

2005 NCI-Frederick Diversity Cookbook

NCI-Frederick Employee Diversity Team
<http://diversity.ncifcrf.gov>

MESSAGE FROM THE EMPLOYEE DIVERSITY TEAM

Thank you for visiting our display at the 2005 Research Festival. Our hope is you have learned a little something about our committee and our programs. Although efforts were made to include recipes from all countries and cultures, we realize this is a small sampling. Hope you enjoy this edition of our cookbook. Please visit our website at <http://diversity.ncifcrf.gov>. All recipes will be posted on our web site.

TABLE OF CONTENTS

Appetizers	Pages 2-7
Breads	Pages 9-15
Miscellaneous	Pages 17-24
Vegetables	Pages 26-33
Soups, Salads and Sauces	Pages 35-49
Main Dishes	Pages 51-62
Side Dishes	Pages 64-69
Desserts.....	Pages 71-81

APPETIZERS

CHEESY CRESCENT STICKS

¼ cup grated Parmesan cheese
¼ tsp. garlic powder
2 tsp. butter, melted
1 egg white, beaten
2 tsp. sesame seed

½ tsp. dried parsley flakes
dash paprika
1 (8 oz.) can refrigerated
crescent dinner rolls

Heat oven to 375. In small bowl, combine cheese, parsley, garlic powder, paprika and butter; mix well.

Unroll dough. Separate into 2 sections; press perforations to seal. Spoon cheese mixture over one dough section. Top with remaining dough section; press edges to seal. Cut into 6 strips. Twist strips; place on ungreased cookie sheet. Brush tops of strips lightly with egg white; sprinkle with sesame seed.

Bake at 376 for 9 – 15 minutes or until golden brown.

THAI APPETIZER PIZZA

2 cans (8 oz.) each crescent dinner
rolls
¼ cup creamy peanut butter
¼ tsp. ground red pepper (cayenne)
½ cup chopped red bell pepper
¼ cup chopped salted peanuts
¼ cup chopped fresh cilantro

½ cup chive-and onion cream
cheese spread
½ tsp. ground ginger
½ cup shredded carrot
½ cup chopped seeded
cucumber

Heat oven to 375. Unroll both cans of the dough; separate into 4 long rectangles. Place rectangles in ungreased 15x10x1-inch pan; press in bottom and up sides to form crust.

Bake 13-17 minutes or until golden brown. Cool completely, about 30 minutes.

In small bowl, mix cream cheese spread, peanut butter, ginger and ground red pepper. Spread over cooled crust. Top with carrot, bell pepper, cucumber and peanuts. Serve immediately, or cover and refrigerate up to 2 hours before serving.

Just before serving, sprinkle with cilantro. Cut into squares.

FILLING FOR THE SAMOSA (India)

Puff pastry	2 medium yellow onions, finely chopped
1 inch ginger, finely diced	1 large yellow bell pepper, diced
1 large red bell pepper, diced	salt to taste
1 large green bell pepper, diced	½ tsp. cumin seeds
red pepper flakes to taste	2 medium boiled potatoes
3 Tbsp. vegetable oil	1-2 cloves garlic (optional)
1 tsp. coriander powder	
fresh cilantro leaves, finely chopped (optional)	

Thaw the puff pastry. Preheat oven. Follow the instructions from the box.

Warm the oil in a pan. Add cumin seeds and wait till it starts sputtering. Add the ginger and garlic. Add the onions and stir till golden brown. Add the green, then red and yellow peppers and salt. Continue stirring till they are caramelized slightly. Add the boiled potatoes lightly mashed, red pepper flakes, coriander powder and cook them for 1-2 minutes on medium stirring occasionally. Let the mixture cool to room temperature. While the mixture cools, roll dough. Cut out the three strips and cut them into 15 squares. Fill a teaspoon or more of the cooled mixture. Press together all the sides. Can freeze for 5-10 minutes. Take out and brush with egg wash (1 egg in couple tablespoons of water) and cook for 20 minutes in the oven. Can eat them as warm or at room temperature.

Shikha Sharan

FRUIT DIP

1 small jar marshmallow cream	8 oz. cream cheese
1-2 tbsp. orange peel zest	

Combine and mix together.

Julie Mahan

BLACK BEAN MASH

5 slices apple hickory bacon, cut up
2 cans black beans
cumin to taste
tostito scoops

¼ onion diced
chipotle powder to taste
salt and pepper to taste

Fry bacon and onion in frying pan with butter. Once the onions brown and the bacon is cooked, add the beans, chipotle powder, cumin, salt and pepper. Mash with potato masher and let simmer. Serve with tostito scoops.

Julie Mahan

CHICKEN TIKKA MASALA

5 tbsp. olive or groundnut oil
2" piece cinnamon stick
2 tsp. finely grated fresh root ginger
1 tsp. ground cumin
1 tsp. ground coriander
½-1 tsp. cayenne pepper
1 large tomato, very finely chopped
1 tsp. garam masala
1 quantity tandoori-style chicken

5 cardamom pods
2 onions, finely chopped
2 tsp. garlic, crushed to a pulp
¼ tsp. ground turmeric
1 tbsp. bright red paprika
1 tsp. tomato puree
¼ pint water
¼ tsp. salt

Put the oil into a large, wide pan and set it over a medium-high heat. When it is very hot, put in the cardamom pods and cinnamon stick. Stir once, then add the onions. Stir until they begin to turn brown at the edges. Add the ginger and garlic and cook, stirring for 1 minute. Add the cumin, coriander, turmeric, cayenne and paprika and stir for 30 seconds. Add the tandoori-style chicken marinade, 1 tablespoon at a time and stir it in so it is absorbed by the spices. Add the tomato, tomato puree and garam masala and cook, stirring for a minute. Pour in the water and bring to a simmer. Cover, turn the heat to low and simmer gently for 10 minutes. Taste for salt, adding about ¾ tsp. or as needed. Add the cooked chicken and the juices from the baking tray. Raise the heat to high and fold the chicken into the sauce. The sauce should thicken and cling to the chicken pieces.

Sukanya Bora

YAKITORI (Japan)

1 tbsp. granulated sugar
½ cup sake

¼ cup mirin
½ cup soy sauce

Mix ingredients over high heat and bring to a boil. Reduce heat to medium-low and simmer until reduced to one cup. About 10-15 minutes. Set aside.

12 oz. boned, skinless chicken
cold water
2 medium green bell peppers
1 medium leek
16-20 skewers

8 oz. chicken livers
4 medium dried Chinese
black mushrooms, soaked in
hot water until soft
1 lemon, cut into wedges

Soak the bamboo skewers in cold water while you prep up the ingredients. Cut the chicken into squares and the liver into squares and place the livers into the cold water and cover. Let stand 5 minutes then drain and pat dry. Remove the mushroom stems from the water and cut each cap into halves. Then cut each green pepper into 1" squares. Cut the leeks into 1" lengths. Thread on the pieces of food on the skewers in alternating order, then place on a hot grill and baste with the sauce. Cook for about 3-4 minutes. Do not overcook or the chicken will be dry. Serve with the lemon wedges.

BOMBAY RICE STUFFED ONIONS (Middle Eastern)

½ cups golden raisins
6 medium onions
2 ½ cup water
1 cup carrots, shredded
¼ tsp. mace
1 cup orange juice
1 tbsp. flour

2 tbsp. bourbon
1 cup rice
1 tsp. salt
1 tsp. orange peel, grated
½ cup pecan halves
3 tbsp. butter, softened
2 tbsp. brown sugar

Soak raisins in bourbon at least 30 minutes. Cook onions in boiling salted water just until tender, 10-12 minutes. Drain and cool slightly. Cut a slice from the top of each onion and remove all but ¾" of the shell. Chop the pulp; measure ½ cup. Saute ½ cup pulp in butter in 10" skillet until golden. Add rice; cook and stir over low heat until rice is golden, about 3 minutes. Add water and salt. Bring to a boil. Cover tightly and simmer 20 minutes. Remove from heat. Stir in raisins, carrots, orange peel and mace. Place onions in butter baking dish. Mound about ½ cup rice mixture in each onion; top with pecan halves. Spoon orange glaze over each onion. Bake uncovered at 350 until hot, 10-15 minutes. **ORANGE GLAZE:** Heat orange juice in small saucepan. Combine butter and flour; stir into orange juice. Add brown sugar. Bring to a boil; stirring constantly. Reduce heat; cook and stir until slightly thickened.

SUN-DRIED TOMATO DIP

2 cups plain low-fat yogurt
½ cup fresh basil leaves, plus a few extra
freshly ground black pepper

½ cup sundried tomatoes
salt to taste

Line a strainer with cheesecloth and place it over a deep bowl. Add the yogurt to the strainer, cover and refrigerate overnight. The yogurt will drain and thicken overnight. Discard the liquid. Place the sundried tomatoes in a small saucepan and add just enough water to cover. Bring to a simmer, remove from heat and set aside to plump up for at least 15 minutes. Drain the tomatoes and discard the liquid. In a food processor, puree the tomatoes, basil and drained yogurt. Stir in salt and pepper to taste. Chill for at least one hour. Garnish with basil leaves. Serve with fresh vegetables and pita wedges or as a condiment for grilled chicken.

MEATBALLS IN ONION SAUCE (Denmark)

Meatballs:

2 lb. ground beef
1 cup bread crumbs
1 medium egg
2 medium onions, finely chopped

1 lb. ground pork
1 cup milk
1 tsp. salt
½ cup butter

Onion Sauce:

3 cups onions, thinly sliced
6 tbsp. flour
2 ½ cups beef broth

1 cup butter
1 tsp. salt
½ cup milk

Soak bread crumbs in milk. Mix all remaining meatball ingredients except butter. Form into walnut sized meatballs. Brown them well in the butter. Cover simmer 1 hour.

Sauce: Saute onions in butter until carmelized. Blend in flour and salt. Slowly add milk and beef broth. Stir until it thickens somewhat. Pour over meatballs and serve.

MINI PIZZAS

1 pkg. refrigerated flaky biscuits
1 cup shredded mozzarella cheese

1 cup pizza sauce

Preheat oven to 375. With rolling pin, roll each biscuit into a 6" circle. On ungreased baking sheet, arrange circles. Evenly top with sauce, then cheese. Bake 12 minutes or until biscuits are golden and cheese is melted.

GARLICKY SHRIMP WITH YELLOW RICE

¼ cup coarsely chopped garlic
¼ - ½ tsp. dried red pepper flakes
1 ½ lb. medium shrimp, peeled and deveined
¼ cup chopped fresh parsley
3 tbsp. slice pimiento-stuffed green olives
5 oz. pkg. yellow rice, cooked

¾ cup olive oil
1 tbsp. paprika
salt and black pepper
3 plum tomatoes, cored,
seeded, and diced

Heat olive oil in a large skillet over medium heat. Add the garlic, and sauté for 1 minute, stirring constantly, or until the garlic has begun to brown. Add the paprika and red pepper flakes, and sauté for 30 seconds. Raise the heat to medium high, and add the shrimp. Saute for 2-3 minutes, or until the shrimp have turned pink. Season with salt and pepper to taste and stir in the parsley. Stir the tomatoes and olives into the rice. Place the wrappers on a counter, and spoon a portion of rice on one edge of each, leaving a 1 ½" border on both sides. Tuck the sides over the filling, and roll wrappers firmly but gently, beginning with the filled edge. Cut in half on the diagonal and serve immediately.

Suggested wrappers: Armenian lavish or eight inch flour tortillas.

Paul Miller

BREADS

CHUNKY CHOCOLATE PUMPKIN LOAF

2/3 cups shortening
2 cups sugar
4 eggs
2 cups pumpkin
2/3 cup water
3 1/3 cup flour
2 tsp. baking soda

1 1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. ground cloves
1/2 tsp. nutmeg
1 tsp. cinnamon
2/3 cup nuts (optional)
12 oz. chocolate chips

Heat oven to 350 degrees. Grease two loaf pans. Cream shortening and sugar. Add eggs, pumpkin and water and blend well. Blend in dry ingredients except nuts and chocolate chips. Stir in nuts and chocolate chips. Bake 65-75 minutes.

Barbara Merrill

LEMON BLUEBERRY MUFFINS

1 pkg. lemon cake mix
1 1/2 cups sour cream

2 large eggs, beaten
2 cups frozen blueberries

Preheat oven to 325 degrees. Place muffin papers in the pans. Combine the cake mix, eggs and sour cream in the bowl. Stir with a mixing spoon until well blended. The batter will be stiff. Lightly fold in the blueberries with the spatula. Divide the batter among the 18 cups. Bake in the oven for 40 minutes until golden brown. Insert a toothpick in the center of two or three muffins, should come out clean. Remove from oven and cool in pan on wire rack... Let stand 10 minutes. Remove muffins to the rack to cool completely.

Barbara Merrill

VERMONT JOHNNYCAKE (cornbread)

2 cups sifted flour
¾ tsp. salt
3 eggs
½ cup maple syrup

4 ½ tsp. baking powder
1 cup cornmeal
1 cup milk
¾ cup melted shortening

Sift flour, baking powder and salt together, add cornmeal and mix thoroughly. Combine remaining ingredients and add to dry ingredients, stirring only enough to dampen all the flour. Pour into greased 9" x 9" pan and bake at 400 degrees for 30 minutes.

Barbara Merrill

HONEY YEAST BREAD (Yemarina Yewotet Dabo) (Ethiopia)

1 pkg. active dry yeast
1 egg
1 tbsp. ground coriander
¼ tsp. ground cloves
1 cup lukewarm whole milk
4-5 cups all purpose flour

¼ cup lukewarm water
1/3 cup honey
½ tsp. ground cinnamon
1 tsp. salt
6 tbsp. melted unsalted butter

In a small bowl, sprinkle yeast over the warm water. Let stand for 3 minutes, then stir to dissolve. Set the bowl in a warm place for about 5 minutes; mixture should double in size. Combine the egg, honey, coriander, cinnamon, cloves and salt in a deep bowl, mixing until smooth. Add the yeast mixture, milk, and 5 tablespoons of the melted butter. Beat until well blended. Stir in flour ½ cup at a time, until becomes too stiff to stir. On a lightly floured board, knead the dough, adding a small amount of flour when necessary to keep from sticking. Knead for about 5 minutes. Place dough in a large, greased bowl. Cover with a damp cloth and let sit in warm place for about 90 minutes. Grease a cookie sheet with the remaining tablespoon of butter. Punch down the dough and knead it again for a few minutes. Shape the dough into a round, and place it on the greased sheet. Preheat the oven to 325. Let the bread rise again while oven is preheating. Bake the bread for 1 hour or until the top is crusty and light golden brown.

SWEDISH LIMPU BREAD

5 ½ cups all purpose flour	2 tsp. salt
2 (.25 oz) pkg. active dry yeast	2 tsp. orange zest
2 cups water	1 ½ tsp. caraway seed
½ cup packed brown sugar	1 ½ tsp. fennel seed
2 tbsp. vegetable oil	2 eggs, room temperature
2 cups rye flour	

Boil water, sugar, oil, salt, orange rind, caraway seeds, and fennel seeds in a saucepan for 3 minutes. Cool until warm. In a large bowl, whisk together 3 cups flour and yeast. Stir in cooled orange rind mixture. Beat with an electric mixer on medium speed for 2 minutes. Blend in eggs. Add 1 cup flour, and beat 1 minute on medium speed. Add rye flour and enough additional white flour to make a stiff dough. Turn dough onto a lightly floured surface. Knead for 8-10 minutes, or until smooth and satiny. Shape into a ball. Place in lightly greased bowl, turning to grease the surface. Cover with a damp cloth, and place in a warm spot. Allow to rise for 90 minutes, or until doubled. Punch dough down, and divide in half. Shape into 2 balls. Let rest for 10 minutes. Shape into 2 loaves, and place into ungreased 9x5" loaf pans. Brush with oil. Allow to rise for 1 hour, or until doubled in size. Bake at 400 for 30-35 minutes, or until done.

CRUNCHY BLUE CHEESE BREAD CROUTONS (Ireland)

1/3 cup melted butter	1 loaf stale, hearty bread, cut in 1" cubes
1 bottle (12 oz.) ale (Sierra Nevada Pale Ale)	fresh cracked pepper
1 cup crumbled blue cheese	

Preheat oven to 400. Lightly grease a baking sheet with the melted butter, reserving most of it for later. Place the cubes in a large bowl and lightly moisten them with the ale, stirring with a large spoon or your hands. Spread them on the baking sheet and press the crumbled cheese on top of each one. Drizzle with remaining butter and sprinkle with cracked pepper to taste. Bake for 10-15 minutes, until crunchy.

HOMESTYLE BISCUITS

2 cups flour	2 tsp. baking powder
¼ tsp. baking soda	¼ tsp. salt
2 tbsp. sugar	2/3 cups 1% fat buttermilk
3 1/3 tbsp. vegetable oil	

Preheat oven to 450. In medium bowl, combine flour, baking powder, baking soda, salt and sugar. In small bowl, stir together buttermilk and all of the oil. Pour over flour mixture and stir until well mixed. On lightly floured surface, knead dough gently for 10-12 strokes. Roll or pat dough to ¾" thickness. Cut with 2" biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet. Bake for 12 minutes or until golden brown. Serve warm.

