

# The Full Manty

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## INTRODUCTION

### COOKING 101

#### **The Secret To Being A Good Cook**

The first step toward being a good cook is to develop good cooking habits. And the most important cooking habit necessary is "**good preparatory habits**". You can't cook it, if it is not in the house to cook! This statement can be taken one step further here in Turkmenistan by saying, "You can't cook it, if it's not in season as well."

To develop good preparatory habits, spend the time to learn what is in your local market places and when their seasons are. While some items such as potatoes can be found almost all year long, other items such as fruits and melons may be found for only a limited time. Market places may seem chaotic, but they are fairly organized. While perhaps they are not laid out as neatly as the isles in our home town American Supermarket, they are arranged into sections.

Spend time asking vendors how much they are selling their produce for. This accomplishes two things, it helps you build language skill, and it also helps you develop an understanding of what expenses will be incurred in order to create the recipes listed in this book, as well as the fact that some vendors charge more than others.

After inventorying the local market place, create and maintain a stock of those food items you plan to use/consume regularly. This should also include an ample supply and variety of spices. However since food packaging, storage and refrigeration are a problem in Turkmenistan, one will need to plan for bi-weekly or in some cases daily trips to the local markets to buy food.

Planning ahead in Turkmenistan also means being aware of what you like to eat, and how you like it to taste. While seasonings are becoming more prevalent in the local markets, your best bet to start with is to have spices shipped to you from home. The following is a short suggestion list:

Spices: thyme, oregano, rosemary, sage, cayenne pepper, Italian seasoning, curry powder, white pepper, granulated garlic, cumin, ginger, and basil. Molasses, brown sugar, worsterchire sauce, paprika, chili powder, Lawry's seasoned salt, dressing mixes, sauce mixes, sesame seed paste, and any aged cheese (parmesan and cheddar are divine) can be shipped by land.

## HOUSEHOLD TIPS

### **Cleaning**

- To remove scale from kettles and pots, boil orange peeling in them.
- To easily wash pots blackened from kerosene stoves, put soap on the outside before cooking.
- Vinegar is a good substitute for window cleaner. Mix 1/2 vinegar with 1/2 water and a little liquid soap.
- Before washing stained clothing, pour a little white vinegar on it.
- Use nail polish to stop rust on canned goods.
- Cutting board cleaning: Rub with baking soda, or spray with vinegar, let sit for 5 minutes and rinse with water, OR mix a water chlorine solution with 1 part chlorine to 4 parts water. Soak for 15 min. and then air dry in the sun.

### **Bacteria**

Bacteria are microorganisms. This means they are so small that they can only be seen through a microscope (an instrument used to make them look bigger). Bacteria are part of nature. They are in the air, on our bodies, in food - they are everywhere. It is when they multiply and grow that they cause food to spoil and cause illness and disease.

In order for bacteria to grow there are three requirements:

- 1) The right temperature 7°C (45°F) to 60°C (140°F).
- 2) Moisture.
- 3) Food supply.

Given these conditions, bacteria multiply and grow very quickly. Bacteria thrive on certain foods such as meat, poultry, seafood, etc. That is why it is very important that food is handled, prepared and stored properly. For example, if fish (raw or cooked) is left at room temperature, bacteria will begin to grow because all three requirements have been met - the right temperature, moisture and a food supply. On the other hand if the fish is stored in the refrigerator, bacteria will be kept to a minimum because it is lacking the temperature they need in order to grow. If food is handled correctly, illness to the consumer will be eliminated.

### **Other Helpful Hints**

- Air freshener: Bake orange peels at 350 degrees for 10 min., OR Place a slice of orange, grapefruit or lemon in a pan of water and gently boil for an hour, OR place small bowls of baking soda around the house and in the refrigerator.
- Pesticide for ants: Mix 1 tsp liquid soap and 1 quart of water. Spray on ants. Block up entry holes with Vaseline or dish soap.
- Pesticide for cockroaches and silver fish: Combine equal parts sugar and baking soda and set out.

## COOKING HINTS

### **BEANS**

Pre-soak dried beans the night before cooking. The evening before, put the beans in a pot with 4 times as much water and let stand overnight.

A teaspoon of ginger added to beans before cooking helps reduce gas production in the stomach and intestines. Also pinching off the skins is a long process, but can make beans more digestible.

### **COFFEE**

A pinch of salt added to Nescafe when steeped improves the flavor.

A pinch of cinnamon added to coffee eliminates any bitter taste.

Cardamom spice added to coffee gives it an Arabic flavor.

### **CURRY POWDER**

Curry powder can be made by combining cumin, pima, black powder, oregano, and garlic.

### **EGGS**

Test them. Place an egg in a bowl of water. If the egg floats, it is bad.

To test for freshness: Hold an egg in each hand, (on a table) balance a third egg end to end with the other two. If the middle egg turns, it is fresh.

Crack eggs into a separate cup in case they are bad.

Adding salt to boiling eggs prevents the shells from cracking.

### **BAKING POWDER**

Leavening agents must be kept in an air tight container to remain active. If you have a tin around for months and months, test for potency by dissolving 1 tsp. in 1/4 cup of hot water. If it doesn't foam or bubble in a few seconds, replace it.

### **BAKING SODA**

Leavening agents that need to be mixed with something acidic, like yogurt, sour milk, or citrus juice to produce gases to make batter rise, should be set to bake as soon after mixing as possible.

If you substitute baking soda for baking powder, make sure there is something acidic in the recipe, or sour it by adding a little vinegar to the milk. If you have cream of tartar, substitute 1/2 tsp. cream of tartar plus 1/4 tsp. baking soda for 1 tsp. baking powder.

Note: Once you have added the leavening agent, do not mix too much.

### **FLOUR**

When making cakes with heavy flour, add half again the amount of milk to make up for the heaviness of the flour; otherwise the cake will not rise very much.

While market flour is cheap, it is notorious for having bugs. Always sifter flour upon returning from the market.

### **GREEN TOMATOES**

Green tomatoes are great fried, sautéed, or cooked in stews or sauces.

### **ONIONS**

To get rid of the onion smell, rub your hands with salt. This also works for pots and pans.

### **MEAT**

Tough cuts of meat can be tenderized by scoring the meat with a knife before cooking, or by soaking them in acidic marinades. Acidic solutions that work well are wine, or vinegar.

Citric acids also work well as meat tenderizers and enhance meat flavor, but need to be marinated longer.

## SUBSTITUTIONS

1 tsp. baking powder	- 1/3 tsp. baking soda plus 1/3 tsp. cream of Tarter - 1/4 tsp. baking soda plus 1/2 cup sour milk; reduce some other liquid from the recipe. - If the recipe calls for sweet milk, 1/4 tsp. baking soda plus 2 more eggs; reduce some other liquid from recipe. - 4 tsp. quick-cooking tapioca - 3 tsp. Bisquick
1 cup brown sugar	- 1/2 cup white sugar and 1/2 cup honey - 1 1/4 cup white sugar
1 cup of butter	- 1 cup margarine - 7/8 cup of cotton seed oil, peanut, or soy bean oil
1 cup of chicken broth	- 1 chicken bouillon cube plus 1 cup of water
1 square of chocolate	- 3 Tbs. of cocoa powder plus 1 Tbs. of oil or butter.
1 cup of coconut milk	- 1 cup of milk beaten with 3 Tbs. grated/powdered coconut.
1 Tbs. cornstarch	- 2 Tbs. flour.
Curry powder	- Curry powder can be made by combining cumin, pima, black pepper, oregano, and garlic.
Garlic	- 1/8 tsp. powder = 1 small garlic clove.
Ginger	- 1 Tbs. raw = 1/8 tsp. powdered ginger.
Lemon	- 1 tsp. juice = 1/2 tsp. vinegar
1 cup milk	- 1/2 cup evaporated, plus 1/2 cup water - 4 Tbs. powdered milk plus 1 cup water - 1 cup fruit juice or 1 cup potato water used in baking.
1 cup buttermilk	- 1 cup yogurt - 1 cup sour milk
1 cup sour milk	- Add 1 Tbs. vinegar or lemon juice to 1 cup lukewarm milk. Let stand for 5 minutes.
1 cup sour cream	- 1 cup milk with 4 Tbs. powdered milk and 1 Tbs. vinegar or lemon juice. - 2/3 cup sour milk plus 1/3 cup butter.
1 egg	- 2 Tbs. custard powder plus 2 1/2 Tbs. water.
1 cup Meat stock	- 1 beef bouillon cube plus 1 cup water.

## MEASUREMENTS AND CONVERSIONS

ounces to grams, multiply the ounces by 28.35  
grams to ounces, divide the grams by 28.35  
pounds to kilograms, divide the pounds by 2.2  
kilograms to pounds, multiply the kilograms by 2.2  
cubic centimeters to ounces, divide the cubic centimeter by 30  
ounces to cubic centimeters, multiply the ounces by 30  
centimeters to inches, divide the centimeters by 2.5  
inches to centimeters, multiply the inches by 2.5

## STANDARD WEIGHTS AND MEASURES

### Liquid\* Measurement Equivalents in Grams

1 quart.....	960 grams
1 pint.....	480 grams
1 cup.....	240 grams
1/2 cup.....	120 grams
1 tablespoon.....	15 grams
1 teaspoon.....	5 grams

### Measures of Weight

1 gram.....	0.035 ounces
1 ounce.....	28.35 grams
1 kilogram.....	2.21 pounds
1 pound.....	453.6 grams
1 grain.....	0.065 grams

### Measures of Volume

1 milliliter.....	1 gram
1 ounce.....	30 milliliters
1 cup.....	240 milliliters
1 quart liquid.....	960 milliliters
1 liter.....	1.06 quarts
1 quart dry.....	1.101 liters
1 gram.....	15.4 grains
1 liter.....	0.908 quart, dry

### Measures of Calories

1 kilocalorie.....	4.184 kilojoules (kj)
1 gram carbohydrate.....	4 kilocalories or 17 kj
1 gram protein.....	4 kilocalories or 17 kj
1 gram fat.....	9 kilocalories or 38 kj

\* Dry measures weigh considerably less. For example, 1 cup of flour weighs about 110 grams. There is also a variation among liquid measures. For example, 1 cup of water weighs about 240 grams, but 1 cup of honey weighs over 300 grams, and 1 cup of cooking oil weighs about 225 grams.

## DETERMINING SIGNIFICANT WEIGHT LOSS

The evaluation of weight loss is part of an in-depth health and nutritional evaluation. However due to the remoteness of your assigned locations, monitoring your own weight and reporting your findings to the PCMO can be helpful. Significant weight loss is classified according to the following:

<u>Time Interval</u>	<u>Significant wt. loss</u>	<u>Severe wt. loss</u>
1 month	5.0 %	Greater than 5.5 %
3 months	7.5 %	Greater than 8.0 %
6 months	10.0 %	Greater than 10.0 %

$$\text{Percent weight change} = \frac{(\text{Ideal* wt.} - \text{actual wt.})}{\text{Ideal weight}} \times 100$$

$$\text{Example: } 3 \text{ month wt. loss } \frac{(175 \text{ lbs} - 160 \text{ lbs})}{175 \text{ lbs}} \times 100 = 8.5 \%^{**}$$

\* An "Ideal" weight is some what of a tough number to pin down; It lies somewhere between your usual weight and what National Nutritionists determine to be "ideal".

\*\* (This individual may have severe wt. loss and needs to be evaluated by the PCMO. Repeated significant weight loss would result in Medical Separation from PC.)

## **MODIFIED DIETS**

**Modified Diets** are not recipes, but rather recommendations for specific health requirements. The following groups of diets will discuss specific health issues as well the types and amounts of food needed to meet specific nutritional needs.

### **ACUTE ILLNESS DIET**

During an acute illness, the body is attempting to eliminate something that has invaded the system. Whether this is Bacterial, as in the case of food poisoning, Viral, as in the case of the stomach flu, or Parasitic, as in the case of Giardiasis. In all cases, certain nutritional requirements are needed, while other nutrients need to be restricted. The goals of an Acute Illness Diet are:

#### **Therapeutic Goals**

1. To replace lost water and electrolytes.
2. To minimize the adverse effects of the illness.
3. To promote a normal intestinal mucosa renewal and absorption, as well as digestive function.

**Fluid replacement** is the most important component of an acute illness diet. Since nausea and vomiting often occur with an acute illness, oral fluid replacement needs to be in small amounts ( 30 - 60cc) every 15 min. Once vomiting has stopped, larger amounts of fluid can be consumed. The following recipe for Oral Rehydration is excellent for replacing lost electrolytes:

#### **Recipe for Oral Rehydration Drink**

- 1 liter of treated water
  - 2 level tablespoons of honey or sugar
  - 1 teaspoon salt
  - 1/2 tablespoon baking soda
- (Adding orange juice, grapefruit juice, or pureed bananas adds Potassium and improves the taste!)

Measure for measure you need to replace the total volume of fluid lost from vomiting, diarrhea, sweating and urine production, to include vital body electrolytes. Treatment for mild fluid lost from mild diarrhea, or vomiting is tea, broth, fruit juice, and treated water. For moderate fluid loss, you need to take clear fluids for 24-48 hours.

#### **First 24-48 hours** (depending upon severity)

Clear liquids (only liquids you can see through) such as: treated water, Gatorade, weak tea, broth, diluted fruit juices. Non-sugary drinks, colas, coffee or alcohol!

#### **Next 24-48 hours**

If diarrhea is improving, begin the BRATT diet: crackers, plain white rice, boiled potatoes, boiled chicken, boiled eggs, very ripe or cooked bananas, toast, clear jelly, or ground cereal, such as cream of wheat. Gradually return to your regular diet by eating a bland diet for 2 to 3 days. Food intake should be reduced to those foods that are already highly refined so that the GI tract does not have to work hard at digestion. Salads and raw vegetables are a bad idea.

#### **The BRATT Diet**

- Bananas, mashed
- Rice, boiled/steamed and plain
- Applesauce, cubed apples, or juice
- Toast, without butter or jelly
- Tea, Weak with a little sugar

Milk, milk products, alcohol, coffee, spicy, greasy or oily foods and foods high in roughage (such as salads, vegetables and most fruits) should be avoided until the diarrhea begins to subside.

Remember: Dehydration is the only real danger of diarrhea, and that can be easily avoided. More often than not, keeping one's body water replaced is the only treatment necessary. Urine is a good indicator of hydration. You should urinate at least 3 times per day and the color should be a pale yellow.

## TRANSLATIONS AND NUTRITIONAL VALUE

### WHAT'S IN THE FOOD WE EAT? GROUP I: ENERGY FOODS

ENGLISH	RUSSIAN	TURKMEN	NUTRITIONAL VALUE
Bread	Хлеб		Carbohydrates, protein, thiamin, riboflavin
Cassava	Маниок		Carbohydrates, vitamin A, B1, B12
Honey	Мед		Carbohydrates
Maize	Кукуруза		Carbohydrates, protein
Millet	Просо		Carbohydrates, protein, thiamin
Palm Oil	Пальма масло		Calcium, vitamin A, fat
Potato	Картофель		Carbohydrates, vitamin C, phosphorus, potassium when cooked with skin
Rice	Рис		Carbohydrates, calcium, B vitamins
Sorghum	Сорого		Carbohydrates, protein, calcium, iron, B vitamins
Sugar	Сахар		Carbohydrates
Sweet Potato	Бадат		Carbohydrates, vitamin A, calcium

### GROUP II: PROTEIN FOODS

ENGLISH	RUSSIAN	TURKMEN	NUTRITIONAL VALUE
Chicken	Кура		High quality protein, sulfur, phosphorus
Coconut	Кокос		Protein, fat, calcium
Chick Peas	Турецкий горох		Protein, calcium, iron, thiamin, riboflavin, niacin, potassium, phosphorous, complex carbohydrates
Eggs	Яйца		Protein, iron, vitamin A, B1, B2, sodium chloride, zinc, yolk contains vitamin D
Fish Fresh Fish Dried Fish Smoked Fish	Рыба Рыба Свежий Рыба Вяленая рыба Копченая Рыба		High quality protein, B1, B6, vitamin D, sulfur, selenium, chloride fluoride, iodine
Locust beans	Фасол		Calcium
Meat Beef Goat Pork	Мясо Говядина Баранина Свинина		Protein, iron, B1, B2, phosphorus, sulfur, potassium, chloride sodium, magnesium
Milk Products Milk Milk Powder Yogurt Butter Cheese Sour cream	Молоко Порошковое Молоко Йогурт Масла Сыр Сметана		High quality protein, calcium, riboflavin, B2, phosphorus, sulfur, potassium, magnesium, chloride
Nuts	Орех	Manyz	Protein, fat, calcium
Peanuts	земляной	Pisse	Protein, calcium, fat, iron, potassium, phosphorous, thiamin, riboflavin, vitamin E, fiber
Walnuts	Грецкий орех	Hoz	Protein, fat, calcium



GROUP III: VITAMIN AND MINERAL FOODS

ENGLISH	RUSSIAN	TURKMEN	NUTRITIONAL VALUE
Avocado	Авокадо		Iron, vitamin B2, C and A, protein, fat, riboflavin, niacin, potassium
Banana	Банан		Potassium, phosphorous
Bitter Tomato	Горечь помидоры		Iron, vitamin A
Cabbage	Капуста		Vitamin A and C, calcium
Carrots	Морковка		Vitamin A, calcium
Cassava Leaves	Лист Маниок		Vitamin A, B1, B2, calcium
Chili Pepper	Красный стручковый Пепец		Vitamin c
Cucumber	Огурец		Calcium, vitamin C
Eggplant	Баклажан		Vitamin A
Green Leaves	Лист салат		Vitamin A, calcium
Lemon	Лимон		Vitamin C
Lettuce	Салат		Vitamin A, fiber
Mango	Манго		Vitamin C and Am potassium, calcium, magnesium
Melon	Дыня		Vitamin c
Onions	Лук		Iron, calcium, vitamin A and C
Orange	апельсин		Vitamin c
Pumpkin	Тыква		Phosphorous, vitamin C, calcium, iron, vitamin A
Tomato	помидоры		Vitamin C

SPICES

ENGLISH	RUSSIAN	TURKMEN
Alfalfa	Люцерна	
Aloe	Алоэ	
Angelica	Дягиль	
Anise	Анис	
Baking powder	Разрыхлитель теста	
Baking soda	Чай сода	
Basil	Базилик	
Bay laurel	Лавр	
Bay leaves	Лавр лист	
Black pepper	Пепец	
Borage	Бурачник	
Bouillon Cube	Бульон кубики	
Caraway	Тмин	
Chamomile	Лавр	
Chili pepper	Красный стручковый Пепец	

Chives	Лук-резанец	
Cinnamon	Корица	
Coriander	Кориандр	
Cumin	Тмин	
Curry	Кэрри	Kuri (Turkish Yimpash)
Dill	Укроп	
Elder	Бузина	
Fennel	Фенхель	
Garlic	Чеснок	sarymsak
Ginger	Имбирь	
Hops	Хмель	
Horse radish	Хрен	
Lavender	Лаванда	
Licorice	Солодка	Rehan
Marigold	Ноготки	
Marjoram	Душица	
Mint	Мята	Narpyz
Nutmeg	Мускатный орех	
Parsley	Петрушка	
Rock salt	Каменная соль	
Rose	Роза	
Sage	Шалфей	
Salt	Соль	
Summer savory	Садовый чабер	
Tarragon	Полькь	
Thyme	Тимьян	
Tomato Paste	Томат	
Vinegar	Уксус	
Watercress	Кресс водяной	
Yeast	Дрожжевой	

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## CREPES

### All purpose crepe batter I

1/4 tsp. salt	1/4 cup melted butter
2 cups flour	4 eggs
2 1/4 cups milk	

**Mixer or whisk method:** In mixing bowl, combine eggs and salt. Gradually add flour alternately with milk, beating with an electric mixer or whisk until smooth. Beat in melted butter.

**\*\*REFRIGERATE BATTER AT LEAST ONE HOUR.**

### All purpose crepe batter II

3 eggs	2 cups milk
1/4 tsp. salt	1/4 cup melted butter
2 cups flour	

In medium bowl, combine eggs and salt. Gradually add flour alternately with milk, beating with electric mixer or whisk until smooth. Beat in melted butter **REFRIGERATE AT LEAST ONE HOUR.** This is one of the thicker batters. You may want to add 1-2 Tbsp. milk for thinner crepes.

## SWEDISH PANCAKES

5-6 eggs	1 Tbsp. melted margarine
1 cup milk	few drops of vanilla
1 cup flour	dash of salt
1/2 cup sugar	jam or cooked fruit

Mix-beat all ingredients together. Heat large frying pan, and melt a dab of oil in pan to coat bottom. Put enough batter in pan to make a thin layer all over the pan. Whole bottom must be covered. Try to turn over when underside is done. Should be very thin, smooth and dry. Put on plate, spread on some butter, 1 layer of jam or cooked fruit. Roll up and sprinkle with powdered sugar.

*Variations on the filling:* cream tuna or chicken instead of jam, spam and cheese with green pepper mixed together

## ALICIA'S PANCAKES

2 cups flour	2 Tbsp. vegetable oil
2 cups milk	pinch of salt
2 tsp. sugar	2 eggs
2 tsp. baking powder	

Mix all ingredients together except for the eggs. Split yolks from two eggs, put yolks in batter and stir until even. Beat egg whites, and fold into batter. Fry hotcakes on pan which has been lightly oiled.

Variation: Delicious Corn Pancakes: Add 1/2 cup cooked/canned corn to batter.

## PANCAKES

1 cup Flour	1 cup Milk
1 Tbsp Sugar	2 Tbsp Cooking Oil
2 tsp. Baking Powder	
1/4 tsp. Salt	

Mix all ingredients well, but not too well. Don't stir out all the lumps because your pancakes won't rise. Pour half a cup of batter into a hot greases pan. Wait until little bubbles form all over the top of pancake then flip. Griddle until golden brown.

### **PANCAKES II**

1 1/2 cups Flour	3 Tbsp Sugar	1/2 cup Sour Cream
1 tsp Baking Powder	1 Egg	Oil
1/4 tsp. Salt	1 cup Milk	

Mix together flour, baking powder, salt and sugar in bowl. Add eggs, milk, and sour cream. Mix well to a batter. Add oil to pan if not using non-stick pan. Add approximately 1 of batter to pan for each pancake and fry on one side, then flip.

### **BUTTERMILK PANCAKES**

2 cups Buttermilk	1 tsp. Soda
2 Eggs, beaten	1 2/3 cups Flour
1 tsp. Salt	

Mix soda and milk. Let stand 5 minutes. Add eggs, flour and salt. Mix until smooth. Cook on a hot pan.

### **NO-EGG PANCAKES**

1 tbsp. yeast	water
1 tbsp. sugar	flour
Pinch of salt	

Mix yeast, sugar and water together, adding enough flour to make consistency of Elmer's glue. Put in an ant-proof container overnight. In the morning, add a pinch of salt and enough flour to make the right consistency. Fry.

### **OATMEAL GRIDDLECAKES**

1/2 cup flour	1 tbsp. oil
4 tsp. baking powder	1 tbsp. sugar
1 tsp. salt	3/4 cup water
1 1/2 cups oats	3/4 cup milk
1 egg, beaten	

Sift together flour, baking powder and salt. Stir in oats. Combine egg, oil, sugar, water and milk. Pour into dry ingredients and beat until smooth. Ladle batter onto a hot, oiled griddle or frying pan. Flip once.

### **PEANUT BUTTER PANCAKES**

1 cup flour	1/4 cup honey
1/3 cup milk powder	1/2 tsp. vanilla
1/2 tsp. salt	1/2 cup peanut butter
2 tsp. baking powder	3/4 cup water or milk
2 eggs, beaten	

Mix dry ingredients. Mix remaining ingredients. Mix together, stirring until smooth. Fry on a hot griddle.

### **OVEN PANCAKES**

6 eggs	1 cup flour
1 cup milk	3/4 tsp. salt
1/4 cup butter, melted	

In a bowl, beat the first 3 ingredients until smooth. Add the flour and salt and beat until smooth. Pour batter into a greased 13x9x2 pan. Bake at 450F for 20-22 minutes.

### **PANNEKOUKEN (DUTCH BABY)**

6 eggs  
1/3 cup milk

1/3 cup flour  
butter

Mix but leave some lumps. Put 2-3 tbsp. butter in a cast iron skillet and place in a 450F (hot) oven. Heat until butter melts. Spread around skillet. Pour in batter. Bake 10-20 minutes or until lightly golden and middle is cooked. Remove quickly but gently, serve immediately, before it "falls." Serve warm with lemon juice and powdered sugar or jam.

### **FRENCH TOAST**

3 eggs  
1/2 tsp. Salt  
2 Tbsp Sugar

1 cup Milk  
3 Tbsp Butter  
Sliced Bread

Beat eggs, add salt, sugar and milk in bowl. Add butter to frying pan and melt. Dip sliced bread in mixture, then add to pan. Fry on both sides. Add butter to pan as needed.

### **FRENCH TOAST II**

Old bread  
1 egg  
Milk  
Butter

cinnamon  
vanilla  
sugar

Beat egg until fluffy. Add sugar to taste. Add cinnamon, vanilla to taste. Beat. Add milk according to how much bread will be used. Soak bread. Fry soaked bread in butter until brown. Eat.

### **FRENCH TOAST III**

3 eggs, lightly beaten  
1/2 tsp. salt  
2 Tbsp. sugar  
1/2 tsp. cinnamon

1 tsp. vanilla extract  
1/4 tsp. nutmeg  
6-8 slices bread  
butter as needed

Mix all ingredients except bread and butter to form smooth batter. Coat bread with mixture. Heat butter in skillet or on griddle. Fry bread until golden brown.

### **FRENCH TOAST ALA KAZAKSTAN**

Butter  
Milk or Canned Sweetened Milk  
Eggs

Cinnamon  
Vanilla  
Bread

In a separate pan, mix together eggs, milk, cinnamon, and vanilla. Heat up a frying pan and put butter in it. Add bread to the eggs. Mix and coat both sides of the bread. Then put into the frying pan and cook through. Make as many pieces as you want. Try covering your French toast with honey or locally made jams.

### **POTATO PANCAKES**

4-5 medium potatoes  
3/4 tsp. salt  
1 medium grated onions

1/4 tsp. pepper  
1 egg  
fat for frying

Peel potatoes, shred, cover with cold water and let stand for five minutes. Drain well on paper towels. Add remaining ingredients except fat. Drop mixture by tablespoonfuls into hot fat skillet. Flatten to make thin cakes. Cook slowly until brown on both sides and crisp.

## **POTATO PANCAKES II**

2 eggs  
3 cups grated potatoes  
2 small onions, grated  
1/4 cup milk  
2 tsp. salt  
3 Tbsp. flour  
1/2 Tbsp. baking powder

Heat and grease griddle. Beat eggs in a small bowl until fluffy. Add potatoes, onions, milk and salt. Mix in baking soda and flour. Shape into thin, 4-inch patties. Fry until golden brown on both sides.

## **MAPLE SYRUP**

4 cups sugar  
2 cups boiling water  
1 tsp. maple extract

Put sugar in a pan. Pour boiling water over the sugar. Boil slowly approximately 15 minutes until it is of syrup consistency. Remove from heat and add maple extract.

## **COLLEEN'S FRUIT SAUCE FOR FRENCH TOAST**

4 apples, skinned, cored and diced small  
2 tbs. honey  
1/4 tsp. cinnamon

Rapidly boil apples with 2 cups water. As water boils down, add more hot water. When apples are mushy, boil water down to almost nothing. Turn off heat and add honey and cinnamon. Mash with potato masher.

## **MASTER BAKING MIX**

10 cups flour  
6 1/2 Tbsp. baking powder  
1 1/2 Tbsp. salt  
1/4 cup sugar  
2 cups margarine  
2 cups dry milk powder

Sift dry ingredients together three times. Cut in margarine until consistency of cornmeal (grainy, coarse). Stir in milk powder. Store in a covered container at room temperature. To measure baking mix, pile lightly into cup and level off with spatula or knife.

### ***RECIPES FOR MASTER BAKING MIX***

#### ***PANCAKES:***

1 cup milk  
1 1/2 cups baking mix  
1 egg

Beat milk and egg together in a bowl. Stir in Mix and bake on hot griddle. Increase milk for light batter.

#### ***BISCUITS:***

1 1/2 cups Baking Mix  
1/3 cup milk

Combine milk with Mix. Add milk all at once and stir 25 strokes. On lightly floured board, roll 1/2 inch thick, cut and place on ungreased baking sheet. Bake 10 minutes. Increase milk to 1/2 cup for drop biscuits.

#### ***MUFFINS:***

1 egg  
2 Tbsp. sugar  
1 cup milk  
3 cups Baking Mix

Beat egg, milk and sugar together in bowl. Add Mix. Stir just until dry ingredients are moistened. Spoon into greased muffin pan and bake 20 minutes.

*Variations:* Add drained and chopped fruit, or dried fruit.  
Replace 1/3 of Mix with oatmeal.

### **COFFEE CAKE:**

1/3 cup milk	1/2 cup sugar
1 egg	2 to 2 1/2 cups Baking Mix

Beat milk and egg together in a bowl. Add sugar and Mix. Stir until well blended. Pour into greased 8 inch square pan. Combine and sprinkle the following over top:

1/2 cup sugar (brown if available)	1/2 tsp. cinnamon
3 Tbsp. margarine	1/2 cup chopped nuts (optional)

Bake 25 minutes. Serve warm.

### **OMELETTES**

- 1) Always let the eggs come to room temperature first.
- 2) Invest in a good heavy omelette pan, 6-7 inches in diameter, with sides that angle outward.
- 3) Keep the pan seasoned: Scrub it with water and salt (no soap) after use. Dry it by heating it; brush it with oil while it is still hot. Keep it oiled until its next use.
- 4) Heat the pan gradually until it is hot, before adding the beaten egg. Use about 1 tbsp. butter for each two egg omelet. Let the butter melt. It will begin to make a crackling/sizzling noise when it is finished melting. As soon as it stops making the noise, that is the precise perfect moment to add the egg. Keep the heat constantly strong as you cook it, and work quickly, lifting the omelet sides and tilting the pan to let the uncooked egg flow into contact with the hot pan. (Do not leave your in process omelet unattended). As soon as all the egg is set, apply the filling, fold it over and slip or flip it on to a plate.
- 5) Have your filling ready before cooking.
- 6) Have your plates ready.

### **OMELETTES II**

Onion, chopped	1 tbsp. milk (or more)
Tomatoes, diced	salt and pepper
Small eggplant, chopped	seasonings (sweet basil is good, or tbsp. curry)
Butter or oil	2 eggs per person

Beat eggs and milk until frothy. Set aside. Put veggies and seasoning in skillet with butter. Fry until onions are browned. Put sautéed items on a plate. Then drop some more butter in the skillet and pour the eggs in. As eggs begin to harden, put sautéed veggies on top. Fold half of the omelet over the other. Cook another minute or two.

### **GRANOLA**

6 cups oats	1/2 cup powdered milk
1/2 cup sunflower, squash,	2/3 cup honey
Sesame seeds and/or peanuts	2/3 cup oil
1/2 cup shredded coconut (if available)	1 tsp. vanilla

Place oats in ungreased baking pan. Bake 10 minutes. Remove from oven and stir in seeds. Add the remaining ingredients. Stir until thoroughly coated. Bake 15 minutes or so, stirring occasionally, until uniformly golden. Do NOT over bake. Let cool in pan undisturbed, then break into chunks.

Try adding nuts, raisins or other dried fruit, such as mangoes, bananas, papayas, apples, apricots, etc. A little cinnamon is nice too!



**PEANUT GRANOLA**

1 1/2 cup honey	10 cups rolled oats
2/3 cup oil	1 cup raw peanuts
1 cup peanut butter	1 cup cornmeal
1 Tbsp. salt	1 cup shredded coconut (if available)
1 Tbsp. cinnamon	2 cups dried raisins or other fruit
1/2 cup water	

Combine honey, oil, peanut butter, salt, cinnamon and water in a saucepan. Stir over low heat until peanut butter melts. Combine oats, peanuts, cornmeal and coconut in a large bowl. Add liquids and mix well. Place in 2 shallow greased pans and bake about 30 minutes or until crunchy and brown. Stir often to prevent over browning. When cool, add dried fruit. Store in an airtight container.

**COCONUT OATMEAL CEREAL**

3 cups flour	2 cups shredded coconut (if available)
2 cups oatmeal	3 Tbsp. sesame seeds
3/4 cup sugar	5 Tbsp. oil

Mix everything together. Bake in 2 or 3 shallow pans, stirring occasionally, until browned. Try adding other stuff, such as raisins, squash seeds, peanuts, etc.

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## SOUP STOCK

Good soup stock for soup can be made with any bones left over from the meal. Place in pot, cover with water, bring to a boil and simmer one hour. Store in refrigerator if not used at once.

\*\*Or: mix 1 bouillon (maggi) cube per cup of water.

## CHICKEN & CHICKEN STOCK

1 medium Onion, chopped	5-6 Black Pepper Corns
2 Carrots	Bay Leaves
3-4 cloves Garlic	1 whole Chicken or 2-3 hindquarters

This is an easy and important recipe to learn. It is a fool proof way to cook moist chicken for sandwiches, salads and main dishes, and it also yields chicken stock - the base for soups, gravies and a variety of sauces. In a big pot, heat a little oil. Add onion, carrots and garlic and spices. Sauté lightly, until the onion starts to soften. Put in cleaned chicken, breast side down. Add water until about half the chicken is covered. Cover and simmer for about 20-30 minutes or until the chicken is cooked (stab the thigh and when the juices run clear, it's done). Bone the chicken as soon as it's cool enough to handle or at least cool it because it will continue to cook if you don't and makes it tough. Strain the juices and save it in the fridge. It will make excellent soups and sauces.

## EGG BALLS FOR SOUP

1 hard boiled egg	a few grains cayenne
1 hard boiled egg white	1/2 tsp. melted butter
1/8 tsp salt	1 raw egg yolk

Rub whole egg through a sieve. Add egg white, chopped fine, salt, cayenne and butter. Moisten with egg yolk- use enough so you can shape mixture into marble-sized balls. Poach in boiling water or stock or roll in flour and sauté in butter. Add 1 to 2 to each serving of soup.

## DUMPLINGS FOR SOUP

4 chopped scallions	2 tsp. salt
1/4 cup oil or melted margarine	1 tsp. herbs (basil, oregano and/or parsley)
1/4 cup stock or water	3/4 cup bread crumbs
2 slightly beaten eggs	

Cook scallions in oil. Add stock. Mix bread crumbs, salt and herbs in another bowl. Add eggs. Add sautéed onions and stock. Stir thoroughly and chill, if possible. Divide dumpling dough into 1 1/2 inch balls. Roll into smooth, round balls. Add to boiling soup and cook for 30 to 40 minutes.

## PCV SOUP FOR TWO

small amount of left-over cooked beef	small amount of left-over cooked rice
2 bouillon (maggi) cubes	small amount of any available vegetable (1/2 cup cut-up fine)

For variation add one small tin of tomato paste

Mix together and boil for 10 minutes. Serve.

## BORSCH

1 1/2 cups Carrots	1 Tbsp Butter	1 cup Cabbage, shredded
1 cup Onions	2 cups Beef or Other Stock	1 Tbsp Vinegar
2 cups Beets		

Chop until very fine: carrots, onions, and beets. Barely cover these ingredients with boiling water. Simmer gently, covered, for 20 minutes. Add remaining ingredients and simmer 15 minutes more. Note: You may add sour cream to the soup.

## **BORST**

Chop until very fine:

1/2 cup pared carrots	2 cups pared beets
1 cup skinned onions	1 potato

Cover with boiling water and simmer gently, covered, for 20 minutes. Add the remaining ingredients and simmer for 15 more minutes:

1 tbsp. butter	1 tbsp. vinegar
2 cups beef or chicken stock	salt and pepper to taste
1 cup finely shredded cabbage	

Serve with sour cream.

## **CHILI**

1-2 lbs. ground meat	1/2-1 big can tomato paste
1 small bulb garlic, mashed	2 cups red beans, cooked separately for one hour
6 small onions, diced	chili powder and spices to taste

Fry meat without adding oil. Add garlic, spices, tomato paste and beans. Add water if necessary. Stir and cook for 30-45 minutes.

## **CHILI II**

1 cup of dried Red Pinto Beans	1 cup Onions, chopped
3 cloves Garlic, pressed	2 cups Tomato Paste: 1 large can, 2 small cans
1/4 cup Chinese Pepper Paste	2 Tbsp Garlic Salt
3 Tbsp Chili Powder	2 Tbsp Cumin

First you must soak beans overnight and clean and wash them. Boil the beans until tender, usually about an hour. When beans are finished, drain water. Add all of the ingredients, spices last (Add more chili powder and cumin depending on your taste). Add just enough water to cover the tops of the beans. Simmer for 1/2 hour. Mix with smetana (sour cream) for a rich creamy chili or grate cheese on top. This is a warm spicy dish great for cold winter nights. You can make a big pot and have it for dinner 3 or 4 nights in a row. Be creative- add meat, potatoes, peppers, and tomatoes if in season. Remember to BE CAREFUL of rocks!

## **CHILI III**

1 kilo ground meat	1/2 tsp. oregano
1 onion (sauté first)	1 tsp. cumin
1 green pepper (sauté first)	2 cloves garlic
2 cups tomato sauce	1 tbsp. chili powder
2 cups water	2 cups cooked beans

Cook meat, add everything except beans and simmer 1/2 - 1 hour. Add beans and heat.

## **QUICK AND EASY CHILI**

1 lb. ground beef	1 can kidney beans
2 tbsp. oil	hot pepper
1 onion	salt
1 large can of tomatoes	2 - 3 tbsp. chili powder

Brown beef and onion in oil. Place in a big pot. Add tomatoes and beans. Add hot pepper (pounded), salt, chili powder. Simmer for 1/2 - 3/4 hour.

### **CHILI CON CARNE**

1 tbsp oil	4 cups peeled tomatoes
1 kg. ground beef	1 1/2 tsp salt
1 cup chopped onion	4 cups kidney beans
1/4 cup diced green pepper	2 minced garlic cloves
1/4 to 1/3 cup chili powder	

In a large soup pot, sauté oil, beef, onions, green pepper, and garlic, about 10 minutes. Add tomatoes and their liquid, chili powder, and salt. Heat to boiling. Cover and simmer over low heat for about 1 hour, stirring occasionally. Stir in beans and their liquid. Heat and eat. Serve with grated cheese and minced onion.

### **EVERYDAY MASH CHILI**

Mash (small, green legume)	carrots, eggplant, tomatoes,
2 chicken bouillon cubes	green pepper OR
3 small onions, finely chopped	whatever veggies you want, chopped
chili peppers or powder	2-3 wooden Turkmen spoons of tomato paste

Cover the bottom of whatever pot you're using with mash. Fill pot 3/4 full with water and add the bouillon cubes. Heat on medium flame. In sauté pan, fry onions and chili peppers or powder (use 3 peppers for a fiery bite). Add the onion mixture to the mash pot. Add the tomato paste and any veggies you want to the pot. Boil all this together for about 1 hour (or until mash is soft), stirring occasionally. Hint: this is good in bulk. You can eat for several days.

### **LENTIL CHILI**

2 cups lentils	1 tsp. cumin
1 cup onions, chopped	1/2 tsp. pepper
water	1/2 tsp. paprika
8 oz tomatoes, chopped	1/4 tsp. thyme
1/8 cup tomato paste	1/4 tsp. crushed red pepper
1 tbsp. garlic, minced	1 tbsp. wine vinegar (or less if regular vinegar)
1 tsp. salt	

Boil lentils, onions and 3 1/2 cups water for 30 minutes, partially covered. Add 1 cup water and everything but vinegar. Partially cover and cook for 45 more minutes, stirring every 10 minutes. Stir in vinegar.

