

# Don't Eat Brown Sugar

Peace Corps Bulgaria Cookbook, 2009



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For your convenience all the Traditional Bulgarian recipes are in the front of the section for which they belong. A more detailed index can be found at the end of the cookbook.

## The Brown Sugar Boy (or Why You Need This Book)

Once upon a time, there was a volunteer who had come to the end of the month and was broke. Not the “Oh, I’m on a budget and can’t afford to eat out” kind of broke, but flat-out void of cash. He went to his kitchen to find some food, but he hadn’t stocked his pantry and he had nothing to cook with. In fact, he had nothing to eat at all for the last two days of the month...except for a package of brown sugar. So guess what he ate for those two days?

This is a true story. Don’t end up like this volunteer.

But you don’t have to cook five-star, gourmet meals and be a master chef to avoid eating brown sugar for breakfast, lunch and dinner. All it takes is a little time and effort. And you’ll be surprised at the difference it can make in your service here. Eating full, healthy meals improves your mood (not to mention your physical health) and makes you a happier, more effective volunteer. In this book, you’ll find lots of good-for-you meals, as well as some goodies you can make and share with your new Bulgarian friends.

But that’s not all. This book also has great kitchen hints and tips, a handy English-to-Bulgarian food list, and all the conversions and substitutions you could ever want. So curl up and get familiar with this book, and don’t be afraid to write notes or bookmark your favorites.

Some tips for use: Some of the recipes are sized for one-person but most aren’t. You can reduce the measurements for all the ingredients in a recipe by half (or even quarter them) to make individual servings. If you’re a beginner most of the soups, salads, and vegetables are easy. This is a list of some of some **easy recipes** for main dishes and their page #:

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## Kitchen Set-up

Here are some supplies that you might want to have on hand.  
A more extensive list is on the back of this page.

### Bare Essential Supplies

#### Tools

Bottle opener- Отварачка за вино  
Can opener- Отварачка за консерви  
Corkscrew- Тирбушон  
Cutting board- Дъска за рязане  
Knives- Ножове  
Large stirring spoon- Голяма лъжица  
Measuring cups- Чаши за мярка  
Measuring spoons- Лъжици за мярка  
Mixing bowls- Купа  
Spatula- Шпатула  
Strainer/colander- Пластмасова цедка  
Grater- Ренде  
Vegetable peeler- Белачка за картофи  
Baking and/or Banitsa pan- Тава  
Frying pans- Тиган  
Pot- Тенджера  
Electric Kettle- Електрически Чайник  
Aluminum foil- Фолио  
Sponge- Гъба

#### Pantry Goods

Salt- Сол  
Pepper- Черен Пипер  
Cinnamon- Канела  
Vinegar- Оцет  
Butter/margarine- Масло/ Маргарин  
Oil- Олио  
Mayonnaise- Майонеза  
Mustard- Горчица  
Flour- Брашно  
Sugar- Захар  
Baking powder- Бакпулвер  
Baking soda- Сода (за хляб)  
Rice- Ориз  
Pasta- Спагети  
Dried beans- Боб

## Extra Supplies

### Tools

- Soup ladle- Черпак за супа
- Storage containers- Кутий за храна
- Loaf pan- Форма за хляб
- Bakeware (9x12, 8x8) – Правоъгълна тава за баница
- Varied sizes of banitsa pans- Тава
- Gyuvedje/Earthenware pot- Гювече
- Metal baking cups (for cupcakes)- Куличка за крем карамел
- Ice cube tray- Форма за лед
- Mixer- Миксер
- Coffee maker- Кафениче
- Toaster- Тостер
- Blender (handheld or standing) - Блендър
- Wax paper- Оризова хартия
- Cheesecloth (found at pharmacy)- Тензук

### Pantry Goods

- Parsley flakes- Магданоз
- Garlic powder- Чесън на прах
- Savory- Чубрица
- Basil- Босилек
- Rosemary- Росмарин
- Thyme- Мащерка
- Bay leaves- Дафинов Лист
- Canned goods - Консерви
- Honey- Мед
- Ketchup- Кетчуп
- Cornmeal- Царевично Брашно
- Olive oil- Зехтин
- Vanilla (powdered or liquid)- Ванилия

Feel free to tear this page out and take it shopping with you.

# Breakfasts

## Bulgarian Style Eggs and Toast

1 egg, well-beaten  
½ cup crumbled cirene  
½ cup yogurt

½ teaspoon baking soda  
4-5 slices day-old bread

Preheat oven to 250C (or turn on the broiler). Mix egg with cirene. In a separate cup, mix yogurt and soda, stir well, and allow the mixture to get bubbly. Pour yogurt mixture into egg mixture and stir lightly. Pile eggs and yogurt onto bread and bake immediately for about 10 minutes (or until brown on top).

## Palachinki (Crêpes)

*submitted by Marisa Cohrs B11*

2 beaten eggs  
1 ½ cups milk  
1 cup flour

½ teaspoon salt or 2 tablespoons sugar  
1 tablespoon cooking oil

Combine eggs, milk, flour, oil, salt (sugar for dessert crêpes); beat until well mixed. Heat a *lightly* greased 6-inch skillet (non-stick works best); remove from heat. Spoon in 2 tablespoons of the batter; lift and tilt skillet to spread batter. Return to heat; brown on one side only. Flip to other side very briefly; invert over paper towels and remove crêpe. Repeat with remaining batter, greasing skillet occasionally. Makes about 16-18 crêpes.

## Banitsa

butter  
500 grams cirene  
4-5 eggs  
¾ cup flour

1 teaspoon baking soda  
250 milliliters yogurt  
¼ cup vegetable oil  
1 package banitsa dough

Preheat oven to 175C and butter a large banitsa pan. Mix the eggs and cirene. Add flour, baking soda, yogurt, and any optional ingredients from below and mix well. Remove banitsa dough from package and unroll. Spread about ¼ cup of the cirene mixture somewhat evenly over surface. Roll up – using two sheets of dough – and put this little “snake” in the outside edge of the banitsa pan. Repeat with remaining mixture and dough, spiraling your way inward in the pan. When you’ve filled the pan brush the top with oil or dot it with butter. Bake uncovered, for about 40 minutes. Allow to cool for 5 minutes before cutting. Serve hot or cold.

*Optional choices:* 1 cup chopped spinach; ¼ cup minced red pepper, thinly sliced onion or leeks, sliced mushrooms; a little fresh parsley... be creative.

### Vegan Banitsa

Forgo the dairy/egg combo and add any of these instead:

*Zucchini and Garlic* Peel and grate zucchini, mince several heads of garlic, fry a bit and mash, add to dough, sprinkle with oil

*Apple and Walnut* Slice or grate apples, crush walnuts, add sugar, and add to dough

*Carrot and Nut* Grate carrots, crush nuts, add sugar, and add to dough

## Tikvenik (Pumpkin Banitsa)

1 package banitsa dough  
2 beaten eggs  
½ cup melted butter  
1½ cups cooked mashed pumpkin

½ cup sugar (to taste)  
1 teaspoon cinnamon  
¼ cup chopped walnuts (optional)

Mix, pumpkin, sugar, eggs, walnuts, and cinnamon. Follow directions for banitsa, except substitute the pumpkin filling for the egg/cirene mixture.

## Rodopska Banitsa

*submitted by Josh Swint B21*

At least 500 grams cirene  
1 large onion, diced  
2 cloves garlic, minced  
2 cups chopped roasted red peppers  
1 package banitsa dough

6 eggs  
1 container yogurt (I like Na Baba)  
1/3 cup oil  
1 teaspoon each dried savory, dill, and paprika  
Salt and ground black pepper

Preheat to 175C. In a large bowl combine cirene, onion, garlic, peppers (and if you would like a package of cooked kaima) and mix well. Grease the bottom of a large rectangular pan and put down two layers of dough. Cover with some of the cirene mixture. Put two more layers down and cover with more cirene mixture. Repeat this process until you're out of dough, making sure that there are two layers of dough on top. Very carefully and with a sharp knife, cut the banitsa into 2" squares in the pan.

Heat oil in a pan over high heat. While it's warming, combine oil, eggs, yogurt, and seasonings in a bowl and mix well. When the oil is hot, sprinkle it over the banitsa with a spoon, especially in the places where you cut, and let that sit for about 10 minutes. Pour the yogurt mixture over the top of the banitsa, shake the pan, then let it sit for another 10 minutes. If it doesn't soak in, try jiggling and jostling the pan a bit. Bake 15-20 minutes or until golden brown.

## Frittata

*submitted by Cathy Rudnick B1*

1 cup chopped peppers  
1 cup sliced mushrooms  
1 cup sliced zucchini  
1 large onion, chopped  
1-2 cloves garlic, minced  
3 tablespoons oil  
1 teaspoon salt

6 eggs, beaten  
¼ cup milk or yogurt  
1½ c cream cheese or crumbled cirene  
1 cup grated kashkaval  
2 cups cubed crustless bread  
½ teaspoon ground black pepper

Preheat oven to 175C. Sauté vegetables in oil for 3-5 minutes until tender but not mushy. Beat eggs with milk or yogurt. Add both types of cheese and then the rest of ingredients and mix well. Pour into a greased pan (about 30 cm x 25 cm or 9 x 12 inches). Bake covered for about 40-50 minutes, until center is set. Cool for 10 minutes before cutting into serving pieces.



## Cinnamon Breakfast Cake

1¼ cups flour  
¼ cup sugar  
¼ cup shortening or butter  
1 egg  
2/3 cup chopped nuts  
1 tablespoon baking powder  
2/3 cup milk

### *Topping:*

4 tablespoons flour  
6 tablespoons sugar  
3 tablespoons butter or margarine,  
softened  
1 teaspoon cinnamon

Start the night before. Mix together flour, sugar, and baking powder. Cut in shortening with a fork. Add milk and egg, and mix until ingredients are moistened. Fold in nuts. Pour into small, greased banitsa pan. Combine ingredients for topping and sprinkle over the batter. Cover until the morning and then bake at 200C for 25 - 30 minutes.

## Cinnamon Flops

*from Joanna Nuñez, sister of Emma Garcia B22*

2 cups flour  
2¼ cups sugar  
1¼ cups milk  
1 egg (optional)  
3 teaspoons baking powder

pinch of salt  
¼ cup melted butter  
handful chopped walnuts  
2 teaspoons cinnamon

Preheat to 175C. Grease 2 8" banitsa pans or one pan that's about 11"x7". In a large bowl combine flour, 2 cups sugar, milk, egg, baking powder, and salt. Mix until just combined and pour into prepared pan(s). Drizzle with melted butter and sprinkle with walnuts and remaining ¼ cup sugar combined with cinnamon. Bake 20-25 minutes.

## Double Clucker Eggs

*submitted by Mindy Westfall B20*

3 eggs  
a sprinkling of parsley  
half a bouillon cube, crumbled

¼ c crumbled cheese or grated kashkaval  
1 tablespoon oil  
¼ cup warm water (optional)

In a bowl mix together eggs, parsley, bouillon, water, and cheese. Heat oil in a non-stick frying pan over medium-high heat. When oil is hot, dump in the egg mixture and cook until the cheese is melted or the eggs are as done as you like them.

**Ugly double cluckers:** start by sautéing diced potatoes and any other vegetables you like. (Mushrooms come highly recommended.) Once the potatoes are cooked, add the egg mixture and cook as above.

2 cups milk or water  
 ¼ teaspoon salt  
 ½ cup grit

*optional ingredients*

butter, cinnamon and sugar, cheese,  
 fruit, chili powder, any thing you like

In a saucepan over high heat, bring milk or water to a boil with salt. Reduce heat to low and slowly add grits, stirring constantly, and continue to stir until desired consistency is reached. Add any optional ingredients you like and serve immediately.

**Oatmeal**

½ cup oatmeal	¼ teaspoon cinnamon
1 cup milk or ½ cup milk and ½ c cream	1-2 tablespoons sugar or honey
Dried fruit (raisins, figs, apricots...)	½ tablespoon butter

Put oatmeal, milk, dried fruit, and cinnamon in a saucepan and bring to a boil. Turn down heat and simmer, uncovered, stirring often, 5-8 minutes, or oatmeal has absorbed the liquid. Remove from heat and put in a bowl with sweetener and butter, mix quickly to combine, and cover to let it steam for 5 minutes

**Granola**

*from "The Word From Gerlovo", volunteers' newsletter from 1991-1993*

3 cups oatmeal	¼ cup honey
1 cup dry ingredients (nuts, dry fruit etc.)	¼ cup applesauce or oil
Grated peel of 1 orange (optional)	½ teaspoon cinnamon
¼ teaspoon vanilla (1 packet)	A handful of raisins

Preheat to 100C. Mix all ingredients but raisins. Pour 1-2 tablespoons oil into a baking pan. Then pour the mixture in and bake for 1 hour, stirring every 10-15 minutes. In the last 15 minutes, add raisins. Cool and eat with yogurt, milk, or use as a topping.

**Granola Bars**

*submitted by Shea Riggensbach B15*

2 cups oats	½ teaspoon cinnamon
1 cup flour	¾ cup raisins, dry fruit, and/or chocolate
¾ cup brown sugar	2 teaspoons vanilla (or about 6 packets)
½ cup wheat germ (optional)	1 egg
½ teaspoon salt	½ cup honey
½ cup nuts	½ cup vegetable oil

Preheat to 175C. Line a banitsa pan with foil and lightly coat with oil. In a large bowl combine oats, flour, sugar, wheat germ, salt, nuts, cinnamon, and raisins. In a medium bowl stir together vanilla, egg, honey, and oil, then add to dry mixture and stir well to combine. Press evenly into pan. Bake 25-30 minutes. Remove from oven and let cool in pan. Invert, remove foil, and cut into pieces.

## French Toast

2 eggs  
4-5 slices of bread

4 tablespoons milk or yogurt

Beat eggs and milk together well. Put some oil into skillet and bring to medium heat. To see if skillet is hot enough, sprinkle a few drops of water in the pan. If the water hisses, the pan is ready. Dip slices of bread in the egg mixture until both sides are thoroughly covered. Put immediately into hot skillet and fry until brown. Turn over and fry other side until brown.

## Traditional Pancakes

1 egg  
1 tablespoon oil  
3/4 to 1 1/2 cup milk (more milk =  
thinner pancakes)

1 cup flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 tablespoon sugar

In a large bowl mix together egg, milk, and oil. In a separate bowl combine all other ingredients. Heat a large skillet over medium heat with a little oil in it. Pour 1/4 cups of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

## Easy Apple Pancakes

*From the German grandmother of Ann Hartman, B1, and TEFL trainer for B5 and 6*

3/4 cup flour  
2 eggs  
1 apple, peeled and thinly sliced

Pinch of salt  
Milk, enough to make a thin batter  
(these pancakes are more like crêpes)

Mix all ingredients together. Fry in a hot, greased skillet, until lightly brown on both sides. Serve with butter and sugar. Makes 4-5 medium sized pancakes.

## Pumpkin Pancakes

*submitted by Shea Riggenbach B15*

2 eggs, yolks and whites separated  
1/2 cup pumpkin purée  
1 tablespoon sugar  
1 cup milk

1 cup flour  
2 teaspoons baking soda  
1/4 teaspoon salt  
1/2 teaspoon cinnamon

In a large bowl combine egg yolks, pumpkin purée, sugar, and milk. Set aside. In a small bowl sift together flour, baking soda, salt, and cinnamon; add to wet ingredients and mix until combined. Beat egg whites with a whisk until they form soft peaks and fold them into the batter. Heat a small amount of oil in a pan and cook pancakes. These will fry up like thick crêpes; you should tilt the pan to spread the batter as they cook. Fill with whipped cream, honey, walnuts, whatever you want.

## Homemade Pancake Syrup

1 cup white or brown sugar  
1 cup water

1 teaspoon flavoring  
(maple, almond, vanilla)

Mix ingredients in a saucepan and cook till boiling, stirring occasionally. This will make a thin syrup, which you can serve warm or cold. Other syrup option: combine one cup of your favorite fruit juice and one cup of sugar, boil & let cool.

## Janel's Stolen Sauce

*submitted by Janel Hennigan, B21; as made by Krista Greiner B21*

500 grams soft fruit of the season  
1/2 cup juice (same fruit) or water

1/4 to 1/2 cup sugar

In a saucepan combine all ingredients. Turn heat on to medium-low and let cook until bubbly, stirring occasionally. Cool or serve warm over french toast, pancakes, waffles, yogurt...

## Variations and Toppings for Pancakes/French Toast

- Slice bananas on the uncooked side of the pancakes, before you turn them.
- Sprinkle the pancakes with cinnamon and spoon applesauce over each.
- Make thin pancakes, spread with applesauce and roll.
- Wash and drain 1/2 cup blueberries. Gently fold into batter.
- Top with sliced peaches or apricots and sprinkle with cinnamon and sugar.
- Top with other fruits – raspberries, bananas, strawberries, etc.
- Butter with powdered sugar, honey and cinnamon, molasses or jam.
- Add basil, black pepper, and cirene to eggs for alternate French toast recipe.

# Appetizers

## Bulgarian Fried Peppers

*submitted by Jasmine Lound B1*

6 large peppers, cored and cut into strips  
¼ cup vegetable oil

Dried basil, garlic powder, salt and  
ground black pepper to taste  
a little mild vinegar or lemon juice

Heat oil in a heavy skillet. Add peppers about 2 cups at a time – don't crowd. Fry until limp and remove with a slotted spoon to another container. Continue until all the peppers are fried. Add seasonings and stir well. Chill and serve as relish.

## Mediterranean Roasted Eggplant Spread

*submitted by Sarah Brooner B1*

1 large eggplant  
1 19oz can white beans  
2 cloves garlic, minced  
1 cup olive oil  
juice of ½ lemon

1 medium onion, chopped  
150 grams roasted tomatoes, chopped  
150 grams kalamata olives, chopped  
½ bunch flat leaf parsley, chopped  
salt and pepper

Cut eggplant in half and roast, flat side down, on a baking sheet coated with olive oil until it is soft and browned. Meanwhile, sauté onion and garlic in olive oil until onion is translucent. Remove from heat and let both this and the eggplant cool.

Combine cooled onion mixture and eggplant. Add white beans. Transfer mixture in small batches to a food processor and buzz until smooth.

Transfer smooth mixture to bowl and add tomatoes, olives, parsley, lemon juice, and salt and pepper to taste. Mix until all ingredients are well blended. Serve on toasted pita or bread.

## Tahini Dressing/Dip

1 cup tahini (sesame butter)  
2/3 cup water

1/3 cup lemon juice  
2-3 cloves garlic, finely grated

With a fork, mix tahini, water, and lemon juice until well combined. Add grated garlic and mix well. Refrigerate for at least 1 hour.

## 1-2-3-Dip

*makes 1 1/3 cups*

*submitted by Sarah Brooner B16*

1 package cream cheese, room temp  
3 to 5 tablespoons ketchup

1 small onion, grated  
Worcestershire sauce

Blend cream cheese and enough ketchup to give a rich pinkish color to the mixture. Mix in the onion, a dash of Worcestershire sauce, and salt and pepper to taste.

## Fatty-Girl Dip

*submitted by Day Harrington B21, who doesn't cook*

1 large container sour cream

2 vegetable bullion cube

Combine sour cream (the red and white plaid container from Dannon) with bullion cubes. Ta-da. Chip dip for all.

## Deviled Eggs

6 eggs, hard-boiled (see Basic Recipes)

½ teaspoon vinegar

½ teaspoon salt

*optional ingredients:*

¼ teaspoon red pepper or dill weed

very finely chopped red pepper,

½ teaspoon mustard,

celery, onion, olives, soy sauce,

dry or prepared

cirene, sausage, or zucchini

1½ tablespoons mayonnaise or yogurt

Chill eggs in the refrigerator at least 3 hours. When eggs are cold, peel them and cut lengthwise. Carefully remove the yolks and mash them with a fork in a medium-sized bowl. Add remaining ingredients and stir well. Pile the mixture into the hollows of the egg whites. Serve garnished with a sprinkling of paprika, chopped dill, and/or parsley.

## Stuffed Mushrooms

1 pound whole, fresh mushrooms

*Vegetarian Option:*

*Meat Option:*

1 slice stale bread in small cubes

½ cup salty meat (ham, pasturma...)

½ stalk celery, chopped finely and sautéed

¼ cup cheese (cirene, kashkaval, blue...)

1½ tablespoons butter, melted

½ slice stale bread in small cubes

¼ cup onions, chopped finely and sautéed

Preheat oven to 200C. Wipe mushroom caps with damp napkin or an old toothbrush – do not wash them. Twist off stems and set aside. Scoop out gills (underside of cap) with a small spoon and set aside. Mix together *meat* or *vegetarian* option ingredients with add half of the left over pieces of the mushroom stems. Stuff the caps with mixture and bake for 10 - 15 minutes.

## Garlic Cheese Pockets

*submitted by Charlie Golitko B5. Great to serve with spaghetti.*

1 pizza dough or testo

1 tablespoon of butter

2-3 cloves of garlic, minced

1-2 cups of grated kashkaval

Preheat to 175C. Roll the dough out into a circle. In a small skillet melt the butter and add the garlic. Brush the dough with the garlic butter (you can also pour it over the dough and spread with a spoon). On one half of the dough put the grated kashkaval. Fold the dough over the cheese and seal the pocket. Poke the pocket with a fork. Place on a greased cookie sheet or banitsa pan. Bake until the top is brown and let cool for 5-10 minutes.

## Garlic Cirene Spread

*submitted by Gilbert Shramm, 1981*

- |                                     |                                |
|-------------------------------------|--------------------------------|
| ¾ cup yogurt or yogurt/mayo mixture | 1 small onion, minced          |
| ½ cup crumbled cirene               | 2 tablespoons savory           |
| 4-5 cloves of garlic, grated        | ¼ teaspoon ground black pepper |

Mix all ingredients together. Chill or allow to stand for at least half an hour for the best flavor. Spread on bread or toast. This also makes a good baked potato topping or vegetable dip.

## Mushroom Cirene Spread

*submitted by Joe Herr B...*

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 3-4 spoonfuls olive oil          | 200 grams cirene, in small pieces  |
| 1 head garlic, peeled and minced | 10-12 mushrooms, washed and sliced |

Heat oil in frying pan and sauté garlic for 2-3 minutes, or until it starts to get golden brown. Add mushrooms and sauté for another 5-6 minutes at medium to medium-high heat. Put mushroom mixture into a bowl with cirene. Purée, making sure mushrooms and cirene have been blended together. Chill in refrigerator for 1 hour, then serve. This can be served on toast or bread, and can be garnished with sliced fresh vegetables, like green pepper or tomatoes.

## Mexican Spiced Bean Dip

*submitted by Diana Corrigan B...*

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1 cup dried chickpeas/garbanzo beans | ¾ teaspoon salt              |
| ¼ cup lemon juice                    | ½ teaspoon ground coriander  |
| ¼ cup olive oil                      | ⅛ teaspoon cayenne pepper    |
| 1 clove garlic, minced               | ground black pepper to taste |
| 1½ teaspoons ground cumin            |                              |

Boil chickpeas in water for about 2 hours, until you can mash them easily with a fork (watch carefully to stir and add water periodically when it gets too low). Drain chickpeas and mash with a fork or hand-held mixer. Mix in lemon juice and spices and add olive oil in a thin stream. Mix well until puréed. Refrigerate at least 2 hours before serving, preferably overnight. Serve with bread (best with pita if possible) or veggies, etc.

## Greek Garlic and Potato Dip

- |   |   |
|---|---|
| 2 large potatoes  | 1 cup parsley leaves                        |
| 1 cup olive oil (you can sub butter but not plain cooking oil, which has no flavor) | 5 garlic cloves                             |
|   | 1 tablespoon wine vinegar, or more to taste |
|   | salt and pepper to taste                    |

Boil the potatoes with skins on about 20 minutes. Meanwhile, crush the garlic. Crushed garlic releases more flavor than simply mincing it. Peel the potatoes and mash everything together. Serve this smeared onto fresh, crusty bread.