APRICOT-ORANGE BREAD

6 oz. dried apricots, cut into small pieces	2 cup water
1 cup sugar	2 tbsp. margarine
1 tbsp. orange peel, freshly grated	1 egg, slightly beaten
½ cup fat free dry milk powder	3 ½ cup flour, sifted
1 tsp. baking soda	2 tsp. baking powder
½ cup orange juice	1 tsp. salt
	½ cup pecans, chopped

Preheat oven to 350. Lightly oil two 9x5" loaf pans. Cook apricots in water in covered medium-size saucepan for 10-15 minutes or until tender, but not mushy. Drain and reserve ¾ cup liquid. Set apricots aside to cool. Cream together margarine and sugar. By hand, beat in egg and orange peel. Sift together flour, dry milk, baking powder, soda and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice. Stir apricot pieces and pecans into batter. Turn batter into prepared pans. Bake for 40-45 minutes or until bread springs back when lightly touched in center. Cool for 5 minutes in pans. Remove from pans and completely cool on wire rack before slicing.

PASKA BREAD (Poland)

2 (.25 oz.) pkg. active dry yeast
½ cup warm water
½ cup white sugar
3 cups warm milk
4 cups flour
6 eggs, beaten
1 tbsp. water

½ cup white sugar
1 cup margarine, softened
¼ tsp. salt
¼ tsp. lemon zest
12 cups flour
1 egg
2 tbsp. butter, melted

Proof the yeast in ½ cup warm water in large bowl until slightly frothy. In the meantime, dissolve ½ cup sugar in the warm milk. Cook to lukewarm. Once cooled, add the milk mixture to the yeast mixture along with four cups of flour. Mix well with a wooden spoon. Cover and put in a dark, warm place until the mixture is bubbly and doubled in size, about 2 hours. Stir in the beaten eggs, ½ cup sugar, margarine, salt and lemon zest. Stir well to blend. Begin adding the remaining flour a cup at a time to form a very soft dough. Knead the dough on a floured board until soft and elastic, about 10 minutes. Place the dough in a greased bowl, turning to coat both sides. Allow to rise in a warm place until doubled, about 2 hours. Punch dough down, and allow to rise again for 30 minutes. Divide dough into three parts. Shape into slightly rounded loaves, and place on greased baking sheets. Let rise until doubled, about 45 minutes to 1 hour. Beat 1 egg with 1 tablespoon water; brush onto loaves. Bake at 350 for 45-50 minutes, or until done. Once they are done, brush the tops with melted butter for a soft crust.

LEMON MUFFINS

½ cup sugar
½ cup margarine or butter, softened
1 tsp. baking powder
3 tbsp. lemon juice
cinnamon sugar

2 eggs, separated
½ cup flour
¼ tsp. salt
1 tbsp. lemon zest

In a small bowl sift flour, baking powder and salt, set aside. Cream butter and sugar. Add egg yolks and mix well. Add lemon juice then flour mixture. Beat egg whites until stiff peaks form, fold into batter with lemon zest. Fill paper lined muffin cups or greased muffin tin ½ full. Sprinkle with cinnamon sugar and bake at 350 for 15-20 minutes or until toothpick comes out clean.

Teri Cecil

FRENCH BAGUETTE

2 tbsp. yeast
2 cups warm water
1 tbsp. salt
nonstick cooking spray

pinch of sugar
½ cup whole wheat flour
5-6 cups bread flour

Stir the yeast, sugar and water together in a mixing bowl and let stand, uncovered, until a foam develops on the surface, about 8-10 minutes. With a wooden spoon, stir in the whole wheat flour and salt. Stir in the bread flour by the cupful until a shaggy dough is formed and pulls away from the sides of the bowl. Place the dough on a lightly floured work surface and knead by hand, adding flour as needed to keep the dough from sticking. Knead until the dough is smooth and elastic, about 8-10 minutes. Spray the inside of a clean bowl with a non-stick spray and place the dough in the bowl. Cover with plastic wrap and lay a kitchen towel over the top of the bowl to keep the warmth inside. Let the dough rise at room temperature until it has tripled in size. This will take about 1 ½ - 2 hours. (Or let the dough rise slowly in the refrigerator overnight).

Turn the dough out onto a lightly floured work surface and punch the dough down several times. Knead the dough for 5 minutes and return the dough to the bowl, cover with plastic and let rise until double in size, about 20-30 minutes (an hour or more if the dough has been refrigerated).

Turn the dough out onto the work surface and divide it into 4 equal pieces. Flatten each piece of dough into a rectangle, fold it into thirds and roll it into a cylinder about 16" long. Place the loaves in baguette pans or set them on the backside of two cookie sheets sprinkled with cornmeal. Cover the loaves with a clean kitchen towel and let them rise at room temperature until doubled in size, about 45 minutes. If the dough has been in the refrigerator, rising time will be longer.

Meanwhile, place a baking stone on the middle rack of the oven and preheat it at 450. With a sharp knife, carefully make 3 or 4 diagonal cuts on each loaf, about 1/8" deep. Place a bowl of boiling water on the bottom rack of the oven. The water will create steam in the oven and make a nice crust on the bread. Carefully transfer the loaves to the oven and place them on the baking stone. Bake until the loaves are golden brown and they feel very light for their size, about 25-30 minutes.

The best way to test for doneness is to hold a loaf with a kitchen towel in one hand and thump on the back of it with the other; if it sounds hollow, it's done. Let cool for at least 10 minutes before slicing.

CHEDDAR CHEESE MUFFINS

3 cup buttermilk baking mix
¾ cup grated cheddar cheese
1 cup milk

1 tsp. salt
1 large egg, beaten

Mix together baking mix, salt and cheddar cheese. Make a well in center and put in milk and the egg. Fold together until just well blended. Fill lined or greased muffin tins 2/3 full. Bake at 400 for 18 minutes. Makes 12.

Teri Cecil

CARROT-RAISIN BREAD

1 ½ cup flour, sifted
1 tsp. baking powder
½ tsp. salt
¼ tsp. ground allspice
½ cup water
½ tsp. vanilla
¼ cup pecans, chopped
¼ cup golden raisins

½ cup sugar
¼ tsp. baking soda
1 ½ tsp. ground cinnamon
1 egg, beaten
2 tbsp. vegetable oil
1 ½ cup carrots, finely
shredded

Preheat oven to 350. Lightly oil two 9x5" loaf pans. Stir together dry ingredients in large mixing bowl. Make well in center of dry mixture. In separate bowl, mix together remaining ingredients. Add mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots. Turn into prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean. Cook for 5 minute in pan. Remove from pan and complete cooling on wire rack before slicing.

GARLIC BREADSTICKS

½ cup fat free cream cheese
1 can refrigerated soft breadsticks

1 tsp. garlic powder

Mix cream cheese and garlic powder. Unroll breadstick dough into 8 pieces. Spread each piece with 1 tablespoon cream cheese mixture. Fold each piece of dough in half; twist slightly. Place on ungreased cookie sheet. Bake at 350 for 15 minutes or until golden brown.

MISCELLANEOUS

GERMAN APPLE PANCAKE

4 Tbsp. unsalted butter	1 medium Delicious apple, cored and cut into ½-inch slices
½ tsp. ground cinnamon	2 eggs, at room temperature
1 Tbsp. sugar	½ cup all-purpose flour
½ cup milk	Confectioners' sugar for dusting
½ tsp. salt	

Preheat oven to 400. Butter a 10-inch oven-proof braiser or fry pan.

In another fry pan over medium heat, melt 2 Tbsp. of the butter. Add the apple, cinnamon and sugar and sauté, stirring occasionally, until the apple begins to soften and brown, 5 – 6 minutes. Set aside.

In a bowl, using a whisk, beat the eggs. Add the milk and whisk until blended. Sift the flour and salt into the egg mixture and whisk until just blended. In a small saucepan over medium-low heat, melt the remaining 2 tbsp. butter. Add the butter to the flour-egg mixture and whisk until smooth.

Pour the batter into the prepared pan and arrange the apple slices evenly on top. Bake until the pancake is browned and puffed up, 25 – 30 minutes. Dust with confectioners' sugar and serve immediately. Serves 2-4.

German Apple Pancake is known also as a German, or puff, pancake. This pancake puffs up because of the addition of eggs. This is an old-fashioned treat for breakfast or brunch.

Annie Gensler

ITALIAN SNACK MIX

4 cups popped popcorn	2 cups white cheddar snack crackers
2 cups thin pretzel sticks, broken in half	¼ cup margarine or butter, melted
2 cups miniature or broken garlic-flavored bagel chips	½ tsp. dried Italian seasoning
2 tbsp. grated Parmesan-Romano cheese	
¼ tsp. garlic powder	

Heat oven to 300. In large bowl, combine popcorn, crackers, pretzel sticks and bagel chips. In small bowl, combine all remaining ingredients; mix well. Pour evenly over popcorn mixture; toss to coat. Spread evenly in ungreased 15x10x1 inch baking pan. Bake for 8-12 minutes or until thoroughly heated, stirring occasionally. Cool 30 minutes. Store in tightly covered container.

PEACH COMPOTE
(Jewish/Kosher)

1 cup sugar
one ½ inch slice lemon zest
(yellow part only)

½ cup water
4 cups peeled, pitted peaches

Bring the sugar, water and lemon zest to a boil over high heat. Simmer for 5 minutes. Add the fruit and continue to cook for about 5 minutes, until just tender. Remove the fruit from the juice and set aside. Discard the lemon zest. Reduce the juice over medium-high heat for about 5 minutes, until it becomes syrupy. Pour the syrup over the cooked fruit. Serve warm. Serve over buttermilk griddle cakes or swirl into low-fat yogurt for a healthy snack.

SPINACH DEVILED EGGS

12 hard-cooked eggs
¼ cup mayonnaise
½ cup frozen chopped spinach, thawed and
squeezed dry
2 tbsp. butter or margarine, softened

¼ tsp. salt
1 tbsp. sugar
½ tsp. pepper
4 strips bacon, cooked and
crumbled

Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork. Stir in the mayonnaise, butter, sugar, pepper and salt. Add spinach and mix well. Stir in the bacon, spoon into egg whites. Serve immediately.

Barbara Merrill

CLEAR TOMATO EXTRACT
(Australia)

4 lb. tomatoes

Roughly chop the tomatoes and process in a food processor. Line a sieve with muslin or a thin kitchen cloth and place over a plastic container. Pour in the pureed tomatoes, cover with plastic wrap and let stand overnight. The next day, carefully lift off the sieve and discard the tomato pulp. The liquid that remains can be stored in the refrigerator for up to 4 days.

Tomato extract can be used to intensify the tomato flavor of soups and sauces.

TAIWAN PICKLES

1 English cucumber, sliced in
half length-wise and sliced

salt to taste

Dressing:

1 tbsp. sesame oil
1 tbsp. rice vinegar

1 tsp. chili oil
chopped dried chilies to taste

Place sliced cucumber in serving bowl and sprinkle with salt to taste. Mix dressing ingredients in a small bowl and pour over cucumber slices. Stir to coat. Sprinkle with dried chilies to taste. Serve cold.

SPLICED BUTTER (Niter Kebbeh) (Ethiopia)

2 lb. unsalted butter, cut into small pieces
3 tbsp. minced garlic
2 tsp. ground turmeric
¼ tsp. ground cardamom
1 whole clove

1 onion, coarsely chopped
4 tsp. finely chopped fresh
ginger
1 cinnamon stick (1" long)
1/8 tsp. ground nutmeg

In a large saucepan, melt the butter slowly over medium heat; do not let it brown. Then bring butter to a boil. Stir in the onion, garlic, ginger, turmeric, cardamom, cinnamon, clove, and nutmeg. Reduce the heat and simmer uncovered and undisturbed for 45 minutes. Milk solids on the bottom of the pan should be golden brown, and the butter on top will be transparent. Slowly pour the clear liquid into a bowl, straining through cheesecloth. It is important that no solids are left in the niter kebbeh. Transfer the kebbeh into a jar. Cover tightly, and store in the refrigerator.

SWEET SYRUP FOR MIDDLE EASTERN PASTRIES

3 cups sugar
1 lemon

1 ½ cups water
1 tbsp. orange-blossom water

Boil the sugar with the water until dissolved and viscous, about 10 minutes. Stir in the remaining ingredients and remove from the heat.

POLISH SAUSAGE (Kielbasa)

1 ½ lb. lean boneless pork
1 tsp. salt
1 tsp. pepper
1 tbsp. mustard seed
casing

½ lb. boneless veal
(optional)*
2-3 cloves garlic, crushed
¼ cup crushed ice

Cut the meat into small chunks, then grind the meat with the seasonings and ice, mix this well. Stuff the meat mixture into the casing. Smoke in your outside smoker following the manufacturer's directions, or you can place the sausage in a casserole, cover it with water. Bake at 350 until water is absorbed, about 1 ½ - 2 hours. This only makes about 2 pounds. When making sausage by hand, tie a know about 3 inches from one end of a cleaned sausage casing and fix the open over the spout of a wide based funnel, easing most of the casing up onto the spout. Then spoon the mixture into the funnel and push it through into the casing with your fingers. Knot the end and roll the sausage gently on a firm surface to distribute the filling evenly.

*If you do not add the veal then add 1 pound of pork.

FRESH PASTA (Italy)

1 ½ cups semolina flour
4 eggs
1 tsp. salt

1 cup all purpose flour
2 tbsp. olive oil

In a large bowl, combine the two flours. Add the remaining ingredients and using a wooden spoon, combine until smooth. Dough should be somewhat sticky. Cover and let relax for 30 minutes. Using flour as necessary, knead dough by hand or with pasta machine.

PINA COLADA (Caribbean)

2 cups coconut milk
2 cups crushed pineapple
1 cup rum
½ cup sugar

3 cups pineapple juice
½ cup shredded coconut,
sweetened
1 tsp. clear vanilla

Combine all ingredients in a large bowl. Blend in batches using a blender. Serve over ice.

JERK SEASONING

1 ½ tsp. onion powder
¾ tsp. dried thyme leaves
½ tsp. allspice
½ tsp. paprika
½ tsp. black pepper

1 ½ tsp. garlic powder
½ tsp. dried oregano
½ tsp. ground ginger
¼ tsp. nutmeg
¼ - ½ tsp. cayenne pepper

Combine all ingredients and store in an airtight container until ready to use.

MIXED GRILL MARINADE

½ cup loosely packed parsley
2 tbsp. olive oil
½ tsp. Worcestershire Sauce
¼ tsp. fresh ground pepper
dash crushed red pepper flakes

¼ cup red wine vinegar
1 tsp. soy sauce
2 cloves garlic, peeled
1 tsp. dried oregano
1 bay leaf

Place all ingredients in the chopping bowl of a hand blender or mini-food processor. Pulse until pureed. Marinate steaks, chops, chicken or turkey pieces at least 2 hours or preferably overnight, refrigerated.

Makes ½ cup, enough to marinate about 4 pounds of meat or chicken.

QUICK FRENCH TOAST

¼ cup milk
½ tsp. ground cinnamon
1 egg

1 tsp. vanilla extract
4 slices of bread

Mix egg, vanilla and cinnamon together. Stir in milk. Dip bread in mixture and brown on both sides in buttered skillet over medium heat.

BASIL-INFUSED OIL

1 bunch basil

1 cup olive oil

Wash the basil and dry well. Place the basil and oil in a blender and blend on high speed to combine. Refrigerate in a container.

NORTH CAROLINA VINEGAR SAUCE

2 cups cider vinegar

2 tbsp. brown sugar

1 tbsp. hot pepper sauce

2 tsp. black pepper

3 tbsp. ketchup

4 tsp. salt

1 tbsp. hot pepper flakes

Combine the ingredients in a mixing bowl and whisk until the salt and sugar crystals are dissolved.

PEPPERY PEAR BUTTER

5 cups peeled and cored pears,
cut into chunks

½ cup honey

¾ cup water

2 tbsp. lemon juice

1 tbsp. black pepper

Place the pear chunks in a large, heavy-bottomed, stainless-steel pot. Add the rest of the ingredients. Bring to a boil over medium-high heat, stirring occasionally. Simmer until the fruit becomes tender, about 20 minutes. Puree in a food mill or blender. Cool and refrigerate. Serve warm or at room temperature.

BLUBERRY JAM

4 cups blueberries

1 pkg. powdered fruit pectin

2 tbsp. lemon juice

1 ½ cups honey

Mix the blueberries, lemon juice and pectin in a heavy-bottomed, stainless steel pot. Bring to a boil over high heat. Stir in the honey. Return to a boil and stir slowly for 10-12 minutes. The mixture will resemble a thick syrup when done. Let cool, then pour into a storage container, cover and refrigerate.

GEORGIA PEACH COOLER

4 cups silken or soft tofu, drained
1 cup apple juice, chilled
½ banana, peeled
6 sprigs fresh mint, washed

2 cups of peaches, pitted and
chopped
juice of 1 lime

Place the tofu, peaches, apple juice, banana and lime juice in a blender and process for 10 seconds. Serve immediately in frosted tall glasses garnished with mint sprigs.

MANGO SHAKE

2 cups lowfat milk
1 small banana

4 tbsp. frozen mango juice
2 ice cubes

Put all ingredients into blender. Blend until foamy. Serve immediately.

