bake 25 to 30 minutes until pizza is deep golden brown. Remove from oven, drizzle with pizza sauce and sprinkle with cheese. Return to oven for 10 to 15 minutes.

Notes: When Steve was 11 and began making pizza for his family every Friday night, he often made one of these as well, because it was so simple and it provided an alternative (almost rubbery in texture) to the usual yeasty pizza dough. Plus, the liquid pizza batter fascinated him – it's akin to a Bisquick "impossible pie." Options: add any other pizza topping or cheese.

Source: Back of a Pillsbury Flour bag, circa early 1970s

Asparagus Rollups

10 minutes

many servings

2 cans	asparagus	1 stick	butter	1 loaf	white bread, sliced
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Directions: Drain asparagus. Cut crust off bread and flatten with a rolling pin. Butter well. Roll around asparagus spear.

Notes: "The Bishop couldn't stop eating these," Jack says.

Source: An upstate NY Episcopal church

Steve's Pizza

2 hours

12 servings

S: ★★★★★

3 pkg. yeast	2+ cups rye flour
3 cups warm water	1 lg. can crushed tomatoes
3 tsp. salt	1+ tsp. garlic, rosemary, oregano, basil, ea. pepper, red pepper, thyme
3 tsp. sugar	toppings: ground beef, pepperoni, onion, mushrooms, olives, peppers, etc.
9 TB. olive oil	cheese: mozzarella, Parmesan, etc.
5+ cups white flour	

Directions: In a big bowl, dissolve yeast in water, then add salt, sugar and oil. Mix. Start adding flour, then stir until mixture is too stiff to stir. Start kneading, and add flour as necessary until the dough is stiff and unsticky, about 5 to 10 minutes. Spread 1 TB. oil on bottom of bowl and place dough inside, then turn over so each side of the dough is oiled. Place in warm, undrafty place for about an hour to rise. After it rises, punch down dough and spread over 2 pizza pans that have been oiled and dusted with cornmeal. Preheat oven to 400°. Spread crushed tomatoes (or use your own tomato sauce) over dough, then sprinkle with herbs to taste. Add toppings (the more and heavier the toppings, the less the dough will rise). Sprinkle with cheese and bake for 30 minutes.

Notes: Underdone, the dough comes out more bread-like; overdone, it's chewier. For the toppings, brown the ground beef or sausage and drain the fat. Pepperoni will also exude less grease if microwaved briefly beforehand in several layers of paper towels. I like "crunchier" cheese, but for "whiter" cheese let the pizza bake without cheese for 20 minutes, remove it from the oven and sprinkle cheese on it, then return to oven. For 3 thinner crust pizzas, roll out the dough and go light on the toppings.

Source: Steve's recipe for homemade pizza crust, as perfected over 25 years of cooking. Steve started making pizza for his family when he was about 12 years old, and throughout his teen years, Mom (or Dad) didn't have to cook on Friday night, which was "Steve's pizza night."

Timpano (Timballo)

2+ hours

20+ servings

S: ★★★★★

3 pkg. yeast	12 Italian sausages
3 cups warm water	6 cups mozzarella cheese
3 tsp. salt	2 cups Parmesan, grated
3 tsp. sugar	8 eggs, hardboiled
9 TB. olive oil	2 cups pitted black olives
7+ cups white flour	1 lb. fresh mushrooms, halved
1+ cups rye flour (optional)	2 large onions, chopped
1 can crushed tomatoes	1+ tsp. garlic, rosemary, oregano, ea. basil, pepper, red pepper, thyme, salt
1 lb. pasta (preferably penne)	1 onion, chopped

Directions: In a big bowl, dissolve yeast in water, then add 3 tsp. salt, the sugar and oil. Mix. Start adding flour, then stir until mixture is too stiff to stir. Start kneading, and add flour as necessary until the dough is stiff and unsticky, about 5 to 10 minutes. Spread 1 TB. oil on bottom of bowl and place dough inside, then turn over so each side of the dough is oiled. Place in warm, undrafty place for about an hour to rise. After it rises, punch down dough. Grease and dust with cornmeal (or flour) 2 springform pans. Divide dough in half and roll out into a circle that is about 6 to 8 inches wider all around than the diameter of the springform pans. Place dough in pans and push down to form dough-lined container for stuffing. Meanwhile, while dough is rising, hardboil and shell the eggs, cook the sausage, and sauté the mushrooms and onion. Cook the pasta to al dente and drain. Mix herbs with the tomatoes. Preheat oven to 400 ° and then begin arranging stuffing in timpanos: cheese, tomatoes, pasta, sausages, hardboiled eggs, olives, mushrooms, etc. Try to arrange so that when sliced, each slice contains a cross-section of sausage and hardboiled egg, in addition to all the other ingredients. Be sure to add cheese to every layer. Once timpanos are filled up, cover with remaining dough. Bake for 35 minutes, then remove from oven and let sit for 10 minutes before inverting and removing springform pans. The timpano should look like a pale golden drum. Slice like a layer cake, from middle.

Notes: For a more festive timpano, remove from springform pans and invert onto baking sheet, top with cheese, and return briefly to oven to broil until cheese has melted. You can also stuff the timpano with anything else you wish: zucchini, artichoke hearts, white beans, etc. If top of timpano (what becomes the bottom) is uneven, slice through the dough to even it off.

Source: *Steve adapted his recipe for pizza after seeing the spectacular timpano in the movie "Big Night." He left out the chicken livers, though.*

Reuben Loaf

90+ minutes

several servings

3¼ cups	flour	¼ cup	Thousand island dressing
1 TB.	sugar	6 oz.	corned beef, thinly sliced
1 tsp.	salt	¼ lb.	Swiss cheese, sliced
1 pkg.	yeast	8 oz.	sauerkraut, drained
1 cup	warm water (105°)	1	egg white, beaten
1 TB.	butter, softened		caraway seed

Directions: Dissolve yeast in 1 cup warm water. Mix in butter, sugar, salt and enough flour to make dough. After kneading, cover; let rise in greased bowl over hot water 20 minutes. Punch down; shape, let rise 20 minutes. On greased baking sheet, roll dough to 14" x 10". Spread dressing down center third of dough length. Top with layers of beef, cheese and sauerkraut. Cut 1"-wide strips along sides of filling out to dough edges. Alternating sides, fold strips at an angle across filling. Cover dough; place sheet over large shallow pan half-filled with boiling water for 15 minutes. Brush with egg white, sprinkle with caraway seed. Bake at 400° for 25 minutes or until done. Cool slightly; serve warm. Refrigerate leftovers.

Source: *Adaptation of a Fleischmann's Yeast recipe*

PASTA & RICE

Cold Chinese Noodles

3½ hours

5-6 servings

S: ★★★★★

2	chicken breasts, boneless, skinless, poached, cooled, cut into strips	5 oz.	ham (pref. 2½" slices), cut into strips
1 bunch	scallions (including tops), cut to 2" lengths, then strips	1½ cups	walnuts, coarsely chopped
1 lb.	angel hair or vermicelli pasta	1 cup	vegetable oil
2 TB.	sesame seeds	2 ½ TB.	sesame oil
3 TB.	ground coriander seeds	¾ cup	soy sauce
1 tsp.	hot chili oil		

Directions: Combine chicken, ham, scallions in large mixing bowl. Add cooked (and cooled and drained) pasta. Heat vegetable and sesame oils, sesame seeds and walnuts in small saucepan until sesame seeds turn light brown. Remove from heat. Add coriander and soy sauce (watch for spattering). Stir in chili oil. Pour dressing over hot noodles and use hands to coat evenly. Refrigerate until cool, about 3 hours.

Notes: Black sesame seeds can be used. This dish is very refreshing on hot summer days.

Source: *An Associated Press food story*

Spaghetti Carbonara al Forno

50 minutes

6-8 servings

1 lb.	spaghetti	2/3 cup	Parmesan, grated
¼ lb.	pancetta or bacon	1 cup	cream
¼ cup	white wine	1 cup	mozzarella, grated
4	egg yolks	1 tsp.	pepper

Directions: Cook and drain spaghetti. Slice bacon into ½" strips. Sauté bacon about 5 minutes. Drain off half the fat. Add white wine and heat. Whisk the egg yolks in a bowl, then add the pepper and half the Parmesan and set aside. Stir in the drained spaghetti to the pan with the bacon and wine. Stir in eggs. (Can be served now as plain Spaghetti Carbonara.) Add cream and mix, then place in buttered casserole dish. Top with mozzarella and rest of Parmesan, and bake at 350° for 30 minutes.

Notes: When Jack and Steve used to vacation in Montreal, they liked to stay at the Hotel DuParc, near a little Italian chain restaurant that served the best Spaghetti Carbonara Al Forno ("Baked Spaghetti Carbonara") they'd ever had. The restaurant was gone the last time they were there, but they still remember this dish very fondly.

Source: *Adapted from a recipe in "Dad's Cookbook" by Bob Sloan*

Macaroni and Cheese (1)

60 minutes

4 servings

J: ★★★★★

1 lb.	elbow macaroni	1 TB.	Worcestershire sauce
1 lb.	cheese	½ tsp.	paprika
¾ cup	beer	¼ cup	breadcrumbs
1 can	evaporated milk (or 1 cup milk)		butter

Directions: Butter a medium casserole. Cut cheese into small cubes; place in sauce pan with beer, cook on high until cheese is almost melted. Reduce heat, add milk, Worcestershire sauce and paprika. Blend well. Add cooked macaroni, mix well. Turn into casserole. Top with breadcrumbs, dot with butter. Bake 30 minutes at 350°.

Source: *Jack's own creation*

Macaroni and Cheese (2)

60+ minutes

2-4 servings

J: ★★★★★

4 cups	milk	1 lb.+	grated Cheddar or American cheese
1 stick	butter	1 lb.	elbow macaroni
½ cup	flour		

Directions: Melt butter in large heavy saucepan; add flour and stir until flour is cooked but not brown (about 2 minutes). Add milk, heat slowly until mixture thickens, stirring constantly. Add cheese gradually and stir until melted. Cook macaroni in lightly salted water until slightly underdone according to package directions. Place in buttered casserole or baking dish; cover with cheese sauce (mixture will be very soupy — it will thicken to the perfect consistency as it bakes). Top with any leftover grated cheese or slices of American. Bake at 350° for 30-45 minutes or until top is nicely browned.

Source: *Jack's own recipe, modeled after his mother's. Jack sure likes macaroni and cheese.*

Mexican Festival Rice

30 minutes

4 servings

S: ★★★★★

2 TB.	butter	½ cup	corn, fresh or frozen
1 clove	garlic, minced	½ cup	bell pepper, chopped
1 cup	rice, uncooked	3	plum tomatoes, chopped
1 can	chicken broth	1/3 cup	green onion, sliced

Directions: Melt butter in saucepan over medium heat. Add garlic; cook and stir 1 minute. Add rice; stir to coat with butter. Add broth and bring to a boil. Reduce heat, cover, and simmer 15 minutes. Stir in vegetables. Cook an additional 5 to 10 minutes or until rice is tender and liquid is absorbed. Stir in onions.

Notes: For a heartier dish, add beans with the vegetables. Or add chopped mushrooms. Or corn.

Source: *"Make It Easy Mexican"*

Pad Thai

2+ hours

4 servings

S: ★★★★★

1 16-oz. pkg.	white rice noodles	1 TB.	red pepper flakes
½ cup	vegetable oil	1	lime, juice of
5 cloves	garlic, chopped	3	green onions, chopped
¾ cup	unsalted peanuts, finely chopped	1 cup	bean sprouts
¼ cup	sweet pickled radish or turnip	10	shrimp, cleaned and precooked (optional)
¼ cup	firm tofu, cut into strips	1 TB.	cilantro (coriander), finely chopped
¼ cup	fish sauce (nam pla)	1	egg
¼ cup	sugar (or brown sugar)	1 TB.	paprika

Directions: Soak noodles in cold water for 2 hours. Heat vegetable oil and garlic in wok over medium-high heat. Stir-fry garlic until it turns brownish-gold. Add shrimp, tofu and pickled radish/turnip. Stir-fry for about 2 minutes. Add pre-mixed fish sauce, paprika, sugar, lime juice, red pepper flakes and cilantro. Stir-fry for 2 minutes. Add noodles and stir. When noodles are completely covered, push them to one side and scramble the egg. Continue to stir-fry until liquid has evaporated or been absorbed, about 5 minutes. Add peanuts and green onions. Stir-fry just enough to mix thoroughly. Mix with bean sprouts in serving dish immediately before serving (if you mix them in too early, they absorb moisture and become limp). At the table, add additional lemon juice and/or lime juice to taste.

Notes: Substitute lemon juice for lime juice if you prefer. Fish sauce and pickled radish or pickled turnip are available in Asian markets or the Asian section of some supermarkets.

Source: *Steve's friend Chris Cavett, who boiled down many pad thai recipes to this one, although now he feels his time is more valuable and would just as soon get it in a restaurant*

Rice Pilaf

25 minutes

4-6 servings

1 TB.	vegetable oil	2 cups	broth or water
1 small	onion, chopped	dash	salt and pepper
1 cup	long grain white rice		

Directions: Heat the oil in a 2-quart saucepan. Add the onion and sauté until translucent, about 5 minutes. Add the rice and cook, stirring constantly, until the rice is opaque and coated with the oil. Add the broth and bring to a boil over high heat; stir, cover and reduce the heat. Cook 15 to 20 minutes, until the rice is tender and the liquid is absorbed.

Notes: Many variations. Sauté celery, shallots, scallions, garlic, fennel or peppers in addition to the onion. Toss in diced fresh tomatoes or blanched broccoli, peas or cauliflower 5 minutes before the end of the cooking time. Add cooked chicken, shrimp, beef slices, feta cheese, Parmesan or crabmeat 5 minutes before the end of the cooking time. Vary the flavor by changing the liquid to half orange juice, half tomato or half pineapple juice, along with half water.

Source: *Some anonymous Turkish cookbook*

Vegetarian Lasagna

60+ minutes

6 servings

1 small	eggplant, sliced	4 oz.	spinach lasagna noodles
¼ cup	flour	5 oz.	plain lasagna noodles
¼ cup	olive oil	5 cups	tomato sauce
½ lb.	mushrooms, sliced	½ lb.	mozzarella, grated
1	sweet red pepper	½ lb.	ricotta cheese
1	sweet yellow pepper	6 TB.	Parmesan, grated
½	onion, slivered	½ cup	basil leaves, chopped

Directions: Julienne peppers. Slice eggplant and dredge in flour. Heat olive oil in skillet over medium heat and sauté eggplant until browned. Set aside. Add mushrooms to skillet, adding a little more olive oil if needed, and sauté until tender. Add red and yellow peppers and onion and sauté until tender. Cook lasagna noodles in boiling salted water until al dente. Drain. Drizzle a little olive oil over the bottom of a 4-qt. rectangular baking dish. Cover bottom of dish with some tomato sauce. Add layer of spinach lasagna noodles, top with sauce, then mozzarella, ricotta and Parmesan cheeses and basil. Add layer of sautéed vegetables. Add another layer of noodles, then top with remaining tomato sauce and cheeses. Bake at 350° until top is browned and cheese is bubbly, about 45 minutes.

Source: Robert Haaga of the Four Seasons hotel in Newport Beach, Calif.

Stuffed Manicotti

60 minutes

4 servings

8 oz.	manicotti	2 cloves	garlic, minced
½ lb.	lean ground beef	¼ cup	breadcrumbs
¼ lb.	ground pork	1 tsp.	salt
1 TB.	olive oil	dash	pepper
1 cup + 2 TB.	Mozzarella, shredded	3 cups	tomato sauce

Directions: Cook manicotti in boiling salted water, to which olive oil has been added, until tender – about 10-12 minutes – and then drain and cool. Mix meats well with 2 TB. cheese, garlic, breadcrumbs, salt and pepper. Fill manicotti with the meat mixture, using a spoon. Pour half the tomato sauce in a shallow casserole small enough to be almost filled with manicotti and sauce. Lay in manicotti and cover with remaining sauce, then remaining cheese. Bake at 375° for 30 minutes.

Notes: Another very adaptable recipe. Feel free to stuff manicotti with sautéed chopped vegetables, ricotta cheese, or add herbs like oregano, thyme, rosemary and basil.

Source: Adapted from "Casserole Magic" by Lousene Rosseau Brunner



What are your favorite "ethnic" cuisines?

Steve: Italian, Thai, Southern.

Jack: French, Italian, Chinese.

Macaroni Pie

30 minutes

6 servings

¼ lb. spaghetti or angel hair	1 TB. parsley, chopped
6 eggs	3 TB. olive oil
¼ lb. prosciutto, diced	3 TB. butter
¼ lb. mozzarella, diced	½ tsp. pepper

Directions: Cook noodles al dente. Rinse with cold water and drain. Beat eggs, adding prosciutto and mozzarella. Season with pepper and parsley. Mix in the cooked pasta. Heat 2 TB. oil and 2 TB. butter in a nonstick frying pan. When hot, add noodle mixture. Cook on medium heat until bottom is lightly browned and crusty; remove from heat. Cover with a large plate (make sure bottom is loose), turn onto plate and scrape any loose particles from pan. Add remaining 1 TB. butter and oil to pan, and slide pie back into pan so that uncooked top is now on the bottom. When pie feels firm to the touch and bottom is lightly browned, remove from pan.

Source: *"The Bad For You Cookbook"* by Chris Maynard and Bill Scheller

Hot and Sour Peanut Noodles

20 minutes

4 servings

2/3 cup chunky peanut butter	½ tsp. red pepper flakes
3 cloves garlic, minced	1 cup chicken broth
¼ tsp. lime zest, grated	10 oz. vermicelli pasta
1/3 cup lime juice	2 TB. soy sauce

Directions: In a food processor, mix together the peanut butter, garlic, lime zest, lime juice, soy sauce and hot pepper until well blended. Cook the pasta in boiling salted water until al dente. Drain well. Toss the peanut sauce with the hot noodles.

Notes: Add shredded cooked chicken for a heartier dish. Can use soba noodles.

Source: *From the book, "Cheap Eats"*

Spaghetti with Portobellos and Kielbasa

30 minutes

4 servings

6 oz. portobello mushroom caps	4 cloves garlic, minced
1 lb. spaghetti	4 oz. kielbasa, sliced
4 TB. vegetable oil	¾ cup heavy cream
½ small onion, diced	dash salt

Directions: Scrape gills from mushroom caps and save. Cut each slice in half. Cook spaghetti until al dente. Drain. While pasta is cooking, place oil in large skillet over medium heat. Sauté onion and garlic for 1 minute. Add mushrooms and sausage and continue to sauté, stirring. When the mushrooms are limp and the liquid they give off has evaporated, about 6 minutes, add the cream. Turn heat to low and simmer until sauce thickens. Season with salt. Toss the sauce with the spaghetti and sprinkle the scraped gills over the pasta.

Notes: Jack always says "kielbasi" instead of "kielbasa." Isn't that cute?

Source: *"Portobello Cookbook"* by Jack Czarnecki, as reprinted in the *SF Chronicle*

Greek Pasticcio

2+ hours

8 servings

2 quarts	milk	1 ½ lbs.	macaroni
2 lbs.	ground beef	1 cup	flour
¾ lb.	butter	5	eggs
2 med.	onions, diced	½ lb.	cheese, grated
1 TB.	tomato paste		salt
1 cup	milk		pepper

Directions: Brown ground beef in small amount of butter with onions, salt and pepper. Add tomato paste and enough water so ground beef does not burn. Heat two quarts of milk slowly. Boil macaroni in salted water until cooked. Drain. In a small bowl, add flour with 1 cup milk (for a pancake batter-like consistency) and beat until smooth. Add 3 eggs and blend well. Add the mixture to the hot milk and mix over medium heat until mixture slightly boils and has thickened. Remove from heat and let cool. (The longer it cools, the thicker this cream sauce will be.) To macaroni, add 2 beaten eggs, ½ cup of the cream sauce, 1 cup melted butter and grated cheese. Stir. Spread half of macaroni in buttered 10" x 14" baking pan. Cover with meat mixture and top with remaining macaroni. Spread remaining cream sauce on evenly. Bake at 350° for 60 minutes. Allow to cool for 1 hour. Cut into squares.

Source: *Jack and his friend Tom D'ambrose had this for lunch often at what is now Restaurant 54 in Albany, N.Y.*

Linguini Jardinière

20 minutes

2-3 servings

½ lb.	linguini	4 ripe	tomatoes
½ lb.	mushrooms	1 TB.	parsley
1 head	broccoli florets	2 medium	zucchini, chunked
3½ pints	heavy whipping cream	2 TB.	olive oil
4 oz.	parmesan, grated	1 tsp.	garlic powder
12 oz.	pitted black olives		pepper
1 tsp.	oregano		

Directions: Cook linguini. Rinse in cold water and reserve. Heat sauté pan on medium heat. Coat bottom with olive oil. Add broccoli, mushrooms, onions, and zucchini; stir constantly. Add tomato and cook for 1 minute. Add heavy cream and seasoning. Stir.