## Eggplant Purée

2-3 eggplants, roasted and peeled  
4-5 bell peppers, roasted and peeled  
sunflower oil  
salt

parsley  
2-3 tomatoes, chopped or grated  
3-4 cloves garlic, crushed

Roast eggplants and peppers on a hot plate or burner. Peel, and cut into small pieces. Add tomatoes and garlic. Add remaining ingredients and mix well with a wooden spoon until smooth (or almost smooth). Pour onto a plate and top with chopped parsley.

## Bruschetta with Tomatoes, Basil & Olives

1 baguette or long, skinny loaf of bread  
1 garlic clove, peeled and cut in half  
8 ripe small tomatoes, chopped  
¼ cup kalamata olives, chopped  
¼ teaspoon salt

¼ cup fresh basil leaves, chopped  
¼ cup fresh parsley leaves, chopped  
3 tablespoons extra virgin olive oil  
1/8 teaspoon coarse ground black pepper

Preheat broiler. Cut off ends from loaf of bread. Slice loaf diagonally into ½" slices. Place bread slices into banitsa pan. Place pan in broiler at close position to source of heat, and broil bread about 1 minute on each side or until lightly toasted. Rub 1 side of each toast slice with cut sides of garlic. In medium bowl, combine tomatoes with remaining ingredients. Spoon tomato mixture on top of toast slices. Serve immediately.

## Salsa

*submitted by Jennifer Garland B16*

1 jar whole unsweetened tomatoes,  
drained and squeezed to a chunky pulp  
salt  
juice of half a lemon  
3-4 cloves garlic, minced

2 medium red onions, finely minced  
6 hot peppers, finely minced  
garlic powder  
red pepper flakes  
red wine vinegar

Combine ingredients and let sit at least 1 hour for flavors to blend.

## Sweet Pea Guacamole

*submitted by Maggie Byrd B20*

½ cup chopped cilantro or parsley  
2 tablespoons lemon juice  
2 tablespoons chopped green chili  
peppers  
1 tablespoon olive oil  
3 cups frozen or canned peas  
½ teaspoon salt

2 cloves garlic, minced  
¼ teaspoon ground cumin  
¼ cup finely chopped onion  
1 chopped tomato  
Ground black pepper  
Tiny pinch of sugar

Combine all ingredients and mash with a fork. Let sit at least 30 minutes before serving to allow flavors to mix.



## Herbed White Bean Pâté

green onions, diced (white part only)  
2 garlic cloves, minced  
2 cups cooked white beans  
3 tablespoons minced fresh parsley  
1 tablespoon fresh lemon juice  
1 tablespoon olive oil  
1 teaspoon dried thyme

1 teaspoon dried dill  
1 teaspoon dried tarragon  
1 teaspoon black pepper  
1 teaspoon salt (or more to taste)  
1 teaspoon ground nutmeg  
dash of hot red pepper (optional)

Purée or mash ingredients together until smooth (you might need to add a little water). You can add extra lemon juice or red pepper for zip. Serve on crackers, toast, or bread.

## Chili Butter

*Try this on baked potatoes or corn on the cob. You'll think of a dozen other uses!*  
*submitted by Sarah Cook B11*

3 cloves garlic, minced  
1 cup cilantro or parsley leaves  
1 green onion, finely chopped  
2-3 tablespoons chili powder

125 grams butter  
2 tablespoons olive oil  
salt to taste

Blend together garlic, cilantro (or parsley), green onion and chili powder. Ideally one would use a blender, but for those of us without, blend and purée as best you can. Add butter, olive oil and salt to taste. Blend until smooth. This makes about ½ cup and keeps for a few weeks, covered, in the refrigerator.

# Breads, Biscuits, Muffins

## Cornbread 1

1¼ cups flour  
1¼ cups cornmeal  
½ cup sugar  
1½ teaspoons baking powder  
1½ teaspoons salt

2 eggs  
1½ cups milk  
¼ cup melted butter  
1 cup corn kernels (optional)  
½ teaspoon red pepper flakes (optional)

Preheat oven to 175C. Mix flour, cornmeal, sugar, baking powder, and salt together in mixing bowl. Separately, mix eggs, milk, corn, and pepper together. Combine wet and dry ingredients and mix well. Pour into greased banitsa pan, bake for 25 minutes until a toothpick comes out clean.

## Cornbread 2

*submitted by Krista Greiner B21*

2 cups cornmeal  
1 tablespoon baking powder  
¼ teaspoon salt  
¼ teaspoon baking soda  
1 cup milk

¼ cup + 2 tablespoons yogurt  
2 eggs  
1 tablespoon sugar  
1 tablespoon oil

Preheat oven to 175C. In a small bowl, stir the baking soda into the milk and mix in the yogurt (set aside for about 5 minutes). Put 2 or 3 tablespoons of butter or oil into an 8 or 9-inch banitsa pan or a 9 x 13 pan and pre-heat it in the oven. In a large bowl, mix cornmeal, baking powder, and salt thoroughly. Add eggs, sugar, and oil into the milk mixture. Add the wet ingredients to the dry and quickly stir together, using only as many strokes as needed to combine. Immediately pour the batter into the hot greased pan and bake until golden brown, about 25 minutes. Serve warm.

## Butterhorn Rolls

*submitted by Jamey Pratt B19*

1 pkg dry yeast  
6+ cups flour  
1/2 cup sugar  
1/2 cup butter

1 tsp salt  
1 cup milk  
3 eggs  
melted butter

Put yeast and 2 cups flour in mixing bowl. In small saucepan heat sugar, shortening, salt and milk until very warm. Just warmer than lukewarm - don't get hot enough to kill yeast. Add to mixing bowl. Mix. Add eggs. Stir in enough flour to make slightly sticky dough (about 4 more cups). Knead 8 minutes, adding flour if needed. Let rise 2 1/2 hours. Divide into 3 portions. Roll into circles, brush with melted butter. Cut into triangles. Roll into creasants. Put on greased pan. Let rise 1 hour. Bake 200C for 10 min. You have to start this at least 4 hours before needed.

## Beer Bread

3 cups flour

3 teaspoons baking powder

2 tablespoons butter

3 tablespoons sugar

1 small bottle of beer

rosemary, basil, parmesan (optional)

Preheat to 190C and grease a medium banitsa pan. Mix ingredients together. The sugar is negotiable, as are any other optional ingredients you'd like to add, such as rosemary or parmesan. Drizzle a couple of tablespoons of melted butter on top. Bake for 1 hour.

## Biscuits

*from Dairy Hollow House Soup and Bread by Crescent Dragonwagon*

2 cups flour

1 tablespoon baking powder

½ teaspoon baking soda

1 teaspoon salt

1/3 cup cold butter

2/3 to 1 cup mix of half yogurt, half milk

Preheat to 225C. In a medium-size mixing bowl, sift the flour, baking powder, baking soda, and salt. Cut in the butter with a pastry blender or a fork. Particles of fat should remain; "pea size" is too big and "coarse cornmeal" is just barely too small. You want the particles almost but not quite to the point of looking like coarse cornmeal. With a few deft strokes, stir in enough of the buttermilk to make a soft dough that barely holds together.

Quickly turn the dough out onto a very lightly floured surface. Knead with a couple of gentle strokes just until the dough comes together. This light handling ensures that the fat will not be broken down and also incorporates air into the dough – both techniques ensure high scores on the Flake-O-Meter.

Pat or roll the dough into ¼"-½" thick. (Biscuits will double in height as they bake.)

Cut the dough into squares with a knife for the best flakiness. Place the biscuits close together on an ungreased baking pan. Bake until golden, 10-15 minutes. If the biscuits are not quite done after 15 minutes, run them under the broiler briefly rather than overbake them. Serve hot.

**Drop Biscuits** Not as pretty as rolled-out biscuits, but extremely flaky because they are handled less. Use ¼ cup extra buttermilk and simply stir (don't roll, don't pat) to make the dough. Drop by tablespoons onto a baking sheet.

**Cheese Biscuits** Reduce the butter to ¼ cup. Add a pinch of chili powder and ½ cup very finely grated cheese to the dry ingredients with the butter.

**Sweet Biscuits** Add 3-4 tablespoons sugar to the dry ingredients and a drop of vanilla to the buttermilk. Before baking, brush the tops with melted butter and dust with cinnamon and sugar.

## Flour Tortillas

*submitted by Alana and John McKinney B17*

3 cups flour

2 teaspoons baking powder

2 teaspoons salt

¾ cup shortening (margarine works best)

¾ cup hot water

Mix it all together to form the dough. Let it rest a few minutes for fluffy tortillas.

Make golf ball size balls. Roll them out thin. Cook on an ungreased skillet on

med/high heat. When the top starts to bubble flip it to cook for a few more seconds.

## Bagels

*submitted by Lydia Rebac B10*

2 packages of dry yeast  
1¾ cups flour  
1½ cups lukewarm water  
4 teaspoons sugar  
1 teaspoon salt  
2½-2¾ cups flour

Combine yeast and 1 1/3 cups of flour. Add water, 3 teaspoons sugar, and salt. Beat for about 5 minutes. Stir in the remaining flour to make the dough stiff. Turn on to a lightly floured board and knead until smooth. Cover and let sit for 15 minutes. Divide dough into 12 portions. Shape each portion into something resembling a normal bagel, with a hole in the middle. Cover and let sit for 20 minutes.

Preheat to 175C. In a large soup pot bring remaining 1 teaspoon sugar and 1 gallon water to a boil over a medium heat. Reduce to simmer. Place 4 bagels in water and cook for 7 minutes, turning them occasionally, and let drain on a paper towel. Repeat with remaining bagels. Bake bagels for 30-35 minutes on an ungreased pan. Add toppings before baking.

## Pizza Dough

1 cup warm water  
1 tablespoon dry yeast  
2 teaspoons sugar  
2 tablespoons oil  
1 teaspoon salt  
3 cups flour

Preheat to 175C. In a small bowl combine water, sugar, and yeast and allow to set 5 minutes or until yeast is dissolved and mixture is foamy. Mix in the oil and salt, then add the flour and knead 15-20 times or until dough is smooth. Cover with a damp towel and allow to rise until doubled in size. Punch dough down and pat into a large oiled banitsa pan. Prick holes in the crust with a fork and bake for about 5 minutes until it's dry to the touch – not sticky. The dough is now ready to be topped with your chosen ingredients and baked as a pizza.

## Lemon-Poppy Seed Biscotti

*submitted by Alden Burley*

*Teach your colleagues to say "Biscotti" or they will continue to call this "Biscuiti"*

2 cups flour  
¾ cup white sugar  
½ cup finely ground almonds (optional)  
½ teaspoon baking powder  
½ teaspoon baking soda  
1 tablespoon lemon zest  
3 tablespoons poppy seeds  
1 egg  
2 egg whites  
4 tablespoons fresh lemon juice

Preheat oven to 175 Celsius. Combine the flour, sugar, ground almonds, baking powder, and baking soda. Combine the lemon peel, poppy seeds, egg, egg whites, and lemon juice. Add the dry mix to the wet and mix well. Form the dough into 2 logs. Place logs onto the prepared baking sheet. Bake for 30 minutes. Let cool slightly and cut diagonally into ½ inch slices. Bake slices another 8 to 10 minutes until dry. Cool completely and store in an airtight container.

## Cinnamon Rolls

*submitted by Sarah Cook B11*

### *Dough*

1 cup milk  
½ cup butter  
1 cup water  
1 tablespoon dry yeast  
1 cup sugar  
1 teaspoon salt

2 eggs  
6 cups flour

### *Filling*

2 teaspoons cinnamon  
2 cups dark brown sugar  
½ cup butter, softened

\*If you want to simplify buy pre-made mekitsi testo from the store and start from the asterisk.\*

Warm the milk in a small saucepan until it bubbles, then remove from heat. Mix in the butter; stir until melted. Add water and let cool until lukewarm. In a large bowl, combine the milk mixture, yeast, white sugar, salt, eggs and 2 cups flour; stir well to combine. Stir in the remaining flour, ½ cup at a time, beating well after each addition. When the dough has pulled together, \* turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Divide dough into two pieces. Roll each piece into a 12"x9" rectangle.

In a bowl, stir together the cinnamon and brown sugar. Spread each piece with half of the butter, half of the brown sugar and cinnamon mixture. Roll up dough, using a little water to seal the seam.

Cut each roll into 12 slices using a very sharp knife or dental floss. Place rolls onto two greased baking pans. Cover and let rise until almost doubled, about 1 hour. While rolls are rising, preheat to 190C. Bake in preheated oven for 20 to 25 minutes until golden brown. Frost, while warm but not hot, with Cream Cheese Frosting (see Desserts).

## Pumpkin Chocolate Chip Loaves

*submitted by Sehee Chung B21*

4 eggs  
1 ½ cups sugar (white &/or light brown work)  
1 can pumpkin or pumpkin puree  
1 ½ cups yogurt or vegetable oil or combo  
2 tsp baking soda

2 tsp baking powder  
3 cups all purpose flour  
1 tsp cinnamon  
nutmeg to taste  
1 tsp salt  
1 cup semi sweet chocolate chips or chocolate chunks (optional)

Preheat oven to 200C and grease two loaf pans. In a large bowl mix the dry ingredients then add in the wet. Evenly fill the two loaf pans and bake for 1 to 1 ½ hours. Best if eaten warm.

## Honey Health Bread

2½ cups whole wheat flour  
½ cup plus 2 tablespoons soy or white  
flour  
½ teaspoon salt

2 cups buttermilk  
¼ cup honey  
2 teaspoons baking soda  
2 tablespoons vegetable oil

Preheat to 170C. In a large bowl, stir together the whole-wheat and soy/white flours, baking soda, and salt. In a small bowl, combine the buttermilk, honey, and vegetable oil. Add the liquid ingredients to the dry ingredients, stirring until dry ingredients are just moistened. Pour the batter into a well-greased 9"x5"x3" loaf pan or 2 mini-loaf pans (or, really, whatever pan you can find). Bake 1 hour or until done (45 to 50 minutes for small loaves).

## Banana Bread

*submitted by Laura Kenda B15*

½ cup vegetable oil  
1 cup sugar  
2 eggs  
3-4 very ripe bananas, well mashed

2 cups flour  
1 teaspoon baking soda  
½ cup chopped nuts (optional)

Preheat to 325F and grease an 8" banitsa pan. In a large bowl mix oil and sugar; add eggs and mix well. Add bananas and mix well. In a small bowl combine dry ingredients; add them to the banana mixture. Fold in nuts. Spoon into prepared pan and bake 50-60 minutes. *Variations:* half a cup of chocolate pieces (or one bar), ½ teaspoon cinnamon, ½ cup raisins or chopped dried fruit

## Zucchini Bread

*submitted by Allison Boehm B7*

3 eggs  
1 cup oil or ½ cup oil + ½ cup milk  
2 cups sugar  
2 cups grated zucchini  
4 packets vanilla  
3 cups flour

1 teaspoon salt  
1 teaspoon baking soda  
3 teaspoons cinnamon  
1 teaspoon grated nutmeg  
¼ teaspoon baking powder

Preheat to 200C. Mix all ingredients well; bake in a greased pan for about 1 hour.

## Beet Bread

*submitted by Lauren Mitchell B19*

2 eggs  
¼ cup oil + ¼ cup milk  
1 cup sugar  
1½ cups peeled and grated beets  
1½ cups flour

½ teaspoon salt  
½ teaspoon baking soda  
1½ teaspoons cinnamon  
½ teaspoon grated nutmeg  
⅛ teaspoon baking powder

Preheat to 200C. Mix all ingredients well; bake in a greased 8" banitsa pan for about an hour. Frost with Cream Cheese Frosting (see Desserts) – this walks the line between a quickbread and a dessert.

# Soups & Stews

## Tarator

1 large cucumber, grated (2 cups)  
3 cloves garlic, grated  
1½ cups yogurt  
1 tablespoon oil  
Salt

1 small onion, sliced very thinly  
(optional)  
2 tablespoons fresh dill, chopped  
¼-½ cup water  
2 tablespoons finely chopped walnuts

Mix cucumber and onion in a serving bowl. In a jar, shake/mix together the yogurt, water (to desired thickness), oil, dill, and garlic. Pour over cucumbers and onions. Garnish with chopped walnuts and serve.

## Bulgarian Meatball Soup

*submitted by Jasmine Lund B15*

½ kilogram ground beef  
6 tablespoons uncooked rice  
1 teaspoon paprika  
1 teaspoon dried savory  
1 tablespoon salt  
1 teaspoon ground black pepper  
flour  
6 cups water  
2 beef bouillon cubes

½ bunch green onions, sliced  
1 large green pepper, chopped  
2 medium carrots, thinly sliced  
3-4 tomatoes, peeled and chopped  
1-2 small chilies, split and remove seeds  
½ bunch parsley, minced  
1 egg  
juice of one lemon

In a bowl combine beef, rice, paprika, and savory. Season to taste with salt and pepper. Mix thoroughly but with a gentle hand. Form into 1" balls and then roll in flour. Set aside. Combine water, bouillon cubes, salt, pepper, green onions, green pepper, carrots and tomatoes in a large soup pot. Bring to boil, cover, reduce heat and simmer for 30 minutes. Add meatballs, cover and bring to boil again. Reduce heat and simmer for 20 minutes. Add chilies and simmer (covered) until rice is cooked, about 40 minutes. Add parsley during the last 5 minutes of cooking. Taste and add more salt and pepper as needed. Just before serving, beat the egg with lemon juice. Stir 1-2 tablespoons of hot soup into the egg mixture, then stir egg mixture into soup. Heat and stir until soup is thickened slightly but do not let it boil.

## Luetenitsa Soup

*submitted by Adrienne McKeehan, B15*

1/3 cup luetenitsa  
1 teaspoon dried basil  
4 tablespoons orange juice

2/3 cup milk or water  
salt and pepper to taste

Mix all ingredients and heat until hot! You can leave out the orange juice if you aren't feeling that adventurous, but I recommend it highly. Also, all the amounts are negotiable – if you want a thicker soup, add less liquid, if you want a thinner soup, add more.

## Bob (white bean soup)

2 tablespoons vegetable oil  
1 medium onion, diced  
2 carrots, peeled and diced  
3-4 cloves garlic, chopped  
2 cups cooked white beans

2 medium potatoes, peeled and cut into  
bite-sized pieces  
1 teaspoon paprika  
Large pinch savory  
Water or broth

Heat oil in a soup pot over medium heat. Add onions and carrots and cook until softened, 5 minutes. Add garlic and cook until fragrant but not browned, 3 minutes. Add remaining ingredients with water or broth to cover and bring to a boil, then simmer 20-30 minutes. Salt and pepper to taste. This can also be made with green beans instead of white; feel free to throw in any other veggies you've got lying around, too, and some folks swear by adding a pinch each of red pepper flakes and mint.

## Italian Minestrone

*A long list of ingredients, yes, but it comes together easily. Promise.*

1 cup dry white beans  
4 cups liquid: beef broth, water left from  
cooking beans, juice from canned  
tomatoes, or a combination  
¼ teaspoon ground black pepper  
1 large onion, quartered and sliced  
2 tablespoons chopped fresh parsley (or  
2 teaspoons dried)  
1 cup peeled diced potatoes  
1 cup canned tomatoes, chopped

1 clove garlic, minced  
2 large carrots, sliced  
1 teaspoon salt  
½ cup elbow macaroni  
Grated kashkaval, for garnish  
*Optional*  
1 cup shredded cabbage  
1 cup peeled sliced zucchini  
3 tablespoons chopped celery  
½ cup chopped green beans

Cook beans (see Basic Recipes). Sauté onion, garlic, carrots, potatoes, and any optional ingredients together in a skillet with 3 tablespoons oil for 5-10 minutes. Put this mixture in a soup pot, along with all remaining ingredients except macaroni, and bring to a boil. Add macaroni, turn to low heat, and simmer for 20 minutes, until pasta is done. Garnish each serving with a tablespoon of grated kashkaval.

## Magdalena's Quick Tomato Soup

1 tablespoon oil  
2 small onions  
1 green pepper  
salt to taste

7 small tomatoes, cut into pieces  
parsley, chopped  
1 egg, beaten

Sauté oil, onions and pepper together for a few minutes in a saucepan or small soup pot. Add the tomatoes, salt and chopped parsley and cook for 10-15 minutes. Add the egg and cook for an additional minute, stirring constantly. Serve immediately, with bread.



## Michael El Koubi's Chicken Soup

Chicken meat or a rotisserie chicken	1 stalk celery, chopped
4 carrots, chopped	2 bay leaves
½ kilogram lentils	1 tablespoon dried oregano
½ kilogram pasta	1 tablespoon dried thyme
4 potatoes, chopped	2 tablespoons salt
3 onions, minced	2 tablespoons ground black pepper
3 cloves garlic, minced	2 tablespoons red pepper flakes

Put it all in a big soup pot, with water to cover, and cook until done. Add water occasionally if necessary.

## Fredy Buckholz's Chicken Soup

*Serves 7-8*

2 cups cooked white beans or cooked diced potatoes	200 grams fresh mushrooms, sliced, or about half of a large jar, including liquid
300 grams chicken breasts, cleaned of all fat and cut into chunks	2-3 cloves garlic, minced
1 can peas, including liquid	salt and ground black pepper to taste
2 huge tomatoes, chopped	red pepper flakes to taste
3 medium onions, chopped	1 teaspoon dried savory
	1-2 tablespoons butter

Put it all in a big soup pot, with water to cover, and cook until done, about 1-1½ hours. Add water occasionally if necessary. This makes a great pasta sauce if you leave out the chicken and let it boil down until thick.

## White Bean and Tomato Soup with Ham

*submitted by Sarah Brooner B16*

2 slices bacon	freshly ground black pepper, to taste
1 onion, diced	3 cups chicken broth
1 rib celery, chopped	1 (14½ oz) can crushed tomatoes
3 cloves garlic, minced	1 (28oz) can white beans, drained
1 (10oz) bag baby spinach, thinly sliced	¾ cup chopped cooked ham or leftover ham
½ teaspoon red pepper flakes	5 fresh sage leaves, minced
½ teaspoon allspice	5 sprigs fresh thyme, minced
½ teaspoon salt	5 sprigs fresh parsley, minced

Cook the bacon in a large skillet over medium heat, turning several times, until just crisp, about 4 minutes. Remove bacon; crumble and set aside. Add the onion and celery to the skillet and cook until softened, about 5 minutes. Stir in the garlic and cook for 1 minute. Stir in the spinach; cook until wilted, about 2 minutes. Season with the red pepper flakes, allspice, salt and black pepper.

Add the chicken broth, tomatoes, beans ham, sage, thyme, parsley, and reserved bacon. Cook until the flavors blend, about 20 minutes.

## French Onion Soup

1½ tablespoons butter  
1 tablespoon olive oil  
3 cups thinly sliced onions  
½ teaspoon oregano  
1 tablespoon flour

4 cups beef or veggie broth  
½ teaspoon salt  
¼ cup white wine (optional)  
Slices of bread  
Grated kashkaval

Heat butter and oil over medium-low heat in a soup pot. Add onions and oregano and stir to coat with butter and oil. Cook onions until deep golden brown, stirring occasionally, about 45 minutes. Onions should not be allowed to burn, but the deeper golden they are the more flavor the soup will have. Keep an eye on them; they turn color all of a sudden. Sprinkle flour over onions and stir to blend for about 3 minutes. Add stock and bring to a boil over medium high heat. Turn heat down to medium low, add wine, and simmer for about 40 minutes.

Ladle soup into ovenproof bowls and top with a thick slice of bread and grated kashkaval (if you find Gruyère or Emmental, use that! You'll feel super authentic) and pop it under the broiler until the cheese is all brown and melty.

## Vegetable Soup

*Perfected in Gotse Delchev, where PCV Cathy Rudnick, B1, had little else to do on the weekends.*

2 tablespoons oil  
3 cloves garlic, minced  
1 large onion, chopped  
4 large potatoes, peeled and diced  
4 large carrots, chopped  
4-5 cups broth (or water)

½ head cabbage, chopped  
1 bay leaf  
½ teaspoon red pepper flakes  
2 teaspoons salt  
¼ cup chopped fresh parsley  
1 cup cooked white beans (optional)

Sauté the garlic, onions, and spices in the oil for 5 minutes. Add potatoes, carrots, and cover with broth. Just when pot starts to boil, add cabbage and more liquid to cover vegetables. Bring everything to a boil and simmer for 30 minutes. Add beans, if desired, or mushrooms, zucchini or any other available veggies.