### **VEGETARIAN CHILI**

2 1/2 cups raw kidney beans (or any kind)	1 tsp. basil
1 cup tomato juice	1 tsp. chili powder (more, to taste)
1 cup raw bell peppers	salt and pepper
4 cloves crushed garlic	1 cup green peppers, chopped
1 1/2 cups chopped onions	2 cups chopped fresh tomatoes
oil for sauté (about 3 tbsp.)	juice of 1/2 lemon
1 cup carrots, chopped	3 tbsp. tomato paste
1 tsp. ground cumin	3 tbsp. dry red wine
dash of cayenne (more to taste)	cheese and parsley

Put beans in saucepan and cover them with 6 cups of water. Soak 3-4 hours. Add extra water and 1 tsp. salt. Cook until tender (about 1 hour). Watch the water level and add more if necessary. Heat the tomato juice to a boil. Pour over raw bell peppers. Cover and let stand at least 15 minutes (it will be crunchy, so it can absorb more later). Sauté onions and garlic in oil. Add carrots and spices. When vegetables are almost done, add peppers. Cook until tender. Combine all ingredients and heat together gently - either in kettle over double boiler or covered in a moderate oven. Serve topped with cheese and parsley.

### **BUNNY'S THREE BEAN VEGETARIAN CHILI**

1 cup red kidney beans	1 cup red / white kidney beans
1 cup garbanzo beans	2 bell peppers or 8-10 Bulgarian peppers
3 large white onions	1 kilo fresh tomatoes
2 Tbsp. tomato paste	2 tsp. cumin
1/2 Tbsp. cayenne pepper	1 Tbsp. paprika
1/2 Tbsp. cinnamon	2 Tbsp. oil
salt to taste	

Prepare beans (soak overnight in 3 x as much water). Dice onions into small pieces and fry in oil until cooked but not charred. Dice bell peppers into hearty chunks, add to onions and fry over small flame, stirring but not burning. Add beans with a little bit of water and spices. Quickly throw in tomatoes and tomato paste. Cook for about 45 minutes over a small flame, stirring every once in a while.

### **BUNNY'S VEGETARIAN WHITE CHILI**

1 1/2 cup black-eyed peas	2 large onions
1 1/2 cup garbanzo beans	3-4 Bulgarian peppers
1 bunch green onions	1 bunch spinach
1/2 bunch fresh coriander	3-5 hearty cloves garlic
1 tsp. cumin	2 Tbsp. oil
salt to taste	

Prepare beans (soak overnight in 3x as much water). Dice onions and garlic into small pieces and fry in oil. Cut peppers into hearty chunks, cut green onions and coriander into small pieces. Add water to frying onions and garlic, throw in everything else, and simmer for about 45 minutes.

### **COLD CUCUMBER SOUP**

1 1/2 cups Cucumbers, pared & seeded	2 Tbsp Olive Oil
1 tsp. Salt	1 clove Garlic, minced
1/4 tsp. Pepper	2 Tbsp Fresh Dill
1/4 to 1 cup Walnuts	1 to 1 1/2 cups Kefir (Yogurt) OR Smetana (Sour Cream)

Put these ingredients in the refrigerator for 2 to 6 hours before serving. Then, when ready to serve, add (yogurt) Kefir or (sour cream) smetana. Pour in the mixture. Serve at once.

### **POTATO SOUP 1**

5 large potatoes, peeled and diced	1 tsp. salt
fresh ground pepper	3-4 leeks or 1/2 onion
2-3 Tbsp. sour cream	3 1/2 - 4 cups of water (enough to keep it all covered)
butter	1 1/2 cups milk or cream
1/2 tsp. caraway seeds (optional)	2 Tbsp. dill weed
garnish: chopped chives, parsley, or more dill	

Peel the potatoes. Wash the leeks and chop them up well, discarding the tough green ends. Cook these vegetables in the salted water about 1/2 hour, or until they are tender. Add the milk, caraway seeds, dill, and salt and pepper to taste. Let the soup simmer another 15-20 minutes, or until it begins to take on a rather thick consistency and the potatoes begin to fall apart a little. Now stir a few tablespoons of sour cream and a tablespoon or two of butter; let it all heat through, and serve. You may garnish this soup with chopped chives, parsley, or more dill.

### POTATO SOUP II

1/2 cup chopped onion  
3-4 Tbsp. butter or oil  
6-7 potatoes

1-2 carrots  
a little parsley

Cook the onions in butter until transparent. Add water and the potatoes and carrot. Cook until very soft, and most of the water is gone. Mash like mashed potatoes. Add water until it is a thick soup. Salt, pepper and garnish with parsley.

### POTATO SOUP III

6 Potatoes, peeled & sliced  
2 Carrots, diced  
2 quarts Water

1 Onion, chopped  
6 Tbsp Butter or Margarine  
6 Tbsp Flour

1 tsp. Salt  
1/2 tsp. Pepper  
1 1/2 cups Milk

Cook the potatoes and carrots - reserving the liquid and setting the vegetables aside. In same pot, sauté onions in butter until soft. Stir in flour, salt, pepper, and milk. Add some of the reserve liquid until you reach desired consistency.

### POTATO-LEEK SOUP

3 fist-sized potatoes  
3 cups chopped leeks  
1 stalk celery, chopped (if available)  
1 large carrot, chopped  
4 Tbsp. butter

1/2 cup stock or water  
3 cups milk  
black pepper  
3/4 tsp. salt  
Optional: snippets of fresh herbs (thyme, basil, marjoram)

Scrub the potatoes and cut them into 1 inch chunks. Place them in a saucepan with the leeks, celery, carrot, and butter. Add salt. Cook the vegetables, stirring over medium heat, until the butter is melted and all the particles are coated (5 minutes). Add the stock or water, bring to a boil, then cover, and reduce heat to a simmer. Cook until the potatoes are soft (20-30 minutes). Check the moisture level occasionally. You may need to add a little extra stock or water if it gets too low. When the potatoes are tender, remove the pan from the heat, and puree its contents in the milk (use a **blender or a food processor** fitted with a steel blade). Make sure the mixture is very smooth then return it to the saucepan. Add optional herbs. Grind in some black pepper and salt to taste. Heat the soup gently, covered, until just hot. Don't let it boil.

### CORN POTATO PEANUT CHOWDER

1 onion  
oil or margarine  
cut corn  
diced potatoes

peanut butter  
milk  
salt and pepper  
curry and other spices

Fry onion in oil or margarine until soft. Put in a pot of water with corn and potatoes. Boil until all are soft, about 30 minutes. Add peanut butter and simmer 30 to 45 minutes. Add remaining ingredients. Cook until the liquid is thick.

### POTATO CHOWDER

2 medium Onions  
4 cloves Garlic  
Oil  
4 cups Potatoes

1 cup Milk  
3 Tbsp Butter  
1 tsp. Salt  
1 tsp. Pepper

Dash of Thyme  
1/4 cup Water  
2 Tbsp Flour

Sauté onions (chopped) and garlic (chopped) in oil. Add potatoes, cubed. Add water to cover potatoes by 1 inch. Boil 20 minutes or until tender. Mash potatoes in the water till it looks like soupy mashed potatoes. Add milk, butter, salt, pepper, red pepper, thyme and simmer 10 minutes. To thicken, mix water with flour, pour into soup, simmer 5 more minutes.



### **ETHIOPIAN VEGETABLE STEW**

2 tbsp. margarine or oil	1/2 tsp salt	1 clove garlic
1/2 tsp grated ginger	1 onion, chopped	1/2 tsp. turmeric
1/2 cup water	1/4 tsp. pepper	1 kg cabbage, chopped
1/2 cup water	2-3 carrots, chopped	1 chili, chopped
3 medium potatoes, chopped in large pieces		

In a large saucepan, sauté onion and garlic in margarine until onions are soft but not brown. Add water, potatoes, carrots and spices. Cook 10 minutes. Add remaining ingredients. Cook until veggies are tender.

### **HEARTY VEGETABLE STEW**

2 Carrots, shredded	Margarine or Oil
1/2 tsp. black pepper	2 Onions, diced
Rosemary (if you've got it)	3 cloves, Garlic
2 Potatoes, diced	1/2 tsp. red pepper
2 Chicken or Mushroom bouillon cubes	
Any Starch of your choice: (1 cup Barley, 1 cup Rice, 1/2 a bag of Pasta)	

Sauté carrots, onions, and garlic together in oil in a soup pot. Until glossy pour water about 5 inches over. Add bouillon and spices and bring to a boil. Put in your potatoes. When you put the other grain in is up to you. Pasta should be put in when the potatoes are almost soft. Rice and barley should be put in about 5 minutes after the potatoes. A comment on the water: add enough water so you can boil the potatoes and pasta or other grain. But don't add so much water that you end up with thin soup. You want a stew consistency which you get by boiling the potatoes and starch right in the pot.

### **VEGETABLE STEW**

Same as chicken stew without the chicken (see recipe below) and 6 cups of water. In last 20 minutes of cooking add 2 cup chopped potatoes. In last 5 minute add 1 can corn.

### **CHICKEN STEW**

4 Pieces of Chicken	1 cup Tomato Paste	3 Tbsp Sugar
1/4 cup Oil	3 Chicken Bouillon Cubes	1 tsp. Thyme
4 cloves Garlic, crushed	4 cups Water	1 tsp. Oregano
1 cup Onion, chopped	Salt & Pepper	Pinch of Cayenne Pepper
1 cup Carrots, sliced		

Sauté 4 pieces of defrosted chicken in oil for 10 minutes on each side till light brown. Remove chicken and drain grease. In same pot, combine remaining ingredients and stir. Add chicken and bring to boil. Simmer for one hour.

### **CHICKEN SOUP**

3-4 pieces Chicken	1 tsp. Salt	Pinch of Red Pepper
1 cup Onion, chopped	1 tsp. Pepper	2 cups Potatoes, cube
1 cup Carrots, sliced	1 tsp. Oregano	1 can Corn (optional)

After chicken is removed from the chicken stock (also see boiled chicken under Main Dishes), add onions, carrots, salt, pepper, oregano, red pepper and boil for 10 minutes. Add potatoes, boil for additional 20 minutes. Optional: can of corn added with the potatoes.

### HEARTY BEEF STEW

1 kg Beef	4 cups Water	3 cups Potatoes, cubed
Flour	Salt & Pepper	1 cup Carrots, sliced
1 cup Onion, chopped	Thyme	1 cup Tomato Paste
5 cloves Garlic	1 tsp. Rosemary	1 can Peas (optional)
2 tsp. Oil	Pinch of Red Pepper	

Cut beef into cubes, trimming the fat. Sprinkle with beef tenderizer. Coat beef cubes with flour, then fry in small batches for about 5 minutes in oil until brown. Remove beef from pan. Add onions, garlic and oil to pan. Sauté. Add beef to pan, along with water, salt & pepper, thyme, rosemary and red pepper. (Note: water should be about 2 inches above food level, add more if necessary). Bring to a boil, then simmer for one hour. After one hour, add potatoes and carrots. Also add tomato paste. Simmer for 30 minutes. Optional: add one can of peas 10 minutes prior to serving.

### BEEF STEW AND DUMPLINGS

1 kg beef fillet, cubed	3 medium onions, chopped	1/2 cup flour
2 cups water	salt and pepper	2 tbsp. vinegar
3 tbsp. oil	bouillon cubes	4 carrots, thinly sliced

Toss meat in flour and brown in heated oil. Add onions, carrots, water, bouillon and vinegar. Bring to a boil. Cover and simmer about 1 hour.

#### Dumplings:

3 cups flour	2 tsp. baking soda	2 tsp. salt
1/2 cup cold water	1/2 cup margarine	

Sift flour, baking soda and salt. Cut in margarine. Blend with cold water to form a firm dough. Drop by teaspoonful on top of stew. Cover and continue to cook gently for 30 minutes. Garnish with chopped onions.

### NIGERIAN BEAN STEW

1 cup black-eyed peas (or white beans)	oil
salt and pepper	1 kilo beef
1 large green pepper, chopped	water
onion, chopped	

Soak the peas for about 6 hours. Rinse and mash them. Cube beef and brown in a little oil. Brown the pepper and onion in oil and combine with meat and mashed peas, adding cold water. Add salt and pepper to taste. Simmer in a covered pot for 15 minutes. Add oil or butter and continue to simmer until well cooked. In Africa, you serve with yams. In T-stan, eat with whatever you want.

### HUNGARIAN GOULASH SOUP

3 tbsp. butter or oil	1 green pepper, chopped
2 cups chopped onion	1 tomato, chunked
1 lb. ground beef or chunks	1 tbsp. caraway seeds
1 1/2 tbsp. paprika	3 potatoes, cubed
2 cloves garlic, minced	

In heavy pan, melt butter. Add onions, beef, paprika and garlic. Brown well and add green pepper, caraway seeds and tomato. Simmer for 5 minutes, stirring occasionally. Add 7 cups water, cover and simmer 1 hour. Add potatoes. Cook covered until potatoes are tender.

### **MINESTRONE**

1 kilo Beets	1 cup Beans	1/4 bag macaroni
1 can Corn	3 Onions diced	6 Tomatoes diced
3 cloves Garlic minced	1 can Tomato Paste	2 Beef Bouillon cubes
1 tsp. Pepper	Oil	1 tsp. Oregano
1 tsp. Basil		

Cut beef into cubes and sauté until brown with onions and garlic. Pour water over beef to cover by 4 inches. Add beans-make sure you soaked them the night before and rinsed them. Add tomato paste, bouillon, tomatoes, pepper, oregano, and basil. Bring to a boil. Turn to simmer and simmer half-covered until beans are soft and meat is tender. When beans are soft add macaroni. Cook until soft. Add corn. Serve with Tabasco sauce and fresh bread. Michelangelo would be proud.

### **MINESTRONE II**

4-5 cloves garlic	1 cup green pepper
1 cup chopped onion	1 1/2 cups cooked beans
3 Tbsp. oil	3 1/3 cups water
2 tsp. salt	2 cups tomato puree
1 cup carrots, cubed	a little red wine
1 tsp. oregano	1 cups tomatoes, chopped
1 tsp. basil	1/2 cup pasta
1/4 tsp. pepper	

In a soup kettle, sauté garlic and onion in oil. Add salt, eggplant and carrots. Mix well and add spices. Cover and cook over low heat for 5-8 minutes. Add green pepper, beans, water, tomato puree and wine. Cover and simmer 15 minutes. Add tomatoes. Keep at lowest heat until 10 minutes before serving. Then heat soup to a boil and add pasta. Boil gently until pasta is tender.

### **BLACK BEAN SOUP**

1 lb. black (or other) beans	1 clove garlic, minced
water	1 tsp. oregano
2 Tbsp. oil	1/4 tsp. cumin
1/2 onion, chopped	1 bay leaf
1/2 green pepper, chopped	1/2 tsp. hot sauce
2 Tbsp. vinegar	1 Tbsp. salt
1 medium tomato	

Wash and sort bean. Place in deep bowl. Cover with water and soak overnight. Next day, pour beans and soaking water into soup pot, adding more water to cover the beans if necessary. Add remaining ingredients except salt and cook slowly until beans are almost tender (about 1 hour). Add salt and simmer until beans are done.

### **BEAN SOUP**

3/4 cup dry beans	2 cups stock water
2 cups water	4 Tbsp. flour
3 medium potatoes	1 Tbsp. lemon juice
1 large onion	salt to taste
6 Tbsp. oil	

Wash beans and soak for at least 12 hours in 2 cups water. Cook them in this water until they are soft. Wash and peel potatoes and onion, then dice. Put 1 Tbsp. oil in a saucepan. Add onions and potatoes and stew for about 5 minutes, stirring from time to time. Add a little stock and cook until potatoes are soft. Heat the remaining oil in a saucepan. Add the flour and cook for 2 minutes. Add the rest of the stock and bean water to the flour mixture and boil for another 5 minutes. Add the beans, potatoes and onions. Salt to taste and add lemon juice if desired. Simmer for another 30 minutes.

### **TOMATO SOUP WITH BASIL**

1 large mild onion	sea salt and black pepper
1/4 cup butter	pinch of sugar
1 1/2 tomatoes	3 tbsp. chopped basil
2 1/2 cups chicken stock	

Peel and chop the onion. Melt the butter in a saucepan and cook the onion gently until soft but not colored. Skin the tomatoes, chop them and add to the onion. Stir for a few minutes in the butter, then pour on the heated stock. Bring to a boil, then lower the heat and simmer for 20 minutes adding salt, pepper, and a pinch of sugar. Puree briefly in a blender or pass through a medium food mill. Adjust the seasonings, cool, and chill well. Ten minutes before serving, stir in the chopped basil.

### **TOMATO SOUP**

1 tbsp grated onion	2 cups tomatoes, chopped or tomato paste mixed with water
2 1/2 cups milk	4 tbsp. flour
pepper to taste	1/2 tsp. salt
4 tbsp. butter	

Mix tomatoes and onion and simmer. Make a cream sauce of the flour and butter, milk, and seasonings. Pour tomatoes into cream sauce, stirring constantly.

### **HEARTY TOMATO SOUP - Recipe from "Diet for a Small Plant"**

2 Tbsp Oil	1 - 28-oz can Tomatoes, chopped and
1 clove Garlic, minced	mashed with spoon
1 Onion, chopped	Salt
1 stalk Celery, chopped (optional)	4 White Peppercorns or Black Pepper
1 Carrot, chopped	1 tsp. each Oregano and Basil
2 Tbsp Whole Wheat Flour	3 cups Hot Milk
1 Tbsp Margarine	1 1/2 cups Cooked Rice (3/4 cup uncooked)

Heat oil in heavy pot and sauté garlic, onion, celery and carrot until onion is translucent. Add flour, stirring until toasty. If using uncooked rice, add it with the flour and sauté, stirring, until it's a little toasty. Add tomatoes, salt, pepper, herbs and cooked rice (if you are using it) and cook at least 15 minutes (about 45 minutes with raw rice; cook until rice is done). Remove from heat. For an elegant soup, puree in the blender or put through a sieve. Add milk and margarine and more salt and pepper if needed. Heat through but do not let boil. Variations: Substitute 1 1/2 cups uncooked rice-soy shells or other noodles for flour and rice. Add 1 small eggplant, cut into 1/2 inch cubes. Add chopped broccoli and zucchini.

### **SQUASH SOUP**

2 to 4 cups milk	1 to 2 cups peeled, cubed squash
1 to 2 onions	2 cups chicken broth or bouillon
salt and pepper to taste	

Boil ingredients together. If squash boils down and becomes creamy it may become too thick. If so, add more milk. Try adding spices such as cinnamon, ginger, allspice, curry powder...experiment!

### **HEALTHY GRANDMA'S HEARTY SOUP**

10 potato halves	12 carrot halves	1 onion quartered
half a head of largely chopped cabbage	chicken or beef	pinch of salt
water		

Mix all ingredients into a pot and bring to boil. Soup is done once potatoes and carrots are soft.

### **PUMPKIN SOUP WITH BASIL**

1 lb. pumpkin	1/2 lb. tomatoes
1/2 lb. carrots	salt and black pepper
3 3/4 cups chicken stock	pinch of sugar
1 onion	3 Tbsp. heavy cream (optional)
1/4 cup butter	2 Tbsp. chopped basil

Peel the pumpkin and cut in cubes. Clean the carrots and cut them in slices. Put the pumpkin and the carrots in a pan with the stock and bring it to a boil. Simmer, covered, for 20 minutes, until soft. Peel the onion and chop it quite finely. Heat the butter in a saucepan and stew the onions for 4-5 minutes. Skin the tomatoes and chop them coarsely before adding to the onions. Cook gently for 6 minutes, until slightly mushy. Put the pumpkin and carrots through a medium food mill, or puree briefly in a **blender**, reserving about 1 1/4 cups of the liquid. Add as much of the reserved liquid as needed to give a consistency of thin (light) cream. Stir in the onion and tomato mixture with its juice. Add salt and pepper and a pinch of sugar. Add the cream, if used, and the basil. Stand covered for 5 minutes.

### **CREAMY SQUASH SOUP** - *Recipe from the Osh/Jalal-Abad Region Volunteers - Kyrgystan*

2 cups Squash	3 1/2 cups Water (or chicken stock)
3 Tbsp Butter or Oil	1 1/2 cups Milk, Heavy Cream or Apple Juice
2 cups Onion, chopped	1/8 tsp. Cinnamon
1 small Carrot, diced	Salt & Pepper
2 Apples, peeled, cored, and chopped	

Clean the squash, cut in half and scoop out seeds. Place it cut side down on a lightly oiled baking sheet, cover and bake at medium heat about 1 hour, until soft. Squash can be peeled, cubed and boiled rather than baked, but baking is easiest and heightens the flavor. Meanwhile, sauté the onions in the butter until they are translucent. Add the carrots, potatoes, apples and water (or stock). Bring the vegetables to a boil, lower the heat and simmer about 20 minutes, until the vegetables are tender.

When the baked squash has cooled, scoop out the insides and discard the skins. Combine the squash, vegetable and stock with the milk, cream or apple juice and mash or strain through sieve. Repeat puree process for a smooth, creamy consistency. Heat the soup on low heat until hot but do not boil. Add the cinnamon. Season to taste with salt and pepper.

### **CREAM OF ANYTHING SOUP**

1 Tbsp. margarine or butter	1 1/2-2 cups milk
1/4 cup chopped onion or leeks	salt, pepper and seasonings
tsp. flour	"anything"

Melt margarine and sauté onions. Stir in flour. Slowly add milk, stirring constantly, do not boil. Add seasonings and the "anything" (e.g., tomato-1/2 small tin of tomatoes; potato-1 cup mashed or sliced cooked potatoes; chicken-piece of chicken and 1/4 cup rice; spinach- 1 cup chopped spinach; mushroom pieces; cheese- 3/4 cup grated cheese, 2 tsp. paprika; Creole- 2 tbsp. chopped green pepper, 1 tsp. horseradish, 1/4 tsp. vinegar, 1/2 cup chopped tomatoes.

### **CREAM SOUP**

1/3 cup Cream	1 kilo Veggies (cabbage, green beans & potatoes)
4 Tbsp Butter	Salt & Pepper
2 Tbsp Flour	Nutmeg (optional)
3 1/4 cups Very Warm Milk, divided	

This is the basic recipe for a thick, wintry cream soup. Parboil the veggies of your choice and drain. Melt 2 Tbsp. of butter and add the flour over a low heat. Remove from the heat and whisk in 1 1/2 cups of the warm milk. Add the veggies and another 1/2 cup of milk, reduce heat and simmer 25 minutes. Add 1 1/4 cups milk and bring back to boil while stirring. Add salt, pepper and nutmeg. Add cream and simmer briefly.

### **FRESH CREAM OF TOMATO**

fresh tomatoes, peeled and chopped	1/2 tsp. salt	1 cup milk/cream
1 cup stock	2 Tbsp. margarine or butter	1 cup chopped celery
1 onion, chopped	1/2 tsp. paprika	

Add vegetables to the boiling stock. Cook 30 minutes. Mash, add margarine (or butter) and paprika. Add milk slowly to prevent curdling.

### **CREAM OF TOMATO SOUP**

1 tsp. finely chopped onion	1 tsp. salt	tomato paste
2 tbsp. butter	1/8 tsp. pepper	2 tbsp. sugar
3 tbsp. flour	4 cups milk	

Sauté onion in butter. Stir in flour, sugar, salt and pepper. Cook until smooth and bubbly, stirring constantly. Remove from heat. Add milk and enough tomato paste to make it the right color. Whisk it. Heat to serving temperature and color.

### **CREAM OF SPINACH SOUP**

1 small onion	1 bouillon cube	1/2 cup cooked greens
1 tbsp. butter	2 cups milk	

Chop the onion and cook until golden in a pan with the butter. Add the cooked greens. Add the bouillon cube and the milk. Heat over low heat, making sure bouillon cube is dissolved. Do not boil.

### **CREAM OF CARROT SOUP**

4 carrots, sliced	1 medium onion, sliced
1 1/2 cup chicken stock	pepper to taste
1 tsp. salt	1 cup milk
1/2 cup cooked rice	

Place carrots, onion and 1/2 cup stock in saucepan and bring to a boil. Cover, reduce heat and simmer 15 minutes. Add salt, pepper and rice. Pour in remaining stock and milk. Blend thoroughly.

### **EGYPTIAN SOUP**

2 bunches spinach	3/4 cup rice	1 onion
salt and pepper	2 Tbsp. oil	2 cups yogurt
2 cloves crushed garlic		

Cut washed spinach into ribbons. Chop onion and sauté in oil until soft. Add spinach and sauté gently. Cover rice with 5 cups water. Add spinach, onion, salt and pepper. Bring to a boil and simmer until rice is just cooked. Add crushed garlic to yogurt and add to soup. Heat but do not boil.

### **VEGETABLE SOUP**

3-4 Tbsp. butter	2 cups barley or rice
2 cups chopped onion	vegetables
optional: 1 cup or more ground meat or stew meat	

Cook the onions in the butter until they begin to look done; add the meat and thoroughly brown. Fill the pan up with water. If stew meat, cook an hour, then add barley. If ground meat, add barley at once. Simmer until barley is done (about 1 hour). Add long cooking vegetables like carrots, celery, potatoes, beans, etc. Cook for about 20 minutes and add short cooking vegetables like tomatoes (skinned and cut-up), lettuce or spinach (cut finely). Cook about 10 minutes. Add a can of tomatoes, or a few cans of tomato paste, salt and pepper to taste.

### **LORA'S EASY VEGGIE SOUP**

(fat free and yummy!)

4 tomatoes, chopped  
6 carrots, cut 1/2 inch slices  
3 onions, chopped  
water

1 large can tomato paste  
4 large potatoes, smallish cubes  
1 can corn with juice (optional)  
salt and pepper and spices

In a large pot, dump in first four ingredients. Add enough water to cover ingredients, plus 2 1/2 inches. Bring to a boil then lower heat and simmer for about 1/2 hour or until the carrots are tender. Add potatoes and corn and simmer for another 1/2 to 1 hour (until potatoes are tender). Be sure to stir occasionally and add water to keep soup soupy. I like this really thick so I stir often to keep soup from sticking to the pot. If you want it thinner, add more water. Add spices to taste and serve. Hint: It's even better the second day; Great since this is a huge pot of soup!

Variation: Add canned beans with juice or cooked beans or lentils for protein.

### **LENTIL AND HERB SOUP**

1/2 cup lentils, red or brown  
5 cups stock  
1 1/2 Tbsp. olive oil  
1 small onion  
1 clove garlic  
1/4 lb. spinach

1 1/2 cups mixed herbs: parsley, thyme  
tarragon, chervil  
juice of 1/2 small lemon  
2/3 cup plain yogurt  
sea salt and black pepper

Wash the lentil and pick over carefully, removing any small stones. Put them in a large pan with the stock. Bring to a boil and simmer until they are soft-30 minutes for red lentils and 45 for brown/green. Peel and chop the onion. Heat the oil in a frying pan and sauté the onion until soft and golden, adding the finely minced garlic halfway through. Wash the spinach, cut in slices and add to lentils when they are soft, with salt and pepper to taste. Simmer until the spinach is cooked, about 8 minutes, then add the onion and garlic and the roughly chopped herbs. Simmer a further 2-3 minutes, then cool slightly. Puree in a blender and add a little lemon juice-- about 1 tbs.-- and the yogurt or buttermilk. Serve immediately, or if it is necessary to reheat, do so very carefully, without allowing it to boil. This soup is also good served cold.

### **BASIC LENTIL SOUP**

2 cups lentils  
2 quarts water  
1 onion, sliced  
1/4 cup chopped carrots  
3 tbs. chopped parsley  
1 clove garlic, minced or mashed

2 tsp. salt  
1/4 tsp. pepper  
1/2 tsp. oregano  
1 small can tomato paste  
vinegar

Wash lentils. Place in a pan with next eight ingredients. Cover pan and simmer for 1 1/2 hours. Add tomato paste and vinegar to taste and simmer for 30 minutes longer. Taste and add more salt if needed.

### **CURRY LENTIL STEW**

3 cups lentils (brown)  
4 carrots, chopped  
3 potatoes, chopped  
2 onions, chopped  
4 garlic cloves, chopped

3 heaping tsp. curry  
1 tsp. cumin  
salt and pepper  
6 tsp. tomato paste

Wash and sort lentils. Rinse until water runs clear. Fill pan with water and boil on high for one hour, adding hot water as necessary. Let sit covered for one hour without heat. Boil for another hour. Sauté onions and garlic in a little oil. Add this and other veggies to the lentils. Add curry and cumin and salt and pepper to taste. Cook 1/2 to 1 hour. 5 minutes before serving, add tomato paste and stir.

### RED LENTIL SOUP

1 1/2 cups lentils (red works best)	spoonful of flour	1 medium onion
3 cups water	crushed red pepper	tomato paste
3-4 chicken or beef bouillon cubes		

Wash the lentils well. Then boil them in the water with the bouillon cubes for about an hour. You may need to add more water as you go unless you like really thick soup. When the lentils are thoroughly cooked, mince the onion and sauté in butter. After browned, add a spoonful of flour. Mix and add to the soup. Then, add tomato paste for color. One or two spoonfuls should work. Cook on low for another 5-10 minutes. Finally, sprinkle some crushed red pepper. Serve with a lemon.

### HEARTY RED LENTIL SOUP

1/2 lb red or green lentils	1 green pepper, chopped	2 medium tomatoes, chopped
cayenne or chili pepper or salsa to taste	1 onion, chopped	salt and pepper to taste
2 large potatoes, cut into 1 inch pieces	3 carrots, chopped	variation: curry powder

Bring lentils to a boil in a large pot. Be careful not to let them overflow onto the stove. Add the rest of the ingredients and cook until tender, about one hour. Serves 4. Serve with herb bread and green salad.

### EGG DROP SOUP

2 cups chicken stock	salt and pepper	1 cup finely chopped onion
finely chopped parsley	1/4 cup finely chopped chicken	1 egg, well beaten

Add all the ingredients except egg, and bring to a boil. Slowly add the egg, stirring constantly- this cooks in seconds.

### EGG DROP SOUP II

7 cups clear chicken broth	3 tbsp. cornstarch or flour paste	2 eggs, beaten
1/2 tsp. sugar	1/2 tsp. salt	1/2 tsp. pepper
green onions, minced		

Heat broth to boiling point in large saucepan. Meanwhile, in a small bowl, make a smooth paste of cornstarch and 1/4 cup cold water. Into hot broth, slowly stir cornstarch mixture with sugar, salt and pepper. Heat to boiling, stirring constantly. Mixture should be slightly thickened and translucent. Reduce heat. Add eggs, a small amount at a time, stirring to separate them into shreds. Remove from heat, add green onions. Serve at once. Makes 8 servings.

### AVGOLEMENO SOUP

1 vegetable or chicken	3-5 lemons	bouillon cube
1 egg	1/2 cup rice	

Bring water to a boil. Add bouillon cube, rice and lemon. It should taste very lemony, as it will be mellow. Simmer soup for 15 minutes. Take off heat and add one beaten egg. Serve. Great to fight off a cold.

### ONION SOUP

1 1/2 tbsp. flour	3 large or 4 medium onions, chopped fine
60 grams of butter or margarine	6 cups broth (may be made with bouillon cubes)
1 cup grated cheese	6 slices Italian-type bread

In a wide, and if possible thick pan, heat the butter; add the onions and sauté them until light brown; toss constantly to avoid burning. Sprinkle with flour, mix it thoroughly with the onions and let it become light brown; add the broth progressively, stirring it thoroughly at each time and avoiding any lumps. Add salt and pepper to taste (unless broth is already salted), keep the soup boiling moderately for 20 minutes. At serving time, fry the slices of bread in butter or margarine. Pour the soup into a wide casserole dish or several individual casseroles. Place the slices of bread on top of the soup, sprinkle with cheese and leave in a hot oven for 10 minutes, until cheese begins to melt.



### PEANUT SOUP

2 tbsp. margarine	1 cup hot water	1 small can tomato paste
1 medium onion, chopped	1 chicken bouillon cube	1/2 cup peanut butter
1 tbsp. flour	3 cups milk	

Sauté margarine and onion in a heavy saucepan. When onion is yellow, stir in flour. Mix peanut butter and hot water in a small bowl. Add to onions, cooking over low heat and stirring until smooth. Add remaining ingredients. Heat slowly, stirring often, until bouillon dissolves and soup is hot. Serve with croutons and garnish with parsley.

### EAST AFRICAN GROUNDNUT STEW

1 kg. stew meat, cubed	1 fresh hot pepper	2 large tomatoes
2 tbsp. oil	2 cups water	garlic, minced
2 tsp. salt	1 large onion, chopped	
1 cup peanuts, pounded OR 1/4-1/2 cup peanut butter		

Brown meat in heavy pot. Add half the salt, onions, garlic, tomatoes with the hot pepper and the water. Cover and simmer 1/2 hour. Mix the peanut butter with a cupful of stew and stir till a smooth paste. Add to stew. Add rest of onions, garlic, tomatoes and season to taste. Cover and simmer 1/2 hour.

### GAZPACHO

5 Ripe Tomatoes, peeled and chopped	1/4 cup Olive Oil	Salt to taste
2 Cucumbers, peeled and chopped	1 Tbsp Tomato Paste	1 large Onion, chopped
1 Green Pepper, seeded and chopped	4 cups cold Water	3 cloves Garlic, chopped fine
A dash of Vinegar	4 cups Bread, crustless and torn in small pieces	

In a large bowl combine the tomatoes, cucumbers, onions, green peppers, garlic and bread; mixing thoroughly. Stir in the olive oil, tomato paste, water, vinegar and salt. Mix and refrigerate for at least 2 hours. Eat cold.

### MOOSEWOOD'S GAZPACHO

4 cups tomato juice	1 tsp. basil	1 clove garlic, crushed
1 small onion, minced	1 tsp. tarragon	2 tbsp. wine vinegar
2 cups tomatoes, diced	dash of cumin	juice of 1/2 lemon and 1 lime
1 cup green pepper, diced	1/4 cup chopped parsley	salt and pepper
1 cucumber, diced	dash tobasco sauce	2 Tbsp. oil
2 green onions, chopped		

Combine all ingredients thoroughly. Chill at least 2 hours and serve cool.

### EGG DROPPED SOUP

2 tomatoes	1 onion	water
1 bell pepper	5 potatoes	pinch of salt
5 dried apricots	2 eggs per person	

Chop onion, bell pepper, tomatoes, and potatoes in to large chunks. Throw all ingredients except for the eggs into a large pot and bring to a rolling boil. Once potatoes are soft, quickly crack each egg individually and throw into pot. Try not to let the egg break apart (most of the egg will stay in tact if done quickly enough.) The eggs will form a irregular shaped ball. Serve once all the eggs are firm.

## SALADS

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Funchoza Salad	30
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Egg Salad	30
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Spring Mix	35
Kickin' Tomatoes	35

**CARROT SALAD**

4-5 Carrots	Salt & Pepper	3-5 cloves Garlic, minced
Mayonnaise	5 Walnuts (optional)	

Grate the carrots, add the garlic and walnuts. Add salt, black pepper, and mayo to taste. Mix all together well.

**CHEESE AND CARROT SALAD**

100-150 grams Cheese	2 cloves Garlic	2 Carrots
Mayonnaise		

Just grate and mix together.

**BEEF AND WALNUT SALAD**

1 large Beet, boiled and peeled	Walnuts	2 cloves Garlic, minced
Mayonnaise		

Grate the beet and chop the nuts. Add garlic and mayonnaise to taste. Mix together and serve.

**SAUSAGE AND EGG SALAD**

3-4 Eggs	200-300 grams Sausage	Mayonnaise
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Cut into small cubes. Mix these all together and serve chilled.

**FUNCHOZA SALAD**

300 grams Mutton	Salt & Pepper	oil
2-3 Carrots	1 large Green Radish	Garlic (optional)
Potato Noodles (sold at the bazaar by the Koreans)		

Fry the meat in oil. Add salt and pepper. Then add the carrots and radish. Stew this for approximately 10 minutes. Cook the noodles by dipping them in hot water quickly (seconds) because they do not need to be boiled. Then add the noodles to the vegetable mixture. Add garlic now, if you want. You must cool the salad in the fridge before eating.

**EGG AND FISH SALAD**

2-3 Eggs, boiled	1 can Fish in Oil	1-2 Onions
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Cut into cubes. Mix this all together and serve chilled.

**EGG SALAD**

2 Hard boiled eggs for every person	1 tsp Mayonnaise	1 tsp mustard
1 pickle		

Finely chop up eggs and pickle. Stir in mayonnaise and mustard. Serve chilled.

**CHICKEN SALAD**

1 cup of boiled chicken	2 tbsp of mayonnaise	seasonings
1 pickle	1 hard boiled egg	pinch of salt

Dice egg and pickle into small pieces. Shred chicken. Mix all ingredients and chill.

### **OLIVIAY SALAD**

3-4 Potatoes, boiled in their skins	1-2 Pickles	1 Onion
1-2 Carrots	Sausage, a little	Garlic (optional)
3-4 Eggs	1 can Green Peas	Mayonnaise

Cut everything into cute, little pieces. Add the mayo, chill, and eat.

### **A BUCKET OF VINEGRAD**

2 Beets, boiled, peeled, and diced	300 grams pickled Cabbage	Oil
1 bunch Green Onions, minced	1 bunch Parsley minced	1 bunch Dill minced
1 cup Beans	3 Potatoes, boiled, peeled, diced	

Soak beans over night. Rinse and boil until soft.. You can also use peas, but beans give it a nice consistency. This is a great winter salad good for breakfast, lunch, or dinner (actually it's good for breakfast, lunch, and dinner). Boil the beets until a fork easily goes through (otherwise your beets will be bitter). It's better to over boil the beets than under boil them. Add all ingredients except oil. Then a Tbsp at a time, add oil until the salad isn't dry. It's very important to add oil otherwise the cabbage will go rancid. Use salt and pepper to taste.

### **MIMOZA**

1 can Fish in oil or Sausage (optional)	3 Carrots, cooked and diced	Parsley
3-4 Potatoes, boiled and diced	4 Egg Yolks, boiled and diced	Mayonnaise
4 Eggs, boiled and diced		

This is a very interesting salad here that comes in layers and is very tasty and beautiful. Yum. Mix the meat with mayo. You layer all the ingredients starting with the meat. In between each layer there should be mayo. Combine the egg yolks and parsley and top the salad with this mixture. Also, it has to be chilled after making and then served. There is also another layer salad called Pod Shuboi which is very similar to Mimoza, but the first layer is canned herring and the last layer is boiled beets. Of course, in a layer salad you can add any ingredients you like and/or take away some that you don't prefer.

### **ANOTHER SALAD**

Boiled Beets	Boiled eggs	Sausage
Cucumbers	Onions	Mayonnaise
Boiled Potatoes (w/ Butter)	Garlic (optional)	

Dice everything into a bowl and mix with mayonnaise. Note: you may add carrots, pickles, or about anything else you would like to try.

### **COLE SLAW**

cabbage, shredded	4 Tbsp. sugar	2 eggs, beaten
carrots, grated	1 tsp. sugar	1/2 cup vinegar
onions, chopped	1 cup yogurt	

Mix veggies. Mix the other ingredients to make the sauce, and add to veggies. Variations: Add parsley, other herbs, caraway seeds, diced apples or pineapple, peanuts, etc. Plain mayonnaise with a little sugar also makes a good dressing.