Source: *Jack, his friend Andrea and her sister Terri had this one night at The Hudson Bay Co. restaurant in Albany, N.Y. Jack boldly requested the recipe. The chef hurriedly jotted it down on the back of a customer check while he was cooking.*



What are your least favorite ethnic cuisines?

Steve: Scandinavian -- too much herring. Too many things pickled.

Jack: Scandinavian -- something about fish with lye . . . and Middle Eastern cuisine where they serve sheep eyes.

Meatless Lasagna

60+ minutes

8 servings

1 lb. **lasagna noodles** 1 **egg**
 2 qts. **spaghetti sauce** 1 lb. **mozzarella cheese**
 2 lbs. **ricotta cheese** 1 tsp. **sugar**
 1 pkg. **spinach, cooked** ½ tsp. **nutmeg**

Directions: Combine ricotta, egg, cooked spinach, sugar and nutmeg; mix until smooth. Cook lasagna in 4 qts. boiling salted water 6 min. or until slightly underdone. Place ½ cup sauce in bottom of 13" x 9" pan, add layer of noodles, then ricotta mixture, then mozzarella. Repeat twice. Top with remaining sauce, then remaining cheese. Bake at 300° 35 minutes, or until cheese is melted and browned.

Source: *Jack's own recipe*

Noodles with Eggplant Sauce

50 minutes

4 servings

6 TB. **olive oil** 2 cups **tomatoes, crushed**
 2 lbs. **eggplant** ½ cup **dry red wine**
 2 medium **onions, chopped** 2 **bay leaves, minced**
 2 TB. **garlic, chopped** 2 tsp. **lemon peel, grated**
 1 lb. **smoked sausage** 1 lb. **egg noodles, cooked**

Directions: Chop sausage into ¾" pieces and eggplant into 1" pieces. Heat oil in heavy large pot over medium-high heat. Add eggplant, onions and garlic and sauté until brown, about 12 minutes. Add sausage, crushed tomatoes, wine, bay leaves and lemon peel. Cover pot, reduce heat to medium-low and simmer until flavors blend and eggplant is very tender, about 25 minutes. Uncover and simmer until sauce thickens, about 6 minutes. Add noodles to sauce; toss to coat. Season with salt and pepper. Transfer to bowl and serve.

Notes: Serve over couscous for a more Middle Eastern taste.

Source: *"Bon Appetit" magazine, May 1998*

Cooking Grains: Cook grains in a heavy saucepan with a tight-fitting cover. Bring water (see chart) with grain to a boil, lower the heat to simmer and cover tightly. Cook without stirring until all liquid is absorbed and grains are tender.

1 cup of grain	Cups of water	Cooking time
Barley, hulled	2 to 2½	45-60 min.
Basmati rice	2	20-30 min.
Brown rice	1½ to 2	40-60 min.
Buckwheat groats	2 to 2½	20-30 min.
Corn meal	4	20-30 min.
Millet	2 to 3	20-30 min.
Oats, rolled (oatmeal)	2	10-15 min.
Oats, whole	1 ½ to 2	45-60 min.
Quinoa	2	10-15 min.
Rye, whole, or Wheat Berries	2 to 2½	60-90 min.
Wheat, cracked	1½ to 2	15-20 min.

CHICKEN

Chicken Cacciatóre

90 minutes

6 servings

S: ★★★★★

¼ cup	flour	2 TB.	parsley, chopped
1 tsp.	salt	½ cup	dry white wine
¼ tsp.	pepper	½ cup	chicken broth
3 lbs.	chicken parts, boneless	6 oz.	tomato paste
4 TB.	butter	¾ tsp.	salt
½ lb.	mushrooms, sliced	¼ tsp.	marjoram
1	onion, chopped	¼ tsp.	oregano
2	bell peppers, seeded, chopped	¼ tsp.	thyme
2 cloves	garlic, minced		cooked pasta

Directions: In a small bag, combine flour, salt and pepper. Shake chicken pieces in bag to coat completely. In a skillet over medium heat, melt 3 TB. butter. Add chicken and cook until well-browned. With a slotted spoon, transfer chicken to a baking dish. Pour off and discard all but 3 TB. of the pan juices. Add mushrooms, onion, green peppers and garlic to pan. Cook until onion is soft. Stir in parsley, wine, broth, tomato paste, salt, marjoram, oregano and thyme; bring to a boil. Cover, reduce heat, and simmer for 10 minutes. Spoon sauce over chicken pieces. (May cool and refrigerate at this point.) Bake, covered, in a 350° oven for 30 minutes; remove cover and bake for 20 minutes more. Meanwhile cook pasta to al dente, strain, and add 1 TB. butter. Arrange chicken on serving platter, surround with pasta, and spoon sauce over chicken. Garnish with grated Parmesan, if desired.

Notes: Can also be made with turkey, or using bone-in chicken. (But Steve hates to pick little chicken bones out of sauce.) For “Basque Chicken,” add chopped eggplant to the vegetables. For a more Spanish flavor, add pitted olives, basil and a few threads of saffron. This is a very adaptable recipe, so let your creativity express itself.

Source: “Sunset Casserole Cook Book”

One-dish Chicken Bake

45 minutes

4 servings

J: ★★★★★

6 oz.	stuffing mix	1 can	cream of mushroom soup
4	chicken breast halves	1/3 cup	sour cream
1½ cups	hot water	¼ cup	butter, cut up

Directions: Stir stuffing crumbs (1 pkg.), contents of seasoning packet, water and butter until just moistened; set aside. Place boneless chicken in 12” x 8” baking dish. Mix condensed soup with sour cream and pour over chicken. Top with stuffing. Bake at 375° for 35 minutes or until chicken is cooked through.

Notes: Trashy but quite satisfying. Variations: add ½ cup chopped nuts, 1 small can sliced mushrooms, 1 small chopped apple, or 6 oz. bulk sausage, cooked and drained.

Source: *Back of the Stovetop Stuffing box*

Poulet Poché aux Aromates à la Bretonne

90+ minutes

4 servings

J: ★★★★★

2 med.	carrots, peeled	dash	salt and pepper
2 med.	onions, peeled	¼ tsp.	tarragon
3 med.	celery stalks, trimmed	1 cup	dry white vermouth
7 TB.	butter	5 TB.	flour
½	bay leaf	½ cup	heavy cream
2½ cups	chicken broth	3 TB.	Swiss cheese, grated
3½ lbs.	chicken parts		

Directions: Cut vegetables into julienne matchsticks 1½ inches long and cook slowly in 2 TB. butter, ½ cup broth and bay leaf until tender, about 10 minutes. Remove loose fat from chicken and place in large casserole or electric skillet, arranging in layers with vegetables, sprinkling with salt, pepper and tarragon. Pour in wine; add enough chicken broth to almost cover chicken. Cover and simmer slowly over low heat or in 325° oven until chicken is tender, about 30 minutes. Remove chicken and vegetables with slotted spoon; place in casserole. Skim fat from liquid and boil down until reduced to 2 cups. Cook flour and 4 TB. butter together for 2 minutes in heavy pan without coloring. Add to boiling stock all at once; whisk until smooth and thickened. Boil 1 minute. Reduce heat and add heavy cream by spoonfuls; sauce should coat a spoon nicely. Drain any remaining liquid from chicken. Add sauce to casserole to completely cover chicken and vegetables. Sprinkle top with grated cheese; dot with remaining 1 TB. butter. May be refrigerated at this point. About a half hour before serving, place in preheated 375° oven and bake until bubbling and top is golden brown. Serve with rice or noodles.

Notes: Serve with rice or noodles. One of Jack's favorite dishes. Translated, it's "Chicken and Aromatic Vegetables Simmered in White Wine."

Source: *Julia Child's "The French Chef Cookbook," given to Jack by Andrea Cioppa Stewart, Christmas 1978*

Chicken and Rice

50 minutes

4 servings

1 can	cream of mushroom soup	4	chicken breast halves
1 cup	water	¼ tsp.	paprika
¾ cup	long-grain rice, uncooked	¼ tsp.	pepper

Directions: In 2-qt. baking dish, mix soup, water, rice, paprika and pepper. Place boneless, skinless chicken on rice. Sprinkle with additional paprika and pepper. Cover. Bake at 375° for 45 min. or until done.

Notes: Originally titled Campbell's One Dish Chicken and Rice Bake.

Source: *"Campbell's Soup"*

Chicken Bouillabaisse with Rouille

90+ minutes

6 servings

J: ★★★★★

16	chicken pieces, boneless	1 tsp.	thyme
½ cup	olive oil	pinch	saffron threads
3 cups	leeks & onions, sliced	2	bay leaves
4 cloves	garlic	2 2" strips	dried orange peel
4 cups	tomato pulp	pinch	salt and pepper
3 TB.	tomato sauce	2 cups	dry white Vermouth
½ tsp.	fennel seeds		parsley, fresh

Rouille:

6 cloves	garlic	1	egg yolk
1 tsp.	salt	1 cup	olive oil
12 leaves	basil (or 1 tsp. oregano)	dash	pepper
1/3 cup	red pimiento, canned	drops	hot pepper sauce
½ cup	breadcrumbs, plain		

Directions: Dry the chicken pieces and place with the olive oil in a large skillet over medium heat. Simmer about 10 minutes, turning pieces in hot oil until they stiffen but are not yet brown. While the chicken is cooking, wash and slice the leeks (white parts only), peel and slice the onion, and peel and chop the garlic. Remove chicken from skillet. Stir into remaining oil the leeks, onions and garlic; cook slowly for 5 minutes until softened. Slice and drain tomatoes and fold into leek mixture along with fennel, thyme, saffron, orange peel and bay leaves. Add tomato sauce. Salt chicken on all sides. Arrange in pan, basting with vegetables. Cover and cook 5 minutes more; turn, baste and cover, and cook another 5 minutes. (Recipe may be prepared ahead to this point. Bring to a simmer before proceeding if dish has been refrigerated.) An hour before serving, pour in the wine, cover the pan, and simmer 15 to 20 minutes, basting and turning the chicken several times until pieces are tender. Remove chicken to side dish, tilt pan, and skim off visible cooking fat, then boil down to thicken liquid. Add salt and pepper to taste. Return chicken to pan, baste with sauce and keep warm, below simmer, until time to serve. Decorate with parsley and serve with rouille. *Rouille:* Puree garlic cloves, then pound with salt into a paste. Pound in basil or oregano. When smooth, add pimiento and pound again, then add crumbs, then egg yolk. Switch from pestle to whisk and, drop by drop, beat in olive oil until mixture has thickened like mayonnaise, then beat in more oil to make a stiff sauce. Season with pepper and hot sauce.

Notes: Original recipe did not call for boneless chicken, but Steve knows what he likes.

Source: *Julia Child's "Julia Child & Company"*



If you had to eat one meal every night for the rest of your life, what would it be?

Steve: Pizza with multiple toppings, Cobb salad with Green Goddess dressing, chocolate milkshake.

Jack: Tomato soup, meatloaf, potato chips, French vanilla ice cream.

Chicken Breasts with Sausage and Pine Nuts

60+ minutes

4-6 servings

S: ★★★★★

5	chicken breasts, boneless, skinless, halved	¼ cup	Italian parsley, minced
	salt and pepper	1½ cups	white wine
1 lb.	sweet Italian pork sausage		flour
	vegetable oil	2 TB.	butter
2 tsp.	paprika	2 TB.	olive oil
¼ cup	toasted pine nuts	3 cloves	garlic, minced

Directions: Pull off the long, narrow pointed piece of chicken that is loosely attached to the underside of each half breast and reserve for another use. Pound each half breast to about 1/8 or 3/16 of an inch thick. Try not to break through the breast, but if you do, it is easy to repair, since the flesh is pliable and sticky. Sprinkle with salt and pepper and set aside. For the stuffing, discard the sausage casings (if there are any). Heat a little vegetable oil in a skillet; add the sausage meat, garlic and paprika and sauté, stirring to break up the sausage, until the pork is well cooked. Drain on paper towels. Chop the sausage into pea-sized bits and transfer to a bowl. Mix with the parsley, pine nuts and 2 TB. of the wine. On a piece of wax paper, divide the stuffing into 10 portions. Place a portion in the center of a chicken cutlet. Fold the end of the cutlet over the stuffing, fold the sides in and roll it over, ending seam side down. Repeat for all cutlets. (Use a toothpick to hold breasts together if needed.) Pat flour over each stuffed breast; dust off excess. In a large skillet, melt the butter and olive oil over low heat. Arrange the stuffed breasts in a single layer and sauté until lightly browned; turn and brown on the other side. Set aside ½ cup of the wine and add the rest to the skillet. Cover and simmer the chicken over low heat for 10 minutes, until tender and thoroughly heated. Transfer chicken to an ovenproof serving platter, cover lightly with foil and keep it warm in a low oven while you make the sauce. Add set-aside ½ cup of wine to the skillet and simmer until reduced to about ¼ cup. Strain sauce; season with salt and pepper. If chicken is keeping warm in the oven, pour the sauce over it and serve immediately.

Notes: If you have made the chicken ahead and refrigerated it, refrigerate the sauce as well. When time to serve, reheat the chicken at 325° degrees and warm the sauce in a saucepan. Pour the hot sauce over the hot chicken and serve.

Source: *Some anonymous Italian cookbook on the Food Editor's desk at the Advocate newspaper in Connecticut that Steve read while he was killing time working an overnight shift*

Aunt Helen's Chicken

60+ minutes

varied servings

S: ★★★★★

chicken	basil	parsley flakes	pepper
garlic salt	oregano	paprika	

Directions: Wash the cut up chicken and shake the water off. Sprinkle all over with herbs and spices on all sides. Lightly oil an oblong pan and lay chicken skin side if (if not already skinless) and bake at 375° for 1 hour. You can also slice potatoes and lay under the chicken pieces to soak up the chickeny goodness.

Notes: You can use bone-in chicken, but Steve likes boneless. (Less chance of death by choking!)

Source: *Steve's step-aunt Helen, who he hasn't seen since the '70s*

Chicken & Tasso Jambalaya

90+ minutes

4 servings

J: ★★★★★

2 TB.	butter, unsalted	Seasonings:
½ lb.	tasso or ham, chopped	2 tsp. cayenne
¾ lb.	boneless chicken	1 ½ tsp. salt
½ lb.	andouille or smoked sausage	1 ½ tsp. white pepper
1 cup	onions, chopped	1 tsp. thyme leaves
1 cup	celery, chopped	½ tsp. black pepper
1 cup	green peppers, chopped	¼ tsp. rubbed sage
1 TB.	garlic, minced	2 bay leaves
½ cup	tomato sauce, canned	
1 cup	tomatoes, peeled, chopped	
2 ½ cups	chicken broth	
1 ½ cups	rice, uncooked	

Directions: Cook ham and sausage in butter until brown (3 min.). Add chicken and brown 3-5 min. Add seasoning and 1/2 cup each onions, celery, green pepper and garlic. Cook 5-8 minutes until tender. Add sauce; cook 1 minute. Add tomatoes, remaining vegetables. Stir in broth and rice. Bake in ungreased pan at 350° for 1 hour. Let sit 5 minutes before serving.

Notes: Can be made hotter by adding more pepper, of course.

Source: A Paul Prudhomme cookbook

Saltimbocca

35 minutes

12 servings

S: ★★★★★

12	chicken breasts, boneless	3 TB.	olive oil
12 pcs.	prosciutto or coppa	2 TB.	sage
3 cups	mozzarella, grated	½ cup	white wine
3 TB.	butter	dash	salt and pepper

Directions: Pound chicken breasts with mallet until flattened. Place a piece of prosciutto or coppa on each breast, along with a sprinkling of sage, salt and pepper, and top with grated mozzarella. Roll up and secure with skewers or toothpicks. Heat butter and oil in skillet and sauté chicken until browned. Remove to serving platter (or oven dish, if preparing in advance). Remove skewers or toothpicks. Deglaze the pan with wine and pour over the chicken.

Notes: If preparing in advance for a potluck or whatever, sprinkle additional mozzarella over chicken in baking dish. Pop into an oven for about 15 minutes to reheat and melt the cheese. This dish also rewards creativity – try adding a whole sage leaf to each piece, or use other herbs, or different kinds of cheese, or a different cold cut stuffing, whatever.

Source: Steve's traditional recipe

Paella

60+ minutes

6-8 servings

J: ★★★★★

2	chickens, cut up	2	sweet red peppers, chopped
	seasoned flour	2 cups	clam juice
½ cup	olive oil	4	tomatoes
2 cloves	garlic, mashed	2 dozen	hardshell clams (in shell)
1½ cups	rice	1 pkg.	frozen peas

Directions: Dredge the chicken pieces in seasoned flour and fry in olive oil until browned. Remove as they are browned. Stir garlic and rice in oil for 2-3 minutes. Add clam juice and tomatoes, and cook at a simmer for 10 minutes. Place all in a large casserole with the red peppers, clams and frozen peas and bake, covered, in a 350° oven about 15 minutes. Remove cover and bake 10 minutes longer.

Notes: “Don’t need no saffron,” Jack says.

Source: *Garceau family traditional recipe*

Chicken with Pesto and Red Pepper Sauce

60+ minutes

4 servings

S: ★★★★★

4	chicken breasts	4 TB.	olive oil
10 sprigs	basil	½ tsp.	white pepper
10 sprigs	Italian parsley	1	lemon’s juice
6 sprigs	oregano	½ tsp.	salt
3 cloves	garlic, minced	½ cup	chicken stock

Red Pepper Sauce:

3	red peppers	2 TB.	olive oil
2 cloves	garlic, minced	3 cups	chicken stock
2	shallots, minced		

Directions: In a food processor, puree all ingredients listed from basil to salt. Lightly pound and flatten boneless, skinless chicken breasts. Spread 1 TB. of pesto mixture on each flattened breast. Roll tightly and place seam-side down in shallow pan. Add stock or broth. Cover the pan with foil and bake in preheated 400° oven for about 25 minutes. Meanwhile, prepare sauce. Roast red peppers in oven until skin develops black splotches; cool in colander. Peel and discard skin, stem, membrane and seeds. Heat oil on medium-high heat. Sauté garlic and shallot about 3 minutes. Add roasted peppers and chicken stock and simmer about 20 minutes. Place mixture in blender and puree. Run through a strainer and keep warm. Remove chicken to cutting board. With a sharp knife, cut in slices on the bias – about six or seven slices per breast. Spoon sauce on heated plates and arrange the sliced chicken on it.

Notes: Food processors were invented for dishes like this one. The “pepper bits” that remain after you strain the sauce can be added to tomato sauce or spread on pizza. Or just toss them.

Source: *Dale L. Miller, whoever he is, of Stone Ends, whatever that is, as passed along by Jack’s friend Joan Ecker*

Mom's Chicken Casserole

55 minutes

4 servings

4-6 **chicken breasts** 1 pkg. **herb stuffing**
1 can **cream of chicken soup** 1 stick **butter**
1 can **cream of celery soup** 1½ cups **chicken broth**
1 soup can **milk**

Directions: Poach chicken breasts and cut up into pieces. Mix together soups and milk and pour over chicken in baking dish. Sprinkle 1 package of herb stuffing (like Pepperidge Farms) over chicken. Mix melted butter and broth and pour over stuffing. Bake at 350° for 40 minutes or until bubbly.

Source: *Steve's mom*

Parmesan Chicken

60 minutes

4 servings

J: ★★★★★

1 cup **bread crumbs** 2 tsp. **salt**
½ cup **Parmesan cheese, grated** 1/8 tsp. **pepper**
¼ cup **parsley, minced** 2 ½ lbs. **chicken parts**
½ cup **butter, melted**

Directions: Mix bread crumbs with parmesan. Add parsley, salt and pepper. Brush chicken with melted butter and coat with crumb mixture. Arrange in shallow baking pan and drizzle with leftover butter. Bake uncovered at 350° for an hour.

Notes: Chicken may be marinated in Italian dressing first, in which case omit butter.

Source: *Jack's old roommate Bert Baker*

Chicken and Dumplings

60 minutes

several servings

S: ★★★★★

4 lbs. **chicken, boneless** 3 cups **flour**
water 1 tsp. **salt**
1 stick **butter** 2 **eggs**
1 tsp. **sage**

Directions: Cook chicken until tender in enough water to cover, with butter added to water. Remove chicken from broth. Mix remaining ingredients with 1 cup of the chicken broth to form a soft dough. Roll dough as for pie crust and cut into short 3" strips. Drop into boiling chicken stock. When the last dumpling is dropped, cook for 5 minutes, then remove from heat. Stir minced chicken into dumplings and broth.

Notes: At least a half gallon of broth is needed to cook the dumplings. This is a more Pennsylvania Dutch-style recipe, but for a more New England-style dish: Brown cut-up boneless chicken in butter, remove, add chopped onion and celery, cook until limp, stir in 2 TB. flour, add 2 cups chicken broth, 1/3 cup white wine, 2 cups milk, salt and pepper, simmer for 50 minutes. Drop in dumplings made from Bisquick, moistened with milk and seasoned with sage. Cook 10 minutes uncovered, then 10 minutes covered.