## Potato Soup

*from the kitchen of Rebekah Arens, sister of Sarah Cook, B11*

1½ cups chicken broth  
½ cup chopped onion  
1 cup sliced potato  
2 tablespoons butter  
¼ teaspoon salt

¼ teaspoon ground black pepper  
½ teaspoon dried dill (optional)  
1 cup milk  
2 tablespoons flour

Combine broth, onion and potato in pot and bring to a boil. Reduce heat, cover, and simmer for 10 min. Pour into a bowl and beat or mix until smooth. Melt butter in pot and stir in salt, pepper and dill. Add milk and flour and cook until thick and bubbly. Stir in potato mixture and cook until heated through. Season with additional salt and pepper to taste.

## Leek and Potato Soup

*submitted by Eric Pianowski B13*

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1 tablespoon vegetable oil            | 2/3 cup 3% milk                       |
| 3 cups diced leeks (white parts only) | salt and ground black pepper to taste |
| 3 cups peeled and diced potatoes      | 2 tablespoons minced fresh chives     |
| at least 2 cups broth                 |                                       |

Sauté leeks in oil in a soup pot over medium heat. When they're soft, add the potatoes and chicken broth. (There should be enough broth to cover the potatoes. If not, add more.) Cook until potatoes are pierced easily with a fork. Remove half the broth and, with a stick blender or in batches in a blender or food processor, buzz soup until it's smooth. On low heat, add the half-and-half and salt and pepper to taste; heat to just below boiling. Serve garnished with chives.

## 10 - Minute Carrot Soup

- |                          |                  |
|--------------------------|------------------|
| 6 medium carrots, grated | 1 cup milk       |
| 1 medium onion, grated   | ½ teaspoon sugar |
| 2½ cups water or broth   |                  |

Simmer carrots and onion in water and milk for about 8 minutes. Add bouillon cubes and sugar and simmer for 2 more minutes, stirring to dissolve bouillon.

## Split Pea Soup

*Peas porridge hot, peas porridge cold; peas porridge in the pot nine days old.  
Some like it hot, some like it cold, some like it in the pot nine days old.*

- |                              |                            |
|------------------------------|----------------------------|
| 2 tablespoons butter         | ½ kilogram chopped ham     |
| 1 large onion, chopped       | 2 teaspoons dried marjoram |
| 1 cup chopped celery         | 1½ cups dried peas         |
| 1 cup chopped peeled carrots | 8 cups water               |

In a large soup pot, sauté onion, celery, and carrot. Add remaining ingredients and simmer until soup is as thick as you like it. Pea soup always tastes better the next day.

## Spinach Soup

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| ½ kilogram spinach, finely chopped | salt and ground black pepper to taste |
| 60 grams butter                    | ½ teaspoon nutmeg                     |
| 2 tablespoons flour                | 3 slices bread, cubed                 |
| 4 cloves garlic, chopped           | butter                                |
| ½ liter milk                       |                                       |

Boil the spinach in salt water until it wilts and intensifies in color, 3-5 minutes. Drain spinach, reserving water. Chop (or buzz in the food processor) spinach until smooth (or close to smooth). In a soup pot over medium heat, melt butter. When the foam subsides, add flour and stir constantly until light brown, 1-2 minutes. Add garlic and sauté until soft and fragrant, 1-2 minutes. Add spinach purée. Dilute with milk and spinach water. Boil for another 5-10 minutes and season with salt, pepper, and nutmeg. Serve with bread cubes fried in butter.

## Eggplant and Red Pepper Soup

- |  |  |
|--|--|
| 1 large eggplant, peeled and cubed             | 4 cups vegetable broth                               |
| 2 tablespoons olive oil                        | 1 teaspoon dried thyme                               |
| 1-2 large red bell peppers, seeded and chopped | Pinch of dried rosemary                              |
| 1 large yellow onion, chopped                  | Salt and ground black pepper                         |
| 3 cloves garlic, minced                        | 2 tablespoons chopped fresh basil or mint (optional) |

In a colander, salt eggplant and let sit for 20 minutes, to allow it to lose its bitterness. Rinse well and pat dry. In a soup pot heat oil over medium-high heat. Add the eggplant and cook, stirring, until well browned (15 minutes). Add the red pepper and onion and cook until tender (about 5 minutes). Stir in the minced garlic and cook, stirring, about 2 minutes more. Add the broth, thyme, rosemary, and bring the soup to a simmer. Reduce heat to low and cook, partially covered, for 30 minutes. Blend/mash/purée soup until smooth as possible. Heat for 5 minutes and season with salt and pepper. Serve the soup garnished with the basil or mint and little garlic toast rounds.

## Black (or Red) Bean and Rice Stew

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 medium green pepper, diced     | ¼ cup prepared vegetable bouillon |
| At least 1 clove garlic, chopped | 1 cup cooked black or red beans   |
| ½ teaspoon dried oregano         | ½ cup cooked rice                 |
| ¼ teaspoon ground cumin          | sliced red onion, to garnish      |

Simmer all except beans and rice for 10 minutes. Add beans and rice and stir. Serve in a bowl with a slice of onion.

## Cream of Soup

*submitted by Marisa Cohrs B11*

*A lifesaver for those of us who have a casserole craving and wish we had one of those handy cans of Campbell's soup. Makes about the same amount as in one 10-oz. can of undiluted condensed soup.*

- |                      |                 |
|----------------------|-----------------|
| 3 tablespoons butter | ¼ teaspoon salt |
| 3 tablespoons flour  | 1 cup milk      |

Melt margarine in heavy saucepan. Blend in flour and salt, cooking until bubbly. Using a wire whisk to prevent lumps, stir in milk. Cook just until smooth and blended.

### Variations

*Cream of Mushroom Sauté* ¼ cup chopped mushrooms and 1 tablespoon finely chopped onion in margarine before adding flour.

*Cream of Celery Sauté* ½ cup chopped celery and 1 tbsp finely chopped onion in margarine before adding flour.

*Cream of Chicken* Reduce milk to ½ cup and add ½ cup chicken broth or bouillon. Add ¼ tsp poultry seasoning or sage (if you can find them) and diced cooked chicken if desired.

## Ukrainian Borscht

*Taken from the PC Ukraine cookbook*

- 1 medium beet
- 1 chicken leg on bone
- 2 medium whole tomatoes
- 1 carrot, grated
- 1 medium onion, chopped
- Salt and ground black pepper
- 1 or 2 green bell peppers, chopped
- 2-3 potatoes, peeled and chopped
- white beans, pre-soaked
- 1 bouillon cube
- 1 teaspoon tomato paste
- cabbage, sliced
- chopped parsley
- chopped dill

Boil beet for 45 minutes to 1 hour until medium-soft. (This can be done up to 1 day ahead.) In large soup pan of cold water, bring chicken leg to boil. Wash tomatoes and add to boiling water, whole. Boil 15 minutes, and then remove tomatoes; set aside. Meanwhile, peel and grate beet. Fry the grated beet, carrot, and onion in oil or butter. Season with salt and pepper. Add green pepper. Add potatoes and beans to the soup pot and simmer 5 minutes (until potatoes are softened but keep form) and then add fried mixture, bouillon, tomato paste, and boiled tomatoes to the pot. Simmer 15 more minutes and then add sliced cabbage, parsley, and dill. Simmer 5 more minutes.

## Daal

*A spicy Indian lentil soup. Taken from the PC Bangladesh cookbook*

- 1 cup dried red lentils
- 2½ cups water
- 3 tablespoons vegetable oil
- ½ teaspoon whole cumin seeds
- 1 medium onion, sliced
- ½ teaspoon turmeric
- 1 teaspoon salt
- 1 hot green chili, finely diced

Wash and boil lentils in water for about 20 minutes or until completely soft. Heat oil in a small skillet over medium heat. Add cumin seeds and cook, stirring frequently, until they are a shade darker and begin to release their fragrance. Add onion and cook until golden, 5-7 minutes. Empty skillet into the cooked lentils and add turmeric, salt, and chili. Let simmer at least 10-15 minutes. (The longer you simmer, the better it tastes.) Serve over rice.

## Italian Bread Soup

- 1 cup drained, canned tomatoes
- ½ celery stalk
- 3 garlic cloves
- 5 cloves of allspice
- 1½ teaspoons salt
- 4 - 5 dashes of ground black pepper
- 1½ tablespoons golden raisins
- 6 1" slices day-old bread
- ½ cup chopped red onion
- crushed red pepper
- 2 eggs
- ¼ cup grated parmesan

Chop tomatoes. Bring 10 cups of water to a boil with celery, garlic, onion, tomato, allspice cloves, salt, and pepper. Boil gently one hour. Remove celery stalk and garlic. Add raisins and cook 5 minutes. Add bread and cook 3 minutes more. Beat eggs in a bowl, then beat vigorously into soup, breaking up bread. Sprinkle with cheese and serve immediately!

## Curried Pumpkin Soup

*submitted by Jennifer Garland B16*

- |  |                                       |
|--|---------------------------------------|
| 2 tablespoons olive oil                | ½ teaspoon red pepper flakes          |
| 2 small yellow onions, chopped         | ½ teaspoon ground coriander           |
| 4 cloves garlic, minced                | chopped parsley or cilantro           |
| 2 cups chicken or vegetable broth      | 1 cup milk                            |
| 2 cups peeled, seeded, chopped pumpkin | 1 tablespoon curry powder             |
|  | salt and ground black pepper to taste |

Heat oil in a large soup pot over medium heat. Add onions and garlic and cook until softened, about 5 minutes. Add broth, pumpkin, curry powder, red pepper flakes, and coriander. Bring to a boil, turn the heat to low, and simmer until pumpkin is very soft. Buzz/blend/mash soup. Add milk slowly, reheat gently, and serve immediately. Like so many soups, this is always better the next day. To tone down the heat, add some more chicken broth.

## Pumpkin Apple Harvest Soup

*submitted by Adrienne McKeehan B15*

- |                              |                                       |
|------------------------------|---------------------------------------|
| 2 tablespoons butter or oil  | ½ teaspoon ground nutmeg              |
| 4 cloves garlic, chopped     | 2 teaspoons cumin                     |
| 1 small red onion, diced     | 2-3 tablespoons sugar                 |
| 2 apples, peeled and chopped | 2 cups pumpkin purée                  |
| 2 teaspoons curry powder     | About 2 cups liquid – water, milk, or |
| 1 teaspoon cinnamon          | broth (I recommend a combination )    |

Melt butter in a soup pot over medium heat. Add garlic, diced onion, and chopped apples. Cook until all ingredients are soft, about 10 minutes. Add spices (whose measures are given in estimation, here, so feel free to experiment), and about ½ cup water, stirring until all ingredients are well mixed. Then add pumpkin purée and liquid. You can add as little or as much liquid as you like, until the soup reaches your desired thickness. Simmer 10 minutes and serve.

## Lentil and Tomato Stew

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 pound brown lentils                 | ¾ teaspoon mustard or hot sauce  |
| 2 tablespoons oil                     | ½ teaspoon salt                  |
| ½ medium yellow onion, sliced         | At least 1 garlic clove, crushed |
| 2 medium tomatoes, peeled and chopped | ¼ teaspoon red pepper flakes     |

Wash lentils in a colander. Put them in a soup pot, cover with water, and cook, covered, 20-25 minutes or until easily mashed with a fork. Heat oil in a skillet over medium high heat. Sauté onions until soft, 5 minutes; add garlic and cook until soft, 1-2 minutes. Empty the skillet into the soup pot and add remaining ingredients; simmer 15 minutes and serve over rice.

## Cabbage Soup

- 2 tablespoons oil
- 2 cups thinly sliced leeks, white and light green parts only (or substitute onions)
- 1 medium onion, sliced
- 2 carrots, sliced
- 1 medium cabbage, shredded
- 1 white turnip, peeled and cubed (optional)
- 1 teaspoon dried thyme
- 7 cups vegetable broth
- 3 tablespoons lemon juice
- 1 tablespoon honey
- 2 medium tomatoes, peeled and chopped
- ground black pepper, to taste
- sour cream or yogurt, to garnish (optional)

Heat oil in a pot over medium-high heat. Add leeks and sauté 2 minutes. Add carrots and cabbage (and turnip if desired) and sauté until cabbage starts to wilt. Add thyme and stir well. Add broth, cover and bring to a boil, then simmer 10 minutes, remove cover, add lemon and honey and simmer for 3-4 minutes. Stir in tomatoes. Simmer and add pepper. Garnish with sour cream or yogurt, if desired.

## Russian Cabbage Soup

*adapted by Krista Greiner, B21, from Soup & Bread by Crescent Dragonwell.*

- 3 tablespoons butter
- 1 large onion, diced
- 2 medium carrots, peeled and diced
- 1 medium turnip, peeled and diced
- 1 ½ to 2 quarts chicken or veggie broth
- 1 medium cabbage, cut into ribbons
- 1 jar tomatoes with juice, diced
- 3 cloves garlic, mashed and minced
- ½ cup raisins
- 10 pitted prunes, diced
- 2 tablespoons honey, or to taste
- 2 tablespoons cider vinegar, or to taste
- 1 bay leaf

In a soup pot melt the butter and sauté the onion until soft. Add carrot and turnip. Sauté until all veggies are soft (about 4 minutes). Add all remaining ingredients to the pot. Bring to a boil then cover and turn down to medium-low heat. Let simmer for an hour or two. Add salt, pepper, vinegar, and honey to adjust flavor to a light sweet-sour taste. It can be served by itself piping hot or over boiled potatoes or buckwheat and is good topped with sour cream or yogurt.

## Pork Stew

- ½ kilogram pork fillet, cut into bite-sized pieces
  - ½ teaspoon salt
  - ¼ teaspoon ground black pepper
  - 1 tablespoon sunflower or olive oil
  - 1 cup sliced carrots (1" pieces)
  - 1½ cups halved mushrooms
  - ¼ cup dry red wine
  - ½ cup tomato sauce
  - 1 cup peeled, diced potatoes (bite-size chunks)
  - ¼ cup water
  - ½ cup chopped onion
  - ½ teaspoon dried rosemary
  - 2 teaspoons dried basil
  - ¼ teaspoon ground black pepper
- Season pork fillet with salt and pepper. Heat oil in a soup pot over medium heat. Add pork and brown. Add rosemary, basil and water, scraping the bits off of the bottom of the pan. Heat to boiling, then reduce heat and simmer for 30 minutes, adding more water if necessary. Add remaining ingredients. Cover and simmer until vegetables are tender (about 15 minutes), stirring occasionally.

## Marisa's Drunk Stew

*The perfect winter meal.  
submitted by Marisa Cobrs B11*

250 grams bacon, chopped and browned	2 onions, peeled and quartered
1-1½ kilogram pot roast, cubed	1 bay leaf
2 cloves crushed garlic	250-500 grams carrots, peeled and cut
2 cups beef broth or water with 1 bouillon cube	1 tablespoon flour mixed with ¼ cup water
2 cups good red wine	

Brown bacon in a very small amount of oil in a skillet. Remove bacon from skillet, crumble, and set aside. Add cubes of beef to skillet; brown in bacon fat. Add small amounts of oil if needed; pour off excess liquid into a small bowl if needed (*do not* discard excess liquid). When beef is almost browned, add crushed garlic to skillet. In a large stew pot, combine bacon, beef and garlic, beef broth, excess liquid from browning the beef, wine, onions and bay leaf. If you want more gravy, add more broth and wine. Cook over low heat at a bare simmer, for 2-3 hours, stirring occasionally.

Add carrots and cook another 20-30 minutes, or until carrots are tender but not mushy. Remove meat and vegetables from the stew pot; set aside. Thicken broth with flour and water mixture. Replace meat and vegetables, heat all together for 10 minutes, and serve over mashed potatoes.

## Alecha

*Ethiopian Vegetable Stew*

2 tablespoons margarine or oil	½ teaspoon ground ginger
1 clove garlic	½ teaspoon ground turmeric
1 onion, chopped	¼ teaspoon ground black pepper
1 cup water	5 cups thinly sliced cabbage
3 medium potatoes, chopped in large pieces	½ teaspoon salt (or to taste)
2-3 carrots, chopped	1 green pepper, seeded and quartered
	½ teaspoon salt

Heat margarine in a large saucepan over medium-high heat. Add onion and soften, 5-7 minutes, stirring often. Add garlic and soften, 1-2 minutes. Add ½ cup water, potatoes, carrots, salt, ginger, turmeric and pepper and cook about 10 minutes until potatoes and carrots begin to soften. Add cabbage, remaining water, salt and pepper. Cook until vegetables are tender. Stir gently to combine, taking care not to mash vegetables.



## Monastery Stew

1-2 onions, chopped  
1-2 carrots, chopped  
½ stalk celery, chopped  
½ cup sunflower oil  
200 grams pearl onions  
½ cup sliced olives  
2 cups sliced fresh mushrooms

ground black pepper, to taste  
½ cup white wine  
salt, to taste  
3-4 potatoes, diced  
¼ cup rice  
2-3 tomatoes, peeled, seeded, and chopped

Preheat to 150C. Cook the chopped onion, carrots, and celery in the oil and ¼ cup water. Add the pearl onions, olives, mushrooms, and pepper. Pour in wine and 1 cup water. Add salt and simmer until vegetables are tender. Add the potatoes and rice, and, after 15 minutes, the tomatoes. Pour into earthenware pot, sprinkle with parsley, and bake 20-30 minutes.

## Lentil-Barley Stew

*from The More-With-Less Cookbook*

*Deceptively simple. The perfect soup for a blustery winter day.*

¼ cup butter  
¾ cup chopped celery  
¾ cup chopped onion  
½ cup chopped carrot  
2-3 cloves garlic, minced  
6 cups water

¾ cup red lentils  
1 quart canned tomatoes  
¾ cup uncooked barley  
2 teaspoons salt  
¼ teaspoon ground black pepper  
½ teaspoon dried rosemary

Heat butter in a soup pot over medium heat. Add celery, onion, and carrot, and cook until softened, 5-7 minutes. Add garlic and cook 3 minutes. Add water and lentils; cook 20 minutes. Add remaining ingredients and simmer 45-60 minutes.

## Chilled Lemon Soup with Mint

1 large potato, peeled and chopped  
2 cups vegetable broth  
1 cup water  
3 tablespoons fresh lemon juice  
1 egg  
1 cup yogurt  
Salt and ground black pepper  
2 tablespoons fresh chopped mint

In a saucepan, simmer the potato in broth and water until tender (10-15 minutes). Remove from heat and purée or mash until smooth. In a separate bowl, whisk together the lemon juice and egg. Gradually add 1 cup hot potato puree, whisking constantly. Transfer the mixture back to the saucepan and heat gently until it thickens slightly (10-12 minutes). Do not let soup come to a boil – you don't want to overcook the egg.

Remove from heat and let soup cool. Whisk in the yogurt, and season with salt and pepper. Refrigerate 3 hours and serve cold, garnished with mint.

## Dan Schrupp's Chili

400 grams dried beans  
1 kilogram ground meat  
8 cloves garlic, chopped  
3-4 good-sized green bell peppers,  
seeded and diced  
Big pinches of dried rosemary, oregano,  
thyme, chili, and basil

Salt and pepper to taste  
6 medium tomatoes, roughly chopped  
¾ jar tomato purée  
3 cups (700ml) broth  
3-4 whole bay leaves  
2 medium onions, peeled and diced

Bring a large pot of salted water to a boil and add beans. Reduce heat and simmer 1-1½ hours, or until beans are soft enough that you can mash one easily with a fork. Drain and set aside. In a large pot over medium-high heat, brown the meat. Once enough fat has cooked out, drain the meat and set aside – but keep the fat. If you used lean meat, you may need to add a little oil to the pot, too. Add garlic, bell peppers, and onions to the rendered fat and cook until soft and the onions are translucent. Put the meat back in the pot and add herbs and salt and pepper. Cook 5 minutes, then add tomatoes and tomato purée and cook another 5 minutes. Add broth and bay leaves, reduce heat to low, crack open a beer, and watch some TV. Get up every once in awhile to make sure that the chili, which probably looked watery when you first turned the heat down, hasn't gotten too thick or burned on the bottom. Let it cook for about 1½ hours. Add beans, cook for another 15 minutes, stirring frequently, then serve.

## Lindsay Saltsgiver's Chili

½ kilogram ground meat  
1 can red kidney beans, including liquid  
1 green bell pepper, seeded and diced  
1 teaspoon paprika  
1 hot pepper, diced

1 teaspoon salt, or to taste  
at least 1 tablespoon chili powder  
at least 2 cups tomato juice  
sour cream, to garnish (optional)  
shredded kashkaval, to garnish (optional)

In a soup pot, brown meat and drain grease. Add remaining ingredients (except sour cream and kashkaval) and bring to a boil. Reduce heat and simmer 20-30 minutes. Adjust seasonings and add more tomato juice to reach your desired consistency. Serve with sour cream and/or kashkaval, if desired.

### Sarah Brooner's Chili

3 tablespoons olive oil  
1 large onion, finely chopped  
1 clove garlic, crushed  
1 kilogram ground beef  
3 tablespoons flour  
Salt and ground black pepper

3 tablespoons chili powder  
2 tablespoons ground cumin  
1 cup boiling water  
1 large can tomatoes  
1 large can tomato sauce  
2 tablespoons flour (optional)

Heat olive oil in a soup pot over medium heat and brown onion and garlic. Remove onion and garlic and set aside; in same pan brown beef. Put meat and onion/garlic mix into a large pot. In a small bowl, mix chili powder, cumin, flour, salt & pepper together. Add this to the meat and mix together. Stir to coat the meat. Add boiling water to the meat and cook over medium low heat, adding more water if too dry. Add tomatoes and sauce. If the chili is too soupy, add flour to thicken. Cook 2-3 hours.

### JoEllen LaPlant's White Bean Chicken Chili

500 grams dried white beans  
5 cups chicken broth  
4 tablespoons butter  
1 tablespoon minced garlic  
¼ cup diced onion  
500 grams boneless chicken breasts,  
cut in bite-sized pieces

6-10 chopped green chilies  
1 tablespoon ground cumin  
1 tablespoon dried oregano  
1-2 teaspoons ground black pepper  
½ teaspoon ground white or black pepper  
Pinch red pepper flakes  
½ bunch parsley, finely chopped, optional

Sort and rinse beans, cover with cool water, soak overnight. Drain. Place beans in large pot with chicken stock and bring to a boil over high heat. In a saucepan, heat butter over medium heat. Add garlic, onion, and chilies and sauté for 5 minutes. Add chili mixture to pot with beans. Add chicken and remaining ingredients. Lower heat to medium and cook, stirring occasionally, for approximately 1½ hours.

# Salads & Dressings

## Snezhanka (Mlechna Salad)

1 cup dry yogurt (see Basic Recipes)      ¼ teaspoon black pepper  
3-4 cloves garlic, grated or chopped very finely      ¼ teaspoon salt  
2 tablespoons grated onion      1 tablespoon olive or sunflower oil  
½-¾ cup finely chopped pickles or cucumber      2 tablespoons chopped walnuts

Mix everything but walnuts and chill for at least 30 minutes to allow flavors to blend. Garnish with chopped walnuts.

## Ruska Salata (Russian Salad)

*Serves 4*

### *Dressing*

1/3 cup mayonnaise      1 teaspoon fresh dill or savory  
1/3 cup yogurt      ½ teaspoon salt  
2 tablespoons grated onion      ¼ teaspoon ground black pepper

### *Salad*

2 cups diced cold boiled or baked potatoes      2 large cloves garlic, grated or chopped finely  
½ cup diced cold cooked carrots      2-3 tablespoons chopped red pepper  
½ cup diced ham      ¼ cup chopped pickles

Combine sauce ingredients and mix well; set aside. (If you're averse to yogurt, you can use 2/3 cup mayonnaise instead of the mayo/yogurt mixture.) Gently toss veggies and ham in a large bowl. Mix in the sauce and stir until vegetables are coated. Chill at least 30 minutes to allow flavors to mingle. This will keep for about two days. *You don't need every ingredient for this salad – potatoes and mayonnaise are the main thing. Use your imagination.*

## Shopska Salad

1 cup peeled and diced cucumber      Salt and ground black pepper  
½ cup seeded and diced bell pepper      1 tablespoon sunflower oil  
½ cup chopped tomato      1 tablespoon cider vinegar  
2 teaspoons minced onion      ¼ cup grated dill

Mix vegetables together. Season lightly with salt and pepper; drizzle on oil and vinegar. Top with dill.