SUMMER SMOOTHIE

1 cup fat free, plain yogurt
1 cup pineapple, crushed
1 tsp. vanilla extract

6 medium strawberries
1 medium banana
4 ice cubes

Place all ingredients in blender and puree until smooth. Serve in frosted glass.

RICE AND BANANA PANCAKES (Sulawesi) (Indonesia)

3 medium ripe bananas
¼ tsp. salt
1 cup warm water

2 tbsp. sugar
1 tsp. active dry yeast
1 cup rice flour

In shallow dish, mash bananas to a smooth consistency. In a bowl, dissolve sugar, salt and yeast in the water. In another bowl, combine banana, flour and yeast mixture. Stir the mixture until it has the consistency of pancake batter. Let stand 30 minutes. Brush skillet with oil. Heat until hot. Pour 1/3 cup of batter. Cook pancake on both sides over moderate low heat until golden and risen. Continue with remaining batter. Serve warm with syrup.

FRESH SALSA

6 Roma tomatoes
1 clove garlic, finely minced
2 jalapeno peppers, finely chopped
fresh lime juice, to taste
1/8 tsp. salt
½ avocado, diced (black skin)

½ medium onion, finely
chopped
3 tbsp. cilantro, chopped
1/8 tsp. oregano
1/8 tsp. pepper

Combine all ingredients in glass bowl. Serve immediately or refrigerate and serve with in 4-5 hours.

HOT'N SPICY SEASONING

1 ½ tsp. white pepper
½ tsp. black pepper
1 ¼ tsp. garlic powder
1 ½ tsp. thyme, dried

½ tsp. cayenne pepper
1 tsp. onion powder
1 tbsp. basil, dried

Mix all ingredients together. Store in an airtight container.

VEGETABLES

MOROCCAN CARROTS

1 ½ cups carrot, cut into slices
1 tbsp. brown sugar
¼ tsp. ground cumin
1/3 cup orange juice
freshly ground black pepper
chopped parsley or mint (garnish)

1 tbsp. olive oil
1/3 tsp. ground cinnamon
dash of cayenne pepper
2 ½ tbsp. currants, soaked in
hot water

Heat the olive oil in a large saucepan over moderate heat. Add the sugar, spices and carrots and stir over low heat for a few minutes. Add the orange juice and the currants with some of their soaking liquid. Bring to a boil. Quickly reduce the heat and simmer the carrots, covered, until tender. Adjust seasoning to taste. Sprinkle with chopped parsley or mint.

ALGERIAN GREEN BEANS WITH ALMONDS

1 lb. fresh green beans
3 tbsp. peanut oil
½ tsp. ground cumin
¼ tsp. ground cloves

4 cups water, salted
1 clove garlic, mashed
¼ tsp. paprika
1 tbsp. slivered almonds

Clean and trim green beans. Simmer in lightly salted water until just tender, about 30-45 minutes. Drain and put in serving dish. Put remaining ingredients (except almonds) in a saucepan over medium heat and cook for two minutes, stirring constantly. Add the almonds and stir briefly to coat. Pour the oil mixture over the green beans and toss gently until beans are thoroughly coated. Serve warm.

Note: Canned green beans are not an acceptable substitute in this recipe. Powdered garlic is probably o.k.

ITALIAN VEGETABLE BAKE

1 can (28 oz.) tomatoes, whole	1 medium onion, sliced
½ lb. fresh green beans, sliced	½ lb. fresh okra, cut into ½” pieces or ½ of 10 oz. pkg.
¾ c green pepper, finely chopped	1 tbsp. fresh basil, chopped or 1 tsp. dried basil crushed
2 tbsp. lemon juice	3 medium zucchini, cut into 1” cubes
1 ½ tsp. fresh oregano leaves, chopped or ½ tsp. dried oregano, crushed	
1 medium eggplant, pared, cut into 1” cubes	
2 tbsp. Parmesan cheese, grated	

Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes, reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325 for 15 minutes. Mix in zucchini and eggplant. Continue baking, covered, 60-70 minutes more or until vegetables are tender. Stir occasionally. Just before serving, sprinkle top with Parmesan cheese.

CANDIED YAMS

3 medium yams	¼ cup brown sugar, packed
1 tsp. flour, sifted	¼ tsp. salt
¼ tsp. ground cinnamon	¼ tsp. ground nutmeg
¼ tsp. orange peel	1 tsp. soft but margarine
½ cup orange juice	

Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into ¼ “ thickness. Combine sugar, flour, salt, cinnamon, nutmeg and grated orange peel. Place half of sliced yams in medium-size casserole dish. Sprinkle with spiced sugar mixture. Dot with half the amount of margarine. Add second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice. Bake uncovered for 20 minutes in oven that was preheated to 350.

OVEN FRENCH FRIES

4 large potatoes
1 tsp. garlic powder
¼ tsp. salt
¼ tsp. allspice
1 tbsp. vegetable oil

8 cups ice water
1 tsp. onion powder
1 tsp. white pepper
1 tsp. hot pepper flakes

Scrub potatoes and cut into ½” strips. Place potato strips into ice water, cover and chill for 1 hour or longer. Remove potatoes and dry strips thoroughly. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in plastic bag. Toss potatoes in spice mixture. Brush potatoes with oil. Place potatoes in nonstick shallow baking pan. Cover with aluminum foil and place in 475 oven for 15 minutes. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

RED PEPPER WITH ANCHOVIES (Spain)

2 large red peppers
4 tbsp. olive oil

4 garlic cloves
1 small can of anchovies

Roast the peppers in the oven at 400 for 15 minutes. Turn them and leave for 15 more minutes until both sides are done. Wrap them one by one in paper towels and leave them aside to cool. Peel and seed the peppers, then cut them into ½” wide strips. Peel the garlic cloves and slice them thinly. Heat olive oil in a frying pan at low heat, add the garlic. When the garlic is golden brown, add the pepper strips. Saute for 10 minutes, shaking the pan a little. Serve cold or warm, with the anchovies coiled around the peppers.

ROASTED BABY BEETS

18 small beets, skin on, sliced
kosher salt to taste

1 tbsp. olive oil

Preheat the oven to 450. Spread the beet slices out on a baking sheet in a single layer. Brush them with olive oil and sprinkle with salt. Roast the beets on the top rack of the oven until the slices are tender when pierced with a knife, about 15 minutes.

Note: Baby beets are thin skinned and the skins are quite palatable. Older thick skinned beets should be peeled once cooked.

CAJUN-SPICED MASHED SWEET POTATOES

3 large sweet potatoes, peeled and
cut into 2" pieces
Cajun seasoning to taste

juice of 2 limes
½ cup milk
salt to taste

Place the sweet potatoes in a pot and cover with cold water. Bring the potatoes to a boil over high heat. Reduce the heat and simmer about 20-30 minutes, until the potatoes are done. Check for doneness by piercing with a fork; there should be no resistance. Drain well. Mash the sweet potatoes with a potato masher or fork, or use a food mill. Add the lime juice and stir well. Add the milk and stir. Add Cajun seasoning, to taste.

GRILLED VEGETABLES

1 eggplant, sliced 1/3" thick
1 green or red pepper, quartered and
seeded
4 large whole mushrooms
salt to taste
freshly ground black pepper

1 summer squash, sliced 1/3"
thick
1 onion, sliced 1/3" thick
½ cup roasted garlic
vinaigrette or low fat salad
dressing

Preheat the grill. Brush vegetables on all sides with vinaigrette. Grill on a hot grill for 2 minutes on each side. To keep the onions together, slide a spatula completely underneath to pick up all the rings. Turn carefully. Season to taste with salt and pepper. Serve hot or at room temperature.

ROASTED ASPARAGUS

2 lb. fresh asparagus
kosher salt to taste

1 tbsp. olive oil

Preheat the oven to 450. Prepare the asparagus spears by cutting off the last inch or so of the woody stalk. Spread the asparagus spears on a baking sheet. Brush them with olive oil, especially the tips, and sprinkle with salt. Roast the asparagus on the top rack of the oven until the stalks begin to get tender on the outside, about 10 minutes.

STEWED POTATOES (Papas Guisadas)
(Mexico)

6 red potatoes, scrubbed	2 ripe tomatoes
1-2 serrano chile peppers, coarsely chopped	1 clove garlic, coarsely chopped
¼ cup oil	salt to taste
1 small onion, finely chopped	
2 oz. queso fresco cheese, crumbled	

Cut potatoes into 1” cubes. Cook in boiling water until just tender. Drain and set aside. In a blender, place the tomatoes, chiles, and garlic. Blend until smooth, using a few drops of water if necessary; set aside. Heat the oil in a skillet. Add the onion and sauté over fairly high heat for 5 minutes. Add the potato and continue frying, gently turning potatoes often to prevent over-browning. Pour the sauce over the potatoes, reduce heat, and cook for about 10 minutes. Season with salt and serve.

POTATO BAKE (Gratin Dauphinois)
(France)

4 large baking potatoes	2 cups whole milk
1 garlic clove	salt and pepper
nutmeg	2 eggs
4 oz. Gruyere cheese, grated	

Peel, slice and wash potatoes. Place them in a pot and cover them with cold milk. Bring them to a boil and simmer for 5 minutes. Meanwhile, peel the garlic clove and rub it well all over the bottom and sides of a 1 quart baking dish. Preheat oven to 350. Gently transfer the potato slices to the baking dish, layering as you go. Season each layer with salt, pepper, and a dash of nutmeg. Do not discard the milk. Beat the eggs with the cooled milk and half of the grated cheese and pour over the potatoes. Cover with the remaining cheese. Bake for 45 minutes, or until the top is golden.

BROILED TOMATOES

4 plum tomatoes
¼ tsp. salt
1 tbsp chopped, fresh herbs (optional)

2 tsp. olive oil
freshly ground black pepper

Preheat the broiler. Slice the tomatoes in half lengthwise and place them, skin side down, on a cookie sheet. Drizzle each half with olive oil and season liberally with salt and pepper. Place the cookie sheet in the oven on a rack that is about 4" away from the heat. Broil until the tomatoes brown slightly, about 2-4 minutes. Remove the tomatoes from the oven and sprinkle with fresh herbs if desired.

STIR FRIED BEAN SPROUTS (China)

1 lb. fresh bean sprouts
1 tbsp. rice wine vinegar
1 tsp. salt

3 tbsp. oil
½ tsp. sugar
¼ tsp. ground Szechuan
pepper

Rinse bean sprouts well, and drain; set aside. Meanwhile, heat oil in a wok over medium-heat. Add bean sprouts and quickly stir fry for a few seconds. Immediately add vinegar, sugar, salt and pepper. Stir fry for a few more seconds, then remove from heat. Serve immediately.

MAGICAL GREENS

3 cups greens such as spinach, kale,
chard, arugula or a combination
salt to taste
freshly ground black pepper

¼ cup vegetable stock
1 tbsp. finely chopped
shallots

Wash the greens, remove any tough stalks, and cut into 2" lengths. Bring the stock and shallots to a simmer in a skillet over medium-high heat. Cook for 1 minute. Add the greens, salt and pepper. Toss quickly until the greens are barely wilted.

COOKED MIXED VEGETABLES WITH PEANUT SAUCE (Gado-gado)
(Indonesia)

1 cup cabbage or spring greens, shredded	2 cups French beans, cut into ½" lengths
4 medium carrots, peeled and sliced thinly	1 cup beansprouts, washed
1 cup cauliflower florets	

Garnish:

Lettuce leaves and watercress	2 hard boiled eggs, quartered
1 medium-size potato, boiled in its skin then peeled and sliced	½ cucumber, thinly sliced
2 large krupuk	1 tbsp. crisp-fried onions

Boil the vegetables separately in slightly salted water, for 3-4 minutes, except the beansprouts which only need 2 minutes. Drain each vegetable separately in a colander. To serve, arrange the lettuce and watercress around the edge of a serving dish. Then pile the vegetables in the middle of the dish. Arrange the eggs, sliced potatoes and sliced cucumber on top. Pour peanut sauce over the vegetables. Sprinkle the fried onions on top.

Peanut Sauce (sambal kacang)

½ cup vegetable oil	1 1/3 cups raw peanuts
2 cloves garlic, chopped	4 shallots, chopped
salt to taste	½ tsp. chilli powder
½ tsp. brown sugar	1 tbsp. dark soy sauce
2 cups water	juice of a lemon

Stir-fry the peanuts for 4 minutes. Remove with a slotted spoon to drain in a colander, and leave to cool. Then pound or grind the nuts into a fine powder. Discard the oil, except for 1 tablespoon. Crush the garlic and shallots in a mortar with a little salt, and fry in the remaining oil for 1 minute. Add the chilli powder, sugar, soy sauce and water. Bring this to a boil, then add the ground peanuts. Simmer, stirring occasionally until the sauce becomes thick; this should take about 8-10 minutes. Add the lemon juice and more salt if needed.

GARLICKY KALE

2 lb. kale
4-5 cloves garlic
splash red wine vinegar
freshly ground black pepper

4 tbsp. olive oil
pinch red pepper flakes
salt to taste

Remove stems from the kale and chop the leaves coarsely. Wash and drain well, but do not dry. Heat a large sauté pan, add 3 tablespoons of the olive oil and enough kale to cover the bottom of the pan, and cook over high heat while stirring to rotate the leaves. Add more kale as the leaves wilt. When all the kale has been added, season with salt, cover and reduce the heat to medium. Cook, stirring occasionally; the cooking time will depend on the maturity of the kale. When the leaves are tender, remove the lid and allow any excess water to cook away. Remove the kale to a warm bowl and set aside. Add the remaining tablespoon of olive oil to the pan along with the garlic and red pepper. Sauté just until you smell the aroma of garlic. Sprinkle the garlic and red pepper over the kale and toss with a splash of vinegar. Adjust the salt and pepper to taste. Serve warm or at room temperature.

CURRIED POTATOES AND PEAS (Aloo Mutter) (India)

1 tbsp. ghee or butter
3 cloves garlic, minced
1 tsp. ground cumin
½ tsp. ground coriander
2 red potatoes, scrubbed, diced
1 tsp. garam masala

1 small onion, chopped
2 tsp. finely chopped ginger
½ tsp. ground turmeric
15 oz. can crushed tomatoes
1 ½ cups frozen peas
2-4 tbsp. fresh cilantro,
chopped

In a large saucepan, sauté the onion in the butter over medium low heat for 5 minutes. Add the garlic and ginger and sauté for one more minute. Add the cumin, turmeric, and coriander; stir well. Add the tomatoes and bring the mixture to a boil. Add the potatoes, cover, and simmer for 10 minutes. Add the peas and cook for 10 more minutes. Stir in the garam masala. Just before serving, sprinkle the fresh cilantro on top.

SOUPS, SALADS AND SAUCES

CRUNCHY SLAW

1 pkg. coleslaw mix
1 bunch spring onion, sliced thin
2 pkg. Raman noodles

1 cup sunflower seeds
1 cup slivered almonds

Dressing:

½ cup sugar
2 flavor pkgs. from noodles

1/3 cup white vinegar
1 cup oil

Break apart noodles and place on cookie sheet. Add 1 cup slivered almonds and bake at 350 degrees for 6-7 minutes. Let cool.

Mix remaining ingredients and add dressing before serving.

Faye Hodiak

CREAMY IRISH POTATO SOUP

2 tbsp. butter or margarine
1 stalk celery, sliced
1/8 tsp. ground black pepper
1 ½ cups milk

4 green onions, sliced
1 can (14 oz.) chicken broth
3 medium potatoes, peeled,
and sliced ¼" thick

Heat butter in saucepan. Add onions and celery and cook until tender. Add broth, pepper and potatoes. Heat to a boil. Cover and cook over low heat 15 minutes or until potatoes are tender. Place half the broth mixture and half the milk in blender or food processor. Cover and blend until smooth. Repeat with remaining broth mixture and remaining milk. Return to saucepan. Heat through.

CUCUMBER SALAD (China)

4 cucumbers, peeled
1 tsp. sugar
1 clove garlic, minced
1 tbsp. sesame oil

1 tsp. salt
1 tbsp. rice wine vinegar
4 tbsp. soy sauce
few drops Tabasco sauce

Slice cucumbers lengthwise. Sprinkle salt on cut sides, then place cut-side down on paper towels to drain. After 30 minutes, pat dry. Slice cucumbers into ½" pieces. Place in a large bowl. In a small bowl, combine the remaining ingredients. Sprinkle on cucumbers and toss to coat. Let sit for 1 hour before serving.

BRADY'S IRISH STEW

This is a stew that has been handed down on the Irish side of my mother's family for several generations. We've adapted the recipe to different generations' tastes as the years have gone by. A commentary on human behavior goes along with the stew when the recipe is given to a new family member:

A young woman, just married, was preparing her first family dinner and wanted to serve the traditional roast. She called her mother to get instructions on what to include, how long to bake the roast, etc. Her mother said, "Well, the first thing you need to do is cut off the narrow end of the roast." "Why?" "You know, I'm not really sure. That's just what my mother always did. Call her and ask her." So the young woman called her grandmother and said, "Grandma, Mom said I need to cut off the end of the roast. Why do we do that?" "I don't know. My mother always did it that way, so that's the way I do it. Hold on; I'll ask her." After a few minutes, the great-grandmother came to the phone. "Hello. Moira said you're making your first dinner and need a little help," she teased. "Yes, Nana," the young girl replied. "Mom said I should cut off the narrow end of the roast, but she didn't know why. I asked Grandma, and she didn't know, either. Grandma said to ask you. Why do we cut off the end of the roast?"