Source: *A cookbook for officers' wives, as copied out and sent to Steve by his mom. Alternate recipe is from a Sunset cookbook.*

Turkey Orloff

2+ hours

8 servings

J: ★★★★★

¼ cup	white rice	½ tsp.	tarragon
dash	salt	dash	pepper
1 lb.	onions	12+	turkey breast slices
1½ sticks	butter	5+ TB.	flour
1	egg, whole	1 TB.	vegetable oil
2	egg yolks	3 cups	turkey or chicken stock
½ lb.	mushrooms	½ cup	low-fat cottage cheese
1 bunch	parsley, fresh	1 cup	mozzarella, grated

Directions: For the rice and onion *soubise*, preheat oven to 325°. Drop the rice in a saucepan with 2 qts. rapidly boiling salted water and boil uncovered for exactly 5 minutes; drain immediately and reserve. Meanwhile, peel and chop the onions in a food processor. Melt 4 TB. of the butter in a small baking dish, and stir in the chopped onions and rice, ¼ tsp. salt, mixing well to coat rice with butter. Cover and bake for about 1 hour, until rice is tender and beginning to turn yellow. When rice is done and still warm, beat in the egg and season with salt and pepper to taste. While the rice and onion *soubise* is cooking, trim and clean the mushrooms for the *duxelles*. Chop mushrooms in food processor. Mince parsley in the machine afterwards. Squeeze out as much of the liquid from the mushrooms as possible. Sauté the mushrooms in 2 TB. of butter in a skillet over moderately high heat, stirring and tossing to separate, for about 5-6 minutes. Stir in tarragon and parsley. Stir half of the mushrooms into the cooked rice and onion *soubise*, and reserve the rest. Meanwhile, pound turkey cutlets between two sheets of plastic wrap or wax paper, to expand their size and thin them down. Cover and refrigerate them until you are ready to sauté them. Salt and pepper the cutlets lightly, dredge in flour and shake off excess, and sauté in 1 TB. of the oil and 2 TB. of the butter (more if needed) until barely cooked through. Set slices aside as you finish them. Meanwhile, make a *velouté* sauce. Melt 4 TB. butter over moderate heat in saucepan, stir in flour and cook, stirring until foamy and frothy for 2 minutes and color turns golden yellow. Remove from heat and pour in 2 cups of the hot turkey or chicken stock and blend vigorously with a whisk. Return to heat, stirring slowly, scraping sides and bottom, and boil slowly for 2 minutes. Sauce should be thick enough to coat a wooden spoon nicely. In the food processor, puree the egg yolks with the cottage cheese. By dribbles, beat the hot *velouté* sauce into the egg-cheese mixture. Butter a 10" by 14" baking dish. Spread a thin layer of sauce on the bottom. Make a neat, slightly overlapping pattern of the turkey slices, spreading each with the *soubise*. Spoon remaining mushroom *duxelles* down the sides. Spoon remaining sauce over the turkey and spread cheese on top. (Recipe may be prepared in advance to this point.) Set dish in 400° oven for 25 minutes, until contents are bubbling hot and cheese has browned.

Notes: Could also use chicken breast slices, or veal slices for Veal Prince Orloff, which Mary Richards served at one of her disastrous dinner parties ("Mr. Grant, you've got to put some back!"). This has been a Christmas dinner favorite in the Garceau-Freitag household since 1995.

Source: *Julia Child's "Julia Child & Company"*

Chicken Kiev

30 minutes

4 servings

4	chicken breast halves	flour
½ lb.	cheese, very cold	1 egg, beaten
1 TB.	tarragon	1 cup panko crumbs
1 TB.	garlic, chopped	oil for deep frying
dash	salt and pepper	1 bunch watercress (optional)

Directions: Slit breasts in two. Flatten chicken breasts between wax paper or plastic wrap until very thin. Cut cheese into 8 even sticks. Place 1 stick, slightly diagonal, on each piece of chicken. Sprinkle with ½ each of herbs and garlic; season with salt and pepper. Carefully roll up each piece of chicken, completely enclosing cheese. Seal ends by tucking them in or pressing together. Dust lightly with flour, brush with egg and roll in panko crumbs. Fry in hot oil heated to 350° until golden brown, 4 to 6 minutes. Drain on paper towels. Garnish with watercress.

Notes: Original recipe called for Explorateur or St. Andre cheese. What the heck are those? I'd use Swiss or mozzarella. Panko crumbs are available in Asian food stores. In a pinch, use plain breadcrumbs. You could also try substituting chilled butter for the cheese.

Source: Adapted from David Rosengarten's "Taste" show on the TV Food Network.

Yucatan Chicken with Peach-Avocado Salsa

50+ minutes

servings

J: ★★★★★

6	chicken breast halves	Salsa: 1	peach, peeled, pitted, diced	
1 TB. plus	garlic pepper		1	tomato, peeled, seeded, diced
1 tsp.			1	avocado, peeled, diced
1	orange, juiced		¼ cup	jicama, diced
2 TB	olive oil		3 TB.	onion, chopped
1 tsp.	dried oregano		2 TB.	cilantro, chopped
	lime slices		½ tsp.	red pepper flakes
			3 TB.	lime juice, fresh
			2 tsp.	olive oil

Directions: Place boneless, skinless chicken in shallow glass dish; rub all sides with garlic pepper. Pour orange and lime juices over chicken; drizzle with olive oil. Sprinkle oregano over chicken. Cover and refrigerate 30 minutes, turning once. Remove chicken from marinade and place in large nonstick frying pan over medium heat. Sauté, turning, until lightly browned and fork can be inserted in chicken with ease. Serve topped with peach-avocado salsa; garnish with lime slices. *Salsa:* In medium bowl, mix peach, avocado, tomato, jicama, onion and cilantro. In small bowl, whisk other ingredients; pour into peach-avocado mixture, stirring gently.

Notes: Can use two pork tenderloins instead of chicken.

Source: An *SF Examiner* story about how a woman reused her prize-winning chicken recipe to win another cooking contest by substituting pork tenderloins for the chicken – and not changing anything else in the recipe!

Sesame-Walnut-Crusted Chicken

90+ minutes

several servings

2 lbs.	chicken thighs	1/3 cup	sesame seeds
1 cup	soy sauce	pinch	salt
1/3 cup	water	3 large	egg whites
2 TB.	ginger root, minced	2 tsp.	dry mustard
1 TB.	garlic, minced	¼ tsp.	cayenne pepper
2 cups	walnuts, finely chopped	¼ cup	parsley, chopped
¼ cup + 3 TB.	cornstarch		vegetable oil

Directions: Combine soy sauce, water, ginger, garlic and sugar in heavy saucepan. Bring to a boil over high heat. Arrange (preferably boneless and skinless) chicken thighs in pan without crowding. Reduce heat to low and simmer 10 minutes, turning once at 5 minutes. Drain chicken and pat dry. Repeat with remaining chicken pieces. Let cool for 15 minutes. Combine walnuts, sesame seeds and finely chopped parsley in dish. Whisk egg whites (at room temp.) and salt until foamy and double in volume. Add cornstarch, mustard and cayenne pepper; whisk until blended. Add chicken to egg whites. Toss to coat thoroughly, then shake off excess and roll in nut mixture. Gently press nuts onto chicken parts. Place chicken parts in single layer on baking sheet. Refrigerate at least 1 hour to set coating. Pour oil into heavy saucepan to depth of 3 inches. Heat to 365°. Fry chicken until coating is brown, 1 to 2 minutes. Drain on paper towels. Repeat until all chicken has been fried.

Notes: Can use pounded chicken breasts instead of thighs. Or heck, use bone-in chicken parts – just because Steve doesn't like bones doesn't mean you can't use them. Can be frozen at step immediately before frying. Originally known as "Dynasty Drumettes."

Source: Adapted from "Favorite Recipes: Appetizers & Snacks"

Poulet Parmentier

60+ minutes

4-6 servings

4	chicken breast halves, skinned and boned	3 large	potatoes, peeled, quartered, sliced
3	shallots, chopped	2 TB	olive oil
3 cloves	garlic, peeled	2	eggs
1 TB.	thyme	¼ cup	breadcrumbs
1 TB.	scallions, chopped	dash	salt and pepper
1 TB.	fresh parsley, minced		

Directions: Boil potatoes for 30 minutes in salted water. In a food processor, combine all ingredients except the potatoes and breadcrumbs and pulse to a coarse puree. Then add the potatoes and process to a fine puree. Butter a medium-sized gratin dish or 10-inch square casserole and pour in the chicken puree. Sprinkle with breadcrumbs and bake at 400° until golden and firm, at least 20 minutes.

Notes: A.k.a. Chicken & Mashed Potato Casserole.

Source: Some anonymous Provençal cookbook

Chicken with Green Curry

25 minutes

6 servings

1 ½ cups	unsweetened coconut milk	¼ cup	fish sauce
1 ½ TB.	green curry paste	1 TB.	sugar
2 ½ lbs.	boneless chicken, sliced into 1" strips	¼ cup	mint or Oriental basil, chopped
1 cup	bamboo shoots, sliced	2	green chilies

Directions: Seed and thinly slice chili peppers on the diagonal. In a large saucepan, heat over medium heat ¼ cup of the coconut milk with the green curry paste. Stir until blended and a thin coat of oil appears on the surface. Add the chicken and continue cooking for 5 minutes, stirring constantly. Stir in remaining coconut milk and bamboo shoots, fish sauce and sugar. Cover and simmer 8 to 10 minutes, or until chicken is done. Remove cover and stir in Oriental basil leaves or mint, and the chili peppers. Cook, stirring, for 3 to 5 more minutes. Serve over rice.

Notes: Fish sauce, curry paste and Oriental basil are available at Asian markets. The Thai name of this dish is *Gang Kaeo Wan Gai*.

Source: *Thai food fan Chris Cavett, a friend of Steve's*

Moroccan Chicken-stuffed Tomatoes

90+ minutes

8 servings

1 lb.	ground chicken	2 tsp.	garlic, minced
8 large	tomatoes	1 tsp.	pepper
2 ¼ tsp.	salt	1 tsp.	ginger, ground
1 cup	onion, chopped	1 tsp.	cinnamon
1/3 cup	fresh parsley, chopped	5 TB.	butter
½ cup	rice, uncooked	2 cups	water
1/3 cup	raisins	2 TB.	lemon juice
1 TB.	fresh mint, chopped (or 1 tsp. dried mint)		

Directions: Cut tops of tomatoes and remove pulp, discarding seeds. Finely chop flesh and reserve. Sprinkle tomato shells with 1 tsp. salt and invert on paper towels. Combine chicken, reserved tomato, onion, herbs and remaining ingredients except lemon juice. Bring to a boil, reduce heat and simmer, uncovered, 25 minutes or until rice is fully cooked. Stir in lemon juice. Remove from heat and let cool. Preheat oven to 350°. Stuff tomatoes loosely with filling and place in oiled baking dish. Cover with aluminum foil pierced with 2 holes. Bake 30 minutes. Remove foil. Increase heat to 425 and bake 15 to 20 min. until filling is lightly browned.

Source: *"Perdue Chicken"*

Frickin Chickasee

45 minutes

4 servings

3-4 lbs. **chicken, boneless** 1 tsp. **salt**
½ cup **flour** dash **pepper**
4 TB. **butter**

Directions: Shake chicken pieces (boneless preferred) in paper bag containing flour, salt and pepper. Heat butter in large skillet and when it sizzles, add chicken and brown quickly on all sides. Transfer to large, shallow casserole dish. Add 2-3 TB. water to skillet, scrape out the glaze, and pour over chicken. Cover tightly and bake at 400° for 35 minutes, or until tender. For a crisper crust, remove the cover for the last 10 minutes of cooking.

Notes: To make this dish with gravy, do not add water to the skillet after removing the chicken. Instead, add 2-3 TB. flour, enough to make a paste with the remaining butter, and then some half-and-half to make a smooth, not-too-thick gravy. Simmer a few minutes, season to taste, and add a few drops of Worcestershire sauce. Serve with chicken and some kind of starch: mashed potatoes, rice, noodles, biscuits, etc.

Source: "Casserole Magic" by Lousene Rosseau Brunner, where it was originally dubbed "Fried Chicken Casserole Style"

Gumbo

60+ minutes

6-8 servings

J: ★★★★★

1 **chicken, cut up** 3 cups **hot water**
1 lb. **sausage** 1 large can **tomatoes**
1 lb. **okra (or 2 pkg. frozen)** dash **Tabasco sauce**
2 large **onions** 2 **bay leaves**
3 TB. **oil** **salt**
3 TB. **flour** **pepper**

Directions: Cut up chicken, sausage, okra and onion and brown separately (use two pans and do two at a time). Okra should not be slimy. Make a roux out of the flour and the oil and cook until brown. It should turn a deep reddish color -- wait until just after this, when it turns a deep, dark brown just before it burns. (Don't burn it!) Add other ingredients and cook 20-30 minutes. Serve over rice.

Notes: Add shrimp, crab or any other optional ingredient after 20 minutes of cooking time and then cook another 7 to 10 minutes. Add file powder if you desire.

Source:

Chicken Sauté with Orange

60 minutes

4-6 servings

2 1¼-lb. **chickens, cut into pieces** 10 **orange slices, cut thin**
3 TB. **butter** ½ cup **dry white wine**
¼ cup **shallots, finely chopped** **salt and pepper**

Directions: Sprinkle the chicken pieces with salt and pepper. Melt the butter in a skillet and add the chicken pieces, skin side down. Cook until golden, then turn over and cook until golden brown on other side. Sprinkle shallots over chicken pieces and arrange orange slices over the chicken. Cover and cook for 5 minutes. Pour off the fat from the skillet and add the wine. Cover again and cook about 15 minutes or until the chicken is tender. Serve with pan juice.

Notes:

Source: "60-Minute Gourmet"

Chicken Paprikás

75 minutes

4 servings

2 TB. **hot paprika** 4 lbs. **chicken, cut up**
2 tsp. **ground cayenne** 1 cup **chicken stock or broth**
1 large **onion, chopped** 1 cup **dry white wine**
2 TB. **oil** 1 cup **sour cream**

Directions: Sauté onion in oil until browned. Add paprika, cayenne and the chicken. Brown the chicken. Stir in stock and wine. Cover and simmer over very low heat for an hour. Stir sour cream in and heat for a few minutes.

Notes: Serve chicken and sauce over egg noodles. Use boneless chicken, like Steve would, and you won't choke to death on the bones.

Source: "The Whole Chili Pepper Book" by Dave DeWitt and Nancy Gerlach

Happy Chicken

50 minutes

6 servings

3 lbs. **chicken pieces** 4 pods **cardamom seeds**
2 TB. **butter** 5 **cloves**
3 large **onions, finely chopped** 1 **cinnamon stick**
2 cloves **garlic, minced** ½ tsp. **chili powder**
½ tsp. **ground ginger** ½ tsp. **salt**
1 tsp. **turmeric**

Directions: Melt butter in frying pan. Add boneless chicken pieces, cover and cook, shaking pan often, until browned (about 10 minutes). Turn chicken, cover and cook 5 more minutes. Lift out breast pieces, if using. Stir in onions, garlic, ginger, turmeric, crushed cardamom seeds, cloves, cinnamon and chili powder. Cover and cook over low heat for 15 minutes. Return breast pieces to pan, cover, and continue cooking, shaking often, until meat is tender and done, about 10 more minutes. Transfer chicken to warm platter and keep warm. Skim off and discard fat. Stir in salt. Thicken if necessary by boiling down, and spoon sauce over chicken.

Notes: The chicken is supposedly happy because the spices smell so good.

Source: "Sunset Light Cuisine"

Easy Chicken Pot Pie

45 minutes

6 servings

1 ¾ cups	frozen mixed vegetables, thawed	1 cup	Bisquick
1 cup	cooked chicken, chopped	½ cup	milk
1 can	condensed cream of chicken soup	1	egg

Directions: Heat oven to 400°. Mix vegetables, chicken and soup in ungreased 9" pie plate. Stir remaining ingredients with fork until well blended. Pour into plate. Bake 30 minutes or until golden brown.

Source: *Back of the Bisquick box, where else*

Oven-baked Chicken

60 minutes

5 servings

1 TB.	butter	1½ tsp.	paprika
2/3 cup	Bisquick	¼ tsp.	pepper
1½ tsp.	salt	3 lbs.	chicken, cut up

Directions: Heat oven to 425°. Melt butter in 13" x 9" x 2" baking dish. Mix Bisquick, paprika, salt and pepper and coat chicken. Place skin side down in hot dish. Bake 35 minutes, then turn chicken. Bake 15 more minutes or until juice is no longer pink when thickest pieces are cut.

Source: *Back of the Bisquick box, of course*



What should a well-stocked kitchen contain?

Steve: Fresh vegetables, dried beans and lentils, flour, sugar, eggs, milk, rice, dried pasta, canned tomatoes, yeast, baking powder, baking soda, an assortment of spices and dried herbs, an assortment of bottled sauces and condiments, cocoa, sour cream, fresh fruits in season, vegetable oil, olive oil, corn meal, etc.

Jack: Good knives, sturdy cookware (like Calphalon), stainless steel mixing bowls, wire whisks, wooden spoons, a handheld blender, a Cuisinart and a Kitchen Aid.

What advice would you give to a novice cook?

Steve: Until you know what you're doing in the kitchen, follow the recipe and don't be creative in substitutions. Yogurt is not the same as sour cream. Corn starch is not the same as flour. And 30 packets of Sweet 'n' Low are not the same as 1/4 cup of sugar.

Jack: Learn how to use knives, for boning, chopping, etc.

What are your favorite cookbooks?

Steve: I'm especially fond of period cookbooks from the mid-'50s to mid-'60s, with their Day-Glo illustrations and populuxe clip art. The recipes are the kind of food I grew up with, too -- all-American classic cooking. For more modern cookbooks, I've never gone wrong with recipes from the *Look & Cook* series, which show step-by-step how to create spectacular dishes.

Jack: *The French Chef, Julia Child & Company, Julia Child and More Company, the Joy of Cooking, Betty Crocker's Cookbook, More-with-Less Cookbook.*

MEAT & CASSEROLES

Meatloaf

70 minutes

6 servings

J: ★★★★★ S: ★★★★★

2 lbs.	ground beef	1 TB.	Worcestershire sauce
2	eggs, beaten	½ cup	salsa
½ cup	onion, chopped	1¼ cups	breadcrumbs
½ cup	bell pepper, chopped	dash	salt and pepper
¼ cup	celery, sliced thin	1+ tsp.	herbs (your choice)

Directions: Mix everything together (use your hands), form into loaf shape, and place in baking pan. Bake at 375° for 1 hour.

Notes: Best made with fatty ground beef or “meatloaf mix,” a store-prepared mixture of beef, pork and veal. You need that beef or pork fat to keep the meatloaf from being too dry. Meatloaf is a forgiving medium, so use your creativity – add chopped carrots, mushrooms or other vegetables, substitute ketchup or tomato sauce for the salsa, top the meatloaf with ketchup just before baking, layer strips of bacon on top, substitute panko crumbs for regular breadcrumbs, etc. For the herbs, we like marjoram, savory, parsley and tarragon, and a little of the “Italian” herbs: thyme, basil, oregano, rosemary, etc. Vary the number and quantity of the herbs to make your meatloaf stand out – don’t add a little bit of everything, every time. You can also line link sausages or HB eggs down the center of the loaf, so that when it is sliced, each slice has a cross-section of sausages and/or egg. For an especially festive meatloaf, prepare as usual, but just before it is done baking take it out of the oven and cover with Pillsbury crescent roll dough. Return to oven until the dough cooks and your meatloaf is “en croute,” or encased in pastry. We also like to cook it in a baking dish, not a loaf pan, which traps the fat and tends to make the loaf mushy. In a baking dish, exposed to hot air on all sides, the loaf gets more of a “roasted” flavor, and the excess fat drains into the dish.

Source: *Steve and Jack’s traditional recipe*

Swedish Meatballs

35 minutes

many servings

J: ★★★★★

1	egg, beaten	1/8 cup	bread crumbs
1 ½ TB.	onion, grated	½ cup	milk
1/8 tsp.	nutmeg	dash	pepper
¾ tsp.	salt	1 lb.	ground beef
1 ½ TB.	butter	1 TB.	brown sugar
2	chicken bouillon cubes		

Directions: Mix all ingredients and form into small (1") balls. Brown in butter, removing from pan and adding more as necessary. Into pan add brown sugar and 1 cup water into which 2 chicken bouillon cubes have been dissolved. Mix, add browned meatballs and simmer for 10-15 minutes.

Source: *Mrs. Fredricksen, a neighbor of the Garceau family*

Swiss Steak

3+ hours

6 servings

3 lb. slice	round steak	2	onions, sliced thin
	flour	1 large can	tomatoes
	salt and pepper	1 TB.	Worcestershire sauce
2 TB.	bacon fat	1 small can	tomato paste

Directions: Pound as much flour as possible into the steak, using a mallet. Sprinkle with salt and pepper and let rest in refrigerator for several hours, if possible. Heat fat to sizzling and sear both sides of steak to a dark brown. Transfer to a large casserole dish and add other ingredients. Cover tightly – use aluminum foil if necessary – and bake in 300° oven for 3 hours or until steak is very tender.