## Picantina Salad

*courtesy of Kalina Dobрева, Kurdjali*

½ head green cabbage, shredded      2 tablespoons sunflower oil  
¼ head red cabbage, shredded      ¾ cup bread crumbs  
4-6 medium size carrots, shredded      Juice of ½ lemon  
Picantina seasoning (red package is best)

Mix cabbage and carrots together. Add Picantina to taste, oil, and bread crumbs. Squeeze lemon juice over salad. Serve.

## Macaroni Salad

### *Dressing*

1/3 cup yogurt

1/3 cup mayonnaise

1/2 teaspoon salt

1/4 teaspoon paprika

1/2 teaspoon mustard

### *Salad*

2 cups small pasta, cooked and chilled

1/2 cup drained canned peas

1 small onion, finely minced

1/2 cup chopped meat

1/2 cup diced or shredded kashkaval

1/2 cup chopped fresh vegetables – peppers, zucchini, cucumbers, mushrooms, etc

3 tablespoons and chopped green olives

Combine dressing ingredients, mix well, and set aside. Mix pasta with vegetables, meat, and cheese. Gently mix in the dressing. Chill and serve as is or over lettuce, spinach, tomato wedges, cucumber slices, etc.

## Pasta Salad

*submitted by Jill Snedden B1*

### *Dressing*

1/2 cup oil

1/2 cup lemon juice

2 cloves minced garlic

2 teaspoons salt

### *Salad*

3 cups cooked pasta, drained and rinsed with cold water

1 small onion, diced

1 tablespoon sugar

1 tablespoon chopped fresh dill (or 1 teaspoon dried)

a pinch of ground black pepper

1/4 cup sliced fresh mushrooms

1 bell pepper, diced

2 tomatoes, seeded and chopped

Combine dressing ingredients in a jar and shake it until the sugar dissolves. In a large bowl, toss pasta and all vegetables except tomatoes. Add dressing and tomatoes, and toss lightly until coated. Refrigerate, covered, for several hours and toss once more right before serving.

## Giant Beans

*submitted by Laura Kenda B15*

1/2 kilo huge white beans, cooked

2-3 cloves garlic, minced

1 cup olive oil

1/2 kilo tomatoes, peeled seeded, and

chopped or canned tomatoes or a glass of tomato juice

Combine ingredients and refrigerate 2-3 hours. Serve cold.

## Hot Potato Salad

6 potatoes, boiled in their skins, peeled, and diced

4 slices cooked bacon, crumbled (opt)

1 small onion, diced

1 tablespoon minced

1/3 cup vinegar

1 tablespoon sugar

1 teaspoon salt

1/2 teaspoon ground black pepper

Combine all ingredients; toss lightly to mix. Serve hot.

## German Potato Salad

*submitted by Lynne Barboza B1*

250 grams salami, cut into thin strips      4 eggs  
2-3 tablespoons butter      ¼ cup sugar  
½ kilogram potatoes, boiled, peeled, and cubed      1½ tablespoons vinegar  
1 onion, chopped      1 teaspoon salt

Fry salami in butter until crisp, remove from pan, reserving liquid. Drain potatoes and place in a large bowl with salami and onion, cover to keep warm. In a small bowl, beat eggs with sugar, vinegar, and salt until sugar dissolves (you can adjust amounts as desired). Pour egg mixture into hot liquid from salami and cook on high stirring constantly. Cook about 3 minutes until mixture becomes foamy and begins to set. Pour over potatoes and toss lightly to coat. Serve hot as a main meal for two or as a side dish for four.

## Sweet & Sour Cucumber Salad

*submitted by Adrienne McKeehan B15*

*Dressing*  
2/3 cup white vinegar      ½ cup sugar  
2/3 cup water      Pinch of salt

*Salad*  
1 large cucumber, peeled, quartered, and thinly sliced      ½ red onion, diced  
3-4 tablespoons chopped cilantro (opt)      1/3 cup chopped salted peanut (opt)

Make dressing: mix and bring to boil vinegar, water, salt and sugar to dissolve sugar. Allow to reduce by ½ and thicken – about 8-10 minutes. Let cool. Combine with cucumber and half the cilantro. Refrigerate 1-2 hours. Add remaining ingredients and serve.

## Grandma Rigenbach's Summer Cucumber Salad

*submitted by Shea Rigenbach B15*

*Dressing*  
1 cup mayonnaise      ½ teaspoon dried dill (optional)  
¼ cup sugar      ½ teaspoon salt  
4 teaspoons vinegar

*Salad*  
4 medium cucumbers, peeled & chopped      Several tomatoes, chopped

3 green onions, sliced  
Shake together the dressing in a closed container. Combine vegetables in a bowl and fold in dressing. Let it marinate overnight, if you can.

## Turnip & Carrot Salad

### *Dressing*

2 tablespoons vinegar

2 tablespoons sunflower oil

2 tablespoons sugar

1 tablespoon dry red wine (optional)

### *Salad*

2 medium carrots, peeled and grated

1 teaspoon caraway seeds (optional)

2 medium white turnips, peeled and grated

1 leek, thinly sliced (white parts only)

Combine dressing ingredients in a jar and shake well to combine. In a bowl, toss dressing with salad ingredients and serve. Keeps 3-4 days.

## Coleslaw

### *Essentials*

1½ cups green or red cabbage (¼-½ head), shredded or very finely sliced

1 medium carrot, grated

Creamy Dressing or Vinaigrette

Dressing (at end of chapter)

### *Optionals*

1 small diced bell pepper

Peeled and diced apple

1-2 stalks celery, chopped

1-2 radishes, grated or thinly sliced

2 tablespoons sliced green onion

Mix into a large bowl, finely chop or grate cabbage and carrot. Add optionals and toss. Choose Creamy Dressing or Vinaigrette Dressing. Pour dressing over salad, and toss. Makes 3 servings, and keeps about 3-4 days.

## Crunchy Coleslaw

*submitted by Christin McConnell B18*

### *Dressing*

½ cup vegetable oil

1/3 cup white vinegar

1/3 cup sugar

seasoning packets from ramen noodles

### *Salad*

1 medium head of cabbage, shredded

1 carrot, grated

1 large onion, chopped

2 packages ramen noodles, crushed

1 cup hulled sunflower seeds

1 cup plain slivered almonds

Mix salad ingredients together in a large bowl. Mix dressing ingredients and pour over salad. Refrigerate at least 2 hours, up to overnight, and serve.

## Pseudo - Waldorf Salad

### *Dressing*

½ cup yogurt

½ cup mayonnaise

2 tablespoons honey

1 tablespoon grated lemon rind or ½

teaspoon lemon juice

### *Salad*

2 apples, cored and chopped

Squeeze of lemon juice

½ cup raisins

¼ cup chopped toasted walnuts

1 tablespoon chopped celery

¼ teaspoon ground cinnamon

Combine dressing ingredients, mix well, and set aside. In a medium sized bowl toss together apples, lemon juice, raisins, walnuts, and celery. Add dressing and toss gently. Sprinkle with cinnamon and serve immediately.

## Turkish Salad

1-2 eggplants- roasted, peeled, and chopped  
7-8 large red bell peppers, roasted, cleaned (see Basic Recipes), and chopped  
3-4 tomatoes, chopped  
1 cucumber, peeled and diced

1/3 cup chopped toasted walnuts  
2-3 cloves garlic- chopped  
1/4 cup finely chopped fresh parsley  
Salt and ground black pepper  
Oil  
Red wine or Balsamic vinegar

Combine everything through parsley and toss gently. Season with salt and pepper; drizzle with oil and vinegar. Serve.

## Spinach Strawberry Salad

### *Dressing*

1/2 tablespoon butter, melted  
2 tablespoons honey

2 tablespoons cider vinegar  
1/4 teaspoon poppy seeds

### *Salad*

10 ounces baby spinach, well-rinsed  
1 pint strawberries, sliced

1/3 cup chopped toasted almonds

Combine dressing ingredients and mix well. Add to salad and toss.

## Stone Fruit Salad with Toasted Almonds

*from Cooking Light magazine*

1 cup sweet white wine  
1 tablespoon wine vinegar  
1 tablespoon olive oil  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
2 heads lettuce, torn into bite-sized pieces  
3 plums, pitted and sliced

2 peaches, peeled, pitted, and sliced  
2 nectarines, peeled, pitted, and sliced  
2 apricots, peeled, pitted, and sliced  
3/4 cup pitted fresh cherries, halved  
1/4 cup crumbled feta or cirene  
2 tablespoons toasted sliced or chopped almonds

Heat wine in a medium saucepan over medium-high heat until reduced to 2 tablespoons (about 10 minutes). Remove from heat and stir in vinegar, oil, salt, and pepper. Toss lettuce and fruit with dressing. Sprinkle with cheese and almonds. Serve immediately.

## Roasted Peppers and Tomato Salad

1-2 tablespoons oil  
1/2 kilogram tomatoes, peeled, chopped and seeded  
1/2 cup chopped fresh parsley

4-6 cloves garlic, minced  
5-7 red bell peppers, roasted, peeled, seeded, and chopped

Heat oil in a skillet over medium heat. Add tomatoes and cook until softened. Remove from heat and add parsley and garlic. On a serving dish arrange peppers; pour tomato sauce over and serve.



## Lentil and Parsley Salad

1½ cups brown lentils, rinsed	1½ loosely-packed cups chopped fresh parsley
1 bay leaf	¼ cup olive oil
1 small red onion, thinly sliced	1 teaspoon salt
4 red bell peppers, roasted, cleaned, and chopped	¼ teaspoon ground black pepper
¼ cup lemon juice	

In a soup pot put lentils, bay leaf, and enough water to cover. Bring to a boil and then simmer 20-30 minutes or until lentils are tender. Place sliced onion in colander and drain the lentils over the onion, discarding the bay leaf. Transfer to a large bowl and add remaining ingredients. Serve warm or chilled.

## Grated Carrot-Orange Salad

½ kilogram carrots, peeled and shredded	1 tablespoon olive oil
juice of 1 orange	1 cup chopped fresh parsley
juice of 1 lemon	salt and pepper to taste

Combine, toss, and chill salad for at least 30 minutes before serving.

## Moroccan Vegetable Salad

1 cup vegetable broth	1 teaspoon freshly grated lemon peel
1 cup plus 1 teaspoon olive oil	1 teaspoon ground cumin
1 cup rinsed bulgur	1 teaspoon black pepper
1½ cups cooked white beans	1 small green bell pepper, seeded and finely diced
2 garlic cloves, minced	1 small red bell pepper, seeded and finely diced
3 tablespoons wine vinegar	¼ cup finely diced red onion

Heat the vegetable broth and 1 teaspoon olive oil in a saucepan until simmering. Stir in the bulgur. Cook several minutes, then remove from heat, cover, and allow it to steam for about 15 minutes, until all of the broth is absorbed.

In a large bowl, whisk together the remaining ingredients. Stir in the bulgur and drained beans and toss lightly. Let rest at least 10 minutes before serving.

## Fresh Spinach Salad

*submitted by Diana Corrigan B1*

Fresh spinach leaves, rinsed and torn	Fresh mushrooms, sliced
Cirene, grated or crumbled	Red onion, sliced thinly
Tomatoes, quartered	Balsamic or red wine vinegar
Chopped toasted walnuts	Olive oil

No measurements, here, other than that you'll be using about equal parts oil and vinegar. Toss it all together. Add salt and pepper as desired.

## Colorful Bulgur Salad

### *Dressing*

Juice of 1 lemon  
2 tablespoons olive oil  
1 cup minced fresh parsley  
Salt and ground black pepper

### *Salad*

1 cup water  
1 cup bulgur, rinsed  
1-2 medium red bell peppers, seeded and diced  
2 medium zucchini, diced  
1 medium red onion, diced  
½ cup parmesan (optional)

Combine dressing ingredients, mix well, and set aside.

Bring water to a boil. Add bulgur and boil for several minutes. Turn off the heat, cover the pan, and let the mixture steam for 15 minutes. Fluff with a fork.

In a large bowl, combine the cooled bulgur with the bell peppers, zucchini, and onion; toss well. Add dressing and toss well. Garnish with cheese, if desired.

## Greek Salad

*Serves 6*

### *Dressing*

½ cup olive or vegetable oil  
1/3 cup wine vinegar (or other vinegar)  
1 teaspoon dried oregano  
1 teaspoon salt

### *Salad*

1 bunch lettuce, torn into small pieces  
1 bunch spinach, torn into small pieces  
1 cup crumbled feta or cirene  
24 Greek or green olives  
10 radishes, sliced  
1 medium cucumber, sliced  
1 bunch green onions, cut into ½" pieces  
1 carrot, shredded

Toss lettuce and spinach. Arrange remaining ingredients (except dressing) on top. In a separate bowl, combine all dressing ingredients and shake together in a tightly covered container. Top salad with dressing.

## Tex-Mex Bean Salad

### *Dressing*

2 tablespoons olive oil  
¼ cup red wine vinegar  
2 cloves garlic, minced  
1 teaspoon chili powder  
½ teaspoon dried cilantro  
1 teaspoon oregano  
¼ teaspoon ground cumin  
⅛ teaspoon Tabasco sauce

### *Salad*

2 cups cooked black or red beans  
¼ cup chopped parsley  
2 cups cooked soy beans or chickpeas  
½ cup chopped green onions  
1 can corn  
2 red bell peppers, seeded and diced  
2 green bell peppers, seeded and diced

Combine salad ingredients in a large bowl. In a separate jar shake together dressing ingredients. Pour over salad and chill at least 8 hours, stirring occasionally

## Celery Root Salad

*A good use for the big root that celery comes with here.  
from simplyrecipes.com, adapted from a recipe in Food & Wine magazine*

- ½ cup mayonnaise
  - 2 tablespoons spicy mustard
  - 1 tablespoon lemon juice
  - 2 tablespoons chopped parsley
  - ½ kilogram celery root, peeled and coarsely grated just before mixing
  - ½ tart green apple, peeled, cored, and chopped
  - salt and ground black pepper
- Combine mayonnaise, mustard, lemon juice, and parsley in a medium-sized bowl. Fold in the celery root and apple and season with salt and pepper. Cover and refrigerate until chilled, at least an hour.

## Roasted Pepper Salad

*submitted by Joe Herr B10*

- 5 tablespoons oil
  - 5 tablespoons vinegar
  - ½ kilogram red or green bell peppers, roasted, peeled, and seeded
  - 1 large onion, finely chopped
  - 4 cloves garlic, chopped
  - ½ bunch fresh parsley, finely chopped
  - Salt (optional)
- Heat 2 tablespoons oil in a skillet over medium-high heat. Add garlic and fry 3-4 minutes, then empty skillet into a small bowl. Add vinegar and remaining oil. Dip peppers in this mixture and then cut them into bite-sized pieces and place in a serving dish. Pour remaining oil-and-vinegar over peppers, then top with onion and parsley; season lightly with salt, if desired.

## Tabbouleh

*from epicurious.com*

- ¼ cup olive oil
- ¼ cup lemon juice
- 3 large cloves garlic, minced
- 1 cup bulgur
- 1 cup boiling water
- 1 cup chopped seeded tomatoes
- ½ cup chopped fresh parsley
- 2 large green onions, chopped
- 2 tablespoons chopped fresh mint
- salt and ground black pepper

Whisk together oil, lemon juice, and garlic in a small bowl; set aside. Place bulgur in a large bowl and stir in boiling water. Let stand, covered, until bulgur is tender and water is absorbed, about 15 minutes. Mix in tomatoes, parsley, onions, and mint. Add oil mixture; toss to blend. Season with salt and pepper. Let stand at least 30 minutes to blend flavors. (Can be made a day ahead: cover and chill.)

## Vinaigrette Coleslaw Dressing

*Shake together in a small jar, until sugar dissolves:*

- 2 tablespoons sugar
- 2 tablespoons vinegar
- 2 tablespoons red wine
- 1 tablespoon olive oil

## Creamy Coleslaw Dressing

*Shake together in a small jar, until sugar dissolves:*

- 1/3 cup yogurt
- ½ teaspoon salt
- 1 tablespoon sugar (to taste)
- ½ teaspoon prepared mustard
- ½ teaspoon grated onion
- ¼ teaspoon paprika or ground black pepper

## Lemon & Honey Dressing

- ¼ cup honey
- 1 teaspoon poppy seeds (optional)
- ¼ cup lemon juice

## Yogurt Dressing

- ½ cup yogurt
- 2-3 tablespoons honey
- ½ teaspoon cinnamon

## French Dressing

- ¼ cup sugar
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon dry mustard
- ¼ teaspoon ground black pepper
- ¾ cup oil
- 1 teaspoon celery seed
- 2 cloves garlic, halved

Shake together in a jar. Remove garlic before serving. Makes 1 cup, and keeps in refrigerator for up to 2 weeks.

## Thousand Island Dressing

- ½ cup mayonnaise
- 2 tablespoons catsup or tomato sauce
- ½ teaspoon prepared horseradish
- 3 tablespoons minced pickles
- 1 tablespoon grated onion
- ¼ teaspoon paprika
- Large pinch of salt
- dash of ground black pepper
- 1 hard boiled egg, mashed with a fork

Shake together in a jar. This dressing will keep in the refrigerator for 1 week.

## Honey Mustard Dressing

*submitted by Kelley Willett B10*

- 3 spoonfuls balsamic vinegar
- 3 spoonfuls honey
- 2-3 spoonfuls mustard (your choice)

Mix ingredients together. A little more honey may be needed, so taste test.

## Summer Vinaigrette

*submitted by Lauren Mitchell B19*

- ¼ cup red wine vinegar
- 3 cloves garlic, finely chopped
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh basil
- a pinch of dried thyme
- a pinch of dried savory
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ cup red wine vinegar
- 1 heaping teaspoon mustard
- ½ cup olive oil

In a small bowl, whisk together with a fork everything but olive oil. Continue to whisk while pouring olive oil in a thin stream. If the dressing is still not homogenized, add a little more mustard. This will keep for weeks in a jar in the fridge and goes great with summer salads or grilled veggies.

# Vegetables & Side Dishes

## Bulgarian Beets with Yogurt

*submitted by Jasmine Lund B15*

- ¾ cup yogurt
- 1 teaspoon vinegar
- 2 tablespoons chopped fresh dill

- Salt, ground black pepper, and chili powder to taste
- ½ kilogram beets, boiled or roasted until soft and sliced or cut into matchsticks

Combine all ingredients except beets, blend well, and chill. To serve, spoon yogurt mixture over the beets. Serves 4.

## Fried Hot Peppers

*compliments of Dean Ciccirelli B5*

First, string your peppers (the small, hot dark green or red ones) out to dry. When completely dried, they are ready to be fried. Fry peppers in a small amount of oil in a pan. Fry peppers only long enough to lightly brown them. Use them in spaghetti, soups, scrambled eggs, whatever.

## Zucchini with Garlic-Yogurt Sauce

*submitted by Krista Greiner B21*

- 1-2 zucchini, uniformly sliced
- 2 (or more) cloves garlic, minced

- 1 container high-fat yogurt
- Salt

Steam or fry the zucchini until cooked. At the very end of the cooking time add the garlic and turn off the burner. If you steamed it drain the water before you add the garlic. Leave the pan on the semi-hot burner and add in the yogurt and a generous amount of salt. Stir and let sit for about 5 minutes then serve.

## Fried Eggplant With Garlic-Yogurt Sauce

*submitted by Eric Pianowski B13*

- 2 cups yogurt
- 3 tablespoons chopped garlic
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped toasted walnuts

- 1 large eggplant, sliced in 1" rounds
- salt
- 1 cup bread crumbs, seasoned to your taste
- ½ cup oil

Combine yogurt, garlic, dill, and walnuts; mix well and set aside.

Salt eggplant slices and set aside to drain for 30 minutes. Rinse well. Dredge slices in bread crumbs, shaking off the excess. In a skillet heat oil over medium heat and fry eggplant slices in batches until golden brown. Serve immediately drizzled with yogurt mixture.

## Baked Cauliflower

- 2 teaspoons prepared mustard
- 3 tablespoons mayonnaise
- 2-3 cloves garlic, finely chopped

- ½ teaspoon ground black pepper
- 1 head cauliflower
- ½ cup grated kashkaval

Preheat oven to 175C. Combine mustard, mayonnaise, garlic, and pepper and smear it thoroughly over the head of cauliflower. Bake in a small greased banitsa pan until tender. Sprinkle with kashkaval and bake until cheese is melted. Serve.

## Bulgarian Baked Beans

2 cups dry white beans  
1 onion, chopped  
1 carrot, grated  
½ cup oil

1 teaspoon paprika  
1-2 hot peppers, finely chopped  
1 teaspoon chopped fresh mint  
1-2 teaspoons salt

Sort and rinse beans and place them in a large earthen crock. (Remember to give them the water test: rotten beans float.) Add the onion, paprika, peppers, and oil and cover with water. Cover tightly and cook over lowest setting for several hours, until beans are tender. Just before serving, add mint and salt and simmer for a few more minutes.

## Lentils with Garlic and Tomatoes

*submitted by Louisa Van Houten B8*

2 tablespoons olive oil  
5 cloves garlic, minced  
250 grams tomatoes, peeled & chopped  
1 cup lentils, rinsed

2 ½ cups water  
¾ teaspoon salt, or to taste  
1 tablespoon lemon juice

Heat oil over moderate heat. When hot, add garlic and cook until it takes on some color, a minute or so. Add the tomatoes and cook, stirring frequently, for about 5 minutes, or until tomatoes are almost reduced to a paste. Add the lentils and water, stir, and bring to a boil. Cover, lower heat, and simmer gently for 30 minutes. Add salt and lemon juice and stir to mix.

## Vegetable Fritters with Tomato Sauce

### *Sauce*

1 tablespoon olive oil  
1 small onion, finely chopped  
1 garlic clove, crushed

½ teaspoon paprika  
3 tomatoes, peeled, seeded, and chopped  
3 teaspoons dried basil

### *Fritters*

2 medium potatoes, peeled and grated  
1 medium carrot, peeled and grated  
1 small onion, halved and thinly sliced

2 medium zucchini, peeled and grated  
2 tablespoons flour  
3 eggs, lightly beaten  
Oil for frying

Make sauce: Heat oil in pan over medium heat. Add onion, finely chopped, garlic, and paprika and cook 3 minutes or until soft. Add tomatoes, reduce to low heat and cook 10 minutes, stirring occasionally. Stir in 3 tablespoons shredded basil and set aside.

Make fritters: In a bowl combine everything but the oil and mix well. Heat about 1/4-inch of oil in a frying pan over medium-high heat and lower in ¼ cup of mixture in a neat pile. Use a fork to form into a 4-inch round. Fry 2-3 at a time for 3 minutes each side over medium heat until golden and crispy. Drain on paper towels and keep warm while you fry remaining batches. Serve with sauce.

**Boiled Potatoes**

Scrub potatoes well (about 1-2 medium potatoes per serving) and peel if desired. Quarter the potatoes and place in a saucepan. Cover with water and  $1/2$  teaspoon salt. Boil for 15 minutes or until a fork easily pierces the center of a potato. Drain well. Serve with butter and salt and pepper; raw onions, butter, and parsley; dried yogurt, or sour cream; or cool and use for potato salad. If you plan to use the potatoes for potato salad, they are easier to peel after cooking, but while they are still warm.

**Mashed Potatoes**

Follow recipe for Boiled Potatoes. After draining well, add 1 tablespoon butter and 2 tablespoons milk for every two medium potatoes. Mash together with a fork until very fine and smooth.

**American Fries**

Dice or thinly slice potatoes (about 1-2 medium per serving). Pour about  $1/4$  cup oil in a skillet. Fry potatoes on medium heat until browned, about 15-20 minutes. If you like, add a sliced onion or green pepper after the first 5 minutes of frying. (These easily become Bulgarian Fries by grating some cirene on top.)