**COLE SLAW II**

3 cups Cabbage	1 tsp. Salt	1/2 Tbsp Vinegar, diluted
2 cups Carrots	1 tsp. Pepper	3 Tbsp Sugar
1 small Onion	1/2 tsp. Celery Salt	1/4 cup Smetana (Sour Cream)
1 cup Apples, chopped		

Shred cabbage, carrots, and onion into bowl. Add salt, pepper, celery salt, and mix well. In separate cup, combine diluted vinegar and sugar to make dressing. Add to cole slaw and mix well. Optional: add smetana to dressing for creaming dressing. Add chopped apples (or other fruit) to slaw mix.

**BIG TEX CO'SLA**

3 cups finely shredded cabbage	2 cups shredded carrots	1 cup raisins
1 small onion diced	3 tbsp mayonnaise	

Mix all ingredients and refrigerate.

**JUDE'S COLE SLAW**

1/4 head of cabbage, shredded	1 tsp. lemon juice
2 carrots, shredded	1 tsp. each green herbs (rosemary, thyme, etc.)
2 cups water	1 tsp. each salt and pepper
3 tbsp. oil	juice of 1 pomegranate
3 tbsp. vinegar (dilute if local)	

Combine cabbage and carrots. In a separate bowl, mix all other ingredients. Pour over cabbage and mix. Refrigerate for 1 hour.

**FRUIT SALAD**

2 Bananas	100 gr. Walnuts	Warm Water
2 large Oranges	2 Tbsp Honey	2 large Apples

Dice fruit and chop nuts. In a separate bowl, mix honey with a small amount of warm water. Pour the honey over the fruit and nuts, mix and chill.

**LORA'S SUMMER FRUIT SALAD**

3 nectarines	1 cup halved grapes
3 peaches	any other available fruit
2 bananas	packaged yogurt

Clean and cut all of the fruit. Throw it into a bowl. Add enough yogurt to blend and chill for a delicious treat.

***KOREAN SALADS YOU SEE IN THE BAZAAR YOU CAN MAKE YOURSELF*****CABBAGE SALAD (Kim Chi) [If put into a big bowl it's "Deep Kim Chi"]**

1 head Cabbage	1 Tbsp Red Pepper	1/3 head Garlic, minced
1 Tomato or Cucumber, diced	1 Tbsp Salt	1 to 1 1/2 cups Water

Quarter and cut into shreds head of cabbage. Make sure it is white, not green. Add 1 Tbsp. salt and kneed vigorously into the cabbage (crunch it! scrunch it!). Add garlic, red pepper, water and tomato or cucumber. Blend. Serve immediately or age a few days for flavor to develop (You can weigh it down with a large, flat rock while aging). Also, if you do not refrigerate for the first 1-2 days, it will develop its own vinegar - this is suppose to be a good thing.

### **KOREAN CARROT SALAD**

1 kilo Carrots, peeled	1/3 to 1/2 head Garlic, minced	1/2 cup Oil
1/2 Tbsp Salt	1 Tbsp Kinza (coriander seed)	1 Tbsp Soy Sauce
1 small Onion, thinly sliced	1 to 2 Tbsp Red Pepper	1/2 tsp. Vinegar

Cut carrots into match sticks which knife or the Korean carrot planer (Teret;). (What you can't cut, you can save for Plov or something.) Knead in salt (crunch it! scrunch it!). Add without blending onions, garlic, kinza and red pepper. Pour very hot oil directly on the red pepper - very important step. Blend all together with soy sauce and vinegar.

### **KOREAN CUCUMBER SALAD**

1 kilo Cucumbers	MSG (optional)	1 Tbsp Soy Sauce
1/2 Tbsp Salt	1/2 to 1 Tbsp Red Pepper	1/2 tsp. Vinegar
1/4 head Garlic, minced	1/2 Tbsp Kinza (coriander seed)	1/2 Light Green Pepper
Black Pepper	1/4 cup Oil	

Cut cucumbers into 3-4" lengths. Cut these sections into finger size strips. Add without blending salt, garlic, a good pinch of black pepper, a pinch of MSG, Kinza and red peppers. Pour very hot oil directly on the red peppers - very important step. Blend all. Blend in soy sauce, vinegar and green pepper.

### **KOREAN POTATO SALAD**

1 kilo Potatoes, peeled	1 tbsp. soy sauce	1/2 tsp. vinegar
1 to 2 Tbsp Red Pepper	1/2 cup oil	1/2 tsp. salt
1/3 to 1/2 head Garlic, minced	1 small onion, thinly sliced	1 tsp. Kinsa (coriander seed)

Cut potatoes into match sticks which knife or the Korean carrot planer. Throw potatoes in a pot of boiling water for 4-5 minutes. Remove and drain. Add without blending salt, garlic, kinza and red pepper. Heat oil with onion until very hot and pour directly on the red pepper - very important step. Blend all together with soy sauce and vinegar.

### **KOREAN EGGPLANT SALAD**

1 kilo Eggplant	1 Tbsp Kinza (coriander seed)	1 small Onion, thinly sliced
2-3 Light Green Peppers	1 to 2 Tbsp Red Pepper	1 Tbsp Soy Sauce
1/2 Tbsp Salt	Pinch of Black Pepper	1/2 tsp. Vinegar
1/3 to 1/2 head Garlic, minced	1/4 to 1/2 cup Oil	1 medium Tomato, diced

Buy soft, ripe, black eggplant, light colored eggplant can be tough. Cut into 3-4" inch lengths, then cut each section into finger size strips. Add green peppers cut into strips approximately 2 cm wide. Steam until softened but not mushy, white but not brown - approximately 10-12 minutes from room temperature water. Add without blending salt, garlic, kinza, black pepper and red pepper. Pour very hot oil directly on the red pepper - very important step. Add onion, soy sauce and vinegar and blend. Blend in tomato.

### **SPINACH SALAD**

3 bunches spinach	1/2 cup mayonnaise	1/2 tsp. cayenne pepper
1 onion, chopped	2 tbsp. vinegar	1/2 tsp. salt
3/4 cup cheese cubes	3 hard-boiled eggs, chopped	

Combine first 4 ingredients. Just before serving, pour mixture of last 4 ingredients over salad and toss.

### **THREE BEAN SALAD**

1/2 cup salad vinegar	2 cups each of three kinds of cooked, drained beans
1/2 cup sugar	1/2 cup salad oil
1 medium onion, chopped	1/4 tsp. pepper
1 medium green pepper, chopped	1 tsp. salt

In a large bowl, toss beans with onion and green pepper. Combine remaining ingredients and pour over beans. The salad improves with marinating overnight or longer.

### **ANDREA'S BEAN SALAD**

1/2 kilo beans	2-3 onions
bunch of greens	2-3 tomatoes
2 Tbsp. vinegar	2 Tbsp. oil
salt and pepper	

Finely chop the onions, tomatoes and greens. Combine all ingredients in a bowl and chill in refrigerator.

### **BEAN SALAD**

1/2 cup vinegar	splash of dry red wine (optional)
3/4 cup oil	5 cups cooked beans
salt and pepper	1/2 cup chopped green onion
herbs	1/2 cup chopped red or white onion
minced garlic	fresh parsley, minced
juice of 1 lemon	

Combine first 7 ingredients. Add marinade to beans, onions and parsley.

### **INDONESIAN RICE SALAD**

2 cups rice	2 tbsp. vinegar
3 cups water	1 cup pineapple chunks
1/3 cup oil	2-3 scallions, chopped
3 Tbsp. sesame seeds	1/2 cup chopped roasted peanuts
1/2 orange juice	1/2 cup chopped roasted cashews (if available)
1 clove garlic, minced	1 cup chopped green pepper or any chopped veggies
2 Tbsp. soy sauce (Russian bazaar)	1 tsp. salt

Cook the rice in the water. Combine next eight ingredients. Add rice to other ingredients. Mix well and add the remaining ingredients.

### **CURRY CHICKEN SALAD**

2 hindquarter pieces of Chicken	Raisins, rinsed	Apples, diced
Walnuts, shelled	Scallions minced	Carrots, sliced
Peppers, diced	4 Tbsp. Mayo	1 Tbsp Curry
1 tsp. Cumin	1 tsp. Ginger	Salt/Pepper to taste

Make chicken stock according to Soups and Stews recipe. Remove meat from bones and shred into bite size pieces and cool in fridge or on balcony. Dice up all fruit and put into bowl. Mix in mayo and all the spices. Put in chicken and serve on a bed of lettuces or other greenery. Great for bridge parties. Impress the locals and PC staff!





## **SALAD DRESSINGS**

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### **OIL AND VINEGAR DRESSING**

2 Tbsp. salad oil (vegetable oil is ok)      1/2 tsp. salt  
2 Tbsp. vinegar or lemon juice      dash of pepper and mustard

Shake together or combine in the bottom of salad bowl all of ingredients. To flavor add any or all of the following additives:

garlic	chopped parsley
minced onion	ketchup
oregano	honey
basil	chopped chives
sesame seeds	orange

### **MINT AND HONEY DRESSING**

2 Tbsp. honey	1 Tbsp. chopped mint
4 Tbsp. vinegar	2 Tbsp. mixed herbs (chives, parsley, thyme...)
1 tsp. sugar	salt and pepper
1 clove garlic	

Combine all ingredients in a jar and shake well. Lick the bowl after serving!

### **PEANUT BUTTER DRESSING**

8 cubes sugar	2 Tbsp. powdered milk
2 Tbsp. water	2 Tbsp. vinegar
2 Tbsp. peanut butter	1/2 tsp. salt

Heat sugar and water to dissolve. Add remaining ingredients.

### **SWEET AND SOUR SALAD DRESSING**

1/3 cup vinegar	1 tsp. Dijon mustard
1/2 cup sugar	1 tsp. salt
1 cup oil	

Mix ingredients in a jar. Sauce will thicken in 20 minutes.

### **OIL -FREE DRESSING**

2 eggs, hard boiled and chopped fine	3 Tbsp. wine vinegar
1/2 clove garlic, chopped fine	1/4 cup yogurt
herbs and spices to taste	

Blend well, and serve.

### **SESAME DRESSING**

1/2 cup oil	2 Tbsp. lemon juice
1/4 cup toasted sesame seeds (available in Ashgabad)	1/2 tsp. salt

Mix all ingredients together.

*Variations:* Add chopped parsley, or basil, 1 sugar cube or 1 tsp. honey.

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### **WOODY'S SLOP**

1/2 kilo Potatoes  
3 Green Peppers  
3 Onions

1 kilo of Tomatoes  
1 Tbsp of Oil  
Spices: All Purpose Seasoning

3 cloves of Garlic  
2 cups Macaroni

In a Kazan add potatoes (peeled and cut into half moons) and tomatoes peeled or not. In a frying pan heat oil and add diced peppers, garlic, onions, and green onions are optional. After the tomatoes have started to break down stir the Kazan and turn down the heat, then add the frying pan combo along with the spices of assortment. Remember this is slop, it's not supposed to be pretty. Add a little more water and then add the macaroni. The macaroni will absorb the water and the "slop" will be ready. The key is the breakdown of tomatoes, not too much so that you burn the bottom of the Kazan but enough to be really sloppy. For fun add eggplant the same time you add your tomatoes. Go to it Bachelors and Bachelorettes!!!!

### **VEGETARIAN CARROT BURGERS**

1 1/2 cups Carrots, grated  
3 Tbsp Onions, grated  
3 cups Bread Crumbs

3/4 tsp. Baking Powder  
2 Eggs  
1/4 cup Milk

1/2 tsp. Salt  
1/8 tsp. Pepper  
3 Tbsp Butter

Combine everything except the butter. Form patties. Heat in butter until brown on both sides.

### ***A DIFFERENT POTATO DISH EVERY DAY***

Potatoes are a major part of the diet in Turkmenistan. Many families stockpile literally hundreds of kilos of potatoes in the fall for use throughout the winter. You do not need to worry about doing so unless the locals say that it is impossible to find them in the winter. Buying 3-4 kilos at a time will prevent too many rotting kilos. If you intend to make potatoes a big part of your diet, and even if you don't intend to, you might be interested in a few simple recipes which will help avoid the boredom that comes from eating boiled potatoes every day. Cultural Note: If you serve unpeeled potatoes to an HCN, say, in a stew, they will give you a look that says "Thank you for adding a spoonful of dirt to my food."

#### **ONE: FRENCH FRIES**

Simple. Cut the potatoes to the size you want. If they're thick, you'll have to boil them first. Don't cook them through, just halfway. Dry them off. This is important; use a towel or roll them on newspaper, even if they're raw. There can be no water on them when they go into the oil. It's OK to let the boiled ones cool. The oil temperature depends on the size of the fries. If you like big fat ones, the temperature should be a bit lower than for small fries, so they don't burn before they cook through. To test the temperature, toss a small piece of bread into the oil; it should sizzle quite a bit. The oil should be at least an inch deep. Then start experimenting with potatoes. Don't crowd them. Too many and the oil temperature drops and they absorb the oil. Put them on newspapers to drain and sprinkle with salt immediately.

#### **TWO: LACY POTATO PANCAKES**

Tasty. Boil whole potatoes until they are almost, but not quite done. Peel them and allow to cool completely. Grate them using the biggest holes on the grater. Mix with a little salt. In a skillet, heat about a tablespoon of butter until it's pretty hot but not browning. Put in a loose handful of potatoes and brown one side the way you like it. Flip it.

#### **THREE: NOT QUITE SO LACY POTATO PANCAKES**

A little more work, but good. Peel and shred two large potatoes. Press this in your hands rather firmly to squeeze out the moisture. Mix together 1/4 cup of flour, 1/4 cup of cream, 2 of finely chopped onions, a little salt and pepper, and two eggs. Stir in the potatoes. Fry little patties in moderately hot oil.

#### **FOUR: BAKED POTATOES**

Tricky. You're got to be Kreskin to judge the temperature of an oven here. Try to bake a potato and you could end with a hot rock. If you try it, remember to wash the potatoes well and pierce the potato with a fork a few times.

#### **FIVE: MASHED POTATOES**

Simple. Boil chunks of peeled potatoes until they're fairly soft. Drain well, add a bit of butter and milk, and mash them into the consistency you want. For creamier mashed potatoes, use smetana (sour cream) instead of milk. For added flavor, boil a few bits of garlic with the potatoes and mash them along with it. Make extra and fry the leftovers for breakfast the next day.

#### **SIX: SCALLOPED POTATOES**

Not difficult, but you've got to guess at the oven temperatures again. Butter the baking dish lightly. Put in layers of potato slices. Add finely sliced onion along the way if you like onion. Bits of smoked pork are good too. Pour cream up to about half full. Cover and bake until the potatoes are almost done. Put a nice layer of good cheese on top and return it to the oven uncovered until the cheese is beginning to brown.

#### **SEVEN: COTTAGE FRIES**

Easy. Peel and slice potatoes into nice disks. Drop them into a skillet onto a generous layer of melting butter. Spread the potatoes out! If there are too many, then the moisture cannot escape, they won't get crispy and brown. A non-stick pan is best, but if you let the potatoes cook fully before trying to move them, they won't stick (usually). Half way through, throw in thinly sliced onion. Salt and pepper too. Don't drain this, go ahead and eat the greasy stuff too for that true diner experience.

This is something of a remedial level recipe, but it's been our experience that some PCV's really can't boil water, so...**Boiled Potatoes** — You need to know only a few things to do this right: 1) Use clean water from the distiller. 2) Cut the pieces of potato to the same size so they cook evenly. 3) Stab them with a fork from time to time to check doneness. Don't let them get too soft. 4) The unappealing foam that might accumulate on top is just starch. 5) Sometimes they will be glossy and beautiful, but sometimes they will seem dry and flaky. This is because there are different kinds of potatoes, not because you did anything wrong.

Lastly, **Gravy** is easy to make and helps a lot. After you have cooked meat, there is a lot of very tasty stuff on the bottom of the pan (unless you've burned it). On a low heat, add a little beer, water, or stock to the de-greased pan juices. Scrape up the stuff stuck to the bottom. Add either a well blended mix of flour and water or, (much better) a paste of flour and butter. Raise the heat to high to cook the flour. Add liquid or allow to reduce to get the consistency you want. In either case, keep stirring.

#### **FRENCH FRIED POTATOES**

Cut potatoes in strips or slices with or without the skins. Let the pieces stand in cold water one hour before frying. Dry thoroughly before cooking. The trick is to fry them two times. The first time fry for only a few minutes then remove and dry off the grease. Fry a second time until golden brown.

#### **SCALLOPED POTATOES ( WITH SAUSAGE )**

2 Tbsp Butter  
1 cup Milk  
8 medium Potatoes

1 Onion  
Sausage

1/4 cup Flour  
Salt & Pepper

Slice the potatoes about 1/4 inch thick. Chop onions and sausage. Layer the potatoes, sausage and onions. Sprinkle salt, pepper, and flour. Make two or three layers. Pour milk over the top. Cover and bake on high until potatoes are soft. Pour melted butter on top and bake uncovered for 5 or 10 minutes to make the top brown and crispy.



**FASOOLIYA** taken from the Lonely Planet: Jordan & Syria

5 tbs. olive oil	3 large tomatoes, skinned and coarsely chopped
3-4 cloves garlic, coarsely chopped	1 kg green beans, washed and tailed
2 onions, finely chopped	salt and freshly ground black pepper
1 tbsp ground coriander	juice of one lemon

Heat oil in a large heavy-based saucepan, toss in garlic, and fry gently for two minutes. Add onion and fry gently until transparent. Add coriander and stir through until the aroma is released. Add tomatoes and a little salt to help release their water and simmer for about 15 minutes, stirring occasionally. Add beans, black pepper, and lemon juice. Stir beans through the tomato sauce, cover saucepan, and simmer until beans are cooked. Check seasoning. Serve hot or cold.

**FATTEH HOMMOS (CHICKPEAS)**

1 tbsp lemon juice	1 large carton yogurt	2-3 oz pine nuts, fried in oil
1 cup cooked chickpeas	3 cloves garlic, crushed	1 tbsp tehina (sesame paste)
1 1/2 cups chicken stock	3 small loaves (large round or "reefs") thick Arabic bread	

Break bread into small pieces and place in a 2-pint dish. Heat cooked chickpeas in stock and keep hot. Mix tehina, crushed garlic, and lemon into a paste gradually add yogurt and salt to taste. It should be very smooth. Pour chickpeas and stock over the bread, then top with yogurt sauce. Fry pine nuts in oil and pour over yogurt with its oil. Garnish with chopped parsley. Serve immediately.

**FATTOUSH**

500 g cucumbers, sliced	1 head of lettuce (cut in very small pieces)
500 g tomatoes, sliced	3 loaves (large thin rounds) of Arabic bread
2 cloves garlic (pound in 4 tsp salt)	1/3 cup onions, sliced
1 cup parsley, finely chopped	1/3 cup mint, chopped finely
1 cup (or more) lemon juice	1 cup green pepper, cut into small pieces
3/4 cup olive oil	

Toast the bread and cut into small pieces. Put in a big salad bowl all other ingredients and mix well. Then put in the bread and mix well again. Taste for more salt or lemon juice. Serve before bread gets lumpy.

**FRIED EGGPLANT I**

Eggplant	Egg, beaten
Flour	Salt & Pepper

Chop up eggplant into 1 inch long by 1/2 inch wide strips. (You don't have to peel the eggplant). Dip in egg, then flour, then put into frying pan with 1/2 inch hot oil. Fry till brown, then dry on toilet paper, or newspaper or your quarterly report to get rid of the grease. Put red sauce and some shredded cheese on eggplant and serve.

**FRIED EGGPLANT II**

1 medium eggplant	2 Tbsp. oil
3 Tbsp. flour	salt
1 egg	

Wash, peel and cut eggplant into pieces 2 inches long, 1 inch wide, and 1/4 inch thick. Dip in flour, then in slightly beaten egg. Fry slowly in a small amount of oil until light brown on both sides.



### SAUTÉED EGGPLANT SLICES

1 eggplant  
milk  
seasoned flour or bread crumbs  
butter or oil

Peel and cut the eggplant into 1/2 inch slices. Dip pieces in milk. Dredge them in flour. Heat butter in skillet. Sauté the pieces until tender. Serve hot with chopped parsley or tarragon, sliced lemon, or tomato sauce.

### EGGPLANT PARMESAN

2 large eggplants, sliced 1/2 inch thick  
(oregano, basil or grated parmesan)  
fine bread crumbs  
Flour  
2 beaten eggs  
1 cup parmesan tomato sauce  
olive oil  
1 lb. cheese (mozzarella is best)

Dip the eggplant slices in flour, then egg, then bread crumbs mixed with herbs if desired. Fry in olive oil on each side until tender and brown. Drain. Grate mozzarella cheese and parmesan. In an oiled 9 x 13 pan, layer eggplant with tomato sauce and cheeses. Bake 30 - 40 minutes (uncovered for the last 15) at 375 degrees. Let sit 10 minutes before serving.

### EGGPLANT CAVIAR

1/4 cup butter  
1 cup chopped onion  
1 big eggplant, peeled and diced  
1 clove garlic  
1 tsp. salt  
hot pepper  
lemon juice  
parsley  
3 large tomatoes or 1 cup tomato pa

Melt butter in skillet. Add onion and eggplant for 2 minutes. Add tomato and garlic. Simmer on low heat for 45 minutes. Stir occasionally until eggplant isn't chewy. When mixture is thick, remove from heat. Add remaining ingredients. Cover and chill. Serve with bread.

### EGGPLANT ISTANBUL

1/4 cup oil  
1 onion, chopped  
1 eggplant, cubed  
2 tomatoes  
1 small can tomato paste  
2 cloves garlic  
juice of 1 lemon

In a saucepan, cook onion and eggplant in oil for 10 minutes. Add the remaining ingredient. Simmer for 15 minutes. Add salt to taste. Serve over rice or pasta.

### EGGPLANT WITH GARLIC SAUCE

1 large eggplant  
1 kilo meat and/or mushrooms  
hot pepper  
onion, chopped  
1 Tbsp soy sauce  
5-6 cloves garlic, crushed  
tomatoes  
cooked rice

Peel eggplant and boil until soft. Cut up meat and stir fry with garlic and onion and mushrooms. Add drained eggplant, soy sauce, hot pepper and tomatoes. Serve over rice. Serves 4.

### EGGPLANT BURGERS

1 medium eggplant, peeled and cubed  
1 1/3 cups dry bread crumbs  
1 Tbsp oil  
1 chopped onion  
water  
2 Tbsp flour  
garlic  
1/2 tsp salt  
1 Tbsp sesame seeds

Put eggplant in skillet with 1/4 inch water. Cover and simmer 10 minutes until eggplant is soft. Remove from heat and drain. Mash eggplant, salt, and pepper. Heat oil in skillet, add onion and garlic and cook for 4 minutes. Add to eggplant with remaining ingredients. Form 3-inch diameter patties with floured hands. Grill or bake.

### EGGPLANT SKILLET

2 large eggplants	1 small can tomato paste	oil
1/2 cup diced onion	2/3 cup sliced tomatoes	spices to taste
1/3 cup chopped green pepper		

Peel and dice eggplants and boil until soft in just enough water to cover. In another pan, sauté onions, tomatoes, and green pepper. Stir in tomato paste and 2/3 cup hot water drained from eggplant. Drain the eggplant and add to other veggies. Simmer 5-10 minutes. If eggplants are bitter, add 1 tbsp oil for each cup of eggplant to offset bitterness. Add available spices. Serve topped with soy.

### EGGPLANT AND TOMATO COINS

1 kilo Eggplant	Salt	Mayonnaise (optional)
1/2 kilo Tomato	Garlic, minced	Oil

Slice eggplant into coins 1/2 cm thick. Slice tomatoes very thin. Fry the eggplant in moderately hot oil (bubbles actively but does not “explode”). Fry about 2 layers in a pan at one time. When it turns yellow, transfer to a plate and fry another batch. Meanwhile layer eggplant like so: eggplant, then a little salt and garlic, and top with a slice of tomato. Put a little dab of mayo on top. It makes it creamy.

### SHERRY'S SPECTACULAR EGGPLANT CURRY

1 large eggplant	1/2 cup raisins (optional)	dash of cinnamon
2 carrots, chopped into cubes	pinch of salt	boiled white rice
2 cups of red and green peppers	1/2 tsp. red pepper	1 tbsp. vegetable oil
2 onions, diced into cubes	1 tsp. cumin	1 tsp tumeric
3 garlic cloves, minced	2 tsp. curry	1 jalepeno pepper, minced
1 1/2 cups tomatoes, coarsely chopped		

Sauté onions in 1 tbsp. vegetable oil until translucent. Add garlic, spices and jalepeno pepper. Next, add 2 tbsp. water and eggplant that has been peeled and cut into thin strips. Cover the pan and steam for 3 minutes. Add the carrots, peppers that have been chopped into bite-sized pieces, and 1 tbsp water. Cover and steam for 3 more minutes. Uncover and add tomatoes and sauté, stirring occasionally until tasty. Add raisins. Serve with boiled white rice.

### LORA'S MAGNIFICENT STIR FRY

1 large eggplant, 1 inch cubes	3 tbsp. soy sauce	cooked rice or pasta
2 medium onions, chopped	1 tbsp. sugar	3 cloves garlic, minced
3 bell peppers, chopped	1 tbsp. vinegar	2 carrots, chopped
1 jalepeno pepper, minced (optional)	2 heaping teaspoons flour	

In 1 tsp. oil, sauté the onions and garlic on medium-high flame until onions are translucent. Add the bell and jalepeno peppers, and carrots to the pan along with 1/4 cup water. Cover for 2 minutes. Then add the eggplant and cover for another minute. In a small bowl, mix 3 tbsp. water, soy sauce, sugar, vinegar and flour really well. Add to the veggies. Stir everything together for about 30 seconds. Serve over cooked rice or mix with pasta (for a lo mein type dish).

### **CAPONATA**

1 eggplant, cut in 1/2 inch cubes	1 Tbsp sugar	salt
2 Tbsp tomato paste	pepper	green olives
1/4 cup oil	1 1/2 cup peeled tomatoes	hot pepper
1/3 cup diced onion	juice of 1/2 lemon	3 Tbsp red wine

Sprinkle eggplant cubes with salt and let drain in colander for 30 minutes. Pat dry. Heat 2 Tbsp oil in skillet. Add onion and eggplant and cook for 10 minutes. Remove vegetables and set aside. Add remaining oil to skillet. Stir in wine, lemon juice, sugar, tomato paste, tomatoes, hot pepper, olives, and salt and pepper to taste. Bring to a boil. Add vegetables. Reduce heat and simmer uncovered about 20 minutes or until thickened. Stir occasionally to prevent sticking. Serve as a pasta sauce or as a dish by itself.

### **GREEK STYLE SKILLET WITH MINT**

2 Tbsp oil	1 Tbsp parsley	1 tsp dill
1 onion, chopped	2 Tbsp lemon juice	3 cups cooked rice
1/2 to 1 tsp mint, more if fresh	1 clove garlic	1 cup tomatoes
1 eggplant, peeled and diced	8oz tomato sauce	

Heat oil and sauté onion and garlic. Add eggplant for 5 minutes. Add herbs and cook for 1 minute. Add rest of ingredients, except rice, and cook for 15 minutes, covered. Serve over rice.

### **CURRIED CHICK PEAS, CARROTS AND GREEN PEAS**

1 medium onion	pinch of cayenne or fresh pepper
2 garlic cloves, minced	2 cups cooked chick peas in juice
2 1/2 tbsp. oil	1 cup carrots, chopped
2 1/2 tsp. cumin	1 can green peas (16 oz), rinsed well
2 tsp. tumeric	3 tomatoes, chopped (about 1 1/2 cups)
1/4 tsp. black pepper	2 tsp. coriander
boiled rice	garnish: chopped fresh cilantro and yogurt or sour cream

Sauté onion and garlic in oil until onions are translucent, stirring occasionally. Stir in cumin, coriander, tumeric, black pepper and cayenne. Add chopped carrots and cook for a minute or so, stirring constantly. Add chick peas and 1/2 cup of their liquid. Simmer for 5 minutes. Add green peas. Add tomatoes and continue until thoroughly heated. Add salt to taste. Serve topped with cilantro or yogurt/sour cream. Total time: 30 minutes. This dish is served best over boiled rice.

### **ZAMBIA PEANUT GREENS**

1 kg spinach	3/4 cup peanut butter	1/2 tsp. salt
1 onion, chopped	1 tbsp. margarine	1 tomato, chopped

Rinse and chop spinach. Cook in 2 cups water for 5 minutes. Add onion and tomato and simmer for 5 minutes. Add peanut butter. Cook over low-medium flame for 15 minutes, stirring often and adding water if necessary. Before serving, drain excess water and add margarine and salt.

### **BASIC COOKED GREENS**

4 cups washed, finely chopped greens	1 egg
chopped onions	seasonings(salt, pepper, vinegar, mustard, sugar)
1 cup milk	2 tbsp. flour
chopped cooked meat OR hard-boiled eggs	

Prepare greens and place in a covered saucepan. Add onions, if desired. Water clinging to leaves from washing is usually sufficient for cooking. Cook just enough to wilt. Beat together milk, flour, egg and seasonings to taste. Pour mixture over greens and cook, stirring till mixture thickens. Serve at once. May add meat or eggs.

### **SPINACH GBOMA**

1 bunch spinach	salt	1 tbsp. oil
3 tbsp. peanut butter	1 tsp. curry	

Wash and drain spinach. Boil with oil and salt. Cover and let simmer for 30 minutes. Chop finely with a knife or spoon. Add peanut butter and curry powder and blend thoroughly. Serve hot or cold.

### **SPINACH BOTSWANA**

3 cups chopped spinach	1 onion, chopped	1-2 tomatoes, chopped
1-2 chilies, chopped	1 potato, chopped	1 tbsp. oil or margarine

Cook everything in about 1/4 cup water until soft.

### **BAKED ONIONS**

8 medium onions, peeled and halved	2 tbsp. sugar	sprig or parsley, minced
1 tbsp. melted butter or margarine	1 tsp. salt	
1/2 cup tomato juice OR 1 tbsp. tomato paste and 1/4 cup water		

Place onions in a greased casserole dish. Combine other ingredients and pour over onions. Bake in a moderate oven for 1 hour or until tender.

### **SQUASH WITH EGGS**

1 squash	butter or oil	Salt
1 onion, sliced	4-6 eggs	

Peel and slice the squash. Add onion and salt to taste. Steam with a small amount of water until tender. Put a little butter or oil in the bottom of pan. Beat eggs well. Pour over the squash and onion and cook gently until the eggs are set.

### **PUMPKIN WITH PEANUTS**

2 cups pumpkin, peeled, in chunks	tomatoes	onions
seasonings	1/2 cup chopped peanuts	cooked rice

Cook first 4 ingredients together. Stir in peanuts. Cook 10 more minutes. Serve over rice.

### **YELLOW SQUASH**

2 medium onions	1 1/2 tsp. salt	4 tbsp. minced parsley
1 kilo yellow squash	pinch of pepper	4 tbsp. oil
1 large tomato, peeled and chopped	1 1/2 tbsp. lemon juice	pinch of cayenne
1 tsp. whole cumin seeds		

Peel the onions, cut in half lengthwise, then slice into fine half rings. Trim the ends off the squash, then quarter lengthwise. Cut away the seeded section and then cut crosswise into 1/2-3/4 inch sections. Heat the oil in a large skillet over medium flame. When hot, put in cumin seeds. As soon as they turn a few shades darker (this takes just a few seconds) put in the onions. Sauté for about 2 minutes. Add the tomatoes and stir for a few seconds. Now cover pan and lower heat. Let it cook for 10 minutes. Lift the cover and gently mash down the tomato pieces. Add the squash and 1 1/4 tsp. salt (add the other 1/4 tsp. towards the end if you think you need it). Stir and fry for another 2 minutes on medium heat. Add 2 tbsp. water, cover immediately with a well-fitting lid, turn the heat down and steam gently for 15-20 minutes or until squash is tender but still retains some of its crispness. Lift cover and add black pepper, lemon juice, cayenne, and parsley. Mix and taste for salt-sour balance. Cover and steam for another minute.

### **MALAWI FAVORITE**

1/2 cup onions, chopped	1/4 cup peanut butter	salt
6 good sized tomatoes, sliced	cooked rice (optional)	

Fry onions until brown. Add tomatoes and peanut butter. Cook until the tomatoes are stewed. Salt to taste. Good over rice or as a side dish.

### **STUFFED CABBAGE**

12 cabbage leaves	1/2 cup raisins	3 cups cooked rice
2 tbsp. oil	15 oz tomato sauce	1/2 cup chopped cashews
1 onion, chopped	1 tbsp. lemon juice	

Steam cabbage leaves until limp. Heat oil and sauté onion. Add nuts and raisins and cook 2 more minutes. Combine tomato sauce and lemon juice. Combine rice with sautéed stuff and add the sauce to moisten. Put 3 tbsp. filling on each leaf and roll. Put in skillet and pour on sauce. Cover and cook for 15 minutes.

### **STUFFED CABBAGE II**

1 head cabbage	2 onions	pepper to taste
3 medium tomatoes	1/2 kg rice	1 can tomato paste
2 carrots	cheese	

Put head of cabbage in pot of boiling water. Steam leaves off. Remove cabbage from water. Cook rice at the same time as making watery tomato sauce with carrots and tomatoes. Mix rice with tomato sauce, saving half the sauce. Take one cabbage leaf and fill with spoonfuls of rice mixture. Add a piece of cheese, roll cabbage leaf into a long tube shape and fold over the ends. Lightly cover the bottom of a baking dish with 1/2 of the tomato sauce that is left and place the rolled cabbage into the dish. Repeat until the dish is filled with rolls of cabbage, top with the rest of the sauce. Bake for 20 minutes in medium heated oven.

### **MAHSHI MIX**

rice	mushrooms (optional)	baharaat (mixed spices)
chopped tomato	celery (optional)	Onions

Can be used to stuff cabbage, grape leaves, kussa, eggplant or potato. Hollow out the kussa, eggplant, or potato. Mix ingredients and fill halfway, then put the top back on. For cabbage or grape leaves, roll small amounts of the filling into the leaves. Put rolls/vegetables into a pot and fill with just enough water to cover them. Cover the pot and simmer until water is gone and rolls are soft/vegetables are tender.

### **SAUERKRAUT**

2 lbs cabbage, shredded	1 1/2 tsp salt	boiling water
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Pack a sterilized jar (boil in water for 10 minutes) with shredded cabbage, add salt and fill jar to almost overflowing with boiling water. Cover lightly with a lid and let stand at room temperature. As the kraut ferments, the liquid will recede, so top it off periodically with more brine (1 1/2 tsp salt to 1 quart water). After about 3 weeks of fermentation, tighten lid and store jar in fridge. If you don't plan to eat it within a few weeks, process the kraut by putting the jar in boiling water bath for 30 minutes.

### CHINESE CABBAGE

2 tbsp. sesame oil	1 cup mushrooms (optional)	cooked rice
1 tbsp. grated ginger	3 tbsp. soy sauce	1/2 tsp. hot pepper
1 head cabbage		

Heat oil and sauté ginger. Add cabbage and mushrooms for a few minutes. Add remaining ingredients and cook a few minutes longer. Serve with rice.

### SPICY CABBAGE

1 cabbage	1 tsp chili powder	3 tbsp. pepper
1/4 cup vinegar	4 cloves garlic, crushed	1 tsp. salt

Slice cabbage very thin and put in a large bowl. Toss with rest of ingredients and marinate for 1 hour. Stir fry in very hot oil.

### MA'SABBATH LOAF

2 cups tomatoes, cooked	1 onion, chopped
2 cups carrots, cooked and mashed	sage, salt, garlic or other seasonings
1 cup peanut butter	3 eggs

Mix all ingredients thoroughly and bake in a medium oven for about 1 hour. Serve plain or with tomato gravy or ketchup.

### VEGETABLE ROAST

1 cup potatoes, chopped	1 cup bread crumbs
1 cup carrots, chopped	2 small cans tomato paste
1 cup onions, chopped	3 tbsp. margarine
1 cup nuts, chopped	1 tsp. salt
2 eggs	spices to taste (try garlic, basil, sage, oregano and/or savory)
1 cup milk	

Mix together all ingredients and bake in an oiled loaf pan for 1 1/2 hours at 350F. Set pan in dish of water while baking.

### CARROT ROAST

1 1/2 cups grated carrots	3 eggs
1 1/2 cups cooked rice	1 tsp. salt
1/2 cup peanut butter	1 large onion, chopped
1 cup warm milk	

Mix peanut butter into milk. Add rest of ingredients and mix well. Press into a loaf or cake pan and bake in a medium oven for 45-60 minutes.

### FRIED SWEET POTATOES (Badat)

1 tsp. salt	6 medium sweet potatoes, peeled and cut into 1/2 in. slices
oil for frying	1 cup flour seasoned with 1 tsp. each of salt and pepper
water to cover	2 eggs, beaten lightly mixed with 2 tbsp. water
scallions (optional)	

Boil potatoes in salted water until done. Drain and let dry. Put seasoned flour in one bowl and egg mixture in another. Dip slices in flour, then egg, then flour again. Fry until golden brown on both sides and serve hot, sprinkled with scallions.

### **BEER BATTER ONION RINGS**

1 cup Beer (preferably dark beer)	Oil
1 cup Flour	Salt & Pepper
Large Onions	Ketchup

Mix beer with flour. Let sit for about 3 hours (this allows the alcohol to break down the gluten and makes for a crispy batter). Slice the onions in 1/2" rings. Heat up a pan with about 1/2" of oil - the oil should be hot about medium, medium high. Dip the onion slices into the batter so that they are completely covered but shake off any excess batter. Place them in the frying pan and flip them when they are light brown. When they are done place them on napkin covered plate, sprinkle with salt and pepper, and dip them in plenty of ketchup.

### **FRIT'R BAT'R**

eggs	veggies
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per egg: 1/8 tsp salt, 1 tsp flour, little bit o' beer

Separate eggs to be used. For each yolk, add salt, flour and beer. Mix well. Beat egg whites separately and fold them into the beer mixture. Take thinly sliced veggies and dip them into the batter, then fry in hot oil until golden.

### **TEMPURA VEGETABLES**

1. Tempura batter should not be blended. It is left fairly lumpy.
2. Many chefs sprinkle a little flour on vegetables before dipping them into the batter; it makes the batter adhere a little better.
3. You may use peanut or vegetable oil.
4. The temperature of the oil should be between 350-375 degrees.
5. If the oil is smoking, it is too hot.
6. As soon as the vegetables have been fried, they should be drained.
7. Clean the oil of all batter particles between each batch.

### **BATTER # 1**

1 egg yolk, from a large egg  
1 cup plus 1 tbsp. ice cold water  
1 cup all-purpose unbleached white flour, sifted

### **BATTER # 2**

1 large egg  
1 cup ice cold water  
1 cup all purpose unbleached white flour, sifted with 1/2 tsp. baking soda

Put the egg or egg yolk in a bowl and beat until smooth. Slowly add the ice water, beating as you do so. Now put in the flour (or flour and baking soda) all at once. Beat 4-5 times to mix. Do not overmix. The batter should be lumpy. Set the batter aside for 10 minutes while you heat the oil for deep frying. You may use a wok or deep skillet.

### **SIMPLE PICKLES**

fresh cucumbers	salt and pepper	vinegar
water	(sugar)	

Place fresh cucumbers in equal parts water and vinegar. Season with salt and pepper. For sweet-sour pickles, season with two parts sugar to three parts vinegar and three parts water. Refrigerate, if possible. Pickles will be ready in three to four days, but the longer you wait, the picklier the pickles. Peter Piper picked a peck of picklier pickles, ha!