Great-grandmother thought for a moment, and finally she said, "Well, I always did it that way because the roast was too big for my pan." So our family laughs about this story, and when we start to do things without a good reason, we remind one another not to cut off the end of the roast!

3-4 lbs rump roast or other beef	1 large onion, diced
4-5 potatoes, cut in fourths or bite-size chunks	2 garlic cloves, minced
1 lb of carrots, sliced, or baby carrots	3-4 stalks of celery, sliced
Salt, pepper, thyme, and rosemary to taste	

Sear all sides of roast. Put roast in slow cooker or crock pot—or in a pan that will fit it! Add enough water so that about 1/3 to 1/2 of the roast is covered. Add spices to taste. Cover pot. Cook roast in oven or in slow cooker until done (3-4 hours in slow cooker). Check water level periodically. Add sliced carrots or baby carrots and potatoes after meat has cooked for about 2 hrs and cook until tender (about 1 hour in slow cooker). Add celery, onion, garlic, and any other tender vegetables you want. Cook until meat is tender and vegetables are done.

To serve:

Slice meat thinly and arrange on platter; place vegetables and potatoes around edges or serve in separate dish. Make gravy from cooking juice, if desired. Serve with hot, crunchy bread, such as Italian loaf with seeds, and a salad.

Maritta Perry Grau

ASPARAGUS AND CRAB SOUP (Vietnam)

2 qt. chicken stock	1 lb. asparagus, diced
1 tbsp. fish sauce	1 tsp. olive oil
1 clove garlic, finely chopped	½ lb. crabmeat
½ tsp. white pepper	2 tsp. cornstarch
2 medium scallion, finely chopped	1 medium egg
¼ cup cilantro, finely chopped	2 tsp. water

Bring stock to a boil and drop in asparagus. Cook until fork tender about 4 minutes. Remove and set aside. Add fish sauce to stock and reduce heat to a simmer, heat oil in a pan to medium high and sauté garlic and scallions for 1 minute. Add crabmeat and pepper and cook 5 minutes, stirring and tossing. Raise heat under stock and bring to a boil. Stir crabmeat mixture into stock and then add the cornstarch. Break the egg into the boiling soup and whisk it vigorously. Cook 2 minutes, then add asparagus and cilantro.

HEARTY VEGETABLE SOUP

1 ¼ lb. ground beef	1 quart water
1 tbsp. vegetable oil	1 bay leaf
4 large carrots, chopped	3 ribs of celery, chopped
chopped parsley, garlic powder, and freshly ground pepper to taste	2 medium onions, chopped
1 quart diced tomatoes	3 medium potatoes, pared and chunked
1 ½ cups frozen corn	1 cup frozen green beans

Brown ground beef in oil in an 8 quart stock pot. Add carrots, celery, onions, and potatoes to ground beef. Toss and cook about 23 minutes over medium-high heat. Add tomatoes, water, bay leaf, and seasonings. Stir until blended. Cook, about 20 minutes, covered, over medium heat until vegetables are tender. Add corn and beans; continue cooking for 10 more minutes. Serve, garnished with parsley leaf and/or parmesan cheese, if desired.

Barbara Merrill

HOMINY SOUP WITH GREENS (Pozole Verde)
(Mexico)

½ cup hulled, raw pumpkin seeds, toasted	2 cups tomatillos, husks removed, rinsed, quartered
10 large sorrel leaves, rinsed, stemmed	2 tbsp. oil
2 serrano chile peppers, seeded, quartered	4 cups chicken broth
3 ½ cups cooked hominy	salt to taste
1 large epazote stem	

Grind the pumpkin seeds in a food processor finely; set aside. Place the chopped tomatillos in a saucepan covered with ½ cup water. Cook until soft and mushy – about 15 minutes. Transfer tomatoes to a blender jar. Add the sorrel, Serrano chiles, and 1 cup of water. Puree until smooth. Heat oil in a skillet. Add blended ingredients and fry over fairly high heat for about 5 minutes, stirring occasionally. Stir in the ground seeds and cook 10 minutes longer. Add the hominy, broth, and epazote. Simmer for 15 minutes, then season with salt.

PASTA AND BEAN SOUP (Pasta di Fagioli)
(Italy)

16 oz. dried Cannellini beans or white beans	5 fresh sage leaves
1 tsp. fresh rosemary leaves	2 cloves garlic
9 tbsp. olive oil	6 cups water
3 cloves garlic, minced	2 tbsp. tomato paste
½ tsp. cayenne flakes	salt, pepper
8 oz. ziti	

Soak the beans overnight in cold water. Drain beans and rinse. Place beans in a large stew pot along with the herbs, whole garlic, 3 tablespoons of the oil, and water. Bring the beans to a boil, reduce heat to simmer, cover and cook until beans are tender, about 1 ½ hours. Meanwhile, heat remaining 6 tablespoons of oil in a small skillet. Add the garlic and stir and stir for 1 minute. Stir in the tomato paste, cayenne pepper flakes, and rosemary. Season with salt and pepper. Add sauce to cooked beans and stir well. Pass soup through food mill, return to stew pot, and cook over low heat until thickened slightly. Cook ziti in a pot of boiling, salted water until al dente. Drain and add to soup. Cook for 15 minutes more before serving.

SALAD WITH GREENS (Khorta Salatika)
(Greece)

1 lb. wild greens (turnip, mustard,
purslane, beet, chicory, dandelion,
radish)
salt

3 tbsp. aged red-wine vinegar
½ tsp. prepared mustard
¼ cup olive oil

Steam the greens. Drain well. In a small bowl, combine the vinegar, mustard, and olive oil. Pour over the warm greens. Season with salt.

AVOCADO SOUP (Sopa de Aguacate)
(Mexico)

3 ripe avocados, peeled
3 cups chicken stock
salt

¼ cup cream
1 tbsp. dry sherry
white pepper

In a blender, puree avocado with cream and 1 cup of broth; set aside. In a saucepan, bring the remaining 2 cups of stock to a boil. Remove from the heat and stir in the pureed avocados. Season the soup with sherry, salt and pepper to taste.

MELON SALAD (Yellow Melon Muscadel)
(South Africa)

1 cup sugar
2 tbsp. lemon juice
1 tsp. ground ginger
¼ watermelon
2 tbsp. muscatel or port

1 ½ cups water or fruit juice
2 tbsp. vinegar
4 cantaloupes
salt, pepper
mint, for serving

In a small saucepan, place the sugar, water, lemon juice, vinegar and ginger. Heat to boiling, stirring well. Continue boiling for about 5 minutes, then strain syrup through a fine sieve or cheesecloth into a bowl. Cool. Meanwhile, de-seed the cantaloupes and watermelon. Using a melon baller, collect balls and place in a large bowl. Sprinkle with salt and pepper, then sprinkle on the muscatel. Toss gently. Pour syrup over melon balls and refrigerate for several hours before serving. To serve, decorate with mint sprig.

BEAN SALAD (Rajma-Chana Salad)
(India)

1 ½ cup canned chick peas, drained	1 ½ cup canned black-eyed peas, drained
1 ½ cup canned red kidney beans, drained	1 tbsp. olive oil
1 clove garlic, minced	1 jalapeno, diced
½ cup finely chopped green onions	1/5 tsp. ground cumin
2 tbsp. finely chopped cilantro	black pepper
½ tsp. salt	
3 tbsp. fresh lemon juice	

Place the beans in a large bowl. Add the garlic, olive oil, green onions, cilantro, jalapeno, cumin, salt and lemon juice. Add pepper to taste. Stir gently. Serve at room temperature.

TOMATO SAUCE (Salsa Ranchera)
(Mexico)

4 large ripe tomatoes, peeled, chopped	4 serrano chile peppers, chopped
3 cloves garlic, peeled	¼ cup diced onion
2 tbsp. oil	
salt	

Place the tomatoes, chiles, and garlic in the jar of a blender. Pulse a few times to break up the biggest pieces. Heat the oil in a skillet. Add the onion and sauté for about 5 minutes. Add the tomatoes and cook over medium heat until thickened. This should take about 10 minutes.

TOMATO SALAD
(South Africa)

2 large ripe tomatoes, cut into thin slices	½ tsp. salt
pinch of sugar	1 fresh hot green chile pepper, minced
2 tbsp. red wine vinegar	

Arrange tomato slices in a serving dish. Sprinkle with salt, sugar and minced chile pepper. Drizzle on the vinegar. Let salad sit for about 15 minutes before serving.

CRANBERRY-PINEAPPLE SAUCE

1 can (16 oz.) whole berry cranberry sauce
2 tbsp. Dijon mustard

1 can (8 oz.) crushed
pineapple, undrained

Place all ingredients in blender or food processor container; cover. Blend until smooth. Reserve 1 cup of the cranberry mixture to brush onto a ham during the last 30 minutes of baking time. Cook remaining 1 1/3 cups cranberry mixture in small saucepan on medium heat until heated through, stirring occasionally. Serve over sliced ham.

POTATO SALAD (Denmark)

2 boiled potatoes
1 cucumber
2 onions
4 pickles
2 tbsp. vinegar

4 hard boiled eggs
1 cooking apple
1 thick slice ham
4 tbsp. oil
salt and pepper

Peel the apple, cucumber, potatoes and the onions. Peel the eggs. Two of which you'll use to garnish your dish. Cut the remaining eggs in half and remove the yolk. Chop the yolks but don't mix them together. Prepare the dressing with one of the yolks, oil, vinegar, salt and pepper. Dice the apple, potatoes, pickles, onions, ham, half the cucumber and 2 egg whites. Mix all the ingredients with the dressing in a salad bowl. Chill for 3 hours, then garnish it with the remaining cucumber, eggs and chopped egg yolks.

SOUTH CAROLINA – GEORGIA MUSTARD SAUCE

1/2 cup mustard
1/4 cup distilled white vinegar

3/4 cup honey
salt and pepper

Combine the mustard, honey, and vinegar in a saucepan and whisk to mix. Gently simmer until richly flavored, about 5 minutes, whisking from time to time. Season to taste with salt and pepper. Let cool before serving.

KANSAS CITY STYLE BARBECUE SAUCE

2 cups ketchup	¼ cup cider vinegar
¼ cup Worcestershire sauce	¼ cup brown sugar
2 tbsp. molasses	2 tbsp. prepared mustard
1 tbsp. Tabasco sauce	2 tsp. liquid smoke
½ tsp. freshly ground black pepper	½ tsp. garlic powder

Combine the ingredients in a saucepan and slowly bring to a boil. Reduce the heat and gently simmer the sauce until dark, thick, richly flavored, and slightly reduced, approximately 10 minutes, stirring from time to time with a wooden spoon. Let cool before serving.

ICED TEA BARBECUE SAUCE

¾ cup canned iced tea	¾ cup ketchup
2 tbsp. Worcestershire sauce	2 tbsp. steak sauce
2 tbsp. brown sugar, or more to taste	1 tbsp. fresh lemon juice, or more to taste
½ tsp. liquid smoke	½ tsp. garlic powder
½ tsp. onion powder	¼ cup water
½ tsp. freshly ground black pepper	

Combine all the ingredients in a heavy saucepan and gradually bring to a boil over medium-high heat. Reduce the heat to medium to obtain a gently simmer. Gently simmer the sauce until slightly reduced and thick and richly flavored, 6-8 minutes. Taste for seasoning, adding brown sugar or lemon juice as necessary: the sauce should be highly seasoned. If sauce is too thick or intense, thin with a little more water. Let cool to room temperature before serving.

LEBANESE DRESSING (Middle Eastern)

½ cup lemon juice	½ cup olive oil
1 large clove garlic	salt to taste

Place all of the ingredients in a small food processor or blender and blend until garlic is minced.

Note: This dressing is good also over pasta and rice salads.

GAZPACHO SALAD (Spain)

¼ cup green bell pepper, diced
1 tsp. salt
½ tsp. sugar
1/3 cup olive oil
pepper
2 cloves garlic, minced
1 tomato, peeled, seeded, diced
mixed greens

3 tbsp. lemon juice
¼ cup green onions
2 cups rice, cooked and chilled
¼ cup parsley, chopped
½ cup cucumber, peeled, seeded, diced

In a large bowl, combine the cooked rice, cucumbers, parsley, shallots, bell pepper and tomato and toss lightly. In a jar, combine the remaining ingredients except the salad greens, cover and shake well. Pour over the rice and vegetable mixture and toss lightly. Chill, covered, for several hours and then serve on a bed of crisp, fresh, salad greens.

JAPANESE MARINADE

4 tbsp. low sodium soy sauce
1 clove garlic, finely minced
2 tbsp. freshly chopped scallions

4 tbsp. rice vinegar
1 tbsp. freshly grated ginger
1 tbsp. sesame oil

Whisk all the ingredients together in a bowl. Marinate in the refrigerator for at least 30 minutes or overnight.

Note: Use to marinate chicken, fish, beef, pork, tofu or vegetables. Do not re-use marinade.

SZECHUAN MARINADE

4 tbsp. low-sodium soy sauce
1 clove garlic, finely minced
1 tbsp. freshly chopped chilies
1 tsp. sugar

2 tbsp. sesame oil
1 tbsp. freshly grated ginger
2 tsp. szechuan pepper

Whisk all the ingredients together in a bowl. Marinate in the refrigerator for at least 30 minutes or overnight.

Note: Use to marinate chicken, fish, beef, pork, tofu or vegetables. Do not re-use marinade.

PERSIAN LENTIL SOUP WITH LITTLE MEATBALLS
(Middle Eastern)

½ lb. extra lean ground beef	1 small yellow onion, chopped
½ tsp. salt	1 tsp. ground cinnamon
½ tsp. pepper	¼ cup garbanzo beans, soaked overnight in 4 cups of water
2 eggs	½ tsp. turmeric
4 cups plain nonfat yogurt	½ cup lentils, soaked in 2 cups of water overnight, drained
¼ cup basmati rice	salt and pepper to taste
1 tbsp. flour	pomegranate seeds
5 cups chicken stock or water	
¼ cup chopped parsley	
¼ cup chopped green onions	
5 tbsp. chopped fresh mint	
2 cloves garlic, minced very fine	

Drain the chickpeas in a colander and rinse well. Cover with cold water and bring up to a boil. Reduce heat and simmer until the chickpeas are tender. Set aside. (You may use canned, just rinse them). Cover the lentils with cold water; bring to a simmer and cook until firm, about 20 minutes. To make the meatballs: Combine the chopped onion and one egg in the container of a food processor (or grate the onion by hand). In a bowl combine the ground beef, the egg and onion mixture, salt and pepper, and ½ teaspoon of cinnamon (or more to taste). Mix well with your hands then form into tiny meatballs. Refrigerate. Put yogurt into a large saucepan. Add the remaining egg, flour, turmeric, and ½ teaspoon of cinnamon and stir with a whisk. Add the rice, the lentils and two cups of stock or water to the pot. Cook gently, over low heat, stirring occasionally for about 10 minutes. Add the cooked chickpeas, the parsley, green onions, and 3 tablespoons of chopped mint. Simmer for 10 minutes, then add the garlic and the meatballs and simmer 10 minutes more. Adjust seasoning with salt, pepper and sprinkle with remaining chopped mint and optional pomegranate seeds.

WINTER FRUIT SALAD

2 tangelos, peeled, pitted and sectioned	1 medium banana, sliced
½ pineapple, cored and cut into chunks	2 tbsp. orange juice
1 tsp. chopped, fresh mint	

Mix the fruit in a bowl. Sprinkle with the orange juice and chopped mint.

OLD-FASHIONED POTATO SALAD

1 lb. small red Bliss potatoes	2 tbsp. grainy mustard
2 tbsp. red wine vinegar	2 tbsp. olive oil
salt to taste	freshly ground black pepper
½ cup finely diced celery	¼ cup finely diced red onion
2 tbsp. finely chopped pickles, dill or sweet	½ cup non-fat sour cream

Place the potatoes in a medium saucepan and cover with cold water. Bring the water to a boil and cook until the potatoes are just tender. Drain. Meanwhile, in a medium bowl, combine the mustard and vinegar along with a pinch of salt and pepper. Whisk in the olive oil. As soon as the potatoes are cool enough to handle, cut them in half and toss them with the mustard mixture. Refrigerate. When ready to serve, stir the celery, red onion, pickles and sour cream into the potato mixture. Adjust the salt and pepper to suit your taste.

COLD PEACH SOUP WITH FROZEN YOGURT

10 peaches, skinned and pitted	about ½ cup sugar
juice of 1 lemon	3 cups non-fat frozen yogurt

Puree the peaches in a blender. Blend in the sugar and lemon until a pleasant balance of sweetness and tartness is reached. Strain, pressing with a rubber spatula to release the juices. Discard the fibrous pulp. Ladle the soup into bowls. Pace a scoop of frozen yogurt in each bowl.