Notes: Serve with buttered noodles, rice or mashed potatoes.

Source: “Casserole Magic” by Lousene Rosseau Brunner

Smothered Steak with Onions

60 minutes

4 to 6 servings

½ cup	flour	3 large	onions, thinly sliced
1 tsp.	salt	2	bay leaves
1 tsp.	black pepper	½ tsp.	thyme
1 TB.	vegetable oil	¼ cup	beer
2 lbs.	top round, bottom round	1 cup	beef broth or stock
	or chuck steak, cut ¾-		
	inch thick		

Directions: Mix flour, salt and pepper together. Pound mixture into meat well and cut into 4 to 6 servings. Heat vegetable oil in heavy skillet. Over medium-high heat, cook steaks until brown on both sides, about 3 minutes per side. Remove the meat to a clean plate. Reduce heat to medium, add the onions and cook until limp and golden. (If the pan is dry, add a few tablespoons of water.) Lay the meat over the onions and add the bay leaves, thyme, beer and beef broth. Cover tightly, reduce heat to low, and let simmer for 40 minutes, until meat is tender. Do not let it boil. Remove the bay leaves. If the sauce is thin, remove the steaks and raise the heat; boil until the liquid thickens slightly. Serve steaks topped with onions and sauce.

Notes: Served over buttered noodles or with mashed potatoes, this is about as comforting as comfort food gets. A good way to use less-than-tender cuts of meat.

Source: Adapted from “The Great American Meal Book” by Merle Ellis



What are the most unusual foods you have ever tried?

Steve: I've eaten frog's legs, crayfish, tripe, truffles, alligator tail, pate de fois grois, goat curry, vegetarian haggis, octopus sushi, roadrunner (don't ask), shark and caviar. Of all of them, I liked the truffles, pate de fois grois and octopus sushi the best.

Jack: Gator tail, mountain goat, curried goat liver, bear, skate (love it!), sweetbreads.

Tourtiere (Canadian Meat Pie)

90+ minutes

8 servings

J: ★★★★★

1 pkg.	piecrust	½ tsp.	leaf savory
2 large	onions, finely chopped	¼ tsp.	pepper
1 clove	garlic, minced	1/8 tsp.	ground cloves
2 TB.	vegetable oil	1/8 tsp.	cinnamon
1 ½ lbs.	ground lean pork	¼ cup	parsley, chopped
2	tomatoes, peeled, seeded and chopped (or 1 8-oz. can, drained and chopped)	1/3 cup	breadcrumbs
½ tsp.	salt	¼ cup	water

Directions: Sauté onions and garlic in oil in a large skillet about 3 minutes. Add water; bring to boiling. Cook, stirring often, until water has evaporated and onions are tender. Add pork; cook, breaking up with a spoon, until no pink remains. Stir in tomatoes, salt, savory, pepper, cloves, cinnamon, parsley and water. Lower heat to medium; cook mixture, stirring often; until it is almost dry. Remove from heat; stir in 1/4 cup of the breadcrumbs; let stand for 10 minutes. Add remaining crumbs if mixture is still moist. (Makes about 6 cups filling.) Prepare piecrust mix following label instructions for a 2-crust pie. Line a 9-inch pie plate with half the rolled-out pastry. Spoon filling into pastry-lined pie plate. Roll out remaining pastry; cut vents for steam to escape. Top pie; flute edge. Bake in preheated 450° oven for 10 minutes. Lower to 350°. Bake an additional 40 minutes or until pastry is golden brown. Cool slightly.

Notes: A French-Canadian holiday favorite.

Source: Garceau family traditional recipe

Stuffed Cabbage

4 hours

many servings

J: ★★★★★

1 large	cabbage	2 8-oz. cans	tomato sauce
1 lb.	ground chuck	2	lemons, juice of
½ cup	uncooked rice	1 tsp.	salt
1 small	onion, grated	½ to 1 cup	brown sugar
2	eggs	½ tsp.	pepper
1 large	onion, sliced		

Directions: Soften cabbage leaves. Combine meat, rice, grated onion, eggs, 1 tsp. salt, ¼ tsp. pepper. Place mound on each cabbage leaf and fold and roll. Heat oven to 375°. In Dutch oven place some of the cabbage leaves, then layer the stuffed cabbage and sliced onion. Pour on tomato sauce, tomatoes, lemon juice. Add 1 tsp. salt, ¼ tsp. pepper and bring to boil on stove. Sprinkle with brown sugar, cover. Bake in oven 1 hour, then uncover and bake 2 hours.

Notes: The Garceau family always called these galumkes, the Polish name for stuffed cabbage.

Source: Garceau family recipe

Chicken-Fried Steak with Milk Gravy

30+ minutes

4 servings

4 5-oz. **cube steaks** 1-2 cups **vegetable oil or bacon fat**
3 **eggs, beaten** 1½ cups **milk**
1 cup **flour** dash **salt**
2 TB. **coarse black pepper**

Directions: Dip steaks in eggs. Mix flour with 1 tsp. of the pepper, then dredge each steak thoroughly in mixture. Return steak to eggs, then to flour again. Reserve leftover flour. Heat oil in heavy skillet until very hot, about 375°, with about ½" oil in skillet. Put steaks in hot fat and cook 6-8 minutes, until golden brown on bottom. Turn and cook other side 3-4 minutes. Remove steaks and drain on paper towels. To make gravy, pour off all but 2 TB. of fat in skillet. Return to heat and sprinkle 2 TB. of leftover flour over hot fat, stirring constantly for a full minute, scraping up browned bits from bottom of pan. Add milk, a little at a time. Continue cooking until gravy is thick. Add salt and lots of pepper. Serve steaks covered with gravy.

Source: "Real American Food" by Jane and Michael Stern

Puerto Rican Chicken-Fried Steak

? minutes

? servings

2 lbs. **loin or fillet of beef** 2 tsp. **olive oil**
1 tsp. **coarse pepper** 1 tsp. **vinegar**
2 cloves **garlic, minced** 4 **eggs**
1 tsp. **oregano** 2 cups **bread or cracker crumbs**
2½ tsp. **salt** **vegetable oil for deep frying**

Directions: Cut trimmed meat into slices ¼" thick. Pound with mallet until very thin. Mix pepper, garlic, oregano, 2 tsp. of the salt, olive oil and vinegar, and rub into the meat. Beat eggs lightly with ½ tsp. salt. Dip meat in eggs and drain rapidly. Coat with crumbs and firmly pound with palms of hand. Dip again in eggs and drain rapidly. Coat with crumbs and pound again. Chill 20 minutes. Deep fry in oil at 375° until golden brown. Drain on paper towels.

Notes: Originally called Breaded Beefsteak, but we really wanted to have more chicken-fried steak in this cookbook . . . we love it so.

Source: Adapted from "Puerto Rican Cookery" by Carmen Aboy Vallejuli, which was given to us as a Christmas gift by our friends Martin Rodriguez-Ema and Roger King, both of Manhattan

Hamburger and Corn

20 minutes

4-6 servings

J: ★★★★★

2 lbs. **ground chuck** 2 cans **corn, whole-kernel**
2 small **onions, chopped fine**

Directions: Brown ground beef and onion in skillet until no pink remains. Add corn and cook until hot. Serve on mashed potatoes, with ketchup if desired.

Source: Jack's parents made this every so often. Simple and cheap, but good.

Toad-in-the-Hole

45 minutes

4 servings

S: ★★★★★

1 lb.	pork sausage links	1 cup	flour
2 TB.	bacon drippings	pinch	salt
1 cup	milk	1	egg

Directions: Prick the sausages with a fork. Put the bacon drippings in a roasting pan and add the sausages. Bake in the oven at 425° for 10 minutes or until the fat is hot. Meanwhile, make the batter. Mix the milk and ¼ cup water together in a bowl. In another bowl, mix the flour and salt. Make a well in the center and break in the egg. Mix the flour and egg gradually together, then add the milk and water, a little at a time, and beat until mixture is smooth. Pour the batter over the sausages in the pan. Bake for 30 minutes or until the batter is golden brown and risen. Do not open the door during the first 20 minutes of baking or the batter might sink.

Notes: For an alternate version of the batter, use 1 cup flour, 2 eggs and 1¼ cups milk. Both versions are basically popovers with sausage.

Source: "365 Main Course Dishes," a decidedly odd British cookbook

Thai Pork with Lime, Eggplant & Mint

30 minutes

6 servings

S: ★★★★★

5	Japanese eggplants	½ cup	lime juice
½ cup + 2 TB.	fish sauce	4 cloves	garlic, minced
4 TB.	olive oil	dash	salt and pepper
1-2 tsp.	hot sauce (opt.)	1 bunch	mint, chopped
3 large	shallots, sliced thin	1 bunch	cilantro, chopped
2 lbs.	ground pork	½ cup	peanuts, roasted

Directions: Cut eggplants on diagonal into ½" slices. Preheat oven to 400°. Toss sliced eggplant with 2 TB. each of fish sauce and olive oil and then hot sauce, if desired. Lay slices on a cookie sheet and roast until tender, about 10 minutes. Slice each piece in half lengthwise and set aside. Heat 2 TB. olive oil in skillet. When hot, add shallots. Turn down heat to medium and cook 2 minutes. Add pork and sauté until cooked throughout, about 10 minutes. Add garlic, ½ cup fish sauce and the lime juice and cook about 3 minutes more, breaking up any big pieces of pork. Season with salt and pepper. Add eggplant and fresh herbs to mixture. Right before serving, toss with coarsely chopped roasted peanuts.

Notes: Serve alongside rice noodles or rice, or in lettuce cups.

Source: *The San Francisco Chronicle*



What foods have you never tried?

Steve: Sweetbreads, brains, chitlins, durian, terrapin, horned melon, blood pudding, haggis, pigs' feet.

Jack: Brains, rattlesnake, ostrich.

Anything Croquettes

3 hours

4 servings

2 TB.	butter	1 tsp.	spices or herbs
3 TB.	flour	2	eggs, beaten
¼ cups	milk, heated to boiling	2 cups	breadcrumbs
2 cups	chopped, cooked “anything”		oil for deep-frying
dash	salt and pepper		

Directions: Melt butter in saucepan. Add flour and stir. Cook a few minutes. Add milk slowly, stirring to eliminate lumps. Cook a few minutes, then pour into mixing bowl to cool. Add chopped anything, stirring to distribute evenly. Add salt and pepper and spices or herbs and mix well. Refrigerate for 2 hours. Form mixture with hands into shapes: corks, cones, patties, whatever. (Two cups of filling should make 8 croquettes.) Dip croquettes in beaten egg to coat, then dip in breadcrumbs to cover all surfaces. Let dry on wax paper for 30 minutes, then fry in 360° oil until brown.

Notes: “Anything” could be chicken, fish, ham, pork, beef, canned tuna, onions, braised celery, green beans, mushrooms, etc. – anything cooked and chopped. “Spices or herbs” are ones appropriate to the “anything” – rosemary with chicken or pork, thyme with mushrooms, etc.

Source: *“The Bad For You Cookbook” by Chris Maynard and Bill Scheller*

Cheeseburger Strata

55 minutes

6 servings

S: ★★★★★

12 slices	bread	2 ribs	celery, thinly sliced
10 slices	cheese (or 2 cups)	4	eggs, beaten
1 lb.	ground beef	½ tsp.	pepper
½ lb.	mushrooms	¾ tsp.	salt
1	onion, diced	2 2/3 cups	milk
½	bell pepper, diced	¼ tsp.	dry mustard

Directions: Brown ground beef, drain off most excess fat. Remove meat. In remaining fat, sauté onion, pepper, celery and mushrooms. Mix with beef and season with salt and pepper. Preheat oven to 350°. Butter the bread. Arrange in casserole dish, layering with cheese and meat mixture. Top with remaining bread and more cheese. Beat other ingredients together and pour over bread and cheese. Bake 45 minutes or until puffed and golden.

Notes: For a richer strata, add another egg and use heavy cream instead of milk. For a sharper strata, replace 1 cup of milk with beer. Better than the Bisquit Impossible Cheeseburger Pie.

Source: *Adaptation of a recipe from the “More-With-Less Cookbook”*



What are your least favorite foods?

Steve: Meats that contain tiny bones (I don't want to choke and die!), most organ meats, summer squash, stewed zucchini, spaghetti squash, fishy-tasting fish, grapefruit. Carrot-and-raisin salad also leaves me cold, as do peanut butter cookies.

Jack: Canned peas, stewed tomatoes, badly cooked calamari, anything with squid ink for that matter, blood pudding.

Tamale Pie

70 minutes

4-6 servings

1½ lbs.	ground beef	½ tsp.	oregano
1 cup	corn, fresh or frozen	½ tsp.	chili powder
¼ cup	cornmeal	½ tsp.	cumin
1 16-oz. can	tomato sauce	½ tsp.	salt
2	scallions, chopped		

Crust:

3 TB.	cornmeal	5 TB.	butter, cut in small pieces
1 scant cup	flour	4 TB.	cold water

Topping:

¼ cup	milk	1 cup	Cheddar, grated
1	egg	1 cup	sour cream
1½ cups	Monterey Jack cheese, grated		

Directions: Brown beef in skillet and drain off fat. Add the corn, cornmeal, tomato sauce, scallions, oregano, chili powder, cumin and salt and stir until mixed. To make the crust, combine cornmeal with flour in mixing bowl. Work in butter with fingers until mixture resembles coarse breadcrumbs. Add water a little at a time until dough holds together. Lightly flour a work surface and roll dough out to 14" round. Heat oven to 425°. Line a 9-inch deep dish pie pan with rolled dough. Fill with meat mixture and bake for 30 minutes. While pie is baking, combine, milk, egg and grated cheese in a bowl. Spread mixture evenly over baked pie and return to oven for 8 minutes or until cheese has melted. Let pie stand for 10 minutes so cheese can set, then serve immediately with sour cream on top.

Source: "Good Old Food" by Irene Chalmers

Taco Pie

60 minutes

6 servings

1	pie crust shell	8 oz.	taco sauce
1 lb.	ground beef	2 cups	cheddar cheese, shredded
1 medium	onion, chopped	12	tortilla chips, crushed
1 pkg.	taco seasoning mix		shredded lettuce
1 can	refried beans	1	tomato, chopped

Directions: Preheat oven and cookie sheet to 400°. Thaw pie crust 10 minutes. Prick bottom and sides of pie crust with fork. Bake pie shell on cookie sheet for 10 minutes. Remove from oven and reduce temperature to 350 degrees. In skillet, cook ground beef and onion until beef is browned; drain excess fat. Add taco seasoning to meat mixture according to package instructions. In a small mixing bowl, combine refried beans and 1/3 of the taco sauce; mix well. Layer half of refried beans mixture in bottom of pie crust. Top with half of seasoned meat, 1 cup cheese and chips. Repeat layer, excluding chips. Bake on preheated cookie sheet 20-25 minutes. Remove from oven. Top with lettuce, tomato and additional taco sauce to taste.

Iranian Eggplant & Ground Beef

60 minutes

4 servings

J: ★★★★★

1 large	eggplant	½ tsp. ea.	pepper, nutmeg, cinnamon
½ cup	shortening	2 tsp.	salt
1 large	onion, sliced	2 large	tomatoes
1 lb.	ground beef	dash	paprika
2 cloves	garlic		

Directions: Quarter eggplant lengthwise and then into ½" pieces. Wash and sprinkle with salt. Leave for 20 minutes as bitter juices extrude. Wash and dry. Sauté until golden brown. Degrease on paper towel. Sauté onions, remove and brown meat. Season meat. Put everything in casserole, top with onions. Bake at 300° for 20 minutes. Serve over rice topped with plain yogurt.

Source: *John Arpee, a former roommate of Jack's*

Beef Stroganoff

30 minutes

6 servings

S: ★★★★★

2 lbs.	beef, cut in ½" slices	2 cups	sour cream
4 TB.	butter	dash	salt
1 small	onion, minced	dash	nutmeg
½ lb.	mushrooms, sliced	1/3 cup	white wine

Directions: Flatten beef (top round is recommended) with a mallet and slice into strips. Melt half of butter in heavy skillet and sauté onion until golden. Put meat in skillet and brown over high heat for 5 minutes. Salt lightly. Pour into medium casserole and leave on low heat. Melt remaining butter in skillet and sauté mushrooms lightly. Season with salt and nutmeg and add to beef. Stir in sour cream, heat (but don't boil) and serve over buttered noodles or rice.

Notes: The cheap 'n' easy way to make a stroganoff sauce is to use cream of mushroom soup.

Source: *"Casserole Magic" by Lousene Rosseau Brunner*

Sausage-Sweet Potato Bake

60 minutes

4-6 servings

J: ★★★★★

1 lb.	bulk sausage	1 TB.	flour
2	sweet potatoes, peeled, sliced	¼ tsp.	cinnamon
3	apples, peeled, sliced	¼ tsp.	salt
2 TB.	sugar	½ cup	water

Directions: Brown sausage in skillet. Break up large pieces and drain off excess fat. Arrange sausage, potato and apple in 2-qt. casserole. Combine remaining ingredients and pour over. Cover and bake at 375° for 50-60 minutes, or until potatoes and apples are tender.

Notes: Jack made this autumnal dish the second time Steve met him, so it will always have a nostalgic connection.

Source: *"More-With-Less Cookbook," put out by the notoriously thrifty Mennonites*

Cincinnati Chili (1)

60+ minutes

6 servings

1 ½ lbs.	ground beef	1 dash	ground clove
2 cups	onions, chopped	5 ¾ cups	V8 vegetable juice
2 lg. cloves	garlic, minced	2 cans (16 oz. ea.)	kidney beans, undrained
2 tsp.	chili powder		hot cooked spaghetti
¼ tsp.	cinnamon		cheddar cheese, shredded

Directions: In a 6-qt. Dutch oven, brown beef and cook onion with garlic until onion is tender, stirring occasionally to separate meat. Spoon off fat. Add chili powder, cinnamon and clove; cook 2 minutes. Add V8 juice; heat to boiling. Reduce heat to low. Cover and simmer 30 minutes. Add beans; simmer covered 15 minutes more, stirring occasionally. Serve over hot cooked spaghetti. Sprinkle with cheese.

Notes: Don't know how we picked up two recipes for Cincinnati Chili, but there you go. One of these recipes was on a postcard we picked up on a visit in 1995 to Jack's friends Bert and Barbara Baker.

Cincinnati Chili (2)

5+ hours

6 servings

1 ½ lbs.	lean ground beef	1 small	onion, chopped
1 (29-oz.) can	tomato sauce	1 (14 ½-oz.) can	peeled whole tomatoes
½ tsp.	cinnamon	½ tsp.	allspice
1 tsp.	salt	½ tsp.	pepper
1 ½ TB.	chili powder	1 TB.	white vinegar
1 clove	garlic		hot cooked spaghetti
3	bay leaves		cheddar cheese, shredded

Directions: Brown meat. Cook onions with meat. Drain grease. Place meat and onions in large pan or crock pot. Add rest of ingredients. Cook slowly 4-5 hours, covered. Remove bay leaves and garlic before serving. Serve on a bed of spaghetti and top with grated cheddar cheese.



What is the best thing you ever made in the kitchen?

Steve: A few days after seeing the movie *Big Night*, I made the centerpiece course, *timpano*, a spectacular and elaborate bread drum stuffed with pasta, sausage, mushrooms, hardboiled eggs, tomatoes, etc. Jack was surprised when he got home from work, let me tell you.

Jack: My friend Marilyn's wedding cake, or Christmas dinner 1995 with prime rib, potatoes *Jackie*, Yorkshire pudding, and Brussels sprouts with walnuts and a warm vinaigrette.

Ground Pork with Ginger (Nam Sod)

15 minutes

4 servings

2 lbs.	ground pork	1 medium	onion, thinly sliced
½ cup	fresh ginger, julienned	3 stems	cilantro (coriander) with roots, chopped
¾ cup	lemon juice	2 tsp.	crushed red pepper
½ cup	fish sauce	½ cup	unsalted peanuts

Directions: In a wok or large frying pan, fry the ground pork with the ginger over medium heat for 5 minutes. Add the lemon juice and fish sauce and continue cooking for another 5 or so minutes, until the pork is no longer pink. Add the sliced onion, cilantro and crushed red pepper. Reduce the heat and simmer for another 3 minutes, stirring to mix well. Add peanuts, stir briefly, and serve.

Notes: Eat as an appetizer or serve over white rice.