**Variations:** Try adding garlic, basil, onions or other herbs and spices for flavored pickles.

### **T-STAN VEGETARIAN TEX-MEX**

1 medium onion	2-3 tbsp vegetable oil
5 medium tomatoes (sweet)	1 tbsp Serdar ketchup
1 bag of lavash bread	1 cup of water
6-7 small green peppers (3 green and 3 red)	

Chop peppers longwise into strips and onions into small pieces. Cut tomatoes into squares. In a medium frying pan, fry peppers and onions in 1 tbsp oil on medium heat. Stir occasionally. Cover for 5-10 minutes or until peppers and onions are soft. Stir in tomatoes, water and ketchup. Cook until this forms a sauce and the tomatoes are well cooked. Stir continuously. Then cut each piece of lavash bread in half. Fry 4 halves of bread in 1 tbsp oil at low heat, adding more oil if the lavash starts to stick to the pan. Line four plates with the fried lavash bread and pour sauce on top. Serves about 4 small-medium portions. Meat Lover's Variation: Cut up chicken into strips and fry in 1 tbsp oil. When chicken is almost done, add peppers and onions.

### **BAKED PUMPKIN BOWL**

1 whole pumpkin	5 tomatoes	3 onions
4 potatoes	pinch of salt	½ kilo of meat (optional)
seasonings	water	

Chop up vegetables and meat. Cut a round whole in the top of the pumpkin and save the cut out part—this will serve as a lid later. Clean out the inside of the pumpkin. Fill the pumpkin with all the ingredients. Bake for 1-2 hours or until the pumpkin meat is soft. Leave pumpkin whole until ready to serve.

### **POTATO MIX**

1 onion	2 potatoes per person	1-2 tbsp of tomato paste
1 bell pepper	2 carrots	½ cup of water
two cups of chopped cabbage	1 tsp of oil	salt
seasonings		

Dice onion and bell peppers. Chop potatoes and carrots into small pieces so that it will cook faster. Heat the oil in a sauce pan. Add in onions and bell peppers. Sauté until onions are translucent add the rest of the ingredients. Cook until potatoes are soft.

### **EGGPLANT AND BLACK EYED PEAS**

4 eggplant	3 carrots	3 potatoes
3 tomatoes	1 bell pepper	1 hot pepper
2 onions	crushed garlic clove	dill weed
oil (enough to coat the bottom of the pan)	¼ kilo black eyed peas	water

Cut the onions, bell peppers, and potatoes into large thin strips. Dice the tomato and hot pepper. Cut the carrots and eggplant into thin circles. Combine all ingredients and bring mixture to a boil. Allow to simmer until potatoes and carrots are soft.



## **RICE AND GRAIN DISHES**

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## HOW TO COOK RICE

There is a difference in opinion as to the ratio of rice to water when cooking rice, although 2 cups water to 1 cup rice is one ratio you might try.

### COOKING RICE:

1. One cup of uncooked rice yields about 1.5 cups cooked rice.
2. Boiling water method:  
Bring to a boil: salted water.  
1 Tbsp. oil (prevents rice from sticking to the pot)  
Stir in rice  
Cover and cook over slow heat for 20 minutes or until rice is tender and water is gone. If water is used up before rice is tender, add 1/4 cup more water. Uncover, shake pot or fluff with fork, let stand 5 minutes before serving.
3. Cold water method:  
Put rice and water in pot, bring to a boil. Boil about 5 minutes or until most of surface water is gone and air bubbles can be seen on the surface of the rice. Cover and cook for 10-15 minutes longer. Remove from heat. Let stand, covered for about 20 minutes before serving.
4. Always put a small amount of salt in the water, it gives a better taste to the rice.
5. To test rice for doneness, pinch a grain between your thumb and forefinger. If there's no hard core, it's done.
6. Cooked rice may be frozen or refrigerated.
7. Don't open lid when cooking rice.
8. Cleaning rice:  
To remove stones put rice in a shallow pan (like a gold pan). Have larger vessels such as a dish pan full of water. Dip shallow pan into larger vessel full of water allowing some water to flow in. Raise shallow pan above dishpan, pour out water and some rice, like a person panning for gold. Repeat and repeat. The heavy stones will stay on the bottom while the lighter material (rice) will wash away into the dishpan. Drain dishpan of water, leaving the rice on bottom.  
Rice cleaned by any washing method should either be cooked immediately, or if cooked after some time, the amount of water for cooking should be reduced as rice will have absorbed water while standing wet.
9. Generally speaking rice in Turkmenistan cooks better added to boiling water, rather than cold water, the cold water resulting in a starchy mess. However, try each method to determine your own preference.
10. Long grain brown rice is lighter and fluffier; short grain is denser, chewier and sweeter.

### Asian rice:

1. Put 3 cups rice in a 2 quart pan, wash and drain 4-5 times.
2. Add 4 cups water (for drier rice, add less water)
3. Bring to a boil over high heat. Boil one minute on medium heat (Add salt and oil/butter if desired)
4. Cover pan and turn to low heat. Simmer for 20 minutes, remove from heat and serve.

### **RICE QUICHE CRUST**

1 1/2 cup cooked rice	2 tbsp. butter	1 egg, slightly beaten
2 tbsp. chopped onion	1/4 tbsp. basil	

Combine and press onto bottom and sides of greased 9 inch pie plate. Fill with quiche filling of your choice.

### **JOLLOFF RICE**

2 cups rice	peppers	salt
3 cups boiling water	2 cans tomato paste	ground meat
onions	2 cans water	

Measure rice and put into boiling water. Brown onions, ground meat and peppers in oil. Add tomato paste and water; stir. Add salt. Let simmer about 10 minutes. Mix this with rice now and gently fold in with a spoon. Let simmer until rice is soft.

### **BENICHEN - SPICY RED RICE - SENEGALESE DISH**

1 can tomato paste (4 healthy Tbsp.)	3 cups of rice	onions
1/3 cup oil	salt and pepper	curry
1/3 cup vinegar	herbs	meat
tomatoes	eggplant	hot peppers
green peppers	bay leaves	garlic
any other vegetables such as: (okra, potatoes, cabbage, etc)		

Fry meat and 2 chopped onions, garlic, and green peppers in oil. Add tomatoes, eggplant, and tomato paste. Add about 4 1/2 cups of water; bring to a boil adding spices, herbs and vinegar. Add rice to boiling water and vegetables. Cook water down a bit before covering and turn heat down. Cook rice--it's tasty if some is burnt **a little** on the bottom because it's crunchy. Serves about 5-6 people.

### **SPANSKORIZO**

1 cup rice	1 small onion, chopped
2 cups boiling water	1/2 cup oil
2 tsp. salt	1 tsp. dill or parsley, minced
spinach, washed and cooked	1 tbsp. butter
4 green onions or leeks	2 tbsp. peanuts or pine nuts
tomatoes and french dressing	

Cook rice in boiling water with 1 tsp. salt for 15 minutes. Set aside. Cook spinach, drain and chop. Slice green onions and cook with chopped onion in oil until soft. Season with 1 tsp. salt. Combine this with cooked spinach, dill and nuts. Stir spinach and green onion mixture into rice and add butter. Cover pan with clean towel and place over very low heat for 10 minutes. Serve with sliced tomatoes in French dressing.

### **JAKE AND ERICA'S ALMOND RICE**

1 1/2 cups rice	1 cup almonds
2 cups water	1 tsp. salt
1/4 cup butter or margarine	pepper to flavor

Boil water then add rice and salt. Simmer on low flame for 20 minutes or until rice is tender. Meanwhile, put butter and finely chopped almonds in a frying pan. Fry until golden brown, stirring constantly. (Be careful- almonds go from perfect to burnt in about 2 seconds). After the rice is boiled, fluff with fork and stir in almonds and butter.

### **CURRY RICE**

2 Carrots shredded	3 Onions diced
1/2 cup Raisins (rinsed, destemmed)	1 tsp. ginger
1 Tbsp Curry Powder	1 tsp. Cumin
Oil	1 Chicken or Mushroom bouillon cube
Cardamom, crushed (optional)	Shredded cucumber and minced green onion
3 cloves garlic, minced	salt and pepper to taste

Sauté carrots, onions, and garlic in a pan until onions are clear and glossy. Set them aside. In another pot with a lid put 1 cup rice to 1 3/4 cups water. Bring to a boil. Add raisins, bouillon, and all spices. Stir, set to simmer. When rice is almost done remove from heat, put onions, carrot mixture on top and cover. Let sit 5 minutes and serve with mixture of cucumbers and green onion. Can also serve with any jam or tomato lecho.

### **CURRY RICE (Japanese Style)**

2 medium Onions, chopped	3-4 cloves Garlic, crushed	1 Tbsp Honey
Oil	3 Bay Leaves	1 Pear or Apple, chopped
3 large Potatoes, chopped	Thyme (optional)	1-2 Tbsp Beer
2-3 Green Peppers, chopped	Sage (optional)	1 Tbsp Flour
2-3 medium Carrots, chopped	Salt & Pepper	1 1/2 cups Rice (per person)
2 Tbsp Curry, divided	Red Pepper	1 Boiled Egg (per person)

Heat oil in pan and sauté onion. When onion becomes transparent, add potatoes, peppers, carrots and cover all by water. Also, add 1 Tbsp curry, garlic, spices, honey, and fruit. Bring to a simmering boil and leave partially covered until potatoes are soft. When potatoes are soft, add a swig or two of beer. In a separate bowl, add flour and 1 Tbsp of curry and enough cold water to make a slightly runny paste. Take the curry pot off the heat and add the flour/curry paste. Mix well. Return curry to the heat and continue mixing the curry for 5 more minutes. Prepare the rice. Cover the rice with curry and boiled egg mixed in and eat.

### **SONG OF INDIA RICE**

1 tbsp. margarine	1 onion, sliced	yogurt
1 tbsp. curry	1 apple	salt and pepper
1/2 cup cashews and raisins	3 cups cooked rice	

Heat margarine and sauté everything but rice. Add rice, salt and pepper. Serve with yogurt.

### **SPICY RICE**

1 1/2 cups of Rice	1 Onion	3 cups Water
3 cloves Garlic	1 cup Peanuts	Oil
1 Red Hot Pepper	1 Green Hot Pepper	Pepper
2 medium Carrots	Soy Sauce	

You can also make this recipe with tofu, cooked chicken, or pork if you so like. Chop up peanuts until they are fine. Then chop vegetables (and tofu or chicken). Heat oil in a frying pan or Kazan. When oil is hot put in peanuts, fry until they are soft and brown. Then, add vegetables and fry (also tofu and chicken if applicable). Then add salt and pepper and any other spices you want to the sauce. Serve the sauce over rice, add soy sauce if you would like. Serves 3 people.

### **KIKWIT FRIED RICE**

3 tbsp. oil or margarine	1 cup roasted peanuts
1 onion, chopped	1 cup pineapple chunks
2 cloves garlic, crushed	salt and pepper
3 cups cold, cooked rice	

Sauté onion and garlic in oil until tender. Stir in rice and fry over high heat for 10 minutes, stirring frequently. Add peanuts and fry for 5 minutes. Add pineapple and heat through. Season to taste with salt and pepper.

### **CHINESE FLIED RICE**

1 chopped onion	1 cup cooked flies or meat
1 chopped green pepper	3 cups cold, cooked rice
other veggies	2 eggs
soy sauce	

Sauté veggies. Add flies and rice and cook thoroughly. Hollow out a center in the rice and break eggs into it. Scramble until the eggs are semi-cooked, then mix in with the surrounding rice, stirring thoroughly until disgusting. Add soy sauce to taste.

### **FRIED RICE**

2 eggs	4 cups cooked rice	salt and pepper
2 tsp. soy or worcestershire sauce	oil	1/2 tsp. sugar
1 onion, chopped		

Beat eggs and pour into pan and fry without stirring. Remove from pan and cut into shreds. Return to pan with a little oil and onion. Cook 3-4 minutes. Add cooked rice. In a separate bowl, mix soy or worcestershire sauce, sugar, salt and pepper to taste. Pour over rice and stir until hot.

### **FRIED RICE II**

Soy Sauce	1 cup Cabbage, chopped	1 clove Garlic, minced
2-3 cups Rice, cooked	1/2 cup Carrots, chopped	Meat (optional)
1 Egg, scrambled	1/4 Onion, chopped	1-2 tsp. Butter or Oil

Heat oil or butter in a frying pan. Place garlic and onions in and stir until onions are transparent. Add meat and sauté until cooked. Add cabbage and carrots and sauté. Add cooked rice. Add soy sauce a little at a time. Stir in scrambled egg. Enjoy!

### **JAPANESE FRIED RICE**

2-3 cups Cooked Rice	1 Green Pepper, chopped	1-2 Carrots, shredded
Oil	2 cloves Garlic, crushed	2-3 Eggs (1 per cup of rice)
1 medium Onion, chopped	1 tsp. Chinese Hot Pepper Sauce	1 Tbsp Soy Sauce

Place cooking oil into frying pan and add rice. Stir rice and keep cooking until rice begins to get hot and soft. Then add onion, garlic, hot pepper sauce and carrots. Stir occasionally. While cooking, place eggs and soy sauce into bowl and stir together. When the onions begin to become transparent, add egg/soy mixture to rice and then stir everything together until the eggs are completely cooked. Serve warm.

### **SWEET-N-SOUR MANDARIN FRIED RICE**

2 garlic cloves	1/2 carrot, sliced thin	1 cup leftover plov
sauce:		
1 tbsp. soy sauce	5 tbsp. boiling water	
2 tsp. sugar	juice of one mandarin	

Sauté garlic and carrot in a little oil. Add plov and sauté a few minutes. Mix sauce ingredients together in a separate bowl. Add sauce to the rice mixture, stir, and cook until absorbed.

### **APRICOT BUCKWHEAT PILAF**

2 tbsp. oil	2 tbsp. fresh dill
1 1/2 cups chopped onions	1/2 cup fresh parsley
1 1/2 cups buckwheat	juice of 1 lemon
2 1/4 cups boiling water	salt and pepper to taste
1/2 cup chopped dried apricots	1 tomato, cut into wedges
1 1/2 tbsp. fresh mint leaves, minced	

In saucepan with a tight fitting lid, heat oil and sauté onions for 3 minutes. Stir in buckwheat and sauté for 2 more minutes. Add boiling water, cover, and bring to a boil. Reduce heat and gently simmer for 10 minutes. Add apricots without stirring them in, cover, and cook for another 5 - 10 minutes, until the water is absorbed and the buckwheat is fluffy. Stir in the mint, dill, parsley, and lemon juice. Add salt and pepper to taste. Serve garnished with wedges of fresh tomatoes.

### **GINA'S TEX MEX RICE**

1/4 cup of rice for every person (if serving as a side dish)  
1 onion  
1 bell pepper  
1 tsp of oil or enough just to cover the bottom of the pan  
3 tbsp of tomato paste or 1 bullion cube (any flavor)  
pinch of salt  
1 tsp garlic powder (optional)  
2 cups of water for every cup of rice

Cut onions and bell pepper into large strips (if you cut them too small they will burn.) Sauté the onions and bell peppers until the onions have softened and are limp. Next add in the rice, continue sautéing all three until the rice is golden brown or turning yellow. Pour in enough water to cover rice by at least an inch and bring to a rolling boil. Add salt, tomato paste (or bullion cube,) and garlic powder. Stir occasionally and check water level. If rice starts to stick to bottom of the pan add more water. Usually takes about 20 minutes for rice to get tender.

### **TOMATO AND CARROT RICE**

Rice	Carrots
Chicken bullion	Tomatoes
water	

Boil water with a chicken bullion. When water is boiled, add rice, tomatoes, and carrots, cook.

## BEANS & LEGUMES

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## BEANS

1. Cooking time depends on locality in which they were grown and on their age.
2. Wash unless the package states otherwise.
3. Soak in 3-4 times as much water as beans.
4. Remove any beans that float.
5. If the beans are not preprocessed, usually they are soaked overnight.
6. Bring the beans to a slow boil in the water in which they are soaked. (Unless it is bitter, as happens sometimes with soybeans). Reduce the heat and simmer.
7. All beans should be cooked until tender.
8. If you have forgotten to soak, a quick method to tenderize them for cooking is to cover with cold water. Bring to a boil and simmer for 2 minutes. Remove from heat and let stand tightly covered for 1 hour. Or blanching the beans for 2 minutes is almost equivalent to 8 hours of soaking.
9. You may use preprocessed beans which require no soaking. But remember that some nutrients have been lost in preparation.
10. Lentils and split peas are better for soaking, but do not require it.
11. White beans (navy beans) are the toughest and take up to 3 hours of simmering.
12. Old beans take a long time to cook.

### BASIC BEANS

½ kilo of beans	small bushel of cilantro	water
1 onion diced	1 finely crushed clove of garlic	pinch of salt
1 chopped hot pepper (optional)		

Soak the beans the night before. Combine all ingredients into a large pot and bring to a boil. Allow to boil for two hours or until the beans are soft.

### IMPROVED BEANS

Beans are good cooked with shelled, fresh corn. Just add the corn during the last hour when beans are cooking. A complete protein.

### BEANS WITH TOMATO SAUCE

1 cup dried beans	1 tbsp. tomato paste
1 1/4 cups chopped onion	2 cloves garlic, finely chopped
1/2 peanut oil or any oil	1/2 tsp. hot red pepper
3 small tomatoes, finely chopped	salt and pepper to taste

Bring beans with 1/4 cup onions to boil in 2 quarts of water in a 3 quart saucepan. Boil a couple of minutes, then remove from stove and let sit uncovered 1 hour. Bring to a boil again and simmer, partially covered, for 1 hour. Drain and set aside. Heat oil in a skillet. Add onions and cook 5 minutes, then add tomatoes, tomato paste, garlic, red pepper, salt and pepper. Cook about 5 minutes, stirring frequently, until mixture is thick. Turn down heat to low and add beans. Cook 5 minutes.

### RICE AND BEAN CROQUETTES

1 cup beans	1 cup uncooked rice	egg
chopped onions	2 tomatoes, chopped	oil
salt and pepper		

Wash and soak beans for several hours. Boil until tender. Boil rice until very soft then mash together with beans. Add onion, tomatoes, salt and pepper to taste. Turn onto a floured surface and form into cakes. Dip in beaten egg and fry in oil. Serve hot, garnished with slices of hard-boiled egg and tomatoes.



### **CUBAN BLACK BEANS**

7 cups cooked black beans	1 cup chopped carrots
3 tbsp. olive oil or butter	1 medium green pepper, chopped
2 cloves garlic, minced or pressed	salt and pepper to taste
1 cup chopped onions	1/4 cup chopped fresh parsley
1 tsp. ground cumin	1 cup tomato juice or orange juice
1 tsp. ground coriander seeds	2 medium tomatoes, chopped
1 tsp. paprika	6 cups cooked rice
hot rice	hot sauce
sour cream (optional)	

Drain the cooked beans and reserve the liquid. In a large skillet, sauté the onions, garlic and spices in the oil or butter until the onions are translucent. Add the carrots and sauté for 3-4 minutes. Add the green peppers and sauté for 5 more minutes. Add salt, pepper, parsley, juice and tomatoes and simmer until the veggies are tender. Combine the drained black beans with the vegetable mixture. Puree 2-3 cups of the bean-vegetable mixture in the BLENDER with enough reserved liquid to make a smooth puree. Stir the puree into the beans and simmer for 10 minutes. Taste for salt. Serve the beans on hot rice and top with hot sauce and a dollop of sour cream.

### **PLAKI**

1 lb dried beans	1/4 tsp. thyme
1/2 cup oil	1 bay leaf, crumbled
3 cloves garlic, chopped	2 tbsp. minced parsley
4 onions, sliced	1 tsp. salt
1/4 tsp. marjoram or oregano	tomatoes (go crazy! number's up to you)
rice	

Soak beans overnight. Drain, reserving soaking water. Heat oil in a heavy casserole pan. Sauté garlic, onion and herbs. Add tomatoes and simmer until soft. Add beans and soaking water along with additional water to cover beans. Bring to a boil and simmer covered over low heat for 1 hour. Remove cover. Add salt and simmer for 1 more hour. Serve with rice.

### **CARRI BEAN RICE**

2 cups dry beans	1 tbsp. lemon or lime juice
6 cups water	1/8 tsp ground cloves
1 tbsp. salt	1 tbsp. parsley, chopped
2 green onions, chopped	1/4 tsp. pepper
1 large tomato, chopped	2 cups rice

Soak beans overnight in water and salt. Bring to a boil, reduce heat and simmer just until tender, about 40 minutes. Drain beans, reserving liquid. Heat rest of ingredients, except the rice, and the beans in a large covered skillet. Sauté about 5 minutes. Add the rice and 4 cups of the reserved bean liquid. Add water if necessary. Bring to a boil, cover, reduce heat and simmer 20-25 minutes without stirring. Brazilians like to sprinkle manioc flour on top before serving. (But since we don't have access to it, dig in anyway!)

### **FRIJOLES REFRITOS**

onion	1/2 cup oil
garlic	grated cheese, if available
cooked red beans	garlic salt

Sauté onion and garlic in oil in a large frying pan. Add beans with oil. Mash the beans, making a thick gravy. Let simmer. Add grated cheese and garlic salt for seasoning. Note: When mashing the beans, extra water may be necessary.

### **MEXICAN REFRIED BEANS**

1/2 kilo dried kidney beans	1/4 cup margarine
6 cups water	salt
2 onions, chopped	seasonings/garnishes

Soak dried beans. Add water and onions and bring to a boil. Cover and simmer slowly until beans are tender, about 3 hours. Mash beans with potato masher or pilon or whatever you have. Add margarine and salt to taste. Mix well. Continue cooking, stirring frequently, until beans are thickened and the fat is absorbed. Serve at once. Great topped with chili powder, cumin, grated cheese, chopped onions, sliced avocados (have it sent in a package--just kidding) and/or chopped tomatoes.

### **REFRIED BEANS**

1 1/2 tsp. Salt	1 1/3 cups Dried Red, Pink or Pinto Beans
4 1/2 cups Cold Water	1 small White Onion, finely chopped
1 small clove Garlic, minced	1/3 cup + 1 Tbsp Shortening or Oil, divided
1 Small White Onion, sliced	

Rinse beans thoroughly in sieve under cold running water, picking out any debris or blemished beans. Place beans, water, 1 Tbsp shortening and sliced onion in 3-qt. saucepan. Bring to a boil over high heat. Reduce heat to low. Cover and simmer 1 1/2 hours or just until beans are tender, not soft. Stir in salt. Cover and simmer over very low heat 30-45 minutes until beans are very soft. Do not drain. Heat remaining 1/3 cup shortening in heavy, large skillet over high heat until very hot. Add chopped onion and garlic. Reduce heat to medium. Cook and stir 4 minutes or until onion is softened. Increase heat to high. Add 1 cup undrained beans. Cook and stir, mashing beans with bean or potato masher. As beans begin to dry, add another 1 cup undrained beans. Cook and stir, mashing beans with bean or potato masher. Repeat until all beans and cooking liquid have been added and mixture is a coarse puree. Adjust heat as needed to prevent beans from sticking and burning. Total cooking time will be around 20 minutes. Beans may be served as a side dish or used as an ingredient for another recipe.

### **FRIED BEANS**

1/2 kilo local beans	1 liter oil
3 cloves garlic	3 onions
2 small cans tomato paste OR	assorted vegetables (eggplant,
5 small fresh tomatoes	carrots, cabbage, bell pepper, etc)
salt and pepper to taste	1 bouillon cube

Wash beans thoroughly. Throw water away and put beans in water again and let stand for 5 minutes. Take them out of the water and pound them in a pilon until the shells come off. Throw shells away and wash beans until all that's left are the white beans. Soak the beans in water for 1 hour or until soft. Take the beans out of the water and pound them again, adding the garlic. The bean paste should be very smooth. Add salt to taste. In a pot, add 1/2 liter of oil. Wait until the oil is very hot before dropping in small, round balls of bean paste. Fry till lightly brown. Cube all the vegetables, including onions, and put in a pot with 2 tbsp. oil. After 4 minutes, put in tomato paste and stir. Add pepper, salt and bouillon cube and continue stirring. Add 1/2 cup water to the mixture. Serve bean cakes topped with veggie sauce.

### **BEAN BURGERS**

cooked beans	1 egg	carrots, chopped
seasonings (curry, anything--go crazy)	rice or potatoes	1 tbsp. flour
tomatoes, chopped	salt and pepper	onions, chopped

Mix cooked beans and rice and thoroughly mash it together (fun). Add tomatoes, onions and carrots. Mix in egg and flour. Add seasonings. Form into patties and let them stand for about an hour. Fry in oil over medium heat.

## BEAN BURRITOS

Tortilla:

2 cups flour	1 tbsp. oil
1 cup warm water	1 tsp. salt

Mix ingredients until the dough is in the form of a ball. Divide into 12 balls. Flatten the balls into a circle. Place the round tortilla on a hot, ungreased frying pan. Cook until the ends begin to curl and they are slightly browned. Turn and cook till puffs appear.

Beans (refried):

1/2 kilo red beans	oil	salt
3 onions	red and black pepper	cheese and salsa
1 head of garlic or to taste		

Put beans into water until covered. Bring to a boil and let sit for one hour. Finely chop the onions and the garlic, add to the beans. Simmer for 2-3 hours, until the beans are cooked. Add water as needed. Season to taste. When the beans are finished, remove excess water. Add 2-3 teaspoons of oil and mash the beans. Fry until oil is absorbed. Serve in tortillas with cheese and salsa.

## MORE BEANS

Dried Beans	2 tsp. Cumin
1 cup Onion, chopped	3 tsp. Chili Powder
3 cloves Garlic, crushed	

Purchase dried beans at the bazaar. Soak in water over night and up to 2 days. Drain and rinse beans, add new water to cover beans by 2 inches in pot. Boil for approximately 30 minutes, then reduce heat and simmer for 3 hours. Add more water as necessary to pot during cooking. After 3 hours of simmer, add onion, garlic, cumin, chili powder, stir and cook for 1 hour longer. Serve with steamed rice.

*Excerpt from the much sought after Reed family "it ain't baked brother, its FRIED" Hillbilly cookbook:*

## BAKED BEAN ROAST

2 tbsp. minced onion	2 cups bread crumbs
2 tbsp. minced peppers	1 cup tomatoes
oil	salt
4 cups mashed beans	1/2 tsp. paprika
2 eggs, slightly beaten	brown or tomato gravy

Sauté onion and pepper in oil. Combine with beans, eggs, bread crumbs, tomatoes and spices. Serve with brown or tomato gravy.

## IRANIAN TACOS

3 cups well-cooked chick peas	2 cloves garlic	3/4 tsp. coriander
2 tbsp. cumin	1/2 tsp. cayenne	tortillas and taco garnishes
2/3 cup toasted, ground sesame seeds OR 1/4 cup sesame butter		

Puree peas and sesame butter. Add liquid from peas or water, if necessary. Mix in spices to taste. Let stand 1/2 hour. Serve on tortilla and garnish with the usual taco stuff: lettuce (if in bazaar, I haven't seen it yet), tomato, onion, cheese.

### **FALAFEL (CHICKPEA PATTIES)**

1 cup dried chickpeas, soaked in 5 cups water for 24 hours	2 cloves garlic, peeled and mashed to a pulp
1 tsp. baking soda	pepper
1 tsp. salt	1 tbsp. lemon juice
1/2 cup finely minced onion	1/8 tsp. cayenne pepper
2 tbsp. finely minced parsley	oil for deep frying
1 tsp. cumin seeds	1 tsp. coriander

Drain the chickpeas and put them into a BLENDER. Add the baking soda and salt. Blend until you have the texture of coarse bread crumbs (not a paste). Empty the chickpeas into a bowl. Add the onion, parsley, cumin, coriander, garlic, pepper, lemon juice and cayenne. Mix gently with a fork. Do not pat down. This mixture should be loose and crumbly. Put 2 inches oil in a wok or other deep pan. Temperature should be 350-375F. Form the patties with a light touch. Fry until cooked on both sides.

### **FALAFEL II**

1 can chickpeas	pepper
1/2 tsp. sage	1/3 cup flour
salt	basil
cumin	oregano

Mix and mash the chickpeas and spices, adding flour until the mixture is of rolling consistency. Roll into balls and fry.

### **BASIC LENTILS**

1 cup lentils	1 large onion, chopped
2 beef bouillon cubes	1 clove garlic, minced
1 tsp. salt	1 tsp. salt
2 1/2 cups water	1-2 tbsp. curry powder
1 bay leaf	2 tbsp. lemon juice
chopped parsley	1/4 cup margarine

Bring basic ingredients to a boil. Let simmer for 20 minutes. To make curried lentils, sauté onion and garlic in margarine and add the salt and curry powder. Fry briefly and add to basic lentils with lemon juice and parsley.

### **KUSHERIE**

1 1/4 cup lentils	2 tbsp oil
2 tsp. oil	3 onions, sliced
3 cups boiling water or meat stock	1 tsp. cumin
1 tsp. salt	4 garlic cloves, chopped
dash of pepper	1 or 2 small cans tomato paste
1 1/2 cups rice	sugar
1 cup boiling water or meat stock	salt and pepper

Brown lentils in oil, stirring frequently. Add 3 cups water, salt and pepper. Cook 10 minutes. Add rice and 1 more up water. Boil then reduce heat. Cover and simmer for 25 minutes. In a separate saucepan, heat oil and sauté onions, cumin and garlic. Add tomato paste, sugar, salt and pepper to taste. To serve, spoon sauce over rice and lentils. Great with a dollop of plain yogurt.

### **LENTIL BURGERS**

2 cups cooked, drained, cooled lentils	1/2 cup cracker or bread crumbs
1 small onion, minced	tomato sauce or yogurt or other topping
2 eggs	milk powder

Combine all ingredients in a bowl with enough milk powder to make the mixture stick. Let the mixture sit for 10 minutes, until thick. Make patties and fry like hamburgers in a small amount of hot oil. Serve with tomato sauce or yogurt.

### **MJEDDRAH**

1 1/2 cup lentils, rinsed	2 large onions, coarsely chopped
4 cups water	1/2 tsp. salt (but more is better)
3-3 1/2 tbsp. olive oil	3/4 cup cooked rice

Bring lentils and water to a boil. Reduce heat, cover and simmer for 25 minutes. Heat 2 tbsp. oil and sauté onions and salt. Heat remaining oil and sauté rice for 3 minutes. Combine all ingredients, cover and simmer until done. Add water if necessary.

### **LENTILS WITH SPINACH AND GINGER**

1 1/3 oz lentils	4 tbsp. coriander leaves
3/4 pint water	3/4 lb spinach, chopped
3 tbsp. oil	1 tsp. salt
1 chili, sliced	black pepper
1/2 tsp. grated ginger	1 tbsp. lemon juice

Cook lentils, not all the way. Heat oil. Add chili and ginger for 10 seconds. Then add coriander and spinach and cook until wilted. Add lentils and salt. Simmer covered for 25 minutes. Add lemon juice and pepper. Cook uncovered for 5 minutes.

### **CURRIED CARROTS AND LENTILS**

1/2 cup dried lentils	2 tbsp. butter
1 1/2 cups water	1 tsp. salt
3/4 tsp. curry powder	3 carrots, peeled and cut into 2 inch pieces
1/2 tsp. fennel seeds	1/4 cup golden raisins
1/2 cup onion, chopped	black pepper to taste

Combine lentils and 1/2 cup water. Cook until lentils are getting soft. Add carrots and another 1/2 cup water. Cook until carrots begin to soften. Add remaining ingredients and cook some more.

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## **PASTA**

about 2 1/2 cups flour	1/3 cup water	1 tsp. salt
2 eggs	1 egg yolk	1 Tbsp. oil

In a large bowl combine 1 cup flour and remaining ingredients. Beat for 2 minutes, adding additional flour to make a soft dough. Turn dough onto a lightly floured surface and knead until smooth and not sticky, adding more flour if needed. Cover with towel and let rest 30 minutes. Cut dough in half (keep covered when not working it). Roll out on well floured board into 20 X 14 inch rectangle. Fold in 1/2 crosswise then 1/2 again. With sharp knife, cut the dough into 1/2 inch strips. Open and place in a single layer on a clean cloth (or hang) to dry. Dry for several hours or overnight. To cook, toss in boiling water and cook until tender, about 20 minutes.

## **SPAGHETTI WITH MEAT**

Spaghetti, cooked	1 Onion, chopped	1/2 Tbsp Tomato Paste
Ground Beef	1 bunch Scallions, chopped	Oil
3 Potatoes, chopped	1/4 cup Dill, chopped	Bay Leaf

Cut and fry beef in oil. Add onions, 1/2 of a potato and tomato paste. Cook 5 minutes. Add 6 cups water and the remaining potatoes. Boil; skimming foam off top and cook until potatoes are soft. Add scallions, dill, and bay leaf. Serve over spaghetti noodles.

## **SPAGHETTI WITH EGGPLANT**

1 cup Eggplant Spread (ikra)	Dash of White Wine	Salt & Pepper
2 Tbsp Sour Cream (smetana)	Spaghetti Noodles, cooked	

Place eggplant (ikra) in sauce pan. This stuff is extremely oily. To cut back the oil, add the sour cream. Then add the salt and pepper to taste. As the sauce begins to bubble, add a dash of white wine. Cook for about 5 minutes. Serve over noodles and enjoy.

## **SPAGHETTI CHEESE SAUCE**

1 large Onion, chopped	2 cloves Garlic, crushed	Thyme (optional)
2 Tbsp Butter	3 Tbsp Sour Cream (smetana)	Sage (optional)
2-3 Tomatoes, chopped	Bay Leaf	Cheese, shredded
2-3 Green Peppers, diced	Oregano	

In sauce pan melt butter and add onions. As onions begin to fry, add the other vegetables and allow to simmer. A little later, add sour cream and all the spices and garlic. Cook until tomatoes begin to break down a little bit. Then add the cheese; if possible, the cheese should be the German "gouda" cheese - at least it should be meltable. When the sauce thickens to a very thick consistency, remove from heat, and serve it on top of spaghetti noodles.

## **SPAGHETTI WITH WHITE SAUCE**

1 large Onion, diced	1 tsp. Hot Mustard	1-2 Tbsp Oregano
50-100 gr. Butter	White Wine	2 cloves Garlic, crushed
50-100 gr. Sour Cream (smetana)	Salt & Pepper	1 Bay Leaf

Heat butter in sauce pan and sauté onion. As onion begins to fry lightly, add sour cream, mustard and white wine. Add a pinch of salt and pepper, oregano, garlic, and bay leaf. Allow to cook for several minutes, until wine has cooked away, and mixture begins to thicken and coat spoon. Serve over spaghetti noodles.

### **T-STAN WHITE MAC AND CHEESE**

1 onion, sliced	4 triangles of processed cheese
4-6 cloves garlic, diced	a few pinches of flour
1/4 cup margarine or olive oil	salt and pepper to taste
2 cups milk	cooked and rinsed macaroni for 2 people
1 tsp. dried basil or tarragon or greens	

Sauté onion and garlic in margarine. When the onions are clear, add milk. Reduce heat and simmer. Add greens, cheese, salt and pepper. Stir until cheese melts completely. Turn off heat and add flour one pinch at a time while stirring until sauce thickens. Pour over macaroni.

### **GINGER NOODLES**

1/2 to 1/4 cup soy sauce	bit of sugar
same amount vinegar	some Tabasco sauce
same amount water	cayenne pepper or malgeta
spoonful of tomato paste	noodles
garlic	olive oil
ginger	cucumber
touch of salt	toasted sesame seeds

Mix soy sauce, vinegar and water and bring to a boil. Add tomato paste, garlic and ginger. Add salt, sugar, hot sauce and cayenne pepper to taste. Let this simmer for some time. The longer the ginger has to release its essence, the better. Cook up the noodles. Put a bit of oil in a wok and heat. Throw in noodles and pour the sauce over. Mix well. Garnish with thin slices of cucumber and toasted sesame seeds.

### **THAI PEANUT NOODLES**

8 oz Noodles	1/2 cup Onions, thinly sliced	2 Tbsp Lemon Juice
3 Tbsp Soy Sauce	1/4 cup Green Onions, sliced	3 Tbsp Water
1 Tbsp Honey	4 cups Green Vegetables	2 cloves Garlic
1 Tbsp Oil	1/2 cup Peanuts, finely chopped	

Cook the noodles. Combine soy, lemon, honey and water. Heat oil with the onions and garlic until tender. Add the other ingredients. Heat for 3 minutes and then toss with pasta.

### **PAD THAI**

cooked spaghetti	green onions, diced	2 tbsp. curry powder
5 clumps peanut butter	1-2 packets peanuts	
4-5 lemons	water	

Heat peanut butter and water until peanut butter starts to melt. Add lemon juice and curry and season to taste. Serve over a bed of spaghetti and garnish with green onions and crushed peanuts.

### **FIDEO**

1 onion	1 tsp of oil just to cover the bottom of pan
1 bell pepper	3 tbsps of tomato paste or 1 bullion cube (any flavor)
Salt	1 tsp garlic powder (optional)
water	300 g. of thin straight noodles (break into 2 inch long pieces)

Cut onions and bell pepper into large strips (if you cut them too small they will burn.) Sauté the onions and bell peppers until the onions have softened and are limp. Next add in the pasta, continue sautéing all three until the noodles are golden brown or turning dark yellow. Pour in enough water to cover noodles by at least an inch and bring to a rolling boil. Add salt, tomato paste (or bullion cube,) and garlic powder. Stir occasionally and check water level. If pasta starts to stick to bottom of the pan add more water. Usually takes about 20 minutes for noodles to get tender.



## **MALAY FRIED NOODLES WITH SHRIMP**

Some of these ingredients are either unavailable in T-stan or are expensive. If you can't find/afford some, substitute with other ingredients, or leave them out.

1 lb wheat noodles OR vermicelli  
2 cups snow peas  
1 Tbsp. dark sesame oil  
2 cloves garlic, minced  
1/2 lb shrimp, or whatever  
1/4 small head of shredded cabbage  
1/2 cup water chestnuts, sliced 1/4 inch thick

1 medium cucumber peeled, cut in half  
lengthwise, seeded and sliced  
soy sauce to taste  
black pepper to taste  
lime wedges

The garnishes:

1/4 cup vegetable oil  
2 large cloves garlic, thinly sliced  
a few fresh or dried chili peppers

1 medium onion, thinly sliced lengthwise  
2 scallions

First prepare the garnishes. In a wok or heavy skillet, heat the oil until it is very hot and stir-fry the garlic for a few seconds until it is golden. Remove to a paper towel. Then stir-fry the onions in two batches until brown. Remove to a paper towel. Slice the scallions diagonally in one inch pieces and set aside. Cut the fresh chili peppers into small circles, or if you're using dried chili peppers, simmer them in a small amount of water for 10 minutes and then chop.

Cook the noodles in boiling salted water until just done. Drain and stir in the sesame oil to prevent the noodles from sticking together. Reheat the oil in the wok and add the garlic when the oil is very hot. A few seconds later add the shrimp and stir-fry until they turn pink. Add the cabbage, snow peas, and the water chestnuts and stir-fry for two minutes. Finally, add the cucumber slices and the cooked noodles and stir well. Remove from heat and season to taste with soy sauce and black pepper. Transfer to a warm platter and sprinkle with the garnishes.

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### TERIYAKI CHICKEN

1/2 cup Sugar	2 or 3 hindquarter pieces of Chicken split and skinned
1/2 cup Soy Sauce	4 cloves Garlic
1/4 cup Lemon Juice or Wine	Scallions, minced
2 tsp. Ginger Powder	

Mix all ingredients until sugar is dissolved. Add chicken pieces and marinate for 2 hours. Flipping the pieces after an hour. Bake in the oven at about 190°F. Test chicken for doneness. Stick a fork in it, if juice runs clear it's done! Boil remaining marinade and serve entire dish over rice. Garnish with minced scallions. Locals love it.