**Crispy Potato Wedges**

Scrub and pat dry 8 medium potatoes, and cut into thick wedges. Brush the wedges lightly with olive oil, sprinkle with salt and paprika (or chili powder for a spicier flavor). Bake in a preheated 220C oven for 35-40 minutes, or until the wedges are crisp and golden.

**Potatoes Au Gratin**

Scrub (peel if desired) enough potatoes to make 2 cups thinly sliced potatoes. Cover with water and  $1/2$  teaspoon salt in a saucepan and boil for 15 minutes. Drain. Butter a casserole dish and rub with garlic. Grate 1 cup kashkaval and reserve  $1/4$  cup. Layer potatoes slices and kashkaval along with any optional ingredients in the casserole dish, sprinkling each layer with salt and pepper. Then, mix 2 beaten eggs, 1 cup milk, and  $1/4$  teaspoon nutmeg. Pour the milk mixture over the potatoes. Top with reserved  $1/4$  cup cheese. Bake for 45 minutes at 200 C. Makes 3-4 servings.

*Optional ingredients:* Layer in  $1/2$  cup diced ham,  $1/2$  cup peas,  $1/4$  cup grated carrots, 1 small slivered onion, or a chopped red pepper.

**Baked Potatoes**

Preheat oven to 200C. Wrap potatoes in foil if you can find it; otherwise, plan on peeling them. Bake for about 45 minutes, or until you can squish the center with your hands (well, use a potholder). Serve with butter or dried yogurt or Potato Topping.

**Potato Topping or Fresh Vegetable Dip**

Use any combination of these to make a total of 1 cup: dry yogurt, sour cream and/or mayonnaise with grated Cirene and/or cream cheese. Mix together until smooth. Add  $1/2$  teaspoon salt,  $1/4$  teaspoon black pepper, 2 tablespoons chopped dill or savory, 1 clove garlic, and 1 tablespoon grated onion. Mix thoroughly and chill for at least 30 minutes.

## Ideas for Oven-Roasted Potatoes

1 kilogram potatoes, cut into large chunks, peeled if desired

1/3 cup olive or vegetable oil

### *options group 1*

1/2 packet ranch dressing mix

garlic powder

1 packet onion soup mix

paprika

dried herbs: 1 teaspoon basil, thyme, rosemary, marjoram

red pepper flakes

1 teaspoon grainy mustard

Bulgarian seasoned salt (шарен сол)

1/2 packet Picatina seasoning

### *options group 2*

grated parmesan

pesto

fresh chopped parsley

crumbled cirene

sautéed garlic

salt and ground black pepper to taste

Preheat oven to 200C. In a large plastic bag put potatoes, oil, and any desired ingredients from the first group of options. Close bag and shake or toss in a large bowl until evenly coated. Pour potatoes into a single layer in a large banitsa pan. Bake for 40 minutes or until potatoes are tender and golden, stirring occasionally. Garnish, if desired, with any ingredients from the second group of options. The ingredients listed are just to get you started – the possibilities are endless.

## Herb and Walnut Stuffed New Potatoes

24 small potatoes, scrubbed but unpeeled

2 tablespoons chopped toasted walnuts

1 cup yogurt

24 toasted walnut halves

3 cloves garlic, finely chopped

24 dill sprigs

1/4 cup chopped fresh dill

Salt

Boil potatoes for 8-12 minutes. Drain and cool.

While potatoes are cooking, combine yogurt, garlic, chopped dill, and chopped walnuts. Refrigerate at least 30 minutes.

When potatoes have cooled, slice off the bottom end of each one so it sits upright, and slice off one third of the top. Scoop out some of the potato and fill with a dollop of yogurt mixture. Top each with a walnut and a sprig of dill. Sprinkle with salt and serve immediately.

## Potatoes in Sweet-and-Sour Sauce

1 cup olive oil

2 tablespoons water

1 large onion, thinly sliced

3 tablespoons red wine vinegar

12 new potatoes, quartered

2 tablespoons sugar

12 black or green olives, chopped

Heat oil in a skillet over medium heat. Add the onion and cook, stirring, 2 minutes. Add potatoes, olives, and water. Cover, lower heat to medium, and cook, stirring occasionally, until the potatoes are barely soft (8 minutes). Remove the cover and cook until liquid evaporates. Mix the vinegar and sugar and stir until sugar is dissolved, and pour the mixture over the potatoes. Serve either warm or chilled. (This tastes better after sitting in the fridge overnight.)



## Potato Balls

1 kilogram potatoes, peeled and boiled  
1/2 packet ground cumin  
2-3 tablespoons margarine  
50 grams cirene, crumbled (optional)

1/4 cup grated onion (optional)  
2 eggs, beaten  
1 cup flour  
3 tablespoons oil

Mash potatoes in a large bowl and add cumin, margarine, cirene, and onion if desired, mixing well until potatoes are smooth. Form into patties about the size of a golf ball and flatten slightly. Dip into eggs, then into flour, coating well. Heat oil in a skillet over medium-high heat and fry potato balls.

## Potato Pancakes

*submitted by Joe Herr B10*

6-7 medium sized potatoes  
1 large onion  
4 eggs  
1/3 cup flour

150 grams cirene, crumbled  
2-3 cloves garlic, grated  
Ground black pepper, basil, thyme to taste  
3 tablespoons oil

Peel and grate potatoes and onions; bundle them in a piece of cheesecloth and wring out the juice. Put in a bowl with cirene, eggs, spices and flour. Mix well. Heat oil in a skillet over medium-high heat. Flatten about 1/3 cup potato mixture in the skillet, and cook as many pancakes at once as the pan can hold without being crowded. Cook for 2-3 minutes per side making sure both sides are browned. Serve immediately.

## Deluxe Creamed Onions

*submitted by Sarah Brooner B16*

*serves 4-6*

1 kilogram tiny whole onions, peeled  
2 tablespoons butter  
2 tablespoons flour

1/2 teaspoon salt  
Dash ground black pepper  
1 1/4 cups cream (20% butterfat)

Boil onions until soft; drain and set aside. Melt butter over low heat in heavy saucepan. Blend in flour and seasonings and cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat and stir in cream. Bring to a low boil, stirring constantly, for 1 minute. Pour over drained onions. Serve immediately.

## Sweet & Sour Green Beans

2 tablespoons oil  
1/2 cup sliced onion  
1 cup canned green beans with 1/2 cup canning juice  
2 tablespoons red wine vinegar  
2 tablespoons sugar

1/2 teaspoon salt  
Sprinkle of ground black pepper  
1 tablespoon flour mixed with 3 tablespoons cold water or broth  
1/4 cup chopped ham or salami (optional)

Heat oil in a skillet over medium heat. Add onion and cook until lightly browned, 5-7 minutes. Add green beans with their juice, vinegar, sugar, salt, and pepper. Bring it to a boil and add flour-water mixture, stirring constantly until sauce thickens slightly. Add ham or salami, if desired, and serve.

## Green Bean Fasool

*submitted by Sbea Riggerbach B15*

- |                        |                                 |
|------------------------|---------------------------------|
| 2 tablespoons oil      | 1 tablespoon flour mixed with 3 |
| 1 kilogram green beans | tablespoons water               |
| 1 onion, diced         | 1 cup water                     |
| 1 carrot, diced        | 1 tomato, shredded              |

Heat oil in a skillet over medium-high heat. Add the beans, onion, and carrot and cook until softened. Add flour-water mixture, stirring constantly. Add water and salt and pepper. Allow to simmer for 10 minutes, then add the tomato. Cook for another 5-10 minutes.

## Late Summer Vegetable Skillet

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1 tablespoon butter or margarine | 3 medium sized carrots, sliced        |
| 1 tablespoon oil                 | 1 small green pepper, cut into strips |
| 1 chicken bouillon cube          | ½ cup sliced onion                    |
| 2 medium-sized zucchini, sliced  | 1 tablespoon lemon juice              |
| 8 fresh mushrooms, sliced        |                                       |

Heat butter or margarine and oil over low heat until butter melts; add bouillon cube, stirring and mashing until dissolved. Add carrots and cook, stirring constantly, about 3 minutes. Add squash and mushrooms, and cook over medium heat, stirring constantly, about 3 minutes. Add green pepper and sliced onion and cook, stirring constantly, about 3 more minutes or until vegetables are crisp-tender. Add lemon juice and mix well. Serve over rice for a main dish.

## Scalloped Corn

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 2 cups corn kernels                 | 3 tablespoons flour            |
| 1 cup milk                          | ½ teaspoon salt                |
| 3 eggs (separate whites from yolks) | ⅛ teaspoon ground black pepper |
| 2 tablespoons butter                |                                |

Preheat to 160C. Combine egg yolks, milk, butter, flour, salt, and pepper until smooth. Add corn. Beat egg whites until stiff but not dry, and gently fold them into the batter. Bake in a greased banitsa pan for 1¼ hours.

## Creamed Peas & Carrots

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 cup canned peas                 | 2 heaping tablespoons flour    |
| ½ cup cooked sliced carrots       | ½ teaspoon salt                |
| 1 small onion, chopped            | ¼ teaspoon ground black pepper |
| ½ cup sliced mushrooms (optional) | 1 tablespoon butter            |

Drain peas but reserve juice; add enough water to make 1 cup total liquid. Bring to a boil peas, carrots, and other vegetables in 1/2 cup of the liquid. Make a paste of flour, salt, pepper, and the other ½ cup of the liquid. (Make sure it's cold.) Add the paste to boiling vegetables, stirring constantly until thick. Do not overcook. Remove from heat, stir in butter, and serve immediately.

*Note: Leftovers are a great for Chicken Pot Pie - see Main Dishes with Meat*

## Sautéed Spinach

*submitted by Eric Pianowski B13*

*Don't like spinach? Try it this way, served as a side dish to just about anything.*

- 1 kilogram fresh spinach or kopriwa, stemmed and well-rinsed
- Ground black pepper
- 7-9 cloves garlic, finely chopped
- Just over ½ cup olive oil
- 1 tomato, peeled, seeded, and diced

Heat oil in a soup pot over medium heat. Add garlic and cook until fragrant and light brown, 1-2 minutes. Add spinach, stirring slowly; add pepper and tomato. Cook until spinach wilts and starts to look soggy, then remove from heat and serve.

## Spinach & Rice

*submitted by Eric Pianowski B13*

- 1 cup uncooked rice
  - 2 cups boiling water
  - 1 medium onion, diced
  - 1½ teaspoons salt
  - 1/3 cup olive oil
  - 1 kilogram fresh spinach, rinsed
- Sauté rice and onion in olive oil, stirring occasionally, for 15 minutes. Add boiling water and salt. Cover and simmer for 10 minutes. Add spinach. Mix thoroughly. Cover and continue to simmer, stirring occasionally, for 15 minutes.

## Sweet and Sour Onions

Peel 3 red onions, keeping ends intact so layers stay together. Cut onions into eighths and place in baking dish. Combine 2 tablespoons each of mustard, honey, red wine vinegar and oil. Brush mixture over onions and bake covered in a hot oven for 20 minutes. Uncover and bake another 15 minutes.

## Magdalena's Veggie Bake

- 3 good-sized potatoes, peeled and cubed
- ¼ cup water
- 3 tomatoes, quartered
- 2 tablespoons oil
- 2 onions, roughly chopped
- Salt
- 2 green peppers, chopped
- Parsley to taste
- 1 eggplant, cubed

Preheat to 175C. Combine all ingredients in a baking dish and mix well. Bake, covered, 45-60 minutes or until vegetables are tender.

## Boston Baked Beans

*adapted by Krista Greiner B21*

- 2 cups dry white beans
- ½ cup thinly sliced smoked pork (bacon)
- 1 recipe BBQ sauce (pg)
- 1 teaspoon mustard
- 3 tablespoons molasses or honey
- 1 large onion, chopped and sautéed in oil
- ½ cup tomato puree or catsup
- Salt and pepper to taste

Soak the beans overnight in water. (make sure they don't float.) Cook the beans in new water on low heat for several hours, adding water as it evaporates, just enough to keep beans covered. When beans are tender strain and save the liquid. Or buy canned beans. Add beans and remaining ingredients to a baking dish, mix thoroughly. Add enough bean water or broth to barely cover beans and bake, covered, at 150C for about 1 hour. Then uncover and bake for another 30-45 minutes.

## Roasted Pumpkin with Different Flavor Combinations

*Your imagination spurred by Lauren Mitchell B19, who really loves pumpkin*

4 cups cubed pumpkin

-Olive oil, ground cumin, curry powder, diced onion, a pinch of cinnamon; garnish with parsley and a little fresh mint

-Butter, honey, cinnamon, chopped walnuts; garnish with thinly sliced orange zest

-Vegetable oil, chopped fresh ginger, minced garlic, soy sauce, red pepper flakes; garnish with chopped roasted peanuts

-Vegetable oil, minced garlic, diced onion, curry powder; garnish with a dollop of yogurt

-Vegetable oil, cumin, garlic, diced red onion, chili powder, dried oregano, seeded and diced bell pepper, cooked black or red beans or chickpeas; garnish with sliced green onions and a dollop of sour cream

-Vegetable oil, minced garlic, rosemary, chopped mushrooms; garnish with caramelized onions and a dash of balsamic vinegar

Preheat to 175C. In a greased baking dish combine pumpkin with one of these groups of ingredients (or keep experimenting!) and bake, covered, until pumpkin is easily pierced with a fork, then give it a stir and, if you're after a nice golden brown on top, bake uncovered for 10 minutes more.

## Applesauce

5-6 medium apples, peeled and cored

1 teaspoon cinnamon

1 tablespoon butter

A few gratings nutmeg

3 tablespoons sugar

2 whole cloves

Combine all ingredients in a pot with 1 cup water. Cover and cook on medium heat until apples are soft. Uncover and cook until liquid is significantly reduced. Remove from heat and mash. If necessary, return to heat and cook until desired thickness is reached, stirring often. Remove cloves before serving. You can make apple butter by cooking this mixture down further, stirring almost constantly.

## Mohammed's Mom's Hummus

*submitted by Steven Fidel B19*

*I learned this from a Palestinian friend while I was a student at the University of Stuttgart.*

300 grams dried chickpeas or white beans

150 grams tahini

juice of 1-2 lemons (or to taste)

1/3 cup olive oil

2-6 cloves garlic, chopped (or to taste)

1/3 cup water

salt

sweet and/or dried hot paprika (opt)

Boil chickpeas for several hours or until very soft. Set aside. In a medium bowl combine lemon juice, garlic, and salt, crushing with a fork to turn the garlic into a paste. Let stand 20 minutes. Add tahini and chickpeas and purée – by hand, in a blender, or, ideally, in a food processor. Add water, oil, and pepper, and keep mashing or buzzing until a smooth purée forms. Taste and adjust the seasonings to your liking. Serve with a drizzle of olive oil and a sprinkle of paprika, alongside salty olives, slices of cucumber and tomato, and, of course, flatbread.

## Baked Rice Pilaf

1½ cups boiling chicken broth  
1 tablespoon margarine or butter  
¾ cup uncooked rice  
½ teaspoon salt

¼ cup green onion, sliced  
¼ cup celery, chopped  
¼ cup carrot, chopped

Preheat to 175C. In a one-quart casserole dish, combine boiling broth and margarine or butter and stir until melted. Stir in other ingredients and mix well. Cover and bake for 35 minutes or until rice is tender. Fluff with a fork and serve

## Cheese and Olive Stuffed Tomatoes

4 medium ripe tomatoes  
½ cup crumbled feta or cirene  
¼ cup chopped pitted salty black olives

2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh basil

Cut off and discard the tops of the tomatoes. Carefully scoop out tomato pulp, leaving shells intact; finely chop pulp. Combine pulp with remaining ingredients and gently pile into tomato shells. If you like, put these under the broiler until tops are golden brown.

## Roasted Red Cabbage with Balsamic Vinegar

*from Everyday Food magazine*

1½ kilograms red cabbage  
2 tablespoons olive oil  
2 teaspoons salt

¼ teaspoon ground black pepper  
2-3 tablespoons balsamic vinegar

Preheat to 450F. Cut cabbage into 12 wedges; remove thick core and discard. Pull wedges apart; toss on a large rimmed baking sheet with oil, salt, and pepper. Cover sheet tightly with foil. Bake until cabbage is crisp-tender, about 20 minutes. Remove foil and continue cooking, tossing occasionally, until tender and browned in spots, 20-25 minutes more. Toss with vinegar and serve. Makes 6 servings.

## Minty Smashed Peas

*from Cook's Illustrated*

½ cup broth  
500 grams frozen peas, not thawed  
2 cups chopped lettuce  
2 tablespoons chopped fresh mint

4 tablespoons unsalted butter  
½ teaspoon sugar  
Salt and ground black pepper

Bring all ingredients to a simmer in a saucepan over medium high heat. Cover and cook until peas are tender, 8-10 minutes. Smash. Eat

## Princessa's Spanish Rice

*submitted by Jennifer Garland B16*

At least 4 cloves garlic, minced  
1 large onion, chopped  
1 bell pepper, seeded and chopped  
1 cup uncooked rice  
3 tablespoons olive oil

pickled hot peppers (optional)  
8 ounces canned unsweetened tomatoes  
chili powder  
2-2½ cups broth

Sauté garlic, onion, bell pepper, and rice in oil until the onion is softened. Add remaining ingredients and cook for about 30 minutes, or until rice is done.

## Refried Beans

2 cups pinto beans

6 cups water

5 cloves garlic

1 tablespoon ground cumin

1 teaspoon salt

3 tablespoons oil

1 tablespoon lemon juice or vinegar

1 onion, finely diced

1 hot pepper, minced

Cook beans with water, garlic, and cumin for 2-3 hours on medium heat, stirring every 15-20 minutes and adding enough water only to barely cover them and keep them from sticking to the bottom of the pot. When beans are soft enough that one is easily mashed with a fork, drain them if necessary and mash with a potato masher. Return to the pan and add salt, oil, lemon juice, an additional  $\frac{1}{4}$  cup water, onion, and hot pepper. Simmer 15 minutes on low heat and serve. To reheat, add a couple of tablespoons of water and warm over low heat.

# Main Dishes

## Gyuvedje

*Amounts given here are approximate. Bulgarians make gyuvedje with whatever is in the house and just fill the crocks as they go with cheese, vegetables, and meats. Find the combination you like best.*

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1 cup sliced hot dogs, salami, cooked | 1 small onion, sliced           |
| pork or cooked sausage                | 2 eggs                          |
| ½ cup cubed cirene                    | Savory                          |
| ½ cup grated kashkaval                | Salt                            |
| 1 ½ cups tomatoes, bite-sized pieces  | 10 black olives                 |
| 2 peppers, seeded and chopped         | 2 sliced hot peppers (optional) |

Preheat oven to 300C. Butter the bottoms of two individual serving size crockery bowls (with covers) or one large lidded casserole. Layer instead of mixing: divide the meat, onions, and cirene into the two crocks, then tomatoes and peppers. Sprinkle with grated cheeses, crack an egg on top of each crock and sprinkle with salt and savory. Arrange black olives or hot peppers around the egg, if desired. Cover crocks and bake for 25-30 minutes. Remove the crocks from the oven and allow to stand, covered for 10 minutes.

## Moussaka, Rhodopi Style

*submitted by Bonnie Drenik B14*

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 1 tablespoon sunflower oil           | Salt and ground black pepper to taste |
| ½ kilogram ground meat               | 3 eggs, beaten                        |
| 1 kilogram potatoes                  | 1 cup yogurt                          |
| 2 tomatoes, finely chopped           | 2 tablespoons flour                   |
| 1/3 cup finely chopped fresh parsley |                                       |

Preheat to 325F. Heat oil in a pan over medium heat. Brown meat and onions. Empty pan into a large bowl and add potatoes, tomatoes, parsley, and salt and pepper; stir to combine. Pour contents of bowl into a baking dish and bake, uncovered, 45-60 minutes or until potatoes are done. In a small bowl whisk together eggs, yogurt, and flour, and pour this mixture over the moussaka. Bake another 15 minutes. Serve with extra yogurt on the side.

## Salami Sandwich Spread

*With thanks to Mark Meisner B1*

- |                          |                               |
|--------------------------|-------------------------------|
| 1 cup grated soft salami | ½ teaspoon mustard (optional) |
| 1 large pickle, grated   | ¼-½ cup mayonnaise            |
| ½ cup grated kashkaval   | 1 tablespoon minced onion     |

Mix all ingredients together. Spread on bread or toast. Makes enough for 4 sandwiches.

## Stuffed Cabbage Rolls

- 6-8 whole cabbage leaves
- 1 cup cooked rice
- ½ kilogram ground meat
- 1 small diced onion
- ½ cup tomato sauce or grated tomatoes
- ½ teaspoon oregano
- ½ cup grated kashkaval

Sauté the sausage with onion. Drain on paper towels to remove excess fat. Mix meat, onion, oregano, and rice. Set aside. Bring a huge pot of water to a boil. Dip cabbage leaves (1-2 at a time) into boiling water until leaf wilts and is bendable without breaking. Cool leaves. Cut out the large hard vein in each leaf. Spoon about 1/3 cup filling onto the cabbage leaf, toward one end. Fold sides in and roll up. Place rolls, fold side down, in a baking pan. Cover with tomato sauce - about 1 tablespoon drizzled over each roll. Bake covered, for 30 minutes. Uncover and sprinkle with cheese 5 minutes before baking time is complete. Serves 3-4 (2 rolls each).

## Stuffed Squash or Eggplant

- 1 large squash or eggplant
- 1 tomato, peeled and seeded
- 1 small onion, chopped
- ½ cup grated kashkaval or cirene
- 1½ cups cooked rice or bread cubes
- ½ teaspoon oregano, sage, basil, or thyme
- ½ teaspoon salt
- ½ cup ground beef or sausage removed from casing or 2 eggs

Brown sausage and onion in a hot skillet. Split squash or eggplant lengthwise. Scoop out and discard seeds and pulp. Bake, covered, 30 minutes.

Mix rice or bread cubes with sausage, tomato, onion, and spices. If using bread cubes and mixture seems a bit dry, add a bit of the tomato pulp until it sticks together. Toss lightly; bread should not disintegrate. Fill hollow of squash or eggplant with stuffing. Bake uncovered for another 30 minutes. Top with grated cheese just before serving.

**Note:** When baking squash or eggplant alone, cover and place split side in a small amount of water. This can be done in the oven or on the stove top in a covered skillet. Squash and eggplant take a long time to cook and the stuffing will burn by the time the eggplant or squash is done if you don't precook it.

## Potato Skillet

- 4 boiled potatoes, grated or sliced thinly
- 1 small onion, sliced thinly
- 2 tablespoons butter or oil
- ½ cup grated kashkaval
- 3-4 beaten eggs
- Optional ingredients:*
- ½ cup diced ham, salami, or fried bacon
- 1 cup chopped fresh spinach
- ½ cup sliced fresh mushrooms
- 2 diced red peppers (seeds removed)

Sauté potatoes and onion in butter or oil until lightly browned. Add any optional ingredients you like. Sauté an additional 3-5 minutes. Pour the beaten eggs over all and stir fry until eggs are cooked. Sprinkle with cheese, cover and remove from heat. Let stand until cheese melts. Serves 2-3.



## Carnitas Two Ways

*submitted by Dan Schrupp B19*

1½ teaspoons salt

1½ teaspoons ground black pepper

1 teaspoon dried oregano

1 teaspoon dried rosemary

1 teaspoon dried thyme

1 teaspoon dried basil

½-1 teaspoon red chili flakes

½-1 teaspoon cayenne

3-4 pounds pork or beef roast

Combine seasonings and grind them together a bit with a mortar and pestle. Rub this all over the roast, sparing no part of it. Now cook it:

### *One way*

4 bell peppers, seeded and diced

6 hot peppers, seeded and diced

1 large onion, diced

8 cloves garlic, minced

Preheat to 300F. On a large baking pan lay out a piece of aluminum foil big enough to lie under the roast and wrap around fully to cover it. Lay out peppers, onions, and garlic in a bed on the foil and place the roast on top. Wrap it up in the foil and bake, turning the meat from time to time to make sure it doesn't burn, 3½-4 hours or until it shreds easily with a fork. This is great on its own or as a taco stuffer.