Source: *Steve's friend Chris Cavett, who loves Thai food*

Boeuf Bourguignon

2+ hours

10 servings

½ lb.	salt pork	5 TB.	flour
4 lbs.	lean chuck or brisket, boneless	2 whole	cloves
dash	salt and pepper	2 whole	allspice
1 TB.	garlic, chopped	1	bay leaf
24	pearl onions, peeled	½ tsp.	thyme
1 lb.	button mushrooms	4 sprigs	parsley
5 cups	dry red wine		

Directions: Cut salt pork in ¼" cubes and blanch in water. Cut chuck or brisket into 1½" cubes. Cook salt pork in heavy skillet over medium heat until crisp. Remove and set aside. Leave fat in skillet. Add beef, sprinkle with salt and pepper and brown over high heat, stirring often, about 10 minutes. Add onions, garlic and mushrooms, stirring often. Sprinkle with the flour. Add wine and stir. Add salt pork, cloves, allspice, bay leaf, thyme, parsley and more salt and pepper. Bring to a boil. Cover and simmer for 1½ hours or until meat is tender. Remove bay leaf, parsley and any obvious fat.

Source: *"Cuisine Rapide" by Pierre Franey*



What is the worst thing you ever made in the kitchen?

Steve: A peach pie, using home-canned peaches given to us by neighbors in Cohoes. I didn't realize the peaches were unsweetened, and I didn't taste as I went . . . Jack likes to use a Yoda voice to say, "A Jedi chef not you are ... remember your failure ... with the piiiiee."

Jack: "Very Cheesy Casserole" from the Moosewood Cookbook. Tasted exactly like cardboard. Tasted so bad my roommates refused to eat it (they ordered pizza instead), I refused to throw it out because I made so much of it, and it sat in the freezer for six months before finally being tossed.

Mozzarella Pie

1 hour

6-8 servings

3 lbs. potatoes	3 eggs
5 oz. salami, diced	¾ tsp. pepper
12 oz. mozzarella, shredded	1 medium red onion, diced
6+ TB. butter	½ cup breadcrumbs
8 oz. ricotta	¼ cup Parmesan cheese

Directions: Peel and quarter potatoes and boil in water to cover until tender. Drain well and return to low heat to evaporate excess water. Mash but do not whip. Add salami and mozzarella and stir until cheese melts. Add 4 TB. of the butter and stir until melted. Stir in ricotta, then add eggs, one at a time, stirring until well blended. Add black pepper and onion and mix well. Butter large baking dish and coat sides and bottom with breadcrumbs. Shake out excess. Add potato mixture, sprinkle with Parmesan, dot with remaining 2 TB. butter. Bake in preheated 350° oven 30 minutes or until nicely browned. Let stand 10 minutes before serving.

Source: *"The Bad For You Cookbook"* by Chris Maynard and Bill Scheller

Brew Stew

2 hours

8 servings

1 lb. beef boneless chuck or round	1/8 tsp. basil
1 lb. pork shoulder	6 carrots
3 TB. vegetable oil	3 potatoes
1 can beer	1 med. onion, sliced
1 can beef broth	½ cup cold water
1½ tsp. salt	¼ cup flour
½ tsp. garlic salt	¾ cup walnut halves
1/8 tsp. marjoram	1 TB. butter, melted
1/8 tsp. thyme	

Directions: Heat oven to 325°. Cut beef and pork into 1" pieces. Cut carrots and potatoes into 1" pieces. Cook beef and pork in oil over medium heat, stirring frequently, until beef is brown, about 10 minutes. Drain off fat. Add beer, broth, salt, garlic salt, marjoram, thyme and basil. Heat to boiling. Add carrots, potatoes and onion. Cover and bake until beef is tender and pork is done, about 1½ hours. Shake cold water and flour in tightly covered container; gradually stir into stew. Cover and cook 10 minutes. Stir walnut halves in butter; garnish stew with walnuts.

Notes: Originally called "Beer Stew."

Source: *"Betty Crocker's Hearty Meat & Potatoes"*



What is your favorite fast food?

Steve: Little hot dogs and curly fries from Hot Dog Charlie's, a chain in upstate N.Y.

Jack: Popeye's Fried Chicken.

Beefy Eggplant Casserole

45 minutes

6 servings

2 lbs.	ground beef, lean	2 TB.	parsley
1 med.	eggplant, sliced	pinch	nutmeg
3 TB.	olive oil	½ tsp.	marjoram
2 TB.	onion, grated	pinch	salt and pepper
1 clove	garlic, mashed	1 cup	tomato sauce

Directions: Salt eggplant to extrude bitter juices, then dry with paper towel. Mix meat with onion, garlic, parsley, salt and pepper to taste, nutmeg and marjoram. Brown eggplant slices in olive oil. Grease a medium casserole dish and arrange alternating layers of meat and eggplant, adding a little tomato sauce to each eggplant layer. Pour remaining sauce over top. Bake at 375° for 35 minutes.

Notes: We sure do like eggplant, don't we. Don't knock it if you haven't tried it.

Source: "Casserole Magic" by Lousene Rosseau Brunner

Meat and Spinach Loaf

2+ hours

6-8 servings

J: ★★★★★

1 lb.	fresh spinach (or 1 10-oz. package)	½ cup	parsley, loosely packed
1 ¼ lb.	ground beef, veal, pork or combination	¼ cup	milk
½ cup	fresh bread crumbs	1 clove	garlic, finely minced
	salt	1 TB.	butter
1 ½ tsp.	pepper, fresh	½ cup	onion, finely chopped
¼ tsp.	nutmeg, grated	2	eggs, lightly beaten
½ cup	celery, coarsely chopped	3 slices	bacon

Directions: Preheat oven to 350°. If spinach is bulk, pick over to remove tough stems. Rinse spinach well in cold water, drain, place in covered saucepan. Cook about 2 min., stirring once or twice. Drain, douse with cold water, drain and press with hands to extract moisture. Chop well. Put meat in mixing bowl. Add chopped spinach, breadcrumbs, salt to taste, pepper and nutmeg. Put celery, parsley and milk in blender container. Blend well; add to meat mixture. Add garlic. Heat butter in small skillet, add onion. Cook until wilted; add to meat mixture. Add eggs and blend well with hands. Shape and fit into baking pan or put in loaf pan. Cover with bacon; bake 1¼ to 1½ hours. Pour off fat and let stand 20 minutes before slicing.

Notes: Serve if desired with tomato sauce.

Source: Jack's original recipe



What is your least favorite fast food?

Steve: Prepackaged sandwiches from places not known for food, like 7-11.

Jack: Yo no quiero Taco Bell.

Black-Eyed Pea Casserole

45 minutes

4-6 servings

1 lb.	ground beef	½ tsp.	salt
1 ½ cups	onion, chopped	¼ tsp.	pepper
1 cup	bell pepper, chopped	1 can (14 oz.)	whole tomatoes, undrained
2 cans (16 oz. ea.)	black-eyed peas, drained		

Directions: Coarsely chop tomatoes. In a large skillet, cook the ground beef, onion and green pepper over medium heat until the beef is browned, stirring to crumble the meat. Drain off excess liquid. Add the remaining ingredients; bring to a boil, reduce heat, and simmer for 30 minutes, stirring often.

Notes: Can serve over rice. You can add other seasonings: basil, oregano, chili powder, hot pepper sauce, Cajun seasoning, etc.

Source: "Mr. Food"

World Championship Chili

3+ hours

servings

6	dried chili pepper pods (or 3 oz. ground chili pepper)	1 TB.	dried oregano, brewed in ½ cup beer (like tea)
3 lbs.	round steak, coarsely ground	2 TB.	paprika
3 lbs.	chuck steak, coarsely ground	2 TB.	cider vinegar
1 cup	vegetable oil	3 cups	beef broth
	pepper, to taste	4-oz. can	diced green chiles
3 oz.	chili powder	7 oz.	stewed tomatoes
6 TB.	ground cumin	1 tsp.	Tabasco sauce
6 cloves	garlic, minced	2 TB.	masa flour
2	onions, chopped		

Directions: Remove stems and seeds from chili pepper pods, if used. Add pepper pods to boiling water and cook at low boil for 30 minutes. Drain. Save both water and pepper pods. Brown meat in vegetable oil. Add black pepper to taste. Drain meat and add chili powder, cumin, garlic and chopped onions. Cook 30 to 45 minutes. Use as little liquid as possible, adding small amounts of water only as necessary. Stir often. Remove skins from pepper pods, mash pulp, and add to meat mixture (or add ground chili pepper). Add strained oregano and beer mixture, paprika, vinegar, 2 cups beef broth, green chili, stewed tomatoes, and Tabasco sauce to meat mixture. Simmer 30 to 45 minutes, stirring often. Dissolve masa flour in remaining beef broth; pour into chili. Simmer 30 minutes. Stir often.

Notes: Masa flour is available in stores stocking Mexican groceries.

Source: Adapted from a recipe by someone named Charley Stewart, whoever that is

Chili Pasta Bake

45 minutes

6 servings

S: ★★★★★

1 lb.	ground beef	1 TB.	chili powder
1 lb.	pasta (penne), cooked	1 tsp.	cumin
1 med.	onion, chopped	1 tsp.	red pepper flakes
1 can	kidney beans, drained	½ tsp.	oregano
1 cup	corn, whole kernel	dash	salt and pepper
½ cup	black olives, chopped	6 slices	cheese

Directions: Brown ground beef with onion. Drain off any excess fat. Add beans, corn, olives and spices. Mix with cooked pasta and place in buttered or oiled baking dish. Top with cheese slices. Bake at 375° for 25 minutes.

Notes: As Jack and Steve were eating this for the first time, Jack mentioned what a good idea it would be to open an all-casserole restaurant. Maybe call it "Casserola."

Source: *Steve's own recipe*

'Impossible' Cheeseburger Pie

40 minutes

6 servings

1 lb.	ground beef	½ cup	Bisquick
1 cup	onion, chopped	1 cup	milk
½ tsp.	salt	2	eggs
1 cup	cheddar cheese, shredded		

Directions: Heat oven to 400°. Grease 9" pie plate. Cook ground beef and onion until beef is brown; drain. Stir in salt. Spread in pie plate; sprinkle with cheese. Stir remaining ingredients with fork until blended. Pour in pie plate. Bake 25 minutes.

Source: *Back of the Bisquick box, where'd ya think*

Sloppy Joe Bake

35 minutes

8 servings

1 lb.	ground beef	2 tsp.	mustard
1 cup	onion, chopped	1 ½ cups	Bisquick
1 (15-oz.) can	tomato sauce	1 cup	milk
½ cup	ketchup	2	eggs
½ cup	brown sugar, packed	2 TB.	sesame seeds

Directions: Heat oven to 400°. Cook ground beef and onion until beef is browned; drain. Stir in tomato sauce, ketchup, brown sugar and mustard. Heat to boiling, then spoon into ungreased 13" x 9" x 2" pan. Stir baking mix, milk and eggs with fork until blended. Pour over beef mixture. Sprinkle with (optional) sesame seeds. Bake 25 minutes until light golden brown.

Source: *Back of the Bisquick box, none other*

SEAFOOD

Scalloped Oysters

45 minutes

4 servings

J: ★★★★★

1 ½ pints	oysters, fresh or canned, drained	4 cups	saltine crackers, crushed (two “sleeves”)
1 pint	half and half	1½ sticks	butter
¼ tsp.	pepper	3 tsp.	celery seed

Directions: Combine all ingredients; place in a buttered 8” x 8” baking pan or casserole. Bake at 350° for 30-40 minutes or until browned.

Source: *Garceau family recipe*

Carl’s Cool Crab Salad

10 minutes

2 servings

1 can	lump crab meat	2 TB.	yogurt, plain
1/3 lb.	surimi (“mock crab”)	4 TB.	mayonnaise
2 stalks	celery, chopped	dash	Louisiana hot sauce
1 bunch	broccoli florets, chopped	2 TB.	horseradish

Directions: Finely chop mock crab. Mix everything together.

Notes: Serve cold on lettuce leaf or sprouts with melba toast or whole wheat crackers.

Source: *Steve’s dad, Carl Freitag, who calls it “Karl’s Kool Krab Salad”*

Salmonburgers

20 minutes

4 servings

J: ★★★★★

1 can (15 oz.)	salmon	2 TB.	lemon juice
¾ cup	uncooked quick oats	1 TB.	Worcestershire sauce
½ cup	onion, chopped	2 TB.	vegetable oil
1	egg, slightly beaten	4	hamburger buns
2 TB.	fresh parsley, minced		lettuce and tomato

Directions: Drain and flake salmon. Combine salmon, oats, onion, egg, parsley, lemon juice and Worcestershire sauce; mix well. Shape mixture into four patties. Pan-fry on both sides in hot oil until golden brown. Serve salmon patties in buns with lettuce and tomato.

Source: *Heinz*

Scallops Amandine

15 minutes

4 servings

¾ lb.	scallops	3 TB.	almonds, slivered
1/3 cup	flour	1 TB.	lemon juice
¼ tsp.	salt	1 TB.	parsley, chopped
¼ cup	butter		

Directions: Cut large scallops in thick slices. Coat with flour and salt. In skillet cook scallops in 2 TB. of butter until golden, about 5 minutes. Remove to warm serving platter. Melt remaining butter; add almonds and toast until golden. Stir in lemon juice and parsley; pour over scallops.

Source: "Better Homes and Gardens Easy Skillet Meals"

Tuna Casserole

40 minutes

6-8 servings

J: ★★★★★ S: ★★★★★

16 oz.	pasta	1 cup	peas, frozen
2 cans	cream of mushroom soup	6 slices	American cheese
2 cans	tuna	1 tsp.	pepper
1 can	mushroom pieces		

Directions: Cook and drain pasta (preferably penne, farfalle, egg noodles or shells). Mix with drained tuna, soup, mushrooms, peas and pepper. Place in buttered casserole dish. Top with cheese. Bake at 350° for 25 minutes or until cheese melts.

Notes: Can also add some finely chopped celery and/or onion. Use crushed potato chips for a thoroughly TV-dinner "crunchy topping."

Source: Traditional Garceau/Freitag recipe

Scallops with Pasta

60 minutes

4 servings

1 lb.	bay scallops	½ cup	vegetable oil
¼ cup	milk	½ lb.	spinach pasta
3 cups	tomatoes, canned	3 TB.	butter
1	bay leaf	1 TB.	garlic, minced
dash	salt and pepper	2 TB.	parsley, chopped
¼ cup	flour		

Directions: Partially drain canned tomatoes. If using fresh tomatoes (1½ lbs.), peel and cut into cubes. Heat tomatoes in skillet. Place a sieve in mixing bowl and pour tomatoes through. Return juice to pan and cook until reduced by half. Add tomato pulp, bay leaf, salt and pepper. Set aside. Drain scallops; toss in flour. Heat oil in large skillet. When hot, add scallops and cook over high heat, shaking skillet so they brown evenly. As scallops brown, transfer them to a dish using a slotted spoon. Meanwhile, cook pasta and drain. When scallops are done, add them to tomato sauce. Heat butter in skillet. Add garlic and cook briefly. Combine noodles, scallops, tomato sauce and garlic butter. Toss well and sprinkle with parsley.

Source: 60-Minute Gourmet

VEGETABLES

Baked Beans

5+ hours

4-6 servings

J: ★★★★★

1 lb. **great northern beans** 1 small **onion, chopped**
½ lb. **salt pork or bacon** 6 TB. **sugar**
1 tsp. **salt** **brown sugar**

Directions: Pick over beans, rinse, cover to 3" over top with cool water, let soak overnight (or 5-6 hours). Drain, cover with 1" water. Add onion, salt pork if using, and bring to a boil. Boil gently 1-2 hours until cooked but still whole, stirring occasionally and adding water as needed. Drain; reserve liquid. Place half of beans in baking pot, add bacon if using, then remaining beans. To reserved liquid add sugar and salt, stir until dissolved. Pour over beans to cover, and sprinkle with brown sugar. Bake at 300° at least 3-5 hours, adding more liquid as needed to prevent beans from drying out.

Source: *Garceau family traditional secret recipe*

Scalloped Corn

60+ minutes

4 servings

J: ★★★★★

2 **eggs** 2-3 TB. **butter, cut in pieces**
1 (17 oz.) can **cream-style corn** 1 TB. **sugar**
2/3 cup **milk** ¼ tsp. **salt**
½ cup **saltines, crushed** dash **pepper**

Directions: Beat eggs until frothy. Stir in remaining ingredients and mix well. Turn into greased 1-qt. round casserole (2½ qt. for double recipe). Bake in preheated 350° oven for 55-60 minutes, or until knife inserted in center comes out clean.

Source: *Jack's mom, Martha Garceau*

Fried Okra

15 minutes

4-6 servings

1 lb. **okra, cut in rounds** dash **salt and pepper**
1 cup **corn meal** 1/3 cup **vegetable oil**

Directions: Salt and pepper okra, then shake in bag with cornmeal until covered. Heat skillet and add 1/3 cup of oil. Put in okra and fry until golden brown, about 12 minutes. Remove from oil and drain on paper towels.

Notes: Aside from gumbo, one of the few ways to make okra delicious. Steve's mom used to grow it when he was a kid. Don't have too much loose corn meal in the pan, as it soaks up all the oil.

Source: *Adapted from "White Trash Cooking" by Ernest Matthew Mickler*

Vegetable-Ricotta Pie

65 minutes

6 servings

S: ★★★★★

2 TB.	vegetable oil	3	eggs
1 cup	carrots, shredded	15 oz.	ricotta cheese
1 cup	mushrooms, sliced	¼ tsp.	salt
½ cup	onion, chopped	¼ tsp.	nutmeg
2 cloves	garlic, minced	1 9"	pie shell, unbaked
¾ cup	frozen spinach, chopped		

Directions: Preheat oven to 425°. Thaw and drain frozen spinach. In medium skillet, heat oil over medium heat. In hot oil, sauté carrots, mushrooms, onion and garlic 3 to 5 minutes, until tender-crisp. Stir in spinach and cook 1 minute longer; remove from heat. In bowl, beat eggs. Stir in ricotta, salt and nutmeg until blended. Stir in vegetables; mix well. Pour mixture into pie shell. Bake 10 minutes. Reduce temperature to 375° and bake 35 minutes or until filling is set and crust is golden.

Notes:

Source: "Casseroles, Stews, Soups and More"

Harvard Beets

45 minutes

2-4 servings

J: ★★★★★

3 cups	beets, cooked or canned, diced	½ cup	mild cider vinegar or white wine
½ cup	sugar	2	cloves
1 TB.	cornstarch	½ tsp.	salt
2 TB.	butter	1 TB.	orange marmalade

Directions: Cook sugar, cornstarch, vinegar, cloves and salt in double boiler until clear. Add beets and cook over hot water for 30 minutes. Just before serving, stir in butter and orange marmalade.

Notes:

Source: "The Joy of Cooking" (second edition)

Green Bean Bake

35 minutes

6 servings

J: ★★★★★

1 can	cream of mushroom soup	1 can	water chestnuts, sliced
¼ cup	milk	1 can	fried onion rings
3 cans	French-sliced green beans, drained		

Directions: Preheat oven to 350°. Mix together all the ingredients and place in an 8-cup casserole dish, reserving some onion rings for a topping. Bake at 30 minutes.

Notes: The quintessential church potluck dish.

Source: Adapted from a comfort food cookbook we gave Steve's brother and sister-in-law for Christmas. Jack liked the book so much we had to track down another copy for ourselves.

Eggplant Parmesan

75+ minutes

4-6 servings

S: ★★★★★

2	eggplants	2 tsp.	oregano
3	eggs, beaten	½ lb.	mozzarella, sliced
2 cup	breadcrumbs	3 (8-oz.) cans	tomato sauce
¾ cup	vegetable oil		salt
½ cup	Parmesan, grated		butter

Directions: Slice eggplant into ¼" slices and sprinkle with salt. Let sit for 30 minutes while bitter juices drain out. Pat dry with paper towel. Preheat oven to 350°. Dip each slice into egg, then crumbs. Sauté in hot oil until golden on both sides. In buttered 2-qt. casserole, place sauce, then layer of eggplant; top with some of Parmesan, oregano and mozzarella, then tomato sauce. Repeat until all eggplant is used, topping last layer of sauce with mozzarella. Bake uncovered for 35 minutes or until sauce is bubbly and cheese is melted.

Notes: Japanese Panko crumbs give a crisper crust to the fried eggplant slices. Use any tomato sauce you like. You can also dip in seasoned flour before the egg, then the crumbs, etc.

Source: Adapted from "Good Housekeeping's Book of Vegetables"

Broccoli Soufflé

60 minutes

6-8 servings

2 pkg.	frozen broccoli (or equivalent fresh, chopped)	3	eggs, separated
½ stick	butter	3 TB.	onion, grated
3 TB.	flour	6 TB.	celery, chopped
½ tsp.	salt	3 TB.	lemon juice
1 cup	milk		pepper
1 cup	mayonnaise		

Directions: Preheat oven to 350°. Steam broccoli for 4 minutes (until bright green) and set aside. Melt butter; add flour, salt and pepper to it. Blend milk and beaten egg yolks; add to butter mixture. Cook slowly until thickened. Add onion, celery, lemon juice, mayonnaise and broccoli; cool. Stiffly beat the egg whites. Fold into broccoli mixture. Pour into baking dish. Place dish in pan of water. Bake for 45 min.

Notes: We made this for Steve's sister Leslie when she visited.