### COQ AU VIN

Chicken Pieces	Thyme	2-3 small Onions
2-4 Tbsp Butter	Parsley	Mushrooms
1/2 cup Chicken Stock or Water	Rosemary	1 cup Red Wine

This is chicken stew with a fancy name. In the traditional recipe, the greatness of the dish comes from the exacting way in which the three main ingredients, chicken, mushrooms, and onions are cooked separately and brought together at the end. In this recipe we throw them all together. In a saucepan, brown pieces of chicken with a little butter. Do this in batches, if necessary, to make sure the pan is not crowded. If there are too many pieces, the chicken will stew, and not brown. When all the chicken is browned, pour about half a cup of chicken stock or water into the pan, and scrape up all the tasty little morsels on the bottom of the pan. If you have seasonings, add thyme, parsley, and rosemary, or whatever you prefer. Put all the chicken back in along with several small, peeled, whole onions. Cover and simmer. If you have mushrooms, you will add those at some point along the way. You will have to decide when based on how long they will take to cook. In T-stan, some take quite a while, others no time at all. Time it so that they are finished when the onions are. When everything is cooked through, add the red wine. Bring it to heat, and thicken as needed.

### JAMBALAYA

Chicken Pieces	2 medium Tomatoes, diced	Bay Leaves
1 cup Chicken Stock or Water	1 cup Uncooked Rice	Red Pepper
1 Green Pepper, chopped	Black Pepper	Oil
1 Onion, chopped	Garlic	Thyme

This Louisiana favorite is easy to make and you only need one imported ingredient - thyme. If you don't have it, that's OK. It will be fine, but it will lack the fragrance and light taste the herb brings. Brown chicken parts in a large pot with a little oil. Do this in batches, if necessary, to allow the juices to evaporate and the chicken to brown. Sauté green pepper and onion after the last batch of chicken until the onion gets soft. Return the chicken parts. Add tomato and stir. Add uncooked rice. Add a cup and a half of chicken stock or water. Season with garlic, bay leaves, red and black pepper and thyme. When the rice is done, it's ready.

### ARROZ CON POLLO

2 tsp. oil	2 large ripe tomatoes
4 lbs. chicken	1 tsp. salt
1 cup rice	1/2 tsp. pepper
1 green pepper, diced	1 clove garlic, minced
1 onion, finely diced	2 cups boiling water
1/2 tsp. chili powder	

Set oven on medium heat. In a skillet, heat oil and brown pieces of chicken. When chicken is brown on all sides, transfer to casserole with tight-fitting cover. In same skillet, brown rice. Turn rice into casserole with chicken. Add all other ingredients. Cover and bake for 40 minutes. Uncover, blend ingredients lightly, taste, and adjust seasonings. If moisture is not absorbed, bake for another 15 minutes uncovered. Serves 4.

### SECRET RECIPE FOR CHICKEN ENCHILADAS

3 pieces Chicken	6-7 Tomatoes, chopped	1/2 Cumin
4 Onion	2 cups Tomato Paste	2 Tbsp Sugar
2 Green Peppers	1 Tbsp Chili Powder	1/2 kilo Cheese
3 cloves Garlic		

Boil chicken for 45 minutes or until tender. Remove from bone; chill stock and skim off fat. In another pot sauté 2 onions, green peppers, garlic till tender. Add tomatoes. Cook 10 minutes. Add tomato paste and 4 cups broth, chili powder and cumin, cook till thicker (approx. 30 minutes). Add sugar. Grate cheese and chop 2 onions. Add 2 cups of chicken and heat through.

**Prepare Enchiladas:** Fill each tortilla with chicken, grated cheese and chopped onion. Add additional sauce and arrange in a greased pan. Spread remaining sauce over/around enchiladas. Sprinkle with cheese and onion. Bake 20-30 minutes till bubbly. Serve with our cream and/or salsa. Serves 4.

**Flour Tortillas:** 1/2 tsp. salt, 3 cups flour, 1/2 cup oil - mix until crumbly. Add enough water to make dough. Knead 5-6 minutes. Let stand 10 minutes. Roll out in flat pancakes and cook in a hot skillet.

### ANDREA'S CHICKEN FAJITAS

1 chicken, quartered	garlic
2-3 onions	red sauce packet (from bazaar)
2-3 green peppers	tortillas, cheese, salsa, sour cream

Boil the chicken until cooked. Remove the meat and shred it. Cut the onions and green peppers into strips. Cut the garlic. Sauté the garlic in oil and add the onions and green peppers. Sauté until golden brown. Add the red sauce and chicken. Simmer over low heat for 5 minutes. Serve in tortilla with cheese, salsa, and sour cream.

### CHICKEN FAJITAS

4 chicken breasts	garlic
2 onions	salt
flour tortillas	toppings (cheese, tomatoes, sour cream, salsa)
2 green peppers	1 tsp of oil

Pour the oil into a sauce pan. Cut onions and bell pepper into large strips (if you cut them too small they will burn.) Sauté the onions and bell peppers. Cut the chicken breast into long thin strips. Once the onions have started to soften, add in the chicken and continue sautéing. Sprinkle salt and garlic to liking. Serve in tortillas with toppings of your choice. Add beans and rice on the side for a complete meal.

### CURRY CHICKEN

Chicken stock	3 hindquarter pieces of Chicken boiled and removed from bone
Hard boiled eggs	3 cloves Garlic
1 tsp. Cumin	Scallions
1 tbs. Ginger	Peanuts
2 Tbsp Curry	3 Onions diced
Salt/Pepper	2 Tbsp Flour

Make Chicken Stock (refer to Chicken Stock recipe). Sauté onions and garlic. Remove from heat and add 2 Tbsp flour. Stir until it is paste like. Add chicken broth until the flour dissolves. Add the rest of the spices to this sauce. Return to sauce to heat and stir as it thickens. When the sauce is the consistency you want, add chicken. Serve over rice. Use scallions, hard boiled egg, and peanuts as garnish.

### **CURRY CHICKEN II**

1/2 Cup chopped onion	1 cup milk (or coconut milk)
2 tsp. or more curry powder	1/2 tsp. ground ginger
3 Tbsp. margarine	1 tsp. salt
flour	1 cup chicken broth ( or 1 cup water with one chicken bouillon cube)
1/2 tsp. sugar	2 cups cooked diced chicken
1/2 tsp. lemon juice	

Brown onion and curry powder in butter. Add flour and seasonings. Cook over low heat until mixture is smooth and bubbly. Remove from heat. Stir in chicken broth and milk. Bring to a boil, stirring constantly. Add chicken and lemon juice. Heat. Serve with rice.

### **MARINATED CHICKEN IN WINE AND GREEN PEPPER SAUCE**

salt	2 large onions- sliced	1 eggplant
black pepper	oil	2 Tbsp. tomato puree
5 cloves of garlic	2 green peppers	2 bouillon cubes
5 Tbsp. vinegar	1/2 cup water	1/3 liter red wine
Herbs de Provence (marjoram, oregano, thyme, rosemary)		

Cut chicken up into small pieces. Marinate in first seven ingredients. Marinate for less than 12 hours- more than 3 hours. If not much fat add oil, fry vigorously (fast), fry in marinade. Add 2 green peppers. Add 1/2 cup water. Fry until tomato paste and oil separate (until oil separates out) Add wine. Add bouillon cubes and eggplant. Boil everything together until alcohol has boiled off, then turn down to simmer. Simmer for 20 minutes. It's cooked when chicken contracts (pulls away from) leg bone.

### **CHICKEN IN SPICED SAUCE**

1 Chicken	1/4 tsp. paprika (optional)
1 1/2 Tbsp. butter	1 clove chopped garlic
1 1/2 Tbsp. oil	1 Tbsp. lemon juice
1 1/2 flour	2-3 Tbsp. chopped onion
1/2- 1 cup tomatoes, diced	1/4 tsp. black pepper
1/3 cup water or chicken stock	

Cut chicken into individual pieces. Melt butter and combine with oil in a large pan. Roll chicken in flour and brown in butter and oil over moderate heat. Add tomatoes and water and cook 30-40 minutes or until chicken is tender (even better with a pressure cooker for about 12-15 minutes). Add remaining ingredients and cook 15 minutes longer.

### **CHICKEN CACCIATORE**

2 small chickens, cut up	1 can mushrooms, drained and sliced
flour	2 minced garlic cloves
salt and pepper	1 cup wine or small bottle of beer
paprika	1 can tomato paste
olive or peanut oil	1 Tbsp. various herbs (thyme, basil,
2 tsp. butter or margarine	marjoram, oregano)
1 large onion, chopped	2 bay leaves (optional)

Mix flour, salt, pepper, paprika and roll the chicken pieces in it. Sauté chicken in about 4 Tbsp. oil; set aside. In butter, sauté onion and mushrooms until lightly browned. Add the 2 tsp. chopped parsley, garlic, wine and spices. Then add the beer with one can tomato paste. Return the chicken to the pan and add salt and pepper if necessary. Simmer for 1 hour or until tender. Serve over boiled, salted spaghetti or rice.

### **BAKED GARLIC CHICKEN**

2 cloves of crushed garlic                      4 chicken quarters  
2 tbsp of mayonnaise                            seasonings  
pinch of salt

Pre-heat the oven. In a small bowl mix the crushed garlic, salt, seasonings, and mayonnaise to form a paste. Glaze the chicken with the mixture and wrap in foil paper (optional but helps to keep the chicken tender and juicy). Place in oven and bake until chicken is done.

\* To test chicken pierce the chicken with a fork. Cooked chicken will have a clear juice. Uncooked chicken will have a red, bloody juice.

### **CHICKEN NORMANDY**

1.5-2 kilos chicken parts                      2 medium onions, chopped  
5 cloves garlic                                      2 medium apples, cored and chopped into cubes  
2 cups apple juice

In large pot or frying pan, brown the chicken parts in garlic and a little oil. Add the apples, onions, and apple juice and simmer, covered for about 20 minutes, until the chicken is done. Serve over white rice.

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### **WOODY'S FAMOUS TARAZ SPECIAL TUNA-MELT DELUXE**

1 can of Tuna (tuntza)	Tomato, sliced	Salt
1 hard boiled Egg	2 Green Onions	Pepper
Cheese	Bread	Margarine
2 Tbsp Mayo	Cumin or other vegetable spices	

Start out by emptying the tuna into a bowl. Dice the egg and the green onions and add spices to the bowl. Stir in the mayo, use Heinz or Hellmans because if you want the best tastin' tuna-melt this side of Betty Crocker. The consistency should be sticky and juicy but not runny and sloppy. Heat up frying-pan on very low heat, remember patience is a virtue and burnt tuna sucks. Butter the outsides of the bread. Lay buttered side down, lay down cheese then tomato slices then tuna mixture, with tomato and cheese again, the butter side looking up at you. Fry until golden brown. Use processed sliced cheese that come individually wrapped as well as Rama for the margarine. When you make a tuna-melt you want the world to smile a little bigger.

### **NEW ZEALAND ODDITY**

2 cans Wprotj (Sardines)	3 Green Onions	1 can of cheap Tomato Paste
Garlic cloves	3 Onions	1 bag Macaroni
1 or 2 Chili Peppers		

Stir fry a little oil, garlic, green onions, onions, and chili peppers. When they are simmering add tomato paste and sardines (oil drained) and water because the paste here is potent. Keep adding water as it evaporates. You don't want it too thin, but you don't want paste- you want sauce. Boil up macaroni and drain and serve the sauce on top. Pull up a chair mate and grab yourself a beer out'e fridge and chow on' down.

### **ESCOVITCH**

For small fish.

Mix 4 green peppers, cut into eighths, 6 small sliced onions, 4 sliced carrots, 3 bay leaves, 1 tbsp. olive oil, 1/2 cup vinegar, 2 tsp. salt, and 1 1/2 cups water in a saucepan, blend well. Bring to a boil and simmer for 25 minutes. Grill the fish and pour the hot sauce over it.

### **FILLETS**

bay leaves	1 big fish, firm, scaled and deboned
salt and pepper	beaten egg
4 lemons	flour
garlic	

Mix lemon, garlic, bay leaves, salt and pepper and place fish in this mixture until it marinates. Dip fish in flour and then in egg and fry.

### **FISH CURRY**

1 lb fish	2 onions, diced	1 cup warm water
1 tbsp. lemon juice	1 tomato, diced	2 tbsp. oil for frying
1/2 tsp. whole fenngreek seed (optional)	curry powder	salt

Brown onions. Add fenngreek and curry. Add tomato. Add fish and water. Cook until done. Garnish with fresh coriander and lemons.

### **COZHIDO**

1 large fish, cut into pieces	vinegar
onions	hard boiled eggs
potatoes	chick peas
garlic	salt
bay leaves	oil
salt and pepper	vinegar
olive oil	

Boil the fish with onions, potatoes, garlic, bay leaves, salt, pepper, olive oil and vinegar until cooked. To serve, put fish on plate with potatoes and boiled eggs, and put chick peas on top. Dress in a little oil and vinegar and salt.

### **FISH FOR TWO**

1 fish	ginger
1 egg	mushrooms, quartered
vinegar	bacon
white wine	parsley
scallions	

Heat enough oil to cover generously the bottom of a pan big enough to hold the fish flat out. Put fish basted in the egg in the pan and cook for 15 minutes. Add vinegar and white wine, then scallions and ginger. Add mushrooms, bacon, parsley, more scallions and ginger. Serve hot with rice or other starch.

### **CALDERADA**

1 big fish	onion
3 tbsp. tomato paste	2 cloves garlic, crushed
1/4 cup vinegar	bay leaves, crushed
olive oil	salt and pepper
green pepper	potatoes

Marinate the fish in tomato paste, vinegar, oil, green pepper, onion, garlic, bay leaves and salt and pepper for 15 minutes. Cook the fish in the marinade for 10 minutes, then add water to cover the fish 3/4 of the way. Add the potatoes and cook until the potatoes are cooked, adding water if necessary.

### **SKEBBESK**

Same ingredients as calderada

Fry the fish in oil after marinating it. Then heat the marinade in a separate pot, adding 1/4 to 1/2 cup water. Add fish and serve.

### **PASTELES**

3 tbsp. butter	1 to 2 potatoes, cooked
1/2 cup water	2 cloves garlic
1/2 kilo flour	1-5 hot peppers
1/2 tsp. baking soda	salt
2 eggs, beaten	bay leaves
fish, deboned and cooked	

Melt the butter in 1/2 cup water and set aside. Place the flour with the baking soda in a bowl and make a well. Add the eggs. Add the water and butter mixture. Knead, adding flour until the dough separates when pulled. To make the filling, mix the fish with the potatoes, garlic, hot pepper, salt and bay leaves. Roll out dough to 1/3 inch thick. Place 1 tbsp. filling in the center of each square of dough. Fold over and close with fork prongs. Fry in oil.

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### EGGS IN WHITE SAUCE

5 tbsp. butter or margarine	1/4 tsp. pepper	toast
7 tbsp. flour	4 1/2 to 5 cups milk	4 to 6 hard-boiled eggs
1/2 tsp. salt		

Mix together first four ingredients together over low heat. Stir in milk. Slice eggs into the sauce. Serve over toast.

### QUICHE

2 eggs	approx. 1 cup shredded cheese (cheddar or swiss are best)
approx. 3/4 cups milk	1/2 tsp. nutmeg
approx. 3/4 cups light cream	pepper
salt	whatever combination you want in it, for example: ham onion, tomato, shrimp, bacon, broccoli, peppers, etc.

\*\* Prepare a pie crust. Distribute veggies and/or meat evenly along bottom of pan and spread cheese in the pan. Together those should fill up about 3/4 of the pan. For the egg/milk/cream mixture: Crack an egg into a one cup measuring cup. Fill the rest of the cup with milk. Repeat the procedure with the other egg and the cream. **If no cream is available**, substitute milk and blend in a little butter. Add nutmeg and beat until light and frothy. Beating is crucial.

\*\* Put crust in oven for 5-10 minutes before putting in veggies or meat. Then pour eggs and milk over everything while crust is still hot.

Bake at 375-475 degrees for 30-40 minutes. When top is browned and a knife comes out clean, it's done.

### QUICHE II

6 Eggs	3/4 Slivki (Cream)
Pepper	Salt
1/2 cup Onions chopped	1/2 cup Kielbasa chopped into small pieces
1 cup Cheese grated	2 Tbsps Oil
1 Half-baked Pie crust	1/2 tsp. nutmeg, ground

Make a pie crust according to recipe in this book. Bake it half-way, being sure to prick it before baking, and remove from oven.. Sauté onions and sausage in oil until the onions are translucent. Beat eggs with fork, add a dash of pepper and salt, gradually stir in the cream. Pour onions and sausage with drippings to bottom of half-cooked pie crust. Next add the grated cheese. On top of the cheese pour the cream/egg mixture. Cook until egg mixture is fluffy and crust is golden brown. The quiche is also good without sausage.

### ERICA'S RAGIN' RAMEN SURPRISE

1 Packet of Ramen noodles, any flavor.	1 or 2 large eggs
2 tsp. soy sauce (optional)	Curry, tabasco sauce, cayenne pepper, etc. as preferred.
1/2 onion (optional)	Any vegetable, as preferred.

Cook and drain only the noodles from the Ramen packet and save spice packet for egg mixture. In separate bowl, scramble the eggs and add spice packet, soy sauce, other seasonings as desired, and cooked noodles. Fry onion and other vegetables then add in the egg mixture and fry until a golden brown on both sides. Makes 1-2 servings.

### DEVILED EGGS

20 eggs	greens	salt and pepper
mayonnaise	red pepper	mustard

Hard boil the eggs for about 20 minutes. Allow the eggs to cool. Remove the shells and cut in half lengthwise. Remove the yolks carefully without damaging the whites. Crush the yolks in a bowl and moisten them with mayonnaise. Flavor with mustard, red pepper, black pepper and salt. Finely chop the greens and add to yolks. Mix well and put filling back into the whites. Sprinkle black and red pepper on top. Chill and serve.

### TORTILLA ESPANOLA I

1 large Onion	1 kilo Potatoes, peeled and diced (I just cut enough to fill my pan)
Garlic, to taste (optional)	Pepper
3/4 tsp. Salt, divided	6 large Eggs (I usually use 3-4 depending on the size of my pan)
1/2 cup Oil (optional)	

Season potatoes with 1/2 tsp. salt and pepper to taste. Heat 1/4 cup of oil over medium heat, add potatoes and cook until potatoes are golden brown with soft interiors. Meanwhile in a small skillet, heat 2 Tbsp of oil and sauté onion and garlic on high heat until soft and golden. In large bowl, beat egg with 1/4 tsp. salt and pepper to taste. Add onions and stir. Drain potatoes on paper towels and wipe out pan. Stir potatoes into egg mixture. Heat remaining oil in skillet on medium-high heat and add egg mixture. Reduce temperature to low, and cook until lightly golden on the bottom, approx. 8-10 minutes. Remove skillet from heat. Place a plate slightly larger than the skillet on top of skillet. Invert and omelet will drop onto plate. Slide the omelet back into the skillet. Cool on medium heat until eggs are set, 3-4 more minutes. (This recipe can be made a day in advance but may dry out in the fridge. Heat in oven until just warm and pour sauce over it if it gets dry.)

### TORTILLA ESPANOLA II

good sized onion	eggs
several potatoes	olive oil

Sauté the onion in some olive oil. Slice the potatoes. I like mine as thin as possible. Add them to the onions along with some salt and cook until done. Dump the potatoes and onions in a bowl and add the eggs. You can use as many eggs as you want. I've used 2-5 eggs. Mix it all up until it's kind of soupy. Add a little more oil to the pan and pour in the mixture. You may ask yourself, "How on Earth am I going to turn this thing?" Well, grab a lid or plate. When the tortilla is slideable (cooked on that first side) slide the tortilla on the lid and flip it over, back into the pan to cook the uncooked side. It may take more than one try to perfect this art! Don't worry. It still tastes great even if it doesn't look like a pretty, golden egg pancake.

### EGGS AND POTATO MIX

4 potatoes	seasonings
salt	2 green peppers
2-3 eggs	2 onions
1 tsp of oil	

Pour the oil into a sauce pan. Cut onions and bell pepper into large strips (if you cut them too small they will burn.) Sauté the onions and bell peppers. Cut the potatoes thin strips or small chunks so that they will cook faster. Once the onions have started to soften, add in the potatoes and continue sautéing. Add salt and seasonings. Once the potatoes are soft add the eggs.

**TOMATO-IE EGGS**

2 tbsp of tomato paste

2 onions

2 green peppers

2-3 eggs

seasonings

salt

1 tsp of oil

Pour the oil into a sauce pan. Cut onions and bell pepper into large strips (if you cut them too small they will burn.) Sauté the onions and bell peppers. Once the onions have started to soften, add in the eggs. Add salt, seasonings, and tomato paste.

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## **MONTI**

Dough:	Filling:	1 kilo Pumpkin or Squash
4-5 cups Flour	1 kilo Mutton or Beef	(if you choose not to use,
Salt	200-250 gr. Animal Fat	increase meat to 2 kilos)
Water	3-4 medium Onions	Salt & Pepper

Make the dough. Knead it. Roll the dough out. Make the squares about the size of a computer disc. Put the fillings inside and then wrap the dough around the filling. The monti shape is special. Next time you eat them, look carefully or have someone teach you. Cook the monti in a monti cooker for 45 minutes. You can serve them with hot sauce.

## **PELMENI**

Dough:	Filling:	
3-4 cups Flour	200 gr. Ground Beef	1/2 cup Water
2-3 Eggs	200 gr. Ground Pork (or Mutton) Fat	
1 cup Water	Onions	
Salt - a little	Salt & Pepper to taste	

The dough shouldn't be too sticky. It can be kept under cover for 20 minutes to become pasty. It shouldn't be too soft because you have to work with it. Roll out the dough. Make circles about the size of a glass top (watch your friends or host Moms!). The meat needs to be ground 2 or 3 times in the grinder. Put meat inside of the dough and close it around the meat. Make sure there are no holes in it or the meat will leak out. Boil 4 liters of water and put the pelmeni in when it is boiled. Boil for 8-10 minutes. Makes 1 kilo of pelmeni.

### **NOTE: IF YOU JUST DON'T LIKE COOKING**

Keep a bag of pelmeni in the freezer. It's usually available in the bazaar or you can ask someone to make some for you. If you can boil water, you can cook it. Toss a handful into boiling water, and when they float, they're done. If you feel adventurous, put soy sauce on it and call it Chinese. Try it with tomato sauce for Italian night! With a cream sauce, it's French!

## **CHEBUREKI**

Dough:	Filling:	
Flour	Ground Mutton	Oil
Water	Onions	Water
Salt	Salt & Pepper	

Make the dough and roll out 2 mm thick. Cut the dough into pieces the size of a small bowl. Mix the filling ingredients together. Spoon the filling into the center of the dough and shape like a half moon. Deep-fry the chebureki in hot oil until brown.

## **PLOV**

2 cups Rice	2 Carrots	Salt & Pepper
4 cups Water	1 medium Onion	Garlic with skin
Mutton	Oil	

First, let the rice sit in salted water for 1-3 hours. In a hot kazan (Kazak round pot), add oil and let it get very hot. Next, sauté onions and pieces of meat. Put in one layer of carrots and don't mix. Lower the heat on the stove. For Uzbek plov, you may add raisins and dried apricots before adding the rice. Drain excess water from the rice and then add new water and the cleaned rice to the kazan. Cook until there is only a little bit of water left. Then, lower the flame, stick the whole garlic in the rice for flavor, and cover the kazan. Cook for 35 minutes. Add salt and pepper to taste.



### INDIAN CURRY FOR 8

6 tbsp. butter or margarine	1 green pepper
6 tbsp. (or more) curry powder	4 cups water
2 medium onions	1 kilo diced meat
1 tsp. salt	

Melt margarine in a heavy pan. Cut onions in large pieces and brown slightly. Add meat and brown. Add salt and water. Cook until meat is tender. Add curry, and thicken gravy with a little flour or cornstarch.

Variations: Add fresh veggies when meat is done.

### SHEPHERD'S PIE

1 1/2 lbs Lamb, cubed	Garlic	1 can Peas, drained
Flour	1 can Beer	Butter
1/4 lb Mushrooms	2-3 Carrots	1 1/2 lbs Mashed Potatoes
1 Onion, sliced	Rosemary (optional)	Cheese (optional)

This is an easy way to dress up stew. If you have individual casserole dishes, you can make single serving pies, but this recipe is for one big one. Flour and brown lamb. Do this in batches if necessary to make sure they brown nicely. Add mushrooms, onion and some garlic to the pan after the last batch of lamb is browned. Sauté briefly and return the lamb to the pot. Add beer and carrots, cut into good sized pieces. If you have it, add rosemary. Simmer 30 minutes. Add peas and cook another ten minutes. Thicken it with a paste of flour and butter. Put it all into a shallow baking dish and cover it with mashed potatoes. If you have it, put good cheese on top. Bake 15 - 20 minutes at fairly high heat.

### BEEF CUTLETS

Beef, 500 grams	Salt & Pepper	1/2 glass Flour
2 Eggs	Butter or Oil, 200 grams	

Cut the meat into pieces about 4 cm thick. Add salt and pepper to taste. Dip the meat into whipped eggs and roll in flour. Heat the butter or oil in a frying pan. Fry the meat 5 minutes on each side.

### STEAK DIANE

1 Tbsp Oil	1 shot Brandy	1 small Onion, chopped
Steaks	1-2 Tbsp Butter	

Next time you want to impress someone, try this. To prepare this dish, you will flambe some steaks. It's not dangerous if you follow directions and remember two things:

- 1) Never add the brandy (or Scotch) while the pan is over the heat, and
- 2) Never pour it in straight from the bottle.

Put oil in a large frying pan over medium heat. Put in the steaks, about 4"x4" and no more than an inch thick. Add onions. Make sure there is plenty of room in the pan for the juices to evaporate, if you don't, then the meat will stew and not get nicely browned. Keep everything moving and turn the steaks only once. Pour one good sized shot of Russian brandy into a glass. When the steaks are done, raise the heat to high, and put in butter to make sure there is about an eighth of an inch of juice in the pan. When the juice is boiling, take the pan off the heat. Stand back from the pan, which is off the stove I say again, and dump the brandy into the pan. Keeping the pan at arm's length, put it onto the stove and gently but briskly move it forward and back - far enough so that the gas flame reaches above the back edge of the pan. This will cause a few tiny, airborne bubbles of brandy to burn. They will fall into the pan when you push it back, and this will ignite the brandy in the pan. The first flame will be 3-4 feet high, it will quickly fall to only a few inches. Very gently, continue to move the pan, the fire will go out in less than 30 seconds and your dish is finished. Pour it all into a serving dish. Voila- gourmet cooking in T-stan!

### **FRENCH MEAT**

Beef, 300 grams	Onions	Salt & Pepper
Potatoes & Carrots	Cheese	Mayonnaise

First, cut the meat into long pieces. Tenderize the meat. Fry the meat a little in butter with salt and pepper. Then, in a casserole dish, put the meat on the bottom as the first layer. Then, put cut, sliced, uncooked potatoes. Cover with mayo. Next, put a layer of carrots down. Again, mayo. Every layer should be salted and peppered. Grate cheese for the next layer. Put it all into the oven for about 40 minutes. You can check to see if it is ready by using a knife. It is very tasty!!!

### **CHICKEN FRIED STEAK**

Buy large chunks of steak-looking meat. Trim fat and slice 1/2 inch thick. Sprinkle with meat tenderizer. Beat severely on both sides with a mallet till about 1/4 inch thick. Roll in a mixture of 1 cup of flour and 1 tsp. of pepper. Fry in 3/4 cup of hot oil.

### **GROUND MEAT**

Use 1/4 lb. per person. Grind beef, also putting whatever fat there may be through the grinder. Add to taste: salt, pepper, Worcestershire, chopped onion, garlic, thyme, oregano, etc. To keep meat together well, add an egg. To stretch meat, add 1/4 cup Quaker Oats or ground dry bread.

### **HAMBURGERS**

Form meat into patties. Brown in hot frying pan. Turn and brown other side. Cover pan, cook thoroughly (use low heat).

### **HAMBURGER II**

1 kilo ground beef	salt and pepper
--------------------	-----------------

Form the beef into balls about the size of an orange. Flatten down into a patty about the height of a finger-width. Cook in a frying pan or over a grill until meat is cooked all the way through.

### **MEATBALLS**

2 cups uncooked ground beef	hot pepper	1 egg
3/4 cup uncooked rice	garlic	1 can of mushroom soup
1 onion		

Mix together and pat into balls, brown on both sides and then pour 1 can of mushroom soup over. Simmer for one hour. Add more water if needed. Cook over low heat.

### **MEAT PIES**

1 kilo ground meat	1 cup flour
1 onion, chopped	3/4 tsp. baking powder
1-2 cloves garlic, chopped	1/4 cup shortening
1/2 green pepper, chopped	4-5 tbsp. cold water
salt, pepper and hot pepper	

Brown meat, onions, garlic, pepper and seasoning. Cool. Sift flour, baking powder and salt. Cut in shortening. Add water 1 tbsp. at a time until it sticks together. Form into a ball. Let sit a few minutes. Roll out 1/4 inch thick. Cut into circles 3 inches in diameter. Put about 1 tbsp. meat in center. Fold over and press edges with fork or fingers. Pies may be fried in hot oil until golden brown or baked in 350F oven about 45 minutes until brown. Variations: Vegetarians could try this with veggies instead of meat.

### STOVE TOP MEATLOAF

1 can tomato paste	1/4 tsp. Pepper	oil
1-1 1/2 lbs ground beef	garlic	1 egg
tarragon, parsley, basil, chives and oregano	1 cup bread crumbs or oatmeal	1 medium onion, chopped

Dilute tomato paste with equal amount of water. Mix lightly rest of ingredients, save the oil. Heat the oil in a heavy skillet and coat the sides and bottom of the skillet thoroughly. Remove the skillet from the heat and press the meat mixture into an even flat loaf. Cover tightly and cook over low heat for 40 minutes, until heated all the way through. If the beef is lean, the meat loaf should be watched carefully. If it begins to burn, more liquid can be added along the edges. When cooked, pour off juices and add remaining tomato sauce. Heat for 5 more minutes and turn onto a platter. Variations: Try adding chopped onions, olives or tomatoes; 1/4-cup cheese; 1 tbsp. worcestershire sauce.

### MEATLOAF

*If you have no oven.* Mix in a pan, ground beef, 1-2 eggs, a handful of dried breadcrumbs, one chopped onion, and various spices. Press this into the bottom of the pan, then invert the pan over an oiled frying pan and plop in as formed. Fry slowly for about 15 minutes and carefully turn it over and fry some more.

### POT ROAST

4 lb boneless chuck roast (any cut of meat is alright, but you should have a little fat or beef bones for flavor)

salt and pepper to taste	shallots, chopped	1 beef bouillon cube
2 tbsp. butter	1/2 cup water/wine	2 tomatoes, peeled and chopped
2 onions, quartered	6 potatoes, peeled and quartered	bay leaf
garlic	3 carrots, peeled and sliced	

Season meat with salt and pepper. Heat butter in large skillet (Dutch Oven). Brown meat on all sides. Add onions, garlic, shallots, tomatoes, bay leaf, bouillon cube and water/wine. Cover and simmer 1-1 1/2 hours. Add potatoes and carrots. Simmer 1 hour, or until vegetables are tender.

### BEEF STROGANOFF

beef cut in thin strips	1 package mushroom soup (in Ashgabat stores)
onion	sour cream (thick mixture of powdered milk and vinegar to taste)
oil	seasonings (salt, pepper, thyme, bay leaf, garlic)
water	

Brown beef with onion and oil in pot. Add water, seasonings and mushroom soup. Cook until beef is tender. Add sour cream. Stir over low heat until thick. Serve over rice.

### MARY JAMES' BEEF STROGANOFF

1 1/2 lb beef	dash of nutmeg
3/4 tbsp. grated onion	1/2 tsp. basil (optional)
3/4 lb sliced mushrooms	1/4 cup white wine
salt	1 cup sour cream
pepper	cooked pasta

Pound beef as thin as possible and cut into bite-size strips. Put beef, onion, mushrooms, salt and pepper into a casserole dish. Add a little water and baked, covered, at 175C for about 3 hours or until tender--Check periodically to make sure it remains moist and add more water if necessary. Remove from oven and add nutmeg, basil, wine and sour cream. Serve over pasta. Serves 4.

### **MEAT CROQUETTES**

1 kilo beef	2 egg whites or 1 egg	oil
onion	3 tbsp. Water	bread crumbs
2 tbsp. margarine or oil	salt and pepper	6 tbsp. flour

Boil beef with onion and salt for 2 hours. Save the broth. Chop boiled meat into tiny shreds. Heat margarine in saucepan. Add flour and stir until crumbly. Slowly add enough broth to form a paste. Add beef and salt and pepper to taste. Cool (in fridge, if available) until mixture gets stiff enough to handle. Beat egg whites with water. Shape meat into oblongs. Dip patties in egg mix and then bread crumbs. Deep fry for about 10 minutes and drain.

### **BEEF STEW**

1 kilo beef, cut into medium sized pieces	thyme	1 tbsp. vinegar
1 1/2 tsp salt	2 onions, sliced	1 tbsp. sugar
1 tbsp. oil	2 tbsp. Flour	2 tbsp. butter
1 small bottle beer	2 cloves garlic	

In a large pot, brown meat in oil, turning on all sides. In separate pot, sauté onions in butter until pale gold. Sprinkle with flour and cook 2 minutes. Pour beer over onions and bring to boil. Pour over meat. Add remaining ingredients and cover. Simmer 2 hours or until meat is tender.

### **T-STAN HAMBURGUR HELPER**

1 kg hamburger meat (beef or lamb)	1 cup Serdar ketchup	3 medium tomatoes, chopped
1 package (400g) cooked macaroni noodles	1 cup water	2 medium onions, chopped
2 cloves of garlic, chopped finely		

Fry hamburger meat until slightly brown. Add onions and garlic. The meat should make its own grease so you should not need to add any oil for the onions and garlic. Stir occasionally. Cook until the onions are clear and drain some of the grease out if necessary. Then add tomatoes, ketchup, and water. Cook until the mixture is like a sauce. Add in the cooked and drained macaroni noodles and stir until the noodles are covered with the sauce mixture. Add more water if necessary. Lower the heat to the lowest setting, cover the pan, and let simmer for 5 minutes. Serves about 4 people.

### **STUFFED BELL PEPPERS**

10 bell peppers	salt	hot pepper
250 g ground meat	1 medium onion	1 cup rice
water		

Finely chop onion and hot pepper. Mix ground meat, rice, onions, salt, and hot pepper together. Remove the stem of the bell peppers and cut a small opening in the top. Put in one tbsp of mixture into each bell pepper. Line the bottom of the pot with the bell peppers and cover in water. Bring to boil. Ready once rice is soft.

### **STUFFED CABBAGE**

1 head of cabbage	salt	
250 g ground meat	1 medium onion	
1 cup rice	1 bell pepper	
water		

Finely chop onion and hot pepper. Mix ground meat, rice, onions, salt, and hot pepper together. Cut off the stem of cabbage making a small whole in the top. Pour hot(boiled) water into the whole at the top of the head. This will allow you to open the cabbage easily. Separate the leaves and lay them in a bowl. Cover them with hot water and cover until the leaves are soft. Once soft take each leaf and place a dollop of mixture near the bottom of the leaf. Fold over once at the bottom and then fold in the sides. Continue to fold up from the bottom. Place each roll in the pot. Line the bottom of the pot and cover in water. Bring to boil. Cooked once rice is soft.

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### **GRILLED CHEESE SANDWICHES**

Purchase a baton of bread. Slice bread into thin slices. Melt butter in pan. Dip bread in melted butter on one side, then add a slice of cheese to the buttered side. Place unbuttered side down in the pan of butter, and fry for about 5 minutes till golden.

### **FRIED EGG AND ONION SANDWICH**

2 Eggs	Black Pepper	Ketchup
Oil	4 slices Bread	1 medium Onion, sliced

Beat eggs thoroughly. Pour into a hot, greased pan as if you're making an omelet. In another greased pan, on low heat throw in onion. When the eggs are slightly browned on one side flip the eggs over, cut in half and sprinkle with black pepper. Then add the slightly fried onions on top. In the other pan where the onions were frying, fry the sliced bread until it becomes toasted. After the bread is toasted, pour a thick layer of ketchup on each slice. Fold each half circle of eggs over so that the onions are in the middle. With a spatula place the fried eggs on the ketchup-covered bread. Cover with the top piece.

### **FRIED EGG SANDWICH**

Melt 2 Tbsp butter in pan. Fry 4 whole eggs, on both sides. Place on sliced bread, spread with mustard and enjoy. Note: medical staff urges you to cook yokes to a solid to avoid salmonella.

### **EGG SALAD SANDWICHES**

6 Eggs	Onion, chopped	Sliced Bread
1/2 cup Mayo	Salt & Pepper	2 tsp. Mustard

Put eggs in a pot full of water and bring to a boil. Boil for 10 minutes. Rinse in cold water. Chill in fridge. Peel eggs and chop. Add mayo, mustard, a little onion, salt & pepper to taste. Spread on sliced bread.

### **CAMEL'S EYES**

Eggs	Pepper
Bread	Butter

Heat butter in frying pan. Cut a hole in the slices of bread and cover both sides of the bread with butter. Place the bread in the frying pan. Break the egg into the hole in the bread and fry. Flip the bread over and fry the other side. Season to taste.

### **BONNIE'S HOT SANDWICHES**

turkish bread	vinegar	cheese
veggies	italian spices	oil

Use your choice of vegetables. Carrots, onions, and peppers are great. Potatoes don't work as well. Dice the vegetables and sauté in a pan with oil, vinegar, and spices. After mixed and hot, set aside. Cut a turkish loaf in half and pull all the bread from the middle. Add mustard, cheese and your veggies. Stuff some bread on top. Wrap (in tin foil if possible) and bake for about 8-10 minutes.

## **EMPANADAS**

Piroshki or Biscuit Dough	1/2 cup Corn/Peas/etc.	1 Tbsp Sugar
1/2 Bs Ground Beef/Chicken/etc.	1 cup Cheese	1 Egg
1/2 cup Tomato Sauce/Salsa/etc.		

Cook beef and add all ingredients except egg. Roll dough out into large, flat circles and fill with mixture; fold over and mash ends to close (like a hot pocket) with a fork. Can use egg to help seal. Bake and eat.

## **PIROSHKI**

Dough:

1 cup Kefir (Sour Milk)  
1 tsp. Soda  
20-30 gr. Margarine  
Salt  
Flour

Fillings - These can be of your choices:

Examples:

1) potatoes (mashed)  
2) hard-boiled eggs mixed with chives  
3) stewed cabbage  
4) apples  
5) apricots, jam, etc.

Oil to fry in

First melt the margarine. Add the kefir. When it is warm, add soda. When you mix it there will be foam. Put salt in. Remove from the heat. Pour this mixture into the flour and make the dough. Let the dough stand for at least 30 minutes (longer is better). Spread the dough out and make a circle about the size of a coffee cup. Spoon the mixture into the center of the dough. Close the dough off. Fry the piroshkies with the seam down first in oil over a medium sized flame. Once brown, flip and fry other side.