ASIAN MUSHROOM AND VEGETABLE SOUP

1 green onion, chopped	½ cup brown rice
2 cups water	½ cup mushrooms, soaked and cut
2 tbsp. seaweed nori, toasted	¼ tsp. sesame oil
1 ½ tbsp. soy sauce	2 cloves garlic, sliced
½ tbsp. rice vinegar	1 carrot, sliced
5 oz. frozen spinach, chopped	

Combine all ingredients and simmer for 30 minutes.

CARIBBEAN SHRIMP SALAD

½ cup rice
2 stalks celery
½ green pepper
salt and pepper

3 tbsp. pineapple pieces,
drained
2 oz. shrimp fresh or canned

Cook rice as directed. Chop pepper and celery. Mix pepper and celery with rice and pineapple. Check seasoning—salt and pepper to taste. Garnish with shrimps.

ROCK LOBSTER TAIL SALAD (South Africa)

8 lobster tails, 3 oz. each
½ lemon, cut into wedges
1 tsp. curry powder
1 tsp. ground ginger
1 cup celery, cut into ½” dice
½ cup honeydew melon, cut into ½” dice

1 tsp. salt
½ cup mayonnaise
1 tsp. paprika
lettuce for presentation
lemon wedges

Bring water to boil in a large stewpot. Add lobster tails, salt, and lemon. Cover, bring to a boil, then simmer for 5 minutes. Remove from the heat and let sit for 30 minutes. Drain and cool. Cut around the edge of the underneath side of the shell and remove the meat. Cut into ½” pieces. Place in a large bowl. In a smaller bowl, combine the mayonnaise with the curry powder, paprika, and ginger. Add the mayonnaise to the lobster, and add the celery and melon. Combine gently. To serve, place lobster mixture on bed of lettuce, along with lemon wedges.

YOGURT SALAD DRESSING

8 oz. fat free plain yogurt
2 tbsp. chives, dried
2 tbsp. lemon juice

¼ cup fat free mayonnaise
2 tbsp. dill, dried

Mix all ingredients in bowl and refrigerate.

MEXICAN POZOLE

2 lb. lean beef or chicken, cubed	1 tbsp. olive oil
1 large onion, chopped	¼ tsp. salt
1 clove garlic, finely chopped	1/8 tsp. pepper
¼ cup cilantro	2 oz. tomato paste
1 can (15 oz.) stewed tomatoes	1 can (29 oz.) hominy

In large pot, heat oil, then sauté beef or chicken. Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Cover pot and cook over low heat until meat is tender. Add tomatoes and tomato paste. Continue cooking for about 20 minutes. Add hominy and continue cooking over low heat for another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.

CORN CHOWDER

1 tbsp. vegetable oil	2 tbsp. celery, finely diced
2 tbsp. onion, finely diced	2 tbsp. green pepper, finely diced
1 pkg. (10 oz) frozen whole kernel corn	2 tbsp. fresh parsley, chopped
1 cup raw potatoes, peeled, diced in ½" pieces	¼ tsp. salt
1 cup water	¼ tsp. paprika
black pepper, to taste	2 cups lowfat or skim milk
2 tbsp. flour	

Heat oil in medium saucepan. Add celery, onion, and green pepper, and sauté for 2 minutes. Add corn, potatoes, water, salt, pepper, and paprika. Bring to boil, then reduce heat to medium. Cook covered for about 10 minutes or until potatoes are tender. Place ½ cup of milk in jar with tight fitting lid. Add flour and shake vigorously. Gradually add milk-flour mixture to cooked vegetables. Then add remaining milk. Cook, stirring constantly, until mixture comes to boil and thickens. Serve garnished with chopped, fresh parsley.

VINAIGRETTE SALAD DRESSING

1 bulb garlic, separated into cloves, peeled	½ cup water
1 tbsp. red wine vinegar	¼ tsp. honey
1 tbsp. virgin olive oil	½ tsp. black pepper

Place garlic cloves into small saucepan and pour in enough water (about ½ cup) to cover them. Bring water to boil, then reduce heat and simmer until garlic is tender (about 15 minutes). Reduce liquid to 2 tablespoons and increase heat for 3 minutes. Pour contents into small sieve over bowl. With wooden spoon, mash garlic through sieve. Whisk vinegar into garlic mixture, then mix in oil and seasoning.

PALAVA SAUCE (West Africa)

8 oz. palm oil	salt and pepper to taste
4 medium onions, finely chopped	2-4 red chillies, finely chopped (optional)
4 large tomatoes, blanched, peeled and mashed	½ lb. diced cooked meat (no chicken) and/or ½ lb fish, e.g. snapper, tuna
¼ lb. smoked herring, boned (optional)	3 ½ oz. egushi (shelled pumpkin seeds ground in a coffee grinder)
6 ½ oz dried prawns (shrimp)	
3 bunches of spinach or 1 ½ lb. frozen spinach, washed and chopped	

Heat oil in a saucepan and fry the onions until golden. Add the tomatoes, pepper to taste and the chillies. If you are using corn oil (see note) add turmeric here. Cook for 10-15 minutes on low heat, stirring regularly (not continuously). Add salt to taste with your choice of diced, cooked meat and fish. Stir in the smoked herring with the dried prawns (shrimp). Simmer on very low heat, stirring regularly to prevent burning. Add the spinach to the meat mixture. Cover and simmer on low heat for 10-15 minutes or until the spinach is soft and cooked. Stir regularly, taking care not to break up the fish too much. Add the egushi (pumpkin seeds) and stir them into the sauce. Cook for a further 10-15 minutes on low heat. Serve hot with boiled rice, yams, plantains, gari (coarse cassava flour), banku (cornmeal dumplings) or any root vegetable, roasted, boiled or grilled.

Note: Palmoil is red oil for the red, tropical, palm kernel. It is used for making a variety of foods, such as some digestive biscuits. You can substitute corn oil and 4 teaspoons of turmeric to give a similar visual and culinary effect.

QUICK CHILI (Southwestern U.S.)

1 ½ cups rice, uncooked	1 tbsp. butter or margarine
¼ cup onion, chopped	1 pouch taco seasoning mix
1 lb. ground beef	1 can (10.5 oz) beef broth
1 cup water	1 can kidney beans, drained
½ cup corn	sour cream

Cook rice according to package directions. In 2-quart saucepan over medium-high heat, cook onion, garlic and beef. Add taco seasoning. Stir in broth, water, and rice. Add kidney beans and corn. Heat to boiling. Reduce heat to low; cook 20 minutes, stirring occasionally. Garnish with sour cream.

LEMON GRASS-SHRIMP SOUP (Thailand)

4 cups water	1 stick lemon grass
4 lime leaves or 2 tbsp. lime juice	1" galangal or ginger root
2 fresh hot chilies	3 tbsp. fish sauce
1 tsp. sugar	1 ½ tsp. chili paste
2 oz. button mushrooms, quartered	16 large shrimps, shelled and deveined
3 tbsp. lime juice	
fresh coriander leaves	

Heat 4 cups water in a soup pot to boiling. Smash the lemon grass with a flat of a chef's knife once, and then cut into 1" pieces; tear the lime leaves into thirds; and slice the galangal into thin rounds. Reserve all three of these ingredients together. Crush the fresh chilies and cut in half. Reserve separately. When the water has boiled, add the reserved lemon grass/galangal/lime leaves. Boil for 1 minute. Add fish sauce, sugar and chili paste. Boil for another 2 minutes. Add mushrooms and boil for 2 minutes. Add shrimps and lime juice and lower heat to medium high. Cook for 2 minutes, just until the shrimps have turned white and springy. Transfer to a soup tureen, decorate with fresh coriander leaves and serve immediately.

EGG AND LEMON SOUP (Avgolemono) (Greece)

1 ¾ quarts chicken broth	1 lemon, juiced
½ cup uncooked orzo pasta	1 tbsp. cold water
3 eggs	salt and pepper to taste

Pour the chicken broth into a large saucepan, and bring it to boil. Add the pasta and cook for 5 minutes. Beat the eggs until frothy, then add the lemon juice and 1 tablespoon of cold water. Slowly stir in a ladleful of the hot chicken stock, then add one or two more. Be careful not to scramble the eggs. Return this mixture to the pan, off the heat, and stir well. Season with salt and pepper and serve at once, garnished with lemon slices. Do not let the soup boil once the eggs have been added or it will curdle.

MAIN DISHES

BETTY'S RAPPI PIE
(Nova Scotia)

2-3 chickens (2-3 lb. each)
salt and pepper to taste
½ stick of butter
½ - ¾ lb. salt pork, cut in small cubes

3-4 large onions, chopped
10-15 lb. potatoes, grated in
juicer to remove juice (or 1
pkg, frozen store bought
only in Nova Scotia)

Simmer chicken, onions, and seasonings in water to cover until tender and falling off the bones. Remove meat from bones leaving in large chunks. Discard bones but save the broth. Cook the salt pork in a small amount of water. Drain and then fry until crisp.

Meanwhile, peel the potatoes and soak in cold water. Grate about 10 potatoes at a time and then place them in a cloth bag. An electric juicer works well; no one grates by hand anymore. Do this last, as the potatoes will tend to run dark as they hit the air. Same taste, just looks weird. I get potato blocks from Nova Scotia that is already strained and ready to mix with the broth. If grating by hand, put grated potatoes in cheesecloth (in small batches) and squeeze all juice out of them (Can freeze grated potatoes for future use also). Save the liquid from the potatoes: measure it. You must measure an equal amount of chicken broth to replace the potato water later. Squeeze cloth bag tightly until all the water and starch is removed. When the potatoes are all squeezed, loosen them in a large mixing pan or bowl and add the HOT chicken broth and onions a little at a time and **mix thoroughly**. It's usually about 16-20 cups of broth. Keep adding broth until the potato/broth mixture is like medium thick pancake batter. Add ½ stick of butter to hot potato mixture and mix well. Salt and pepper potato mixture to taste.

In a deep greased roaster 17" x 12" x 2" (I use a deep oval enamel blue/white roaster), put about half of the potato mixture. Spread large chicken chunks over the potato mixture, from end to end of the roaster. Sprinkle with half of the salt pork. Put remaining potatoes on top, sprinkle with remaining salt pork. Bake about 3-4 hours at 350 or until it has a nice dark brown crust over the top. This will form the crust. (Some recipes say to place Rappie pie in a hot, 425 degree, oven for about 30 minutes then turn down to 375 and cook for another 2 hours, or until a brown crust is formed). Basting occasionally while cooking with chicken broth when bubbling starts to look dry. (Take a knife down through to let chicken broth get in deep, making small holes as you baste). Can be served with maple syrup over the top of each serving if desired. Double this for a large pan of Rappie Pie. Note: Can also make a side dish of the squeezed potatoes and broth.

Mark Wallace Shrader

ITALIAN VEAL SHANKS (Ossobuco)

4 veal shanks	½ cup finely chopped onions
¼ cup finely chopped carrots	1 tbsp. butter
1 tbsp. olive oil	1 clove garlic, smashed
4 strips lemon peel, each 1"x3"	½ cup white wine
flour	1 cup chicken broth
1 can (14 oz.) Italian peeled tomatoes	2-4 basil leaves, chopped
2 sprigs parsley, chopped	salt and pepper to taste

Preheat oven to 350 degrees. Coat veal shanks in flour. In a large, heavy saucepan, add olive oil, butter, garlic and veal shanks. Cook until nicely browned. Remove veal. Add onions and carrots, and continue to sauté. Add lemon peels, basil, and parsley. Add white wine, chicken broth and tomatoes. Return the veal to the pan. Cover and bake for two hours or until veal is tender when poked with a fork. Turn veal once during cooking. Season to taste. Add more chicken stock if desired. Serve with a light pasta dish.

SOUTHWESTERN CHICKEN QUESADILLAS

2-3 small boneless chicken breasts	1 large onion, sliced
½ cup taco sauce	6 tortillas
1 ½ cup pepper jack cheese, grated	1 can (15 oz.) corn, drained
2 cups canned black beans, drained, and rinsed	1 cup diced tomatoes

In large frying pan, cook chicken and onions on high until browned. Turn off heat and stir in taco sauce. Layer cheese, corn, black beans, tomatoes, chicken and onions onto one half of each tortilla. Add one more small layer of cheese on top of the other ingredients. Fold the tortilla in half and cook each side over medium heat until crisp and brown. Serve immediately with salsa or sour cream.

Barbara Merrill

PANEER (cottage cheese) LABABDAR
(India)

1 cup low fat paneer, cut into cubes	½ tsp. cumin seeds
1 tsp. cilantro seeds, roasted and crushed	3 whole red chillies, coarsely ground
½ tsp. dried fenugreek	1 ½ tsp. ginger-garlic paste
½ cup onions, finely chopped	1 ½ cups tomatoes, chopped
¼ tsp. turmeric powder	¼ tsp. cornflour
½ cup low fat milk	1 tsp. oil
¼ tsp. garam masala	2 tbsp. chopped coriander
salt to taste	

Heat the oil in a non-stick pan, add the cumin seeds, cilantro seeds, ground chillies, dried fenugreek leaves and onions and sauté till the onions turn light brown in color. Add the ginger-garlic paste, turmeric powder, tomatoes with 4 tablespoons of water and cook till the oil separates from the masala. Cool the masala mixture and puree to a smooth paste and transfer into a non-stick pan. Dissolve the cornflour in the milk and add it to the prepared gravy and simmer for 3-4 minutes. Add the paneer, garam masala and salt and mix well. Serve hot garnished with the chopped coriander.

Sukanya Bora

ALOHA CHICKEN AND RICE

2 cups instant white rice	2 cans pineapple tidbits
1 can chicken broth	½ cup green pepper
½ cup chicken seasoned coating mix	1 lb. boneless skinless chicken breasts

Preheat oven to 400. Mix rice, pineapple with juice, broth and green peppers in 13x9" baking dish. Measure ½ cup coating mix and place in plastic bag; coat chicken strips as directed on package. Place chicken on rice mixture. Bake 30 minutes or until chicken is cooked through.

QUICK CHICKEN KORMA (India)

4 cm piece fresh ginger, peeled and coarsely chopped
6 tbsp. vegetable oil
5 cm cinnamon stick
4 cloves
4 ½ oz. onions, peeled and finely chopped
3 lb. 5 oz. chicken pieces, skinned and cut into serving portions
¼ tsp. salt
7 ¾ oz. water

5-6 garlic cloves, peeled and coarsely chopped
3 bay leaves
8 cardamom pods
¼ tsp. black cumin seeds
1 tbsp. ground coriander
3 tinned plum tomatoes, chopped
¼ - 1 tsp. chilli powder
3 tbsp. single cream

Put the ginger, garlic and three tablespoons water in the container of an electric blender. Blend until you have a smooth paste. Put the oil in a wide frying pan or sauté pan and set over high heat. When very hot, put in the bay leaves, cinnamon, cardamom pods, cloves and cumin seeds. Stir once or twice and put in the onions. Stir and fry for about three minutes or until the onions turn brownish. Put in the paste from the blender, and the ground coriander and ground cumin and fry for a minute. Put in the chopped tomatoes and fry for another minute. Add in the chicken, chilli powder, salt and the 8 ¾ oz. water. Bring to a boil. Cover, turn the heat to medium and cook for 15 minutes, turning the chicken pieces over now and then. Remove the cover, add the cream and cook on high heat for another 7-8 minutes or until the sauce has thickened. Stir gently as you do this.

Sukanya Bora

VEAL PICCATA (Italy)

1 lb. veal scallopine, pounded flat
juice of two lemons
1 cup white wine
salt and pepper
¼ cup butter
¼ cup chopped fresh basil

flour
2 chicken bouillon cubes
½ cup water
¼ cup olive oil
2 cloves garlic, smashed
1 ½ tbsp. capers

Season veal with salt and pepper. Coat veal with flour. Heat oil, butter, and garlic in a saucepan. Saute veal in saucepan until done. Remove veal from saucepan. Add wine, lemon juice, chicken bouillon, and capers to saucepan. Reduce to ½ the amount. Pour sauce over veal. Sprinkle with fresh basil.

THAI PEANUT CHICKEN AND NOODLES

6 oz. uncooked fine egg noodles	¼ cup creamy peanut butter
½ tsp. finely chopped gingerroot	¼ tsp. crushed red pepper flakes
¼ cup soy sauce	1 tsp. oil
¼ cup water	4 oz. sliced fresh mushrooms
2 cups small fresh broccoli florets	1 medium red bell pepper, cut into thin bite sized strips
1 cup fresh baby carrots, quartered, lengthwise	chopped fresh cilantro
9 oz. diced cooked chicken breasts	
¼ cup coarsely chopped dry-roasted peanuts	

Cook noodles as directed on package. Drain; cover to keep warm. Meanwhile, in small bowl, combine peanut butter, gingerroot, pepper flakes and 2 tablespoons of the soy sauce; beat with wire whisk until blended. Gradually beat in remaining soy sauce and water until smooth. Set aside. Heat oil in 12" nonstick skillet over medium-high heat until hot. Add broccoli, mushrooms, carrots and bell pepper; cook 4-6 minutes or until vegetables are crisp-tender, stirring occasionally. Add chicken; cook and stir until thoroughly heated. Reduce heat to medium. Stir peanut butter mixture; stir into mixture in skillet. Add cooked noodles; toss gently to coat. Cook and stir until thoroughly heated. Sprinkle with peanuts and cilantro.