Source: Michele Zellers, a co-worker of Jack and Steve at Indus

Brussels Sprouts with Cheese

20 minutes

6 servings

J: ★★★★★

2 pkgs.	Brussels sprouts, frozen	¾ cup	cheese
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Directions: Cook Brussels sprouts, following instructions on package, until water evaporates. Add cheese and heat until cheese melts, about 2 minutes. Toss.

Notes: Can use fresh sprouts (trim outer leaves, chop off tough bottom, cook in boiling water).

Source: Jack's mid-'80s roommate, Bert Baker

Thai Sautéed Mushrooms (Paht Haht)

10 minutes

4 servings

S: ★★★★★

2 TB. oil	2 TB. fish sauce
2 TB. garlic, thinly sliced	3 TB. water
2 TB. shallots, sliced into thin strips	1 tsp. sugar
½ cup onion, sliced into thin strips	½ tsp. pepper
½ lb. fresh mushrooms, sliced	2 TB. cilantro, chopped

Directions: Heat oil in wok or large skillet until very hot. Add garlic and stir-fry until golden, about 30 seconds. Add shallots and onions and continue stir-frying until tender and clear. Add mushrooms and toss to heat and coat with oil. Cook 1 minute. When mushrooms are tender, add fish sauce, water, sugar and pepper. Toss to combine and stir-fry for 2 more minutes. Remove from heat, stir in cilantro, and transfer to serving dish. Serve hot or warm with rice and other dishes.

Notes: Straw, oyster, portobello or shiitake mushrooms may be used in place of button mushrooms. Fish sauce is available in the Asian section of most supermarkets.

Source: *A Mrs. Wongkiow of northern Thailand, as quoted in an AP food story*

Provençal Scalloped Potatoes

75 minutes

10 servings

2 (16-oz.) cans whole tomatoes	2 tsp. salt
1 tsp. thyme	½ tsp. pepper
½ tsp. marjoram	3 oz. Parmesan, grated
4 lbs. boiling potatoes	3 TB. olive oil

Directions: Heat oven to 400°. Butter two 1-qt. baking dishes. Drain and chop tomatoes; combine with thyme and marjoram. Peel potatoes and cut into thin slices. Toss with salt and pepper. In each baking dish, layer ¼ of the potatoes, half of the tomato mixture, 2 TB. of cheese and another ¼ of the potatoes. Sprinkle with rest of the cheese and drizzle with the oil. Bake until potatoes are tender, 50 minutes.

Source: *Some anonymous food magazine that this was clipped from*

Kohlrabi with Sour Cream

20 minutes

6 servings

2 lbs. kohlrabi	1 cup sour cream
3 TB. butter	1 TB. flour
¼ cup hot water	¼ tsp. cayenne pepper
½ tsp. salt	

Directions: Wash, pare and dice kohlrabi. Heat butter in skillet and add kohlrabi and cook, stirring, about 2 minutes. Add water and salt. Cover and cook on moderate heat 10 minutes. Meanwhile, blend sour cream with flour and cayenne. Push kohlrabi to one side of skillet and add sour cream, one spoon at a time, stirring constantly. Stir in kohlrabi and cook about 3 minutes more, until sauce is thick.

Source: *"Cooking With Sour Cream and Buttermilk"*

Vegetarian Shepherd's Pie

60+ minutes

6-8 servings

S: ★★★★★

Topping:

2 lbs.	potatoes, scrubbed	1 clove	garlic, minced
1 TB.	butter	½ cup	cheese, grated
¼ cup	milk	1 tsp.	cayenne
1 tsp.	tamari or soy sauce	dash	paprika

Filling:

1 tsp.	vegetable oil	1 head	broccoli or cauliflower
1 large	onion, chopped	1	bay leaf
5 large	tomatoes	2 cups	chopped greens
1 lb.	carrots, sliced	1 TB.	basil
1	green pepper, diced	1 tsp.	tamari or soy sauce
1½ cups	cabbage, shredded	1 clove	garlic, minced

Directions: Cook the potatoes in lightly salted water until they are soft. Drain and cool. Add butter and milk and mash until they are smooth. Mix in the tamari or soy sauce, garlic and 2/3 of the cheese. Set aside. Prepare the filling in a large skillet or Dutch oven. Heat the oil and sauté the onion until it is soft. Add the tomatoes (or use 1 35-oz. can), green pepper, carrots, cabbage, cauliflower or broccoli, bay leaf and basil. Bring to a boil, reduce the heat, and simmer for 20 minutes. Add the greens (spinach, kale, chard, etc.), tamari or soy sauce, and garlic, and simmer 5 more minutes. Discard the bay leaf. Transfer vegetables to a large 3- or 4-qt. casserole dish. Spread the mashed-potato topping over the vegetables. Sprinkle on the remaining cheese plus the cayenne and paprika. Bake the pie in a 350 oven for 20 minutes or until it is heated through and the topping is lightly browned.

Notes: Your imagination can be the limit: throw in beans, zucchini, okra, peas, barley, whatever. Steve used to make this often in Connecticut as a way to clean out the refrigerator of leftover vegetables.

Source: "Jane Brody's Good Food Book"

Cheddar Baked Potato Slices

65 minutes

4 servings

1 can	cream of mushroom soup	4	potatoes, cut into ¼" slices
½ tsp.	paprika	1 cup	cheddar cheese
½ tsp.	pepper		

Directions: In bowl, combine soup, paprika, pepper. In greased 2-qt. baking dish, arrange potatoes in overlapping rows. Sprinkle with cheese, then soup mixture. Cover with foil, bake at 400° for 45 minutes. Uncover, bake 10 min. or until tender.

Onion Casserole

30 minutes

4 servings

4 cups **onion, cut into chunks** ½ cup **seasoned breadcrumb stuffing**
1 can **cream of mushroom soup** ½ cup **butter**
4 oz. **sour cream** **provolone cheese, sliced**

Directions: Sauté onions in skillet until clear, using half the butter. Stir in soup and sour cream; put in baking dish. Layer cheese on top. Toss stuffing with rest of melted butter; sprinkle on top of casserole. Bake at 350° until bubbling, 20 minutes.

Source: *Adapted from an AP food story*

Cauliflower Victoria

30 minutes

4-6 servings

1 head **cauliflower (small)** 2 TB. **Parmesan cheese**
4 TB. **brown mustard** 2 TB. **breadcrumbs, seasoned**

Directions: Boil cauliflower 5 to 7 minutes, until half-done. Drop into ice water to keep from cooking any longer. Drain and pat dry. Mix Parmesan with breadcrumbs; set aside. Preheat oven to 350°. Coat top of cauliflower with mustard. Sprinkle crumb/cheese mixture and pat lightly. Bake for 15 minutes or until golden brown. Serve with cheese sauce.

Source: *"Cooking With Mickey Vol. II," given to Jack and Steve by their neighbor in Cohoes, N.Y., Joann McCormick*

Spicy Fried Tofu

25 minutes

6 servings

3 TB. **safflower oil** ¼ tsp. **curry powder**
2 lb. **tofu** 2 cloves **garlic, minced**
1 tsp. **dill weed** 2-3 TB. **soy sauce**
½ tsp. each **turmeric, salt, basil,** ¼ cup **nutritional yeast or**
thyme, cumin **Parmesan cheese**

Directions: Press tofu by cutting into ½-inch slices and firmly patting out the excess water with an absorbent towel. Cut into small cubes. Heat 3 TB. oil in a skillet or wok on high heat. Add tofu and sauté for 5 minutes, turning with a spatula. (If more water comes out while sautéing, tip pan and remove it with a baster or spoon.) Reduce heat to medium, add turmeric and stir until tofu is yellow all over. Add dill, basil, thyme, cumin, salt and curry powder, stirring well between each. Add garlic and 2 TB. more oil. Increase heat and add soy sauce, stirring constantly. Finally add yeast or cheese and mix well, sautéing until golden brown or until cheese melts. Add more soy sauce while it browns, if desired. Good hot or cold.

Source: *Jack's friend Field Horne*

Vegetarian Roast

2 hours

4-6 servings

1 cup	brown rice	2 cups	breadcrumbs
1 TB.	butter	1 cup	almonds, finely chopped
1	onion, chopped	1 cup	cheddar cheese, shredded
1 clove	garlic, minced	2	eggs, lightly beaten
2	carrots, grated	dash	salt and pepper
1 cup	mushrooms, chopped		

Directions: Cook the rice in boiling salted water for 30-35 minutes or until tender. Drain well. Meanwhile, heat the butter in a skillet, add the onions, garlic, carrots and mushroom and sauté for 5-10 minutes or until softened, stirring frequently. Stir in the breadcrumbs, almonds, cooked rice, cheese and eggs. Season to taste and mix thoroughly. Pack the mixture into a greased 7-cup loaf pan and bake at 350° for 1 to 1¼ hours or until firm to the touch and brown on top. Serve sliced, hot or cold.

Notes: Brazil nuts or unsalted peanuts may be substituted for the almonds.

Source: "365 Main Course Dishes," an odd British cookbook we found in a wholesale book outlet on our way down to visit Pat and Jane Lusk in Columbia, S.C., in 1995. Amazing how we remember all this, isn't it?

CONDIMENTS, DIPS & SAUCES

Green Goddess Dressing

5 minutes

many servings

1 cup	mayonnaise	3 TB.	onion, chopped
½ cup	sour cream	3 TB.	anchovy filets, mashed
3 TB.	white wine vinegar	1 clove	garlic, minced
½ tsp.	tarragon	1 TB.	chives, chopped
1 TB.	lemon juice	2 tsp.	capers
1/3 cup	parsley, chopped	1/8 tsp. ea.	salt and pepper

Directions: Blend all ingredients thoroughly in food processor.

Notes: Steve's favorite salad dressing, but you can't find it bottled outside the South. He sometimes stocks up when he visits his Mom in Tennessee.

Source: Adapted from "Cooking With Sour Cream and Buttermilk"

Baba Ghanouj

2+ hours

4 servings

2 med.	eggplants	½ tsp.	cumin
3 TB.	olive oil	2 TB.	lemon
2 TB.	tahini	¾ tsp.	salt
1 clove	garlic, minced	dash	cayenne pepper
1 TB.	cilantro, chopped		

Directions: Preheat oven to 375°. Cut the eggplant in half lengthwise and brush cut sides lightly with olive oil. Place on a baking sheet, cut side down, and roast until tender, about 35 minutes. Place the eggplant in a colander to drain for 15 minutes, then scoop flesh out of skin. Combine with remaining olive oil, tahini, garlic, cumin, 2 TB. of the lemon juice, salt and cayenne in a food processor. Pulse until somewhat smooth. Allow to sit for an hour at room temperature. Season to taste with more lemon juice, salt and cayenne, if desired. Garnish with cilantro.

Notes: Scoop up with toasted pita bread, flatbread or crackers.

Source: "Field of Greens" by Annie Somerville, as reprinted in the SF Chronicle



What would you choose as your "last meal"?

Steve: Melon and prosciutto, truffle/eggplant pizza, fried panko-crumb scallops, chocolate mousse, finishing up with a salad of wild mushrooms and sloppily made fugu sushi.

Jack: Caviar, cold cream of cucumber soup, pot roast with mashed potatoes and gravy, bombe aux trois chocolats.

Coney Island Sauce for Hot Dogs

90+ minutes

many servings

J: ★★★★★

1/3 lb.	suet	1 lb.	ground beef
2 or 3 cloves	garlic, chopped	4 TB.	tomato paste
½ cup	onion, finely chopped	¾ tsp.	pepper
1 TB.	salt		red pepper flakes

Directions: Cook suet and garlic until rendered, then remove pieces of suet and garlic that are left in grease. Add onions to grease and ground beef and cook until hamburger separates and loses red color. Add tomato paste, pepper, salt, red pepper if desired. Simmer for 1 hour, adding from 1½ to 2 cups of water as sauce separates.

Notes: Serve on hot dogs, with mustard and raw chopped onion.

Source: Garceau family traditional secret recipe

Peanut Butter and Pepper Sauce

10 minutes

servings

J: ★★★★★

½ cup	peanut butter or sesame paste	1 tsp.	hot pepper oil (or ½ tsp. cayenne pepper)
1/3 cup	warm water	½ cup	sesame or corn oil
2 tsp.	sugar	4 cloves	garlic, minced
2 TB.	soy sauce	½ bunch	scallions, chopped
¼ cup	wine vinegar		

Directions: Dilute peanut butter in warm water to make a smooth sauce. Mix with all ingredients except garlic and scallions. Add garlic and scallions before serving.

Notes: Keep refrigerated. Spoon sauce on Chinese noodles or rice. Additional condiments: shredded roast pork or boiled chicken, turkey, duck or ham, shredded egg sheets, shredded cucumber, radishes, lettuce or blanched fresh bean sprouts.

Source: Jack's friend Field Horne

Italian-Style Tomato Sauce

20+ minutes

5 servings

2 TB.	olive oil	3½ lbs.	tomatoes, chopped
2 cloves	garlic, minced	dash	basil or oregano
1 medium	onion, chopped	dash	salt and pepper

Directions: Heat olive oil in saucepan. Add garlic and onion and sauté until onion is tender. Add tomatoes, basil or oregano and season to taste with salt and pepper. Bring to boil and cook until slightly thickened.

Notes: Add 1 tsp. of sugar to cut the acidity of the tomatoes, if desired.

Source: Robert Haaga of the Four Seasons hotel

Caponata (1)

24 hours

many servings

1/3 cup	olive oil	½ tsp.	oregano
1 med.	eggplant, diced	1½ tsp.	sugar
1	onion, chopped	6 oz.	tomato paste
¾	bell pepper, chopped	½ cup	water
8	mushrooms, chopped	2 TB.	wine vinegar
4 stalks	celery, chopped	½ cup	green olives, chopped
2-4 cloves	garlic, crushed	½ cup	black olives, chopped
1 tsp.	salt	6-8 TB.	pine nuts
½ tsp.	black pepper	¼ cup	capers, drained

Directions: In a large skillet, let eggplant, onion, green pepper, mushrooms, celery and garlic simmer in olive oil for 10 minutes, covered. Add other ingredients and simmer, covered, for 25 minutes or until eggplant is cooked but not mushy. Chill overnight and serve at room temperature.

Notes: Must be made the day before serving. Do not use a food processor to chop ingredients. Do not peel eggplant. Freezes well. Excellent when served with toasted slices of Italian bread and a side dish of grated cheese to garnish. Also known as “Eggplant Caviar.”

Source: *Jack and Steve’s friend Steve Mostica*

Caponata (2)

2 hours

many servings

2 med.	eggplants	3 TB.	pine nuts
2 large	red onions, thinly sliced	¼ cup	golden raisins
4 stalks	celery and leaves, diced	dash	pepper
¾ cup	olive oil	1/3 cup	red wine vinegar
6 small	tomatoes, diced	1 TB.	sugar
1 cup	green and black olives	¼ cup	Italian parsley, minced
3 TB.	capers		

Directions: Peel and dice eggplant. Place in colander, sprinkle with salt, and let drain for 1 hour. Soak onions in cold water for 30 minutes, then drain. Blanch celery in boiling salted water for 1 minute, then drain. Heat ¼ cup of olive oil until hot. Add the onions and cook for 10 minutes, stirring. Add tomatoes, capers, pitted and chopped olives, pine nuts and raisins. Season with pepper. Simmer covered for 15 minutes, then let stand, covered. Rinse eggplant to remove salt and then dry. Heat remaining olive oil in another large skillet. Add the eggplant and cook 10-15 minutes until cooked but still firm. Season with salt and pepper, then use slotted spoon to remove eggplant to dry on paper towels. Add celery to skillet and cook over moderate heat for 5 minutes. Remove celery to tomato mixture. Add eggplant to tomato mixture and cook over moderate heat for 10 minutes. Stir in vinegar and sugar, and cook for 10 minutes to evaporate the vinegar. Taste and adjust the seasonings. Bring to room temperature. Garnish with parsley.

Source: *“The Dean & DeLuca Cookbook” by David Rosengarten*

Spaghetti Sauce

3+ hours

8 servings

1	onion, minced	½ tsp.	sugar
2 cloves	garlic, chopped	¼ cup	Parmesan cheese, grated
2-3 TB.	olive oil	2 tsp.	oregano
1 28-oz. can	tomato sauce	2 tsp.	basil
1 28-oz. can	tomato puree	2 tsp.	parsley
1 28-oz. can	crushed tomatoes	½ tsp.	salt
1 small can	tomato paste	½ tsp.	pepper

Directions: In a small saucepan fry the onion and garlic in the olive oil until the onion is clear. Add tomato paste and heat briefly, stirring. In a large saucepan or Dutch oven, heat (on low) the three large cans of tomatoes. Add the onion-tomato paste mixture. Add the rest of the ingredients. Get the pot simmering and cook for at least 3 hours, stirring occasionally to make sure it doesn't stick.

Notes: You can also add other herbs (perhaps 2 tsp. of thyme or 1 tsp. of crushed rosemary) or other vegetables (mushrooms, green peppers, etc.). Janet says the sauce is usually better if it sits for an hour before serving so the flavors can meld. Freezes well.

Source: Adapted from a recipe of Janet Blake, a former co-worker of Steve's back in Connecticut, who despite her last name was very Italian



What are your favorite restaurants?

Steve: The Plum Blossom in Troy, N.Y.; the Pot Belly in Manhattan; Hope Street Pizza in Stamford, Conn.; Blue Benn Diner in Bennington, Vermont; Thai Stick 2000 in San Francisco, Calif.; Luby's Cafeteria in Murfreesboro, Tenn.; the Red Bear Inn in the Catskills. The place where I eat the most often is Sorabol, a Korean place across the street from where we work.

Jack: The River Street Café in Troy, N.Y.; the Cape House in Troy, N.Y.; Latham 76 Diner in Latham, N.Y.; Piaf's in San Francisco; the Pot Belly in Manhattan; Lori's Diner in San Francisco; Thai Stick 2000 in San Francisco.

What was your best dining experience?

Jack: A little restaurant in Colmar, France: choucroute garni and a local Alsatian wine.

What was your worst dining experience?

Steve: When I was around 13 my dad took us to a Nashville restaurant, Ireland's. For some reason everyone in my family was in a bad mood, which worsened when the waitress spilled ranch dressing on my dad's pants and my mom found a ladybug crawling around in her salad. Dad blew up and yelled at the manager and we left, and I remember feeling mortified and ashamed and disgusted.

Jack: A wedding reception where the (vegetarian-only) food was terrible, but we were so hungry we would have eaten it – but they ran out! We were famished, so we said our goodbyes to the bride and groom, and the groom's father said, "Eating and running, eh?" We should have let him have it – pow!

CAKES, PIES & DESSERTS

Holiday Cheesecake

90 minutes

12 servings

J: ★★★★★

1 2/3 cup **graham cracker crumbs** 1 cup **sour cream**
1 cup + 2 TB. **sugar** 1 tsp. **vanilla**
¼ cup **butter, melted** 3 **eggs**
1 TB. **lemon juice** 3 8-oz. pkgs. **cream cheese**

Directions: Soften cream cheese. Combine crumbs, ¼ cup sugar and melted butter; press into a 9" cake pan and bake at 325° for 10 min. Set oven to 300°. Combine cream cheese, ¼ cup sugar and lemon juice and mix well. Add eggs one at a time, beating after each one. Pour into crust and bake for 55 minutes. Combine sour cream, 2 TB. sugar and vanilla and spread over cake and bake another 10 minutes. Cool and chill.

Source: Jack's sister, Judy Wasicsko

New York City Chocolate Cheesecake

24 hours

12 servings

J: ★★★★★

3 8-oz. pkgs. **cream cheese** 12 oz. **semi-sweet chocolate**
1/8 tsp. **salt** 1 cup **sugar**
3 **eggs** 1 cup **sour cream**
1 tsp. **vanilla**

Chocolate crumb crust:

1 pkg. (8 oz.) **chocolate wafers** 6 TB. **butter**

Directions: In large bowl, beat cream cheese (at room temperature) until very smooth. Add vanilla, sugar and salt; beat until smooth. Add melted (and cooled) chocolate; beat until well-blended. Add eggs one at a time, beating after each one and scraping bowl often. Add sour cream; beat until smooth. Pour into crumb crust, smooth top. Bake in lower half of preheated 375° oven for 1 hour. Cool completely on rack in pan; cover with foil and chill overnight. Remove from pan; serve with whipped cream. *Chocolate crumb crust:* In blender, whirl wafers to make 2 cups fine crumbs. Mix in small bowl with melted butter; use to line bottom and 2/3 of sides of 9" springform pan.

Notes: In August 1998 alone, we made this cheesecake twice!

Source: Elena Glauca Cioppa

Fudge Pie

40 minutes

8 servings

S: ★★★★★

¼ cup **self-rising flour** 2 **eggs, beaten**
¼ cup **cocoa** 1 stick **butter**
1 cup **sugar** 1 9" **pie shell, unbaked**
1 tsp. **vanilla**

Directions: Combine flour, cocoa and sugar. Add vanilla and eggs and mix well. Melt butter; add to mixture. Pour into pie shell and bake at 350° for 30 minutes.