### *The Other Way*

1-2 tablespoons butter

4 bell peppers, seeded and diced

6 hot peppers, seeded and diced

1 large onion, diced

8 cloves garlic, minced

2-3 cups decent white wine

Melt butter in a large heavy-bottomed pot or Dutch oven over medium heat. Brown roast on all sides. Add remaining ingredients. Reduce heat, cover, and simmer for about 3 hours, stirring every half hour or so to make sure the bottom of the roast doesn't burn. It's done when it shreds easily with a fork.

## Spaghetti Carbonara

*A Zaborowski family recipe*

*submitted by Abeth and Tony Spencer B21*

Spaghetti for 2-4 people

3 eggs, beaten

150 grams grated hard cheese (Parmesan if you can get it!)

Bring a large pot of water to boil and cook the spaghetti as usual. While it's cooking, beat the eggs in a mixing bowl, then mix in the grated cheese, a little at a time. As soon as the spaghetti is done, move fast and pour the egg and cheese mixture over the drained - BUT NOT rinsed - spaghetti and stir. Yes, you're adding raw eggs to the pasta, but don't worry - the noodles are hot enough to cook the egg when you add it. Don't let the spaghetti cool off before you add the egg, or it won't work. Eat as is, or top with bacon pieces and/or black olives and enjoy!

## Salad Sandwiches

*Egg Salad Mix* 3 hard-boiled eggs, chopped finely, with 2-3 tablespoons mayonnaise or yogurt/mayo/mustard mixture, paprika, chopped dill, and a dash of salt and pepper. Add 2 tablespoons chopped celery, peppers, onion, ham, or olives, if desired.

*Chicken Salad Mix* ½ cup cold cooked chopped chicken, with 3 tablespoons mayonnaise or yogurt. Add any or all of these: 1 tablespoon minced onion, ¼ cup grated kashkaval, 2 tablespoons chopped peppers, olives, celery, curry powder, apples, grapes, walnuts.

# Main Dishes with Chicken

## Chicken Patties (Kyuftetti)

*from Katerina Davidkova Brinton*

- 1 cup finely chopped cooked chicken
- 1 cup mashed potatoes
- 1 tablespoon finely chopped fresh celery
- 1 tablespoon grated onion
- 3 eggs
- flour
- vegetable oil

Mix together chicken, potatoes, celery, onion, and 2 eggs. Press into patties with wet hands. Roll the patties in flour, dip in one beaten egg. Fry in ½" oil until brown. Serve hot with mayonnaise, spicy catsup, or plain.

## Bulgarian Chicken with Rice

*submitted by Jasmine Lund B15*

- Vegetable oil
- 2 medium onions, sliced
- 2 cups cooked rice
- 1 small fried chicken, cut in pieces
- Picantina seasoning
- Ground black pepper
- garlic powder
- paprika

In a large casserole, place a coating of oil, add onions and cover onions with rice. Then place chicken pieces on top of rice. Sprinkle with seasoned salt and other seasonings. Dot with oil and cover ingredients with 1 quart of water. Cook uncovered 45 minutes until done.

## Chicken Pot Pie

### *Biscuit pastry dough*

- 1 cup flour
- ½ teaspoon salt
- 2 rounded tablespoons soft butter

### *Filling*

- ½ cup chopped cooked chicken
- ½ cup diced cooked potatoes
- 1 recipe cream of soup (pg 26)

- 1¼ teaspoons baking powder
- ½ cup milk

- ½ cup vegetables – any combination of cooked carrots, canned peas, mushrooms, or frozen mixed veggies.

Preheat oven to 200C. Arrange chicken, potatoes, and other vegetables in a small lightly greased banitsa pan. Pour gravy over all. Cover the chicken & vegetables with the pastry, tucking any overhanging edges underneath. Cut slits in the top crust to allow steam to escape. Bake for 15 minutes or until crust is light brown. Serves 3-4.

## Sarah's Chicken Casserole

*Serves about 4. Experiment with the amounts and veggies, everything is approximate.  
submitted by Sarah Cook B11*

- 2 cups uncooked pasta
- 1 recipe cream of mushroom soup (pg 26)
- ½ kilogram cooked chopped chicken
- 1 cup vegetables (spinach, broccoli, corn...)
- ½ cup shredded kashkaval

Preheat to 150C. Cook and drain pasta and combine with cream of mushroom soup. Add chicken and vegetables. Pour mixture into a casserole dish. Cover and bake 15 minutes. Top with cheese and bake an additional 5 minutes, until cheese is golden brown.

## Foolproof Chicken

*This recipe is easy to prepare and almost impossible to mess up. All proportions are estimates, but don't worry. Precision is not necessary.*  
*from Margrit Bergholz*

- |                                |   |
|--------------------------------|---|
| 1 cup flour                    | ½ cup vegetable oil                       |
| 1 teaspoon salt                | 1 medium onion, chopped                   |
| 1 teaspoon ground black pepper | 2 cups dry white wine                     |
| 1 teaspoon paprika             | 2 cups chicken stock or prepared bouillon |
| 6 skinless chicken breasts     |   |

Mix flour, salt, pepper, and paprika in a shallow bowl and dredge each piece of chicken in this mixture. Shake gently to remove excess flour. Heat oil in a frying pan over medium-high heat and, when a drop of water sizzles in the oil, add 2-3 chicken breasts (as many as you can fit without crowding the pan) and sear on both sides. (Chicken should not be entirely cooked at this time.) Remove chicken from pan and place in a casserole dish; repeat with remaining breasts. Brown chopped onion in the same pan and put in dish with chicken. Pour wine and chicken stock over the chicken and bake at 150C-175C for at least 30 minutes, but up to two hours. Keep an eye (and nose) on this. The liquid will thicken as it cooks and should be covering most of the chicken at all times. Serve with rice or with potatoes.

## Chicken Breast in Cream with Fresh Apples

*(from A Cooking Affaire, Ponca City, OK) submitted by Sarah Brooner B16*

- |                                      |                              |
|--------------------------------------|------------------------------|
| 8 chicken breasts, dusted with flour | ½ cup apple cider            |
| 8 tablespoons butter                 | ½ cup brandy                 |
| 4 tablespoons minced onion           | 2 cups cream                 |
| 8 peeled fresh apple rings, ½" thick | salt and ground black pepper |

Sauté chicken breasts in butter with onion over low heat. Poach the apple rings in the cider until soft. Add brandy to chicken and ignite. Add cider left from poaching apples. Cook at low temperature until chicken is tender, about 10 minutes. Add cream and continue cooking until sauce is thickened. Season to taste. Place chicken on a warm serving platter with a slice of apple on each piece. Pour sauce over all. Run under the broiler to brown. Easy and delicious. Forget the calories! Makes 8 servings, but this recipe is easily divided.

## Sweet Coconut Curry

*Michael El Koubi B18*

- |                              |  |
|------------------------------|--|
| 4 tablespoons curry powder   | 2 potatoes, peeled and chopped         |
| 200 ml coconut milk          | 2 onions, chopped                      |
| ½ tablespoon cinnamon        | 3 cloves garlic, chopped               |
| ½ tablespoon nutmeg          | 100 -300 grams lentils, more = thicker |
| ¼ cup sugar                  | 1 tablespoons red pepper flakes        |
| 1 tablespoon chopped parsley | 2 chicken breasts, chopped             |
- Put all ingredients in a large stock pot with enough water to cover. Simmer for a few hours, stirring occasionally. Add salt and pepper to taste.

## Easy Tandoori Chicken

*submitted by Alana and John McKinney B18*

½ teaspoon curry powder  
½ teaspoon red pepper flakes  
¼ teaspoon salt  
¼ teaspoon ground ginger  
¼ teaspoon paprika

¼ teaspoon cinnamon  
¼ teaspoon turmeric  
2 tablespoons water  
4 boneless skinless chicken breast halves

Preheat grill for high heat. In a medium bowl mix all ingredients except chicken to form a paste. Rub this paste into the chicken breasts. Cover and allow to marinate 20 minutes. Brush grill with oil. Place chicken breasts on the grill and cook, 6-8 minutes per side, until juices run clear when pierced with a fork.

## Jake's Spicy Wings

*submitted by Jake Cinnamon B11*

¾ cup flour  
1 ½ tsp salt  
¼ tsp black pepper  
1 kilogram chicken wings

½ cup (1 stick) butter  
½ cup whiskey  
¼ cup ketchup  
1/3 cup Tabasco sauce, or to taste

Combine flour, salt, pepper in small bowl. Coat wings with flour mixture. Heat 2 to 3 inches of oil in fryer or heavy pot to 375F. Fry wings, a few at a time, until golden brown on all sides and cooked through, about 10-15 minutes. Drain on paper towels.

Combine butter, whiskey, ketchup, and Tabasco in a small saucepan. Bring to a boil. Dip cooked wings in sauce. Serve with Ranch Dressing or whatever you like.

**Note:** To bake wings, place in roasting pan. Brush with melted butter; season with salt and pepper. Bake at 450F until lightly browned and cooked through, about 30 minutes.

## Mama's Soy Sauce and Sugar Chicken

*submitted by Mindy Westfall B20*

1 tablespoon vegetable oil  
1 large chicken breast, washed and cut into bite-sized pieces

1-2 cloves garlic, crushed  
1-2 tablespoons sugar  
2 tablespoons soy sauce

Heat oil in a nonstick pan over medium high heat. Add chicken and cook until almost done, reduce heat to medium, and add other ingredients, frying until chicken is completely cooked. Serve over rice.

**Notes** My momma taught me this recipe when I was little – she'd make me recite “niniku shoyu sato tori niku” (garlic, soy sauce, sugar, chicken). It's the easiest way to make *anything* Asian. This can be made with beef or pork all the same (increase the amount of garlic you use if you make it with beef), and is a great base for a stir-fry if you add vegetables as well. It's your basic Asian, and, as with all Asian cooking, measurements are not important, so feel free to experiment.

## Gong Bao Chicken

*submitted by Mindy Westfall B20*

¼ cup soy sauce  
¼ cup water  
1 tablespoon cornstarch  
1 large chicken breast, washed and  
cut into bite-sized pieces  
¼ cup peanuts

¼ cup vegetable oil  
1 large green bell pepper, seeded and  
chopped  
2 hot peppers, minced (optional)  
2 cloves garlic, crushed

In a bowl combine soy sauce, water, and cornstarch. Add chicken and set aside. Rinse peanuts under the faucet to remove salt and skins; set aside. Heat oil in a large frying pan over medium heat. When oil is hot, sauté the bell pepper until the outsides begin to turn a bit white, or until it generally looks done. Remove with a slotted spoon and set aside on a paper towel. Heat peanuts in the same pan, until golden brown and fragrant. Remove and put on the same plate as the peppers. Increase the temperature to medium-high and dump the whole bowl of chicken into the pan. Fry until chicken is done, add the hot peppers, peanuts, peppers, and garlic, and cook another 2-3 minutes. Remove from heat and serve over rice.

## Roast Chicken or Turkey with Gravy

Weight	Oven Temp	Cooking Time
2-3 pounds	175C	1 hour
4-5 pounds	175C	2-2½ hours
6-10 pounds	175C	3-3½ hours
10-14 pounds	175C	3½-4 hours

Rinse the bird inside and out, remove the giblets and reserve them for gravy. Sprinkle inside with salt; rub outside with oil or mayonnaise. Stuff with a halved lemon or a head of garlic, a halved onion, and a few carrot and celery sticks. (Bread stuffing should be made in a separate container, not stuffed in the bird – by the time the heat gets all the way through the stuffing, the bird will have been overcooked and dry.) Bake as directed above and remove lemon or vegetables before carving. Leftovers? See recipes for chicken salad sandwiches, soup, or pot pie – these work with turkey too.

To make gravy: boil giblets in 2 cups water and ½ teaspoon salt over low heat for 2 hours or the entire cooking time of the bird. Just before serving, strain this mixture and bring to a boil. In a small bowl mix 2 heaping teaspoons flour, ½ cup cold water, and a dash of ground black pepper until smooth. Pour this mixture into the rapidly boiling broth, and stir constantly until thick.

## Moroccan Chicken

*submitted by Sarah Brooner B16*

- 2 tablespoons olive oil
- 8 boneless skinless chicken thighs
- salt and ground black pepper
- 1 medium onion, finely chopped
- 2 medium cloves garlic, minced

- 1½ cups plain tomato sauce
- 3 tablespoons honey
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon chili powder or hot sauce

Heat 1 tablespoon oil in a heavy skillet over medium heat. Add chicken and season with salt and pepper. Sauté for a few minutes until golden on both sides. Remove and set aside. Add remaining tablespoon oil to the pan and sauté onion and garlic until onion is softened, about 5 minutes. Add tomato sauce, honey, cinnamon, ginger, and chili powder. Simmer for 5 minutes. Add the chicken back to the pan, coating well with the sauce, and simmer, covered, for 30 minutes, basting occasionally. Uncover and simmer an additional 10 minutes to thicken the sauce. Serve over rice or couscous.

## Fajitas

*submitted by Joe Herr B10*

- 1 kilogram boneless chicken, cut into small pieces
- 2-3 medium onions, roughly chopped
- 3-4 bell peppers, seeded and chopped

- 1-2 cloves garlic, minced
- 1 tablespoon vegetable oil
- red pepper flakes, ground black pepper, and salt to taste

Cook chicken with some black and red pepper at medium high heat for 7-10 minutes or until cooked through. Empty skillet into a bowl and set aside. Add more oil to the pan if necessary and sauté onions, bell peppers, and garlic for 2-3 minutes. Combine with chicken and serve with tortillas.

## Beer-Marinated Chicken

*submitted by Dan Schrupp B19*

*Great for tacos!*

- 1 bottle beer
- 1-2 teaspoons lime or lemon juice
- 2 bell peppers, seeded and chopped
- 2 hot peppers, seeded and chopped

- 1 medium onion, minced
- 8 cloves garlic, minced
- 4 boneless chicken breasts
- 2 tablespoons Dijon mustard

In a re-sealable container whisk together beer, mustard, and lime juice until the mustard is completely incorporated. Add remaining ingredients, making sure to coat the chicken. Let sit 2-3 days, flipping the meat twice a day. Cook in a pan with oil or on a grill.

## Baala Keita's Almost Famous Malian Tige-dige-na

(Tige = peanut; dige = smashed; na = sauce)

*submitted by Carl Hammerdorfer, Country Director 2002-07*

- Tell a child to go grab a chicken and kill it. Be careful to negotiate price first.
- Start fire and find an old bicycle wheel.
- Using wheel as grill, burn feathers off of chicken.
- Gut and cut into pieces. If unable to kill own squab, purchase cut up chicken, or cut your own if you know how to use a knife. You may feel free to use just breasts of chicken, but I think the dark meat is better. Tofu people should begin improvising now.
- In Dutch oven (deep pot) heat 3 tablespoons of oil.
- Dice one large onion and cook in oil until translucent. (medium heat)
- Chop five cloves of garlic and drop in oil with onion. (medium heat)
- Dredge Chicken pieces in flour (or shake in plastic bag o' flour)
- Drop pieces in oil with now translucent oil and goodies and brown them slightly (med. to high heat)
- Place Bob Marley cassette in 'tape deck' and switch on.
- When chicken pieces are browned a bit, drop in three quartered, medium tomatoes and "stir it up"
- Pour one liter of water over the whole mixture and crank up the heat until it boils.
- When it boils, add one cup of peanut butter and a small handful of peanuts. Stir it up.
- Add a teaspoon or two of salt, depending on your taste, two tablespoons of paprika, two tablespoons of cumin, a teaspoon of pepper, ½ teaspoon cinnamon and some of whatever it is you use to add a bit of hot to your food. (Red pepper, Tabasco, cayenne, some green hot ones, etc)
- Peel and slice 4 carrots, 3 peppers and 2 potatoes. Wash a bunch of spinach or some other green leaf. Quarter a small cabbage. Clean some shrooms. Whatever your own personal vegetable fetish is, now is the time to do it. Okra is nice, as is eggplant. But don't overdo it now. Show a bit of restraint... but don't block your natural verve either. (See: Aristotle's Golden Mean for further guidance.)
- Toss it all in there. Should be enough liquid to cover it all up and still leave you some gravy. If not, add some more plus a cup of white wine. Cook for 20 minutes.
- Now get yourself some nice white rice and cook it up. BUT! don't commit the occidental sin of putting too much water into your rice, or you'll end up with gloppy muck. 1 cup rice to 1½ cups water is usually okay.
- Now it's all instinct. Turn on some Salif Keita, Habib Koita or Mori Kante. If you don't have that, souscous will be okay, or just some Mississippi delta blues if that's all you have.

Taste, re-salt if necessary, re-spice, add more peanuts if you like, toss in a few more peppers or another ½ cup peanut butter if needed. The consistency shouldn't be too thick, but shouldn't be like soup either. You gotta use the force here. Enjoy...

# Main Dishes with Beef

## Bulgarian Style Hamburger (Kyuftetti)

*submitted by Jasmine Lund B15*

½ kilogram ground beef  
1 teaspoon salt  
1 teaspoon cumin  
1 onion, finely chopped

½ cup bread crumbs  
½ teaspoon black pepper  
1 egg  
1 tablespoon chopped fresh parsley

Mix all ingredients well and form into patties or sausage rolls. Fry or grill until done. This is especially good when meat has been allowed to marinate with the spices for a few days.

## Beef and Peppers

*discovered by Charlie Golitko B5*

1 tablespoon butter  
1 small onion, diced ½ cup sliced  
mushrooms  
2-3 cloves garlic, minced

½ kilogram beef, cubed (and marinated, if you've got the time)  
6-8 green bell peppers, roasted (see Basic Recipes) and sliced

In a skillet melt a tablespoon of butter. Add onions and garlic to butter. Sauté until onions are transparent. Add the beef and cook until brown on all sides, stirring constantly. Add the peppers and mushrooms into the skillet. Stir until all ingredients are mixed and it begins to smell really good. Serves 2-3.

## Ground Beef and Cabbage Casserole

*submitted by Jennifer Garland B16*

½ kilogram ground meat  
1 cup chopped onion  
1 teaspoon salt  
⅛ teaspoon ground black pepper

1/3 cup uncooked rice  
350 ml tomato juice  
1 cup water  
3 cups chopped or shredded cabbage

Preheat to 160C. Brown meat in a frying pan. Add onion, salt, pepper, and rice and cook 2-3 minutes more. Remove from heat and mix with tomato juice and water. Put cabbage in a banitsa pan and pour meat mixture over. Cover and bake 1-1½ hours. Makes 4-6 servings.

## Meatloaf

1 tablespoon oil  
3 small onions, chopped  
1 cup broth  
1 kilogram ground meat

2 eggs, beaten  
¼-½ cup ketchup  
1½ cups breadcrumbs  
¾ cup warm water

Preheat to 175C. Brown onions in a little oil. Add broth (water and bouillon) and simmer 5 minutes. Mix together in a bowl with all remaining ingredients, salt and pepper as desired. Shape into a loaf and place in small banitsa pan or other shallow baking dish. Bake 1 hour. Serves 4 - 6.



## Beef Roast

*submitted by Charlie Golitko B5*

½ kilogram beef roast  
3-4 medium potatoes, peeled and  
chopped  
3-4 medium carrots, peeled and  
chopped

½ cup mushrooms, sliced  
2 small onions, cut into wedges  
2-3 cloves garlic  
½ teaspoon dried basil  
½ teaspoon dried oregano

Marinate (see Marinades) the beef roast overnight for a good flavor. Keep the marinade. Preheat to 170C. Put the roast into the middle of a baking pan. Put the carrots, potatoes, mushrooms, onions, and garlic around the roast. Sprinkle the oregano and basil over everything. Pour remaining marinade over all. Add enough water to cover vegetables. Cover and bake 40-50 minutes. Uncover and cook until done: vegetables should be soft and the interior of the roast should be pink to light brown. If you want gravy, take the roast and vegetables out of the sauce. Add 2 tablespoons of flour to the sauce and heat on stove, stirring constantly with a whisk, until sauce thickens. Makes 2-3 servings.

## Tanya's Casserole

*from Tanya Kmetova.*

2 cups macaroni uncooked  
½ cup canned crushed tomatoes  
2/3 cup ground meat or soft salami

1 medium onion, chopped  
1 cup grated kashkaval  
¼ cup ketchup

Preheat oven to 250C. Cook pasta (see Basic Recipes). While pasta is cooking, brown meat with the onion. Salt and pepper the meat lightly, and drain on a napkin. Mix tomato paste and ketchup together. Mix ground meat, onion, and pasta in a deep casserole (about 5"x7", 3" deep). Stir in the ketchup mixture and sprinkle with grated kashkaval. Bake, uncovered, 15-20 minutes or until cheese is slightly browned and the top is crunchy.

*Variations:* Add ½ cup sliced mushrooms or bell peppers or ¼ cup chopped celery and fry with the meat. Add 2 peeled and chopped tomatoes just before baking.

## Shepherd's Pie

*submitted by Justine Moultrie, 1998-9*

1 tablespoon oil  
1 large onion, chopped  
2 cloves garlic, chopped  
½ kilogram ground beef  
2 carrots, sliced

1 cube beef bouillon  
1 packet vegetable or chicken soup (opt)  
flour  
2-3 cups leftover mashed potatoes  
1 cup grated kashkaval

Preheat to 150C. Heat oil in a large frying pan over medium high heat. Sauté the onions and garlic. Add the meat and cook until well done. Add the carrots, beef bouillon, soup packet and 1 cup of water. Simmer on medium heat until carrots are soft. (Thicken if necessary with flour, adding it a teaspoon at a time until desired consistency is reached.) Put the meat mixture into a casserole dish, place the mashed potatoes on top and sprinkle generously with cheese. Bake until cheese is golden brown and everything is hot.

## Baked Spaghetti

*submitted by Sarah Brooner B16*

- |                                       |   |
|---------------------------------------|---|
| 1 cup chopped onions                  | ½ kilogram ground meat, browned and drained |
| 1 cup chopped green bell pepper       | 350 grams spaghetti, cooked and drained     |
| 250 grams mushrooms, sliced           | 1 recipe cream of mushroom soup (pg 26)     |
| 1 tablespoon butter                   | 2 cups shredded kashkaval                   |
| ½ cup black olives, pitted and sliced | ¼ cup grated parmesan                       |
| 2 teaspoons dried oregano             |   |
| ¼ cup water                           |   |

Preheat oven to 175C. In a large skillet sauté onion, bell pepper, and mushrooms in butter until tender. Add tomatoes, olives, oregano, and ground meat. Simmer, uncovered, 10 minutes. Put half of the spaghetti in a greased dish that's somewhere around 9"x13". Top with half of the skillet mixture. Sprinkle with 1 cup kashkaval. Repeat layers. Mix the soup and water until smooth and pour over the casserole. Sprinkle with parmesan. Bake, uncovered, 20-25 minutes or until cheese is golden and dish is bubbly.

## Sloppy Joes

- |   |  |
|---|--|
| ½ cup diced onions                      | ¼ teaspoon salt                        |
| ½ cup diced green bell pepper           | 1 clove garlic, minced                 |
| 1 small hot pepper, diced               | ½ teaspoon ground black pepper         |
| 2 tablespoons oil                       | 1 teaspoon ground cumin                |
| 1 kilogram ground meat or presoaked TVP | 1 cup ketchup                          |
|   | 1 cup tomatoes, diced, fresh or canned |

Sauté onions, peppers, and garlic in oil until onions are translucent. Add beef, and cook, stirring often, until meat is browned. Drain off fat, add salt, pepper, and cumin, and cook for another minute, stirring constantly. Add ketchup and tomatoes, and cook, uncovered, over low heat, until thickened. Serve on toasted bread.

## Tacos

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 cup ground meat or presoaked TVP | ½ teaspoon dry mustard        |
| 1 teaspoon paprika                 | 1 small onion, finely chopped |
| ½ teaspoon ground cumin            | 2-3 cloves garlic, minced     |
| 1 hot pepper, minced               | ½ teaspoon dried oregano      |
| ½ teaspoon salt                    |                               |

Brown meat well. Add other ingredients and continue cooking until onion is transparent. Serve with grated cheese, sour cream, chopped tomatoes, minced hot peppers, chopped onions, lettuce, salsa, and whatever else you'd like.