## **VARENIKI - VARENIKI**

Dough: 2 cups Cold Water  
1 Egg  
1 kilo Flour

Mix water and egg. Add flour until it doesn't stick to sides of bowl. Knead for 5 minutes. Cover and let stand approx. 10 minutes. Knead again until smooth. Let stand again. Roll a portion of dough until it's approx. 1/8" thickness (~2 ft. diameter). Cut into approx. 2" diameter circles (or roll into a long roll, cut approx. 1" pieces and roll out individually). This dough is used in many other dishes, such as pelmeni and monti.

Fillings:

- Cheese: 1 kilo of finely grated cheese mixed with dill or coriander.
- Curds: 1 pkt of curds, 1 egg, a pinch of salt and sugar.
- Potato: Peel & boil approx. 10 small potatoes. Mash. May add milk, butter, and onions.
- Strawberries or other fruit.

Take a circle of dough and place approx. 1 tsp. of filling on half of dough. Fold over and crimp edges. After all dough has been filled, boil dumplings for 5 minutes and serve with sugar, smetana, and/or hot sauce.

## **PIZZA DOUGH**

1 pkt. Dry Yeast	1 tsp. sugar
1 1/4 cups Warm Water	1 tsp. salt
4 cups Flour	5 Tbsp Oil

Dissolve yeast in 1/2 cup of water and set aside for 10-15 minutes. Mix flour, sugar and salt in separate bowl. Add yeast mixture, remaining water and oil to flour mixture. Mix and knead for 10 minutes. Let rise for one hour in warm place. Spread into pizza (flat) pan. Add toppings (see spaghetti sauce). Let rise another 15 minutes. Bake in oven 25-30 minutes.

### **PIZZA DOUGH II**

1 package yeast	2 tbsp. oil
1 cup warm water	1 tbsp. sugar
pinch of sugar	1 tbsp. salt
2 1/2 cups flour	

Mix yeast, water and sugar and wait. Beat everything together with 20 strong strokes and let sit for 5 minutes. Divide in half and spread on cookie sheet.

### **PIZZA DOUGH III**

1 cup warm water	2 tbsp. Oil	1/2 tsp salt
1 pkg dry yeast	2 1/2 - 3 cups flour	

Mix water, yeast, 1 1/2 cups flour in a bowl. Add oil, salt and mix with hands and keep adding flour until dough holds its shape, careful there's not too much flour. Put dough on lightly floured surface and knead until smooth and elastic. If sticky, add flour. Put in lightly oiled bowl, cover and let stand 1 hour or until doubled in size. Divide into 2 parts, roll into balls, cover and let stand 15 more minutes. Knead each ball into desired pizza shape and top with sauce and cheese. Cook about 15 minutes. Makes 2 12-inch pizzas.

### **LAZY MAN'S PIZZA**

To try this out buy 1 kilo of dough (kisloe testo). Let it warm up at home so that it gets generally puffy (about 1 hour). Take it out of the plastic sack and using a well floured board and floured hands knead it for 5-10 minutes. This dough tends to be rather soft and sticky but will work up into a nice smooth ball in short order and will not be hurt if you end up incorporating more flour into it. Divide the dough into thirds and place under a plastic or cloth cover for the duration.

Using one third of the dough make pizza this way. Lightly oil a cookie sheet or pizza pan. I use a combination of stretching and rolling to shape a pizza "shell" that's about 1/4 inch thick with a slightly raised rim. I generally do this forming on the floured table and then lift it onto the pan where I finish shaping it. (You can give "style" points for roundness or consistency, I don't.) Preheat the oven to "hot" - 450 to 500° F- this is "gas mark" 6 1/2 on my stove. After the dough has been formed into the proper shape you will put on sauce and toppings and bake. The amount of time between shell formation and baking should be about 10 to 15 minutes. You have that much time to do the following:

- A light brushing of olive oil on the dough. Especially on the edges.
- Of course you have on hand your favorite sauce. Put on a slathering up to an inch of the edges.
- And your favorite toppings. Sliced onion, garlic chunks, sliced green or red pepper, salami, basil leaves (yum), etc.
- Cheese is not as big an issue as you might imagine. Use coarsely grated local cheese. I like the hardest of them. I also sprinkle on a bit of parmesan as a final topping.
- Some advice - more is not better (sauce, topping, cheese)

Bake for 12 minutes - check to see whether the edges and the bottom are getting slightly brown. I usually end up baking a total of 15 to 20 minutes.



## **PIZZA**

Dough:

2 cups sifted flours	1 tbsp. Oil	warm water
2 tsp. yeast in 3/4 cup	1 tsp. salt	

Combine ingredients and knead for 10 minutes. Cover with a damp cloth and let rise for about 2 hours. When risen, beat down and roll into a circle or to the shape of the pan. Place on a greased pan.

Sauce:

1/2 kilo tomatoes or can of tomato paste	1-2 onions	seasonings
1 head of garlic	oil	basil / greens

Remove skins from the tomatoes and the core. Cut into small pieces and save half the juice. Finely chop the onion and garlic and sauté them in oil. Add the tomatoes and seasoning and bring to boil. Reduce heat and simmer for about 1 - 1 1/2 hours.

1. Put the dough onto a greased pan.
2. Spread the pizza with the tomato sauce.
3. Shred the cheese and spread it over the pizza until the sauce is covered.
4. Slice the kilbasi, onion, green peppers, and mushrooms into circles and spread them on top of the cheese.
5. Bake in a pre-heated oven for about 20-30 minutes or until the dough is cooked.

## **NADYA'S SOVIET PIZZA RECIPE**

<b>Crust:</b> 2 cups Flour	1/2 Water	2 Eggs
1/2 cup Butter	1/2 tsp. Salt	

Pour flour and salt in a bowl and cut butter into it. Mix eggs and water and work into the flour mixture. Knead into a ball and roll out into a large circle. Place in around baking dish, so that a good bit of crust is left hanging over the edge.

<b>Filling:</b> 3-4 Carrots	1 Onion	3/4 cup Cheese, grated
2 small Eggplants	1 Pepper	2 Eggs
3-4 Potatoes		

Slice all the vegetables finely. Sauté carrots and eggplant for 3 minutes. Layer the vegetables in this order: potatoes, onion, carrots, peppers and eggplant. Scatter cheese over the top. Then drizzle 1 beaten egg over the vegetables. Pull the remaining crust towards the center of the stacked vegetables, pulling and squeezing it together and leaving a hole in the center. Break 1 egg into this hole. Bake in a moderate oven for 45 minutes. It's yummy. You can replace the eggplant or peppers with cabbage of course, or use some canned vegetables.

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## HOMEMADE YEAST

3 tbsp. flour  
1 1/2 tbsp. sugar  
clean peelings from root vegetables OR 8 drops of lemon juice  
1 cup water

Put all the ingredients in a bottle, cork firmly and tie top on. Leave overnight, then empty the bottle but do not wash out. Make new mixture and repeat process. The next day, empty out but do not wash bottle. Add a third batch and leave it until ready to use (it bubbles when ready). Empty this out and add a new mixture 12 hours before baking. Use 1 cup of yeast in place of dried yeast in recipes. You may need to decrease the amount of water in the recipe.

## BASIC BREAD

equal parts (about 1 cup each)  
1 Tbsp. Sugar  
1/2 cup warm water  
white and heavy (i.e.. whole wheat, sorghum) flour  
2 little or 1 big package yeast  
pinch of salt  
splash of oil

Mix all ingredients except the flour together. Pour wet gunk into dry stuff until doughy. You may not use all the wet gunk. Mix until a finger poke holds its shape. Shape dough and let it rise in sun for about an hour. Bake until done, about 25-30 minutes on low heat in Palestinian oven. Voila. (What the heck is a Palestinian oven?)

*Variations: use sorghum or millet flour; extra sugar with cinnamon; onions and herbs; ground dried corn; vanilla, almond or banana extract; bananas; orange peel; etc.*

## WHITE BREAD

5 1/2 cups Water  
1 tsp. Sugar  
1 pkt Yeast  
1-2 tsp. Salt  
6 1/4 cups Flour

- I. Mix 1/2 cup warm water, sugar, 1/4 cup flour, and yeast. Allow to rise to the lip of the cup.
- II. Mix 5 cups water and salt.
- III. After mixture (I.) has risen, combine it with mixture (II.). Add 6 cups flour. Mix well, keep adding flour gradually until mixture reaches desired consistency (may add more/less flour) - put hand in dough and if dough sticks together then it's okay; shouldn't be too wet or too dry, but stay on the wet side).
- IV. Cover and put in a warm spot to rise.
- V. After dough rises, punch down and repeat step (IV.). Do this 3 times (this takes most of the day).
- VI. Place dough in forms and bake (butter tops if you want).

Makes 4 loaves from loaf pans.

## WHITE BREAD II

2 tbsp. yeast  
1/2 cup warm water  
3 1/2 cups flour  
3 tbsp. Sugar  
1 tbsp. Salt  
2 tbsp. margarine  
1 1/2 cups lukewarm milk

Dissolve yeast in warm water. Add milk, flour, sugar, salt and margarine. Beat until smooth and batter "sheets" fall off spoon. With hands, mix in flour until dough cleans the bowl (3 1/2 to 4 cups). Turn onto lightly covered board. Cover and let rest 10 to 15 minutes. Knead 10 minutes, until smooth and "blistered". Place dough in a greased bowl and bring greased side up. Cover and let rise in a warm place until double (1 to 2 hours). Punch down, cover, and let rise again until almost double (45 minutes). Round it up and let rest 10 to 15 minutes. Shape into loaves, and place in loaf pans. Grease top, cover and let rise until side reaches top of pans and center is well rounded (50 - 60 minutes). Bake 25 to 30 minutes at 425. Makes 2 loaves.

### FOOL-PROOF GEOLOGIC BREAD

1/2 cup warm water	1 Tbsp. salt
2 Tbsp. sugar	1/2 cup water
1 Tbsp. yeast	1 egg
4 cups flour	

Mix water, sugar and yeast. Let sit until it bubbles (like a hot mud pit in Yellowstone), about 5-10 minutes. Sift flour. Put a glass in the middle to create a volcano-like structure. Put salt on the edges of the volcanic crater. Pour the yeast mixture in the middle of the crater and stir very carefully (you don't want it to erupt). Not yet having reached the edges of the crater with your stirring, add another 1/2 cup water and 1 egg. Gradually mix until the edges of the crater have caved in (this is known as a landslide) and if the whole thing doesn't explode, knead with hands 5-10 minutes. Let sit covered in a warm place for 1 hour. Knead again in baking pan and let sit for 1-2 hours. Cook in an oven until golden brown.

### HERB LEEDY AND ONION BREAD

1 cup scalded milk	1 cup warm water	2 tsp. yeast
3 Tbsp. sugar	3 tsp. mixed herbs	1 small onion, minced
2 tsp. salt	4 1/2 cups flour	2 Tbsp. margarine

Dissolve sugar, salt and margarine in milk. Cool. In large bowl, dissolve yeast in warm water. Add cooled milk, flour, herbs and onion. Stir well with wooden spoon. When batter is smooth, cover bowl with towel and let rise until tripled in size, about 45 minutes. Beat vigorously for a few minutes. Place in a greased bread pan. Let stand in warm place for 10 minutes. Bake in preheated oven at 350 for about an hour.

### ANN'S HERB BREAD

1 loaf bread (cut in 1-1 1/2 inch slices)	1/4 tsp. Oregano	1/4 tsp. basil
softened butter	1/2 tsp. minced onion	1/8 tsp. sage

1 garlic c

Mix herbs into butter and add herbs and salt to taste. Butter each side of bread and rearrange back into loaf. Cover with foil. Bake in 350F oven for 20-30 minutes or until hot and butter is melted. Or butter one side of bread and brown in broiler or in skillet.

### IRISH FRECKLE BREAD

5 to 5 1/2 cups flour	2 eggs
1/2 cup sugar	1/2 cup cooked mashed potatoes
2 packages dry yeast	3/4 tsp. salt
1 cup chopped dates OR other dried fruit	1 cup potato water or water
1/2 cup butter or margarine	

In large bowl, combine 1 1/2 cups flour, sugar, undissolved yeast and salt. Heat water and butter until very warm. Gradually add to dry ingredients. Beat 2 minutes. Add eggs, mashed potatoes and 1/2 cup flour. Beat 2 minutes. With spoon, stir in dates and enough remaining flour to make soft dough. Knead on floured surface until smooth and elastic, about 6 to 8 minutes. Place in greased bowl, turning to grease top. Cover and let rise in a warm place until doubled in size, about 1 1/2 to 2 hours. Punch dough down. On floured surface, shape dough into 4 slender loaves, about 8 1/2 inches long. Set 2 loaves, side by side, in each of 2 greased loaf pans. Cover and let rise in a warm place until doubled in size, about 1 to 1/2 hours. Bake at 350 for 35 minutes or until done. Remove from pans and let cool on wire racks.

### **SWEET BREAD**

1 cup sugar	1/2 cup water	4 1/2 cups more flour
1/2 tsp. salt	1 cup butter	1 1/2 cups milk
6 tbsp. active dry yeast	2 eggs	2 cups flour
2 cups flour		

In a large bowl, combine sugar, salt, yeast and 2 cups flour. In a one quart size saucepan over low heat, heat milk, water and butter until very warm. Gradually beat liquid into dry ingredients. After mixed, beat for 2 minutes, a little faster. Beat in eggs and 2 cups flour. Beat for 2 more minutes. Stir in about 4 1/2 cups more flour to make a soft dough. Turn dough onto lightly floured surface and knead until smooth and elastic, about 10 minutes. Shape dough into ball and place in greased large bowl, turning so that top of dough is greased. Cover with towel, let rise in warm place away from draft until double, about 1 hour. Punch down dough. Turn dough onto lightly floured surface and cut into thirds. Cover with towel for 15 minutes. Select from variations below:

Golden sweet loaf: Roll dough flat and roll into jelly roll shape. Place, seam-side down, cover with towel and let rise in warm place till doubled, about 90 minutes. Bake 35 minutes at 350. Remove from pan immediately

Raisin bread: Make as above, sprinkling raisins on dough before rolling into jellyroll. Try using both cinnamon, nuts, and raisins.

### **RAISIN BREAD**

1/2 tbsp. yeast	1/8 tsp. Nutmeg	1/4 tsp. cinnamon
1/2 tsp. sugar	1/4 tsp. Salt	1/2 cup raisins
1/2 cup warm milk	1 tbsp. Margarine	1/4 cup and some sugar
2 cups flour	1/2 egg, beaten	

Mix yeast, sugar and milk and let foam. Mix dry ingredients in a large bowl. Cut in margarine. Add yeast mixture and egg. Stir until stiff but elastic. Fold in raisins. Knead on floured board, adding more flour if necessary. Put in greased bowl, turning greased side up. Cover with cloth and leave several hours in a warm place until doubled. Punch down. Place in greased pans. Cover and let rise 30 minutes. Bake 40 to 50 minutes. Glaze with: 1/2 tbsp. sugar dissolved in 1 tbsp. boiling water.

### **PEANUT BUTTER BREAD**

2 1/2 cups sifted flour	1 cup milk
2 tsp. baking powder	2 beaten eggs
1 tsp. salt	1/2 cup finely cut dried fruit (optional)
1/2 cup peanut butter	1 Tbsp. sesame seeds (optional)
1 Tbsp. oil	

Combine flour, powder and salt in a bowl. Cut in peanut butter. Mix oil, milk and eggs. Add dry ingredients to wet. Add fruit and seeds. Bake in well greased loaf pan in moderate oven.

### **IRISH BREAD**

2 cups flour	3 tbsp. butter
4 tsp. baking powder	2/3 cup milk
1/2 tsp. salt	1/2 cup raisins
1 tbsp. sugar	

Preheat oven to medium heat. Grease cake pan. Put dry ingredients in bowl. Work in butter with fingers or knives. Quickly stir in milk. Add raisins. Knead 20 times on floured board. Bake 20 to 30 minutes.

### ORANGEPEEL BREAD

5-6 oranges	2 cups milk	4 tsp. baking powder
1 1/2 cups sugar (easily reduced to 1 cup)	4 cups white flour	1 egg
1 tbsp. butter	1/2 tsp. salt	

Butter two loaf pans and preheat the oven 325. Peel outer skins of the oranges with a vegetable peeler until you have enough to fill 1 cup loosely. Chop into small pieces and put in a small pan with just enough water to cover. Cook over medium-low heat, adding more water if necessary for 15-20 minutes or until tender. Add 1 cup of the sugar (or 3/4 if you reduce) and boil about 10 minutes, until thick and syrupy. Cream the butter with the remaining sugar, and add the egg and milk. Mix the flour, baking powder and salt and add to the batter, beating well. Add the cooked orange peel and syrup. Put in the pans and bake for 40-50 minutes. Remove from pans and cool.

### LEMON BREAD

3/4 cup shortening or butter	1 tsp. baking powder	juice of one lemon
1 cup sugar	1/2 cup milk	1/2 tsp. salt
2 eggs	grated rind of one lemon	1/4 cup sugar
1 1/2 cups flour		

Cream shortening and mix in sugar and eggs. Add flour, salt and baking powder. Stir in milk and grated lemon. Bake in loaf pan at 350 for 50 minutes. Cool 10 minutes. Mix sugar with lemon juice and slowly drizzle mixture over loaf. Leave in pan 1 hour to cool. Store in fridge.

### PUMPKIN BREAD

1 1/2 cups flour	1/2 cup vegetable oil	1/2 cup chopped nuts
1/2 tsp. salt	2 eggs, beaten	1/4 tsp. allspice
about 1 cup sugar	1/4 tsp. Nutmeg	1/4 tsp. cinnamon
1 tsp. baking soda	1 cup pumpkin mush (or squash mush)	

Sift together the flour, salt, sugar and baking soda. Mix the pumpkin (which has been seeded, peeled, and cooked down to mush - mashed with a fork) oil, eggs, 1/4 cup water and spices together, then combine with the dry ingredients, but do not mix too thoroughly. Stir in the nuts. Pour into well-buttered 9x5x3 inch pan. Bake in 350-degree oven for 50-60 minutes until a knife inserted in center comes out clean. Turn out of pan and cool.

Variation: Use banana instead of pumpkin.

### BANANA BREAD

1/4 cup margarine	2 tbsp. milk
1 cup sugar	2 cups flour
1 egg	1 tsp. baking powder
3 mashed bananas	pinch of salt

Mix margarine and sugar. Add egg. Blend well, then add bananas and milk. Add flour, baking powder and salt. Mix well and pour into greased loaf pan. Bake at 350 for 1 hour.

### BANANA BREAD II

2 cups Flour	1 cup Sugar	1/3 cup Milk
1 tsp. Soda	2 Eggs	1 tsp. Vinegar or Lemon Juice
1/2 tsp. Salt	2 medium Bananas, mashed	Optional: 1/2 cup Nuts, chopped
1/2 cup Butter		

Preheat oven to 350°F/180°C degrees. Sift together flour, soda, and salt. In a separate bowl, cream butter and sugar. Add eggs and bananas. Separately, combine milk and vinegar. Add dry ingredients alternating with milk mixture to the creamed mixture. Blend well after each addition. Stir in chopped nuts. Bake in a well greased pan. Bake for 60-70 minutes. Makes 1 loaf.

### **COLLEEN'S BANANA BREAD**

1/2 cup margarine or oil	3 very black mashed bananas	1 tsp. baking soda
1 cup sugar	2 cups sifted flour	1 tsp. salt
2 eggs	3 tbsp sour milk (2 tbsp. milk and 1 tbsp. milk vinegar)	

Cream margarine and sugar. Add well beaten eggs and mix. In separate bowl, mix flour, soda and salt. Fold flour into the sugar mixture, alternating with the sour milk and mashed banana. **DO NOT BEAT.** Turn into greased and floured bread pan. Bake at 350 for 1 hour or until toothpick comes out clean. Cool before slicing.

### **BANANA NUT BREAD**

1 3/4 cups Flour	2 Tbsp Milk	1/2 tsp. Soda
2/3 cup Sugar	2 Eggs	2 ripe Bananas, mashed
2 tsp. Baking Powder	1/4 cup Nuts, chopped	1/3 cup Butter

Combine dry ingredients. Add mashed bananas and butter, stir. Add in eggs, stir. Add nuts. Pour into a greased pan. Bake at low heat for approx. 1 hour. Careful - burns easily.

### **APPLE CARROT QUICK BREAD**

2 medium Apples, peeled & shredded	1/2 tsp. Lemon Extract(opt.)	1 tsp. Baking Powder
1/2 cup chopped Nuts	2 Eggs	1 tsp. Baking Soda
1 medium Carrot, shredded	1 3/4 cups Flour	1/2 tsp. Salt
1/4 cup Butter	2/3 cup Sugar	

Heat oven. Grease bottom of bread pan only. Mix all of the ingredients and bake for 50-60 minutes. Remove and cool. Refrigerate.

### **CINNAMON QUICK BREAD**

1/4 cup oil	1 tsp. baking soda	1 1/2 tbsp. cinnamon
1 cup sugar	1/2 tsp. Salt	1/2 cup sugar
1 egg	2 cups flour	
1 cup buttermilk (milk with 1 tbsp. vinegar)		

Mix first 7 ingredients. Put half in a greased pan. Mix 1/2 cup sugar with cinnamon. Put half on dough and top with remaining mixture. Swirl dough with knife. Do same with remaining dough. Bake at 375 for 45 to 50 minutes.

### **CORN BREAD**

3/4 cup flour	1 1/4 cups corn meal
1-2 tbsp. sugar	1 egg
2 1/2 tsp. baking powder	1 cup milk
3/4 tsp. salt	2-3 tbsp. melted butter or oil

Have all your ingredients at about 75 degrees. Grease the pan and put in oven until hot. Sift flour, sugar, powder and salt together. Add corn meal. Beat egg, milk and butter in a separate bowl. Combine ingredients rapidly, pour into hot pan and bake for about 20-25 minutes at 425.

### **BAKING POWDER BREAD**

4 cups sifted flour	2 tsp. baking powder
salt to taste	1/2 to 1 cup milk

Sift together flour, salt and baking powder. Add enough milk to mix to a soft dough, but firm enough to handle. Knead lightly and quickly on floured board. Shape, put in greased bread tin and bake in a hot oven for about 45 minutes. Test with knife. All rising takes place in the oven.

**LORA'S CORN BREAD**

1 egg	1 cup flour
1 cup buttermilk	2 tsp. baking powder
1/4 cup honey	1/2 tsp. salt
1/2 tsp. baking soda	3 tbsp. melted butter
1 cup yellow corn meal	

Beat together egg, buttermilk and honey. Mix together well all dry ingredients. Combine all ingredients, including melted butter and mix well. Spread into buttered 8-inch square pan and bake. Serve hot.

Variation: Add a chopped hot pepper for a spicy corn bread.



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## **BUNS**

1/4 cup warm water	1 egg
2 tsp. yeast	2 3/4 cups flour
1/4 cup butter	1 cup hot water
1 1/4 tsp. salt	2 tbsp. sugar

Mix yeast into 1/4 cup warm water. Let stand 3-5 minutes. In a separate bowl, place butter, salt and sugar. Pour hot water over ingredients and stir until they are dissolved. When water is warm, add yeast and egg. Stir. Add flour and beat until blended. Add enough flour to make a soft dough. Place dough in a greased bowl and cover until doubled in bulk. Separate into 9 parts and shape into a bun shape. Let rise until doubled again. Bake in a preheated medium to high oven for about 15-18 minutes.

## **CRESCENT DINNER ROLLS**

1 cup butter	2 pkgs. dry yeast
1 cup sugar	2 eggs, beaten
1 1/2 tsp. salt	1 cup cold water
1 cup boiling water	6 cups flour

Dissolve butter, sugar and salt in boiling water. Cool. Dissolve yeast in cooled mixture. Add eggs, cold water and flour. Stir just until mixed and place in a cool place for at least 4 hours, overnight, or up to 5 days (in a fridge, that is). Three hours before use, roll into 3 circles. Do not knead. Cut each circle into 12 wedges. Starting at wide end, roll up each segment and place, tip down, on an ungreased baking sheet, far enough apart so they will not touch during rising or baking. Let rise in moderately warm place for 3 hours. Bake at 400 for 12 to 15 minutes, until golden.

## **PITA BREAD**

1 1/2 tsp. dry yeast	1 1/2 tsp salt
1 cup warm water	3 cups flour
1 tbsp. honey	oil

Dissolve yeast in the water and 1 tsp honey. Let stand 5 minutes. Add remaining honey, flour and salt. Mix enthusiastically with a wooden spoon until well combined. Turn out and knead for 10 minutes. Add a little flour if sticky. Oil the mixing bowl and return dough to it. Lightly oil the top surface of the dough. Cover and let rise in a warm place for 1 1/2 hours. Punch dough down and knead again for a few minutes. Divide into 6 equal parts and form each into a smooth ball. Cover balls with a clean cloth and let stand for 15 minutes. Heat oven to 475F. The oven must be fully preheated for baking as the high temperature is the magic pocketing factor. Roll each ball to 1/2 inch thickness. Place on ungreased tray. Bake for 10 minutes or until puffed up and turning brown. Wrap the freshly baked breads in a towel and place them in a brown paper bag for 15 minutes. This will keep pockets intact as the bread deflates, preventing it from crisping into crackers.

## **ENGLISH MUFFINS**

1 cup water	2 tbsp. dry yeast
3/4 cup milk	2 tbsp. sugar
3 tbsp. butter	1 tsp. salt
1 1/2 cups flour	3 1/4 cups flour
cornmeal	

Heat water, milk and butter to 120F (pretty warm). In a large bowl, combine 1 1/2 cups flour, yeast, sugar, salt and the liquid mixture. Knead for 10 minutes. Add 3 1/4 cups flour and continue kneading 3 more minutes. Continue to add flour to form stiff dough in greased bowl, turning once to grease top. Cover and let rise 30 minutes. Punch down and turn out onto a board sprinkled with cornmeal (or flour). Roll dough 1/2 inch thick. Cut with a floured 3 inch round cookie cutter or milk can. Cover. Let rise 30 minutes. Preheat lightly buttered griddle or grill at medium-low heat. Brown muffins cornmeal side down, 15 to 20 minutes. Turn and cook 15 to 20 minutes longer.

## **BAGELS**

4 1/2 to 4 3/4 cups flour	3 tbsp. sugar
1 1/2 cups warm water	1 gallon water
2 tbsp. dry yeast	1 tbsp. salt
1 tbsp. salt	

In a bowl, combine 1 1/2 cups flour with the yeast. Combine warm water, sugar and salt. Pour over the flour mixture. Stir in as much of the remaining flour as you can mix with a spoon. Turn out onto lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic. Cover and let rest for 10 minutes. Cut into 12 equal portions, shape into a smooth ball. Punch a hole in the center of each. Pull gently to make a 1 1/2 to 2 inch diameter hole. Cover and let rise for 20 minutes. Broil 5 inches from heat 3 to 4 minutes, turning once. Tops should not brown. Heat 1 gallon water and 1 tbsp. salt to boiling. Reduce heat. Cook 4 or 5 bagels at a time for 7 minutes, turning once. Drain. Place on a greased baking sheet and bake in a 375 oven for 25 to 30 minutes.

Variations: Herb Bagels: Add 2 tsp. dried marjoram, crushed, or 1 tsp dried dill weed, or 1 tsp. dried tarragon, crushed, or 1/2 tsp. garlic powder.

Onion Bagels: Cook 1/2 cup finely chopped onion in 3 tbsp. butter till tender but not brown. Brush onion mixture over tops of bagels after first 15 minutes baking.

## **BAGELS II**

To try this out buy 1 kilo of dough (kisloe testo, may be available at your local kulinaria). Let it warm up at home so that it gets generally puffy (about 1 hour). Take it out of the plastic sack and using a well floured board and floured hands knead it for 5 to 10 minutes. This dough tends to be rather soft and sticky but will work up into a nice smooth ball in short order and will not be hurt if you end up incorporating more flour into it. Divide the dough into thirds and place under a plastic or cloth cover for the duration. The thing that makes bagel cooking different is the requirement for two separate steps -- 1) boiling (briefly) and 2) baking.

You can make bagels easily using dough purchased at your local kulinaria. One difference is that the dough is usually quite a bit softer than bagel dough made from scratch. This does not seem to seriously affect the final product, but a gentle hand is required when forming and handling the traditional round shape. There are many modifications that can be incorporated into this process as you see fit. Using one of the thirds of a kilogram of dough set aside (at this stage you might knead into the dough "some" [2 Tbsp?] of onion, 2 tsp. of poppy seeds, etc.) knead it for a while on a well floured surface - about 10 minutes. Divide this small ball into 4 separate smaller balls of dough. Roll out each of the

four into a "snake" about 8 to 10 inches long. Form into a round bagel shape and firmly press together the ends. (The hole in the center should be distinct, at least an inch, since it tends to close up as the dough rises and then cooks.) Put the formed bagels aside, on a floured surface, and let rise for 20 minutes (uncovered).

Here's the boiling stage. Using your spaghetti pot, get 3-4 inches of salted water to a boil. *Gently* place the bagels in the boiling water for 45 seconds (don't crowd them)--flip them over for an additional 45 seconds. Drain the bagels on a dish towel. At this time you might put on a topping if you didn't incorporate a flavoring into the dough before (a possibility is garlic powder).

Place "boiled bagels on a cookie sheet sprinkled with corn meal (lightly grease if no corn meal available). Bake bagels in a 425°F /216°C oven for 15 minutes then turn them over for an additional 5 minutes of baking. The bagels may need an egg white "wash" to get the traditional brown gloss.

## **SCONES**

1 1/2 heaping cups flour	1 tbsp. sugar
2 tsp. baking soda	sour milk (milk with a bit of
1 tsp. cream of tartar	vinegar or lemon juice)
pinch of salt	

Mix flour, soda, tartar, salt and sugar together. Moisten with sour milk. Pat into 1 inch thick rounds. Cut into wedges and separate. Cook on top of stove.

### **POORIES**

4 oz (110g) flour	1 tbsp. oil plus more for frying
1/4 tsp salt	1 3/4 oz. water

Put flour and salt in bowl. Dribble oil over flour. Rub in oil so mixture is like bread crumbs. Slowly add water to form stiff ball of dough. Knead for 10 - 12 minutes until smooth. Form ball. Rub a little oil on it and put it aside for 30 minutes. Knead again. Divide again. Divide into 6 balls. Flatten balls and roll into 5 inch rounds. Over a medium flame, put 1 inch oil in a small, deep frying pan; get it HOT. Lay 1 poori over surface of oil. Push poori gently into oil with swift strokes. It will puff in seconds. Turn over and cook for 10 seconds.

Variations: Try adding mashed banana to the mixture.

### **NAVAJO FRY BREAD**

4 1/2 cups flour	1/3 cup dry milk powder
1/2 tsp. salt	1 1/2 cups water
2 tsp. baking powder	1/2 cup milk

Sift flour, salt, powder, and milk powder into a bowl. Stir in water and milk. Knead with hands. Pat or roll into 5 inch diameter circles. With fingers, make small hole in the center. Fry in several inches of HOT oil. Dough will puff and bubble. Turn when golden brown. Drain on absorbent paper and serve hot with honey.

### **DOUGHNUTS**

4 1/2 cups sifted flour	2 tbsp. melted butter/margarine
4 tsp. baking powder	1 cup milk
1/2 tsp. salt	1 tsp. vanilla
2 eggs	cooking oil
1 cup sugar	sugar

Sift together flour, baking powder and salt. Beat together eggs and 1 cup sugar until light. Add butter, milk and vanilla. Add dry ingredients all at once, stirring just until smooth (dough is very soft). Knead dough lightly on floured surface. Roll out dough 3/8 inch thick. Cut with floured cookie cutter. Fry a few doughnuts at a time in hot cooking oil (370F) until golden brown, turning once. Drain on paper towels. Roll doughnuts in sugar.

### **TORTILLAS**

2 cups Flour	3/4 cup Water
3/4 tsp. Salt	1/8 cup Oil (vegetable is best)
3/4 tsp. Soda or Baking Powder	

Mix oil and water in a big bowl, add the other ingredients and knead the dough for 5 min. Form into a ball, cover the bowl and let sit for 10 minutes. On a very floured table, roll out dough. Cook the tortillas on each side in a very hot skillet. Don't cook too long; only 5-10 seconds on each side.

### **FLOUR TORTILLAS**

3 cups flour	2 tbsp. oil
1 cup water	pinch of salt

Combine ingredients in a bowl. Knead for 2 minutes. Pinch off a piece of dough and form into ball. Roll out into tortillas on floured surface. Throw onto hot fry pan (an ungreased teflon pan works best, but a heavy lightly greased cast iron works as well). Cook for 1-2 minutes, flip and cook a bit more.

### **CHAPATIS**

Use the recipe for flour tortillas above. Just don't roll them out so thin.

### **ANNA'S FAMOUS BISCUITS**

2 cups flour	2-6 tbsp. butter or margarine
1-2 tsp. baking powder	2/3 - 3/4 cup water
1/2 tsp. salt (optional)	1 tsp. vinegar
2-3 heaping tbsp. powdered milk	

Mix flour, baking powder, salt, and powdered milk in bowl. Cut in the butter to the mixture with a fork for a few minutes until blended. Mix vinegar and water together and pour into dry ingredients. Stir as little as possible but enough so the water is absorbed thoroughly. Pat (or roll) out onto a floured surface. Cut with a biscuit cutter (cup or knife). Bake for approximately 20 minutes at 350 until golden brown.

Variations: Add 3/4 - 1 cup water and instead of rolling out the dough, drop onto greased pan. Add 1/2 cup grated cheese. Add cinnamon and sugar to taste.

#### Tips to help you make a perfect biscuit

Cut the shortening into dry ingredients with a pastry blender until mixture looks like fine bread crumbs.

Knead the dough 15-20 times, turning dough after each kneading. This combines the ingredients thoroughly to make light, fluffy biscuits.

Cut rolled biscuit dough with a cutter that has been dipped in flour, then tap off excess flour. Cut biscuit with a firm downward pressure. Do not twist the cutter as it will distort the shape of the biscuit. For biscuits with crusty sides, place them about 1 inch apart on ungreased baking sheet. For soft sided biscuits, arrange them close together in an ungreased pan.

### **EASY BAKING POWDER BISCUITS**

2 cups flour	5 Tbsp. shortening (butter or margarine)
1 Tbsp. baking powder	3/4 cup milk
1 tsp. sugar	1/2 tsp. salt

Mix flour, powder and salt. Cut in shortening. Add milk gradually, stirring to make a soft, puffy dough. Knead lightly. Roll out to 1/2 inch. Cut into circles. Bake in a hot oven 10 to 12 minutes, until golden brown.

*Variations: Sweet;* increase the sugar to 2 Tbsp. and reduce the flour to 1 3/4 cups. Before baking, brush the tops of the biscuits with melted butter and sprinkle with additional sugar.

*Savory;* To the flour mixture, add 1 Tbsp. fresh chives, 1/4 tsp. paprika, and black pepper to taste, or add fresh basil and chopped tomatoes to go the Italian route.

### **ANDREA'S CHEESE CRACKERS**

8 tbsp. butter	1 cup flour	1/2 tsp. salt
1 kilo cheese, finely grated, can use 1/2 kilo (still great)		

Cream butter until light and fluffy, about 2 minutes. Mix in cheese until well-mixed. Stir together the flour and salt. Work in dry ingredients slowly. Dough should be fairly stiff. Roll dough into 2 10-inch long logs. Wrap logs in plastic and chill in freezer for 2 hours. Preheat oven to 375. Slice log into 1/4 inch thick rounds. Place them on large ungreased baking sheets. Bake until golden, about 10-12 minutes. Makes about 50 crackers.

### **CRACKERS**

1 cup water	1 tsp. soda dissolved in 2 Tbsp. hot water
1 Tbsp. yeast	1/2 cup oil
2 cups flour	2 cups flour

Start with warm water and yeast. Mix in 2 cups flour. Add soda with hot water, oil and flour. Mix well, knead on board. It should not be too stiff. Take a small portion, roll thin on cookie sheet. Cut into squares or rectangles. Sprinkle well with salt. prick with fork. Bake in medium oven, not too brown. Add grated cheese to dough if desired.

### **CROUTONS**

Bread cut into 1/2 inch cubes	herbs
2 Tbsp. margarine per 1 cup bread cubes	

Spread bread on a baking sheet and bake at 350 for 10 minutes. Melt margarine with herbs in a large pan and add bread. Toss and bake 30 minutes at 275 until crisp and lightly browned, or toss in a lightly oiled frying pan and cook for 15 to 20 minutes, stirring constantly. Cool and store in a covered jar for up to three weeks.

### **PISHME**

Warm water	salt
hamir-maya (Turkmen yeast)	flour

Mix water, salt, and hamir-maya (Turkmen yeast). Then take flour, which will be enough for making hard dough and put it in warm place for a hour. After that roll it until it will be very slim and fry it in very hot oil. It should be much oil. Don't keep in oil more that 1 min. Enjoy eating it with hot tea.

### **TEXAS HOLIDAY STUFFIN'**

1 cups of seedless raisins	1 bell pepper
1 onion	2 celery stalks (optional)
Turkey or chicken broth	corn bread crumbs
1 tsp of oil or butter	

Dice the onion, bell pepper, and celery and sauté in oil or butter. Once finished mix corn bread crumbs and all ingredients into a large bowl. Pour in enough of the broth to make the stuffing soft and moist.

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### HONEY CAKE

1 cup Sugar	2 tsp. Soda	Salt to taste
2 Eggs	2 cups Flour	2 Tbsp Honey
2 Tbsp Butter		

Mix everything except the flour for 5 minutes. Add the flour and mix for another 5 minutes. Put flour on the table. Roll dough into several thin round layers about 5 mm thick. Then bake each one. Put some frosting on each layer.

**Frosting:** 300 gr. of sour cream, 1 cup of sugar.

### HONEY NUT CAKES

2 cups honey	1 tsp. cinnamon	1/2 tsp baking soda
1/2 cup margarine or butter	1/2 tsp. ginger	8 cups flour
1 egg	1/4 tsp. cloves	1 1/2 tbsp. baking powder
3/4 cup hot water	1/2 cup finely chopped nuts or seeds	

Cream honey, margarine and egg together in a large mixing bowl. Add the rest of the ingredients. Mix thoroughly, roll into pencil-like sticks and refrigerate overnight. The next day, cut into 1/2 inch pieces and place on greased cookie sheets. Bake at 400F for 10 minutes.

### “ZEBRA” CAKE

2 cups Flour	100 gr. Butter	2 Tbsp Cocoa
5 Eggs	2 cups Smetana (Sour Cream)	1/2 tsp. Baking Soda
2 cups Sugar		

Cream eggs, sugar and butter. Add smetana, flour and soda (add a little bit of vinegar to the baking soda before you mix it with the other ingredients). Mix everything well and divide into two parts. Add the cocoa to one of the halves. Then marble two batters together in the baking pan. Bake for 25 minutes.

### “NAPOLEON” CAKE

250 gr. Margarine	2 cups Smetana
3 cups Flour	1/2 tsp. soda

Mix cold margarine with the flour. Then add Smetana and soda. Mix into a thick dough. Roll into round layers and bake. Frost when cool.

**Frosting:** 1 can (400 grams) of sweetened condensed evaporated milk, 400 grams butter. Cream the milk and butter, then add 1 egg and mix in the egg. Then put it into the refrigerator for at least 20 minutes before putting on the cake.

Note: You can also add walnuts or other nuts between the layers.

### DOTTIE'S DEVIL'S FOOD CAKE AND FROSTING

2 cups flour	2/3 cup unsweetened cocoa
1 3/4 cups sugar	2/3 cup shortening
1/2 tsp. baking powder	1 cup water
1 3/4 tsp. baking soda	1 tsp. vanilla
1 tsp. salt	3 eggs

Sift the dry ingredients together. Add the shortening, vanilla and 1/2 of the water. Mix. Add the remaining water and eggs. Beat until smooth. Pour into greased and floured pan(s). Bake at 350F for 30-40 minutes.