SCOTTISH BARLEY AND MUSHROOM CASSEROLE

2 medium onions, minced	1 clove garlic, minced
cooking oil	1 cup pearl barley
1 lb. mushrooms, thinly sliced	1 tbsp. dried basil
3 cups vegetable stock	salt and pepper to taste
freshly chopped parsley	

Preheat oven to 375. In stovetop to oven safe casserole dish with a lid, sauté onions and garlic in oil until translucent and browned. Add mushrooms and cook until tender. Add barley, basil, salt, pepper and stock. Bring to boil. Cover and put in oven. Cook until barley is tender, 45-50 minutes. Toss with parsley and serve.

GRILLED SHRIMP ADOBO WITH MANGO SALSA
(Cuba)

1 ½ lb. jumbo shrimp

Adobo marinade:

4 cloves garlic, minced
¾ cup fresh lime juice

1 tsp. each cumin, dried
oregano, salt and pepper

Salsa:

2 cups diced ripe mango
¾ cup cooked, rinsed, drained black beans
¼ cup diced red or yellow bell pepper
¼ cup chopped fresh cilantro
½ - 1 scotch bonnet pepper, seeded and minced
(optional)

1 cucumber, peeled, seeded
and finely diced
¼ cup diced red onion
3-4 tbsp. brown sugar
(optional)
pinch of salt

Cooked white rice.

Peel and devein the shrimp, leaving the tails intact. Place the garlic and spices in a large bowl and mash to a paste with the back of a wooden spoon. Stir in the lime juice, add shrimp, and marinate for 30 minutes, stirring once or twice. Combine the ingredients for the salsa in a mixing bowl and toss to mix. Add salt, lime juice, and sugar, each to taste. The salsa should be highly seasoned. Preheat your barbecue grill or broiler to high. Drain the shrimp and skewer on metal or bamboo skewers. Grill the shrimp until cooked, 1-2 minutes per side. Serve over white rice with the salsa on the side.

Scott Keimig

RED PORK POT ROAST
(Burma)

2 lb. boneless pork, cubed
½ tsp. salt
1 tbsp. brown sugar
1 inch ginger, chopped

2 tbsp. soy sauce
2 tbsp. peanut oil
2 cloves garlic, sliced
2 cups water

Marinate pork in soy sauce and salt for one hour. Heat the oil, add the sugar and stir to dissolve and caramelize. Add garlic and ginger, stir fry 2 minutes. Add pork and mix well. Cover pan and cook 15 minutes stirring occasionally. Add water, cover and continue to cook for 45 minutes or until pork is tender and liquid is almost evaporated.

BAVARIAN BEEF
(Germany)

1 ¼ lb. lean beef stew meat,
trimmed of fat, cut in 1" pieces
1 ½ cup water
½ tsp. salt
1 bay leaf
1 tbsp. sugar
¼ cup gingersnaps, crushed

1 tbsp. vegetable oil
1 large onion, thinly sliced
¾ tsp. caraway seeds
1/8 tsp. black pepper
¼ cup white vinegar
½ small head red cabbage,
cut into 4 wedges

Brown meat in oil in heavy skillet. Remove meat and sauté onion in remaining oil until golden. Return meat to skillet. Add water, caraway seeds, salt, pepper and bay leaf. Bring to boil. Reduce heat, cover, and simmer for 1 ¼ hours. Add vinegar and sugar, and stir. Place cabbage on top of meat. Cover and simmer for an added 45 minutes. Remove meat and cabbage, arrange on platter, and keep warm. Strain drippings from skillet and skim off fat. Add enough water to drippings to yield 1 cup of liquid. Return to skillet with crushed gingersnaps. Cook and stir until thickened and mixture boils. Pour over meat and vegetables, and serve.

BLACK BEAN LASAGNA
(Mexico)

9 lasagna noodles, uncooked
1 medium onion, chopped
1 cup water
30 oz. black beans, drained
12 oz. tomato paste
½ cup parmesan cheese, grated
8 oz. Monterey Jack cheese, shredded

1 tbsp. olive oil
3 cloves garlic, minced
2 tbsp. cilantro, chopped
15 oz. stewed tomatoes
15 oz. ricotta cheese
4 medium egg whites
¼ cup parsley, chopped

Saute onions and garlic in olive oil till tender. Add water, cilantro, beans, tomatoes, paste, reduce heat, simmer 15 minutes. Add remaining ingredients except jack cheese and noodles. Cook noodles as per directions. Layer noodles, bean mixture, jack, repeat, end with cheese. Bake 30 minutes at 350.

STIR-FRIED BEEF AND CHINESE VEGETABLES

2 tbsp. dry red wine	1 tbsp. soy sauce
½ tsp. sugar	1 ½ tsp. gingerroot, peeled, grated
1 lb. boneless round steak, fat trimmed, cut across grain into 1 1/2 “ strips	2 tbsp. vegetable oil
2 medium onions, each cut into 8 wedges	½ lb. fresh mushrooms, rinsed, trimmed, sliced
2 stalks celery, bias cut into ¼” slices	1 cup water chestnuts, drained, sliced
2 small green peppers, cut into thin length- wise strips	¼ c water
2 tbsp. cornstarch	

Prepare marinade by mixing together wine, soy sauce, sugar, and ginger. Marinate meat in mixture while preparing vegetables. Heat 1 tablespoon oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat. Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender but crisp. Transfer vegetables to warm bowl. Add remaining 1 tablespoon oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color. Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Then return vegetables to skillet. Stir gently and serve.

BARBECUED CHICKEN-SPICY SOUTHERN STYLE

5 tbsp. tomato paste	1 tsp. ketchup
2 tsp. honey	1 tsp. molasses
1 tsp. Worcestershire sauce	4 tsp. white vinegar
¾ tsp. cayenne pepper	1/8 tsp. black pepper
¼ tsp. onion powder	2 cloves garlic, minced
1/8 tsp. ginger, grated	1 ½ lb. chicken, skinless

Combine all ingredients except chicken in saucepan. Simmer for 15 minutes. Wash chicken and pat dry. Place it on large platter and brush with half of sauce mixture. Cover with plastic wrap and marinate in refrigerator for 1 hour. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices. Turn oven to 350 and add remaining sauce to chicken. Cover chicken with aluminum foil and continue baking for 30 minutes.

JAMAICAN JERK CHICKEN

½ tsp. cinnamon, ground	1 ½ tsp. allspice, ground
1 ½ tsp. black pepper, ground	1 tbsp. hot pepper, chopped
1 tsp. hot pepper, crushed, dried	2 tsp. oregano, crushed
2 tsp. thyme, crushed	½ tsp. salt
6 cloves garlic, finely chopped	1 cup onion, finely chopped
¼ cup vinegar	3 tbsp. brown sugar
8 pieces skinless chicken	

Preheat oven to 350. Combine all ingredients except chicken in large bowl. Rub seasoning over chicken and marinate in refrigerator for 6 hours or longer. Evenly space chicken on nonstick or lightly greased baking pan. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30-40 minutes or until the meat can be easily pulled away from the bone with a fork.

TURKEY MEATLOAF

1 lb. lean turkey, ground	½ cup regular oats, dry
1 large egg	1 tbsp. onion, dehydrated
¼ cup catsup	

Combine all ingredients and mix well. Bake in loaf pan at 350 or to internal temperature of 165 for 25 minutes. Cut and serve.

ITALIAN GRILLED CHICKEN

2 boneless, skinless chicken breasts	½ cup olive oil
juice of 1 lemon	2 tbsp. chopped fresh basil
2 cloves of garlic, pressed	salt and pepper to taste

Pound chicken breasts flat until ¼" thick. Rub with a little olive oil and garlic. Sprinkle with salt and pepper. Grill until done. When finished, drizzle with olive oil and lemon juice, and sprinkle with fresh basil.

MEDITERRANEAN BAKED FISH

1 lb. fish fillets (sole, flounder or sea perch)	2 tsp. olive oil
16 oz. can whole tomatoes, drained (reserve juice), coarsely chopped	1 large onion, sliced
1 bay leaf	½ cup tomato juice (reserved from canned tomatoes)
1 cup dry white wine	1 clove garlic, minced
¼ cup orange juice	¼ cup lemon juice
1 tsp. fennel seeds, crushed	1 tbsp. fresh orange peel, grated
½ tsp. dried oregano, crushed	½ tsp. dried thyme, crushed
½ tsp. dried basil, crushed	black pepper to taste

Heat oil in large nonstick skillet. Add onion and sauté over moderate heat for 5 minutes or until soft. Add all remaining ingredients except fish. Stir well and simmer uncovered for 30 minutes. Arrange fish in 10x6" baking dish. Cover with sauce. Bake uncovered at 375 for about 15 minutes or until fish flakes easily.

COSTA RICAN TILAPIA

3 tbsp. fresh lime juice	3 tbsp. olive oil, divided
4 tbsp. finely chopped fresh cilantro or parsley, divided	4 tsp. minced garlic, divided
¼ tsp. sugar	1 ½ tsp. kosher salt, divided
¾ cup long-grain rice	6 tilapia fillets
2 oranges, peeled, seeded, coarsely, chopped	1 cup chopped onions
15 oz. can black or pinto beans, drained, rinsed	28 oz. can diced tomatoes
½ tsp. freshly ground black pepper	1 tsp. dried oregano leaves
	¼ tsp. cayenne pepper

For the tilapia marinade, combine lime juice, 1 tablespoon olive oil, 2 tablespoons cilantro, 1 teaspoon garlic, ½ teaspoon salt, and sugar in a shallow dish. Add tilapia and marinate 15 minutes, turning once. To prepare the bean and rice mixture, cook the rice according to package directions and keep warm while the tilapia is marinating. Preheat oven to 400. In a large, high sided skillet heat 2 tablespoons olive oil on medium heat. Add remaining garlic and onions; sauté until translucent, stirring. Add 2 tablespoons cilantro, oranges, tomatoes, beans, oregano, 1 teaspoon salt, pepper, and cayenne. Cook uncovered, until hot, 7-8 minutes, stirring occasionally. Transfer hot rice to a 9x13" baking dish. Spoon the bean mixture on top of rice and gently blend. Slightly overlap tilapia fillets on top and scrape marinade over fillets. Bake until the flesh of the tilapia just begins to flake at the nudge of a fork, 16-20 minutes.

CAJUN PORK CHOPS

1 tbsp. paprika
1 tsp. rubbed sage
½ tsp. black pepper
8 lean center-cut pork loin chops, ½" thick

1 tsp. seasoned salt
½ tsp. cayenne pepper
½ tsp. garlic powder
1 tbsp. oil

Combine paprika, seasoned salt, sage, cayenne pepper, black pepper and garlic powder in shallow dish. Add meat. Coat on both sides with seasoning mix. Heat oil in large nonstick skillet on high heat. Add meat. Reduce heat to medium. Cook 6-8 minutes per side or until dark brown.

BOBOTIE (Beef Pie) (South Africa)

2 oz. butter
1 apple, peeled, diced
2 bread slices soaked in milk
½ cup raisins
2 tbsp. lemon juice
½ tsp. turmeric
½ cup whole milk

1 cup onions, thinly sliced
2 lb. chopped cooked beef
2 tbsp. curry powder
2 tbsp. slivered almonds
1 egg
6 bay leaves

Melt the butter in a saucepan. Add the onions and sauté for 5 minutes, then add the apple and cook for another minute. Add the chopped beef and combine. Squeeze out the excess milk from the bread slices, then tear up and add to pot. Add the curry powder, raisins, almonds, lemon juice, egg, and turmeric, and stir well. Place mixture in a greased 9x13" baking dish. Place bay leaves vertically in the casserole. Bake at 326 for 40 minutes, then remove from the oven. Mix together the egg and milk, then pour it over the Bobotie. Bake for 15 more minutes. Remove bay leaves before serving.

EGG AND BACON TART (Quiche Lorraine)
(France)

4 oz. meaty bacon, chopped	1 pie shell, unbaked
6 oz. Gruyere cheese, grated	1 pt. heavy cream
6 eggs, at room temperature	½ tsp. salt
¼ tsp. white pepper (optional)	

Preheat oven to 375. Brown the bacon in a skillet. Remove bacon with a slotted spoon and place on paper towels to drain. In a large bowl, whisk together the cream, eggs, salt, and pepper until smooth. Bake pie crust for 5 minutes and remove from oven. Put the browned bacon on the bottom of the crust, topped with the cheese. Gently pour the egg mixture over the cheese. Bake for 30 minutes. Reduce heat to 325, cover quiche with foil, and continue baking for 10-15 minutes or until middle has firmed.

LAMB AND PASTA CASSEROLE (Pastitsio)
(Greece)

16 oz. ziti	6 tbsp. olive oil
1 large onion, chopped	1 ½ lb. ground lamb
6 ripe tomatoes, seeded, chopped	8 oz. tomato puree
3 cloves garlic, minced	1 tsp. dried oregano
¼ tsp. cinnamon	salt and pepper
½ cup breadcrumbs	1 egg, beaten

Cook the pasta according to package directions. Drain and set aside. Meanwhile, in a large stew pot, heat the olive oil. Saute the onions for 5 minutes, then add the lamb. Cook until no pink show, crumbling it up with a spoon as it cooks. Add the tomatoes, tomato puree, garlic, oregano, and cinnamon. Stir well and bring to a boil. Cover, reduce heat, and simmer for 15 minutes. Remove from heat. Season with salt and pepper. Add ¼ cup of bread crumbs and quickly stir in the beaten egg.

Sauce:

4 cups milk	2 tbsp. butter
6 eggs	½ cup flour
4 oz. freshly grated kefalotiri cheese	½ tsp. salt

Combine 3 cups of milk and the butter in a pan. Heat until small bubbles appear around the rim of the pan. Remove from heat. In a larger saucepan, whisk the eggs until frothy. Add the remaining 1 cup of milk. Then whisking constantly, gradually add the flour and salt. Slowly pour in the heated mixture to the eggs while whisking. Sauce should be thick. Preheat the oven to 350. Grease a deep 9x13" baking dish. Sprinkle the bottom of the dish with the remaining ¼ cup of bread crumbs, then half of the pasta. Cover it with the meat, then half of the sauce. Sprinkle with half the cheese. Add another layer of pasta, the remaining cream sauce, and the remaining cheese. Bake for 45 minutes.

SIDE DISHES

AUNT FRAN'S SWEET POTATO CASSEROLE

Casserole:

4 cups mashed sweet potatoes/yams	1 cup sugar
¼ cup milk	1 stick margarine
2 large eggs	1 tsp. vanilla extract
2 tsp. coconut extract, optional	

Peel, slice and boil sweet potatoes. Mash, measure, and beat together with all ingredients above. Spread evenly in a 13" x 9" baking dish.

Topping:

1 cup packed light brown sugar	½ cup all purpose flour
½ stick margarine	1 cup chopped pecans

With a fork, mix together all ingredients until crumbly. **Note: Use a little more flour if it's too soft to crumble.* Spread evenly over sweet potato mixture. Bake at 400 for 30 minutes, being careful not to over brown. Serve immediately, or reheat in the microwave in order to serve warm.

***Note: Due to extraordinary demand, I have found it necessary to double this recipe every time I've been asked to make it. I simply double the ingredients, using the same recipe, and use an 11" x 17" pan. I do not increase the baking time.*

****Warning: Once you make this dish for ANY group/event you will be asked to make it again and again. In other words, you will be stuck making the same dish forever.*

Barbara Romeka

POTATOES O'BRIEN

2 large baking potatoes, washed and cut into ¼" chunks	2 Tbsp. canola oil
1 cup sharp cheddar cheese, shredded	2 Tbsp. Old Bay Seasoning

Preheat oven to 350. Place potatoes, oil, and seasoning in a one gallon zip-lock freezer bag. Shake the bag until the potatoes are evenly coated with seasoning and oil. Spread potatoes on to a 9" x 13" baking pan. Bake for about 20 minutes until potatoes are cooked through. Test doneness with a fork. Remove pan from oven and sprinkle potatoes with cheddar cheese. Return to oven until cheese is melted.

Bob Davis

CROCK POT MACARONI AND CHEESE

16 oz. pasta
2 large cans evaporated milk
2 tsp. salt
½ cup melted margarine

2 tbsp. oil
3 cups milk
6 cups cheddar cheese,
shredded

Put uncooked pasta into crock pot and toss with the oil. Add remaining ingredients and mix well. Heat for approximately 3 hours. Stir occasionally. It is better if served immediately rather than refrigerating and reheating.

Lori Holliday

HOT BEAN DISH

16-oz. can pork and beans
1-1/2 cups kidney beans, drained
1-1/2 cups lima beans, drained
1-1/2 cups butter beans, drained
1/2 cup brown sugar

½ cup ketchup
1 Tbsp. Worcestershire
sauce
1 tsp. prepared mustard
2 oz. pimento, drained and
chopped

Combine all ingredients except beans in a large bowl. Mix well, and then stir in the beans. Pour into a greased 2 ½ quart casserole. Bake uncovered at 350 degrees for 40 minutes.