## Homemade Corned Beef

*submitted by Dan Schrupp B19*

4 quarts (just under 4 liters) water  
1/3 cup cider vinegar  
1 cup salt  
Half of a good-sized red onion  
3 tablespoons whole black peppercorns

1 teaspoon ground coriander  
1 teaspoon dried rosemary  
1 teaspoon dried thyme  
3 whole bay leaves  
2 kilograms beef brisket or roast

Make brine: In a large pot bring water to a boil. Add vinegar and salt and stir until salt has completely dissolved. Add everything else except the meat and let it boil for 10 minutes. Remove from heat and let cool.

When brine has cooled, place meat in a re-sealable container, cover with brine, and put it in the fridge for at least 5 days – 10 is better if you've got good meat.

When you're ready to cook it, strain the brine out and put the meat, onion, garlic, etc into a pot. Add enough fresh water to cover up to three-quarters of the meat and bring it all to a boil. Once it hits a boil, knock the heat back down and simmer 3-4 hours. (Don't worry – you won't overcook it if you forget it for an extra half hour.) Remove from heat, let cool, and serve with boiled cabbage and mashed potatoes.

*Note – this meat will not have the pinkish color that one will find in store-bought corned beef. This is because store-bought contains preservatives, like saltpeter, which is, incidentally, a key ingredient in gunpowder.*

## Nebraska Runza's

*submitted by Andrea Kruse, B24*

### Dough:

1 c. warm water  
1 pkg yeast  
1/4 c sugar  
1/2 t salt  
1 egg  
2 tablespoons butter, melted  
3 1/4 c flour

### Filling:

300 g kaima  
1/4 c onion  
1 1/2 c cabbage  
1/4 c water  
1 t salt  
Pepper and Hot Sauce to taste

Mix water, yeast, sugar, and salt and stir until all the sugar is dissolved then mix in the egg and butter. Stir flour into liquid mixture. When all the flour is mixed in put the dough into the fridge for 4 hours. While you're waiting on the dough brown the kaima and onion in a large sauce pan. Add cabbage, seasoning, and water to the pan and let cook down for 15 to 20 minutes, until almost all the liquid is gone. Cool completely. Take out the dough and roll it out and cut it into 8 squares. Put some of the meat mixture in the middle of each square and fold the dough around the meat mix. Bake on a greased sheet for 20 minutes at 175C or freeze for later and bake from frozen for 30 minutes at 175C.

# Main Dishes with Pork

## Kebapcheta

1 kilogram ground meat  
salt  
2 onions, grated

½ teaspoon ground cumin  
ground black pepper  
¼-½ cup water

Salt the meat and refrigerate 1-2 hours. Mix in onion, cumin, salt and pepper, and water. Let stand for 2 hours. Form into oblong shapes and grill. Serve with vegetables.

## Meat and Cabbage

*submitted by Shea Riggerbach B15*

1 kilogram cabbage, thinly sliced  
1 tablespoon oil

boiled or fried chicken or pork  
½ kilogram tomatoes, shredded

Sauté the cabbage in oil and salt for 10 minutes till soft. Add tomatoes and meat. Cover and simmer 1½ hours on low heat.

## Meat on a Spit

1 kilogram pork, bite-sized pieces  
1 teaspoon salt  
1 onion, cut in large pieces

1 bell pepper, cut in large pieces  
1 tomato, cut in large sturdy pieces  
lemon juice (optional)

In a bowl combine pork, salt, onion, and bell pepper. Refrigerate 2 hours and then string on a spit with tomato, alternating meat and veggies. Baste with lemon juice if desired. Serve hot.

## The RED Hot & Spicy Zele

*submitted by Tod Sword B5*

1 medium cabbage, thinly sliced  
1 large onion, chopped  
2 medium tomatoes, chopped  
1 teaspoon paprika  
¼ teaspoon ground black pepper  
1 tablespoon oil

### *Optional ingredients*

1 teaspoon red pepper flakes  
1 cup cubed ham  
½ cup peas  
½ cup cubed potatoes  
other vegetables

Put all ingredients and 2 - 3 cups water into a large pot. Bring to a boil and then reduce to medium heat. Cover and cook for 15 minutes. Uncover, and begin stirring every 5 minutes. Cook for a total of 45 minutes to one hour. Cabbage is done when it is soft enough to be cut by a spoon. This keeps well in the fridge for several days.

## Pork Spindle Fillet

1 kilogram pork fillets, pounded thin  
chopped fresh parsley  
¼ cup tomato paste  
250 grams mushrooms, sliced

200 grams cirene or kashkaval, grated  
several cloves of garlic, minced  
500 grams butter  
½-1 cup water

Season pork fillets with salt, pepper, and chopped parsley, and rub with tomato paste. Set aside. Stew the mushrooms, cheese, more chopped parsley, and garlic in butter and water. Place some filling in each fillet, roll up, tie with string, and grill.

## Ham & Egg Pie

### *Biscuit pastry dough*

1 cup flour  
½ teaspoon salt  
2 rounded tablespoons soft butter

¼ teaspoons baking powder  
½ cup milk

### *Filling*

1 cup diced ham  
4 tablespoons milk  
2 cups mixed veg: peas, sliced cooked  
carrots, seeded and chopped red bell  
pepper, diced cooked turnip, chopped  
celery, peeled diced potatoes  
½ teaspoon salt  
3 eggs, beaten  
1 tablespoon chopped fresh parsley or 1  
teaspoon dried  
1 small onion, minced  
¼ teaspoon ground black pepper

Mix together pastry ingredients and knead 5-6 times. Roll out with a floured rolling pin or bottle, or pat into a circle about 1 inch larger than the diameter of the banitsa- or pie pan you are using. Preheat oven to 250C.

Transfer the rolled pastry to the pan. Press the dough against the sides of the pan. Mix ham and vegetables and pour into unbaked pastry shell, leveling out to evenly fill the pan. Mix the milk, eggs, and spices over the vegetable/meat mixture. Bake for 20-25 minutes. Slice into pie-shaped pieces, sprinkle with grated kashkaval, and serve immediately. Serves 3-4.

# Main Dishes For Vegetarians

## Vegetable Gyuedje

*This is just a guide -- create your own version with any combination you like.*

- |                                     |  |
|-------------------------------------|--|
| Butter                              | 3 bell peppers, seeded and chopped                             |
| 1 tablespoon oil                    | 3 medium fresh tomatoes, seeded and chopped, or 1½ cups canned |
| 2 medium onions, sliced             | ¼ cup water or tomato juice                                    |
| 500 grams cirene                    | 2 tablespoons chopped fresh parsley                            |
| 3 medium potatoes, peeled and cubed | salt and ground black pepper                                   |
| 5-10 okra, chopped in 1" pieces     | paprika  |
| 1 cup peeled and cubed eggplant     |  |

Preheat oven to 150C and butter the bottoms of 2 individual gyuedje crocks or 1 larger one. (A banitsa pan will also work, as long as you've got something to cover it tightly.) Heat oil in a small frying pan over medium heat. When oil is hot, add onions and cook until softened, 4-5 minutes. Layer all ingredients equally into the two crocks. Cover and bake for 25-35 minutes. Serves 2.

## Cirene Po Shopski

*submitted by Jill Snedden B1*

- |                                     |   |
|-------------------------------------|---|
| 250 grams cirene                    | 1 roasted bell pepper, chopped (optional) |
| 1 small tomato, in half-moon slices | 6 tablespoons water                       |
| 1 small onion, chopped              | 2 eggs                                    |

Preheat to 150C and butter the bottoms and sides of two individual gyuedje crocks. Cut cheese block in half and place one square in each bowl. Surround with onion and tomato slices (and pepper if desired). Dab 1 tablespoon of butter on top of each cheese square. Add 3 tablespoons of water to each bowl. Cover and bake 10 minutes. During the last two minutes of cooking time, crack an egg over each portion and sprinkle with red pepper on top. Continue baking, uncovered, until egg forms a crust on top.

## Stuffed Peppers with Cirene and Mushrooms

*submitted by Joe Herr Bulgaria 10*

- |                                |   |
|--------------------------------|---|
| 300 grams cirene, crumbled     | chopped fresh or dried basil              |
| 3 eggs, beaten                 | garlic powder                             |
| 8-10 mushrooms, finely chopped | 8-10 peppers, roasted, peeled, and seeded |
| salt and ground black pepper   | yogurt                                    |

Preheat to 175C. In a bowl combine cirene, eggs, mushrooms, salt and pepper, basil, and garlic powder. Gently stuff peppers with cirene mixture. Pour about ½ cup water in the bottom of a baking pan, add peppers, and bake 30 minutes or until done. Serve with yogurt.

## Surmi and Stuffed Peppers/Zucchini/Tomatoes

*One of the high points of Bulgarian vegetarian cuisine.*

About 15 bell peppers

10-15 potatoes

2 small/medium zucchini

3 tomatoes

oil

2 onions, finely chopped

500 grams rice

1 tablespoon ground black pepper

¼ cup chopped parsley

canned or boiled grape leaves or cabbage leaves

Wash and punch out tops of peppers and remove seeds. If using dried peppers, boil for 10 – 15 minutes. Peel potatoes and set to boil. Cut zucchini into 3 inch pieces. Hollow out. Hollow out tomatoes. Save inside of tomatoes and mash. Fry onions in oil a couple of minutes and add mashed tomatoes. Add rice and fry. Remove from the heat and add black pepper and parsley. Stuff your peppers, zucchini, tomatoes, and grape leaves (roll them up and tuck in the edges like you would wrap a present). Slice your boiled potatoes and use a piece to plug up the top of the peppers/zukes. Put the rest of the sliced potatoes into the bottom of a shallow pan. Lay out all of your stuffed veggies on top of the potatoes in the pan. Cover everything a little more than halfway with water, add about ¼ cup oil. Roast on really high heat until done, about one hour. Can serve with dollops of yogurt, if you so desire. This recipe feeds a LOT of people – a great na gosti idea.

## Bulgur and Cirene Stuffed Green Peppers

1 cup water

1 cup uncooked bulgur, rinsed

8 large green peppers

1 tablespoon oil

1 medium onion, diced

2 garlic cloves, minced

2 cups diced broccoli (or zucchini)

1 cup crumbled cirene

2 tablespoons finely chopped parsley

2 scallions, chopped

1 teaspoon ground cumin

1 teaspoon ground coriander

salt and pepper to taste

Preheat to 175C. Bring water to a boil. Stir in bulgur. Reduce heat and simmer gently, covered, until the water is absorbed. Meanwhile, slice off pepper tops, and remove the seeds.

Heat the oil in a skillet, and cook onion and garlic until soft, about 5 minutes. Lower the heat to medium-low and add the broccoli and cook, covered until crisp-render, about 3 minutes. In a bowl, mix bulgur, broccoli mixture, cheese, herbs, spices, salt, and pepper. Stuff the mixture into the peppers, and arrange them in a shallow, lightly oiled banitsa pan. Cover with foil (if you don't have foil, you might want to put a little water in the pan and make sure that the top burner in the oven isn't too hot.) Bake until peppers are tender, about 25-40 minutes.

## Super Vegetarian Moussaka

*submitted by Alden Burley*

*When regular Moussaka just won't cut it! Takes a little time but hey, who's in a hurry?*

5 cups water	3 cups milk
1 teaspoon salt	½ cup chopped fresh parsley
2 ½ cups bulgur	1 pinch ground nutmeg
1 eggplant, sliced into ½ inch rounds	salt and pepper to taste
2 Tablespoons butter	3 ½ cups peeled roma (plum) tomatoes
2 cloves garlic, minced	1 egg, beaten
3 Tablespoons all-purpose flour	

Preheat the oven to 200 Celsius. In a large saucepan bring the water and the 1 teaspoon salt to a boil. Add the bulgur, cover the pan. Remove the pan from heat and let the bulgur sit for 10 minutes.

Lay the eggplant slices on one or two lightly greased baking sheets. Bake them in the oven for 15 minutes or until the eggplant has softened but is not browned. Remove the eggplant from the oven and lower the temp to 175 Celsius. While the eggplant is baking make the béchamel sauce. Melt the butter in a saucepan over medium heat. Add the garlic and cook it, stirring often for 1 minute. Add the flour and stir constantly for 1 minute. Slowly add the milk, ½ cup at a time, whisking well after each addition. Simmer the mixture, stirring frequently for 5 minutes. Remove the pan from heat. Sprinkle the parsley, nutmeg, salt, and pepper into the saucepan of the béchamel sauce. Spoon the bulgur into a 9x11 casserole dish, and pat the bulgur down well. Lay the eggplant slices on the bulgur overlapping them in rows. Squeeze the tomatoes and spread them and their juice over the eggplant. When the béchamel sauce has cooled a bit whisk the egg into it. Pour the sauce over the tomatoes. Bake the moussaka, uncovered for 45 minutes. Slice it as you would lasagna and serve

### Eggplant Istanbul

½ cup oil	2 tomatoes, chopped
1 medium eggplant, peeled and cubed	1 cup tomato sauce
1 onion, chopped	Juice of 1 lemon
2-3 cloves garlic, minced	Salt

Combine oil, eggplant, and onion in a medium-sized soup pot and cook on medium to high heat for 10-15 minutes. Add garlic, tomatoes, tomato sauce, and lemon juice and simmer for 15 minutes. Add salt to taste. Serve over rice.

### Eggplant Salad and Bread Spread

3 medium eggplants, roasted and peeled	3 tablespoons vinegar
7-10 large red bell peppers, roasted, peeled, and seeded	1 teaspoon salt
4-5 cloves garlic, chopped	¼-½ cup olive oil

Put eggplants and bell peppers in a large bowl and mash together. Add garlic, vinegar, salt, and oil. Leave in fridge for several hours before serving. Eat as a salad or spread on bread or toast.



## Fried Eggplant Sandwich

*submitted by Melody Jones B17*

Sunflower oil  
1 eggplant, stem removed  
2-3 eggs

### *Suggested toppings*

Cirene  
Lutenitsa  
Sliced hard boiled egg

1/4 cup milk or yogurt  
1 cup flour  
Sliced bread

Lettuce  
Sliced Mushrooms

In a skillet heat a couple of tablespoons of sunflower oil over medium high heat. Slice eggplant vertically into 1/4"-1/2" strips. In a shallow bowl mix eggs and milk; put flour in another shallow bowl. When oil is hot enough that a drop of water sizzles, dip a slice of eggplant in the egg mixture, then in the flour mixture. Shake lightly to remove excess, then lay eggplant gently in the skillet. Fry on both sides, until the skin is wrinkled and crispy. Repeat with remaining slices, adding more oil to the pan if necessary. Put on bread with any of the suggested toppings - and anything else you'd like to add.

## Sweet and Sour White Beans

1 tablespoon butter or margarine  
1 cup onion, chopped  
1 cup thin sliced carrots  
1 cup chopped apple  
2/3 cup raisins

2 1/2 cups cooked beans  
1 tablespoon honey  
2 tablespoon vinegar  
2 cups shredded cabbage

Brown onion in butter/margarine. Add rest of ingredients (except the cabbage) plus 1 1/2 cups water or the liquid that the beans were cooked in. Cook 20 minutes. Add cabbage and cook 10 minutes more. Serve over rice.

## Ratatouille

*submitted by Fred Levein B1*

1 medium eggplant, cut into 1" cubes  
1 teaspoon salt  
3 tablespoons oil  
1 large onion, chopped  
2 cloves garlic, finely chopped  
2 bell peppers, seeded, cut into 1" pieces  
1 zucchini, cut into 1" pieces  
2 tomatoes, quartered  
1 tablespoon lemon juice  
1 tablespoon chopped fresh parsley  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/4 teaspoon ground black pepper  
1 cup cooked beans

Lay eggplant cubes on a paper bag or paper towels. Sprinkle with salt and let sit for about 15 minutes. Blot to remove excess water. Heat oil over medium heat in a large pot. Add onion and garlic to oil. Sauté until onion is tender, about 2 minutes. Add peppers and cook 2 minutes, stirring constantly. Add eggplant, squash, tomatoes, lemon juice, parsley, oregano, basil, and pepper. Mix well. Season with additional salt to taste, and simmer uncovered for 30 minutes, until vegetables are tender. Add cooked beans after about 15 minutes.

## Eggplant Parmesan

3 medium eggplants  
2 eggs, beaten  
4 cups bread crumbs  
1 tablespoon dried parsley  
½ tablespoon dried basil  
½ tablespoon dried thyme

½ tablespoon dried oregano  
6 cups spaghetti sauce  
½ kilogram kashkaval, grated  
½ cup grated parmesan  
½ teaspoon dried basil

Preheat oven to 175C. Dip eggplant slices in egg, then in bread crumbs mixed with parsley, basil, thyme, and oregano. Place in a single layer on a baking sheet. Bake for 5 minutes on each side.

In a 9 x 13 baking dish spread layer of spaghetti sauce on the bottom. Place a layer of eggplant in the sauce. Sprinkle with cheeses. Repeat with remaining ingredients, ending with cheese. Sprinkle basil on top. Bake for 35 minutes until golden brown.

## Fancy Tomato Pie

*contributed by Cindy Morrison and Anissa Paulsen, Bulgaria IV*

1 pie crust (See recipe in Desserts)  
1 cup chopped onion  
2 tablespoons butter  
2 medium tomatoes, peeled & chopped  
⅛ teaspoon thyme  
dash of salt

3 eggs, beaten  
1 cup milk  
½ teaspoon salt  
1 cup grated kashkaval  
½ cup grated cirene  
2 medium tomatoes, sliced

Partially bake piecrust at 200 C for 7 minutes. Remove from oven and set aside; turn temperature down to 175C. In a medium saucepan, sauté onion in butter until soft. Add tomatoes, thyme, and salt. Cover and simmer for 5 minutes. Uncover pan and mash tomatoes. Cook briskly, uncovered, over medium heat until all liquid is evaporated, 10-20 minutes. Remove from heat and let cool. In a large bowl whisk together eggs, milk, and salt. Stir in cheeses and cooled tomato mixture. Pour into piecrust. Bake for 35 minutes or until center of pie is firm to the touch. Cool for 15 minutes, and then garnish with sliced tomatoes.

## Quiche, Any Variety

Pie crust for a 9" pan, unbaked  
1 tablespoon oil  
1 cup filling: spinach, cauliflower,  
broccoli, bell pepper, mushrooms...

4 large eggs  
2/3 cup milk or cream  
¼ cup chopped onion  
½ cups grated kashkaval

Preheat to 200C. Line banitsa pan with pie crust and set aside. Heat oil in a large frying pan over medium high heat and sauté onion and any other veggies for about 10 minutes. Remove from heat. In a large bowl whisk eggs until foamy\*, then add milk, cheese, and veggies, and stir gently. Pour into pie crust and bake 30 minutes or until golden brown.

\*If you've got a few extra minutes, separate the egg whites from the yolks. Whisk up the yolks and add milk, cheese, and veggies. In a separate bowl whisk egg whites until they become opaque and hold soft peaks; very gently fold them into the filling mixture before pouring it all into the pie crust.

*As dictated by Gilbert Shramm, B1, atop a Ploudiv hill one sunny April afternoon.*

## Spinach Pie

3 eggs

$\frac{1}{4}$ - $\frac{1}{2}$  cup cirene or cream cheese

$\frac{1}{2}$  packed cups chopped, dried spinach

1 tablespoon chopped fresh parsley

2-3 green onions, chopped

$\frac{1}{2}$  teaspoon dried oregano

Preheat to 175C. In a large bowl mix eggs, cheese, spinach, parsley, onions, oregano, mint, dill, and pepper. Set aside.

Grease an 8"x10" pan with butter, using a small brush or your fingers. Put one sheet of dough on top and spread again with butter. Repeat 5-6 times. Spread the spinach mixture over the dough. Put another 5-6 layers of dough over top, again with butter between the layers, and finishing with butter. Bake 45 minutes or until top is crispy and golden. If using phyllo dough, sprinkle immediately with a little water as you remove it from the oven to keep it from drying out. Can be eaten hot or cold.

## Leek, Onion, and Potato Torte

### Crust

2 potatoes cooked and mashed

1 large egg, lightly beaten

### Filling

1 tablespoon olive oil

2 large leeks, white & light green parts only, well washed and thinly sliced

3 medium onions, thinly sliced

salt

Preheat oven to 225C. In a large bowl, mix together crust ingredients. Press the mixture into a pan. Bake until firm but springy, about 20 minutes. Remove from oven and set aside, but leave the oven on. Heat oil in a skillet, add leeks, onions, salt and cook, stirring, until soft. Set aside. In a bowl, beat the milk, egg yoke, egg, and flour until smooth. Spread the sour cream over the crust and sprinkle with chives. Arrange the leek mixture over the chives. Pour in the egg mixture and bake the torte until the filling is just set, about 50 minutes. Let rest for 10 minutes before serving.

## Lentils and Squash

1 cup brown lentils, sorted and washed

2 cups chicken broth

1 clove garlic, grated

$\frac{3}{4}$  teaspoon dried oregano

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup sliced zucchini or winter squash

$\frac{1}{2}$  cup seeded chopped tomatoes

Mix the first 5 ingredients and cook over low heat until lentils are done, about 15 minutes. Then add squash or zucchini and tomatoes and simmer for an additional 5 minutes. Serves 3-4.

## Crispy Lentil Patties

1 cup red lentils  
4 green onions, chopped  
2 cloves garlic, crushed  
1 teaspoon cumin  
1 cup bread crumbs

1 cup grated kashkaval  
1 large zucchini, grated  
1 cup corn meal  
Oil for frying

Place lentils in pan, cover with water and bring to a boil. Reduce heat and simmer until lentils are tender; drain and rinse. Add onions, garlic, cumin, bread crumbs, cheese and zucchini. Stir until combined. With hands, form about ¼ cup of lentils into a patty and toss in cornmeal, repeating with remaining lentils. Heat about 2 tablespoons oil in a skillet over medium high heat. When oil is hot enough that a drop of water sizzles, fry patties, 2 or 3 at a time, until both sides are crisp. Serve with garlic-yogurt sauce.

## Macaroni and Cheese with Variations

*Word of warning: no matter how you fix kashkaval it's not going to taste like cheddar.*  
*Submitted by Lindsey Foltz B20*

2 tablespoons butter  
2 tablespoons flour  
1 cup milk  
1½ cups grated kashkaval

1 teaspoon salt  
Ground black pepper to taste  
2-3 cups cooked short pasta (shells, spirals, elbows etc.)

Turn on the broiler. Melt butter in a saucepan over medium high heat. Add flour and cook, whisking constantly, until it browns a little. Add milk, ½ cup at a time, stirring constantly to prevent lumps from forming. When mixture hits a boil it's as thick as it's ever going to get. Remove from heat and stir for another minute or two. Add 1 cup kashkaval, salt, and pepper. Mix sauce into cooked noodles in a banitsa pan and top with remaining kashkaval. Put under broiler until cheese is golden brown and dish is bubbly at the edges.

*Curried Butternut Squash Variation:* Add ½ cup cooked, mashed winter squash to the sauce before mixing in with the noodles. Add a teaspoon or two of curry powder in with the salt.

*Ham and Cheese Variation:* Add ½ cup cubed ham to the sauce after the cheese melts.

*Tuna Noodle Variation:* Add 1 can drained tuna to the sauce after the cheese has melted, then fold in ½ cup of cooked peas.

## Pasta Primavera

¼ cup olive oil  
1 medium onion, thinly sliced  
5-6 cloves garlic, thinly sliced  
1 teaspoon dried basil  
¼ teaspoon salt

¼ teaspoon ground black pepper  
1-1½ cups vegetables: thinly sliced bell peppers, chopped tomatoes, sliced mushrooms, diced eggplant or zucchini...  
2 cups cooked pasta  
finely grated parmesan or kashkaval

Over medium heat, stir fry the onion, garlic, and basil in oil, until onion softens, 5-7 minutes. Add salt and vegetables and cook 1-2 minutes, until vegetables are cooked but not soggy. Mix with pasta and serve with grated cheese. Makes 2-3 servings.