### **Frosting:**

2 oz baking chocolate	1 can sweetened condensed milk
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Variation for T-stan: 3 tbsp. unsweetened cocoa powder + 1 tbsp. oil for 1 oz chocolate. Heat ingredients over double boiler until thickened.



### CHOCOLATE CAKE I

1 cup Flour, sifted	1/4 cup Oil	2 pinches Salt
1 cup Sugar	1/4 cup Milk	1/4-1/2 cups Cocoa
1 Egg		

Mix ingredients together. Grease the pan with oil or butter. Pour mixture into the greased pan. Bake for 20-30 minutes or until fork comes out clean. Can use Nutella for frosting, just spread on cake while still a little warm. Note: Nutella, a chocolate creamy spread (with hazelnut), makes a great frosting.

### CHOCOLATE CAKE II

3/4 cup butter	2/3 cup cocoa
1 1/3 cups sugar	1 1/4 tsp. baking soda
3 eggs	1 tsp. salt
1 tsp. vanilla	1/4 tsp. baking powder
2 cups flour	1 1/3 cups water

In large mixing bowl, combine butter, sugar, eggs, and vanilla. Beat for 3 minutes. Combine dry ingredients and add to butter alternatively with water. Blend until combined. Pour into floured and greased pans. Bake 30 to 35 minutes at 350F, until tooth pick inserted comes out clean. Remove from pan after cooling for 10 minutes. Frost with butter cream frosting.

### CHOCOLATE CAKE III

3/4 cup unsweetened Cocoa Powder	2 cups Sugar	1 cup Oil (you can use less)
1 tsp. Salt	2 cups Flour	1 packet Vanillin
1 cup Coffee (hot)	2 tsp. Baking Powder	1 cup Milk
1 tsp. Baking Soda		

Mix all dry ingredients together first then add the wet stuff. Mix for at least 3 minutes. Get all the lumps out. Bake for 50 minutes or until fork comes out clean. This recipe is the perfect size for a hudo-pehka (electric dutch oven).

### CRAZY CAKE

1 1/2 cups flour	1 tsp. vanilla
1/2 tsp. salt	1 tsp. vinegar
3 tbsp. cocoa	6 tbsp. oil
1 tsp. baking powder	1 cup water
1 cup sugar	

Sift first five ingredients into a pan. Make 3 holes in the mixture and add vanilla, vinegar and oil. Add water, mix with a fork and bake in the same pan at moderate temperature.

### GOLD LAYER CAKE

1 1/2 cups or more flour	3 well beaten egg yolks
2 tsp. baking powder	1 tsp. vanilla OR 1 tsp. grated lemon rind
1/4 tsp. salt	1 cup sugar
1/2 cup butter	3/4 cup milk

Sift flour before measuring. Resift with baking powder and salt. Sift sugar. Cream butter until soft. Add the sugar to the butter, creaming them together. Beat in the egg yolks. Add vanilla. Add the flour mixture to the butter mixture in 3 parts, alternating with the milk. Bake in 2 greased and floured layer pans for about 25 minutes at 375F.

### **KRANSEDADE OR PYRAMID CAKE**

1 cup Sugar	2 cups Butter	A little Egg White, slightly beaten
4 hard-cooked Egg Yolks, mashed	5 cups FlourGranulated Sugar	4 whole Eggs
3 cups Almonds, ground		

Preheat oven to 375°F (medium temp.). Mix together sugar and egg yolks. Set aside this mixture and beat together whole eggs and butter. Combine the 2 egg mixtures. Gradually add, kneading well, flour and almonds. The dough is delicate and rather difficult to handle. With lightly floured hands roll a small lump on a pastry cloth into a 1/2" thick strip, long enough to form a circle eight or nine inches in diameter. This is for the bottom ring of the pyramid. It is best to roll out all the strips first, making each one a little shorter than the one before. To join the ends of the strips of dough, dip them in egg white. Place the rings on several slightly floured cookie sheets. You can manage 3 or more rings to a sheet. Sprinkle with granulated sugar. Bake about 7 minutes or until light brown. When removed from the oven, immediately place one ring on top of the other so they will stick together. Decorate with a glaze and serve with strawberries or other fruit.

### **ONE EGG CAKE**

1/2 cup sugar	2 cups flour	1 cup milk
1 egg	1 tsp salt	1 tsp. vanilla
1/3 cup margarine	2 1/2 tsp. baking powder	

Cream sugar, egg, margarine and vanilla. Sift in flour, salt and powder. Mix in milk. Beat until smooth. Bake in a greased and floured pan in moderate oven for about 25 minutes.

Variations: Banana Cake: Add 1 cup mashed bananas and decrease milk to 1/2 cup. It's better if milk is soured with 1/2 tsp. vinegar or lemon juice.

Carrot Cake: Add 2 cups ground raw carrots, 1/2 cup nuts, and 1 tsp. cinnamon.

### **OATMEAL CAKE**

1 cup oatmeal	2 eggs	1/2 tsp. salt
1 cup sugar	2 tsp. baking powder	1 tsp. vanilla
1 1/2 cups flour	1/2 cup margarine	1 tsp. cinnamon
1 1/2 cups boiling water		

Combine oatmeal and water and let stand 20 minutes. Cream together margarine, sugar, eggs and vanilla until fluffy. Add oatmeal mixture and beat well. Sift flour, powder, salt and cinnamon together. Add to creamed mixture and beat. Pour into greased, floured cake pan. Bake 35 minutes or until tests clean with a knife.

### **FRESH BANANA CAKE**

1/2 cup butter or shortening	2 cups cake flour	1 tsp. vanilla
1 1/2 cups sugar (or less)	1 tsp. baking soda	1/2 cup soured milk
1 cup mashed bananas	1/2 tsp. salt	2 eggs

Cream butter or shortening, slowly add the sugar, and beat until light. Add the bananas, eggs, and vanilla and beat well. Mix the flour, baking soda, and salt and add to the first mixture and blend. Slowly add sour milk and beat until well blended. Spread in pan (buttered and lightly floured) and bake about 45 minutes or until a toothpick comes out clean, in 9x12 inch pan in 350F oven.

### **MEREDITH'S CARROT CAKE**

2 cups Flour	1 tsp. Cinnamon	4 Eggs
2 cups Sugar	3 cups shredded Carrots	1 tsp. Baking Soda
1 tsp. Baking Powder	1 cup Oil	

Preheat oven. Mix together flour, sugar, baking soda, baking powder, and cinnamon. Add in remaining ingredients. Place the batter into a greased pan. Bake at 350F for 30-35 minutes. Ovens here may vary so check it often.

### **TANYA'S APPLE UPSIDE-DOWN CAKE**

6-8 Green Apples, peeled, cored, sliced	3 Eggs
3 Tbsp. Sugar	1 cup Flour
1 cup Sugar	pinch of baking soda

Mix apples with 3 tbsp. sugar and set aside. In a separate bowl, mix remaining ingredients. Arrange apples in a greased pan. Pour batter over apples. Bake at medium heat until done. Turn upside down onto plate and serve.

### **COFFEE CRUMB CAKE**

1 1/2 cups flour	3/4 cup sugar
2 1/2 tsp. baking powder	3/4 tsp. salt
1/4 cup oil	3/4 cup milk

Grease square pan. Blend all ingredients thoroughly. Spread in pan and sprinkle with a topping of:

1/3 cup sugar	1/2 tsp. cinnamon
1/4 cup flour	3 tbsp. butter

Mix.

Bake 25 to 30 minutes at 375F.

### **POUND CAKE**

4 cups flour	3 cups sugar
1 tsp. salt	8 eggs
4 tsp. baking powder	1 cup milk
1/2 tsp. mace (optional)	2 tsp. vanilla
1 1/2 cups butter	1 tbsp. brandy (optional)

Sift flour before measuring. Resift with salt, powder and mace. Cream butter and add sugar. Add eggs to butter one at a time, beating well after each addition. Add the flour mixture to the butter, alternating with the milk. Stir only until thoroughly blended. Bake in greased pans for 15 to 20 minutes, if in layers. If loaf pans, cook for 1 hour.

### **SOUR CREAM POUND CAKE**

1 cup Butter	1/2 tsp. Vanilla	6 Eggs
2 cups Flour	2 2/3 cups Sugar	1 cup Smetana (Sour Cream)
1/4 tsp. Soda	1/4 tsp. Salt	

Cream sugar and butter together until creamy. Beat egg yolks with spoon until creamy and add to the mixture. Sift flour soda and salt together. Alternately add sifted mixture and smetana to batter. Add vanilla. Add beaten egg whites. Pour into pan and bake until done.

**BROWNIES**

1/3 cup butter	1/2 cup flour	1 tsp. vanilla
6 tbsp. cocoa	1/2 tsp. baking powder	1/2 cup chopped nuts
1 cup sugar	1/4 tsp. salt	2 eggs

Melt butter, blend in cocoa, and remove from heat. Beat in sugar, eggs and vanilla. Add flour, baking powder and salt. Stir to mix well. Add nuts. Place in greased 8-9 inch square pan. Bake at 350F for 25 minutes.

**BROWNIES II**

1 cup Sugar	2 Eggs	1/4 tsp. Soda
1/3 cup Butter or Oil	2/3 cup Flour	1/4 tsp. Salt
1/4 cup Cocoa or Melted Chocolate	1 tsp. Vanilla	

Mix well and pour into a plate-size pan. Bake for about 20 minutes in a medium hot oven. Do not over bake. Brownies should still be slightly soft in the middle.

**BROWNIES (ONE EGG)**

Chocolate Bar, 100 grams	2 cups Flour	1 tsp. Baking Soda
1/2 cup Butter	2 cups Sugar	1 Egg
1/2 cup Water		

Melt chocolate with butter. Add water. Boil. Mix dry ingredients. Stir in chocolate. Pour into greased pan and bake for about 1/2 hour. Variations: Add chopped nuts and/or chocolate pieces and/or cinnamon.

**APPLE BROWNIES**

1/2 cup butter	1/2 tsp. Cinnamon	1 cup Flour, plain
1 Egg	1/2 cup Chopped Nuts	1/2 tsp. Salt
1/2 tsp. Baking Powder	1 cup Sugar	1 cup Apples, chopped

Cream margarine and sugar; add egg. Add flour, baking powder, salt and cinnamon. Stir in apples and nuts. Pour into greased 8 inch square pan. Bake until knife inserted into middle comes out clean. Cool; cut into squares.

**BASIC ICING**

1 cup milk	1 cup sugar
3 Tbsp. flour	1 tsp. vanilla
1 cup margarine	

Combine milk and flour. Stir, cook over low heat until thickened. Remove from heat. Let cool until just warm enough to dissolve sugar. Add margarine and sugar. Cool. Beat well and add vanilla or other flavoring.

**BASIC ICING II**

1/4 cup butter	1 tsp. vanilla
confectioner's (powdered) sugar	cocoa powder, if you want chocolate icing
milk	

Melt butter. Mix in sugar until thick. Add a few teaspoons milk and mix. Add sugar until thick again. Add vanilla. Keep adding milk and sugar until you like the taste and consistency. It takes much more sugar than you would think, about a full box. If making chocolate frosting, add cocoa powder to taste.

**PEANUT BUTTER FROSTING**

1/2 cup peanut butter	1 Tbsp. oil or butter	1/2 banana, mashed
1/2 cup honey	1 tsp. vanilla	

Cream ingredients together.

**CHOCOLATE ICING**

1 cup Sugar	2 tsp. Vanilla	1/4 cup Milk
1/4 cup Butter	1/4 cup Cocoa	

Boil one minute. Let partly cool and stir. If icing gets too cool while spreading, set container in pan of warm water. Will ice 2 layers. Double recipe for 3 layers.

**FUDGE FROSTING**

2 Tbsp. cocoa	1/4 tsp. salt
1 1/2 cups sugar	a little cream of tartar
7 Tbsp. milk	1 tsp. vanilla
1/4 cup butter	

Bring all ingredients except vanilla to a rolling boil. Boil for 1 minute, add vanilla.

**CREAM CHEESE FROSTING**

1 pkg. vanilla sugar or 1 tsp. vanilla	16 oz. cream cheese	3/4 cup sugar
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Cream together, and blend well.

**CARAMELIZED SUGAR CAKE TOPPING**

Sugar	butter
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Rub a heavy frying pan lightly with butter. Put in sugar (not more than 1/4 cup) and set pan over moderate heat. Stir constantly until sugar melts. Add more sugar by half-cupfuls and stir as before until you have as much clear brown syrup as you want.

**MARSHMALLOW CREAM**

less than 1/8 tsp. cream of tartar	2 egg whites	1/3 cup water
3/4 cup sugar	1 tsp. vanilla	

Beat egg whites until stiff. Boil sugar, water and cream of tartar until firm balls form in cold water. Pour slowly over the egg whites, beating constantly. Add vanilla and beat until stiff.

**CREME FILLING**

1 cup milk	1/8 tsp. salt
1/2 cup sugar	1 tsp. vanilla
3 Tbsp. flour	2 egg yolks (optional)

Mix everything but vanilla and eggs, stirring until dissolved. Heat over low heat, stirring constantly until thick for 5 minutes. Add eggs. Cool, stirring occasionally and add vanilla. Spread between layers of cake, on or in doughnuts, etc.

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### **PEANUT BUTTER COOKIES I**

1 cup Butter	2 1/2 cups Flour	1 cup Brown Sugar
1 cup Sugar	1 cup Peanut Butter	2 tsp. Soda
2 Eggs		

Mix ingredients. Roll into balls the size of ping-pong balls. Place on cookie sheet 2 inches apart and pat with fork. Cook for 5-8 minutes. Let cool and take up from the sheet. Take up before they get brown. Put pecans on with a few on top, if desired.

### **PEANUT BUTTER COOKIES II**

1/2 cup margarine or butter	1 3/4 cups flour
1/2 cup peanut butter	3/4 tsp. baking soda
3/4 cup sugar	1/2 tsp. baking powder
1 egg	

Cream butter or margarine, peanut butter and sugar. Add egg. Mix in remaining ingredients. Drop by spoonfuls onto lightly greased sheet. Flatten with a fork dipped in flour. Bake at 375 degrees for 10-12 minutes.

### **PEANUT BUTTER COOKIES III**

1/2 cup butter	1/2 tsp. vanilla
1/2 cup peanut butter	1/2 tsp salt
1/2 white sugar	1/2 tsp. baking powder
1 egg	1 cup flour

Cream butter and peanut butter together. Beat in sugar. Stir in remaining ingredients. Arrange by teaspoonfuls on cookie sheets. Press flat with floured fork. Bake until firm (about 10 minutes).

### **CHOCOLATE CHIP COOKIES (TOLL HOUSE)**

2 1/4 cups all-purpose flour	3/4 cup firmly packed brown sugar
1 tsp. baking soda	1 tsp. vanilla extract
1 tsp. salt	2 eggs
1 cup (2 sticks) butter, softened	semi-sweet chocolate morsels
3/4 cup sugar	1 cup chopped nuts

Preheat oven to 375 degrees. In a small bowl, combine flour, baking soda and salt; set aside. In a large mixing bowl, combine butter, sugar, brown sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture. Stir in semi-sweet morsels and nuts. Drop by rounded tablespoonfuls onto ungreased cookie sheets. Bake at 375 degrees 9-11 minutes.

### **COLLEEN'S CHOCOLATE CHIP COOKIES**

1 cup Sugar	1 1/2 cups Flour
2/3 cup Butter	1/2 tsp. Baking Soda
1 Egg	1/2 tsp. Salt
1 tsp. Vanilla	4 bars of Turkish Chocolate, diced

Heat oven to about 375F. Mix sugar, butter, egg, and vanilla. Stir in remaining ingredients. Drop onto greased cookie sheet. Bake 8-10 minutes.

### **CHOCOLATE CHIP COOKIES I**

1/4 pound butter, softened	1 1/8 cups (or more) flour
1/2 cup dark brown sugar (or white)	1/2 tsp. salt
1/2 cup granulated sugar	1/2 tsp. baking soda
1 egg	1/2 cup chopped nuts (optional)
3/4 tsp. vanilla	6 oz chocolate chips (or 1 1/2 to 2 chocolate bars broken into little pieces)

Preheat oven to 375F and grease cookie sheets. Mix butter and sugars together until light and smooth. Beat in egg and vanilla. In another bowl, mix the flour, salt and baking soda together and add it to the first mixture, blending well. Stir in the nuts and chocolate. Drop teaspoonfuls onto cookie sheets about 1 inch apart and bake 8-10 minutes or until lightly browned.

Variation: Chocolate Chip Oatmeal Cookies: Use 1/2 cup uncooked oatmeal instead of the nuts.

### **CHOCOLATE CHIP COOKIES II**

2 1/4 cups Flour	3/4 cup Sugar	2 Eggs
1 tsp. Soda	3/4 cup Brown Sugar	2 cups Chocolate Chips
1/2 tsp. Salt	1 packet Vanillin	1 cup Chopped Nuts
1 cup Butter, softened		

Mix flour, soda and salt; set aside. In large bowl, beat butter, sugar and vanilla until creamy. Add eggs; beat well. Gradually add flour mixture, beating well. Stir in chips and nuts. Drop by the rounded teaspoons onto ungreased cookie sheet. Bake until lightly browned. Cool slightly; remove from cookie sheet. Note: Use chunks of chocolate from chocolate bars, or M&M's or something else interesting in place of chocolate chips.

### **STOLEN "NEIMAN-MARCUS" COOKIE RECIPE**

2 cups Butter	2 cups brown Sugar	3 cups chopped Nuts
4 cups Flour	1 bag Chocolate Chips	5 cups blended Oatmeal
2 tsp. Baking Soda	1 tsp. Salt	2 tsp. Baking Powder
2 cups granulated Sugar	4 Eggs	2 tsp. Vanilla
18 oz grated Hershey bar (or any chocolate bar)		

Cream the butter and both sugars. Add eggs and vanilla; mix with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey bar, and nuts (substitute crushed candy bars for chocolate chips). Roll into balls and place 2 inches apart on a cookie sheet. Bake for 10 minutes at 375°F/180°C. Makes 112 cookies. The recipe can be halved.

### **ANDREA'S CHOCOLATE COOKIES**

1/2 cup butter	1 cup sugar	1 egg
1/2 tsp. vanilla	1 1/8 cup flour	1/2 tsp. salt
1/2 tsp. baking soda	1/2 cup chopped chocolate bar (bittersweet works best)	

Preheat oven to medium heat.

Combine butter and sugar and beat until creamy. Add egg and vanilla and beat into batter. Sift and stir in flour, salt, and baking soda. Stir in chocolate. Separate batter into balls with a teaspoon and place on a greased baking sheet. Bake for about 10 minutes or until cookies are golden brown.

### **CHOCOLATE NO-BAKE COOKIES**

2 cups sugar	4 cups peanuts, oatmeal, coconut and peanut butter in any combo
3 tbsp. cocoa	1/2 cup milk
1/4 cup margarine	1 tsp. vanilla



Mix sugar, cocoa, milk and margarine together and bring to a boil. Add crunchies. Stir in vanilla. Pour into a pan. Cut when hardened.

#### **ALICIA AND LORA'S SINFUL OATMEAL COOKIES**

1 cup softened butter or margarine	1 1/2 cup sugar
2 eggs	1 teaspoon vanilla powder
1 1/2 sifted flour	1 tsp. baking soda
1 tsp. cinnamon	1/2 tsp. salt (optional)
3 cups Oats (Available in Ashgabad)	1 cup cleaned raisins

Preheat oven to medium heat. Beat together margarine and sugar until creamy. Add eggs and vanilla; beat well. Add combined sifted flour, baking soda, cinnamon and salt; mix well. Stir in oats and raisins; mix well. Eat some uncooked batter for quality assurance. Shhhh, don't tell the Medical Officer! Drop by rounded tablespoonfuls onto ungreased cookie sheet. Eat more uncooked batter to make sure your first quality assurance test was valid. Bake 10 to 12 minutes or until golden brown. Cool 1-2 minutes on cookie sheet then remove to a flat area like a cutting board or wire rack. Eat the first batch with cold milk, then taste some more uncooked batter until you get a stomach ache and can't even **think** about cookies anymore. Finish baking the rest and give them away. Makes about 4 dozen if you don't eat too much batter, but we usually get one dozen. Warning: The Surgeon General and PCMO have determined that eating raw cookie dough can be hazardous to your health because of the raw egg contained within. We just can't help ourselves!

#### **QUAKER'S BEST OATMEAL COOKIES**

1 tsp. baking soda	3/4 cup firmly packed brown sugar (may substitute)
1 tsp. salt (optional)	1 1/2 cups all-purpose flour
1 1/4 cups margarine	1 tsp. cinnamon (optional)
1/2 cup granulated sugar	1/4 tsp. nutmeg (optional)
1 egg	3 cups Quaker Oats (quick or old fashioned, uncooked)

Heat oven to 375F. Beat margarine and sugars until fluffy, like a pillow. Beat in egg and vanilla. Add combined flour, baking soda, salt and spices; mix well. Stir in oats. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake 8 to 9 minutes for a chewy cookie, 10 to 11 minutes for a crispy cookie, or somewhere in-between for a normal cookie. Cool 1 minute on cookie sheet; remove to wire rack. Store tightly covered. Makes 4 1/2 dozen.

#### **OATMEAL COOKIES**

1 cup Sugar	1 packet Vanillin	1/4 tsp. Salt
1/2 cup Butter	3/4 cup Flour	1/2 tsp. Cinnamon (optional)
1 Egg	1 tsp. Baking Powder	1 cup Oats
1 Tbsp Milk or Water	1/2 tsp. Baking Soda	1 cup Raisins, Nuts, Chocolate

Cream sugar and butter. Add egg, liquid and vanilla and mix. Combine dry ingredients, except for oats, and mix with butter mixture. Add oats and any additional items; such as, raisins, nuts, chocolate chips, etc. Drop onto cookie sheet or spread into baking dish to make bars. Bake in medium temperature oven until golden brown. Approximately: 10-12 minutes for the cookies, and 20-25 minutes for the bars.

#### **CHOCOLATE CHIP PEANUT BUTTER OATMEAL COOKIES**

1 cup shortening or butter	1 tsp. baking soda
1/4 cup peanut butter	2 cups rolled oats
1 cup sugar	1-2 cups chocolate chips or chunks
2 eggs	1 cup chopped nuts
1 tsp. vanilla	1 1/2 cup flour

Cream shortening, PB, sugar, eggs and vanilla together. Add remaining ingredients. Mix well. Drop by teaspoonfuls on greased cookie sheet. Bake at 375 for about 10 minutes.

### **HONEY COOKIES**

2 eggs	4 1/2 cups flour
1 cup oil	1 tsp salt
1 cup honey	1 tsp. soda
1 cup sugar	1 tsp cinnamon

Combine everything in a bowl. Mix well. Roll in cinnamon sugar and bake in hot oven.

### **SUGAR COOKIES I**

2 eggs	3/4 cup sugar
2/3 cup oil	2 cups sifted flour
2 tsp. vanilla	2 tsp. baking powder
1 tsp grated lemon rind	1/2 tsp. salt

Beat eggs well with a fork until well blended. Stir in oil, vanilla and lemon rind. Blend in sugar and then flour, powder and salt that has been sifted together. Drop by teaspoonful about 2 inches apart on ungreased baking sheet. Flatten with greased bottom of a glass dipped in sugar. Bake until delicate brown (about 8 to 10 minutes at 400). Remove immediately from baking sheet.

### **SUGAR COOKIES II**

1/4 pound butter	1 tbsp. cream or milk
3/4 cup sugar	1 1/4 cup flour
1 egg	1/8 tsp. salt
1/2 tsp. vanilla	1/4 tsp. baking powder

Preheat oven to 350F. Cream the butter and then gradually add the sugar, beating until light. Add the egg, vanilla and cream or milk, and beat thoroughly. Mix the flour, salt and baking powder together; add to the first mixture and blend well. Arrange by teaspoonfuls on cookie sheets, 1 inch apart. Bake for 8-10 minutes or until lightly browned.

Variations: Almond Spice Cookies: fold 1/3 cup finely chopped, blanched almonds, 1/2 tsp. cinnamon, 1/2 tsp. ground cloves, 1/2 tsp. nutmeg, and the grated rind of 1/2 lemon into the cookie dough.

Coconut Cookies: Add 1/2 cup finely chopped coconut.

Lemon Sugar Cookies: Omit the vanilla and add 1/2 tsp. lemon extract and 2 tsp. grated lemon rind.

Nut Cookies: Add 1/2 cup chopped nuts.

Raisin Cookies: Add 1/2 cup chopped raisins.

Filled Sugar Cookies: Add about 1/4 cup flour - enough so that the dough can be rolled out. Roll 1/4 inch thick and cut into 3 inch circles. Spread half the circles with jam, jelly, mincemeat, chocolate..... and then cover with the remaining circles and press edges together with a fork. Bake at 325F for 12 minutes or until lightly browned.

### **SWEET POTATO COOKIES (called batat, locally)**

2 cups mashed cooked sweet potatoes	1 cup margarine
2 cups flour	1/2 tsp. salt

powdered sugar

Mix together in a dough. Roll out in a thin layer and cut into 1 1/2 inch circles. Slash designs with knife point on half of each circle. On the other half put either nuts, brown sugar, butter or margarine. Turn over like half moon pies. Crimp edges. Bake at 350 until brown. Roll in powdered sugar.

### **PUMPKIN DROP COOKIES**

2 cups flour	3/4 cup sugar
1 tsp. baking powder	1 egg
1 tsp. cinnamon	1 cup cooked pumpkin
1/2 tsp. baking soda	1 tsp. vanilla
1/2 tsp. nutmeg	1 cup raisins (optional)
1/2 cup butter	

Stir flour, powder, cinnamon, soda and nutmeg together. In mixing bowl, beat butter. Beat in sugar until fluffy. Add egg, pumpkin and vanilla. Beat well. Add the dry ingredients, beating well until all combined. Stir in raisins. Dough will be soft. Drop from a teaspoon, 2 inches apart, onto a greased cookie sheet and bake 8 to 10 minutes at 350.

### **AIR CAYTE (RUSSIAN COOKIE)**

dough:

400 gr. butter	2 tbsp. vodka
5 cups flour	1 cup water (soda)
2 tbsp. vinegar	salt

filling:

1 1/5 cups sugar	1/2 cup flour
3 or 4 tbsp. butter, melted	200 gr. butter

Mix 400 gr. butter with flour, vodka, vinegar, soda water, and salt. Make into dough. Cut dough into 4 pieces. Put into refrigerator for 30 minutes. Divide the 200 gr. butter into four pieces. Every 30 minutes, put one part of the butter with one part of the dough. Roll out and place in fridge for another 30 minutes to rise.

For filling, mix all of the ingredients. On top of the rolled dough, put a little bit of the filling and roll into the dough. Cut into separate pieces (cookie-like). Bake for 25-30 minutes in oven or until light brown.

### **FRYING PAN COOKIES**

1 cup sugar	1/2 cup milk
1 1/2 tsp. salt	1 egg
3 1/2 cups flour	1 tsp. vanilla
1 1/2 tsp. baking powder	1 1/4 cups raisins
1/2 tsp. baking soda	2/3 cups oil

Mix sugar, salt, flour, powder and soda together. Beat milk and egg slightly. Add vanilla, raisins and oil. Add wet ingredients to dry and mix well. Make into patties about 1/4 inch thick and fry in lightly greased frying pan.

## PIES AND CRUSTS

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### **BAKED PASTRY SHELL**

1 1/4 cups Flour  
1/2 tsp. Salt  
1/3 cup Margarine  
3-4 Tbsp cold Water

In a mixing bowl, stir together flour and salt. Cut in margarine until pieces are the size of small peas. Sprinkle 1 Tbsp of the water over part of the mixture; gently toss with a fork. Repeat until all is moistened. Form dough into a ball. on a lightly floured surface flatten dough with hand. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into pie plate, being careful not to stretch pastry. Prick bottom and sides with a fork. Bake in a 450°F/235°C oven for 10-12 minutes or till golden. Cool on a wire rack.

### **QUICK PIE CRUST**

2 cups flour  
1 1/2 tsp. salt  
1/2 cup cooking oil  
1/4 cup cold water or milk

Mix flour and salt together. Pour into a measuring cup but don't stir oil and water. Pour all at once into flour. Stir lightly until well mixed. Round up, divide in halves and roll out. Bake for about 10 minutes, or fill and bake.

### **BASIC PIE CRUST**

For single-crust 9 inch pie crust:

1/4 cup butter  
1 cup flour  
up to 3 tbsp. cold water, milk or buttermilk  
dash salt

Use a pastry cutter, 2 forks or a food processor fitted with steel blades, to cut together the butter pieces and the flour until they are a uniform substance resembling coarse corn meal. Add salt. As you stir with a fork add the liquid, 1 tbsp. at a time, until the dough sticks to itself readily. (push the dough into itself in the center of the bowl as you stir. Stop adding the liquid as soon as the dough holds together. The varying humidity will affect the amount of liquid needed). You can chill the dough (wrap it well) to roll it out later or you can roll it out immediately (use extra flour to prevent sticking) and then chill the formed crust. NOTE: I have found that chilling the ball of dough for at least an hour makes it roll out better. Be sure to wrap it though.

### **JUDE'S PIE CRUST**

(makes 2 pies)

2 cups Flour  
1/2 tsp Salt  
1/4 cup Milk (or 1/3 cup powder)  
3/4 cup Butter or Margarine  
1 Egg, beaten

Stir together flour, salt, and milk. Add butter and egg. Mix ingredients together with hands. Add water or flour, one teaspoon at a time if necessary, until smooth ball forms. Roll out on floured surface.

### **PIE CRUST** (x 1/2 will give you two pie crusts for standard pie pans in Turkmenistan)

1 tsp. Salt  
2 cups Flour  
2/3 cup Butter  
Cold Water

Cut shortening into flour and salt mixture with fork until crumbles. Add 3 to 6 Tbsps of cold water a little at a time and evenly through the flour until the dough holds together. Roll half the dough to 1/8 of inch. Put in pie pans. No need to grease pie pans. Do not bake before using.

### **FRIED PIE CRUST**

1 cup flour  
5 Tbsp. sugar  
5 Tbsp. butter  
1/4 tsp. cinnamon

Mix everything together. Fry mixture, stirring constantly, for 20 minutes. Line a pie plate and add filling.

### **COOKIE SHELL**

1 1/2 cups finely rolled cookie crumbs      1/4 to 1/2 cup sugar      1/2 cup melted butter

Prepare cookie crumbs. Add sugar and butter. Mix well. Line a 9 inch pie pan with this mixture, patting firmly with fingers of back of spoon. Chill until firm or bake 8 minutes and chill if possible.

### **CRUMB CRUST**

3/4 cup bread crumbs      2-4 Tbsp. sugar      2-3 Tbsp. melted butter

Mix all ingredients. Pack into pie tin. Bake or refrigerate.

Crust can be flavored to coordinate with filling by adding to the crumbs:

- a) if filling with chocolate pudding, add 1 tsp. cocoa or instant coffee
- b) if filling with fresh pineapple, add 1 tsp. cinnamon.
- c) if filling with sliced mango, add cinnamon, nutmeg, or apple pie spice

### **JUDE'S PUMPKIN PIE**

16 oz. cooked Squash      1 tbsp. Cinnamon  
1 can Sweetened and Condensed Milk      1/4 tsp. Cloves  
2 Eggs      1/4 tsp. Nutmeg

\*1 local Tekva makes about 2 pies\*

With skin on, cut up squash in big cubes and boil for 45 minutes. Remove squash from water and take the skins off. Press out the extra water. In a bowl, mash the squash into a smooth puree. Mix in milk, eggs, and spices. Pour mixture into pie shell and bake at medium heat for about 1 hour, or until knife comes out clean.

### **QUICK PUMPKIN PIE** to make you feel at home at Thanksgiving

2 cans evaporated sweetened Milk      2 Eggs  
Meat from one whole pumpkin      1 tsp. Salt  
1Tbsp Pumpkin Pie Spices / a mixture of Cinnamon, Nutmeg, Clove, Allspice

Meat from one whole pumpkin (peeled, deseeded, and boiled). Drain off water and mash with fork or put through a meat grinder before attempting recipe. Beat all ingredients together. Pour into pie shells and bake at 180°C or 350°F for one hour or until fork comes out clean

### **SQUASH PIE**

1 cup cooked, sieved squash      1 tsp. vanilla      unbaked pie shell  
1/2 cup sugar      1 cup milk      1/2 tsp. cloves  
1 tsp. cinnamon      2 egg yolks      1/4 tsp. nutmeg  
1/2 tsp. ginger      2 egg whites

Combine squash, sugar, spices, milk and egg yolks in mixing bowl. Beat egg whites until stiff and fold into pie filling. Pour into unbaked pie shell. Bake 10 minutes in hot oven then reduce heat and bake about 30 minutes or until filling is set.

### **LEMON MERINGUE PIE**

1 can sweetened condensed milk      pie crust (baked for 10 minutes)  
6-8 lemons      3-5 egg yolks  
1/4 cup sugar      3-5 egg whites

In a bowl, mix milk, lemon juice and 1-2 Tbsp. Grated rind and yolks. Pour into crust. Beat egg whites and slowly add sugar. Put meringue on top and bake until top turns golden.

### **BANANA CREAM PIE**

banana slices	2 cups scalded milk	baked pie shell
6 egg yolks or 3 eggs	1/2 tsp. vanilla	1/2 cup sugar
1/8 tsp. salt		

Fill pie shell with banana slices. Beat eggs until evenly blended. Add sugar, salt and milk. Cook and stir over low heat or in a double boiler over hot water, until the custard coats a spoon (about 7 minutes) Add 1/2 tsp. vanilla. pour over bananas and let chill. Top with cream, if available.

### **APPLE CREAM PIE**

1 packet Vanillin	1 Egg	Graham Cracker or Regular Pie Crust
3 large Tart Apples, grated or cut small)	1 cup Kefir (Yogurt)	3/4 cup Sugar
1/4 tsp. Salt	2 Tbsp Flour	

Mix all ingredient together (except apples) until smooth. Add apples and mix until smooth. Bake for 15-25 minutes (depends on oven), sprinkle with graham crackers or cookie crumbs and bake for 15-20 more minutes. Let cool and refrigerate. Serve cold.

### **AMERICAN APPLE PIE**

Crust: 3/4-1/4 cup Butter	8-10 Tbsp cold Water	1 tsp. Salt
1/4-1/3 cups Shortening or Lard	2 1/2-4 cups Flour	
Filling: 8-10 cups of Apples chopped	Dash of Salt	2 Tbsp Margarine
1 tsp. Cinnamon	3/4-1 cup Sugar	1 tsp. Nutmeg
1 tsp. Lemon rind grated, OR juice (optional)		

In large bowl, combine butter, shortening, flour and salt. Using a fork, cut the butter and shortening into the flour and salt until pea-sized lumps form and the mixture is uniform. Add water gradually until dough comes together and the bowl is clean of flour. Cut the dough in 1/2 and roll one half into a circle about 1/4 inch thickness. Use flour to prevent sticking to the rolling pin or table surface. Press the circle into round pie pan. Poke several fork holes into the crust.

After combining all the ingredients for the filling (except margarine), turn it into the pie shell. Dot the top of the apples with the margarine. Roll out the second half of dough the same way, and place on top of apples. Cut off excess dough. Pinch the edges together and flute with fingers or press with a fork (to decorate). Poke more fork holes in the top crust. Bake for 40-50 minutes in 235°C or 425°F.

### **STRAWBERRY GLAZE PIE**

6 cups (1 kilo) Strawberries, stemmed	4 Tbsp Flour
3/4 cup Sugar	1 Baked Pastry Shell (see recipe)

In a small sauce pan, crush 1 cup of the smaller berries; add 1 cup water. Bring to boiling; simmer 2 minutes. Sieve berry mixture. In a saucepan, combine sugar and flour; stir in sieved berry mixture. Cook over medium heat, stirring constantly, till thickened. Spread about half the strawberry glaze over bottom and sides of baked pastry shell. Arrange the whole strawberries, stem end down, in pastry shell. Carefully spoon the remaining glaze over berries, thoroughly covering each berry. Chill pie at least 3-4 hours. Makes 8 servings.

### **APRICOT PIE**

Apricots	1 cup Sugar, divided	1/2 tsp. Lemon Rind
3 Egg Whites	1 Tbsp Lemon Juice	1 Baked Pastry Shell (see recipe)

Stew unsweetened apricots and mash well. Combine 3/4 cup stewed apricots with lemon rind and juice and 1/2 cup sugar. In a separate bowl, beat egg whites until stiff and add remaining sugar. Fold the apricot mixture into the eggs. Fill pie shell and bake 20 minutes.

### **FRIED PIES**

2 3/4 cups flour	1/2 cup milk
2 tsp. salt	hot oil
1/2 cup oil	

Blend flour and salt. Mix together oil and milk, then pour into dry ingredients. Stir until well mixed. Shape into ball and divide in half. Roll out and cut into 5-inch squares. Place large spoonfuls on each square. Use any of the following fillings:

any cooked fruit thickened with cornstarch, sugar and spices added  
jams and jellies  
sliced bananas and jelly  
pineapple and brown sugar  
sugar and cinnamon  
other pie fillings

Fold to close and crimp edges with a floured fork to seal filling in. Fry in 1 inch hot oil. Turn once. When brown on both sides, remove from oil and drain.

### **FRUIT CRISP**

1/4 cup Butter	1/2 tsp. Vanilla	1/2 cup Sugar
1/4 to 1/2 cup Sugar	1/2 cup Flour	1/2 tsp. Cinnamon (optional)
1/4 tsp. Salt	1-2 kilos Fruit (Apples, Apricots, Peaches, etc.)	

Clean, peel and slice fruit into a baking dish. Cover the fruit with 1/4 to 1/2 cups of sugar, depending on the sweetness of the fruit. In a bowl, cream the butter and sugar. Add the remaining ingredients and mix gently using your finger tips. The mixture should be crumbly, if necessary add additional flour. Crumble the mixture over the fruit. Bake in a medium temperature oven until the top is golden brown. Approximately 20-25 minutes.

### **CD APPLE CRISP**

1 kilo tart Apples (add lemon juice if apples are sweet) peeled, cored and coarsely chopped	
1/2 cup Brown Sugar	1/4 tsp. Nutmeg
3/4 cup all-purpose Flour	1/3 cup softened Butter
3/4 cup Oatmeal	1/2 cup chopped Walnuts
1 tsp. Cinnamon	1/2 cup Raisins

Preheat oven to 400F. Place chopped apples in large bowl, sprinkle with 1 tbsp. sugar (and lemon juice) and set aside. Mix flour, oatmeal, and spices. Cut and rub in butter until mixture resembles fine bread crumbs. Stir in remaining sugar. Line bottom of buttered oven-proof dish with 1/3 flour mixture. Put the apples and any juice on top. Sprinkle with walnuts and raisins. Cover with remaining flour mixture. Cover and bake for 35 minutes, remove cover for last 10 minutes. Serve hot. Serves 4.



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### **ANN'S T-STAN CHEESECAKE**

graham cracker or cookie crust	1/2 tsp. salt
3 eggs, well-beaten	1/2 cup sugar, or to taste
2 1/2 cups cream	1 tsp. lemon juice OR 1/2 tsp. vanilla
1/2 cup sour cream	

Mix ingredients well then pour into shell. Preheat oven to 375 and bake for 30 minutes or until beginning to set. Remove from oven and cool to room temperature.