Barbara Merrill

MEXICAN RICE

2 tbsp. vegetable oil
½ cup chopped onions
2 shakes garlic powder
1 cup long grain rice
1 cup frozen peas, thawed
¼ cup frozen carrots, thawed
1 small tomato, chopped

dash of crushed red pepper
2 cups water
2 chicken flavored
bouillon cubes
¼ cup chopped red pepper
½ tsp. salt

Heat oil in frying pan over medium heat. Add onion, garlic, rice, and red pepper; sauté until onion is limp and rice is opaque. Add salt, crushed red pepper, water, and bouillon cubes. Bring to a boil over high heat. Reduce heat, cover, and cook 20 minutes. Add peas, carrots, and tomato. Cook, stirring, just until vegetables are heated through. Serve rice immediately.

Barbara Merrill

ORIENTAL RICE

1 ½ cup water	1 cup chicken broth
1 1/3 cup long grain white rice, uncooked	2 tsp. vegetable oil
2 tbsp. onion, finely chopped	1 cup celery, finely chopped
2 tbsp. green pepper, finely chopped	¼ tsp. ground sage
½ cup pecans, chopped	¼ tsp. nutmeg
½ cup water chestnuts, sliced	
black pepper to taste	

Bring water and broth to boil in medium-size saucepan. Add rice and stir. Cover and simmer for 20 minutes. Remove pan from heat. Let stand, covered, for 5 minutes or until all liquid is absorbed. Reserve. Heat oil in large nonstick skillet. Saute onion and celery over moderate heat for 3 minute. Stir in remaining ingredients, including reserved cooked rice. Fluff with fork before serving.

PARMESAN RICE AND PASTA PILAF

2 tbsp. olive oil	½ cup vermicelli, finely broken, uncooked
2 tbsp. onion, diced	1 ¼ cup chicken broth, hot
1 cup long grain white rice, uncooked	¼ tsp. ground white pepper
1 ¼ cup water, hot	
1 bay leaf	
2 tbsp. Parmesan cheese, grated	

In large skillet, heat oil. Saute vermicelli and onion until golden brown (about 2-4 minutes) over medium-high heat. Drain off oil. Add rice, broth, water, pepper and bay leaf. Cover and simmer for 15-20 minutes. Fluff with fork. Cover and let stand for 5-20 minutes. Remove bay leaf. Sprinkle with cheese and serve immediately.

MINTED BULGAR PILAF
(Greece)

¾ cup bulgur (cracked wheat)	1/3 cup chopped onion
1 large clove garlic, minced	½ tsp. ground cinnamon
¼ tsp. ground ginger	¼ tsp. ground cardamom seed
1/8 tsp. ground cloves	1 can condensed consomme
¼ cup butter or margarine	1/3 cup golden raisins
1 tbsp. lemon juice	½ cup chopped tomato
½ cup finely chopped carrots	
½ cup chopped fresh mint leaves	

Brown bulgur, onion, garlic, and seasoning in butter in a saucepan until tender. Add consomme, lemon juice, carrots, raisins and mint, bring to a boil. Reduce heat, cover and simmer 20 minutes, or until done, stirring occasionally. Stir in tomatoes, heat to serve.

HABICHUELAS ROSITAS
(Puerto Rico)

5 cloves garlic, finely chopped	1/3 cup olive oil
1 small yellow onion, finely chopped	1 small bell pepper, finely chopped
1 tsp. ginger root, grated	2 tsp. cilantro, finely chopped
3 medium Serrano pepper, finely chopped	1 cup pineapple juice
2 tsp. oregano, finely chopped	½ cup tomato puree
1 tsp. white wine vinegar	1 cup stock, any kind
1 small carrot, cooked and pureed	
2 cans pinto beans	
salt and pepper to taste	

Saute in oil, garlic, onion, bell pepper, ginger, serranos, cilantro and oregano. Saute until most of the oil has been absorbed about 5 minutes. Stir in vinegar and pineapple juice. Bring to a sizzle, then stir in pureed carrots and tomato puree. Blend and allow to cook to a thick paste. Add stock until the paste breaks down into a rich thick sauce. Lower the heat and add the beans. Fold gently to blend. Let beans simmer for 12 minutes. Add salt and pepper to taste and serve. Serve over rice.

BAKED SWEET PLAINAINS
(Latin America)

4 very ripe plantains (black)
½ cup sugar or brown sugar

1 cup milk (low fat)
4 tbsp. margarine

Peel plantains, place them in a baking dish and pour the milk and sugar over them. Spread one tablespoon of margarine over the top of each plantain. Bake at 400 for about 30 minutes.

Christina Bruce

ARTICHOKE AND MUSHROOM CASSROLE
(Middle East)

9 oz. artichoke hearts
½ cup onion, finely chopped
3 cups sliced mushrooms
1 tsp. dried basil
salt and pepper to taste
1 tbsp. dry white wine

1 tsp. olive oil
2 cloves garlic, finely
chopped
½ tsp. dried oregano
1 tbsp. lemon juice
1 tbsp. Italian seasoned
bread crumbs

Preheat oven to 350. Lightly oil a 1 quart baking dish or spray with a nonstick cooking spray. Cook frozen artichokes according to package directions. A 16 oz. can of artichokes can be substituted, these need only to be drained. Drain and place in pan. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic. Cook, stirring frequently, 3 minutes. Add mushrooms. Sprinkle with spices. Add lemon juice and wine. Cook, stirring frequently, 3 minutes more. Remove from heat and stir in bread crumbs. Spoon mushroom mixture evenly over artichokes. Bake uncovered, 30 minutes.

LENTILS AND RICE (Saudi Arabia)

4 medium yellow onions, peeled
1 cup lentils
1 cup long grain rice

1 tbsp. olive oil
3 ½ cups cold water
2 tsp. salt

Dice 3 of the onions. Heat a large frying pan and sauté onions in water or broth. Sauté until tender and set aside. In a 4-quart covered pot place the lentils and water. Bring to a boil, covered, and then turn down to a simmer. Cook for 15 minutes. Add the cooked onion to the lentils, along with the rice and salt. Cover and simmer 20 minutes until rice and lentils are soft. Remove from heat and let stand, covered, 5 minutes. Slice the remaining onion into rings. Heat frying pan again and sauté rings in olive oil. To serve, top the lentils with the sautéed onion rings.

HOMINY de MEXICO

16 oz. can white hominy
4 oz. can chopped green chilies

1 cup sour cream
1 cup cheddar cheese,
grated

Drain hominy and place in a bowl. Add sour cream, chilies and cheese, add salt if needed. Place in a greased 1 quart casserole uncovered and bake at 375 for 30 minutes or until completely heated through and bubbly.

BOURBON BAKED BEANS

4 (16 oz.) cans vegetarian beans in
tomato sauce
½ cup strong black coffee
½ cup bourbon

1 tsp. dry mustard
1 tbsp. molasses
1 cup ketchup
4-6 slices bacon

Mix all ingredients except bacon in a large casserole and refrigerate overnight. Next day, cover beans and bake at 350 for 1 hour. Remove cover and place strips of bacon on beans and bake, uncovered, for 1 hour or until bacon is crisp.

Jean McCammon

DESSERTS

JEWISH APPLE CAKE

3 cups flour	½ tsp. salt
2 ½ cups sugar	7-9 Tbsp. orange juice
1 cup oil	6 medium Granny Smith apples
4 eggs	2 tsp. cinnamon
3 tsp. baking powder	
¼ cup sugar	

Combine apples, cinnamon, and ¼ cup sugar. Combine other ingredients. Thoroughly grease and flour tube pan. Place layer of batter in pan. Add one layer of apples. Add another layer of batter. Add another layer of apples. Bake at 350 for one hour, 15 minutes. Let cool on rack 20 minutes before taking out of pan. Complete cooling on wire rack.

Jean McCammon

FRESH PEACH COBBLER

4 cups fresh ripe peaches, peeled and sliced	1 cup sugar, divided
¾ cup all purpose flour	½ cup butter (1 stick)
¾ cup milk	2 tsp. baking powder
	vanilla ice cream

Heat oven to 350.

Combine peaches and ½ cup sugar; allow standing until sugar is dissolved. Melt butter in an 11 x 7 inch baking dish in the microwave. In a small bowl, stir together ½ cup sugar, flour, baking powder and milk; stir until just mixed and then pour over butter; DO NOT STIR. Spoon peaches over top. Bake at 350 for 50-55 minutes. Serve warm with vanilla ice cream.

CARAMEL CUSTARD (Crème Caramel) (France)

1 ¼ cup sugar	4 eggs
1 can (14.5 oz) evaporated milk	½ c heavy cream
1 tsp. vanilla extract	

Preheat oven to 350. Spread ½ cup sugar evenly over the bottom of an 8" round baking dish. Heat the dish in the oven for 30-35 minutes, or until sugar is melted to a golden-brown syrup. Remove from the oven and let cool until hardened. Meanwhile, beat eggs well with a mixer in a medium bowl. Add remaining ¾ cup of sugar, the evaporated milk, cream, 1 cup of water and the vanilla extract. Make sure sugar is dissolved. Pour mixture into the prepared baking dish. Place this dish in a shallow pan, and pour hot water to the 1" level around dish. Bake for about 1 hour, or until knife inserted in the center of custard comes out clean. Refrigerate until well chilled.

COCONUT RICE PUDDING (France)

½ cup butter or margarine	2 cups converted rice
2 tsp. cinnamon	1 tsp. allspice
1 tsp. nutmeg	5 cups water
1 cup raisins	1 tsp. salt
2 cups sweetened coconut, shredded	1 can sweetened condensed milk
1 cup milk	1Tbsp. coconut flavoring
½ cup sugar	
whipped cream	

Preheat oven to 350 degrees. Melt half the butter in large saucepan. Add rice, cinnamon, allspice and nutmeg. Cook and stir 2 minutes. Add water, raisins and salt. Bring to a boil; reduce heat. Cover tightly and simmer 20 minutes. Remove from heat; let stand covered until all water is absorbed, about 5 minutes. Stir in remaining half of butter to melt. Combine coconut, condensed milk, milk, sugar, vanilla and if, desired, coconut flavoring in large bowl. Stir in rice mixture; mix well. Pour into buttered 2 ½ quart oblong baking dish. Bake in preheated oven 50-60 minutes or until golden brown. Cool; serve warm or at room temperature with whipped cream, if desired.

CHOCOLATE-DIPPED STRAWBERRIES

2 pints strawberries, stems intact	1 ½ cups semisweet chocolate
1 tsp. canola oil	

Line two baking sheets with parchment or waxed paper. Wipe the strawberries clean and dry them well with paper towels. Melt the chocolate with the oil over a double boiler. Stir until the mixture is smooth and the chocolate is completely melted. Remove from heat. Hold a strawberry by its green top and dip it ¾ of the way into the melted chocolate. Lift it out of the chocolate, let the excess chocolate run off and set the berry on one of the lined baking sheets. Repeat this for all of the strawberries. To harden the chocolate, chill the strawberries for about an hour before serving. Can be stored in the refrigerator for up to eight hours.

LEMON POPPYSEED PASSOVER SPONGE CAKE
(Jewish/Kosher)

5 egg yolks
zest of 2 lemons, grated
½ cup poppy seeds
3 tbsp. potato starch
1/8 tsp. salt

1 ½ cups sugar
½ cup fresh lemon juice
1 cup matzah meal cake flour
1 tsp. cream of tartar

Lemon glaze:

3 cups confectioners' sugar
2 tsp. finely grated lemon zest

7 tbsp. fresh lemon juice

Preheat oven to 325. In the bowl of an electric mixer, combine the egg yolks and one cup of the sugar. Start the mixer on low speed and gradually increase to high speed. Beat until the mixture is thick, moussy and pale yellow, about eight minutes. Beat in the lemon zest, lemon juice and poppy seeds. Sift the matzah meal cake flour and potato starch over the yolk mixture, but don't mix. Place the egg whites in a clean mixing bowl. Beat on low speed until frothy, about two minutes. Add the cream of tartar and salt. Increase the speed to medium and beat for two more minutes. Increase the speed to high and add the remaining sugar gradually over four minutes. Whisk the egg yolk-matzah mixture just to mix. Gently fold the whites into the yolk mixture. Spoon the batter into an ungreased 10" tube pan. Bake 50-60 minutes, until the cake is browned and springy to the touch. Immediately invert the pan on the neck of a bottle until the cake is completely cool. Slide a knife around the pan and unmold the cake onto a round platter.

Glaze:

Sift the confectioners' sugar into a mixing bowl. Add the lemon juice and zest and whisk to mix. The glaze should be thick but pourable. Adjust the consistency by adding lemon juice if it is too thick and confectioners' sugar if it is too thin. Spoon the glaze over the cake. Use a serrated knife to cut the cake.

RASPBERRY YOGURT PARFAITS

¾ cups of water
8 oz. raspberry yogurt

¾ cups instant rice
2 cups fresh raspberries

In a small saucepan, bring water to a boil. Stir in rice, cover, remove from heat and set aside for 5 minutes, or until all liquid is absorbed. Cool rice to room temperature, stir in yogurt and chill for 30 minutes. Just before serving, layer rice mixture and berries in parfait glasses or dessert dishes.

LEMON SPONGE CAKE (American)

9 eggs, separated (room temperature)
1 ½ cups sugar
zest of 1 lemon
4 tbsp. potato starch

pinch of salt
½ cup lemon juice
5 tbsp. cake meal

Preheat oven to 350. In a mixer, whip the egg yolks on high speed while gradually adding half the sugar. Continue whipping until the mixture is thick and lemon colored, about five minutes. Add the juice and the zest. Remove from the mixer and with a spatula, fold in the cake meal and potato starch. Whip the egg whites on high speed while gradually adding the remaining half of the sugar. Continue whipping until medium peaks form, about 2-3 minutes. Gently fold the whites into the yolk mixture. Spoon the mixture into an ungreased 10" tube pan with a removeable bottom. Bake until the cake is golden and springs back when touched, about 60 minutes. Invert the pan on its legs or over a bottle until it is completely cool. Remove from the pan and continue to cool on a cake rack.

FROZEN BANANA CREAM PIE (American)

2 cups chocolate wafer cookie crumbs
1 tbsp. vanilla extract or dark rum
2-3 tbsp. sugar
1 pint vanilla frozen yogurt, slightly softened
1 tsp. confectioners' sugar

5 ripe bananas
1 tsp. fresh lemon
juice
½ cup heavy cream

Line an 8 or 9 inch pie pan with 1 ¾ cups of the cookie crumbs. Place the pan in the freezer and reserve the remaining crumbs for decorating. Puree the bananas, vanilla or rum and lemon juice in a food processor. Add the sugar to taste. In a large bowl, mix the banana mixture with about ½ cup of the frozen yogurt until it is thoroughly combined. Fold in the rest of the frozen yogurt quickly. Spread this on top of the cookie crumbs in the pie pan and freeze for at least 2 hours. When ready to serve, remove the pie from the freezer and set aside. (The pie needs to soften a bit before slicing it. If the pie has been in the freezer overnight, leave it at room temperature for about 5 minutes before serving).

Whip the cream and confectioners' sugar to soft peaks. Decorate the top of the pie with the whipped cream, topped with the remaining cookie crumbs. Cut into wedges and serve.

APPLE STRUDEL (Apfelstrudel)
(Austria)

Dough:

10 ½ oz. bread flour	1/6 oz. salt
1 ½ oz. vegetable oil	5 1/3 oz. water, lukewarm

Filling:

4 ½ lb. apples (Golden Delicious), sliced	5 1/3 oz. granulated sugar
1 ½ oz. dark rum	5 1/3 oz. raisins
1/8 tsp. ground cinnamon	2 lemons (juice and peel)

Buttered breadcrumbs:

10 ½ oz. butter (unsalted)	10 ½ oz. bread crumbs
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Knead flour, salt, oil and water into a medium-firm dough. Divide into 3 small round loaves, brush each loaf with melted butter and let sit for 1 hour. Peel, core and slice apples. Mix in granulated sugar, raisins, grated lemon peel, lemon juice, rum, cinnamon and blend together well. Roll the dough loaves with a rolling pin, then stretch rolled dough on a strudel sheet with the backs of your hands. Coat 2/3 of dough sheet with buttered breadcrumbs, spread apple filling over remaining 1/3 of dough. Tear off edges, shape strudel into roll by lifting strudel sheet. Place strudel on a buttered baking sheet and brush with melted butter. Bake strudel for 60 – 90 minutes in a 400 -425 degrees oven.

CHOCOLATE MOUSSE
(France)

12 oz. bittersweet or semi-sweet chocolate	10 tbsp. unsalted butter
8 egg whites in a large bowl, at room temperature	8 egg yolks in a small bowl
1 tbsp. powdered sugar	3 tbsp. cognac
	1 cup heavy cream

Place the chocolate and butter in the top of a double boiler on low heat. Slowly melt the chocolate, stirring constantly. Remove the chocolate from the heat, and gradually stir the mixture into the egg yolks, beating well. Let cool for about 10 minutes. Using electric beaters, beat the egg whites until stiff. Stir the cognac into the chocolate and egg mixture, and then gently fold this into the egg whites. There should be no white streaks visible. Pour mousse into 1 quart serving dish and refrigerate overnight. Before serving, beat heavy cream with powdered sugar, and place small dollop of cream on chilled mousse.