- 1 kilogram pasta
- 1½ cups brown lentils
- 2 small onions, chopped
- 4 medium carrots, grated
- 4-5 cloves garlic
- 2 tablespoons soy sauce
- ½ teaspoon dried rosemary
- ¼ cups water
- 3 cups izvara

- ½ cup flour (preferably whole wheat)
- 1 cup grated kashkaval
- 2 eggs
- 2 cups milk
- 2 teaspoons salt (optional)
- 1 teaspoon nutmeg
- 2 teaspoons cinnamon
- topping: bread crumbs or wheat germ

Cook pasta until al dente, drain, and set aside. Preheat oven to 190C. In a saucepan, cook lentils with 1 onion, carrots, garlic, soy sauce, rosemary, and water until water is absorbed (about 20 minutes). In a bowl, combine izvara and flour and add the rest of the onion and the kashkaval, eggs, milk, salt, nutmeg, and cinnamon. Pour half the pasta into a banitsa pan. Pour over it a third of the cheese sauce, then make a lentil layer, topped with another third of the sauce. Add remaining macaroni and to with remaining sauce. Sprinkle on topping for a crusty texture. Bake for 35 minutes or until browned.

### **Pasta with Lemony Spinach**

- 1 package (200 grams) uncooked pasta
- 4 cups chopped spinach or broccoli
- ¼ cup margarine or butter
- 1 tablespoon grated lemon peel

- ½ cup milk
- 3 ounces cream cheese, cut into cubes
- ½ cup grated kashkaval or parmesan
- salt and pepper, to taste

Cook pasta. Drain. Cook spinach in margarine over medium heat, stirring frequently, until crisp-tender, about 7 minutes; toss with lemon peel. Remove from heat and keep warm. Heat milk and cream cheese in pan until smooth and creamy. Stir in cheese, salt and pepper. Toss with hot pasta. Serve spinach over pasta. Sprinkle with cheese and, if desired, add lemon wedges and coarsely ground pepper. Makes 4 servings.

### **Curry Noodles**

- 250 grams spaghetti
- ¼ cup oil
- 2 cloves garlic, sliced
- 1 onion, finely sliced
- 1 red pepper, cut into strips
- 1 small cucumber, cut into strips

- 2 teaspoon curry powder
- ½ cup vegetable bouillon
- 1 tablespoon soy sauce
- ½ teaspoon sugar
- 3 spring onions, sliced

Cook noodles in boiling water until just tender; drain. Heat oil in a pan, add garlic, onion and red pepper and stir for 3 minutes. Add cucumber and curry and stir for another 3 minutes. Add bouillon, soy sauce and sugar; stir until mixture boils. Add spaghetti and spring onions, stir over low heat for 3 minutes or until ingredients are well combined and heated through.

## Spaghetti with Spinach and Cirene

500 grams spaghetti  
1 kilogram washed and drained spinach  
1 tablespoon olive oil  
1 medium onion, finely chopped  
2 garlic cloves, minced  
1 tablespoon flour  
1 cup milk

1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon nutmeg  
1 cup crumbled cirene  
1 cup chopped fresh dill  
Grated kashkaval or parmesan (optional)  
Garlic bread crumbs (optional)

Cook spaghetti. Stir in spinach during last 2 minutes of cooking. Drain and set aside. In a saucepan, heat the olive oil and add onion and garlic. Cook until soft (3 minutes). Add the flour and cook, stirring constantly, for 2 minutes. Remove from heat. Add the milk. Return to heat and cook, stirring constantly, until sauce begins to boil (5-6 min.) Remove from heat and stir in salt, pepper, and nutmeg.

Transfer pasta and spinach to serving bowl. Add the sauce, crumbled cirene, and dill. Toss to mix. Optional garnishes: grated kashkaval, sautéed garlic bread crumbs.

## Gnocchi

750 grams potatoes  
2 egg yolks

1 teaspoon salt  
1 cup flour

Boil potatoes in salted water until tender. Peel and mash. Stir in yolks and salt, add flour and mix to obtain dough that is soft and not sticky. Divide dough; roll out into ropes that are 1/2" in diameter, cut into pieces 1 inch in length. Drop into salted, boiling water and cook until they swell or rise to the top. Cook 2 more minutes. Drain. Serve with tomato sauce or butter and sage.

## Red Beans and Rice

*submitted by Michael El Koubi B18*

500 grams dry red kidney beans, soaked overnight  
3 bay leaves  
1 tablespoon dried thyme  
1 tablespoon chopped fresh parsley  
2 stalks celery, chopped  
2 tablespoons ground black pepper

2 tablespoons butter  
2 tablespoons salt  
6-8 cloves garlic, chopped  
2 medium onions, diced  
10 dashes Tabasco sauce  
sliced green onions, to garnish

Put all ingredients except green onions in a big soup pot, add water to cover, and simmer all afternoon, adding water as necessary. Mash it up a little with a potato masher and serve over rice (preferably a long-grained rice), garnished with green onions. Makes a lot.

## Karen's Sweet and Sour Veggies

1/3 cup brown or white sugar  
1/2 cup pineapple juice  
1 teaspoon salt  
1/3 cup cider vinegar  
2 tablespoons flour

1 tablespoon water  
green or red bell pepper, seeded and sliced  
tomatoes, sliced  
pineapples, chopped  
onions, sliced

Bring sugar, juice, salt and vinegar to a boil. Cool for 60 seconds. Mix flour and water in a separate cup, and then add to pan. Mix and heat until sauce thickens. In another pan sauté bell pepper, pineapple, and onions for a couple of minutes, until onions and bell pepper soften. Add sliced tomatoes and simmer about 5 more minutes. Add sauce and serve over rice.

## Pumpkin Stir Fry

*submitted by Adrienne McKeehan B15*

2 tablespoons vegetable oil  
1 red onion, diced  
4 cloves garlic, minced  
1 tablespoon curry powder  
1/2 teaspoon cinnamon  
1 tablespoon cumin  
1 teaspoon paprika

1 teaspoon turmeric  
1/2 teaspoon chili powder  
1/2 teaspoon powdered ginger  
2 cups diced pumpkin (about 1/2" cubes)  
2 cups cooked drained chickpeas or white beans  
1/2 cup water or broth

Stir-fry diced onion and garlic in about oil until soft, about 10 minutes. Add spices, and fry for 2 minutes. Then add pumpkin and chickpeas, as well as water or broth. Simmer for about 20 min, or until the pumpkin is soft and most of the liquid has cooked off. (Add more liquid as needed to keep the pumpkin from browning too quickly, though.) Serve over rice, couscous, bulgur, polenta, whatever.

## Potato-Zucchini Patties

1 fist-sized potato, peeled and grated  
2 zucchini, peeled and grated  
1 onion, thinly sliced  
1/4 cup finely chopped parsley  
2 cloves garlic, chopped  
1/2 teaspoon salt

ground black pepper  
2 eggs, lightly beaten  
1 teaspoon very finely chopped lemon zest  
2 tablespoons flour  
2 tablespoons olive oil

Squeeze water out of potatoes with a cheesecloth and combine all other ingredients (except flour and oil) in a large bowl, mixing well. Add flour gradually to avoid lumps. Heat oil over medium high heat until drops of water sizzle when flicked into the pan. Drop large spoonfuls of the mixture in the oil, 2 or 3 at a time. (Don't crowd the pan.) Flatten with the back of a spatula. When they get brown and a little crispy around the edges, around 3-4 minutes, flip and fry for another 3-4 minutes until done. Serve with a dollop of yogurt and some fruit salad.

## Baked Cirene with Spicy Tomato Sauce

- |   |   |
|---|---|
| 1 tablespoon olive oil                          | 1 cup orange juice                      |
| 1 cup onion, chopped                            | 2 tablespoons dry white wine (optional) |
| pinch of sugar                                  | 1 tablespoon minced, fresh parsley      |
| 1 hot red pepper, seeded and minced             | 3 garlic cloves, minced                 |
| 500 grams tomatoes, peeled, seeded, and chopped | salt and pepper to taste                |
|   | 250 grams cirene                        |

Preheat to 175C. In a large skillet, heat olive oil and add onions and sugar and cook (over medium-high heat) until onions start to brown (about 5 minutes). Add the garlic and hot red pepper and cook, stirring until tender (3-4 minutes). Stir in tomatoes, orange juice, and wine. Reduce heat to low and simmer, stirring occasionally for about 30 minutes. Add small amounts of water, if the mixture becomes too dry. Remove from the heat, stir in parsley and season with salt and pepper. Put the cirene in a small, shallow baking dish and surround it with the tomato sauce (do not cover the cheese with the sauce). Bake, uncovered, until the sauce begins to bubble at the edges and the cheese is hot (about 20 minutes). Serve warm with toast.

## Baked Penne

*submitted by Jodi Stewart B9*

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1 package penne pasta    | 1 tablespoon dried oregano            |
| ½ cup uncooked TVP       | 2 tablespoons lueteniitsa             |
| 1 box tomato purée       | 2 tablespoons red wine                |
| 1 onion chopped          | salt and ground black pepper to taste |
| 3 cloves garlic, crushed | 200 grams kashkaval, shredded         |
| 1½ teaspoons dried basil |                                       |

Cook pasta and set aside in a large banitsa pan. Sauté onions and garlic in a small amount of oil. Add tomato purée, TVP, lueteniitsa, wine, basil, and oregano. Simmer sauce for 10 minutes. Add to cooked pasta and stir. Cover with shredded kashkaval and bake on medium-high heat until top starts to brown. Makes 6-8 servings.

## Chickpea Burgers

*submitted by Lissa Villeneuve B10*

- |                                |  |
|--------------------------------|--|
| 2 teaspoons olive oil          | 2 gloves garlic, minced                    |
| 3 large scallions              | ¼ teaspoon salt                            |
| ¾ cup finely chopped mushrooms | ½-¾ cup water or cooking liquid from beans |
| ½ teaspoon curry powder        | ¾ cup bread crumbs                         |
| 1 cup cooked chickpeas         |  |

Heat oil in skillet. Sauté scallions and mushrooms for 3-4 minutes. Mix together curry, chick peas, garlic, salt, and water. Buzz/blend/mash until smooth. Add breadcrumbs, scallions, and mushrooms. Form patties and fry in an oiled skillet.



## Grape Leaves Stuffed with Bulgur, Apricots, and Mint

1 cup water	2 tablespoons chopped fresh mint leaves
1 cup uncooked bulgur	1 tablespoon cinnamon
1 cup brown lentils, rinsed	3 tablespoons olive oil
1 cup finely chopped red onion	1 teaspoon ground allspice
1 cup raisins	salt and ground black pepper to taste
1 cup finely chopped dried apricots (hint: cut with scissors)	14 grape leaves, rinsed well and patted dry 1 cup lemon juice

Bring water to boil. Stir in bulgur, reduce heat, cover and simmer about 15 minutes or until water is absorbed. Remove from heat and set aside.

Meanwhile, combine lentils with enough water to cover by 1". Bring to a gentle boil and cook until lentils are tender but still hold their shape, about 15 minutes. Drain well and set aside.

In a skillet, heat oil and onions and cook until soft, about 5 minutes. Remove from heat and add the raisins, apricots, mint, cinnamon, and allspice. Stir in the bulgur and lentils and season with salt and pepper.

Fill and roll the grape leaves, tucking in the edges as you roll, kind of like you'd wrap a present. The filling should be entirely encased – squeeze the finished roll gently to form a firm shape.

Arrange the stuffed leaves, seam sides down, in a medium skillet. Add the remaining 2 tablespoons oil, lemon juice, and enough water to cover the leaves. Cover the pan and simmer over low heat for 1 to 2 hours, or until tender. Add extra water to the skillet, if needed. Allow the stuffed grape leaves to cool, covered, in the skillet. Transfer to a serving dish and chill in the refrigerator until ready to serve.

## Eggplant and Walnut Ragout

2 tablespoons olive oil	1/3 cup water
1 medium eggplant, coarsely chopped	1 tablespoon dried oregano
2 celery stalks, chopped	1 teaspoon ground cumin
1 medium onion, diced	1 teaspoon salt
1 red pepper, seeded and diced	1 teaspoon hot red pepper flakes
3 garlic cloves, minced	1 cup coarsely chopped walnuts, toasted
1 liter canned crushed tomatoes	1 cup chopped fresh parsley

In a large saucepan, heat olive oil over medium heat. Add the eggplant, celery, onion, pepper, and garlic and cook, stirring, until vegetables are tender (8-10 minutes). Stir in the tomatoes, water, oregano, cumin, black pepper, salt, and red pepper and cook over medium-low heat for 20 minutes, stirring occasionally. Stir in the walnuts and parsley. Remove from heat and let stand 5 minutes before serving.

**Note** Eggplant loses its bitterness if it is first cut, sprinkled with salt, allowed to sit for 10 minutes, then rinsed.

## Stuffed Eggplant

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 large eggplant                    | 2 peppers, roasted and minced |
| 2 small zucchini, peeled and grated | ¾ cup chopped fresh parsley   |
| 2 tomatoes, grated in one bowl      | 5 cloves garlic, minced       |

Preheat to 185C. Cut eggplant in half lengthwise and hollow out. Mash insides and place insides into strainer to drain. Add salt and allow to drain 10 – 15 minutes. Sprinkle generous salt on the two halves, also, and tip them upside down to drain.

Fry the mashed insides of eggplant, the zucchini, the tomatoes, and the peppers in oil with salt. Take from heat and add parsley and garlic. Fill eggplant halves. Pour a little water and oil into a baking pan, add stuffed eggplants and put in the oven for about an hour. Makes 1-2 servings.

*Eggplant With Walnuts.* Prepare eggplants as directed above, but stuff with: 3 small onions, sliced and 1 cup walnuts. Fry onions in margarine or oil. Add walnuts. Salt to taste, and add lots of black pepper. Stuff eggplants and roast as directed above. You can also fill with: Lots of onion and mushrooms or rice and grated zucchini and garlic.

## Grilled Polenta with Pepper Sauce

### *Polenta*

- |                 |                                     |
|-----------------|-------------------------------------|
| 3 cups water    | 1 cup frozen or drained canned corn |
| 1 teaspoon salt | olive oil for grilling/broiling     |
| 1 cup kachamak  |                                     |

### *Sauce*

- |  |                                       |
|--|---------------------------------------|
| 2 teaspoons olive oil                            | 1 teaspoon dried basil or marjoram    |
| 1 medium onion, minced                           | 1 cup vegetable broth                 |
| 2 cloves garlic, minced                          | 1 cup cooked white beans              |
| 1-2 large green bell peppers, cut into 1” strips | 1 teaspoon grated lemon peel          |
| 3-4 large red bell peppers, cut into 1” strips   | salt and ground black pepper to taste |

Lightly grease a small banitsa pan (8-9 inch). To prepare the polenta, bring 3 cups water to boil and add the salt. Pour in the kachamak in a fine stream, whisking constantly to avoid lumps. Reduce the heat to low. Cook, stirring often with a wooden spoon, until the polenta is thick yet still smooth (20-30 minutes.) Add the corn kernels and cook 5 minutes longer. Spread the mixture evenly into the prepared pan and set aside until cool and solid (30 minutes.)

For the sauce, heat oil and cook onions for about 2 minutes. Stir in garlic and bell peppers. Cook, stirring, until tender (5 minutes). Stir in the herbs and cook, stirring constantly, for about 30 seconds. Stir in the vegetable broth, white beans, and lemon peel. Cook until the mixture is heated through. Add salt and pepper to taste.

Preheat grill or broiler (highest oven setting). Cut the polenta into 4 equal squares. Arrange on a lightly greased baking sheet and brush with olive oil. Grill or broil, turning once, until light brown on both sides. Serve the polenta immediately, topped with the pepper sauce.

## Bulgur and Purple Cabbage

- |  |                            |
|--|----------------------------|
| 1 cup bulgur                           | ¼ cup raisins              |
| 1½ cups boiling water                  | ½ teaspoon ground cloves   |
| 1 tablespoon vegetable oil             | ½ teaspoon ground allspice |
| 2 onions, sliced                       | 1 teaspoon ground cinnamon |
| 3 large tart apples, peeled and sliced | ¾ cup beer or apple juice  |
| 4 cups purple cabbage, thinly sliced   | 2 tablespoons mild honey   |
| 3 tablespoons apple cider vinegar      | 1 cup yogurt               |

Place bulgur in heat-proof serving dish. Pour in boiling water. Let stand. Heat oil in heavy-bottomed skillet and add onions. Sauté onion until it begins to brown. Add apples, sauté for 2 minutes, and add cabbage, vinegar, raisins, spices, and honey. Add bulgur and stir and cook over medium-low heat for 5 to 10 minutes. Remove from heat. Top with yogurt and serve immediately.

## Vegetarian Sloppy Joes

*submitted by Scott and Melissa Roderick B10*

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1 large onion, diced               | 1 teaspoon salt                     |
| 2 medium green bell peppers, diced | 1 tablespoon soy sauce              |
| 3 tablespoons oil                  | 1 tablespoon dry mustard            |
| 2½ cups tomato sauce               | 1 tablespoon sugar                  |
| 1-2 tablespoons chili powder       | a good pinch of ground black pepper |
| ½ cup presoaked TVP                |                                     |

Sauté the onion and green pepper in oil. Add the rest of the ingredients. Simmer together for 20 minutes and server over bread or buns.

## Lentil, Spinach, and Potato Ragout

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 2 tablespoons olive oil              | ¼ cup lemon juice                     |
| 1 large onion, chopped               | 1 teaspoon grated lemon peel          |
| 4 cloves garlic, finely chopped      | ½ teaspoon chili powder               |
| 4 cups vegetable broth               | ½ cup chopped fresh mint              |
| 1½ cups brown lentils                | 1 cup crumbled feta or cirene         |
| 750 grams potatoes, peeled and cubed | salt and ground black pepper to taste |
| 500 grams torn fresh spinach         |                                       |

Heat oil in a large saucepan or soup pot. Add onion and cook, stirring occasionally, until it begins to soften. Add the garlic and cook, stirring, for 1 minute. Stir in the broth and lentils. Bring to a boil, then reduce the heat to medium-low and simmer, covered, for 15 minutes.

Add potatoes and cook until lentils and potatoes are tender, about 15 more minutes. Stir in the spinach and simmer until it wilts and becomes tender, about 5 minutes. Add more liquid if needed to maintain a stew-like consistency. Stir in lemon juice, lemon peel, chili, salt, and mint. Sprinkle with cheese before serving.

## Fried Rice with Vegetables

*A great recipe for leftover rice*

1 tablespoon oil  
½ cup chopped onion  
1 cup cold cooked rice  
1-2 eggs, beaten

1 tablespoon soy sauce  
¼ teaspoon salt  
1 cup chopped vegetables – carrots, celery, cabbage, bell peppers, etc

Heat oil in a large frying pan over high heat. When it's so hot it's almost smoking, add onions and cook, stirring constantly, until lightly browned. Add rice and sauté. (The rice really has to be cold before you begin – chill it in the fridge, if necessary.) Beat together eggs, soy sauce, and salt, and add to rice mixture. Stirring constantly, add veggies and cook until softened. Serve.

## Calzones

*submitted by Anissa Paulsen B5*

1 recipe pizza dough  
pizza sauce  
grated cirene and kashkaval

spinach, cooked and thoroughly drained  
any other veggies you'd like – onions, mushrooms, olives, etc

Preheat to 175C. Divide dough into 6-8 equal amounts and roll out into circles. Top one half of the circles sparingly with sauce and other ingredients. Fold the dough over the toppings and press edges together with a fork. Bake on an ungreased baking sheet or upside-down banitsa pan until golden brown.

## Falafel

*from Passionate Vegetarian by Crescent Dragonwagon*

¼ cup bulgur  
½ cup hot water  
2 cups cooked chickpeas  
2 cloves garlic  
1 large egg  
¼-½ teaspoon salt  
½ teaspoon ground cumin

¼ teaspoon ground black pepper  
¼ teaspoon turmeric  
¼ teaspoon ground coriander  
Pinch of chili powder  
2 tablespoons finely chopped parsley leaves  
1/3 cup breadcrumbs  
Oil

Soak bulgur in the hot water 20 minutes, until soft. Place half the chickpeas in a medium bowl and mash slightly with a potato masher. Add bulgur. Place other half of chickpeas in a blender or food processor with the garlic, egg, salt, cumin, pepper, turmeric, coriander, and cayenne. Process until smooth, pausing several times to scrape down the sides of the bowl. Add parsley and breadcrumbs and pulse/chop a few times.

Combine processor mixture with the mashed chickpeas in the bowl. Taste, and season the mixture to your liking, amping up any of the spices, salt, or pepper. Refrigerate the mixture 30 minutes to overnight so that it can firm up.

Preheat to 350F. Remove mixture from the fridge and shape it into flattened discs, 20-25 small ones or 10-12 larger ones. Place them on a lightly greased baking sheet and bake 25 minutes. Remove from oven, flip cakes, and bake another 5 minutes or until golden brown. Serve with pita bread, tahini, cucumbers, tomatoes, and a nice garlic-yogurt sauce.

## Pumpkin and Mushroom Lasagna

4 cups chopped onions  
1 tablespoon olive oil  
6 cups chopped mushrooms  
1½ tablespoons dried sage  
1 teaspoon salt  
1 cup red wine, vegetable stock, or a combination  
2 eggs, lightly beaten

3½ cups cooked mashed pumpkin  
3 cups izvara  
¼ teaspoon ground black pepper  
¼ teaspoon ground nutmeg  
350 grams uncooked lasagna noodles  
1½ cups crumbled cirene  
½ cup grated parmesan

In a large pot sauté onions in oil for 5 minutes. Add mushrooms and sauté another 5 minutes, until mushrooms are somewhat wilted. Add sage, ½ teaspoon salt, and wine/stock and simmer on low heat for 5 minutes. Set aside. In a large bowl stir together eggs, pumpkin, izvara, pepper, nutmeg, and remaining ½ teaspoon salt. Set aside. Preheat to 375F and lightly oil a baking dish that's somewhere around 9"x13". Dip out about ½ cup liquid from the sautéed mushrooms and pour it into the prepared baking dish. Cover the bottom with a layer of lasagna noodles arranged closely together. Evenly spread on half of the pumpkin mixture. Spoon on about a third of the sautéed mushroom and sprinkle with ½ cup cirene. Add a second layer of noodles, followed by the remaining pumpkin mixture, another third of the mushrooms, and ½ cup cirene. Finish with a layer of noodles thoroughly moistened by the last third of the mushrooms. Evenly sprinkle on ½ cup cirene and top with the grated parmesan. Cover and bake 50 minutes. Uncover and bake for an additional 10 minutes, until lasagna is bubbly, noodles are tender, and the top is browned. Remove from oven and let sit 10 minutes before serving.

## Potato-Pea Curry

*We know you miss your local Indian restaurant back home. This should do the trick.*

2 tablespoons vegetable oil  
1 medium onion, coarsely chopped  
2 garlic cloves, minced  
2 teaspoons finely minced fresh ginger, or ½ teaspoon powdered ginger  
4½ teaspoons curry powder  
½ teaspoon ground cumin  
1 tablespoon flour  
2-3 fist-sized potatoes, peeled and cut into bite-sized pieces  
1¼ cups stock  
½ cup yogurt  
4½ teaspoons tomato paste  
¼ cup applesauce  
½ cup frozen peas (not thawed)  
¼ cup cream

Heat oil in a soup pot over medium high heat until hot but not smoking. Add onion, garlic, and ginger, and cook, stirring occasionally, until pale golden, about 4 minutes. Stir in curry powder, cumin, and flour; cook 1 minute. Add stock and bring to a boil. Stir in yogurt, tomato paste, potatoes, and applesauce; boil 1 minute. Reduce heat to medium; simmer, stirring occasionally, until mixture is thickened, about 30 minutes. Stir in peas and cook until mixture is thick, about 3 minutes. Stir in cream and 2 teaspoons salt. Keep at a very gentle simmer (so the cream doesn't freak out) until the kitchen smells so good you can't stand it anymore, and until the mixture is a lovely thickness. Serve over rice.