#### **Topping:**

1 1/2 cups thick sour cream	1/8 tsp. salt	2 tbsp. sugar
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Preheat oven to 425. Mix the topping ingredients well and pour over cake. Bake in oven for 5-10 minutes. Cool, then refrigerate 6-12 hours before serving.

### **BREAD PUDDING**

5 cups Stale Bread, diced	3 Eggs	1/4 tsp. Salt
Cinnamon (optional)	3 cups warm Milk (you can substitute fruit juice for 1-1 1/2 cups of milk)	
1/2 cup Sugar	1 tsp. Vanilla (optional)	Raisins, Nuts, Dried Fruit

Soak bread in warm milk for 15 minutes. Combine and beat well: salt, eggs, sugar and vanilla. Pour these ingredients over the soaked bread. Stir lightly until well blended. Add raisins, nuts, dried fruit, cinnamon. It tastes different every time. Bake the pudding in baking dish set in pan of hot water in moderate oven (350°F) for 45-60 minutes.

### **BREAD PUDDING II**

2 cups dried bread crumbs	2 slightly beaten eggs
4 tbsp. butter	1/2 tsp. salt
1 liter hot milk	1 tsp. vanilla
1/2 cup sugar	cinnamon

Mix bread crumbs, butter and milk together in a buttered baking dish. Let cool. Add remaining ingredients. Blend well and bake in a hot oven until knife comes out clean.

### **RICE PUDDING**

1 1/2 cups milk	1 tbsp. flour
1/4 cup sugar	1/8 tsp. salt
1/4 cup milk	1/2 tsp. cinnamon
1/2 cup cooked rice	1/4 tsp. nutmeg
1 egg yolk (or 1 whole egg)	

Heat milk and sugar together. Mix remaining ingredients together and stir into heated milk. Bring to a boil and stir gently until slightly thickened. More rice may be added and the flour left out, or for more nutrition another egg may be added and the flour left out.

### **RICE PUDDING II**

4 cups milk	2 tsp. cinnamon
1/2 cup uncooked rice	1/2 cup sugar

Boil milk. Add rice and cinnamon. Remove from stove when rice is soft and pudding is thick. Add sugar and stir gently.

### **CHOCOLATE RICE**

1 liter water	sugar, to taste
1/3 liter rice	3 tbsp. cocoa powder
3-4 small clumps peanut butter	cinnamon
1/2 cup milk	

Heat water and add peanut butter (it takes a long time to cook). Add rice and simmer. As the rice cooks, add milk, sugar and cocoa powder. Continue stirring and add water if necessary. When the rice is puffy and looks pudding-like, it is ready. Season with cinnamon. Makes about 2-3 servings.

### **PB BARS**

2 to 3 cups peanut butter	1/2 cup sugar
1 cup oatmeal	1/4 tsp. salt
1 cup milk powder	1/2 cup raisins or chopped dates (optional)

Mix all ingredients thoroughly with clean hands. Use enough peanut butter to make mixture stiff but not crumbly. Roll into balls or press into a flat pan. Press or roll into toasted sesame seeds, chopped peanuts or toasted, grated coconut. Store in refrigerator.

### **PEANUT BUTTER AND CHOCOLATE BARS**

1 cup peanut butter	pinch of salt
1/2 cup sugar	chocolate bar
1 egg	

Mix first 4 ingredients well and press into a pan. Bake in a moderate oven for about 10 minutes or until light brown. Break up pieces of a chocolate bar and sprinkle on the hot cookie base. Let stand for 3 minutes, then spread the softened chocolate.

### **PEANUT BARS**

1/2 cup margarine	3/4 cup sifted flour
1/2 cup sugar	1/2 tsp. baking powder
1 egg	1/2 tsp. salt
1/2 tsp. vanilla	1 cup coarsely chopped peanuts
1 1/2 cups oats	1/2 cup raisins (optional)

Cream margarine, sugar, egg and vanilla together. Add oats, flour, powder and salt. Stir in peanuts and raisins. Pat mixture evenly into greased 9-inch pan. Bake in moderate oven for 30 minutes. Cool in pan. Cut into bars.

### **PEANUT BUTTER LOG**

1/2 cup peanut butter	1/2 cup raisins
2 tbsp. honey	shredded coconut (optional)
2 1/2 tbsp. dry milk	

Blend peanut butter and honey. Work in milk to make fairly stiff. Knead in raisins. Roll in coconut.

### **TVOPOZHNIK**

250 grams Tvorog (Cottage Cheese )	1 Egg
1 cup Smetana (Sour Cream)	Flour, a little
1 cup Sugar	Oil

Mix, pat into small circles and bake in flat pan.

### **HONEY BAKED APPLES**

4 large Apples (tart, if possible), cored      Raisins  
Cinnamon      Honey

Preheat oven to 350F. Place cored apples in oven-proof dish. Stuff raisins loosely in core of each apple. Cover with cinnamon. Pour honey in core until full. Add water or apple juice to 1/8 inch around apples. Cover and bake for 50-60 minutes or until soft. Serve hot with cream, custard or ice cream. Or serve cold for breakfast or snack. Serves 4.

### **BANANA FRITTERS**

1 large or 2 small bananas      2-3 heaping Tbsp. flour  
1 egg      pinch of cinnamon  
1 tsp. sugar      1 tsp. baking powder  
1-2 drops vanilla      oil

Mash bananas. Add egg, sugar and vanilla. Mix well. In another dish, sift together flour, cinnamon and powder. Add dry ingredients to mashed bananas and stir until blended. Heat oil in frying pan, about 1/8 inches deep. Using a tablespoon, spoon batter into frying pan. As each fritter browns on one side, turn and brown the other. Drain and serve hot.

### **ICE CREAM**

4 cups water      1 Tbsp. vanilla  
2 cups milk powder      1/2 tsp. salt  
1/2 cup sugar

Mix everything together. Put in a shallow container and freeze. When half frozen, beat well and return to icebox. Add different flavors.

### **YOU SCREAM**

2 eggs      2 1/2 cups water  
1/2 cup sugar      vanilla  
3 cups milk powder

Beat eggs lightly and add sugar. Beat 2 minutes. Add milk and water. Stir over low heat until mixture begins to thicken, but do not boil! Remove from heat, add vanilla and other flavors. Freeze.

### **COLD LEMON SOUP**

4 cups water      a bit of zest (grated rind) of the fruits  
1 cup sugar      2 Tbsp. cornstarch  
juice of 3 lemons and 1 orange      2 Tbsp. water

Boil 4 cups water with sugar for about 10 minutes. Add the lemon and orange juices and zests. Mix cornstarch with 2 Tbsp. water until smooth and pour into boiling soup. Cook another 10 minutes or until the cornstarch taste is gone. Cool and put in refrigerator. Delicious over sliced ripe bananas as either a supper fruit or a light dessert.

### **PINEAPPLE JELL-O**

1 pineapple      1 3/4 cups sugar

Peel and grate the pineapple, removing all the rough stuff. Add sugar and heat slowly until sugar dissolves. Boil fast until syrup spins a strong thread. Beat for about 5 minutes. Pour into a greased pan or tin and cut into squares.

### **NOODLE KUGEL**

1/2 lb egg noodles	3 tbsp. unsalted butter, melted
1 tsp. salt	<b>TOPPING:</b>
2 eggs	1/2 cup bread crumbs
1/4 cup sugar	1/4 cup sugar
1/2 tsp cinnamon	3/4 tsp. cinnamon
1 cup coarsely grated apple	1/2 cup raisins

Preheat oven to 350F. Butter an 8 to 9 square baking pan. Cook the noodles with salt in a large saucepan of boiling water until just tender; do not overcook. Drain, rinse under cold water and drain again. Meanwhile, whisk together the eggs, sugar and cinnamon until blended. Stir in the apple, raisins, melted butter and drained noodles until combined. Pour into the prepared baking dish and gently smooth the top. To make the topping, stir together the bread crumbs, sugar and cinnamon in a small bowl. Sprinkle this mixture in an even layer over the noodles, then drizzle the surface with melted butter. Bake in a preheated oven until crisp and golden, about 35 minutes. Serve warm, cut into squares.

### **CUSTARD FLAN**

Per serving	
4 tbsp. sugar	5 tbsp. sugar
3 or 4 eggs	4 tbsp. milk

For each serving, brown 4 tbsp. sugar in a dry pan. Pour into an empty milk can. In a bowl beat eggs with 5 tbsp. sugar. Add milk. Pour into milk can on top of syrup. Put can in boiling water, cover and cook for 30 to 45 minutes.

### **LAZY DAY DUFF**

1/4 cup butter	2/3 cup milk
1 cup flour	2 cups sweetened fruit
1/2 cup sugar	1 tsp. vanilla
3 tsp. baking powder	

Melt butter in 8 inch square pan. Sift flour, sugar and powder. Add milk and blend. Spoon over butter, but **DO NOT STIR**. Pour fruit and vanilla over the batter and bake 35 minutes at 375F.

### **CANDIED PEANUTS**

1 cup water	4 cups raw peanuts
2 cups sugar	

Bring water to a boil. Add sugar and peanuts. Cook, stirring occasionally until crystallization begins, about 25 minutes. After crystallization begins, stir constantly until the syrup is completely dried up. Cool on a baking sheet. Peanuts will snap, crackle, and pop as they cool. When cracking stops, they are done. They're g-g-g-great!!!! Try sprinkling raw peanuts with cinnamon before cooking.

### **PEANUT BRITTLE**

1 1/4 to 2 cups peanuts	1/2 tsp. soda
2 cups sugar	1 tbsp butter or margarine
pinch of salt	

Roast peanuts and set aside. Melt sugar in a heavy skillet that has been lightly oiled. Add a pinch of salt and soda. Just as you see the last sugar grains melt, remove from heat immediately. Quickly add 1 tbsp. butter and peanuts. Blend them. Quickly pour in a thin sheet onto a well-buttered pan.



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### **CHEESE/GARLIC SPREAD**

Grate about 2-3 cups of (hard) cheese. Mince 7-8 cloves of garlic. Mix together with mayonnaise and Voila! Good as a bread spread or just plain.

### **GARLIC DIP/PASTE**

1 cup peeled whole garlic cloves	2 Tbls. oil (preferable olive)
2 Tbls. Butter	2 Tbls. fresh parsley chopped
black pepper to taste	

Bake in oven at 165 degrees C (325 degrees Fahrenheit) for 45 minutes. It's best to use a "garlic crock" or clay pot with lid but any oven safe dish with a lid should do. If using a metal container check more often to insure it's no burning. Garlic should be golden brown and mixture bubbling when done. Garlic cloves will be very easy to mash if desired. Eat with crackers or bread. Enjoy!

### **FANTAMAS (Kazakstani Salsa)**

5 kilos Tomatoes	1/2 kilo Garlic	2-3 Hot Peppers
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Send all through the grinder. Add salt to taste. Leave for 2 days in a bowl in the fridge then mix. Put in jars and keep refrigerated. Should last you through the winter and you can give a few out to friends as gifts.

### **JALAL-ABAD ONION DIP**

Smetana (Sour Cream)	Garlic	Cumin
Kefir (Sour Milk)	Salt & Pepper	Onion
Paprika		

Combine equal parts smetana and kefir. Add salt, pepper, cumin and paprika to taste. This is good with green radishes, carrots, green or red peppers.

### **VEGETABLE DIP: CIRCA 1960**

Bunch of Scallions, finely minced	3 drops Vinegar	Lemon Juice
1 tube Mayonnaise	Bunch of Dill, finely minced	
2 dashes of Red Pepper	2 cups Smetana (Sour Cream)	
2 cloves Garlic, finely minced	3 dashes of Black Pepper	
1 Vegetable Stock bouillon cube	1 tsp. Cumin	

Mix all ingredients well. Let stand in refrigerator for at least two hours. Buy a loaf of dark bread and dig out the middle and inside. Pour dip inside. Serve with carrot, pepper, and cucumber sticks and left over bread chunks. To turn this recipe into a salad dressing add 2 peeled and shredded cucumbers.

### **DIP**

1 1/2 cup Smetana (Sour Cream)	2 Tbsp. Cumin
2 Tbsp. Dill weed or dried Dill, chopped	1/2 cup Onion, chopped to small pieces
2 cloves Garlic pressed	1 Tbsp Garlic Salt
2 Tbsp. Salt	1 Tbsp Pepper

Pour smetana into serving dish. Add garlic and onions. Mix with spoon. Add spices. Chill until smetana thickens. Serve with carrots, cucumbers, radishes, and peppers.



### **RED SAUCE**

Green Peppers	Onion	Oil
Red Peppers	Garlic	Salt & Pepper
Little Hot Peppers	Tomatoes	Sugar

This is a good recipe for when you first get to your site! All ingredients are cheap and readily available. First fry up all the peppers, onion and garlic. The quantity you use is up to you. I like it thick and hot so I use a lot. (This chopping process can take a while. If you need to take a break, you can store your chopped veggies in water.) Once things are chopped up, fry it with some oil. While that's frying, you can start cleaning and cutting your tomatoes into mini-pieces. Again, I make this in bulk, so I use a lot, maybe 1-3 kilos depending. (Some people skin their tomatoes before chopping by dropping into boiling water - I don't). In big pot, put all your chopped tomatoes. This mixture will shrink in half while cooking. When your veggies are done, add them to your tomato pot. Stirring occasionally, cook at medium-low heat. The longer it cooks the better it is. Add some sugar while it's cooking, depending on how big a batch you're making. Taste as you add and stir it in. The sugar will take away any bitterness. Add salt and pepper if desired. This can be served over cooked noodles, used to dip bread into when you're lazy, or over fried eggplant

### **COLLEEN'S PESTO**

2 cups fresh basil leaves, tightly packed	1/2 cup olive oil
2 cloves garlic, smashed and diced	1 tsp. salt

Finely shred basil. Mix all ingredients. Freeze until ready to use. \*\*Optional: 1 red bell pepper, diced; 1/2 bunch fresh cilantro, chopped; 6 extra garlic cloves, chopped; 1 1/2 tsp. black pepper.

### **TAHIHI (SESAME PASTE)**

1/4 cup finely ground sesame seeds	1/2 tsp. oil
1 tsp. lemon juice	2 tbsp. water

Mix together in a blender.

### **BABA GHANOUSH**

2 medium or 1 large eggplant (about 2 lbs.) whole and peeled	1/4 cup finely minced onion
1/4 cup tahini (sesame paste)	1-2 tsp. salt
1/4 cup fresh lemon juice	1-2 tsp. black pepper
1 large clove garlic, crushed	1 tbsp. olive or vegetable oil
	2 tbsp. finely chopped fresh parsley

Prick the eggplant in several places with a fork, place on a baking sheet and broil in a preheated broiler for about 20 minutes, turning several times so that the skin chars on all sides. When cool enough to handle, cut in half, scrape off the flesh into a bowl, discard the skin and mash the eggplant with the sesame paste, lemon juice, garlic, onion, salt and pepper. Cover and refrigerate. Before serving sprinkle with oil and fresh parsley.

## **BABA GHANOUSH II**

2 medium-small eggplants	1 tsp. salt (more to taste)
juice from one good-sized lemon	1/4 cup finely-minced scallions (optional)
1/2 cup tahini	black pepper
3 cloves garlic, crushed	1 tbsp. olive oil
1/2 cup finely-chopped parsley	

Preheat oven to 400. Cut the stems and ends off the eggplants, and prick them all over with a fork. Place them in an oven rack directly, and let them roast slowly about 45 minutes. When they are sagging, wrinkled and totally soft, you'll know they are ready. Remove them from the oven and wait until cool enough to handle. Scoop the insides out and mash well. Combine all the other ingredients, except olive oil. Chill completely and drizzle the oil over the top just before serving.

Variations: Follow the above directions, adding:

1 cup finely-minced onions and 1 cup finely-minced mushrooms, which have been sautéed well together in olive oil, with a little extra salt.  
1 cup yogurt or sour cream  
1/2 tsp. cumin  
few dashes cayenne  
mayonnaise to taste

## **BABAGHANUUI**

Khuluud Abu Zaid

2 eggplants	garlic (optional)	tomato
2 green peppers	parsley	salt
1 lemon		

Put eggplants on a tray in the oven for approximately 45 minutes. Without an oven you can place the metal lid from a can on top of a stove burner and cook the eggplants (wrapped individually in aluminum foil) on top of it until they are soft. Peel the eggplants and chop into small pieces and set aside on a large plate. Chop the green peppers into small pieces and add it to the eggplant. Chop the tomatoes and parsley (and garlic as desired) the same as the green pepper. Add the juice of the lemon and salt and then mix all of the ingredients together.

## **EGGPLANT, LENTIL & POMEGRANATE DIP (HABBE'T ROUMAN)**

2 cups brown lentils	1 tbsp flour
2-3 pints water	2 large lemons, juice only
1 kg eggplants, diced with skins on	10-12 cloves of garlic, crushed with salt
3 tbsp tehina (sesame paste)	2 tsp dill powder
1 hot pepper, chopped (optional)	4 oz pomegranate syrup (Dibbis Rouman)

Cook lentils, eggplants, and dill powder in water until lentils are cooked. Make a sauce with tehina, flour, lemon juice, and dibbis syrup. When lentils are cooked, add tehina sauce. Stir well and simmer for 5 minutes. It should be of a soft consistency. Crush garlic with 2 tsp salt, hot pepper, finely chopped and 1 tsp dill. Fry paste with 3-4 tbsp olive oil, add to lentil mixture and stir well. Serve with Arabic bread, raw onion or spring onions.

## **EGGPLANT DIP**

1 large eggplant	garlic
1 slice bread	onion
olive oil	lemon juice
salt and pepper	

Bake eggplant in medium oven until soft and shriveled. Remove skin. Soak bread in water and squeeze out excess water. Mash eggplant with bread. Add other ingredients to taste. The mixture should be thick.

## HUMMUS

1 large onion, minced	1/2 cup fresh lemon juice
1-2 cloves garlic, minced	1 tbsp. soy sauce
2 tbsp. vegetable oil	1/2 tsp. salt
1/4 cup sesame paste (tahini)	2 cups chickpeas (garbanzos) cooked- if canned, drain and rinse
1/2 cup sesame seeds, toasted and ground	

Sauté the onion and the garlic in the oil until they are soft, and set aside. In a blender, puree the chickpeas with the onion and garlic and the remaining ingredients. Yield: 3 cups.

\*The most important ingredients are the chickpeas and tahini. This is only one idea for flavoring. Feel free to add whatever you want. For example: walnuts, red pepper, dill, lots of onion/garlic, spinach...

## HUMMUS II

1 1/2 cups raw chickpeas	1/4 cup finely-minced parsley
3 cloves garlic, minced	3/4 cup tahini
1 1/2 tsp. salt	1/4 cup minced scallions
dash of soy sauce	juice from 2 lemons
olive oil, garnish	

Soak chick peas for 1 1/2 hours, then boil for 1 1/2 hours, until soft. Mash chick peas to a thick paste, using a food mill or grinder or masher. Combine everything and chill thoroughly. Taste to correct seasonings. Serve with olive oil drizzled on top

## QUICK SPAGHETTI SAUCE

2 medium Onions	1 1/2 cups Water	1 tsp. Thyme
5 cloves Garlic	1 cup Carrots, shredded	1 tsp. Chili Powder
Oil	4 Tbsp Sugar	Salt & Pepper
1 cup Tomato Paste		

Sauté chopped onions and garlic in oil. Add tomato paste, water, carrots, sugar, thyme and salt & pepper to taste. Cook about 15 minutes. Serve over cooked pasta, or over fried potatoes!!

## SIMPLE TOMATO SAUCE FOR PASTA

1/2 kilo tomatoes, peeled	sprig of parsley
1/2 onion, chopped	pinch of oregano
2 cloves garlic, pressed	pinch of basil
2 Tbsp. olive oil (available in Ashgabad)	salt
1/4 green bell pepper	fresh ground black pepper
1 bay leaf	red wine

If you can find fresh, ripe tomatoes, use them instead of canned.

Heat olive oil in a skillet and sauté the onion and garlic in it. Put the peeled tomatoes and the bell pepper in the **blender** and whirl at high speed for about a minute. Pour the resulting liquid into the skillet. Add a bay leaf, a little parsley, some oregano, basil, salt to taste, and lots of fresh ground pepper. Allow the sauce to simmer gently at least 1/2 hour, but the longer the better. Stir it occasionally and add water if it cooks down too much. You might also add a few Tbsp. of red wine, and then drink the rest of the bottle. Serve hot over freshly cooked pasta, with grated parmesan cheese. After drinking the bottle of wine you won't care if this is good or not!!!

### **THICK TOMATO SAUCE**

2 Tbsp. olive oil	1/4 cup tomato paste
1 medium onion	salt and black pepper
1 clove garlic	1 tsp. sugar
1/2 bay leaf	1/2 medium cans of peeled tomatoes (14 oz. ea.)
2 tsp. chopped basil	

Heat the oil in a broad pan. Peel and chop the onion and cook it slowly until softened. Do not let the onion color more than a pale yellow. Peel and crush the garlic and add it towards the end. Pour in the canned tomatoes with their juice and the tomato puree (paste). Chop roughly in the pan with the edge of a palette knife. Add salt, pepper, sugar, and the bay leaf. Simmer slowly for one hour with the lid off, until reduced to a thick sauce, stirring now and then. Add the chopped basil for the last few minutes only. Use for making pizzas or for freezing.

### **TOMATO SAUCE WITH MIXED HERBS**

1 small onion	1 tsp. chopped lemon thyme (optional)
2 Tbsp. butter	1 tsp. chopped marjoram or oregano
1 Tbsp. olive oil	1 tsp. chopped chervil or parsley
1 clove garlic	1 tsp. chopped dill
1/2 kilo tomatoes	1 tsp. chopped tarragon or basil
salt and black pepper	1/2 tsp. chopped lovage (whatever that is!)

Peel and chop the onion finely. Melt the butter in a pan with the oil. Add the onion and cook gently for five minutes, adding the crushed clove of garlic halfway through. Skin the tomatoes and chop; add them to the pan with salt and pepper to taste, and the sugar. Simmer for 10-12 minutes, until most of the juice has evaporated but the tomatoes still retain their fresh taste. Stir in the chopped herbs, cover the pan, and let stand for 5 minutes before serving.

Note: You can substitute all fresh herbs with dry herbs. (When you figure out what lovage is, let me know. I think I need some, quick!)

### **SPAGHETTI SAUCE**

tomato paste	tomatoes
carrots	bell peppers
garlic	onion
black pepper	red pepper

Mix together.

### **COLLEEN'S PEANUT-CURRY SAUCE**

1 cup milk	1/4 tsp. cumin
1 heaping tbsp. curry powder	2 tbsp. honey
1/4 tsp. cinnamon	2 heaping tbsp. crunchy peanut butter

Heat slowly while stirring. Do not boil.

### **INDONESIAN PEANUT SAUCE**

1 cup chopped onion	1-2 tsp. chopped ginger root
2 cloves garlic	1 Tbsp. vinegar
1 cup peanut butter	3 cups water
1 Tbsp. honey	1/2 tsp. salt
1/4 tsp. hot pepper	soy sauce
juice of 1 lemon	

Sauté onion, garlic and ginger root in a little oil. Add remaining ingredients and simmer 30 minutes. Serve over rice, pasta or cooked vegetables.

### **INDONESIAN PEANUT SAUCE (GADO-GADO) - Recipes from "Diet for a Small Planet"**

2 tsp. Oil	2 tsp. Soy Sauce	2 cups Peanut Butter
6 cloves Garlic, minced	1/4 cup Tomato Sauce	1 tsp. Red Chili Powder (or more)
1 medium Onion, finely chopped	Juice of 1/2 Lime or Lemon	1 Tbsp Ginger (or more, to taste)
2 cups Coconut Milk, Milk or Soy Milk		

Heat oil and sauté garlic and onion until onion is translucent. Add ginger and cook 2 minutes. Add remaining ingredients and cook gently 5-10 minutes, being careful not to let mixture burn. Serve it on vegetables, grains or sautéed tofu. For the best flavor, make the sauce a day ahead of serving time. It keeps well for a couple weeks in the refrigerator.

### **CREAMY SESAME AND GINGER SAUCE**

1/4 cup water	1/4 tsp. powdered ginger
1 1/2 tsp. soy sauce	1/4 cup tahini (sometimes available in Ashgabad)
1 small clove garlic, finely minced	chopped green onions
1 Tbsp. lemon or lime juice or vinegar	

In medium saucepan, add water to tahini, a little at a time, mixing well to form a smooth sauce. (If tahini is extra thick, use 1/2 cup water) Add all remaining ingredients, except onions. Bring to a simmer over medium heat. Gently simmer and stir for 1 minute. Mixture thickens as it cooks. (Use extra water if it gets too thick) Serve over noodles or rice and sprinkle with green onions.

### **BASIC WHITE SAUCE**

1/4 tsp. salt	margarine or butter (1-4 Tbsp, depending on thickness of sauce)
1 cup milk, stock or combination	flour (1-4 Tbsp, depending on thickness of sauce)

Melt margarine in heavy saucepan. Blend in flour and salt, cooking and stirring until bubbly. Using a whisk to prevent lumps, stir in milk. Cook just until smooth and thickened. Makes slightly more than a cup.

**Cheese sauce:** Add 1/2 cup grated cheese and 1/2 tsp. mustard

**Tomato sauce:** Use tomato juice as liquid. Add about 1 tsp. each garlic salt, onion salt, basil and oregano.

**Mushroom sauce:** Sauté 1/4 cup chopped mushrooms and 1 Tbsp. finely chopped onion in margarine before adding flour.

**Chicken sauce:** Use chicken broth or bouillon as half the liquid. Add 1/2 tsp. sage and diced, cooked chicken if available.

Vary the flavor with one or more of the following: curry powder, garlic, onion or celery salt, grated nutmeg, lemon juice, beer, worcestershire sauce, chili powder, chopped or blended vegetables, chopped parsley, chopped chives, or chopped hard-boiled eggs.

### **CREAM SAUCE**

2 Tbsp Margarine or Butter	2 Tbsp Flour	1 cup Milk
1/4 tsp. Salt	1/8 tsp. Pepper	

Melt margarine in a pan. Stir in flour, salt, pepper until smooth. Remove from heat. Stir in milk. Heat to a boil while constantly stirring. You can use this to make cream potatoes, cream peas, and/or creamy anything! It will liven up any cold winter evening.

### **CREAM OF MUSHROOM SAUCE FOR CASSEROLES**

3 Tbsp. margarine	chopped mushrooms, fresh or canned
4-5 Tbsp. flour	3 1/2 cups (more or less) milk

Melt margarine and remove from heat. Stir in flour. Stir in milk until pasty. Add mushrooms. Add more milk until creamy. Return to heat to thicken.

### CREAMY HOLLANDAISE SAUCE

4 beaten egg yolks	1/4 tsp. salt
1/3 cup water	dash of pepper
3 Tbsp. lemon juice	1/2 cup butter or margarine
3 Tbsp. dry milk powder	

In a small bowl, stir egg yolks, water and lemon juice together. Add milk powder, salt and pepper. Mix well. Melt butter in the top of a double boiler. Stir in egg yolk mixture. Place over, but not touching the boiled water. Cook, beating constantly, until sauce thickens. Makes about 1 1/4 cups.

### MAYONNAISE

2 egg yolks	black pepper to taste
1 whole egg	2-4 Tbsp. fresh lemon juice
1 Tbsp. Dijon mustard	2 cups corn or other veggie oil or olive oil
pinch of salt	

Combine the egg yolks, whole egg, mustard, salt, pepper, and 2 Tbsp. of the lemon juice. Mix well. As you mix with a whisk, fork, wooden spoon or food processor, gradually add the oil. When the mayo is thoroughly blended, taste and adjust the seasonings to taste. Put into a container and refrigerate.

Add the oil very slowly in the beginning until an emulsion (oil suspended in yolks) is established. Then add the remaining oil in spoonfuls, waiting until each spoonful is absorbed before adding the next. If the emulsion breaks (ingredients separate) you can still salvage the mayo. Begin with a new egg yolk and add the broken mayo first by drops and then by spoonfuls. It's best if all ingredients are at room temperature.

To spice-up your mayo, add any combination of spices you can think of.

### CONSERVA

2 Tbsp. salt	1 bouillon cube	1/2 onion, chopped
handful of hot peppers	1 Tbsp. lemon juice	

Pound salt and hot peppers in mortar until powdery. Add onion and pound. Add bouillon and pound. Add juice and pound. Consistency should be thick, not too watery. Don't ask me what you are supposed to do with this stuff when it's done, but have fun pounding! It might be therapeutic!

### HOT SAUCE

2 tsp. ground cumin	7 fresh tomatoes, chopped or 3 cups undrained canned tomatoes
2 tsp. ground coriander	3-4 cloves garlic, chopped
cayenne to taste	2 cups coarsely chopped onion
salt to taste	cayenne to taste
1-2 Tbsp. chopped fresh cilantro	2 Tbsp. tomato paste
2 medium green peppers, chopped	

Place all ingredients in a **blender** and puree until smooth. Simmer covered on low heat for 1-2 hours, stirring occasionally. If you'd like a thicker, darker hot sauce, stir in tomato paste. Serve hot, at room temperature, or cold. Hot sauce can be stored in jar for weeks in a refrigerator. Note: If you'd like to use fresh hot peppers, replace the green peppers and cayenne with 2-4 seeded and chopped hot peppers.

**RAITA**

2 cucumbers	1/2 tsp. salt
1 small onion	fresh ground pepper
2 cups yogurt (kefir)	3 Tbsp. fresh mint, chopped OR
2 cloves garlic, crushed	1 Tbsp. crumbled dry mint leaves

Peel cucumbers and grate coarsely. Grate onion. Add cucumber and onion to yogurt. Stir in garlic, salt, pepper and mint and mix well. Chill before serving.

**NACHO SAUCE**

1 1/2 cup chopped onion	1/4 tsp. cayenne
3 cloves garlic, crushed	1 large bell pepper, chopped
1/4 cup olive oil	2 medium sized tomatoes, chopped
1 tsp. salt	1/4 cup flour
1 tsp. sugar	12 oz. beer
1/2 tsp. ground cumin	2 cups cheese, grated
1/2 tsp. ground coriander	

In a saucepan, sauté onion and garlic in oil with salt and spices. When onion is translucent, add peppers and tomatoes. Sauté 10 minutes more, then sprinkle in the flour. Stir and cook for about 5-8 minutes, then add the beer. Cook over medium heat, stirring frequently for 15 minutes. Then turn the heat way down, cover and simmer at least 1 hour, stirring every 15 minutes or so. If possible, let simmer several hours. Then cover and let stand about 45 minutes. Heat gently to serve, sprinkling in the cheese as it heats. Serve very hot (Ay, Ay!).

**ENCHILADA SAUCE**

3 tbsp. oil	1 tbsp. vinegar
2 cups water	1/2 tsp. garlic powder
1/2 tsp. oregano	2 tbsp. flour
1-2 tbsp. chili powder	1/2 tsp. salt

Combine, bring to a boil, and then simmer for 5 minutes. Ready to serve.

**ANDREA'S SALSA**

1/2 kilo tomatoes	3-4 onions	2-3 green peppers
1 head of garlic	chili peppers	black pepper / salt
vinegar	cilantro and greens	

Remove skin from the tomatoes. Chop onions, green peppers, garlic, chili peppers, cilantro and tomatoes and put in a pot, saving the juices. Add vinegar, salt, and black pepper to taste. Mix and let the flavors mingle. Chill in refrigerator.

**JUDE'S SALSA**

1 cup diced Tomato	2 tbsp. chopped fresh Cilantro
1 cup seeded and diced Cucumber	1/2 seeded and chopped red hot pepper (optional)
2 Green Onions, thinly sliced	1 tsp. grated lime or lemon zest
2 tbsp. chopped fresh Parsley	1 tbsp. fresh lime or lemon juice

Combine all ingredients in medium bowl until blended.

### **SALSA**

4 tomatoes, chopped	1 small hot pepper, seeded and chopped
1/2 cup green or red onion, chopped	2 tbsp. lime juice or red wine vinegar
1/4 cup cilantro, chopped	1 tsp. olive oil
2 cloves garlic, minced	1 tsp. salt

Combine all ingredients.

### **SALSA II**

tomatoes	dash of lemon juice
onions	cumin
hot peppers	salt and pepper to taste
cilantro	

Chop up veggies and mix in remaining ingredients.

### **MY MOTHER'S PICANTE SAUCE**

4 quarts fresh tomatoes (16 cups)	1 cup chopped onions
Hot peppers to taste (~ 5 jalapenos)	1 cup chopped bell pepper or any sweet green pepper
2 Tbsp salt	1/2 cup sugar
1 cup vinegar (5%--the strong kind)	

Cook everything together on the stovetop until the peppers and onions are tender. If you are canning the sauce, bring sauce to a boil, pour in hot jars and close with canning lids, and put in a water bath canner for 30 minutes. If you are not canning, sauce must be kept in the refrigerator or freezer.

### **MEXICAN BEAN DIP**

1 cup raw pinto beans (or similar bean)	black pepper
2 cloves garlic	crushed red pepper
1/2 cup onion, finely minced	1/4 tsp. ground cumin
3/4 tsp salt	1/4 tsp. dry mustard
1/4 tsp. dried basil	

Soak the beans overnight. Cook in a large kettle, in lots of boiling water, until very soft (1 1/2-2 hours; the softer they are, the easier they will mash). Drain and mash well. Combine the mashed beans with all remaining ingredients. Cover and chill.

### **MARINADES**

#### **Beef Mixture:**

2 Tbsp. winter savory  
3 Tbsp. basil  
3 Tbsp. sweet marjoram  
3 Tbsp. parsley  
3 Bs celery

#### **Fish Mixture:**

1 Tbsp. parsley  
1 Tbsp. lemon balm  
1 Tbsp. basil  
1 Tbsp. celery leaves

#### **Lamb Mixture:**

2 Tbsp. rosemary  
1 Tbsp. parsley  
1 Tbsp. mint  
1 Tbsp. thyme

#### **Poultry Mixture:**

2 Tbsp. tarragon  
1 Tbsp. basil  
2 Tbsp. rosemary

#### **Pork Mixture:**

2 Tbsp. sage  
1 Tbsp. thyme  
1 Tbsp. rosemary  
1 bay leaf, crumbled



### **MADRAS CURRY POWDER**

1 cup (3oz) coriander seeds	1/2 cup (1.05oz) cummin seeds
1/4 cup(3/4oz) fennel seeds	1/4 cup (2/3oz) black mustard seeds
1/4 cup (1/3oz) dried red chills (broken)	2 Tbs whole black peppercorns
2 Tbs fenugreek seeds	1 Tbs ground tumeric
20 dried curry leaves	

In a dry pan roast separately all ingredients, except the tumeric and curry leaves, until they smell fragrant. Grind all ingredients to a fine powder in an electric blender. Mix in ground tumeric, bottle and store in freezer or cool dry place.

### **I'M CRAVIN' THE BELL**

Cumin	salt	paprika
Gatyk or Sementana		

( Or for those of you who have packaged taco seasoning....1 package taco seasoning.)

Mix altogether and serve on Tacos.

## **DAIRY AND FRUIT SPREADS**

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Yogurt Cheese	142
Boursin Cheese	142
Banana Jam	142
Orange Marmalade	142
Orange Pineapple Marmalade	142
Preserved Fruit	142

## YOGURT

1-2 tbsp. yogurt per 3 cups milk                      milk (3 parts milk powder to one part water)

Heat as much milk as you want to make into yogurt. It should be hot so that you can hold your finger in for 5 seconds, but no longer. Put milk in non-metal bowl and add yogurt. Stir. Cover bowl and wrap in a towel or cloth to keep the heat in. Leave it in a warm place for 8-12 hours, until it solidifies some and tastes like the real thing. Save some of each batch to use as a "starter" for the next time.

### Tips:

Use yogurt that you like for the "starter". Higher quality "starter" will produce better yogurt. For thicker yogurt, add some milk powder to fresh milk or make powdered milk double-strength. Another way to warm your yogurt is to pour the mixture into glass bottles and leave in the sun for about 6 hours. It sets quickly.

## YOGURT CHEESE

1-2 pints yogurt    herbs, garlic, salt or pepper or other flavorings

Make a muslin draw-string bag with seams on the outside. Pour in yogurt. Tie up bag and let hang overnight. Remove cheese in the morning. Flavor cheese. Rinse bag in hot water.

## BOURSIN CHEESE

salt    onions    garlic  
fresh milk                                      spices

Add salt to fresh milk and let sit covered for 24 hours. Pour into cheesecloth and let drip over sink for 24 hours. Add garlic, onions and spices and keep cool. Garnish with fresh pepper.

## BANANA JAM

about 10 small bananas, cubed                      juice of 2 lemons  
juice of 4 oranges                                      350 grams sugar

Put all ingredients into a pot and cook uncovered on a low flame, stirring occasionally. Don't forget to stir or the bananas will all sink to the bottom and burn. Cook until the jam is a deep red color. It takes at least an hour. Store in covered jars. It will keep a few weeks unrefrigerated, months in a fridge.

## ORANGE MARMALADE

4 cups orange juice                                      4 cups grated orange peel, first removing white pith  
5 cups sugar    cold water

Cover orange peel with cold water and bring to a boil. Boil 5 minutes. Drain. Repeat this procedure. Add orange juice and sugar to the drained peels. Boil until fruit becomes transparent.

## ORANGE PINEAPPLE MARMALADE

juice from 1 pineapple                              3/4 cup sugar  
several slices of finely cut pineapple              pulp from 2 oranges

Boil all together until syrupy. Cool and pour into jars.

## PRESERVED FRUIT

This works well with apples, pears and many other fruits. Wash fruit well. Cook fruit with equal parts fruit and sugar. Bring to a soft boil. Let sit for one day. Bring to a soft boil again. Let sit for one day. Boil a third time and place in clean jars with lids. Refrigerate.

## **DRINKS**

Tomato Juice	144
Kissel-Kisel	144
Eggnog	144
Banana Milkade	144
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Lemon Sirop	144
Solar Tea	145
Lemon or Orange Leaf Tea	145
Spiced Indian Tea	145
Tea Syrup	145
Pineapple Cooler	145
Pineapple Wine	145
Kahlua	145
Grand Marnier	146
Homemade Bailey's Irish Cream	146
Cool mint punch	146





### **GRAND MARNIER**

1 cup sugar  
1/2 cup water

2 tsp. orange extract or orange zest (grated peeling) and a bit of juice  
3 cups brandy

Dissolve sugar in boiling water. Place over low heat for 3 minutes, stirring constantly. Allow to cool. Add brandy and orange extract. Pour into container with tight-fitting lid. Shake bottle each day to dissolve sugar completely. The liqueur will be ready to use in 5 to 10 days. The longer it ages, the more mellow it becomes. Great over vanilla ice cream...Dream on.

### **HOMEMADE BAILEY'S IRISH CREAM**

If you're not careful, you'll find yourself drinking this way too quickly.

Heat up a bottle of slivki just a little and gradually add a glassful of sugar, stirring it in so it dissolves. Add a couple of teaspoons of instant coffee. Pour this into a jar along with a bottle of vodka. You can use the cheap stuff; the point here is get equal parts of cream and vodka with proportional amounts of sugar and instant coffee. Chill thoroughly.

### **COOL MINT PUNCH**

2 c. orange juice  
1/2 c. sugar  
12 springs mint

1/4 c. lime juice  
1 club soda or seltzer

Bring orange juice, sugar and mint to a boil. Remove from heat and strain out mint leaves. Add 2 c. of orange juice and lime juice. Fill tall glasses 2/3 full of syrup and 1/3 full of club soda.

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