Notes: Oddly, Steve and his his brother David and sister Leslie weren't crazy about pie when they were young – they would rather have cake. This kind of fudgy pie is what changed Steve's mind as to the natural superiority of pies.

Source: *Steve's mom, Billie Freitag*

Pecan Pie

60 minutes

8 servings

J: ★★★★★

3 **eggs, lightly beaten** 1 tsp. **vanilla extract**
1 cup **sugar** 1¼ cups **pecans**
1 cup **Karo syrup, light or dark** 1 9" **pie crust, unbaked**
2 TB. **butter, melted**

Directions: Preheat oven to 350°. Stir first 5 ingredients together in large bowl until blended; add pecans. Pour into piecrust and bake 50-55 minutes, or until knife inserted in center comes out clean.

Source: *The Karo syrup bottle. Tried the other recipes but it's still the best.*

Chocolate Drip Cake

20 minutes

10-12 servings

J: ★★★★★

½ cup **sugar** ½ tsp. **vanilla**
¼ cup **white corn syrup** 1 square **unsweetened chocolate**
2 TB. **water** ¼ tsp. **shortening**
2 **egg whites** 1 **chocolate layer cake**

Directions: Boil sugar, corn syrup and water rapidly until mixture spins a 6-8" thread. When mixture begins to boil, beat egg whites until stiff enough to hold a peak. Pour hot syrup in thin, steady stream into beaten egg whites, beating constantly with electric mixer until mixture stands in very stiff peaks. Blend in vanilla. Frost your cake. Melt chocolate and shortening in double boiler. Using a teaspoon, drip chocolate around cake's top edge, letting it run down in uneven lines.

Notes: The frosting itself is called White Mountain Icing. A white cake with this icing is called Allegretti Cake. Original recipe calls for ¼ cup egg whites – about 2 small eggs.

Source: *Garceau family traditional recipe, as found in "Betty Crocker's Cake Mix Magic" (1951)*

Bombe aux Trois Chocolats

8+ hours

8-12 servings

J: ★★★★★

1 recipe **chocolate mousse**

chocolate fudge cake:

2 sticks	butter, unsalted	3	eggs
4 oz.	unsweetened chocolate	1 tsp.	vanilla extract
2 cups	sugar	½ tsp.	salt
1 cup	flour		

topping:

4 oz.	semisweet chocolate	2 TB.	walnuts, chopped
½ oz.	unsweetened chocolate		whipped cream

Directions: Preheat oven to 350°. Butter a jellyroll pan and fit with wax paper. Butter and flour the paper. Melt a stick of butter and the chocolate in a double boiler. Cream second stick of butter with the sugar until light and fluffy. Beat in the eggs, one by one, then the vanilla and salt. Stir in the melted chocolate mixture, then gradually fold in the flour. Spread batter in pan and bake for 25 minutes, until top is set but still spongy. Do not overcook. Remove from oven and let cool in pan for 10 minutes, then invert onto cake rack to cool for 10 more minutes. Line a bowl with plastic wrap and cut cake into truncated triangle shapes for fitting into bowl. Save a circle for fitting on top. Any extra cake bits, throw in the center. Fill “dome of cake” with mousse, then top with circle. Cover and chill at least 6 hours. Unmold the bombe. Melt topping chocolates and pour over cake. Top with walnuts and serve with whipped cream.

Notes: In case you can't visualize this, it's chocolate mousse hidden under a chocolate fudge cake dome, with chocolate sauce on top.

Source: “*Julia Child & More Company*”

Black and White Pie

30+ minutes

8+ servings

S: ★★★★★

2 sticks	butter	4 cups	whipped cream
2 cups	flour	1 4½ oz. box	instant chocolate pudding
2 cups	nuts, chopped	2 3¼ oz. boxes	instant vanilla pudding
16 oz.	cream cheese	½ tsp.	vanilla
2 cups	powdered sugar	6 cups	milk

Directions: Cream together butter, flour and nuts and press in bottom of 9” x 13” pan (or two pie pans). Cook at 350° until browned. Cream together cream cheese, powdered sugar, vanilla and 2 cups whipped cream and spread over cooled crust. Make chocolate pudding, using ½ cup milk less than called for on box instructions, and spread over cream cheese layer. Make vanilla pudding, again using ½ cup less milk, and spread over chocolate. Spread remaining whipped cream over top. Chill.

Notes: For more visual interest, put chocolate chips or a grated chocolate bar on top of the pie. You can also add 1 tsp. crème de menthe to the white layers for a minty-looking, green and black pie. You may also forgo the butter-nut crust and use an Oreo cookie or graham cracker crust.

Source: *Steve's Mom. A favorite dessert when Steve was a teenager.*

Italian Whipped Cream Cake

7+ hours

8-12 servings

S: ★★★★★

Cake:

¼+ cup **butter** 2/3 cup **granulated sugar**
1+ cup **flour** 1 TB. **vegetable oil**
dash **salt** ½ cup **Grand Marnier**
4 **eggs**

Filling:

¾ cup **almonds, slivered** 2 cups **heavy cream**
6 oz. **chocolate, semisweet** ½ cup **confectioners' sugar**

Decoration:

2 TB. **cocoa powder** 1 square **chocolate, semisweet**
2 TB. **confectioners' sugar**

Directions: Preheat oven to 350°. Brush cake pan with melted butter, then line with a square of parchment paper. Brush paper with butter, sprinkle with flour, then discard excess flour. Meanwhile, melt butter and let cool. Sift flour and pinch of salt into bowl. Put eggs in large bowl and beat in granulated sugar using electric mixer. Beat at high speed for 3-4 minutes until mixers leave a ribbon trail when lifted. Sift 1/3 flour mixture over eggs and fold together lightly. Add remaining flour the same way in 2 batches. Add the melted, cooled butter and fold in gently. Pour into prepared cake pan and tap to knock out air bubbles. Bake at once for 25-30 minutes, until cake is risen and firm to touch when lightly pressed. Turn cake onto wire rack and peel off paper, and let cool. To prepare the chocolate and nut filling, spread the almonds on a baking sheet and heat in oven until browned, 8-10 minutes. Let cool completely. Chop the chocolate. Pour the heavy cream into a medium-sized bowl placed in a larger bowl of ice water. With an electric mixer, whip cream to soft peaks. Add confectioners' sugar and whip again until soft peaks form. Beat to stiff peaks. Fold in nuts and chocolate. Using a serrated knife, cut cooled cake into triangles, then slice down the middle to make thin triangles. Oil a deep 2-quart bowl and line with triangles. Press to close any gaps. (The idea is to make a half dome of cake and fill it with the whipped cream. Reserve some of the cake and trimmings to cover the bottom of the dome once you've filled it with the filling.) Brush cake lining with Grand Marnier. Spoon whipped cream filling into cake, then cover with leftover bits of cake. Cover the filling completely. Cut a circle of cardboard slightly smaller than the top of the bowl and place on the cake, weighing down with a weight (a large can of tomatoes is good). Refrigerate until set, at least 6 hours. Unmold after running a metal spatula around the edges. Lift off the bowl. Dust with cocoa, then sugar and then shaved chocolate.

Notes: The Italian name for this cake is "Zuccotto Toscano." Variations: Omit the chocolate and add other flavorings: almond extract, orange extract, cinnamon. You could also frost the cake. For Steve's sister Leslie's wedding rehearsal dinner, he made a chocolate version, covered with coa, and a cinnamon version, covered with white frosting.

Source: *"Look & Cook: Italian Country Cooking"* by Anne Willan

Red Devil's Food Cake

45 minutes

12 servings

½ cup	shortening	2 TB.	hot coffee
1½ cups	sugar	2 cups	flour
2	eggs	1 tsp.	soda
4 TB.	cocoa	1 cup	buttermilk
1 tsp.	red food coloring	1 tsp.	vanilla

Directions: Cream sugar and shortening, and then add eggs. Make paste out of cocoa, coffee and coloring. Add to first mixture. Mix soda and buttermilk together. Add to first mixture, then add flour and vanilla. Mix well. Put in greased and floured cake pan and cook at 350° for 25 to 35 minutes.

Notes: Cake is especially attractive with a dark chocolate icing.

Source: *Steve's mom made this a lot when he was very young, so he has a lot of good memories of it, but she stopped making it after the early 1970s. Steve had to translate his grandmother's cryptic recipe for this one, so cross your fingers.*

Red Velvet Cake

40 minutes

12 servings

½ cup	shortening	2¼ cups	flour
2	eggs	1½ cups	sugar
1 cup	buttermilk	2 TB.	cocoa
1 tsp.	vinegar	1 tsp.	baking soda
1 tsp.	vanilla	1 tsp.	salt
¼ cup	red food coloring		

Directions: Cream shortening and sugar, then beat in eggs. Sift all other dry ingredients together. Mix alternately with liquids, ending with dry ingredients. Put in greased and floured pan. Bake at 350° for 25 minutes.

Notes: A variation of Red Devil's Food Cake. For the traditional icing, cook until frosting consistency 1 cup sugar, 5 TB. flour, 1 TB. "flavoring," 1 cup milk and ½ cup butter. Jamaica Wilson, who works with Jack and Steve at Indus, makes this same cake but with 2 cups of oil instead of ½ cup of shortening, so naturally it is much moister (and much fattier).

Source: *Steve's Mom*

Chocolate Wafer Roll

4+ hours

4-6 servings

S: ★★★★★

1 cup	heavy cream	½ tsp.	vanilla extract
1/3 cup	confectioners' sugar	20	chocolate wafer cookies

Directions: Whip cream with sugar and vanilla. Reserve 1 cup, and spread each wafer with remaining cream, stacking them up in fives on wax paper. Chill 15 to 20 minutes. Lay stacks on side, end to end, forming a long roll. Spread reserved cup of whipped cream over outside of roll. Cover and chill at least 4 hours. Cut diagonally.

Notes: Also known as Zebra Roll or Zebra Pie. Can also use Cool Whip in place of whipped cream, but do not use spray whipped cream – it disintegrates into watery liquid in minutes.

Source: *Traditional '50s recipe, also found in "Square Meals" by Jane and Michael Stern*

Chocolate Mousse

3+ hours

4-6 servings

J: ★★★★★

1 cup	semisweet chocolate chips	¾ cup	granulated sugar
4	egg yolks	4	egg whites
4 TB.	coffee, strong	pinch	salt
1½ sticks	sweet butter, softened	2 TB.	granulated sugar
¼ cup	dark rum, orange liqueur, orange juice or strong coffee		

Directions: Melt chocolate and coffee together over hot water. Meanwhile, beat egg yolks with whisk while gradually pouring in ¾ cup sugar in thin stream. Continue to beat until mixture is thick and pale. Add liqueur, set bowl over pan of almost-simmering water, and beat at moderate speed for 4-5 minutes, or until foamy and warm to touch. Remove and set over cold water, beating until thick and cooled, with the consistency of thick mayonnaise. Stir melted chocolate until perfectly smooth, then gradually beat in softened butter. Beat chocolate mixture into egg yolk mixture. Set aside. Beat egg whites (brought to room temperature) slowly until foamy; add salt. Continue to beat until soft peaks form, then add 2 TB. sugar and beat until stiff but not dry. Stir one fourth of egg whites into chocolate mixture to lighten it; then carefully fold in remaining egg whites until thoroughly mixed. Immediately turn mousse into an oiled 6-cup metal mold or individual serving glasses and chill several hours or overnight.

Notes: Serve with lightly whipped cream flavored with powdered sugar and vanilla or liqueur (Steve prefers Cool Whip).

Source: *Julia Child's "The French Chef Cookbook," given to Jack by Andrea Cioppa Stewart, Christmas 1978.*

Striped Chocolate Peanut Butter Pie

2+ hours

8-12 servings

¾ cup	creamy peanut butter	3 cups	milk
2 TB.	butter	1 tsp.	vanilla
1½ cups	graham cracker crumbs	1 4-oz. tub	frozen whipped dessert topping, thawed
1 box	vanilla pudding mix, 4-serving size	1 box	chocolate pudding mix, 4-serving size

Directions: Heat ½ cup of the peanut butter and butter until smooth. Stir in cracker crumbs; cool. Press mixture in bottom and up the sides of a 9" pie plate. Chill. In a 1-qt. saucepan, combine vanilla pudding mix and 1½ cups of the milk; cook and stir to a full boil. Stir in remaining peanut butter. Spoon into crust. Chill. Combine chocolate pudding mix and remaining milk; cook and stir to a full boil. Stir in vanilla. Spoon over peanut butter layer. Chill. To serve, spread dessert topping over pie; sprinkle with chopped peanuts and chocolate curls. Serves 8.

Notes: Use regular pudding mix, not instant.

Source: *A former co-worker of Jack's at the New York State Department of Social Services*

Carrot Cake with Cream Cheese Frosting

45 minutes

8+ servings

J: ★★★★★

1 ½ cups	vegetable oil	¼ tsp.	nutmeg
2 cups	sugar	½ tsp.	salt
4	eggs	3 cups	grated carrots
2 cups	flour	1 cup	golden raisins
2 tsp.	baking soda	1 cup	walnuts or pecans, chopped
2 tsp.	baking powder	1 tsp.	vanilla
2 tsp.	cinnamon		

Cream Cheese Frosting:

8 oz.	cream cheese, softened	4 TB.	butter, softened
1 lb.	confectioners' sugar	2 tsp.	vanilla

Directions: Blend oil and sugar. Add eggs one at a time, beating after each addition. Sift dry ingredients and add gradually while continuing to beat mixture. Add remaining ingredients and pour into a 9-inch greased and floured pan. Bake at 350° for 35 minutes until cake tests done. For frosting, beat all ingredients to a frothy consistency before spreading on cooled cake.

Source: *Jean McWilliams*

Tiramisù

60+ minutes

6 servings

J: ★★★★★

4 oz.	semisweet chocolate	1	egg white
1¼ cups	Vin Santo or other dessert wine	3	egg yolks
¼ cup	strong coffee or espresso	3 TB.	sugar
4 oz.	ladyfingers or sponge cake	1 cup	heavy cream
1 TB.	instant coffee powder	1 cup	ricotta cheese

Directions: Melt chocolate over simmering water; cool completely. Make *zabaglione*: beat egg yolks and sugar in top of double boiler until frothy and light. Add ½ cup of the wine, place over gently simmering water, and whip until mixture begins to thicken. Do not let boil. Remove from heat; fold in cooled chocolate and let cool completely. Beat egg white until stiff peaks form; fold into cooled *zabaglione*. Stir together espresso and ricotta (which has been brought to room temperature), set aside. Whip cream until stiff peaks form. Dip the ladyfingers or sponge cake strips (cut into 2" x 1" x ½") in remaining wine and line bottom and sides of a 9-inch cylindrical bowl. Cover with half of ricotta mixture, then half of *zabaglione*, and finally half the whipped cream. Repeat; last layer of cream may be piped on decoratively. May be refrigerated for up to 12 hours. Just before serving, sprinkle top with coffee powder.

Notes: One of the best recipes for it we've come across. Jack pooh-poohs many restaurant versions.

Source: *Lorenza de' Medici's "The de' Medici Kitchen"*

Chocolate Almond Cake

90+ minutes

6 servings

3 oz.	sweet baking chocolate	¼ tsp.	cream of tartar
1 oz.	unsweetened chocolate	pinch	salt
2 TB.	strong coffee	1/3 cup	almonds, blanched
1 stick	unsalted butter	¼ tsp.	almond extract
¾ cup	sugar	½ cup	cake flour
3	egg yolks	¼ cup	confectioners' sugar
3	egg whites		shaved chocolate

Directions: Preheat oven to 325°. Melt the chocolate. Pulverize the almonds with 2 TB. (1/8 cup) of sugar. Cut the butter (at room temperature) in pieces and cream it in the mixing bowl. When soft and fluffy, add ½ cup sugar and beat 1 minute, then beat in egg yolks. In a separate bowl, beat egg whites until foamy, then beat in cream of tartar and salt and continue until soft peaks form. Gradually beat in 2 TB. of sugar until shining peaks form. Blend melted chocolate and coffee into yolk mixture, then almonds and almond extract. Stir in ¼ of the whites. Scoop rest of whites over chocolate and, alternating with sprinkles of flour, rapidly and delicately fold in egg whites. Turn batter into 8" buttered and floured cake pan, tilting in all directions. Bake 25 minutes. Cake is done with a toothpick inserted near the edge comes out clean. (Center should still move slightly when shaken.) Let cake cool 15 minutes, then unmold onto rack. Let cool completely. Dust with confectioners' sugar and sprinkle with shaved chocolate or slivered almonds. Serve at room temperature.

Notes: Also known as "Reine de Saba," or "Queen of Sheba" cake.

Source: *"The Way to Cook"* by Julia Child

Chocolate-Marbled Almond Cheesecake

12+ hours

16 servings

2 cups	sugar	4	eggs
4 8-oz. pkgs.	cream cheese, softened	1 cup	sour cream
1 tsp.	almond extract	1 TB.	cocoa
½ cup	almonds, chopped	2 tsp.	vanilla
12 oz.	semi-sweet chocolate chips, melted		

Directions: In a large mixing bowl, beat the sugar and cream cheese at medium speed until light and fluffy, about 3 to 4 minutes. Scrape down the bowl frequently. Continue beating, adding 1 egg at a time., until creamy. Add the sour cream, cocoa, vanilla and almond extract and beat until well-mixed, another minute or two. By hand, fold in the melted chocolate chips and swirl for a marbled effect. For the crust, lightly butter a 9-inch springform pan and press the chopped almonds firmly on the bottom. Pour the batter into the pan and bake in a preheated 325° oven for 65 to 75 minutes or until set. Turn off the heat and leave the cheesecake in the oven for 2 hours. After removing from the oven, loosen the sides of the cheesecake from the pan by running a knife around the inside of the pan. Allow the cheesecake to cool, then cover and refrigerate for at least 8 hours before serving.

Source: *Price Chopper, a grocery store chain in the northeast*

Apple Cake

55 minutes

8 servings

J: ★★★★★

1½ cup	oil	2 cups	sugar
3	eggs	3 cups	flour
2 tsp.	vanilla	1 tsp.	baking soda
1 tsp.	cinnamon	2-3 cups	apples, diced
½ cup	walnuts, chopped		

Directions: Mix all ingredients together to make batter. Pour into large bundt or tube pan (greased and floured). Bake at 350° degrees 35 to 45 minutes or until done.

Source: ARC, where Jack worked in the mid-1970s

Apple Cranberry Pie

50 minutes

8 servings

1	pastry for 9" 2-crust pie	1 tsp.	cinnamon
¼ cup	brown sugar	4 cups	tart apples, pared, sliced
¼ cup	sugar	2 cups	cranberries, fresh or frozen
1/3 cup	flour	2 TB.	butter

Directions: Preheat oven to 425°. Combine sugars, flour, cinnamon. Add fruit, mix well, put in pastry shell. Dot with butter, cover with pastry, cut slits, and bake 40 minutes.

Notes: The cranberries may be whole or chopped.

Apple Swirl Cake

90 minutes

8 servings

2 cups	apples	¼ cup	orange juice
2 cups + 3 TB.	sugar	2 tsp.	vanilla
1 tsp.	cinnamon	3 cups	flour
1 cup	oil	1 TB.	baking powder
4	eggs	½ tsp.	salt

Directions: Peel, core and chop apples into small pieces. Mix together with 3 TB. sugar and cinnamon. Set aside. In large bowl, combine sugar and cooking oil; beat. Add eggs, orange juice and vanilla. Sift together flour, baking powder and salt; add to creamed mixture. Beat until smooth. Pour one-third of batter into greased and floured bundt pan, alternating with one half of the apple mixture. Repeat. End with layer of batter on top. Bake at 325° for 60 minutes or until cake tests done. Cool in pan 10-15 minutes; turn out on wire rack or serving plate to complete cooling. Sprinkle with confectioners' sugar.

Source: Another recipe from Nordic Ware, makers of fine BUNDT pans

Apple Crisp

50 minutes

6 servings

4 to 8 **apples, thinly sliced** pinch **salt**
1 cup **brown sugar** 2 tsp. **cinnamon**
1 cup **flour (or oatmeal)** ½ tsp. **nutmeg**
½ cup **butter**

Directions: Nearly fill a buttered baking dish with the apples. Crumble other ingredients together and cover apples. Bake at 350° for 45 minutes.

Notes: Serve with whipped cream or vanilla ice cream.

Source: *Lynn Gregory Beane (but we're not sure who that is)*

Cheesecake Italiano

2+ hours

8+ servings

3 lbs. **ricotta cheese** 1 **lemon's rind, grated**
2 cups **sugar** 1 tsp. **vanilla**
½ cup **flour** ½ cup **whipped cream**
8 **egg yolks** **graham cracker crumbs**
8 **egg whites**

Directions: Beat ricotta until smooth, gradually adding 1½ cups sugar and egg yolks, beating after each addition. Beat in flour, lemon rind and vanilla. Beat egg whites with ½ cup sugar. Fold whipped cream and egg whites into ricotta mixture and turn into a 12-inch springform pan, which has been well-buttered and sprinkled with graham cracker crumbs. Bake in a preheated 425° oven for first 10 minutes, lower temp. to 350° and bake for one hour. Turn off heat and cool in closed oven.