BLUEBERRY PIE (Mustikkapiirakka)
(Finland)

Crust:

4 ¾ oz. butter or margarine	¼ cup sugar
1 egg	¼ cup cream
¼ cup flour	

Filling:

1 quart blueberries	sugar
1 tbsp. dried breadcrumbs or potato flour	

Whisk the butter or margarine and add sugar, if desired. Add the egg, mixing well, then the cream and flour in turns. Don't beat too much or the dough will get tough. Let the dough stand for a while in a cool place. Roll out the dough into a thin sheet on a baking pan. Mix the blueberries with sugar and dried breadcrumbs or potato flour. Spread the filling into the dough and raise the edges. Bake 400 degrees for 30 minutes or until the crust is golden brown

LEMON RICOTTA
(Italy)

4 Tbsp. water	2 tbsp. powdered gelatin
4 eggs, separated	2/3 cup sugar
½ cup fresh lemon juice	zest of 1 lemon
1 cup ricotta cheese	

Place the water in a small bowl and sprinkle the gelatin on top. Let sit for 5 minutes to soften. In a bowl, beat the eggs yolks along with the sugar until light and frothy. Add the lemon juice and zest. Place the bowl over a double boiler and whisk until thick. Remove from the double boiler and whisk in the softened gelatin. Set aside. Beat the egg whites until stiff. In a separate bowl, beat the ricotta cheese until fluffy. Fold the ricotta cheese into the egg mixture. Gradually and gently fold in the egg whites. Pour mixture into serving dishes and refrigerate for 6 hours before serving.

TRIPLE GINGER GINGERBREAD CAKE

2 cups all purpose flour	¼ tsp. baking soda
2 tsp. baking powder	1 tsp. ground ginger
1-1/2 tsp. ground cinnamon	½ tsp. ground cloves
½ tsp. salt	1/3 cup butter
¾ cup sugar	1 egg, beaten
½ cup molasses	¾ cup buttermilk
2 tsp. pickled ginger, finely chopped	1 tsp. raw fresh ginger, grated
powdered sugar	

Preheat oven to 350 degrees. Lightly grease and flour an 8-inch square baking pan, or the equivalent. Sift together the flour, baking soda, baking powder, ground ginger, cinnamon, cloves and salt. Set aside. In a large mixing bowl, cream together the butter and sugar until light and fluffy. Blend in the egg and molasses. Beat in the flour and buttermilk, alternating a small amount at a time until well blended. Fold in the pickled and fresh ginger. Bake for 40-45 minutes, until a toothpick inserted in the center comes out clean. Let the cake sit in the pan, on a rack, for 5 minutes. Then remove the cake from the pan and set it on a rack to cool completely. Before serving, dust the cake with powdered sugar sprinkled through a sieve or doily.

FETA CHEESE PASTRY (Tiropita) (Greece)

1 lb. package frozen filo dough	5 tbsp. butter
½ cup flour	1/3 cup milk
pinch white pepper	7 eggs
1 lb. feta cheese, crumbled	butter, softened

Thaw filo dough completely. Melt the 5 tablespoons butter in a large saucepan. Whisk in the flour. Slowly whisk in the milk. Cook over medium heat, whisking constantly, until sauce thickens. Add white pepper. Remove from heat and let cool for 10 minutes. Quickly whisk the eggs into the sauce one at a time. Then stir in the cheese. Preheat oven to 375. Grease a 10" deep-dish cake or quiche pan with butter. To prepare, flatten filo dough and cut into 10" circles. Brush dough circles with butter. Using 3 filo layers at a time, place one pastry layer in bottom of dish. Follow with layer of cheese mixture, and repeat, ending with pastry layer. Bake for about 45 minutes, or until golden brown.

RAISIN TART WITH SOUR-CREAM SAUCE
(South Africa)

2 eggs	½ cup sugar
1 cup sour cream	¼ cup whole milk
1 cup raisins	½ cup finely chopped walnuts
2 tbsp. finely chopped citron	½ tsp. ground nutmeg
1 tsp. lemon zest	1 pint sour cream
1 baked short-crust pie shell	½ cup sugar
2 egg yolks	
3 tbsp. tangerine liqueur	

Preheat the oven to 350. In a large bowl, beat the eggs and sugar together for 3-4 minutes, forming a ribbon. Beat in the sour cream and milk. Stir in the raisins, walnuts, citron, zest, and nutmeg. Pour mixture into the pie shell, spreading it smoothly. Bake for 35-40 minutes. Filling should be golden brown, and knife inserted in center should come out clean. Cool tart. Meanwhile, make the sour cream sauce. Beat the sour cream in a bowl until smooth. Beat in the egg yolks one at a time, then add the sugar gradually. Beat in the liqueur. Taste for sweetness. Refrigerate until ready to use.

AEBLESKIVER
(Denmark)

2 egg whites	½ tsp. salt
2 cups all-purpose flour	4 tbsp. butter, melted
2 tsp. baking powder	2 cups buttermilk
1 tbsp. white sugar	1 cup vegetable oil for frying
½ tsp. baking soda	

Note: You will need an aebleskiver pan to cook these properly.

Beat the whites stiff. Mix together the flour, baking powder, salt, baking soda, sugar, melted butter and buttermilk at one time and beat until smooth. Gently fold in the egg whites last. Put about 1 tablespoon of vegetable oil in the bottom of each aebleskiver pan cup and heat until hot. Pour in about 2 tablespoons of the batter into each cup. As soon as they get bubbly around the edge, turn them quickly (Danish cooks use a long knitting needle, but a fork will work). Continue cooking, turning the ball to keep it from burning.

Serve hot with syrup, jam or powdered sugar.

GRANDMOTHER'S CHEESE CAKE (Sernik Babci)
(Poland)

Dough:

1 ¼ cups flour	¾ tsp. baking powder
¼ tsp. salt	¼ cup butter or margarine
1 egg	3 tbsp. sour cream
1/3 cup confectioners' sugar	

Filling:

6 eggs	2 cups confectioners' sugar
1 ½ tsp. vanilla extract	2/3 cups melted butter
1 lb. farmers' cheese or ricotta	1 ½ cups mashed potatoes, unseasoned
2 tsp. baking powder	½ tsp. salt
½ tsp. nutmeg	
¼ cup grated orange or lemon peel	

For the dough, combine the flour, salt and baking powder in a bowl. Cut in the butter with a fork. Beat egg into the sour cream. Stir into the flour mixture then stir in the sugar. Knead the dough until well mixed and smooth. Roll dough on a floured surface into a rectangle. Line a 13x9x2 inch pan with the dough and bring dough part the way up sides.

For the filling, separate 1 egg and reserve the whites, beat remaining yolk and whole eggs with the sugar for 5 minutes at high speed of an electric mixer. Add the vanilla, beat at high until the mixture is soft. Press cheese through a sieve, blend cheese with butter and add the potatoes, baking powder, nutmeg and salt. Stir in orange peel. Fold into the egg mixture. Turn into prepared crust in pan.

Bake at 350 for about 45-55 minutes or until set. Cool well before cutting.

BAKED BANANAS
(Guatemala)

4 large bananas	½ stick butter
2 tbsp. honey	lemon juice
sour cream	

Peel the bananas and cut them in half, lengthwise. Turn the oven on to 350 and grease a baking dish. Arrange banana halves in the dish, dot with butter. Spread honey and lemon juice over the bananas. Bake for 15 minutes. Put the sour cream into a bowl and serve it with the bananas.

COCONUT PIE (Klappertert)
(South Africa)

1 ½ cups sugar
3 cups finely grated fresh coconut
2 eggs plus 1 egg yolk, lightly beaten
1/8 tsp. vanilla extract
1 baked short crust pastry pie shell

1 ½ cups water
6 tbsp. unsalted butter, cut
into small bits
2 tbsp. apricot jam
8 strips candied citron,
1" long by 1/8" wide

Combine the sugar and water in a small sauce pan and bring to a boil over high heat, stirring until the sugar dissolves. Cook briskly, undisturbed, until the syrup reaches a temperature of 230 degrees on a candy thermometer. Remove the pan from the heat, add the coconut and butter, and stir until the butter is completely melted. Let the mixture cool to room temperature, and then vigorously beat in the eggs and vanilla. Preheat the oven to 350 degrees. In a small pan, melt the apricot jam over low heat, stirring constantly. Rub the jam through a fine sieve, and brush the jam evenly over the bottom of the baked pie shell. Pour the coconut mixture into the pie shell, spreading it smoothly. Bake for about 40 minutes. Filling should be firm and golden brown. Before serving, arrange the thin strips of citron in a sunburst pattern in the center of the pie. Serve warm or at room temperature; can be accompanied by whipped cream.

EASY CHERRY DELIGHT

1 cup pecans, coarsely chopped
1 can cherry pie filling
1 pkg. cream cheese
1 cup confectioners' sugar, sifted
½ tsp. salt
4 cups milk

1 cup flour
1 ½ cups non-dairy whipped
topping
½ cup converted rice
½ tbsp. butter
2 pkg. vanilla instant pudding

Preheat oven to 350. Prepare rice according to package directions. Cool. Lightly butter a 13"x9" pan. Combine flour and butter in a bowl. Cut butter into flour with knives or pastry blender until mixture resembles fine crumbs. Add pecans and mix well. Press in an even layer into buttered pan. Bake until lightly browned, about 20 minutes. Cool. Beat cream-cheese and non-dairy whipped topping until smooth. Add confectioners' sugar, stirring until free of lumps. Spoon cream-cheese filling over cooled crust. Prepare instant pudding according to package directions. Fold into rice. Spread rice pudding over cream-cheese filling. Chill until firm. Spoon cherry-pie filling over pudding; chill. Just before serving, garnish each serving with a dollop of non-dairy whipped topping.

APPLESAUCE CAKE

4 eggs	1 tsp. cloves
2 ½ cups sugar	2 tsp. cinnamon
1 cup margarine	1 tsp. salt
4 cups flour	2 tsp. baking soda
2 cups applesauce	1 tsp. nutmeg
1 box raisins (boil 1 min.), drain and cool	

Cream sugar, margarine, eggs together. Add applesauce with baking soda. Add rest of ingredients. Bake at 350 for 1 ½ hours in angel food (tube) pan.

Jean McCammon

APPLE KUCHEN (Jewish/Kosher)

¼ cup unsalted butter	2 cup sugar
2 large eggs, at room temperature	1 tsp. vanilla extract
1 cup flour	1 tsp. baking powder
½ tsp. salt	2 cups low-fat milk
1 ½ apples, peeled, cored and sliced	¼ tsp. ground cinnamon

Preheat oven to 350. Beat the butter in a mixing bowl with an electric mixer on high speed for 30 seconds. Gradually add the sugar and continue to beat until the mixture is pale yellow and very fluffy. Add the eggs one at a time while mixing on low speed. Stir in the vanilla. Sift the flour, baking powder, cinnamon and salt together. Add half of the flour mixture and blend, then add the milk. Finally, add the rest of the flour mixture. The batter should be smooth. Do not overmix. Coat a 9" square cake pan with nonstick spray. Pour the batter into the pan. Arrange the apple slices on top in a single layer. Bake until golden brown and set in the center, about 25-30 minutes. Serve warm.

FROGS' LEGS PROVENCAL
(France)

Tomato concasse
¾ cup whole milk
Flour for dusting
½ cup extra-virgin olive oil
juice of ½ lemon
½ lemon, cut into 2 lemon quarters

8-12 frog legs
Kosher salt and freshly
ground black pepper
1 large clove garlic, peeled
and cut brunoise
¼ cup chopped Italian
parsley leaves

Prepare tomato concasse. When ready to begin main recipe, place concasse in saucepan over very low heat to warm gently; stir occasionally. Working with pairs of frogs' legs, gently place end of 1 leg between calf and bone portion of other leg without breaking tendons to hold legs together in pairs. Place frogs' leg pairs in a container and cover with milk. Place large sauté pan or 2 medium pans (must be large enough to hold all legs in one layer without crowding) over high heat. Remove frogs' legs from milk. Season with salt and pepper and toss with flour to coat. Pat off excess flour. Add ¼ cup oil to pan and, when pan is hot, carefully add frogs' legs. Sauté over heat 2-4 minutes per side; depending on size, until golden. Remove from pan and divide between 2 plates, slightly overlapping the legs. Remove pan from heat and pour out any leftover oil. Place pan over medium heat again. Add remaining ¼ cup oil and the chopped garlic. Cook 10 seconds. Add parsley and juice from lemon, spoon over frogs' legs and serve with warm tomato concasse on side or scattered on legs. Serve with the lemon quarters on the side.

Tomato concasse:

8 plum tomatoes
3 tbsp. extra virgin olive oil
1 medium shallot, cut brunoise (very small dice)
½ bay leaf
1 sprig fresh thyme
1 large garlic clove, cut brunoise
Kosher salt and freshly ground black pepper to taste

Remove cores from tomatoes, cut an "X" in other side and blanch in boiling salted water for 20 seconds. Shock in ice water and then peel off skin. Cut in half, remove seeds and cut into small dice. Place small stainless pot over medium heat. When pan is hot, add 2 tablespoons oil and bay leaf and thyme. Sauté 30 seconds. Add garlic and sauté 10 seconds. Add tomatoes and season lightly with salt and pepper. Cook, stirring frequently to prevent sticking, until liquid has evaporated and tomatoes will hold together without leeching liquid. Remove from heat. Remove bay leaf and thyme. Adjust seasoning with salt and pepper and add remaining 1 tablespoon olive oil. Reserve cold and reheat when needed.

FROG LEGS (Southern Style)

Wash legs and towel dry until the flesh is slightly moist. Roll legs in a prepared dry mixture of cornmeal, flour and seasoning: salt and pepper. Use an equal amount of cornmeal and flour. Fry the lightly coated legs in light oil that is sizzling. Keep the oil shallow enough that the legs aren't full immersed in the hot oil. Remove the legs when golden brown. The meat should be white and moist. Eat while hot.

SMOTHERED FROG LEGS (Louisiana)

2 lb. fresh frog legs	3 onions, chopped
3 stalks celery, chopped	1 small bell pepper, chopped
½ cup green onions, chopped	2 cloves garlic, chopped
2 jalapenos de-seeded and rough chopped	2 sliced bacon, chopped in 1" pieces
¼ cup cooking oil	all purpose flour
olive oil	salt and pepper
Creole seasoning	
water	

Oil the frog legs with olive oil and season with Creole seasoning. Dust legs with flour and salt and pepper them. In a skillet on a medium-high fire brown frog legs on both sides in cooking oil. Get them nice and brown as this will give you a nice gravy. Remove legs and add onions and bacon and sauté for about 15 minutes, let them just start to turn brown. Add remaining vegetables, lower fire a little and cook about 10 minutes stirring every few minutes until they are nice and soft. Add ½ cup water and bring to a simmer. Add legs, ½ cup water, cover and simmer until tender (30-45 minutes) stirring every 5 minutes (add water if necessary – don't let it dry out). Add enough water to make a gravy. Season to taste. Serve over rice. A little hot French bread goes well with this also.

SPICY TERIYAKI FROG LEGS
(Louisiana)

Marinade:

3 tbsp. butter	1 cup soy sauce
1 cup water	1 cup packed brown sugar
¼ oz. fresh ground ginger root (or 1/8 tsp. ground ginger)	½ tsp. garlic salt
¼ tsp. cayenne pepper	½ tsp. white pepper
1 tsp. Creole seasoning	½ tsp. crushed red pepper
	¼ cup onion, finely chopped

Melt butter in small cooking pot. Add all ingredients and bring to boil stirring often (cook about 10 minutes). Let cool and add meat to marinade. Marinate frog legs overnight in refrigerator. If the marinade does not cover all of the meat, add water to adjust.

Coating:

2 cups milk	1 cup Bass Pro Shops “Uncle Bucks Hot Fish Batter”
½ cup buttermilk pancake mix	
½ cup flour	½ tsp. white pepper
¼ tsp. salt	

In zip-loc bag mix all dry ingredients. Dredge 4 sets frog legs thoroughly in milk and then put in zip-loc bag, shake vigorously for 30 seconds, remove frog legs and coat the remaining. Fry frog legs as you normally would.

FRIED FROG LEGS
(Louisiana)

1 Dozen medium frog legs

Wash the legs, season them and keep them cool.

Wet mix:

2 eggs
1 tbsp. Creole seasoning
½ tsp. onion powder
1 tsp. cayenne pepper

2/3 cup of milk
½ tsp. garlic powder
1 tsp. hot sauce
salt and freshly ground
black pepper

Put legs in wet mix. Mix it all up and marinade it for 30 or more minutes in the refrigerator.

Dry mix:

2 cups corn flour or fish fry
or just plain flour
½ tsp. salt
½ tsp. cayenne

¾ cup cornstarch
2 tbsp. Creole seasoning
½ tsp. black pepper
1 tsp. lemon and pepper
seasoning

Dredge the legs in the dry mix and let sit a minute or so moving them around just a little. Using a paper bag works well for this too. Just drop the legs in and shake it up a few times. Use peanut oil, about 2" in the pan depending upon the pan depth. Heat to 365. Place legs in the oil a few at a time leaving at least a ½ " space between pieces. Stir them around every 10 seconds or so. Cook them about 5 minutes or until they bubble lightly. Remove the legs and place on paper towels. Move them around so the grease is soaked up.

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