Source: *Migliore Ricotta Cheese*

Derby Pie

55 minutes

6-8 servings

J: ★★★★★

1 stick **butter, melted and cooled** 1 cup **chocolate chips**
2 **eggs, lightly beaten** 1 tsp. **vanilla**
½ tsp. **salt** 1 cup **pecans**
½ cup **flour** 1 cup **sugar**

Directions: Mix together, pour into uncooked pie crust and bake at 350° for 50 minutes or until light brown.

Notes: Serve warm or cold with whipped cream and ice cream. Use semi-sweet chocolate chips for best results. May also be called "Big Chocolate Chip Cookie Pie."

Source: *Maude Baker, mother of Jack's mid-1980s roommate, Bert*

Rum Cake

90+ minutes

10-16 servings

J: ★★★★★

1 pkg. **butter cake mix** ¼ cup **shortening (Crisco)**
1 sm. pkg. **vanilla instant pudding** 4 **eggs**
½ cup **light rum** 1 cup **walnuts**

Glaze:

1 cup **sugar** ¼ cup **rum**
½ cup **butter** ½ cup **water**

Directions: Grease pan; crumble nuts in bottom. Place all ingredients in large bowl, beat. Pour in pan over nuts. Bake at 325 for 50-60 minutes or until done. Cool 5 minutes and remove from pan. Boil glaze ingredients 5 to 10 minutes. Pour glaze over hot cake after piercing with fork. Continue to spoon glaze over cake until absorbed.

Source: Garceau family traditional recipe

Dump Cake

60 minutes

12 servings

1 pkg. **yellow cake mix** 1 cup **pecans, chopped**
1 can (20 oz.) **crushed pineapple in** ½ cup **butter, melted**
syrup, undrained
1 can (21 oz.) **cherry pie filling**

Directions: Grease 13" x 9" x 2" pan. Dump undrained pineapple into pan; spread evenly. Dump in pie filling and spread into even layer. Dump dry cake mix onto cherry layer; spread evenly. Sprinkle pecans over cake mix. Pour butter over top. Bake at 350° for 48 to 53 minutes. Serve warm or cooled.

Pumpkin Pie

60+ minutes

12-16 servings

2 **eggs, beaten** ½ tsp. **ground ginger**
1 (16 oz.) can **pumpkin** ¼ tsp. **ground cloves**
¾ cup **sugar** 1 can (12 oz.) **evaporated milk**
½ tsp. **salt** 2 **9" frozen pie shells**
1 tsp. **cinnamon**

Directions: Preheat oven to 425°. Combine filling ingredients; pour into pie shell(s). Bake 15 minutes. Reduce temperature to 350° and bake an additional 45 minutes or until knife inserted in pie comes out clean. Top with whipped cream.

Notes: Can make one taller pie by using 1 9" unbaked pie shell with a high fluted edge. 1½ cups half 'n' half can replace evaporated milk.

Hot Orange Soufflé

30 minutes

4 servings

2 TB. **butter** ¼ cup **orange juice with pulp**
1/3 cup + 3 TB. **sugar** 1 TB. **Grand Marnier**
6 **eggs, separated** **confectioners sugar**
2 tsp. **orange rind**

Directions: Finely grate orange rind. Preheat oven to 450°. Use butter to grease bottom and sides of 4 individual soufflé dishes, each with a 1¼-cup capacity. Use 1 TB. of the sugar to sprinkle the insides of the dishes. Set aside. Put the egg yolks in a bowl and add 1/3 cup of the sugar, the orange rind and juice and the Grand Marnier. Beat briskly. Beat the egg whites until stiff. Beat in remaining 2 TB. sugar. Spoon and scrape the egg yolk mixture into the whites. Fold in the yolks rapidly and well. Spoon equal portions of the mixture into the prepared soufflé dishes. Place the dishes on a baking sheet and put into the oven. Bake 12 minutes. Put the confectioners sugar in a sieve and sprinkle an equal amount over each soufflé. Serve immediately, with orange sauce if desired.

Source: "60 Minute Gourmet"

Pistachio Cake

90+ minutes

10-servings

1 pkg. **yellow cake mix** 1/3 cup **vegetable oil**
4 **eggs** 1 pkg. (3½ oz.) **instant pistachio pudding**
1 cup **orange juice** ½ cup **chocolate syrup**

Directions: In large bowl, combine cake mix, eggs, orange juice, oil, and pudding mix; blend at low speed for 1 minute, then at high speed 3 more minutes. Pour 2/3 of the batter into a greased and floured 12-cup bundt pan. Add chocolate syrup to remaining 1/3 batter and mix at medium speed until well blended. Pour over top of batter in pan. Marbleize by cutting through batter with knife. Bake at 350° degrees for about 1 hour or until cake tests done. Cool in pan 10 to 15 minutes; turn out onto wire rack or serving plate to complete cooling. Top with chocolate glaze if desired.

Source: Nordic Ware, maker of fine BUNDT pans

"Impossible" Fudge Pie

45 minutes

8 servings

3 **eggs** ½ cup **sugar**
1 tsp. **vanilla** 2 TB. **flour**
2 TB. **milk** ½ cup **butter, softened**
½ cup **brown sugar, packed** 2 squares **unsweetened chocolate**

Directions: Soften chocolate. Combine, eggs, milk, vanilla, sugars, flour and butter in blender or food processor at medium speed for 1 minute or until well-blended. Add chocolate and blend at medium speed 2 minutes longer or until smooth. Pour into a pan or pie shell. Bake at 325° for 40 minutes. Serve warm or cool.

Notes: Steve's mom likes to put it into an unbaked pie shell. She calls it "Blender Fudge Pie."

Source: Steve's mom, Billie Freitag

Peaches 'n' Cream Pie

1+ hours

8 servings

1 9" **pie shell, unbaked** ½ cup **sugar**
1 29-oz. can **peaches, drained** 2 TB. **flour**
½ cup **heavy cream** ½ tsp. **cinnamon**

Crumb topping:

½ stick **butter** ¼ cup **brown sugar**
½ cup **flour**

Directions: Arrange the well-drained, chopped peaches in the pie shell and set aside. Mix the heavy cream, sugar, flour and cinnamon together, and pour the mixture over the peaches. Sprinkle with the topping. Bake at 375° 30 minutes or until bubbly. Bring the pie to room temperature, chill completely and serve. Refrigerate leftovers. *Crumb topping:* Put ingredients in a small bowl and work with a pastry blender or fork to form crumbs.

Flourless Chocolate Cake

45 minutes

8-12 servings

4 oz. **bittersweet chocolate** 3 large **eggs**
1 stick **butter, unsalted** ¾ cup **sugar**
½ cup **cocoa powder, unsweetened**

Directions: Preheat oven to 375° and butter an 8-inch round baking pan. Line bottom with a round of wax paper and butter paper. Chop chocolate into small pieces. In a double boiler or metal bowl set over a saucepan of barely simmering water melt chocolate with butter, stirring, until smooth. Remove top of double boiler or bowl from heat and whisk sugar into chocolate mixture. Add eggs and whisk well. Sift ½ cup cocoa powder over chocolate mixture and whisk until just combined. Pour batter into pan and bake in middle of oven 25 minutes, or until top has formed a thin crust. Cool cake in pan on a rack 5 minutes and invert onto a serving plate. Dust cake with additional cocoa powder.

Source: "Gourmet" magazine

Summer Berry Pie

3+ hours

8-12 servings

1½ cups	raspberries	3 TB.	cornstarch
1½ cups	strawberries, sliced	1½ cups	water
1 cup	blueberries	1 pkg.	strawberry gelatin
1	pastry shell, 9", baked, cooled	1 tub	Cool Whip (or equivalent whipped cream)
¾ cup	sugar		

Directions: Mix berries in large bowl. Pour into pastry shell. Mix sugar and cornstarch in medium saucepan. Gradually stir in water until smooth. Stirring constantly, cook on medium heat until mixture comes to a boil; boil 1 minute. Remove from heat. Stir in gelatin until dissolved. Cool to room temperature. Pour over berries in pastry shell. Refrigerate 3 hours. Spread whipped topping over pie before serving. Garnish with additional berries, if desired.

Source: *Cool Whip, the non-dairy frozen whipped cream thingy*

Chocolate Pudding Cake

60 minutes

6-8 servings

J: ★★★★★ S: ★★★★★

1 cup	flour	½ cup	milk
¾ cup	sugar	2 TB.	shortening, melted
2 TB.+ ¼ cup	cocoa	1 cup	nuts, chopped (opt.)
2 tsp.	baking powder	1 cup	brown sugar
¼ tsp.	salt	1 ¾ cups	hot water

Directions: Heat oven to 350°. Measure flour, white sugar, 2 TB. cocoa, baking powder and salt into bowl. Blend in milk and shortening; stir in nuts. Pour into ungreased square pan. Stir together brown sugar and remaining cocoa; sprinkle over batter. Pour hot water over all. Bake 45 minutes.

Notes: Steve used to call this "Chocky-Poo Puddy Cake," a joke derived from a source lost in the mists of time. Or maybe it was from *Peanuts*.

Source: *"Betty Crocker's Cookbook"*

COOKIES

Chocolate Chip Cookies (1)

2 hours

4 dozen cookies

1 ½ cups	flour	1 cup	granulated sugar
1 tsp.	baking soda	1 large	egg
1 tsp.	cinnamon	1 tsp.	vanilla
1 cup	butter, softened	1½ cups	rolled oats
½ cup	light brown sugar	1 cup	semisweet chocolate chips

Directions: Mix together flour, baking soda and cinnamon. Beat together butter, brown sugar and granulated sugar at medium speed until light and fluffy. Beat in egg and vanilla. At low speed, beat in flour mixture until blended. Fold in oats and chocolate chips. Cover with plastic wrap and chill for 1 hour. Preheat oven to 350°. Grease 2 baking sheets. Shape dough into 1" balls. Place cookies, 2 inches apart, on baking sheets. Flatten each cookie slightly. Bake cookies until lightly browned around edges, 10 to 12 minutes. Transfer cookies to wire racks to cool.

Notes: Dough may be made ahead of time and frozen.

Source: From "Great American Home Baking"

Chocolate Chip Cookies (2)

25 minutes

many servings

1 cup	light brown sugar	½ tsp.	salt
½ cup	shortening	1 tsp.	vanilla
1	egg, beaten	1 cup	chocolate chips
1½ cups	whole wheat flour, sifted	½ tsp.	baking soda

Directions: Cream together the sugar and shortening, add beaten egg and vanilla. Sift together the dry ingredients, stir them in a little at a time and beat well. Fold in the chocolate chips. Drop cookie dough on greased cookie sheet about three inches apart. Bake at 375° for 12 to 15 minutes.

Notes: Originally called Sturbridge Village Chocolate Chip Cookies. This recipe can also be made by substituting ½ cup raisins for the chocolate chips and adding 1 tsp. cinnamon. The whole wheat flour makes this cookie especially dense and rich-tasting.

Source: Steve's friend Madeline Barillo got it from Old Sturbridge Village in Massachusetts.

Oil Brownies

<i>35 minutes</i>	<i>several servings</i>	J: ★★★★★
1 cup sugar	¾ cup flour	
5 TB. cocoa	½ tsp. salt	
1 tsp. vanilla	½ cup vegetable oil	
2 eggs	¾ cup chopped nuts	

Directions: Mix ingredients; pour into greased 9" x 9" pan. Bake at 350° for 30 min.

Source: *Jean Perry Middleton, a friend of Jack's*

Caramel Cream Sandwich Cookies

<i>60 minutes</i>	<i>many servings</i>	J: ★★★★★
1 cup butter	¾ cup brown sugar, packed	
1 egg yolk	2¼ cups flour	

Browned butter frosting:

2 TB. butter	½ tsp. vanilla
1 ¼ cups confectioner's sugar	4-5 tsp. cream

Directions: Cream butter; gradually add brown sugar, creaming well. Blend in egg yolk, then add flour, stirring until mixture forms a dough. Chill if necessary for easy handling. Shape into balls the size of marbles. Place on ungreased baking sheet and flatten to 1/8" thickness with palm of hand. Mark design by pressing with fork tines in one direction. Bake at 325° for 8 to 10 minutes until cookies begin to brown slightly. Remove from sheets while still warm. Place flat sides of two cookies together with frosting, sandwich style. For frosting, brown butter slightly in saucepan. Remove from heat; blend in sugar and vanilla. Gradually add cream until of spreading consistency.

Notes: Steve made these for Jack once, but made them way too big. Still tasty, though.

Source: *Garceau family traditional recipe – and Jack's favorite cookie!*

Peanut Butter Cups

<i>60+ minutes</i>	<i>several servings</i>	
½ cup peanut butter	1 TB. butter	
1 cup confectioner's sugar	½ cup semi-sweet chocolate chips	
1 tsp. vanilla	¼ cup milk	

Directions: Mix peanut butter, sugar and vanilla. Shape into 1" balls. Melt butter and chocolate chips. Add a little milk to make it smooth. Dip peanut butter balls in chocolate sauce. Let stand about an hour, then refrigerate.

Source: *Kathy Ryan Dzembo, a friend of Jack's*

Danish Elephant Ears

90 minutes

several servings

S: ★★★★★

½ lb. **unsalted butter** 7 TB. **iced water**
2 cups **flour** **sugar**

Directions: Butter should be cold but pliable. Break butter into large pieces. Add flour and blend well. Add water and form dough into a ball. Divide into 2 pieces and refrigerate for 1 hour. Roll out 1 piece of dough to 1/8" thick. Cut out rounds with a cookie cutter or glass. Place on a plate; overlap if necessary. Save scraps to re-roll. Refrigerate for 1 hour. Preheat oven to 450°. Grease 2 cookie sheets. Place a long sheet of wax paper on counter. Make a mound of sugar in center. Place 3 rounds of dough, side by side, on sugar. Roll once to elongate them. Turn over and roll again. Place on cookie sheet. Using a fork, prick many holes in each cookie. Bake 5 to 6 minutes. After 4 minutes look at them. If they have started to glaze on the underside, turn them over. Watch them because they burn rapidly.

Notes: In the "Choate Family Cookbook," mistakenly called "Danish Elephant Bars."

Source: *Steve's mom, Billie Freitag*

Forget-Me-Not Cookies

4+ hours

many servings

S: ★★★★★

2 **egg whites** 2/3 cup **sugar**
pinch **salt** 1 tsp. **vanilla**
1 cup **chocolate chips** 1 cup **nuts, chopped**

Directions: Preheat oven to 350°. Beat egg whites to soft peak and add sugar and salt. Beat to stiff peaks. Add chips, nuts and vanilla. Drop by teaspoon on greased aluminum foil. Turn oven off and place cookies in oven overnight or at least 4 hours.

Notes: Add a drop of red or green food coloring at Christmastime for a seasonal variation.

Source: *Steve's Mom*

Lemon Bars

60 minutes

several servings

2 cups + 4 TB. **flour** 4 **eggs**
1 cup **butter** 6 TB. **lemon juice**
½ cup **confectioners' sugar** 1 tsp. **baking powder**
2 cups **granulated sugar** pinch **salt**

Directions: Mix 2 cups flour, butter and confectioners' sugar and pack into bottom of 9" x 12" pan. Bake at 350° for 25 minutes. Beat eggs and gradually add granulated sugar and lemon juice. Fold in 2 TB. flour, baking powder and salt. Pour on top of baked crust. Bake at 350° for 25-35 minutes. Sprinkle with confectioners' sugar, cool and cut into bars.

Source: *Jack's friend Marilyn Vivona*

Oatmeal Cookies

20 minutes

several servings

1 ¼ cup	butter	1 tsp.	baking soda
¾ cup	brown sugar, packed	1 tsp.	salt
½ cup	sugar	1 tsp.	cinnamon
1	egg	3 cups	oatmeal (uncooked)
1 tsp.	vanilla	1 cup	raisins
1 ½ cups	flour		

Directions: Preheat oven to 375°. Beat together butter and sugars until fluffy. Beat in egg and vanilla. Combine dry ingredients except oats. Mix well with butter mixture. Add oats and raisins. Drop by rounded TB. onto ungreased cookie sheet. Bake 8-9 minutes for chewy, 10-11 minutes for crisp. Cool on rack after 1 min.

Snowberry Cookies

30 minutes

48 cookies

2 cups	flour	1 tsp.	vanilla
½ tsp.	baking soda	2 TB.	milk
1 tsp.	salt	½ cup	nuts, chopped
1 cup	light brown sugar	½ cup	maraschino cherries, chopped
¾ cup	shortening	½ cup	coconut, shredded
1	egg		

Directions: Sift flour, soda and salt into mixing bowl. Add sugar, shortening and egg. Mix vanilla with milk and add to flour mixture. Stir to combine, then beat 2 minutes. Stir in nuts, cherries and coconut. Drop by spoonfuls on greased baking sheet. Bake in 375° oven for 10-15 minutes.

Notes: A holiday cookie if ever there was one.

Source: *Steve's Mom*

Bourbon Balls (or Rum Balls)

15 minutes

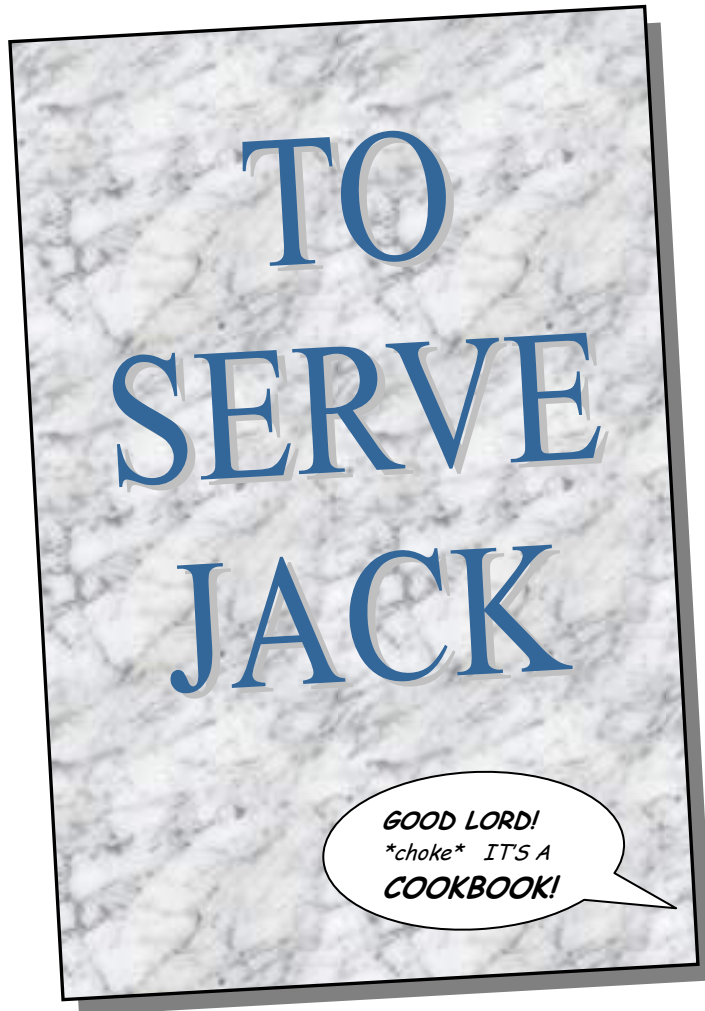
40+ cookies

3 cups	vanilla wafers, ground	1 cup	ground nuts
1 cup	powdered sugar	½ cup	bourbon or rum
	-or-		
2¼ cups	vanilla wafer crumbs	1 cup	pecans, finely chopped
½ cup	bourbon or rum	1 cup	confectioners' sugar
3 TB.	cocoa	2 TB.	white corn syrup

Directions: Use either combination of ingredients. Combine vanilla wafer crumbs and nuts. Place remaining ingredients in bowl and beat thoroughly. Pour over dry ingredients and mix well. Roll into 1" balls and then roll balls in powdered sugar or finely chopped nuts.

Source: *Steve's Mom*

Another rejected cover (*"Too derivative"*)





A B O U T T H E A U T H O R S

Steve Freitag and **Jack Garceau** -- known far & wide as two of the *orneriest, grizzliest old hashslingers in the West!*-- started out as mama's-boy East Coast fops who served up to their blue-rinse lady-friends such dainty-fool fripperies as *Prune Whip, Cream Scones* and *Sunbonnet Baby Salad* (canned pear halves in lettuce 'bonnets,' with cloves for the baby's eyes and a strip of pimento for its pwecious widdle mouth). Since relocatin' in '97 to the violent & manly Barbary Coast of **San Francisco**, the duo now prefers to dish up vittles loaded for bear with butter, cream, eggs, cheese, sausage an' other heart-cloggin', soul-satisfyin' ingredients that make the sun come out and their stomachs say *'howdy!'* Mmmm boy! You betcha! (That is, when they're not dietin' or otherwise tryin' to eat healthy-like.)

